

Anonymous Times

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

Volume 17, Issue 2

March/April 2011

Orange County AA Convention Set for April 22-24

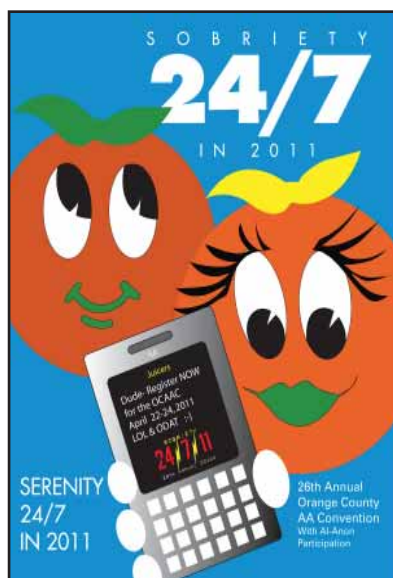
Sobriety 24/7 in 2011 is theme of the 26th Annual event in Costa Mesa

I am honored and privileged to serve as this years Convention Chairman. I can so relate to what my friend Steve said last year:

“Upon getting sober in 1988, the idea of having fun without alcohol was inconceivable. My whole life revolved around drinking. Alcohol was my courage to do life.”

When I got sober, those already here and being of service told me to get involved; become a part of Alcoholic Anonymous and all it has to offer. However, I did not want to be responsible or accountable and was not ready to go to any lengths for recovery. My alcoholism was taking everything good and right in my life, and I did not know what to do about stopping the sadness and loss. I have not ever been as lonely as I once was

Continued on page 2



Annual H&I Conference to be Held April 15-17

The 30th Annual Southern California Hospital and Institution Conference will be held April 15-17 at the Hyatt Valencia in Valencia, CA.

The three-day event will feature professional presentations and panels; Young People in Alcoholics Anonymous (YPAA); Saturday night banquet and speaker meeting; and will feature Al-Anon participation. The event will also feature Spanish participation. Registration is \$15.

For more information and to download registrations forms, go to www.socalhandi.org or contact your local H&I committee.

North Orange County Central Office

1111 E. Commonwealth Ave.,
Suite D
Fullerton, CA 92831
Open 7 Days 9am–9pm
PHONE: (714) 773-4357 (24 hrs.)
FAX: (714) 773-0179
WEBSITE: www.aanoc.com
OfficeManager@aanoc.com



Tradition 11

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films” - Twelve Steps and Twelve Traditions, page 180.

INSIDE THIS ISSUE

NOCCO Financials	2	Remembering Rubber Duck	6
The Doctor's Opinion	3	Speaker Meetings	7
What Alcohol Stole From Me	3	Bulletin Board	8
Events	4	Meeting Donations	9 & 10
Birthdays	5	California Jack	11
Get Commitments	6	Convention Registration Form	12

NOCCO Revenue and Expenses 2010 vs 2009

Revenue	Dec-10	Dec-09
Sales - AA Books and Literature	\$39,723.58	\$36,123.41
Sales - Chips and Non-AA	\$28,611.36	\$34,415.16
Donations- Groups and Individuals	\$53,374.70	\$49,716.91
Fundraisers	\$5,822.50	\$6,344.66
Interest	\$240.41	\$618.29
Total Revenue	\$127,772.55	\$127,218.43
Cost of Goods	\$49,060.05	\$51,448.51
Gross Profit	\$78,712.50	\$75,769.92
Operating Expenses		
Salaries	\$39,600.00	\$39,600.00
Advertising	\$0.00	\$401.83
Bank Charges	\$131.00	\$86.00
Cash short\ (over)	-\$21.22	-\$11.55
Bad Checks	\$242.22	\$221.12
Computer Expenses	\$0.00	\$134.81
Depreciation	\$429.72	\$618.61
Insurance-General Liability	\$2,163.51	\$1,445.15
Insurance - Work Comp	\$2,378.56	\$557.35
Insurance - Medical	\$3,186.00	\$3,192.00
Interest Expense	\$9.86	\$0.00
Legal & Accounting	\$2,100.00	\$1,950.00
Licenses	\$20.00	\$0.00
Newsletter Cost	\$2,172.27	\$2,627.62
Office Supplies	\$4,138.16	\$5,118.81
Postage	\$171.11	\$355.44
Penalties on Tax Payments	\$351.85	\$0.00
Office Rent	\$18,600.00	\$18,768.00
Equipment Rental	\$1,796.51	\$1,242.80
Repairs & Maintenance	\$0.00	\$50.00
Seminars & Education	\$1,455.11	\$1,563.97
Taxes- Payroll	\$3,155.21	\$3,141.34
Taxes- Annual Filings	\$60.00	\$50.00
Telephone	\$3,308.23	\$3,471.60
Utilities	\$2,278.15	\$2,947.98
Total Operating Expense	\$87,726.25	\$87,532.88
Other Income and Expense	\$0.00	\$0.00
Net Income/(Loss)	-\$9,013.75	-\$11,762.96

Convention ... From Page 1

prior to being part of this convention. I have learned to get out of my own selfishness and self-centeredness through fellowship and service in the program of Alcoholics Anonymous and to have fun by being involved at The Orange County AA Convention. I learned here in Alcoholics Anonymous how to mend those broken relationships and how to see the whole of my life through an attitude of gratitude, an attitude of *get to* rather than *have to*.

During the past twenty-two years since my first Orange County AA Convention, my attitude and outlook have changed. I have grown not only in my own sobriety but also in service to others in the fellowship and the communities that they serve. Many of the people I work with emulate what I do. The Big Book says, "You cannot transmit something you haven't got." If you are not working the 12 Steps, if you're not being of service, if you're not having fun, while living the traditions, it will be very difficult to show an attitude of gratitude in love and tolerance. So when asked, I lead and they follow me into sobriety and service. Just going to meetings is not enough; just not drinking is not enough. I must be involved and show gratitude in every aspect of my life. Love and Service have always saved me from myself. That is why I am still here, still sober, still committed and still having Fun.

Come join a few thousand sober people; volunteer, serve, enjoy and most of all have fun with us making new friends committed to their sobriety too. We will have marathon meetings all weekend, day and night. Speakers from other states and from California, golf tournament, dances, hospitality and gathering areas, information booths, representatives from GSR, Central Office, and H&I will be highlighted, too. There will be workshops, a poker run called Rods and Rides, allowing both classic cars and motorcycles. Additionally, we will have a movie room that shows continuous alcoholic-related movies to enjoy during the weekend.

Checkout our web site to view all of the events: www.ocaac.org.

I realize that some of you have had

Continued on page 3

Opinions, letters and stories printed by the Anonymous Times are not to be attributed to Alcoholics Anonymous as a whole, nor does publication constitute an endorsement by Alcoholics Anonymous, the North Orange County Central Office, Intergroup or any group within Alcoholics Anonymous. All reprinted articles are printed with permission.

Editor/Layout: Paul H.

Regular contributors: Roxy S.; Stephen M.; Paul P.

NOCCO Board Oversight Committee: Jim S.

Cartoonist: Johnny G. Chief Proofreader: 86 proof

The Doctor's Opinion

Number 1 of 12 articles on the Big Book

I remember vividly, reading the Doctor's Opinion in the Big Book as a still-drinking alcoholic who was only going to AA meetings to get my attendance card signed. I was outraged, (and I thought "you" [meaning YOU ALCOHOLICS] should be too) that a "civilian" would try to describe the life YOU people had to live. It was a few months later, now sober and attending a Big Book Study to see how I could do this without YOUR help, that I started to understand the truly profound nature of the kindly doctor's writings.

I had done some investigation of this thing called Alcoholics Anonymous by reading the book "Alcoholics Anonymous Comes of Age." In this book I learned that Dr. Silkworth was considered sort of a nut by most of his peers in the medical and psychiatric professions because of his theory that "*the body of the alcoholic is quite as abnormal as his mind.*" Up to this point in medical history, alcoholism, (alcoholism as a name for the disease was just starting to be used by a few medical professionals, in preference to the term that was more popular at the time – alcohol addiction) had been generally classified as a moral problem, or a form

of mental illness. Dr. Silkworth had risked his reputation, (35 years treating alcoholics and drug addicts, Princeton Medical School graduate) in theorizing that alcoholism was a two-fold disease, affecting the body, as well as the mind. He was also humble enough to realize that there was little he, with his "synthetic knowledge," could do to help most chronic alcoholics.

In his second letter for inclusion in the Big Book, Dr. Silkworth made the statement that "*Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to re-create their lives.*" In these three simple sentences, the doctor, wittingly or unwittingly, describes the principles which have allowed Alcoholics Anonymous to work so successfully with the chronic alcoholic. If frothy emotional appeal from our families and other loved ones had worked, we would have quit long ago. When Bob went to talk with Bill the day after Mother's Day in 1935, the message that got Bob's attention had depth and weight – it was from

another man who had walked in Bob's shoes – who drank like him and experienced mental and physical torture just like Bob had experienced. Bill was a peer, not a caregiver. And finally, the way out was through a spiritual experience that would expel the obsession to drink, thereby never setting off the phenomenon of craving. It has worked just that way since 1935.

There is so much more in the Doctor's Opinion that I would need to take up all the pages in this issue of The Anonymous Times to describe the rest. If this article has been interesting to you, I recommend that you locate and commit to a small Big Book Study that takes the time to study and dissect the principles outlined in the Doctor's Opinion and the first 11 chapters of the Big Book. For those in Anaheim, you might try out the Gratitude Is An Action Group, 6:30PM on Friday in the church at the corner of Magnolia and Orange. There are many wonderful Big Book Studies in Orange County each week.

Next issue, "*Bill's Story*".

Nick M.
Intergroup Rep, NOCCO

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

Convention ... From Page 2

problems fueled by our struggling economy. Get with friends and share the cost of a room. The success of the convention and your personal experience are certain to be heightened by staying at the hotel so you do not miss any of the festivities.

You will not want to miss the 2011 annual celebration with Al-Anon and Young People's participation at The Orange County Alcoholics Anonymous Convention - *Sobriety 24/7 in 2011*

By the Grace of God, in Love and Service.

Clark B., 2011 Convention Chairman

Intergroup Elects Board for 2011

Election of this year's NOCCO Board of Directors was held at the January Intergroup meeting. Here is a list of the 2011 Board members.

Ed G.	Chair
Michele M.	V.P. Chair
Erica D.	Treasurer
Dave C.	Asst. Treasurer
Cathy Mac.	Secretary
Jim S.	Newsletter Liaison
Paul P.	Asst. Newsletter Liaison

UPCOMING EVENTS!

Annual Woman's Banquet to be Held on March 26

The Family Afterward is the theme of the 14th Annual Women's Banquet, to be held March 26 at the Santa Ana Elks Lodge from 5:30 p.m. to 10 p.m.

The event will feature a dinner, speaker and raffle. Tickets are \$30 and can be purchased by calling Ailene D., chairwoman, at (714) 393-2297 or co-chair Tara E. at (714) 931-7755.

The lodge is located at 212 Elk Lane, Santa Ana.

Laughlin, NV Roundup Slated for May 19-May 22

The 27th Annual Tri-State Round-Up will be held Thursday May 19 to Sunday, May 22 at the Riverside Resort & Casino in Laughlin, Nevada.

The four-day event will feature 24-hour marathon meetings, AA and Al-Anon archives, an ice cream social, Mardi Gras Costume Dinner and speaker meeting on Friday, a Saturday night banquet and speaker meeting, a Sunday morning breakfast and many other sober activities. Hotel discounts are available for Tri-State attendees. Additional discount is available for those who register online.

Visit www.tristate-Roundup.com for complete details and to register online.

CALL FOR VOLUNTEERS

Since the last issue,
Central Office took 904 calls:

478 from men and
426 from women.



Keep up the great work — YOU
make a difference!

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

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

FIRST AA MEETING

The Gatehouse on the Seiberling Estate was the site of the first get-together between Bob and Bill, and from there A.A. has grown worldwide.

An obituary in the Dec. 10, 1979, Los Angeles Times submitted by Joe W. from Santa Ana:

"Henrietta Buckler Seiberling, 91, who in the early 1930s opened her home in Akron, Ohio, to two alcoholics who held the first meeting of Alcoholics Anonymous there. The wife of the late J. Frederick Seiberling, whose father founded Goodyear Tire and Rubber Co., she devoted most of her life to the A.A. movement in New York City."

From the March, 1980, Lifeline

Original AA Sayings

Live and Let Live;

Easy Does It;

But for the Grace of God;

Think Think, Think;

First Things First

** The above Slogans are the Original Five of A.A. they are arranged in such a way that when you read the first word only it reads this way:*

Live Easy But Think First

Recycle Newcomer Chips!

You've heard about recycling aluminum cans and glass



bottles for pocket change. How about recycling your newcomer chips for a worthy cause?

If you have been sober awhile, no doubt you have several newcomer chips among your collection.

Why not put them to good use and donate them to NOC Central Office?

Contact Roxy at **(714) 773-4357** for more information. Or stop by Central Office, 111 E. Commonwealth Ave., Fullerton, CA 92831.

BIRTHDAY DONATIONS

Alfred K.	27 years
Richard R.	25 years
Lisette	13 years
Henry	13 years
Dede	6 years



PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!

Shall we put another candle on your birthday cake too? To publish your birthday, send us your name, sobriety date and your contribution check (DO NOT SEND CASH) in the mail to: North Orange County Central Office, 1111 E. Commonwealth, Ste. D, Fullerton, CA 92831. Email: officemanager@aanoc.com.

Central Office News

Softbound literature on sale now

Central Office is continuing a sale on packets of softbound literature. For the time being, get \$35 worth of pamphlets and literature for \$10.

With titles such as "Understanding Anonymity," "The 12 Traditions Illustrated" and "The A.A. Group - Where it All Begins," it's enough literature to last the typical meeting six months or longer.

Visit NOC Central Office now at 111 E. Commonwealth Ave., Ste D., Fullerton, CA 92831.

Back-Up Volunteers Needed

Temporary volunteers are needed at Central Office to answer phone calls and talk to people in need of help as the new year gets under way.

Even though the holidays are over, 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 Roxy at Central Office to help as a back-up volunteer. Call (714) 773-4357.

Keep Your Commitments - It's Wonderful to Be Of Service

It is Valentine's Day as I write this, and I am at work with the other partners that make this commitment happen. It makes me happy when I think of how powerful it is for a newcomer to hear a human voice when they call AA. It meant a lot to me when I called, scared and frustrated and cut up from taking a razor to my arms to see if I had any feeling left in them.

I was on the verge of being hopeless and helpless. There was a very soft voice in my head that I call HOPE. It moved me to make the phone call. When I called and a man responded with answers to my questions, it was as if I had died and gone to a safe place in the sky. He did not lecture me. He asked one question: Did I think I could stop once I started drinking? I told him no. He told me that I might be alcoholic and asked how long it would take me to get to Cider House in Norwalk.

It was amazing, totally amazing. I had found another alcoholic who knew how I was feeling. I heard only love from him. I wanted more.

I was tired of being sick and tired. I wanted what that man on the phone had. He was happy and he understood. I really

didn't have to say much after I asked him, "Can you help me? I think I am dying from drinking too much."

I now know the importance of making sure that we keep our commitments in AA and that if you can't keep it, find someone to fill in for you.

What would happen if we decided for the day to quit being of service. The aftermath for a newcomer would be horrible. Where would we turn? Think about who reached out their hand to you when you first got here. Think about the hopeless feeling of having no one to turn to.

The previous issue of the Anonymous Times carried an article about picking up on newcomers. When a newcomer reaches out, help them to feel a part of this wonderful new life. If you see someone trying to 13-step a newcomer, try and stop this. If you see someone sitting alone, reach out your hand. If you have service commitments and you show up and do them, your selfish, self-centeredness will start to fade away. You will become a part of. You will begin a journey like no other. You will never be alone if you don't want to be. But you must learn the importance of commitments.

I believe that whenever we get the opportunity to work with others, we should freely accept it. If someone invites you to a panel, just go. You will remember where you came from. And hopefully you won't want to go back there again.

The Big Book states that we cannot transmit something that we do not have. Most commitments are for six months and generally you need to have six months of sobriety. The next time you go to an AA meeting, look around the room. Someone showed up to make coffee. Someone else showed up with chips to hand out. There might be cookies or clean ash trays. Someone showed up early to make this meeting the best meeting ever. There are so many ways that you can be of service. I simply think you should try them all -- one will catch your attention, and the rest of your life will be filled with love, laughter and freedom. I never again want to be that lost girl reaching out to someone, desperately hoping they will listen, show kindness and understanding.

If you want to grab a commitment, put your hand up at meetings and let them know you want to be part of this thing called sobriety. You will learn how to "work" for your sobriety.

In Service.

Roxy T.

Remembering Roger "Rubber Duck" E.

"Revelry, revelry, revelry, the Duck is in the Pond."

AA lost a good friend when Roger "Rubber Duck" E. died in January. When he would call announcing revelry, it meant that he was at the pool and that I was to come down and swim. Sometimes I could, sometimes I couldn't, but at the same time he often invited me to get into trouble with him. Not bad trouble, but the stupid kind, like enticing me to play hooky from work to go to the beach with him. "Sorry Duck, I can't go," I'd say. Usually.

His jolly nature, white beard and outsized appearance enabled him to play Santa Claus with ease every year. And

he was the happiest, too. He lived in the same "Ghetto Palace" as I did. We each had a one-bedroom studio apartment. We both snuck in our cats. I really got to know the Duck when he went out on pain pills that were prescribed to alleviate the discomfort of the cancer treatment he was undergoing at the time.



While Roger was "out," he never bad-mouthed the program, and he never lectured me on life with my daughter. In fact, he and my daughter became friends while he was out. Each thought it would be a good idea to get drunk together. Roger was happy, and I was happy when he came back to AA after about a year. I will miss the good times we had. And AA will miss a good friend.

Roxy T.

SPEAKER MEETINGS: MARCH/APRIL 2011

Anonymous Times would like to publish your list of speakers for May/June 2011.

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

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

March 4 Frank H., Dana Point

March 11 Paul C., Oceanside

March 18 Jim F., Laguna Beach

March 25 Charlene, Anaheim

April 1 Larry J., Huntington Beach

April 8 Cisto, San Pedro

April 15 Tony R., OC

April 22 Keith D., Las Vegas

April 29 Herb K., Rancho Palos Verdes

Friday
8:00 p.m. Downtown Fullerton Speakers
109 E. Wilshire, Fullerton 92832

March 4 Terry K., Huntington Beach

March 11 - Jerry J., Pasadena

March 18 Roxy, Fullerton

March 25 Tony S., Riverside

April 1 Bill N., Corona

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

March 11 Jeff L., Anaheim

March 18 Rick F., Orange

March 25 TBA

April 1 Bob L., Glendale

April 8 Barbara F., Long beach

April 18 Pat Y.

April 22 TBA

April 29 Wayne, Redondo Beach

Friday
8:00 p.m. No Puffers Speaker
395 S. Tustin St., Orange

March 4 Marv T., Orange

March 11 Rainer F., Orange

March 18 Jim T., Fullerton

March 25 Paul C., Irvine

April 1 Doug, Santa Ana

April 8 Karen, Orange

April 15 Alex N., Orange

April 22 No Meeting

April 29 TBA

Saturday
8:00 p.m. Oddfellows Speaker
109 E. Wilshire, Fullerton 92632

March 5 Jill Lynch, Fountain Valley

March 12 Windy, South County

March 19 Lori, Anaheim

March 26 TBA

April 2 Clark B., OC AA Convention Chairman

April 9 Mo, Fullerton

April 16 Bruce W., Fullerton

April 23 Herman

April 30 BJ, Anaheim

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

Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Saturday night.

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

March 6 Dave F. Anaheim

March 13 Greg T. Fullerton

March 20 Alice K., Santa Clarita

March 27 BIRTHDAY SUNDAY

April 3 Ray M., La Puente

April 10 Kenny D., No. Hollywood

April 17 Gloria H., La Puente

April 24 BIRTHDAY SUNDAY

Sunday
10:30 a.m. Western Medical (24 Hr. Speaker)

1025 S. Anaheim Blvd., Anaheim

March 6 Carol N., Brea

March 13 Lindy B., Anaheim

March 20 Richard J., La Palma

March 27 Cameron, Stanton

April 3 Tyler H., Cypress

April 10 Dave W.,

April 17 Leesa, Anaheim

April 24 Pete P., Yorba Linda

Sunday
8:00 p.m. Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804
(NEW LOCATION!)

March 6 Rodger M., Huntington Beach

March 13 Cathy Mac, Yorba Linda

March 20 Aaron G., Los Angeles

March 27, Hector E., Los Angeles

April 3 Ray R., La Mirada

April 10 TBA

April 17 Astid, San Franado Valley

April 24 TBA

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

March 2 Bill S., Costa Mesa

March 9 David, Fullerton

March 16 Robin, Anaheim

March 23 Grant, Anaheim

March 30 Fred, Brea

April 6 Dick C., Anaheim

April 13 Jim D., Yorba Linda

April 20 Louis, Anaheim

April 27 Leesa H., Anaheim

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY March 13 and April 10	NOCPIC 2ND WEDNESDAY March 9 and April 13	INTERGROUP 2ND WEDNESDAY March 9 and April 13	VOLUNTEER MEETING March 12 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

Veteran's Meeting has New Time

The Vet Center's AA meeting has been changed to Thursdays at 6 p.m. in hopes of attracting more participation.

The Returning Home Veterans meeting was changed to Thursdays at 6 p.m. The new February directories erroneously will say Tuesdays. It should be THURSDAY'S at 6:00). The group meets at 12453 Lewis St., Suite 101, Garden Grove, CA 92840 (At Lampson). For more information, call 714-776-0161.

Send Us Your Story Online!

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

Faithful Fivers Get High Fives For Support!!!

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



2010 Meeting Donations Totals

City	Day	Meeting	Total
Anaheim	6:30 p.m. Friday	Gratitude is action	296.40
Anaheim	Ball Rd. Discussion	Wednesday 8 p.m.	160.00
Anaheim	Monday 5:30 p.m.	Primary Purpose	250.00
anaheim	Saturday 7:30 a.m.	202 W Broadway club	438.93
Anaheim	Sunday	Western Medical Am	142.59
Anaheim	Thursday 7 p.m.	Step Study, Hart House	35.00
Anaheim	Thursday 7:30 p.m.	Men's we got a coffeepot Stagg	175.00
Anaheim	Tuesday 6:30 p.m.	Step 6 7	30.00
Anaheim	Tuesday Night	Victor House	110.00
Anaheim	Wednesday 7:30 p.m.	PA Anonymous Mike J.	50.00
Anaheim	Tuesday 6:30 p.m.	Women's 6&7	40.00
Anaheim Hills	Friday 8 p.m.	Couples Group	105.00
Anaheim Hills	Monday Night	Experience, Strength, Hope	60.00
Anaheim Hills	Monday 7 p.m.	K aiser Women's Myg.	183.47
Anaheim Hills	Saturday 6 p.m.	Winner's Circle	260.00
Anaheim Hills	Saturday 8:30 a.m.	It's In The Book	220.30
Anaheim Hills	Thursday 7 p.m.	Men's Stag, Kaiser	483.00
Anaheim Hills	Tuesday 7:30 p.m.	Women's Big Book & Step	345.00
Anaheim Hills	Wednesday 7:30 p.m.	Big Book Study	552.65
Brea	Tuesday 5:30 p.m	Mens Stagg	60.00
Brea	10 a.m.	Joe and Charlie workshop	200.59
Brea	Friday 5:30 p.m.	Happy Hour BB Study	380.00
Brea	Friday Night	Men's Stag	270.00
Brea	Monday 10 a.m.	Women's Discussion	684.76
Brea	Monday 5:30 p.m.	Happy Hour Step study	280.00
Brea	Monday 5:30 p.m.	Women's Happy Hour	155.00
Brea	Monday Night	Big Book Workshop	150.00
Brea	Saturday 10:30 a.m.	Women's Step Study	555.77
Brea	Saturday 5:30 p.m.	Jerry L. OC Conv. Donation	63.00
Brea	Thursday 10:30 a.m.	Step Sisters	123.86
Brea	Thursday 5:30 p.m.	Living in the Solution	567.00
Brea	Tuesday 5:30 p.m.	Women's 10th Step	641.75
Brea	Tuesday 8 p.m.	Step Study	64.00
Brea	Wednesday 5:30 p.m.	As Bill Sees It	1,016.12
Brea	Wednesday 6:30 p.m.	Daily Reflections	90.44
Buena Park	Couples	Couples Group	35.00
Buena Park	Group Number	652316	70.00
Buena Park	Saturday PM	Saturday Night Non-Smoking	45.00
Buena Park	Thursday 8 p.m.	Runamucks Men's Stag	80.00
Cerritos	Sunday 6-7 p.m.	11th Step	100.00
Costa Mesa	Saturday 7 a.m.	Daily Reflections	45.00
Costa Mesa	Thursday	Rush Hour Big Book Alano Club	50.00
Cypress	5-6 p.m.	Sunday Happy Hour	50.00
Cypress	6 p.m.	Spiritual Growth	180.00
Cypress	Friday 8 p.m.	Lunatic	48.00
Cypress	Monday 8 p.m.	Topic Discussion	175.00
Cypress	Monday Night	We Agnostics	50.00
Cypress	Saturday 10 a.m.	Womens BB-!@ 12	127.00
Cypress	Tuesday 5:30 p.m.	Happy Hour BB Study	180.50

City	Day	Meeting	Total
Cypress	Tuesday 7:30 p.m.	Big Book Study	330.00
Cypress	Friday 8 p.m.	Cypress Friday nite Travel;er	25.00
Fullerton	Wednesday 6:30 p.m.	Q&A	150.00
Fullerton	6:30 p.m.	Men's Stag Q&A	45.00
Fullerton	Sunday 8 p.m.	Harley Men's Stag	37.00
Fullerton	Thursday 6 p.m.	24 Hour Women's Group	55.00
Fullerton	Anonymous	Boeing	120.00
Fullerton	Anonymous		483.77
Fullerton	Daily 6 a.m.	Attitude Adjustment FAC	840.00
Fullerton	FAC Wednesday 2 p.m.	Women's Coffee Talk	186.00
Fullerton	Faithful Fivers	Colleen B.	100.00
Fullerton	Friday 11:30 a.m.	Podium Participation	20.00
Fullerton	Friday 12 p.m.	12 & 12 Step Study	56.00
Fullerton	Friday 8 p.m.	St. Jude Speaker	492.00
Fullerton	Friday 6 p.m.	Singles 4 Sobriety	140.00
Fullerton	Friday 8 p.m.	Candlelight, Fullerton Alano	50.00
Fullerton	GSR	133967	44.00
Fullerton	Lansing Chew	Anonymous	70.00
Fullerton	Monday 6 p.m.	Kats on the roof	37.34
Fullerton	Monday 6 p.m.	Men's Lemon at Wilshire	823.60
Fullerton	Monday 6:30 p.m.	Women Living in the Solution	120.00
Fullerton	Monday Night	Keep It Real	50.00
Fullerton	MO's Music	Monday 6 p.m.	70.00
Fullerton	Patrick K.		415.00
Fullerton	Paul B-Day	Central Office	14.00
Fullerton	Saturday 6 p.m.	Saturday Night Live	150.00
Fullerton	Saturday 8 p.m.	Oddfellows	50.00
Fullerton	Saturday 9:30 a.m.	Feelings-Fullerton Alano	130.00
Fullerton	Saturday 2 p.m.	Hot Topics	173.50
Fullerton	Sunday 10:30 a.m.	Speaker Alano	90.00
Fullerton	Sunday 2:30 p.m.	In The Now	85.00
Fullerton	Sunday 5 p.m.	Participation, Wilshire	50.00
Fullerton	Sunday Wilshire Group	Fullerton 8 p.m.	84.00
Fullerton	Sunday 8 p.m.	Mens Stag	100.00
Fullerton	Thursday 8 p.m.	Women's KISS	120.05
Fullerton	Thursday 8 p.m.	Men's Stag	339.50
Fullerton	Thursday 6 p.m.	What Tradition	113.19
Fullerton	Thursday 8 p.m.	We Got a Coffee Pot	105.00
Fullerton	Thursday 6 p.m.	Women's FAC	165.30
Fullerton	Thursday Mens Stag	FAC 6 p.m.	60.00
Fullerton	Tuesday 1:30 p.m.	Women's Meeting	36.00
Fullerton	Wednesday Newcomers	6 p.m. Big Mikey's House	10.00
Garden Grove	Not taking a trip	Garden Grove	120.00
Garden Grove	Returning home vets	Garden Grove	10.00
Garden Grove	Saturday F Troop	10:30 a.m. Garden Grove	35.00
Garden Grove	Thursday 10 a.m.	Over 40 Discussion	60.00
Garden Grove	Tuesday	Big Book Study (Night)	70.00
Garden Grove	Wednesday 8 p.m.	Just Stay Serenity Hall	50.00
La Habra	Basic	Beginners Basic Group	100.00

2010 Meeting Donations (continued)

City	Day	Meeting	Total
La Habra	Friday 8:00 PM	Friday Night Speaker	100.00
La Habra	Friday 8 p.m.	Beginners Basic	300.00
La Habra	M-F 6:30 a.m.	Topic Discussion	80.00
La Habra	Saturday 8 p.m.	Participation Meeting	45.00
La Habra	Sunday 10:30 a.m.	Participation Meeting	254.43
La Habra	Sunday 7 p.m.	Sober Sunday	300.00
La Habra	Thursday 8 p.m.	Participation	120.00
La Habra	Tuesday 8 p.m.	Participation	100.00
La Habra	Wednesday 7:30 p.m.	Women's Participation	100.00
La Habra	Women's 8 p.m.	Winners Circle	120.00
La Habra	Friday	8 p.m. Palm	300.00
La Habra	Monday 7:30 p.m.	Fireside Greenwood M.	200.00
La Mirada	Men's	Big Book Study	40.00
La Mirada	Tuesday 8 p.m.	Winners Circle	100.00
Laguna Beach	Sunday 7 a.m.	Whale Watchers	545.00
Los Alamitos	ALL	Surrender is Freedom	1,251.00
Los Alamitos	Sunday	Big Book Study 6-7:30 p.m.	60.00
Los Angeles	Salvation Army	Closed Program	247.84
Orange	Anonymous	No Name Donation	195.78
Orange	Friday 6:30 a.m.	Smashing Donuts	100.00
Orange	Friday 8 p.m.	No Puffer's Speaker	60.00
Orange	Friday 5:30 p.m.	Rush Hour, Friendship Club	100.00
Orange	Friday Noon	Friendship Club	150.00
Orange	Joe and Charlie	Big Book Workshop	336.00
Orange	Monday 5:30 p.m.	Rush Hour, Friendship Club	50.00
Orange	Orange-Olive Tuesday	Noon Happy Hour Friendship	850.00
Orange	Saturday 7 p.m.	Not a Glum Lot	295.00
Orange	Tuesday 7 p.m.	Walnut Tustin Cl.Disc.	50.00
Orange	Wednesday 5:30 p.m.	Rush Hour, Friendship Club	170.00
Orange	Wednesday 6:30 a.m.	Friendship Club	112.00
Orange	Wednesday noon	Crawl before no one	100.00
Orange	Thursday 7:30 p.m.	All About Me Men's Stag	45.00
Orange	Wednesday 7 p.m.	Easy Does It	75.00
Placentia	Jeff B.	Personal	100.00
Placentia	Monday 6:30 p.m.	Beginners' Sober Start	190.00
Placentia	Monday 8 p.m.	Unmanageables	270.00
Placentia	Monday Noon 12&12	Friendship Club	100.00
Placentia	Sunday 7:30 p.m.	Placentia Sunday Night	120.00
Placentia	Sunday AM	Right Start	507.95
Santa Ana	Donald P.	Unkown	35.00
Seal Beach	Friday Noon	Drunk Busters	80.00
Villa Park	24 Hour Group	Attitude Modification	773.26
Villa Park	ALL 6 AM	Attitude Modification	187.50
Whittier	Friday 7-8 p.m.	Big Book Study	160.00
Whittier	Friday 7 a.m.	Attitude Adjustment	8.80
Whittier	In Memory	Steve Templton	15.00
Whittier	Men's	Greenwood Stag	300.00
Whittier	Monday 7 a.m.	Attitude Adjustment	10.00
Whittier	Monday 7 p.m.	Womens Calamity	54.40
Whittier	Monday 7 p.m.	Attitude Adjustment	34.00
Whittier	Saturday 10:30 a.m.	Women's Acceptance	145.00

City	Day	Meeting	Total
Whittier	Saturday Speaker	7:30 Saturday Speaker	77.00
Whittier	Sunday 12x12	12&12 Whittier	2.00
Whittier	Thursday 8 p.m.	The Den	505.00
Whittier	Tuesday 7 a.m.	Attitude Adjustment	230.00
Yorba Linda	ALL 6 a.m.	Attitude Modification	11,463.11
Yorba Linda	Friday 5:30 p.m.	Happy Hour Big Book	65.00
Yorba Linda	Friday 8 p.m.	Nooners	96.00
Yorba Linda	Monday 12 p.m.	Nooners	404.00
Yorba Linda	Monday 7:30 p.m.	Monday Nite Book Study	120.00
Yorba Linda	Monday 8 p.m.	Yorba Linda Lutheran Ch.	100.00
Yorba Linda	Nazarene Tuesday	Women's Tuesday	140.00
Yorba Linda	Sunday 8:30 a.m.	Right Start	195.00
Yorba Linda	Thursday 7:30 p.m.	Serenity Seekers	100.00
Yorba Linda	Thursday 8 p.m.	Discussion-Presb. Church	70.00
Yorba Linda	Thursday Night 8 p.m.	We Got a Coffee Pot	113.64
Yorba Linda	Thursday 8p.m.	119601	213.40
Yorba Linda	Tuesday PM	Rose Dr. Babtist Womens	328.00
Yorba Linda	Tuesday 10 a.m.	Women Only Discussion	182.00
Yorba Linda	Wednesday 12 p.m.	Noontimers	560.36

Meeting Donations are Down!

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

ATTENTION MEETING SECRETARIES

Suggested Donations are as follows:

- ✓ **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.

Captured Quips from California Jack

The wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 133: "A body badly burned by alcohol does not recover overnight nor do twisted thinking and depression vanish in a twinkling."

If you change the way you look at things, the things you look at change.

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

I did one of my favorite things this morning — I woke up.

We're all here because we're not all there.

Depression is anger without enthusiasm.

I'm in a constant dogfight with this head that I have to carry around with me.

I fired God, I took over, and it's not going so well.

I asked my sponsor, "Why is that so easy for you?" He answered, "Because I'm not dealing with your head."

Pray for him doesn't mean, "God make him suffer and let me watch!"

If I ever get it all together, I'm not sure where I'll put it.

This isn't a cruising program, you either grow or die.

Don't believe everything you think.

If you're trying to learn the violin, you shouldn't expect to be ready for Carnegie Hall after the third practice.

It's really cool, nowadays when I have to pee in the cup, the only problem that I have is aiming.

And Here Are a Few Thoughts Just For Fun —

Paraprosdokian - 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.

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.

The early bird might get the worm, but the second mouse gets the cheese.

How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

I thought I wanted a career; turns out I just wanted pay checks.

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

AA History

Alcoholism as a Disease Concept Dates to 1785

Question: Was Bill W. the first to consider alcoholism an illness or a disease?

Answer: Dr. Benjamin Rush, the first surgeon general of the United States wrote, "Inquiry Into the effects of Ardent Spirits Upon the Human Body and Mind (published 1785)." In this report, he clearly described the drunkard's condition as a loss of control



a drunkard. Rush was the first American medical authority on alcoholism.

Almost simultaneously in England,

over drinking behavior, declared the condition to be a disease and prescribed total abstinence as the only way to cure

Dr. Thomas Trotter wrote a paper entitled, "Essay, Medical, Philosophical and Chemical, on Drunkenness." His definition of alcoholism goes as follows:

"In medical language, I consider drunkenness, strictly speaking, to be a disease; produced by a remote cause, and giving birth to actions and movements in the living body, that disorder the functions of health."

For more information, see Marty Mann's "New Primer on Alcoholism," Bill Pittman's "AA: The Way it Began" and White's "Slaying the Dragon."

Jerry L.

Sobriety 24/7 in 2011 Registration Form

Registration

All AA meetings at the Convention are "Open Meetings" as defined by AA guidelines. We do not require convention registration to attend AA meetings. We do not pass the basket at the meetings because **we consider the registration fee to be the 7th tradition.**

We request that you register if you attend meetings or participate in any way.

Ticketed events require registration.

If you want to sit together at the AA Banquet or the Alanon Luncheon, you may do it two ways.

1. Buy a table. \$660 for AA banquet (12 seats) or \$420 for Alanon Luncheon (10 seats)
The contact person gets all the tickets. All others register separately.

2. Couples or partial tables. Less than 12 people for banquet and less than 10 people for luncheon, must register together to be seated together. Use this form to register everyone you wish to seat at either event. List their names below. Attach other forms as necessary for all registrations. Everyone may pay separately but be sure to include all payments with this form. Total checks must equal the grand total on this form.

The contact person will get all tickets for everyone who registers on the same form.

We suggest you register early to be sure your request can be honored. Go to www.oaac.org for more information.

SINGLE REGISTRATION OR CONTACT PERSON FOR A GROUP OF REGISTRATIONS

Last Name _____ First Name _____

Complete Address _____ Contact Phone _____

Name on Badge _____ City or Home Group _____ AA Al-Anon

REGISTRATION FOR GROUPS

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

Name on Badge _____ City or Home Group _____ AA Al-Anon

GOLF FOURSOME REQUEST

