



June 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—4:00PM
Sat	09- 12:00PM
Sun	—closed

Events

TVCO Bingo.	7/11/26
Monterey Bay Area Roundup	9/4-6/26
20 th Annual Mountain AA Conference	8/29/26

C.O. Board members

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

The Joke of the month:

A newcomer asked hi sponsor,

“How do I know if I’m making progress in sobriety?”

The sponsor said, “Simple. When you lose your car keys, you start looking for them instead of accusing three people of stealing them.”

The newcomer nodded. “And what’s real long-term recovery?”

The sponsor smiled. “When you find the keys in your own pocket and still make amends for the accusation.”

“Fear In A.A”

A new
When Daniel first walked into an A.A. meeting, fear sat beside him like an old friend. His hand shook as he poured burnt coffee into a foam cup, avoiding eye contact with the circle of strangers. He was terrified someone would recognize him, terrified they wouldn't, and even more afraid of speaking his truth out loud.

For years, alcohol had been his shield against fear. Fear of failure. Fear of loneliness. Fear of never being enough. Drinking helped him silence those thoughts-until it stopped working. Eventually, alcohol created even greater fears: losing his family, losing his job, and losing himself completely.

That night, Daniel listened as people shared honestly about relapse, shame, and recovery. One old-timer said, “fear kept me sick because I thought I had to face life alone.” Those words hit Daniel hard.

When it came time to introduce himself, His chest tightened. Every instinct told him to stay silent and run. But with a trembling voice he whispered, “My name is Daniel and I'm an alcoholic.”

The room answered together, “Hi Daniel.”

Something inside him softened. Nobody judged him. Nobody laughed. They understood.

Over the next few months, fear still followed Daniel. He feared making amends, feared rejection, feared living sober without hiding behind alcohol. But A.A. taught him that courage was not the absence of fear –It was walking through fear one day at a time.

For the first time in years, Daniel realized he didn't have to fight alone.

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S I X

Step 6: “Were entirely ready to have God remove all these defect of character.”

Tradition 6: “An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

Concept 6: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of conference acting as the General Service Board.

Principle 6: Willingness- Step 6 states: We are entirely ready to have God remove all these defects of character,” It marks the transition from recognizing your flaws to actively preparing to let go of the behavior and attitudes that fuel addiction.

Concept Six- “long Form” On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world service, and its traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

Tradition Six- “Long Form” States that problems of money, property, and authority can easily divert the fellowship from its primary spiritual aim. It mandates that material and spiritual matters should be separated, groups should never go into business, and secondary aids (like clubs) should not use the A.A. name.

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—4:00PM
Sat 09- 12:00PM

Sun—closed

[Contact the TVCO Intergroup](mailto:Temeculaaa@verizon.net) 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 meet the third Tuesday of the month at 6:30PM.

Experience the high from H&I

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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/>

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

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



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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HELLO - I DON'T EVEN KNOW HOW TO REFER TO YOU
YOU HAVE SO MANY NAMES & FACES - AND I
NO LONGER WANT YOU TO BE A PART OF MY LIFE -
YOU HAVE DESTROYED EVERY MEMORY AND EVERY
OCCASION I ALLOWED YOU IN...
WHAT A TERRIBLE RELATIONSHIP - A 1 WAY DRAINER!
AND IN THE END, YOU EVEN TOOK MY DRIVING PRIVILEGES
AWAY - WELL, UNTIL I GOT MY HEAD OUT OF THE
SAND? NO BOOZE! SO MUCH MONEY SPENT
FOR YOU, ON YOU & LOST - BECAUSE OF YOU!!!
LET'S NOT MENTION THE PHYSICAL TOLLS YOU TAKE
ON ONE'S BODY, MIND & SOUL...
I'M SO MUCH BETTER WITHOUT YOU IN MY LIFE!
YOU CAN SEE IT IN MY EYES - THE SICKNESS
AND THE HEALTH - I'M CHOOSING ME!
NOT JACK DANIEL Tito or James & his sons...
JUST ... T J ♡♡♡

I LOVE YOU SO MUCH BHAGAVAN DADA -
I TRUST IN YOU WHOLLY

I KNOW EVERYTHING I NEED ALREADY LIVES
WITH IN ME ...

THANK YOU GOD, THANK YOU GOD, THANK YOU GOD
ur girl,
J

APRIL
2020

GRATITUDE GAZETTE

MAY 2026 GROUP CONTRIBUTIONS

<i>Group Name</i>	<i>Dollar Amount</i>	<i>Group Name</i>	<i>Dollar Amount</i>
Anonymous Contribution	\$ 162.00	Mospit Mens	
Anza Group		Monday Night Jaywalker	
Attitude Adjustment (Serenity 7AM)		Principle before Personalities SUN	\$ 49.50
Attitude Modification LE	\$ 60.00	Pizza Meeting	\$ 37.00
Aguanga (The Ranch)		Robbers Roost	
Bill's Earlybird		Recovery Road Crew	\$ 114.26
Birthday/Anniversary		Saturday Step Sisters	
Bravo Alpha	\$ 83.00	Serenity Circle Monday 6PM	
Buck a month		Serenity Circle Tuesday 6PM	
Came to Believe in the Park		Serenity Tuesday 6PM	\$ 50.00
Came to Believe Serenity		Serenity Wednesday 6PM	
Del Rio Survivors	\$ 60.00	Serenity Thursday 6PM	\$ 96.12
DYP		Sernity Friday 6PM	\$ 150.00
Early Risers HILL	\$ 284.00	Sobriety Sisters	\$ 77.40
Friday 11th Step 6PM		SOBER AF	
Giving Tree		Spanish Speaking Serenity	\$ 27.00
Grange Rainbow Valley		Solutions Crosstalk Men's	
Happier Life Early Bird		Step Sisters WED	
Help the Hurt at Hill		Step Sisters SAT	\$ 63.00
HOW Sober Ladies	\$ 10.00	Temecula Women's 12x12 Serenity	\$ 87.00
Intergroup	\$ 230.00	Th Wm's Acceptance	
Just Us Girls		TVCO Board	\$ 185.00
Keep it Simple		Tuesday Kalmia & Adams 12x12	
Keep the Change	\$ 33.83	Tuesday Night Men's Stag	
Little Big Book		Unity Hall April	\$ 750.00
Mens Stag Tuesday		Women's Candle Light	
Men's Stag Wed		Womens Meditation 10AM	
		Keep the Change	
		World Famous Speaker	\$ 140.00
		10AM Kalmia & Adams	
		86'd	\$ 186.00
MAY 2026			\$2,935.11
April			\$4,643.96
March			\$2,626.12

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/>

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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 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/>

“A.A. Sponsor and Newcomers”

Alcoholics Anonymous sponsorship plays a vital role in helping newcomers build a strong foundation in recovery. When someone first enters A.A, they may feel confused, overwhelmed, or unsure of how to begin their journey. A sponsor is an experienced member who offers guidance, encouragement, and personal support during this critical time. Through regular communication, sponsors help newcomers understand the Twelve Steps, develop healthy coping skills, and stay committed to sobriety.

For many newcomers, having a sponsor means having someone who truly understands their struggles. Sponsors share their own experience with addiction and recovery, showing that long-term sobriety is possible. This connection helps reduce feelings of isolation and fear, reminding newcomers that they are not alone in their journey. Sponsors also provide accountability, gently encouraging honesty, responsibility, and consistency in attending meetings and working the program.

In return, newcomers bring fresh perspectives and renewed purpose to the fellowship. Their willingness to learn and grow strengthen the A.A. community as a whole. By building trusting relationship based on mutual respect and understanding, sponsorship creates a powerful bond that supports lasting recovery. Through sponsorship, newcomers gain hopes, direction, and confidence to face life sober, one day at a time.

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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