

Gratitude Gazette

Carrying the message throughout our valley

951-677-1535 Hotline 24 hours

41340 Pear St, Ste 1

Murrieta, CA 92562

A Letter From The Publisher

~Crystal B., Sun City/Menifee

The Gratitude Gazette has been my absolute favorite commitment since I've become a member of Alcoholics Anonymous. I've had the opportunity to sit for my very own speaker meeting several times over the last 18 months of my term with the Temecula Valley Central Office Board. I've witnessed tremendous spiritual growth in our Valley and have grown by learning and using the 12 Traditions and the 12 Concepts while in service to Central Office and the Valley.

I am actively searching for my replacement as my term comes to an end in the coming months. There are so many talented people in our Valley and this is an amazing opportunity to be of service in so many ways!

The most common thing that I hear from people when asked to serve on any board related to A.A. is that "they are not the board type". I said the exact same thing when I was first asked to be of service in 2013. I was just shy of 2 years sober. I thought to myself, "There is no way I could sit and listen to this dribble month in and month out. Besides, they're doing it wrong anyway! I could work circles around any one of these people!" (insert eyeroll and hair flip) It's a huge understatement to say that it's a challenge to be able to "say what I mean, mean what I say but don't be mean when I say it!" I continuously work on bettering myself in this very specific area as I've fallen very short of the goal on several occasions and on more than one board!

In fact, I didn't even agree to accept that first service commitment in 2013! My grand sponsor threw my hat in the ring as soon as they called for a volunteer at the District 17 meeting for the Grapevine Chairperson. I believe my overly dramatic gasp (how could she?!) punctuated my immediate resentment! She said, "Oh stop, you are perfect for the commitment!" Wait—you had me at "You're perfect..." It was settled! I would be the Perfect Grapevine Chairperson for District 17! (insert fluffing of hair and a wink).

(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 didn't realize it, but I had just signed on to the beginning of a deep journey into recovery! I'm sure I would have been just fine had I declined to do any of the service commitments I've done in the last eight years. But I wanted something more for my sober life. I wanted something more meaningful. I wanted a true opportunity to practice a deeper level of honesty, a more open mind, more willingness to truly be of service to my fellows. I wanted to understand and practice these character traits on a deeper level because they are all the building blocks of humility. Humility is the thing I want most! The second paragraph of Step 7 in the "12 Steps and 12 Traditions" of Alcoholics Anonymous reads:

"Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s 12 steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than maybe required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency."

I don't know about you, but I would like to be truly happy and I would also like to be able to summon the faith that can meet any emergency! After all, that kind of behavior seems to be another way to experience the freedom and self-support afforded by recovery! If I had kept the belief that "I am not the board type", I would have limited my own recovery! Why did I have this idea? Is this an old idea? Is it really the truth? Do I want to stay this way?

Being of service to Alcoholics Anonymous at my meeting level, the district level and for Central Office has afforded me the opportunity to grow out of the fear that I am not good enough to help. It has afforded me the opportunity to work on self control. I no longer have the fear that I might do the wrong thing. Mistakes allow me the opportunity to learn and grow. These were my fears I found when I explored why "I am not the board type" in my life.

I thank my Higher Power from my very core for the opportunity to learn about and practice these character traits in such a forgiving atmosphere! A.A. service has taught me leadership skills, communication skills, coaching skills, how to be a good student, how to be objective, how to listen and change my perspective. Service has taught me how to truly

put the needs of others before my own. A.A. service has allowed me to admit when I am wrong and agree to a better way. Although A.A. Service is not about me (and I sometimes drag my feet to attend) I get amazing gifts in return!

I challenge you to grow into a better you the same way I have. Please consider participating in A.A. Service by running for a seat on the Temecula Valley Central Office Board. Our board makes A.A. 12 Step work possible in our Valley and we need your help! If you don't like how the board runs presently, this is your opportunity to be part of change. I challenge you to attend our events, help plan them, make new friends, be a part of the bigger picture! I have had so much fun getting to know our Valley through service. Had I not agreed to that first commitment, I would have sold myself so short of the growth I have experienced over the last several years.

It has been a true honor to serve the Valley and the Board by publishing the Gazette. In the spirit of rotation, I must pass the torch so that you can have the opportunity to experience the love and life that service offers. Thank you for your time, your encouragement and your support!

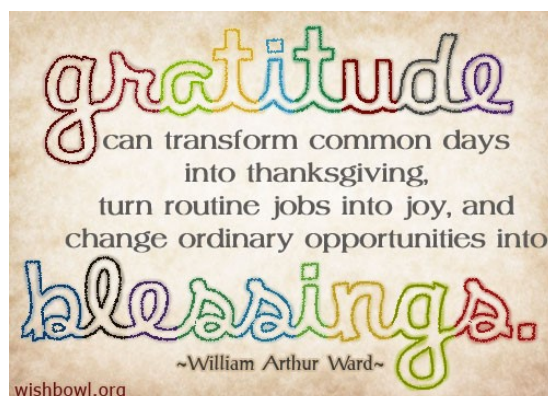
In love and service,

Crystal B.



Don't worry about failure. Worry about the chances you miss when you don't even try.

– Sherman Finesilver



Liberty Bells Campout, 2019

By John W.

For the 24th year in a row, A.A. members from across the fellowship spent a memorable weekend camping in the San Jacinto Mountains. This year's "Liberty Bells, Half Cracked But Liberated Campout" was non-stop relaxation and serenity. Over 60 people pitched tents, hauled trailers, and packed up the dogs to enjoy sobriety amongst the majestic pines and awe-inspiring mountain views at Hurkey Creek Park.

Loop-B was filled with activity and tranquility where newcomers, long-timers, rookies, and seasoned veterans participated in frolicking, napping, hiking, marshmallow roasts and a few A.A. meetings. With night-time temperatures dipping below 40 degrees, Tommy and Tara made sure the hospitality tent was stocked with never-ending hot coffee. The "Annual Bus Driver Steve Horseshoe Tournament" was won by the returning 2018 Champion, Kevin A, who retained his title despite steep competition.

On Saturday afternoon, Dan and Brenda shuffled campers into position for the required group photo. The droopy-necked bunch of campers broke bread and feasted on an amazing Pot-Luck. The

campfire was ablaze, engulfing the circle with warmth and unity during the evening meeting where Eric led us in a discussion about gratitude and step work.

Saturday night concluded with a sobriety countdown in which a single precious hour separated the two newest members. Wayne, who has spent 39 years sober, presented Brian with a traditional signed copy of the Big Book.

Special shout outs to Jim, Bob, Robert, and Handsome Dave for keeping everything perfectly un-organized and many thanks to Tori for serving on the campout committee and providing input from the east coast. For those of you that missed it this year, fear not! You have plenty of time to prepare for the 25th annual Liberty Bell Campout which is already planned for October 9-11, 2020. See you there!

The Liberty Bell group has closed meetings on Mondays and Thursdays at 7:30pm at the First Lutheran Church, 600 W Summer Ave, Lake Elsinore. The last Saturday of the month is the open "Eatin' Meetin' Birthday Potluck". Everyone is welcome!



*Hope-acquired after
working this program
many years.*

~Anita W.

*gratitude
changes everything*

I am grateful for Gods
strength to overcome a
loss of my best friend of
20 years.

~Timi H.

*I'm grateful I learned about
the "GET to do list" It's a
constant reminder of where
I am and what I stand to
lose.*

~Becca

**Grateful to have
experienced a life
changing gift of clarity
and a renewed excitement
for the program**

~Laura L.

Grateful to be a comfort
to others after losing a
loved one. Grateful for
no desire to drink when
emotions are unsettled.

~Trish H.

Grateful to be willing to set
aside what I think I know in
order to have a new
experience

~Anonymous

**Grateful to know and
appreciate what gratitude is
being powerless over
everything and able to do so
many things .It is by the
grace of God that I
intuitively know how to
handle things and be part
of something greater than
my self. God >i**

~Michael M.

*Grateful to have a
Higher Power and
know it's not me!*

~Jason

*Grateful to see my 7 month
old granddaughter first 1st
time in VA and for losing 25
lbs and loving to exercise!*

~Susie D.



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



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 11

“Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will and the power to carry that out. “

Tradition 11

“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided y the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us. “

Concept 11

“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”



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)



Upcoming Events & Office News

Financial Reports,
Agendas, Meeting Minutes

FREE

EMAIL CENTRAL OFFICE

secretarytvco@gmail.com

To receive copies directly to your inbox!

Central Office Activity July 2019

Phone Calls: 275

Walk-Ins: 180

Purchases: 180

Website Visits: 3725

Volunteer List

1. Bert

2. Terri

3. Debi

4. John W

5. James

6. Laura L

7. Nikki

8. Chris

9. Terry

10. Steve

11. Roxanne

12. Sarri

13. Colleen

14. **YOUR NAME
HERE!**

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.



Gratitude

**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!

spir·it·u·al·i·ty

/ˌspiriCHōō' alədē/

noun



The quality of being concerned with the human spirit or soul as opposed to material or physical things.



UNITY HALL

Come Join in!



Thanksgiving Meetings and Potluck

Thursday November 28th

MARATHON MEETINGS 7:00am – 9:00pm
Please sign up to lead one of the meetings
Sign-up sheet is located on the bulletin board

POTLUCK DINNER 4:00pm – 5:30pm
Unity Hall will provide the turkeys
Please sign up to bring side dishes, desserts etc.
Sign-up sheet is located on the bulletin board

Please help clean up after the last meeting ☺

Redlands Unity Club

THANKATHON

1307 BROOKSIDE AVE.
THURSDAY NOVEMBER 28, 2019
10AM-9PM
MTGS-SPEAKERS-DINNER
FOOD DONATIONS NEEDED



41340 Pear St, Ste 1
Murrieta, CA 92562

951-677-1535
Hotline 24 hours

Contact- Greg B. 909-557-8472 or Christi E. 909-810-0968



Annual Kids Christmas Party

THE ARRID CLUB
PRESENTS:

SANTA CLAUS!

AT THE ANNUAL
CHILDREN'S CHRISTMAS PARTY

December 17th 2-4pm

Refreshments will be served ~ Come and meet
Santa!

PLEASE SIGN UP NOW ~ CHILDREN 12
AND UNDER.

*The Christmas party is for children 12 years of
age and under and they must be SIGNED UP
AND present to receive their gift from Santa.*



Annual New Years Gala

Presented by the Arrid Club

The Center for Spiritual Living
40450 Stetson Ave, Hemet, CA
92544

Doors open for guests at 5:30

- 6pm, dinner is served followed by dessert and coffee
- 7pm speaker –
- 7:45 raffle prizes

8pm head to the Arrid Club to burn
off supper and ring in a New Year!!

56th International Women's Conference

Indianapolis
February 20-23, 2020



JW Marriott Hotel
10 S West St
Indianapolis, IN 46204
317.860.5800

www.internationalwomensconference.org



**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

**PRAASA
2020**
Arizona
Area 03

MARCH 6-8, 2020

WESTIN LA PALOMA RESORT

3800 E. SUNRISE DRIVE, TUCSON, ARIZONA 85718

\$195/night + taxes & fees (rate is good March 2 - March 11).
Reserve by 5pm on February 11, 2020 to guarantee rate.
TO RESERVE YOUR ROOM VISIT: <https://bit.ly/2H7MCGy>

53RD PACIFIC REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and Areas of the Pacific Region,
- Encourage the exchange of ideas and experiences,
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.

The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

PLEASE CHECK BOX(ES)	FEE
<input type="checkbox"/> Registration	\$25.00
<input type="checkbox"/> Scholarship Donation	\$
<input type="checkbox"/> Friday Dinner - Pasta Buffet	\$45.00
<input type="checkbox"/> Saturday Lunch (All are welcome) featuring an Al-Anon Speaker	\$35.00
<input type="checkbox"/> Saturday Banquet Dinner (circle one) Flat Iron Steak OR Salmon	\$55.00
<input type="checkbox"/> Saturday Ice Cream Social	\$10.00
<input type="checkbox"/> Delegates Only Lunch (Saturday)	\$35.00
<input type="checkbox"/> Past Delegates Only Lunch (Saturday)	\$35.00
TOTAL ENCLOSED: \$	

Mail in Registration Deadline: February 17.

Make Checks Payable to "PRAASA 2020" and Mail to: PRAASA 2020, Box 1414, Green Valley, AZ 85622

PRAASA starts Friday, March 6th at 12:30pm and ends Sunday, March 8th at 12:15pm. Early bird meeting: Thursday, March 5th at 7:30pm (see program for AA & Al-Anon meetings). Young People (YPAA) Program Friday & Saturday nights.

☐ AA
☐ Al-Anon
☐ Alateen
☐ Friend
☐ This is my first PRAASA!
AREA # _____

SERVICE POSITION (circle one): AA Member; YPAA; Intergroup; GSR; Alt. GSR; DCM; Alt. DCM; DCMC; Alt. DCMC; District Committee; Area Committee; Delegate; Alt. Delegate; Past Delegate; Trustee; Past Trustee; Other _____

First Name _____
Last Name _____
Name on Badge _____
Street Address _____
City _____ State _____
Zip _____ Phone _____
Email _____

Interpretation Provided: Español & ASL
MUST BE RESERVED BY FEBRUARY 7, 2020

☐ Require interpretation Español
☐ I require ASL ☐ I require other _____

Accessibility Needs:

☐ Hearing Impaired ☐ Onsite Mobility Assistance
☐ Dietary Restrictions _____

For online registration, hotel reservations, to volunteer, and for general information visit
www.PRAASA.org

Yosemite Summit Conference 2019

November 22nd, 23rd, & 24th

Half Dome Village (Curry Village), Yosemite National Park, CA

"Serenity in Yosemite"

AA SPEAKERS

Mike M. Coarsegold, CA - Friday Afternoon Penny P. Livermore, CA - Saturday Morning
Michael S. Riverside, CA - Friday Evening Wayne B. Covina, CA - Saturday Evening
Mary C. Seattle, WA - Sunday morning

AL-ANON SPEAKERS

Judy K. Reno, NV - Saturday Luncheon
Rosanna H. Hayward CA - Sunday 8:45 am

YOUNG AL-ANON SPEAKER

Daisy A - Saturday 1 pm

AA Open Meetings and Al-Anon Open Meetings. Alateen Closed Meetings
Friday Night / Saturday Night Dance
Saturday Al-Anon Buffet Luncheon - Saturday Buffet Dinner

Registration Instructions

Register on-line or fill out Registration Form, detach, and mail with check or money order to:

Yosemite Summit Conference - P.O. Box 548 Oakhurst, CA 93644-0548
Contact: Telephone Hot-line: (209) 966-8300 - Website: www.serenityyosemite.com - Email: ysc@stl.net

Important Registration Information, Please Note.

- ♦ Seating is limited to 900. Pre-Registration recommended. Registration Form and payment postmarked by Nov 1.
- ♦ Cancellations by mail or email only, must be postmarked by November 1, 2019. No refunds after November 1, 2019.
- ♦ Seating is limited for Luncheon (250) and Dinner (400). Recommend pre pay with registration form or on-line.
- ♦ Conference Sweat / T Shirts order cutoff October 1, 2019. Order with registration form or on-line.

Conference Information

- ♦ Conference check-in opens Friday @ 10:00 a.m. (closed during Speaker Meetings)-First meeting Friday at 2:00 p.m.
- ♦ Yosemite accommodation information see enclosed flyer from Aramark. RESERVATIONS 888/413-8869 Code 11E18F or online www.travelyosemite.com
- ♦ Signing for the Hearing Impaired at all speaker meetings. Please bring a flashlight, warm clothes and rain gear.
- ♦ YSC abides by NCWSA requirements for Alateen safety. Event AMIAS are Ron A. and Vicki B.
- ♦ Conference is not responsible for babysitting.

AA and Al-Anon Registration at the door will be \$35.00 per person

PLEASE PRINT Only 2 names per Registration	AA Registration	#	\$30.00	Total \$
Name _____	Al-Anon Registration	#	\$30.00	Total \$
Address _____	Alateen Registration	#	\$ 5.00	Total \$
City _____	Saturday Dinner	#	\$42.00	Total \$
State _____ Zip _____	Vegetarian Dinner	#	\$42.00	Total \$
Name Tag _____	Al-Anon Luncheon	#	\$28.00	Total \$
Phone _____	Vegetarian Luncheon	#	\$28.00	Total \$
E-Mail _____	SWEAT SHIRTS AND TEE SHIRT			
2nd Name _____	Sweat Shirt Regular	#	\$30.00	Total \$
Address _____	M # _____ L # _____ XL # _____ XXL # _____			
City _____	Sweat Shirt Hooded	#	\$40.00	Total \$
State _____ Zip _____	M # _____ L # _____ XL # _____ XXL # _____			
Name Tag _____	Tee Shirt Short Sleeve	#	\$23.00	Total \$
Phone _____	M # _____ L # _____ XL # _____ XXL # _____			
E-Mail _____	Tee Shirt Long Sleeve	#	\$25.00	Total \$
Specific Special Needs _____	M # _____ L # _____ XL # _____ XXL # _____			
	YSC Cups	\$12.00	Quantity _____	Total \$
	GRAND TOTAL			\$

Registration Must Be Postmarked by Nov 1, 2019
No Refunds After Nov 1, 2019.

Shirt orders cut off is Oct 1, 2019

SAFETY FOR THE NEWCOMER

We *ALL deserve RESPECT* and the right to get sober in a healthy empowered environment.

Everyone regardless of race, color, gender, age, religion, creed, disability, and sexual orientation, all deserve a chance to get sober **without harassment of any kind.**

Like one old timer in Hawaii used to say “ the good, the bad, and the ugly are in meetings just like on the street.”

BE AWARE

Trust is earned.

If someone makes you uncomfortable in any way, tell the secretary and a friend and do not give them your contact information.

A sponsor guides you through the steps and shares their experience as to how they have stayed sober.

FOR PARENTS AND MINORS

Minors should not take rides from members of the opposite sex.

There should always be another person with them, with one being of the same sex and age as the minor.

Minors should not go alone to the house of an older sober member to do step work until trustworthiness is established. It is safer to do this work in a public area like a coffee shop.

*This literature is part of “**Make meetings safer**”. A grass roots movement in Southern California. Started by a group of concerned group members.*

Each Group is autonomous and every group can write their own literature.