



# Gratitude Gazette

*Carrying the message throughout our valley*

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

**4130 Pear St, Ste 1 Murrieta, CA 92562**



## There's More Than Him

With Laura L, Menifee

By Crystal B, Menifee

Laura L.'s sobriety date is 6/7/89 (6-7-8-9). When we met a few days ago to write this article, she showed up as she always does. Full of quick wit and a beautiful smile! She was concerned because she didn't know what to say. I told her to start with what it was like. After questioning "What it was like?" as she rolled her eyes, there was a short pause. She went on to say "It was just like everyone else's childhood. Full of alcoholism, parents fighting, dad being carted off to jail on Christmas day, mom's crashed car left on the lawn. Just the usual things!

By the time I turned eight, these events were part of a normal everyday life and things got worse by the day. My mom drank heavily and left me home alone quite often. The house was constantly in upheaval and shrouded in a blanket of fear, violence, abuse, shaming, and constant degradation. My mom was fighting her own battle with alcoholism and living with her own demons. It was difficult to stand by and watch her be abused. I begged her to leave but she wouldn't. She couldn't protect me from my step- father so I started running away at 14 and ended up in the system until I was 17. When I went home, my mom was newly sober, and I found that the dance had changed. I was no longer able to steal money from her purse nor was I able to act out. That just would not work for me. Once I graduated from high school, I got a job and my own apartment. I was moving on with life. I made sure that I got a boyfriend who was old enough to buy alcohol and I was drinking as often as possible. There was always a "him". I just didn't do life unless I had a "him" to help me through. Later I met another guy at the mailbox at my apartment and ended up marrying him four months later. "It was a long engagement!" I was nineteen at the time and ended up in AA. I was sober for about 5 months and decided that I couldn't be an alcoholic because I wasn't even old enough to drink! I had my first son when I was twenty-one and divorced by the time I was twenty-two.

*(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:**

Member Spotlight	<b>1-3</b>
Tradition 8 & Chili Cookoff	<b>4</b>
Member Submission	<b>5</b>
Traditions & Service Meeting Schedule	<b>6</b>
Member Submission	<b>7</b>
Central Office Info	<b>8</b>
Central Office stats & Upcoming Events	<b>9</b>
Flyers	<b>10-13</b>

I had a job at the time and when I was done working, I'd go to happy hour. I remember that I'd pick up my son from day-care afterwards. Once, I "came to" in my Denny's uniform without a dime in my pocket and having no idea how I got where I was. I had no idea where my son was and no recollection of what I had done. Alcohol was causing so many problems that I decided to stop drinking. I did well without drinking, however, I'd picked up another substance so that it was easier to avoid drinking. Before I knew it, I started using that like I did alcohol. Once more, things got worse. I went from job to job and from man to man. Got married a second time at twenty-seven. When my second husband asked me to marry him, I was relieved! I was so burnt out and felt he would take care of me. He worked and I used. I got pregnant and thought I should probably stop using so I started drinking again. By the end of my pregnancy, I was drinking and using every day. The night before I went into labor, I went to a party and stood next to the keg the entire night. When I told my husband I was in labor, he looked up at me with the most piercing look of disgust. I felt hurt and ashamed. I labored with my son hungover and strung out. When the doctors asked if I'd been using, as much as I wanted to be honest, I couldn't tell them the truth.

My husband wanted to make things ok for me by helping me get loaded. I was surprised that I didn't want to participate. I honestly wanted to be a mom and just enjoy this new baby. By the time the baby was three days old, I was off and running again. By the time he was ten weeks old, I had left my husband for another "him". The husband kept the baby and then my first husband came and took my first son. I drank and used for another year. One day out of the blue, the 'him' I left my husband for said "let's go to AA!" I was floored! "WHAT?! I don't want to go to AA!" After some coaxing, I gave in and went, but only

because I thought that we would go to the bar afterwards. The meeting was across the street from the then "Stanton Detox". When asked for newcomers, the "him" raised my hand with his and I was absolutely mortified! But then, I said, "My name is Laura and I'm an alcoholic", You'll never believe what happened next. I felt better instantly! I continued going to meetings and my "him" went to jail. I was sober about 45 days going to meetings every day. I'd even given my phone number to a lady who'd asked me for it (only because I didn't know that I could say "no") Things were going great! I got a job and was able to see my kids. The "him" got out of jail and called me. I went to a meeting first, but I already knew I was going to meet up with him afterwards. That started another 10-day run. The lady I'd given my number to while I was sober called me and for some reason, I answered the phone. I told her I was drinking and when she asked me why, I told her it was because I was trying to come down off the speed! I agreed to meet her at a women's meeting 2 days later. But after that 2 day wait, I was so tired and finally felt like I could sleep. I decided I wouldn't go. But then, that moment of CLARITY hit me! "This is what you always do, Laura." I went to the meeting and my sober journey started.

She assigned herself to me as my sponsor and suggested I go to a women's meeting, a 12 and 12 and a big book meeting every week. I called her every morning, and even though she was a late sleeper and I woke her up, she took my call anyway.

I went to work every day and made it to the 5:30 and 8:00 PM meeting at serenity Hall in Anaheim. I was desperate to stay sober and everything was so profound. Once, this biker guy came up to me and said rather brashly, "Find a God and you're not it!" I was taken aback that he would be so harsh! But a light bulb went on even though I didn't know what it meant.

I was full of so many different feelings, but my husband wouldn't talk to me and my boyfriend was in jail. So, my solution became scanning the meetings for another him. Maybe this biker guy can fix it! I got an apartment of my very own. It had green shag carpet and wasn't in the greatest neighborhood. One morning the sunrise was coming through the bathroom window and it was the most beautiful thing I'd ever seen! It was so beautiful I started crying! I realized that I had been missing out on so much! My first belly laugh was incredible! I laughed so hard I started to cry! The conflicting emotions were so confusing!

In my first year, I got divorced and went through a few more "hims" before I made a commitment to just one man. I got married at 2 years, pregnant at 3 years, had a baby at 4 years, got pregnant again and had another baby at 5 years. I then moved away just before 6 years and was only able to go to one meeting a week because of the kids. After I moved, I never really got comfortable and plugged into the program. I was taking care of babies and doing family stuff. For the next 8 years it was kids and family, my job and that meeting one night a week after work. I never hung around afterward either. I left as soon as it was over so I could get home and read to my kids before they went to bed.

With all the business of living life, the lack of a real program, just barely hanging on to my sobriety, my marriage fell into a mess. One day, my husband and I were having an argument and I got another one of those moments of CLARITY! Suddenly, like a crash of thunder, I realized that I was DONE being in this marriage. I found an apartment and broke the news to him. It was as close to an out of body experience as I think I could have. I felt so grown up! I was calm and I was sure on the next indicated step and I never regretted leaving that marriage.

(continued)

I do regret the things my boys went through as a result of that divorce. Once I moved out, I realized that my life had been all about them and my husband. I discovered that I knew nothing about myself. I had no close friends, no real support group, my sponsor fired me via email, and my dog died. This was the beginning of the most incredible journey of sobriety so far. I was 16 years sober and one more time I was desperate. I was incredibly lonely, and I was scared. I have social anxiety, so it was hard to go to meetings where I didn't know anyone. I would drive by Unity Hall on my way to and from work every day. I would tell myself every morning I drove by, "I'm going to stop there on my way home from work." But at the end of the day, I couldn't bring myself to do it. I got crafty and would then tell myself, "I'm going to go to the morning meeting instead," but that lie was just one more ad infinitum.

It took a long time before I could finally bring myself to walk in the door. I then began stopping most mornings and most evenings. If I wasn't working, I was in a meeting because I was desperate, and I didn't know how to be Laura without being married or a full-time mom. I began to get closer to a group of people and started trying to make myself show up to events. I got a new sponsor and did the steps for the first time as they are



**Someone out  
there needs to  
hear your  
story**

outlined in the big book. I'd never even done the 4th step like it was outlined before and I couldn't believe the relief I was getting as I went through the work with this new sponsor.

God has taken me through so many experiences since that divorce. Financial disaster, loss of jobs, a few more "hims", brain surgery and so much more. Each time I get through something, my faith gets stronger and stronger. I stopped the insanity of the "hims" in 2013 and have been on the most incredible journey of self-discovery ever since! I'm absolutely the best Laura I have been in my entire life neurosis and all! I have a group of women referred to as our "front row". I am fully self-supporting through my own contributions and realize now that my happiness in this process is truly an inside job. I am so grateful I finally understand that! I feel it and I can be happy, joyous and free no matter what is going on in my life! I've learned that sometimes, I just have to sit through the burn no matter how long it takes. I might get blisters on my ass, but God always shows up right on time!

Laura, thanks so much for taking the time to share your story with us! You're a great example of sobriety & I'm grateful to be in your "Front Row!"



## 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 8

Erik K.

"Alcoholics Anonymous should remain forever non-professional but our service centers may employ special workers. "

Long Form: Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

Tradition eight's roots? Why was it established?

Tradition Eight was written 11 years after the Big Book. Based from experience, it was found to be necessary. We had a fear of organization and professionalism - i.e. bosses, rank of order and

hierarchies. 12 step work is not to be paid for but on the flip side those who labor in service for us are worthy of their hire.

Professional verses Non-Professional: Professional money is owed for services. Non-Professional we work for fun and for free.

Our few paid workers are performing tasks that volunteers cannot consistently handle. They are not doing 12th step work, they are just making more 12th step work possible. Bill W. asks us in the July 1948 Grapevine to give our "service desks" the hand they so well deserve.

With this tradition we are shown to practice our Twelfth Step work by giving of self to another with no demand for reward whether it be money, notoriety or ego-inflation. Our reward is living a useful sober life, giving back what was so freely given to us.

## Chili Cookoff & Bake Battle

Crystal B

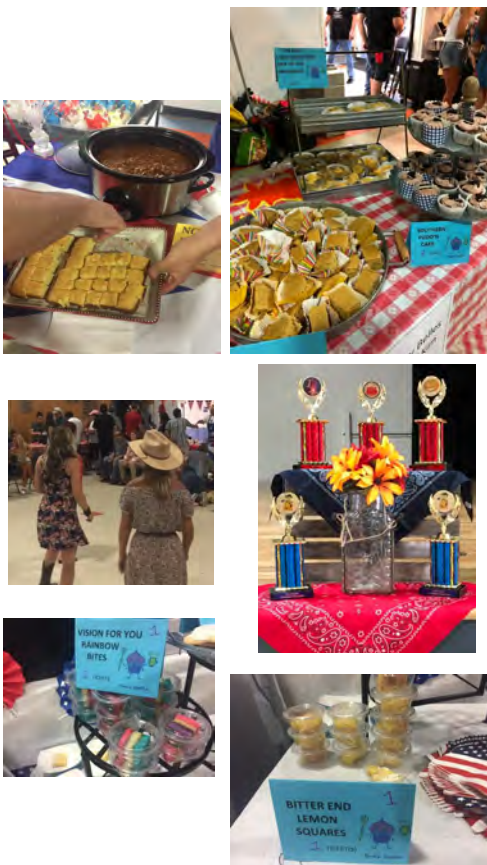


The 2nd Annual Chili Cookoff & Bake Battle took place in July and boy was the competition fierce! It was a fun day of food, fellowship and fun. What more could you ask for on a Saturday!? We had an amazing speaker who carried a message of laughter and growth.

Our Valley turned out big for this event as always. There were about 10 different chilis entered along with about the same number of baked goods. The Liberty Bells group

took home 1st place for chili & presentation while the cheesecake guy took 1st for the baked goods. We also crowned 2 new cornhole champions and worked off some of those calories with line dancing! Thanks for supporting Central Office this year while we rebuild our prudent reserve. Our fellowship is truly amazing!

I LOVE RECOVERY!





**Bow**  
**Lyn P. Unity Hall**

Let's not bow our heads, let's look up for now,  
To our future, raising sights,  
For what's out yonder, is left to ponder,  
Pray your dreams take sober flight.

Catching air, no small affair,  
Whimsy, clear and lightly,  
May your words always be heard,  
As healing, true and mighty.

If what you say is kindly paid,  
With gratitude, untold,  
Your heart be warmed, by friendships formed,  
Entrenched arms unfold.

Let's listen, still, for ink and quill,  
Bill's words cannot be silenced.  
One kind glance to another, chance,  
Strangers' souls unfenced.

I penned this in my car, not far,  
From this place of high revere.  
Now, let's bow our heads in thankful stead,  
For AA's gathered here.



**Step 8**

*"Made a list of all persons we had harmed, and became willing to make amends to them all."*

*This and the next two Steps are concerned with personal relations. Learning to live with others is a fascinating adventure. Obstacles: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting. Necessity of exhaustive survey of past. Deepening insight results from thoroughness Kinds of harm done to others. Avoiding extreme judgments. Taking the objective view. Step Eight is the beginning of the end of isolation.*

- Twelve Steps and Twelve Traditions

**Tradition 8 :**

*"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."*

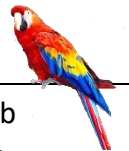
*You can't mix the Twelfth Step and money. Line of cleavage between voluntary Twelfth Step work and paid-for-services. AA could not function without full-time service workers. Professional workers are not professional AA's. Relation of AA to industry, education, etc. Twelfth Step work is never paid for, but those who labor in service for us are worthy of their hire"*

- Twelve Steps and Twelve Traditions

**Concept 8**

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

-The Twelve Concepts for World Service



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 <a href="http://msca09aa.org/">http://msca09aa.org/</a>
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)

## A Moving and Fascinating Adventure

### Our Newfound Knowledge of Ourselves

By Rick R.

As we approach step eight in the (12&12) it describes the AA journey as a "Moving and Fascinating Adventure". In step nine we start, or continue the process of making amends, and by then we realize that the promises are already starting to materialize. It would have been easy to rest on my laurels at that time, but I have been attending weekly step study meetings since I first got sober in 1969 and I couldn't get away from the sage advice that kept repeating itself over and over. In step ten it says "Our first objective will be the development of self-restraint. This carries a top priority rating". Some examples I read are as follows: *Restraint of tongue and pen, drop the word "blame" from our speech and thought (step 4) Quick-temper criticism, Sulking and silent scorn etc. etc. etc.* These are just a few, but you get the picture. With these things revisited, three or four times a year, as we cycle through the step studies, it kept acting like a rock tumbler and slowly but surely, I adopted new habits which eventually become second nature, and develop into virtues. This helped me to rein in many of those old behaviors that got between me and my peers. I never stop learning these new ideas.

Another one of the things that caught my attention in step ten was the quote "Pain is the touchstone of all spiritual progress" then it finishes off the paragraph with, "How heartily we AA's can agree with him, for we know that the pain of drinking had to come before sobriety, and emotional turmoil before serenity". Can this mean that we can have no spiritual progress without suffering pain? It didn't seem to make sense to me, so I looked up the word "Touchstone" in the dictionary and

discovered that a Touchstone is a mineral that assayers used to test the purity of gold. Prior to that, I thought that it was synonymous with *steppingstone*. Now I understand it as, *to measure how spiritual we are when the going gets rough*. Do we revert to our old habits, or do we stick to the principles we have learned in the program?

The next Quote I kept seeing, that piqued my curiosity, was on Pg.90, 12&12, "It is a spiritual axiom that every time we are *disturbed, no matter what the cause*, there is something wrong *with us*". The "no matter what the cause" part seemed to throw me a curve ball. I questioned the idea that, if a mother saw her child running into traffic and she wasn't *disturbed*, I would think that there must be something wrong with her. I don't think anyone could argue that point, so I believe that the spiritual axiom quote relates to the way we interface with other people and I find it to be a tremendous template to improving our relations with them. In it we question what drives us when we start to get a little out of sorts and we can apply the pre-mentioned self-restraint.

As in all the steps as, I continue to attend those weekly step study meetings these things get clearer each time I go through them and most of my issues are well under control as long as I don't assume that I can let down my guard, as my EGO is always ready to fill in the empty spaces in my program. The maintenance part of the tenth step is easy for me these days. I just get up in the morning and say, "God, please show me what to do, and please give me the strength to do it; I don't do too well on my own." I'm not sure that He hears me, but I know that I HEAR ME, and it arms me with the best possible attitude I can have for that day. It usually works. I let the rock tumbler keep me on my toes, and I hope that I always pass the assayer's test.

#### Questions for Tradition 8:

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?

## Heard In Meetings

*"I have found that the process of discovering who I really am begins with knowing who I really don't want to be."*

*"When I stopped living in the problem and began living in the answer, the problem went away."*

*"It will take time to clear away the wreck. Though old buildings will eventually be replaced by finer ones, the new structures will take years to complete."*

*"First of all, we had to quit playing God. It didn't work."*

*"We sometimes hurt those we love because they need to be 'taught a lesson,' when we really want to punish. We were depressed and complained we felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek."*

## 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. 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!

- ⇒ Unity Hall 30th Anniversary 8/18/19
- ⇒ Liberty Bells Anniversary 8/31/19 530 Potluck, 730 meeting
- ⇒ Softball Tournament 10/6/19
- ⇒ Liberty Bells Campout 10/11—10/13/19
- ⇒ TVCO Anniversary Dinner Dance 11/9/19

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

A scientist runs into an AA meeting and exclaims "we did it! We found a medical cure for alcoholism! All you have to do is take this one pill daily and you are cured." Slowly a hand raises in the back and a man says "what happens if you take two?"



## 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 July 2019

Phone Calls: 296

Walk-Ins: 200

Purchases: 195

Website Visits: 3791



**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!*

## em·pa·thy

/ˈempəTHē/

*Noun*

The ability to understand and share the feelings of another.

# UNITY HALL 30<sup>th</sup> Anniversary



YOU'RE INVITED TO CELEBRATE WITH US!

SUNDAY AUGUST 18<sup>TH</sup>

1:30 – 2:30 Lunch  
2:30 – 4:30 Meeting

Unity Hall is providing Deli Sandwiches, sodas, coffee, and water. We will also have cake and chips.  
Questions call Diane V. 951-880-3588

Half Cracked But Liberated  
From Booze One Day At A Time



Join us in celebrating  
The Liberty Bells Group  
30<sup>th</sup> Anniversary

Saturday August 31<sup>st</sup> 2019

600 W Sumner Ave Lake Elsinore, CA  
5:30pm Pot Luck 7:30pm Open AA Meeting

## Our 7<sup>th</sup> 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+



Smokes  
30¢



Soda  
15¢

AA BASKET  
\$1.00



Smokes  
\$5.50+



Soda  
\$1.75+

AA BASKET  
\$1.00

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

THE DISEASE IS PROGRESSIVE.



SO IS RECOVERY.





# TVCO Softball Tournament & Family Picnic

**Sunday,  
October 6th, 2019**

**Cal Oaks Sport Park 8am-5pm**

**Meal Tickets on SALE NOW!  
Purchase at Central Office or Meetings  
\$10.00 each...**

**1st Manager Meeting**

**August 7**

**TVCO at 6:00pm**

**EVENT or TEAM INFORMATION CALL  
Ken (714) 209-9505 • Kim (714) 881-6120**



## 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**

**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 7pm - 9pm | Saturday, August 17, 2019 7am - 10pm | Sunday, August 18, 2019 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**

Rustic 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

**MIRACLE ON THE RIVER** 32nd Annual

NOVEMBER  
1ST - 3RD  
2019

HAPPY • JOYOUS • FREE



Register  
Online!

\* With Al-Anon Participation

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



# 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



**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

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.

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

## 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 [https://www.aa.org/pages/en\\_US/international-convention-2020](https://www.aa.org/pages/en_US/international-convention-2020)



*Carrying the message throughout our valley*

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

**4130 Pear St, Ste 1 Murrieta, CA 92562**