

GRATITUDE GAZETTE

Volume 2020.8 August 2020

951-677-1535 24 Hour Hotline

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

A "Churchy" Childhood and a Taste of Hard Cider

By Bob K.-July 2014

The young Robert Smith (Dr. Bob) was forced to go to church, Sunday school and other prayer meetings, as many as four or five times per week. "This had the effect of making me resolve that when I was free from parental domination, I would never again darken the doors of a church." (Good Oldtimers, p. 12) A second rebellion was more immediate. Sent to bed at five o'clock every evening, he went without argument, but stealthily slipped out to join his friends, once he thought the coast was clear.

Bob was a boy who liked the outdoors; hunting, fishing, hiking and swimming. One day, while at a neighbor's farm helping the men bale hay, he discovered the "secret stash" of one of the workmen, a jug of 'hard cider," and the irresistible lure prompted a large swallow. He liked the taste. He was barely nine. Although he was not to drink again for ten more years, this single event was memorable.

At school he managed creditable grades in spite of an effort level that was less than diligent. He was popular, having plenty of friends. At a high school dance at the St. Johnsbury Academy, he met Anne Robinson Ripley who would, many years later, become Mrs. Robert Smith.

...follow what happens in the next edition.

This Month in History

A.A.

1954 - 24 Hours a Day is published by Richmond Walker

From our backyard...

1989 - Liberty Bell Group founded in Lake Elsinore, CA - August 3, 1989

Around the world...

1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia

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

"Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation unacceptable and I can find no serenity until I accept it being exactly the way it is supposed to be at this moment." - Dr. Bob

Outreach in the Valley



Your invited...see page 8.

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Recovery



Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Step Eight is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves.

By making a list of the people we harmed and becoming willing to make amends, we take action toward

healing the past with others and learning how to live in the world with our head held high, looking people right in the eye.

Before you can rebuild relationships, we need to identify the relationships that were damaged. That's why we are making a Step Eight list. We get to take responsibility for our own part, not someone else's, and to clean up our side of the street.

This is not a list for us to keep in our head; it's the kind that we need to put down on paper. Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. We have already catalogued our character defects and moral inventory, and now we're going to examine some of the same situations from another angle and perspective.

Is your list thorough? Break it down into 4 categories with your sponsor:

- People to make amends to now. Once on a good sober footing.
- People to make partial amends to in order to not injure them.
- People to make amends to later.
- People we "may" never be able to make direct personal contact.

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

The concept of AA remaining nonprofessional stems, in part, from the same reasoning given for Tradition Seven. When maintaining early AA groups, Bill learned quickly that money interferes with spirituality. Doctors and religious leaders may play their part in the lives of many alcoholics, but AA could not employ such people to stand among their ranks.

Sponsors and other individuals who help their fellow sufferers in AA must do so out of compassion; not for the sake of lining their pocketbooks. Moreover, they help because they find that doing so tends to help them in return.

Those who tell their stories must also do so for the sake of reaching others. Without the Eighth Tradition, some may be inclined to misrepresent themselves just to make a few bucks. This helps no one.

Concept 8

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active Services, exercising this through their ability to elect all the directors of these entities.

Long experience has proven that the board "must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership...In these matters, it must act with great care and skill to plan, manage and execute."

Bill draws from earlier mistakes, warns against "too much concentration of money and authority."

Virtue 8

Love

Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.

Wisdom is knowing the right thing to do, virtue is doing it.

8th Step Prayer

Higher Power, I ask Your help in making my list of all those I have harmed.

I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.

This I pray.

Features



Carrying the Message Under Any Circumstance

By E.G. (abridged)—May 2020

Talk about a life beyond your wildest dreams! I am writing this during the lockdown in Milan, and I haven't been to a face-to-face meeting for more than two months — something that would have been unthinkable to me in years past. A friend and fellow member just called to share experience of taking someone through the 12 Steps online, and it occurred to me that it might be helpful to share with her too.

I got sober in London, where there are hundreds of meetings and plenty of people available to sponsor. I was guided through the steps, face-to-face, in weekly sessions at my sponsor's house. I could describe every square inch of her living room in minute detail. I spent hours on her sofa; reading the big book, squirming under the scrutiny of inventory, talking, listening, crying, laughing, finding the courage to be honest and the strength to make much-needed changes in my life.

When I got to Step 12 and it was my turn to carry the message, I tried to replicate the same experience with my sponsees. What I knew worked, so why would I change it? The trust that builds up from sharing physi-

cal space – a home or a home group – seemed an essential part of the program. I was going to be a good recovering alcoholic and pass on exactly what my sponsor had passed on to me.

Then last year I was introduced to a fellow member who was looking for a sponsor. She lives in a place where there are no local AA meetings, the nearest one is 40 miles away and in a foreign language. She had gotten sober doing online meetings and wanted to work the steps. Would I sponsor her? The only option was Skype and my gut instinct told me to do it, even though it meant stepping out of my comfort zone. The instructions at Step 12 are that we tried to carry this message to alcoholics, not to decide in advance that certain modes of communication couldn't or wouldn't work. Here was someone knocking at my virtual door asking for help and I had to trust that the program would work under any circumstances.

I think of the early days of AA, the little clusters of twos and threes that sprung up and flourished into the fellowship we know today. They carried the message and it remains the same today even through Skype (Zoom).

The Gift

By Staff Writer Rick R.—July 2020

I woke up in Desperation, Half a century ago

I had squandered all my options and, I had no place to go.

Guilt and Shame and Loathing thoughts weighed, heavy on my mind

But I was used to waking up, with dark thoughts of that kind

My drinking used to mask those feelings, that I had that day

And if I ventured just one sip, they'd soon be washed away

As I look back on that event, it's very plain to see

The thought that gripped my conscience was, A New Reality

It was my Day of Reckoning and, I Cherish it today

For without that Desperation I, may not have called AA

Within moments of exposure to that kind and loving group

The drink obsession vanished. Optimism closed that loop.

Thinking someday I'd be tempted, I was vigilant from the start

And Since it never happened, I thank God with all my heart

For decades I have questioned why it works so well for me

While watching others suffer through a life of misery

When asked that simple question I now answer with a smile

It all happened when Desperation far Outweighed my own Denial

Features



Dr. Bob, Good Old Timers Quotes

"Bob said there was the hard way and the easy way. The hard way was just by going to meetings. In five days at St. Thomas, you would hear as many talks as you would hear in six months outside."



"I don't believe I have any right to get cocky about getting sober," he said. "It's only through God's grace that I did it. I can feel very thankful that I was privileged to do it. . . . "

Rebuilding Morality

By Staff Writer Rick R.-June 2020

A Life of Principles and Purpose...The twelve steps of the A.A. program are placed in numerical order for a reason. Each step is preparatory to the next step and each step requires a certain amount of attention before we can successfully move on to the next step. Simply put, Step one is acknowledging that we have a problem. Step two is about accepting outside help. Step three is where we surrender to that outside help. (A power greater than ourselves) Step four is the beginning of the action steps where we acknowledge and document the immoral behaviors of our past and those we offended. Step five may be the most difficult step where we must admit to God, to our self and to another human being, all those faulty deeds and habits. It was that "other human being" part that I found to be the most difficult thing and it delayed my progress for a short time. We cannot change one moment of the past, but we can change our habits and behavior as we begin our journey into the future and that is where Step Six and Seven come in. To simplify my understanding of these two steps it occurred to me that most of my faulty behaviors (shortcomings) are the result of my (defective) thinking. Once I discovered the defect in my motives, it was not too difficult to change my behaviors. On the last page of Step 7 in the 12 Steps and 12 Traditions it says, "The chief activator of our defects has been self-centered fear." Most of my fears where of the irrational variety as I discovered that they stemmed from experiences in my youth that caused my fears and insecurity and to do things that were morally wrong. Those actions were the shortcomings that stemmed from my Irrational Fears. Once I recognize the defect (fear), the Shortcomings (Behaviors) were much easier to change. "Selfishness--Self-Centeredness! That we think, is the root of our troubles. Driven by a hundred forms of Fear, Self-Delusion, Self-Seeking, and Self-Pity, we step on the toes of our fellows and they retaliate." (BB pg.62) If, in fact, Selfishness-Self-Centeredness is the root of our problems it is plain to see that Unselfishness just might be solution to my problems. I could not have understood this line of thinking when I was still using alcohol to mask these problems. I do not believe that I would have been strong enough to follow these guidelines had I not completed Step Five an admitted my fault to God, to myself, and to another human being. The proper completion of Step Five was the most humbling experience of my life, but it opened the door to the rest of the program. Had I not done that I could never have taken my ego out of the game and the rest of the program may have been a shallow facade. The only requirement for A. A. membership is a desire to stop drinking. Those words were put in place by the Co-founders of the program Alcoholics Anonymous and it gives each of its members the opportunity two choose their own degree of thoroughness when it comes to practicing the AA principles. I am so thankful that I did not let my ego stand in the way of my spiritual development and all the progress that I have made in the program. I have experiences all the promises and I encourage anyone who is still caught up in the Fear of Step Five to take the leap of faith, revisit it, get your ego out of the way and clear your conscience. We only live once, and it would be a shame to waste this precious gift.

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

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~ .

11. Roxanne

12. Sarri

13. Shawna

14. Steve

...and YOU!

Business



Central Office Activity

Phone Calls: 480

Walk-Ins: 40
Purchases: 40

Website Visits: 5,423

Deliveries: 5

Active Intergroups: 37



The Chairman's Corner

A huge shout out to the committee that put together the *Carrying the Message Event*.

There were over 100 online participants. The audio recording editing is in progress and should be available this month for the fellowship to listen.

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://mscaogaa.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, suggestions about the Gratitude Gazette?

Please submit email the editor at: tvcocomms@gmail.com

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/

Rewind News



Editorial on the 8th Tradition

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



"Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for."

Throughout the world A.A.s are "12th stepping" with thousands of new prospects a month. Between one and two thousand of these stick on our first presentation; past experience shows that most of the remainder will come back to us later on. Almost entirely unorganized, and completely non-professional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that's all

Could this vast and vital face-to-face effort ever be professionalized or even organized? Most emphatically, it could not. The few efforts to professionalize straight "12th Step" work have always failed quickly. Today, no A.A. will tolerate the idea of paid "A.A. Therapists" or "organizers". Nor does any A.A. like to be told just how he must handle that new prospect of his. No, this great life-giving stream can never be dammed up by paid do-gooders or professionals. Alcoholics Anonymous is never going to cut its own life lines. To a man, we are sure of that.

But what about those who serve us full time in other capacities—are cooks, caretakers and paid Intergroup secretaries "A.A. professionals"? Because our thinking about these people is still unclear, we often feel and act as though they were such. The impression of professionalism subtly attaches to them, so we frequently hear they are "making money out of A.A.", or that they are "professionalizing" A.A. Seemingly, if they do take our A.A. dollars they don't quite belong with us A.A.s any more. We sometimes go further; we underpay them on the theory they ought to be glad to "cook" for A.A. cheap.

Now isn't this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.

We are beginning to see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily these folks are not doing 12th Step work. They are just making more and better 12th Step work possible. Secretaries at their desks are valuable points of contact, information and public relations. That is what they are paid for, and nothing else. They help carry the good news of A.A. to the out-

side world and bring our prospects face to face with us. That's not "A.A. therapy"; it's just a lot of very necessary but often thankless work.

So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as A.A. associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism.

Let us also distinguish clearly between "organizing the A.A. movement" and setting up, in a reasonably business-like manner, its few essential services of contact and propagation. Once we do that, all will be well. The million or so brother alcoholics who are still sick will then continue to get the break we 60,000 A.A.s have already had.

Let's give our "service desks" the hand they so well deserve.

Reference: http://silkworth.net/downloads/pdf/editorial-on-the-8th-tradition-july-1948.pdf

Events





Invitation from the TVCO Intergroup Outreach Chair

August 18, 2020, 6:45 p.m.

Temecula Valley Intergroup Committee meeting

Zoom Meeting: 711 081 669 Password: service

Hello my fellow A.A. members. Let me introduce myself. I am Angie, 3 years sober and currently serving on your Temecula Valley Central Office Intergroup Board as the Outreach Chair.

I am inviting you, as visitors to join us for the next online Intergroup Meeting via Zoom. Here's your opportunity to meet the valleys Intergroup Reps and your serving TVCO Board members. The Intergroup Committee Meeting is a great place to find out what's happening in your sober valley.

Hope to see you there,

Angie P.

TVCO Intergroup, Outreach Chair

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.



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



2020 Western Roundup Living Sober August 21—23, 2020

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



"And on my third day of sobriety...."

'I really can't explain why your cancer has spread. Pid you do a moral inventory and ask God to remove your shortcomings and moral fallings, like I prescribed?





"I had a layover in Omaha ... which led to a hangover in Des Moines."

Laughter is the Best Medicine ...

Leisure



Word Search of the Month

RFYVGBXASUAQQANXEUHMXRRGA N G W Q C X S S G J M J M U M F W W Y R L V S N H QQRAREPAIREPAUZFQRMBLDADC V N L V E I Q J M L N C L E Q L Y F E B U P T W Q EECKCREKRSDWMAACKAMCAYHMU LTDIXOETTSSPUBKKOMBGKHZV V M J H L A P R N C A C E K C O K W H I V A R Y P FORGIVENESSLAIGGUPSCTOGNF XHMOCPRCQGHZVFISZTBUOXEE LMVDOJLYHWBVPAVCLLUETEYOL J D N M Á I C R I J X B V G J E U J J E R PÓKIPBSPBZÍLFXUÉNFRČGJ CYCAADTAPRBSGEPQAGXSHC NQOZSAHZXUWILLINGBTYIDHWY TREISMAAFMIWEAOYCMLHEP QEGLIAROPPYBLBRYBBEEDEPZD ANOSOGMFLYNDLSGMZZZFWREUV H P B U N E E R R P S T Q B Z N W H V I H V UEOTQADEPFRUXXRWFYKDF DOMLMGLEEAQIDYCZVGHIEAOBL WVMZOMGDARCYDRKLYVAVAZNKJ A K I Y N G O O C P W T Q E X U B X I Y K M S M Ý SWWCXUIMECRYIHDKJHVEFTJQH FUDVFYTZJHBMBOAYQJBCGPŚAY ZSCCQPVPELLSOANLIVEWCUCIL

Forgiveness Salvageable Compassion **Apologize** Wreckage Freedom Willing Persons Action Repair Amends Damage Harmed Pride List Peace

Ego

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 July



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/