



GRATITUDE GAZETTE

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951-677-1535
24 Hour Hotline

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

A Spiritual Awakening in Sobriety

By Eudaimonia R.H. —February 2018



A spiritual awakening is difficult to define with one word or phrase because it is different for everyone who experiences it, but there are some clear signs that you have had a personal and spiritual transformation in recovery.

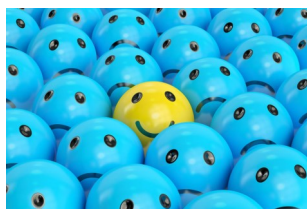
For example, you may portray some or all of the following characteristics; a clear attitude change, a personality change, an improved outlook on life, an increased ability to share and feel emotions, and an overall improved well being. If the person you were when you first walked through the doors is completely different from the person you are now in sober living, you've experienced a personal and spiritual awakening.

Often times this is a gradual process that requires you to face difficult emotions and truths about yourself. But now, you are empowered to share your personal journey through that process to help other people in recovery who have yet to experience their own spiritual awakening.

Mickey's Spiritual Awakening

By Mickey J.—June 2016 (excerpt)

I started to focus on what my true self was in step six and what I needed to do to become the man I wanted to be in step seven. That is what I mean when I said I've had a spiritual awakening. I look at the events in my life with less of a filter now. I am no longer the same person I was at nine years sober wanting to die. I'm going on fifteen years now and I've been given a completely new life. The promises not only have come true for me, they continue to come true in completely different and exiting ways. I've found a new freedom and a new happiness and that was only possible by working the 12 Steps of Alcoholics Anonymous.



This Month in History

A.A.

1945: Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.

From our backyard...

1995: 56,000 attend 60th Anniversary of AA in San Diego.

Around the world...

1981: AA in Switzerland held its 25th Anniversary Convention with Lois Wilson and Nell Wing in attendance.

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

Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

- Dr. Bob, 1950

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Recovery



Step 6

Were entirely ready to have God remove all these defects of character.

Step Six is all about the removal of what doesn't work in our lives anymore. Since you have completed Step Four and Five you surely have plenty of things that were revealed to you about what you need to get rid of!



When breaking down Step Six I like to focus more on the word "ready" than entirely; nobody is ever entirely ready, especially for the unknown. However the word "ready" is a reminder that we are prepared, open and available. Now we can aim at the very best of all we know or can learn.

Here are some questions to help guide you through Step Six:

- What are your fears about doing a sixth step? And your responsibility?
- What does it mean that a "higher power" can remove them?
- Do you believe you can change? Have you changed so far?
- Do some of your character defects give you pleasure?
- Are there any defects that you think cannot be removed?
- How does surrender help with Step Six?
- What actions can you take to show that you are entirely ready?

Tradition 6

Our groups ought never endorse, finance or lend our name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

This Tradition declares that the accumulation of money, property and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an A.A. group must ever be on guard.

Even worthy projects such as starting a 12-step club and supporting a shelter should not be entered into as a group project, but rather as an effort of members as individuals, if they so desire. Invariably, these situations can involve struggles over finances and control and can divert a group and the fellowship away from its primary focus on recovery.

Members come into the rooms each week seeking help from the experience, strength, and hope of other members. This process can be interrupted if the group spends part of the allotted time for discussion of outside activities. When a group's discussion becomes dominated by outside issues, it robs individual members of their meeting time. In short, tradition 6 ensures unity within the group.

Concept 6

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance.

But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

Principle 6

Willingness

Your decision to stop holding back. An extension of surrendering, it is you relaxing your ego and will, letting go of your own preconceptions and stubbornness, and giving permission for your recovery to proceed.

Were entirely ready...

6th Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery.

Help me to continue being honest with myself and guide me toward spiritual and mental health.

Features



Things Started Working for Me...

By Staff Writer Rick R—May 2020

...when...

- My Desperation Outweighed My Denial.
- My Conscience Outweighed My EGO.
- My Compassion Outweighed My Resentments.
- My Giving Outweighed My Taking.
- My Faith Outweighed My Fear.
- My Unselfishness Outweighed My Greed.
- My Service Outweighed My Neglect.
- My Acceptance outweighed My Criticism.
- My Caring Outweighed My Indifference.
- My Empathy Outweighed My Contempt.
- My Perspective Outweighed My Opinion.
- My Smiles Outweighed My Smirks.
- My Calmness Outweighed My Rage.
- My Understanding Outweighed My Confusion.
- My Virtues Outweighed My Faults.
- My Hope Outweighed My Distrust.
- My Gratitude Outweighed My Dismay.
- My Kindness Outweighed My Spite.
- My Principles Outweighed My Delusions.
- My Happiness Outweighed My Pain.
- My Confidence Outweighed My Insecurity
- My Maturity Outweighed My Childishness
- My Quiet Discipline Outweighed My Gossip

....when...



Thanks to Sponsorship

By Friend of Bill—June 2014

I came into AA broken, alone, and isolated. I knew nothing of the program and was very angry entering the rooms. For my first 30 days, when it was my time to share, all I could do was complain. I did not want to be an alcoholic. That was just too bad. In my 5th week I finally heard the message of recovery. I began to read the Big Book, got a sponsor, and started to do the steps. After all, what did I have to lose? When I asked that a man to sponsor me the journey really began. Six months into the program, my sponsor moved out of state, but I made sure I found another man to work with before he departed. This was important because my sponsor was someone I could trust and be honest with. I got a new sponsor and completed the steps while forming the same type of relationship. We continue to work today through the Traditions and communicate with no secrets.

As I worked my 12th step, I also began to sponsor men. What makes this journey so special is that all of these men, the sponsors and sponsees alike, became some of my best friends. Unlike my other friends before AA, these friendships are not based on what I can get from them and them from me. These new friendships are based on honesty, trust, and a common bond which is alcoholism. These are true friends. Your sponsors and sponsees may not become your best friends, but without sponsorship I wish you good luck staying sober. I have a new life today thanks to the Big Book of Alcoholics Anonymous, my sponsors, and the fellowship of AA. I thank God every day for AA and my sobriety.

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.

The Center Line of Life

By Staff Writer Rick R. - May 2020

We are all born with a Conscience and an Ego. We all have instincts. We, as human beings are also born with the Use of Practical Reasoning, and that separates us from the animals, who, for the most part, live by their instincts. The degree to which these assets and liabilities affect our behaviors differ in all of us. “Yet these instincts, so necessary for our existence, often far exceed their proper function. “(12x12, Step 4) Most normal people make mistakes in their lives and that is normal since no one is perfect. Most Alcoholics, however, take their life to the brink of destruction before they become desperate enough to surrender and enter the program of Alcoholics Anonymous. Most Alcoholics have deeper rooted emotional problems that far exceeds the normal range. Some of these troubles can be rectified simply by acknowledging that they exist and being willing to change our motives and behavioral habits.

Unfortunately, A certain percentage of our fellowship have deeper rooted problems that are permanent and cannot be cured simply by practicing A.A. principles alone. They are often masked by the use of alcohol and when a person stops drinking and starts dealing with their behavioral problems, these things rise to the surface in the form of: O.C.D; A.D.D; Bipolar Disorder; P.T.S.D; and many others that can only be subdued by the use of medications that, in some cases, dulls the mind of the patient to the extent that they would resist taking the medication and would rather live with the symptoms. Not knowing this, we sometimes misunderstand the people stricken by these deeper-rooted mental conditions and believe, by their sharing, that they are arrogant or egotistical etc. when displaying behaviors that the average person is not afflicted with. These conditions are not always at the extreme levels and each of us, being Alcoholics, have a degree or behavioral problems that are outside of the normal range else why would we need to attend AA

meetings. Let us consider the normal range to be 5 degrees on either side of the center line. The extremes of the abnormal behavioral problems extend out to 50% on either side of the centerline. Let us take Fear as an example. Some people are so fearful they are afraid to leave their home, while others are so fearless that they may walk in front of a bus. These are the extremes, and we all fall somewhere in between. Those of us who are fortunate enough not to be afflicted by those pre-mentioned mental disorders, are blessed that practicing the principles of Alcoholics Anonymous can bring us back towards the center line and we can lead a somewhat normal life.

For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of judging them by their outward behavior, we are still outside the normal range, and when we replace the habit of being judgmental with the habits of compassion and empathy we are somewhat closer to the center line. We can change all those alcoholic behaviors when we recognize them, simply by looking deeper into our motives for our actions pointed out in the A.A. program. Steps six and Seven begins this process of recognizing our defects of character, based on our thinking, and changing the shortcomings or actions, that result from those thoughts. “There are those too who suffer from grave emotional and mental disorders but many of them do recover if they have the capacity to be honest.” (Big Book, p.58) My question is, do we have the capacity to be accepting when we recognize that some of us have these, uncontrollable deeper-rooted issues and that we cannot compare them to ourselves and be judgmental about these difficulties. Love, Compassion and Empathy are the center line positions in these cases. They need our understanding.

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 accurate, 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.

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. 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 |
| 11. Roxanne | 12. Sarri |
| 13. Shawna | 14. Steve |

...and YOU!

Business



Central Office Activity

Phone Calls: 365



Walk-Ins: 45



Purchases: 45



Website Visits: 4,923



Deliveries: 12



Active Intergroups: 37



From the Chairman of the Board

Let's keep our focus on health and safety but not lose sight of our primary purpose.

Semper Sober – John W.

It may be a saying that is well-worn, but it is worth repeating; recovery is a lifelong process. This philosophy is abundantly clear in the Twelfth Step.

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to (addicts), and to practice these principles in all our affairs.



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

Financial Reports,
Agendas, Meeting Minutes

FREE

**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/>

Comments, article submissions, suggestions about the Gratitude Gazette?

Please submit email to:
tvcomms@gmail.com

Rewind News



Editorial on the 6th Tradition

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

EDITORIAL:

On the 6th Tradition

By Bill

The sixth of our 12 Points of A.A. Tradition is deemed so important that it states at length the relation of the A.A. movement to money and property.

Too detailed to print here, this Tradition declares in substance that the accumulation of money, property and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an A.A. group must ever be on guard.

Tradition 6 also enjoins the group never to go into business nor ever to lend the A.A. name or money credit to any "outside" enterprise, no matter how good. Strongly expressed is the opinion that even clubs should not bear the A.A. name; that they ought to be separately incorporated and managed by those individual A.A.s who need or want clubs enough to financially support them.

We would thus divide the spiritual from the material, confine the A.A. movement to its sole aim and insure (however wealthy as individuals we may become) that A.A. itself shall always remain poor. We dare not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us.

Thank God, we A.A.s have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well meaning donor present an A.A. group with a sizeable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bank roll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not A.A.?"

Of course, we of A.A. would be the first to say that many a fine



enterprise does a lot of good with a lot of money. To these efforts, money is usually primary; it is their life blood. But money is not the life blood of A.A. With us, it is very secondary. Even in small quantities, it is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain this easily enough; we don't need money. The care of our A.A. procedure is "one alcoholic talking to another," whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all A.A. needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars a piece a year, easily met by voluntary contributions. Trivial indeed, our expenses!

Nowadays, the A.A. group answers its well wishers saying, "Our expenses are trifling. As good earners, we can easily pay them. As we neither need nor want money, why risk its hazards? We'd rather stay poor. Thanks just the same!"

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.

Chili Cook-off and Bake Battle

September 26, 2020
Murrieta Community Center
More details soon!

Call Host
before traveling

Halloween Bash

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

New Year's Eve/Monte Carlo Night

12/31/2020 – More details soon!

Softball Tournament – TBD

Golf Tournament – TBD

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



Laughter is the Best Medicine ...
Really

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

Leisure



Word Search of the Month

UONJQYLHDGSPNSVMPIGC
CJJVPXDHOVHBEHAVIORS
KMKPCPYDINYRMHWVDRIB
DSVUEOZMGGELEBUDRJRHJ
FCVHGRMOHJHSFHVVVORN
BXYUFEFFGLSETNSXJATZ
VABDCXDERICNRYGAUOIE
UTTJHJIECJATMPBCGCJH
GTMPASTJFTNTUROAMLFO
LINSRBHABEINHJLWRTUG
RTFOAEMOEGCOTFXPETLY
GUKGCLPCRZPTNPFKURUG
KDQRTXHAGTOWSIJVELJK
LEWEEHXCRCNCZZSFYHGE
DRKARUAILELOXXGTLVDI
XMRDTNJPHYDHMWILLING
NPZYCVJOURNEYIEJOCMD
KCSSLBNICROLFCNNPRIIX
INPROGRESSVBOVSGXNSQ
SSWSTEPSEXFYVZLBSJVM

Perfectionist	Shortcomings	HigherPower	InProgress
Behaviors	Character	Prepared	Attitude
Willing	StepSix	Honesty	Defects
Journey	Ready		

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](https://teespring.com/stores/tvco)



Answer key for May

SEISELLMKRLAVEBXFDVI
TDUOUWUQUECAHYLOPVHT
EPCNYZBZGXPWYCOTQRSTU
PAEZDLUEBRIICBVFHJHYJ
SRWJUEGTTTEVWPNTQMJR
ORCMCGQRRLSODLMPAAAIIP
UYORRRWNAJYERCSPPROKKG
HTMPZBECORNJJOYXIUYNHT
AHEOVLLOIATOMYMNSPATTC
EERRRJCNCTWAQFEXECQRTFS
YMWGQOOCIFFTZQONICRRRFB
WEUEBMEQOQIERQRPPWPMFZ
BSKQHIPNKOKXTGKLDOMPEN
ESWCVNTSENODELEOSWPG
GACAPGSSWPDXXUUYSLHEB
LGOEWBAUNEILLSSOJJJAW
KBEKVTRUSTEDSERVANTLR
YPQQVEBPATTADMITGCAUD
RDHSPFIRITUALVIRTUBON
EPNXBHNTPAUPBCZWBLUSG

7th Tradition Donations



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/>