

# GRATITUDE GAZETTE

Volume 2021.3 March 2021

### 951-677-1535 24 Hour Hotline

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

# A New Board for 2021 Adapts Motto: 20-Twenty Fun!

By Anita W.-March 202

With a slow start for the Gratitude Gazette in 2021 I apologize for the delay in getting the newspaper going. There was a new Board Appointed for Temecula Valley Central Office beginning on January 1, 2021 as follows:

Chairperson: Cody W. Co-Chair: Van V.

Secretary: James M.

Treasurer: Shawna S.

Outreach: Jessica

Events: Cyndi T.

Gazette: Anita W.

Board members commit to serve for two years and oversee the Central Office to insure that the bylaws are adhered to and that the valley meetings have a voice. We have a monthly meeting to discuss ongoing events and progress in getting the word out to our groups.

If your group does not have an Intergroup Representative attending our Zoom meeting; please consider electing a volunteer to be of service and report to your group on our local news. We meet the 3rd Tuesday of each month at 6:30 p.m. **Our Zoom meeting number is 728 844 4771 with the password:** service. Any AA member is invited to attend, however you must be a representative in good standing (having attended the last two consecutive meetings) (continued on page 3)

#### This Month in History

#### A.A.

1936: A.A. had 10 members staying sober. At the end of 1936 A.A. had 15 members.

#### From our backyard...

1941: The first prison A.A. group was formed at San Quentin.

#### Around the world...

1947: The first AA group was formed in London, England.

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

True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.

- Bill W.

#### Inside this issue

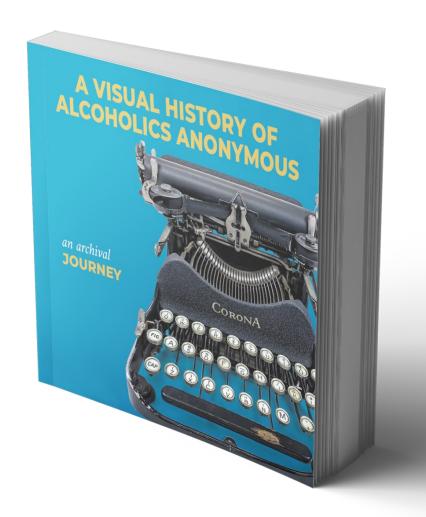
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# **Features**



# Now Available at TVCO \$15.00

Originally developed as the souvenir book for the 2020 International Convention. this highly illustrated tour through A.A.'s history is told in hundreds of iconic images never before published in one volume. Illuminating descriptions walk us through powerful moments in A.A.'s history from the people, places and things integral to A.A.'s early growth, and forward to today's vibrant, international Fellowship. Includes a special focus on Detroit in A.A.'s history and updated coverage of recent innovations in A.A. group life.



# A New Board 2021

(continued from front page)

in order for your group vote to count.

The Temecula Valley Central Office exists to serve the local AA meetings and provides services to help carry the message that AA works to help the suffering alcoholic to recover from Alcoholism. For more information, **call** our 24 hour hotline at **951-677-1535**, visit our **website** at: **www.temeculacentraloffice.org**, **join** our intergroup **zoom meeting** the 3rd Tuesday of the month at 6:30 pm or **visit** the office at: **41340 Pear Street**, **Ste. 1**, **Murrieta**, **CA 92562** 

# Recovery



# Step 3

Made a decision to turn our will and our lives over the care of God as we understood him.

Some alcoholics initially have a hard time with this step because of conflicting feelings about religion or because they do not believe in God.



However, this step isn't meant to be a religious obligation; it's meant to help alcoholics rely on something other than themselves to help them abstain from drinking alcohol.

There are several ways recovering alcoholics can use this step to make changes in their lives.

- Begin distinguishing between what is in their control and what isn't. Some alcoholics drink to forget painful things in their lives are beyond their control. One way these alcoholics can use Step 3 is to ask themselves if they have control over something that is upsetting them.
- Cultivate a positive attitude. By learning to turn over these feelings to some sort of higher power, alcoholics may begin feeling more capable of dealing with life's challenges, which can help alleviate the compulsion to drink.
- Being more open to guidance. Many alcoholics find it difficult to accept help because of their need for control. Alcoholics sometimes spend energy resisting suggestions instead of making changes in their lives.

# **Tradition 3**

The only requirement for A.A. membership is a desire to stop drinking.

A freedom to choose, this tradition is just what it says: "The only requirement is to have a desire to stop drinking". Some may not know or believe they are alcoholics but still wish to live a life free of alcohol.

- Do we allow people to choose if they are a member or not?
- Do we prejudge some new A.A. members as beneath us?
- Is there some kind of alcoholic whom we privately do not want in an A.A. group?
- Do we set ourselves up as a judge of whether a newcomer is sincere or phony?
- Do we let language, religion (or lack of it), race, education, age, or other such things interfere with our carrying the message?
- When someone turns up at A.A. needing information or help (even if he can't ask for it aloud), does it really matter to us what he does for a living? Where he lives? What his other problems are? Whether this is his first time to A.A. or more?

# **Concept 3**

To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Do you know what this means? Trusting in our trusted servants; Intergroup, GSR, DCM, delegates, the Conference itself.

# Principle 3

#### **Faith**

Complete confidence; belief and trust. Allows evasion and denial to give way to reality and peace. Faith is the evidence of our trust in God.

True faith is the result of surrender coupled with experience that God can and will do for us if we ask for help.

# 3rd Step Prayer

God, I offer myself to Thee, to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always!

# **Spotlight**



#### The Evolution of the Alcoholic

The Jigsaw Process

By Rick R.-Submitted 3-4-2021

There's no way of knowing how the life of a new born child is going to turn out, and if there was, we could simply make the adjustments to its environment, education, and other similar needs, as it evolved into adulthood. Providing a safe, loving, and nurturing home-life is a good start but even that, is no guarantee of success. In the formative years we develop instinctive drives to protect ourselves from perceived dangers, and how we control these instincts usually is the measure of how well balanced we turn out emotionally. So much of the A.A. program involves the understanding of these instinctive drives and our willingness and our ability to come to terms with these natural impulses when they far exceed their natural purpose.

Each year during the winter months my wife puts out a jigsaw puzzle and as the days go by, we find times we sit around the table and chat and spend time together. As we dump the puzzle out of the box, we first turn all the pieces right side up and spread them out. As we do this, we find some pieces with straight edges that form the perimeter, and they are easy to figure out. The easiest pieces to figure out are the four corners and that is where we start. These pieces form the framework of the puzzle. Next, we find pieces that have numbers on them or other common characteristics such as colors or patterns that make it easy to fit them together. Others have different shades that can be compared to each other and reveal the general location of where it will fit in and soon everything begins to develop. When we get to the blue sky part of the picture; things slowdown a bit and these pieces are less obvious. The puzzle isn't finished until all of the pieces are in place. That may be the day we shuffle off this mortal coil.

To me, all of this is like the way the pieces of Alcoholics Anonymous are pictured in my mind. The *desires* to stop drinking and to come to meetings are like the cornerstones that start the whole process moving. Next, getting a sponsor, beginning to take the steps, getting into service, and helping others and so on, are some of the framework pieces that are obvious to most of us. Next, we start to recognize some of the more obvious defects of character that need to be addressed and they are numerous if we are strong enough to admit it. If we are not, the picture will never be complete. As we continue to clear up these issues (wreckage of the past) and put them behind us, it would be easy to rest on our laurels and be satisfied with half measures. If, however, we are diligent about continuing this process of examining our motives for everything we do, until it becomes second nature, our life will become a rewarding adventure and all of those negative emotions are replaced daily with feelings of wellbeing. This is the blue skies portion of the puzzle, as I see it. The part that many of us often miss, simply because of indifference. By skimping on thoroughness we may miss out on the freedom and peace of mind we seek.

If you are one of those that finds themselves in that malaise, let me encourage you to consider revisiting those items that you skipped over and let your conscience rather than your EGO win this battle. It may be the best decision you have made since you made the decision to come to AA. Those misguided instincts that fueled those faulty behaviors have had their way far too long. Let's get those pieces of the puzzle into place and see where it takes us. I guarantee that you won't regret it.

Editors Question: In regards to Step 3, what portion(s) of my will and life am I hanging on to?

**Spotlight** 

Is there someone in your group that can share their experience, strength and hope in an interview? Check with your Intergroup Rep for details or contact the Gratitude Gazette Editor at anitaward333@yahoo.com to schedule a one-on-one for an upcoming edition.

#### A Letter from our Chairman of the Board

Thank God that's over! By Cody W., TVCO Chair

As we ring in the new year, I reflect on what the heck happened last year. Truth be told, when the pandemic started and the closures began and meetings essentially evaporated I personally was incredibly concerned that by the end of 2020 we would no longer have an office. But work still needed to be done. So we tightened our bootstraps and we trudged the road. Setting out to make sure that in this new world that we occupy, that we fellowship and conduct ourselves both in business and in meetings to serve our valley. The answer was pretty simple actually. We asked God for the direction and the strength and we carried out the action. We had to get real familiar with zoom, real quick. We had to engage with people who have never used this platform and coach them through how to participate. We had to carry the message that central office was still open. Until the last breath, we were going to make sure that we met every alcoholic's needs we

It wasn't enough that the engagement with the fellowship had to change we had to really take an honest look at how we did business. Down to the electric bill. We got rid of absolute non-essential services. We renegotiated some contracts which gave us a little bit more room. In the end, we took the action; God provided the result. The fellowship once again did what this fellowship always does. It surrounded us with support and love and we in turn, did the same with every alcoholic out there trying to get sober and stay sober. So in the end 2020 was not a loss; it was a gain. We re-invested in our fellowship and they re-invested in us. So I guess this message is really more of my thank you. Thank you for allowing twelve-step work to carry-on and be possible to all the new alcoholics that are reaching out looking for a solution. I can't tell you how many wives have called Central Office as of late complaining about their husband's that they've had to quarantine with. Awakening to the idea that there may be a problem with <a href="here">here</a> drinking. What a relief that we are here to help.

With all that being said, how do we look to the future? As a board we've decided we are going to start doing events! Keep a sharp eye on the website, and listen for announcements because we've got plenty coming. We're talking about workshops on zoom, sponsorship in the digital age, and a number of other ideas on how we can connect with the fellowship and support the valley. So again thank you. I look forward to your continued support and I assure you that we are all here to make sure that the health of the office and our fellowship is a strong as it can be. Our goal is to help our valley reach new alcoholics that so desperately need the AA solution.

Love in service, Cody W.

# **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
- <u>Meeting Schedules</u> (PIY-Print it Yourself)
- 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**

Due to COVID-19 recommendations, we are not utilizing volunteers in the office to help reduce contact with others.

#### 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**

Pause, pray and consider where your passion for service is. There are so many ways to give back, but we need Intergroup Representatives to join TVCO Intergroup.

Covid-19 has moved many of our local meetings to private homes and internet virtual meetings. We want to hear from the groups through our intergroup meetings. (By the way, they are being held virtually on the 3rd Tues of the month at 6:30 p.m.) Please join us to see how we can stay connected during this era of the Covid-19 pandemic.

# **Business**



# Central Office Activity -Past Month

Phone Calls: 653

Walk-Ins: 100

Purchases: 100

Website Visits: 7,963

#### **From the Editor**

Well this is the first month I've worked on getting the Gazette out to the Temecula Valley AA community. My gratitude goes out to Rob who created the format for an amazing newsletter. Of course, it is a learning curve and I would love to hear any feedback on our e-newsletter.

Thank you for letting me be of service, Anita W.

Committee Meetings	Day of the month	Location	
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	

Check out the "Red" link on our website to offer many ways to make donations to our Central Office. Consider making an auto payment on a regular basis that can be changed at your discretion. Makes giving back easy . . . for those whom much is given; much is expected.

Financial Reports, Agendas, Meeting Minutes



Do you need a report for your group's business meeting?

Contact the TVCO at: 951-677-1535

Or attend our Monthly Zoom Meeting for Intergroup:

728 844 4771 PW: service

Every third Tuesday of the month at 6:30 p.m.
See you there

# **Rewind News**



# **Editorial on the 3rd Tradition**

By Bill W - February 1948

"Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money of conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in selfprotection, we do not wish to erect the slightest barrier between ourselves and the other alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of society or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands vealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership tradition does contain, however, one vitally importation qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of "dry" A.A. groups, "wet" A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not is name. Nothing could be more certain.

Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved.

And may God grant us a long life – and a useful one!

# **Events**



# Not a Glum Lot Snapshot

More information and details for the events listed below can be viewed at the central office website under the events tab! www.temeculacentraloffice.org

April 10th 11 am—1 PM Technology and the 12th Step Call

Feb 20-May 15 11:00 AM Embrace Unity in AA Traditions

SATURDAYS ONLY

Feb 14, 21 &28; 15:00 Central European 12 Traditions with Billy N

Mar 7 Time (GMT+1)

Mar 6 9 am-Noon The Twelve Traditions

A Distillation of AA Experience

Mar 8 12 Noon Modem to Modem

**Getting Sober During a Pandemic** 

Mar 5-7 PRAASA 2021

**Pacific Region Alcoholics Anonymous Service Assembly** 

Mar 27 3 PM Where's the party? - Trivia with prizes!

MAR 13 6 PM TVCO Presents—March Comedy Show

and Fundraiser VENMO @TVCOAA

#### MANY MORE MEETINGS/TOPICS AVAILABLE

Whether you're a newcomer or an old-timer there's always room to grow in Alcoholics Anonymous. The world changes but the 12 Steps remain as our solution to the dilemma of alcoholism. Check out TVCO's Website for more solutions:

www.temeculacentraloffice.org

CLICK ON "EVENTS" FOR DETAILS

# Come join our **FUN**draiser!





# YOUR CENTRAL OFFICE NEEDS YOU TO LAUGH! IT'S 20-TWENTY FUN IN 2021!

TVCO Presents...













03/13/2021 6 - 7Pm

Zoom Meeting ID: 728 844 4771 Passcode: service

#### LIVE! SCAVENGER HUNT! PRIZES!

When I learned in AA that I could laugh at the insanity of my past; that's when I felt hope that I could recover from that seemingly hopeless admission of defeat...

Anita W. Limited in person viewing available at TVCO and Temecula Valley Alano Club - Arrive early!

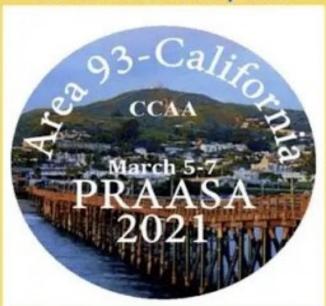
# **PRAASA 2021**

Pacific Region Alcoholics Anonymous Service Assembly

Save the dates

MARCH 5 - 7, 2021

For the First Ever Virtual PRAASA With Al-Anon Participation



Hosted by Central California Area 93 www.area93.org
Registration IS now open online!

www.PRAASA.org

Mail registration to 4212 E. Los Angeles Ave. #3638, Simi Valley, CA 93063-3308

Suggested Contribution of \$15

Email info@praasa.org for more information.

For Al-Anon information: mailto:alanon.praasa@gmail.com Spanish & ASL translation available if requested



## **Events**



Hold on ... your 2021 TVCO Board is planning more fun. Check back with your intergroup representative for Pancake Smackdown Updates, Golf Tournaments and more new ways to enjoy our <a href="mailto:new">new</a> found freedom and happiness.

More events coming; please check back soon or visit

Temecula Valley Central Office Events page <a href="http://www.temeculacentraloffice.org/aa-events/">http://www.temeculacentraloffice.org/aa-events/</a>

# **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



# From the Poets Pen

Following are from a book "Apples of Gold" a compilation by Jo Petty, Published by the C.R. Gibson Company, Norwalk Connecticut

To love is virtually to know; to know is not virtually to love.

I did a favor yesterday,

A kindly little deed . . .

And then I called to all the world

To stop and look and heed.

They stopped and looked and flattered me

In words I could not trust,
And when the world had gone away
My good deed turned to dust.

A very tiny courtesy
I found to do today;
"Twas quickly done, with none to see,
And then I ran away . . .

But Someone must have witnessed it,
For truly I declare
As I sped back the stony path

Roses were blooming there!



# Spiritual Awakenings

"I do not feel any age yet. There is no age to the spirit."



# **Space Available**

Do you have a story, an experience of hope you can share with the readers?

Please submit your articles to:

anitaward333@yahoo.com



# Leisure



# **Word Search of the Month**

P G X F W F G K U F T X N L A W H R O K U T N P G P C U B S S M T H Y K U D C N Y G G E V N O C Z X T D P Q | B E A M M A E I YWM K C K N X F C E L V O E U O W P L L Y V R H Z X I I R G X R V D I H L U L I S L K N F X Z N A G L L R X X X P E J V M M X C R M V Q X F O Y L P Y U D Z X R N A T H Z Y ZVNLIUBMCBQEZIISZCIMEQQKICXQUA RHBURCQLKWPVDYRYSSVWIMJEQITDUB CEIYLNEHGXVXNZOIIRHVXTMIWBTGAV H N C G H G B G G Q M P G Y | Q M U Q C F B Y Y X V N X N B RLDOONPVALQSICKVBHACLTAIPMXETH R Q Z C V M C V F J I Y Z P Q M X C X Q D Z M C C X D T W P TWFTWELVESTEPSONMIWDYZGXTLGWED I Y H H X X R F N D P V E A D H S G E X R S O B R I E T Y X MDHVTBPYQTEWCATMRNKKIANSMSHKZT X A K Q D J W X Z E N F I U W S E M R K T J Z P X X C P J H M P O M M N S V K N X U E F U R W B W B B S X O D E E H B O HUMILITYHCACGCTXUVZKASHNOGKJAM KHEGSIKHLOOSTLTXNPXLIVZSCUNHEE Z F G X E P P I E U O A N U W S W N Z T N S Q O T N O O O G UWOPPAAOTREBVUFZEEKIOYIROLINIR ENNDEFTTVATIWRAYULGBLQCFRADCMO BEIUOMLQPGLQUEINESRGFGMVBHNIYU I D | N Z | I P M E V D A M B I V A L E N C E Y O B N W V P ISXIFISBEMWKJHNXLKNHZIURBOQWWD O X T T I N K V M E S Z B A G M M M E W Z Z Z T M A A K Y S FK J Y Q B S O E N B W E L T D B Q B T P B K F W C H I L Y P C H P E N G K W T U K D T U T G O M Q B N G E T X F | Y | Y C K V A U K R Y Y F X R M Y P K P E C B P R R B Z V H O X EXAVIJOSBLLDLKHVHZHOFKDCIGIPWD G T G O N W Q J C E K U T U R U M R F A E D S Y W S O B Z J

Encouragement	ambivalence	DoctorBob	TwelveSteps
Anonymity	Homegroup	Recovery	Sobriety
Humility	Defects	Sponsor	Unity
Service	Halt	Ego	

## Classifieds

#### **Artists Wanted**

The Gratitude Gazette is in need of examples of recovery with a dash of flare for the artistic. Do you or someone in your program of recovery draws, sketches, paints? How about a local cartoonist looking for their big break in volunteering?

- Cartoon strips; monthly section
- Art; paintings, sketches, photographs (no faces please)
- Spiritual poetry

Send your nominations or submissions with caption to: tvcocomms@gmail.com and you just might see your work in an upcoming edition.

#### Intergroup commitments available

Inquire with your sponsor or TVCO for details.

What's the code?

Love and tolerance is our code.