

February 2018



Temecula Valley Central Office Gratitude Gazette

Carrying The Message Throughout Our Valley

951-695-1535 Hotline 24 hours



**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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Second Step Prayer

Heavenly Father, I know in my heart that only you can restore me to
sanity.

I humbly ask that you remove all twisted thought & addictive behav-
ior from me this day.

Heal my spirit and restore in me a clear mind.

Alternate Prayer

I pray for an open mind so I may come to believe in a Power great-
er than myself.

I pray for humility & the continued opportunity to increase
my faith.

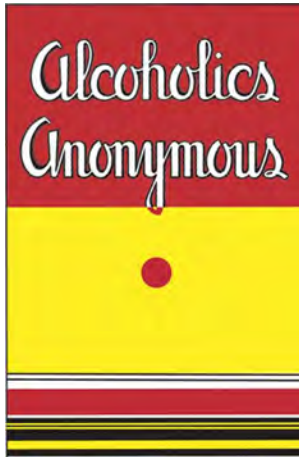
I don't want to be crazy any more.

HAPPY
joyous
FREE

BILL W.

For your own Gazette and schedule updates go to

<http://www.temeculacentraloffice.org>



Step, Principle and Promise

2nd Step

"Came to believe that a Power greater than ourselves could restore us to sanity."

How It Works

"Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid."

(B.B. p62)

2nd Principle

Hope -

In order to engage in a course of alcoholism recovery, we must have hope of success. If there is no hope, why try? We have not been able to stay sober on our own, and the desperation we feel when we enter AA is overwhelming. A way to instill hope is to realize recovery is not a question of ability, but rather a desire to stay sober. Seeing others recover and live free of alcohol brings hope.

2nd Promise

"We are going to know a new freedom and a new happiness."



2nd Tradition

*"For our group purpose there is but one authority-
A loving God as he may express Himself in our group conscience."*



"So spoke the group conscience. The group was right and I was wrong: the voice on the subway was not the voice of God. Here was the true voice, welling up out of my friends. I listened, and-thank God-I obeyed."

(12/12 p138)



2nd Concept

Concept II

When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference — excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter —

the actual voice and the effective conscience for our whole Society.

Mesmerized By Sanity



Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

When I first became a member of AA, all I did was stop drinking. This was a long time ago, and it was what the Fellowship around me advocated: you stayed away from the first drink a day at a time, shared at meetings, and this state of sobriety would enable you to solve all of your life's problems. My friends in AA, having been sober for some time, had something I wanted so I did what they did.

It worked fine--for a while. Then it stopped working. I became more and more discontent but denied it. After all, I was sober, wasn't I?

Too much of a coward, I didn't drink again but developed a second compulsion that brought me to my knees. This compulsion was only a symptom of my huge emotional problems: I was angry, fearful, totally self-absorbed, manipulative and dishonest in my relationships, I loathed myself and the world, and most of all, I was deeply unhappy. I had created a normal life, living like my peers did, achieving in my profession, and dying inside.

At this point I moved abroad, and it was in the first AA meeting there that I had what I can only describe as a spiritual experience. I guess I was terrified of the new situation, alone in an unfamiliar environment, and that made me open-minded. I listened to a speaker sharing about her relationship with God (they spoke a lot about God at that meeting), and she had such clear, fearless eyes, she radiated such happiness and contentment that I was mesmerized. Suddenly I understood what had happened to me: the reasons for my drinking not having been treated, my alcoholism had come back with a different symptom. I felt an incredible joy and relief, and a wave of self-love and acceptance. I could see now I was presented with the very tools that would help me overcome my alcoholism. I now think that my "relapse" was quite a healthy reaction. If I look at human beings as systems, mine had had to cease functioning. I'd so mistreated myself by imposing standards of perfection, thus making self-acceptance impossible, and I'd denied all spiritual and emotional needs, that the system had to signal--with my new compulsion--that all was not well. I was forced to take notice and act. I could regret the wasted years, or I could get on with life and get well.

My real recovery started that very moment. I started AA all over again, got a sponsor, and worked the Steps in the order given.

The program promised me sanity, and it became something very desirable. I saw sanity in people I actively sought out in the meetings. It meant peace of mind, contentment, and self-acceptance. No more fighting the world and being eaten up by the rage, no more having to be Ms. Perfect who had all the answers. Looking back, I had no doubts that I could not do it by myself. I recognized that help had to come from a power greater than myself. Or, as I once heard at a meeting, "The mind can't cure the mind."

(continued on p4)

So I thought about the power greater than myself that I wanted to trust and whose care I could turn my life and my will over to. Again, I was helped greatly by those who were there before me. The well people all had a very personal relationship with God, and clear ideas about what their God was like. I listened, tried, erred, and changed my ideas when necessary. For some time now, my ideas about my Higher Power haven't changed but my understanding has deepened.

Has it all been plain sailing then? Of course not. Over the years, much has happened, life circumstances have changed, and I'm getting older. I find one pattern coming up again and again. When all is well, I get complacent. Prayer stops being a priority, I do my Tenth Step less thoroughly, and going to a meeting becomes a burden. Fortunately, my threshold for self-inflicted pain is low these days, and I return to God as the source of sanity sooner rather than later. I've had some spectacular experiences of instant relief when asking God to take away obsessions. On the other hand, I've also experienced times when I had to ask again and again for the willingness to apply self-discipline to let go of self-destructive thoughts and actions.

These days I find that nothing is as precious as my sanity. I used to be addicted to drama and could only function on excitement and high levels of adrenalin. It's very different today. I really appreciate the quality of my life. I go through life at an even pace and enjoy being just one of the human race. I strive to serve in my work, to be a good friend and a responsible citizen. It's all very ordinary and average and sane, and I wouldn't trade it for anything.

-- E.M.

London, England

(G.V. Feb. 1997)

My Name is Gary and I'm a Human Being

During my years growing up in an alcoholic home, as well as my years as a practicing alcoholic, I lost my sense of being human.

The way I was treated and, subsequently, the way I treated others were inhuman. It wasn't until I entered the rooms of Alcoholics Anonymous that I was restored to sanity and welcomed back to the human race. The unconditional love and acceptance from fellow alcoholics reminded me at a deep level that I was human, that I had worth.

It was then that I could pursue an understanding of a power greater than myself. Until I understood and accepted my status as a human being, my effort toward seeking God was in vein.

Some of us take a long time to 'come to' before we can 'come to believe' that there is any hope for us.

~Gary D.

Nanaimo, British Columbia

(G.V. Feb. 2003)

On Tradition Two

"For our group purpose there is but one ultimate authority – A loving God as He may express Himself in our group conscience."

Editorial by Bill W.

A.A. Grapevine, January 1948

Sooner or later, every AA comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, but also a source of positive direction. Realizing that some fraction of that infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he has never known before. As each day passes, our AA reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every AA group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though AA groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs his conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us.

Many people are coming to think that Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the First Tradition, it was emphasized that we have, in AA, no coercive human authority. Because each AA, of necessity, has a sensitive and responsive conscience, and because alcohol will discipline him severely if he back slides, we are finding we have little need for manmade rules or regulations. Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the AA group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect, we may be, to a large degree, unique.

Therefore we of Alcoholics Anonymous are certain that there is but one ultimate authority, **"a loving God as he may express himself in our group conscience."**

Bill W.

The A.A. Grapevine, January, 1948

(Submission by Deanna R.)



A.A. CONCEPT 2

The General Service Conference of AA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

The concepts are new to me, so I'm going to keep this very simple.

The General Service Conference of AA meets annually to discuss any agenda items that have come up in our groups that need attention.

These are groups all over the United States and Canada. Obviously, not every AA member will be able to attend. Our opinions and voice are carried by our General Service Representative (G.S.R.) up the chain and represent our votes based on her opinion of the group conscious.

If your home group does not have a G.S.R.; it follows that your voice is not being heard at the General Service Conference meeting.

This is another form of service work that AA offers to it's (mature) members as it is suggested to have two years of sobriety to serve as a GSR. Remember when Bill W. and Bob S. wrote the Big Book they were not considered "old-timers".

I am not the GSR, I represent my home group as a liaison to the Temecula Valley Central office to communicate local happenings in the Temecula Valley. I am an Intergroup Representative (I.R) If you have a G.S.R. they will soon be attending

PRAASA to pass your voice and votes to the GSC.

General service follows an upside down triangle model showing that the individual groups should decide how AA should move forward in the U.S.A. and Canada to carry the message to alcoholics who suffer from this disease.

If you are curious about this level of service in AA, there is tons of information on the internet. Search and research, ask your G.S.R. for more information, or suggest to your group that a G.S.R. be elected to represent your group. Better still, volunteer to represent your group as the G.S.R. and attend monthly meetings (2-3) to find out more!

(Submitted by Anita W.)

Pancake king

He guarded his griddle like it was made of gold ... then his ego got the better of him

About six months after coming into AA, I was feeling great. Then, for some reason, I became restless and discontent, and fell off the early sobriety pink cloud--with a loud thump. We were living in Syracuse, N.Y. at the time, and my sponsor Ed suggested I try a few different meetings, and once again stressed the importance of getting involved with AA service. That's when I stumbled into the pancake breakfast meeting one Saturday morning, and my journey to happy sobriety really started.

Can you cook? Our regular is a no show," asked a very large man holding an 18-inch spatula near my face. Sensing that "no" was not the correct answer, I chirped "yes" and followed him to the kitchen. "We normally have about 50 for breakfast, but this is chip day, so there may be more," he said, as he pointed to the big box of pancake mix and a huge stack of sausage patties.

Fortunately, I was early and had a few minutes to get the batter going and the stove temperature to the point where my first efforts at least looked edible. Regulars soon started to arrive faster than I could crank out the food. I got some much-needed assistance when a couple of other eager newcomers jumped in to help. We soon had a semi-functioning system up and running and the grumbling for more pancakes slowed down.

After the breakfast hour, there was a great meeting, then a huge surprise. Lee E., the group's chair, made a few announcements and finished with "and I'd like to thank Norm and the kitchen crew for a nice breakfast." There was lively applause, and a few said, "Good job, Norm." I could have won the lottery, and not felt better than at that moment! I was only six months into recovery, and this neat group of people was actually thanking me for doing something that had been fun and rewarding!

After the meeting, during kitchen cleanup (the stove and spatula sparkled as never before), Lee asked if I could help the following Saturday. Wow! I could not wait till next week. I was there at 6:30, a half hour before she arrived to open. That started a commitment of more than a year as cook/coffee-marker, which gave me a firsthand taste of the benefits of service. It was a 10-fold return on any effort expended, just as my sponsor, Ed, had promised.

My second Saturday was even better. I'd done some homework with a few cookbooks, and my pancakes were soon golden brown, uniformly sized, and the sausages "just right" by the time members started arriving. Another thank you from Lee, a couple more "way to go's" at meeting's end--a team of wild horses could not have kept me from that cooking job! Within a month or so I had that kitchen humming by 7:30 A.M. In my mind I had become one of the great pancake makers of the century. I freely shared that information at other meetings all over Syracuse. And then ... black Saturday.

It all started when I took a two-minute break from my post as head cook to refill my coffee. Returning to the kitchen, I was shocked--Dirk had taken over my spot! He was using my spatula to turn pancakes on my stove, and had moved the pancake batter. Silently furious, I deferred to his seniority (he had over a year in AA at the time), and I took the de-meaning position of juice pourer, mentally recording every mistake he made. When Lee thanked us that morning, I was very embarrassed, as many of Dirk's pancakes were the wrong size, and several of his sausage patties were burned. I sensed my reputation going up in flames.

An urgent meeting with Ed was called for. I vented my anger over Dirk's pushy ways as Ed looked at me with bemused patience. He told me not to take myself so seriously, let it go, and keep on with my duties at the pancake meeting. It would all work out. He repeated that I always tried to play the big shot, and reminded me that I had a tendency to pole vault over fly droppings. "Your childish ego is getting the best of you--again," were his parting words that morning. Now I had two resentments -- Dirk and Ed.

I was able to solve the problem the following Saturday, and thereafter. As soon as I arrived at 6:30 A.M., the spatula never left my hand during the breakfast hour. I also had a new guy I was sponsoring bring my coffee refills to the stove, so no one could intrude on my command post. I don't think I bothered to tell Ed about my creative solution. Ego aside, it was an important time in my recovery. Arriving early, I got to know some of the group members well, and made some friendships that continue to this day. The commitment and responsibility needed to do that job carried over into other parts of my life, and I became a better husband, father and employee. If I could keep the stove and spatula clean, maybe I could help my wife around our kitchen. If I could bite my tongue at Dirk's intrusion, perhaps I could be more patient with my kids. And if I could listen to Ed, maybe I could lighten up on myself and those around me.

After about a year as pancake king, my son started playing in a youth hockey league, and I volunteered to help with team practices. Our ice time at the rink was Saturday from 7 to 8 A.M., so I reluctantly gave up my important position at the meeting. To my surprise, I found myself as responsible around the practice rink as I had become at the pancake meeting. A few of the good habits developed as cook/coffee-maker found their way to my role as a father. A nice surprise.

After the four-month hockey season ended, I returned to the pancake meeting. I was fearful that it may have closed down, since I had not been there to run the place. Surprise . . . it was bigger than ever! And during the thank you's at meeting's end, it was never once mentioned that a former celebrity cook was in the room! Hard to believe. But by this time my ego had been downsized just a little, and both Ed and I got a chuckle out of Lee's oversight.

Many other service opportunities have popped up over the years, always a return far in excess of effort expended. A while ago, my wife Lesley and I went to a meeting we hadn't attended in awhile. We learned that the coffee-maker had not shown up the preceding week, attendance was dropping, and the meeting was in danger of closing. She volunteered us to take over the coffee duties, and within a short time, the meeting was back on its feet. No applause this time, but it was a great feeling to see energy come back into the room and enthusiasm return. Once again, an outsized reward, which I now believe to be the norm for AA service opportunities.

We moved to North Carolina three years ago, but I often smile when I think of my first service opportunity at the pancake meeting. I have also been fortunate to locate many other chances to help in the program over the years, such as coffee maker at many different meetings, a couple of group secretary spots, several treasurer posts and GSR; and I have been privileged to sponsor quite a few men. All have all been important in my recovery, and rewarding far in excess of any effort on my part.

I was told early on you can't keep it if you don't give it away. For me it's a privilege to be part of this wonderful Fellowship. It has been an even greater privilege to have been involved with any AA service. I was told as a newcomer to not drink, go to meetings, work the Steps, and get involved--wonderful advice that has lead to a great life.

~Norm H.

Cary, N.C.

(G.V. Oct.2010)

Don't Forget Our Pancake Smackdown

Sunday, March 11th!



The Pros and Cons of Dating Within the A.A. Program

When an individual in the A.A. program feels ready to date again, an issue arises that is common among A.A. members: Should you get involved with a fellow A.A. or find someone outside of the room? The issue is much debated and, of course, there are pros and cons on both sides.

Being in a relationship with a fellow A.A. can have its benefits. Each partner will be a good influence on the other when it comes to attending meetings. If one shows up at a meeting, you can bet the other will be right alongside them. The most important reason why two A.A. members are good for one another is that each of them will understand where the other one is coming from when addiction and disease driven problems arise. They will be highly empathetic. Instead of getting angry or resentful if a problem does come up they will likely be able to handle it a lot better than a "mixed couple," assuming both have addressed their addictions and the underlying issues that accompany them honestly. Shared experience can be an invaluable resource when developing an understanding of what your significant other is going through.

Still, dating within the program comes with more negatives than positives. Both partners in a relationship are constantly working a 12-step program and judging sometimes occurs. One might say the other is not working the steps properly or at all, which really means that the other person isn't living his or her life "correctly." Telling people they aren't living their lives correctly is very degrading. The biggest drawback of dating in the program is if one of the partners' relapses. More often than not this will lead to the still-sober partner breaking it off, leaving the relapser heartbroken, oblivious as to what to do next, and while heartbroken, using more and more.

I personally have not had any experience dating a fellow A.A. person, and I want to keep it that way. I'm a person with the disease of addiction. I'm sick in the head. I would rather refrain from having to deal with someone else who is also as sick as I am, maybe even more. Dealing with my alcoholic disease is enough for me to handle right now.

(October 31st, 2012; treatment4addiction.com)



**IN A RELATIONSHIP WITH
RECOVERY**

SINCE...JUST FOR TODAY

Exception to the Rule: When AA and Romance Do Mix

I'll admit it: When I was counting days in AA, the sexy people in my “home group” kept me coming back to meetings. It's a large, social meeting. Most members are around my age and cool. I was surprised that stylish young folks were sober and part of this secret society.

I developed a few passing crushes but never acted on them, dutifully sticking to the suggestion to avoid romantic relationships for the first year. I'd never dated—let alone had sex—without being under the influence. So I was abstinent partly out of fear.

After my first sober anniversary, I went on a couple of dates and had a few hook-ups, but nothing caught fire.

I decided to attend 90 meetings in 90 days. But what I really needed was 90 days off my ex.

Then I began a “friends with benefits”-type situation with a guy I met in my home group. It got messy and didn't end well. After it dissolved, I decided to attend 90 meetings in 90 days. But what I really needed was 90 days off my ex. So I stopped all contact with him and avoided him at meetings. After three months had passed, I felt ready to date again.

But I swore off dating in AA. What if I really fell for someone, especially in my home group? I imagined the awkwardness of seeing him at meetings if it didn't work out. It might not feel safe to share, or maybe I'd stop going to the meeting altogether. This could endanger my sobriety.

Then I met Greg.

I had first seen him at my home group meeting a few months before, and it was like that scene in *Wayne's World*. *He will be mine. Oh, yes. He will be mine*, I thought. He was wearing a suit in the middle of summer, and his presence commanded the room. His shares were eloquent and he had an easy serenity. Plus, he was hot! I had about three years sober then, and he had considerably more time. I was pretty sure he didn't know I existed.

After a few months of liking him from afar, we started talking on Facebook. Then I saw him at a sober New Year's Eve dance. We shyly danced near each other. Afterwards I headed back to my neighborhood with friends, and ended up at the 24-hour Alcathon at a local clubhouse. Greg was there too. He asked me out two days later.

Just days earlier, I had completed my Fourth Step (a written inventory of all the people I harmed with my drinking). Afterwards, my sponsor had me write my “sex ideal” – a list of traits I'm looking for in a partner.

I was struck by how much my idea of the perfect guy had changed. Before sobriety, I was always seeking a partner who could party like I could... But my sober list included traits such as honesty, respect and kindness.

I was struck by how much my idea of the perfect guy had changed. Before sobriety, I was always seeking a partner who could party like I could. I wanted the Sid to my Nancy. But my sober list included traits such as: honesty, respect and kindness. As well as the usual things people want, like intellect and a sense of humor. To my surprise, one of the attributes that emerged was affectionate. Also adventurous and sober, I wanted to date someone who was committed to becoming a better person, and passionate about their chosen career or vision. A few weeks into seeing Greg, I knew he checked off just about all the boxes.

But I was reluctant. After my last entanglement had ended, I was nervous to date someone else in AA. I weighed the pros and cons, but realized I liked Greg enough to take the risk.

I'm glad I did. Three years later, we're still together.

We live together and are co-parents to a wonderful dog. Though we share a home group, we try to keep our recovery and personal lives separate. Greg has a policy of no-PDA at meetings, which he explained to me early on. “If I'd seen a happy couple engaging in PDA at a meeting when I was a newcomer, it would have made me resentful,” he said.

(continued on p8)

I completely agreed. So when we're in sight of the meeting, we stop holding hands. Other than this small adjustment, being in recovery together doesn't hinder our relationship—in fact, it makes it better.

We share the common language of recovery, which helps us to express our needs and feelings. When we encounter a rough patch, we have the support of sponsors and friends in recovery. And when I'm acting out or grumpy because I haven't been to a meeting in a while, he's the first to spot it. And vice-versa. Like any relationship, it's not always smooth sailing. But we get through the hard parts and are strong as ever.

I'm glad I broke that promise to myself to never again date within AA. I found a keeper.

~Claire Buhay on 29 December 2014. <http://www.Recovery.org>



...the use of sweets was often helpful...

...all alcoholics should constantly

have chocolate available...

(Big Book pg 133-134)



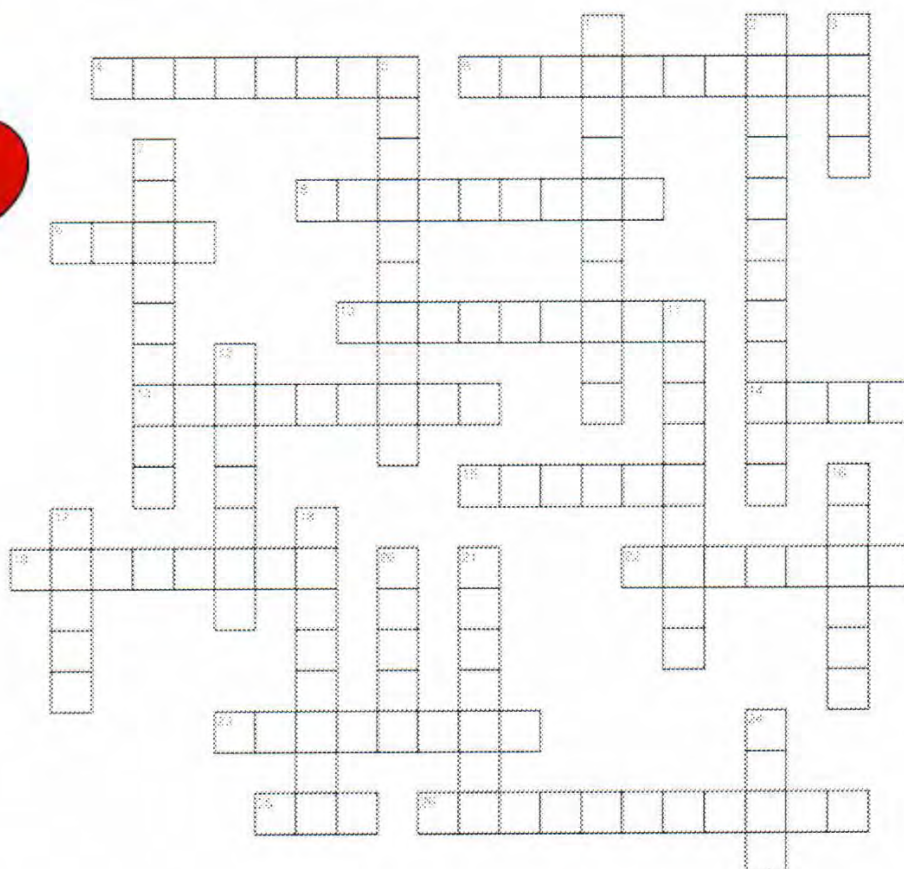
Seen On A Bumper Sticker:

"Don't think of it as having a bad day.

Think of it as Second Step Work." ~Paul P.

(G.V. Jan. 2004)

February Puzzle



ACROSS

- 4 A _____ View of Alcoholics Anonymous
6 spiritual
8 meeting in print
9 happy, joyous and _____
10 Step one
13 press, radio and films
14 As He Sees It
15 June conference (2 words)
19 Circle and _____
22 it is a phenomenon
23 Twelve
25 New York offices
26 Valley city with the most AA meetings (2 words)

DOWN

- 1 What we can't afford
2 our life when we got to AA
3 Bill's secretary
5 International Convention 2010 location (2 words)
7 1st AA Convention city
11 Dr. William D.
12 Freedom From
16 soundness of mind
17 Intoxicated
18 Ninety
20 Alcohol
21 Little Angel of A.A.
24 Swiss psychiatrist

AA Service Meetings

What	When	Where
H&I Committee Meeting	1st Monday - 7:30pm	TVAC—27470 Commerce Center Dr. Temecula, CA 92590
TVCO Board Meeting	1st Tuesday - 6:30pm	Central Office - All are welcome, but only Board members may vote.
Mid So-Cal Area Meeting	2nd Sunday - 9:30am	Meets at various locations. Call Central Office for meeting location
Cooperating with Prof Community	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	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 should pertain to;

Alcoholism and Recovery, The Twelve Steps, The Twelve Traditions, or The Concepts. Poems, AA trivia, Jokes and Cartoons are welcome too.

Proper credit must be given to each article's source if taken from previously printed materials.

Please include its copyright or location found so that we can acknowledge it.

Let us know If you would like to include your name and city,

Or if you would rather remain Anonymous.

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

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

Central Office Service Opportunities

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

January 2018 Group Contributions

17

	<u>Jan 18</u>	<u>Jan 17</u>	<u>\$ Change</u>
Tem Del Rio Survivors	1,200.00	1,200.00	0.00
Tem Ser Cir/M-S 7am/Att Adj Group	873.00	458.39	414.61
SC Unity Hall/Umbrella #164257	750.00	900.00	-150.00
Mur United Methodist/Wed 8pm/Discussion	206.00	0.00	206.00
Tem Pechanga/Sun 730pm/Participation	202.00	138.00	64.00
Mur As Bill Sees It/Mon-Sat 7am Group	200.00	99.00	101.00
Tem Ser Cir/Tue 730pm/Mens Stag	140.00	0.00	140.00
Tem Hill Recovery Sat 8am Early Risers	120.00	89.00	31.00
Tem Serenity Friday 6pm #710973	105.00	174.56	-69.56
Tem/Wed 5pm/Just Us Girls	94.00	0.00	94.00
Tem Pech Sr Ctr/Mon 6pm/Mon Madness	80.00	90.00	-10.00
Menifee/Spritual Lvg Cnt/Wmn Fri 6pm	78.00	0.00	78.00
Mur United Methodist/Thur 8pm/Step Study	65.00	0.00	65.00
Tem Pech Sr Ctr/Wed 7pm/Step Sisters	60.00	57.50	2.50
Tem Just Us Girls 2	53.00	70.50	-17.50



Thank you!

January 2018 Group Contributions

18

Mur/TVCO Intergroup/#179377	39.75	81.00	-41.25
LE TMP M-Sat 7am Early Birds	20.00	5.00	15.00
Mur Salvation Army/Thurs 630pm/Solutio	20.00	0.00	20.00
LE Meeting Place/Fri 730pm/TGIF	10.00	0.00	10.00
LE AOG Church/Wed Noon/Acceptance	10.00	0.00	10.00
LE Meeting Place/Sun 7am/Att Mod	10.00	0.00	10.00
Wildomar IVH/Mon 7pm/Lil Big Book	0.00	50.00	-50.00
Wildomar IVH/Fri 7pm/Step Study	0.00	20.00	-20.00
Temecula The Mosh Pit	0.00	78.00	-78.00
Temecula Joe & Charlie Workshop #711469	0.00	25.00	-25.00
Mur/UMC/Mon Noon/Womens ABSI #709011	0.00	40.00	-40.00
Mur United Methodist/Tue 10am/Womens	0.00	50.00	-50.00
Mur Monday Night Men	0.00	100.00	-100.00
Mur Community House/Wed 7pm/Mens Stag	0.00	100.00	-100.00
Menifee/Sun 9am/Grass Roots #706488	0.00	88.48	-88.48
Anza Manic Mondays Women's Meeting	<u>0.00</u>	<u>20.00</u>	<u>-20.00</u>
TOTAL	<u>4,335.75</u>	<u>3,934.43</u>	<u>401.32</u>



Thank you!

January 2018

Personal Contributions

Valley Buck a Month Club

<u>Date</u>	<u>Memo</u>	<u>Account</u>	<u>Amount</u>
01/08/2018	Michelle H	Personal Donations	5.00
01/09/2018	Sandra N	Personal Donations	5.00
01/09/2018	Paul R	Personal Donations	20.00
01/10/2018	Crystal B	Personal Donations	10.00
01/15/2018	John C	Personal Donations	100.00
01/15/2018	Anonymous	Personal Donations	3.37
01/22/2018	Tom C	Personal Donations	15.00
01/22/2018	Annie D	Personal Donations	40.00
01/22/2018	Mike B	Personal Donations	20.00
01/22/2018	Debi G	Personal Donations	20.00
01/22/2018	Mark F	Personal Donations	10.00
01/22/2018	Jim F	Personal Donations	30.00
			<u>278.37</u>

\$93.00

Thank you

Murrieta ABSI

Monday - Friday



THANK YOU!

Central Office Activity

January 2018

Activity Log

Phoned in	247
Walk ins	235
AA Meeting	115
Al-anon	4
12 Step	5
Donations/Purchases	110
Misc/Other Business	30

January 2018 Birthdays from Murrieta Community House ABSI Meeting

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

Volunteers

1. Bert
2. Brandi
3. Chris
4. Corrie
5. Debi
6. Diane
7. Janice
8. John
9. Julie
10. Kelli
11. Kathy
12. Leyda
13. Mark
14. Melissa
15. Mike C
16. Nick
17. Paul K
18. Randy
19. Steve
20. Stuart
21. Tim
22. Tony

Date	Memo	Account	Amount
01/01/2018	Karen K Celebrates 44 Years!	Birthday Donations	44.00
01/22/2018	Erica M Celebrates 1 Year!	Birthday Donations	15.00
01/22/2018	Scout T	Birthday Donations	15.00
01/22/2018	Theresa S	Birthday Donations	15.00

89.00



PANCAKE BREAKFAST



THE 9TH ANNUAL PANCAKE SMACKDOWN IS BACK!

Sunday, March 11, 2018

**Murrieta Community Center
41810 Juniper St., 7am-12pm**

HUGE RAFFLE!!

THIS IS FULL BREAKFAST AND CIRCUS!!

PANCAKES, EGGS, BACON, SAUSAGE, FRUIT, MILK, JUICE & COFFEE!!

ALL FREE & ALL-YOU-CAN EAT!!

THERE WILL BE A SPEAKER MEETING FOLLOWING THE BREAKFAST SO STICK AROUND!

EARLY BIRD COFFEE 7:00 - 8:00 AM

BREAKFAST SERVED & RAFFLE BEGINS 8:01 - 10:45

SPEAKER MEETING 11:00 AM - 12:00

CASH DRAWING!!

GAMES & PRIZES!!



**THE EVENT IS ALSO A MEMORIAL FOR ALL IN OUR FELLOWSHIP THAT WE HAVE LOST.
PLEASE CALL JASON IF YOU WOULD LIKE TO ADD A PICTURE OF YOUR LOVED ONE TO
THE MEMORIAL BOARD.**

**IF YOU ARE INTERESTED IN DONATING TO THE RAFFLE OR MAKING A DONATION TO
HELP MAKE THIS EVENT POSSIBLE.**

PLEASE CONTACT JASON 951-691-9974

PLEASE JOIN US
FOR THE



CELEBRATION

JUNE 1ST THROUGH JUNE 3RD, 2018

HURKEY CREEK

56375 CALIFORNIA HWY 74
MOUNTAIN CENTER, CA 92561

SATURDAY NIGHT SPEAKER MEETING
LIVE MUSIC, RAFFLE - 50/50
POKER RUN



REFRESHMENTS, BIKE GAMES,
KIDS GAMES, BIKE SHOW, FOOD
CHILDREN'S PLAYGROUND

Tent Camping & Dry Camping for trailers & motorhomes

Fishing Tournament at Lake Hemet



Name: _____ Club Affiliation (if any): _____

Email or Cell Phone: _____ Weekend Camping, Couple: _____

Weekend Camping, Single: _____

Saturday Only: _____

Fishing Tournament: _____

RV per night total: _____

AMOUNT ENCLOSED: \$ _____

WWW.MESSENGERSOFRECOVERY.COM

TOTAL: _____

REGISTRATION

Weekend Camping - \$30.00 per person, \$50.00 per couple.

Fishing Tournament \$45.00 without lic., \$30.00 with lic

RV \$50.00 per night (NOTE: does not include registration)

Includes:

Three Days/Two Nights of Camping, plus Saturday Night Dinner.

Day Rate - \$20.00 per person (dinner included).

Additional meals are available, for a nominal fee.

Registration opens at Noon, on Friday.

SAVE THE DATES

For January – June 2018

Put these dates in your calendars.

Temecula Valley Central Office

Events to Remember

January 21st Pre Pancake Smackdown

Alano Club 9am to 12pm

March 11th Pancake Smackdown

Murrieta Community Center 7am to 12pm

Full breakfast, Raffle, Speaker meeting

Rule 62 Golf Tournament TBA

Temecula Creek Inn Golf Course

Golf, Duck race, Dinner, Awards

June 9th Founder's Day

Temecula CRC at Ronald Reagan Sports Park

BBQ dinner, Raffle, Speaker meeting

Contact Central Office at (951) 695-1535

for more information