



GRATITUDE GAZETTE

www.temeculacentraloffice.org

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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.

Vote From Temecula Valley Groups Support GSO

During the last few meetings of our Intergroup for Temecula Valley we have been discussing a change that was voted on during the General Service Office General Assembly. Some felt that the change had not been disseminated properly to the groups and individual AA members.

It was determined that the proper channels had been taken to change some wording in our Preamble which the Grapevine has copyrighted.

These sorts of opinions can and should be discussed by our members and there is an official procedure, which followed properly, can make changes to our literature and AA as a whole. If you do not have an Intergroup Representative or General Service Representative who attends monthly meetings and reports back to the group; you could be missing out on an area of service vital to the long-term health and well being of Alcoholics Anonymous in the Temecula Valley and throughout the world. Please ask the Secretary at your meeting to see if your meeting is represented.

By: Anita W, Editor, The Gazette

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-aassociates.com/aa/HISTORY_PAGE/dates.htm

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

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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



Interview with a local member on Step 10 and Tradition 11



An interview with Travis by Anita W. on 10-23-2021

Anita W: Regarding Step 10 which states, *“Continued to take personal inventory and when we were wrong; promptly admitted it”*, Why do I need to continue taking a daily inventory?

Travis: For me? Because I continue to be a human being. I’m flawed and I’m going to continue to do flawed things and

I need to continue to take a look at that behavior and grow from it.

Anita W: What are the characteristics that we are trying to stamp out in our lives?

Travis: Uhm, one of my sponsors had me write down what he called P.A.G.G.L.E.S. I don’t know if you’ve heard it before. So P.A.G.G.L.E.S. is an acronym that stands for PRIDE, ANGER, GLUTTONY, GUILT, LUST, ENVY, So the 7 deadliest. He had me write it down that way, so in the end it was SELFISHNESS and SELF-SEEKING. Because that’s what all the character defects all wrap to.

Anita W: How often is it suggested that you take the action on this step?

Travis: Uhm, daily, yeah.

Anita W: What are the character qualities that we are striving for in sobriety?

Travis: Uhm, love, patience, kindness, serving others, unity.

Anita W: Some steps are practiced periodically as needed. Step 10, is practiced daily.

Why is this critical to ongoing long-term sobriety?

Travis: Because our daily reprieve is based on our spiritual condition.

Anita W: How does admitting I’m wrong help to insure I remain sober?

Travis: Admitting that I’m wrong? I mean, I guess that I believe that it helps me understand my role in things. So that I don’t fall into self-pity and self-victimization.

Anita W: So now we’re moving on to the principle of Step 10; that being **perseverance**.

When thinking about perseverance, how does taking this step daily, making it a lifelong practice, teach us this principle?

Travis: Because we’re putting “feet” on the perseverance; the discipline. It’s a, “by doing we become it”

Anita W: Has your concept of sobriety evolved or changed over time?

Travis: Yes, absolutely. Oh, depends on how t (. . . Continued on page 4), Interview

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 it at a meeting, “There’s a pigeon in the room so-and-so who needs some attention.”

(Continued from page 3)-Interview with Travis by Anita W

far back you want to go. The first time I came into Alcoholics Anonymous I was only 19. years old. When I went to treatment. Because the Navy sent me. My idea of sobriety then was boring, and it would suck all the life out of me. I thought I wouldn’t be able to have any social life or interactions with other people. Over time it became a need for maintaining some relationships because if I didn’t; I was probably going to get a divorce. So I maintained a level of sobriety that was without alcohol, white knuckle. For a number of years. And that was enough for my spouse, but it wasn’t enough for me. So I went nuts. Tried to take my life . I still didn’t get what real sobriety was, what I see now as a spiritual awakening. Today I see it as a spiritual experience; a spiritual awakening. It’s a daily thing. If I let it slip a little; my attitude shows really quick. Today sobriety is trying to be a classy guy. Being kind to others, doing the right thing to others, over and over again. And, talking to my creator.

Anita W: Why is it hard for you to put these steps into practice as AA suggests?

Travis: For me, I don’t want to get up and write every day. I want to just say, forget it! Like I think most humans do. I want to believe that it will just take care of itself. But, it doesn’t. It’s . . . the most fundamental thing in our world that must be taken care of every day and I don’t like that. I don’t even want to get up and get in the shower every day! But, I’m going to smell bad if I don’t, and if I don’t do my work for my sobriety, I’m going to have that stinky attitude.

Anita W: How does your pride interfere with your daily need for an honest appraisal of your personal inventory?

Travis: Wait a minute. Pride given a foothold will give me an opportunity to think of myself much more accomplished and much better off than I am. It stops me from taking action on things that need to be done. It will make me lazy., and critical of others very quickly.

Anita W: **These final questions focus on Tradition 11.** Have you ever had a personal experience with this tradition? **Our public relations policy is based on attraction rather than promotion. We need always maintain personal anonymity at the level of press, radio and films.**

Travis: Actually yeah and I’ve given this tradition a lot of thought and like at the beginning of the book, the first forward, let me turn to it. (continued pg.7)

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](#)

WWW.TemeculaCentralOffice.org

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 organizes 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 have an Intergroup Representative and if the group is contributing monthly to your Central Office. Contributions goes to pay for the convenient services above. 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. Debi | 2. Sarri |
| 3. Derah | 4. Yolanda |
| 5. Shawna | 6. Jim |
| 7. Tara | 8. Dennis |
| 9. Tony | 10. Karen |
| 11. | 12. |
| 13. | 14. |

...and YOU!

Business



Central Office Activity

Phone Calls: 767



Walk-Ins: 167



Purchases: 167



Website Visits: 8928



Deliveries: 0



Active Intergroups: 24



The Chairman's Corner

Please make sure your meeting information is accurate on our website. Any changes go directly to Ken at the Hotline.

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—Park in back 41735 Winchester Rd Temecula, CA 92590
Intergroup Meeting	3rd Tuesday 6:30pm	Springs Church—Park in back 41735 Winchester Rd Temecula, CA 92590
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr. Temecula, CA 92590

Financial Reports, Agendas,
Meeting Minutes

FREE

**Do you need a report for
your groups business
meeting?**

Contact the TVCO

BUCK A MONTH CLUB



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

**Comments, suggestions about the Gratitude
Gazette?**

Please email the editor at:
tvcomms@gmail.com

Continued from page 4) Interview

It is important that we remain anonymous because at present we are too few to handle the overwhelming number of public appeals that may result from this publication. Being mostly business or professional folk we can not carry on our occupations at such an event. We would like it understood that our alcohol is an avocation. So its been my belief that this is where that tradition came from. Now I've looked at it and I've, . . . I'm dangerous about asking God why. I know how dangerous that is because sometimes when we ask we get an answer that we don't like. Sometimes when we are in God's classroom we get answers we don't want to hear. But, I just signed up for extra credit by asking God why. I asked God about this and the things I got back from this are; anonymity presents more, it helps us to stay humble. Because it's easy to get a lot of recognition in today's world. For being sober after being caught up in the throws of alcoholism. They see our lives different. People that are not alcoholic want to applaud us. I paid one of my debts and I talked to a debt collector, just like my sponsor told me. "I could use a line from the book". I've been slow to pay because of my drinking. His first response was "I'm so glad that you got the help". But that's an admonishment. That puffs my pride? What am I going to do with that? I gotta give the honor to God. If there's a situation like that, I'm not anonymous. They have all my personal information. Yet I stay humble in it by giving the glory to God. By saying this is my Higher Power's Creation, not mine. By relying on my :Higher Power everyday. But at the same time were in a weird spot in society. Anonymity is pretty much dead due to social media. We can not post that we've been to the Alano club and different AA places. That's a good start, but I'm going to end up speaking to the public out in public. So at the level of press, radio and films, I haven't adhered to it. Because I had an article published about me. And I believe the writers omitted the part about Alcoholics Anonymous, but they did include a bit of my journey in sobriety. So where's the line drawn? I think at some point, maybe this tradition might be obsolete, but for the bulk of us. Especially like that forward states; they've got other lives to

live. They've got a career, they've got their families to take care of, there's too many requests. But if the person has the financial means to completely support themselves? I've also heard the worry that a person exposes themselves to public, to media, those celebrities say I'm in AA and then what do they do? They relapse and they disgrace the AA name. So, I don't know if that's too disorganized or discombobulated but there's a lot of thoughts there.

Anita W: How does an understanding of this tradition help AA members when describing AA in a positive light?

Travis: I guess it can be used by any AA in a positive to say that none of us here are to gain anything out of this; except to remain sober.

Anita W: Do you believe that studying the traditions with others helps you to follow the traditions? And how so?

Travis: It's a simple fact of repetition. The more something is read; the more it's worked into the mind, the more it's thought about; the more it's understood.

Anita W: That concludes our formal portion of this interview. Is there anything else you would like to add?

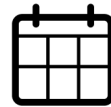
Travis: Well I'll say this, for me, personally I'm not perfect at practicing either this step or tradition. As I've already said, I've slipped. I've made some statements that, in an interview, but I don't think that they said anything about AA in the final print. Maybe someone on the editorial staff said, we can't do that. Perhaps they were a "Friend of Bill W".

I'm definitely not perfect on the daily inventory. There are some days that I think, "I'm tired, I'm going to bed now". I think; well I know, I work harder at it now than any other time in my life because . . . I want this . . . for the first time in my life I want this and I know what this turns into. I know what I turn into, when I'm not doing this. I don't want to be "that guy" anymore.

Anita W: Thank you Travis for being of service and sharing your experience, strength and hope with us.

An interview with Travis by Anita W. Oct. 2021

Events



TVCO Presents

11th Annual Rule 62 Golf Tournament

Sunday November 14 10:00 Scramble

Golf Club of Rancho California

\$120.00 Per Person Includes Lunch



Contact Cody (951) 970-9258

New Year's Eve/Monte Carlo Night
12/31/2021 – More details soon!

Golf Tournament – 11-4-2021

<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



KES

"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

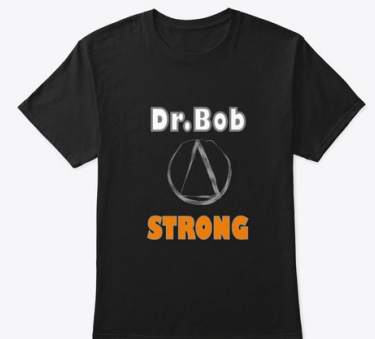
Intergroup commitments available

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 S 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 N
W 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/>



**Do you want to learn about the history of A.A.
and to help preserve our history?**

Join the Archives Committee

**The Archives Repository is located at
7111 Arlington Avenue, Suite B, Riverside CA 92503.
Open every Saturday from 10 a.m. until 1 p.m.**

**Bring your sponsee or plan a group visit. We always
need volunteers**

**We can also come to your Group, Meeting or Event
with our traveling displays**

**To schedule an appointment,
please call the Archives at (951) 785-0845
or email archives@msca09aa.org.**

We Want Your Groups History

**We can research the history
of your group or meeting**

Check Out Our Website

<https://msca09aa-archives.org/>