



**May 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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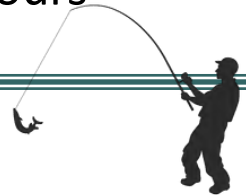


Temecula Valley Central Office

# Gratitude Gazette

*Carrying the message throughout our valley*

951-677-1535 Hotline 24 hours



## My Turning Point

With Jim G.

By Crystal B, Sun City

I first arrived to Alcoholics Anonymous some time in 1991. I had 15 years of drinking history behind me. I found people who drank like me and we had a lot of fun through it all. Then came a time where I started to see some typical alcoholic situations coming into my life. My wife and I had separated, the bills were in arrears and there wasn't much hope ahead for a different way of life. I knew that there was a problem, but I didn't truly believe I had a drinking problem. Nevertheless, I checked myself into a recovery facility.

The second day of detox, two men visited me. I had no knowledge of A.A. but they stepped me. They were funny and most importantly, I related to them! They took me to a huge speaker meeting in Riverside, CA. There must have been at least 200 people in that meeting and the speaker was great! I was able to identify with his story and I was hooked on the humor and honesty that I heard.

I was discharged from the facility at 28 days sober and moved in with my aunt and uncle in Lake Elsinore. After getting a sponsor and doing a little work, my life took a turn for the better. I was amazed at how quickly the program worked for me! I was in a new relationship at 18 months sober and still, life continued to improve. At two and a half years sober, my son was born. Wow! Another blessing and a little bit more responsibility. I felt I could start slacking off on my meetings because I felt good and I wanted to be home with my new family. As meetings slacked off, so did my calls to my sponsor which means my service work stopped. With no meetings, no sponsor, no steps, no service I found myself in trouble again by 3 years sober. My home life was a mess again and I made an agreement with my wife to allow her to moderate my drinking. A month later, I had moved out of my marital home, I was a weekend dad again facing foreclosure and again repeating all the same behaviors and mistakes that drinking always brings me too.

I went back to meetings and I would get as many as 30 or 60 days sober but then I would drink. This cycle of relapse continued over and over for 18 months. I wanted to stay sober, but I couldn't stop drinking. I finally realized that I had no connection with a Higher Power. I began using the group as my Higher Power but then I learned that if there is no group, there is no HP. I met a guy named Herb who had meetings in his home on Wednesday nights. I committed to calling my sponsor every day and to attending that meeting every week. Doing this allowed me to grow and be part of relationships with other sober people. In June of 1996, the obsession to drink was finally lifted. I felt free! I found my HP in Herb's living room with that group of people. They told me "That's the only way you're going to get it". That was my turning point.

The principle of open mindedness allows me to get out of myself. To surrender is to be indifferent to the outcome. God has planned every outcome to be infinitely better than anything I ever plan. The biggest factor is having that connection with a Higher Power. Until I could establish that, I was constitutionally incapable of making a new beginning. I look back at that 18 months as an asset. That time in my life allowed me to fully concede to my inner most self that I am alcoholic. It drove that first step home! My life is unmanageable whether I'm drinking or not!

Then there's service. I must be of service to others. The most impactful service-work I've done is with H & I (Hospitals & Institutions). I served H&I by taking meetings into jails for eight years. It has been an honor to share my experience, strength and hope with inmates who have been incarcerated mostly behind substance abuse. The message of hope is real. Most of the time they come to meetings simply to get out of doing something else. What sometimes happens, is that I see inmates become open and start to "come to" a bit. They sometimes share things about themselves they could never speak of before. The honesty comes alive, relationships grow. It's amazing to witness them when they see their own truth. Sometimes they are willing to look and

other times not.

I prayed for a long-term relationship and a big family. I have been married for 19 years and my wife and I have 6 children between the two of us and 6 granddaughters. I understand that God gave me this life, and it's up to me to decide what I will do with it. I could ask you the same thing, God gave you life, what will you do with it? I've found that I must pay attention to the lessons that present themselves in order to continue to grow.

My wife and I are both recently retired. We sold our business and home and now live in a small apartment as we prepare to move to Mexico. We get to enjoy the life we have created with God's direction through sobriety and Alcoholics Anonymous.

I'm unwilling to stop doing what works today or I will reset to old thinking. I have also learned that spiritual growth comes from subtracting things from my life instead of adding more. I stay sober by doing my nightly inventory and how I treat others is completely dependent on my daily spiritual fitness.

If I could tell my newcomer-self one thing, it would be that long-term sobriety takes recognition of my Higher Power and to



accept the invitation to surrender.

If I could tell today's newcomers one thing, it would be that A.A. works if you let it. Alcoholics still go to jail, break up families and lose jobs. Get a sponsor, get to work on the steps and commit. Make sobriety #1.



## Old School Step Work

~Tiffany R.

Brand new. Looking at the Steps on the wall at one of my local AA clubhouses. Not understanding much of any of them, though that Step 5 looked like one that I was going to have a real problem with. The 4th did not bother me; I could sit down and write about my stuff all day long because I knew all about my own stuff. But the thought of sharing that past with someone? That was a whole other story!

Growing up it seemed that any time I did anything wrong the entire world ended up finding out about it. Mom dished all my mistakes and missteps to the family and her friends. Throughout my life I had similar circumstances; let someone in, trust them a

little, share some private tidbit of information about myself, only to have that tidbit of information turned into a weapon to be used against me later. This helped to create the uber-private, secret-keeper that I was. In other words, I had trust issues and that 5th Step really terrified me.

Fortunately for me, when I came in to the Rooms I was ready. I certainly didn't want what I had any more, and I was open to seeing what you guys had.

I went to meetings and I got to know people, but more importantly, I let people get to know me. I started asking questions about the 5th Step.

(continued)



I talked to the Old-Timers and one told me that he too had a real problem with that pesky 5th step. He shared with me that he did his with a Catholic priest (the man was Jewish!). I started to understand that there were options, and my fear of the 5th decreased a little.

One day my grand-sponsor (a man), asked me if I'd been taken through my Steps yet and I told him that I had not. He told me to grab my things and get in his car. I did as I was told. He proceeded to take me to a house where he gave me paper and pen. Before I started writing we read Steps 1 through 3 out of the "12 Steps and 12 Traditions" and at the end of Step 3 we recited the Third Step Prayer. He had me make my columns.

Before I got to writing, that man told me some things about himself that he had done that were very intimate and utterly demoralizing; things that most men would take to their graves. He shared with me how broken he was when he got into the Rooms and how those things that he had done helped to keep him loaded. To be loaded was to be forgetful and forgetful was where he wanted to be (me too!). I was completely stunned by his admissions, and I was also completely opened. If he could share his secrets with me, then I most certainly could share my secrets with him.

I proceeded to write out my 4th, and because of the way the Steps are done in my original AA family, you end up doing your 5th Step AS you write. The person taking you through your Steps is there with you the entire time you are writing; you

are talking about things as you go and when you are done writing your 4th, your 5th is done by proxy. It is intimate, it is soul-baring, it is humbling, it is amazing, and it is magic.

What the 5th Step allowed me to have, which prior to my getting sober was beyond my comprehension and my capability, was that for the first time in my entire life I had a completely honest relationship with another human being. This allowed me to be a part of instead of apart from. This allowed me to make a true connection. This allowed me the ability to get through the rest of my Steps, which allowed me to stay sober, which in turn, allowed me to start to become who I was always meant to be, which has allowed me to create a life beyond my wildest dreams.

And we still talk to this day.

And he has kept my secrets.

And he still loves me and accepts me.

And I am grateful beyond measure for this and so much more.

In my AA family the Steps are done old-school; Steps 1 through 8 are done in a day and you leave with your 9th on index cards. It was explained to me that this way of doing the Steps allows the unburdening of oneself, which, in turn, allows for some physical sobriety, which in turn leads to emotional and spiritual sobriety. It's not for everyone, but it was exactly the way I needed to do them and it's still the way that I take people through their Steps today.



### As Time Passes by

~By Al S.

No drugs or alcohol, just a natural high.

I find myself alone as time passes by.

Maybe it's best that it's only me,

This way I can focus on my priority.

To come to accept the way things are,

To this I can see that I've come quite far.

No expectations of how it should be,

Just love one person and be honest to me.

I've tried to control everything in the past,

To just let go, I understand at last.

The birds are singing and it's a beautiful day,

I am at peace with myself, thank God for AA.

For I know just a little but to this I hang on,

Because I have many defects that may steer me wrong.

The feelings are pure today, But sometimes I wish they would just go away.

No drugs or alcohol, just a natural high,

I find myself alone as time passes by.

**Tradition Five:** *“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.” Better to do one thing well than many badly. The life of our fellowship depends on this principle. The ability of each A.A. to identify himself with and bring recovery to the newcomer is a gift from God...passing on this gift to others is our one aim. Sobriety can’t be kept unless it is given away.*

- Twelve Steps and Twelve Traditions



**Concept Five:** *“Throughout our world services structure, a traditional “Right of Appeal” out to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered”*

-The Twelve Concepts for World Service



**Step Five:** *“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.” Twelve Steps deflate ego. Step Five is difficult but necessary to sobriety and peace of mind. Confession is an ancient discipline. Without fearless admission of defects, few could stay sober. What do we receive from Step Five? Beginning of true kinship with man and God. Lose sense of isolation, receive forgiveness and give it; learn humility ; gain honesty and realism about ourselves. Necessity for complete honesty. Danger of rationalization. How to choose the person in whom to confide. Results are tranquility and consciousness of God. Oneness with God and man prepares us for following Steps.*

- Twelve Steps and Twelve Traditions



**INTEGRITY IS DOING  
THE RIGHT THING, EVEN  
WHEN NO ONE IS  
WATCHING.**

C.S. LEWIS

CHRONICLESOFCSLEWIS.COM

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
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 Wel- come!	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)



# Concept Five Questions

~SMF—91 Concepts Checklist

**Concept V: Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.**

- Do we encourage the minority opinion, the “Right of Appeal,” to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as “substantial unanimity”?
- Has our group experienced the “tyranny of the majority” or the “tyranny of the minority”?
- Does our group understand the importance of all points of view being heard before a vote is taken?

## **DID YOU KNOW?**

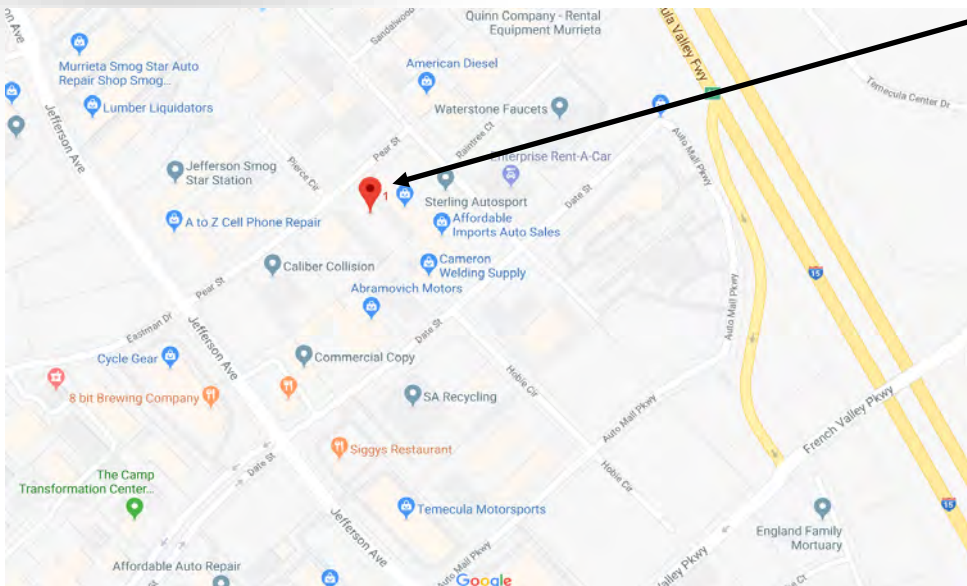
- ⇒ In April 1939, 4,730 copies of the 1st edition of “Alcoholics Anonymous” were published. The price was \$3.50. It was a very expensive book for its time. The equivalent to \$58 a copy today.
- ⇒ There are 627 words in the English language that start with “SELF”
- ⇒ The Preamble first appeared in the Grapevine in June 1947, and was written by Tom Y., the Grapevine Editor serving at that time. Its intent was to inform the public as to what A.A. is and what it is not. Shortly thereafter, the Preamble began appearing in each monthly issue of the Grapevine, and later on in much of our A.A. Conference-approved literature. In 1992 the Grapevine published a short history of the Preamble.



*This man once stood there a fishin'  
Then realized he'd forgotten his  
mission  
He'd committed to speak at some  
point last week  
So at the podium he stood just a  
dishin'*



**Good, sober is.**



**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!

- ⇒ **Tri-State Round up 5/16-5/19/19**  
See TVCO website for more info
- ⇒ **Taco Tuesday 5/21/19 4pm-Close (flyer attached)**
- ⇒ **Sober Soapbox 6/2/19 2-3pm Arrid Club**  
The first Sunday of each Month at 2pm. the Arrid Club hosts an open mic. Sponsored by the A.R.T.S. meeting, members and friends read poetry, display visual art, sing songs, tell jokes, and devise ever increasing creative engagements with an audience of their peers.
- ⇒ **Founder's Day 6/8/2019 5pm (flyer attached)**
- ⇒ **Chili Cookoff 7/20/19 Murrieta Comm. Center**
- ⇒ **WTWSR 9/6-9/8/19 (flyer attached)**
- ⇒ **Liberty Bells Campout 10/11—10/13/19 (flyer attached)**

## 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      | 7. Laura L                |
| 2. Terri     | 8. Tony                   |
| 3. Debi      | 9. Cheryl                 |
| 4. Maricella | 10. Nikki                 |
| 5. John W    | 11. Chris                 |
| 6. James     | 12. Terry                 |
|              | 13. Jesse                 |
|              | 14. <b>YOUR NAME HERE</b> |

Reprinted from  
the Grapevine,  
July 2016

"Honey, the  
wreckage of  
your past is  
back."

—Paul S., Foun-  
tain Hills, Ariz.



## Central Office Activity February 2019

Phone Calls: 245

Walk-Ins: 220

Purchases: 215

Website Visits: 3765

**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!*

## in·teg·ri·ty

/in'tegrədē/

noun

1. The quality of being honest and having strong moral principles; moral uprightness.
2. the condition of being unified, unimpaired, or sound in construction



"I'm grateful to have a loving God. I'm grateful for the spiritual growth I've been receiving. I'm grateful for this beautiful earth that God has created for me to live in. I'm so very grateful to be alive and have this beautiful life that God has given me. I'm grateful for my sisters and my friends that love me just for me and want nothing in return."

~Roberta S.

If you light  
a lamp for someone  
else it will also  
brighten your path.

-Buddha



"AA did not open the gates of heaven and let me in, but it did open the gates of Hell and let me out. " ~Cheryl H.

"Gratitude begins when my sense of entitlement ends"

~Jill S.

God  
GRANT  
ME THE  
*Serenity*  
TO ACCEPT THE  
THINGS  
I CANNOT  
CHANGE  
*Courage*  
TO CHANGE  
THE THINGS  
I CAN  
*Wisdom*  
TO KNOW THE  
DIFFERENCE

"The higher my expectation, the more my serenity suffers." ~Trish H.

"I am here because I am not all there"  
~Earle K.

"God I ask you to help me open my heart and help me drop the barriers. Amen"  
~Timi H.

"I may not be where I want to be, but I thank God that I'm not where I used to be. " ~Phil T.

"Thank you, God" ~Nicole J.

"I want to be remembered for my Recovery, not my addiction."  
~John

"Hard to be Hateful, when you're Grateful"  
~ Andrew G.

"I get to see others behave as I used to. It reminds me of what I really want today."  
~Jim

"Progress: Going into my 3rd year of sobriety when the committee in my head hears a solution like 'thank you' or 'love you'."  
~Kathy C.

RETIRED  
BLACKOUT  
ARTIST

The goal isn't to just  
'be sober'.

The goal is to love yourself so much  
that you don't want to drink.

THE FACT THAT  
THERE'S A HIGHWAY TO  
HELL AND ONLY A  
STAIRWAY TO HEAVEN  
SAYS A LOT ABOUT  
ANTICIPATED TRAFFIC  
NUMBERS.



Volunteers needed!!

Founders Day

Committee

1st Meeting

When: Thursday 5/16

Time: 5-7pm

Where: Central Office

41340 Pear St Suite 1

Murrieta 92562

Come have fun with us!!

# TACO TUESDAY

**May 21st 4pm~close**

*Just around the corner  
from Your meeting!*

*Stop in for fellowship  
or Inhale and Step...*

*Tacos, Nachos, Beans and Fresh Baked Churros*

*Cardholding members \$1 item / Visitors \$2 item or 3 for \$5*

*12 Step Opportunities Available!*

@



**951-693-1212**  
***thetvac.org***  
**27470 Commerce Center Dr**  
**'C'**  
**Temecula Ca 92590**



# **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 8<sup>th</sup> 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!**



Idyllwild California

# Save The Date

Sept. 6th-8th 2019

<http://www.wtwsr.com>



## WTWSR

*Woman To Woman Spiritual Retreat 2019*

**A woman with a voice, by definition , A strong woman**

**Cost \$145.00**

**Bunk Bed Style Rustic Cabin Lodging , Meals,  
Crafts, Workshops much more all included**

**Chairwoman - Niveen Trujillo**

**[nkhalafwcc@gmail.com](mailto:nkhalafwcc@gmail.com)**

**Co Chair - jennifer Lanids**

**[Jenners012979@gmail.com](mailto:Jenners012979@gmail.com)**





# SAVE THE DATE



## Liberty Bells

Half Cracked But Liberated

**24<sup>th</sup> Annual**

**Everyone is Welcome ~ Family & Friends**  
**October 11-12-13 2019**

**COSTS TBD**

**To Be Determined  
FOR THE WHOLE WEEKEND**

*Riverside County Parks have increased their prices.  
Unfortunately we had to too. Still a great deal!*

**Tent Camping**  
**RV/Trailers**  
**Day Use No Camping**

*Pet Friendly Camp per day, per pet  
Paid @ the gate upon entry*

✓-In Friday 2:00p  
✓-Out Sunday 12:00p

**Friday:**

**Starting @ 5:00pm**  
**Scheduled Meetings ~ Free Coffee**

**SATURDAY:**

**Busdriver Steve Memorial**  
**Horseshoe Tourney 10:00a**  
**POT LUCK 5:00p**  
**Campfire Meeting 7:30p**

**All Weekend!**  
**Hiking · Biking · Games**  
**Napping · Eating**

**Loop "B" Hurkey Creek Park**  
**56375 CA-74, Mountain Center, CA 92561**

**RV's and Trailers welcome**

**This is a Dry Campsite: No Hook-Ups No Dump Station On-Site**