

GRATITUDE GAZETTE

MONTHLY NEWSLETTER OF SANTA CLARITA VALLEY CENTRAL OFFICE OF AA

SERVING: NEWHALL, CANYON COUNTRY, SAUGUS, CASTAIC, VALENCIA, AND AQUA DULCE



email: info@aascv.org
website: aascv.org

Meeting Schedule

SCV Central Office

26951 Ruether Avenue, B-4
Santa Clarita, CA 91351
Open Monday, Wednesday & Friday
10:00 AM to 5:00 PM
(661) 250-9922

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Welcome from Central Office

A new year is upon us as we welcome in 2024. Whether we are new to AA or have had the benefit of welcoming in a new year with sober eyes it is still magical. As "the book" says, **We Don't Regret the Past Nor Wish to Shut the Door on it.** (2023) but we can get excited about the prospects of a new year and what it holds for each of us.

While I am not much on New Year's Resolutions (I don't regret the past), I discussed my "vision board" for 2024 with a couple of friends and while most of it was still all about me, Central Office was also included. And, yes, I know it's my vision board, but I have this vision for Central Office for 2024 - that this year it becomes "everyone's". The vision is that others will take an interest in what is available here and provide input in how can be more welcoming.

Did you know we have a monthly meeting on the 4th Monday of the month, 7:00 PM, that's called InterGroup? While your InterGroup/Central Office provides local services it also maintains a relation-

ship with General Service, which is the link between our local meetings/groups and the General Service Board in NY. If your meeting sends a representative to the InterGroup meeting, then you will have a voice in your local central office. That voice can help decide what literature is to be purchased and if non-conference approved literature should be included in our inventory. That voice can oversee the budget and where and how our funds are being spent. There are positions open on the InterGroup committee if you are looking for a new and exciting commitment for 2024.

One last item on my vision board is the "Faithful Fiver" program. Faithful Fivers are A.A. members who graciously contribute \$5.00 each month to support their Central Office in its efforts to carry the AA message of hope and recovery to those who still suffer. We cannot rely on contributions from Gratitude Month to get us through the year. We must be supported by the meetings in the area

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Legacies for January

Step
1

We admitted we were powerless over alcohol – that our lives had become unmanageable.

Tradition
1

Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept
1

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



Birthday Board

We would love to acknowledge your sobriety date so help us keep our birthday info updated by emailing us at info@aascv.org

Bobbie Mc C. January 1, 1980
Bobbie G. January 17, 1997
Carolyn A. January 16, 2023
Cynthia B. January 2, 2018
Dawn I. January 3, 2012
Dawn S. January 6, 2023
Judy T. January 1, 2015
Kelly D. January 25, 2011
Tanner W. January 11, 2019
Vanessa R. January 1, 1971
Venita S. January 1, 1980

News from New York

Grapevine Digital Subscription. Combines the Grapevine complete on-line access to the website, archive, and the App: aagrapevine.org/store

Meeting Contributions to New York has changed:

NY now has a separate post office box that has been established for 7th Tradition contributions only. Please send contribution checks payable to:

“General Service Board”
PO Box 2407
James A Farley Station
New York, NY 10116-2407

Upcoming Events

Sign Up for The Online International Women’s Conference

February 8 – 11, 2024 Registration: \$15.

Keynote Speakers broadcast to you from Portland, Maine.

Hybrid Panels Attend select panels as they happen live.

Exclusive online panels and workshops for attendees.

Online Topic Teasers healing and forgiveness; restraint of tongue and text; aging and amazing.

Register at: <https://internationalwomen-conference.org/>

Informational Session For Plain Language Big Book

Sponsored by Area 6 Sunday, January 14, 2024 1:00 PM PST.

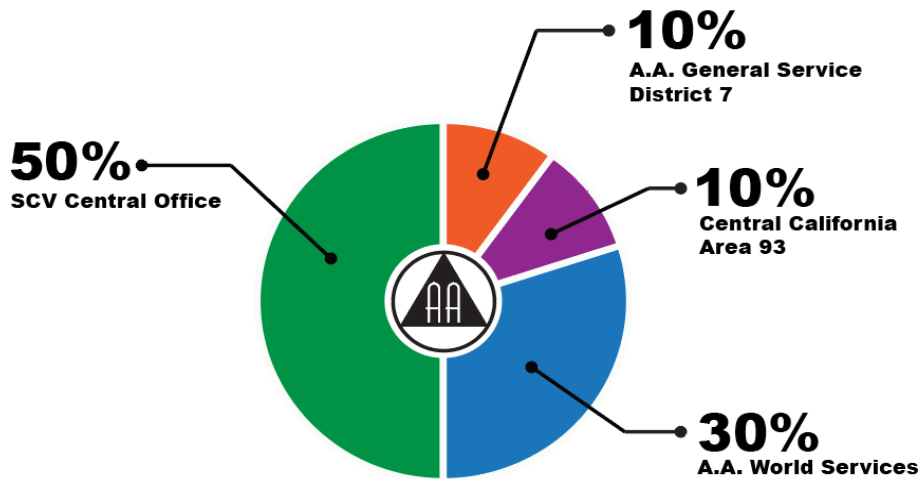
Meeting ID: 842 6106 1894 Passcode: 1935

This session is designed to give AA members information about the development of the plain language translation of the Big Book. See details [here](#).

7th Tradition

To A.A.W.S., District 7, Area 93, & Central Office

Financial Support for District 7, of Area 93, World Services and your Central Office is suggested for each meeting that participates in Tradition 7. When a meeting meets its rent and prudent reserve, the remaining contributions are suggested to support A.A.



A.A. General Service District 7

P.O. Box 599
Acton, CA 93510
(Check payable to: District 7, CCAA)

Central California Area 93

PMB # 140
606 Alamo Pintado #3
Solvang, CA 93463
(Check payable to: CCAA, Area 93)

A.A. World Services

P.O. Box 2407
James A Farley Station
New York, NY 10116
(Check payable to: General Service Fund
A.A. Please put Group # on check)

SCV Central Office

26951 Reuther Ave B-4
Santa Clarita, CA 91351
(Check payable to: SCV Central Office)

Monthly Service Meetings

SCV Central Office/ Intergroup

4th Monday of the month

Central Office 7:00 PM – 8:00 PM
26951 Reuther Ave B-4
Santa Clarita, CA 91351
Send a representative from your meeting; find out what is happening at your local Central Office and within the A.A. community of Santa Clarita Valley.

District 7–General Service

2nd Monday of the month

6:30 PM – 8:00 PM
Quartz Hill La Grange

41843 50th Street West
Lancaster, CA 93536
Zoom ID: 830 4964 7466

Hospitals & Institutions (H&I)

1st Thursday of the month

6:30 PM – 8:00 PM
St. Stephens Church
24901 Orchard Village
Valencia, CA 91355

Announcements

PRAASA 2024 (Pacific Region AA Service Assembly)

March 1 – 3, 2024 San Francisco Marriott Marquis

Check out Event Details [here](#).



Thursday 7-8:30 pm
Early Bird
Open A.A. Meeting

PRAASA
March 1-3, 2024
San Francisco Marriott Marquis
780 Mission St., San Francisco, CA

1-415-896-1600 or 1-877-622-3056
Rate: \$189/night + tax (double occupancy)
<https://book.passkey.com/e/50691279>



Friday NOON
PRAASA Orientation
Friday 1 pm
PRAASA Opening



Grapevine News

aagrapevine.org

Current Issue Spotlight: This month's feature section is "Emotional Sobriety." Members share hopeful stories about how much better their lives are now that they have lived in the A.A. program for a while.

Submit Your Story! Upcoming Topics...

Annual Prison Issue – Looking for stories of hope about A.A. in prisons and jails by incarcerated members and by those who bring meetings to them. Did you find A.A. in prison? What is sobriety like inside? Are you involved in correspondence service or prison sponsorship? (stories due Jan. 15, 2024)

Dating & Relationships – Learning how to date in sobriety? How did it go? What were the challenges? Any sober tips? (Believe me, we all want to know!). Share what you've learned about having sober relationships. How is your marriage or relationship different now than when you were drinking? (stories due Feb. 15, 2024)

Important: We're looking for stories of experience with each Step and each Tradition! (Pick a particular Step or Tradition and share your experience!)

Did You Know? In 1980 Grapevine Conference Committee recommended: "that groups make every effort to introduce newcomers to the Grapevine as one of our best tools in sobriety."

District 7 will be looking for a new Grapevine Representative for 2024. Volunteer to be your group/meeting General Service Representative (GSR) if you are interested in the position of Grapevine Representative for our district.

Sample of *Grapevine Daily Quote* from December 22nd:

"Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility—one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid." Bill W., November 1957, "Respecting Money," *The Language of the Heart*

Looking for a Meeting?

aa.org/meeting-guide-app

Did you know there is a meeting guide app for your smartphone?



Find upcoming meetings nearby or anywhere in the U.S. or Canada. The Meeting Guide App currently includes lists of 400 A.A. service entities directly to you. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily. Supported by A.A. World Services. Is now available free from the Apple Store and Google Play Store. Look for the chair in the circle and download today.

Literature

aascv.org/shop

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

20 Questions – Are You an Alcoholic?

A colorful little pamphlet for newcomers trying to decide if they have a problem with alcohol.

This is a reprint of the original 20 questions pamphlet.

Why We Were Chosen

Reprint of speech given by Judge John T. on the 4th Anniversary of the Chicago Group in 1943.

Welcome from Central Office

Continued from page 1.

and if they are not contributing then we must count on individual contributions. As Bill W. said in November of 1957 – *"Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility – one that every member out to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid."*

I look forward to seeing a bunch of new faces at our first Inter-Group meeting, January 22nd at 7:00 PM.

26951 Ruether Ave, B-4 in Canyon Country.

A.A. Meetings and Getting “it” Out

by *Dougie W.*

Part of my journey is discovering more about me. The good, the bad and even the ugly. My sobriety is not long, so my journey is fresh and new. How do I mark this road either as spiritual progress or stagnation? I took an elevator down to a really dark place, where carnage happens. My drinking helped me to lose my job, my wife, and many relationships. I am now taking the stairs back up, one step at a time.

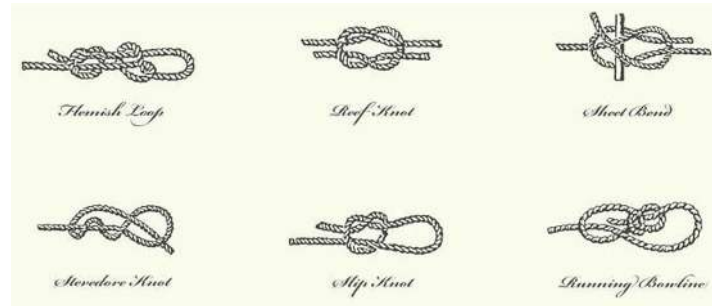
So, I write for my soul, my mind and try conform my mind and soul into something where the outcome is better organized. I do not write because I do not have the answers, but I write to help me find the answers. I am on a new adventure and many of the emotions are new and untamed. I write because it is a beautiful and aw-moment experience. It can be amazing and dreadful.

In my alcoholic mind is this place, where my brain is like a big knotted ball of string. On this knotted ball it is hard to find an end or beginning thread, often it is covered over by many wrappings. There are many threads, so unraveling is hard if not it often feels close to impossible.

So, how does one unravel this big mess that looks like a knotted ball, to unknot it and spun it back to a useful form like in a ‘hank’ or ‘skein’? I can pull on the string and tighten the knot even more, drinking did a lot of that. Or, I can be socially involved, I do not mean at any party or social networks. To get healthy, I need to be involved or to service with others. This is not a lone wolf process. My alone thinking got me into this mess.

The 12 steps identifies different solutions to the knots types, the granny knot, a square knot. a slip knot, a sheet bend, you get it as well as the one that is about despair, the noose.

When I load a ‘share’ into the chamber of my mind, and it becomes locked and loaded and I begin to talk, such as in an open meeting. When I get a chance to be involved in my sobriety, healing begins, a share is removing a knot, (it may be reknotted later.) The emotions during and after a share for me are not pleasant most times, I feel very conscious about sharing. I feel that I am not being understood, or I did not resonate with anyone. After a share, it is rare that anyone comments on my share with me. So, I feel a little hurt and recoil, well for a bit. The stronger my resolve to stay sober, the faster I rebound. I am learning, it is the process and not a goal of perfection. I share because that is the medicine, bitter and sweet.



When I start a share, I have to relate, what I used to be like, what happen, and what I am like now. I begin to take these random thoughts and start to convey my story in a linear fashion. I take a thread and pull on a loose end, weaving and pulling to try to loosen one knot maybe two, as I communicate a simple message about my experience and hope which is my desire for others, if not, well it helps me.

This is a spiritual experience of the educational variety. The knots begin to loose up. I find that I am able to unwind some chaos in my mind. The “sharing experience” is not limited to a meeting. I share with my sponsor, on the phone with friends, even after a meeting with others. Each experience is another method of unraveling those damn knots.

I use to be bored when I heard some (not all) of the personal stories being shared. Today, I listen more with identity to others (less looking at the clock), to help me better understand me and understand them. Sometimes, listening to a share is; a drunk-a-log, a packed hurt, repetitive share, boastful, or even a dishonest share, and even it is sometimes just boring; but each has value. Each person is trying to unknot their mind, to help them stay sober.

I find that the fellowship of A.A. to be a weapon in my war chest that is important as studying and working the steps. Head knowledge alone will not keep me sober, so I need to attend to the physical, emotional, and spiritual side of this program.

“I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother and I found all three ...” (Martin Luther King)
