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SUBMISSIONS

Jack London's Drunk-o-Log: John Barleycorn

In today's world, celebrity drunk-o-logs have become passé. Almost daily, whether in the checkout line, in tell-all autobiographies, or on talk shows, we learn of the latest sodden escapades of some notable person or other. We often are made privy to their attempts to achieve and maintain sobriety as well. However, a little over a century ago this sort of airing the laundry was quite unheard of.

The early years of the Twentieth Century saw the beginning of mass culture, disseminated through large-circulation newspapers and journals, as well as the new mediums of film and radio. Writer Jack London, with his rugged good looks, rough-and-tumble rise to recognition, and his prolific and popular articles and books, became a media darling, a celebrity author that prefigured in many ways those who came after, like Ernest Hemingway.

Drinking was a big part of Jack London's story, and he made no secret of it. It enhanced his image as a two-fisted man, one who could hold his liquor and hold his own in any barroom brawl. In his youth, he rubbed elbows with the rough men, big and unafraid, and wizened wharf rats, some of them ex-convicts, all of them enemies of the laws that peopled Oakland's waterfront. It was under these circumstances that Jack began his lifelong association with John Barleycorn, which he recounts in his autobiographical memoir of the same name

As Jack tells it, for many years he drank merely to be sociable:

All drinkers begin socially as I have described out of my own experience. These social connotations are the stuff of which the drink habit is largely composed.

But he also relates that, over time, he developed a mental obsession with alcohol; he liked the grandiose state of mind it generated:

I was the lord of thought, master of my vocabulary and of the totality of my experience, unerringly capable of selecting my data and building my exposition. For so John Barleycorn tricks and lures, setting the maggots of intelligence gnawing, whispering his fatal intuitions of truth.

Yet Jack London would never admit to the fact that he was one of us. Throughout Barleycorn he boasts of long periods of abstinence, claiming this as proof he was non-alcoholic. But at the end of each dry spell there was a bender waiting. He also recounts his attempts to control his drinking, many of which are listed in Chapter 3 of the Big Book. But in the end all his efforts proved futile. By the time he turned 20

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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

he had crossed the line. After a long dry period spent preparing for and taking the University of California entrance exam, London took a chilly solo sailing trip up the East Bay. As he sailed toward his destination in Suisun Bay, he spied a gaggle of fishing boats tied up at the Benicia wharf:

I had no intention of stopping at Benicia. The tide favored, the wind was fair and howling glorious sailing for a sailor, and yet, when I laid eyes on those fishing arks without debate, on the instant, I put down the tiller, came in on the sheet, and headed for shore. For the first time in my life I consciously, deliberately desired to get drunk. It was a mental desire.

If this isn't an admission of alcoholic thinking, I don't know what is.

From this point on, London's drunk-o-log winds its inevitable way down and down to a state of profound despondency. His exploits along the adventure path, as an oyster pirate, high seas seal-hunting sailor, mill worker, gold miner, and hobo are colorful but also melancholy. Every one of them ends at the bottom of a bottle.

Yet Jack was a high-functioning alcoholic. He was a renowned and prolific author, producing 1,000 words of material almost every day, with a lifetime total of 50 fiction and non-fiction volumes, 197 short stories, hundreds of newspaper and periodical articles, poems, and 9 plays; in 1913, the year that John Barleycorn was published, he was the world's highest-paid writer. Despite all of his material achievements and success, at the end of his life he was consumed by morbid reflection:

Yet, with all this vast good fortune I am sad. And I am sad because John Barleycorn is with me with jaundiced eye I gaze upon all the beauty and wonder about me, and with jaundiced brain consider the pitiful figure I cut in this world that endured so long without me and that will again endure without me.

To the non-alcoholic, London's plight might seem puzzling. Those of us, who have read and studied Chapter 4 of the Big Book, can surmise the nature of Jack's problem: he had a woefully underdeveloped spiritual sense. Jack London grew up in an era that was heavily influenced by the theory of Social Darwinism: survival of the fittest in a lonely, disinterested universe — cruel and bleak as interstellar space, pulse less and frozen as absolute zero, dazzling with the frost of irrefragable logic and unforgettable fact. For Jack, even when man did feel the presence of a higher power, it was hardly comforting:

On journeying across the ghostly wastes of a dead world, he trembles at his audacity, realizes that his is a maggot's life, nothing more. And the fear of death, of God, of the universe, comes over him the hope of the Resurrection and the Life, the yearning for immortality, the vain striving of the imprisoned essence it is then, if ever, man walks alone with God. The White Silence.

Jack's rags-to-riches story and worldly success might have actually been an impediment to finding the type of higher power needed for a successful recovery. He had struggled to the top of the heap - a self-made man. He was living proof that a man can make it through this world by his own exertions. If he could accomplish so much on his own, why couldn't he part company with John Barleycorn once and for all? It is a question that remains unresolved at the end of his memoir.

When Barleycorn was published in 1913, London's reputation suffered. His readers did not want their celebrity author to admit, even equivocally, that he might have a character defect. He said he hoped Barleycorn would provide a caution to his readers, especially boys and young men, to stay far away from alcohol. He even endorsed prohibition as a way to make this happen. If the saloons were closed and alcohol unavailable, then never having access to it, they will never miss it. They will know of the saloon only in the pages of history a quaint old custom similar to bull-baiting and the burning of witches. Just three years after his death in 1916 at the age of 40, America would try it Jack's way when it passed the 18th Amendment to the Constitution, banning the production, transport, and sale of alcohol. Sadly, in this as in his insistence that he was not an alcoholic, Jack London was dead wrong.



CONTRIBUTIONS

WE WILL KNOW PEACE

Why was I so different when I was first introduced to that wonderful remedy, for all my ills, that I found in a bottle? Not having destroyed my life yet, I saw nothing but good in the beginning. I was thoroughly duped as my brain cells gave out a long: "AAAAAH!" when I took my first drink. Something happened at that moment that gripped me in a mental state that I had never recognized before. It's not that I had never experienced it, I just never understood it, and I could bring it on again, on demand. About halfway through my second drink, *I had the feeling that everything was right with the world.* At that young age I felt that I was immortal and that I could survive, just about anything. That went on for quite awhile before those wonderful periods of *mental euphoria* began to get shorter and shorter. Oh, how I tried to repeat that old process that got me there so easily but, it just wasn't happening. It was gone and I didn't even know what it was.

Being beaten into submission, trying to recapture those *few moments' ecstasy* over the next ten years or so, I surrendered and stumbled into Alcoholics Anonymous hoping to regain some semblance of existence that didn't leave me hating life. That started me on a journey that has turned my whole life around and it developed into something far better than I could ever have imagined, had I never drank at all.

One by one, I took the steps in the order they are in, and I have been as diligent, as I could be, about the *spirit of the steps* and not just the *"letter of the law"* so to speak. I am happy to report that they have *deeply influenced every corner of my heart, my conscience, my mind and my faith.* One of the most important part of this transition has been the wisdom of the founders of the program when they fashioned it in a way that *each alcoholic could find his/her own concept or path to enlightenment* and recover from this fatal disease. As I tried to navigate through the waters of prayer and meditation, I had some roadblocks to overcome when trying to revisit the religion of my youth, which had, as they say, left me wanting. I had no problem praying to *the God of my own understanding* and it has served me well. When it comes to meditating had trouble doing *the ritual approach* to meditation that so many people seem to embrace and have their need in that area met, but as I discuss the different approaches to meditation,

and there are many, I realized that there were times, in my own experience, that I had realized the same kind of results that they had and it gave me another path to travel. When I look back on the time when I took my first drink, and that feeling I had halfway through my second drink it occurred to me that *I was at perfect peace with myself and with the world around me.* I find that, for me, it is mainly that *peace of mind* that is the desired end result of meditation. So how do I achieve this if the ritual approach is not productive for me?

I have spent most of my adult life on the waters of the oceans of the world and on the lakes where I lived through most of my civilian life, and it's not uncommon to hear people talking about the beach or the mountains when they meditate. I've have had reoccurring periods of that *peace of mind* that we talk of. I use as an example; I used to fish San Diego bay, early in the morning right before sunrise, the waters are usually calm at that time, the winds are calm, there is a light steam rising from the water and it is perfectly quiet, my bait is lightly bouncing along the bottom of the bay and I am so focused on the lure, I have no distractions at that time, I feel like I can almost set the hook before the fish even bites. *My mind is at total peace.* Another time that I have that same peace was when we water skied on San Vicente Dam, early in the morning, same quiet, same steam rising, I'm first in the water, I call out, "Hit it", and the boat rushes foreword and I am lifted up onto my ski. As I am cutting through the water from port to starboard, and back, I can hear the ski hissing as it slices from one side to the other. I can here ski hissing, but I don't here the boat engine. I am that focused on the sound of the ski. I am at peace. My mind is free. This doesn't mean that if I want to meditate, I have to be in a boat. It might just as well been while reading a book, or when turning wood on my lathe. There are many ways to take advantage of the world around me and I spend a lot of my time in those quiet places. As one of my old mentors used to say, "ALL I WANT OUT OF LIFE IS PEACE OF MIND AND A QUIET HEART" and that would satisfy me. I think I'll go fishin.

Rick R.

STEPS

[October 1946](#) Vol. 3 No. 5

Editorial: On the 12th Step. . .

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

The 12th Step is the climax of the other 11. Without the 12th Step, the conception formulated in the other 11 would be like faith without works and the body without the spirit.

Here is the plan put into action, and it is a two-way action. Through the 12th Step, one receives as he gives. He gives to another what he has learned and in so doing receives new strength for himself. And it is through this two-way action that A.A. grows not only larger but stronger, for it is through the 12th Step that new members are made and old members extend the length and the quality of their sobriety.

When the 12th Step operates as it is intended to it precludes the development of the stultifying results of the ordinary debtor-creditor relationship. Although the A.A. engaged on a 12th Step mission may appear to be the donor--donor of a priceless gift which has helped thousands of others--and though the distraught recipient may feel grateful either then or subsequently, there is a powerfully restraining factor in the transaction. The A.A. cannot feel smugly virtuous as bearer of this gift when he knows that by giving it he keeps it and that 12th Step work is the way he helps to preserve his own sobriety. He is not likely to get a fatally righteous and inflated estimation of himself when he remembers that in 12th Step work one receives at least as much and usually much more than he gives. He cannot well fancy himself becoming a saint when he remembers that through 12th Step work he helps to keep himself from becoming a drunk again.

Even for the newcomer who discovers A.A. by way of some member applying the 12th Step in his behalf, there is an equalizer. He may always feel grateful, but as he learns more about A.A. he realizes the ne-

cessity of the 12th Step work to the do-er as well as the receiver and thus is relieved of any sense of imposed obligation. And he in turn can embark on 12th Step work knowing that he is doing it for himself more even than for others and certainly without the duress of paying off a debt.

By virtue of these factors, 12th Step work is both inspirational and practical, often the spark that rekindles the fires of shining hope, and at the same time a completely realistic approach to a very tough problem. Few situations arise anywhere that offer a greater challenge to one's ingenuity, resourcefulness, perseverance and the best of his brains than those which arise commonly in 12th Step work. Nor, it should be added, are there many things which man does that require more hard work than is so often needed in the completion of a 12th Step task.

In 12th Step work, one is dealing with the most exasperating, stubborn, conniving, prevaricating, baffling, unpredictable, twisted and messed-up human being at large --the drunk. Successful 12th Step work calls for practically all of the virtues and talents given man, and often, even if any A.A. had all of the virtues and all of the talents, they would not be enough.

Yet, 12th Step work also offers more drama, more comedy, suspense, thrills and excitement than one will ever find on any movie screen. And it is real. It is life in the raw. It takes care of any idle time that may have been dragging heavily. And it has given to many an A.A. experiences that yield the greatest happiness of a lifetime.

Finally, of course, 12th Step work is certainly one of the surest, if not the surest, way of keeping sober. The reason it is so effective is that it almost compels one engaging in it to keep thinking in the direction that preserves sobriety. It is, at the same time, a reminder of what has been and a warning of what could be again.

But, more even than its value as both a reminder and a warning, 12th Step work is the practice of the basic principle of a way of life. The principle has been voiced in many different phrases --as "Do unto others. . ." and "My brother's keeper," or "Brotherhood of man," and simply, "Helping others." So, likewise, is 12th Step work helping others, keeping the brother, doing unto others as we have been done unto. And doing it without expectancy of repayment or bouquets.

TRADITIONS

Tradition 12
by Caroline Mc.

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

I love the very first sentence on this tradition in the Twelve and Twelve on page 184 which states, "The spiritual substance of anonymity is sacrifice." I've learned how important humility is in this program, and this tradition reminds me to remain right-sized for the benefit of fellowship unity.

It is not my place to share any information about another member. The motives for doing so usually come from two extremes. I'm either talking about AA or its members to feel superior, or I want to be liked, accepted, and approved of by the listener. Either way, I would not be thinking about the common good of AA and its members. By giving up these desires, I would be preserving our unity and not breaking this tradition.

No longer do I find myself unique from other members, nor do I claim to know how AA should be done. We are all governed by a Higher Power, and each have shared the same incomprehensible demoralization. We are just like all the others in the fellowship. We live by certain spiritual principles, and personalities are put aside. We sacrifice our own self-centered, self-seeking ways to be there for the other alcoholic in need.

THE GARDEN



1. Peace of mind
2. Peace of heart
3. Peace of soul

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

1. Turnip for meetings
2. Turnip for service and volunteering
3. Turnip to help one another (often the smallest gesture, has the biggest imprint)

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

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CONTRIBUTIONS

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

CONTRIBUTIONS

I Could Hear Radford Clapping

My name is Nancy F. and I'm an Alcoholic. I got sober on Feb. 9, 1985, and have over 30 years of sobriety. Live my life one day at a time as the best person I can be. I tried to get sober many times before this and a retreat; you may call it, as I got sober in 1979 at the age of 19 years old. I gave up pills as I was a barbiturate addict. Many Eskimos crossed my path over the years, and it was a sober lady next door to my friend's house who said "come on, you're all going to a meeting." So I went with a group of friends to Roxbury Park in Beverly Hills. One of my friends stayed sober since this time, and then we worked together as Costumers and he always said "you need a meeting" and laughed and did this for many years to come after that. It stuck in my head, so finally I went as I got sober for awhile in 1979 at the age of 19, and at the Friday night Rodeo Drive meeting in Beverly Hills a woman gave me The Big Book of Alcoholics Anonymous as I left. I said I don't think I'm an alcoholic yet, I hardly drank at all, and she said when you decide you are, come back. Those words rang in my head so for many years. I used my Big Book as a coaster, as I started drinking vodka, beer, Tequila, champagne in my early twenties, 21, the bar age, and vodka martinis with an olive seemed so elegant and grown up. I partied with movie crews at lunch and on location, and it was the norm to many. I read the stories in the back of the sacred blessed Big Book when I was drunk and said, "am I an alcoholic?" I lived on Colfax Avenue behind Radford Hall where my Uncle Fay got sober in the 1930s, or sometime in those olden golden AA days. My mom always told me stories of him getting sober. When I went to my car, I could practically see Radford across the L A River and heard them clapping in my head all day and night when I was drunk, full of guilt, remorse, and shame, knowing Radford Hall was right behind me and I'm sitting here drinking. No coincidence I lived there, as a head full of AA and being by Radford Hall ruined my drinking and drove me to a meeting finally. My Dad confronted me on my partying in my teens and had me drive to Hemet to give him a cake when I was 16. He was my Eskimo whose words stuck in my head, as many AA's words are. Do you think you have a problem? Then my English boyfriend's mom was sober in AA and there they were sitting around drinking coffee when I was 23, and she got to me. Guilt I felt inside. Why is everyone sober everywhere I go? Because I'm an alcoholic and God is carrying me the message. So finally I surrendered and went, as I knew I would someday, as I knew at the age of 19 when I told the lady if I start drinking and become one I'll come back then. I was tired of it and sick of throwing up and sick of being hung over, and sick and tired. I was ready, and I believed in God and Jesus already, so grasping the spiritual side of the program of Alcoholics Anonymous was easy, as I prayed to God when I was drinking, please let me be alright and get through this night. I was raised a Christian at Church of The Chimes preschool. At 3 years old, I wrote I love Jesus, I love God, and that's where I ended up going to AA meetings and Al-Anon over the years. I got sober at Studio 12 on Magnolia Boulevard in North Hollywood, another place I felt at

home. I started working on movies at age 19 as I was clean and sober in 1979 for a short time and felt I can conquer the world and do anything I want and I said, "I'm working on movies" and I did. I went to AA meetings on the set and always had 12 step friends and I did 12 stepping to many in my life and still do by being an example and pointing many in the direction of sobriety. I was so scared to share at a meeting as I used to have stage fright. I started drinking because I was shy, and much friendlier and opened up when I was partying as a teen which was the peer pressure I was under in middle school. I lost my childhood, I felt, as my friends moved away, my cat died, my grandma passed on, and sadness was stuffed in where I could pop, and so parties were going on in that day of the hippy peace love of the 1970s. Even teachers smoked pot, and there I was in 6th grade figure skating in a skirt at lessons, and suddenly hockey skates, low cut jeans that I learned to take in at sewing class, and hanging out at the skate rink where I was just a good girl figure skating yesterday and then slowly but surely started partying by stuffing feelings in, shyness, and peer pressure to fit in and be cool and not a square. In 1985, when I got sober, I was suddenly shy again, so quiet everyone said to me, and I sat in the back of the meetings at noon and at night with my arms crossed in my red leather jacket and said to myself, "I'm not sharing." My first year, I barely talked at all, and read my Big Book every night, as I'm an introvert, a loner, a writer, a sentimental quiet-type person, over-loyal and sincere. I couldn't sleep or write my inventory. I was all clammy, tossing and turning at many sleepless nights on Colfax where I could hear Radford clap, and I asked God to please remove the obsession to drink and use from me, and it was physically lifted from my body. I felt it removed, and slept peacefully. Years later becoming the medium for God and Jesus Christ, he said I removed it, and I thought it was God, amen to you for knowing, thus, I now say all day as I write for them, as that is my job that heaven assigned to me for being a long-time, sober, spiritually connected lady who is a psychic medium who believes in God and Jesus and who became a medium for Bill Wilson and Dr. Bob whose words saved my life and lead me here.

Nancy F.



CONTRIBUTIONS

Anonymous

I have lived that typical girl meets boy on AA campus, and on my 76th day of sobriety, we had the brilliant idea to marry. Of course, we relapsed that night in Vegas and the progression of our alcoholism took us both to miserable lows in just a few months.

True, it doesn't say anywhere in the Big Book not to get into a relationship in the 1st year, but I will tell you that I did make it much harder on myself. One of the hardest lessons I ever had to learn was that I was going to be ok whether or not my husband got sober with me. It was time I took responsibility for my own recovery if I wanted out of the mess we got ourselves into. I made the decision to separate from my husband in order to gain some stability in sobriety. I had to set boundaries, which I never had done before. And most importantly, I found a higher power that wasn't myself or my husband. I was driven to get and learn to stay sober FOR ME. By the grace of God, I have just over a year and my husband's year sobriety anniversary is coming up shortly. Luckily, with the example of AA working in my life, he followed suit, and today we share a blessed life together. I guess God wanted it that way for us, but even if it hadn't turned out this way, I was prepared and could accept the alternative.

Sometimes we just have to go at it alone, but remember that there are so many others that have walked our path and share our story in the rooms of AA. If it wasn't for my fellowship, I don't know how I could have found the courage to make it through.

Anonymous



"I had a layover in Omaha ... which led to a hangover in Des Moines."



"I used to have a drinking problem, until I got my two-handled cup!"

Search: 12234326

CONTRIBUTIONS

TEMECULA VALLEY ALANO CLUB CHRISTMAS CELEBRATION

Temecula Valley Alano Club held its 8th Annual Christmas Party on Saturday December 5th at the Mary Phillips Senior Center in Old Town Temecula. We filled the room with people looking to have a good time and celebrate the holidays and fellowship with friends. There were approximately 100 in attendance at the event. We had a delicious dinner catered by Vince's in Temecula. There were so many raffle prizes we had to keep grabbing more tables to hold them all. The room was filled with energy all night long. Once we filled our stomachs and raffled off all the prizes we had a great speaker, Jim H. from Rancho Santa Margarita share his experience, strength and hope with us.

I'd like to give a shout out to all who participated in putting on this great event. There are too many to list here and I don't want to leave anyone out but you know who you were. Thanks to the entire Board of Directors for jumping in and putting this together. Bill E, Mike C, Bob K, Sharon T, Jerry L, Dana R, Cameron V and Julie P. for coordinating this great event.

Submitted by Mike C.



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

Mailing Address: Temecula Valley Central Office, 28636 Old Front Street, #106, Temecula CA 92590

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.

Click for online form to sign up
<http://www.temeculacentraloffice.org/gratitude-gazette/>

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 TWELVE GUIDELINES

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

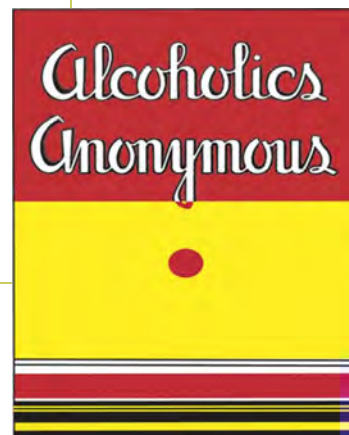
How It Works



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



TRADITION TWELVE

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

GROUP CONTRIBUTIONS

	Nov 15	Nov 14	\$ Change	Jan - Nov 15
Tem Del Rio Survivors	400.00	300.00	100.00	3,952.00
Mur Community House/Mon-Sat 7am/ABSI	200.00	200.00	0.00	2,890.00
Temecula Valley AA Womens Association	198.00	0.00	198.00	198.00
Tem Hill Recovery Sat 8am Early Risers	180.00	125.22	54.78	1,357.50
Mur Community House/Wed 7pm/Mens Stag	100.00	0.00	100.00	321.00
Tem Mon Night Men	100.00	100.00	0.00	1,110.00
Tem Sat 8pm/World Famous Speaker Meeting	100.00	0.00	100.00	577.00
Anza Coldwell Bldg/Thur 7pm/Mens Stag	100.00	0.00	100.00	100.00
Mur United Methodist/Thur 8pm/Step Study	94.55	0.00	94.55	126.55
Mur/UMC/Mon Noon/Womens ABSI #709011	80.00	60.00	20.00	360.00
Menifee/Sun 9am/Grass Roots #706488	60.00	50.16	9.84	343.33
LE AOG Church/Wed Noon/Acceptance	50.00	60.00	-10.00	200.00
Mur United Methodist/Mon 7pm/Lil Big Book	50.00	50.00	0.00	500.00
LE AOG Church/Thur Noon/Womens BB	50.00	0.00	50.00	200.00
Tem Ser Cir/Thur 715pm/Serenity Seekers	38.08	0.00	38.08	137.54
Mur Community House/Sun 730pm/The Geek	18.00	20.00	-2.00	326.10
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	10.00	39.35	-29.35	163.27
Tem The Meeting Place/Thurs 630pm/Solutio	10.00	0.00	10.00	10.00
Tem TMPT Sunday 5pm PB4P #713748	0.00	0.00	0.00	108.60
Tem St Catherine's/Fri Noon/Step Study	0.00	0.00	0.00	108.90
Tem Serenity Monday 6pm #610281	0.00	0.00	0.00	430.00
Tem Serenity Friday 6pm #710973	0.00	192.67	-192.67	384.00
Tem Ser Cir/Tue Noon/Living Sober	0.00	0.00	0.00	30.00
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	0.00	0.00	482.62
Tem Ser Cir/Thur Noon/Nooners	0.00	0.00	0.00	71.02
Tem Ser Cir/Sun Noon/Participation	0.00	0.00	0.00	90.00
Tem Ser Cir/Mon Noon/Participation	0.00	0.00	0.00	66.00
Tem Ser Cir/Mon-Sun 6pm/Serenity Hour	0.00	0.00	0.00	50.00
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	0.00	0.00	1,881.45
Wildomar Grape Street/Fri 7pm/Step Study	0.00	30.00	-30.00	0.00
Canyon Lake Thursday	0.00	0.00	0.00	31.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	60.00	-60.00	640.00
Tem RC Church Office/Tue 6pm/Mosh Pit	0.00	0.00	0.00	1,240.00
Tem Ser Cir/Fri 10am/ Womens Living Sol	0.00	0.00	0.00	31.32
Tem Ser Cir/Fri Noon/	0.00	0.00	0.00	80.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	60.00	-60.00	100.00
LE Lutheran Church Taco Tuesdays	0.00	0.00	0.00	54.00
LE Meeting Place/M-F Noon/#171639	0.00	0.00	0.00	20.00
LE Meeting Place/Mon-Fri 530pm/	0.00	0.00	0.00	77.50



Continued

GROUP CONTRIBUTIONS

Continued

LE Meeting Place/Sun 1030am/Speaker Mtg	0.00	0.00	0.00	10.00
LE Meeting Place/Sun 7am/Att Mod	0.00	0.00	0.00	10.00
Hemet Provident/Tue Noon/Sober Seniors	0.00	0.00	0.00	75.00
Mur United Methodist/Tue 10am/Womens	0.00	261.25	-261.25	189.96
Mur United Methodist/Wed 8pm/Discussion	0.00	0.00	0.00	100.00
Mur/TVCO Intergroup/#179377	0.00	43.45	-43.45	392.51
Womens Banquet	0.00	0.00	0.00	426.77
Wildomar Wild Ones #653642	0.00	250.00	-250.00	1,050.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	<u>0.00</u>	<u>157.00</u>	<u>-157.00</u>	<u>242.00</u>
Tem/Wed 5pm/Just Us Girls	0.00	0.00	0.00	288.00
Temecula Joe & Charlie Workshop #711469	0.00	0.00	0.00	768.23
Anza Manic Mondays Women's Meeting	0.00	0.00	0.00	10.00
Wildomar IVH/Sat 730pm/Participation	0.00	0.00	0.00	25.00
Wildomar on Grape /Sun7pm/Pigs onthe Wall	0.00	0.00	0.00	70.00
Canyon Lake The House Women Monday	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>50.00</u>
Murrieta The Searching Party	0.00	0.00	0.00	180.00
Rainbow Grange/Sun 730pm/Participation	0.00	0.00	0.00	163.00
SC Boston Billies/Wed 7am/Mens Breakfast	0.00	0.00	0.00	175.00
SC The Whatever Group 2	0.00	0.00	0.00	51.23
SC Unity Hall/Umbrella #164257	0.00	250.00	-250.00	1,650.00
Serenity Cup Tournament	0.00	0.00	0.00	62.00
Hemet Arrid/Sat 7pm/Back to Basics	0.00	0.00	0.00	37.50
Tem Hill Recovery Mon 10am Open Arms	0.00	0.00	0.00	107.73
District 17 Liason	0.00	0.00	0.00	21.65
Tem Hill Recovery Tue Noon Living Sober	0.00	0.00	0.00	360.00
Tem Mary Phillip Sen Ctr/Thur 6pm/For Fun	0.00	0.00	0.00	60.00
Temecula Tue Alano Grapevine Mtg	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>10.00</u>
TOTAL	<u>1,838.63</u>	<u>2,309.10</u>	<u>-470.47</u>	<u>25,434.28</u>



Thank You!

PERSONAL CONTRIBUTIONS

BUCK A MONTH CLUB

Date	Memo	Amount
11/6/15	Paul R	20.00
11/6/15	Pauline S	25.00
11/6/15	Jim F	30.00
11/6/15	Terese B	20.00
11/6/15	Sharon C	5.00
11/6/15	Sandra N	5.00
11/14/15	Mike B	20.00
11/20/15	Debi G	10.00
11/20/15	Mark F	10.00
11/25/15	Darcie D for Aug., Sept., Oct., Nov.	40.00
11/25/15	Tom C	20.00
	Nov 15	205.00

Date	Memo	Original Amount	Paid Amount
11/30/15	Gene W	5.00	5.00
11/30/15	Marcos	5.00	5.00
11/30/15	Ron	7.00	7.00
11/30/15	Karen K	2.00	2.00
11/30/15	Georgia	1.00	1.00
11/30/15	Jack	1.00	1.00
11/30/15	Chuck	5.00	5.00
11/30/15	Don	1.00	1.00
11/30/15	Suzie	10.00	10.00
11/30/15	Linda F	20.00	20.00
11/30/15	Anonymous	1.00	1.00
11/30/15	Franz	1.00	1.00
11/30/15	Mary	1.00	1.00
11/30/15	Tom	1.00	1.00
11/30/15	Connie	1.00	1.00
	Nov 15		62.00

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 \$3,203.24!



CENTRAL OFFICE NEWS

VOLUNTEERS

1. Ann
2. Bert
3. Debi
4. Debbie
5. Janeen
6. Jill M
7. Jim F
8. John
9. Karen
10. Kelli
11. Nick
12. Pat
13. Rich
14. Sharon
15. Shari
16. Sharii
17. Shawn
18. Steve S
19. Steven M
20. Tony

DAILY ACTIVITY FOR SEPTEMBER

Phoned in	195
Walk ins	177
AA Meeting	83
Al-anon	4
12 Step	12
Donations/Purchases	81
Misc/Other Business	26



November Birthdays from Murrieta Community House ABSI Meeting J

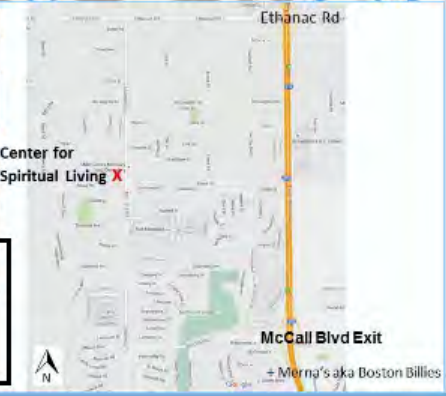
Stephanie	Murrieta	Celebrates 1 year
Linda F	Murrieta	Celebrates 4 years
Michael	Murrieta	Celebrates 21 years
Norma	Murrieta	Celebrates 36 years

DISTRICT 17's GENERAL SERVICE MEETING

**EVERY 2ND TUESDAY OF THE MONTH
HAS A NEW MEETING PLACE!!!**

We have ...
MOVED!

NEW LOCATION:
CENTER FOR SPIRITUAL LIVING
26805 MURRIETA ROAD
SUN CITY, CA 92585





TVCO now accepts credit cards.

1. Pay for your books and chips with Visa or MasterCard.
2. Make a group or birthday contribution.
3. Join The Buck a Month Club and provide support for the year in one easy payment.
4. Set up a recurring, monthly, personal contribution of at least \$5 a month for your convenience.

Come visit us down in Old Town Temecula on Old Town Front Street and we will be happy to set things up for you.

Call or come in and we will be happy to explain the process and help you.

Thank you for your support!

INFORMATION SECURITY

CyberSource is committed to privacy and security. CyberSource is compliant with the Payment Card Industry Data Security Standard ("PCI DSS") as a Level 1 service provider. CyberSource has been compliant with PCI DSS since its inception in 2002. PCI DSS is the bankcard industry's most stringent security standard. Examples of CyberSource's security measures include: physical, electronic, and procedural safeguards; sophisticated security monitoring tools; documented security policies; use of strong encryption for transmissions of Order Information to and from CyberSource Customers; restricting access to personally identifiable information; and, periodic security audits by third party security experts.

