



April 2026



GRATITUDE GAZETTE

“BEING OF SERVICE IS SEXY”

24 HOUR HOTLINE
(951) 530-4136
41340 Pear Street Ste 1

www.TemeculaCentralOffice.org

Central Office Hours

Temporary hours

Mon	10—5:00PM
Tues	10—5:00PM
Wed	10—2:00PM
Thur	10—5:00PM
Fri	10—4:00PM
Sat	09- 12:00PM
Sun	—closed

🏆 Events 🏆

Founder Day	6/6/26	5-9pm
Monterey Bay Area Roundup	9/4-6/26	
Mens Memorial Day Recovery Retreat		5/22-24/26
41 st Annual Laguna Mountain	5/1-3/26	
A.A Desert Roundup	6/11-14/26	
ACUPAA Election.	05/02/26	02:00-04:00

C.O. Board members

Chairperson: Van M.
 Vice Chairperson: Yolanda
 Secretary: Larry
 Treasurer: John BG
 Events Chairperson: James D.
 Intergroup Outreach: Melinda
 Communications: Paul

JOKE OF THE MONTH

Joe H. Turned up at his first meeting with serious burns on both ears.
I asked him how it happened.

Joe said, Well I was drinking at home one night and my wife was doing the ironing. The phone rang and I answered iron.

“I said, that explains the burns on your right ear, but what about the left ear?”

“Joe said, The son of a gun called back!”

“Fight or Flight”

The coffee was burnt, the chairs were metal, and the room smelled like old carpet and fresh hope. I sat near the door, like I always did, just in case I needed to leave fast. Fight or flight- that’s how I’d lived most of my life. When things got uncomfortable, I ran. When someone got too close, I pushed back.

A man across the circle shared about losing his job and nearly picked up a drink. His voice cracked. Something in me tightened up. My mind started racing. You don’t belong here. This is too heavy. Get out now. My leg bounced. My eyes drifted towards the exit.

Then the leader looked at me.” Anyone Else”.

My chest felt like it was closing. Flight or Fight. I wanted to bolt. Instead, I cleared my throat.

“Yeah... I feel like running now” I said, my voice shaky. A few people nodded. No judgement. No fixing. Just understanding.

I kept going. I talked about fear, about always escaping before things got real, about how staying sober meant staying present-even when I didn’t want to.

When I finished, the room was quiet, the warm laughter and gentle claps followed.

For the first time, I didn’t run.
I stayed.

GRATITUDE GAZETTE

F O U R

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept 4: The principle of the right of participation. There are no superiors, inferiors, or simple advisors in A.A. Everyone has the right to be heard with love and respect.

Principle 4: Courage- The 4th step requires fearless self-examination. And few things are more frightening than facing one's failings and shortcomings. Yet, courage is also needed to meet every day with a eagerness to improve ourselves.

Concept Four- At all responsible levels, we ought to maintain a traditional "Right of Participation" allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Tradition Four- With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plan concerns the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

Serenity Prayer

God, grant me the Serenity

To accept the things, I cannot change. The
Courage to change the things I can, and the
Wisdom to know the difference. AMEN!

One of the service commitments on the board is writing this Gazette each month. If you have a topic /theme you would like in the Gazette. You can reach me thru my email. Pbjunior17@outlook.com

GRATITUDE GAZETTE

More changes at Central Office

In addition to the price decreases, we have implemented a cash counting system where cash is only counted with two people. It is counted twice and both counters sign off on the amount which is verified through deposit slips.

Bank statements are now reviewed at every board meeting, and viewed by all board members.

Every single charge is supported with a receipt. We have also installed a new cash register with a barcode system to ensure accurate inventory, pricing, and accounting. We're working to expand our hours of operation back to full time.

Temporary Central Office Hours

Mon 10—5:00PM
Tues 10—5:00PM
Wed 10—2:00PM
Thur 10—5:00PM
Fri 10—4:00PM
Sat 09- 12:00PM
Sun—closed

[Contact the TVCO Intergroup](#) Board Secretary
Temeculaaa@verizon.net

Ways to Be of Service:

"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 (we can always use your help in some area!)

Hospitals & Institutions opportunities! We have approximately 100 H&I panels in the valley - help is needed. Both women and men are needed for H&I! Please check the Central Office website for opportunities. Please help carry the message of AA to alcoholics who are confined in hospitals and institutions. To help, please call Sean G. (209) 598-0576

Central Office needs volunteers!

Be a GSR or Intergroup Rep for your group!

If the information you need isn't available on the Central Office website, please call (951) 530-4136



Be of service

If you're looking for a sign, read the line above. We need you on our service board. The board meets once a month the first Tuesday of the month at 6:30. We usually meet for an hour. Members are also required to attend the Intergroup meetings which are held once a month, but the third Tuesday of the month and also at 6:30PM. We have 3 board positions open.

GRATITUDE GAZETTE

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:

Updates coming soon

 <https://tvypaaevents.wixsite.com/temeculavalleyyoungp>

 <https://www.instagram.com/tvypaa/>

 https://fb.me/g/p_XuZu9QmkFkMhAdg6/XxYJeYbm

Experience the high from H&I

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 at 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 Sean G. (209) 598-0576

www.temeculahi.com



Effective Immediately
The 3rd Tuesday of every month the Intergroup meets for 1 hour. This is a fantastic way to be of service in a new way in 2026!!

We have moved our meeting location to the

[mail TemeculaAA@verizon.net](mailto:TemeculaAA@verizon.net)

Page 10

GRATITUDE GAZETTE

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.

GRATITUDE GAZETTE

Contribution of February 2026

Anonymous Contribution	131.00	Anza Group	
Attitude Adjustment Serenity.		Attitude Adjustment (Serenity)	
Aguanga (The Ranch).		Birthday/Anniversary	
Bill's Early birds	128.00	Buck a Month	
Bravo Alpha	85.00.	Came to Believe in the park	
Came to believe Serenity	60.00	DYP	
Del Rio Survivors		Friday 11th Step 6pm	
Early Risers	191.00	Good Dudes	
Giving Tree		HOW Sober Ladies	10.00
Help the Hurt at Hill		Just Us Girls	
Intergroup	259.00	Keep The Change	
Keep It Simple		Men's Stag Wed's	
Little Big Book		Monday Night Jaywalker	
Mospit Men's	143.00	Pizza Meeting.	30.00
Principle before Personalities Sun.		Recovery Road Crew	55.60
Robber Roost		Serenity Circle 7 AM	
Saturday Step Sister		Serenity Tuesday 6PM	
Serenity Circle Monday 6PM		Sober AF	
Serenity Friday @6PM		Stepsisters (WED)	
Solution Crosstalk Monday		TH Wm's Acceptance	
Temecula Women's 12x12 Serenity		Tuesday Kalmia & Adams 12x12	
TVCO Board	175.00	Unity Hall February	750.00
Tuesday Night Men's Stag		Women's Meditation 10 AM	
Women's Candlelight		World Famous Speaker	
Keep The Change	0.72	86'd	
10AM Kalmia & Adams			
Saturday Stepsisters	44.00		
March	2,626.12		
January	3,670.00		
February	3,324.92		

FYI: If you do not have your contribution submitted by the 25th of the month. Your contribution will not Reflect until the following month.

The area also has a website where contributions may be made directly to them.
<https://msca09aa.org/contribute/>

If you are the secretary or treasurer of a group listed above and you believe there is an error, please contact the board treasurer. bacongibertj@gmail.com

GRATITUDE GAZETTE

Central office no longer distributes group contributions to other entities. You can make contributions using the QR codes below. Just open the camera on your smart phone and hold the lens over the entity you want to contribute to and click on the small yellow text that appears on your camera. You do not need to take a picture.

Temecula Valley
Central Office Venmo

Temecula Valley Cent...
@TVCOAA



Hospital &
Institutions



District 17



TVCO Zelle

Southwestern Riverside County Central Office
Temecula Valley Central Office
temeculaaa@verizon.net



zelle®

In an effort to show the valley full transparency, the figures to the left show our expenses for December. You will see our contributions are up for December, which is primarily in part to \$4,200 in anonymous contributions. If you have questions, or want to get more involved please attend our Intergroup meetings on the 3rd Tuesday of every month at 6:30PM at the Del Rio Survivors Hall.

If you would like to make a contribution directly to General Service Office (New York) you can make on online by going to <http://contribution.aa.org/>

GRATITUDE GAZETTE

Carrying the Message

(Step 12; Tradition 5)



We Are Responsible

Service Opportunities:

▲ AS AN INDIVIDUAL

- △ "Practice These Principles in All Our Affairs" Step 12
- △ "Carry the Message" Step 12, Tradition 5

▲ AT THE MEETING

- △ Welcome and introduce yourself to the newcomers, those new to the meeting, and others
- △ Participate to the extent you are comfortable
- △ Take commitments
- △ Be a sponsor, if asked
- △ Contribute to the 7th Tradition, as able
- △ Help clean up after the meeting
- △ Ask the meeting secretary how you can help

▲ CENTRAL OFFICE

- △ Be your meeting's Intergroup Representative—the meeting's link to Central Office
- △ Volunteer for the 12-Step List to take calls from alcoholics seeking help
- △ Volunteer for a phone shift to answer calls when Central Office is closed
- △ Volunteer for an in-person shift at Central Office
- △ Volunteer to help and/or attend Central Office fellowship and fundraising activities



▲ HOSPITALS & INSTITUTIONS

- △ Be your meeting's H&I Representative—the meeting's link to the H&I Committee
- △ Sign up for a panel going into the hospitals, jails, prisons, and recovery homes
- △ Be a panel leader



▲ DISTRICT 17

- △ Be your meeting's General Service Representative—the meeting's link to the World Service Structure
- △ Work with AA committees on outreach to the Schools, Elderly, Professionals, Correctional Facilities, Literature, Treatment Facilities, Public Information, Grapevine (AA's magazine), and Cyber/Internet



▲ SUGGESTED 7TH TRADITION CONTRIBUTIONS

(After the meeting's expenses and prudent reserve)*

- △ Temecula Valley Central Office
41340 Pear St., Suite 1, Murrieta, CA 92562 temeculacentraloffice.org
- △ General Service Office (World Service)
PO Box 2407, James Farley Station, NY, NY 10116-2407 aa.org
- △ District 17 (Area 9)
PO Box 1131, Temecula, CA 92593 aadistrict17.info
- △ Temecula Valley Hospitals & Institutions
PO Box 893142, Temecula, CA 92599 temeculahi.com
- △ Mid Southern California Area 9
PO Box 51446, Irvine, CA 92619-1446 msca09aa.org

*Ensure your meeting's identification details are noted with the contribution.

GRATITUDE GAZETTE
