



January 2019

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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Temecula Valley Central Office

Gratitude Gazette

Carrying the message throughout our valley

951-695-1535 Hotline 24 hours

No Reservations

With Deanna R.

By Crystal B, Sun City

One of the greatest blessings of having the Gratitude Gazette commitment is getting to know amazing survivors a little bit better. I have a true affection for our fellowship, and It is always such an honor to listen to how people are carried into the rooms of Alcoholics Anonymous by their Higher Power.

I had a recent conversation with Deanna R. about her experience with the principles in Step 1. Her story didn't have the severe fall out that some people experience, but like all of us, the emotional and spiritual bankruptcy was very deep.

She explained that she just couldn't stop drinking. She experienced one final night of despair and started her journey in sobriety on November 2, 2005. In one big gush, she suddenly knew that she could not stop drinking on her own and that she could not keep living the way she was living. She found herself on her knees negotiating with God, once again, to help her quit drinking or to end her life.

"I revisit the powerlessness of Step 1 every day. I am STILL powerless over everything. The powerlessness hasn't lessened over the years, but it has gotten easier to see when things aren't right. When I can acknowledge my powerlessness, or whatever else I'm experiencing, it has become easier over time to get back into solution."

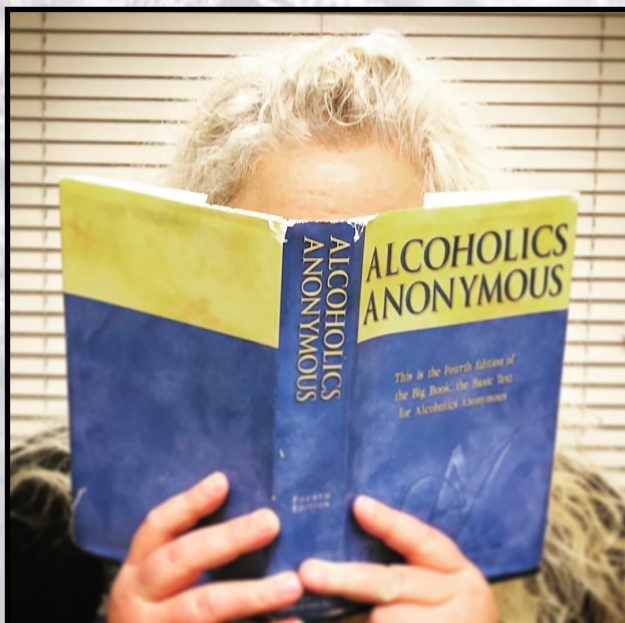
(continued)

"Deanna," I asked "what about reservations? Have you ever found yourself with reservations after you got sober?"

"Yes! I guess I did carry around that reservation for a while. I looked at it like it was a little friend in my pocket. I thought about it, nurtured it, and considered difficult situations that might arise in my life. I would take my reservation out of my pocket from time to time and turn it around in my mind and strongly consider what might cause me to drink. Maybe I would drink if I lost a child. I thought if I was terminally ill that I might drink. After all, why would I want to stay sober if I was sick? And even though I haven't had those experiences yet, I have friends who've gone through these very things and they stayed sober. Not only did they stay sober, they grew! My friends have shown me that it's possible to stay sober no matter what.

I haven't thought about having a reservation in a long while. Although, I have had situations that led to very dark times where I just didn't feel like I could go on. I couldn't drink but I couldn't live. When I was in my 40's, I lost a relationship during the same point in time when my daughter moved out. I was on my own for the first time and I was full of fear. I remember telling my sponsor that I wanted to drink. She asked me how I was going to get back after I was done drinking? I told her that I wasn't planning on coming back. She suggested that I go to meetings and tell everyone my secret. When I heard my plan out loud, I could hear the absurdity of it! My sponsor also

told me to thank God for removing the people in my life that distracted me from Him. She said to pray as if I had asked for this to happen. Prayer helped with the acceptance of it all and helped me to live independently. I got to look at all the positive things and I got to seek out people who lived alone and see how they did it. I told someone that I felt so alone. She kind of chuckled and said, "But you're NOT alone."



Think of it, we are all surrounded by more patient, tolerant and loving people than any other fellowship around. At any time of day or night, I have the choice to get on the phone and call ANYONE I have a phone number for! Have you seen how long our phone lists are?"

On relapse: "I haven't relapsed since my original sobriety date of 11/2/2005. I have thought about drinking plenty of times but along the way, I've learned how to not drink. I've learned tools that help me stay sober.

When sober people come into meetings and identify again as newcomers, I try to ask them what caused the relapse. They always start out by saying: "I stopped going

to meetings." If I had anything to share with newcomers, it is that I disagree that "Meeting makers Make it". The saying should say "Meeting makers make meetings" If that's all I were to do, I would not have been able to stay sober. Making meetings is only the first thing we do. There is work that must be done in order to receive and maintain the gifts of sobriety.

Those of us who have been sober a while, have brighter faces, cleaner clothes and we speak better. We have more confidence; better self-esteem and we are less disheveled at meetings. It's easy for newcomers to think we have been cured. But we aren't! It's true over time that we learn to live differently, but we are equally bankrupt spiritually when we first get sober! It is easy for newcomers to see us in our new lives and have a hard time understanding that we were once like they are now. I didn't come in the way I am today. I was just like everyone else. If I could tell myself one thing I didn't know when I got sober, it would be that not everyone gets well in A.A. Discernment of the company you keep is important. If I could tell newcomers one thing, it would be that things will get better if you do the work. I'm ever grateful that I have a way to stay sober today and learn a new way of living. "

Thanks for sharing with us, Deanna!



Step One: “We admitted we were powerless over alcohol—that our lives had become unmanageable.” Who cares to admit complete defeat? Admission of powerlessness is the first step in liberation. Relation of humility to sobriety. Mental obsession plus physical allergy. Why must every A.A. hit bottom?

- Twelve Steps and Twelve Traditions



Tradition One: “Our common welfare should come first; personal recovery depends upon A.A. unity.” Without unity, A.A. dies. Individual liberty, yet great unity. Key to paradox: each A.A.'s life depends on obedience to spiritual principles. The group must survive or the individual will not. Common welfare comes first. How best to live and work together as groups.

- Twelve Steps and Twelve Traditions

Concept One: “The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of our whole fellowship.” The AA groups today hold ultimate responsibility and final authority for our world services--those special elements of overall service activity which make it possible for our Society to function as a whole. The groups assumed that responsibility at the St. Louis International Convention of 1955.

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 http://msca09aa.org/	
District 17 GSR Meeting	2nd Tues 6:30pm Visitors Welcome!	Springs Church 41735 Winchester Rd #C Temecula, CA 92590	
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church, Murrieta 24652 Adams (At Kalmia & Adams)	

Leaving Home

A Concept One story Reprinted from the July 2010 Grapevine Magazine

DOES doing service work end at the group level? I thought it did until I heard about Concept One.

Beyond the home group level, AA general service fills different needs .

What struck me about this Concept is the following: "The average member, preoccupied with his group life and his own twelfth-stepping, knew almost nothing of AA's world services. Not one member in a thousand could tell who our trustees were. Not one in a hundred had the least idea what had been done for AA's general welfare. Tens of thousands already owed their chance at sobriety to the little noticed activity of our trustees and general services. But few realized that this was true."

It is very disheartening to see that this is still true today. I have always been involved in my recovery: working the Steps, sponsoring when asked, and doing service work at a group level.

This meant setting up, cleaning up, leading meetings, being treasurer and a variety of other positions that the group created, not to mention the social activities that my group offers. While continuing my group level work, I've added district and area-level service work.

An old-timer from my home group recently commented that I was becoming too involved in area activities, insinuating that the area activities should not be a priority to my sobriety.

I find this attitude unsettling, and contrary to the Three Legacies (Recovery, Unity and Service) that we should have for recovery in our lives. I have found that being active in the area has not taken anything away from my group or my sobriety.

In fact, it has opened up a whole new world in regard to the service structure and the Fellowship, and has been very rewarding. It feels balanced and right, as if I've completed my circle. I am grateful.

Our group's weekly newsletter would lead you to believe that the Concepts are important, yet they are never mentioned at the podium. Our district's DCM and the GSRs from the groups I attend are encouraged to attend group-sponsored events rather than fulfill their area commitments. This seems to contradict Concept Four in particular, the "Right of Participation." The group, each individual member in the group, plus the other groups that the DCM represents, are then denied their right to participate. Our founders never envisioned that the service Legacy would be executed only at the group level.

Another reoccurring grievance from group members regarding the area is that it's always the same people rotating from one position to the next. Do they realize that this will always be the case if the groups feel that the area is not important?

I need to give back on every level, not just in my group. For those who didn't know (it is the best-kept secret), there is more beyond our groups. For those who have been involved in the area and AA structure and did not have a favourable experience, there is another secret: AA is ours. If it's not working or needs changing, we need to change it; we have the power.

-- NANCY B.

Hartland, Wisconsin



Kiss the Sky... a newcomer's perspective

Jodi M., Lake Elsinore

Powerlessness

By the time I was 23, I needed a 12 Step Program but I didn't get sober for a long time after. My drinking was so excessive at one point that my kidneys would continually get infected. The infections were so severe that I had to be transported to the hospital by ambulance. The doctors told me that if I didn't stop, I'd be on dialysis. As bad as it was, it was not enough to get sober. I didn't get into recovery until I was 40 and it was difficult. I was sober for a few years and then I relapsed. It became painfully obvious that I was truly powerless. I was losing everything including my mental and physical health. I had been here before "losing everything" and it's scary. With this relapse, my body showed even more signs of deterioration. There is now bone degenerative disease and I was truly losing my mind. Fear of a wet brain sunk in.

My mental health had hit a new bottom. It was so low that it was more like a true spiritual awakening. I was overcome with fear of being permanently insane and unable to make my own choices. Free will would vanish! What would become of me if I couldn't think for myself? If I lost my ability to think for myself, I would lose my connection with God. Too High of a Risk! (that hit home) I once heard someone say "You think drugs are bad? Alcohol is worse!" and this is completely true for me! I think I finally got it. Alcohol crept in and romanced me for years! I thought it was ok because society

accepts an alcoholic's behavior easier than a drug addict's behavior! That's CRAZY! I sometimes think that alcohol is viewed as being sophisticated, charming, and captivating with the notion it's not a problem but a cure. THAT'S A LIE. I am powerless over alcohol.

Surrender

I constantly surrender my thoughts. I am powerless over my alcoholism and addictions. I think of these patterns and habits. I think of all the "undealt" pain and pain of just life in general. I am so powerless to deal with decisions and emotions on my own. I ask for HELP daily from God. I have highs and lows just like everyone else. Now my goal is to get through those daily without wanting to drink or hurt myself with isolation, fear or other outside issues.

"For God has not given us a spirit of fear but of POWER and of LOVE and of a SOUND MIND."

It's hard to constantly turn my will over. If I just practice it, turning my will over to GOD will become a natural and automatic part of my day. I am forming good habits and breaking old ones. "Tapping out and Tapping in GOD."

Honesty

Humbling. Uncomfortable. Freeing. Clean. The best place to start.

You want to talk about "Keeping it Real"?! Get very honest with yourself and others! That's ON THE REAL, KEEPING IT REAL. I don't have a huge problem with dishones-

ty. Simply being able to say I'm a drug addict and alcoholic made me feel better. I felt like I was "keeping it Real". But it's not enough to just say it because I didn't stop. That's not my true core. It's my illness. It's only a part of me. I lie to myself, doubt myself and I lack confidence. Admitting this is the first thing I must do when practicing honesty. That is ON THE REAL!

My core, my spirit, who I truly am is a Godly woman, a mother, a sister, a helper. I'm a lover and a giver, a fighter. I am a Realtor and a true professional. I am a dependable co-worker. I'm an independent single woman who is responsible, strong and loyal.

My name is Jodi and I am an alcoholic. Now excuse me while I KISS THE SKY!!



Many of us have snuffled, sneezed and even hacked through meetings during a cold or flu. Things to consider when attending meetings during illness:

Two days after catching a cold is when symptoms usually begin, and this is the most contagious time, when people are most likely to pass on the cold to someone else. These are the days when you notice the first signs and symptoms - sneezing, runny nose, cough. Once symptoms appear, they can last anywhere from two to 14 days and remain contagious until up to three days after they clear up. Keep contact low and sanitizer close!

Cold & Flu Season

When to "Call Out Sick" from Meeting

Crystal B, Sun City

You can spread the flu virus in the day or two before symptoms set in, but you won't even know yet that you're a contagion danger. Once you're in the thick of your flu, you'll remain contagious until your symptoms have resolved. This can take a week or two.

- | | |
|-----------------------------|-----------------------------|
| • Fever, Chills, Body Aches | • Increase Vitamin C intake |
| • Severe Sore Throat | • Lots of fluids and rest |
| • Green or pink mucus | • Visit your doctor |

It's a "WE" Program

I am grateful the Program has taught me this is a "we" program and not a "me" program. I was taught as a kid to get a good education and learn how to take care of myself. That is sound advice but the self sufficiency almost killed me. It really wasn't until I shared my secrets and asked for help that my life started to change...and change dramatically! I am forever grateful to my sponsor and other AA members for giving me this priceless gift of sobriety, one day at a time.

Joan S., Sun City

Unity Makes A Difference

The unity and fellowship afforded by AA has made a big difference in my life. I have learned how to be a friend and accept help. This month I have struggled with increased responsibility. Without the unity of my sponsor and sober sisters, I am not sure I would remember the tools to stay sober when my mind has wanted to take over or run! I feel deep gratitude for the ladies in my life as a result of working this program!

Crystal B., Menifee

Being Gracious

I'm grateful that I have the ability to recognize that I need to always extend compassion, humility and kindness to everyone. I was recently impacted by the following quote:

There's always...

Some truth behind "JUST KIDDING"

Knowledge behind "I DON'T KNOW"

Emotions behind "I DON'T CARE"

And pain behind "IT'S OKAY"

Being gracious with a little patience, tolerance and love can go a very long way.

Mary V, Murrieta

Simple Gratitude

1. I am grateful for my sobriety and the life that being sober has provided me.
2. I am grateful for peace of mind and the opportunities to grow.
3. I am grateful for my physical health and well-being

Francine H., Sun City

Growth & Friendship

I am grateful for the growth I have made through the work I have done. The friendship through fellowship and my relationship with God through the trials and tribulations. There is so much to be grateful for!

Georgette L., Menifee



Member Spotlight!

I am Looking for someone you know (including you!) that is a great example of recovery! One local member will be interviewed and featured every month!

Nominate your sponsor, friend, sponsee, speaker (or yourself) that has made a significant impact on your sobriety!

Nominees must be a sober member of AA.

Send your nominations with a brief example of the impact this person has made on your recovery. Please include their email address or phone number. Thanks!

Also searching for the following recovery related material:

- ♦ Cartoons/Jokes
- ♦ Art
- ♦ Poetry
- ♦ Photographs (no faces)

Submissions MUST be original and submitted by the owner of the material.

Send submissions to Crystal B.
cmbraddock10@gmail.com



Special Needs Committee

Standing Committee Spotlight taken from the msca09aa.org website

Purpose: While there are no special A.A. members, many members have special needs. For the purpose of those Guidelines, we define A.A.s with special needs as persons who are blind or visually impaired; deaf or hard of hearing; chronically ill or homebound, and those who are developmentally disabled.

Special Needs Committee: Some A.A. entities are attempting to meet such needs by forming Special Needs Committees. Since the goal is to make A.A. accessible, some committees refer to themselves as Accessibility's Committees. In some localities committees name themselves according to the specific need addressed, such as "Hearing Impaired Committee." When one or more members of a group have special needs (such as the need for an American Sign Language interpreter or wheelchair accessibility, or have an illness which prevents them from getting to the meeting room), A.A. members from that group will attempt to see that those needs are met. The members of a Special Needs Committee explore, develop and offer resources to make the A.A. message and participation in our program available to everyone who reaches out for it. A G.S.O. staff member who serves on the Special Needs assignment, is available as a resource and communicates with local Special Needs Committees.

In the interests of good communication and working together, Special Needs Committees are encouraged to keep their area committees and local central/intergroup offices informed of their activities. It is also helpful to work closely with committees handling Public Information and Cooperation With the Professional Community in terms of keeping the public and appropriate agencies informed about A.A. being accessible to alcoholics with special needs.

*** Taken from the A.A. Guidelines on Special Needs from N.Y*

Our standing committees meet at the District 17 GSR meetings once a month. This committee is currently searching for a chairperson to help with this underserved population in our district. No experience is necessary. Tools and guidance are available to help you serve in the best manner possible! Thanks in advance for helping!

Heard in meetings:

"I know I can drink again,
but I don't know if I can
recover again."

"This is a million dollar pro-
gram given a nickel at a
time."

"My mind play funny tricks
on me. It tells me things
that aren't true"

"Alcoholism can be an ex-
planation but not an ex-
cuse"

"A person is only as happy
as they make up their minds
to be"

"If you start treating your-
self right, others will do the
same."

**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



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”



Upcoming Events & Office News

Mark Your Calendar!

- ⇒ Traditions Workshop 1/19/19
Alano Club, Paramount, CA
- ⇒ Unity Hall Old Timer's Meeting 2/12/19.
- ⇒ PRAASA (Pacific Region Alcoholics Anonymous
Service Assembly) 3/1—3/3/19
- ⇒ Pancake Smackdown! 3/10/2019 Free event!!
- ⇒ 32nd Annual Woman to Woman Retreat 3/15
through 3/19/19 www.w2wca.org

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

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



December Office Activity

Phoned in: 250
 Walked in: 185
 AA Mtg requests: 240
 Al-Anon Alateen requests: 10
 Website Activity: 3,730

Volunteers—WE NEED YOUR HELP!

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



We are looking for 2 members to be present on each shift. Please consider volunteering.

Group Contributions

For December 2018

SC Unity Hall/Umbrella #164257	500.00		Tem Ser Cir/Fri Noon	20.00
Monday Night Madness	20.00		North County Intergroup of AA	10.00
LE Group 176260	10.00			
Mur As Bill Sees it/Mon-SAT 7am	229.98			
Tem Hill Recovery Sat 8am	105.00			
LE TMP M-SAT 7am Early Birds	20.00			
Mur/TVCO Intergroup #179377	82.00			
Mur Monday Night Men	391.02			
Tem Del Rio Survivors	1200.00			
TOTAL:				2588.00

**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!

pow·er·less·ness

/ 'pɔːrləsənəs /

Noun: lack of ability, influence, or power.

