



# 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)

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

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## President of AA — I Think Not!

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

With all my knowledge of worldly affairs and my many years of sobriety I have thought many times, "if they would only listen to this wise old-timer" maybe they would not have to experience the same pains of maturity in Alcoholics Anonymous at the personal as well as group level.

I was recently reminded by a Grapevine Daily Quote that even Bill experienced his hand at being an AA guru - "I, too have tried a hand at governing in AA. Each time I have strenuously tried it I have been shouted down; so loudly, in fact, that on several occasions it looked as though I was due for swift and certain

excommunication!" January 1947, "Will AA Ever Have a Personal Government?" *Language of the Heart* (pg. 41)

I love the fact that between the 12 Steps, the 12 Traditions and the 12 Concepts I have been provided principles that help guide my personal recovery, my interaction with my home group and how I work with Alcoholics Anonymous General Service Office.

Steps 6 and 7 help me identify those character defects that still pop up and tell me "you would be a great president," to Tradition 2 that tells me "**there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**" And finally, Concept 1 - "**The final responsibility and the ultimate authority for A.A. world services should always reside in the**

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## SCV Central Office

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

## Intergroup Representatives

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

# Legacies for September

**Step 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Concept 9** Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

## 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)

Christina J . . . . .	9/22/2023	2
Jenna H . . . . .	9/22/2023	2
Ryan B . . . . .	9/20/2023	2
Kelli H . . . . .	9/22/2022	3
Danielle K . . . . .	9/16/2022	3
Chris B . . . . .	9/21/2021	3
George D. . . . .	9/7/2021	3
Crista M . . . . .	9/25/2020	5
Tim W. . . . .	9/15/2010	15
Debbie R. . . . .	9/29/2004	21
Kenn M. . . . .	9/2/1993	32
Kelly T. . . . .	9/12/1992	33
Kevin D . . . . .	9/15/1986	39

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.

# 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 174 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 In-Person and Online 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.

# Literature

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

## Literature available at Central Office.

The AA Grapevine's new Commemorative offerings: the International Convention Book and Journal.

### The Language of the Heart

Celebrate AA's 90<sup>TH</sup> anniversary with this one-time commemorative International Convention issue of one of Grapevine's most beloved books, *The Language of the Heart*: Bill W's Grapevine Writings. \$17.49

### AA Grapevine Journal

This soft-cover spiral-bound journal in all three languages features memorable quotes throughout by AA's co-founder Bill W. from Grapevine's most beloved book, *The Language of the Heart*—the theme of the 2025 Convention. It's a great keepsake and a wonderful gift for a friend. \$14.49

### Annual Wall Calendar

Full of beautiful color photographs shot by AA members, accompanied by brief inspiring quotes selected from published Grapevine articles. The quotes aren't directly related to AA or alcoholism, so the calendar can be displayed anonymously. Trilingual (English/ Spanish/French) The open Wall Calendar measures 8 3/8" by 16 3/4". \$10.50

These items are not available from SCV Central Office at this time but may be purchased through [aagrapevine.org/store](http://aagrapevine.org/store)

# News from New York

Warm Greetings from the Conference Assignment at the GSO!

Thank you for taking the time to consider proposing a policy level idea that might be useful for the good of A.A. within our US/ Canada service structure.

This is an exciting opportunity for your group's voice to be heard.

All parts of our Fellowship — group meetings, committees, offices, Conferences, and group jobs — share one common purpose: to help the alcoholic who still suffers.

In accordance with our Twelve Traditions, we need a system of communication for finding out how A.A. as a whole feels about its world affairs, and how it wants to operate. The General Service Conference serves as the group conscience for A.A. in the U.S. and Canada.

# 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 September edition of the AA Grapevine, the international monthly journal of Alcoholics Anonymous. September's featured section is "**Stories of Gratitude**" – AA members share powerful, personal stories about being thankful, appreciating the moment, helping others, and living life to its fullest. Featured articles include **Glad to Be Here; Dreams Come True; The Olive Branch; The Letter** and more.

**Letter From The Editor**—In the March 1962 Grapevine our co-founder Bill W. wrote one of his most beloved and quoted lines ... "When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know." The members' stories in our special section this month express this idea beautifully. We hope they give you hope and brighten your day a little.

### Daily Quote

*"I am still amazed at the aura around AA meetings... No matter what our immediate problems, fears, or resentments, we come to a halt when the meeting begins and focus on our primary purpose"*

**"A Beacon in the Dark"** Pittsburgh, PA September 1991 Home Group: Heartbeat of AA

The necessary resources are available in English, Spanish, and French, on the G.S.O. website, [www.aa.org](http://www.aa.org). It is all done in the spirit of Love and Service.

**All submissions should be received on or before September 30, 2025, 11:59 PM.**

# President of AA — I Think Not!

*Continued from page 1*

***collective conscience of our whole Fellowship.***

Having been drawn to the Grapevine Quote I had to dig out my copy of *The Language of the Heart* and read Bill's article. Once again, inspired by Bill's writings I decided I would share his article in this month's newsletter.

## Will AA Ever Have a Personal Government?

**by Bill W.**

**Copyright © The A.A. Grapevine, Inc., January 1947**

The answer to this question is almost surely "no." That is the clear verdict of our experience.

To begin with, each A.A. has been an individual who, because of his alcoholism, could seldom govern himself. Nor could any other human being govern the alcoholic's obsession to drink, his drive to have things his own way. Time out of mind, families, friends, employers, doctors, clergymen, and judges have tried their hand at disciplining alcoholics. Almost without exception the failure to accomplish anything by coercion has been complete. Yet we alcoholics can be led, we can be inspired: coming into A.A. we can, and we gladly do, yield to the will of God. Hence it is not strange that the only real authority to be found in A.A. is that of spiritual principle. It is never personal authority.

Our unreasonable individualism (egocentricity if you like) was, of course, the main reason we all failed in life and betook ourselves to alcohol. When we couldn't coerce others into conformity with our own plans and desires, we drank. When others tried to coerce us, we also drank. Though now sober, we still have a strong hangover of these early traits which caused us to resist authority. Therein probably hangs a clue to our lack of personal government in A.A.: no fees, no dues, no rules and regulations, no demand that alcoholics conform to A.A. principles, no one set in personal authority over anyone else. Though no sterling virtue, our aversion to obedience does pretty well guarantee us freedom from personal domination of any kind.

Still it is a fact that most of us follow, in our personal lives, the Twelve Suggested Steps to recovery. But we do this from choice. We prefer recovery to death. Then, little by little, we perceive the spiritual basis of life is the best. We conform because we want to.

Likewise, most A.A. groups become willing to follow the "Twelve Points of Tradition to Assure Our Future." The groups are willing to avoid controversy over outside issues such as political reform or religion; they stick to their single purpose of helping alcoholics to recover; they increasingly rely on self-support rather than outside charity. More and more do they insist on modesty and anonymity

in their public relations. The A.A. groups follow these other traditional principles for the very same reason that the individual A.A. follows the Twelve Steps to recovery. Groups see they would disintegrate if they didn't and they soon discover that adherence to our tradition and experience is the foundation for a happier and more effective group life.

Nowhere in A.A. is there to be seen any constituted human authority that can compel an A.A. group to do anything. Some A.A. groups, for example, elect their leaders. But even with such a mandate each leader soon discovers that while he can always guide by example or persuasion he can never boss, else at election time he may find himself passed by.

The majority of A.A. groups do not even choose leaders. They prefer rotating committees to handle their simple affairs. These committees are invariably regarded as servants—they have only the authorization to serve, never to command. Each committee carries out what it believes to be the wishes of its group. That is all. Though A.A. committees used to try to discipline wayward members, though they have sometimes composed minute rules and regulations and now and then have set themselves up as judges of other people's personal morals, I know of no case where any of these seemingly worthy strivings had any lasting effect—except, perhaps, the election of a brand-new committee!

Surely I can make these assertions with the greatest of confidence. For in my own turn I, too, have tried a hand at governing A.A. Each time I have strenuously tried it I have been shouted down.

After struggling a few years to run the A.A. movement I had to give it up—it simply didn't work. Heavy-handed assertion of my personal authority always created confusion and resistance. If I took sides in a controversy, I was joyfully quoted by some, while others murmured, "And just who does this dictator think he is?" If I sharply criticized, I usually got double criticism on the return bounce. Personal power always failed. I can see my older A.A. friends smiling. They are recalling those times when they, too, felt a mighty call to "save the A.A. movement" from something or other. But their days of playing "Pharisee" are now over. So those little maxims "Easy Does It" and "Live and Let Live" have come to be deeply meaningful and significant to them and to me. In such fashion each of us learns that, in A.A., one can be a servant only.

Here at the General Office we have long known that we can merely supply certain indispensable services. We can supply information and literature; we can usually tell how the majority of A.A.'s feel about our current problems; we can assist new groups to start, giving advice if asked; we can look after the over-all A.A. public relations; we can sometimes mediate difficulties. Similarly, the editors of our monthly journal, *The A.A. Grapevine*, believe themselves simply a mirror of current A.A. life and thought. Serving purely as such, they cannot rule or propagandize. So

also, the trustees of The Alcoholic Foundation (our A.A. general service committee) know them-selves to be simple custodians, custodians who guarantee the effectiveness of the A.A. General Office and The A.A. Grapevine and who are the repository of our general funds and Tradition caretakers only.

It is most clearly apparent that, even here at the very center of A.A., there can only exist a center of service-custodians, editors, secretaries and the like – each, to be sure, with a special vital function, but none of them with any authority to govern Alcoholics Anonymous.

That such centers of service, international, national, metropolitan area or local, will be sufficient for the future, I can have no doubt. So long as we avoid any menacing accumulation of wealth or the growth of personal government at these centers, we cannot go astray. While wealth and authority lie at the foundation of many a noble institution, we of A.A. now apprehend, and thoroughly well, that these things are not for us. Have we not found that one man's meat is often another man's poison?

Shall we not do well if, instead, we can cling in some part to the brotherly ideals of the early Franciscans? Let all of us A.A.'s, whether we be trustees, editors, secretaries, janitors or cooks-or just member – ever recall the unimportance of wealth and authority as compared with the vast import of our brotherhood, love and service.

## The Recovering Corker Column

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

**Dear Recovering Corker,**

I have been coming to meetings of Alcoholics Anonymous for about 7 months and staying sober. My sponsor has been taking me through the steps and I even have a coffee commitment at one of my meetings. I have sort of made a decision when I'm finished with the steps and reach one year without drinking I probably will be able to stay sober on my own and will stop going to meetings. It all seems so repetitious, and I have to say a little boring. Any suggestions?

*Bored Out of My Gourd*

**Dear Bored One,**

Just keep coming back... I used to try and figure out why they had to keep doing all that reading at the beginning of meetings and the chanting after the Lord's Prayer to "keep coming back it works if you work it." Then I read an article in the July 2008 issue of the Grapevine entitled "Lost in Translation." It answered your question – "Sobriety isn't a discrete list of tasks that you do and then check off; it's a state of being that pervades every aspect of your life." I'm learning there is more to it than just solving my "drink problem." I came and scoffed and remained to pray.

Yours Truly,

*Recovering Corker*



**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  
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(look for the sign "Office" take stairs)  
Info@aascv.org

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

## 2025 SCV Convention Corner

**Save the Date Santa Clarita Valley AA Convention**

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

Registration is open for the 2025 Santa Clarita Valley Convention of Alcoholics Anonymous with AI-Anon participation. Registration is \$30.00.

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 on Saturday.

# A Journey From Panic to Peace

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

I didn't come to AA because I was brave. I came because fear had become the operating system of my life. Fear of getting caught. Fear of running out of alcohol. Fear I'd never stop drinking. Fear that if I did stop, I'd have to face the wreckage I'd created. Fear that I would die. Alcohol quieted those fears for a while—until it didn't. When the drink stopped working, my fear grew teeth. I was out of tools, out of alibis, and—if I was honest—running out of time.

This is how I walked through a life time of fear with the help of Alcoholics Anonymous, what I actually did, and how I continue to “commence to outgrow fear” today.

I have this recurring fear or a tape in my head that tells me I'm still that stupid little boy. I used to have a stutter and a lisp. I was placed in a special class to overcome these speech issues. During this time, I was removed from my math and English lessons. When I returned to join my classmates, I was significantly behind them. I was consumed by fear, doing everything possible to avoid being noticed—never raising my hand, never asking questions. I became invisible, like plain wallpaper.

When I had children, I was determined not to let them experience the public school system like I did, so we home-schooled them. This allowed me to be involved and learn alongside them. In high school, I only read one book! Then later, I recall seeing a title of a book (though I never read the book) called "Face the Fear and Do It Anyways." I never knew that facing fear was even an option.

## Step 1: Naming What Was Really Running My Life

The Big Book describes fear not as a side issue, but as “an evil and corroding thread; the fabric of our existence was shot through with it.” (pg. 67.3) That line stopped me cold because it was accurate in a way I could feel in my soul.

At first, I thought my problem was other people and tough breaks. But when I read “we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.” (pg. 62.1) I could see how fear—of losing face, money, love, control—had quietly dictated my decisions. Fear had me living small, lying big, and drinking to mute the hum of anxiety I carried through every day.

Admitting I was powerless over alcohol and that my life was unmanageable wasn't an abstract spiritual posture; it was the first honest acknowledgment that my fear had been calling the shots and alcohol had become my failed solution. That admission cracked the door open to a different solution than my own failed willpower and self-knowledge.

## Step 3: From Self-Reliance to Reliance on God

I didn't have to conjure belief I didn't have. I needed willingness. The Third Step became my turning point. I took the Third Step prayer with my sponsor on my knees, saying out loud: “God I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I better do Thy will. Take away my difficulties, that victory over them bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!” (pg. 63.2) I didn't sprout wings, but the grip of panic loosened enough to take the next right action.

This wasn't about adopting religious language; it was about switching operating systems. Relying on self had produced consistent fear. Relying on God—even in my clumsy, beginner way—was the first experiment in living on a different basis. I learned I could ask for direction, strength, then act, then review, then amend. That loop became my new life rhythm.

## Step 4: Putting It on Paper and Giving It to God

AA's instructions on fear point to a specific diagnosis and a specific remedy. **The diagnosis:** “Wasn't it because self-reliance failed us?” (pg 68.1) **The remedy:** “For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.” (pg. 68.2)

The Big Book tells us to “Review our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them.” (pg. 68.1) I did exactly that. My sponsor had me list fears in column one, the causes or threats in the next, how self-reliance showed up in a third, and which part of self felt threatened in a fourth. Finally, I wrote what God would have me be in response to each fear—honest, patient, courageous, helpful—and I prayed for that, by name.

### Here's what the process looked like in practice:

**Fear:** Being alone.

- **Cause:** Belief I was unlovable.
- **Self-reliance:** Manipulation, clinging, drinking to numb.
- **What part of self?** Esteem, relationships and sex relations.
- **What would God have me be?** Loving, useful, reliable, and self-respecting.
- **Action:** Service and fellowship, call another member, show respect, show up for commitments, and practice being of use—regardless of mood.

That last column—what God would have me be—changed everything. It transformed fear into an invitation to practice

a specific spiritual principle. Every time fear came up, I had directions: ask for it to be removed, ask where to place my attention, and act accordingly.

### Step 5: Dragging Fear Into the Light

I didn't keep the inventory to myself. I read it to another human being, my sponsor. From the 12&12, "Both his pride and his fear beat him back every time he tries to look within himself. Pride says, 'You need not pass this way,' and Fear says, 'You dare not look!'" (12&12, pg. 49.2) Doing a Fifth Step cut those two voices down to size. I wasn't special or uniquely broken. I was alcoholic. And I have in my grasp a solution.

Confession didn't fix me; it positioned me to be changed. In the steps I learned to watch for "When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code." (pg. 84.2), and move into amends or service if needed. "Those words"—ask God at once to remove them—became a pocket tool I used multiple times a day.

### Step 9: Fear Loses Ground When I Face What I Owe

Some fears dissolved the minute I was willing to face them. I feared running into people I had harmed. The Ninth Step didn't eliminate consequences, but it eliminated the dread of waiting for the shoe to drop. AA taught me "we must not shrink at anything." (pg. 79.1) The action of making things right reduced fear at the source—my own dishonesty and avoidance.

It was humbling to learn that fear shrinks when I align with reality and take responsibility. Humility, as the 12&12 reminds us, isn't groveling; it's right-sizedness. (Bill W. Grapevine, June 1961) "These fears are the termites that ceaselessly devour the foundations of whatever sort of life we try to build" (12&12, pg. 49.1) The antidote is honest action grounded in reliance on God.

### Daily Maintenance: How I Continue to Outgrow Fear

I wanted to believe I'd arrive at a permanent state called "fearless." That hasn't been my experience, and thankfully, it doesn't need to be. The author (Archie Trowbridge) in the Big Book story "The Man Who Mastered Fear" (pg. 256) stated it plainly: fear wasn't "utterly banished," but it never again ruled his life. He faced life instead of running from it. That's become true for me too.

#### Here's what keeps fear from running away in my life today:

- **Morning direction and the Tenth Step loop**

I start the day with prayer, gratitude and quiet mediation. I ask for knowledge of God's will and the power to carry it out. Throughout the day I watch for fear and the other usual suspects. When fear crops up, I ask God to remove it and show me what to be, I may talk to someone, and I may correct

my course. In the evening I review where fear got a foothold and where faith disappeared.

- **The "fear prayer" as a reflex**

"God, remove my fear and direct my attention to what You would have me be." I say it in my thoughts, before a hard conversation, when an email pings and my chest tightens. Then I do the next right thing in front of me. Simple, not easy. It works.

- **Service as fear's opposite**

Fear collapses my world to the size of my own concerns. Service blows it wide open. Making coffee, setting chairs, talking to a newcomer, or sharing honestly at a meeting reminds me why I'm here. Action is, indeed, it is the magic word. This expanded ten-fold when I entered General Service work for our District and Area.

- **Fellowship and sponsorship**

I don't outgrow fear alone. Other members gave me language, inspiration, and direction. My Portland Sponsor directed me to write "fear cards"—index cards listing my most common fears and the instructions from page 68. When fear visits, I don't negotiate with it—I follow those directions.

- **Right-sized goals and God-reliance**

When I'm overreaching to secure my self-esteem, security, or desires I am relying on self-will, fear flares. When I align with usefulness and allow outcomes to be God's business, I get the only kind of courage AA promises: the courage that comes from trust.

### Compassion for the Fearful Mind

If you're reading this and fear feels like an undertow, I get it. Fear can feel like oxygen to an alcoholic mind—so familiar we think it's who we are. But AA offers a gentler truth: fear is a signal, not a sentence. It's information that I've shifted back to self-reliance. When I notice that; I can simply return to the basis that works.

I also learned to distinguish between useful caution and corrosive fear. Useful caution asks for planning, counsel, and measured action. Corrosive fear isolates, exaggerates, and drives me to self-control. The Steps train me to pause, pray, seek perspective, then act in love. Over time, the pause lengthens, the prayer deepens, and the action steadies.

A favorite AA reflection says, "Most of my decisions were based on fear... One of the greatest gifts in AA for me has been the "The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God", (pg. 68.3) which I can only do with God's help. That's been my experience. Courage isn't feeling brave. It's doing the next right thing with a Power greater than myself.

## What I Did, Summarized

- I admitted fear had run my life and that alcohol had become a failed solution.
- I made a decision to live on a different plane by taking Step Three.
- I wrote a thorough fear inventory and put it on paper, asking why each fear existed and how self-reliance had failed me.
- I shared the inventory in my Fifth Step, which cut pride and fear down to size.
- I practiced Steps Six and Seven in real time, asking God at once to remove fear as it cropped up.
- I made amends, which reduced fear at the root by clearing the wreckage of my past.
- I adopted a daily practice of prayer, meditation, gratitude and service to keep fear from reestablishing control.
- I leaned on the fellowship, sponsorship, and the page 68 simple directions whenever fear returns.

## The Ongoing Promise

Do I still feel fear? Yes, absolutely. But today fear doesn't get the final say. As the Big Book puts it, "The verdict of the ages, is that faith means courage." (pg. 68.3) My courage isn't loud. It's measured in showing up, telling the truth, and being of use—one day at a time. The fabric of my life is no longer shot through with fear. There are some new threads now: willingness, honesty, humility, and love. And that fabric holds.

If you're living under fear's rule, you don't have to fix yourself before you begin. You can start where we all started: with willingness. Put it on paper. Ask for help. Tell the truth. Make things right. Ask God to remove what blocks you and to show up. Do what's in front of you. Rest. Repeat. You, too, can commence to outgrow fear.

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


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


# Santa Clarita Valley AA Convention With Al-Anon Participation

**OCTOBER  
17-19, 2025**

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



## I Am Responsible



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

# SAVE THE DATE!

## October 10-12, 2025



52ND ANNUAL  
**ANTELOPE VALLEY  
ROUNDUP**

**Antelope Valley College  
Lancaster, CA**

# AVROUNDUP.ORG

# Accountability, Responsibility & Discipline Through Service

## By Anonymous Member

In Alcoholics Anonymous (AA), we often hear that “*we keep what we have by giving it away.*” This phrase is more than just a poetic ideal; it reflects a deeper truth about recovery—that service is not just a way to help others but a vital tool for our own spiritual and emotional growth. Among the most transformative aspects of service in AA are the ways it teaches us accountability, responsibility, and discipline—qualities that many of us may have lost touch with during our active addiction.

## Accountability: Showing Up and Being Counted On

One of the first things a service commitment teaches is the importance of showing up. Whether it’s making coffee, chairing a meeting, greeting people at the door, or cleaning up afterward, these commitments require presence. Because of our selfish and self-centered natures many of us were unreliable—often making promises we didn’t keep. Service gives us a chance to rebuild trust, starting with small, consistent actions.

When we commit to a service position, we’re no longer just attending AA for ourselves—we are giving back and ensuring that AA is there for the next alcoholic who walks in. Others begin to rely on us, and that reliance nurtures a sense of accountability. We start to realize: *My presence matters. My actions affect others.*

## Responsibility: Taking Ownership of Our Role

Each AA service role, no matter how minor it may seem, carries a responsibility. That responsibility is not just about performing a task—it’s about holding ourselves to a standard of integrity and following through even when it’s inconvenient or unnoticed. Being responsible in AA helps us practice being responsible in other areas of our lives—jobs, families, finances, and relationships.

We learn to stop making excuses. If something goes wrong, we don’t deflect blame—we take ownership. This shift, from avoidance to ownership, is one of the core movements from active addiction to lasting recovery.

## Discipline: Building Structure and Commitment

Recovery thrives on structure and service helps cultivate that structure. Taking on a weekly commitment—especially one we don’t always feel like doing—teaches discipline. The discipline to do the right thing, even when it’s uncomfortable, boring, or thankless, builds the kind of character and self-esteem we often lacked.

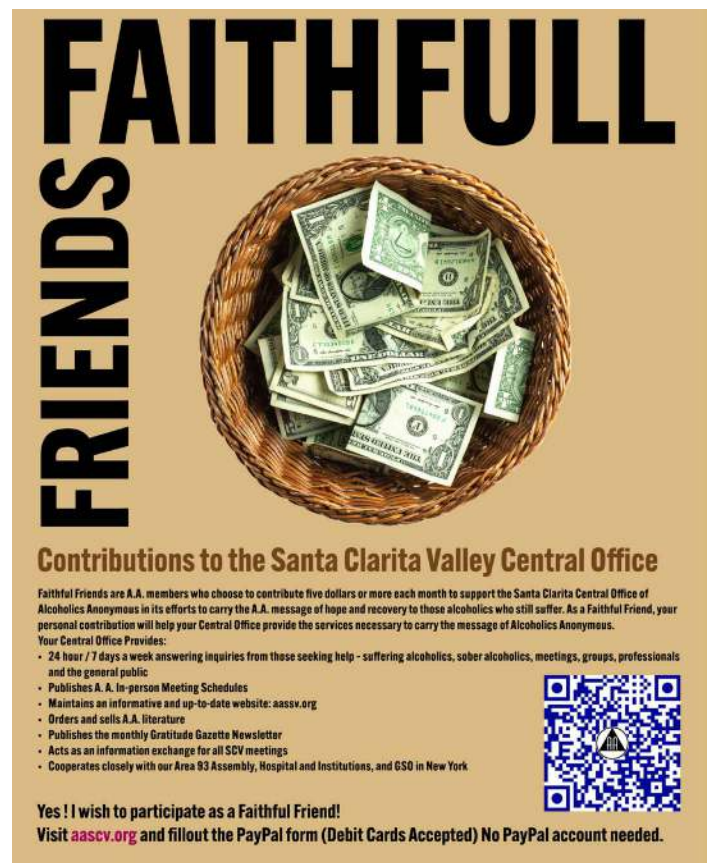
Discipline also deepens our spiritual path. By repeatedly saying “yes” to service, we say “yes” to growth. The repetition creates habit, and those habits shape who we become. Over time, that discipline extends to our Step work, our relationships, and how we handle life’s challenges.

## Service as a Spiritual Practice

Page 14 of the Big Book of Alcoholics Anonymous states “For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again.” It is not only telling us how to grow spiritually but also warning us that if we don’t work, we will drink.

Service commitments are not just chores—they’re spiritual practices. They help us get out of ourselves, develop humility, and connect with others. They remind us that we are part of something bigger than ourselves. And in that process, we discover a sense of purpose.

In giving our time and energy, we receive gifts beyond measure: accountability to others, responsibility for our actions, and the discipline that sustains a sober life. There is no greater way to show our gratitude for what we have been given in sobriety than to ensure that Alcoholics Anonymous is there for the next generation.



**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: [aassv.org](http://aassv.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 6S0 in New York

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

# The Heart of Step Nine

**By Kimberly C.**

In Alcoholics Anonymous, the Ninth Step reads: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

This step is often described as the spiritual hinge of the Twelve Steps, where intention begins to transform into action, and the inner work of recovery becomes visible in the world. For many, it is also one of the most intimidating steps, because it means confronting the past, facing people we’ve hurt, and risking rejection or misunderstanding.

But making amends does not always look like a single apology or a dramatic confession. It can be creative, deeply personal, and tailored to the unique fabric of each relationship. At its core, Step Nine is about healing, restoring dignity, and walking forward with integrity. Let’s explore creative ways to approach amends—methods that honor both the spirit of the program and the individuality of each person involved.

Beyond words, there is the concept of “living amends.” Sometimes the most powerful amends cannot be spoken but must be lived. “Living amends” are ongoing demonstrations of changed behavior, rooted in humility. This can mean showing up consistently; if unreliability damaged a friendship, the amend may look like being on time, keeping commitments, or checking in without being asked. This can mean choosing honesty daily; for someone lied to in the past, the greatest amend is to be radically truthful in all future dealings. This can also mean simply modeling sobriety and living by example; when children or family members have witnessed years of chaos, the amend may simply be demonstrating long-term stability, sobriety, and self-respect. Living amends are not about perfection but about patterns. They say, “I have changed, and I will keep changing.”

While direct, face-to-face apologies are encouraged, sometimes distance, death, or safety concerns make that impossible. A handwritten letter can carry immense healing power. Unlike texts or emails, a letter slows the process down. It requires thought, effort, and intention. The recipient can revisit it when they’re ready or choose not to. Either way, the gesture carries weight. Some creative ideas of making this type of amends more poignant include writing on handmade or recycled paper to symbolize renewal, including a poem, drawing, or line of scripture that reflects your sincerity, or sealing it with care, as if sending a piece of your heart across time and space. If the person is deceased, writing a letter can still be part of healing. It may be read aloud at their gravesite, placed in a river, or burned in a fire ritual, releasing words into the unseen.

One of the most universally healing forms of amends is service or

using energy once squandered in addiction to now benefit others. For example, if drunk driving endangered others, volunteering for safe-driving campaigns or supporting victims’ groups can be a form of living responsibility. Another way to evolve your karmic signal from past harm into fruitful growth is to practice anonymous acts of kindness such as paying for someone’s meal, cleaning a park, or donating time without recognition—all of these acts can symbolize humility and repair. Mentoring newcomers in recovery is also a way to show living testimony to the design of living AA provides. Service transforms guilt into generativity. It says, “The harm stops with me, and something healing begins here.”

Symbolic gestures are also a way to say sorry to the universe for participating in the negative equation of humanity that alcoholism’s self-seeking and self-serving philosophies amalgamate. Human beings are ritual-making creatures. When words fail, symbolic actions can communicate sincerity in ways language cannot. For example, planting a tree in honor of someone harmed, symbolizing new life; creating an artwork that embodies apology and offering it as a gift; lighting candles, or building a small altar of remembrance for those who cannot be reached directly; or carrying a token, like a stone or medallion, as a daily reminder of a specific amend being honored in one’s behavior. Such rituals don’t replace direct amends but can supplement them, especially when closure feels unfinished.

Many amends are practical: repairing, replacing, or repaying what was taken or damaged. Creativity here involves thoughtfulness. Returning stolen items with a note of apology, sometimes years later, can be profoundly healing for both parties. Offering professional skills like plumbing, childcare, cooking, or car mechanics if financial restitution is not possible. Or creating something new to replace something you’ve broken like building a bookshelf for someone whose belongings were destroyed in a drunken rage or baking bread weekly for a neighbor who you once perpetually disrespected. The principle is restoration: wherever possible, put back into the world what addiction removed.

When amends are made to people still in your life—partners, children, coworkers—the process is ongoing. A one-time apology cannot erase years of pain, but it can open the door to renewed trust. Consider this: on the date you attempted making your first original amends, reaffirm the commitment by cooking a meal, writing a new note, or doing something meaningful for that person each year as an anniversary. Invite the people in your most important relationships to join in activities that nurture both parties such as yoga, walks, therapy sessions, or book discussions. Create transparent agreements. For example, with a spouse: “If I notice myself becoming withdrawn, I promise to tell you within

24 hours." Relationships thrive not on grand gestures but on daily nourishment, and creative amends can build that.

Step Nine emphasizes the caution: "...except when to do so would injure them or others." Sometimes reaching out directly could re-traumatize someone, reopen wounds, or place either party in danger. In such cases, creative alternatives include praying or meditating for their healing regardless of contact; channeling resources toward causes they would value such as donating to a women's shelter if past harm involved a female partner; or creating a private ritual of apology like writing their name in the sand underneath the harm you have caused and watching the tide erase it as you speak your contrition to the wind. The key is sincerity: even unseen amends matter if they realign the heart with responsibility.

Addiction often damages not only individuals but communities, including workplaces, neighborhoods, or entire families. Creative group amends can restore collective trust. This might include hosting a gratitude dinner for extended family, not as a spectacle but as a humble acknowledgment of support and patience. Offer to speak at schools or treatment centers, turning personal pain into prevention for others. Organize a community clean up in a neighborhood once harmed by your destructive behavior. When groups are wounded, amends must ripple outward beyond one-on-one encounters.

Storytelling is one of the oldest forms of healing. Sharing your story openly in meetings, in writing, or in art can itself be a form of amend. This might entail writing a memoir or blog not to glorify addiction but to illuminate recovery and acknowledge harm; speaking honestly in AA meetings so others see the full cost of addiction; or telling children age-appropriate stories about mistakes and growth, modeling humility instead of secrecy. Storytelling allows amends to extend beyond individuals to the wider human family.

Often overlooked is the necessity of making amends to oneself. Years of drinking or using involve self-neglect, broken promises, and internal harm. Creative self-amends might include writing a letter of forgiveness to your younger self; committing to health practices (exercise, nutrition, meditation) not as punishment but as love; and engaging in creative expression as a way of honoring the soul once silenced by addiction. By treating oneself with dignity, one demonstrates the same principle extended to others.

Creative amends are powerful, but pitfalls exist. The Ninth Step is about offering, not controlling outcomes. The other person may not accept, and that must be respected. Sometimes people try to "buy" forgiveness with gifts or dramatic gestures. The heart of amends is humility, not performance. Creativity should not be an excuse to sidestep hard conversations. Symbolic acts should complement, not replace, accountability when safe.

Step Nine is where the journey of recovery becomes communal. It is where one begins to repair not just the inner landscape, but the web of relationships torn by addiction. Creative amends allow the process to be as unique as the harm itself, sometimes direct, sometimes symbolic, always rooted in sincerity.

Whether through letters, service, rituals, storytelling, or quiet acts of consistency, amends remind us that healing is both personal and collective. They invite us to live in such a way that the past is acknowledged but no longer repeated.

In the end, the most creative amend is not a single act but a transformed life, one that says, day after day: "I am responsible now. I am sober. I am here. I will do better."

**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

# Events

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

Date	Event	Time	Location
2025-09-04	AV Central Office Intergroup Meeting (In-Person, Recurring)	7:00 PM-8:30 PM	43619 17 <sup>TH</sup> Street West, Suite 103 Lancaster, Ca. 93534
2025-09-04	SCV H & I Monthly Meeting (In-Person, Recurring)	6:30 PM-8:00 PM	24901 Orchard Village Rd, Santa Clarita, CA 91355
2025-09-05	2025 Bridging the Gap Workshop Weekend (In-Person)	All Weekend	429 N Vineyard Ave, Ontario, CA 91764
2025-09-05	45 <sup>TH</sup> Annual Ventura County AA Convention (In-Person)	All Weekend	880 S. Westlake Blvd. Westlake Village, CA 91361
2025-09-05	Southern California AA Convention (In-Person)	All Weekend	71333 Dinah Shore Dr., Rancho Mirage, CA 92270
2025-09-05	19 <sup>TH</sup> Annual Mountain AA Conference (In-Person)	All Weekend	39707 Big Bear Blvd., Big Bear Lake, CA 92315
2025-09-05	51 <sup>ST</sup> Annual Maad Dog Daze Convention (In-Person)	All Weekend	67967 Vista Chino, Cathedral City, CA 92234
2025-09-07	AV Monthly Roundup (In-Person, Recurring)	5:30 PM-6:30 PM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-09-08	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
2025-09-13	Area 93 Old Timers Celebration of Sobriety (In-Person)	11:00 AM-2:00 PM	2101 Ridge Rd. Bakersfield, CA 93305
2025-09-13	SCV H&I Bowling Event	3:00 PM-6:00 PM	21615 Soledad Canyon Rd., Saugus, 91359
2025-09-14	AV H&I Monthly Meeting (In-Person, Recurring)	10:00 AM-11:00 AM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-09-19	Easy Does It Weekend (In-Person)	All Weekend	250 N Highway 138, Crestline, CA 92325
2025-09-20	Happy Campers (In-Person, Recurring)	7:00 PM-10:00 PM	4780 Piru Canyon Rd, Piru, CA 93040
2025-09-22	SCV Intergroup Meeting (In-Person, Recurring)	7:00 PM-8:30 PM	26951 Ruether Ave., B-4 Santa Clarita, CA 91351

# July IGR Meeting Minutes

Recorded by Dena P.

## Monday, August 25th, 2025

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

## Attendance: 12

- Doug W., Judy F., Bobby B., Dena P., Ida B., Patty G., Susie R., Jenny M., John C., Joyce R., 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.
- Upcoming Literature Share: October: Kathy B., November: Jenny M.

## August Literature Share – Judy F.

- Judy F. choose a new book, the "**Book of Fellowship 90 Years of Love & Service**" \$20 is a lavishly illustrated celebration of our Fellowship, its vibrant history, and A.A. around the world today.
- "**The Language of the Heart-International Convention Commemorative Edition**" Celebrate AA's 90<sup>TH</sup> anniversary with this one-time commemorative International Convention issue of one of Grapevine's most beloved books, The Language of the Heart: Bill W's Grapevine Writings.

## Meeting Shares

Each month, IGR's will have an opportunity to share on their meetings:

- Ida B.-**New Reflections**, a women's meeting Tuesday's 7:00 PM with around 25 women in attendance, new location at Saint Stephen's (due to flooding.)
- Barbara W.-**Step Sisters**, a women's meeting at Saint Stephen's. Friday 9:00 am. Reading from the book Alcoholics Anonymous, the 12 Steps and 12 Traditions, the last week of the month the Daily Reflections. About 25-30 women in attendance.

## Treasurers Report – Judy F.

- For July our Net Income is in the black at \$1027.54. The Reports run a month behind matching bank statements. If anyone has questions feel free to call central office or stop by. On the financial report, lists contributions by groups for the month of July. Motion to accept by Jenny M., 2nd Barbara W. Accepted.

## 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. Included in handouts and if interested please ask for the list.
- Use QR code to scan to get the **Gratitude Gazette** Newsletter on Flyer or [aascv.org](http://aascv.org).
- SCVYPAA, (Young People) meets on Thursday's 7:00 PM flyer in handouts. They will be hosting District's 7 Report Back on September 20th. Area 93 Delegate, Rudy M. will report on the 2025 General Service Conference.
- Grapevine Greeting cards. \$36 for 24 cards available at [aagrapevine.org](http://aagrapevine.org) Each card is beautifully illustrated with a cartoon about humorous moments in sobriety.

## Public Information – Judy F.

- Judy met with Family Promises ([familypromisescv.org](http://familypromisescv.org)) and provided AA information to their program director, Monica Holmes, and executive director, Carmen Garcia.
- Looking into attending local Health Fairs in the future.

## Outreach – Tobiah N.

- Absent

## Old Business – Doug W.

- None

## Website – Doug W.

- Website is updated with New Reflections new address.
- A question on Spanish speaking meetings. Central Office lists 19 meetings. Three of our IGRs speak Spanish.

## Announcements

- SCV AA Convention registration pre-sale is \$20 until August 31st. Then registration increases by \$20 to \$30.
- AA retreat with Al-Anon participation at Camp Seely, September 19th-21st. Cabins available. \$150 per person. See Flyer or Central Office website.

## New Business – Doug W.

- None.

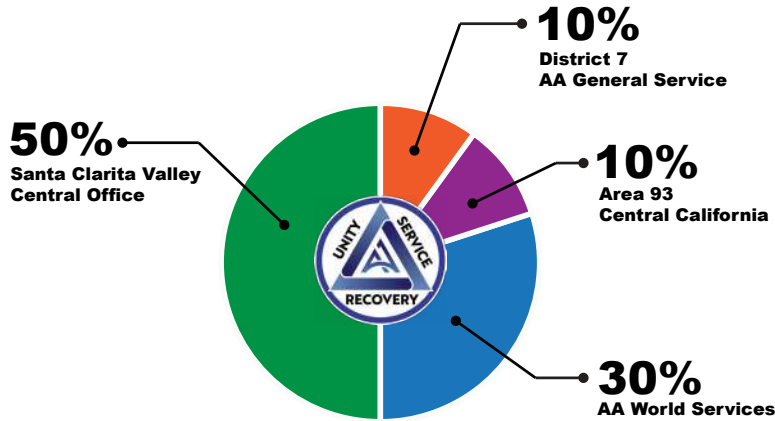
## Birthdays-None

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

# 7TH Tradition

## Contributions to Central Offices, District 7, Area 93 and GSB

Financial Support for your Central Office, District 7, Area 93, and General Service Board of AA it is suggested for each group 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. The percentages are suggestions.



## Monthly Service Meetings

### SCV Central Office/ Intergroup

#### 4TH 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

#### 2ND Monday of the month

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

Zoom ID: 830 4964 7466

### Hospitals & Institutions (H&I)

#### 1ST Thursday of the month

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

## SCV Central Office

26951 Reuther Ave B-4  
Santa Clarita, CA 91351  
(Check payable to: SCV Central Office)  
(Electronic: <https://aascv.org/7th-tradition/>)

## District 7

P.O. Box 599  
Acton, CA 93510  
(Check payable to: District 7, CCAA)  
(Electronic: <https://area93district7.org/make-a-contribution/>)

## Central California Area 93

PMB #140  
606 Alamo Pintado #3  
Solvang, CA 93463  
(Check payable to: CCAA, Area 93)  
(Electronic: <https://area93.org/contributions/>)

## 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)  
(Electronic: <https://contribution.aa.org/>)

## Group IDs

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 and Time**

## 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.**