



GRATITUDE GAZETTE

24 HOUR HOTLINE
(951) 530-4136

“DO MORE IN 2024...”

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 Apr, 2024

- 7,213 Visits to Website
- 323 Phone Calls
- 77 Walk-ins / Purchases x
- 32 Intergroup Reps

EVENTS CALENDAR

- Founders' Day
June 29, 2024, Ronald Regan Sports Park 5pm
Chili Cookoff
- TBD Fall 2024
Softball Tournament
- TBD Fall 2024
Golf Tournament, Cross Creek
- TBD Fall 2024
Halloween Party, Wildomar
- TBD Fall 2024

“QUOTABLE ANONYMOUS” HEARD IN AA

Every time I tried to make healthful smoothies in my blender, it came out as margaritas.”

“Today I am in awe of the ordinary.”

“We smartened up so we could leave the stupid life behind.”

“Alcohol doesn't make you fat. It makes you LEAN, against a wall, or a table, or a chair.”

“Pain is the great fertilizer.”

“God doesn't call the qualified, He qualifies the called.”

“I became a member, not an attender.”

“I didn't have my first drink in kindergarten, but I was ready for one.”

“This disease is undefeated in hand-to-hand combat.”

“Thankfully I had a sponsor who asked, ‘Is your way working?’”

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

AA MIRACLES

Action In Action

By Bill P.

I take my sobriety seriously, as one should when one's life gets out of control. With that said, I try to be thorough as to what is suggested in the big book of Alcoholics Anonymous. I did what was suggested - don't drink, go to meetings, get a higher power, get a sponsor, do the steps, and be of service. Even with those things, my alcoholism still wants to take over my thinking. I know this disease is sneaky, but I have all the suggestions to keep it at bay. If I pray to my higher power each day, I'm likely to go to bed sober. If I do the things suggested and incorporate the steps into a daily practice, I have a really good chance at staying sober for today, and perhaps to grow a little.

I was spun out in early sobriety, and my sponsor knew it. He told me, "You know, it was suggested to me early in my sobriety to be of service, that way it stops me from just thinking about myself and gets me out of my own head." Trying to be a good student, I started doing just that, not knowing how it works, but it works. It just does. I don't need to know how or why. Plus I get the added benefit of how it makes me feel to be helpful to someone other than myself.

The big book says we are promised so many good things if we are to do the steps. Peace of mind being one of the important ones for many of us. I recently went to a meeting and a member shared that they were very depressed, spiraling lower each day. I wanted to tell this person to their face, "Get out of your own head and be of service!" I played that out in my mind, and knew that would not be received well, as we alcoholics prefer suggestions over directions. So I prayed. "How can I reach this person? How can I spread the message and help relieve their suffering?" God gave me the answer right there in the meeting, reminding me that we share our own experiences. So during announcements I shared how being of service got me out of my own head, and if anyone wanted a service commitment, to please see me after the meeting, as the Alano Club needed volunteers to mind the counter.

The person who was suffering came to me after the meeting and said, "I would like to be of service!" I gave them the Alano Club scheduler's number. To me this was all miraculous.

We are not in the business of results when it comes to helping others, but we must try. My higher power wants me to help His children, especially the still suffering alcoholic.

I used to pray and pray to find what God's will was for me, then one day He answered, "Do the program of AA. Do the work. Be helpful." It was shocking to me that God's will was revealed to me. But I was happy that now I knew. Like I said, I take this very seriously, because I want to live. I want to be a man of good character. And when I hear God speak to me directly, I want to honor His will. I also believe this is what helps us grow, and has the added benefit of keeping us sober for another day.

Have all the promises come true for me? I believe they mostly have. I no longer obsess over alcohol. I don't wallow in self-pity. I'm fairly happy day to day. Have I broken free completely? No, but I know I'm on the right path. I know I'm growing spiritually. I know it feels good to share my experience, strength and hope. I know I'm right where I'm supposed to be. One day the wreckage of my past will have been swept away and I'll truly be free. Until then, I'll keep doing God's will and be a spectator to the miracles that happen in AA.

Looking for a service commitment or ways to help? Check out "Ways To Serve" on page 5.

"This is not a self-help program. It's a help the other guy program."

LIKE THE LAYERS OF AN ONION

No One can be Turned Away

by Rick R.

The only requirement for AA membership is a desire to stop drinking. (Trad. Three 12&12)

After many years of sobriety and practicing the AA principles to the best of my ability, I am amazed at what I see in the meetings that I attend. It was one of the most important developments in my later years of sobriety. Removing my judgments of other people in AA, who have a desire to stop drinking. I have come to understand that tradition, but it did not happen immediately. I was overwhelmed with personal problems that eventually culminated into my surrender and came to AA searching for answers. I am so grateful that they did not turn me away because I had problems.

The AA Program is so much deeper than I ever could have imagined when I first entered it. Over time, I recognize the depth of each issue that we face when we come clean with ourselves and with the world around us. It is sometimes likened to the layers of an onion. The surface skin begins to fall away quickly as we address the drinking part of our disease. Each layer is preparatory to the next. As we recognize and begin to discard the negative side of our thoughts and behaviors, we begin to understand that our thinking is where the problems lie, and our behaviors are the symptoms of that faulty thinking when our natural instincts far exceed their intended purpose.

In my early days of sobriety my mentors suggested that if I plan to attend a certain number of meetings per week, one of them should be a step study meeting and I have followed that suggestion ever since. One of the benefits of that decision is that we study each step four times a year and each time I repeat a previous step I notice an improvement in my understanding of that step. In the presence of that group, I may hear 20 to 30 different perspectives on how to address my faulty thinking and all those viewpoints are stored in my mind as I peel away one more layer of the onion. I learned the value of living by unselfish principles and that simple understanding takes most of my decision-making out of my hands. Principles are not flexible, and I do not create my own principles. I do, however, have the ability to follow well-established ethics and even then, sometimes things may go wrong but my motives are of an unselfish nature, and I do my best. I learn to be prudent when it comes to my decisions. I learn to decide if it was my Ego or my Conscience making that choice and today my Conscience renders my Ego irrelevant for the most part. I have always known right from wrong but with my fears and insecurities I usually made the wrong, selfish decision and my conscience suffered. If I already know when I am doing the wrong thing, why am I praying to God when I already know the answer and still make the wrong choice? It is true that the only requirement for membership is a desire to stop drinking but in AA I found so much more.

Within the safety of my AA group, I get to test these qualities out and establish a new perspective, unselfish in nature, as I peel away layer after layer and my load gets lighter and lighter. I no longer look at this process to be ponderous. I now see it as exciting and I want to continue to look deeper into my spiritual condition, living by the dictates of my conscience, and I hope this process never ends as I trudge that road of happy destiny.



More About Concept 5

F

STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I

TRADITION 5

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

V

CONCEPT 5

Throughout our structure, a Traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

E

PRINCIPLE 5

Integrity - the state or character of being true; living in honesty; being truthful.

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances receive careful consideration.

The Business Meeting, usually held by each individual autonomous group, is where the "Right of Appeal" most often comes into effect. Issues such as service position elections, the use of the money received in the 7th tradition, meeting format, etc. are decided on by a vote, or group conscience. However, the business meeting is not the only place where grievances can be heard and considered. Often times, members of a certain group will bring topics of discussion up during the announcements portion of the meeting concerning meeting structure and other issues. Each individual in a particular group is entitled to his or her personal opinion. Someone who thinks a meeting is too short to need a break, for instance, is encouraged to voice their grievance so that the group can bring the issue to a vote and a proper decision can be made at a group level. Without the 5th concept, certain AA members might feel excluded or passed over. It is important that each sober member of Alcoholics Anonymous has their say so that AA can truly be "home" to everyone.

*Kenny M.
DCYPAA*



Our founders are dead, Old-timers I thought would live forever have slipped out of the rooms and are gone on to a bigger, brighter room where Bill and Bob and countless others have taken up residency and set up the meeting place. The coffee pot perks endlessly, effortlessly. Warm hands reach out to clasp in fellowship, each new arrival. Donuts, perpetually oven fresh, are over there. Each person has brought their Big Book, miraculously as they knew it here on Earth - tear stained, coffee cup circles on the cover, dog eared, underlined notes and fragments tucked between pages still intact. They murmur about the alcoholics they left behind. Did they teach us well, those still in distant rooms? Did they teach us enough of the Traditions and Principles of Alcoholics Anonymous, and the value of Permanence? I know their final words were not to start changing AA the minute they were out of sight, out of mind.

I believe we were given a mandate by every Old-timer who touched our lives and taught us what they knew about living sober. That we were to go forward into the tide of alcoholism and carry the message to the still suffering alcoholic, the message of how we have recovered from a seemingly hopeless state of mind and body, by God's grace and the 12 steps of Alcoholics Anonymous.

This letter is sent anonymously, but you will know my voice. I have sat next to you at meetings, been on my knees with you doing the 3rd step prayer, heard your fourth step, and listened to your triumphs and sorrows. I have given you a ride to a meeting, and bought you a meal, loaned you a dollar for the basket, answered the phone at 2am when you were scared. I've done these things because that's what we do, what was done selflessly for me.

Our founders are dead. Their works and deeds live in permanence. Not carved in stone, but in the hearts and minds of each one of us who hold Alcoholics Anonymous sacred. Change is what is put into the collection. The permanence of Alcoholics Anonymous is what sustains me.

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 approximately 100 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 Helena C. at (925) 336-6138.

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! 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 the 1st Monday of the month @ 6:45 p.m. at:
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
www.temeculahi.com



Apr 2024 Group Donations

Good Dudes	\$1,643.29
Unity Hall	\$750.00
Serenity Circle AM Mtgs	\$530.00
Jaywalkers	\$321.00
ABSI M-S 7AM Mur.	\$275.00
Intergroup	\$228.00
Recovery Road Crew	\$224.00
TVCO Board	\$200.00
Step Sisters	\$131.63
Early Risers	\$113.00
Came to Believe At the Park	\$100.00
Tues. Mens Stag	\$100.00
Serenity 6PM	\$38.50
Mosh Pit	\$20.00
Primary Purpose	19.00
LE Early Birds	\$10.00
Thurs. noon Zoom BB	\$5.00
Veterans Meeting	\$2.00
Monday Noon Meeting	\$1.00

April \$4,711.42
March \$2,858.29
February \$3,756.18

Donate to Temecula Valley Central Office 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,

it is important to keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior.

Engaging in 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.

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 recovery depends upon A.A. unity." Recognizing the importance of group unity, our 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. Group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

• 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.

Jeepers Creepers, it's

FOUNDER'S DAY 2024



29

JUNE 2024

5 PM-9 PM

RONALD REGAN
SPORTS PARK,
TEMECULA

- TACO TRUCK
- PHOTO BOOTH
- GUEST SPEAKER
- RAFFLE PRIZES
- 50/50 RAFFLE
- 70S STYLE!
- GROOVY
ATMOSPHERE
- GOOD TIMES

CHECK OUT THE
ARCHIVE BOOTH!
H&I BOOTH!
AL-ANON/ALATEEN
BOOTH!

LEARN ABOUT THE
HISTORY OF AA!



70'S THEME! SO DRESS UP, CAN YOU DIG?



Are you considering becoming an Intergroup Representative?

JOIN US AT 6:00 PM ON ANY THIRD TUESDAY OF THE MONTH BEFORE OUR MONTHLY INTERGROUP MEETING! YOU'LL HAVE THE OPPORTUNITY TO LEARN FIRSTHAND WHAT IT'S LIKE TO BE AN INTERGROUP REPRESENTATIVE.

WE'LL BE HOSTING OUR GATHERING AT SPRINGS COMMUNITY CHURCH, WHERE WE'LL NOT ONLY SERVE DELICIOUS COOKIES BUT ALSO ENGAGE IN DISCUSSIONS ABOUT HOW YOU CAN ACTIVELY SUPPORT YOUR AA GROUP BY STAYING UPDATED WITH THE LATEST NEWS FROM OUR TEMECULA VALLEY AA CENTRAL OFFICE.

- *DATE: EVERY THIRD TUESDAY OF THE*
- *MONTH TIME: 6:00 PM*
- *LOCATION: 41735 WINCHESTER RD,
TEMECULA*

COME ALONG AND BE A PART OF OUR VIBRANT COMMUNITY AS WE NAVIGATE THE JOURNEY OF INTERGROUP REPRESENTATION TOGETHER.

LOOKING FORWARD TO SEEING YOU THERE!

HELENA C. | INTERGROUP CHAIR | (925) 336-6138

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

