

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! WHAT IS IT?

The day widely known as the date of Dr. Bob's last drink, June 10, 1935, is celebrated as the founding date of Alcoholics Anonymous. Dr. Bob and Bill spend hours working out the best approach to alcoholics, a group known to be averse to taking directions. Realizing that thinking of sobriety for a day at a time makes it seem more achievable than facing a lifetime of struggle, they hit on the twenty-four hour concept.

CENTRAL OFFICE ACTIVITY - MAY 2023

- 7795 Visits to Website
- 420 Phone Calls
- 92 Walk-ins / Purchases
- 26 intergroup Reps

"QUOTABLE DRINKERS" HEARD IN AA

"Instead of picking up the bottle, I picked up the phone."

"Relationships are like Miracle Grow for our character defects."

"Suicide is a permanent solution to a temporary problem."

"Do you know how to stop cars from cutting you off? You let them in."

"People don't get kicked out of AA, they let themselves out."

EVENTS CALENDAR

- 
Founder's Day
 July 8 at Ronald Regan Park, 5pm

- 
Softball Tournament
 Sept 17 at Cal Oaks, Murrieta

- 
Chili Cook Off & Bake Off
 Being discussed for possibly Sept 30.

- 
Golf Tournament
 Fall 2023 TBD

- 
Tentative - Central Office Formal (aka, Anniversary Dinner) Possibly Nov.

MEETING SPOTLIGHT



GRANGE

by Bill P.

Grange Book Study, Mondays 7pm,
Rainbow Valley Grange

So I went to the Rainbow Grange meeting recently, after hearing about it for over a year now. My goal is to spotlight a different meeting every issue. So off to Rainbow I went. I was curious as to what the "Grange" stood for. What was that building and why was it called "Rainbow Valley Grange 689"? The folks I asked on site weren't sure, but thought it was related to farming. Thanks to Google, now I know what The Grange is.

The mission statement of CA State Grange is: *Since 1873 the mission of the California State Grange has been to serve, steward and teach the virtues of the land to our children and community. We maintain our commitment to grassroots advocacy, supporting farmland preservation, farm development, community service, sustainable and regenerative agriculture, and the consumer's role in the food production system.*

It's nice to know so many different entities are willing to host AA meetings, not just churches and umbrella groups.

The Grange has been hosting meetings for over 50 years, being one of the oldest meetings in our region.

I spoke with their secretary Dave, and he informed me that AA had gotten sent their walking papers from that venue back around 2013, and he worked hard to get them back there. In 2019 AA was allowed back to the Grange, just in time for COVID.

The Grange Hall is located at 2160 Rainbow Valley Blvd. Fallbrook (Rainbow), CA.

"Dave said, "During lockdown we still had meetings. We would meet out back in the grassy area, wearing our masks." In the summertime, that's also where they meet, now without the masks. I can verify that the Grange is located in a pleasantly remote setting in Rainbow. The back lawn is idyllic. Perfect for an outdoor book study.

If you're looking for a meeting south of Temecula, or just want a change of scenery, check out the Rainbow Valley Grange.

The Grange Hall is located at 2160 Rainbow Valley Blvd. Fallbrook (Rainbow), CA.



BOX 4-5-9

Box 459 is the quarterly news bulletin of our General Service Office (GSO) in New York.

When AA was first established, Box 459 was their PO box address. In the late 1930s, a small office in Newark, N.J., staffed by co-founder Bill W. and a secretary, was enough to maintain contact among the first 100 A.A. members. Soon, the rapidly spreading Fellowship needed a real world service office, and "headquarters" was shifted to New York City, with a series of moves as membership grew into the hundreds of thousands. From 1970 to 1992 GSO was located at 468 Park Avenue South. In 1992, GSO moved to 475 Riverside Drive, where both A.A. World Services and Grapevine personnel are housed.

THOSE OTHER PEOPLE

"I AM NO BETTER OR WORSE"

by Rick R.

My life before alcoholic drinking was nothing to write home about. With very little supervision I did just about anything I wanted to do, and the things I wanted to do were nothing to be proud of. I was always looking over my shoulder, hoping not to get caught, and lying and cheating became a way of life for me. I violated the trust of anybody that seemed to care about me. I laid awake nights with my head spinning trying to come up with answers to questions that I expected people to ask me, and I wanted to have alibis to cover up my arrant behavior, and I knew that they weren't buying it. From the time I was eight years old, I can never remember a single night that I slept as a normal person sleeps. My brain was always spinning. Somewhere around the age of thirteen was the first time that I set out to get drunk and for the first time in years I experienced sound sleep. The effect that the alcohol had on me, aside from the throwing up, was incredible and from that day on I drank every chance I could, and the sleep issue was temporarily resolved except for those nights when I couldn't get anything to drink. That went on for the next fifteen years until the progression of alcoholism went through its course and I had lost more than I was willing to lose. I could no longer lie to myself that things were going to get better. I ran out of options, and I came to Alcoholics Anonymous, at the young age of twenty-eight, (Oct. 15, 1969) desperate and defeated, and believe it or not, have not wanted a drink since that very first day. Initially, that didn't stop my brain from spinning, but I immediately saw the possibilities of working through the steps of the program on most of the damage I had caused. I was debating every issue, and I swear I could take either side of an argument and

give you indisputable information on the subject. My Ego had me in competition with everyone. I needed to be right. I found that I was no better or worse than anyone else, and that started me on my way. On page 268 in *As Bill Sees It*, is the topic "Those Other People" and I realized that I was causing my own problems, even when I was pointing out the faults of others. I had to lay down my arms and give everyone amnesty without exception. We all have problems, and I cannot be selective about who I do or do not accept or forgive. I am nobody's victim nor anybody's perpetrator. I had to quit keeping score; it's not a competition anymore. In cases where a person crosses my boundaries and I see no way of rectifying the problem, I can quietly withdraw from that situation without being critical of that other person. I also concluded that I am not a mind reader (imagine that) and that nothing good can come from a mixture of my faulty thinking and their faulty thinking. I need only to be understanding and caring. It is not necessary that they reciprocate. I am no longer threatened by what other people think or say about me. That's in the hands of something much greater than me. The People that "know me well", know me well, and that's more than enough for me. I could go on and on with these examples of how I've addressed each one of my past problems with my thinking when it involves others who have problems as well as I have. I will accept any idea that is consistent with acceptance and forgiveness, and as a result, my head no longer spins. I can truly say that I experience peace of mind and a quiet heart almost without limits and, as always, I wish the same for Those Other People

STEP 6

By Tony T., Ladies Night Out,
Rancho Mirage

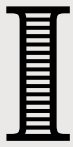


Step 6

*Were entirely ready to have God
remove all these defects of character.*

Step Six

*Were entirely ready to have God remove all these defects of
character.*



Tradition 6

*An A.A. group ought never endorse, finance, or
lend the A.A. name
to any related facility or outside
enterprise, lest problems of money, property,
and prestige divert us
from our primary purpose.*



Concept 6

*The Conference recognizes that
the chief initiative and active
responsibility in most world service matters
should be exercised by the trustee members of
the Conference acting as the General Service
Board.*

Having done the 4th and 5th steps I did discover that I was actually my own worst enemy. I was ready to have those bad things removed that were causing me so many problems and was ready to do this simple sounding sixth step. My sponsor gave me a list of character defects and I think I was in shock. I couldn't possibly have all those. Yet, as I went through the list to check off those that belonged to me, I recognized that if I answered yes or no to each one, there may not be any nos. She reassured me that I may not have all of them or not all to the same degree. So, armed with a certain amount of comfort, I went through the list and I was able to admit to having nearly all of those defects.

To be honest though, I have to say that many of those defects in my character I admitted to, I thought were only very slight defects. Then in A.A.'s book Twelve Steps and Twelve Traditions p.68, I read "it seems plain that few of us can quickly or easily become ready to aim at spiritual and moral perfection; we want to settle for only as much perfection as will get us by in life...So the difference between "the boys and the men" (or "the girls and the women") is the difference between striving for a self-determined objective and for the perfect objective which is of God."

It seemed that I might be settling for only as much as will get me by. I knew that for my sobriety, that was not enough. But in rereading I did find a solution from The 12 and 12 p.65, "Were entirely ready to have God remove all these defects of character" - is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job." The keys are my attitude and to remember that this is a lifelong process. Often I am finding that with character defects as with other things, 'more will be revealed'. Being willing and having made a beginning, I go forward 'one day at a time'.

(Reprinted from The Desert Lifeline, Central Intergroup Office of Coachella Valley)



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



Don't think of service...
Be of service.

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



May 2023 Group Donations

Good Dudes	\$970.79
Unity Hall	\$750.00
Del Rio	\$700.00
Atitude Adjustment LE	\$400.00
Fri Mens Sun City 7PM Ref Road	\$400.00
Crew	\$350.00
Mur As Bill Sees It 7am	\$279.00
Intergroup	\$241.00
Came to believe in the park	\$300.00
Serenity Wed 6PM	\$300.00
Serenity Fri 6PM	\$197.00
Serenity Tues 6PM	\$184.00
Board Meeting	\$143.00
Giving Trees	\$86.00
Wildest Dreams	\$70.00
Solutions Men	\$50.00
TMP ABSI Fri 530	\$50.00
Hemet Meat and Potatoes	\$50.00
Fri Anza 8 Pm	\$35.00
Little Big Book	\$30.00
Acceptance Wed 12 Womans	\$20.00
Womans Primary Purpose	\$12.00

May	\$5,574.79
April	\$4,510.08
March	\$3,972.51

**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



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

