



# GRATITUDE GAZETTE

Volume 2020.7  
July 2020

951-677-1535  
24 Hour Hotline

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

## Socializing in Sobriety

By Patrick T. ([SoberNation.com](http://SoberNation.com)) —June 2020

There's a common fear among those in early recovery that after becoming sober, they will no longer have a social life. Whether it's going out with friends, after-work events, weddings, baseball games, or holiday get-togethers, we live in a culture where being around alcohol is hard to avoid.



For many, using alcohol was also the way to navigate these social settings. Anxious or nervous about meeting new people or large crowds? Pour a little liquid courage. Can't dance? Have another glass of wine. Drinking served as a security blanket, a way to ease into uncomfortable situations without feeling self-conscious. Socializing in sobriety can be challenging at the beginning and it can be difficult to imagine a world where you're able to make it through social gatherings without alcohol by your side.

While it's normal to be apprehensive after making a major change like quitting drinking, being sober can actually improve the connections you make with others and allow you to have a more meaningful, richer social life. Continue reading about the 5 social myths at: [sobernation.com](http://sobernation.com)

## How to stay Sober...

By Buddy T. ([VeryWellMind.com](http://VeryWellMind.com)) —June 2020

If you're in recovery, you already know how much work it took to get there, and you'll want to do everything possible to avoid having a relapse. It may seem that a relapse is the last thing that could happen to you, but the truth is they are very common for people new to recovery. Get into action and learn more about these 12 tips.

1. Identify Your Personal Triggers
2. Recognize Warning Signs
3. Prepare for PAWS
4. Avoid Old Routines and Habits
5. Build Healthy Relationships
6. Develop a Structured Schedule
7. Practice Healthy Living
8. Focus on Your Finances
9. Stay Cool and Calm
10. Deal With Past Mistakes
11. Find Balance in Your Life
12. Celebrate Milestones

### This Month in History

#### A.A.

2000: 20 Millionth Big Book given to Al-Anon in Minneapolis

#### From our backyard...

1960: 8,700 attend 25th Anniversary of AA in Long Beach, CA

#### Around the world...

1985: 45,000 attend 50th Anniversary of AA in Montreal. House of Seagram's flew their flags at half mast for 3 days.

Reference: [https://www.a-1associates.com/aa/HISTORY\\_PAGE/dates.htm](https://www.a-1associates.com/aa/HISTORY_PAGE/dates.htm)

**They are restless, irritable, and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks-drinks which they see others taking with impunity.**

**- Dr. Silkworth**

### Inside this issue

Recovery .....	2
Spotlight .....	3
Feature Stories .....	4
Business.....	7
Rewind News.....	9
Events.....	10
Safety.....	11
Leisure.....	12

# Recovery



## Step 7

Humbly asked Him to remove our shortcomings.

Step Seven is about getting rid of character defects and replacing them by practicing humility & spiritual principles. Working on the seventh step requires constant thoughtfulness and commitment to being honest, courageous and humble.

When working on steps four and five, we discovered our assets and shortcomings. With step six, we became prepared to deal with these qualities so that in step seven we could be ready to act.

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

- How has my understanding of my higher power grown?
- How does being aware of my own humility help when working the seventh step?
- How do I plan to ask a higher power to remove my shortcomings?
- How does the spiritual principle of “surrender” work for me in step seven?
- Am I comfortable with prayer and meditation; even if it means making up my own?
- Have there been times when I have been able to stop from acting on a character defect and practice a spiritual principle instead?

## Tradition 7

Every AA group ought to be fully self-supporting, declining outside contributions.

The paradox of A.A. is that financial independence and the support of our Fellowship by alcoholics and alcoholics alone not only enhances A.A.'s importance to each of us, but stimulates our engagement in our own recovery.

While the Fellowship has always faced problems of money, property, and prestige in one form or another, through the wisdom of the Seventh Tradition we have never been diverted from our primary purpose of carrying the message to the alcoholic who still suffers. This is our fundamental work, and to ensure that the hand of A.A. will always remain outstretched, money and spirituality must continue to mix. And for that, we are all responsible.

Honestly now, do I do all I can to help AA; my group, my central office, my GSO to remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom (or restroom)?



## Concept 7

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and A.A. purse for final effectiveness.

The charter and bylaws of the GSB are legal documents and those of the GSC are not. There may be times where the Conference has “gone off the deep end” and the Board needed to reel them back in through the vetoing of Conference action. The Trustees have “legal authority,” where the Conference only has “moral authority.”

## Principle 7

### Humility

Anonymity is real humility. It was only by repeated humiliations that we were forced to learn about humility. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility.

## 7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding. Amen.

# Spotlight



***Are we ready to dig back into self-reflection and steps insights? After several months on COVID-19 quarantine, the interview Spotlight has been turned back on; enjoy!***

*Welcome to Spotlight. This section is a dedication of experience, strength and hope working through the steps in an interview format.*

## A Reflection on Step Six, Seven

An interview with Bob J by Rob P - June 2020

**ROB P:** Well, we're just going to get to it for the first time in many, many months.

**We think about willingness when we think about step six. What fears did you have about doing step six?**

**BOB J:** At that point, this last time around I wasn't fearful. I was open, and willing to do the actions like they always say, whatever my sponsor was telling me to do. Step six is basically about making a decision kind of like step three; to become willing.

**ROB P:** It sounds like you were really ready to surrender or you had already surrendered by the time you got to step six.

**BOB J:** Absolutely!

**ROB P:** It comes down to then, what were the actions that you showed, what were the actions you were taking that made you entirely ready?

**BOB J:** The action I was taking is listening. Listening to my sponsor, listening to suggestions of other sober members of Alcoholics Anonymous. Listening to directions to 'Do'; the action to do next what the *Big Book* and *12x12* talks about. Another action was surrender; surrender to do all this, surrender to listen to other man help me get my life back in order. I was at bottom and my bottom was completely hopeless. I didn't know which was to go and I wanted to die. I didn't want to feel that way anymore. I didn't want to go back to ever felling that way. The work I put into this laid the foundation for the rest of my life. I have a life beyond my wildest, drunken dreams. It is amazing...I forget it's amazing at times but I am always going to be a work

in progress...which I need to remember also.

**ROB P:** Are there any defects that you believe still cannot be removed? And are you willing to have these removed?

**BOB J:** I have plenty of defects that I still need to have removed (*laugh*). I am willing to have them removed. I am still stubborn so having them removed is a feat. Like I said I am a work in progress and I am willing. I am trying to find new ways to curb my anger...anger is one of them (defects). You know just this last week I had an episode and yelled at my boss in front of an employee and I shouldn't have done that. I still have work ahead of me. By talking about it in meetings and to my sponsor and trusted A.A. friends, I get suggestions; I get new books to read, new actions to take. Whatever suggestions; different prayers, exercise, talk to my doctor, talk to my wife. I have to be open minded enough to listen enough to make the changes...it's always going to be about change for me.

**ROB P:** So when thinking about humility, how do you give up self-reliance, or how do you rely on a higher power?

**BOB J:** Ah, you've heard me say before I crack my knees every day, and I say the third step prayer and the seventh step prayer every morning. Along with other prayers and asks and 'thank you's'...that's how I surrender; I have to surrender every day. Throughout the day at times I'll surrender even more. I don't always think to surrender at the right times. Pause, pray and proceed doesn't always come to me during times of stress or anger, but I do hope to improve on that as time goes on.

*(continued on page 4)*

***Is there someone in your group that can share their experience, strength and hope in an interview? Check with your Intergroup Rep for details or contact the Gratitude Gazette Editor at [tvccomms@gmail.com](mailto:tvccomms@gmail.com) to schedule a one-on-one for an upcoming edition.***

# Spotlight



Welcome to Spotlight. This section is a dedication of experience, strength and hope working through the steps in an interview format.

## A Reflection on Step Six, Seven

(continued from Spotlight on page 3)

**ROB P:** How do you accept that humility is necessary to achieve and keep a sober and fulfilled life?

**BOB J:** Humility (clearing throat)...true humility is hard to come by. Again (chuckle), it's practice and I am truly a much more humble man than I was thirteen years ago, or even 20 or 30 years ago. I've learned to keep my mouth shut at times more now than when I used to just vomit things out of my mouth. I hope that's a sign of humility with maturity but I still have things I need to work on. Moving forward I hope I, you know hang out with the winners as they say. I see people even, a good friend of mine has less sobriety than I do but I feel like he has more maturity than I do. I grew up fast then I slowed down during my 20's and 30's. These last thirteen years I have been progressing because I want to be a humble guy and I don't want to be arrogant, I don't want to be cocky, I don't want to be "Mr. Know-It-All"; I don't want to be that. I do want to have confidence; true confidence. I think, I hope that is a part of being humble. Again, I crack my knees every morning because I was told to humble myself before a higher power. And that's how I do it. It (the action) helps me to know that I am not all of it and that there is something more above me. It's not always about me and that's what I do every-day...surrender.

**ROB P:** You have mentioned several times that you crack your knees in an act of humbleness. How did you become comfortable with prayer and meditation?

**BOB J:** Hum, it was hard for me in the beginning I must say. Prayer was not a norm. I was told in a halfway house in Florida by the house counselor to just tell God every night "Thank you". That's how I started, praying to God wasn't this big moment before I got sober...or at least I do not remember (chuckle). I do remember the (counselors) suggestion for each night. After getting sober, I heard

things like "asking God to keep you sober for today", and that's still apart of my prayers today. I do that on a daily basis because I've heard stories that people go out (avoiding this daily reprieve), and I try not to miss any days. I do miss days at times but 95% to 98% of the time I crack my knees every morning before I leave the house. What was the question? (thunderous laughter).

**ROB P:** How have you become comfortable with prayer?

**BOB J:** Comfortable, ya, just by doing it. The willingness to do the action. I was taught two main ingredients; willingness and action. Practice, practice, practice.

**ROB P:** So how have you changed your perspective from a self-centered one to a humble, selfless one?

**BOB J:** It's been an evolution I think. Slowly but surely (chuckle). It definitely wasn't a sudden change. I still go backwards at times. I hope the people I am accountable to say "Bob...you're falling backwards?", and it's my reminder to keep moving forward; progress not perfection. The old cliché but it's true. Hopefully I keep progressing. I am not always selfless still I must say but I strive to be. I do that by opening my own home to meetings, I do that by helping people fix their cars, whatever I can do help. I do that by being of service to my wife as much as I can. Because I still just want to sit on the couch and watch TV by myself. It's not always easy but again I strive to make it better everyday and I hope that I can just keep doing it one day at a time.

*Thank you Bob for your time and insights. If you have a story to share but find it difficult to write an article, check in with your groups Intergroup rep for scheduling an interview. - Your Gazette Editor*



## Features



### Praying for Potatoes

By staff writer Rick R.—June 2020

One of the things I have always enjoyed about A.A. meetings is our ability to poke fun at each other, in a lighthearted way. We laugh at things that others would consider to have been tragic incidents in our lives but we seem to have come to terms with these past negative experiences and what we are really laughing at is the absurdity of what our old way of thinking. Sometimes we need to have things explained to us in simple terms. The world of A.A. is ripe with metaphors, similes, and allegories that make the learning process much easier to understand. With all of the re-learning we go through to help us in changing our old way of thinking, we are faced with the task of setting new principles, new disciplines and new priorities in place for our actions and behaviors in the future.

Starting with the first and most important priority, we have to be convinced that, we "are like men who have lost their legs, they never grow new ones" (B.B. ch.3). It can't be put any better than that. Then you may hear it said about relapse: *"It's the first drink that gets you drunk, not the forth fifth or, you may hear, Taking that first drink is like dancing with a gorilla, the dance isn't over till the gorilla says your done."* These things are truths that we all hear at meetings but these things won't stop anyone from picking up a drink if they're not done yet

In A.A. we hear a lot about prayer and meditation and it seems that everyone has their own way of defining what that means to them. Some may be reu-

nited with the religion of their childhood, while others may feel that they are agnostics and seem to find a sort of neutral approach in finding a power greater than themselves, and that seems to works for them. Then there are those that consider themselves atheists and, as it says in the 12X12 (step two). "A, one-time, Vice President of the American Atheist Society got through with room to spare." However we, as individuals, frame our own approach to how we incorporate this concept into our lives is equally acceptable, as long as it replaces our own, failed way of thinking.

What we pray for is another, sometimes, misunderstood practice that may be clarified by a few metaphors that we hear in meetings. Asking God to cure someone of an illness seems, well meaning but misguided. If God worked his wonders at that level, the hospitals would be full of sinners and the people we pray for would all be healthy and happy. I can only pray for the understanding and strength to deal with these things when they are presented as it is suggested in step eleven, *"praying only for knowledge of his will for us and the power to carry that out."* (step 11) i.e. God, please show me what to do, and please give me the strength to do it; I do not do well on my own.

Most of the principles I live by today are backed up by stories that illustrate a point that may have been easy to misunderstand when my old way of thinking was involved. The next thing that I find important is that I have to do the things that I learn when I ask for guidance and not just give them lip service, after all, *"If you're going to pray for potatoes, you better grab a hoe"*.

### Smell of Freedom

By Wade J.—July 2017

I was an alcoholic who drank a lot and went to jail a lot. And here I was again, sitting in jail, wondering how I was going to stop this endless cycle my life was on. I was still escaping with whatever I could get my hands on to help ease the pain inside of me. One night, there was a woman from the outside attending the AA meeting we had in our unit. I had not seen a woman out of uniform in a long time, so I decided to go to the meeting. Once inside the

meeting, for the first time in many years I could smell the sweet scent of perfume. Over the next few weeks I attended the meeting regularly to see and smell the world outside. But as many of us A.A.s know, I slowly started to hear the message and hope started to grow within me. I met lots of wonderful volunteers over the next few years, and I managed to do the Steps while locked up. I am pleased to say that AA taught me how to stay sober on the inside, and I left the jail with two and a half years of sobriety. I can proudly say that 11-plus years later, I have the great pleasure of returning to that facility to carry the message to men and women who are just like me. Words cannot express my gratitude.

## Features



### Willingness during COVID-19

By Teri H.—July 2020

What is willingness? Remember the old nursery rhyme where three frogs sat on a log; two became willing to jump into the lake. How many frogs are left on the log? The answer, of course, is three. Of the steps necessary to give up an addiction that interferes with the goals, dreams, or necessary changes, step 6 is just one step in the process. Becoming willing to give up an addiction, such as alcohol takes courage, persistence and follow through. Taking action, the next step in the recovery process, can only be accomplished if there is more than just an awareness to give up a behavior.

It is necessary to follow up with a positive behavior. In Alcoholics Anonymous it starts by going to meetings and completing the twelve steps.

In this current environment of COVID-19, willingness requires that we step outside our safe cocoon of attending brick and mortar meetings and step into the uncomfortable process of pursuing sobriety by learning new technology, such as Zoom Meetings, or reengaging in old technology, such as telephone calls. There is also other technology that can be used to stay connected, such as texting and Facetime.

What have you found to be helpful or what challenge have you overcome to keep your sobriety from becoming stagnant?

Email responses to Teri at [gazette@TemeculaCentralOffice.org](mailto:gazette@TemeculaCentralOffice.org)

### Staying Grounded

By Rob P. (edited)—August 2016

My work life takes me all over the world. Staying grounded physically is not in the plan at this stage of my life. At one period of my life taking a trip was something I looked forward to...time to isolate hiding from past wreckage and numbing the pain of my disease. Working an active program of action and prayer, I find my work life unsatisfying and long for my return home to family and friends within the program.

I accept that work travel is a fact of life on life's terms right now. God has a plan for me and staying grounded spiritually is my number one priority. I used to be a planner during my active disease, sure I still am as a project manager but the planning was excessive to ensure I could numb myself from my problems of the world. No matter where I was going, a short distance to the mall or international travel, I always made sure there was a watering hole near by. If I could only plan a little in sobriety without impacting my serenity. This is exactly how I approach travel today but without the local pub location. The local speakeasy has been replaced by a meeting place, the drowning of sorrows in a vacant room replaced by A.A. literature and online speaker meetings, and a call for a pickme-up displaced for a call (or text) to a sponsor or fellow. Before a I take a

trip I now check meetings schedules at their local central office website or other A.A. community pages. The next step I take is adding the meeting schedule to the appropriate day on my calendar. Although I may not make a meeting due to uncertain work schedules, just the thought of a known meeting place helps to subside the angst of being away from my home group and regular meeting stops. What used to be hastily packing just before a trip is now a routine of packing to include a book or two either in paper form or downloaded to my phone. I also inform a few brothers in the program about my expected time away. During a trip I use these tools along with prayer. This may seem simple but many of us know the tools of the program sometimes weighs 100 lbs. My work schedule does get very busy when I'm away, riddled with work meetings and long hours. At these extreme times of workaholic behavior "Big Shot" attributes rear and self-will takes that first nudge toward run-riot. This is when the spiritual side of the program kicks in for me. When in doubt I pray. When in doubt I listen. When in doubt I turn my will back over to the care of God as I understand him. When in doubt I stay within the bounds of his control and my plans to use the tools of the program. Home is where I would rather be. Home means many things to me and is made up of many people, places and things. My family and hometown, brothers and sisters in the program, a meeting place as well as a quiet place to meditate and pray are all home for me.

# 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.

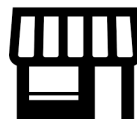
Please contact Ken for more info 951-677-1535.

## 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: 425



Walk-Ins: 30



Purchases: 30



Website Visits: 5,235



Deliveries: 5



Active Intergroups: 37



## The Chairman's Corner

Be strong, courageous and hopeful. It is one of the most beautiful gifts of this life, that no one can sincerely try to help another without helping himself.

Continue to carry the message, we are strong together.

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 <a href="http://msca09aa.org/">http://msca09aa.org/</a>
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](mailto:secretarytvco@gmail.com)

**BUCK A MONTH CLUB**



Inquire with your Intergroup Rep  
or follow  
<http://ssl.temeculacentraloffice.org/>

**Comments, article submissions, sugges-  
tions about the Gratitude Gazette?**

Please submit email to:  
[tvcomms@gmail.com](mailto:tvcomms@gmail.com)



# Rewind News



## Editorial on the 7th Tradition

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



*The A.A. Groups themselves ought to be fully supported by the voluntary contribution of their own members. We think that each group should soon achieve its ideal: that any public solicitation of funds using the name of Alcoholic\* Anonymous is highly dangerous, whether by groups, clubs, hospitals or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over properly, money, and authority.*

Our growth continuing, the combined income of Alcoholics Anonymous members will soon reach the astounding total of \$250,000,000, a quarter of billion dollars yearly. This is the direct result of A.A. membership. Sober we now have it, drunk we would not.

By contrast, our over-all A.A. expenses are trifling.

For instance, the A.A. General Office now costs us \$1.50 per member a year. As a fact, the New York office asks the groups for this sum twice a year because not all of them contribute. Even so, the sum per member is exceedingly small. If an A.A. happens to live in a large metropolitan center where an intergroup office is absolutely essential to handle heavy inquiries and hospital arrangements he contributes (or probably should contribute) about \$5.00 annually. To pay the rent of his own group meeting place, and maybe coffee and doughnuts, he might drop \$25.00 a year in the hat. Or, if he belongs to a club it could be \$50.00. In case he takes *The A.A. Grapevine* he squanders an extra \$2.50!

So, the A.A. member who really meets his group responsibilities finds himself liable for about \$5.00 a month on the average. Yet his own personal income may be anywhere between \$200. and

\$2,000. a month—the direct result of not drinking.

"But", some will contend, "our friends want to give us money to furnish that new club house. We are a new small group. Most of us are still pretty broke. What then?"

I am sure that myriads of the A.A. voices would now answer the new group saying, "Yes, we know just how you feel. We once solicited money ourselves. We even solicited publicly. We thought we could do a lot of good with other peoples' money. But we found that kind of money too hot to handle. It aroused unbelievable controversy. It simply wasn't worth it. Besides, it set a precedent which has tempted many people to use the valuable name of Alcoholics Anonymous for other than A.A. purposes. While there may be little harm in a small friendly loan which your group really means to repay, we really beg you to think hard before you ask the most willing friend to make a large donation. You can, and you soon will, pay your own way. For each of you these overhead expenses will never amount to more than the price of one bottle of good whiskey a month. You will be everlastingly thankful if you pay this small obligation yourselves.

When reflecting on these things, why

should not each of us tell himself, "Yes, we A.A.s were once a burden on everybody. We were 'takers.' Now that we are sober, and by the Grace of God have become responsible citizens of the world, why shouldn't we now about face and become 'thankful givers'! Yes, it is high time we did!"



**Our 7th Tradition: A Perspective**

THEN	NOW
VW Beetle \$1,465.00 Gas 25¢/gal. Jeans 4.50	VW Beetle \$19,000.00+ Gas 3.65¢/gal. 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!

# Events



Many upcoming events have been cancelled, postponed and moved online due to the restrictions in place to combat the spread of COVID-19. Please call the host before traveling and check the TVCO Events website page for current information.



## Carrying The Message During COVID-19

Our Greatest Responsibility and Biggest Challenge

Sunday 19 July 6:00 pm

ZOOM ID: 711 081 669 PW: service

Panels And Discussion Presented By:

District 17  
&  
Temecula Valley Intergroup

TOPICS MAY INCLUDE BUT ARE NOT LIMITED TO:

- Working with others
- Face to face meetings
- Is this the new "normal"
- Practicing the 7th Tradition
- Ask it Basket Q&A
- COVID 19 Newcomers
- Health and Safety
- Virtual Sponsorship
- Accessibility and Bridging Gaps
- How can I be of service?

## Carrying The Message During COVID-19

Sunday 19 July 6:00 pm – Zoom Meeting

XXV
25TH ANNUAL

## CAMPOUT WEEKEND

Liberty Bells ~ Half Cracked But Liberated





**RV's & Trailers**  
4 People  
\$50.00  
Extra Kids \$10  
Extra Adult \$20



**Tents**  
2 Adults, 2 Kids  
\$40.00  
Extra Kids \$10  
Extra Adult \$20



**Day Use**  
No Camping  
\$10.00

Pet Friendly  
Pay @ Gate

**Family & Friends, Everyone Welcome**  
**October 9 - 11, 2020**

Check In: Friday 2:00p    Check Out: Sunday 12:00p

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

RV's & Trailers. This is a Dry Campsite: No Hook-Ups ~ No Dump Station

Friday	Saturday	Everyday
STARTING @ 5:00P SCHEDULED MEETINGS FREE COFFEE	BUS DRIVER STEVE MEMORIAL POT LUCK 5:00P CAMPFIRE MTG 7:30P	HIKING ~ BIKING NAPPING ~ GAMING VISITING ~ SNACKING FROLICKING

**25th Annual Campout Weekend**  
**Liberty Bells – Half Cracked but Liberated**  
Oct 9-11, 2020—Loop 'B'  
Hurkey Creek Park, Mountain Center, CA

*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.

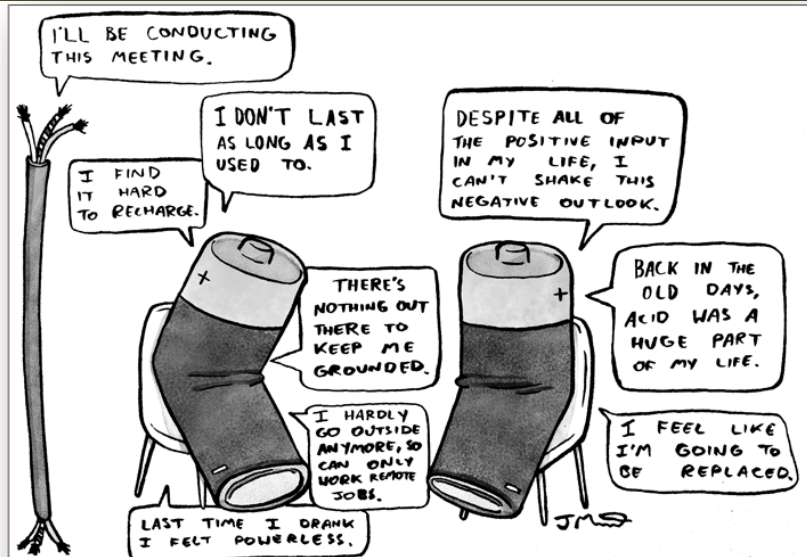
*This literature is part of “**Make meetings safer**”. A grass roots movement in Southern California. Started by a group of concerned group members.*

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

# Leisure



## See You in the Funny Papers



*AA Meeting*



"Nobody gets a newbie into that zombie state quicker than Phil does when he reads to them from The Big Book"



I have some good news and some bad news. The good news is, the judge ruled court orderd AA is inhumane. The bad news is, he reduced your sentence to waterboarding.

## Laughter is the Best Medicine ... Really

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



# Leisure



## Word Search of the Month

FDQZQARWKINGQASTSFZQMSBAGVMGWA  
YUSEFULNESSNBDCVEJOXRXWXEZXKAB  
UARNBNVBPXVCIUZBBHLDWWDJDDWIUM  
KEUUDWAHYFELLOWSVTCFIYYQTIDRFE  
BCYKKZGUAMENZLTZQVHSTITILDHOB  
QZDZZAQMGJXPWDMQYSHTAUIOUERNHF  
PKZJXAKICUDAIZVKDUFZXRPUJYKTF  
LPBLECULWYQHLIYBVJSLTUAPFLXRXX  
KKUBMKHIJOWELYHCXNTIUIHCOPLEFM  
PVJNWUWTXKCFIZYSAERSQXDCTRBVYR  
RDNYOCZYBZPJNZIKIAASPKNMGETEDM  
APLZJLKCOSYDMGPXUENZHBPGSUNRITW  
YXKJWLCPKDLZOFUQVLKLNQCJFPINU  
SRUIMKGBYFEAFMNKIHTEGNCOTPNNG  
THILJACHANNJWESUHEVTMSWTOCFLCH  
GWPEGTXYMXYJISCPKIUPHPKXTNESVU  
TKQDRSNEYAZFJCYTDAGYSDOTUBUVSZ  
RPVTAOHDPAPFZDMUJCKHTWFWHAI FMA  
ULSHNTDOI VJRIUTGWHHPGEHUWEFMJUS  
SQZFTCJIRXXMSXDAYATRBBNR SOWL  
TLSGQFMGATFJT XSAJRCNKQPHNIWGU  
EPLRFIFECHCHQXJGMTKVKYCOPWANVP  
EZTEMPVHQRCOVYQFUESQXACSWIHZGR  
SIPKUZRUWKEDMBBFHRXYZCJSOEJNLA  
SEPZNDYGFARADINJHIWNPUNTEERCJN  
PDPJNSTRENGTHNFGSEABITEGMTWCO  
IPYUJUGBPPDTOLGEFXXSDGQWSLPNGQ  
SDKFZXTZHPHOJFRPSJPURBLHTJNYCU  
RSDHEWXIPCGGDNHBP GHIWVWYLUXQX  
SDKORHODEMYKORYOVOWLXCCMXJFZQY

SelfSupporting	Shortcomings	HigherPower	Usefulness
Empowering	Character	Trustees	Strength
Humility	Creator	Charter	Fellows
Willing	Bylaws	Defect	Grant
Amen	Pray		

## Classifieds

### Intergroup commitments available

Inquire with Angie at  
acpaglie@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 June

UONJQYLHOGGSPNSVMPICG  
CJJVPXDHQVHBEHAVIORS  
KMKPCPYDINRMHWVDRI  
DSVUEQZMGGELEBUDRJRHJ  
FCVHGRMOHJHSEHV VORN  
BXUYUEEEFGLSEFNSXJATZ  
VABDCXDERICNRVGAUOIE  
UTTHJIECATMPBCGCJH  
GTMPEASTJFTNTUROAMLFO  
LINSRBHABEINHJLWRTUG  
RTFOAEMOEGCOTFXPETLY  
GUKGCLPCRZPTNPFKURUG  
KDQRTXHXAGTOWSIVELJK  
LEWEEHXCRCNZZSFYHGE  
DRKARUAILELOXXGTLVDI  
XMRDTNPHYDHMWILLING  
NPZVCVJOURNEYEJO CMD  
KCSSLBNICROLFCNNPRIX  
INPROGRESSVBOVSXNSQ  
SSWSTEPSEXFYVZLBSJVM

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

## 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/>