

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 Nov, 2023

- 7,731 Visits to Website
- 375 Phone Calls
- 112 Walk-ins / Purchases
- 32 Intergroup Reps
- 8 Visits

EVENTS CALENDAR

-  **Pancake Smackdown**
Mar 10, 2024 at Murrieta Community Ctr
.....
-  **Founders' Day**
TBD June 2024, Ronald Regan Sports Park
.....
-  **Chili Cookoff**
TBD Fall 2024
.....
-  **Softball Tournament**
TBD Fall 2024
.....

"QUOTABLE ANONYMOUS" HEARD IN AA

"Stop complaining about the road you're on.
It's your own asphalt."

"I was in and out of the rooms so much, I
became known as the 'Golden Slipper'."

"AA has no side-effects."

"In sobriety, I get to have a relationship with
reality."

"The only time I used the word God prior to AA
was for swearing."

"The steps don't work as well when you are
intoxicated."

"I woke up this morning on the wrong side of
my head."

"I find today it's better that I don't drink."

"I didn't like to be around my family because
they got in the way of my drinking."

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

UNDERSTANDING STEP ONE

Sometimes We Pick the Fruit Before It's Ripe

by Rick R.

I wish I could say that everyone that enters the doors of AA has an equal shot at getting sober and staying that way for the rest of their lives but, depending on the different reasons why each individual decides to give AA a try, coupled with the degree of desperation that caused that person to delve into what the program has to offer, we get a variety of different results. When I arrived at my first meeting, I was desperately looking for what I thought was a solution to an impossible situation. I was defeated and absolutely demoralized. Within minutes of being exposed to the sober members of that group I was convinced that I had found the solution to my hopeless condition and the desire to drink was removed from me on the spot and has never returned. That was on Oct. 15, 1969. I wish every new member could have that type of experience, but we know that many of us are not that receptive in the beginning. Most of the members of that early group were over forty years old and I was only 28 yrs. old but I was the exception at that time. Meetings were much smaller since there were no rehab facilities intervening in the alcoholic's drinking escapades, so they did not start hitting their bottom till their forties or fifties and it had something to do with midlife crisis or was that just a coincidence. What I do see that is different from my experience is the blurred line when comes to the first requirement for AA membership: "a desire to stop drinking." or employer told me that I had to stop drinking, considering the relief I got from the bottle, I doubt that I would have been as receptive to getting sober, and if I had, I am sure I would have relapses as much as any of those who, unfortunately, struggle with staying sober. It appears that many of the AA members of today have seen a high percentage of relapses and they attribute that as an abysmal success ratio in AA, but they assume that just because they were sent to AA, from a rehab facility that they should be lumped in with those, like me, who had a desire to stop drinking and came in looking for answers. These relapses are the natural result when the desire to drink is stronger than the desire to stay sober.

In the Foreword to the second edition of the Big Book it says: Of alcoholics who came to AA, and really tried, 50% got sober at once and remained that way: 25% sobered up after some relapses. I often ask a newcomer what caused them to give AA a visit and most of them say that the main reasons were DUI's, Work related requirements, and spouse's ultimatums. Occasionally someone says, "I just ran out of ideas, and I need help". The latter is usually the one in ten that stays sober without relapse. I also believe that if you counted only the ones that came in searching for answers, the same ratio as in the foreword to the Big Book would still apply. Seventy five percent is not bad. The good news is that many of the members that are here as the result of intervention or other motivations often become what they refer to as the "educational variety" often get sober years before they would have had they not been intervened upon. We treat these brothers and sisters with empathy, compassion and understanding. The awareness in the community has taken away much of the stigma (not all) of being cursed with the disease of alcoholism and where we had meetings totaling ten or twelve members, we now have twenty to forty members attending. Sometimes the fruit gets picked before it is ripe, but it is never discarded.



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STEP 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

TRADITION 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

CONCEPT 12

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

PRINCIPLE TWELVE

Service

Service - an act of helpful activity; help; aid: to do someone a service.

On The 12th Step

Sharing your story at a meeting. Setting up coffee. Putting chairs away after the meeting. Taking a meeting into a jail or other institution. All of these Twelfth Step activities can be as important as driving a drunk to a detox while introducing him to the program.

Yet the first "Twelfth step call" with an active alcoholic can be profound, an eye-opening experience to a new sober AA, especially one still doubting his commitment to sobriety. Intensive work with other alcoholics, time after time, helps provide immunity from drinking. This is part of the "spiritual awakening" mentioned in the Step.

How does an AA recognize that he has had a "spiritual awakening"? He has now become able to do, feel, and believe that which he could not do before on his unaided strength of resources alone, the "Twelve and Twelve" says.

"Two things are involved in the Twelfth Step: the spread of the awakening to others, and the deepening and continuation of the awakening in ourselves," Dr. Samuel Shoemaker, the widely known Episcopal clergyman who helped in the founding of AA wrote in the January 1961 Grapevine.

The success of AA lies in its member's readiness to go to any length to help other alcoholics, Dr. Shoemaker wrote. "Now we must begin to look wide without, concern ourselves with individuals, causes, communities and wider worlds. Here is the secret of growth and spread."

Taken from the Grapevine booklet, "Step by Step"



Commitment? What is That?

by Jim K.

Webster's dictionary defines commitment as "an agreement or pledge to do something in the future". We often hear at meetings that they are looking for people to take various commitments at the meeting. But often times they'll take the commitment and then either not show up or give it up after a couple of weeks. I wondered if this was unique to our area, but heard the same things shared at the recent Central Office/Intergroup meeting.

I decided to search my friend, the Web. Amazing – I got hundreds of hits when I searched for "commitment" and "lack". I instantly saw an article by someone titled "A Lack Of Commitment Is One Of The Major Causes Of Failure". The article is listed below. While it is not "conference approved", I feel it applies to us as well as the rest of the folks too.

People by the millions are bailing out of jobs, careers, businesses, relationships and life in general. Many of these people lack commitment to a cause, lifestyle, purpose, or outcome. When it gets a little tough, uncomfortable, or they don't get the results they thought they would as quickly as they thought they should, their response is: "I'm outa here."

By commitment I am not suggesting you should endure an abusive relationship, continue to work for an organization that treats you unprofessionally or hold on to a business that has been dead and buried. I am suggesting, however, that you consider your attitude about this concept. Is bailing out your knee jerk reaction to difficult times, a failure, a stressful period in a relationship, continuous problems or a bad year? Many people today seem to lack any sense of real commitment and responsibility. Everyone wants to blame someone or something for their problems or adversity. Difficult times can build strength and character, and can give you a real "high" when you overcome them. You cheat yourself of this sense of accomplishment when things are easy.

Life is not meant to be easy, but living it is. The key to remember is what is happening isn't really that important. There will always be "negative stuff" in your business, career, relationships and life in general. The secret is to understand that it isn't what is happening 'out there' in the world, but what is happening 'inside' in your inner world of thought, feelings and consciousness.

There is a tremendous benefit to sticking it out when life throws you curves. These times can be the most creative and motivating, and provide you with a tremendous opportunity for growth. Change in status in any business, career or relationship brings both the need and benefit of new thinking and acting. Avoiding these times by quitting robs you of this joy of winning and learning.

How committed are you in all areas of your life? Are you considering throwing in the towel? Have you experienced 'more than you can handle' issues? Does it seem as if life is picking on you? Join the club, my friend. Everyone has issues, problems, or stuff in their life. It comes with the territory. But you have a choice. You can look down and see the mud or look up and see the sun. You can give up, quit and move on, or you can draw a line in the sand saying: "this is where I make my stand." Just think of how many opportunities are missed because people quit one day, week or month too soon.

Don't let it happen to you. Commit, go for it, never give up, believe in your dreams, future and life.

Jim K, Office Manager 2010

Reprinted from "The Desert Lifeline" Dec 2023, 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 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



Nov 2023 Group Donations

Good Dudes	\$1,202.48
Unity Hall	\$750.00
Del Rio	\$600.00
JayWalkers	\$498.30
Intergroup	\$426.00
AS Bill Sees It M-S 7Am	\$340.00
Unity Hall Bday Meeting	\$305.00
Veterans Meeting	\$250.00
Early Risers	\$250.00
Serenity Fri 6 Pm	\$249.00
Rainbow Grange	\$180.00
DYP on Adams	\$150.00
Recovery Road Crew	\$140.00
Came to Believe in the Park	\$140.00
Serenity Tues Mens Stag	\$133.00
TVCO Board	\$100.00
Serenity Sat 6Pm	\$70.76
Solutions	\$50.00
Wild Ones	\$30.00
Book Study Monday	\$30.00
Little Big Book	\$30.00
JUGS	\$27.00
Ladies Acceptance LE	\$25.00
Primary Purpose	\$9.25

November \$6,005.79

October \$6,439.29

September \$3,911.12

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.

Addressing 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

