

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!

NEW BOARD FOR 2024

New positions for 2024

Chairman of the Board - Cody W.
Vice-Chair - Sam A.
Secretary - Van M.
Treasurer - Erin K.
Events - Yolanda W.
Intergroup Outreach - Helena C.
Communications - Bill P.

EVENTS CALENDAR

- Pancake Smackdown
Mar 10, 2024 at Murrieta Community Ctr
- Founders' Day
TBD June 2024, Ronald Regan Sports Park
- Chili Cookoff
TBD Fall 2024
- Softball Tournament
TBD Fall 2024
- Golf Tournament
TBD Fall 2024
- Halloween Party
TBD Fall 2024

“QUOTABLE ANONYMOUS” HEARD IN AA

“Take my advice, because I’m not using it.”

“Normally I would have been pissed off. To the highest level of pissivity.”

“Coincidences are God solving your problems anonymously.”

“Is it odd, or is it God?”

“I’m not much, but I’m all I think about.”

“You’ve been given the gift of grace, that undeserved gift”

“I can’t stay warm on yesterday’s fire.”

“The opposite of addiction is connection.”

“Let me give you a GIFT - God Is Forever There.”

“Your future is as bright as your faith.”

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

MEETING SPOTLIGHT



“As Bill Sees It”

by Edna W.

As of the early 2000's there was no morning AA meeting in Murrieta. Then, wonder of wonders, a local pastor called a member to offer a space for a morning meeting. The space was the community house for the United Church of the Valley across from the Murrieta Post Office. So the “As Bill Sees It” meeting was launched at 7am on weekdays and 8am on Saturdays.

In 2019 UCV bought property on Date Street, and moved from the Washington location to an industrial area on Date Street. Then Covid hit and the meetings stopped. But the members missed each other. Fortunately one of the members invited everyone to meet on his pool deck during the pandemic, so they made the drive up to La Cresta to meet in the safe open often chilly air. Soon the pandemic was over and the meetings ensued again on Date Street.

A local group campaigned to upgrade a property in Murrieta to establish a coffee shop and chapel along Washington and the “As Bill Sees It” group moved again very close to the former UCV property into what later became the coffee shop. For awhile it didn't have heat or a bathroom. Then the coffee shop got completed and the meeting moved next door to the little chapel where it is located today.

Though it has moved several times, the “As Bill Sees It” Murrieta meeting continues to be strong, welcoming, and alive. Come check us out!

The “As Bill Sees It” meetings are held inside the chapel located at:

24935 Washington Ave, Murrieta, CA 92562

TVCO THOUGHTS

“Spreading The Message”

by Yolanda W. and Bill P.

I'm sure most of you have visited Central Office at least once during your sobriety . But do you really know what happens at TVCO?

I've had the privilege of being a volunteer.

Some days I spend my day selling chips, books, answering the phone and once in a while I get to experience “a miracle”. Let me tell you about two.

One day I'm sitting waiting for my next customer when a man walked in. He stated he was not sure if he was an alcoholic but thought he would come in for “information”.

I spent several hours with him. As I became busy he would say “You're busy, I'll leave.”

I kept reassuring him I would be right back. At the end of the day, I asked him to meet me at the 7am meeting on Friday. Friday arrived, and I thought he would not be there, but there he was, waiting for me. Every Friday I would see him and wave. A few months ago I was able to experience this man receive his 1 year chip. This was miracle number one, and for you to read about my second miracle, read nexts months Gratitude Gazette.

-Yolanda W.

Some people feel in this day and age that TVCO may not be that important, with the internet and all. I disagree. When I first came to our valley when I was starting in recovery, the first thing I did was google “AA Temecula”. I got the Central Office website and called the number. “What are some good meetings to attend?” I desperately asked. On the other end of the line was Ken, our Office Manager. Ken told me to go to the “World Famous Speaker Meeting” on Saturday night at Del Rio, and the Sunday “Came To Believe” meeting. I attended both, and felt right at home. I ended up taking a Secretary commitment for that Sunday morning meeting, which I just finished my 2 year term. I've since attended many of the events TVCO puts on, and am now grateful to be of service to the board as Communications Chair. If Central Office only reached one person and helped them find recovery, then to me, it's absolutely worth while.

- Bill P.

BEING HONEST WITH MYSELF

The Denial Within Me Was Gone

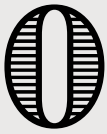
by Rick R.

Years before I came to AA, I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try AA. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves and others. Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options, I came to AA looking for answers. The denial within me was gone. My mind was open and for the first time in my life I was desperate, and I was listening. At my first AA meeting I was moved by what I heard. It was different than anything I had experienced before. The people were being honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could discuss those things openly, that had been taboo up until then. Prior to that, everything in my life was a façade. At that moment On October 15, 1969, my perception of the world had changed, and I have not wanted a drink since. Call it a Spiritual Awakening if you like, and it was for me, but it came in the form of a Profound Change in Perception.

In appendices 2, in the Big Book, (Alcoholics Anonymous) it describes a man who had “undergone a profound alteration in his reaction to life”. I began to question all the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware that the values system that I had learned as a child, at church and at the Boy Scout meetings etc. was lost in the dust and was replaced with guilt and shame. I was in trouble when I violated my own value system. I now realize that I was not a bad kid, but I was a child that was not strong enough to do the things I knew to be right. The more I broke the rules, the easier it became, and moral standards were meaningless. Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of AA. Once I had that change of perception, I knew what to do. It may be as simple as “trying to stop doing the things that I regret” but the key to it all is “Being honest with myself,” and never going back to my old way of thinking.

I said that I was fortunate to have survived those last few years of drinking and that I came to AA looking for answers. Being desperate enough to ask for help was the most important part of that experience. I do not believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have surrendered to the degree necessary to have that change of perception, and therefore no spiritual awakening. Getting off in the right direction from the start was especially important to any success I have had in AA. I know that I only live once, and I do not want to waste one moment of the precious life God gave me. Today, as I continue to practice all the things I have learned in the Program, it has resulted in a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous and, for that, I am extremely grateful.





STEP 1

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

Concept 1 Checklist

A service piece for home groups, districts, areas.

Some of these discussion points were originally developed by an A.A. group and further developed by the trustees' Literature Committee to be distributed by the General Service Office. While this checklist is intended as a starting point for discussion by groups, districts or areas, individual A.A. members may find it useful along with our cofounder Bill W.'s writings, a service sponsor if you have one and reflection on your own service experience. Additional information about the Concepts can be found in The A.A. Service Manual/Twelve Concepts for World Service and "The Twelve Concepts Illustrated" pamphlet.



TRADITION 1

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



CONCEPT 1

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



CENTRAL OFFICE ACTIVITY

For Dec, 2023

- 7,765 Visits to Website
- 389 Phone Calls
- 107 Walk-ins / Purchases
- 30 Intergroup Reps
- 8 Visitors

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down service triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?



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



Dec 2023 Group Donations

Good Dudes	\$1,597.99
Del Rio Survivors	\$600.00
Pigs on the Wall	\$400.00
Intergroup	\$382.00
Came to Believe at the Park	\$323.00
As Bill Sees It 7AM	\$265.00
Hill Recovery	\$250.00
Road Crew	\$202.50
Joe and Charlie	\$175.00
The Giving Tree	\$151.00
Friends of Bill Backyard	\$150.00
Came to Believe Alano Club	\$136.00
Saturday Nite Live Hemet	\$100.00
Step Sisters Wed.	\$100.00
Serenity at Six	\$52.00
Winchester Outlaws	\$50.00
Wild Ones	\$50.00
Just us Girls	\$9.00
Primary Purpose	\$6.00

December	\$4,999.49
November	\$6,005.79
October	\$6,439.29

Donate to Temecula Valley Central Office of AA today!

@TVCOAA



venmo

SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

Tradition Five states: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior.

Address- ing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Additional Sharing:

- Safety is a topic within A.A. that groups and members can address. Developing workable solutions to help keep meetings safe can be based on the principles of A.A. In discussions about safety, keep the focus on our primary purpose, our common welfare, and placing principles before personalities.
- Predatory behaviors and unwanted sexual advances are in conflict with carrying the A.A. message of recovery and with A.A. principles.
- A.A. does not provide medical advice or detox services; it has no opinion on outside issues, including medication. Medical advice should come from a qualified physician.
- The only requirement for A.A. membership is a desire to stop drinking. Groups and members strive to create a safe environment for the alcoholic who still suffers.
- If safety concerns arise, individuals can speak with a sponsor, members of the group, a trusted friend and/or a professional to address the concern.
- Service entities, such as areas, districts and intergroup/central offices, are available to help provide A.A. services and shared experience. All groups and entities in A.A. are autonomous. There is no government within A.A. and no central authority to control or direct its members, but we do share our experience, strength and hope.

For more information on this topic, see the service piece
"Safety and A.A.: Our Common Welfare" (SMF-209) at aa.org.



Does your home group have an **Intergroup Rep?**

If not, why not you (or someone you think might benefit)? This is a great service commitment that helps everyone get the most out of our fellowship and live transformed lives!

**KNOW AND SHARE ALL THE FUN
EVENTS HAPPENING IN OUR
DISTRICT!**

**IG Meeting is the 3rd Tuesday of the month at
The Springs Church 6:30 PM
41735 Winchester Rd #C, Temecula
Meeting entrance is in the back of the building
Call Erin K. (951) 818-4458 for info or
just show up at the meeting!**

Central Office

 (951) 530-4136

 temeculacentraloffice.org

Get in the middle of the herd.

go wild with Temecula Valley Young People of AA
business meeting on the 2nd and 4th Sunday of every month

5pm

Temecula Valley Alano Club
27470 Commerce Center Dr. #C

more info:

Cassie: (951) 426-6333

Star: (951) 525-0199

Ty: (760) 601-5431

Zoom ID:

834 7150 2411

Passcode:

TvBaddie23

