

August 2017



Gratitude Gazette

<http://www.temeculacentraloffice.org>

951-695-1535 Hotline 24 hours



FORGIVE YOURSELF AND OTHERS; MAKE A LIST OF PEOPLE YOU MIGHT HAVE OFFENDED OR HARMED

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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In Step 8, you begin an amazing adventure in relating with a new heart to yourself, to others, and to life. You are ready to contribute peace to the world rather than add contention and negative feelings. You are willing to give up judging anyone unrighteously and to stop taking inventory of others' lives and faults. You are ready to stop minimizing your own behavior or making excuses for it. You are willing to take another thorough inventory—this time of those you have harmed.

Although you may be terrified to consider it, you can become willing to meet the people on your list when the opportunity arises. You can prepare to do all you can to make amends to them. You can live by faith in the Lord, not in fear of what others might do. You can become willing in Step 8 to live a life guided by principles rather than by shame or fear.

(addictionrecovery.lds.org)

...From Our Fellows and From God'

ARE YOU THE TYPE OF PERSON who makes lists? There are a lot of us around. We make lists of household items, groceries, and toiletries; of things to do today, tomorrow, and over the weekend; of holidays, vacations, and activities for special events.

At many Step discussion meetings in my area, I hear my fellow AAs share their fear upon reaching the Eighth Step. Usually, it's the fear of the impending Ninth Step confrontation with those they have harmed. "What will she think?" or "What will he say?" followed by our famous "What an order! I can't go through with it."

Eventually, I was asking the same questions and entertaining similar fears. However, something had to be done because old-timers said that their sobriety depended on how successfully they continued to practice all twelve of the Steps. So I began putting a list together. Fear of losing my sobriety overrode my fear of losing someone's goodwill.

Naturally, at the head of the list I put my own name, right? No. I was far too used to being first in the universe, far too self-centered. But didn't I hurt myself more than anybody else by my drinking? Perhaps, but amends to myself began the moment I put the cork in the bottle. At least, that's the way I came to see it.

My immediate family was high on my list. First my parents, whom I had long blamed for certain deficiencies in my makeup (in addition to my alcoholism); my brother and sisters who, I felt, had always made unreasonable demands on me.

There were the stores where I had begun a history of petty thievery during my teens. Small thefts, but they totaled up to a pretty penny.

There were couples whose marriages, already a bit shaky, I had done nothing to help. Fact is, I contributed to the grounds for at least one divorce.

There were jobs where I cheated employers of their fair due, as well as setting a very poor example by my drunkenness.

There were romantic love objects, persons used and then tossed aside.

And how many were victims of my big-shotism--people I promised to help find living quarters or jobs through my "connections"? What connections?

That's a broad outline of my first serious approach to making amends. What did I do about it all? How do you make amends to somebody who has moved to you-know-not-where? How do you return stolen goods to a now-defunct store?

Our founding fathers wisely provided the Eighth Step as a means of collecting our wits, of charting our course as we prepare for a journey that might well prove to be stormy. It is a course where I might find it impossible, due to circumstances, to make amends, but not impossible to include my willingness on my list. To become willing. The Step is also about that, isn't it?

The Eighth Step provides a time of calm reflection before we get down to the actual amends-making task.

As the "Twelve and Twelve" says, "It is the beginning of the end of isolation from our fellows and from God."

-- W. H.

Manhattan, New York

(G.V. Feb. 1986)

An Opportunity for Self-examination

STEP 8: Made a list of all persons we had harmed, and became willing to make amends to them all

AS one who has been going to Step meetings for years, I think we sometimes get hung up on the letter of the Steps and maybe miss the spirit. The opening paragraph on Step Eight in the "Twelve and Twelve" broadens the scope of Steps Eight and Nine with one simple declarative sentence: "Steps Eight and Nine are concerned with human relations." Yet most discussions focus on making a list and going to people and making direct amends.

What about the larger question? What about *why*?

The "Twelve and Twelve" says something else of overwhelming importance that often gets very little attention in discussions of Step Eight. It says that beyond making a list and becoming willing to mend fences with others, I must try to extract from a close examination of my human relations "every bit of information" about myself that I can. The idea is so important I'd like to quote it in full: "In many instances we shall find that though the harm done others has not been great, the emotional harm we have done ourselves has. Very deep, sometimes quite forgotten, damaging emotional conflicts persist below the level of consciousness. At the time of these occurrences, they may actually have given our emotions violent twists which have since discolored our personalities and altered our lives for the worse.

"While the purpose of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can. . . ." And a little further on it says, "Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives."

What a testament! How much more interesting and meaningful than merely a hit list of harms done and apologies in order. A list is a good start. But if that was all there were to it, I'm afraid the program would be pretty much like running the one-minute mile. You start here. You end there. You sweep off your side of the street and then what?

I can only speak for myself but I know from talking to a lot of other drunks that a lot of us never got up one morning and decided to do the program. Every time I came around to Steps Eight and Nine, I always felt cramped and hedged in with a lot of little spiritual hoops to jump through. I couldn't make a personal connection with the Step. I knew what "they" wanted me to say; but I didn't know what *I* wanted to say. The paragraphs I have quoted pointed the way.

This isn't a game of spiritual hopscotch where I go from one amends to the next, knocking them off like hitting beer cans on a rail fence with rocks. There is a dynamic, exciting dimension to this Step that, as it says, goes far beyond the superficial. To get all caught up in the wrong, the wronged, and the "street sweeping," I may be efficient, I may be thorough, but am I really realizing all that this Step has to offer?

When I came to Step Nine, I had the same problem. I do have some great Step Nine stories to tell at Step meetings; but I can remember telling them and feeling very empty because it was like a recitation. It was as if I had done my homework and was now giving a book report. There's so much more to making amends than just going and saying I'm sorry.

What Step Eight has done, and continues to do for me, is to make me conscious of my relations with others. It allows me to pay attention to how I behave with myself and others. It encourages me to focus on how I'm related to others and to myself. It allows me to see how fear, delusional thinking, and grandiosity made it impossible to have any kind of sane partnership with another person.

(continued on p 4)

The "Twelve and Twelve" says that self-examination, meditation, and prayer can form an unshakable foundation for life. So self-examination, like everything else in AA, is an ongoing thing. Step Ten says that the time spent in looking at my relations with others will not be a joy-killer but very rewarding. It will make all the other hours of the day more interesting. And so it does.

With Step Eight in my life, I don't have to be afraid of resentments, hurt feelings, or misunderstandings. I don't have to hide from these things. They are the lighthouses that describe my boundaries as an individual. Even my defects of character are interesting, because they reveal me to myself (as long as I don't turn my back on me).

So the list of harms done is not only not scary, it is the beginning of an adventure in living sober. No more fight or flight. I can stand still and deal with what is really happening. But there's another list I have to make and deal with in Step Eight if I'm going to have this healing of memories that happens when I start to look at human relations. This is the list of people who have harmed me, in real or imagined ways.

I've heard people say, "Never mind about that. It's who you harmed that counts." But if I really believe I've been harmed and simply deny it, then I'm practicing something that helped make me ill to start with. I'm trying to do something I don't believe in order to be accepted. . . in this case by people who hold a different view of Step Eight. All my life I acquiesced to ideas I didn't believe, in order to be accepted. But the Big Book offers this challenge: "Don't let any prejudice you may have about spiritual ideas keep you from asking what they honestly mean to you."

What about these feelings of having been abused, what about the depression that comes when people don't treat me the way I think they should? Am I to brush this aside because it's the "right" thing to do?

I grew up with no clear boundaries and no sense of personal autonomy. I never knew how to stand up for myself. Sometimes it seems I'm being asked to accept unacceptable behavior and it pushes buttons from a childhood where most of the adults were alkie and much of what went on was abusive. That "acceptance" started me on the road to my own alcoholism. If I'm going to have the best possible relations with others it has to be on a basis of honesty, self-honesty first and foremost.

The "Twelve and Twelve" says we never knew how to form a true partnership with another human being. Experience has taught me that part of this learning process involves having the courage to tell those I care about that I don't like the way they are behaving, that I have a grudge or a resentment or hurt feelings. I could never do these things before, so I drank. Now that I'm sober, if I don't change my old ways, I could drink again. So I have something I call Step Eight-and-a-half; I made a list of all persons who had harmed me, in real or imagined ways, and went to them and talked things out, except when to do so would cause more harm.

I don't do this with everyone, only with people who matter--friends, family, loved ones. The deep-rooted tendency to fight or run has to be abandoned. The ability to stand still and stay with someone even when things are rocky is difficult, but Step Eight has shown me that every troubled human relation is an opportunity to get to know myself a little better. It's an invitation to face the truth about myself and the world around me in a way that will, if I persist, leave me rightly related to myself, to others, and to God.

This Step is much more than a checklist of spiritual debts. It is just what Bill said it is: the high road to a new freedom.

-- Jim N.

Agawam, Massachusetts



verywell

A Study of Tradition 8

The 12 Traditions of A.A. and Al-Anon

By [Buddy T](#)

Updated May 27, 2016



There is a saying in the twelve-step groups, "In order to keep it, you must give it away," with the key word being "give."

Tradition 8

Twelfth Step works should always be nonprofessional, but our service centers may employ special workers.

As [Step 12 says](#), "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs."

The 8th Tradition ensures that anytime a newcomer reaches out for help, he will receive it, free of charge. Members freely share their own [experience, strength, and hope](#) with the newcomer and by doing so, help themselves by reinforcing their own recovery in the process.

Non-Professional, Mutual Support

Many times, newcomers to the program will go to their first meeting expecting to find trained professionals who are there to help them. What they find instead is a fellowship of equals who are gathered together for mutual support. There are no doctors, therapists or counselors, only other members who have or have had the same problem in their lives.

That's not to say, some of those members are not doctors and professionals, but they leave those outside affiliations at the door.

It's how the 12-step programs work. Giving it away in order to keep it.

Hiring Special Workers

On the other hand, twelve-step organizations at the national, state and sometimes regional level do have service centers which serve the fellowships as a whole by printing and distributing literature and meeting schedules, maintaining answering services, and other tasks.

These central offices and service centers many times involve more work than volunteer service workers can provide, so some do hire full- and part-time employees to do the necessary labor to keep them running smoothly.

Tradition 8, therefore, allows for the "special workers" to be hired and paid a salary to do the work that volunteers cannot cover.

There are other factors involved in this tradition, as visitors to this site pointed out on the [bulletin board](#). Here are some of their stories:

Nonprofessional Help

Tradition 8 is after tradition 7. Seven says we are self-supporting through our own contributions. Tradition 8 follows 7 and states that contributions can be used to employ special workers, for literature, for group conscience process from group to district, from district to area, from area delegate to GSO, from GSO to A.A. worldwide.

(continued on p 6)

Today in modern society [carrying the message](#) is not only accomplished face to face or by telephone but online as well. Technology does not hinder carrying the message to the alcoholic that still suffers, it helps it. But, we AAs have to keep true to our traditions and reject the million dollar donation, because money will spoil this thing. That is what [Rockefeller told Bill W.](#) when he solicited funds for AA in the 1930s before the traditions were written.

The steps are to the individual as the traditions are to the group. Keep the group strong with the Traditions but special workers may be employed to keep the AA message alive around the world.

Port

Recovery Is a Gift

The 8th Tradition is so very simple but greed no matter how you try to rationalize it, is still greed.

We know nothing good comes from a negative action, except a negative reaction.

As it is implied in our 8th Tradition: "freely ye have received, freely give". Twelfth-step work should not be paid for! Both AA members lose, the newcomer is already in an outsider's position because of paying for services, the paid "professional" offering the message of AA is put in a position to compromise all that he is offering because of his profit. He loses what AA has given to him big time.

Paying someone for their services outside of twelfth-step work does not compromise AA's message, it just gets other jobs done so the recovering alcoholic has the freedom to be there and [reach out and help another alcoholic](#), have the literature to give, have meeting list printed, etc.

"Our 12th-step is never to be paid for, but those who labor in service for us are worthy of their hire." This very important Tradition is the very rock on which the freely given program of AA is built. Kept it a gift!

Alethea

Tradition 8: Special Workers

There is a funny tale in my area about a guy being asked to read the traditions before a meeting and when he got to 8 he read the last phrase as "but our service centers may employ social workers".

That is used quite often for laughs now because we all know that if that were the case, that there were AA "professionals" the beautiful identification we drunks feel when sharing with and listening to one another might go down the tubes.

I couldn't trust authority when I was first getting sober and I don't think I am unique as a drunk. And who does an AA authority go to when he or she hits a wall? Certainly not a meeting full of the folks he has been practicing his profession on. Professional AA's just wouldn't work.

On the other hand AA has to keep itself running, therefore, having an employee to run day to day operations at the [local intergroup office](#) right on up to the folks that do the same at GSO is probably a necessity, bills have to be paid and phones answered after all, while the rest of us get on with our regained lives until the next meeting or call.

Maryann





Romantic Delusions

An AA considers commercials selling beer & liquor

Ever find yourself still enjoying beer commercials? I do. I can't seem to get over the most interesting man in the world ones that tell the story of one man's life adventures. Here's an example of one such commercial. "He once walked past the fountain of youth, did not drink of it, because he was not thirsty...His charm is so contagious, vaccines have been created for it...He bowls overhand... His blood smells like cologne... He is, the most interesting man in the world". Then he says, "I don't always drink beer, but when I do, I prefer _____."

Wow, this guy's done everything! Well, I've done some pretty interesting stuff in my time of drinking as well. As a matter of fact I turned these commercials into a real life story of myself. I now consider myself the most interesting man in AA.

The following are real life stories of what happens to me when I drink. I decided to explain it in the context and format of those famous beer commercials. This really did happen to me.

"One day in 1984, he decided to strip in front of the Hubbard High School football team ... On the 4th of July in 1985, he once blew 27 firecrackers off in his teeth, woke up the next day in a tree with gun powder all over his face ... He was actually arrested twice in one day ... He is, the most interesting man in AA.

I don't always drink beer, but when I do, I pee the bed..."

Stay sober, my friends!

—Mikey U., Chicago, Ill.

(G.V. July 2013)

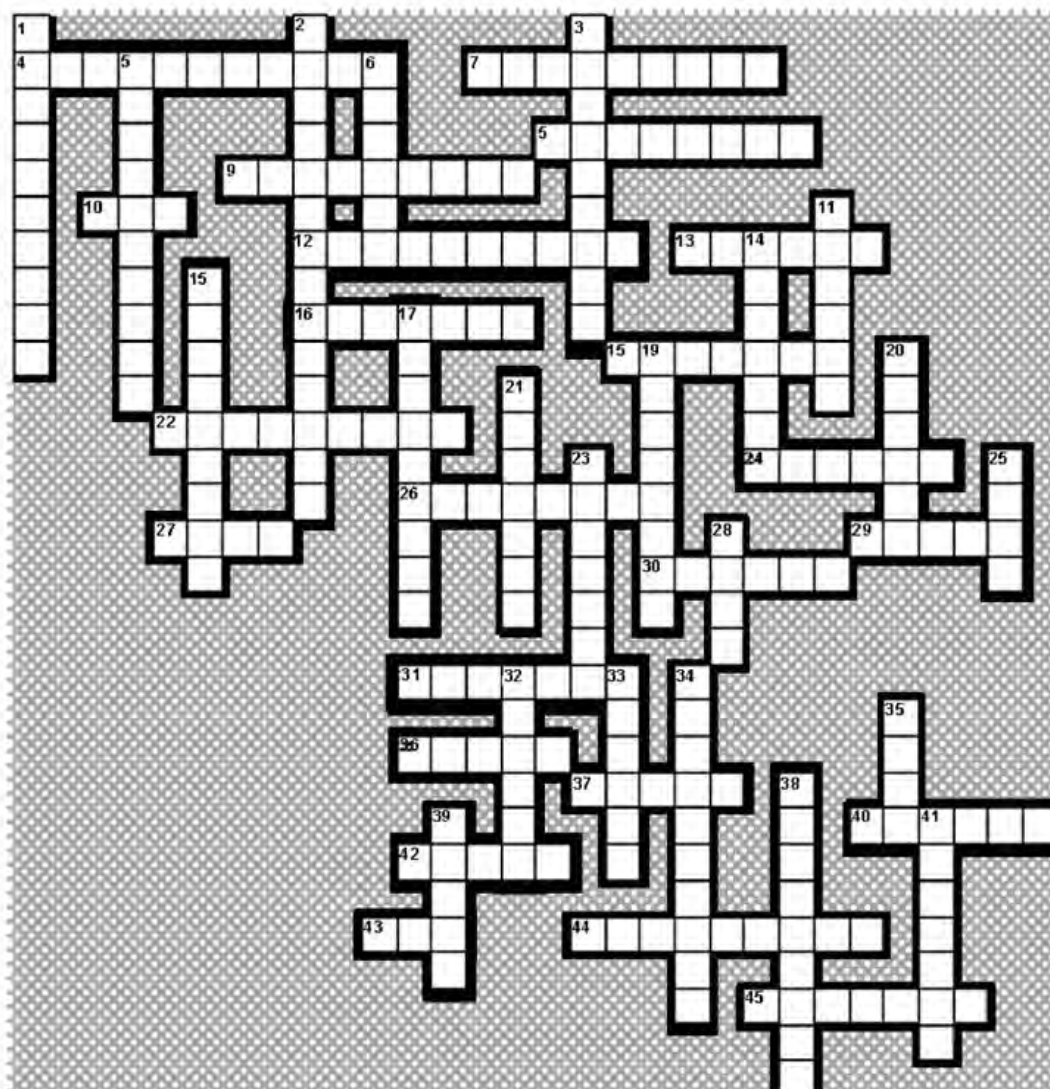


Step Eight



Deploy Special Workers

Big Book & 12/12 Puzzle



Down

1. Cheerfulness and laughter make for _____
2. Three words used at end of most meetings
3. Fourth Step
5. AA Organization as a whole
6. Step where we "come to believe"
11. Asking for guidance
14. "Self-supporting" Tradition
15. A.A. Member
17. Your primary meeting (two words)
19. Step requiring prayer and meditation
20. First Serenity Prayer request
21. Second Serenity Prayer request
23. 12th Step: Carry the _____
25. _____ Does It
28. "Faith without works is _____"
32. Ninth Step
33. _____ have we seen a person...
34. "Number One" offender
35. Hard-nosed sponsor, aka "Big Book _____"
38. Spiritual _____
39. AA co-founder (two words)
41. Program mentor

Across

- | | |
|---|--|
| 4. Self-will run riot | 26. Granted one day |
| 7. Foundation of all our traditions | 27. Live and Let _____ |
| 8. _____ Prayer | 29. Twelve _____ |
| 9. AA co-founder (two words) | 30. Number of Steps |
| 10. First word of Serenity Prayer | 31. Meeting where only one member shares |
| 12. Sitting in silence | 36. What an _____! |
| 13. Avoid manufacturing this | 37. When to give advice |
| 16. More important than keeping sober | 40. Third Serenity Prayer request |
| 18. Came to _____ | 42. First Things _____ |
| 22. Sixth Step refers to defects of _____ | 43. Result until we let go absolutely |
| 24. _____ Power | 44. First Step admission |
| | 45. Primary AA resource (two words) |

Self-seeking: Will it really slip away?

Aug 03, 2013

We know that line about self-seeking from of The Promises: the freedoms, the attitudinal shifts and new perspectives that come to us after working the Twelve Steps.

If you have been in recovery for 10 or more years, you know that these Promises do come true. Yes, just as it says in that section of the Big Book, they come, "sometimes quickly, sometimes slowly but they will materialize if we work for them."

The "work" referred to is the Steps.

You remember the first time you had a sense of one of The Promises coming true. Maybe you were in a confusing situation and you remembered to pray or to surrender and then it came to you: You intuitively knew what to do. Or maybe you had an encounter with someone who always intimidated you and suddenly you could see their humanness and you realized that your "fear of people" had lifted.

The promise that I have been thinking about a lot recently is, "Self-seeking will slip away." Certainly I have seen much of my selfishness shift. I do care about other people's feelings and perspectives differently than before recovery. While I may have thoughts of "how will this work out for me?" I also have thoughts of, "Will he/she be hurt?" and best of all, "Is there a way to make a decision so everyone wins?" In that way I can say that some self-seeking has slipped away.

But then...

Then there is another kind of self-seeking that not only didn't slip away; it has absolutely grown with recovery. And that is my desire for self-improvement. Yes, coming into recovery and wanting abstinence and sobriety were super self-seeking. It's kind of the bait that Twelve Step recovery uses to get us here. I wanted my pain to stop and I wanted me out of trouble and I wanted other people to like and respect me again, and I wanted ...Yep — it was all about me. And I got those things. And then I wanted more.

As recovery continued I wanted depression to lift and anxiety to decrease and I wanted my relationships to work out. So I did more self-seeking in other Twelve Step programs and in individual and group therapy. There were years in which I had some kind of self-help activity almost daily: therapy, group, meetings, chanting, yoga. And then the books!

I have a library of self-seeking, self-help books. I am so hungry to know how people work— our brains, our minds, and our psychological selves. And my body: exercise, nutrition, biochemistry. Isn't all that really self-seeking?

Yes its true there is an aspect of that work that serves others; the healthier I get the less pain I cause for other people, especially those close to me, but still...

This weekend I found myself obsessed with color. Colors, to be specific. I read the book, "Color Your Style" which is about using color in your wardrobe and in your home and workspace. It's about appearances but also about psychology and mood management, and I loved it. I did all the "tests" and the exercises and I went to the fabric store and to paint stores to nail down "my" colors. And in fact, I had a ball. It was so much fun! And as I have seen recently I don't allow myself a lot of fun; I tend to work a lot. A whole lot. But this color hunting was a blast.

But last night looking at my worktable covered with color samples and notes and swatches and pictures I thought to myself, "Has self-seeking really slipped away, or has it just taken on a new hue?"

We'll have to see.

(reneweveryday.com , Diane Cameron)

Promise #8: Self Seeking will Slip Away

I have come to appreciate the depth of this particular Promise. A picture that I love shows two scenes: one of Heaven and one of Hell.

In Hell, everyone is seated at a table with grossly elongated spoons that they simply cannot fit into their mouths. In Heaven, everyone is seated at a very similar table with the exact elongated spoons.

The only difference?

They are feeding one another from across the table.

If you see the world as a place in which you never have enough, you will always be trying to meet your needs but without success.

Seeking to fulfill only your needs is like digging a bottomless pit.

There is no happiness to be found on that path. In reality, you have everything you need right now!

Of course, it is easy to say we have everything we need but truly believing it is another story.

We have been programmed to want~ more and more.

We have been programmed to believe that we are somehow incomplete or less than if we do not have certain things.

So Long as I am in search of that which will make me happy and fill me up I am seeking on behalf of myself.

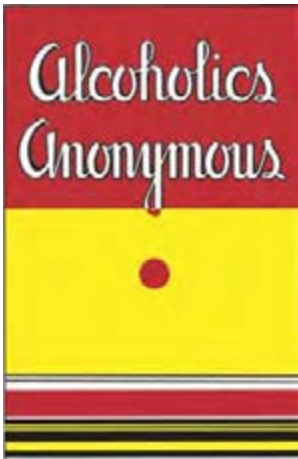
It is through the program of recovery and learning to be of service that I get to discover the paradox that when I reach out to you, I get a connection; when I give to you, I get; and when I seek to be of service to help you in your journey toward happiness, I am filled!

I often lose sight of this Promise because my default so often is to scarcity.

But it is a truth~ a truth that has saved me countless times over the years of my recovery.

When I live in this, I am much closer to being the person I was put on this Earth to be!

(dangriffith.com 3/17)



Step and Tradition Guidelines

8th Step

"Made a list of all persons we had harmed, and become willing to make amends to them all."

How It Works

"We attempt to sweep away the debris which has accumulated out of our effort to live on self~will and run the show ourselves. If we haven't the will to do this, we ask until it comes."

(B.B. p. 76)

8th Tradition

"Alcoholics Anonymous should forever remain nonprofessional, but our service centers may employ special workers."

"Every time we have tried to professionalize our twelfth step, the result has been exactly the same: Our single purpose has been defeated."

(12/12; p.166)

8th Promise

"Self-seeking will Slip Away."



AA Service Meetings

13

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 Visitors Welcome 24652 Adams at Kalmia & Adams
GSR Meeting - District 14	3rd Wednesday - 7pm	Good Shepherd Episcopal Church 308 E Acacia Ave, Hemet, CA 92543

What is the Intergroup?

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

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

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

AA co-founder Bill W. 1949

Bridging the Gap

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

Temecula Valley is in the process of coordinating this committee.

Volunteers are needed.

Hot Line Schedule

1st Monday	Just Us Girls (Temecula)
1st Tuesday	Tuesday 10 Am Women's 12x12 (Murrieta)
1st Wednesday	Women's Closed As Bill Sees It - Monday 12:00 (Murrieta)
1st Thursday	Thur. Women's 10:00am-(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	Cheryl
2nd Weekend	Mosh Pit
3rd Monday	JUGS 2
3rd Tuesday	JUGS 2
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)



951-695-1535 24 hours

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.

Please Share

**Your
Experience
Strength
And
Hope!**

Central Office appreciates ALL of their volunteers!

Get On The List

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

Click for online form to sign up

<http://www.temeculacentraloffice.org/gratitude-gazette/>

Central Office Service

If you can be of service at Central Office by volunteering for time slots to answer phones and help walk-ins. Volunteers are always appreciated, and of course you get the grand reward...

Sobriety for another day!

Please call (951) 695-1535

July 2017 Group Contributions

16

	<u>Jul 2017</u>	<u>Jul 2016</u>	<u>\$ Change</u>	<u>Jan - Jul 17</u>
Anza Manic Mondays Women's Meeting	0.00	20.00	-20.00	60.00
Anza Valley AA Groups	0.00	0.00	0.00	80.00
Hemet Womens AA Banquet	0.00	0.00	0.00	60.00
LE AOG Church/Thur Noon/Womens BB	0.00	10.00	-10.00	0.00
LE AOG Church/Wed Noon/Acceptance	0.00	10.00	-10.00	20.00
LE Meeting Place/M-F Noon/#171639	0.00	0.00	0.00	20.00
LE TMP M-Sat 7am Early Birds	0.00	0.00	0.00	45.00
LE TMP Wed 530 The Pizza Mtg #709008	48.00	0.00	48.00	48.00
Menifee/Sun 9am/Grass Roots #706488	171.35	0.00	171.35	726.11
Mur As Bill Sees It/Mon-Sat 7am Group	172.00	276.00	-104.00	945.00
Mur Community House/Wed 7pm/Mens Stag	0.00	100.00	-100.00	100.00
Mur Monday Night Men	100.00	100.00	0.00	700.00
Mur Salvation Army/Thurs 630pm/Solutio	20.00	0.00	20.00	40.00
Mur United Methodist/Tue 10am/Womens	50.00	100.00	-50.00	275.00
Mur United Methodist/Wed 8pm/Discussion	0.00	0.00	0.00	133.49
Mur/TVCO Intergroup/#179377	56.00	73.00	-17.00	444.25
Mur/UMC/Mon Noon/Womens ABSI #709011	148.80	40.00	108.80	188.80
Murrieta The Searching Party	35.00	0.00	35.00	85.00
SC Living The 12 Traditions Mon 7pm	50.00	0.00	50.00	50.00
SC Mernas/Wed 7am/Mens Breakfast	0.00	10.00	-10.00	20.00
SC Unity Hall/Umbrella #164257	240.00	0.00	240.00	2,490.00

Thank you!

July 2017 Group Contributions

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	<u>Jul 17</u>	<u>Jul 16</u>	<u>\$ Change</u>	<u>Jan - Jul 17</u>
Tem Alano Club Friday Speaker Mtg	0.00	100.00	-100.00	0.00
Tem Del Rio Survivors	1,200.00	800.00	400.00	8,400.00
Tem Hill Recovery Mon 10am Open Arms	0.00	0.00	0.00	20.00
Tem Hill Recovery Sat 8am Early Risers	180.00	120.00	60.00	1,016.00
Tem Just Us Girls 2	506.00	122.00	384.00	1,312.50
Tem Mary Phillip Sen Ctr/Thur 6pm/For Fun	0.00	162.45	-162.45	0.00
Tem Mon Night Men	0.00	0.00	0.00	200.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	180.00	0.00	180.00	180.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	138.00	-138.00	90.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	0.00	0.00	0.00	159.50
Tem Pechanga/Sun 730pm/Participation	90.00	0.00	90.00	300.00
Tem RC Church Office/Tue 6pm/Mosh Pit	150.00	120.00	30.00	368.40
Tem Ser Cir Thursday 6pm	0.00	0.00	0.00	60.00
Tem Ser Cir/Fri Noon/	0.00	0.00	0.00	60.00
Tem Ser Cir/M-S 7am/Att Adj Group	629.00	377.32	251.68	1,751.24
Tem Ser Cir/Thur 715pm/Serenity Seekers	44.00	0.00	44.00	150.00
Tem Ser Cir/Thur Noon/Nooners	0.00	0.00	0.00	60.00
Tem Ser Cir/Tue 730pm/Mens Stag	0.00	0.00	0.00	225.00
Tem Ser Friday 10pm Candlelight	0.00	120.00	-120.00	0.00
Tem Serenity Friday 6pm #710973	65.35	256.00	-190.65	443.91
Tem/Wed 5pm/Just Us Girls	0.00	60.00	-60.00	280.50
Temecula Joe & Charlie Workshop #711469	0.00	0.00	0.00	25.00
Wildomar IVH/Fri 7pm/Step Study	0.00	0.00	0.00	190.00
Wildomar IVH/Mon 7pm/Lil Big Book	0.00	50.00	-50.00	100.00
Wildomar Wild Ones #653642	0.00	0.00	0.00	500.00
Winchester/Sun 6pm/Outlaws	<u>50.00</u>	<u>0.00</u>	<u>50.00</u>	<u>50.00</u>
	<u>4,185.50</u>	<u>3,164.77</u>	<u>1,020.73</u>	<u>22,472.70</u>

Thank you!

Personal Contributions

Valley Buck a Month Club

Date	Memo	Amount	Date	Memo	Amount
07/16/2017	Terese B	20.00	07/10/2017	Came to Believe January thru June 2017	25.00
07/16/2017	Jim F	30.00	07/16/2017	Melissa D	2.00
07/16/2017	Tim M	10.00	07/16/2017	Cheryl	25.00
07/16/2017	Paul R	20.00	07/16/2017	Dan C	4.00
07/16/2017	Crystal B	10.00	07/16/2017	Darren	5.00
07/16/2017	Annie D	40.00	07/16/2017	Gene W	5.00
07/16/2017	Mike B	20.00	07/16/2017	Emily	1.00
07/16/2017	Anonymous	5.00	07/16/2017	Bob	5.00
07/16/2017	Anonymous	100.00	07/16/2017	Georgia	1.00
07/16/2017	Michelle C	100.00	07/16/2017	Kenny	50.00
07/24/2017	Debi G	20.00	07/16/2017	Jim	2.00
07/24/2017	Mark F	10.00	07/16/2017	Ron	1.00
07/30/2017	Tom C	15.00	07/16/2017	Arnie	1.00
07/30/2017	Michael J	10.00	07/16/2017	Mary	1.00
07/31/2017	John C	22.24	07/16/2017	John	2.00
		432.24	07/16/2017	Karen K	2.00
			07/16/2017	Marcos	5.00
			07/16/2017	John L	1.00
			07/16/2017	Peggy	1.00
			07/16/2017	Alishia	1.00
			07/16/2017	Missy	1.00
			07/16/2017	Dave	5.00
			07/16/2017	Don	1.00
					147.00

THANK YOU!

HAPPY SUMMER!

Central Office Activity

July 2017

Activity Log

Phoned in	180
Walk ins	211
AA Meeting	61
Al-anon	2
12 Step	5
Donations/Purchases	91
Misc/Other Business	38

July 2017 Birthdays from Murrieta Community House ABSI Meeting

1. Adam	Murrieta	1 year
2. Ron	Murrieta	5 years
3. Candice	Murrieta	8 years
4. Arnie	Murrieta	25 years
5. Bob	Murrieta	40 years

Date	Memo	Amount
July	Birthdays	
	Melissa celebrates 2 years!	\$4.00
	Stephan celebrates 6 years!	\$100
	Total	<u>104.00</u>

Volunteers

1. Bert
2. Chris
3. Debi
4. Janice
5. Jessica
6. Jim F
7. Judy
8. Karen
9. Kelli
10. Mark
11. Melissa
12. Nick
13. Steve
14. Stuart
15. Tony
16. Paul K
17. Jack





Temecula Valley Alano Club
Birthday Bash
&
Membership Drive

Come join us for Fun, Fellowship & Free food!!
Help support your Alano Club

Sobriety Countdown
50/50 drawing
Raffle and more!!

August 26th 2:00 pm – 6:00 pm





TVCO Presents The 8th Annual Rule 62 Golf Tournament



Saturday, August 19, 2017

1:30 Scramble • Temecula Creek Inn

\$120 Per Person

Includes Dinner and a Duck

Contact Mike B (951) 595-9722

or The Temecula Valley Central Office to Sign Up





TVCO Softball Tournament & Family Picnic

Sunday,

September 17th, 2017

California Oaks Sport Park 8am-5pm

Meal Tickets on SALE NOW!

**Purchase at Central Office or Meetings
\$10.00 each...**

Tickets will also be available for purchase at the park!

Kids 6 and under eat FREE!



**1st Annual
Baked Goods & Chili Cookoff**

Prizes will be handed out to the winning meetings.

**EVENT or TEAM INFORMATION CALL
Office (951) 695-1535 or Paul (951) 837-6949**



1st Annual Bake & Chili Cook Off

Cal Oaks Park

Sunday September 17th

10:00 AM



Meeting against meeting

Find out which meeting has the best

Chili &/or Bakers

Rules: Minimum entry is: 3 gallons of Chili or 3 dozens baked dessert items or 30 4 ounce servings. TVCO will sell the tasting for \$2 ea. taste

Prize: \$50.00 Gift card for the winning meeting entry

Bring your own Canopy, table & chair & **way to heat your chili**

AA will supply serving dishes, forks, spoons etc.

