

# Gratitude Gazette

http://www.temeculacentraloffice.org

(951) 695-1535

July 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

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#### Carpe Diem Part IV, Reflections

Now I know...I didn't the night before but God had a reason in the plan all along. On day three I left off turning in for the night quite early in Holbrook, Arizona. I had missed a meeting which was the only one I specially planned for the 4day journey. My serenity had been challenged due to car problems and the uncertainty of arriving home on time the next day. But in the closing of day three I was returned to peace by a spiritual presence and overwhelming guidance that I could not explain. On day 4 the reason would be revealed and guide me the rest of the day. I carry that experience still today. I woke up early the next morning around 3 AM. Actually well rested, I said my prayers, took a moment to meditate, read from my daily program rags (Daily Reflections, JFT, 24-Hours a Day) then cleaned myself up and packed the Jeep. So by 4:30 AM I was ready to hit the road with a brief local stop for gas and something to eat. By 5 AM I was back on the interstate for the final500 or so miles. The next 2 hours was extraordinary; a breathtaking experience that could have no other meaning to me than there is a Higher Power hard at work in my life. I hadn't noticed that the moon was above me while getting ready to leave, but now it was right in front of me, larger than anything I could have willed into this life. No matter what direction a bend in the road would take, the moon remained steadfast as if it was guiding me home. Sure, I realize I'm driving West and the moon sets in the West, but the

feeling surrounding me during those two hours spoke a different language. A language of spirituality. At no point in my life by that time had I every felt closer to God as I did in that moment. I was truly at peace. I am certain I have been awake during a moon set before but I am equally certain my eyes were never open to appreciate it.

Although the rest of the morning I would not find myself driving through spectacular territory, the joy of following the moon for those brief 2 hours would fuel the feeling that I would be home soon. This last day I found myself continuously reflecting on the past in contrast to where I am now. I wondered if I would have ever experienced such as enlightening trip without the program ,a group of men and women past and present, a set of guiding suggestions and an overwhelming desire to surrender. Gratitude was on the menu for the day. I am truly enriched by these new ways of

am truly enriched by these new ways of living surrounding myself with winners, letting the past acquaintances drift away, appreciating the triggers in a whole new perspective, acting upon and accepting living amends and considering that "bottom" day as the best day of my new life. OK, I'm not a saint and I do need to reflect on an old way of the past that I experienced on the trip...an old way for four days.

The initial reason for this trip was to purchase a used car and drive it back across the country. What I was not aware of that the State of purchase the license plate stays with the seller and not the vehicle. So in my old ways I rationalized that it would be better to have

### **Submissions**

continued

any plate than no plate at all. So I used a plate from another car I owned. In general this is legal in the sellers State...not so much for the other 11States I would traverse and navigate. So the closer I got to California, the more concerned I got. I prayed on it and in New Mexico made the stop at a gift store parking lot to take the plate off the car. Mission complete? So I had asked God to forgive me for my sin, asked for Him to carry me the distance, and prayed for a safe arrival home. So I entered the gift store and what did I see...I saw a nice selection of many other State license plates. What happened next was a thick dose of rationalization (or was it a sign). So the rabbit hole would continue. The short of it was the furthest I got away from being honest the larger the trap I set for myself. Now if I would have just done a little research upfront there is a way to legally drive a purchased out of state vehicle across the country which doesn't involve my shady ways. A daily inventory item that I have scrutinized to turn the rationalization over to the care of my Higher Power. I think Bill said it best as "...the temptation here is to imagine that we had good motives and reasons when we really hadn't." So with that out of the way let's turn our attention back to that moment I crossed the Colorado River knowing I was only a few hours away from home. Many months ago this would not be an exciting anticipation. I would spend hours thinking of alibis of what I had been doing for 4 days. I would be consumed with fear, guilt and disgust. This road trip was nothing less than a spiritual moment I will never forget. It was now time to put the top down and enjoy the final stretch of Gods beautiful creation and His rays of sun. I am continuing to develop spiritually by applying the principles of the program. Without the program of AA I would have never been open to relax and enjoy the presence of my Higher Power. I trust in Gods Will that it is best for me. Now I just need to remember to practice this each day. July 2016 Rob P.



#### The 7<sup>th</sup> Tradition

## "We Are Self Supporting Through Our Own Contributions"

It is my belief that every AA meeting includes three spiritual practices. These spiritual practices were designed to improve our individual and collective conscious contact with our HP and to carry the message to those who still suffer. The first of these spiritual practices is prayer before and after the meeting. When a group of AA members come together in prayer; we call on our HP to be present. Second is sharing. When AA members share their experience, strength and hope, we encourage and remind each other that no matter what, we never have to drink again. The third is the 7th tradition. Some will ask how does the 7th tradition contribute to our individual and collective spiritual growth? By participating in the 7<sup>th</sup> tradition we carry the AA message to all who seek it. Each of these spiritual practices require action. The 7<sup>th</sup> tradition goes beyond having each to be self supported through their own contributions. The 7th tradition requires faith that our contributions will be sufficient to maintain our individual groups and every local, regional and national branch of the AA program. As I grow spiritually I have to ask myself if the financial contributions I make reflect the appreciation I have for the program that has allowed me to make changes in my life that keep me from the despair of alcoholism? As the financial cost of living has risen so too must my contribution to meet the monetary cost of supporting the program that has given my life new meaning and purpose.

I'll close by sharing something from a presentation that was given by Rich Purtell, Northeast regional trustee. His topic was "Spirituality and Money," and he asked this question: "Is my contribution an expression of gratitude and service, or has it become just a habit?" I find this question stimulating, as it calls on me to really think about what I'm doing when I reach for my wallet

when the basket is passed at my group.

Do I think in that moment about how grateful I am for sobriety, for freedom from alcoholic insanity, for clarity, for health, for love, for the many blessings that I experience daily because of my membership in AA? Do I think in that moment about the ways in which my contribution to the basket will help to carry the message - by providing for the ASL interpreter at my group; by keeping the lights on and the phones open at Central Office; by supporting the area's CPC efforts; by enabling the work done at the corrections desk at GSO - do I think of these things? My habit of reaching into my wallet will support all of these things, whether I'm mindful in the moment of giving or not. But if I pause to think about the blessings in my life and the connection between us all when I contribute, the act of putting those bills in the basket will be transformed from a habit into a spiritual exercise. I'm grateful to Rich for encouraging me to think about these connections. I hope you agree that participating in the practice of the 7th tradition truly is an opportunity to strengthen my spiritual program.



### Submissions continued

July 1993

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### **Humbled By Humor**

After seventeen sober years, one deeply engrained shortcoming remained. I decided to try really hard. . .for the umpteenth time. On my knees at bedtime I was ready to pray. I had planned all the usual heavy-duty mea culpas, replete with guilt and shame, pleas for forgiveness, promises to pray for those this shortcoming had harmed, apologies for not letting go, praises ad infinitum for my God's great mercy on this terrible sinner --err, shortcomer --and a very long grocery list of things I wanted to say to God, ending, of course, with the usual half-hearted request that he remove this shortcoming of pride and lust.

An epic Step Seven prayer. Maybe later in life, I thought, I would reprint it as an aid to newcomers.

I began.

"Lord, I'm imperfect but if I ever get to heaven, you can make me perfect." And just when I said "perfect," something happened.

Involuntarily, I passed gas.

Shock at flatulence in the presence of God!

I laughed. More shock at my laughter! I laughed some more. I laughed and laughed until tears streamed down my face. I tried to begin my prayer again but still laughed. "God, thank you for humor. Good night," I said, collapsed onto the bed, and laughed myself to sleep.

Now that the puritans and censors have ripped out this page and left in a huff, let's continue.

Since that night, God has removed this shortcoming. The connection? Humor unlocked the door. We only laugh about things which are dear to us. That's why so many jokes are centered on sex, politics, and religion--our most precious relationships with our family, our fellow man, and our God. Humor is a great sign of recovery and healing, and until we can laugh at our past, we will not recognize our imperfections or be humble. "Humor" and "humility" both have the same word ancestor.

My favorite quote from the Big Book is this: "First of all, we had to quit playing God." I apply it to each Step. In Seven, I present myself to God as human, halfway between heaven and hell, neither a god nor a devil. And I ask, expecting an answer, that he remove "any defect of character which stands in the way of my usefulness to you and my fellows." I don't ask him to remove shortcomings which will make me perfect. I will



### Step 7

die with several shortcomings, which means I will die human--and, I hope, humble and humorous.

The Big Book warns us that "we are not saints." My friend, the Akron archivist, told me she's someday going to write a treatise entitled "Character Defects of the Saints." We need to be reminded that our character defects keep us humble and dependent on God.

"H" words surround Step Seven and me. I'm "home" in Seven. You have to have a home before you can leave it. Which, to me, means I cannot enter the outside world of non-AA in Steps Eight and Nine, unless I'm at home with my god and myself in Step Seven. Home is a place where I can always be myself, a sober alcoholic. If there's no home. I'm lost, drunk.

The most popular AA prayer --"Help!" --is what I ask God for in Step Seven. Not "Help me remove" but just plain "Help." We ask and God answers: Yes, No, Maybe later, Only these. For years, I refused to recognize God's "No" concerning my long-term deep, dark shortcomings. Over the past six years, he has blessed me with over thirty pigeons so apparently that defect didn't prevent him from using me to do his bidding. And, of course, the majority of those newcomers were just riddled with my shortcoming. God has a sense of humor!

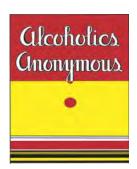
Well, folks. Step Seven begins "Humbly asked". . .but lately, for me it starts, "Humorously ask. . ."

Years ago, a Grapevine contributor used the wonderful phrase "the whisper of humility." I pray you hear it in Step Seven.

And I pray you also hear God's laughter.

**Anonymous** 

Wheeling, West Virginia



### Step 7

Humbly asked God to remove our shortcomings

### **How It Works**

Humbly asked God to remove our shortcomings

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." We have then completed *Step Seven*.

A.A. Big Book, p. 76

### **Tradition 7**

Every A.A. group ought to be fully self-supporting, declining outside contributions.

### **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 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	United Methodist Church, Murrieta
	<b>Visitors Welcome</b>	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.

AA co-founder Bill W. 1949

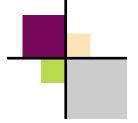
Let us warmly support Intergroup."

### **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.

### **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	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)



#### **Gratitude Gazette**

### 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...

### **Group Contributions**

	Jun 16	Jun 15	\$ Change	Jan - Jun 16
Tem Del Rio Survivors	700.00	325.00	375.00	3,700.00
Mur Community House/Mon-Sat 7am/ABSI	219.00	145.00	74.00	1,236.00
Anza Thur 7pm/Mens Stag	200.00	0.00	200.00	200.00
Wildomar Wild Ones #653642	150.00	0.00	150.00	550.00
LE 1st Lutheran/M,Tue,Th,Sat 730pm/Bells	146.08	0.00	146.08	193.08
Tem Hill Recovery Sat 8am Early Risers	120.00	160.00	-40.00	600.00
Mur Monday Night Men	100.00	0.00	100.00	600.00
Rainbow Grange/Sun 730pm/Participation	90.00	0.00	90.00	180.00
Mur United Methodist/Wed 8pm/Discussion	82.08	0.00	82.08	202.08
Tem Serenity Friday 6pm #710973	60.00	0.00	60.00	340.00
Mur/TVCO Intergroup/#179377	51.75	38.00	13.75	233.75
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	50.00	0.00	50.00	100.00
Wildomar on Grape /Sun7pm/Pigs onthe Wall	50.00	0.00	50.00	75.00
Mur United Methodist/Tue 10am/Womens	50.00	0.00	50.00	250.00
LE Meeting Place/Fri 730pm/TGIF	40.00	0.00	40.00	40.00
LE TMP Wed 530 The Pizza Mtg #709008	35.00	0.00	35.00	82.48
Tem Just Us Girls 2	30.00	0.00	30.00	172.00
Mur Community House/Sun 730pm/The Geek	12.00	114.10	-102.10	67.00
Tem Alano Club Tues Grapevine Meeting	7.00	0.00	7.00	45.00
Tem Ser Tuesday 6pm	5.00	0.00	5.00	5.00
LE AOG Church/Thur Noon/Womens BB	0.00	0.00	0.00	10.00
Tem Mon Night Men	0.00	100.00	-100.00	400.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	110.00	-110.00	0.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	0.00	50.00	-50.00	180.00
Tem RC Church Office/Tue 6pm/Mosh Pit	0.00	0.00	0.00	360.00
Tem Sat 8pm/World Famous Speaker Meeting	0.00	150.00	-150.00	68.00
Tem Ser Cir/Fri Noon/	0.00	0.00	0.00	60.00
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	0.00	0.00	773.67
Tem Ser Cir/Mon-Sun 6pm/Serenity Hour	0.00	50.00	-50.00	0.00
Tem Ser Cir/Mon Noon/Participation	0.00	0.00	0.00	75.00
Tem Ser Cir/Sun Noon/Participation	0.00	0.00	0.00	60.00
Tem Ser Cir/Thur 715pm/Serenity Seekers	0.00	23.18	-23.18	36.00
Tem Ser Cir/Thur Noon/Nooners	0.00	0.00	0.00	83.00
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	0.00	0.00	275.00
Tem Ser Cir/Tue Noon/Living Sober	0.00	30.00	-30.00	72.00
Tem The Meeting Place/Thurs 630pm/Solutio	0.00	0.00	0.00	20.00
Tem TMPT Sunday 5pm PB4P #713748	0.00	14.40	-14.40	0.00
Tem Wellness Center 8am M-F	0.00	0.00	0.00	54.00
Tem/The Alano Club/Sun 6pm/Twilight	0.00	0.00	0.00	35.00
Tem/Wed 5pm/Just Us Girls	0.00	0.00	0.00	330.00
Temecula Joe & Charlie Workshop #711469	0.00	0.00	0.00	625.00
Wildomar Grape Street/Fri 7pm/Step Study	0.00	0.00	0.00	20.00

### **Gratitude Gazette**

### **Group Contributions**

Continued

Idyllwild We Don't Know Thurs 6pm	0.00	0.00	0.00	40.00
Tem Hill Recovery Mon 10am Open Arms	0.00	50.00	-50.00	10.00
LE AOG Church/Wed Noon/Acceptance	0.00	50.00	-50.00	60.00
Tem Alano Club Sat Noon Sobriety Sisters	0.00	0.00	0.00	50.00
SC Unity Hall/Umbrella #164257	0.00	250.00	-250.00	0.00
SC Boston Billies/Wed 7am/Mens Breakfast	0.00	0.00	0.00	50.00
Murrieta The Searching Party	0.00	60.00	-60.00	60.00
Mur/UMC/Mon Noon/Womens ABSI #709011	0.00	40.00	-40.00	160.00
Mur United Methodist/Thur 8pm/Step Study	0.00	32.00	-32.00	0.00
Mur United Methodist/Mon 7pm/Lil Big Book	0.00	50.00	-50.00	150.00
Mur Community House/Wed 7pm/Mens Stag	0.00	0.00	0.00	130.00
Menifee/Sun 9am/Grass Roots #706488	0.00	0.00	0.00	197.10
LE TMP M-Sat 7am Early Birds	0.00	0.00	0.00	5.00
LE Meeting Place/Sun 7am/Att Mod	0.00	0.00	0.00	10.00
LE Meeting Place/Mon-Fri 530pm/	0.00	77.50	-77.50	0.00
TOTAL	2,197.91	1,919.18	278.73	13,330.16

### Valley Buck a Month Club

<b>Personal Contributions</b>						
	Date	Name	Amount			
	6/2/16	Sandra N	5.00			
	6/2/16	Sandra N	5.00			
	6/3/16	Terese B	20.00			
	6/7/16	Jim F	30.00			
	6/7/16	Pauline S	25.00			
	6/7/16	Tim M	10.00			
	6/8/16	Paul R	20.00			
	6/9/16	Anonymous	5.00			
	6/14/16	Annie D	40.00			
	6/19/16	Mike B	20.00			
	6/20/16	Mark F	10.00			
	6/20/16	Debi G	10.00			
	6/21/16	Rick	20.00			
	6/23/16	Mario G	35.00			
	6/24/16	Darcie D	10.00			
	6/24/16	Tom C	20.00			
	6/27/16	Collette M	10.00			
	6/30/16	Bill and Donna	41.00			
	6/30/16	Gary G	25.00			
		Jun 16	361.00			

Date	Name	Amount
6/30/16	Marcos	10.00
6/30/16	Gene W	5.00
6/30/16	Don	1.00
6/30/16	Georgia	1.00
6/30/16	Karen K	2.00
6/30/16	Stephanie	1.00
6/30/16	Suzie	10.00
6/30/16	Jennifer	15.00
6/30/16	Bob	1.00
6/30/16	Linda	10.00
6/30/16	Mary	2.00
6/30/16	Jim	3.00
6/30/16	Jack	2.00
6/30/16	Ron	4.00
6/30/16	Katrina	33.00
6/30/16	Gay	4.00
6/30/16	Deddrick	32.00
6/30/16	Debbie	2.00
6/30/16	Tom	1.00
6/30/16	Richelle	4.00
6/30/16	Arnie	1.00
6/30/16	Laura	1.00
	Jun 16	145.00

# Central Office Activity June

### **Activity Log**

Phoned in	165
Walk ins	198
AA Meeting	82
Al-anon	I
I2 Step	3
Donations/Purchases	69
Misc/Other Business	8

### **Volunteers**

1	Ann
2	Bert

3 Cari

4 Chris

5 Debbie

6 Debi

7 Fitz

8 Jill M

9 Jim F

10 Karen

11 Kathy

12 Kelli

13 Kim

14 Melissa

15 Nick

16 Pat

17 Paul C

18 Sharon

19 Shawn

20 Stan

21 Steve

22 Stuart

23 Tony



Date	Name	Amount
06/07/2016	Lea Lea Celebrates 35 Years!	35.00
06/07/2016	Saunie Celebrates 19 Years!	19.00
Jun 16		54.00

Gratitude Gazette Page 14





1:30 Shot Gun • Temecula Creek Inn \$120 Per Person Includes Dinner and a Duck Contact Mike B (951) 595-9722

Summer

2016

or The Temecula Valley Central Office to Sign Up