

# Gratitude Gazette

<http://www.temeculacentraloffice.org>

(951) 695-1535



February 2016

## Submissions

### 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**

### PRAYING FOR POTATOES?

One of the things I've always enjoyed about A.A. meetings is our ability to poke fun at ourselves and have others poke fun at us, in a light hearted way. We laugh at things that others would consider to be tragic incidents in our lives but we seem to have come to terms with these past negative experiences and what we are really laughing at is how absurd our old way of thinking used to be. Sometimes we need to have things explained to us in simple terms. The world of A.A. is ripe with metaphors, similes, and allegories that make the learning process much easier. With all of the re-learning we go through to help us in changing our old way of thinking, we are faced with the task of setting new principles, new disciplines,

and new priorities for our actions and behaviors in the future.

Starting with the first, and most important priority, we have to be convinced that *we are like men who have lost their legs, they never grow new ones*. It can't be put any better than that. Then you may hear it said about relapse: *It's the first drink that gets you drunk, not the fourth, fifth, or you may hear taking that first drink is like dancing with a gorilla, the dance isn't over till the gorilla says you're done*. These things are truths that we all hear at meetings, but these things won't stop anyone from picking up a drink if they're not done yet.

In A.A. we hear a lot about prayer and meditation and it seems that everyone has their own way of defining what that means to them. Some may

be reunited with the religion of their childhood, while others may feel that they are agnostics and seem to find a sort of neutral approach in finding a power greater than themselves, and that seems to work for them. Then there are those that consider themselves atheists and, as it says in the 12X12, "A, one-time, Vice President of the American Atheist Society got through with room to spare." However, we, as individuals, frame our own approach to how we incorporate this concept into our lives is equally acceptable, as long as it replaces our own failed way of thinking.

What we pray for is another, sometimes, misunderstood practice that may be clarified by a few metaphors that we hear in meetings. Asking God to cure someone of an illness

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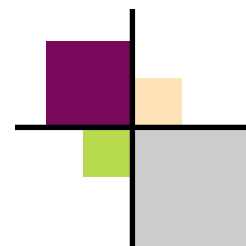
seems well meaning, but misguided. If God worked his wonders at that level, *the hospitals would be full of sinners and the people we pray for would all be healthy*, and if God did cure sick people, did he not also make them sick, and does he not have the power to make everyone well? I can only pray for the understanding and strength to deal with these things when they are presented as it is suggested in step eleven, "*praying only for knowledge of his will for us and the power to carry that out*," i.e., God, please show me what to do, and give me the strength to do it, I don't do to well on my own.

In my early days of sobriety, I heard a metaphor that explained this idea and I've never forgotten it. A man was driving down a road and as he passed a farmer in a field cultivating his crop he pulled over and parked, got out of his car, and was impressed by how beautiful the farm looked. He commented to the farmer, "*Isn't it wonderful what God can do with a little plot of earth?*" The farmer took his hand-

kerchief out, wiped his brow, and replied, "*You should have seen it when God had it by himself.*"

Most of the principles I live by today are backed up by stories that *illustrate a point* that may have been easy to misunderstand when my old way of thinking was involved. The next thing that I find important is that I have to do the things that I learn when I ask for guidance and not just give them lip service, after all, "*If you're going to pray for potatoes, you better grab a hoe.*"

Rick R.



[February 1970](#) Vol. 26 No. 9

## 2nd Step

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

IF THE First Step is a measure of our despair, the Second is a measure of our hope. The First Step is the admission and acceptance of our defeat--total, absolute defeat. With all our resources, we can't stay sober; with the best intentions and with the utmost determination, we still find our lives crashing down around our heads. Indeed, we are powerless over alcohol, and our lives are unmanageable.

But if we are powerless over alcohol, then who or what will keep us sober? And if we cannot manage our own lives, then who or what will guide us, help us return to some sort of rational existence?

In answer to both questions, the Second Step says: A power greater than ourselves can restore us to sanity.

With that single, simple statement, the Second Step lays the spiritual cornerstone of AA: If we are to recover from the physical, mental, and spiritual disease called alcoholism, we must come to believe in and rely on a force *outside* ourselves.

This is not easy for most of us to do, and for many it takes time. Fortunately, the Step is very careful to use the wording "Came to believe." Some of us come to believe almost instantly; others take

weeks or months; still others take years. There is no set timetable, and there is no reason to feel guilt over inability to accept the Second Step immediately, with all its ramifications. On the other hand, though, if we do not work toward an acceptance of the Step, if we ignore it or kick it under the rug and hope it goes away, we cut the spiritual heart out of the program.

So, by hook or by crook, we come to believe. But believe in what?

In three things: the existence of a force outside--and greater than--ourselves; the fact of our own insanity; the ability of the greater power to take care of that insanity.

For reasons which some day someone may explain far better than I can, many or even most alcoholics seem to have trouble with the word "insanity," though the track record of any practicing alcoholic--even the part we remember--should be proof enough that we are at this stage somewhat different from the normal. To many, the word conjures up visions of men in white coats, or patients chasing butterflies across Happydale, or any one of a dozen forms of psychotic behavior. But a word is only a word, and "insanity" can refer to any kind of behavior that is at variance with what is generally accepted as normal.

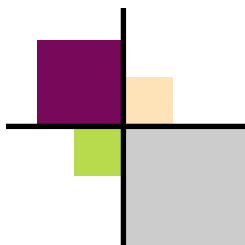
Our obsessive, compulsive behavior in relation to alcohol can hardly be termed normal. Nor can the things we do while

drinking. Nor can many of the habit patterns, mental processes, or just plain hang-ups we have after we stop drinking.

Any discussion of the Second Step will show that the word "insanity" means, to different people, that we were insane while we drank, or before we started drinking, or after we stopped, or at all three stages. These differences of opinion become unimportant in the light of this statement: If we were insane while we drank, the craving to return to that life must be equally insane, and if there was or is some problem that adds fuel to the craving, then the problem must be eliminated.

But the solution offered by that statement is not as easy as it looks. To put it crudely: A truly sick mind cannot repair itself; in fact, many times it can't even see what's wrong.

The human mind has a marvelous ability to protect itself from outside influences. Although the conscious portion of the mind may have a sincere desire to find out what's wrong and to fix it, the subconscious part will block any such effort by putting up a bewildering variety of misleading motivations, misinformation, and misdirection. The more important--the deeper--the particular hang-up is, the higher and thicker this wall will be. If the problem is big enough, the conscious,



thinking mind will not even be aware of its existence, and the mind that does become aware will still be powerless to do much about it.

The knowledge of that helplessness in trying to cope with our own problems by ourselves is an integral part of the First and Second Steps. The Second Step states very clearly that our insanity can be taken care of, our sanity can be restored, by a power greater than ourselves. Once we have become aware of our own irrationality and our inability to cope with it single-handed, it then becomes a question of searching out a solution that is outside--and greater than--ourselves.

It would be hard to overemphasize the importance of this search for and acceptance of a power, a force, an influence that is outside ourselves. The Step refers to a power *greater* than ourselves. Obviously, if we are unable to solve our problems alone, the power *must* be greater than we are in order to bring about anything much worthwhile. However, babies have to creep before they can walk, and walk before they can run. It is tough merely to begin to look outside ourselves for any kind of force or power, let alone a greater power. In fact, it is hard for some of us to accept the idea that there is anything outside ourselves.

That last statement deserves some explanation. A rational, thinking, conscious mind has no trouble with the idea that each

person, thing, and force has a separate and distinct existence. We can say (and believe), "I am. You are. He is."

However, the subconscious or unconscious mind often rejects this idea. It says, "I am, but you exist only as I think about you." Extreme? Hardly. One of the most powerful tools in AA is the process by which one alcoholic identifies with another. First, this identification consists merely of recognizing that there are other people who exist independently of our own minds. Then the process goes further: It identifies another alcoholic as a *similar* human being. But the basic identification is with another human being as a separate entity.

Once that log jam has been broken up, the rest of the process is relatively easy. Once we become aware that there are other people and things--and forces--outside ourselves, it becomes a matter of searching until a power that does some good is found. Eventually, through any one of a wide variety of spiritual experiences, the power is recognized as the basic driving force of the universe.

Disposing of the whole concept of acquiring a greater power in one or two sentences may seem abrupt, but is anything else worth saying? Those who have had a spiritual experience already know all about it, while for those who have not yet had one, an outpouring of words would have no real meaning.

The search for a higher power and the nature of that power, when found, are very personal matters. Many of us have no trouble in accepting God as our Higher Power; many others shy away from the word "God," but have no trouble in accepting the presence of some sort of universal force; still others look upon our AA group or all of AA as a power greater than ourselves.

In all these cases, though, we have acquired a belief in some force that is external, more powerful than we are, and capable of helping us return to sanity. This implies that the external, more powerful force is a force for good, an orderly force capable of making sense out of the chaos of reality, and bringing order to our own chaotic lives.

The final stage in a full acceptance of the Second Step is to come to believe that this greater power--a good and orderly greater power--will indeed actually help us. We have already accepted the idea that this force *can* do the job. Now we must become convinced, completely convinced, that the power *will* do it.

Once again, words are hardly an adequate method of trying to express belief. Those who have thrown themselves on the mercy of the court, so to speak, know that the higher power will do exactly as the Step says. But that statement is no help at all to those who haven't.

What may help is a very brief

description of one member's struggles with the Second Step.

I came into AA as an agnostic--or, rather, I didn't believe in anything much, but I wanted to. Although I couldn't begin to accept the concept of God, I certainly liked the serenity and obvious peace of mind I saw in those who did believe.

As my time in the program grew, this desire grew. Also increasing day by day was pain--pure, unrelieved pain--not physical pain, but a longing inside my brain and my heart for something above and, most important, beyond me.

My group and the whole AA program helped, and as time went by I began to perceive some sort of order where there had been only confusion, some sense of guidance where there had been only a labyrinth of blind alleys.

Then one day (on the Garden State Parkway, unlikely as that sounds) all the pieces fell into place. Whatever barrier had blinded my vision, preventing me from seeing the true nature of things, was gone. For the first time in my life, I became aware of the all-pervading presence of an incomprehensibly vast power.

Then, too, I became aware that I was only one infinitely small--but vitally important--part of the universe. Infinitely small because I was one tiny soul on one planet going around one sun in one galaxy of countless billions,

but vitally important because the entire, immense universe would be very, very, very slightly different without me, as it would be different without any one of us.

The vision, if I may call it that, was momentarily staggering, but only momentarily. The essential Tightness of my vision sustained me, and still sustains me. If I am part of the whole--even a tiny part--I *belong* here.

And if I belong here, all I have to do is find out exactly what I am supposed to be and do. For me as an alcoholic, part of this answer is obvious. The universe has the ability--in fact, makes it a rule--to eliminate the bad and the sick, and since an active alcoholic is indeed a sick person, the universe--or society--will "eliminate him. Therefore, to drink is for me to deny my higher power.

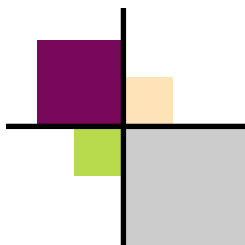
But that is only part of the problem, although perhaps the most important part. I personally conceive of the universe as a very orderly place; to achieve a serene and happy existence, all that is necessary is to be aware of this order and fit myself into it. This is a lot easier said than done, of course. So, in AA, after the Second Step there are ten more designed to help accomplish this.

But once we have accepted, as ineluctable fact, our powerlessness over alcohol, and once we have come to believe that a greater power will give us all the help we need, we have

made two giant steps along the road to recovery.

~P.S.~

Greenwich, Connecticut



### Tradition Two

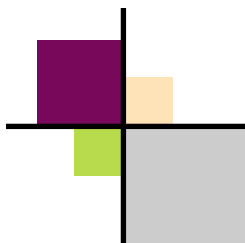
*For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

Each tradition that we have has a long version in the back of our 12 & 12 books, except for Tradition 2. The reason for this, in my opinion, is that no further explanation is necessary. In fact, the “long version” in the back is actually shorter than the cited one in the 12 & 12.

This says a lot to me about the way AA is organized and run. It is simple and uncomplicated. It is straightforward and time tested. Tradition Two is where we find the passage about the “elder statesman” and the “bleeding deacon.” Anyone who has been to even a few meetings has probably witnessed both of these examples. Our 12 & 12 says, “The elder statesman is the one who sees the wisdom of the group’s decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently

awaiting developments. The bleeding deacon is one who is just as surely convinced that the group cannot get along without him, who constantly connives for reelection to office, and who continues to be consumed with self-pity.”

I remember when I was first sober and I read this tradition. For most of my life I have considered myself a leader, self-starter and able to “run the show.” I thought very much like others, how did this ever stay together without sound leadership? Many years later I have seen it through “quiet leadership” and “humble example.” I have witnessed this over and over again in our own valley. We in AA must keep things simple for ourselves and those to come. Having a servant’s heart and trusting our Higher Power through our group conscience has, and will always be, all the leadership we will need.





What	When	Where
<b>H&amp;I Committee Meeting</b>	1st Monday - 7:30pm	TVAC—27470 Commerce Center Dr. Temecula, CA 92590
<b>TVCO Board Meeting</b>	1st Tuesday - 6:30pm	Central Office - All are welcome, but only Board members may vote.
<b>Mid So-Cal Area Meeting</b>	2nd Sunday - 9:30am	Meets at various locations. Call Central Office for meeting location
<b>Cooperating with Prof Community (CPC)</b>	2nd Tuesday - 5:45pm	Center for Spiritual Living - 26805 Murrieta Rd. Sun City, CA 92585
<b>GSR Meeting - District 17</b>	2nd Tuesday - 6:30pm	Center for Spiritual Living - 26805 Murrieta Rd. Sun City, CA 92585
<b>Intergroup Meeting</b>	3rd Tuesday - 6:45pm <b>Visitors Welcome</b>	United Methodist Church, Murrieta 24652 Adams at Kalmia & Adams
<b>GSR Meeting - District 14</b>	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.

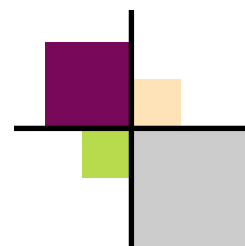
“The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup.”

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.

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	Darcie
2nd Weekend	Mosh Pit (Temecula)
3rd Monday	Paul R
3rd Tuesday	Nancy W
3rd Wednesday	Laura L
3rd Thursday	Bill S
3rd Friday	Back To Basics (Sun City)
3rd Weekend	Donna B
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)
5th Monday	Sunday Came to Believe (Temecula)
5th Tuesday	Greg L
5th Wednesday	Richard and Bobbi L
5th Thursday	Andrea
5th Friday	John and Brenda W
5th Weekend	Wednesday Men's Stag (Murrieta)





## 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.

### 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.

**Central Office appreciates ALL of their volunteers**

### Get On The List

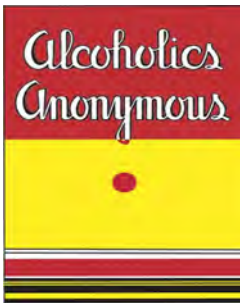
Be notified of meeting changes, new events and other important AA information from your Gratitude Gazette.

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

### 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...



## Step 2

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 2

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.

	Jan 2016	Jan 2015	\$ Change
Tem Del Rio Survivors	500.00	325.00	175.00
Tem Ser Cir/M-S 7am/Att Adj Group	322.68	840.00	-517.32
Mur Community House/Mon-Sat 7am/ABSI	180.00	302.00	-122.00
Tem Ser Cir/Tue 730pm/Mens Stag	150.00	0.00	150.00
Wildomar Wild Ones #653642	125.00	0.00	125.00
Tem Hill Recovery Sat 8am Early Risers	120.00	160.42	-40.42
Tem RC Church Office/Tue 6pm/Mosh Pit	120.00	180.00	-60.00
Mur United Methodist/Tue 10am/Womens	100.00	0.00	100.00
Tem Mon Night Men	100.00	110.00	-10.00
Tem/Wed 5pm/Just Us Girls	90.00	0.00	90.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	90.00	90.00	0.00
Mur Community House/Wed 7pm/Mens Stag	80.00	0.00	80.00
Tem Serenity Friday 6pm #710973	60.00	120.00	-60.00
Mur United Methodist/Mon 7pm/Lil Big Book	50.00	50.00	0.00
LE AOG Church/Wed Noon/Acceptance	50.00	0.00	50.00
LE TMP Wed 530 The Pizza Mtg #709008	47.48	0.00	47.48
Tem Sat 8pm/World Famous Speaker Meeting	45.00	0.00	45.00
Mur/TVCO Intergroup/#179377	45.00	55.89	-10.89
Mur/UMC/Mon Noon/Womens ABSI #709011	40.00	0.00	40.00
Tem/The Alano Club/Sun 6pm/Twilight	35.00	0.00	35.00
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	21.00	0.00	21.00
Wildomar Grape Street/Fri 7pm/Step Study	20.00	0.00	20.00
Mur Community House/Sun 730pm/The Geek	14.00	35.00	-21.00
Temecula Joe & Charlie Workshop #711469	0.00	68.00	-68.00
Tem Serenity Monday 6pm #610281	0.00	60.00	-60.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	100.00	-100.00
SC Unity Hall/Umbrella #164257	0.00	150.00	-150.00
SC Boston Billies/Wed 7am/Mens Breakfast	0.00	35.00	-35.00
Murrieta The Searching Party	0.00	60.00	-60.00
LE Meeting Place/Sun 1030am/Speaker Mtg	0.00	10.00	-10.00
LE AOG Church/Thur Noon/Womens BB	0.00	50.00	-50.00
District 17 Liason	0.00	21.65	-21.65
Canyon Lake The House Women Monday	0.00	50.00	-50.00
<b>TOTAL</b>	<b>2,405.16</b>	<b>2,872.96</b>	<b>-467.80</b>

LADIES in  
Recovery!

SAVE THE DATE!!

HWAA Banquet MAY 7, 2016

New Location!  
New Menu!



## Valley Buck a Month Club

<u>Date</u>	<u>Name</u>	<u>Amount</u>
<b>Jan 16</b>		
1/29/16	Anonymous	43.00
1/29/16	Marcos	30.00
1/29/16	Kenny	20.00
1/29/16	Suzie	10.00
1/29/16	Jack	9.00
1/29/16	Gene W	5.00
1/29/16	Sandy	5.00
1/29/16	Jim	5.00
1/29/16	Jennifer	5.00
1/29/16	Mary	5.00
1/29/16	Ron	3.00
1/29/16	Tom	2.00
1/29/16	James	2.00
1/29/16	Debbie	2.00
1/29/16	John	1.00
1/29/16	Don	1.00
1/29/16	Jeff	1.00
1/29/16	Georgia	1.00
1/29/16	Connie	1.00
1/29/16	Arnie	1.00
1/29/16	Lilia	1.00
1/29/16	Rick	1.00
1/29/16	Franz	1.00
1/29/16	Bill C	1.00
1/29/16	Jack	1.00
1/29/16	John	1.00
1/29/16	Tom	1.00
1/29/16	Richard W	1.00
<b>Jan 16</b>		<b><u>160.00</u></b>

## Personal Contributions

<u>Date</u>	<u>Name</u>	<u>Amount</u>
<b>Jan 16</b>		
1/5/16	Jim F	30.00
1/5/16	Pauline S	25.00
1/30/16	Gary G	25.00
1/2/16	Terese B	20.00
1/13/16	Paul R	20.00
1/14/16	Mike B	20.00
1/22/16	Debi G	10.00
1/22/16	Mark F	10.00
1/26/16	Tom C	10.00
1/2/16	Sandra N	5.00
1/4/16	Sharon C	5.00
1/18/16	Bob H	4.88
<b>Jan 16</b>		<b><u>184.88</u></b>

### Activity Log

Phoned in	150
Walk ins	137
AA Meeting	41
Al-anon	3
12 Step	7
Donations/Purchases	82
Misc/Other Business	20

### Volunteers

- 1 Bert
- 2 Dan W
- 3 Debi
- 4 Debbie
- 5 Fitz
- 6 Janeen
- 7 Jill M
- 8 Jim F
- 9 John
- 10 Karen
- 11 Kelli
- 12 Kim W
- 13 Melissa
- 15 Nick
- 16 Sharon
- 17 Shari
- 18 Sharii
- 19 Shawn
- 20 Steve S
- 21 Sydney
- 22 Tony



No birthdays contributions were reported for the month of January.

Cake takers...don't forget to be a part of the Birthday Plan.

Most contribute a dollar for every year they are sober.

November Birthdays from Murrieta

Community House ABSI Meeting

- |                     |                     |
|---------------------|---------------------|
| 1. Roger Murrieta   | Celebrates 1 year   |
| 2. Jim Murrieta     | Celebrates 1 year   |
| 3. Georgia Murrieta | Celebrates 2 years  |
| 4. Suzy Murrieta    | Celebrates 3 years  |
| 5. Tom C Murrieta   | Celebrates 6 years  |
| 6. Mary S Murrieta  | Celebrates 11 years |
| 7. Gary Murrieta    | Celebrates 19 years |
| 8. Karen Murrieta   | Celebrates 42 years |

## The 12 Step BOOGIE

brought to you by: **TEMECULA VALLEY HOSPITALS & INSTITUTIONS (H & I Committee)**

**DISTRICT 17**

We encourage all members to help carry the message into Treatment Facilities, and Institutions.

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.

And for that, I am responsible."

**FRIDAY NIGHT**

**FEBRUARY 26th 2016**

**6-10pm**

**Ronald Reagan Sports Park's**

**Temecula Community Recreation Center**

**30875 Rancho Vista Road Temecula, Ca. 92592**

Come Join us for an Evening of

Real Speakers, Food and Drinks, Raffle's, Door Prizes.

12 step Service opportunities, Fun, Fellowship

Let's dance as if no one is watching, Life isn't about waiting

for the storm to pass... It's learning to Dance in the Rain.

Shake, Wiggle, Jive, Gyrate or Jiggle, Lets boogiewoogie!

"We are not a Hum Int."

Pre-sale Tickets \$10 or \$12 at the Door

for more info, call James @ (951) 285-0395



Sounds by: "DJ SMILEE" of DJSmilee Entertainment. Booking inquiries: [DJsmilee1.com](http://DJsmilee1.com)



# LIVING SERENE 2016

San Diego  
Spring Round Up 2016  
March 24-27, 2016  
[www.SanDiegoSpringRoundUp.com](http://www.SanDiegoSpringRoundUp.com)



**Sober Movies**



**Poker Run**



**Variety Show**



**Hotel Rooms**



**Comedian**



**Yoga**



**Pinels**

Hotel Rooms As Low As \$110

### Hotel Reservations

Book your hotel room early! Your credit card won't be charged until check-in day! Our special room rate is as low as \$110. Royal Palm Tower rooms are slightly higher at \$128 (plus tax, of course). Get the most out of your Round Up experience and stay the night.

**Contact Hotel directly to make reservations:**  
 Town and Country Resort Hotel  
 500 Hotel Circle North, San Diego, CA 92168  
 Telephone Reservation: (619) 291-7131x3810 or (800) 772-8527  
 Reservations received after **Feb. 22, 2016** subject to availability  
 Parking: Hotel Guests \$5/day, All Others \$10/day

### REGISTRATION DEADLINES:

Advance Registration Discount available only until **March 7, 2016**  
 Make-In Registrations must be completed by **March 7, 2016**  
 Counselor/Referral Fee **March 20, 2016**

### REGISTRATION IS IMPORTANT – SIGN UP EARLY

**ON-LINE:** [www.SanDiegoSpringRoundUp.com](http://www.SanDiegoSpringRoundUp.com)

**BY MAIL:** Complete and mail this form to: *Spring Round Up*  
 (postmarked by **March 7, 2016**) P.O. Box 72166  
 La Jolla, CA 92035  
 Registration Questions: Dawn G. (760) 844-2036 or e-mail: [sdstrug@gmail.com](mailto:sdstrug@gmail.com)

### RESERVE YOUR HOTEL ROOM EARLY

## Registration Fee Includes What?

For only \$25 for \$20, if you register early! You get so much for so little! Everything all weekend long. The only additional costs are for meals, comedian & sporting events. Your registration fee includes 3X-days of fellowship and:

<ul style="list-style-type: none"> <li>• AA Speaker Meetings</li> <li>• AA Discussion Meetings</li> <li>• AA Workshop</li> <li>• All-Areas Speaker Meetings</li> <li>• All-Areas Discussion Meetings</li> <li>• Spanish AA Meetings</li> <li>• Spanish All-Areas Meetings</li> </ul>	<ul style="list-style-type: none"> <li>• Banquet</li> <li>• Dinner / Variety Show</li> <li>• Hospitality Room</li> <li>• Sober Movies</li> <li>• Yoga and Mindfulness</li> <li>• Group United Meditation</li> <li>• Great Chairlady</li> </ul>
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## SPORTING/RECREATION EVENTS

**Comedian and Ice Cream Social**

Thursday, 7:00 PM - \$30 Coffee and ice cream served with an evening of fun, relaxation and A.A. Humor by a professional comedian plus local fellowship amateur comedians. Contact Jay D. (619) 251-9145, [jaydcomedian@aol.com](mailto:jaydcomedian@aol.com)

**1/2 Day Deep Sea Fishing Trip**

Friday, 8:00 AM Check-In - \$50 Fishing trip aboard Clubasco II, 1517 Cabrera Road, San Diego, CA 92109 (619) 599-8250. Gear rental available. Return at 5:00 PM. Limited to first 40 people. Contact Patricia J. (760) 454-4955, [sdscouting@gmail.com](mailto:sdscouting@gmail.com)

**Golf Tournament – Championship Course**

Friday, 6:30AM Check-In (sharp) \$80 Roundtrip Golf Club. Shotgun starts at 7:30AM. Includes golf, range balls, tea prize, lunch and \$10.00 Hole-In-One. T-Shirts & Kettle for additional prizes after pay. To form a group of 4 players, registration and entry fees must be sent together with the names of the players in your foursome. Contact Mark H. (760) 273,090 [markh57@gmail.com](mailto:markh57@gmail.com)

**5K and 10K Fun Run/Walk**

Saturday, 8:00 AM - \$25 Pick up T-shirt, pins also for pre-registered runners only) and bib number at the Sports Table during Convention. Check-in at race 8:15 to 7:45 AM. Contact Ruth R. (619) 596-7925, [susanrussell5@gmail.com](mailto:susanrussell5@gmail.com)

**Poker Run**

Saturday 10:30 am - \$25 Will be turning back! Starting at a meeting at the hotel, we will have multiple stops throughout San Diego county and provided during the ride, a snack. T-shirt for pre-registered riders and prizes and give-aways in the afternoon back at the hotel. Contact Ken C. (760) 394-4773, [sdcrackdown@gmail.com](mailto:sdcrackdown@gmail.com)

### FREQUENTLY ASKED QUESTIONS & ANSWERS

- Make Check Payable to: S.D. SPRING ROUND UP
- Free group must be registered to participate
- To purchase additional tickets for Meals, Comedian/Referral Social or Sporting Events after initial registration, submit a check (not a credit card, sorry) with completed form from this page. Please check the box "Already Registered for 2016."
- Partial payments cannot be accepted

### TICKET INFORMATION

- Confirmation and tickets will not be mailed to you. Tickets will be given to you during the registration. Show your confirmation number.
- Sold on a first come - first served basis.
- Each event table seats 10 people

### WANT TO SIT TOGETHER?

- Attach a list of the names of all persons in your group.
- Everyone in your group MUST be registered by **March 7, 2016**. Seals for group members who do not register by the deadline will be released and sold to someone else.

### HERE'S A SUGGESTION

One person purchases meal tickets for the entire group wishing to sit together.

### AL-ANON QUESTIONS???????

If you have questions about Al-Anon please contact Kim A., Social [sdal-anon@al-anon.org](mailto:sdal-anon@al-anon.org)

### VOLUNTEERS NEEDED

Want to be a VOLUNTEER at the Round Up? Check the "Volunteer" box on your REGISTRATION FORM. All volunteers will be contacted a week or two prior to the event.

**NOTE: You must be registered to be a volunteer.**

If you have questions about volunteering, please contact Kim W. (760) 844-3114 [sdvolunteers@gmail.com](mailto:sdvolunteers@gmail.com)

### SPECIAL NEEDS!

If you have Special Needs, please email or call [sdanpersonnel@al-anon.org](mailto:sdanpersonnel@al-anon.org)

### WHY DO I HAVE TO PAY

The Spring Round Up is self-supporting. The group monies are used to pay for it. We operate on a budget. All costs are paid by our contributors. This does not mean many of us are wealthy, experienced and ready to spend. We have to pay the bills for the use of the facilities, meals and the transport there in a private group. Other concerns include travel & lodging for speakers, printed materials, postage & flyers. Our goal is to break even. Therefore registration is optional and not a condition of membership. We are not a religious organization. Attendance is voluntary and no one is forced to attend. We are not a religious organization. Attendance is voluntary and no one is forced to attend.



## *SAVE THE DATES*

*For Jan. - April 2016*

*Here is where the fun begins!*

*Put these dates in your calendars.*

*Temecula Valley Central Office*

*Important Events to Remember*

*January 24<sup>th</sup>, 2016 Pre Pancake Smackdown*

*Sunday at the Alamo Club from 8am to Noon*

*February 27<sup>th</sup>, 2016 Sober Bingo Returns*

*Saturday at the Mary Phillips Senior Center*

*From 6pm to 9pm. Food will be served*

*March 12<sup>th</sup>, 2016 Rule 62 Spring Golf*

*Saturday at Temecula Creek Inn Noon*

*12:30pm Shotgun. Dinner will follow*

*April 10<sup>th</sup>, 2016 Pancake Smackdown*

*Sunday at the Murrieta Community Center*

*From 7am to Noon includes a free Breakfast, Raffle, and*

*Speaker Meeting*

# SOBER BINGO

**Saturday, February 27, 2016**

Mary Phillips Senior Center  
41845 Sixth Street in Old Town Center

**Card sales start at 6pm**  
**Games begin at 7pm**  
**Books of 10 Games \$20.00**  
**Black Out Sheet \$5.00**  
**Daubers \$2.00**

*Players must be over 18 yrs. old.  
Food and Drinks will be available.*

**(951) 595-9722**  
for more information

**BINGO!**





**TVCO Presents**  
**The 5th Annual Rule 62**  
**Golf Tournament**

I'll be back in August

**Saturday, March 12, 2016**

12:30 Scramble • Temecula Creek Inn  
\$100 Per Person  
Includes Dinner

Spring 2016

Contact Mike B (951) 595-9722  
or The Temecula Valley Central Office to Sign Up



HEMET'S 26TH ANNUAL  
WOMEN'S AA BANQUET  
New Fabulous Location!

May 7, 2016

**The Maze Stone Restaurant**

*The Country Club at Soboba Springs*

1020 Soboba Rd

San Jacinto, CA 92583

\$37.00 per Ticket (includes tip)

May 7, 2016

\$37.00 (Tip inc

Seating is assigned on a "first paid" basis. Tables of *ten* are available. To sit in a group, all tickets must be purchased together. List all names and addresses on reverse side.

Enclosed is \$\_\_\_\_\_ Total Amount.

**Menu: Country Themed BBQ Dinner Buffet**

**Includes:** House Made Mac-n-cheese, Loaded Potato Salad, Creamy Coleslaw

Santa Maria Tri Tip, Chipotle Chicken

Baked Beans, Corn on the Cob and Home Style Corn Bread with honey butter

Desert, tea and coffee will be included.

**Make checks payable to: HWAAB**

**P.O. Box 1606, San Jacinto, CA 92581**



**CIRCUS**  
The 7<sup>th</sup> Annual Pancake Smackdown  
is Coming To Town!

Sunday April 10<sup>th</sup>  
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 951-691-9874.**