



# 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 August, 2023**

- 7,910 Visits to Website
- 405 Phone Calls
- 87 Walk-ins / Purchases
- 28 Intergroup Reps
- 11 Visits

## **EVENTS CALENDAR**



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



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



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



**Tentative - "Oscar Night" - New Year's Eve Dance  
& Dinner, and Awards.**

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

"Don't try to be a victim in AA, there is too much competition."

"I no longer pole-vault over mouse poop."

"My history is no longer my biography."

"If you don't lie, you have a lot less to remember."

"I was going downhill faster than I could lower my standards."

"If you're swimming in a pool of s\*\*\*, don't make waves and keep your mouth shut."

"If you go 20 miles into the forest, you have to come out 20 miles."

"When I stopped living in the problem and began living in the answer, the problem went away."

"Definition of an alcoholic is an egomaniac with an inferiority complex"

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

# MEETING SPOTLIGHT



## “Came To Believe”

by Bill P.

Sundays at 9am there's meeting called “Came To Believe” based off readings from the book with the same name. I started my commitment as Secretary of this meeting in January of 2022. The Secretary before me was upset that the coffee person was late, and exclaimed, “Someone else needs to be Secretary!” Well, since I was the only one in earshot, and I was looking for a commitment, I told him I would do it. This commitment has been rewarding. It helps keep me sober. It keeps me coming to the meeting each week. It keeps me accountable to others who rely on someone to unlock the door and set the room up each week. It give me a feeling of purpose in A.A. I'm not saying all this to toot my own horn, I'm trying to let the reader know that commitments of service are important. It's how we give back what was freely given to us. Maybe by reading this you'll consider taking on a commitment yourself.

This meeting has been going on for at least 13 years, and used to meet at the old Del Rio on Jefferson. At some point, some of the group decided to meet outdoors at Ronald Regan Sports Park, and thus we now have an outside and an inside version, both at 9am on Sundays. Then when Del Rio moved locations, there was a group conscious and the group decided to move to Serenity Hall, where it continues today. There's yet another “Came To Believe” meeting that meets at the new Del Rio, Tuesdays at 8pm, and is a candlelight meeting.

Confused? It's ok. More meetings equals more options, and it's one of the things I love about A.A. Don't like a meeting? Well there's plenty of others to try!

I was told that it's important that we have the “spirit of rotation” in regards to service commitments. We alcoholics need opportunities to serve, so time limits are crucial to give people that opportunity.

My term as Secretary is up at the end of this year - I will have served for 2 years. I'm grateful to get to pass the baton to someone who needs it. I've heard from more than one person that this Sunday morning meeting is “their church”. A way for them to keep growing spiritually, and I feel the same way. We read the 3rd, 7th and 11th step prayers each meeting.

I look forward to other ways to serve, and to keep working on my own recovery. Are you looking for some way to give back to A.A.? Please see the article “Ways To Serve” on page 6 of this issue.

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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!

# SPIRITUAL SIMPLICITY GETS IT DONE

## Practice the Program with Enthusiasm

by Rick R.

Tackling the alcoholism problem, the wreckage of the past, and trying to be Spiritual at the same time is a large order in the beginning. Most of us are consumed with the trauma left in the wake of a life run by our Egos and flooded with alcohol. We hear a variety of ways to approach the Spiritual way of life and we try to fit it into our A.A. agenda but, still reeling from the wreckage, our effort seemed scattered at best.

If we manage to get a handle on those troubling issues that consume our thinking, it often frees us up to explore the Spiritual aspects of the program at a deeper level. At first, it is not easy to define, or to articulate, the word spiritual but most of us will try to put a face on it based on something we learned in church or something we have heard at an A.A. meeting etc. This is an O.K. start but it is wise to continue to look for that deeper meaning that is consistent with the spirit of the A.A. program and to practice it in our daily lives. As I research the word spiritual, I find many phrases that could define it such as: In the spirit of, Of the inside, Intangible, not of a physical or material nature, Religious, Psychic, and many more.

I have read most of the publications that have come from the list of A.A. approved literature, and in "Doctor Bob and the Good Old Timers", it suggests that when the Co-founders had to address the issue of spirituality, they got their inspiration from the book: The Sermon on the Mount, by Emmet Fox. (1938) I have found that book to be exactly what I needed to segue into a way of thinking that covers all the principles that A.A. suggests. It explains that we can live by the Letter of the Law, and still not receive the desired results until we learn to live in the Spirit of the Law. This is my Go-to Guide and I frequently reread it to reinforce my Spiritual understanding. I do not go-it alone. There I come to understand that there's no such thing as a Selfish Spiritual Principle.

We hear talk of prayer and most of us who have been around awhile have found an approach that works for us. If I pray to God, how does God communicate his message to me? I have never heard a voice that I could confirm to be the voice of God. I do, however, receive inspiration in the form that is more than enough for me, and I have a tremendous amount of faith. They speak of a kind and loving God is he may express himself in our group conscience. That works for me.

The way I have come to explain this concept is as follows: I have sat in on thousands of A.A. meetings and whether I know it or not, my mind is collecting information that I am not even aware of, and storing it away, as in a file cabinet, in those 10 billion brain cells that we are supposed to have in our heads. When I pray for guidance, the search begins in the file system and comes up with the answer intuitively. This file cabinet metaphor is my way of trying to express a sound and solid approach to being open to outside influences without really having to define who or what God is. He speaks in many ways.

Another thing that I believe it does without my personal effort is to Neutralize much of my negative way of thinking. Spirituality is an inside quality. It resides in my mind, my heart, and my conscience. To acquire it I had only to stop fighting and practice the rest of the A.A. program as enthusiastically as I could (12&12 page 27) and I might add, Keep it Simple.



N

## STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

I

## TRADITION 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

N

## CONCEPT 9

Good service leadership at all levels is indispensable for our future functioning and safety.

E

Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

## INTO ACTION

### Thoughts on Step 9

**“Made direct amends to such people wherever possible, except when to do so would injure them or others.”**

As an alcoholic, I have well-developed skills of rationalization and procrastination. I honed those skills over decades of drinking. Self-serving rationalization is the number two tool to an active alcoholic drinker. Right behind number one, self-centered fear.

Since both those defects of character still live within me to a degree (far less than before, thank God), it's easy to pull them out of my tool box and avoid making amends. It's easy to say: “Well, wouldn't it be injurious to that person if they got really, really upset at me?” or “What if they don't forgive me, or worse, spread the details of my misdeeds all around town?” Fear and rationalization can conspire to interfere with the willingness I prayed for in Step Eight.

So prudence, patience and good timing are paramount when making these direct amends. The advice of a sponsor or other fellows in AA as well as advice from the Big Book are essential with regard to doing Step Nine. I had to remember, this Step talks about not injuring them or others, so I have to get over my fear of it injuring me. I had to be willing to accept the reaction of the person I have forgiven, and I have to forgive myself. After all, self-forgiveness may be the only forgiveness I get! Because this Step isn't about being forgiven, it's about owning up to my part in the mess I have made. I can always ask the person what they need to make things right.

I would compare the freedom of the wreckage, shame and guilt to the freedom from the obsession to drink. It's that profound. Conquering my fear and actually doing the hard amends was probably the biggest accomplishment in my sobriety. And because I never have to drink again, I never have to do that same amends again.

Rob L. Palm Desert

*-Reprinted from the Desert Lifeline, Coachella Valley, Sept 2023 Newsletter*

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## CARTOON CORNER



**“I'm not powerless over alcohol, I just can't get up!”**

*- A Rabbit Walks Into A Bar*



# CLANCY I. & DICK V.

## Pacific Group Legends

By Travis L.

Clancy I. hanging with Dick V! For those who don't know, Clancy was an AA speaker who reached legendary status. His participation in the Pacific group and thousands of his sponsees changed how AA operated on the West Coast, across our nation, and around the world. Clancy sponsored like a hammer, always striving to form his sponsees into better humans. He was often very successful in helping transform hopeless humans, bringing them from unhoused and unemployable to great professional heights. Many of his sponsees became doctors, lawyers, nurses, and business owners. He passed in 2022 from COVID after running face-to-face meetings during the lockdown. His fearlessness is an inspiration for all of us.

Dick V. is a proud member of Alcoholics Anonymous, an actor, entertainer, and comedian. He starred in the movie *The Morning After* in 1972 which depicted the horrors of alcoholism. He rallied others to go to Washington D.C. to present a new plan to our nation on how to treat those suffering from alcoholism. Crying out that addicts and alcoholics need to be treated for a disease with love and compassion. He still speaks out today and countless articles, soundbites, and interviews can be found with a quick web search "Dick V. Alcoholism". Try it for yourself.

These two men demonstrate that anonymity is optional. The 12 steps and 12 traditions say that if we read between the lines we can see that anonymity in AA was mostly out of fear. Personally, I see the value of humility in anonymity, but for those of us in low positions in life can be raised up by stating our sobriety. When speaking to debt collectors I used a line from the book. "I have been slow to pay because of my drinking." This resulted in praise from the other end of the phone a few times. It can be challenging to hold on to humility when praised by others. It appears Clancy was able to hold space for enough humility to continue working with others and spreading the message of hope that AA offers. Dick V. continues to make an impact today with his continued sobriety.

**Editor's Note:** The Gratitude Gazette is a an AA publication, so we have removed all last names from the original version of this article, with permission from the author, out of respect for our 11th tradition. The editors of this publication will not use any last names, even of well-known people going forward.

## THIS MONTH IN A.A. HISTORY

Reprinted from Westside Central Office,  
Sept 2022

- September 1939 – A score or more of alcoholics apply the A.A. program and recover in Cleveland, Ohio. This sudden growth of A.A. in Cleveland proves that A.A. can grow to a great size. Also around this time, the Cleveland Plain Dealer newspaper would run a series of articles on A.A.
- September 30, 1939 - An article on A.A. titled *Alcoholics and God* appears in *Liberty* magazine. After publication of this article, Big Book sales saw an increase of several hundred and the early A.A. Newark Office received 800 pleas for help.
- September 1947 – The first A.A. group in Brazil takes shape.
- September 1947 – A.A. is started in the Eugene-Springfield Oregon area when eight members met at the YMCA on September 12, 1947.
- September 9, 1948 – The Astoria Alano Club opens its doors for the first time at 145 11th Street in Astoria, Oregon. The first group in Astoria, known as the Central Group, would meet at the Alano Club on Wednesdays and Saturdays at 8pm.
- September 1950 – The first meeting in Seaside, Oregon is held at the home of Earl E. and his non-alcoholic wife Leona.
- September 1951 – The first Oregon A.A. Newsletter, titled "Our Baby", begins publication. The monthly newsletter would carry state as well as national A.A. news. Each group would receive a copy in the mail and additional copies were circulated through the central office in Portland. 500-600 copies were printed for each issue. The newsletter would cease publication after three years. The Oregon Area would begin publishing a second newsletter in April, 1960.
- September 2001 – In the wake of the September 11, 2001 attack on the World Trade Center in New York, exhausted A.A. members among firefighters, police, and clean-up crews formed A.A. meetings at Ground Zero.



## 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



## July 2023 Group Donations

Del Rio Survivors	\$800.00
Serenity Cir AM Meetings	\$760.00
Unity Hall	\$750.00
Intergroup	\$680.00
Good Dudes	\$640.00
ABSI M-Sat 7AM	\$635.00
Jaywalkers	\$444.60
Hill Early Risers	\$400.00
Recovery Road Crew	\$366.00
DYP	\$200.00
Pigs on the Wall	\$200.00
Came to Believe at the Park	\$150.00
Wed Nite Mens Stag Date St	\$128.00
Came to Believe Alano Club	\$112.00
Acceptance Wed Noon Wmn	\$50.00
Little Big Book	\$31.00
In Gods Care LE	\$25.00
Womans Primary Purpose	\$15.00

August \$6,387.10

July \$3,875.42

June \$5,728.15

**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

## Every day

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

# 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**



**Pet Friendly**

**Pay @ the Gate**



**Day Use**

**No Camping  
\$10**



**Tents: 1 Person  
\$25**

**Extra Kid \$15**

**Extra Adult \$25**

**Tents: 4 People  
\$50**

**Extra Kids \$15**

**Extra Adult \$25**



**RV's & Trailers**

**4 People  
\$60**

**Extra Kids \$15**

**Extra Adult \$25**





## 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

