

Anonymous Times

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Chapter 2

Some Thoughts on “There is a Solution”

After many years of studying this chapter, I am convinced that this story could be more aptly titled, “There is a Spiritual Solution”. As I relate my observations from this chapter, I need to let you know that much of my eye-opening experience, (spiritual awakening?) came from one page – page 25.

From the early statements of the chapter, I identified with the idea that “We are people who normally would not mix”. Do you remember looking around the room in your first A.A. meeting and thinking that you had found a family of peers? I know some people did, but I didn’t. I was sure glad that those people had a place to go, and they genuinely seemed to like each other and appreciate their time together, but I surely was not like them.

What might have contributed to this attitude is the fact that I carried a court-ordered Attendance Card, and I was drunk – stinkin’ drunk (is there any other kind?). But as soon as I arrived at a meeting sober, (after six months attending meetings drunk) that attitude started to change (subsequent to a fistfight with one of my new “peers” in my first sober A.A. meeting).

Attending meetings sober, I started to get a clue that (a), I had the same problem as everyone else – a problem compounded by the consequences of my drinking - and (b) there was a solution to my problem, and my peers had it, (page 25, “But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it.”

Oh – and I had some work to do,

Continued on page 2

Improvements made to www.aanoc.com

NOCCO has made changes to its web site at www.aanoc.com and we invite the community to view the improvements. Key additions are links to other AA sites that serve Southern California, including Los Angeles, San Bernardino and San Diego, as well as links to new meetings and information on becoming an intergroup representative.

Also added is a link to current events, which is updated regularly, as well as a link to contact board members who govern North Orange County AA, a list of frequently asked questions about intergroup and a means by which contributors may submit articles for publication in the Anonymous Times.

North Orange County Central Office

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Tradition 1

“Our common welfare should come first; personal recovery depends upon AA unity.”

- Twelve Steps and Twelve Traditions page 129.

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NOCCO Revenue and Expenses May-11 vs May-10

Revenue	May-11	May-10
Sales - AA Books and Literature	\$17,524.63	\$18,324.48
Sales - Chips and Non-AA	\$11,340.99	\$12,938.46
Donations- Groups and Individuals	\$18,771.77	\$26,171.06
Women's Banquet	\$2,000.00	\$0.00
Fundraisers	\$1,128.00	\$0.00
Interest	\$122.18	\$23.61
Total Revenue	\$50,887.57	\$57,457.61
Cost of Goods	\$18,026.57	\$22,046.58
Gross Profit	\$32,861.00	\$35,411.03
Operating Expenses		
Salaries	\$16,500.00	\$16,500.00
Bank Charges	\$25.00	\$45.00
Bad Checks	\$0.00	\$201.60
Cash Short/(Over)	(\$1.33)	(\$14.36)
Computer Expense	\$56.97	\$0.00
Depreciation	\$107.50	\$179.05
Insurance-General Liability	\$2,232.76	\$2,163.51
Insurance - Work Comp	\$2,517.47	\$841.89
Insurance - Medical	\$1,330.00	\$1,324.00
Legal & Accounting	\$1,025.00	\$1,225.00
Newsletter Cost	\$761.26	\$1,022.27
Office Supplies	\$923.03	\$1,680.70
Postage	\$0.00	\$88.31
Penalties on Tax Payments	\$4.55	\$136.45
Office Rent	\$7,750.00	\$7,750.00
Equipment Rental	\$862.44	\$679.04
Repairs & Maintenance	\$49.90	\$0.00
Seminars & Education	\$0.00	\$60.00
Taxes- Payroll	\$1,374.20	\$1,388.11
Taxes- Annual Filings	\$60.00	\$60.00
Telephone	\$2,220.61	\$1,707.27
Utilities	\$1,003.15	\$808.90
Total Operating Expense	\$38,802.51	\$37,846.74
Other Income and Expense	\$0.00	\$0.00
Net Income/(Loss)	(\$5,941.51)	(\$2,435.71)

There is a Solution ... From Page 1

"...there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet". On the same page, right after you tell me "There is a solution.", you tell me I'm not going to like it very much, "Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation." I was bluntly informed that I had a decision to make encompassing two choices, "We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help."

Spiritual tools! Spiritual help! – are you trying to tell me something? Even before I got to page 25, you dropped the pronouncement on me, "Our very lives as ex-problem drinkers depend upon our constant thought of others and how we may help meet their needs". In Bill's Story, he talked about a statement by Ebby that "... melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last."

This statement, right from the start, made everything simple – I had to think of others needs before my own. Yes, BEFORE my own! And the rest of the process would allow me to do that without a second thought, (most of the time). When I help others meet their needs, my needs are always met without my even trying – always!

Wow! There IS a spiritual solution - but we still need to look at the problem in more depth. Next article – [Chapter 3 - More About Alcoholism](#)

*Nick M.
Intergroup Rep, Saturday Night Live
Fullerton, CA*

Text in italics re-printed from the Big Book with permission of Alcoholics Anonymous World Services, (AAWS)

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Cartoonist: Johnny G. Chief Proofreader: 86 proof

Camaraderie, Sobriety Found in Home Groups

Editor's note: Stephen M., a regular contributor to the Anonymous Times for the last two years, died June 9, of cancer. He was 52. The following was his final contribution to the newsletter, first published in the November/December 2010 issue.

My name is Stephen M. My sobriety date is December 12, 1987, and I have a sponsor who is active in recovery and a home group, the Thursday Night Men's Stag at Mo's Fullerton Music, which is the best men's meeting in AA. The first three things I just listed are facts, the fourth, about my home group, is my opinion. But it is an important thing to have a home group, and if you do not consider your home group the best meeting in all of AA, I suggest you find the best meeting for you in AA and make it your home group.

Why? My home group consists of a core of approximately 40 men, who I know I can go to with anything, and I can seek advice, opinions or help, and any one of the men in this group will gladly help. They will also pull my covers when I start to get "good ideas" and start making

plans, instead of allowing God to run the show. They know me, and I know them. We know each other's wives, girlfriends, children. We have shared experiences through the years that allow us to be friends, rather than just acquaintances.

I also know that each of these men has worked the twelve steps, and continues to apply the principles on a daily basis, to the best of their ability. How do I know this? In the meetings before the meeting, in the meeting, in the meeting after the meeting: the fences come down and we share honestly and openly from the heart about where we are and what is going on in our lives. We provide help where necessary and critique, sometimes harshly (as men do).

We engage in male bonding: we go camping twice a year, to a spiritual retreat once a year, and dinner every week before the meeting. Not everyone engages in all of the activities consistently, but they are available, and that is a big part of building the shared memories that create bonds of friendship. Why is this important?

There will come a time in every recovering alcoholic's life when the urge to drink will become overpowering. Our ability to maintain sobriety will be based on our spiritual condition, which is a result of working the twelve steps, our ability to maintain strong bonds with other alcoholics, and to reach out and ask for help. A little cell phone can be quite heavy at times, but a call to a friend when you are in desperate straights can mean the difference between staying sober and getting drunk.

It is this alcoholics opinion that the program of AA, as outlined in the first 164 pages of the Big Book of Alcoholics Anonymous, and the maintenance of a strong spiritual program, which includes a group of people with whom you are comfortable, gives me a chance to stay sober when confronted by that urge.

With some service work to get me out of my head for a little while, I may just become a bearable human being. Having a solid base of friends who mostly attend my home group (the best in the world!), I remain accountable for my thoughts, deeds and actions. If you do not have a great home group, I encourage you to find one and build that foundation.

Stephen M.

NOCCO Statement of Purpose

This Intergroup Association was formed by the AA groups within North Orange County for the express purpose of establishing a Central Office through which the Groups, their members and the general public could be served more effectively than they could by the groups individually.

The services that the Central Office supplies include:

- Assigning "Twelfth Step" calls on a geographical basis.
- Maintaining a supply of conference-approved books and literature.
- Maintaining AA listings in telephone directories.
- Serving as a communications center for local Groups, keeping them informed about AA activities by Newsletters, bulletins or other media.

- Handling requests for information about AA from the general public
- Furnishing speakers for AA groups and for non-AA organizations.
- Sponsoring and arranging any joint social affairs which the members may desire.

These activities are supported by the voluntary contributions of Groups within the Intergroup area. An accounting of the funds received is made at each monthly Intergroup meeting.

Every AA Group in North Orange County is automatically a member of this Association; entitled to representation and a vote at each Intergroup meeting.

An AA member is welcome as a guest at all Intergroup meetings.

UPCOMING EVENTS!

Founder's Day Picnic Hailed as Success

Central office would like to thank everyone for making the first ever Founder's Day Picnic at Brea Dam Park a huge success. Plans are to make it an annual event in honor of the founding of Alcoholics Anonymous, which was established in June 1935.

Happy 76th birthday AA!

More than 100 people attended the event, which raised over \$1,000 for NOCCO.

Woman to Woman Retreat Will Be Held Sept. 16-18

A Woman to Woman Spiritual Retreat will be held September 16-18 at Camp Buckhorn in Idyllwild, CA.

Cost of the event is \$115, which includes all meals, lodging in rustic cabins and workshop materials.

For more information, contact Cathi Q. at (951) 453-9788 (cathiquayle@verizon.net) or Michelle C. at (951) 553-3645 (michclem@verizon.net).

Camp Buckhorn is located at 24641 Highway 243, Idyllwild.

ADDITIONAL DONATIONS

Donations were made to NOC Central Office by All Orange County Young People in Alcoholics Anonymous (AOCYPAA) in the amount of \$995.44.

An additional \$128 was donated by Jerry L. on behalf of the Orange County Convention Archives.

Central Office extends its thanks for your support.

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

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

NOCCO Manager Takes Medical Leave

Date: May 23, 2011

To: All members of our fellowship

FROM: 2011 NOCCO Board

REFERENCE: Roxy's Medical Leave

As of May 13, 2011 Roxy is on medical leave. We are all praying for a speedy recovery for her. In the interim, Cathy Mac will be our Temporary "Acting Central Office Manager." We would like to reiterate that Cathy is only filling in until Roxy is able to return to work, which we are all hoping will be a very short time.

Your continued support of Central Office is needed and greatly appreciated.

Please keep Roxy in your prayers.

In Service,

The 2011 North Orange County Central Office Board

Ed G., Chair

Michele M., Vice Chair

Erica D., Treasurer

Dave C., Assistant Treasurer

Open – Secretary (Cathy had to temporarily resign)

Paul P., Newsletter & member

Jim S., Newsletter and member

FAC plans July 4th Blues & BBQ Event

Celebrate Independence Day with a bang this year at the Fullerton Alano Center's Fourth of July Blues and Barbecue Monday beginning at 1:30 and going on until the regularly scheduled evening meetings.

The afternoon will feature a potato salad contest (bring your best!) Judging for that begins at 1:45 p.m. sharp. A barbecue will be held beginning at 2 p.m.

Live music with the "House Blend" Band will also be featured. Advance tickets are available for \$10.00 (\$8 for FAC members).

Get your tickets early and enjoy good food, fun and fellowship.

BIRTHDAY DONATIONS

Cathy M. 33 years
 Craig M. 31 years
 Cyndi L. 2 years
\$100 donation was made in memory of: Big John J.; Merrill B.; Jack C.; JD R. and Wilbur S.



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. Email: officemanager@aanoc.com.

Central Office News

One-day retreat planned on Sept. 12

A one-day retreat and meeting will be held September 10 at Club Martin located in Aguanga, about 27 miles southeast of Temecula. The annual North Orange County Central Office event will feature John McAndrew as facilitator, as well as a speaker meeting with Fred L. Cost is \$35.00 and includes lunch.

Bring your swim suits, towels, chairs, blankets and/or coats. All events are outdoors. Overnight camping and limited RV sites are available for an extra fee. Club Martin is located at 50830 Tule Peak Road, in Aguanga. Contact Central Office at (714) 773-4357 for more information.

Volunteers Needed

Volunteers are needed at Central Office to answer phone calls and talk to people in need of help at various times throughout the week.

Any time of year can be troublesome for people struggling with alcoholism. And while Central Office is typically staffed with caring and knowledgeable individuals, there are times when they are sick or on vacation and must temporarily miss their shifts.

Those with at least six months of sobriety are encouraged to contact Cathy M. at Central Office to help as a back-up volunteer. Call (714) 773-4357.

To Be Of Service is a Simple Act

Service. Webster's New World Dictionary contains a very lengthy list of definitions of the word "service." The one which I believe is most pertinent to AA's is the very last one. It states simply: helpful.

I was in a meeting the other day and this man with many years of sobriety was talking about hearing the "pop." It was his opinion that the "pop" can't be heard until five years of sobriety. I've heard this opinion many times and find it to be a pretty broad statement. Personally, I have heard the "pop" more than once; I just turned 18 in AA. I attended a service meeting recently and witnessed some folks in the pre "pop" phase (in my opinion). They were doing good work but expecting something for it. Again this is just my opinion; opposing viewpoints are welcome.

When I was newly sober, service was really stressed -- setting up and breaking down meetings, making coffee and cleaning up afterward and other meeting work. At first I was happy just to have something to do and somewhere to be. The alcoholic ego is pretty easy to feed, at least in my case. After awhile people thank you for "being of service," some old-timer will praise us from the podium and we begin to think that they just can't get along without us. Then someone forgets to thank us and we get a little annoyed. Then that wonderful old-timer who was singing our praises a few weeks ago turns into an ungrateful old cuss because we forgot to show up to make the coffee.

I was fortunate not to drink during that phase, then at around five to seven years, I had a few high-profile commitments. I was the secretary of my home group meeting for almost two years, I was the point man for one of our other service arms, I had a new wife, a new apartment and a new car. Newcomers

were not a problem. I had it going on. Unfortunately, I was the only one who seemed to notice just how wonderful I had become. I was doing the speaker taping for one of our meetings, and my sponsor approached me one evening and began critiquing the way I was fulfilling my commitment. Well that was the final straw; I let him have it, which led to inventory work and looking at my part in it. I found for myself that I had motives for all the actions I was taking: I was trying to be a big shot. So I was stripped of being secretary and of being point man. I was still upset, so I QUIT the taping thing -- I'll show them, I thought. You know what? They got somebody else rather quickly. What I did, or was forced to do was to get back to basics and talk to drunks.

There are still situations at work, home, in meetings. Is it just me or does anybody else ever feel unappreciated in any of these arenas? How I react to these depends on where I'm at spiritually. A recent example involves my 20 year old daughter who doesn't seem to appreciate the sacrifices my wife and I have made to do the best we can for her. So I'm hearing a guy's fifth step and I'm trying to give him an example of where I've been wronged, but I still owe an amends. His question was "aren't you the adult?" He was absolutely right. Again I'm trying to play the big shot. How can my daughter know what we are going through if we keep saying it's all good. I can happily report that my daughter and I have made some progress in this area.

So we practice these principles in all our affairs, right? I have a certain amount of empathy for folks who are feeling unappreciated or wronged, but I don't want to feed their insanity. It's like telling the guy who is about to walk off a cliff to "keep going" because you don't want to hurt his feelings. We are human beings; we are going to have questionable motives, hurt feelings and the like. When I am running right, I can see that when I am being of service, it is not to myself. My service is directed to my fellow man, which in reality is being of service to God.

Paul P., Fullerton

Why I Volunteer at NOC Central Office

(Hint - it's a great way to stay sober!)

I would like to share with you something that my higher power let me see. I was working a shift at NOC Central Office when a gentleman who had been drinking came in. He told about having to leave his sober living house because

he was drunk and that he was going to Texas the next day. He had about 2 years but quit going to meetings and doing those other things we do to connect with our higher power and stay sober. It was something I had to see. The only difference between this man and myself was the side of the desk we were sitting at.

If you ever watch the National Geographic Channel, you can see a herd of animals being chased by a lion, tiger or some other such beast. Have you noticed that the ones that get picked

off are the weak or the ones that left the middle of the pack.

This happened to me twice and explains why I volunteer at Central Office and have commitments at meetings

Billy P., 01/07 06

(Editor's note: A variety of shifts are available at AANOC central office for those who wish to volunteer. Contact Cathy Mac. at (714) 773-4357 for more information. A minimum six months of sobriety is recommended.)

SPEAKER MEETINGS: JULY/AUGUST 2011

Anonymous Times would like to publish your list of speakers for September/October 2011.

Deadline for publication is August 15, 2011. Email: aaletters@gmail.com.

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

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

July 1 Bill C., Mission Viejo
July 8 Dan F., Tustin
July 15 Chuck D., Laguna Niguel
July 22 Pete Jr P. - Anaheim Hills
July 29 Rosie T., Torrence
August 5 Andy Z. , Trabucco Canyon
August - 12 Lindsey L , Fullerton
August - 19 Jesse G., Huntington Beach
August - 26 TBD

Friday 8:00 p.m. No Puffers Speaker
395 S. Tustin St., Orange
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Friday night.

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

July 2 Martin R., Tustin
July 9 Mike C., Anaheim
July 16 Fred L., Brea
July 23 Darren R., Garden Grove
July 30 Coleen H., Santa Ana
Aug 6 Rob H., Laguna Niguel
Aug 13 Paul C., Santa Ana
Aug 20 Susan F., Laguna Hills
Aug 27 Lisa B., Huntington Beach

Saturday 8:00 p.m. Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Saturday.

Saturday 8:00 p.m. Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd
(Messiah Lutheran Church)

July 2 Richelle, Yorba Linda
July 9 Dyanne G., Huntington Beach
July 16 Pam H., Anaheim
July 23 Tiffany C., Anaheim
July 30 Heather , Rossmore
August 6 TBD
August 13 Scott J., La Habra
August 20 Kathy G., Fullerton
August 27 Carol F., Fullerton

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

July 3 Jason C., Whittier
July 10 Tom S., Chatsworth
July 17 Robin B., Northridge
July 24 Rose S., Rancho Palos Verdes
July 31 BIRTHDAY SUNDAY
August 7 Herb K., Rancho Palos Verdes
August 14 Tom W., Dana Point
August 21 Josh S., Lawndale
August 28 BIRTHDAY SUNDAY

Sunday 10:30 a.m. Western Medical (24 Hr. Spkr.)
1025 S. Anaheim Blvd., Anaheim
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Sunday morning.

Sunday 8:00 p.m. Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804

July 3 Cameron L., Stanton
July 10 Ron J., Huntington Beach
July 17 Rodney R., San Clemente
July 24 Patt O., Laguna
July 31 Charles K., Los Angeles
Aug. 7 Ann W., Fullerton
August 14 Fred L., Brea
August 21 & 28 TBA

Wednesday 8 p.m. Fullerton Alano Center
530 W. Commonwealth, Fullerton
Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Wednesday.



Show up and hear the
message of recovery

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY July 10 and August 14	NOCPIC 2ND WEDNESDAY July 13 and August 10	INTERGROUP 2ND WEDNESDAY July 13 and August 10	VOLUNTEER MEETING September 10 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 5:15 pm) Garden Grove Alano Club 9845 Belfast Garden Grove Call (949) 278-5173</p>	<p>North Orange County Public Information Committee</p> <p><i>Learn about sharing the message with Non-A.A. people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO 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>

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

60th Annual SoCal Convention Set

Plan now to attend the 60th Annual Southern California AA Convention, to be held Sept. 30-Oct. 2 in Rancho Mirage. "Serenity in Motion" is the theme for this year's event, to feature an abundance of meetings, events and exhibits. Among the events will be AA and AI-Anon meetings, Young People in AA marathon meetings, Spanish language assemblies, a golf tournament, dances and banquets.

Visit www.aasocal.com or email socalconventionchris@gmail.com.

Send Us Your Story Online!

Anonymous Times
articles can be submitted to
aaletters@gmail.com

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: aaletters@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.



Captured Quips from California Jack

The wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 417; "When I stopped living in the problem and began living in the answer, the problem went away."

I'm fishing for a new way of life and I think I've got a bite!

I wasn't a victim I was a volunteer.

There are two days of the week we don't have to worry about ... yesterday and tomorrow.

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

I need to get out of God's way so that He can do His job.

My home has become a sanctuary instead of a war zone

Becoming transparent is really hard for me since I've spent my whole life constructing the view.

My sponsor told me that I had to eliminate some things from my vocabulary.
Shoulda, coulda, woulda, yeah but, I know, and Why.

It wasn't until I became helpless and hopeless that I could find a way out

I found that it's ok to visit the past, but I don't want to live there.

Come down off the cross. We need the wood.

When you're having a day where everything you touch turns to crap, don't touch much.

And Here Are a Few Thoughts Just For Fun:

A *paraprosdokian* is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or reinterpret the first part.

If I agreed with you, we'd both be wrong.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

Always borrow money from a pessimist. He won't expect it back.

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

**Remember - we are not a glum lot.
Have some fun and a laugh or
two in sobriety!**

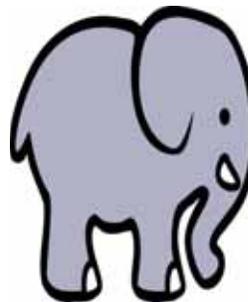


A Tale of Sick Elephants

In the wild when an elephant gets sick and it lies down the elephants bulk will usually not let it rise again and thus it will die.

However, nature is wonderful and the instinct of the well elephants in the herd is to prop up the sick one and lead it to food and water until it either recovers or dies.

There are times when there are more sick elephants than well ones, the instinct of the well ones is still to prop up the sick ones. Being outnumbered however, the sick one



start to take the well ones down with them, thus some well ones will also die. Some well ones instinct for survival will override their instinct to help other elephants and they will flee...SO THEY CAN LIVE.

AA works basically the same way - the recovering alcoholic has the instinct to help other alcoholics but sometimes it is necessary to flee SO WE CAN LIVE!!! This is not abandoning - it is survival so we can be there for another alcoholic who is willing and able to recover.

Source and author unknown

April/May 2011 Meeting Donations

Only April and/or May donations are listed; donate to NOCCO now to add your meeting

City	Day	Meeting	Apr-11	May-11
Anaheim	Sunday	Western Medical Am		75.00
Anaheim	Wednesday 6 p.m.	Fireside		60.00
Anaheim Hills	Monday Night	Experience, Strength, Hope		122.00
Anaheim Hills	Thursday 7 p.m.	Men's Stag, Kaiser	60.00	60.00
Anaheim Hills	Saturday 8:30 a.m.	It's In The Book	70.00	
Brea	Mo 10:00 AM	Women's Discussion	87.71	98.02
Brea	10 a.m.	Joe and Charlie workshop		100.00
Brea	Saturday 10:30 a.m.	Women's Step Study		85.00
Brea	Tuesday 5:30 p.m.	Women's 10th Step		76.41
Brea	Wednesday 5:30 p.m.	As Bill Sees It		71.69
Brea	Thursday 10:30 a.m.	Step Sisters	70.68	
Cypress	Tuesday 5:30 p.m.	Happy Hour BB Study		90.00
Fullerton	Wednesday 8 p.m.	FAC Speaker		200.00
Fullerton	Daily 6 a.m.	Attitude Adjustment FAC	90.00	90.00
Fullerton	Sunday 5 p.m.	Wilshire Participation		100.00
Fullerton	Saturday 8 p.m.	Oddfellows		60.00
Fullerton	Thursday 8 p.m.	Women's KISS		60.00
Fullerton	Monday 6 p.m.	Kats on the roof		28.19
Fullerton	Wednesday 2 p.m. FAC	Women's Coffee Talk		25.00
Fullerton	Wednesday FAC	Sober Horse Theives		25.00
Fullerton	Saturday 6 p.m.	Saturday Night Live		25.00
Garden Grove	Monday 12 p.m.	Serenity Hall	98.00	
Garden Grove	Not taking a trip	Garden Grove	50.00	
Garden Grove	Sunday Speaker	Garden Grove 10:30 a.m.	20.00	
La Habra	Monday 7:30 p.m.	Fireside Greenwood M.		100.00
La Habra	Sunday 7 pm	Sober Sunday		23.00
La Mirada	Mens	Big Book Study	47.25	
Los Alamitos	ALL	Surrender is Freedom	175.00	
Los Alamitos	Sunday 6 p.m.	Big Book Study		60.00
Orange	Wednesday 7 p.m.	Easy Does It	100.00	100.00
Orange	Tuesday 6:30 a.m.	Doughnut Meeting	87.50	
Orange	Friday 5:30 p.m.	Rush Hour, Friendship Club	70.00	
Placentia	Monday 8 p.m.	Unmanageables		100.00
Placentia	Sunday a.m.	Right Start	58.80	
Whittier	Wednesday Night	Shepard of the Hills Participation	70.00	

City	Day	Meeting	Apr-11	May-11
Whittier	Monday 7 p.m.	As Bill Sees It	50.00	
Whittier	Wednesday 7 p.m.	Women's Winner Meeting		30.00
Whittier	Thursday 8 p.m.	The Den		25.00
Whittier	Friday 7 a.m.	Attitude Adjustment		8.00
Yorba Linda	ALL 6 a.m.	Attitude Modification		922.20

Support Your Meetings!
If your meeting is not listed here, see your meeting secretary about making a donation to North Orange County Central Office.

Suggested Donations

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

See page 67 of the Orange County Meeting Directory for more information.

Please include the following important information when submitting your group donation: Full Meeting Name, Day, Time and City. Please include your name and return address so we can mail you a receipt.

Financial support for North Orange County Alcoholics Anonymous Central Office is more necessary than ever!
Support your meetings; support Central Office!

Member Voices

His Thanks to AA

Alcoholics Anonymous gave drunk
new way to think

Dear A.A.,

You are quite an amazing program, having saved a wretch like me. I brought you pain, yet you showed me how to heal. All I felt was fear and doubt until you taught me that faith comes from within. That my misery would become my hope. That shame would become my strength. That feeling of being completely defeated would become my greatest victory.

When life started to choke me, you taught me to breathe. As uncertainty blinds, you taught me to see clearly. Cries became laughs and dark became light; sadness turned to joy and hate turned to love. The wasteland that was my soul flourished once the sunlight of the spirit broke through the walls I thought would never crumble. And slowly those

walls fell down. And a new way of life appeared to lift me up.

A book and its 12 steps taught me to walk. Both the book and its 12 steps taught me to walk towards God; a God who showers never ending love and acceptance upon me because that is what I understand my God to do.

I did not come to AA to make friends. I did not come to find a mate or get family back in my life. I came to you, A A, because one day I wanted to live a little more than I wanted to die and there was nowhere else to turn. And so I was taken in and given a life. This brand new amazing life that I never thought I deserved was just handed to me.

I was given a new life which eased my constant suffering, a new life which brought back a smile to my face that I thought was lost forever.

So thank you AA for allowing me to find me. Thank you for the help that was wanted and the love that was needed. And if there is anything I can do, please...please allow me to give back to you. GOD BLESS.

Aaron H.

A Fragment of History

By Bill W.

AA's are always asking: "Where did the Twelve Steps come from?" In the last analysis, perhaps nobody knows. Yet some of the events which led to their formulation are as clear to me as though they took place yesterday.

So far as people were concerned, the main channels of inspiration for our Steps were three in number -- the Oxford Groups, Dr. William D. Silkworth of Townes Hospital and the famed psychologist, William James, called by some the father of modern psychology. The story of how these streams of influence were brought together and how they led to the writing of our Twelve Steps is exciting and in spots downright incredible.

Many of us will remember the Oxford Groups as a modern evangelical movement which flourished in the 1920's and

early 30's, led by a one-time Lutheran minister, Dr. Frank Buchman. The Oxford Groups of that day threw heavy emphasis on personal work, one member with another. AA's Twelfth Step had its origin in that vital practice. The moral backbone of the "O.G." was absolute honesty, absolute purity, absolute unselfishness and absolute love. They also practiced a type of confession, which they called "sharing"; the making of amends for harms done they called "restitution." They believed deeply in their "quiet time," a meditation practiced by groups and individuals alike, in which the guidance of God was sought for every detail of living, great or small.

These basic ideas were not new; they could have been found elsewhere. But the saving thing for us first alcoholics who contacted the Oxford Groupers was that they laid great stress on these particular principles. And fortunate for us was the fact that the Groupers took special pains not to interfere with one's personal religious views. Their society, like ours later on, saw the need to be strictly non-denominational.

In the late summer of 1934, my well-loved alcoholic friend and schoolmate "Ebby" had fallen in with these good folks and had promptly sobered up. Being an alcoholic, and rather on the obstinate side, he hadn't been able to "buy" all the Oxford Group ideas and attitudes. Nevertheless, he was moved by their deep sincerity and felt mighty grateful for the fact that their ministrations had, for the time being, lifted his obsession to drink.

When he arrived in New York in the late fall of 1934, Ebby thought at once of me. On a bleak November day he rang up. Soon he was looking at me across our kitchen table at 182 Clinton Street, Brooklyn, New York. As I remember that conversation, he constantly used phrases like these: "I found I couldn't run my own life;" "I had to get honest with myself and somebody else;" "I had to make restitution for the damage I had done;" "I had to pray to God for guidance and strength, even though I wasn't sure there was any God;" "And after I'd tried hard to do these things I found that my craving for

Continued on page 12

History of 12 Steps ... From Page 11

alcohol left." Then over and over Ebby would say something like this: "Bill, it isn't a bit like being on the water wagon. You don't fight the desire to drink - you get released from it. I never had such a feeling before."

Such was the sum of what Ebby had extracted from his Oxford Group friends and had transmitted to me that day. While these simple ideas were not new, they certainly hit me like tons of brick. Today we understand just why that was...one alcoholic was talking to another as no one else can.

Two or three weeks later, December 11th to be exact, I staggered into the Charles B. Townes Hospital, that famous drying-out emporium on Central Park West, New York City. I'd been there before, so I knew and already loved the doctor in charge -- Dr. Silkworth. It was he who was soon to contribute a very great idea without which AA could never have succeeded. For years he had been proclaiming alcoholism an illness, an obsession of the mind coupled with an allergy of the body. By now I knew this meant me. I also understood what a fatal combination these twin ogres could be. Of course, I'd once hoped to be among the small percentage of vic-

tims who now and then escape their vengeance. But this outside hope was now gone. I was about to hit bottom. That verdict of science -- the obsession that condemned me to drink and the allergy that condemned me to die -- was about to do the trick. That's where the medical science, personified by this benign little doctor, began to fit it in. Held in the hands of one alcoholic talking to the next, this double-edged truth was a sledgehammer which could shatter the tough alcoholic's ego at depth and lay him wide open to the grace of God.

In my case it was of course Dr. Silkworth who swung the sledge while my friend Ebby carried to me the spiritual principles and the grace which brought on my sudden spiritual awakening at the hospital three days later. I immediately knew that I was a free man. And with this astonishing experience came a feeling of wonderful certainty that great numbers of alcoholics might one day enjoy the priceless gift which had been bestowed upon me.

Third Influence

At this point a third stream of influence entered my life through the pages of William James' book, "Varieties of

Religious Experience." Somebody had brought it to my hospital room. Following my sudden experience, Dr. Silkworth had taken great pains to convince me that I was not hallucinating. But William James did even more. Not only, he said, could spiritual experiences make people saner, they could transform men and women so that they could do, feel and believe what had hitherto been impossible to them. It mattered little whether these awakenings were sudden or gradual, their variety could be almost infinite. But the biggest payoff of that noted book was this: in most of the cases described, those who had been transformed were hopeless people. In some controlling area of their lives they had met absolute defeat. Well, that was me all right. In complete defeat, with no hope or faith whatever, I had made an appeal to a higher Power. I had taken Step One of today's AA program -- "admitted we were powerless over alcohol, that our lives had become unmanageable." I'd also take Step Three - "made a decision to turn our will and our lives over to God as we understood him." Thus was I set free. It was just as simple, yet just as mysterious, as that.

These realizations were so exciting that I instantly joined up with the Oxford Groups. But to their consternation I insisted on devoting myself exclusively to drunks. This was disturbing to the O.G.'s on two counts. Firstly, they wanted to help save the whole world. Secondly, their luck with drunks had been poor. Just as I joined they had been working over a batch of alcoholics who had proved disappointing indeed. One of them, it was rumored, had flippantly cast his shoe through a valuable stained glass window of an Episcopal church across the alley from O.G. headquarters. Neither did they take kindly to my repeated declaration that it shouldn't take long to sober up all the drunks in the world. They rightly declared that my conceit was still immense.

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Do Not Weep For Me

No tears of sorrow

No sad memories

Rejoice in the time I was here

Celebrate my life and laughter

I go now I know not where

Yet I have hope and faith

For what lies ahead

For I trust that all is not in vain

That all is not meaningless

Do not cry for me

Spread my ashes and move on

Go forth in this existence

Go forth in this world

And be brave and sure

Know that you are loved

For I have loved you all

And you have all touched my

heart

Stephen M.

Oct. 29, 1958-June 9, 2011