



GRATITUDE GAZETTE

Volume 2021.7
July 2021

951-677-1535
24 Hour Hotline

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

Socializing in Sobriety

By Patrick T. ([SoberNation.com](https://www.sobernation.com)) —June 2020

There's a common fear among those in early recovery that after becoming sober, they will no longer have a social life. Whether it's going out with friends, after-work events, weddings, baseball games, or holiday get-togethers, we live in a culture where being around alcohol is hard to avoid.



For many, using alcohol was also the way to navigate these social settings. Anxious or nervous about meeting new people or large crowds? Pour a little liquid courage. Can't dance? Have another glass of wine. Drinking served as a security blanket, a way to ease into uncomfortable situations without feeling self-conscious. Socializing in sobriety can be challenging at the beginning and it can be difficult to imagine a world where you're able to make it through social gatherings without alcohol by your side.

While it's normal to be apprehensive after making a major change like quitting drinking, being sober can actually improve the connections you make with others and allow you to have a more meaningful, richer social life.

How to stay Sober...

By Buddy T. ([VeryWellMind.com](https://www.verywellmind.com)) —June 2020

If you're in recovery, you already know how much work it took to get there, and you'll want to do everything possible to avoid having a relapse. It may seem that a relapse is the last thing that could happen to you, but the truth is they are very common for people new to recovery. Get into action and learn more about these 12 tips.

1. Identify Your Personal Triggers
2. Recognize Warning Signs
3. Prepare for PAWS
4. Avoid Old Routines and Habits
5. Build Healthy Relationships
6. Develop a Structured Schedule
7. Practice Healthy Living
8. Focus on Your Finances
9. Stay Cool and Calm
10. Deal With Past Mistakes
11. Find Balance in Your Life
12. Celebrate Milestones

This Month in History

A.A.

2000: 20 Millionth Big Book given to Al-Anon in Minneapolis

From our backyard...

1960: 8,700 attend 25th Anniversary of AA in Long Beach, CA

Around the world...

1985: 45,000 attend 50th Anniversary of AA in Montreal. House of Seagram's flew their flags at half mast for 3 days.

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

They are restless, irritable, and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks-drinks which they see others taking with impunity.

- Dr. Silkworth

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Recovery



Step 7

Humbly asked Him to remove our shortcomings.

Step Seven is about getting rid of character defects and replacing them by practicing humility & spiritual principles. Working on the seventh step requires constant thoughtfulness and commitment to being honest, courageous and humble.

When working on steps four and five, we discovered our assets and shortcomings. With step six, we became prepared to deal with these qualities so that in step seven we could be ready to act.

Here are some questions to help guide you through Step Seven:

- How has my understanding of my higher power grown?
- How does being aware of my own humility help when working the seventh step?
- How do I plan to ask a higher power to remove my shortcomings?
- How does the spiritual principle of “surrender” work for me in step seven?
- Am I comfortable with prayer and meditation; even if it means making up my own?
- Have there been times when I have been able to stop from acting on a character defect and practice a spiritual principle instead?

Tradition 7

Every AA group ought to be fully self-supporting, declining outside contributions.

The paradox of A.A. is that financial independence and the support of our Fellowship by alcoholics and alcoholics alone not only enhances A.A.'s importance to each of us, but stimulates our engagement in our own recovery.

While the Fellowship has always faced problems of money, property, and prestige in one form or another, through the wisdom of the Seventh Tradition we have never been diverted from our primary purpose of carrying the message to the alcoholic who still suffers. This is our fundamental work, and to ensure that the hand of A.A. will always remain outstretched, money and spirituality must continue to mix. And for that, we are all responsible.

Honestly now, do I do all I can to help AA; my group, my central office, my GSO to remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom (or restroom)?



Concept 7

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and A.A. purse for final effectiveness.

The charter and bylaws of the GSB are legal documents and those of the GSC are not. There may be times where the Conference has “gone off the deep end” and the Board needed to reel them back in through the vetoing of Conference action. The Trustees have “legal authority,” where the Conference only has “moral authority.”

Principle 7

Humility

Anonymity is real humility. It was only by repeated humiliations that we were forced to learn about humility. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility.

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding. Amen.

Spotlight



Are we ready to dig back into self-reflection and steps insights? After COVID-19 quarantine, the interview Spotlight has been turned back on; enjoy!

Welcome to Spotlight. This section is a dedication of experience, strength and hope working through the steps in an interview format.

A Reflection on Step Six, Seven

An interview with Anita W. by Rob P - June 2021

ROB P: Well, we're just going to get to it for the first time in many, many months.

We think about willingness when we think about step six. What fears did you have about doing step six?

ANITA W: Honestly, I was afraid that I wasn't really ready to let go of some of the defects of character I had discovered. I thought I would become pious and boring.

ROB P: It sounds like you were really ready to surrender or you had already surrendered by the time you got to step six.

ANITA W: I wanted to be but for me surrender was a process in removing the character defects.

ROB P: It comes down to then, what were the actions that you showed, what were the actions you were taking that made you entirely ready?

ANITA W: Actually it was the fear of going back to the place I was when I hit bottom. I didn't like the way my life was falling apart. I decided to take other's advice, consider it and bring it before the God of my understanding. I reasoned that I wasn't being asked to do anything immoral or illegal so I was willing to try new ways of doing things to experiment and see if it lead to better results.

ROB P: Are there any defects that you believe still cannot be removed? And are you willing to have these removed?

ANITA W: I learned that working the program doesn't end. No graduation date. Even the defects of character that seem to be totally gone can pop up

again, just wearing a new outfit! The defects are there sometimes, just more subtle and disguised in a way that may not be as harsh or glaring when I first started the process.

ROB P: So when thinking about humility, how do you give up self-reliance, or how do you rely on a higher power?

ANITA W: There have been so many ways. Often I picture the God of my understanding in the room with me. Would God be laughing, crying or embracing my behavior and words? I ask myself, "What would be the loving response?", because above all, my God is a God of love. And finally, I ask daily that God show me His will for my life today and then I set out on a scavenger hunt to find it and acknowledge Him. Finding God in everyday things brings me this sense of adventure. Each day being a "Magical Mystery Tour" to see how and where the spirit leads me. How and where God shows up to remind me I'm not alone in this life.

ROB P: How do you accept that humility is necessary to achieve and keep a sober and fulfilled life?

ANITA W: In my story I relapsed after long term sobriety. I've heard it said that "I hope the life that AA has given me doesn't get in my way of living the AA way of life". I was quite young (20 years old) when I first got sober. So I was navigating many stages and changes in life. I fell in love, got married, had three sons and a husband a new career and took on more than I should have. I kept telling

(continued on page 4)

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 tvcomms@gmail.com to schedule a one-on-one for an upcoming edition.

Spotlight



Welcome to Spotlight. This section is a dedication of experience, strength and hope working through

A Reflection on Step Six, Seven

myself that I would go back to AA when I had more time. Eventually I drank again. You see, for this gal, AA is self-care for a disease that never quits. It is cunning, baffling, powerful and patient. That relapse humbled me and now my precious gift of sobriety is something I know is not guaranteed today, by my actions from yesterday. I think for me, making mistakes keeps me humble. As I get older I'm learning that even if I have an opinion, I don't always need to share it. Just watch and listen and see how it plays out.

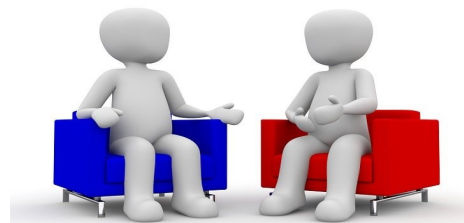
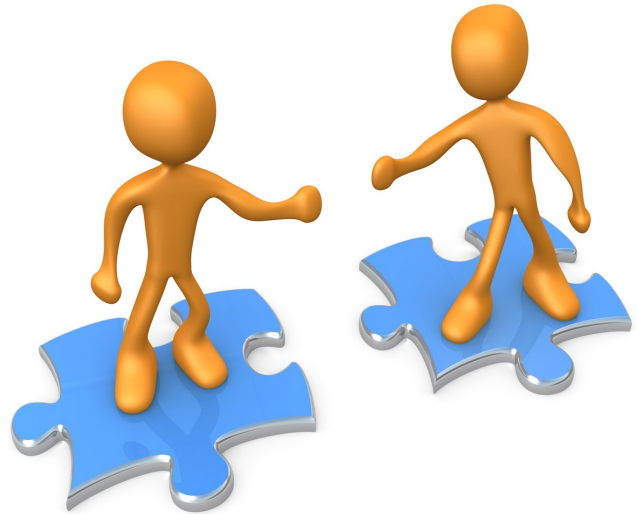
ROB P: How have you become comfortable with prayer?

ANITA W: Practice makes perfect. The more I pray; the more I want to draw close to the Spirit of God. It's so comforting to me and brings me so much peace. It's part of this program, and a big part of maintaining sobriety. When I think, "I've got this!", I know I'm on the slippery slope. It is only through reliance on my Higher Power that makes a sober lifestyle feel happy, joyous and free. The book says that we drink when we are restless, irritable and discontent. God always listens and always loves and remains available any time.

ROB P: So how have you changed your perspective from a self-centered one to a humble, selfless one?

ANITA W: There are some moments when I feel that way! If I don't hear a clear cut message from my God I try to be useful. I try to be of service. I try to do the next indicated thing that is put in front of me. I do something nice for my family, including my husband, even when I'm not "feeling it". I attempt to follow an old American Indian prayer that says, "God help me not to judge another until I've walked a mile in his moccasins". Most of the time I don't want to walk in anyone else's shoes because I have trouble just happily filling up my own!

Thank you Anita for your time and insights.



Features



Walking Down the Road

Submitted By: Molly

Walking Down the Road I know it well
Sometimes its been heaven and some-
times hell
Made some wrong turns along the way
Got closer to hell that's what they say

My world turned dark, dark and gray
Lost the light from heaven for those days
So deep so dark and alone I was
Giving up seemed to be the only way.
And I didn't want to see another day

I knew you were there to show me the
light
But I remained in the darkness of the
night
Evil told me there is nothing more for
me; sSo give up, this is all you can be
Nobody cares about you so do it my way
It's too late to see the light of day

So long it was, since I seen that light
Sometimes I remember days that were
better
Sometimes filled with stormy weather.

I didn't know how to turn around and
find the road

So I ask you to reach out your hand and
show me the way out of the darkness of
this land

Years past now moments of time
Trying to find some peace of mind
You have been there to show me love is
the way
And now there are much better days
I lose some ground from time to time
But it's not easy finding peace for the
mind

Now I understand what it's all about
Living in the light is better than the
night
Peace is within us and easy to find
If we do it your way the light will shine
And the darkness will be gone from my
mind

Love will prevail as time goes on and
peace is now mine until I'm gone

Thank you GOD

By the POPALUEE

Features



The Shopping Cart Mental Attitude

Correcting My Neglectful Mental Shortcomings

By Rick R.

Directionless and defeated, bankrupt in every department, ashamed of all my many failures, I drank myself into oblivion every day/night wondering if things were ever going to change and where it was all going to end. How I got to that state of decline was a mystery, after all, weren't my plans always noble. What went wrong? What went right is the question I should have been asking myself. I had painted myself into the corner of life, and the booze had come to the end of whatever comfort it had afforded me in the past. It was over for me and my flawed perception of life. Maybe I should try A.A., after all, what have I got to lose? (GOOD IDEA)

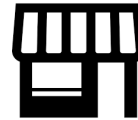
Amazed at what I heard in the meetings I was taking mental notes about how simple life was, and how my false vision of it in the past was my undoing. Maybe I should take a step back and not be in such a hurry to express my opinions, and to tell them how I do things. (GOOD START)

Listening to the metaphors, similes, and clichés, was extremely helpful, in that it kept reminding me that I had to change my way of looking at things. In the past, I usually did just the opposite of the things they were suggesting. Trying to catch myself doing something that I knew to be wrong, and correcting it on the spot, became a mission for me.

One day, about forty years ago, while trying to find a parking space in a crowded lot at the market, I found one, and as I pulled into it, I found that someone had pushed a shopping cart into the flower bed, and it impaired my access. I was a little perturbed at this when it occurred to me that this is what I would have done in the past myself. Next, I removed the cart, parked my car, and returned the cart to the rack, and went on about my business. I have been doing this little discipline ever since and now, when I get out of my car, I almost always find a stray cart and return it to the Rack. This is just one of my efforts that symbolize the unselfish mental attitudes that I should have had all along. I make my bed daily, I allow drivers in front of me on the highway, and I open doors for people when the opportunity presents itself. These actions cost me nothing. Today, my conscience is clear and I no longer loath myself. This is what is important to me these days. My old selfish way of thinking would have me take every advantage to get ahead in a material way, but I would suffer in a spiritual sense. I need to stay vigilant at that level or I may let my ego return to the driver's seat. Taking these disciplines into all my ventures of life has been a wonderful asset and I hope I never get complacent about these things.

Recently, I was handed an article from a sports newsletter written to instill character in the school sports programs and the writer commented that: "There are two kinds of people in the world, those that put the cart back in the rack, and those that make excuses for why they shouldn't have to do it." I mirthfully agree.

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 from 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

Slow response last month to fill the open slots. 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.

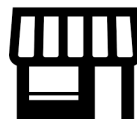
Please contact Ken for more info 951-677-1535.

Volunteers

- | | |
|----------|------------|
| 1. Bert | 2. Terri |
| 3. Debi | 4. John W |
| 5. James | 6. Laura L |
| 7. Nikki | 8. |
| 9. | 10, |
| 11. | 12. |
| 13. | 14. |

...and YOU!

Business



Central Office Activity

Phone Calls: 805



Walk-Ins: 141



Purchases: 140



Website Visits: 8693



Intergroup Reps: 22



Service Volunteers Needed for GSO District 17

www.msca09aa.org/district17.org

There are many openings for General Service Representatives to chair committees:

Saturday, Aug. 28th 11-1 will be a Special Event Job Fair to fill vacancies. Being of service is a great way to stay connected to AA and stay sober!

See your group's GSR for more information.

The Springs Community Church, 41735 Winchester Road, Temecula

Committee Meetings	Day of the month	Location (moved on line)
H&I Committee Meeting	Every other 1st Mon 7:30 pm Call ahead Jacob 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 6:45pm	Springs Church-Park in rear 41735 Winchester Rd #C Temecula, CA 92590
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr # C, Temecula, CA 92590

Comments, article submissions, suggestions about the Gratitude Gazette?

Please submit email to:
anitaward333@yahoo.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

\$

Show your gratitude by giving a direct auto payment to TVCOAA Just a buck a month donation helps. . .and more than a buck helps more!

\$

Rewind News



Editorial on the 7th Tradition

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



The A.A. Groups themselves ought to be fully supported by the voluntary contribution of their own members. We think that each group should soon achieve its ideal: that any public solicitation of funds using the name of Alcoholic Anonymous is highly dangerous, whether by groups, clubs, hospitals or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over properly, money, and authority.*

Our growth continuing, the combined income of Alcoholics Anonymous members will soon reach the astounding total of \$250,000,000, a quarter of billion dollars yearly. This is the direct result of A.A. membership. Sober we now have it, drunk we would not.

By contrast, our over-all A.A. expenses are trifling.

For instance, the A.A. General Office now costs us \$1.50 per member a year. As a fact, the New York office asks the groups for this sum twice a year because not all of them contribute. Even so, the sum per member is exceedingly small. If an A.A. happens to live in a large metropolitan center where an intergroup office is absolutely essential to handle heavy inquiries and hospital arrangements he contributes (or probably should contribute) about \$5.00 annually. To pay the rent of his own group meeting place, and maybe coffee and doughnuts, he might drop \$25.00 a year in the hat. Or, if he belongs to a club it could be \$50.00. In case he takes *The A.A. Grapevine* he squanders an extra \$2.50!

So, the A.A. member who really meets his group responsibilities finds himself liable for about \$5.00 a month on the average. Yet his own personal income may be anywhere between \$200. and

\$2,000. a month—the direct result of not drinking.

"But", some will contend, "our friends want to give us money to furnish that new club house. We are a new small group. Most of us are still pretty broke. What then?"

I am sure that myriads of the A.A. voices would now answer the new group saying, "Yes, we know just how you feel. We once solicited money ourselves. We even solicited publicly. We thought we could do a lot of good with other peoples' money. But we found that kind of money too hot to handle. It aroused unbelievable controversy. It simply wasn't worth it. Besides, it set a precedent which has tempted many people to use the valuable name of Alcoholics Anonymous for other than A.A. purposes. While there may be little harm in a small friendly loan which your group really means to repay, we really beg you to think hard before you ask the most willing friend to make a large donation. You can, and you soon will, pay your own way. For each of you these overhead expenses will never amount to more than the price of one bottle of good whiskey a month. You will be everlastingly thankful if you pay this small obligation yourselves.

When reflecting on these things, why

should not each of us tell himself, "Yes, we A.A.s were once a burden on everybody. We were 'takers.' Now that we are sober, and by the Grace of God have become responsible citizens of the world, why shouldn't we now about face and become 'thankful givers'! Yes, it is high time we did!"



Our 7th Tradition: A Perspective

THEN	NOW
VW Beetle \$1,465.00 Gas 25¢/gal. Jeans \$4.50	VW Beetle \$19,000.00+ Gas \$3.65/gal. Jeans \$75.00+
Smokes 30¢	Smokes \$5.50
Soda 15¢	Soda \$1.75
AA BASKET \$1.00	AA BASKET \$1.00

This doesn't add up.
You can do something about it!

Events



Check the TVCO Events website page for current information.

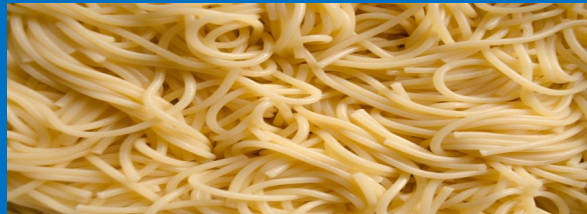
**TVCO PANCAKE SMACKDOWN
COMING IN SEPT 20-TWENTY FUN!
DETAILS SOON**



SSS

Try something new in August 20-twenty fun! Check in at our website or with your group's Intergroup Representative. Don't have an Intergroup Rep? Consider being of service to your group by being a liaison between your group and Temecula Valley Central Office. You'll be giving back and "in the know" to what'shappening in Temecula Valley AA.

Spaghetti, Speaker and Social



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



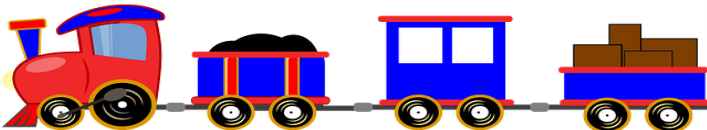
I learned that courage was not the absence of fear, but the triumph over it.

Nelson Mandela



Celeste Yvonne
@andwhatamom

Alcohol is like Judas: Laughing at your jokes, sitting next to you at dinner, and showing a united front to your face... all while secretly plotting your death.



Three drunks are walking in the woods and they came upon some tracks. The first says "I think these are deer tracks" the second says "no these they're badger tracks" the third says no these are fox tracks". Sadly whilst arguing they were all killed by the train.

YOU HATE YOUR RECOVER
HOUSE?



Three drunks are walking in the woods and they came upon some tracks. The first

TELL ME HOW MUCH YOU MISS
YOUR OLD ABANDONED MINIMUM.

Laughter is the Best Medicine ... Really

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

Leisure



Word Search of the Month

FDQZOARWKINGQASTSFZQMSBAGVMGWA
YUSEFULNESSNBDCVEJOXRXWEXZKAB
UARNBNVBPXVCIUZBBHLDWWDJDDWIUM
KEUUDWAHYFELLOWSVTCFIYYQTIDRFE
BCYKKZGUAMENZLTZQWVHSTITILDHOB
QZDZZAQMGJXPWDMQYSHTAUIOUERNHF
PKZJXAKICUDAIZVKDUFZXRPUJYKTF
LPBLECULWYQHLIYBVJSLTUAPFLXRXZ
KKUBMKHIJOWELYHCXNTIUIHCOPLEFM
PVJNWUWTXKCFIZYSAERSQXDCTRBVYR
RDNYOCZYBZPJNZIKIAASPKNMGETEDM
APLZJJKCOSYDMGPXUENZHBPGSUNRITW
YXKJWLCPKDLZOFUQVLKLNQCJFPINU
SRUIMKGBYFEAFMNKIHTEGNCOTPNNG
THILJACHANNJWESUHEVTMSWTOCFLCH
GWPEGTXYMXYJISCPKIUPHPKXTNESVU
TKQDRSNEYAZFJCYTDAGYSDOTUBUVSZ
RPVTAOHDPAFZDMUJCKHTWFWHAIFMA
ULSHNTDOI VJRIUTGWHHPGEHUWEFMJUS
SQZFTCJIRXXMSXDAYATRRRRBNRSOWL
TLSGQFMGATFJT XSAJRCNKQPHNIWGU
EPRLFIFECHCHQXJGMTKVKYCOPWANVP
EZTEMPVHQRCOVYQFUESQXACSWIHZGR
SIPKUZRUYKEDMBBFHRXYZCJSOEJNLA
SEPZNDYGFARADINJHIWNPUNTEERCJN
PDPJINSTRENGTHNFGSEABITEGMTWCO
IPYUJUGBPPDTOLGEFXSDGQWSL PNGQ
SDKFZXTZHPHOJFRPSJPURBLHTJNYCU
RSDHEWXIPCGGDNHBP GHIWXVWYLUXQX
SDKORHODEMYKORYOVOWLXCCMXJFZQY

Classifieds

**Intergroup Rep
commitments
available!**

**Call Central Of-
fice for details**

SelfSupporting	Shortcomings	HigherPower	Usefulness
Empowering	Character	Trustees	Strength
Humility	Creator	Charter	Fellows
Willing	Bylaws	Defect	Grant
Amen	Pray		

Answer key for June

UONJQYLHOGGPSNSVMPICG
CJJVPXDHOVHBEHAVIORS
KMKPCPYDINRMHWVDRIB
DSVUEOZMGGEIBUDRJRHJ
FCVHGRMOHJHSEFHVVVORN
BXUYUEEEFGLSEFNSXJATZ
VABDCXDERICNRVGAUOIE
UTTIHJIECATMPBCGCJH
GTMPEASTJFTNTUROAMLFO
LINSRBHABEINHJLWRTUG
RTFOAEMOEGCOTFXPETLY
GUKGCLPCRZPTNPFKURUG
KDQRTXHAQTOWSIVELJK
LEWEEHXCRCNCNZSFYHGE
DRKARUAILELOXXGTLVDI
XMRDTNIPHYDHMWILLING
NPZVCVJOURNEYEJO CMD
KCSSLBNICROLFCNNPRIX
INPROGRESSVBOVSXNSQ
SSWSTEPSEXFYVZLBSJVM

Perfectionist	Shortcomings	HigherPower	InProgress
Behaviors	Character	Prepared	Attitude
Willing	StepSix	Honesty	Defects
Journey	Ready		

7th Tradition Donations Support your Local Intergroup

**Venmo is a mobile payment service:
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**Or on the TVCO website:
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