



April 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*

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Temecula Valley Central Office

Gratitude Gazette

Carrying the message throughout our valley

951-677-1535 Hotline 24 hours

The H & I Guy

With Jacob L.

By Crystal B, Sun City

I first met Jacob at an Intergroup meeting a few years ago when he introduced himself acknowledging a mutual friend. I've always known Jacob as the "H & I guy" so it's not surprising to learn how H & I made a lasting impact on him during early recovery.

As many of us do, Jacob comes from an illustrious lineage of family alcoholism. Dating back through generations, Jacob's immediate family was affected. He's the youngest of three children and looked up to his sister and brother.

Jacob explained that his first real drink was around 6th grade. He immediately felt the ease and comfort even on that first drink. The shift to fearlessness hit a cruising gear and his inhibitions seemed to float away on a breeze of intoxication. Later, he often tagged along with his older brother and sister and their friends. They introduced other substances into his repertoire, and he felt that need for belonging being filled. Before drinking he could recall feeling inadequate, uncomfortable and awkward. But after drinking, he noticed that he didn't feel those things anymore.

Some of his best memories are riding in his brother's truck in Imperial Valley where they spent some time fishing, shooting guns and building bonfires. He learned how to drink more and more, faster and faster. An ice cold, speeding, ludicrous lifestyle began to take hold.

"Throughout my teens I felt like I could take it or leave it. The other substances ebbed and flowed but I was always obsessed with something one way or another. When I got older and was able to work, I had my own money to drink as much as I wanted to. I also indulged in many of the other behaviors that often come along with the excessive drinking. When I felt my drinking might be getting away from me, I would try to control it using my own set of rules. I promised myself I would not drive after drinking, but I did. I promised myself I would only drink beer, but I didn't. I promised myself I wouldn't turn to other things that fed further addictions, but I did. I started hanging around people who drank as much as I did or more and found myself in several risky situations. The only thing I had in common with those I seemed to keep company with was the drinking.

The fun was completely gone by the time I was 18 or 19 years old. The magic had disappeared. I always wanted to be somewhere else doing something else no matter where I was or what I was doing. I didn't like the way I felt and was always looking to change that. Every now and then I would get fleeting glimpses of happiness. Little sparks of clarity or hope but those feelings passed very quickly. I knew something was wrong, but I couldn't quite put my finger on it.

(continued)

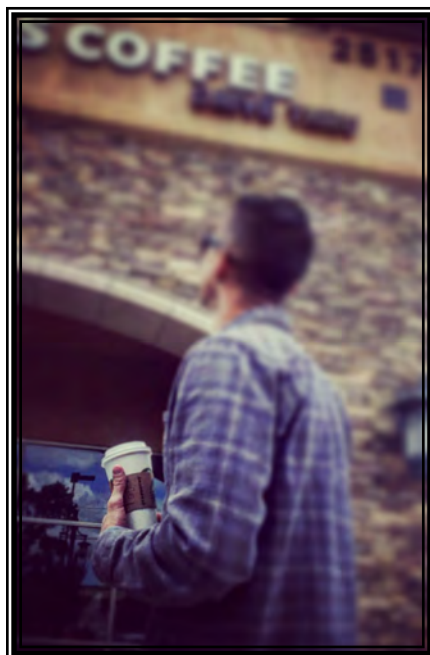
I was still living with my mom and I sought **help and heard a lot of suggestions. It's interesting now to remember that none of those suggestions were to go to Alcoholics Anonymous.**

I felt things start to take a turn. There was a time when my mom had watched a documentary on suicide. She asked me if I ever felt the way the people featured do. Of course, my answer was a solemn yes. More time passed and I would get slight glimpses of that clarity and moments where I could be honest with others in my life.

One day, my mom told me about an **appointment she'd made for me. I didn't think much about it and simply went to the appointment.** To my surprise, it ended up being an intake appointment for an out-patient recovery **program here in Temecula. I hadn't planned on getting sober that day, but one of the counselors told me his story and I related!** Before when others had tried to help me get sober, I felt as though I was being scolded and my mind would slam closed immediately. But this time, with his story, it was different. The truth clicked for me and I surrendered right there.

As the days passed, I found myself very active in my outpatient program. I was there **three days a week and on days I wasn't there, I was in AA meetings.** I tried other 12-Step meetings, but AA is where I connected the most. It had all started with the obsession to drink because I liked the way it made me feel. I fell in love with the language of the heart. I accepted service commitments immediately and went on my first H & I panel at nine months sober. I remember my first panel! I gave a 10-minute talk that sounded more like a sad country song, but I felt at home and like I belonged somewhere for the **first time. I felt "part of". My father-in-law has 21 years sober and he took me to panels all over. I remember the first time that I went into a detention center. I didn't have experience with legal troubles during my drinking and hearing the iron doors clang shut behind me was daunting. The orange jumpsuits**

were distracting, and I didn't know what to expect. It was a moment where I immediately accepted "God is or God isn't, what is my choice to be?" But what I found was people who knew way more about the Big Book than I did. The meetings were so deep with recovery that I considered making one of them my home group. We all spoke the language of the heart. We were all the same. I've learned so much about myself and about this program serving in H & I."



asked Jacob how he balances his work life, family life with his wife and young daughter with his recovery & service life. He said, "As a wise man once said, "You've got to roll with the punches, to get to what's real." I had to laugh a little and then he said, "Let me put it this way, if I would've waited for recovery and service to be convenient, I wouldn't have done any of it. Service is part of recovery. If I don't give it away, I can't keep it. The beauty of having a commitment is that I must show up no matter what. Even when I have a bad day, I'm tired, or I just don't feel like it, I show up no matter what because I promised I would. Service encourages me to participate in a sober life and practice the 12th Step. **Even during times where I feel I'm not making a difference, I never truly know when I am planting the seed of recovery. Doing the next indicated step leads me to the present.**

Sometimes it doesn't feel balanced. When I think of balance, I think of perfection and that is an unrealistic expectation. I have grown into my commitment with H & I. The inmates I have come to know have sponsors and they work programs. I am blessed to be among others that are so service oriented. By supporting and participating in H & I, we improve it. The best I can do is show up and participate.

Our H & I Service Committee is connected to the Southern California H & I Intergroup. We have a member of our committee who attends the Intergroup meetings regularly. Our committee serves 9 Facilities with 36-40 panels per month. We reach out to facilities that house men only, women only, and some that are co-ed. I have been blessed to witness full surrenders during panel meetings. **It's moving and inspiring to witness an inmate's very first AA meeting and witness a genuine surrender. There are plenty that relapse, and inmates get moved frequently so I lose track of people. But as I said earlier, it's about planting seeds. Our panelists also share a special fellowship and often grow meaningful relationships with one another."**

Before our time together ended, I asked Jacob a few more questions.

If you could share a recruiting message for H & I, what would you say: "We go to hospitals and institutions so we can stay out of hospitals and institutions."

If you could tell your newcomer-self one thing, what would it be? "Trust God my dear boy!"

If you could tell newcomers one thing, what would it be? "If you put sobriety first, everything else falls into place exactly the way it's supposed to."

A huge thanks to you, Jacob! I admire your drive and sober lifestyle and learned so much about myself listening to your story! You carry a hopeful and peaceful message and it's an honor to know you.



Tradition Four: *“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” Every group manages its affairs as it pleases, except when A.A. as a whole is threatened. Is such liberty dangerous? The group, like the individual, must eventually conform to principles that guarantee survival. Two storm signals—a group ought not do anything which would injure A.A. as a whole, nor affiliate itself with outside interests. An example: the “A.A. Center” that didn’t work.*



- Twelve Steps and Twelve Traditions

Concept Four: *“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge. .”*

-The Twelve Concepts for World Service,
Long Form

Step Four: *“Made a searching and fearless moral inventory of ourselves.” How instincts can exceed their proper function. Step Four is an effort to discover our liabilities. Basic problem of extremes in instinctive drives. Misguided moral inventory can result in guilt, grandiosity or blaming others. Assets can be noted with liabilities. Self-justification is dangerous. Willingness to take inventory brings light and new confidence. Step Four is beginning of lifetime practice. Common symptoms of emotional insecurity are worry, anger, self-pity, and depression. Inventory reviews relationships. Importance of thoroughness.*

- Twelve Steps and Twelve Traditions



MY BLOOD TYPE
USED TO BE
WHISKEY NEGATIVE.
NOW IT'S
COFFEE POSITIVE.

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)



Did you Smackdown some pancakes?

~Mary V.

The Pancake Smackdown was a huge success again this year! We fed 500 people a delicious Free breakfast of pancakes, eggs, bacon, sausage, fruit, juice and coffee. Gallons and gallons of coffee! **I didn't see a single glum person in the lot...**

The morning started early for us worker bees (4:45am for us slower worker bees) and the first cup of coffee was served at 6:00 am sharp. It was a crisp morning and rain threatened so it was damp and cold, but we had a tremendous turnout for setting up. Everyone was on time and it went together very fast. By 6:45 the tables and chairs were covered with table cloths and ready for the crowd. The entry, cooking, coffee and serving areas were ready to start the daunting challenge of feeding 500 people in under 3 hours! It's kind of like dancing....the precision of the timing is crucial starting with the prep work in the kitchen, to the cooks, to the delivery of the food to the servers at their station. A lot of the **volunteers have been involved in the past years and it's because of their service that this event runs as smoothly as it does!** However, they are always happy to teach the newbies and it is always a fun time!

Soon the smell of pancakes and bacon and coffee filled the air. Delightful chatter between friends was heard throughout the room. People were greeting old friends and making new ones. The feeling of camaraderie and being of service together is something you must experience to know. It is an unmeasurable elated feeling that cannot be described unless you have been of service and a part of the bigger picture. It is an opportunity for anyone who wants it in this life saving program of ours, all you have to do is raise your hand!

As the morning went on I was amazed at the raffle donations that were arriving from all the meetings in the area. This is always a little worrisome for me because we usually don't know exactly what will be contributed until that morning, but the valley's meetings outdid themselves this year. I have been a part of this fundraising event all 10 years and this raffle was, hands down, by far, the best so far! Thank you so much to all the groups and individuals who contributed. It was truly amazing.



The AA countdown and speaker meeting ended our morning of food, fun and fellowship on a grateful note to all who were there and all who participated in this first fund raiser of the year for Central Office. I have to stop right here and give you a brief history of this annual event so you can truly appreciate where we have come from, where we are today, and where we are planning to go in the future.

A little over 10 years ago when my good friend Jeff T. approached me with this outrageous idea of a FREE fundraiser I told him if ever this could work would be with a bunch of Alcoholics. Only Alcoholics can make an absolutely fun time out of getting up that early and working their behinds off for 6 hours with a laugh and a smile! Each year we have gotten better at it too. The steering committee, which founded this event, decided in the first few years that we would take some of the proceeds and purchase equipment needed for the next year. I am happy to say that we have accomplished that goal. We planned and collected donations and talked the first Smackdown up to the Valley and they LOVED it. It has been our most successful event each year for many years now. We alcoholics are a funny lot. Tell us we have to pay for something and we grumble that it is too **much...but tell us we can have it for free and we will gladly make a donation that is usually far more than the actual cost it would have been.....I always tell Tom that this FREE Pancake Smackdown is the most expensive breakfast we ever go to!**

Thanks to all who helped, donated and volunteered at this **year's Smackdown. Looking forward to seeing you all next year!**

Respectfully submitted,

Mary V.

Vice Chair 2019 TVCO Board

The Fear of a Moral Inventory, Those Tormenting Ghosts of Yesterday

Rick R., Poway

Over the years, I have watched the differing patterns of A.A. members and the degree of the importance of thoroughness applied to the steps as opposed to simply abstaining from alcohol. With all the empathy and compassion in my heart, I try to have an explanation available to everyone of what I perceive to be the biggest stumbling block in this program. It stands in the way of the unfortunate ones who never seem to reach the degree of happiness and peace of mind that the program truly offers. When I am approached by someone who is struggling with this issue, my first question would be, "Have you completed a thorough fourth and fifth step". If they are honest about it, we have a chance to revisit that part of the program and neutralize those tormenting ghosts of yesterday.

I was that guy in my first attempt at taking the steps and rather than dealing with it, I just went to meetings and told funny stories until an event in my life caused me to take a second look at the inventory process. I'm so glad that I got it right the second time around, for if I hadn't, I can see no possible way that I could have followed up with the remaining steps of the program.

Most alcoholics are not proud of their past behaviors and live in a constant state of guilt and shame. They believe that they were responsible for those behaviors. They believe that's where the alcohol became the solution to their problem. That is, until it stopped working. There is a difference between responsibility and accountability. Most alcoholics believe that they are responsible for becoming an alcoholic. That is the biggest misconception concerning this subject. The only exception to this would be that you had both the capacity to understand alcoholism, coupled with the ability to decide that you wanted to become an alcoholic from birth. From the day we were born, until we took our first drink, we were conditioned to believe that alcohol affected us differently than it did for the normal person. Our minds were diseased, and we had no choice in the matter. The behaviors that followed were the symptoms of the disease. Once we are aware of this perception and we can become willing to be accountable for those behaviors and make restitution for wrongs done. As we continue the steps of the program, we start to recognize alcoholic habits and realize they are not too hard to change. We seem to begin that process as soon as we start attending meetings and hear others share their experience. We deal with the obvious things upfront and if we continue to examine our motives, in time the load gets lighter and lighter.

Now come the stumbling blocks I referred to earlier; those tormenting ghosts of yesterday.

There is a big difference between a habit and a deed. Habits can be changed as we establish a new track record and we become an entirely different person in character. Deeds are a different matter. We can't change history. I'm sure that we've all done things we hoped would remain a secret forever. But when secrets measure up to the term "Tormenting Ghosts", we need to deal with them if we wish to have some degree of happiness and peace of mind. We can't change the past, but we can change our perception of those deeds. We can choose to view them as symptoms of the disease of alcoholism. If we spend the rest of our lives living by selfish principles and habits, our actions will far outweigh our guilt and shame. We only live once and nobody's perfect. It would be a shame to let something that happened years ago keep us in pain as a result of a symptom of a disease. They are not what we perceived them to be and we can bring them to a natural conclusion.

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 4

~Steve, Canyon Lake

THE RIGHT OF PARTICIPATION

The AA bylaws are similar to the basic laws of the United States first are the twelve STEPS that are like the DECLARATION OF INDEPENDENCE freeing us from KING ALCOHOL, then the Twelves TRADITIONS that are similar to the U.S. CONSTITUTION. Lastly we have the CONCEPTS that came along later and like the BILL OF RIGHTS and amendments resolved issues that came to light after the traditions were in place.

The fourth concept is that in A.A. is that there are no inferior or superior Amembers of A.A. This effects committees that make decisions. This so workers or outside experts that have knowledge in the area that a committee is set up to manage are given the right to vote along with the committee members. This concept expands the belief that we are open any idea that is presented and gives voices to all members. This concept has saved A.A. over the years by one voice opening the dialogue when a committee or A.A. as a whole was moving in a direction and eventually took a position that expanded our helping alcoholics all over the world. Many have observed the "the bleeding deacons" trying to make A.A. an exclusive society that would have produced the same results the OXFORD SOCIETY, the ANTI SALOON LEAGUE and the WOMANS CHRISTIAN TEMPERANCE MOVEMENT have produced. Our openness from trustees, committees and individual meetings has been our continuing strength.

HEARD IN MEETINGS:

"I only need one meeting a week, I just don't know what day it's on."

"If I could drink like a normal drinker, I'd drink all the time!"

"Only alcoholics wonder if they are alcoholics"

"I go to meetings regularly to express my gratitude"

"They got tired of my sniveling. I did too"

**MAN,
I REALLY WISH
I DIDN'T GET
SOBER.**

- SAID NOBODY EVER

11/20/2018/11/20/2018

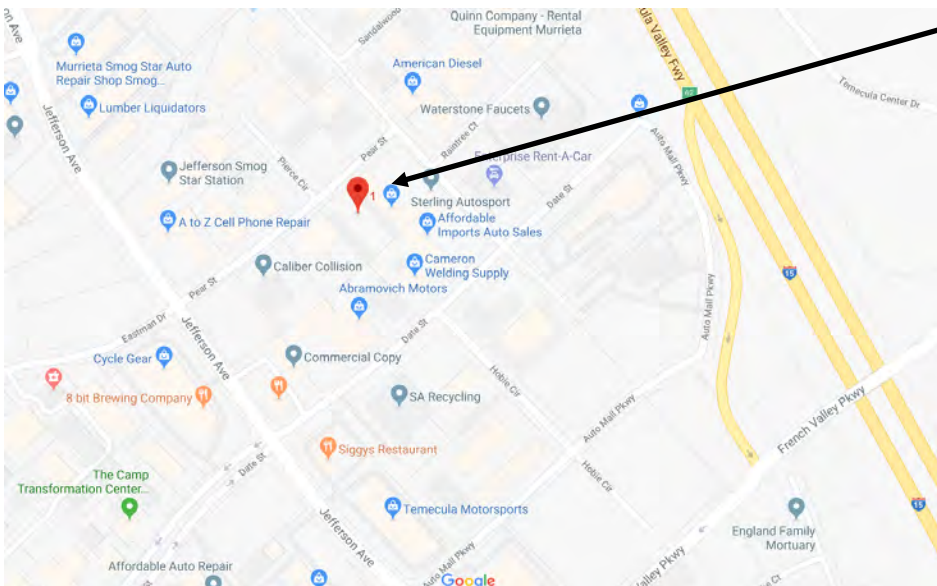
HAVE YOU WONDERED?

"John Barleycorn" is a British folksong (Roud 164). The character of **John Barleycorn** in the song is a personification of the important cereal crop barley and of the alcoholic beverages made from it, beer and whisky.

**Central
Office**

**New
Address!**

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



Central Office Outreach

Committee

The Outreach Committee is comprised of A.A. volunteers that visit meetings throughout our district.

When a committee member visits meetings, especially those that are not represented at Intergroup, they will often make an announcement inviting the meeting to participate at the monthly Intergroup meeting by electing a representative.

Each group has the "right of participation" as described in Concept 4 and once your meeting has attended two consecutive Intergroup Meetings, your meeting gains the privilege of voting.

If you are looking for a service commitment, this is a great place to start. The more meeting participation we have at Intergroup, the more able we are to provide the much needed 12 Step services to the alcoholics in our district.

Gratitude Gazette

Committee

Another way to be of service with Central Office is to be part of the Gratitude Gazette. We are looking for writers who would enjoy interviewing members for stories regarding their recovery. We need writers to attend A.A. events throughout the district and submit their reviews! Visit meetings and write about their format or interesting ways that attracts members to their group. Write about a meeting's history or unique contribution to the valley.

The Gazette is also accepting original cartoons, encouraging one-liners, gratitude lists, anonymous photography and original art. The minimum submission accepted is **three** complete sentences.

Write On, People!



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
- ⇒ 24 Hour Hotline
- ⇒ Organizes 12 Step Calls



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

Upcoming Events & Office News

Mark Your Calendar!

- ⇒ Rule 62 Golf Tournament 4/27/19
- ⇒ Hemet Women's AA Banquet 5/4/19 (flyer attached)
- ⇒ Founder's Day 6/8/2019 5pm (flyer attached)
- ⇒ Chili Cookoff 7/20/19

**Send your events to
temeculaAA@verizon.net**

Reprinted from the Grapevine, November 2016



"The Higher Power is like electricity - you don't have to understand in order for it to work."—Mike S., South Bend, IN

Service Opportunities

- ⇒ Central Office Volunteer. Shifts open! Please contact Ken for more info 951-677-1535
- ⇒ 12 Step calls—Add your name to the 12 Step Call list. Male & female Spanish speaking volunteers needed.

Volunteer List

- | | |
|--------------|---------------------------|
| 1. Bert | 6. Laura L |
| 2. Terri | 7. Tony |
| 3. Debi | 8. Cheryl |
| 4. Maricella | 9. Nikki |
| 5. John W | 10. Chris |
| | 11. Terry |
| | 12. YOUR NAME HERE |

Central Office Activity February 2019

Phone Calls: 239

Walk-Ins 217

Purchases: 207

Website Visits: 4358

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!

cour·age



/ 'kərij/

Noun:

1. the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation

2. strength in the face of pain or grief



Grateful for God, my AA family and Sponsor to get me through the tough times.

~Susie D.

Anonymous Gratitude Quotes

"Nothing is more honorable than a grateful heart. "

"Giving is an expression of gratitude for our blessings. "

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

I'm grateful for my recovery and the family that I have received because of my recovery! At 10 years sober I was almost killed on my motorcycle and I was airlifted to La Jolla. I was there for a month and was surrounded every-day by someone for this family. It those moments you realize how much your life has changed! I am grateful for my connection with my God and how he has helped me changed my life! .

~Heather C.

I'm grateful for staying connected even when my head tells me to isolate. I'm grateful that I'm learning a new way of living each day I wake up willing to be open. I'm grateful to be setting aside all that I think I know in order to receive a new experience. God is so good.

~Crystal B

For me, gratitude is physical, emotional and life changing when practiced daily. In my truest moments when I really, really connect to the reality of all I have to be thankful for, I am deeply humbled. In all honesty, I don't know how to just decide to be humble on my own. So I have discovered that humility is yet another gift that gratitude gives me. It's another path that gratitude carves out for me to walk down shoulder to shoulder and eyeball to eyeball with my fellows. I always wanted to be enough. Gratitude gives me a sense of well being and while in that sense of well being I don't even realize if I'm enough or not.

~Nancy J.

I'm so grateful to be sober today 1. Never would have I been capable of giving love and support to my family. I avoided them because I was more important.

~Trish H.

AA One-Liners

"It's not over 'til it's over"

"AA is the only place where you can walk into a room full of strangers and reminisce. "

"High bottoms have trap doors "

Cop, "Please step out of the car."

Me, "I'm too drunk, you get in."

WHEN YOUR SPONSOR TELLS YOU IT'S TIME



FOR STEP 9

the easy way



my way



FOUNDERS DAY 2019 - 84 YEARS!

We Are Not A Glum Lot



A group of A.A. people in California (possibly Long Beach) in the 1940's:
Bill W. is on the right, Dr. Bob is on the left, and Anne Smith (with cigarette) is in the center.

Saturday, June 8th 5PM

Temecula Community Recreation Center

30875 Rancho Vista Road, Temecula, CA 92592

▲ FREE EVENT ▲ Raffles ▲ Trivia Game

▲ Dinner 5:30P ▲ Speaker 8:00P

FOR MORE INFORMATION CALL TVCO @ 951-677-1535

WEAR YOUR FAVORITE PARTY HAT!

"RELIEVE ME OF THE BONDAGE OF SELF"

29th Annual Hemet Women's AA Banquet

May 4, 2019

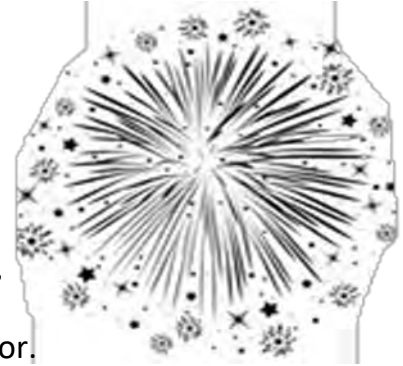
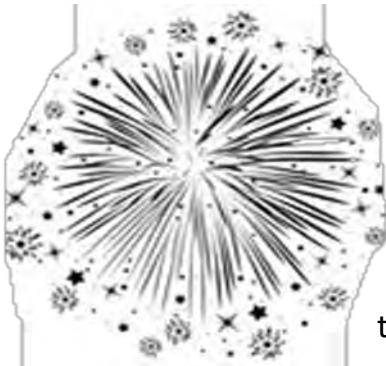
The Maze Stone Restaurant at

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.