August
2026

Volume 25, Issue 8

GRATITUDE GAZETTE

THE MONTHLY NEWSLETTER OF SANTA CLARITA VALLEY CENTRAL OFFICE OF A.A. MADE POSSIBLE THROUGH THE GENEROUS CONTRIBUTIONS OF GROUPS AND INDIVIDUALS

SERVING: NEWHALL, CANYON COUNTRY, SAUGUS, CASTAIC, VALENCIA, VAL VERDE AND AGUA DULCE, AND ALL OF THE SANTA CLARITA VALLEY

Meeting Schedule | Email: info@aascv.org | Website: aascv.org

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Tradition 7 of Alcoholics Anonymous

By Judy F.
Info@aascv.org

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

"To conclude: Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility – one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas and AA as a whole will not function unless our services are sufficient and their bills are paid. When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who still suffer."
--***Language of the Heart, Respecting Money. November 1957 Bill W***

I have been in a lot of meetings lately and hearing the same thing when the secretary is giving their announcements. "The baskets will be past at such and such time; give what you can." No explanation of what the 7TH tradition is; what the contributions are used for.

What a disservice to our newcomers as well as individuals who are not familiar with our traditions to "ask for money" without explaining what it is used for. In Bill's comments he mentions that our financial obligations are the group's

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SCV Central Office

26951 Ruether Avenue, B-4
Santa Clarita, CA 91351
Open Monday, Wednesday & Friday
10:00 AM to 5:00 PM
(661) 250-9922

Intergroup Representatives

Name	Meeting/Function
Barbara W.	Step Sisters, St. Stephen's Church
Bobby B.	The Rafters
Christine C.	The Great Reality Sunday, Stepping Stones
Meghan Y.	New Reflections, Saint Stephen's Church
Ida B.	Convention Liaison
Holly M.	By the Book, Stepping Stones
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
Judy F.	Central Office Manager
Kathy B.	Secretary, 10+ Meeting, Stepping Stones
Leslie M.	Daily Reflections, Stepping Stones
Lori J.	Big Book Study, Recovery Room
Patty G.	Women's Bean Bag Toss, Stepping Stones
Susan C.	Intergroup Chair
Susie R.	Coyote Group & Magic Mountain Group Monday

Legacies for August

Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8 Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept 8 The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Birthday Board

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

Victoria T	8/17/2022	4 years
Danny B	8/14/2022	4 years
Eve M	8/10/2020	6 years
Andrea G	8/30/2018	8 years
Lisa S	8/31/2009	17 years
Frank Q	8/29/2008	18 years
Bryan D	8/1/1988	38 years
Joseph R	8/23/1986	40 years
Lynn M	8/17/1978	48 years

It's a custom 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.

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.

Literature

aascv.org

The following can be found at your local Central Office – recommended as a "great read".

Our Great Responsibility–A selection of Bill W.'s General Service Conference Talks from 1951 – 1970. "Throughout this rich reading experience, we hear firsthand Bill's thoughts on the group conscience and the trusted servant; on the principles of A.A. service; on the relationship between principles and personalities; and even on the necessity to stand alone at times. Just in case you don't like reading there at also approximately 60 photographs and other images from the General Service Office Archives.

$15.00

News from New York

The AA Grapevine just concluded a contest to select a new sign to join our other AA Slogans – **Think, Think, Think; First Things First; But For The Grace Of God; Live And Let Live; Easy Does It.**

The new slogan is Gratitude Is A Super Power

Grapevine News

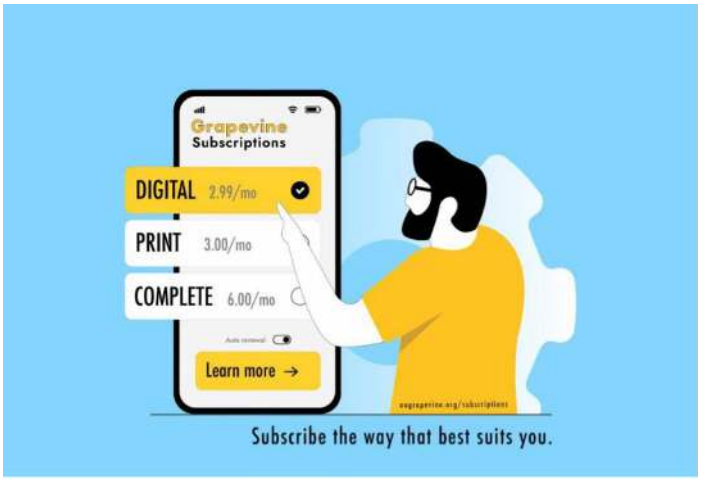
aagrapevine.org/store

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

Sobriety can open up the world for us, and luckily AA is just about everywhere we go. Whether our sober adventures take us across town, up in the clouds, on a dirt bike across the country, through a rainstorm in Mexico or to places as far as Africa and Asia, we can usually find a warm welcome from an AA member if we look.

The August issue of the AA Grapevine is here! This issue will focus on **Sober Travel**. Featuring fun, helpful stories by AA members about getting out and going places in sobriety, and the many ways we stay sober while on the road and in the air. Following are some of the featured articles, **Road Trip; Rain, Mud, Sobriety; Hear This!; Safe At 30,000 Feet; A Full Tank**.

Visit aagrapevine.org/store/us-subscriptions for information and pricing on subscriptions.



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.

Tradition 7

Continued from page 1

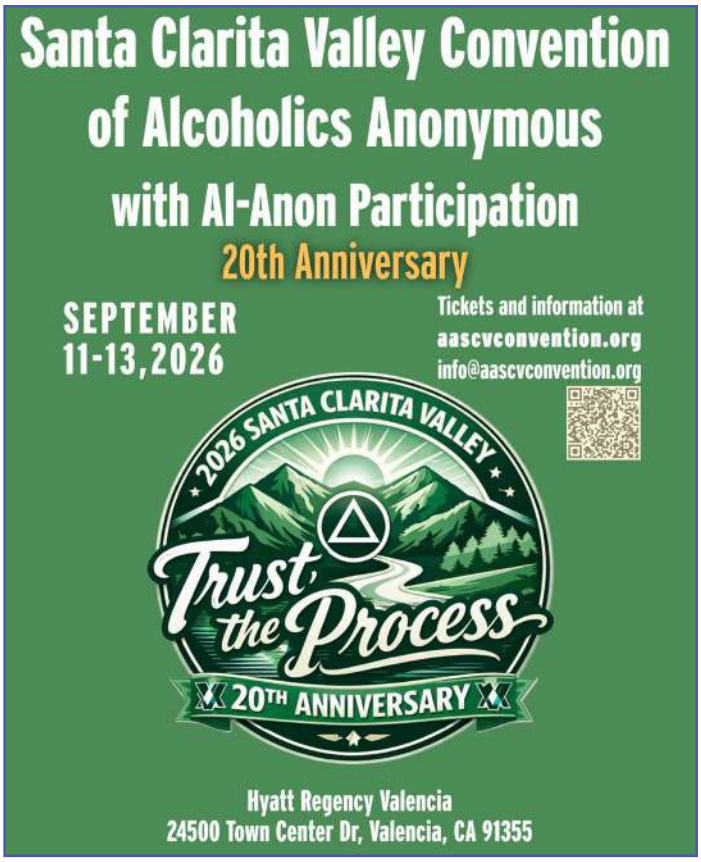
responsibility and that every member should understand what these responsibilities are.

Are our local groups meeting their financial obligations? Does their group conscious vote on the amount of their prudent reserve and then send their excess to support the services of New York, their area, their district and their local intergroup or central office? Does the group even know if they are meeting their rent obligations or purchase literature for their meeting. You would be surprised at how many groups don't have any kind of literature available for the newcomer.

You would be amazed at how many people made comments about the service offices "needing money – have you seen how much they have in their accounts," without any knowledge of the service office's responsibilities.

As a long time member of Alcoholics Anonymous my responsibility goes beyond walking someone through their steps. It also includes sharing on the importance of the traditions and how AA functions as a whole.

I will close with this: "Remember a dollar doesn't go as far as it used too." A number of meetings have made it so easy for us to participate in the 7TH tradition by adding Zelle and Venmo to their accounting.



Prayers

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

"Prayer and meditation are our principal means of conscious contact with God."

(Twelve Steps and Twelve Traditions, pg. 96)

If prayer feels awkward, confusing, or completely foreign to you right now, you're in good company. That's exactly where most of us started, myself included. Here's how it has worked for me.

I pray every morning for the people on my to-do list. Some days it's just checking a box. Other days it's more direct and meaningful. I wish I were more consistent and that my prayers went deeper. I don't always know how to make them more meaningful, but I keep practicing and trust God will help me get there.

When a friend is going through something hard, we pray together and wait for the results. I used to want God to answer in a very direct way. Time has taught me that my prayers for others are often most useful when God changes me instead. I become a better listener and more empathetic.

I have no power of my own, so I rely on God's power. God can change things, including me, and that's what prayer does.

A Quiet Practice That Changes the Day

Prayer can feel simple, complicated, awkward, powerful, or completely foreign, depending on where we are in recovery. When I pray with someone, do I close with "Amen," or something less formal like "Thank you, God"? I used to overthink it. Over time I've learned to just be authentic. If someone is open to me praying with them, I show up as myself.

Some of us came to Alcoholics Anonymous with a strong faith already in place. That was me, but my confidence was low. God was not answering my prayers, so I ended up in AA. I later realized God required action from me. I had been treating God like some kind of genie. Others came in angry at God, suspicious of anything that felt like religion (which they rejected), or convinced that prayer, at best, was for other people. And some were just too worn down to care what anything was called. All of us knew we could not keep drinking, and we could not seem to live sober on our own power.

That is where A.A. prayer begins for many of us. Not in polished words. Not in perfect belief. Not even in comfort. It often begins with need. We land in enough pain that we become willing to change.

The Big Book says, "Lack of power, that was our dilemma" (Alcoholics Anonymous, pg. 45). That sentence gives prayer its proper context. Prayer in A.A. is not decoration. It is not performance. It is not a way to sound spiritual in a meeting. It is one of the ways we reach toward the Power we lacked when our own resources failed us.

And if you are new, uncertain, or still resistant, that is all right. A.A. does not ask us to begin with a perfect understanding of God. In fact, the Big Book says, "Much to our relief, we discovered we did not need to consider another's conception of God" (Alcoholics Anonymous, pg. 46). That single idea has opened the door for countless alcoholics. We are invited to begin with "God as we understood Him," not **God as someone else demands we understand Him**.

That matters, because prayer is not about winning a theological argument. It is about improving conscious contact, asking for help, and learning to live differently.

Prayer Begins With Willingness

In Step Three, we make "a decision to turn our will and our lives over to the care of God as we understood Him." The Twelve and Twelve describes this as the opening of a door. "There is only one key, and it is called willingness" (Twelve Steps and Twelve Traditions, pg. 34).

That is encouraging, because willingness is available even when certainty is not. I do not have to understand everything about God before I can pray. I do not have to feel deeply spiritual before I can ask for help. I do not even have to like the idea at first. I only need enough willingness to try.

The Big Book gives a similarly practical starting point: "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" (Alcoholics Anonymous, pg. 47). That question is gentle but direct. It does not demand that we leap from unbelief to perfect faith. It asks if we are willing to begin. For me, that was the starting point.

For many of us, that beginning is a short prayer said with gritted teeth: "Help me." Or, "Please keep me sober today." Or, "I don't know if You're there, but I'm willing." That may not sound grand, but it is honest. And honest prayer is a good place to start.

Prayer is Connected to Action

One mistake I can make is treating prayer as a substitute for action. A.A. does not teach that. The Big Book is clear: "Now we need more action, without which we find that 'Faith without works is dead'" (Alcoholics Anonymous, pg. 76).

Prayer is woven into action. We pray for willingness, then we take the Step. We ask for direction, then we make the amends. We ask for freedom from resentment, then we discuss it honestly and look for our part. We ask to be useful, then we go help someone.

My first sponsor used to tell me that if I'm in a closet praying

and I'm hungry, God isn't going to slide hot dogs under the door. Getting up and making my own hot dog is my job.

This is one of the great safeguards in A.A. prayer. It keeps prayer from becoming an escape. I do not pray so I can avoid reality. I pray so I can meet reality with more honesty, courage, humility, and usefulness. The Seventh Step Prayer captures this well, more on that shortly.

Third Step Prayer

The Third Step Prayer sits in the Big Book right after the discussion of self-will, self-centeredness, and the decision to stop "playing God." The Big Book says, "Selfishness—self-centeredness! That, we think, is the root of our troubles," and then explains that many of us had to quit trying to run the whole show ourselves.

The Third Step Prayer is not just a formal prayer we say once. It is a surrender prayer. It comes after the Big Book describes the problem of self-will, the idea that I can arrange life, people, outcomes, and even God to suit myself. That never worked for me. The Big Book says, "First of all, we had to quit playing God. It didn't work" (Alcoholics Anonymous, pg. 62). That line gives the Third Step Prayer its power.

When I work with men, I tell them this isn't just a prayer. It's a contract with God. If they choose to drink again, the suffering that follows is a direct result of breaking that contract.

When I say, "God, I offer myself to Thee," I am not asking God to bless my old plans. I am offering God my life, my thinking, my motives, and my usefulness. The prayer continues, "Relieve me of the bondage of self, that I may better do Thy will" (Alcoholics Anonymous, pg. 63). For me, that is the heart of it. I am not just asking to feel better. I am asking to be freed from the self-centeredness that keeps me blocked from God, other people, and the life A.A. is trying to teach me.

Here is the Third Step Prayer in full, from the Big Book:

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" (Alcoholics Anonymous, pg. 63)

Seventh Step Prayer

The Third Step Prayer opens the door, but I still have to walk through it. In the Big Book, the next sentence after the prayer says we "launched out on a course of vigorous action." That action is Steps Four, Five, and Six: writing inventory, admitting the truth, and becoming willing. Only when we reach Step Seven does the Seventh Step Prayer make sense. I cannot honestly ask God to remove defects I have not yet named, admitted, and become willing to release.

The Seventh Step Prayer is not just asking God to "fix me." It's asking to partner with God in removing my shortcomings. First I have to admit to God that I have shortcomings. That admission is what opens the door for God to change me. One problem I have is wanting to hold onto my shortcomings, not because they serve me well, but because they're familiar and comfortable. I lack faith that God wants something better for me, and I resist.

Spiritual change comes after I have done the work of Step Four, admitted the truth in Step Five, and become willing in Step Six. So Step Seven is where prayer becomes humble cooperation with God.

"My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding." (Alcoholics Anonymous, pg. 76)

Other Prayers

Besides the Third Step Prayer and Seventh Step Prayer, the Big Book contains a whole practical prayer pattern:

- Pray for **protection and care**
- Pray for **freedom from resentment**
- Pray for **fear to be removed**
- Pray for **guidance**
- Pray for **willingness**
- Pray before **amends**
- Pray for **patience, tolerance, kindliness, and love**
- Pray during **daily review**
- Pray when **agitated or doubtful**

If you know me, I like to count things. I have a count from each chapter of the Big Book where prayers are mentioned. This is my list. Yours may be more or less, but whether your count matches mine is less important than knowing we're paying attention to the prayers when we read them. In my Big Book, each of these mentions is highlighted in orange, and I draw a box around every name Bill W. used for God. This practice reminds me to slow down and pay attention to those sentences. Here is my count:

- Chapter 1–Bill's Story: 1
- Chapter 5–How It Works: 9
- Chapter 6–Into Action: 16
- Chapter 11–A Vision for You: 1

Prayers in the Stories

I did not forget about the 42 stories after Chapter 11. I encourage you to read them and find the prayers yourself. It might be a helpful exercise. One story is especially worth

mentioning. "*Freedom From Bondage*" appears in the Second, Third, and Fourth Editions of the Big Book. We will see whether it is included in the upcoming Fifth Edition. The story is attributed to Wynn Laws.

"In my prayers that morning I asked God to point out to me some way to be free of this resentment." (Freedom From Bondage, pg. 551) Then she finds the practical prayer direction: "If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love." (Freedom From Bondage, pg. 552)

One Last Thought

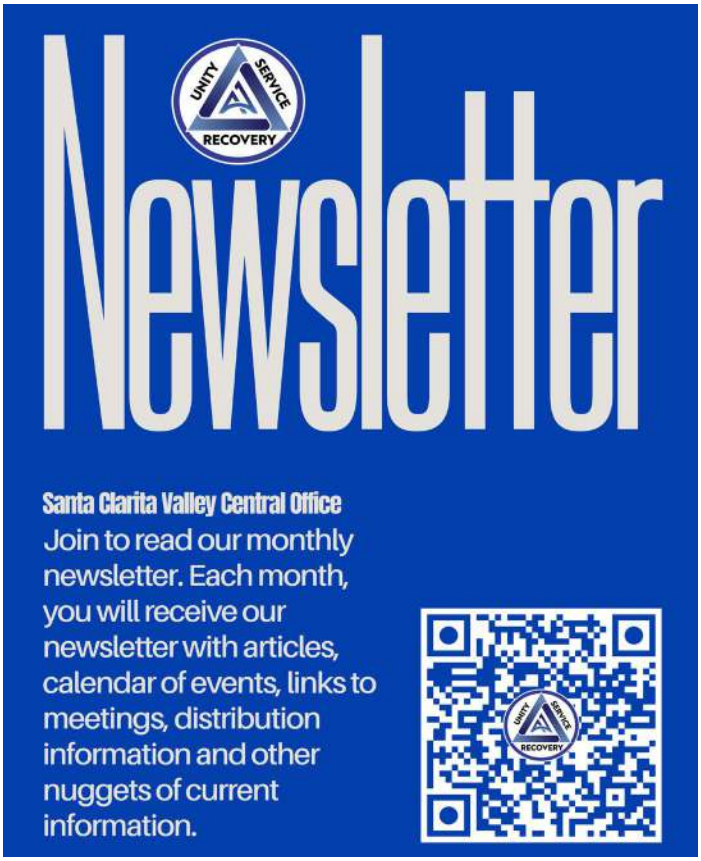
The Big Book is spiritual in nature, and prayer runs through it. There's an old saying that fits here: "When the student is ready, the teacher will appear." The Big Book is a guidepost pointing us toward the Teacher. All we have to do is keep active, keep praying, and stay willing.

2026 SCV Convention Corner

Registration is now open for the Santa Clarita Valley AA 20TH Anniversary Convention to be held September 11TH – 13TH, 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.

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

Spaghetti Dinner sale closes on August 8TH
Price: $25, per ticket aascvconvention.org



Change for Change

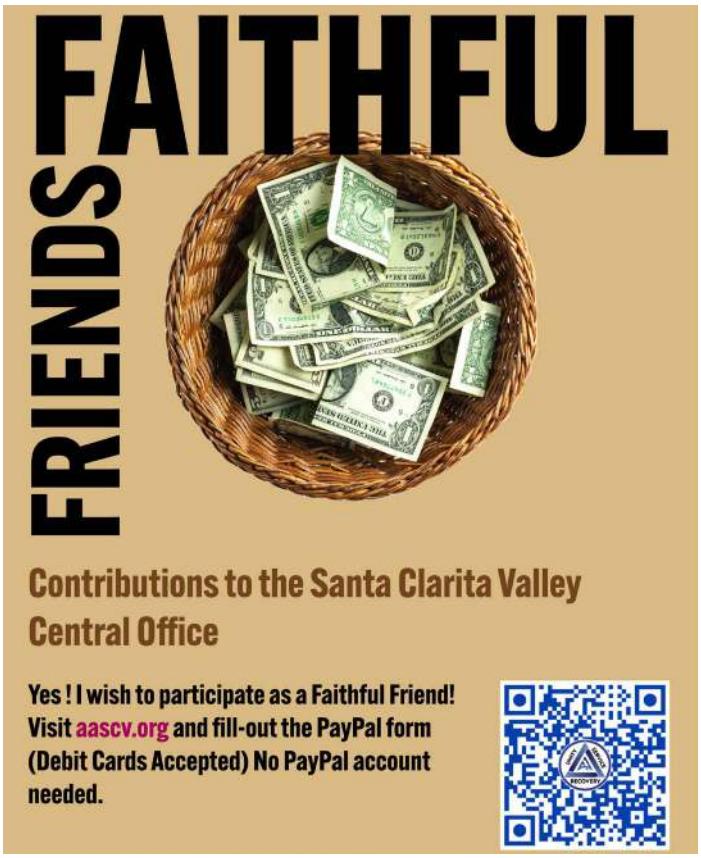
You've seen those small change dishes at coffee counters—pennies and quarters that don't seem like much on their own, but together make a real difference. The same is true for supporting our Santa Clarita Valley Central Office.

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

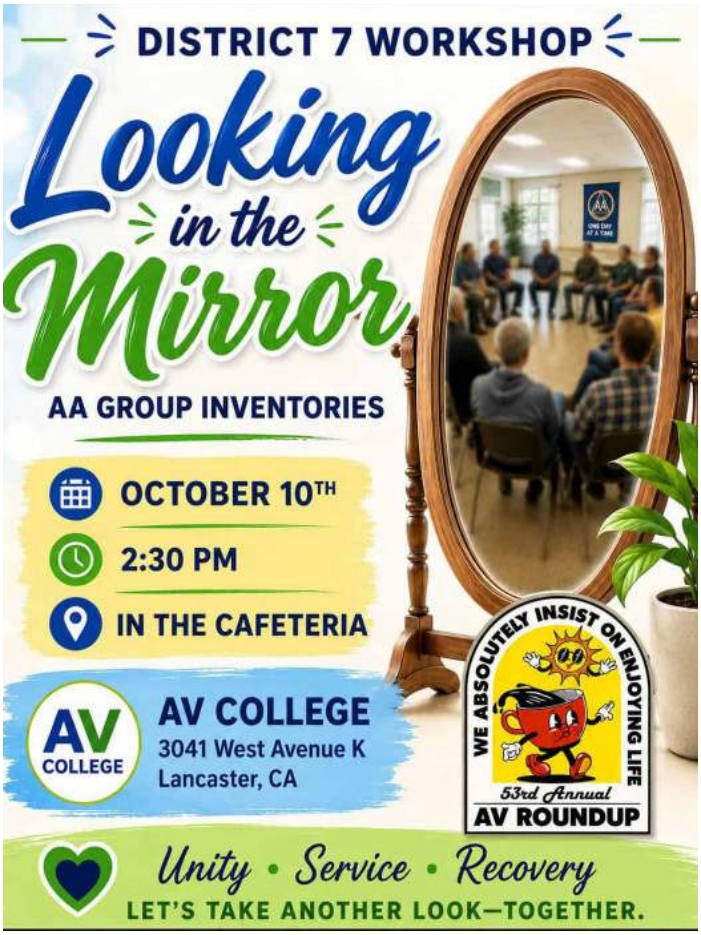
- AA–aa.org
- Area 93–area93.org
- AA Grapevine–aagrapevine.org
- Area 93, District 7–area93district7.org
- Stepping Stones Alano Club–steppingstonesalanoclub.org
- Central Park Group–centralparkgroupsantaclarita.com
- SCVYPAA–scvypaa.org
- Rafter Group–raftersaa.com
- AV Central Office–avcentraloffice.org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



Five Things to Know About Sobriety

By Kimberly Cooper
kimberlycooperstudio@gmail.com

Five Things to Know About Sobriety That Have Nothing to Do with Being Loved or Accepted by Others—and Everything to Do with Being Here for Yourself

We often talk about sobriety as though its greatest reward is relational: people will trust you again, your family will forgive you, your partner will feel safer, your friends will welcome you back. You will become easier to love. Those things may happen. Some of them may not. But sobriety cannot depend upon other people responding to your transformation correctly. If it does, your life is still being held hostage by forces outside of you. You are still waiting for someone else to decide whether you deserve peace. The deepest work of sobriety is not becoming more acceptable to other people. It is becoming present and trustworthy to yourself. It is the slow, sometimes exquisitely uncomfortable practice of saying: ***Whatever happens next, I will not leave myself.***

Here are five things to know about that kind of sobriety.

1. Sobriety Is Not Self-Improvement. It Is Self-Return.

Addiction often begins as a way to leave. We leave the body when it carries too much pain. We leave the present when it feels unbearable. We leave loneliness, shame, boredom, anger, grief and memories we do not yet know how to hold. For a little while, alcohol or another substance provides an exit door. Eventually, however, the exit becomes a trap.

Sobriety is not about constructing a shiny, improved version of yourself who wakes before sunrise, drinks green juice and never has an uncharitable thought. It is about returning to the self who was there all along—the one beneath the coping mechanisms, performances and anesthetics.

That return can feel less like a triumphant homecoming and more like entering a long-abandoned house. The electricity may be off. There may be broken glass on the floor. Some rooms may frighten you. But it is still your house. And now, perhaps for the first time, you are willing to stay inside it long enough to turn on the lights.

2. You Do Not Have to Earn the Right to Care for Yourself.

Many of us learned that care had to be earned. We could rest after we had been productive enough. We could feel proud after someone praised us. We could forgive ourselves once everyone else had forgiven us. We could tend to our pain only after proving that someone else had caused it. Sobriety asks us to stop negotiating with our own humanity. You do not have to be admired before you feed yourself well. You do not have to be understood before you go to bed at a reasonable hour. You do not need unanimous approval before protecting your nervous system, declining an invitation or leaving a room that does not feel safe. Caring for yourself is not a prize awarded for good behavior. It is part of the responsibility of being alive.

At first, these choices can feel almost insultingly small: drinking water, eating something nourishing, answering the phone, taking medication, attending a meeting, going for a walk, telling the truth, getting beneath clean sheets before the despair arrives. But self-trust is not built through grand declarations. It is built through ordinary acts of care repeated until your body begins to believe: ***She is coming back for me.***

3. Your Feelings Are Real Even When Nobody Else Validates Them.

When we have spent years looking outside ourselves for evidence of our worth, we may also look outside ourselves for permission to feel. Was it really that bad? Am I being too sensitive? Do I have the right to be angry? What if they remember it differently? What if nobody understands why this hurts? In sobriety, feelings arrive without their usual sedation. They may come loudly and all at once, like impatient creditors who have finally found your address. Not every feeling is a fact, but every feeling is information. You do not have to obey each emotion, dramatize it or build a permanent identity around it. You do have to become willing to hear it. Anger may be telling you that a boundary was crossed. Grief may be telling you that something mattered. Envy may be revealing an unlived desire. Fear may be protecting an old wound long after the danger has passed. Your inner life does not require a jury.

Being here for yourself means becoming the person who can say, ***I believe that this is what I am experiencing. I will listen before I judge. I will not make myself disappear simply because my feelings make someone else uncomfortable.***

4. You Will Have to Learn How to Stay Through the Ordinary Moments.

We expect sobriety to test us during catastrophe. Often, it tests us on a perfectly unremarkable Tuesday afternoon. The work is not only surviving heartbreak, conflict or crisis. It is staying present through boredom. Restlessness. Laundry. An unanswered text. A lonely evening. A project that takes longer than expected. A body that changes slowly. A life that does not provide fireworks on command.

Addiction trains the brain to expect interruption, intensity and immediate relief. Sobriety returns us to the natural pace of a human life—and human life contains an enormous number of minutes in which nothing spectacular happens. Those minutes are not empty. They are where a life is actually built.

Being here for yourself means resisting the urge to turn every discomfort into an emergency. It means allowing an ordinary moment to remain ordinary. You make tea. You wash the plate. You sit beneath the sky. You let the craving rise, crest and pass without converting it into a command. Gradually, what once felt like emptiness begins to reveal itself as spaciousness. You are not waiting for life to begin. This is life, quietly happening, and you are finally here for it.

5. Being Here for Yourself Means You Stop Abandoning Yourself When You Are Imperfect.

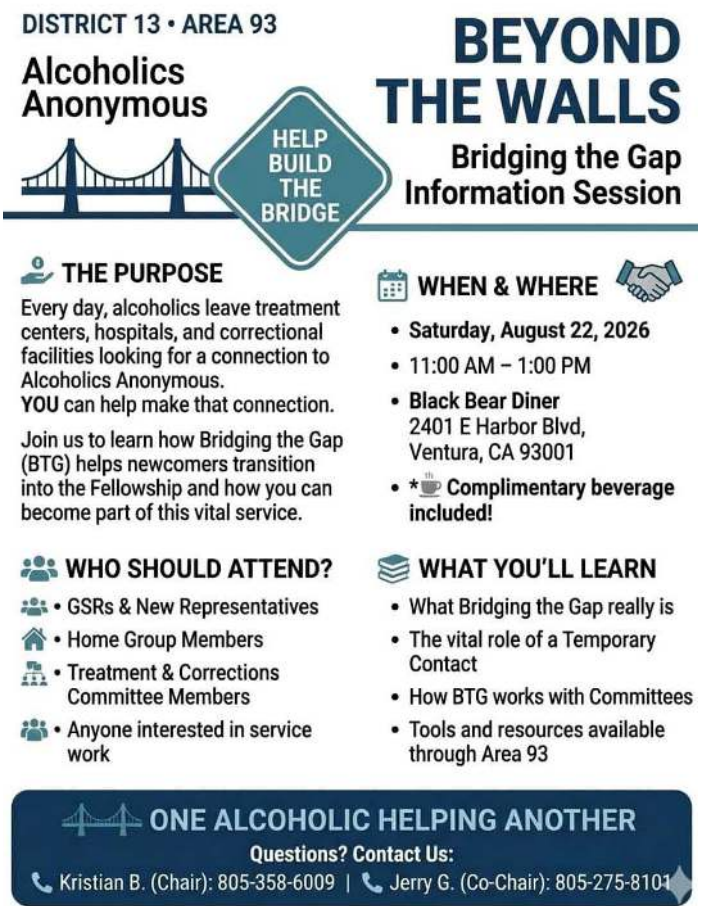
Many people can love themselves when they are doing well. The greater test comes when they disappoint themselves. Old shame says that one mistake proves you are a mistake. One bad decision becomes a reason to disappear. One painful day becomes evidence that nothing has changed. But sobriety is not a spotless performance. It is a relationship—and healthy relationships require repair.

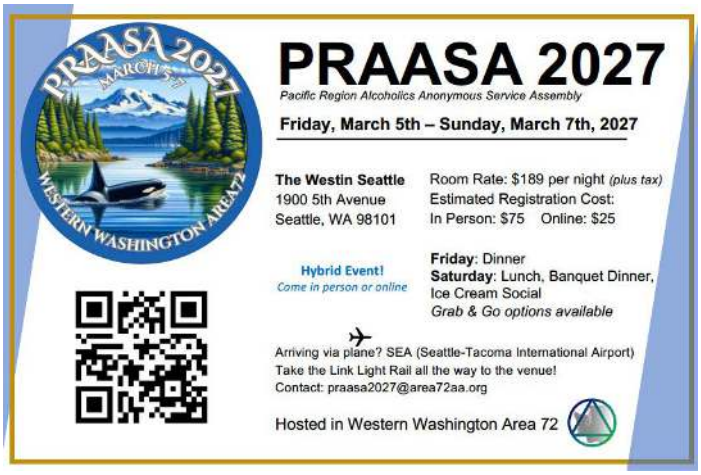
There may be days when you are resentful, chaotic, selfish, frightened or exhausted. There may be moments when you return to an old behavior, even if you do not return to the substance. You may lie, isolate, lash out, overeat, overspend or reach desperately for someone else to regulate what is happening inside you. The question is not whether you will always behave perfectly. The question is: *When you recognize that you are suffering, will you punish yourself—or will you come closer?*

Being here for yourself means taking responsibility without turning responsibility into cruelty. It means making amends without reducing yourself to your worst act. It means asking what happened, what you needed, what you can learn and what loving action is possible now. You do not heal self-abandonment by abandoning yourself more efficiently. You heal it by staying.

Community matters. Meetings matter. Friendship, fellowship, accountability and love matter enormously. We are not meant to recover in isolation. But other people cannot perform the most intimate act of sobriety for us. They cannot inhabit our bodies. They cannot sit inside our private minutes. They cannot make the thousand small decisions through which we either disappear from ourselves or return. Sobriety is not a campaign to persuade the world that you are worthy of love. It is the practice of no longer requiring the world's permission to treat yourself as though you are. And perhaps that is the quiet miracle at the center of recovery: after spending years searching for someone who would see you, save you, choose you or refuse to leave you, you discover that you can become that person.

You can be the one who stays.





Calendar Events

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

Date	Event	Time	Location	Address
8/02	AV Monthly Roundup	4:30 PM – 5:30 PM	In-Person	Friends of Bill W. Hall, 42545 Wall Street, Unit 115, Lancaster, CA 93534
8/06	SCV H & I Monthly Meeting	6:30 PM – 8:00 PM	In-Person	Saint Stephen's Church, 24901 Orchard Village Rd, Santa Clarita, CA 91355
8/06	AV Central Office Intergroup Meeting	7:00 PM – 8:30 PM	In-Person	43619 17TH Street West, Suite 103, Lancaster, CA 93534
8/07-8/09	MAAD Dog Daze — 52ND Annual 9TH District Convention	All Day	In-Person	DoubleTree by Hilton Resort Palm Springs, 67967 Vista Chino, Cathedral City, CA 92234
8/09	AV H&I Monthly Meeting	10:00 AM – 11:00 AM	In-Person	Friends of Bill W. Hall, 42545 Wall Street, Unit 115, Lancaster, CA 93534
8/09	SCV Convention Planning Committee Only	11:30 AM – 12:30 PM	In-Person	The Rafters Group, 22607 6TH Street, Newhall, CA 91321
8/10	District 7 Monthly Business Meetings	6:30 PM – 8:00 PM	Hybrid	Quartz Hill Grange Hall, 41843 50TH Street West, Quartz Hill, CA 93536 Zoom ID: 835 1211 4894 (host lets you in)
8/15	SCV Convention Spaghetti Dinner	5:00 PM – 8:00 PM	In-Person	Saint Kateri Tekakwitha Catholic Church, 22508 Copper Hill Dr, Santa Clarita, CA 91350
8/16	Area Assembly (CCAA)	8:00 AM – 5:00 PM	Hybrid	Aging and Adult Services, 2101 Ridge Rd, Bakersfield, CA 93305 Zoom ID: 812 4612 9383, PW: Panel75
8/22	Beyond the Walls	11:00 AM – 1:00 PM	In-Person	Black Bear Diner, 2401 E Harbor Blvd, Ventura, CA 93001
8/24	SCV Intergroup Meeting	7:00 PM – 8:30 PM	In-Person	SCV A.A. Central Office, 26951 Ruether Ave., B-4, Santa Clarita, CA 91351

July IGR Meeting Minutes

Monday, July 27, 2026

Meeting called to order by Susan C. @ 7:00 PM

Opened with Serenity Prayer

Statement of Purpose read by Jenny M.

Attendees: Barbara W., Ida B., Jasmine G., Jenny M., John C., Judy F., Patty G., Susie R., Susan C., Holly M., Lori J., and Meghan Y.

Roundtable introductions and welcome to new IGR Meghan!

Meeting Minutes of 6/22/26 reviewed. Susie moved to accept minutes. Barbara 2ND. All agreed. Minutes accepted.

Chairperson Report – Susan

Treasurer, Secretary & Chairperson Terms of Service

By-Laws dated 1/16/2012 (original), 11/2022 (amendment) and 7/22/2024 (revision) reviewed specifically regarding Officers terms of service, elections, nomination process, etc.

- Original By-Laws dated 1/16/2012 were summarized for Intergroup purposes. No evidence of vote or adoption of the By-Law Intergroup summary located.
- Copy of By-Law Summary of 1/16/2012 and amendment dated 11/2022 will be emailed to each IGR for review.
- It was determined the document dated 7/22/2024 entitled Policies & Procedures (no longer called By-Laws) was not voted on according to the meeting minutes dated 8/26/2024.
- A vote will be taken on 8/24/26 to adopt the By-Law Summary of 1/16/2012.
- The positions of Chairperson, Secretary and Treasurer are up for nomination/election in September, according to the By-Law Summary of 1/16/2012.
- Office Manager is not an elected position. Person is an employee of SCVCOAA and serves as a "paid special worker" and is overseen by Treasurer and Chairperson.
- Discussed lack of division of duties between Treasurer and Office Manager.

Office/Facility Update – Judy & Susan

- On 7/15 Susan contacted Landlord about numerous cockroaches inside CO.
- 7/19 office, hallway and entryways sprayed by Landlord. Bait traps set inside CO and entryways. Susan closed Central Office on 7/15 & 7/17 due to issue.
- Discussed (again) moving Central Office. Rafters has space and agreed to Central Office occupying (@ beginning of year). This was put on hold by Central Office to research real estate market for office space.
- Central Office to open discussion again with Rafters.

Announcements Board (Glass Cabinet) at Rafters–Judy

- 7/11 Judy updated the board – all information is current.

Gratitude Month at Rafters–Judy

- Judy submitted a Motion to Rafters to allow separate collection at meetings during Month of November. Rafters will reply at the October General Business Meeting. Judy to attend meeting and advise on decision.

Gratitude Month & IGRs at Stepping Stones–Judy

- Judy received permission from Stepping Stones for attendance at the Mandatory Secretaries Meeting in August. Susan and Judy to attend. Will discuss Gratitude Month, IGR need and bring literature.

Lease Agreement 26951 Ruether Ave.

- Judy received a copy of the Lease Agreement from Landlord. Susan reviewed. Lease is in file. CO is on Month-to-Month term. Lease has not been amended from original.

Liability Insurance

- State Farm is the current carrier, as of 9/11/2026 premium is $797.00 and is priced fairly compared to other carriers in the market, per Susan's research.
- Judy will renew the policy and pay premium.

Treasurers Report–Judy

- Review and approve June Report. Motion made to accept report by Jasmine, 2ND by Jenny M. All agreed. Report accepted.
- Reviewed June Group & Individual Contributions.
- Balance in checking and savings accounts discussed. At next meeting Judy will discuss transferring some funds from Checking to Reserve Account.
- Large donation received in July & is reflected in checking account. Contribution will remain anonymous.
- H & I pricing agreement reached to clarify CO will not take a loss on future purchases.
- Judy is shopping for Internet/Phone bundle with Spectrum and B Communications. Will report at next meeting.
- Central Office now accepts Zelle. See website for Zelle address.

Literature Report – Judy

- Our Great Responsibility Book is available at CO. Bill's speeches throughout the years. Very inspirational.
- Grapevine is introducing a new phrase and sign "Gratitude is a Super Power."

Public Information w/Professional Community CPC – Judy

- Judy would like volunteers to join her in outreach to hospitals and wellness fairs.
- Post Meeting Note: Holly volunteered to help.

Outreach to Meetings & Groups – Susan C

- Judy & Susan to attend Stepping Stones Secretaries Meeting in August.
- Everyone should continue to mention the need for IGRs at your meetings.
- Meghan joining as IGR is an example of outreach for IGR by Jasmine.

Meeting Share & Announcements

- John C shared about Camp Seely 9/25,26 & 27, for men and woman.
- Ida shared about Spaghetti Dinner on 8/15.
- Susie shared that San Fernando Valley is putting on a Treasurers Workshop on 8/22.
- Central Office accepts Zelle.
- Rafters is adding morning meeting: Mon. – Thurs. @ 7AM.
- Rafters is obtaining an upright Piano for The Coffee House Meeting Saturday 8:30 PM.

Newsletter & Website – Doug (works remotely)

- Deadline for articles is 25TH of the month.

Literature/Brochure Share

- Tabled.

New Business

- Judy would like to attend the ICOAA conference in November, San Antonio. TX. Conference is national meeting of Central Office reps and others. Information will be useful to SCVAA. Barbara made motion, John 2ND for expense of $150 registration fee and approx. $500 airfare for Judy to attend conference. All in favor. Motion passed.
- Judy will pay for hotel and food.

Passed the Basket

Birthdays

- Susie R for 7 years – Congratulations.

Next Meeting: 8/24/26

Motion to close Meeting by Jasmine, & 2ND by Barbara. All in favor. Meeting closed at 8:35 PM.

Responsibility Statement – recited by all

I am Responsible when anyone, anywhere reaches out for help. I want the hand of AA always to be there. And for that, I am responsible.

EASY DOES IT WEEKEND

At Camp Seely (250 N Highway 138, Crestline, CA 92325)

AA and AL-ANON

September 25th, 26th & 27th, 2026

47 YEARS of MAGIC IN THE MOUNTAINS

Check NEW website for more information and limitations:

www.easydoesitweekendinc.org

Pay and register online, or mail in coupon below.

Pre-registration is required; NO REFUNDS.

Five great hot meals, fabulous meetings —plus a dance, raffle, horseshoes, games, and more!

All for just **$150** per person ~ no one under age 18

Call Registrar to confirm availability: Tashmier M. (818) 389-3570 (tashmier.myers33@gmail.com)

Camp Chairperson: Joy M. (818) 429-9806 (joy.mccann@gmail.com)

Rough Terrain may not be suitable for the physically impaired.

Check-in begins at noon on Friday.

September 25, 26 & 27, 2026 -

Name(s) ____________________

Address ____________________

City ____________________ State __________ Zip Code ______________

Phone number ____________________

Email ____________________ ***Only put an email if it is OK for EDIW to send you notices***

Couple __________ Single ________ SPECIAL REQUEST____________________

IF YOU WANT TO SHARE CABIN WITH SOMEONE SPECIFIC PUT THEIR NAME HERE____________________

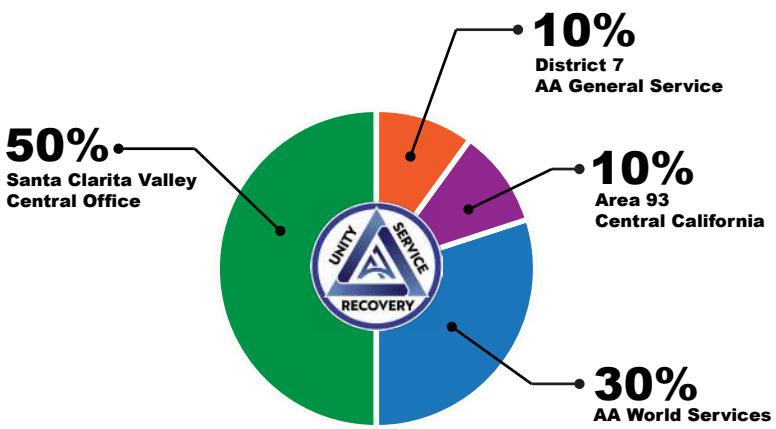
IF YOU HAVE BEEN TO CAMP BEFORE & WANT A SPECIFIC CABIN REQUEST CABIN #______ (NOT GUARANTEED)

$150 per person. Pre-registration is required. Make check or money order payable to **Easy Does It Weekend** and mail to: 6021 Fountain Park Lane #3 Woodland Hills 91367.

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.



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

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**

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.