

August 2025



# 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



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Meeting Schedule

Email: [info@aascv.org](mailto:info@aascv.org)

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

## Faith Without Works Is Dead

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

"Let's look for a moment at a single AA member. Faith alone does not save him. He has to act, do something. He must carry his message to others, practice AA principles in all his affairs. We must realize, as never before, how perilous faith without works might really become." **Bill W, Co-Founder June 1951 Language of the Heart.**

As a newcomer to Alcoholics Anonymous I often heard that I had a three-fold disease: body, mind and spirit. The Big Book refers to the third part as a "spiritual malady." As a newcomer, I identified with the physical part (one was never enough)

as well as the mental aspect (I knew I was crazy), but the "spiritual malady," I had no clue.

I was raised going to church every Sunday. My parents dropped me off for Sunday School and then as a family we went to the church service. So, I was not unfamiliar with "God" but could not relate to having a relationship with Him. Don't you know I was an independent soul and could take care of and rely on myself.

I'm sure we can all identify with the idea that, as newcomers, we are "spiritually bankrupt."

But what I really want to get down to is when you have time (I'm referring to 25 years or more) and you feel "spiritually bankrupt." Now don't tell me you don't know what I'm talking about..... you're going to meetings; you're sponsoring

*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	Name	Meetings
<b>Barbara W.</b>	Step Sisters, St. Stephen's Church	<b>Judy F.</b>	Intergroup, Central Office Manager
<b>Bobby B.</b>	Rafters, Sun Night Big Book Study, Recovery Room	<b>Kathy B.</b>	Secretary, Friday Step Sisters
<b>Doug W.</b>	Intergroup Chair, Just for Today, Stepping Stones	<b>Leslie M.</b>	Daily Reflections, Stepping Stones
<b>Ida B.</b>	New Reflections, Christ Lutheran	<b>Jasmine G.</b>	Wednesday Women's Night Happy Hour
<b>Jennifer Y.</b>	Santa Clarita Speakers Meeting,	<b>Patty G.</b>	Women's Bean Bag Toss, Stepping Stones, <b>PI/CPC</b>
<b>Jenny M.</b>	Magic Mountain Group, United Methodist Church	<b>Susie R.</b>	Coyote Group & Magic Mountain Group Monday
<b>John C.</b>	Men's Crosstalk, OLPH, Easy Does it	<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](http://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 176 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

From the General Manager of GSO – Changes going on at General Service Office in New York. They will be consolidating operations on the 8<sup>TH</sup> floor of the office building with operations on the 11<sup>TH</sup> floor. This will not only realize a savings in occupancy costs but also allow for better collaboration and effectiveness among all departments and services we provide. Modifications will be made to the 11<sup>TH</sup> floor to accommodate Publishing and Communication Services. In order to keep disruptions to a minimum the office will be operating remotely beginning August 11<sup>TH</sup> for the duration of the project. Anyone with plans to tour GSO within the next couple of months check [aa.org](http://aa.org) on the status of project.

## 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 are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

## 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)

Victoria T. . . . .	8/17/2022	3
Danny B . . . . .	8/14/2022	3
Eve M. . . . .	8/10/2020	5
Andrea G. . . . .	8/30/2018	7
Lisa S . . . . .	8/31/2009	16
Frank Q. . . . .	8/29/2008	17
Bryan D. . . . .	8/1/1988	37
Joseph R . . . . .	8/23/1986	39
Lynn M . . . . .	8/17/1978	47

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.



## 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:*

The August issue of the AA Grapevine is available and this month's featured section is "**Atheist and Agnostic Members.**" Secular AA members share powerful, personal stories about the joys and challenges of getting sober and working the program of AA. Some of the stories from this issue are titled **God or No God; From Your Heart to Mine; The Coffee God;** and many more stories can be found. Go to [aagrapevine.org](http://aagrapevine.org) and get your subscription today.

### Daily Quote

AA Co-Founder, Bill W., June 1961 "*Humility for Today*",  
**Language of the Heart.**

*"We cannot grow very much unless we constantly try to envision what the eternal spiritual values are."*

## Literature

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

*Literature available at Central Office.*

### A Book of Fellowship: Sharing Love and Service (New)

A gorgeously produced collectible art book, the official 2025 International Convention Souvenir Book is a lavishly illustrated celebration of our Fellowship, its vibrant history and "everything that is A.A." around the world today.

In these full-color pages, you'll read the inspiring stories of Bill W., Dr. Bob, and the early AAs who one by one and then together in fellowship spread the word of Alcoholics Anonymous, one alcoholic to another, in ever-widening circles. And how this sharing of love and service continues today. Rare archival and never-before-published new material, this volume brings to vivid life in words and pictures the message of Recovery, Service and Unity that lies at the very heart of our program. **384 pages "gate fold-out" celebrating 50 years of the GSO Archives.**

## 2025 SCV Convention Corner

### Special Event for the SCV Convention - Spaghetti Dinner

August 16, 2025 5:00 PM - 8:00 PM

St Kateri Church 22508 Copper Hill Dr; Santa Clarita

AA and Al-Anon speakers  
Raffle and Live Auction  
Bake Sale and Fellowship

Tickets: **\$25.00** Pre-sale tickets only - No tickets sold at the door

### Save the Date Santa Clarita Valley AA Convention

October 17-19, 2025 Embassy Suites of Valencia; 28508 Westinghouse Pl, Valencia

Tickets and information at [aascvconvention.org](http://aascvconvention.org)

Friday Opening (3 main speakers), Saturday Banquet (must have ticket and registration to attend); Sunday Breakfast with Spiritual/Closing Speaker (must have ticket and registration to attend)

Marathon Meetings Friday late afternoon into the evening and resume again Saturday.

No marathon meetings on Sunday, October 19th.

SCV Central Office will be represented as well as SCV H&I.

# Faith Without Works Is Dead

Continued from page 1

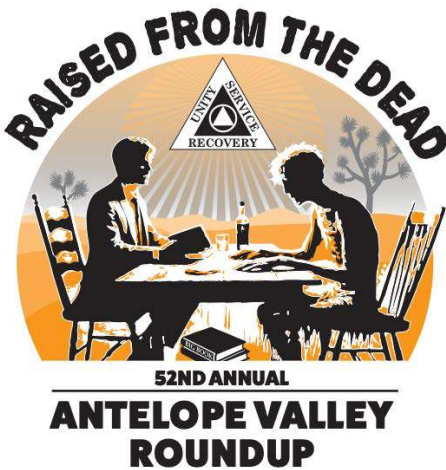
people; you have service commitments; you have a sponsor and Yada, Yada, Yada, but you don't have that connection and you are feeling a little lost??? Maybe you have a situation going on that you are completely powerless over; maybe you are suffering from grief from the loss of a loved one; or maybe, just maybe there is nothing going on and there has been a shift in your "conscious contact."

Oh my God, not another "turning point". Page 59 in the Big Book refers to this turning point – "half measures availed us nothing. We stood at the turning point. We asked **His** protection and care with **complete** abandon."

Sometimes I don't know what the "surrender" is and sometimes I believe I'm supposed to feel like I have been abandoned in the desert. It's when I struggle with that abandonment and think, think, think what it could be that I become restless, irritable and discontent. I believe when the book refers to "trudging" or "walking with purpose" that it is telling me I'm not always going to be walking among the tulips. The tools as outlined in the Big Book are not just for the newcomer, they work when you feel abandoned in the desert and you have some time.

I'm waiting for Him to reveal Himself to me again. My job is to continue to do the work and believe my spirit will be renewed. The miracle is, when I look behind me and see only one set of footprints, I believe they are not mine. "Our Higher Power is good to those who wait for Him, and to the soul that seeks Him. It is good that one should hope and wait quietly."

## October 10-12, 2025



Antelope Valley College  
Lancaster, CA

**AVROUNDUP.ORG**

# The Recovering Corker Column

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

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.

## Dear Recovering Corker,

I am relatively new to sobriety and am having a hard time understanding what sponsorship is. I didn't think I had to have someone vouch for me to join AA and I certainly don't want to have someone telling me what to do and how to run my life. I just came to learn how to stop drinking and am not really interested in all of these other things that people share about in meetings.

Sincerely,

Sponsorship Is Not For Me

## Dear Sponsorship Is Not For Me,

Sponsorship in AA is not having someone vouch for you or having someone present you as suitable for membership. To join you only have to have a desire to stop drinking. Being still new you, are probably feeling very confused and overwhelmed when leaving a meeting. Some of our questions get answered in the meeting but it is those questions that occur to us between meetings; we find that we need constant, close support as we begin learning how to "live sober." A sponsor should not be telling you "what to do" they should only be sharing their experience, strength and hope (one alcoholic sharing with another.) We meet as equals in the sponsor/sponsorship relationship. Essentially, the process of sponsorship is this: An Alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through AA. Sponsorship responsibility is unwritten and informal, but it is a basic part of the AA approach to recovery from alcoholism through the Twelve Steps.

Before making any final decision about sponsorship may we suggest you read the AA pamphlet, **Questions and Answers on Sponsorship** to help clarify what a sponsor is and isn't. You can get a copy at your local Central Office or one of the meetings you are attending.

We do not see a lot of people who are successful in maintaining their sobriety when they try to do it alone.

In humble service,

The Recovering Corker

# The 10 Percent?

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

The Pareto Principle states that roughly 80% of outcomes come from 20% of the causes. A common example is that 80% of the work is done by 20% of the people. It's named after Vilfredo Pareto.

This pattern is frequently observed in real estate, business, social events, and other settings where effort is required to accomplish something.

In AA, the ratio might be even more pronounced—closer to 90/10 rather than 80/20. This imbalance can create frustration and, if not acknowledged, may lead to resentment among those who feel burdened by the lack of assistance.

In service work, someone organizes a meeting or event, handles the execution, and then others show up (often late), eat the snacks, play games on their phone and express dissatisfaction. They may see it as a waste of time, leave early without helping, or fail to express gratitude. Sometimes, they even claim they would have done it differently.

This assessment may seem harsh but isn't far from reality when events are organized by volunteer AA members or AA groups.

What causes this pattern? Why does it occur so frequently? Why is the percentage even more skewed in AA compared to society at large?

When we came into the rooms, damaged by alcohol and with our lives in ruins, the fellowship nurtured us back to physical health through encouragement, prayer, and a sense of belonging. The rooms provided safety. We learned we needed a start on a spiritual experience by working the steps—and to our amazement, it worked.

It's not uncommon to see people get their jobs back, rebuild their families, and find a sense of relief. This is truly beautiful.

Then something happens—they recover what they lost and often wander away from what saved them. Why?

While the reasons are complex and varied, I would attribute it primarily to the lack of practicing these spiritual principles in all of our affairs (Step 12).

The steps have spiritual principles, behind them. The spiritual principles are not bound just to the words of the steps, they have work for anyone who works to understand them deeply. We did the work but took credit for it ourselves. We say, "I worked the steps," but AA is a spiritual program. Where is God in this process? Did we give God the credit?

Even the best of us are agnostic at times. We want to run the show. We would be happy if others did what we want, when we want it. We look at our behavior and recognize we hurt people. We step on their toes, and they are wounded. (paraphrased from AA, page 61.)

The solution that truly works is working the steps again—not to justify our behaviors but to allow God to change us further. The first time we worked the steps was to ask God to remove our drinking problem, but that was only a symbol of our deeper issues. That first journey through the steps was very satisfying. Our spirits were lifted, and we got relief. But our relationships often remained damaged. Many of us get sober only to see our marriages fall apart or our children refuse to speak to us. What a mess.

Again, the solution is the action to work the steps again to go deeper, to uncover and discard still more bad inventory. When I am disturbed, there is still something wrong with me. I have a spiritual problem.

Those in service are living in a spiritual experience and giving back. Most service work is never seen by the collective, but it is happening all around us. Who are those that setup the meeting, put the chairs away, make the coffee and take out the trash? When we see a need, we should ask ourselves how can I be helpful, do I have a willingness to help?

What we really have is a daily reprieve contingent on the maintenance of our spiritual condition (AA, page 85.) Yet we see people take service positions and, after some time, fail to complete that commitment. They simply fall away—which is different from circumstances outside their control, such as health issues or relocating.

When we rework the steps we get a new perspective of our spiritual condition, we see our defects and shortcomings again and again. New behavior does not emerge if we continue to live in old patterns.


How is my prayer life? Do I express gratitude? Do I spend time with God? Are my prayers demands? Do I treat God as a genie or a partner? Do I ask for guidance and strength or do I run the show? A spiritual practice is hard and dry when we operate under self-propulsion. **Refusing to place God first, we had deprived ourselves of His help.** (Twelve Steps and Twelve Traditions, p. 75)

Ask your sponsor for a deeper dive into your spiritual adventure. Rework your steps, open your mind to a new experience, and find the necessary willingness and honesty. If your sponsor isn't available for that spiritual dive, seek an AA member whose experience you admire. There's no rule against seeking deeper guidance from multiple spiritual advisors—whether a rabbi,

priest, or trusted AA friend. The Big Book is inexhaustible—each time we recommit to working the steps, new understanding emerges and a fresh experience unfolds. For a new experience to happen, we must take action.

Pray about it and with gratitude, tell someone thank you for their service.

# 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: [aasv.org](http://aasv.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 [aasv.org](http://aasv.org) and fillout the PayPal form (Debit Cards Accepted) No PayPal account needed.

## SCV HOSPITALS & INSTITUTIONS

# BOWLING

## EVENT

SEPTEMBER 13, 2025

# \$30

3PM - 5PM

\$150 FOR A LANE OF FIVE

### SPEAKER MEETING AT 5:15PM

**PIZZA & DRINK INCLUDED**  
**FREE SHOE RENTALS**

SANTA CLARITA LANES  
 21615 SOLEDAD CANYON RD.  
 SAUGUS, CA 91350

FOR INFORMATION, MELANIE ☎ 661-755-6971



# Newsletter

## Santa Clarita Valley Central Office

Join to read our monthly newsletter. Each month, you will receive our newsletter with articles, calendar of events, links to meetings, distribution information and other nuggets of current information.

Office Hours Monday, Wednesday, Friday 10 AM - 5 PM  
 661 250-9922  
 28951 Ruether Ave., Suite B-4, Santa Clarita, CA 91351  
 (look for the sign "Office" take stairs)  
 Info@[aasv.org](http://aasv.org)

This information is made possible through the contributions of AA groups and AA members to the SCV Central Office.



# From the Gutter to Grace: A Journey of Surrender

## *By a Grateful Member of Alcoholics Anonymous*

I grew up in a middle-class family with loving but strict parents. My mom was an educator, and my dad was a contractor. They were terrified of what had happened done in their lives before we were born. We had a conservative household where we didn't eat dinner until Dad sat down, we prayed before every meal, and went to church every Sunday.

Despite my parents' love and consistency, I felt they were far-off entities, people I needed to fear and retaliate against rather than love and understand. I was the youngest of three children, with a sister and a brother who were much older. That age gap made connection and playtime feel impossible. I was a force to be reckoned with as a child, filled with big emotions and even bigger ideas. I played with pocket knives, electrocuted myself, and hid in department stores just for the thrill. I couldn't regulate my emotions and remember, at five years old, packing my favorite stuffed animals and announcing to my mom that I was running away. I always felt so small and unseen, and I treated that pain with isolation.

Although my parents weren't alcoholics, alcohol was always around. My dad was a fantastic host, and his family knew how to throw a party. I vividly remember being five and asking for a sip of his wine. It tasted like an oak tree soaked in grape juice, but it made me feel warm and fuzzy inside, like I had received special permission to do something magical. That feeling stuck with me. Before I even knew what it felt like to be drunk, the obsession was born.

Shortly after that, my older brother began facing issues I didn't understand at the time. He became the first person I ever truly worried about. I now know those issues stemmed from addiction and alcoholism. Sadly, he didn't get better. By 11 years old, I decided God didn't exist. One Sunday morning, I marched down to tell my mom that I would no longer be going to church, and I meant it.

By 12, I was plagued with anxiety, depression, and suicidal ideations. I began cutting and burning my body. It gave me a sense of control and release from the emotional chaos inside me. Eventually, I was admitted into outpatient psychiatric care and began psychotherapy. I was diagnosed with grave mental disorders, and from a young age, I was already in the fight of my life. For a while, suicidal thoughts and self-harm were the only ways I knew how to manage my punishing emotions, until I found alcohol.

## The Descent

I got drunk for the first time at 13. I already knew the bottle held something sacred, something like liquid gold. One drink was never going to be enough. A few months later, still obsessing, I stole a large bottle of vodka from a local store. I drank 90 percent of it, blacked out, and my dad found me in a gutter, covered in vomit, my shoes shredded. Alcohol turned me into a floppy meat puppet, and I thought it was the most seducing and comforting feeling I had ever experienced.

That was the beginning of an eleven-year struggle with alcoholism. I floated in and out of AA, trying to stay sober, but I always slipped back into the insidious arms of alcohol.

My spiritual sickness took off rapidly. I rationalized drug use as long as I wasn't drinking. I sat in meetings begrudgingly, not doing the work, taking dirty chips, and eventually walked out of AA at 21 (my golden ticket age). My family evicted me. And I was resentfully overjoyed, finally free to live and drink on my terms.

But those years were a slow motion suicide. My story became indistinguishable from the ones I used to judge at the podium: domestic violence, overdoses, alcohol poisoning, mental insanity, attempted suicide, detoxes, institutions, miscarriages, crashed cars, financial ruin, ill health, run-ins with law enforcement, cats, dogs, women, children. Everyone got a front-row seat to my circus.

## The Bottom

I hit my lowest point when I became "unjustifiably unhoused" aka my БТН eviction. I was sleeping on a mattress in a filthy garage, living out of trash bags, praying to die because I couldn't stop drinking. I never thought to pray to stop drinking. Instead I read through an old memory box full of notes and cards from people I had hurt and pushed away. The weight of the life I had thrown away crushed me. I picked up the phone and called my dad, not because I wanted to get sober, but because I needed a place to go. Living in squalor for the last few months was the real problem.

I did get physically sober. But I didn't keep it. I still believed I could control and enjoy my drinking. For an alcoholic like me, if I'm controlling it, I won't enjoy it, and if I'm enjoying it, I'm not controlling it. Once again, I was working hard on a relapse, not on recovery.

## The Turning Point

Later that year, I hit a wall of hopelessness through another relapse. In that moment of raw clarity, a girl I knew from junior high, who had been reaching out to me for years, convinced me to get into a car with a stranger to go to an AA meeting.

That decision changed my life and has kept me sober to this day.

I found a sponsor who became a channel to the God I have today. I worked the steps. I found some emotional sobriety. I showed up consistently and started saying “yes” to service. Slowly, the obsession lifted. I started to experience peace.

Today, I get to be a good daughter, a loving aunt, a loyal friend, and a partner who shows up. I’m rebuilding relationships with my family and developing a relationship with a Higher Power that’s rooted in love, not fear.

The Steps, Traditions, and Concepts of AA didn’t just add years to my life, they have added life to my years.

What Keeps Me Spiritually Well:

Here’s my spiritual maintenance checklist, simple but not always easy:

1. Having a sobriety date
2. Having a home group
3. Having a sponsor
4. Living the 12 Steps
5. Practicing the 12 Traditions in and beyond the meeting
6. Showing up for service
7. Carrying the message to fellow sufferers

### Where I Am Now

I continue to be an imperfect, sober alcoholic. But I’ve learned that God’s grace shows up in unexpected ways, especially through the guard rails of this program. AA always seems to place me right where I need to be...safe, protected, and never alone again.

Whether you’re a newcomer or old timer, please know there’s always seat, and a new life, waiting for you too.

Hosted by SCV AA Convention  
with Al-Anon Participation

Join us for a Family Style Meal!  
AA and Al-Anon Speakers  
Raffle and Live Auction  
Bake Sale and Fellowship

# Spaghetti Dinner



**When:**  
Saturday, August 16, 2025  
5:00 PM - 8:00 PM

**Where:**  
Saint Kateri Church  
22508 Copper Hill Dr.  
Santa Clarita, CA 91350

**Tickets: \$25**




aascvconvention.org


## Santa Clarita Valley AA Convention With Al-Anon Participation

**OCTOBER  
17-19, 2025**

Tickets and information at  
aascvconvention.org  
info@aascvconvention.org



# I Am Responsible



Embassy Suites by Hilton Valencia  
28508 Westinghouse Pl, Valencia, CA 91355

# The Presents in Presence — Embracing Step Ten

**By Kimberly C.**

Step Ten states, “Continued to take personal inventory and when we were wrong promptly admitted it.” A few weeks after I delivered my last lingering amends for Step Nine, I sat down with my sponsor and told her I felt like a little baby, fresh and new, ready to learn how to be a human again, and not only a human but a spiritual being.

Prior to Step Ten, we alcoholics are on a road of triage and clearance. We learn about how our resentments are really just excuses for not living up to our fullest potential. We learn to look at our behaviors through a common lens of humanity, and to forgive ourselves and others for the coping mechanisms that led us lifelong to the self-medicating elixir of booze. We no longer want to numb out or escape, we start to feel a compulsion for living.

I felt that compulsion. I was ready to walk and talk and engage with the world and its inhabitants from a place that had been cleaned of its toxic sludge, otherwise known as “the wreckage of the past.” I was looking for that “fourth dimension” – a profound shift in perspective brought about by my newfound connection to a Higher Power. A state where I was told I would experience life differently, free from the destructive patterns of addiction, and find a deeper sense of purpose and meaning. I could be liberated from the confines of my former, self-centered existence.

Knowing that Step Ten is centered in a devout conscious effort to be present and aware in our every thought, speech, and action, my sponsor assigned me some work. Every day I was to write a gratitude list upon waking to frame my day with an intention of positivity. Then I would pray and meditate. Prayer for me is when I talk to my Higher Power, asking to be rid of self-will, and allowed to become a receptive hollow bone for which can be filled with a divine plan, focused on natural harmony and love. Meditation for me is when my Higher Power talks back to me, giving me clarity, mindfulness, and messages only found in a sincere silence with myself and my inherent soul.

Then in the evening before bed, my sponsor told me to write a Nightly Review of my day – the things that stuck out, noticing the activities that made me feel joy, and any activities that made me feel disturbed. And if there were moments that made me feel disturbed, I was to process them, either through a phone call with her, or through my own journal writing. After processing anything that left a sour taste in my mouth, we would come to solutions –sometimes these solutions constituted of making an amends, and sometimes they culminated in me discovering my character defects that had been peeking out from the shadows.

When I started this practice, I dug around in my old pile of journals I’d been keeping for the last decade and was dumbfounded to find an eerie pattern. Every day started with my best thoughts for the day ahead, optimism abounded, as I would see the statement, “I will not drink today.” By ten a.m. the pages would go empty, because that was the point I would succumb to the vodka and the rest was blotto. A broken record for years is recorded in these notebooks.

Seeing this made me realize the tenth step is about persistent presence, consistent accountability, and living by example. It’s about Good Orderly Direction. By paying attention to what we do, and immediately reversing any errors made along the way, existence becomes like a blank canvas to fill unfettered by past influence and unarmored for the future. We meet ourselves in the glorious now and we no longer build that old storehouse of ick in the gut.

At the end of the night, I pray and mediate again—these two activities frame my day, creating a sacred container between me and my Higher Power where I know I AM safe. It has made me take off the invisible backpack I used to wear full of strategy, manipulation, control, anger, and bitterness. I AM only responsible for myself here and the tenth step holds me true to that.

Step Ten has made me no longer feel like I AM teetering on a tightrope wire between continual catastrophes and have learned to meet life with grace in every given moment. It doesn’t mean I dance through a field of flowers like a Pollyanna in rose-colored glasses; there are still car problems and grumpy family members and people whose personalities piss me off. But I carry in my pocket this daily tool kit as an ever-ready guide for those moments when I do break down. And these days, thanks to Step Ten, that has become the exception rather than the norm.

# Events

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

Date	Event	Time	Location
2025-08-03	AV Monthly Roundup (In-Person, Recurring)	5:30 PM - 6:30 PM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-08-07	AV Central Office Intergroup Meeting (In-Person, Recurring)	7:00 PM - 8:30 PM	436 19 17 <sup>TH</sup> Street West, Suite 103 Lancaster, Ca. 93534
2025-08-07	SCV H & I Monthly Meeting (In-Person, Recurring)	6:30 PM - 8:00 PM	24901 Orchard Village Rd, Santa Clarita, CA 91355
2025-08-09	Mommy Issues (YPAA) (In-Person)	2:00 PM - 10:00 PM	20992 Pacific Coast Hwy, Huntington Beach, CA 92648
2025-08-10	AV H&I Monthly Meeting (In-Person, Recurring)	10:00 AM - 11:00 AM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-08-11	District 7 GSR Monthly Business Meetings (Hybrid, Recurring)	6:30 PM - 8:00 PM	41843 50 <sup>TH</sup> Street West Quartz Hill CA 93536
2025-08-16	SCV Convention Spaghetti Dinner (In-Person)	5:00 PM - 8:00 PM	22508 Copper Hill Dr, Santa Clarita, CA 91350
2025-08-16	Happy Campers (In-Person, Recurring)	7:00 PM - 10:00 PM	4780 Piru Canyon Rd, Piru, CA 93040
2025-08-17	Area Assembly (CCAA) (Hybrid)	8:30 AM - 4:30 PM	313 West Tunnell Street, Santa Maria 93458
2025-08-25	SCV Intergroup Meeting (In-Person, Recurring)	7:00 PM - 8:30 PM	26951 Ruether Ave., B-4 Santa Clarita, CA 91351
2025-08-30	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  Registration  Before July 1st \$50  Earlybird In-Person Weekend Registration \$50   
 After July 1st \$60  In-Person Weekend Registration \$60

Saturday Only Day Pass \$40  Saturday Nite Banquet \$50   
 Online Attendance \$60  Vegetarian

Total Person One \$ \_\_\_\_\_

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

NOCYPAA PRESENTS

# MOMMY ISSUES

## HAVANA EDITION



**AUGUST 9TH**  
**2 PM – TIL BONFIRE ENDS**  
**HUNTINGTON BEACH**

# July IGR Meeting Minutes

Recorded by Kathy B., Secretary

Monday, July 28, 2025

- Meeting called to order: 7:00 by Doug W.
- Opening prayer: Serenity Prayer (all)
- Statement of purpose: Ida B.
- Motion to accept July 2025 Minutes held for vote. Passed by all.

## Attendance 12

- Doug W., Judy F., Bobby B., Kathy B., Ida B., Patty G., Susie R., Jasmine G., John C., Joyce R., Leslie M., and Barbra W.

## Chairpersons Report – Doug W.

- Encouraged IGR's or any AA volunteer to write an article for our Gratitude Gazette. The article can be their story or any experience in AA which shares their experience, strength, and hope. It does not need to be longer than 1000-1500 words. The article may be anonymous.
- Literature Share: August - Kathy B., September: Jenny M.

## July Literature Share – Judy F.

- Judy F. chose to share a couple books for sale at Central Office. First was **AA Comes of Age**. This book spoke to her regarding the history of AA. She shared how the book tells us about our AA history and the main characters and the rolls they played related to our founder Bill W. The second book was called **Our Great Responsibility**. It Talks about our service structure and how Bill influenced it. The last book was **The Language of the Heart**. The book is all of Bill W. writings.

## Treasurers Report – Judy F.

- For June our Net Income is in the black at \$4,602.88. The Reports run a month behind matching bank statements. If anyone has questions feel free to call central office or stop by.

## Office Manager – Judy F.

- Central office has **The Next Frontier - Emotional Sobriety** for \$17.00
- Your IGR and Central Office has a list of Grapevine Books for \$3.00. Interested please ask for the list.
- Use QR code to scan to get the **Gratitude Gazette** Newsletter on Flyer or Website.
- A group Secretaries handbook is available at Central office. It contains general information to assist the secretaries with their positions and much more.

## Public Information – Patty G.

- No Report

## Outreach – Tobiah N

- Absent

## Old Business – Doug R.

- Bank accounts have been updated.

## Website – Doug W.

- Website is updated with Rafters Group new address. Two new meetings updated **+ 10 Meeting**, Stepping Stones and **On Wakening**, Saturday women's meeting 9am at Valencia Glen Park).

## Announcements

- SCV AA Convention registration pre-sale is \$20 until August 31st. Then registration increases by \$20 to \$30.
- AA retreat with AI-Anon participation at Camp Seely, September 19- 21. Cabins available. \$150 per person. See Flyer or Central Office website.
- SFV Convention has a take your sponsor to breakfast fundraiser, See flyer on CO website.

## New Business – Doug

- A motion was brought up by Leslie M, to approve CO pay for Doug W's registration (\$150) to the ICOAA Intergroup/ Central Offices of AA. Motion seconded by Patty G. Approved by all.

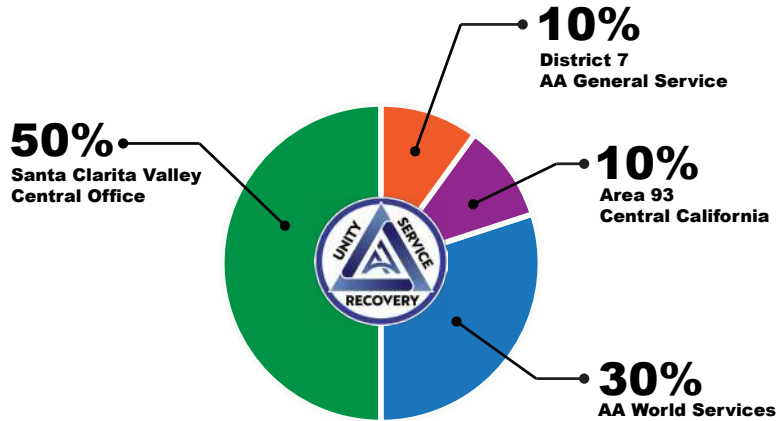
## Birthdays - None

Meeting ended at 8:10 with the pledge I am responsible

## 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 it 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.**