

Anonymous Times

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

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Understanding why we go to meetings

A Tribute To AA & To Bill Wilson

Wdied of pneumonia in furnished rooms where they found us three days after when somebody complained about the smell.



We died against bridge abutments and nobody knew if it was suicide and we probably didn't know either except in the sense that it was always suicide.

We died in hospitals, our stomachs huge, distended and there was nothing they could do.

We died in cells, never knowing whether we were guilty or not. We went to priests, they gave us pledges, they told us to pray, they told us to go and sin no more, but go. We tried and we died.

We died of overdoses, we died in bed (but usually not the Big Bed). We died in straitjackets, in the DT's seeing God knows what, creeping, skittering, slithering, and shuffling things. And you know what the worst thing was? The worst thing was that nobody ever believed how hard we tried.

We went to doctors and they gave us stuff to take that would make us sick when we drank on the principle of "so crazy, it just might work," I guess, or maybe they just shook their heads and sent us to places like Drop kick Murphy's. And when we got out we were hooked on paraldehyde or maybe we lied too. And the doctors told us not to drink so much, just drink like me. And we tried, and we died.

Continued on page 2

Big Book Workshop will be held on September 12-13

A Big Book Workshop Weekend will be held Sept. 12 and 13. The event is sponsored by the Paramount Group of Alcoholics Anonymous and will be held at the Imperial Alano Club, 8021 Rosecrans Ave., in Paramount.

Featuring Bob D. of Las Vegas and Karl M. from Covina, the event will run from 8 a.m. to 4:30 p.m. both days. A \$15 donation is suggested to cover rent, printed materials, speaker travel, boarding and other expenses. Registration is encouraged, but not required. Visit <http://www.paramountspeakers.org>, or call Maureen at (562) 923-2276.

NORTH ORANGE COUNTY CENTRAL OFFICE

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Tradition Four Quote

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. From 12 Steps and 12 Traditions page 146.

INSIDE THIS ISSUE

NOCCO Financials.....	2	Tradition Five	8
AA History.....	3	Bulletin Board	8
Events	4	Plea for Donations.....	9
Birthdays	5	Meeting Donations.....	10
Alcoholic and Set-backs.....	6	Staying Active.....	11
Speaker Meetings.....	7	California Jack.....	12

NOCCO Year-to-Date Revenue & Expenses

Revenue	Jan-May -09	Jan-May-08
Sales - AA Books and Literature	\$15,338.05	\$19,359.24
Sales - Chips and Non-AA	\$15,589.29	\$12,572.34
Donations- Groups and Individuals	\$20,178.05	\$21,964.54
Fundraisers	\$700.00	\$3,051.00
Interest	\$216.42	\$1,043.06
Total Revenue	\$52,021.81	\$57,990.18
Cost of Goods	\$20,624.56	\$21,074.84
Gross Profit	\$31,397.25	\$36,915.34
Operating Expenses		
Salaries	\$16,500.00	\$17,265.00
Bank Charges	\$19.00	\$12.00
Bad Checks	\$0.10	\$0.00
Computer Expenses	\$0.00	\$0.00
Depreciation	\$257.75	\$413.35
Insurance-General Liability	\$1,445.15	\$600.63
Insurance - Work Comp	\$289.85	\$225.00
Insurance - Medical	\$1,330.00	\$900.00
Legal & Accounting	\$1,075.00	\$1,045.00
Newsletter Cost	\$995.62	\$1,493.43
Office Supplies	\$2,101.14	\$2,613.38
Postage	\$156.70	\$57.46
Penalties on Tax Payments	\$0.00	\$34.42
Office Rent	\$7,918.00	\$7,956.00
Equipment Rental	\$718.70	\$737.29
Repairs & Maintenance	\$50.00	\$242.00
Seminars & Education	\$0.00	\$1,017.54
Taxes- Payroll	\$1,374.24	\$1,444.77
Taxes- Annual Filings	\$50.00	\$60.00
Telephone	\$1,493.09	\$2,150.54
Utilities	\$1,035.50	\$1,043.73
Volunteer Expenses	\$354.24	\$0.00
Total Operating Expense	\$37,164.08	\$39,311.54
Operating Income\ (-) Loss	(\$5,766.83)	(\$2,396.20)
Other Income/(Expense)	\$0.00	(\$361.16)
Net Income\ (Loss)	(\$5,766.83)	(\$2,035.04)

Meetings ... From Page 1

We drowned in our own vomit or choked on it, our broken jaws wired shut.

We died playing Russian roulette and people thought we'd lost, but we knew better. We died under the hoofs of horses, under the wheels of vehicles, under the knives and boot heels of our brother drunks. We died in shame. What was even worse was that we couldn't believe it ourselves, that we had tried. We figured we just thought we tried and we died believing that we hadn't tried, believing that we didn't know what it meant to try.

When we were desperate enough or hopeful or deluded or embattled enough to go for help, we went to people with letters after their names and prayed that they might have read the right books, that had the right words in them, never suspecting the terrifying truth, that the right words, as simple as they were, had not been written yet.

We died falling off girders on high buildings, because of course ironworkers drink, of course they do. We died with a shotgun in our mouth, or jumping off a bridge, and everybody knew it was suicide.

We died under the Southeast Expressway, with our hands tied behind us and a bullet in the back of our head, because this time the people that we disappointed were the wrong people.

We died in convulsions, or of "insult to the brain," we died incontinent, and in disgrace, abandoned. If we were women, we died degraded, because women have so much more to live up to. We tried and we died and nobody cried.

And the very worst thing was that for every one of us that died, there were another hundred of us, or another thousand, who wished that they could die, who went to sleep praying we would not have to wake up because what we were enduring was intolerable. We knew in our hearts it wasn't ever going to change.

One day in a hospital room in New York City, one of us had what the books call a transforming spiritual experience, and he said to himself, "I've got it" (no, you haven't, you've only got part of it) "and I have to share it." (Now you've ALMOST got it) and he kept trying to give it away, but we couldn't hear it. We tried and we died.

We died of one last cigarette, the comfort of its glowing in the dark. We passed out and the bed caught fire. They said we suffocated before our body burned, they said we never felt a thing, that was the best way maybe that we died, except sometimes we took our family with us.

Continued on page 3

AA History

Pro ball player “Rollickin Rollie” was AA’s 77th member

By Jerry L.

Question: Who is your favorite alcoholic in AA history?

My favorite alcoholic, probably because of the amount of research that I have done on his story, would be Ralston (Rollie) Burdett H., whose sobriety date of April 16, 1939 made him the 77th member of Alcoholics Anonymous.

“Rollie” was a major league baseball player for over 19 years, starting in 1928 with the pirates and ending in 1947 with the Phillies. He was drafted into the Navy in August 1944 and discharged in October 1945.

The nickname Rollickin Rollie was given to him for good reason. Every time he got too much alcohol in him he would get into a fight. He himself said that he had so many black eyes that he thought he was born with them.

After his last drunk, which wound up with him setting a train equipment car on fire, he was 12-stepped by two members of A.A. and taken to see Dr. Bob.



On April 16, 1940, exactly one year after he had gained his sobriety, Rollie was the catcher for the opening day game, hit a triple and drove in the only run of the game. Bob Feller was credited with a no-hitter, the only one in modern baseball history. The next day Rollie called a press conference and announced that he had been sober for one year in Alcoholics Anonymous and never intended to drink again.

This was the first major anonymity break in the young life of Alcoholics Anonymous. The consequences of

this action are detailed in many of the books recording the history of A.A.

Rollie played in the 1932 World Series in which Babe Ruth is reputed to have pointed to the outfield before hitting a home run. He also played in five all-star games and was with the Yankees when they won the World Series in 1943. Rollie rounded out his career as a minor league manager for eight years and was named Manager of the Year twice.

In 1968 his story was recorded when he spoke at the 23rd anniversary of the Cosmopolitan Group in Fredericks, MD. This is a very information-filled talk.

Rollie died on July 31, 1972, having remained sober from his original sobriety date. Some books state that he drank again, but in my three personal talks with Bob Feller — who called Rollie his “Personal Catcher” — he assured me that Rollie never drank again. I also have had talks with his granddaughter from his first marriage and his daughter from his second marriage, as well as various nieces and nephews, all of whom state that he remained sober.

Ralston “Rollickin Rollie” Burdett H. is my favorite alcoholic in AA history.

Meetings ... From Page 2

And the man in New York was so sure he had it, he tried to love us into sobriety, but that didn't work either, love confuses drunks and he tried and we still died.

One after another we got his hopes up and we broke his heart, because that's what we do. And the worst thing was that every time we thought we knew what the worst thing was something happened that was worse.

Until a day came in a hotel lobby and it wasn't in Rome, or Jerusalem, or Mecca or even Dublin, or South Boston, it was in Akron, Ohio, for Christ's sake.

A day came when the man said I have to find a drunk because I need him as much as he needs me (NOW you've got it). And the transmission line, after all those years, was open, the transmission line was open. And now we don't go to priests, and we don't go to doctors and people with letters after their names.

We come to people who have been there, we come to each other. And we try. And we don't have to die.

Author Unknown

UPCOMING EVENTS!

17th Annual Foothill Roundup to be held July 31-August 2

Attitude of gratitude is the theme of the 17th Annual Foothill Roundup, to be held July 31 to August 2 at Flintridge Preparatory, 4543 Crown Ave., La Canada-Flintridge.

The event will feature A.A. marathon meetings, Spanish speaking meetings, Al-Anon meetings, Alateen meetings, step workshops, along with entertainment by the Mary Lind Recovery Choir. Speakers scheduled to appear include Hector E. of Los Angeles, Dave B. of Torrance and Clara S. of Los Angeles.

Registration is required. For more information, visit www.foothillroundup.org.

Big Book price increases July 1

Alcoholics Anonymous World Services has raised the price of Big Books to \$8.50, up from \$6.50, effective July 1.

Meanwhile, a sale on "A.A. Comes of Age" is being held at North Orange County Central Office. Through July 31, the price of the book is \$6.00, discounted from \$8.50.

Stop by Central Office, say hello to Roxy and pick up your discounted copy of this popular book that provides a history of Alcoholics Anonymous. Central Office is located at 1111 E. Commonwealth Ave., Suite D Fullerton, CA 92831.

Annual Pancake Breakfast Scheduled for September 12

District 18 of Alcoholics Anonymous will hold its annual Pancake Breakfast Saturday, September 12 at the Methodist Church, 631 N. Euclid Ave., La Habra, 90631.

Doors open at 7:30 a.m., with breakfast served at 8 a.m. Meetings featuring speakers from Alcoholics Anonymous and Al-Anon will be held beginning at 10 a.m. The event is free and will also feature A.A. archive displays, a sobriety countdown and raffles. The church is located on Euclid, one block south of Whittier Boulevard,

Announcements and Activities

Here are some upcoming events
and announcements of interest

Buck in the Basket

By Jack S.

It buys Big Books for prison inmates and postage for Loner members.

It pays for pamphlets and meeting books so that they will be available to the newcomer.

It helps professionals (doctors, ministers, corrections officers, etc.) interested in alcoholism get answers to their questions about AA through literature and staffed offices.

If groups elect to contribute to GSO, then out of each dollar that arrives at GSO, thirty-five cents goes to cover Group Services, including Box 4-5-9, AA directories, The French literature service, Spanish services, and the Records and Contributions departments.

The next largest slice, fourteen cents, supports the General Services Conference. The remaining fifty-one cents is divided between public information activity, cooperation with the professional community activity, treatment facilities activities, Regional Forums, Archives, and support for the activities of the General Service Board.

As varied as these services may seem, they all support the Fellowship's primary purpose: Carrying the message to the alcoholic who still suffers.

CALL FOR VOLUNTEERS

Since the last issue,
Central Office took 1603 calls:

849 from men and
754 from women.



Keep up the great work — YOU make a difference!

BIRTHDAY DONATIONS



Paul J.	41 years
Nancy M.	28 years
John S.	25 years
Dave O.	20 years
Sandy S.	20 years
Frank S.	20 years
Dale R.	4 years
Jack Z.	3 years

PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!

Shall we put another candle on your birthday cake too?

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

'As Bill Sees It' Gift Editions Available at Central Office

Hard-cover, gift-edition copies of "As Bills Sees It," a book of essays written by A.A. co-founder Bill W., are available at Central Office for \$10. From the back cover of the book:

"Called the greatest social architect of our century by Aldous Huxley, Bill W, was a co-founder of Alcoholics Anonymous. These essays, which he first wrote for the AA Grapevine magazine, discuss the spiritual principals that have helped millions of people recover from Alcoholism and enriched the lives of countless others around the world."

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Meeting Donations ... From Page 10

	DAY & TIME	WHO	YTD
Orange	Joe and Charlie	Big Book Workshop	36.00
Orange	Group 660951	Kevin O.	0.00
Orange	Mon. 530 p.m.	Rush Hour, Friendship Club	250.00
Orange	Mo 7:30 p.m.	Speaker	50.00
Orange	Fri. Nite Wand	couples Group	190.00
Orange	Mon.630 a.m.	Taking Care of Business	200.00
Orange	Tuesday 7-8p.m.	Keep It Simple	37.87
Orange	Sun Attit. Adj	830 a.m. OrangOlive	60.00
Orange	Th 7:30 p.m.	All About Me Men's Stag	182.00
Orange	Thursday Noon	Freindship Club	70.00
Orange	Thu 630a.m.	Friendship Club	100.00
Orange	Tu 7:00 p.m.	Walnut TustinCl.Disc.	180.00
Orange	Friday noon	Freindship Club	200.00
Orange	Tu. 6:30 a.m.	Doughnut Meeting	220.00
Orange	We 6:30 a.m.	Friendship Club	223.00
Placentia	Su A.m.	Right Start	170.16
Placentia	Tu 8:00 p.m.	Bradford Discussion	60.00
Sunset Beach	Friday Noon	Two or more	50.00
Villa Park	24hr.Group	Attitude Modification	621.45
Whittier	Mo 7:00 a.m.	Attitude Adjustment	5.00
Whittier	Mo 7:00 p.m.	Womens Cala.m.ity	100.00
Whittier	Sat. 10:30 a.m.	Women's Acceptance	100.00
Whittier	Thursday 8 p.m.	The Den	75.00
Yorba Linda	ALL 6:00 a.m.	Attitude Modification	3,898.60
Yorba Linda	Fr 5:30 p.m.	Happy Hour Big Book	157.00
Yorba Linda	Mo 12:00 p.m.	Nooners	203.70
Yorba Linda	Mo 8:00 p.m.	Yorba Linda Lutheran Ch.	210.00
Yorba Linda	Th 7:30 p.m.	Serenity Seekers	100.00
Yorba Linda	Thurs 8:00 p.m.	Discussion-Presb. Churck	200.20
Yorba Linda	Tu p.m.	Rose Dr. Babtist Womens	60.00
Yorba Linda	We 12:00 p.m.	Noontimers	225.00
TOTAL			17,560.68

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

A.A. helps alcoholic walk through setbacks

Woman finds friends, power greater than herself to aid her

By Roxy S.

I am a woman in recovery and have been sober for 10 years. Being free from alcoholism was amazing and gave me such a high the first couple of years!

I was learning about all kinds of new feelings — where they were coming from and how to deal with them. The art of acceptance and letting go came so easily, and I was just about as excited as a person who had overcome a trauma. Now I was now living again, free from all pain and fear.

My new life in sobriety was such an incredible adventure that I wanted to share with the world what I had been given. I got my life back. As Chuck C. put it in the title of his book, I received “A New Pair of Glasses.” I was using the tools we receive here on a daily basis to get through the wreckage of my past.

In early sobriety, I had to stand in front of an appellate court and listen to the verdict that would take my son away from me. I had tools to use, and I had a sponsor who walked me through the entire process of accepting responsibility for my actions,

accepting the consequences and letting go. I had to find a way to transform my heartbreak into a positive rather than transmit negativity onto another human being. To avoid taking responsibility for our actions, we often blame others.

As hard as I played out there, it was just as hard to stand up and face the reality of where alcoholism had taken me. I was learning and growing and it was wonderful. Anyone who has been through a hardship, stayed sober and gave that experience away knows what we mean when we say, “You can’t keep it if you don’t give it away.”

Another year went by and more changes occurred. My other children were slowly coming back into my life and I was developing a deeper faith. I was working and going to meetings when my busy life was hit by the addiction of one of my daughters. Once again, I felt that overwhelming sense of powerlessness.

I started to run on self-will, and I was crushing my spirit by trying to do it my way. Suddenly, I had forgotten that I could reach out and ask for help. So I kept going “my way,” keeping my

husband’s cancer within my power. Either I refused to reach out or I had forgotten how to. Perhaps I was just afraid to let it go. I don’t know which of these was the reason. But it was clear that I was not doing what I had been taught to do from the very beginning. I was miserable from the shame and the guilt. My releases were few and far between. I was taught to use walking as a tool, but I couldn’t even do that now.

One day it occurred to me why I was so miserable. I had to get on my knees and ask for HELP. Then I called my sponsor, who gave me a direction to follow. I followed through and the AA support started to flow as it had when I was new. What a release it was to have that wonderful A.A. support start to fill my heart.

Once again, I began to believe that I wasn’t alone. Again, I could comprehend the statements, “This too Shall Pass” and “Let Go and Let God.” Today it has been almost a year since I started this journey with my beautiful daughter and nearly a year since my husband was diagnosed with leukemia. All of those things I had been taught were coming back.

One of the best words has become my strongest tool: FORGIVENESS. I have been forgiven and must forgive those around me. I have learned that in order for me to be of maximum service to anyone, I have to forgive and let go. Years ago I heard someone say, “When you are going through hell, don’t stop to take pictures.”

This is a rich and very real part of life. I want to treasure all of the lessons of my life. I get that from reaching out to another alcoholic. I was accepted walking through the doors of Alcoholics Anonymous just as I was — broken, beaten and forgiven. I don’t ever want to forget that kind of love. If you are walking through something that feels horrible, give yourself the precious gift of reaching out. Alcoholics Anonymous is there.

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: aaletters@gmail.com.

SPEAKER MEETINGS: July/August 2009

Anonymous Times would like to publish your list of speakers for September/October 2009.
Deadline for publication is August 15, 2009. Email: aaletters@gmail.com.

Friday
8 p.m.
St. Jude Speaker
St. Jude Hospital, Erickson Building
101 E. Valencia Mesa, Fullerton, CA

July 3
Theresa F. (North Hollywood)

July 10
Jim F., Whittier

July 17
Lee C., Santa Maria

July 24
Bill W., Valley Village

July 31
Billy S., Tustin

August 7
John A., Laguna Woods

August 14
Ronnie M., Los Angeles

August 21
Rosemary R., Covina

August 28
Lauri B., Rancho Santa Margarita

Friday
8:00 p.m.
Dreams Come True
109 E. Wilshire, Fullerton 92632

July 3
Terrel S., Garden Grove

July 10
Liz K., Placentia

July 17
Haven House Womens Christian So
ber Living Panel

July 24
Danny and Mary B. AA couple

July 31
Sean M. AA and Jen M. Alanon

Friday Night
8 p.m.
No Puffers Speakers Meeting
395 S. Tustin Ave., Orange (Church)

July 3
Darren R., Garden Grove

July 10
TBA

July 17
Jim S, Cypress

July 24
Wendy A., Santa Ana

July 31
Cisco, Santa Ana

August 7
Jill H., Newport Beach

August 14
Terrel S., Anaheim

August 21
Lisette L., La Habra Heights

August 28
Tim S., Newport Beach

Saturday
8:00 p.m.
Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
(First Christian Church)

July 4
NO MEETING

July 11
Jeff T. - San Diego

July 18
Anita T. - San Diego

July 25
Julie S. - Huntington Beach

August 1
Josh B. - Buena Park

August 8
Darrell F. - Los Angeles

August 15
LuLu S. - North Hollywood

August 22
Bob Z. - Reno, Nevada

August 29
Mike H. - Huntington Beach

Saturday
8 p.m.
Liverpool Speaker Meeting
4861 Liverpool St., Yorba Linda
Jan, OC

July 4
Jim F., La Habra

July 11
Terry L., Villa Park

July 18
Gloria V., El Monte

July 25
Lisa S., Placentia

August 1
Mary Beth, Orange County

August 8
Pete K., Orange County

August 15
Cheri, Canyon Lakes

August 22
Patrick K., Fullerton

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

July 5
Mike K., Newport Beach

July 12
Mike Z., L.A.

July 19
Andrea R. Thosand Oaks

July 26
Birthday Sunday

August 2
Joe G., Fullerton

August 9
Jay S., Redondo Beach

August 16
Steven L., Hermosa Beach

August 23
Margo D. Fullerton

August 30
Birthday Sunday

Sunday
Fireside Speaker Meeting
8150 Knott Ave., Buena Park
(Ehlers Community Center)

July 5
Dan B

July 7
Charles K

July 19
CT

July 26
Don L.

Aug. 2
Carol F.

Aug. 9
Jay S

Aug. 16
Easy

Aug. 23
Rosie T

Aug. 30
Father Leo

Sunday
10:30 a.m.
Western Medical Center
1025 S Anaheim Blvd., Anaheim

Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Sunday morning.

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

July 1
Fernando H. Fullerton

July 8
Lorrie S. Paramount

July 15
Maureen H Downey

July 22
Miles E. Long Beach

July 29
Craig S. Fullerton

August 5
Gloria H. La Puente

August 12
TBA

August 19
TBA

August 26
TBA



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

Thoughts on Tradition 5

Carrying the message to other alcoholics

First and foremost I would like to thank the Editor for the opportunity to contribute to this publication. Not that I fancy myself a "writer" but as a young man I had an interest in literature. My literary interests were one of the things that got pushed out of the way by alcohol.

I have also found that communication is underrated. I am going to discuss two traditions because the Anonymous Times is a bi-monthly publication.

As I went over Tradition Five the thing that caught my eye was the sentence that states "The only thing that matters is he is an alcoholic that has found a key to sobriety." A key. We have learned in the preceding traditions that we need each other, nobody's in charge, we want the new people to come in and that there is no AA police force.

I don't like to admit it but, sometimes I think I have ALL the keys.

When the truth is we all play a role

one no more significant than the other. The world's most gifted speaker would have no one to talk to if nobody opened up the meeting hall. We all have individual experiences and strengths that can benefit the new person.

From personal experience, I talked about how I botched Tradition Two by trying to impose my will on the group. The lesson we really learned was that we were botching Tradition Five as well.

We were spending so much energy in conflict with others that we concluded we were not putting ourselves in the position to be of maximum service to the newcomer Now Tradition Six. In my opinion any group is at its best when its newer members are involved in the day to day activities.

As I have stated previously I sobered up in one of the larger local groups. One arm of this particular group is a mechanics shop. When I was newly sober I had no skills. I had a sponsor who was a mechanic. He introduced

me to the trade that I use to make my living today. In turn I feel an obligation to do the same. Most of this was done at this shop (today I do it in my driveway). In the beginning we would work on the newcomers' or the Alanons' cars so folks could get to work or drive their kids to school, whatever the case may be.

It was quite rewarding. Over time we lost focus and motorcycles became more important than some poor guy's jalopy.

The shop was expanded from one building to three. To make the rent, we began to take on jobs from anybody; elements that were not conducive to sobriety were not excluded. Ultimately, there was no time to teach anybody anything.

I don't know what those guys are doing today. I moved on. I believe we are "bankrupt idealists" and want to do good things for our fellow man. Along the way we will get distracted and veer off the path. A relative newcomer put it very well: "I know I can't save the world but I need to be willing."

Paul P., Fullerton

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY July 12 & August 9	NOCPIC 2ND WEDNESDAY July 8 & August 12	INTERGROUP 2ND WEDNESDAY July 8 & August 12	VOLUNTEER MEETING August 8 at 10 a..m.
<p>Orange County Hospitals and Institutions Committee</p> <p>2nd Sunday of each mo. Institutions Committee: 4-5 pm (Orientation at 3:15 pm)</p> <p>Hospitals Committee: 6-7 pm (Orientation at 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 1111 E. Commonwealth, Ste. D, Fullerton If you have questions, call Brian K. at 714-658-4581</p>	<p>North Orange County Intergroup Association</p> <p><i>Be an intergroup representative for your meeting.</i></p> <p>Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)</p>	<p>CENTRAL OFFICE holds a quarterly volunteer meeting on the 2nd Sat. every three months. <i>Coffee and donuts provided.</i></p> <p>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</p> <p>Call 714-773-4357 for information</p> <p>MEETING 10 A.M.</p>

An alcoholic's plea to keep up meeting donations

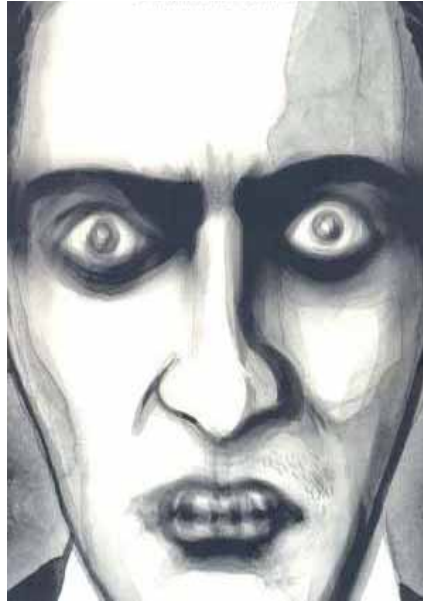
A small price to pay to keep 'Mr. Hyde' at bay

My name is George and I'm an alcoholic.

In 1986 I was drinking too much. I bought a Corvette and was worried about getting a D.U.I., so I went to my girlfriend and asked her if she could help. She took me to A.A. at the 202 Club in Anaheim. They read a portion of Chapters 3, 4 and 5, along with the 12 Traditions. What stood out in my mind were the stories that disclose in a general way. The what it used to be like, what happened, and what we are like now (page 58 in the Big Book).

They asked for newcomers. I raised my hand and said my name: "George, I'm here to cut down on my drinking only."

This was a speaker meeting. The speaker gave his name as Bob and stated that he was an alcoholic with 12 years sobriety. I thought to myself, "How do alcoholic and sobriety go together?" In other words, how could one be an alcoholic and have



sobriety at the same time? It's either you are an alcoholic or you are sober, right?

At the end of the meeting I asked someone about A.A. I asked how A.A. was set up. He told me how the money collected pays for rent, chips and literature, independent of

other groups, then 20 percent goes to Central Office in New York.

Central Office is a vital part of A.A., makes sure the guidelines of A.A. are followed and that help is available for alcoholics all around the world.

Seventy percent goes to the local Central Office, which is a vital part of A.A. and which ensures phones are answered, people get helped to meetings, and those in trouble with alcohol who others have given up on get the help they need. Central Office often deals in matters of life and death. Central Office also is vital in the distribution of meeting directories, Big Books and other literature.

A.A. will collapse if contributions from individual groups fall too low. Think about it when you put money in the basket.

When I think of all the money I spent on alcohol that turned me into a sociopath, gave me constipation of the brain and diarrhea of the mouth, contributions that are asked of me in A.A. are cheap. Just like Dr. Jekyll and Mr. Hyde (page 20). Only I wasn't as bad as Mr. Hyde. I was willing to come to A.A.

George R., Sobriety Date 9/4/86

Skid Row Drifters event keeps message of recovery coming to society's less fortunate

Members of Alcoholics Anonymous from throughout Southern California met at a small park within Los Angeles' skid row June 7 to serve lunch to the homeless and fund ongoing efforts to bring the message of recovery to less fortunate members of society.

It was an opportunity to be of service and receive a dose of gratitude at the same time.

As skid row residents lined up outside iron gates, some with babies and toddlers in tow, AA members

hurried to set up platters of fried chicken, pizza, sandwiches, salads, cakes and pastries. A band played on a small stage; nearby, t-shirts and caps were sold, while old friends hugged and kissed and danced like they hadn't seen one another in years.

The Skid Row Drifters Fundraiser is held each year to raise money to keep meetings going at the park. Meetings are held every day, with panels from different parts of the Southland sharing their experience, strength and hope nightly.

At an Alcoholics Anonymous meeting that followed lunch, members spoke of the importance of taking panels to the location for five, 10 -- even 25 years. Call John T. at (714) 855-8843 for more information about being part of a panel.

Meeting Donations Year-to-Date *(Through June 15)*

	DAY & TIME	WHO	YTD
Anaheim	Tu 8:00 p.m.	Survivors	80.00
Anaheim	Tues.6:30 p.m	Step 6 7	210.00
Anaheim Hills	Mon. Night	Experience, Strength, Hope	108.00
Anaheim Hills	Thur 7:00 p.m.	Men's Stag, Kaiser	160.00
Anaheim Hills	Monday 7:00 p.m.	Kaiser Women's Mtg.	72.00
Anaheim Hills	Sa 6:00 p.m.	Winner's Circle	240.00
Anaheim Hills	Sa 8:30 a.m.	It's In The Book	150.00
Anaheim Hills	Tu 7:30 p.m.	Women's Big Book & Step	75.00
Brea	Tues 530 p.m.	Mens Stag	70.00
Brea	Thurs.10:30 a.m.	step Sisters	70.00
Brea	Fr 5:30 p.m.	Happy Hour BB Study	135.00
Brea	Mo 10:00 a.m.	Women's Discussion	125.00
Brea	Mo 5:30 p.m.	Happy Hour Step study	168.00
Brea	Mo 5:30 p.m.	Women's Happy Hour	57.00
Brea	Mon. Nite	Big Book Workshop	200.00
Brea	Sa 10:30 A.m.	Women's Step Study	170.00
Brea	Th 5:30 p.m.	Living in the Solution	270.00
Brea	Tu 5:30 p.m.	Women's 10th Step	110.00
Brea	We 5:30 p.m.	As Bill Sees It	129.21
Brea	Tues. 8:00 p.m.	Step Study	176.40
Brea	Mens Stag	Friday Night	50.00
Brea	Wednesday 6:30p.m.	Daily Reflections	95.25
Buena Park	Fr 8:00 p.m.	Friday Nite Discussion	20.00
Buena Park	Mo 7:30 p.m.	Just for Today	20.00
Corona Del Mar	Noonatics		298.00
Cypress	Big Book Study	Tuesday 8:00 p.m.	60.00
Cypress	5-6 p.m.	Sun. Happy Hour	90.00
Cypress	Tues.730 p.m.	Big Book Study	60.00
Cypress	6 p.m.	Spiritual Growth	168.00
Cypress	Fri. 8 p.m.	Lunatic	200.00
Cypress	Monday 8 p.m.	Topic Discussion	100.00
Fullerton	FAC WED.200 p.m.	Women's Coffee Talk	153.00
Fullerton	Fr 11:30 a.m.	Podium Participation	20.00
Fullerton	Fri. 6 p.m.	Singles 4 Sobriety	44.00
Fullerton	Mo 6:00 p.m.	Men's Stag	40.00
Fullerton	Sa 9:30 a.m.	Feelings-Fullerton Alano	20.00
Fullerton	Group X3067	Gardner	55.00
Fullerton	Su p.m.	Participation, Wilshire	52.00
Fullerton	Sunday Speaker Mtg.	Meeting Place	50.00
Fullerton	11.30 Tuesday a.m.	FAC 12&12	70.00
	DAY & TIME	WHO	YTD
Fullerton	Th 8:00 p.m.	Women's KISS	40.00
Fullerton	Thurs 8:00 p.m.	Men's Stag	450.00

	DAY & TIME	WHO	YTD
Fullerton	Thursday 6 p.m.	Womens FAC	97.25
Fullerton	Tu Night	NewcomersMtgPlace	30.00
Fullerton	Wednesday 6 p.m.	FAC Show up Grow up	25.00
Fullerton	Wed. Night	Not in the book FAC	51.00
Garden Grove	Mo 8:00 p.m.	Women's Serenity Hall	70.00
Garden Grove	Not taking a trip	Garden Grove	30.00
La Habra	Fri. 8 p.m.	Beginners Basic	241.00
La Habra	Sat 10:30 a.m.	Women's	71.13
La Habra	Su a.m.	Participation	25.00
La Habra	Sun.7 p.m.	Sober Sunday	45.00
La Habra	Th 8:00 p.m.	Church Participation	36.00
La Habra	Tu 8:00 p.m.	Participation	70.00
La Habra	Wed.730 p.m.	Men's Stag	100.00
La Mirada	Tues.8 p.m.	Winners Circle	15.00
La Mirada	Mens	Big Book Study	60.00
La Habra	Tuesday 8 p.m.	Discussion	25.00
La Habra	Womens 8 p.m.	Open Discussion	20.00
Yorba Linda	Thurs.8 p.m.	119601	105.00
Los Ala.m.itos	ALL	Surrender is Freedom	746.00
Los Ala.m.itos	Sunday	Big Book Study 6-730p.m.	60.00
NOCCO	Central Office	Jerry L. OC Conv. Donation	176.00
NOCCO	Central Office	Donations from raffle OC Con.	1,053.45
NOCCO	Central Office	Norma L.	36.00
NOCCO	Central Office	birthday Harry B.	56.00
NOCCO	Central Office	ACYPA	478.00
NOCCO	Central Office	Jonh T. B-Day	10.00
NOCCO	Central Office	B-Day Ernie C.	27.00
NOCCO	Central Office	Anonymous	194.35
NOCCO	Central Office	B-Day Alfred K.	27.00
NOCCO	Central Office	Tax refund	145.04
NOCCO	Central Office	Sharon P.	22.00
NOCCO	Central Office	AAOCYPAA	478.00
NOCCO	Central Office	Faithful Fivers Colleen B	125.00
NOCCO	Central Office	Anonymous	332.00
NOCCO	Central Office	Lisette L. Birthday	111.11
NOCCO	Central Office	Soda Coffee	56.00
NOCCO	Central Office	Telephone Calls	28.00
NOCCO	Central Office	INTERGROUP	333.71
NOCCO	Central Office	NOCCO Womens Banquet	2,126.00
Orange	Central Office	SOBERFEST	700.00
Nocco	B-Day	Tim G	12.00
Orange	Fr 8:00 p.m.	No Puffer's Speaker	100.00

Continued on page 5

'I can't stay sober on what I did yesterday'

Working with others keeps this alcoholic coming back after 11 years

I am an alcoholic, and my name is unimportant. I believe in and try to live by what it states on page 192 of the Twelve Steps and Twelve Traditions book of Alcoholics Anonymous: "We of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance," and that through anonymity we, "actually practice a genuine humility."

So really, any time I make a big deal about or try to take credit for my sobriety or any accomplishments that sobriety has made possible, what I am really doing is making a big deal about me, which is the perfect trap for the disease to flourish. As the Big Book of Alcoholics Anonymous tells me, my disease is "self, manifested in various ways (p.64)."

And as it states on page 62 of the Big Book of Alcoholics Anonymous, "Selfishness-self-centeredness! That, we think, is the root of our troubles." In my experience one major way this manifests itself in my life is that my alcoholic ego, rooted in self, constantly grows back quickly, instantaneously, imperceptibly, like a malignant cancerous tumor, which requires the daily chemotherapy of the twelve steps and twelve traditions to afford a one day remission from this cunning, baffling, powerful, progressive and fatal silent, often invisible killer and life destroyer known as alcoholism.

So I am not going to stay sober today on what I did yesterday, but what I do today. And what I fail to do can get me drunk. The shelf life of the steps is one day, so really Bill, Bob, and the first 100 discovered a course of actions to make possible one day of sobriety for alcoholics of my type. So constant daily action is critical for me. My alcoholism must be treated aggressively and proactively.

Perhaps the most important thing I

can share today is that I have not had to take a drink or put any drug in my body to change how I feel since April 28, 1998, and for that I owe Alcoholics Anonymous my life. I would not be sober without a sponsor who has a sponsor, and without a home group.

So really, any time I make a big deal about or try to take credit for my sobriety or any accomplishments that sobriety has made possible, what I am really doing is making a big deal about me, which is the perfect trap for the disease to flourish.

When I got to my first home group and my first sponsor (notice I didn't say, "when I got to A.A. this time," because I had been going to A.A. meetings for years before my current sobriety date, and I learned the hard way that just going to meetings and not drinking doesn't treat alcoholism) a little over 11 years ago I was 29 years old, had the same job for 10 years, and was a junior a Cal State Fullerton University and had a 3.5 G.P.A.. On the outside my life looked fine.

But I am a real alcoholic, and I found myself (with my sponsors help) able to answer the two questions on page 44 of the Big Book: "If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic."

Today I am more active and of service in Alcoholics Anonymous than I have ever been in my life, which is how it has to be, because, "If I don't grow, I'll go [back out to the bottle]." And our cofounder Bill Wilson liked to say that a measure of anyone's sobriety is their increasing levels of responsibility and humility, so I constantly try to take on more responsibilities in A.A. to continue to grow spiritually. The more I give, the better and more rewarding my life gets. And with all this action and service to A.A., I am really just putting off drinking for one more day.

It's not a question of, "if I'll drink, but when, because my disease guarantees that I'll ALWAYS drink again. I know for me that like it says on page 33 of the Big Book, I will forever be a real alcoholic. But I have found a way out, a daily reprieve, that has also given me an incredible, awesome life of meaning and purpose! Thank you for letting me share.

Anonymous

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NOCCO Board Oversight Committee: Leesa H. & Dave O.

Sharing about Step 4

Taking a personal inventory 'very revealing'

I was carrying a lot of pain and shame when I got sober. I had no idea how many resentments I really had. Doing my 4th step was very telling and revealing.

I had been blaming lots of people for lots of things but never getting any resolution for anything. Everything kept building up inside me. Resentments were like poison to me, but I was expecting everyone else to die or at least leave me alone.

My resentments were killing me and I had used alcohol to numb the pain I was causing myself.

It took all of the faith and trust I developed in the Program by working the first three Steps, to get enough courage to be honest and willing to really search for the truth about myself in the Fourth Step — to be able

to face and walk through my fear — to be able to reach out and ask my sponsor for advice, encouragement and his support.

My sponsor suggested that I make my list just as it is in the Big Book of Alcoholics Anonymous, so that is what I did. I kept it simple and direct, and still had over 50 pages of handwritten resentments/names, causes and effects.

As the Big Book says, I was now armed with some big chunks of truth about myself and ready to give them to God and another human being. This set me up for my 5th step, which will require another sharing of my thoughts. I recommend to anyone that they do the Steps in order. They are numbered for a good reason.

Eddie A.

Sobriety Date: October 7, 1986

I have been sober 27 years and am fully involved in Hospitals and Institutions work. My devious habit of burglaries, grand thefts, and shop-lifting during my first three years of sobriety began to bother me greatly because I had not taken Step 4 — I was afraid if I talked about my career as a thief, I would be put in prison.

I finally talked to my sponsor about this failure to work Step 4. He told me it was alright to steal but that I had to return the stolen goods afterward. I told him that the problem would get me arrested. We talked a long while about my inventory and when it was over, I thought "Is that all there is?"

Since doing Step 4 in my third year of sobriety, I have not committed a felony. This is all due to Step 4, which has given me a new freedom and a new happiness. I have also received a few promises and also have worked the traditions. I am so grateful for my sobriety.

Plumber Jim T.

Captured Quips from California Jack

Wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, page 85 "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe."

I'm tired of paying the high price for low living.

In order to get something to coast it has to go downhill.

Face it. You don't plea bargain with God.

If you're going to worry, don't pray. If you're going to pray, don't worry.

Eat a box of Ex Lax then try to exert your willpower and see what happens.

You find out what you really believe when the going gets hard.

Do what you're supposed to do until your ass falls off. And if does; so what? You learn to sit differently.

The stuff I've taken for granted, I've lost.

There are no coincidences. God just didn't stick around too show off.

If you feed the bad dog it's gonna win.

When you start feeling separated from your higher power, remember; He didn't go anywhere!

You don't need to worry so much about being hit by the bus if you remember not to lie down in the street. Oh, and just for fun: You might have a drinking problem if: (forgive me)

- The parking lot seems to have moved while you were in the bar.
- You cling desperately to the lawn to keep from being flung off the earth.
- You can focus better with one eye closed.

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