

# GRATITUDE GAZETTE

**24 HOUR HOTLINE**  
**(951) 530-4136**

**“DO MORE IN 2024...”**

**[www.TemeculaCentralOffice.org](http://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 Mar, 2024**

- 6,933 Visits to Website
- 300 Phone Calls
- 80 Walk-ins / Purchases
- 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

## **PANCAKE EVENT A SUCCESS!**

**By Yolanda W.**

- 90 pounds of bacon
- 900 eggs
- 80 pounds of pancake mix
- 800 sausages

Add great prizes and even a money raffle. Mix in 300 plus people.

This was the recipe for the 15th annual Pancake Smackdown .

You could hear the laughter outside the Murrieta Community Center. Great raffle prizes were donated by individual meetings. The prize that generated the most tickets (which equals money for Central Office) was the “Monday Night Men’s Jaywalkers”. The prize was not one, but two electric bikes! The money raffle generated \$4,000 . There were many other great raffle prizes: \$600 gift card to Disneyland, generators and numerous other gifts. Most of all, it was being part of the triangle. Unity ( we were all gathered) Service (it takes lots of people to make this event successful ) and Recovery. We had an amazing speaker Charolette. See you next year at the 16th Annual Pancake Smackdown!

# “AT THE EXPENSE OF OTHERS”

**"I'm an alcoholic--and a drug addict."**

**"I have to say this--for me."**

**"I know this is a meeting of Alcoholics**

**Anonymous but. . ."**

I used to think I had to share about my drug use. After all, AA teaches us to be rigorously honest, doesn't it? And as a younger person in AA, I was different than a lot of the older, "pure" alcoholics, wasn't I? Nobody is going to tell me what to say. Nobody did, either. (A couple of old-timers took me aside after the meetings to talk about this, but I dismissed them.)

One night, I was talking in the parking lot after a meeting of my home group. As the people cleared out, I realized there were just two of us left-- myself and a newcomer. He was in his sixties. We got to talking and he actually seemed to be listening to me! I really felt amazed that a man old enough to be my grandfather would listen to me about anything, and especially about AA. The meeting that night had been on Step One and many people, including me, recalled their use of drugs (some in great detail). This man and I began to talk about the meeting and then he dropped a bombshell on me. He didn't think he qualified to be an alcoholic because he hadn't used any drugs! Here was a man who drank for more years than I have been alive (most of them, by his account, alcoholically), yet he didn't feel like he belonged in AA. And we were supposedly talking about alcoholism!

Well, I sputtered and stammered for a while and I finally convinced him that the only requirement for membership was a desire to stop drinking and that there were no requirements for drug use involved. Thank God he is still sober.

Later that night, I really began to question myself and the message I was carrying. Sure, it was important that I qualified and identified myself, but were the details worth it at the possible expense of others? I realized I should stick to alcohol and alcoholism in order to keep the door

wide open, not make it more narrow. If even one person gets the wrong idea and feels they don't belong, that is one too many. Besides, I had been sober for a while and I knew what I was.

I guess I started to think just a little more about other people than I did about myself. So that's why some groups are so concerned about AA's singleness of purpose--some groups in my area even read a statement of singleness of purpose before their meetings. It isn't just to be tedious and nitpicky and to "bust chops," especially the chops of young people. It is so all alcoholics can feel that they belong once they get to AA.

*J. H., Dover, Pennsylvania AA Grapevine, Mar ch 1992,  
Vol.48 No. 10*

---

## “QUOTABLE ANONYMOUS”

### HEARD IN AA

“We trust in infinite God rather than our finite selves.” - AA BB pg.68

“I got 2 brain cells left and they both fight with each other.”

“Yesterday's hits don't count in today's ballgame.”

“It's going to be ok.”

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

“You can have this meeting without me, but I can't have this meeting without you.”

“Put down the stick!”

*Please email your inspiration or humorous quotes to  
[gazette@TemeculaCentralOffice.org](mailto:gazette@TemeculaCentralOffice.org)*

# THINGS STARTED WORKING WHEN...

## Desperation Outweighed My Denial

by Rick R.

My drinking habit started somewhere around the age of thirteen and ended at the age of twenty-eight. I was never a social drinker and every time I drank, I planned to get plastered. I was much too young to understand why I did what I did, but today it's as plain as the nose on my face. Drinking covered up all the sick feelings I had about myself, and if I could have maintained the tolerance for alcohol that I developed when I was at the peak of my adventure into absurdity, I may still be drinking today. On Oct. 15, 1969, I arrived at the door of Alcoholics Anonymous, hopeless and defeated at the age of 28. A very young age for an alcoholic who never used drugs. My teenage behavior was unsupervised as I drank and ran roughshod over anything or anyone that got in my way, and I paid dearly for my indiscretions. DUI's, drunk tanks, broken knuckles, stitched up wounds, wrecked cars, lost jobs, evictions, loss of friends, marriage and divorce, and parenthood didn't even slow me down.

At the age of 17, I quit high-school and joined the Navy, serving three years, and seemed to survive in a somewhat disciplined setting. Upon completion of my tour of duty, I went home to become my old self again. That lasted only three years when I reenlisted in the Navy where I seemed to do better despite my drinking. In a few years I advanced in rate rapidly, and I was in charge of a deck division on a small destroyer and my drinking never slowed down. Soon I was to a point where I couldn't remember what I did the night before and I had never heard of blackout drinking. My Navy career was the only thing that stood between me and the streets since nothing I had ever tried before had lasted very long.

On Oct. 15, 1969, I woke up at about 9AM. I was supposed to be onboard the ship at 7AM that morning, I was forty miles away and this was the third time it had happened in three weeks. I was waking up in a blackout after drinking wine the night before and everything in my failed life was about to come to an end. I had run out of clever ideas to explain all this away. Desperation set in. I had no place to turn. I had to put an end to this, or I would not be long for this world. If I could have thought of one more escape plan, I would have used it but I had run out of options. I gave up. My desperation far outweighed my denial and I called Alcoholics Anonymous, the "last house on the block", and arrived on the front lawn of a little yellow house in Los Angeles. My 28-year nightmare was over.

We have people who surrender and arrive in A. A. and never have or want to drink again, and there are those who are sent here through rehab programs that have relapse after relapse, and most of us can't explain the reason for this. I recognize several differences in these people. The one who has run out of options is much more likely to have success from the very start. For him/her it's the last house on the block. No more clever ideas. They are entirely ready. Those who still think that they have options left probably aren't entirely ready to surrender yet although they may think they are giving it a good effort, but an alcoholic cannot survive without enablers, and as long as they have any options left, they often have a pattern of relapsing. Unfortunately, suffering and desperation is usually the price of admission. As a friend of mine used to say, "Sometimes we pick the fruit before it is ripe."



## STEP 4 – In Depth

This is where the work begins. Some, if not most, alcoholics are frightened by this step. We exclaim "What an order, I can't go through with it! I've done so many terrible things when I was drinking!" Do not be discouraged. I was blessed with a sponsor who suggested a searching and fearless method to work this step. He simply said "It's a moral inventory, not an immoral history." A moral inventory of ourselves is not comprised solely of our wrongs, or immoral history. Approaching the Fourth Step in this manner is a sure fire way to miss the important and necessary elements of working this step fearlessly and thoroughly.

**Searching** is defined as: To look into with thorough scrutiny and rigorous objective examination.

**Fearless** is defined as: Marked by freedom from fear and by resolution in braving dangers.

First, my sponsor had me write about the good, healthy, qualities and attributes of myself as they are today. All I have is today, and today I have not had a drink. Today, I have turned my will and my life over. Today, I am will-ing to change. Today, I am aware and present. By being aware of whom I am today: I now have the tools to work on a broken house, rather than a broken house and no tools. Thus, I was able to objectively view my previous nature of the wrongs I had done. I was able to understand the nature of my fears and resentments of people, places, and things. I came to understand myself as a person who was now willing to go to any length to get it, and to take certain steps to grow along spiritual lines; to thoroughly understand my part and intuitively know how to handle situations which used to baffle me; with progress, not perfection.

I have found this suggested method to be one that I could work with, then, and now, as I continue to take per-sonal inventory. The Fourth Step is not so scary after all.

*Matthew McQ*

*Attitude Adjustment, 559 S. Palm Canyon, Palm Springs*



# F

### STEP 4

Made a searching and fearless moral inventory of ourselves.

# O

### TRADITION 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

# U

### CONCEPT 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

# R



## RULE 62

JOKES? OK!

"AA is so great because anyone with a desire can join. Unlike Al-Anon, where you've got to know someone."

"If your favorite part of a baseball game is the bottom of the 5th, you might be an alcoholic."

"What's the difference between a Rottweiler that bites and an alcoholic? The Rottweiler knows it has to let go eventually."

"Asking for advice in AA is like trying to take a sip of water from a fire hose."

- Anonymous

## 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](mailto: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](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](http://www.temeculahi.com)



## Mar 2024 Group Donations

Unity Hall	\$750.00
Wasted Youth	\$450.00
Good Dudes	\$363.16
Intergroup	\$255.00
ABSI M-S	\$250.00
Pigs On The Wall	\$200.00
Wed Nite Mens Stag	\$150.00
Road Crew	\$110.80
Tues Nite Mens Stag	\$50.00
Mon Womans ABSI	\$50.00
Wild Ones	\$50.00
Solutions Mens Mtg	\$50.00
TVCO Board	\$50.00
LE Atitude Adjustment	\$40.00
Little Big Book	\$31.00
Womans Primary purpose	\$8.33

March	\$2,858.29
February	\$3,756.18
January	\$5,566.18

**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](http://aa.org).



*Jeepers Creepers, it's*

# FOUNDER'S DAY 2024

Jeepers

Creepers

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?



# **temecula valley young people in aa elections**

**Who?**

**YOU! We want you on the squad.**

**What?**

**All commitments on the committee will be available. Pizza and snacks will be provided!**



**When?**


**Sunday, April 14th at 5pm**

**Where?**


**27470 Commerce Center Dr # C, Temecula,  
CA 92590**

**Why?**

**Because we believe in coming together to help young alcoholics and we believe we don't need to drink to have fun!**



**QUESTIONS? 951-525-0199**





## 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

