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[www.temeculacentraloffice.org](http://www.temeculacentraloffice.org)

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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](#) it to us.

## Feature Article

### Fear is the Underlying Cause of Unreasonable Anger

*Bob S., Richmond, IN*

Twenty-Eight years of reoccurring spasmodic drunken sprees left me not only broke and jobless, but mentally unable to make conversational sense or even add up a simple column of figures. It was six months before I was able to land a job in an antique store unloading trucks and moving furniture. I was so grateful to be sober that I tried my very best and soon I was being taught the process of repairing antique furniture — a skill I will never lose.

My credit was nil, but a sponsor taught me to start buying inexpensive items and paying back on time. One credit card led to another and soon my credit was tops, even with the bank loan department. Through all those drunken years, I had floated from city to

city working as a waiter/busboy, factory worker, construction laborer, or whatever.

Most these jobs were short lived, lasting only until I was fired again for not showing up. In sobriety, I was invited to work in the addictions unit at the State Hospital in my home town from which I am now retired. What a switch! Being actually invited to work somewhere!

It is not surprising that my drinking years were angry years. The AA Program has taught me that fear is the underlying cause of unreasonable anger. Well, how could someone like yours truly be without free-floating anxiety? I never knew what drunk tank loomed next or when I might be 'fired again' on Monday morning after a weekend spree. AA renewed my relationship with God during my first year of sobriety and I have been greatly blessed since. This miraculous power has all but done away with the

fear-driven anger that plagued me for so many years.

My born again AA life has discarded much of the wreckage of those dark times and I don't dwell on those inebriated years; yet, I don't ever want to forget them. As William Faulkner once stated: "*The past isn't dead, it hasn't even passed.*" One shot of whisky and I will be right back in the middle of those dreadful, fearful, angry years.

Copied from  
[www.akronaa.org](http://www.akronaa.org)  
June 2013 Issue



[temeculaaa@verizon](mailto:temeculaaa@verizon). If your meeting needs help email us.

## AA Birthdays: Look Who Took A Cake In May?

# Happy Birthday



05/31/2013    Chris K takes 10 years!    Birthday Donations    10.00

Email your birthdates to [gazette@temeculacentraloffice.org](mailto: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](mailto: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
<b>H&amp;I Committee Meeting</b>	1st Monday - 7:30pm	TVAC—27470 Commerce Center Dr. Temecula, CA 92590
<b>TVCO Board Meeting</b>	1st Tuesday - 6:30pm	Central Office - All are welcome, but only board members may participate.
<b>Mid So-Cal Area Meeting</b>	2nd Sunday - 9:30am	Meets at various locations. Call Central Office for meeting location
<b>Cooperating with Prof Community (CPC)</b>	2nd Tuesday - 5:45pm	Boston Billies - 26850 Cherry Hills Blvd. Sun City
<b>GSR Meeting - District 17</b>	2nd Tuesday - 6:30pm	Boston Billies - 26850 Cherry Hills Blvd. Sun City
<b>Intergroup Meeting</b>	3rd Tuesday - 6:45pm <b>Visitors Welcome</b>	United Methodist Church, Murrieta 24652 Adams at Kalmia & Adams
<b>GSR Meeting - District 14</b>	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 Six

Were entirely ready to have God remove all these defects of character.

## Twelve Steps



6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

### Step Six Guidelines

#### How It Works

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all, everyone? If we still cling to something we will not let go, we ask God to help us be willing.

-A.A. *Big Book* p.76

[More about Step 6 in the Big Book](#)

#### 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 may be as simple as "where is a meeting?" It may be an alcoholic who needs to talk, be visiting from out of town, etc.

For more information on the Hotline visit our website and click on the "HOTLINE" link at

[www.temeculacentraloffice.org](http://www.temeculacentraloffice.org)

#### 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

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

### *Daily Activity for May*

1	Phoned in	201
2	Walk ins	13
3	AA Meeting	65
4	Al-anon	13
5	12 Step	14
6	Donations/Purchases	71
7	Misc/Other Business	34

**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](mailto:gazette@temeculacentraloffice.org) or [temculaaa@verizon.net](mailto:temculaaa@verizon.net)

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

# Buck-A-Month

Date	Memo	Amount
5/1/13	Marcos	5.00
5/1/13	Gene W	5.00
5/1/13	Mo	1.00
5/1/13	Georgia	1.00
5/1/13	Karen K	1.00
5/1/13	Linda	12.00
5/1/13	Suzie	3.00
5/1/13	Shayne	2.00
5/1/13	Anonymous	6.00
5/1/13	Donut Dave	3.00
5/1/13	Bob C	1.00
5/1/13	Arnie	1.00
5/1/13	Kenny	1.00
5/1/13	Lori	2.00
5/1/13	Michael M	1.00
5/1/13	Eric	1.00
5/1/13	Sandy	5.00
5/1/13	Mary	2.00
5/1/13	Kirk	1.00
5/1/13	Rick	1.00
5/1/13	Ron	1.00
5/1/13	Tom	1.00
5/1/13	Kenny	10.00
5/1/13	Edna W	1.00
5/14/13	Monday Night Madness	20.00
5/31/13	Anonymous	100.00
		<b>188.00</b>

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>May 13</u>	<u>May 12</u>
Wildomar MV Comm Church/M-S 7am/Wild Ones	300.00	0.00
SC Unity Hall/Umbrella #164257	250.00	600.00
Tem Water District/Sat 8pm/World Famous	180.00	0.00
Mur Community House/Mon-Sat 7am/ABSI	175.09	220.00
Tem Del Rio/M-F 7am/Survivors	150.00	120.00
Murr/Thur/Joe & Charlie SS	122.00	0.00
Tem Lyndie Ln/Sat 8am/Early Risers	100.00	165.00
Tem Ser Cir/Tue 730pm/Mens Stag	100.00	0.00
Tem Mon Night Men	100.00	0.00
Tem Lyndie Ln/Sun 9am/Came to Believe	78.00	0.00
Mur United Methodist/Mon 7pm/Lil Big Book	60.00	116.00
Tem RC Church Office/Tue 6pm/Mosh Pit	60.00	100.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	60.00	0.00
Mur United Methodist/Tue 10am/Womens	50.00	100.00
Serenity Cup Tournament	50.00	0.00
Mur/TVCO Intergroup/#179377	44.00	50.15
Mur United Methodist/Thur 8pm/Step Study	42.00	0.00
Tem The Meeting Place/Wed 5pm/Just Us	38.00	25.00
Tem The Searching Party	30.00	0.00
Tem Ser Cir/Sun 10am/Big Book Study	20.00	0.00
Wildomar IVH/Fri 7pm/Step Study	15.00	0.00
Mur Community House/Wed 7pm/Mens Stag	10.00	0.00
Tem The Meeting Place	5.00	0.00
Wildomar IVH/Sun 7pm/Pigs on the Wall	0.00	25.00
Tem Ser Cir/Sat 10pm/I Can't Sleep	0.00	30.00
Tem Lyndie Ln/Thur 10am/Sisters Sharing	0.00	50.00
Tem ABT/Mon 7am/	0.00	20.00
SC Methodist Church/Tue 7pm/Step Study	0.00	41.40
Mur United Methodist/Mon Noon/Womens ABSI	0.00	40.00
LE Meeting Place/M-F Noon/#171639	0.00	43.63
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	0.00	61.25
Hemet Provident/Tue Noon/Sober Seniors	0.00	50.00
Hemet Provident/Fri 7pm/Old Barn Meeting	0.00	180.00
<b>TOTAL</b>	<b><u>2,039.09</u></b>	<b><u>2,037.43</u></b>



## Personal Donations

<u>Date</u>	<u>Name</u>	<u>Amount</u>
5/3/13	Darcie D	30.00
5/15/13	John and Brenda	10.00
5/15/13	Ralph S	25.00
5/21/13	Henry & Pauline S	25.00
5/30/13	Rob S	50.00
5/30/13	Shawn P	100.00
5/30/13	John C	20.00
5/30/13	Ron and Kimmie	20.00
5/30/13	Jim F	210.00
5/30/13	Anonymous	100.00
		<b><u>590.00</u></b>

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



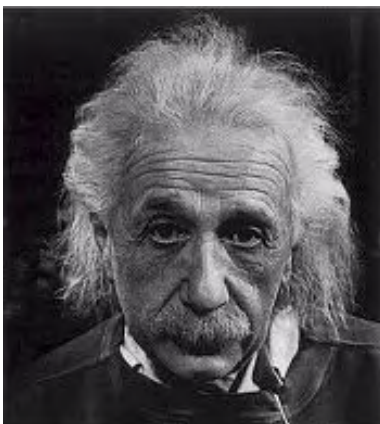
# AA Humor



## ALCOHOLICS ANONYMOUS

GETTING YOUR LIFE BACK ON TRACK  
(RESULTS MAY VARY)

motifake.com



Insanity: doing the same thing over  
and over again and expecting  
different results.

Albert Einstein 1879-1955

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*Al Harkness*

Rock bottom  
became the solid  
foundation on which  
I rebuilt my life.

- J.K. Rowling