

## GRATITUDE GAZETTE

A Color copy of this newsletter is available on the website at [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 I am responsible.

- Declaration of 30th Anniversary International Convention, 1965

### Friends of Dr. Bob and Bill W. Meeting Notes Aboard the Sapphire Princess Twenty-eight day Polynesia Cruise

We began the meetings with the AA preamble, the serenity prayer and the declaration of responsibility. Leadership was rotated amongst us, each leader nominating a topic. We had twenty one members with a total of 570 years of sobriety. Five of them had less than 20 years, ten had more than 30 years and two had 40+ years. We had a core group of 11-14 sharing routinely. So take a moment of silence, recite the serenity prayer to yourself then join me as I relate memorable shares from our on-board meetings.

If you don't think you've got a serious disease stick around and bury a few. Don't go out and buy a cap and gown, you don't graduate from this program. The beatings will continue until your attitude improves. AA is not a popularity contest. We will hurt your feelings. I don't care if you like me or not – I care if you stay sober. You've got to tell the truth. Drinking alcohol is not an option. The three essential prayers are: "Help, Thanks, Wow." Stop self-mutilation. How small my world was when I was drinking. I lost that right to drink. I cannot drink alcohol. As a new-comer to AA you are in kindergarten. We'll help you grow up.

What I got from AA is my self-love, my love of others, my life of happy, joyous freedom, my toughness and my gratitude. I have a debt that will never be repaid. I have a new freedom in many ways. While I feel out of place with drinking I can get along with people on the outside, those non-AA folks. I feel good enough about myself that I can be around 'normies'. I found a home, a place where I fit. I stick with winners and hang around people who fit well in their own skin. I have a disease. If I put alcohol in my body I am 'cooked', I am done, I am finished. I have murdered my better self. I am a human being first. I have a disease and I am doing something to manage it. AA taught me

how to spread my wings, expand my world. I hang out with people who make me feel---better. I stay away from 'slippery bananas'. I get so excited being sober. I love to play. I want to play – I don't want to hurt anybody. I can do that now. I am happy about not having to pick up a drink. I can go anywhere in the world. I am aware of my character defects. I can laugh at myself. I've abandoned the God of my misunderstanding.

I've never met anyone who got down on their knees in the morning, asked God to keep them sober for the day, then went out and got drunk. The will of God will never lead you where the grace of God will not keep you safe. Trust the process. Watch others that are

successful and do what they do. Don't drink, go to meetings, read the book, do the steps. Too many do not hear the last two suggestions then go out and die. You do the deal and you get the results. Stick with the winners and watch the losers. Then question the losers. They'll show you what not to do. I looked for peace through the bottle. I wanted a new reality. From my stark raving fear that I couldn't stay sober I developed willingness.

~Gene~

## *A Personal Experience With Tradition Three*

### TRADITION THREE

*The only requirement for A.A. membership is a DESIRE to stop drinking.*

Tradition Three is a tradition of acceptance: acceptance of drunks of any kind. Because of Tradition Three, Alcoholics Anonymous does not turn away scorned women, bank robbers, unfit parents, murderers, liars, cheats, thieves and the like. Tradition Three simply states you are a member of Alcoholics Anonymous if you say you are. Members do not even have to say, "I am an alcoholic." The ONLY REQUIREMENT for membership is a DESIRE to stop drinking. Getting sober is not a requirement.

Alcoholics Anonymous is a program that offers suggestions on how to proceed. Although the Big Book has many "MUSTS," the program can be worked in any manner you wish. The journey through the Steps to a Spiritual Awakening is a personal one. The causes and conditions of my past were revealed when they were supposed to be revealed. My lessons show up again and again and again until I learn from them. What if it was required to grow out of a behavior the minute I stopped drinking? Alcoholics are stubborn and if I had been told there were rules or requirements, I know this alcoholic may not be sober today. Don't tell me what to do!!!!



My experience with Tradition Three has been profound. I got to A.A. thinking I was an addict. I have the mind set of "more is better." In AA I have found recovery from my many afflictions. I have formed a relationship with God that has evolved over the years from being "God, really?" to "God is everything." In Bill's story it says, "When they talked of God I became irritated and my mind slammed shut." What if Bill had been told believing in God was a prerequisite of recovery? Would A.A. be the program it is today?

This tradition talks about Ed. Ed was atheist. Ed was one of those members who when he shared, other members held their breath or went outside to smoke or took a nap. Ed made everyone aware of his dislike of the "God stuff." Ed stayed sober for a while despite his attitude toward God. Somehow, Ed was brought to his knees and God was revealed to him. Ed had the DESIRE to stop drinking.

How then do we deal with newcomers and even old timers with dual addictions? Do we allow them to share of their other addiction as it relates to their alcoholism? In Chapter 2 "There is a Solution," it describes the "REAL ALCOHOLIC" (page 22). "As matters grow worse, he begins to use a combination of high a powered sedative and liquor to quiet his nerves. Then comes the day he simply cannot make it and gets drunk all over again. Perhaps he goes to a doctor who gives him morphine or some sedative with which to taper off his addictions." We each have a different story that brought us to the doors of the program – we are unique until we arrive.

Tradition Three is all about Acceptance.

~Laura L.~

## 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 <i>Visitors Welcome</i>	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 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

### 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.

## 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.  
Volunteer spots are available.  
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: [gazette@temeculacentraloffice.org](mailto:gazette@temeculacentraloffice.org)  
Mailing Address: Temecula Valley Central Office, 28636 Old Front Street, #106, Temecula CA 92590

### Get On The List

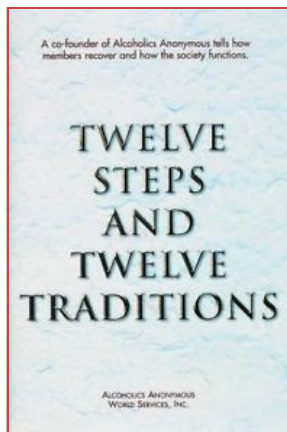
Be notified of meeting changes, new events and other important AA information from your Gratitude Gazette.

Send email to  
[DLSevant@TemeculaCentralOffice.Org](mailto:DLSevant@TemeculaCentralOffice.Org)  
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 3

### Step Three Guidelines

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

#### How It Works

We were now at *Step Three*. Many of us said to our Maker, *as we understood Him*: "God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him  
- *A.A. Big Book p.63*

[More about Step 3 in the Big Book](#)

#### Tradition Three

The only requirement for A.A. membership is a desire to stop drinking.

## Group Contributions

	Feb 14	Feb 13	\$ Change
SC Unity Hall/Umbrella #164257	250.00	250.00	0.00
Tem Del Rio Survivors	220.00	150.00	70.00
Mur Community House/Mon-Sat 7am/ABSI	185.00	161.25	23.75
Tem Serenity Friday 10pm	150.00	0.00	150.00
Tem Mon Night Men	100.00	90.00	10.00
Tem Lyndie Ln/Sat 8am/Early Risers	100.00	100.00	0.00
Tem Ser Cir/Fri 10am/ Womens	90.00	0.00	90.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	75.00	60.00	15.00
Menifee/Sun 9am/Grass Roots #706488	60.00	0.00	60.00
Mur/TVCO Intergroup/#179377	45.00	59.00	-14.00
SC Methodist Church/Tue 7pm/Step Study	37.20	0.00	37.20
Tem Mary Phillip Sen Ctr/Thur 6pm/For Fun	36.50	0.00	36.50
Wildomar IVH/Fri 7pm/Step Study	20.00	0.00	20.00
Mur Community House/Sun 730pm/The Geek	10.00	0.00	10.00
LE TMP M-Sat 7am Early Birds	5.00	0.00	5.00
LE Meeting Place/M-F Noon/#171639	5.00	36.00	-31.00
Wildomar Wild Ones #653642	0.00	450.00	-450.00
Tem/The Meeting Place/Fri 6pm ABSI	0.00	3.00	-3.00
Tem The Meeting Place/Wed 5pm/Just Us	0.00	25.00	-25.00
Tem The Meeting Place/Thurs 630pm/Solutio	0.00	7.00	-7.00
Tem St Catherine's/Fri Noon/Step Study	0.00	50.00	-50.00
Tem Sat 8pm/World Famous Speaker Meeting	0.00	180.00	-180.00
Tem Roving Meeting/Fri 10pm/Young Sobies	0.00	50.00	-50.00
Tem Recovery Road Crew	0.00	28.01	-28.01
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	60.00	-60.00
Tem Lyndie Ln/Sun 9am/Came to Believe	0.00	90.00	-90.00
Serenity Cup Tournament	0.00	60.00	-60.00
Mur United Methodist/Tue 10am/Womens	0.00	26.00	-26.00
LE AOG Church/Wed Noon/Acceptance	0.00	60.00	-60.00
LE AOG Church/Thur Noon/Womens BB	0.00	35.00	-35.00
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	0.00	40.58	-40.58
Hemet Valley Wide/Wed 6pm/Meat & Potato	0.00	30.00	-30.00

**TOTAL** 1,388.70 2,100.84 -712.14



## Personal Donations

Date	Name	Amount
02/14/2014	John and Brenda	10.00
02/14/2014	Darcie D	30.00
02/17/2014	Paul Rohrbacher	34.00
		<b>74.00</b>



Date	Name	Amount
2-27-06	Marcos - 8 years	5.00
		<b>5.00</b>

## Buck A Month Club

Date	Name	Amount
	Monday Night	
2/26/14	Madness	17.00
2/27/14	Gene W	5.00
2/27/14	Sandy	5.00
2/27/14	Anonymous	1.00
2/27/14	Ron	3.00
2/27/14	Mark	7.00
2/27/14	Kenny	13.00
2/27/14	Karen K	1.00
2/27/14	Stephanie	1.00
2/27/14	Edna E	4.00
2/27/14	Suzie	5.00
2/27/14	Georgia	1.00
2/27/14	Bryan	9.00
2/27/14	Mary	5.00
2/27/14	Paul S	11.00
2/27/14	Shayne	1.00
2/27/14	Edna W	1.00
2/27/14	Tom	2.00
2/27/14	Curt	1.00
2/27/14	Joyce	1.00
2/27/14	Linda F	55.00
2/27/14	Tim	3.00
2/27/14	Donut Dave	5.00
2/27/14	Al	5.00
		<b>162.00</b>

## Central Office News

### Volunteers

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

### Daily Activity For March

Phoned in	169
Walk ins	88
AA Meeting	45
Al-anon	5
12 Step	5
Donations/Purchases	66
Misc/Other Business	23



## MARCH BIRTHDAYS

TERI S. 3-2-1995  
 JANICE D. 3-7-2007  
 PATTY M. 3-17-1997



## Temecula Valley Intergroup

### Hot Line Schedule



*God grant me the  
Serenity to accept the  
things I cannot change. . .  
Courage to change the  
things I can. . .  
and the Wisdom to  
know the difference.*




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	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	Linda D
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)



# AA Events

**Woman to Woman Santa Barbara Retreat**



**La Casa De Maria**  
800 El Bosque Rd, Montecito, CA 93108

**November 7, 8, & 9 2014**

**Woman to Woman Santa Barbara Registration**

Name \_\_\_\_\_ Phone # \_\_\_\_\_  
 Address \_\_\_\_\_  
 Email \_\_\_\_\_  
 Roomate(s) Name \_\_\_\_\_

Double \$280.00 / Triple \$265.00 / Dorm \$250.00 (limited space)  
Full Payment is Required to hold your space by July 1, 2014!  
 Make checks payable to: W2W Santa Barbara / 40093 Temple Court, Murrieta, CA 92563  
 For more information contact Sue Fenton 951-698-1424 sister.sue@outlook.com

AOCYPAA Presents:  
**Sober St. Patrick's  
 Day**  
 March 21st



**Newport  
 Alano Club**

**Meeting**  
 8:00 to 9:30 PM

**Dance**  
 10:00 PM to 2:00 AM

**MARK YOUR CALENDARS !!!**  
**2015 INTERNATIONAL CONVENTION**  
**IS BEING HELD IN ATLANTA, GEORGIA**  
**JULY 2-5, 2015**  
**THEME—80 YEARS –HAPPY, JOYOUS, FREE**