



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!

CENTRAL OFFICE ACTIVITY For Oct, 2023

- 7,912 Visits to Website
- 385 Phone Calls
- 105 Walk-ins / Purchases
- 32 Intergroup Reps
- 6 Visits

BOX SCORE

I want to thank everybody who came out to play in our softball tournament this year. We had 6 teams in the tournament. It was quite a battle, and came down to two strong teams. Congratulations goes out to our 2023 tournament champions - ANTI-GLUM. See you all next year!

- Ken S.

"QUOTABLE ANONYMOUS" HEARD IN AA

"You can't be too dumb for AA. But you can be too smart."

"To me, alcohol was like oxygen. I'd see someone take a 30 day chip and think, 'Whoa! You held your breath for 30 days?'"

"My kids were all drug babies. I drug them to church, then drug them back home."

"I wish I got here at 26. The first 55 years of my childhood were not that good."

"Go to meeting, cash check. Miss meeting, pay a fine."

"I can't stay warm on yesterday's fire."

Please email your inspiration or humorous quotes to gazette@TemeculaCentralOffice.org.

EVENTS CALENDAR

Golf Tournament
Fall 2023 TBD

MEETING SPOTLIGHT



Women's Acceptance Meeting Lake Elsinore, CA

by Erin K.

I moved to Lake Elsinore in 2010 for a "short-term layover" between selling one home and finding another. Temporarily staying in Lakeland Village, I could never have foreseen that my life would be upended within the year. I was unprepared for the emotional, social, and financial hardships that I would suddenly face, and of course, I turned to alcohol.

I arrived at my first meeting with the "gift of desperation." A kind woman offered to sponsor me. The following Wednesday, she escorted me to the Women's Acceptance meeting in Lake Elsinore. The cheerful women arrived as though attending a celebration, and I took notice of the graceful way they carried themselves. I sensed their warmth, humility, and good-natured humor. When asked to read the Steps, I broke down crying. The patience and understanding I felt in that room at that moment was the beginning of a new life for me.

Today I interviewed Molly G., the founder of the Women's Acceptance meeting. At 78, she considers the founding of that meeting to be one of the most important things she's ever done in her life. For this interview, she found her secretary's notes for their very first meeting, which took place in their friend Martha S's. home on June 5, 2002. Martha had cancer, so Molly and "Pattycake" kept the meeting going in her home until Martha died. It was Martha's dying wish that there be a woman's meeting in Lake Elsinore, and 21 years later, her dream lives on.

For the first 16 years, the meeting was held at First Assembly of God Church on Grand Ave and now takes place at the Lakeland Village Community Center on Wednesdays at noon.

The format of the meeting is unique. Molly shared that she called New York to see if a meeting based on the story "Acceptance Was The Answer", could be considered a true AA meeting. New York said "yes", and from their inception until now, every meeting reads from page 416 to the end of the chapter. Each sentence of the four-page reading contains so many tools for spiritual growth that one can read it hundreds of times, and always find a new application. With repetition, the principles are available in our minds during challenging times. The meeting also reads "How It Works", the 12 Traditions and it ends with either "A Vision For You", or "The Promises".

Here is a sampling of the nuggets in this epic passage: "Today I feel I have used up my right to chemical peace of mind.", "I really, really am an alcoholic of sorts. And it's all right with me." When I stopped living in the problem and began living in the answer, the problem went away". "I must keep my magic, magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance." "Until I accept life completely on life's terms, I cannot be happy." "Nothing, absolutely nothing, happens in God's world by mistake". [Shakespeare} forgot to mention that I was the chief critic." I used these passages and many others to help me through those first difficult years. Today, they still serve as potent reminders to accept life as it is.

Molly recently lost her husband Hank of 46 years. In our conversation, she imparted that she still uses the wisdom from the weekly reading and that it has worked for every challenge she has ever faced. She advises all of us to "let go absolutely"; to lay on a bed palms up, take 3 breaths, and then just surrender everything to God. Accept everything exactly as it is, give the whole thing to God, and hold on. Tell God he's got to do the WHOLE THING and that it always works. She left me with three new beautiful quotes, which helped me even as I spoke with her: "Follow the birdseed on the path," "It only hurts between surrenders," and "Focus on the good and let God straighten out the bad".

TVCO VOLUNTEERS

Temecula Valley Central Office would like to thank these volunteers:

Chris
Cameron
Travis
Yolanda
Al
Dennis
Debbie
Jim
Tara

Thank you all for your service!

A NEW HOLIDAY PERSPECTIVE

Bringing Joy to the Less Fortunate

by Rick R.

How appropriate it seems that there are twelve months in a year, and we have twelve steps in the program. November is often referred to as the Gratitude month, due to the celebration of Thanksgiving. The joy of good living is the theme of Step Twelve, and it blends right in with the Christmas holiday season in December and ending with the New Year's Eve celebration. This time of year, does bring joy to many of us but it also brings distress to some of the less fortunate ones who have yet to been blessed with the gift of sobriety and peace of mind, in and outside of A.A.

During my drinking days I used to be extremely uncomfortable about the holidays. I never knew how to act around normal people unless I was half smashed. When invited by one of my siblings to Thanksgiving dinner, I felt like a charity case and would rather just hang out at the bar where I felt safe. I never got into the spirit of reaching out to others. My family always celebrated the different holidays, especially Thanksgiving and Christmas, and I would always (due to my discomfort) put a damper on it by complaining about the tacky gifts that people would buy for each other at Christmas and the mad rush to go shopping and the commercializing facade that it had become. Any excuse was better than facing me and the miserable wretch I had become.

After being sober for several years it occurred to me that I still had some of those same attitudes, and that I was still holding on to them to some degree largely due to the inconvenience of it all. I explained this problem to a dear friend once, and he asked, "Does the rest of the family enjoy the holidays?" I said yes. He then said, "Why don't you just take a back seat and just watch the joy in their eyes as they experience these things." I did exactly what he suggested and when I started to observe my wife and two adolescent girls and the childlike innocence and happiness it brought to them; it gave me a whole new appreciation for this time of year.

It brought tears of Joy to my eyes, and I no longer wanted to be the grouch, putting a damper on the joy that they were having. I have been following this line of thinking ever since and it has changed my whole perspective concerning these things.

This change of attitude has inspired me to apply the unselfish lessons that I have come to understand and now I spend the holiday season filled with Joy. If it works like that for the holidays, then why can't I bring it with me for the rest of the year? This has been my mission ever since my friend suggested it, and I am always looking for the opportunity to brighten the lives of people less fortunate than myself. I try to do these things anonymously and without fanfare. I also try to consider the discomfort that I used to feel when I was the one on the receiving end of a charitable gesture. I am careful to do these things in a way that preserves the dignity of that other person.

I do not have to wait for the holidays to do these things. Every day is a holiday in and outside of my home, and you can believe me when I say; I reap more than my share of the joy. I hope this brings a new perspective to those who, like me, had trouble enjoying this time of year and I hope you all have a joyful Holiday Season, and many more.



Thoughts on Step 11

E

STEP 11

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

L

E

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

V

E

CONCEPT 11

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

N

QUOTE FOR REFLECTION

Gratitude

**HELPS YOU
SEE WHAT IS
THERE.**

**INSTEAD OF
WHAT ISN'T.**

"Let us look now upon the sea and ponder what its mystery is..."

An outtake from Bill's AMAZING reflection on the 11th step in the 12 and 12. Yes, it is "doing step work" to sit on the beach/mountainside/desert and open myself to what I see.

I've been on the 11th step for 10 years, been sober for 13. Something happened when I gave the 11th step the priority it deserved, when it became the step I was on, after I had done (mostly) nightly written 10th steps for awhile.

In the summer of 1999, I set aside an hour in the afternoon every other day for meditation, following the directions laid out in the 12 and 12 for how to meditate (yes, they're in there). Within a few months, my life radically changed, and has never been the same. I was led to other books that laid out contemplative mediation in similar ways.

I saw - and have been unable to un-see - that I am never unhappy because of what other people or life are doing to me, or how I perceive myself to be falling short. I am only unhappy or afraid when I am not connected to God. Put another way: not working the 10th and 11th steps is the cause of all my discontent. A useful insight!

For when I made it a real priority, day after day, to spend TIME with God and the world (and not just using God to plan my day), I found peace. I found that step 11 did what I, my sponsor, you, and even the preceding steps could never lastingly do - made fear wash away. Made me comfortable in my own skin. Made me loving. Made me in love. Made me quiet, inside. Made the whole world change from my story into all of yours, then all of ours, and lately, all of God's.

As the years have gone on, I've fallen into re-believing that my pain is about me and what I'm not doing or you and what you're not doing. Then I re-connect with doing 10 and 11 and re-discover that it wasn't about any of that at all. It was about me closing my eyes to the constant, moment-by-moment outpouring of love that allows us, and all of this, to live.

Douglas K.
Thursday Big Book Workshop, Yucca Valley.



GRATITUDE TREE

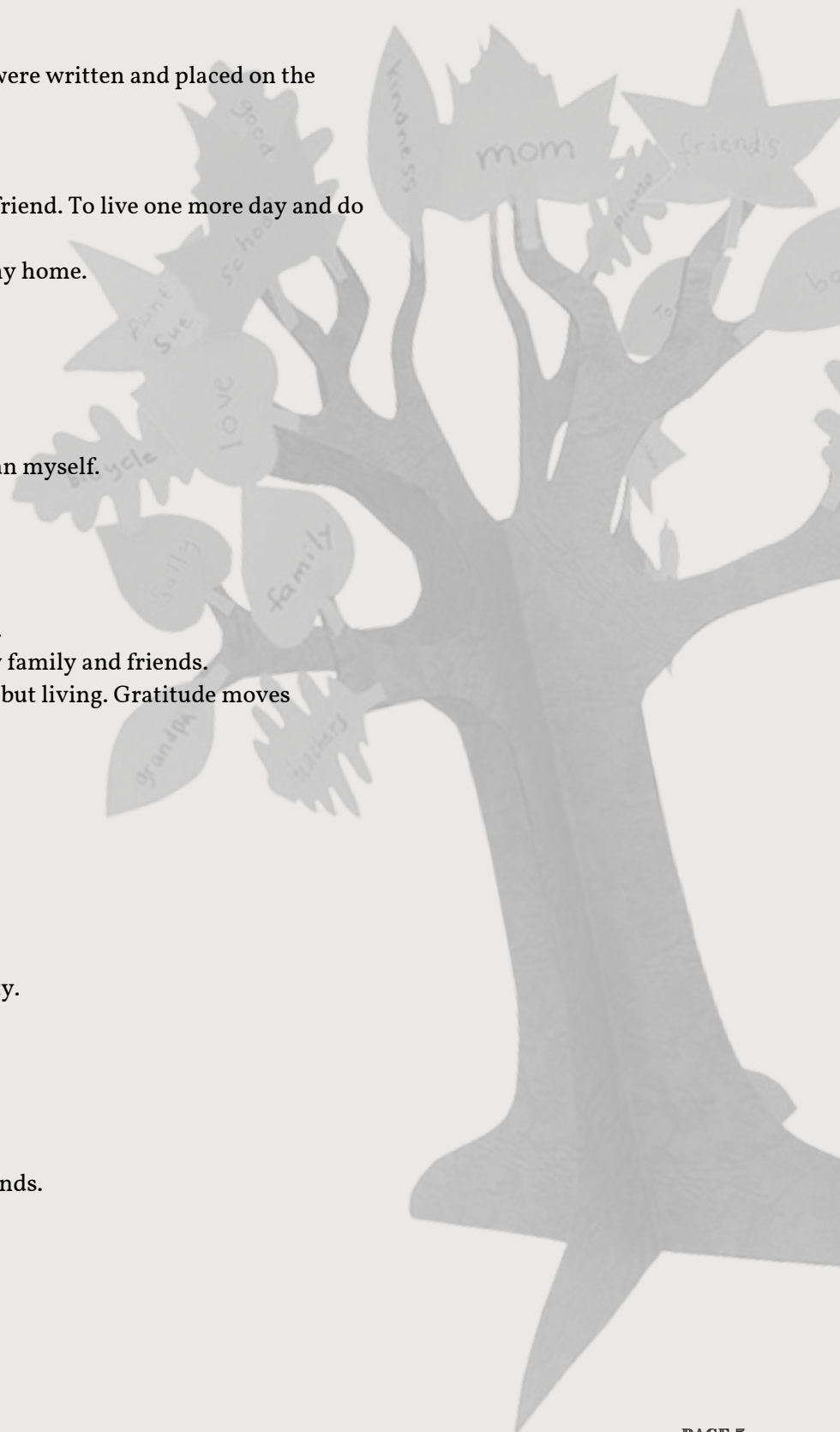
By Yolanda B.

This month is designated as “Thanksgiving”. Most of us get together with family and friends. It gives us the opportunity to think of the reasons we are grateful. I posed this question to three meetings I recently attended. Friday morning 7am “As Bill Sees It”, Wednesday 5pm “JUGS” (Just US Girls), and Sunday 9am, “Came To Believe at the Park”.

The following are some of the answers which were written and placed on the “Gratitude Tree”.

“I am grateful for...”

- To be alive, my supportive family and boyfriend. To live one more day and do better. Jesus.
- My family and Joe who has helped me in my home.
- I am going to the beach.
- For my loving and supportive husband.
- To be alive. A.A. saved my life.
- To every single person in this room.
- California sunshine.
- For a relationship with a power greater than myself.
- To be sober.
- A new day, sober.
- For loving friends and family.
- A.A.
- Health, wealth, love from above and peace.
- A.A. group, I’m free to accept love from my family and friends.
- Almost sober but not drunk. Almost dying but living. Gratitude moves forward, doubt moves backwards.
- The universe.
- Family that trusts me.
- My loving God.
- Love of my friends.
- My children.
- Living one day at a time.
- My voice, and God speaking through me.
- Myself, A.A., faith, family, FPC and sobriety.
- Staying sober through the hard times.
- My sister getting better.
- Personal growth.
- Ability to find peace in the midst of chaos.
- Friends that support my crazy ideas.
- Sobriety, God, acceptance, family and friends.
- Self-awareness and self-love.
- Sobriety, boundaries and my sponsor.
- Women in the program.
- God is my friend, sponsor and family.
- Relationships in sobriety.
- Willingness to be honest and grow.
- Women’s meetings.



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 over 100 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



Oct 2023 Group Donations

Humble Rumble Hoedown	\$1,200.00
Serenity Circle AM Meetings	\$825.00
Unity Hall	\$750.00
Del Rio Survivors	\$700.00
Came to Believe at the Park	\$500.00
Early Risers Hill Recovery	\$400.00
Good Dudes	\$396.09
Pigs on the Wall	\$300.00
ABSI M-S 7AM	\$270.00
Wasted Youth	\$184.00
Friends of Bill	\$160.00
Intergroup	\$133.00
Recovery Road Crew	\$119.20
Del Rio Birthdays	\$108.00
Serenity Mon 6 PM	\$80.00
Womans Cndlight 715 Thur	\$74.00
Wildest Dreams	\$60.00
Serenity Island	\$54.00
LE Atitude Modification	\$40.00
Little Big Book	\$30.00
Anza Friday 8 PM	\$25.00
LE Womans Acceptance	\$25.00
Primary Purpose	\$6.00

October	\$6,439.29
September	\$3,911.12
August	\$6,387.10

Donate to Temecula Valley Central Office of AA today!

@TVCOAA



venmo

SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

Tradition Five states: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior.

Address- ing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Additional Sharing:

- Safety is a topic within A.A. that groups and members can address. Developing workable solutions to help keep meetings safe can be based on the principles of A.A. In discussions about safety, keep the focus on our primary purpose, our common welfare, and placing principles before personalities.
- Predatory behaviors and unwanted sexual advances are in conflict with carrying the A.A. message of recovery and with A.A. principles.
- A.A. does not provide medical advice or detox services; it has no opinion on outside issues, including medication. Medical advice should come from a qualified physician.
- The only requirement for A.A. membership is a desire to stop drinking. Groups and members strive to create a safe environment for the alcoholic who still suffers.
- If safety concerns arise, individuals can speak with a sponsor, members of the group, a trusted friend and/or a professional to address the concern.
- Service entities, such as areas, districts and intergroup/central offices, are available to help provide A.A. services and shared experience. All groups and entities in A.A. are autonomous. There is no government within A.A. and no central authority to control or direct its members, but we do share our experience, strength and hope.

For more information on this topic, see the service piece
"Safety and A.A.: Our Common Welfare" (SMF-209) at aa.org.



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

