

Gratitude Gazette



<http://www.temeculacentraloffice.org>

(951) 695-1535

November 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**

Tradition 11

Tradition Eleven states,

“Our public relations policy is based on attraction, rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

The long form reads,

“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not to be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never a need to praise ourselves. We feel it better to let our friends recommend us.

Hi everyone. My name is Debi and I am an alcoholic. I can't believe I got myself into this, me writing about a tradition. What was I thinking? As it always turns out, my head made it out to be harder than it was. When my heart finally caught up what remained for me after reading the Big Book, the 12 x 12, two or three pamphlets, and some of Bill's early writing about this tradition was there are quite a few things going on in this tradition. The idea that stuck out for me was this principle of humility. I would like to keep focused on that. Here goes.

A great responsibility fell upon us to develop the best possible public relations policy for Alcoholics Anonymous. Many painful experiences taught us what the policy ought to be. We found that we had to rely upon the principle of attraction rather than promotion.

Many recovering members have the attitude "When I was drinking, everybody knew I was the town drunk, why should I hide my identity now that I am recovering?"The answer is, for the good of the fellowship. The example is given of a famous athlete or television personality -- a role model for youth -- that gets into recovery and announces to the entire world that A.A. has saved

I have come to the end of volunteering to create the gazette.

Central Office needs someone to pick this up and run with it ASAP.

You must be proficient with Publisher. There isn't any training on this end. It is just a couple of days to put it together.

I always looked forward to publishing the gazette and I will miss working with Paul and Deanna at making this come together.

Thank you to everyone who volunteered their articles for submission. Great stories and articles.

Charlene-sometimes Daphne

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saved his life. What happens if that person relapses? The kids say, "Well, so much for A.A.!"

It has been said that "Anonymity is the greatest protection our Society can ever have." Anonymity keeps us right sized, by reminding us of the principle of humility. We don't need to go around promoting ourselves. Let us ask ourselves, "Am I living the principles of the A.A. program so that a newcomer is attracted to our program?" It is the duty and responsibility of each one of us individually and all of us collectively to ensure that those who need help are attracted to AA and that full information about how and where AA can be reached is properly available. It would be wrong for the hand of AA not to be available to anyone anywhere who needs and wants help. At the same time our principles ensure that anyone should be able to ask for help and join us safely and anonymously.

When people SEE the four changes in our life -- mental, emotional, physical, and spiritual -- they are attracted. They need no promotion. This is a program for people who want it. Let's not let others tell us what they think we are about. Let's just be ready when the suffering alcoholic is ready to open the door and show him what we are.

This tradition represents far more than a sound public relations policy. It is more than a denial of self seeking. It is a constant reminder that personal ambition has no place in A.A. In it each member becomes an active guardian of our Fellowship.

It is one of my abiding prayers that I will never do anything to harm AA or dim its light in anyway, even unknowingly or through ignorance, laziness or taking AA for granted.

Debi G.

Acquired Values

Many, many months ago what I valued in life was much different than the people, places and things cherished today. Not only had my life become unmanageable, but void of faith and real world values. The people I held close, the places I must visit, and the things I felt most useful have been completely replaced. Replaced by a life in recovery, I find most valued is living to the best of my ability under the principles of AA, building memories with family and a group of true friends, and rebuilding the intrinsic set of personal values based on a new environment of loving, peaceful experiences.

Being a productive member of my community seems so far away from being buried in a selfish disease serving only myself. I did have my moments of helpfulness to family; however, looking back to reflect on the past, it appears I typically had a personal motive, a means to an end that would personally benefit me. There are some direct comparisons between the past and present. I am of service today. I do this for me, to stay sober. One of the recognizable differences between then and now though is that the benefit of others trumps any benefit for myself...well most of time, as only God is perfect. I am thankful that my motives for helping are typically loving decisions or as many of my friends say "what would your higher power do?"

Not to judge others is work in progress. It is difficult to not see yourself through others' eyes and certainly expecting others to live by your new found definition of life. Today I allow others to shape my experiences, but not determine who I am. From the early months of recovery idolizing old timers and sponsors, I now accept them as humans and I no longer need to concern myself with what they think of me. I know that I am true to my creator to the best of my ability. I am certain that if I expend my energy to please my

Higher Power, my physical, mental, and spiritual condition is for the better.

What a confusing time for the family. Those material possessions of the past have been replaced with community. In the past, I was so obsessed with purchasing the next thing, the next item that would define me as a person. Now, I find myself letting go, selling what was most prized, and literally tearing down ego from the walls of the home. Spending on self has been replaced by giving back to others, especially to those I have taken from all the prior years. I am so grateful for the values that have developed within me. These new and renewed values allow me to stay active in a program of recovery. I place my recovery first and everything else just seems to just fall in line, appropriately prioritized by a loving Higher Power.

Rob P

November 2010
Vol. 0 No. 0

<http://www.aagrapevine.org/>

STEP ELEVEN AND THE MYSTERY OF MEDITATION

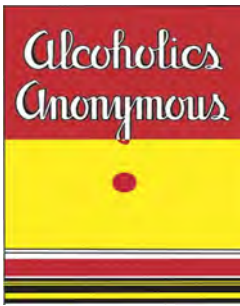
MORE than anything, I wanted to honestly take the Eleventh Step, not pretend I had taken the Eleventh Step. By that I mean I wanted to follow the sentence introducing Step Eleven in the Big Book, which states, "Step Eleven suggests prayer and meditation." It does not tell me, "Step Eleven suggests prayer and meditation, if you feel like it, and it's convenient and easy . . ."

Prayer, even when I am being honest, is simply prayer. It is my asking. Meditation for me seems to be a grownup version of prayer, the mature offering of myself, without need or agenda, and the willingness to listen to an answer, even if the answer is silence. For this alcoholic, meditation is all about growing up; it is about new knowledge and new ideas. Meditation for me is a venture into the unknown, a gamble with my pride, a true leap into powerlessness.

"Being still inexperienced and just having made conscious contact," as the Big Book says, I now found myself taking a huge risk and walking into the experience of attending a new Eleventh Step meditation meeting. No one chanted. Everyone sat normally in a chair. It was a closed AA meeting for men and women. We read the Eleventh Step in the Big Book out loud. Suggestions about meditation from the essay about the Eleventh Step in the "Twelve and Twelve" were read. We meditated silently for 20 minutes. And then we shared our meditation experience. Just like our Step work, some of us were on Step One in meditation; some carried experience and confidence that they willingly shared. We were all equals. The same AA principles applied in our meditation meeting that apply in any other AA meeting: new ideas, new knowledge, willingness, patience, perseverance, discipline, honesty and open-mindedness. It is the same way I live my life in sobriety, the same way I work for conscious contact, the same way I work to fit myself to be of maximum service to my creator.

This alcoholic has work to do. Meditation with my fellow drunks is an experience unlike any other. I love taking a chance that even the smallest amount of change might allow my Higher Power access to my heart and mind. I love the risk of failing in meditation. I love the risk of succeeding in meditation. I love the risk of not knowing the difference. I love the risk of being lost and sober in completely new territory. The results are worth all those risks, and more. Now I can honestly say I am living the Eleventh Step as our founders felt we ought to.

ANONYMOUS
Staunton, Va.



Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out

How It Works

Step 11 suggests prayer and meditation. We shouldn't be shy in this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it.

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness.

This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

A.A. Big Book, p. 84

Tradition 11

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

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.

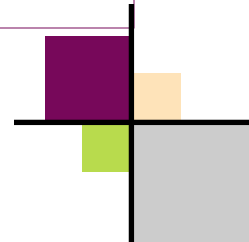
“The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup.”

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
3rd Monday	JUGS 2
3rd Tuesday	Nancy W
3rd Wednesday	Laura L
3rd Thursday	Joyce
3rd Friday	Back To Basics (Sun City)
3rd Weekend	JUGS 2
4th Monday	Sunday 7 Am Attitude Adjustment (Lake Elsinore)
4th Tuesday	Searching Party
4th Wednesday	Linda D
4th Thursday	Jill M
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	Bobbi And Richard
5th Thursday	Andrea
5th Friday	Brenda and John W (Wildomar)
5th Weekend	Men's Stag - Tuesday 7:30 pm (Temecula)



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.

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.

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 Donations	Oct 16	Oct 15	\$ Change	Jan - Oct 16
Tem Del Rio Survivors	1,200.00	400.00	800.00	7,600.00
Tem Ser Cir/M-S 7am/Att Adj Group	738.00	0.00	738.00	1,888.99
Wildomar Wild Ones #653642	200.00	0.00	200.00	900.00
Mur Community House/Mon-Sat 7am/ABSI	186.00	273.00	-87.00	2,138.00
Mur Monday Night Men	100.00	0.00	100.00	1,000.00
Mur United Methodist/Wed 8pm/Discussion	92.00	100.00	-8.00	294.08
Mur Community House/Wed 7pm/Mens Stag	70.00	0.00	70.00	300.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	60.00	0.00	60.00	160.00
LE TMP Wed 530 The Pizza Mtg #709008	60.00	0.00	60.00	142.48
Tem Just Us Girls 2	51.00	0.00	51.00	484.00
Murrieta The Searching Party	48.00	0.00	48.00	132.00
Wildomar Grape Street/Fri 7pm/Step Study	20.00	0.00	20.00	40.00
Tem Ser Cir/Thur 715pm/Serenity Seekers	20.00	0.00	20.00	56.00
LE AOG Church/Wed Noon/Acceptance	10.00	0.00	10.00	100.00
LE AOG Church/Thur Noon/Womens BB	10.00	0.00	10.00	30.00
Mur/TVCO Intergroup/#179377	0.00	59.00	-59.00	355.75
Mur/UMC/Mon Noon/Womens ABSI #709011	0.00	40.00	-40.00	240.00
SC Memas/Wed 7am/Mens Breakfast	0.00	0.00	0.00	76.00
SC The Whatever Group 2	0.00	51.23	-51.23	100.00
SC Unity Hall/Umbrella #164257	0.00	0.00	0.00	900.00
Tem Alano Club Friday Speaker Mtg	0.00	0.00	0.00	120.00
Tem Alano Club Sat Noon Sobriety Sisters	0.00	0.00	0.00	50.00
Tem Alano Club Tues Grapevine Meeting	0.00	0.00	0.00	64.00
Tem Hill Recovery Mon 10am Open Arms	0.00	33.73	-33.73	10.00
Tem Hill Recovery Sat 8am Early Risers	0.00	54.00	-54.00	960.00
Tem Mary Phillip Sen Ctr/Thur 6pm/For Fun	0.00	0.00	0.00	162.45
Tem Mon Night Men	0.00	100.00	-100.00	400.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	100.00	-100.00	138.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	0.00	0.00	0.00	180.00
Tem Pechanga/Sun 730pm/Participation	0.00	163.00	-163.00	303.60
Tem RC Church Office/Tue 6pm/Mosh Pit	0.00	120.00	-120.00	720.00
Tem Sat 8pm/World Famous Speaker Meeting	0.00	50.00	-50.00	68.00
Tem Ser Cir/Fri Noon/	0.00	0.00	0.00	60.00
Tem Ser Cir/Mon Noon/Participation	0.00	0.00	0.00	75.00
Tem Ser Cir/Sun Noon/Participation	0.00	90.00	-90.00	60.00
Tem Ser Cir/Thur Noon/Nooners	0.00	71.02	-71.02	83.00
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	150.00	-150.00	475.00
Tem Ser Cir/Tue Noon/Living Sober	0.00	0.00	0.00	72.00
Tem Ser Friday 10pm Candlelight	0.00	0.00	0.00	120.00
Tem Ser Tuesday 6pm	0.00	0.00	0.00	5.00
Tem Serenity Friday 6pm #710973	0.00	60.00	-60.00	720.00
Tem The Meeting Place/Thurs 630pm/Solutio	0.00	0.00	0.00	40.00
Tem Wellness Center 8am M-F	0.00	0.00	0.00	101.00
Tem/The Alano Club/Sun 6pm/Twilight	0.00	0.00	0.00	35.00
Tem/Wed 5pm/Just Us Girls	0.00	36.00	-36.00	490.00
Temecula Joe & Charlie Workshop #711469	0.00	0.00	0.00	625.00
Wildomar on Grape /Sun7pm/Pigs onthe Wall	0.00	20.00	-20.00	75.00
Mur United Methodist/Tue 10am/Womens	0.00	0.00	0.00	400.00
Mur United Methodist/Mon 7pm/Lil Big Book	0.00	0.00	0.00	200.00
Mur Community House/Sun 730pm/The Geek	0.00	19.00	-19.00	84.00
Menifee/Sun 9am/Grass Roots #706488	0.00	60.00	-60.00	300.10

continued

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/Sun 1030am/Speaker Mtg	0.00	0.00	0.00	40.00
LE Meeting Place/Fri 730pm/TGIF	0.00	0.00	0.00	40.00
LE 1st Lutheran/M, Tue, Th, Sat 730pm/Bells	0.00	16.00	-16.00	193.08
Idyllwild We Don't Know Thurs 6pm	0.00	0.00	0.00	40.00
ICYPAA	0.00	0.00	0.00	34.00
Hemet Arrid/Sat 7pm/Back to Basics	0.00	37.50	-37.50	0.00
Canyon Lake Thursday	0.00	31.00	-31.00	0.00
Anza Thur 7pm/Mens Stag	0.00	0.00	0.00	200.00
Anza Manic Mondays Women's Meeting	0.00	10.00	-10.00	20.00
TOTAL	2,865.00	2,144.48	720.52	24,715.53

Valley Buck a Month Club

Personal Contributions

<u>Date</u>	<u>Name</u>	<u>Amount</u>
10/7/16	Sharon C	5.00
10/7/16	Sandra N	5.00
10/7/16	Terese B	20.00
10/7/16	Jim F	30.00
10/7/16	Tim M	10.00
10/7/16	Paul R	20.00
10/18/16	Mike B	20.00
10/18/16	Annie D	40.00
10/30/16	Gary G	25.00
10/30/16	Collette M	10.00
10/31/16	Darcie D	20.00
10/31/16	Darcie D	10.00
10/31/16	Mark F	10.00
10/31/16	Debi G	10.00
Oct 16		<u>235.00</u>

<u>Date</u>	<u>Name</u>	<u>Amount</u>
10/30/16	Marcos	10.00
10/30/16	Gene W	5.00
10/30/16	Ron	2.00
10/30/16	Adam	1.00
10/30/16	Debbie	2.00
10/30/16	Robin	6.00
10/30/16	Candace W.	1.00
10/30/16	Bob and Karen	10.00
10/30/16	Don	2.00
10/30/16	Katrina	9.00
10/30/16	John	2.00
10/30/16	Georgia	1.00
10/30/16	Karen K	2.00
10/30/16	Arnie	1.00
10/30/16	Laura	1.00
10/30/16	Tom	1.00
10/30/16	Deddrick	8.00
Oct 16		<u>64.00</u>

Activity Log

Phoned in	199
Walk ins	221
AA Meeting	75
Al-anon	5
12 Step	6
Donations/Purchases	86
Misc/Other Business	17

Volunteers

- 1 Bert
- 2 Bob E
- 3 Cari
- 4 Chris
- 5 Debi
- 6 Frank
- 7 Jill M
- 8 Jim F
- 9 Karen
- 10 Kelli
- 11 Linda
- 12 Melissa
- 13 Nick
- 14 Paul C
- 15 Shawn
- 16 Steve
- 17 Stuart
- 18 Teresa
- 19 Tony



<u>Date</u>	<u>Name</u>	<u>Amount</u>
10/6/16	Jan F Celebrates 5 Years of Sobriety!	5.00
10/18/16	Linda F Celebrates 5 Years!	100.00
	Oct 16	105.00

September 2016 Birthdays from Murrieta Community House ABSI Meeting J

Heather Murrieta Celebrated 4 years
 Linda F Murrieta Celebrated 5 years
 Candice Murrieta Celebrated 7 years

Gratitude Month November 2016

For decades now, AAs in the U.S. have set aside all of November as Gratitude Month – marking the occasion with a possible special contributions to the Offices around the country. In the spirit of the Seventh Tradition, A.A. is self-supporting through its members' contributions, and frequently turns away money from well-meaning outside contributors. This means that the active input of every A.A. is vital to the Fellowship.

The Temecula Valley Central Office wants you to participate in Gratitude Month this year. We need your support. Here are a few suggestions on how to make a contribution this month.

1. Have your group pass the basket a second time for TVCO during the month of November.
2. Make a personal donation to TVCO of \$36.50 in the month of November. This donation equates to a dime a day for 2016. Last year we had some individuals and groups donate a dollar for every day. \$365.00!
3. Follow the AA Birthday/Anniversary Plan and catch up on your birthday if you have not already donated a dollar, or two, for every year you have been sober.
4. Have your group donate to TVCO a Group Birthday donation of a dollar or two for every year your group has been in existence.

“WHERE MONEY AND SPIRITUALITY MIX”

“Members celebrate sobriety by giving time, energy and money in support of our Twelfth Step—carrying the message—the basic service that the A.A. Fellowship offers. Members assure that group expenses are paid by putting money into the basket passed at each meeting. It is each member's responsibility to support the services that have been requested by the A.A. Fellowship, to help facilitate A.A.'s vital Twelfth Step. Contributions are made in a spirit of sacrifice, and they honor A.A.'s code of “love and service.” Contributions also underscore the spiritual nature of our Fellowship and our mutual love and trust. We have found that these contributions are as important to each member as they are to the service centers supported.”

From MG-15 AA Guidelines on Finance

SERENITY CIRCLE HALL ALCA-THON

One hour meetings immediately followed by social hour.

Bring your snacks and games!

When:

**November
23, 24, 25**

Where:

**42066 Avenida Alvarado
Temecula, CA**

92590

Suite B

**Twenty-four hour
meetings for three
days straight!**

Contact information:

Sydney S. 951.445.6424

District 17

Thanksgiving Day

*Alcañon
Participation*

- Speaker
- Traditions Trivia
- Free Raffle
- Treats

The Meeting Place
Thursday, November 24th
31717 Riverside Drive

0 Lake Elsinore, California 92530 W

Recovery

Information Sharing on:

- *Becoming a GSR*
- *The 12 Traditions*