

February 2026



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

Giving Through

Scott H. Chair of the General Service Board

I had the opportunity to stand on the stage at the 2025 International Convention and gain a real-time perspective on the line in Tradition One where it says that "each of us is a small part of a great whole." While we may each be a small part, each one of us is a vital part.

The future of Alcoholics Anonymous is up to each one of us. Whether A.A. is here in the future for the still-suffering alcoholic will depend upon the efforts of us all.

In the book Alcoholics Anonymous Comes

of Age, Bill speaks of what is required of us as A.A. members — a sacrifice of much time and little money. When I look up the word "sacrifice" in the dictionary, it says "giving up something of value for something with a higher calling." So, a sacrifice of time is not my spare time, because spare time, like spare change, has little value. A sacrifice of time is the time where I might prefer to be doing something else.

Every minute I have had for the past 27 years has been given to me by Alcoholics Anonymous. But for Alcoholics Anonymous, I would not have seen my children finish elementary school, graduate from high school, graduate from university or get married. I would not have seen my grandchildren born. I would not have had the opportunity to laugh and cry with my family and friends. I would not

Continued on page 3

Contents

- 7TH Tradition 13
- 10,000 Hours 10
- AA Meetings 2
- Birthday Board 2
- Calendar Events 11
- Central Office News 4
- Constants 5
- Faithful Friends 2
- Giving Through 1
- Grapevine News 4
- How to Become an IGR 2
- January IGR Meeting Minutes 12
- Literature 4
- Monthly Service Meetings 13
- News from New York 4
- SCV Central Office 1
- The Home Group 7
- The Recovering Corker Column 6

SCV Central Office

2695 1 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
Stephanie M.	By the Book, Stepping Stones
Susie R.	Coyote Group & Magic Mountain Group Monday
Tobiah N.	12&12 Discussion, Recovery Room

Legacies for February

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2 For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2 The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Birthday Board

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

Bobby B	2/28/2023	3
Cecily G.	2/10/2023	3
Ella A	2/21/2022	4
Meghan R	2/27/2021	5
Sara R	2/20/2021	5
Patrick B	2/20/2020	6
Marisa R	2/20/2019	7
John C	2/10/2017	9
Cathy Z.	2/6/2017	9
Jennifer Y	2/8/2016	10
Linda C.	2/27/2015	11
Debbi B.	2/18/2011	15
Vanessa R	2/14/2011	15
Judy F	2/23/1975	51

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 163 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.

Giving Through

Continued from page 1

have the best friend that I do. When I think of the time I give to Alcoholics Anonymous, I must ask myself, as you may ask yourself, am I really making a sacrifice for Alcoholics Anonymous? For me, that one hour where I go to my home group is not a sacrifice. Nor are the two or three or four hours I spend attending other meetings. If I am involved in service outside of my home group, whether that is acting as a General Service Representative, taking a meeting into a hospital or prison, volunteering with a central office or intergroup, or meeting with sponsees, this may be the beginning of a sacrifice. But even if I do that for 10 hours a week, that is less than 6% of my time in a week. Would I gladly give up 6% of my time to spend the other 94% with my family? Would my family happily give up 6% of my time for another 27 years with me? Would I gladly give up 6% of my time to have this life? Would I happily give up twice that? For me, I would gladly give up much more than that. This life is worth far more than that.

All of the money in my pocket today was earned by me in the last 27 years. A dead man would have no money in his pockets. Everything I have, I owe to Alcoholics Anonymous. When I put money in the basket, I am simply giving back to Alcoholics Anonymous a very small fraction of what Alcoholics Anonymous has given to me. When the basket comes by, or when there is an opportunity to be of service, I ask myself, what am I willing to sacrifice to help save that still suffering alcoholic from dying an alcoholic death? I find I am often not satisfied with my own answer.

What I know is that there are tens of millions of alcoholics who need our help. Am I willing to sacrifice a few things: time, money, my opinions, my need to be right? I ask myself, am I really a different person than I was when I got to Alcoholics Anonymous, or am I still concerned with my own comfort, my own wants and needs or my own decisions about what I must have in order to have a good life? Have I actually achieved any degree of humility? For me, sacrifice has a good deal to do with humility. Again, sometimes I am not happy with my own answer.

If asked, what would I report about the sacrifices that I have been willing to make to help some alcoholic I will never meet avoid being doomed as we once were? What would I report that I have done to help that person be given the opportunity for a new life the way we have been given that opportunity.

Learn more about group and individual contributions and their impact at aa.org.

Change for Change

You've seen those small change dishes at coffee counters—pennies and quarters that don't seem like much on their own, but together make a real difference. The same is true for supporting our Santa Clarita Valley Central Office.

Central Office is 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. These services rely on rent, utilities, phone lines, and supplies—costs that add up.

We're inviting you to help in a simple way: contribute your spare change. Keep a small bowl or jar at home or in your meeting labeled "For Central Office." When it fills, drop it off. Small, steady gifts keep our local AA heartbeat strong.

Every call answered, every Big Book sold, every meeting list printed is powered by generosity—one coin at a time. Your change truly helps change lives.

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

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



Grapevine News

aagrapevine.org/store

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

The February issue of Grapevine is available and will cover "Getting Through Tough Times," with powerful stories by AA members about how they use the Steps, fellowship and the tools of AA to get through adversity in sobriety. Following are some of the article titles in the February Grapevine – **Heartbreak; Dealing With Loss; First, I Prayed; Open Heart And Mind.**

Letter from the Editor

Getting through difficult times in sobriety can be lonely and hard. But we learn to reach out for help. We go to more meetings, share with our fellows, use the AA tools and get through things. This month we feature powerful stories by members about dealing with loss, surgery, breakups, accidents and aging in sobriety. A great reminder that no matter what, we don't drink.

Visit aagrapevine.org to learn how you can get a subscription to the AA monthly newsletter.

Daily Quote

"Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of AA's Twelve Steps."

AA Co-Founder, Bill W., December 1957, "**The Greatest Gift of All**", *The Language of the Heart*

Literature

aascv.org

Literature available at Central Office.

Announcing writing workshops for A.A.'s new pamphlets. The trustees' Literature Committee of Alcoholics Anonymous has opened calls for stories for two new pamphlets: The Asian and Asian American Alcoholic and The Transgender Alcoholic.

To support A.A. members in the U.S. and Canada who identify as transgender, gender-diverse, or Two-Spirit, and those with ethnic or cultural ties to Asia, working groups of the trustees' Literature Committee are hosting virtual writing workshops. These sessions offer ideas, practical help, and Q&A on writing and submitting stories for the pamphlets, and are open to anyone who wishes to write their own story, help others in the community to write, or help carry the message about the call for stories.

Schedule:

- Sunday, January 25TH, 3PM PST/6PM EST
 - Monday, February 16TH, 4PM PST/7PM EST
 - Saturday, March 7TH, 11AM PST/2PM EST
- Zoom ID: 842 434 92371, Password: 705297
(Same Zoom ID for all workshops)

News from New York

A reminder from New York that literature prices will be going up as of February 1, 2026. **All book prices will increase by \$3.00**

- Big Book Hard Cover \$ 15.00
- Big Book Soft Cover \$ 14.00
- Big Book Large Print \$ 15.00
- Twelve Steps and Twelve Traditions Hard Cover \$ 14.00
- Twelve Steps and Twelve Traditions Soft Cover \$ 13.00
- Twelve Steps and Twelve Traditions Large Cover \$ 14.00
- Big Book Pocket \$ 9.00
- Plain Language Big Book \$ 14.00
- Twelve & Twelve Pocket \$ 11.00
- All pamphlets will increase by 15%

Central Office News

Central Office relies on contributions from our local groups/ meetings and AA members to cover its monthly operating costs. In 2026 we are looking to expand our hours to better serve our AA Community in Santa Clarita.

Constants

By Judy F. Info@aascv.org

I have been attending a book study workshop for years and soon we will be finishing up our in-depth study of the 12 Traditions. Each time we have gone through the Twelve and Twelve we go a little deeper and since it is basically the same group of women, I get to witness our maturity in sobriety as it takes place.

There is one word that keeps going through my head as we finish up, "constants." Constants are the reliable, unchangeable elements in our lives that provide stability, support, and security. When I first began noticing them in AA I felt an overwhelming feeling of being safe. That of all the changes and unmanageability in my life that was one place I could go, and the message was always the same.

Those early days my "constants" were The Rafters, AA, and Tiny Naylor's. Pretty much in that order. The Rafters – the minute you started up those stairs, got your first whiff of smoke and brewing coffee, then heard the laughter... the umpire called you safe at home. The meeting would start, chapter 3, 5 and the 12 Traditions would be read (at every meeting no less), chips would be given, and then the meat of the meeting – everyone sharing their experience, strength and hope. Discussion would take place on "let go and let God," "first things first," "easy does it." I had absolutely no idea how these trite sayings were going to help me find a job much less explain why I quit the job I had in the first place. The meeting would close with the Lord's Prayer and we would all traipse up to Tiny Naylor's for more coffee. "CONSTANTS." It was no different if it was Wednesday or Saturday.

Then they closed Tiny Naylor's and tore it down. Do you have any idea what that does to a group of people who rely on "constants" for their stability and safety? Where were we going to find a place that would get used to this motley crew and allow us to pour our own coffee? Of course, the Saugus Café! Not any further down the road and they stayed open late because of the bar. We had found a new home.

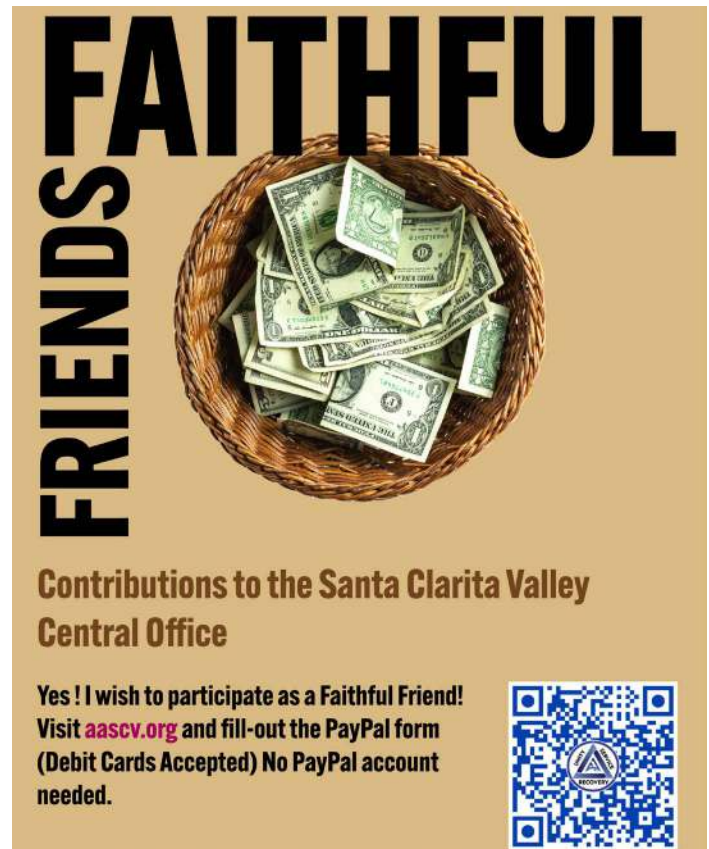
I smile when I think of that time in my sobriety. A number of those people I sat with at meetings and then in those booths are no longer with us but their "constants" remain with me. I had no idea what they were preparing me for. They are no longer here, just as the Rafters building is gone, Tiny Naylor's and even the Saugus Cafe may or may not be closed.

What I have seen through all these years is the resilience of Alcoholics Anonymous and the fellowship. Oh, its gone through its growth spurts and other really whacky times, but it is resilient. I just have to pick up LANGUAGE OF THE HEART and read any of

Bill's writings. He prepared for this resilience in the 12 Traditions, the General Service Conference and the General Service Board.

I go back to my original definition of "constants" – unchangeable elements in our lives that provide stability. Nothing has changed yet everything has. My new haunt is Lily's Café. I go in frequently by myself, and surprise, surprise run into people I know having a cup of coffee and working with a newcomer or sponsee.

As I have learned just recently, the most important constant in my life today is a loving God as I understand Him. In trusting Him I learned that I would just have to drive a little further down the street to My Rafters AA Group. The outside was different but inside where the people were was the same. In trusting him I was going to be able to walk thru some of the scariest moments of my life, have people holding me up but in that moment it was just him and me.




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.





INTERNATIONAL WOMEN'S CONFERENCE
For those with a desire to stop drinking.

JOIN US ONLINE!
FEBRUARY 12-15, 2026

Just \$20 USD to attend online. Includes 4 days of experience, strength and hope – modern to modern! Sign up today.



SCAN HERE TO REGISTER AND LEARN MORE!

The Recovering Corker Column

info@aascv.org

Dear Recovering Corker,

Do I have to call myself an “alcoholic” at meetings? And do I have to talk?

Dear Friend,

No and no. In AA meetings people often introduce themselves by stating their name and their disease, but you don't have to. You can simply say your name, or pass. The only requirement in AA is the desire to stop drinking.

If you are called upon in a meeting and asked to share, you do not have to. It is fine to say you are just listening. Many people do not wish to speak at meetings and will politely pass.

Dear Recovering Corker,

As a newcomer to AA, I am beginning to feel like the dogma of the program is being crammed down my throat. Every time I go to a meeting or spend time with my sponsor I hear the same rhetoric – “work the steps and read the book”. In the beginning of AA they didn't have the book or the steps and they stayed sober. What is the big hype about?

Slowly Loosing Mind

Dear Slowly,

You are absolutely right. Bill and Dr. Bob did not have the benefit of the Big Book or the Twelve Steps and they stayed sober so why is it so talked about today in AA. The benefit of the Big Book is that it tells us “precisely how they stayed sober” since we don't have the benefit of Bill and Dr. Bob. They wrote the book because they knew if the message was to be carried and AA were to grow the instructions needed to be in writing. It's similar to a family recipe that is handed down from generation to generation.

Bill W. wrote in an article for the AA Grapevine in September of 1945. “The Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world. Our experience tells us these universal truths work. The anarchy of the individual yields to their persuasion. He sobers up and is led, little by little, to complete agreement with our simple fundamentals. Ultimately, these truths govern his life and he comes to live under their authority, the most powerful authority known, the authority of his full consent, willingly given. He is ruled, not by people, but by principles, by truths, and as most of us would say, by God.”

**Language of the Heart Rules Dangerous But Unity Vital Pg. 6
Quote Pg. 8*



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.



The Home Group

By Douglas W., webservant@aascv.org

This article is based on a Conference Approved pamphlet called *The AA Group...Where It All Begins (P-16)*. Before I continue, I want to emphasize that Conference Approved Literature is important. Many people skip reading and studying these pamphlets, assuming they're only for newcomers. I encourage everyone to seek out and learn from them.

Finding Your Place: Understanding the AA Home Group

When I first walked into the rooms of Alcoholics Anonymous, I was overwhelmed. Different meetings, different faces, different formats—it all blurred together in those early days of desperate sobriety. Someone handed me a meeting list and told me to “go to meetings,” highlighting some they attended. I was too early in my sobriety to know there was a difference between a meeting and a group. I nodded in appreciation, but honestly, I had no idea there was a difference or if it mattered. It would take me many months to understand, it was not until I lived in Portland, Oregon (just under two years of sobriety) where I attended groups and not meetings. After five years, when I returned to Santa Clarita I saw the difference. AA meetings are important. However AA meetings outside of a group operates is what I call “Uniformed AA”—there was little group emphasis and a lot of meetings. When I finally grasped the distinction, it transformed my recovery in ways I never anticipated.

Today, after years of continuous sobriety and active General Service work, I can say with certainty that choosing a home group was an important decision I knew I wanted in my recovery. It's where I found my footing, discovered my voice, and learned what it truly means to be part of something larger than myself. Just going to meetings I am not vested, I show up, I share if asked and leave. I do talk to other members, but there is minimum spiritual growth.

What Exactly Is an AA Group?

Before we can understand what a group is, we need to understand what constitutes an A.A. group in the first place. The long form of Tradition Three provides our clearest definition: “Our membership ought to include **all** who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for **sobriety** may call themselves an A.A. group, provided that, as a group, they have no other affiliation.” (The AA Group, p. 12)

This beautiful simplicity is at the heart of our Fellowship. No elaborate requirements, no membership fees, no hoops to jump through. Just alcoholics gathering together with a common purpose: sobriety. Some A.A. members come together as specialized groups—for men, women, young people, elderly,

LGBTQ+ members, and others. “If the members are all alcoholics, and if they open the door to all alcoholics who seek help, regardless of profession, gender or other distinction, and meet all the other aspects defining an A.A. group, they may call themselves an A.A. group.” (The AA Group, p. 12)

The Fourth Tradition tells us that “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” This means each group charts its own course, develops its own character, and approaches carrying the message in its own unique way, only if they do no harm. “Each group is as unique as a thumbprint, and approaches to carrying the message of sobriety vary not just from group to group but from region to region.” (The AA Group, p. 11)

The Critical Distinction: Meeting vs. Group

Here's something that took me far too long to understand, and it's a distinction that matters deeply. A meeting and a group are not the same thing.

“Most A.A. members meet in A.A. groups as defined by the long form of our Third Tradition. However, some A.A. members hold A.A. meetings that differ from the common understanding of a group. These members simply gather at a set time and place for



The poster features a palm tree graphic on the left and the SCAAC logo on the right. The text is arranged in a clear, hierarchical manner, starting with the convention title and dates, followed by the planning meeting schedule, and ending with the location and contact information.

74th Southern California AA Convention
Planning Meetings

Come Join Us and Be of Service!

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...

2026 Planning Meetings Starting at 10:30am

74th SCAAC Convention at The Westin on October 16-18, 2026

November 15, 2026: (Wrap Up Meeting)

For more info: info@aasocal.com
visit us at: www.aasocal.com

at The 502 Club
510 S. 2nd Ave #10, Covina, CA 91723

a meeting, perhaps for convenience or other special situations.” (The AA Group, p. 13)

So what’s the real difference? **“The main difference between meetings and groups is that A.A. groups generally continue to exist outside the prescribed meeting hours, ready to provide Twelfth Step help when needed.”** (The AA Group, p. 13)

This distinction illuminated so much for me. A meeting is an event—a gathering at a specific time and place where alcoholics share experience, strength, and hope. But a group is an ongoing entity, a living organism that exists before, during, and after the meeting itself. The group maintains relationships, provides Twelfth Step help around the clock, participates in A.A.’s service structure, and creates a continuous support system for its members.

“A.A. groups are encouraged to get listed with GSO, as well as with their local offices: area, district, central office.” (The AA Group, p. 13) This listing ensures that when someone reaches out for help, they can find us. To be listed as a group, the group must elect a GSR (General Service Representative) or at a minimum a Mail Contact.

The Heart of AA: Your Home Group

Now we arrive at the concept that changed everything for me—the home group.

“Traditionally, most A.A. members through the years have found it important to belong to **one** group that they call their ‘home group.’ This is the group where they accept service responsibilities and try to sustain friendships.” (The AA Group, p. 15)

Notice the emphasis: **one** group. Not three groups where you casually attend, not wherever happens to be convenient that night. One group that you commit to, invest in, and call your own.

Why does this matter? Because “although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the home group has still remained the strongest bond between the A.A. member and the Fellowship.” (The AA Group, p. 15)

The pamphlet continues with powerful truth: “Over the years, the very essence of A.A. strength has remained with our home group, which, for many members, becomes our extended family. Once isolated by our drinking, we find in the home group a solid, continuing support system, friends and, very often, a sponsor. We also learn firsthand, through the group’s workings, how to place ‘principles before personalities’ in the interest of carrying the A.A. message.” (The AA Group, p. 16)

This resonates deeply with my experience. My home group became family when I had alienated much of my biological family

through my drinking. These were the people who knew my story, celebrated my milestones, called me out when I was being self-centered, and showed up for me in my darkest moments.

Membership and Your Voice

With home group membership comes something precious: your voice in Alcoholics Anonymous. Meetings have no voice, and their members often don’t mind—until GSO changes something they dislike. Then they’re up in arms, complaining, “Why weren’t we informed?” Well, no voice means no communication. An active group with a GSR who attends District 7 and Area 93 meetings would be informed about changes being considered by the General Service Conference, which meets each April. Area 93 has an upcoming Pre-Conference on April 12TH to discuss these changes, where the Area gives an informed conscience and our Delegate can learn the Area’s input.

“With membership comes the right to vote on issues that might affect the group and might also affect A.A. as a whole — a process that forms the very cornerstone of A.A.’s service structure. As with all group-conscience matters, each A.A. member has one vote; and this, ideally, is voiced through the home group.” (The AA Group, p. 16)

This is how our Fellowship remains democratic and responsive. Every alcoholic, regardless of their time sober or their station in life, has an equal voice. Your opinion on how the group should conduct its affairs matters. Your vote on issues that may affect A.A. worldwide matters. But this voice is typically exercised through your home group.

“How do you become an A.A. group member? The only requirement for A.A. membership is a desire to stop drinking” (Tradition Three). Thus, group membership requires no formal application. Just as we are members of A.A. if we say we are, so are we members of a group if we say we are.” (The AA Group, p. 13)

Participating in Your Home Group

So what does active participation in a home group actually look like? The pamphlet offers clear guidance:

“For a group to keep going, all kinds of service **must** be done. It is through the combined efforts and ongoing commitment of group members that: a meeting place is provided and maintained; programs are arranged for the meetings; Seventh Tradition contributions are collected, and properly allocated and spent; A.A. Conference-approved literature is on hand... refreshments are available; assistance in finding A.A. meetings is given to alcoholics in the area; calls for help are answered; group problems are aired and resolved.” (The AA Group, p. 18)

This is where the rubber meets the road. Participation isn’t just sitting in a chair—it’s being willing to serve. Making coffee. Setting up chairs. Greeting newcomers at the door. Serving as treasurer,

secretary, or in other trusted servant positions, such as the Groups GSR.

Groups carry the financial responsibility for AA as a whole. They collect Seventh Tradition funds and pay their obligations—rent, coffee, and literature. **All money collected beyond what's needed for these obligations is distributed throughout the entire AA service structure.** Since they are listed with GSO, they receive a Group ID, needed for giving the group a receipt. They make contributions to the (GSB) General Service Board, Area 93, District 7, and SCV Central Office. A healthy group collects and distributes funds beyond its needs. Groups should not hold money without a stated purpose.

Service Positions: Trusted Servants, Not Governors

Groups need structure to function, and this is where trusted servants come in. "In A.A. groups, these trusted servants are sometimes called 'officers' and usually are chosen by the group for limited terms of service. As Tradition Two reminds us, 'Our leaders are but trusted servants; they do not govern.'" (The AA Group, p. 19)

The pamphlet reminds us that "titles in A.A. do not bring authority or honor; they describe services and responsibilities." (The AA Group, p. 19) This is so counter cultural in our culture that prizes titles and status. In A.A., we serve because service keeps us sober and helps others—not because we want recognition or power.

One of the most important service positions is the General Service Representative (GSR). "Working via the district and area committees, the GSR is the group's link with the General Service Conference, through which U.S. and Canadian groups share their experience and voice A.A.'s collective conscience. Sometimes called 'the guardians of the Traditions,' GSRs become familiar with A.A.'s Third Legacy — our spiritual responsibility to give service freely." (The AA Group, p. 22)

The Group Conscience: Our Guiding Light

Perhaps the most profound aspect of home group participation is engaging in the group **informed conscience** process. "The group conscience is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken. This is achieved by the group members through the sharing of full information, individual points of view, and the practice of A.A. principles. To be fully informed requires a willingness to listen to minority opinions with an open mind." (The AA Group, p. 28)

This taught me so much about humility. My opinion matters, but so does everyone else's. "On sensitive issues, the group works slowly — discouraging formal motions until a clear sense of its collective view emerges. Placing principles before personalities, the membership is wary of dominant opinions." (The AA Group, p. 28-29)

Why All of This Matters

Bill W. captured the essence of why home groups are so vital: "Most of us cannot recover unless there is a group. Realization dawns on each member that he is but a small part of a great whole. ... He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not." (The AA Group, p. 11)

The group needs us, and we need the group. This interdependence is the heartbeat of our Fellowship. "The entire structure of A.A. depends upon the participation and conscience of the individual groups, and how each of these groups conducts its affairs has a ripple effect on A.A. everywhere." (The AA Group, p. 10)

Putting It Into Practice

If you don't have a home group, I encourage you to find one. Attend different meetings that are groups, pay attention to where you feel comfortable, notice which groups seem healthy and welcoming. When you find a place that feels right, make a commitment. Show up consistently. Introduce yourself as an AA member. Ask how you can help.

If you already have a home group but have been passive in your membership, consider stepping up. Volunteer for a service position. Attend business meetings. Participate in group conscience discussions. Get to know your fellow members outside of meeting times.

To reiterate: a meeting is simply a gathering with a start time. A "Uniformed AA" group is technically a group but doesn't function outside the meeting itself. A traditional A.A. group, however, exists and operates beyond the scheduled meeting time.

Remember: "No one type or format is the best for an A.A. meeting, but some work better than others." (The AA Group, p. 15) The same is true for groups. The best home group for you is one where you can grow, serve, and carry the message to others.

My home group has carried me through death of friends and family members, divorce, job loss, health issues, and the ordinary struggles of daily living. It has also given me the privilege of watching newcomers transform into sober, responsible members of fellowship. It has taught me that I am indeed "but a small part of a great whole"—and that this is exactly as it should be.

The hand of A.A. is always there because group members like you and me make the commitment to extend it. Find your home group. Commit to it. Serve in it. And watch as your recovery—and the recovery of countless others—is strengthened in ways you never imagined possible.

10,000 Hours

By Kimberly C.

kimberlycooperstudio@gmail.com

They say it takes 10,000 hours to become an expert at something. I've always loved that idea, not because it's neat or motivational-poster tidy, but because it's so inconvenient. Ten thousand hours is a long time. Long enough to get bored. Long enough to quit. Long enough to reinvent yourself three times and still not be done.

I know this because I've logged the hours.

I am an expert in writing. I am an expert in making art. I am also—less impressively, but no less thoroughly—an expert in drinking, procrastinating, smoking, and trying to quit smoking. I have put in my time. I've clocked the repetitions. I've practiced the rituals. I've rehearsed the excuses. Expertise, it turns out, is morally neutral. You can become very good at things that are killing you.

Which is how I know this: sobriety—real sobriety, the emotional kind—takes about 10,000 hours too.

Not the stopping-drinking part. That part can happen in a day. Or a night. Or a spectacularly bad afternoon. You can put the bottle down and call it sobriety, and technically you'd be right. But living sober? Becoming a sober person? That's a different apprenticeship entirely.

Alcoholics Anonymous doesn't promise speed. It promises a way. A slow, daily, rigorously honest way. And if there's one thing I've learned from both art and addiction, it's that the nervous system does not respond to slogans. It responds to repetition.

What fires together wires together.

Neural pathways are like ruts in a dirt road. Walk the same path long enough and your feet stop asking questions. Drinking was a rut. Avoidance was a rut. Self-contempt was a six-lane highway with excellent signage and no tolls. I didn't need willpower to drink; my brain did it for me. Muscle memory of the soul.

Sobriety asks you to walk somewhere else. At first it feels impossible, like bushwhacking through undergrowth with no map. You step off the familiar road and everything slows down. You trip. You double back. You stand there thinking, surely there must be an easier way.

There isn't.

There is only practice.

The 12 Steps are not self-improvement tips. They are rewiring instructions. Daily, sometimes hourly, they ask you to notice what

you're doing, admit when you're wrong, clean up your messes, and help someone else. Over and over. In small, unglamorous moments. Especially on days when you would rather do literally anything else.

This is where people get discouraged. They think sobriety should feel better faster. They think if they're not serene by Day 90, they're failing. They confuse abstinence with transformation. But you don't become a pianist by owning a piano, and you don't become sober by not drinking.

You become sober by showing up.

Every day you tell the truth instead of curating it. Every time you pause instead of reacting. Every time you make the phone call, write the inventory, sit in the chair, wash the coffee cups, listen instead of performing. These are hours. They count.

So do the bad days. Especially the bad days.

In my drinking life, I was incredibly disciplined. I planned. I scheduled. I maintained supply chains. I optimized recovery time. I practiced denial until it became fluent. That didn't disappear when I got sober. It had to be redirected.

Sobriety doesn't erase who you were good at being; it asks you to repurpose those skills.

The same obsessive mind that once chased oblivion can learn to chase clarity. The same persistence that kept me drinking long past the point of fun now keeps me writing when the page goes dead. The same stubbornness that made me say, I'll quit tomorrow now says, I'll stay today.

Ten thousand hours doesn't mean constant effort. It means accumulated presence. It means staying in the room long enough for your nervous system to calm down and realize no one is coming to rescue you—and that you might not need rescuing after all.

Emotional sobriety is the longest curve. You can stop drinking and still be emotionally drunk for years—reactive, entitled, terrified, controlling, checked out. I know because I've been all of those things sober. That doesn't mean the program isn't working. It means it is.

Progress looks like this: fewer explosions. Shorter spirals. Faster

apologies. Longer pauses. A growing ability to sit with discomfort without narrating your own escape.

These changes are subtle. They don't photograph well. But over time they add up to a different person inhabiting the same body.

If you are early in sobriety and exhausted by how long it's taking, this is the part where I tell you to be gentle. Not indulgent—gentle. There's a difference. You are learning a new language with an old mouth. You are carving a new road with tools designed for escape. Of course it feels slow.

Hold tight.

Ten thousand hours is only four hours a day for seven years. It's showing up when you don't feel inspired. It's doing the next right thing without applause. It's trusting that the brain, like the heart, can be taught where to go.

They say mastery is boring. That's not quite true. Mastery is quiet.

It's the absence of drama. It's knowing what to do when no one is watching.

Sobriety is not a personality transplant. It's a practice. One that works whether you believe in it or not, as long as you keep showing up.

Ten thousand hours later, you don't become perfect. You become reliable. You become someone you can live with.

And that, in my experience, is expertise worth earning.

Calendar Events

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

Date	Event	Time	Location
2/1/2026	AV Monthly Roundup (In-Person)	4:30 PM - 5:30 PM	Friends of Bill W. Hall, 42545 Wall Street, Unit 115, Lancaster, CA 93534
2/3/2026	The 2026 Unity in Action (On-Line)	10:00 AM - 11:00 AM	Zoom ID: 202 006 1935 Passcode: 624101
2/5/2026	SCV H & I Monthly Meeting (In-Person)	6:30 PM - 8:00 PM	Saint Stephen's Church, 24901 Orchard Village Rd, Santa Clarita (Valencia), CA 91355
2/5/2026	AV Central Office Intergroup Meeting (In-Person)	7:00 PM , 8:30 PM	Antelope Valley Central Office, 43619 17 TH Street West, Suite 103, Lancaster, CA 93534
2/8/2026	AV H&I Monthly Meeting (In-Person)	10:00 AM - 11:00 AM	Friends of Bill W. Hall, 42545 Wall Street, Unit 115, Lancaster, CA 93534
2/8/2026	74 TH Southern California AA Convention , Planning Meetings (In-Person)	10:00 AM - 12:00 PM	510 S. 2 ND Ave #10 Covina, CA 91723
2/9/2026	District 7 Monthly Business Meetings (Hybrid)	6:30 PM - 8:00 PM	Quartz Hill Grange Hall, 41843 50 TH Street West, Quartz Hill, CA 93536
2/12/2026	62 ND International Women's Conference (Hybrid)	All Day	833 5 TH Ave, Des Moines, IA 50309
2/14/2026	2026, 2027 GSR Orientation (On-Line)	4:00 PM - 6:00 PM	Zoom ID: 869 0310 1724 Password: 164
2/15/2026	Area Assembly (CCAA) (Hybrid)	8:00 AM - 5:00 PM	Frazier Mountain Park Community Center 3801 Park Dr, Frazier Park, CA 93225
2/16/2026	Cooperation with the Professional Community (CPC) (On-Line)	6:00 PM - 7:00 PM	On-Line
2/23/2026	SCV Intergroup Meeting (In-Person)	7:00 PM - 8:30 PM	26951 Ruether Ave., B-4 Santa Clarita, CA 91351
2/27/2026	PRAASA 2026 (In-Person)	All Day	Hilton Hawaiian Village Waikiki Beach Resort 2005 Kālia Rd, Honolulu, HI 96815
2/28/2026	7 TH Tradition Workshop! (On-Line)	12:00 PM - 2:00 PM	On-Line

January IGR Meeting Minutes

Recorded by Kathy B.

Recorded by Kathy B., Secretary

Monday, January 26th, 2026

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

Attendance: 8

- Doug W., Barbara W., Ida B., Jasmine G., Jenny M., Kathy B., Patty G., Susie R., and Susan C.

Chairpersons Report – Doug W.

- Requests remain: Each month I would like a volunteer to write an article for the Gratitude Gazette, written by IGR's and other AA members. I'm happy articles are being written. Thank you.

January's Literature Share – Stephanie M.

- Stephanie chose to share on the book *Language of the Heart* – Bill W.'s Grapevine writings. She spoke about the Anniversary letter June 1959, and the Grapevine was founded exactly 15 years ago. She also spoke that it was the founders' hope that AA's would find answers to their own struggles through these Grapevine articles. The book has a multitude of topics. The Grapevine articles are organized on main topics front contents of the book. Stephanie highly recommended the book for everyone.

Meeting Share

- Jenny M. Shared about the Magic Mountain group BB Study at 6:30 PM Friday nights at the Valencia Methodist Church. She stated it was well attended. The main idea of the meeting is a leader who shares for a few minutes then they read the Big Book and discuss what was read.

Treasurers Report – Susan C.

- Treasurers Report for November and December was accepted.
- November's Treasury Report central office was \$568.03 in the black, December \$5,139.00 in the red, and January \$3,678.90 in the red. H & I's payment for books in the amount of \$5,026 was received and posted in January,
- which adjusts income to approximately \$2,000 in positive standing.
- All Big Books, 12&12's will be increasing by \$3.00 on February 1st, 2006.
- Gratitude Month(s) November and December: Donation total: \$2,319.00

- Faithful Friends Donations. IGR Member asked Central Office for accounting to better understand how the program is doing. This will be provided at the next IGR meeting.

Office Managers Report -Susan C.

- No report

Public Information – Patty G.

- No Report

Outreach – Open

Old Business – Doug W.

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

New Business – Doug W.

- None

Website – Doug W.

- Three meeting have closed.
 - Depth and Weight Big Book study – Closed
 - Magic Mountain Group – Friday 7PM, St. Stephens – Closed
 - Rafters online – 7PM - Closed

Announcements

- San Fernando Valley AA Convention January 30TH, 31ST, and February 1ST at Warner's center Marriott. Registration \$35.00. See their convention website for tickets.

Birthdays

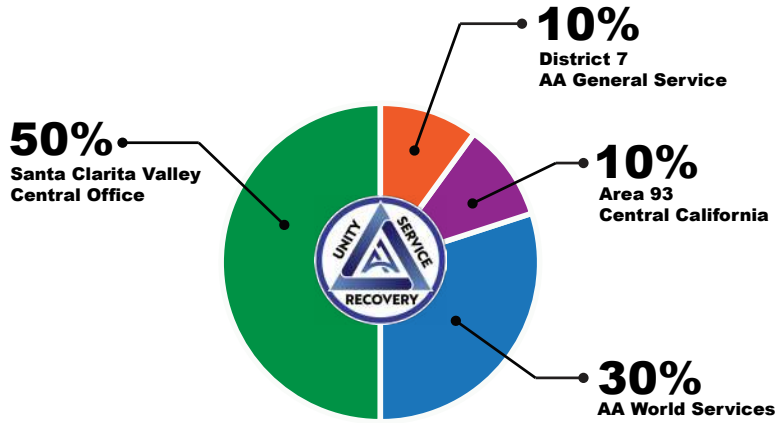
- Barbra W. 43, Jenny M. 12, and Ida B. 2. Happy Birthday!!!

Meeting ended at 7:45 with the pledge I am responsible

7TH Tradition

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

Financial Support for your Central Office, District 7, Area 93, and General Service Board of AA it is suggested for each group that participates in Tradition 7. When a meeting meets it rent and prudent reserve, the remaining contributions are suggested to support all of the AA Service Structure. The percentages are suggestions.



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:
7. Scroll down to the "Past Transactions" section.
8. Tap on "Change All to Private" to update the visibility of all your past transactions to private.

By setting your transactions to private, only you and the person you're paying or receiving money from will be able to see the details of the transaction.

AA General Service

BM-31


THE A.A. SERVICE MANUAL
combined with
**TWELVE CONCEPTS
FOR WORLD SERVICE**
by Bill W.



P-19

GSR
General Service
Representative

Your
to AA




P-44

This is A.A. General Service
Conference-approved literature

**A.A.'S
LEGACY
OF SERVICE**
by Bill W.

What is the basic A.A. service?
The Fellowship's responsibility
The pioneers' battle for the Big Book
News stories and sudden A.A. growth
Beginnings of group and world services
Origin of the Twelve Traditions
G.S.O. today
Birth of the General Service Conference


THIS IS A REFRESHING
THE A.A. SERVICE
The complete manual
guide in Fellowship and
from the General Service



P-8

"The Twelve
Concepts for
World Service"
The
What?


The
Twelve
Concepts
for
World
Service
illustrated



P-17

A.A. Tradition
How It Developed
— by Bill W.

A tour of the historical
events that led to our
unique Twelve Traditions



P-43

The
**TWELVE
TRADITIONS**
Illustrated



P-16

The A.A. Group
...where it all begins

How a group functions.
How?




F-12

This is A.A. General Service Conference-approved literature

**Your
DCM**
District
Committee
Member

What is a DCM?
The heart of A.A. is the group, which elects a general service representative (GSR) to attend the General Service Conference (GSC). The GSR attends district meetings that are made up of the groups in that district. The GSRs elect a district committee member (DCM). Thus, the DCM is the future, because it is the future of the General Service Conference.

Where does the DCM come from?
GSRs in each district usually elect a DCM for a good district committee. Background in A.A.



P-45

**Circles of Love
and Service**

How A.A.'s work together to help
the alcoholics who still suffer



F-3

SELF-SUPPORT:
Where
Money &
Spirituality
Mix



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

