

GRATITUDE GAZETTE

THE MONTHLY NEWSLETTER OF SANTA CLARITA VALLEY CENTRAL OFFICE OF A.A. MADE POSSIBLE THROUGH THE GENEROUS CONTRIBUTIONS OF GROUPS AND INDIVIDUALS

SERVING: NEWHALL, CANYON COUNTRY, SAUGUS, CASTAIC, VALENCIA, VAL VERDE AND AGUA DULCE, AND ALL OF THE SANTA CLARITA VALLEY



Meeting Schedule

Email: info@aascv.org
Website: aascv.org

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History of Women in A.A.

By Judy F.

“I asked, ‘Is this AA?’ One man said, ‘Yes, but we ain’t got no women.’ I said, ‘You do now,’ and sat down on the couch in the front of the room.” — *Grapevine Daily Quote July 5, 2024*

“The Seven-Day Test,” Lexington, KY; November 2001, Voices of Long-Term Sobriety

There is some debate as to who was the first woman to get sober in A.A. or to have the longest sobriety but by all accounts, Florence R. of New York City, was the first woman to get sober in A.A., even for a short time. She came to A.A. in March of 1937, had several slips, but had over a year when she wrote her

story for the Big Book, **A Feminine Victory**. (1 st Edition). Florence was one of the reasons the original name of the Big Book was changed from **One Hundred Men**. Unfortunately, she started drinking again and later committed suicide.

It was the spring of 1939 and Sylvia K. was being brought to Akron from Chicago for “the cure.” Dr. Bob was less than thrilled and said “we have never had a woman and will not work on a

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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

Intergroup Representatives

Name	Meeting
Andrea G.	Women’s Happy Hour, St. Stephen’s
Bobby B.	Sunday Night Big Book Study, Recovery Room
Brian O.	Men’s Crosstalk, OLPH
Dena P.	Intergroup Secretary
Dougie W.	Intergroup Chair, Just for Today, Stepping Stones
Greg A.	Rafters Group
Hailey W.	New Reflections, Christ Lutheran
Jennifer Y.	Santa Clarita Speakers Meeting, Stepping Stones

Jenny M.	Magic Mountain Group, St. Stephen’s
Joseph N.	Speak to Us, Recovery Room
Judy F.	Intergroup, Central Office Manager
Kathy B.	Outreach
Leslie M.	Daily Reflections, Stepping Stones
Linda C.	Step Sisters 12&12, St. Stephen’s
Mia F.	Daily Reflections Women’s Meeting
Patty G.	Women’s Bean Bag Toss, Stepping Stones
Susie R.	Coyote Group & Magic Mountain Group Monday
Tobiah N.	12&12 Discussion, Recovery Room
Todd W.	Men’s Stag, Recovery Room

How to Become a IGR

You can get involved by becoming an Intergroup Representative (IGR) for your meeting or group if they do not have one. An IGR should have at least one year of sobriety and be able to attend the monthly Intergroup meeting on the 4TH Monday of each month at 7:00 PM. You can also get involved by participating in one of the Intergroup committees.

If your meeting or group is not represented, you can take a group conscience to decide on representation, make a motion, and vote to have an IGR. You can then vote for a member to be your representative. The term is two years. A group may also elect an alternate IGR.

The Central Office can assist with questions and the process to help anyone interested in becoming involved in this service work. Central Offices are essentially A.A. service entities, "directly responsible to those they serve," as described in Tradition Nine. Local group representatives reflect the groups' conscience in the service center operations..

A.A. Meetings

aa.org/meeting-guide-app

Did you know your Central Office updates meetings in the SCV for the meeting guide app for your smartphone?

Your Central Office has 162 meetings in English and Spanish both in person and on-line listed in the SCV. If you need to update or add your meeting information, please reach out to the Central Office.

To find upcoming meetings nearby or anywhere in the U.S. or Canada, use the Meeting Guide App. This app currently includes listings from 400 A.A. service entities, providing you with access to over 100,000 weekly meetings. The information is refreshed twice daily and is supported by A.A. World Services.



The Meeting Guide App is available for free from the Apple Store and Google Play Store. Look for the chair in the circle and download the app today.

2024 SCV Convention Corner

August 10th, 2024 for the next special event for the SCV Convention. Purchase [tickets](#).

It will be the Spaghetti dinner to be held at Church of Nazarene on the Old Road.

Good Food, Fellowship, Live Auction, Speakers.



News from New York

A.A. International Convention in 2025

2025 International Convention in Vancouver Online registration and housing opens on September 10, 2024. Check out the IC2025 [webpage](#) for updates.

If you plan on attending the international convention please be aware that there are official policies and procedures to cross the border into Canada, especially if you have a past DUI or criminal record. You may find further information on the FAQs web page at aa.org/international-convention-2025-faqs. Refer to **"Traveling to Canada"** and follow the link for more information.

A.A. Celebrates the Big Book's 85TH Anniversary! On April 10, 1939, 4,650 copies of the book Alcoholics Anonymous were published. The book's cover featured a splashy design, the list price was \$3.50, and to compensate for what some considered the hefty price, the book was printed on the thickest paper available in an effort to persuade the alcoholic purchaser they were getting their money's worth. And so, the bulky book became known throughout A.A. Fellowship as "the big book." It has been translated into more than 70 languages and available around the world. In English alone, more than 41 million copies have been sold. In 2023 A.A. World Services distributed an average of more than 2,500 copies of the Big Book each day of the year. An early review by the New York Times (June 25, 1939) referred to the book as "strange." More than seven decades later, Time magazine placed the Big Book on its list of "100 best and most influential" nonfiction books written in English since 1923. In 2012, the book was selected by the Library of Congress for a special exhibition, "Books that shaped America," which highlighted 88 books written by Americans that influenced national identity.

Happy 85TH birthday Big Book.

Legacies for August

Step 8 Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8 Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers..

Concept 8 The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

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

Victoria T8/17/2022
Danny B	8/14/2022
Eve M	8/10/2020
Lisa S.	8/31/2009
Frank Q	8/29/2008
Bryan D	8/1/1988
Joseph R.8/23/1986
Lynn M.8/17/1978

History of Women in A.A.

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woman” but she was already on her way. Although she didn’t stay sober at that time she went back to Chicago and got sober. It is said Sylvia was probably the first woman to achieve long term, permanent, sobriety – September 13, 1939 till her death October 31, 1974. Sylvia’s story, **Keys to the Kingdom**, first appeared in the 2ND edition of the Big Book.

While it seemed like an exclusive “men’s club” in those early days a few women were beginning to break the barriers and stigmatism of alcoholism by joining the program. As mentioned, above there was Florence R. and Sylvia K. who were the first, but then there was Ethel M. (May 1941) who was the first woman to gain sobriety in Akron, and some even claim she was the first woman in A.A. to ever do so. She was known as the “First Lady of AA” and her story, **From Farm to City**, 2ND and 3RD editions of the Big Book.

Esther E. of TX got sober May 16, 1941. It was after reading the article in the Saturday Evening Post Esther wrote to GSO in NY and began her journey in A.A. Her story, **A Flower of the South**, first appeared in the 2ND edition of the Big Book and upon her death in 1960 she had 19 years of sobriety.

The first woman to enter A.A. west of the Mississippi and considered an A.A. Pioneer of Los Angeles was Sybil C. – March 21, 1941. Sybil also read the Jack Alexander article and wrote to NY. New York’s response was there were no women members in California but still referred her to the small group of men in the area. At her first meeting there were ten to twelve men seated at a table and three or four women seated against the wall. At the beginning of the meeting the chairman announced, “as is our custom before the regular meeting starts, we have to ask the women to leave” and so Sybil left, headed for the nearest bar and got drunk. She remembered that NY had also given her Cliff W’s phone number if she needed help. She reached out to Cliff who explained they thought she was one of the wives and if she had identified as an alcoholic, she would have been welcome. Sybil died sober in 1998 with 57 years of sobriety. She was honored at the International Convention in 1985 as the longest-sober living woman in A.A.

We certainly can’t talk about the history of women in AA without mentioning Marty M. of New York City and Connecticut. Marty’s sobriety date is uncertain, but she

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Upcoming Events

Rafters 50TH Annual Alcathon “Design for Living”

Aug 2ND–4TH 2024
24307 Railroad Avenue Newhall, CA
91321

2024 SCV Convention

October 18TH -20TH , 2024
Embassy Suites – Valencia
Registration for the convention is open
on line aascvconvention.org

Next Convention Planning Meeting

August 11TH 11:00AM–1:00PM
Rafters

Come and see how you can be of service. The committee is always looking for volunteers.

2025 A.A. International Convention

July 3RD – 6TH, 2025
Vancouver, Canada
aa.org/international-convention

All Events

Visit <https://aascv.org/events-and-announcements/>



Literature

aascv.org/shop

Literature is available at Central Office.

A.A. for Alcoholics With Mental Health Issues

Includes stories that relate to experiences of men and women who are coping with mental health issues and staying sober. It also includes stories from A.A. members who have worked closely as sponsors with alcoholics who have mental health issues. Recommended reading for all to gain a better perspective and acceptance of alcoholics struggling with mental health related issues.

Problems Other Than Alcohol

This pamphlet was taken from an article originally written by Bill W. in 1956. An interesting piece of literature where Bill discusses the need of keeping A.A. pure and says "our first duty, as a society, is to insure our own survival. Therefore, we have to avoid distractions and multipurpose activity. An A.A. group, as such, cannot take on all the personal problems of its members, let alone the problems of the whole world."

Grapevine News

aagrapevine.org/store

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

The August issue of the Grapevine is out and their featured section is "**Dating & Relationships.**" Members share their experiences about sober dating and how their relationships have changed since they got to A.A.

American Sign Language videos for deaf alcoholics are now available on the Grapevine and La Vina YouTube Channel! Visit www.youtube.com/@aagrapevine

The Grapevine "Link in Bio". You can access a wide range of Grapevine products, including our website, store, podcast, apps, books and more! Visit www.linktr.ee/aagrapevine

The AA Grapevine Half-Hour Variety Hour. Long-time A.A. members, Don, Olis and Sam interview different members each week in a casual "meeting after the meeting" manner. Visit www.aagrapevine.org/podcast

Grapevine Daily Quote:

If all I have is a dollar in my pocket and I'm at a meeting, logic tells me to save it for myself for later. If I give it to A.A., and have faith in the process, it will come back to me in ways I can't even imagine.

Skating Through Life, Sacramento, September 2005

History of Women in A.A.

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attended her first meeting at Bill W's home in Brooklyn on April 11, 1939. It was Dr. Harry Tiebout at Blythewood Sanitarium who gave Marty the manuscript of the Big Book to read and also arranged for her to go to her first meeting. Although Marty had three relapses during her early sobriety, her last was in 1944. From that time on Marty was obsessed with eliminating the historic stigma attached to chronic drunkenness and began educating the country about alcoholism. Her nationwide educational efforts led to the creation of the National Council on Alcoholism and was director for 24 years. Marty's last talk was before the International Convention in 1980. She passed away two weeks later with 36 years of sobriety.

We have come a long way since those early days in A.A. and the strength of our women's meetings in Santa Clarita speak loudly of the message being carried to the still suffering woman alcoholic. Sylvia K. was so right when she said we have been "*given the Keys of the Kingdom.*"

SCV Central Office Intergroup Minutes

Recorded by **Dena P. Secretary**

Monday, July 22ND, 2024

- Called to order by Dougie W. at 7^{PM}
- Serenity Prayer
- Statement of Purpose read by Mia F.
- Introductions: 16 present
- Minutes accepted

Chairperson Report – Dougie W.

In the packet given to all attending IGR's is a copy of the updated Policies and Procedures.

Let meetings know they can receive an electronic copy of the Gratitude Gazette by providing an email address. An IGR can collect the emails and bring to the next meeting or by contacting Central Office via email or phone. We are also asking for any A.A. members who would like to share their story in an article for the Gazette, if so please contact Central Office.

Going forward at each Intergroup meeting one of the IGR'S will volunteer to do a five minute or less report on their choice of A.A. literature including pamphlets. Dougie W. reported on the pamphlet about the 12 Traditions Illustrated. Tobiah N. will be giving the report at our August meeting.

Going forward we will looking into all of our Chair positions that are open or have termed out. We will decide which chairs are elected and which are appointed.

Treasurer's Report- Judy F.

Statement for June -\$105.40 Net negative revenue.

We had 6 group contributions for \$741.92 and the individual contributions were \$756.72

Currently we have ~\$12,000 in checking and ~\$16,000 in our prudent reserve.

Judy F. is going to look into placing our saving account into an interest earning account.

We currently have 19 Faithful Fivers.

Treasurer report accepted.

Office Manager And Literature

New tumblers are \$18.50 and coffee mugs \$15.00 they can be personalized.

We are adding a wider variety of medallions to our selection.

There is a new pamphlet, *Hispanic Women in A.A.*

There is a copy of the meeting directory and the gazette in the IGR packet.

Our liability insurance has increased from \$664 to \$941. Going to discuss with our agent to see how we can lower it.

Inquiries/Website- Dougie W.

Spanish groups at Recovery Room have been updated. One meeting at Stepping Stones, Relationship with God has been renamed to 11 Step Discussion.

Outreach Report – Kathy B.

No Report

Public Information – Open

No Report

Facilities–Judy F.

The office has been painted and has a new bookshelf. This has been zero cost to Central Office, all was done with donations.

Old Business

None

New Business

None

Announcements

August 2ND and 3RD is Rafter's 50TH Annual Alcañon.

July 3-6TH, 2025 International AA convention will be in Vancouver, Canada. Comes every five years

The 61ST International Women's conference will be in San Diego next year, January 30th–February 2ND, 2025.

The next event supporting the SCV Convention is the Spaghetti Dinner on August 10TH at 5:30 ^{PM} at the Church of the Nazarene Order ticket at aascvconvention.org

Area 93 elections November 16TH and 17TH in Lancaster

Pass The Basket

Birthdays–July

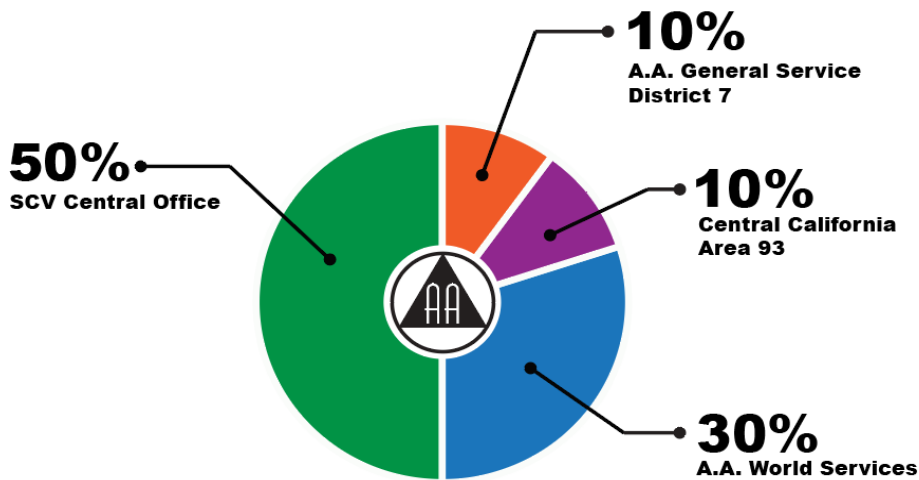
Susie R.–July 2ND – 5 years!

Meeting closed at 8:04 ^{PM} with **I Am Responsible** Statement

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 all of the A.A. Service Structure.



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)
When making contributions to A.A.W.S.,
Area 93, Districts, Central Offices.
It is important to add your: **Group/**

Meeting Information:

- A.A.W.S. Group Number
- Meeting/Group Name
- Location
- Day(s) of your meeting and start time

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 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 Orientation
Business Meeting 7:00 PM–8:00 PM
St. Stephens Church
24901 Orchard Village
Valencia, CA 91355

Step 7–“Humbly asked Him...”

By Dougie W.

“**My Humility Can Kick Your Humility’s Ass**” — some silly little humor about humility. What makes the joke funny is that humility is a subject that one cannot obtain and then talk about obtaining, at least about talking in the first person. However, we do want to make progress on that goal, or to attain some level of humility. The Twelve Steps and Twelve Traditions states it is the founding principle of each of A.A.’s Twelve Steps. That’s right, all 12 steps. Without humility, not one of us can stay sober or obtain much happiness.

Humility is directly tied to our Spiritual connection. To use an illustration, think of a gauge such as a gas gauge or pressure gauge, with the sides indicating “humility” and “arrogance.” When our Spiritual connection is flowing in a healthy direction that is healthy, the indicator needle will move to the humility side or at least move to some degree away from the arrogant side of the gauge.

Is humility obtainable? Is it something you can practice? Are there levels of it? The 7TH Step Prayer asks “Him” (capital H, so that is a reference to God) to remove our shortcomings. Are we to demand they be removed? Pray about it? Think them away? Worse yet, wish them away? Being humble is the first part, but how we start the process of obtaining some real, measurable degree of humility that will make a difference.

When asking God for anything, it is first based on a relationship, we know from our book page 53, that “God is everything or else He is nothing. God either is, or He isn’t.” So, believing He is everything, we need not demand, beg or be arrogant when we ask for Him to remove our shortcomings. We are to approach God with respect, and that respect is a form of humility. In so doing, we are taking baby steps in humility. **In every case, pain has been the price of admission to a new life.**

The Twelve Steps and Twelve Traditions, page 66 (Step 6 with amplification in parentheses):

... Practically everybody wishes to be rid of his most glaring and destructive handicaps. (The Seven Sins) No one wants to be so proud (sin 1) that he is scorned as a braggart, nor so greedy (sin 2) that he is labeled a thief. No one wants to be angry (sin 3) enough to murder, lustful (sin 4) enough to rape, gluttonous (sin 5) enough to ruin his health. No one wants to be agonized by the chronic pain of envy (sin 6) or to be paralyzed by sloth (sin 7). Of course, most human beings don’t suffer these defects at these rock-bottom levels.

We are asking God in Step 6 — “Were entirely ready to have God remove all these defects of character,” such as fear and resentments, that lead to our bad conduct. Step 7 is the begin-

ning of the removal of our shortcomings or bad qualities and behaviors, such as resentments, greed, dishonesty, laziness, and criticism, and asking Him to replace those shortcomings with their opposites, namely kindness, humility, generosity, truthfulness, work, and praise. For example, if we tend to be self-serving, we pray to Him to be of service to others and follow it up with action: go and be of service to others at your next meeting.

Moving backward to Step 5 we find the “Exact Nature” of our wrongs. It is not meant to be a long list of all our failings; rather, it is a list that sums up what was our part, or defect, like being selfish, dishonest, self-seeking, frightened, or prideful. Those are the defects in Step 6 “we are entirely ready to have God remove them.” Now, in step 7, we humbly ask Him to decrease our shortcomings by having Him increase the corresponding opposite attribute, both in prayer and action.

The Guide to Humility

In conclusion, it is ironic that the very quality that is the foundation principle of each of the Twelve Steps of A.A., humility, has the least ability to be taught or transmitted to others. It is a fragile state, such that, if we claim humility, it is automatically forfeit. Without it, however, small the quantity, **The Twelve Steps and Twelve Traditions** assures us that no alcoholic can stay sober at all. Nearly all A.A.’s in my experience have found that without humility happiness, true happiness, is likewise unattainable. Humility hones our sense of purpose for our lives; makes us “right-sized” and realistic in our self-assessments; what’s more, in adversity, our humility and faith will help us weather any storm.

The Twelve Steps and Twelve Traditions, page 70:

“Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven’t much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”

Three levels (increases in the effort) of Humility

From the book, **Sobriety and Beyond** by Father Ralph Phau, He was the first Catholic Priest to recover from alcoholism through A.A.

First Level

1. To speak as little of one’s own self or affairs as possible.

2. To mind one's own business.
3. To avoid curiosity.
4. Not to want to manage other people's affairs.
5. To accept contradiction, or justice requiring and then only moderately with simplicity.
6. To pass over the mistakes of others, to cover them up, even where prudent, to accept them.
7. To yield to the will of others, where neither duty nor charity is involved.
8. To hide one's own ability or talent. (But to use it)
9. To avoid ostentation. (pretentious display to impress others)

Second Level

(all of these powers are within us ... But one can go further)

1. To accept blame when innocent.
2. To accept insult or injuries.
3. To accept being disliked.
4. Not to seek especially to be loved.
5. Not to be put out in one's own mistakes.
6. To be kind and gentle, even under provocation.
7. To accept correction gladly.
8. To yield discussion even when right.
9. Not to be self-opinionated or self-assertive.

Third Level

(And if we fully understand that the perfection of humility is the perfection of loving God, we may even desire to still go further.)

1. To rejoice when despised.
2. To thank God when one is humiliated.
3. To be glad of one's lowliness.
4. To be patient with one's own failings.
5. To meet failure-with a ready smile.
6. To even glory in one's own infirmities. (weaknesses)

Then it is that **love is becoming ardent and true and constant...**

