

# ❖ Anonymous Times ❖

Published by North Orange County Central Office, 133 W. Chapman Ave., Fullerton, CA 92832

VOL. 11 Issue 2

March/April 2006

## Tough-Love Club Kept This Alky Comin' Back

By Floyd F.



My favorite meeting you ask? Well that is a difficult question. I think the term "beauty is the eye of the beholder" would fit in this case. I have been in the

program since June of 1979 and I have attended numerous "Favorite Meetings" all over Southern CA and the USA. Many since that time would fill the bill quite easily.

However when I was a young and a very naïve newcomer, my favorite meeting or meeting place was a tough love A.A. club, still in existence, in the Belmont Heights section of Long Beach, CA called the **Roundtable**. The place was open all the time, contained a large and always-full coffee pot, stale day-old donuts, and had podium-style meetings twice a day plus three on Saturdays. For a rotating shift worker, this was exactly what I needed. The place was populated with old, grizzled A.A. survivors who believed in physical sobriety FIRST and foremost. The lovey-dovey, holding your hand, mushy side of A.A. was for you to find out later. The number one item on their agenda was **ya put down the drink and stayed sober on a daily basis**. The rest would come later, including all of the mysterious steps from two through eleven.

Early on, I would while away the hours in that place because I only felt safe within those walls. There were WWI&II, Korean War, and Vietnam vets there, including fellas raised in the depression and during the grand Prohibition experiment. I had walking history books to listen to on a daily basis. It made no difference if the tales were a bit embellished; I loved hearing every one of them - it kept me coming back and SOBER.

Everyone in the club (or at least most of them including myself) had nicknames. There was Big Mac, Daytime Mac, Nighttime Mac, Five-Day Arnold, Straight-Line George, Painter Tom, Printer

*Continued on page 12*

## CENTRAL OFFICE NEEDS YOU!

*Don't miss this year's  
NOCAA 9th Annual Women's Banquet*  
(Fundraiser for North O.C. Central Office)

*Celebrating Solutions  
by Using the Tools of the Program*

**Dinner, Speaker, Fellowship**  
**Saturday, March 25, 2006 – 5:30-9:30 p.m.**

**Fullerton Ebell Club**  
313 Laguna Road, Fullerton  
Tickets are \$24.00 per person

Call Central Office for ticket information and availability

## Are you looking for a rewarding service commitment?

If so, we are looking for you! Central Office needs volunteers to go on Twelfth Step calls, answer phones in the office or take after-hours calls from your home. For more information call us at (714) 773-4357.



**NORTH ORANGE COUNTY CENTRAL OFFICE**  
133 West Chapman Ave., Suite C • Fullerton, CA 92832

**OFFICE HOURS:** Daily 9am-9pm

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

**FAX:** (714) 773-0179

**WEBSITE:** www.aanoc.com

**E-MAIL:** ldyrxy@yahoo.com



## Step 11 Big Book Quote

(PG. 87)

*"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."*

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## Year-to-Date Donations (through December 2005)

*Thank you for supporting YOUR Central Office!*

AREA	DAY & TIME	MEETING NAME	YTD	AREA	DAY & TIME	MEETING NAME	YTD
Anaheim	Sun 8:30 AM	Attitude Adjustment	120	NOCCO	Central Office	Cans	573
Anaheim	Friday 530pm	Just Stay Serenity Hall	30	NOCCO	Central Office	In memory of Pita Cheney	35
Anaheim	Mo 5:30 PM	Primary Purpose	270	NOCCO	Central Office	Catie M Care Pkg. Panel	15
Anaheim	Mo 7:30 PM	12 & 12 Oasis	75	NOCCO	Central Office	Faithful Fivers Paul M.	10
Anaheim	Mon.4:15pm	Happy Hour	9	NOCCO	Central Office	Ed W Faithful Five	25
Anaheim	Sat. 6:00am	Attitude Adj. Serenity Hall	26	NOCCO	Central Office	Faithful Fivers	20
Anaheim	Serenity Hall	Just for Today	30	NOCCO	Central Office	Faithful Fivers Colleen B	150
Anaheim	Thurs. 5:30pm	Serenity Hall	54	NOCCO	Central Office	Faithful fivers Jan W	20
Anaheim	Tues.	12&12 Kaiser	20	NOCCO	Central Office	Faithful Fivers Julie L	30
Anaheim	Wed. 12pm	Easy Does It	50	NOCCO	Central Office	Harry B. B-Day AAtimes	52
Anaheim Hills	Fr 8:00 PM	Discussion, Kaiser	364	NOCCO	Central Office	Orange County AA Convention	897
Anaheim Hills	Mo 7:00 PM	Men's Stag, Kaiser	304	NOCCO	Central Office	Soda Coffee	120
Anaheim Hills	Monday 7:00pm	K aiser Women's Mtg	245	NOCCO	Central Office	Telephone Calls	183
Anaheim Hills	Sa 6:00 PM	Winner's Circle	840	NOCCO	Colleen B	Personal	50
Anaheim Hills	Sa 8:30 AM	It's In The Book	431	NOCCO	Frank Alberts	In Memory of	91
Anaheim Hills	Th 7:00 PM	Women's Solution	181	NOCCO	Jim D	B-Day Anon Times	46
Anaheim Hills	Tu 7:30 PM	Women's Big Book & Step	140	NOCCO	Jean P	B-Day Anon Times	70
Anaheim Hills	Wed.730pm	Big Book Study	245	NOCCO	Lisette B-Da	B-Day Anon Times	70
Brea	Mo 10:00 AM	Women's Discussion	455	NOCCO	Memory of Art C		435
Brea	Mo 5:30 PM	Happy Hour Step study	495	NOCCO	Ms York		50
Brea	Mon. Nite	Big Book Workshop	1,028	NOCCO	Norma L	B-Day Anon Times	32
Brea	Sa 10:30 AM	Women's Step Study	402	NOCCO	Personal	Alex & Dixie Lee C	63
Brea	Th 5:30 PM	Living in the Solution	95	NOCCO	SBC	United Way	735
Brea	Tu 5:30 PM	Women's 10th Step	230	NOCCO		State Refund Income Tax	563
Brea	We 5:30 PM	As Bill Sees It	349	NOCCO		State Refund	112
Brea	Wed Nite 630pm	Daily Reflections	195	NOCCO	Subscription	ANONYMOUS TIMES	12
Brea	Wednesday 630p	Daily Reflections	140	NOCCO	B-Day Anon Times	Anonymous	26
Buena Park	8:00 PM	Runamucks Men's Stag	515	NOCCO		INTERGROUP	540
Buena Park	Fr 8:00 PM	Friday Nite Discussion	390	NOCCO	Personal	PERSONAL ANON. (Jill)	23
Buena Park	Fri.7:30pm	Fred And Harry's	230	NOCCO		SOBERFEST	2,900
Buena Park	Sa PM	Sat Nite Non-Smoking	60	NOCCO	B-Day Anon Times	Jerry L.	29
Buena Park	Sat.7:30pm	Discussion	186	NOCCO		unknown	37
Buena Park	Su 8:00 PM	Fireside Speaker	600	NOCCO		unknown	10
Buena Park	Th 8:00 PM	Discussion	150	NOCCO	Birthday	Melody W	16
Buena Park	Thurs.8pm	Thomas St. New Beg. Discus.	60	NOCCO	Birthday	Tammy T	22
Buena Park	Tu 8:00 PM	Line Up Study Group	237	NOCCO	Birthday	Mike D	26
Buena Park	We 8:00 PM	Sobriety First	320	NOCCO	Unknown	Unknown	39
Costa Mesa	Thurs 6 PM	Step Study	45	NOCCO	Birthday	Anonymous	50
Cypress	5-6pm .	Sun. Happy Hour	267	NOCCO	Faithful Five	Colleen Ballas	70
Cypress	Tues 8 PM	Big Book Study	90	NOCCO	Birthday	Cathy M .	70
Cypress	6pm	Spiritual Growth	409	NOCCO	Birthday	Mike H	21
Cypress	Fri. 8pm	Lunatic	395	NOCCO	Personal	Donations	37
Cypress	Monday Night	We Agnostics	130	NOCCO	Anonymous Times	unknown	12
Cypress	Sat 8pm Valle	Topic Discussion	256	NOCCO	Donation	Jim D.	9
Cypress	Tu 5:30 PM	Happy Hour BB Study	260	NOCCO	Donation	Kip	5
Cypress	Cypress Fiday nite		70	NOCCO	Birthday	Leslie	27
Fullerton	8:00 PM	Sunday Harley Men's Stag	85	Norwalk	Donation	Dale L.	1,000
Fullerton	daily 6:00AM	Attitude Adjustment	560	Orange	Fr 5:30 PM	Happy Hour, Friendship Cl	240
Fullerton	FAC WED.200pm	Women's Coffee Talk	507	Orange	Fr 6:30 AM	Smashing Donuts	49
Fullerton	Fr 6:00 PM	Early Solutions Meeting Place	973	Orange	Fr 8:00 PM	No Puffer's Speaker	70
Fullerton	Fr 8:00 PM	St. Jude Speaker	683	Orange	Fr.8pm	Insurance NoPuffer's Speaker	100
Fullerton	Fr PM	Meeting Place	5	Orange	Mon.630am	Early Bird Discussion	200
Fullerton	Fri 8:30pm	Valencia Mesa 12-12	65	Orange	Sa 7:00 PM	Not a Glum Lot	195
Fullerton	Fri. 8pm	Candlelight, Fullerton Alano	100	Orange	Su 11:00 AM	Big Book Study	54
Fullerton	Mo 6:00 PM	Fullerton Alano Club	140	Orange	Sun Attit.Adj 6:30am	Orange-Olive Friendship Club	120
Fullerton	Mo 6:00 PM	Harley Men's Stag	170	Orange	Th 7:30 PM	Newcomers	80
Fullerton	Mo 6:30 PM	Women Living in the Solution	105	Orange	Tu 7:00 PM	Tustin Group	660
Fullerton	Mon.730pm	Freedom Meeting Place	69	Orange	Tues.12:00noo	Freindship Club	250
Fullerton	Monday 6pm	Meeting Place	15	Orange	Tu. 6:30am	Orange-Olive Friendship Club	14
Fullerton	Sa 8:00 PM	Odd Fellows	240	Orange	Villa Park24h	24hr.group	1,134
Fullerton	Sa 9:30 AM	Feelings-Fullerton Alano	30	Orange	We 6:30 AM	Friendship Club	50
Fullerton	Sat.8pm	Speaker mtg.	72	Orange	Wed noon	Crawl before no one	30
Fullerton	Su PM	Participation, Wilshire	60	Orange	Wed.7pm	Easy Does It	60
Fullerton	Sunday Speaker	Meeting Place	100	Orange	Sat 7.30pm	Podium Participation	140
Fullerton	Th 6:00 PM	Men's Stag	120	Orange	Monday noon 12	Friendship Club	49
Fullerton	Th 8:00 PM	Candlelight, Meeting Place	30	Orange Cty	P.O.F.		50
Fullerton	Th 8:00 PM	Women's KISS	346	Placentia	Mo 6:30 PM	Beginners' Sober Start	231
Fullerton	Thurs.6:00pm	Big Book Study MTG Place	50	Placentia	Mo 8:00 PM	Unmanageables	200
Fullerton	We 8:00 PM	Meeting Place Spkr	24	Placentia	Su 7:30 PM	Sunday Nite Bradford	757
Fullerton	? at	FAC	50	Placentia	Su AM	Right Start	367
La Habra	Fri. 8pm	Beginners Basic	180	Placentia	Wed 7:00 pm	Palm Ladies Big Bk Study	45
La Habra	M-F 6:30 AM	Topic Discussion	60	Placentia	Tu 8:00 PM	Bradford Discussion	109
La Habra	Monday 8:00pm	Greenwood Fireside	310	Portola Hills	Sat. Morn. Me	Montage Beach Mtg	518
La Habra	Sat. 800pm	Participation Meet	70	Santa Ana	12&12 Book Study	Inside Out Program	64
La Habra	Sun am	Sober Sunday	160	Serebty Rec	Center		15
La Habra	Th 8:00 PM	Church Participati	60	Tustin	Serenity Reco	AA Panel	107
La Habra	Tu 8:00 PM	Participation	30		Unknown meeting ?		39
La Habra	We 7:30 PM	Women's Participat	150	Villa Park	6:00 AM	Attitude Modification	180
La Habra	We 8:00 PM	Men's Stag	75	Villa Park	Su 7:00 PM	11th Step Meeting	246
La Habra	Sun 10:30 AM	Unknown	50	Whittier	Fri.7-8pm	Big Book Study	58
La Mirada	Tues.8pm	Winners Circle	25	Whittier	Friday7:00am	Attitude Adjustment	25
La Palma	Friday	Big Book Group	105	Whittier	Mo 7:00 AM	Attitude Adjustment	40
La Palma	Sun. 6 PM	La Palma Hospital	100	Whittier	Mo 7:00 PM	As Bill Sees It	15
La Palma	Thursday 8to9	Kitchen Table Meeting	109	Whittier	Sat. 10:30 am	Women's Acceptance	234
Los Alamitos	ALL	Surrender is Freedom	903	Whittier	Sa 8:00 AM	12 x 12 Group	51
Los Alamitos	Cover to Cove	Thurs nite 7pm	20	Whittier	Sunday7am	AAGolden Key	95
NOCCO	In Memory of	Jane Martin	20	Whittier	Wed 7pm	Faith Community Church	54
NOCCO	In Memory of	Peggy Bedell	51	Whittier	Thur.6pm	Happy Hour Big Book	55
NOCCO	Amanda M	Personal	50	Whittier	We 7:00 AM	Attitude Adjustment	88
NOCCO	Anonymous	Lisette	80	Whittier	Wed. Night	Women's Meeting	180
NOCCO	Anonymous	Birthday	20	Whittier	Wednesday night	Shepard of the Hills Particip	119
NOCCO	Anonymous	Personal	299	Yorba Linda	ALL 6:00 AM	Attitude Modification	6,642
NOCCO	B-Day Anon Ti	Nancy S.	7	Yorba Linda	Fr 5:30 PM	Happy Hour Big Book	120
NOCCO	B-Day Anon Ti	Blues Bob H.	10	Yorba Linda	Fr 8:00 PM	Participation	240
NOCCO	Birthday	Jenni J.	5	Yorba Linda	Mo 12:00 PM	Nooners	280
NOCCO	Arnold	Personal	100	Yorba Linda	Mo 7:30 PM	Monday Nite Book Study	140
NOCCO	B-Day Anon Ti	Terri Lyn M	17	Yorba Linda	Mo 8:00 PM	Yorba Linda Luther an Ch.	160
NOCCO	B-Day Anon Ti	Carol w. lea for je	31	Yorba Linda	SatNite 8:00pm	speaker	274
NOCCO	B-Day Anon Ti	Ed W Birthday	50	Yorba Linda	Th 7:30 PM	Serenity Seekers	302
NOCCO	B-Day Anon Ti	Hellen H	5	Yorba Linda	Th 8:00 PM	Y.L. Participation	790
NOCCO	B-Day Anon Ti	Frank and Sandy	32	Yorba Linda	Thurs 8:00pm	Discussion-Presb. Church	220
NOCCO	B-Day Anon Ti	Big John J	21	Yorba Linda	Tu PM	Rose Dr. Baptist Womens	50
NOCCO	B-Day Anon Ti	Cliff C.	16	Yorba Linda	Wed 800pm	Topic Discussion	210
NOCCO	B-Day Anon Ti	Kathy M.	19	Yorba Linda	We 12:00 PM	Noontimers	520
NOCCO	B-Day Anon Ti	Joe A.	3				
NOCCO	B-Day Anon Ti	Melody W.	16				
NOCCO	B-Day Anon Ti	Tanny T.	22				
NOCCO	B-Day Anon Ti	Lou -H. 59 yrs.	59				

**2005 Donation Total \$46,242**

## DEC 05/JAN 06 DONATIONS

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

### ATTENTION MEETING SECRETARIES

**Suggested Donations are as follows:**

- ♥ **70% N.O.C CENTRAL OFFICE:** 133 W. Chapman #C, Fullerton, CA 92832
- ♥ **20% GENERAL SERVICE OFFICE:** Box 459, Grand Central Station, NY, NY 10163
- ♥ **10% MID-SO. CAL AREA #9:** P.O. box 51446, Irvine, CA 92619
- ♥ **OPTIONAL 5% Local District Office or Hospitals & Institutions**

See page 67 of the Orange County Meeting directory for more info.

*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.*

## CALLING ALL VOLUNTEERS!!!

**During December and January Central Office took 1254 calls:  
737 from men and  
517 from women.**

*Keep up the great work —  
YOU make a difference!*



## INTERGROUP ELECTS 2006 BOARD

Election of this year's NOCCO Board of Directors was held at the January Intergroup meeting. Here is the list of the 2006 Board members and their positions.\*

- |           |              |
|-----------|--------------|
| Paul J.   | Chairman     |
| Jeff B.   | Vice-Chair   |
| Kenton M. | Treasurer    |
| Jan W.    | Secretary    |
| Steve T.  | Board Member |
| John T.   | Board Member |
| Simon K.  | Board Member |

*\*Note: The board positions were decided at the January Board of Directors Meeting.*

The North Orange County Intergroup Association meets on the first Tuesday of the month at 7:30 pm at the Bradford Presbyterian Church in Placentia. To find out more about becoming an Intergroup Representative, please see the article on page 11.

AREA	DAY & TIME	MEETING NAME	Dec 05	Jan 06
Anaheim	Mo 5:30 PM	Primary Purpose	50	
Anaheim	Mon 4:15pm	Happy Hour	9	
Anaheim	Mo 5:30 PM	Pink Cloud 202		60
Anaheim	Mo 7:30 PM	12 & 12 Oasis		100
Anaheim	Mo 8:30 PM	Big Book Study		30
Anaheim Hills	Sa 6:00 PM	Winner's Circle	120	120
Anaheim Hills	Sa 8:30 AM	It's In The Book	81	120
Anaheim Hills	TH 7:00 PM	Women's Solution		66
Brea	Mo 10:00 AM	Women's Discussion	46	31
Brea	Mo 5:30 PM	Happy Hour Step study	60	
Brea	Mon. Nite	Big Book Workshop	209	
Brea	Tu 5:30 PM	Women's 10th Step	70	
Brea	We 5:30 PM	As Bill Sees It		70
Brea	Wed Nite 630pm	Daily Reflections	75	
Brea	Sa 10:30 AM	Women's Step Study		60
Buena Par	Tu 8:00 PM	Line Up Study Group	60	
Cypress	Tu 5:30 PM	Happy Hour BB Study		60
Cypress	Tues 8 PM	Big Book Study		70
Cypress	Fri. 8pm	Lunatic	100	100
Fullerton	Su 8:00 PM	Sunday Harley Men's Stag	50	
Fullerton	FAC WED.200pm	Women's Coffee Tal	30	
Fullerton	Daily 6:00 AM	Attitude Adjust-FAC		643
Fullerton	Mo 6:00 PM	Fullerton Alano Club		35
Fullerton	Tu 7:00 PM	FAC Participation		20
Fullerton	Tu 7:00 PM	Women's Thrill Seekers		70
Fullerton	Fr 6:00 PM	Early Solutions Meeting	168	
Fullerton	Mo 6:00 PM	Harley Men's Stag	50	
Fullerton	Mo 6:30 PM	Women Living in the Solution	50	
Fullerton	Mon.730pm	Freedom Meeting Place	19	
Fullerton	Sa 8:00 PM	Odd Fellows	120	72
Fullerton	Fr 12:00 PM	12 & 12 Step Study		54
Fullerton	Fr 6:00 PM	Anything Goes Mtg Plc		352
Fullerton	Th 6:00 PM	Men's Stag	40	
Fullerton	Th 8:00 PM	Women's KISS		45
Fullerton	Sa 9:30 AM	Feelings-FAC		56
Fullerton	Sun 10:30 AM	Speaker-FAC		50
Fullerton	?	at FAC	50	
Hunt. Beach	6:00 PM	11th Thursdays Club		130
La Habra	Fri 8:00 PM	Beginners Basic		141
La Habra	Sun am	Sober Sunday	30	30
La Habra	Th 8:00 PM	Church Participation	60	
La Habra	Sun 10:30 AM	Unknown	50	
La Habra	We 7:30 PM	Women's Participation		50
La Palma	Thursday 8to9	Kitchen Table Meeting	45	
Los Alamitos	ALL	Surrender is Freed	45	75
NOCCO		INTERGROUP	35	
NOCCO		Unknown	4	
NOCCO	Faithful Five	Colleen B	20	25
NOCCO	Central Office	Personal Colleen B		25
NOCCO	Birthday	Leslie	27	
NOCCO		Donation Cans	99	74
NOCCO	Birthday	Cathy M.	70	
NOCCO	Birthday	Jerry L.	29	
NOCCO	Birthday	Mike H	21	
NOCCO	Anonymous Times	Unknown	12	
NOCCO	Anonymous Times	Personal		53
NOCCO	Central Office	Anonymous Times Subscr		6
NOCCO	Personal	Colleen B		50
NOCCO	Donation	Jim D.	9	
NOCCO	Donation	Kip	5	
Norwalk	Donation	Dale L.	1,000	
Orange	Sat 7.30pm	Podium Participation	140	
Orange	Su 8:30 AM	Attit. Adj-Orange Olive		120
Orange	Fr 6:30 PM	Smashing Donuts		90
Orange	Wed 7:00 PM	Easy Does It		70
Orange	Sa 7:00 PM	Not a Glum Lot	60	
Orange	Fr 8:00 PM	No Puffer Speaker Mtg		100
Orange	Tues.12:00noo	Freindship Club	110	
Orange	TH 7:00 PM	Walnut Tustin Cl. Disc		180
Orange	Th 7:30 PM	Newcomers		25
Orange Cty	P.O.F.		50	
Placentia	Mo 6:30 PM	Beginners' Sober Start	81	
Placentia	Su 7:30 PM	Sunday Nite Bradford	100	221
Placentia	Su AM	Right Start	69	71
Placentia	Tu 8:00 PM	Bradford Discussion		180
Placentia	Wed 7:00 pm	Palm Ladies Big Bk Study	15	
Portola Hills	Sat. Morn. Men's	Montage Beach Mtg	258	
Serebty Rec	Center		15	
Tustin	Serenity Recovery	AA Panel	22	
Unknown	meeting ?		39	
Villa Park	24 Group	Attitude Modification		500
Villa Park	Su 7:00 PM	11th Step Meeting		35
Whittier	Fri.7-8pm	Big Book Study	25	
Whittier	Sa 8:00 AM	12 x 12 Group	15	
Whittier	Wed Night	Shepard of Hills Partic		60
Whittier	Wed. Night	Women's Meeting	25	
Yorba Linda	ALL 6:00 AM	Attitude Modification	1,028	
Yorba Linda	Fr 8:00 PM	Participation	70	100
Yorba Linda	Wed 8:00 PM	Topic D iscussion		60
Yorba Linda	Wed 12:00 PM	Noontimers		60
Yorba Linda	Mo 7:30 PM	Mon. Nite Book Study		58
Yorba Linda	Mo 12:00 PM	Nooners	60	
Yorba Linda	Th 8:00 PM	Y.L. Participation	70	140



## UPCOMING EVENTS!

### Looking for something to do?

Here are some upcoming events that might be of interest.

#### **NOCAA 9th Annual Women's Banquet & Planning Committee**

Don't miss this year's NOCAA 9th Annual Women's Banquet which will be held on March 25, 2006 from 5:30-9:30 p.m. at the Fullerton Ebell Club, located at 313 Laguna Road. Registration deadline is Friday, March 17, 2006. Tickets can be purchased at Central Office on Chapman Ave, through a Banquet Committee member, or mail check or money order to NOCCA Women's Banquet 2006, P.O. Box 771, Fullerton CA 92836. For more information call Cari S. at (714)827-8301. Come out and be a part of the fellowship!

The last open planning meeting will be held on March 5th at 6:30 p.m. at the Heritage House North, located at 321 N. State College Blvd., Anaheim. Stay involved and bring a friend...your help is needed!

#### **22nd Annual High Desert Convention**

Sunshine of the Spirit will be held March 10-12, 2006 at the Hilton Garden Inn in Victorville, CA. Scheduled events include: marathon and speaker meetings, golf tournament, and a banquet and dance. Don't miss out! For more information, log onto [www.highdesertconvention.org](http://www.highdesertconvention.org).

#### **The 22nd Annual Tri-State Round-Up**

The Tri-State 22nd Annual Round-Up is coming to the Riverside Resort Hotel & Casino in Laughlin, Nevada May 19-21, 2006. Events include: marathon meetings, ice cream social, banquet and dance, golf tournament, fishing derby, bowling tourney and a whole lot more. There is a discount on registration fee if sent by April 15, 2006. Visit [www.tristate-roundup.com](http://www.tristate-roundup.com) for details.

#### **25th Annual Southern CA H&I Conference & Planning Committee**

25th Annual Southern California Hospitals and Institution Conference will be held April 28-30, 2006 at the Double Tree Hotel in Orange, CA. Enjoy a Hawaiian Celebration, breakfast social, golf, discussions and panels, a dinner banquet and dance. Log onto [www.schii.org](http://www.schii.org) for more information.

Get Involved! Join the planning committee for the 25th Annual Southern California Hospital and Institution. The planning meetings are being held now at 1:30 p.m. on the first Sunday of the month. For more information contact George R. at [wstchamp@pacbell.net](mailto:wstchamp@pacbell.net) or Sue M. at [sslater@socal.rr.com](mailto:sslater@socal.rr.com).

#### **21st Annual Orange County Convention & Planning Committee**

21st Annual Orange County Convention is right around the corner. It will be held on April 14-16, 2006 at the Hilton Hotel in Costa Mesa, CA. Some the events include a 5k/10k walk/run, golf tournament, workshops, movie room, meetings and so much more. For more information, log on to [www.oaac.org](http://www.oaac.org).

Open planning meetings for the 21st Annual Orange County Convention are being held now at the Roque Center in Garden Grove. The meetings start at 7:30 p.m. on the third Wednesday of the month. The final meeting will be on March 15. If you can talk, stand, sit, smile, saw, paint, hammer, drive, file, type, write, count, create, breathe, or just tell jokes...

**YOUR HELP IS NEEDED!**



#### **21st Annual Orange County Convention**

**April 14, 15 & 16, 2006**  
with Al-Anon participation  
Register online at [oaac.org](http://oaac.org)

#### **Big Book Step Study Convention**

The 2nd Annual International Big Book Step Study Convention will be held March 24-26, 2006 at Florida Atlantic University in Boca Raton, Florida. Registration fee is \$40. For more information visit [www.bbssconvention.org](http://www.bbssconvention.org).



# BIRTHDAY DONATIONS

Simon K. 1/25/03  
\$3 + \$1 to grow on

**\*\*\* YOUR NAME HERE \*\*\***

Many A.A. members across the country are currently sharing their birthday celebration with others by giving a dollar or two for each year of their sobriety to Central Office. This insures that the same help they received will be available to others that are new to the Fellowship. *Start this year and make it an annual event!*

## IS SOMEBODY SPECIAL CELEBRATING A BIRTHDAY?

Gold, silver and tri-plated chips can be ordered through Central Office. Specialty medallions like sponsor chips, friendship chips and women/men in recovery are also available. All orders must be pre-paid and require one week for delivery. Please plan accordingly.

## PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!

To publish your birthday, send us your name, sobriety date and your contribution check (**DO NOT SEND CASH**) in the mail to: North Orange County Central Office, 133 West Chapman Suite C, Fullerton, CA 92832

## THE 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 the stories **700 words or less** (sorry, no poetry), and **confine the subject matter to alcoholism**.

*If you include material from another source such as the Grapevine or the Big Book, please specify which page # and book. Submit your article to Central Office or e-mail to: aatimes@aanoc.com*

## CHECK IT OUT—DUDE! YOUNG PEOPLE'S AA MEETINGS!

### SUNDAY

Costa Mesa	7:30 pm	Wild Bunch Beginners 12x12 301 Victoria @ College Hosp Bl, #275
Fullerton	6:00 pm	216 N. Malden (Alano Club)
Huntington Bch	7:00 pm	6622 Lakeview-Alice Brkfst/Park
Orange	7:00 pm	Chapman Univ/Argyros Forum, #212

### MONDAY

Huntington Bch	8:00 pm	Triangle Group 18582 Beach Bl, #2 @ Ellis
Irvine	7:30 pm	Wild Bunch Men's Step Study 3 Ethel Coplen Way (Rancho Sr. Center)
Yorba Linda	8:00 pm	Discussion, 4861 Liverpool @ Yorba Linda (Messiah Lutheran Church)

### TUESDAY

Anaheim Hills	7:30 pm	Step Study/Kaiser Lakeview-Bsmt
Costa Mesa	5:30 pm	Big Book Study 660 Baker St., Ste. 417 @ Bristol
Garden Grove	7:30 pm	Main & Stanford, Room 4

### WEDNESDAY

Anaheim	8:00 pm	Young Peoples Meeting 9581 #B W. Ball Rd. (between Brookhurst & Gilbert)
Huntington Bch	8:00 pm	Triangle Group Big Book Study 2721 Delaware @ 17th
Irvine	7:30 pm	Wild Bunch Beginner Q&A 3 Ethel Coplen Way (Rancho Senior Center)
Yorba Linda	8:00 pm	Topic Discussion, 5320 Richfield Rd.

### THURSDAY

Costa Mesa	5:30 pm	Young Peoples Speaker Meeting 660 Baker St., Ste 417 @ Bristol
Costa Mesa	8:00 pm	Moorehead Podium Call-up 2476 Newport Blvd @ Fair (Oddfellow Hall)
Laguna Beach	8:00 pm	Romper Room Beginners 20456 Laguna Canyon Rd.

### FRIDAY

Anaheim Hills	8:00 pm	Discussion, Kaiser Lakeview, Bsmt.
Corona Del Mar	8:00 pm	Big Book Study, 3233 Pacific View
Huntington Bch	7:00 pm	Seacliff, 225 7th St., Garage #1 @ Olive
Irvine	7:30 pm	Boys in Sobriety, 4400 Barranca & Culver
Newport Beach	8:30 pm	Discussion, 414 E. 32nd St.
San Clemente	10:00 pm	Voluntary Participation, 929 Calle Negocia, Suite H @ Calle Amanecer

### SATURDAY

Rancho Santa	7:30 pm	(C,Y) RSM One Hour Discussion 30322 Via Con Dios (Lutheran Church)
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## SUBSCRIPTIONS/GIFTS

Treat yourself or a friend to the *Anonymous Times* for only \$6.00 a year!  
Send us your name and address:

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**ANONYMOUS TIMES:** 133 WEST CHAPMAN • FULLERTON, CA 92832.

Phone: 714-773-4357

**Note: Group subscriptions available-call Central Office for more info.**

## Ask Jerry □

### Questions & Answers on A.A. History

*What was used to work the steps other than the Big Book prior to the 12 & 12?*



It was called "the best kept secret in A.A." **The Instructor's Outline** was used starting in May of 1942 for beginner classes on the twelve steps. It is set up in the form of four classes held over the course of four weeks, in which the twelve steps are divided into four parts. This started in Minneapolis, Minnesota. The outline was used by the instructor and later a pamphlet called "*An Interpretation of the Twelve Steps of the Alcoholics Anonymous Program*" was used by the beginners in the classes. From this early beginning sprung **The Little Red Book**, which was published in 1946.

Knowledgeable old-timers sat as a panel at the front of the room with the newcomers gathered in front of them. The introductory material for that particular class was read and then the newcomers were allowed to ask questions of the old-timers. Like everything else that seemed to be working well, this was rapidly circulated all over the country and printed versions of the pamphlet were produced in Washington D.C., Detroit, Oklahoma City and other cities. Both Dr. Bob and Bill W. put themselves on record supporting this program.

A.A. hit a crisis in the late 1980's and early 1990's, where some of the younger leaders began insisting that no one was allowed to read anything except "conference approved" literature. A.A. then began to be cut off from its historical roots and fell into greater and greater triviality and also achieved lower and lower success rates.

My files contain a copy of **The Instructor's Outline**, copies of the pamphlets from various cities and the first printing of **The Little Red Book**. I also have a copy of **The Little Red Book** which was Dr. Bob's copy. A letter in my files from Bill W. comments that there is a definite need for this book in A.A.

#### SEND YOUR QUESTIONS TO:

aalogsdon@aol.com

Or mail to: NOCCO:  
133 W. Chapman, Ste. C  
Fullerton, CA 92832

## What's Blossoming At The 21st Annual Orange County Convention?

By Bruce W. (2006 Orange County Convention Chair)

Each year our main goal is to have an exciting and informative convention. The selected chair has his or her own idea of what the convention should be. First we have nominations of themes that the AA members would like to have; then by a process of votes it is determined what the theme will be. This year's theme is "**Blossoming in 2006.**"

Next the committee members choose the decorations, the colors etc. The chair decides what new activities he or she would like to introduce during the convention weekend. One year we had computers there so that people could come and talk to other members online. Another year we combined the AA and Al-Anon speakers together in one meeting. But our main goal is to give back what was so freely given to us and that is our time. This is all volunteer work; we do not get paid for this.

This year we have a normal agenda - an opening meeting on Friday with a speaker and a dance. Saturday we have a variety of large and small meetings with a luncheon and a banquet, followed by entertainment and another dance. Sunday is the closing meeting beginning at 10:30 a.m. I tell people to come down and enjoy the entire weekend, but if they can't I encourage them to at least come to the closing meeting. We have what we call Sobriety Countdown where the oldest AA member gives the newest member a signed copy of the Big Book. That is followed by the closing speaker and the Lord's Prayer. I would like to encourage the people that have decided to move on and not return for whatever reason to come back and see what we've planned this year.

We will have AA workshops consisting of Sponsorship and Traditions and Concepts. There will be a movie room with legendary films like "Days of Wine and Roses" and "Leaving Los Vegas." We also have local historian Jerry L. bringing back his personal collection of AA memorabilia. I can only say this about the Orange County Convention - these people showed me that life doesn't have to be dull after we get sober. We are all encouraged to have fun in life and to show others that there is fun for them as well.



The 21st Annual Orange County Convention will be held April 14th, 15th and 16th at the Hilton Hotel, 3050 Bristol Street in Costa Mesa. Register online at [www.oacaac.org](http://www.oacaac.org). For hotel reservations call the Hilton at 714-540-7000 Ext. 1. Be sure to use the Hilton Hotel code "AAN" when making room reservations.

# SPEAKER MEETINGS: March/April 2006 — DON'T MISS THESE!!!

Anonymous Times would like to publish your list of speakers for May/June 2006. Contact Central Office or email to [aatimes@aanoc.com](mailto:aatimes@aanoc.com). Deadline for publication is April. 15.

## Friday Dreams Come True - Fullerton

### Formerly the Buena Park Speaker Meeting

7:30 pm	109 E Wilshire, Fullerton First Christian Church
3- 03	Jim A. - Huntington Beach
3-10	Kelly L. - Laguna Nigual
3-17	Linda W. - Aliso Viejo
3- 24	Gloria B.
3-31	Aussie R. - Anaheim Hills
4-07	Todd L. - Long Beach
4-14	Kelly C//Geroge C - Huntington Bch
4- 21	Bruce F. - Newport Beach
4-28	Paul K - Laguna Nigual

## Friday St. Jude Speaker-Fullerton

8:00 p.m.	St. Jude Hospital, Erickson Building 101 E. Valencia-Mesa
3- 3	Chili Dog George - San Dimas
3-10	Valerie W. - Yorba Linda
3-17	Marty F. - Ladera Ranch
3-24	Big Tim S. - Newport Beach
3-31	Mickey B. - Santa Monica
4-07	Jay S. - Redondo Beach
4-14	Bob D. - Lakewood
4-21	Pat C. - Pomona
4-28	Jane E. - Santa Ana

## Friday No Puffers Speaker - Orange

8:00 p.m.	395 S. Tustin St., Orange (room behind church)
3-03	Jaci W. - Irvine
3-10	Bill S. - Costa Mesa
3-17	Jackie Y. - Tustin
3-24	Antony T. - Orange
3-31	Scott M. - Fountain Valley
4-07	Lori Y. - Orange
4-21	Jim B - Irvine

## Saturday Oddfellows Speaker - Fullerton

8:00 p.m.	First Christian Church Corner of Wilshire and Harbor Blvd.
3- 4	Kryss J. - Huntington Beach
3-11	Sheila M. -
3-18	Rick H. - Fullerton
3-25	Winston E. -
4-01	Surprise
4-08	Pat L - Lake Forest
4-15	Surprise
4-22	Simon K. - Fullerton
4-29	Tracy H. P. - Brea

## Sunday Fullerton Alano Center

10:30 a.m.	216 N. Malden Avenue
3-5	Keith D. - Yorba Linda
3-12	Norma Jean C.
3-19	Bill S. - Anaheim
4-02	Doug R. - Tujunga
4-09	Patti "O" - Laguna Niguel
4-16	TBA "Easter"
4-23	Frank O - Santa Ana

## Sunday Fireside Speakers-Buena Park

8 p.m.	8150 Knott Ave, Buena Park
3-5	Marilyn S - W. Los Angeles
3-12	Ralph W - Los Angeles
3-19	Patrick C - Costa Mesa
3-26	Mickey B - Santa Monica
4-2	Kenna M - S, Pasadena
4-9	James J - Torrance
4-16	Roxy S - Fullerton
4- 23	DeAndre M - Glendale
4-30	Sallie R - Glendora



*Show up and  
hear the  
message of recovery!*

## Regularly Scheduled No. Orange County Meetings

### North Orange County Intergroup Association

1st Tuesday of each month at 7:30 p.m.  
849 N. Bradford, Placentia (Presbyterian Church)

### Orange County Hospitals and Institutions Committee

2nd Sunday of each month as follows:  
Institutions Committee: 4-5 p.m. (Orientation at 3:15 p.m.)  
Hospitals Committee: 6-7 p.m. (Orientation at 5:15 p.m.)  
Garden Grove Alano Club, 9845 Belfast, Garden Grove

### Cooperation with the Professional Community (CPC)

1st Saturday of each month at 9:00 a.m.  
202 W. Broadway, Anaheim

### North Orange County Hispanic Intergroup Association

Every Friday at 8:00 p.m. 330 N. State College Ste 207, Anaheim  
Call (714) 956-7243 for information

### North Orange County Public Information Committee

1st Tuesday of each month at 6:30 p.m.  
849 N. Bradford, Placentia (Presbyterian Church)  
For information call Brian K. (714) 658-4581



## STEP ELEVEN



***“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”***

When we first enter A.A., most of us tend to become very active physically. Because prayer and meditation look to be sedentary, the usual reaction is that this part of the step is probably not all that important. Strange reaction, since the very title of this step mentions nothing but prayer and meditation.

A lot of us out and out balked at the idea of a strange God dictating His will for us. We liked to refer to all those bad things that God allowed to happen. So we, at first, recoiled from prayer and meditation. But we looked around at the many members of A.A. who were obviously living happy lives through using this step and we began to think maybe we should try it.

So it usually isn't too long after we make this decision that prayer and meditation become a driving force in our lives and programs. Most of us get into the habit of daily prayer and meditation and when we fail to do this, our lives seem to start curling back towards where they were before we joined A.A. After all, prayer and meditation are our means of communicating with God and there doesn't seem to be any shortcut for that.

Self-searching is a very beneficial by-product that ties in with prayer and meditation. Since our program is based on rigorous honesty, the recovering alcoholic soon finds himself under rigorous self-examination. He begins to make an attempt to rid himself of all the deceitful practices and ideas that he has been luxuriating in all his life. As his skill in meditation increases, he will become more and more aware of the lies and false conduct he has been spreading about town. Mix this with a little prayer and you will soon have an honest, recovering alcoholic who wants no more to do with how he used to be.

There is a very famous prayer that goes with this step – the prayer of St. Francis, and it is found on page 99 of our Twelve and Twelve. Reading this prayer slowly can be a great help in entering into your meditation.

So why the middleman? Why must there be another mortal present when we take our sins and dilemmas to God? Why can't we just deal with the Head Man himself? First of all, God already knows about your sins and dilemmas. And often times the prayers and beseechment that you offer up are nothing more than well rehearsed rationalizations and must be tempered and edited by an experienced member of A.A.

*So pray and meditate and seek His will for you and one day you will find that your life has been turned around and God has given you another gift:*

### **The Eleventh Step.**

## ***How does Step Eleven affect you ?***

Constantly seeking to improve my conscious contact with my Higher Power is the key to my growth. Spiritual growth is what it's all about to me, for A.A. is a spiritual program. My progress through life is to be on a higher level and my spiritual growth continues as I practice Step Eleven and avoid distilled spirits!

*Mike M. (Sobriety date: 3/17/94)*

I believe Step Eleven is done best by taking an inventory first. In doing this I am looking for areas of my life where I will ask God to remove my defects of character or shortcomings. Some might say that this is a quiet inventory taken alone at the end of the day and it would be meditating. So be it; it is a matter of interpretation.

After taking the inventory and praying for the removal of my defects, I then have the opportunity to quietly listen to see if God is going to give me an intuitive thought or if I must wait for an answer. The main thing in meditating is that you be in a state of mind and body in which you are completely at ease. You do not try to direct your thoughts, just be in a quiet state; just lie there with a blank mind to see what comes in asking for His attention.

In prayer and meditation one can pray by just talking to God. Meditating, on the other hand, is very difficult. The key to meditation is repetition. Finding a quiet area where one can be at peace with one's self is very important. Don't get discouraged - it will come in time and when it does you will be amazed at some of the directions you receive.

*Walter C.*

## ***The Promises of Step Eleven***

1. *We can employ our mental faculties with assurance.*
2. *Our thought-life will be placed on a much higher plane.*
3. *The right answers come.*
4. *What used to be a hunch or the occasional inspiration gradually becomes a working part of the mind.*
5. *Our thinking will, as time passes, be more and more on the plane of inspiration.*
6. *We come to rely upon it.*
7. *We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.*
8. *We become much more efficient.*
9. *We do not tire so easily.*

*It works – it really does*





## Finding the Balance

by Carolyn Elise - Sobriety date 2/13/1991

***“If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free.”***

(From page 552 of the Big Book—Third Edition)

I have been weighed down with feelings of bitterness and unforgiveness, and feelings of “This isn’t fair, see what they did to me?” A situation at work involving two people in particular, I couldn’t let it go. The negative was weighing a 10 and my gladness was nowhere to be found, tossed recklessly up into the sky with the heaviness of my grief. My anger grew with each heartbeat, and my day was wasting away in a cloud of darkness. I was NOT having any fun at all. Then I remembered, “Hey, I didn’t get sober to spend my time feeling like this. What happened to happy, joyous and free?”

So, I took a break, took a walk up the hall. I pictured each one of them with like a light glittering snow falling down on them, but it wasn’t snow, it was love and peace, knowing that if they are happy and fulfilled, they will in turn treat others better. Each time my thoughts of revenge popped into my head, I replaced them with “God bless you,” and pictured them smiling. Wow, I felt my joy returning! I felt a beginning of the shift in the balance. For about an hour, that is, until the human side of them revealed its ugly face again right in front of me. Then the scales once more tipped to the negative, or should I say fell with a major force. I felt defeated, beat up, broken, and lost.

But wait! I hear a soft Voice calling me back from the darkness, and I recognize this Voice. I’ve heard it before, gently whispering in my ears, because I’ve taken the time to be still and to practice listening for it. I hear, “Pray, pray hard. Pray now. Pray for their souls and your own. Come back to ME, come back to the Light.”

I know this is what I need to do NOW. I know if the Voice I hear is telling me good things, and not

to harm myself or anyone else, then I am hearing the Voice of my Higher Power. I have learned when I following its beckoning, I am led to a place of comfort and peace in my body, mind and soul. And so, I pray.

I pray to My Higher Power, I pray for goodness and love to surround these people that I am struggling with. I pray for all the things they need and want for a wonderful life to be brought to them, and for them to be filled with peace and harmony in their hearts and in their lives. I pray for their souls and their consciousness to be lifted to a higher place.

And then I pray the same for myself. And then I relax, and I let go, and I let God. And then the magic happens, and once again, I Find the Balance, and I am able to remain there for the rest of the day, because even if they don’t change instantly, I do.

Because I now know that The Balance comes from within ME, not from within a Bottle. Bottles get drained, and broken and empty. The Balance that comes from within is continually, generously fed from The Sunlight of the Spirit, in a never-ending stream of Pure Light and Energy. Listen, and you too will hear It. Be still, and you too will feel it. You too, will “Find the Balance.” The promises are right there, in the Big Book. Take the action, get the results. And may the Force be with you!

- B** - Believe in Possibilities and Miracles
- A** - Accept Life and its lessons
- L** - Let go of the Negative
- A** - Adjust my Attitude to one of Gratitude
- N** - Nurture myself, my growing faith, and others
- C** - Create a new Life by working the steps
- E** - Enjoy every single blessing, every single moment



# NOC Central Office BULLETIN BOARD

<p><b>H &amp; I</b> <b>2ND SUNDAY</b> <b>March 12 &amp; April 9</b></p> <p>Orange County Hospitals and Institutions Committee 2nd Sunday of each mo.</p> <p><b>Institutions Committee:</b> 4-5 pm (Orientation at 3:15 pm)</p> <p><b>Hospitals Committee:</b> 6-7 pm (Orientation at 5:15 pm)</p> <p><b>Garden Grove Alano Club 9845</b> Belfast Garden Grove Call (949) 278-5173 for more info.</p>	<p><b>NOCPIC</b> <b>1ST TUESDAY</b> <b>March 7 &amp; April 4</b></p> <p>North Orange County Public Information Committee</p> <p><i>Learn about sharing the message of AA with Non-AA people like high school and college students.</i></p> <p><b>Meets at 6:30 pm on the 1st Tuesday of every month at</b> 849 N. Bradford Placentia, Room 403</p> <p><b>If you have questions, call Brian K. at 714-658-4581</b></p>	<p><b>INTERGROUP</b> <b>1ST TUESDAY</b> <b>March 7 &amp; April 4</b></p> <p>North Orange County Intergroup Association</p> <p><i>Be an Intergroup representative for your meeting.</i></p> <p><b>Meetings are the 1st Tuesday of each month at 7:30 pm</b> 849 N. Bradford Placentia (Presbyterian Church)</p>	<p><b>VOLUNTEER</b> <b>2ND SAT. Quarterly</b> <b>May 13</b></p> <p><b>CENTRAL OFFICE</b> holds a quarterly volunteer meeting. Coffee and donuts provided.</p> <p><b>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</b></p> <p><i>Did I mention free donuts?</i></p> <p><b>Call 714-773-4357 for information.</b> <b>MEETING 10 A.M.</b></p>
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**FOR MORE INFORMATION CALL CENTRAL OFFICE 714-773-4357**

## North Orange County General Service Meetings

District	Day	Time	Location	Contact
5	2nd Thu	7:00 pm	19211 Dodge Ave @ Newport Tustin (Church of the Foothills)	Alex N. (714) 218-8867
7	1st Mon	6:30 pm	9845 Belfast Dr, Garden Grove (Garden Grove Alano Club)	Cheryl M. (714) 235-5019
10	1st Wed	8:00 pm	109 E. Wilshire, Fullerton (First Christian Church)	Donna S. (714) 572-1716
15	1st Thu	7:00 pm	441 N. Lakeview, Anaheim (Kaiser Hosp. 8th Floor, Room B)	Lynn C. (714) 671-0285

*Orientation for new GSRs is held one half hour prior to Monthly North Orange County General Service Meetings*



*The person who belongs to these teeth*

*Wants to thank those who made it possible*

*...you know who you are!*

### Check Us Out!

The Anonymous Times is NOW available on the NOCCO website.  
Come visit us at [www.aanoc.com](http://www.aanoc.com)

## HIGH FIVES TO OUR FAITHFUL FIVERS!!!

Austin ♦ Dennis ♦ Ed ♦ Colleen ♦ Jan ♦ Julie  
Nancy ♦ Norma ♦ Ralph ♦ Ginger ♦ George ♦ Paul



### What are Faithful Fivers?

Faithful Fivers are A.A. members who pledge at least \$5.00 each month toward the support of their local Central Office. This idea is catching on around the country. In the publication of the Tucson Area Intergroup *Just For Today*, a story noted that "the plan is used in several other cities and came about when we remembered that many of us had spent more than \$5.00 every week on alcohol during our drinking days."

PAYMENT PLAN: I agree to pledge and here is my contribution of \$ \_\_\_\_\_ for \_\_\_\_ months.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Make checks payable to: North Orange County Central Office (NOCCO)  
Mail checks to: 133 West Chapman Avenue, Ste. C • Fullerton, CA 92832

**YOU CAN MAKE THE LIST GROW TODAY!!!**

## Carrying the Message Through Intergroup

By Jan W. – NOCCO Board

Being of service is an acknowledged way of ensuring one's sobriety. If your meeting does not have an Intergroup representative, perhaps a description of the job would motivate some to take this service commitment.

An Intergroup representative is asked to attend one meeting each month. Information from the business of Central Office is disseminated through the board and issues regarding AA (at the local level) are discussed by Intergroup members.

It is the Intergroup representative's job to carry this information back to his or her meeting to share with the group. Occasionally a group conscience may be taken regarding a particular issue.

If you have one year sober and are willing to make a one year commitment, please consider this option. At your next meeting, just raise your hand and say, "I want to be an Intergroup Rep!"

### More on Intergroup...

A.A. co-founder Bill W. helped write an Intergroup pamphlet, which was published by the Intergroup Committee of New Jersey in March 1949. On the back page of the pamphlet, Bill wrote:

*"Every A.A. member wants every alcoholic in the world to have the chance he has had. Every A.A. member wants unity for our movement. Every A.A. member wants the good opinion of medicine, religion and the general public. We know we must have these things or the new man may never get his chance.*

*The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us always be generous. Let us warmly support Intergroup."*

The North Orange County Intergroup Association meets on the first Tuesday each month at 7:30 pm at the Presbyterian Church located at 849 N. Bradford in Placentia.

## General Service Corner

By Bob B.

Here are a few of the most commonly asked questions about General Service, and some brief answers:

### Q: Who runs AA worldwide?

A: The AA groups do. Each issue that affects AA as a whole gets voted on by AA groups throughout the U.S. and Canada. Each group's vote is carried by its GSR (General Service Representative) to their Area Delegate. The Area Delegates from all 93 of the Areas in the U.S. and Canada then meet once a year to discuss the issues and the opinions of the AA groups in their respective Areas. A group conscience is taken, and the resulting recommendations are made on each issue.

### Q: How can our AA Group help run AA worldwide?

A: Your group can help by electing a GSR, discussing and taking group consciences on the issues your GSR brings to your group for discussion, and sending your GSR to your District's monthly meetings and to your Area Assemblies (which meet 3 or 4 times a year) and to the workshop that meets in March of each year where votes of the Groups (via their GSRs) are taken.

### Q: Are there committees that help run AA worldwide?

A: Yes, there are several committees that operate at the National level. They include such committees as PI (Public Information), CPC (Cooperation with the Professional Community), Corrections Facilities, Treatment Facilities, etc.

The General Service Office can be reached at 475 Riverside Drive, New York, NY 10115, (212) 870-3400. They have a website at [www.aa.org](http://www.aa.org)

For information on monthly General Service meetings in North Orange County, see page 10.

## ALL DRESSED UP AND NO PLACE TO GO?

Don't forget to pick up the new Orange County A.A. Meeting Directory, available March 1st at Central Office, Clubs and Fellowship Halls. For less than the price of a cup of coffee (54 cents including tax), you'll have the latest meeting information at your fingertips. Buy one for yourself and one for a friend—It's a great way to welcome a newcomer to the Fellowship!



## Central Office Stumper

### How well do you know your Central Office?



Take this fun quiz to find out! The first person to answer all questions correctly receives a one-year subscription to the Anonymous Times.

After you've completed the quiz, drop it in the mail...or better yet, drop it off in person. We are located at 133 Chapman Avenue, Fullerton CA 92832. Come on down and see what's new... there's always a fresh pot of coffee and a friendly smile waiting. Tell them Roxy sent you!

1. How many photographs of Bill W. are hanging in the main office? \_\_\_\_\_
2. How often are the Volunteer Meetings held? \_\_\_\_\_
3. Where would you find the key to the restroom?  
\_\_\_\_\_
4. Who is our 'benevolent sponsor' and where is his picture hanging? \_\_\_\_\_
5. How many weekly volunteer shifts are there? (include call forwarding) \_\_\_\_\_
6. What color is the office manager's hair? \_\_\_\_\_
7. A picture of whose tombstone is on the south wall of the office? \_\_\_\_\_
8. What is the central office website address?  
\_\_\_\_\_

## Tough-Love Club *(continued from front page)*

Tom, Painter Gil, Two-Taco Nancy, Nurse Nancy, Chubby Nancy, Chuck the Chimney Sweep, Tugboat Dave, Pappy Gus, Singin' Sam, TC, RJ, Irish John, Boston Jack, Boston Johnny, Cadillac Jack, Cigar Jack, Monday Night Jim, Saturday Night Nick, Jittery Jerry, Laughing Carol, Amen-corner Noel, Friday Night Jim, Mexican Ginny, Cal & Audrey, Max Collier, etc., etc. The list is too long and besides, all but a few are gathered at the coffee-pot in the sky. I, however, recall my name back then - it was something like "Crap Head" or words to that effect! You grew a thick skin or else your feelings were constantly hurt.

I virtually spent the first two years of my sobriety at that club! Now during that time, I ventured out to other places like MWA club in Signal Hill and Indian Charlie's, which was at a women's club over in Buena Park at the time. But I always gravitated back to the old **Roundtable**. The place holds a special part of my heart. I met my wife there in 1981 and proposed to her in front of 40 people on a Friday night meeting and from the back of the room she said YES, so all could hear! This brought on much applause, laughter, and of course a few sneers from the old-timers. We are still happily married today I might add, largely due to the program of A.A. and of course an Al-Anon meeting or two.

I don't go back to the "RT" too often anymore. I have become somewhat lazy and attend meetings close to my residence, plus I dislike the drive and parking along Fourth Street. Ironically, when I do go, one or two who knew me back then are still there! A little older, a little grayer, a bit more wrinkled expressions, but much wiser I might add. I could go on and on about the **Roundtable's** part in my sobriety; however, I don't want to make this the great novel that it should be. I have graduated to countless other *Favorite Meetings*, but this place still holds numerous fond memories and a special place in my heart of the early days.

## LETTERS TO THE EDITOR

### We'd love to hear from you!

Please send your comments or suggestions to:

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*(We reserve the right to edit letters)*



### Dear Anonymous Times Readers:

*My name is Jed G. and I am an Orange County A.A. member who, due to taking control of my life (back) from my Higher Power, ended up where we end up: jails, institutions or dead. I just got my hands on an old issue of Anonymous Times and I have read and re-read it.*

*I've been here in Orange County Jail due to my actions while loaded. I've been really reading my Big Book and working on my steps so when I do get out I can start right away with my sponsor. I know, because I was sober for a while, by working the program the **PROMISES DO COME TRUE**.*

*While clean and sober I met a beautiful lady whom I was engaged to. Because of my actions, we are at the moment no longer together. I still love her very much and now, because I've been working the steps, her and I one day might be possible. But my #1 priority is staying sober by working the steps on a daily basis. And I get, as a result, to remain sober a day at a time and a future with unlimited possibilities.*

*To everyone there, take good care, Happy New Year and Easy Does It.*

*Sincerely, Jed G. (Orange County Jail)*

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