



**October 2018**

Alcoholics Anonymous

Responsibility Pledge

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*

**Inside this issue:**

Feature Article	1
Service Meeting Info	2
Step Article	3
Submission	4
Picnic/Softball Tourney	5
H&I Talent Show Review	6
MORE AMAZING INFO!	

Temecula Valley Central Office

# Gratitude Gazette

*Carrying the message throughout our valley*

## No Opinions?

Reprinted from Gratitude Gazette, Oct 2014

Sometimes I don't really believe the things I say, I just like the sound of myself having opinions.

The A.A. 10th Tradition short form states, "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never to be drawn into public controversy."

Traditions four, six, and ten provide us with guidance regarding purpose (4), lending the A.A. name (6), and positions on outside issues (10). Experience has taught us that when our society lends support or influence to a particular cause, we are bound to exclude some of our fellows and potentially erode away the foundation on which we were formed (our primary purpose).

If there is anything that can divide us, it is an opinion. Immigration, gay marriage, gun laws, bacon vs. kale, NFL football, the Middle East, recovery centers, and taxes are just some topics that most everyone has an opinion.

*(continued)*

If we can utilize the A.A. principals, grow spiritually and emotionally, refrain from opinions while involved in Alcoholics Anonymous, and stick with the primary purpose of helping the alcoholic who still suffers we will have a Fellowship that works. When my opinions on outside issues such as my job, my wife, traffic, and the health benefits of bacon go against reality then I begin to think that if I can control those external factors everything will be OK. I must remember that if I am disturbed about something the problem lies within. Instead of focusing on my perceived problems with outside issues, as a recovering alcoholic who is determined to live free, I must search within and follow this “design for living” that really works.

Semper Sober – John W, Lake Elsinore



## Service Meetings

H&I Committee Meeting	1st Monday 7:30 pm	Temecula Valley Alano Club 27470 Commerce Center Dr. Temecula, CA 92590
TVCO Board Meeting	1st Tuesday 6:30pm Visitors welcome as observers	Central Office 28636 Old Town Front St #106, Temecula, CA 92590
Mid So-Cal Area Meeting	2nd Sunday 9:30am	See the MSCA website <a href="http://msca09aa.org/">http://msca09aa.org/</a>
District 17 GSR Meeting	2nd Tues 6:30pm Visitors Welcome!	Springs Church 41735 Winchester Rd #C Temecula, CA 92590 <a href="https://www.aadistrict17.org/">https://www.aadistrict17.org/</a>
Intergroup Meeting	3rd Tuesday 6:45pm Visitors Welcome!	United Methodist Church, Murrieta 24652 Adams (At Kalmia & Adams) <a href="http://www.temeculacentraloffice.org/">http://www.temeculacentraloffice.org/</a>

# Step 10

Continued to take moral inventory and when we were wrong, promptly admitted it

As a young man, I had little connection with my emotions. I wanted to further the distance from my connection of a conscious awareness with myself and my feelings, so I drank mostly every day after work and the problems of that day were drowned by my drinking.

I was a Younger man who had little experience with putting together or connecting the dots between how I felt when I had a personal or work conflict. I did not know how to identify and handle problems. This kind of problem drinking allowed me to bury (so to speak) the problems of that day.

I drank after work and did not work on what had happened that day. I did not want to feel the pain in my gut, so I drank. Again, I was young and did not understand that this pain is meant to teach me that I am doing something wrong. This is where I found that pain is for learning. I put my hand in the flame and I get burned. This is to teach me do not put my hand in a fire. However, if I cannot feel my pain I cannot learn. Drinking

removed my pain, so I did not learn about personal and work relationships until I stopped drinking.

After I stopped drinking, things got very real very fast! I was feeling my pain from the actions of everyday life and the pains of my history. I cleaned up my history as best as possible and this helped quite a bit. I worked on not causing more trouble every day in this way.

After my day was through and I was in bed, I became aware of the feeling in my gut. My mind was racing! It was busy trying to resolve something (the exact thing I had been avoiding my whole life)! I began using this feeling as an alarm or warning that something had to be worked on.

Becoming as still and quiet in bed as possible, I would go over the day and pin point where and what it was I was troubled about. Being more mature and experienced, (I did my 12 steps and worked with others) (what I am saying is this has taken practice and experience to learn) I carefully found what it was I had done.

Looking only at myself. Thinking closely, I found where and when I had been a problem to others. I looked further to see where others had been mistaken. I learned from other's mistakes and would not blame ever. In this way I grew as fast as possible. I learned about myself and people simultaneously. I doubled my learning. I would repair what I was responsible for immediately. I looked for my mistakes only because I was working on me, not others.

Today I am so much happier to see myself when I am wrong. It's not painful! It's wonderful to become a complete and whole man! I love working on and being interested in myself! I do not simply love AA, I am IN love with AA! I am in love with what happened to me here. I am in love with AA because we make incomplete people complete. We make people happy, Stephen B.

P.S. Now I understand why stopping drinking is paramount to success in growth! No pain means no learning.

## Recovery Definitions:

**AVOIDABLE** (uh-voy'-duh-buhl'): What a bullfighter tries to do.

**EGOTIST**: Someone who is usually me-deep in conversation



**GOSSIP**: A person who will never tell a lie if the truth will do more damage

**PARADOX** (par'-u-doks'): Two physicians.

**SELFISH**: What the owner of a seafood store does.

**VUJA DE**: The Feeling You've Never Been Here



**“So tell me, do I come here often?”**

—Mary M., Gig Harbor, Wash.

~reprinted from <http://www.aagrapevine.org/cartoon-winners> August 2018

# Rehab Redemption

~Meghan M., Running Springs, CA

Rehab Redemption  
By Meghan McCann

I walk through the doors  
I think I am broken, unfixable,  
alone.

I ask myself-  
Am I here because I  
want to be here.....  
NO  
Am I here because I need to  
be here....  
NO  
I realize,  
I have nowhere else to go.

I want to believe people have  
abandoned me,  
But, no, I have abandoned  
myself.

Filled with anger,  
My head begins to  
clear,  
I fight to disrupt the truth.  
The truth drips with too much  
pain.

I realize all the people in my  
past that hurt me,  
I have repaid the hurt to those  
closest to me now.

Trying, trying to get back at

those who hurt me.  
Trying to shield myself  
from the false hurt my head  
tells me is coming.

For how could anyone love  
me,  
I feel unlovable, hopeless, use-  
less.

But, here I learn I am not bro-  
ken,  
Only cracked.  
I am not destroyed,  
Just open enough  
to allow just enough light to  
peek through my walls.

Now, I stand at a crossroads  
I have a choice.....  
Do I stay on the path most  
comfortable?  
Or do I choose the  
rougher road?

The comfortable, lonely road is  
paved with wasteful wander-  
ing,  
Of self-pity, self-hate, self-  
doubt,

Self, self, self  
I only know how to survive in  
the hectic chaos of my guilt  
and shame,  
Drowning me from my past.

Or, do I choose the rougher  
road,

The unknown road,  
The uncomforta-  
ble road.

It seeps with fear and anxiety.  
Self-knowledge creeping into  
every pore.

It seems the more self-  
knowledge I learn  
The more self-doubt takes  
over.

Do I turn back or continue  
forward?

My head tells me the pain will  
be great,  
But, my heart tells me I will be  
rewarded.

I go forward,  
Taking the first step,  
Then another,  
Then another  
The unknown road looks so  
different,  
So unfamiliar.

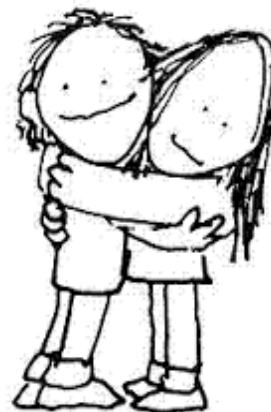
Fear takes over,  
I take a step back  
But the seed has been plant-  
ed,  
growing inside me.  
It will not allow me to go back  
any  
further.

Silencing my mind, I close my  
eyes,  
Take a breath, I move for-  
ward.

Through the crack in my  
heart,  
A light begins to shine  
through.  
I can feel the warmth and I  
feel safe.

With each step the light  
grows stronger  
I begin to crave it, want it,  
need it.

I open my eyes and I look



around  
I realize I am not alone,  
I have never been  
alone.

I begin to fall and reach out  
my hands  
I am saved  
Hand in hand we walk the  
unknown road, it is not as  
hard now.

I open my mouth to speak,  
my voice cracks  
No words come  
out.

I see a warm smile,  
The others nod under-  
standingly.  
A salty tear runs down my  
cheek,  
I do not wipe it away,  
I do not hide it.  
I allow it to flow, softly down  
my face

I wear my tears as a badge of  
earned emotions

I am not alone anymore.

As I walk down this unknown  
path,  
Not fixed, but not broken  
I have hope and that hope  
has become the foundation  
that holds us together

I never have to feel alone  
again

**WE NEED  
YOU!!**



**Gratitude  
Gazette**

Central Office

28636 Old Town Front St,  
Ste 106  
Temecula, CA 92590

**951-695-1535**

**Now accepting  
your submissions!**

Submit your original:

- Articles on the Steps, Traditions,  
Concepts, Service, or other recovery  
related material
- Photos, Jokes, Art,
- Poems

**Please email submissions  
to:**

**Temeculaaa@verizon.net**

# 2018 TVCO Picnic-Softball Tournament

-By Mary V, TVCO Board Treasurer

It's 5:30 AM on a Sunday morning and my alarm is making horrible sounds. I hate getting up early any day but knowing I have to get up and work all day in the heat is not appealing - at least not without a cup of coffee in me first. However, I have been taught that my sobriety depends on three things; a Higher Power of my understanding, working my program, and service.

Today is the long awaited TVCO Picnic-Chili Cook off, Bake off, and Softball Tournament at Cal Oaks Sports Park in Murrieta. This is an annual fundraising event for Central Office in Temecula and we have been preparing for it and talking about it for six weeks. Now that I have the glorious effects of caffeine running through my veins I'm excited and a little bit anxious too. I'm hoping for a fun, yet organized event, even though we are all crazy, self-centered alcoholics who think we know best and are *positive* you want our opinion on whatever *it* is. Insert patience, tolerance, and kindness here.

We arrive at the park with a "truck load" of booth preparations.

My Wednesday night meeting (Just Us Girls) is entering the Bake-Off Contest and I have offered to transport it all because we have to be there early.

Things are already bustling with softball games in full swing and people rushing to set up their booths, food, and ticket tables. Everyone is excited as the event starts to shape up. I look around and see people hugging and laughing and the joy of sobriety is evident everywhere. This is what AA is all about, in my opinion. Our common problem has become our greatest alliance with each other.

Soon, the distinctly mouthwatering scent of hamburgers and hot dogs begins to waft through the air; the picnic has begun. Tom and Robbie are hard at work barbecuing for anyone with a ticket. People are walking around tasting chili and desserts, and the softball competition continues onward. There are lots of smiling faces watching the game, rooting for their favorite team in hopes they win and continue to the next set of games.

The judging has begun for the Chili Cook Off and Bake Off. People are holding their breath in hope that their Meeting reigns su-

preme! The entries will be judged in two different ways; there will be a panel of three judges to win 1<sup>st</sup> and 2<sup>nd</sup> place in both categories and there will also be a "People's Choice" where everyone who buys tickets to taste the entries can vote for their favorite in each category. Gift cards will be given for the Judges picks and a trophy will be given for the "People's Choice".

## The winners are:

Judge's 1st Place Chili:

**Dee Dee Buttonholers**

Judge's 2nd Place Chili:

**Steve T., Lake Elsinore**

**TMP**

People's Choice Chili:

**Mel, Del Rio**

Judge's 1st Place Baked

Goods:

**Christine, "Just Us Girls"**

Judge's 2nd Place Baked

Goods:

**Jeremy, Del Rio**

People's Choice Baked

Goods:

**Helene, Serenity Circle**

Cheering ensues, congratulating all the winners on their success. Way to go, guys! This has been a lot of fun for all.

Meanwhile people are flocking to the picnic for the hamburgers and hot Dogs. By two p.m. we have sold out of 200 hamburgers and 200 hot Dogs, soda, water and chips. Everything always tastes so much better when cooked outside! And the games continue.

As the afternoon heat beats down on all of us we start to break down the picnic and booths. It is quite a chore to get it all packed up and put away. This is another way to be of service; clean up. No one likes to do it but it never ceases to amaze me how fast it happens. We alcoholics clean up nicely, if I don't say so myself. Before long, all that's left are the final teams playing for the win. It has been a long and challenging tournament. Congratulations to all who participated!

1st Place went to:  
**The San Diego Shockers**

2nd Place went to:  
**Serenity Circle**

What a huge success this day has been. Thanks to all who came, participated, and played. We've had good food and fellowship, fun for all who came, and a sense of comradery amongst each other that will hopefully stay with all of us until the next time we meet again or at our next event in November... the Anniversary Dinner Dance.



**A special THANK YOU to Ryan U. for Chairing this event. We could not have done it without you!**



# H&I Talent Show Review

-By Crystal B., Gratitude Gazette Editor

The Hospitals & Institutions committee held its 2<sup>nd</sup> annual "Sober Got Talent", talent show on Saturday, Sept 22, 2018. The show featured local sober bands, comedians, solo musicians and performance artists.

The H&I committee fundraiser drew a substantial crowd of 100-150 (double from 2017!) The Committee provided coffee and donuts in the morning and pizza, soda and water for lunch. The talent in the valley was in no short order! We were entertained from morning through late afternoon by a menagerie of amazing talent! Top performers were awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place trophies.

**3<sup>rd</sup> Place** went to Chris, a "drop-in" participant who rocked the house with his bluesy rock and hazy shades.

**2<sup>nd</sup> Place** went to Jeffrey, the "Pianoman". His triumph over nerve damage and paralysis in his left hand was never evident until he told part of his story. He swept the crowd with lyrical renditions of Billy Joel and Elton John.

**The 1<sup>st</sup> Place** prize went to Reed! Another amazing "drop-in" act who stole the show with an original acoustic song about his journey thus far in recovery. He brought some of the crowd to tears with his heart felt performance.

Honorable mentions went to "The Mutts" who performed some face melting covers in addition to "Sober Nightmare" who performed both originals and re-vamped covers. Several other performers included comedians Bo & Duke Fightmaster, Will on the didgeridoo, Crystal on the violin and the lovely "Wrecking Crew" (Jan, Francine, Laura, Kathy & Crystal). A performance art group from Unity Hall.

The main speaker, Jim F. from Temecula, shared his experience, strength and hope from the stage and described how his first experience with H&I planted deep seeds of desire for recovery. He shared that while in a treatment center, H&I brought an AA panel in to carry the message and this is how he learned how to STAY sober through Alcoholics Anonymous. He further described how being of service through H&I has strengthened his re-

covery and allowed him to be of maximum service. He reminded me that H&I really began with the story of "The Man on The Bed". You can find the full story here: [https://www.aa.org/newsletters/en\\_US/en\\_box459\\_spring12.pdf](https://www.aa.org/newsletters/en_US/en_box459_spring12.pdf)

The afternoon sober countdown was accompanied by a celebration of September birthdays, birthday cake, coffee, fellowship and the closing afternoon jam. For the second year in a row, H&I hosted a very successful event that will help carry the message to those in hospitals and institutions. Thanks for your service to those still suffering!

Please visit <http://www.temeculacentraloffice.org/hospitals-institutions/> to learn how you can be of service by participating in a panel with H&I. Any length of sobriety is welcome to participate. *"Don't think of service, be of service"*

In Grateful Service,  
Crystal B.  
Gratitude Gazette Editor

## Hospitals & Institutions of Southern California

-By Crystal B., Gratitude Gazette Editor

### The H&I Intergroup Statement of Purpose:

"The Southern California H&I Intergroup is comprised of the delegates from the Hospital and Institution committees, and liaisons from General Service Areas, within Southern California.

Our sole purpose is to establish a stronger unity between these H&I committees and General Service Areas by the exchange of our experience, strength and hope, that we may be better able to carry out our primary purpose of carrying the A.A. message to those confined in hospitals, jails and prisons. This committee is not a governing body and has no authority to make rules that would affect the individual Hospital and Institutional Committees that are members." (taken from <http://socalhandi.org/>)

To be of service in this underserved population, please attend the H&I Committee meeting the first Monday of each month at the Temecula Valley Alano Club. See page 2 for times & locations

# Upcoming Events & Office News

## Mark Your Calendar!

- ⇒ October 12-14th (Fri, Sat, Sun) The Liberty Bells  
23rd Annual Campout Weekend!  
Mountain Center, CA  
Flyer → <http://www.temeculacentraloffice.org/events/2018/liberty%20bell%20campout.pdf>
- ⇒ Friday, 11/9/18 Central Office  
Anniversary Dance - Details to Follow

## Service Opportunities

- ⇒ Central Office Volunteer. Shifts open M-F 10am-12:30pm, 12:30pm-3pm, or 3pm-5:30pm  
Sat shift is 9am-12pm
- ⇒ 12 Step calls—Please call Central Office to be added to the list.
- ⇒ Intergroup Outreach Committee  
meets the 4th Tuesday of every month at 6:30pm at Central Office.

## Hotline Schedule

### Week 1

Mon: Just Us Girls  
Tues: Tues 10am Women's 12x12 Murrieta  
Wed: Frank P  
Thurs: Thurs Women's 10am-Lyndie Lane, Temecula  
Fri: 101 Meeting Starters Temecula  
Sa/Sun: Liberty Bells, Lake Elsinore

### Week 2

Mon: Saturday Early Risers, Temecula  
Tues: Unity Hall 7am, Sun City  
Wed: The Funks  
Thurs: Frank P  
Fri: Erica  
Sa/Sun: Mosh Pit

### Week 3

Mon: JUGS 2, Temecula  
Tues: JUGS 2, Temecula  
Wed: Grass Roots, Menifee  
Thurs: Bert  
Fri: Back To Basics, Sun City  
Sa/Sun: JUGS2, Temecula

### Week 4

Mon: Sunday 7am Attitude Adjustment, Lake Elsinore  
Tues: Searching Party  
Wed: Linda D.  
Thurs: Step Sisters Pechanga Wed night  
Fri: Women's Candlelight Thursday, Temecula  
Sa/Sun: Wild Ones, Wildomar

## September Office Activity

Phoned in: 235  
Walked in: 200  
AA Mtg requests: 200  
Al-Anon Alateen requests: 30  
Donations/Purchases: 205  
Misc: 35  
Website Activity: 3770 visits

## Volunteers

1. Bert
2. Mark F.
3. Debi G.
4. Kelli
5. Diane S.
6. Dee Dee
7. Janice M.
8. Maricella
9. Chris
10. Terri

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### How Central Office Serves

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 & the 12x12
- ⇒ Grapevine Publications & Other Assorted Literature
- ⇒ Chips & Newcomer Packets.
- ⇒ Meeting Schedules
- ⇒ Information for other Central Offices

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. 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 conscious. Let us know when and how we can help.

~Your Central Office Team

# A.A.'s Legacy of Service

By BILL W. as printed in the pamphlet P-44

Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.

"In order to keep it, you must give it away"



## AA Fun Facts & Trivia

- \* **The first issue of the AA Grapevine was published in June 1944. A new issue has come out every month since.**
- \* **Dr. Bob had a pit bull mix named ROGER**
- \* **AA gave the 1 millionth copy of the Big Book to President Nixon in a White House ceremony on April 16, 1973**
- \* **The Twelve Traditions of Alcoholics Anonymous were accepted and endorsed by the membership as a whole at the International Convention of A.A., at Cleveland, Ohio, in 1950**
- \* **AA has a presence in over 170 countries**



3rd Step Prayer

(found on page 63 of the Big Book)

*God I offer myself to thee, to  
build with me and do with me as  
Thou wilt,*

*Relieve me of the bondage of  
self, that I may better do Thy  
will.*

*Take away my difficulties,  
that victory over them may ear  
witness to those I would help of  
Thy Power, Thy Love and Thy Way  
of Life,*

*May I do Thy Will always.*

Heard in a meeting:

"Minds are like parachutes----they won't  
work unless they're open"

"I stopped trying to define God and allowed  
God to define me."

"It is good when a new face becomes an old  
face around here."

"What did you sponsor say?"

"When you change the way you look at  
things, the things you look at change. ~ Max  
Planck

"Surrender to win."

"My fear has failed to protect me."

"If you pick up again, it will not be where you  
left off. You will drink as though you never  
stopped"

"None of us is a home run, we are all runs  
batted in."

A word of thanks goes out to all of you who donate  
your time, your money, your resources and  
yourself.

When you give of yourself, you get out of  
yourself. None of us would be here without the  
willingness and gifts from each other.

*Thank you for all you do!*

## per·se·ver·ance



/ˌpɜrsəˈvɪrəns/

*Noun*

1. persistence in doing something despite difficulty or delay in achieving success.

Synonyms: Dedication, steadfastness, determination,  
pursuance, guts, drive, constancy

Temecula Valley Central Office

Presents

# Dancing Under a Harvest Moon

Put on your dancing shoes and join us for an evening of food,  
fellowship & dancing. We are celebrating TVCO's  
24th Anniversary of Service to our valley



When: Friday November 9, 2018 6:00 – 10:30 PM

Where: Temecula Community Center

28816 Pujol St. Temecula

Cost: \$20.00 per ticket

We will be having a raffle and dancing after dinner