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Alcoholics Anonymous

I AM RESPONSIBLE

Whenever anyone, anywhere, reaches out for help, I want the hand of AA always to be there and for that.

-Declaration of 30th Anniversary International Convention, 1965

Remember we are waiting to read your story. [Email](mailto:gazette@temeculacentraloffice.org) it to us.

Feature Article

My name is Laura and I am an Alcoholic. I went to a meeting to support HIM. When asked for newcomers he raised my hand with his. How could he do that to me? So I introduced myself as an alcoholic and felt better immediately. A woman gave me a Big Book and her phone number. I stayed sober for about 45 days. I was on my second marriage and had a child from each husband. Almost a year prior, my husbands ganged up on me and took my children. I put on the act of total grief and devastation while my head was saying, "YAHOO! Now I can party" My HIM drank almost immediately and went to jail. HE got out of jail and called me. It was to be my last 10 day run. During the 45 days of sobriety I had managed to get a job and called in sick 3 times. It was Memorial weekend 1989.

For some reason I had gone to a women's meeting in this first 45 days. I'm pretty sure it wasn't my idea. A woman named Jill asked me for my phone number and I gave it to her not knowing I was allowed to say no. During my 10 day run she called me. I have to believe it was God that made me even answer the phone that day. I never answered the phone. I

couldn't even open my blinds. She asked what I was doing and I told her I was drinking a beer. She asked why and I told her I was trying to come down. She suggested I meet her at a meeting a couple of days later. I agreed. The day came and I told myself, I am so tired, I haven't had any sleep in days, I'm just going to go home. The next thought was "Laura you are doing what you always do, you stop drinking, you get a job, you get a place to live, you start to feel better and you drink again." My moment of CLARITY. I went to that meeting that night with 2 days sober, tired, remorseful, shameful, uncomfortable and CLARITY. I have been sober ever since. June 7, 1989. I had no idea how difficult it was going to be to stay sober. I couldn't imagine life with or without alcohol. I had absolutely no coping skills. NONE. I had no idea that alcohol was but a symptom. How was I going to stay sober when my husband won't talk to me and my boyfriend was in jail? Out of desperation I got a meeting schedule and went to meeting after meeting after meeting. Pretty sure that wasn't my idea. Profound experiences began happening. I went to a Big

Book study and they were reading, "Job or no job, wife or no wife we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on God." PROFOUND (BB pg 98) "Let no alcoholic say he cannot recover unless he has his family back" (BB pg 99) PROFOUND. CLARITY was winning. I felt the hope. I thought everything was going to be so great because I stopped drinking. Not the case. Another Big Book study we read "So our troubles, we think, are basically of our own making" (BB pg 62) Didn't apply to me. I decided I didn't need that only to learn later on it is the undeniable truth! I sat in meetings full of anxiety. I didn't know getting up and walking around was allowed. I knew everyone was looking at me, following me home and talking about me. I met a woman that said, "Laura, they aren't thinking about you, they are thinking about themselves, besides you aren't that important!" Wow! I couldn't believe she said that to me! PROFOUND! Another meeting I went to a big biker guy said to me "Find a God and you aren't it!" WHAT? How could he talk to me like that? And what a wimp he

gazette@temeculacentraloffice.org If your meeting needs help email us.

Feature Article ~ continued

it is now. Where is my white picket fence? I divorced my husband & got another one, had 2 more children and stayed married for 16 years. I loved being a mother. God gave me a second chance. He trusted me to take care of these little guys. I thought having a house and a car and things were what it was all about. So I got them. Why was I so restless, irritable and discontent? I had worked the steps and made a lot of progress. My service work was primarily to my family. Little league, soccer, music lessons, etc. I worked a full time job and attended one women's meeting a week. I rushed home from that meeting so I could read to my children and put them to bed. I was living life. That part of life anyway. My marriage was in trouble. My sponsor told me "Divorce is not an option" I held on to that for a long time until one day CLARITY. I can't do this any more. Although it was the right decision there has been a huge price to pay. My experience is there are prices to pay for all decisions and behavior. Good or bad. Not only did the divorce happen, my sponsor fired me via e-mail and my dog died. I cried out to God "Not my dog too!" What was God's plan for me? I had no choice but to get into action. Once again with the desperation of first getting sober I sought out new meetings. I got a new sponsor and she told me to call her every day. WHAT? Does she know how much time I have? I had 17 years of sobriety. So I called here every day. She suggested service. I was certain that wasn't going to work. So I volunteered to be an intergroup rep. GOD- CLARITY. Then the Gazette commitment became available. I went to meetings and listened to people share and was able to get out of myself enough to ask some of those people to write an article for the Gazette. The Gazette was the best commitment I have ever had. I loved

it. I was able to meet so many people. I was then on the Inter-Group Board. I was going to the women's fire camp in Rainbow. I was committed to something every night after work and during the weekends. Everything was going well until one day I realized I had been running on self-will for a number of months. I was exhausted and desperate once again. I was lying on my apartment floor sobbing, I am 19 years sober and this is it? I had a car that broke down constantly, my kids wouldn't talk to me, my wages were attached for child support, I was lonely, I was depressed and one more time I wanted to drink. I decided I wanted to get 20 years before I drank again so I put it off. I forgot to drink. Was it GOD? Was it the service commitments? I have no idea. I do know on page 52 of the BB it says 'we had to stop doubting the power of God. Our ideas did not work. But the God idea did' Pg 53 goes on the say "we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or else HE isn't. What was our choice to be?" Today I "SIT THRU THE BURN." Wait for God. So today I have 23 years of sobriety. In the last 3 years I have done some inventories that have touched my core. PROFOUND. On Pg 53 of the 12x12 it says "We began to fear pain less and desire humility more than ever." I have the gift of sobriety. It is not STUFF or a relationship or any of that. For me I have never felt so Calm and Peaceful and Serene in all of my life. Walking in the sunlight of the spirit is all warm and fuzzy. I know I can live Happy, Joyous and Free today even if I have unresolved issues. I have had enough sober experiences to know, without really knowing (Faith) everything is going to pan out. The only thing I have control over is my part. I believe God deserves my undivided attention so I make time for that every day. I get to go to work every day and work while I am there. I have a few girls that I am sponsoring that are willing to go to any lengths to stay sober. What a joy.

Finally in BB pg 100, "When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned." Thank You God for the OPPORTUNITY.

Do you have an Interesting Blog or websites to visit.

Send us your suggestions. Be sure they follow AA traditions.



IMPORTANT NOTICE:

Please email your story as a document or text file to:

temeculaaa@verizon.net

AA Birthdays: Look Who Took A Cake In March?

Happy Birthday



04/03/2013	Dede	2.00
04/18/2013	Stuart S Celebrates 6 years!	30.00
04/22/2013	Paul Rohrbacher	14.00
04/22/2013	Patty Cake	16.00
04/22/2013	Erica	1.00
04/26/2013	Paul Rohrbacher Celebrates 14 Years!	70.00
		<u>133.00</u>

Email your birthdates to gazette@temeculacentraloffice.org



To all AA members, join our Email list

Be notified of meeting changes, new events and other important AA information.

Send email to DLServant@TemeculaCentralOffice.Org and be added to the list.

Get on the List!

What is the Intergroup?

Each group is encouraged to have an Intergroup Representative. This person is the liaison between Intergroup and their home group. The Intergroup Central Office depends upon the local members and groups for the necessary support to carry out its responsibilities. This support comes in the form of volunteer help and financial contributions. Our efficiency and the continuation of services offered are related to the level of support from the groups. Please register your group at Central Office. Any A.A. member is welcome to attend the Intergroup or Board meeting as a guest. If your group is interested in joining Intergroup, send a member to the meeting, and we will gladly give you all the information you need to get started.

"The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup." AA co-founder Bill W. 1949

AA Service Meetings

What	When	Where
H&I Committee Meeting	1st Monday - 7:30pm	TVAC—27470 Commerce Center Dr. Temecula, CA 92590
TVCO Board Meeting	1st Tuesday - 6:30pm	Central Office - All are welcome, but only board members may participate.
Mid So-Cal Area Meeting	2nd Sunday - 9:30am	Meets at various locations. Call Central Office for meeting location
Cooperating with Prof Community (CPC)	2nd Tuesday - 5:45pm	Boston Billies - 26850 Cherry Hills Blvd. Sun City
GSR Meeting - District 17	2nd Tuesday - 6:30pm	Boston Billies - 26850 Cherry Hills Blvd. Sun City
Intergroup Meeting	3rd Tuesday - 6:45pm Visitors Welcome	United Methodist Church, Murrieta 24652 Adams at Kalmia & Adams
GSR Meeting - District 14	3rd Wednesday - 7pm	Good Shepherd Episcopal Church 308 E Acacia Ave, Hemet, CA 92543

What you get from Central Office!

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

We provide the Big Book.

We provide the 12x12, assorted literature, chips, and newcomer packets.

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 is there to support the groups and the individual members of our fellowship.

We make and distribute your meeting schedules and we publish the Gratitude Gazette.

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. It doesn't have to be a lot. Being self-supporting means not only paying for your rent and coffee, but also paying for the services you receive through Central Office.

If your group has stopped contributing (or never started), please bring it up at your next business meeting and take a group conscious.

We value your input and want to make sure we understand your opinion.

Come and join us!

Central Office is in need of volunteers. Give us a call (951) 695-1535

Step Five

Admitted to God, to ourselves and to another human being the exact nature of our wrongs

**ALCOHOLICS
ANONYMOUS**



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

Step Five Guidelines

How It Works

This is perhaps difficult, especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

LOOKING FOR A WAY TO BE OF SERVICE?

Our “HOTLINE” is a great way to be of service. When Central Office is closed a member of Alcoholics Anonymous answers the phone EVERY time. The phone call

Central Office Service

Please call **(951) 695-1535** if you can be of service at Central Office by volunteering for time slots to answer phones and help walk-ins. Volunteers are always appreciated, and of course you get the grand reward... **Sobriety for another day!**

Central Office News

Volunteers

Daily Activity for April

Phoned in	210
Walk ins	149
AA Meeting	97
Al-anon	25
12 Step	11
Donations/Purchases	82
Misc/Other Business	40

- 1 Amber
- 2 Annie
- 3 Chris K
- 4 Chris Ke
- 5 Debi G
- 6 Debbie R
- 7 Gary
- 8 Gay
- 9 Jackie
- 10 Jill
- 11 Jim F
- 12 Josh H
- 13 Kim C
- 14 Kristen P
- 15 Laurie S
- 16 Melinda
- 17 Michael S
- 18 Nancy W
- 19 Rich
- 20 Shawn
- 21 Stuart
- 22 Tyrone

Central Office is in need of volunteers. Give us a call (951) 695-1535

BRIDGING THE GAP

Bridging the Gap is designed to help an alcoholic between a treatment program or prison make the transition. One of the more slippery places in the journey to sobriety is between the door of a facility and the nearest AA group or meeting. AA experience suggests that attending meetings regularly is critical. In order to Bridge the Gap, AA members have volunteered to be temporary contacts & introduce newcomers to AA. It is suggested that the temporary contact take the newcomer to a variety of AA meetings; introduce him or her to other AA's; insure that he or she has some phone numbers of several AA members and share the experience of sponsorship and a home group.

Temecula Valley is in the process of coordinating this committee. Volunteers are needed.

Please call Central Office for more information (951) 695-1535

We would love to print your submissions for the Newsletter. All profanity will be edited out of the final copy.

The primary theme of any article content must pertain to; alcoholism and recovery, the Twelve Steps, The Twelve Traditions, or The Concepts. Poems, inspiring materials, AA trivia, jokes and cartoons are welcome also. Proper credit must be given to each articles source. If taken from previously printed materials include its copyright so that we can acknowledge it. The committee reserves the right to edit or refuse any articles submitted.

Submissions accepted via email at:

gazette@temeculacentraloffice.org

Mailing Address: Temecula Valley Central Office, 28636 Old Front Street, #106, Temecula CA 92590

Buck-A-Month

Date	Person	Amount
4/1/13	Gene W	5.00
4/1/13	Karen K	1.00
4/1/13	Rick	1.00
4/1/13	Tim	3.00
4/1/13	Ron	6.00
4/1/13	Georgia	1.00
4/1/13	Suzannah	3.00
4/1/13	Linda	15.00
4/1/13	Edna E	2.00
4/1/13	Shayne	3.00
4/1/13	Al	2.00
4/1/13	Sandy	5.00
4/1/13	Paul	6.00
4/1/13	Arnie	5.00
4/1/13	Cheryl	2.00
4/1/13	Lori	2.00
4/1/13	Bryan	10.00
4/1/13	Marcos	10.00
4/1/13	Eric	1.00
4/1/13	Bob C	2.00
4/1/13	Mary	5.00
4/26/13	Anonymous	30.00
4/30/13	Anonymous	100.00
		<u>220.00</u>

Join the **"Buck-A-Month"** Club. Contributions can be made to Central Office by mailing this form with your donation.

NAME _____

DONATION _____

Mail Your Donation to:
 Temecula Valley Central Office
 Old Town Temecula
 28636 Old Town Front Street, Suite 106
 Temecula, CA 92590 Temecula, CA 92591

Contribute to Central Office for your Sponsor's Birthday

NAME _____

YEARS OF SOBRIETY/DONATION _____

Celebrate your birthday or your sponsor's birthday by donating \$1 per year of sobriety to Central Office.

What a great way to give back!

Mail Your Donation to:
 Temecula Valley Central Office
 Old Town Temecula
 28636 Old Town Front Street, Suite 106
 Temecula, CA 92590



GROUP DONATIONS

	<u>Apr 13</u>	<u>Jan - Apr 13</u>			
SC Unity Hall/Umbrella #164257	250.00	750.00	Hemet Valley Wide/Wed 6pm/Meat & Potato	0.00	30.00
Mur Community House/Mon-Sat 7am/ABSI	219.00	806.75	Hemet Unity Church/Wed Noon/Lucky Ladies	0.00	40.00
Tem Ser Cir/Tue 730pm/Mens Stag	160.00	160.00	Hemet Provident/Fri 7pm/Old Barn Meeting	0.00	120.00
Tem Del Rio/M-F 7am/Survivors	150.00	570.00	ACYPAA Advisory Council	0.00	84.53
Tem Water District/Sat 8pm/World Famous	120.00	840.00	TOTAL	1,664.80	7,101.96
Tem Mon Night Men	105.00	390.00			
SC Boston Billies/Wed 7am/Mens Breakfast	93.00	197.00			
Tem Ser Mon 6pm Serenity Hour	83.50	83.50			
Tem Lyndie Ln/Sat 8am/Early Risers	66.00	391.00			
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	60.00	254.00			
LE Meeting Place/M-F Noon/#171639	54.80	150.80			
Tem Ser Cir/Sun 10am/Big Book Study	50.00	110.00			
LE AOG Church/Thur Noon/Womens BB	48.00	107.00			
Tem St Catherine's/Fri Noon/Step Study	45.00	145.00			
Sun City/Mon 645/We Ladies	42.00	84.00			
Mur United Methodist/Mon Noon/Womens ABSI	40.00	80.00			
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	30.00	120.00			
Tem The Meeting Place/Wed 5pm/Just Us	28.50	53.50			
Mur Community House/Wed 7pm/Mens Stag	10.00	10.00			
Tem ABT/Mon 7am/	10.00	10.00			
Wildomar MV Comm Church/M-S 7am/Wild Ones	0.00	450.00			
Tem/The Meeting Place/Fri 6pm ABSI	0.00	3.00			
Tem The Meeting Place/Thurs 630pm/Solutio	0.00	60.45			
Tem Ser Cir/Tue Noon/Living Sober	0.00	60.00			
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	50.00			
Tem Roving Meeting/Fri 10pm/Young Sobies	0.00	50.00			
Tem Recovery Road Crew	0.00	28.01			
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	60.00			
Tem Lyndie Ln/Sun 9am/Came to Believe	0.00	90.00			
Serenity Cup Tournament	0.00	155.00			
Mur/TVCO Intergroup/#179377	0.00	145.70			
Mur United Methodist/Tue 10am/Womens	0.00	65.50			
Mur United Methodist/Mon 7pm/Lil Big Book	0.00	60.00			
Menifee/Sun 9am/Grass Roots	0.00	60.00			
LE Meeting Place/Sun 7am/Att Mod	0.00	3.45			
LE AOG Church/Wed Noon/Acceptance	0.00	60.00			
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	0.00	113.77			

Personal Donations

<u>Date</u>	<u>Person</u>	<u>Amount</u>
4/9/13	Jeff, Charlene and Levi H	50.00
4/9/13	Jim and Robina G	50.00
4/9/13	Ray M	50.00
4/9/13	Anonymous	50.00
4/9/13	Anonymous	50.00
4/12/13	Ralph S	25.00
4/18/13	Personal Donation	5.80
4/18/13	Personal Donation	3.88
4/18/13	John and Brenda	10.00
4/26/13	Anonymous	250.00
4/30/13	Anonymous	60.00
		604.68

Great Work Everyone

HOTLINE SCHEDULE

Temecula Valley Intergroup

1st Monday	Monday 7:00 Am - As Bill Sees It & Saturday Am Reflections (Murrieta)
1st Tuesday	Tuesday 10 Am - Women's 12x12 (Murrieta)
1st Wednesday	Monday 12:00 - Women's Closed As Bill Sees It (Murrieta)
1st Thursday	Thur. 10:00am - Women's -Lyndie Lane (Temecula)
1st Friday	Friday 7:00 Pm - Men's Stag Wednesday (Murrieta)
1st Weekend	Liberty Bell (Lake Elsinore)
2nd Monday	Saturday Early Risers (Temecula)
2nd Tuesday	Tuesday 7 Am—Unity Hall (Sun City)
2nd Wednesday	The Funks
2nd Thursday	Patrick B
2nd Friday	Sun City Swingers (Sun City)
2nd Weekend	Mosh Pit
3rd Monday	Patrick B
3rd Tuesday	Sunday Speaker Meeting @ The Meeting Place (Lake Elsinore)
3rd Wednesday	Women's Acceptance Wednesday (Lake Elsinore)
3rd Thursday	Thursday Women's BB Study L.E. (Lake Elsinore)
3rd Friday	Back To Basics (Sun City)
3rd Weekend	Serenity Circle Noon (Temecula)
4th Monday	Sunday 7 Am Attitude Adjustment (Lake Elsinore)
4th Tuesday	The Searching Party
4th Wednesday	Sandy S
4th Thursday	The Step Sisters – Wednesday (Temecula)
4th Friday	Women's Candlelight –Thursday (Temecula)
4th Weekend	Wild Ones Grape Street (Wildomar)
5th Monday	Came to Believe
5th Tuesday	Sunday Speaker Meeting @ The Meeting Place (Lake Elsinore)
5th Wednesday	Bobbi And Richard
5th Thursday	Charlene And Jeff (Murrieta)
5th Friday	Brenda & John Walter (Wildomar)
5th Weekend	Tuesday 7:30pm "Men's Stag" (Temecula)

Central Office is in need of volunteers. Give us a call (951) 695-1535

AA Humor



When you're home by yourself you're behind enemy lines."

- "If you share your pain you cut it in half, if you don't you double it."
- "If you don't want what we have, go back out to what you had."
- "There's no elevator, you have to take the steps."
- "AA is not for people who need it, it's for people who want it."
- "Part of compliance is defiance, but you must arrive at acceptance of the disease."
- "I'm an egomaniac with an inferiority complex."
- "My head is like a bad neighborhood and I shouldn't go in there alone."
- "Religion is for people who are afraid they'll go to hell. Spirituality is for people who have been there."
- "I'm not going to give anybody free rent in my head."
- "I was hopelessly dopeful...now I'm dopelessly hopeful."
- "I used to be a hopeless dope fiend, now I'm a dopeless hope fiend."
- "I need to put things in perspective because I have a disease of perception."•"An alcoholic is chosen to find God."



- "The quality of your recovery is proportional to the quality of your surrender."
- "I'm a W.C.S. person. That's Worst Case scenario"
- "I'm basically a negative person, that's why I'm so happy."
- "Untreated alcoholism without the steps on a daily basis will make my past my future."
- "Uncover...Discover...Discard."
- "Those who relapse are attending powerlessness graduate school."

Up and Coming Events

Founder's Day

June 8th, 2013 5:00 PM

Murrieta Community Center

Eleventh Step Prayer

Lord, make me a channel of thy
peace—that where there is
hatred, I may bring love—that
where there is wrong, I may
bring the spirit of forgiveness—
that where there is discord, I
may bring harmony—that where
there is error, I may bring
truth—that where there is
doubt, I may bring faith—that
where there is despair, I may
bring hope—that where there
are shadows, I may bring light—
that where there is sadness, I
may bring joy. Lord, grant that
I may seek rather to comfort
than to be comforted—to
understand, than to be
understood—to love, than to
be loved. For it is by self-
forgetting that one finds. It is
by forgiving that one is
forgiven. It is by dying that one
awakens to eternal life.

**Dinner, Raffle & Speaker Meeting all
for \$20.00 per ticket!!**

**5:00 PM at Murrieta Community
Center, 41810 Juniper St., Murrieta.**

**Nancy N from Tejunga is coming to
speak! The meeting starts at 8:00 P.M.**

**We will have raffle prizes and a 50/50
drawing.**

**We need volunteers, donations and
prizes.**

**Please call TVCO 951-676-1535 or
Christina Reynolds 951-712-0488 for
information and tickets.**

Up and Coming Events

Treat yourself to A One-Day Women's Retreat – Workshop
Open to All Women in Recovery ~ No Children or Pets Please

The proceeds of this event benefit Temecula Valley Central Office, District 17, H & I, Mid So Cal and GSO

EMOTIONAL SOBRIETY

WITH POLLY P.

SATURDAY, JUNE 15, 2013 9 A.M. TO 4 P.M.

CLUB MARTIN @ 50830 TULE PEAK ROAD AGUANGA, CA 92536

FOR EVENT INFORMATION: THERESA@ 951-217-8964

FOR DIRECTIONS: MIKE @ (909) 731-7925

Cost: \$30 prepaid - - \$40 on day of event

BRING a picnic/sack lunch and all beverages for the day, a beach chair, sunscreen and a hat. Bring a towel and swim suit if you want to go in the pool.

SCHEDULE OF EVENTS

9 - 9:30	Registration and fellowship
9:00 - 10:00	Drumming Circle (<i>bring an instrument</i>) optional
10:00	Introductions, centering
10:30 - 12:30	Opening
12:30 - 2:30	* Lunch (<i>free time</i>)
2:30 - 4:00	Closing

**Three Labyrinths and pool available for use during lunch.*

Registration Form / Pre-register by May 31, 2013

Name: _____ Phone No.: _____
 Address _____ Email: _____

Cost: \$30 prepaid / \$40 on day of event.

Make check payable to: TAAAWA c/o Bobbi Leigh P.O. Box 1185 Murrieta, CA 92564.

WHAT TO BRING: picnic/sack lunch and all beverages for the day, an instrument to use at the drumming circle, sunscreen, a hat, a beach chair. Bring a towel and swim suit if you want to go in the pool.

I want to help with the following: Check in Set Up Cleanup
 Greeter Drumming Circle Donation Upcoming events

Submitted

PANCAKE SMACKDOWN

As surely as anxious bees come buzzing to fragrant blooms on springtime flowers, our annual Pancake Smackdown (March 3, 2013), draws AAs in force to sweet/salty smells of maple syrup and sizzling bacon. Many are there to share in the simply inexplicable sweet nectar of AA fellowship. And coffee, of course! But the two of us, yours' truly and Cathi Q, were there to do our annual "man on the street" interviews, combing the room for unsuspecting breakfast eaters and 'all the usual suspects' as well.

But what would we ask? Last year the question was, "WHAT ARE YOU GRATEFUL FOR TODAY" We got good responses for our Gazette article but many were predictable or similar. This year we wanted something that would elicit a wider range of responses. So while driving to the Murrieta Community Center that crisp Sunday morning we talked about it. Something had come to me during the night, something involving a hat. So, that morning I put together a 'look' of two brimmed hats, each bearing a placard that read 'PRESS' on its hatband. My hat also served as a disguise for a honking forehead bruise I was sporting as a result of a recent botox! So, two birds, one stone... The question that also came to me during the night was this: "WHAT IS YOUR FAVORITE AA SLOGAN OR CATCH PHRASE AND WHY" Cathi liked it so we ran with it....

First face we saw was Paul R., acting as greeter while taking donations at the door. (We saw him doing exactly the same thing a year ago!) Paul's favorite phrase is: "Acceptance is the answer to all my problems today", because it puts emphasis on the word TODAY. And the word TODAY is added to that phrase only in the 3rd edition of the Big Book", he told me, F.Y.I.

Serving up frozen fruit (don't ask!) on the food line was Nicole B. who said, "It works if you work it." And she added: "You could just sit back and do nothing, but if you work the steps you get the peace and serenity that the book promises." Another "Works if you work it" came from Josh H. "So work it, it really works!" he said.

Deftly manning the grills outside were Chuck C. and Tyrone L. Chuck agreed with Nicole: "Keep coming back, it works if you work it! I am one year and 2 weeks sober today and I know if I didn't come back, it wouldn't work!"... Good on you, Chuck! Tyrone had his own favorite, "Rule 62", Don't take yourself too seriously, because I take myself too damn seriously!"

These guys were definitely serious about putting out some great food! Let's thank all our cooks for a job well done. Pancakes were such a hit that they actually ran out!

But our 'breakfast club' still had plenty to say to our question, "WHAT IS YOUR FAVORITE AA SLOGAN" Here are some of the myriad of responses we got:

"Take it easy", said Janice C. "I need that one because I normally I take things way too seriously!"

"Easy does it", agreed Bill Leonard. Anthony said, "Keep coming back"

And ditto that for Dyanne B., who said, "Keep coming back because I keep coming back!"

"One day at a time" was a favorite of Zach, Dave S. and Jessie, who also added, "The reason for my sobriety is my kids." Sweet!

Some of the more creative responses to our question were these:

"Don't cheat yourself, treat yourself!", Eddie.

"Become ungrateful for what you have and rest assured it will be removed", Cody W.

"To thine own self be true. Without that, I'm screwed!", Teresa A.

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"To thine own self be true", keeps me sober for sure. And, "Sit on your hands till it passes", Jill A.

"Trust in God", Ryan U.

"If you never go within, you will always go without", Mark Rios.

"We are not saints. Stay right-sized. Don't let ego get in the way", Stuart S.

"First things first! Priorities: Harder things FIRST!", Shelly M.

"We cease fighting everyone and everything", Laura R.

"It is what it is: Acceptance!", Julie P.

"This too shall pass, this too shall return", Earl.

"Let go, let God"; it relieves a lot of stress!", Kathy A.

"Suit up and show up, because when I don't want to do the deal I do it anyway. As soon as I don't, I'll be drunk again", Shannon B.

Our speaker, Jim Holder, was excellent and made many quotable remarks himself, among them:

"If God scares you out of here, drinks and drugs will scare you back in."

"Remember: BIG God, LITTLE self!"

"The first time I take a drink, the drink takes a drink. And when I take a first drink I am not the same man as I am when I take a second drink."

He asked us a question: "What would you do if you weren't afraid

"If something gives another person joy, why would you deny him or her that "

"We don't ask for help until God intervenes: "Do not deny Me to help you and to love you!"

With all that beautifully said, the most heard AA slogan of the day "KEEP IT SIMPLE!"

I was among many who shared that sentiment. Others were:

Trip M., who added the word, "STUPID!" and Wayne, who added the word "SISTER!"

Thalia K said, "I like "Keep it simple" because it grounds me. I think I'm very complicated and kaput and I'm really not!"

Sheila G. agreed, "Keep it simple!" My mind can complicate anything, which makes me crazy! The simpler my mind, the simpler my life, the happier I am."

Maybe the guy who had the best AA slogan of the day was "Harley Ed", with 34 years of sobriety. He told us: "Don't drink!"

Let's all say it together: "Keep it simple"!

Gaeney W. with Cathi Q.

