

**If you want to continue
drinking that's your
business...**

**If you want to stop
drinking that's our
business!**

**Santa Clarita Valley
Central Office
of Alcoholics Anonymous**

661 250-9922

26951 Ruether Ave., Suite B-4,
Santa Clarita, CA 91351

www.aascv.org

Info@aascv.org

*This booklet is made possible through the
contributions of A.A. groups and A.A. members
to the SCV Central Office.*

September 4, 2025



A.A. Meeting In A Pocket

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to know the difference.*

Alcoholics Anonymous

475 Riverside Drive at West 120th St.
11th and 8th Floors
New York, NY 10115
(212) 870-3400
AA.org

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2

*Our Father, who art in heaven,
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us from evil. For Thine is the
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Amen.

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A.A. Preamble

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Meetings And Locations



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Meetings And Locations



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How it Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

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Surrender to Win

When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

Reprinted from page 63 in the book Alcoholics Anonymous.

Remember that we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.

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8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Prayer of Saint Francis

"Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen."

Reprinted from page 99 in the book *Twelve Steps and Twelve Traditions*.

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The Doctor's Opinion

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

On the other hand—and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.

Reprinted from page xxviii in the book Alcoholics Anonymous.

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Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism.
- c) That God could and would if He were sought.

Reprinted from pages 58-60 in the book Alcoholics Anonymous.

The Twelve Traditions

One—Our common welfare should come first; personal recovery depends upon A.A. unity.

Two—For our group purpose 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.

Three—The only requirement for A.A. membership is a desire to stop drinking.

Four—Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Five—Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

7

The Doctor's Opinion

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

On the other hand—and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.

Reprinted from page xxviii in the book Alcoholics Anonymous.

22

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism.
- c) That God could and would if He were sought.

Reprinted from pages 58-60 in the book Alcoholics Anonymous.

The Twelve Traditions

One—Our common welfare should come first; personal recovery depends upon A.A. unity.

Two—For our group purpose 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.

Three—The only requirement for A.A. membership is a desire to stop drinking.

Four—Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Five—Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

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Six—An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

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

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

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

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

Eleven—Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Twelve—Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Reprinted from pages 562 in the book Alcoholics Anonymous.

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8

#1 Offender

Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were “burned up.”

Reprinted from page 64 in the book Alcoholics Anonymous.

Without Defense

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

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ABC of Meeting Topics

- A. Acceptance, Amends, Anonymity
- B. Behavior, Belonging, Blackouts
- C. Conscience, Complacency, Complex
- D. Desire, Decisions, Depression
- E. Easy-does-it, Emotions, Egos
- F. Faith, Fear, Fellowship, Fatigue
- G. Gratitude, Gossip, Guilt, Grace
- H. Humility, Hope, Honesty, Happiness
- I. Inferiority, Illness, Immaturity, Inside
- J. Jealousy, Joy, Judging
- K. Kindness, Knowledge
- L. Love, Loneliness, Live-Let Live
- M. Meetings, Morals, Meditation
- N. New Life, Ninth Step, Newcomers
- O. Obligations, One day-at-a-time
- P. Prayer, Personalities, Principles
- Q. Quality vs. Quantity, Quite Time
- R. Resentments, Recovery, Remorse
- S. Surrender, Serenity, Spirituality
- T. Temper, Tolerance, Truth, Today
- U. Unselfish, Unity, Understanding
- V. Vanity, Values, Virtues, Vulgarly
- W. Worry, Way of Life, Willingness
- XYZ Yesterday, Youth, Zest for Sobriety

20

The 9th Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Reprinted from pages 83 & 84 in the book Alcoholics Anonymous.

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A Vision For You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.

Reprinted from page 164 in the book Alcoholics Anonymous.

Morning Prayer

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

Reprinted from pages 86 in the book Alcoholics Anonymous.

Nightly Prayer

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

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Reprinted from pages 86 in the book Alcoholics Anonymous.

3rd Step Prayer

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!

Reprinted from pages 63 in the book Alcoholics Anonymous.

4th Step Prayer

We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Reprinted from pages 67 in the book Alcoholics Anonymous.

7th Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that now remove from me every single defect of character which stands in the way of my usefulness to and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen.

Reprinted from pages 76 in the book Alcoholics Anonymous.

18

The Keys of the Kingdom

The last fifteen years of my life have been rich and meaningful. I have had my share of problems, heartaches, and disappointments because that is life, but also I have known a great deal of joy and a peace that is the handmaiden of an inner freedom. I have a wealth of friends and, with my A.A. friends, an unusual quality of fellowship. For, to these people, I am truly related. First, through mutual pain and despair, and later through mutual objectives and newfound faith and hope. And, as the years go by, working together, sharing our experiences with one another, and also sharing a mutual trust, understanding, and love– without strings, without obligation—we acquire relationships that are unique and priceless.

There is no more aloneness, with that awful ache, so deep in the heart of every alcoholic that nothing, before, could ever reach it. That ache is gone and never need return again.

Now there is a sense of belonging, of being wanted and needed and loved. In return for a bottle and a hangover, we have been given the Keys of the Kingdom.

Reprinted from page 276 in the book Alcoholics Anonymous.

11

3rd Step Prayer

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!

Reprinted from pages 63 in the book Alcoholics Anonymous.

4th Step Prayer

We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Reprinted from pages 67 in the book Alcoholics Anonymous.

7th Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that now remove from me every single defect of character which stands in the way of my usefulness to and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen.

Reprinted from pages 76 in the book Alcoholics Anonymous.

18

The Keys of the Kingdom

The last fifteen years of my life have been rich and meaningful. I have had my share of problems, heartaches, and disappointments because that is life, but also I have known a great deal of joy and a peace that is the handmaiden of an inner freedom. I have a wealth of friends and, with my A.A. friends, an unusual quality of fellowship. For, to these people, I am truly related. First, through mutual pain and despair, and later through mutual objectives and newfound faith and hope. And, as the years go by, working together, sharing our experiences with one another, and also sharing a mutual trust, understanding, and love– without strings, without obligation—we acquire relationships that are unique and priceless.

There is no more aloneness, with that awful ache, so deep in the heart of every alcoholic that nothing, before, could ever reach it. That ache is gone and never need return again.

Now there is a sense of belonging, of being wanted and needed and loved. In return for a bottle and a hangover, we have been given the Keys of the Kingdom.

Reprinted from page 276 in the book Alcoholics Anonymous.

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3rd Step Prayer

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Reprinted from page 276 in the book Alcoholics Anonymous.

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It Works—It Really Does

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

Reprinted from page 87 in the book Alcoholics Anonymous.

Resentment

If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.”

Reprinted from page 552 in the book Alcoholics Anonymous.

12

courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Acceptance

And 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, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake.

Reprinted from page 417 in the book Alcoholics Anonymous.

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Just For Today

Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do-just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice, low, be

16

Doing God's Will?

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

Reprinted from page 86 in the book Alcoholics Anonymous.

Sobriety Insurance

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--this is an experience you must not miss. We know you will not want to miss it.

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