September
2026

Volume 25, Issue 9

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

Contents

7TH Tradition 14
AA Meetings 2
Birthday Board 2
Calendar Events 11
Central Office News 3
Don't Leave Before the Miracle Happens 9
Grapevine News 3
How to Become an IGR 2
Literature 3
Monthly Service Meetings 14
News from New York 3
SCV Central Office 1
The Newcomer We Haven't Met Yet . . 1
Understanding Anonymity 5
XXX IGR Meeting Minutes 12

The Newcomer We Haven't Met Yet

By Jason D.
dcm@area93district7.org

It can be easy to lose sight of why we do the work of General Service.

District meetings, committee reports, budgets, elections, workshop planning, and discussions about procedures may not seem exciting. At times, they can even feel disconnected from carrying the message. Yet every decision we make in service should lead us back to one simple question:

How does this help the alcoholic who still suffers?

Most of the people we serve are not sitting in our district meetings. They aren't voting during our group consciences or attending committee meetings. In fact, many of them haven't even walked through the doors of Alcoholics Anonymous yet.

They are the newcomer we haven't met.

The choices we make today help determine the experience that newcomer will have tomorrow. Will there be coffee ready before the meeting? Will someone be there to greet them? Will the meeting have current literature? Will the phone be answered when they reach out for help? Will there be a healthy home group waiting to welcome them?

Continued on page 1

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.	Certain Steps, Recovery Room & Santa Clarita Speakers Mtg., Stepping Stones
Jenny M.	Magic Mountain Grp, 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
Marissa H.	Women's Bean Bag Toss, Stepping Stones
Patty G.	Member
Susan C.	Intergroup Chair
Susie R.	Coyote Group & Magic Mountain Grp Monday

Legacies for September

Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9 A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9 Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Birthday Board

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

Christina J	9/22/2023	3 years
Jenna H	9/22/2023	3 years
Ryan B	9/20/2023	3 years
Kelli H	9/22/2022	4 years
Danielle K	9/16/2022	4 years
Chris B	9/21/2021	5 years
George D.	9/7/2021	5 years
Crista M	9/25/2020	6 years
Tim W.	9/15/2010	16 years
Debbie R	9/29/2004	22 years
Kenn M	9/2/1993	33 years
Kelly T.	9/12/1992	34 years
Kevin D	9/15/1986	40 years
Clark	9/28/1966	60 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

Available through your local Central Office the following hardcover books are great readers for AA and our founders history:

Alcoholics Anonymous Comes of Age - a brief history of A.A.

Dr. Bob and the Good Oldtimers - A biography, with recollections of early A.A. in the Midwest

Pass It On - The story of Bill Wilson and how the A.A. message reached the world

News from New York

The summer edition of Box 459 is available at 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. The featured article is **The 76TH General Service Conference: "Humility In Action"**

Call For Theme Suggestions For The 2030 International Convention In St. Louis, Missouri July 4TH – 7TH 2030. Deadline To Submit Is October 9, 2026. Suggestions are being taken for the theme of A.A.'s 95TH anniversary. These will be reviewed and a selection will be made by the trustees of the international convention/regional forums committee. Please send your ideas to 2030ictheme@aa.org by October 9, 2026.

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.

Grapevine News

aagrapevine.org/store

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

September issue of the Grapevine is here! September's featured section is all about "**Sponsorship**" It's full of helpful, personal and often humorous stories by members about the joys and challenges of AA sponsorship.

Featured articles include **My Wild Card Sponsor**; **Now Hiring**; **Get In The Car**; **40 Years, 9 Sponsors**; **My Buddy Roy**; **Learning To Trust**

Quote for the Day:

"In relinquishing some goals because of lessened physical energy, I have been freed to achieve other and more satisfying ones that a deeper and more extensive Me has always known it wanted."

"*Beyond the Generation Gap*," Saratoga, CA August 1985, The Home Group

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

The Newcomer

Continued from page 1

These things don't happen by accident. They happen because trusted servants quietly give their time and attention to the work that keeps our Fellowship strong.

General Service can sometimes seem removed from the meeting room, but it exists for the same reason every AA group exists—to support our primary purpose of carrying the message to the alcoholic who still suffers. Whether we're discussing finances, planning a workshop, electing trusted servants, or sharing information between our groups and Area, our work helps ensure that AA remains available for the next person who needs it.

I've found that asking one simple question can bring clarity to almost any discussion:

How does this help the newcomer we haven't met yet?

When we keep that person in mind, personalities become less important. Differences of opinion become easier to navigate. Decisions become less about what any one of us wants and more about what will best serve Alcoholics Anonymous as a whole.

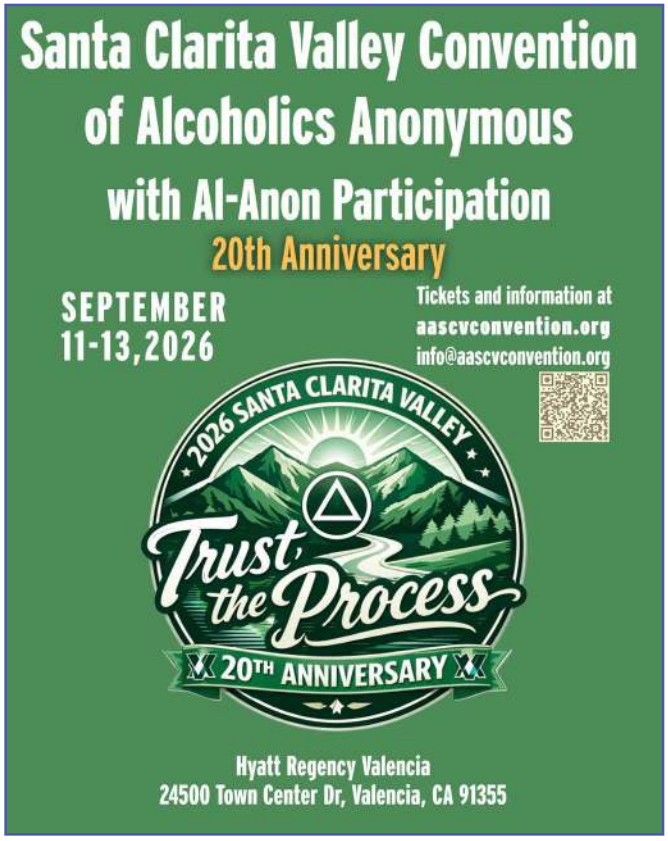
None of us knows who that next newcomer will be. It could be someone walking into a meeting for the first time tonight, someone calling our hotline next month, or someone who won't need AA for years to come. But when that day arrives, I hope they find what so many of us found: a welcoming Fellowship, a message of hope, and people who cared enough to prepare the way before they ever arrived.

Thank you to everyone in District 7 who continues to give your time, experience, and willingness in service. Every group conscience, every committee meeting, every report, and every act of service helps ensure that the doors of Alcoholics Anonymous remain open for the newcomer we haven't met yet.

In love and service,

Jason D. Decker

District 7 DCM



Understanding Anonymity

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

This article draws from A.A. Conference-approved literature and A.A. service resources, including Understanding Anonymity (P-47), A.A. Guidelines on Internet (MG-18), and A.A.'s public page "A.A. and Anonymity."

P-47 has been renamed, "***Anonymity — Our Spiritual Foundation***".

The Quiet Strength That Protects A.A.

When I first came around Alcoholics Anonymous, I did not understand anonymity or able to pronounce it, I avoided if I could to not read the Traditions. I thought it simply meant, "Don't tell on people who you saw at a meeting." And yes, that is part of it. But over time, I began to see that anonymity is much deeper than privacy. It is one of the spiritual safeguards that keeps A.A. from becoming about fame, personalities, opinion, power, or public approval.

Anonymity protects the newcomer and protects the member who is still unsure, still frightened, still carrying shame. It is so broad that it protects the Fellowship from being attached to one person's reputation. And, maybe most importantly, it reminds me that my recovery is not a performance. It is not something I use to make myself look important. It is something I live, one day at a time, with growing humility.

A.A.'s service resource on anonymity says that two of the Traditions directly address this principle. Tradition Eleven says, "**Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.**" Tradition Twelve says, "**Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**"

Those two sentences say a lot. We carry the message, but we do not advertise ourselves as the message. We share recovery, but we do not sell A.A. through personalities. We let the program speak through changed lives.

Anonymity Protects the Newcomer

One of the clearest explanations I found is in the Conference Approved pamphlet, *Understanding Anonymity* (P-47). It says that anonymity serves "two different yet equally vital functions." First, "At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers." (P-47, p. 5). Second, "At the public level of press, radio, TV, film/video other **public forms of the Internet and social media platforms**, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain." (P-47, p. 5).

It is important to note that P-47 is Conference Approved Literature, like our Big Book. It was the first piece of literature to include "**forms of the Internet and social media platforms.**" Even in the Foreword to the Second Edition in 1955 (we see this spiritual principle developing through added examples), "It was decided that all members ought to be anonymous at the level of press, radio, **TV** and films…" (Alcoholics Anonymous, XIX). Tradition Eleven has never changed. The supporting literature uses new examples as technology advances, but the spiritual principle does not change. I have heard people imply the Big Book does not mention the Internet, so they are free to use it any way they want — oh really?

Many of us arrived in A.A. carrying fear, guilt, embarrassment, and confusion. Some of us were afraid of what our families would think. Some were afraid of work consequences. Some were afraid of being judged. Some could barely say the word alcoholic out loud.

On P-47, p. 6 it puts it plainly: "Without it, many would never attend their first meeting." It also says, "Anonymity is essential for this atmosphere of trust and openness."

That has been true in my experience. A meeting room needs to feel safe before people can become honest. A newcomer may not understand the Steps yet. They may not know what a sponsor is. They may not yet believe recovery is possible. But if they hear, "Who you see here, what you hear here, let it stay here," something softens. The door opens just a little.

Anonymity does not mean secrecy in a shameful way. It means safety. It gives each person the dignity of deciding when, how, and with whom to share their own story.

"Such a disclosure, however, is always their own choice." (P-47, p. 6). That line is important. My story is mine to share. Your story is yours to share. No one else gets to decide that for us.

Anonymity Is Also Humility

At the public level, anonymity becomes something more than personal privacy. It becomes humility in action.

Let's be honest. Alcoholics are not always strangers to ego. Many of us know what it is like to want attention, approval, control, or importance. Recovery gives us a new way to live,

but the old defects still show up. Anonymity helps keep those instincts in check.

Bill W. described anonymity as "the spiritual base, the sure key to all the rest of our Traditions." (P-47, p. 7). He connected it with "prudence" and "self-effacement," and called it "the cornerstone of our security as a movement."

That word self-effacement may sound old-fashioned, but the idea is simple: I do not have to put myself forward all the time. I do not have to make myself the center. I do not have to turn service into status.

Anonymity teaches me to ask: Am I carrying the message, or am I trying to be admired for carrying it?

That question can sting a little. But it is useful.

Attraction Rather Than Promotion

Tradition Eleven gives A.A. a public relations policy that is both practical and spiritual: attraction rather than promotion.

Promotion says, "Look at me."

Attraction says, "This helped me, and it may help you too."

Promotion depends on image. Attraction depends on experience.

A.A. does not need famous celebrities to prove it works. It does not need polished advertising campaigns built around personalities. The best evidence for A.A. is still one alcoholic talking honestly to another alcoholic. A sober life, lived with some usefulness and humility, carries its own quiet weight.

Understanding Anonymity (P-47), explains that early A.A. members learned this through experience. At first, some believed well-known members could help the Fellowship by publicly identifying themselves. But experience showed the risk. "If one anonymity breaker stepped forward, others would follow; and if members were to strive for public acclaim and power, the spiritual unity so essential to the work of helping fellow alcoholics would soon be lost." (P-47, p. 9).

That is the lesson. The issue is not whether one person means well. The issue is what happens to A.A. when personalities become the focus. Public recognition can shift attention away from the spiritual principles that saved us.

And A.A. needs those principles more than it needs any individual spokesperson.

Anonymity Online

The internet has made anonymity more complicated. Years ago, anonymity at the public level mainly meant newspapers, radio, films, and television. Today, most of us carry a publishing device in our pocket.

A.A.'s public page (***A.A. and Anonymity***) warns that when using social media and online platforms, "A.A. members are responsible for their own anonymity and that of others." It also says, "When we break our anonymity in online forums, we may inadvertently break the anonymity of others."

Back to P-47, p. 11 says something similar: "When we text or post something online, we should assume that we are publishing at the public level."

That is a helpful rule. If I post a photo from an A.A. event, such as our SCV Convention, tag people, mention names, or show faces, I may be revealing more than I realize. Even if I am comfortable with my own anonymity, I may be breaking someone else's. Even a small detail can identify another member.

The A.A. Guidelines on Internet (MG-18) are also listed as a resource for online anonymity, and P-47 points members to the A.A. Guideline on the Internet for more information. The principle is consistent, regardless of the medium: digital spaces require care, especially when they are public or easily shared.

P-47, p. 10, suggests that publicly accessible websites and social media require the same safeguards used for press, radio, and film/video. It says, "Unless password-protected, a website requires the same safeguards that we use at the level of press, radio, and film/video." It also suggests that when A.A.'s gather as A.A.'s or as an A.A. group on social media, "these pages are set to 'private' rather than 'public.'" (P-47, p. 10).

That is practical guidance. Before posting, I can pause and ask:

- Am I identifying myself publicly as an A.A. member?
- Am I identifying someone else?
- Is this page public, searchable, or shareable?
- Am I carrying the message, or drawing attention to myself?
- Would this make a newcomer feel safer, or more exposed?

Those questions slow me down. That is usually a good thing.

Anonymity Is Not a Cover for Harm

It is also important to say what anonymity is not.

Anonymity is not a shield for unsafe, inappropriate, or criminal behavior. It is clear that anonymity "is not intended to be a cloak protecting inappropriate or criminal behavior." (P-47, p. 10). It adds that saying something about inappropriate behavior or calling proper authorities "does not go against any A.A. Traditions and is meant to preserve the safety of all members." (P-47, p. 10).

That matters. Sometimes people misunderstand anonymity as silence at any cost. But A.A. is not helped by ignoring harm. The principle is meant to protect recovery, not protect misconduct.

So, yes, I try to respect anonymity. I do not gossip. I do not identify members. I do not repeat personal disclosures from meetings. But if there is a safety issue, anonymity does not require me to look away.

Practicing Anonymity in Daily Life

For me, anonymity has become a daily practice. It is not only about what I say publicly. It is about how I think.

When I am in a meeting, anonymity asks me to listen without ranking people. Newcomer, old-timer, trusted servant, visitor, speaker, sponsor, sponsee: we meet at the same level, that is as an alcoholic helping one another.

When I am in service, anonymity reminds me that the role is not mine to own. I may be trusted with a job for a season, but I am not the job. I am there to serve the group, district, area not to think I have become important.

When I speak about recovery outside A.A., anonymity helps me be careful. I can say "I am sober" or "I am in recovery", I do not share that I am A.A. unless I thought it though, usually if I can help and not self-serve. I can share my experience when appropriate. But if I identify myself publicly as an A.A. member, especially with my full name or face, I may be stepping outside the Traditions. Some times someone looks familiar and I cannot remember where I met them, I do not say "did I meet you at an A.A. meeting?" I use a less direct approach, "Are you a friend of Bill W's" only A.A. members know what that means. Likewise, at a party or gathering and someone asks, how do you two know each other (you and me are in A.A.), I tell them we have mutual friends.

This week, I was in a AI tech meeting that had nothing to do with A.A. It was being recorded, I was asking a few questions during the recording, then the recording stopped and they ask again if I had questions, I opened up about being in recovery and some tech challenges, there were four of us and another member identified, now their are two members and two normies, the focus on tech around solving our unique requirements, shifted and I learned a lot more on this technical subject when I explained that we cannot use the same tools (promotion) everyone else has the freedom to use.

A.A.'s public page says members may disclose their identity and speak as recovered alcoholics in interviews "so long as their A.A. membership is not revealed." It also says members may speak publicly as A.A. members only "if their full names or faces are not revealed." They speak as individual members, not for A.A. as a whole.

That distinction helps me. I can carry hope without making myself a public representative of A.A.

I am a citizen of the world, and as such, I am free to have opinions or discussions that serve my interests, but not my A.A. affiliation where ever I want.

I've seen anonymity go a bit far at meetings where one alcoholic talking to another and reluctant to give their last name. That is their choice, but it isn't always helpful. If you were hospitalized, they won't let me visit "Jane D."; they need a last name.

Principles Before Personalities

Tradition Twelve gives us the heart of the matter: "**Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**"

I need that reminder. I can get impressed by personalities. I can get irritated by personalities. I can make things about who said it instead of whether it is true. I can forget that the power of A.A. is not in any one person. It is in the shared experience, the Steps, the Traditions, the informed group conscience, and the grace that seems to move when one alcoholic helps another.

Anonymity brings me back gently. It tells me: keep the focus on the message. Respect the person beside you. Protect the newcomer. Be careful online. Serve without needing applause. Share my experience, but don't turn A.A. into a platform.

So where does this leave us? For me, anonymity isn't a restriction; it's a freedom. It frees me from needing to feel important. It frees A.A. from being represented by any one personality. It frees the newcomer to walk through the door without fear. And it frees all of us to meet on equal ground, one alcoholic helping another.

That is quiet strength. And A.A. has depended on it from the beginning.

FAITHFUL FRIENDS

Contributions to the Santa Clarita Valley Central Office

Faithful Friends are A.A. members who choose to contribute five dollars or more each month to support the Santa Clarita Central Office of Alcoholics Anonymous in its efforts to carry the A.A. message of hope and recovery to those alcoholics who still suffer. As a Faithful Friend, your personal contribution will help your Central Office provide the services necessary to carry the message of Alcoholics Anonymous.

Your Central Office Provides:

- 24 hour / 7 days a week answering inquiries from those seeking help - suffering alcoholics, sober alcoholics, meetings, groups, professionals and the general public
- Publishes A. A. In-person Meeting Schedules
- Maintains an informative and up-to-date website: aassv.org
- Orders and sells A.A. literature
- Publishes the monthly Gratitude Gazette Newsletter
- Acts as an information exchange for all SCV meetings
- Cooperates closely with our Area 93 Assembly, Hospital and Institutions, and GSO in New York

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.
To Use Zelle to send contributions: info@aascv.org

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.

AA Links

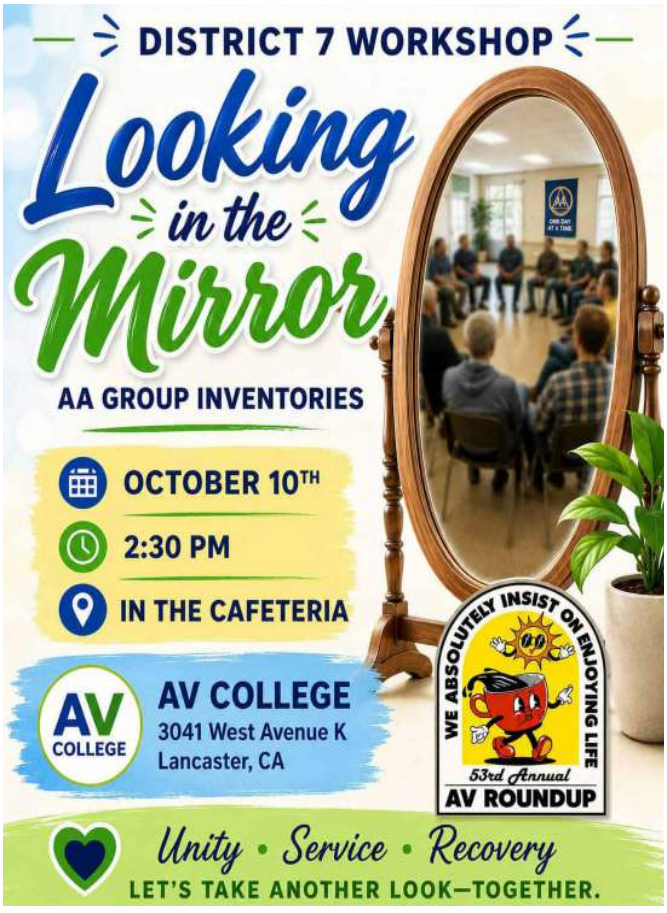
- AA–aa.org
- Area 93–area93.org
- AA Grapevine–aagrapevine.org
- Area 93, District 7–area93district7.org
- Stepping Stones Alano Club–steppingstonesalanoclub.org
- Central Park Group–centralparkgroupsantaclarita.com
- SCVYPAA–scvypaa.org
- Rafter Group–raftersaa.com
- AV Central Office–avcentraloffice.org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



Don't Leave Before the Miracle Happens

By Kimberly Cooper
kimberlycooperstudio@gmail.com

When I first came into Alcoholics Anonymous, I knew I needed to stop drinking. What I didn't know was how strange it might feel to become sober. For the first month, I felt off. Not drunk. Not hungover. Not exactly sick. Just off, as if my body, brain, and spirit had all awakened in a strange room and were trying to remember where the furniture was. A man in an early AA meeting once said, "When you all come in here, you are dim bulbs. But eventually, if you stay, I see the lights coming on." I loved that because it was true. I was a dim bulb. My brain was foggy. My feelings were everywhere. My body was doing mysterious things. I could not always follow what people were saying in meetings, especially when they started speaking fluent AA: surrender, defects of character, the Promises, ninety meetings in ninety days, Higher Power.

But slowly, the light began to come on.

If you are new and confused, please understand you are not necessarily doing sobriety wrong. You may simply be healing.

What to Expect Emotionally: The Walking Cactus and the Walking Waterfall

In early sobriety, I felt like a walking cactus. Without alcohol, I was no longer self-medicating normal human emotions. Every irritation, disappointment, awkward conversation, old memory, and minor inconvenience touched a nerve. I felt prickly and exposed. I had spent years pouring alcohol over my emotions, and suddenly there was nothing between me and my own skin. That rawness did not mean sobriety wasn't working. It meant the anesthesia had worn off.

Then I became a walking waterfall. I cried constantly. Sometimes I knew why; sometimes I didn't. I cried from relief, grief, shame, guilt, remorse, exhaustion, gratitude, and the shock of finally being present for my own life. Feelings I had postponed were standing in line, waiting to be admitted. Alcohol had not eliminated those feelings. It had put them in storage, and apparently the storage bill had come due.

That is why I immediately found a sponsor. I needed someone who had lived through early sobriety and could help me process what was surfacing without drowning in it. My sponsor did not gasp at my shame or run from my remorse. She knew the territory. If you are newly sober, do not try to privately out think the disease that has been privately out thinking you. Get phone numbers. Find a sponsor. Arrive early. Stay late. Let people know you. The fellowship is not decorative. It is part of the medicine.

What to Expect Physically: Your Body Is Recalibrating

My physical body went through its own strange renovation. My digestion changed. My skin broke out. I was tired, foggy, and uncomfortable. I began sleeping through the night instead of passing out and waking up anxious. I also became aware of physical issues I had ignored or covered up with alcohol, including menopause.

Sobriety did not cause everything I was feeling. Sobriety made it possible for me to finally notice what had already been happening. For years, alcohol had interfered with my ability to hear my body clearly. Once I stopped drinking, the volume came back on. Hunger, fatigue, pain, hormones, thirst, anxiety, and the need for actual rest all began identifying themselves. Your experience may be completely different. Bodies are personal, and healing does not follow a cute little calendar. But brain fog, sleep disruption, fatigue, irritability, and feeling generally unwell can occur as the brain and body adjust.

One important note: alcohol withdrawal can be dangerous and, in some cases, life-threatening. Shaking, severe vomiting, hallucinations, seizures, confusion, or rapidly worsening symptoms require medical attention—not just another meeting. The National Institute on Alcohol Abuse and Alcoholism recommends medical support for people at risk of serious withdrawal. AA is powerful fellowship, but it is not a substitute for a doctor.

Be gentle with your body. Feed it. Hydrate it. Rest it. Have it examined. You have moved back into your body after a long absence. It may need some attention.

What to Expect Spiritually: The Pink Cloud and the Quiet Miracle

Alongside all this discomfort, I was also on what AA calls a pink cloud. The secret was finally out. I had told the truth. I was no longer spending my days hiding, managing, minimizing, bargaining, or pretending. I was relieved to be on a road to recovery and honest with the people around me. That relief felt almost euphoric. The pink cloud is real and beautiful. Enjoy it but don't confuse it with permanent weather. It may fade. Ordinary life will return. Someone will hurt your feelings. The car will need repairs. You will wake up cranky. You may wonder why you don't feel spiritually radiant anymore. That does not mean the miracle has left. It means the miracle is becoming practical.

In the Big Book, we read: "When we drew near to Him, He

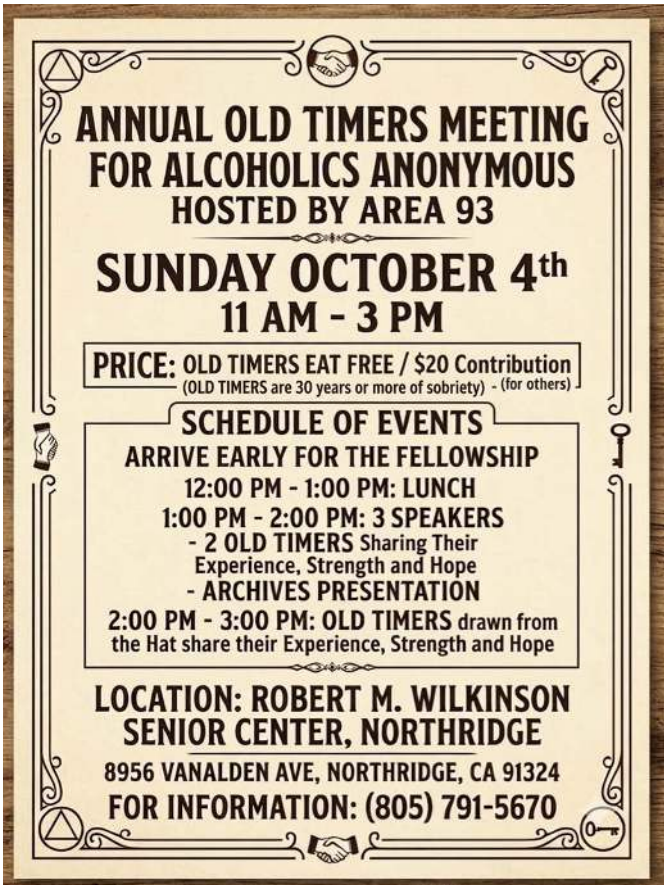
disclosed Himself to us!" The book uses Him; you may use God, Spirit, the Universe, Love, the group, or a Higher Power you do not yet understand. The point, for me, is willingness. I do not have to figure out God before asking for help. I surrender, make a little room, and allow faith to reveal itself through experience.

When newcomers read the Promises, they can sound almost impossible: serenity, freedom, usefulness, losing fear. Then someone says, "Don't leave before the miracle happens." The miracle is not always lightning, angels, or a sudden personality transplant. Sometimes it is realizing you have gone an entire afternoon without wanting a drink. Sometimes it is sleeping through the night. Telling the truth. Answering the phone. Feeling grief without fleeing from it. Laughing from your belly. Looking into your own eyes without turning away. The miracle is the dim bulb beginning to glow.

Early sobriety may be uncomfortable. You may feel like a cactus, a waterfall, a science experiment, and a mystic—all before lunch. Stay anyway. Submerge yourself in meetings and fellowship. Borrow someone else's faith when yours is tired. Let your body heal, let your feelings speak, and let your spirit become curious. You do not have to understand the whole road today. You only have to stay long enough to see the lights come on.

2026 SCV Convention Corner

The Santa Clarita Valley AA 20TH Anniversary Convention with Al-Anon Participation will be held September 11–13, 2026, at the Hyatt Regency Valencia. Special Event sales are now closed. You can purchase convention tickets at Registration. Marathon Meetings are free to attend. Please visit the convention website aascvconvention.org for the latest event information and updates.



Calendar Events

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

Date	Event	Time	Location	Address
9/3/2026	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
9/3/2026	AV Central Office Intergroup Meeting	7:00 PM – 8:30 PM	In-Person	AV Central Office, 43619 17TH Street West, Suite 103, Lancaster, CA 93534
9/6/2026	SCV Convention Steering Committee	11:30 AM – 12:30 PM	In-Person	The Rafters Group, 22607 6TH Street, Newhall, CA 91321
9/6/2026	SCV Convention Planning Committee	12:30 PM – 1:30 PM	In-Person	The Rafters Group, 22607 6TH Street, Newhall, CA 91321
9/6/2026	AV Monthly Roundup	4:30 PM – 5:30 PM	In-Person	Friends of Bill W. Hall, 42545 Wall Street, Unit 115, Lancaster, CA 93534
9/11/2026 – 9/13/2026	National A.A. Technology Workshop: Circuits of Service	All Day	Hybrid	Hilton Concord, 1970 Diamond Blvd, Concord, CA 94520 Online access through naatw.org registration
9/12/2026	Palmdale Group Annual Picnic & BBQ Competition	10:00 AM – 2:00 PM	In-Person	Desert Sands Park, 39117 3RD St E, Palmdale, CA 93550
9/13/2026	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
9/14/2026	District 7 Monthly Business Meeting	6:30 PM – 8:00 PM	Hybrid	Quartz Hill Grange Hall, 41843 50TH Street West, Quartz Hill, CA 93536 Zoom ID: 835 1211 4894
9/18/2026 – 9/20/2026	37TH Annual Kern River Valley Soberfest Camp out	All Day	In-Person	Frandy Park Campground, 11252 Kernville Rd, Kernville, CA 93238
9/18/2026 – 9/20/2026	Woman to Woman 52ND Conference	All Day	In-Person	The Dana on Mission Bay, 1710 W Mission Bay Dr, San Diego, CA 92109
9/19/2026	Grapevine Writer's Workshop	1:00 PM – 3:00 PM	In-Person	Imperial Alano Club, 8021 Rosecrans Ave, Paramount, CA 90723
9/25/2026 – 9/27/2026	AA Bridging the Gap Temporary Contacts Workshop	All Day	In-Person	Hilton Garden Inn, 12080 S. Strang Line Road, Olathe, KS 66062
9/25/2026 – 9/27/2026	Easy Does It Weekend	All Day	In-Person	Camp Seely, 250 CA-138, Crestline, CA 92325
9/28/2026	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

August IGR Meeting Minutes

Monday, August 31, 2026

Recorded by Kathy B, Secretary. Reviewed / revised by Susan

Meeting called to order: 7:05 by Chairperson Susan C.

Opening prayer: Serenity Prayer (all)

Statement of purpose: Read by Jennifer Y.

Attendance: Susan C., Judy F., Ida B., Jasmine G., Jennifer Y., John C., Marissa H., Holly M., Lori J., Meghan, Barbara W., Kathy B., Jenny M., Susie R., Patty G., Leslie M.

July Meeting Minutes:

- Group reviewed. Susie R. moved to accept with amendments to correct 1) date of vote to accept by-laws from 8/24 to 8/31/26. 2) Correct date of next meeting from 8/24 to 8/31.
- Seconded by Kathy B. Approved by all.

Chairpersons Report – Susan C.

- **By-Laws:** Group reviewed condensed By-Laws prepared in 2012, newly dated and unchanged on 8/31/2026. Susie R. moved to adopt the By-Laws dated 8/31/2026. Second by Kathy B. Approved by all. Susan C signed and filed with Corporate Documents.
- **Elections** will be at the **next meeting on 9/21/26. Open positions for election are Chairperson, Secretary and Treasurer**. Susan C asked group to seriously consider nominations and be prepared to attend next meeting.

Treasurer Report: Judy F.

- Group reviewed Treasurers report. Questions addressed by Judy.
- Contributions reviewed. Group Contributions total $1,427.77. Individual contributions $5,757.02 (Large individual donation is out of the ordinary and should be set aside for review purposes.) Total Contributions $7,184.79. If set aside, this is a typical month for Central Office.
- Judy commented on income and expenses, with attention to Cost of Goods line item. Judy is looking into QuickBooks for a more accurate report for Cost of Goods. Paid Liability Insurance premium balance of $700. **Post meeting note: Susan did not see the Insurance payment on report, will research and put on agenda for September.**
- Net Revenue is positive $4,334.73. (for review must set aside the $5,000 contribution, Net Revenue is negative $666.73 which is a typical month).
- July Checking account balance $16,443.00. Reserve account balance $16,143.00. The $5,000 was deposited into the checking account and may be moved to the Reserve Account in September.
- Ida B. Move to Approve the July 2026 Treasurer Report. Seconded by Jenny M. Approved by all.

Office/Facility Update: Judy F. & Susan C.

- Market: Office space viewed by Judy & Susan, on Constellation Rd. too small.
- Rafters: Two rooms. Judy and Susan reached an agreement with The Rafters Group to rent two rooms at The Rafters location at 22607 6TH Street, 91321, effective 10/1/2026. The front room and the room across from kitchen, totaling 350 sq. feet. Rent $1,100.00 monthly with 18 mo. lease. No security deposit required includes utilities, trash, use of common area, kitchen and bathrooms.
- Central Office will have access to the building 7 days per week. Will maintain their own locks and keys to these rooms.
- Central Office may consider increasing their office hours in the future.
- Central Office will have increased visibility and sales and is hopeful of having the member support to absorb the increase in rent.
- Central Office will maintain its own insurance policy and will remain independent and separate from The Rafters Group.
- Central Office will have a Tenant/Landlord, business relationship with The Rafter Group.
- **Central Office will be closed starting 9/21 and will reopen at The Rafters on 10/5**. Doug made a "Moving" flyer which is ready to share.
- Jenny M. moved to allow Central Office to execute the lease agreement with The Rafters Group for two rooms totaling approx., 350 sq. feet, effective 10/1/26, in the amount of $1,100.00 per month for 18 mo. Seconded by Barbara W. Approved by all.
- **Post Meeting Note**: Susan and Judy signed the Lease Agreement on behalf of SCVAA Central Office, The Rafters Group signed the Lease Agreement and approved access to space on 9/26/26.
- Kathy B. moved to allow Central Office to withdraw from reserve account, not to exceed $1,000.00 for moving expenses, if needed. Seconded by Holly. Approved by all.
- Notice to vacate 26951 Ruther Ave, B4: Leslie Moved to Allow Central Office to give a 30 day a notice to vacate. Lori Seconded the motion. Approved by all. Notice to

be delivered by 9/1 to Landlord. Move out 10/1/26. Landlord is holding an $850 security deposit. **Post Meeting Note:** Notice given to Landlord, with request for return of Security Deposit.

- Gratitude Month at Rafters: Judy F.
- Judy submitted a Motion to Rafters to allow a separate collection at meetings during the month of November. The Rafters GBM will vote on the motion in October.
- In October Judy will have Gratitude Envelopes and information on how to contribute for Gratitude Month.

Gratitude month and IGRs at Stepping Stones: Judy F.

- Judy & Susan attended the "new secretaries mandatory meeting" at Stepping Stones to bring information about Gratitude Month, the need for IGR's, purpose of Central office and need for donations, etc.

Literature Report: Judy F. Postponed until next month

Public Information w/Professional Community CPC: Judy F.

- Stop the Stigma – Central Office and IGRs will be participating in this community event on September 19TH 10AM-2PM. Other Community events Central Office will possibly participate in are: Senior Resource Fair, Family Promise of SCV, and possibly other wellness fairs.
- Judy and Holly plan to network with other vendors and participants at Stop the Stigma event for further outreach in the community. Leslie continues to send Judy information on other events.

Outreach Chairperson – Susan C.

- Susan asked IGRs to continue to promote the need for IGRs at meetings. This current group is the largest participation Central Office has ever had and finds it to be extremely beneficial. It is important to talk about it and ask others to join our meetings. Members don't have to be an IGR to come to the meetings.

Technology – Doug W.

- Doug manages our Newsletter, SCVCO website, meeting schedules and Gazette.
- If you would like to write an article for the Gazette, send directly to Doug by the 25TH of the month. For more info. Go to webservant@aascv.org

Literature/Brochure Share: Postponed until next month

New Business

- Central Office will have a table at the SCV AA convention. Need Volunteers.
- World Service announced that the 5TH Edition of the BB will be out in February 2027.

Announcements

- John C: Easy Does it weekend at Camp Seely with AA and Al-Anon participation is Sept. 25, 26, & 27TH. For more information or register online at easydoesitweekendinc.org
- Susan C: SCV AA Convention September 11TH, 12TH and 13TH.
- Judy: AV 53RD Roundup October 9TH through 11TH.
- Judy: District 7 workshop – AA Group Inventories October 10TH 2:20 PM
- Ida: Registration is now closed for Convention. Still in need of volunteers in various areas. Please consider helping.
- Central Office accepts Zelle payments now.
- See our website for other announcements.

Birthdays

Jasmine G. 7 years. Happy Birthday!

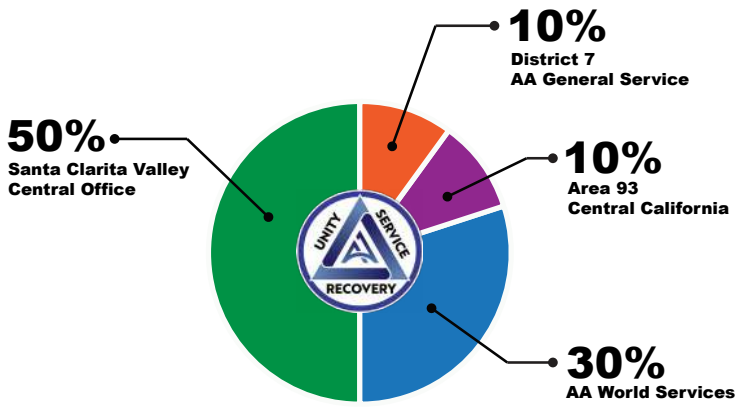
Next Intergroup meeting: 9/21/26

Meeting closed at 8:10 with the Responsibility Statement

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/) or use Zelle: info@aascv.org

District 7

P.O. Box 599
Acton, CA 93510
(Check payable to: District 7, CCAA)
(Electronic: https://area93district7.org/make-a-contribution/)

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.