November 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

ACYPAA State of Mental Goose Flesh
April 15-18 2027

Children's Holiday Party 12/19 2:00- 04:00
@ Serenity Circle Hall

Board Elections Dec 07 06:30 @ Del Rio

Serenity Circle Hall Thanksgiving Alcathon
11/26 @ 07 am – 01 am

C.O. Board members

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

The Joke of the month:

Men in Sobriety

A man with 30 days sobriety says, I think I've finally figured out this whole recovery thing!'

A woman with 20 years of sobriety replies, "That's adorable. Come back when you figure out how to put the toilet seat down."

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

GRATITUDE GAZETTE

Holiday Relapse: When the Most Wonderful Time of the Year Doesn't Feel Wonderful

The holidays are supposed to be filled with joy, family, laughter, and celebration. But for an alcoholic, they can also bring stress, loneliness, resentment, expectations, and memories of the past. Sometimes the holidays become the perfect storm for relapse.

An alcoholic may walk into the holiday season thinking, *"I've got this."* Meetings become less important because life gets busy. Phone calls to a sponsor become less frequent. Prayer, inventory, and helping another alcoholic slowly get pushed aside. Before long, the alcoholic may be physically sober but emotionally alone.

Then come the parties. Alcohol is everywhere. Family tensions return. Someone brings up an old hurt. Financial pressure builds. Maybe this is the first holiday without someone we love. Suddenly, the thought appears: *"One drink would make this easier."*

Relapse often begins long before the first drink. It can begin when we isolate, stop being honest, hold onto resentments, or convince ourselves that we no longer need the program.

The holidays don't have to threaten our sobriety. They can remind us why we need fellowship more than ever. Go to meetings. Call your sponsor. Stay close to newcomers. Have an escape plan for uncomfortable gatherings. And remember that saying "no" to an invitation is sometimes saying "yes" to your sobriety.

The greatest gift an alcoholic can receive during the holidays isn't underneath a tree. **It's waking up sober, grateful, and knowing we never have to drink again—one day at a time.**

GRATITUDE GAZETTE

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Step 11: "Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition 11: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press radio, and films. "

Concept 11: " The trustee should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures and rights and duties will always be matters of serious concerns. ".

Serenity Pray

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**!

Concept Eleven- "Long Form." "While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and the service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executive, staffs, and consultants, together with a proper basis for financial compensation of these special workers, will always be matters for serious care and concerns."

Tradition Eleven- "Long Form". "Our relations with the general public should be characterized by personal anonymity. We think A,A, ought to avoid sensational advertising. Our name and pictures as A.A, members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We fell it better to let out friends recommend us..."

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. barrientospaul6@gmail.com

GRATITUDE GAZETTE

Central Office News

Central Office is always looking for voluntary's
To cover time slots.

Business 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

Contact the TVCO Intergroup Board Secretary
Temeculaaa@verizon.net

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.

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

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

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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

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.
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- **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

(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 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

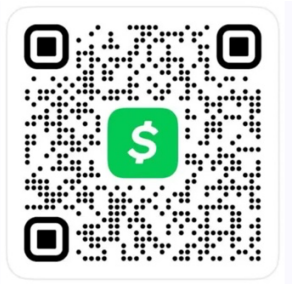
The area also has a website where contributions may be made directly to them.
https://msca09aa.org/contribute/

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



Hospitals &
Institutions



District 17



TVCO Zelle

Southwestern Riverside County Central Office
Temecula Valley Central Office
temeculaaa@verizon.net



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

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Healing The Whole Person

When I first came into A.A., I thought alcohol was my only problem. I believed that if I could just stop drinking, everything else would magically fall into place. What I didn't understand was that putting down the drink was only the beginning.

Without alcohol to numb me, I began to feel everything I had spent years trying to escape—fear, anxiety, sadness, anger, loneliness, and shame. Some days, my mind felt louder in sobriety than it ever had while I was drinking.

A.A. taught me that I didn't have to face those feelings alone. Meetings gave me a place to talk honestly. My sponsor helped me work the Steps and recognize the fears and resentments I had carried for years. The fellowship reminded me to reach out instead of isolating.

I also learned that A.A. doesn't have to be the only tool in my toolbox. Taking care of my mental health may mean talking with a therapist, seeing a doctor, taking prescribed medication, exercising, resting, meditating, praying, or simply admitting when I'm struggling. Seeking outside help doesn't make my recovery weaker. For me, it strengthens it.

Recovery has taught me that mental health isn't about feeling happy every day. It's about learning how to experience life without running away from it.

Today, when my mind tells me to isolate, I pick up the phone. When fear tells me I'm alone, I walk into a meeting. And when life feels overwhelming, I remind myself of something sobriety has taught me again and again:

I don't have to fix everything today.

I only have to take care of myself **one day at a time.**

Carrying the Message

(Step 12; Tradition 5)

UNITY SERVICE RECOVERY

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.

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

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GROUP	OCT	YTD
Attitude LE Women's		$85.00
Attitude Mod LE		$120.00
Aguinaga (The Ranch)		$150.00
Bill's Earlybird	$391.00	$2294.00
Bravo Alpha	$5.00	$775.00
Came to Believe Park	$120.00	$2234.50
Came to Believe SER	$20.00	$80.00
Del Rio Survivors		$220.00
DYP	$50.00	$222.00
Early Risers HILL		$2376.61
Friday 11th Step 6PM		$0.00
Giving Trees		$0.00
Grange Rainbow Valley		$120.00
Happier Life Early Bird		$50.00
Help the Hurt at Hill		$20.00
HOW Sober Ladies		$60.00
Intergroup	$199.00	$2527.61
Just Us Girls		$289.10
Jaywalkers Monday		$340.00
Keep it Simple KISS		$130.00
Keep the Change		$64.00
Little Big Book		$0.00
Men's Stag Tuesday		$765.66
Men's Stag Wed	$93.25	$146.25
Mosh pit Men's		$143.00
Jaywalker		$340.00
Princ. B4 Person		$110.00
Pizza Meeting		$289.10
Men's Menifee 7PM		$500.00
Recovery Road Crew	$85.60	$851.26
86'd	$119.00	$876.00
Four Horsemen		$40.00
Center for Spirit 6PM		$100.00

GROUP	OCT	YTD
Serenity 7AM		$2390.00
Serentiy Noon		$0
Serenity Mon 6PM		$148.50
Serentiy Tues 6PM	$50.00	$210.00
Serenity Wed 6PM		$109.96
Serenity Thurs 6PM		$198.12
Serenity Friday 6PM		$400.00
Serenity 12x12 10am		$$142.00
Spanish Serenity		$107.00
Sober AF		$20.00
Solutions Crosstalk		$370.00
Stepsisters WED		$378.80
SAT Stepsisters	$37.00	$326.25
Silver Feathers		$258.60
Sobriety Sisters		$192.54
Thurs Wm's Acceptance		$60.00
TVCO Board	$152.00	$1520.00
Kal & Adams 12x12		$416.00
There is a Solution		$84.00
Unity Hall	$750.00	$7781.00
Women's Candle		$0.00
Women's Medi 10AM		$8.48
Winchester Outlaws		$200.00
WF Speaker		$640.00
Wasted Youth		$20.00
OCTOBER 2026	**$2253.46**	
YTD 2026		**$31,437.61**
BEHIND		**($18,552.49)**
Monthly GOAL		**$5000.00**
YTD GOAL		**$50,000.00**
OCTOBER 2025		**$8,880.23**
YTD 2025		**$54,407.51**

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



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