

# Anonymous Times

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## Recovery in China

*Fullerton native describes scarcity, clandestine nature of meetings*

**M**y name is Broc, and I am an alcoholic. My sobriety date is Nov. 7th 2000. I was born in Fullerton and for the past twelve years, I have lived in China.

We don't have a lot of meetings in China. My first year of sobriety there were three of us who met in a Thai restaurant in Shanghai once a week. Later we moved to the Ritz Carlton because one of our members could get a deal there. Now I understand there are two locations in Shanghai and over 30 members with meetings everyday.

In 2003 my wife and I moved to Beijing. The group there amounted to a whopping 20 members and met twice a week in their personal residences, rotating every now and then. When the SARS outbreak hit, some wives of said members refused to allow meetings in their homes, so we moved to tea houses and restaurants. Around 2005 a relationship was made with two solitary Chinese men who were also alcoholics and ran a halfway house in Tianjin. Together, the two groups rented a couple of rooms in a Chinese-style hotel.

The meetings were increased to four times a week with a bilingual one included. Later, an entire meeting just in Chinese was added. Last time I was in Beijing, they had rented monthly a small modern hotel room, (about a 15'X15' space with kitchenette and bath), and now have over 50 members with meetings everyday, including those just in Chinese.

For the last three years my family and I have been living in Shenzhen, (across the water from Hong Kong). For the first year there were three of us who met once a week in an upstairs loft space at an obscure coffee house. For the next two years the number increased to four regu- *Continued on page 2*

## OCAA Convention Enters Final Planning Stages

Planning for the 25th annual OCAA Convention has entered the final three months and volunteers are still needed to help make the event the best ever.

"Together we can Thrive" is the theme of the event, to be held April 2, 3 and 4 at the Hilton Hotel, 3050 Bristol St., Costa Mesa. Open planning meetings at the Roque Center 9842 13th St., Garden Grove are being held the third Wednesday of each month at 7:30 p.m.

An assortment of sober activities are planned, including a golf tournament, speaker meetings, a dance, old timer's meeting and Saturday night banquet. For more information, go to [www.ocaa.org](http://www.ocaa.org).

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## Tradition Seven Quote

*"An A.A. group ought to be fully self-supporting, decling outside contributions."*

Self-supporting alcoholics? Whoever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that AA has wrought in all of us. *From 12 Steps and 12 Traditions, page 160.*

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# NOCCO Year-to-Date Revenue & Expenses

Revenue	Nov-09	Nov-08
Sales - AA Books and Literature	\$33,386.52	\$38,321.67
Sales - Chips and Non-AA	\$32,080.59	\$28,470.88
Donations- Groups and Individuals	\$40,597.00	\$49,112.37
Fundraisers	\$2,943.00	\$3,051.00
Interest	\$617.86	\$1,270.60
Total Revenue	\$109,624.97	\$120,226.52
Cost of Goods	\$45,708.45	\$44,083.08
Gross Profit	\$63,916.52	\$76,143.44
Operating Expenses		
Salaries	\$36,300.00	\$36,540.00
Advertising	\$401.83	\$384.67
Bank Charges	\$74.00	\$83.00
Bad Checks	\$73.12	\$157.54
Cash short/(Over)	-\$11.55	\$0.00
Computer Expenses	\$134.81	\$0.00
Depreciation	\$567.05	\$909.37
Insurance-General Liability	\$1,445.15	\$600.63
Insurance - Work Comp	\$557.35	\$717.50
Insurance - Medical	\$2,926.00	\$2,189.00
Legal & Accounting	\$1,825.00	\$1,855.00
Newsletter Cost	\$2,237.62	\$2,986.86
Office Supplies	\$4,807.57	\$4,403.18
Postage	\$355.44	\$221.70
Penalties on Tax Payments	\$0.00	\$34.42
Office Rent	\$17,218.00	\$17,508.00
Equipment Rental	\$1,118.89	\$1,455.99
Repairs & Maintenance	\$50.00	\$242.00
Seminars & Education	\$1,563.97	\$1,067.54
Taxes- Payroll	\$2,888.88	\$2,919.32
Taxes- Annual Filings	\$50.00	\$60.00
Telephone	\$3,209.98	\$4,018.97
Utilities	\$2,783.31	\$2,967.95
Total Operating Expense	\$80,576.42	\$81,322.64
Other Income and Expense	\$0.00	\$361.16
Net Income/(Loss)	-\$16,659.90	-\$4,818.04

## China ... From Page 1

lars with the occasional floater passing through. Lately our size has grown and we have been able to increase our number of regulars to about eight and add another meeting in the coffee shop and one more at a new location. We also have a women's group. Our meetings are no longer just us sitting there and stumbling along the best we can, as we now have formats that include: Living Sober, Big Book Studies and Speaker Meetings. A member recently even brought over from the States the two banner scrolls of the Traditions and the Steps, and we now have a website, [www.aashenzhen.com](http://www.aashenzhen.com). Now alcoholics can stumble in off of the streets and, sure enough, feel right at home.

But do not think it is all peaches and cream here in China. Notwithstanding the Chinese themselves, China is a big country and there are many ex-pat alcoholics who are suffering alone in many cities across the country. I had been one of them. I found that the willingness to get sober overrides any other ambition, since without sobriety I would have nothing.

The fact that I am here at all is a testimony not to the amount or quality of AA meetings, but to The Steps themselves and the need to have a spiritual experience as the result of practicing them, and these principles used to the best of my willingness in my daily life. Some say "meeting makers make it." I say nonsense and reiterate, "Rarely have we seen a person fail who has thoroughly followed our path." The founders had but one meeting a week and strong sponsorship with the knowledge that half measures availed them nothing. Meetings are great, but it is not the meetings or the people in them that get us sober as, "no human power could relieve us of our alcoholism."

I am now on the receiving end of the promises. I am gainfully employed at an interesting occupation, been married for six years to my best friend and companion, have an infant son and own our home. What the future holds is sometimes more scary than I can imagine but I now have solace with the knowledge that my Higher Power will care for me if I just put in the time daily. I still attend at least one meeting a week and sponsor, but it is the spiritual experience brought about by actually practicing the Steps of Alcoholics Anonymous, I find most beneficial.

*Broc S., Shenzhen, China*

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# Sign Says 'Sobriety'

*Circle and Triangle Sign only visible indication that help was available for this "Lady in Black"*

Recently, a young lady dressed in black stood outside the Central Office door as I prepared to leave after a long day. Startled at first, I quickly realized she was in tears. It was nightfall.

"Are you okay?" I asked. She was not. "I have started to drink again," she said.

I invited her into the office, reassuring her that she would be alright. "That's what alcoholics do – drink," I told her. As she entered the office. I could smell the alcohol on her and was curious to know how she knew we here. Although she had been drinking for two days, recently she had been sober for four months.

While walking to the liquor store, something made her turn around and she saw the circle and triangle sign in our window.

Torn between continuing on to the liquor store or coming to the office, where she knew help would be available, this young lady chose us. The office volunteer and I made a fresh pot of coffee, sat and listened to her story. She was scared and angry at herself for throwing away her sobriety. The volunteer and I comforted this young woman and tried to give her hope.

Alcoholics Anonymous is an amazing program. When we signed the lease on the new office two years ago, we were told by the owner that we could not advertise with a sign announcing "Alcoholics Anonymous." However, we could put the Circle and Triangle sign in the window. People affiliated with AA would know what the sign meant and know we are here.



In reality, that neon sign has brought more people through the door than we are able to count. That young lady was just one of many who have been able to find their way back through the doors. I don't believe in coincidences. I believe God walked her across the street and that she had no idea.

That night she was able to go to an 8 p.m. meeting and start her sobriety over. This time she would start over with a little better understanding of just how cunning, baffling and powerful this disease really is. They say it takes what it takes before you know what you know. This disease does not discriminate.

I thank God for all of these very real ex-

periences that happen due to that circle and triangle sign in the window. That sign gives one peace and comfort and the knowledge that someone who understands will be inside.

The new year is a great time to take stock of what we have been so freely given in sobriety and to give some of it back. I don't know where that young lady is today, but one thing I know is that if we weren't there for her on that recent night, she would have gone to the liquor store. We must never forget where we came from and always be willing to put our hand out to the newcomer, whether they are brand new or coming back after a relapse.

Rest assured, this disease kills. I would rather die sober and loved then drunk and forgotten. We have a responsibility to those starting out to be there for them. So perhaps this time around, if you have never gotten up to the podium to share, think about how we have learned this language and of how it has carried us through life's many ups and downs.

The language of love and hope is the language of our hearts. Remember that you can't keep it if you don't give it away. And the sign in the window, well, that will always carry its own meaning to the person walking through the door.

**Roxy S.  
Fullerton**

## Peace and Serenity

*Goals are elusive, but attainable for this ex-drinker*

When I was drinking, my quest usually was to find some peace and serenity. I finally realized this couldn't work since drinking was doing just the opposite.

I surrendered in 1986, joined AA and accepted that I was an alcoholic and that my life was unmanageable. But I was still looking to find some peace within me. I had hoped in the early years that this serenity would come quickly and easily since I was sober now! I had done all the steps, got a sponsor and been active in AA. I have now finally come to realize after some time that finding peace of mind is elusive and temporary.

The more I work on finding peace, the more it slips away. I found that peace of mind and serenity are a byproduct of working this program to the best of my abilities, doing the next indicated footwork and learning to let go and trust!

The more I think and plan my life, the more frustrated I become. Serenity can be attained but it can also be fleeting and difficult to hold onto unless we are aware of what we are doing or NOT doing in our program.

Peace of Mind and Serenity are lofty goals, but AA does offer us the tools to finally find this amazing calm that we have searched for all our lives.

**Stan D.  
Anaheim**

## UPCOMING EVENTS!

### Annual Rockin' Soberfest will be held Feb. 20

The 18th Annual Rockin' Soberfest will be held Saturday, February 20 featuring a dance, spaghetti dinner and speaker meeting. The event will be held at the UFCW Union Hall, 8530 Stanton Ave. in Buena Park. From 5:30 p.m. to 12:30 a.m.

Make plans to attend the event and enjoy good food, fellowship, and a dance featuring DJ Dave.

Tickets for the event are \$20 and can be purchased at Central Office, 1111 E. Commonwealth Ave., Suite D, Fullerton, CA. Or you can mail your check to 5196 Dover Dr., LaPalma, CA 90623. Email [rockinsoberfest@verizon.net](mailto:rockinsoberfest@verizon.net) for more information.

### Laughlin, NV to Host Annual River Roundup Jan. 7-10

"Rocketed into a 4th Dimension" is the theme of the 20th Annual River Round-Up Convention at the Riverside Resort & Casino Jan. 7-10, 2010.

A golf tournament, speaker meetings, Saturday night banquet and speaker meeting and Sunday morning sobriety countdown highlight this year's event by the Colorado River. For more information and to register, go online to [www.rcco-aa.org](http://www.rcco-aa.org).

### Annual Women's Banquet Slated for May 8, 2010

All women in recovery are welcome to the 13th Annual NOCAA Women's banquet, to be held May 8 at the Santa Ana Elks Lodge, 212 Elk Lane, Santa Ana.

"Sunlight of the Spirit" is the theme of the event, which will feature dinner, a speaker meeting and raffle. Tickets are \$30 and registration must be made by April 20. Make checks payable to NOCAA Women's Banquet and mail to P.O. Box 771, Fullerton, CA 92836.

For answers to questions, please call chairwoman Tracy W. at (714) 334-5425 or co-chair Ailene D. at (714) 393-2297.

## CHECK IT OUT – DUDE! YOUNG PEOPLE'S AA MEETINGS!

<b>Sunday</b>		
Fullerton	6 p.m.	530 W. Commonwealth Ave.
Orange	7 p.m.	261 N. Glassell@Chapman (The Ugly Mug)
<b>Monday</b>		
Irvine	7:30 p.m.	Wild Bunch Men's Step Study 5001 Newport Coast Dr. Mariners Church (Port Kid Zone room)
<b>Tuesday</b>		
Anaheim Hills	7:30 p.m.	Step Study/Kaiser Lakeview-Bsmt.
Dana Point	7:30 p.m.	Campfire Beach Meeting (Winter) 34451 Ensenada Pl. @ D.P. Harbor Dr. - Boat House (Youth Center) (November thru March)
<b>Wednesday</b>		
Irvine	7:30 p.m.	Wild Bunch Beginner Q&A 18842 Teller Ave. @ Campus (New Song Church)
Garden Grove	8 p.m.	Young People's Meeting 7212 Chapman Ave. @ Knott Ave. (Serenity Hall) 797-G4
Yorba Linda	8 p.m.	Topic Discussion 5320 Richfield Rd.
Newport Beach	8:30 p.m.	Topic Discussion, 414 E. 32nd St.
<b>Thursday</b>		
Costa Mesa	8 p.m.	Moorehead Podium Call-up 2476 Newport Blvd. @ Fair (Oddfellows Hall)
Laguna Beach	8 p.m.	Romper Room Beginners 20456 Laguna Canyon Rd.
<b>Friday</b>		
Anaheim Hills	8 p.m.	Discussion-411 Lakeview Ave. @ 91 Fwy. (Medical Building, Basement, Rm # B-4)
Huntington Beach	7 p.m.	Seacliff, 225 7th St., Garage #1 @ Olive
Irvine	7:30 p.m.	Boys in Sobriety 4400 Barranca & Culver

## CALL FOR VOLUNTEERS

Since the last issue,  
Central Office took 1381 calls:

622 from men and  
759 from women.



Keep up the great work — YOU make a difference!

## Meeting Donations ... From Page 10

	DAY & TIME	WHO	Total
NOCCO	Central Office	Jerry L. OC Conv. Donation	176.00
Monrovia	Basic	Beginners Basic Group	200.00
NOCCO	Central Office	Donations from raffle OC Con.	1,053.45
NOCCO	Central Office	Norma Logdson	36.00
NOCCO	Central Office	birthday Harry B.	56.00
NOCCO	Central Office	Gra.m.a Jean P.	74.00
NOCCO	Central Office	ACYPAA	478.00
NOCCO	Central Office	Birthday Nancy M.	28.00
NOCCO	Central Office	Jonh T. B-Day	10.00
NOCCO	Central Office	B-Day Frank Sandys	40.00
NOCCO	Central Office	B- day Ernie C.	28.00
NOCCO	Central Office	Anonymous	358.79
NOCCO	Central Office	B-Day Alfred K.	27.00
NOCCO	Central Office	Tax refund	145.04
NOCCO	Central Office	Sharon P.	22.00
NOCCO	Central Office	AAOCYPAA	478.00
NOCCO	Central Office	Wilfred Mantz B-Day	35.00
NOCCO	Central Office	Faithful Fivers Colleen B	300.00
NOCCO	Central Office	Anonymous	5,592.00
NOCCO	Central Office	Lisette L. Birthday	111.11
NOCCO	Central Office	Soda Coffee	104.00
NOCCO	Central Office	Telephone Calls	44.00
NOCCO	Central Office	INTERGROUP	673.94
NOCCO	Central Office	NOCCO Womens Banquet	2,126.00
Orange	Central Office	SOBERFEST	700.00
Nocco	In Memory	skip 32yrs.	32.00
Nocco	B-Day	Tim G	12.00
Orange	Friday 6:30 a.m.	Smashing Donuts	105.00
Orange	Shanda	No Meeting na.m.e	127.00
Orange	Friday 8 p.m.	No Puffer's Speaker	170.00
Orange	Joe and Charlie	Big Book Workshop	36.00
Orange	Monday 5:30 p.m.	Rush Hour, Friendship Club	350.00
Orange	Monday 7:30 p.m.	Speaker	50.00
Orange	Friday Nite Wand	couples Group	190.00
Orange	Monday 6:30 a.m.	Taking Care of Business	200.00
Orange	Tuesday 7-8 p.m.	Keep It Simple	37.87
Orange	Saturday 7 p.m.	Not a Glum Lot	60.00
Orange	Anonymous	No Na.m.e Donation	160.00
Orange	Sunday Attitude Adjust.	830 a.m. Orang-Olive	120.00
Orange	Thursay 7:30 p.m.	All About Me Men's Stag	252.00
Orange	Thursday Noon	Friendship Club	70.00
Orange	Thu6: 30 a.m.	Friendship Club	100.00
Orange	Tu 7 p.m.	Walnut Tustin Closed Discussion	298.00
Orange	Friday noon	Friendship Club	400.00
Orange	Tuesday 6:30 a.m.	Doughnut Meeting	220.00
Orange	Wednesday 5:30 p.m.	Rush Hour, Friendship Club	70.00
Orange	Wednesday 6:30 a.m.	Friendship Club	293.00
Orange	Wednesday 7 p.m.	Easy Does It	70.00
Placentia	Monday 6:30 p.m.	Beginners' Sober Start	124.00
Placentia	Monday 8 p.m.	Unmanageables	90.00
Placentia	Sunday 7:30 p.m.	Sunday Night Bradford	794.10
Placentia	Sunday a.m.	Right Start	497.20
Placentia	Tuesday 8 p.m.	Bradford Discussion	60.00
Sunset Beach	Friday Noon	Two or more	50.00

## BIRTHDAY DONATIONS



Jerry L. 33 years  
Mike H. 25 years  
Lisette L. 13 years  
Roxy S. 11 years

**PUBLISH YOUR BIRTHDAY or  
SOBRIETY STORY TODAY!**

Shall we put another candle on your birthday cake too?

To publish your birthday, send us your name, sobriety date and your contribution check (DO NOT SEND CASH) in the mail to: North Orange County Central Office, 1111 E. Commonwealth, Ste. D, Fullerton, CA 92831. Or email: [officemanager@aanoc.com](mailto:officemanager@aanoc.com).

WHERE	DAY & TIME	WHO	Total
Seal Beach	Friday noon	Drunk Busters	93.35
Villa Park	24 Hour Group	Attitude Modification	621.45
Whittier	Friday 7-8 p.m.	Big Book Study	25.00
Whittier	Friday 7 a.m.	Attitude Adjustment	25.00
Whittier	Wednesday	Attitude Adjustment 7 a.m.	40.00
Whittier	Monday 7 a.m.	Attitude Adjustment	60.00
Whittier	Monday 7 p.m.	Womens Cala.m.ity	100.00
Whittier	Saturday 10:30 a.m.	Women's Acceptance	175.00
Whittier	Saturday speaker	7:30 Saturday Speaker	50.00
Whittier	In Memory	Steve Templton	25.00
Whittier	Monday 7 p.m.	Attitude Adjustment	45.00
Whittier	Thursday 8 p.m.	The Den	75.00
Whittier	Tuesday 7 a.m.	Attitude Adjustment	25.00
Whittier	Wednesday 7 p.m.	Women's Winner Meeting	15.00
Whittier	Monday 6:30 p.m.	Womens Discussion	100.00
Yorba Linda	ALL 6 a.m.	Attitude Modification	6,952.02
Yorba Linda	Friday 5:30 p.m.	Happy Hour Big Book	225.50
Yorba Linda	Monday 12 p.m.	Nooners	281.70
Yorba Linda	Monday 8 p.m.	Yorba Linda Lutheran Ch.	430.00
Yorba Linda	Thursday 7:30 p.m.	Serenity Seekers	100.00
Yorba Linda	Thursday 8 p.m.	Discussion-Presb. Church	340.20
Yorba Linda	Tuesday PM	Rose Dr. Babtist Womens	150.00
Yorba Linda	YP Wednesday 8 p.m.	Topic Discussion	94.43
Yorba Linda	Wednesday 12 p.m.	Noontimers	415.43

# Traditions 11 and 12

## *Humility is theme of both for this alcoholic*

Anonymity is the key word in both Traditions 11 and 12. Humility, in my humble opinion is the theme. The definition of humility that I have adopted is that no one person is any better or any worse than any other person. Like every other part of the program, this is an ideal that I find impossible to practice with perfection.

Here is an example: I got a little mad the other night. I was talking to some new man at the break during a meeting. Over the years, I've learned that the "soft sell" works best for me – don't use pressure, engage in general conversation, get a feel for where the guy is coming from. Another member with a couple of years of sobriety under his belt came in guns blazing. He was going to get the new man into a house, assign him some friends and a sponsor right on the spot.

My first thought was, "Doesn't this guy know who I am?" My second thought was that he did not, so I should either tell him or tell his sponsor, who I have known for a long time. Luckily, my third thought was, "I understand, I have done the same thing." We learn from experience. My self-seeking ego wants to damage the unity of

*The definition of humility that I have adopted is that no one person is any better or any worse than any other person.*

the group and the unity that has developed with the friends I have made in AA.

Many of my recent experiences have come from the speaker meeting our group of friends attend. A few weeks ago, the guys with commitments at this meeting, the secretary and myself, were the only ones who attended. Everyone else had legitimate reasons for missing the meeting. They all just came up on the same night, so I was not happy. The meeting turned out to be one of the best we have had there in a long time. The speaker was on fire, a bunch of people who don't normally attend showed up, the basket did well and more folks have been showing up since. Shows you what I know.

We hear it all the time in meetings – place principles before personalities. Every

meeting in which the 12 traditions are read gives us the opportunity to chant these words. So I read the tradition and then I read the long form. Two things jumped out at me. The tradition talks about the importance of keeping other members' anonymity in meetings. I have been on both sides of this. I have had my "dirty laundry" aired out in public and I have called guys out to make a point "for their own good." It is not right. What it potentially does is give the newcomer the idea that they cannot speak in confidence about whatever is eating at them.

And the main reason we have public AA meetings (again, my opinion) is so the new man or woman has a place to go to find a solution to their drinking problem. The long form of Tradition 12 reminds us that our great blessings should never spoil us. In my own experience, AA has taken a drunken bum and turned him into a productive member of society. This transformation was made possible by a higher power that I choose to call God.

So if my higher power can overlook my transgressions, maybe I should be willing to overlook your's and be willing to work with anybody for the betterment of AA and society as a whole

**Paul P.  
Fullerton**

## Meeting Questions Answered

**QUESTION:** What impact can one meeting have on AA as a whole?

**ANSWER:** The question can be best answered by the telling of an old story, which has been told in many countries and in many languages:

### A Tale from Japan

Ten men decided to celebrate the New Year with a big crock of hot sake wine. Since none of them could provide for all, they each agreed to bring one jug of wine for the large heating bowl. On the way to his way cellar, each one thought, "My wine is too valuable to share! No one will

know. It'll never show. It'll be fine. I'll bring a jug of water instead of the wine.

And so when they all gathered with the jugs they brought, all 10 men poured the contents of their jugs ceremonially into the big bowl and then looked sheepishly at one another as they heated and poured hot water for all.

**QUESTION:** As a newcomer into AA, I was told to take the cotton out of my ears and place it into my mouth. Bluntly stated, I was told to sit down and shut up and listen. Is this part of AA?

**ANSWER:** Page 160 of the Big Book says, "Aside from fellowship and sociability, the prime object was to provide a time and place where new people might bring their problems."

Jerry L.

## SPEAKER MEETINGS: January/February 2010

Anonymous Times would like to publish your list of speakers for March/April 2010. Deadline for publication is February 15. Email: [aaletters@gmail.com](mailto:aaletters@gmail.com).

Friday 8 p.m. St. Jude Speaker  
St. Jude Hospital, Erickson Building  
101 E. Valencia Mesa, Fullerton, CA

January 1 Bob D., Lakewood  
January 8 Jackie C., Yorba Linda  
January 15 Joni K., Los Angeles  
January 22 Bill C., Torrance  
January 29 Larry, Rancho Santa Margarita  
February 5 John M., Irvine  
February 12 Maureen H. Downey  
February 19 Sean C., Colver  
February 26 Earl H.

Friday 8:00 p.m. Dreams Come True  
109 E. Wilshire, Fullerton 92632

Jan. 1 Happy New Year (NO MEETING)  
Jan 8 George F., Lake Elsinore  
Jan. 15 Roxy S., Fullerton  
Jan. 22 Mike T., Fullerton  
Jan. 29 Ken and Lorena M., Anaheim

Friday 8 p.m. No Puffers Speakers Meeting  
395 S. Tustin Ave., Orange (Church)

*Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Friday evening.*

Saturday 8:00 p.m. Oddfellows Speaker  
109 E. Wilshire, Fullerton 92632  
(First Christian Church)

January 2 Carol F., Fullerton  
January 9 Dave B., Brea  
January 16 Michelle L., Bellflower  
January 23 Caroline S., Fullerton  
January 30 Fred L., Brea  
February 6 Christeen M., Paramount  
February 13 Walt E., Fullerton (Woodglen)  
February 20 Roxy, Central Office  
February 27 Nick M., Garden Grove (H&I)

Saturday 8 p.m. Liverpool Speaker Meeting  
4861 Liverpool St., Yorba Linda

*Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Saturday evening.*

Sunday 10:30 a.m. Fullerton Alano Center  
530 W. Commonwealth, Fullerton

*Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Sunday morning.*

Sunday 10:30 a.m. Western Medical (24 Hr. Speaker)  
1025 S. Anaheim Blvd., Anaheim

January 3 Randy K  
Jan. 10 Joe G.  
Jan. 17 Karen M.  
Jan. 24 Lisette G.  
Jan. 31 Duane F.  
Feb. 7 Don M.  
Feb 14 Gary M.  
Feb21 Ken 2 and a half cents  
Feb. 28 Ernie C.

Sunday 8:00 p.m. Fireside Speaker Meeting  
8150 Knott Ave., Buena Park  
(Ehlers Community Center)

*Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Sunday evening.*

Sunday 7 p.m. Sober & Crazy Speakers  
1310 E. Walnut (@Tustin Ave.) Orange

*Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Sunday evening.*

Wednesday 8 p.m. Fullerton Alano Center  
530 W. Commonwealth, Fullerton

*Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Wednesday evening.*



**Show up and hear the  
message of recovery**

To include your meetings, we need your  
speaker lists by February 15, 2010

## NOC Central Office BULLETIN BOARD

<b>H&amp;I</b> <b>2ND SUNDAY</b> <b>Jan. 10 &amp; Feb. 14</b>	<b>NOCPIC</b> <b>2ND WEDNESDAY</b> <b>Jan 13 &amp; Feb. 10</b>	<b>INTERGROUP</b> <b>2ND WEDNESDAY</b> <b>Jan. 13 &amp; Feb. 10</b>	<b>VOLUNTEER MEETING</b> <b>FEB. 13</b> <b>at 10 a.m.</b>
<p><b>Orange County Hospitals and Institutions Committee</b></p> <p>2nd Sunday of each mo. Institutions Committee: 4-5 pm (Orientation at 3:15 pm)</p> <p>Hospitals Committee: 6-7 pm (Orientation at 5:15 pm) Garden Grove Alano Club 9845 Belfast Garden Grove Call (949) 278-5173</p>	<p><b>North Orange County Public Information Committee</b></p> <p><i>Learn about sharing the message with Non-AA people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO 1111 E. Commonwealth, Ste. D, Fullerton If you have questions, call Brian K. at 714-658-4581</p>	<p><b>North Orange County Intergroup Association</b></p> <p><i>Be an intergroup representative for your meeting.</i></p> <p>Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)</p>	<p><b>CENTRAL OFFICE</b> holds a quarterly volunteer meeting on the 2nd Sat. every three months. <i>Coffee and donuts provided.</i></p> <p>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</p> <p>Call 714-773-4357 for information</p> <p>MEETING 10 A.M.</p>

**FOR MORE INFORMATION, CALL CENTRAL OFFICE AT (714) 773-4357**

25th Annual Orange County Convention

**April 2nd, 3rd and 4th, 2010**

**OPEN PLANNING MEETINGS at the Roque Center**  
9842 13th St., Garden Grove, CA

**7:30 p.m. Third Wednesday of each month**

**January 20; Feb. 17 and March 24, 2010**

If you can talk, stand, sit, smile, point, paint, hammer, drive, file, type, write, count, create, breathe, or just tell jokes...

YOUR HELP IS NEEDED! [www.ocaa.org](http://www.ocaa.org)

***Don't take your meetings for granted!***

***Drop a buck or two when the 7th Tradition basket is passed. Your support is critical!***

### Anonymous Times Needs You!

**Do you have a burning desire to share your story? Want to help somebody else stay sober?**

Tell us how you did it. Send us your articles. Please keep your stories to 700 words or less.

Subject matter of articles must be confined to alcoholism. Keep in mind that we are not able to print poetry or profanity. If you include material from another source such as the Grapevine or the Big Book, please specify

which page number and the source. Submit your article to Central Office or email to: [aaletters@gmail.com](mailto:aaletters@gmail.com).

Articles may be edited for space and clarity. We look forward to hearing from you and sharing your story with the rest of the North Orange County AA community.



# Experience, Strength, Hope

*Simplicity of three-word saying has had most profound effect on this alcoholic*

As anyone who has been around the rooms of Alcoholics Anonymous for more than a brief time has discovered, there are any number of sayings that are bandied about. We hear about "keep coming back," "don't leave before the miracle," "easy does it." The list goes on and on and I am sure we all have our favorite.

Of all those AA maxims of which I have been made aware, though, it has been the simplicity of "experience, strength and hope" which has had the most profound effect on me, and is the most helpful in reviewing what has happened to me and what it is like now.

I was always an impetuous person, wanting what I wanted and wanting it right away. I always thought that patience was something for those who had no drive or ambition, and when I got sober that part of my thinking was one of the last to change. I would smile and obligingly nod my head when I heard old timers talk about quality sobriety taking time...T-I-M-E, as George would say, while thinking that I wasn't about to sit around forever waiting for a quality sober life.

I justified my impatience by rationalizing that if God were powerful enough to get me sober, why, he could certainly give me the ability to have that quality of life and sobriety without having to spend so much time waiting for it.

I realize a few things now that I didn't then: first, that the old timers told me to keep my mouth shut when I first got here to save me from myself (so that I wouldn't say things that would only embarrass me) and secondly, how glad I am that I continued to do what they told me: Be of service, go to meetings and listen.

I used to think that "experience" meant the story I told of the time when I was drinking..my experience as a drunk..but

*The experience I am fortunate to have now is that which comes only after having gone down this road of happy destiny a few miles with a few other good people*

other than showing newcomers what we have in common, that story is now practically useless to me.

The experience I am fortunate to have now is that which comes only after having gone down this road of happy destiny a few miles with a few other good people, the experience of seeing many times how this program has helped others, and in return has helped me. I realized that it wasn't the passing of time to which those people had referred; it was the building of memories and experiences during that time which would come to be so important to my sobriety.

Those experiences that we gain are the most important part of our continuing journey. Just as it takes constant exercise to gain and maintain physical strength, so do our daily experiences serve to strengthen our ability to live sober productive lives. It is in our best interest to make sure that those experiences are the best they can be, trying to reach out to others and to be of service where we can. I believe that it is the work that we do with others that truly allows us a small insight into how the program is working in our own lives.

The changes that come about in ourselves are difficult to see, the mirror doesn't change that drastically. But looking back over time with our friends and fellow travelers lets us see the hill we have climbed and the progress we have made.

Experience and strength are the parts which come together to provide faith, that belief which gives us hope for the future. "No matter how far down the scale we have gone, we will see how our experience can benefit others." However important we may believe it is to relate our "drunkalogues" to others, how much more valuable would it be to describe the miracle of the program by sharing stories of success and happiness that we have ourselves witnessed?

Our's is a program of attraction, not promotion, and what is more attractive than the vision of a life of freedom, growth and happiness? The more we have experienced the power of the program, the stronger our faith and hope will become and the better we will be able to transmit that faith and hope to others.

"We shall be with you in the fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

"May God bless you and keep you-until then"

**Happy Bill  
Yorba Linda**

**"We have good news and bad news here. The good news is you never have to drink again even if you want to. The bad news is that we're your new friends."**

*Author Unknown*

# Meeting Donations Year-to-Date *(Through December 15)*

	DAY & TIME	WHO	Total
Anaheim	6:30 p.m. Friday	Gratitude is action	330.88
anaheim	Saturday 7:30 a.m.	202 W Broadway club	70.00
Anaheim	Monday 5:30 p.m.	Primary Purpose	420.00
Anaheim	Monday 7:30 p.m.	12 & 12 Oasis	181.65
Anaheim	Thursday Night	Bills Babes	85.00
Anaheim	Sunday 7:30	Complete Abandonment	80.00
Anaheim	Sunday	Western Medical A.m.	281.00
Anaheim	Tuesday 8 p.m.	Survivors	180.00
Anaheim	Tuesday, 12&12	Kaiser	50.00
Anaheim	Women's 6&7	Tuesday 630pm	70.00
Anaheim	Tuesday 6:30 p.m.	Step 6 7	375.00
Anaheim Hills	Friday, Kaiser	Y.P. Discussion	60.00
Anaheim Hills	Monday Night	Experience, Strength, Hope	338.00
Anaheim Hills	Thursday 7 p.m.	Men's Stag, Kaiser	615.00
Anaheim Hills	Monday 7 p.m.	Kaiser Women's Myg.	194.50
Anaheim Hills	Saturday 6 p.m.	Winner's Circle	240.00
Anaheim Hills	Saturday 8:30 a.m.	It's In The Book	270.00
Anaheim Hills	Thursday 7:00 p.m.	Women's Solution	123.50
Anaheim Hills	Tuesday 7:30 a.m.	Women's Big Book & Step	75.00
Anaheim Hills	Wednesday 7:30 p.m.	Big Book Study	82.12
Brea	Tuesday 5:30 p.m.	Mens Stag	280.00
Brea	Thursday 10:30 a.m.	Step Sisters	112.00
Brea	Friday 5:30 p.m.	Happy Hour BB Study	235.00
Brea	Monday 10 a.m.	Women's Discussion	395.00
Brea	Monday 5:30 p.m.	Happy Hour Step study	358.00
Brea	Monday 5:30 p.m.	Women's Happy Hour	197.00
Brea	Monday Nite	Big Book Workshop	400.00
Brea	Saturday 10:30 a.m.	Women's Step Study	170.00
Brea	Thursday 5:30 p.m.	Living in the Solution	480.00
Brea	Tuesday 5:30 p.m.	Women's 10th Step	595.19
Brea	Wednesday 5:30 p.m.	As Bill Sees It	327.42
Brea	Tuesday 8 p.m.	Step Study	176.40
Brea	Friday 8 p.m.	Men's Stag	50.00
Brea	Men's Stag	Friday Night	100.00
Brea	Wednesday 6:30 p.m.	Daily Reflections	95.25
Buena Park	Friday 8 p.m.	Friday Nite Discussion	62.00
Buena Park	Monday 7:30 p.m.	Just for Today	20.00
Corona Del Mar	Noonatics		298.00
Cypress	Big Book Study	Tuesday 8 p.m.	60.00
Cypress	5-6 p.m.	Sunday Happy Hour	174.00
Cypress	Tuesday 7:30 p.m.	Big Book Study	305.00
Cypress	6 p.m.	Spiritual Growth	228.00
Cypress	Friday 8 p.m.	Lunatic	300.00
Cypress	Monday Night	We Agnostics	100.00
Cypress	Monday 8 p.m.	Topic Discussion	170.00
Cypress	Tuesday 5:30 p.m.	Happy Hour BB Study	20.00
Fullerton	8 p.m.	Sunday Harley Men's Stag	77.00
Fullerton	Daily 6 a.m.	Attitude Adjustment, FAC	352.50
Fullerton	FAC Wednesday 2 p.m.	Women's Coffee Talk	286.00
Fullerton	Wednesday Newcomers	6 p.m. Big Mikey's house	100.00
Fullerton	Friday 11:30 a.m.	Podium Participation	60.00
Fullerton	Anonymous	Anonymous	100.00
Fullerton	7 p.m. Tues.	FAC Participation	5,000.00

	DAY & TIME	WHO	Total
Fullerton	Friday 6 p.m.	Singles 4 Sobriety	44.00
Fullerton	Friday 8 p.m.	Candlelight, Fullerton Alano	60.00
Fullerton	Monday 6 p.m.	Kats on the roof	142.00
Fullerton	Monday 6 p.m.	Men's Stag	70.00
Fullerton	Monday 6:30 p.m.	Women Living in the Solution	345.90
Fullerton	Monday 6 p.m. 12x12	Meeting Place	22.00
Fullerton	Saturday 6 p.m.	Saturday Night Live	200.00
Fullerton	Saturday 8 p.m.	Oddfellows	240.00
Fullerton	Saturday 9:30 a.m.	Feelings-Fullerton Alano	20.00
Fullerton	Group X3067	Gardner	55.00
Fullerton	Sunday p.m.	Participation, Wilshire	52.00
Fullerton	Sunday Speaker Meeting	Meeting Place	85.00
Fullerton	11:30 Tuesday a.m.	FAC 12&12	70.00
Fullerton	682742	unknown	111.67
Fullerton	Tuesday	5.02 Discussion	30.00
Fullerton	Thursday 8 p.m.	Candlelight, Meeting Place	260.00
Fullerton	Thursday 8:00 p.m.	Women's KISS	40.00
Fullerton	Thurs 8:00pm	Men's Stag	1,638.99
Fullerton	Thursday 600pm	Women's FAC	97.25
Fullerton	Tu Night	NewcomersMtgPlace	30.00
Fullerton	Wednesday 6 p.m.	FAC Show up Grow up	45.52
Fullerton	Wednesday Night	Not in the book FAC	51.00
Fullerton	Wednesday 8 p.m.	Fac Speaker Mtg.8pm	80.00
Fullerton	Fullerton Closed womens Hot Topic Disc.	2 p.m. Hot Topic Womens	140.00
Garden Grove	2thru7	Step Study Sun.6pm	50.00
Garden Grove	Monday 8 p.m.	Serenity Girls	89.65
Garden Grove	Saturday Troop	10:30 a.m. Garden Grove	100.00
Garden Grove	Not taking a trip	Garden Grove	60.00
Garden Grove	Friday 6:30 p.m.	Chapter nine	50.00
La Habra	Friday 8 p.m.	Beginners Basic	591.00
La Habra	M-F 6:30 a.m.	Topic Discussion	80.00
La Habra	Sunday 10:30 a.m.	Participation Meeting	50.00
La Habra	Sunday 10:30 a.m.	Women's	71.13
La Habra	Sunday a.m.	Participation	25.00
La Habra	Sunday 7 p.m.	Sober Sunday	360.00
La Habra	Thursday 8 p.m	Church Participation	36.00
La Habra	Tuesday 8 p.m	Participation	140.00
La Habra	Wednesday 7:30 p.m	Women's Participation	70.00
La Habra	Wednesday 7:30 p.m.	Men's Stag	220.00
La Mirada	Tuesday 8 p.m.	Winners Circle	35.00
La Palma	Friday	Big Book Group	50.00
La Palma	Wednesday 8 p.m.	Sold on Sobriety	33.41
La Mirada	Mens	Big Book Study	60.00
La Habra	Friday 7 a.m.	Attitude Adjustment	100.00
La Habra	Tuesday 8 p.m.	Discussion	65.40
La Habra	Women's 8 p.m.	winners circle	120.00
Yorba Linda	Thurs.8pm	119601	105.00
Los Ala.m.itos	ALL	Surrender is Freedom	1,457.40
Los Ala.m.itos	Cover to Cover	Thursday Night 7 p.m.	60.00
Los Ala.m.itos	Sunday 6 p.m.	Big Book Study	90.00
Los Alamitos	Sunday	Big Book Study 6-730pm	60.00
NOCCO	Poker Run	Fundraser Bill W.Sober	100.00
unknown	682742	No Na.m.e Donation	147.06

Continued on page 5

# The Home Group

## WHO'S SITTING NEXT TO YOU?

I know who you are. You are "X" who attends the ABC Meeting at the XYZ Club where AAs meet in Anywhere, U.S.A.

I saw you there the other night at the eight o'clock meeting. I don't know how long you've been sober, but I know you've been coming around for a while because you spoke to a lot of people who knew you.

I wasn't one of them.

You don't know who I am. I wandered into your meeting place alone the other night, a stranger in a strange town. I got a cup of coffee, paid for it, and sat down by myself.

You didn't speak to me.

Oh, you saw me. You glanced my way, but you didn't recognize me, so you quickly averted your eyes and sought out a familiar face.

I sat there through the meeting.

It was okay, a slightly different format but basically the same kind of meeting as the one I go to at home.

The topic was gratitude. You and your friends spoke about how much AA means to you. You talked about the camaraderie in your meeting place. You said how much the people there had helped you when you first came through the door - how they extended the hand of friendship to make you feel welcome, and asked you to come back.

And I wondered where they had gone, those nice people who made your entrance so welcoming and so comfortable.

You talked about how the newcomer is the life blood of AA. I agree, but I didn't say so. In fact, I didn't share in your meeting. I signed my name in the book

that was passed around, but the chairperson didn't refer to it. He only called on those people in the room whom he knew.

So who am I? You don't know, because you didn't bother to find out. Although yours was a closed meeting, you didn't even ask if I belonged there.

It might have been my first meeting. I could have been full of fear and distrust, knowing AA wouldn't work any better than anything else I'd tried, and I would have left convinced that I was right.

I might have been suicidal, grasping at one last straw, hoping someone would reach out and pull me from the pit of loathing and self-pity from which, by myself, I could find no escape.

I might have been a student with a tape recorder in my pocket, assigned to write a paper on how AA works - someone who shouldn't have been permitted to sit there at all but could have been directed to an open meeting to learn what I needed to know.

Or I could have been sent by the courts, wanting to know more, but afraid to ask.

It happens that I was none of the above.

I was just an ordinary drunk with a few years of sober living in AA who was traveling and was in need of a meeting. My only problem that night was that I'd been alone with my own mind too long. I just needed to touch base with my AA family.

I know from past experience that I could have walked into your meeting place smiling, stuck out my hand to the first person I saw and said, "Hi. My name is - . I'm an alcoholic from - ."

If I'd felt like doing that, I probably would have been warmly welcomed. You would have asked me if I knew Old So-and-so from my state, or you might have shared a part of your drunkalog that occurred in my part of the country.

Why didn't I? I was hungry, lonely, and tired. The only thing missing was angry, but three out of four isn't a good place for me to be.

So I sat silently through your meeting, and when it was over I watched enviously as all of you gathered in small groups, talking to one another the same way we do in my home town.

You and some of your friends were planning a meeting after the meeting at a nearby coffee shop. By this time I had been silent too long to reach out to you. I stopped by the bulletin board to read the notices there, kind of hanging around without being too obvious, hoping you might ask if I wanted to join you, but you didn't.

As I walked slowly across the parking lot to my car with the out-of-state license plates you looked my way again. Our eyes met briefly and I mustered a smile. Again, you looked away.

I buckled my seat belt, started the car, and drove to the motel where I was staying.

As I lay in my bed waiting for sleep to come, I made a gratitude list. You were on it, along with your friends at the meeting place. I knew that you were there for me, and that I needed you far more than you needed me. I knew that if I had needed help, and had asked for it, you would have gladly given it. But I wondered . . . what if I hadn't been able to ask?

I know who you are.

Do you remember me?

*Fran D., New Orleans, Louisiana*

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## Captured Quips from California Jack

### *Wit and wisdom of Bill and Bob's friends*

*From the Big Book of Alcoholics Anonymous, pg 163; "No one is too discredited or has sunk too low to be welcomed cordially – if he means business."*

I'm fishing for a new way of life and I think maybe I've got a bite.

It's not so much the yets, it's the agains.

If you want a lamp to keep burning, you have to keep adding oil.

This isn't a cruising program. You either grow or die.

In a very short time I went from the penthouse to the outhouse.

You know, we don't shoot our wounded.

For some of us, this is a million dollar program that has to shoved up our butts a nickel at a time.

I didn't want to stop drinking. I just wanted the bad stuff to stop happening.

It's really cool nowadays. When I have to pee in the cup, the only problem that I have is aiming.

You can't think your way into sobriety.

If you want a different word for alcoholism, just call it MORE!

When he first came in he looked like he'd just fallen out of the washing machine and couldn't find the dryer.

*Oh, and just for fun: You might have a drinking problem if: (forgive me)*

You wake up fully clothed and wonder who crapped in your pants.

You tell your friends that you are as Jober as a Sudge. You sincerely believe that beer is the elusive 5<sup>th</sup> food group.

Do you have a quote that you think should be added to the list? Send it to California Jack at **Golden.Buckeye@yahoo.com**

## Letting Go and Letting God

### *Alcoholic discovers that doing the foot work leads to peaceful resolution*

This is what AA has taught me about letting go and letting God. On August 16, I was told that my 94-year-old aunt who lives in Arizona was in the hospital for about a week and had two major surgeries.

I tried to call my cousin, my aunt's daughter whom I have not spoken to in more than 45 years.

As always, my phone call was not returned, but I was able to obtain a little information from the hospital.

When I did not get a return call from my cousin, my alcoholic mind went crazy, judging my cousin and everything else one more time.

But then I remembered about being told to do the foot work and letting God do the worrying. After a few more phone calls to the manager of the rest home, I was told that my aunt was doing well and should be returning to the rest home after her hospitalization. I was even able to send her some flowers.

If it wasn't for my aunt finding a detox for me many years ago, I would not be here today. And I would not have the honor to be of service at North Orange County Central Office. Again, I let go and let God to find peace of mind.

**Billy P.**

**Sobriety date: January 7, 2006.**

## Thought Patterns

People will not remember what you say or what you think. They will never forget how you make them feel.

The more we concentrate on the same thing, the more it expands.

Some people mistake kindness for weakness, so we must not fall victim.

Nothing remains the same. Either we strive to make it better or gets worse.

**George R.**