

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!

END OF YEAR CHECK IN From the TVCO Office Mgr

by Ken S.

Hello everybody, I want to take this chance to thank all of you for your generous donations to our central office, because of your love and service we were able to respond to over 30,000 visits to our website this year, and answer 3,720 phone calls from people looking for help finding a meeting in the Temecula Valley, and helping people who are looking for an opportunity to recover from the disease of alcoholism. I also want to thank everyone for allowing me to be of service for the past 7 years at the central office and looking forward to many more. We have come a long way, our mission to make more 12-step work possible Has been a success. As our valley grows more people are looking to us for help, we need to continue donating generously to keep up with this growth and be effective in our mission. On behalf of myself, the board of directors and all the volunteers here at the office we want to wish you all Happy Holidays and a successful, sober 2025.

TABLE MEETING 12 STEPS
4th Weekend of every Month
You MUST have a reservation NO EXCEPTIONS
Call Susan W.: (951) 722-5391
1320 W Williams, Banning, CA

J&C WORKSHOP

The Joe & Charlie Workshop is gearing up to start again. The workshop will guide you through the steps! Thursdays 7pm-9pm, starting Jan 19, 2025 and runs for 19 weeks. Cost is \$25. New books are available if you need one. Workshop facilitator is Derek H. once again.

You can register at www.temeculaworkshop.com

CENTRAL OFFICE ACTIVITY For Nov, 2024

6,392 Visits to Website
380 Phone Calls
52 Walk-ins / Purchases
35 Intergroup Reps

WHO HOLDS THE KEY OF WILLINGNESS?

The Control Rooms in My Brainbox

By Rick R.

There are many proven, practical suggestions in AA literature that, if followed, would lead to a life of serenity and peace of mind, and we hear these suggestions every day in the AA meetings that we attend, and it seems that we all place different degrees of importance on these suggestions. This might simply be based on how desperate we were when we entered the program. Desperation was the main motivation that brought many of us to AA voluntarily in the first place. Unfortunately, some members get to a certain comfort level then we see them settling into a pattern of just attending meetings and falling into that "Half Measures" rut and this is a routine that can go on indefinitely, but that is their choice.

On page 35 in (12&12) it states that willingness is the key but when I was in my early days of sobriety, I resisted looking deeper into those embarrassing behaviors of the past, and the present, and it slowed down the pace of my recovery, but thank God, it did not bring it to a complete stop. I then learned that I was not the one making decisions about my willingness, for I had another power hijacking that function of my brain box. I had to come to terms with something that never occurred to me on my drinking days. Most of my errant behavior was the result of an EGO driven mindset. My EGO did not want me to be willing to do any of the altruistic principles that the AA program encourages, and it selfishly ran the show, for the most part. I recognized this many years ago and decided that until I got my EGO under control, I was going to be one of those unfortunate souls that falls into that complacency mode. I seem to approach the EGO deflation problem by imagining it as a separate control room in my brain, so to speak, right next to another control room labeled "Conscience". My Conscience says, "Make your bed" and my EGO says, "Don't be a Wimp." Next, I make my bed. The more I do what my Conscience suggests, the more I render my EGO irrelevant. All my EGO driven actions were of a selfish nature, and all my Conscience driven actions are Unselfish in Spirit. If I had not given due diligence to all the twelve steps and had let my EGO talk me out of it, I would, most likely not have gotten to this level of understanding. I had to start with simple suggestions like, Restraint of pen and tongue (12&12 pg.91) and, Drop the word blame from my speech and thoughts. (12&12 pg. 47).

I find it rewarding to be willing to brew and serve coffee, pass out the books at the step study meetings, take out the trash bags etc. I can also smile, open a door for someone, let someone in on the highway and help with an occasional hand out to the less fortunate. Some may misunderstand my motives for why I do these simple little gestures, but I never let myself be deterred simply because, if I did, I would be letting my EGO get another foothold and I am just not going to let that happen here. I am simply dropping the dead weight from my Conscience.

Today, I do not have to think about doing these deeds as they have become second nature and part of who I am these days. When I do these things without fanfare, I get a warm feeling in my heart that replaces those old neglectful, Negative emotions of the past. No Half Measures here. My Conscience is my guide. Night-night EGO, it is time to take your nap now.



ALL I WANT FOR CHRISTMAS IS MY SANITY

Staying Present In Recovery

The holiday season can bring up a mix of emotions for anyone, but for those of us in recovery, it's a time that can feel particularly charged. Amid the tinsel and carols, we often find ourselves grappling with memories, expectations, and the push-and-pull between what the season promises and what it delivers. Two ideas can help anchor us during this time: "I came for the gifts, and stayed for the presents" and "All I want for Christmas is my sanity."

I Came For The Presents, and Stayed For The Gifts

When we first entered recovery, we may have been motivated by the hope of getting something back—our families, jobs, dignity, or simply a sense of peace. These are often referred to as the "gifts of recovery." And they are beautiful gifts, no doubt.

But as we grow in this journey, we begin to understand that the deeper gift lies not in what we regain, but in what we learn to receive in the moment. This is where the gifts come in—those fleeting, sacred moments of peace, gratitude, humility, and hope that are only available when we live fully in the here and now.

To truly receive these gifts, we need to practice being present:

Hope anchors us in the belief that life can get better, even when we can't see the way forward.

Peace comes not from perfect circumstances, but from accepting what is.

Gratitude helps us see abundance where we might have only seen lack.

Humility reminds us that we don't have to control everything to be okay.

These are the presents we stay for—small miracles, wrapped in the fabric of everyday life.

All I Want For Christmas Is My Sanity

If the holidays had a tagline for many of us in recovery, this could be it. While the world sings of perfect snowfalls and magical moments, we often just want to make it through the season without losing our serenity.

Sanity in recovery is about balance, about staying connected to our program and not letting the chaos of the season derail us. This is where progress, not perfection comes in.

Recovery teaches us that:

- We don't have to host the perfect dinner, buy the perfect gifts, or even feel perfect to be okay.
- When stress or feelings creep in, it's progress to pause and reach for a tool instead of reacting.
- Even when we stumble, we're not starting over—we're simply continuing on a messy, beautiful path.
- Sanity doesn't come from fixing every problem or achieving every goal. It comes from surrendering what we can't control and leaning into what we can: showing up, staying present, and giving ourselves grace.

Where The Gifts And Sanity Meet

Here's the magic of recovery during the holidays: when we focus on staying present, we often find that the gifts we thought we wanted aren't as important as the ones we didn't expect.

By choosing sanity over perfection, we experience the deeper joys of the season—the warmth of connection, the peace of acceptance, and the hope that grows when we live one day at a time. When we allow ourselves just to be, we open the door to those "presents" of hope, peace, gratitude, and humility.

So this Christmas, maybe all we really need is the courage to stay present and the sanity to let progress—not perfection—be enough.

Anonymous

HERE'S TO NEXT YEAR!

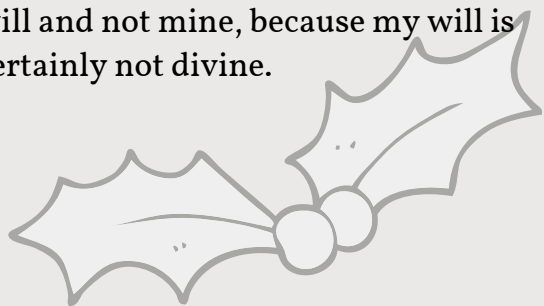
by Bill P.

My time as the editor/publisher of this newsletter is up. It's a 2 year commitment, and I like to think by being of service it helped keep me sober. Maybe as a bonus it kept someone else sober. I would like to extend my thanks to the board and the membership. It truly has been an honor to serve.

If I may, I'd like to impart a thought about AA that has slowly come to me over the past 3 years. Here's what I've learned on my journey: There's a manual for us called the Big Book of AA. We read the intro pages through page 164. We do the 12 Steps - Trust God, clean house, and help others.

That's it really. If we do the 12 steps it changes us into better people, but it fixes that one thing that we were using alcohol instead of - a Higher Power.

I talk to my Higher Power throughout the day and include Him in my thinking process. Something I never did before I got sober. I truly believe the Big Book was Divinely inspired, so that we can finally come to God for help. (Or the Great Spirit, or whatever it is you choose to believe.) But it's something other than US. I kept letting myself down, even though I thought I knew best. It's humbling to let go and let God. But it's also a huge relief - God wants us to rely upon Him! Thank you God for your will and not mine, because my will is certainly not divine.



"QUOTABLE ANONYMOUS" HEARD IN AA

"I don't want to die from my alcoholism. I want to die WITH my alcoholism."

"Trauma is not my fault, but it IS my responsibility to work through."

"My weapon of choice was vodka."

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

"It's not the tables and chairs that are the solution in these rooms, it's the people."

"Everyday is a holiday for a sober alcoholic."

"I stay in the program because you never know when a bottle of whisky is going to jump up and pur itself down your throat."

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

CARTOON CORNER



T

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.

W

TRADITION 12

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

E

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.

L

V

E

TVCO VOLUNTEERS

Temecula Valley Central Office would like to thank these volunteers:

Chris
Bert
Yolanda
Colleen
Al
Dennis
Debbie
Jim
Tara
Melo

Thank you all for your 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 1964 Grapevine.

The success of AA lies in its members' 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 the wider worlds. Here is the secret of growth and spread."

TAKEN FROM THE GRAPEVINE BOOKLET "STEP BY STEP"



PRINCIPLE 12

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

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



Nov 2024 Group Donations

Good Dudes	\$1,128.68
Robbers Roost	\$1000.00
Serenity Circle AM Meetings	\$830.00
Unity Hall	\$750.00
ABSI Men's M-S 7AM	\$400.00
Tem Del Rio Survivors	\$382.63
Unity Hall Sat. Nite Bday Mtg	\$335.00
Pigs on the Wall	\$275.00
Recovery Road Crew	\$238.00
Intergroup	\$233.00
TVCO Board	\$185.00
Came to Believe at the Park	\$180.00
Tem WFSM	\$147.00
Stepsisters	\$130.00
Host of Friends	\$100.00
Happy Destiny	\$93.00
Principles before Personalities	\$84.00
JUGS	\$65.75
Tues Men's Stag Sun City	\$58.00
86'd	\$50.00
Bravo Alpha	\$43.00
Meeting Place	\$40.00
ABSI Women's Mon Noon	\$20.00
Early Birds	\$20.00
Women's Acceptance & Zoom Thur.	\$20.00
	Nov \$6,806.06
	Oct \$6,489.13
	Sept \$5,558.33

Donate to Temecula Valley Central Office today!

@TVCOAA



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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.

21ST ANNUAL

JOE & CHARLIE WORKSHOP

WWW.TEMECULAWORKSHOP.ORG

Workshop Facilitator Derek H. 951-347-4316

SPONSORED BY THE TEMECULA VALLEY ALANO CLUB IN COOPERATION WITH THE CITY OF TEMECULA

BEGINS THURSDAY JANUARY 9TH 2025 7PM

Workshop will take place every Thursday from 7:00 to 9:00 PM for 19 weeks

Suggested registration donation of \$25 prior to the start of the workshop.

PLEASE REGISTER & PAY ONLINE OR CALL
INCLUDE: First Name, Last Initial, Sobriety Date & Phone Number

YOU CAN ALSO REGISTER AT TEMECULA VALLEY ALANO CLUB OR CENTRAL OFFICE

PAY HERE

\$25

 Cash App

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Zelle



\$joeandcharlie

@dochowz

951-347-4316

WORKSHOP LOCATION

The Mary Phillips Senior Center in Old Town Temecula 41845 6th Street, Temecula, CA 92590
(at the east end of 6th Street, backing the 15 Fwy)

ALCOHOLICS ANONYMOUS

This is the Fourth Edition of the Big Book, the Basic Text for Alcoholics Anonymous



WHAT TO BRING: A NEW Big Book & NEW 12 & 12 Book. Also bring a 1½ inch three-ring binder, a highlighter & pen.

(Books will be available for purchase at the workshop)

WHY NEW BOOKS? Because...you will have a better chance of having an open mind and a new experience... every time you open your books, you don't see your OLD IDEAS.

A co-founder of Alcoholics Anonymous tells how members recover and how the society functions.

TWELVE STEPS AND TWELVE TRADITIONS

ALCOHOLICS ANONYMOUS World Services, Inc.



WE HAVE OPEN POSITIONS!

Fun Fact: 1986 was the year that AAs across the world began to use computers and the internet to spread the AA message and support other alcoholics. On Dec 22nd, 1995, www.aa.org officially launches after approval from the GSO!

Committee Spotlight:

Cyber Liaison

We have a new Cyber Liaison and she has revamped our District 17 website! Please visit us at: aadistrict17.info

You can see our upcoming events, past info flyers, and what is happening in our District and our larger Area 9!

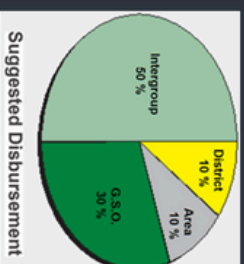
Additionally, this is also the best and easiest way for your groups to contribute directly to your district! We have our QR codes and a link to process payments!

DOES YOUR GROUP CONTRIBUTE?

Treasurers of each group follow the Group Conscience and send their contributions to the different service entities.

- How does your group divide their contributions?
- Do you vote at your Group's business meeting?
- Is this topic revisited yearly, bi-yearly, etc.?

Below is an example of one group's contribution breakdown:



venmo



Zelle

SPRINGS CHURCH

41735 Winchester Rd, Suite C, Temecula, CA 92590

Parking is behind the building off Enterprise Circle

Questions? Call Marissa S. 442-230-9540

aadistrict17.info



NEW LGBT MEETING

EVERY WEDNESDAY

8PM-9PM

DEL RIO MEETING HALL

41743 ENTERPRISE CIR N #102

TEMECULA

1ST MEETING NOVEMBER 6



Are you considering becoming an Intergroup Representative?

JOIN US AT 6:00 PM ON ANY THIRD TUESDAY OF THE MONTH BEFORE OUR MONTHLY INTERGROUP MEETING! YOU'LL HAVE THE OPPORTUNITY TO LEARN FIRSTHAND WHAT IT'S LIKE TO BE AN INTERGROUP REPRESENTATIVE.

WE'LL BE HOSTING OUR GATHERING AT SPRINGS COMMUNITY CHURCH, WHERE WE'LL NOT ONLY SERVE DELICIOUS COOKIES BUT ALSO ENGAGE IN DISCUSSIONS ABOUT HOW YOU CAN ACTIVELY SUPPORT YOUR AA GROUP BY STAYING UPDATED WITH THE LATEST NEWS FROM OUR TEMECULA VALLEY AA CENTRAL OFFICE.

- *DATE: EVERY THIRD TUESDAY OF THE*
- *MONTH TIME: 6:00 PM*
- *LOCATION: 41735 WINCHESTER RD,
TEMECULA*

COME ALONG AND BE A PART OF OUR VIBRANT COMMUNITY AS WE NAVIGATE THE JOURNEY OF INTERGROUP REPRESENTATION TOGETHER.

LOOKING FORWARD TO SEEING YOU THERE!

HELENA C. | INTERGROUP CHAIR | (925) 336-6138

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

