

# Gratitude Gazette

Carrying the message throughout our valley

**951-677-1535 Hotline 24 hours**

41340 Pear St, Ste 1 Murrieta, CA 92562

## The Last House on the Block

Reprinted from <http://www.aagrapevine.org/feature/4095> By Cara A., St. Peters, MO.

Dysfunction was the theme of my home life. From failed marriages, to cops breaking up domestic fights, we were quite the picturesque family.

I used to watch television shows of the perfect family, laughing and enjoying one another and would find some sense of serenity and happiness. My father left us when I was very young, and I was forced to be a parent to my little sister. My father's departure began my mother's search for Mr. Right. These men she found always were lost souls usually with drug and alcohol problems.

At around age 14, I began partying with people twice my age. Soon enough, alcohol caused my family to disappear, my responsibilities to vanish. I felt like I had arrived and was free as a bird. Each time I drank, as soon as I felt the effects of the alcohol fading, I would desperately search for more. I would stay up for 24 hours binge drinking. I spent a couple of years in this spiral of binge drinking and blacking out.

I couldn't imagine a weekend without drinking. I couldn't believe the audacity of people to cut my drinking off. I couldn't count the number of promises to get on the wagon. Then came a point I couldn't imagine not drinking. I had heard the stories of my father being an alcoholic, and how he'd been like a tornado roaring his way through our family. My biggest fear was to be an alcoholic, and ironically enough made pledges to never touch the stuff as a young girl.

My last night out there can be described using the phrase from the Big Book: incomprehensible demoralization.

I woke up recalling fragments of the night, and was disgusted at the person I had become. For me, I had reached my bottom: I was spiritually and morally bankrupt.

(Continued)

Alcoholics Anonymous

### Responsibility Pledge

**I am responsible whenever  
anyone, anywhere, reaches  
out for help, I want the hand  
of AA always to be there, and  
for that I am responsible**

*~Declaration of 30th*

*Anniversary International Convention.  
1965*

### Inside this issue:

Feature Article	1-2
Bill's Letter on Emotional Sobriety	3-4
Is AA for you? 12 Questions to help you decide	4
Member Submission "God Always Shows Up"	5
Tradition 11	6
Service Meeting Schedule & Relapse Prevention	7
Member Submission "The Gift of Willingness"	8-9
Upcoming Events, Flyers, Safety for the Newcomer	10-12

I couldn't believe my drinking which was once a fun past time, had turned into such an obsession. I eventually walked into AA at the age of 16, only because someone in the program had planted a seed months earlier stating: "It's not how much you drink, or how often you drink, it's what happens when you drink." I've already seen what's happens, and it's not pretty. I lost close friends, my family's trust, and most of all my self-respect.

I walked in and picked up a white chip, and though I was crying, I found a sense of relief holding this little chip between my sweaty palms. I finally said, "Hi, my name is Cara, and I'm an alcoholic."

I dived head first into AA. It really was the last house on the block for me. During my first year of sobriety, there wasn't a pink cloud in sight. I was having alcohol withdrawals, battling my criminal issues and most of all trying to keep my seat in AA. It was the roughest year of my life, but I developed true friendships inside these rooms that will always be dear to me. After getting my life on track through the Steps, my sponsor and my HP, I lost the reason why I was there. I thought my home group was a fashion show, and made sure I had my lipstick reapplied before the Promises were read, and truly had lost sight of how lucky I was to have this program. During my second year, I drifted from meetings, fired my sponsor, lost contact with my HP and was dry.

I put myself in compromising situations as an alcoholic and started partying and clubbing again. I went from guy to guy! Six months later, a divine intervention happened and I moved to Missouri. I was 1000 miles away from my home in Ft. Lauderdale. Within a week of being in Missouri, I was introduced to a friend of Bill W. and soon enough, was at a meeting sharing my story.

I now have three years, and I know could have never done this on my own. I also have the family I always sought for, and the inner serenity which I had always presumed was an elusive dream.

### Third Step Prayer

God, I offer myself to thee,  
to build with me and do  
with me as Thou wilt.

Relieve me of the bondage  
of self, that I may better do  
Thy will.

Take away my difficulties,  
that victory over them may  
bear witness to those I  
would help of Thy Power,  
Thy Love, and Thy Way of  
Life.

May I do Thy Will always!

*(Big Book of Alcoholics Anonymous P.  
63)*

## Alcoholics Anonymous

"Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick."

This is the Third Edition of  
the Big Book, New and Revised.  
The Basic Text for Alcoholics Anonymous.



PracticeThesePrinciplesTheBook.com



# Bill Wilson's Letter on Emotional Sobriety

Reprinted from the AA Grapevine, January 1953

By Bill Wilson

*This is the substance of a revealing letter which Bill Wilson wrote several years ago to a close friend who also had troubles with depression. The letter appeared in the "Grapevine" January 1953.*

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden 'Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever.

Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life.

Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

(Continued)

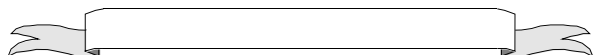
This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.



If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

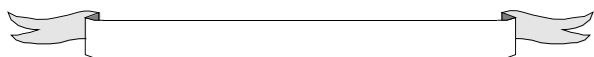
Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine."

~Bill Wilson



During my evening phone call with my sponsor, I was sharing my day and she asked if I have difficulties with change of plans. I didn't realize I'm still holding onto my feelings of unimportance. The phrase "More will be revealed" comes to mind. After more than 3 years sober I continue to learn, to grow, to be happy!

~Dorina, Sun City



## IS A.A. For You?

We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.

We decided to try and face up to what alcohol had done to us. Here are some of the questions we tried to answer *honestly*. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking-- stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get "extra" drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have "blackouts"?
12. Have you ever felt that your life would be better if you did not drink?

# God Always Shows Up

Laura L., Menifee

I LOVE the way God shows up in my life. A couple of years ago I was having “one of those days.” That day with extreme anxiety. That day where I walk in circles and can’t make a decision. That day where my head has taken over and I feel like I’m going to SNAP.

I decided to put on some Motown and get on my bike. That always makes me feel better. I’m able to tap into the power of God. I become free. That day I went down on my bike on the 15 freeway. Thankfully I wasn’t hurt. A little road rash and my favorite Levi’s were ruined. A guy pulled over and picked my bike up for me. He checked everything out making sure there were no leaks or anything to prevent me from getting it home. He hung out with me for a good half hour and we ended up laughing together. When we took off he pulled into traffic so I could go in front of him.

I drove the bike home with crooked handlebars, a stuck throttle, and no blinker. I had zero fear. I was thinking, well that ruined my ride. The bike ended up being totaled so I bought another one and couldn’t wait to ride again. THEN the FEAR crept in. I can’t do it. What if.....? I’ve been out a few times in the past two years and have ridden maybe 1,000 miles.

Before the accident, I was on my bike every chance I got. So the bike sat there. I didn’t start it. I looked at it each time I pulled into my garage. The battery would no longer hold a charge. My favorite son gave me a battery for Christmas. I installed it, started the bike and shot a video to send to him. In July I rode it one block to get my oil changed and a detail. Every time I thought about riding I had an anxiety attack. At the beginning of September, I decided to take a ride. I had to wipe off the cobwebs. I pulled out my compressor to air up the tires and ended up deflating them.



My head said “just forget it” but this time I didn’t listen. I got air in the tires, put on some Norah Jones (no more Motown) rode it to a meeting, decided to take a short ride around the lake, ended up at Tom’s Farms and had one of the best days I’ve had in months. Since then I’ve been out every weekend. Yesterday I was riding to Carlsbad when I had one of those intense moments of clarity. The message I got is FEAR keeps me stuck. I sat on the beach and allowed the feeling to move through me. I watched kids play, birds fly, waves crash, and felt the sun on my skin. Thank you, God, for showing up in my life one more time. I just have to keep my heart and mind open for the gift.



## Member Spotlight!

I am Looking for someone you know (including you!) that is a great example of recovery! One local member will be interviewed and featured every month!

Nominate your sponsor, friend, sponsee, speaker (or yourself) that has made a significant impact on your sobriety!

Nominees must be a sober member of AA.

Send your nominations with a brief example of the impact this person has made on your recovery. Please include their email address or phone number. Thanks!

Also searching for the following recovery related material:

- ◆ Cartoons/Jokes
- ◆ Art
- ◆ Poetry
- ◆ Photographs (no faces)

Submissions MUST be original and submitted by the owner of the material.

Send submissions to Crystal B.  
cmbraddock10@gmail.com

# Tradition 10

Eric, Lake Elsinore

(Short Form) Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy

(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

This tradition should not be over looked or taken lightly. Practice of this tradition is vital to AA survival. Tradition Ten deals with serious controversy's. People have been divided and fighting over religion and politics for as long as there has been religion and politics

We all have issues, we'd hardly be human without them. For us in A.A. some of these issues drove us to the drink and the drink drove us to AA. Issues without solution will take us out of AA and back to the bottle. We share our experience, strength and hope, but we always need to remember when sharing our own experiences that we do not give the impression we are stating the "AA opinion."

When we share, please keep it based on experience not on opinion. May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

## Questions for Tradition 10:

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?



2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

3. What in AA history gave rise to our Tenth Tradition?

4. Have I had a similar experience in my own AA life?

5. What would AA be without this Tradition? Where would I be?

6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

### SOME THINGS TO THINK ABOUT WHEN MAKING CONTRIBUTIONS

(taken from F-42 Self-Support Card)

#### Some facts:

- ⇒ Currently about 43.7% of groups contribute to the General Service Office.
- ⇒ Costs of Services provided by G.S.O. (as of 2018) are approximately \$7.40 per member per year.
- ⇒ Gross profit from A.A. literature sales account for over 50% of G.S.O.'s revenue.
- ⇒ Your contributions help ensure the future of our Fellowship worldwide. Personal thoughts:
- ⇒ What is the value of your sobriety?
- ⇒ Does your group know that contributions may be made online at AA.org?
- ⇒ Gratitude, expressed through contributions, reaches the still-suffering alcoholic.

THEN (1947)	NOW (2019)
VW Beetle \$1,465.00	VW Beetle \$19,000.00+
Gas 25¢/gal.	Gas \$3.65/gal.
Jeans \$4.50	Jeans \$75.00+
Smokes 30¢	Smokes \$5.50+
Soda 15¢	Soda \$1.75+
AA BASKET \$1.00	AA BASKET \$1.00

**This doesn't add up.**  
You can do something about it!





**Step 10**

*"Continued to take personal inventory and when we were wrong, promptly admitted it."*

Can we stay sober and keep emotional balance under all conditions? Self-searching becomes a regular habit. Admit, accept, and patiently correct defects. Emotional hangover. When past is settled with, present challenges can be met. Varieties of inventory. Anger, resentments, jealousy, envy, self-pity, hurt pride - all led to the bottle. Self-restraint first objective. Insurance against "big-shot-ism" let's look at credits as well as debits. Examination of motives.

*- Twelve Steps and Twelve Traditions*

**Concept 10**

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

*-The Twelve Concepts for World Service*



H&I Committee Meeting	1st Monday 7:30 pm	Temecula Valley Alano Club 27470 Commerce Center Dr. Temecula, CA 92590
TVCO Board Meeting	1st Tuesday 6:30pm	Central Office 41340 Pear Street Suite 1 Murrieta, CA 92562
Mid So-Cal Area Meeting	2nd Sunday 9:30am	See the MSCA website <a href="http://msca09aa.org/">http://msca09aa.org/</a>
District 17 GSR Meeting	2nd Tues 6:30pm Visitors Welcome!	Springs Church 41735 Winchester Rd #C Temecula, CA 92590
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church, Murrieta 24652 Adams St, Murrieta, CA (At Kalmia & Adams)



## 10 WAYS TO PREVENT RELAPSE

1

**PAY ATTENTION TO STRESS**

Identify it early and practice slow, deep breathes to calm down.

2

**TAKE INVENTORY**

Assess your program for weak spots then target them with your sponsor.

3

**FEEL THE FEELINGS**

When you have a feeling DON'T ignore it! If you feel it, you will heal it!

4

**STAY CLOSE TO THE PROGRAM**

Missing meetings leads to relapse. Staying close to program is your best insurance.

5

**DON'T IGNORE PROBLEMS**

Identify problems as they come up. Ignoring them creates anxiety that can trigger relapse.

6

**STICK WITH YOUR PEEPS**

Be mindful of missing old friends that tempt you to use again.

7

**SHARE AT MEETINGS**

Keeping quiet is how relapse starts. Even if you think it's silly share anyway.

8

**DON'T ISOLATE**

Wanting to be alone can be a sign of depression. Admit when you're struggling.

9

**GET PROFESSIONAL HELP**

If you're struggling despite working the program, seek counseling.

10

**WORK THE STEPS**

Working the steps heals the past and encourages surrender.

# The Gift of Willingness

Crystal B., Meniffee

I went to my first Intergroup Meeting in April of 2014. I sat next to Geoff F. who was the Editor of the Gratitude Gazette at that time. Because my passion for writing started with my first poem at the age of eight years old, I was excited to learn more about the potential our Gazette had at being a 12 step tool in the Valley. At three years sober, I was still painfully aware of my sobriety and I wanted to contribute somehow. I wrote the following article but was too fearful to put my first name on it. Geoff and I went back and forth as he encouraged me to use my name instead of publishing it anonymously. I finally settled on using my middle name, Michelle, and he graciously published my submission in the May 2014 issue. Over the years I've learned that it's important for people to get to know me. I may have something to offer someone I've never met. I want to invite others to ask me questions so that we can both stay sober through 12th Step work. Though often times we never know how or who we touch, the lesson for me is to step out and believe that God is in charge. I'm reprinting this story for whomever it's meant for. We can all stay sober one day at a time!

"Being smaller, less than, uncomfortable, put down, left out, shoved aside, never chosen, not cared for, and a burden; that's what I remember. That's what it was like. I felt that way until the fateful, fall day around my 13th or 14th birthday when my first bout with "The Captain" sat rotting in my gut. The delicious grief swept me into clamorous oblivion where no more chains could hold me. I was launched into an abyss from which I would not emerge until 27 drunken years later. Booze delivered me directly to the doorstep of suicidal psychosis. Unable to identify the line between fantasy and reality, and 20 lbs. under-weight, I was but a shell of a woman. I felt physically impaired and emotionally and spiritually deceased. Then the moment of clarity. Like a tsunami claiming the desert, my higher power washed me with the overwhelming desperation to get sober. Immediately and in an instant I knew it was time to look into Alcoholics Anonymous. There isn't much I remember about those first 6 months except I was frequently sick with the sweats, shingles, colds, the

flu, insomnia, anxiety, ad infinitum. The one thing I remember very clearly is the gift of desperation - that overwhelming and all encompassing desire to stay sober. I thought about drinking often. I thought about running away even more. But that desire to stay sober just for five more minutes was steadily becoming one ounce stronger than the obsession to drink. Today, I STILL feel it! I have learned that this desperation is actually the willingness to go to any lengths to stay sober. The clarity continued to come. I got a sponsor right away. She was a very sweet, hands-off sponsor, but when I was 6 months sober I knew her style of sponsorship wasn't going to work for me. I had so many enablers outside the rooms, and if anyone else loved me until I learned to love myself they may have loved me right back into my cups. I needed someone who was going to love me enough to be direct and honest with me. I was so riddled with discomfort and emotional pain that I felt as though my skin would catch fire at any moment. The Big Book doesn't say, "Come to AA and cool your jets until you feel like doing stuff." It asks us to COMPLETELY give ourselves to this program and to be rigorously honest! It says spiritual growth comes from major emotional upheavals and rearrangements. Recovery isn't for the faint of heart. Recovery is for those who are desperate to learn a new way of life. I kept hearing that AA is a program of action, and I knew if I didn't get to work it wouldn't be long before the only thing that would shut my head off would be a drink. I found a new sponsor and got to work writing my First Step. My recovery had officially begun. I could look back over my drinking history and see the progression. If I had any reservations whatsoever, they were dismissed after writing an honest First Step. Then a second surrender was upon me. My desperation for answers grew more and more. Why did I drink? Why did one drink always lead to oblivion? Why couldn't I stop and stay stopped? I was not only hungry for the solution but I was starving for a different way to live. I was running on pure self will and merely surviving from crisis to crisis. My life had become yards and yards of scrap fabric sewn together with bottle caps, labels and hangovers.

*(Continued)*



*(The Gift of Willingness continued)*

Somewhere in my youth I had become stuck in crisis mode and instead of moving into healing, I just drank and drank and drank. Even when I felt I didn't deserve it, my higher power still shrouded me delicately in gentle grace, love and that amazing gift of desperation. That gift of willingness. I was ready then and remain ready still to go to any lengths - not only for my sobriety, but for yours as well. I have to be willing to remain sober through anything, everything, always and every day. Without the willingness to have a little more faith, I am drunk. Without the willingness to listen a little closer, I am drunk. Without the willingness to trust my sponsor's direction, I am drunk. Without the willingness to not drink today no matter what, I am drunk. I still want to be sober more than anything in the world, so throughout the day I renew my pledge to my higher power, to myself and to the fellowship of AA to stay sober just for today. Something beautiful happens when one alcoholic shares with another their experience, strength and hope: one of them might get to stay sober. Something infinitely magical happens when I put pen to paper: I definitely get to stay sober. And because of this, I encourage you to write your story and submit it for publishing. Thank you for reading this. May you find the unshakeable hope and freedom that I've found in the rooms of Alcoholics Anonymous. "



## How Central Office Serves

During the day, your Central Office keeps the doors open to assist recovering and suffering AA members alike and provide the following services:

- ⇒ We provide the Big Book & the 12x12
- ⇒ Grapevine Publications & Other Assorted Literature
- ⇒ Chips & Newcomer Packets.
- ⇒ Meeting Schedules
- ⇒ Information for other Central Offices
- ⇒ 24 Hour Hotline
- ⇒ Organizes 12 Step Calls



Your office manager organizes volunteers, makes sure the office is a healthy place for all, keeps your accounting data accurate, and safe guards your inventory.

The office manager is there to support the groups and the individual members of our fellowship.

We make and distribute your meeting schedules and we publish the Gratitude Gazette. Twenty-four hours a day, seven days a week, volunteers take calls from suffering alcoholics and organize 12 step calls. The phone line and special call-forwarding are paid for by your central office contributions.

Please ask at your next business meeting if you are contributing monthly to your Central Office. Being self-supporting means not only paying for your rent and coffee, but also paying for the services you receive through Central Office.

***If your group has stopped contributing (or never started), please bring it up at your next business meeting and take a group conscious. Let us know when and how we can help.***

~Your Central Office Team

**Help  
Wanted**

### ROVING REPORTERS

- ◇ Review AA events
- ◇ Write about unique meeting formats
- ◇ Write about a meeting's contribution to the valley.

The Gazette is accepting original cartoons, encouraging one-liners, gratitude lists, anonymous photography and original art.



**The minimum submission accepted is three complete sentences.**

# Upcoming Events & Office News

## Mark Your Calendar!

- ⇒ Softball Tournament 10/6/19
- ⇒ Liberty Bells Campout 10/11—10/13/19
- ⇒ TVCO Anniversary Dinner Dance 11/9/19

Please see attached flyers for many other events in ours and surrounding areas!

Financial Reports,  
Agendas, Meeting Minutes

**FREE**

**EMAIL CENTRAL OFFICE**

secretarytvco@gmail.com

To receive copies directly to your inbox!

## Service Opportunities

- ⇒ Central Office Volunteer. Shifts open! Please contact Ken for more info 951-677-1535
- ⇒ 12 Step calls—Add your name to the 12 Step Call list. Male & female Spanish speaking volunteers needed.

## Volunteer List

- |              |                           |
|--------------|---------------------------|
| 1. Bert      | 7. Laura L                |
| 2. Terri     | 8. Tony                   |
| 3. Debi      | 9. Cheryl                 |
| 4. Maricella | 10. Nikki                 |
| 5. John W    | 11. Chris                 |
| 6. James     | 12. Terry                 |
|              | 13. Jesse                 |
|              | 14. <b>YOUR NAME HERE</b> |

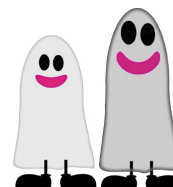
## Central Office Activity July 2019

Phone Calls: TBA

Walk-Ins: TBA

Purchases: TBA

Website Visits: TBA



A word of thanks goes out to all of you who  
donate your time, your money, your resources  
and

yourself.

When you give of yourself, you get out of  
yourself. None of us would be here without the  
willingness and gifts from each other.

*Thank you for all you do!*

## per·se·ver·ance

/ˌpɜrsəˈvɪrəns/

1. persistence in doing something despite difficulty or delay in achieving success.





**Everyone is Welcome ~ Family & Friends**  
**October 11-12-13 2019**

### WEEKEND COSTS

RVs & Trailers (4 people)	\$50.00
Tents (2 adults, 2 kids)	\$50.00
Tents (1 person)	\$20.00
Extra Kids	\$10.00
Extra Adults	\$20.00
Day Use No Camping	\$10.00

*Pet Friendly Camping  
 Paid @ the gate upon entry*

✓-In	Friday	2:00p
✓-Out	Sunday	12:00p

### FRIDAY

Starting @ 5:00pm  
 Scheduled Meetings ~ Free Coffee

### SATURDAY

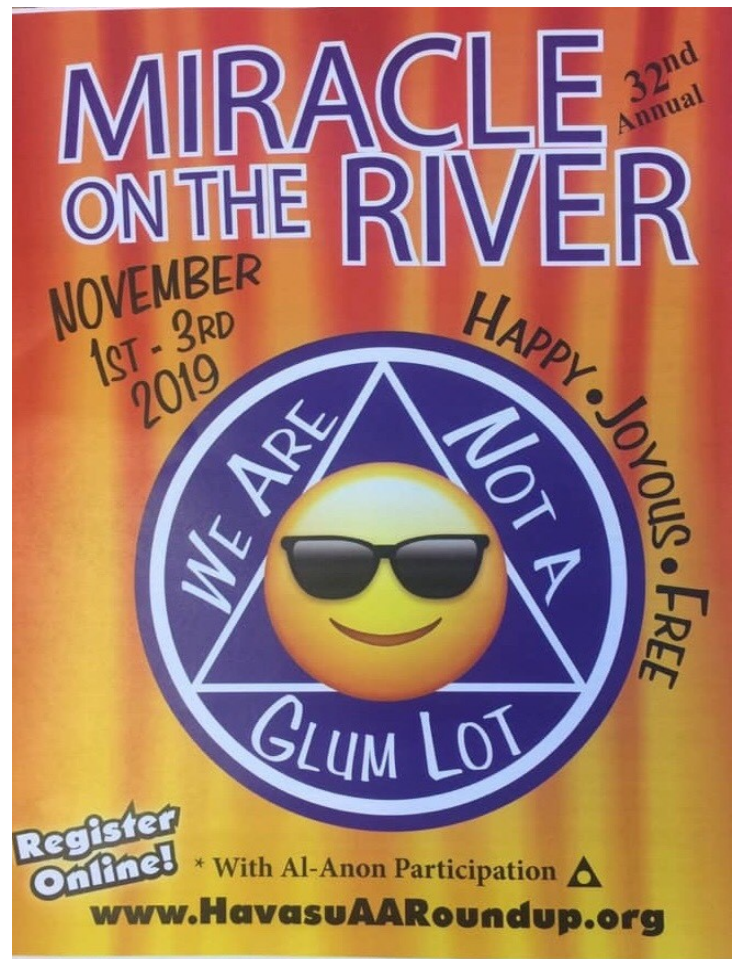
Busdriver Steve Memorial  
 Horseshoe Tournament 10:00a  
 Pot Luck 5:00p  
 Campfire Meeting 7:30p

Hiking Biking Games Napping Eating  
 All Weekend!

Loop "B" Hurkey Creek Park  
 56375 CA-74, Mountain Center, CA 92561

RV's and Trailers welcome

This is a Dry Campsite: No Hook-Ups No Dump Station On-Site



The 2020 International Convention  
 of Alcoholics Anonymous

WHEN: July 2-5, 2020  
 WHERE: Detroit, Michigan

*This year's theme*  
**"Love and Tolerance is our Code."**

A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium.

Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.

Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on aa.org.

Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee. For further information please [https://www.aa.org/pages/en\\_US/international-convention-2020](https://www.aa.org/pages/en_US/international-convention-2020)



41340 Pear St, Ste 1  
 Murrieta, CA 92562

951-677-1535  
 Hotline 24 hours



# SAFETY FOR THE NEWCOMER

We *ALL deserve RESPECT* and the right to get sober in a healthy empowered environment.

Everyone regardless of race, color, gender, age, religion, creed, disability, and sexual orientation, all deserve a chance to get sober **without harassment of any kind.**

Like one old timer in Hawaii used to say “ the good, the bad, and the ugly are in meetings just like on the street.”

## BE AWARE

Trust is earned.

If someone makes you uncomfortable in any way, tell the secretary and a friend and do not give them your contact information.

A sponsor guides you through the steps and shares their experience as to how they have stayed sober.

## FOR PARENTS AND MINORS

Minors should not take rides from members of the opposite sex.

There should always be another person with them, with one being of the same sex and age as the minor.

Minors should not go alone to the house of an older sober member to do step work until trustworthiness is established. It is safer to do this work in a public area like a coffee shop.

*This literature is part of “**Make meetings safer**”. A grass roots movement in Southern California. Started by a group of concerned group members.*

*Each Group is autonomous and every group can write their own literature.*