

Gratitude Gazette

<http://www.temeculacentraloffice.org>

(951) 695-1535



March 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 Interna-
tional
Convention, 1965**

Driving and Crying

*A share overwhelms a new-
comer's heart and puts her
on the main road to Step
Two*

I really didn't want to go to my meeting tonight, because it was raining and hubby made a fire and the house was warm. Plus, it was getting dark and really cold outside. But off I went anyway. As soon as I walked in the door, a man said, "Want to lead tonight's meeting?" I said, "Sure." We read from a page in the chapter "The Family Afterward," from the Big Book. The passage was about a newly recovered alcoholic who found his Higher Power. I didn't have much to say, as I am only 39 days sober. People began to share their experience, strength and hope on the reading, and I listened intently at first, then started to get a little panicky because I was practicing in my head what to say to close the meeting. That's when I heard a guy named Gilbert share.

Immediately, I stopped and turned to look at who was talking. His voice was my father's—almost exactly. He spoke of how he was a terrible father when he was drinking and didn't realize it at the time. My own father never recovered from alcoholism through AA meetings, nor did he have a spiritual awakening (none that I was aware of anyway). My dad was a "dry drunk" who passed away at the age of 78 from a stroke 10 days before my wedding. He was a verbally abusive, frightening drunk when I was a kid growing up. He was a functioning alcoholic, however, much like me, and he was always home, but never present. He never attended, not even once, any of our childhood activities, plays, softball games or graduations. I had much resentment toward him, even after his death. And even worse, I was turning out just like him.

As Gilbert continued to

share, he spoke of how badly he felt that he was not there for any of his kids' school plays or sporting events. As he was apologizing, I heard my father apologizing. I started to well up with tears but knew I couldn't cry because I needed to finish chairing the meeting. Somehow, I got through it.

The second I went outside and got in my car, I started sobbing uncontrollably. I realized God had allowed my father to speak through Gilbert and apologize to me. An overwhelming surge of love, forgiveness and joy flooded my heart. I finally understood my father. I cried as I drove. I knew then that there really was a God. A great weight lifted. I wanted to write this down so I will never forget this night. I finally forgave my father. I am free.

—J. P., Murrieta, Calif.

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My name is Greg and I'm an alcoholic.

I am glad and grateful to be sober today. My sobriety date is August 14th, 2011. How it was:

1,096 days ago, it was suggested for the last time that I may have a problem with my drinking of alcoholic beverages. Although my alcoholic beverage of choice was Popov vodka, I came to realize that because of my selfish drinking habits, I really didn't have a lot of choices in my life....period. I took my first drink at 16-1/2 years old and I loved it. I was with high school friends that shared the same interests including sports, education and girls. We had our friend's mother purchase 2 bottles of Chianti wine and a box of Ritz crackers so that we could socialize and feel the first effects of what it was like to get drunk. It was this love of alcohol and its results that helped me cope through the fears and anxieties that life was throwing at me as a young adult.

For the next 34 years, whenever alcohol was available, I was IN. The more, the better. To hell with moderation and/or the results of what might happen. I was willing to suffer the slings and arrows. I was willing to accept the consequences of my actions. But when I turned 50 and still working at a job that I loved, I found that my hands were visibly shaking or sometimes I would feel mild tremors just below my skin. What could this be? It wasn't normal but I was almost certain that it may have something to do with my consumption of alcohol. I didn't want go to a doctor because he might tell me that I needed to stop drinking. So in order to calm these shakes and tremors, I just had a couple of shots of vodka and then all was right with the world. It wasn't until after I lost my dream job in December of 2008 that all of life's hard knocks caught up to me. I felt sorry for myself. I had no faith. I had driven away my wife, my children, and my friends. I was alone and I wanted to wallow in the mire that I felt I deserved.

For the next 32 months, I only had one friend. And that was any liquor store worker that would sell me the alcohol that I needed. Drinking had become an obsession. I drank to live. I drank to forget. I drank for happiness and I drank to feel sorry for myself. I had no self-esteem. But if I wasn't drinking, I was planning how I was going to drink. My life was exhausting yet completely unfulfilled. Even as I am writing this, I knew that my life was going down, down, and down.....and that it was only leading to an early death.

On the day of my last drink, I had gone by myself to a church to try and see if there was something that may be spoken that could help me turn my life around. Instead, I left the church, drove to a parking area by our local high school. I took out a Kirkland water bottle that was about 1/2 full of vodka. I took about 2 slugs of it before I threw up. I drove home, told my wife that I was done and that I was going to try AA.

I came to the 6 p.m. Serenity Circle meeting. I sat in the back, under the clock. I kept on my sunglasses. I identified as a new-comer. And I continued to shake as I listened to the stories of those that admitted they, too, were powerless over alcohol and that their lives had become unmanageable. I said the Serenity Prayer for the first time. And then I did something I never thought I would do.....I came back the next night to the same meeting. And again, I listened to the stories, I kept my mouth closed. I identified with what was said. And so it goes. I came back the next night, and the next and the next. And for 3 years now, I have been coming back and without a drink in between.

And during this time, I learned to do what was suggested that I should do to stay sober. I read the first 164 pages of our Big Blue Book. I have read the stories in the back. I continue to work the 12 steps of Alcoholics Anonymous, but more importantly, for me, I continue to live the 12 steps of Alcoholics Anonymous in my life.

Gratitude Gazette

Submissions

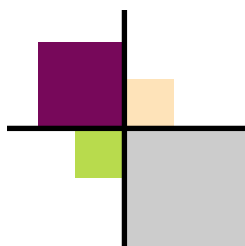
continued

I have a sponsor, who has a sponsor, who has a sponsor. I have a breakfast group of friends every Saturday morning that I can tell my difficulties to but can also share with them the goodness of my life today.

In closing, Alcoholics Anonymous has given me a life today that I had no idea existed. And most importantly of all, it was the faith that I have found through a God of my understanding that allows me to live with the peace and serenity that can be found dwelling within us all. If we believe that there is a power greater than ourselves that we can turn to....that we can give all of our troubles to.....that we know He will take care of us no matter what, then you will understand that we don't have to live as a slave to alcohol. That we can live our lives to their absolute fullest.

I am so happy to know that I am an alcoholic today. And that I have a place of calm and safety where I can come to....one day at a time.

Greg



EMOTIONAL SOBRIETY

It would be nice if all we had to do when we came to A.A. was to stop drinking and we could consider ourselves sober, and technically we can if we go by the minimum standard in The Oxford American Dictionary: (not affected by alcohol). There are, however, other definitions under the word sober that describe sober emotions, such as: moderate; well-balanced; tranquil; sedate, and these things are sometimes the measure of our progress as we trudge the road of happy destiny. I have never heard of, and I hope I never do hear of, a person being refused the RITE of receiving an anniversary token because he or she wasn't "tranquil enough" or "well balanced enough." Abstaining from alcohol is the first requirement and nothing else can be accomplished until we surrender to this fact.

Page 21 in the 12X12 explains it clearly: "We know that little good can come to any alcoholic who joins A.A. unless he first accepts his devastating weakness and all its consequences, until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness, he will

find none at all." Let's face it, if we can't find happiness, what's the point? I find happiness to be a feeling of contentment or wellbeing. This all has to do with my emotions and I never looked at it that way until I started to explore the A.A. program and how it applied to me.

I had a period in my career when I administered an aptitude test to people in order to see what career field they would be best suited for. I was amazed to discover how little I understood about people, and how different they were from what I would have guessed (from my first impression). I had the luxury of bringing that experience with me after I got sober. It translated into being careful not to judge a person based on his/her surface behavior. Most people come to us with a myriad of problems and few, if any, can be considered emotionally sober. Some people exhibit behaviors that are considered unacceptable and often are criticized for it. Both the perpetrator and the critic are displaying symptoms of alcoholism, but if you questioned either of them about

the matter, they would have a perfectly valid and justified reason for doing what they do. How do I address these issues without being considered a critic myself?

A few years back, a man showed up from out of town and started attending our well established A.A. meeting and it wasn't long before he started throwing his weight around. He was very intimidating to most of the members of the group. He even got physical a time or two. He started telling us how the meeting should be run. He became the topic of conversation for some of the members before and after the meetings, and it seemed perfectly justified to point out his faults. You get the picture. I wasn't intimidated by him, but rather looked at him as a project, so at every meeting, when given the opportunity, I would share openly that "I never judge a person by their surface behavior alone, but I try to have the strength to look for the deeper rooted problems, and when I discover what those are, I can only feel empathy for that person, as he is still plagued by those demons, and that I can't

pile on when a person is so troubled.” I also refer to the line in the St. Francis prayer in the 12X12 “TO UNDERSTAND RATHER THAN TO BE UNDERSTOOD,” then I might throw in the “kill them with kindness” kicker.

I don’t claim to be the solver of those kinds of problems, but I do know that the words I use mean something, so I try to give the perpetrator and the critic alike, a gentle and mature way to accept one another and to relax their adversarial postures. Emotional sobriety to me is just handling things in an adult manner. We cannot be selective about these things; we must stop fighting everyone and everything.

I also want to report that the big bully, slowly, over a period of time, laid down his arms, and the critics began to restrain their tongues and started treating him with a little more compassion, and things got so much better for everyone. The bully eventually turned into a teddy bear (well, almost).

“The joy of living is the theme of A.A.’s Twelfth Step, and action is the key word. Here we turn outward toward our fellow alcoholics who are still in dis-

tress. Here we experience the kind of love that asks no rewards. Here we begin to practice all Twelve Steps—in our daily lives so we and those around us may find *emotional sobriety*.” (12X12 pg. 106)
That’s what I’m talking about!

Rick R.

Rx for Sobriety

Smith & Wilson A.A.

12 Steps practiced in all our affairs -- Pages 59-60
 Trust Higher Power & Clean House -- Page 98
 Share Experience, Strength and Hope
 Stay Active in Service
 One Day At A Time for the rest of our life
 A handshake, smile and hug as often as possible
 Recovery Guaranteed

Dr. Bob S.
Bill W.

AAGrapevine - Digital Archive

[March 1977](#) Vol. 33 No. 10

The Third Step - Turning It Over

I REACHED the Third Step after trying to understand the first two. I had reflected on the First-I can't handle alcohol. In the Second, I had come to believe, slowly, in a Power that could restore me to sanity. Since I now did believe, it seemed a sensible idea to turn myself over completely to this Power. My own way of living had proved a disaster. Now I was willing to try the way of Someone Else.

Doing that isn't complicated. If I have a toothache, I turn my problem over to a dentist. I don't question him; I know that he is not going to drill a hole in my shoulder, that his knowledge and skill will end the toothache. The idea of turning to someone more competent than I can apply to multiple areas. In their fields, the doctor, lawyer, CPA, plumber, butcher, and so on are all greater powers than I. Only my ingrown pride, arrogance, and conceit could deter me from admitting this.

So now I made a decision to turn my will and life over to God, as I understood Him. There was no defensible reason for quibbling; I knew I should just try turning it over, and shut up. But then I asked myself: How? It wasn't

enough to say the Third Step aloud, then sit back and wait for miracles.

At first, I thought that since I was generously turning my life over, the Higher Power should quickly turn something over in return. The possibility that the Power, in taking such control, might cancel my free will and options (which I thought I cherished) didn't occur to me at that point.

Time brought a little common sense. Some strictly one-day-at-a-time way of turning it over must be found. It took a lot of meditation to reach the concept I hold today: Only one day need (or can) be tackled. Each day when I wake, I am guided by a set of conditions that outline what I must do, or ought to do, in the normal course. These might include going to work, or working at home, or caring for the children. The conditions are different for each person.

Since the Higher Power isn't going to write out instructions or give audible directions, I will have to proceed as best as I am able. Since I have free will, and certain duties have been laid out for me, I can either tackle or rebel. The mother of several brats, or the guy whose boss just sneered at him, may feel free to rush out and board a bus for Seattle. But all history proves that those who run out on others, who quit cold in the clutch, whose collars get a bit

tight, eventually pay a high price one way or another. It seems I must try to do the things that come along in the course of just one day.

If I try to live one hour or one instant at a time, and do my best at each task with a cheerful and serene attitude, I believe I am implementing fully the spirit of the Third Step. I am turning my will and life over by doing all that has been placed within my reach today, which is apparently what He wants. No longer am I letting self-will and selfishness run riot.

This is how I try to put myself to work on the Third Step. Others may in other ways try the same thing, groping for answers as I must do. I am a mediocre student and must think slowly and carefully. But with daily practice, my habit of reflection will become easier and at length constant, like breathing. And as Bill W. said, far from preventing anyone from exercising free will, such a daily effort of turning over everything in full trust will help lead to "those sterling qualities which can add up to greatness of spirit and action--true and lasting freedom under God, the freedom to find and do His will

W. C.

Tradition Three

The following excerpt is from an editorial by Bill W. that appeared in the February 1948 edition of The Grapevine.

"The only requirement for A.A. membership is a desire to stop drinking"

"Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

When I came to AA, the last thing I paid attention to was the Traditions. As a daily drinker for the previous 15 years before coming to AA, it was all I could do to just focus on not drinking. I had a desire to stop drinking so, in fact, I met the requirement stated in Tradition 3.

After a couple of years of sobriety and the fog of my drinking career started to lift, I began to understand the meaning behind this tradition. It doesn't say you have to be sober and it doesn't require any timeline for continuous sobriety; it just says,

if you have a desire to not drink and you say you're a member, you're in!

Creating that kind of membership requirement took a lot of faith in the program of Alcoholics Anonymous; it allows all of us who took some time to finally surrender to be able to come back to AA and "try again." Membership in most organizations is usually loaded with requirements; not so here.

Simple, but not easy.



"I must've gone right past the D.T.s straight to the 3-Ds...."

When it came to Step 9, making direct amends to people i'd offended. I asked my sponsor if i couldnt just take the easy way out and send these people a letter?

He replied 'did you offend them by letter?'

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 vote.
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	Center for Spiritual Living - 26805 Murrieta Rd. Sun City, CA 92585
GSR Meeting - District 17	2nd Tuesday - 6:30pm	Center for Spiritual Living - 26805 Murrieta Rd. Sun City, CA 92585
Intergroup Meeting	3rd Tuesday - 6:45pm Visitors Welcome	United Methodist Church, Murrieta 24652 Adams at Kalmia & Adams
GSR Meeting - District 14	3rd Wednesday - 7pm	Good Shepherd Episcopal Church 308 E Acacia Ave, Hemet, CA 92543

What is the Intergroup?

Each group is encouraged to have an Intergroup Representative. This person is the liaison between Intergroup and their home group. The Intergroup Central Office depends upon the local members and groups for the necessary support to carry out its responsibilities. This support comes in the form of volunteer help and financial contributions.

Our efficiency and the continuation of services offered are related to the level of support from the groups. Please register your group at Central Office. Any A.A. member is welcome to attend the Intergroup or Board meeting as a guest. If your group is interested in joining Intergroup, send a member to the meeting, and we will gladly give you all the information you need to get started.

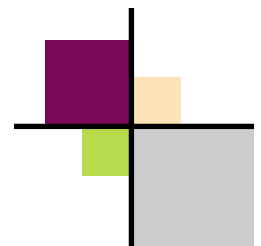
“The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup.”

AA co-founder Bill W. 1949

Bridging the Gap

Bridging the Gap is designed to help an alcoholic between a treatment program or prison make the transition. One of the more slippery places in the journey to sobriety is between the door of a facility and the nearest AA group or meeting. AA experience suggests that attending meetings regularly is critical. In order to Bridge the Gap, AA members have volunteered to be temporary contacts & introduce newcomers to AA. It is suggested that the temporary contact take the newcomer to a variety of AA meetings; introduce him or her to other AA's; 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...

	Feb 16	Feb 15	\$ Change	Jan - Feb 16
Tem Del Rio Survivors	500.00	325.00	175.00	1,000.00
Mur Community House/Mon-Sat 7am/ABSI	206.00	521.00	-315.00	386.00
Mur Monday Night Men	200.00	0.00	200.00	200.00
Tem Hill Recovery Sat 8am Early Risers	120.00	0.00	120.00	240.00
Tem Mon Night Men	100.00	100.00	0.00	200.00
Wildomar Wild Ones #653642	100.00	150.00	-50.00	200.00
Tem Ser Cir/Mon Noon/Participation	75.00	0.00	75.00	75.00
Tem/Wed 5pm/Just Us Girls	60.00	36.00	24.00	150.00
Mur United Methodist/Mon 7pm/Lil Big Book	50.00	50.00	0.00	100.00
Idyllwild We Don't Know Thurs 6pm	40.00	0.00	40.00	40.00
Mur/TVCO Intergroup/#179377	35.00	44.25	-9.25	80.00
Mur Community House/Sun 730pm/The Geek	23.00	25.00	-2.00	37.00
Tem Sat 8pm/World Famous Speaker Meeting	23.00	77.00	-54.00	68.00
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	0.00	0.00	322.68
Tem Ser Cir/Thur 715pm/Serenity Seekers	0.00	42.78	-42.78	0.00
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	0.00	0.00	150.00
Tem Serenity Friday 6pm #710973	0.00	60.00	-60.00	60.00
Tem TMPT Sunday 5pm PB4P #713748	0.00	54.00	-54.00	0.00
Tem/The Alano Club/Sun 6pm/Twilight	0.00	0.00	0.00	35.00
Wildomar Grape Street/Fri 7pm/Step Study	0.00	0.00	0.00	20.00
Wildomar IVH/Sat 730pm/Participation	0.00	25.00	-25.00	0.00
Wildomar on Grape /Sun7pm/Pigs onthe Wall	0.00	0.00	0.00	25.00
Tem RC Church Office/Tue 6pm/Mosh Pit	0.00	0.00	0.00	120.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	0.00	0.00	0.00	90.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	50.00	-50.00	0.00
Tem Hill Recovery Tue Noon Living Sober	0.00	100.00	-100.00	0.00
SC Unity Hall/Umbrella #164257	0.00	250.00	-250.00	0.00
Mur/UMC/Mon Noon/Womens ABSI #709011	0.00	0.00	0.00	40.00
Mur United Methodist/Tue 10am/Womens	0.00	62.46	-62.46	100.00
Mur Community House/Wed 7pm/Mens Stag	0.00	0.00	0.00	80.00
Menifee/Sun 9am/Grass Roots #706488	0.00	87.00	-87.00	0.00
LE TMP Wed 530 The Pizza Mtg #709008	0.00	0.00	0.00	47.48
LE AOG Church/Wed Noon/Acceptance	0.00	0.00	0.00	50.00
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	0.00	0.00	0.00	21.00
Hemet Provident/Tue Noon/Sober Seniors	0.00	75.00	-75.00	0.00
TOTAL	1,532.00	2,134.49	-602.49	3,937.16

LADIES in
Recovery!

SAVE THE DATE!!

HWAA Banquet MAY 7, 2016

New Location!
New Menu!

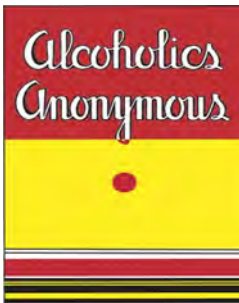


Valley Buck a Month Club

Personal Contributions

Date	Name	Amount
2/2/16	Bob E	20.00
2/2/16	Sharon C	5.00
2/2/16	Sandra N	5.00
2/5/16	Terese B	20.00
2/5/16	Pauline S	25.00
2/5/16	Tim M	10.00
2/5/16	Jim F	30.00
2/6/16	Linda F	50.00
2/8/16	Paul R	20.00
2/15/16	Mike B	20.00
2/21/16	Mark F	10.00
2/21/16	Debi G	10.00
2/23/16	Tom C	10.00
2/26/16	Collette M	10.00
2/28/16	Darcie D Contributes for 3 months	30.00
2/29/16	Gary G	25.00
2/29/16	Bob O	10.82
Feb 16		310.82

Date	Name	Amount
2/6/16	Just Us Girls	40.00
2/28/16	Gene W	5.00
2/28/16	Richard W	6.00
2/28/16	Rick	1.00
2/28/16	Jim	2.00
2/28/16	Anonymous	8.00
2/28/16	Joe S	1.00
2/28/16	Ron	6.00
2/28/16	Steve	9.00
2/28/16	Marcos	5.00
2/28/16	Georgia	1.00
2/28/16	Suzie	10.00
2/28/16	Roger	1.00
2/28/16	Debbie	2.00
2/28/16	Jennifer	9.00
2/28/16	Mel	1.00
2/28/16	Jack	2.00
		109.00



Step 3

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.

Tradition 3

The only requirement for A.A. membership is a desire to stop drinking.

Activity Log

Phoned in	142
Walk ins	163
AA Meeting	44
Al-anon	2
12 Step	5
Donations/Purchases	78
Misc/Other Business	25

Volunteers

1	Bert
2	Dan
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
14	Nick
15	Sharon
16	Shari
17	Sharii
18	Shawn
19	Steve S
20	Sydney
21	Tony



<u>Date</u>	<u>Name</u>	<u>Amount</u>
02/18/2016	Anonymous Celebrates 40 Years!	161.00
		161.00

	<h1>LIVING SERENE 2016</h1> <p>San Diego Spring Round Up 2016 March 24-27, 2016 www.SanDiegoSpringRoundUp.com</p>															
<p>Hotel Rooms As Low As \$110</p> <p>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.</p> <p>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</p>	<p>REGISTRATION DEADLINES: Advance Registration Discount available only until March 7, 2016 Mail-In Registrations must be postmarked by March 7, 2016 Concurrence/Refund Date March 20, 2016</p> <p>REGISTRATION IS IMPORTANT – SIGN UP EARLY ON-LINE! www.SanDiegoSpringRoundUp.com</p> <p>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</p>	<p>FREQUENTLY ASKED QUESTIONS & ANSWERS</p> <ul style="list-style-type: none"> • Make Check Payable to: S.D. SPRING ROUND UP • Free group must be registered to participate • To purchase additional tickets for Meals, Concessionaire Dinner, 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 														
<p>RESERVE YOUR HOTEL ROOM EARLY</p> <p>Registration Fee Includes What? For only \$25 for \$20, if you register early! You get so much more! Everything all weekend long. The only additional costs are for meals, concourse & sporting events. Your registration fee includes 3X days of fellowship and:</p> <table border="0"> <tr> <td>- AA Speaker Meetings</td> <td>- Banquet</td> </tr> <tr> <td>- AA Discussion Meetings</td> <td>- Dinner / Variety Show</td> </tr> <tr> <td>- AA Workshop</td> <td>- Hospitality Room</td> </tr> <tr> <td>- At-Arrow Speakers Meetings</td> <td>- Seber Movies</td> </tr> <tr> <td>- At-Anon Discussion Meetings</td> <td>- Sign and Mailboxes</td> </tr> <tr> <td>- Spanish AA Meetings</td> <td>- Group United Meeting</td> </tr> <tr> <td>- Spanish At-Arrow Meetings</td> <td>- Great Fellowship</td> </tr> </table>			- AA Speaker Meetings	- Banquet	- AA Discussion Meetings	- Dinner / Variety Show	- AA Workshop	- Hospitality Room	- At-Arrow Speakers Meetings	- Seber Movies	- At-Anon Discussion Meetings	- Sign and Mailboxes	- Spanish AA Meetings	- Group United Meeting	- Spanish At-Arrow Meetings	- Great Fellowship
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- Spanish At-Arrow Meetings	- Great Fellowship															
<p>SPORTING/RECREATION EVENTS</p> <p>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</p> <p>1/2 Day Deep Sea Fishing Trip Friday, 8:00 AM Check-In - \$50 Fishing trip aboard Clubhouse II, 1517 Camino Real, San Diego, CA 92108 (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</p> <p>Golf Tournament - Championship Course Friday, 6:30AM Check-In (sharp) \$80 Rethink 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 players, registration and entry fees must be sent together with the names of the players in your foursome. Contact Mark H. (760) 273-090 info@mh5@gmail.com</p> <p>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, sdsusanw@ksigmail.com</p> <p>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, it's quick! T-shirt for pre-registered riders and prizes and give-a-ways in the afternoon back at the hotel. Contact Ken C. (760) 394-4773, sdcardiacs@sbcglobal.net</p>																
<p>TICKET INFORMATION</p> <ul style="list-style-type: none"> • Confirmation and tickets will not be mailed to you. Tickets will be given to you during the registration. Save our confirmation number. • Sold on a first come - first served basis. • Each event holds seats if groups. <p>WANT TO SIT TOGETHER?</p> <ul style="list-style-type: none"> • Attach a list of the names of all persons in your group. • Everyone in your group MUST be registered by March 7, 2016. Seats for group members who do not register by the deadline will be released and sold to someone else. <p>HERE'S A SUGGESTION One person purchases meal tickets for the entire group wishing to sit together.</p> <p>AL-ANON QUESTIONS??????? If you have questions about Al-Anon please contact Kim A., Secret: sdalanonsecret@yahoo.com</p> <p>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 before 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</p> <p>SPECIAL NEEDS! If you have Special Needs, please email us at sdanonspecialneeds@gmail.com</p> <p>WHY DO I HAVE TO PAY The Spring Round Up is self-supporting. No group monies are used to pay for it. We operate on a cash basis. All costs are paid by our participants. These costs include many things of education, recreation and money to proceed. We have to pay the food for the use of the facilities, meals and the transport there in a private plane. Other expenses include travel & laundry for speakers, printed materials, postage & flyers. Our goal is to break even. Therefore registration is optional compared to a mandatory form of participation. However, an attendance certificate need not necessarily be a sign of membership, as may our own staff. Consequently 40% NOT registered people message because they're too busy to work in consideration.</p>																

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

March 12th, 2016 Rule 62 Spring Golf

Saturday at Temecula Creek Inn Noon

12:30pm Shotgun. Dinner will follow

April 10th, 2016 Pancake Smackdown

Sunday at the Murrieta Community Center

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

Speaker Meeting



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 7th Annual Pancake Smackdown
is Coming To Town!

Sunday April 10th
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.