



Gratitude Gazette

Volume 1, Issue 2

October 2009

Alcoholics

Anonymous

I AM

RESPONSIBLE

*Whenever anyone,
anywhere reaches
out for help, I want
the hand of AA al-
ways to be there and
for that*

I AM

RESPONSIBLE

*Declaration of 30th Anni-
versary International Con-*

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Sobriety at Seventeen

By Ally F., Wildomar, CA

I never heard of AA growing up in my alcoholic environment. I had no concept of alcoholism either even though I grew up with it. The first time I went to a meeting, I was seventeen years old; it was overwhelming and extremely uncomfortable. Looking around the room, there was nobody remotely close to my age. I walked out ignoring the opportunity to achieve sobriety and save myself from the consequences: medically, financially, and emotionally. My concept of AA before was that of the stereotypical person's mind—beaten down, homeless, and hopeless drunks (like a homeless person almost). However, I saw nothing like that.

What really got me going to meetings was an outpatient program I ended up enrolling in a month after my first AA meeting. Trying to be committed to a program is a difficult challenge when young. During high school, almost everyone talked about drinking parties. The friendships I had left were supportive of me not drinking. I still had no grip on how bad my addiction was and how maintaining a steady sobriety became next to impossible.

(See **SOBRIETY**, Page 10)



How About A Group Inventory?

From the August 1956 Grapevine

When the article, "How About a Group Inventory?" was first published in August 1956, taking an inventory of a group was a relatively new idea. Since then, it has become one of the most frequently requested Grapevine articles at the office. Perhaps that's because many AAs have found that taking a periodic inventory works as well for the group as it does for the individ-

ual.

A group is not an inanimate thing. A group has personality and so groups differ one from another as do individuals. Some groups do well, others do poorly. Some groups flourish for a while and then go into a decline. Some groups fail, close down and cease to hold

(See **INVENTORY**, Page 2)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership; we are self-supporting through our own contributions. AA is not allied with any sect, denominations, politics, organizations or institutions; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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What's good for the individual, is good for the group

INVENTORY, from page 1

meetings. Why?

If an individual should take inventory -- even if he is doing well -- why not the group? If things are not progressing satisfactorily, then an inventory is particularly in order.

How does a group take inventory? Much in the same manner as an individual. It should probably be done at a closed meeting. The leader might have pencil and paper and some prepared questions. The group then, through its members present, should review its assets and liabilities--not just the financial items, though these, too, might be included. Emphasis should be given to the overall job being done, to an examination of how the group is executing its responsibility. This might best be accomplished by asking some questions. The following queries are not intended to be complete in coverage but merely illustrative. They may suggest others more directly applicable to your group.

1. What is the basic purpose of the group? To keep its members sober? To welcome new members? To provide a social outlet? The Fifth Tradition says, "Each group has but one primary purpose--to carry its message to the alcoholic who still suffers." Is that somewhat surprising?
2. Just what is your group doing to "carry" the message? Does it take refuge completely in the Eleventh Tradition which says, "Our public relations policy is based on attraction rather than promotion?" Sure, it welcomes newcomers, but is that carrying the message?
3. Your group has thirty-five members after five years of existence. "Very good," you think. Are you sure the number should not be 100? Why don't you have more? Has your group done anything lately to bring the AA message to the attention of others who can be helpful in reaching those who need AA?
4. Are you getting a proper cross-section of your community?
5. Do your members stick or is turnover excessive? Do a lot of new prospects come in but fall by the wayside quickly?
6. How effective is your sponsorship system and how much of a sense of sponsorship responsibility does your group have?
7. Has everything practical been done to provide an attractive meeting place where new people will be reasonably comfortable and to which older members will be glad to return?
8. Has proper effort been made to explain to all members the need and value of performing house-keeping duties? What methods do you use to bring new members into the group, to make them feel that they belong?
9. Is adequate opportunity given to all eligible members to speak before the home group and before other groups? Does anyone actually keep a check list to see that no one is overlooked? How far back does that list go?
10. Do you pick officers with care and consideration on the basis that officer-ship is a great responsibility and an opportunity for unusual Twelfth Step work? Do you elect someone because you think it might be good for him, forgetting that our common welfare should come first?
11. Does your group lend its fair share of support to intergroup and the General Service Office? Do you ever give any thought to these broader concepts, or is your group thinking solely on a provincial, selfish level? If your group has a broad outlook, does it result in action, in generous help to

(See **INVENTORY**, Page 3)

Tradition Five: What A Group "Ought" To Be

Service Group Meetings

An AA says we can't transmit what we don't have...

We are not a sociological entity, although sociologists find us fascinating. We are not a therapy group, although remarkable healing takes place among us. And we are not a religion, even though some people want to see us as such.

We are a spiritual entity, or at least "ought to be."

That means although we are not saints, we "ought to" strive for spiritual progress. We follow a spiritual path laid out for us by Bill W, Bob, and the first one hundred members of Alcoholics Anonymous. That spiritual path consists of the Twelve Steps, and by later development, the Twelve Traditions. They are suggestions only, but very firm suggestions--norms for our spiritual progress. We are a Fellowship of men and women who ought to come together as a spiritual entity.

We shake our heads at the "Two-Steppers" who, still on the First Step, **take it upon themselves to run around "Twelfth-Stepping" whomever they can corner. We know they have not acquired a solid**

INVENTORY, from page 2)

your intergroup and the General Service Office?

12. Just what has your group done in the last six months to carry the message?

Most of these questions relate to the Fifth Tradition, carrying the message. Many others could be raised relative to a group's success in the light of other Traditions: common welfare, unity, group conscience, money, outside interests, anonymity--could all be subjected to extensive inquiry.

We are fortunate that it was *the group* which developed into the primary instrument for channeling the AA message. The founders might have chosen paid consultations, paid sanitarium incarceration, paid correspondence courses, or a dozen other methods of transmitting the message.

The fact that the informal no-dues-or-fees group was created is the principal reason why AA has grown so rapidly.

It may be the reason why you and I are sober.

The group is a precious thing. Let's look after it.

"it was the group which developed into the primary instrument for channeling the AA message"

enough foundation in AA spirituality in AA to **pass it on to others.** They forget the old saying: No one can give what he doesn't have. Soon, without the gratification of instant success, discouragement sets in. The Two-Stepper must learn to be spiritual first, or give in to discouragement and quit AA.

Can this happen to a group? We think it can. When individuals in a group neglect the spiritual program of Alcoholics Anonymous and come to the meetings as if they were "fellowship" and nothing more; or when they dilute the meeting to focus on other things, or disparage spirituality, thinking it's the intrusion of religion; then, as a group, they stop being a spiritual entity. The group gets its spirituality from its members.

What does this mean to me personally? It means that my AA spirituality is the very foundation of my sobriety. The group will be as spiritual as its members are spiritual.

So my spiritual condition strengthens or weakens the spirituality of the group.

Besides taking good care of my own spirituality, I try to encourage activity that might strengthen the spirituality of the group. Whatever does that, increases my chances of staying sober, and at the same time, helps me and the group to remain focused on our primary purpose.

"Anonymous" – May 2006, Grapevine

1st Monday, 7:30 pm
H&I Committee 28765
Single Oak Drive, Temecula

1st Tuesday, 6:30 pm
TVCO Board, Central Office — all are welcome, only board members may participate.

2nd Sunday, 9:30 pm Mid-So CA Meeting. Location varies. Call Central Office for meeting location.

2nd Tuesday, 6:30 pm
GSR—District 17
Boston Billies, 26850 Cherry Hills Blvd. S C

3rd Tuesday, 6:45 pm Intergroup Meeting
United Methodist Church
24652 Adams (at Kalmia),
Murrieta

3rd Wednesday, 7:00 pm
GSR—District 14
Good Shepherd Episcopal,
308 E. Acacia Ave.,
Hemet



We ARE NOT a GLUM Lot !

Some events may not be officially sponsored by AA, but are conducted in the Spirit of AA and are listed here as information for our members)

<i>When</i>	<i>What</i>	<i>Where</i>
October 23-25	Santa Barbara Convention	chair@sbaaconvention.org
October 24	Heritage Day	The Archives
Saturdays, Oct. 24 thru Dec. 21 Doors open 7:00 pm Movie starts at 7:30 pm	Movie Nights <i>Bring a lounge chair and enjoy classic Hollywood movies!</i>	The Archives
October 31	“Insanity” A SOBER Halloween Dance \$10 donation	“The Vault,” aka Temecula Sounds 41607 Enterprise Circle, Temecula (off Winchester)
November 8 8:30 am to 3:30 pm	Mid So. CA , Area Service Committee Meeting, hosted by District 17 Lunch will be served	Web Hall, Sun City Civic Assoc. 28650 Sun City Blvd, Sun City
November 14	“Servathon” Mid So. CA Area 9	Ask your GSR rep for details
November 20-22	“Miracle on the River” Lake Havasu Roundup	Nautical Inn Conference Center Lake Havasu City, Arizona www.havasuaa.com
November 26-29	Las Vegas Roundup	Riviera Hotel, Las Vegas, N.V. www.lasvegasroundup.org
January 7-10, 2010	A0th Annual River Roundup	Riverside Resort, Laughlin, N.V.
April 30 thru May 2, 2010	“Planting the Seed” So. CA H&I Convention	Marriott Hotel, Long Beach
July 1-4, 2010	2010 International Convention of Alcoholics Anonymous	San Antonio, Texas

*So, you
think You
Have
Money*

Due to the downturn in the economy, Alcoholics Anonymous will NO LONGER be dues and membership “free” as has been the case for nearly 75 years. Like many businesses, AA will now be charging for some of the things that used to be free, such as:

1. Being Rocketed into the 4th Dimension — \$49.99 per trip, fuel surcharge applies, extra baggage NOT included. 5th dimension trips optional. See your sponsor for details.
2. Sponsorship — was free, NOW \$9.99 per month, with 4 visits/15 phone calls per month free, after that, \$2.00 each.
3. Membership DUES now \$29.99 /month, 10% discount for a 1-year plan. (See **PROBLEMS**, page 6)

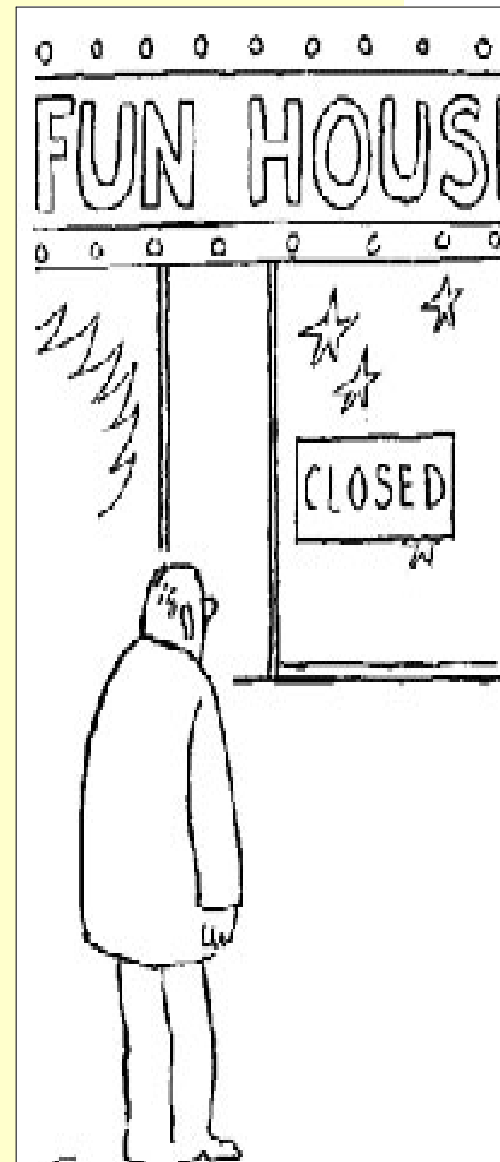


Rule #62: Don't take yourself too damn seriously!



1. "Okay. After six months, you've convinced us you cannot make coffee. You are now our new intergroup rep!" — *Bill P., Danville, CA*
2. "Sure you can join our group ... after we get the results from your background check!" — *Gary S., H.O.W. Group, Joppatowne, MD*
3. "I know you think booze was your best friend, Ed. You just haven't met any of your new best friends yet!" — *Fred F., SadBadGlad Group, Albany, NY*
4. "Just because my clothes are covered with pet hair doesn't mean that I can't be the coffee maker for this group!" — *Erik H.*
5. **Winner: "Your wife tells me you might do better in the 'Don't Think' section."** — *Tim S., North Olmsted Big Book Study Group, OH*
6. "Charlie, I promise George is just a little late with the doughnuts." — *Trudy M., LA*
7. "It's a good thing you don't have to be smart or good looking or rich like Joe to get sober. Even guys like you do it." — *Wayne N., Richmond, TX*
8. "I know you enjoyed it, but the newest guy is the greeter." — *Brent G., Springville, CA*
9. "It's our group's annual Amateur Comedy Night and newcomers go first, so ... good luck!" — *Tom M., Milwaukee, WI*
10. "We are not a glum lot. Really." — *David B., Sherwood Park Group, Edmonton, Alberta*
11. "Welcome to Heaven--you're speaking tonight!" — *Carol P.*
12. "But Joe, everyone here drinks coffee." — *T.J.M.*
13. "Sure, you can be President of AA. You can start by washing the coffee cups." — *Thomas S., Baghdad, Iraq*
14. "Joe, if you speak tonight, I'll do your Fifth Step for you!" — *Bob G.*
15. "When was the last time you just had one drink?" — *Rod S., Prescott, AZ*

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Central Office wishes to thank the following volunteers for their support in September:

- Betsey*
- Bob E.*
- Bonnie*
- Caspar*
- Dana*
- Deanna*
- Debi*
- Erinn*
- Frank*
- Gay*
- Ginger*
- Helene*
- Jeff T.*
- Kendyl*
- Laura D.*
- Laurie O.*
- Laurie S.*
- Nick*
- Pat*
- Tyrone*



A November Tradition Gratitude Month

For many decades now, we in the fellowship have formally carved out from the calendar the month of November as a time to express our collective gratitude for our individual sobriety. Interestingly, no one is exactly sure why that month was originally chosen, though its connection with Thanksgiving seems obvious.

To continue this tradition, please pass the 7th Tradition basket twice during the month of November; first for the group 7th Tradition, and a second time for a Central Office gratitude donation. Mail or deliver the November Gratitude donation after your last meeting in November.

Activity Log September	Totals
Phoned in	239
Walk ins	97
AA Meeting	115
Al-anon	26
12 Step	23
Donations/Purchases	72
Misc/Other Business	49
ACTIVITY TOTAL:	621

New Meeting
Sundays, 7:30 pm, "Piglets on the Wall," Closed, BB, The Community House, 24973 Washington Ave, Murrieta

Closed Meeting
Friday, 7:15 pm, "Party Starters."

Help Wanted!

The Gratitude Gazette needs support!! Please email us at Gratitudegazette1@hotmail.com you would like to help write stories or contribute ideas.

First Ladies' Luncheon a "Hit"

The first annual Temecula Valley "Ladies" luncheon was held on Sunday, September 12, at the Embassy Suite Hotel in Temecula.

Attendees reported that the luncheon was "wonderful" and everyone thoroughly enjoyed themselves. It is hoped that the lunch will become a new tradition for the women in the Valley's AA community.

Stacey S. from Laguna Niguel was the featured speaker. The first tradition was the luncheon's theme. Next year's luncheon will continue with Tradition Two.

Donations for the luncheon were enough to provide 6 scholarships and the committee hopes to double that next year.

Thanks to everyone who participated and we look forward to your continued support.

In service,

Kimberly Funk, Chair

PROBLEMS, from page 4

4. Seating charges — Each seat now \$1.00 per meeting with a 20% discount for the 90 in 90 plan.
5. The "Pink Cloud" was free. NOW \$14.99 per cloud, with a \$5.00 per event environmental cleanup fee. These are the NEW ozone-free Pink Clouds that do NOT add to global warming.
6. Coffee to be \$1.50 per cup, with a 10% discount for 5 or more cups.
7. Hugs now will be \$2.50 each
8. Conscious contact with GOD, now \$9.99 /month, with the first 450 minutes free, then \$0.10/minute fee over. See the current rate schedule, as GOD is very busy.
9. Accidental "cell phone going off during meeting charge," now \$25.00 per ring (not call).
10. Birthday fees will be \$5.00 per year of sobriety for 1-5 years, \$10.00 for 5-10 years, etc.

Please void where prohibited by law. AA reserves the right to change none, all, or some of these rates at any time. NOTE: the editor does not accept any responsibility for your reaction to this article.

— Gene W., Murrieta

Temecula Valley Central Office Financials – September 2009

Balance Sheet

ASSETS	
Current Assets	
Checking/Savings	
WaMu CD 696-5	2,300.93
WaMu Checking-141-2	2,903.65
WaMu Savings-1922-8	85.14
Petty Cash Box	218.35
Cash Box	40.00
Total Checking/Savings	5,548.07
Other Current Assets	
Inventory of Literature & Chips	4,634.78
Prepaid Inventory	135.80
Security Deposit	462.24
Undeposited Funds	15.59
Total Other Current Assets	5,248.41
Total Current Assets	10,796.48
Fixed Assets	
Security Deposits	
Edison Deposit	275.00
Gas Deposit	75.00
Rent Security Deposit	1,077.25
Total Security Deposits	1,427.25
Total Fixed Assets	1,427.25
TOTAL ASSETS	12,223.73
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
Sales Tax Payable	443.86
Total Other Current Liabilities	443.86
Total Current Liabilities	443.86
Total Liabilities	443.86
Equity	
Retained Earnings	11,447.60
Net Income	332.27
Total Equity	11,779.87
TOTAL LIABILITIES & EQUITY	12,223.73

Profit & Loss

Ordinary Income/Expense	
Income	
Donations	
Birthday Donations	51.00
Group Donations	2,329.00
Personal Donations	180.00
Valley Buck a Month Club	46.00
Total Donations	2,606.15
Literature & Chip Income	1,485.99
Meeting Place Temecula	
Rent Reimbursement	450.00
Utilities Reimbursement	100.00
Total Meeting Place Temecula	550.00
Total Income	4,642.14
Cost of Goods Sold	
Cost of Goods Sold	
Chip Purchase	198.32
Literature Purchase	728.89
Total Cost of Goods Sold	927.21
Total COGS	927.21
Gross Profit	3,714.93
Expense	
Office Expense	
Insurance	163.50
Office Supplies	98.47
Postage and Delivery	11.50
Water (Drinking Water)	10.00
Total Office Expense	283.47
Operating Expense	
Intergroup Meeting Rent	25.00
Total Operating Expense	25.00
Professional Fees	
Accounting	300.00
Bookkeeping	75.00
Consulting	1,730.80
Total Professional Fees	2,105.80
Rent	
Office Space Rent	1,581.11
Total Rent	1,581.11
Travel	
Mileage	80.00
Total Travel	80.00
Utilities	
Gas & Electric	218.26
Telephone	
Verizon	258.74
Total Telephone	258.74
Total Utilities	477.00
Total Expense	4,552.38
Net Ordinary Income	-837.45
Other Income / Expense	
Other Income	
Interest Income	0.51
Total Other Income	0.51
Net Other Income	0.51
NET INCOME	-836.94

Valley Buck a Month Club YTD January through September 2009

<u>Date</u>	<u>Contributor</u>	<u>Amount</u>	<u>Date</u>	<u>Contributor</u>	<u>Amount</u>
			04/22	Anonymous	2.00
03/11	Debra G.	2.00	04/23	Gene W.	57.00
03/16	May W	9.10	04/27	Anonymous	2.00
03/16	Jackie H.	4.00	04/28	Wayne D.	1.35
03/16	Ivan C.	1.00	05/11	Bill C.	2.00
03/16	Bill C.	1.00	05/11	Darcie D.	20.00
03/16	Doug H	12.00	05/15	Gene W.	32.00
03/16	Wayne D.	6.00	05/15	Gene W.	28.00
03/20	Anonymous	4.00	05/18	D. Long	2.00
03/20	Gene W.	25.00	05/18	Anonymous	5.00
03/24	Bill C.	10.00	05/26	Anonymous	1.00
03/24	Anonymous	12.00	05/26	John Johnson	12.00
03/25	Jeff and Charlene	500.00	06/04	D. Long	2.00
03/27	Anonymous	1.00	06/09	Anonymous	5.00
03/27	Anonymous	6.00	06/10	Anonymous	5.00
03/31	Anonymous	1.00	06/15	Lara A.	1.00
03/31	Anonymous	1.00	06/17	Cowboy Andy	1.10
03/31	Anonymous	1.00	06/17	Darcie D.	20.00
03/31	Gene W.	29.00	06/22	Gene W.	38.00
03/31	Anonymous	1.00	07/07	Dan Mc	6.00
04/02	Anonymous	1.00	07/14	Darcie D.	20.00
04/02	Anonymous	10.00	07/14	Fred A.	1.00
04/02	Anonymous	5.00	07/16	D. Long	2.00
04/02	Anonymous	1.00	07/17	Deana Rockwell	5.00
04/05	Candace W.	10.00	07/23	Gene W.	31.00
04/05	Dove	3.00	08/03	Kirin	1.00
04/06	Anonymous	5.00	08/17	Darcie D.	20.00
04/09	Gene W.	16.00	09/14	Gene W.	16.00
04/13	Darcie D.	20.00	09/30	Gene W.	6.00
04/13	D. Long	2.00	09/30	Fred B.	1.00
04/13	Anonymous	2.00	09/30	Paul S.	1.00
04/15	Harley	2.00	09/30	Mary Jane	1.00
04/20	Bill C.	3.00	09/30	Linda F.	1.00
04/20	Len	3.00		TOTAL	1,087.55
04/20	Anonymous	10.00			

Donations by Groups – September 2009

Hemet Arrid /Wed & Sat 7 am /Women in Recovery	211.79
L.E. 1st Lutheran /M, Th, S 7:30 pm /Liberty Bell	126.01
Mur Community House / Mon-Sat 7 am /ABSI	50.00
Mur United Methodist /Tues. 10 am / Womens'	120.00
Mur /TVCO Intergroup #179377	28.00
Sun City Unity Hall / Umbrella #164257	900.00
Tem Del Rio / Mon-Fri 7:00 am / Survivors	150.00
Tem Lyndie Ln / Mon-Fri 12:00 noon	129.73
Tem Lyndie Ln / 10:00 am / Open Arms	50.00
Tem Lyndie Ln / Sat. 8:00 am / Early Risers	150.00
Tem Pechanga Sr. Ctr / Mon 6:00 pm Monday Madness	55.00
Tem Water District /Sat 8:00 pm / World Famous	158.62
Wildomar MV Comm Church / M-S 7:00 am / Wild Ones	200.00
TOTAL:	2,329.15

Wild Ones YTD Donations
 through August did not make the September issue of the Gratitude Gazette. Their donations at that time totaled **\$1600.00**

Personal Donations – YTD January through September 2009

Date	Contributor	Amount	Date	Contributor	Amount
01/02	Anonymous	50.00	06/17	Anonymous	50.00
01/06	Anonymous	100.00	06/19	Dan	4.00
02/10	Anonymous	50.00	06/29	Jason F.	20.00
02/19	Anonymous	5.00	06/29	Stuart S.	16.00
02/25	Lorelei N.	100.00	06/30	Anonymous	50.00
03/03	Anonymous	50.00	08/03	Deanna Rockwell	5.00
03/05	Debra Sketchley	50.00	08/06	Anonymous	50.00
03/05	Anonymous	100.00	08/10	Deanna Rockwell	5.00
03/18	Mike Schipper	20.00	08/12	Gene W.	30.00
03/25	Debra Sketchley	25.00	08/14	Deanna Rockwell	20.00
04/07	Anonymous	50.00	09/24	Dan Z.	50.00
04/28	Kenny Vierra	120.00	09/30	N.J. Bob	40.00
05/04	Len	3.94	09/30	Deanna Rockwell	20.00
05/11	Anonymous	50.00	09/30	Anonymous	50.00
05/20	Jack Paul Mall	1,500.00	TOTAL		2,683.94

Speaker Meetings in the Valley

World Famous Saturday Speaker Meeting, 8 pm
 RANCHO WATER DISTRICT, Temecula

Oct. 17 — Memo M., L.A.

Oct. 24 — Ken P., Temecula

Oct. 31 — Dan, Temecula

Nov. 7 — Denisa C., Claremont

Nov. 21 — Tim M., Orange

Nov. 28 — Tiana P., Norco

Dec. 5 — Paul C., Orange

Dec. 12 — Sandy L., Sylmar

Lake Elsinore, Meeting Place, Sunday at 10:30 am

Sun City, Unity Hall, Sunday at 10:30 am

Hemet Double Check, Saturday Spaghetti Speaker, 3 pm

Hemet Arrid Club, Saturday at 7:00 pm

Hemet Arrid Club, Sunday at 10:30 am

Anza, 2nd Saturday at 7 pm

Since the Fellowship began in 1935, the age of new members has constantly dropped. Today approximately 10 percent of A.A. members are under 30. In reaching out to young alcoholics, A.A. offers them a variety of special literature and audiovisual material. Through identification with the recovery stories of people their own age, they learn they never have to feel so alone and frightened again—and can lead comfortable, happy, even exciting lives in sobriety..



SOBRIETY, from pg 1

There was plenty of pressure to drink during high school after everyone already knew me as a heaving drinker. I still dealt with jokes of drinking events I had. I did not want to tell everybody that I was in rehab. Most of my teachers at the time ended up knowing. Keeping up with homework and grades was difficult with having to take care of my sobriety; thus, I had to speak to my teachers to receive any type of a break.

Every time I walked into a meeting, I was always warmly welcomed. “So glad to see you here! I wish I had this opportunity when I was young” was my usual greeting. This greeting did get bothersome quickly; made me feel as if I will have little hope if they are doing this at their age. Having a place to belong too was lost on my descent into alcoholism. However, meetings brought back a sense of belonging. I quickly got to

know people. They may be twenty to fifty years older than me but, they understood me. I found myself hanging out with them as if they were my regular peers.

There is no doubt that the program is a difficult task for any age. Even though my alcoholism got progressively worse, the program was a helpful hand to keep me encouraged to not drink in between relapses. Every relapse, however, did bring more knowledge about my alcoholism. In the program, there is always at least someone there to help you after you “messed up”. Outside of the program, that was rarely granted among my friends. I have learned about my disease before my life actually started. I’m not in a career and I do not have a family (referring to a spouse and children) and all the other things that can go wrong with alcoholism.

I have learned what makes a situation better, not drinking.

Alcoholics Anonymous has changed my life. AA developed into a priority to keep in my life. I am not “bummed” that I got to start treatment for my drinking at such a young age. Instead, I feel indebted to AA.

#

Attention Readers

November is Gratitude Month.

We’d like to share your experience, strength and hope by including your articles on just what you are grateful for.

Please write us and share your stories. Or, give us your feedback and comments. You can reach us at Gratitudegazette1@hotmail.com.

Deadline for inclusion in the November issue is Nov. 5.

Ok, Call me “Monk!”

I was sick almost the entire first six months of returning to AA. Every time I turned around, I caught a cold, the flu, or some new virus. I didn’t realize how depleted my immune system was after years of drinking myself nearly to death. It got so bad, I didn’t want to shake hands, act as a “greeter,” and heaven forbid if I sat next to someone who sneezed, coughed or even wiped their nose during a meeting.

With flu season approaching, and the H1N1 virus that targets the young, those immune deficient and pregnant women, here are some suggestions to help us all stay healthy: 1) Wash your hands frequently. 2) Resist touching your face, since the nose, throat/mouth are portals of entry. 3) Cover your mouth/nose when you cough or sneeze. 4) Boost your immune system with foods rich in Vitamin C, zinc and Vitamin D. 5) Drink lots of liquids (water, tea and even, coffee). 6) Get a flu shot and/or the H1N1 vaccination/spray. 7) And if you are really sick, stay home and stay in touch by telephone.

By following a few simple steps, we can all stay healthy this winter flu season and practice the principles of self-care and consideration of others.

Erni B., Editor, Gratitude Gazette

Birthday Donations YTD			
01/20/2009	Bobbi L. Leigh	19.00	<p><i>Donations are the lifeblood of Central Office.</i></p> <p><i>During the day, Central Office keeps the doors open to assist recovering and suffering alcoholics.</i></p> <p><i>Twenty-four hours a day, seven days a week, volunteers take calls from suffering alcoholics and organize twelve step calls. The phone line and special call-forwarding are paid for by donations.</i></p> <p><i>Donating monthly does not need to be a lot. Being self-sufficient by our own contributions means not only paying for rent, but also paying for all of the services you receive.</i></p>
02/18/2009	Michelle	2.00	
02/25/2009	Mary B Zar	18.00	
02/25/2009	Michael Crawford	23.00	
03/10/2009	Bernie Truax	120.00	
03/13/2009	The Birdwells for 3 years	3.00	
03/16/2009	Tom M. 21 yrs . From Doug H.	21/00	
03/16/2009	Bill C.	4.00	
03/24/2009	Donna M for 18 years	18.00	
04/05/2009	Candance W.	20.00	
04/16/2009	Virginia T.	16.00	
04/20/2009	Mary S.	18.00	
04/21/2009	Hannelore H. Tucker	100.00	
04/22/2009	Therese R.	12.00	
04/28/2009	Mary S.	18.00	
04/30/2009	Rex Sheppard	25.00	
05/05/2009	Bill C.	5.00	
05/11/2009	Tony M. for 12 years	12.00	
05/13/2009	Paul R. celebrates 10 years	20.00	
05/15/2009	Gene W.	26.00	
05/26/2009	Anonymous	20.00	
05/26/2009	John Johnson	3.00	
05/29/2009	Gratitude for my Birthday	12.00	
07/01/2009	Chad B.	10.00	
07/02/2009	Joe S.	14.00	
07/14/2009	Anonymous	10.00	
07/17/2009	Anonymous	10.00	
08/01/2009	Kelly R.	2.00	
08/04/2009	Gene W.	24.00	
08/13/2009	Donna L. for a 50 yr AA birthday	5.00	
08/26/2009	Laurie for 14 years	14.00	
09/03/2009	Rex Sheppard for 20 years	20.00	
09/18/2009	Sylvia for 20 yrs in Feb. 2009	21.00	
09/23/2009	Desmond Y. celebrates 5 years	5.00	
9/30/2009	Edna E—5 years of sobriety	5.00	
January through September	TOTAL DONATIONS	675.00	

**Temecula Valley Central
Office Intergroup**

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To thine own self be true!



Hotline Workshop



Saturday, November 21, 2009

1:30—2:30 pm

Unity Hall

- New meeting schedules
- New al-anon schedule
- Updated “cheat sheet for volunteers”
 - Updated rep contacts
 - Volunteer for open days
- Finalize schedule for first half of 2010
 - New committee for 2010

Got Questions??

Contact: Lea M. 951.375.1389

Oct–Nov 2009 Hotline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11 rules 62	12 early risers-Tem	13 7am Unity Hall	14 The Funks	15 Just us Girlz	16 Back to Basics	17 12 noon Serenity
18 12 noon Serenity	19 Pigs on Wall	20 LE-Sun Speaker	21 LE-Wed Acceptance	22 Meat & Potatoes	23 Men's Serenity	24
25	26 LE-7am At Adjust	27 7am Unity Hall	28 Little Big Book	29	30	31 LE-Thu Women BB
1	2 Pigs on the Wall	3 Tues. Women 12x12	4 Fri-Wil Hosp 12x12	5 Happy Hour	6 Men's 7pm Murrie	7 Liberty Bell
8 Lib Bell & Rule 62	9 Sat-Tem Early Rise	10 7am Unity Hall	11 The Funks	12 Meat & Potatoes	13 claudia Unity Hall	14 Rule 62