



# GRATITUDE GAZETTE

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

**"LIVING FREE IN 2023..."**

**[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 Sept, 2023**

- 7,876 Visits to Website
- 400 Phone Calls
- 90 Walk-ins / Purchases
- 30 Intergroup Reps
- 5 Visits

## **EVENTS CALENDAR**



**Softball Tournament**  
**Sun, Nov 5 at Cal Oaks, Murrieta**



**Golf Tournament**  
**Fall 2023 TBD**

## **"QUOTABLE ANONYMOUS" HEARD IN AA**

"I've been a real avant-garde destroyer of worlds."

"Call before you dig."

"I never suffer as much as when trying to avoid suffering."

"There is no such thing as a slip, It's just premeditated carelessness."

"This disease wants me dead, but it will settle for me drunk."

"If I weren't an alcoholic, I would drink all day".

"I'm a defect looking for some character."

"I should not stay in my head without adult supervision."

"How in depth does your fourth step need to be? That depends on how free you want to be."

"Seven missed meetings makes one weak."

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

# MEETING SPOTLIGHT



## “Mosh Pit” Alano Club Men’s Meeting

by Bill P.

I know the Alano Club isn’t associated with TVCO, but we are still part of the same recovery family in this valley. The Alano Club was one of the few places still holding meetings during lockdown, and there’s no telling how many lives that saved. The Alano Club hosts many different types of 12-step meetings besides A.A. Al Anon, N.A., S.L.A.A., TVYPAA, S.A., and M.A. are some of the alphabet soup meetings that this club hosts.

Every Tuesday night at 6pm they host a men’s meeting called the “Mosh Pit”. Typically I am behind the snack counter being of service for most of the Mosh Pit meetings, and I wanted to share something that happened recently that made me appreciate this meeting and this program even more.

A few Tuesday nights ago, a gentleman walked in late, bee-lining it to the back room where the Mosh Pit was already in full swing. This man went into the meeting with purpose - to cause mayhem to whomever was sharing. He had a knife and attacked the nearest member, and was promptly defused by several very large men in the room who didn’t care that he had a knife, because they had folding chairs. I’m not advocating violence, but these men neutralized the attacker as safely as they could, and they did. No one got stabbed. The only person who got hurt was the man with the knife, who, 12 sheriffs and 2 ambulances later, was safely gurney’d out.

I left there with many thoughts. “Thank God for the men in this room that kept the meeting safe.” Then later, “Damn, that guy royally screwed himself over.”

Bill W. said we don’t fear those that we are trying to help. “Love and tolerance is our code.” [A.A., page 84.] I know the world can be a dangerous place, but I like to think faith is a wildly important part of my recovery. Faith in my higher power, faith in the 12 steps and 12 traditions, faith in A.A. and the fellowship. Faith in the safety of this miraculous program.

What I love dearly about A.A. is that for a person such as the man who was off his meds and ended up acting out and trying to harm people in the rooms of A.A., is that he is still welcome back if he seeks recovery. “We don’t shoot our wounded.” I’m grateful for the Mosh Pit meeting, and the men who looked out for the safety of their fellow man, including that man with the knife who was very sick.

For more information on safety, please see the “AA Safety Card” flyer on page 9.

Alano Club - 27470 Commerce Center Dr # C, Temecula, CA 92590  
Website - <https://thetvac.org/>

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## 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!

# MAKING APOLOGIES OR MAKING AMENDS?

## Apologies Are Just Acknowledgements

by Rick R.

Over the years I have attended many different types of A.A. meetings, and I have noticed that I seem to find myself drawn towards the ones that are literature-based more than the meetings that seem to have a wide-open topic approach. I find it more direct and constructive when the things that I share about are based on A.A. principles and I can refer to the line or lines in the 12&12 or the Big Book, or in the Daily reflections, that back up the things I share with others, rather than just shooting from the hip on what "I think" about the topic.

As we are making lists and inventories and searching for the right approach to complete the process of identifying our problems and formulating a path that we can take to correct them, I do not think there is any wrong way to do it. After all, it is just a list. I do, however, sometimes think that there may be a better, more thorough way to accomplish it. The good thing about this is that as we get more evolved in this process, we can always revisit these issues and improve on them. Often, when someone skimps on their fifth step, they may be encouraged to go back and revisit the fifth step, otherwise they are not likely to ever have peace of mind. When we make amends, we bring those issues to their natural conclusion, and they do not torment us anymore. The cat's out of the bag, so to speak. What does it mean when we say, making amends? I once heard a woman sharing, she was having trouble making amends to her father; that it was too difficult. She said that her sponsor advised her to just make living amends. It was implied that she did not have to address it with her father and that she could just do something kind for others and that would make it even. The sponsor was well meaning but, I believe, somewhat misguided in her advice. Sidetracking the issue will never rid your mind of the matter and bring it to a close. It will be in your memory for as long as you have a memory and that is not good.

When I was first faced with the prospect and the challenge of inventories and amends, I viewed them as penance or punishment, not unlike donning an orange jumpsuit and picking up trash along the highway. After having gone through the process and reaping the benefit of that experience, I now see it as a means of cleaning out the attic and ridding myself of those tormenting ghosts of yesterday. One by one I put issue after issue to rest and as a result, they no longer keep me awake nights, wrestling with ways I might circumvent this ego-crushing exercise.

The other thing that I want to address is the idea that apologizing for something is making amends. To me, apologizing is simply acknowledging that we have made a mistake, but if we have not mended that behavior, and are still making that mistake with others, we have not mended anything. An example of a sincere amend might go like this: *I apologize for what I did, it has bothered me ever since, and I am truly sorry, and you can rest assured that I do not do that anymore. What can I do to make it right?*

Carrying the dead weight from past misdeeds around in our heads is no way to live. If you can muster the strength to address them one at a time you can rid yourself of all that mental discomfort and you can experience the promise: we will comprehend the word serenity and we will know peace. Can you say that for yourself, now? All amends are living amends and apologies are only acknowledgements.



**T**

## STEP 10

Continued to take personal inventory and when wrong promptly admitted it.

**E**

## TRADITION 10

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

**N**

## CONCEPT 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

## CARTOON CORNER



“Who cares about the future — where the hell was I last night?”

— A Rabbit Walks Into a Bar

## Thoughts on Step 10

In the past, having an emotional hangover always led to a drink. That one drink led to a hangover from drinking too much. Hangovers abounded whether emotional or from excessive drinking.

My inability to control my drinking and to temper my emotions only added to my anger and discontent. The only way I could relieve myself of the misery that consumed me was with alcohol.

Today, thanks to Step Ten, I’m afforded a tool to help prevent those emotional whirlwinds that led me to the bottle and ultimately to the misery I once lived. A quick check to examine where I am spiritually will set me on a better path.

Whether it is anger, envy, jealousy, or self-pity, I know if I don’t look for the root cause, I have no chance of long term peace or joy. Continuing to take personal inventory and promptly admitting when I’m wrong, gives me new perspective and a chance at having some serenity.

-Anonymous

## Tradition 10 Checklist

1. Do I ever give the impression that there really is an “AA opinion” on Anabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

*(Reprinted with permission from the AA Grapevine)*





# YOUNG PEOPLE IN A.A.

By Travis L.

The first Alcoholics Anonymous meeting I ever attended was when I was 19 years old as requested by the U.S. Navy with an ultimatum, go or you will no longer be eligible to serve. The first Young Peoples meeting I attended was in 2005 after my first DUI. I had grown bored with hearing the same people share the same stories every day at the early morning meetings I was usually attending. I was also at the onset of my first divorce, 25 years old, and hopeful that I could escape the consequences of my drinking that rained down on my career, marriage, health, friendships, and finances. Attending that YPAA meeting in Rancho Cucamonga was eye opening to the fact that there was fun to be had in a meeting. The meeting delivered exactly what I sought, to escape from the worries life presented. But I failed to connect with anyone, get phone numbers or find a sponsor. I didn't stay long but I saw a glimpse into what could be possible for my own future.

Returning to AA in 2019 I remembered those young people meetings and decided to give them a try again. As my recovery and wellness have changed over time, I found myself going to the Temecula Valley Young People's AA meeting occasionally. The same energy that was in the first one I attended. I had grown to dislike the excitability and comments of the meetings. I did not want to go because I summed it up as irreverent, immature, and often overly sexual. I made sure to find a different meeting Sunday night to protect myself.

In the last few months, I started regularly attending the Wasted Youth TVYPAA meeting at the Alano Club. I have been scrutinized by my similarly aged male peers in AA. Few have outright said what they were thinking. Instead ask, "Why would a grown man like you want to attend a young people's meeting?" To answer that question, I go there to help spell out that our disease continues to get worse, never better. I could have been saved from a dozen or more years of misery. I will do what I can to be the person that points young people to the book while maintaining a level of good boundaries. Just like any other meeting except the YPAA meetings are filled with people my oldest daughter's age.

My favorite line from page 23 of the 12x12 says, "It was obviously necessary to raise the bottom the rest of us had hit to the point it would hit them." In the story Student of Life starting on page 319 of the Big Book the writer was asked why they had avoided AA, "I told him it was because I didn't think I had hit bottom. Somehow, he didn't laugh but said, 'You hit bottom when you stop digging.'"

The Twelve Steps and Twelve Traditions talks about how AA started with the "last-gaspers" and dealt with low-bottom cases only. But with the printing of the book, many people started to understand their problem and seek help in the rooms of AA before losing everything. This brought young people who as they defined then were "scarcely more than potential alcoholics." At the 1960 AA Convention, Bill W. noted that the age of new members was much lower than when he and Dr. Bob founded AA 25 years earlier. In a letter to ICYPAA dated June 15, 1969, Bill wrote "... in recent years I have found nothing for greater inspiration than the knowledge that A.A. of tomorrow will be safe, and certainly magnificent, in the keeping of you who are the younger generation of A.A. today."

Other mentions of young people are made in the stories of the text of Alcoholics Anonymous. A few are here: "My last semester in High School marked my bottom. It was everyday drinking. Since I had already been accepted at college, I consciously decided to make that last semester one big party. But it was no fun at all. I was miserable." Page 283 The Missing Link. "I started the painful spiral to my bottom a scant two years into my career." Page 311 My Chance to Live.

Telling our story in a general way, what we were like, what happened, and what we are like now is more important for young people so that they might avoid the years of suffering many of us endured. My hope is that this article brings a few elder statesmen to the Sunday Wasted Youth meeting to carry the message. They are the same AA, with the same three legacies, the same twelve steps, traditions, and concepts for world service.

*You can find their meeting, Young Alcoholics, Sunday 7PM at the Alano Club at 27470 Commerce Center Drive, Temecula, CA.*

## 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 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](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



## Sept 2023 Group Donations

Good Dudes	\$833.88
Del Rio Survivors	\$800.00
Unity Hall	\$750.00
Intergroup	\$258.75
Tem Serenity Fri 6PM	\$186.00
Tem Serenity Tues. 6PM	\$180.00
Recovery Road Crew	\$180.00
Step Sisters	\$168.00
As Bill Sees It M-S 7AM	\$15400
TVCO Board	\$125.00
Solutions	\$100.00
Ladies Thur noon BB LE	\$64.74
Wed LE Ladies Acceptance	\$50.00
Little Big Book	\$30.00
Just Us Girls	\$16.75
Womans Primary Purpose	\$8.00

**September    \$3,911.12**

**August        \$6,387.10**

**July            \$3,875.42**

**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.



BEDAZZLE YOUR BROOMS,  
CRACK OPEN YOUR SPELL BOOKS,  
AND JOIN US FOR



# THE WITCHING HOUR LADY'S MIXER

PRINCIPLES BEFORE PERSONALITIES  
(YOUR PERSONALITY)

SUN, OCT 22ND, 11 - 2PM

MURRIETA COMMUNITY CTR. 41810 JUNIPER ST. MURRIETA, CA 92562

FELLOWSHIP - WITCHES DANCE! - CHILDCARE  
HORS D'OEUVRES - RAFFLE - SPEAKERS  
CONTESTS FOR BEST COSTUME AND BROOM

\$25 DONATION - NO WOMAN TURNED AWAY!  
(MEN WILL BE BOILED AND BREWED)

[HTTPS://TINYURL.COM/LADYSMIXER](https://tinyurl.com/ladysmixer)

DONNA 951.216.5494  
LAURA 951.226.4250

venmo



zelle







## 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](http://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

