

GRATITUDE GAZETTE

MONTHLY NEWSLETTER OF SANTA CLARITA VALLEY CENTRAL OFFICE OF AA

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

**The 38th Annual
Intergroup Central Office of A.A. aka: ICOAA
A.A. World Service aka: A.A.W.S &
A.A. Grapevine aka: A.A.G.V
Conference/Seminar will be held in Cincinnati, OH
October 12th – 15th 2023**

What is the purpose of ICOAA, A.A.W.S/A.A.GV?

Excerpt from Box 4-5-9 Newsletter 2020

CONTACT INFORMATION

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The very first Intergroup/Central Office/A.A.W.S./AAGV Seminar was held in September 1986 with 98 representatives from 82 intergroups attending, plus three trustees from the General Service Board and 13 employees of G.S.O. and Grapevine. From the very beginning, the stated purpose of the seminars has been to provide a forum, through workshops, discussions, and the exchange of ideas and shared experience, for those who labor on A.A.'s front lines.

SCVAA Website

www.aascv.org

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



In the ensuing three and a half decades of ICOAA seminars, that purpose has remained constant, though the seminars — like the rest of A.A. — have not been without their share of debate. The seminar has always been a weekend of sharing and learning about problems and solutions common to most central offices/intergroups and how these interests intersect with the services provided to the Fellowship by A.A.W.S., Grapevine and the General Service Board.

And, while communication (or the lack of it) is an ongoing issue between intergroups/central offices and G.S.O. the annual seminars continue to focus on the broadening and deepening of the channels of understanding and shared purpose.

The following is posted on the 38th Annual ICOAA website and reminds us of the significant A.A. history that took place in Ohio aacincinnati.org/ICOAA

Looking back, our story isn't over...

By [someone](#) / April 28, 2023

1935 – AA started in Akron, Ohio, on June 10th.

1941 – The Jack Alexander article hits the Saturday Evening Post (was intended to expose AA) – WWII and Hitler are in full swing (Pearl Harbor has not yet happened). Ruth M., a nurse specializing in alcoholism read the Alexander article and went to New York and Akron to collect information on AA. She starts the first AA meeting at the Metropole Hotel.

1942 – AA in Cincinnati reaches 30 members and working with institutions begins.

1943 – Splinter group breaks off from Metropole Group – group fails and asks to return to original group.

1944 – Splinter group grows dissatisfied again and starts looking for property and finds the 405 Oak Street location, at the time it was a cooking school for Jewish women.

1945 – AA membership in Cincinnati was estimated to be 100. Members of AA incorporate Oak Street on Feb. 10, 1945. The official opening of The Oak Street Center was July 7, 1945. The AA Central Office was moved to Oak Street from its original location on 6th & Broadway, where it remained until the mid-1980s.

1945 – Oak Street was deeded this house from a grateful wife of a deceased member of the program valued at \$25,000.

1947 – In October, AA expands to Northern Kentucky and Valley Group and East One start up.

1947 – Oak Street hires first paid employee.

1961 – AA Advisory Board becomes Cincinnati Intergroup Council.

1974 – Murder at Oak Street. Rumor has it that a sponsee shot his sponsor after they had words about him living in the building due to his current state of inebriation.

1974 – Oak Street is renovated, and the snack bar is opened.

1986 – Central Office moves from Oak Street to a nearby location.

1986 – **First ICOAA Seminar** is held in Chicago, IL.

1997 – Central Office moves location about King Arthur’s Court Toy Store 3040 Madison Rd, Cincinnati, OH 45209

2016 – Central Office moves to its current location in the Cable House at 2300 Florence Avenue Suite 304 Cincinnati, OH 45206 within a mile of Oak Street

2023 – The 38th Annual ICOAA Seminar is held in Greater Cincinnati at the Hilton Airport Cincinnati

2024 – The 39th Annual ICOAA Seminar is held in . . . maybe Las Vegas

2025 – We’ll see



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

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



Birthday Board

- Leslie W: 6/12/1978**
- Kelly P: 6/30/1986**
- R. Michael: 6/20/1990**
- Jen N: 6/13/2003**
- Kyle H: 6/5/2020**
- Kayla K: 6/14/2022**

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

Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept Six
(short form)

The Conference Acknowledges the Primary Administrative responsibilities of Trustees. The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Service material from the General Service Office (GSO)

**Be Ready to Have God Remove Defects**

Last Updated: December 22, 2021 | **Author:** Marisa Crane, BS

Step 6 of AA is “Were entirely ready to have God remove all these defects of character.”

Step 6 builds upon the work you did in Step 4 and 5, which involved taking a moral inventory of your character defects and then admitting these faults to another person. Once you have cataloged your past negative behaviors and admitted them to someone else, you are ready to give up your shortcomings.

This may feel uncomfortable or distressing, given that most of our negative traits have been with us for a long time and we are used to them—despite the harm they have caused us and others. Your higher power is with you every step of the way, but step 6 is an especially good time to lean on the power that is greater than yourself.

The idea behind AA Step 6 is that simply quitting drinking doesn’t address the underlying issues that caused you to abuse alcohol in the first place, which means that these traits could possibly lead you to relapse, particularly in stressful situations.

Additionally, if you get sober but don’t address your other problems, you may not be able to find the peace and contentment you long for from a sober life. Step 6 of AA helps prepare you for Step 7, which is “Humbly asked Him to remove our shortcomings,” with “Him” meaning your higher power of choice.

Once you have established that you are ready and willing to leave behind your faults, then you can progress to Step 7. The timeline is different for everyone, so don’t rush.

How to Begin Step 6: The first thing you need in order to start working on AA Step 6 is a willingness to address your problems and negative patterns. Simply listing and admitting them is not enough; you really need to be ready to give up these crutches so that you can embark upon a new journey toward a happy and healthy life. It can be helpful to begin from a place of humility—humility allows you to recognize the harm you’ve caused without making excuses for your negative behaviors.

If you are feeling some resistance, there are some practical things you can try when working through Step 6.

Tips for Working Step 6: Getting rid of your harmful behaviors is no easy task, but luckily, there are some tips and tricks to making the process a bit easier. These include:

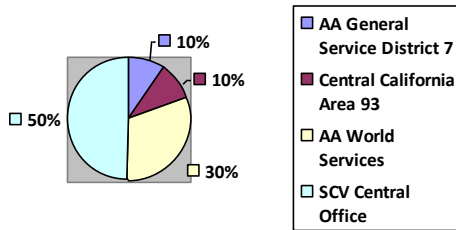
- Consult your list from Step 4.
- For each bullet on your list, write down how that issue affects your thoughts, feelings, and behaviors.
 - Write down how this problem harms yourself and others.
 - Write down any feelings you associate with this defect. Chances are, you'll need to develop new and healthy coping skills to manage these feelings.
 - Imagine a new life free of these behaviors and patterns. What are some coping strategies you can use that would be more helpful?

Some common and helpful coping strategies include:

- Meditation and mindfulness
- Yoga
- Exercise
- Visualization exercises
- Slow, deep breathing
- Walking or driving
- Playing an instrument, singing, or dancing
- Painting or sketching
- Journaling or writing
- Taking a relaxing bath
- Making a gratitude list
- Keeping an inspirational quote with you
- Healthy outlets for anger like punching a punching bag
- Rewarding yourself when you are successful

While working through Step 6 of AA, it's important that you don't shame yourself. You can't change the past—all you can do is change the future. Instead of condemning yourself, accept that the past is part of your story and look ahead to brighter days. Once you accept your past, you can then submit to your Higher Power and work toward letting go of these negative traits.

Districts, Area & Contacts



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

Central Office/Intergroup

4th 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

***District 7
 General Service***

2nd Monday of the
 month
 6:30pm – 8:00pm

Quartz Hill LaGrange
 41843 50th Street West
 Lancaster, California 93536

***Area 93 General Service
 Area Assembly***

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: *Circle of Love and Service*

AA Service Manual

A God Shot Straight to the Heart

March 8, 2021 By Nicole

If you don't know what a God shot is, it's a term used in recovery:

“A **God shot** refers to an unexpected favor or a sign. The phrase attributes to a profound happening that cannot be explained, but not quite as remarkable as a miracle. It is something that gives an addict a warm feeling inside that indicates to them another reason to why they should stay sober.”

So, I got a God shot this morning. I was sitting on my bed worrying and getting anxious about speaking at my first AA meeting tonight. I'm trying to write down a few ideas on things to talk about and practice because public speaking freaks me out so much.

My mind is spinning on how I'm going to effectively communicate to a group of strangers who I am and somehow say something useful or profound. I start to get overwhelmed, so I grab the remote to my TV. It's a new TV so I'm staring at the controller and decide instead of pushing the typical Netflix button, I push the Watch Free because I'm like, what the heck does this button do.

Up pops CBSN Los Angeles. Now, I don't usually watch the news. I have enough going on in my own little life that watching global or even local news causes me even more anxiety. In my two years in recovery, I've watched the news maybe a handful of times because I can't seem to handle it. It's too heavy and I can't bare the weight of the burden of information sometimes. So, I avoid it.

But I don't turn it off. I watch as this band is talking about how they can't believe their song has been nominated for a Grammy. As I'm about to turn it off they mention that they made a music video for this song about this barber, who is in recovery. He gives homeless folks haircuts because he believes that a haircut can change a person's life and it's his way of giving back.

Now I'm glued to the television as the story unfolds about this barber and the song. So I turn to my laptop, find the song and watch the music video. I'm in tears by the end. (The video is posted at the bottom of this post. I highly recommend giving it a listen/watch).

The lyrics get me. I think they are relatable to virtually every person but as someone in recovery they hit me even harder. A lot of the time I've spent in recovery is trying to make up for the shitty person I was for so many years. I'm constantly trying to do better and be better. I'm always hoping for forgiveness, but I understand when someone never wants to speak to me again. I have been a toxic person and I respect their decision to cut me out. The Lyrics to the song:

In a world that's gone crazy
You don't know what's true
Most people don't change
But some people do

Some people quit drinking too much
And some people quit lying
Some people decide to grow up
But it's never good timing

Most wouldn't forgive
What I put you through
But I'm here tonight
Hoping some people do

These lyrics feel like what my head and mind have felt during recovery for the last 2 years.

Sometimes, just sometimes, we can reconcile those relationships with people and show them that people CAN change. Sometimes we can mend what was broken. It's those opportunities that breathe new life. Recovery has given me back some of the most important people in my life. Most importantly, it's given me a second chance to not only just live, but live well.

I believe that my higher power, or god, showed me this today. I believe that this is what I am supposed to talk about tonight in the meeting and I will. I will tell this exact story in relation to my recovery and what it has meant for change in my life.

I now have the words I need for tonight's meeting and I no longer have to worry about what I am going to say. This is a blessing for me and my anxiety and my recovery.

It's moments like this when I remember that my higher power has my back, that recovery was the best choice I ever made and that people DO sometimes change and giving them a chance to show that. Sometimes I'm proven wrong, but when I'm proven right – that some people CAN change – that's a beautiful thing.

DO YOU HAVE A GOD SHOT TO SHARE?
(The sender will remain anonymous).

Send to info@aascv.org

