

October
2026



Volume 25, Issue 10

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

SCV Central Office Moved!

22607 6TH Street, Newhall, CA 91321

Taking Our Own Inventory

By Jason D. dcm@
area93district7.org

One of the things we learn early in A.A. is the value of taking an honest look at ourselves. We do that personally through the Steps, but that same spirit of self-examination can also be useful in our groups and throughout our service structure.

This October, District 7 will be holding a workshop at the AV Roundup on October 10TH focused on inventories at the group, district, and area levels. I hope everyone will take the opportunity to participate, but I especially want to encourage our groups to consider taking a group inventory.

A group inventory gives us an opportunity to stop for a moment and ask: How are we doing?

Are we carrying the A.A. message as effectively as we can? Are newcomers being welcomed and given an opportunity to become part of the group? Are we providing opportunities for members to get involved in service?

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SCV Central Office

22607 6TH Street

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10:00 AM to 5:00 PM

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Intergroup Representatives

Name	Meeting/Function		
Barbara W.	Step Sisters, St. Stephen's Church	John C.	Men's Crosstalk, OLPH, Easy Does it
Bobby B.	The Rafters	Judy F.	Central Office Manager, Treasurer
Christine C.	The Great Reality Sunday, Stepping Stones	Kathy B.	10+ Meeting, Stepping Stones
Meghan Y.	New Reflections, Saint Stephen's Church	Leslie M.	Secretary, Daily Reflections, Stepping Stones
Ida B.	Convention Liaison	Lori J.	Big Book Study, Recovery Room
Holly M.	By the Book, Stepping Stones	Marissa H.	Women's Bean Bag Toss, Stepping Stones
Jasmine G.	Wednesday Women's Night Happy Hour	Patty G.	Member
Jennifer Y.	Certain Steps, Recovery Room & Santa Clarita Speakers Mtg., Stepping Stones	Susan C.	Intergroup Chair
Jenny M.	Magic Mountain Grp, United Methodist Church	Susie R.	Coyote Group & Magic Mountain Grp 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 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 153 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@aa.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.

Legacies for October

Step 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10 Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept 10 Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Birthday Board October

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

Brian O	10/9/2023	3 years
Karen B.	10/13/2022	4 years
Amanda K.	10/10/2022	4 years
Greg B	10/10/2021	5 years
Sharon C.	10/17/2019	7 years
Fred D	10/25/2018	8 years
Patty M.	10/22/2014	12 years
Ryan W.	10/13/2013	13 years
Dena P	10/31/2011	15 years
Richard R	10/15/2005	21 years
Teri V	10/24/1994	32 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.



Literature

aascv.org

New formats and updated resources offer more ways to explore A.A. recovery and service:

Plain Language Big Book: Audiobook Edition – Released in June 2026, this audio version offers another way to use the reading tool designed to help members understand Alcoholics Anonymous.

Indigenous People in A.A. – This revised pamphlet includes nine new recovery stories and a new introduction, along with six stories from the previous edition. Members from different tribal nations and communities share their experiences getting sober in A.A. Read the pamphlet and find purchase options.

The Twelve Concepts for World Service Video – Released in February 2026, this animated introduction explains how participation throughout A.A.'s service structure helps carry the message of recovery. Find it through aa.org's publishing announcements.

News from New York

76TH General Service Conference Final Report Now Available. Announced September 4, the final report is available in English, Spanish and French as a print-ready PDF. Members and groups can access it through the Conference report announcement.

New GSO Contributions Platform Scheduled for Mid-October. The General Service Office has announced an upcoming change to its contributions platform. Members and group treasurers can check the GSO announcement for the latest information.

Our Primary Purpose Podcast: Season Two Available. Eight new episodes offer a closer look at A.A., including its history and service. Topics include 50 years of the GSO Archives and an audio comedy exploring the Traditions. See aa.org's podcast announcement.

Grapevine News

aagrapevine.org/store

Grapevine Digital Subscription. Includes access to the Grapevine website, Story Archive and App:

Read or listen to the monthly magazine and explore stories dating back to 1944. Digital subscriptions are currently \$29.99 per year.

The October 2026 issue of Grapevine is here! October's featured section is "**Loneliness**." Members share their experiences facing isolation in sobriety and finding connection through AA.

Featured articles include **A Sense of Belonging; Feeling Lonely?; Love, Coffee & Hot Donuts; When Loneliness Comes; Searching & Trusting; Phone Full of Numbers.**

Quote for the Day

"I was so busy juggling the regrets of the past with the expectations of tomorrow I had no time for living in the present."

"How Is My Now?" Atlanta, GA, August 2001, Beginner's Book. Featured in Grapevine's Daily Quote on September 28.

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



Taking Our Own Inventory

Continued from page 1

Are we practicing the Traditions in our group affairs? Are we supporting A.A. beyond the walls of our own meeting? Do our members understand what a GSR does and how their voice can travel from the home group to the district, area, and ultimately to A.A. as a whole?

These are not questions designed to find fault. An inventory is not about deciding who is right or wrong. It is an opportunity for the group conscience to look honestly at what is working well, what might need attention, and whether we are fulfilling our primary purpose.

A healthy group is important far beyond the individual meeting. The groups are the foundation of our service structure. Through the GSR, the conscience of the group is carried to the district. Through the DCM, the district's conscience is carried to the area. Our area delegate then carries the experience and conscience of the area into the General Service Conference process.

That means the strength of our service structure begins with informed and participating groups.

Districts and areas can also benefit from taking inventory. We can ask ourselves whether we are communicating effectively with the groups we serve, whether we are encouraging participation, whether we are making good use of our resources, and whether our service work remains focused on carrying the message to the alcoholic who still suffers.

But none of that replaces the importance of the individual A.A. group looking at itself.

Sometimes a group can continue doing things the same way for years simply because "that's how we've always done it." A group inventory gives everyone; not just the longtime members or trusted servants; a chance to participate in an honest discussion about the health of the group.

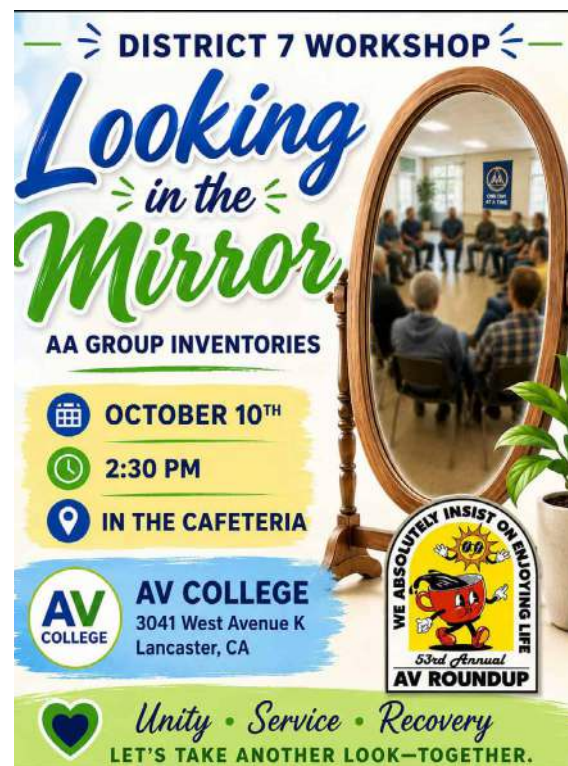
And just like a personal inventory, we may discover things that need improvement. We may also discover many things that our groups are doing very well.

My hope this month is that our District 7 groups will begin talking about inventories at their business meetings. Ask your GSR about it. Bring the idea to your group conscience. Consider setting aside a special meeting where the members can sit together and ask some meaningful questions about the group and its primary purpose.

Our October 10TH workshop at the AV Roundup will give us an opportunity to learn more about how inventories can work at the group, district, and area levels, and to share our experience with one another.

A.A. has given each of us a way to continually examine ourselves, grow, and change when change is needed. Our groups deserve that same care and attention.

When our groups are healthy, involved, and informed, our entire Fellowship is stronger.



Two Forms of Service, One Primary Purpose

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

"Our Twelfth Step is never to be paid for, but those who labor in service for us are worthy of their hire." (Twelve Steps and Twelve Traditions, pg. 171)

I didn't find much inspiration in the meetings I attended over the last couple of weeks. That's usually where I listen and decide what subject to write about from what I'm learning.

Instead, this month I reflected on the process of finding a topic. I looked back at the A.A. articles I've written in my digital archive and counted how often each Tradition appeared. Tradition 8 had the lowest count—along with Step 8—so that may be next month's article.

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

At first, Tradition Eight can sound contradictory. Alcoholics Anonymous must remain nonprofessional, yet it may employ people and pay them for their work. How can both parts be true?

The answer rests in a distinction that is vital to how A.A. works: **we never pay someone to carry the message as one alcoholic helping another, but we may pay people to perform the practical work that makes carrying the message possible.**

Our Message is Freely Given

A.A. began with one alcoholic talking to another. That personal connection remains at the center of our Fellowship. No degree, professional class, salary, or official position can replace the identification that occurs when one alcoholic honestly shares their experience with another.

The Eighth Tradition begins with the statement that A.A. "should remain forever nonprofessional." The Long Form explains what this means: "We define professionalism as the occupation of counseling alcoholics for fees or hire." (*Alcoholics Anonymous*, pg. 564)

The issue is not whether A.A. members can have professional careers. Many members work as doctors, counselors, therapists, social workers, educators, administrators, or treatment professionals. **The issue is whether someone is being paid to do A.A. Twelfth Step work.**

The *Twelve Steps and Twelve Traditions* puts the matter

plainly: "Alcoholics simply will not listen to a paid twelfth-stepper." (*Twelve Steps and Twelve Traditions*, pg. 166)

When I sit with a newcomer, answer a Twelfth Step call, share my experience at a meeting, or sponsor another alcoholic, I do those things freely. I am not selling recovery. I am passing on what was freely given to me.

This protects both of us. The newcomer does not become a customer, and I do not become an authority who claims professional ownership of the A.A. message. We meet as equals.

"There is no professional class of members in A.A. being paid to carry the message to others. This is something we do for ourselves - and for each other." (*Experience Has Taught Us*, pg. 9)

When Service Becomes a Full-Time Job

Although the A.A. message is given freely, a large amount of the practical work must be completed every day.

The telephones must be answered. Meeting information must be updated. Literature must be ordered, received, stored, and distributed. Websites must be maintained. Financial records must be kept. Legal forms must be filed. Newsletters must be prepared. Emails receive replies.

A.A. learned through experience that volunteers cannot always provide this continuity.

The *Twelve Steps and Twelve Traditions* describes the early experience of trying to operate clubs entirely with volunteer labor. Volunteers were asked to sweep floors, prepare coffee, and attend to the building seven days a week. Before long, some stopped showing up. The work still had to be done.

The conclusion was practical: "The job was not to do Twelfth Step work; it was to make Twelfth Step work possible. It was a service proposition, pure and simple." (*Twelve Steps and Twelve Traditions*, pg. 168)

An office manager who answers the telephone is not paid to sponsor the caller. The manager may listen carefully, gather essential information, suggest a few A.A. meetings to attend and connect the caller with an A.A. volunteer.

A website servant may keep meeting information accurate, but that servant is not selling recovery. These workers maintain the practical channels through which A.A. becomes available.

Following Tradition 8, I have been paid for my web services once, but I consider my time as a service commitment, while getting paid for my time was nice, it is not necessary for me to do website work.

The Central Office or Intergroup

The intergroup or central office is one of the clearest examples of Tradition Eight in action.

A central office is supported by participating A.A. groups and A.A. members. It performs services that are difficult for each group to provide independently. Some examples:

- Responding to telephone and walk-in requests for help
- Maintaining current meeting information
- Connecting callers with Twelfth Step volunteers
- Stocking and selling Conference-approved literature
- Printing and releasing meeting directories and newsletters
- Coordinating Public Information and Cooperation with the Professional Community requests
- Communicating additional information among local groups and meetings
- Supporting local events and service committees

The pamphlet, *The A.A. Group...Where it all Begins*, defines the need of the Intergroup or Central Office "Due to workload, a local service system of this type seems to work better if it is handled separately from the work of the area general service committee. Most intergroups function with only one or two paid workers (some have none) and so rely heavily on A.A. volunteers for help. Many A.A.s have found that serving at intergroup — answering calls from alcoholics and doing what else needs to be done — greatly enriches their sobriety and broadens their circle of friends." (pgs. 37-38)

This partnership is important. The paid worker provides continuity, administrative skill, and daily availability. Volunteers supply the personal Twelfth Step connection.

A local Central Office or Intergroup might have a paid office manager who opens the office each weekday, answers calls, maintains records, manages literature inventory, prepares reports, and updates the meeting directory. At night or on weekends, volunteer members may answer the telephone. Other volunteers may serve on the board, deliver literature, write newsletter articles, carry meeting information to treatment or correction facilities.

The office works because both kinds of service are present.

My local experience reflects this service. These services are

supported through Seventh Tradition contributions from local A.A. groups, A.A. meetings and A.A. members.

Paid Workers Are Not "Professional A.A.s"

In A.A.'s early years, paid workers were sometimes treated with suspicion. Some members believed anyone receiving wages from an A.A. service office was making money from A.A.

The *Twelve Steps and Twelve Traditions* describes secretaries, cooks, caretakers, and authors being criticized, even though they were performing jobs rather than selling Twelfth Step work. A.A. eventually recognized that this criticism confused employment with professionalism.

A paid A.A. employee may be a professional secretary, accountant, editor, manager, or technology specialist. That does not make the employee a professional A.A. member.

"They are professional secretaries, but they certainly are not professional A.A.'s." (*Twelve Steps and Twelve Traditions*, pg. 169)

The same principle applies when A.A. members work outside the Fellowship. A member may earn a living in alcoholism treatment, nursing, social work, or corrections. That person is being paid by an outside organization to perform a professional job. They are not being paid by A.A. to carry out sponsorship or ordinary Twelfth Step work.

The boundary must remain clear. The member should not use the A.A. name for personal promotion, imply A.A. endorsement, or present professional services as official A.A. activity.

Special Workers Should Receive Fair Pay

Tradition Eight does not suggest that paid workers should work for less than their services are worth.

Concept XI states: "We believe that each paid executive, staff member or consultant should be recompensed in reasonable relation to the value of his or her similar services or abilities in the commercial world." (*The A.A. Service Manual*, pg. C-44)

This is an important spiritual point. Asking a worker to accept unfairly low compensation simply because the employer is an A.A. service office places a burden on that person that we would not place on other members.

The Service Manual warns that poorly compensated workers may feel insecure and become less effective. It concludes:

“This is neither good spirituality nor good business.” (*The A.A. Service Manual*, pg. C-45)

A.A. should use its funds prudently for a stated purpose, but prudence does not require exploiting dedicated employees. If a position is necessary, its responsibilities should be clearly defined and the compensation should be reasonable.

Volunteers and the Spiritual Value of Rotation

Most A.A. service positions are unpaid and rotate: A group secretary, treasurer, a General Service Representative (GSR), Intergroup Representative (IGR), committee chair, or District or Area officer usually serves for a stated term and then steps aside.

Rotation gives other members an opportunity to serve and grow spiritually. It prevents authority from becoming attached to one personality and reminds us that no individual owns a service position.

“Traditionally, rotation ensures that group tasks, like nearly everything else in A.A., are passed around for all to share.” (*The A.A. Group*, pg. 28)

Stepping away can be difficult, particularly when we enjoy the work or often we believe nobody else is ready or will do a good job. Yet handing over the position can become an act of humility. When rotating we must prepare the next trusted servant, we pass along records, explain what we have learned, write documentation and remain available without trying to control the position. I am about to rotate out from my Panel 75 commitments in Area 93, (I moved to Arizona mid panel, but was committed to finish my responsible), I have written what I did and how I did it, because when I accepted Area 93 and my District Registrar positions, I got no help, I started from nothing.

Rotation is not abandonment. **Good rotation includes training, documentation, cooperation, and a responsible handoff.**

When Special Skills Limit Rotation

Rotation is a guiding principle, but A.A. experience also recognizes that it cannot be applied mechanically to every paid or specialized position.

Some work requires years of training, technical knowledge, professional credentials, or detailed institutional experience.

Our Service Manual explains that most “General Service Office staff assignments rotate, but office-management assignments may have limited rotation because of the special skills involved. It also notes that fixed terms of employment can be impractical and unfair when a worker has required

several years of training.” (*The A.A. Service Manual*, pgs. C-45-C-46)

Positions that may reasonably require longer service or limited rotation include:

- Financial and accounting work
- Publishing and production management
- Archives administration
- Information technology and database management
- Legal or human-resources responsibilities
- Executive office management
- Skilled editing, writing, or design
- Specialized administrative systems

Concept XI gives the example of literature work, where “a paid writer and consultant” may be necessary to provide the required professional skill. (*The A.A. Service Manual*, pg. C-40)

This does not mean specialized workers should become unaccountable or indispensable. Clear job descriptions, supervision, performance reviews, shared records, and succession planning remain. The principle is that we do not remove a capable worker merely because an service term has expired when doing so would damage continuity.

Volunteer leadership should rotate whenever practical. Paid staff employment should be based on competence, accountability, and the needs of the service entity.

Two Forms of Service, One Primary Purpose

Tradition Eight gives A.A. a workable balance. The sponsor gives time freely. The Twelfth Step volunteer answers the call without charge. The meeting secretary, treasurer, intergroup representative, and committee members serve without seeking personal gain.

Alongside them, a paid office manager keeps the doors open. An employee may update the meeting list. An accountant protects the contributions entrusted to the office. An editor prepares literature or a newsletter. A technology worker keeps the website available to someone searching for help late at night.

Each role is different, but each supports the same primary purpose.

Tradition Eight asks us to avoid two extremes. One is professionalizing the spiritual work of one alcoholic helping another. The other is expecting volunteers to maintain every demanding, daily, or highly technical service regardless of workload or skill.

A.A.'s experience offers a clear test: **Are we paying someone to carry the message, or are we paying someone to make carrying the message possible?**

The message must remain free. The work that supports it may be fairly compensated. When we understand that distinction, paid workers and volunteers can serve together without weakening A.A.'s spiritual foundation.

I AM RESPONSIBLE when anyone, anywhere, reaches out for help, I want the hand of AA to always be there. And for that: I Am Responsible.

My article draws from Conference-approved A.A. literature: Alcoholics Anonymous, Twelve Steps and Twelve Traditions and The A.A. Service Manual (BM-31). Pamphlets, The A.A. Group...Where it all Begins (P-16), and Experience Has Taught Us (P-91).

AA Links

- AA—aa.org
- Area 93—area93.org
- AA Grapevine—aagrapevine.org
- Area 93, District 7—area93district7.org
- Stepping Stones Alano—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

The Great Reality

by Cathy Z

When I first heard the words “The Great Reality,” I’m not sure I really understood what they meant.

I thought God was something I had to go looking for. I thought peace was something that would come when everything in my life finally worked out. And I thought if I could just control the people and circumstances around me, somehow I would be okay.

AA has taught me something completely different.

For me, the Great Reality is realizing that God was there all along. I was the one who wasn’t always able—or willing—to see Him.

Before I got sober, I spent a lot of time running. Running from consequences, running from feelings, running from myself. Alcohol and drugs were a way for me not to have to sit with who I was or what was happening in my life.

Then I got sober, and suddenly I had to feel things.

I had to look at myself honestly.

I had to make amends.

I had to rebuild relationships.

I had to learn how to show up when I said I was going to show up.

And probably one of the biggest things I had to learn was that I am not God.

I can’t control what happens tomorrow. I can’t control what other people think of me. I can’t make people forgive me. I can’t keep the people I love from getting older, getting sick, or dying.

But I can control what I do today.

I can be honest.

I can show up.

I can help another alcoholic.

I can make the phone call.

I can apologize when I’m wrong.

I can be present for the people I love.

And I can trust God with the things I can’t control.

That has become the Great Reality for me.

I used to think a second chance meant getting my old life

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The Maintenance Plan: Daily Living in Steps 10, 11, and 12

By Kimberly C.

kimberlycooperstudio@gmail.com

When a person first approaches recovery, the initial stages often feel like an intensive emergency room intervention. The early steps are designed to halt the immediate crisis, clear away the debris, and pull the individual out of the wreckage of a chaotic past. However, once the initial cleanup is complete, a new challenge emerges in how to live a stable and meaningful life. The Big Book of Alcoholics Anonymous offers a profound promise regarding this transition, noting that once we reach Step Ten, we are no longer burning up energy foolishly as we did when trying to arrange life to suit ourselves. Instead, a dramatic shift occurs, offering a new way of living with our feet firmly planted in steps ten, eleven, and twelve. These final three steps cease to be items on a checklist to be completed and checked off; they become a lifelong maintenance plan, a form of daily spiritual hygiene that preserves emotional sobriety and ensures ongoing growth.

To understand how this daily maintenance works, it helps to view the three steps as a synchronized, twenty-four-hour cycle of recovery. Just as we wouldn't expect a single shower or a single meal to sustain us physically for the rest of our lives, we cannot expect past spiritual experiences to keep us emotionally clean today. The three steps function together as an integrated system to prevent the ordinary dust of daily life from compounding into the structural wreckage that eventually leads back to active addiction. Within this daily routine, Step Eleven serves as the protective bookends that open and close the day, Step Ten functions as the shock absorber that handles the unpredictable friction of the afternoon, and Step Twelve acts as the motor that constantly drives our internal energy outward into the world.

The cycle begins the moment I open my eyes, entering the first bookend of Step Eleven while still resting in the warmth of my bed. Rather than instantly reacting to the anxieties, demands, and racing thoughts that often accompany the morning, my process calls for a deliberate pause before entering the chaos of the world. I begin each day with a heart coherence meditation under the covers, practicing deep, measured breathing in and out of my heart space. As my breath steadies, I actively cultivate a feeling of deep gratitude for the people and things in my life, visualizing a warmth radiating outward as I send love to my family, my friends, and the world at large. This meditation naturally flows into prayer, where I consciously ask my Higher Power to free me from self-will and guide me in good orderly direction. Instead of keeping my prayers self-centered, I make a point to lift up specific people

in my life who I know are currently suffering or needing help of some kind. This morning routine is an exercise in intentional alignment, a way to build a conscious connection to a power greater than myself so that I do not have to rely entirely on my own limited willpower.

Once I step out into the world, the plan shifts seamlessly from morning meditation to the real-time vigilance of Step Ten. If morning alignment sets my direction, Step Ten is the continuous course correction that keeps me on track when life inevitably pushes back. Living this step means staying intensely present and mindful in every single moment, paying close attention to the somatic signals and physical feelings in my own body. Over time, I have learned that my body speaks the truth long before my mind catches up; whenever an uncomfortable "ick" forms in my gut, it acts as an immediate warning sign that I am doing, thinking, or saying something I shouldn't be. The moment that physical alarm goes off; I pause, take a breath, and ask myself exactly why that feeling is there. If I discover a character defect or an error in judgment has created that knot in my stomach, I take immediate, decisive action to make it go away. Whether that means picking up the phone right then to make an amends or simply redirecting my current actions toward the next right thing, this rapid-fire course correction keeps my side of the street clean in real-time.

As the day progresses and I navigate my interactions with others, this internal maintenance naturally fuels the outward expression found in Step Twelve. True recovery cannot exist in a vacuum of self-improvement; it requires me to take the emotional balance I have found and actively give it away. This step is the motor of my maintenance plan, permanently shifting my focus from an obsession with my own pleasure and comfort to a genuine desire to be of service. Practically, this means embedding myself into the fabric of the recovery community. I stay anchored by attending meetings regularly, serving as the active secretary for a weekly AA meeting on ZOOM, and donating clothing to local addiction treatment centers to support those who are just starting out with nothing. Writing these regular articles for the gazette allows me to organize my thoughts and share the message of recovery with a broader audience. Yet, the real test of Step Twelve happens outside of recovery spaces. It means engaging with all of my friends and family—not just my AA fellowship—with a commitment to compassion, rigorous honesty, integrity, and love, ensuring that my character matches my convictions even when no one is looking.

When the sun sets and the day winds down, the cycle

completes itself by returning to the final bookend of Step Eleven. Before sleep, back in the quiet sanctuary of my bed, I pull out my journal to constructively and objectively review the preceding twenty-four hours. Writing it down allows me to balance the ledger of the day with absolute clarity, looking honestly at both the good and the bad. I celebrate the moments where I stayed aligned with my values, but I also look directly at where I stumbled, mentally noting if I need to make any formal amends the following morning. Crucially, this nightly review is an objective, mechanical audit rather than a tool for self-punishment; I am careful not to drift into toxic worry, remorse, or morbid reflection, because beating myself up only diminishes my ultimate usefulness to the world. I acknowledge my assets alongside my liabilities, ask for forgiveness where I fell short, and close the books on the day. By surrendering the past twenty-four hours to the page, I can turn off the light and go to sleep with a completely clear conscience and a clean spiritual slate.

Ultimately, living in these three steps every single day is much like running a successful neighborhood storefront. Step Eleven is the act of turning on the lights in the morning to organize the shop and locking up the safe securely at night. Step Ten is the constant habit of grabbing the broom and sweeping up a mess the absolute second it hits the floor so that no unsuspecting customer slips and falls. And Step Twelve is the foundational reason the store exists in the first place, keeping the doors unlocked and the shelves stocked so that I can welcome, comfort, and serve whoever happens to walk through the door. By practicing this seamless routine, recovery transforms from a desperate, ongoing fight for survival into a beautiful, quiet art of daily living.



The Great Reality

Continued from page 8

back. Today I realize my second chance was getting a completely different life.

A life where my relationships could heal.

A life where I could be present for my family.

A life where I could walk into an AA meeting and tell the truth about who I am and what I've done without having to hide.

And a life where, when things hurt, I don't have to run from the feelings anymore.

I can cry. I can be sad. I can be angry. I can be scared. And I can still be sober.

That's freedom.

I've also learned that finding God doesn't mean my life suddenly becomes easy.

Sometimes I find God in the good things—in my family, my grandchildren, laughter, friendships and another sober day.

But I've found Him in some of the hardest moments of my life too.

I've found Him when I've had to accept something I desperately wanted to change.

I've found Him when I've had to let go.

I've found Him when I've been able to be there for someone I love instead of running away because it hurt too much.

And I've found Him sitting in rooms just like this one, listening to another alcoholic tell the truth.

Today, I don't think the Great Reality is something I have to completely understand.

I think I just have to be willing to experience it.

For me, God isn't somewhere far away waiting for me to become good enough.

He's here.

He's in the honesty.

He's in the willingness.

He's in the connection between one alcoholic and another.

He's in that quiet voice that tells me, Just do the next right thing.

And He's in the fact that after everything I've been through, I'm still here.

I'm sober.

I'm grateful.

September IGR Meeting Minutes

Recorded by Kathy B., Secretary
Monday, September 21, 2026

Meeting called to order: 7:00 by Chairperson Susan C.

Opening prayer: Serenity Prayer (all)

Statement of purpose: Read by Susan C.

Attendance : Susan C., Judy F., Jasmine G., John C., Marissa H., Lori J., Kathy B., Meghan, Jenny M., Susie R., Leslie M., Bobby B., Melissa D., and Holly M.

Meeting Minutes:

- Group reviewed August minutes. Amendment to August Minutes brought up. Report stated insurance was paid. The insurance was not paid in August. Melissa D. moved to accept August 2026 Minutes with amendment to report. Seconded by Susan C. Approved by all.

Chairpersons Report: Susan C.

- Elections ran by Susan C.
- Description of duties, sobriety time requirements, and years in positions for Chairperson, Secretary, and Treasurer were read by Judy F. Susan C. opened elections.
- Melissa D. moved for Susan C. to be reelected for 2 years Chairperson. Bobby B. seconded the motion. Approved by all.
- Susan C. nominated Susie R. to be secretary. Susie declined. Jenny M. nominated Leslie M. for Secretary, 2-year term, she accepted. Seconded by Kathy B. Approved by all.
- Melissa D. Moved to reelect Judy F. for Treasurer 2-year term, Seconded by Lori J. Approved by all.
- Elections Results:
 - Chairperson is Susan C. 2-year commitment
 - Secretary is Leslie M. 2-year commitment
 - Treasurer is Judy F. 2-year commitment
- Central Office Move: Judy and Susan
- Central Office will be closed starting 9/21 and will reopen at Rafters on October 5TH.
- Saturday 9/26 Spectrum will install the internet. A locksmith will re-key the Central Office Room and Storage room at Rafters location.
- Judy mentioned the Rafters soda machine still needs to be moved. Bobby said they will be moving it before Saturday.
- Volunteers still needed at Central office 9/26 9 AM to load the truck and 11:30 AM to unload and bring the items into Central Office new location. Volunteer board sent around.

Liability Insurance: Susan C.

- Susan C. has been speaking with State Farm about Central Office change in location.
- State Farm unable to write insurance at new location. Hiscox will be the new insurance carrier for Central Office. A deposit was made of \$121.20. Yearly insurance is \$723.00 which is to be paid quarterly. Central Office is expecting a refund from State Farm.

Treasures Report: Judy F.

- Reviewed Treasurers report. Judy informed us Central Office was in the red (negative) \$213.62. H&I purchased approximately \$5,000.00 of books. Reimbursement expected before next report.
- Contributions reviewed. Group Contributions total \$2,097.38. Individual contributions \$595.42. Total Contributions \$2,622.80.
- Judy commented that Central Office is in good shape financially for the move right now and it looks like we may not have to use the prudent reserve.
- Kathy B. moved to accept August financial report. Susie R. seconded. Approved by all.

Outreach to Meetings & Groups: Susan C.

- Everyone should continue to mention the need for IGR's at their meetings. This has been very successful. This is the largest group of IGR's in our history. Thank you.

Gratitude Month: Judy F.

- Judy submitted a Motion to Rafters to allow a separate collection at meetings during the month of November. The Rafters GBM 10/21 will vote on Judy's motion in October.
- In October Judy will have Gratitude Envelopes and information on how to make contributions for Gratitude Month for Stepping Stones, Rafters, Recovery Room and other group locations.

Lease agreement: Judy & Susan

- Central Office gave a 30-day notice to vacate and paid Septembers rent.
- Landlord has 30 days (from 10/1) to return Security Deposit of \$850.00 with list of any deductions.

Public Information w/Professional Community CPC: Judy F.

- Stop the Stigma – Central Office participated in this community event on September 19TH. It was well attended. Mental Health sent a Thank you note. Holly M. is networking with other Community events Central Office

will participate in – Youth Group Addiction, Mental Health Department, and Law Enforcement Mental Health Team. The Department of Mental Health would like us to come out and talk.

- Next month is Senior Resource Fair. October 16TH 9 AM – 1PM. We will attend and have literature available.

Newsletter & Website: 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

- New York Office is making ways to make contributions simpler.
- Round table discussion about IGR report at meetings. All information is well received at meetings.
- Central Office will be having an Open House at the new location in the near future.

Announcements

- October 10TH 2:30 PM. District 7 Workshop “Looking in the Mirror” AA Group Inventories. Location AV College 3401 West Avenue K, Lancaster.
- SFV 51ST AA Convention January 29TH -31ST.
- AV 53RD Roundup October 9TH through 11TH.
- SFVAA Central Office Celebrating 60 years of Sobriety. October 17TH 11AM – 3PM.

Birthdays

- none

Next Intergroup meeting 10/26/26 at 7PM at the new location 22607 6TH Street.

Meeting closed at 8:05 with the Responsibility Statement.

The Great Reality

Continued from page 10

And I get another day to try to be useful.

Maybe that’s the Great Reality:

God was never as far away as I thought He was. I just had to get sober enough, quiet enough, and willing enough to find Him.

Thank you.

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: aascv.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



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)

Calendar Events

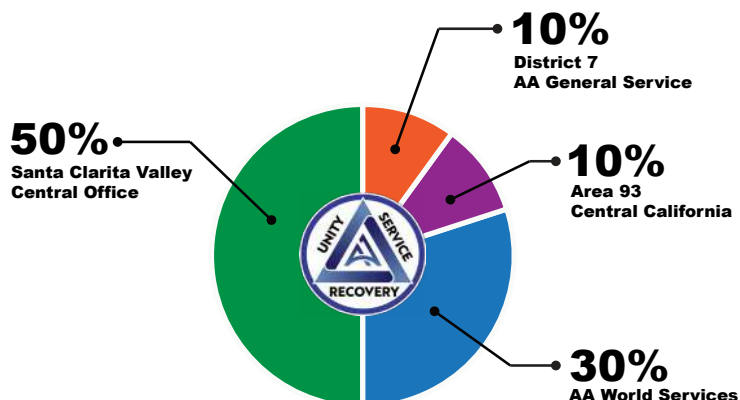
See <https://aascv.org/events-and-announcements/>

Date	Event	Time	Location	Address
10/1/2026	SCV H & I Monthly Meeting	6:30 PM – 8:00 PM	In-Person	24901 Orchard Village Rd, Santa Clarita, CA 91355
10/1/2026	AV Central Office Intergroup Meeting	7:00 PM – 8:30 PM	In-Person	43619 17 TH Street West, Suite 103, Lancaster, CA 93534
10/4/2026	Annual Old Timers Meeting for Alcoholics Anonymous	11:00 AM – 3:00 PM	In-Person	8956 Vanalden Ave, Northridge, CA 91324
10/4/2026	AV Monthly Roundup Planning	4:30 PM – 5:30 PM	In-Person	42545 Wall Street, Unit 115, Lancaster, CA 93534
10/9/2026 – 10/11/2026	Antelope Valley Roundup 2026 (53 RD Annual)	All day	In-Person	Antelope Valley College, 3041 W Avenue K, Lancaster, CA 93536
10/10/2026	District 7 Workshop: Looking in the Mirror	2:30 PM – 3:30 PM	In-Person	3041 W Ave K, Lancaster, CA 93536
10/11/2026	AV H&I Monthly Meeting	10:00 AM – 11:00 AM	In-Person	42545 Wall Street, Unit 115, Lancaster, CA 93534
10/12/2026	District 7 Monthly Business Meeting	6:30 PM – 8:00 PM	Hybrid	Quartz Hill Grange Hall, 41843 50 TH Street West, Quartz Hill, CA 93536 / Zoom ID: 835 1211 4894
10/16/2026 – 10/18/2026	2026 Southern California AA Convention	All day	In-Person	71333 Dinah Shore Dr., Rancho Mirage, CA 92270
10/16/2026 – 10/18/2026	H&I Panel – Southern California AA Convention	All day	In-Person	71333 Dinah Shore Dr., Rancho Mirage, CA 92270
10/17/2026	Working Together to Carry the Message: A Service Workshop	10:00 AM – 2:00 PM	Hybrid	3096 Harding St, Carlsbad, CA 92008 / Zoom ID: 879 8048 7399 / Passcode: 910760
10/17/2026	60 Years of Sobriety with SFVAA Central Office	11:00 AM – 3:00 PM	In-Person	16134 Sherman Way, Van Nuys, CA 91406
10/24/2026	Sinister Soiree Chili Cook-Off	4:30 PM – 7:30 PM	In-Person	7011 Harris Rd, Bakersfield, CA 93313
10/25/2026	43 RD Annual Southern California H&I Intergroup Conference Dinner	4:00 PM – 7:00 PM	In-Person	Black Bear Diner, 2401 E Harbor Blvd, Ventura, CA 93001
10/26/2026	SCV Intergroup Meeting	7:00 PM – 8:30 PM	In-Person	22607 6 TH Street, Newhall, CA 91321
10/31/2026	South Orange County H&I Chili Cook Off	11:00 AM – 2:00 PM	In-Person	24932 Veterans Way, Mission Viejo, CA 92692

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 its 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
22607 6TH Street
Newhall, CA 91321

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

PO Box 220145, Newhall, CA 91322
(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.