



# Temecula Valley Central Office

## Gratitude Gazette

Carrying the message throughout our valley

951-695-1535 Hotline 24 hours

December 2018

## A Joyful Time of Year

Bringing Joy to the Less Fortunate

~Rick R.

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 Conven-  
tion, 1965*



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How appropriate it seems that there are twelve months in a year and we have twelve steps in the program. The joy of good living is the theme of the twelfth step and it blends right in with the holiday season in November and December, starting with Thanksgiving and ending with the New Years Eve celebration. This time of year does bring a lot of joy to many of us but it also brings *distress to some of the less fortunate ones* who haven't yet been blessed with the gift of sobriety and peace of mind, *in and outside of A.A*

During my drinking days I used to be very uncomfortable about the holidays. I never knew how to act around normal people unless I was half smashed. When invited to a celebration, I felt like *a charity case* and would rather just hang out at the bar where I felt safe. I never got into the spirit of reaching out to others. My family always celebrated the different holidays, and I always (due to My discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other and the mad rush to go shopping and the commercializing facade that it had become. Any excuse was better than facing *me* and the miserable wretch I had become.

*(continued)*

After being sober for several years it occurred to me that I still had some of those same attitudes, and that I was still holding on to them to some degree largely due to the inconvenience of it all. I explained this problem to a dear friend once, and he asked, “Does the rest of the family enjoy the holidays?” I said yes. He then said, “Why don’t you just take a back seat and just watch the joy in their eyes as they experience these things.” I did exactly what he suggested and when I started to observe *the childlike innocence and happiness it*

*brought to them*, it gave me a whole new appreciation for this time of year. It brought *tears of Joy* to my eyes and I no longer wanted to be the grouch, putting a damper on the joy that they were having. I have been following this line of thinking ever since and it has changed my whole attitude concerning these things.

This change of attitude has inspired me to apply the unselfish lessons that I’ve come to understand and now I spend the holiday season filled with Joy. *If it works like that for the holidays, then why can’t I bring it with me for the rest*

*of the year?* This has been my mission for several years, and I am always looking for the opportunity to brighten the lives of people less fortunate than myself. I try to do these things *anonymously and without fanfare*. I also try to consider the discomfort that I used to feel when I was the one on the receiving end of a charitable gesture. I am very careful to do these things in a way that *preserves the dignity of that other person*. I don’t have to wait for the holidays to do these things. Every day is a holiday in and outside of my home, and you can believe me when I say; I reap more than my share of the joy .

**Step 12:** 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.

**Tradition 12, Long Form:** And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

**Concept 12:** The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

### **Heard in Meetings:**

“I can’t fix a mind like mind with a mind like mine”

“Never forget where you came from, learn to take direction, stay teachable”

“I always hear what I need to and that’s how I know God is present”

“I had to be badly mangled before I became sweetly reasonable”

“I pedal, God steers”



# This Precious Gift

~Rick R.

They say four billion years ago life showed its face on earth.  
And as it happened, man became, the product of that birth  
Then grapes appeared upon the vine, eight thousand years just past.  
Their juice, when crushed, seemed harmless, when enjoyed with repast.  
But like most things that seem so fine, and too good to be true,  
A darker side revealed the lure that many came to rue.  
When smitten by this patient foe the bearers have no shield,  
And when the choice is yea or nay, the stricken always yield.  
So shameful was this malady, a moral thing they said.  
Their families kept their secret safe, long after they were dead.  
Centuries have come and gone, since first it got its grip,  
And one in ten would pay the price, when venturing one sip.  
Then God saw fit to intervene and offer up a choice,  
And Bill and Bob were listening, and heard his loving voice.  
How fortunate we are today, to be among the first,  
to have been chosen, at this time, to quell that deadly thirst.  
The wisdom of eight thousand years is laid there at our feet.  
How blessed to have it waiting, when I stumbled in defeat.  
When pondering the suffering crossed, that vast expanse of time,  
I would not waste one moment of, His precious gift sublime.



*I was the night of my last drink ...*

-Anonymous

Reprinted from the December 2014 Grapevine

# ...Regarding Tradition 12

~Trish H. Meniffee

The 12<sup>th</sup> Tradition States "Anonymity is the spiritual foundation for all our traditions, ever reminding us to place principles before personalities"

The spiritual substance of anonymity is sacrifice. AA's Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit, well symbolized by anonymity, is the foundation. We as AA members must put aside self-justification, self-pity, anger, and personal prestige for the spirit of anonymity. We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

As AA groups multiply so do the anonymity problems. When an aggrieved victim declared his trust had been broken, stories would get outside of AA and into circulation. The loss of

the anonymity promise is severe. It frequently turns people away from AA. Clearly a member's name and story must remain confidential. This is the first lesson in anonymity. If opportunities to be helpful come along quiet disclosure could help the alcoholic to lose fear and stigma of being an alcoholic. Such communications can be well within the spirit of anonymity.

Moved by the spirit of anonymity, members give up natural desires to use AA's name for our own personal gain. We can be sure humility, ex-



## 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	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	
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church, Murrieta 24652 Adams	



# Taking Care of Sobriety During the Holidays

~Crystal B., Menifee

The holidays have always been very formal events in my family. I grew up in a traditional home where the women took care of the inside of the home and the men took care of the outside. During the holidays, the decorations and the Christmas tree were always set up a specific way.

Being that my father was an officer in the military, it was important that we held the expectation of the upper middle-class image. There was no clutter left about anywhere and the table was set with formal place settings and a linen table cloth. The center piece was sometimes holiday flowers and always tapered candles.

There were several holiday parties that my parents went to and sometimes hosted but holiday dinners were reserved for

family only. There was an expectation that we would all be "dressed" for dinner and use our best manners always. Behaving this way prepared us for dinners with the Captain on my dad's ship. As a child the stress would completely unhinge me, so you can imagine the complete breakdowns that awaited me as an adult.

I carried this expectation of perfection into my adult life unknowing the disheartening disparity I was setting myself up for every year. I drank just as heavily during the holidays as any other day. But the holidays ushered in such intense emotional expectation of perfection that the desperation for a drink suffocated me. Even though I knew I would fail miserably, I would put my nose to the grindstone each year. If only this time I did it this way or that way, maybe I could get it to-

gether. Inevitably, nearly halfway through I still became hopeless. I knew there was no way I would ever reach the finish line. Others would all know what a fraud I was and how much of a wreck I was on the inside. They would not like me. I would often take myself to the closet and break down crying for being such a failure. But only for a few minutes. I would quickly stuff it all back down, wipe my mascara, insist I was not a quitter, get the eyedrops and the booze and keep going. I vowed to do it all if it killed me! I would show them that even dead, I am not a failure and then they would all be sorry for not helping me. Sober me is laughing at drunk me right now, but this was seriously almost the death of me when I was still out there! I was the epitome of the Jekyll & Hyde personality back in those days. The kids often hid, the husband often avoided, and everyone else kind of ignored. My life and my emotions were completely unmanageable and out of control. But I didn't know any other way to live. I had no other solutions to this holiday madness except for the bottle. The booze took the edge off. The booze made me a little more spontaneous and allowed me to abandon myself to frivolity. The booze freed me from caring about what others thought. I wanted more and more and more. The phenomenon of craving never stopped. The romantic ideas of having "a" drink was aban-

doned with just the first sip and so the rocket would launch.

I got sober in August and the holidays were right around the corner. Thanksgiving was ok. I cooked the traditional meal, invited all the stragglers I knew, I went to meetings, still spent most of the day in the kitchen and cleaned up all the mess afterwards. It was a light duty day (I hope you hear that sarcasm!) It took me two weeks to recover from the emotional hangover! And then, I realized that Christmas was coming! I was so overwrought with stress that I found myself sick with shingles for 3 months! HOW ON EARTH COULD I DO IT THIS YEAR????

Page 417 – Acceptance. Acceptance was the answer to ALL (not some) of my problems. God could and would IF He were sought. God is everything or nothing, what was my choice to be? What was my part in all of this? Why am I holding myself hostage and forcing myself to the point of mental breakdown and anguish? It serves no one for me to do this to myself. One day, my sponsor asked me what would happen if I just said, "You know, I am not capable of doing the Christmas fanfare this year." I was struck silent. I had never even considered that NOT doing it was an option! Then came my first surrender to the idea of self-care in sobriety.

(continued)

**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**

Asking too much of myself is a common character defect of mine. I have an unrealistic expectation of my ability and available time. My grandiose ego tells me that I can do everything all at once without ever asking for help. My inferiority complex also tells me that if I ever did ask for help, then that means I have failed and am worthless. This is obviously NOT true! It's an old idea and my results are still nil until I let go of this absolutely. So here is a list of things I have been taught from my "front row" in sobriety:

1. Prayer & Meditation – Sometimes several times per day. This could mean something as simple as sitting in a quiet space for 5 or 10 minutes. Just saying thanks to my Higher Power, sitting in the sun, soaking in a hot bath, deep breathing or something more formal.
2. Taking a short nap. 20-30 minutes can be refreshing! Be sure to set an alarm!
3. Get in touch with gratitude
4. Get in touch with a sponsor and others in the fellowship. Reach out to newcomers, court-carders, some-timers, mid-timers and long-timers alike!
5. Exercise daily no matter how heavy or light. Walk the dog, ride your bike, yoga, mow the grass, take a walk, get to the gym. Anything you do to get moving will help increase endorphins which fight depression and anxiety. Exercise also helps with concentration and improves mood.
6. Know your limits. Honestly decide what you CAN do and what you CAN'T do and then say NO. "When I do what's best for me, it turns out to be the best for all involved." When I say no, it allows another person to be of service. Let Go & Let God.
7. Give yourself the present of STAYING in the present.
8. Allow yourself to FEEL. The holidays can be full of all emotions! They can run the gamut in a matter of seconds from happy, to mad, and sad, then glad, confused, overwhelmed, or completely out of control! The good news is that there is a solution. None of us have to drink, even if we want to. Feel the feelings. Sometimes, "I just have to sit through the burn".
9. Play! Set some time aside to do something fun! Go-karts, hiking, golf, painting, music, sewing, crafting, gardening, movies, mountain day trip, beach day trip.
10. When attending functions that serve alcohol or where you have "triggers", have an exit strategy. Don't hesitate to take your own "snacks" or food items if you are vegan, diabetic or have other special diet needs. Sometimes when we overeat, we are vulnerable to self-pity or remorse.

I don't do any of this perfect! This last year or two has been all about accepting my own limits and respecting and loving myself enough to start saying NO more often. Take care of yourself during the holidays and every day! God, sobriety, family and work – rinse and repeat! Thanks for reading!



# Upcoming Events & Office News

## Mark Your Calendar!

- ⇒ Unity Hall Alkathon 7am-1159pm Christmas Day & New Year's Eve. Please sign up to lead a meeting!
- ⇒ Alano Club Holiday Alcathons! (Flyer Attached)  
12/24 10am—12/25 10pm  
12/31 10am—01/01 10pm
- ⇒ Arrid Club New Year's Gala 5:30p-12:30am. Dinner, Speaker, Raffle, Dancing! 120 S Harvard St. Hemet Ca

## November Office Activity

Phoned in: 235

Walked in: 185

AA Mtg requests: 220

Al-Anon Alateen requests: 15

Website Activity: 3686

## Volunteers

1. Bert
2. Mark F.
3. Kelli
4. Diane S.
5. Dee Dee
6. Janice M.
7. Maricella
8. Chris
9. Your Name Here



## 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—Ken is currently putting together a list of people available for 12 step calls
- ⇒ Board elections are coming up! Please call central office for more information

## 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

## 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”







# Group Contributions

*For November 2018*

Tem Del Rio Survivors	\$1,200.00		Mur/UMC/Mon Noon Womens ABSI	\$ 90.00
SC Unity Hall Umbrella	\$750.00		Mur/TVCO Intergroup	\$ 53.00
Tem Ser Cir/Tue 730pm Men's Stag	\$234.10		Mur Salvation Army Thur 630pm	\$ 50.00
Buttonholers	\$150.00		Wildomar IVH/Fri 7pm Step Study	\$ 50.00
Wildomar Wild Ones	\$150.00		Tem Serenity Friday 6pm	\$ 50.00
Tem Hill Recover 8am Early risers	\$120.00		LE AOG Church/Wed Noon Acceptance	\$ 45.00
Tem Pech. Sr Ctr/Fri 7pm Bats Belfry	\$120.00		Tem Del Rio Thurs 10am Sisters Share	\$ 44.00
Mur As Bill Sees It Mon-Sat 7am	\$116.09		LE TMP M-Sat 7am Early Birds	\$ 20.00
Tem Just Us Girls 2	\$100.00		Mur Community House We 7pm Men's Stag	\$ 18.00

**TOTAL: \$3,360.19**

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!*

## hu·mil·i·ty

/ (h) yōō' milədē /

*Noun*

The absence of pride, a modest or low view of one's own importance; humbleness, modesty, meekness



# - Is Your Group Active?

Below is a list of active & inactive groups with Central Office.

	Meeting	Intergroup	Alt Intergroup	J	F	M	A	M	J	J	A	S	O	N	D
#	Represented	Representative	Representative												
1	LE Liberty Bell	ROBERT		X	X	X	X	A	X	X	X	X	X	X	
2	LE Wed Noon Acceptance Grape	MONICA												X	
3	LE Attitude Modification Sunday	STEVE		X	X	X	X	A	X	A	X	A	X	X	
4	Mur ABSI womens Mon Noon	GINA											X	X	
5	Mur ABSI Mon-Sat	MARCO		X	X	X	X	X	A	X	X	A	A	X	
6	Mur Wednesday Stag	ERIC		X	A	A	X	A	A	X	X	X	X	X	
7	Mur Lil Big Book	ANGIE		X	X	X	x	x	x	x	X	X	X	X	
	Mur Tuesday Womens	MARY		X	X	A	x	A	X	A	X	X	X	A	
8	Mur Kalmia & Adams wed	SHAWNA		X	X	X	X	A	X	X	A	X	X	X	
9	Mur Solutions Meeting at the Sally	JIM		X	X	X	A	X	X	X	X	X	X	X	
10	Mur Robber's Roost	LARRY		X	X	X	A	X	X	X	A	X	X	X	
11	Mur Thurs. Nite 12x12	DARRELL								X	X	X	X	X	
12	Mur Mens Stag 7-8	TOM												X	
13	Menifee Grass Roots	LAURA		A	X	X	X	A	X	X	X	X	A	A	
14	SC Monday nigh Traditions study	MARIO				X	X	X	X	X	A	X	A	X	
15	SC Thursday 7AM Unity	PATRICIA								X	X	X	X	X	
16	SC Unity Hall Friday Noon	BOB Z												X	
17	SC Fri 10AM womens 12x12 Unity	JEN									X	X	X	X	
18	6pm Mon. Night Womens Madness	JULIE	KATHY						X	X	X	X	X	X	
19	Tem Early Risers	KARA/JOYCE		A	A	X	X	X	X	X	A	X	X	X	
20	Tem Mosh Pit	CHRIS		X	X	X	X	X	X	X	X	X	X	A	
21	Tem Serenity Seekers	CHARLENE		X	X	X	X	A	A	X	X	X	X	X	
22	Tem alano club tues traditions	BRIAN				X	X	X	X	X	X	X	X	A	
23	Tem Mens Stag Serenity	JACOB		X	X	X	X	X	X	X	X	X	X	A	
24															
25	Tem Came to Believe	DON		X	A	X	A	X	A	X	X	X	X	A	
26	Tem Saturday Survivors	NO REP	NO REP	X	X	X	X	X	X	X	X	X	A	A	
27	Tem Just us Girls TUMC	CHRISTINE		X	X	X	X	X	X	X	X	A	X	X	
28															

(Continued)

	Meeting	Intergroup	Alt Intergroup	J	F	M	A	M	J	J	A	S	O	N	D
#	Represented	Representative	Representative												
29	Temecula Monday Night Men	CODY		A	X	X	X	X	X	X	A	A	A	X	
30	Tem Del Rio Wed Wmn Prim Pur	CARRIE								X	X	X	X	X	
31	Tem Saturday AM Del Rio	DAVID												X	
31	Tem Del Rio Veterans Mtg Wed	MARIO								X	A	A	A	X	
32	Tem Del Rio Tuesday 12 noon	PETER								X	X	X	X	X	
33	Tem Del Rio Thursday 12 noon	JULIE								X	X	A	A	A	
34	Tem Pechanga step sisters wed nite	KELLEY		X	X	X	X	X	X	X	X	X	X	X	
35	Tem Sunday Serenity Hour 6pm	GLENN	BRANDON	X	X	X	X	A	A	X	A	X	X	A	
36	Tem 8 AM Saturday	LORI												X	
37	Tem Wed Breakfast club	CAT P				X	X	A	X	X	X	X	X	X	
38	Wildomar Grape St Friday 12X12	COLLETTE		X	X	X	X	A	A	X	X	A	X	X	
39	Wildomar Pigs on Sunday at Grape	VAN		X	A	A	X	X	X	X	A	A	X	X	
40	Wildomar Wild Ones at Grape	LYNN		X	X	A	A	X	X	X	X	X	X	X	
41	Tem Del Rio Tues 830 candlelight	JOHNNY									X	X	X	A	
42	Tem Del Rio Sun young alcoholics	CRYSTAL									X	X	X	X	
43	Serenity Fri 10am womens BB	MISSY									X	A	X	X	
44	Tem Del Rio Survivors	FITZ								X	X	X	A	X	
45	Tem Recovery Road Crew	TODD										X	X	X	
46															
51			45 Active Meetings												
52		53	69 Registered IG Meetings												
53			283 Meetings in the schedule												

*Happy Holidays*

*Be safe, Be present & Be Grateful!*

The January edition of The Gratitude Gazette is near completion & I want to include your submission on Step, Tradition & Concept 1. I would also like to know what your experiences with honesty hopefulness and letting go have been like! Please send your submissions to [cmbraddock10@gmail.com](mailto:cmbraddock10@gmail.com)

*See You Next Year!*





## Christmas Alcathon

Christmas Eve 10am- Christmas Day 10pm

## New Year's Alcathon

New Year's Eve 10am- New Year's Day 10pm

Pot luck! Bring in your favorite dish to Share.  
Drinks and snacks are available at the snack bar.

Are you or your Homegroup looking for 12 Step work?  
Sign up to Host a meeting or Volunteer.

Meetings will be held on Even hours during the Alcathon  
Would you like to lead a speaker, discussion or topic meeting?

Come on in for Fellowship, Friends & Food!



TVAC  
27470 Commerce Center Dr. 'C'  
951-693-1212

