

GRATITUDE GAZETTE

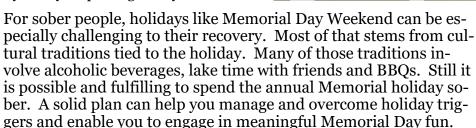
Volume 2020.5 May 2020

951-677-1535 24 Hour Hotline

Temecula Valley Central Office 41340 Pear Street, Ste. 1 Murrieta, CA 92562

Celebrating Sober

By Valley Hope Blog —May 2018



Of course, staying away from lake parties, bars and gatherings where drinking is prevalent is a given if you are new to recovery. Going to a meeting, even more than one if necessary, can stave off urges, boredom and loneliness. Nevertheless, many communities and organizations offer healthy activities such as "fun runs" and 5Ks for local charities, military tributes, volunteer opportunities to help veterans and their loved ones, parades and much more. Make it fun; Honor our veterans; Call your sponsor.

How It Works

Step Five is perhaps difficult, especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story. - A.A. Big Book p.72-73

This Month in History

A.A.

1941: First Wisconsin AA meeting was held in a Milwaukee hotel.

From our backyard...

1948: Long Beach, California. Central Office was opened.

Around the world...

1949: The first AA meetings in Scotland were held in Glasgow and Edinburgh.

Reference: https://www.a-1associates.com/aa/ HISTORY_PAGE/dates.htm

My good friends in A.A. and of A.A., I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. - Dr. Bob, 1950

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Recovery



Step 5

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 5 is essential to the fundamental change of personality required to overcome alcohol. In its simplest form, the fifth step is basically a confession of personal wrongdoings and the beginnings of your spiritual housecleaning.



Although in step four we admitted the exact nature of our wrongs, the process of clearing away the wreckage of the past will not be completed until we have shared those wrongs with another person in step five. Including a well-chosen person to be part of this healing process helps us to become aware of our own self-delusion, where we have not been totally honest and where there are patterns of destructive thoughts and behaviors.

Sometimes painful but always rewarding, the incredible emotional and mental relief you will feel (coupled with profound personal insight) makes the fifth step a valuable exercise. Successful completion of step 5 marks a return to sanity, and a much clearer recognition of who and what we are.

- How long have I been living alone with my secrets and "wrongs"?
- How do I feel about admitting my wrongs (my secrets) to another?
- Am I ready to share and let go of anything that hinders my recovery?
- Can I acknowledge and accept the exact nature of my wrongs?

Tradition 5

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Ouestions for Tradition 5:

- 1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
- 2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- 4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- 5. Do I help my group in every way I can to fulfill our primary purpose?
- 6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Concept 5

Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

In A.A. we are all equal.

Principle 5

Integrity

The quality or state of being complete or undivided; soundness.

"Doing the right thing whether someone is looking or not."

This is a really basic definition for absolute beginners amounting to, "Don't lie. Don't steal. Don't cheat...Ever."

5th Step Prayer

Higher Power, My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person & to You. Assure me, and be with me, in this step, for without this step I cannot progress in my recovery. With Your help, I can do this, and I do it



Features



Sparing Glaring Defects?

By Lyn P-May 2014

The Big Book generally addresses and reconciles our unwieldy behavior concerning romance, sex and intimate relationships while [because] we were drinking, offering a program of recovery. The entire chapter in the Twelve Steps and Twelve Traditions (12x12), Step Four, asks provocative questions about several character issues involving sex, family, community, guilt, finances, security, work, responsibility and more. That's right, more! Further, The 12x12 declares that, '...Since Step Four is 'the beginning of a lifetime practice, it can be suggested that he first have a look at those personal flaws which are acutely troublesome and fairly obvious.' (p.50) Frankly, since my personal flaws aren't obvious to me, I need all of the practice I can get in identifying any one the multitude: true selfishness, childish frustration, emerging envy, indisputable pride...ad infinitum. Thus, I'm grateful that the Twelve Steps and Twelve Traditions are recited, verbatim, at any given meeting. In my first six months of sobriety (DOS: 12-03-10), I didn't understand the repetitive nature of how the meetings commenced and ended. Considering it was AA and all, the passing hour was surprisingly...orderly. My sponsor, Joan, suggested

I bring my own Big Book to follow along. Sticky notes and paper clips mark the pages always – always - read at the beginning of a meeting. Thankfully, I have both a God and an AA protocol of my own understanding (I effectively created the latter in my head). Creativity usually produces something tangible like an oil painting, a photograph, an invention to serve the masses, or a recipe for scrumptious, chocolate chip cookies. The 12x12 suggests '... writing our questions and answers as an aid to clear thinking and honest appraisal. It will be the first tangible evidence of our complete willingness to move forward.' (p.54). There's that word, tangible, again: Perceptible by touch, material, substantial, concrete evidence of (drumroll, please) our complete willingness to move forward. This is not to mention that a portion of MY documented, first edition Fourth Step (in continuous revision) is squirreled away in a referential journal, sort of like a creative, work-in-progress. On one of the tens of pages, Joan has helped me to narrow down my top three, glaring character defects in tangible, bold...erasable print. Out of the hundred or so of my identifiable shortcomings, envy, impatience and impetuousness randomly change numerical order with any one of the remaining 97. Notwithstanding my glaring defects, my ability to multitask was once lost in the golden haze of tequila. Today, I'm thankful that I can figure out basic math while constructing a coveted list. Now that's moving forward in sobriety.

A Drink

By Jim D-May 2015

I'm full of fun and lots of laughter, I goad you into what you're after, I solve your problems, ease your pain, I've naught to lose and naught to gain, And when you're heading for the door, I gently tease you, just one more. I'm everything my maker planned, I'm deadly poison in your hand. I dim the sparkle of your eye And weaken everything you try, I'm full of bubbles, dark or light, I tear you up when out of sight. But, sip by sip, you get along, You love to sing that old stein song. I'm everything my maker planned, I'm deadly poison in your hand. I fill your mouth

with words untrue, You babble things you never do, I take your judgment bit by bit, And shred whatever's left of it. I cause you sorrow, lasting ache, And watch you die, each sip you take. I'm everything my maker planned, I'm deadly poison in your hand. I ruin friendships far and wide, My side effects are hard to hide. The boisterous crowd somehow goes cold, Soon, I'm more than you can hold. I cause a stupor in your head, You later learn that someone's dead. I'm everything my maker planned, I'm deadly poison in your hand. Leave me sitting on the shelf, Indulge in caring for yourself. You don't need me in your life, I cause only grief and strife. When you see me, turn away, Live your life a better way, Cause I'm everything my maker planned, I'm deadly poison in your hand.

Spotlight



Welcome to Spotlight. This section is a dedication of experience, strength and hope working through the steps in an interview format. During the current COVID-19 event and the necessity to "stay at home", the interviews will be postponed until we are provided to work again side by side to carry the message. The monthly interview will be replaced by additional features.

Our Primary Purpose

By B.L. - June 1970

ON MY FOURTH sober AA day, I was sitting alone in one of our musty old meeting rooms, very sad and very broke. All the AAs had seemed very kind in their desire to help, but none of them had mentioned money. And, like thousands of other new members, I believed my biggest problems were financial. Yet not one person had offered a loan. Then, suddenly, one of those big, handsome, graytemple, well-dressed old-timers strode in with a friendly smile widening his face. He stuck out his hand and squeezed mine. "If I can help you any way at all, just say so, and I'll do it!" he declared heartily.

Trying to sound as if I were merely asking for a match, I said, "I hope so. You see, I need to borrow two thousand dollars." His silence was total. But finally he spoke. "You're in the wrong place," he said firmly. "We don't lend money here, my friend. That's not what this place is for." I froze, but he went on and on. "We won't help you with a money problem. We won't help you with a family problem or a job or clothes or a medical problem or food or a place to spend the night. All we will do in AA is help you stay sober," he explained. "Then you can take care of these other problems yourself. You can take care of yourself, can't you, if you're sober?"

I hated that word "sober." But what could I say? "Certainly," I snapped, humiliated that, in my ignorance of AA "folkways, I had been caught in a faux pas, as if someone had found me eating peas with my fingers. What the man had said made perfectly good sense. I had been sober a few days and could take care of things. So I put my gradually clearing mind to it, remembered a cousin I had not tapped for months, sent a wire, and got some dough. To my astonishment and sorrow, I almost instantly found myself drunk. Within a few hours, my new AA benefactor had given me in very blunt words a sharp summary of Traditions Five, Six, and Seven. And, by getting drunk, I had illustrated perfectly the special sense behind Five.

What I needed most was not money, obviously. Af-

ter getting it, I still had the drinking problem that had made me think of approaching AA in the first place. This happened in January 1945, and the first

hint of the Twelve Traditions was not to appear anywhere in AA until the July 1945 issue of the Grapevine, when Bill W. wrote, "I would like to discuss in coming issues such topics as anonymity, leadership, public relations, the use of money in AA, and the like."

Therefore, what I encountered in AA during my first few months, before the Traditions were formalized, were customs of AA behavior followed by members who had learned that some AA ways would work, and others would not. That is the authority of the Traditions in my



personal life. I honor them, not solely of their authorship or their having the mystical number twelve or their being adopted by the Fellowship at the First International Convention in Cleveland in 1950.

I cherish them because they work. They enable me and my fellow AAs to stay sober, together, and to carry our message to other alcoholics. But I did not like the Traditions at first, especially when they conflicted with what I wanted. I was a suspicious character, often turning phony operator to get what I wanted.

(continued on page 5)

Spotlight



Our Primary Purpose

By B.L. - June 1970 (continued from page 4)

During those first weeks, I kept wondering what "those AAs" were really up to or after, and what I could get out of them. The real miracle is that most of them acted with extraordinary kindness. No matter what I tried to maneuver out of them, they tried just to give me the message.

In subsequent years, I tried to misuse AA in two ways; that is, I tried to get more out of it than the sobriety message. Once, I wrangled a part-time job from a fellow member, then took advantage of him. Coming in late, I would excuse myself by thinking, "After all, we're both alcoholics; he ought to excuse my little weaknesses." He exploited me, too, expecting long hours of unpaid work simply because I was a fellow AA. We began to concentrate on what we

were owed, not on what we as AAs owed each other. Neither of us got drunk, but our friendship did not survive.

vive.

Another time, I tried to use AA for romance, and really did find balm for a lonely heart with an AA partner. We found romance, all right, but we lost our sobriety. Years have gone by since I had AA infancy as an excuse

for my gimme tendencies. Today, I try to look at the Fifth Tradition as a giver, not as a taker. But the picture is not pretty enough to brag about. It isn't always easy, even now, to keep my personal wants out of the way when I try to carry the message. I want applause as an AA speaker, compliments as a Grapevine writer. I want to be a "success" as a sponsor--that is, I want to be the one who sobered somebody up! I have found I prefer to carry the message to pleasant, attractive, grateful alcoholics who do what I say and give me full credit for their sobriety.

Sometimes I wish I did not even have to carry the message at all; I wish I could just wait where I am for people to come and pick it up. On the other hand, I rejoice that I can now participate in so many good ways of fulfilling our primary purpose. I can

help put on public meetings and other public-information activities to carry the message to the alcoholics who are still out there drinking, sick, scared, completely unaware that we want them, and completely wrong in their notion of what our sober life is like. I can be on our hospital- and jail-visiting committees. I can serve on my group's hospitality committee, to welcome the ill-at-ease new man. I can attend or lead beginners meetings. I can help support our local Intergroup office and the AA General Service Office, which reach drunks in places I cannot get to. I can have coffee with the new man after the meeting, instead of running off to chin and gossip with my old friends. Yes, my group (made up of individual AAs, including me) has improved a lot

in its respect for our Fifth Tradition--in its ways of carrying the message.

My own AA history has lengthened considerably since I first caught glimpses of the sobriety preserving wisdom in the AA ways of doing things, summed up in our Traditions. But I have recently discovered something else quite wonderful about the Fifth: It does not say that AAs should help only newcomers. I do not agree that the

newcomer is the most important member at any meeting. In my opinion, equally important are those old-timers who showed me the way, and any middle timer who may today be suffering.

If newcomers are indeed the lifeblood of AA, oldand middle-timers are its skin and backbone. What a bewildered mess we would be in without them! So in your next meeting, when that Tradition about carrying the message "to the alcoholic who still suffers" is mentioned, please give a thought, not only to newcomers, but also to the alcoholics older in AA who are sitting there. One of them might be me. I still suffer, sometimes. I still need to hear the message, always.



Our 7th Tradition: A Perspective

This doesn't add up.

THEM

Business



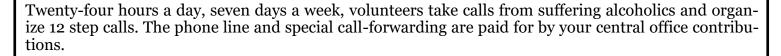
Central Office Serves the Valley

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

- 24 Hour Hotline 951-677-1535
- Organizes 12 Step Calls
- Big Books & 12x12's
- Grapevine publications & other assorted literature
- Chips & Newcomer Packets
- Meeting Schedules
- Information for other Central Offices
- Gratitude Gazette publication

Your office manager organizes volunteers, makes sure the office is a healthy place for all, keeps your accounting data ac-

curate, and safe guards your inventory. The office manager and volunteers are there to support the groups and the individual members of our fellowship throughout the valley.



Please ask at your next business meeting if you are contributing monthly to your Central Office. Contributions goes to pay for the convenient services above you receive. 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

Service Opportunities

Central Office Volunteers Needed

Great response last month to fill the open slots. The shifts may be filled but starting an opportunity list! 4 hours, 2, hours, 1 hour, however you can help with your time in the future.

12 Step Calls

Add your name to the 12 Step Call list for male & female. Spanish speaking volunteers also needed.

Please contact Ken for more info 951-677-1535.

Volunteers

1. Bert

2. Terri

3. Debi

4. John W

5. James

6. Laura L

7. Nikki

8. Chris

9. Terry

10, Steve

9. 1611

io, steve

11. Roxanne

12. Sarri

13. Shawna

14. Steve

3. Silawila

...and YOU!

Business



Central Office Activity

Phone Calls: 350

Walk-Ins: 30



Purchases: 30



Website Visits: 4,781



Deliveries: 15



Active Intergroups: 37

Semper Sober – John W.

Committee Meetings	Day of the month	Location (moved on line)
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 http://msca09aa.org/
District 17 GSR Meeting	2nd Tues 6:30pm	Springs Church 41735 Winchester Rd #C Temecula, CA 92590
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church 24652 Adams St, Murrieta, CA (At Kalmia & Adams)
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr # C, Temecula, CA 92590

Comments, article submissions, suggestions about the Gratitude Gazette?

Please submit email to: tvcocomms@gmail.com

From the Chairman of the Board

The current COVID situation has been an incredible opportunity for growth and for our fellowship to show its resilience and Unitv. Online meetings have been an amazing way for us to continue sharing experience strength and hope, and have opened many doors to recovery.

I recently read Bill W's Grapevine essay This Matter of Fear where he talks about A.A. members just after Pearl Harbor. He wrote how we could be resilient because we have all been through our own personal hell. A.A.'s have stayed sober through many hard times and together we can trudge through these times together. Thank goodness for our 36 principles, for the way we support each other, and for our ability to take things one day at a time.

> Financial Reports, Agendas, Meeting Minutes

FREL

Do you need a report for your groups business meeting?

Contact the TVCO Board Secretary at: secretarytvco@gmail.com

BUCK A MONTH CLUB



Inquire with your Intergroup Rep or follow

http://ssl.temeculacentraloffice.org/

Rewind News



Editorial on the 5th Tradition

By Bill W - April 1948 (Copyright The AA Grapevine, Inc.)



On the 5th Tradition

By Bill

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose.—that of carrying its message to the alcoholic who still suffers.

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

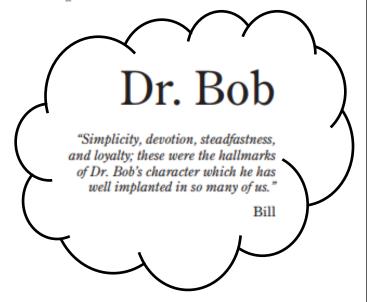
Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely templed to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet some of our well-wishers have begun to say such things. Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked "Success"!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the Grace of God—on borrowed time; that anonymity is better than acclaim; that for us as a movement poverty is better than wealth.

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of A.A.-'that of carrying its message to the alcoholic who still suffers alcoholism."



Reference: http://silkworth.net/downloads/pdf/editorial-on-the-5th-tradition-april-1948.pdf

Events



Many upcoming events have been cancelled, postponed and moved online due to the restrictions in place to combat the spread of COVID-19. Here is a sampling you will find on the TVCO Events website page.

30th Annual Hemet Women's Banquet

The Steps We Took, May 16, 2020
The Maze Stone Restaurant at
The Country Club, Soboba Springs
More Information/Download Flyer

Call Host before traveling

Founders Day

June 3, 2020 (subject to change)
Temecula Community Rec. Center
More details soon!

Chili Cook-off and Bake Battle

September 26, 2020 Murrieta Community Center More details soon!

Halloween Bash

October 24, 2020
Murrieta Community Center
TVYPAA chaired event
More details soon!

More events coming; please check back soon or visit

Temecula Valley Central Office Events page http://www.temeculacentraloffice.org/aa-events/

Safety



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.

Leisure



See You in the Funny Papers



Reference: http://www.temeculacentraloffice.org/gazette/2013/ Gazette 05 2013.pdf

"I'm basically a negative person, that's why I'm so happy."

"Those who relapse are attending powerlessness graduate school."



Laughter is the Best Medicine ... Really

https://www1.cbn.com/laughter-best-medicine-really

Leisure



Word Search of the Month

Word Search

SEISELLMKRLAVEBXFDVI TDUOUWUQUECAHYLDPVHT ECNYZBZGXPWYCOTQRSTU PAEZDLUEBRICBVFHIHYJ SRWJUEGTTEVWPNTQMJRĎ ORCMCGQRLSODLMPAAAIP UYORRWNAYERCSPRDRKGD HTMPZECDRNIOYXIUYNHT AHEOVLOIATDMYMNSPATC EERRICNTWAQFXECQUTOS YMWGQOCIFTZOQNICRRFB WEUEBMEOQIERQRPWPMAZ BSKQHIPNKOXTGKLDOMPN ESWCVNTSENODELEOSWPG GACAPGSWPDXUUYSLEHEB LGOEWBAUNEILLSSDJJAW KEKVTRUSTEDSERVANTLR YPDQVBPATTADMITGCAUO RDHSPIRITUALVIRTUEON EPNXBHNTAUPBCZWBLUSG

CarryTheMessage SpiritualVirtue PrimaryPurpose Principles

Traditions Newcomer

Comfort Steps

TrustedServant

RightofAppeal

Concepts

Wrong

Classifieds

Intergroup commitments available

Inquire with Angie at acpagliei@yahoo.com

TVCO SWAG

Get your limited event and TVCO shirts, hoodies, mugs and more at:

Teespring.com/stores/tvco



Answer key for April



7th Tradition Donations

Representation

Welcoming

Admit



Several ways to support Central Office while keeping with the 'Stay at home order'.

Venmo is a mobile payment service: Search for @TVCOAA

Or on the TVCO website: https://ssl.temeculacentraloffice.org/