

GRATITUDE GAZETTE

Volume 2020.9 September 2020

951-677-1535 24 Hour Hotline

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

The Spirit of Service

By Angie in cooperation with Rick R. (Cleveland)—September 2020

Alcoholics Anonymous is often referred to as an education in the art of living. The things we learn in the program are meant to be taken with us out into the community at large. As the result of the early service commitments like coffee maker and meeting secretary, we are encouraged to perform, our confidence is restored, if only a little at a time. We can face the risks and challenges that we used to avoid.

Service commitments and gestures are what we see as, the first step toward healing our conscience. The more selfless we become, the more our self esteem is restored and most of us become strong enough to take on those formal service commitments that we used to shy away from.

The Temecula Valley Intergroup Board is looking just for you to be of service for your home group. Intergroup reps are needed for every meeting whether Live in-person or Zoom. The Intergroup Committee meets every 3rd Tuesday of each month for an hour or two. Please join us and be of service for your circle of A.A. fellows.

TVCO Intergroup Committee Meeting

September 15, 2020 @ 6:45 PM Zoom: 711 081 669 Password: service



This Month in History

A.A.

1947 - Dallas Central Office opens its doors

From our backyard...

2007 - Appeals court in San Francisco says parole requirement to attend AA unconstitutional

Around the world...

1946 - 1st AA group in Mexico, Mexico City is formed

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

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be. When I stopped living in the problem and began living in the answer, the problem went away."

- Anonymous

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Recovery



Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

So what is Step Nine of AA Alcoholics Anonymous? Step Nine is that big step, the one we likely have created some anxiety over because it involves making amends.



It is suggested that we make direct amends to people whenever possible. What does that mean? There are three kinds of amends:

- Direct Amends taking personal responsibility for your actions and confronting the person who you would like to reconcile with.
- Indirect Amends finding ways to repair damage that cannot be reversed or undone by doing things like volunteering and helping others.
- Living Amends when you show others as well as yourself that you have made a genuine lifestyle change and are making a commitment to yourself and those that you have hurt that you will and have discarded your previous destructive behaviors.

We have already begun making amends to ourselves by changing some of our behaviors, attitudes and beliefs. The part of the amends process whereby we change ourselves has an effect on everyone around us and goes on long after we've spoken directly to someone we have harmed.

To keep things as simple as possible, you can get your head in the game by focusing on the purpose of the Ninth Step and "The Three R's" that are associated with making amends:

Restoration, Resolution and Restitution.

Tradition 9

Our groups ought never be organized; but we may create service boards or committees directly responsible to those they serve.

In the real world, businesses and groups are "organized." There is a hierarchy of authority so that some of the organization have authority to direct the actions of others. In A.A., no one has this kind of authority. The groups are a "fellowship of equals." Decisions are made by the group as a whole and not by one or a few members. By creating and maintaining this atmosphere of "true fellowship", we ensure that even the newest members can quickly gain a feeling of belonging.

The most important person that walks into a group of Alcoholics Anonymous is the newcomer. Without them we will surely die as an individual and as a whole. If we try to organize him, he will flee, after all, his life is already unmanageable. When we let go and stop trying to do the organizing and let God show us what to do, "divine order" takes over in our lives.

Concept 9

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

A leader in A.A. service is a person who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back and help them with their job. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Good leadership will often discard its own cherished plans for others that are better and give credit to the source.

Virtue 9

Discipline

Training that corrects, molds, or perfects the mental faculties or moral character.

To bring under control; to train or develop by instruction.

9th Step Prayer

Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends.

Most important, I will continue to make amends by staying abstinent, helping others and growing in spiritual progress.

Features



Gossip, Criticism and Character Assassination

Understanding, Empathy and Compassion

By Staff Writer Rick R.-July 2020

Hanging on to resentments and criticizing the behavior of others is often a noticeable characteristic of some members of the program that never seem to find the serenity and peace that is mentioned in the promises. For some people it seems impossible to let their guard down. I think that most of us can understand this, simply because we have all have to face this issue and deal with it, to one degree or another, as we go through the twelve-step pro-



cess. One of the things that I learned when I was faced with this matter was that I had a self-esteem problem and I overcorrected, by pointing the faults of others, to somehow make myself appear normal. This never worked for me as I could not fool my conscience. Things only got worse. I still worked through the steps and did what I could at the time. No one gets it perfect the first time, but we can make a second effort at it when we have established a track record of living by principles. AA meetings are a training ground for how we treat others and if we can't accept the people there, it's a cinch we won't do it outside of the rooms.

Everyone that comes to AA brings with them their own assortment of mental, emotional, spiritual, and material problems, and none of us are without these concerns. If we didn't have them, we wouldn't need this program. We all feel somewhat vulnerable and we establish our own firewalls, with the help of our EGO'S, to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might establish hard and fast protective reactions, mentally and verbally to protect our own turf. With so many different personalities brought together in one group, it's very hard to let down our guards, after all, we all feel somewhat justified when pointing out the faults of others. This is what the alcoholic personality does.

With the understanding that most forms of criticism and character assassination stem from low self-esteem, it occurred to me that I was just as guilty of the very things that I was accusing them of. I likened it to two old men in a convalescent home hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into their motives and understand what caused them to behave the way they did, and not be threatened by their outside behavior. I cannot express in words the mental freedom that this principle has produced in me. When I see someone acting out, my first thought is not judgmental in nature but of empathy and compassion. My next thought is" what I can do to help him or her". Having adopted this approach, I have come to terms with all the people that I inner act with on a day to day basis and I no longer in conflict with anyone. To me, they are all like kids just learning how to do life. They all have problems and I am not going to be one of their problems. I must be strong enough to replaced words like resentment, judgment, and criticism with empathy, understanding and compassion. Today I have no adversaries that I can think of, and peace of mind is the natural result of this approach.

I find no exceptions to this principle and I cannot be selective about who I apply it to. Everyone gets amnesty in my book. All that mental gymnastics about" those other people" is a distant memory and I can't think of a single time that practicing this principle didn't serve me well. The only one that is sorry for this profound and life changing transition is my EGO, but about that; who am I to criticize?

Features

Dr. Bob, Good Old Timers Quotes

"If you had something wrong with you, that's what you talked about; you didn't talk about sports or politics."

"Bend our knees instead of our elbows and ask for His help..."

The "Dinkingest of Ivy League Schools"

By Bob K.-July 2014

Dr. Bob attended Dartmouth which "had a name then for being a rugged backwoods school where the 800 or so students spent the long winters ignoring their books and drinking as much beer and hard cider as they could hold." Bob Smith could hold a lot – he was a prodigious drinker. At university, sixty miles from parental supervision, he was unrestrained.

Regarding his college drinking, Smith writes, "I did it more and more, and had lots of fun without much grief, either physical or financial. I seemed to be able to snap back the next morning better than most of my fellow drinkers. Never once in my life have I had a headache, which fact lends me to believe that I was an alcoholic almost from the start. My whole life seemed to be centered around doing what I wanted to do, without regard for the rights, wishes, or privileges of anyone else; a state of mind which became more and more predominant as the years passed. I was graduated summa cum laude" in the eyes of the drinking fraternity, but not in the eyes of the Dean. At college, he developed a fondness for billiards, horseshoe pitching, and several forms of cards, including the beginnings of a lifelong passion for bridge. Highly competitive, he played to win. He was also a very skilled 'chugalugger'.

Dr. Bob's story continues...

...follow what happens in the next edition.



Rigorous Honesty

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

Is there a difference between being honest and being rigorously honest, and if not, why add the word rigorous, unless to imply that honesty comes in degrees? I know that when I first was faced with the challenge of being honest, (where it is mentioned three times in the first paragraph of How It Works in the Big Book), I wasn't against being honest and I was willing to give it my best shot. Could I attain perfect honesty? I think not. I could, however, reign in my lying about things that mattered, but that still left me with, what I felt was, a half measures approach and that did not sit well with me. If I was willing to be dishonest about anything, I was leaving myself opened to rationalizing and still I was conflicted. If I could lie once, wouldn't that be like taking just one drink? The second lie comes easier. Was I dishonest if I embellished the size of the fish, I caught last weekend? All these questions ran through my mind before I came upon an approach that worked for me...what are my motives.

I was attending a discussion meeting one evening and the topic was RIGOROUS HONESTY, and many of these questions were discussed without resolution until a gentleman defined the word HONEST, as DEVOID OF ALL MOTIVES TO DECEIVE. That meaning of the word gave me the latitude to practice that principle in the spirit that I believe the founders of AA would approve of. If you read the Big Book and the 12X12 you will find some overriding principles concerning these dilemmas. One that comes to mind immediately is: We cannot buy our own peace of mind at the expense of others. (Step 9 in the 12X12) and I would add "my own self-righteousness at the feet of my loved ones.

There is one area where I must be rigorously honest, and that is, with Myself. I must not let overriding principles get stretched out of proportions to the degree that I start to rationalize and become deceptive again. The trust and respect we gain when we follow these principles does not come easy and if we compromise it, we may never get it back. When in doubt, I can enlist the help of a trusted advisor and I can be rigorously honest with him, live in the spirit of these principles and still have honest integrity.

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: 520

Walk-Ins: 105

Purchases: 105

Website Visits: 7,232

Deliveries: 4

Active Intergroups: 38



The Chairman's Corner

As we continue to trudge through this year and experience many challenges, the board would like to thank everyone who is participating in recovery around the Valley.

With meetings opening back up and restrictions being lifted let us not forget those of us who are not as fortunate... outreach and unity are what brings us together, recovery and service are what makes us want to stay.

Semper Sober – John W.

Committee Meetings	Day of the month	Location (moved on line)	
H&I Committee Meeting	1st Monday 7:30 pm	Temecula Valley Alano Club 27470 Commerce Center Dr. Temecula, CA 92590	
TVCO Board Meeting	1st Tuesday 6:30pm	Central Office 41340 Pear Street Suite 1 Murrieta, CA 92562	
Mid So-Cal Area Meeting	2nd Sunday 9:30am	See the MSCA website http://msca09aa.org/	
District 17 GSR Meeting	2nd Tues 6:30pm	Springs Church 41735 Winchester Rd #C Temecula, CA 92590	
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church 24652 Adams St, Murrieta, CA (At Kalmia & Adams)	
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr # C, Temecula, CA 92590	

Comments, suggestions about the Gratitude Gazette?

Please 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 9th Tradition

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



Each A.A. Group needs the least possible organisation. Rotating leadership is the best. The small group may elect its secretary, the large group its
rotating committee, and the groups of a large Metropolitan area their central
or intergroup committee, which often employs a full-time secretary. The
Trustees of The Alcoholic Foundation are, in effect, our A.A. General Service
Committee. They are the custodians of our A.A. Tradition and the receiver
of voluntary A.A. contributions by which we maintain our A.A. General Service Office in New York. They are authorised by the groups to handle our
over-all public relations and they guarantee the integrity of our principal newspaper, "The A.A. Grapevine." All such representatives are to be guided in
the spirit of service, for true leaders in A.A. are but trusted and experienced
servants of the whole. They derive no real authority from their titles; they
do not govern. Universal respect the key to their usefulness.

The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?.

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of A.A. who is for simplicity. Terrified of anything organized, he tells us that A.A. is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals and that clubs only coddle slipees. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon simplicity is the A.A. promotor. Left to himself he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great A.A. hospitals, batteries of paid organizers and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoters dream. "Yes sir," he would bark "My two year plan calls for one million A.A. members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the A.A. movement never gets over organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of A.A.

We shall, naturally, take the firm and safe middle course. A.A. has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain special services; mostly those absolutely necessary to effective and plentiful 12th Step work.

If, for instance, an A.A. group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a Foundation, a General Office or a Grapevine, then we are organized for service. The A.A. book and pamphlets, our meeting places and clubs, our dinners and regional assemblies—these are services too. Nor can we secure good hospital connections, properly sponsor new prospects and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services, has our spiritual or social activity, the great current of A.A. ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities, are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor; for our service expenses are trifling.

With such assurances, we shall without doubt, continue to improve and extend our vital lifelines of special service; to better carry out our A.A. message to others; to make for ourselves a finer greater society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

Reference: https://aacultwatch.blogspot.com/2012/11/editorial-on-9th-tradition-grapevine.html

Events



Announcement-Alano Club Gears Up

Starting Monday, September 7, 2020, the Temecula Valley Alano Club will be adding three daily A.A. meetings, seven days per week. The new meetings are scheduled for 7:00 AM, 12:00 PM (Noon), and 6:00 PM, Monday through Sunday.



Check out the new alternatives meetings at the scheduled times:

27470 Commerce Center Dr # C Temecula, CA 92590

http://thetvac.org/

(951) 693-1212

Join Us...

on Saturday, September 19, 2020, 8am-Midnight for

A Taste of SoCal ...

w/ AA and Al-Anon and Alateen Participation



TIME	MEETING TYPE	SPEAKER(S)
8:00 am	AA/Al-Anon Family Afterward Meeting	Cory W Encino, CA (AA) Mary W Costa Mesa, CA (Al-Anon) Alateen Participation
9:00 am	Al-Anon Marathon Meeting	Lisa M Corona, CA Popcorn Participation
10:00 am	Al-Anon Spanish Speaker Meeting	Patty R Santa Maria, CA
II:00 am	AA H&I Service Meeting	Monica W Kern Co. H&I Jocelyn H Kern Co. H&I Sharon H Kern Co. H&I Lupe J Kern Co. H&I
12:00 pm	AA General Service Meeting	Thomas S Los Angeles, CA Kathi Fowler - Tucson, AZ
1:00 pm	AA Speaker Meeting	Fr Tom W Oakland, CA
2:00 pm	Al-Anon Speaker Meeting	Beth B Desert Hot Springs, CA
3:00 pm	Al-Anon Longtimer's Meeting	Dawn W Rancho Cucamonga, CA Val N Rancho Cucamonga, CA Laureen B San Dimas, CA Kay B Grover Beach, CA
4:00 pm	Alateen Speaker Meeting	Alateen Participation
5:00 pm	AA Spanish Speaker Meeting	Virginia K. – Downey, CA Francisco G Long Beach, CA
6:00 pm	AA Longtimer's Meeting	Michealine F Escondido, CA Jeff V Fargo, ND Joan C Carlsbad, CA
7:00 pm	AA Speaker Meeting	Diana M Largo, FL
8:00 pm	Spanish Al-Anon Speaker Meeting	Sandra S Los Angeles, CA Alejandro S Los Angeles, CA
9:00 pm	Al-Anon Speaker Closing Meeting	Mary Lou M Virginia Beach, VA
10:00 pm	AA Speaker Meeting	Tiffany D Corona, CA
11:00 рт	AA Young People Speakers Meeting	Leigh B Mission Viejo, CA Graham C Costa Mesa, CA Dean P Irvine, CA

Zoom Meeting ID# 918 4740 1523 ~ Password: SoCal No Registration Required

Please contact Fernando O. (626-475-4097 or fernando911992@hotmail.com), or Melody B. (714-307-4173 or lalatipp@yahoo.com) for more information.

2020 A Taste of SoCal...

September 19, 2020 Zoom: 918 4740 1523 Password: SoCal Link to the flyer

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

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.

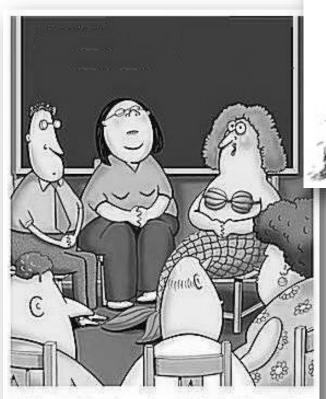
This literature is part of "Make meetings safer". A grass roots movement in Southern California. Started by a group of concerned group members.

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

Leisure



See You in the Funny Papers



"No matter how hard I tried to quit, I kept drinking like a fish."



Laughter is the Best Medicine ... Really

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

Leisure



Word Search of the Month

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 UMHWEFGCONOIUDXSHQCASXAD CNAASYIRJMCDGLWWUKAUWRMYE BNBGFDIEÓFNPIZLYLWRRNTWHT KOFYWENSNCERWRVINIQZAKQUZ LXRZRQCOTSZGYPEPNRZEUCHMR ZOYILFZLYQIQTOCCUGDEMSTMS 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 SALTÄJWTFBMMZWCKYPYFTDNWR GZPGQLBIVOEWYPGHRPRLTSKXQ Q G T O P L A O O D C H P A U M W O Q O B P E A I A O I C S N W E S Q A S Y K Q C O V R I L HOXCUYARDTKIAVMUSYUPARILS SGKZRYKLBDTHVDIUERADSIV IVSZTEUQRTANHUIOTODLWTIJO TRTDBHSOBELIEFSSRXVDWUNVR UISUAVETAAUAAELJCSATZAGWA AGOUAFNAITWAMQWBEITGTLCMT T Z P C U O G N J T T Z I E M R T V P M W Q I U I IHHXGUEKMVUIUQNXADHLDPHOO OHAAUFMGOVKTTVKDKZZNIPMXN N B O W O X P O R T H R I U L W S S M L R N I 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 L T Y Y E B N E J 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

Restoration	Restitution	Resolution	Discipline
Behaviors	Situation	Attitudes	Spiritual
Character	Willing	Indirect	Beliefs
Amends	Direct	Moral	Living

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 August



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/