



# GRATITUDE GAZETTE



24 HOUR HOTLINE  
(951) 530-4136

**“STAY ALIVE IN 2025”**

[www.TemeculaCentralOffice.org](http://www.TemeculaCentralOffice.org)

## NEW BOARD!

Spirit of Rotation

With the principle in AA of the “Spirit of Rotation”, we have a new board for 2025. Some members have remained but have taken on new roles. With that said, here is who is who for 2025:

Chairman - Van M.

Vice-Chair - Yolanda B.

Secretary - **TBD**

Treasurer - Mary V.

Events Chair - James D.

Intergroup Outreach Chair - Bill P.

Communications Chair - **TBD**

## CENTRAL OFFICE ACTIVITY

For Dec, 2024

6,825 Visits to Website

410 Phone Calls

50 Walk-ins / Purchases

35 Intergroup Reps

## AND NOW, A WORD FROM MY SPONSOR

“I sought my God, my God I could not see.  
I sought my soul, my soul eluded me.  
I got a sponsee, and found all three!”

## WELCOME 2025

A Word From Our Office Manager

by Ken S.

Hello everyone, I want to wish you all a happy and sober 2025. The volunteers and I are ready to be of service to the AA community and the next suffering alcoholic. We have a new board of directors ready to make decisions about the operations of Central Office. I want to take a moment to tell you how important it is to have a board of directors for Central Office, their duties include making financial decisions for operation which include monitoring inventory giving me clear instructions on what literature and chips we will carry this year. Another important duty for the Temecula Valley Central Office Board of Directors is planning and executing our fundraisers. Remember we are not a glum lot, and these fundraisers are not only to raise money but encourages fellowship. The board of directors elect board chairman that oversee our Gazette, our finances, our website and getting more groups involved in supporting the Central Office. The Board of Directors are volunteers. They all have full time jobs and families, yet they still make time to be of service to the Temecula Valley. I want to personally thank them and wish them good luck.

Please feel free to come in to Central Office this year, buy some chips, books, or just have a cup of coffee and say hello!

# THE AA MOON SHOT

I Admired Her Courage

By Rick R.

I got sober on October 15, 1969, at a time when the Space programs were on the Television in black and white and I was up deep into the nights watching as it happened. About twenty years later I in a meeting when I heard a very young, very sincere, single mother of two, sharing that her first experience in the Alcoholics Anonymous program was the thought of having to do all this stuff for the rest of her life and she didn't find it too comforting. (Her words) It sounded to me that, from her perspective, she knew that she had to do it, but it wasn't going to be easy or fun. I admired her for her courage and conviction, and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was a father of a boy, I was in the Navy at the time, and I was divorced. It was a difficult time, but I had to go through it, drinking or not. I likened it to the first Apollo Space Mission to the moon. It goes something like this.

When you first see the size of the spacecraft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flames and smoke engulf the entire area and, in a few moments, it slowly starts to lift off. As it lumbers its first hundred feet, it is expending a tremendous amount of fuel. Slowly it starts to gain momentum and pick up speed, still shuddering along. Soon the booster tanks are depleted, and they are ejected, and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit. Next, the main tank is depleted just before orbit and is ejected. What is left is a very small portion of what arose from the launchpad. Soon the craft leaves orbit and heads towards the moon and something else happens that sometimes goes unnoticed. Somewhere between the earth and the moon, the gravitational pull of the moon has more influence on the craft than the gravity of the earths has, and it is gently drawn along its path. Very little energy is except for minor course corrections. In Alcoholics Anonymous, when we first get started, it appears to be an insurmountable task that requires a tremendous amount of effort just to get off the launchpad. Not every launch is successful and some of us don't make it the first time, and we need to exert all that energy on each successful attempt. As we do get our way, it starts to get easier as we head for our objective. When we go through the twelve steps, we finally reach orbit.

After we are satisfied that everything is in order, we can now set out for the moon. If we stay on course, the spiritual gravity of values we have adopted in the A.A. program will far outweigh the negative gravity of the past as we eject all the dead weight that held us down. As we continue to adjust to the day-to-day mistakes that we make and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life and serenity that is hard to imagine when we are setting on the launchpad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.



# PANCAKE SMACKDOWN

by Mary V.

“If you build it, they will come”... and they did! Our Annual Pancake Smackdown started because a very wise and dedicated man offered up the idea that we make this fundraising event FREE! What a concept. I was sitting at the table with 3 other fellow alcoholics when he proposed this preposterous idea. What a concept to focus on “FUNraising”! Throw in a Raffle with lots of items that were donated by the individual meetings around the valley and participation was turned into a challenge to outdo each other. We alcoholics are a competitive bunch for sure! End it all with a great speaker meeting and a sobriety countdown and call it a “Pancake Smackdown”.

Well...It worked. It worked better than expected. The good news is that it has been working better and better each year. In the past 2 years we have exceeded our expectations thanks to a passionate Events Coordinator, Central Office and many volunteers who generously gave up hours of time and effort. The comradery that happens while working and participating in this event never ceases to amaze me. I look forward to it every year. If you have never attended a Smackdown, don't miss this one. It is scheduled for Sunday March 23, starting at 7:00 am. Better yet, volunteer to help and see for yourself.



# “QUOTABLE ANONYMOUS”

HEARD IN AA

“My successful days of drinking are over.”

“I'm not going to stay in your emotions today.”

“Tonight I'm going to go to bed sober, and I'm going to wake up as an alcoholic.”

“Alcohol whips my ass. You get enough of that ass-whooping, you'll grab that whip, and that's what I did.”

“For me, alcohol is a disease of separation.”

“If I can stay sober today, I can stay sober the rest of my life, because it's always today.”

“Alcohol is the thief of joy, serenity, sanity, and is truly the great betrayer.”

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

## EVENTS

**Pancake Smackdown - Mar 23**

**Founder's Day - June 21st**

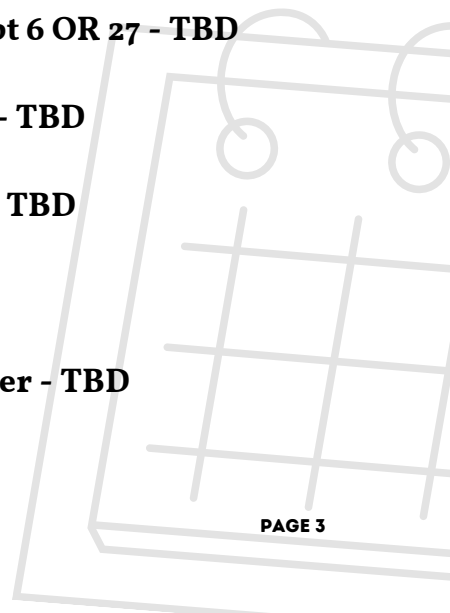
**Chili Cookoff - Sept 6 OR 27 - TBD**

**Golf Tournament - TBD**

**Halloween Event - TBD**

**Softball - Nov 2**

**Anniversary Dinner - TBD**



**O**

## **STEP 1**

We admitted we were powerless over alcohol - that our lives had become unmanageable.

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It is interesting that no matter how long I am around this program, I am constantly challenged. For example, when I first wrote out the line above, the first Step...where the dash is now I wrote "and". I thought I should look at the book and make sure I had written it correctly and there it is...there are two separate and distinct statements separated by a dash! We are admitting two distinct things about ourselves:

1. That we were powerless over alcohol and
2. That our lives had become unmanageable.

**N**

## **TRADITION 1**

Our common welfare should come first; personal recovery depends upon A.A. unity.

When we take that first Step it actually is in the past tense; the implication is that now we have a chance, we have a chance to be "on the other side" of our addiction to alcohol by virtue of taking this first step and practicing these principles in all our affairs.

**E**

## **CONCEPT 1**

Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.

I recently attended a Workshop on Steps 1-2-3. In that workshop I learned, (I'm now 26 years sober), that there is a first step before Step 1; on page 30 in the Beautiful Big Book it says, "We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery." I realize finally...I am a fully conceded alcoholic. "Slow-briety" is the name of my game. I don't have to rush, I don't have to take this whole thing all at once; I keep coming back, one day at a time, and for this I am truly grateful.

## **TVCO VOLUNTEERS**

Temecula Valley Central Office would like to thank these volunteers:

Chris  
 Bert  
 Yolanda  
 Colleen  
 Al  
 Dennis  
 Debbie  
 Jim  
 Tara  
 Melo

*Kathy G  
 3rd & 11th Step Meeting, Palm Desert*



## **PRINCIPLE 1**

**Surrender** - to give up, abandon, or relinquish

Thank you all for your 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](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 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](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](http://www.temeculahi.com)



## DEC 2024 GROUP DONATIONS

Good Dudes	\$1,336.61
Serenity Circle AM meetings	\$825.00
Unity Hill	\$750.00
Serenity Circle	\$600.00
World Famous Speaker Mtg	\$596.00
Early Risers	\$390.00
ABSI M-S 7am	\$350.00
Intergroup	\$251.00
Wildest Dreams	\$238.00
Serenity Friday 6pm	\$200.00
Pigs on the Wall	\$200.00
TVCO Board	\$160.00
Wed Nite Mens Stag	\$150.00
There is a Solution	\$110.00
Robbers Roost	\$105.50
JUGS	\$98.40
Recovery Road Crew	\$75.00
Host of Friends	\$75.00
86'd	\$50.00
Solutions	\$50.00
Alpha Bravo	\$32.03
Little Big Book	\$31.00
Anza Big Book	\$25.00
Primary Purpose	\$6.00

<b>Dec</b>	<b>\$6,704.54</b>
<b>Nov</b>	<b>\$7,000.06</b>
<b>Oct</b>	<b>\$6,489.13</b>

**Donate to Temecula Valley Central Office 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](http://aa.org).





**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 22<sup>nd</sup>, 1995, [www.aa.org](http://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](http://aadistrict17.info)

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

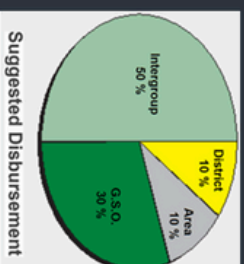
Additionally, this is also the best and easiest way for your groups to contribute directly to your district! We have our QR codes and a link to process payments!

## 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](http://aadistrict17.info)