

July  
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](mailto:info@aascv.org)

Website: [aascv.org](http://aascv.org)

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## Status Quo

By Judy F.

[Info@aascv.org](mailto:Info@aascv.org)

“Yet how many of us, for example, would presume to declare, “Well, I’m sober and I’m happy. What more can I want, or do? I’m find the way I am.” We know that the price of such self-satisfaction is an inevitable backslide, punctuated at some point by a very rude awakening. We have to grow or else deteriorate. For us “status quo” can only be for today, never for tomorrow. Change we must; we cannot stand still.

*Language of the Heart Bill W. “Shape of Things to Come” February 1961*

I have been talking a lot about it being “my turn in the barrel” and my spiritual disconnect and even though this article by Bill was actually referring to A.A. and the fear he had in what A.A. would look like down the road in another 25 years he used our own personal sobriety as an example of the danger in the “status quo, I’m fine” attitude.

I have gone back to Bill’s letter on Emotional Sobriety and he never mentioned that it was the activity in A.A. that helped us develop real maturity and balance and it wasn’t the demands placed on people and circumstances. Bill found that his depression lifted when he was “living and practicing” the words of St. Francis.

If you’re new to AA or an oldster, I have to remember I was never promised that if I put down the drink the rest of my life would be a “walk in the park.” I have had other tuff times in sobriety and know this

*Continued on page 4*

## 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
<b>Barbara W.</b>	Step Sisters, St. Stephen’s Church
<b>Bobby B.</b>	The Rafters
<b>Christine C.</b>	The Great Reality Sunday, Stepping Stones
<b>Ida B.</b>	New Reflections, Saint Stephen’s Church
<b>Holly M.</b>	By the Book, Stepping Stones
<b>Jasmine G.</b>	Wednesday Women’s Night Happy Hour
<b>Jennifer Y.</b>	Santa Clarita Speakers Meeting
<b>Jenny M.</b>	Magic Mountain Group, United Methodist Church
<b>John C.</b>	Men’s Crosstalk, OLPH, Easy Does it
<b>Joyce R.</b>	Convention Liaison
<b>Judy F.</b>	Central Office Manager
<b>Kathy B.</b>	Secretary, 10+ Meeting, Stepping Stones
<b>Leslie M.</b>	Daily Reflections, Stepping Stones
<b>Lori J.</b>	Big Book Study, Recovery Room
<b>Patty G.</b>	Women’s Bean Bag Toss, Stepping Stones
<b>Susan C.</b>	Intergroup Chair
<b>Susie R.</b>	Coyote Group & Magic Mountain Group Monday



## 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 4<sup>TH</sup> 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.

## Legacies for July

- Step 7** Humbly asked Him to remove our shortcomings.
- Tradition 7** Every A.A. group ought to be fully self-supporting, declining outside contributions.
- Concept 7** The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

## AA Meetings

[aa.org/meeting-guide-app](http://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](mailto:webservant@aascv.org).

To find upcoming In-Person and Online meetings nearby or anywhere in the U.S. or Canada, use the Meeting Guide App. This app currently includes listings from 400 AA service entities, providing you with access to over 100,000 weekly meetings. The information is refreshed twice daily and is provided by AA World Services.



The [Meeting Guide App](#) is available for free from the Apple Store and Google Play Store. Look for the chair in the circle and download the app today.

## Birthday Board

We would love to acknowledge your sobriety so help us keep our birthday info updated by emailing us at [info@aascv.org](mailto:info@aascv.org)

Sabrina R . . . . .	7/27/2022	4
Susie R . . . . .	7/2/2019	7
Bridget M . . . . .	7/14/2018	8
Melanie S . . . . .	7/4/2015	11
Leah R . . . . .	7/25/2014	12
Tanya H . . . . .	7/29/2013	13
Kelley H. . . . .	7/26/2013	13
Sue P . . . . .	7/6/1987	39
Molly K . . . . .	7/1/1979	47
Claudette . . . . .	7/18/1976	50

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.



## Grapevine News

[aagrapevine.org/store](http://aagrapevine.org/store)

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

The July issue of AA Grapevine is available – Annual Prison Issue featuring powerful, hopeful stories by AA members inside corrections facilities and the members who do the important service corresponding with and sponsoring them.

Following are examples of just some of the articles in July's issue: **Bigger Than Us; Bad Girl's Club; A Real Lifeline; Scene Of The Crime.** These are just a few of the articles. Get your AA Grapevine subscription to find out the other amazing things available with your subscription.

### Quote for the Day:

"The phrase 'God as we understand him' is perhaps the most important expression to be found in our whole AA vocabulary. Within the compass of these five significant words there can be included every kind and degree of faith, together with the positive assurance that each of us may choose his own."

Bill W. April 1961, *Language of the Heart*

## Literature

[aascv.org](http://aascv.org)

Your local Central Office has a new batch of meditation books in stock waiting for you if you're looking for something new to read each morning.

"**In God's Care**" – daily meditations on spirituality in recovery.

"**God Grant Me**" – offers a daily dose of strength and wisdom with each of its meditations.

"**A Woman's Spirit**" – following **Each Day A New Beginning** and continuing the tradition A Woman's Spirit offers daily meditations for any woman now living sober and seeking spiritual fulfillment.

## News from New York

The spring edition of **Box 459** is available at [aa.org/newsletters](http://aa.org/newsletters). Box 459 is a quarterly news bulletin about A.A. service, literature, events, sharing from groups, service committees and individual U.S./Canada A.A. members.

Alcoholics Anonymous on YouTube.

Subscribe Now! @alcoholicsanonymousworldse1373

The Twelve Concepts for World Service animated video is now available for viewing in English, French and Spanish. The video was adapted from an A.A. Great Britain version and is based on the A.A. pamphlet **The Twelve Concepts for World Service Illustrated**.

There is now an audio version of Plain Language Big Book. The Plain Language Big Book was designed so that the A.A. Twelve Step program of recovery may be easily understood by all people. The audio version will be available at the AAWS webstore and major audiobook platforms.

## 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 relocate to better serve our AA Community in Santa Clarita.

# Status Quo

Continued from page 1

too shall pass. I have the tools I need and I have to keep using them.

One day, when I tell my story of how I overcame what I'm going through it will become some one else's survival guide – and after all isn't that what AA is all about.



**NATIONAL AA TECHNOLOGY WORKSHOP**

**CIRCUITS OF SERVICE:**  
HOW TECHNOLOGY HELPS CARRY THE MESSAGE

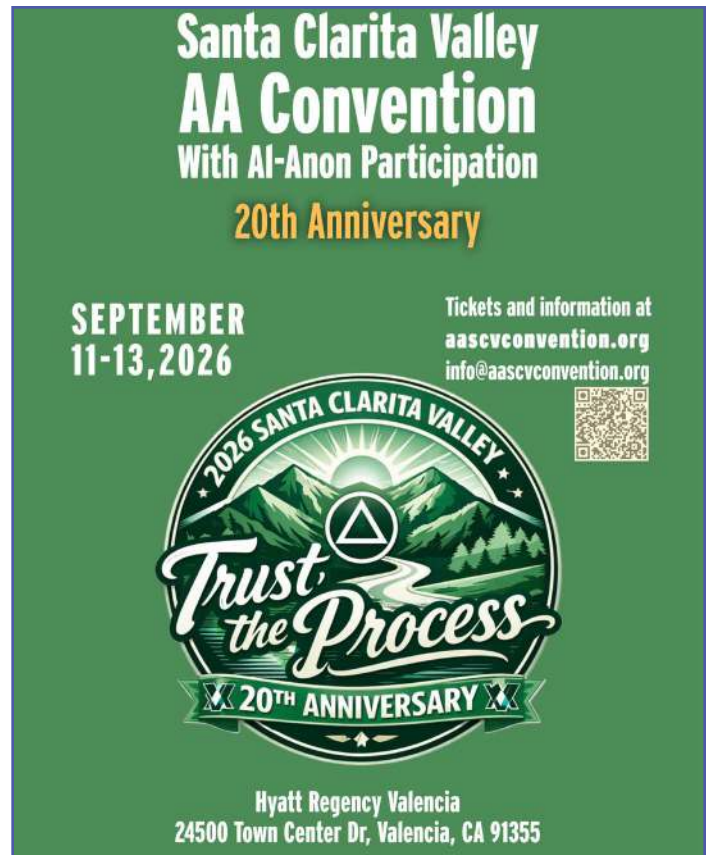
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REGISTER NOW

BILINGUAL HYBRID EVENT  
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THE NAATW WORKSHOP IS FOR EVERYONE IN A.A.  
[www.naatw.org](http://www.naatw.org)



**Santa Clarita Valley AA Convention**  
With Al-Anon Participation  
**20th Anniversary**

SEPTEMBER 11-13, 2026

Tickets and information at [aascvconvention.org](http://aascvconvention.org)  
[info@aascvconvention.org](mailto:info@aascvconvention.org)

2026 SANTA CLARITA VALLEY  
*Trust the Process*  
20th ANNIVERSARY

Hyatt Regency Valencia  
24500 Town Center Dr, Valencia, CA 91355



**2026 PACIFIC REGIONAL FORUM of ALCOHOLICS ANONYMOUS**

**WYNDHAM SAN DIEGO**  
1355 N HARBOR DR

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JOIN US FOR A WEEKEND OF FELLOWSHIP, INFORMATION & RECOVERY!

REGISTRATION OPENS **OCTOBER 2<sup>ND</sup>, 2026!**



**45th Annual Woman to Woman**  
Sharing & Caring Workshop Weekend  
for Alcoholic Women in Recovery

July 17, 18, & 19, 2026  
UC Santa Barbara

Woman to Woman 45 YEARS

Enjoy our 45th year with a heart-centered weekend of recovery, fellowship, and sunshine at UC Santa Barbara!

- + Double occupancy room: \$258
- + Single occupancy room: \$353
- + Price includes two nights lodging & six buffet meals (Friday dinner through Sunday lunch)
- + Each Suite has 3 bedrooms (single or double occupancy), 2 bathrooms, common area, & kitchenette
- + Contact us for more information: [info@womantowomanla.org](mailto:info@womantowomanla.org)

**VOLUNTEER!**  
We have many opportunities to be of service.

**EVENT COMMITMENTS:**  
(sign up during online registration)

- + Workshop Leader
- + Hospitality
- + Coffee
- + Parking
- + Hostess

**Register Online Only!**  
[WomantoWomanLA.org](http://WomantoWomanLA.org)  
ATTENDANCE IS LIMITED  
Register online by June 5, 2026\*  
NO EXCEPTIONS

\*Register soon! Last year sold out in 5 weeks!

# Responsibility

By Douglas W., (webservant@aascv.org)

“When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”  
(Declaration of 30<sup>TH</sup> Anniversary International Convention, 1965)

## Responsibility in General Service, and Service in General

I had an opportunity last month in my District to share for ten-minutes on responsibility and that made me want to expand it into an article for this month.

I used to think “responsibility” in A.A. meant something like being dependable, showing up, and doing what I said I would do. It does mean that. But General Service taught me something deeper.

In General Service, responsibility is not just a personal virtue. It is a spiritual principle with a position to do. It protects unity (Tradition 1). It preserves conscience (Tradition 2). It keeps the hand of A.A. available to the alcoholic who still suffers (Tradition 5); long after my mood changes, my calendar fills up, or the group gets tired of business meetings.

And here’s the thing. Responsibility in A.A. has two directions.

1. Service in general happens inside the group or meeting. The coffee gets made. The chairs get set up. Calls get answered. Literature appears. A newcomer is greeted. None of that is “extra.” It is the environment where recovery can happen.
2. General Service is ongoing outside the group. The link stays alive. The group conscience gets carried outward and brought back. The wider Fellowship stays connected and functioning.

Both matter. And both can go sideways if I confuse responsibility with control, ego, martyrdom, or avoidance.

## What Responsibility Looks Like When It Is Healthy

When I was new in my sobriety, my sponsor would suggest, “Get a commitment.” That word describes what I needed to do, and what I committed to doing it to the best of my ability. It does not mean skipping out when I should show up, or failing to follow through because someone is there that I do not care for. It also does not mean faking a report at a service meeting when I did little or nothing on my commitment. Responsibility is the action on my commitment.

A.A. gives me a pretty clear picture of what a responsible trusted servant actually does. In the A.A. Service Manual’s description of the GSR role, it says the GSR is “the link between the group and ‘A.A. as a whole’” and that the communication is a two-way street. (A.A. Service Manual, pg. 7)

That phrase “two-way street,” is where it gets real.

A responsible trusted servant does not just carry information out to the group like a newsletter. They also carry the group’s voice back into their district and area. They show up, participate, and vote, so the informed group conscience can be heard. (A.A. Service Manual, pg. 7)

That is responsibility with humility, not “my opinion matters most,” but “my group’s conscience deserves a voice at the table.”

Responsibility is also tied to rotation. The Service Manual describes rotation as a spiritual practice rooted in Tradition 2. Leaders are trusted servants, they do not govern, and rotation helps keep it that way. (A.A. Service Manual, Appendix E, pg. 111).

It even says, stepping out of a service position that I love, can be a real step into humility and anonymity, “to place principles before personalities.” (A.A. Service Manual, Appendix E, pg. 111)

So, healthy responsibility has a shape:

- I accept the position
- I learn the position
- I do the position
- I share the position
- I hand off of the position (by equipping the next servant)

It is simple. It is not always easy.

## The Good Side Of Responsibility In Service

Here are a few, “good,” examples I have seen, the kind that quietly keep A.A. healthy.

### Example 1. The GSR Who Makes Regular Reports

The Service Manual is direct about this. A GSR is asked to “regularly make reports to the group,” and those reports are an important link to A.A. as a whole. (A.A. Service Manual, pg. 7.)

A responsible GSR does not wait until something becomes a crisis. They build a steady rhythm. They keep it short enough that people will listen. They make it human. They bring back what is relevant, and they ask the group what they think when the group’s voice is needed.

That kind of service does not create drama, it creates trust.

### Example 2. The Trusted Servant Who Practices “Service With Boundaries”

Responsible service is not saying yes to everything. It is saying yes to the right things, and then doing them well.

In my experience, the healthiest servants will say something like:

- “I can take that on, but, I need help to learn this.”
- “I can do that, but I need to check with my family first.”
- “I can do that, but I need the group to support it financially.”

That is not selfish; that is being responsible.

### Example 3. Rotation Done With Dignity

Rotation can be painful when a position-holder has been “the one who always does it.” But the Service Manual points out that sharing experience with the incoming servant is part of the spiritual reward of rotation. (A.A. Service Manual, Appendix E, pg. 111.)

When rotation is done well, nobody gets shamed, and nobody gets abandoned. The outgoing servant trains the incoming one. The group thanks them without turning them into a saint. The new servant gets support instead of criticism.

That is responsibility that builds a future.

### The Dark Side of Responsibility In Service

Now the hard part. We can do service, “wrong,” in ways that look respectable on the outside. This is where these examples matter.

#### Example 1. The “Invisible” Trusted Servant

The Service Manual talks about the problem of an inactive trusted servant and says experience suggests the person be asked to resign if they cannot carry out the responsibilities, so continuity can be preserved. (A.A. Service Manual, Appendix E, pg. 111)

I have seen this. For example, a person gets elected as the group’s GSR, then disappears. Maybe life happens. Maybe they were never really available. Maybe they liked being elected more than being responsible.

The result is not just inconvenience. The result is a broken link. The group loses its voice. The district loses participation. The area loses a piece of the Fellowship’s conscience.

I do not say that to shame anybody; It is just cause and effect.

Responsibility sometimes means admitting, “I cannot do this right now,” and stepping aside so someone else can.

#### Example 2. The “Hero” Who Does Everything

This one looks noble, but it is poison.

The hero does all the positions, knows all the facts, answers all the questions, and rescues the group from discomfort. People praise them. The group becomes dependent. Then one day the

hero gets tired or resentful and vanishes. Now nobody knows how anything works.

This is not responsibility; this is control dressed up as service.

Rotation is the antidote; Training is the antidote; Asking for help is the antidote.

### Example 3. The “Service Politician”

General service requires conscience, discussion, and voting. But it also requires spiritual restraint.

When a trusted servant starts using service as a platform, collecting allies, dismissing minority voices, or punishing people socially for disagreeing, the service structure stops being a channel of conscience and starts being a theatre of personalities.

That is exactly what rotation from Tradition 2 are trying to prevent.

### Example 4. The “I’m Just Too Sick” Loophole

I love a piece from Bill W., that addresses responsibility directly. It says we do not use the concept of illness to absolve alcoholics from responsibility. Instead, we use the fact of fatal illness to, “clamp the heaviest kind of moral obligation,” onto the sufferer, the obligation to use the Twelve Steps to get well. (As Bill Sees It, “Moral Responsibility”)

That applies to service too. I cannot hide behind excuses forever. If I am sober enough to have an opinion, I am sober enough to be responsible for my part, at least in the ways I can manage.

At the same time, the same reading also recognizes that compulsive drinking reduces accountability in certain ways, and that we have to be honest about where a person is at. (As Bill Sees It, “Moral Responsibility”)

So responsibility is not harshness; It is clarity.

### Responsibility In General Service Is Bigger Than My Home Group

One reminder is Bill’s reflection connected to the Responsibility Statement. “The A.A. General Service Office is by far the largest single carrier of the A.A. message. It has well related A.A. to the troubled world in which we live. It has fostered the spread of our Fellowship everywhere. A.A. World Services, Inc., stands ready to serve the special needs of any group or isolated individual, no matter the distance or language. Its many years of accumulated experience are available to us all.” (As Bill Sees It, “I Am Responsible...”)

That widens the frame for me.

General service is not only about my district meeting agenda. It is not only about whether my group likes GSR reports. It is about whether A.A. stays whole, reachable, and effective.

That is why responsibility matters.

- It is why showing up matters
- It is why learning matters
- It is why passing it on matters

### Putting It Into Practice (Without Getting Weird About It)

Here is what I was trained to do, and what I encourage anyone in service to do, whether it is making coffee or carrying a vote at area.

1. Be honest before you say yes. If you cannot do it, do not take the position.
2. Learn the position fast. Read the relevant material. Get a service sponsor\*. The Service Manual even says there is no reason to do general service alone. (A.A. Service Manual, pg. 7)
3. Build a simple rhythm. Return emails, text, phone calls promptly. Do your reports, communicate, and at the end, do the handoff. Whatever the role is, make it predictable.
4. Stay connected to conscience. Remember the two-way street. Bring information back. Bring the group's voice forward. (A.A. Service Manual, pg. 7)
5. Rotate on purpose. Train someone. Step aside. Let anonymity do its quiet work. (A.A. Service Manual, Appendix E, pg. 111)

\*A Service Sponsor is not a replacement for your regular Sponsor. They serve a different role in your service. They help you navigate the General Service structure, give advice on how things should run. They give you opportunities to grow spiritually.

I referenced the A.A. Service Manual/Twelve Concepts for World Services BM-31, my experience in A.A. is that many people have never heard of it, or worst heard about it but never read it. It is the only A.A. Conference Approved literature that has Bill W.'s name on it. It must be important if Bill's name is on the cover. You can purchase this Service Manual from your Central Office or download the [PDF](#).

## 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](http://AASCV.org) with either a one-time or monthly contribution.

## AA Links

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

## Southern California AA Convention Corner

- The 74<sup>TH</sup> Southern California AA Convention is scheduled for the weekend of October 16<sup>TH</sup> 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](http://aasocal.com) for information on their planning meetings scheduled for 2026

# FAITHFUL

## FRIENDS



### Contributions to the Santa Clarita Valley Central Office

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



22<sup>ND</sup> ANNUAL **ALCATHON**  
*Stepping Stones*  
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SPEAKERS | MARATHON MEETINGS | BINGO | POTLUCK DINNER | RAFFLES  
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# Step Seven: Thank You for Keeping Me Alive. Now You Can Go

By Kimberly Cooper

kimberlycooperstudio@gmail.com

*"Humbly asked Him to remove our shortcomings."*

When I first read the Seventh Step of Alcoholics Anonymous, I thought it sounded simple enough. Humbly ask God to remove your shortcomings. Done. Except it wasn't. It took me a long time to realize that my shortcomings weren't random flaws sprinkled into my personality. They weren't evidence that I was lazy, weak, or morally defective. Most of them had once saved my life. That realization changed everything.

The first six steps prepare us for this moment. In Step Four we take an honest inventory. In Step Five we admit our defects out loud. In Step Six we become willing to let them go. Step Seven is where true surrender begins. Not because we're trying harder. Because we're finally willing to stop protecting ourselves with the very behaviors that once kept us alive.

Humility, I've learned, isn't thinking less of yourself. It isn't beating yourself up or pretending to be small. Humility is seeing yourself accurately without inflation and without shame. It is looking honestly at the habits that no longer serve you and saying, "Thank you. You got me this far. But I don't need you anymore." Many of my character defects were actually survival mechanisms I had been clinging to since childhood.

Take procrastination. For years I called myself lazy. Sobriety showed me something entirely different. Part of me didn't believe anything I created was truly worthwhile because no one in my early life taught me that it was. The adults around me were drowning in their own addictions. My accomplishments, my creativity, and my little victories drifted by unnoticed. The other half of procrastination came from perfectionism. Like many addicts, I lived in an all-or-nothing world. If success wasn't guaranteed, why even begin? So, I waited. Then I panicked. Then I somehow pulled everything together at the last minute. For decades I mistook adrenaline for productivity. Only after getting sober did I realize procrastination wasn't laziness at all. It was my way of keeping myself safely hidden. If I never truly gave something my best effort, I never had to find out whether I was actually good enough.

Impulsiveness looked much more glamorous. People used to compliment me for living spontaneously. They loved that I could fly by the seat of my pants and go wherever the wind carried me. What they didn't understand was that I wasn't following freedom. I was chasing dopamine. When your emotional foundation isn't built on consistency, affection, and safety, you spend years trying

to manufacture those feelings somewhere else. Ice cream after dinner? Absolutely. Stay out dancing until four in the morning with a handsome stranger, fueled by attraction and vodka, the night before an important presentation? Sounds exciting. Take a break during a difficult workday to get stoned with a visiting friend because life is short? Why not? From the outside it looked adventurous. Inside, I was constantly searching for relief.

Defensiveness was another one. I was the queen of, "It wasn't me." "I didn't do it." "I didn't know." Sometimes no one was even accusing me. Someone would simply ask a question because they wanted to solve a problem, and before they finished speaking, I had already built my defense. When you've spent years believing mistakes make you unsafe, honesty feels dangerous. My nervous system answered before my heart ever had the chance.

Then there was discipline, or more accurately, the complete lack of it. Every night I faithfully wrote beautiful to-do lists. My life has looked like a ticker tape of handwritten plans for decades. As an alcoholic, I rarely completed them. I knew I needed structure. I longed for structure. But following a schedule felt like dragging a sled through mud.

Finally, there was evasiveness. This one hurt. I wasn't exactly lying. I just wasn't exactly telling the whole truth either. I'd tell half the story. I'd use charming distractions. I'd offer enough mumbo jumbo that everyone, including me, forgot what we'd originally been discussing. It was survival through smoke and mirrors.

Step Seven asked me to surrender every one of these coping strategies and it wasn't easy because they had worked. Until they didn't.

Recently I told my sponsor about something I remembered from childhood. At eleven years old, after school, I would come home to an empty house. I'd steal quarters from my mother's giant Arrowhead water jug, hop on my bicycle, and ride to 7-Eleven to buy candy. I'd eat until I felt better. That candy was my medication long before alcohol ever arrived. Looking back, I can see so many of my future character defects taking root right there. Escape. Secrecy. Impulsivity. Comfort from outside myself. Those habits weren't trying to destroy me. They were trying to comfort a lonely little girl who had no healthier way to soothe herself. Step Seven doesn't ask me to hate that little girl. It asks me to love her enough that she no longer has to live that way.

The Seventh Step has become a favorite in the entire program because it reminds me that I am not asking to become a better person simply for my own benefit. I am asking to become someone who is easier to love, easier to trust, and more useful to the people around me. That is where the real miracle begins.

I started making living amends long before reaching the Ninth Step. My boyfriend appreciates that I don't leave the house ten times a day looking for one more errand, one more coffee, one

more distraction, one more excuse to avoid sitting still. It used to drive him crazy. Today he has a partner who can stay home, finish what she starts, and simply be present. If I burn something in the toaster oven, which thankfully doesn't happen very often now that I'm sober, I admit it. No elaborate explanation. No defensive maneuvering. No disappearing act. When I make a mistake, I tell the truth. When I'm overwhelmed, I don't have to run. When my work needs doing, I begin instead of waiting for panic to become my motivation.

These may sound like ordinary victories. But for someone who spent decades living in survival mode, ordinary is extraordinary. One of the greatest gifts sobriety has given me is an appreciation for what once terrified me. An uneventful Tuesday. A quiet morning. The same cup of coffee. A familiar routine. A day where nothing dramatic happens.

There was a time when chaos felt like aliveness. My nervous system mistook unpredictability for excitement because it was all I had ever known. Peace felt foreign. Silence felt suspicious. Stability felt almost boring. Today I understand that boring isn't boring at all. Boring is safety. Boring is sleeping through the night. Boring is paying the bills on time. Boring is showing up when I said I would. Boring is making dinner, taking a walk with the man I love, reading a good book, and waking up the next morning without shame. That isn't a small life. It's a liberated one.

Step Seven didn't erase my personality. It didn't make me perfect, and it certainly didn't happen overnight. Those old survival instincts still whisper from time to time. The difference is that they no longer run the show. Today I can recognize them, thank them for carrying me through the years when I needed them, and gently let them go. Because they were never who I was. They were simply the armor I wore.

Sobriety, and the Seventh Step in particular, has taught me that I no longer have to live inside that armor. I can set it down. And underneath it, I've discovered someone I was beginning to think didn't exist: a woman who is honest, dependable, calm, creative, and quietly content. A woman who doesn't have to chase excitement because she has found something far better. She has found peace. And it turns out peace isn't the absence of adventure. It's the absence of chains.

**4 AREAS DCM**  
**SHARING SESSION**  
**9:00 AM TO 2:30 PM**  
**REGISTRATION OPENS AT 8:00 AM**  
**HOSTED BY AREA 05**

**WITH HYBRID PARTICIPATION**  
**ZOOM ID:** 891-0086-2280  
**PASSWORD:** AREA05

**AREA 05**  
SOUTHERN CALIFORNIA

**AREA 08**  
SAN DIEGO / IMPERIAL

**AREA 09**  
MID-SOUTHERN CALIFORNIA

**AREA 93**  
CENTRAL CALIFORNIA

**GUEST SPEAKERS, BREAKOUT SESSIONS, REPORT BACK, LUNCH, AND ASK IT BASKET**

**SATURDAY JULY 11, 2026**  
**HIGHLAND PARK ADULT SENIOR CENTER**  
6152 N. FIGUEROA ST LOS ANGELES CA 90042

**"TODAY WE ARE IN A.A. TOGETHER, AND WE KNOW WE ARE GOING TO STAY TOGETHER. WE ARE AT PEACE WITH EACH OTHER AND WITH THE WORLD AROUND US. SO MANY OF OUR CONFLICTS ARE RESOLVED THAT OUR DESTINY SEEMS SECURE. THE PROBLEMS OF YESTERDAY HAVE PRODUCED THE BLESSINGS OF TODAY."**  
THE BLESSINGS OF TODAY: THE SECOND LEGACY P.19

**CONTACTS: CARLA: (818)-800-4913 + ANTONIO: (323)-333-8215**

## 2026 SCV Convention Corner

Registration is now open for the Santa Clarita Valley AA 20<sup>TH</sup> Anniversary Convention to be held September 11<sup>TH</sup> - 13<sup>TH</sup>, 2026. Our venue has changed and we will have our event at the Hyatt Regency Valencia. A block of rooms have been secured for the weekend at a special rate. Visit the convention website for more information and to take advantage of early registration pricing.

July 12<sup>TH</sup> SCV Convention Planning Committee 11:30 AM and Steering Committee 12:30 PM at the Rafters 22607 6<sup>TH</sup> Street, Newhall, CA 91321

**Spaghetti Dinner Special Event**, August 15, 2026 5 PM  
Saint Kateri Tekakwitha Catholic Church  
22508 Copper Hill Drive, Santa Clarita, CA 91350

Price: \$25 per ticket [aascvconvention.org](http://aascvconvention.org)



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)



# PRAASA 2027

*Pacific Region Alcoholics Anonymous Service Assembly*

**Friday, March 5th – Sunday, March 7th, 2027**

**The Westin Seattle**  
1900 5th Avenue  
Seattle, WA 98101

Room Rate: \$189 per night *(plus tax)*  
Estimated Registration Cost:  
In Person: \$75 Online: \$25

**Hybrid Event!**  
*Come in person or online*

**Friday:** Dinner  
**Saturday:** Lunch, Banquet Dinner, Ice Cream Social  
*Grab & Go options available*

Arriving via plane? SEA (Seattle-Tacoma International Airport)  
Take the Link Light Rail all the way to the venue!  
Contact: praasa2027@area72aa.org

Hosted in Western Washington Area 72




## Calendar Events

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

Date	Event	Time	Location	Address
7/2	SCV H & I Monthly Meeting	6:30 PM – 8:00 PM	In-Person	24901 Orchard Village Rd, Santa Clarita, CA 91355
7/2	AV Central Office Intergroup Meeting	7:00 PM – 8:30 PM	In-Person	43619 17th Street West, Suite 103, Lancaster, CA 93534
7/5	AV Monthly Roundup Meeting	4:30 PM – 5:30 PM	In-Person	42545 Wall Street, Unit 115, Lancaster, CA 93534
7/7	The 2026 Unity in Action – 12 Traditions Workshop	10:00 AM – 11:00 AM	Online	Zoom ID: 202 006 1935 PW: 624101
7/10 – 7/12	22ND Annual Stepping Stones Alcathon – Love & Tolerance	All Day	In-Person	24508 Lyons Avenue, Santa Clarita, CA 91321
7/11	4-Area DCM Sharing Session	9:00 AM – 2:30 PM	Hybrid	6152 N. Figueroa St, Los Angeles, CA 90042 Zoom ID: 891-2006-3330 PW: Area05
7/12	AV H&I Monthly Meeting	10:00 AM – 11:00 AM	In-Person	42545 Wall Street, Unit 115, Lancaster, CA 93534
7/12	SCV Convention Planning Committee	11:30 AM – 12:30 PM	In-Person	22607 6th Street, Newhall, CA 91321
7/12	SCV Convention Steering Committee	12:30 PM – 1:30 PM	In-Person	22607 6th Street, Newhall, CA 91321
7/13	District 7 Monthly Business Meetings	6:30 PM – 8:00 PM	Hybrid	41843 50th Street West, Quartz Hill, CA 93536 Zoom ID: 835 1211 4894
7/17 – 7/19	45TH Annual Woman to Woman	All Day	In-Person	UC Santa Barbara, Santa Barbara, CA 93106
7/19	Area ACM (CCAA)	8:30 AM – 1:30 PM	Hybrid	33201 Agua Dulce Canyon Rd, Agua Dulce, CA 91390 Zoom ID: 812 4612 9383 / PW: Panel75
7/19	PI/CPC Workshop	12:30 PM – 3:30 PM	Hybrid	33201 Agua Dulce Canyon Rd, Agua Dulce, CA 91390 Zoom ID: 812 4612 9383 PW: Panel75
7/20	CPC Workbook Study	6:00 PM – 7:00 PM	Online	Zoom ID: 825 7541 7228 PW: Workbook
7/27	SCV Intergroup Meeting	7:00 PM – 8:30 PM	In-Person	26951 Ruether Ave., B-4, Santa Clarita, CA 91351

# June IGR Meeting Minutes

Monday, June 22, 2026

Meeting called to order: 7:01PM by Chairperson Susan C.

Opening prayer: Serenity Prayer (all)

Statement of purpose: Barbara W.

## Meeting Minutes:

- Kathy B. moved to accept May 2026 Minutes. Second, the Motion by Leslie M., Motion accepted by all.

## Attendance:

- Susan C., Ida B., Jasmine G. Barbara W., Kathy B., Judy F., Bobby B., Patty G., Leslie M., Susie R., Melissa D., Holly M., Christine C., and Lori J.
- Introductions around the room and welcome new IGR's:  
Holly M. – By The Book, Tuesday 10:30 AM, Stepping Stones;  
Lori J. – Big Book Study, Recovery Room;  
Christine C. – The Great Reality, Sun 9:00 AM Stepping Stones.

## Treasurer Report – Judy F.

- May Treasury Report was in the red (negative) \$1,449.68. Group meeting contributions total was \$805.22, individual contributions were \$588.59, for a total of \$1,393.81.
- Invoices have been paid. Expense CO purchased five cases of books for inventory. World Service paid.
- January through June 2026 Central office has positive revenue of \$1,867.36.
- Judy F. discussed H&I pricing modification. She is in discussion with Bill S. with H&I to finalize. Kathy B. asked if the CO will lose money? Judy F. said no.
- Melissa D. moved to accept the May Treasure Report. Kathy B. seconded the motion. All approved the motion.

## Office Manager and Facility – Judy F.

- May 8<sup>TH</sup> Landlord sprayed for rodents (hallway and entryway). The situation remains unchanged. Judy F. to follow-up with Landlord.

## Literature Report – Judy F.

- Plain Language BB is now in digital format - Audio Edition. For \$13.99 download.
- The Everything AA App will no longer be free. Members may notice a request for subscription.
- Judy F. passed a Group Secretaries handbook out to the IGR's to share with meeting secretaries - during rotation of service. Judy F. to provide additional booklets next meeting.

## Public Information/Coop w/Professional Community (CPC) – Judy F.

- Sept 19<sup>TH</sup> the SCV City will be having a Mental Health Fair.

Judy F. is trying to make contact and would like to represent SCV Central Office.

## Chairperson Report – Susan C.

### Central Office Relocation

- 19040 Soledad Cyn Rd, #230 lease reviewed and found to be unacceptable for Central Office, financially. An interim memo was sent to the IGR's immediately and asked for vote to decline the move and to remain at Ruether location. All voted in favor.
- Central Office is pausing relocating due to the nature of the commercial real estate market. This process revealed that more financial support is needed from groups/meetings.
- Discussion about current lease. Lease cannot be located. Judy F. offered to talk to Ben B.
- CO is looking for a 400 sq ft space with affordable rent and low operating expenses. This is almost impossible to find in today's market. Per various Real Estate Agents.

## Outreach to Meetings and Groups for IGR's - Susan C.

- Current IGR's are reaching out at their meetings. This brought in four new IGR's.
- Susan C. put in a request to Stepping Stones asking if the secretaries format can include an announcement to vote for IGR's. Two requests have been made with no answer. Stepping Stones secretary rotation is 7/1. Judy F. to make contact with different Board Member.
- Bobby B. (Rafters IGR) gave a report on how the Rafters IGR information is carried to the Secretaries. Information is given at the GBM to the Secretaries (quarterly rather than monthly). This causes a delay in information getting to meetings. Announcements can be made at meetings if an IGR is there to communicate them. Announcements are posted in a glass case by Judy F., which needs to be updated. Rafters will not allow the White Board to be utilized for announcements not pertaining to Rafters.
- Susan C. discussed the large population of members at Rafters that CO is missing communication. This also impacts contributions.
- After discussion, it was decided that CO will focus on Gratitude Month (November). Judy F. will attend the next Steering Committee Meeting (in July) and make a motion to pass the basket (for Central Office) at meetings in November for Gratitude Month. A reply should be given to CO in October.

## Literature /Brochure Share – Kathy B. – Postponed

- Meeting Share & Announcements – Event Announcements are in IGR meeting packets to share with their meetings.

## Newsletter & Website – Doug W.

- Remotely: Deadline is 25<sup>TH</sup> of the month for articles and information for Newsletter.

**New Business – Susan C.**

- Central Office will prepare for Gratitude Month soon.
- Susan C. has fulfilled Doug’s two year term which ends in June. Policies & Procedures Manual states the 2-year term can also be a 4 year term. Barbara moved for Susan C. to be Chairperson for another 2 years. Kathy B. seconded. Motion was passed by all. Susan accepted.
- Treasurer and Secretary Rotation of Service has been tabled for July Meeting. Secretary (Kathy B.) was not sure how long she has served. Treasurer (Judy F.) asked how long she has served? Judy F. announced that the Office Manager and Treasurer positions are combined. Susan C. disagreed. Discussion tabled.

**Birthdays**

- Susan C. for 19 years

Basket passed

Motion to close meeting with Responsibility Statement.

- Meeting closed at 8:35 PM
- Next Meeting is 7/27/26 @ 7:00 PM at Central Office.



**MAAD DOG DAZE**  
52nd ANNUAL | 9th DISTRICT CONVENTION

**AUGUST 7-9 2026**  
DoubleTree by Hilton Resort Palm Springs

ACCEPTANCE IS THE ANSWER

Discounted room rates @\$134 • To book: Call 844-543-9184 • Use code MA2 by 7/23  
DoubleTree by Hilton Resort • 67967 Vista China, Cathedral City, CA 92234

**Weekend Events:**  
SPEAKER MEETINGS, MARATHON MEETINGS, POOL PARTY, KARAOKE, DJ DANCE PARTY, \*GOLF TOURNAMENT, YOGA, GUIDED MEDITATIONS, BINGO, RAFFLE PRIZES, 50/50, MONEY TREE, AND MORE! \*INDICATES TICKETED EVENT

scan or visit [maaddogdaze.org](http://maaddogdaze.org)

**MAAD DOG DAZE** 52nd ANNUAL | 9th DISTRICT CONVENTION

- You must be registered to attend ticketed events
- To sit together, you must register on-line or mail in requests together
- If registration is not received by 7/20 you may register on-site on 8/07



**Save the Date**

**Public Information (PI)  
and  
Cooperation with the  
Professional Community (CPC)  
Workshop**

**Sunday July 19, 2026  
12:30– 3:30**

33201 Agua Dulce Canyon Rd, Aqua Dulce, CA

In-person and Zoom  
812 4612 9383 Passcode: Panel75

**Guarda la fecha**

**Taller de Información Pública (IP)  
y  
Cooperación con la  
Comunidad Profesional (CCP)  
Domingo**

**19 de julio de 2026  
12:30 – 3:30**

33201 Agua Dulce Canyon Rd, Aqua Dulce, CA

Presencial y Zoom  
812 4612 9383 Código de acceso: Panel75

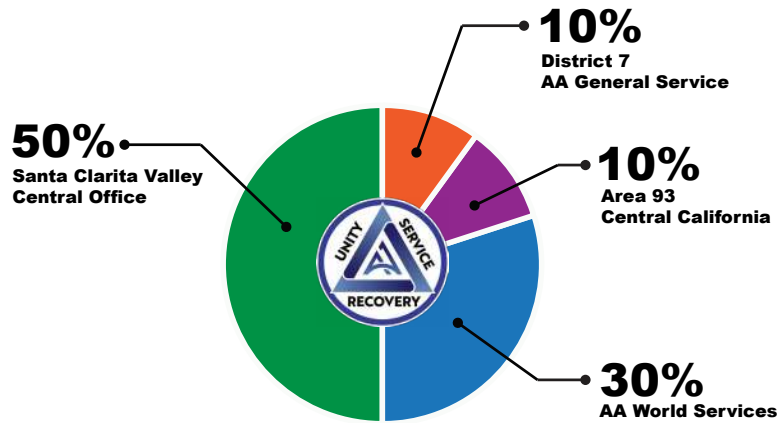
- ❖ Lunch (Lunch will be served directly after the ACM Meeting)
- ❖ The History of PI and CPC
- ❖ What is PI and what is CPC?
- ❖ What do they do?

- ❖ Comida (El almuerzo se servirá directamente después de la reunión de RCA)
- ❖ La historia de IP y CCP
- ❖ ¿Qué es IP y qué es CCP?
- ❖ ¿Qué hacen?

# 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.