

Anonymous Times

Published by North Orange County Central Office, 1661 E. Chapman Ave., Suite 1H, Fullerton, CA 92831

Volume 12 Issue 1

January/February 2014

Service Material from the General Service Office

Anonymity Online

"In my belief, the entire future of our fellowship hangs upon this vital principle. If we continue to be filled with the spirit and practice of anonymity, no shoal or reef can wreck us. If we forget this principle, the lid to Pandora's box will be off and the spirits of Money, Power, and Prestige will be loosed among us. . . . I am positive that A.A.'s anonymity is the key to long-time survival."

A.A. Comes of Age, pp. 131-132

Modern communication in A.A. is flowing from one alcoholic to another in ways that are high-tech, relatively open-ended and evolving quickly. Protecting anonymity is a major concern for members, who are accessing the Internet in ever-growing numbers.

In 2013 the General Service Conference affirmed ". . . that the Internet, social media and all forms of public communications are implicit in the last phrase of the Short Form of Tradition Eleven, which reads: . . . at the level of press, radio and films.- At this level, according to Bill W., ". . . anonymity-100 percent anonymity—was the only possible answer. Here, principles would have to come before personalities, without exception."

Twelve Steps and Twelve Traditions, p. 187

General Principles

"When appearing on radio, television, film or on the Internet as A.A. members, we refrain from showing our faces or revealing our last names. In printed articles, on Web sites or e-mail, we are identified by our first names and last initials only."

"The A.A. Group - Where it All Begins," p. 8

"When using digital media, A.A. mem-

Continued on Page 10

Rockin Soberfest Set For Feb. 15

The annual Rockin Soberfest will be held Saturday, February 15 at the UFCW Union Hall, 8530 Stanton Ave., Buena Park 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. Tickets can be purchased at Central Office, 1661 E. Chapman Ave., Suite 1H; Fullerton, CA 92831. Make checks payable to Rockin Soberfest.

Call North Orange County Central Office at (714) 773-4357 or email rockinsoberfest@trudgers.net. All proceeds go to support NOC Central Office.

See the flier on page 12 of this Anonymous Times issue for additional information.

North Orange County Central Office

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

Open Mon.-Fri. 9 a.m.-7 p.m.

Sat. & Sun. 9 a.m. - 1 p.m.

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

FAX: (714) 773-0179

WEBSITE: www.aanoc.com

OfficeManager@aanoc.com

INSIDE THIS ISSUE

NOCCO Financials	2	Meeting Donations	7
Chattin With Cathy	2	Prayer and Meditation	8
Tradition Three	3	Speaker Meetings	9
Events	4	AA Symbol - What it Means	11
Birthdays	5	Rockin Soberfest Flier	12
Bulletin Board	6		

NOC Central Office Financials 2013 YTD vs. 2012 YTD

Chattin With Cathy: What's Happening at NOC Central Office

All of us at North Orange County Central Office wish everyone a happy, joyous and free 2014!

	2013	2012	2013	2012
	Current Period	Current Period	YTD Amount	YTD Amount
Revenue				
Sales	4,592.25	4,767.75	44,202.61	49,868.91
Donations Meetings	4,221.27	3,145.24	33,234.09	33,750.66
Birthdays	0.00	4.00	391.00	327.00
Individual/ Other	47.73	10.00	3,317.02	1,561.25
Faithful Fiver	55.00	10.00	625.00	550.00
Fundraisers/Events	1,950.00	0.00	5,108.12	2,537.70
Women's Banquet	0.00	0.00	2,000.00	4,000.00
Misc. Income	3.25	3.25	7.24	350.15
Total Revenue	10,869.50	7,940.24	88,885.08	92,945.67
Costs of Sales & Direct Costs				
AA & Non AA Items	2,687.83	2,987.73	26,883.92	31,336.29
Fundraisers/Events	439.21	0.00	2,120.67	180.26
Total Cost of Sales and Direct Costs				
	3,127.04	2,987.73	29,004.59	31,516.55
GROSS PROFIT	7,742.46	4,952.51	59,880.49	61,429.12
Operating Expenses				
Total Operating Expenses	6,419.10	5,369.64	57,748.98	60,573.17
Income From Operations	1,323.36	(417.13)	2,131.51	855.95
NET INCOME\ (LOSS)	1,323.36	(417.13)	2,131.51	855.95
Current / Other Assets				
	\$46,989.84	\$47,308.13		

VOLUNTEERS:

If you have 6 months of sobriety and think you might like to volunteer, please call the office at 714.773.HELP (714.773.4357) or email me at officemanager@aanoc.com or visit our website @ aanoc.com. We answer phones, for "classes", and locating meetings, we sell Big Books, 12x12's, literature and chips and once in a great while, we get an honest to goodness old fashioned 12 step call!!

Come visit us at North Orange County Central Office, have a cup of coffee with us and see what goes on at your local Central Office.

UPCOMING SPECIAL EVENTS & FUNDRAISERS:

In 2014 we will have the following fundraisers put on by NOCCO ~ stay tuned for the dates:

- ⇒ Annual Old-timers Meeting – date TBD
- ⇒ Annual Founders Day Picnic – June
- ⇒ Annual Gratitude Dinner – November

Plus our Annual Holiday Party which is NOCCO's gift back to our members (not a fundraiser – just a really fun event). **ALL PROCEEDS FROM THESE EVENTS GO DIRECTLY TO BENEFITING YOUR CENTRAL OFFICE.**

MEETING/GROUP DONATIONS:

Your group contributions help to ensure that our phones are answered 24 Hours A Day, 7 Days A Week. Be sure to include the meeting name (as listed in the directory), City, Day and Time so that proper credit can be given to your meeting donation. We have pre-printed donation coupons with self-addressed envelopes for your convenience. North Orange County Central Office does not use a group number. If your meeting has donated and you do not see the contribution listed in The Anonymous Times and/or on the spreadsheets handed out monthly at each Intergroup Meeting, please call the office at 714.773.4357 (773-HELP) or email me at officemanager@aanoc.com. All monthly donation spreadsheets are uploaded to our website at aanoc.com, as well.

BIRTHDAY / INDIVIDUAL / IN MEMORY OF CONTRIBUTIONS:

If you would like to make a birthday, individual or "in memory of" contribution, please note what

Continued on Page 3

Tradition Three

"The only requirement for A.A. membership is a desire to stop drinking"

Tradition Three

Long Form: Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliations.

Short Form: The only requirement for A.A. membership is a desire to stop drinking.

Without at least a working knowledge of A.A. history, this tradition could easily be taken for granted – of course we don't exclude anybody from membership who wants to be a member.

But it hasn't always been that way. At the time the Big Book was written, about 3-4 years into our existence, exactly who could belong to Alcoholics Anonymous? Well, you had better be white, male, Protestant, professional and married. And Al M., one of the founding members of A.A. in Southern California, in a talk in 1984 described the membership requirements this way: "We had sniffers at the door, and if you smelled like alcohol, you didn't get in. And if you had a wife, she was asked if she would do whatever it took to help you stay sober, and if she demurred, you didn't get in". (Quoted from a talk at the Drop The Rock Speaker meeting in Tustin, 1984).

But with the founding of the A.A. group in Cleveland things began to change. The Cleveland Group welcomed all who admitted to being an alcoholic, (or addicted to alcohol, a much more common terminology of the times). The first large group who had been left on the outside but were now allowed admittance were the Catholics. "Who'd think

it – Catholic alcoholics – you coulda knocked me over with a feather!" This A.A. group quickly grew to 500 members within a couple years - an astounding rate of growth for the still newly-formed Fellowship!

As the Fellowship continued to grow in new places all over the United States and Canada, and into Mexico and Central America, a frightful occurrence was taking place. Bill W. asked all the groups to send him a list of their membership rules, and it was discovered that if all of the membership rules were applied, neither he or Dr. Bob could have joined A.A. The outcome of this occurrence – many who could've recovered were dying of alcoholism.

This was the environment in which Bill started to think about a statement of A.A. tradition that would guarantee membership to all who sought recovery from alcoholism. No conformance to any rules or codes would be imposed as a requirement for membership.

Did you ever see someone who you thought probably didn't belong in A.A.? Maybe someone who had only drunk a couple times, or someone who was just too much a contrarian to be afforded A.A. membership, (anybody ever feel that way about, Ken '45, who happened to be my sponsor for almost 10 years). Or somebody who just doesn't seem to be taking the illness of alcoholism serious enough to suit you? Well, because of the principles espoused in the Third Tradition, they all get to stay in A.A. – we can't keep them out.

It is to our peril that we ignore the principles put forward in this tradition – the peril of A.A., the peril of the group and most importantly, to my own peril. If I don't have to worry about who gets into A.A., I have a much better chance of staying in A.A. myself.

Next: Tradition Four – It's none of my business!

Nick M., Gratitude Is An Action Group

Chattin With Cathy ... From Page 2

the contribution is for when you send the contribution in. We have self-addressed printed envelopes for your convenience, come on down and pick up a few.

FAITHFUL FIVERS:

Faithful Fivers are AA members who graciously contribute a minimum of \$5.00 a month to support NOCCO 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. Personal contributions are limited to \$5,000.00 per year, as we are a 501C3 non-profit, contributions are tax deductible.

INTERGROUP REP:

Why 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. If you attend a meeting that does not have an Intergroup Rep, and you have one (1) year of sobriety, step up and volunteer for this commitment. It is only 1 hour out of the month.

2014 NEW BOARD:

Please join me in welcoming your new 2014 Intergroup Board. And may God Bless You and Keep You as we trudge this Road Of Happy Destiny!

In gratitude, Cathy

UPCOMING EVENTS!

29th OC AA Convention will be April 18-20, 2014

"Sober & Serene" is the theme of the 29th Annual Orange County Alcoholics Anonymous Convention with Alanon participation. The event will be held at the Hilton Hotel in Costa Mesa April 18, 19 and 20, 2014.

Open planning meetings are being held at **St. Olaf Lutheran Church**, 12432 Ninth St., Garden Grove (**new location**) on the third Wednesday of each month. The next meetings will be held on January 15 and February 19, 2014 beginning at 7:30 p.m. A final meeting will be held at the hotel on March 19.

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.ocaac.org for more information.

How It Works

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. - A.A. Big Book p.89

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)
------------	---------------------------------	---

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

January 9 - 12, 2014
24th Annual River Round Up
Laughlin, NV
www.rcco-aa.org

January 24 - 26, 2014
20th Annual Gratitude Weekend for
Alcoholic Women Only
Highland Springs Resort
10600 Highland Springs Ave. Cherry Valley, CA
92223

Feb 21 & 22, 2014
"Stay Sober... For Keeps Workshop 2014"
Feb 21(6:30pm-9pm) & 22(9am-5:30pm)
Laguna Niguel Presbyterian Church
30071 Ivy Glen Drive, Laguna Niguel, CA 92677
\$30 Registration fee or \$25 with PayPal:
<http://www.ppgoc.org>

April 25 - 27, 2014
Southern California H & I Conference
14299 Firestone Blvd LaMirada, CA
<http://www.socalhandi.org>

We Are Not A Glum Lot! Have Fun in Sobriety

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: Nick M., Jack H., Brandon F.
NOCCO Board Oversight Committee: Bob D.
Cartoonist: Johnny G.
Chief Proofreader: 86 proof

BIRTHDAY DONATIONS

Mike H. ↔. 29 years
Joe P. ↔ 2 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

Thanks For Your Support and Best Wishes for Sober, Joyous 2014

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

As the new year begins, remember that we are blessed to have such an active community of Alcoholics Anonymous members. Meetings abound throughout Orange County and in Southern California.

Meetings are held seven days a week in virtually all communities county-wide - often several times a day. Help should never be more than a phone call away!

Call for Volunteers!

Central Office took 815 calls in October-November

468 were from men
347 were from women



Keep up the great work — YOU make a difference!

NOC Central Office BULLETIN BOARD

H&I
2ND SUNDAY
Jan. 12 and Feb. 9

NOCCIP
2ND WEDNESDAY
Jan. 8 and Feb. 12

INTERGROUP
2ND WEDNESDAY
Jan. 8 and Feb. 12

**Orange County Hospitals and
Institutions Committee**

2nd Sunday of each month.
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
1661 E. Chapman Ave., Suite 1H,
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)

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

Much AA Information at www.aanoc.com

Visit www.aanoc.com for the latest events, meetings and other information.

The site is chock full of information, including a sobriety clock, links to meetings in Los Angeles, San Bernardino and San Diego counties, as well as links to Alcoholics Anonymous World Services Organization, Southern California GSR Service Area 9 and the AA Grapevine. Current and past issues of the Anonymous Times newsletter are also available for download from the site.

Send Us Your Story

Online! Anonymous Times

articles can be submitted to

officemanager@aanoc.com



Faithful Fivers

Ruth T. • Chris D. • Rachel A. • Carol G. • Karen M. • Cliff M. • Julie S. • Paul P. • Sherry L. • 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. • Nathan J. Jill L.

Faithful Fivers are A.A. Members who graciously contribute \$5.00 or more* each month to support their local Central Office in its efforts to carry the A.A. message of hope and recovery to those alcoholics still suffering in our area. As a Faithful Fiver, your personal contribution will help make these vital services possible. The Faithful Fiver idea came about when we remembered that we wasted much more than \$5.00 a month during our drinking days.

YES! I wish to participate as a Faithful Fiver

Here is my contribution of \$ _____ for _____ months.

Name: _____ Phone #: _____

Email Address: _____

Make checks payable to: NOCCO ~ 1661 E. Chapman Ave. #1H, Fullerton, CA 92831

*Contributions are limited to \$5,000.00 per year, per member and are tax deductible under IRS Code 501(c)3

October-November-YTD Meeting Donations

City	Day/Time	Meeting	Oct-13	Nov-13	Total
Anaheim	Monday 10:30 a.m.	24 Hr. Group Speaker			140.00
Anaheim	Monday 8 p.m.	Fireside Speakers			100.00
Anaheim	Monday 12 p.m.	Nooners Big Book Study		34.20	123.80
Anaheim	Monday 5:30 p.m.	Primary Purpose			210.00
Anaheim	Tuesday 6:30 p.m.	Women's Step		24.54	94.54
Anaheim	Tuesday 7 p.m.	Men's Stag Hart House			20.00
Anaheim	Tuesday 7 p.m.	Women Only Hart House			20.00
Anaheim	Tuesday 7:30 p.m.	Big Book Women's Part.			60.00
Anaheim	Tuesday 8 p.m.	TNT&T	35.00	15.00	160.00
Anaheim	Wednesday 6 p.m.	Men's Stag (Victor House)			100.00
Anaheim	Wednesday 7:30 p.m.	Wednesday Women's		10.00	10.00
Anaheim	Wednesday 8 p.m.	Wednesday Night Men's			135.00
Anaheim	Thursday 7 p.m.	Hart House Discussion			150.00
Anaheim	Thursday 7:30 p.m.	We Got A Coffee Pot Men's	35.00	35.00	420.00
Anaheim	Friday 12 p.m.	Women's Big Book Study		77.70	189.00
Anaheim (YL)	Friday 5:30 p.m.	Happy Hour Book Study			87.50
Anaheim	Friday 6:30 p.m.	Gratitude Is An Action			120.00
Anaheim	Saturday 10 a.m.	Big Book Study			65.00
Anaheim	Saturday 8 p.m.	Free Spirit of Recover Spk	25.00		25.00
Brea	Monday 10 a.m.	Women's Discussion	30.00	30.00	467.50
Brea	Monday 10:30 a.m.	Morning Glories Women BB			70.00
Brea	Monday 5:30 p.m.	12 & 12	70.00		560.00
Brea	Tuesday 5:30 p.m.	Men's Topic Discussion	20.00		255.00
Brea	Tuesday 5:30 p.m.	Women's 10TH Step HH		70.00	643.15
Brea	Wednesday 5:30 p.m.	As Bill See's It		85.92	738.72
Brea	Wednesday 6:45 p.m.	Daily Reflections/ Women	31.07		31.07
Brea	Thursday 10:30 a.m.	Step Sisters Step Study		50.00	245.00
Brea	Thursday 5:30 p.m.	Living In the Solution	80.00	80.00	541.74
Brea	Friday 10 a.m.	Big Book Workshop			297.00
Brea	Friday 5:30 p.m.	Big Book Study			210.00
Brea	Friday 7 p.m.	Step Study			20.00
Brea	Friday 8 p.m.	Men's Topic Discussion	50.00		340.00
Brea	Saturday 10:30 a.m.	Womens AA Step	141.30		643.25
Buena Park	Monday 7:30 p.m.	Monday Night			170.00
Buena Park	Friday 8 p.m.	Discussion		70.00	220.00
Costa Mesa	Tuesday 7:30 p.m.	Men's Last Graspers BB			51.76
Cypress	Monday 6 p.m.	Spiritual Growth 11th Step			205.54
Cypress	Tuesday 6 p.m.	Happy Hour	90.00		540.00
Cypress	Tuesday 7:30 p.m.	Big Book Study			175.00
Cypress	Friday 7 p.m.	Girls Night Out			70.00
Cypress	Friday 8 p.m.	Lunitic Fridaynge			50.00
Cypress	Saturday 7:30 p.m.	Cypress Open Topic Disc		50.00	50.00
Fullerton	Daily 6 a.m.	Attitude Modification	90.00	270.00	1,260.00
Fullerton	Sunday 10:30 a.m.	Sunday Morning Speaker			205.82
Fullerton	Monday 10:30 a.m.	Morning Glories Women BB	60.00		130.00
Fullerton	Monday 11:30 a.m.	Discussion	24.50		69.50
Fullerton	Monday 6 p.m.	Fullerton Big Book			25.00

City	Day/Time	Meeting	Oct-13	Nov-13	Total
Fullerton	Monday 6 p.m.	Cat's On the Roof			26.54
Fullerton	Monday 6 p.m.	Monday Nite Men's @ FAC			100.00
Fullerton	Monday 6:30 p.m.	Women Living In Solution			25.00
Fullerton	Monday 8 p.m.	True Colors			21.00
Fullerton	Tuesday 7:30 p.m.	Men's Downtown 12x12			75.00
Fullerton	Wednesday 11:30 a.m.	Discussion			24.00
Fullerton	Wednesday 2 p.m.	Women's Coffee Talk			151.12
Fullerton	Thursday 6 p.m.	Men's Stag		37.00	81.00
Fullerton	Thursday 6 p.m.	Women's (24 Hr. A Day)	48.00		164.00
Fullerton	Thursday 7:30 p.m.	Kitchen Table Meeting			60.00
Fullerton	Thursday 8 p.m.	Men's Participation (Mo's)			1,134.90
Fullerton	Thursday ????	Womens Book Study????			66.61
Fullerton	Friday 11:30 a.m.	Participation			40.00
Fullerton	Friday 8 p.m.	Downtown Fullerton Speaker	60.00	48.00	468.00
Fullerton	Saturday 9:30 a.m.	Feelings Discussion	90.00		90.00
Fullerton	Saturday 2 p.m.	Women's BB Hot Topic			188.25
Fullerton	Saturday 4:30 p.m.	Here & Now			60.00
Fullerton	Saturday 6 p.m.	Saturday Nite Live			24.00
Fullerton	Saturday 8 p.m.	Saturday Night Speaker			140.00
Garden Grove	Monday 6 a.m.	Whole Book Study	25.00		76.00
Garden Grove	Monday 12 p.m.	Participation			60.00
Garden Grove	Monday 5:30 p.m.	Cutting Loose	10.00		10.00
Garden Grove	Monday 8 p.m.	Serenity Girls			20.00
Garden Grove	Wednesday 8 p.m.	Not Taking A Trip			100.00
Garden Grove	Thursday 6 a.m.	Attitude Adjustment			14.00
Garden Grove	Thursday 12 p.m.	Participation			5.00
Garden Grove	Friday 5:30 p.m.	Hawaiian Shirt Meeting		50.00	50.00
Hunt Beach	Monday 7 p.m.	Triangle Group			40.00
Irvine	Saturday 7 p.m.	Speakers			10.00
La Habra	Monday 10:30 a.m.	Participation			193.75
La Habra	Monday 7 p.m.	Sober Monday			45.00
La Habra	M-F 6:30 a.m.	Topic Discussion			160.00
La Habra	Tuesday 8 p.m.	Participation		50.00	50.00
La Habra	Wednesday 7:30 p.m.	Men's Stag		150.00	680.00
La Habra	Thursday 8 p.m.	Participation	120.00		240.00
La Habra	Friday 8 p.m.	Beginners Basic			325.00
La Habra	Friday 8 p.m.	Friday Speakers			30.00
La Mirada	Monday 8 p.m.	Men's BB Study	100.00	45.00	237.10
La Mirada	Tuesday 8 p.m.	Winners Circle	50.00		120.00
Los Alamitos	Daily 7 a.m.	Surrender Is Freedom	130.00	140.00	1,664.19
Los Alamitos	Monday 4 p.m.	Happy Hour Topic Disc.			105.00
Los Alamitos	Monday 6 p.m.	Big Book Study			120.00
Los Alamitos	Wednesday 7 p.m.	Women's			75.00
Los Alamitos	Wednesday 8 p.m.	Sobriety 1st			40.00
Orange	Monday 8:30 a.m.	Attitude Adjustment			200.00
Orange	Monday 11 a.m.	Book Study			88.75
Orange	Monday 7:30 p.m.	Discussion			48.60
Orange	Monday 6:30 a.m.	Taking Care Of Business			100.00
Orange	Monday 12 p.m.	12 & 12 Steps/Trad.			160.00

Continued on Page 8

Prayer, Meditation Key to Sobriety

For many newcomers, the realization that AA is God-centered can be an instant turn off. Sadly, many leave the program thinking they're about to get the Bible rammed down their throat. As a former Catholic who turned agnostic before my drinking career took off, I could have been one of those who left early.

But early in sobriety, my sponsor gave me a word of advice that changed my perspective on the matter: "Look for God, as if he exists." It's made all the difference. On a daily basis I look for God in the beauty around me—whether in the intense winds of the Santa Anas', or in the face of a pretty co-worker.

I strive to connect with this God of my understanding through a style of prayer that perhaps would seem out of place in a traditional church. Rather than hitting my knees every day, I sit cross legged and meditate. It may not be for everybody—

**DEAR GOD,
I WANNA TAKE A
MINUTE, NOT TO ASK
FOR ANYTHING FROM
YOU, BUT SIMPLY TO
SAY THANK YOU,
FOR ALL I HAVE.**

but that's the beauty of this program—we are all free to seek God in our own way. I've found something that works for me and is capable of elevating my mood, making me more productive, and patient with others, even if it isn't always easy.

The supreme challenge of meditation is quieting the mind. Novice mediators often get frustrated when they close their eyes and their minds continue to race. I've learned that this is a common annoyance for anyone trying to meditate, but for the person with an alcoholic mind like mine—the kind with a com-

Continued on Page 10

Donations ... From Page 7

City	Day/Time	Meeting	Oct-13	Nov-13	Total
Orange	M-F 5:30 p.m.	Rush Hour			400.00
Orange	M-F 5:30 p.m.	Tustin Rush Hour	180.00		600.00
Orange	M-F 5:30 p.m.	Rush Hour			150.00
Orange	M-F 5:30 p.m.	Friday Rush Hour			210.00
Orange	Monday 7 p.m.	Women's Exp./Str./Hope	96.31	90.00	536.04
Orange	Tuesday 7 p.m.	Orange Tustin Group		79.56	142.43
Orange	Tuesday 7 p.m.	Tuesday Old School Book Study			30.00
Orange	Wednesday 6:30 a.m.	Early Bird / Kick Start			85.00
Orange	Wednesday 11:15 a.m.	Chapman & Lewis AA	122.26		122.26
Orange	Wednesday 12 p.m.	Crawl Before No One			115.00
Orange	Wednesday 7 p.m.	Easy Does It		60.00	190.00
Orange	Thursday 6:30 a.m.	Early Bird / Donut Meeting		100.00	200.00
Orange	Thursday 7 p.m.	Men's (Mariposa)	70.00		170.00
Orange	Thursday 7:30 p.m.	All About Me Men's Stag			500.00
Orange	Friday 6:30 a.m.	Smashing Donuts			75.00
Orange	Friday 8 p.m.	No Puffers Speaker			305.00
Orange	Saturday 2 p.m.	Discussion			40.00
Orange	Saturday 7:30 p.m.	Podium Participation			40.00
Orange	Saturday 10 p.m.	Candlelite Discussion			100.00
Org County	Friday 7 p.m.	Friday Nite Roaming Couples		140.00	140.00
Placentia	Monday 8:30 a.m.	Right Start	180.00	80.00	780.00
Placentia	Monday 6:30 p.m.	Beginners Sober Start		200.00	280.00
Placentia	Monday 7 p.m.	Men's SRSTO	70.00		140.00
Placentia	Monday 8 p.m.	Unmanageables			150.00
Placentia	Thursday 10:30 a.m.	Women's Stepping Stones			300.00
Tustin	Thursday 9 a.m.	Women's Step Study			150.00
Villa Park	Daily 7:30 a.m.	24 Hr. Group	93.79		326.98
Whittier	Monday 8 p.m.	Step Study	15.00		45.00
Whittier	M-F 7 a.m.	Attitude Adjustment			73.00

City	Day/Time	Meeting	Oct-13	Nov-13	Total
Whittier	Monday 7 a.m.	Attitude Adjustment			25.00
Whittier	Monday 7 p.m.	As Bill See's It	50.00		50.00
Whittier	Tuesday 7 p.m.	No Nonsense 12 x 12			50.00
Whittier	Wednesday 7 p.m.	Participation			25.00
Whittier	Wednesday 7 p.m.	Women's Winners			30.00
Whittier	Thursday 8 p.m.	Den Book Study			25.00
Whittier	Friday 7 a.m.	Attitude Adjustment			30.00
Whittier	Friday 7 p.m.	Big Book Study	15.00		75.00
Whittier	Saturday 10:30 a.m.	Women's Acceptance	50.00		287.50
Whittier	Saturday 7:30 p.m.	Saturday, Night Speaker		20.00	201.00
Yorba Linda	Daily 6 a.m.	Attitude Modification	1,029.00	360.02	8,754.03
Yorba Linda	Monday 12 p.m.	Step Study			233.80
Yorba Linda	Monday 7 p.m.	Men's			356.72
Yorba Linda	Tuesday 7:30 p.m.	Women's Discussion			150.00
Yorba Linda	Tuesday 8 p.m.	Ohio Street Winners			592.00
Yorba Linda	Wednesday 12 p.m.	Noontimers	182.00		983.70
Yorba Linda	Wednesday 7 p.m.	Women's Big Book	144.24		394.24
Yorba Linda	Wednesday 7:30 p.m.	Big Book Study			160.00
Yorba Linda	Thursday 7 p.m.	Solutions (Women's)			315.00
Yorba Linda	Thursday 7:30 p.m.	Participation	92.00		392.00
Yorba Linda	Friday 12 p.m.	Daily Reflections			283.00
Yorba Linda	Friday 5:30 p.m.	Happy Hour			94.00
Yorba Linda	Friday 8 p.m.	Ohio Winners	113.00		550.00
Yorba Linda	Saturday 8:30 a.m.	It's In the Book			494.10
no info		**no info**			155.00
???		162661			150.00
		TOTAL GROUPS:	3,917.47	2,551.94	39,773.50

SPEAKER MEETINGS: January/February 2014

Anonymous Times would like to publish your list of speakers for March/April 2014.
Deadline for publication is February 15, 2014. Email: OfficeManager@aanoc.com

Friday 8 p.m. Downtown Speakers (1 Hour)
109 E. Wilshire, Fullerton 92632 (1st Christian Church)
January 3 Ray M., La Puente
January 10 Alicia B., La Habra
January 17 Leticia H., Fullerton
January 24 Frank A., Fullerton
January 31 Lynne P., Anaheim
February 7 Bruce B., Covina
February 14 TBA
February 21 Tara F., Dana Point
February 28 Cia F., West Los Angeles
March 7 Mary O., Fullerton
March 14 TBA
March 21 Judy H., Fullerton
March 28 Daniel R., Fullerton

Friday 8 p.m. La Habra Speaker
631 North Euclid St., La Habra, CA 90631
January 3 John M., Fullerton
January 10 James W., Westchester
January 17 Adam T., Hollywood
January 24 Ray M., La Puente
January 31 Ian M., West Los Angeles
February 7 Jack G., On the beach
February 14 Cowboy Lee, Las Vegas
February 21 Jim M., Hemet
February 28 Fran S., Santa Clarita
March 7 John N., Newport Beach
March 14 Larry P., Covina
March 21 Denny S., Woodland Hills
March 28 Ted S., Santa Clarita

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. Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd
Hear a great speaker share about sobriety every Saturday.

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

Sunday 10:30 a.m. Fullerton Alano Center
530 W. Commonwealth, Fullerton
January 5 Greg T., Fullerton
January 12 Karen L., Lakewood
January 19 Brian G., Long Beach
January 26 BIRTHDAY SUNDAY
February 2 Chris OD., Santa Clarita
February Lynn C. Fullerton
February 16 Tom C., Marina Center Culver
February 23 BIRTHDAY SUNDAY
March 2 Alexis C., Fullerton
March 9 Mike K., Newport
March 16 Nancy N., Tujunga
March 23 Mike H., Huntington Beach
March 30 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 Wednesday.

Thursday 8 p.m. Pioneer Speaker
202 W. Broadway, Anaheim
Hear a great speaker share about sobriety every Thursday.



To include meetings, we need your
speaker lists by February 15, 2014.

Anonymity Online ... From Page 1



bers are responsible for their own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.”

“Understanding Anonymity,” p. 5

A.A. Web Sites

“We observe all A.A.’s principles and Traditions on our Web sites. As anonymity is the ‘spiritual foundation of all our Traditions,’ we practice anonymity on A.A. Web sites at all times. An A.A. Web site is a public medium, which has the potential for reaching the broadest possible audience and, therefore, requires the same safe-

guards that we use at the level of press, radio and film.”

Frequently Asked Questions about A.A. Web Sites, p. 2

Social Networking Web Sites

“... social networking Web sites are public in nature. Though users create accounts and utilize usernames and passwords, once on the site, it is a public medium where A.A. members and non-A.A.s mingle.

“As long as individuals do not identify themselves as A.A. members, there is no conflict of interest. However, someone using their full name and/or a likeness, such as a full-face photograph, would be contrary to the spirit of the Eleventh Tradition, which states in the Long Form that, “... our [last] names and pictures as A.A. members ought not be broadcast, filmed or publicly printed.”

A.A. Guidelines - Internet, p.11

Internet Streaming and Web Conferencing

“Many technological options are possible and, presumably, more are being developed each day. Yet ... it is important not to let the speed of technological development pressure a committee

Continued on page 11

Prayer, Meditation ... From Page 8

mittee that tells me I’m no good, or that everything I do is wrong—the challenge is multiplied.

As with anything in life, I’ve gotten better with practice, but more importantly, as with all aspects of the program of AA, I don’t have to be perfect—I just have to practice to the best of my ability. I typically hit the floor first thing in the morning, focusing on my breathing.

I believe it is during these quiet times that my mind becomes open to the presence of God throughout my day. I’ve found that the days I forget to meditate go less smoothly than the days I don’t. But even when I falter, I continue to seek God, and it makes all the difference in my life.

Brandon F., La Habra

Serenity Prayer

**God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.**

Anonymity Online ... From page 10

[or an A.A. group] into a quick solution as opposed to a well-thought-out A.A.-oriented decision. Of course, all decisions must include careful consideration of any situations where an A.A. member's anonymity could be compromised at the public level."

A.A. Guidelines — Internet, p. 4

E-Mail

"When using e-mail it is necessary to consider the anonymity of the recipients of messages. Sending messages to multiple recipients that disclose the e-mail addresses of everyone on the addressee list is a potential break of someone else's anonymity. Therefore, it is a good idea to obtain a recipient's explicit permission before using his or her e-mail address for A.A. correspondence, especially if it is a workplace e-mail address. When sending A.A. mail to multiple recipients who wish to remain anonymous, use can be made of the BCC (Blind Courtesy Copy) option available on most computers."

A.A. Guidelines — Internet, p. 3

More Reflections on Anonymity

"Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical.

"On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes."

Bill's Last Message

" . . . anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity."

Twelve Steps and Twelve Traditions, p. 187

"A vast communications net now covers the earth, even to its remotest reaches. Granting all its huge public benefits, this limitless world forum

is nevertheless a hunting ground for all those who would seek money, acclaim and power at the expense of society in general. . . .

"Therefore nothing can matter more to the future welfare of AA than the manner in which we use this colossus of communication. Used unselfishly and well, the results can surpass our present imagination. Should we handle this great instrument badly, we shall be shattered by the ego demands of our own people—often with the best of intention on their part. Against all this, the sacrificial spirit of AA's anonymity at the top public level is literally our shield and our buckler. Here again we must be confident that love of AA, and of God, will always carry the day."

"Freedom Under God: The Choice Is Ours" Bill W., AA Grapevine, November 1960

Rev 11/13/13



The AA Symbol - What it Means



"Above us floats a banner on which is inscribed the new [July 1955] symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the

triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession.

That we have chosen this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more."

c. 1985, Alcoholics Anonymous Comes of Age, page 139

22nd Annual

ROCKIN' SOBERFEST

Spaghetti Dinner!
Speaker Meeting!
Steve L - Redondo Beach

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 15, 2014, 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 Dennis D. (323) 855-0206,
contact NOCCO at (714) 773-4357, or e-mail rockinsoberfest@trudgers.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