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

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## Feature Article

### Breaking Chains by Lyn P. Unity Hall

I had a flashback driving home from the gym the other day. Where eastbound Clinton Keith ends, a nob of a dirt road begins. At the top of the hill, the expanse of the Murrieta Valley is photo-worthy. The private lots are guarded by barbed wire or sturdy chain fencing. I was in such a hurry to capture a certain cloud formation situated perfectly above a set of hills in the distance I almost drove through a sturdy, chain barrier. I quickly stopped short of damaging my Surf Mobile, not to mention the property owner's fence line, creating a little dust cloud.

About 30 years ago, I created a little dramatic dust in my intrepid, drunken youth, too. I remember I was out dancing with some friends, and my boyfriend, Eli in tow. All I wanted to do was dance but I only liked dancing when I felt euphoric and tipsy. With all of the rhythmic moves I was making folks would notice and perhaps recognize my Footloose dancing abilities – whatever they were.

During the course of the night, Eli was incessantly harping on me about how many shots of Jose Cuervo I'd consumed, belittling me in front of my friends. I didn't want to create an outward scene but there was an intense melodrama playing in my head. In a huff, I decided to leave. I had driven to the popular restaurant in my compact, Datsun B-210. I remember getting into the car feeling dejected and angry; I was crying and I was drunk. Eli came out of the restaurant looking for me, but I raced past him down a long, dirt driveway adjacent to the building. Damn him! Jerk! Thud! Crash! My car was spinning out of control until it all came to a sliding stop. Dead silence. Remember that dust I was talking about earlier? Well, the darkness combined with a good-sized plume of soil occluded my inebriated perception for a minute or two. Not to mention I was a tad bit dizzy.

## 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 I am responsible.

**-Declaration of 30th  
Anniversary International  
Convention, 1965**



*Feature Article continued*

I knew I drove through something. The car's engine had died, but the headlights provided enough light to see a silhouette of a man standing near the front of my car. That's all I remember. The next morning, I awakened at Eli's house and was sicker than sick. He was kind and comforting, tending to my need to sleep more of 'it' off. *Bring the trash can closer to the bed. Water, please. I think I'm dying.*

I've been sober since December 3, 2010. In working the steps with my sponsor, being of service, listening to others share, and by not taking that first drink I've remained sober. The *Big Book* says it best:

*Despite all we can say, many who are real alcoholics are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore, nonalcoholic.' (p. 31).*

Me? Alcoholic? Yep. What a relief to know that I'm not alone; I can talk about these things with people who understand. There's much more to my story, as I'm sure there is for everyone who seeks the hope of recovery in Alcoholics Anonymous. Today, I'm grateful for my camera, for the vast open fields and for remaining sober to best appreciate the beauty of vast landscapes while breaking a different kind of chain - one day at a time.

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

# Happy Birthday

Date	Name	Amount
8/26/13	Desmond Y Celebrates 9 years	9.00
8/26/13	Bill H Celebrates 4 Years	4.00
		<b>13.00</b>



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
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 <b>Visitors Welcome</b>	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.

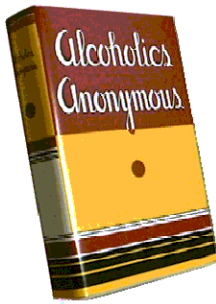
**Come and join us!**

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

# Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others

03-2304-0017



A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

## Step Nine Guidelines

### How It Works

Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

-A.A. Big Book p.79

[More about Step 9 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 Amanda
- 2 Amber
- 3 Annie
- 4 Beth
- 5 Chris Ke
- 6 Debi G
- 7 Debbie R
- 8 Gary
- 9 Gay
- 10 Jill
- 11 John W
- 12 Joyce
- 13 Kristen P
- 14 Leslie
- 15 Melinda
- 16 Rich
- 17 Sharon
- 18 Sharii
- 19 Shawn
- 20 Stuart
- 21 Tyrone

## Daily Activity for July

1	Phoned in	221
2	Walk ins	127
3	AA Meeting	24
4	Al-anon	12
5	12 Step	17
6	Donations/Purchases	102
7	Misc/Other Business	11

**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)

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

# Buck-A-Month

Date	Name	Amount
08/01/2013	Marcos	20.00
08/01/2013	Gene W	5.00
08/01/2013	Karen K	1.00
08/01/2013	Georgia	1.00
08/01/2013	Joe S	11.00
08/01/2013	Stephanie	1.00
08/01/2013	Suzie	12.00
08/01/2013	Connie	2.00
08/01/2013	Eric	1.00
08/01/2013	Ron	6.00
08/01/2013	Kirk	2.00
08/01/2013	Gary	2.00
08/01/2013	Anonymous	1.00
08/01/2013	Cheryl	2.00
08/01/2013	Al	5.00
08/01/2013	Linda	10.00
08/01/2013	Terese	1.00
08/01/2013	Thomas	3.00
08/01/2013	Paul S	25.00
08/01/2013	John L	15.00
08/01/2013	Shayne	2.00
08/01/2013	Mary	5.00
08/01/2013	Tom	1.00
08/01/2013	Bryan	3.00
08/01/2013	Sandy	5.00
08/01/2013	Bob C	5.00
08/01/2013	Paul R	3.00
		<b>150.00</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

	Aug 13	Jan - Aug 13			
Mur Community House/Mon-Sat 7am/ABSI	252.00	1,631.34	Tem The Meeting Place	0.00	5.00
SC Unity Hall/Umbrella #164257	250.00	1,750.00	Tem The Meeting Place/Thurs 630pm/Solutio	0.00	60.45
Tem Water District/Sat 8pm/World Famous	180.00	1,560.00	Tem The Meeting Place/Wed 5pm/Just Us	0.00	122.00
Tem Del Rio Survivors	175.00	1,215.00	Tem The Searching Party	0.00	30.00
Tem RC Church Office/Tue 6pm/Mosh Pit	120.00	300.00	Tem/The Meeting Place/Fri 6pm ABSI	0.00	3.00
Tem Ser Cir/Tue 730pm/Mens Stag	110.00	370.00	Temecula Valley AA Womens Association	0.00	521.25
Sun City/Mon 645/We Ladies	101.00	185.00	Wildomar IVH/Fri 7pm/Step Study	0.00	25.00
Tem Lyndie Ln/Sat 8am/Early Risers	100.00	881.00	Wildomar MV Comm Church/M-S 7am/Wild Ones	0.00	900.00
Tem Mon Night Men	100.00	819.00	Mur/TVCO Intergroup/#179377	0.00	220.70
LE AOG Church/Wed Noon/Acceptance	90.00	150.00	Mur United Methodist/Thur 8pm/Step Study	0.00	42.00
Menifee/Sun 9am/Grass Roots #706488	60.00	180.00	Mur United Methodist/Mon Noon/Womens ABSI	0.00	80.00
Hemet Arrid/Sat 7pm/Back to Basics	36.00	36.00	Mur United Methodist/Mon 7pm/Lil Big Book	0.00	120.00
Mur United Methodist/Tue 10am/Womens	30.00	182.50	Mur Community House/Wed 7pm/Mens Stag	0.00	132.00
Mur Community House/Sun 730pm/The Geek	23.00	70.79	LE Meeting Place/Sun 7am/Att Mod	0.00	3.45
Tem Ser Cir/Thur 715pm/Serenity Seekers	20.00	20.00	LE Meeting Place/Sun 1030am/Speaker Mtg	0.00	120.00
Tem Lyndie Ln/Mon 10am/Open Arms	18.00	48.00	LE Meeting Place/M-F Noon/#171639	0.00	150.80
Murr/Thur/Joe & Charlie SS	0.00	122.00	LE AOG Church/Thur Noon/Womens BB	0.00	167.00
SC Boston Billies/Wed 7am/Mens Breakfast	0.00	280.00	LE 1st Lutheran/M, Tue, Th, Sat 730pm/Bells	0.00	113.77
Serenity Cup Tournament	0.00	340.00	Hemet Valley Wide/Wed 6pm/Meat & Potato	0.00	30.00
Tem ABT/Mon 7am/	0.00	10.00	Hemet Unity Church/Wed Noon/Lucky Ladies	0.00	40.00
Tem Lyndie Ln/Sun 9am/Came to Believe	0.00	279.00	Hemet Provident/Tue Noon/Sober Seniors	0.00	75.00
Tem Lyndie Ln/Thur 10am/Sisters Sharing	0.00	75.00	Hemet Provident/Fri 7pm/Old Barn Meeting	0.00	120.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	60.00	Corona Glen Ivy Sun 5pm BB Study	0.00	20.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	374.00	ACYPAA Advisory Council	0.00	84.53
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	0.00	204.00	Total	1,665.00	15,503.39
Tem Recovery Road Crew	0.00	28.01			
Tem Roving Meeting/Fri 10pm/Young Sobies	0.00	50.00			
Tem Ser Cir/Fri 10am/ Womens	0.00	57.00			
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	339.80			
Tem Ser Cir/Sun 10am/Big Book Study	0.00	130.00			
Tem Ser Cir/Tue Noon/Living Sober	0.00	60.00			
Tem Ser Mon 6pm Serenity Hour	0.00	165.00			
Tem Serenity 6pm Friday	0.00	60.00			
Tem St Catherine's/Fri Noon/Step Study	0.00	285.00			

## Personal Donations

Date	Memo	Amount
8/7/13	Kristen P	10.00
8/12/13	Andy	11.46
8/15/13	John and Brenda	10.00
8/27/13	Paulines S	25.00
8/31/13	Anonymous	250.00
8/31/13	Anonymous	50.00
8/31/13	Anonymous	100.00
8/31/13	Anonymous	100.00
8/31/13	Paul Rohrbacher	100.00
		<u>656.46</u>

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	Women's Closed As Bill Sees It - Monday 12:00 (Murrieta)
1st Thursday	Thur. Women's 10:00am-Lyndie Lane (Temecula)
1st Friday	Men's Stag 7:00 Pm Wednesday (Murrieta)
1st Weekend	Liberty Bells (Lake Elsinore)
2nd Monday	Saturday Early Risers (Temecula)
2nd Tuesday	Unity Hall 7 Am (Sun City)
2nd Wednesday	The Funks
2nd Thursday	Julie P
2nd Friday	Sun City Swingers
2nd Weekend	Mosh Pit
3rd Monday	Paul R
3rd Tuesday	Gregg or Paul R
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	Paul R
4th Monday	Sunday 7 Am Attitude Adjustment (Lake Elsinore)
4th Tuesday	Searching Party
4th Wednesday	Jo H
4th Thursday	The Step Sisters – Wednesday (Temecula)
4th Friday	Women's Candlelight –Thursday (Temecula)
4th Weekend	Wild Ones Grape Street (Wildomar)
5th Monday	Sunday Came To Believe Lyndie Lane, Temecula
5th Tuesday	Gregg Paul R
5th Wednesday	Bobbi And Richard
5th Thursday	Charlene And Jeff (Murrieta)
5th Friday	Brenda and John W (Wildomar)
5th Weekend	Men's Stag – Tuesday 7:30 pm (Temecula)

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

# AA Events To Come

# F.E.A.R.

FRIDAY, NOVEMBER 1, 2013

730PM-1AM

THE VAULT

41607 ENTERPRISE CIRCLE NORTH, TEMECULA

DJ SMILEE  50/50 RAFFLE, COSTUMES  
DANCING & DOOR PRIZE

ALL 12 STEP GROUPS ARE WELCOME  
CHILDREN ARE FREE, BUT MUST BE ACCOMPANIED BY THEIR PARENTS



PRE-SALE TICKETS \$10 OR \$12 AT THE DOOR  
FOR MORE INFO, CALL MARILYN AT (714) 307-6006

**FORGET EVERYTHING ABOUT REALITY**

# AA Events To Come

**18<sup>th</sup> Annual Liberty Bells**

**We Are Half Cracked**



**BUT LIBERATED!**  
**CAMPOUT**  
**ALL ARE WELCOME**



**October 18, 19 & 20 2013**

**HURKEY CREEK**

**Bring your friends &  
families**

**so that they can  
experience that**

**"WE ARE NOT A  
GLUM LOT"**

**Saturday Potluck 5:30**

**Open Campfire Meeting 7:30**

For more info or to RSVP call John W. @ 760 622-4792

**Scheduled meeting throughout the weekend.**

**Sober Activities such as:**

**Biking, Horseshoes & Hiking.**

A weekend for: \$15.00 a person or \$30.00 for the entire family.  
If you wish to have a day pass only, the park fees are \$2.00 per person.  
Dogs are \$2.00 each at the gate upon arrival.