

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

# Fully Conceding...

With Peter, Wildomar

By Crystal B, Sun City

I met Peter for our talk at Temecula Valley Central Office on Saturday, 6/1/19. It was a busy morning with the phones ringing and fellowship dropping in for purchases for themselves and their meetings.

Peter started his journey in sobriety with a family intervention in 1985. For 30 years he has struggled with relapse after relapse and could not stay sober. It seems "life on life's terms" became too difficult at times for Peter to remain sober. When life was good, Peter often found it easy to be sober and active in Alcoholics Anonymous, but he found himself often blaming the world for his bad circumstances.

His self will took him out over and over. After ruined relationships, the loss of a child, financial hardship, he told himself "Buck-up man! You can get over this!" But alas, Peter would find himself in another relapse. Everything that had become precious to him would again vanish and he would surrender to his alcoholism and drink again.

Before the last relapse, he surveyed his life. His children had grown to adults, he and his girlfriend had a comfortable life, everything on the outside told him that he should be happy. But one more time, he couldn't find a reason to live. He started and 8 year run on binge drinking thinking "I wasn't hurting them. I kept people at a distance, I kept 'them' away from me." This seems to be one of those golden threads that seems to run through every alcoholic's experience from time to time. The desired isolation, the adverse reaction to relationships, love and integrity is too hard for us and an often-unwanted emotion. Peter says that he was never fully convinced of his alcoholism. He didn't want to die but he didn't want to live. There was the "jumping off point". He heard a voice "Give the program one more shot and do what you're told!"

(continued)

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:**

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Peter said, "I was caught between happy and scared when my girlfriend told me I had to leave." He was happy to have another chance to get sober but still scared to go forward. He was disappointed and heartbroken at the realization of another charred relationship.

At that point, he moved into sober living and he felt his eyes were re-opened. He had a strong desire to stay sober. He made a friend there and they hung out and went to meetings together. But when that friend relapsed, Peter felt angry and was sad that the friend had given up his sobriety. He found himself reflecting on his own relapses and discovered that he was not a failure. However, he had failed to do everything that AA "suggests" that he does. He realized that he had to stay convinced that he was an alcoholic. No matter what, he had to read the book, go to meetings, call others and be of service. He desperately felt committed to this balance. "I have so many things I love to do in life that I can't possibly do them all! The unity keeps me willing to recover and serve.

"I like participating in service opportunities. I was invited to become a board member at the Temecula Valley Alano Club about 9 months ago. I have learned a lot about putting principles before personalities and practicing being a responsible member accountable to others. Practicing the principles in meetings and board meetings has started to spill over into other areas of my life and it feels better to respond than to react. I feel that life has opened some and I am so full of gratitude. I'm very passionate about my service at the Alano Club. We have good sobriety there and we would like to continue making it more homelike and intimate. Much like other clubs in the area. We are looking to form a steering committee to move in that direction and continue to be a safe place to go. Often, we see that people come to just have a safe sober place to relax and connect with likeminded people. I'd like to see the club expand and add quiet places to read and chat and maybe add areas for the whole family."

If given the chance, Peter would tell his newcomer self "If you really want to change your life, you have to be willing to change."

If given the chance to carry a message today, Peter would say that we cannot do any of this alone.

Thanks, Peter for staying sober today! The Unity, Recovery and Service are the three sides of the triangle that keep us coming back and I appreciate you sharing your story with us!



#### A Brief History of the Big Book

Bill W. and Dr. Bob began discussing the concept of The Big Book after they achieved sobriety. They had developed a program that helped 40 men stay sober, and they believed their system could help others.

In 1938, Bill W. began writing the book. It was published by Bill W. and Dr. Bob in 1939. The original version of The Big Book included Bill's story, a description of alcoholism, the 12 Steps, a letter to agnostics and an outline for recovery. The fourth edition includes most of the original content.

Alcoholics Anonymous revised the book several times to ensure that it accurately represents people with alcohol use disorders across the world. Stories are included in the book to help individuals identify with others who have the disease of alcoholism and to encourage them to try the AA program.

By the time the second edition was published in 1955, about 300,000 copies of the first edition had been sold or distributed. The second edition added appendices, including the 12 traditions of AA and directions for contacting AA. Numerous stories were also added to the second edition, which reached more than 1.1 million people.

The third edition, which added new stories and removed others, was published in 1976. Nearly 20 million copies of that edition entered circulation during the next three decades.

The most recent version of The Big Book was published in 2001. Additions include the 12 concepts of world service, new stories and revisions to old stories. A few stories were also removed.

### Renovations

Kelly P, Menifee

# "We will not regret the past, nor wish to shut the door on it"

No, I do not wish to shut the door.

I want to swing the door wide open.

Open the windows too!

Air out the must and mold of this neglected spirits home.

Rip up this filthy, tattered carpet.

That easier softer way that no longer has any cushion left for these feet.

Nothing but a stained covering, only ever meant to hide the imperfections underneath.

A worn out band-aid that no longer serves its purpose.

Strip it down to the original hard wood.
Run my bare finger tips across every scratch, scuff, and ding.

Recall what caused each imperfection in this floor that was laid by the cosmos so long ago.

Recall each trauma to this foundational flesh.

See how every scar has added to its beauty.

Realize how the first knick ruined it,

and every one thereafter contributed to its character.

Then I want to find a friend.

We'll put on our safety goggles,

Get out the grinder,

The sander.

We'll scrape away this sticky aged varnish with these new vibrations.

Look at swatches of stain, and determine what tones will bring it's true beauty to life.

Methodically and gently brush on each new layer of protection.

The past will now be clearly visible.

Its hard times will have been highlighted, revealing unique purpose & beauty.

No! Do not shut the door!

There's work to be done in here and I'm going to need some light.







## **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 your-self) 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

## Founder's Day

Crystal B, Menifee



"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."

Reprinted from Las Vegas AA Central Office <a href="https://www.lvcentraloffice.org/home/founders-day/">https://www.lvcentraloffice.org/home/founders-day/</a>

This year Temecula Valley Central Office took a chance and created a free event to celebrate Founder's Day. Historically speaking, TVCO has charged about \$20 per person to attend this event each year. This year, after much discussion and consideration, the board decided to model this year's Founder's Day fundraiser after our annual Pancake Smackdown. By doing this, the event became truly all inclusive. Everyone was invited to attend the free pizza and salad dinner! Plenty of groups and individuals contributed raffle items in addition to cash prizes being raffled throughout the afternoon. I am so happy to report that this year we had record attendance!

In addition to a wonderful dinner, The Mutts were on stage in the amphitheater entertaining the crowd with rock covers new and old. The speaker meeting began around 8pm and we learned about recovery and how A.A. has worked for Jack G. from Huntington Beach. There was lots of laughter as the crowd related to the antics and memories of both days gone by and what to look forward to during a sober life.

Unity, Service & Recovery were present all around throughout the day. The laughter and fellowship experienced by all proved to be quite a testament to making this a free event shared by all. We were blessed with a great setup from our local archives as well. The history of Founder's Day, of our Fellowship and our valley made a lasting impression on us all.



Thanks to our Event Chairperson, Charlene H., for organizing this event and thanks to all the volunteers for your help and service!

### What is A.A.?

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Reprinted from <a href="https://www.aa.org/pages/en">https://www.aa.org/pages/en</a> US/what-is-aa

For more introductory information, please visit this link for the pamphlet "This is A.A., An Introduction to the A.A.Recovery Program" https://www.aa.org/assets/en US/what-is-aa/p-1-this-is-aa-an-introduction-to-the-aa-recovery-program

#### Step 7

Humbly asked him to remove our shortcomings.

- Twelve Steps and Twelve Traditions

#### Concept 7

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

-The Twelve Concepts for World Service

#### **Tradition 7 Long Form:**

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other 2 outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

- Twelve Steps and Twelve Traditions





**H&I** Committee Meeting

pm

1st Monday 7:30 Temecula Valley Alano Club 27470 Commerce Center Dr.

**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 http://msca09aa.org/

District 17 GSR Meeting 2nd Tues 6:30pm Springs Church

Visitors Wel-

41735 Winchester Rd #C

come!

Temecula, CA 92590

Intergroup Meeting

3rd Tuesday 6:45pm

United Methodist Church, Murrieta 24652 Adams St, Murrieta, CA

(At Kalmia & Adams)

# 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

We are looking for writers and "Roving Reporters" 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. <u>The minimum</u> submission accepted is three complete sentences.

Write Cn, 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.

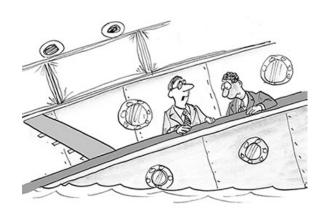
~Your Central Office Team

## **Upcoming Events & Office News**

#### Mark Your Calendar!

- ⇒ 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)

Please see attached flyers for many other events in ours and surrounding areas!



January 2019

"Do you know if happy hour was cancelled?" —Rob G., Chicago, IL.

Reprinted from the Grapevine

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!

#### **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

2. Terri

3. Debi

4. Maricella

5. John W

6. James

7. Laura L

8. Tony

9. Cheryl

10. Nikki

11. Chris

12. Terry

13. Jesse

14. YOUR NAME HERE

#### **Central Office Activity June 2019**

Phone Calls: 282

Walk-Ins: 212 Purchases: 207

Website Visits: 3818

# hu-mil-ity

/(h)yoo milədē/

Noun: a modest or low view of one's own importance; humbleness.

Synonyms: lack of vanity, lack of pretension, modesty, lack of pride, meekness



CORN HOLE
TOURNAMENT
LINE DANCING
LESSONS
SPEAKER
TASTINGSS
SPEAKER
TASTINGSS
SPEAKER

COMPETITORS MUST
BE REGISTERED BY JULY 1ST
TVCO "FUN"RAISER
BRING YOUR \$

CALL DONNA AT (562)533-0497



**Liberty Bells** 

**Half Cracked But Liberated** 24th Annual

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

#### COSTS TBD

To Be Determined

FOR THE WHOLE WEEKEND

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

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

Friday 2:00p ✓-Out Sunday 12:00p

#### Friday:

Starting @ 5:00pm Scheduled Meetings ~ Free Coffee

#### **SATURDAY:**

**Busdriver Steve Memorial** 

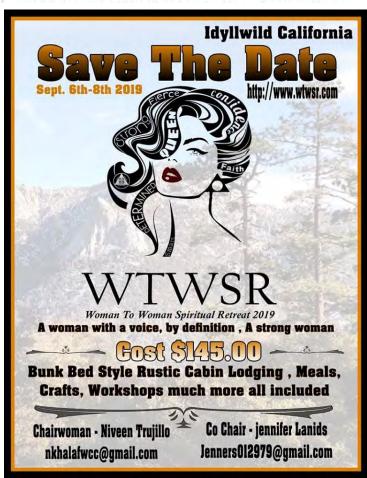
10:00a **Horseshoe Tourney** 5:00p POT LUCK

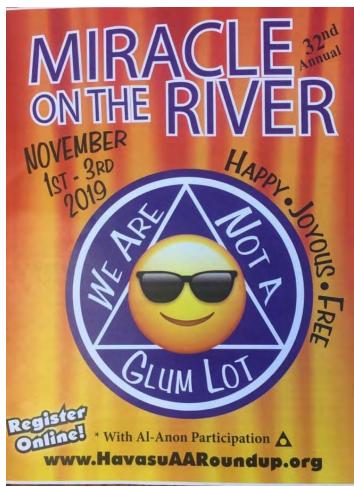
7:30D **Campfire Meeting** 

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





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



Friday, August 16, 2019

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



#### EASY DOES IT WEEKEND

AT CAMP SEELY

40th year of magic in the mountains

October 4, 5 & 6 2019

NEAR CRESTLINE/LAKE GREGORY - SAN BERNARDING MOUNTAINS Check website for theme of this Camp

#### AA & AL-ANON

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 EN Name(s) Address State Zip Code City Phone number \*\* Only put email if it is OK for EDIW to send you emails \*\* 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 #

\$98 per person. <u>Pre-registration required</u>. 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 every Mail Registration sarry to ensure your spot



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

Free food Fun Friends Music

Speaker Entertainment Inspiration

SUNDAY JULY

3:00-6:00 PM

South West Alano Club 12130 Birch Avenue Hawthorne, CA



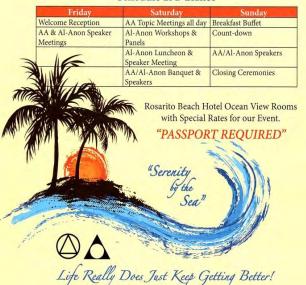
HOSTED BY THE WOMEN OF BIRCH

# 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



#### The 2020 International Convention of Alcoholics Anonymous



WHEN: July 2-5, 2020 WHERE: Detroit, Michigan

This year's theme
"Love and Tolerance is our Code."

A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium.

Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.

Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on aa.org.

Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee. For further information please <a href="https://www.aa.org/pages/en\_US/international-convention-2020">https://www.aa.org/pages/en\_US/international-convention-2020</a>



#### 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



#### SCHEDULE ATA GLANCE

#### Friday, August 30

Opening Ceremonies AA Speaker Meeting Marathon Meetings Begin Funtastic 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
Fomily Breakfast & Speaker Meeting
AA Longtimers Meeting
AI-Anon Longtimers Tea
AA Biker Speaker Meeting
AA Wusicians 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 as ibject to change. Check out SoutBayRoundup and for the most updated schedule including workshops and special meetings.

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

