

December 2017



Temecula Valley Central Office

# Gratitude Gazette

951-695-1535 Hotline 24 hours



## Twelfth Step Prayer

**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

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*Dear God,*

*My spiritual awakening continues to unfold.*

*The help I have received I shall pass on*

*& give to others,*

*Both in & out of the Fellowship.*

*For this opportunity I am grateful.*

*I pray most humbly to continue walking day by day*

*On the road of spiritual progress.*

*I pray for the inner strength & wisdom*

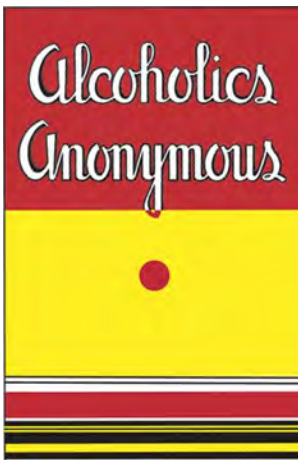
*To practice the principles of this way of life*

*In all I do & say.*

*I need You, my friends, & the program every hour  
of every day.*

*This is a better way to live.*

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



## Step and Tradition Guidelines

### 12th Step

*"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."*

### How It Works

*"Freely ye have received; freely give..."  
is the core of this part of Step Twelve.'  
(BB p110)*



### 12th Tradition

*"Anonymity is the spiritual foundation of all our traditions,  
ever reminding us to place principles before personalities."*

*This to the end that our great blessings may never spoil us;  
that we shall live in thankful contemplation of Him  
who presides over us all.*

*(12/12 p566)*



### 12th Promise

*"We will suddenly realize that God is doing for  
us what we could not do for ourselves."*



## Inward, Outward and Upward

Thinking about the Twelfth Step brings me to my mind our Three Legacies of Recovery, Unity, and Service. These make up my unwritten IOU to Alcoholics Anonymous.

“Having had a spiritual awakening as a result of these steps... “This, for me, is the *Inward* result of working the program. As a result of taking the Twelve Steps to the best of my ability, I have been changed on the inside. Major defects of character have been reduced in intensity and more minor defects have been removed. This is not to say that I am perfect-far from it! I still have a long way to go, but by the grace of God and by the principles of this program I have come a long way. I still like to go through “seasonal house cleanings,” which the “Twelve and Twelve” talks about in chapter ten. Being human, I am going to make mistakes, I am going to have good days and bad days; I will screw up. But this is all okay. It is all part of the learning and growing experience in living sober.

I am able to look in the mirror and accept myself, like myself, and even laugh at myself. This has been brought about the program of Alcoholics Anonymous and God as I understand Him.

Thus we have the *I* of the IOU. This is Recovery, the first Legacy.

“... We tried to carry this message to alcoholics...” for me refers to the *Outward* working of the program-- carrying the AA message. Well has it been written, “When all else fails, work with another alcoholic.” In working with others, I am taking out insurance against taking that first drink. By caring and sharing with others, I provide a firmer foundation for my own program and I get out of myself and away from my own selfish world where I am the center of the universe. Each time I try to carry the message to another alcoholic whether by twelfth step calling, answering the phone, or making coffee and cleaning up the AA meeting room, I am helping myself. It is not up to me to keep anyone else sober; it is up to me to keep myself sober (with God’s help of course). This is Service, the second Legacy, in it’s most basic form. Thus we have the *O* of this IOU.

“...and to practice these principles in all of our affairs.” Now we come to the *Upward* result of the program. It is referred to as “growing up.” When I poured alcohol into my system as an immature teenager, then later as an immature adult, I stunted my own emotional and spiritual growth. This even affected my mental growth. I look back to my post-secondary education, and I see that the lowest mark on my first term was higher than my highest mark in the second term.

Thus, I cannot say that I experienced much that might be seen as emotional or spiritual maturity. I was ego-driven and self centered even well into my sobriety. At times I must still keep my ego in check. If I don’t others might help to keep it in check (isn’t that what sponsors or for?). So, for me, an important part of my recovery is about finally starting to grow up after all this time. This is the *U* part of the IOU.

I relate this to the third Legacy of Unity. This is mainly because the Twelfth Tradition states: “Anonymity is the spiritual foundation of all of our traditions, ever reminding us to place principles before personalities.” In trying to practice these principles, I am maintaining my recovery and a spiritual way of life which works “come hell or high water.” My own recovery depends on AA unity (Tradition One).

I shudder to think where I might be today if not for AA.

This comprises the gist of my IOU to Alcoholics Anonymous. I trust that this is a “forgivable loan.” As long as I do my part in AA to give away what I have received, I am contributing to the “principal” of this trust. Maybe I will never be able to repay all I have received from Alcoholics Anonymous, but I can certainly do my part to help the still suffering alcoholic.

~Norman C. Winnipeg, Manitoba

# Fargo, N.D.

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In November 1998, I was in Lisbon, North Dakota, with my wife to help her with her father's funeral after he passed away at the Old Soldiers' Home there. I'd been in AA for 10 months, the longest period of time I'd been without a drink in 35 years.

Things didn't go to well, and the craving for a drink kept getting worse. In my home group, I had heard that AA was everywhere so I looked for a number in the phone book, but there was no listing. There I sat alone in that hotel room, wanting a drink as badly as I ever had, and felt that nobody cared. Then I called the toll-free number for alcohol and drug abuse hotline and had talked with someone there. They seemed to understand and gave me the number for an AA club in Fargo.

I called the club and talked with one of its members for quite a while. He told me there was a meeting in Lisbon at the Old Soldiers' Home the next night and asked, "Can you make it until then?" I told him yes, and I white knuckled it until I made it to the meeting at seven the next night. There I found two AA members from Fargo. They listened and assured me that it was okay to feel the way I did and that it would be alright. I don't remember what was said at that meeting, but I do know that, when I left, I didn't want to take a drink. I felt a lot better about myself and what was going on. I wasn't alone, and somebody did care. They helped me make it through another day.

It took me awhile to realize what happened that night. Those two guys had left their warm home and families for a long drive on a freezing November night to help a still-suffering alcoholic. How could I ever repay them for that?

Over the Christmas holidays that year, I got a call from a young man to whom I'd given my number at a meeting. He needed a meeting and wanted to know when the next one in our area was scheduled. I looked up the information for him and added that if he needed to, we could get together right then for a cup of coffee. He said that he thought he could wait, but fifteen minutes later he called back, asking if I was serious about the coffee. I said yes, and we met at a restaurant near my house. We talked over coffee for about an hour and both of us stayed sober.

Later, when I saw him at a meeting, he thanked me for meeting with him that day when he really needed someone. I smiled and said,

"Don't thank me. Thank the two guys in Fargo who made it possible for me to be there when you called."

~Jim L.





The following is a Christmas greeting from Bill W. and others in 1944.

TO ALL MEMBERS



Greetings On Our 10th Christmas, 1944.

Yes, it's in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before.

But there is another world which is not poor. Neither is it distraught . . . It is the world of Alcoholics Anonymous, where thousands dwell happily and secure.

Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted. Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World.

How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth.


Knowing it's full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty, peace and joy have sprung out of the very midst of chaos. Great indeed, our blessings!

And so, Merry Christmas to you all -- from the Trustees, from Bobbie and from Lois and me.

Bill Wilson







## The Survival of the Saplings

We hear so much about emotional sobriety in AA meetings, and I often wonder if the average member really understands where this all fits in. Most normal people go through life by experiencing the *good and the bad and they end up with a life that is acceptable to them*. They don't seem to be plagued by the *things the alcoholics struggle with every day of their lives*. Most of our problems are caused by our *misguided instincts* when we let them go far beyond their intended purpose. When these behaviors/habits are allowed to persist and the consequences of them are *masked by alcohol*, we *never mature emotionally* and we spend most of our efforts trying to rationalize these behaviors to the point that we start *believing our own lies*. These things don't begin when we start drinking; they start in our formative years long before we ever touch a drop of alcohol.

Our behavior when drinking appears to be more of a problem than the disease of alcoholism that causes it. The more we drink the more irresponsible we become as our disease progresses and the harder it is to explain these behaviors away. To the outside world it appears that the *drinking* is the problem and we can't deny that because drinking is a problem, but it is not **the** problem. We finally throw in the towel and show up in the AA meetings where we learn that *alcoholism stems from deeper rooted emotional problems*, and that we can live a somewhat normal life if we are willing to take the steps of the program, in their full implication, without any reservations. We can lead a somewhat normal life, but we can never be normal, if by normal we mean that we can drink like a normal person.

We can never drink normally because the tolerance for alcohol, or any other mind altering drug, is gone and the idea that we will ever regain control has to be smashed. We are like men who have lost their legs, they never grow new ones. It's hard for the struggling alcoholic to accept this truth but we must if we are to have any chance of being happy. We are scarred on the inside and that scarring never goes away. It can be overcome by practicing the principles of the program in their entirety but it can only be arrested, *never cured*.

To explain this in simple terms, let's say that we plant a row of *saplings* and shortly after they have taken root, one of them is trampled and bent over onto the ground. It may still survive if it receives water and nourishment. *If it is not straitened up immediately* and if it is *allowed to grow crooked*, it will still grow into an adult tree but it will *never be strait like the other trees around it*. We can prune it and trim it and decorate it, and make it look good, but *it will always be damaged*. Like that crooked sapling, our sobriety is contingent upon the maintenance of our *spiritual* condition. *We can live a life that is somewhat normal and sometimes a much happier life than we would, had we never become an alcoholic* in the first place provided, we accept our condition and all of its ramifications, and are willing to embrace the solutions that are set forth in the program of Alcoholics Anonymous. As we cultivate this new approach to life, we grow stronger than ever, and as I see it, *sometimes the crookedness of a tree is what gives it its character*. I hope I never get complacent about my spiritual development and I hope I never stop growing.

Rick R.



## *12 Signs of a Spiritual Awakening*

- 1. An Increased tendency to let things happen rather than make them happen.*
- 2. Frequent attacks of smiling.*
- 3. Feelings of being connected with others and nature.*
- 4. Frequent overwhelming episodes of appreciation.*
- 5. A tendency to think and act spontaneously rather than from fears based on past experience.*
- 6. An unmistakable ability to enjoy each moment.*
- 7. A loss of ability to worry.*
- 8. A loss of interest in conflict.*
- 9. A loss of interest in interpreting the actions of others.*
- 10. A loss of interest in judging others.*
- 11. A loss in interest in judging yourself.*
- 12. Gaining the ability to love without expecting anything in return.*

*(source unknown)*

Every time I have thought about the holidays in past years I was thinking of how fun drinking would be , and that's how it has been most of my life - I had to be doing something or going some where to have fun . As I sobered up and began to learn about myself and worked on myself , I removed some of the bad inventory I had in my character - I replaced lying with telling the truth - I replaced my negative thinking with positive thoughts - as I did more work on myself I began to be happier and happier ( these disciplines took practice and were hard at first / a discipline is hard to do because *I HAVEN'T EVER DONE IT BEFORE* , I thought I had but never did I do it every time it came up ). So I picked 1 discipline to work on . At first it was hard to do , after some practicing it became a habit and a habit is easier to do . I KEPT UP MY PRACTICE & Then it became A PART OF ME and then it WAS A PLEASURE TO DO , and now it took no thinking at all . I tried another discipline and I got the same result. Every time I did this I became a more complete man . And one day I saw it , the reason children are so happy is because they are always learning about themselves How stupid I had been I thought learning about myself was going to be terrible and painful ( show's you what I know ) NOW I KNOW WHERE THE FUN IS !!!!! ITS IN ME , FUN ISN'T FUN UNLESS YOUR HAVING FUN , so have a fun holiday,

*Thanks for sharing.*



## Making Use of Back Issues

Because the Grapevine is “timeless,” back issues are often used over and over again, and AA members often collect them for Twelfth Step purposes. Some groups keep a donation box in one corner of the meeting room, and members are invited to use it to “recycle” their old issues. One group decided to include a donated back issue of the magazine in the newcomer packs it makes available. For newcomers, the Grapevine is easy, fun and inspiring to read while giving practical insight into the way the AA program is used in daily life. One area committee reported that it collected back issues to use as “sample copies” with new members, hospitals, institutions, and the military. In another area, back issues were put in reading rooms of the men’s and women’s prison, in city and county jails and VA hospitals.

One district Grapevine committee distributed back issues to emergency rooms in ten hospitals in it’s county. Permission was obtained by contacting each hospital by phone to explain the purpose of the project. Several locales have held a “Send a Book to Jail Dance,” collecting AA literature— including old Grapevines— as the admission fee, and donating it to area and intergroup correctional facilities, who then pass it along to jails and prisons. One AA group sponsored fifty back issues which went into state prison, each one stamped on the inside with the message, “For correspondence, write to...” and the groups name and address.



## Your Move

### Straight up

A response from a reader, to the Grapevine's question,

“Where do you intend to be on New Year's Eve?”

When I came to AA, I'd lost my wife, children, most of my family and friends, a job, sanity, self-respect, and I was within a trigger-pull of losing my life. My sponsor told me that since I drank straight out of the bottle, I should work the program straight out of the Big Book, exactly as it was written. The first holidays came and I was so lonely and desperate to stay sober that I did what the Big Book said and went on Twelfth Step calls. It's been almost twenty-four years, and my last Twelfth Step call was yesterday and my next one is in about an hour. And that's where I hope to be on New Year's Eve 1999— working with another alcoholic in order to stay sober myself, just like the Big Book says.

~Anonymous

Canaan, New York

(G.V. Nov'99)



## Tradition Twelve

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One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest-- such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A glance at the Twelve Traditions will instantly assure anyone that "giving up" is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare. Tradition One asks us to place the common good ahead of personal desire. Tradition Two asks us to listen to God as he may speak in the group conscience. Tradition Three requires that we exclude no alcoholic from AA membership. Tradition Four implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all. Tradition Five restricts the AA group to a single purpose, carrying our message to other alcoholics.

Tradition Six points at the corroding influence of money, property, and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements. Tradition Seven states that we had best pay our own bill; that large contributions or those carrying obligations ought not be received; that public contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous. Tradition Eight forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status. Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorization to serve, never to govern. Tradition Ten is an emphatic restraint of serious controversy; it implores each of us to take care against committing AA to the fires of reform, political or religious dissension. Tradition Eleven asks, in our public relations, that we be alert against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio, and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link AA to other causes.

Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The Twelve Points of Tradition are little else than a specific application of the spirit of the Twelve Steps of recovery to our group life and to our relations with society in general. The recovery steps would make each individual AA whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Our AA Traditions are, we trust, securely anchored in those wise precepts; charity, gratitude, and humility. Nor have we forgotten prudence. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as he may need us.

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# How Do You Make An Old-Fashioned Twelfth Step Call?

With many treatment facilities closing their doors, more and more A.A.'s are seeking guidelines for making old-fashioned Twelfth Step calls.

The 1998 Conference Literature Committee considered a pamphlet on making Twelfth Step calls that was compiled and in use by Area 25 (Kansas). Although Conference committee members felt this effort was fine for local use, they emphasized the importance of the use of "How It Works" in the Big Book, as well as seeking guidance through sponsorship, the experience of older members and workshops.

One such workshop was held last spring by the Answering Services Committee of the Elmira (New York) Area Intergroup. The area's second Twelfth Step workshop, developed its program along lines of the G.S.O.'s service piece "Suggested Workshop Format." Out of the workshop experience has come some suggested guidelines. Because they have proven so useful, the committee has shared them with G.S.O., as follows, in the hope that others will be helped too:

**1. Return calls ASAP.** Call back immediately to listen, share and arrange a time and place to meet-but not at a bar. If you are called to a bar, go there only to pick the person up and, preferably, to get him or her to a meeting.

**2. Twelfth Step in pairs, with a same-sex member if possible.** Twelfth-Step calls can be intense, and there is safety in numbers. Besides, two heads are better than one. Be punctual and look your best.

**3. Twelfth Step when the prospect is sober or fairly sober.** Calls on intoxicated alcoholics seldom work because of blackouts. Wait for the end of a spree or a lucid interval when the prospect is still jittery.

**4. During home calls, separate prospect from family if you can (suggest Al-Anon for family members).** Too many people butting in to influence you about the "bad guy" can be disruptive. Learn from experienced A.A.s how to interact with family or significant others on the scene, and when it is wiser to leave than to stay:

**5. Suggest detox/rehab if needed.** If such is indicated, arrange with family or significant others, with prospect's permission if possible. Should violence seem imminent, leave. If necessary, make the appropriate phone call.

**6. Share how it was (your own drunkalog).** Don't moralize or lecture or brand prospects as "alcoholics." That decision is theirs-even as to tossing out alcohol they have on hand. Detail your own symptoms, drinking habits and other personal experiences with alcohol.

**7. Share your understanding of the disease of alcoholism.** Let the person know that this disease is progressive and can end with insanity or early death. Describe the conditions of body, mind and spirit that accompany alcoholism.

**8. Share exactly what happened to you.** The prospect will probably want to know how long you have been in A.A. and how you got and stayed sober.

**9. Share your A.A. experience.** Share how A.A. has worked for you and helped you to regain your sanity while maintaining sobriety, how it has led to being willing to believe in a power greater than self. Use everyday language and avoid arousing prejudice against theological terms and conceptions.

**10. Share how it is now-your recovery program and spirituality.** Outline the A.A. program of action and emphasize that this isn't the somber end of something (preferably drinking) but the start of a challenging, rewarding way of living based on spiritual principles.

**11. Leave a meeting schedule, A.A. pamphlets and your phone number; and make one follow-up visit or phone call.** Offer to return for further questions, and help with transportation to a meeting if possible. Mention Al-Anon meetings available to family members and significant others.

**12. Understand that success means YOU are still sober.** Practical experience shows that nothing will so much insure immunity from drinking as intensive Twelfth Step work with other alcoholics.





### December WORD SEARCH

S H A V E A W O N F Y D P U S  
 D S E R F U L S O O T E E N N  
 S B E E R H O U L E I M A S O  
 I E D N A Y N C C A M R C E I  
 A C L L S D J N V F Y O E L T  
 W Z P P A U A S P F N F O F I  
 A C T T I R O P C A O S F I D  
 K B I F E C Y I Z I N N M S A  
 E O P L W T N R C R A A I H R  
 N Z O I S Z V I B S O R N N T  
 I T J E V V E T R R N T D E E  
 N L N P I H X U S P O O Y S V  
 G O F J G A L A G D B N C S O  
 H S Z H A B Q L Q J D H A D L  
 P E R S O N A L I T I E S F C

AFFAIRS  
 ANONYMITY  
 AWAKENING  
 CONSCIOUSNESS  
 FOUNDATION  
 HONESTY  
 LOVE  
 PEACEOFMIND  
 PERSONALITIES  
 PRINCIPLES  
 SPIRITUAL  
 TOLERANCE  
 TRADITIONS  
 TRANSFORMED  
 UNSELFISHNESS



#### Your Seat

*In my disease I felt so alone.  
 I had survived for so many years  
 with so many mask.  
 That over time I didn't recognize  
 my own face.  
 When I looked into the mirror it  
 was a image I became so  
 familiar and comfortable with.  
 Yet the sight brought many to  
 tears and heartbreak.  
 I had believed the many things  
 people said about me.  
 Bastard, Scumbag, Drunk,  
 Addict, Abandoner, I hate YOU.  
 Even those words became  
 comforting.  
 Insanity right?  
 I crawled my way into the rooms.  
 I laugh and joke about  
 those words now.  
 I know who I am now.  
 Father, Man, Gentleman, Friend,  
 Companion, Lover.  
 I am a Alcoholic.  
 I walk to my seat now,  
 I am not alone.  
 Aaron D., San Clemente*

*Overlooked Myself:  
 Why did I drink in the first  
 place?  
 To be someone that I'm  
 not?  
 Escape through escapade  
 Turning just into blot  
 Now I'm in a place where  
 I'm safe  
 And understood  
 To me it's nurture and it's  
 soul food  
 12 and 12 an open mind  
 Well oh well this life is fine  
 By and by  
 one day at a time.*

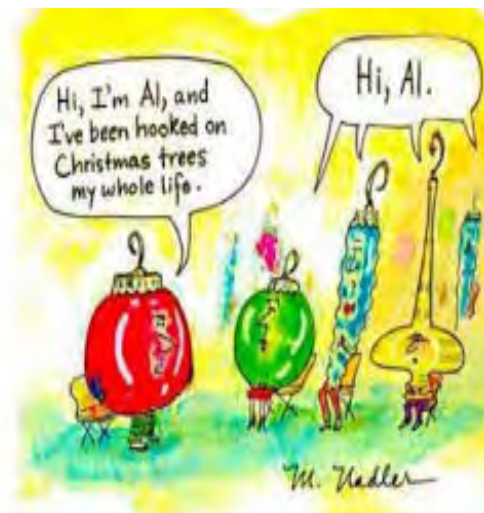
Joshua PG, Lake Forest





Alcoholics Anonymous Slogans by TinkerM

Zazzle





# AA Service Meetings

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What	When	Where
<b>H&amp;I Committee Meeting</b>	1st Monday - 7:30pm	TVAC—27470 Commerce Center Dr. Temecula, CA 92590
<b>TVCO Board Meeting</b>	1st Tuesday - 6:30pm	Central Office - <b>All are welcome,</b> but only Board members may vote.
<b>Mid So-Cal Area Meeting</b>	2nd Sunday - 9:30am	Meets at various locations. Call Central Office for meeting location
<b>Cooperating with Prof Community (CPC)</b>	2nd Tuesday - 5:45pm	Center for Spiritual Living - 26805 Murrieta Rd. Sun City, CA 92585
<b>GSR Meeting - District 17</b>	2nd Tuesday - 6:30pm	Center for Spiritual Living - 26805 Murrieta Rd. Sun City, CA 92585
<b>Intergroup Meeting</b>	3rd Tuesday - 6:45pm	United Methodist Church, Murrieta <b>Visitors Welcome</b> 24652 Adams at Kalmia & Adams
<b>GSR Meeting - District 14</b>	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	Paul R
2nd Friday	Erica
2nd Weekend	Mosh Pit
3rd Monday	JUGS 2
3rd Tuesday	JUGS 2
3rd Wednesday	Grass Roots (Meniffee)
3rd Thursday	Paul R
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	Chanzy
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



# November 2017 Group Contributions

18

	<u>Nov 17</u>	<u>Nov 16</u>	<u>\$ Change</u>	<u>Jan - Nov 17</u>
Tem Del Rio Survivors	1,200.00	1,200.00	0.00	13,200.00
Temecula Valley AA Womens Association	1,000.00	0.00	1,000.00	1,000.00
SC Unity Hall/Umbrella #164257	750.00	900.00	-150.00	5,365.00
Mur As Bill Sees It/Mon-Sat 7am Group	208.00	122.00	86.00	1,701.50
Tem Hill Recovery Sat 8am Early Risers	180.00	90.00	90.00	1,773.00
Menifee/Sun 9am/Grass Roots #706488	102.54	149.70	-47.16	973.61
Mur Monday Night Men	100.00	100.00	0.00	1,100.00
Mur Community House/Sun 730pm/The Geek	63.00	26.50	36.50	63.00
Wildomar IVH/Mon 7pm/Lil Big Book	60.00	50.00	10.00	220.00
Mur/TVCO Intergroup/#179377	55.00	62.00	-7.00	619.79
Tem Just Us Girls 2	47.00	101.00	-54.00	1,727.50
Tem Ser Cir/Fri Noon/	43.00	60.00	-17.00	103.00
LE Meeting Place/Sun 1030am/Speaker Mtg	40.00	0.00	40.00	40.00
Tem Hill Recovery Mon 10am Open Arms	30.00	0.00	30.00	50.00
Anza Manic Mondays Women's Meeting	20.00	0.00	20.00	80.00
Mur United Methodist/Tue 10am/Womens	0.00	50.00	-50.00	325.00
Mur United Methodist/Wed 8pm/Discussion	0.00	66.21	-66.21	133.49
Mur Salvation Army/Thurs 630pm/Solutio	0.00	0.00	0.00	60.00
Mur/UMC/Mon Noon/Womens ABSI #709011	0.00	40.00	-40.00	302.20
Murrieta The Searching Party	0.00	0.00	0.00	85.00
SC Living The 12 Traditions Mon 7pm	0.00	8.00	-8.00	50.00
SC Mernas/Wed 7am/Mens Breakfast	0.00	0.00	0.00	20.00
Mur Community House/Wed 7pm/Mens Stag	0.00	0.00	0.00	200.00

**Thank you!**

# November 2017 Group Contributions

19

LE TMP Wed 530 The Pizza Mtg #709008	0.00	0.00	0.00	48.00
LE TMP M-Sat 7am Early Birds	0.00	20.00	-20.00	45.00
LE Meeting Place/M-F Noon/#171639	0.00	0.00	0.00	20.00
LE AOG Church/Wed Noon/Acceptance	0.00	0.00	0.00	40.00
Tem Mon Night Men	0.00	0.00	0.00	200.00
Tem Pech Sr Ctr/Fri 7pm/Bats Belfry	0.00	0.00	0.00	180.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	0.00	0.00	0.00	90.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	0.00	0.00	0.00	279.50
Tem Pechanga/Sun 730pm/Participation	0.00	0.00	0.00	396.00
Tem Ser Cir Thursday 6pm	0.00	0.00	0.00	60.00
LE AOG Church/Thur Noon/Womens BB	0.00	0.00	0.00	10.00
Tem Ser Cir/M-S 7am/Att Adj Group	0.00	0.00	0.00	2,000.89
Tem Ser Cir/Thur 715pm/Serenity Seekers	0.00	0.00	0.00	238.00
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	375.00
Tem Serenity Friday 6pm #710973	0.00	120.00	-120.00	586.76
Tem/Wed 5pm/Just Us Girls	0.00	0.00	0.00	280.50
Temecula Joe & Charlie Workshop #711469	0.00	25.00	-25.00	25.00
Temecula The Mosh Pit	0.00	120.00	-120.00	488.40
Hemet Womens AA Banquet	0.00	0.00	0.00	60.00
Wildomar IVH/Fri 7pm/Step Study	0.00	0.00	0.00	190.00
Anza Valley AA Groups	0.00	0.00	0.00	80.00
Wildomar Wild Ones #653642	0.00	0.00	0.00	500.00
Winchester/Sun 6pm/Outlaws	0.00	0.00	0.00	50.00
	<u>3,898.54</u>	<u>3,310.41</u>	<u>588.13</u>	<u>35,495.14</u>

**Thank you!**

# November 2017

## Personal Contributions

<u>Date</u>	<u>Memo</u>	<u>Amount</u>	
11/25/2017	Tom C	15.00	
11/25/2017	Sandra N	5.00	
11/25/2017	Jim F	30.00	
11/25/2017	Tim M	10.00	
11/25/2017	Paul R	20.00	
11/25/2017	Crystal B	10.00	
11/25/2017	Annie D	40.00	
11/25/2017	Mark F	10.00	
11/25/2017	Debi G	20.00	
11/25/2017	Mike B	20.00	
11/25/2017	Michael J	10.00	
		<b>190.00</b>	

## Valley Buck a Month Club

<u>Date</u>	<u>Memo</u>	<u>Account</u>	<u>Amount</u>
11/15/2017	Gene W	Valley Buck a Month Club	5.00
11/15/2017	Georgia	Valley Buck a Month Club	1.00
11/15/2017	Karen K	Valley Buck a Month Club	2.00
11/15/2017	Bob	Valley Buck a Month Club	5.00
11/15/2017	Richard W	Valley Buck a Month Club	1.00
11/15/2017	Marcos	Valley Buck a Month Club	5.00
11/15/2017	Dan C	Valley Buck a Month Club	2.00
11/15/2017	Jim	Valley Buck a Month Club	2.00
11/15/2017	Annie D	Valley Buck a Month Club	1.00
11/15/2017	Tom	Valley Buck a Month Club	1.00
11/15/2017	Adam	Valley Buck a Month Club	1.00
11/15/2017	John	Valley Buck a Month Club	1.00
11/15/2017	Viki	Valley Buck a Month Club	10.00
11/15/2017	Kenny	Valley Buck a Month Club	20.00
11/15/2017	Kirk	Valley Buck a Month Club	2.00
11/15/2017	Mary	Valley Buck a Month Club	1.00
11/25/2017	Melissa D	Valley Buck a Month Club	2.00
			<b>62.00</b>



Thank  
you

## Central Office Activity

### November 2017

#### Activity Log

Phoned in	206
Walk ins	231
AA Meeting	108
Al-anon	4
12 Step	13
Donations/Purchases	94
Misc/Other Business	35

November 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
------	------	---------	--------

#### Volunteers

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

11/25/2017	Robert B Celebrates 28 Years!	Birthday Donations	28.00
			<u>28.00</u>
			<u>28.00</u>





## Twelve Tips on Keeping Your Holiday Season Sober and Joyous



Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**10** Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.



**4** Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



**8** Worship in your own way.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.



**15TH ANNUAL**

# Temecula Workshop Group

GSO # 000711469

**Co-Ed**

**BEGINS THURSDAY, JANUARY 11, 2018, 7:00 PM**

Workshop will take place every Thursday from 7:00 to 9:00 PM for 19 weeks

**Seating is limited to 100**

The registration fee of \$25. is due prior to the start of the workshop.

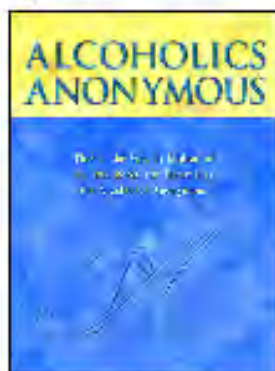
**PREFERRED REGISTRATION IS VIA THE "CASH APP" (by Square, Inc. — AKA the "SquareCash" App)  
AND SENT DIRECTLY TO THE WORKSHOP FACILITATOR, LEN V. @ (951) 265-4149,  
include \$25 and your Sobriety Date, First Name and Last Initial.**

You can also register at:

lenvierra@live.com OR at the Temecula Valley Alano Club OR at Temecula Valley Central Office

**WORKSHOP  
LOCATION:**

The Mary Phillips Senior Center in Old Town Temecula  
41845 6th Street, Temecula, CA 92590  
(at the east end of 6th Street, backing the 15 Fwy.)



**Why NEW books? Because... you will have a better chance  
of having an open mind and a new experience.... if every  
time you open your books, you don't see your OLD IDEAS.**

**WHAT TO BRING:**

**A NEW Big Book and a NEW 12 & 12 Book.**

**Also bring a 1½ inch three-ring binder, a highlighter  
and a pen.**



**The HARDEST thing you will have to do in the workshop is apply this prayer .....**

***"God, let me set aside everything I think I know about You, A.A., myself and my  
disease for an open mind and a new experience. Let me be honest and thorough. Amen"***