

Anonymous Times

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January/February 2013

Chattin' with Cathy ~ Happenings at NOCCO

Happy New Year!

Wow 2012 truly just flew by; at least it felt that way to me. We have now been at our new location for over eight (8) months, seems like just yesterday we made the big move.

I am happy to report that NOCCO (dubbed "God's Central Office") is doing well, and finished the year with a positive cash flow, the 1st time in over 5 years, thanks to the support of our incredible fellowship, our awesome board and NOCCO's Higher Power.

Meeting donations and support of our fundraisers truly made a difference!

From all of us at NOCCO, "A heartfelt thank you to Rockin' Soberfest and NOCAA Women's Banquet" for their continued support and incredibly generous donations to North Orange County Central Office.

HOLIDAY PARTY

We would like to thank everyone who participated, a great time was had by all. The annual Holiday Party came about as a thank you from NOCCO to our fellowship for supporting us throughout the year. A special thank you to Jack S. for coming out of retirement to DJ – awesome job!!!!

END OF THE YEAR SALE: I am happy to report this was another successful event – thank you! This will probably be an annual event. Thank you to our wonderful volunteers for going the extra mile with this sale.

FAITHFUL FIVERS:

Thank you to all of our Faithful Fiver participants. Faithful Fivers are AA

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Rockin Soberfest Slated for February 16, 2013

Good food and fellowship, speaker meeting and dance will again highlight this year's Rockin Soberfest, to be held Saturday, February 16 at the UFCW Union Hall, 8530 Stanton Ave., Stanton from 5:30 p.m. to midnight.

Tickets to the event are \$20 and include a spaghetti dinner and all the events. Tickets can be bought at Central Office, 1661 E. Chapman Ave., Suite 1H; Fullerton, CA 92831. Make checks payable to Rockin Soberfest.

Call (909) 991-9997 or (323) 855-0206 for more information. Or email rockinsoberfest@verizon.net. All proceeds go to support NOC Central Office.

North Orange County Central Office

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Fullerton, CA 92831

Open 7 Days 9am–9pm

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NOC Central Office January thru October 2012 vs. 2011

Revenue	October 2012	October 2011	January thru October 2012	January thru October 2011
Total AA Sales	\$2,622.95	\$3,529.20	\$27,936.23	\$31,820.98
Total Non-AA Sales	\$2,448.85	\$3,255.44	\$27,004.48	\$26,455.16
Total Donations	\$4,531.63	\$2,822.35	\$41,582.74	\$43,587.25
Total FUNd-Raisers	\$1,614.00	\$-	\$7,289.50	\$2,539.00
Rental Income - Suite C	\$-	\$-	\$343.00	\$-
Interest	\$0.09	\$0.01	\$7.24	\$129.51
Total Revenue	\$11,217.52	\$9,607.00	\$104,163.19	\$104,531.90
Total Cost of Sales & Direct Costs	\$3,626.51	\$4,622.01	\$35,439.08	\$36,778.44
Gross Profit	\$7,591.01	\$4,984.99	\$68,724.11	\$67,753.46
Operating Expenses				
Salaries	\$3,399.00	\$3,300.00	\$33,940.50	\$32,312.50
Bank Charges	\$4.00	\$22.50	\$138.29	\$149.00
Bad Checks	\$-	\$-	\$-	\$-
Cash short\over	\$0.65	\$9.07	\$(996.27)	\$233.67
Computer Expenses	\$-	\$-	\$1,215.38	\$541.06
Credit Card Discounts	\$125.37	\$-	\$1,504.31	\$-
Depreciation	\$11.98	\$21.50	\$119.80	\$215.00
Member Benefits	\$-	\$-	\$474.86	\$-
Insurance-General Liability	\$-	\$-	\$1,328.00	\$2,482.76
Insurance - Work Comp	\$(49.88)	\$816.75	\$(2,012.29)	\$4,150.97
Insurance - Medical	\$250.00	\$250.00	\$2,500.00	\$2,330.00
Interest Expense	\$-	\$-	\$-	\$-
Legal & Accounting	\$150.00	\$125.00	\$1,875.00	\$1,650.00
Licenses	\$-	\$-	\$-	\$-
Newsletter Cost	\$-	\$-	\$1,422.32	\$1,899.65
Office Supplies	\$583.38	\$339.76	\$2,818.68	\$2,970.29
Postage	\$13.50	\$-	\$128.88	\$30.00
Penalties-Tax Payments/Filings	\$-	\$-	-	\$32.58
Rent-Office Space	\$975.00	\$1,550.00	\$11,450.00	\$15,500.00
Rental of Equipment	\$-	\$-	\$-	\$1,208.42
Relocation/Moving Costs	\$-	\$-	\$2,341.62	\$-
Repairs & Maintenance	\$-	\$-	\$1,360.56	\$176.90
Taxes- Payroll	\$260.02	\$252.45	\$2,715.39	\$2,695.82
Taxes- Annual Filings	\$-	\$-	\$80.00	\$80.00
Telephone	\$239.91	\$452.98	\$2,850.78	\$3,649.36
Utilities	\$30.67	\$142.20	\$1,014.94	\$2,007.03
Total Operating Expense	\$5,993.60	\$7,282.21	\$66,270.75	\$74,315.01
Other Income and Expense	\$-	\$-	\$-	\$-
Net Income/(Loss)	\$1,597.41	\$(2,297.22)	\$2,453.36	\$(6,561.55)

Chattin' With Cathy ... From Page 1

members who graciously contribute a minimum of \$5.00 a month to support Central Office in carrying the message of hope and recovery to alcoholics who are still suffering. As a Faithful Fiver, your personal contribution helps to make our vital message of hope and recovery possible. And as an added bonus your name (while not in lights) is added to our special "Faithful Fivers" section of our newsletter, The Anonymous Times.

VOLUNTEERS

I would like to personally thank all of our wonderful volunteers for suiting up and showing up no matter what at NOCCO. We have volunteers working in the office, we have call-forwarding volunteers, we have committee volunteers and we have a volunteer board. We are always in need of volunteers, this is a great way to give back some of what has so freely been given to us. If you are interested in volunteering, please all the office at 714.773.HELP (714.773.4357) or email me at officemanager@aanoc.com.

MEETING/GROUP DONATIONS

On behalf of NOCCO I would like to thank all of our meetings for their very generous contributions. Please be sure to include your meeting name (as listed in the directory), City, day and time so that proper credit can be given to your meeting donation. Central Office does not use a group number that is for New York (GSO). If your meeting has donated and you do not see the contribution listed in The Anonymous Times and on the spreadsheets handed out monthly at each Intergroup Meeting, please call the office 714.773.4357 (773-HELP) or email me at officemanager@aanoc.com.

OUTREACH COMMITTEE

We have approximately 390 meetings in the North Orange County area and we have about fifty (50) Intergroup Reps. We now have a committee reaching out to meetings who do not have a rep. If you would be interested in being a rep or being a part of this committee please email the me at officemanager@aanoc.com. Why

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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.

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NOCCO Board Oversight Committee: Jim S.

Cartoonist: Johnny G.; Chief Proofreader: 86 proof

For this Newcomer, Rock Bottom Hit Him

I have never been arrested, been in prison or jail, received a DUI, been to rehab and or been homeless. I walked through the doors of the Fullerton Alano Club on September 25th, 2012 because I knew something was not right. At that first meeting, I heard story after story about DUI's, arrests, prison, jail, crashed cars, multiple rehabilitation visits, bankruptcy, debt owed to friends and relatives, and so on. My story did not match any of those experiences. I began to wonder if I really was an alcoholic. I wondered if I had to have a DUI, spend time in prison or be homeless to qualify as a true alcoholic. I wondered if I would be accepted in the rooms of AA. I began to question myself and why I decided to come in the first place; after all, I had nothing in common with those people.

And then I heard it. I heard about the powerlessness. I heard about how

people had lost all that was important to them. I heard about people losing their jobs, their family, their careers, their livelihood. I heard others share how they could not control their drinking and the consequences of the first drink. I heard that the only requirement for AA membership was a desire to stop drinking. Tears began to fill my eyes because I realized that in fact, I had a lot in common with "those" people.

When I drink, I can't stop. When I drink bad things happen. Drinking was no longer a want or desire; it was a necessity for me to feel "normal." I didn't lose my beautiful wife and two children. I didn't lose my house and job as a teacher. I gave it away because of the insanity of my disease. The fact is, alcohol had taken over my life; I was powerless over my drinking. My life had become unmanageable.

I knew that I could not go on like this. I knew it was only a matter of time before I got arrested for DUI, landed in jail or worse—killed someone. I should have been arrested, I should have been to rehab, and I certainly deserved jail for what I had done during my worst drinking episodes. I realized the first five minutes of that first meeting how lucky I was to have a car, a driver's license, a bed to sleep in, clean clothes, family that had not written me off, and food in the refrigerator. I later realized that I was not lucky, that I was in fact blessed because something was watching over me. I didn't necessarily hit rock bottom as I had more to lose; rock bottom came up and hit me.

I have a long way to go in my sobriety, but in the short time I have been sober I have learned an incredible amount about myself. I have the opportunity to attend two, sometimes three meetings a day right now. I have learned two recipes in the program—one for success, and one for disaster. The first is attending meetings, listening to my sponsor, and service work. The second recipe is

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does your meeting need an intergroup rep? To have a voice, to have a vote, to know what is going on in your AA community. Every AA group in North Orange County is automatically a member of the NOCCO Intergroup Association.

2012 FUNDRAISERS

First Ever Rummage Sale; Steps 1, 2 & 3 Workshop; 2nd Annual Founders Day Picnic; 30th Anniversary Open House; 1st Annual Oldtimers Dinner & Speaker Meeting; First Ever End of Year Sale. We would like to personally thank each of you for participating and contributing to our fundraisers this past year – YOU matter and YOU do make a difference!

Stay tuned for more information and flyers on our 2013 fundraisers. If you would like to be on our Activity Committee, please email me at officemanager@aanoc.com or call the office at 714.773.4357 (714-773-HELP).

INTERGROUP/CENTRAL OFFICES:

Bill W. wrote: "Though not costly, these agencies are absolutely essential to our continued expansion – to our survival

as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength – and that, under our Tradition of self-support, we are all going to foot the bill." ("Self-Support: Where Money & Spirituality Mix" pamphlet)

Holiday Message from Bill W. ~ December 1970 Gratitude is just about the finest attribute we can have, and how deeply we of AA realize this at Christmastime. Together, we count and ponder our blessings of life, of service, of love. In these distraught times, we have been enabled to find an always-increasing measure of peace within ourselves. (GSO Box 459)

NEW BOARD

Please join me in welcoming our 2013 service board. I am looking forward to a positive and peaceful 2013.

May God Bless You and Keep You as we trudge this Road To Happy Destiny.

*In gratitude,
Cathy M., NOCCO Manager*

UPCOMING EVENTS!

Annual AA Convention will be March 29-31

Planning for the 28th Annual Orange County Alcoholics Anonymous Convention has entered the final stages and everyone's help is needed to make it the best ever three-day event.

"Be part of the Dream in 2013" is the theme of the event, to be hosted with Alanon participation. The festivities will once again be held at the Hilton Hotel in Costa Mesa on Easter weekend, March 29, 30 and 31.

Open planning meetings are being held at the Roque Center, 9842 13th St., Garden Grove on the third Wednesday of each month. The next meetings will be held on **January 16 and February 20** beginning at 7 p.m. Final meeting on March 27 will be held at the hotel, 3050 Bristol St., Costa Mesa, 92626.

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.

Women's Dinner Is Set for April 27

"Among them you will make lifelong friends" is the theme of the 16th Annual NOCAA Women's Banquet, to be held Saturday, April 27 from 5:30 to 10 p.m. at the Santa Ana Elks Lodge, 212 Elk Lane in Santa Ana.

Women from all 12 step groups are welcome to the event, which will feature dinner, speaker meeting and raffle. Tickets to the event are \$30 and can be purchased by contacting event chairwoman Whitney H. at (714) 457-4596 or co-chair Cathy M. at (714) 412-4228 for more information.

Events listed here are presented solely as a service to our readers, not as an endorsement by North Orange County Central Office.

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

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

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

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

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

Taking AA on the Road

In Southern California, see Page 72 of our Orange County printed Meeting Directory for a listing

of nearby Central Offices with phone numbers and web site addresses.

For the rest of the U.S. and Canada, go to www.aa.org where you can locate Central Offices by State or Province or Country.

Travelers without access to the Internet can call our Central Office at (714) 773-4357. There, a friendly phone volunteer will look up a contact or meeting in any of the printed or on-line directories published by GSO.

19th Annual Gratitude Weekend for Women

January 25-27, 2013

19th Annual Gratitude Weekend

For Alcoholic Women Only

Highland Springs Resort

10600 Highland Springs Avenue

Cherry Valley, CA

www.hsresort.com

Seniors in Sobriety Conference Planned

Mark your calendar now for the Seniors in Sobriety 8th International Conference, to be held at the Town and County Hotel in San Diego Sept. 5-8, 2013.

The convention promises fun, fellowship, education and sharing. The event will feature Al-Anon participation, men's and women's meetings, a Dr.'s Opinion workshop and a slew of other sober events.

For more information, email Cliff H. at (619) 708-2556 or go to <http://www.aasis2013.org/home/>.

BIRTHDAY DONATIONS

Neil S. ↔ 29 years

Mike H. ↔ 28 years

In memory of

Tanny T. ↔ 29 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, 1661 E. Chapman Ave., Suite 1H; Fullerton, CA; 92831. Email: officemanager@aanoc.com.

Central Office News

A Special Thanks for Support

Thank you to all of our supporters. Your gracious pledges help NOCCO to carry the A.A. Message of hope and recovery to alcoholics still suffering in the North Orange County area.

Additional thanks to EVERYONE who attended and participated in our Annual holiday party/meeting fundraiser, which was held on December 7.

Keep an eye out for our 2013 fundraisers. You make everything happen! Central Office is located at 1661 E. Chapman Ave., Suite 1H, Fullerton, CA 92831. Phone (714) 773-4357.

Call for Volunteers!

Central Office took 1,264 calls in September, October and November

673 were from men

591 were from women



Keep up the great work — YOU make a difference!

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY Jan. 13 and Feb. 10	NOCPIC 2ND WEDNESDAY Jan. 9 and Feb. 13	INTERGROUP 2ND WEDNESDAY Jan. 9 and Feb. 13	VOLUNTEER MEETING February 9
<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 1661 E. Chapman Ave., Suite 1H, Fullerton</p> <p>If you have questions, call Brian K. 714-658-4581</p>	<p>North Orange County Intergroup Association Intergroup</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 <i>holds a quarterly volunteer meeting on the 2nd Saturday. every three months. 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

**28th Annual Orange County Convention Hilton Hotel Costa Mesa
March 29. 30 and 31, 2013**

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

7:30 p.m. Third Wednesday of each month: January 16; Feb. 20.

**Final meeting March 27, 2013 at hotel, 3050 Bristol St.,
Costa Mesa, 92626**

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 • Joe P. • Kent M. • Laurel Mc. • Steve D.

• Tammy D. • Michele M. • Linda C. • Michael V. •

Mike • Cate. C. • William G. • Jeanne L.

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 1661 E. Chapman Ave., Suite 1H., Fullerton, CA 92831

SEPTEMBER/OCTOBER Meeting Donations

City	Day/Time	Meeting	Sep-12	Oct-12	YTD
Anaheim	Sun 10:30 A	24 Hr. Speaker Meeting		50.00	410.00
Anaheim	Sun 8:00 P	Fireside Speakers			100.00
Anaheim	Wed 6:00 P	Men's Stag (Victor House)			130.00
Anaheim	Wed 8:00 P	Wed Night Men's			32.20
Anaheim	Th 7:30 P	We Got A Coffee Pot - Men	70.00	35.00	455.00
Anaheim	Fri 12:00 P	Women's Big Book Study			72.10
Anaheim	Fri 6:30 P	Gratitude Is An Action		64.72	229.52
Anaheim	Sat 10:00 A	Big Book & 12x12 Study		40.00	169.00
Ana Hill/Org	Mon 7:00 P	Women's E/S&Hope			594.00
Ana Hill/YL	Wed 7:00 P	Women's Big Book Study			78.00
Ana Hills	Wed 7:30 P	Wed. Night Book Study			300.00
Ana Hills	Th 7:00 P	Women's Solution			290.50
Ana Hills	Fri 8:00 P	Young People Discussion	110.00		110.00
Ana Hills	Sat 8:30 A	It's In The Book	60.00		360.00
Ana Hills	Sat 6:00 P	Winner Circle (Kaiser)			120.00
Brea	Mon 10:00 A	Women's Discussion		175.00	725.00
Brea	Mon 5:30 P	12 & 12 Meeting	70.00	40.00	580.00
Brea	Mon 6:30 P	Jeannes Big Book			328.00
Brea	Tue 5:30 P	Women's 10th Step Hap Hr.		100.00	768.11
Brea	Tue 5:30 P	Men's Topic Discussion	36.00		359.90
Brea	Wed 5:30 P	As Bill See's It	50.00	134.40	538.23
Brea	Th 10:30 A	Step Sisters Step Study			148.00
Brea	Th 5:30 P	Living In The Solution			327.60
Brea	Fri 5:30 P	Big Book Study	105.00		476.00
Brea	Fri 7:30 P	Over 50 & Sober			300.00
Brea	Fri 8:00 P	Men's			220.00
Brea	Sat 10:30 A	Women's AA Step Study	60.00	47.50	439.42
Buena Pk	Mon 7:30 P	Monday Night Cypress			40.00
Buena Pk	Fri 8:00 P	Friday Night Discussion		140.00	140.00
Cypress	Tue 6:00 P	Happy Hour BB Study			450.00
Cypress	Tue 7:00 P	Big Book Study	90.00	210.00	300.00
Cypress	Fri 8:00 P	Friday Night Lunatic Fringe		100.00	160.00
Fullerton	Daily 6:00 A	Attitude Modification	90.00		720.00
Fullerton	Sun 10:30 A	Sunday Morning Speaker		103.00	223.60
Fullerton	Sun 5:00 P	Sunday Night Survivor			95.00
Fullerton	Sun 8:00 P	Discussion			113.00
Fullerton	Mon 11:30 A	Discussion	5.71		19.71
Fullerton	Mon 6:00 P	Mon Nite Men's Stag @ FAC	50.00		242.25
Fullerton	Mon 6:00 P	Fullerton Big Book			25.00
Fullerton	Mon 6:30 P	Women Living In Solution			76.00
Fullerton	Mon 8:00 P	True Colors			5.34
Fullerton	Tue 1:30 P	H.O.W. Women's Disc.			52.06
Fullerton	Wed 2:00 P	Women's Coffee Talk	100.00		160.00
Fullerton	Th 11:30 A	12 x 12 Study			20.00
Fullerton	Th 12:00P	Thursday Noon Hr. Bk Study		10.80	10.80
Fullerton	Th 6:00 P	Women's (24 Hour)			42.70
Fullerton	Th 6:00 P	Men's	12.00		12.00
Fullerton	Th 6:30 P	Women's Drop The Rock			76.60
Fullerton	Th 7:30 P	Kitchen Table Meeting		100.00	155.00
Fullerton	Th 8:00 P	Kiss Women's Disc.			60.00
Fullerton	Th 8:00 P	Men's Participation (Mo's)		140.00	1,290.00
Fullerton	Fri 6:00 P	Singles For Sobriety	25.11		25.11
Fullerton	Fri 8:00 P	Top of The Hill (St. Judes)			10.00

Fullerton	Sat 9:30 A	As Dr. Paul See's It			94.00
Fullerton	Sat 2:00 P	Women's BB Hot Topic	44.00		44.00
Fullerton	Sat 6:00 P	Saturday Night Live	14.87		298.49
Fullerton	Sat 8:00 P	Saturday Night Speakers		141.00	141.00
Garden Gr	Sun 6:00 A	Sunday AM BB Study	26.26		97.10
Garden Gr	Sun 10:00 A	Speakers			40.00
Garden Gr	Sun 12:00 P	Discussion/Participation			200.00
Garden Gr	Sun 6:00 P	Ch. 2-7 Big Book Study			40.00
Garden Gr	Wed 6:00 A	Attitude Adjustment (Ser. Hall)		25.00	25.00
Garden Gr	Fri 6:00 A	Attitude Adjustment			49.50
Hunt Bch	Mon 7:30 P	Keep It Simple Men's Stag			20.00
Irvine	Sat 7:00 P	Speakers		10.00	10.00
La Habra	Sun 10:30 A	Participation		50.00	150.00
La Habra	Sun 7:00 P	Sober Sunday			42.00
La Habra	M-F 6:30 A	Topic Discussion			40.00
La Habra	Mon 7:00 P	Men's Greenwood Fireside			150.00
La Habra	Tue 8:00 P	Participation		50.00	50.00
La Habra	Wed 7:00 P	Women's Participation		30.00	60.00
La Habra	Wed 7:16 P	La Habra Men's Stag		165.00	485.00
La Habra	Th 8:00 P	Participation	46.00	66.00	112.00
La Habra	Fri 8:00 P	Friday Night Beginner		100.00	491.90
La Habra	Fri 8:00 P	Friday Night Speaker			50.00
La Mirada	Sun 8:00 P	Men's Big Book Study			104.80
La Mirada	Tue 8:00 P	Winners Circle	50.00		265.00
Laguna Beach	Sun 2:00 P	AOCYPAA			354.01
Laguna Nig	Fri 7:00 A	Back to Basics			24.00
Los Alamitos	Daily 7:00 A	Surrender Is Freedom	153.15	225.00	1,568.39
Los Alamitos	Sun 4:00 P	Happy Hour Topic Disc.	82.60		313.60
Los Alamitos	Sun 6:00 P	Big Book Study			60.00
Los Alamitos	Wed 8:00 P	Sobriety First			50.00
Los Alamitos	Sat 6:00 P	Saturday Night Live			200.00
NOCCO		Intergroup			48.00
Orange	Sun 8:30 A	Attitude Adjustment			150.00
Orange	Sun 11:00 A	Book Study			70.00
Orange	Mon 6:30 A	Taking Care Of Business	200.00		430.00
Orange	Mon 12:00 P	12&12 / Traditions Study			140.00
Orange	Mon 5:30 P	Rush Hour Discussion	200.00		200.00
Orange	M-F 5:30 P	Tustin Rush Hour	60.00	60.00	460.00
Orange/A.H.	Mon 7:00 P	Women's E/S&Hope		60.04	60.04
Orange	Tue 5:30 P	Rush Hour Discussion			100.00
Orange	Tue 7:00 P	Women's Keep It Simple			46.25
Orange	Wed 6:30 A	Early Bird / Kick Start	49.00		208.50
Orange	Wed 11:15 A	Chap/Lewis Open Meeting			260.00
Orange	Wed 7:00 P	Easy Does It (Kaiser)		70.00	240.00
Orange	Th 6:30 A	Early Bird Discussion			102.00
Orange	Th 12:00 P	Discussion			100.00
Orange	Th 7:00 P	Men's (Mariposa)			65.00
Orange	Th 7:30 P	Men's Big Book Study, Org			89.00
Orange	Th 7:30 P	All About Me Men's Stag		150.00	210.00
Orange	Fri 6:30 A	Smashing Donuts	67.00		217.00
Orange	Fri 8:00 P	No Puffers Speaker			253.00
Orange	Sat 7:00 P	Not A Glum Lot			15.00
Orange	Sat 7:30 P	Hip, Slick & Sick			50.00
Placentia	Sun 8:30 A	Right Start	30.00	30.00	306.53

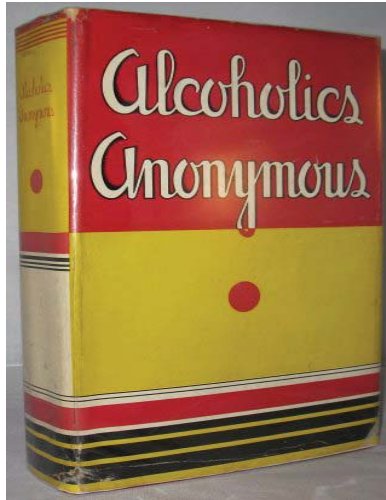
Continued on page 8

Early AMA Review of AA's Big Book

Editor's Note: The following is a review of the Big Book of Alcoholics Anonymous and was published in the Journal of the American Medical Association on October 14, 1939. In the years since, the AMA has had a change of heart.

ALCOHOLICS ANONYMOUS. The story of how more than one hundred men have recovered from alcoholism. Cloth. Price: \$3.50, 400 pp., New York: Works Publishing Company. 1939.

Those who generally underestimate the seriousness of a psychiatric and social problem, represented by addiction to alcohol, are not immediately familiar with the tragedies in the families of victims, or the resistance addicts offer to any effective treatment. Many psychiatrists regard addiction to alcohol as having a more pessimistic prognosis than schizophrenia.



For many years, the public was beguiled into believing that short courses of enforced abstinence and catharsis in "institutes" and "rest homes" would do the trick, and now that the failure of such temporizing has become common knowledge, a considerable number of other forms of

quack treatment have sprung up. The book under review is a curious combination of organizing propoganda and religious exhortation. It is in no sense a scientific book, although a letter introduces it from a physician who claims to know some of the anonymous contributors who have been "cured" of addiction to alcohol and have joined together in an organization, which would save other addicts by a kind of religious conversion.

The book contains instructions as to how to intrigue the alcoholic addict into the acceptance of divine guidance in place of alcohol in terms strongly reminiscent of Dale Carnegie and the adherents of the Buchman ("Oxford") movement.

The one valid thing in the book is the recognition of the seriousness of addiction to alcohol. Other than this, the book has no scientific merit or interest.

Meeting Dontations ... From Page 7

City	Day/Time	Meeting	Sept.-12	Oct.-12	YTD
Placentia	Sun 7:30 P	Placentia Sunday Night	25.00		25.00
Placentia	Mon 6:30 P	Sober Start			60.00
Placentia	Mon 7:00 P	Men's Some Are Sicker/Oth		10.00	10.00
Placentia	Mon 8:00 P	Unmanagables			80.00
Placentia	Th 10:30 A	Women's Stepping Stones	100.00		300.00
Santa Ana	Wed 8:00 P	Cooper Fellowship - Disc.			11.00
Villa Park	Daily 7:30 A	24 Hour Book Group		47.17	262.34
Villa Park	Fri 12:00 P	Women's Big Book Study			58.10
Whittier	Sun 8:00 P	Sunday Night Step Study			60.00
Whittier	M-F 7:00 A	Wed Attitude Adjustment			25.00
Whittier	Tue 7:00 P	No Nonsense 12 x 12			40.00
Whittier	Tue 7:30 P	Men's Big Book Study			80.00
Whittier	Wed 7:00 P	Women's Winners	30.00		90.00
Whittier	Wed 7:00 P	Participation			80.00
Whittier	Th 8:00 P	The Den Book Study		80.00	231.50
Whittier	Fri 7:00 P	Big Book Study	70.00		170.00
Whittier	Sat 10:30 A	Women's Acceptance			258.75
Whittier	Sat 7:30 P	Whittier Sat Night Speaker	30.00	30.00	210.00
Yorba Linda	Daily 6:00 A	Attitude Modification	803.54		7,793.85
Yorba Linda	Mon 12:00 P	Step / Book Study			344.40
Yorba Linda	Mon 7:00 P	Monday Nite Men's Stag		60.00	277.04

Yorba Linda	Tue 7:30 P	Women's Discussion			180.00
Yorba Linda	Tue 8:00 P	Ohio Street Winners		105.00	819.36
Yorba Linda	Wed 12:00 P	Noontimers		103.00	1,052.00
Yorba Linda	Wed 7:00 P	Women's Big Book Study			162.00
Yorba Linda	Th 7:30 P	YL Thursday Participation			540.30
Yorba Linda	Fri 12:00 P	Daily Reflections	60.00		280.00
Yorba Linda	Fri 5:30 P	Happy Hour		35.00	173.00
Yorba Linda	Fri 8:00 P	Friday Nite Ohio Winners Cr.	70.00	160.00	558.96
no info	???	?? Winners Circle ??			136.43
no info	???	698453		70.00	70.00
TOTAL GROUPS:			3,145.24	3,422.63	37,073.89

Another Buck in the Basket

Here's a tip for dropping an extra dollar or two in the basket:

Save all your loose change for A.A. Get a small can and drop all your pennies, nickels, dimes and quarters into it – when it's full, dump it into the basket and start over.

SPEAKER MEETINGS: January/February 2013

Anonymous Times would like to publish your list of speakers for January/February 2012.

Deadline for publication is December 15, 2012. Email: aaletters@gmail.com.

Friday
8 p.m. Downtown Speakers (1 Hour)
109 E. Wilshire, Fullerton 92632 (1st
Christian Church)

January 4 Veronica, La Habra
January 11 Gene M. Laguna Niguel
January 18 Kim H., La Mirada
January 25 Tracey H., Brea
February 1 Jerry N., Long Beach
February 8 Katrina L., Brea
February 15 Walt H., Long Beach
February 22 Leesa H., Anaheim Hills
March 1 Don M., Fullerton

Friday
8 p.m. St. Paul's Church (*Formerly St.
Jude Speaker*)
111 W Las Palmas Ave
Fullerton Ca 92835

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

January 18 Nick M.
January 25 Adam T.
February 1 Don M.
February 8 Don L.
February 15 Lisa R.
February 22 Kevin Y.

Friday
8 p.m. No Puffers Speaker
395 S. Tustin St., Orange
*Hear a great speaker share about sobriety every Friday
night.*

Saturday
8 p.m. Visiting Speakers
1221 Wass St., Tustin (St. Paul's Church)

January 5, George S., Fullerton
January 12 Jim H., San Diego
January 19 Betsy S., Tustin
January 26 Donna C., Torrance
February 2 Louis G., Villa Park
February 9 Patrick C. Lucerne Valley
February 16 Karol N. Tustin
February 23 Brenda D. Diamond Bar

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

Saturday
8 p.m. Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd
*Hear a great speaker share about sobriety every Saturday
night.*

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

January 6 Catie F., FAC
January 13 Tyler H., Modjeska Canyon
January 20 Judy R., West Los Angeles
January 27 BIRTHDAY SUNDAY
February 3 Bruce B., Covina
February 10 Gloria G., Long Beach
February 17 Marie S., Placentia
February 24 BIRTHDAY SUNDAY

Sunday
8 p.m. Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804
Hear a great speaker share about sobriety every Sunday.

Wednesday
8 p.m. Fullerton Alano Center
530 W. Commonwealth, Fullerton
*Hear a great speaker share about sobriety every Wednes-
day night.*

Thursday
8 p.m. Pioneer Speaker
202 W. Broadway, Anaheim



To include meetings, we need your
speaker lists by December 15, 2012.

Life Gets Better the More Involved We Are

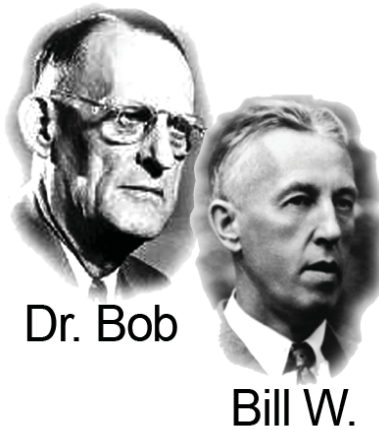
Get involved. We hear it all the time. It's a very broad statement. Just how do we get involved and with what? The good thing is in AA there are many ways and things with which we can become involved.

In my case I am a slipper, a retread. Attach whatever label you wish. This time around, I got a sponsor. I got involved with calling him every day, whether I thought I needed to or not. Then we began looking at the steps and after a while other things came into play.

My sponsor was involved in conventions, so I took commitments like clean up and the like, which got me involved with other people. I found that I liked people and it turned out that some of them even like me.

After a year or so, I started to sponsor people myself and I started to get involved with them, becoming concerned with their issues, both good and bad. I was able to get them involved with the things my sponsor had gotten me involved with. I was able to show them the way because someone had taken the time to show me that I could understand their frustrations and share in their victories.

I don't do the convention stuff anymore; it just wasn't my thing. This is part of the beauty of AA -- there are so many different avenues that if one thing isn't for you, you can try something



Dr. Bob

Bill W.

else. I went to GSR and didn't like it. Some folks do. I see the GSR guys around, and we're cool. Nobody shunned me. How great is that?

For me, the H&I Committee is a good fit. I have found people I enjoy being with, doing things I enjoy doing.

Going into the jails and prisons is not for everybody, but it works for me. I haven't done many of the hospital panels, but I have friends who absolutely love them.

What I am trying to say is it is really true that I only get out of AA what I put into it. I was a slacker, doing just enough to get by, for my entire life before I got sober. I never really appreciated things that were just handed to me, and I would neglect them until they were destroyed.

In AA, I was shown to put some effort into my sobriety so that when those times come that I am weighing the consequences of a drink (the thought of a drink does pop in from time to time) for the last 17 years I haven't had to succumb to that thought.

This theory of applying effort has paid off in all areas of my life, whether it be work, home, family etc.

So try some stuff, you may find you are capable of much more than you give yourself credit for.

- Paul P.
Fullerton

(From the September/October Anonymous Times)

Rock Bottom ... From Page 3

not doing the first. I have heard many people tell me that relapse does not have to be part of my story, which is why I follow the first recipe.

Rock bottom came up and hit me when I realized that I could no longer live life on my terms. I could no longer blame others for the situation I put myself, my career, and my family in. I had to put my pride aside and ask for help. I came to AA to get sober, but I have received much more than I could have ever asked for.

I am learning how to communicate with my Higher Power. I am learning about the fellowship and being of service to others, but most importantly, I am learning how to love myself and live an honest sober life.

The past few months have not been easy but they have been simple. When I attend meetings, I look for the similarities, not the differences. As a newcomer, I listen when I feel like talking, and talk when I feel like listening. This example of contrary action is the type

of thinking I was lacking in my life. If my thinking was logical, I wouldn't be writing this in the first place. Instead of standing up, talking and ignoring, I sit down, shut up and listen.

My story may be different than many, but in the end, I am no different than anyone in AA because my best thinking landed me in the worst situations. My situations are what prompted me to correct my actions by asking for help. I was blessed that I did not hit rock bottom; the bottom hit me.

Steve B.

Captured Quips from California Jack

The wit and wisdom of Bill and Bob's friends

*From the Big Book of Alcoholics Anonymous, pg 125; **Many alcoholics are enthusiasts. They run to extremes.***

"Instead of learning how to survive the storm I've learned how to dance in the rain."

"I came. I came to. Then I came to believe."

"When I got here I was terminally unique."

"Once a fantasy is fulfilled, it's shot. I'm better off keeping a fantasy a fantasy."

"We're all here because we're really not all there."

"If your brain didn't need you for transportation it would have killed you a long time ago."

"In trying to be ready for tomorrow I missed out on a lot of today's."

"I was born with no sense of direction and an inability to read a map."

"The 3 wicked witches of recovery - Expect, Assume and

Anticipate."

"No matter where I am or what I'm doing, it's important for me to remember that I am enough."

"When in doubt; DON'T!"

"It's a good thing that God doesn't get mad at us because we're ignorant."

"I was 9 for about 3 decades. I could take a bad situation and turn it into a complete nightmare."

"I sobered up, woke up, and discovered that I had 4 children."

"Find some people who you can be completely open and honest with before the top of your head blows off."

And Just For Fun – A heartwarming New Years Story:

" On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living.

What happened next was embarrassing. As the clock struck 12, the bartender was almost crushed to death.

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

Tell it to the Judge!

A man who had had one too many was driving home, drunk as a skunk. Suddenly he has to swerve to avoid a tree, then another, then another.

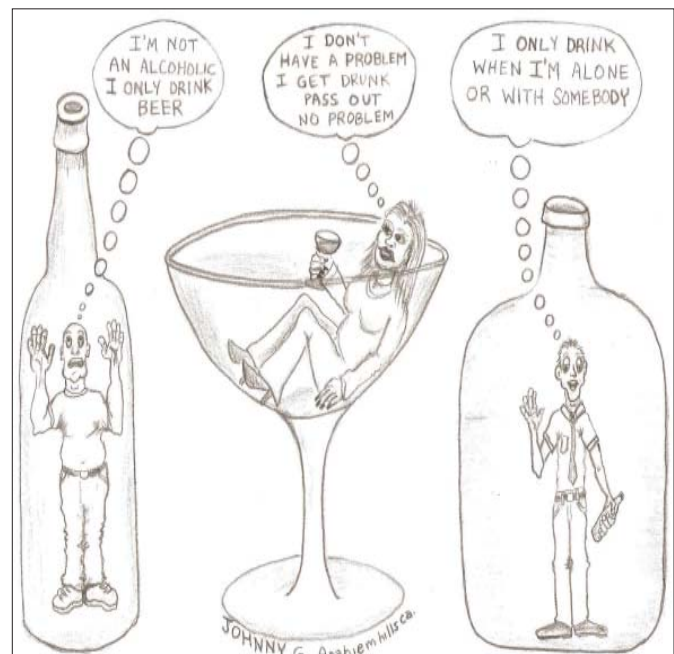
A cop car pulls him over, so he tells the cop about all the trees in the road. The cop says, "That's your air freshener swinging about!"

From November 2012 Lifeline

Surgeon General's Latest Advisory

Liquor bottles will now carry the phrase, "Warning: Alcohol can make members of the opposite sex appear far more attractive than they actually are"

From <http://www.aalondon.org/Humour1.html>



21th Annual

ROCKIN' SOBERFEST

Spaghetti Dinner!

Speaker Meeting!

Andrea C - Thousand Oaks

Dance! Music by DJ Connection!

Fellowship!

RAFFLE!

MUSIC!

Dancing!

Come join in all the fun!

UFCW Union Hall

8530 Stanton Ave., Buena Park, CA

Saturday, February 16, 2013, 5:30pm to 12:30am

Tickets available at: North Orange County Central Office, 1661 E. Chapman Ave. #1H, Fullerton, 92831

OR Mail to: 5196 Dover Dr., La Palma, CA 90623 - MAKE CHECKS PAYABLE TO: Rockin' Soberfest

For more information or to volunteer: Please call (909) 991-9997, (323) 855-0206, contact NOCCO at (714) 773-4357, or e-mail rockinsoberfest@verizon.net

ALL PROCEEDS FROM THIS EVENT WILL BENEFIT NORTH ORANGE COUNTY CENTRAL OFFICE

Limit of 500 Tickets

Rockin' Soberfest - We are not a glum lot!

\$20.00 per person. Includes dinner, meeting and dance

of Tickets: _____ Amount enclosed: \$ _____

Name

Address

Phone

Please return this portion with your check or money order