

December
2025



Volume 24, Issue 12

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

Happy Holidays From Central Office

Holiday Message From Bill

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Judy F., info@aascv.org

Another year will soon be drawing to a close for Santa Clarita Valley Central Office and with heartfelt gratitude can say it is just the fiscal year that draws to a close and not the doors.

Gratitude month, which has been the tradition of passing a second basket at meetings for contributions for Central Office, comes to an end November 30th. I have been thinking how we can continue the emphasis on gratitude for the remainder of the year and have decided

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December 1970

Gratitude is just about the finest attribute we can have, and how deeply we of AA realize this at Christmastime.

Together, we count and ponder our blessings of life, of service, of love. In these distraught times, we have been enabled to find an always-increasing measure of peace within ourselves.

Together with all here at AA's General Service offices, Lois joins me in warmest greetings to each and all of you, and we share our confident faith that the year to come will be counted among the best that our Fellowship has ever known.

Bill W.

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 December

Step 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.

Tradition 12 Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Concept 12 The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

Birthday Board

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

Stephanie Q	12/25/2022	3
Rick R	12/10/2022	3
Amber R	12/4/2022	3
Michelle A	12/7/2020	5
Jill D	12/10/2017	8
Sonia B	12/7/2016	9
Teresa D	12/13/2015	10
Britton S	12/10/2015	10
Valena S	12/10/2012	13
Maggie L	12/20/2010	15
Kirk G	12/1/2010	15
Tim O	12/27/2007	18
Caryn B	12/19/2005	20

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 167 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.

Happy Holidays

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to have a “gratitude tree” at Central Office. Your contribution will be to bring a special ornament to the office and hang it on our tree. There will also be ornaments at the office that can be used just for this purpose. Special messages can be included with any ornament hung. I’m hoping our tree gets full as the message of our gratitude spreads.

Pretty much everyone knows how AA began – the need for Bill to talk with another drunk or he was going to drink again; finding Dr. Bob; telling Dr. Bob his story – and poof AA began.

A simple idea probably planted by a Higher Power as we understand him, and the courage of these two men to move in uncharted territory.

I’m thinking that Central Office began in the same context. Two drunks talking at a meeting – “you know what we need out here? We need a place that can sell AA literature to all the meetings in Santa Clarita without us having to drive to the valley every time we need a Big Book” – poof SCV Central Office opened its doors.

Think about the General Service Office in NY. Bill W. knew if AA kept growing various service positions would need to be created to assist in carrying the message to the alcoholic who still suffered and went beyond making coffee and collecting the 7TH tradition. He probably spoke with Dr. Bob and said, “Hey Bob, we know of at least 8 or 10 meetings that have cropped up from one end of the country to the other, how do you figure we are going to service them all and be effective?” Poof, General Service.

Knowing the Rafters Group beginnings, it was a couple drunks who thought Santa Clarita needed more than the two or three meetings that were going on out here and decided to open the Rafters. With a couple folding chairs and a coffee pot, the Rafters’ doors were opened. Fifty years later, they are still opening their doors daily to the alcoholic who still suffers.

OMG! Now I must figure out where I was going with all this history and storytelling...

And it’s probably back to my first sentence of heartfelt gratitude that Central Office’s doors will be open again next year with a few changes on the horizon because a couple drunks got together and said, “what if?”

What if we opened a Central Office Annex on the other side of Santa Clarita? We could offer AA literature, chips and medallions, and some of the “drunk junk” items in a small annex. Even though our grand opening may be delayed a bit due to some unforeseen hiccups, Central Office will be growing as it continues to meet its

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Change for Change

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 with either a one-time or monthly contribution.

AA Links

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

Literature

aascv.org

Literature available at Central Office.

Experience, Strength And Hope. This collection of stories offers back to the A.A. Fellowship the experience of 56 members whose stories are no longer available in the book *Alcoholics Anonymous*. There have been three revisions of the Big Book's story section, and each time, as new stories were added to reflect A.A.'s changing membership, others had to be dropped to make room for them. Over the years, more and more A.A. members requested a separate publication of these stories, and as the General Service Conference moved toward publication of a fourth edition of the Big Book, it concurrently asked for publication of this collection, which was approved in 2002.

The AA's you will meet in Part One (stories written in 1939 for the first edition) were numbered among the first 100 members. They had been sober a very short time – some counting their sobriety in months rather than years – and their faith in the road to recovery was largely untested. Still searching for clear guidelines and uneducated about their alcoholism, they were little afraid of this “thing” they had found to help them, yet their stories reflect joy in the knowledge that there is a way out for the alcoholic.

Most of the stories in Parts Two and Three originally appeared in the second edition in 1955, and these writers are the product of a more mature Fellowship. A.A. in the 1950s was just coming of age. It had grown to about 146,000 strong with members in more than 50 countries, and the message was being carried to people of all stages of alcoholism, and to more women and young people. By 1976, when the third edition was published, more than a million members in approximately 92 countries included alcoholics of all ages and a huge variety of occupations and lifestyles. The A.A. program had stood the test of time.

News from New York

A language and cultural special forum for deaf A.A. members who use American Sign Language (ASL). This Special Online Forum for Deaf A.A. Members is Saturday, January 17, 2026 12:00 PM to 8:00 PM (EST) sites.google.com/view/deafaa/special-forum

- Panel 1: Deaf A.A. Community Culture & Language
- Panel 2: Is A.A. Accessible for Deaf Members?
- Panel 3: Interpreters, Safety & Inclusion
- Panel 4: Your Connection to the Office/General Service Board
- Panel 5: What Resources are Available?
- Town Hall: How Can A.A. Improve?

This General Service Office event will be held online and facilitated by Deaf A.A. Members.

Grapevine News

aagrapevine.org/store

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

December's featured section is “**Sober Holidays and Remote Communities**,” filled with helpful stories about staying sober and enjoying the holidays, along with remote community AA stories to remember the members who have a difficult time reaching AA, especially this time of year. The featured articles include **Remedy For A Lonely Holiday; How I Stayed Sober Till New Years; One Boy's Life; You Never Know; Building A Bridge; A Dad's Love; 18 Wheels And 12 Steps.**

Remote Communities Right Next Door

Remote communities make most of us think of far-flung places deep in the Canadian north or in the farthest reaches of South America. But often, remote communities lie just around the corner from us, where language, culture, poverty and accessibility issues separate many suffering alcoholics from meetings where they can receive the essential help that they need to stay sober.

Letter from the Editor

The holidays are a time for fun, fellowship, joy and laughter. But they also can be stressful and lonely. Thanks to AA, we have great tools to help us navigate the month of December. This month we feature helpful holiday stories and touching experiences about remote communities service to help us keep in mind those who can't reach us, especially this time of year.

Daily Quote

“For thousands of alcoholics yet to come, AA does have an answer. But there is one condition. We must, at all costs, preserve our essential unity; it must be made unbreakably secure. Without permanent unity there can be little lasting recovery for anyone. Hence our future depends upon the creation and observance of a sound group Tradition. First things will always need to be first: humility before success, and unity before fame.”

AA Co-Founder, Bill W. October 1947 “*Traditions Stressed in Memphis Talk*”

Central Office News

Central Office relies on contributions from our local groups/ meetings and AA members 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.

Happy Holidays

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commitment to Tradition 5 to carry the message to the alcoholic who still suffers.

Another “what if” at Central Office has been the formation of a CPC Committee (Cooperation with the Professional Community). In reaching out to our AA community, I have people volunteering to be part of this committee to learn how we can better provide information about A.A. to those who have contact with alcoholics through their profession. Information is provided about where we are, what we are, what we can do, and what we cannot do.

It is due to the continued support of our local meetings and individual contributions that your Central Office can branch out in its service here in Santa Clarita.

I am grateful for all of the opportunities I get to be of service here in our A.A. community and each one started with – “Hey Judy, do you think you could do ... and even though inside my head always said no, my head outside was bobbing up and down saying yes I think I could do that.” It is a wild journey and I thank **My Great Spirit** for the grace in allowing me to keep on keeping on.

The Recovering Corker Column

info@aascv.org

Dear Recovering Corker,

Recently at a meeting, a member was looking for people who might be interested in participating in a CPC Committee. Something about working with the professionals in our community. Who wants to go around breaking their anonymity and providing information about AA to people outside of Alcoholics Anonymous? It sounds like a lot of work and wouldn't that be up to our service office in NY?

Burned Out

Dear Burned Out,

It's a good thing not everyone “burns out” at the same time and feels overwhelmed by service commitments. Where would AA be if everyone burned out of going to meetings at the same time, or answering the phones at the same time? Can we leave all of these responsibilities in carrying the message to NY alone?

According to Bill, “to reach more alcoholics, understanding of AA and public good will towards AA must go on growing everywhere. We need to be on still better terms with medicine, religion, employers, governments, courts, prisons, mental hospitals, and all enterprises in the alcoholism field. We need the increasing good will of editors, writers, television and radio channels. These publicity outlets need to be opened ever wider.”

As Bill Sees It Pg. 255

Yours Truly,

Recovering Corker

Southern California AA Convention Corner

- The 74TH Southern California AA Convention is scheduled for the weekend of October 16TH 2026
- The 2026 Southern California AA Convention will take place at the The Westin Rancho Mirage Golf Resort & Spa, located at 71333 Dinah Shore Dr., Rancho Mirage, CA 92270

Visit their website at aasocal.com for information on their planning meetings scheduled for 2026



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.



Self-Pity & Selfishness: Twin Traps that Block the Sunlight

By Douglas W., webservant@aascv.org

Self-pity and selfishness keep me centered on myself and cut me off from the sunlight of the Spirit. The AA program gives me precise actions to move from “Why me?” and “What about me?” to “How can I be useful?” and “Thy will be done.”

When the World Narrows to Me

Self-pity used to sneak up on me the same way a first drink did—quiet, reasonable, and deadly. I didn’t call it self-pity. I called it fairness, truth, realism. Underneath, it was a familiar posture: *I am not getting what I deserve*. If only people, places, and things would align, I’d be okay.

Last week, a plan changed at the last minute. I had given time and energy to a project, and a key person pulled out. Instantly, a committee of self-pity convened in my head: *After all I’ve done...* I paused, later at a meeting, we read “Into Action,” and I heard the line about ceasing to fight anything or anyone, even alcohol (Alcoholics Anonymous, p. 84). The tension unclenched. By the end of the night, I slept like a child. Nothing external had changed. I had.

That’s the paradox I keep learning: self-pity and selfishness make everything about me, but the solution is never more focus on me. It’s action, service, and surrender.

Why These Twin Traps Matter in Recovery

In sobriety, self-pity hasn’t vanished. It just wears new clothes. It shows up as fatigue, righteous loneliness, or noble resentment. Selfishness often hides inside my best intentions. I can be “helpful” to you for the applause it brings me. I can serve to be seen serving. Left unexamined, I drift back to the delusion that I can wrest satisfaction from life if I manage well (Alcoholics Anonymous, p. 61).

Self-pity makes everything about me. It distorts the lens through which I view life until gratitude looks naïve and service looks like loss. I’ve learned to catch it in certain phrases:

- “Why is this happening to me?”
- “After all I’ve done...”
- “Nobody understands.”

None of these are evil by themselves. But when they loop, I get spiritually small. My world collapses to a tight circle with me in the middle. The book warns what happens when I rest on my laurels: I’m headed for trouble because alcohol (and my old thinking) is a subtle foe (Alcoholics Anonymous, p. 85). In my experience, self-pity is often the fuse and selfishness is the bomb.

The program gives me a different sequence: decide, inventory, admit, become ready, ask, amend, continue, pray, and serve—one day at a time. This is how I move from bondage to freedom.

What AA Literature Teaches About Self-Centeredness

The Root of Our Troubles

AA is blunt: **“Selfishness—self-centeredness! That, we think, is the root of our troubles”** (Alcoholics Anonymous, p. 62). I don’t read that as a scolding; I read it as a diagnosis. When I’m driven by fear, self-delusion, self-seeking, and self-pity, I collide with people and then complain about the dents.

The Big Book describes this mentality as the actor trying to run the whole show—arranging the lights and the players so the scene suits me. What usually followed? **Anger, indignation, and yes, self-pity** (ref: Alcoholics Anonymous, pp. 60–61). When my arrangements failed, I either pressed harder or withdrew deeper. Both were versions of the same defect: self-centeredness.

For me, selfishness looks surprisingly respectable. I can be generous and still self-centered if the generosity is a transaction. I can give advice nobody asked for and call it care.

My relief begins with a new Employer and a new assignment: quit running the show and become useful (Alcoholics Anonymous, p.



The poster features a palm tree logo with 'SCAAC' inside a circle. The text is arranged in a hierarchy: '74th Southern California AA Convention' in large, bold letters, followed by 'Planning Meetings' in a smaller font. Below this, it says 'Come Join Us and Be of Service!' in a cursive font. A list of dates follows: 'February 8th, 2026, March 8th, 2026, April 19th, 2026, May 17th, 2026, June 14th, 2026, July 12th, 2026 WALK THROUGH at The Westin, August 9th, 2026, September 13th, 2026...'. The main event is '74th SCAAC Convention at The Westin on October 16-18, 2026'. A note for 'November 15, 2026: (Wrap Up Meeting)' is also present. At the bottom, it says 'visit us at: www.aasocal.com' and 'at The 502 Club 510 S. 2nd Ave #10, Covina, CA 91723'.

63). Step Three confronts this directly. I made a decision to turn my will and life over, and then I started acting like someone whose will and life were not my personal property.

I began to pray the Third-Step Prayer daily: **“Relieve me of the bondage of self, that I may better do Thy will”** (Alcoholics Anonymous, p. 63). I don’t pray that because I’m pious; I pray it because I’m in bondage when I live in self.

Inventory Exposes Self-Pity and Selfishness at Their Source

Step Four has been my X-ray. When I write resentments, I can see exactly where self-pity talks and selfishness drives. My self-esteem, pocketbook, ambitions, and relationships are usually the threatened items (Alcoholics Anonymous, p. 64). I don’t have to condemn myself; I just have to tell the truth on paper.

Step Five keeps me from making a private religion out of my defects. I read them to another person and to God (Alcoholics Anonymous, p. 72). Then Steps Six and Seven move me from management to surrender. The 12&12 calls Step Six a separator: am I willing to stop protecting my favorite defects? Becoming entirely ready means I stop grooming self-pity and selfishness for future use (Twelve Steps and Twelve Traditions, pp. 56–58).

In Step Seven, I ask for what I cannot manufacture: humility and removal of what blocks my usefulness. **“Grant me strength, as I go out from here, to do Thy bidding”** (Alcoholics Anonymous, p. 76).

Daily Maintenance Through Step Ten

The greatest teacher for me has been Step Ten. **I continue to take personal inventory and when I am wrong I promptly admit it** (Alcoholics Anonymous, p. 84). “Promptly” matters. If I wait, self-pity writes the story. If I act, the truth sets the trajectory. A quick amends turns mountains into anthills.

Step Ten also contains the daily set of instructions that rescue me in real time: **ask God at once to remove selfishness, discuss it with someone, make amends quickly if I’ve harmed anyone, and resolutely turn my thoughts to someone I can help** (Alcoholics Anonymous, p. 84).

That last instruction is the spiritual crowbar that opens the jammed door of self-pity. When I think of someone I can help, I stop being the only character in the play.

The Service Solution

Page 94 gives me a concrete direction: outline the program of action for a newcomer and be clear that passing this on is vital to my own recovery (Alcoholics Anonymous, p. 94). When I get busy helping, the walls move outward. My problems resize. My day regains proportion. The paradox holds: **I keep what I give away.**

What counters self-pity? **Action.** When I get busy helping, the walls move outward. My problems resize. My day regains proportion.

Spiritual Pitfalls to Watch For

There’s a subtle form of selfishness that wears spiritual clothes. The 12&12 warns about “going it alone”—claiming guidance from God when I’m really indulging my own preferences (Twelve Steps and Twelve Traditions, p. 60). My solution is simple. I check my guidance with a sponsor or trusted friends. If I’m the only one who thinks my plan is inspired, it probably isn’t. The humility to seek counsel breaks the spell of self-specialness.

Another twist is what I call reverse pride: I make myself the worst. If I’m the biggest problem in every room, I still get to be the center. Self-pity loves this role because it’s attention without responsibility. AA offers a sober alternative: I’m not the worst or the best—I’m one among many, learning how to live.

The Daily Hinge: Prayer, Inventory, and Service

In the morning, I ask for protection and care with complete abandon (Alcoholics Anonymous, p. 59). I review the day ahead. I watch for selfishness, dishonesty, resentment, and fear. When they crop up, I ask God at once to remove them; I discuss them with someone; I make amends quickly if I’ve harmed anyone; and then I resolutely turn my thoughts to someone I can help (Alcoholics Anonymous, pp. 86–88).

At night, I ask where I was resentful, selfish, dishonest, or afraid. I ask if I owe an apology. I ask what I could have done better. I ask if **I was thinking of myself most of the time or what I could do for others—what I could pack into the stream of life** (Alcoholics Anonymous, pp. 86–88). These questions aren’t an exam to pass; they are a way of returning to usefulness.

A Word About Acceptance

Self-pity tells me that acceptance is surrender to defeat. The program reframes it. Acceptance is alignment. It acknowledges reality as the place where God meets me, not the place I have to escape. **“We cease fighting... even alcohol”** (Alcoholics Anonymous, p. 84). That is not resignation; it’s a decision to direct my energy toward what I can do: inventory, amends, prayer, service. When I accept life as it is, I become available to life as it could be.

Personal Reflection: How This Shows Up in My Life

Nowhere do these twins cause more damage than at home. When I carry injury like a precious relic, I justify coolness, sarcasm, and silence. The Big Book counsels a different spirit: **“patience, tolerance, kindness and love”** as a way of life (Alcoholics Anonymous, p. 83). That isn’t passivity; it’s power under guidance.

It looks like listening fully. It looks like apologizing quickly. It looks like serving quietly when I'd rather lecture nobly. In family conversations, we are warned to avoid heated argument, self-pity, self-justification, and resentful criticism—conditions that make useful conversation impossible (Alcoholics Anonymous, pp. 127–135). If I aim there, the atmosphere changes. Unity grows because I stop needing to win.

For me, selfishness looks surprisingly respectable. I can be generous and still self-centered if the generosity is a transaction. I can give advice nobody asked for and call it care. Self-pity can masquerade as fairness or realism. But the inventory never lies. When I write it down, I see the pattern clearly: I wanted to control the outcome, and when I couldn't, I withdrew into resentment.

The solution to self is not more self, even in negative form. The solution is a Power greater than myself and a way of life that puts me in position to be helpful. **"Giving, rather than getting, will become the guiding principle"** (Alcoholics Anonymous, p. 128). I can live that principle in a grocery line or a board meeting, at a family dinner or a group conscience.

Putting It Into Practice: Actions That Move Me From Self to Service

Here are actions that move me from self to service when I'm sliding:

- 1. Pray the prayers as written, then take action**
 - Morning: Third-Step Prayer (Alcoholics Anonymous, p. 63)
 - Step Seven Prayer (Alcoholics Anonymous, p. 76)
 - These aren't mantras; they're power tools that reset my direction
- 2. Call a newcomer**
 - Ask questions and listen for their fear, not my chance to perform
 - Offer a ride, a reading, or a meeting (Alcoholics Anonymous, pp. 89–96)
 - Self-pity hates when I focus on someone else's need
- 3. Take a small commitment**
 - Show up early, make coffee, greet the newcomer
 - Self-pity hates early arrivals and consistent service
- 4. Do a written Tenth Step on the exact thought that's looping**
 - Share it with a sponsor
 - Make the amends you're avoiding (Alcoholics Anonymous, p. 86)
 - Promptness matters—don't let the story calcify
- 5. Read a page that re-sizes me**
 - Page 85 on vigilance
 - Page 94 on working with others
 - Page 76 on humility
 - Then move your feet
- 6. Ask: "How would this look if I weren't at the center?"**
 - Often, the next action becomes obvious
 - This question breaks the spell of self-specialness

7. Review my daily checklist

My day hinges on a few simple motions. I watch for selfishness, dishonesty, resentment, and fear. When they crop up, I ask God at once to remove them; I discuss them with someone; I make amends quickly if I've harmed anyone; and then I resolutely turn my thoughts to someone I can help (Alcoholics Anonymous, pp. 86–88). That last instruction is the spiritual crowbar that opens the jammed door of self-pity.

The Opposite of Self Isn't Hatred—It's Love in Action

AA never asks me to hate myself. It asks me to right-size myself. The solution to self is not more self, even in negative form. The solution is a Power greater than myself and a way of life that puts me in position to be helpful.

When I forget, I return to the simple prayers that built my life in sobriety:

- **"God, I offer myself to Thee..."** (Alcoholics Anonymous, p. 63)
- **"My Creator... remove from me every single defect of character which stands in the way of my usefulness..."** (Alcoholics Anonymous, p. 76)

Prayed and practice these shift my center of gravity from me to God and others. The results are predictable: "I become less interested in my little plans and designs and more interested in what I can contribute to life." (Alcoholics Anonymous, p. 63). Fear loses volume. Peace finds me working. That is freedom.

I still have days when the old duet of "poor me" and "what about me" tries to sing lead. Today I have a score and a conductor. I know the notes: decision, inventory, admission, readiness, prayer, amends, continuation, conscious contact, and service. I know the cue: when self-pity starts humming, pick up the phone, pick up the coffee pot, or pick up a newcomer.

That's how I move from the bondage of self into the broad highway. And that's how, one day at a time, I stay free.

Key Points to Remember

- **Self-pity shrinks my world; service enlarges it**
- **Selfishness is the root that blocks me from God and others; willingness and humility uproot it**
- **Inventory and amends keep stories short and relationships clean**
- **Prayer and meditation aren't abstractions; they are power tools for right-sizing me**
- **The surest exit from self is usefulness**

My Illuminated Pocket

By Kimberly C.

kimberlycooperstudio@gmail.com

When I first came into Alcoholics Anonymous a year and a half ago, I found myself clinging to one line in A Vision for You: “*Abandon yourself to God as you understand God.*” The words struck a tuning fork somewhere deep in my ribs. I had lived so long submerged in a vodka haze that my conscious contact with anything sacred had calcified. Yet sobriety stirred a memory I had tried to forget—an encounter with a higher power on the night my father died. It was the only spiritual experience in my adult life that had felt tactile, luminous, and unmistakably real.

My father had called it *The Death Tour 2001*. He was one of those men who faced mortality with a blunt sort of humor. When he phoned my sister and me to say he had cancer, we immediately set weekly calls, trying to repair twenty years of distance in tidy one-hour increments. He had lived halfway across the country since I was twelve. By then I was a full-grown adult spiraling into my own chaos, often standing in the shower crying for the man who had once been my closest companion.

On those renewed calls, we tiptoed clumsily around the crater between us—speaking of my daughter, my dating life, my artwork. My sentences always felt thick and clunky, as if spoken through wet wool. Then one day he said, “If you want to see me again, you’d better hurry.” I booked a red eye to Minnesota without thinking twice.

Death has a way of rearranging a person’s hurt locker. When I saw him gaunt and exhausted with a baseball-sized tumor swelling from his throat any old resentments evaporated. What rushed in instead were childhood reel-to-reels: me crouched illegally in his drag car during a race; the exhilaration of flying down concrete ditches on his motorcycle; the two of us bent over a cassette deck making mixtapes; laughing at *Spiderman* cartoons because sarcasm was our shared native tongue.

We didn’t speak much that first day. Instead, I watched him do small, bewildering things: tossing out uneaten food, shuffling around in mismatched socks. Words felt pointless. I curled into him as though I were ten years old again, and we watched NASCAR for hours. He kept gesturing to the end of the couch where he claimed my dead grandfather was sitting, waiting to walk him to the other side.

I didn’t find it strange. My background in metaphysics had shaped me into someone who accepted that the soul didn’t begin or end with the body. If anything, it felt like the veil between worlds was thinning only for him, and I was somehow meant to witness it.

Before flying back to California, my daughter and I found a dead butterfly on his sidewalk. We tucked it into a small eyeglass case, not knowing yet that it would become sacred.

The week after returning home, grief came for me sideways. I went out drinking for days with my best gay male friends, a futile attempt to outrun the ache of that visit. By the eighth day my boyfriend gently suggested we slow down, and that night we meditated for my father. Afterwards my daughter and I held a ritual of our own, placing the butterfly on the living room floor, turning out the lights, and dancing around it for hours. She was barely in her pre-teens but already spiritually attuned. That night she whispered, “Butterflies mean transformation. I think we are helping Grandpa cross over.” Her words melted something inside me; I went to bed with quiet tears drying on my pillow.

Around two in the morning, I was startled awake but not in my body. I found myself floating near the ceiling, aware of my sleeping form below. I looked at the glowing digits of the bedside clock without using physical eyes. I was pure consciousness, pure presence: no skin, no boundary, no fear. Just an open field of knowing.

I drifted toward the sliding glass door and saw a deer in the backyard, gently nosing the earth.

And then it came, the unmistakable, engulfing peace. A peace that didn’t announce itself as emotion, but as truth. I knew with absolute certainty that everything was all right. That I was held. That nothing I could lose—money, relationships, status, even my own life—could disturb this fundamental safety. It was as though I had slipped behind the world into the original layer, the one made of unity. The one we forget we come from.

I didn’t question it. I simply inhabited it.

The next morning, I learned that my father had died during the night.

Later a friend told me the deer is, in German folklore, the guide who accompanies souls across the threshold of death. To me it felt like my father had stopped by on his way out, granting me a peace we hadn’t been able to reach in life. A soft, wordless goodbye.

A week later, I sat my first Buddhist sesshin in downtown Los Angeles: a full weekend of silence and eight hours a day of meditation. Afterward a young man introduced me to the term *kensho*—a moment in which one sees one’s true nature. I knew then what name to give my luminous night.

I have carried that moment with me ever since. I kept it tucked in a private inner pocket during the years I continued drinking,

though I refused to look directly at it. But once I got sober, I could no longer ignore the memory's gravitational pull. It became a compass pointing me back toward a presence I had abandoned. Back toward a higher power that had been waiting quietly for my return.

Sobriety has not recreated the exact sensation of floating above my body, but it has revived the essence of an inner quiet that feels like a homecoming. These days, as sunlight splays across my cheeks each morning, I pause before rising. I talk to that loving source. I remember that I am not separate from it. I breathe into the stillness I once tasted outside my body, the one that whispered there was nothing to fear, not even death.

My higher power and I are acquainted again. Reunited. What was once a single mystical flash has become an ongoing conversation, one formed through meditation, prayer, and the simple, daily sobriety that cleared enough space for the divine to return. And each morning now, in the soft light of my 11TH Step practice, I recognize that same illuminated pocket glowing quietly inside me, reminding me of who I really am, and who walks with me still.

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.



ONLY JAMS
ONLY JAMS
ONLY JAMS

NO BOOZE. NO BLUES. JUST JAMS.
 PUT ON THOSE PAJAMAS AND TURN UP THE VIBE

MEETING 7PM
 DANCE 8:30PM

6TH DEC

THE RAFTERS
 22607 SIXTH ST.

SUGGESTED DONATION: \$15

SANTA CLARITA VALLEY YPA

CENTRAL OFFICE IS
GETTING READY FOR THE HOLIDAYS

Bring an ornament to Central Office and help decorate their tree

Any Time in December
 Remember our office hours M/W/F 10:00am -5:00pm

Events

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

Date	Event	Time	Location
4-Dec-25	SCV H&I Monthly Meeting (In-Person)	6:30 PM - 8:00 PM	Saint Stephens Church, 24901 Orchard Village Rd., Santa Clarita, CA 91355
4-Dec-25	AV Central Office Intergroup Meeting (In-Person)	7:00 PM - 8:30 PM	43619 17 TH Street West, Suite 103, Lancaster, CA 93534
6-Dec-25	Only Jams YPAA (In-Person)	7:00 PM - 11:00 PM	Rafters Group, 22607 6 TH St., Newhall, CA 91321
7-Dec-25	Inter-Area Remote Communities Forum 2025 (Online)	11:00 AM - 12:00 PM	Online
7-Dec-25	AV Monthly Roundup (In-Person, Recurring)	5:30 PM - 6:30 PM	Friends of Bill W. Hall, 42545 Wall Street, Unit 115, Lancaster, CA 93534
8-Dec-25	District 7 G.S.R. Monthly Business Meeting (Hybrid, Recurring)	6:30 PM - 8:00 PM	Quartz Hill Grange Hall, 41843 50 TH Street West, Quartz Hill, CA 93536
10-Dec-25	Practice The Principles In All Our Service Work (Online)	4:00 PM - 6:00 PM	Online
14-Dec-25	AV H&I Monthly Meeting (In-Person, Recurring)	10:00 AM - 11:00 AM	Friends of Bill W. Hall, 42545 Wall Street, Unit 115, Lancaster, CA 93534
18-Dec-25	MSCA 09 Monthly Service Study and Committee Sharing (Online)	5:00 PM - 6:30 PM	Online
22-Dec-25	SCV Intergroup Meeting (In-Person, Recurring)	7:00 PM - 8:30 PM	26951 Ruether Ave., B-4, Santa Clarita, CA 91351
27-Dec-25	CPC/PI Monthly Committee Meeting (Hybrid, Recurring)	2:30 PM - 3:30 PM	1333 Van Beurden Dr., Baywood-Los Osos, CA 93402



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.

November IGR Meeting Minutes

Recorded by Doug W.

No Meeting for December, enjoy the Holidays.

Monday, November 24th, 2025

- Meeting called to order: 7:00 by Doug W.
- Opening prayer: Serenity Prayer (all)
- Statement of purpose: Jasmine G.
- Motion to accept October 2025 Minutes made by Judy F. and seconded by Ida B. held for vote. Passed by all.

Attendance: 8

- Bobby B., Doug W., Ida B., Jasmine G., Judy F., John C., Patty G., Stephanie M., and Susie R.

Chairpersons Report – Doug W.

- There will be no December meeting, enjoy the holidays.
- Upcoming Literature Share:
- January Stephanie M.
- February John C.

November Literature Share – Ida B.

- Ida B. chose **AA for Alcoholics with Mental Health Issues—and their sponsors (P-87)**. The pamphlet has many stories. Ida read the story of Robert.

Robert discovered alcohol at 14 as a remedy for bipolar disorder during his first depressive episode. He became a pharmacist, enabling dangerous combinations of drugs and alcohol. After a failed suicide attempt using cyanide and Scotch, a recovering alcoholic doctor invited him to his first AA meeting. At three and a half years sober, Robert stopped his bipolar medication after hearing members criticize psychiatric drugs, leading to hallucinations, hospitalization, and a lithium overdose. After intensive care, he surrendered to God and began taking medication as prescribed. Today, he maintains both sobriety and mental health through AA and proper medical treatment. **Sponsoring Others:** Sponsorship in AA works the same for alcoholics with mental health issues as for any other alcoholic—keeping the focus on sobriety and the AA program while encouraging them to seek professional help for their mental health conditions. Sponsors should never act as doctors or therapists, but should support the sponsee's relationship with mental health professionals while guiding them through the Twelve Steps. **Note to Medical Professionals:** Emphasizing that cooperation between AA and medical professionals serves a common purpose: helping alcoholics stop drinking and lead healthy, productive lives. The pamphlet provides guidance to help AA members balance prescribed medications appropriately while minimizing relapse risk, acknowledging that some members require medication but must guard against misuse of prescription drugs.

Treasurers Report – Judy F.

- October Central Office was in the red \$633. Central office operating expenses per month are \$2,066. November will have three payroll payouts instead of two, because of how the how it falls in the month. The checking account operates at around \$10-13K and the prudent reserve is over \$16K.
- Motion to accept the Treasurer's report by Stephanie M and seconded by John C.

Literature

- From GSO, the Special Online Forum for Deaf Alcoholics Anonymous Members, January 29TH, 2026

Office Manager – Judy F.

- Central Office has a Gratitude Tree. Bring in an ornament to place on tree in December.

PI/CPC – Judy F.

- Cooperation with Professional Community and Public Information is starting up. Sub-Committees include Medical, Legal, Senior, Community Related, and Youth (schools). If interested in heading a sub-committee let Judy know.

Outreach – Open

- None

Old Business – Doug W.

- Annex - Rafters location in on hold. It will be delayed for a few months.

Website – Doug W.

- All meeting are updated. Asked the IGR's to check on meetings that could have additional attributes added to meetings, such as wheelchair accessible and others

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. An IGR may collect the contributions and give them to the Central Office. The responsible is on the meetings Treasure to disperse funds after November.

Birthdays

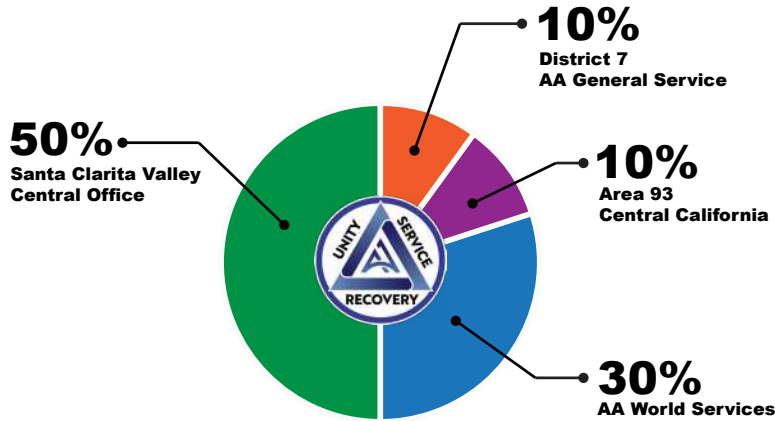
- Patty G., 13 years 11/15/2012

Meeting ended at 8:07 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.

