



# GRATITUDE GAZETTE

Volume 2021.8  
August 2021

951-677-1535  
24 Hour Hotline

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

## Post-Covid-19 Openings Allow for Fellowship and Social Gatherings in the Valley

I've spoken to many in the valley who are so relieved that our meetings have reopened in clubs, churches, homes and any spot where two or more alcoholics meet to discuss the solution to our common dilemma. Something about seeing a mask-less smile welcoming us into the rooms is a comfort and a joy after the recommended distancing protocols during the pandemic.

Of course there are still germs, viruses and potential health hazards to connecting with others in person, however the connection we get by seeing and touching each other is vital to many in maintaining sobriety. I know for myself, I enjoy the social aspect of in-person meetings. I loved to "party" in the past and I still enjoy the fun of getting together with a group of sober alcoholics who love to laugh and share their new found happiness. We have so much in common regardless of the differences in our politics, religion and socio-economic status. We share a common experience that binds us on a level that goes beyond superficial differences.

In a country that lately seems divided, I find that AA is unusually unified in our common purpose to stay sober and help those suffering to find a happy, joyous and free way of life without alcohol. I thank God for our AA way of life.

*From the editor, Anita Ward*



See our **events section (page 8)** for upcoming, local fellowship happenings to get connected to the circle of sobriety and find your place in the Temecula Valley groups. We are glad you're here.

### This Month in History

#### A.A.

1954 - 24 Hours a Day is published by Richmond Walker

#### From our backyard...

1989 - Liberty Bell Group founded in Lake Elsinore, CA - August 3, 1989

#### Around the world...

1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia

Reference: [https://www.a-1associates.com/aa/HISTORY\\_PAGE/dates.htm](https://www.a-1associates.com/aa/HISTORY_PAGE/dates.htm)

**"Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation unacceptable and I can find no serenity until I accept it being exactly the way it is supposed to be at this moment." - Dr. Bob**

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# Recovery



## Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Step Eight is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves.

By making a list of the people we harmed and becoming willing to make amends, we take action toward healing the past with others and learning how to live in the world with our head held high, looking people right in the eye.

Before you can rebuild relationships, we need to identify the relationships that were damaged. That's why we are making a Step Eight list. We get to take responsibility for our own part, not someone else's, and to clean up our side of the street.

This is not a list for us to keep in our head; it's the kind that we need to put down on paper. Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. We have already catalogued our character defects and moral inventory, and now we're going to examine some of the same situations from another angle and perspective.

Is your list thorough? Break it down into 4 categories with your sponsor:

- People to make amends to now. Once on a good sober footing.
- People to make partial amends to in order to not injure them.
- People to make amends to later.
- People we "may" never be able to make direct personal contact.

## Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

The concept of AA remaining nonprofessional stems, in part, from the same reasoning given for Tradition Seven. When maintaining early AA groups, Bill learned quickly that money interferes with spirituality. Doctors and religious leaders may play their part in the lives of many alcoholics, but AA could not employ such people to stand among their ranks.

Sponsors and other individuals who help their fellow sufferers in AA must do so out of compassion; not for the sake of lining their pocketbooks. Moreover, they help because they find that doing so tends to help them in return.

Those who tell their stories must also do so for the sake of reaching others. Without the Eighth Tradition, some may be inclined to misrepresent themselves just to make a few bucks. This helps no one.



## Concept 8

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active Services, exercising this through their ability to elect all the directors of these entities.

Long experience has proven that the board "must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership...In these matters, it must act with great care and skill to plan, manage and execute."

Bill draws from earlier mistakes, warns against "too much concentration of money and authority."

## Virtue 8

### Love

Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.

Wisdom is knowing the right thing to do, virtue is doing it.

## 8th Step Prayer

Higher Power, I ask Your help in making my list of all those I have harmed.

I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.

This I pray.

# Features



## Step Eight: Making a list

### How I Levelled the Playing Field

Submitted By Rick R.

Like most of the steps, when I first surrendered and come to Alcoholics Anonymous (A.A.) I did not have a clue about the depth I would have to delve into my past behaviors to free myself from all the guilt and shame that resulted from them. I thought that all I would be talking about was my drinking habits. When faced with the 12 steps I had my own way of being selective about what part of the suggestions I would embrace and which suggestions I would simply dismiss as, *ok for you but not necessary for me*. I did not think my problems were about mental, emotional, and spiritual matters. If I could just stop drinking things would be just fine. It didn't take long for me to realize what they were explaining to me about the wreckage of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years. I was one of the fortunate ones that lost the obsession to drink from the very first day so that was never a problem for me. I had taken step one, I dismissed steps two and three as being ok for the religious folks but I could do without them. Steps four, five, eight and nine were the ones that I did not want to face but by the time I was sober for about two years I finally let down my guard and did steps four and five. The relief I got from being fearless and thorough about those two steps gave me the desire and courage to proceed through steps six and seven and those steps will never be finished as they are basically about spiritual growth concerning my thoughts and actions. Then came *step eight* and the need to identify those people that I had harmed in the past, and I would have to make amends to.

*Can they be serious?* I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless. With that thought in mind, I delayed doing it until I settled down and came up with an understanding that I could start my list and see where it would lead to. I began with the people I let down the most such as my first wife, my son, my siblings, my mother, and my closest friends that were like family to me. Then I spiraled outward to the people I worked with or played with, such as golfing and fishing, etc. Then, as I started to remember all of those drinking buddies, bar tenders and girlfriends through all those years and I had to be realistic about it. To do this, I could spend the rest of my life chasing people down to apologize and that is when I had to step on the breaks. Thinking that I would need to chase down all of those ships in the night, was what held me back from doing it. What I finally did was first, to be sure that I no longer did those regrettable deeds of yesterday so that I was not being hypocritical about it. Then I handled the ones that were renting room in the front of my brain box, then as I said, I spiraled outward and handled the ones that were closest to me, and as time went on I found the occasion when I would run into an old friend and if I had anything left undone, I would ask him, *"Have you ever done something that you really regretted?"* His answer is usually, *"Hell yes, who hasn't?"* Then I say, *Can we talk?* This leveled the playing field. Who can fault a person who, like him, has made mistakes, but then corrected them, made restitution and lives an honest unselfish life? None of us are perfect. Do not be bogged down by over thinking this step, but on the other hand, be prepared to jump at the opportunity when it arrives.

## The Gift

By Staff Writer Rick R.—July 2020

I woke up in Desperation, Half a century ago

I had squandered all my options and, I had no place to go.

Guilt and Shame and Loathing thoughts weighed, heavy on my mind

But I was used to waking up, with dark thoughts of that kind

My drinking used to mask those feelings, that I had that day

And if I ventured just one sip, they'd soon be washed away

As I look back on that event, it's very plain to see

The thought that gripped my conscience was, A New Reality

It was my Day of Reckoning and, I Cherish it today

For without that Desperation I, may not have called AA

Within moments of exposure to that kind and loving group

The drink obsession vanished. Optimism closed that loop.

Thinking someday I'd be tempted, I was vigilant from the start

And Since it never happened, I thank God with all my heart

For decades I have questioned why it works so well for me

While watching others suffer through a life of misery

When asked that simple question I now answer with a smile

It all happened when Desperation far Outweighed my own Denial

# Spotlight



## Dr. Bob, Good Old Timers Quotes



“Bob said there was the hard way and the easy way. The hard way was just by going to meetings. In five days at St. Thomas, you would hear as many talks as you would hear in six months outside.”

“I don’t believe I have any right to get cocky about getting sober,” he said. “It’s only through God’s grace that I did it. I can feel very thankful that I was privileged to do it. . . .”

*Are we ready to dig back into self-reflection and steps insight? 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 Eight

An interview with Heather B by Anita W Jul 2021

**ANITA W:** How has your understanding of the requirement to write a list become essential to your success?

**HEATHER B:** I think working steps one through seven prepared me to make my list. By using a sponsor and not complicating it was important to me. The only requirement of the step is to make the list. I can’t jump ahead to Step Nine. I had to be prepared to listen and do what’s asked. For me the first seven steps prepared me to simply do the next indicated thing.

**ANITA W:** How have the previous seven steps prepared you for step eight?

**HEATHER B:** I needed to understand the problem. Get a God. Let it go. Examine myself honestly. Share with another human being. Steps six and seven gave me a belief that my defects will be removed. This allowed me the freedom to make my list honestly.

**ANITA W:** How does being aware of my own love towards others help when working the eighth step?

**HEATHER B:** I believe Step eight is about learning to love others and forgiveness. If I didn’t have a love for others; I couldn’t work Step eight. AA had taught me that we are all just “sick” people; worthy of love and forgiveness.

**ANITA W:** How do I plan to ask a God of my understanding or higher power to see my part in past regrets or slights?

**HEATHER B:** I’m able to do this thru meditation and prayer. I need to be seeking God’s will. God will deliver the answers I need in a way that He deems appropriate. I pray for clarity in my thoughts. God lifts the veil from my eyes and allows me to see my own character defects.

**ANITA W:** How does the spiritual principle of “surrender” work for you in Step eight?

**HEATHER B:** Willingness works with surrender for me. I have to surrender to what may come when making my list. This includes who is named on the list. This step is all about getting healthy and spiritually fit. It’s about repairing relationships.

**ANITA W:** Are you comfortable with being willing—even if it means I may never make up for the harm I’ve done?

**HEATHER B:** Yes! Because I can’t be living in the past. Part of letting go means I can’t change the past and I must move forward. I have an understanding that I can not correct past mistakes. However, I can be better, live better and do better. I can begin to make living amends by not making more wreckage in today.

(continued on page 13. . .)

# Business



## Central Office Serves the Valley

During the day, your Central Office keeps the doors open to assist recovering and suffering AA members alike and provide the following services:

- 24 Hour Hotline 951-677-1535
- Organizes 12 Step Calls
- Big Books & 12x12's
- Grapevine publications & other assorted literature
- Chips & Newcomer Packets
- [Meeting Schedules](#)
- Information for other Central Offices
- [Gratitude Gazette publication](#)

Your office manager organizes volunteers, makes sure the office is a healthy place for all, keeps your accounting data accurate, and safe guards your inventory. The office manager and volunteers are there to support the groups and the individual members of our fellowship throughout the valley.

Twenty-four hours a day, seven days a week, volunteers take calls from suffering alcoholics and organize 12 step calls. The phone line and special call-forwarding are paid for by your central office contributions.

Please ask at your next business meeting if you are contributing monthly to your Central Office. Contributions goes to pay for the convenient services above you receive. If your group has stopped contributing (or never started), please bring it up at your next business meeting and take a group conscious.

Let us know when and how we can help. - Your Central Office Team

## Service Opportunities

### Central Office Volunteers Needed

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.

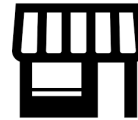
Please contact Ken for more info 951-677-1535.

## Volunteers

- |           |            |
|-----------|------------|
| 1. Debi   | 2. Sarri   |
| 3. Derah  | 4. Yolanda |
| 5. Shawna | 6. Jim     |
| 7. Tara   | 8.         |
| 9.        | 10.        |
| 11.       | 12.        |
| 13.       | 14.        |

**...and YOU!**

# Business



## Central Office Activity

Phone Calls: 795



Walk-Ins: 136



Purchases: 136



Website Visits: 8722



Active Intergroups: 23

## Service Volunteers Needed for GSO District 17

[www.msca09aa.org/district17.org](http://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, Ste D, Temecula**

**PARK IN REAR!**

Committee Meeting	Day of the month	Location
H&I Committee Meeting	1st Monday as needed 7:30 pm	Temecula Valley Alano Club (See address below TVYPAA) <b>Call ahead 951-837-7780</b>
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 <a href="http://msca09aa.org/">http://msca09aa.org/</a>
District 17 GSR Meeting	2nd Tues 6:30pm	Springs Church- <b>Park in Rear</b> 41735 Winchester Rd #D Temecula, CA 92590
Intergroup Meeting	3rd Tuesday 6:45pm	Springs Church- <b>Park in Rear</b> 41735 Winchester Rd #D Temecula, CA 92590
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr Temecula, CA 92590

## Comments, suggestions about the Gratitude Gazette?

Please submit email to the editor at:  
[anitaward333@yahoo.com](mailto: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](mailto:secretarytvco@gmail.com)

There are many ways to be of service to AA. Volunteer your talents, Place an automatic payment to TVCO. Give an annual birthday donation. Or reach out your hand to help another person struggling with surrender to the program. Our primary purpose is to help those seeking honest solutions to alcoholism. It works! It really does.



# Rewind News



## Editorial on the 8th Tradition

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



*"Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for."*

Throughout the world A.A.s are "12th stepping" with thousands of new prospects a month. Between one and two thousand of these stick on our first presentation; past experience shows that most of the remainder will come back to us later on. Almost entirely unorganized, and completely non-professional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that's all.

Could this vast and vital face-to-face effort ever be professionalized or even organized? Most emphatically, it could not. The few efforts to professionalize straight "12th Step" work have always failed quickly. Today, no A.A. will tolerate the idea of paid "A.A. Therapists" or "organizers". Nor does any A.A. like to be told just how he must handle that new prospect of his. No, this great life-giving stream can never be dammed up by paid do-gooders or professionals. Alcoholics Anonymous is never going to cut its own life lines. To a man, we are sure of that.

But what about those who serve us full time in other capacities—are cooks, caretakers and paid Intergroup secretaries "A.A. professionals"?

Because our thinking about these people is still unclear, we often feel and act as though they were such. The impression of professionalism subtly attaches to them, so we frequently hear they are "making money out of A.A.", or that they are "professionalizing" A.A. Seemingly, if they do take our A.A. dollars they don't quite belong with us A.A.s any more. We sometimes go further; we underpay them on the theory they ought to be glad to "cook" for A.A. cheap.

Now isn't this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.

We are beginning to see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily these folks are not doing 12th Step work. They are just making more and better 12th Step work possible. Secretaries at their desks are valuable points of contact, information and public relations. That is what they are paid for, and nothing else. They help carry the good news of A.A. to the out-

side world and bring our prospects face to face with us. That's not "A.A. therapy"; it's just a lot of very necessary but often thankless work.

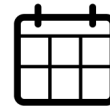
So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as A.A. associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism.

Let us also distinguish clearly between "organizing the A.A. movement" and setting up, in a reasonably business-like manner, its few essential services of contact and propagation. Once we do that, all will be well. The million or so brother alcoholics who are still sick will then continue to get the break we 60,000 A.A.s have already had.

Let's give our "service desks" the hand they so well deserve.

A dollar a month from each member of AA to Central Office goes a very long way to support AA.

# Events



**PANCAKE BREAKFAST**

**THE 12<sup>TH</sup> ANNUAL PANCAKE SMACKDOWN IS BACK!**

**Saturday, Sept. 25, 2021**  
**Murrieta Community Center**  
**41810 Juniper St., 6am-1pm**

**HUGE RAFFLE!!**

**THIS IS FULL BREAKFAST !!!**  
 PANCAKES, EGGS, BACON, SAUSAGE, FRUIT, MILK, JUICE & COFFEE!!  
 ALL FREE & ALL-YOU-CAN EAT!!

**THERE WILL BE A SPEAKER MEETING FOLLOWING THE BREAKFAST SO STICK AROUND!**  
 EARLY BIRD COFFEE 7:00 - 8:00 AM  
 BREAKFAST SERVED & RAFFLE BEGINS 8:01 - 10:45  
 SPEAKER MEETING 11:00 AM - 12:00

**CASH DRAWING!!**

**GAMES & PRIZES!!**

**IF YOU ARE INTERESTED IN DONATING TO THE RAFFLE OR MAKING A DONATION TO HELP MAKE THIS EVENT POSSIBLE.**  
**PLEASE CONTACT KEN 714-209-9505 OR**  
**CYNTHIA 909-992-8186**

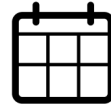
WE NEED YOU! What do you love to give? We need:

1. Servers
2. Raffle Ticket sales
3. Cooks
4. Decorations
5. M.C.
6. Set up
7. Clean up
8. YOU!

Contact our events coordinator, Cyndi or Central Office Manager, Ken



# Events



Many upcoming events have been cancelled, postponed and moved online due to the restrictions in place to combat the spread of COVID-19. Please call the host before traveling and check the TVCO Events website page for current information.

**Everyday**  
HIKING  
BIKING  
NAPPING  
GAMING  
SNACKING  
VISITING  
FROLICKING  
HUTCHIE COOING

**25<sup>th</sup> Annual<sup>x2</sup> CAMPOUT**  
**Liberty Bells**  
Half Cracked But Liberated

**October 8-10, 2021**  
✓-In Friday 2:00p  
✓-Out Sunday 12:00p

**Everyone Welcome Family & Friends**

**Loop "B"**  
Hurkey Creek Park  
56375 CA-74,  
Mountain Center, CA 92561

**RV's and Trailers welcome**  
This is a Dry Campsite:  
No Hook-Ups No Dump Station

**All Questions**  
[garagejim@gmail.com](mailto:garagejim@gmail.com)

**RV's & Trailers**  
4 People  
\$55.00  
Extra Kids \$10  
Extra Adult \$20

**Tents: 4 People**  
\$45.00  
Extra Kids \$10  
Extra Adult \$20

**Tents: 1 Person**  
\$20.00  
Extra Kid \$10  
Extra Adult \$20

**Day Use**  
No Camping  
\$10

**Pet Friendly**  
Pay @ Gate

**Friday**  
STARTING @ 5:00P  
SCHEDULED  
MEETINGS  
FELLOWSHIP  
FREE COFFEE  
LAUGHTER / TEARS

**Saturday**  
Steve  
MEMORIAL  
POT LUCK  
5:00P  
CAMPFIRE MTG  
7:30P

## We are not a glum lot!

This campsite is near Idyllwild and about a 45 minute drive. If you come by for the Saturday night potluck and meeting; you should be able to make it home for a great night's sleep in your familiar space!

Of course camping is a great way to connect with the beauty of a natural disconnect from the hustle and bustle of our techno-driven lives.

Hope to see you there!

Everyday

***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



Middle Aged Humor • [Join](#)

Group post by Thor Awass • Friday  
at 5:30 PM • 🌐

**A teacher pointed a ruler at my grandson and said, "At the end of this ruler is an idiot."**

**He got a detention for replying, "Which end?"**



"And on my third day of sobriety...."



"I had a layover in Omaha ... which led to a hangover in Des Moines."

**Laughter is the  
Best Medicine ...**

# Leisure



## Word Search of the Month

R F Y V G B X A S U A Q Q A N X E U H M X R R G A  
 N G W Q C X S S G J M J M U M F W W Y R L V S N H  
 Q Q R A R E P A I R E P A U Z F Q R M B L D A D C  
 V N L V E I Q J M L N C L E Q L Y F E B U P T W Q  
 E E C K R E K R S D W M A A C K A M C A Y H M U  
 L T D J X O E T T S S P U B K K O M B G K H Z V J  
 V M J H L A P R N C A C E K C O K W H I V A R Y P  
 F O R G I V E N E S S L A I G G U P S C T O G N F  
 X H M O C P R C Q G H Z V F I S Z T B U O X E E J  
 L M V D O J L Y H W B V P A V C L L U E T E Y O L  
 I J D N M A I C R I J X B V G J E U J J E R E N L  
 P O K I P B S P B Z F L F X U E N F R C G J B I I  
 C Y C A A D T A P R B S G E P Q A G X S H C S P P  
 N Q O Z S A H Z X U W I L L I N G B T Y I D H W Y  
 T R E I S M A A F M I W E A O Y C M L H E P V K T  
 Q E G L I A R O P P Y B L B R Y B B E E D E P Z D  
 A N O S O G M F L Y N D L S G M Z Z Z F W R E U V  
 H P B U N E E R R P S T Q B Z N W H V I H V R X E  
 U E O T Q A D E P F R U X X R W F Y K D F V S M N  
 D Q M L M G L E E A Q I D Y C Z V G H I E A O B L  
 W V M Z O M G D A R C Y D R K L Y V A V A Z N K J  
 A K I Y N G O O C P W T Q E X U B X I Y K M S M Y  
 S W W C X U I M E C R Y I H D K J H V E F T J Q H  
 F U D V F Y T Z J H B M B O A Y Q J B C G P S A Y  
 Z S C C Q P V P E L L S O A N L I V E W C U C I L

Forgiveness	Salvageable	Compassion	Apologize
Wreckage	Freedom	Willing	Persons
Action	Repair	Amends	Damage
Peace	Harmed	Pride	List
Ego			

## Classifieds

### Intergroup commitments available

Inquire with Jessica:  
[jbworkinggirl@verizon.net](mailto:jbworkinggirl@verizon.net)

### Intergroup Office Volunteers

Call Ken at Central Office 951-677-1535 or drop in Monday thru Saturday

41340 Pear St., #1  
 Murrieta, CA 92562

### Answer key for July

F D Q Z O A R W K I N G O A S T S E Z Q M S B A G V M G W A  
 Y U S E E F U L N E S S N B D X C V E I O X R X W X E Z K A B  
 U A R N B N V R P X V C I U Z B B H I D W D J D D W I U M  
 K E U U D W A H Y E E L L O W S V T C F Y Y Q T I D R F E  
 B C Y K K Z G U A M E N Z L T Z Q W V H S T I T I L D H O B  
 Q Z D Z Z A Q M G J X P M D M Q Y S H T A N O U E R N H F  
 P K Z J X A K I C U D A I I Z V K D U F Z X R P U S J Y K T F  
 L P B L E C U L W Y Q H L I Y B V J S L T U A P E L X R X Z  
 K K U B M K H I J O W E L Y H C X N T I U I H C O R L E F M  
 P V J N W U W T X K C F I Z Y S A E R S Q X D C T R B V Y R  
 R D N Y O C Z V B Z P J N Z I K I A A S P K N M G E T E D M  
 A P L Z J K C O S Y O M G P X U E N Z H B P G S U N R I T W  
 V X K J W L C P K D L E Z O F U Q V L K L N Q C J F P I N U  
 S R U I M K G B Y F E A F M N K I H T E G N C O T P N C N G  
 T H I L A C H A N N J W E S U H E V T M S W T O C F L C H  
 G W P E G T X Y M X Y J I G C R K I U P H P K X T N E S V U  
 K Q D R S N E Y A Z F J C Y D A G Y S D O T U B U V S Z  
 R P V T A O H H D P A F Z D M U J C K H T W F W H A I F M A  
 U L S H N T D O V J R I U T G W H P G E H U W E F M J U S  
 S Q Z F C J I R X X M S X D A Y A T R R R R B B N R S O W L  
 L S G Q F M G A T E J T X S A J R C N K Q P X H N W G U  
 P R L F I F E C H C H Q X J G M T K V K Y C O R W A N V P  
 Z T E M P V H O R C O Y Q F U E S Q X A C S W I H Z O R  
 I P K U Z R U Y K E D M B B F H R X Y Z C J S O E I N L A  
 S E P Z N D Y G E A R A D N J H I W N P U N T E E R C J N  
 P D P I J N S T R E N G T H E G S E A B I T E G M T W C O  
 I P Y O U J U G B P P D T O G E F X S D G Q W S L P N G Q  
 S D K F Z X T Z H P O J F R P J P U R B L H T J N Y C U  
 R S D H E W X I P C G G D N H B P G H I W X V W Y L U X Q X  
 S D K O R H O D E M Y K O R Y O V O W L X C C M X J F Z Q Y

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# Spotlight



(continued from page 4)

**ANITA W: Have there been times when you have been able to stop being a victim and practice a mature approach to conflict?**

**HEATHER B:** Yes! It's because I continue to do the twelve steps and have "emotional" sobriety. Every time? No! This is a program of progress not perfection. The majority of times, yes! Thank God for AA.

**ANITA W: Are there any feelings of shame or guilt that have been removed from your life or at least diminished in their power over you?**

**HEATHER B:** Yes. I do not live in a state of shame or guilt as a direct result of these twelve steps. . . when they are applied, lived and acted out. I don't live in shame today! Everything about AA tells me NOT to live that way OR we drink again!

## Step 8 Principle is Love

**ANITA W: When thinking about love, how do you give up the need to "save face" for reliance on practicing the steps to attain freedom from bondage?**

**HEATHER B:** Saving face is an ego based response full of pride. Pride has nothing to do with love. Pride does not grant honesty of humanity to others. If I'm not giving my honesty or humanity to others; that's not love. To be truly free I must be honest with myself first; then others. Saving face is not honest.

**ANITA W:**  
**How do you practice love and put character building ahead of comfort?**

**HEATHER B:** By . . . thru the process of meditation

I have acquired the ability to pause. This gives me more time to think about the proper reaction and how my behavior might affect others. Additionally, AA has taught me to consult others before I react. Through this type of reflection I'm learning how to treat others better instead of just reacting with a selfish motive.

**ANITA W: How do you make honesty, tolerance and true love of man and God the daily basis for living?**

**HEATHER B:** I daily make uhm, a conscious effort to connect to my Higher Power and remain in His will for me. I truly find love for everything and everyone when I relate with God. He is either everything or He is nothing! God is love. God as I understand Him, is the center for my life, my belief is that God is love.

God loves all people therefore people are worthy of love and to be treated with love. I don't always know how to love others; I am not perfect. I get angry. Relationships can be messy. But always, the presence of God helps me understand love.

**ANITA W: How do you accept that love of self and others is necessary to achieve a sober, fulfilling life?**

**HEATHER B:** Steps three and twelve. Uhm . . . I made a decision to turn my will and my life over to the care of God as I understand God. That is a daily decision I consciously make. If I live in His will It's impossible to be selfish. Step twelve required a spiritual awakening and that I carry the message and practice the principles in ALL of my affairs. It's not possible to live this way and be selfish!

*Thanks to Heather B for sharing her experience, strength and hope in this interview focused on Step Eight and it's principle: love. Look for another interview in September on Step Nine and it's principle. Contact [anitaward333@yahoo.com](mailto:anitaward333@yahoo.com) for more info.*

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