

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 Jan, 2024

- 7,325 Visits to Website
- 397 Phone Calls
- 115 Walk-ins / Purchases
- 31 Intergroup Reps

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
■	Golf Tournament
	TBD Fall 2024
■	Halloween Party
	TBD Fall 2024

"QUOTABLE ANONYMOUS" HEARD IN AA

"God brought me to AA, and AA brought me to God."

"I used to think reality was an illusion brought about by the lack of alcohol."

"Religion is for the people who fear hell. Spirituality is for the people already there."

"FAMILY = Forget About Me, I Love You"

"A spiritual problem cannot be solved with a chemical solution."

"I worked the steps and the steps worked on me."

"FROG = Fully Rely On God"

"Your body is not a coffin for pain to be buried in."

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

MEETING SPOTLIGHT



“Bats In The Belfry” at Silver Feather

by Dana S.

Welcome to the Friday Night Bats in The Belfry Meeting of Alcoholics Anonymous. This is a 1 ½ hour open discussion meeting dedicated to our problems as they relate to Alcoholism.

The meeting got its start over 25 years ago in the Reservation School House, which of course has a bell tower. At some point, the bats decided to make the bell tower, (belfry) home. The decision was made to not allow clapping in the meeting. Clapping would scare the bats, and they would fly around the schoolhouse in panic mode.

The meeting is now located in the Silver Feather Building (Senior Center for Tribal Elders). This is a warm and inviting environment... throw in a group of drunks and we have a good time, complete with clapping (no bats).

The meeting starts at 7:30 p.m. and always offers regular, as well as decaf coffee. If you have a sweet tooth, cookies are a part of our Friday night meeting. Cake is part of our birthday meeting (last Friday of the month). The meeting has its regulars that have been showing up for decades. Many of them came over from the Friday Night Grange meeting in Rainbow, following its closing after more than 60 years. We don't take ourselves too seriously, but we appreciate the need to stay close to the pack and be part of the fellowship, no matter how many years you have. This is a great place to wind up the work week sharing our happy's, crappy's, and recovery.

You can get to the meeting by taking Pechanga Pkwy to Pechanga Rd, (just past Great Oak High School). Go left to the guard shack and they will direct you to the Silver Feather Building, (It's on the left, past the baseball field).

TVCO THOUGHTS

“Spreading The Message”

by Yolanda W.

(Continued from Jan 2024 issue of the Gratitude Gazette.)

The second “miracle “ was a few months ago. I was at Central Office on my usual Wednesday . Al (another volunteer) was answering the telephone . I overheard him say “I think you need to talk to a woman.” He brought the phone over to me. On the phone was a woman who stated, “I don't think I'm an alcoholic, but I told my husband I would call.”

I spoke with her for over an hour . After much encouragement, she agreed to meet me at a Woman's meeting that night at 5:00pm (JUGS) . She arrived and I sat next to her, and when introductions were made she said “I'm Jane and I don't know what I am.”

With again much encouragement, she continued to attend the Wednesday night meeting . She would call me and tell me she had a glass of wine, and I would tell her, “It's ok, keep coming back.” She would ask me, “You aren't going to yell at me?” followed by “Are you mad at me?” I assured her she was ok, and to “Keep coming back.”

Through the course of numerous months she received a 30, 60 and almost a 90 day chip. Once again she asked me the same questions and I gave her the same answers. I told her, “In AA we don't shoot our wounded.”

Today I am sponsoring this beautiful woman, we are attending the Joe & Charlie workshop together. She now introduces herself as an alcoholic.

This is the second “miracle “. Next month I'll share the third, but not final , “miracle “.

BEING HONEST WITH MYSELF

The Denial Within Me Was Gone

by Rick R.

Years before I came to AA, I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic, or that I should try AA. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves and others. Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options, I came to AA looking for answers. The denial within me was gone. My mind was open and for the first time in my life I was desperate, and I was listening.

At my first AA meeting I was moved by what I heard. It was different than anything I had experienced before. The people were being honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could discuss those things openly, that had been taboo up until then. Prior to that, everything in my life was a façade. At that moment On October 15, 1969, my perception of the world had changed, and I have not wanted a drink since. Call it a Spiritual Awakening if you like, and it was for me, but it came in the form of a Profound Change in Perception. In appendices 2, in the Big Book, (Alcoholics Anonymous) it describes a man who had “undergone a profound alteration in his reaction to life”. I began to question all the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware that the values system that I had learned as a child, at church and at the Boy Scout meetings etc. was lost in the dust and was replaced with guilt and shame. I was in trouble when I violated my own value system. I now realize that I was not a bad kid, but I was a child that was not strong enough to do the things I knew to be right. The more I broke the rules, the easier it became, and moral standards were meaningless. Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of AA.

Once I had that change of perception, I knew what to do. It may be as simple as “trying to stop doing the things that I regret” but the key to it all is “Being honest with myself,” and never going back to my old way of thinking. I said that I was fortunate to have survived those last few years of drinking and that I came to AA looking for answers. Being desperate enough to ask for help was the most important part of that experience. I do not believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have surrendered to the degree necessary to have that change of perception and therefore no spiritual awakening. Getting off in the right direction from the start was especially important to any success I have had in AA.

I know that I only live once, and I do not want to waste one moment of the precious life God gave me. Today, as I continue to practice all the things I have learned in the Program, it has resulted in a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous and, for that, I am extremely grateful.



T

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

W

CONCEPT 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

O

PRINCIPLE 2

HOPE - The feeling that what is wanted can be had or that events will turn out for the best; to believe, desire, or trust.



STEP 2 THOUGHTS

Came to believe that a Power greater than ourselves could restore us to sanity.

When I was newly sober, I heard: "Came...Came to...Came to believe". I knew about "coming to" because I had experienced it many times, often throughout the day, and wondered, "where am I...how did I get here...how do I get out of this one?" I had looked at the insanity of my life in Step 1. In being guided through the Steps, I've realized it is "slowbriety" and there is a process, one that gives me an opportunity to keep learning and growing one day at a time. In taking Step 2, my sponsor had me read this Step in the Twelve Steps and Twelve Traditions and highlight/underline anything that applied to me or that I had a question about. Then I was to read Chapter 4, "We Agnostics", and to write down any barriers I had to a Higher Power. After completing these, I was to formulate/write my concept of my personal Higher Power. This was a challenge as I had been brought up in a parochial environment and "God" was an entity sitting in the heavens watching my every move and "His" judgments were endless and I was doomed!

After a time, and talking with others I began to think of "God" as a loving parent without all the human frailties: judgment, envy, anger, punishment, lack of forgiveness, resentments, inadequacy, etc. My thoughts went to my feelings toward my own child: no matter what, I LOVED her. Even if she murdered someone and was in prison, she would still be my child. Though I would not be able to change the outcome for her actions, I could maintain a connection, I could build a bridge of love and tolerance. Her happiness would make me feel good, and the consequences would make me sad, because I wanted her to be happy, joyous and free. I could respond with love to any situation with her. I then thought if I have all these human failings and my Higher Power is perfect, then He/She/It IS all-loving and forgiving and available to me. A bridge or connection will always be there for me, and if I don't learn the first time, I will be given another opportunity to step out of the morass of self pity and self hatred to a healthier way of living. Through love, I will be provided a "design for living" that was unavailable to me when I was drinking and abusing myself and others.

My sponsor then had me write the things this new concept of a Higher Power had done for me that I couldn't do for myself. All I needed to do was begin the list and many, many situations came to mind, results of "coincidences" and turns in the road that just seemed to crop up out of nowhere. It was then I realized that I had been led all along by some Power greater than me, a Power of the Universe. God as I understood Him became much clearer. The principle associated with this step is "Hope", I hadn't had any hope for a very long time. I came to believe that what I had seen in the eyes of the Oldtimers provided hope that I could have a better life, that maybe these Steps would work for even me.

Kathy G

Sunday, 3rd & 11th Step Meeting, Palm Desert.

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



Jan 2024 Group Donations

Good Dudes	\$1,360.03
Robbers Roost	\$1,000.00
Unity Hall	\$750.00
Serinity Circle M-S 7AM	\$515.00
ABSI M-S 7AM Murrieta	\$392.00
Recovery Road Crew	\$277.60
Intergroup	\$261.00
Pigs On The Wall	\$200.00
TVCO Board	\$183.00
Wed Mens Stag Date St	\$159.00
Early Risers	\$150.00
Came to Believe at the Park	\$116.55
Sun City Mens Stag Tues	\$70.00
Solutions Mens Group	\$50.00
Little Big Book	\$37.00
Wildest Dreams	\$35.00
Primary Purpose	\$10.00

January	\$5,566.18
December	\$4,999.49
November	\$6,005.79

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.

PANCAKE BREAKFAST

THE 15TH ANNUAL PANCAKE SMACKDOWN IS BACK!



Sunday, March 10, 2024
Murrieta Community Center
41810 Juniper St., 7am-1pm

HUGE RAFFLE!!

PANCAKES, EGGS, BACON, SAUSAGE, JUICE & COFFEE!!

ALL FREE!!

THERE WILL BE A SPEAKER MEETING FOLLOWING THE BREAKFAST!

EARLY BIRD COFFEE 7:00 - 8:00 AM

BREAKFAST SERVED & RAFFLE BEGINS 8:00 - 10:45

SPEAKER MEETING 11:00 AM - 12:00

CASH DRAWING!!



**IF YOU ARE INTERESTED IN DONATING TO THE RAFFLE OR MAKING A DONATION TO
HELP MAKE THIS EVENT POSSIBLE.**

PLEASE CONTACT

KEN 714-209-9505 OR YOLANDA 619-203-1257



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

