

# Anonymous Times

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## Discussing Miracles Close to Home

*For this alcoholic, wonders of sobriety began at first meeting in 1985*

It came to mind one day that most people talk about big miracles like cancer being cured. I get to see and experience so many situations that are just as significant to me as having cancer cured. I am not saying that having cancer cured wouldn't be a real miracle, because I lost my mother to cancer when I was three and half years old. That was a great personal loss.

First things first as they say in recovery, we need to look at the problem first, then the solution and program of action.

The miracle of my starting to write about this subject came about one day when I was trying to get a phone number for one of the many girls I sponsor. I went to my phone book to write down the number for my girl. Her name starts with "M". I opened the book and there was a piece of yellow tablet paper folded up. I opened it up and found the star of this story. I have no idea when I began the story. I read the first part to my husband, and he said that it sounds professional. So here I am at the computer on a very warm summer's day communicating My Little Miracles to you.

When we have ruined our lives trying to "Do Our Own Thing," as the saying goes today, when we suddenly wake up out of this fog that we have been in and see the devastation we have caused all around us, we realize that we have been doing something wrong. I heard a lady say, "I did my own thing and tossed all my problems and cares in the back of my station wagon."

Then one day a few years later I "woke up" and put my foot on the brakes and all my problems and cares came over the front seat right into my lap. Like her, I felt hopeless and helpless.

**Continued on page 2**

## Mountain A.A. Conference to be held July 31-Aug. 1

The 7<sup>th</sup> Annual Mountain A.A. Conference with Al-Anon Participation will be held July 31 and August 1 in Big Bear Lake.

The event will feature A.A. and Alanon speakers, marathon meetings, a "Long-Timers Meeting," picnic lunch and dance with a live band. Saturday's activities will take place at the Performing Arts Center, 39707 Big Bear Blvd., Big Bear Lake. On Sunday, a pancake breakfast will be held at the Big Bear Discovery Center, 40971 North Shore Dr., Fawnskin.

Additional information is available at [www.mountain-conference.com](http://www.mountain-conference.com).

## NORTH ORANGE COUNTY CENTRAL OFFICE

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## Tradition 10 Quote

*Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be brought into public controversy."*

*Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our fellowship ever publicly taken sides on any question in an embattled world.*

*From 12 Steps and 12 Traditions, page 176.*

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# NOCCO January-May Revenue and Expenses

Revenue and Expense Report thru May 2010

| Revenue                            | Jan-May-10   | Jan-May -09  |
|------------------------------------|--------------|--------------|
| Sales - AA Books & Literature      | \$18,324.48  | \$15,338.05  |
| Sales - Chips and Non-AA           | \$12,938.46  | \$15,589.29  |
| Donations - Groups and Individuals | \$27,393.90  | \$20,178.05  |
| Fundraisers                        | \$0.00       | \$700.00     |
| Interest                           | \$23.61      | \$216.42     |
| Total Revenue                      | \$58,680.45  | \$52,021.81  |
| Cost of Goods                      | \$22,046.58  | \$20,624.56  |
| Gross Profit                       | \$36,633.87  | \$31,397.25  |
| Operating Expenses                 |              |              |
| Salaries                           | \$16,500.00  | \$16,500.00  |
| Bank Charges                       | \$45.00      | \$19.00      |
| Bad Checks                         | \$201.60     | \$0.10       |
| Cash short/(over)                  | (\$14.36)    | \$0.00       |
| Depreciation                       | \$179.05     | \$257.75     |
| Insurance-General Liability        | \$2,163.51   | \$1,445.15   |
| Insurance - Work Comp              | \$841.89     | \$289.85     |
| Insurance - Medical                | \$1,324.00   | \$1,330.00   |
| Legal & Accounting                 | \$1,225.00   | \$1,075.00   |
| Newsletter Cost                    | \$1,022.27   | \$995.62     |
| Office Supplies                    | \$1,680.70   | \$2,101.14   |
| Postage                            | \$88.31      | \$156.70     |
| Penalties on Tax Payments          | \$136.45     | \$0.00       |
| Office Rent                        | \$7,750.00   | \$7,918.00   |
| Equipment Rental                   | \$679.04     | \$718.70     |
| Repairs & Maintenance              | \$0.00       | \$50.00      |
| Seminars & Education               | \$60.00      | \$0.00       |
| Taxes- Payroll                     | \$1,388.11   | \$1,374.24   |
| Taxes- Annual Filings              | \$60.00      | \$50.00      |
| Telephone                          | \$1,707.27   | \$1,493.09   |
| Utilities                          | \$808.90     | \$1,035.50   |
| Volunteer Expenses                 | \$0.00       | \$354.24     |
| Total Operating Expense            | \$37,846.74  | \$37,164.08  |
| Operating Income\ (-) Loss         | (\$1,212.87) | (\$5,766.83) |
| Other Income/(Expense)             | \$0.00       | \$0.00       |
| Net Income\ (Loss)                 | \$1,212.87   | (\$5,766.83) |

## Miracles ... From Page 1

Only then was I able to "surrender" all these situations to a "power greater than myself whom I choose to call the Divine.

This station wagon story fits in here really well – it enables me to tell you of one of the miracles that happened to me on Thursday morning August 1, 1985.

One more time I found myself waking up and not knowing where I was or how I got there. I looked around and I was in the back of my station wagon with Jack-in-Box food all around me. I realized it was a work day and I must get up and try to figure out where I am and how to get home so I can go to work.

I discovered that my glasses were smashed in the back seat of my car. I pick them up and put them on my face so I could find my way home. When I finally arrived home my roommate was mad at me again for drinking alcohol and driving my car from Westminster to Anaheim Hills. The distance between the two cities is about 25 miles.

The reason she was so mad at me is that I had been arrested and put in jail a few months earlier for driving under the influence of alcohol. I had promised her that I wouldn't do this again – and there I was one more time coming home smelling of alcohol and not knowing how I got from one place to another.

I had been drinking and driving in a blackout for 20 years. I had driven my car off a sixty foot cliff into a stream. The person driving the car and I walked away from the accident with minor bruises. I also left a bar one night in a blackout and don't know what I did or where I went for over an hour until I came home and the person I was living with came around to the driver's side of my car and the whole side of my car was smashed in and the driver's side door wouldn't even open up. He said, "Where have you been?" "What did you hit?" I could not answer those two questions.

So the day I came home and my roommate was so mad at me, I began to believe in miracles happening in my life on a daily basis. I went up stairs and got ready for work and left the house mad at my friend who was only trying to help me to not get in trouble again or kill myself or someone else.

I got to work and sometime that after- **Continued on page 3**

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# Fear Ruled Alcoholic's Life

*It took sobriety for this alcoholic to believe she was good enough, find God and get her family back*

Fear ruled my life for as far back as I can remember. The voice of fear was loud in my head constantly shouting at me. This voice told me that I wasn't good enough. It said I was different. The voice of fear drove me into isolation.

I recall being dropped off at a preschool scared to death. I couldn't talk to other children. My thinking became very self centered and I was constantly afraid of what others thought about me. I became a people pleaser out of that fear. I lived in constant fear as the introverted isolated child standing by the fence or sitting in the trees.

My people-pleasing skills developed into telling lies about myself to get people to like me, doing favors for and giving things to people in an attempt to win their friendship.

We moved when I was 15. Suddenly, I was in a new school and had no friends. The first week I met a girl and

she invited me home after school. Her sister was in a room filled with people drinking and partying and they invited me to partake. I was scared, but I wanted to fit in. I got drunk and loaded and suddenly I didn't care about anything.

My fear had been taken away, and I was laughing and felt a part of these new-found friends. I loved how I felt and began to chase that feeling every chance I could. I had arrived and I had found a sense of belonging I had never felt before. I lived for the weekends to drink and party.

The car got some dents, I would wake up with bruises or in strange places, but I was having a good time. I went to college, graduated with a few degrees and went into a great profession. Life was good! I bought a house, got married, had a child and my career was taking off.

My alcoholism progressed over the

years, and the voice of fear returned. It was louder than ever. It told me that "I wasn't a good wife, housekeeper, mother or person." It told me that I was simply not good enough to please anyone.

I became isolated. I ignored and lost my family, my friends, my job and any self worth I had. I could no longer function as a responsible person. I could not eat, sleep, open mail, pay bills or even speak. My feelings were so intolerable to me that I was willing to give up everything for the comfort of being in oblivion.

I became desperate as my alcoholism had brought me to my knees. I went to see a doctor who specialized in alcoholism and addiction and begged him to help me. I paid a great deal of money for a treatment that failed. He gave me a Big Book and introduced me to AA. He said it was my only hope. I started to feel safe at meetings; the voice was quiet at meetings. I kept going to meetings and identified with a lady who I asked to sponsor me.

Thus began an amazing journey that quiets that **Continued on page 12**

## Miracles ... From Page 3

noon, I remembered that two days earlier a girl I met in the 12 step meeting I went to had given me her phone number. I called her. She said, "Come over to my house this evening and I will take you to a meeting." The miracle is that I did what a 21-year-old girl told me to do.

That meeting changed my life completely. What I felt and saw that day was that the people had similar things going on in their lives and they were laughing and sharing that it would be okay. I have not had to take a drink since that day 24 years ago.

The Language of Love was in the room at that 12 step meeting, which was held in a church school. The children had made hearts that said "Love", and they were hanging from the ceiling. The wind was coming through the windows and moving the hearts. I felt comfortable and safe for the first time in my life. Second, the people exuded "Love" with their sharing and with the attention they were giving to me and the other people in the room. That was my first miracle.

The next miracle took place on my 30th day of my sobriety while at a Young People's 12 step convention in Palm Springs. I went to a meeting and the leader of the meeting was 13 years old and had two years of sobriety. Two years prior to this she was living in the streets selling herself for drugs and alcohol. She had been doing this since she was only six. I told myself then that if this little girl can stay sober, I can too. I was 40 years old at that time.

She also read something at the end of the meeting that told me what my primary purpose was going to be for the rest of my life. That statement was that I needed to stay sober and help other people to stay sober. I am still doing this today, 24 years later. That is the miracle of that day.

I came home with a fire inside of me to help others, and I didn't even realize that the Divine was already having me do that, because I began working at the office of the 12 step program that I had joined. I **Continued on page 5**

## UPCOMING EVENTS!

### AA Meeting for Veterans

An Alcoholics Anonymous meeting for military veterans has been launched at the North Orange County Veterans Center, 12453 Lewis St., Ste. 101, in Garden Grove Thursdays from 2-3:30 p.m.

The meeting, which began in June, provides an opportunity for those who served in any branch of the armed services to share their experience, strength and hope with one another as they recover from alcoholism.

For more information, call (714) 776-0161.

### Woman to Woman Seminar will be September 24-26

The 36th Annual Woman to Woman Conference for recovering alcoholic women will be held Sept. 24-26, 2010 in San Diego.

The event, to be held at the Dana on Mission Bay, features a waterfront setting, topic discussion meetings, dynamic speakers, Friday and Saturday night banquets and a continental breakfast on Sunday.

Meditation, yoga and spa services also will be available.

For additional information, contact Kathy Mc K-J at (714) 404-6735 or online at [www.womantowomansandiego.com](http://www.womantowomansandiego.com).

### CALL FOR VOLUNTEERS

Since the last issue,  
Central Office took 904 calls:

478 from men and  
426 from women.



Keep up the great work — YOU make a difference!

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

| <b>Sunday</b>    |           |   |
|------------------|-----------|---|
| Fullerton        | 6 p.m.    | 530 W. Commonwealth Ave.  |
| Orange           | 7 p.m.    | 261 N. Glassell@Chapman<br>(The Ugly Mug)   |
| <b>Monday</b>    |           |   |
| Irvine           | 7:30p.m.  | Wild Bunch Men's Step Study<br>5001 Newport Coast Dr.<br>Mariners Church (Port Kid Zone<br>room)                                  |
| <b>Tuesday</b>   |           |   |
| Anaheim Hills    | 7:30 p.m. | Step Study/Kaiser Lakeview-Bsmt.  |
| Dana Point       | 7:30 p.m. | Campfire Beach Meeting (Win-<br>ter) 34451 Ensenada Pl. @ D.P.<br>Harbor Dr. - Boat House (Youth<br>Center) (November thru March) |
| <b>Wednesday</b> |           |   |
| Irvine           | 7:30 p.m. | Wild Bunch Beginner Q&A<br>18842 Teller Ave. @ Campus<br>(New Song Church)  |
| Garden Grove     | 8 p.m.    | Young People's Meeting<br>7212 Chapman Ave. @Knott Ave.<br>(Serenity Hall) 797-G4   |
| Yorba Linda      | 8 p.m.    | Topic Discussion 5320 Richfield Rd.   |
| Newport Beach    | 8:30 p.m. | Topic Discussion, 414 E. 32nd St.   |
| <b>Thursday</b>  |           |   |
| Costa Mesa       | 8 p.m.    | Moorehead Podium Call-up<br>2476 Newport Blvd. @ Fair<br>(Oddfellows Hall)  |
| Laguna Beach     | 8 p.m.    | Romper Room Beginners<br>20456 Laguna Canyon Rd.  |
| <b>Friday</b>    |           |   |
| Anaheim Hills    | 8 p.m.    | Discussion-411 Lakeview Ave. @ 91<br>Fwy. (Medical Building, Base-<br>ment, Rm # B-4)   |
| Huntington Beach | 7 p.m.    | Seacliff, 225 7th St., Garage #1<br>@ Olive   |
| Irvine           | 7:30 p.m. | Boys in Sobriety<br>4400 Barranca & Culver  |

# CALENDAR of EVENTS

## July

Sun, 7-4 – 4th of July BBQ with DJ Karlos and reggae music. Fullerton Alano Center, 530 W. Commonwealth, Fullerton. Food served from 5-7pm. Tickets \$10 or \$8 for club members. Potato salad contest entries should be there at 4:45 p.m. Downtown firework show after dinner.

Sat., July 17, 56 Years of Recovery Tahoe/Truckee Barbecue beginning at 10 a.m. B.Y.O. barbecue. Grills will be fired at noon. Speaker meeting at 3 p.m. Park is located off Highway 267 in Tahoe Vista, CA. Call 775-355-1121 for more information.

Also at the Fullerton Alano Center, Karaoke every 2<sup>nd</sup> and 4<sup>th</sup> Saturday night of the month from 9:30 p.m. until 11:45 p.m.

## August

Fri, 8-13 – Sun 8-15, 25th Annual Alcoholics Anonymous Summer in the Sierras Evergreen Conference Center, Oakhurst. Cheryl C. (559) 658-7723 or [beadblossoms@yahoo.com](mailto:beadblossoms@yahoo.com).

Fri, 8-6 - Sun., Aug. 8, 2010 Gem State Roundup, Boise, ID. Speakers, panel discussions/workshops, raffle/auction, banquet, dance Karaoke. DoubleTree RIVERSIDE Hotel, 2900 Chinden Blvd., Boise, ID 83714. For more information, visit [www.gemstateroundup.org](http://www.gemstateroundup.org).

Fri, 8-27 - Sun 8-29 2010 Pacific Regional Forum with U.S./Canada General Service Board of Alcoholics Anonymous. Torrance Marriott South Bay Hotel, 3635 Fashion Way, Torrance, CA 90503. No registration fee. (310) 316-3636.

## Support Your Meetings!

*"Every A.A. group ought to be fully self-supporting, declining outside contributions."*  
- 12 Steps and 12 Traditions, page 160



Remember to support your meetings when the 7<sup>th</sup> tradition basket is passed around. Remember, too, that a contribution to your meeting also means support for North Orange County Central Office.

Times are tough all over. They'd be more difficult without the abundance of meetings we have in Orange County.

## BIRTHDAY DONATIONS

|   |          |
|---|----------|
| Cathy M.  | 32 years |
| Craig M.  | 30 years |
| Jean P.   | 25 years |
| <i>(in memory of Big John and Merrill B. "Mr. President")</i> |          |
| Dave O.   | 21 years |
| Sandy   | 21 years |
| Counterfeit Frank   | 21 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 email: [officemanager@aanoc.com](mailto:officemanager@aanoc.com).

### Miracles ... From page 3

did that on the third day of my sobriety when I went to buy the book for the program that I had joined.

There was a lady volunteering her time there who said, "If you want to stay sober, you will put your name on the volunteer board." So I did put my name on the board, and I showed up on Thursday, August 7, 1985. I didn't know what to say or do, but my soon-to-be best friend Alan knew all about the office. I just did what he told me to do and my life began to get better.

I met my first sponsor in the Central Office in Fullerton. She was the office manager at the time. She was my kind of woman she just told it like it is in no uncertain terms. You always knew where you stood with her and that is the way I like it, straight forward and to the point. I received my foundation for service work at this Central Office. I volunteered there for quite some time and I still go there to visit. If they need help, I sit down and answer the phones and greet people who are just where I was when I came into the program.

The commitment that I had at Central Office for years kept me out of trouble and gave me a solid foundation in recovery. I will be forever grateful for the time I spent working there with the other volunteers, for all the 12 step calls we took and for the people who were helped by the Fullerton Central Office of AA.

God Bless All Of You,

Charlotte B. (Bubbles #2)

## Putting New Spin on an Old Acronym: WHOA

Do we have room in our lives for a new spin on an old acronym? W.H.O.A. stands for Willingness, Honesty, Open Mindedness, Attitude.

I had to become willing to be sober before I could get sober. Some people find sobriety during their first introduction to AA; many do not. Such was my case. A lot of court cards, pleas from family members, etc., were unsuccessful. I never could find the time to go to a meeting; truth is, I never wanted to. On one occasion, I thought I should go to a detox, so I called one of the local drying out places. They told me they had a bed and that I should hop on a bus and get down there. I did not have the willingness to do that at that time. Besides, I thought they should pick me up.

A few years later the willingness to get sober came, and I rode many buses to many meetings.

Once sober, I could start working on honesty -- 17 yrs later and that's still a work in progress. It started with myself: yes, I am an alcoholic, I have destroyed my life, it is my own fault and it is my

responsibility to repair it. Then I did a fourth and fifth step, was as honest as I cared to be at the time and a year later told my sponsor everything. Newcomers sometimes get hung up on this issue; my sponsor and a few close friends know every single dirty rotten thing I have done. From the podium and in open meetings, we share in a general way. I have also found that it seems to make me more comfortable when I own up to my mistakes at work and in my personal relations.

Open mindedness. Well, apparently there are other people on this planet with ideas, goals, etc. Again this started with a sponsor. My sponsor was 10 years sober when I happened along, and his ideas and mine usually were not in sync. It took a little while to realize that if I wanted to get out of the wreck that was my life, I might want to accept some outside input.

After awhile, I realized that the things that are important to you are just as important to me. This is also a work in progress for me. I don't have all the answers for everybody, and sometimes

I can hear answers for myself from unexpected sources if I listen.

Attitude. I have noticed in myself and in some of those around me that alcoholics often have a chip on their shoulder. Most of us experienced loneliness to some degree in our drinking. So we get sober and for the first 30 days, everybody claps for us and tells us to keep coming back. Then they want us to start working steps, they want us to get to meetings and to get commitments at those meetings. We don't think those about us appreciate all the hard work we are putting in to saving our own lives.

We feel the need to push our agendas on other people and get upset when they do not fall in line. Again, this is a work in progress for myself. I have discovered that I am the one who loses at home when I cop an attitude when my wife and daughter don't live up to my sometimes impossible expectations. As I learn from time to time, they have minds, goals and aspirations of their own. If I shut them out, I end up alienating myself from those who are closest to me.

**Paul P.  
Fullerton**

## A.A. History

### Questions and Answers on Sponsorship

**WHAT IS THE ROLE OF A SPONSOR?** It is suggested that anyone interested in getting or being a sponsor read the pamphlet **QUESTIONS AND ANSWERS ON SPONSORSHIP**.

Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: "You need another alcoholic just as much as he needs you!" He found Dr. Bob, who had been trying desperately to stop drinking and out of their common need AA was born.

In AA, sponsor and sponsored meet as equals, just as Bill and

Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares his experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through AA.

**HOW DOES SPONSORSHIP HELP THE NEWCOMER?** It assures the newcomer that there is at least one person who understands the situation fully and cares – one person to turn to without embarrassment when doubts, questions or problems linked to alcoholism arise.

**HOW SHOULD A SPONSOR BE CHOSEN?** An old AA saying suggests, "Stick with the winners." There are no specific rules, but a good sponsor probably should be a year or more away from the last drink – and should seem to be enjoying sobriety.

**WHAT SHOULD A NEWCOMER EXPECT FROM A SPONSOR?** A sponsor is simply a sober alcoholic who helps the newcomer solve one problem

*Continued on page 10*

## SPEAKER MEETINGS: JULY/AUGUST 2010

Anonymous Times would like to publish your list of speakers for September/October 2010. Deadline for publication is August 15, 2010. Email: [aaletters@gmail.com](mailto:aaletters@gmail.com).

Friday  
8 p.m. St. Jude Speaker  
St. Jude Hospital, Erickson Building  
101 E. Valencia Mesa, Fullerton, CA  
*Come hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Friday night.*

Friday  
8:00 p.m. Downtown Fullerton Speakers  
109 E. Wilshire, Fullerton 92832  
July 2 Gary K  
July 9 Annika G  
July 16 Kristine A  
July 23 Melanie A  
July 30 John L  
Aug. 6 Don E  
Aug. 13 TBD  
Aug. 20 TBD  
Aug. 27 TBD

Friday  
8 p.m. La Habra Speaker  
631 North Euclid St., La Habra, CA 90631  
July 2 Sean M., Mira Loma  
July 9 Jewel Y., Los Angeles  
July 16 Cliff R., Oceanside  
July 23 Jeff N. El Toro  
July 30 Plumber Jim., Orange  
Aug. 6 Kitty R., Orange County  
Aug. 13 Bol L., Glendale  
Aug. 20 TBA  
Aug. 27 TBA

Friday  
8:00 p.m. No Puffers Speaker  
395 S. Tustin St., Orange  
July 2 Robert H., Anaheim  
July 9 Emily H., Santa Ana  
July 16 Manny A., Huntington Beach  
July 23 Jane O., Brea  
July 30 Charlotte B., Cypress  
Aug. 6 Pete M., Orange  
Aug. 13 Laurie B., Anaheim  
Aug. 20 Steve B., Anaheim  
Aug. 27 TBD

Saturday  
8:00 p.m. Oddfellows Speaker  
109 E. Wilshire, Fullerton 92632  
(First Christian Church)  
July 3 David B., San Clemente  
July 10 Darrin R., G.G.  
July 17 Dennis D., La Palma  
July 24 Julie M., Laguna Woods  
July 31 Bill W., Yorba Linda  
Aug. 7 Mickey B., Santa Monica  
Aug. 14 Lynn D., Fullerton  
Aug. 21 Casey V., Brea  
Aug. 28th Paul J., Placentia

Sunday  
10:30 a.m. Fullerton Alano Center  
530 W. Commonwealth, Fullerton  
July 4 TBA  
July 11 Mike Ha., Huntington Beach  
July 18 Rosie T., Lakewood  
July 25 BIRTHDAY SUNDAY  
Aug. 1 TBA  
Aug. 8 Kenny D., No. Hollywood  
Aug. 15 Carolyn S., Placentia  
Aug. 22 TBA  
Aug. 29 BIRTHDAY SUNDAY

Sunday  
10:30 a.m. Western Medical (24 Hr. Speaker)  
1025 S. Anaheim Blvd., Anaheim  
July 4 George R., Fullerton  
July 11 Johnny G.  
July 18 Cathy M., Yorba Linda  
July 25 Sammy C., Fullerton  
Aug. 1 Pete K., Anaheim  
Aug. 8 Scott J., Placentia  
Aug. 15 Ed G., Placentia  
Aug. 22 Osmar  
Aug. 29 Traci W., Fullerton

Sunday  
8:00 p.m. Fireside Speaker Meeting  
8150 Knott Ave., Buena Park  
(Ehlers Community Center)  
July 4 Gilbert, Riverside  
July 11 Adam T., Santa Monica  
July 18 Dawn M., Laguna Hills  
July 25 Don L., Simi Valley  
Aug. 1 Don M., Orange  
Aug. 8 T.B.A.  
Aug. 15 T.B.A.  
Aug. 22 T.B.A.  
Aug. 29 Jimmie M., Altadena

Thursday  
8 p.m. Pioneer Speaker  
202 W. Broadway, Anaheim  
July 1 Destiny  
July 8 Nick M.  
July 15 Tera E.  
July 22 Theresa P  
July 29 Greg C.  
Aug. 5 Derek  
Aug. 12 Darrell and Kathy  
Aug. 19 Tony R.  
Aug. 26 Mary O.



Show up and hear the  
message of recovery

## NOC Central Office BULLETIN BOARD

| <b>H&amp;I</b><br><b>2ND SUNDAY</b><br><b>July 11 and Aug. 8</b>   | <b>NOCPIC</b><br><b>2ND WEDNESDAY</b><br><b>July 14 &amp; Aug. 11</b>  | <b>INTERGROUP</b><br><b>2ND WEDNESDAY</b><br><b>July 14 &amp; Aug. 11</b>   | <b>VOLUNTEER MEETING</b><br><b>Sept. 12</b><br><b>at 10 a.m.</b>   |
|--|--|---|--|
| <p><b>Orange County Hospitals and Institutions Committee</b></p> <p>2nd Sunday of each mo.<br/>Institutions Committee:<br/>4-5 pm<br/>(Orientation at 3:15 pm)</p> <p>Hospitals Committee:<br/>6-7 pm<br/>(Orientation at 5:15 pm)<br/>Garden Grove Alano Club<br/>9845 Belfast<br/>Garden Grove<br/>Call (949) 278-5173</p> | <p><b>North Orange County Public Information Committee</b></p> <p><i>Learn about sharing the message with Non-A.A. people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO<br/>1111 E. Commonwealth, Ste. D, Fullerton<br/>If you have questions, call Brian K. at 714-658-4581</p> | <p><b>North Orange County Intergroup Association</b></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><b>CENTRAL OFFICE</b><br/>holds a quarterly volunteer meeting on the 2nd Sat. every three months.<br/><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> |

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

### Serenity in the Pines Bar-B-Q

The Third Annual Idyllwild AA Bar-B-Q will be held Saturday, August 14, 2010 at the Idyllwild Town Hall, 25925 Cedar St., Idyllwild.

The event begins with lunch at 11 a.m. and will include a speaker at 2 p.m., birthday celebrations at 3:30 p.m., a raffle at 4 p.m. and closing at 6 p.m. Hamburgers, hot dogs, vegetable side dishes, music, games and fellowship will be featured.

Attendees should bring a side dish or dessert. For more information, contact [jjones@Idyllwildmountain.com](mailto:jjones@Idyllwildmountain.com).

***Call Roxy at Central Office to order your specially priced birthday chips at least one week in advance.***

***(714) 773-4357***

### 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: [A.A.letters@gmail.com](mailto:A.A.letters@gmail.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 A.A. community.



## Meeting Directory Updates

Has your meeting changed location? Is it no longer in existence?

Contact North Orange County Central Office immediately at (714) 773-4357 so that updated information can be included in the quarterly meeting directory.

## Central Office Contributions

Attention meeting treasurers: When making contributions to Central Office, be sure to include your meeting name, time and location, as well as a contact phone number.

### Alcoholic Finds "Answer" and Lasting Sobriety in AA

*This drunk had to drink to survive - but why?*

I had to find an answer to the "Why" question in order to remain sober and free! Up until the day I entered the blessed doors of Alcoholics Anonymous my "why" in life was very clear, I had to drink to survive.

This was my singleness of purpose. It wasn't family, work, friends, career, health, reputation or my spiritual well-being. I was hopelessly dependent on the next drink, I was bankrupt body, mind and spirit.

After my first AA meeting another member asked, Brad "why" are you here? From that moment to this moment 32 years later the answer to the "why" question has been a pivotal key to my longevity in AA.

Even though I cannot claim sobriety since that day, I can share that I have been clean and sober for 25 of the last 32 years. My current sobriety date is 2/12/2000. The few times that I decided to get drunk rather than remain sober I strayed away from meetings and forgot my reason "WHY". Before I got sober this last time, my longest stretch of sobriety was eight years, from 1984 to 1992. There were various other stretches of sobriety as well.

My reason why is very clear to me and has been since 1978.

I do not want to be remembered as a drunk like my father, grandfather and others in my family where their only mark on this planet was destruction, pain, abuse and disgrace. I want dignity, to be a good husband, father, son, employer, friend, citizen and a man that will be remembered because he lived his life helping others, unselfishly.

In order for my life to be transformed I had to follow the principles outlined in the twelve steps and traditions of Alcoholics Anonymous. I was told that I could not fail if I followed the suggestions clearly outlined in the Big Book.

It was suggested that I go to meetings, get a sponsor and one day at a time don't drink or use. I did what was suggested and my life quickly and without question got better.

Most importantly I was able to answer the question of "why", why is sobriety something worth achieving no matter what it takes. I keep my reasons on the front burner everyday. I know what my why is and believe that it is a reason greater than me.

It is the connection I have with my God that defines my purpose and gives me the choice to take that drink or drug or to do the work necessary to remain sober and free.

So, you might wish to ask yourself what is your "why" and is that reason greater than self.

Easy Does It!

**Karate Brad**

# Meeting Donations April-May 2010

| City          | Day                 | Meeting                       | Apr-10 | May-10 |
|---------------|---------------------|-------------------------------|--------|--------|
| Anaheim       | Thursday 7:30 pm    | Men's we got a coffeepot Stag |        | 35.00  |
| Anaheim       | Monday 5:30 pm      | Primary Purpose               | 50.00  |        |
| Anaheim       | Victor House        | Tuesday night participation   |        | 60.00  |
| Anaheim       | Tuesday 6:30 pm     | Step 6 7                      | 30.00  |        |
| Anaheim Hills | Monday Night        | Experience, Strength, Hope    | 60.00  |        |
| Anaheim Hills | Saturday 6 pm       | Winner's Circle               | 70.00  |        |
| Anaheim Hills | Saturday 8:30 am    | It's In The Book              | 38.07  |        |
| Anaheim Hills | Thursday 7 pm       | Men's Stag, Kaiser            | 63.00  |        |
| Anaheim Hills | Tuesday 7:30 pm     | Women's Big Book & Step       | 95.00  |        |
| Anaheim Hills | Wednesday 7:30 pm   | Big Book Study                | 72.06  | 75.00  |
| Brea          | Friday 5:30 pm      | Happy Hour BB Study           |        | 100.00 |
| Brea          | 10:00 AM            | Joe and Charlie workshop      |        | 105.00 |
| Brea          | Monday 10 am        | Women's Discussion            | 50.00  |        |
| Brea          | Monday 5:30 pm      | Women's Happy Hour            | 85.00  |        |
| Brea          | Saturday 10:30 am   | Women's Step Study            | 89.00  |        |
| Brea          | Saturday 5:30 pm    | Jerry L. OC Conv. Donation    | 63.00  |        |
| Brea          | Thursday 5:30 pm    | Living in the Solution        | 100.00 |        |
| Brea          | Thursday 10:30 am   | step Sisters                  | 33.04  |        |
| Brea          | Tuesday 5:30 pm     | Women's 10th Step             |        | 89.00  |
| Brea          | Wednesday 5:30 pm   | As Bill Sees It               | 61.00  | 61.00  |
| Buena Park    | Couples             | couples Group                 | 35.00  |        |
| Buena Park    | Saturday PM         | Sat Nite Non-Smoking          | 45.00  |        |
| Buena Park    | Thursday 8 pm       | Runamucks Men's Stag          | 80.00  |        |
| Cerritos      | 11th step           | Sunday 6-7pm                  | 100.00 |        |
| Santa Ana     | Donald P.           | Unkown                        | 35.00  |        |
| Costa Mesa    | Saturday 7 am       | Daily Reflections             | 20.00  |        |
| Costa Mesa    | Thursday            | Rush Hr Big Bk Alano Club     | 50.00  |        |
| Cypress       | 5-6 pm              | Sun. Happy Hour               | 50.00  |        |
| Cypress       | Friday 8 pm         | Lunatic                       | 48.00  |        |
| Cypress       | Monday 8 pm         | Topic Discussion              | 20.00  |        |
| Cypress       | Tuesday 5:30 pm     | Happy Hour BB Study           | 60.00  |        |
| Cypress       | Tuesday 7:30 pm     | Big Book Study                |        | 100.00 |
| Cypress       | Saturday 10 am      | womens BB-!@ 12               | 40.00  |        |
| Cypress       | Friday 8 pm         | Cypress Fiday nite Travel;er  | 25.00  |        |
| Fullerton     | 08:00 PM            | Sunday Harley Men's Stag      | 37.00  |        |
| Fullerton     | Daily 6 am          | Att.Adjt.FAC                  |        | 90.00  |
| Fullerton     | FAC WED.200pm       | Women's Coffee Talk           |        | 35.00  |
| Fullerton     | Patrick K.          |                               |        | 400.00 |
| Fullerton     | Monday 6 pm         | Mens Lemon at Wilshire        |        | 630.00 |
| Fullerton     | Monday 6:30 pm      | Women Living in the Solution  | 60.00  | 25.00  |
| Fullerton     | Paul B-Day          | Central Office                | 14.00  |        |
| Fullerton     | Anonymous           | Robert Carr                   | 50.00  |        |
| Fullerton     | Saturday 6 pm       | Sat Night Live                | 50.00  |        |
| Fullerton     | Saturday 8 pm       | Odd Fellows                   | 50.00  |        |
| Fullerton     | Saturday 9:30 am    | Feelings-Fullerton Alano      | 30.00  | 50.00  |
| Fullerton     | Saturday 2 pm       | Hot Topics                    |        | 37.50  |
| Fullerton     | Sunday 10:30 am     | Speaker Alano                 | 40.00  |        |
| Fullerton     | Sunday 5 pm         | Participation, Wilshire       | 25.00  |        |
| Fullerton     | Faithful Fivers     | Colleen B.                    | 25.00  | 25.00  |
| Fullerton     | Thursday Men's Stag | FAC 6pm                       |        | 35.00  |
| Fullerton     | MO's Music          | Monday 6pm                    | 35.00  |        |

| City         | Day               | Meeting                    | Apr-10 | May-10 |
|--------------|-------------------|----------------------------|--------|--------|
| Garden Grove | Thursday 10 am    | Over 40 Discussion         | 30.00  |        |
| La Habra     | Friday 8 pm       | Beginners Basic            | 100.00 | 100.00 |
| La Habra     | Sunday 10:30 am   | Participation Meeting      |        | 112.00 |
| La Mirada    | Mens              | Big Book Study             | 40.00  |        |
| Los Alamitos | ALL               | Surrender is Freedom       | 92.00  |        |
| Orange       | Friday 6:30 am    | Smashing Donuts            | 100.00 |        |
| Orange       | Saturday 7 am     | Not a Glum Lot             | 60.00  | 60.00  |
| Orange       | Wednesday 5:30 pm | Rush Hour, Friendship Club | 70.00  |        |
| Placentia    | Monday 6:30 pm    | Beginners' Sober Start     | 50.00  | 60.00  |
| Placentia    | Monday 8 pm       | Unmanageables              |        | 60.00  |
| Placentia    | Sunday AM         | Right Start                | 70.00  |        |
| Villa Park   | 24 Hour Group     | Attitude Modification      | 181.36 |        |
| Whittier     | Monday 7 pm       | Womens Calamity            | 50.00  |        |
| Whittier     | Thursday 8 pm     | The Den                    | 20.00  |        |
| Whittier     | Tuesday 7 am      | Attitude Adjustment        | 50.00  |        |
| Yorba Linda  | ALL 6 am          | Attitude Modification      | 960.00 | 958.80 |
| Yorba Linda  | Friday 5:30 pm    | Happy Hour Big Book        |        | 30.00  |
| Yorba Linda  | Sunday 8:30 am    | Right Start                | 75.00  |        |
| Yorba Linda  | Tuesday 10 am     | Women only discussion      |        | 112.00 |
| Yorba Linda  | Thursday 8 pm     | 119601                     | 78.40  |        |
| Yorba Linda  | Wednesday 12 pm   | Noontimers                 | 90.00  |        |



## Sponsorship ... From page 6

– how to stay sober.

WHAT DOES A SPONSOR DO? A sponsor does everything possible, within the limits of personal experience and knowledge, to help the newcomer get sober and stay sober through the AA program.

Co-founder Dr. Bob said, " I spend a great deal of time passing on what I learned to others who want it and need it badly. I did it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in doing so I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it, I take out a little more insurance against a possible slip.

This material is taken verbatim from the AA pamphlet QUESTIONS AND ANSWERS ON SPONSORSHIP and just touches on the vast amount of information contained therein for the benefit of both sponsor and sponsored.

*Submitted by Jerry L.  
Brea*

## Thought for the Day

### ***Alcoholic only wanted to drink less***

When I first came to Alcoholics Anonymous, I only wanted to cut down on my drinking – I did not want to stop completely. Then I went to an AA Meeting and liked what was read - Chapter 5: “Our stories disclose in a general way what we used to be like, what happened, and what we are like now.”

I was reassured by the part where they talked about caring for the alcoholics still suffering. This was real cool to me! It laid out very simply what they wanted people to talk about when they shared in meetings.

Also, in the Twelve Traditions, it was said that “each group ought to be fully self-supporting, declining outside contributions.” That also resonated with me because outside contributions might be used to try and dictate what went on within AA, and if they didn’t get what they wanted, they could withhold contributions. By just passing the basket in meetings we retain our independence.

The first of the Twelve Steps stated that “we admitted we were powerless over alcohol, that our lives had become unmanageable.” This did not have any impact on me at

that time because I was unwilling to stop drinking. (But it does now, and has every day since my sobriety date of September 4, 1986.)

### ***When I first came to Alcoholics Anonymous, I only wanted to cut down on my drinking – I did not want to stop completely.***

After that meeting, I went up to one man and asked if AA could stop me from drinking.

He said, “No.” I had to first be willing to stop, and then AA could help me. I asked how. He told me to read the Big Book and do what it says. That would show me how to live a life without alcohol. And get a sponsor, he added, to help you understand what you are reading. He said the program really works!

And so it has for me now - for the past 23 years.

It is so important to follow the guidelines laid out for us in the Big Book, so as to lead by example for the newcomers.

George R.



## Hawaii Convention

### Nov. 3-Nov. 7, 2010

### Honolulu, HI

Hilton Hawaiian Village Beach Resort & Spa  
2005 Kalia Road, Honolulu, HI 96815

Make plans now to attend this annual event in the Aloha State. There will be plenty of fun, fellowship and sobriety. The event will feature AA banquets, golf and volleyball tournaments and, of course, meetings

of Alcoholics Anonymous and guest speakers.

Go to [www.annualhawaiiconvention.com](http://www.annualhawaiiconvention.com) for information about hotel and airfare discounts and to download registration forms.

## California Jack's Quips

### Wit and wisdom from Bill and Bob's friends

*From the Big Book of Alcoholics Anonymous, pg 103; "...our problems were of our own making. Bottles were only a symbol."*

Knowing why is the booby prize of life unless it gives you tools.

....My definition of sobriety is mind my own business!

You do excessive things and you get excessive problems.

....In my sobriety time has gotten tangible.

Hmmm. Sometimes growing up is the shits!

There's no sin in thinking; the sin is in the acting.

....I should have been fired 10 years ago and I've only worked there for 8!

Half pints availed me nothing.

I've been around long enough to know that I haven't been around long enough to know.

Your brain would have killed you a long time ago if it didn't need you for transportation.

It's hard to find a solution while trying to find someone to blame.

When I focus on the negative the negative grows.

.... Staying sober is easy when you know the problem.

Oh, and just for fun: You might have a drinking problem if: (forgive me)

The shrubbery's drunk from too much watering....

Your twin sons are named Barley and Hops.

Hey, 5 beers has just as many calories as a burger, screw dinner!

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



### Fear ... From page 3

voice of fear when I am doing the AA deal. The deal consists of taking on little jobs at my regular meetings, showing up on time, working the steps, following my sponsor's directions and, most importantly, working with others. I discovered and came to understand that practicing the AA principles brings me closer to my God, gives me peace of mind and strength to face life.

Today I believe I am good enough, I have God, my family back, my career and a host of friends.

I will continue to do this AA deal because it's given me a new way of living where I am happy, joyous and free most of the time.

I'm Janine, an Alcoholic