



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

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It Takes a Village

Judy F., info@aascv.org

Congratulations to Santa Clarita Valley Convention for another successful, fun-filled weekend, with lots of fellowship, AA marathon meetings and great speakers. As many people know, our convention is a year in the planning, with lots of dedicated volunteers giving of their time and energy to pull this special event off. As with anything in AA - **It Takes A Village**.

It is not just one individual's ideas and input but an entire group of people that have learned how to show up and be of service, one steering committee meeting, one planning meeting, at a time. Once again, **It Takes A Village**.

Each year the baton is passed on to the next trusted servant who will guide this group of volunteers in their endeavors to plan and arrange yet another convention for all of Santa Clarita AAs to participate. Will there be squabbling among these volunteers, will there be personality clashes and people who think their ideas are better? Oh **God**, I hope so, as there is no better place for any of us to learn how to become a worker among workers, to learn how to practice these principles in ALL our affairs, than amongst our fellow AAs. But it will **It Takes A Village**.

If you're not sure you are creative enough, patient enough, sober enough, just show up. People will pull you along and find the right spot for you. They will encourage you to participate even when you don't understand or know what the hell is going on. I got pulled into service by our friend Valerie, who said "come on Judy it will be

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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
Douglas 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
Stephanie M.	By the Book, Stepping Stones
Susie R.	Coyote Group & Magic Mountain Group Monday
Tobiah N.	12&12 Discussion, Recovery Room

Legacies for November

Step 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.

Tradition 11 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.

Concept 11 The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

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.

Birthday Board

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

Katie L	11/8/2022	3
Monique S	11/1/2020	5
Leslie M	11/13/2018	7
Lee C	11/7/2018	7
Carissa J	11/5/2018	7
Diana	11/9/2014	11
Eileen Z	11/23/2013	12
Jenny M	11/12/2013	12
Patty G	11/15/2012	13
Mary B	11/17/2008	17
Greg A	11/10/2008	17
Paul G	11/5/2008	17
Char S	11/11/1994	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.

11th Annual
National A.A. Technology Workshop

November 7-9, 2025

Registration is Now Open
for our **Hybrid Workshop!**

Join us in person at
The Hilton at the
Cincinnati/Northern
Kentucky International
Airport (CVG)

Or register to attend
online via Zoom



<https://naatw.org/2025-naatw-workshop/>

2025 Theme
Adapt | Connect | Protect:
Building the A.A. Technology Toolbox



Scan Here
for 2025
Event Page



Change for Change

November is Gratitude Month

You've seen it before—those small change dishes at coffee counters or next to the register. Pennies, nickels, dimes, and quarters, quietly collecting. On their own, they don't seem like much. But together, they can make a real difference.

Our Central Office is the heartbeat of local Alcoholics Anonymous service in the Santa Clarita Area. It's where newcomers find their first meeting, where literature and chips are available, and where the phone is answered day and night by someone who understands. But all of this takes resources: rent, utilities, phone lines, insurance, and supplies. That's where the spirit of giving—especially small, consistent giving—comes in.

We invite you to join in a simple act of contributing your spare change. Whether it's the coins in your car cup holder or the few dollars left after your morning coffee, it all adds up. Place a small bowl or jar in your home or meeting room marked "For Central Office." When it fills, drop it off at the Central Office.

Just as one alcoholic helping another is the foundation of our program, one coin helping another builds the foundation that keeps our Central Office running strong. Every call answered, every Big Book sold, every meeting list printed—these small acts of service are powered by small acts of generosity.

Your change can help change lives.

So next time you see that dish of coins, think of it as a symbol of gratitude. Because together, those coins keep the hand of AA always there—when anyone, anywhere, reaches out for help.

You can also contribute through our "Faithful Friends program at [AASCV.org](https://www.aascv.org) with either a one-time or monthly contribution.

AA Links

- AA - [aa.org](https://www.aa.org)
- Area 93 - [area93.org](https://www.area93.org)
- AA Grapevine - [aagrapevine.org](https://www.aagrapevine.org)
- Area 93, District 7 - [area93district7.org](https://www.area93district7.org)
- Stepping Stones Alano Club - [steppingstonesalanoclub.org](https://www.steppingstonesalanoclub.org)
- Central Park Group - [centralparkgroupsantaclarita.com](https://www.centralparkgroupsantaclarita.com)
- SCVYPAA - [scvypaa.org](https://www.scvypaa.org)
- Rafter Group - [raftersaa.com](https://www.raftersaa.com)
- AV Central Office - [avcentraloffice.org](https://www.avcentraloffice.org)
- Santa Clarita Valley Central Office - [aascv.org](https://www.aascv.org)

LOVE & SERVICE AA GROUP PRESENTS

THREE LEGACIES CONFERENCE

STEPS, TRADITIONS, CONCEPTS
-HOPE CENTER CHURCH-
2275 MORELLO AVENUE-PLEASANT HILL CA 94523

SPEAKERS

KERRY MEYER, (CLASS A TRUSTEE)
LESLIE K., MODESTO, CA
SHARON A., DEPOT BAY, OR
ARISA B., BROOKLINE, MA
DAVID N., SANTA ROSA, CA
JENNIFER B., SANTA ROSA, CA
MIKE S., RIVERSIDE, CA

NOVEMBER 7 & 8, 2025 SCHEDULE

FRIDAY, NOVEMBER 7, 2025
4:00PM: REGISTRATION OPEN
6:00PM: EVENT SPEAKER
7:45PM: EVENT SPEAKER

SATURDAY NOVEMBER 8, 2025
8:30AM: FREE CONT. BREAKFAST
9:00AM: EVENT SPEAKER
10:45AM: SERVICE PANEL
12:00PM: FREE LUNCH INCLUDED
1:00PM: EVENT SPEAKER
2:45PM: EVENT SPEAKER
5:00PM: BANQUET
6:15PM: FINAL SPEAKER

IN-PERSON REGISTRATION INCLUDES ZOOM
EARLY BIRD-\$30 ENDS 6/30
STANDARD-\$44 ENDS 10/31
LAST CALL-\$55
ZOOM ONLY - \$25 INCLUDES FREE SPEAKER DOWNLOAD



3LEGACIESCONFERENCE.ORG



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 November edition of the AA Grapevine, the international monthly journal of Alcoholics Anonymous. November's featured section is "**Early Days of AA**" – showcasing articles from the Grapevine's vast Story Archive about what AA was like years ago. Featured articles include **It Might Have Been the Time - Lois W;** **And So From My Heart I Say - Rev. Canon Samuel Shoemaker, D.D.;** **Let There Be Light - Elsie T.**

Letter From The Editor - Each November, we love to feature stories from our Grapevine Story Archives. If you haven't looked through our vast well of stories, which dates back to 1944 and holds many of our cofounder Bill W.'s essays, please visit aagrapevine.org. This month we feature some wonderful treasures from AA's earliest days. We also celebrate the 50th year of our beloved AA book Living Sober

Daily Quote

"Today, there are hundreds of AA centers shedding their warm illumination upon the lives of thousands, lighting the dark shoals where the stranded and hopeless lie breaking up – those fingers of light already stretching to our beachheads in other lands.

Now comes another lighted lamp – this little newspaper called the Grapevine. May its rays of hope and experience ever fall upon the current of our AA life and one day illumine every dark corner of this alcoholic world."

AA Co-Founder, Bill W., June 1944, "**Editorial: The Shape of Things to Come**", **AA Grapevine** (Volume 1, Number 1)
Reprinted in *The 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.

Announcing newly revised and expanded "**Markings on the Journey**" – the beloved video showcasing the history of Alcoholics Anonymous through words and images culled from the GSO Archives. It is being released for purchase in a newly expanded edition.

This delightful, inspiring, and vastly informative "**A.A. history lesson**" now includes rare full-color home-movie footage of A.A.'s co-founders, Bill and Dr. Bob, and their wives, filmed in the early 1940s in the garden at Stepping Stones.

In response to widely expressed need throughout our Fellowship, we are offering this new expanded edition of the video in three formats, so everyone may enjoy viewing and sharing this one-of-a-kind archival experience: DVD, thumb drive, and digital video available on the AAWS webstore at onlineliterature.aa.org.

- DVD \$12.00
- Thumb Drive/USB Flash Drive \$21.00
- Digital \$12.00

News from New York

The 2025 General Service Conference Final Report is now available in print for \$1.95 or you can view and download the report at aa.org/2025-general-service-conference-final-report.

The 2025 General Service Conference Final Report offers background on the agenda items addressed, as well as the sharing sessions, presentations and the Conference Inventory process.

It Takes a Village

Continued from page 1

fun”, and all these years later it still is. Why is that? While some of the faces have changed, I still get to fellowship with the same group who have been showing up for years. These are the people who have shown me how to be patient, have shown me how to bring my creativity and my talents to this very special, special event. **Yes, They Are My Village.**

If you feel like you are drowning crawl into a lifeboat of service. Show up at the “Wrap Party” for the 2025 convention, November 16TH at 1:00 PM, at the Rafters. It is the “wrapping up” of old business for this past convention and then the beginning formation of the 2026 convention. Find out what jobs will be available to volunteer for. Raise your hand, even if you don’t want to, and then make a commitment to just keep showing up. I can tell you it is much more rewarding than washing ash trays. Remember, it’s going to **Take A Village** to put this on another year. Become a part of “that village” and you will reap the benefits of another avenue of service.

The Recovering Corker Column

info@aascv.org

Dear Recovering Corker,

I recently attended our local AA Convention and was confused by everyone wearing name badges at a public venue. Based on our eleventh tradition – “our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity.” How does one remain autonomous if everyone is running around with a name badge announcing they are participating in this AA Convention?

A Puzzled Newcomer

Dear Puzzled,

In most instances, the name badges will utilize the first name and last initial of an individual - unless said individual requests their last name be listed as well. An individual also has the choice to not display their name badge if concerned about their anonymity and may show it to get into the main meetings at the convention as required. Puzzled Newcomer, you left out the real defining part of Tradition Eleven and that is “at the level of press, radio and films”. At most conventions a little blurb is read where we ask the press to respect our anonymity and to not use names or photographs of members if they write about our convention.

In **Language Of The Heart**, Bill wrote on Tradition Eleven – “we see that on breaking anonymity by press, radio or pictures, anyone of us could easily transfer the valuable name of Alcoholics Anonymous over to any enterprise or into the midst of any controversy. So it is becoming our code that there are some things no AA ever does, lest he divert AA from its sole purpose and injure our public relations. To the million alcoholics who have not yet heard our AA story, we should ever say, Greetings and Welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the Faith.”

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.

Keeping Commitments

by Douglas W., webservant@aascv.org

Growing Up and Following-Through

I didn't come into Alcoholics Anonymous with an abundance of follow-through. I came in with intentions. Grand plans. Apologies that sounded like commitments but dissolved the moment life got loud.

Alcoholism trained me to overpromise, underdeliver, and look for exits when responsibility got uncomfortable. Sobriety, I've learned, lives on the other side of that pattern. Day by day, commitment by commitment, I'm being taught how to grow up.

This is an article about growing up—about how living up to our commitments matures our character and deepens our sobriety. Not because we become perfect performers, but because we become reliable people. Not because we learn to avoid discomfort, but because we learn to walk through it with integrity. In other words, we “claim spiritual progress rather than spiritual perfection” (Alcoholics Anonymous, p. 60).

Below are the key points that have reshaped my understanding of commitment in recovery and the practical ways I try to live them.

Commitments are spiritual training grounds that build reliability, humility, and trust—both internally and externally. Follow-through isn't a personality trait but a daily practice we develop through small, specific actions. Integrity consists of tiny choices observed by our conscience rather than grand declarations witnessed by others. The Big Book provides tools to make and keep commitments without letting self-will take control. By keeping our word, we earn self-respect that helps quiet the restless search for relief. Service commitments function like a gym where character is strengthened, teaching us punctuality, accountability, and the joy of being useful. When we inevitably fail, we promptly admit it and recommit—course correction is simply part of the learning process.

Why Commitments Matter in Sobriety

In early sobriety, my “yes” was cheap. I'd volunteer enthusiastically, then emotionally disappear when something shinier or something scarier came up, telling myself, I will never volunteer to make coffee or be a greeter; I will never be the Treasurer again. This wasn't a moral failure so much as a spiritual habit. Alcohol had rewired my relationship with time, responsibility, and self-esteem. I didn't know how to live on life's terms, with others' expectations in the mix.

AA's program gave me a new way. It taught me that sobriety is more than not drinking. It's adopting “a manner of living” that lets me “be of maximum service to God and the people about us” (Alcoholics Anonymous, p. 77). Commitments are where that

manner of living gets tested and strengthened. They are small covenants with reality that, kept consistently, form a dependable self.

And when I keep my word, the 9TH Step Promises begin to shape my insides. I start to “intuitively know how to handle situations which used to baffle me” (Alcoholics Anonymous, p. 83–84)—not because I've become extraordinary, but because I've become steady.

The Spiritual Mechanics of Following-Through

I used to think keeping commitments depended on motivation. Now I know it depends on a design for living. The Big Book lays out practical mechanics:

1. On awakening, I ask for direction for the day's commitments: “We consider our plans for the day” and ask that “Thy will be done” (Alcoholics Anonymous, p. 86–87). I list my commitments—home, tasks, AA, service, amends—and ask where I need courage, honesty, or discipline.
2. I cooperate with reality, not with my mood. The book reminds me, “We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined” (Alcoholics Anonymous, p. 88). That means a plan, not a feeling, decides my follow-through.
3. “As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.” (Alcoholics Anonymous, p. 87). Following through rarely requires the next ten steps. Just one honest step, right now.
4. At night, I review: Where was I resentful, selfish, dishonest, or afraid? Did I keep my commitments or make excuses? Do I owe an apology? What should I have done differently? (Alcoholics Anonymous, p. 86). The nightly inventory creates a feedback loop where I learn from misses without drowning in shame.

None of these practices make me perfect. They make me available, correctable, and reliable—qualities that grow character one day at a time.

Small Commitments, Big Character

Sobriety taught me to downshift from heroic promises to simple, measurable commitments:

- I will be early to the meetings and stay after. I do not rush out.
- I will give my attention to the meeting, I will not use my phone, except to make a 7TH Tradition contribution.
- I will text or call the newcomer as promised.
- I will follow up on that amends call today, even if it's awkward.
- I will finish the task I volunteered to do, even if I'm tired of it.

On paper, these are unremarkable. In practice, they change everything. Every time I keep a small commitment, I demonstrate to myself that my word has weight. That experience produces a

quiet self-respect. When self-respect grows, my need for external validation shrinks. That shift is spiritual. It's the "new freedom and new happiness" the Big Book describes, grounded in trustworthy action (Alcoholics Anonymous, p. 83–84).

Service: The Gym Where Character Trains

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics" (Alcoholics Anonymous, p. 89). Service commitments are character training because they require routine, humility, and coordination with others. They also expose my defects quickly and provide opportunities to practice their opposites:

- If I commit to a meeting role, I practice punctuality.
- If I commit to sponsorship, I practice availability and boundaries.
- If I commit to a committee, I practice patience and group conscience.
- If I commit to outreach, I practice courage and kindness.

None of this is glamorous. That's the point. Service commitments turn ideals into habits. They move recovery out of my head and into my calendar.

Commitment Starts Where Convenience Ends

I used to say yes to everything because saying no made me feel guilty. I was taught to say yes to every commitment. (I did not hear reasonable request part). Then I would bail because I was overcommitted. AA taught me that honesty starts before I agree. I ask:

- Do I actually have the time?
- Am I the right person, or am I avoiding a harder commitment elsewhere?
- Is this service or ego?
- What am I willing to stop doing to say yes to this?

This pre-commitment honesty reduces broken promises. It also respects the group and the task. If I do say yes, I mean it. When I must say no, I'm not abandoning AA; I'm preserving the integrity of my yes.

The Role of Amends in Maturing Commitments

Making and living amends changed my relationship with commitments. Before amends, apologies patched holes in the same leaking roof. After amends, I started replacing the shingles. Amends demanded new behavior over time, not just new words for a day. If I had been unreliable, my amends came alive as consistent presence and participation. If I had been financially irresponsible, my amends looked like budgets and on-time payments. If I had been careless with people's trust, my amends looked like confidentiality and punctuality.

The ninth step Promise that "we will not regret the past nor wish to shut the door on it" (Alcoholics Anonymous, p. 83–84)

becomes true, in part, because we are no longer the person who did those things. Commitments held over time transform regret into responsibility.

Handling Failure Without Collapse

I still drop the ball. When I do, the program gives me choreography:

- I promptly admit it and make it right if I can.
- I avoid rationalizations, blame and "emergency alibis." I own the miss.
- I examine what went wrong in my planning, boundaries, or ego.
- I recommit with a realistic plan and, if needed, accountability with a sponsor or service partner.

This way, failure becomes instruction, not identity. I'm not the sum of my misses; I'm the product of my response to them.

The Inner Voice That Watches

As I practice keeping commitments, I notice a quiet observer inside me—call it conscience, call it Spirit—watching me carry out or abandon the things I have said I would do. When I keep my word, that voice is calm. When I fudge, it becomes restless. Early sobriety taught me to listen to that voice. Over time, it taught me to trust it.

Here's a small example: I promised to send a resource by evening. The evening got noisy. Old me would think, "They'll understand," and go to bed. Sober me pauses, prays for the Power to carry it out, and sends the resource before my head hits the pillow. The action is tiny. The message to my conscience is huge: I can count on you. That message accumulates into character.

Designing Days That Favor Follow-Through

I don't rely on memory or motivation to keep commitments; I rely on structure aligned with the program:

- Morning: List commitments during prayer and meditation, I often break from that time to get it written down. Ask for willingness and direction.
- Calendar: Put commitments in a calendar with alerts. If it's not scheduled, it's optional. Optional things can slip.
- Communication: If I'm going to miss a deadline, I let people know early and propose a concrete recovery plan. Renegotiation is better than ghosting.
- Nightly inventory: Where did I keep my word? Where did I slip? What do I owe tomorrow? Pray for guidance and for the people I affected.

This is not about becoming a productivity robot. It's about creating a life that supports spiritual reliability.

When Commitments Clash: Principles Over Preferences

Conflicts happen. A new commitment demand overlaps with another service commitment, such as the commitment normally meets on the 2nd Sunday, but it moved to the 3rd Sunday, causing a conflict. In those moments, I try to apply principles:

- Transparency: I communicate early and clearly, not with excuses but with facts and respect.
- Substitution: If I must miss, I find a replacement when possible.
- Priority: My sobriety and other responsibilities are foundational. I align choices accordingly without using them as a blanket permission slip.
- Group conscience: If a pattern emerges, I ask the group where I need to adjust my commitments to serve effectively.

These are grown-up moves I didn't make before AA. Making them now is evidence of a maturing spirit.

The Joy of Becoming Dependable

Somewhere along the line, keeping commitments quit feeling like drudgery and started feeling like belonging. People began to count on me—and I began to count on me. That shift didn't just benefit others. It stabilized me. The old anxious itch—Am I enough? Will they find out, I am a poser?—lost power. In its place came the quiet satisfaction the book points to when it promises that “fear of people and of economic insecurity will leave us” (Alcoholics Anonymous, p. 84). It leaves because I am showing up differently.

And yes, along the way, I've discovered that “we are sure God wants us to be happy, joyous, and free” (Alcoholics Anonymous, p. 133). Freedom isn't doing whatever I feel like. It's living in harmony with what I've agreed to—God's will as I understand it, and my word as I've given it.

Practical Ways to Strengthen Follow-Through This Week

- Pick one service commitment and elevate your standard. Be five minutes early. Prepare one extra thoughtful touch. Fix that mistake in a document, do not believe no one will see it.
- Make one relational commitment at home. Schedule it. Protect it. Be present for it.
- Choose one financial, health, or other commitment you've avoided. Break it into two next right actions. Do the first today.
- Share your plan with your sponsor and ask for accountability.
- Each night, note one kept commitment and one you will repair tomorrow.

Small hinges swing big doors. This week's reliable actions become next month's dependable reputation and next year's steady character.

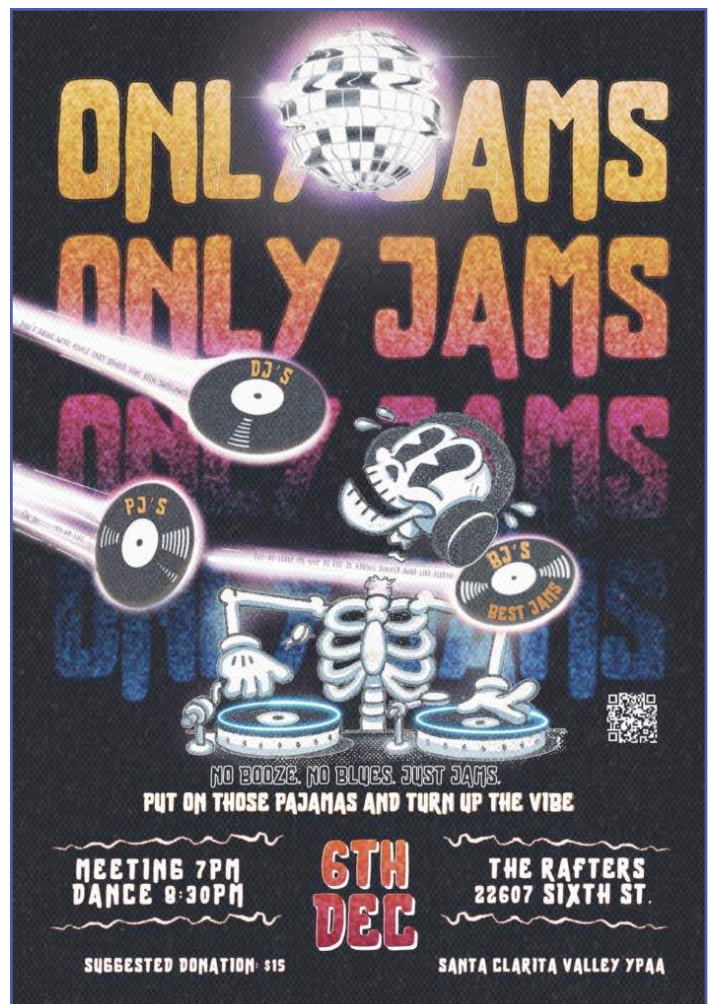
Character Matures With Repetition

I used to think character was who I “really” was on the inside. Today, I think of character as the average of my repeated choices, observed by my conscience and refined by God. The Steps gave me a design for living that makes reliable choices more likely. Commitments give me the laboratory where those choices are tested and strengthened.

We are not saints. We are people who are willing to grow along spiritual lines (Alcoholics Anonymous, p. 60), and the lines of growth often look like calendar entries, callbacks, and chairs set up before a meeting. Each time we keep our word, we become a little more ourselves and a little less our fear. That is how commitments mature character. That is how character stabilizes sobriety. And that is how sobriety becomes not just abstinence, but a life worth keeping.

Closing Thought

If you're new and this sounds overwhelming, start tiny. Say you'll do one thing today that another sober person can verify. Do it. Tell your sponsor you did it. Repeat tomorrow. This is how confidence is built in AA—action, inspection, and repetition. In time, you will look back and recognize yourself as a person who keeps their word. When that day comes, you won't just be sober. You'll be free.



White Knuckling: What I Learned in My First Year of Sobriety

By Kimberly C.

Before I took Step One, something in me constantly whispered what I already knew: “I can’t keep living like this.” I was becoming a living and breathing carbon copy of my favorite poet Charles Bukowski – emptying myself at both ends of my body every night, compulsively, projectile-fashion, and infantilized. I needed diapers for all the stuff my body was taking in and rejecting simultaneously in the wee hours of midnight. That whisper continued and became a prayer to a higher power I didn’t even know I had – HELP! That quiet, powerful, whispered truth beyond the noise ended up saving my life. I didn’t get a divine lightning bolt out of the blue, or an instant quantum healing that made me wake up the next day and conveniently not drink—I got my daughter on a visit home, the only person I didn’t have the ability to charmingly BS because she was born of my womb, who took one look at me and said, “You are bloated, you are worn, you are red, you are carrying on the lineage of our family disease and I don’t want you to die.” I surrendered at that point, I realized she was my “God-shot” and I entered AA.

Surrendering was terrifying but also felt like peeling off a sheath of armor that had clung to me lifelong but had never done its best at being bullet-proof—was more like the fragile faux-confidence I assume would be the bane of a soft-shell crab.

In the beginning, sobriety felt like standing on the edge of a foreign land without a map. I wondered how I would ever belong in this new place, how to fill the hours that alcohol once consumed, or who I’d be without it. I felt like I’d lost my best friend, the one I would sneak out of the house with as a teenager and follow on fabulous adventures with cute guys and radical theorists and rebel activists and all the other non-conforming, wounded beings that I felt at home with. It was also my worst enemy—who would conveniently disappear the moment I got caught on any of these high adrenaline pursuits. In a brain fog for a few weeks once committing to sobriety, I didn’t realize this confusion of a love/hate relationship was right on time. And that awkwardness, discomfort, and humility were not only okay, but a vital part of human existence that I had only subsisted within halfway for many years because of my overblown pride and ego.

When I first heard people say, “Do this one day at a time,” I thought, *sure, but what about next week? Next year?* What I didn’t realize was that “one day at a time” isn’t about time at all — it’s about attention. It’s permission to live inside a single sunrise without carrying the weight of yesterday or tomorrow. When you can just focus on *this day*, your mind quiets, your heart steadies, and your nervous system finally exhales.

I found a sponsor immediately. I realized you can’t think your way into recovery. You need another human being who’s walked through the fire and come out with wisdom to share. A sponsor is like a translator between the language of chaos and the language of grace. You don’t have to agree with everything they say — just stay open. The point isn’t perfection; it’s connection.

In “The Keys to the Kingdom” story of the Big Book, one of my favorite parts is when the doctor tells the woman, who he is starting to explain his experience with alcoholics to, that alcoholics tend to be very intelligent, high-functioning people, which is both their fortune and their non-fortune. When I found my sponsor, I started working the steps and got comfy as a pig in dirt on my little fluffy pink cloud. I decided I was going to become immediately enlightened, lose twenty pounds of vodka weight, repair my credit in a flash with overdrive workaholism, become popular in the new fellowship of people who were just like me, and find my life’s purpose. Albeit my sponsor’s constant advice of taking it slow, not worrying about major life decisions until I actually started figuring life out on life’s terms, and being kind to myself, I was like one of those annoying girls in history class with her hand up, going “pick me, pick me!”

What I discovered was that the only job I had was to stay sober and let myself feel. So, I did. I vacillated between calling myself a “prickly cactus” and a “walking waterfall” the first twelve months of sobriety because I was either crying my eyes out from feeling my feelings for the first time in my life without self-medication or bristling at all the words, actions, and realizations I had about all of YOU that I encountered on a daily basis. I needed a LIFE 101 book and there was none to be had, so I had to sit and let presence overcome me while I processed all my new emotions and learned to show up just as I was regardless of how peculiar I felt in this world. I ate a lot of donuts instead of running a marathon and that was okay, because the people I met in AA had been there and weren’t judging me on the size of my hips, my professional accolades, or my esteem in the world – just my ability to be rigorously honest about being human, needing help, and sincerely looking for a light at the end of the tunnel.

When AA spouts, “Don’t make any major life changes in your first year,” —that’s not control; it’s mercy. It’s giving your soul time to stabilize before you rebuild.

I came to understand through the Step work with my sponsor, that I numbed myself for a reason. When the anesthesia of a pint and a half a day of vodka wore off, things still stung — shame, anger, grief, loneliness, joy but I understood it was all a part of thawing out. With the help of the fellowship, in daily meetings, where I heard people say resonant things, I could laugh and relate and realize that feelings weren’t fatal. They were like weather. They moved through me when I stopped running from them. I cried, I journaled, I walked, I prayed. But whatever I did — I

Hospitals & Institutions and Me

By [Andy G. Giesing72008@yahoo.com](mailto:Andy.G.Giesing72008@yahoo.com)

How has Hospitals & Institutions worked to strengthen my recovery?

Like most of you when I started this journey of sobriety (second time around) October 25TH, 2022, I was looking for a softer easier way. When I first heard someone share about going into jails, my first thought was why would anyone want to do that?

At the time I was doing an IOP, intensive outpatient therapy, for 9 hours a week. In addition, I also attended an AA meeting on Sunday for one hour. And I thought... ten hours per week was plenty of recovery and I was fine.

Then my sponsor, who knew my story, asked me if I thought that was enough meetings to keep me sober. Without hesitation I said no. We were working on the steps, and I knew my knowledge was not sufficient to bring someone else through the steps, and that I needed a solid foundation myself.

I picked up two more meetings per week and found that I had a thirst for more. That I yearned for more of this thing we call recovery. I became more involved, put my hand out and introduced myself, took contrary action and said yes when someone asked for help. Eventually I picked up an additional two more weekly meetings.

Then a good friend I met in this program suggested that I get clearance to go into the jails. I immediately began the process of getting clearance from the Los Angeles Sheriff Department, which I received in December of last year.

I currently go into the correction facilities at least once a month, to do panels, and have found that while you may not make a connection with every inmate, it happens with at least one every time I go. Recently the jail panel landed on my natal birthday, and I let the inmates know that there was no place I would rather be, than with them, sharing my journey.

Additionally, I also lead a panel at a residential rehab every Wednesday. I bring another alcoholic with me to share their experience, strength, and hope, and have found a deeper empathy for them as well.

When I was asked to give my time to the program I used to say "No", I'm too busy, I have to work. Now when asked I say "Yes", and I do the work.

didn't pick up the first drink. Because I wasn't embarrassed to call someone and say I wanted to.

I went to meetings, especially when I didn't want to. They say, whatever you are resisting is actually what you need to do. That's where the magic happens. I'd hear my story come out of someone else's mouth, and suddenly the loneliness that followed me for years started to loosen its grip. I heard myself laugh again — honest, belly laughter — and that's when I'd realize recovery isn't punishment. It's freedom.

Because of all these actions, I realized I wasn't broken, I was healing. I'd been trying to survive the best way I knew how. I learned that sobriety wasn't about becoming a saint, it was about becoming whole. I'd stumble. I'd doubt. But when I kept showing up, something holy started to happen. I began to meet the real me, the one who had been born long ago, been a little sweet girl full of potential once, and who had been waiting underneath the wreckage all along.

AA literature and lore talk about having faith before you know what faith is — what I consider faking it before you make it, or what the transcendentalists call "acting as if" which precludes manifestation of reality. We hear, "Don't leave before the miracle happens," and you will surely reach the fourth dimension of happy, joyous, and free. In my first year, I clung to this concept when listening to all the old-timers spout about why they are still here, still show up, still go to meetings, still shepherd newcomers. They are on the other side and in my first year, that's what kept me going, that extraordinary promise from the other side about how I will start to feel beauty in ordinary things, a cup of coffee, the water in my shower, dusting my kitchen cabinets, finding little dots in the everyday sacred.

After a year of sobriety, I learned that all my human foibles, insecurities, flaws, mishaps, stumbles, tears, humbleness, vulnerability, and showing up made me actually start to become someone I could trust. I needed to do that first with the help of the members of AA. And now I can plan that first marathon.

NOVEMBER 15 & 16, 2025

**We are Step'n Ahead
w/ Wayne B.**

What: A 2 day - 12 Steps workshop inspired by Bill W's "Emotional Sobriety, The Next Frontier," highlighting Bill's step work with Fr. Ed Dowling regarding his tumultuous journey into emotional sobriety.

When: Saturday, Nov 15, 2025 / 2:00 pm - 6:00 pm
Sunday, Nov 16, 2025 / 2:00 pm - 6:00 pm

WHERE: Westside Alano 11530 W. Pico Blvd, Los Angeles, CA

FOCUS: 3 PHASES OF 12 STEP DEVELOPMENT: DESPERATION | RESTORATION | TRANSFORMATION

CONTACT: ASHLEY ZI (310) 994-6915 OR CARA S.: (310) 600-3747

INFLUENCED BY: CHUCK C.: A NEW PAIR OF GLASSES / CLANCY I.: THE DISEASE OF PERCEPTION
FR. ED DOWLING: THE SOUL OF SPONSORSHIP / DR. W. D. SILK WORTH: THE DOCTORS OPINION
JOE & CHARLIE: THE BIG BOOK COMES ALIVE / FR. JOE MARTIN: CHALK TALK ON ALCOHOLISM

Events

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

Date	Event	Time	Location
2025-11-02	AV Monthly Roundup (In-Person, Recurring)	5:30 PM - 6:30 PM	43619 17 TH Street West, Suite 103 Lancaster, CA 93534
2025-11-06	SCV H & I Monthly Meeting (In-Person, Recurring)	6:30 PM - 8:00 PM	24901 Orchard Village Rd, Santa Clarita, CA 91355
2025-11-06	AV Central Office Intergroup Meeting (In-Person, Recurring)	7:00 PM - 8:30 PM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-11-07 - 09	11 TH Annual National A.A. Technology Workshop (Hybrid)	All Day	Online
2025-11-07 - 08	Three Legacies Conference (Hybrid)	All Day	2275 Morello Ave, Pleasant Hill, CA 94523
2025-11-09	AV H&I Monthly Meeting (In-Person, Recurring)	10:00 AM - 11:00 AM	42545 Wall Street, Unit 115, Lancaster CA 93534
2025-11-10	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
2025-11-12	Practice The Principles In All Our Service Work (Online)	4:00 PM - 6:00 PM	Meeting ID: 5 17 962 1445 Passcode: AreaShare
2025-11-15	We are Step'n Ahead (In-Person)	2:00 PM - 6:00 PM	11530 W Pico Blvd, Los Angeles, CA 90064
2025-11-16	Area 93 Assembly (CCAA) (Hybrid)	8:00 AM - 5:00 PM	5679 Hollister Ave, # 1 Goleta, CA 93117
2025-11-22	AV H&I Chili Cook-off (In-Person)	2:00 PM - 5:00 PM	41843 50 TH Street West Quartz Hill CA 93536
2025-11-29	CPC/PI Monthly Committee Meeting (Hybrid, Recurring)	2:30 PM - 3:30 PM	1333 Van Beurden Dr, Baywood-Los Osos, CA 93402
2025-11-21 - 23	38 TH Annual Serenity in the Sierras (In-Person)	All Day	39800 Fresno Flats Rd, Oakhurst, CA 93644
2025-11-24	SCV Intergroup Meeting (In-Person, Recurring)	7:00 PM - 8:30 PM	26951 Ruether Ave., B-4 Santa Clarita, CA 91351



Free
**AA Meeting
Guide** App

This card is made possible through the contributions of A.A. groups and A.A. members to the SCV Central Office (AASCV.org)



I Am Responsible...
When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

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

October IGR Meeting Minutes

Recorded by Dena P.

Monday, October 27th, 2025

- Meeting called to order: 7:00 by Doug W.
- Opening prayer: Serenity Prayer (all)
- Statement of purpose: Leslie M.
- Motion to accept September 2025 Minutes made by Leslie M. and seconded by Jenny M. held for vote. Passed by all.

Attendance: 8

- Doug W., Ida B., Jasmine G., Jenny M., John C., Leslie M., Patty G., Stephanie M., and Dena P. (Recording Secretary)

Chairpersons Report – Doug W.

- Upcoming Literature Share: November: Ida B.
- There will be no December meeting, enjoy the holidays.
- Stephanie M. from By The Book, Stepping Stones is the new IGR.

September Literature Share – Jenny M.

Jenny M. chose Questions and Answers on Sponsorship (P-19). The pamphlet explains A.A. sponsorship as a practical, ongoing relationship where a sober member shares experience, strength, and hope with a newcomer to help them achieve and maintain sobriety. It distinguishes sponsorship from a single Twelfth Step call by emphasizing continued support and accountability. Guidance covers how newcomers choose sponsors (seek stability, compatibility, and sobriety grounded in the Steps), why men typically sponsor men and women sponsor women, and why questions and disagreement are healthy within an open, honest relationship. For sponsors, the text outlines readiness, boundaries, and responsibilities: model recovery, introduce literature and meetings, explain Steps, Traditions, anonymity, and safety, and avoid acting as a professional or fostering dependence. It discusses flexible styles, handling slips with compassion and focus on the First Step, and managing challenges like over-dependence or resistance to spiritual concepts. Group-level sponsorship practices include committees, greeters, beginners' meetings, and structured follow-up. The pamphlet also introduces service sponsorship, encouraging participation in A.A.'s service structure as part of sustaining recovery and unity.

Treasurers Report – Judy F.

- August Central Office was in the red \$1985.04. Central office operating expenses per month are \$2,276.92.

Office Manager – Judy F.

- Absent.

Public Information – Patty G.

- No Report

Outreach – Open

- None

Old Business – Doug W.

- Annex - Rafters location. Rafters GSB approved the rental agreement and hope to open around the first of year.

Website – Doug W.

- All meeting are updated. The Recovery Room is no longer having 12:30 PM meetings and they have been removed.
- Doug explained how the meeting at AASCV website are synced twice a day to GSO in New York and those changes are displayed in the Meeting Guide App.

Announcements

- Easy Does It Weekend event is scheduled for 4/17, \$150 per person. Flyer will be posted on the website.

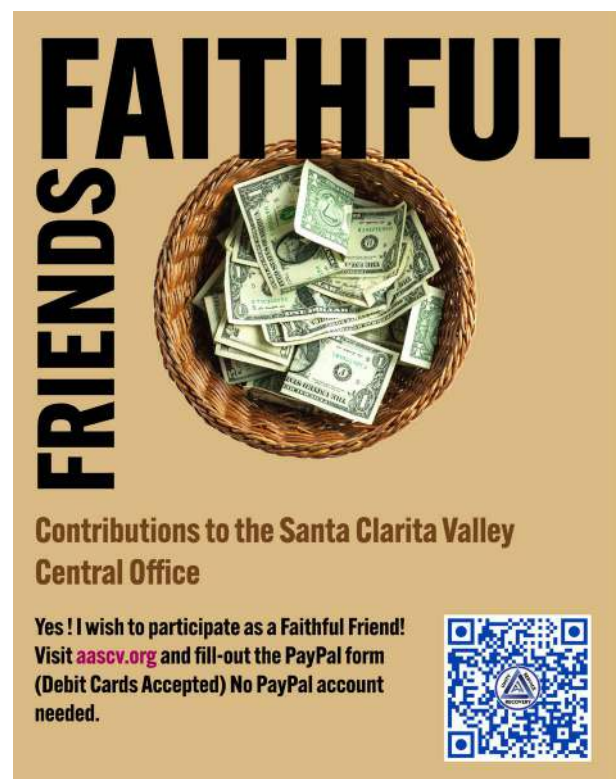
New Business – Judy F.

- Gratitude Month is November. A point was made by the group, if a group/meeting made a motion last year and it passed before, a new motion is not required, unless of course they want to make a change.

Birthdays

- None


Meeting ended at 8:05 PM with the "I am responsible."



FAITHFUL FRIENDS

Contributions to the Santa Clarita Valley Central Office

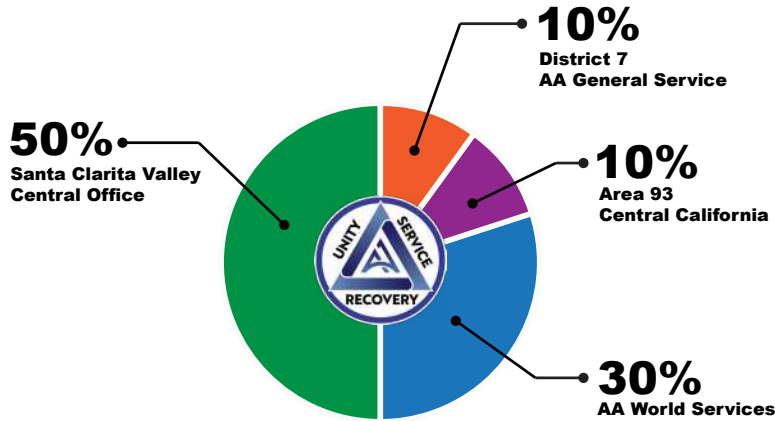
Yes! I wish to participate as a Faithful Friend!
Visit aascv.org and fill-out the PayPal form
(Debit Cards Accepted) No PayPal account needed.



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.

