

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

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.



“Hi, I’m Claudette, grateful alcoholic.”

How can I possibly reduce **47 years** of gratitude, joy and love into two or three paragraphs?

July 18, 1976 is my anniversary date, the day I was blessed with ongoing sobriety. The past week had been difficult. As a result, I decided I should ask my husband for a divorce - while we were still friends. He answered, “I think you should come up with another idea”. So far, that was my best idea of the day, now what! I sat down in the den/bar and said out loud, “Oh God, I can’t do this anymore”!. Well, He apparently heard me and thought - “have I got a program for you”.

That evening I went to a Q&A meeting held in the parking lot of a church in Granada Hills. There were five men and me. I fell in love with all five guys and the program that night. Remember we don’t come in too tightly wound. Bobby Earl used to say, “He walks in the room, sees her and says Mama, she walks in sees him and says Daddy”. I was asked that night if I could do something for 24 hours that I couldn’t do for the rest of my life. I answered yes, not knowing they were talking about DRINKING, but I said yes. They told me their secretary had “gone south with their collection”? I didn’t ask.

I asked how one could not drink if their partner drank, was told don’t project. I asked about New Years Eve, birthdays, 4th of July, weddings, or basically anything, because I really didn’t need anything special to drink. I was told, “just do one day at a time and think the drink through”. They circled daily meetings in the SFV directory, and I went again the next night. The guy sitting next to me asked if I was new (how did he know that?) and introduced me to several women there. one of whom asked me if I was an alcoholic.....I said, “Oh God, I think I am!” She asked me if I wanted to talk and I said, “No, I need to go tell my husband”, - like he didn’t know!!

I’m one of the fortunate few. That first year was exciting and busy. I was told to get a sponsor, so I got two. One easy and one gruff. I was told to spend as much time getting sober as I spent

drinking or thinking about drinking. I went to three or four meetings a day. I was told I might fall off my pink cloud - not so far. I went with H&I to prisons, VA hospital, schools, Alco-thons and spoke on panels. I got stuck on my inventory, but carried a notebook with me, just in case - all I wrote at the top was - *‘As you travel on life’s highway, no matter what your goal, keep your eye upon the donut and not upon the hole’.*

AA changed my life and those of my family members. Both sponsors became a big part of my life and the lives of my family. When my gruff sponsor moved to Huntington Beach, it was a great loss, I saw her almost daily, but it allowed me to expand my relationships with others.

My mother used to send me her birthday cards. I miss that and her a lot. She was a big part of my amends.

I haven’t talked about my drinking, it’s boring (though I had a lot of fun times). I drank like we all did - too much, too often. And when I started, I couldn’t stop.

I mentioned that I went to Alco-thons. My first one was at Rafters when I was about 10/12 days sober. We (Chatsworth group) were 4:00 to 5:30a.m. Another group was just finishing when we got there. This old guy in overalls said, *“I tried ‘er drunk an’ I tried ‘er sober.....sober’s better.*

That about sums it up for me and I hope for all of you also.

Love,
Joybubbles

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

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



Birthday Board

- Sabrina R: 7/27/2022
- Susie R: 7/2/2019
- Bridget M: 7/14/2018
- Leah R: 7/25/2014
- Tanya H: 7/29/2013
- Kelley H: 7/26/2013
- Sue P: 7/6/1987
- Molly K: 7/1/1979
- Claudette: 7/18/1976

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



July is the 7th month, and we highlight the following:

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept 7 (short form)

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Service material from the General Service Office (GSO)



STEP 7 - Joe’s Recovery Story

(from Drop the Rock second edition)

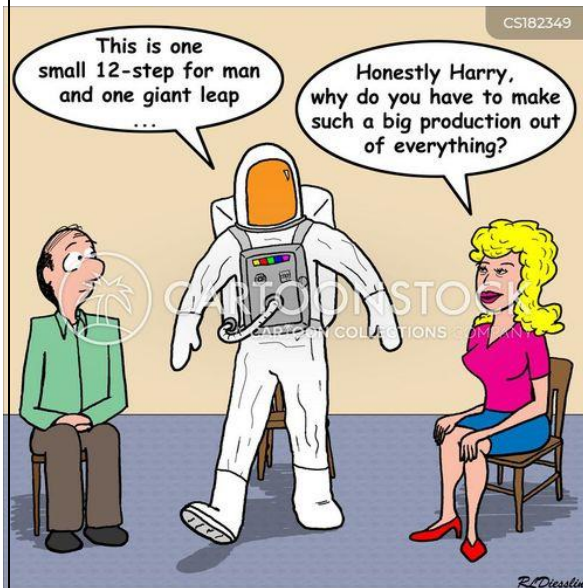
Before my recovery began, five years ago, the Seven Deadly Sins accurately described my basic character. After my last drink, I discovered, to my amazed awakening, that the Seven Deadly Sins accurately described human nature. Were Steps Six and Seven going to change my basic human nature? I doubted it. So, it took me four years of somewhat miserable dryness to get to the Seventh Step prayer. But then I was in for some **surprises**—seven of them. Slowly, very slowly, at a caterpillar pace, I realized (I love Program realizations) that God is in the transformation business. Before I was even fully aware of it, a change was taking place in my behavior. As a drinking author, I took great pride in my work. My pride far surpassed my accomplishments.

My ego was always fatter than my bank account. Through recovery, I learned to write what I like and to like what I write. I no longer reach for the proverbial brass ring or yearn to write the nation’s next best-seller. I have lowered my sights and have found my true niche. I am content, and I like myself more this way. **Surprise!** Step Seven has changed pride into self-esteem.

Did I mention yearning for literary fame and fortune? Well, I never worked toward such a goal. I wrote for money. My sole motive was personal gain; no more, no less. Today, I write from a new heart, with the reader’s mental and spiritual welfare in mind. **Surprise!** Caring and sharing have replaced selfishness.

When I was a drinking drunk, I firmly believed that lust was a natural part of human makeup. I often wrote highly of it, using acceptable euphemisms such as “eros,” “passion,” “fervent love,” “burning desire.” It wasn’t until sobriety that I could “respect,” “trust,” “adore,” “obey,” or “be true” to a loving woman. My grandiose ego is far less grandiose. I now enjoy what I once thought was a contradiction in terms: moral sex. **Surprise!** Love conquered lust.

Anger was my middle name. Getting even was the name of my game. My bywords were: “I’ll show them!” and “Who do they think they are?” and “They aren’t going to get away with that!” This violent need to punish others blinded me to the rights of others. Sober, I learned that all people are as human as I am and no more deserving of my self-righteous anger than I am of theirs. **Surprise!** Anger has given way to tolerance.



I was a glutton for everything sensual, including the “pleasure” of intoxication. As it turned out, I was really a glutton for punishment, drinking anything from beer and wine to whiskey and (on one pitiful occasion) aftershave lotion. I wanted more of everything in sight, no

matter what it was. I was worse than an underprivileged kid let loose in an unguarded candy store. I was an insatiable sponge. Today, thanks to Step Seven, I no longer pray to have what I want; I pray to want what I have. **Surprise!** Acceptance has displaced gluttony.

“Don’t do today what you can put off till tomorrow.” Remember that kind of barroom advice? I do. I lived by it. Even in sobriety, I found myself procrastinating with the Steps, slow to read, study, and understand the programs outlined in the Big Book, fainthearted about attending meetings—in other words, dragging my feet. That’s why it took me four years to get to Step Seven. Yet, this is when I discovered that I would rather make a meeting than watch TV, that I prefer the Big Book to novels, that I’d rather pray than think. **Surprise!** The joy of living has replaced sloth.

Today, I understand envy as the incredible sadness that overwhelmed me when others were successful. I was hypercritical and insanely jealous of the “greats,” never once looking at the time, energy, and work they put into their success. I simply resented their “good luck,” “connections,” or “secret.” Today, I find myself admiring hardworking people who make it. There was a time, by the way, when I resented the winners in the Program. I now let them serve as examples for me. **Surprise!** I stick with the winners. Envy is being replaced by inspiration.

Today, I live in a daily state of surprise as Steps Six and Seven work on me. I have surrendered to the spiritual process that neutralizes character defects. Someday, maybe mine will be removed. As I said at the beginning, I move at a caterpillar pace. But that’s okay today. As a slow-moving caterpillar spinning my cocoon to the design of the Twelve Steps, I will emerge free as a butterfly. That’s a promise God always keeps.



ANNOUNCEMENTS

SCVAA CONVENTION

October 20 - 22, 2023

Embassy Suites, 28508 Westinghouse Place, Valencia, CA 91355

Registration is now open

www.eventbrite.com/2023-scv-aa-convention-and-al-anon-participation-tickets-558335876637/

The next Planning Committee Meeting is **Sunday, 7/9/23 @ Noon at Rafters** 24307 Railroad Ave., Newhall, CA 91321

Hospitals & Institutions (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 followed by 7pm regular meeting.

SCVAA Intergroup

Meeting is on the 4th Monday of every month at Central Office,
26951 Ruether Ave., B-4, 91351

Send a representative from your group & learn what is going on in your Central Office. All are welcome to attend.

General Service – District 7

Meeting is on the 2nd Monday of every month at Quartz Hill
Grange, 41843 50th St., W, Lancaster 93536

Come be a voice for your Group with District 7, Area 93 & AA World Services.

17th Annual AA Conference w/Al-Anon Participation “A Search for Serenity”

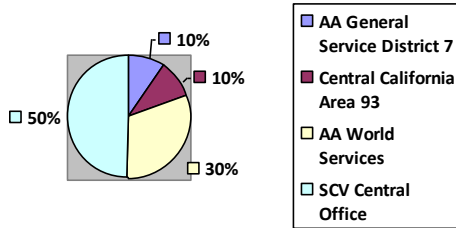
August 18 (6pm-9pm), August 19 (7am-10pm), August 20 (7am-Noon); Big Bear Performing Arts Center, 39707 Big Bear Blvd., Big Bear Lake 92315

Easy Does It Weekend

Camp Seely AA & Al-Anon Retreat
September 29, 30 & October 1, 2023

<https://www.easydoesitweekend.org>

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

*Santa Clarita Valley 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

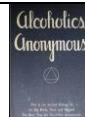
*District 7
General Service*

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

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



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



“GOD SHOT” STORY**A God Shot by Sandy B.**

Story published by AA Central Office of Salt Lake City

I want to share with you an honest to goodness God shot I was blessed with just 9 months into my sobriety. It happened in the Fall of 2015. A little background – I had a best friend that I worked with at a fast-food restaurant here in Salt Lake City, Utah. We went to different high schools, but during our off hours we were inseparable. We were fortunate enough that the manager of the restaurant always put us on the same schedule as we could work the drive through like no other. We just jived. Then came the year that she met a boy, and I met a boy and, being the teenage girls that we were, we drifted apart and eventually lost contact with each other. We were both 19 at the time. Back to the Fall of 2015, 35 years later. I started thinking about her and wondering what her life had turned out like. I found myself listening to the music we used to love, driving by her parents’ house, re-visiting places we had gone together and remembering all the good times we had had together. I asked my sponsor what she thought about it, because I was damn near possessed, and she thought that maybe it was the change of seasons, and it would pass. Well, it didn’t. For the life of me, I could not remember the last name of the boy she married so I got on Facebook and did a search for her using her maiden name. And I found her!!! So, I looked her up in the white pages and found a local address for her. I sat on the information for a few days and then one Friday afternoon, I thought, what the hell, let’s drive by her house. As I pulled onto her street, I could see a woman in the garage and looking at this strange car pulling up. I knew immediately it was her. I told her my name, we hugged, we were in shock, all that mushy girl stuff. She invited me to join her for a visit on her patio and we picked up where we left off with the love and knowledge of being in a safe zone while in each other’s company. Her brother joined us, and he couldn’t believe the things we were telling each other after having been apart that many years. Then came the **God Shot**. I asked her if she would mind if I had a cigarette and she said that I could, but I really should try to quit. I told her that I had joined Alcoholics Anonymous 9 months ago and giving up one addiction at a time was going to have to be enough. She got up out of her chair, started shedding tears and said to me, “Now I know why you are here. God sent you to me! I have been trying to get sober and am having the hardest time and I just don’t know what to do next.” I told her about the program of AA and asked her if she would like to join me at a meeting. We went the following week and although she has struggled, she keeps coming back. I realize that I have been touched by God’s blessings during my 57 years of life, but this one was huge. I felt like I was doing his work instead of asking him to work on me. I will have 4 years of continuous sobriety in January 2019, and I cannot imagine a life without this program and the people I have met along the way. I attend meetings, I have a sponsor who knows she is my sponsor, I have sponsored women, I participate in service at every chance I can, and I take every phone call I receive. And today I can honestly see how the small miracles in my life have accumulated to huge acts of love doing for my Higher Power what he has and continues to do for me.

-Sandy B.

DO YOU HAVE A “GOD SHOT” TO SHARE?

Send it to info@aascv.org