



July 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—2:00PM
Thur	10—5:00PM
Fri	10—2:00PM
Sat	09- 12:00PM
Sun	—closed

Events

Bingo at unity 8/12. 2 – 4pm
Monterey Bay Area Roundup 9/4-6/26
20th 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
30th Annual Women's AA Banquet IE 10/24/26
Women to Women 52nd 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:

"An old-timer says at a meeting"

"Before I got sober, I would chase women, whiskey,
And trouble every night."

A newcomer asked, "What changed?"

The old-timer smiles and says, "Now I chase my reading glasses, my sponsor, and the coffee pot."

"And the women?"

"Oh, they're still there... but now I remember all their names-and my wife appreciates that."

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The Empty Coffee Cup

When Daniel first walked into an A.A. meeting, he kept his eyes on the floor and his hands wrapped tightly around an empty coffee cup. He didn't believe the slogans on the walls. He didn't believe the laughter in the room. Most of all, he didn't believe he could ever change.

He thought everyone else had something he didn't.

Then an older member sat beside him and quietly said, "Keep the cup empty."

Daniel looked confused.

The man smiled. "If your cup is already full of pride, excuses, resentment, and certainty, there's no room for hope. Come willing to learn, and let people pour into your life what was freely given to them."

Those words stayed with him.

One day at a time, Daniel listened instead of argued. He made coffee before meetings. He picked up chairs after everyone left. He called his sponsor when life became difficult instead of calling his old drinking buddies. Slowly, his empty cup began filling—not with alcohol, but with gratitude, humility, friendship, and peace.

Years later, a nervous newcomer walked through the door, holding an empty coffee cup with trembling hands.

Daniel recognized the fear immediately.

He sat down beside him and said, "You're in the right place."

The newcomer whispered, "Do you really think this can work for me?"

Daniel smiled, remembering the man who had once sat beside him.

"It already has," he replied. "You just don't know it yet."

That's the miracle of A.A. We arrive believing we're beyond repair, only to discover that hope is passed from one person to another. No one graduates from needing the program, and no one has to walk the road alone. One day at a time, empty cups become overflowing lives.

GRATITUDE GAZETTE

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Step 7: “Humbly asked him to remove our short comings.”

Tradition 7: “Every A.A. group ought to be fully self-supporting, declining outside contributions.”

Concept 7: “The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for the final effectiveness.

Principle 7: “ Humility; It requires letting go of ego and self-reliance, acknowledging you cannot overcome addiction through willpower alone, and humbly asking a higher power to remove your personal shortcomings.

Concept Seven- “Long Form.” “The Conference recognizes that the Charter and the Bylaw of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document; that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

Tradition Seven- “Long Form”. The A.A. group themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospital, or other outside agencies; that accept of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. The, too, we view beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

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

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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 for our groups and members. The changes have the customer needs our number one priority.

Business Hours

Mon 10—5:00PM
Tues 10—5:00PM
Wed 10—2:00PM
Thur 10—5:00PM
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 reps. We meets 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

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

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



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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.

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JUNE 2026 GROUP CONTRIBUTIONS

Group Name	Dollar Amount	Group Name	Dollar Amount
Anonymous Contribution	\$ 52.37	Principle before Personalities SUN	
Anza Group		Pizza Meeting	
Attitude Adjustment (Serenity 7AM)		Robbers Roost	
Attitude Modification LE		Recovery Road Crew	
Aguanga (The Ranch)		Serenity Circle Monday 6PM	
Bill's Earlybird	\$ 252.00	Serenti Tuesday 6PM	\$ 50.00
Birthday/Anniversary		Serenity Wednesday 6PM	
Bravo Alpha	\$ 25.00	Serenity Thursday 6PM	
Buck a month	\$ 59.00	Serenity Friday 6PM	
Came to Believe in the Park	\$ 240.00	Sobriety Sisters	
Came to Believe Serenity		SOBER AF	
Del Rio Survivors	\$ 60.00	Spanish Speaking Serenity	\$ 27.00
DYP	\$ 50.00	Solutions Crosstalk Men's	
Early Risers HILL	\$ 497.00	Stepsisters WED	\$ 62.40
Friday 11th Step 6PM		Stepsisters SAT	\$ 21.00
Giving Tree		Silver Feathers Pechanga	\$ 258.60
Grange Rainbow Valley		Temecula Women's 12x12 Serenity	\$ 87.00
Happier Life Early Bird		Th Wm's Acceptance	
Help the Hurt at Hill		TVCO Board	\$ 171.00
HOW Sober Ladies		Tuesday Kalmia & Adams 12x12	\$ 105.00
Intergroup	\$ 224.00	Tuesday Night Men's Stag	
Just Us Girls		Unity Hall	\$ 880.50
Jaywalkers Monday	\$ 340.00	Women's Candlelight	
Keep it Simple KISS	\$ 130.00	Women's Meditation 10AM	
Keep the Change	\$ 21.74	Keep the Change	
Little Big Book		World Famous Speaker	
Men's Stag Tuesday		86'd	\$ 30.00
Men's Stag Wed			
JUNE			\$ 3,643.61
MAY			\$ 2935.11
APRIL			\$ 4643.96

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

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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



Hospital &
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/>

GRATITUDE GAZETTE

Newcomer to A.A. Journey

When Marcus first walked into his meeting at **Alcoholics Anonymous**, his hands trembled as if they carried the weight of every bad decision he had ever made. He almost turned around at the door, convinced he didn't belong among strangers who looked too calm, too hopeful. But he stayed.

He sat in the back, eyes fixed on the floor, listening to stories that sounded uncomfortably familiar—lost jobs, broken promises, lonely nights. For the first time in years, he didn't feel judged. He felt understood.

During his first week, Marcus struggled. Cravings whispered to him on his way home from work. Old habits called his name when he felt tired or angry. Some nights, he cried alone, wondering if he was strong enough. Still, he kept coming back.

A sponsor named Ray took him under his wing. Ray didn't lecture. He listened. He reminded Marcus that recovery wasn't about perfection, but persistence. "Just don't drink today," he would say. "Tomorrow will take care of itself."

Slowly, things changed. Marcus began waking up clear-headed. He repaired his relationship with his sister. He started jogging in the mornings, feeling life return to his body and spirit.

On his ninety-day chip night, Marcus stood and shared for the first time. His voice shook, but his heart was steady. "I'm not cured," he said. "But I'm learning to live."

As applause filled the room, Marcus realized his journey had only begun—and for once, he was walking it with hope.

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.

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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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