

GRATITUDE GAZETTE

February 2015
(951) 695-1535

SUBMISSIONS

AA LAUNCH PAD

I was sitting at a meeting recently when I heard a very young, and very sincere, single mother of two, sharing that her first experience in AA was the thought of having to do all this stuff for the rest of her life and she didn't find it too comforting. It sounded to me that, from her perspective, she knew that she had to do it, but it wasn't going to be easy or fun. I admired her for her courage and conviction and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was the father of a boy, was in the Navy, and was divorced. It was a difficult time but I had to go through it, drinking or not. I began the process of recovery in a slow, methodical and thorough way, and I came out a stronger person for it. I likened it to the first Apollo space mission to the

moon. It goes something like this:

When you first see the size of this space craft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flame and smoke engulf the entire area, and in a few moments, it slowly starts to lift off. As it lumbers its first few hundred feet, it is expending a tremendous amount of fuel. Slowly it starts to gain momentum and pick up speed, still shuddering along. Soon the booster tanks are depleted and they are ejected and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit. Next, the main tank is depleted just before orbit and is ejected. What is left is a very small portion of what left the launch pad. Soon the craft leaves orbit and heads

toward the moon and something else happens that sometimes goes unnoticed. Somewhere between the earth and the moon, the gravitational pull of the moon has more influence on the craft than the earth's has, and it is gently drawn along its path. Very little energy is needed at this point except for minor course corrections.

In AA, when we first get started, it appears to be an insurmountable task and it requires a tremendous amount of effort just to get off the launch pad. Not every launch is successful and some of us don't make it the first time, and we have to exert all that energy in each successive attempt. As we do get on our way, it starts to get easier as we increase our momentum. Much of the burden falls away as we make progress, and the going gets easier as we head for our objective.

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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

SUBMISSIONS

AA LAUNCH PAD

When we go through the twelve steps, we finally reach orbit.

After we are satisfied that everything is in order, we can now set out for the moon. If we stay on course, the spiritual gravity of values we have adopted in the AA program will far outweigh the negative gravity of the past as long as we eject all of the dead weight that held us down. As we continue to adjust the day to day, mistakes that we make, and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life of peace and serenity that is hard to imagine when we are setting on the launch pad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.

RICK R.
POWAY, CA.

INTRODUCTION

Hi, my name is Deanna and I'm an alcoholic. I would like to introduce myself; I am serving on the Board of Directors for Central Office in the capacity of chairperson for the Gratitude Gazette. For those of you who do not know me, I have been a sober member of Alcoholics Anonymous since 2005, and I have been very involved in service in the Temecula Valley area in many different service capacities. In the many meetings I attend, people "lovingly" (I hope) turn their heads toward me when asked if there are any AA announcements, as I usually have one or two about something. I'm on fire for recovery and insist on having fun and being involved! It is my hopeful objective over the next 2 years to be of maximum service in the area of the Gratitude Gazette, also to my fellow board mates, central office, and my recovery community. I would like to thank our loyal Gazette article contributors, your participation is greatly appreciated, and I hope to continue to encourage others to participate as well. I hope to be a visible presence at our local events, and encourage our fellowship to write articles about their experiences at these events. I would also like to focus on increasing the amount of recipients of our newsletter. All that being said, I'm very excited and enthused about this endeavor and, again, I hope to serve you all well.

"Directions to AA: Just go straight to hell and make a U-turn." ~Author Unknown

"One reason I don't drink is that I want to know when I am having a good time." ~[Lady Astor](#)

"If faith without works is dead, then Willingness without action is fantasy." ~Author Unknown

"Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut."
~[Ernest Hemingway](#)

"Don't let your worries get the best of you; remember, Moses started out as a basket case."
~Author Unknown

SUBMISSIONS

STEP TWO

The 2nd Step - Being Restored to Sanity

FOR THE FIRST several months in AA, I couldn't look at the Second Step: "Came to believe that a Power greater than ourselves could restore us to sanity." The implied word "insanity" drove me quickly from the First Step to the Third. I was so deluded that I could not conceive of that powerful and graphic word applying to me.

Several months passed, and I developed at least a nodding acquaintance with the other eleven Steps--but not Step Two. I continued to avoid it, because that awful word "insanity" was like a conceptual wall. Perhaps, in those early days of sobriety, the fear that I was going insane during drinking was still too fresh for me to face Step Two honestly. "Irrational," I'd admit to; "insane," I couldn't.

About this time, I joined a Step group. Every twelve weeks, the Second Step would once again appear. Finally, I developed enough honesty and self-awareness to acknowledge that some of my bizarre activities during my drinking days had been so irrational as to warrant the label "insane." But I quickly dismissed further consideration of Step Two by rationalizing that my bizarre behavior ended when my drinking did, and that I had thus been restored to sanity. After all, I no longer raced the police down the main street nor drove my motorcycle off the dock into the lake. So much for the Second Step.

More time passed, and each time the Second Step would roll around for group discussion, I'd sit through it silently, feeling it no longer had any application to me. But gradually, a nagging thought started to tell me that I was missing something. The more I heard the Step

discussed, the more I knew that something was passing me by--perhaps something very important. Finally, after months of uncomfortable ignorance, it came to me: Although my insane *behavior* had largely disappeared with my drinking, my insane *attitudes* persisted. Being restored to behavioral sanity was only the preliminary part of the Second Step; attitudinal insanity was still very much a force in my life.

As I pondered this new-to-me discovery, I realized that any attitudinal insanity leads directly to inappropriate behavior, which then results in emotional pain for me and often for others. Slowly, I started to see how this worked. My personality defects, not yet checked by use of the AA program, resulted in an insane attitude, which caused inappropriate behavior, which, in turn, led to pain.

An example I experienced involved my grandiosity. One spring day, my grandiosity became so insane that I thought I could afford a new luxury car--despite the fact that I had an almost-new car, purchased with overextended credit. So my insane attitude led to the purchase of that new car--inappropriate behavior--which in turn resulted in self-inflicted pain. Each of the next thirty-six months, I kicked myself for the higher and longer monthly car payments, which continued long after the "fix" of the new car had worn off.

Now, I see that buying the car was not an insane act--just inappropriate for me. There is nothing insane about buying an automobile, and under certain circumstances, it is fully appropriate. But the grandiose attitude that told me to buy the car when I couldn't afford it was clearly a form of insanity.

Thus, I have concluded that, while insane behavior pretty well evaporated with booze, insane attitudes linger on. Studying the Second Step has heightened this awareness; and now, beginning to work the Second Step in earnest, I find that my Higher Power is helping to identify those insane attitudes before they lead to inappropriate behavior and the inevitable, consequent pain.

M. B.

AA Grapevine

October 1978 Vol. 35 No. 5

SUBMISSIONS

TRADITION TWO

"For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

When I walked into the rooms of AA, one of the hardest concepts for me to wrap my head around was feeling part of a group. I spent so many years living life on self-will, stepping on the toes of my fellows, that I never felt a sense of belonging. That's why the Traditions are so important to Alcoholics Anonymous. I believe they were created to make people feel a part of the program, give members the sense of Oneness that had eluded us for so long. Tradition Two is especially important because it allows our meetings to remain a fellowship of equals. No matter what an individual member's background, education, or professional expertise, no member has authority "over" the group. In this way, the fellowship reaches out to all who would seek its comfort and provides a sense of "belonging."

The magic in Tradition Two, is that it puts our new way of life to the test. If we are going to quit playing God, and begin to live a life where God is our Director, then we have to apply this to all aspects of our life. God is either everything or He is nothing. If He is everything, then He should be the ultimate authority in all of our affairs including meetings. In a program where most members suffer from selfishness and self-centeredness, I know that many individuals have felt they know what is best for their group.

I've felt many times a change in my Home-group was needed or not needed and would have fought tooth and nail to have my opinion validated. I'm extremely grateful, that Tradition Two did not allow my voice to be the only one heard; because some of the greatest lessons were experienced as a result of the group's conscience and not my own.

My program today is built upon the foundation of "We." Left alone to my own devices, I get drunk and destroy lives. We walk this road of recovery together. We recover. We lead our groups together by allowing our Higher Power to express himself through our group conscience. With Him as our Guiding Principal, We are free to carry the message to Alcoholics who are still suffering. This concept will truly allow us to pass through the triumphant arch to freedom.

~Chris T.

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; ensure 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.



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 conscience.

Let us know when and how we can help.

Your Central Office Team

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 article's 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 using Notepad.

Submissions accepted via email at: gazette@temeculacentraloffice.org

CENTRAL OFFICE APPRECIATES ALL OF THEIR VOLUNTEERS.

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 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!

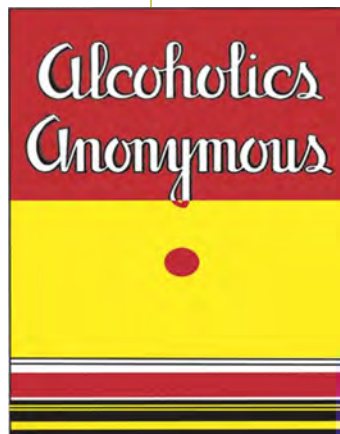
STEP TWO GUIDELINES

Came to believe that a Power greater than ourselves
could restore us to sanity

HOW IT WORKS

When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow we had to begin somewhere. So we used our own conception, however limited it was. We needed to ask ourselves but one short question. - "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

-A.A. Big Book p.47



TRADITION TWO

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

GROUP CONTRIBUTIONS

	Jan 15	Jan 14	\$ Change
Merchandise Sale	840.00	0.00	840.00
Tem Del Rio Survivors	325.00	220.00	105.00
Mur Community House/Mon-Sat 7am/ABSI	302.00	168.00	134.00
Tem RC Church Office/Tue 6pm/Mosh Pit	180.00	0.00	180.00
Tem/Hill Recovery/Sat 8am/Early Risers	160.42	100.00	60.42
SC Unity Hall/Umbrella #164257	150.00	0.00	150.00
Tem Serenity Friday 6pm #710973	120.00	60.00	60.00
Tem Mon Night Men	110.00	100.00	10.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	100.00	100.00	0.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	90.00	20.00	70.00
Temecula Joe & Charlie Workshop #711469	68.00	0.00	68.00
Tem Serenity Monday 6pm #610281	60.00	60.00	0.00
Murrieta The Searching Party	60.00	62.00	-2.00
Mur/TVCO Intergroup/#179377	55.89	0.00	55.89
Mur United Methodist/Mon 7pm/Lil Big Book	50.00	48.00	2.00
LE AOG Church/Thur Noon/Womens BB	50.00	0.00	50.00
Canyon Lake The House Women Monday	50.00	0.00	50.00
Mur Community House/Sun 730pm/The Geek	35.00	65.00	-30.00
SC Boston Billies/Wed 7am/Mens Breakfast	35.00	50.00	-15.00
District 17 Liason	21.65	0.00	21.65
LE Meeting Place/Sun 1030am/Speaker Mtg	10.00	0.00	10.00
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	120.00	-120.00
Mur Sat 8pm/World Famous Speaker Meeting	0.00	204.00	-204.00
Tem St Catherine's/Fri Noon/Step Study	0.00	50.00	-50.00
Tem/Alano Club/Sun 9am/Came to Believe	0.00	100.00	-100.00
Tem/Hill Recovery/Mon 10am/Open Arms	0.00	30.00	-30.00
Wildomar on Grape /Sun7pm/Pigs onthe Wall	0.00	22.00	-22.00
Tem Ser Cir/Thur 715pm/Serenity Seekers	0.00	60.00	-60.00
Tem Ser Cir/Mon Noon/Participation	0.00	60.00	-60.00
Serenity Cup Tournament	0.00	35.00	-35.00
Tem Del Rio/Thur 10am/Sisters Share	0.00	48.00	-48.00
TOTAL	2,872.96	1,782.00	1,090.96



"Reality can be hell when you're only visiting."

"God save me from myself."

"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."

"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."

"When I don't have expectations of others, anything positive they do is a pleasant surprise."

PERSONAL CONTRIBUTIONS

<u>Date</u>	<u>Name</u>	<u>Amount</u>
01/02/2015	Judy M	2,500.00
01/07/2015	Chris and Thalia	20.00
01/07/2015	Paul Rohrbacher	20.00
01/07/2015	Shep and Annie	20.00
01/07/2015	Jeff B	10.00
01/07/2015	Jim F	30.00
01/17/2015	John and Brenda	10.00
01/17/2015	Jason F.	10.00
01/17/2015	Jill A	20.00
01/17/2015	Mike B	20.00
01/18/2015	Anonymous	20.00
01/26/2015	Tom and Mary	100.00
01/26/2015	Tom C	10.00
Jan 15		<u>2,790.00</u>

BUCK A MONTH CLUB

<u>Date</u>	<u>Name</u>	<u>Amount</u>
01/30/2015	Eric	2.00
01/30/2015	Ron	2.00
01/30/2015	Gene W	5.00
01/30/2015	Marcos	25.00
01/30/2015	Jack	2.00
01/30/2015	Anonymous	41.00
01/30/2015	Georgia	1.00
01/30/2015	Suzie	10.00
01/30/2015	Tom	12.00
01/30/2015	Amber	1.00
01/30/2015	John	2.00
01/30/2015	Sandy	5.00
01/30/2015	Debbie	5.00
01/30/2015	Mary	5.00
01/30/2015	Chuck	20.00
01/30/2015	Nicki	1.00
01/30/2015	Linda	10.00
01/30/2015	Jamie	3.00
01/30/2015	Brian	1.00
01/30/2015	Jonathon	1.00
Jan 15		<u>154.00</u>



"AA won't keep you from going to hell nor is it a ticket to heaven but it can keep you sober long enough for you to make up your mind which way you want to go!" ~Author Unknown

"Don't let yesterday use up too much of today." ~[Will Rogers](#)

"AA is a self-help program that you can't do it by yourself." ~Author Unknown

"AA is the only place where you can walk into a room full of strangers and reminisce."
~Author Unknown

CENTRAL OFFICE NEWS

VOLUNTEERS

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

DAILY ACTIVITY FOR JANUARY

Phoned in	155
Walk ins	131
AA Meeting	63
Al-anon	9
12 Step	16
Donations/Purchases	77
Misc/Other Business	23



Murrieta January Birthdays Community House 7am ABSI

Karen 41 years
 Gary 18 years
 Bob 18 years
 Tom 5 years
 Don 5 years
 Mary 5 years
 Suzy 2 years
 Amber 2 years
 Gail 1 year
 Georgia 1 year
 Marcos 1 year

EVENTS

CIRCUS

The 6th Annual Pancake Smackdown
is Coming To Town!

Sunday March 1st
Murrieta Community Center
41810 Juniper St. 7am – 12PM

**This is a full breakfast and circus!!!
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!
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

Games & Prizes!!
Huge Raffle!!
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 donating to the raffle or making a donation to help make this event possible
PLEASE contact Jason 951-691-9974.

EVENTS



Dear Intergroup and fellow AA members,

The Pancake SmackDown will be here soon and this year the committee has decided to go with a carnival/circus theme. We will still have the normal raffle that we have had in the previous years. In addition however we are asking if a few groups could put together a carnival attraction. Some of the ideas that have been brought up are a dunk tank, ring toss, dart throw at the balloons on a board, ect.

Putting an attraction together can be done instead of a group donating a raffle prize or cash toward the raffle.

Here is an example of what a group could do and how it would most benefit the event in terms of fundraising.

1. Pick your attraction.
2. Have your group donate and build the attraction.
3. Have your group take up a collection to purchase the prizes that can be won at your booth.
4. Bring your booth and your prizes to the event.
5. Have members of your group volunteer to run your attraction during the breakfast.
6. Sell tickets and collect funds that will be donated to the fundraiser.
7. Take your booth home at the close of the event.

The Pancake Smackdown is the Valleys largest event in terms of attendance as well as fundraising. The breakfast and speaker meeting are completely free. All food and raffle prizes are paid for and furnished by individual members and AA group donations.

Please keep in mind that raffle prizes and events booths are part of the fund raising side of this event. The food and venue cost around \$2,000 and must be raised prior to the day.

Thank you for all your support in making this day possible for EVERYONE!!!

Jason Friedman
Smackdown Chairman

951-691-9971  951-691-9971