



GRATITUDE GAZETTE

Volume 2020.10
October 2020

951-677-1535
24 Hour Hotline

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

Outside Issues – What’s That About?

By Jerry F. — October 2017

Tradition Ten is in a way an amplification of Tradition Five that states AA’s primary purpose. We can’t carry a clear message to the alcoholic who still suffers if AA is commenting on all sorts of topics that are completely unrelated to this primary purpose. This means that AA will never have an opinion on national politics, the question of whether marijuana should be legalized, and the relative merits of Buddhism and Christianity. Furthermore, no member of AA should express an opinion on what the short form of the tradition calls outside issues in a way that suggests that his or her opinion represents AA itself.



Keep It Simple

By MaryAnn — May 2018

Alcoholics Anonymous could do nothing but die if it was not for tradition ten. If AA "officially" held opinions on various issues outside the program that could serve to alienate members who disagreed. I have heard many misinformed folks refer to AA as a cult, if not for tradition ten it could develop into just that with policy set in New York and the rest of us expected to mentally follow. We would be like a political party.

I believe this tradition is important for individual AA members as well. Sometimes "opinions" get passed off as AA lore, things like "anyone who smokes cigarettes isn't really sober", when we attempt to be "armchair" medical doctors dealing with other members health and medication issues, or constant "hammering" of political opinions.

These sorts of opinions can get passed on to newcomers like important parts of the program when in fact they are outside issues. I feel that it is important for me to keep tradition ten in mind when I share in meetings, the man or woman with the least knowledge of what this program is about is after all the most important person in the room.

This Month in History

A.A.

1945 - AA Grapevine adopted as AA national publication

From our backyard...

1951 - Lasker Award presented to AA in San Francisco

Around the world...

1947 - "The Melbourne Group" held its first meeting in Australia

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

**“Progress, not perfection;
don’t beat yourself up every
time you fail to maintain AA
principles.**

This just makes you human.”

— Anonymous

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Recovery



Step 10

We continued to take personal inventory and when we were wrong promptly admitted it.

“A man can fail many times, but he isn’t a failure until he blames someone else.” – John Burroughs

Continuing to do anything in our daily lives usually means that we get better at it. And so it goes with Step Ten. Nobody ever really enjoys admitting to being wrong, it’s much easier to blame others. Admitting when we are wrong and promptly being accountable for our side of the street is absolutely necessary in order for us to maintain our spiritual progress in recovery. The best part about practicing the Tenth Step of AA in our daily lives is that the more we are exercising self-discovery, honesty, humility and reflection, the less apologies and amends we have to make!

Taking a personal “inventory” in Step Ten means taking stock of our emotional disturbances, especially those that could return us to drinking or other drug use. These questions can address the general areas that we want to look at and write our personal inventory:

- Are there times in my life when I am confused about the difference between my feelings and my actions?
- Have there been some times in my recovery when I’ve been wrong and not aware of it until later?
- How do my “wrongs” affect my own life? And others’ lives?
- What does promptly admitting you were wrong mean- to you?
- Have there been situations in my recovery in which I felt uncomfortable about acknowledging something I had done well (or “right”)?
- How does the Tenth Step help me live in the present? Why is this helpful?

Tradition 10

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

This tradition works to keep the fellowship as a whole from engaging in public controversy, but the principal can also be applied to “all the affairs” of individual members. By applying this principle to our personal lives, it can improve our relationship with others. The personal relationship essence of this Tradition is about learning to disagree without being disagreeable. As alcoholics, even as sober alcoholics, it is easy to fall into behavioral patterns that reflect our disease.

The alcoholic’s behavior is said to be characterized by immaturity, reactivity, rigidity, arrogance, defensiveness, and a powerful desire to be right. These characteristics can lead to engagement with others; behaviors out of control resulting in emotional drama, hurt, and breakups.



Concept 10

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and by-laws.

Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be delegated at every level — and that the responsibility and authority of every entity are well defined and clearly understood.

Virtue 10

Patience/Perseverance

Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.

10th Step Prayer

I pray I may continue to grow in understanding & effectiveness; To take daily spot check inventories of myself; To correct mistakes when I make them; To take responsibility for my actions; To be ever aware of my negative & self-defeating attitudes & behaviors; To keep my willfulness in check; To always remember I need Your help; To keep love & tolerance of others as my code; & To continue in daily prayer how I can best serve You, My Higher Power.

Features



Understanding the Disease of Alcoholism Takes Time

By Staff Writer Rick R.—September 2020



Step Ten is the beginning of the maintenance steps. After being in the program for a while, it occurred to me that initially, there was no way I could have performed all the measures suggested in the steps on my first go-around. Coming from an alcoholic's approach to the issues we plan to address, we eventually come to understand that we can only give it our best effort to start the process. Understanding the disease of alcoholism takes time. We can however establish a framework without concluding that we have completed the steps. As we continue to grow in the program more will be revealed about the steps taken and that is where step 10 becomes the opportunity to revisit past steps and fill in the empty spaces as we evolve. That does not mean that

we cannot address those issues when we become aware of them. If we stay sober long enough to get to this level of understanding we will continue to repair our broken relations with others and clear up legal, marital and financial problems that can be a distraction when it comes to looking at the deeper rooted emotional, mental and spiritual issues. We cannot ignore the need for up-keep and maintenance in the program no more than we can ignore the Up-keep and maintenance when we purchase a new car. Brake shoes wear thin, oil gets dirty, coolant evaporates etc.... The same effect takes place in the process of recovery. If we become complacent at any level of this process, as it often happens, we may relapse or, miss out on the promises set forth in step nine.

Step Ten, "Continued to take personal inventory and when we were wrong promptly admitted it". (BB Pg. 59) I believe that most of the members of A.A. that actually go through the steps, as suggested in the Big Book, have been doing this to some degree since they became aware of it in the 4th and 5th steps, and the reason why they reintroduced us to this topic in the tenth step was to make it clear that we will continue to do this for the rest of our lives. We are never finished when it comes to taking the steps. There is a line that we cross if we are committed to the goal of becoming the best we can be in life and that is where we stop asking "Why we must do all the things that the program suggests" to a point where we start asking the question "Why wouldn't we do these things that result in freedom of the mind. The biggest misconception that we have is the idea that, somehow, we are responsible for becoming an alcoholic and this is simply not the case. Alcoholism is a disease that we did not have the capacity to decide to become afflicted with when we were born. You might say that alcoholism is a byproduct of guilt, shame, and low self-esteem based on habits and deeds of the past. When we took our first drink it did something for us than it did not do for the normal person. It masks all our fears and insecurities temporarily but did not erase those embarrassing behaviors from our minds and our conscience. We behaved poorly as we evolved through our adolescence and young adulthood due to the fears and inhibitions associated with alcoholism. Who could fault the person who discovers they have a disease, takes it upon themselves to treat that disease, restores and accounts for all the faulty behaviors that stem from that disease, makes restitution and becomes a model citizen? This is the natural development that evolves as the result of taking the steps and continue the up-keep and maintenance process and I Thank God that the program of Alcoholics Anonymous has taken one hell of a load off my mind and I am at peace mentally when my head hits the pillow at night.

Features



Dr. Bob, Good Old Timers Quotes

“The word “pigeon” as applied to an A.A. newcomer was probably coined by Dr. Bob himself. He used that word,” said Smitty, and one A.A. recalled that Doc would often announce at a meeting, “There’s a pigeon in the room so-and-so who needs some attention.”

My Son the Doctor? No, Don’t Think So!

By Bob K.—July 2014

When it came to things he really wanted, Bob was hardworking. He was also ambitious, and he wanted to become a medical doctor like his maternal grandfather. For some reason we have never learned, his mother opposed this quite strongly. He had no choice but to get a job. He became a salesman for Fairbanks Morse, a St. Johnsbury manufacturer of platform scales. The future doctor was uninspired by “heavy hardware,” and was not particularly successful. Weekends were spent bingeing. After two years, a change of companies took him to Montreal, and then to Boston.

With pledges and sweet promises, he finally persuaded his parents to send him to medical school, but his reckless drinking caused him to get expelled from the University of Michigan after his second year. The assistance of his father enabled a transfer to Rush University, where his jitters caused him to miss several classes, and “his life in school became one long binge after another, and he was no longer drinking for the sheer fun of it.” His worsened imbibing prompted his fraternity brothers to send for his father, who’s quiet attempts at understanding only heightened Bob’s feelings of remorse. Hard liquor replaced beer, binges lengthened, and shakes intensified. At one final exam, he could not hold a pencil, and turned in three absolutely blank booklets.

Dr. Bob’s story continues...

...follow what happens in the next edition.

Principles are not Flexible

By Staff Writer Rick R. (edited)—September 2020

When I entered the program of Alcoholics Anonymous, I identified with just about everything I had read and heard, and I began to recognize where I went wrong up to that point. I realized that I had no direction in my life, no moral compass to speak of, and that the failure in my personal relationships manifested itself in low self-esteem (self-loathing). I felt inferior, unworthy, disrespected, isolated, unappreciated, disliked, etc. etc. I was going to have to depend on something outside of myself to govern my judgment and my decision-making. One of the first default positions I would take to surrender to these new realities was to concede to the fact that, as an alcoholic, my brain did not process information properly, and that I was going to have to trust in something more reliable. Living by Principles, What a Concept! There are people who believe that if we all lived by one simple principle, we wouldn’t need any other laws on this planet, and that principle is The Golden Rule: Do unto others as you would have others do unto you. That simple statement gave me an understanding of how I could begin adopting a value system, based on principles, where I did not have to originate my own rules. While reading a book on economics, the author stated that “a man who lives by principles has 99% of his decisions are already made for him”. With that in mind, I began to establish a system of principles that are consistent with the AA program, and, I might add, with most of the other successful philosophies of life. I would read the St. Francis Prayer in the 12X12 daily. I attend a step study meeting weekly to reinforce these principles. I try to make sure that I am not modifying these standards to evade the tougher actions. I was complaining about another member of our group one day, to one of my mentors at that time, and he suggested that I try to place principles before personalities. I responded, yes, but I do not agree with his principles. He then said it was not his principles that we are talking about, but that it was my principles that needed to change. We cannot be selective about who and when we apply these values. I must treat everyone with respect.

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.

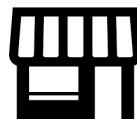
Please contact Ken for more info 951-677-1535.

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: 595



Walk-Ins: 117



Purchases: 117



Website Visits: 7,985



Deliveries: 2



Active Intergroups: 38



The Chairman's Corner

As we continue to trudge this new reality of attending Zoom meetings and returning to COVID restricted in-person meetings, we can witness the strength of our unity.

Be sure to pause to look around and see the beauty you create every day you stay sober.

Teri H., Vice Chairman

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, suggestions about the Gratitude Gazette?

Please email the editor at:
tvccomms@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 10th Tradition

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



“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

No A.A. Group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one.

Concerning such matters they can express no views whatever.

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever. If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our A.A. Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our 10th Tradition, for it deals with the subject of controversy — serious controversy.

On the other side of the world, millions have not

long since died in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, “You must do as we say, or else”. Political controversy and reform by compulsion has reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our brother alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

Bill W.

Events



October 31st
TVYPAA & TVAC'S HALLOWEEN BASH
 6PM TRUNK OR TREAT
 7PM SPEAKER MEETING
 8PM DANCE
 26540 JEFFERSON AVE SUITE B,
 MURRIETA, CA 92562
 KIDS & ADULTS COSTUME CONTEST,
 APPLE BOBBING, LEFT RIGHT CENTER,
 WATER PONG AND CORNHOLE
 \$10 SUGGESTED DONATION - NO ONE WILL BE
 TURNED AWAY FOR LACK OF FUNDS
 Call Myah or Shawna if you
 want to volunteer!
 509-578-9907/619-253-4109



TVYPAA and TVAC Halloween Bash

October 31, 2020

6PM – Trunk or Treat

7PM – Speaker Meeting

8PM – Dance

26540 Jefferson Ave, Suite B
 Murrieta, CA 92562

Stepping Stones Virtual Tour

December – More details soon!

New Year's Eve/Monte Carlo Night

12/31/2020 – More details soon!

Golf Tournament – TBD

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.

<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 next, I'd like to extend a warm welcome to anyone who's here for their first meeting of Clockwatchers Anonymous."

CartoonStock.com



"Surely you remember my husband?... You may not recognise him standing up."

CartoonStock.com



"I EAT AND DRINK A LOT, DOCTOR, BUT I NEVER SEEM TO BE MERRY."

CartoonStock.com

Laughter is the Best Medicine ... Really

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

Leisure



Word Search of the Month

K R R E S P O N S E R H B B V D G M W N E G J C H
W I Z K R R W A A Z V C K X I I N V E N T O R Y E
Z Q J U W O E I F R W G T W O Z V D R W H O X O F
V S O T W M W X Q G R D Y P Q L F Y Q I G J L B K
N S L O M P L K E R O E W D F W A K W F S V I K D
D T Y X D T C Z W E N I F M K H F B Z Y I T L Z C
N D R V P L X I H F G T E U B L E U I Q J Y G R R
R Y V L H Y A B K L F G A A B R K B P C Q G L Q A
U A T D Q M X P N E U F C K M P K I L D Z X K P I
E D P E T R J T W C L D Q V E I M J A J C I A F J
T M A D E N S M N T U U P A Q S Q S U C Q K E D Q
K I O U M R F S K F U D S Y M X T Q M J V S Y B N
X S W L O K E X Q X T D N M C Z G O G G W W B R H
P S T G T G R S J P O F J W H R H S C B D G R S J
X I X V I R Q H P P U H F S A H V G C K M R J E N
K O I Y O F E C R O W O I F N B A M E N D S A Z Z
B N Q M N N Y A D O N J J N G S K F A W Z E H P O
F Z R I A W W L C D E S I M E S K C O P J B V L I
R D J Z L B Z M U T J S I P A U S E N X O U W R H
S C O C W I Z X Q H I P N B P N W D K C E L D W U
E A S S E S S M E N T O L G I Y I E I X X A O U N
Z X M P C O P C V J S Z N A F L F T E B K U K G Y
V I K S C Z Q I K B K W H L U Y I T Q G L R I G Y
W Y Y O U Y G R U R H U S B L C L T S L U Q F B S
T S V N B J N C X K D Y S B E A Z A Y J R I G R Z

Responsibility

Assessment

TakeStock

Inventory

Emotional

Admission

Wrongful

Response

Reaction

Promptly

Apology

Reflect

Change

Amends

Pause

Calm

Classifieds

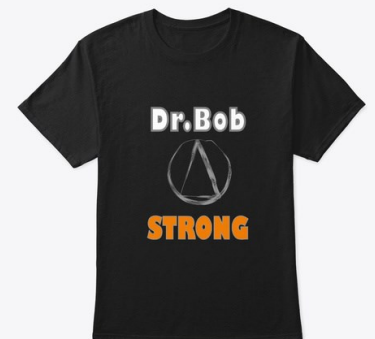
Intergroup commitments available

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 September

F A E R U I X U O I X W N A Z H C D O U T F W W T
J U M H W E F G C O N O I U D X S H O C A S X A D
C N A A S Y I R J M C D G L W W U K A U W R M Y E
B N B G F D I E Q F N P I Z L Y L W R R N T W H T
K O F Y W E N S N C E R W R V I N I O Z A K Q U Z
L X R Z R Q C O T S Z G Y P E P N R Z E U C H M R
Z O Y J L F Z L Y Q I Q T O C C U G D E M S T M S
I W I P J D G U Y E Z A P C N V T W V K R Z A E Z
S A L T A J W T F B M M Z W C K Y P Y F T D N W R
G Z P G Q L B I V O E W Y P G H R P R L T S K X Q
Q G T O P L A O O D C H P A U M W O Q O B P E D R
A I A O I C S N W E S O A S Y K Q C O V R I L S E
H Q X C U Y A R D T K I A V M U S Y U P A R I L S
S G K Z R Y K L B D T H V Q I U E R A D S I V T T
I V S Z T E U Q R T A N H U I Q T O D L W T I J O
T R T D B H S O B E L I E F S S R X V D W U N V R
U I S U A V E T A A U A A E L J C E A T Z A G W A
A G O U A F N A I T W A M Q W B E I T G T U C M T
T Z P C U O G N I T T Z I E M R T V P M W Q I U I
I H H X G U E K M V U I U Q N X A D H L O P H O O
O H A A U F M G O V K T T V K D K Z Z N I R M X W
N B Q W Q X P Q R T H R I U L W S S M L R N I X D
Z L C O H H P T A K R B O O D W O S Y O E G E O F
A K N T P B Y N U T Y Y E B N E I Z Q X C C X R O
B M P E C P Q U E Z D V O F K Z S J J O T Y E J P

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/>