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Volume 24, Issue 7

# 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](mailto:info@aascv.org)

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## Here's to New Beginnings

*Judy F, [info@aascv.org](mailto:info@aascv.org)*

I hope everyone had a good time at the farewell celebration of the Rafters Group as they closed one chapter of their history to open a new chapter at a new location.

As many know my dad was one of the first people to get sober at the Rafters. His sobriety date was August 5<sup>TH</sup>, 1974. While he was known around Santa Clarita AA, when he wondered up to the Rafters he was just sobering up from a recent "slip" (actually 22 years of slipping in and out). I remember him calling home to let my mom know where he was and that he had been given the responsibility of locking up every night at 11:00 PM. They

had even given him a key.

In those first few months people brought lawn chairs to sit in and there were no tables to speak of. The podium was at the long end of the room and when you stood at it your back was to the train station. The coffee set up was off to the side of the podium and we didn't have big coffee pots just Mr. Coffee's so coffee was brewing constantly. Almost every meeting had donuts so between the coffee and donut expenses you can imagine where the majority of the 7<sup>TH</sup> tradition went.

On Friday nights there was an Al-Anon meeting in the half-measures room where donated sofas lined a couple of the walls. Eventually the couches had to go because they became so disgusting and the Al-Anon's moved their meeting downstairs and took up the space where the Spanish meetings were held.

*Continued on page 4*

## 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	Meetings
<b>Bobby B.</b>	Rafters, Sun Night Big Book Study, Recovery Room
<b>Doug W.</b>	Intergroup Chair, Just for Today, Stepping Stones
<b>Ida B.</b>	New Reflections, Christ Lutheran
<b>Jennifer Y.</b>	Santa Clarita Speakers Meeting, Magic Mountain Group, St. Stephens Church
<b>Jenny M.</b>	Magic Mountain Group, United Methodist Church
<b>John C.</b>	Men's Crosstalk, OLPH, Easy Does it
<b>Judy F.</b>	Intergroup, Central Office Manager
<b>Kathy B.</b>	Secretary, Step Sisters, St. Stephen's Church, Friday Step Sisters
<b>Leslie M.</b>	Daily Reflections, Stepping Stones
<b>Jasmine G.</b>	Wednesday Women's Night Happy Hour
<b>Patty G.</b>	Women's Bean Bag Toss, Stepping Stones, <b>PI/CPC</b>
<b>Susie R.</b>	Coyote Group & Magic Mountain Group Monday
<b>Tobiah N.</b>	12&12 Discussion, Recovery Room, <b>Outreach</b>

## How to Become an 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 4<sup>TH</sup> 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 AA 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.

## AA Meetings

[aa.org/meeting-guide-app](https://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 160 meetings in English and Spanish both in person and on-line listed. If you need to update or add your meeting information, please reach out to the Central Office at [webservant@aascv.org](mailto:webservant@aascv.org).

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 AA service entities, providing you with access to over 100,000 weekly meetings. The information is refreshed twice daily and is supported by AA 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.

## News from New York

### Spring 2025

A useful source for A.A. news, Box 4-5-9 is a quarterly newsletter from the U.S./Canada General Service Office. This newsletter includes:

- Information about A.A. service
- News about literature
- A calendar of upcoming events (also see Board Calendar here)
- Sharing from groups and service committees
- Sharing from individual A.A. members in the U.S./Canada

In the spring edition of Box 459 find information on the 2025 Budget for NY and the Grapevine. Read the article "The 7<sup>TH</sup> Tradition Goes to the Little Library".


### The Power of Our Seventh Tradition Member Services

In 2024, the Member Services department responded to 24,428 email inquiries and 16,838 phone calls.

**Our Primary Purpose Podcast** – Official podcast of the General Service Office of Alcoholics Anonymous. Features interviews with GSO Staff and voices from A.A. history and the Fellowship today – learn how GSO supports A.A. groups and members to carry the message of hope and recovery. [aa.org/gso-podcast](https://aa.org/gso-podcast)

# FAITHFULL

# FRIENDS




### Contributions to the Santa Clarita Valley Central Office

Faithful Friends are A.A. members who choose to contribute five dollars or more each month to support the Santa Clarita Central Office of Alcoholics Anonymous in its efforts to carry the A.A. message of hope and recovery to those alcoholics who still suffer. As a Faithful Friend, your personal contribution will help your Central Office provide the services necessary to carry the message of Alcoholics Anonymous.

Your Central Office Provides:

- 24 hour / 7 days a week answering inquiries from those seeking help - suffering alcoholics, sober alcoholics, meetings, groups, professionals and the general public
- Publishes A.A. In-person Meeting Schedules
- Maintains an informative and up-to-date website: [aascv.org](https://aascv.org)
- Orders and sells A.A. literature
- Publishes the monthly Gratitude Gazette Newsletter
- Acts as an information exchange for all SCV meetings
- Cooperates closely with our Area 93 Assembly, Hospital and Institutions, and GSO in New York



**Yes !! I wish to participate as a Faithful Friend!**  
Visit [aascv.org](https://aascv.org) and fillout the PayPal form (Debit Cards Accepted) No PayPal account needed.



## Grapevine News

[aagrapevine.org/store](http://aagrapevine.org/store)

*Grapevine Digital Subscription. Combines the Grapevine complete On-Line access to the website, archive, and the App:*

Look for the July edition of the AA Grapevine, the international monthly journal of Alcoholics Anonymous. July's featured section – "AA Celebrates 90 Wonderful Years!" AA members share powerful stories from around the world, photos and memories from past International Conventions, and a warm welcome from the Chair of AA's General Service Board. Featured articles include: AA's From Around the World; 90 Years of Fellowship; That Fateful Day in Akron; Lighting Candles in Poland; Warm Thoughts From Iceland.

Letter From the Editor: This month, AA Grapevine celebrates the founding of our incredible program of recovery. For 90 wonderful years, Alcoholics Anonymous has been helping millions put the bottle down and change their lives. In this special issue we feature memories of past conventions, a welcome letter from our General Service Board Chair, updates on the critical international work AA does and powerful stories by members from all over the world. Happy birthday, AA. Here's to many more!

### Daily Quote

"In the years that lie just ahead Alcoholics Anonymous faces a supreme test – the great ordeal of its own prosperity and success. I think it will prove the greatest trial of all. Can we but weather that, the waves of time and circumstance may beat upon us in vain."

AA Co-Founder, Bill W., June 1946, "Policy on Gift Funds", *The Language of the Heart*

## 2025 SCV Convention Corner

**Save The Date**–August 23, 2025 Spaghetti Dinner 5:00 PM to 8:00 PM. AA and AI-Anon Speakers with Live Auction. Great Fellowship \$25.00.

The date for the convention has been set for October 17<sup>TH</sup> – 19<sup>TH</sup>, 2025. To be held at the Embassy Suites Valencia. Keep an eye on the convention corner in your monthly Gazette for more information.

## Legacies for July

Step

7

Humbly asked Him to remove our short-comings..

Tradition

7

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

Concept

7

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.

## Birthday Board

We would love to acknowledge your sobriety so help us keep our birthday info updated by emailing us at [info@aascv.org](mailto:info@aascv.org)

Sabrina R . . . . .	7/27/2022	3
Susie R . . . . .	7/2/2019	6
Bridget M . . . . .	7/14/2018	7
Melanie S . . . . .	7/4/2015	10
Leah R . . . . .	7/25/2014	11
Tanya H . . . . .	7/29/2013	12
Kelley H. . . . .	7/26/2013	12
Sue P . . . . .	7/6/1987	38
Molly K . . . . .	7/1/1979	46
Claudette L . . . . .	7/18/1976	49

It's a common tradition for AA members to make contributions to the AA. Structures to celebrate their sobriety anniversaries, also known as AA birthdays. This is a way for members to give back to support their journey to recovery.

## Faithful Friends

Consider supporting your Central Office by giving monthly or one time. Visit [AASCV.org](http://AASCV.org) to contribute.

## Literature

[aascv.org](http://aascv.org)

*Literature available at Central Office.*

**The Language of the Heart** Bill W.'s AA Grapevine Writings This book features all of Alcoholics Anonymous co-founder Bill W.'s writings in AA Grapevine, AA's official International Journal. Bill was Grapevine's most prolific contributor, writing more than 150 articles, from 1944 to 1970. **The Language of the Heart** contains Bill's first thoughts about AA's Twelve Traditions and a vivid description of how he came to organize the Twelve Steps of AA. Great for meetings and AA history buffs.

## Here's to New Beginnings

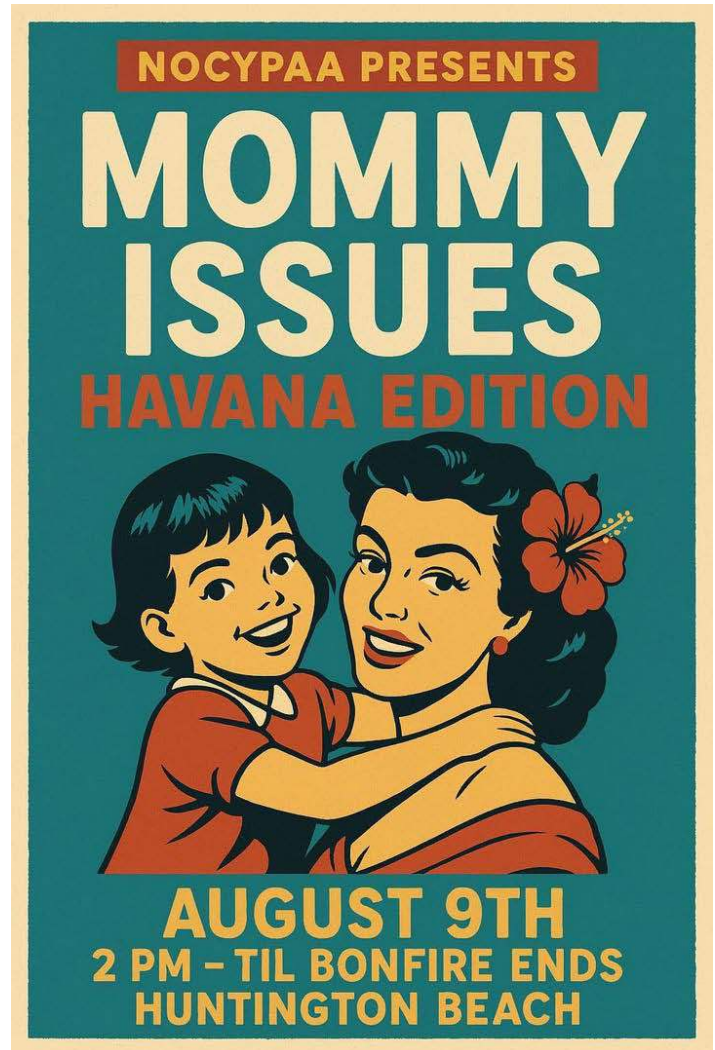
*Continued from page 1*

Bingo was played at least once a month on Saturday nights and the men played poker on Friday nights after the 8:30 meeting. Bingo finally stopped when it became an issue that people wouldn't leave to go on 12 step calls and the poker, well that really stopped when some of the men started losing their rent money. The Rafters also went through the "pinnacle" stage where the every afternoon people would congregate in the half-measures room for a quick game. When it came time that some people wanted to play cards instead of stopping for meetings our "pinnacle stage" ended with a lot of grumbling.

The first Thanksgiving at the Rafters was quite the family affair. Joe and Vic H. were there with their brood, Annie C. was there with her son John, my family was there with my 80 year old grandmother in tow. Oh my gosh – tons of food was served and at that time there was an old cast iron stove in the kitchen that kept things hot.

So enough of the reminiscing from this old timer and I promise no more "I remember when" stories. That the Rafters celebrated 50 years of carrying the message to the suffering Alcoholic is, in itself, a testament to its history and the need it continues to fill. Yes, we are saying goodbye to the old building, with each of us carrying our own memories to a new facility, but let us all remember the new members who will begin to establish their own memories of the Rafters AA Group. In the end may we all remember what our primary purpose is and may we celebrate another 50 years of carrying that all important message, HOPE.

Look for us at our new building – 22607 6<sup>TH</sup> Street in downtown Newhall.



# Emotional Sobriety: Taking Sobriety to a New Level

By **Doug W.**, [webservant@aascv.org](mailto:webservant@aascv.org)

In the beginning, most of us in recovery just want the emotional and physical pain to stop. We couldn't envision that there was spiritual pain manifesting in our drinking. Alcohol was a poor substitute for the spiritual path. We show up at our first meeting full of fear, shame, and confusion, praying simply to stay sober today. And for each new day, that was enough? But as time passes and we begin to experience this new physical sobriety, a new question emerges: What now? What does it really mean to be free?

Being of service to your group, such as making the coffee, a greeter, set-up and put away literature or chairs at the end of the meeting. Our journey begins on the road to recovery by working the steps (First Dimension).

The second Dimension involves our group's Traditions—it's about growing up while working with others. This includes service roles like GSR, District Officer, Committee Chair, and Area-level General Service work. Through this process, we discover that conflicts naturally arise in our personal relationships, whether in AA meetings, at home, or in the workplace.

The third Dimension is our Concepts of World Service, which remains relatively unknown to most folks in the Fellowship. These 12 Concepts (I through XII) provide guidance for our service structure from GSO to our home groups. There are six warranties in Concept XII, that we need to grow towards.

As we grow in understanding and applying the 12 Concepts to our service work, work, or home, In the *The A.A. Service Manual combined with Twelve Concepts For World Service by Bill W.* (BM-31) offers valuable insights such as leadership in Concept IX starting on page C-29 and being an effective trusted servant—an area where emotional sobriety may be challenging but is essential.

Many of us later discover the answers we sought in our Step work, working with others in the Traditions, and in service in General Service work—what Bill Wilson called **emotional sobriety** or the fourth Dimension, the new Frontier.

On page 25 of Alcoholics Anonymous; **"We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed."** This **"fourth dimension,"** which we discover in the 10<sup>TH</sup> Step as the **"world of the Spirit,"** takes us beyond the physical, mental, and emotional dimensions of life—and liberates us from the selfishness (ego) of the **"spiritual malady."** An ongoing process of growing up.

## *Finding the Deeper Path*

Bill W. wrote about emotional sobriety in a 1958 letter to AA

*Grapevine* **"The Next Frontier: Emotional Sobriety,"** describing how even after years of sobriety and spiritual work, he still found himself caught in emotional storms that manifested in depression and an imaginary ulcer. He realized that while he had put down the drink, he hadn't yet learned how to live freely from his emotional dependencies on praise, control, and success. Father Ed Dowling, a Jesuit priest who had discovered and read the book Alcoholics Anonymous in early AA meetings in Chicago (he was not an alcoholic), then he returned to Saint Louis and with in weeks took a train to visit Bill in New York. Father Ed provided spiritual guidance to Bill, which led to the serenity Bill had been seeking.

He wrote, **"I was still trying to find emotional security by being liked and approved of."** Sound familiar? For many of us, that's a truth we come to reluctantly. We want spiritual freedom, but we try to find it through the approval of others, through perfectionism, or through avoidance. That letter in 1958 became a turning point—not just for Bill, but for thousands of us who recognized our own stories in his. Additionally, see *As Bill Sees It*, article **"Freedom of Dependence."**

## *Growing Up, Spiritually Speaking*

Emotional sobriety isn't about getting it all right. It's about growing up—emotionally, spiritually, and relationally. It's about being able to pause in the heat of a difficult moment, breathe, and choose a response rooted in spiritual principles rather than old survival tactics.

Here are some examples of spiritual disturbances that most of us experience. The Big Book describes these symptoms of emotional unmanageability as:

1. Being restless, irritable, and discontented (page xxvi)
2. Struggling with the bedevils (page 52)
  1. We were having trouble with personal relationships
  2. We couldn't control our emotional natures
  3. We were a prey to misery and depression
  4. We couldn't make a living
  5. We had a feeling of uselessness
  6. We were full of fear
  7. We were unhappy
  8. We couldn't seem to be of real help to other people
3. Being like "the actor who wants to run the whole show" (pages 60-61)
4. Being "driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity" (page 62)
5. Self-will run riot (page 62)
6. Displaying selfish and inconsiderate habits (page 69)
7. Leading a double life (page 73)
8. Living like a tornado roaring through the lives of others

(page 82)

It's a humbling journey. Most of us discover that the actions we used to get us sober (steps 3-9) aren't quite enough to keep us serene. We need something deeper. Something steadier. And that's where prayer and meditation come in.

### *Letting Prayer and Meditation Shape Us*

Step Eleven asks us to seek **"through prayer and meditation to improve our conscious contact with God as we understood Him."** At first, this may feel awkward or abstract. We might begin with simple prayers or moments of silence. Yet over time, a transformation occurs. Prayer evolves from merely asking for what we want into a deeper alignment with a Higher Power.

Gratitude. When I started a daily practice of writing three gratitudes in December 2019, it took a full year to feel a shift. I continue to write gratitudes, I confess most are short and sometimes silly.

Some mornings, the prayer is simply, "Help me." Other days, it's "Thank you." But as we keep showing up to that quiet space, something changes inside. We start to carry that stillness into our day.

Meditation gives us breathing room. A few minutes of quiet can soften the edges of a difficult day, or bring awareness to the feelings underneath our reactions. It's not about clearing the mind of all thoughts, but becoming willing to sit with ourselves—no filters, no fixes. Just honesty.

There are many types of meditation, from breath work, using a mantra, or reflecting on the St. Francis Prayer. There is no perfect form—what matters is consistent practicing.

### *Showing Up Daily: The Practice of Consistency*

Many of us find that long-term recovery depends not just on big spiritual moments but on small, consistent ones. We call this consistent sobriety: the daily commitment to show up, even when we don't feel like it. **Our commitment begins where convenience ends.** To pray even when it feels dry. To meditate even when we're distracted. To inventory even when we'd rather forget. Consistent sobriety may lack the drama of those powerful moments of surrender, but it's where true transformation takes root. Through this daily practice, we learn to live by principle rather than preference. It trains us to respond steadily rather than react impulsively. And it reveals that God meets us not only in our breakthroughs, but also in our simple, faithful routines.

A ritual is spiritual, you can't spell **spiritual** without ritual.

### *Giving Our Consent to Growth*

There's something beautiful about the idea of emotional consent with God. As we heal, we stop forcing ourselves into the image of who we think we should be, and we start giving ourselves

permission to grow, slowly and honestly.

In relationships, this means we stop trying to manipulate outcomes. We let go of old expectations. We learn to trust that the same Higher Power who cares for us also cares for others. We don't need to control anyone. We don't need to get our way to be okay.

When we give our *spiritual consent*, we invite God into the deeper layers of our emotional life. We say yes to transformation—not merely being fixed, but being truly changed.

### *Practicing the Tools That Keep Us Grounded*

Emotional sobriety doesn't happen by accident. Like any part of recovery, it needs practice. Some tools that help us:

- **Tenth Step Inventory:** A simple check-in each night can work wonders. What moved me today? What agitated me? Did I stay in love and service, or slip into fear and pride?
- **Quiet Time:** Five or ten minutes of sitting in silence can reset the emotional thermostat of the day
- **Service:** When we're helping others, we get out of our heads. Service brings gratitude, and gratitude brings peace.
- **Letting Go:** Sometimes, the most powerful prayer is, "I don't know what to do, but I'm willing"

### *Facing the Common Pitfalls*

Even with the best of intentions, we still stumble. That's part of the path. Some of the traps that trip us up:

- Wanting to be perfect instead of present
- Thinking we should never feel difficult emotions
- Getting rigid or self-righteous in our spiritual practice

The good news? We have the three Legacies— Recovery, Unity, and Service. They always welcomes us back. With honesty, surrender, and willingness, we can begin again any time. There's no shame in starting over. That's how we grow.

### *A New Way to Live*

When we start over or grow deeper, we to get back on the beam. Bill W. wrote, **"We are sure God wants us to be happy, joyous, and free,"** (Alcoholics Anonymous, page 133). That's the promise. And emotional sobriety is the path.

It doesn't mean life gets easy. But it means we stop being at war with ourselves and others. We begin to trust the quiet voice inside. We find peace not in what happens, but in how we meet it.

Through daily prayer, meditation, and surrender, we learn to live in the flow of God's grace. We stop chasing serenity and start creating space for it. We live in truth. We grow in love.

And in doing so, we discover that emotional sobriety isn't the reward at the end of the journey. It's the way we walk it. I need to

take responsibility to align with reality. Reality never changes—it simply moves forward in a slow evolution. My job is to perceive it clearly, remove self-delusion, respond appropriately, and discover the principles that guide me through it.

If you're seeking a deeper spiritual path, emotional sobriety practice might be your next step. It's not about doing more. It's about becoming more open, more honest, and more free. And that's something worth showing up for, one day at a time.

Alcoholics Anonymous, page 103 "*After all, our problems were of our own making. Bottles were only a symbol. Besides, **we have stopped fighting anybody or anything. We have to!***"

Twelve Steps and Twelve Traditions, page 27 "*Then I woke up. I had to admit that A.A. showed results, prodigious results. I saw that my attitude regarding these had been anything but scientific. It wasn't A.A. that had the closed mind, it was me. The minute I stopped arguing, I could begin to see and feel. Right there, Step Two gently and very gradually began to infiltrate my life. I can't say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now. To acquire it, I had only to **stop fighting and practice the rest of A.A.'s program** as enthusiastically as I could."*

#### References:

- Wilson, Bill. "*The Next Frontier: Emotional Sobriety.*" Grapevine, January 1958.
- Alcoholics Anonymous. *Alcoholics Anonymous (Big Book)*, 4<sup>TH</sup> ed. AA World Services, 2001.
- Alcoholics Anonymous. *Twelve Steps and Twelve Traditions*. AA World Services, 1981.
- As Bill Sees It, article "*Freedom of Dependence.*"
- *The A.A. Service Manual combined with Twelve Concepts For World Service* by Bill W. (BM-31)

# What to Know in the First 30 Days

## By a Grateful Member of Alcoholics Anonymous

Welcome! If you're in your first 30 days of sobriety, you might feel overwhelmed, confused, or unsure about what's going on in these AA meetings. That's okay, we were, too. This guide is here to help you make sense of some of the practical things that often go unexplained in the early days. Congratulations on walking through the door. You've done something courageous and life changing. Keep coming back!

## Why Do I Have to Introduce Myself at Every Meeting for 29 Days?

If you are new to Alcoholics Anonymous, you will be asked to raise your hand as a newcomer for your first 29 days of sobriety by standing up and introducing yourself and identifying as an alcoholic. But why?

The reason is simple, supportive, and spiritual: AA is built on connection, and when we identify as a newcomer, the group knows to look out for us. It lets others know we might need extra support, a phone list, a sponsor, or just a warm welcome. You are not alone on this journey, and we want you to know it. It also gives us the opportunity to practice honesty and humility, two vital spiritual principles in our recovery. Every time we say, "Hi, I'm [your name], and I'm an alcoholic," we are not just stating our name and disease, but we are accepting the solution and naming it out loud.

Why 29 days? That first month of sobriety is often the hardest. It's when cravings, emotions, and doubts can feel overwhelming. Identifying each time helps us stay present and accountable, and it reminds the group that we are still showing up, still trying, and still sober. Every time we identify, the group gets to clap and genuinely celebrate you. It's not a rule, but it is our tradition of love and care. We have all been there, and we are so happy and grateful that you are here now too. Keep coming back!

## Why Are Two Baskets Being Passed?

You'll notice that two baskets are passed during some AA meetings. Here's what each one is for:

**The 7<sup>TH</sup> Tradition Basket:** This basket supports the home group and meeting expenses. It helps cover:

- Rent for the meeting space
- Coffee, literature, and chips
- Supplies like cups, sanitizer, plates
- Contributions to AA's local and national service structures (Intergroup, GSO, etc.)

As our 7<sup>TH</sup> Tradition states, "Every A.A. group ought to be

fully self-supporting, declining outside contributions" (Twelve Steps and Twelve Traditions, p. 161). That means we do not accept donations from outside sources, but we support our own fellowship by putting what we can in the baskets. Some meetings also offer digital options for giving, such as Zelle or Venmo. You might see a QR code posted on the wall or inside the basket for convenience. If you're new, please don't feel obligated to contribute, your presence is the most important thing.

**The H&I (Hospitals & Institutions) Basket:** This second basket supports carrying the AA message into hospitals, treatment centers, detoxes, and jails, places where people can't easily access meetings.

- It funds literature, speaker panels, and outreach materials for those who need AA but can't get to a regular meeting.

Contributing here helps extend hope to people in the earliest or most isolated stages of recovery. H&I is of critical importance and has been the lifeline for many AAers. Giving is never required, but it's part of how we practice gratitude and stay connected.

## What is that Ringing Sound? Respecting the Timer: Why It Matters

In many AA meetings, especially those with larger attendance or time constraints, a timer is used to help each person share while making sure everyone gets a chance. You'll usually hear a sound (bell, chime, etc.) at a set minute mark, say 3 or 4 minutes, letting us know to begin wrapping up. A second sound usually follows a minute later, signaling that it's time to finish our share. This practice is about fairness, respect, and humility, all core values in our fellowship. Here's why it's important:

- We all deserve to be heard. Every person who walks through the door brings a story that matters. When we go significantly over time, we may unintentionally prevent someone else from having a chance to speak. That might be the newcomer that was going to ask for help, or the time they were finally going to say, "I'm an alcoholic."
- It shows respect for the group. Ignoring the timer, especially repeatedly, can appear self-serving or self-important. It may send the message that your share is more important than the group's time, or that your voice deserves more airtime than others'. That's not aligned with the spirit of AA, which is rooted in equality and shared experience.
- Modeling humility helps everyone. Even if others go over the timer, choosing to honor it anyway sets an example. It says, "I value the group more than my ego." It shows that we're willing to practice restraint, a spiritual principle that can carry over into all areas of our recovery.
- It's not about perfection, it's about effort. Sometimes we get

caught up, especially when emotions run high. But making an honest effort to begin wrapping up when the first timer sounds and end by the second demonstrates awareness and maturity in recovery.

- There's always next time. If we don't get to say everything we wanted, that's okay. There's always another meeting or we can talk to someone after the meeting. Most importantly, respecting the timer means respecting the rhythm of the meeting and the space we create together.

## What If Someone Asks Me to Share and I'm Not Ready?

It is completely normal to feel hesitant about sharing in meetings, especially early on. Some people are ready to jump in right away, while others need time to get comfortable. The good news is, there's no pressure to speak before we are ready. Sharing is an important part of recovery. It helps us process our feelings, build connection, and find common ground with others. However, it is also okay to take the time you need to acclimate and feel comfortable.

If someone calls on you and you are not ready to speak in front of the group, or you're just having a quiet day, you can simply say, "Hi, I'm [your name], and I'm just listening today." That's it. No explanation needed. This phrase is used by newcomers and old-timers alike, sometimes because they're overwhelmed, sometimes because they're grieving, tired, or just prefer to listen that day.

One of the most beautiful things about AA is that we meet each other where we are. Listening is a powerful act of participation. Just showing up and holding space for others is part of the healing process. So, even if we are not ready to share, we are still a valued part of the group. When the time comes that we do feel ready, our voice will always be appreciated.

## What Is "Cross-Talk" and Why are you Telling us Not to Do It?

We may hear at the beginning of a meeting: "Please, no cross-talk." But what exactly does that mean and why does it matter so much in Alcoholics Anonymous? Cross-talk refers to interrupting, giving advice, commenting on someone else's share, responding directly to another member's story, or making side remarks, even if they seem helpful or well-intended. In AA, each person's share is considered sacred space, a moment to speak openly and honestly, without fear of judgment, correction, or commentary.

Here's why cross-talk is discouraged:

- We speak from the "I" perspective. AA is based on sharing our own experience, strength, and hope. We don't diagnose, correct, or analyze anyone else's journey.
- Unsolicited advice can feel shaming. Even when meant kindly, jumping in to "fix" someone can feel invalidating. Many of

us come into the rooms carrying shame and fear already, AA gives us a rare chance to share without interruption or correction.

- Meetings are not group therapy. Unlike therapy groups, where interaction and feedback are part of the process, AA meetings are designed for identification, not feedback. When someone shares something painful or personal, the best way we can support them in the moment is simply by listening with respect and giving them the dignity of being heard.
- Safety and trust matter. Some members may be speaking up for the first time in their life about something deeply painful. Creating a space where everyone knows they won't be interrupted or judged builds a culture of safety. That's what allows vulnerability to flourish.
- What if we want to offer support? Great! That's what fellowship is for. We can approach the person after the meeting and offer to chat, exchange numbers, or say "I really related to your share." Those conversations, after the meeting, are often the seeds of strong recovery friendships.

It's also worth noting that nonverbal cross-talk can be distracting too: eye-rolling, sighing, whispering to the person next to you, or reacting in visible ways to someone's share. These behaviors can feel just as dismissive as spoken interruptions and show spiritual immaturity. If unsure whether something we want to say might be cross-talk, remember the simple guide: "Is this about my experience, or am I reacting to theirs?" If it's the latter, save it for fellowship after the meeting.

## What is the Big Deal About Gossip?

Gossip may seem harmless to some, but in the rooms of Alcoholics Anonymous, it's a spiritual toxin. When we gossip, we damage not only the people we talk about, but also ourselves, and the integrity of our fellowship.

We might hear things like:

- "I saw Mike at the liquor store last night, guess his sobriety didn't last long."
- "Jen just ghosted her husband. Moved out while he was at work."
- "Did you hear Brian's sleeping with that newcomer he's supposed to be sponsoring?"
- "My sponsee? She cancels every call. I swear I'm doing more work than she is."
- "Ugh, every time Lisa shares, it's a 10-minute TED Talk about how enlightened she is."

These kinds of remarks, while unfortunately common in some circles, are examples of exactly what we're striving to avoid in AA. They may feel subtle, but they damage trust, erode unity, and are contrary to the spiritual principles we're trying to grow into. These kinds of comments have no place in AA. We are not here to judge, tear down, or critique each other. We're here to

# June IGR Meeting Minutes

Recorded by Kathy B., Secretary

Monday, June 23, 2025

- Meeting called to order: 7:05 by Doug W.
- Opening prayer: Serenity Prayer (all)
- Statement of purpose: Bobby B.

## Motion to accept Aprils 2025 Minutes

- Held for vote for July's meeting.

## Attendance (10)

- Doug W., Judy F., Jennifer Y., Kathy B., Ida B., John C., Patty G., Susie R., Bobby B., and Jasmine G.

## Chairpersons Report – Doug W.

- Encouraged IGR to volunteer to report (5minutes or less) on a piece of literature (specifically the pamphlets) each Month.
- Literature Share: July – Jenny M., August - Kathy B.
- Encouraged by other authors submitting articles to the Gratitude Gazette.

## June Literature Share – Patty G.

- **Daily Tips For Old and New Members** – Patty shared on the pamphlet which began with the unhappiest person in the world is the alcoholic who insists on enjoying life yet cannot picture life without alcohol even with the ill effects. She shared the pamphlet also emphasized Sobriety must be the most important thing in the alcoholic's life without exception before job, family, or anything else lest he not maintain any of it if drinking. The pamphlet goes on to given 15 tips to help alcoholics members enjoy life and stay sober. Patty enjoyed the 15 tips were, however, she suggested it would be valuable for a sponsor or old timer to sit down with the newcomer and help explain these tips to them.

## Treasurers Report – Judy F.

- Central office is in the black \$6,876.81. However, H&I ordered in May and paid in June, so it looks better than what we really have.

## Office Manager – Judy F.

- Central Office has a box of Emotional Sobriety books 1 & 2, for \$3.00 each. Also, Spiritual awakenings.
- The Next Frontier: Emotional Sobriety I & II for \$17.

## Public Information – Patty G.

- No Report

## Outreach – Tobiah N.

- Absent

## Old Business – Doug W.

- I went to the bank on Friday, June 19<sup>TH</sup>, to be added to the bank account and it was closed for the holiday. Will go again next month.

## Website – Doug W.

- Websites are updated and running, including the Rafter Group new address. Take a look at [aascv.org](http://aascv.org)

## Announcements

- GSO Primary Purpose Podcast. Season one is streaming now.
- Rafters new building is up and running meetings. Come check it out.
- If you can not attend the AA World International Convention (celebrating 90 years of AA), you may come and watch the main speakers being streamed at the Central Office.

## Birthdays

- None

Meeting ended at 8:01 with the pledge, I am Responsible

get better, to heal, and to stay sober. And that can only happen in an environment that is safe, spiritually grounded, and free from judgment.

The Big Book tells us, "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful" (Alcoholics Anonymous, p. 17). That sense of safety and fellowship can only exist if we honor each other's dignity, especially when someone is struggling. Gossip is the opposite of spiritual growth. It feeds our ego. It gives us a false sense of superiority. It distracts us from our own inventory and spiritual path. As the 10<sup>TH</sup> Step reminds us, we are to "continue to watch for selfishness, dishonesty, resentment, and fear" and to "ask God at once to remove them" (Alcoholics Anonymous, p. 84). When we gossip, we are deep in all four of those character flaws.

Instead, we strive to live in the "sunlight of the spirit," a phrase often used in the program to describe a state of grace, humility, and peace (Alcoholics Anonymous, p. 66). There is no sunlight in backbiting, drama, or character assassination. It is all darkness. Here's the truth: No one in AA is better than anyone else. We all crawled in broken. We all have our flaws. We all struggle. The very essence of AA is that we recover together, not by shaming or exposing each other, but by showing grace, empathy, and compassion.

When we talk poorly about others in the rooms, even in subtle or "venting" ways, we create an unsafe space. It discourages honesty and openness. It can keep someone from coming back. It can make others feel afraid to share their truth. It is, in every sense of the word, dangerous. Let us not forget, we have all made mistakes. Many of us have been the subject of gossip in our drinking days. We know what that sting feels like. AA is the one place we should never feel it again.

### **Anonymity: Does it Really Matter?**

Anonymity is not just a tradition; it is a spiritual principle that forms the very foundation of Alcoholics Anonymous. As stated in Tradition Twelve, "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities" (Twelve Steps and Twelve Traditions, p. 187). On a practical level, anonymity means what many of us have heard in the rooms: "What you hear here, who you see here, let it stay here." This guiding phrase protects the safety and privacy of all who attend meetings, allowing each person to speak honestly and share openly without fear of exposure or judgment.

"The rooms" is a common phrase in AA, referring to the physical and spiritual spaces where AA meetings are held, whether that be a church basement, community center, classroom, or online Zoom room. These "rooms" become sacred spaces for healing, connection, and transformation.

An important part of anonymity is knowing what to do outside the rooms. If we see someone we know from an AA meeting out in the community, it is crucial not to reveal where we know them from. This includes not telling others or mentioning anything that connects them to AA without their explicit permission. If someone asks how we know a person we've seen in the rooms, some commonly used and respectful responses include:

- We have mutual friends.
- We know each other through social circles.
- Or, in more familiar settings: "We're both friends of Bill and Bob."

The key is this: we never divulge another person's identity as a member of AA outside the fellowship. Their membership is theirs to disclose, not ours.

### **What Do I Do If I See Someone I Know at an AA Meeting?**

First, take a deep breath. It's more common than we think to run into someone we know in the rooms. It might be a co-worker, neighbor, former classmate, or even a family friend. The most important thing to remember is this: Anonymity is a spiritual principle of AA. What you see here, who you see here, let it stay here. AA is built on trust and confidentiality. If we see someone we recognize in a meeting, we do not tell anyone else that we saw them there. We don't bring it up to mutual friends, post about it online, or mention it in any setting outside the rooms. Their recovery is their business. If they approach us, feel free to connect. But if they don't? Just offer a warm smile and mutual respect. We can also use a gentle phrase if needed, like:

- Nice to see you here.
- We've got mutual friends.
- We're both friends of Bill and Bob.

These phrases allow us to acknowledge the connection without breaking anonymity or making anyone uncomfortable. And here's the flip side: they won't out us either. We are both there for the same reason, to recover, to heal, and to be part of a safe, confidential community. It is okay to feel awkward at first. Many people find that when we run into someone we know, it actually strengthens our sense of safety and belonging. We are both walking the same path, and that creates a powerful bond.

### **Mixed Meetings vs. Women's or Men's Stag Meetings**

In AA, you'll come across different types of meetings. Some are mixed (open to all genders), while others are designated as women's or men's stag meetings. Each provides a valuable space for sharing, but the tone and content might vary slightly depending on the group.

In a mixed meeting, it's perfectly appropriate to share our personal experience with sobriety, things like emotions,

relationships, challenges, spiritual growth, and cravings. These meetings welcome everyone and provide broad support for recovery.

That said, if you want to talk about something more personal or specific to your gender, such as motherhood, sex, body image, pregnancy, infidelity, trauma, fatherhood, or questions around identity, it might feel more comfortable doing so in a same-gender meeting. These groups are designed to create a safe, relatable space for those experiences.

A good rule of thumb? Share honestly and from the heart, while also being mindful of the setting. If we are unsure whether a topic is appropriate for a certain meeting, check in with our sponsor or ask someone who regularly attends that meeting. At the end of the day, the goal is connection and healing wherever you find it.

### **A Sponsor? Do I Really Need One?**

Yes, 100% yes! A sponsor is a sober member of AA who helps guide us through the 12 Steps and supports our recovery journey. They are a trusted companion who has already walked the path and is now reaching back to help us do the same. Worried about choosing the “perfect” sponsor? Don’t be. We are not locking ourselves into a lifelong contract! We can start with a temporary sponsor, just someone to help get us started. Many of us do, and we often find the right long-term fit as we go. The most important thing is to get a sponsor and get started. Don’t let indecision hold us back from the freedom that comes from working the Steps with guidance. Look for someone whose recovery you respect, someone who’s honest, shows up, works a solid program, and lives with integrity. Then take a leap and ask. Most of us were nervous at first too, but it’s worth it. Don’t delay. Sponsorship can change everything.

### **Phone Lists and “Fellowship”—Do I Really Have To?**

You might get handed a phone list at a meeting. Don’t toss it aside, it’s not just a formality or a tradition. It’s a lifeline. AA is built on connection. When we reach out, we stay sober. Together. Almost every newcomer thinks, “I don’t want to bother them. They probably won’t remember me.” But the truth is, this is how we stay sober, by being available for each other. We are not a burden. We are part of this fellowship. Not sure what to say? Keep it simple: “Hi, this is [your name]. I met you at Tuesday night stag. I’m having a hard day. Do you remember me?” Even just sending a message like that can shift our whole energy. Just connect. Pick up the phone. Dial the number or send a text. We are all in this together.

### **What’s a Home Group and What is a Commitment?**

A home group is the AA meeting we choose to attend regularly. It is the one where people get to know us and we become part of the fabric of the group. It’s where we show up consistently, share honestly, and help create a sense of community that keeps us all coming back.

Taking a commitment means volunteering for a small service role in that group or other groups. It might be making coffee, setting up chairs, greeting people at the door, or helping clean up after the meeting. These may seem like small tasks, but they’re powerful. They give us accountability, purpose, and a way to stay connected, even when motivation dips. Service commitments help us get out of our own head and into the heart of the fellowship. When we make a commitment, we’re not just helping others, we’re helping ourselves stay sober. So, find a home group and take a commitment. It’s how we stay rooted in recovery and one of the ways we give back what was freely given to us.

### **How Often Do I Really Have to Go to Meetings?**

As often as we can. Yes, daily, if possible. Many newcomers are encouraged to do 90 meetings in 90 days to build a solid foundation in sobriety. That might sound like a lot but think about how often we drank or used. For most of us, it was daily, sometimes all day. Recovery takes that same level of commitment. The Big Book reminds us: “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition” (Alcoholics Anonymous, p. 85).

Attending meetings every day, whether in person, on Zoom, or a hybrid of both, keeps us connected, accountable, and reminded of the tools that help us stay sober. Every meeting offers something new: a different perspective, a bit of wisdom, a chance to share, or simply the comfort of knowing that we are not alone.

Some newcomers think they can stay sober on just one meeting a week. Maybe a few can. But most of us can’t. Are you willing to go to any length to stay sober? That’s the question we ask ourselves in Step One. If you are serious about changing your life, showing up daily, for an hour meeting, can make the difference between staying sober and relapsing. Whether you’re thriving or struggling, meetings are medicine. The solution is there, you just have to show up for it.

# Feed the White Dog

By Anonymous [info@aascv.org](mailto:info@aascv.org)

They say "if you wonder why you drink, stop drinking."

Removal of alcohol is the first step in the recovery process, but our big book state that "Our liquor was but a symptom. So we had to get down to causes and -conditions."

"Therefore, the main problem of the alcoholic centers in his mind, rather than his body."

This quote from the big book suggests that even after the alcohol has been removed, relieving the body of the physical effects and damage done to the body-that the alcoholic still has to deal with the problems caused by his thinking (his mind).

This is where the steps come in to address the underlying causes of our alcoholism. This is the work where we dig deep into ourselves and clean house so that the grace of God can enter us in expel the obsession.

"Feed the white dog" is something I heard in meetings many years ago when I first came into the program. Back then, there were a lot of slogans that people in AA often used. They even had bumper stickers with these many different slogans, which I liked very much. These brief sayings were constant reminders of the simple solutions we have to the many problems that we alcoholics, as complicated people, encounter on a regular basis.

The default of my thinking tends to be negativity, pessimism, negative thoughts about me, judgmental thoughts about you, etc., all of which lead to negative feelings, and often, negative actions and behaviors which are triggered by these thoughts. This is the case regardless of whether my thoughts about a situation are accurate or not. These negative thoughts -based on my distorted perception -often lead to negative emotions, which ultimately can result in actions or behavior that is contrary to the person I want to be.

I've learned throughout the years that my problem truly does center in my mind/my thinking. By working the steps, going to meetings following sponsor direction and working our program to the best of our ability ...our book promises that continuing to do so (with God's help) will lead to the necessary psychic change needed to achieve quality sobriety.

As sober alcoholics, we find that we gain the freedom to make decisions and choices as to how we will think, act and behave. This ability to make healthy choices for ourselves requires that we do the work ( 12 steps) and the self searching that is needed in order to clean house. The promises, the gifts that we receive as a result of working the steps and working our program, give us the opportunity to have a joyful life and make choices that will enable us to become the people that God created us to be.

Most habits or desired changes in behavior is a process that requires practice. Becoming aware of our thoughts is the first step, as we cannot change something of which we are unaware. Over time, we become more aware of our thoughts and have the opportunity to pause and make the best decision for ourselves, and best decisions for ourselves and for others.

So what does "Feed the white dog mean?" Feeding the white dog means that I choose thoughts, actions and behaviors that move me closer to my recovery; while feeding the black dog does the exact opposite, moving me away from my recovery (and my true self).

Today, I choose to focus on positive thoughts, including those of optimism, recovery, service to others and maybe even giving a moment of grace to another -or myself-when I feel they/I have fallen short. By making the "right choice" (ie. "What would the master do?"), I have a better chance of experiencing a more joyful life while I continue to grow in my sobriety.

Practice, mindfulness, and effort regarding my thoughts will enable me to become more like the person that God created me to be.

Feed the White Dog.

# The Recovering Corker Column

By *The Recovering Corker* [info@aascv.org](mailto:info@aascv.org)

The phrase “He was a real corker” appears in the Big Book of Alcoholics Anonymous, 4<sup>TH</sup> Edition, in the personal story titled “Acceptance Was the Answer.” Here’s the quote with context: “The doctor said, ‘You’re not the kind of alcoholic I treat; you’re the kind I lock up.’ He was a real corker” (Alcoholics Anonymous, p. 409). This line appears as the storyteller (a physician) recounts his early experiences with doctors who misunderstood or judged his alcoholism.

This is a question-and-answer column written by rotating guest contributors who respond with loving care, drawing from the wisdom of the Big Book of Alcoholics Anonymous. We speak not from personal opinion, but from the shared language and spiritual principles that have helped millions of us find freedom, one day at a time. Our aim is to offer support rooted in experience, strength, and hope—not ego. As the Big Book reminds us: “We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful” (Alcoholics Anonymous, p. 17).

Dear Recovering Corker,

I’ve got 15 years sober but I’m finding myself getting angry all the time. What gives?

Sincerely,

*Sober and Smoldering*

**Dear Sober and Smoldering,**

First off, well done for your honesty and self-awareness. Anger, especially in long-term sobriety, can feel confusing and discouraging, but it is not unusual. Many of us find that emotional patterns evolve with time. Feelings we thought we had already dealt with may resurface, sometimes more intensely than expected. That is not regression, it is an invitation for deeper healing. The Big Book tells us plainly: “Resentment is the “number one” offender. It destroys alcoholics more than anything else” (Alcoholics Anonymous, p. 64). This doesn’t just apply to early sobriety. As we continue to stay sober, we must also continue to grow emotionally and spiritually. Long-term sobriety doesn’t grant immunity from spiritual discomfort. If anything, it sometimes peels back the layers more intensely.

If anger has shifted from a fleeting emotion to a persistent state, it’s likely time to revisit Step work, particularly Steps Four and Ten. Step Four asks us to take inventory, to look with fresh eyes at the patterns or relationships that may be fueling this anger. Those could be resentments from the past drinking days or newer ones generated in sobriety. We don’t do this to shame ourselves, but to seek freedom. The Big Book tells us to search out the flaws in

our make-up which causes our failures (Alcoholics Anonymous, p. 64). Step Ten reminds us that this is a daily practice: “Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them” (Alcoholics Anonymous, p. 84). Emotional sobriety can be fragile and requires maintenance, just like physical sobriety. Sometimes, long-term sobriety reveals deeper emotional or spiritual blockages, things that early recovery was too raw to face. Anger can also point to grief, boundaries being crossed or needed, or a sense of spiritual disconnection. It is worth asking ourselves: Where am I feeling powerless again? Have I lost touch with my Higher Power, service work, prayer, sponsorship, or the fellowship?

As we are reminded, “We are not cured of alcoholism. What we have is a daily reprieve contingent on the maintenance of our spiritual condition” (Alcoholics Anonymous, p. 85). If you are feeling spiritually empty or emotionally inflamed, it is not a sign of failure, rather, it is a signal to pause and recalibrate. You are not alone. Many of us with double digit sobriety hit emotional plateaus or experience spiritual dryness. These moments are opportunities to recommit, not just to abstinence, but to a fuller, richer, and more satisfying version of our recovery. One that includes humility, self-examination, honesty, and self-advocacy, which may include outside help from “doctors, psychologists, and practitioners of various kinds,” as the Big Book suggests (Alcoholics Anonymous, p. 133).

Lastly, consider what the Big Book says about anger: “If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison” (Alcoholics Anonymous, p. 66). That line humbles many of us. Anger, when left unchecked, is corrosive to our serenity, sobriety, and lives. The fact that you are asking this question after 15 years shows courage, humility, and self-awareness. Recovery doesn’t end at a milestone, it deepens. Turn to your Higher Power and using the tools of our program and the support of our fellowship, your willingness will move you through this “season” with grace.

In humble service to our fellowship,

*The Recovering Corker*

# Events

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

Date	Event	Time	Location
2025-07-03 2025-07-06	2025 A.A. International Convention (Hybrid)	All Day	1055 Canada Pl, Vancouver, BC V6C 0C3, Canada
2025-07-03	AV Central Office Intergroup Meeting (In-Person, Recurring)	7:00 PM 8:30 PM	43619 17TH Street West, Suite 103 Lancaster, Ca. 93534
2025-07-03	SCV H & I Monthly Meeting (In-Person, Recurring)	6:30 PM 8:00 PM	24901 Orchard Village Rd, Santa Clarita, CA 91355
2025-07-06	AV Monthly Roundup (In-Person, Recurring)	5:30 PM 6:30 PM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-07-13	AV H&I Monthly Meeting (In-Person, Recurring)	10:00 AM 11:00 AM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-07-14	District 7 (G.S.R.) Monthly Business Meetings (Hybrid, Recurring)	6:30 PM 8:00 PM	41843 50TH Street West Quartz Hill CA 93536
2025-07-19	Happy Campers (In-Person, Recurring)	7:00 PM	4780 Piru Canyon Rd, Piru, CA 93040
2025-07-25 2025-07-27	XXIX Anniversary of La Viña of the Pacific Region (Hybrid)	All Day	1 Industry Hills Pkwy, City of Industry, CA 91744
2025-07-28	SCV Intergroup Meeting (In-Person, Recurring)	7:00 PM 8:30 PM	26951 Ruether Ave., B-4 Santa Clarita, CA 91351
2025-07-28	CPC/PI Monthly Committee Meeting (Hybrid, Recurring)	2:30 PM - 3:30 PM	1333 Van Beurden Dr, Baywood-Los Osos, CA 93402

ALCOHOLICS ANONYMOUS

# 2025 BRIDGING THE GAP

Workshop Weekend  
TEMPORARY CONTACTS

## September 5<sup>th</sup> - 7<sup>th</sup> 2025

Hosted by Area 5  
The Greater Los Angeles Area  
Sheraton Ontario Airport Hotel

429 N Vineyard Ave Ontario, CA 91764 (909) 937-8000  
Room Rates \$155+tax Room Code BTG

The Annual Bridging the Gap Workshop Weekend consists of presentations, discussions, shared experiences and breakout sessions.

PLEASE PRINT CLEARLY  I would like to volunteer to help

Email \_\_\_\_\_ Service Position \_\_\_\_\_ Area \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

breakout session topics you would like \_\_\_\_\_

<b>Registration</b>	Before July 1st \$50	EarlyBird In-Person Weekend Registration \$50	<input type="checkbox"/>
	After July 1st \$60	In-Person Weekend Registration \$60	<input type="checkbox"/>
Saturday Only Day Pass	\$40	Saturday Nite Banquet	\$50 <input type="checkbox"/>
Online Attendance	\$60	Vegetarian	<input type="checkbox"/>
<b>Total Person One \$</b>			_____

Register Online at [BTGWW.org](http://BTGWW.org) or Mail this form to and a check to:  
BTGWW 10001 E Evans Ave #62D Aurora, CO 80247

## XXIX ANNIVERSARY OF LA VIÑA OF THE PACIFIC REGION JULY, 25, 26, & 27, 2025 HOST AREA #05 SOUTHERN CALIFORNIA

**Contacts**

Coordinator:  
**Jose Luis E.**  
(626) 234-1864

Alternate Coordinator:  
**Jacoba M.**  
(213) 804-7223

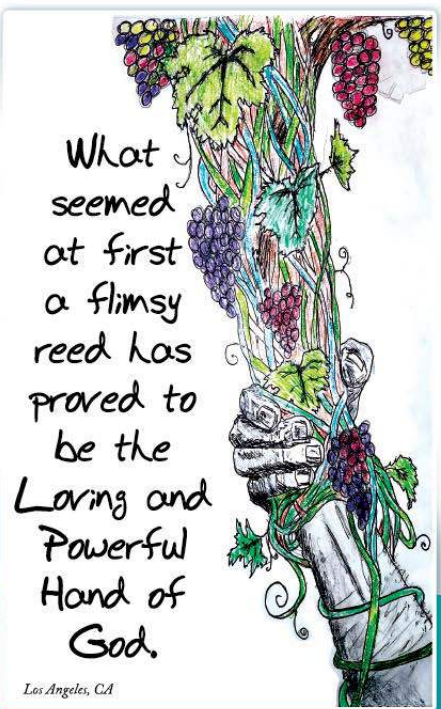
Secretary:  
**Ricardo L.**  
(323) 338-0958

Treasurer:  
**Shawn A.**  
(909) 285-5790

Alternate Treasurer:  
**Antonio C.**  
(562) 216-3735

Reception / Hospitality:  
**Arnulfo G.**  
(909) 414-5333

Registrations:  
**Hector L.**  
(323) 947-3868



**AREAS OF THE PACIFIC REGION**

2, 3, 5, 6, 7,  
8, 9, 17, 18,  
42, 58, 69, 72,  
92 y 93. Alaska,  
Arizona,  
California,  
Idaho, Hawaii,  
Nevada,  
Oregon, Utah  
& Washington

**Hybrid Reunions**



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SAN GABRIEL VALLEY (800) 524-4557

Please mention that your reservation is for the event:  
the 29th Anniversary of the Pacific Region La Viña

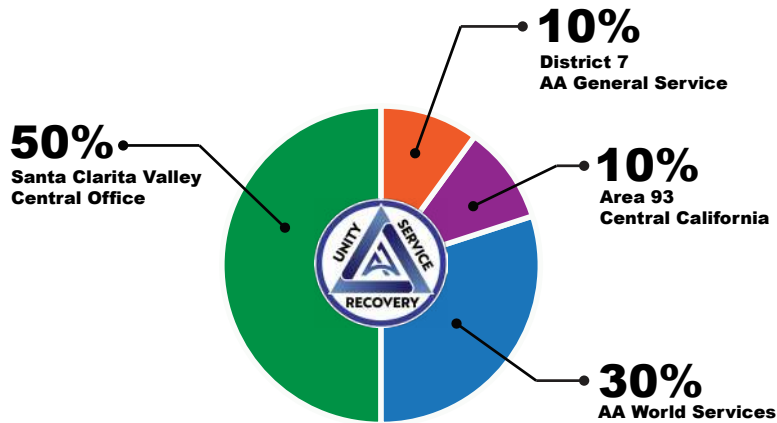
[www.PACIFICPALMSRESORT.COM](http://www.PACIFICPALMSRESORT.COM)




## 7<sup>TH</sup> Tradition

# To AAWS, 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 AA Service Structure.



## Monthly Service Meetings

### SCV Central Office/ Intergroup

#### 4<sup>TH</sup> Monday of the month

Central Office 7:00 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 AA community of Santa Clarita Valley.

### District 7- General Service

#### 2<sup>ND</sup> Monday of the month

6:30 PM – 8:00 PM  
Quartz Hill Grange  
41843 50<sup>TH</sup> Street West  
Lancaster, CA 93536

Zoom ID: 830 4964 7466

### Hospitals & Institutions (H&I)

#### 1<sup>ST</sup> Thursday of the month

6:30 PM Orientation  
Business Meeting 7:00 PM  
St. Stephens Church  
24901 Orchard Village  
Valencia, CA 91355

## 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)

## AA World Services

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

## SCV Central Office

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

## Group IDs

When making contributions to AAWS, Area 93, Districts, and the Central Office.

It is very important to add your: **Group/ Meeting Information to all checks and other payments.**

- **AAWS Group ID Number (9-Digits)**
- **Meeting/Group Name**
- **Location**

## Privacy Tip on the Venmo App

Many AA members use Venmo to make contributions. Follow these instructions to set your transactions to private.

1. Open the Venmo app on your mobile device.
2. Go to the lower right-hand corner and click "Me," then the "Gear" icon on the upper right-hand corner.
3. Choose "Privacy" under the Settings options.
4. Change the Default Privacy Setting:

5. Under the "Default Privacy Setting" section, tap on it and select "Private". This will ensure that all future transactions are private by default.
6. Set Past Transactions to Private:
  - Scroll down to the "Past Transactions" section.
  - Tap on "Change All to Private" to update the visibility of all your past transactions to private.

**By setting your transactions to private, only you and the person you're paying or receiving money from will be able to see the details of the transaction.**