



GRATITUDE GAZETTE

Volume 2021.5
May 2021

951-677-1535
24 Hour Hotline

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

Central Office to OPEN-Need Service Volunteers



Our Central Office is planning to re-open on Tuesday, June 1st. We are calling for service volunteers to commit to a time slot Mondays thru Saturday at 41340 Pear Street, Suite 1, Murrieta, CA 92562

Please call Ken, Office Manager for details at the Hotline number NOTED above. There are a variety of duties available and we will train you for free! Being of service can help you to stay sober by being a part of the solution.

10:00 am –12:30 pm

12:30-3:00 pm

3:00—5:30 pm

We don't try
to stop drink-
ing forever . . .
Just for today.
Each day is
added to the
next; however,
our aim is to
live in this day.
One Day at a
Time∞

TEMECULA VALLEY A.A.

Call for Intergroup Reps

Your Meetings
need you!
Once a month
commitment.

Be of service
and get in
the know!

Contact Jessica B.
at
951-258-8278
or see your secretary
for more information.

This Month in History

A.A.

1941: First Wisconsin AA meeting was held in a Milwaukee hotel.

From our backyard...

1948: Long Beach, California. Central Office was opened.

Around the world...

1949: The first AA meetings in Scotland were held in Glasgow and Edinburgh.

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

My good friends in A.A. and of A.A., I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. - Dr. Bob, 1950

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Recovery



Step 5

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 5 is essential to the fundamental change of personality required to overcome alcohol. In its simplest form, the fifth step is basically a confession of personal wrongdoings and the beginnings of your spiritual housecleaning.

Although in step four we admitted the exact nature of our wrongs, the process of clearing away the wreckage of the past will not be completed until we have shared those wrongs with another person in step five. Including a well-chosen person to be part of this healing process helps us to become aware of our own self-delusion, where we have not been totally honest and where there are patterns of destructive thoughts and behaviors.

Sometimes painful but always rewarding, the incredible emotional and mental relief you will feel (coupled with profound personal insight) makes the fifth step a valuable exercise. Successful completion of step 5 marks a return to sanity, and a much clearer recognition of who and what we are.

- How long have I been living alone with my secrets and “wrong”s?”
- How do I feel about admitting my wrongs (my secrets) to another?
- Am I ready to share and let go of anything that hinders my recovery?
- Can I acknowledge and accept the exact nature of my wrongs?

Tradition 5

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Questions for Tradition 5:

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?



Concept 5

Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

In A.A. we are all equal.

Principle 5

Integrity

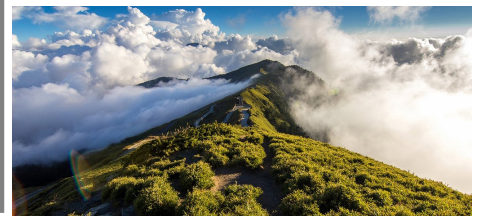
The quality or state of being complete or undivided; soundness.

“Doing the right thing whether someone is looking or not.”

This is a really basic definition for absolute beginners amounting to, “Don’t lie. Don’t steal. Don’t cheat...Ever.”

5th Step Prayer

Higher Power, My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person & to You. Assure me, and be with me, in this step, for without this step I cannot progress in my recovery. With Your help, I can do this, and I do it.



Features



A Study of Step 5 of the 12-Step Program

Admitting the Exact Nature of Our Wrongs

Admittedly, it's hard to find someone who is not nervous about step 5, and some people put it off as long as possible. However, this step is also one of the most fulfilling steps along the road to recovery because it allows us to let go of the past.

What Step 5 Says

In Step 3 we surrendered to our higher power—our personal understanding of God—and Step 4 had us take a detailed inventory of our behavior. The next logical step is to voice all of those things we did while drinking or using. That leads us to step 5.

What an order! Admitting wrongs to God and to ourselves is one thing. To actually tell someone else the *exact* nature of our wrongs can be a frightening task indeed. After years of "keeping secrets" and hiding faults and shortcomings, openly admitting them—and out loud to another human being—is a drastic turnaround.

Purpose of Step 5

Just as the 12 steps themselves are in a specific order for a reason, the process outlined in step 5 is as well. There is a reason that the first admission of wrongs is to God as we understand Him. It prepares members for the rest of the step.

But by having that conversation with a personal higher power in a spirit of prayer, the things that need to be changed are revealed. The exact nature of our wrongs has been discovered along with the ways that they need to be changed.

Once you have had the integrity to become honest with God, then becoming honest with yourself and another human being becomes much easier. Perhaps more than any other step in the process, step 5 provides the chance to begin "growing up" spiritually. It gives the opportunity to unload the burdens of the past and be done with them.

Eliminating Pride and Overcoming Fear

The purpose of step 5 is not to feel shamed in the eyes of your sponsor or whoever listens to you during it. Instead, it is a time to get rid of the old garbage and the dark secrets we've been holding inside. Quite often, it was these things that kept us drinking or using.

When preparing for step 5, many people describe fear. It really can be a gut-wrenching process. Our pride wants us to feel like we're doing good and moving on from all that destructive behavior. Step 4 forces us to look back at all of that and step 5 brings it out into the open, revealing everything.

There's also the fear that your listener will think less of you. However, you have to keep in mind that they've been right there, too. Who knows, they may have done worse things during their drinking and using days, but that doesn't matter. In step 5, the focus is on you and what you've done. Don't worry, the second time is actually easier, especially if you're being *completely* honest this time. Honesty is not something people with a substance use disorder are entirely used to, so giving it a second go is common.

(Continued from Page 2)

Freedom of Step 5

Many people feel great freedom after doing step 5. It's a relief to get all that baggage you've been lugging around out in the open. This is a chance to clear the air internally, and there's a great relief when you finally vocalize everything.

Step 5 is also an opportunity to get to the root cause of your addiction. While

it's easy to give it titles like envy, jealousy, anger, or whatever, many people find that it's really fear. It may be different for you, of course, but the point is that this step and step 4 give you the insight to discover exactly what that is.

Theoretically, since this kind of thinking originates from the frontal cortex of the brain, efforts to follow this step effectively exercises the part of the brain responsible for "will power" and can help recovery for that reason alone.



From the Book of the Oxford Groups 1932, A.J.Russell wrote: "The four standards of conduct that the Oxford Group professed to test **all they said and did** were:

1. Absolute love to all.
2. Absolute purity
3. Absolute unselfishness
4. Absolute honesty."

The Oxford Group got its' name from Oxford University in England. Bill W. and Bob S. used many of the principles of this group to come up with the 12 Steps. Bill W. couldn't see that using the term "absolute" could work with recovery from alcoholism. It was important to give us a little "gray area". In my mind they offered us "Absolute Mercy". I, for one, am grateful for that.

In person/Live Events Coming Up Soon



FOUNDER'S DAY 2021

TEMECULA VALLEY CENTRAL OFFICE

is having a
WILD WEST PARTY
to celebrate

86 YEARS

of "AA IN A TIME OF CHANGE"

SATURDAY

JUNE 19, 2021 – 2PM



Raffles for CASH/Prizes—Games – Cards –
Water Bouncy Cornhole – Music – Fellow-
ship—Food – Fun

The Ranch

32451 Bryant Street, Wildomar, CA 92595

Doors Open at 2PM – Dinner at 4PM –

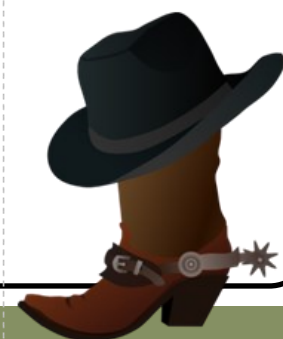
Raffle at 6PM - Speaker at 7:30PM

Larry G—from Bellflower Big Book Group

COME REPRESENT AND SHOW OFF YOUR

BEST WILD WEST FLAIR

Raffle donations needed! Please contact Ken at Central Office



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 go 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

See front page notice! Need shifts for volunteers covered. Reopening live on June 1st.

12 Step Calls

Add your name to the 12 Step Call list for male & female. Spanish speaking volunteers also needed.

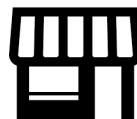
Please contact Ken for more info 951-677-1535.

Volunteers

- | | |
|---------|-----|
| 1. John | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | 10. |
| 11. | 12. |
| 13. | 14. |

...and YOU!

Business



Central Office Activity

Phone Calls: 756

Walk-Ins: 130

Purchases: 130

Website Visits: 8,135

Deliveries:

Active Intergroups:



venmo

We thank you all for TVCO. It is the individual AA member who keeps us solvent and available to help support our primary purpose; To carry the message. Consider donating the cost of one beverage a month to keep us going strong. Use our Venmo QR code now to K.I.S.S.-Keep it simple sweetheart!

Committee Meetings	Day of the month	Location (moved on line)
H&I Committee Meeting	Every other month July 5 - Jacob L. 951-837-7780	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 6:30pm	Via Zoom: 728-844-4771 PW: service
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr # C, Temecula, CA 92590

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/>

**Comments, article submissions, sugges-
tions about the Gratitude Gazette?**

Please submit email to:
tvccomms@gmail.com

Rewind News



Editorial on the 5th Tradition

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

EDITORIAL:

On the 5th Tradition

By Bill

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose.—that of carrying its message to the alcoholic who still suffers.

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet some of our well-wishers have begun to say such things.

Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked "Success"!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the Grace of God—on borrowed time; that anonymity is better than acclaim; that for us as a movement poverty is better than wealth.

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of A.A.—*that of carrying its message to the alcoholic who still suffers alcoholism.*"

Dr. Bob

"Simplicity, devotion, steadfastness, and loyalty; these were the hallmarks of Dr. Bob's character which he has well implanted in so many of us."

Bill



The promises are described after you have completed your 9th Step. The remaining three steps, according to my sponsor, are the "Maintenance Steps". If I could work honestly and thoroughly the first 9 Steps; I could maintain my sobriety by working the 10th, 11th and 12th Steps, ad infinitum.

Now I am "Happy, Joyous and Free!" most days.

Anita W.

Events



Many upcoming events have been cancelled, postponed and moved online due to the restrictions in place to combat the spread of COVID-19. Here is a sampling you will find on the TVCO Events website page.

BINGO

Sunday May 23, 2021 2:00-6 PM
Temecula Valley Alano Club
27470 Commerce Center Dr # C
Temecula, CA 92590

Founders Day—Wild West Party

June 19, 2021 Begins 2PM
The Ranch

32451 Bryant Street, Wildomar, CA 92595

25th Annual Liberty Bells Campout

Half Cracked But Liberated!

Oct. 8-10, 2021

Chili Cook-off and Classic Car Show

More details soon!

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.

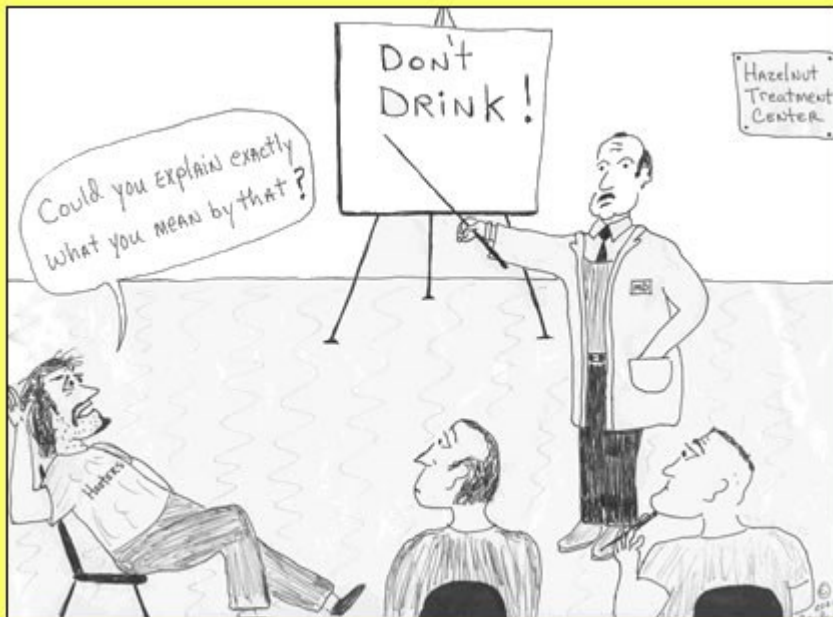
*This literature is part of “**Make meetings safer**”. A grass roots movement in Southern California. Started by a group of concerned group members.*

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

Leisure



See You in the Funny Papers



Don't Drink

I want you to be
healthy and
happy again!



Step Thirteen

Laughter is the Best Medicine ...
Really

Leisure



Word Search of the Month

Word Search

SEISELLMKRLAVEBXFDVI
TDOUWUQUECAHYLDPVHT
ECNYZBZGXPWYCOTQRSTU
PAEZDLUEBRICBVFHIIHYJ
SRWJUEGTTEVWPNTQMJR
ORCMCGQRLSODLMPAAAIP
UYORRWNAAYERCS PRDRKGD
HTMPZECDRNJOYXIUYNHT
AHEOVLOIATDMYMNSPATC
EERRJCNTWAQFCECQUTOS
YMWGQOCIFTZOQNICRRFB
WEUEBMEQOIERQRPWPMZ
BSKQHI PNKOXTGKLDOMP
ESWCVNTSENODELEOSWPG
GACAPGSWPDUXUYSLEHEB
LGOEWBAUNEILLSSDJJAW
KEKVTTRUSTEDSERVANTLR
YPDQVBPATTADMITGCAUO
RDHSPIRITUALVIRTUEON
EPNXBHNTAUPBCZWBLUSG

CarryTheMessage	SpiritualVirtue	TrustedServant	Representation
PrimaryPurpose	Principles	RightofAppeal	Welcoming
Traditions	Newcomer	Concepts	Admit
Comfort	Steps	Wrong	

Classifieds

Intergroup commitments available

Inquire with Jessica, Outreach Liaison for TVCO AA Intergroup at:

951-258-8278

TEMECULA VALLEY A.A.

Call for Intergroup Reps

Your Meetings need you! Once a month commitment.

Be of service and get in the know!



Contact Jessica B. at 951-258-8278 or see your secretary for more information.

Answer key for April

UBZPFINQJLAXEKPEHRDM
SNKNDRDMHGPCHOHGWURFD
ERHANONYMITYCPREJAFM
RHURSGCOBNLBFEQQLIJF
EBAEUOSOLUTIONPNQCLL
NPXCLOMAMLUKIZTEDWL
IQYOHKUEPHMBGLLBAEHQ
TXCVHLTYTYXOCRAVINGY
YNZEDUIRHIYOWIFMBICZ
HWNRTSWCETMKGETWWAUE
QWMYBYTRVAXEBYDSDINF
RERLRUFSSXOTKSMHDHHP
DWBTRUECMMTMSQKQFVLY
WABBIPHVOVZBEQUVDKZT
CLCGIENABLNGNMISEKQ
GUCDUEMSKZOPKITKCIOS
YFGJPROMISESTCMIJKII
LEMXYNTRVGOLSERSCELR
XSOMETIMESSLOWLYNUIY
MFVSDDBXCQKUHSORFTORT

7th Tradition Donations

Several ways to support Central Office'.

Venmo is a mobile payment service:
Search for @TVCOAA

Or on the TVCO website click the button:
<https://www.temeculacentraloffice.org/>

