

Anonymous Times

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

Volume 14, Issue 1

January/February 2009

Annual convention in final planning Stages

A Day at a Time in 2009

We are not a glum lot!

Plans for the 24th Annual Orange County Alcoholics Anonymous Convention April 10, 11 and 12 are entering the final stages, and volunteers are still needed to help make it the most eventful yet.

Preparations for the event, to be held at the Hilton Hotel in Costa Mesa, began shortly after the 2007 gathering, with monthly meetings held at the Roque Center, 9842 13th St., Garden Grove. The theme of the event is "A Day at a Time in 2009."

Marathon meetings, movies, golf, a banquet, dance and speaker meetings galore are among the hallmarks of every Orange County AA convention. This year will be no exception.

Newcomers may scoff at the notion of having fun at an AA convention - or enjoying themselves in anyway sober.

Yet, those who have been sober for a while often say their first AA convention is the one they remember most. While some relate alcohol to good times - New Year's Eve, Christmas, Fourth of July and Monday Night Football - others associate liquor with jails, institutions and near death experiences.

If you can talk, stand, sit or smile, your help is needed. Remaining planning meetings will be held January 21 and February 18 at the Roque Center.

A final walk-through at the hotel will be held March 18. The Hilton is located at 3050 Bristol St., Costa Mesa, CA 92626.

ROCKIN' SOBERFEST

A dance, spaghetti dinner and speaker meeting are among the activities at the annual Rockin Soberfest, to be held Saturday, Feb. 14 at UFCW Union Hall in Buena Park.

Make plans to attend the event and enjoy good food, fellowship and the opportunity to support a worthy cause. Proceeds from the event support the Orange County Hospitals and Institutions Committee.

Tickets for the event are \$20 and can be purchased through Central Office, 1111 E. Commonwealth Ave., Suite D, Fullerton, CA. Or email rockinsoberfest@verizon.net for more information.

NORTH ORANGE COUNTY CENTRAL OFFICE

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

OFFICE HOURS: Daily 9am-9pm

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

FAX: (714) 773-0179

WEBSITE: www.aanoc.com

E-MAIL: OfficeManager@aanoc.com



Tradition One Quote

"Our common welfare should come first; personal recovery depends upon A.A. Unity."

"...We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes."

INSIDE THIS ISSUE

The Power of H&I	2	Helping Newcomers	6
Bulletin Board	2	Speaker Meetings	7
NOCCO Financials	3	Taking Part in Recovery	8
Events	5	Donations	9
Birthdays.....	7	Convention Work	11

The power of H & I

An AA went to meetings to get out of jail and the hospital, and it worked.

Twice in my sober life, a Hospitals and Institutions (H&I) Committee has played a pivotal role. The first time was in Santa Barbara, California, when a panel of AA women came to hold meetings in the local jail. The second time was in Los Angeles, California, when a panel of AA men led meetings in a county mental institution. Both times, these panels reached out to me and helped to place me on the road to sobriety. I am deeply indebted to them.

Santa Barbara is a seaside tourist town. I lived there for four years as a homeless alcoholic woman, sleeping in the ivy near the freeway or huddled in dirt fields. The town does not want the homeless to clutter the main drag, panhandling and drinking in public, as they detract from the tourist trade. Therefore, the homeless are often ticketed for such offenses as being drunk in public, having an open container of alcohol, and camping illegally.

These tickets turn into warrants; the warrants turn into jail time. I was frequently jailed during those years, for periods of thirty days, sixty days, ninety days — and that was my first introduction to the way we measure time in AA.

In jail, we were given the option of attending AA meetings. I went because it got me out of my cell. Yet I was baffled by the women who arrived to lead the meetings. Why would they — clean, sober, well-dressed — voluntarily come to jail?

At each meeting, a woman would tell her story. Then at the end, the group would hold hands and chant the Serenity Prayer.

I enjoyed the Serenity Prayer. When I got out, I would recite it as a blessing before opening a bottle of cheap wine. I figured that one thing I could not change was being an alcoholic, so I might as well be serene about it.

A third aspect of the meetings in jail that influenced me was the practice of having a moment of silence before the meeting closed to meditate on helping alcoholics who still suffer. One day, out of jail, I came to in a park. My drunken colleagues were passed out all around me. I felt that a profound change had come over me.

I thought: What's keeping me here? What am I doing here? I think I'll walk away. A thought came to me: Many people are praying for you. I later learned that the AA ladies who'd come to the jail were indeed putting me in the circle of meditation and prayer at the end of their meetings. That power was sufficient to allow me to walk away and seek help in AA.

When I was eleven years sober, I was diagnosed with and hospitalized for bipolar disorder in Los Angeles. I had grown increasingly manic, believing myself to be invincible and second in command to God. Therefore, who needed meetings? I drank again and ended up in a daze of hallu-

Twice in my sober life, a Hospitals and Institutions (H&I) Committee has played a pivotal role.

Continued on page 3

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY Jan. 11 & Feb. 14	NOCPIC 2ND WEDNESDAY Jan. 14 and Feb. 11	INTERGROUP 2ND WEDNESDAY Jan. 14 & Feb. 11	VOLUNTEER MEETING SATURDAY Jan. 10 at 10 a..m.
<p>Orange County Hospitals and Institutions Committee 2nd Sunday of each mo. Institutions Committee: 4-5 pm (Orientation at 3:15 pm)</p> <p>Hospitals Committee: 6-7 pm (Orientation at 3:15 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-AA people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO</p> <p>1111 E. Commonwealth, Ste. D, Fullerton</p> <p>If you have questions, call Brian K. at 714-658-4581</p>	<p>North Orange County Intergroup Association</p> <p><i>Be an intergroup representative for your meeting.</i></p> <p>Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire Fullerton (First Christian Church)</p>	<p>CENTRAL OFFICE holds a quarterly volunteer meeting on the 2nd Sat. every three months. <i>Coffee and donuts provided.</i></p> <p>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</p> <p>Call 714-773-4357 for information</p> <p>MEETING 10 A.M.</p>

NOCCO Revenue and Expense Report Through November 2008

Revenue		
Sales - AA Books and Literature	\$38,321.67	\$36,155.50
Sales - Chips and Non-AA	\$28,470.88	\$27,604.18
Donations- Groups and Individuals	\$49,112.37	\$56,427.38
Fundraisers	\$3,051.00	\$4,000.00
Interest	\$1,270.60	\$1,398.22
Total Revenue	\$120,226.52	\$125,585.28
Cost of Goods	\$44,083.08	\$40,883.56
Gross Profit	\$76,143.44	\$84,701.72
Operating Expenses		
Salaries	\$36,540.00	\$37,490.00
Advertising	\$384.67	\$0.00
Bank Charges	\$83.00	\$165.00
Bad Checks	\$157.54	\$19.40
Computer Expenses	\$0.00	\$1,228.61
Depreciation	\$909.37	\$985.15
Insurance-General Liability	\$600.63	\$353.18
Insurance - Work Comp	\$717.50	\$596.28
Insurance - Medical	\$2,189.00	\$2,475.00
Legal & Accounting	\$1,855.00	\$1,725.00
Newsletter Cost	\$2,986.86	\$2,476.12
Office Supplies	\$4,403.18	\$3,000.78
Postage	\$221.70	\$44.40
Penalties on Tax Payments	\$34.42	\$0.00
Office Rent	\$17,508.00	\$15,471.73
Equipment Rental	\$1,455.99	\$1,700.20
Relocation Expense	\$0.00	\$770.00
Repairs & Maintenance	\$242.00	\$490.20
Seminars & Education	\$1,067.54	\$1,256.69
Taxes- Payroll	\$2,919.32	\$2,979.94
Taxes- Annual Filings	\$60.00	\$60.00
Telephone	\$4,018.97	\$3,675.78
Utilities	\$2,967.95	\$2,307.82
Total Operating Expense	\$81,322.64	\$79,271.28
Other Income and Expense	\$361.16	\$0.00
Net Income/(Loss)	-\$4,818.04	\$5,430.44

The Power of H&I ... From Page 3

cinations, wandering the streets once more. One night, I stacked palm fronds and loose paper in a trash can and lit a fire to keep warm. It created quite a blaze. The police arrived and, deeming me a danger to myself and others, took me to a county mental hospital for a seventy-two-hour hold.

The hospital ended up keeping me for a month-and-a-half, stabilizing me on psychiatric medication. It took a while for the meds to take hold. In the early days, I was outraged to be held against my will, believing that my rights had been infringed upon. I determined that when I got out, I would sue the place. I'd create my own program, I decided.

One day, the staff announced that there was an AA meeting available for those who wanted it. Again seeing it as a chance to escape the locked ward, I went. I was determined to set these AA people straight and reveal my new, improved program.

When I got to the room, a small group of men were seated, the outside AA speakers.

As I was readying myself to wave my hand and be called on, the leader began speaking.

"This is not a participation meeting," he announced. "You do not have anything that we want. All you know how to do is get yourselves locked up. We know how to find freedom. So your job is to listen."

Shocked into silent attention, I did listen to them tell their stories about the miracle of sobriety. I went back each week to hear more. The time finally came for my release, and I transferred into a halfway house with a focus on twelve-step recovery. At the house, we were taken to meeting after meeting, and I was soon back on track with sobriety.

Those who work on H&I panels so often have thankless jobs. They give their time and energy, often traveling great distances, to minister to the truly desperate. Rarely do they learn the results of their labor. Regardless, they are there to plant a seed; they trust that what they are doing has merit.

In my case, both times I was exposed to H&I panels, my life was profoundly affected. Both times, they reached me, and I was set on the right path.

Denise B., South Pasadena, California

Copyright © The AA Grapevine, Inc. (January, 2009). Reprinted with permission.

UPCOMING EVENTS!

Pioneer Group Meeting

Anyone looking for an Alcoholics Anonymous meeting on Thursday nights is welcome at the Pioneer Group in Anaheim, one of the longest running AA gatherings in Orange County.

The Pioneer Group is a speaker meeting held at the Anaheim Alana Club, 202 W. Broadway St. (at Lemon) at 8 p.m.

Come hear some experience, strength and hope from a sober member of Alcoholics Anonymous.

Dreams Come True Meeting Changes

Friday's Dreams Come True Speaker Meeting in Fullerton will be shortened to an hour effective January 1.

The meeting is held at First Christian Church, 109 E. Wilshire, at the corner of Harbor Boulevard. In addition to being shortened by 30 minutes, the meeting will begin 30 minutes later, at 8 p.m.

Tell your friends about the changes and come share in the fellowship of Alcoholics Anonymous.

CALLING ALL VOLUNTEERS!!!

During November and December Central Office took 1818 calls:

897 from men and
921 from women.



Keep up the great
work — YOU make a difference!

Announcements and Activities

Here are some upcoming events
and announcements of interest

12-Step AA Workshop

A step study workshop will be held beginning January 12 at the Fullerton Alano Center, 530 W. Commonwealth Ave.

Those in recovery who want to take the 12 steps as outlined in the Big Book of Alcoholics Anonymous are welcome at the workshop.

For more information, call (714) 992-0988.

CENTRAL OFFICE NEEDS YOU!

Central Office needs volunteers. If you are reliable and looking for a short-term commitment, come see us! Volunteers are the lifeblood of the office and essential tools in maintaining the machinery of A.A. in North Orange County.

The work is also an essential part of your Twelfth Step—carrying the message of A.A. to other alcoholics. For more information, call Roxy at 714-773-4357. Six months sobriety is required.

Remember...to keep it you gotta give it away!

Women's Banquet March 28

The 12th North Orange County Alcoholics Anonymous Women's Banquet will be held March 28, 2009 at the Fullerton Ebell Club, 313 Laguna Road in Fullerton.

All women in recovery are welcome to the event, which will feature dinner, speaker meeting and raffle.

Tickets are \$30 and can be purchased by sending a check, made payable to NOCAA Women's Banquet, to P.O. Box 771; Fullerton, CA; 92836. Deadline for registration is March 18. For additional information, call Lisa S. at (714) 269-5098 or Tracy W. at (714) 334-5425.

BIRTHDAY DONATIONS



In memory of Jerry L. 32 years
 Mike H. 24 years
 Lisa S. 15 years
 Roxy S. 10 years
 George C. 8 years
 Penny 1 year

PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!

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

Anonymous Times is now Online

The Anonymous Times is available online at <http://www.aanoc.com>, as well as at your favorite meeting.

Feel free to submit your personal stories about sobriety to us at aatimes@aanoc.com.

Articles for the Anonymous Times can now be submitted on the NOCCO website: www.aanoc.com.

Also, we welcome your letters and suggestions in the mail: North Orange County Central Office 1111 Commonwealth, Suite D, Fullerton, CA 92831.

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

Sunday		
Fullerton	6:00 pm	216 N. Malden (Alano Club)
Orange	7:00 pm	261 N. Glassell@Chapman (The Ugly Mug)
Monday		
Irvine	7:30 pm	Wild Bunch Men's Step Study 5001 Newport Coast Dr. Mariners Church (Port Kid Zone room)
Tuesday		
Anaheim Hills	7:30 pm	Step Study/Kaiser Lakeview-Bsmt.
Dana Point	7:30 pm	Campfire Beach Meeting (Winter) 34451 Ensenada Pl. @ D.P. Harbor Dr. - Boat House (Youth Center) (November thru March)
Wednesday		
Irvine	7:30 pm	Wild Bunch Beginner Q&A 18842 Teller Ave. @ Campus (New Song Church)
Newport Beach	8:30 pm	Topic Discussion, 414 E. 32nd St.
Yorba Linda	8:00 pm	Topic Discussion, 5320 Richfield Rd.
Garden Grove	8:00 pm	Young People's Meeting 7212 Chapman Ave. @ Knott Ave. (Serenity Hall) 797-G4
Thursday		
Costa Mesa	8:00 pm	Moorehead Podium Call-up 2476 Newport Blvd. @ Fair (Oddfellows Hall)
Laguna Beach	8:00 pm	Romper Room Beginners 20456 Laguna Canyon Rd.
Friday		
Anaheim Hills	8:00 pm	Discussion-411 Lakeview Ave. @ 91 Fwy. (Medical Building, Basement, Rm # B-4)
Huntington Beach	7:00 pm	Seacliff, 225 7th St., Garage #1 @ Olive
Irvine	7:30 pm	Boys in Sobriety 4400 Barranca & Culver
Saturday		
Rancho Santa Margarita	7:30 pm	RSM 1 Hour Discussion 30322 Via Con Dios (Church)

Subscriptions/Gifts

Treat yourself or a friend to the A.T. for only \$6.00 a year! Send your name and address:

Name _____ Date: _____

Address: _____

Please send this along with \$_____ for _____ subscriptions at \$6.00 per year to:

ANONYMOUS TIMES: 1111 COMMONWEALTH Ave. Ste. D, FULLERTON, CA 92831 Phone: 714-773-4357

Helping the Newcomer

How reaching out was one man's 'saving grace' in sobriety

I am an alcoholic. My name is Paul. I have been blessed with a sobriety date, May 19, 1993. I was asked to submit an account of my sobriety. I consider it an honor.

Working with others has always been my saving grace. Recently this fact has never been more apparent. A couple years ago I had a big falling out with my only child, a 16-year-old girl. At the same time a young man was sobering up and needed a hand figuring out his new life. I was afforded the opportunity to take this young man to meetings, introduce him to the steps, assure his parents that he would be okay -- all the normal stuff we do every day in A.A. What that did for me really just hit me the other day.

My daughter and I did not speak for two years. In the beginning, I thought the gift of working with the new man was simply that it was possible to experience the most painful of experiences and not drink or blow your head off. I found more this past weekend.

My daughter called me last Friday; she wanted to talk. We met, we made our amends and had a wonderful weekend. The young man who helped me through that is still sober. In fact my daughter got to meet him at our Friday night meeting. The CHOC toy run was held on the morning of Dec 24. Thanks to the AA program, I was able to experience that event with my healthy child. Unfortunately, not all stories have such a happy ending.

One experience that comes to mind occurred several years ago when I went to a meeting and met a man named Stan. Stan was whiskey drunk, singing and disrupting the meeting (things I used to do). Anyway, Stan wanted to go to detox. I had an appointment later in the day and there was not exactly a stampede of people willing to put a man in Stan's condition in their car this particular morning.

My first thought was Charlie Street. Stan informed me he had already been there three times, which is the limit for a lifetime. Being short on time (both Stan and I), we drove down to Charlie Street anyway. We passed the time with me coaching him on lying to get in. For our purposes his name would be Bob Smith. By the time we got there I thought he had it nailed. I let him out of the car and before I could restart the ignition, Stan was back.

"What happened?" I asked. Stan's reply: "They asked my name and I have to work an honest program!" So

I cancelled my appointment and took my new friend to another meeting where I knew that if he could sit through the meeting, the guys there would put him up at least for a day or two.

Unfortunately, his drink bell went off, and about a half hour in Stan had to leave. After that I would see my friend about town, his motor skills deteriorating and looking pretty bad. One morning I was reading the paper and saw that a transient had died on the street -- the poor guy had slipped, cracked his head open and bled to death. I found out later it was Stan.

On a more amusing note, I was at the detox one afternoon. My sponsor had sent me there because I was struggling. I had no words of wisdom that particular day. I don't recall what was bothering me, but it was really a big deal at the time. Anyway, I saw this guy vomiting in a bucket and the best I could do was to assure him that it will be alright.

The next day I was feeling better so I went back to detox to visit my friend with the bucket. We got to talking and he asked me to be his sponsor. "Sure," I told him. He then proceeded to tell me he is sure glad I came by because the day before, some idiot was there telling him "it will be alright." The idiot (me) couldn't see he was vomiting in a bucket!

So I was asked to write 300 words I have no idea how many words I've used. I am not a writer. I'm a drunk and I have been shown a way out. I have never held with the belief that some have to die so that some can live. We can all survive our blessings and our obstacles. It does take a little effort and a lot of faith.

There are many ways to be of service to God and our fellow man. I will not list the ways I think of because I don't want to leave anything out. A wise man recently told me, "If you have a calling to do something positive for someone else do it. Don't let fear hold you back" I would like to pass that on to you.

Paul P., Fullerton, CA



SPEAKER MEETINGS: November/December 2008

Anonymous Times would like to publish your list of speakers for March/April 2009.

Contact Central Office or email to aatimes@aanoc.com.

Deadline for publication is February 15, 2009.

Friday

8 p.m.

Jan. 2,
Jan. 9
Jan. 16
Jan. 23
Jan. 30
Feb. 6
Feb. 13
Feb. 20
Feb. 27

St. Jude Speaker

St. Jude Hospital, Erickson Building
101 E. Valencia Mesa, Fullerton, CA
John G., Los Angeles
Lee C., Santa Maria
Clint H., Burbank
Keith D., Yorba Linda
Donald M., North Hills
John F., Costa Mesa
Nancy N., Tujunga
Bob L., Glendale
John S., Norco

Friday

7:30 p.m.

Jan. 2
Jan. 9
Jan. 16
Jan. 23
Jan. 30

Dreams Come True

109 E. Wilshire, Fullerton 92632
Paul P., Fullerton
Judy M., Lakewood
Ken McB., Fullerton
Leslie R., Tustin
Ken M AA/
Lararina AA Alanon, Anaheim

Friday Night No Puffers Speakers Meeting, Orange

8 p.m.

Jan 2
Jan 9
Jan 16
Jan 23
Jan 30
Feb 6
Feb 13
Feb 20
Feb 27

395 S. Tustin Ave., Orange (Church)
Susan J., Orange
Jim P., Orange
Heather V., Los Alimitos
E.J.P., Huntington Beach
Karen W., Orange
Fernando M., Tustin
Jennifer M., Orange
Frank M., Orange
Jaci W., Irvine

Saturday

8 p.m.

Jan. 3
Jan. 10
Jan. 17
Jan. 24
Jan. 31
Feb. 7
Feb. 14
Feb. 21
Feb. 28

Liverpool Speaker Meeting

4861 Liverpool St., Yorba Linda
Art M., La Habra
Nancy C., Downey
Dawn, Orange County
John S. (Tripp), Orange County
Greg, Norco
John V., Orange County
Rudolph Valentino
Mike #5, Orange County
Diane, Yorba Linda

Saturday

8:00 p.m.

Jan. 3
Jan. 10
Jan. 17
Jan. 24
Jan. 31
Feb. 7
Feb. 14
Feb. 21
Feb. 28

Oddfellows Speaker

109 E Wilshire, Fullerton 92832
First Christian Church
Dawn M. - Luguna Hills
Mattew - Hermosa Beach
Kenna M. - Pasadena
Barabara D. - Studio City
Tracy H. - Brea
Larry T. - Lakewood
Dale S. - Azusa
Aaron G. - West LA
Bill E. - East LA

Saturday

8 p.m.

Jan. 3
Jan. 10
Jan. 17
Jan. 24
Jan. 31

Fullerton Alano Center

530 W. Commonwealth, Fullerton
Jim, Fullerton
Black Jack, Fullerton
Justin, Fullerton
Diane, Fullerton
Tina C, Fullerton

Sunday

10:30 a.m.

Jan. 4
Jan. 11
Jan. 18
Jan. 25
Feb. 1
Feb. 8
Feb. 15
Feb. 22

Western Medical Center

1025 S Anaheim Blvd., Anaheim
Tripp S., Orange
Max N., Tustin
Roxy S., Fullerton
Dave D., Huntington Beach
Pete P., Yorba Linda
Raymond D., Newport Beach
Johny B., Orange
Leslie D., Brea



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

Taking part in recovery

Helping serve holiday dinner to homeless in Santa Ana is awe-inspiring for this woman

As dinner was being served to the homeless men, women and children, I was awestruck at the amount of preparation that must have been behind the event. When I arrived, dinner was being served. It consisted of ham, scalloped potatoes, green beans and bacon, along with dinner rolls and choice of beverage – hot coffee, soda or water.

Over the holidays, I was blessed to help serve dinner to the homeless in Santa Ana. Upon my arrival, curiosity got the better of me and I had to find out who the chef was. It turned out that a men's recovery house cooked the hams in their ovens and a beautiful lady had prepared the side dishes.

There were also hand-filled stockings for moms who had children. I watched as a young mom with two little ones walked up to the lady passing out Santa stockings and ask if she could have two stockings for her children. I could see the look of love and hope in the mother's eyes when she turned and gave her children the gifts.

This was truly a marvelous event, I thought to myself as the line for food come to an end and the Santa stockings were being passed out. The amount of time it took all of these alcoholics to put on this event must have been enormous.

These guys had been cooking and preparing all night long. And with their Santa Hats on and sweat dripping off there foreheads they just kept going.

As boxes were being emptied and tossed by the trash can, I asked if they would like me to smash the cardboard containers. "No," was the reply. "Someone will need them for shelter."

No sooner was I told this than a man came up to me and asked if he could have one of the boxes, I said, "Sure, take them both." He said no, that someone else might need the other one. Here was a homeless man with one cardboard box, happy and willing to share. I was and still am in awe of the love for another person in need that I witnessed there that night.

These Alkies didn't have to do this; they could have stayed home in bed. Yet, every Sunday this crew heads backs after shopping and preparing, and they do it all over. And they laugh and they smile and love doing what they do. It shows all day long.

As we were leaving this particular evening, I asked one of the alkies why they do what they do. "Because these guys are hungry," was his reply. A simple answer to a question that is bigger than all of us.

Holidays are tough for many alcoholics. If there is loneliness in your heart, get out and be of service. This group of Alkies goes out every week. There are other ways to be of service, too. There are detox panels to go, skid row in downtown Los Angeles. Volunteer to answer phones at central office. Know that you never have to be alone.

There so many things that alcoholics are involved in. It sure feels good to be with people of the same kind -- one alcoholic helping another. After all, "You don't get to keep it if you don't give it away." I hope all of you had the best of the best holiday because you stayed sober and gave it away.

- Roxy S., Fullerton, CA



Anonymous Times Needs You!

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

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

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

which page number and the source. Submit your article to Central Office or email to: aa-times@aanoc.com.

Articles may be edited for space and clarity.

We look forward to hearing from you and sharing your story with the rest of the North Orange County AA community.

*I watched
as a young mom
with two little
ones walk up to
the lady passing
out Santa stock-
ings and ask if
she could have
two stockings
for her children.*

Meeting Donations

(Year-to-date through
November 2008)

AREA	DAY & TIME	MEETING NAME	Y-T-D
Anaheim	Sun 8:30 AM	Attitude Adjustment	0.00
Anaheim	6:30pmWed	Victor House Men	200.00
Anaheim	6:30pm Fri.	Gratitude is action	840.00
anaheim	sat 5:30pm	a new beginning	90.00
Anaheim	Mo 5:30 PM	Primary Purpose	2,060.00
Anaheim	Thurs. Night	Bills Babes	250.00
Anaheim	Sunday	Western Medical Am	1,001.42
Anaheim	Th 7:00 PM	Step Study, Hart House	41.40
Anaheim	Thurs. 5:30pm	Serenity Hall	0.00
Anaheim	Tu 8:00 PM	Survivors	201.00
Anaheim	Tues.12&12	Kaiser	175.00
Anaheim	Tues.6:30pm	Step 6 7	176.00
Anaheim	Wed.7:30pm	Easy Does It	0.00
Anaheim Hills	Fr 8:00 PM	couples Group	150.00
Anaheim Hills	Fri. Kaiser	Y.P. Discussion	65.00
Anaheim Hills	Mon. Night	Experience, Strength, Hope	60.00
Anaheim Hills	Thuir 7:00pm	Men's Stag, Kaiser	160.00
Anaheim Hills	Monday 7:00pm	K aiser Women's Myg.	100.00
Anaheim Hills	Sa 6:00 PM	Winner's Circle	360.00
Anaheim Hills	Sa 8:30 AM	It's In The Book	288.00
Anaheim Hills	Tu 7:30 PM	Women's Big Book & Step	48.00
Anaheim Hills	Wed.730pm	Big Book Study	229.12
Brea	Tues 530pm	Mens Stag	289.04
Brea	Thurs.10:30am	step Sisters	30.00
Brea	Fr 5:30 PM	Happy Hour BB Study	290.00
Brea	Mo 10:00 AM	Women's Discussion	241.10
Brea	Mo 5:30 PM	Happy Hour Step study	500.00
Brea	Mo 5:30 PM	Women's Happy Hour	320.00
Brea	Mon. Nite	Big Book Workshop	410.00
Brea	Sa 10:30 AM	Women's Step Study	200.00
Brea	Th 5:30 PM	Living in the Solution	490.00
Brea	We 5:30 PM	As Bill Sees It	420.00
Brea	Wednesday 630pm	Daily Reflections	100.00
Buena Park	Fr 8:00 PM	Friday Nite Discussion	75.00
Buena Park	Mo 7:30 PM	Just for Today	20.00
Buena Park	Couples	couples Group	150.00
Cerritos	11th step	Sunday 6-7pm	58.34
Cypress	5-6pm	Sun. Happy Hour	75.00
Cypress	Tues.730pm	Big Book Study	795.00
Cypress	6pm	Spiritual Growth	750.00
Cypress	Monday Night	We Agnostics	200.00
Cypress	Topic Disc. Monday	Topic Discussion	100.00
Cypress	Tu 5:30 PM	Happy Hour BB Study	220.00
Fullerton	08:00 PM	Sunday Harley Men's Stag	235.00
Fullerton	daily6:00AM	Att.Adjt.FAC	1,258.00
Fullerton	FAC WED.200pm	Women's Coffee Talk	300.00
Fullerton	Fri. 6pm	Singles 4 Sobriety	250.22
Fullerton	Mo 6:00 PM	Kats on the roof	141.30
Fullerton	Mo 6:30 PM	Women Living in the Solution	350.00

AREA	DAY & TIME	MEETING NAME	Y-T-D
Fullerton	Sa 6:00 PM	Sat Night Live	159.00
Fullerton	Sa 8:00 PM	Odd Fellows	1,344.90
Fullerton	Sa 9:30 AM	Feelings-Fullerton Alano	50.00
Fullerton	Sat. 1130 am	Fullerton Alano Club	40.00
Fullerton	Su 2:30 PM	In The Now	60.00
Fullerton	Sunday8pm	Mens Stag	35.00
Fullerton	Not in the Book	Wed.6pm FAC	55.00
Fullerton	T. Smith		214.50
Fullerton	Tuesday	5.02 Discussion	71.00
Fullerton	Th 7:30 PM	Women's Closed BB Study	280.00
Fullerton	Th 8:00 PM	Candlelight, Meeting Place	175.00
Fullerton	Th 8:00 PM	Women's KISS	63.81
Fullerton	Thurs 8:00pm	Men's Stag	402.00
Fullerton0	Thursday 600pm	Womens FAC	190.00
Fullerton	Thurs.6:00pm	Big Book Study MTG Place	70.00
Fullerton	Tu 7:00 PM	Women's Thrill Seekers	70.00
Fullerton	Wed. Night	Not in the book FAC	55.00
Garden Grove	2thru7	Step Study Sun.6pm	100.00
Garden Grove	Wed 730pm	Easy Does It	186.00
Garden Grove	F-Troop		100.00
Garden Grove	Wednesday8pm	Just Stay Serenity Hall	191.00
La Habra	Fri. 8pm	Beginners Basic	661.00
La Habra	M-F 6:30 AM	Topic Discussion	360.00
La Habra	Sun.10:30am	Participation Meeting	31.25
La Habra	Sat. 800pm	Participation Meeting	180.00
La Habra	Su AM	Participation	31.25
La Habra	Sun.7pm	Sober Sunday	250.00
La Habra	Th 8:00 PM	Church Participation	120.00
La Habra	Th AM	Attitude Adjustment	25.00
La Habra	Tu 8:00 PM	Participation	70.00
La Habra	Wed.730pm	Men's Stag	230.00
La Mirada	Tues.8pm	Winners Circle	85.00
La Palma	Friday	Big Book Group	163.34
La Mirada	Mens	Big Book Study	60.00
La Habra	Friday 7:00am	adtt.adjstmnt	25.00
La Habra	Thurs.8pm	Participation	67.25
La Habra	Tuesday 8pm	Discussion	165.00
Yorba Linda	Thurs.8pm	119601	70.00
LaHabra	Mon.730pm	Fireside Greenwood M.	100.00
Los Alimtos	Wednesday 7pm	Girls night out	48.00
Los Alamitos	Saturday	Sat. Night Lite	300.00
Los Alamitos	ALL	Surrender is Freedom	1,752.00
Los Alamitos	Cover to Cover	Thurs nite 7pm	106.00
Los Alamitos	Sun. 6pm	Big Book Study	330.00
Unknown	126613	Barbara and Martin	70.00
Los Alimitos	Tradition7		30.00
NOCCO	Central Office	Betsy Toffler	563.00
NOCCO	Central Office	AT&T United Way	37.50
NOCCO	Central Office	Memory of Lou Hastings	200.00
NOCCO	Central Office	B-Day Norma Lodgson	35.00
NOCCO	Central Office	birthday Harry B.	55.00
NOCCO	Central Office	Gram Jean P.	23.00
NOCCO	Central Office	B-Day Frank Sandys	38.00
NOCCO	Central Office	B-Day Ernie Cody	27.00
NOCCO	Central Office	Dave O. B- Day	19.00

Meeting Donations

(Continued from page 9)

AREA	DAY & TIME	MEETING NAME	Y-T-D
NOCCO	Central Office	Anonymous	605.00
NOCCO	Central Office	B-Day Tanny T.	25.00
NOCCO	Central Office	B-Day Mike H.	24.00
NOCCO	Central Office	B-Day Lori P.	11.00
NOCCO	Central Office	Fred M.	34.00
NOCCO	Central Office	Bud Steffen	100.00
NOCCO	Central Office	Faithful Fivers Colleen B	275.00
NOCCO	Central Office	Faithful Fiver Julie Lake	60.00
NOCCO	Central Office	T. Smith	214.00
NOCCO	Central Office	Soda Coffee	220.00
NOCCO	Central Office	Telephone Calls	8.00
NOCCO	Central Office	HOLIDAY DANCE	2,115.88
NOCCO	Central Office	INTERGROUP	577.06
Orange	Central Office	SOBERFEST	900.00
Orange	Fr 5:30 PM	Happy Hour, Friendship Cl	77.80
Orange	Fr 6:30 AM	Smashing Donuts	140.00
Orange		Step Out Easy	70.00
Orange	Fri. Nite Wand	couples Group	85.00
Orange	Mon.630am	Taking Care of Business	275.00
Orange	Sat. 730pm	OrangeOlive Club	153.00
Orange	Sa 7:00 PM	Not a Glum Lot	135.00
Orange	Su 11:00 AM	Big Book Study	70.00
Orange	Sun Attit.Adj	830am OrangOlive	460.00
Orange	Thursday Noon	Freindship Club	100.00
Orange	Tu 5:30 PM	Rush Hour, Friendship Club	150.00
Orange	Tu 7:00 PM	Walnut TustinCl.Disc.	135.00
Orange	Tues.12:00noon	Freindship Club	250.00
Orange	Tu. 6:30am	Doughnut Meeting	550.00
Orange	We 5:30 PM	Rush Hour, Friendship Club	17.80
Orange	We 6:30 AM	Friendship Club	306.38
Orange	Wed. 7am	Wom.New Begings	90.00
Orange	We 7:30 PM	Women's Daily Reflections	84.00
Orange	Wed.7pm	Easy Does It	160.00
Placentia	Mo 8:00 PM	Unmanageables	60.00
Placentia	Su 7:30 PM	Sunday Nite Bradford	70.00
Placentia	Su AM	Right Start	189.00
Placentia	Tu 7:00 PM	Palm Ladies 12 x 12	124.00
Placentia	Wed 7:00 pm	Palm Ladies Big Bk Study	75.00
Placentia	Tu 8:00 PM	Bradford Discussion	105.00
Sunset Beach	Friday Noon	Two or more	50.00
Sunset Beach	Th 7:00 AM	Thursdays @ Sunset Beach	40.00
Seal Beach	Friday noon	Druml Busters	184.00
Whittier	Monday	calamity with serenity	100.00
Villa Park	24hr.Group	Attitude Modification	1,398.13
Whittier	Friday7:00am	Attitude Adjustment	45.00
Whittier	Saturday 730pm	Shepard of the Hills Spk	90.00
Whittier	Serenity Hall	Daily Meeting	60.00
Whittier	Mo 7:00 PM	As Bill Sees It	50.00
Whittier	Sat. 10:30 am	Women's Acceptance	37.50
Whittier	Wed 7pm	Faith Community Church	69.50
Whittier	Th 7:00 AM	Attitude Adjustment	100.00

AREA	DAY & TIME	MEETING NAME	Y-T-D
Whittier	Thursday 8pm	The Den	100.00
Whittier	Mens	Greenwood Stag	100.00
Whittier	Wed. 7pm	Women's Winner Meeting	110.00
Yorba Linda	Wednesday night	Shepard of the Hills Particip	35.00
Yorba Linda	ALL 6:00 AM	Attitude Modification	7,910.45
Yorba Linda	Fr 5:30 PM	Happy Hour Big Book	105.00
Yorba Linda	Fr 8:00 PM	Participation	196.00
Yorba Linda	Mo 12:00 PM	Nooners	282.00
Yorba Linda	Mo 8:00 PM	Yorba Linda Lutheran Ch.	150.00
Yorba Linda	Su 8:30 AM	Right Start	192.40
Yorba Linda	Th 7:30 PM	Serenity Seekers	180.00
Yorba Linda	Thurs 8:00pm	Discussion-Presb. Church	210.00
Yorba Linda	Tu PM	Rose Dr. Babtist Womens	125.00
Yorba Linda	We 12:00 PM	Noontimers	270.00
			46,550.64

If your meeting is not listed here,
PLEASE see your meeting secretary.

Attention Meeting Secretaries Suggested Donations are as follows:

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

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: Paul H. / Copy Editor Anna F.

Regular contributors: Roxy S./Sue S.;

NOCCO Board Oversight Committee: Jan W. & Jeff B.

Convention work is an opportunity to grow

Bored out of his mind at first, one alcoholic keeps going back year after year

My name is Jim S. and I am an alcoholic and the co-chair of registration for the Orange County A.A. Convention with Al-Anon participation.

Barely four months sober, I attended my first Orange County A.A. Convention. I asked a fellow member for a ride to the event. Once there, I picked up a schedule and went to one of the marathon meetings. When the meeting ended, I walked around for a bit and not knowing what else to do, I went to another meeting. When that was over, I was really bored and wanted to go back to my recovery house.

I spent the next nine hours looking for a ride. I was surrounded by other alcoholics, but I was really lonely. I was bored out of my mind and regretted ever going in the first place. I did notice that everyone else seemed to be having fun. My regret quickly turned to gratitude. Since that first experience, I have been to every Orange County A.A. Convention.

One of the things I learned in A.A. is that "Keep Coming Back" is not only used to keep me coming back to meetings, but also to keep me working on eliminating those things that make me lonely, miserable and discontent.

When I go to conventions today, I know and talk to a lot of people. I really enjoy being at the registration desk, watching the parade of people walk by who say hi to me. I also get to look back and compare what I was like at four month sobriety with where I am now, seven years later. To compare what it was like then with what it is like now is amazing! Doing so, I realize that I never have to be lonely in crowded rooms ever again.

I spent the next nine hours looking for a ride...I was bored out of my mind and regretted ever going in the first place.

When I offered to be co-chair of registration, it was an opportunity to give back a little of what was so freely given to me -- an opportunity to grow. And I found it has been a really good way for me to not think about myself and my problems.

I hope to see you all there and wish you find the real fun of the Convention that I have found.

The convention this year will be held Easter weekend, April 10, 11 and 12. There are still plenty of opportunities to volunteer, and planning meetings continue to be held on the third Wednesday of each month at the Roque Center, 9842 13th Street, Garden Grove. Come and be part of the fun.

- Jim S., Anaheim, CA

Sober kicking and screaming

All this alcoholic wanted to do was quit drinking

Alcoholics Anonymous teaches us that acceptance is key to our troubles. The ability to handle life on life's terms is a popular theme that echoes throughout the program, in meetings and in the Big Book of Alcoholics Anonymous.

Easier said than done.

When I awoke the morning of April 27, 1996, I had no idea that it would be my last day as a drunk. It never occurred to me when I took one last swig of cheap malt liquor that afternoon that it would be my last -- at least for 12 years.

Never mind that my home for the previous several days was a pick-up truck -- parked in front of a different stranger's home each night -- and that my only income was \$100 in food stamps each month.

Through a series of odd events, I found myself dropped off in a 90-day treatment program that afternoon -- without money, without a job, and without my home on wheels.

I knew that there was more to getting sober than spending a few months in a treatment center. For such a program to work, at least for this alcoholic, would require a life-time in Alcoholics Anonymous. But I had been to AA before. It didn't work. You didn't like me and I was indifferent about you.

Becoming involved in AA was a slow process. Within seven or eight months I began praying regularly and attending meetings, asking questions and reading the Big Book of Alcoholics Anonymous. The results of this have been amazing - with Alcoholics Anonymous I have a chance at living life sober - one day at a time.

Without Alcoholics Anonymous, I have no chance at staying sober.

Paul H., Fullerton, CA

OCAAC Registration Form

A Day at a Time in 2009

Last Name	First Name	Name on Badge	City or Home Group on Badge <input type="checkbox"/> AA <input type="checkbox"/> Alanon	
<input type="checkbox"/> Early Registration (Before March 1) \$17	or	Registration (after March 1) \$20	or	<input type="checkbox"/> Registration and Golf \$95 = \$
<input type="checkbox"/> AA Banquet Includes entertainment meeting and Fri. dance \$60		and/or	<input type="checkbox"/> Alanon Luncheon \$42 = \$	
<input type="checkbox"/> 5k/10k Run/Walk \$10	and/or	<input type="checkbox"/> Poker Run \$10 and/or	<input type="checkbox"/> \$7 for both dances = \$	
Last Name	First Name	Name on Badge	City or Home Group on Badge <input type="checkbox"/> AA <input type="checkbox"/> Alanon	
<input type="checkbox"/> Early Registration (Before March 1) \$17	or	Registration (after March 1) \$20	or	<input type="checkbox"/> Registration and Golf \$95 = \$
<input type="checkbox"/> AA Banquet Includes entertainment meeting and Fri. dance \$60		and/or	<input type="checkbox"/> Alanon Luncheon \$42 = \$	
<input type="checkbox"/> 5k/10k Run/Walk \$10	and/or	<input type="checkbox"/> Poker Run \$10 and/or	<input type="checkbox"/> \$7 for both dances = \$	
Last Name	First Name	Name on Badge	City or Home Group on Badge <input type="checkbox"/> AA <input type="checkbox"/> Alanon	
<input type="checkbox"/> Early Registration (Before March 1) \$17	or	Registration (after March 1) \$20	or	<input type="checkbox"/> Registration and Golf \$95 = \$
<input type="checkbox"/> AA Banquet Includes entertainment meeting and Fri. dance \$60		and/or	<input type="checkbox"/> Alanon Luncheon \$42 = \$	
<input type="checkbox"/> 5k/10k Run/Walk \$10	and/or	<input type="checkbox"/> Poker Run \$10 and/or	<input type="checkbox"/> \$7 for both dances = \$	
Last Name	First Name	Name on Badge	City or Home Group on Badge <input type="checkbox"/> AA <input type="checkbox"/> Alanon	
<input type="checkbox"/> Early Registration (Before March 1) \$17	or	Registration (after March 1) \$20	or	<input type="checkbox"/> Registration and Golf \$95 = \$
<input type="checkbox"/> AA Banquet Includes entertainment meeting and Fri. dance \$60		and/or	<input type="checkbox"/> Alanon Luncheon \$42 = \$	
<input type="checkbox"/> 5k/10k Run/Walk \$10	and/or	<input type="checkbox"/> Poker Run \$10 and/or	<input type="checkbox"/> \$7 for both dances = \$	
Add this amount to total for the contact person →			Total amount = \$	

Credit Cards may register online at:

www.oacaac.org

Make plans to be part of the annual Orange County Alcoholics Anonymous Convention.



APRIL 10, 11, 12