



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 July, 2023

- 7,867 Visits to Website
- 430 Phone Calls
- 85 Walk-ins / Purchases
- 26 Intergroup Reps

EVENTS CALENDAR



Chili Cook Off & Bake Off
Sept 23, 12pm-4pm.



Softball Tournament
TBD at Cal Oaks, Murrieta



Golf Tournament
Fall 2023 TBD



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

"QUOTABLE DRINKERS" HEARD IN AA

"Time is important, but doesn't make me important."

"I'm an exception to alcoholism."

"The easiest way I can make the world better is to better myself."

"When you're down to nothing, God's up to something."

"The journey of a thousand miles begins with one step."

"Success isn't overnight. It's when everyday you get a little better than before. It adds up."

"We sought through prayer and
MEDICATION..."

"When everything is taken away from you, do your best anyway." - Mother Teresa

"I am not sure that God hears my prayers, but
I HEAR MY PRAYERS." - Rick R., page 3 of this issue.

MEETING SPOTLIGHT



"Heart Of Temecula"

by Bill P.

This month we are shining the spotlight on one of the oldest meetings in our valley, the Monday night, "Heart Of Temecula". This meeting is held at the Del Rio meeting hall at 28120 Jefferson Ave in Temecula. This open discussion meeting starts at 7:30pm and ends at 9:00pm.

Years ago Temecula didn't have any meetings - you had to drive to Lake Elsinore if you wanted to attend an AA meeting. Around 1984-85, two enterprising ladies who were suffering from alcoholism decided to start their own meeting locally. They held their meetings at a back room of the "Long Branch Saloon" in Old Town Temecula.

It's not clear on how long it lasted there, but around 1996 the meeting was held at Hope Lutheran (across from Target on Rancho California). That church is now Iglesia Ni Cristo - Locale of Temecula Valley. Eventually the meetings were held at Del Rio, where they continue to this day.



Long Branch Saloon as it was in 1975

This meeting is purported to be the longest running AA meeting in Temecula, going on 39 years.

Two years ago a woman walked into this meeting, and one of our regulars struck up a conversation with her. She claimed she started up a meeting years ago, but hasn't been to a meeting in a long time. After conversing a while, her jaw dropped when she was told the very meeting she was attending was the very meeting she had started, all those years ago.



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!



I DO NOT UNDERSTAND THERMODYNAMICS

Where is All This Warmth Coming From?

by Rick R.

I came to Alcoholics Anonymous (A.A.) bankrupt in every department. When I started to take the steps, my first big challenge was to find a power greater than myself that could solve my problems. What an order for a guy who they describe in step two in the Twelve Steps and Twelve Traditions (12&12) as the one who "had tried religion and found it wanting." I could see the examples of people around me that seemed to have it figured out and I became a nuisance trying to corner them to get them to explain to me how they do it and they had the same trouble explaining it as I did. One day I confronted my friend, Jim, and asked him to let me in on the secret. Frustrated, he asked, "Do you want to drink right now?" My answer was "NO." He then asked me, "Did you want to drink a year ago?" And my answer was "YES. I could not go a day without it." Next, he asked me "What made the difference?" My answer was "I was influenced by the A.A. program." His next question was, "Do you have any Problem calling that God?" WOW! What a concept.

I have never wanted a drink since I entered the program and the only answer I could produce was the influence of A.A. in my life. For a guy who could not conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is, but I cannot. I can, however, tell you what God does for me, but I will get to that later.

The second appendix in the Big Book, (Alcoholics Anonymous), Spiritual Experience, implies that there are many examples of spiritual experiences, and they come in different forms. They can be of the burning bush variety or a psychic change, enough to bring about recovery from Alcoholism. Or, as I like to believe, my spiritual experience came in the form of "A Profound Change of Perception."

When it occurred to me that all my thinking was flawed and that I was finally in an environment where I could, with the help of the group, start to follow simple unselfish guidelines that would restore my self-esteem and put me at peace with

myself and others, I started this wonderful journey and I have never had it so good. These universal truths are common in the meaningful philosophies of life, and I must seek them out if I want to heal. I pray to God every day, even though I do not know who or what God is. My mind is not evolved enough to understand God and I am not sure that God hears my prayers, but I HEAR MY PRAYERS and that, I believe, puts me in the best possible attitude I can have about the issue I pray for. My prayers are always the same. I pray for knowledge of his will for me and strength to carry it out. i.e., God, please show me what to do and please give me the strength to do it, I do not do well on my own. I often knew what to do but was not always strong enough to do what was right. Today I am stronger.

Who or what is God? I am not sure anyone can define God. As a friend of mine (Will) explained, "You do not have to understand thermodynamics to enjoy the warmth of the sun", I do, however, know what God does. When I ask for guidance, I become a better receiver and I hear the answers that used to pass right over my head when I thought I had all the answers, and today, I thank God for an open mind. I have never wanted a drink since I entered the program and the only answer, I could produce was the influence of A.A. in my life.



E

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

I

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

G

Concept 8

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

H

T

CARTOON CORNER



"I vote we change this to a discussion meeting!"

Carry The Message

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

In preparation for writing about tradition eight, I, of course, consulted the Twelve and Twelve.

To carry our message to the ones that still suffer from active Alcoholism, we must freely give it away. It's the only way to make that honest connection with another person. When a person is paid to come to me and tell me about getting sober, they are doing it for pay. Their motive is money, not my welfare. How many people getting sober through court mandated testing or other paid systems were violated for non-payment, even though they wanted to stay sober? If you couldn't pay for private rehab, would you still be allowed to continue the program? No. Alcoholics Anonymous is given freely through the twelfth step, with love. We can really make that connection, for life. This is how it has been given to us and this is how we give it away.

If we have jobs to do in facilitating the work of AA, jobs that can be done by non-AA people, fair compensation is warranted. This needed work is not carrying the message to those that suffer, but are the gears that work behind the scenes that allow AA to fulfill their primary purpose. This is how I feel about the Twelfth Tradition.

— Bill E.

*Reprinted from Tulare County AA News,
Aug 2022.*

EXPERIENCE, STRENGTH & HOPE

A Woman's Story

How has alcohol affected my life? In so many ways for so many years, because everyone in my family, for generations back, drinks. I am the only sober member. Both my grandfathers, men deeply affected by the two World Wars, were dangerous, angry drunks. They lost family, and made money. They were extravagant, arrogant, and cruel. Meanwhile, my parents became "the silent generation", hiding terrified during black-outs from air raids, and their fathers' black-out benders.. They are mild-mannered, but deeply impacted. Dad used humor, intelligence, and forgetfulness to block out the memories. Mom, was resentfully domesticated until she just up and left. Meanwhile, my two brothers and I discovered that wonderful feeling obtained by drinking the bitter brown liquids on the highest pantry shelf.

By 16, I was all but orphaned, my younger brother and I. We listened to the songs on the radio and partied as they told us to. I remember driving with one eye open on the freeway, to try to keep the lanes from merging in my distorted vision. Once, I hit a cyclist with my sideview mirror. He was shaken, but ok. I kept drinking and driving.

Of course, drinking was and is the norm. Its what people did, and we all shared the same pitiful consequences. I never made the connection that it may have anything to do with the devastating depression that was all I ever knew. My insecurities were crushing. My relationships were like a flicker of connection, just enough to give me naive hope, then crickets.

When I trapped a guy into marriage, I realized that I could create humans who seemed to love me, so I had four children, and they were the joy of my existence. But after two decades, my family life came crashing down, and I was face to face with my own broken soul again, alone. After a close call while drinking and driving, I thought to go to AA.

I realize now how deeply I had always stigmatized myself, and felt solace in that others suffered much as I had. I felt a sense of unconditional belonging; something I had never felt before. My sponsor encouraged me to conceive of a higher power that felt nurturing to me. Mine is a kind, committed, and nurturing mother.

Familial hatred, violence, injustice, and harrowing legal, financial, and divorce episodes broke over me like relentless hurricane waves, but I stayed sober, regularly checking in at my 7 a.m. AA meeting, laughing, and crying with our styrofoam coffee cups, and doing the next indicated step. Somehow, I got the shitty house. I got an award from a lawsuit. The kids came back to me after a few years. I got a new car. I got service commitments and got educational degrees, and jobs. But what I received that I treasure the most, is knowing that I'm never alone, or solely responsible for my survival. I have love and support, both Divine and human. I learned to think beautiful thoughts and meditate the dark ones away, little by little, with much practice.

Today I am close with all my family members, and have many close friends, but most importantly, something of true value to offer the suffering. I am free from the devastating depression that had always plagued me. I have seen the miraculous way God cares for us in this program and I have faith... hope with a track record...that I love sharing with those just in that first horrific part of the journey. I can share my story of how I made it through adversity sober and loved, which is what I hope you get from this short story. My favorite quote is, "don't give up five minutes before the miracle happens"!

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



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



July 2023 Group Donations

Del Rio Survivors	\$800.00
Unity Hall	\$750.00
Good Dudes	\$681.11
Intergroup	\$260.00
Came to Believe at the Park	\$250.00
Ser Cir Tues Mens Stag	\$232.31
Ser Cir Fri 6PM	\$208.00
Pigs on the Wall	\$200.00
Recovery Road Crew	\$200.00
Ser Cir Tues 10AM Womans	\$125.00
Womans Big Book	\$50.00
Just us Girls 2	\$45.00
LE #176260	\$40.00
Little Big Book	\$31.00
Primary Purpose	\$3.00

July	\$3,875.42
JUNE	\$5,728.15
May	\$5,574.79

Donate to Temecula Valley Central Office of AA today!

@TVCOAA



venmo

CHILI COOK-OFF

COMPETITION REQUIREMENTS....

- GROUP NAME
- \$50 DOLLAR ENTRY FEE
- 5 GALS OF CHILI OR 60 SERVINGS OF BAKED GOODS REQUIRED
- * TROPHY FOR BEST SPACE DECOR, CHILI AND BAKED GOODS

AND BAKE BATTLE

SATURDAY SEPT 23
12-4PM

MURRIETA COMMUNITY CENTER
41810 JUNIPER ST. MURRIETA

WESTERN ATTIRE
TASTING\$\$
\$\$ CASH DRAWING

COMPETITORS MUST
BE REGISTERED BY SEPT 11

TVCO "FUN" RAISER

CALL 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

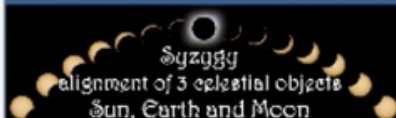
Saturday



Steve
MEMORIAL

POT LUCK
5:00P
CAMPFIRE MTG
7:30P

SOLAR 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

