



Temecula Valley Central Office

Gratitude Gazette

Carrying the message throughout our valley

951-677-1535 Hotline 24 hours

March 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 Convention,
1965*

Inside this issue:

Feature Story	1-2
Service Meetings	3
Step 3 Article	4
Tradition 3 Article	5
Concept 3 Article	6
Central Office Services	7
Valley Gratitude	8
Upcoming Events & Office News	9

Painting The Roses Red

With Rose W.

By Crystal B, Sun City

Sitting down with Rose W. several weeks ago was like a breath of fresh air. I have found it impossible to feel unloved or unhappy when I am in Rose's presence. I usually feel hopeful and refreshed after spending any amount of time with her. She carries an abundance of joy and open-minded perspective that is contagious.

We talked mostly about step 2 but her story can be applied to step 3 just as easily. The first thing that stood out in our conversation is that when she was having a hard time with the concept of a Higher Power, her sponsor suggested to read the chapter "We Agnostics". Rose was not only hurt that her sponsor thought she was agnostic, she was also offended by the fact that her sponsor thought she was not a woman of faith! She already had a Higher Power and could not identify as agnostic. She gave her sponsor quite a bit of push back because she felt this chapter didn't apply to her. As many of us have experienced early in recovery, her sponsor reminded her "You said you were willing to go to any lengths!" Her sponsor directed her to read chapter 4 not just once, but three times!

"The first time around, there was nothing. I didn't get anything from the reading. The second time around was pretty much the same. It was still just words.

(continued)



But the third time I read it, BAM! I “heard it” in my spirit that “God is everything or else he is nothing. God either is or He isn’t. What was my choice to be?” It was right there on page 53! The third time reading it was as if I had never read it before. It was the A-HA moment I had been looking for! The Big Book came alive for me!”

“I started feeling real hope and finally fully surrendered on my knees to God. I’ve learned that religion is very different than spirituality and that I can speak respectfully about God in a meeting without disrespecting God or A.A. I learned that my drinking had driven a wedge between me and God and that A.A. brought me back to God. I had a huge turning point in my personal relationship with God instead of nurturing that dark relationship with Self. Since that moment of surrender, my faith in Him has not wavered.

Through my early sobriety, I began to learn that I didn’t have to do anything alone! Doing difficult things with the company of another gives me hope that I can do anything. No matter how difficult it is to go on sometimes, when I allow another alcoholic to walk with me, I know that it can be done without any doubt!

I stayed sober and it finally came

time to make my amends to my father. Since he had already passed, my sponsor said it made sense to write him a letter making my amends. Writing this letter was a big deal for me and it took a lot of energy to finish it. I called my sponsor when I’d finished, and she said she was going to take me to the cemetery so that I could read it to him. At first, I was reluctant to do this. How bizarre would it be for



me to stand in the cemetery reading my letter to a headstone? The idea felt uncomfortable and awkward. My sponsor assured me that it wouldn’t be awkward at all once I did it. I finally agreed and she promised to be by my side every step. When she picked me up, she had a bouquet of red roses cut fresh from her garden for me to present to my father’s grave. I instantly felt the presence of God wash over me. I knew, without any doubt, that I was doing exactly

what I was supposed to be doing. My sponsor had no idea that red roses were my father’s favorite and that had he been alive, the gesture would have melted him. It became obvious to me that God had nudged my sponsor to make this extra effort for me so that I would be aware of His and my father’s presence during this important errand. How blessed am I to have experienced His love so directly and intentionally!

Every step of the way, my sponsor has been there for me. Through countless surgeries, family illnesses, job changes, financial insecurities, she’s gone through all these things with me. My entire program rests on a seed of hope. Hope that things will be better, hope that when times are hard, the difficulty will pass, and also hope for others to gain the wonderful Grace that I have through A.A. If you’re new, fairly new or if you’ve been around a while, grab onto another crusty old drunk and hang on! We do this thing together! If you feel like drinking, remember that it still doesn’t work out there. Stay sober. It might not get better but it gets different.

Thanks for 12 Stepping me, Rose! You have always been and always will be one of my favorite drunks!



Step Three: *“Made a decision to turn our will and our lives over to the care of God, as we understand Him.”*

Step Three is like opening a locked door. How shall we let God into our lives? Willingness is as the key. Dependence as a means to independence. Dangers of self-sufficiency. Turning our will over to a Higher Power Misuse of Willpower. Sustained and personal exertion necessary to conform to God's Will.

- Twelve Steps and Twelve Traditions

Concept Three: *“As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”*

-The Twelve Concepts for World Service, Long Form

Tradition Three: *“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”*

- Twelve Traditions Long Form

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 41340 Pear Street Suite 1 Murrieta, CA 92562
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 St, Murrieta, CA (At Kalmia & Adams)



Step 3 Need Not Be Difficult

By Rick R, Poway

I don't believe that any two people in the A.A. program have settled into a concept of a higher power that are identical in every respect. Alcoholics have been off the grid for such a time that their concept of everything must be recalibrated into some form of strategy that they can work with whether or not, anybody else understands the linguistics they use to describe it.

The taking of Step Three is deciding to abandon our failed, ego-driven insanity and to find another source of principles and behaviors to replace them. Some of us return to the Religion of our choice while others may struggle with that idea and settle for an approach that is more practical in nature. We in Alcoholics Anonymous see examples of success in a variety of different approaches when it comes to turning our will and our lives over to a power greater than ourselves. If this wasn't that way, where would the Agnostic and Atheist go to get relief from this terrible disease?

I get an uncomfortable feeling at a meeting when it starts going overly religious and I see a new member squirming in his seat. I was the one described in step two in the 12x12 that had "tried Religion and found it wanting." Had I not read that line in the 12X12 I may not have stayed

with the program. Having the option to come to terms with this issue has opened the gate to a path which has worked for me. On page 34 in the 12x12 Where it says, "This is the way to a Faith that works" and when I simply combined that line with the line on page 27 in the 12x12 which says, "You can, if you wish, make A.A. itself your "higher power." When I addressed it in that way, I had no problem moving on with the rest of the steps of the program.

I am not driven away by anything that I've read in The Big Book or the 12x12. I have never wanted a drink since I entered the program and the only answer I could come up with, was the influence of A.A in my life. For a guy who couldn't conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is, but I can't. I have researched how the A.A. program came to be what it is today. The thing that had the most influence on me concerning this issue was the book, "The Sermon on the Mount" by Emmet Fox. This book highly influenced the founders of the A.A. Program regarding how to address the spiritual aspects and how to apply them. The

Grapevine article of Feb. 1996 "Emmet Fox and Alcoholics Anonymous" explains these things.

I have read that book upwards of ten times and it defines and reinforces all the principles that we learn in the A.A. program. When I pray, I simply ask God for his guidance and for the strength to carry what comes to me as the answer that I seek. When I do it in that way, I become a better listener and the answers do come to me eventually. I believe that I practice principles that are consistent with Christian teaching as well as any Christian I know but I don't consider myself a Christian as I find these principles in most historical philosophies. I've studied Plato, Socrates and Aristotle, who came three hundred fifty years before Christ and they are not unlike the values of most religions. As the result of all my Studies, I have settled into a way of life based on unselfish principals and values that govern all my motives and actions and it has led to a life of meaningful purpose and a peace of mind that I never thought possible.



Tradition 3

John W, Meniffee

“The only requirement for membership is a desire to stop drinking.”

Desire is all you need. Simplicity and perspective are the words that describe the third tradition. I work the third tradition in a personal way by eliminating all my desires in life other than pursuing sobriety. There is nothing wrong in wanting emotional and financial security. However, when I make obsessions of these goals rather than seeing them as the by-products of giving service in working a program whose goal is to pursue sobriety – I’m screwed. Whenever I complicate my life by having any goal other than pursuing sobriety, I notice that I become ungrateful and take it for granted. Thus, the beauty of the third tradition is that it restores perspective through an attitude of gratefulness for the miracle of my sobriety. The third tradition suggests to me that I surrender all of the requirements and expectations I have in life beyond sobriety. Emotional and financial successes are the result of being of service. But when these are things that I demand in my relationships with God and others, then I have lost the simplicity and perspective envisioned in the third tradition.

The relationship of the third tradition to the third step is a profound one. The third step poses the question: What do I need to do in order to turn my will and my life over to the loving care of God as we understand him? The tradition answers the problem posed in the third step.

The only requirement I need to fulfill in order to turn my will and my life over to God’s loving care is a desire to stop drinking. It is unbelievable that all the power of the universe is available to care for me if I only have one desire: to stay sober.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?

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

Concept 3

John W, Meniffee

“To insure effective leadership, we should endow each element of A.A.; the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional Right of Decision.”

Simply stated, what this means is that Trusted Servants Have a Right of Decision. There will be times where we'll need to trust our trusted servants to make decisions without a group or service entities approval. Concept 1 & Concept 2 by themselves cannot ensure smooth operation of A.A. business. There will be times that full facts (additional background information) and debate not available to groups, will help further inform our trusted servants and their decisions (and their votes on our behalf). Those decisions may ultimately differ from original consciences' given to them when we ask them to vote on our behalf – but those differently made decisions are vital in allowing them to be more than mere messengers. They have a brain, let's let them use it.

1. Do we understand what is meant by the Right of Decision?
2. Do we grant it at all levels of service? or do we instruct?
3. Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself?

Heard in meetings:

“It's not in the years, it's in the quality of the days”

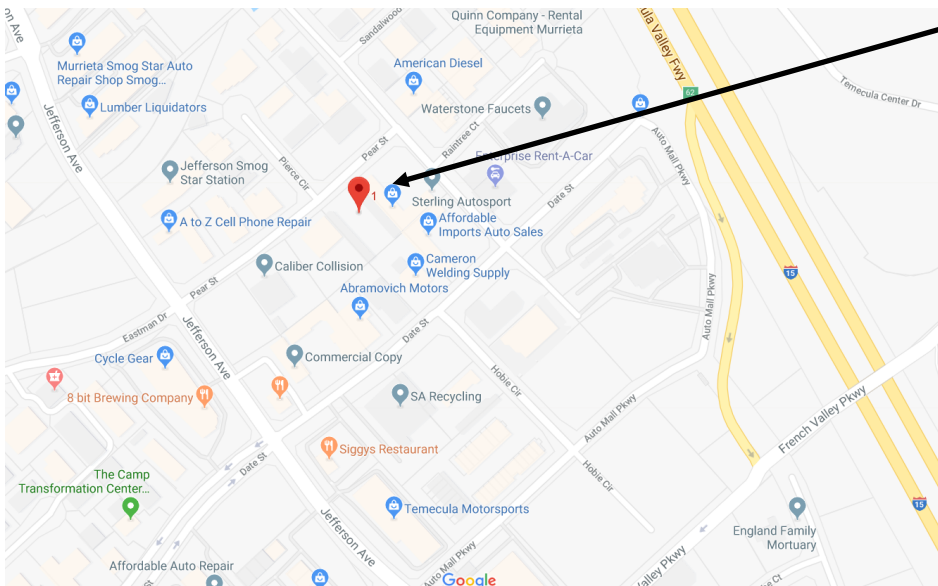
“Grateful that I know when I'm off and that I know what to do to get on the right side”

“When writing a gratitude list, I keep writing until I feel an inner shift”

“Gratitude allows me to feel physically better about everything.”

“Look for a way in, not a way out”

“There are no losers in AA, just



**Central
Office**

**New
Address!**

**41340 Pear Street, Suite 1
Murrieta, California 92562
951-677-1535**



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

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





"It's the changes in myself I sometimes noticed in early sobriety that made this, at times difficult journey, worthwhile. Today the changes are more subtle and harder to notice or feel, but no less of an impact on my life. Grateful for the willingness then ...and especially now.

~Kent A

My sobriety, my family
and AA
~Sandy S.

The ability to pause, pray and
proceed.
To act better than I think.
To understand things happen
AROUND me, and not TO me.

My job, my health and my
Honey
~Deanna A.

Recovery, life & freedom
~Bruce B.

My clothes, my dogs, and alcohol.
Because it clarified the fact that I
had a problem.
~Marilyn C.

Sobriety, AA, and my Wife
~Andrew G.

God, Sobriety, Life itself
~Michael C.

Kimberly Ann Funk
~Robbie F.

A relationship with a Higher Power,
Sobriety, Belonging to a fellowship
that I crave, and living in Menifee
~John W.

A beating heart , air to breath
and the rooms of Alcoholics
Anonymous
~Earle K.

God, my recovery, my family
~Kathleen M.

Sobriety, willingness, family
Timi H.

A loving God, the program of Al-
coholics Anonymous,
Service!
~Marta K.

My sobriety, my health and
peace of mind

The ability to walk, talk, see,
hear, and feel
~Tiffany N.

Freedom from. Freedom to. The
results of the former two.
~Jack P.

1. My 6 month old daughter who (God willing) will never see me drunk or stoned.
2. My husband who adores me even if he doesn't always understand me (he's a "normie")
3. Being an alcoholic (it's because of this path that my life is everything it is today)

God, Sobriety, My life
~Lockdown Bob

~ Taralyn F., Carlsbad

God, sobriety, and family
~Rose W.

Please email submissions to:
cmbraddock10@gmail.com

Upcoming Events & Office News

Mark Your Calendar!

- ⇒ 32nd Annual Woman to Woman Retreat 3/15/19 through 3/19/19 www.w2wca.org
- ⇒ Rule 62 Golf Tournament 4/27/19
- ⇒ Hemet Women's AA Banquet 5/4/19
- ⇒ Founder's Day 6/8/19 5-10pm
- ⇒ Chili Cookoff 7/20/19 11am-6pm

Send your events to temeculaAA@verizon.net



"I'm a problem drinker. Every time I have a problem, I drink."

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

Volunteer List

- | | |
|--------------|---------------------------|
| 1. Bert | 6. Laura L |
| 2. Terri | 7. Tony |
| 3. Debi | 8. Cheryl |
| 4. Maricella | 9. Nikki |
| 5. John W | 10. YOUR NAME HERE |

Central Office Activity February 2019

AA Phone Calls:	185
Al Anon Phone Calls:	5
Visitors:	15
Purchases:	200
Website Visits:	3828

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!

faith

/fāTH/

noun—complete trust or confidence in someone or something.



"RELIEVE ME OF THE BONDAGE OF SELF"

29th Annual Hemet Women's AA Banquet

May 4, 2019

The Maze Stone Restaurant at

The Country Club, Soboba Springs

1020 Soboba Springs, San Jacinto, CA. 92583

\$38.00 per ticket (includes tip)

Deadline for tickets will be April 27,
there will be NO tickets sold at the door.

Money will be needed to participate in our 50/50 drawing!

For Registration please call: Lori (951)692-2191

Doors Open 5:00 PM

Dinner 6:00 PM

Speaker Meeting 7:00 PM

Seating is assigned on a "first paid" basis. Tables of 10 are available. To sit in a group, all tickets must be purchased together. Please list all names and addresses on reverse side.

MENU WILL BE CHOICE OF (Circle One)

Penne Pomodoro with grilled seasonal fresh vegetables in a fresh basil pomodoro sauce

Pan Seared Airline Breast of Chicken in herbed chicken demi glace, with wild rice & seasonal fresh vegetables

Beef Tri-Tip topped with sauteed mushrooms & demi glace, with wild rice & seasonal fresh vegetables

All dinners include Drinks include: freshly brewed coffee, decaffeinated coffee and iced tea.