



## Temecula Valley Central Office

# Gratitude Gazette

*Carrying the message throughout our valley*

**951-677-1535 Hotline 24 hours**

4130 Pear St, Ste 1 Murrieta, CA 92562

## June 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:**

## Defining Obsession

By Crystal B, Sun City

I'm Crystal, and I'm an alcoholic. My sobriety date is 8/14/2011 and I drank for 27 years. For at least 24 of those years, I knew I was an alcoholic. I knew about A.A. I knew about all the other 12 step programs. Yet I continued to drink. I thought the only thing required of me was to be aware of my alcoholism. I loved booze. I loved the happiness it brought me! I loved the freedom it brought me and the relief I felt after drinking. Yes, for many years I could stop. Even though it was only for a few days or weeks at a time, I thought that just knowing I was an alcoholic would save me somehow. I didn't understand there was a completely different way of life out there. I didn't have any comprehension of the incredible, beautiful world of recovery available to me. I didn't understand how my body, perception and character had been badly burned and warped by alcohol. "I haven't gotten drunk in at least a week but look, my life still sucks! Nothing is better! I like it better drunk!" I was so angry all the time. So impatient. I wanted it all and I wanted it now. I know now that I was "restless, irritable and discontent..." I had no other solution but to drink. Over the years, my alcoholism progressed into a life of misery, blame, grief and rage. I was a victim to everything and to everyone and I hated living.

I knew that having just one drink would make me want more but I didn't know that was called an "obsession". From a very young age, I loved the booze crowds! I loved keg parties, live bands and shots, honky-tonks, parties and dirty hole-in-the-wall, dark stinky bars. I could drink in the dark from place to place, no one caring how much I drank, never having to spend my own money or drive myself around. I purposely surrounded myself with people that would enable and allow this behavior. I was very uncomfortable at special occasion parties or fancy socials where ladies were expected to behave with good manners and charm. I'd have the obligatory glass of wine or champagne and do the best I could to control my drinking but more times than not, I found myself on pins and needles watching the waitstaff waiting for another drink, and another, and another.

*Continued ...*

Other times I was dashing to the bar and hiding from my husband as I broke my promise of not drinking yet again. I chased after that ease and comfort of yet another drink.

It was a few years into my sobriety before I could grasp the notion of exactly how the obsession manifested in me personally. I heard your stories, I related to them, but that was as far as the connection went. They told me "Look for the similarities" I did that easily. I related to all your stories, but I couldn't make any emotional connection to myself. It was as if I was outside looking in. I could see that you had what I wanted, but I couldn't get into that solution. It was only when I got a sponsor, and I started to do the step work and really dig in, that I would get these God shots or sudden realizations of my truth. A flood of understanding and emotion that can only come when I can truly see and feel myself in your story and then connect with how it relates personally to me. That's how the program of Alcoholics Anonymous works for me. If I don't do the work, I cannot have the awakening the book talks about. For me that awakening comes in moments. "Sometimes quickly and sometimes slowly", as the book says but it has always materialized when I have done the work.

I can distinctly remember the moment that I first realized that the obsession had been lifted. I had just admitted my daughter to an out-of-state hospital for a 6 month stay. I was about 2 years sober, emotionally beaten, alone in an unfamiliar state, and very depressed. The hospital had paid for an overnight stay for me and it just so happened that they reserved a room in a casino hotel during the month of August. There were several wedding receptions and class reunions that were well attended that

weekend and booze was everywhere! There were parties, loud laughter, drunk people, smoke and music! There were abandoned drinks without cigarette butts in them that would have been perfect for the picking! It was my alcoholic dream come true! However, as I stood among the drunks in the elevator on the way up to my room, the smell of them repulsed me. I was sloshed with a spill, I felt disgusted and wiped my arm clean yet smiled at the apologetic drunks. Later after I showered, a feeling of deep love and gratitude for my sobriety washed over me in a way that I will never forget. For the first time in my life I felt as if I was in the right place at the right time. I felt safe, I felt I could care for myself and I felt hopeful. God is so good. I was very aware in that moment that despite the availability and circumstances, despite the emotional upheavals and rearrangements I had experienced in that torturous two years of sobriety, I did not have the obsession to drink. What a moment. I did not have the obsession to drink. For the first time since I was fourteen, I, me, my soul, my spirit, my inner most self, DID NOT HAVE THE OBSESSION TO DRINK.

At times in sobriety, I sometimes feel like drinking. Usually it's behind an emotion I either don't want to feel or an emotion that I want to feel more of. Because I've done the work, I know that what I really feel is restless, irritable and discontent and I know I have a solution that works today and that the work continues to be a necessity.

Just being aware that I am an alcoholic is not enough for me to stay sober. Just going to meetings is not enough for me, personally, to stay sober. Just being of service is not enough for me to stay sober. I must continually put my best foot forward each day being armed with

the facts about myself! I've only been able to know my true self through doing the work my sponsor has asked me to do. Being willing allows me to feel the serenity I crave. I must pray daily to enjoy a relationship with my Higher Power who brings all the work together for my well-being. I must constantly think of others and their well-being even when I don't like them. I must see where my character can be better and when I get jammed up with rage, resentment, jealousy or grief, I must work with another alcoholic as all else has absolutely failed me.

I didn't understand what my fellows meant when they said, "I have a life beyond my wildest dreams". I am starting to get a glimpse of that today. I have ease and comfort without a drink. I still have dark times which have turned to growth opportunities. I am healing a little more everyday and I get to help others heal as well. I love my sober life and you can too whether you have been sober 1 minute, 1 day, 1 month, 1 year or many years. Not drinking is only the beginning and there is so much more waiting.

With love and gratitude for this wonderful fellowship, I thank you for being part of my recovery and allowing me to be part of yours!

Crystal B.

Editor & Publisher

Temecula Valley Gratitude Gazette



# Step Six: Defects and Short Comings

*A lot of Credibility Leads to Integrity*

By Rick R, Poway



Sometimes the wording used in The Big Book and in The Twelve Steps and Twelve Traditions mean something different to individuals often based on how they evolved with respect to Religion, Agnosticism, Atheism and other developmental histories. This may be confusing to many of us, especially Step Six in the 12X12 as it talks of God removing these defects of character the way God removed the obsession to drink.

In simple terms I try to word the Step Six process in a way anyone can understand it. My goal is not to offend anyone by being over simplistic. Almost all our actions and behaviors stem from our thinking. When our thinking is of a fearful nature, we are bound to make bad decisions in an effort to defend ourselves. The defects we identify in the step four inventory, disclose in step five and address in step six, are biproducts of our fears and insecurities and are of a spiritual nature as in our inner self. The shortcomings we address in step seven are of a material nature (actions and behaviors) that result from those fears and insecurities. If, in the program, we discover a defect of character and address it properly the short coming diminishes and becomes irrelevant.

A simpler way I try to describe this process is as follows: Suppose you purchased a new car and drove off the lot and as you reached the first stop sign you hit the brakes, the car slowed down but did not stop as it should and drifted out into the intersection. You then returned to the car lot and explained what happened, they checked it out and discovered that the wrong brakes were installed at the factory. They agreed to correct the mistake. This time when you drove away and approached the stop sign the car stopped as it was supposed to, and it also stopped at every other stop sign or red light. Once the defect was identified and corrected, the short coming went away.

I look at defects as the unseen part of our makeup such as: thoughts, motives, fears, feelings, ego, conscience, and so on. I look at shortcomings as the results of those inner thoughts and feelings such as: gossip, lying, verbal abuse, cheating, theft, neglect, and so on. In step four we identified our defects of character (fear and Insecurity) and in step five we owned and exposed them.

In Step Six and Seven we start to replace our selfish and shameful thoughts and motives with unselfish habits and deeds.

There's no need to overcomplicate the process. As we begin to stay on the unselfish side of the behavioral ledger, we begin to establish a new track record and if all our motives are of an unselfish spirit, we start to establish some credibility, which, in time, leads to integrity. If individuals employ the dynamics, I described in Step Six and Seven, he/she will be a different person, in Spirit, when they reach the ninth step and it will make it much easier to make amends backed up by a mountain of integrity.

The steps of the program are numbered in order, for a reason and if a person is struggling with one of these steps it might be wise to backup and be sure that they didn't skimp on an earlier step or leave out something important. If an Alcoholic has a desire to live a happy and useful life, the steps of the program are a pathway to achieve that goal provided they stick with the plan. Not everything will go our way in the beginning but, if we persist, in time things will go exceptionally well. In the words of Preacher Roe: "Sometimes you eat the Bear, Sometimes the Bear eats you". I say, "Perseverance will always eat the Bear"!

## 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

**Tradition 6:**

*"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."*

Experience proved that we could not endorse any related enterprise no matter how good. We could not be all things to all men. We saw that we could not lend the A.A. name to any outside activity.

- Twelve Steps and Twelve Traditions

**Concept 6:** "On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous. "

-The Twelve Concepts for World Service

**Step 6:** "Were entirely ready to have God remove all these defects of character."

Step Six necessary to spiritual growth. The beginning of a lifetime job recognition of difference between striving for objective and perfection. Why we must keep trying. "Being ready" is all-important. Necessity of taking action. Delay is dangerous. Rebellion may be fatal. Point at which we abandoned limited objectives and moved toward god's will for us.

- Twelve Steps and Twelve Traditions



H&I Committee Meeting	1st Monday 7:30 pm	Temecula Valley Alano Club 27470 Commerce Center Dr.
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 <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)



# A letter from Peoria to Minneapolis, 1945

A.C. Hyde Realtor

Complete and Personalized Real Estate Service

1901 Prospect Road, Peoria, Illinois

Phones 2-5522, 2-0445, 2-4304

Friday the Thirteenth, 1945

Dear Barry,

Ever since returning home I've been anxious to write all of you and thank you for including me in your Kare Phree outing. To put it very mildly, I had one helluva fine time and was certainly delighted to meet such an outstanding gang of really worthwhile guys and gals. Not only did I have a wonderful time, but your Nicollet Group certainly gives me, and in turn the Peoria Gang a real goal to shoot at.

In my usual slow and cautious manner I have proceeded to sell the Peoria Group on the Nicollet Group. Tomorrow night we all meet to vote the adoption of your by-laws, slightly altered to fit local conditions. Sunday afternoon at 4:30 our first class in the 12 steps begins. We're all attending the first series of classes so we'll all be on an even footing; we anticipate losing quite a few fair-weather A.A. hangers-on in the elimination automatically imposed by the rule that these classes must be attended. This elimination we anticipate with a wee feeling of suppressed pleasure inasmuch as we are all extremely fed up with running a free drunk taxi and sobering-up service. Continuing in my aforementioned cautious manner, I rented some potentially fine club rooms so we'll have a nice spot for a fresh start. If the by-laws aren't adopted and they decide to blunder along in the manner of the past, I shall have rather spacious rooms for my one man meetings. There's slight chance the rules won't be adopted, however, as 90% of the boys I've talked to are tickled with the Nicollet idea. (By the way, howinell do you spell Nicollet?)

I've raved about your great city so much that now my wife is hounding me to go back to Minneapolis and find a house and we'll move up there. Does Minneapolis need a high-powered Real Estate promoter in its midst? This is beginning to get serious and I kinda like the idea myself. Guess I'll come up there in a week or so, attend your Thursday, Friday and Saturday meetings and look into the real estate business. (Again my slow and cautious manner shows itself.)

Well, Izzak Walton Collins, please extend my heartiest thanks to your wife, Don Kenyon, and all the rest of your great gang for having me up and showing me some real A.A. in action.

Best regards to you all,

Bud



4130 Pear St., Suite 1

Murrieta, CA 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



The best part about recovery is when we get to rediscover ourselves. Find your passion. Find your life purpose.

CHELSE CHARMED

HealthyPlace.com



## Founder's Day

Submitted by Charlene H.

What is Founders Day and why is it so important to our local fellowship??

### A business trip to Akron, Bill W

A short-term job opportunity takes Bill to Akron, Ohio. In the lobby of his hotel, he finds himself fighting the urge to join the conviviality in the bar. He contacts a church posted on the wall with the aim of finding someone who might lead him to an alcoholic with whom he could talk. A phone call to Episcopal minister Rev. Walter Tunks results in a referral to Henrietta Seiberling, a committed Oxford Group adherent who has tried for two years to bring a fellow group member, a prominent Akron surgeon, to sobriety.

### Men on a Mission

Dr. Bob lapses into drinking again but quickly recovers. The day widely known as the date of Dr. Bob's last drink, June 10, 1935, is celebrated as the founding date of Alcoholics Anonymous. Dr. Bob and Bill spend hours working out the best approach to alcoholics, a group known to be averse to taking directions. Realizing that thinking of sobriety for a day at a time makes it seem more achievable than facing a lifetime of struggle, they hit on the twenty-four hour concept.

"I can't, He can, I think I'll let Him."

~Bob

"Say what you mean, mean what you say but don't say it mean."

~Laura

"Anger is just a cover up for being afraid"

~ Nelly

"Being miserable is an option, so is being happy."

~Garth

"Plan plans but let go of outcomes."

~Phil

"Grateful for the acceptance I received as a newcomer"

~Anonymous

The waiting.  
The meantime.  
The in-between.  
It all serves a purpose.  
Trust your process,  
even the delays and detours.



Sorry my sobriety made you feel uncomfortable.



your e cards  
someecards.com



I HAD THE RIGHT  
TO REMAIN  
SILENT...  
BUT I DIDN'T  
HAVE THE  
ABILITY



# Upcoming Events & Office News

## Mark Your Calendar!

- ⇒ **Founder's Day 6/8/2019 5pm (flyer attached)**
- ⇒ **Sober Soapbox 7/7/19 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.
- ⇒ **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)**



"Welcome, I remember my first meeting.  
I came as Batman."

—David L., Rio Rancho, N.M.

*Reprinted from the Grapevine March 2014*

## 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> |

## 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!*

## will·ing·ness

/ˈwɪlɪŋnəs/

Noun: The quality or state  
of being prepared to do something;  
Readiness



# **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!**

# CHILI COOK-OFF

## AND BAKE BATTLE

### COMPETITION REQUIREMENTS....

- GROUP/INDIVIDUAL NAME
- TYPE OF FOOD YOU ARE ENTERING
- MUST DECORATE YOUR TABLE
- \*PRIZE FOR BEST TABLE DECOR, CHILI AND BAKED GOODS

**SATURDAY JULY 20  
12-4PM**

**MURRIETA COMMUNITY CENTER  
41810 JUNIPER ST. MURRIETA**

**CORN HOLE  
TOURNAMENT  
LINE DANCING  
LESSONS  
SPEAKER  
TASTING\$\$  
\$\$ PRIZE RAFFLES**

**COMPETITORS MUST  
BE REGISTERED BY JULY 1ST**

**TVCO "FUN"RAISER  
BRING YOUR \$**

**CALL DONNA AT  
(562)533-0497**



# 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

# MIRACLE ON THE RIVER

32<sup>nd</sup> Annual

NOVEMBER  
1ST - 3RD  
2019

HAPPY · JOYOUS · FREE



Register  
Online!

\* With Al-Anon Participation

[www.HavasuaARoundup.org](http://www.HavasuaARoundup.org)

# 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)

## 68th

Southern California  
AA Convention  
with Al-Anon Participation



## A New Way A New Life

September 27,28,29 2019

The Westin Mission Hills Resort & Spa  
Rancho Mirage, California (Palm Springs)

**The Inland Empire 23rd Annual Women's A.A. Banquet**  
**September 7, 2019**

National Orange Show, San Bernardino - Renaissance Room  
 Doors Open for Check-in: 5 p.m.  
 Dinner Served/Fellowship: 6 p.m.  
 Welcome/Guest Speaker: 7 p.m.

*Amazing Grace*



**\$40.00 (includes tip and tax)**

**SCHOLARSHIPS AVAILABLE - CONTACT REGISTRATION FOR INFORMATION**

**NO TICKETS SOLD AT DOOR**  
**REGISTRATION DEADLINE: August 30, 2019**

**Come Join Us for Our 23rd Anniversary and Celebrate Recovery**

**Raffle Prizes    50/50 Drawing    Sobriety Countdown**

**Any Questions or Additional Information:**

**Coley B., Chair @ (951) 581-2979**  
**Dawn S., Co-Chair @ (951) 351-2572**  
**Sue L., Registration @ (949) 275-0464**  
**Stacy L., Treasurer @ (951) 313-6940**



**16th Annual**  
**Mountain AA Conference**  
 with Al-Anon Participation

**A Search For Serenity**

**Big Bear Performing Arts Center**  
 39707 Big Bear Blvd., Big Bear Lake, CA 92315

**Friday, August 16, 2019    Saturday, August 17, 2019    Sunday, August 18, 2019**  
 7pm - 9pm    7am - 10pm    7am - Noon

**Hospitality**

**Delicious Gourmet Luncheon**

**Five Main AA Speakers**

**Saturday Night Ice Cream Social**

**Saturday & Sunday "12 Step Yoga" with Molly B.**

**(all levels welcome, please bring mat)**

**Sunday Morning Pancake Breakfast**

**Long Timers Meeting**

**AA Marathon Meetings**

**Country Store/Souvenirs**

**SATURDAY MORNING WORKSHOP:**

**Emotional Sobriety: Achieve; Sustain; Improve! Serenity is Our Way of Life!**  
 Presented by Herb K. of Palos Verdes, CA

**AA Speakers:** Jackie B. from Covina, CA, Doug and Carla R. from Tujunga, CA,  
 Steve L. from Redondo Beach, CA, Danny T. from Granada Hills, CA

**Al-Anon Speaker:** Betty Ann Z. from Woodland Hills, CA

**Mid-Southern California Area Archives "Our AA Fellowship Museum"**

**[www.MountainAAConference.com](http://www.MountainAAConference.com)**



**EASY DOES IT WEEKEND**

**AT CAMP SEELY**

**40th** YEAR OF MAGIC IN THE MOUNTAINS

**October 4, 5 & 6 2019**

**NEAR CRESTLINE/LAKE GREGORY - SAN BERNARDINO MOUNTAINS**

**Check website for theme of this Camp**

**AA & AL-ANON**

**Bunkhouse heated cabins with beds.**

**Bathrooms and showers are not inside cabins.**

**Singles & Couples Welcome - Limited number of couple cabins - First come, first served**

**Five great hot meals, fabulous meetings, plus a dance, raffle, games and more!**

**All for just \$98 per person (no one under age 18)**

**Bring warm clothing, bedding and towels**

**No pets - No special food requests - No soliciting - No Refunds**

**Visit our website: <http://www.easydoesitweekend.org>**

**FOR INFO:**

**Registration Chair: Christina R. (626) 421-1952**

**Camp Chairperson: Deby C. (626) 688-3414**

**CAMPS HAVE BEEN SELLING OUT VERY QUICKLY REGISTER EARLY TO ENSURE YOUR SPOT!**

**October 4, 5 & 6 2019**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_ **\*\*Only put email if it is OK for EDIW to send you email\*\***

Couple \_\_\_\_\_ Single \_\_\_\_\_ **SPECIAL REQUEST**

**IF YOU WANT TO SHARE CABIN WITH SOMEONE SPECIFIC PUT THEIR NAME HERE** \_\_\_\_\_

**IF YOU HAVE BEEN TO CAMP BEFORE & WANT A SPECIFIC CABIN REQUEST CABIN #** \_\_\_\_\_ **(NOT GUARANTEED)**

**\$98 per person. Pre-registration required. Make check or money order payable to:**

**Easy Does It Weekend and mail to: 80 W. Sierra Madre Blvd #85 Sierra Madre CA 91024**

**Cancelled check is your confirmation - visit website or call registrar for availability near time of event.**

**Mail Registration early to ensure your spot**



**PLEASE JOIN US FOR THE**

*2nd Annual Women's Luncheon*

**Theme: "Come Walk With Me - The Best is Yet To Come"**

**• Free food • Fun • Friends • Music •**  
**• Speaker • Entertainment • Inspiration •**

**SUNDAY**  
**JULY**  
**14**

**3:00-6:00 PM**

*South West Alano Club*  
 12130 Birch Avenue  
 Hawthorne, CA



**HOSTED BY THE WOMEN OF BIRCH**

# 5th Annual AA Retreat with Al-Anon Participation Rosarito Beach, Baja California

Come Join us for a "Serenity by the Sea" weekend  
at the

Rosarito Beach Hotel - October 11, 12 & 13 2019

## Schedule at a Glance

Friday	Saturday	Sunday
Welcome Reception	AA Topic Meetings all day	Breakfast Buffet
AA & Al-Anon Speaker Meetings	Al-Anon Workshops & Panels	Count-down
	Al-Anon Luncheon & Speaker Meeting	AA/Al-Anon Speakers
	AA/Al-Anon Banquet & Speakers	Closing Ceremonies



Rosarito Beach Hotel Ocean View Rooms  
with Special Rates for our Event.

**"PASSPORT REQUIRED"**

*"Serenity  
by the Sea"*



*Life Really Does Just Keep Getting Better!*

AUGUST 30-SEPTEMBER 2, 2019



A SPIRIT OF  
**Love**  
AND  
**SERVICE**

## SCHEDULE AT A GLANCE

Friday, August 30

Opening Ceremonies  
AA Speaker Meeting  
Marathon Meetings Begin  
Fantastic Friday Comedy Show

Saturday, August 31

Al-Anon Luncheon  
Women's Speaker Meeting  
Interview with a Drunk  
Banquet, Show & Meeting  
Young People Dance

Sunday, September 1

Poker Run  
Family Breakfast & Speaker Meeting  
AA Longtimers Meeting  
Al-Anon Longtimers Tea  
AA Biker Speaker Meeting  
AA Musicians Speaker Meeting  
Vegas Night

Monday, September 2

Birthday Meeting  
Closing Ceremonies  
AA Speaker Meeting

Please note that this is a preliminary schedule of events. All times are subject to change. Check our SouthBayRoundup.org for the most updated schedule including workshops and special meetings.

**TORRANCE MARRIOTT SOUTH BAY**

3635 Fashion Way  
Torrance, CA 90503

Questions?

Would you like to be of service?

Call our Roundup Hotline:  
(310) 354-7660

Or visit our Roundup Website:  
SouthBayRoundup.org

PLUS! AA Archives & Memorabilia | Alateen | AA & Al-Anon Marathon Meetings | Live Music | Other Entertainment All Weekend | Special Workshops  
Veteran's Meeting



## Our 7th Tradition: A Perspective

**THEN**



VW Beetle  
\$1,465.00  
Gas  
25¢/gal.  
Jeans  
\$4.50

**NOW**



VW Beetle  
\$19,000.00+  
Gas  
\$3.65+/gal.  
Jeans  
\$75.00+



AA BASKET  
\$1.00



AA BASKET  
\$1.00



**This doesn't add up.**  
You can do something about it!