Phone (951) 695-1535

# GRATITUDE GAZETTE

A Color copy of this newsletter is available on the website at

www.temeculacentraloffice.org



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#### 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

### TRADITION 1 - THE TREMENDOUS FACT

Reprinted with permission from the Grapevine - January 2002

Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first, but individual welfare follows close afterward.

- Long form of Tradition One, Twelve Steps and Twelve Traditions

This Tradition plays a significant role in my life as a member of Alcoholics Anonymous. My personal recovery is dependent upon the group itself. Notice how the word "depends" here implies a healthy reliance.

I relied on drinking, alcoholic thinking, and my own bad behavior throughout my drinking career and it brought a great deal of pain and misery to my life. Loneliness sucked me into the deepest sea. I felt my alcoholism was a unique case, because at the age of eighteen I was introduced to this wonderful Fellowship and couldn't get it. But why couldn't I grasp what the people in AA had? Because I didn't have a desire to stop, nor did I ever want the people in AA to get to know me, I suffered from that terminal uniqueness that separates me from others and from the God of my understanding.

I saw the gleam in your eyes. I heard the deep-rooted laughter which came from your gut and your hearts. I became resentful. "This can never work for me," I thought, committing the sin of pride in reverse. I wanted what you had but did not want to do the work to get it. For instance, I didn't want to be "a part of," get a sponsor, find a home group, and work the Steps to the best of my ability. It was only through desperation that I became willing to try a few things. Alcohol had whipped me. It was time to do something different in my life. I couldn't imagine growing old, if I survived, and practicing my alcoholism.

This Tradition reminds me that I am a small part of a great whole. Therefore, I believe the living principle is humility. However, this Tradition does not imply that the individual does not count. Here at my particular home group, I have learned how important individuals are to me. I have seen sponsors approach newcomers and immediately get them started in service. This is absolutely vital in my recovery because if I do not have you people I cannot stay sober. I say this out of personal experience. How often I have tried to do this thing on my own. How often I have relied on my own twisted thinking. This is where the group and people like you remind me that if I want to recover, I should start following directions--however grudgingly.

Continued on Page 14

Do you have a meeting that could use some help? Let us know and we will publish it's information. Date—Name of Meeting—Time—Place

gazette@temeculacentraloffice.org

#### STEP ONE - BRIEF OUTLINE

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL - THAT OUR LIVES HAD BECOME UNMANAGEABLE.

- 1. Every "natural" instinct cries out against the idea of personal powerlessness (defects of the thinking mind.)
- 2. We perceive that only through utter defeat are we able to take our first step toward liberation and strength (making the admission we are unmanageable by us.)
- 3. Until we humble ourselves (accept the devastating weakness and all its consequences), our sobriety, if any, will be precarious.
- 4. The Principle: We shall find no enduring strength until we first admit complete defeat (that probably no human power could have relieved our alcoholism.)
- 5. We are victims of a mental obsession thinking (drinking is only a symptom) so subtly powerful that no amount of human will power could break it.
- 6. By going back in our own drinking histories, we could show that years before we realized it, we were out of control, that our drinking even then was no mere habit, that it was indeed the beginning of a fatal progression.
- 7. Few people will sincerely try to practice the AA program until they have hit their bottom through utter defeat.
- 8. In order to practice AA's remaining eleven steps WE MUST ADOPT NEW ATTITUDES AND TAKE NEW ACTIONS.
- We must become as open minded to conviction and as willing to listen as the dying can be.

#### FIRST STEP GUIDE

Step One consists of two distinct parts: (1) the admission that we have a mental obsession to drink alcohol and this allergy of the body will lead us to the brink of death or insanity, and (2) the admission that our lives have been, are now, and will remain unmanageable by us alone. The first half of the first step - we admitted we were powerless over alcohol - is the beginning of the AA program which we strive to perfect on a daily basis. Since alcohol is but a symptom of our disease, we must realize that the thinking mind with its acquired traits, habits and character defects allowed itself to develop this obsession of the mind - to drink. "By going back in our own drinking histories, we could show that years before we realized it we were out of control, that our drinking even then was no mere habit, and that it was indeed the beginning of a fatal progression." (12 & 12)

This idea of personal powerlessness goes against what the thinking mind is telling us. Only through utter defeat (having hit our own bottom) are we then able to take the first step toward liberation and strength. This utter defeat is necessary so we can become convinced, beyond any doubt, that we are powerless and our life is unmanageable by us alone. Until we so humble ourselves (accept the devastating weaknesses and all their consequences), our sobriety, if any, will be precarious.

The fact that our lives were unmanageable is apparent, else why would we be involved in AA? However, it is not readily apparent to most of us that, even now, our lives are still unmanageable by us alone. This fact must be driven home. This realization, within our lives on a daily basis - that we cannot manage our own lives – forms the basis for taking each of the twelve steps of AA in sequence.

In the process of accepting our powerlessness and unmanageability, we must be willing to put aside false pride, the pride which nearly killed us. Although the doing of Step One can be painful to the thinking mind, the road to recovery begins with surrender.

The facts of your life are just that - facts. It is not the purpose of this step to judge where you have been right or wrong.

http://www.personal.kent.edu/~djrichar/StepOne.htm





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	United Methodist Church, Murrieta
	Visitors Welcome	24652 Adams at Kalmia & Adams
GSR Meeting - District 14	3rd Wednesday - 7pm	Good Shepherd Episcopal Church
		308 E Acacia Ave, Hemet, CA 92543



### **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

## 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. Let us know when and how we can help.

Your Central Office Team

#### Central Office appreciates ALL of their volunteers.

Give us a call (951) 695-1535



### **Submissions**

We would love to print your submissions for the Newsletter. 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. All profanity will be edited out of the final copy. *Please submit in plain text*.

Submissions accepted via email at: <a href="mailto:gaette@temeculacentraloffice.org">gaette@temeculacentraloffice.org</a>
Mailing Address: Temecula Valley Central Office, 28636 Old Front Street, #106, Temecula CA 92590

### Get On The List

Be notified of meeting changes, new events and other important AA information from your Gratitude Gazette.

Send email to

<u>DLSevant@TemeculaCentralOffice.Org</u>

and be added to the list.

### **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!

# **Step One Guidelines**

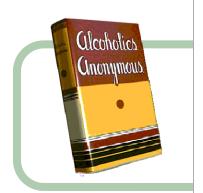
We admitted we were powerless over alcohol-that our lives had become unmanageable.

### **How It Works**

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called willpower becomes practically non-existent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

- A.A. Big Book, p. 24

More about Step 1 in the Big Book



### **Tradition One**

1. Our common welfare should come first; personal recovery depends upon A.A. Unity.

# **Group Donations**

	Dec 13	Dec 12	Jan - Dec 13
Wildomar Wild Ones #653642	350.00	0.00	1,700.00
SC Unity Hall/Umbrella #164257	250.00	360.00	2,750.00
Tem Water District/Sat 8pm/World Famous	240.00	300.00	1,980.00
Tem Del Rio Survivors	200.00	0.00	2,015.00
Mur Community House/Mon-Sat 7am/ABSI	191.25	285.75	2,580.09
Tem RC Church Office/Tue 6pm/Mosh Pit	180.00	120.00	480.00
Tem Mon Night Men	125.00	0.00	1,344.00
Tem Lyndie Ln/Sat 8am/Early Risers	100.00	175.00	1,175.02
LE Meeting Place/Sun 1030am/Speaker Mtg	100.00	0.00	320.00
Tem Serenity Friday 6pm	90.00	0.00	338.00
Tem Ser Cir/Fri Noon/	80.00	0.00	156.90
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	60.00	100.00	614.00
Menifee/Sun 9am/Grass Roots #706488	60.00	0.00	300.00
LE AOG Church/Thur Noon/Womens BB	60.00	0.00	287.00
Mur Community House/Sun 730pm/The Geek	35.00	0.00	190.79
Tem Ser Cir/Fri 10am/ Womens	35.00	0.00	113.00
Mur/TVCO Intergroup/#179377	34.00	67.46	532.99
Tem Lyndie Ln/Thur 10am/Sisters Sharing	22.00	0.00	97.00
Serenity Cup Tournament	15.00	45.00	355.00
LE TMP M-Sat 7am Early Birds	5.00	0.00	5.00
SC St Stephen's/Fri 7pm/Mens Reflections	0.00	43.00	0.00
Sun City/Mon 645/We Ladies #706188	0.00	0.00	185.00
Tem ABT/Mon 7am/	0.00	0.00	10.00
Tem Lyndie Ln/Mon 10am/Open Arms	0.00	0.00	78.00
Tem Lyndie Ln/Sun 6pm/Twilight	0.00	0.00	20.00
Tem Lyndie Ln/Sun 9am/Came to Believe	0.00	132.00	443.56
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	0.00	60.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	0.00	42.00	239.00
Tem Recovery Road Crew	0.00	0.00	28.01
Tem Roving Meeting/Fri 10pm/Young Sobies	0.00	0.00	50.00
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	396.00	339.80
Tem Ser Cir/Mon-Sun 6pm/Serenity Hour	0.00	0.00	75.00
Tem Ser Cir/Sun 10am/Big Book Study	0.00	0.00	130.00
Tem Ser Cir/Thur 715pm/Serenity Seekers	0.00	0.00	20.00
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	0.00	470.00
Tem Ser Cir/Tue Noon/Living Sober	0.00	0.00	60.00
Tem Serenity Monday 6pm	0.00	0.00	165.00
Tem St Catherine's/Fri Noon/Step Study	0.00	117.00	333.00

Continued on next page

# **Group Donations**

	Dec 13	Dec 12	Jan - Dec 13
Toro The Meeting Place	0.00	0.00	40.00
Tem The Meeting Place	0.00	0.00	10.00
Tem The Meeting Place/Thurs 630pm/Solutio	0.00	0.00	60.45
Tem The Meeting Place/Wed 5pm/Just Us	0.00	50.00	176.75
Tem Unity Church/Mon 730pm/Heart of Tem	0.00	50.00	0.00
Tem/The Meeting Place/Fri 6pm ABSI	0.00	0.00	3.00
Temecula Joe & Charlie Workshop	0.00	0.00	122.00
Temecula Valley AA Womens Association	0.00	0.00	521.25
Wildomar IVH/Fri 7pm/Step Study	0.00	0.00	35.00
Wildomar IVH/Sat 730pm/Participation	0.00	0.00	25.00
Winchester/Sun 6pm/Outlaws	0.00	0.00	180.00
SC Boston Billies/Wed 7am/Mens Breakfast	0.00	0.00	338.00
Murrieta The Searching Party	0.00	0.00	120.00
Mur United Methodist/Tue 10am/Womens	0.00	23.50	182.50
Mur United Methodist/Thur 8pm/Step Study	0.00	0.00	72.00
Mur United Methodist/Mon Noon/Womens ABSI	0.00	62.04	80.00
Mur United Methodist/Mon 7pm/Lil Big Book	0.00	0.00	120.00
Mur Community House/Wed 7pm/Mens Stag	0.00	0.00	177.00
Menifee/Spritual Lvg Cnt/Wmn Fri 6pm	0.00	0.00	29.87
LE Meeting Place/Sun 7am/Att Mod	0.00	0.00	3.45
LE Meeting Place/M-F Noon/#171639	0.00	0.00	150.80
LE Lutheran Church Taco Tuesdays	0.00	0.00	30.00
LE AOG Church/Wed Noon/Acceptance	0.00	0.00	150.00
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	0.00	0.00	113.77
Hemet Valley Wide/Wed 6pm/Meat & Potato	0.00	0.00	30.00
Hemet Unity Church/Wed Noon/Lucky Ladies	0.00	0.00	40.00
Hemet Provident/Tue Noon/Sober Seniors	0.00	0.00	175.00
Hemet Provident/Fri 7pm/Old Barn Meeting	0.00	0.00	120.00
Hemet Arrid/Sat 7pm/Back to Basics	0.00	0.00	36.00
Corona Glen Ivy Sun 5pm BB Study	0.00	0.00	20.00
ACYPAA Advisory Council	0.00	0.00	84.53
TOTAL	2 232 25	2 368 75	23 246 53

TOTAL 2,232.25 2,368.75 23,246.53



# Personal Donations

Date	Name	Amount
12/3/13	Gary	4.20
12/3/13	Personal Donation	5.00
12/13/13	John and Brenda	10.00
12/30/13	Anonymous	100.00
12/31/13	Darcie D	40.00
		559.20



## **Central Office News**

### **Volunteers**

1	Beth
2	Chris Ke
2 3	Debi G
4	Debbie R
5	Gary
6	Gay
6 7	Jill
8	John W
9	Joyce
10	Kristen P
11	Kurt
12	Nancy
13	Rich
14	Sharon
15	Sharii
16	Shawn
17	Steve
18	Stuart
19	Tony
20	Trish
21	Tyrone

### **Daily Activity For December**

Phoned in	125
Walk ins	67
AA Meeting	55
Al-anon	6
12 Step	18
Donations/Purchases	48
Misc/Other Business	9



Date	INGIIIC	Amount
12/19/13	Charlene R Celebrates 22 Years!	22.00
12/31/13	Christina R Celebrates 4 Years!	4.00
		26.00



From the Murrieta Community House ABSI meeting Karen K Celebrated 40 Years on 1/04/2014

Central Office is in need of volunteers.

Give us a call (951) 695-1535



### **Buck A Month Club**

Date	Name	Amount
12/27/13	Karen K	1.00
12/27/13	Georgia	1.00
12/27/13	Marcos	25.00
12/27/13	Gene W	5.00
12/27/13	Suzie	11.00
12/27/13	Linda F	35.00
12/27/13	Mary	10.00
12/27/13	Tim	3.00
12/27/13	Edna E	2.00
12/27/13	Stephanie	1.00
12/27/13	Mark	7.00
12/27/13	Kirk	1.00
12/27/13	Connie	5.00
12/27/13	Anonymous	7.00
12/27/13	Martha	3.00
12/27/13	Bryan	7.00
12/27/13	Shayne	3.00
12/27/13	Sandy	5.00
12/27/13	Greg	1.00
12/27/13	Tom	1.00
12/27/13	Paul S	10.00
12/27/13	Lori	1.00
12/27/13	Sauni	1.00
12/27/13	Joe S	1.00
12/27/13	Rick	10.00
12/27/13	Donut Dave	5.00
12/27/13	Cameron	1.00
12/27/13	Kenny	5.00
12/27/13	Lauro	1.00
12/27/13	Arnie	1.00
12/27/13	Michelle B	1.00
		171.00

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 28636 Old Town Front Street, Suite 106 Temecula, CA 92590

Thank You Charlene for a wonderful year of Gratitude Gazettes! You are a trusted servant and excellent editor. TVCO, The Board, and our Fellowship appreciates YOU!

### Hot Line 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 Jim 3rd Tuesday Gary W

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 Chris K

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 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)



### Temecula Valley Intergroup





### 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 Events**



### **AA Events**



# 5<sup>TH</sup> ANNUAL TVCO MEMORIAL PANCAKE SMACKDOWN

There are no free lunches... but there is a FREE breakfast and it's that time again!!!!

Sunday March 2<sup>nd</sup> Murrieta Community Center 41810 Juniper St. 7am – 12PM



Who is invited???Everyone!!!!
YES!! That means you!!
This is a 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!

Huge Raffle!!
Tons of Great Prizes!!
Cash Drawing!!

The event is also a memorial for all in our fellowship that we have lost. Please call Jason if you would like to add a picture of your loved one to the memorial board.

If you are interested in making a donation to help make this event possible PLEASE contact Jason 951-691-9974. To Donate to the Raffle PLEASE call Mike B 951-595-9722

Early Bird Coffee 7:00 - 8:00 AM
Breakfast Served & Raffle Begins 8:01 - 10:45 AM
Speaker Meeting 11:00 AM - 12:00 PM

#### TRADITION 1 - THE TREMENDOUS FACT...CONTINUED

I've used the principles behind this Tradition when I go to other meetings. Out of experience I know that each group is run a little differently. At a meeting the other day I sat for a couple of minutes, waiting for someone to lead the table. I finally asked, "Who is going to lead?" An elderly lady said she was waiting for the two women at the end of the table to finish their conversation. I replied, "Why don't you tell them to finish?" She told me to be nice. This taught me that I am to be considerate of each group, even for what I think is not important. As my sponsor once reminded me, I am a guest at other meetings.

As Bill Sees It states: "The AA Traditions are neither rules, regulations, or law." However, I know if I don't follow these spiritual principles, I will turn to the bottle again. That is why AA needs no rules. People like me know they will ultimately destroy themselves if they don't follow the Steps or the Traditions. The "Twelve and Twelve" states: "The unity of Alcoholics Anonymous is the most cherished quality our Society has.

Our lives, and the lives of all to come, depend squarely upon it. We stay whole, or AA dies. Without unity, the heart of AA would cease to beat; our world arteries would no longer carry the life-giving grace of God; his gift would be spent aimlessly."

Let us also consider exactly how to protect our common welfare. What exactly does welfare mean? My opinion is that our common welfare represents our primary purpose —to carry the message to the alcoholic who still suffers. The best way to preserve our common welfare is by our group conscience. Our collective group conscience votes on specific issues and the majority rules. It is essential that our common welfare not be threatened by our misdirected instincts-instincts that are often demonstrated at our business meetings. We must be careful not to let our desire for prestige and our ambitions interfere with the welfare of AA as a whole.

I am going to close with a passage from the Big Book that beautifully describes the sources of unity: "We are people who normally would not mix. But there exists among us a fellowship, friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness, and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. The tremendous fact is that we have found a common solution.



"Brother, can you spare a dime for a phone call in case I feel like taking a drink?"