



May 2026



# GRATITUDE GAZETTE

**“BEING OF SERVICE IS SEXY”**

[www.TemeculaCentralOffice.org](http://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 🏆

Founders Day	6/6/26	5-9pm
TVCO Bingo.	7/11/26	
Monterey Bay Area Roundup	9/4-6/26	
A.A Desert Roundup	6/11-14/26	
20 <sup>th</sup> Annual Mountain AA Conference	8/29/26	
IECO Fundraiser Picnic	6/7/26	10am-3pm

### 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:

At an Alcoholic Anonymous meeting, a guys stands up and says:

I’ve got 10 years of sobriety.”

Then another old-timer leans over and whispers:

‘Yeah..... but only 3 years emotionally sober.’”

The rooms goes silent.

Then someone in the back says:

“So, he’s basically on a spiritual ankle monitor?””

## “Victim vs Bullying”

At my first meeting in Alcoholic Anonymous, I thought. Everyone owed my sympathy. I told long story about how people had wronged me-my boss, my ex-wife, even old friends who stopped answering my phone calls. I wore my pain like armor. Every time someone offered advice, I brushed it off and reminded them how hard my life had been. Inside, I believed I was the victim of the world.

One night after a meeting, an older alcoholic named Ray pulled me aside. He didn't lecture me. He simply asked, “have you ever considered that while you were busy being hurt, you were hurting everyone else also?”

The questioned bothered me for weeks.

I started paying attention to how I acted in meetings. I interrupted newcomers, mocked people sharing emotional stories, imposing my will on how meetings are run, villainizing other alcoholics at meetings, and acted like my sobriety struggles were worse than everyone else's. I realized I wasn't just playing the victim-I was bullying people without even noticing. My sarcasm made others uncomfortable. My anger filled the room.

The truth hit hard: I had used self- pity to avoid responsibility. As long as I was the victim, I never had to change.

Slowly, I began listening instead of dominating conversations. I apologized to a newcomer had embarrassed. I learned that recovery in Alcoholic Anonymous isn't about proving who suffered most. It's about honesty, humility, accountability, and how to treat people with kindness instead of control.

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**F**

**Step 5:** Admitted to god, to ourselves, and to another human being the exact nature or our wrongs.

**I**

**Tradition 5:** Each group has but one primary purpose-to carry its message to the alcoholic who still suffers”.

**V**

**Concept 5:** Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances received careful consideration.

**E**

**Principle 5:** Integrity- The 5<sup>th</sup> step is about taking the moral inventory made in step 4 and admitting first to God, then to yourself, and last to another person.

## **Concept Five- “long Form”**

Throughout our world service structure, a tradition “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievance will be carefully consideration.

## **Tradition Five- “Long Form”**

Each Alcoholic Anonymous group ought to be a spiritual entity Having but one purpose-that of carrying its message to the alcoholic who still suffers.

## **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](mailto: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.

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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](https://fb.me/g/p_XuZu9QmkFkMhAdg6/XxYJeYbm)

### Effective Immediately

**The 3<sup>rd</sup> 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 1<sup>st</sup> 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](http://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](http://aa.org).

# GRATITUDE GAZETTE

## Contribution of February 2026

<b>Anonymous Contribution</b>	<b>131.00</b>	<b>Anza Group</b>	
<b>Attitude Adjustment Serenity.</b>		<b>Attitude Adjustment (Serenity)</b>	
<b>Aguanga (The Ranch).</b>		<b>Birthday/Anniversary</b>	<b>42.00</b>
<b>Bill's Early birds</b>	<b>400.00</b>	<b>Buck a Month.</b>	<b>266.00</b>
<b>Bravo Alpha</b>	<b>166.03</b>	<b>Came to Believe in the park</b>	
<b>Came to believe Serenity</b>	<b>100.00</b>	<b>DYP</b>	
<b>Del Rio Survivors</b>	<b>660.00</b>	<b>Friday 11<sup>th</sup> Step 6pm</b>	
<b>Early Risers</b>	<b>182.00</b>	<b>Good Dudes</b>	
<b>Giving Tree</b>		<b>HOW Sober Ladies</b>	<b>10.00</b>
<b>Help the Hurt at Hill</b>		<b>Just Us Girls</b>	<b>95.00</b>
<b>Intergroup</b>	<b>281.09</b>	<b>Keep The Change</b>	<b>9.62</b>
<b>Keep It Simple</b>		<b>Men's Stag Wed's</b>	
<b>Little Big Book</b>	<b>85.00</b>	<b>Monday Night Jaywalker</b>	<b>347.87</b>
<b>Mospit Men's</b>	<b>143.00</b>	<b>Pizza Meeting.</b>	<b>30.00</b>
<b>Principle before Personalities Sun.</b>		<b>Recovery Road Crew</b>	<b>55.60</b>
<b>Robber Roost</b>		<b>Serenity Circle 7 AM</b>	
<b>Saturday Step Sister</b>		<b>Serenity Tuesday 6PM</b>	
<b>Serenity Circle Monday 6PM</b>		<b>Sober AF</b>	
<b>Serenity Friday @6PM</b>	<b>31.75</b>	<b>Stepsisters (WED)</b>	<b>236.00</b>
<b>Solution Crosstalk Monday</b>		<b>TH Wm's Acceptance</b>	<b>60.00</b>
<b>Temecula Women's 12x12 Serenity</b>		<b>Tuesday Kalmia &amp; Adams 12x12</b>	
<b>TVCO Board</b>	<b>170.00</b>	<b>Unity Hall February</b>	<b>750.00</b>
<b>Tuesday Night Men's Stag</b>		<b>Women's Meditation 10 AM</b>	
<b>Women's Candlelight</b>	<b>51.95</b>	<b>World Famous Speaker</b>	
<b>Keep The Change</b>	<b>0.72</b>	<b>86'd</b>	
<b>10AM Kalmia &amp; Adams</b>		<b>Happier life Early Birds</b>	<b>50.00</b>
<b>Saturday Stepsisters</b>	<b>44.00.</b>		
<b>April</b>	<b>4,593.96</b>		
<b>March</b>	<b>2,626.12</b>		
<b>February</b>	<b>3,324.92</b>		

**FYI: If you do not have your contribution submitted by the 25<sup>th</sup> 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](mailto:bacongibertj@gmail.com)

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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®

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 3<sup>rd</sup> 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/>

## “Newcomers Corner”

Newcomers to alcoholic Anonymous often arrive carrying a mix of fear, hope, and uncertainty. Walking into a meeting for the first time can feel overwhelming-unfamiliar faces, new language, and the vulnerability of admitting a problem. Yet, what many newcomers quickly discover is a welcoming environment built on understanding and shared experience. No one is required to speak, and simply listening can be powerful. Hearing others shared stories of struggles, recovery, and growth helps newcomers realize they are not alone.

A.A. Emphasizes that recovery is a journey taken one day at a time. Newcomers are encouraged to keep coming back, ask questions, and connect with others who have walked the same path. The program offers practical tools such as the Twelve Steps, sponsorship, and regular meetings that support long-term sobriety. More importantly, it offers hope-hope that change is possible, and that a fulfilling life without alcohol can be achieved.

For many, the first meeting marks the beginning of a new chapter. While the road may not always be easy, newcomers often find strength in community, comfort in honesty, and confidence in knowing that recovery is possible with patience, willingness, and support.

# 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 7<sup>TH</sup> TRADITION CONTRIBUTIONS

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

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

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

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