

Anonymous Times

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Alcoholic Learns Life Lessons in Sobriety

Elimination of alcohol was only the beginning of a new way of living for one ex-drunk

When I stumbled into Alcoholics Anonymous in April 1987, I had no idea how radically my life would change. After all, when I came to A.A., all I had was a small drinking problem; fix that and all my other problems would take care of themselves. I could not have been more wrong; my drinking problem was just the beginning of the changes to occur in my journey in sobriety.

Shortly after my introduction to A.A., the lessons of life began. Not only was I supposed to stay sober, work the steps and help others, but I was supposed to get rid of "all my old ideas." "All" is a lot of old ideas. I had old ideas for every situation. They didn't work, but I clung to them anyway. Slowly, the old-timers fed me new ideas to replace the old standards. Simple at first, because that was all I could handle.

When I was told to suit up and show up, it was the first time I was actually expected to be where I was supposed to be, when I was expected to be there. You would expect this to be something a 30-year-old would have mastered by this point in his life, but to me it was a new idea.

The second life lesson I learned was to make my bed every morning. Sure my mother tried to teach me this when I was little, but even as a young child, I had already started to tune out people who tried to give me advice about life.

Continued on page 2

O.C. Convention Enters Final Planning Stages

Planning for the 26th annual OCAA Convention has entered the final stages and volunteers are needed more than ever to help make the event the best ever. "Serenity 24/7 in 2011" is the theme of this year's event, to be held April 22-24 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, oldtimer's meeting and Saturday night banquet. For more information, go to www.ocaa.org.

North Orange County Central Office

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Happy New Year!

Celebrate the new year sober.

If you feel you are going to drink, call your sponsor or **(714) 773-4357**. The phone line is answered 24 hours a day, seven days a week.

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NOCCO Jan.-Nov. 2010 Revenue and Expenses

Revenue	Nov-10	Nov-09
Sales - AA Books and Literature	\$36,324.89	\$33,386.52
Sales - Chips and Non-AA	\$26,164.03	\$32,080.59
Donations- Groups and Individuals	\$48,710.73	\$40,597.00
Fundraisers	\$2,778.50	\$2,943.00
Interest	\$240.32	\$617.86
Total Revenue	\$114,218.47	\$109,624.97
Cost of Goods	\$46,578.21	\$45,708.45
Gross Profit	\$67,640.26	\$63,916.52
Operating Expenses		
Salaries	\$36,300.00	\$36,300.00
Advertising	\$0.00	\$401.83
Bank Charges	\$118.00	\$74.00
Bad Checks	\$201.60	\$73.12
Cash short/(Over)	-\$21.22	-\$11.55
Computer Expenses	\$0.00	\$134.81
Depreciation	\$393.91	\$567.05
Insurance-General Liability	\$2,163.51	\$1,445.15
Insurance - Work Comp	\$2,378.56	\$557.35
Insurance - Medical	\$2,920.00	\$2,926.00
Interest expense	\$9.86	\$0.00
Licenses	\$20.00	\$0.00
Legal & Accounting	\$2,100.00	\$1,825.00
Newsletter Cost	\$2,172.27	\$2,237.62
Office Supplies	\$4,047.27	\$4,807.57
Postage	\$171.11	\$355.44
Penalties on Tax Payments	\$351.85	\$0.00
Office Rent	\$17,050.00	\$17,218.00
Equipment Rental	\$1,652.77	\$1,118.89
Repairs & Maintenance	\$0.00	\$50.00
Seminars & Education	\$1,455.11	\$1,563.97
Taxes- Payroll	\$2,902.81	\$2,888.88
Taxes- Annual Filings	\$60.00	\$50.00
Telephone	\$3,308.23	\$3,209.98
Utilities	\$2,271.53	\$2,783.31
Total Operating Expense	\$82,027.17	\$80,576.42
Other Income and Expense	\$0.00	\$0.00
Net Income/(Loss)	-\$14,386.91	-\$16,659.90

Lessons ... From Page 1

The third thing they taught me was the reason I was making my bed every morning and praying every day. Making my bed slowed me down long enough for me to remember to pray. An amazing thing happened when I started to apply these lessons -- I slowly started to feel good about myself.



The lessons have continued for all these years, "sometimes quickly, sometimes slowly." The old-timers taught me what it means to be an honorable man, a good friend, a caring husband and a loving father.

They taught me what a man and a friend were, and what they were not. They taught me that I had to be true to my word and accountable for my actions. To be honest in my dealings with others. To be kind and courteous to everyone. To help those less fortunate. To defend the weak. To be a gentleman. I look at this list now and it makes perfect sense. However, there was a time when these ideas were laughable to me. I would have told you that they were a invitation to be taken advantage of. I had to learn that as long as I was not trying to exploit others, that I would not be exploited in return.

When it came to what a good husband should and should not be, I heard an old-timer talk once about his pending marriage. He went to his sponsor and voiced his concern about marrying a third time, his first in sobriety. The concern was whether he could be a good husband. His sponsor told him, "We've watched you around here for some time now and we've seen how if a newcomer was to spill his coffee, you would get up and clean up the mess and get him another cup and do so with a smile. Now if you will just take that spirit into your marriage and treat your wife with as much kindness and understanding as you would a newcomer, your marriage will be a success." Simple but true.

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What Alcohol Stole From Me

Booze took away much, both materially and spiritually

For decades alcohol kept me hostage, taking away from me my whole world piece by piece until I had nothing left, materially, physically and spiritually. It was a master robber, stealth, bold and brazen, finally leaving me sitting on the floor of a little apartment, 40 years old and beaten.

For a while it deceived me. In the beginning everything I did seemed to be enhanced by it. I remember in my mid-20s sailing around the South Pacific aboard several sailing schooners in the late 1950s.

One of those was my own, the Marie Celine, which I sailed with a crew of 3 from LA to the Marquesas and Tahiti. I told my crew that we were a "dry ship" and that there wasn't any alcohol aboard. But when we arrived in the Marquesas Islands after 23 days at sea and anchored in a safe harbor, I surprised them by bringing out a bottle of Cutty Sark I had hidden under the floor boards and we celebrated. When the bottle was empty my feeling of accomplishment convinced me we had sailed around the world. In the next few months we visited many islands with romantic names like Fatuhiva, Takaroa and Bora Bora. In each, safely anchored at night, we'd drink on deck

in the flickering kerosene lantern's light, listen to the surf on the nearby reef and solve the problems of the world.

Eventually I married a Filipina girl, settled in Manila and became an advertising executive. That's when alcohol began to turn on me. Instead of enhancing life, it slowly turned it into hell.

The Philippines were tailored for an alcoholic. Certain local customs "forced" me to drink more than usual. If I went to a party at someone's home, it was considered polite for the guests to finish what bottles of alcohol had been opened before they left. That might have been fine when there were 15 other people at the party. But what if my brother-in-law dropped by on a week night and we opened a bottle of rum? I'd simply have to finish it with him. And when I travelled into the barrios (country) with my father-in-law, who was a colonel in the Philippine Army and knew everybody, I'd have to drink all the alcohol offered to me by the village elders to be polite.

Customs like this, combined with my compulsion to drink, accelerated my alcoholism. I had slowly transformed

from a devotee of it to a slave to it. In the process it began taking important things away from me. First was my job as a corporate advertising executive. Because of excessive drinking, my hands began to shake, my self-confidence weakened and my creative abilities were smothered. I eventually lost my job----and the corner office and the parking space with my name on it.

Second, I lost my sense of purpose and where I was headed in life ---- or even caring about the direction I was going. Essentially the meaning to life became fuzzy and I eventually became indifferent about it.

Third, and much more painful, was my family. I became incapable of being a husband and father. My wife and 4 children and my beautiful home in the suburbs slowly slipped through my fingers.

But the most valuable possession I lost was myself. Alcohol was taking away my identity. I didn't know who I was or where I was going. And, increasingly, I really didn't care. The only important thing in my life became the next drink.

Leaving my wife and children, I returned to the States physically broken down and spiritually and mentally empty. Yet I continued to drink for another 5 years. I settled on

Continued on page 9

Lessons ... From Page 2

I've learned other things as well. When having a disagreement with my wife, I should decide whether I "would rather be right or happy."

And if that disagreement progressed to an argument, I "should give her the last word as soon as possible." These are simple ideas, but as the book says "most good ideas are simple."

When it came to being a father, many of the attributes I learned early in sobriety applied here as well. To be a man of my word. To treat them with the same kindness I would a newcomer. To be honest with them. To show them they could trust me beyond

question and to love them with all my heart. To this day, they continue to surprise me with some A.A. principle they have applied to their own life, but I really shouldn't be surprised because they were raised in Alcoholic Anonymous as was I.

Some who read this may think to themselves, "What does all this have to do with physical sobriety?" and the truth is, it has nothing to do with physical sobriety.

All these lessons I've learned and many more have to do with a comfortable sobriety; a sobriety that is happy, joyous, and free.

**Guy S.,
Placencia**

UPCOMING EVENTS!

Rockin' Soberfest To Be Held February 19

The 19th Annual Rockin' Soberfest will be held Saturday, February 19, and will again feature 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 for more information.

Big Book Workshop Set for February 5-6

A Big Book Workshop Weekend will be held Saturday and Sunday February 5 and 6 at the Imperial Alano Club, 8021 Rosecrans Ave. in Paramount. Sponsored by the Paramount Group of Alcoholics Anonymous, the workshop will be conducted by Bob D. from Las Vegas and Patti O. from Laguna Niguel.

A \$15 registration fee will be charged to cover expenses. Registration ahead of time is urged but not required. Bring your book and a newcomer. The event runs from 9 a.m. to 5 p.m. each day. More information is available at www.paramount-speakers.org or by calling **Maureen at (562) 923-2276**.

CALL FOR VOLUNTEERS

Since the last issue,
Central Office took 904 calls:

478 from men and
426 from women.



Keep up the great work — YOU
make a difference!

CHECK IT OUT – DUDE! YOUNG PEOPLE'S A.A. MEETINGS!

Sunday		
Fullerton	6 p.m.	530 W. Commonwealth Ave.
Orange	7 p.m.	261 N. Glassell@Chapman (The Ugly Mug)
Monday		
Irvine	7:30 p.m.	Wild Bunch Men's Step Study 5001 Newport Coast Dr. Mariners Church (Port Kid Zone room)
Tuesday		
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)
Wednesday		
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.
Thursday		
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.
Friday		
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

Were Traditions Violated or Not?

I have been a member of The Orange County Sober Poker Run planning committee since its inception a couple of years ago. For the last year I have held a position on the board of directors for North Orange County Central Office. I am also a regular contributor to the Anonymous Times newsletter.

Recently, it was brought to the attention of North Orange County Board of Directors that a letter was sent to NOC Central Office expressing concern over the September/October edition of The Anonymous Times. The letter writer was concerned that Tradition Six was violated by announcing that proceeds from The Second Annual Orange County Sober Poker Run would benefit not only NOC Central Office but Woodglen Recovery Center and The Garden Grove Alano Club as well.

My first reaction was one of nonchalance. Naturally, I began thinking about the 12 traditions. Tradition One states clearly that the individual should not be "swallowed up." Reading Tradition Two and having some familiarity with the person who wrote the letter and being well aware this person is an active participant in their own recovery as well as others, I felt this response was warranted.

The Orange County Sober Poker Run started as a response to the downturn in

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Recycle Newcomer Chips!

You've heard about recycling aluminum cans and glass



bottles for pocket change. How about recycling your newcomer chips for a worthy cause?

If you have been sober awhile, no doubt you have several newcomer chips among your collection.

Why not put them to good use and donate them to NOC Central Office?

Contact Roxy at **(714) 773-4357** for more information. Or stop by Central Office, 111 E. Commonwealth Ave., Fullerton, CA 92831.

BIRTHDAY DONATIONS

Dave C. 31 years
(Dave donated \$310.00)
Frank \$27.00
Mike H. \$26.00
Roxy \$12.00



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. Email: officemanager@aanoc.com.

Central Office News

Softbound literature on sale now

Central Office is continuing its sale on packets of softbound literature. For the time being, get \$35 worth of pamphlets and literature for \$10.

With titles such as "Understanding Anonymity," "The 12 Traditions Illustrated" and "The A.A. Group - Where it All Begins," it's enough literature to last the typical meeting six months or longer.

Visit NOC Central Office now at 111 E. Commonwealth Ave., Ste D., Fullerton, CA 92831.

Back-Up Volunteers Needed

Temporary volunteers are needed at Central Office to answer phone calls and talk to people in need of help as the new year gets under way.

Even though the holidays are over, any time of year can be troublesome for people struggling with alcoholism. And while Central Office is typically staffed with caring and knowledgeable individuals, there are times when they are sick or on vacation and must temporarily miss their shifts.

Those with at least six months of sobriety are encouraged to contact Roxy at Central Office to help as a back-up volunteer. Call (714) 773-4357.

Even When You Want To, You Don't Have To Drink!

I used to think that was such a cool, hip thing to say, but I could never accomplish it. When I experienced any level of discomfort or fear, I would turn to my courage in a bottle – liquor.

I would drink if I broke a finger nail (you would too if it cost \$5 to fix a fake nail and knew it was part of my only drinking money) I didn't know how to not drink even when I wanted to. Even more frustrating was that I didn't know how to give up the secret (that everyone really knew) and ask for help.

It is now sometime later, and I've experienced the pain involved in that cool cliché. On more than one occasion, I sat uncomfortably in an AA meeting and today was one of those days. It was my normal weekday meeting with my sponsor, a Big Book study every Thursday. I

made a sober commitment not to miss that appointment with her unless I had no other option. Going to the dentist this morning didn't fit that category.

Once I got to the meeting, I was asked to lead, (Dad is soooo funny). I had to get out of myself long enough to hand out books to the new faces and offer the really jittery one some water or juice while I whispered words of encouragement -- "All you have to do is read and listen, don't worry..."—and flash the AA smile.

There were quite a few newcomers. I called on them to read from the book and I temporarily shifted my focus from the ache in my face as I listened to them stumble on words or add words as they read faster than the sentence should have been read, just like I did when I

was new. I felt "gratitude," of course, even as my mouth continued to throb. I even shed tears when I shared in my effort to check with the meeting about my own sobriety. This group saw me get sober four years ago.

Today I realize that the program meets me right where I am, and although I still HATE pain, I have a new understanding for the AA expression and I thank God that the Miracle has happened in my life. Drinking is not an option. But taking a nap, getting a big hug and kiss from a loving sponsor, even listening to a few suggestions from other alcoholics who shared my experience are options for my sober life. And once I get on the other side of this day, I too will be able to share this experience with someone. I will be able to share with them that, "Even when you want to, you don't have to drink." And I will know, because of my own personal experience, what that really means. Thank God!

Dotty K., CSU Fullerton

13 Stepping: It Should be a Criminal Offense

Well in to 20 years of being sober, I knew of the 13th step, but never knew anyone who was out there doing it or anyone who got stepped on. Well now I do and I am grateful that I was not told who did the dastardly deed. When I was told that this did happen, I was very distressed; in my opinion, few things are worse than 13 stepping a vulnerable human being in the early stages of recovery.

If you're new in AA, 13 stepping is the act of someone who has been around a while finding someone who is new or relatively new and trying to sweep them off their feet with some line of bull. We all know the lines that are used. Once the newcomer is hooked, the 13 stepper proceeds to enjoy the other person's time, body and money, leading them to believe they care about them. Once the 13 stepper gets what he is after (usually sex) from the newcomer, the 13 stepper typically dumps them like a ton of dead rats. That's not being sober, it's not being a decent person, it's not honest and it's not what 99 percent of the AA's I know are like.

There are some real low life scumbags out there who only want to get theirs and the hell with anyone else and their feelings.

It's disgusting behavior by anyone's measurements. I write this to urge new people to slow down when it comes to finding that new love of their life. Get sober for a year or two first. Develop a foundation. If you are "hit on," check with your sponsor and listen when your new friends tell you that this is the wrong way to head.

There are some real low life scum-bags out there who only want to get theirs and the hell with anyone else and their feelings. If you know one of these "heart and soul rapists," don't keep it a secret. Tell your sponsor and don't feel like you did something wrong. You got taken by someone who does not have a single decent bone in their body, and this is a way of life for them. Not all AA's are working the steps and trying to be better human beings, fathers, mothers, brothers, sisters, uncles, etc.

Beware and be careful out there.

Pete M.

SPEAKER MEETINGS: JANUARY/FEBRUARY 2011

Anonymous Times would like to publish your list of speakers for March/April 2011.
Deadline for publication is February 15, 2011. Email: aaletters@gmail.com.

Friday 8 p.m. St. Jude Speaker
St. Jude Hospital, Erickson Building
101 E. Valencia Mesa, Fullerton, CA
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Friday night.

Friday 8:00 p.m. Downtown Fullerton Speakers
109 E. Wilshire, Fullerton 92832
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Friday night.

Friday 8 p.m. La Habra Speaker
631 North Euclid St., La Habra, CA 90631

January 7 Mike H., Burbank
January 14 Mike V., OC
January 21 Danny B., Anaheim
January 28 Thomas Mc., Santa Ana
February 4 TBA
February 11 Kathy A., Anaheim
February 18 Julie S., OC
February 25 TBA

Friday 8:00 p.m. No Puffers Speaker
395 S. Tustin St., Orange

January 7 Paul, Fullerton
January 14 Dixie W., Tustin
January 21 Lisa D., Costa Mesa
January 28 Julie B., Costa Mesa
February 4 Vicki, Orange
February 11 Jim L., Orange
February 18 Stan G., Tustin
February 25 Erik K., Laguna Hills

Saturday 8:00 p.m. Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
(First Christian Church)
Hear a great speaker in Alcoholics Anonymous share their experience, strength and hope every Saturday night.

Saturday 8:00 p.m. Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd
(Messiah Lutheran Church)
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Saturday night.

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

January 2 Ernie C., Fullerton
January 9 Tina M., Mission Viejo
January 16 Julie S., Huntington Beach
January 23 Jan Dustin C., La Habra
January 30 BIRTHDAY SUNDAY
February 6 Chris H., Tustin
February 13 Cindy C., Laguna Nigel
February 20 Dan F., Long Beach
February 27 BIRTHDAY SUNDAY

Sunday Western Medical (24 Hr. Speaker)
1025 S. Anaheim Blvd., Anaheim
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Sunday morning.

10:30 a.m.

Sunday 8:00 p.m. Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804
(NEW LOCATION!)
Jimmy M., Altadena
Teresa F., North Hollywood
TBA
Nancy C., Downey
TBA
TBA
TBA
TBA
TBA
Dameteris T., Downey

January 2
January 9
January 16
January 23
January 30
February 6
February 13
February 20
February 27

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

January 5 Andy Z., Trabuco Canyon
January 12 Dave O., Yorba Linda
January 19 George R., Westminster
January 26 Lisette L., La Habra
Feb. 2 Stan G., Yorba Linda
Feb 9 Scott W., Buena Park
Feb. 16 Robin M., Placentia
Feb. 23 Jesse G., Huntington Beach



**SHOW UP AND HEAR THE
MESSAGE OF RECOVERY**

**To include meetings, we need your
speaker lists by February 15, 2011.**

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY Jan. 9 and Feb. 13	NOCPIC 2ND WEDNESDAY Jan. 12 and Feb. 9	INTERGROUP 2ND WEDNESDAY Jan. 12 and Feb. 9	VOLUNTEER MEETING March 12 at 10 a.m.
<p>Orange County Hospitals and Institutions Committee</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>North Orange County Public Information Committee</p> <p><i>Learn about sharing the message with Non-A.A. 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>North Orange County Intergroup Association</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>CENTRAL OFFICE 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

26th Annual Orange County Convention April 22, 23 and 24, 2011

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

7:30 p.m. Third Wednesday of each month: January 19; Feb. 16 and
March 23, 2011

YOUR HELP IS NEEDED! www.ocaa.org

Send Us Your Story Online!

Anonymous Times
articles can be submitted to
aaletters@gmail.com.

Faithful Fivers Get High Fives For Support!!!

What are Faithful Fivers?

Faithful Fivers are A.A. members who pledge at least \$5.00 each month toward the support of their local Central Office. This idea is catching on around the country. In the publication of the Tucson Area Intergroup, Just For Today, a story noted that "the plan is used in several other cities and came about when we remembered that many of us had spent more than \$5.00 every week on alcohol during our drinking days."

PAYMENT PLAN: I agree to pledge and here is my contribution of \$ _____ for _____ months.

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Make checks payable to North Orange County Central Office (NOCCO)
Mail checks to 1111 E. Commonwealth, Suite D., Fullerton, CA 92831



AA History

He said What? Is It In the Big Book or Not?

I recently heard someone share and have been unable to find what he shared in the book. Is this unusual?

We hear a lot of stuff said in meetings that can't be reconciled with the program as described in the Big Book of Alcoholics Anonymous. What follows are some of the things we often hear, along with what the first edition of our basic text has to say on the subject.

"If all I do is stay sober, then it's been a good day."

Page 82, paragraph 4: "We feel a man is unthinking when he says sobriety is enough."

Page 82, paragraph 3: "Sometimes we hear an alcoholic say the only thing he needs to do is to keep sober. Certainly he must keep sober, for there will be no

home if he doesn't. But he is yet a long way from making good to his wife or parents whom for years he has so shock-

Check out www.nwarkaa.org/aintinthebook.htm for more information about what's in the Big Book and what's not.

ingly treated."

"I need to forgive myself first" or "You need to be good to yourself."

Page 74, paragraph 2: "The rule is we must be hard on ourselves, but always considerate of others."

"I haven't had a drink today, so I'm a complete success today."

Page 19, paragraph 1: "The elimination of drinking is but a beginning. A much more important demonstration of our

principles lies before us in our respective homes, occupations and affairs."

"I choose not to drink today."

Page 24, paragraph 2: "The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink."

"Don't drink, even if your ass falls off."

Page 34, paragraph 2: "Many of us felt we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish."

I strongly recommend that you go to www.nwarkaa.org/aintinthebook.htm for the 10 pages of oft-quoted stuff with quotes from the Big Book to clarify.

Jerry L., Brea

What Alcohol Stole from Me... From Page 3

Nantucket Island, Nantucket Massachusetts, living in a small walk-up apartment. There alcohol cunningly began to steal my sanity.

One night when I was drunk drinking wine alone, I had a sudden realization. It was a kind of an inebriated "aha!" moment. I realized the answer to life.

Excitedly, I wrote it down on a pad so I wouldn't forget. Then I passed out. In the morning, hung over and nauseous, I read what I had written on the pad. The words were "the grass is green". This meaningless thought didn't faze me at all. I read some significant meaning out of it that I have long since forgotten.

Another time I dropped in on my parents who lived just down the road. Bursting into their bedroom at 2 o'clock in the morning I delivered a loud and angry lecture. To this day I don't know what I said and my parents never told me.

There were other incidents, ones which many of us alco-

holics have experienced. And this miserable, hellish life continued until one October night in 1976 when I was 40 years old. Drunk, depressed and sapped of strength I realized that I had had enough. The moment was the perfect example of the AA slogan "sick and tired of being sick and tired." I just couldn't go on any longer.

And then the miracle happened. Through a divine chain of events, I found myself at my first AA meeting 4 days later and I just knew I had come home. Since then in the last 34 years of sobriety, AA has given me back in spades most of the things which alcohol had taken from me. I often think these days about my revelation 3 decades ago that the answer to life was "the grass is green". It was induced by a sea of alcohol that had over the years completely taken me hostage and stolen my sanity.

Now I find the answer to life in every meeting I go to.

Win W.

Sobriety Date: 10/29/76

Meeting Donations Oct.-Nov. 2010

City	Day	Meeting	Oct-10	Nov-10
Anaheim	Monday 5:30 p.m.	Primary Purpose	50.00	
Anaheim	Thursday 7 p.m.	Step Study, Hart House		35.00
Anaheim	Wednesday 7:30 p.m.	PA Anonymous Mike J.	50.00	
Anaheim Hills	Thursday 7:00 p.m.	Men's Stag, Kaiser	175.00	70.00
Anaheim Hills	Tuesday 7:30 p.m.	Women's Big Book & Step		70.00
Anaheim Hills	Wednesday 7:30 p.m.	Big Book Study		65.40
Brea	Tuesday 5:30 p.m.	Mens Stag		60.00
Brea	10 a.m.	Joe and Charlie workshop		95.59
Brea	Mens Stag	Friday Night	70.00	
Brea	Monday 10 a.m.	Women's Discussion	165.00	
Brea	Monday 5:30 p.m.	Happy Hour Step Study	70.00	70.00
Brea	Monday Night	Big Book Workshop	150.00	
Brea	Saturday 10:30 a.m.	Women's Step Study	93.00	
Brea	Thursday 5:30 p.m.	Living in the Solution	150.00	
Brea	Tuesday 5:30 p.m.	Women's 10th Step	76.00	84.75
Brea	Wednesday 5:30 p.m.	As Bill Sees It	63.00	49.80
Brea	Wednesday 6:30 p.m.	Daily Reflections		80.00
Buena Park	Group Number	652316	70.00	
Cypress	6 p.m.	Spiritual Growth	60.00	
Cypress	Tuesday 7:30 p.m.	Big Book Study	90.00	
Fullerton	Daily 6 a.m.	Attitude Adjustment FAC		180.00
Fullerton	Thursday 8 p.m.	Women's KISS		36.00
Fullerton	Thursday 8 p.m.	Men's Stag		122.50
Garden Grove	Not taking a trip	Garden Grove	50.00	50.00
Garden Grove	Returning home vets	Garden Grove	10.00	
Garden Grove	Saturday F Troop	10:30 a.m. Garden Grove		35.00
Garden Grove	Tuesday	Big Book Study (Night)		70.00
La Habra	Friday 8 p.m.	Friday Night Speaker	100.00	
La Habra	Sunday 10:30 a.m.	Participation Meeting	92.43	
La Habra	Sunday 7 p.m.	Sober Sunday	45.00	45.00
La Habra	Friday	8 Palm		17.50
La Mirada	Tuesday 8 p.m.	Winners Circle	50.00	
Los Alamitos	ALL	Surrender is Freedom	27.00	266.00
Los Angeles	Salvation Army	Closed program	123.92	
NOCCO	Central Office	INTERGROUP	81.00	43.35
NOCCO	Poker Run	Fundraiser Bill W. Sober	300.00	
Orange	Anonymous	No Name Donation	8.00	
Orange	Friday noon	Friendship Club	75.00	75.00
Orange	Joe and Charlie	Big Book Workshop	70.00	

City	Day	Meeting	Oct-10	Nov-10
Placentia	Monday 8 p.m.	Unmanageables		90.00
Placentia	Sunday a.m.	Right Start	70.95	
Villa Park	ALL 6 a.m.	Attitude Modification	187.50	
Whittier	Friday 7-8 p.m.	Big Book Study	10.00	50.00
Whittier	Monday 7 p.m.	Womens Calamity		4.40
Whittier	Monday 7 p.m.	Attitude Adjustment	14.00	20.00
Whittier	Saturday speaker	7:30 Saturday Speaker		2.00
Whittier	Thursday 8 p.m.	The Den	20.00	385.00
Whittier	Tuesday 7 a.m.	Attitude Adjustment	25.00	
Yorba Linda	ALL 6 a.m.	Attitude Modification		1,117.40
Yorba Linda	Friday 5:30 p.m.	Happy Hour Big Book		35.00
Yorba Linda	Friday 8 p.m.	Nooners		96.00
Yorba Linda	Thursday 7:30 p.m.	Serenity Seekers	100.00	
Yorba Linda	Thursday night 8 p.m.	We Got a Coffee Pot	35.00	

Meeting Donations are Down!

If your meeting is not listed here, see your meeting secretary about making a donation to North Orange County Central Office.

ATTENTION MEETING SECRETARIES

Suggested Donations are as follows:

- ✓ **70% N.O.C CENTRAL OFFICE:**
1111 Commonwealth, Suites C&D, Fullerton, CA 92831
- ✓ **20% GENERAL SERVICE OFFICE:**
Box 459, Grand Central Station, New York, NY 10163
- ✓ **10% MID-SO. CAL AREA #9:**
P.O. Box 51446, Irvine, CA 92619
- ✓ **OPTIONAL 5% Local District Office or Hospitals & Institutions**

See page 67 of the Orange County Meeting Directory for more information.

Please include the following important information when submitting your group donation: Full Meeting Name, Day, Time and City. Please include your name and return address so we can mail you a receipt.

Captured Quips from California Jack

The wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 221; "The age-old question in A.A. is which came first, the neurosis or the alcoholism."

I've been told never to go into my own head without a permission slip.

I finally stayed undrunk long enough to catch the disease of alcoholism.

Show an alcoholic a rut and he'll move in and decorate.

Before this the only goals I had were Heaven and a 12 pack in the refrlgerator.

If I'm not careful today I'm going to create tomorrow's wreckage of the past.

I was like a washing machine that only had 2 cycles - Spin and Agitate.

You wouldn't believe what I overhear when I talk to myself.

This program has taught me that my crystal ball is somewhat like my butt; cracked!

You have to actually get to hell before you can possibly appreciate getting out of it.

I was an intellectual giant strapped by a rubber band to an emotional midget.

All my life the one thing I wanted was to have my head be nicer to me.

I'm an obsession waiting to happen.

Remember that 2 dingalings don't make a bell.

And Here's Something New Just For Fun - -

Paraprosdokian - A paraprosdokian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or reinterpret the first part.

The last thing I want to do is hurt you. But it's still on the list.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

To steal ideas from one person is plagiarism. To steal from many is research.

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

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

Traditions ... From Page 5

the economy. A group of men got together and wanted to do something to benefit the community in which they lived and got sober. Most were recent defectors of a group that did not necessarily conduct all their business in the open. We want to be above board with everything we do. We are not affiliated with Central Office as a group, we don't have the AA symbol on our flyers or website. We feel Tradition Four supports us. As a group, we voted on how to distribute the proceeds. We simply wanted to let the entire community know where the money was going.

At the risk of being repetitive, Traditions Five and Six instruct us to carry the message to other alcoholics. Again, we are not endorsed by AA or NOC Central Office. In fact, when we started this thing I went to the then Board of Directors as it was then comprised, told them our plans and asked how they would like us to proceed. They informed me they could not endorse our event but that we were certainly free to carry on. And so we have. Tradition Seven tells us to be "self supporting." We all know the rents for meetings are going up; consequently, donations to

EVERYONE are going down. Although we sometimes shy away about talking about money, page 163 of The Twelve and Twelve lets us know the one place where money and spirituality mix -- it's in the hat.

Anyway, I hope this response is accepted favorably. We wanted to raise some money to help keep some doors open, everyone stayed sober, lessons were learned, people had some fun and we used the community newsletter to let you know what was going on. Remember Rule 62.

Paul P., Fullerton

AA's 'Tools of Recovery'

3 Indiana oldtimers developed list of 7 key aspects newcomers need to know to stay sober

In the late 1970's and early 1980's, A.A. all over the St. Joseph river valley in northern Indiana experienced a period of rapid growth, producing a huge influx of raw beginners, along with the creation of many additional meetings.

Three of the old-timers got together -- Bill Peters, Don Helvey, and Marcel "Ben" Benson -- along with two other men who were relatively new to the program -- Chainsaw Clint Becker and Jan N. -- and put together a short piece called the A.A. Tools of Recovery, summarizing the seven most important things which they felt that these newcomers to the program needed to know.

Benson was a Frenchman and Clint got his nickname from an incident that happened back when he was still drinking. He was working as a tree trimmer at that time, his wife got mad at him and locked him out of the house, and he cut the door out with a chainsaw.

The Tools of Recovery are still to this day read at the beginning of many A.A. meetings in the St. Joseph river valley region along with reading the twelve steps. Many of the good old-timers be-

lieved that it was important to repeat these basic principles over and over, until newcomers had them instinctively drilled into their heads, and could repeat them almost like a litany.

The first principle made it clear that the way an alcoholic kept from getting drunk was not to take even the first drink. The next five were the things that not only got people sober but kept them sober. Good sponsors noted that those who relapsed and returned to drinking had almost invariably failed to do one or more of these five things in any serious and dedicated way.

And the seventh principle was a constant reminder that A.A. meetings could not function properly unless members could talk about all of their feelings and anything that was bothering them, in an accepting and shame-free atmosphere, without worrying about whether it was going to be repeated outside of the group.

That was a solemn pledge which the members of the group had to make to one another.

THE A.A. TOOLS OF RECOVERY

ABSTINENCE

We commit ourselves to stay away from the first drink, one day at a time.

MEETINGS

We attend A.A. meetings to learn how the program works, to share our experience, strength and hope with each other, and because through the support of the fellowship, we can do what we could never do alone.

SPONSOR

A sponsor is a person in the A.A. program who has what we want and is continually sober. A sponsor is someone you can relate to, have access to and can confide in.

TELEPHONE

The telephone is our lifeline -- our meeting between meetings. Call before you take the first drink. The more numbers you have, the more insurance you have.

LITERATURE

The Big Book of Alcoholics Anonymous is our basic tool and text. The Twelve Steps and Twelve Traditions and A.A. pamphlets are recommended reading, and are available at this meeting.

SERVICE

Service helps our personal program grow. Service is giving in A.A. Service is leading a meeting, making coffee, moving chairs, being a sponsor, or emptying ashtrays. Service is action, and action is the magic word in this program.

ANONYMITY

Whom you see here, what you hear here, when you leave here, let it stay here. Anonymity is the spiritual foundation of our program.

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