

Anonymous Times

Published by North Orange County Central Office, 1111 E. Commonwealth, Suite D, Fullerton, CA 92831

Volume 17, Issue 6

January/February 2012

Woman Travels Long Road to Sobriety

First drink at 15 leads to years on tortuous route to AA

My name is Yvonne and I am an alcoholic. I had my first drink when I was 15 years old. I was out with cousins and the boyfriend of one of them bought beer. I drank and got drunk. When we went home I was so drunk I got very sick and spent time in the restroom throwing up.

After that first drunk I didn't want anything more to do with the stuff, and I never touched it again until I was maybe 18. But once again I got drunk. I then thought to myself, "This doesn't work for me." So I did not want it and did not drink.

Life was good without alcohol for the next three years. I was young and started working for the first time in my life and had a baby. I was very busy just living. But by the time I became of age to drink and buy it at any store or go into any cocktail lounge and have a drink, I did.

All of those terrible experiences I had earlier while drunk seemed to vanish from memory. But at 21, I started to enjoy "a drink or two." Afterward, one or two didn't provide a good enough high. So I drank more and more. The first few years of drinking worked, though there were hangovers. I quickly discovered how to fix those -- with more alcohol. I did not realize that I was just prolonging the hangover. Still, it worked.

I was able to hold a job, probably because I was able to main-

Continued on page 2

Rockin Soberfest to be February 18

Good food and fellowship, speaker meeting and dance are again on the menu for the 20th annual Rockin' Soberfest, to be held Saturday, February 18 at the UFCW Union Hall, 8530 Stanton Ave., Stanton, from 5:30 p.m. to 12:30 a.m.

Tickets to the event are \$20 and include a spaghetti dinner, speaker meeting and dance. Obtain tickets at North Orange County Central Office, 1111 E. Commonwealth Ave., Suite D., Fullerton. Make checks payable to Rockin' Soberfest.

Call (714) 773-4357 for more information or to volunteer. You may also email rockinsoberfest@verizon.net. All proceeds from the event will benefit NOC Central Office.

North Orange County Central Office

1111 E. Commonwealth Ave., Suite D
Fullerton, CA 92831

Open 7 Days 9am-9pm

PHONE: (714) 773-4357 (24 hrs.)

FAX: (714) 773-0179

WEBSITE: www.aanoc.com

OfficeManager@aanoc.com



Central Office Volunteers Needed!

Contact Central Office at (714) 773-4357 if you can donate three hours of your time each week answering phones and provide help to potential newcomers during the holidays.

It is a great way to give of yourself this holiday season and further ensure one's sobriety. A minimum six months of sobriety is required.

INSIDE THIS ISSUE

NOCCO Financials	2	Speaker Meetings	7
How it Works	3	Bulletin Board	8
Events	4	You Don't Ever Have to Drink Again	9
Calendar	5	How Do I Love Thee AA	9
Birthdays	5	Meeting Donations	10
AA Same in Northern California	6	California Jack	11

North Orange County Central Office Year to Date October 2011 vs. October 2010

Revenue	YTD Oct. 2011	YTD Oct. 2010
Total AA Sales	\$31,820.98	\$34,025.91
Total Non-AA Sales	\$26,455.16	\$24,436.81
Total Donations and Fund-Raisers	\$46,126.25	\$45,617.50
Interest	\$129.51	\$240.31
Total Revenue	\$104,531.90	\$104,320.53
Total Cost of Sales & Direct Costs	\$36,778.44	\$42,140.82
Gross Profit	\$67,753.46	\$62,179.71
Operating Expenses		
Salaries	\$32,312.50	\$33,000.00
Advertising	\$-	\$-
Bank Charges	\$149.00	\$70.00
Bad Checks	\$-	\$201.60
Cash short\over	\$233.67	\$(17.58)
Computer Expenses	\$541.06	\$-
Depreciation	\$215.00	\$358.10
Insurance-General Liability	\$2,482.76	\$2,163.51
Insurance - Work Comp	\$4,150.97	\$2,378.56
Insurance - Medical	\$2,330.00	\$2,654.00
Interest Expense	\$-	\$9.86
Legal & Accounting	\$1,650.00	\$1,850.00
Licenses	\$-	\$20.00
Newsletter Cost	\$1,899.65	\$2,172.27
Office Supplies	\$2,970.29	\$3,718.57
Postage	\$30.00	\$132.31
Penalties-Tax Payments/Filings	\$32.58	\$351.85
Rent-Office Space	\$15,500.00	\$15,500.00
Rental of Equipment	\$1,208.42	\$1,833.69
Repairs & Maintenance	\$176.90	\$-
Seminars & Education	\$-	\$1,455.11
Taxes- Payroll	\$2,695.82	\$2,650.35
Taxes- Annual Filings	\$80.00	\$60.00
Telephone	\$3,649.36	\$3,029.33
Utilities	\$2,007.03	\$1,906.40
Total Operating Expense	\$74,315.01	\$75,497.93
Other Income and Expense	\$-	\$-
Net Income/(Loss)	\$(6,561.55)	\$(13,318.22)

Route to Sobriety ... From Page 1

tain my youthful appearance. But by the time I was in my 30's, I noticed a little swelling in my eyes. I ignored it and still managed to get by. Still, my drinking continued to escalate. I drank on my lunch hours and, of course, after work.

Then one day after I woke up with a hangover and was getting ready for work, I thought to myself, "Hey, stop at the liquor store on your way to work. No one will know." And so I did. This cycle kept on for another 10 years.

My health was getting worse. My eyes were constantly red and swollen and my back hurt, and my stomach started to swell.

Still, I kept up with this routine, watching myself go down, putting up with the pain, ignoring the obvious. I did this by not looking in the mirror unless I had to. I drank to relieve my pain.

At age 43 my appearance was unbelievable. I looked like I was eight months pregnant, my face was so swollen that I had two chins, and my eyesight was so poor that I had to wear eye glasses because everything was blurred. The pain was unbearable. It had gotten to the point at which I had no choice but to go to the hospital.

I was told that my liver was dying and was placed on a waiting list for a transplant. I was told that if I didn't stop drinking I would die.

At this point I was so desperate that I didn't even want to look at alcohol. I was in the hospital for two weeks and remained under a doctor's care when I returned home. However, I was told that I needed to get help and that I could find that aid in Alcoholics Anonymous. I told them that if they would just fix me, I would never drink again. Still, I did enter a three-month recovery program. But I just enjoyed feeling safe, away from the alcohol, meeting people and being sober. I took medication to heal my liver and after three years, my health was completely fine. However, I did not

Continued on page 3

Opinions, letters and stories printed by the Anonymous Times are not to be attributed to Alcoholics Anonymous as a whole, nor does publication constitute an endorsement by Alcoholics Anonymous, the North Orange County Central Office, Intergroup or any group within Alcoholics Anonymous. All reprinted articles are printed with permission.

Editor/Layout: Paul H.

Regular contributors: Roxy S.; Paul P.; Nick M.

NOCCO Board Oversight Committee: Jim S.

Cartoonist: Johnny G. Chief Proofreader: 86 proof

Chapter 5 -- How It Works

Number 6 of 12 articles on the Big Book

Every member of A.A. has heard a portion of this chapter read so many times, that many can recite it verbatim. When the leader of the meeting says, "I have asked Joe to read a portion of Chapter 5..." it is like they were saying, "Okay, now it's time to talk to your neighbor because everyone has heard this stuff, ad infinitum". But in the short 14 pages of this chapter, the most enlightening process had its beginning for me.

In this chapter, the first 4 steps are taken, and we begin to prepare for Step 5. The chapter starts out by summing up the text to this point – the uselessness of half measures; a reminder of the nature of the illness – cunning, baffling, powerful; a plea from the people whose experience has been captured in these pages to be "fearless and honest from the very start". Then after listing the 12 steps which these men and women took, it lists three pertinent ideas, (the original manuscript listed these as three perfect ideas).

- a. that we were alcoholic and could not manage our own lives;
- b. that probably no human power could have relieved our alcoholism;
- c. that God could and would if he were sought.

Then, "Being convinced, we were at Step Three".

What? When did I take steps one and two? Right there when I could answer that I was convinced that a, b and c are true, without reservation. So what would I have done if I were not convinced? I might have taken some counsel from the original manuscript of the Big Book, which read, "If you are not convinced on these vital issues, you ought to re-read the book to this point or else throw it away!" Strong words. But I was convinced. And being convinced, I started to look at how my life had been a failure in all areas while I was running on self-will. Even though my universe was a painful and dark universe, at least I was the center of it! And that had been enough, until it just wasn't enough anymore – until I couldn't use alcohol to falsely color the pain and darkness anymore. I remember arriving at the Third Step Prayer and deciding I just had to change it to make it more personal to me. Try as I might, I simply could not change it for the better – it was the perfect prayer for what I was setting out to do – writing inventory. Okay, I had come this far, can I take a break before going on – absolutely not! The book is crystal clear – "*Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face and be rid of, the things in ourselves which had blocking us*". This meant writing inventory – the "extremely popular" 4th Step!

The first inventory I had to write was my resentments inventory, or grudge list. As directed, I

Continued on page 6

Route to Sobriety ... From Page 2

get serious about the disease of alcoholism, and didn't know I could NEVER have that first drink again.

Then one night I had that first glass of wine. Of course, this was the beginning of the end. I drank for seven years after that. In the process, I managed to total my car, go to jail, have another car repossessed and get three DUI's. With my third DUI, I was offered DUI Court. It saved my life.

I knew where my life was going but I didn't know how to change it. My Higher Power did. He brought this DUI into my life to save it. He Blessed me with this DUI Court program, which ordered me to Alcoholics Anonymous. With faithful prayer to keep me safe from the obsession of Alcohol and the AA Program, I am now 21 months sober.

The 12 Steps of Alcoholics Anonymous have taught me not only how not to pick up that first drink, it also taught me to turn to my Higher Power to get my sanity back and keep it.

In AA, I have learned how to live life on life's terms and how to feel comfortable in my own skin. And how to do this without alcohol. The 12 Steps have truly changed my life and have helped me to become the person I've always wanted to be.

Today, I am able to look in the mirror and to be aware of my health and to treat people the way I would like to be treated. And I am well aware of the dangers of self. Today I have a daily reprieve from alcohol, which is based on the relationship I enjoy with my Higher Power to stay sober.

This is one of the many things the program of Alcoholics Anonymous has taught me. My plan is to continue to "Keep Coming Back," to work with others, to be of service and keep working those program principles.

Thank God for AA and thank AA for helping me find my Higher Power.

Yvonne C.



UPCOMING EVENTS!

O.C. Convention Enters Final Planning Stages

Be a part of the 28th annual Orange County Alcoholics Anonymous Convention as planning for the event enters its final stages. "We will Rock You" is the theme of this year's event, to be held April 6, 7 and 8, 2012 at the Hilton Hotel, 3050 Bristol St., Costa Mesa.

Remaining open planning meetings will be held at the Roque Center, 9842 13th St., Garden Grove on January 18 and February 15. One last organizing meeting will be held at the hotel on March 28. All meetings begin at 7 p.m.

As always, if you can talk, stand, sit, smile, saw, paint, hammer, drive, file, type, count or tell jokes, your help is welcome. Visit www.ocaa.org for more information.

Victorville Convention Slated for March 9-11

The 28th Annual Sunshine of the Spirit High Desert AA Convention with Alanon participation will be held March 9-11, 2012 at the Ambassador Hotel in Victorville.

The three-day event will feature participation and speaker meetings, an AA banquet, Alanon luncheon and dance. A golf tournament will be held Friday March 9 at the Apple Valley Country Club.

Registration for the event is \$15 (\$17 after February 25). Make checks payable to Victor Valley Convention Committee and mail to P.O. Box 1894, Apple Valley, CA 92307. You may also register online at www.highdesertconvention.com. For more information, call Jeff at (760) 596-8846 or Glen P. at (760) 987-1567.

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

Sunday

Anaheim	12+12 Young People 8 p.m.	202 W. Broadway (@ Lemon)
Fountain Valley	Youth in Recovery 1 p.m.	16581 Brookhurst St. Fountain Valley, CA
Orange	Young People's Dis- cussion 7 p.m.	820 W. Town & Country Rd. (Mariposa Women's Center),

Monday

Costa Mesa	New Lease on Life 12:15 p.m.	2144 Thurin St @ Vic- toria St (Grange Hall)
	Women's Monday FUNDAY 8 p.m.	420 W. 19th St. (1st Methodist Church near Triangle Square),
Irvine	Wild Bunch Men's Step Study 7:30 p.m.	5001 Newport Coast Dr c/s Bonita Cyn (Mariners Church-Port Kid Zone room)

Tuesday

Costa Mesa 12:15 p.m.	New Lease on Life 12:15 p.m.	2144 Thurin St @ Vic- toria St (Grange Hall)
--------------------------	---------------------------------	---

Wednesday

Yorba Linda	Topic Discussion 8 p.m.	18372 Lemon Drive @ imperial Hwy (1st Baptist Church)
-------------	----------------------------	---

Thursday

Costa Mesa	We are Not Saints 3 p.m.	2701 Fairview Rd. (Stu- dent Health Center Rm. 108)
------------	-----------------------------	---

Friday

Anaheim Hills	Discussion 8 p.m.	411 Lakeview Ave. (@91 Freeway Medical Office building in base- ment)
Huntington Beach	Seacliff 7 p.m.	225 7th St. Garage #1
Tustin	Turning the Corner 7:30 p.m.	1221 Wass St, 92780

Saturday

Newport Beach	Hoag Hut Speaker	201 Newport Blvd.
Long Beach	Nite Owls 10:30 p.m.	4019 E. 4th St.

CALENDAR of EVENTS

We are not a glum lot...Show up and maintain an active role in your sobriety....

January

Fri., Jan. 20 and Sat., Jan. 21 **2nd Annual Stay Sober for Keeps Steps & Solutions Workshop**; 30071 Ivy Glenn Drive, Laguna Niguel, CA Speakers: Myers R. & John K. Bring your Big Book and a newcomer; www.ppgoc.org.

Sat., Jan. 21, 2012, **Gratitude in H & I**; 1:30PM - 7:00PM Orange County H & I; 109 E Wilshire Blvd Fullerton, CA Fri., Jan. 27-Sun., Jan. 29 2012 **San Fernando Valley AA Convention**; The Warner Center Marriott Woodland Hills, 21850 Oxnard St, Woodland Hills, CA 91367. For more information, call 818 734-0383.

February

Fri., Feb. 10-Sun., Feb. 12 Chapter 7 Group of Cypress to hold The Big Book Unlocked – A Weekend Workshop; Cypress Church auditorium, 6143 Ball Rd, Cypress, CA, 90630; presenters include Larry S. and Charlie C. of Georgia ; tickets \$25. For more information, visit <http://www.chapter7group.com> for more information.

Sat., Feb 25 and Sun., Feb. 26 9 a.m.-5p.m. **Paramount Speakers Big Book Workshop Weekend** featuring Bob D., from Las Vegas NV and Polly P. from Jacksonville FL; 8021 Rosecrans Ave, Paramount CA 90723. **Contact Maureen @ 562-923-2276.**

Sat., Feb. 11 - **Area 4 DCM Sharing Session**, St. Innocent Orthodox Church, 5657 Lindley Ave Tarzana, CA 91356

Sun., Feb. 12 – ASC (The ASC will present proposals, but no vote will be taken on them), District 23, Jurupa Area Recreation and Park District, 4810 Pedley Rd., Riverside, CA 92509

Call NOC Central Office @ (714) 773-4357 or check the contacts listed for more information.

BIRTHDAY DONATIONS

(Dollar amount represents the contributor's years of sobriety unless otherwise noted.)



Michael H. - 27 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. Email: officemanager@aanoc.com.

Central Office News

Meeting Room Available

Looking for the perfect small meeting room?

Unit C next to Central Office is now available.

For details, call NOCCO @ 714.773.4357 or email office manager officemanager@aanoc.com. NOCCO is located at 1111 E. Commonwealth Ave., Fullerton, CA.

A number of meetings already have scheduled their time there. Make your's the next.

Call for Volunteers!

Central Office took 842 phone calls in September and October.

323 were from men
324 were from women

Total: 647



Keep up the great work — YOU make a difference!

Former OC Resident Finds AA the Same Up North

I got sober in Orange County in April 2007. I found a sponsor and a home group. I began to work the Steps and build a foundation for a new way of living. In the beginning I didn't quite know how important the people in AA would become and what an integral part of my recovery they would be. I came to meetings at first just to save my ass, not really to make friends. But, as I got into the recovery process, I began to see a fellowship build up around me. I started to look forward to seeing the people in the meetings and I began to genuinely care about their recoveries, not just my own. I started to understand what was meant by "this is a we program."

After a little more than four years of recovering with the same people at the same meetings, I decided to move away. It had always been my dream to live in Northern California, but my disease had prevented me from doing this. Now I was sober and it seemed to me that anything was possible. But at the same time, to leave my home group and my friends in AA was terrifying. They were the only

thing I had known since I got sober. How did I know that if I left them, I would not get drunk? I had no other frame of reference.

After much discussion with my sponsor and a lot of inventory work, we both agreed I was ready for the challenge of moving. However, I still had a great deal of fear. I knew intellectually that if I just did what I had been taught to do in the first four years of my membership in AA, everything would be okay. But I didn't feel it in my heart. I was scared. I was also excited to start a new life, sad to be leaving my friends, and a whole bunch of other emotions that were quite overwhelming. After much prayer, I came to realize that I needed to feel all of it. I needed to experience all the feelings of uncertainty. I needed to walk through the experience I was having. On the other side I would find a deeper faith and understanding of my Higher Power.

The first thing I did when I moved to Sonoma County was go to a meeting. That meeting is now my new home group. I

have a secretary commitment there, and I have been welcomed into the fellowship with open arms. Although people do it a little bit differently here (not as much clapping), it is still the same. Same disease and same solution. Getting immediately plugged into AA here was the best thing I could have possibly done. All I had to do was what I was taught in Orange County. Speak up in meetings, try to be of service, ask my Higher Power for help, and not take a drink no matter what!

It is absolutely beautiful where I live. There are deer that roam through my backyard and I live a stone's throw away from the redwoods. Every day I am filled with gratitude when I open my door and see where I get to live. It is a true gift of staying sober. Most importantly, though, I know now that my sobriety is portable as long as I am willing to continue doing the work. I believe more in AA now than I ever did before and know that if I keep my sobriety first, I am free to live my life. Although I miss the people I knew in Orange County, I know that many of us will remain lifelong friends despite the distance. And anyway, Sonoma County is not that far away...

*Ben R.
Sonoma County*

How it Works ... From Page 3

set down on paper people, institutions or principles with whom I was angry. No problem, I had a million of them it seemed. Next, I listed why I was angry – again, no problem. Next, and somewhat tougher, I listed how this resentment had effected me, even though I might not feel that it still effected me, I had to put down how it effected me at the time. If it effected my self-esteem, my security, (financial or physical) my ambitions, my personal relations or my sex relations, I wrote how it effected these things. This is where the statement in the Big Book – *"We began to see that the world and its people really dominated us. In this state, the wrong-doing of others, fancied or real, had power to actually kill" – became abundantly clear. And lastly for this inventory, I put down what my part in this was, "Where had we been selfish, dishonest, self-seeking and frightened"*.

And how had this manifested itself – what were my actions.

Next – the fears inventory - (a) what is my fear (b) why do I have this fear (c) what is a better way?

And lastly, the dreaded and joked-about sex inventory – (a) the person involved (b) where had I been selfish, dishonest, or inconsiderate? Whom did I hurt? Did I unjustifiably arouse jealousy, suspicion or bitterness? Where was I at fault? (c) what should I have done instead?

Upon completion of these inventories and looking at my grosser handicaps, (which space limits any further discussion) I was finally ready to be free of these things, Next month – Chapter 6 Into Action, where 7 more steps are laid out for me to pick up and apply as a way of life.

*Nick M.
Santa Ana*

Text in italics re-printed from the Big Book with permission of Alcoholics Anonymous World Services, (AAWS)

SPEAKER MEETINGS: JANUARY/FEBRUARY 2012

Anonymous Times would like to publish your list of speakers for March/April 2012.

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
Cameron L., Westminster

January 6 Roman A., Covina
January 13 John B., Fullerton
January 20 Gina S., Long Beach
January 27 Beth S., Garden Grove
February 3 Catie F., Placentia
February 10 Phil H., Long Beach
February 17 TBA
February 24

Friday
8 p.m. La Habra Speaker
631 North Euclid St., La Habra, CA 90631
Hear a great speaker every Friday night.

Friday
8 p.m. No Puffers Speaker
395 S. Tustin St., Orange
January 6 Jack M.
January 13 James J., Tustin
January 20 Sally C., Costa Mesa
January 27 David P., Santa Ana
February 3 Anne D., Irvine
February 10 Fred L., Brea
February 17 Karen W., Orange
February 24 Rick P., Newport Beach

Saturday
8 p.m. Visiting Speakers
1221 Wass St., Tustin
(St. Paul's Church)
Hear a great speaker every Saturday night.

Saturday
8 p.m. Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
Hear a great speaker every Saturday night.

Saturday
8 p.m. Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd
January 7 Steve S., Whittier
January 14 Lisa D., Downey
January 21 John J.
January 28 Wally H., Yorba Linda
February 4 Mike C., Placentia
February 11 Jamey F.
February 18 Deborah H., Yorba Linda
February 25 Susie P., Bellflower

Sunday
10:30 a.m. Fullerton Alano Center
530 W. Commonwealth, Fullerton
January 1 Don C., Northridge
January 8 Luis H., No Hollywood
January 15 Ryan F., Covina
January 22 Karen H., Long Beach
January 29 **BIRTHDAY SUNDAY**
February 5 Geoff C., Valley Village
February 12 Jennifer P., San Bernardino
February 19 Frank P., El Monte
February 26 **BIRTHDAY SUNDAY**

Sunday
8 p.m. Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804
January 1 TBA
January 8 Charles K., Encino
January 15 Don M., Brentwood
January 22 Sunshine Day, Long Beach
January 29 Mike H., San Fernando Valley
February 5 Tim S., Newport Beach
February 12 Dametrious T., Bellflower
February 19 James D., South Bay
February 26 Miles E., Los Angeles

Sunday
10:30 a.m. Western Medical Center
1025 South Anaheim Blvd., Anaheim, CA 92805
January 1 Jerry C., Anaheim
January 8 Amy H., Fullerton
January 15 Bru L., Huntington Beach
January 22 Jeff K., Anaheim
January 29 Jim S., Cypress
February 5th Tracy W., Anaheim
February 12 Regina H., Anaheim
February 19 BJ, Anaheim
February 26 Deno, Fullerton

Wednesday
10:30 a.m. Fullerton Alano Center
530 W. Commonwealth, Fullerton
January 4 Mark B., Placentia
January 11 Stan, Tustin
January 18 Luci, Anaheim
January 25 Lisette L., La Habra
February 1 Annmarie C., Buena Park
February 8 Pete, Cypress
February 15 Doug, Fullerton
February 22 Chuck, Yorba Linda
February 29 Scott C., Fullerton

Thursday
8 p.m. Pioneer Speaker
202 W. Broadway, Anaheim
January 5 Patrick W., Fullerton
January 12 Duane M., Garden Grove
January 19 Joe B., Anaheim
January 26 Liz K., Anaheim
February 2 Carlos I., Garden Grove
February 9 Jane M., Stanton
February 16 James D., Long Beach
February 23 Shalaby, Bakersfield

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

NOC Central Office BULLETIN BOARD

H&I
2ND SUNDAY
Jan. 8 and Feb. 12

NOCPIC
2ND WEDNESDAY
Jan. 11 and Feb 8

INTERGROUP
2ND WEDNESDAY
Jan. 11 and Feb 8

VOLUNTEER MEETING
Next meeting
February 11, 2012

Orange County Hospitals and Institutions Committee

2nd Sunday of each mo.
Institutions Committee:
4-5 pm
(Orientation at 3:15 pm)

Hospitals Committee:
6-7 pm
(Orientation at 5:15 pm)
Garden Grove Alano Club 9845
Belfast
Garden Grove
Call (949) 278-5173

North Orange County Public Information Committee

Learn about sharing the message with Non-A.A. people like high school and college students.
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. 714-658-4581

North Orange County Intergroup Association Intergroup

Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)

CENTRAL OFFICE
holds a quarterly volunteer meeting on the 2nd Sat. every three months. Coffee and donuts provided.

Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.

Call 714-773-4357 for information

MEETING 10 A.M.

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

27th Annual Orange County Convention April 6, 7 and 8, 2012

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

7:30 p.m. Third Wednesday of each month: January 18; Feb. 15 and March 28, 2012

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?

Jan W. • Michele M.
Linda C. • Paul P. • Pete K.
Michael V. • Mike • Kay

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

You Don't Ever Have to Drink Again

Follow a few simple steps to stay sober one day at a time

I was sitting in a meeting the other night and a gentleman shared that he had been sober 26 years until he found himself struck drunk. It is not my intention to debate whether one can be guided into a liquor store on the way to an AA meeting. I can share my experience maintaining and not maintaining the gift of sobriety.

My first thought when this poor soul was relaying his experience was that I hoped the new men in the room didn't feel that they are doomed to drink again just because this man did.

In the early 1980's I went to my first rehab. I did the 30 day dry out, got some information and went about my business. I didn't get a sponsor and only flirted with the steps. I had no commitments. One afternoon my pickup truck stalled in front of a liquor store and as I had been considering the pros and cons of drinking again, I felt that was a sign from God that I should drink. I could go on and on with similar experiences.

In 1993 I was able to receive the sobri-



ety date I have today. I was assigned a sponsor and one of the questions I asked him was "Why do we do all this work if we are not guaranteed permanent sobriety?" His response made sense to me at the time and still does. IF I have a 50 - 50 chance of permanent sobriety, his thought was that if I put as much effort into it as possible, I would increase the odds.

I believe that a person who is honestly working or applying the 12 steps, is helping his fellow man, attending and participating in meetings of Alcoholics Anonymous is not going to have some apparition hold him down and poor whiskey down his throat.

What seems to happen is that we peel off, (I have done these things myself), we come up with excuses to not call that sponsor . We are too busy to pick up someone or take them home from a meeting , can't make the meeting because of work , need to stay home to watch a game on tv. Can't do this can't do that I could go on and on .

Today I have 18 years of continuous sobriety . The real short version is I do what worked in the beginning.

Naturally, circumstances change. I don't live in a recovery house today and I need to pay attention to my job and my family. I also need to make sure I don't over extend myself at work so I can make it to the H&I panels I have committed to. I need to show up at the meetings that the men I sponsor expect to see me at. I must pick up the phone, even during my favorite TV show and call MY sponsor even when I have nothing to say. The phone is sometimes rather heavy still.

So newcomer or those struggling, don't worry, put half the effort into your sobriety that you put into your drinking and I believe you will be pleased with the results.

*Paul P.
Fullerton, CA*

How do I Love Thee AA? Let Me Count The Ways!

1. You resurrected me from the dead—you gave me my life.
2. You took me out of bondage and gave me freedom.
3. You took my insanity and replaced it with Sanity.
4. You gave me courage to walk out my front door and face the dragon (which was only a flea under a magnifying glass).
5. You gave me hope when all I knew was despair.
6. You gave me unconditional love – when all I was capable of giving back was anger hate and fear.

7. You gave me forgiveness to replace my guilt.
8. You gave me joy to replace my sadness.
9. You gave me 12 step to help me climb out of my gutter and to fill the hole in my gut.
10. But most of all you gave me my God! Who without I could not have and enjoy all of the above..

How do I love thee AA? I could never count all the ways- But love you I do! How can I repay you?

By passing it on.

*Charleen S.
Anaheim*

October/November 2011 Meeting Donations

Only October and November donations are listed; donate to NOCCO now to add your meeting

City	Day	Meeting	Oct-11	Nov-11
# 130230		# 130230	20.00	
Anaheim	Sun. 10:30 AM	Western Medical Speaker		100.00
Anaheim	Sun. 8:00 PM	Fireside Speakers		180.00
Anaheim	Mon. 5:30 PM	Primary Purpose	70.00	70.00
Anaheim	Fri. 6:30 PM	Gratitude Is An Action	120.00	
Anaheim	Sat. 10:00 AM	Big Book & 12 x 12 Study	35.00	
Anaheim Hills	Mon. 7:00 PM	Men's (Kaiser)		189.36
Anaheim Hills	Tues. 7:30 PM	12 & 12 Step Study	50.00	
Anaheim Hills	Wed. 7:00 PM	Lakeview Women's Big Book Study		75.00
Anaheim Hills	Sat. 6:00 PM	Winners Circle	120.00	
Brea	Mon. 10:00 AM	Women's Discussion		90.00
Brea	Mon. 5:30 PM	12 & 12	70.00	70.00
Brea	Tues. 5:30 PM	Women's 10th Step Happy Hour		276.58
Brea	Tues. 5:30 PM	Men's Topic Discussion	70.00	70.00
Brea	Tues. 7:00 PM	Step Study	10.00	
Brea	Wed. 5:30 PM	As Bill See's It	52.89	69.99
Brea	Thurs. 10:30 AM	Step Sisters Step Study	35.00	
Brea	Thurs. 5:30 PM	Living in the Solution		84.98
Brea	Fri. 5:30 PM	Big Book Study		50.00
Brea	Fri. 8:00 PM	Men's		57.00
Brea	Sat. 10:30 AM	Morning Women's AA Step Study		85.00
Buena Park	Mon. 6:00 PM	Women's Now There Is Hope		5.00
Cypress	Sat. 7:30 PM	Cypress Topic Meeting	10.00	
Fullerton	Daily 6:00 AM	Attitude Modification	90.00	90.00
Fullerton	Sun. 8:05 PM	Harley Men's Stag	25.00	
Fullerton	Mon. 6:00 PM	Fullerton Big Book		25.00
Fullerton	Mon. 6:00 PM	Monday Night Men's Stag @ FAC		35.00
Fullerton	Tues. 7:00 PM	Men's Study (Mo's)	75.00	
Fullerton	Wed. 2:00 PM	Women's Coffee Talk	70.00	
Fullerton	Wed. 5:30 PM	Sober Horse Thieves		33.00
Fullerton	Fri. 6:00 PM	Singles for Sobriety	50.00	
Fullerton	Sat. 6:00 PM	Saturday Nite Live	20.00	20.00
Garden Grove	Sun. 10:00 AM	Speakers	20.00	
Garden Grove	Sun. 6:00 PM	Chapter 2 - 7 Big Book Study	20.00	
Garden Grove	Wed. 8:00 PM	Not Taking A Trip	100.00	
Laguna Niguel	Fri. 7:00 AM	Men's Back to Basics	34.00	19.00
La Habra	?	250 Villa Rita Dr.	25.00	
La Habra	Sun. 10:30 AM	Participation		50.00
La Habra	Sun. 7:00 PM	Sober Sunday	45.00	
La Habra	Wed. 7:30 PM	La Habra Men's Stag	40.00	
La Habra	Fri. 8:00 PM	Friday Night Beginners	100.00	
Los Alamitos	Daily - 7:00 AM	Surrender is Freedom	185.00	225.00
Los Alamitos	Sun. 4:00 PM	Happy Hour Topic Discussion		70.00
NOCCO	Wednesday	Intergroup	44.00	50.06

City	Day	Meeting	Oct-11	Nov-11
Orange	Sun. 8:30 AM	Attitude Adjustment	50.00	
Orange	M - F 5:30 PM	Tustin Rush Hour	60.00	
Orange	Tues. 12:00 PM	Discussion		50.00
Orange	Tues. 7:00 PM	Discussion	40.00	
Orange	Wed. 7:00 PM	Easy Does It	75.00	
Orange	Thurs. 7:30 PM	Men's Big Book Study	35.00	10.00
Orange	Fri. 6:30 AM	Smashing Donuts		74.14
Orange	Fri. 8:00 PM	No Puffers Speaker		120.00
Orange	Sat. 7:00 PM	Not A Glum Lot	34.00	
Placentia	Sun. 8:30 AM	Right Start	128.50	
Placentia	Mon. 6:30 PM	Beginners Sober Start		100.00
Placentia	Mon. 8:00 PM	Unmanagables	60.00	
Villa Park	Daily	24 Hr. Book Group	114.80	
Villa Park	Fri. 12:00 PM	Women's Big Book Study		5.00
Whittier	Sun.	Sunday Night Step Study	15.00	
Whittier	Thurs. 8:00 PM	The Den Book Study		50.00
Whittier	Fri. 7:00 PM	Big Book Study		25.00
Whittier	Sat. 10:30 AM	Women's Acceptance		50.00
Yorba Linda	Daily 6:00 AM	Attitude Modification		734.40
Yorba Linda	Mon. 12:00 PM	Step Study	36.40	
Yorba Linda	Tues. 8:00 PM	Ohio Street Winners		210.00
Yorba Linda	Wed. 12:00 PM	YL Noontimers	367.76	69.20
Yorba Linda	Thurs. 7:30 PM	YL Thursday Participation	170.00	
Yorba Linda	Fri. 8:00 PM	Friday Night Ohio Winners Circle		70.00
Yorba Linda	Sat. 8:00 PM	Speaker Meeting		56.00
		TOTAL	2,792.35	3,713.71

Suggested Donations

- ✓ **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 127; "The family must realize that dad, though marvelously improved, is still convalescing"

Somebody showed me how to put air in my tires so now I'm an automotive mechanic.

It's a million dollar program that gets shoved up your butt a nickel at a time.

Love is not a feeling, it's an action.

The only way to break a habit is to replace it with a different action.

It's one thing to know your history. It's another thing to do something about.

Alcohol isn't a crutch, it's a club.

Any time I take something for granted, it's gone.

They said, "If you don't drink you won't get drunk." I had to think about that for 10 years.

Don't worry about it son, at worst you can serve as a bad example.

I can't say I lost anything. I know exactly where it all went.

I can't change the direction of the wind. All I can do is adjust my sails.

I know you think you're on the right track but maybe it's time to get on the right train.

A hard head leads to a sore behind.

Just because the monkey's off your back doesn't mean the circus has left town.

And Just For Fun - -Has this ever happened to you??

Last night, I was out for a few drinks with some friends and had a few too many. Knowing full well I may have been slightly over the limit, I did something I've never done before - I took a bus home. I arrived home safely and without incident, which was a real surprise, as I've never driven a bus before and am not sure where I got it. So, if you are missing your bus let me know, it is parked out front of the house.

Humor

First Date



"First I was addicted to alcohol....

then prescription drugs....

then nicotine....

then caffeine....

then to my own childhood as a child of an alcoholic....

then to gambling...

then to spending....

then to members of the opposite sex....

Altogether that's NINETY-SIX STEPS I'm working!"

A.A. was founded on the premise that it would be self-supported through member contributions.

For the past 48 years, contributing a single dollar has been almost a tradition.



Today's dollar has only 16 cents of the purchasing power of a 1960's dollar.



1960...\$1.00
1970...\$1.00
1980...\$1.00
1990...\$1.00
2000...\$1.00
2008...\$2.00

Acknowledging these economic facts,
why not responsibly compensate

BY DROPPING IN **2012**
2 BUCKS FOR ~~2011~~?

For those who can't afford it, the important thing is to keep coming back.