Carrying the message throughout the valley…

GRATITUDE GAZETTE

Volume 2020.3
March 2020

951-677-1535
24 Hour Hotline

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

A Smacking Success

By Rob P.—March 2020

What a great turnout we had to the 11th annual Pancake Smack Down at the Murrieta Community Center on Sunday, March 1. If you didn't make it this year, make sure you pencil it in for next year as it was quite the show. After querying our more seasoned members, this was the largest attendance yet with over 500 in attendance, more than enough gracious groups, volunteers and individual contributors…this is how it works!

Those who came in for breakfast were treated with an almost endless stream of mouthwatering bacon, juicy sausage and griddle smacked pancakes. Yes I do need to come clean that bacon is my favorite. There was also fresh fruit, juice and the obligatory percolated java in the corner. Although with the hundreds in attendance chomping away at their breakfast plate, the room was never silent and active recovery discussions could be heard all over the hall.

With a packed house at the edge of their seats, the time arrived for the long anticipated raffles. The "Not a 50/50" cash raffle, door prizes and gift raffles were great fun and an incubator for some comedic entertainment from our MC Cody to the bantering crowd… not irritable or discontent but maybe a little restless. There were many cash prize awards along with over twenty gift "baskets" available to plunk your tickets into the assigned bucket. The groups and individuals that prepared and donated the raffle gifts are much appreciated as with their generosity and labor of love it was another example of our membership carrying the message to the large group of newcomers also in attendance.

Although a non-circuit speaker, Kelly gave a wholesome account of her experience, strength and hope that all who stayed could take with them the rest of the day. She did convey some polished bits with a sprinkling of painful pauses. *(continued on page 3)*

This Month in History

A.A.

1936: A.A. had 10 members staying sober. At the end of 1936 A.A. had 15 members.

From our backyard…

1941: The first prison A.A. group was formed at San Quentin.

Around the world…

1947: The first AA group was formed in London, England.

Reference: https://www.a-1associates.com/aa/HISTORY_PAGE/dates.htm

True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.

- Bill W.

Inside this issue

Recovery……2
Feature Stories……3
Spotlight……4
Business……6
Rewind News……8
Events……9
Safety……13
Leisure……14

Recovery

Step 3

Made a decision to turn our will and our lives over the care of God as we understood him.

Some alcoholics initially have a hard time with this step because of conflicting feelings about religion or because they do not believe in God.

However, this step isn't meant to be a religious obligation; it's meant to help alcoholics rely on something other than themselves to help them abstain from drinking alcohol.

There are several ways recovering alcoholics can use this step to make changes in their lives.

- Begin distinguishing between what is in their control and what isn't. Some alcoholics drink to forget painful things in their lives are beyond their control. One way these alcoholics can use Step 3 is to ask themselves if they have control over something that is upsetting them.
- Cultivate a positive attitude. By learning to turn over these feelings to some sort of higher power, alcoholics may begin feeling more capable of dealing with life's challenges, which can help alleviate the compulsion to drink.
- Being more open to guidance. Many alcoholics find it difficult to accept help because of their need for control. Alcoholics sometimes spend energy resisting suggestions instead of making changes in their lives.

Tradition 3

The only requirement for A.A. membership is a desire to stop drinking.

A freedom to choose, this tradition is just what it says: "The only requirement is to have a desire to stop drinking". Some may not know or believe they are alcoholics but still wish to live a life free of alcohol.

- Do we allow people to choose if they are a member or not?
- Do we prejudge some new A.A. members as beneath us?
- Is there some kind of alcoholic whom we privately do not want in an A.A. group?
- Do we set ourselves up as a judge of whether a newcomer is sincere or phony?
- Do we let language, religion (or lack of it), race, education, age, or other such things interfere with our carrying the message?
- When someone turns up at A.A. needing information or help (even if he can't ask for it aloud), does it really matter to us what he does for a living? Where he lives? What his other problems are? Whether this is his first time to A.A. or more?

Concept 3

To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Do you know what this means? Trusting in our trusted servants; Intergroup, GSR, DCM, delegates, the Conference itself.

Principle 3

Faith

Complete confidence; belief and trust. Allows evasion and denial to give way to reality and peace. Faith is the evidence of our trust in God.

True faith is the result of surrender coupled with experience that God can and will do for us if we ask for help.

3rd Step Prayer

God, I offer myself to Thee, to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always!

Features

A Trust in the A. A. Process

By Rick R. - February 2019

A Power Greater than Myself

Why the program of Alcoholics Anonymous works so well, on the disease of alcoholism, is hard to fathom when we first come into AA. Most of us are conflicted when confronted with the idea that our perception of life had been all wrong from the very start. Issues like, Faith, Higher Power, Insanity, Surrender, Denial, Guilt, Shame etc. had to be revisited to see where our past thinking had let us down. We realize that we have painted ourselves into the corner of life, and if we're lucky, we become open to the idea that we may have to seek outside help if we want to have any chance of a normal life. When we go through this process, in the spirit that it is presented, in The Big Book, and the 12X12, wonderful things happen for us. I find it much easier to look back at the way the AA program has worked for me, than it was when I first entered the program and tried to look forward and perceive how it was going to influence every facet of my life in a wondrous way. I wish there was a way to package it and give it away but as I look back on my own experience in AA and realize how each of us are conditioned differently, I know that, not all of us can envision what the end result will be, for if they did, they would cut right to the chase and never look back. In the beginning we usually spend most of our time coming to terms with the most obvious symptom of alcoholism; the drinking and I was no exception. Unfortunately, many of us never get deeper into the program, where most of the healing takes place. For those of us that do come to realize that happiness and, more importantly, peace of mind, are the things that are lacking in our lives and to acquire them, we must get serious and dig deeper into the process that lead to these qualities. This does not mean that we will not experience joy and peace until we complete the process? Not at all, for every time we uncover another piece of the puzzle that barred us from being at peace with ourselves, it allows us to free up that part of our mind that has been wrestling with that issue and we can finally put it to rest. The day to day improvement in our own self esteem will be reward enough to inspire (in spirit) us to address the next issue that needs our attention, and one by one we resolve these matters as we Trudge the Road of Happy Destiny. Another thing that seems to be a natural result as we navigate this approach is that, with this new awareness, we refrain from making the regretful mistakes of the past that caused our discontent in the first place. Replacing the wrongs with the rights, you might say, doubles the pace of our growth. We only live once and it would be a shame to spend it with that awful mental grinding that goes on between our ears, when the solution is right before our eyes, and if we continue to spend all of our mental energy obsessing on the "not drinking one day at a time" we can do this for years and then, one day, just pick up that drink. A drink has no appeal to alcoholics who are at peace with themselves and with others. Why waste the only life we have, when the answers are laid there at our feet? Don't get stuck in the rut of complacency. Trust this process and ask yourself if you've been thorough with all twelve of the steps and if not, I recommend that you revisit those loose ends and deal with them. Give this a try, and I guarantee that, you won't regret it.

A Smacking Success

(continued from front page)

Many in the crowd were moved to laugh and tear with her…not at her but at ourselves. We are so grateful Kelly was able to share our common message with us.

The true colors of our membership were on full display by raising over $6500 for the day; $3649 in raffle tickets, $1120 in donations. Thank you to everyone for your generous support of the Temecula Valley Central Office and Intergroup. From the entire TVCO Intergroup Board, we so look forward to the events to come and being of service throughout the valley and beyond.

Spotlight

Welcome to Spotlight. This section is a dedication of experience, strength and hope working through the steps in an interview format. If you have a story to share but find it difficult to write an article, check in with your groups Intergroup rep for scheduling an interview.

Step 3 Into Action

An interview with Bob J by Rob P - March 2020

ROB P: How has acting on your own self will affected your life? How does it affect others around you?

BOB J: I think when I take my will it is hurtful to other people. And hurts myself also in the same time. In the past before coming to the program, I ran under Bob's will; I was my own God and I didn't have the know-how to even ask questions. It was just me against the world. And so it's through sobriety I become willing to do the right things. I also take back my will...just to give an example at work. You know, I run my mouth because I am opinionated and you know, it gets me a warning from the boss because I take it a step too far. You know, I haven't had too many consequences because of (me) taking my will back of which I'm very fortunate. So I look at that and I think that's God taking care of me because he must see something good in me that I don't. I do react at times when I need to not react. But the more mature I get the less (severe) I react and the less often I react.

ROB P: Do you find yourself unwilling to do things in your recovery that are being suggested? And if so do you know why?

BOB J: From my perspective, I think I'm willing to do whatever is suggested. I don't (always) do it right away, you know as an example my new sponsor asked me to read a book called Sermon on the Mount. He thought it might help me. I've only read two pages of it a so far and it's been 3 or 4 weeks now since I bought it. I take the book to work with me. It's with me but I haven't started actually (reading) and in my excuses it's tough to have some alone time. When I get home I'm tired, have dinner with the family and go to sleep. So those are my excuses and you know, just that...excuses. So I am willing. It's taking the action that's a little tougher. But pretty much everything my sponsors have asked me to do I've been willing to do since I've surrendered this time around.

ROB P: Thinking on the principle of faith and how it's related to step 3, how do you take action to actually turn your will over?

BOB J: My action on a daily basis, I was taught to crack my knees, which is humbling myself to a power greater than myself. It does help me to be a little more humble because it's a vulnerable position. And that's what it is...the act of kneeling down is what I've been taught so on a daily basis (not every day) 99.5% I do crack my knees in the morning and prayed to a God; my God. You know, I have a few memorize prayers. I bless people, you know, I am blessed with people. I don't bless people but ask God to bless people; rattle off a list that I'm grateful for (in my life). I ask God to help me be better to serve him and the people around me, along with being teachable and focused and things to make myself better in life.

ROB P: So in your current place in sobriety and your concept of your higher power, is it working for you? Or does it need to change?

BOB J: Yes, it's working for me and yes, I want it to change...I want it to get stronger. That's what I want and I've heard it as long as I'm seeking I'm doing the right things. You know, I feel at times that "why don't I feel like I have faith like other people have faith?" I know from experience. I'm going to grow spiritually different than other people so I can't compare myself. It's human nature to compare ourselves sometimes. I really believe as long as we are seeking and we are doing the action which I was taught early on (to be) evolved, my spirituality definitely has evolved over the last twelve plus years. You know my sponsor used to call it something when I go to the mountains. He had a name for me to get my spiritual something like (God) a shot if you will, connect with Mother Nature somehow, someway. Love it up there, love the mountains. Mother Nature is a huge booster.

Spotlight

Step 3 Into Action, continued

ROB P: How does surrender, the 1st step relate to or help you when you got to your 3rd step?

BOB J: Surrendering is a daily thing. Doing so, surrendering to crack my knees is definitely part of the whole process. As it says in the book a daily reprieve...it's a daily surrender. To get this reprieve I start off the day that way. Surrendering the first time and I had admitted to myself being an alcoholic for over 30 years. That's not a problem admitting, accepting the fact that I'm an alcoholic. I could do that easily and I've always known I have been an alcoholic since I was 21 years old. But the accepting in the surrendering to it is completely different. In my opinion, step 1 and step 3 are tied together. You're surrendering to (everything) so I do a grateful list. Number one is God, number two is sobriety and I keep that in the forefront of my mind so I don't forget. I do take my wheel back sometimes during the day. It's a constant surrender throughout the day for me.

ROB P: How do you know you have a Higher Power working in your life today?

BOB J: God hasn't come easy to me. So it's a tough question for me, but looking back now with some sobriety I should be in prison. I should be dead. I crashed motorcycles, jumped off a bridge, hit a tree skiing with my head and broke my neck and fracture minor things like that over the years. Just like the hitting of a tree with my head skiing the same year Sonny Bono died hitting a tree skiing. It happens all the time. I was spitting blood and I was hurting but I didn't die. For whatever reason I'm still here (alive), not in prison. I used to do the bad things; carry (loaded) weapons, different chemicals and drive drunk a lot and yet I'm still I'm not in prison. I want to believe that's my higher power helping me. I have a different purpose. You know, I have a beautiful life now. I get to have two kids that love me. I get to help a beautiful wife be a mom. My job right now...it's God-given. I make more money than I ever thought I could even think of making. It might not be a lot for some people, but for me, it's more than I ever thought I could ever make. I don't know how I got here. My higher power has a purpose for me...to carry the message (of A.A.).

Thank you very much for your time Bob J. I pray that the readers enjoy your experience in step three as much as I have through the interview session. - Rob P.

Is there someone in your group that can share their experience, strength and hope in an interview? Check with your Intergroup Rep for details or contact the Gratitude Gazette Editor at tvcocomms@gmail.com to schedule a one-on-one for an upcoming edition.

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

Great response last month to fill the open slots. The shifts may be filled but starting an opportunity list! 4 hours, 2, hours, 1 hour, however you can help with your time in the future.

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. Shawna	14. Steve

...and YOU!

Business

Central Office Activity

Phone Calls: 275

Walk-Ins: 160

Purchases: 160

Website Visits: 3,920

From the Chairman of the Board

Last month brought the once every four-year opportunity to read the February 29th Daily Reflection which discussed miracles that are available to us if we seek It.

As we march into spring, I am reminded that recovery is about growth and a new way of life. Let's continue to expand the Temecula Valley Fellowship and spread the good news of Recovery, Service, and Unity to the new-comers, old-timers, and in-between'ers.

Looking forward to seeing all of you at the St. Patty's Day Get Down on March 21st.

– Semper Sober – John W

Committee Meetings	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 http://msca09aa.org/
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 (At Kalmia & Adams)
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr # C, Temecula, CA 92590

Comments, article submissions, suggestions about the Gratitude Gazette?

Please submit email to:
tvcocomms@gmail.com

Financial Reports, Agendas, Meeting Minutes

FREE

Do you need a report for your groups business meeting?

Contact the TVCO Board Secretary at:
secretarytvco@gmail.com

BUCK A MONTH CLUB

Inquire with your Intergroup Rep or follow http://ssl.temeculacentraloffice.org/

Rewind News

Editorial on the 3rd Tradition

By Bill W - February 1948

"Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money of conformity. Any two of three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self-protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership tradition does contain, however, one vitally importation qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of "dry" A.A. groups, "wet" A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not is name. Nothing could be more certain.

Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved.

And may God grant us a long life – and a useful one!

Reference: http://silkworth.net/downloads/pdf/editorial-on-the-3rd-tradition-feb-1948.pdf

Events

A Smacking Photo Collage

Photos from Sunday, March 1, 2020 at the Pancake Smackdown

We look forward to seeing you next year!

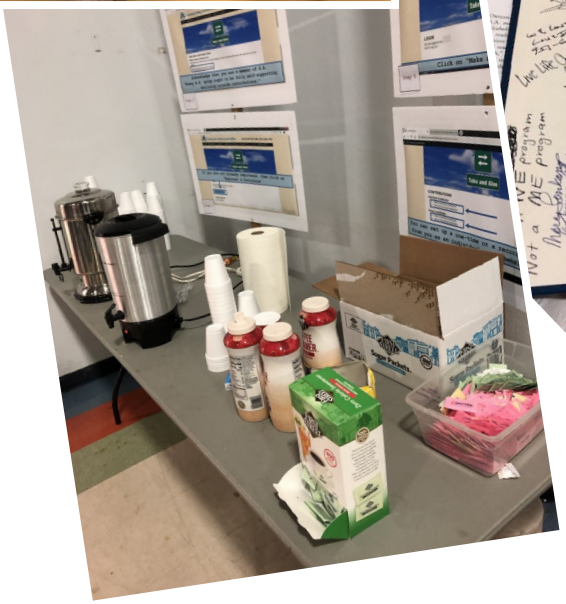


Photo Credits: Charlene, Rob

Events

PRAASA 2020
Arizona Area 03

MARCH 6-8, 2020

WESTIN LA PALOMA RESORT

3800 E. SUNRISE DRIVE, TUCSON, ARIZONA 85718

$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
☐ Registration	$25.00
☐ Scholarship Donation	$
☐ Friday Dinner – Pasta Buffet	$45.00
☐ Saturday Lunch *(All are welcome)* featuring an Al-Anon Speaker	$35.00
☐ Saturday Banquet Dinner *(circle one)* *Flat Iron Steak* OR *Salmon*	$55.00
☐ Saturday Ice Cream Social	$10.00
☐ *Delegates Only Lunch (Saturday)*	$35.00
☐ *Past Delegates Only Lunch (Saturday)*	$35.00
TOTAL ENCLOSED: $	

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

☐ Requiero 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

Events

Special Notice:

TVYPAA, Temecula Valley Young People of A.A.
meets the 1st and 3rd Sunday of every month,
4:45pm at:

Temecula Valley Alano Club
27470 Commerce Center Dr # C, Temecula, CA

Events

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.

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

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.

Leisure

From the Poets Pen

The Tree of Unselfishness

By Rick R.—February 2020

Selfishness, self-centeredness, the root of all our flaws. When first I heard those simple words, it really gave me pause.

Could this be the answer to the troubles of my past? Removing all the guilt and shame, my conscience had amassed.

Unselfishness was not a word; my EGO could embrace. For it was much more satisfying, when I lived in disgrace.

When in the clutch of my disease, I really had no choice. But in the comfort of A.A, I heard God's loving voice.

He had me check my motives for, my habits and my deeds. And redirect my thoughts to meeting other people's needs.

As I adopted this approach, not looking for approval. Joy filled that dark and guilty space, left after their removal.

Unselfish motives are the seeds. that spawn this loving tree. The fruit of which brings happiness, to both them and me.

These things could not have happened, when my EGO had control. It was my choice to summon up, my Conscience for that role.

Unselfishness has been the answer, to a life of grief. The more I put it into play, the more I get relief.

It's my Conscience now that monitors my motives at their roots. The result has been a healthy tree, and I enjoy the fruits.

Spiritual Awakenings

"The truth always comes out. One way or another… "

https://www.facebook.com/Spiritual-Awakenings—January 2020

Space Available

Do you have a story, an experience of hope you can share with the readers?

Please submit your articles to:

tvcocomms@gmail.com

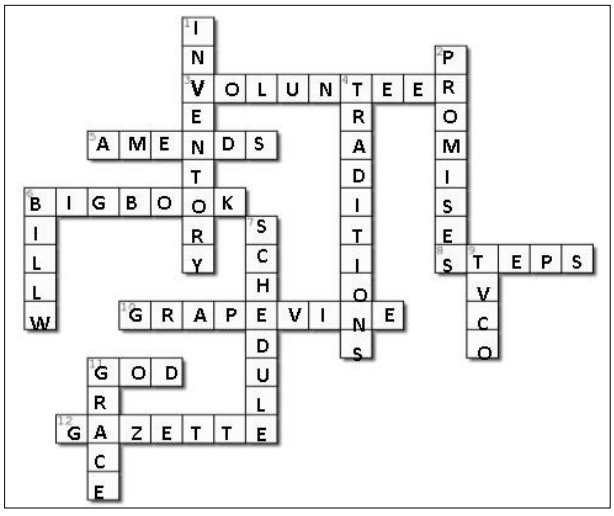
Leisure

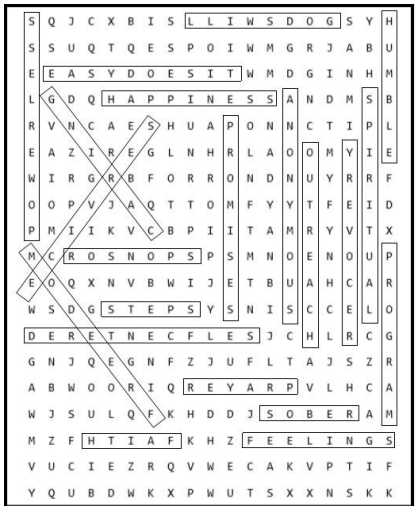
Word Search of the Month

P G X F W F G K U F T X N L A W H R O K U T N P G P C U B S
S M T H Y K U D C N Y G G E V N O C Z X T D P Q J B E A M M
A E I Y W M K C K N X F C E L V O E U O W P L L Y V R H Z X
I J R G X R V D I H L U L I S L K N F X Z N A G L L R X X X
P E J V M M X C R M V Q X F O Y L P Y U D Z X R N A T H Z Y
Z V N L I U B M C B Q E Z I I S Z C I M E Q Q K J C X Q U A
R H B U R C Q L K W P V D Y R Y S S V W I M J E Q I T D U B
C E I Y L N E H G X V X N Z O J I R H V X T M I W B T G A V
H N C G H G B G G Q M P G Y J Q M U Q C F B Y Y X V N X N B
R L D O O N P V A L Q S I C K V B H A C L T A I P M X E T H
R Q Z C V M C V F J I Y Z P Q M X C X Q D Z M C C X D T W P
T W F T W E L V E S T E P S O N M I W D Y Z G X T L G W E D
I Y H H X X R F N D P V E A D H S G E X R S O B R I E T Y X
M D H V T B P Y Q T E W C A T M R N K K I A N S M S H K Z T
X A K Q D J W X Z E N F I U W S E M R K T J Z P X X C P J H
M P O M M N S V K N X U E F U R W B W B B S X O D E E H B O
H U M I L I T Y H C A C G C T X U V Z K A S H N O G K J A M
K H E G S J K H L O Q S T L T X N P X L J V Z S C U N H E E
Z F G X E P P J E U O A N U W S W N Z T N S Q O T N O O O G
U W O P P A A O T R E B V U F Z E E K I O Y I R O L I N J R
E N N D E F T T V A T I W R A Y U L G B L Q C F R A D C M O
B E I U O M L Q P G L Q U E I N E S R G F G M V B H N J Y U
I D J N Z J I P M E V D A M B I V A L E N C E Y O B N W V P
I S X I F I S B E M W K J H N X L K N H Z I U R B O Q W W D
O X T T I N K V M E S Z B A G M M M E W Z Z Z T M A A K Y S
F K J Y Q B S O E N B W E L T D B Q B T P B K F W C H I L Y
P C H P E N G K W T U K D T U T G O M Q B N G E T X F J Y J
Y C K V A U K R Y Y F X R M Y P K P E C B P R R B Z V H O X
E X A V J J O S B L L D L K H V H Z H O F K D C I G J P W D
G T G O N W Q J C E K U T U R U M R F A E D S Y W S O B Z J

Encouragement	ambivalence	DoctorBob	TwelveSteps
Anonymity	Homegroup	Recovery	Sobriety
Humility	Defects	Sponsor	Unity
Service	Halt	Ego	

Answer keys for February





Classifieds

Artists Wanted

The Gratitude Gazette is in need of examples of recovery with a dash of flare for the artistic. Do you or someone in your program of recovery draws, sketches, paints? How about a local cartoonist looking for their big break in volunteering?

- Cartoon strips; monthly section
- Art; paintings, sketches, photographs (no faces please)
- Spiritual poetry

Send your nominations or submissions with caption to: tvcocomms@gmail.com and you just might see your work in an upcoming edition.

Intergroup commitments available

Inquire with Angie at acpagliei@yahoo.com

Central Office Volunteers Needed

Get on the list for opening notifications! Call Ken at 951-677-1535