

GRATITUDE GAZETTE

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

THE HEART OF SPIRITUALITY

What a difficult time we have making the transition, *in our thinking*, from the conditioning we have received in a largely materialistic world, to a life based on spiritual principles. Most of the people around us have a relatively easy time of it, mainly because they aren't burdened with the disease of alcoholism. They have a life *perspective* that is *closer to the centerline* when it comes to the fears, insecurities, inferiorities, guilt, etc. etc, that the alcoholic faces every day of his/her life. The level of discomfort, caused by these defects, seldom changes without a continuous effort, on our part, to replace them with thoughts and actions that keep this faulty perception in check. It is well known among AA members who have tried to go it alone, based on their knowledge, and have failed, that we may have to *change our whole approach*.

The transition, I referred to, is a most difficult leap to make. This is mainly because of the defiant thinking that we, as alcoholics, have relied upon to protect us from the various authority/ religious/establishment figures, and *our perceptions* of what THEY were trying to get us think and do. Normal people don't resist these things to the degree that we do, only because *their perception*, of these things, is not nearly as threatening to them as it is to us.

For us, it should be simple to go from a material/practical line of thought to a spiritual/unselfish way of thinking, but it seems that we have to go all the way around the world in order to settle into this simple transition. Why is this so difficult for us? I believe that the word SPIRITUAL often throws a monkey wrench into the works. I believe that our *preconceived ideas*, based on our conditioning, of what is meant by the word spiritual, is what many of us struggle with or, we *simply dismiss it as, more religious dogma*, and If we can find a way bridge that gap, we can get on with a life that is unimaginably good.

The things we come to understand in alcoholics anonymous is that, in order to live a happy and contented life, we have to overcome all the fear, insecurities, low self esteem, guilt..., by starting the practice of doing unselfish things in order to overcome our neediness. If we do these things long enough, we find that we are better off than before. (our perception changes) Things seem to be less threatening and this inspires, (in-spirits) us to reach out even further and see where it takes us.

In the beginning of our AA journey, we are encouraged to take on service

Submission

responsibilities. Sometimes this is the first time that *we step out of character* and do something for others with no expectation of material reward, but we do end up with an unexpected reward. It lifts our spirit and we finally feel that we are a part of something. Oh!!!, There's that word spirit again. *If, for the purpose of AA, we just replaced the word spiritual with selflessness*, I think it would take all the difficult transitional road blocks out of the way. I personally can't see that much difference in the two, for my way of thinking.

About fifteen years ago I heard a well known motivational speaker ask, Q. "What do you get when you squeeze an orange? A. Orange juice. Q. Why? A. Because that's all that's in there. Next, Q. What do you get when you squeeze Mother Teresa? A. Love. Q. Why? Because that's all that's in there." I believe that spirituality is very close to selflessness.

The action that we take when reaching out to others, is the first step in understanding unselfish/spiritual principles. When we do these things in the spirit of brightening the life of another, and not for the recognition we are going to receive, we heal both ourselves and the recipient. I believe that, THE UNSELFISH MOTIVE (regarding what we do for, and how we treat others), is THE HEART OF SPIRITUALITY. It would be hard to fault a person for what they do when their motive is PURE AND UNSELFISH. This, I believe, is living in the spirit of all of our principles. That warm feeling in my heart is all the reward I will ever need.

Rick R. Poway, Ca.

Submission

Tradition 9

To get a clearer understanding of the intended message, I think the original long form of Tradition 9 must be reviewed. It reads:

"Each A.A. Group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee and the groups of a large Metropolitan area their central or intergroup committee, which often employs a full-time secretary. The Trustees of The Alcoholic Foundation are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office in New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, "The A.A. Grapevine." All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

In every other society I can think of, a layered organization is critical, vital to its continuity. Every society it seems, except Alcoholic Anonymous. "Let's keep it simple" were the last words we heard from its fellow founder to his AA brother on his deathbed, and so it seems that this 9th Tradition has flowered from that very thought.

By keeping to the tradition of the "least possible organization", small groups can limit this to rotating its positions such as secretary, coffee-makers, etc. Larger groups can likewise rotate its Intergroup Boards. Both groups governed by no other, propelled and guided solely by the spirit of service.

In recognizing that the true leaders in AA are nothing but experienced and trusted servants, we can take pride in this difference between authority and service, two concepts that are at times polar opposites.

It is in the spiritual principles given to us through Alcoholics Anonymous that intense gratitude is born in us, and with that, this spirit of service. As Bill wrote in the Grapevine in 1948:" With such assurances, we shall without doubt, continue to improve and extend our vital lifelines of special service; to better carry out our A.A. message to others; to make for ourselves a finer greater society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

Anonymous

Submission

Newcomers' Gnashing Lyn P. Unity Hall

AA members are eclectic: some are highly educated lawyers, doctors, business owners, while others have yet to obtain a high school diploma; some are side-splitting comedic in sharing their emotional pain, while others spew forth hair-curling expletives while expressing their frustration; some shuffle in dazed and confused, sitting in a far corner of the room, head hung low during the meeting, while others are riding on a cloud of sober contentment and twelfth-step compassion, tending to the small things like pouring coffee, circulating a phone list, bringing snacks, cleaning the room after the meeting and other such tasks.

One of the hallmarks of the meetings for which I'm grateful is that most are structured in an organized, agenda fashion, often forbidding cross-talk while encouraging those present to share, in a general way, one's experience, strength and hope. For the most part, this is how I try to structure my sharing, but as a writer, I often begin my stories *'en media res'*-- in middle of something either indescribably good, perceptibly bad, or downright ugly.

In almost four years of sobriety, I've learned to be tolerant of those conveying life experiences in a pinball machine or ticker-tape fashion because that's how my thought process goes when it's awry. Thoughts precede mood which precedes action which precedes drinking, in my case, to quell the tears, the fear, the insecurity, the anger, most of which I've concocted in my pretty, little head.

So, I get it (though I may not have experienced all of the dynamics of their imposed woe) when a newcomer dumps a litany of problematic, seemingly insurmountable, thoroughly overwhelming, tearful experiences which brought them to seek -- something -- empathy, help, commiseration, court card signatures -- in the rooms of Alcoholics Anonymous (AA).

On occasion, an old-timer will chime in about someone's lengthy, breathless, run-on sentences (not in the editorial sense, either), suggesting that AA isn't group therapy, that the Big Book, working the twelve steps, recruiting a sponsor and not drinking assuredly leads to many solutions to the problems plaguing newcomers -- one day at a time. These old-timers can be blunt and stoic, sometimes reprimanding and indignant. I get this facet of an old-timer's persona, too. Though long sober, perhaps life has momentarily demanded their full attention, which preempts their otherwise boundless tolerance. On occasion, I've been distracted and irascible that way, too.

I know at times I have trouble keeping up with the voiced, exasperating series of events which obscure any and all proposed solutions for a newcomer's alcoholism, so I just listen and let them talk and talk and talk (if I'm clocking them). After the meeting, I proffer tissue, a phone list, a ride, or my phone number which she can call at any time, maybe offer coffee at Starbucks. Above all, I advise her to keep coming back. I steer the men toward the tenured male members. "It's the easiest thing I've ever, ever done: I keep coming back. There's a seat here for you and the coffee's always on," I say, as if it's my own, AA tag line.

I'm thankful that I can just sit and listen, or read, or share, or fill in for or assist the secretary, or tend to someone new as I ponder the variety of folks walking in and out of our room, sober or not, talkative or not, patient or not.

Newcomers don't understand quite a few things, least of all alcoholism and exactly how AA can help them. Admittedly, I'm not entirely reconciled with being a member of AA, but I know where to go to share my *en media res* experience, my beleaguered strength and my refreshed hope, because there's a seat there for me and the coffee's always on. I feel relieved when I show up and I feel peace when I leave the meetings. My name's Lyn and I'm an alcoholic.

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 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 Intergroup

Hot Line Schedule



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	Becky
2nd Friday	Sun City Swingers
2nd Weekend	Mosh Pit
3rd Monday	Jill M
3rd Tuesday	Nancy
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 Twilight Meeting (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	Shannon
5th Wednesday	Bobbi And Richard
5th Thursday	Shannon
5th Friday	Brenda and John W (Wildomar)
5th Weekend	Men's Stag - Tuesday 7:30 pm (Temecula)

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.

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

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.

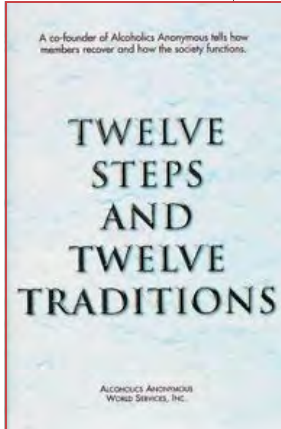
Send email to
DLSevant@TemeculaCentralOffice.Org
and be added to the list.

Central Office

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 Nine Guidelines

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



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](#)

Tradition Nine

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

Group Contributions

	Aug 14	Aug 13	\$ Change
Mur Community House/Mon-Sat 7am/ABSI	371.25	252.00	119.25
Tem Del Rio Survivors	275.00	175.00	100.00
SC Unity Hall/Umbrella #164257	250.00	250.00	0.00
Tem Ser Cir/Tue 730pm/Mens Stag	180.00	110.00	70.00
Mur Community House/Wed 7pm/Mens Stag	120.00	0.00	120.00
LE AOG Church/Wed Noon/Acceptance	120.00	90.00	30.00
Tem/Hill Recovery/Sat 8am/Early Risers	120.00	100.00	20.00
Tem Mon Night Men	100.00	100.00	0.00
Tem The Meeting Place/Wed 5pm/Just Us	95.60	0.00	95.60
Mur United Methodist/Thur 8pm/Step Study	85.00	0.00	85.00
Mur United Methodist/Mon 7pm/Lil Big Book	60.00	0.00	60.00
LE AOG Church/Thur Noon/Womens BB	60.00	0.00	60.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	57.00	0.00	57.00
Mur United Methodist/Tue 10am/Womens	50.00	30.00	20.00
Mur/UMC/Mon Noon/Womens ABSI #161040	40.00	0.00	40.00
Hemet Arrid/Sat 7pm/Back to Basics	36.00	36.00	0.00
Mur Community House/Sun 730pm/The Geek	18.00	23.00	-5.00
LE TMP Sat 730pm Beginners and Birthdays	10.00	0.00	10.00
LE Meeting Place/Tue 730pm/Podium Part	10.00	0.00	10.00
LE TMP M-Sat 7am Early Birds	5.00	0.00	5.00
Tem Sat 8pm/World Famous Speaker Meeting	0.00	180.00	-180.00
Tem Ser Cir/Thur 715pm/Serenity Seekers	0.00	20.00	-20.00
Tem/Hill Recovery/Mon 10am/Open Arms	0.00	18.00	-18.00
Tem RC Church Office/Tue 6pm/Mosh Pit	0.00	120.00	-120.00
Menifee/Sun 9am/Grass Roots #706488	0.00	60.00	-60.00
Mur/TVCO Intergroup/#179377	0.00	36.00	-36.00
Sun City/Mon 645/We Ladies #706188	0.00	101.00	-101.00
TOTAL	2,062.85	1,701.00	361.85



"Come to ninety meetings in ninety days. If you're not satisfied, we'll refund your misery."

"I know that I'm not yet the person I can be, but I thank God I'm not the person I used to be."

"There's no one too dumb for this program, but it's possible to be too smart."

"If you think you're wise, you're not."

Personal Donations

Date	Memo	Amount
8/11/14	Paul Rohrbacher	20.00
8/11/14	Shep and Annie	20.00
8/17/14	Mike B	20.00
8/17/14	Jill A	20.00
8/17/14	Jason F.	10.00
8/17/14	Chris and Thalia	20.00
8/17/14	John and Brenda	10.00
8/19/14	Kristen P	20.00
8/19/14	Paulines S	25.00
8/21/14	Water and Mold Away USA	100.00
	Aug 14	<u>265.00</u>

"God has never been a problem in my life, but I have been a problem to God all my life."

"We're all here because we're not all here."

"Constructive criticism: I tell you what's wrong with me."

"Destructive criticism: You tell me what is wrong with me."

"Try praying. Nothing pleases God more than to hear a strange voice."

Buck A Month Club

Date	Name	Amount
8/4/14	Monday Night Madness	9.00
8/29/14	Gene W	5.00
8/29/14	Marcos	10.00
8/29/14	Ron	2.00
8/29/14	Karen K	1.00
8/29/14	Mary	3.00
8/29/14	Bob E	1.00
8/29/14	Suzie	10.00
8/29/14	Jack	2.00
8/29/14	Anonymous	1.00
8/29/14	Georgia	1.00
8/29/14	Katrina	2.00
8/29/14	Cameron	2.00
8/29/14	Jamie	1.00
8/29/14	John	5.00
8/29/14	Sandy	5.00
8/29/14	Linda	5.00
8/29/14	Edna E	1.00
8/29/14	Amber	1.00
8/29/14	Tom	2.00
8/29/14	Arnie	1.00
8/29/14	Edna W	1.00
8/29/14	Kenny	20.00
8/29/14	Donut Dave	5.00
	Aug 14	<u>96.00</u>

Central Office News

Volunteers

- 1 Allie
- 2 Barry
- 3 Beth
- 4 Brenda
- 5 Chris Ke
- 6 Debi G
- 7 Debbie R
- 8 Jill A
- 9 Jill M
- 10 John W
- 11 Kristie
- 12 Nancy
- 13 Randy
- 14 Rich
- 15 Rita
- 16 Sharon
- 17 Sharii
- 18 Shawn
- 19 Steve
- 20 Stuart
- 21 Tony
- 22 Trish
- 23 Tyrone

Daily Activity For August

Phoned in	193
Walk ins	68
AA Meeting	85
Al-anon	7
12 Step	4
Donations/Purchases	70
Misc/Other Business	16



Birthdays Celebrated at the:
As Bill Sees It Meeting
Murrieta Community House Church

1 year – Louie
3 years – David
3 years – Austin
6 years – Shayne
12 years – Lori
25 years – Donut Dave
29 years – Gene
37 years – Karen

Happy Birthday All!!!

Date	Memo	Amount
8/21/14	Gene W celebrates 29 years!	29.00
		29.00

AA Events

Friday, October
31st



Featuring
The NotoriOus

DJ Nicole



Southwest Riverside County
H & I Presents

HalloweEn A Go GO

6PM-7PM H&I Speakers

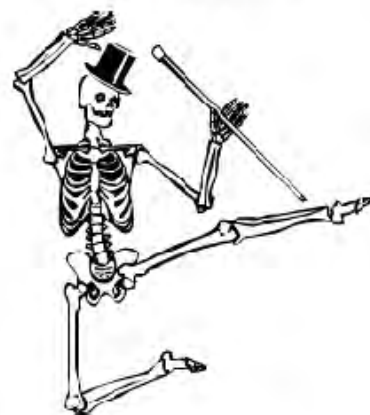
7PM-10:30PM DJ Nicole

Music & Dancing

Costume Contest

Tickets are \$10.00 presale
or \$12.00 at the door

any proceeds will
benefit H&I



Mary Phillips Senior
Center

41845 6th Street,
Old Town Temecula

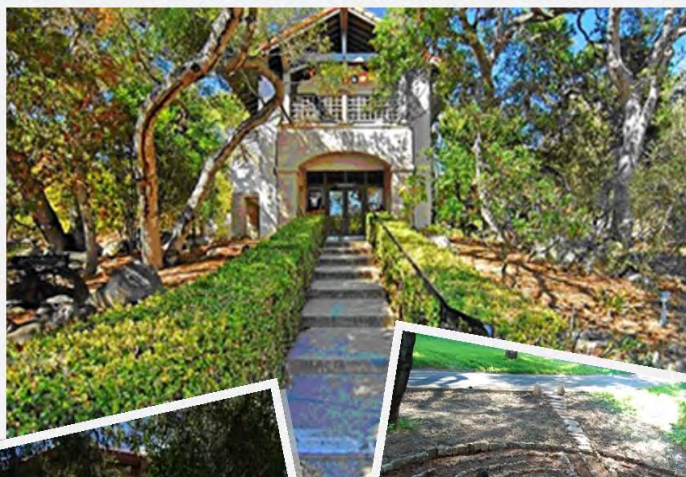
Call Marilyn at (714) 307-6006

for ticket info or email

ROOOBEEZ@AOL.COM

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

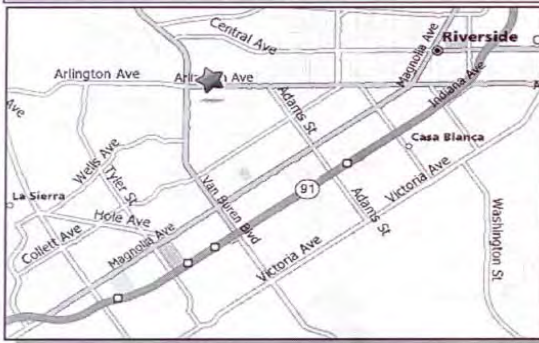
AA Events



2014 Schedule

Bill W Documentary (2012)
My Name is Bill W. (1989)
When Love is not Enough (2010)
One Too Many (1950)
Life of the Party (1982)
28 days (2000)
Days of Wine and Roses (1962)
Flight (2012)
The Lost Weekend (1945)

Saturday – Jan 18
Saturday – Feb 15
Saturday – Mar 15
Saturday – Apr 19
Saturday – May 17
Saturday – June 21
Saturday – July 19
Saturday – Aug 16
Saturday – Sep 20



7111 Arlington Ave, Suite B
Riverside CA 951 785-0845
 (Past the Airport in the Riverside Air Park)

Show Time: Doors open at 7:00PM.
 The movie starts at 7:30PM.
 Stay after and tour the archives.

Cost: FREE!

*Bring your lawn chairs or chaise lounge and
 enjoy classic Hollywood movies about AA in
 our own unique theater. (we have chairs too!)*

Refreshments will be available

AA Events

El Carmelo Retreat House
926 East Highland Avenue, Redlands, CA 92373
(909) 792-1047

www.serraretreat.com • elcarmelo@gmail.com

Retreat Master: Father John Gubbins

January, 16, 17 & 18, 2015

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Double Room \$200 ☐

Single Room \$225 ☐

I want to share a room with: _____

\$75 deposit nonrefundable. Meals are provided. Private room based on availability.

Last day to register December 15, 2014

Make checks payable to Steve McDonald

Gives check to Steve McDonald (951) 691-6763 or Ron Sullivan (951) 326-4275 or mail to:
Steve McDonald, 27601 Fern Pine Way, Murrieta, CA 92562