



October 2026



GRATITUDE GAZETTE

"BEING OF SERVICE IS SEXY"

www.TemeculaCentralOffice.org

Central Office Hours

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 11/14. 2-4
Unity Day Del Rio 10/25 11-2

ACYPAA State of Mental Goose Flesh
April 15-18 2027

Servathon 11/14 Knights of Columbus San
Bernardino 10 am – 2pm

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:

The Thirteenth Step

Why did the newcomer bring breath mints, cologne,
and clean underwear to an A.A. meeting?

Because someone told him there were 12 Steps and a chance of getting lucky on the 13th!

GRATITUDE GAZETTE

Halloween: Take off the Mask, Keep your Sobriety

Halloween can be a fun holiday, but for an alcoholic, a Halloween party can also bring temptation. Costumes, laughter, music, and bowls of candy may be everywhere—but alcohol may be everywhere too. In sobriety, we learn that we don't have to hide behind a mask anymore.

Before going to a Halloween party, make a sober plan. Drive yourself so you can leave whenever you need to. Bring your own non-alcoholic drink, know where the exits are, and have the phone number of your sponsor or another sober alcoholic ready. Most importantly, remember that you never have to stay somewhere that threatens your sobriety.

At the party, someone may say, "Come on, it's only one drink." But we know our truth: for an alcoholic, one drink can awaken something we worked hard to put to sleep. No party, holiday, or celebration is worth gambling with the life we've rebuilt.

If you begin feeling uncomfortable, call your sponsor, text someone from the program, or simply leave. There is no prize for staying in a dangerous situation. Sometimes the strongest thing we can say is, "I'm heading home."

Halloween lasts one night. Sobriety gives us the opportunity for a lifetime.

So enjoy the costumes, eat some candy, laugh with friends, and have fun—but protect your sobriety like your life depends on it, because it just might.

This Halloween, the best costume is no costume at all. Take off the mask, be yourself, stay connected, and remember:

We don't have to drink today—no matter what day it is.

GRATITUDE GAZETTE

T E N

Step 10: “Continue to take personal inventory and when we were wrong promptly admitted it.”

Tradition 10: “Alcoholics Anonymous has no opinion on outside issues: hence the A.A. name ought never be drawn into public controversy”

Concept 10: “Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”.

Principle 10: “Daily persistence, ongoing self-awareness, and personal accountability in recovery”.

Concept Ten- “Long Form.” “Every service responsibility should be matched by an equal service authority- the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”

Tradition Ten- “Long Form”. “No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues-particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever..”

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

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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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



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.

Be of service

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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



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.

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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!)



FYI: If you do not have your contribution submitted 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

The First Year – Building the Foundation

When a newcomer walks into Alcoholics Anonymous, the first year of sobriety can feel like learning how to live all over again. Everything may seem unfamiliar, uncomfortable, and sometimes overwhelming. That is why the first year should be about building a strong foundation—**one day at a time**.

A newcomer doesn't have to figure everything out at once. Start by **going to meetings regularly** and listening to people who have stayed sober. Find a **sponsor**, someone who can guide you through the Twelve Steps and share their experience, strength, and hope. Get phone numbers and actually use them. When your head tells you to isolate, pick up the phone instead.

Get involved. Help set up chairs, make coffee, greet people at the door, or stay afterward to clean up. Service helps us get outside ourselves and become part of the fellowship. Most importantly, **be honest, open-minded, and willing**.

The first year is also a time to avoid unnecessary major changes when possible. Focus on sobriety before trying to fix your entire life overnight. Learn to recognize people, places, and situations that may threaten your sobriety, and develop healthier ways of handling fear, anger, loneliness, and stress.

There will be good days and difficult days. Neither lasts forever. Celebrate the milestones, but remember that the most important milestone is **today**.

You don't have to become the perfect AA member during your first year. Just keep showing up, stay teachable, work the Steps, help another alcoholic, and don't drink today.

Your first year isn't about finishing the journey—it's about building a foundation strong enough to continue it.

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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GROUP CONTRIBUTIONS

GROUP	SEPT	YTD	GROUP	SEPT	YTD
			Serenity 7AM	\$850.00	\$2390.00
Attitude LE Women's	\$25.00	\$85.00	Serenti Noon		\$0
			Serenity Mon 6PM		\$148.50
Attitude Mod LE		\$120.00	Serenti Tues 6PM	\$50.00	\$160.00
Aguinaga (The Ranch)		\$150.00	Serenity Wed 6PM		\$109.96
Bill's Earlybird		\$1,903.00	Serenity Thurs 6PM		\$198.12
			Serenity Friday 6PM		\$400.00
	\$2.00		Serenity 12x12 10am		\$142.00
Bravo Alpha		\$770.00	Spanish Serenity		\$107.00
			Sober AF		\$20.00
Came to Believe Park	\$150.00	\$2114.50	Solutions Crosstalk	\$118.00	\$370.00
Came to Believe SER		\$60.00	Stepsisters WED	\$161.60	\$378.80
Del Rio Survivors		\$220.00	Stepsisters SAT		\$246.25
DYP	\$50.00	\$172.00	Silver Feathers		\$258.60
Early Risers HILL	\$384.00	\$2376.61	Sobriety Sisters	\$115.14	\$192.54
Friday 11th Step 6PM		\$0.00	Thurs Wm's Acceptance		\$60.00
Giving Trees		\$0.00			
Grange Rainbow Valley		\$120.00	TVCO Board	\$148.00	\$1,368.00
Happier Life Early Bird		\$50.00	Kal & Adams 12x12		\$416.00
Help the Hurt at Hill		\$20.00	There is a Solution	\$84.00	\$84.00
HOW Sober Ladies		\$60.00	Unity Hall	\$750.00	\$7031.00
Intergroup	\$213.81	\$2,162.80	Women's Candle		\$0.00
			Women's Medi 10AM		\$8.48
Just Us Girls		\$289.10	Winchester Outlaws		\$200.00
Jaywalkers Monday		\$340.00	WF Speaker		\$640.00
Keep it Simple KISS		\$130.00	Wasted Youth	\$20.00	\$20.00
Keep the Change		\$64.00			
Little Big Book		\$0.00			
Men's Stag Tuesday	\$53.00	\$765.66	SEPTEMBER 2026	\$3409.80	
Men's Stag Wed		\$53.00	YTD 2026		\$29,232.02
Mosh pit Men's		\$143.00	BEHIND		(\$15,767.98)
Jaywalker		\$340.00			
Princ. B4 Person		\$110.00	Monthly GOAL		\$5000.00
Pizza Meeting	\$20.00	\$289.10	YTD GOAL		\$45,000.00
Men's Menifee 7PM		\$500.00			
Recovery Road Crew	\$72.25	\$693.41			
86'd	\$100.00	\$757.00	SEPTEMBER 2025	\$4513.22	
Four Horsemen		\$40.00	YTD 2025		\$45,527.28
Center for Spirit 6PM		\$100.00			

If you have any questions on this report, please email temeculaaa@verizon.net.

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