

November 2017



Temecula Valley Central Office

Gratitude Gazette

951-695-1535 Hotline 24 hours

“Gratitude Month”



**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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November tends to be Gratitude Month in A.A. The Thanksgiving holiday is just a natural for A.A. members who always try to be cognizant of the gifts each day. Now, living one day at a time, I am aware that it is not Thanksgiving today, but I am greatly looking forward to it.

My friend is coming through town tomorrow and I am so sad that I can't get away from work to see him. I think it has been about 10 years since I have seen him. We were very close at one time. He took me through the Big Book at a time when I needed help desperately. I now share that with others. What we give in A.A. Never stops giving to untold others. It is a chain this is wonderful!

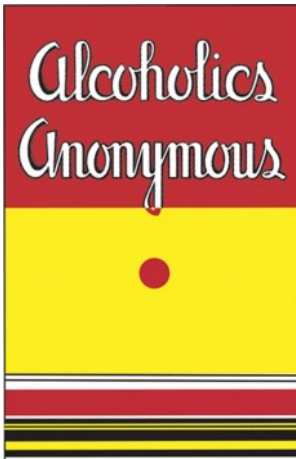
I like to think of it as a rope. I am just one little fiber among 2 million fibers, and together we make a strong unbreakable rope. Each one of us alone is just a tiny and weak piece.

Thanks and love to all those current and future fibers of Alcoholics Anonymous!

Mary Christine G.

(marychristineg.blogspot.com)

For your own Gazette and schedule updates go to
<http://www.temeculacentraloffice.org>



Step and Tradition Guidelines

11th Step

"Sought through prayer and mediation to improve our conscious contact with God as we understood Him, Praying only for knowledge of His will for us and the power to carry that out."

How It Works

"Here we ask God for inspiration, an intuitive thought or decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while."

(BB pg.86)

11th Tradition

"Our public relations policy is based on attraction rather than promotion;

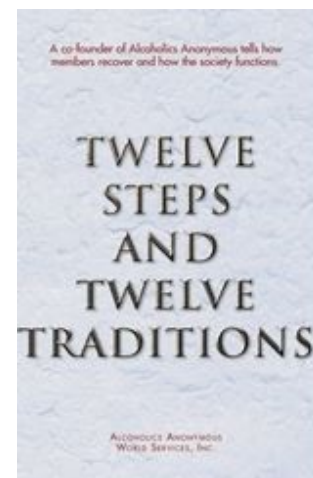
We need always maintain personal anonymity at the level of press, radio and film."

"Here was something rare in the world- a society which said it wished to publicize its principles and its work, but not its individual members. The press was delighted with this attitude."

(12/12 pg.182)

11th Promise

"We will intuitively know how to handle situations which used to baffle us."





A Step Down

November and cold weather bring for me a time of being inside more often; inside my home as well as more introspection. I use a few simple tools of A.A.— such as prayer and meditation— to improve my conscious contact with God. My willingness counts as both an ingredient of sobriety and prayer, opening myself as a channel and allowing the seeds to grow.

In my early years of sobriety in AA, I heard: “Think of each Step not as a step up to sobriety, but rather as a step down to humility.” In Bill W’s story, he says how important humility is as an ingredient of sobriety. I have reached a conclusion that humility is closeness to God.

Steps Ten, Eleven and Twelve are the maintenance Steps: Steps to maintain the work, changes and spirituality that come as a result of the previous Steps. I heard, “Use these tools in sobriety,” much like washcloths, polish and paint might be used to protect a wooden staircase I’ve built with quality lumber and great care.

At meetings, if I listen, I can hear the miracle and fulfillment of the Promise that God is doing for us what we cannot do for ourselves.

~Rick N.

Dublin, Ohio

(GV Nov. 09)



Before I was powerless over alcohol and my life had become unmanageable, I was powerless over unhappiness and my life had become unmanageable. I turned to alcohol in my late 40s as the best self-help option I thought I could find. Often, my unhappiness seemed to melt as I drank. But drinking became an ever more elusive and flawed solution to my happiness. It began to create unhappiness of its own. My overall unhappiness was eventually much greater than what I had evaded and yet not solved at the beginning of my alcoholism. Now what?

Maybe the best way to feel was to be happy. How was that possible?

Long before I was a binge drinker, I was a binge thinker. I tended to think incessantly, as if this were an essential part of staying alive. My mind either had no “off” switch, or if it did, I had no idea where it was. In this constant banter, I could find all sorts of resentments to chew on, grudges to hold, victimization to ponder and catastrophes to protest. Life was unfair, people were harbingers of much injustice and unkindness, and I was justifiably withholding my seal of approval by not accepting what already was.

I create thoughts. I can do so from default behaviors (what I have come to otherwise recognize as “character defects”), or I can create thoughts within the awareness of having choices. Awareness for me is realizing that I am not my thoughts. Rather, I observe my thoughts and their creation and content. If I need not be run by my conditioned default thinking, then have I discovered the choice of observing and constructive thinking?

Once I learned to meditate, as encouraged in Step Eleven, I was able to find the “off” switch to my thinking when that is neither needed nor useful to me. I can use thought, rather than have my thinking use me.

“Awareness,” I believe, is the most accessible doorway to what has been referred to as “spirituality” throughout my life and in AA.

—KEN T.

Ames, Iowa

(GV July ‘10)

Side Bar

My first 6 months in the program, I heard the same things, over and over: “Easy Does It.” “First Things First,” “Let Go and Let God.” The saying “Don’t drink and go to meetings, and things will get better” nearly drove me berserk. But I did, and things did get better.

What was life like before AA? Nothing but repetition—drink, get drunk, pass out and come to—over and over again. That repetition nearly killed me.

Today, in order to feel comfortable and maintain sobriety, I must repeatedly hear and read the things I didn’t want to hear and read. I must consciously share with that other alcoholic who is still suffering. I need more meetings now than I did when I first came to AA.

Now, I love the repetitious sayings and readings. I know that as long as I keep the God of my understanding at the steering wheel of my life, and I don’t drink and I go to meetings, everything is going to be all right. And for that I am Grateful.

—H.O. Fayette, North Carolina

(GV February ‘85)

Tradition 11: Attraction Rather than Promotion

THE PRICE OF A POSTAGE STAMP

Around 1977, I wrote to the Grapevine to get support for a postal stamp celebrating the fiftieth anniversary of AA. I had received support and letters of recommendation to the postal department from congressmen, senators, and alcoholism counselors' professional organizations.

I was disappointed to get a response referencing this Tradition and denial of placing an article in the Grapevine encouraging members to write letters of support. No stamp was ever issued featuring AA. Time passed and I gained a better understanding of the intention behind our Traditions and the wisdom in the Grapevine's decision.

The Traditions are for our unity, but, like the Steps, they also benefit personal recovery. Being self-supporting, having an ultimate authority (a loving God), staying out of public controversy-- just to name a few--have benefited my recovery and serenity. It was my attraction to the AA lifestyle that kept me coming back long enough to find sobriety and continue to celebrate recovery.

-- Ronald S. Prescott Valley, Arizona (GV NOV '08)



Practice These Princi-

ples. . .

Tradition Eleven: 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.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around--even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

(GV NOV '87)

Why not tell the World?

6

How the Eleventh Tradition keeps one member off her soapbox

Alcoholics Anonymous is a rather curious Fellowship when it comes to attraction and promotion. Here we are, countless numbers of alcoholics now living happy and productive lives, who have found the greatest joy in helping the next alcoholic—and we aren't supposed to tell anyone?

In the early days after the release of the first Big Book, AA was given a prodigious shot of publicity. Our co-founder, Bill W., wrote about how kind and generous the press was with AA. Regarding Tradition Eleven, he even said, "Our reputation is already so much better than our actual character!" How many lonely alcoholics in the smallest of towns might have heard these gracious words in the press and been saved? So why no advertising?

Alas, the greater good of AA is what's at stake. The basic principle of humility. For one member to place himself as the poster child for AA could be a disaster for not just him, but for AA as a whole. We alcoholics tend to be self-centered and full of grand schemes. Give one of us too much attention and who knows how long we'd stay sober. But worse, put the wrong man up on the screen and who knows how many drunks would be turned off! People might think ... AA can't be for me—I'm nothing like that guy! Or ... listen to this man telling me how to live!

Even the idea of attempting to run an actual ad campaign conflicts with the idea of the Traditions. Who would decide how we word the ad? Who would be in the ad? Who would pay for it? I know firsthand what AA has done for me, so why not let's advertise it? When I share my experience, strength and hope, am I not doing just that? Why not announce on a billboard that I was once a homeless bum and the victim of domestic abuse, and now, thanks to AA, look at me?

Even I know I would have never come to AA if I'd been told that I should go or how happy I'd be. Truthfully, until I was at my complete bottom, alcohol wasn't even my problem. But thankfully, when I did hit bottom, AA was not hard to find. It's everywhere.

Sure, I know that somewhere an alcoholic in need is waiting and praying for relief. What I can do is be here for him, pray for him, and hope that he will find us. But what I can't do is wave a banner and jump on a soapbox. It just wouldn't be effective or appropriate.

-- Anonymous

(GV NOV '13)

I cannot do anything about the fires— I cannot do anything about the wars— I cannot do anything about the politics— I cannot do anything, but when I'm in these rooms I can change the world by throwing starfish back into the ocean.....like this;

A man was walking down the beach and he was throwing starfish back into the water that had been stranded on the beach after the tide had receded....

A second man came up to him and asked him, "What are you doing?"

The first man bent down picked up a starfish and replied, "I am going to throw this starfish back into the water?"

The second man laughed and said, "You can't possibly make a difference doing that?"

The first man smiled and threw the star into the water and said, "It made a difference to that one."

We can make a difference one person at a time. Be like a firefly and light up the world with your own light.

If we all do this we can change the world.

~Stephen

In the beginning it was tradition Eleven that caught my attention. I would see people in the rooms who challenged my concept of a true Alcoholic. There would be people of all walks life and status and I found it to be overwhelming because I joined at a very young age. The rooms were not filled with people like me on the outside. Since I was mostly a quarter of their age, some would make negative comments and others would not be keen on my life style. But the common theme in many Alcoholics was that they were carrying the message. Through such great shares and words of encouragement, from so many members I never felt alone or unwanted in our fellowship.

Within my first year, I would see how people came from nothing to a productive member of society. This was the attraction that really sold it to me. I didn't have to be a loser that would die in alley that no one would care about or remember. It was a blessing to turn my will and life over like the founding fathers of our fellowship.

Anonymity was a tough concept to learn. I thought it was there to protect me and not the fellowship in whole. I remember when I first got sober that if I heard a word like "resentment" or an AA saying on TV that they were in our fellowship.

The biggest lesson on this tradition came to me when I was at the meeting after my meeting. In those days we would go to Dennys to have coffee or eat. A guy I was in rehabilitation center with, was being loud and disrespectful in the restaurant. While paying for our meals, he tells the waitress that it is ok and we are members of the AA. One of the old timers pulled him outside and begins letting him know that isn't ok. Me being a sponge went to listen in on the lesson. He said that we just gave her a negative ideal of the behavior of AA's members. That was so powerful.

With all these experiences I know now that I never want to be bad example of what AA has giving me and my family. Therefore I keep my membership anonymous and try be the best example while at AA gatherings. But, we all know that there are days where we aren't our best selves but God still loves us. Starting my day by asking God to allow me to be a man of love, gives me the ability to do it. This tradition has saved my life, thank you old timers for being the example!

Don J.

Menifee, CA



A Life of Joy and Happiness

Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A.'s Twelfth Step. (12 X 12 pg. 125) How appropriate it seems that there are twelve months in a year and we have twelve steps in the program. The joy of good living is the theme and it blends right in with Thanksgiving in November, and all the religious holidays in December, and is topped off with the New Years Eve celebration. This time of year does bring a lot of joy to most of us but it also brings distress to some of the less fortunate ones who haven't yet been blessed with the gift of sobriety and peace of mind, in and outside of A.A.

I used to be very uncomfortable about the holidays as I never knew how to act around normal people. I felt like a charity case and never got into the spirit of reaching out to others. My family always celebrated Christmas, and I always (due to My discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other and the mad rush to go shopping and all the commercializing it had become. I explained this to a dear friend once, and he asked, "*Does the rest of the family enjoy it?*" I said *yes*. He then said, "*why don't you just take a back seat and watch the joy in their eyes as they experience these things?*" I did that exact thing and have been doing it ever since and it has changed my appreciation of this time of year.

This change of attitude has inspired me to apply the unselfish lessons that I've come to understand and *I spend the holiday season looking for the opportunity to brighten the lives of those less fortunate than myself. I often do these things anonymously and without fanfare.* I also consider how I used to feel when I was the one on the receiving end of a charitable gesture and am very careful to do these things in a way that *preserves their dignity.* I don't have to wait for the holidays to do these things. *Every day is Christmas at my home.* More recently I started to contemplate the difference between Joy and Happiness as I always thought that they were synonymous and they are in some respects but they do have some different qualities. I am a very happy person as the result of being very diligent when it comes to working the steps of the program and practicing the principles in all of my affairs. I am not without the little inconveniences and irritations that come with my day to day living activities but they are nowhere near the problems I encountered prior to becoming a member of Alcoholics Anonymous. These do not lower my level of happiness because I simply take them as they come. Over a period of time, as I mature in this journey, my *mean* level of happiness continues to rise and I am generally very happy as the result. When I look at the word Joy, I do not feel that I am in a constant state of Joy but I do have many little things that happen on a day to day basis that rise above my state of happiness and they sometimes bring tears to my eyes. We all can identify with the term "tears of joy." Even unhappy people can have tears of joy occasionally. I was introduced to the principle that "happiness is a byproduct of right living and not an end in itself" I have been living by that principle ever since *and you can believe me when I tell you that I reap more than my share of joy.*

RICK R.



AMAZING GRACE

"Amazing Grace, how sweet the sound, that saved a wretch like me." Should this hymn be considered Alcoholic Anonymous' international anthem?? The author certainly qualifies as one of us. John Henry Newton (1725-1807) wrote this hymn in 1767. His father was a sea merchant captain and his mother died when John was 7. Sent to boarding school until 11, he joined his father at sea and completed six voyages.

At age 18 the Royal Navy pressed him into service as a Midshipman on the *HMS Harwich*. Caught trying to desert, Newton was tied to the mast and flogged before the crew then demoted to common seaman. The Royal Navy dismissed him in 1744 and John joined the slave trade on the ship *Pegasus*.

Continuing to create shipboard problems, he was given to Amos Clowe, a prominent Sierra Leone slave trader who gave Newton to his wife Princess Peye where he was severely abused and mistreated. Finally, in January of 1748 he was rescued from his captors by a friend sent by his father. There still is a town in Sierra Leone named after him which was founded after his later ministry to make amends.

While returning to England aboard the ship *Greyhound* they encountered a severe storm in the middle of the night. Newton called out to God to save him as the ship filled with water. Miraculously the ship and crew survived and **Newton referred to this incident as his "Spiritual Experience."** He immersed himself in reading the Bible for the remainder of the voyage. **On March 10, 1748, (his sobriety date?) John renounced profanity, gambling and drinking,** however kept involvement in the slave trade. He became Captain on two different slave-trading ships, the *Duke of Argyle* and the *African*.

In 1755, following a severe stroke, Newton became a tax collector for the port of Liverpool. He became a well-known evangelical lay minister and entered Anglican priesthood studies in 1757. Church appointments were highly political during this time and it was not until 1764 that John was given a church in Olney, England.

Originally Newton titled the hymn "Faith's Review and Expectation" while serving as an Anglican priest at Olney. He worked closely with the abolitionist William Wilberforce to have Parliament pass The Slave Trade Act in 1807 which eliminated the slave trade in England.

The hymn is a standard in most churches and is frequently used during funerals. The most familiar versus are the first: "Amazing Grace, how sweet the sound, That saved a wretch like me....I once was lost but now am found, Was blind, but now, I see." and the last (6th) verse: "When we've been here ten thousand years...bright shining as the sun. We've no less days to sing God's praise...than when we've first begun."

However, the second through fifth verses have particular meaning when the theological definition of Grace is considered. Grace in theological terms means: **a freely given,**

(continued p10)

unmerited favor and love from God. Keep this definition in mind as you read the following:

T'was Grace That Taught my heart to fear and Grace my fears relieved.
How precious did that Grace Appear, the hour I first believed.

Through many dangers, toils and snares I have already come;
Tis Grace that brought me safe thus far and Grace will lead me home.

The Lord has promised good to me, His word my hope secures.
He will my shield and portion be, as long as life endures.

Yea when this flesh and heart shall fail, and mortal life shall cease.
I shall possess within the veil, a life of joy and peace.

Source: Wikipedia

Don P. Valdosta, GA

Gratitude in Action—Dave B., Montreal, Quebec, Canada.

(p.193, 4th edition.)

“The story of Dave B., one of the founders of A.A. in Canada in 1944.”

Pioneers of A.A.

Dave's date of sobriety was April 7, 1944. He was born on June 25, 1908, in Toronto, Canada, and spent his youth in Knowlton, Quebec. He married Dorothy Ford on September 1, 1929. They had three children and thirteen grandchildren.

In Montreal, just before World War II, a young physician interested in alcoholism, Dr. Travis Dancy, had tried to get Dave to read the Big Book while he was incarcerated in a mental institution. Dave, angry and rebellious, literally threw the Big Book at his would be benefactor. Dr. Dancy was taken into the military service and when he returned in late 1944 and saw Dave, the latter was newly sober in A.A.

Dr Dancy recalled that when he returned, Dave not only dragged him around to A.A. meetings, “but he had the effrontery to explain the spiritual principles of the program to me!” Dr. Dancy went on to become the first Class A. (nonalcoholic) trustee from Canada, serving from 1965-1974.

Dave was a tireless twelfth-stepper, who founded the first A.A. group in the Province of Quebec. He served as a Class B (alcoholic) Trustee from 1962-1964.

He died on December 9, 1984.

(Silkworth.net)

Eleventh Step Morning and Nightly Prayers

Morning Prayer

*God, direct my thinking today so that it be empty of self pity,
dishonesty, self-will, self-seeking and fear.*

God, inspire my thinking, decisions and intuitions.

Help me to relax and take it easy.

Free me from doubt and indecision.

Guide me through this day and show me my next step.

God, show me what I need to do to take care of any problems.

*I ask all these things that I may be of maximum service to you and
my fellow man.*

In the spirit of the steps I pray. AMEN

Nightly Prayer

*God, forgive me where I have been resentful, selfish, dishonest or afraid
today.*

*Help me to not keep anything to myself but to discuss it all openly with
another person-*

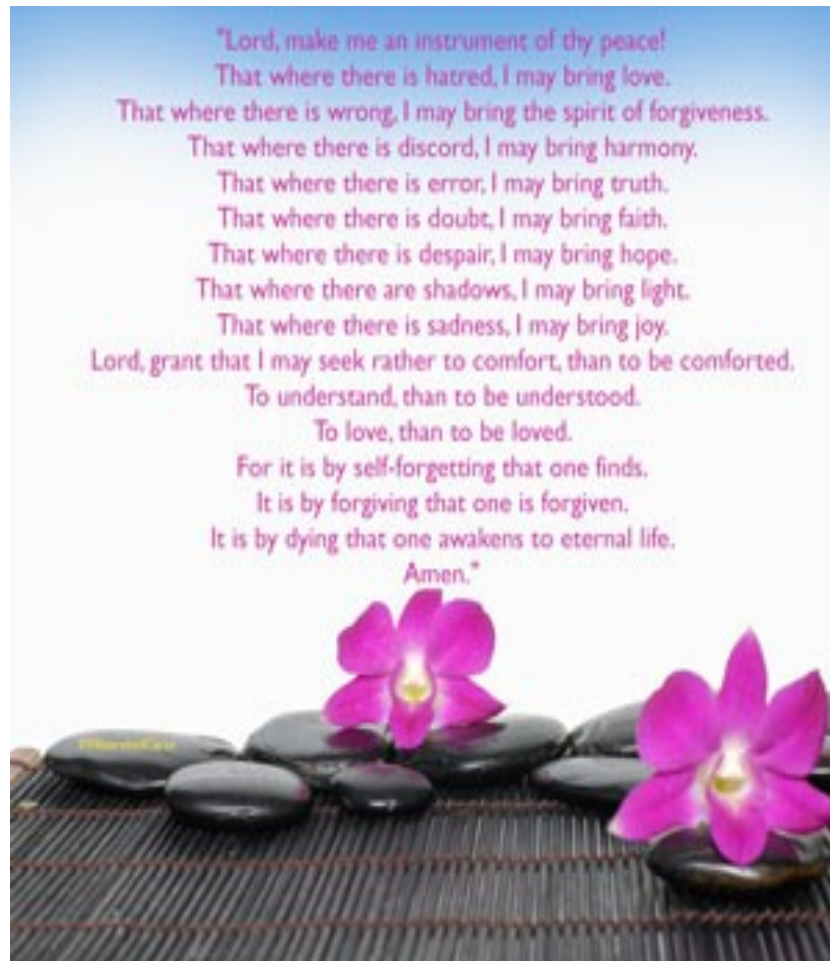
Show me where I owe an apology and help me make it.

Help me to be kind and loving to all people.

Use me in the mainstream of life, God.

*Free me of worry, remorse or morbid (sick) reflections that I may be of
usefulness to others. AMEN*

St. Francis Prayer



(12/12 pg.99)

SUGGESTIONS ABOUT PRAYER AND MEDITATION FROM BB:

- (1) Make no requests in prayer for yourself only.
- (2) Never pray for your own selfish ends.
- (3) Select and memorize a few set prayers that emphasize the principles of the Steps.
- (4) Ask a priest, minister or rabbi about helpful books and prayers that emphasize the principles of the Steps.
- (5) Be quick to see where religious people are right.
- (6) Make use of what religious people have to offer.

(p. 87 BB)



Step Eleven



Grateful

AA Service Meetings

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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 - <i>All are welcome,</i> 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 <i>Visitors Welcome</i> 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	101 Meeting Starter Alano Club (Temecula)
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	Joel R
2nd Friday	Erica
2nd Weekend	Mosh Pit
3rd Monday	JUGS 2
3rd Tuesday	JUGS 2
3rd Wednesday	Grass Roots (Menifee)
3rd Thursday	Cheri
3rd Friday	Back To Basics (Sun City)
3rd Weekend	JUGS 2
4th Monday	Sunday 7 Am Attitude Adjustment (Lake Elsinore)
4th Tuesday	Dan C
4th Wednesday	Linda D
4th Thursday	Paul R
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.

**4 Local
submissions this
month!!!**

**Thank You to all
who contributed
to our
Newsletter!**

Central Office appreciates ALL of our 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

October 2017 Group Contributions

17

	<u>Oct 17</u>	<u>Oct 16</u>	<u>\$ Change</u>	<u>Jan - Oct 17</u>
Tem Del Rio Survivors	1,200.00	1,200.00	0.00	12,000.00
SC Unity Hall/Umbrella #164257	750.00	0.00	750.00	4,615.00
Mur As Bill Sees It/Mon-Sat 7am Group	221.00	186.00	35.00	1,493.50
Tem Hill Recovery Sat 8am Early Risers	180.00	0.00	180.00	1,593.00
Tem Ser Cir/Tue 730pm/Mens Stag	150.00	0.00	150.00	375.00
Mur/UMC/Mon Noon/Womens ABSI #709011	113.40	0.00	113.40	302.20
Mur Monday Night Men	100.00	100.00	0.00	1,000.00
Tem Pechanga/Sun 730pm/Participation	96.00	0.00	96.00	396.00
Mur/TVCO Intergroup/#179377	64.54	0.00	64.54	564.79
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	60.00	0.00	60.00	279.50
Mur Community House/Wed 7pm/Mens Stag	50.00	70.00	-20.00	200.00
Tem Just Us Girls 2	44.00	51.00	-7.00	1,680.50
Tem Ser Cir/Thur 715pm/Serenity Seekers	44.00	20.00	24.00	238.00
Mur Salvation Army/Thurs 630pm/Solutio	20.00	0.00	20.00	60.00
LE AOG Church/Wed Noon/Acceptance	10.00	10.00	0.00	40.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	60.00	-60.00	180.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	0.00	0.00	90.00
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	0.00	738.00	-738.00	2,000.89
Tem Ser Cir/Thur Noon/Nooners	0.00	0.00	0.00	60.00
Tem Serenity Friday 6pm #710973	0.00	0.00	0.00	586.76
Tem/Wed 5pm/Just Us Girls	0.00	0.00	0.00	280.50
Temecula Joe & Charlie Workshop #711469	0.00	0.00	0.00	25.00
Temecula The Mosh Pit	0.00	0.00	0.00	488.40

Thank you!

October 2017 Group Contributions

18

Wildomar IVH/Fri 7pm/Step Study	0.00	20.00	-20.00	190.00
Wildomar IVH/Mon 7pm/Lil Big Book	0.00	0.00	0.00	160.00
Wildomar Wild Ones #653642	0.00	200.00	-200.00	500.00
Winchester/Sun 6pm/Outlaws	0.00	0.00	0.00	50.00
Tem Mon Night Men	0.00	0.00	0.00	200.00
Tem Hill Recovery Mon 10am Open Arms	0.00	0.00	0.00	20.00
SC Mernas/Wed 7am/Mens Breakfast	0.00	0.00	0.00	20.00
SC Living The 12 Traditions Mon 7pm	0.00	0.00	0.00	50.00
Murrieta The Searching Party	0.00	48.00	-48.00	85.00
Mur United Methodist/Wed 8pm/Discussion	0.00	92.00	-92.00	133.49
Mur United Methodist/Tue 10am/Womens	0.00	0.00	0.00	325.00
Menifee/Sun 9am/Grass Roots #706488	0.00	0.00	0.00	871.07
LE TMP Wed 530 The Pizza Mtg #709008	0.00	60.00	-60.00	48.00
LE TMP M-Sat 7am Early Birds	0.00	0.00	0.00	45.00
LE Meeting Place/M-F Noon/#171639	0.00	0.00	0.00	20.00
LE AOG Church/Thur Noon/Womens BB	0.00	10.00	-10.00	10.00
Hemet Womens AA Banquet	0.00	0.00	0.00	60.00
Anza Valley AA Groups	0.00	0.00	0.00	80.00
Anza Manic Mondays Women's Meeting	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>60.00</u>
	<u>3,102.94</u>	<u>2,865.00</u>	<u>237.94</u>	<u>31,596.60</u>

Thank you!

Valley Buck a Month Club



Happy Thanksgiving!

105.00

Central Office Activity

October 2017

Activity Log

Phoned in	185
Walk ins	235
AA Meeting	98
Al-anon	4
12 Step	14
Donations/Purchases	92
Misc/Other Business	26

October 2017 Birthdays from Murrieta Community House ABSI Meeting

I. HAPPY BIRTHDAY to our WONDERFUL peeps at this meeting
WE LOVE YOU!!!

Date	Memo	Account	Amount
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Volunteers

1. Bert	10/09/2017	Mary Ann for 13 years	Birthday Donations	10.00
2. Chris				
3. Debi	10/28/2017	Sandy N Celebrates 37 Years!	Birthday Donations	37.00
4. Janice				
5. Judy				47.00
6. Karen				
7. Kelli				
8. Mark				
9. Melissa				
10. Nick				
11. Sarah				
12. Steve				
13. Stuart				
14. Tony				
15. Paul K				
16. Jack				



Grateful A.A. Buys Big Book on the Installment Plan

Last December, Bill W., an A.A. in an East Coast prison, wrote to the General Service Office asking for a copy of Alcoholics Anonymous, A.A.'s basic text. The request landed on the desk of G.S.O. staff member Adrienne B., who saw to it that a soft-cover copy of the dark-blue book was promptly sent out, no charge.

Billy nonetheless felt strongly about paying for it. In March he wrote G.S.O., "Enclosed you'll find my first installment payment for the Big Book I received during the month of December. I'm extremely grateful and appreciative for the Big Book and God does answer prayers." Attached to his letter was a check for \$2.

Adrienne quickly sent Billy a note of thanks for "your donation to G.S.O. Everyone here is deeply grateful for your interest and support." She noted that the Big Book is now available in 40 languages, with more to come one day at a time."

In late April, he wrote again. "I'm Billy, I'm an alcoholic!" he reminded G.S.O. "Although I'm presently incarcerated, A.A. has shown and taught me that misery and pain can be turned into peace and strength. I have always thought I was destined to be a bad person; but through A.A. and the Twelve Steps I've learned that I'm a beautiful and sick person plagued with the disease of alcoholism. The Big Book and, now, volunteer A.A. contacts and weekly meetings drive home the fact that I never have to drink again-one day, one Step at a time.

"Knowing that God loves me and hears my prayers, I hardly ever have a dull day; my character defects and shortcomings are but figments of my ill alcoholic imagination. As long as I live the A.A. way, all will be well."

In conclusion, Billy said, "I give my appreciation and thanks to God and A.A. for saving me and showing me how to live life on life's terms." With the letter he enclosed "another installment payment" for his Big Book, a draft for \$3.

Like Billy during his first months in prison, many alcoholics in correctional facilities seldom have even one A.A. meeting available to them. Thus, carrying the message via A.A. literature such as the Big Book is crucial to their sobriety (Box 4-5-9, April-May 2000, p. 7). So next time you see a Correctional Facilities committee's pink (or blue) can set out at meetings as collection containers for literature and other C.F. work, you might remember Billy and dig for some change or, better yet, a dollar bill, realizing, as one A.A. put it, that "there but for the grace of God go I."

(Box 459 Oct-Nov 2000)

Gratitude Month

Our Chance to Say `Thank You!'

"The idea is in the air that A.A. might adopt Thanks-giving week as a time for meetings and meditation on the Traditions," A.A. co-founder Bill W. wrote in the November 1949 issue of the Grapevine (The Language of the Heart, p. 95) shortly after publication of the Twelve Traditions. In fact, the idea had already taken hold earlier in the decade when, each fall, the General Service Board hosted small Gratitude Dinners - precursors of the larger, more elaborate Gratitude Luncheons that would be held during the '60s as an initiative of the trustees' Public Information Committee.

The first official recognition of an A.A. Gratitude Week, specifically designed to coincide with Thanksgiving week in the U.S. (Canada celebrates in October), occurred in 1956, when the Sixth General Service Conference approved the motion, stipulating that "this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.'s worldwide services." Three years later, Bill urged in a letter, "Gratitude should go forward, rather than back-ward... if you carry the message to still others, you will be making the best possible repayment for the help given to you." (As Bill Sees It, p. 29).

The motivation behind A.A.'s Gratitude Lunches was threefold: to express personal gratefulness for the gift of sobriety; to carry the message of A.A. to other alcoholics; and to express appreciation to our professional friends for their numerous articles, books and radio and TV interviews relating to A.A. in the year just past. It was hoped, in the words of a General Service Office memo circulated at the time, that the luncheons would "advance A.A.'s public relations by bringing editors, publishers, writers and broadcasters in personal contact with sources of reliable information on the movement."

Held without fail in November at New York City's Roosevelt Hotel, the luncheons were always well attended. A typical list of invitees to the 1965 luncheon included representatives of The New York Times, McCall's Magazine, Medical World News and The Christian Science Monitor. Bill W. always addressed the gatherings, as did the late "Dr. Jack" Norris, then serving as A.A.'s Class A (nonalcoholic) trustee chairman. A discussion period followed the proceedings, an ample selection of A.A. literature was available for the taking, and in 1965 Bill sent an autographed copy of A.A. Comes of Age to every guest.

(continued on p. 23)

(continued from p. 22)

The luncheons were discontinued in 1968, but the concept of gratitude persisted and expanded in scope. For decades now, A.A.s in the U.S. have set aside all of November as Gratitude Month - marking the occasion with special contributions to G.S.O. 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 life of the Fellowship.

Grateful for the sobriety they've been given and eager to pass it on, A.A.s are busier than ever in Twelfth Stepping and service. They are reaching out in greater numbers to Loners, people with special needs, members of minority groups and previously unreached alcoholics. It is clear from their sharing that an overwhelming number of A.A.s - along with many of our professional friends - find their own special ways to say thank you during Gratitude Month and, indeed, all year long. Writes one member: "Enclosed is a check for Gratitude Month, because I want A.A. to be there for all those who need it, just as I did." From another: "The enclosed check is from my own pocket, to help groups in correctional facilities like mine. Some of us are struggling to turn our lives around. We begin the process in here ourselves, and by reaching out." And a nonalcoholic missionary wrote from India, "It is a matter of great encouragement and satisfaction that your A.A. has been a rich resource of guidance, help and light for a number of organizations dealing with problems related to alcohol...."

Besides observing Gratitude Month, many a member uses the A.A. Birthday Plan "to give back what's been given to me," as one wrote. And from another grateful A.A.: "I want to say thanks today for my life and my family's - or all of us alcoholics in recovery," he wrote. "Enclosed is an anniversary check, because I want the hand of A.A. to be there for all who need it". Like him, many members celebrate their A.A. birthdays by sending in a gratitude gift to G.S.O. - usually a dollar or two for each year of sobriety. Some groups follow this Birthday Plan by collecting contributions from members on a voluntary basis throughout the year, or until the number of dollars matches the member's total years of sobriety. On the group's anniversary, the money collected is sent to G.S.O. as a birthday contribution.

Gratitude. It's a weighty, high-dignity word, but in truth its close companions are humor and joy. As Bill W. observed early on in the Big Book (p. 132), "Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others."

What greater cause can there be for rejoicing than this?

(Box 459© Vol. 46 No.5/ October - November 2000)

How is your group celebrating Gratitude Month???

Gratitude Month November 2017

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