

GRATITUDE GAZETTE

MONTHLY NEWSLETTER OF SANTA CLARITA VALLEY CENTRAL OFFICE OF A.A.

Serving: Newhall, Canyon Country, Saugus, Castaic, Valencia, and Aqua Dulce



SCV CENTRAL OFFICE

26951 Ruether Avenue, B4
Santa Clarita, CA 91351

Open Monday, Wednesday &
Friday
10:00am to 5:00pm

CONTACT INFORMATION

(661) 250-9922

EMAIL:

info@aascv.org

SCVAA Website

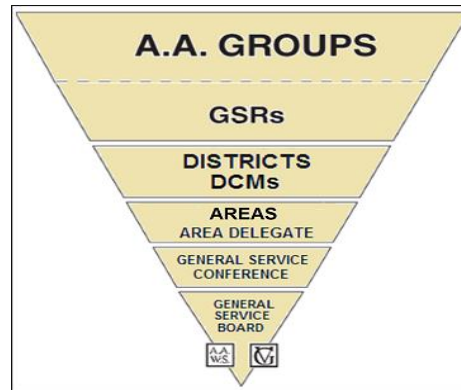
www.aascv.org

For current SCV meeting schedules use this QR Code; it will bring you to our website.



LET’S LOOK AT OUR UPSIDE-DOWN TRIANGLE, *again!*

(Continued from March, 2023 Issue)



The upside-down triangle is divided into six sections; each represents a trusted servant tasked with helping to make the conscience of the groups known. Known to whom? Known to the entities that occupy the rest of the triangle that are charged with managing the affairs of “A.A. as a whole.” It might be helpful to think of general service as a kind of dialogue or communication between the groups, the trusted servants working on their behalf, and the General Service Office and General Service Board as they all manage the Fellowship’s affairs. Questions, concerns, viewpoints and proposals travel from the groups “down the triangle”—and information and proposals head back “up the triangle” to the groups. And the communication continues. How this works is illustrated below.

THE GROUP The group meets to form a group conscience on proposed changes or actions on matters relating to A.A.as a whole. The group’s elected general service representative, or GSR, is tasked with 1) making sure the group’s conscience is heard and fully considered at the district and the area and 2) becoming part of the delegate’s thinking at the Conference.

THE DISTRICT Groups are organized into districts, generally collections of groups located near one another. The GSRs in each district elect the district committee Member (DCM), who becomes part of the area committee.

THE AREA The area holds periodic assemblies that include GSRs and DCMs as voting members. Assembly schedules and agendas are based on local autonomy and group conscience. Information about them can often be obtained from DCMs or other area trusted servants. The area handles a wide range of concerns, and one of the most important functions is electing the delegate to represent the area at the annual General Service Conference.

THE DELEGATE & THE CONFERENCE Area delegates make up at least two-thirds of the Conference body. Other members making up the General Service Conference are 21 trustees, both nonalcoholic (Class A) and alcoholic (Class B); directors of A.A. World Services and Grapevine; and A.A. staff at G.S.O., Grapevine and La Vina, bringing the total number of Conference members to approximately 135. At the annual Conference, matters of importance to A.A. as a whole are considered and discussed. Items approved by a two-thirds majority of Conference members become Conference Advisory Actions; they are referred to the trustees of the General Service Board for disposition. After the Conference meeting: Each delegate reports back to their area on Conference proceedings and the approved Conference Advisory Actions and additional committee considerations. Each GSR, having had the opportunity to hear from and ask questions of their delegate, is responsible for informing their group on the Conference outcome.

THE TRUSTEES Twenty-one trustees of the General Service Board, both nonalcoholic (Class A) and alcoholic (Class B), have custodial oversight of A.A.'s two operating corporations: • A.A.W.S., Inc., which employs G.S.O. personnel, directs G.S.O. services, and is responsible for A.A.'s website (aa.org) and broad publishing efforts. • AA Grapevine, Inc., which employs editorial and business personnel and publishes A.A.'s magazines, Grapevine and La Vina, and other related items across its digital platforms (aagrapevine.org). After the Conference meeting, the trustees review the Conference Advisory Actions and refer them to the appropriate trustees' committees, G.S.O. or AA Grapevine, for implementation. The trustees report back through their quarterly reports on what steps they have taken.

Taken from the AA Service Manual Pages 3 – 5

**PLEASE SEND STORIES,
EVENTS, BIRTHDAYS,
TRIVIA!! WE'D LOVE TO
HEAR FROM YOU!**

**EMAIL TO :
INFO@AASCV.ORG**



Birthday Board

**Jessica A: 5/4/2013
Jennifer E: 5/14/2000
Sandy C: 5/25/2022
Cathy L: 5/26/1987
Shelly L: 5/29/2021
Susan C: 5/31/2007**

**Send your birthday to us!
E-mail: info@aasecv.org**

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five

Each group has but one primary purpose – to carry its message to the alcoholic who still suffer.

Concept Five

Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Service material from the General Service Office (GSO)



Santa Clarita Valley A.A. is part of District 7 Area 93

District 7 meets the 2nd Monday of every month from 6:30pm – 8:00pm at Quartz Hill LaGrange; 41843 50th Street West, Lancaster.

The next meeting is May 8th then June 12th.

Area Assembly Meeting Hosted by District 7; May 21st @ 9:00am - Legacy Commons, 930 East Avenue Q9, Palmdale

If you have never been to an Area Assembly Meeting this is an excellent opportunity to experience a different side of service work besides attending your regular A.A. meetings and carrying the message.

The A.A. Group – *The Final Voice of the Fellowship* - Alcoholics Anonymous has been called an upside-down organization because “the ultimate responsibility and final authority for World Services resides with the groups – rather than with the trustees, the General Service Board or the General Service Office in New York.”

A.A. is shaped by the collective voice of its local groups and their representatives to the General Service Conference, which works toward consensus on matters vital to the Fellowship. Each group functions independently, except in matters affecting other groups or A.A. A.A.’s essential group work is done by alcoholics who are themselves recovering in the Fellowship, and each of us is entitled to do our A.A. service in the way we think best within the spirit of the Traditions. This means that we function as a democracy, with all plans for group action approved by the majority voice. No single individual is appointed to act for the group or for Alcoholics Anonymous as a whole.

The areas hold an important position in the U.S./Canada General Service Conference structure. The areas are directly connected to the A.A. groups

and their members through DCMs and GSRs. At the same time, they participate in the decision-making of A.A. through area delegates. At the heart of each area is the assembly meeting, where the democratic voice of our Fellowship expresses itself. While each area has the autonomy to conduct its meetings according to its conscience, Concept XII offers the General Warranties of the Conference as the guiding principles to remain democratic in thought and action.

PURPOSE

Not all areas operate in the same way, but, an area’s purpose is threefold:

1. To elect a delegate who will represent the area’s conscience at the annual General Service Conference, where decisions are made that affect A.A. throughout the U.S. & Canada.
2. To form a local decision-making structure so groups can collectively decide on matters that affect their area.
3. To carry out Twelfth Step work that may not be practical for groups, districts or intergroups to take on by themselves. Examples include, but are not limited to: • Accessibility • Area bulletin or newsletter • Cooperation with the Professional Community (CPC) • Corrections • Informational website • Language translation services • Literature, including Grapevine and La Vina • Public Information (PI) • Treatment Facilities

Source: AA Service Manual





ANNOUNCEMENTS

SCV Convention News

The SCVAA Convention will be **October 20 - 22, 2023**.

Location: Embassy Suites, 28508 Westinghouse Place, Valencia, CA 91355

Convention Planning Meetings & Alanon Planning Meeting:

Sunday, May 7, 2023 @ Rafters 24307 Railroad Ave., Newhall

Steering Meeting: 11:00AM – 12:00PM

Planning Meeting: 12:00 PM – 1:00PM

Al-Anon Planning: 1:00 PM – 2:00PM

Hospitals & Institutions (H & I)

H & I meeting is on the 1st Thursday of the month at St. Stephens Church
24901 Orchard Village Rd., Valencia CA

6:30 pm new participants; **7:00pm** regular meeting

Special Events

40th Annual So. California H & I Conference

May 5, 6 & 7: Holiday Inn 14299 Firestone Blvd., La Mirada, CA

Poker/Bingo Night

May 13th: Palmdale Grp Hall @ 9:00pm; 1817 East Avenue Q, Palmdale

Sunday Speaker Breakfast: starts at 8:00am (2nd Sunday of every month)

May 14, 2023: Springville Veterans Memorial Bldg.

35944 Highway 190, Springville, CA

A.A. Desert Roundup with Alanon participation

June 8, 9, 10, 11, 2023 Renaissance Esmeralda Resort, Indian Wells, CA

For more info visit: www.desertroundup.com

37th Annual “Sunshine of the Spirit” High Desert Convention

June 16-18, 2023

Courtyard Marriott, Hesperia, CA

SWACYPAA (Southwestern Area Conference of Young People in A.A).

August 17 – 20, 2023

Double Tree Hotel, Albuquerque, NM - info. visit swacypaa9.org

Camp Spiritfire “Rock out with your Big Book out”

May 26-29, 2023: Near Lake Arrowhead www.campspiritfire.org

EVER WONDER?

What Is the Purpose of Step 5 of AA?

This step helps ease the anxiety and guilt of feeling like you need to hide who you are and what you've done. Step 5 may help you feel less lonely and isolated.¹

Step 5 of Alcoholics Anonymous may also help you feel more connected to your higher power and others.

How Do You Complete Alcoholics Anonymous Step 5?

- Admit the nature of your wrongs to another trusted person. Often, this person is your sponsor.
- Be as honest as possible with that person and look at who you are and who you would like to become.
- Be vulnerable and don't hold back.

What Are Some Tips for Completing Step 5?

- Release worry about being judged for what you've done or who you are. Step 5 of AA can help you learn to be more gracious toward yourself and receive grace from others.
- Remember that AA is a safe and supportive environment where everyone is there to heal.
- Choose someone you are comfortable sharing with and who you trust. It may be helpful to speak with someone who is more neutral and not a person listed in your moral inventory.

What Are Some Myths About Step 5 of AA?

Myth: It's not necessary to share your defects with another person—it's enough that your higher power knows. Being vulnerable to your struggles can help you learn to be honest and responsible for your wrongs, while releasing the pain of holding them in. You may feel a huge weight lifted once you confide in another person. This may allow you to move on to Step 6 of AA feeling freer.

Perspectives on Step 5 By: Dominica A.

“Step 5 prompts you to sit down with a trusted confidant and talk about all the things you wrote about in Step 4.

Sound terrifying?

I remember my stomach being in knots thinking that I’d have to sit down with my sponsor and tell her about my character defects, behaviors that hurt people, insane thoughts, and so on. Even so, sweating and stumbling over my words, I completed Step 5 and felt amazing afterward.

The fifth step isn’t easy to do. But by bringing things into the light, it decreases the amount of pent-up energy we carry. It also gives us the opportunity to put it all out there and receive unconditional love.

Yes, that’s right. No matter what you’ve done, you don’t have to be judged or shamed. Reporting all your “stuff” to another human being who can listen with compassion really does something incredible for us.”

Choose Your Person Wisely

“Don’t share Step 5 with just anyone. Choose someone you can trust, like a sponsor, counselor, mentor, or trusted friend. Don’t take this step with your partner, as it’s tempting to not be gut-level honest with them.

When I sat down to discuss my fifth step with my sponsor, I kept in mind that my Higher Power was involved as well. By admitting my shortcomings, defects, past behaviors, and more to my Higher Power, I was essentially giving permission to that power to take all of it. I resolved to stop carrying it all and just let it all go, because honestly, it was a pretty heavy burden.”

The Illusion of Judgment

“I thought that if I sat with someone and told them my “stuff” and they found out who I was, they would judge me. They wouldn’t like me. Or

worse—they might tell others what an awful person I was.

The miracle of this step for me was that none of those things happened. My sponsor lovingly listened to all my stuff and affirmed me abundantly. She loved me unconditionally.

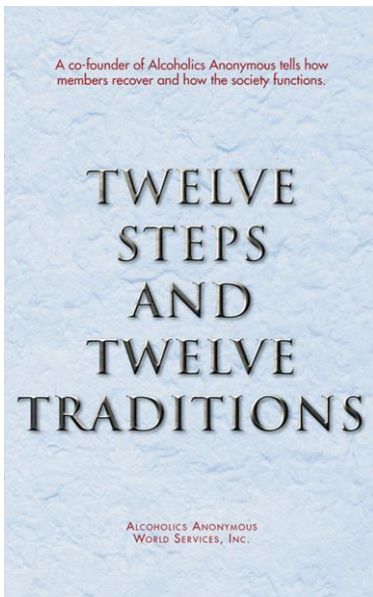
This is the step that you can use as a “train station.” You can unload all those painful memories that have been keeping you down. You can let go of things like anger, shame, rage, confusion, depression, regret, and more.

Then, grab a ticket to your new destination: a place called Freedom. A place where you can be yourself, dream new dreams, and allow passion to give you fuel for your new journey.

My advice to someone ready to complete the fifth step is to keep in mind that getting it all out there on the table is a great opportunity to finally let it all go. Clean out the cobwebs of your past, take a deep breath, relax, and enjoy the lighter load. Enjoy freedom and unconditional love.

After all, you deserve it!”

Article from Recovery.org



Step 5: Sayings: CLEAN SLATE – COME CLEAN – CLEAN HOUSE – CLEAN CLOSET – KEEP YOUR SIDE OF THE STREET CLEAN



Districts, Area & Contacts

<div style="display: flex; justify-content: center; align-items: center;"> <ul style="list-style-type: none"> ■ AA General Service District 7 ■ Central California Area 93 ■ AA World Services ■ SCV Central Office </div>	AA General Service District 7 P.O. Box 599 Acton, California 93510	Central California Area 93 PMB # 140 606 Alamo Pintado #3 Solvang, California 93463
	AA World Services P.O. Box 2407 James A Farley Station New York, New York 10116	SCV Central Office 26951 Reuther Ave B4 Santa Clarita, CA 91351

Monthly Service Meetings

<i>Central Office/Intergroup</i>	4 th Monday of month at Central Office 7pm – 8pm	Send a representative from your meeting; find out what is happening at your local Central Office and within the AA community of Santa Clarita Valley
<i>District 7 General Service</i>	2nd Monday of the month 6:30pm – 8:00pm	Quartz Hill LaGrange 41843 50 th Street West Lancaster, California 93536
<i>Area 93 General Service Area Assembly</i>	Meets every 3 months	Location will be updated as information is available.

Literature is available at Central Office that explains the various service offices and their functions.

Come in and ask for: <i>Circle of Love and Service</i>		<i>AA Service Manual</i>
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The God shot to end all God shots!

I've been struggling to stay sober for the last year and half, in and out of the rooms. It's been very bad the last few months and I'm constantly wavering between what I know I should do and what the voice in my head tells me to do.

On Friday, I was pulling out onto a highway listening to a Sober Speak podcast. Long story short, I messed up and didn't look one way when pulling out. I was halfway into the lane when I see a semi-truck coming right at me. I floored it and went across the road, and the truck missed me by a hair. He didn't have time to break or anything. Talking milliseconds. So, as I gathered myself, I looked at my display in the car and the name of the podcast episode was "God is not done with me yet"

The next night after a meeting I was telling an old timer, who I respect, the story of my near accident, but didn't mention the podcast thing at all. He looks at me and says, "I guess God is not done with you yet". 🤖

That's enough for me. Meeting with my sponsor tonight to start working those steps as earnestly as I can.

Source Reddit.com

Author remains anonymous



What are God shots in AA?

In addiction recovery, one often hears someone say: that's a "God Shot," meaning something happened that was by chance and had a profound effect on them, and proved an unexpected blessing.

DO YOU HAVE A GOD SHOT TO SHARE?

(The sender will remain anonymous).

Send to info@aascv.org