



GRATITUDE GAZETTE

24 HOUR HOTLINE
(951) 530-4136

"LIVING FREE IN 2023..."

www.TemeculaCentralOffice.org

Welcome to a new look for the Gratitude Gazette! We'd like you to get to know our friendly Office Manager Ken! Please feel free to stop by our office and say hello! If you are in need of a book, a chip, or just a cup of coffee and a friendly chat, we encourage you to stop by and support us!

FOUNDERS' DAY 2023

Founder's Day will be held July 8 at the Ronald Regan Sports Park in Temecula at 5pm. We encourage you to bring your family to celebrate the founding day of AA. This year it is sports-themed, so everyone is encouraged to deck themselves out in their favorite sports team jersey! There will be a free taco station there, a speaker or two, raffles and lots of fun! Bring your outdoor chairs and sweaters. For more information contact: Yolanda (619) 203-1257

CENTRAL OFFICE ACTIVITY - APR 2023

- 7,695 Visits to Website
- 350 Phone Calls
- 80 Walk-ins / Purchases
- 24 intergroup Reps

DEL RIO HAS MOVED!

The meetings that are held at the Del Rio meeting hall have moved! As of Mar 1, 2023 Del Rio is located at:
28020 Del Rio St, STE 203 & 204
(off Jefferson)
Temecula, CA 92590
See page 2 for the history of Del Rio.
Potluck celebration May 20, 5pm. (See flyer.)



EVENTS CALENDAR

- **Founder's Day**
July 8 at Ronald Regan Park, 5pm
.....
- **Softball Tournament**
Sept 17 at Cal Oaks, Murrieta
.....
- **Tentative - Chili Cook Off**
Being discussed for possible Aug or Sept.
.....
- **Golf Tournament**
Fall 2023 TBD
.....
- **Tentative - Central Office Formal (aka, Anniversary Dinner) Possibly Nov.**
.....

MEETING SPOTLIGHT



Quotable!

So I was hoping to spotlight a meeting a month, however those plans went wayward. I would ask that if you have a meeting you'd like to be highlighted in the Gazette, please give Ken S. a call and he will put you in touch with our staff (of one). In the meantime, I thought it would be good to share some quotes I've heard in meetings since I've been sober. Some serious, some funny.

- "Alcohol comes like a thief in the night and robs us of everything."
- "Steps 4 through 10 will burn off your bad karma."
- "I used to listen to KFUC, broadcasting 24/7!"
- "Sorry don't cut through hot butter!"
- "I changed the way I looked at things, and things I looked at changed."
- "Not forgiving someone is like drinking poison and hoping they will die."
- "When I am emotional, I step back and ask, 'What are my motives?'"
- "When I was drinking, I wasn't present in my own life."
- "Grief is love, with nowhere to go."
- "Isn't comparison the thief of joy?"
- "I woke up and it looked like my house got drunk."
- "Religion is what I struggled with, spirituality is what I found,"
- "God is slow, but the devil will gladly send you a limousine."
- "Worry is a prayer for the worst possible outcome."



HISTORY OF DEL RIO SURVIVORS

Interview with Bob K.

by Bill P.

I've been sober 20 months now, and I love meetings at the Del Rio Survivors meeting hall. Recently they moved to a new location, and I got to hear some of the old-timers share about the prior locations it's been. That got me interested in the Del Rio Survivors' history. So I went straight to the man himself - Bob K. to get the scoop on Del Rio's past.

Who is Bob K. and what is Del Rio?

Bob K. is first and foremost a member of A.A. Around 8 or 9 years ago Bob took it upon himself to be of service to benefit our A.A. community. Bob's selfless action was to take on the financial risk for a meeting hall that caters exclusively to A.A. meetings. Bob was pivotal in helping Del Rio survive some troubled waters. Del Rio is an umbrella group that hosts meetings in their meeting hall at 28020 Del Rio St, STE 203 & 204 (off Jefferson). Bob said that Del Rio started at the Old Margarita House (Hill Counseling), but when the building was sold, they dispersed and moved to Lyndie Lane. After half a year they were forced to move again, and went to the Southwest Christian Church on Del Rio Rd, utilizing the daycare room, which they rented during the week. Because they were moving so much, they named themselves the "Del Rio Survivors", and it's stuck ever since. They weren't done surviving however, as they were forced to move again, this time to the Jefferson location in 2015. They flourished there, hosting their highlight meeting, "The World Famous Speaker Meeting" on Saturday nights at 8pm.

There are two things and alcoholic hates. One is the way things are, and the other is change.

Well, Del Rio wasn't quite done surviving as they had to move once more. The owners of the Jefferson building didn't renew the lease so Bob K. hit the pavement, looking for a new venue. He spent a few months locating something that fit the needs of the members, noting that it wasn't just about comfort for the members, but safety was a big concern as well. A well lit parking lot in a decent part of town with good neighbors was high on his list, as well as bringing over as many meetings as possible from the last venue. After a year of searching, Del Rio moved to their current location. Bob K. has done our fellowship and members a great service and I for one am grateful he's such a big part of it.

NEGLECT, THE ELEPHANT IN THE ROOM

"Continuous Credibility Leads to Integrity"

by Rick R.

When we are satisfied that we have given steps one through five our best effort and have identified the most glaring defects of character and shortcomings, it is now time to affect the changes in the most obvious of our faulty thoughts and the behaviors that stem from those thoughts by addressing them in steps six and seven. To be successful in this endeavor, we must first get honest with ourselves and begin to establish some credibility and by that, I mean always doing the things we say we are going to do. We bring most of the basic flaws out in the open as we become aware of them. Then, if we are sure that we are committed to the program, we will want to set in place, principles to live by that cut off our own escape when we stumble and want to revert to that old way of thinking. Most of us do this with the help of a sponsor or a mentor, if you like, and go by the book as best we can. I did what I thought was a thorough job of it, then one day, about thirty years ago, I was trying to park my car in a somewhat crowded parking lot and as I found the spot, I wanted there was a shopping cart blocking my way. I got out of my car and moved the cart aside, then parked my car. I then got that shopping cart and pushed it back to the store entrance, then went about my business. From that day on, when parking at any market, I search for a stray shopping cart and take it back to the store just to make up for all the times I shoved one into the flower bed and drove away.

After telling that story at meetings over the years, I hear people telling how it is uncomfortable for them to leave the cart adrift in the parking lot, and we all get a big laugh out of it. Neglect, I can tell, the word neglect is only mentioned two times in the Big Book (pg. 97 and pg. 129) and two times in the 12&12. (pg. 81 and pg. 151) And seldom, if ever, has it been the topic of a meeting that I can recall. It is like the proverbial elephant in the room. As I started to catch myself shirking my responsibilities it became obvious to me that if I wanted to regain some form of self-respect and dignity, I was going to have to put the word Neglect on my list of shortcomings and question my integrity. Do I do what is right even when there is no one watching? If credibility is always doing what I say I am going to do, then Integrity, to me, is a whole bunch of credibility. To cut off my own escape I do routine things every day, that cost me nothing and the result of that is a clear conscience. If I am doing the little things that I should, I find it much easier to give the big things that same sort of attention. I never throw trash out of the car window, I pick up after myself, I never walk away from my bed in the morning without making it, and I liken that to being an unspoken prayer saying, I will be responsible, I will be orderly, I will be neat, and I will not be neglectful, I will be respectful, I will stay on the unselfish side of the ledger in all of my decisions, I sometimes revisit those pages in the Big Book and the 12&12 and I try my best not to ignore the elephant in the room.



TRADITION FIVE, OUR PRIMARY PURPOSE

Reprinted from San Francisco and Marin Intergroup

by Claire A.

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

"My sponsor sold me one idea ... Sobriety. At the time, I couldn't have bought anything else." This Irishman's quote takes me back to working with my first sponsor and her use of the word "sober." It wasn't just her. Suddenly, the word "sober" was everywhere I looked. I was lucky enough to get a copy of the book *Living Sober*, and of course I heard people in meetings talking about living a life in sobriety. This was hard for me to swallow. Actually, I didn't even believe that people were telling the truth, at first. I thought that they, like me, intended to go home and have a nice glass of wine after all that talk at the meeting.

I wanted to lighten up, not sober up.

I had a different experience from the Irishman in this story, but carrying the message as the primary purpose of each A.A. group still resonates with me. The reason is that no matter how much chaos goes down in a meeting, when it comes to our singleness of purpose, we generally settle down to work. My sponsor's story and life are totally different from mine, and it makes zero difference: we're both trying to stay sober by working the program of A.A. I didn't like the word sober. It made me think of the Puritans and judges. I didn't want to be serious and boring—I was already serious and boring enough! I wanted to lighten up, not sober up.

Gradually, though, I saw that we actually aren't a glum lot. My first sponsor had a great sense of humor. She enjoyed life. And my home group taught me to laugh, even at myself. Especially at myself. I still need groups to help me do that.

I went to a Burning Man fundraiser sober

It took a while for me to understand that life didn't end at the beginning of sobriety. A big turning point came to me when I went to a Burning Man fundraiser sober for the first time. I could not imagine going to Burning Man sober. I probably wouldn't have gone, actually, but I was married to a longtime Burner. If I wanted to hang out with him over Labor Day weekend, that's where he'd be.

So I went to this fundraiser, certain I would not have a good time. Imagine my surprise when the very first person I met was running a sober camp at Burning Man. Would I like to join them for meetings out there? Um, yeah! We had a lovely conversation, and my mind was blown.

That was one of many great early moments for me in early sobriety. The thing is, I thought my life was over. I had reached a depression so murky that I couldn't continue. I was looking at suicide. If I didn't want suicide, then I needed to end the drinking life I was leading. That sounded to me like social suicide. Go to a party and not drink? Go to a wedding? Dance? Go out? Talk to people? What would I do with my hands? The *Living Sober* book helped with those questions a lot, and so did meetings. So I had to relearn how to be social. I also wasn't prepared for the sheer joy of being sober. Waking up and knowing everything I had done the day before. Waking up without a hangover. Not needing to buy liquor, not needing to worry about whether there would be enough. That is a freedom I never, ever want to give up.



WHAT IS CENTRAL OFFICE?

What is Central Office?

A Central Office (or Intergroup) is an A.A. service office that involves partnership among groups in a community—just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups—functions which are best handled by a centralized office—and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

Reprinted from the A.A. Guidelines on Central or Intergroup Offices with permission of A.A. World Services, Inc.

Financial Reports, Agendas, Meeting Minutes for the Intergroup Board are available by request.

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



WAYS TO SERVE "In Order to Keep It..."

Part of our recovery is to be of service, to help a fellow suffering alcoholic, and to spread the message. If you're looking for ways to be of service, there are many! Here are a few options available to you, ranging from light to heavy duty:

- Volunteer for a commitment in your home group - coffee, greeter, trash, secretary, etc.
- Check with Central Office and see if volunteers are needed for any upcoming events (they are always needed!)
- Hospitals & Institutions opportunities! We have 92 H&I panels in the valley - it's really sprung back from the pandemic and help is needed. It was requested that women are needed for H&I also! Please check the Central Office website for opportunities. Please help carry the message of AA to alcoholics who are confined in hospitals and institutions.
- Central Office needs volunteers! Please contact Ken S. at (951) 530-4136.
- Hotline - add your name to the Central Office 24 Hour Hotline list. Man the phones for a few hours. Spanish speaking volunteers also needed. Central Office website has scripts so you'll know exactly what to say!
- Be a GSR or Intergroup Rep for your group! Contact Erin K. at (951) 818-4458.

If the information you need isn't available on the Central Office website, please call Ken S. at (951) 530-4136.

TVYPAA

Temecula Valley Young People in Alcoholics Anonymous (TVYPAA) has but one primary purpose, to carry its message to the alcoholic who still suffers. We are aware that not all young people, or young at heart, may find our meetings and events necessary; therefore we do not propose to be the only answer in the Temecula Valley area for young alcoholics. When anyone, anywhere, reaches out for help, we want the hand of alcoholics anonymous (A.A.) always to be there. And for that: we are responsible. We ensure by unifying young people in the Temecula Valley area and by practicing the principles of A.A. through meetings, events, outreach, and providing a forum for young alcoholics to grow through service. We welcome all young and young at heart alcoholics to join our business meetings and potentially obtain a commitment, where you can join in the magic of reaching the alcoholics still suffering and create the fellowship you crave!

Business meetings are held every second and fourth Sunday at 5:00 PM at the Temecula Alano Club.


A fun AA meeting you can find many of us at:
"Wasted Youth" Young People's Meeting, held every Sunday at 7 PM at the Temecula Alano Club

Contact:

Cassie, TVYPAA Intergroup Rep - (951) 426-6333
Star, TVYPAA Events Chair - (951) 525-0199

 <https://tvypaaevents.wixsite.com/temeculavalleyyoungp>

 <https://www.instagram.com/tvypaa/>

 https://fb.me/g/p_XuZu9QmkFkMhAdg6/XxYJeYbm



H&I PANELS

There's a fire in the Valley with H&I Panels - we are making a difference! It was reported that we had 58 attendants with a lot more women, so the word is getting out! We would like group participation going forward! Currently we have 92 panels, and more new panels are added each week.

The Temecula Valley Hospitals & Institutions Committee meets

1st Monday of the month @ 6:45 p.m.

at the Temecula Valley Alano Club, 27470
Commerce Center Drive,
Temecula, CA 92591

Donations to H&I can be sent directly to:

Temecula Valley H&I

P.O. Box 893142

Temecula CA, 92589

H & I Needs YOUR Help!

If you have never been on an AA panel in the Temecula Valley, now is the time! We have openings for recovering AA volunteers in every category: Youth facilities, men's & woman's jails and prisons, hospitals and recovery homes need us to bring meetings of Alcoholics Anonymous to their doorstep.

H & I Committee Book Donation Box

Did you know that there is a box at the Temecula Valley Central Office for you to drop off your new and used books, which will be donated to the various institutions that our Temecula Valley H&I serve?

Please remember that if you want your book to go to a jail or prison, it must be a soft cover book.

To help, please call Rick S. 951-378-9815



April 2023 Group Donations

Unity Hall	\$750.00
Del Rio Survivors	\$600.00
Good Dudes	\$558.08
Early Risers	\$300.00
Del Rio Birthdays	\$301.00
Came to believe in the park	\$300.00
Tuesday Womens Kalmia & Adams	\$275.00
Intergroup	\$255.00
Fri 6PM Serenity	\$200.00
Rainbow Grange	\$150.00
ABSI M-F 7 AM	\$125.00
Board	\$100.00
Pigs on the Wall	\$100.00
Wildest Dreams	\$95.00
Tues 6PM Serenity	\$94.00
Tues womans 12x12 Serenity	\$75.00
Wed Nite Mens Date St	\$43.00
JUGS 2	\$40.00
Wed nite Anza	\$35.00
Little Big Book	\$31.00
ABSI Mon Noon Wmns	\$30.00
Wed Ladies Acceptance	\$20.00
Mosh Pit	\$20.00
Primary Purpose womans	\$15.00

April	\$4,510.08
March	\$3,972.51
Feb	\$4,435.84



Founded March 1, 2005

Grand Opening

Del Rio's New Hall

Saturday, May 20, 2023

Potluck Celebration

5:00pm ~ Dinner

5:45pm ~ Sharing Del Rio Memories

Special Speaker Meeting

Mike S., Riverside, California

7:00pm (Note New Time)

DEL RIO HALL

28120 Jefferson, Suites 203-204

Temecula, California 92590

Questions: Kimmi M. at (951) 764-9568 or Donna B. at (951) 216-5494

FOUNDER'S DAY 2023 SPORTS FEST



WEAR YOUR FAVORITE TEAM COLORS!

LET'S CELEBRATE BILL WILSON'S 88TH BIRTHDAY

FOOD, RAFFLE, CASH PRIZES,
SPEAKER MEETING IN THE
OUTDOOR AMPHITHEATER

BRING YOUR OUTDOOR CHAIRS & SWEATERS



JULY 8TH

5 P M

RONALD REGAN SPORTS CENTER
30875 RANCHO VISTA ROAD
TEMECULA CA 92592

FOR MORE INFO CONTACT YOLANDA
AT 619-203-1257

Everyday

HIKING
BIKING
NAPPING
GAMING
SNACKING
VISITING
FROLICKING
HUTCHIE COOING

Friday

STARTING @ 5:00P
SCHEDULED
MEETINGS
FELLOWSHIP
FREE COFFEE
LAUGHTER / TEARS

Saturday



MEMORIAL

POT LUCK
5:00P

CAMPFIRE MTG
7:30P

LUNAR

ECLIPSE

27th Annual CAMPOUT

Liberty Bells

Half Cracked But Liberated

October 13-15, 2023

✓-In Friday 2:00p

✓-Out Sunday 12:00p

**Everyone Welcome
Family & Friends**

Loop "B"

Hurkey Creek Park

56375 CA-74,

Mountain Center, CA 92561

RV's and Trailers welcome
This is a Dry Campsite:
No Hook-Ups No Dump Station

All Questions
garagejim@gmail.com



RV's & Trailers
4 People
\$TBD
Extra Kids \$TBD
Extra Adult \$TBD



Tents: 4 People
\$TBD
Extra Kids \$TBD
Extra Adult \$TBD

Tents: 1 Person
\$TBD
Extra Kid \$TBD
Extra Adult \$TBD



Day Use
No Camping
\$TBD



Pet Friendly
Pay @ Gate



Does your home group have an **Intergroup Rep?**

If not, why not you (or someone you think might benefit)? This is a great service commitment that helps everyone get the most out of our fellowship and live transformed lives!

**KNOW AND SHARE ALL THE FUN
EVENTS HAPPENING IN OUR
DISTRICT!**

**IG Meeting is the 3rd Tuesday of the month at
The Springs Church 6:30 PM
41735 Winchester Rd #C, Temecula
Meeting entrance is in the back of the building
Call Erin K. (951) 818-4458 for info or
just show up at the meeting!**

Central Office

 (951) 530-4136

 temeculacentraloffice.org

Get in the middle of the herd.

go wild with Temecula Valley Young People of AA
business meeting on the 2nd and 4th Sunday of every month

5pm

Temecula Valley Alano Club
27470 Commerce Center Dr. #C

more info:

Cassie: (951) 426-6333

Star: (951) 525-0199

Ty: (760) 601-5431

Zoom ID:

834 7150 2411

Passcode:

TvBaddie23

