



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 Feb, 2024

- 7,275 Visits to Website
- 275 Phone Calls
- 90 Walk-ins / Purchases
- 32 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

"Alcohol was a great persuader. It finally beat us into a state of reasonableness." *Alcoholics Anonymous, pg. 48*

"There's no elevator in AA. You have to take the steps."

"If I wasn't thinking about drinking, I was throwing up."

"I don't have problems. Only things to do."

"I'm no longer on the decision making committee of my life."

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

BREAKING NEWS!



The 9am "Came To Believe" Sunday meeting at Serenity Circle Hall has changed it's start time from 9am to **8:30am**. "Came To Believe at the Park" still meets at 9am. Please go to www.temeculacentraloffice.org/meetings/ for a complete list of meetings in our area.

MEETING SPOTLIGHT



Men's Step Study at Unity Hall

Wed, 7pm (closed meeting). **by Scott F.**

This meeting holds a special place in my heart, and probably always will!

The story starts out where I was about eight months sober at the time, and I had attended the meeting beforehand. It was the Freeway Flier Meeting and I was going through a bit of a rebellion to AA. At the time I was feeling that there wasn't good and genuine time of sobriety at Unity Hall. I remember praying, (to the God of my understanding) that God guide me to more substantive sobriety.

My friend Rod announced at the end of the Freeway Fliers Meeting that there was a Men's closed meeting that specifically studied the 12 Steps, and it immediately followed the Freeway Fliers meeting. And that the meeting was studying the first step. I felt that there little to lose, and I went!

At the meeting, it started out like a normal meeting of its kind. It was closed, and it also was a men's meeting. More than anything it was the last Wednesday of the month and at that meeting, like many, we celebrated the time of sobriety that its attendee's enjoyed. That month, there was only four that enjoyed annual celebrations. But you see, it wasn't the number of people that celebrated "Birthdays", it was the fact that those four men celebrated one hundred and twenty-one years of continuous sobriety!

I found that the sobriety is there if I only looked for it. I now call that meeting my home group and I probably always will. Its members probably have an average of decades, not years of sobriety. And every one of those years, One Day At A Time. If you are a man, and you are looking for a closed meeting, come and join us!

Unity Hall is located at 27732 Encanto Dr, Sun City.

TVCO THOUGHTS

"Not the Final Miracle"

by Yolanda W.

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

When I began this series of "Miracles at Central Office", I thought the month of March, we focus on Step 3, which reads: Made a decision to turn our will and our lives over to the care of God as we understood Him". The following "miracle" is my "miracle".

I volunteer at Central Office once a week. One morning I had a doctors appointment, before I began my usual shift. During this appointment my cardiologist informed me that "he thought" I might have pulmonary fibrosis. I was devastated as I witnessed my oldest brother die from this disease . My cardiologist did state " I'm not a pulmonologist, so he can give you the final diagnosis ".

Overwhelmed I drove to Central Office . Initially I was full of fear and honestly planning my funeral. Eventually i began my routine of cleaning . I was trying to plug in the vacuum and was struggling with the vacuum cord . I eventually had to get on my knees to resolve the issue . As I was on my knees, I glanced over and saw the Third Step Prayer in a frame on the floor next to me (I had never seen the prayer in my years of volunteering). I said each word of the prayer crying and surrendering to God.

I said the prayer, "God I offer myself to thee, to build with me and do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life. May I do thy will ALWAYS." All my fear left me and I heard God say to me "I'll take care of you if you take care of my children".

As it turns out I do not have pulmonary fibrosis. Today I try to remember and practice to the best of my ability the words God told me. I'm not perfect but I really try and live in God's will not mine. These are the three of many miracles which happen at Central Office. Do you have a story or miracle to share??

THE UNSELFISH SPIRIT

Accepting The World As It Is

by Rick R.

Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. The degree that the individual carries out these two goals is not mandated by the AA body and the only requirement for membership is a desire to stop drinking. The AA program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of spiritual damage and material wreckage. It seems that our spiritual damage lies in the unseen part of our makeup such as, our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self-esteem, and the like. Our material wreckage often comes as the result of our spiritual damage and is the residue of our spiritual condition.

Selfishness- self –Centeredness! That, we think, is the root of our trouble. (pg. 62 BB.) Isn't it apparent that unselfishness would be the solution to our trouble? That seems to oversimplify the solution but, in my experience, it is so simple that it is usually overlooked. Most alcoholics have spent their lives taking advantage of everything and everyone around them and as a result, have been plagued by the guilt and shame that only a drink could mask. The AA program suggests that we live by principles, and I cannot find one selfish principle in the Big Book or the 12&12. I believe that most of the people that truly have a desire to stop drinking and embrace the AA program start to change the behaviors that they recognize as counterproductive simply because they can hear these things that we all share at meetings, and they change the most obvious shortcomings in their day-to-day activities. This is a good start and with time it starts to erode many of the shameful habits of past that had become commonplace.

Talk of inventories and amends causes us to think at a different level about those material matters. Usually, the only thing that we are aware of in the beginning. When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by "spiritual". If, for the sake of simplicity, we think of it as our innermost self, such as our ego, conscience, our mind, our heart, or soul, if you like, and realize that this is where our spirit resides and where our emotions live, and that is also where the pain of our past thrives. If we want to achieve the peace of mind that is promised in step nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world. If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all the people that we find fault with and give them the same latitude that we are seeking. To accomplish this, we can stop being judgmental and replace that with an understanding spirit. We will have to replace gossip and character assassination with compassion and empathy. If we can't do that, then how can we expect the world around us to accept us and forgive us for our past mistakes?

This is no time to rest on our laurels, so to speak. It's time to begin cleaning out the attic. This is where we begin to free up that space in our minds that has been keeping us awake at night. This is truly the path to developing the unselfish spirit, and with it come a peace of mind that's hard to imagine while we were still playing God ourselves. It costs me nothing to be kind. *My wish for those other people is that they can someday find the same peace of mind for themselves that this process has provided for me. What more can I say?*



TRADITION 3

The only requirement for A.A. membership is a desire to stop drinking.

The path for me to any continuous length of sobriety has been long and has consisted of several relapses over the last 20 years. Each one became more incomprehensibly demoralizing than the last. They all took me further down the ladder of contemptible acts and behaviors. Had it not been for Tradition Three -- because of my overwhelming guilt and embarrassment - I might not have felt so compelled and welcome to return to AA once again.

But I always knew that this program, God and all of you were here waiting with loving, open-arms to see me take another 24 hour chip. I knew I would not be judged by you but accepted by you as a member of AA because I had the desire to stop drinking. I had the desire and I declared myself a member of Alcoholics Anonymous. And then, the "miracle" happened! I finally honestly admitted I was an alcoholic, and my life was unmanageable. I let you embrace me, and I embraced you back for the first time. I followed your suggestions and became teachable. I also came to believe that a power greater than myself could restore me to sanity. Thus, I was blessed with having the obsessive compulsion to drink removed!

Because of God, this program and all of you, I will be celebrating 3 years of continuous sobriety in a couple of months! My life is now full of love, joy, and acceptance of life as it is and others as they are. I am so very grateful to AA and for Tradition Three that states that anyone may be a member of AA because they have a desire to stop drinking.

Kara S.

*Fearless and Thorough Book Study
Rancho Mirage*



STEP 3

Made a decision to turn our will and our lives over to the care of God **as we understood Him.**

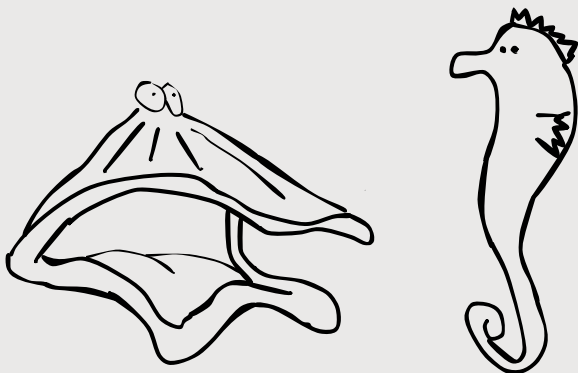
TRADITION 3

The only requirement for A.A. membership is a desire to stop drinking.

CONCEPT 3

To insure effective leadership, we should endow each element of A.A. - the Conference, the General Service Board and its service corporations, staffs, committees, and executives - with a traditional "Right of Decision."

CARTOON CORNER



"The Big Book says my problem is I'm shellfish and self-centered."

- Bill P.

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



Feb 2024 Group Donations

Unity Hall	\$750.00
Del Rio	\$700.00
Good Dudes	\$637.18
Jay Walkers	\$420.00
ABSI M-S 7AM	\$342.00
Serenity Fri 6PM	\$250.00
Intergroup	\$223.00
Serenity Mon 6PM	\$143.00
Came to Believe in the Park	\$100.00
Del Rio Birthdays	\$87.00
TVCO Board	\$40.00
Step Sisters	\$30.00
Little Big Book	\$29.00
Primary Purpose	\$5.00

February	\$3,756.18
January	\$5,566.18
December	\$4,999.49

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

