



# GRATITUDE GAZETTE

Volume 2020.1  
January 2020

**951-677-1535**  
**24 Hour Hotline**

Temecula Valley Central Office  
41340 Pear Street, Ste. 1  
Murrieta, CA 92562

## Breaking News: Dashinglly “Old” in Sun City

An old fashion “Old Timers” meeting is scheduled for Saturday, February 22, 2020 at Unity Hall in Sun City, 2:30—4:30 PM.

All “Old Timer’s” with 20 years or more of continuous sobriety are invited to share their experience, strength and hope. Everyone else is invited to attend a great night of speakers and fellowship. Starting at 1:30 until meeting time, main dish and beverages will be provided for this exciting and free event. Please bring your favorite side dish to add to the bounty.



## The Board is Full

By Rob P - January 2020

A few weeks ago at the Intergroup Committee meeting held on December 17, 2019, we thanked all board members who are leaving their volunteer posts and welcomed in four new volunteers to fill the vacant seats. It has been sometime since we have a full board in the Temecula Valley. The members appear charged with spunk and ready to serve the valley in the new year. The next Intergroup Committee meeting will be held Tuesday, January 21; we hope to see you there.

*“The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup.”*

*A.A co-founder Bill W., 1949*

## This Month in History

### A.A.

1961: Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

### From our backyard...

1941: San Diego Group members told their stories on local radio station KFSD which spurred inquiries about AA. By this time, a phone number and PO Box was available to receive calls and inquiries and published on streetcar and bus posters.

### Around the world...

1948: First A.A. meeting was held in Japan, (English speaking).

### Reference

[https://www.a-1associates.com/aa/HISTORY\\_PAGE/dates.htm](https://www.a-1associates.com/aa/HISTORY_PAGE/dates.htm)

<http://aainthedesert.org/wp-content/uploads/2019/01/SAN-DIEGOS-AA-STORY.pdf>

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# Recovery



## Step 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Many alcoholics have a hard time admitting that they can't control their alcohol use. Once they acknowledge that they are unable to stop on their own, the recovery process can begin.

Step 1 is about letting go. You admit you have a problem and begin to seek out assistance. It isn't easy, but admitting powerlessness allows you to break the cycle of addiction that you've been stuck in. Alcoholics Anonymous believes that admitting you can't control your alcohol use is a necessary first step on the path to recovery.

## Principle 1

### Honesty

If you cannot get honest about the scope of your problem, and honest about a sincere effort to resolve it, you will not succeed in your recovery. How about a definition of honesty as "the absence of the intention to deceive"?

By SoberRecovery, Staff Writer - July 2019

## Tradition 1

Our A.A. experience has taught us that:

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.

## Concept 1

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Alcoholics Anonymous has been called an upside-down organization because the "ultimate responsibility and final authority for world services resides with the groups — rather than with the trustees of the General Service Board or the General Service Office in New York.

## Spotlight

*"Men have cried out to me in sincere and despairing appeal: 'Doctor, I cannot go on like this! I have everything to live for! I must stop, but I cannot! You must help me!'...One feels that something more than human power is needed to produce the essential psychic change. Though the aggregate of recoveries resulting from psychiatric effort is considerable, we physicians must admit we have made little impression upon the problem as a whole. Many types do not respond to the ordinary psychological approach."*

*Dr. Silkworth*

*"Honesty with ourselves & others gets us sober, but it is tolerance that keeps us that way."*

*Bill W.*

## An Act of Providence

It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

TWELVE STEPS AND TWELVE TRADITIONS, p. 21

# Features



## Understanding Step One

By Rick R - January 2018  
(edited)

I wish I could say that everyone that enters the doors of Alcoholics Anonymous has an equal shot at getting sober and staying that way for the rest of their lives but, depending on the different reasons why each individual decides to give A.A. a chance, coupled with the degree of desperation that caused that person to delve into what the program has to offer, we get a variety of different results.

When I arrived at my first A.A. meeting I was desperately looking for, what I thought was a so-

lution to an impossible situation. I was defeated and absolutely demoralized. Within minutes of being exposed to the sober members of that group I was convinced that I had found the solution to my hopeless condition and the desire to drink was removed from me on the spot and has never returned. That was on Oct. 15, 1969.

I wish every new member could have that type of experience, but we know that many of us aren't that receptive in the beginning. Most of the members of that early group were over forty years old and I was only 28 yrs. old but I was the exception at that time. Meetings were much smaller since there was no rehab facilities intervening in the alcoholic's drinking escapades so they didn't start hitting their bottom till their forties or fifties...sometimes I think it had something to do

with midlife crisis, or was that just a coincidence.

What I do see that is different from my experience, for the most part, is the blurred line when comes to the first requirement for A.A. membership: —a desire to stop drinking. If some Judge or employer told me that I had to stop drinking, considering the relief I got from the bottle, I doubt that I would have been nearly as receptive to getting sober, and if I had, I'm sure I would have relapses as much as any of those who, unfortunately, struggle with staying sober.

Relapses are the natural result when the desire to drink is stronger than the desire to stay sober...(thinking) "I just ran out of ideas and I need help". We treat these brothers and sisters with empathy, compassion and understanding.

## Courage

By Rob P - January 2017 (edited)

Now that the holiday season has passed I can reflect on my actions and look forward to the days that my higher power has laid out before me. Mustering up the courage to follow His will, not mine. I never did think a holiday season was any different than any other time of year. My alcoholism did not discriminate. No matter what day the calendar displayed there I was stuck acting the same way, doing the same things, impacting others around me with no faith that my active addiction would or needed to end. My addiction was

fear based. If my life encountered a problem? Fix it with booze. If my life experienced pain? Medicate with soul numbing substances. If my life met with grief? All bets are off...Now I can look back at past holidays and reflect on the stark differences between then and now. Once thinking that the holidays were no different, my eyes through my creator have shown mostly clear that just maybe a sober holiday season is a bit different. I used to feel inconvenienced to do things or spend money for others. There was just less time and money to spend on myself. "Why must I do something for someone else if there's nothing in it for me?", I would ask myself. Now it's pure joy to not

want (as much) any material object and replaced by giving back to those I took so much more from over the years. Also there is only tears of joy during the holidays which replaced sadden hearts and broken promises. What a gift to now be present to experience how much impact we do have on others lives; before and after. The fear has been replaced with a thought that God will provide and I've done everything the best I could—praying only for His knowledge, strength, patience and tolerance. I surely pray that everyone had a sober holiday and your new year will be enriched with 'firsts'; new experiences under the guidance and grace of God.

# Business



## Central Office Serves the Valley

During the day, your Central Office keeps the doors open to assist recovering and suffering AA members alike and provide the following services:

- 24 Hour Hotline 951-677-1535
- Organizes 12 Step Calls
- Big Books & 12x12's
- Grapevine publications & other assorted literature
- Chips & Newcomer Packets
- [Meeting Schedules](#)
- Information for other Central Offices
- [Gratitude Gazette publication](#)

Your office manager organizes volunteers, makes sure the office is a healthy place for all, keeps your accounting data accurate, and safe guards your inventory. The office manager and volunteers are there to support the groups and the individual members of our fellowship throughout the valley.

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. Contributions goes to pay for the convenient services above you receive. If your group has stopped contributing (or never started), please bring it up at your next business meeting and take a group conscious.

Let us know when and how we can help.

- Your Central Office Team

## Service Opportunities

### Central Office Volunteers Needed

Shifts open! 4 hours, 2, hours, 1 hour, however you can help with your time.

### 12 Step Calls

Add your name to the 12 Step Call list for male & female. Spanish speaking volunteers also needed.

Please contact Ken for more info 951-677-1535.

## Volunteers

- |             |                    |
|-------------|--------------------|
| 1. Bert     | 2. Terri           |
| 3. Debi     | 4. John W          |
| 5. James    | 6. Laura L         |
| 7. Nikki    | 8. Chris           |
| 9. Terry    | 10. Steve          |
| 11. Roxanne | 12. Sarri          |
| 13. Steve   | <b>...and YOU!</b> |

# Business



## Central Office Activity

Phone Calls: 290

Walk-Ins: 172

Purchases: 165

Website Visits: 3,780

**A word of thanks goes out to all of you who donate your time, your money, your resources and yourself.**

**When you give of yourself, you get out of yourself.**

**We would not be here without willingness and gifts from each other.**

*Thank you for all you do!*

Committee	Day of the month	Location
H&I Committee Meeting	1st Monday 7:30 pm	Temecula Valley Alano Club 27470 Commerce Center Dr. Temecula, CA 92590
TVCO Board Meeting	1st Tuesday 6:30pm	Central Office 41340 Pear Street Suite 1 Murrieta, CA 92562
Mid So-Cal Area Meeting	2nd Sunday 9:30am	See the MSCA website <a href="http://msca09aa.org/">http://msca09aa.org/</a>
District 17 GSR Meeting	2nd Tues 6:30pm	Springs Church 41735 Winchester Rd #C Temecula, CA 92590
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church 24652 Adams St, Murrieta, CA

Financial Reports,  
Agendas, Meeting Minutes

**FREE**

**ORGANIZATION NAME**

secretarytvco@gmail.com

To receive copies directly to your inbox!

***Comments, article submissions, suggestions about the Gratitude Gazette?***

Please submit email to:  
[tvcomms@gmail.com](mailto:tvcomms@gmail.com)

BUCK A MONTH CLUB



Inquire with your Intergroup Rep  
or follow

<http://ssl.temeculacentraloffice.org/>



# Rewind News



## Social Media: Challenges and Questions of Anonymity

By Tim Stoddart, [SoberNation](http://SoberNation) - April 2013

### AA and Social Media: Can they Co-Exist?

Alcoholics Anonymous. Narcotics Anonymous. When a fellowship includes the word “anonymous” in the title, it’s pretty evident that anonymity is a big deal. In fact, AA considers anonymity to be the “spiritual foundation of all our Traditions.” The Internet, however, has presented many challenges to anonymity in AA. More specifically, social media has led to many questions regarding the importance and expectations of anonymity. Is it possible to keep up with social media and still stay in line with the Traditions? Is it even logical to attempt, or does it go against the very nature of “social” media itself?

### AA’s Position on Social Media

The General Service Conference (GSO) of AA compiles Guidelines for its members. Because the “only requirement” of AA is the desire to stop drinking, AA Guidelines are just suggestions and come from the shared experiences of members. There are AA Guidelines regarding the Internet, and social media is specifically addressed. According to the Eleventh Tradition of AA, “names and pictures of AA members ought not be broadcast, filmed, or publically printed. The Guidelines state that, “As long as individuals do not identify themselves as AA members, there is no conflict of interest.” Therefore, AA suggests that people do not identify themselves as members of AA on any social networking sites, or anywhere else online that isn’t a password-protected forum for AA members only.

### Identifying Yourself as an AA Member

There are many people online who publicly identify themselves as AA members, and the GSO has received many complaints regarding this type of conduct.



When you identify yourself as a member of AA, you could be inadvertently identifying someone else. The only way to remain 100 percent anonymous is to never mention your affiliation with AA on social media. People who do publicly identify themselves via social media undoubtedly have no bad intentions. Many think that it’s okay to identify yourself, as long as you don’t explicitly identify anyone else. This raises the question of anonymity and AA in modern society: Does the expectation of anonymity still apply in the same way, or is it acceptable if a member chooses to identify themselves? As society changes, should the principles of AA be adapted to accommodate a more “social” culture? Is it possible or reasonable to avoid this?

### AA Groups and Jargon

While some people think it’s okay to identify yourself, and some people think it’s never okay, there are also people who think it is okay only in certain situations. For example, are closed or private groups on social media okay? For example, if you create a Facebook group for AA members, is it okay and respecting anonymity if it is private? Is anything really “private” on the Internet? The AA Guidelines also advise against posting any comments or status updates that is “AA jargon.” Some people think that posting “AA jargon” is okay as long as the member doesn’t explicitly identify themselves as an AA member. Others think that threatens anonymity. What are your thoughts on anonymity and social media? How do you think people in AA should or should not address their membership on the Internet?

#### Understanding Anonymity



*“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”*

This is a General Service Conference approved document.

*“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”*

# Events



## 56th International Women's Conference

Indianapolis  
February 20-23, 2020



JW Marriott Hotel  
10 S West St  
Indianapolis, IN 46204  
317.860.5800

[www.internationalwomensconference.org](http://www.internationalwomensconference.org)

**MARCH 6-8, 2020**  
**WESTIN LA PALOMA RESORT**  
 3800 E. SUNRISE DRIVE, TUCSON, ARIZONA 85718

**PRAASA  
2020**  
Arizona  
Area 03

\$195/night + taxes & fees (rate is good March 2 - March 11).  
 Reserve by 5pm on February 11, 2020 to guarantee rate.  
 TO RESERVE YOUR ROOM VISIT: <https://bit.ly/2H7MCGy>

**53rd PACIFIC REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY**

The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and Areas of the Pacific Region,
- Encourage the exchange of ideas and experiences,
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.

The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

PLEASE CHECK BOX(ES)	FEE
<input type="checkbox"/> Registration	\$25.00
<input type="checkbox"/> Scholarship Donation	\$
<input type="checkbox"/> Friday Dinner - Pasta Buffet	\$45.00
<input type="checkbox"/> Saturday Lunch (All are welcome) featuring an Al-Anon Speaker	\$35.00
<input type="checkbox"/> Saturday Banquet Dinner (circle one) Flat Iron Steak OR Salmon	\$55.00
<input type="checkbox"/> Saturday Ice Cream Social	\$10.00
<input type="checkbox"/> Delegates Only Lunch (Saturday)	\$35.00
<input type="checkbox"/> Past Delegates Only Lunch (Saturday)	\$35.00
<b>TOTAL ENCLOSED: \$</b>	

**Mail in Registration Deadline: February 17.**  
 Make Checks Payable to "PRAASA 2020" and Mail to: PRAASA 2020, Box 1414, Green Valley, AZ 85622

PRAASA starts Friday, March 6th at 12:30pm and ends Sunday, March 8th at 12:15pm. Early bird meeting: Thursday, March 5th at 7:30pm (see program for AA & Al-Anon meetings). Young People (YPAA) Program Friday & Saturday nights.

☐ AA  
☐ Al-Anon  
☐ Alateen  
☐ Friend

☐ This is my first PRAASA!

AREA # \_\_\_\_\_

**SERVICE POSITION (circle one):** AA Member; YPAA; Intergroup; GSR; Alt. GSR; DCM; Alt. DCM; DCMC; Alt. DCMC; District Committee; Area Committee; Delegate; Alt. Delegate; Past Delegate; Trustee; Past Trustee; Other \_\_\_\_\_

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Name on Badge \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Interpretation Provided: Español & ASL  
**MUST BE RESERVED BY FEBRUARY 7, 2020**

☐ Require Interpretation Español  
☐ I require ASL    ☐ I require other \_\_\_\_\_

**Accessibility Needs:**

☐ Hearing Impaired    ☐ Onsite Mobility Assistance  
☐ Dietary Restrictions \_\_\_\_\_

For online registration, hotel reservations, to volunteer, and for general information visit  
**[www.PRAASA.org](http://www.PRAASA.org)**

## The 2020 International Convention of Alcoholics Anonymous

**WHEN: July 2-5, 2020**  
**WHERE: Detroit, Michigan**

*This year's theme*  
**"Love and Tolerance is our Code."**

A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium.

Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.

Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on [aa.org](http://aa.org).

Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee.

For further information please [https://www.aa.org/pages/en\\_US/international-convention-2020](https://www.aa.org/pages/en_US/international-convention-2020)



# Events



## AN OLD FASHION "OLD TIMER'S" MEETING

AT

UNITY HALL

27732 ENCANTO DR., SUN CITY, CA 92586

**Saturday - FEBRUARY 22, 2020**

FOOD - 1:30 – 2:30 PM

MAIN DISH, BEVERAGES WILL BE PROVIDED

PLEASE BRING YOUR FAVORITE SIDE DISH

MEETING – 2:30 PM – 4:30 PM

ALL "OLD TIMER'S" WITH 20 YEARS OR MORE  
OF CONTINUOUS SOBRIETY

ARE INVITED TO SHARE AT THE PODIUM

EVERYONE IS INVITED TO ATTEND

AN "OLD FASHION" "OLD TIMER'S" MEETING  
When 20 Years of Sobriety was considered to be  
"An Old Timer"

For More Information call: Ernie B. (951) 213-9503



## Temecula Valley 3rd Annual H&I Talent Show January 18, 2020

Music, Comedy,  
Spoken Word, Skits,  
etc.....

Temecula Community  
Rec Center 30875  
Rancho Vista Rd

Lunch will be served  
coffee, punch and pie  
9 am to 3:30 pm

Register with Jacob L.  
951-837-7780

**Tickets \$10**





# Events



## Yosemite Summit Conference 2019

November 22nd, 23rd, & 24th

Half Dome Village (Curry Village), Yosemite National Park, CA

### "Serenity in Yosemite"

#### AA SPEAKERS

Mike M. Coarsegold, CA - Friday Afternoon Penny P. Livermore, CA - Saturday Morning  
Michael S. Riverside, CA - Friday Evening Wayne B. Covina, CA - Saturday Evening  
Mary C. Seattle, WA - Sunday morning

#### AL-ANON SPEAKERS

#### YOUNG AL-ANON SPEAKER

Judy K. Reno, NV - Saturday Luncheon

Daisy A - Saturday 1 pm

Rosanna H. Hayward CA - Sunday 8:45 am

AA Open Meetings and Al-Anon Open Meetings. Alateen Closed Meetings

Friday Night / Saturday Night Dance

Saturday Al-Anon Buffet Luncheon - Saturday Buffet Dinner

#### Registration Instructions

Register on-line or fill out Registration Form, detach, and mail with check or money order to:

Yosemite Summit Conference P. O. Box 548 Oakhurst, CA 93644-0548

Contact: Telephone Hot-line: (209) 966-8300 ~ Website: [www.serenityyosemite.com](http://www.serenityyosemite.com) ~ Email: [ysc@sti.net](mailto:ysc@sti.net)

#### Important Registration Information, Please Note.

- ❖ Seating is limited to 900. Pre-Registration recommended. Registration Form and payment postmarked by Nov 1.
- ❖ Cancellations by mail or email only, must be postmarked by November 1, 2019. No refunds after November 1, 2019.
- ❖ Seating is limited for Luncheon (250) and Dinner (400). Recommend pre pay with registration form or on-line.
- ❖ Conference Sweat / T Shirts order cutoff October 1, 2019. Order with registration form or on-line.

#### Conference Information

- ❖ Conference check-in opens Friday @10:00 a.m. (closed during Speaker Meetings)-First meeting Friday at 2:00 p.m.
- ❖ Yosemite accommodation information see enclosed flyer from Aramark. RESERVATIONS 888/413-8869 Code 11E18F or online [www.travelyosemite.com](http://www.travelyosemite.com)
- ❖ Signing for the Hearing Impaired at all speaker meetings. Please bring a flashlight, warm clothes and rain gear.
- ❖ YSC abides by NCWSA requirements for Alateen safety. Event AMIAS are Ron A. and Vicki B.
- ❖ Conference is not responsible for babysitting.

AA and Al-Anon Registration at the door will be \$35.00 per person

#### PLEASE PRINT Only 2 names per Registration

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Name Tag \_\_\_\_\_  
Phone \_\_\_\_\_  
E-Mail \_\_\_\_\_  
2nd Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Name Tag \_\_\_\_\_  
Phone \_\_\_\_\_  
E-Mail \_\_\_\_\_  
Specific Special Needs \_\_\_\_\_

Registration Must Be Postmarked by Nov 1, 2019

No Refunds After Nov 1, 2019

AA Registration	# _____	\$30.00	Total \$ _____
Al-Anon Registration	# _____	\$30.00	Total \$ _____
Alateen Registration	# _____	\$ 5.00	Total \$ _____
Saturday Dinner	# _____	\$42.00	Total \$ _____
Vegetarian Dinner	# _____	\$42.00	Total \$ _____
Al-Anon Luncheon	# _____	\$28.00	Total \$ _____
Vegetarian Luncheon	# _____	\$28.00	Total \$ _____

#### SWEAT SHIRTS AND TEE SHIRT

Sweat Shirt Regular	# _____	\$30.00	Total \$ _____
M # _____ L # _____ XL # _____ XXL # _____			
Sweat Shirt Hooded	# _____	\$40.00	Total \$ _____
M # _____ L # _____ XL # _____ XXL # _____			
Tee Shirt Short Sleeve	# _____	\$23.00	Total \$ _____
M # _____ L # _____ XL # _____ XXL # _____			
Tee Shirt Long Sleeve	# _____	\$25.00	Total \$ _____
M # _____ L # _____ XL # _____ XXL # _____			
YSC Cups	\$12.00 Quantity _____		Total \$ _____
GRAND TOTAL			\$ _____

Shirt orders cut off is Oct 1, 2019

***More events coming; please check back soon or visit***

Temecula Valley Central Office Events page

<http://www.temeculacentraloffice.org/aa-events/>

# Safety



## SAFETY FOR THE NEWCOMER

We *ALL deserve RESPECT* and the right to get sober in a healthy empowered environment.

Everyone regardless of race, color, gender, age, religion, creed, disability, and sexual orientation, all deserve a chance to get sober **without harassment of any kind.**

Like one old timer in Hawaii used to say “ the good, the bad, and the ugly are in meetings just like on the street.”

### BE AWARE

Trust is earned.

If someone makes you uncomfortable in any way, tell the secretary and a friend and do not give them your contact information.

A sponsor guides you through the steps and shares their experience as to how they have stayed sober.

### FOR PARENTS AND MINORS

Minors should not take rides from members of the opposite sex.

There should always be another person with them, with one being of the same sex and age as the minor.

Minors should not go alone to the house of an older sober member to do step work until trustworthiness is established. It is safer to do this work in a public area like a coffee shop.

*This literature is part of “**Make meetings safer**”. A grass roots movement in Southern California. Started by a group of concerned group members.*

*Each Group is autonomous and every group can write their own literature.*