



August 2026



GRATITUDE GAZETTE

"BEING OF SERVICE IS SEXY"

www.TemeculaCentralOffice.org

Central Office Hours

Temporary hours

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

Events

Bingo at Unity Hall	9/12.	2 – 4pm
Chili Cook off & Bake off	10/17.	1-5 pm
Monterey Bay Area Roundup	9/4-6/26	
20 th Annual Mountain AA Conference	8/29/26	
Monterey Bay Area Roundup	09/4-6/26	
Easy Does it Weekend @ Camp Seely	9/25-26/26	
30 th Annual Women's AA Banquet	IE 10/24/26	
Women to Women 52 nd Conference	SD 9/18-20	

C.O. Board members

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

The Joke of the month:

A man and woman in A.A. were flirting after the meeting.

The woman says, "My sponsor told me I shouldn't get into a relationship my first year sober."

The man smiles and says, "Mine said the same thing."

She looks him up and down and says, "Good thing neither of us said anything about a relationship."

Questions for the Central Office, email TemeculaAA@verizon.net

GRATITUDE GAZETTE

“One Day at A Time”

A newcomer walked into their first A.A. meeting with just one day of sobriety. Their hands trembled as they picked up a 24hr chip, convinced they had nothing to offer and everyone else in the room had life figured out. Looking around, they noticed a member celebrating 30 years of sobriety and thought, *We have nothing in common.*

After the meeting, the member with 30 years introduced themselves and said, "Congratulations on your first day. That's the most important day you'll ever have."

The newcomer replied, "You don't understand. You've been sober for 30 years. I'm still a mess."

The old-timer smiled. "You're right—I have 30 years. But today, I woke up needing the same things you do. I needed to stay honest, ask my Higher Power for help, avoid that first drink, and remember that alcohol is just as dangerous to me today as it was 30 years ago."

The newcomer looked surprised.

"The only difference between us," the old-timer continued, "is that I've practiced doing that one day at a time for a little longer. If either of us picks up a drink today, those years won't protect us."

The room suddenly felt different. Sobriety wasn't about comparing time—it was about living today. One day or thirty years, everyone was equal before alcoholism. Every member depended on the same principles, the same fellowship, and the same willingness to stay sober for just twenty-four hours.

That newcomer left with hope, realizing they belonged. In A.A., no one is above another. We simply walk the same road, one day at a time, helping the person beside us stay sober today.

GRATITUDE GAZETTE

E I G H T

Step 7: “Made a list of all persons we had harmed and became willing to make amends to them all.”

Tradition 8: “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

Concept 8: “The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”

Principle 8: “Is about becoming willing to repair the damage caused during active alcoholism. Step Eight is **not yet about making the amends**—that comes in Step Nine. It is about honestly recognizing whom we hurt, taking responsibility for our part, and becoming willing to make things right.

Principle 8 asks us to move away from resentment, blame, and excuses. We begin looking at other people with compassion instead of focusing only on what they did to us. We ask ourselves: *What was my part? Who did I hurt? What can I do differently today?*

In recovery, brotherly love means caring about the well-being of others, treating people with dignity, and being willing to clean up our side of the street.”

Concept Eight- “Long Form.” “The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

Tradition Eight- “Long Form”. “Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholic. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.”

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

Questions for the Central Office, email TemeculaAA@verizon.net

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Central Office News

Since November many upgrades have been made to Central Office. We upgraded our equipment and implemented a new system to provide more ease of use to both customers, and volunteers. The customer experience is both efficient and seamless. The supplies in the back room have been organized and tracked to make putting on our events much easier and less expensive. James D did a spectacular job on building our bookshelf wall. We added a slat wall for all the flyers and assorted merchandise. New items are being added every week to create a one-stop shop for our groups and members. The changes have the customer needs our number one priority.

Business Hours

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Wed	10—5:00PM
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Fri	10—2:00PM
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 as an intergroup rep. We meet the third Tuesday of the month at 6:30PM.

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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
Del Rio Survivors Hall located at
41743 Enterprise Circle North
Suite #102

Questions for the Central Office, email TemeculaAA@verizon.net

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

ACYPAA 54

The 54th Annual All California Young People in Alcoholics Anonymous Conference

Hosted by **TVYPAA** (Temecula Valley) & **INDEYPAA** (Inland Empire)

About the Conference and Committee

Established in 1973, ACYPAA provides an opportunity for young AA members—and the young at heart—to unite, share experience, strength, and hope, and grow through service. Attendees return home better prepared to carry the message to young alcoholics seeking recovery. We are a unified dual committee of TVYPAA and INDEYPAA representing the State of California for ACYPAA this year. We host monthly events and other activities leading up to our conference. Join us, whether you are young or young at heart, there's always a place on our committee for those interested in service work!

"When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Business Meetings

- **When:** 1st & 3rd Sunday of every month at **4:00 PM**
- **Where:** Wildomar Spanish Club
21535 Palomar St, Wildomar, CA 92595
- **Virtual Option:** Join via Zoom through our Linktree!

Get Connected

- **Chairperson:** James - (951) 348-0512
- **Website:** ACYPAA.ORG
- **Instagram:** [@acypaa54](https://www.instagram.com/acypaa54)

(Scan the QR Code below to visit our linktree for Zoom links, event details, and updates on Instagram!)



Questions for the Central Office, email TemeculaAA@verizon.net

GRATITUDE GAZETTE

GROUP CONTRIBUTIONS

GROUP	JULY	YTD	GROUP	JULY	YTD
Anon. Contribution	\$177.00	\$650.26	Serenity Mon 6PM		\$81.00
Attitude LE Women's		\$60.00	Serentiy Tues 6PM	\$50.00	\$110.00
Attitude Serenity 7AM		\$1,540.00	Serenity Wed 6PM		109.96
Attitude Mod LE		\$120.00	Serenity Thurs 6PM		\$98.12
Aguinaga (The Ranch)	\$150.00	\$150.00	Serenity Friday 6PM	\$150.00	\$400.00
Bill's Earlybird	\$340.00	\$1,603.00	Sobriety Sisters		\$77.40
Birthday/Anniversary	\$23.00	\$69.00	SOBER AF		\$20.00
Bravo Alpha	\$70.00	\$643.00	Spanish Serenity		\$107.00
Buck a month		\$276.00	Solutions Crosstalk		\$75.00
Came to Believe Park	\$120.00	\$1,484.60	Stepsisters WED		\$217.20
Came to Believe SER		\$60.00	Stepsisters SAT	\$54.00	\$196.25
Del Rio Survivors	\$10.00	\$220.00	Silver Feathers		\$258.60
DYP		\$122.00	12x12 Serenity		\$142.00
Early Risers HILL	\$219.99	\$1,485.00	Th Wm's Acceptance	\$60.00	\$60.00
Friday 11th Step 6PM		\$0.00	TVCO Board	\$192.00	\$1,163.00
Giving Trees		\$0.00	Kal & Adams 12x12		\$246.00
Grange Rainbow Valley		\$120.00	Tuesday Men's Stag		\$200.00
Happier Life Early Bird		\$50.00	Unity Hall	\$750.00	\$5,530.80
Help the Hurt at Hill		\$20.00	Women's Candel		\$0.00
HOW Sober Ladies		\$60.00	Women's Medi 10AM		\$8.48
Intergroup	\$196.00	\$1,671.80	Winchester Outlaws		\$200.00
Just Us Girls	\$78.60	\$289.10	WF Speaker		\$520.00
Jaywalkers Monday		\$340.00	86'd	\$166.00	626
Keep it Simple KISS		\$130.00	Four Horsemen	\$40.00	\$40.00
Keep the Change		\$64.00			
Little Big Book		\$0.00	JULY TOTAL	\$3707.46	
Men's Stag Tuesday	\$127.00	\$200.00			
Men's Stag Wed		\$53.00	YTD		\$23,869.78
Mosh pit Men's		\$143.00			
Jaywalker		\$340.00			
Princ. B4 Person		\$110.00	Monthly GOAL		\$5000.00
Pizza Meeting	\$20.00	\$289.10	YTD GOAL		\$60,000.00
7PM	\$500.00	\$500.00			
Recovery Road Crew	\$124.00	\$581.41	Behind Goal by		(11,131.00)

If you have questions on your group contributions, please contact Debbie via email temeculaaa@verizon.net or text at 951-530-4136 to set up a time to meet and discuss. No concerns will be addressed during Intergroup due to records access and time constraints.

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

Questions for the Central Office, email TemeculaAA@verizon.net

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The area also has a website where contributions may be made directly to them.

<https://msca09aa.org/contribute/>

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



Hospitals &
Institutions



District 17



TVCO Zelle

Southwestern Riverside County Central Office

Temecula Valley Central Office

temeculaaa@verizon.net



zelle®

If you want

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/>

Questions for the Central Office, email TemeculaAA@verizon.net

GRATITUDE GAZETTE

“AA Meeting Etiquette: Respecting the Room”

When I first came to Alcoholics Anonymous, I thought the meeting was just another place where people gathered to talk. It didn't take long to realize it was much more than that. Every person in the room had come seeking hope, healing, or another day of sobriety. Meeting etiquette wasn't about following rules—it was about showing respect for everyone's recovery.

I learned to arrive a few minutes early, silence my phone, and avoid side conversations while someone was sharing. Giving a speaker my full attention let them know their story mattered. I also discovered that interrupting, giving unsolicited advice, or commenting on another person's share could take away from the safety of the meeting. In AA, we share our own experience, strength, and hope—not tell others how to recover.

Anonymity is another important part of meeting etiquette. What is heard in the meeting stays in the meeting. Protecting each other's privacy builds trust and allows people to speak honestly without fear of judgment.

I also learned to keep my own sharing focused and within the meeting's time limits. That way, everyone has an opportunity to participate. Whether someone has one day sober or thirty years, every voice deserves to be heard.

The longer I stay sober, the more I understand that good meeting etiquette is an act of service. A quiet room, a listening ear, and a respectful attitude help create an atmosphere where newcomers can find the hope they desperately need. Sometimes the greatest gift we can offer another alcoholic is simply our attention and respect.

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

8. Avoid cross-talk.

It is a generally accepted practice to avoid cross-talk, which is addressing a share at another person rather than the group. When shares are directed to the group everyone can benefit from the message being offered and no one individual in the group is singled out. Additionally, members will often try to limit their shares to their own experience, using "I" rather than "you."

9. Avoid double-dipping.

While each group has its own meeting practices, many meetings will observe a spoken or unspoken suggestion to avoid double-dipping, which is sharing more than once in a meeting. By only sharing once, more people in the group have an opportunity to participate.

10. Find out where you can smoke or vape.

One of the easiest ways to figure out where a twelve-step meeting takes place is by spotting the smokers and vapers outside. Not only is it a good clue about where the meeting is but also where smoking and vaping is allowed.

11. Respect anonymity.

As one of the guiding principles of our programs, anonymity protects not only the individual but also twelve-step programs as a whole. Each person who attends a twelve-step meeting has a right to have their anonymity protected outside of the meeting.

12. Make Connections.

Get a phone list. In some meetings, the chairperson will offer newcomers a list of phone numbers of individuals in your gender to reach out to for support and possible sponsorship. It is strongly advised that women stick with women and men stick with men. If no list is available, ask people if you can get their phone number.

Most meetings are warm and inviting spaces. If something doesn't make sense or you have a question, just ask. Everyone—yes, *everyone*—was new once and most people at meetings are more than willing to help answer questions or provide insight into how the group runs. Your presence at the meeting is important and the group wants you there.



12 Tips On Meeting Etiquette



Some simple suggestions to help get started on the right foot.

Temecula Valley Central Office
41340 Pear St, STE 1
Murrieta, CA 92562
(951) 430-4136
temeculacentraloffice.org

Welcome

No doubt you have lots of questions. We hope the information in this pamphlet will answer some of them. Each Group you visit is going to do things a little bit differently. There are, however, some basic suggestions for etiquette that can help ease the discomfort of being new and acclimate you to the group more quickly. Learning to be a kind and respectful participant of a meeting, even one you may never return to, helps the group uphold its primary purpose: to carry its message to the still suffering.

1. Try To Be On Time.

Better yet, arrive 15 Minutes Early, And Stay 15 Minutes After. An important component of meetings is fellowship. Arriving 15 minutes prior to the meeting beginning allows for time to converse and get to know other members of the group. Staying 15 minutes after the meeting allows for time to further converse and develop new relationships.



2. Limit the ups & downs.

Get your coffee, take your final smoke break, and make that last run to the bathroom before the meeting starts. Of course, maybe nature calls or that cigarette can't wait. When that happens, try to be the least disruptive as possible when you leave, preferably waiting for the person sharing to finish before getting up.

3. Limit cell phone use and conversation during the meeting.

Sharing in a meeting can be an intimidating experience for a lot of people. Additional chatter or side conversations can be distracting and even hurtful to the person sharing, and to those trying to listen.

4. Remember what fellowship you are visiting.

Going to a meeting outside of your typical fellowship is a lot like visiting someone else's home. You want to respect their practices where you can. So, if you're in a meeting of Alcoholics Anonymous it's customary to identify as an alcoholic rather than an addict, or to say drinking instead of using. It's a nice gesture that shows respect for the meeting and the fellowship.

5. Be respectful of the meeting topic.

It's generally best practice to stick to the meeting topic when sharing in a meeting. Many groups, however, will offer an opportunity to share at the beginning or end of the meeting if something is threatening your sobriety. Another good practice is to limit or avoid profanity when sharing, especially in an Open meeting.

6. Be mindful of how long you share.

Many meetings, though certainly not all, will offer a suggested time limit for how long each person may share. Some meetings may even have a timekeeper. Staying within the recommended time limit allows more people a chance to participate.

7. Participate in the 7th tradition as best you can.

All Groups are self supporting and do not accept donations from non-members or outside entities. During the meeting a basket is passed to pay the cost of renting the room, the coffee, etc.; but there is no obligation to contribute. In fact, we would prefer that you didn't until you are sure you belong.

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