

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

TRADITION 12

Following is an editorial by Bill W. in the November 1948 edition of The AA Grapevine.

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

ONE may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest -- such is the wide scope of this all embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A GLANCE at the 12 Traditions will instantly assure anyone that "giving up" is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare.

Tradition One asks us to place the common good ahead of personal desire.

Tradition Two asks us to listen to God as He may speak in the Group Conscience.

Tradition Three requires that we exclude *no* alcoholic from A.A. membership.

Tradition Four implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all.

Submission

Tradition Five restricts the A.A. group to a single purpose, i.e. carrying our message to other alcoholics.

Tradition Six points at the corroding influence of money, property and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements.

Tradition Seven states that we had best pay our own bills; that large contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous.

Tradition Eight forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status.

Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective work by our special services--and no more. This Tradition breathes democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorizations *to serve, never to govern*.

Tradition Ten is an emphatic restraint of serious controversy; it implores each of us to take care against committing A.A. to the fires of reform, political or religious dissension.

Tradition Eleven asks, in our public relations, that we be alert against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link A.A. to other causes.

Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The "Twelve Points of Tradition" are little else than a specific application of the spirit of the "Twelve Steps of Recovery" to our group life and to our relations with society in general. The Recovery Steps would make each individual A.A. whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Our A.A. Traditions are, we trust, securely anchored in those wise precepts: charity, gratitude and humility. Nor have we forgotten *prudence*. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as He may need us.

Bill W.

The A.A. Grapevine, November, 1948

Submission

THE SHOPPING CART

Directionless and defeated, bankrupt in every department, ashamed of all my many failures, I drank myself into oblivion every day/night wondering if things were ever going to change and where it was all going to end. How I got to that state of decline was a mystery, after all, weren't my plans always noble. What went wrong? What went right is the question I should have been asking myself. I had painted myself into the corner of life, and the booze had come to the end of whatever comfort it had afforded me in the past. It was over for me and my flawed perception of life. Maybe I should try A.A., after all, what have I got to lose? (GOOD IDEA)

Amazed at what I heard in the meetings I was taking mental notes about how simple life was, and how my false vision of it in the past was my undoing. Maybe I should take a step back and not be in such a hurry to express my opinions, and to tell them how I do things. (GOOD START) Listening to the metaphors, similes, and clichés ,was very helpful, in that it kept reminding me that I had to change my way of looking at things. In the past, I usually did just the opposite of the things they were suggesting. Trying to catch myself doing something that I knew to be wrong, and correcting it on the spot, became a mission for me

One day while trying to find a parking space in a crowded lot at the market, I found one, and as I pulled into it I found that someone had pushed a shopping cart into the flower bed and it impaired my access. I was a little perturbed at this when it occurred to me that this is what I would have done in the past myself. Next, I removed the cart, parked my car, and returned the cart to the rack, and went on about my business. I have been doing this little discipline for about fifteen years now, along with others that symbolize the mental attitudes that I should have had all along. I make my bed daily, I allow drivers in front of me on the highway, and I open doors for people when the opportunity presents itself.

Today, my conscience is clear and I no longer loath myself. This is what is important to me these days. My old selfish way of thinking would have me take every advantage to get ahead in a material way, but I would suffer in a spiritual sense. I need to stay vigilant at that level or I may let my ego return to the driver's seat. Taking these disciplines into all my ventures of life has been a wonderful asset and I hope I never get complacent about these things.

Recently, I was handed an article from a sports newsletter written to instill character in the school sports programs and the writer commented that: "There are two kinds of people in the world, those that put the cart back in the rack, and those that make excuses for why they shouldn't have to do it." I agree.

Rick R. Poway, Ca.

Submission

Friends of Dr. Bob and Bill W. meeting notes aboard the Sapphire Princess
28 day Polynesia Cruise
(5th Installment)

Inspiration, clarity of thinking, doing the next right thing brought me peace of mind and joy. Gradually the program got to me. This is working. I don't want to drink anymore. The old timers got me involved. My favorite word is, "We." I should put as much effort into my sobriety as I did my drinking. If I cannot find a God of my understanding I cannot stay sober.

Resentments are like cancers. Cut them out, do not let them fester. Two POWs reunite years after their release. One asks the other, "Have you forgiven your captors yet?" The other replies, "No, never! I cannot forgive them!" "Then you are still a prisoner." The other replies. When I pray my attitude softens. I was astonished the first time I prayed for another and found it worked! My resentments evaporated. Resentments hurt, me. They rob me of my power. They can be, however, a path of discovery especially when worked out with another AA. The solutions are in the Big Book. Read the next to the last story "Freedom from Bondage." Reminder: Expectations are resentments under construction (without a permit!). Pray for the person you are angry with. Carrying resentments continue to occupy space in my head. Chewing on them is allowing someone or something to control my life. I do not allow this. I need to remember to work my program. Recovery is in the steps that I follow. One through twelve. They are numbered for a reason. I have to apply these things called principles in my life. As I age my "forgetter" becomes more active so I have to be reminded by continuing to go to meetings. Release from resentments is another valuable gift of AA.

Gratitude. Number one on my gratitude list is that I don't live in fear anymore. I look at how blessed we are. The abilities we've been given, like being able to care for others, self support, self respect, and how to be a friend, are amazing. My heart is full now. Look at this beautiful cruise ship and the wonderful places we've been. You gave me what I needed to get out of a two year funk after the death of my mother. We may be the only example of AA and the Big Book that others see. I've had so much fun the last few years going to treatment centers and watch the lights go on when another reaches out for sobriety. Early on I was asked to write down everything I wanted from sobriety. Now when I look at that list I see how much I would have short changed myself. I stay aware that I am an alcoholic. AA is all these skills I've learned. I never knew life could be so big. Every involvement in AA enriches my life. Gratitude is an action word. Don't just tell me, show me. Everything I have today is due to AA. I allowed you to tell me what to do. Finally, I am grateful, and then comes laughter.

Submission

HONESTY

Life wasn't going well for me when I showed upon the scene
but I was ready for the change, whatever that would mean.

The life I'd lead was scandalous, I think you get the gist,
and to get rigorously honest, was the first thing on my list.

When practicing this principle I was brutal from the start,
but that sometimes caused reactions, and it wasn't very smart.

My wife asked me a question, while trying on some jeans
Did they make her look extended? Well, you know what I mean.

That put me in a quandary and, I knew I had to lie,
If I have to be that rigorous, well, I guess I'm gonna die.

I told a friend about it and he said "you got it right".

Kindness trumps the *rigorous* clause, and you gotta keep it light.

He gave a definition and for our purpose, I believe

Kind honesty is *Devoid of all motives to deceive.*

It gives a little wiggle room and, I think God wouldn't mind

if self-righteousness takes a little hit, *if only to be kind.*

I've learned there are few absolutes, and my conscience is my guide

and I must put self-honesty first, when, *these thing I must decide.*

Rick R. of Poway



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.

Hot Line Schedule

1st Monday	Just Us Girls (Temecula)
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	Michael J
2nd Friday	Shannon
2nd Weekend	Mosh Pit
3rd Monday	Jill M
3rd Tuesday	Nancy 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 Twilight Meeting at the Alano Club on Sunday (Temecula)
4th Friday	Women's Candlelight -Thursday (Temecula)
4th Weekend	Wild Ones Grape Street (Wildomar)



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.

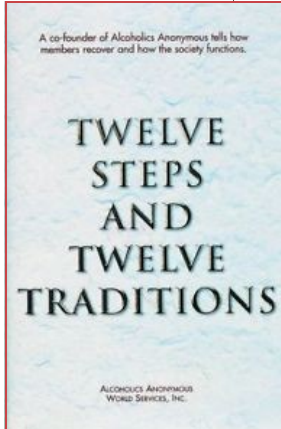
Send email to DLSevant@TemeculaCentralOffice.Org and be added to the list.

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 12 Guidelines

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics, and to practice these principles in all our affairs.

How It Works

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

-A.A. *Big Book* p.89

[More about Step 12 in the Big Book](#)

STEP
12

Tradition Twelve.

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Group Contributions



	Nov 14	Jan - Nov 14
Tem Del Rio Survivors	300.00	2,867.00
Mur United Methodist/Tue 10am/Womens	261.25	311.25
Wildomar Wild Ones #653642	250.00	2,140.00
SC Unity Hall/Umbrella #164257	250.00	1,900.00
Mur Community House/Mon-Sat 7am/ABSI	200.00	2,009.25
Tem Serenity Friday 6pm #710973	192.67	431.67
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	157.00	297.00
Tem/Hill Recovery/Sat 8am/Early Risers	125.22	1,124.22
Tem Mon Night Men	100.00	1,150.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	60.00	647.00
Mur/UMC/Mon Noon/Womens ABSI #161040	60.00	488.25
LE AOG Church/Wed Noon/Acceptance	60.00	240.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	60.00	115.00
Menifee/Sun 9am/Grass Roots #706488	50.16	427.56
Mur United Methodist/Mon 7pm/Lil Big Book	50.00	328.00
Mur/TVCO Intergroup/#179377	43.45	381.48
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	39.35	39.35
Wildomar Grape Street/Fri 7pm/Step Study	30.00	170.00
Mur Community House/Sun 730pm/The Geek	20.00	278.03
Tem RC Church Office/Tue 6pm/Mosh Pit	0.00	600.00
Tem Sat 8pm/World Famous Speaker Meeting	0.00	528.00
Tem Ser Cir/Fri 10am/ Womens	0.00	235.00
Tem Ser Cir/Fri Noon/	0.00	50.00
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	560.00
Tem Ser Cir/Mon Noon/Participation	0.00	90.00
Tem Ser Cir/Thur 715pm/Serenity Seekers	0.00	234.35
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	491.00
Tem Serenity Friday 10pm	0.00	300.00
Tem Serenity Monday 6pm #610281	0.00	180.00
Tem St Catherine's/Fri Noon/Step Study	0.00	325.00
Tem The Meeting Place/Wed 5pm/Just Us	0.00	168.39
Tem/Alano Club/Sun 9am/Came to Believe	0.00	300.00
Tem/Hill Recovery/Mon 10am/Open Arms	0.00	130.00
Tem/The Alano Club/Sun 6pm/Twilight	0.00	216.00
Temecula Joe & Charlie Workshop	0.00	180.00
Wildomar on Grape /Sun7pm/Pigs onthe Wall	0.00	22.00
Womens Banquet	0.00	69.74
Tem Mary Phillip Sen Ctr/Thur 6pm/For Fun	0.00	36.50

Tem Del Rio/Thur 10am/Sisters Share	0.00	158.00
Tem Del Rio Survivors/Mon Wed Fri Noon	0.00	75.00
Serenity Cup Tournament	0.00	35.00
SC Methodist Church/Tue 7pm/Step Study	0.00	37.20
SC Carmel Rd Tues 12 x 12 #177784	0.00	48.00
SC Boston Billies/Wed 7am/Mens Breakfast	0.00	187.00
Murrieta The Searching Party	0.00	242.00
Mur United Methodist/Wed 8pm/Discussion	0.00	30.00
Mur United Methodist/Thur 8pm/Step Study	0.00	85.00
Mur Community House/Wed 7pm/Mens Stag	0.00	120.00
LE TMP Sat 730pm Beginners and Birthdays	0.00	10.00
LE TMP M-Sat 7am Early Birds	0.00	40.00
LE Meeting Place/Tue 730pm/Podium Part	0.00	10.00
LE Meeting Place/M-F Noon/#171639	0.00	45.00
LE AOG Church/Thur Noon/Womens BB	0.00	270.00
Hemet Provident/Tue Noon/Sober Seniors	0.00	150.00
Hemet Provident/Mon 1pm/Share the Legacy	0.00	70.00
Hemet Arrid/Sat 7pm/Back to Basics	0.00	72.00
TOTAL	2,309.10	21,745.24

A BIG THANK YOU

To all the people and groups who contributed towards our
Gratitude Month campaign for Central Office we say
THANK YOU!

We raised \$2,685.14!

Personal Donations

Date	Name	Amount
11/6/14	Jim F	30.00
11/6/14	Darcie D	10.00
11/6/14	Tom C	10.00
11/6/14	Paul Rohrbacher	20.00
11/6/14	Shep and Annie	20.00
11/12/14	Chris and Thalia	20.00
11/15/14	Mike B	20.00
11/15/14	Jill A	20.00
11/15/14	John and Brenda	10.00
11/20/14	Tom and Mary	100.00
11/20/14	Jason F.	10.00
11/29/14	Tom C	10.00
11/30/14	Darcie D	10.00
		<u>290.00</u>

Valley Buck A Month

Date	Name	Amount
11/29/14	Gene W	5.00
11/29/14	Linda	10.00
11/29/14	Georgia	1.00
11/29/14	Karen K	1.00
11/29/14	Marcos	5.00
11/29/14	Chuck	10.00
11/29/14	Edna E	1.00
11/29/14	Jack	2.00
11/29/14	Jamie	3.00
11/29/14	Tom	2.00
11/29/14	Bob	5.00
11/29/14	Don	1.00
11/29/14	Kenny	25.00
11/29/14	Connie	20.00
11/29/14	Tony	1.00
11/29/14	Donut Dave	5.00
11/29/14	Michael M	1.00
11/29/14	Ron	2.00
11/29/14	Stephanie	1.00
11/29/14	Matt	1.00
11/29/14	Suzie	13.00
11/29/14	Chelsea	1.00
11/29/14	John	2.00
11/29/14	Rendi	1.00
11/29/14	Mary	5.00
11/29/14	Wayne D	1.00
11/29/14	Jennifer	5.00
11/29/14	Arnie	5.00
11/29/14	Debbie	5.00
11/29/14	Wayne D	1.00
11/29/14	Connie	1.00
Nov 14		<u>142.00</u>



Central Office News

Volunteers

- 1 Beth
- 2 Brenda
- 3 Chris
- 4 Curtis
- 5 Debi
- 6 Debbie
- 7 Jill A
- 8 Jill M
- 9 John W
- 10 Kristie
- 11 Nancy
- 12 Nick
- 13 Rich
- 14 Sharon
- 15 Shari
- 16 Sharii
- 17 Shawn
- 18 Steve
- 19 Stuart
- 20 Theresa
- 21 Tony
- 22 Trish

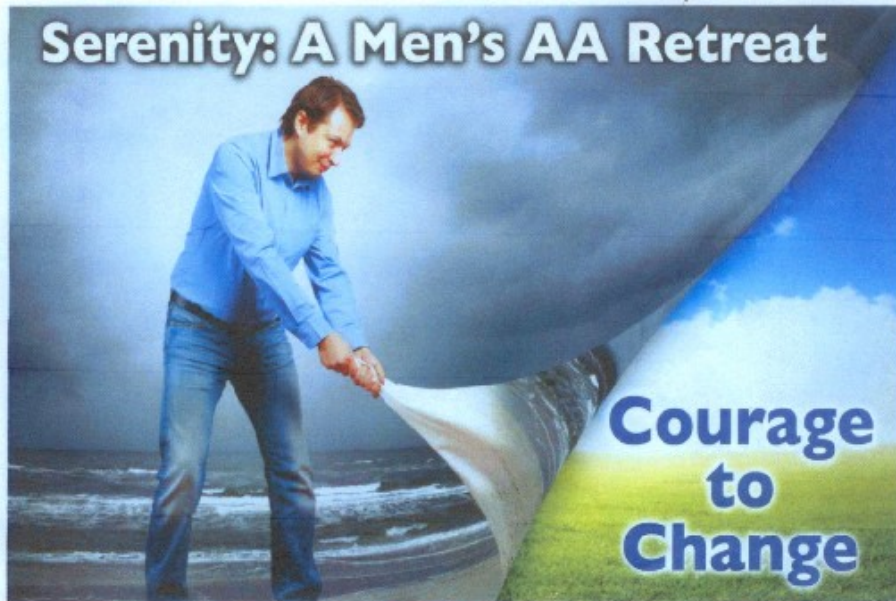
Daily Activity For November

Phoned in	155
Walk ins	107
AA Meeting	86
Al-anon	2
12 Step	4
Donations/Purchases	78
Misc/Other Business	18



Date	Name	Amount
11/06/2014	Birthday Donations Happy 29 Year Birthday!	29.00
11/06/2014	Kelly R	10.00
11/15/2014	Cody W celebrates 5 years!	10.00
		49.00

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