

Gratitude Gazette

Carrying the message throughout our valley

951-677-1535 Hotline 24 hours

4130 Pear St, Ste 1 Murrieta, CA 92562

Fear Drives My Willingness

With Georgette L, Meniffee

By Crystal B, Meniffee

I'm Georgette and I'm an alcoholic. My sobriety date is 9/13/1997. I grew up in Lomita, CA as part of a small family. My father was absent and a very heavy drinker. By the age of 9 years old I was sneaking alcohol and already stealing. By high school my addiction to alcohol had progressed to other substances and I found myself arrested for burglary when I was 15. My first introduction to AA was when I received my first DUI on my 20th birthday. I went to meetings on a court-card, but I couldn't hear the message. Between the ages of 20-25, I had multiple court appearances and did some time in prison. When I was released, I went right back to drinking and indulging myself in the other things that sometimes come along with that. I had no idea that my addictions started with alcohol.

When I was 25, I started having these weird symptoms. I went to several doctors to find out what was wrong. Why my coordination was off, why I couldn't use my arm, why I could think about writing my name but couldn't perform the action. The doctors said I suffered a stroke, but I didn't believe them. "That's impossible!" I went to Urgent Care and I was told the same thing, "You've suffered a stroke." Again, my response was the same, "That's impossible!" They suggested I go to the ER to seek yet another opinion. I waited there for hours and hours. I'd sat there so long that I started coming down and had to go outside to get high again. I couldn't live sober at that time but was completely oblivious to how trapped I had become. The ER doctors gave me the same diagnosis. I had suffered a stroke because of the use of drugs and alcohol. The doctors wanted to admit me so that they could run tests, but I was so upset and shocked I left the ER very abruptly. For lack of a better explanation, I freaked out. I went home and slept for 24 hours and then decided it would be best to go back and be admitted. It took a long time to recover from that. Thank God I was young enough to be able to recreate the pathways in my brain. My mother bathed me, fed me and took care of me during my recovery.

(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*

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I had to learn to write again, how to talk again how to walk again. My entire right side was paralyzed and I couldn't hold things in my hand without the direct attention to my own grasp. As soon as I would look away from what I was holding, I would drop whatever was in my hand.

Once I was back on my feet, I went right back to getting drunk and loaded. I had relapsed yet again. This time I was in more emotional pain than I had ever imagined possible. I had laughed in the face at another chance to get sober. The spiritual and emotional bankruptcy was completely devastating.

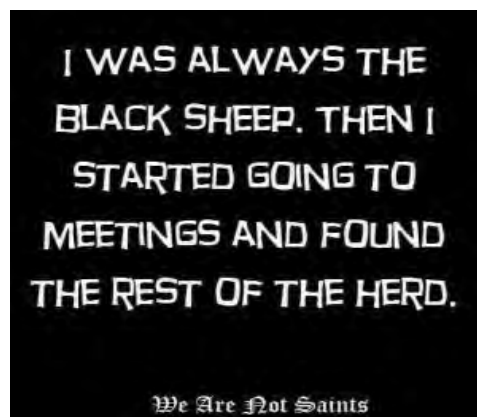
My mom was the first person I told. She was struck silent and I was overcome with shame and regret. It was then that I realized that I was completely powerless over alcohol and that my life honestly had become unmanageable. The reality of not being able to stop on my own set fire to an overwhelming fear that I would never be able to stop using and drinking. I was terrified at what might happen next. That incredible fear is what drove my willingness to get sober.

I went back to AA & got a sponsor. She took me right into the steps. The step work and the fellowship were so very important to my recovery. I was only 25 and I connected with several other people around my age. We went golfing, rock-n-bowling, and to all kinds of events. We were all just trying to stay sober one day at a time. After 30 days sober, I was blessed with a job and I kept doing the next indicated step.

"Trust God, Clean House & Help Others" is a slogan I live by.

At 18 months sober I met my husband. He and I have had a wonderful life together although some days it's harder than others. When I first got married, meetings and sobriety became much less important to me. That's how I learned how many meetings I need each week to keep me stable. Sometimes I still get off track in my program and think "I got this!" It may be days or weeks that I am once again in self-will. It takes me getting back into hating life and being restless, irritable and discontent again before I realize what's happening. I will start to feel that fear again that I felt when I first realized I was alcoholic, and I get right back into action. I'm coming up on 22 years of sobriety and my kids have only seen me sober. I'm always praying for help from my HP & from others. I have a great group of friends that I trust and will tell me the truth. From the outside, it looks like I have this perfect life, and I do, but I'm oh so clear on how fast that can change. I cherish every moment I can. I save seats for those I love in hopes that if they ever cross that line, they know where to come and I try to never take my blessings for granted. Thanks for asking me to interview. I love the life I have today.

Georgette I appreciate your vulnerability and honesty and am so glad to call you one of my "Front Row". Thanks for paying me a 12 Step call!



Step 9

Crystal B., Menifee

When I do my editing and publishing with the Gratitude Gazette, I take a deeper look into both the Step & the Tradition of the month. You may have noticed in previous issues that there is a recovery word featured on the last page of the Gazette. This is usually the spiritual principle of the month's step. Now, I must be honest and admit that I usually cheat and look at my recovery app to tell me what the spiritual principle of the month is! Then I reflect and go from there. But this month when I checked, I was conflicted with what my app showed

When I looked up the spiritual principle for September, I noticed that many agree it is "Justice". When I think of justice, I think of the legal system or courts. I think of lawyers and trials and how "justice is being done..." for victims or people wrongly accused for crimes. I think of "Justice" as an outcome after investigation. I don't think of justice necessarily as a recovery concept or principle.

What comes to mind for me with step 9 is the humility and degree of honesty it takes to make even the smallest beginning of an amends. It also focuses on forgiving. I couldn't make much progress in step 9 until I could first start by forgiving myself and stop beating myself up for being a "bad person". I also couldn't have an honest desire to make a true amends until I could forgive the people whom I never thought I could forgive. Especially the ones who would never offer me an apology or make an amends that I thought I was owed.

My focus on humility, forgiveness, and love happened when I took an honest look at the real damage that I did to myself and so many others. I believe that Step 9 focuses on the spiritual principle of responsibility. I think responsibility describes the goal better than the word justice. Once I have acknowledged what I've done, I can then take responsibility to fix it and that's what making amends is all about. It's about changed behavior and righting the wrongs in the past.

I don't necessarily agree with the fact that me making amends to someone I've hurt is justice. Justice is defined as right behavior or correct treatment. It's described as fairness, equality, impartialness or lack of bias. It's also described as objectivity, neutrality and lack of prejudice. It can also be referred to as open mindedness as well. While many of these character traits reveal themselves during Step 9, it's the action of taking responsibility for our behavior and being willing to do the work with good behavior to correct the

damage.

When I think of what it means to "take responsibility", I am reminded that it's defined as having a duty to deal with or taking ownership for an action. "Taking responsibility" makes me think of leadership and doing my part to contribute to the greater good. It means that I am accountable for the things I have done. It means that I can be trusted to fix my mistakes. It means that my word has value that is dependable.

Now when I go to someone to make amends, I am not asking for justice I am not asking for forgiveness I am taking responsibility for what I've done and asking if there's a way that I can make it right. I don't go into an amends seeking to rebuild a relationship or reconnect with an estranged person. I simply go to make my best effort at making things right so that all involved can have closure and move on.

I've worked Step 9 with two different sponsors and through the workshop and I'm always amazed at how the clarity of spiritual principles becomes greater each year. Thanks for reading!

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 9

Eric, Lake Elsinore

“AA as such, ought never be organized but we may create service boards or committees directly responsible to those they serve.”

According to tradition nine, we need the least possible organization, but at the same time we do need some degree of organization, else who would open the doors? Make the coffee? Run the meetings? Answer the phones?

We AA'ers can and do have problems with ego. We must remind self or be reminded by our sponsors or friends that a service commitment is not a position of authority, it is the opposite, we our trusted servants. We are on the bottom, not the top and we are responsible to those we serve. We are to adhere to the group conscience. To keep us safe from the ego seeking power and prestige we humbly rotate out of service positions.

As long as we continue to serve joyfully and keep the best interest of AA, our groups and our fellows at heart, we will be in line with the spirit of Tradition Nine.

Eric, Lake Elsinore

Questions for Tradition 9:



1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

Committee Help Needed!

Crystal B, Menifee

The TVCO Outreach Committee chairperson needs help! This committee visits meetings to thank groups who support Central Office and also to help educate groups and newcomers of the importance of having an Inter-group Rep.

Being of service to this committee helps continue to make 12-Step work possible in our valley. You're going to a meeting already, why not be of service and read the few sentences we already have prepared for you at the end of the meeting?

No homework needed, no research to do, no supplies to buy, we only need you to go to meetings. Please contact Central Office for more information on how to participate. All lengths of sobriety are eligible! Thanks in advance for your support!



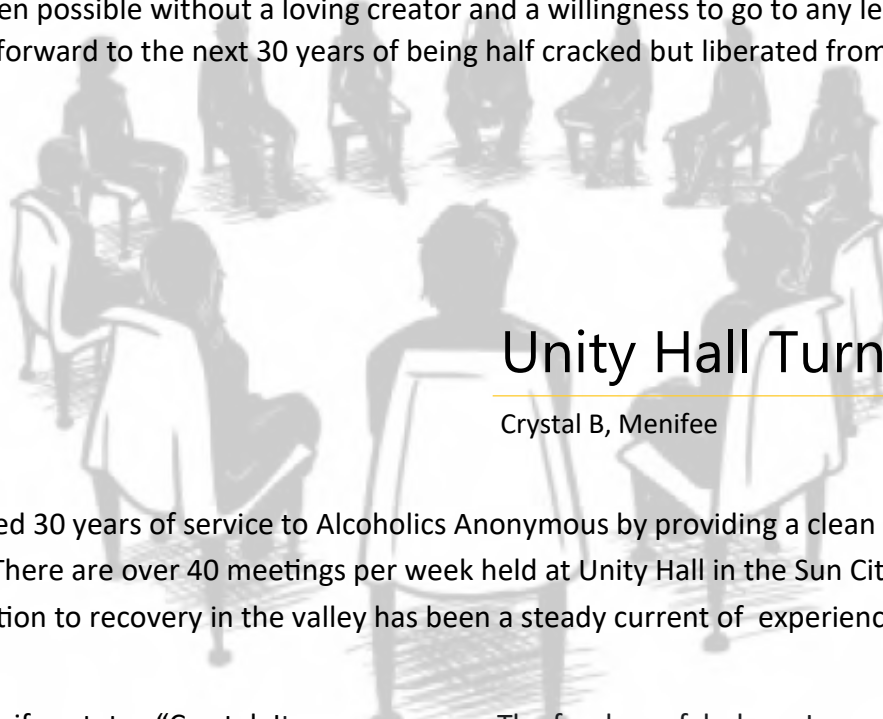
Liberty Bells Turns 30!

John W., Murrieta



On the 3rd of August 1989, the Liberty Bell Group of Alcoholics Anonymous held it's very first meeting at the Lutheran Church in Lake Elsinore. 30 years later that original Big Book meeting has sprung into a circle of fellowship of recovered alcoholics who are committed to the principles of sponsorship, the importance of maintaining a home group, and are big on the Three Legacies of A.A. (Recovery, Unity, and Service). The last Saturday of each month is our open potluck and birthday meeting and this past August marked the Liberty Bell's 30th Anniversary.

It was standing room only as over 90 members packed the room we've called home for more than three decades. "Bells" from across the nation flew in to celebrate this milestone and enjoy stories of early struggles and continued success. Fellows with nicknames such as Boo Boo, Tenacious, Clamdigger, Skinny, Garage, Shoeshine, La Palma, Tunnel Vision, and Turtle shared about promises and hope. It was a grand occasion that would not have been possible without a loving creator and a willingness to go to any length to stay sober. We are all looking forward to the next 30 years of being half cracked but liberated from booze one day at a time.



Unity Hall Turns 30!

Crystal B, Menifee

Unity Hall celebrated 30 years of service to Alcoholics Anonymous by providing a clean and safe meeting place since 1989. There are over 40 meetings per week held at Unity Hall in the Sun City section of Menifee. The Hall's contribution to recovery in the valley has been a steady current of experience, strength and hope over the years.

Tamara J. from Menifee states "Crystal, It was awesome. The food was fabulous. I was shocked at the variety, I don't know why. They had more than enough. Marvin B. is one of the founding members of the hall and he spoke with vigor and enthusiasm as he usually does. At the end I felt slightly misty eyed as I was celebrating my one year on the same day and I realized that I was with my tribe. I've always wanted to belong and it happened that day."

Francine H. also of Menifee states "I saw people that I hadn't seen in a long time! Lots of hugs and the committee did a wonderful job with the decorating. The food and the cakes were also very good as always! The speakers were great and the music was great. I think everyone had a very good time!"

Congratulations Unity Hall! Here's to many more years of sobriety ahead!



Financial Reports, Agendas, Meeting Minutes

FREE

CENTRAL OFFICE

Email: secretarytvco@gmail.com

To receive reports directly in your email every month!

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!



SOME THINGS TO THINK ABOUT WHEN MAKING CONTRIBUTIONS *(taken from F-42 Self-Support Card)*

Some facts:

- ⇒ Currently about 43.7% of groups contribute to the General Service Office.
 - ⇒ Costs of Services provided by G.S.O. (as of 2018) are approximately \$7.40 per member per year.
 - ⇒ Gross profit from A.A. literature sales account for over 50% of G.S.O.'s revenue.
 - ⇒ Your contributions help ensure the future of our Fellowship worldwide.
- Personal thoughts:
- ⇒ What is the value of your sobriety?
 - ⇒ Does your group know that contributions may be made online at AA.org?
 - ⇒ Gratitude, expressed through contributions, reaches the still-suffering alcoholic.

Our 7th Tradition: A Perspective

THEN	NOW
VW Beetle \$1,465.00	VW Beetle \$19,000.00+
Gas 25¢/gal.	Gas \$3.65+/gal.
Jeans \$4.50	Jeans \$75.00+
Smokes 30¢	Smokes \$5.50+
Soda 15¢	Soda \$1.75+
AA BASKET \$1.00	AA BASKET \$1.00

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

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others."

A tranquil mind is the first requisite for good judgement. Good timing is important in making amends. What is courage? Prudence means taking calculated chances Amends begin when we join A.A. Peace of mind cannot be bought at the expense of others. Need for discretion. Readiness to take consequences of our past and to take responsibility for well-being of others is the spirit of Step Nine.

- Twelve Steps and Twelve Traditions

Tradition 9

"A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Special service boards and committees. The General Service Conference, the board of trustees, and group committees cannot issue directives to A.A. members or groups. A.A. can't be dictated to - individually or collectively. Absence of coercion works because unless each A.A. follows suggested steps to recovery, he signs his own death warrant. Same condition applies to the group. Suffering in love are A.A.'s disciplinarians. Difference between spirit of authority in spirit of service. Aim of our services is to bring sobriety within reach of all who want it.

- Twelve Steps and Twelve Traditions

Concept 9

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

-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 http://msca09aa.org/
District 17 GSR Meeting	2nd Tues 6:30pm Visitors Welcome!	Springs Church 41735 Winchester Rd #C Temecula, CA 92590
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church, Murrieta 24652 Adams St, Murrieta, CA (At Kalmia & Adams)

No Time to Rest on Our Laurels

Playing Checkers or Playing Chess?

Rick R., Poway

Let me preface this article by saying that I am not being critical of anyone for any reason concerning where a person is along the path of sobriety. My only motive for writing is to give some perspective concerning the possibilities which lie ahead.

Possibilities that are based on the thoroughness we apply to the steps as we put some distance between us and that last drink. I am one of the fortunate ones that showed up at the doors of Alcoholics Anonymous at the age of 28 and have never wanted a drink since that day. I was the youngest person in the room for my first couple of years. The drug-using population of the sixties didn't start showing up until the mid-seventies. They seemed to bottom out at a much earlier age than the common variety alcoholics. The alcoholics seldom came to us until they were in their forties (midlife crisis).

I was referred to as "The fortunate One." In my first two years, I was like everyone else when it came to the subject of thoroughness. I was selective about what I would do with the program and about the things I would dismiss as being unnecessary since I had absolutely no desire to drink. I was slow and deliberate when it came to actually taking the steps. It was almost two years before I attempted to do the fourth step inventory. Being in the Navy at the time, I was shipped out to an oil tanker in The Tonkin Gulf Yacht Club where I spent four months hauling fuel to the fleet. I had many nights at sea thinking and longing to be back with my home group and contemplating what I had planned to do when I returned. When I got home, I re-opened my fourth step inventory with a new attitude about the steps and realized that my original attempt was a very shallow scam. I burned the pages and started over and this time, I got it right. That, I think was the turning point in my attitude about thoroughness. I

addressed those so called "Tormenting Ghosts of Yesterday." I shared them with another trusted member of the program and it just lifted the weight off my shoulders. I believe that specific, single action made the rest of the program much easier.

I have attended a weekly step study meeting ever since and it helps me to measure my growth. We cycle through the steps and traditions several times a year. There is a term on page 85 in the Big Book and, coincidentally, on Page 85 in the 12x12 that suggests "This is no time to rest on our laurels" and I take that very serious. Selfishness was the problem and today I live a life based on unselfish principles and motives. After many years of sobriety, I could very easily slack off and vegetate, but I would have no purpose in life. If I neglected my responsibilities, my self-worth would suffer. I also stopped being judgmental about the behaviors of others so I would not be playing God myself. Scott Peck Defines Love as "Caring for and nurturing another person" and I can love everyone even if they can't return the gesture. It simply means wishing the best for them and meaning it. Happiness is a byproduct of right living and living by unselfish principles is the key. These are just a few ideas! There are many ways to continue to have a purpose. If you don't have a purpose, you may be stronger now and you may want to re-visit the fourth thru the ninth steps to get a better perception on how to become a more useful member of society and be fulfilled. On the other hand, you may be satisfied just not drinking one day at a time. That's your choice. I overheard a sportscaster describing the different head coaches of professional football teams and he said, "Some are playing Checkers, and a few are playing Chess." Life takes on a new meaning and it is way too precious to waste when you've come this far.



Heard In Meetings

"If you are doing the same thing at 50 as you did at 20, you've just wasted 30 years."

"What I know about this program could fit through the eye of a sewing needle"

"There is grace in devastation"

"My relationships have evolved into joyful things"

"Suggestion is a subtle command"

"I'm not here by accident"

"If you are tired of starting over, stop giving up"

"There is no such thing as accidental achievement. There is work to be done!"

"Failure is reversible. I have relapsed but I am sober today and I can be sober tomorrow"

"Sooner or later, we get what we expect"

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

**Help
Wanted**

ROVING REPORTERS

- ◇ Review AA events
- ◇ Write about unique meeting formats
- ◇ Write about a meeting's contribution to the valley.

The Gazette is accepting original cartoons, encouraging one-liners, gratitude lists, anonymous photography and original art.

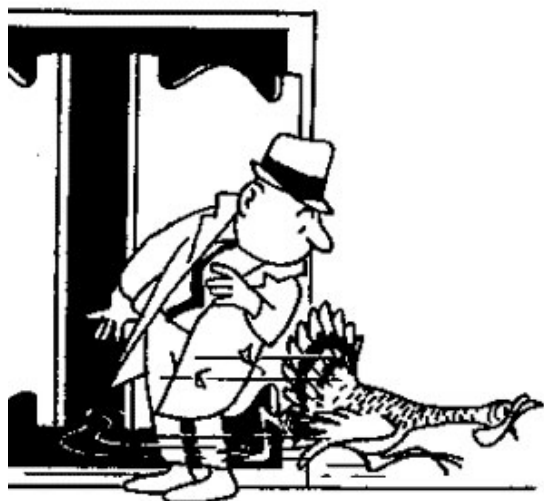
The minimum submission accepted is three complete sentences.

Upcoming Events & Office News

Mark Your Calendar!

- ⇒ 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!



"At some of these we bawked ..."

—Erica B, Lancaster, Calif.

Reprinted from the Grapevine, November 2015

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. YOUR NAME HERE |

Central Office Activity July 2019

Phone Calls: 290

Walk-Ins: 195

Purchases: 193

Website Visits:

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!





**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



CAMP OUT WEEKEND

Liberty Bells

Half Cracked But Liberated

24th Annual



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

WEEKEND COSTS

RVs & Trailers (4 people)	\$50.00
Tents (2 adults, 2 kids)	\$50.00
Tents (1 person)	\$20.00
Extra Kids	\$10.00
Extra Adults	\$20.00
Day Use No Camping	\$10.00

*Pet Friendly Camping
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 Tournament 10:00a
Pot Luck 5:00p
Campfire Meeting 7:30p
Hiking Biking Games Napping Eating
All Weekend!*

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

Co Chair - Jennifer Lanids
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



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

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



Carrying the message throughout our valley

951-677-1535 Hotline 24 hours

4130 Pear St, Ste 1 Murrieta, CA 92562