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2025



Volume 24, Issue 10

GRATITUDE GAZETTE

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

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



Meeting Schedule

Email: info@aascv.org

Website: aascv.org

Contents

- 7th Tradition 13
- 2025 SCV Convention Corner 3
- AA Meetings 2
- Birthday Board 2
- Central Office News 4
- Events 11
- Faithful Friends 2
- Grapevine News 4
- How to Become an IGR 2
- Hush Hush Sweet Sue 10
- Intergroup Representatives 1
- Literature 4
- Monthly Service Meetings 13
- News from New York and AA Grapevine 3
- SCV Central Office 1
- September IGR Meeting Minutes 12
- Sometimes His Answer is "No" 1
- The Recovering Corker Column 5
- The Unconditional Love of Tradition Nine 9

Sometimes His Answer is "No"

Judy F., info@aascv.org

Bill W. said of acceptance, "essentially this is to ask for the resources of **grace** by which we may make spiritual progress under all conditions. Greatly emphasized in the "Serenity Prayer" is a need for the kind of wisdom that discriminates between the possible and the impossible. We shall also see that life's formidable array of pains and problems will require many different degrees of acceptance as we try to apply this valued principle."

I had a sponsor who used to tell me to read page 469 (now it is page 417) in the Big Book on acceptance. We would go back and forth on the true meaning

of "acceptance" because I thought it was giving GOD permission to just "pour it" on me and it was ok with me. I had no concept of that white flag and the word surrender. Only weak people gave up.

Over the years I have had many opportunities to work on this "acceptance" idea. As it states in the book, "acceptance is the answer to all my problems today. When **I am** disturbed, it is because I find some person, place, thing, or situation—some fact of my life— unacceptable to me." Today I am learning how to pray for **GOD's** will for me and then I ask for the power to carry that out.

Probably the hardest answer is when HE says no! Is this that "loving God" who just said no to me? I'm sure my head spins around several times and my eyes bulge out and that defiant little two year old throws the biggest temper tantrum.

Continued on page 5

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, PI/CPC
Susie R.	Coyote Group & Magic Mountain Group Monday
Tobiah N.	12&12 Discussion, Recovery Room

Legacies for September

Step 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10 Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept 10 Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Birthday Board

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

Karen B.	10/13/2022	3
Amanda K.	10/10/2022	3
Greg B	10/10/2021	4
Sharon C.	10/17/2019	6
Fred D	10/25/2018	7
Patty M.	10/22/2014	11
Ryan W.	10/13/2013	13
Dena P	10/31/2011	14
Richard R	10/15/2005	20
Teri V	10/24/1994	31

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 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 4TH Monday of each month at 7:00 PM. You can also get involved by participating in one of the Intergroup committees.

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

The Central Office can assist with questions and the process to help anyone interested in becoming involved in this service work. Central Offices are essentially 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

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

Your Central Office has 172 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.

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 provided 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 and AA Grapevine

Dear Friends in the AA Fellowship:

Grapevine and La Viña need your help — now more than ever.

For over eight decades AA Grapevine and La Viña, AA's magazines written by us, for us, convey shared experience, strength, and hope from members across the world. Now, beyond the magazines we carry the AA message in many new forms:

- Apps available worldwide in English and Spanish
- A podcast with more than 1.2 million downloads and 24,000 listens per month
- An Instagram community of 15,000 followers
- A YouTube channel with over 16,000 subscribers and 267,000 views
- ASL Videos for the Deaf on our YouTube Channel
- Over 40 books of member stories and writings
- Free content for the incarcerated on prison tablets
- Free print subscriptions for alcoholics in prisons, hospitals and institutions

Grapevine provides the podcast, YouTube channel, Instagram and the prison tablet content free of charge to help alcoholics. Therein lies the challenge: Grapevine's only source of income is from subscriptions and the sale of books. The magazines do not accept individual or group contributions.

Folks often ask how they can support Grapevine. Today, our financial situation is very difficult. With your increased support, a thriving Grapevine and La Viña will continue providing these vital services to alcoholics everywhere. We will also persist in adapting new technologies to carry the AA message. Here's how you can help Grapevine help others:

1. Subscribe or renew your Grapevine or La Viña subscription today. You can subscribe to the print magazine or online — or subscribe through the apps and read and listen to the magazine right on your smartphone.
2. Ask your group to start a Grapevine or La Viña subscription — or add another.
3. Contribute to the Carry the Message program as an individual or as a group to provide subscriptions to those in need.
4. Tell your friends, home group, district and area that we need subscribers now more than ever.
5. Consider gifting a subscription to someone who could benefit from the AA message.
6. We need help from Area and District trusted servants to reach groups that don't have Grapevine or La Viña — or even know that the magazines exist.
7. Make Grapevine and La Viña part of your local events with workshops and presentations.

Every subscription helps keep the voice of the Fellowship alive for alcoholics who may not be able to get to a meeting but can still hear the message of recovery through our pages, podcasts, videos, and outreach. With your increased support, a thriving Grapevine and La Viña will continue providing these vital services to alcoholics everywhere and once again contribute to the General Service Board Reserve Fund.

Visit our websites to subscribe to the magazine in print or online, to purchase books, or contribute to the Carry the Message program ([link](#)).

On the apps, you can download and subscribe to the magazines through the Apple App Store or Google Play on your smartphone, or use the appropriate QR code for your phone. The apps have the portable convenience of being able to listen to the magazine audio or the podcast while you work, exercise or travel.

Thank you for your continued love and support. Together, we can make sure that the AA message keeps reaching the next suffering alcoholic—wherever they may be.

In service and fellowship, Chris C. Publisher, AA Grapevine, Inc.

Chris C. Publisher, AA Grapevine, Inc

2025 SCV Convention Corner

October 17TH - 19TH, 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. **Online Sales ends October 10th.**

Tickets and information at 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 are on Saturday.



Grapevine News

aagrapevine.org/store

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

Look for the October edition of the AA Grapevine, the international monthly journal of Alcoholics Anonymous. October's featured section is "AA & Technology." AA members share about the many new ways AA is using technology today. Featured articles include Reaching out in New Ways; No Borders; Critical Connections; Kicking it Into the Future and more.

Letter From The Editor

Our co-founders Bill W. and Dr. Bob could never have imagined the many ways AA members communicate and stay connected today. Online meetings, smartphones, social media, apps, texting, videos, prison tablets ... never before have we had so many chances to share with one another and reach out to help alcoholics. This month we feature powerful stories about how AA members are using technology.

Daily Quote

"The torch of Service did pass from the hands of us who are older to yours, which are younger; it passed to every oncoming generation of those children of the night whose darkness, God willing, shall be banished within the Society of Alcoholics Anonymous all through the bright years which destiny surely holds in store for us."

AA Co-Founder, Bill W. June 1951, "To Serve is to Live"
Language of the Heart

Central Office News

As we move into the fall of 2025 your local Santa Clarita Valley Central Office will begin putting together the group packets for Gratitude Month, which starts November 1st.

Central Office relies on contributions from our local groups/ meetings to cover its monthly operating costs. Heading into 2026 we are looking to expand our hours to better serve our AA Community in Santa Clarita and hope Gratitude Month will assist us in moving forward with this.

More news to come – especially for Gratitude Month.

Literature

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 90TH 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

Sometimes His Answer is “No”

Continued from page 1

Thanks to my friends who said the miracle was I heard the “no” – it would be then up to me whether I paid attention to it.

My peace comes in the “pause” to listen for the answer. I’m learning, why bother to do all that prayer and meditation if I’m not going to take the time to listen as well? After all, isn’t that what Step Eleven is all about – “Sought through prayer and meditation to improve our conscious contact with God as we understood him. Praying only for the knowledge of HIS will for us and the power to carry that out.”

My recent experience in not fighting God’s no was when I was trying to get on a flight to Memphis for the ICOAA Conference (central office conference). My reservation had me leaving at 7:00am on Thursday but the plane had been hit by lightning the day before and they were having mechanical problems. The flight was delayed till 2:00pm. The airlines then put me on a flight at 12:30pm out of a different airport. When checking in for that flight it was also delayed due to mechanical problems. The delay would cause me to miss my new connection in Atlanta. Their solution was to put me on a morning flight out of LAX, arriving in Memphis in the late afternoon on Friday. Now I have missed one day of a two day conference – I hear you God. The real acceptance came when I called to cancel my hotel and they only had me registered for one night not three. Listen! Pause! “And acceptance is the answer to all my problems.”

The Recovering Corker Column

info@aascv.org

Dear Recovering Corker,

In meetings I hear people talk about their routines with morning meditation. They are always talking about reading from meditation books as part of their morning ritual but never mention the name of the book. I only ever hear about the Big Book and to read pages 86-88 to start my day. Is there a meditation book specific for Alcoholics Anonymous?

Soooo Confused

Dear Confused, Let me introduce you to “Daily Reflections”, a book of reflections by A.A. members for A.A. members. Daily Reflections is an A.A. General Service Conference-approved piece of literature. The collection of reflections moves through the calendar year – one day at a time. At the top of each dated page is a quotation from sources such as Bill W. in A.A Comes of Age and The Best of Bill; Dr. Bob in Dr. Bob and the Good Oldtimers. Following each quote is a personal reflection, by an A.A. member, on the quotation. Check with your local group or meeting to purchase a copy. You can also visit your local Central Office for more information.

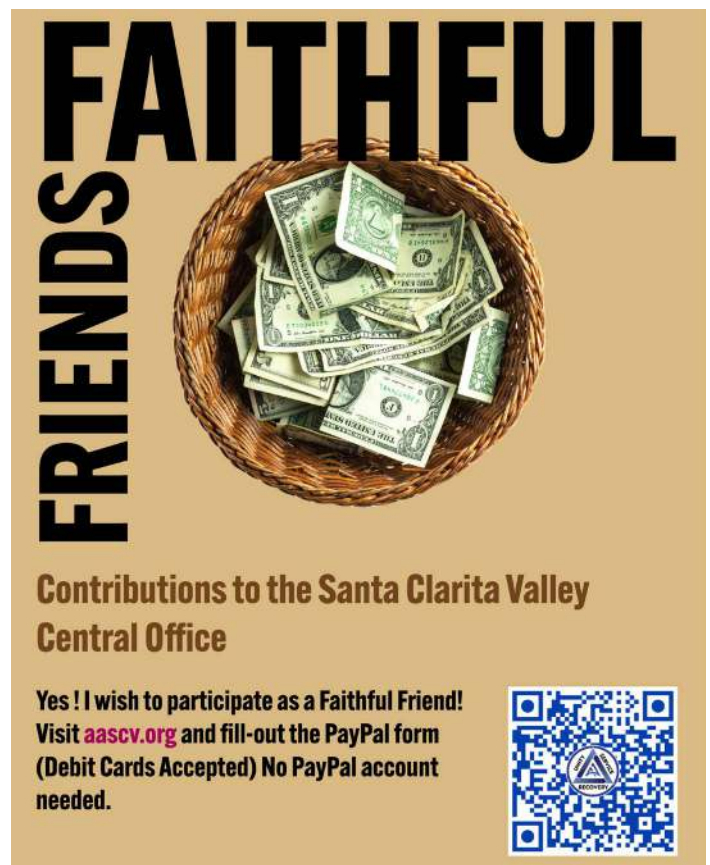
Yours Truly,

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.



FAITHFUL FRIENDS

Contributions to the Santa Clarita Valley Central Office

Yes! I wish to participate as a Faithful Friend!
Visit aascv.org and fill-out the PayPal form (Debit Cards Accepted) No PayPal account needed.



From Delusion to Clarity

By Doug W., webservant@aascv.org

A Dictionary Definition

delusion

noun

1. A false belief or opinion that is strongly held despite clear evidence to the contrary.
2. (Psychiatry) A persistent false belief that is maintained in the face of indisputable evidence, often occurring as a symptom of a mental disorder such as schizophrenia or psychosis.

From Delusion to Clarity

My journey in combating the alcoholic self-delusion to more clarity has been anything but linear or complete. As the Big Book acknowledges: "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous, p. 85).

This humility—recognizing my ongoing vulnerability to self-deception—has become perhaps my most powerful protection against it. By staying connected to the fellowship, working the steps, and maintaining my spiritual practices, I've developing an increasing capacity for honesty and self-awareness.

The promise for me hasn't been perfection but progress—moving from a life dominated by delusion to one characterized by clarity, purpose, and authentic connection. As the Big Book promises: "We will intuitively know how to handle situations which used to baffle us" (Alcoholics Anonymous, p. 84).

In breaking through the fog of my self-delusion, I've found not just sobriety but a new way of living—one based on more reality rather than illusion, connection rather than isolation, and serenity rather than chaos.

Self-Delusion and Denial

In the Fellowship, I often hear the term that we are in "denial," but I've come to understand this concept better applies to AI-Anon members rather than alcoholics themselves. As an alcoholic, I primarily existed in a state of self-delusion. This distinction is crucial—denial suggests a conscious refusal to acknowledge reality, whereas self-delusion indicates a more complex mental mechanism where I genuinely believed my own distorted perceptions. My alcoholic mind didn't simply reject truths about my drinking; it constructed an elaborate alternative reality where my relationship with alcohol appeared manageable, normal, and even necessary for my functioning. "To them, their alcoholic life seems the only normal one" (Alcoholics Anonymous, p. xxviii).

My Alcoholic Mind and Self-Deception

In the complex landscape of my alcoholism, perhaps no force was more powerful and insidious than self-delusion. Through witnessing the devastating effects of alcoholism in myself and how it affected those around me and the remarkable journeys of recovery in AA, I've come to understand that breaking through this fog of self-deception has been central to my healing. The Big Book of Alcoholics Anonymous states it plainly: "The delusion that we are like other people, or presently may be, has to be smashed" (Alcoholics Anonymous, p. 30).

Self-delusion in my alcoholism wasn't merely lying to myself—it was a complex defense mechanism that protected my disease, allowing it to thrive while I remained convinced I was in control. My experience has shown me how the fellowship of AA identified this phenomenon and developed specific tools to combat it, primarily through the wisdom contained in AA literature and the Fellowship with the guidance of my Higher Power.

The Nature of My Alcoholic Self-Delusion

The Big Book describes the alcoholic as "cunning, baffling, and powerful" (Alcoholics Anonymous, p. 58), which controls my mind. This cunningness often manifested in my life as sophisticated forms of self-deception that persisted even after significant consequences. Some common forms of the alcoholic self-delusion included:

- **Denial of the problem:** "I can stop anytime I want to," or "I only drink on weekends."
- **Minimizing:** "Everyone drinks too much sometimes," or "I've never lost a job over my drinking."
- **Rationalizing:** "I drink because of my stressful job," or "You'd drink too if you had my problems."
- **Comparing:** "I'm not as bad as so-and-so," or "At least I don't drink in the morning."
- **Bargaining:** "I'll just switch from hard liquor to beer," or "I'll only drink on special occasions."

These forms of self-deception didn't merely facilitate my drinking—they became deeply embedded in my thinking patterns. As the Twelve Steps and Twelve Traditions puts it: "Almost every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities" (Twelve Steps and Twelve Traditions, p. 42).

I attend quite a few panels for SCV Hospitals and Institutions where we bring our Experience, Strength and Hope to those starting or restarting their recovery. It's common to hear from

residents, “I got this,” which makes me laugh. You’re in rehab—you don’t “got this.” That’s a common form of self-delusion.

Step One: Confronting My Delusion Through Surrender

My journey started out of self-delusion began with the First Step: “We admitted we were powerless over alcohol—that our lives had become unmanageable.” This seemingly simple statement represented a shift for me after spending years convinced of my self-control.

What made this step so challenging was that it directly confronted my primary delusion—that I maintained choice and control over my drinking. As noted in the Twelve and Twelve: “It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us” (Twelve Steps and Twelve Traditions, p. 21).

In my personal experience working with newcomers, this is often where the most resistance occurs. Their mind creates elaborate defenses against this simple truth. Many will admit their drinking is “a problem” while still maintaining the delusion that with sufficient willpower or self-knowledge, they can control it—I know I certainly did.

Step Two: Getting Help

Since I admitted I am powerless, the question became: where do I get the Power to stop? I had proved over and over again that I lack such power. Where is this Power? Finding and relying on that Power became my journey. I used to treat God as a genie—bossing Him around and telling Him what to do. It didn’t work. The outcome was that God seemed distant. In my self-delusion, I believed He loved me less and pulled away from me. The real delusion was that I wasn’t asking for help but giving commands. When I stopped making demands and instead looked for guidance and strength, the shift happened. God became trusted, felt closer, and I continue to give Him more trust.

Step Four and Five: Inventory as My Delusion-Buster

If Step One began my process of breaking through delusion, Step Two gave me access to His Power, Steps Four and Five accelerated it dramatically. The Fourth Step—“Made a searching and fearless moral inventory of ourselves”—provided me with a structured approach to identifying patterns of my self-deception.

The Big Book offers guidance on conducting this inventory, particularly around resentments, fears, and harms done to others. What made this process so powerful against my self-delusion was its insistence on examining my part in every situation, even when I believed myself to be the victim.

As the Big Book states: “The first thing apparent was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us ever got. The usual

outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we were sore at ourselves” (Alcoholics Anonymous, p. 66).

The Fifth Step—sharing this inventory with another man—added another powerful layer of defense against my self-deception. As the Twelve and Twelve notes: “Few things are so calculated to instill in us a willingness to speak of our faults as the need to share with others” (Twelve Steps and Twelve Traditions, p. 110).

The Role of Sponsorship in Challenging My Delusion

One of AA’s most powerful features I’ve experienced is in the sponsorship relationship, which serves as an ongoing check against self-delusion. My sponsor, having navigated his own journey through self-deception, could often recognize patterns in me that I couldn’t yet see.

As someone who has been both sponsored and a sponsor, I’ve witnessed how this relationship creates a safe container for truth-telling. A good sponsor doesn’t merely validate feelings or reinforce existing beliefs—they challenge distortions, ask difficult questions, and help sponsee see their mental blind spots.

The Big Book discusses working with others: “Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him” (Alcoholics Anonymous, p. 94).

Spiritual Awakening as My Ultimate Antidote to Delusion

While the Steps provided me spiritual tools for identifying and addressing self-delusion, AA’s literature suggests that only a spiritual experience can fully liberate the alcoholic from these patterns of thinking.

Appendix II Spiritual Experience in the Big Book notes: “With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves” (Alcoholics Anonymous, p. 567-568).

This spiritual program offered me something that mere psychological insight could not—a fundamental shift in perception that allowed me to see more of reality with less of the distortions of ego and self-centeredness.

The Twelve and Twelve elaborates: “This is the Step that separates the men from the boys... It is the beginning of the end of isolation from our fellows and from God” (Twelve Steps and Twelve Traditions, p. 109).

My Daily Practices to Combat Self-Delusion

Our AA literature emphasizes that combating self-delusion isn't a one-and-done achievement but an ongoing practice. The Tenth Step—"Continued to take personal inventory and when we were wrong promptly admitted it"—institutionalizes this routine in my daily life.

The Big Book offers practical guidance that I try to follow: "Continue to watch for selfishness, dishonesty, resentment, and fear. 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" (Alcoholics Anonymous, p. 84).

This regular practice of self-examination helps me prevent the gradual return of my old thinking patterns. The Eleventh Step's emphasis on prayer and meditation further supports this routine by creating space for honest reflection in my life.

The Fellowship's Role in Countering My Delusion

Beyond my individual practices, AA meetings themselves serve as powerful counters to my self-delusion. Hearing others share honestly about their experiences creates an atmosphere where truth is valued over comfortable fictions.

In my own recovery journey, there have been countless moments when another member's share pierced through my own carefully constructed narratives. Sometimes it was a newcomer's raw honesty, other times a long-timer's perspective—but these moments of recognition are often when my real growth occurs.

The Traditions support this culture of honesty by emphasizing "to place principles over personalities" (Tradition 12) and maintaining a focus on "has but one primary purpose—to carry its message to the alcoholic who still suffers" (Tradition 5).

My Delusion to Clarity

My journey from alcoholic self-delusion to some clarity is rarely linear or complete. As the Big Book acknowledges: "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous, p. 85).

This humility—my recognition that I remain vulnerable to self-deception—is perhaps my most powerful protection against it. By staying connected to the fellowship, working the steps, and maintaining spiritual practices, I continue to develop an increasing capacity for honesty and self-awareness.

The promise isn't perfection but progress—moving from a life dominated by delusion to one characterized by clarity, purpose, and authentic connection. As the Big Book promises: "We will intuitively know how to handle situations which used to baffle

us" (Alcoholics Anonymous, p. 84). What a contrast from the bedevilsments, such as: "We were full of fear" (Alcoholics Anonymous, p. 52).

In breaking through the fog of my self-delusion, I've found not just sobriety but a new way of living—one based on more reality rather than illusion, connection rather than isolation, and serenity rather than chaos.

**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 Unconditional Love of Tradition Nine

By Kimberly C.

"A.A., as such, ought never be organized..." begins the section on the 9TH Tradition in the **Twelve Steps and Twelve Traditions** book. This simple phrase is exactly the reason I am in the program of Alcoholics Anonymous, and in fact the reason that out of all the designs for healing I have stepped my big toe in over the last thirty years, I have stayed and been able to maintain my sobriety.

In essence, the 9TH Tradition reminds members that while A.A. needs some practical structure—like groups, intergroups, and committees to carry out tasks such as publishing literature or organizing meetings— its spiritual heart is a fellowship of equals, not a hierarchy. Authority remains with the group conscience, not with individuals or offices, ensuring that any service bodies exist only to support sobriety and carry out the will of the members, never to govern them.

For me, rules have always spurred a natural response toward rebellion. I got thrown out of Catholic School in the 7TH grade because I was a perpetual rule breaker. We weren't allowed to wear make-up, which Sister Rita called "war paint," so I made sure to wear an extra coat of Wet and Wild hot pink to her religious studies class. We wore uniforms, blue and black and white plaid with quaint ankle socks that I oftentimes exchanged for rainbow hued knee highs— many bouts in detention ensued from those creative accentuations. I had a pop-up hair cutting and piercing shop in the bathrooms in the morning where I would simply poke an earring through a girl's ear in a few seconds and spread rubbing alcohol over the newly adorned lobe. Mother and fathers would call the principal and tell on me, and I would garner more detention hours. I was thoroughly disciplined for just being myself until the school finally had enough of me and I entered the realms of public school.

What finally happened to me for the first time in my life when I entered A.A. was that I was seen for the complicated human being I was – a mixed bag of life circumstance, family of origin influence, and confusion about how to operate in the "real world" without my self-medication crutch of booze. After living a life of feeling inherently different from everyone else, I was thrown into a Petri dish of human beings (in meetings and fellowship) who were exactly like me, and **That Was Suddenly Okay**. I didn't have to look a certain way, make a specific amount of money, hold a particular political belief— I could just show up and be me without worrying about being thrown out. And I have the 9TH tradition to thank for this. No other human ego would rain on my parade because this tradition espoused that we were all in this together, and being all in this together meant to put my judgment, interests, inclinations, and ambitions aside to just let the chips fall where they may as long as I was doing the first step perfectly — admitting that my life had become unmanageable, that I was

powerless, and being willing to never drink again.

The ninth tradition exemplifies what we learn in steps two and three— to let go and let our higher power take the wheel, spending less time on how we need to manipulate, control, or strategize for outcome within the groups we choose to acquaint with and just trust in the process of using the twelve steps to lead us to a new design for living.

Another key point of the 9TH tradition falls in line with this quote for the **12 and 12**: "His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles."

I heard in a meeting the other day that one of the greatest gifts of A.A. participation is that "We do what we need to do when we need to do it so that we can do what we want when we want to."

This is something that I can, with ultimate personal resonance and authority, attribute to the 9TH tradition as well because in the old days, for me, if I was doing something someone told me to do because it was simply a "rule," my character would not become as enriched as when I decided to do something on my own to abide by said rule because I had seen and felt it with my own eyes through experience. In A.A.— with its absence of puritanical rules in the 9TH tradition, its lack of board regulated terms, and the lightly unconventional faith that controlled chaos brings, I am made well aware that my compulsion to live better is self-motivated and that makes for grand fruition and longevity in the sober world. Making a personally empowered right choice and next action becomes my gold star and builds my character in richer ways than simply obeying or toeing the line.

I try to only speak for myself in my recovery journey, but every day I continue to encounter others who are highly intelligent, highly thoughtful, and highly sensitive who speak about their feelings of "difference" within our shared world. The fact that tradition nine cheerleads this difference and doesn't create a code for inclusion or a checklist to follow for membership has been the redeeming quality for us alcoholics struggling to both find a community of unity while also trying to keep our rebel souls intact. The proof is in the pudding— I am still here, as are you, and the funky junk of our mixed bag of humanity continues to fuel this ever so special fire, in which we can say loudly and proud, "It works if you work it!" **And We Are Worth It!**

Hush Hush Sweet Sue

By Susan C.

Darkness came and went
My life crippled with unease
The boogie man at every corner
Takes me to my knees

A child of sickness, it was a sad beginning for sure
No family present to bring me a cure
Hush hush sweet Sue take a sip, she'd say
in the morning you'll be better to go out and play

My head is heavy, full of confusion
Could not understand full of delusion
So many problems with no solutions

Could not learn my brain is asleep
A child of parents who don't give a peep
Mother and Father hopelessly addicted and sick
One more drink will do the trick

Family in chaos I am in charge
A child no longer a caretaker at-large
Hush hush sweet Sue she'd say, pay no attention to us
In the morning the story changes and so do all of us

Don't know the truth—One day rich next day poor
Who are we? Where are we? Is the boogie man at the front door?
Hush hush sweet Sue, she'd say, tell the banker,
and the paperboy too
come back another day for the money that is due

My stomach aches, anxiety and depression are deep
My life is over, should I take the leap?
Should I end it all or go to the mall?
Or just down some alcohol?

Childhood is short, forced to grow up fast
Dad drinks all day, and Mother relaxed
What am I to do? When can I leave? What is the answer to this
family disease?

Took me decades to figure it out and put it to rest
Sweet Sue is here to tell you she did not know best!!
I'm grown up now as I stand before you
I have become a new person – I'm no longer Sweet Sue

Hush hush, she'd say I am so sorry for my bad deeds,
I beg for forgiveness I am on my knees
I loved you with all my heart
The disease of alcoholism tore me apart

Hush hush sweet Mother you suffered in the end
Nobody around but me to hold your hand
You told me you loved me on your bed of death
Thank you for saying this as you drew your last breath

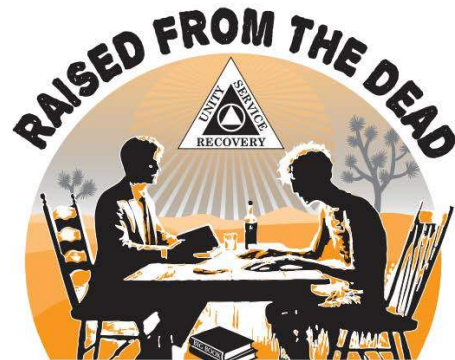
Hush hush sweet Mother, you are gone
My family and I have lived on
Eighteen years clean and sober
No longer harmed by my past, all of that is over

I am thankful for the fellowship, the program of AA
and my sobriety today

I no longer have the ache from my past
AA has taught me a way to live that lasts and lasts

I do as I have been taught; I listen to what you say
I thank God for another sober day

SAVE THE DATE!
October 10-12, 2025



52ND ANNUAL
ANTELOPE VALLEY
ROUNDUP

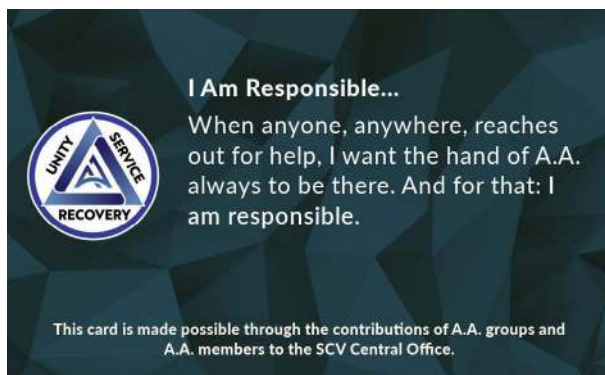
Antelope Valley College
Lancaster, CA

AVROUNDUP.ORG

Events

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

Date	Event	Time	Location
10/2/2025	SCV H & I Monthly Meeting (In-Person, Recurring)	6:30 PM - 8:00 PM	24901 Orchard Village Rd, Santa Clarita, CA 91355
10/2/2025	AV Central Office Intergroup Meeting (In-Person, Recurring)	7:00 PM - 8:30 PM	42545 Wall Street, Unit 115, Lancaster CA 93534
10/5/2025	AV Monthly Roundup (In-Person, Recurring)	5:30 PM - 6:30 PM	43619 17 TH Street West, Suite 103 Lancaster, CA 93534
10/8/2025	Practice The Principles In All Our Service Work (On-Line)	4:00 PM - 6:00 PM	
Oct 10-12	52 ND Annual Antelope Valley Roundup (In-Person)	All Day	3041 W Ave K, Lancaster, CA 93536
10/12/2025	AV H&I Monthly Meeting (In-Person, Recurring)	10:00 AM - 11:00 AM	42545 Wall Street, Unit 115, Lancaster CA 93534
10/13/2025	District 7 G.S.R. Monthly Business Meetings (Hybrid, Recurring)	6:30 PM - 8:00 PM	41843 50 TH Street West Quartz Hill CA 93536
10/16/2025	2025 MSCA 09 Monthly Service Study and Committee Sharing (Online)	5:00 PM - 6:30 PM	
10/18/2025	Technology In The Fellowship (Hybrid)	1:00 PM - 4:00 PM	222 35 TH Street, Richmond, CA 94805
10/18/2025	Happy Campers (In-Person, Recurring)	7:00 PM - 10:00 PM	4780 Piru Canyon Rd, Piru, CA 93040
Oct 17-19	Santa Clarita Valley AA Convention (In-Person)	All Day	28508 Westinghouse Pl, Valencia, CA 91355
10/19/2025	Area ACM (Hybrid)	8:30 AM - 1:00 PM	33201 Agua Dulce Canyon Rd, Agua Dulce, CA, 91390
10/25/2025	CPC/PI Monthly Committee Meeting (Hybrid, Recurring)	2:30 PM - 3:30 PM	1333 Van Beurden Dr, Baywood-Los Osos, CA 93402
10/25/2025	Zombie Carnival Halloween (In-Person)	6:00 PM - 10:00 PM	41843 50 TH Street West Quartz Hill CA 93536
10/27/2025	SCV Intergroup Meeting (In-Person, Recurring)	7:00 PM - 8:30 PM	26951 Ruether Ave., B-4 Santa Clarita, CA 91351



September IGR Meeting Minutes

Recorded by Katy B.

Monday, September 22nd, 2025

- Meeting called to order: 7:06 by Judy F.
- Opening prayer: Serenity Prayer (all)
- Statement of purpose: Judy F.
- Motion to accept August 2025 Minutes made by Leslie M. and seconded by Kathy B. held for vote. Passed by all.

Attendance: 8

- Judy F., Bobby B., Kathy B., Patty G., Susie R., John C., Leslie M., Barbra W.

Chairpersons Report – Doug W.

- Absent
- Upcoming Literature Share: October: Jenny M., November: Ida B.

September Literature Share – Kathy B.

- Kathy B. chose to share on the pamphlet "The A.A. Member – Medications & Other Drugs." The pamphlet begins by stating a group of physicians who are members of AA, and two who are friends of AA to review the pamphlet. The literature discusses AA members taking prescribed medication, the necessity for medical issues and the risks of AA members relapsing. Eight suggestions are made to reduce the risks of relapsing when taking medications. The pamphlet emphasizes we are not Physicians and do not have an opinion on this. Physicians must be aware their patient is in AA and medications should be weighed on medical necessity and evaluate risks. There are eight AA stories of members who need to take medication. All eight are under medical care and receives a negative suggestion from some AA members like "Throw away the pills or nothing from the neck down." Never mind the physical condition. Many of these stories show the AA member becomes emotionally stressed. One member who is taking medication for Celiac disease states, "I received the negative advice which was ethically irresponsible and dangerous." The point of this pamphlet is we do not give advice, instead leave between the Doctor and the patient

Treasurers Report – Judy F.

- August Central Office was in the red \$2,877.14. Central office operating expenses per month are \$2,200.00.

Office Manager – Judy F.

- Central office has Book 1 & 2 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 for Central Office Newsletter on Flyer or Website.

- A reminder CO has a group Secretaries handbook which is available. The handbook contains general information to assist the secretaries with their positions and much more.

Public Information – Patty G.

- No Report

Outreach – Open

- None

Old Business – Doug W.

- None

Website – Doug W.

- Absent

Announcements

- SCV AA Convention registration remains open. The Al-anon Luncheon, Banquet, and Spiritual breakfast are for sale until October 10th. See convention website for tickets. aascvconvention.org

New Business – Judy F.

- None

Birthdays

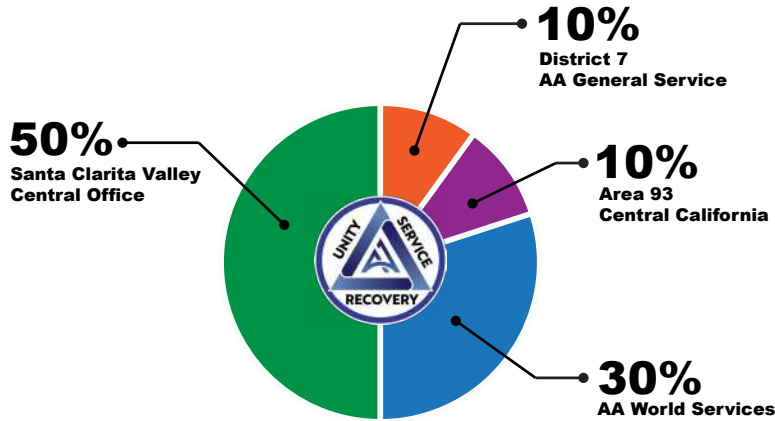
- None

Meeting ended at 8:18 PM with the "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.



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**

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

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.

AA for the Newcomer

P-24
A Newcomer Asks

P-36
Is A.A. for Me?

P-1
This is A.A.
An introduction to the A.A. recovery program

P-83
ACCESS TO A.A.
MEMBERS SHARE ON OVERCOMING BARRIERS

P-13
Do you think you're different?

P-2
Frequently Asked Questions About A.A.

P-5
Women in A.A.

P-4
Young People in A.A.

P-32
LGBTQ Alcoholics in A.A.

P-16
The A.A. Group ...where it all begins

P-15
Questions & Answers on Sponsorship

F-4
"Where do I go from here?"

P-18
Inside A.A.
Understanding the Fellowship and its Services

P-42
A Brief Guide to A.A.

P-84
Many Paths to Spirituality

P-33
It Sure Beats Sitting In A Cell

P-90
Hispanic Women in A.A.

B-28
A.A. for the Older Alcoholic
—Never too late

P-11
The A.A. Member—Medications & Other Drugs

P-35
Problems other than alcohol
by Bill W., co-creator of Alcoholics Anonymous

P-87
A.A. for Alcoholics with Mental Health Issues—and their sponsors

P-86
The "God" Word
Agnostic and Atheist Members in A.A.

P-55
The Twelve Steps Illustrated

P-47
Understand Anonymity

P-17
A.A. Tradition How It Developed
—by Bill W.

P-49
Bridging the GAP
Becoming a temporary sponsor in treatment and A.A.

P-51
Black in A.A.
EXPERIENCE, STRENGTH AND HOPE

This card is made possible through the generous contributions of AA Groups and AA Members to the SCV Central Office.

