

GRATITUDE GAZETTE

www.temeculacentraloffice.org Phone (951) 695-1535

January 2012



gazette@temeculacentraloffice.org

**A Color Copy of this
newsletter is available
on the website at**

www.temeculacentraloffice.org

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Alcoholics Anonymous

I AM RESPONSIBLE

Whenever anyone, anywhere, reaches out for help, I want the hand of AA always to be there and for that

I AM RESPONSIBLE

-Declaration of 30th Anniversary
International Convention, 1965

As the new year begins, I cannot help but reflect on the past year. My first tendency is to look at what I did not do, what I could have done, where I should be now in my life/recovery. But as a sober woman in recovery I must stay away from morbid reflection. So I turn to my toolbox and find that I must focus on what I did accomplish. How far have I come from where I was last year? How have I grown? How have I added to the world around me instead of taking? I reflect on all the new friends I have made, my journey over the past year, all the ways I have been of service to my community, my Higher Power and my fellow man. I have grown so much just by listening and following examples of my fellows in recovery. I have a sponsor who is always encouraging me to seek and achieve new levels of spiritual growth. I have done things this past year which were out of my comfort zone but I have reaped the benefits that come from pushing myself to do things I don't want to do. I have experienced some trying times this last year that I thought I would never get through, but I got through them by relying on my Higher Power, hanging on tight when I wanted to give up, praying, going to meetings, talking with other recovered alcoholics and getting into acceptance with the things going on around me. Its always my choice... I can do things the hard way, or the easy way. I usually choose the hard way until I surrender and decide to go with it... ride the horse in the direction its going. I've learned that its always my choice how I handle things. This last year I repeatedly referred to page 417 of the Big Book Fourth addition: "Acceptance is the answer to ALL of my problems today. When I am disturbed, it is because I find some person, place, thing or situation- some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept my life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."

Moving forward into this new year, I am already facing new challenges and the uncertainty of what is to come, but I stay in faith, stay in today, just for today, and know that my Higher Power won't let me fall. What I do know for the upcoming year is that I plan to be of maximum service to Him and my fellow man, and if I stay spiritually fit I won't have to take a drink. I have fulfilled my committment as Chairperson of the Board of Directors for Temecula Valley Central Office this last year, worked with some wonderfully dedicated people, had a blast doing it, and hope that I have served you all well. I plan to continue being of service for our AA community service boards and committees and hope to see you all on my journey. My hope for each of you is health, happiness and prosperity in the coming year. Thanks for allowing me to share my experience, strength and hope. -Deanna R. - Sober 11/2/2005



AA Birthdays: Who's Taking a Cake in January?

Happy Birthday

| | | | |
|-----------|------------|----------------|------------|
| Mike | 12/31/1989 | Bob E | 1/1/1997 |
| Alisa S. | 1/10/1991 | Dr John | 12/26/1996 |
| John S. | 1/10/1991 | Motorbike Mike | 12/25/2005 |
| Carol | 1/6/1997 | Dennis | 12/21/2009 |
| Emily | 12/11/1979 | Chris | 12/29/2006 |
| Mary D | 1/1/1985 | Bob H | 1/2/2005 |
| Angela H. | 1/2/2005 | | |



Want your sobriety date published? Submit your name and sobriety date to gazette@temeculacentraloffice.org



FAITH IS A PRE-REQUISITE OF ANY UNDERTAKING

**To all AA members
Email list**

Get on the List!

Be notified of meeting changes, new events and other important AA information. Join our mailing list. Send email to DLservant@TemeculaCentralOffice.Org and be added to the list.

What is an Intergroup?

Each group is encouraged to have an Intergroup Representative. This person is the liaison between Intergroup and their home group. Any decisions for changes to the way Central Office runs must be voted on. Any questions or concerns or compliments may be put on the agenda for discussion. By having an Intergroup representative your group will be able to bring a vote to the intergroup meeting. No vote can take place without a quorum. Your group must be a registered meeting in order to vote. Any A.A. member is welcome to attend the Intergroup or Board meeting as a guest. If your group is interested in joining Intergroup, send a member to the meeting, and we will gladly give you all the information you need to get started. Intergroup meetings are held the 3rd Tuesday of each month on the corner of Kalmia & Adams in Murrieta at the church. Hope to see you there.

AA Service Meetings

| What | When | Where |
|---------------------------------------|----------------------|--|
| H&I Committee Meeting | 1st Monday - 7:30pm | TVAC—27470 Commerce Center Dr. Temecula, CA 92590 |
| TVCO Board Meeting | 1st Tuesday - 6:30pm | Central Office - All are welcome, but only board members may participate. |
| Mid So-Cal Area Meeting | 2nd Sunday - 9:30am | Meets at various locations. Call Central Office for meeting location |
| Cooperating with Prof Community (CPC) | 2nd Tuesday - 5:45pm | Boston Billies - 26850 Cherry Hills Blvd. Sun City |
| GSR Meeting - District 17 | 2nd Tuesday - 6:30pm | Boston Billies - 26850 Cherry Hills Blvd. Sun City |
| Intergroup Meeting | 3rd Tuesday - 6:45pm | United Methodist Church, Murrieta 24652 Adams at Kalmia & Adams |
| GSR Meeting - District 14 | 3rd Wednesday - 7pm | Good Shepherd Episcopal Church 308 E Acacia Ave, Hemet, CA 92543 |

What you get from Central Office!

During the day, your Central Office keeps the doors open to assist recovering and suffering AA members alike. We provide (at cost) the Big Book. We also provide the 12x12, assorted literature, chips, and newcomer packets. Your office manager organizes volunteers, makes bank deposits, keeps your accounting data accurate, and safe guards your inventory. We make and distribute your meeting schedules and the Gratitude Gazette. Twenty-four hours a day, seven days a week, volunteers take calls from suffering alcoholics and organize 12 step calls. The phone line and special call-forwarding are paid for by your central office contributions.

Please ask at your next business meeting if you are contributing monthly to your Central Office. It doesn't have to be a lot. Being self-supporting means not only paying for your rent and coffee, but also paying for the services you receive through Central Office.

If your group has stopped contributing (or never started), please bring it up at your next business meeting and take a group conscious. There have been a lot of changes made. The board has had a new influx of members, and oversight is strong. Traditions are always the first thought for any changes being considered.

We invite anyone to call, email, and/or attend the monthly board meeting. We value your input and want to make sure we understand your opinion.

Still Skeptical?



Step One



“We admitted we were powerless over alcohol - that our lives had become unmanageable.”

Who cares to admit complete defeat? Admission of powerlessness is the first step in liberation. Relation of humility to sobriety. Mental obsession plus physical allergy. Why must every A.A. hit bottom?

Reprinted from Twelve Steps and Twelve Traditions—Contents/Foreward

TRADITION ONE

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

Long Form:

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Without unity, A.A. dies. Individual liberty, yet great unity. Key to paradox: each A.A.'s life depends on obedience to spiritual principles. The group must survive or the individual will not. Common welfare comes first. How best to live and work together as groups.

Reprinted from Twelve Steps and Twelve Traditions

LOOKING FOR A WAY TO BE OF SERVICE?

Our “HOTLINE” is a great way to be of service. When Central Office is closed a member of Alcoholics Anonymous answers the phone EVERY time. The phone call may be as simple as “where is a meeting?” It may be an alcoholic needs to talk, be visiting from out of town, etc. For more information on the Hotline visit our website and click on the “HOTLINE” link at www.temeculacentraloffice.com

Central Office Service

Please call (951) 695-1535 if you can be of service at Central Office by volunteering for time slots to answer phones and help walk-ins. Volunteers are always appreciated, and of course you get the grand reward...

Sobriety for another day!

AA HUMOR

Send AA related humor to
gazette@temeculacentraloffice.org



"My sponsor says she never got indigestion from swallowing her pride."

Since I've joined A.A., I've gained quire a bit of weight.

A friend told me it was because I didn't get as much Exercise as I used to. "But I never exercised while I was still drinking," I protested. "Sure you did," he countered. "Here's the exercise program you were on:"

- Hitting the bottle
- Beating yourself up
- Bending the rules
- Stretching the truth
- Jogging your memory
- Running into trouble
- Jumping to conclusions
- Stepping on toes
- Climbing the walls
- Dodging responsibility
- Pushing your luck
- Pulling the wool over peoples eyes
- Walking all over people
- Carrying a grudge
- Throwing fits
- Picking up the pieces

Wow! Small wonder I've put on a few pounds!

A guy goes to a friend's funeral and during the service asks the man's aunt, "What a shame, how did he die?" "Cirrhosis," she says. "That's terrible did he ever quit drinking?" "Oh no," she replied, "It never got that bad."

A drunk goes in a bar and asks for a shot of Jim Beam.

The bartender pours it and the drunk pushes it aside and asks for another shot of Jim Beam. The bartender pours it and the drunk drinks it. The bartender says, "I

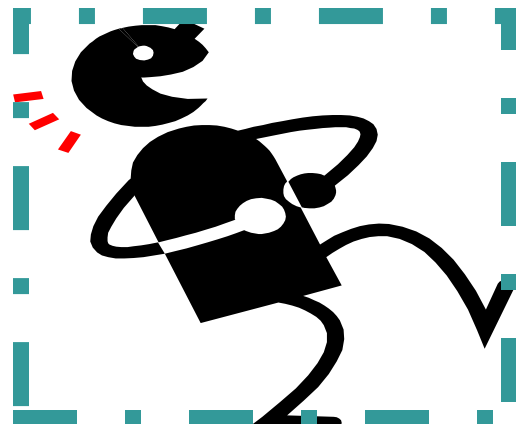
watched what you did and I don't understand why you

pushed the first one away and drank the second one!"

The drunk stated, "I've been going to those AA Meetings,

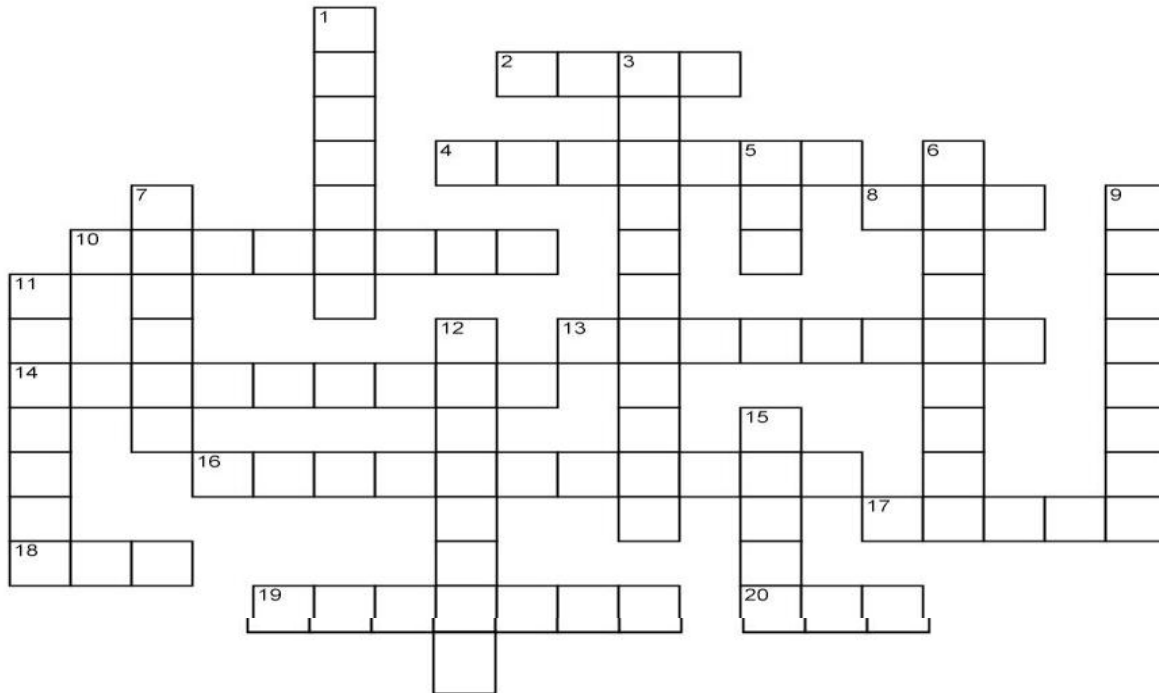
And they said **WHATEVER YOU DO, DON'T TAKE THAT**

FIRST DRINK!!!"



JANUARY 2012

2012 CROSSWORD



ACROSS

- 2 _____ of Bill
 4 Problems Other Than _____
 8 What Happened To _____
 10 Spiritual Awakenings - _____
 of the Spirit
 13 Emotional Sobriety: The Next

 14 Jack _____ Article about A.A.
 16 I Am _____: The Hand of AA
 17 Language of the _____
 18 Bridging The _____
 19 Thank You for _____ - 60 Yrs of
 Letters to the AA Grapevine
 20 A Member's _____ View of A.A.

DOWN

- 1 Sure Beats _____ In A Cell
 3 Questions & Answers on

 5 In Our _____ Words: Stories of Young
 AAs in Recovery
 6 How AA Members _____
 7 _____ of Long-Term Sobriety
 9 Home Group: _____ of AA
 11 Beginners' Book: Getting and
 _____ Sober in AA
 12 AA Around the World: Aventures in

 15 It Happened To _____

Puzzle answers will appear in next month's Gratitude Gazette

God grant me the laughter
to help me see the past with perspective,
face the future with hope,
and celebrate today---
without taking myself too seriously.

**CENTRAL
OFFICE
NEWS**

GOD

Special thanks to those
who helped with the news-
letter this month!

Darcie, Laura L., Paul
Murrieta As Bill Sees It

PERSONAL DONATIONS DECEMBER 2011

| <u>Date</u> | <u>Name</u> | <u>Amount</u> |
|-------------|-----------------|---------------|
| 12/01/2011 | Darcie D | 10.00 |
| 12/14/2011 | Ralph S | 25.00 |
| 12/16/2011 | John and Brenda | 10.00 |
| 12/31/2011 | Shelly M | 20.00 |
| | | 65.00 |

December Activity

| | |
|----------------------|-----|
| Phone Ins | 208 |
| Walk Ins | 99 |
| AA Meeting | 69 |
| AI-Anon | 14 |
| 12 Step | 14 |
| Donations/Purchasess | 148 |
| Misc/Other Business | 60 |



INTERGROUP OUTREACH COMMITTEE

A committee is being formed to visit meetings without an intergroup representative and invite them to participate. For more information please contact Central Office (951) 695-1535

BRIDGING THE GAP

Bridging the Gap is designed to help an alcoholic between a treatment program or prison make the transition. One of the more slippery places in the journey to sobriety is between the door of a facility and the nearest AA group or meeting. AA experience suggests that attending meetings regularly is critical. In order to Bridge the Gap, AA members have volunteered to be temporary contacts & introduce newcomers to AA. It is suggested that the temporary contact take the newcomer to a variety of AA meetings; introduce him or her to other AA's; insure that he or she has some phone numbers of several AA members and share the experience of sponsorship and a home group.

Temecula Valley is in the process of co-ordinating this committee. Volunteers are needed. Please call Central Office for more information (951) 695-1535

We would love to print your submissions for the Newsletter. All profanity will be edited out of the final copy. The primary theme of any article content must pertain to; alcoholism and recovery, the Twelve Steps, The Twelve Traditions, or The Concepts. Poems, inspiring materials, AA trivia, jokes and cartoons are welcome also. Proper credit must be given to each articles source. If taken from previously printed materials include its copyright so that we can acknowledge it. The committee reserves the right to edit or refuse any articles submitted. Submissions accepted via email at:

gazette@temeculacentraloffice.org

Mailing Address @ Temecula Valley Central Office, 28636 Old Front Street, #106, Temecula CA 92590

Email: temeculaaa@verizon.net

Buck-A-Month

| Date | Memo | Amount |
|------------|------------|--------------|
| 12/01/2011 | Karen K | 1.00 |
| 12/01/2011 | Mo | 2.00 |
| 12/01/2011 | Marcos | 7.00 |
| 12/01/2011 | Gene W | 5.00 |
| 12/01/2011 | Linda F | 13.00 |
| 12/01/2011 | Edna E | 2.00 |
| 12/01/2011 | Georgia | 1.00 |
| 12/01/2011 | Suzannah | 7.00 |
| 12/01/2011 | Greg L | 1.00 |
| 12/01/2011 | Tom C | 4.00 |
| 12/01/2011 | Paul S | 5.00 |
| 12/01/2011 | Bob C | 2.00 |
| 12/01/2011 | Troy | 1.00 |
| 12/01/2011 | Lori M | 5.00 |
| 12/01/2011 | Donut Dave | 5.00 |
| 12/01/2011 | Brian B | 1.00 |
| 12/01/2011 | Matt | 1.00 |
| 12/01/2011 | Brian B | 1.00 |
| 12/01/2011 | Shayne | 3.00 |
| 12/01/2011 | Laurence | 1.00 |
| 12/01/2011 | Sonja | 2.00 |
| 12/01/2011 | Kirk | 3.00 |
| 12/01/2011 | Mary Jane | 1.00 |
| 12/01/2011 | Micky | 1.00 |
| 12/01/2011 | Laurie | 1.00 |
| 12/01/2011 | Sauni | 4.00 |
| 12/01/2011 | Collin | 4.00 |
| 12/01/2011 | Dan Mc | 1.00 |
| | | 85.00 |

December 2011

BIRTHDAY DONATIONS

| Date | Name | Amount |
|------|------|--------|
|------|------|--------|



0.00

Buck-A-Month

Join the "Buck-A-Month" Club. Contributions can be made to Central Office by mailing this form with your donation.

Name _____

Donation _____

Mail Your Donation to:

Temecula Valley Central Office

28636 Old Town Front Street, Suite 106

Contribute to Central Office for your Sponsor's Birthday

Name _____

Years of Sobriety/Donation _____

Celebrate your birthday or your sponsor's birthday by donating \$1 per year of sobriety to Central Office. What a great way to give back!

Mail Your Donation to:

Temecula Valley Central Office

28636 Old Town Front Street, Suite 106

Temecula, CA 92591

CENTRAL
OFFICE
VOULNTEERS
December 2011

- 1 Annie
- 2 Betsy
- 3 Bob E.
- 4 Bonnie
- 5 Brian H.
- 6 Debi G.
- 7 Doug W.
- 8 Frank
- 9 Gaye
- 10 Jeffrey
- 11 Jill
- 12 Kim B.
- 13 Kim C.
- 14 Kristen
- 15 Launa R.
- 16 Laurie S.
- 17 Monique
- 18 Nina
- 19 Rachael
- 20 Shawn
- 21 Sheila
- 22 Sheri
- 23 Tyrone

ONE LINERS

Submitted by "As Bill Sees It" Murrieta 7am

I MAY NOT HAVE BEEN FIRST BUT I WILL BE NEXT

F.A.M.I.L.Y = FORGOT ABOUT ME, I LOVE YOU

YOU CAN'T COUNT TIME YOU HAVEN'T GOT

RELAPSE: I GAVE UP MY SOLUTION

LET GO OF EGO

YOU'LL PROBABLY OUTLIVE YOUR PROBLEM

YOU CAN CHANGE YOUR THOUGHTS-

BY CHANGING YOUR ACTIONS....

3rd Annual TVCO

There are no free lunches..... but there is a **FREE** breakfast and its that time again!!!!

****Sunday March 4th****

Who is invited????? **EVERYONE!!!**

YES!! EVERYONE!!!

This is a **FULL Breakfast!!!**

Pancakes, Eggs, Bacon, Sausage, Fruit, Milk, Juice,
COFFEE (lots of coffee!)

There will be a speaker meeting following
the breakfast so stick around!

HUGE RAFFLE!!!!!!

Tons of great prizes to win!!!

50/50 and so much more!!!

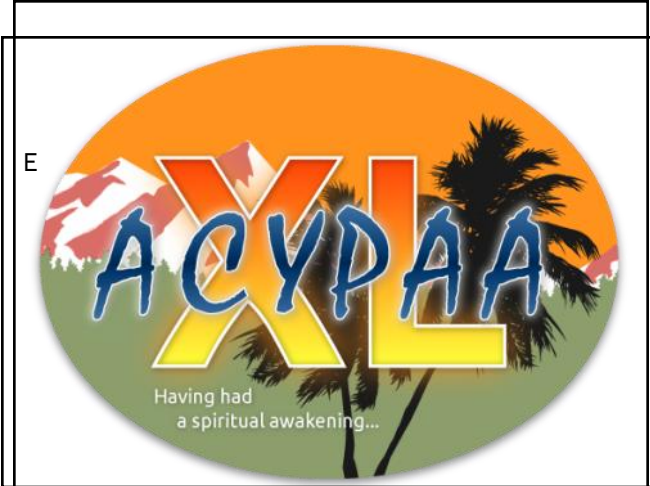
If you are interested in making a donation to help make this event
possible **PLEASE** contact -

Jason F. 951-691-9974 Jeff T. 951-609-4482 To donate a raffle prize

Early Bird Coffee 7:00-8:00am

Breakfast Served and Raffle Begins 8:01am -10:45am

Speaker Meeting 11:00am -12:00pm



E

Event Date

MARCH 15-18TH, 2012
CONFERENCE LOCATION

ONTARIO CONVENTION CENTER

2000 E. Convention Center Way

Ontario, CA 91764



Committee Forming

VOLUNTEERS NEEDED



INTERGROUP OUTREACH COMMITTEE

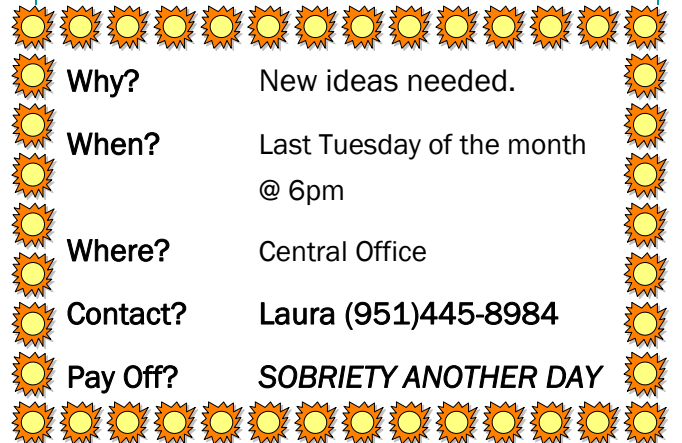
Why? To explain to groups the function of an Intergroup and how important it is to have your meeting represented.

When? Now. Call Central Office and get signed up. Committee meeting dates and times TBD.

December 2011



GRATITUDE GAZETTE



Why? New ideas needed.

When? Last Tuesday of the month @ 6pm

Where? Central Office

Contact? Laura (951)445-8984

Pay Off? SOBRIETY ANOTHER DAY

HOTLINE SCHEDULE**TVCO HOTLINE GROUP DAYS & CONTACTS - Updated: 12/21/11**

| | |
|---------------|---|
| 1st Monday | Monday 7:00 Am As Bill Sees It & Saturday Am Reflections (Murrieta) |
| 1st Tuesday | Tuesday 10 Am Women's 12x12 (Murrieta) |
| 1st Wednesday | Women's Closed As Bill Sees It - Monday 12:00 (Murrieta) |
| 1st Thursday | Thur. Women's 10:00am-Lyndie Lane (Temecula) |
| 1st Friday | Men's Stag 7:00 Pm Wednesday (Murrieta) |
| 1st Weekend | Liberty Bells (Lake Elsinore) |
| 2nd Monday | Saturday Early Risers (Temecula) |
| 2nd Tuesday | Unity Hall 7 Am (Sun City) |
| 2nd Wednesday | Kim and Robert F. |
| 2nd Thursday | Mike B. |
| 2nd Friday | Sun City Swingers (Sun City) |
| 2nd Weekend | Mosh Pit |
| 3rd Monday | Saturday Am Reflections (Murrieta) |
| 3rd Tuesday | Sunday Speaker Meeting @ The Meeting Place (Lake Elsinore) |
| 3rd Wednesday | Women's Acceptance Wednesday (Lake Elsinore) |
| 3rd Thursday | Thursday Women's Bb Study L.E. (Lake Elsinore) |
| 3rd Friday | Back To Basics (Sun City) |
| 3rd Weekend | Serenity Circle Noon (Temecula) |
| 4th Monday | Sunday 7 Am Attitude Adjustment (Lake Elsinore) |
| 4th Tuesday | Geek Squad Sunday Night 12 X 12 (Murrieta) |
| 4th Wednesday | Little Big Book Monday (Murrieta) |
| 4th Thursday | The Step Sisters – Wednesday (Temecula) |
| 4th Friday | Women's Candlelight –Thursday (Temecula) |
| 4th Weekend | Wild Ones Grape Street (Wildomar) |
| 5th Monday | Women's Closed As Bill Sees It - Monday 12:00 (Murrieta) |
| 5th Tuesday | Sunday Speaker Meeting @ The Meeting Place (Lake Elsinore) |
| 5th Wednesday | Bobbi And Richard |
| 5th Thursday | Charlene And Jeff (Murrieta) |
| 5th Friday | Brenda & John W. (Wildomar) |
| 5th Weekend | Tuesday 7:30pm "Men's Stag" (Temecula) |