

Anonymous Times

Published by North Orange County Central Office, 1661 E. Chapman Ave., Suite 1H, Fullerton, CA 92831

Volume 12 Issue 2

Alcoholics Anonymous

March/April, 2015

30th Annual Orange County AA Convention Slated for April 3-6

“Community of Unity” is theme

“Community of Unity in 2015” is the theme of the the 30th Annual Orange County Alcoholics Anonymous Convention with Al-Anon Participation, set for April 3-5 at the Hilton Hotel in Costa Mesa. I urge all to take part in and support the event.

My name is Steve (aka Brownie), I am an alcoholic and also the chairman for this year’s event. .

That one could have fun in sobriety is what the convention taught me after I got sober on Oct. 29, 1993 and attended my first event. Not being able to have fun was one of my biggest fears prior to getting



sober. I have attended every convention since then, and I am grateful to have been a part of the gathering.

Six years ago, I was asked by a friend of mine, the late Steve H., to work on the convention. I agreed, as I was told to never turn down an AA request. I jumped into this commitment as co-chair of a com-

Continued on Page 11

34th Annual Event

‘Discover the High in H&I’ Conference Planned

“Discover the High in H&I” is the theme of the 34th Annual Hospitals & Institutions Conference, to be held May 15-17 at the Holiday Inn, 14299 Firestone Blvd., La Mirada, CA 90638.

I’m a big believer in the work of H&I, which takes the message of Alcoholics Anonymous into hospitals, prisons and jails.

As a newcomer, I complained a lot. Back then I complained to my sponsor, Rick T., about her, about them, and about those damn lawyers. When I complained, he would simply say, “That’s great Danny, let’s go to Metro.” And I would think “what the???” does that have to do with anything?”

So, we would go to the State Metropolitan Mental Hospital in

Continued on Page 3



North Orange County Central Office

1661 E. Chapman Ave., Suite 1H
Fullerton, CA 92831

Open Mon.-Fri. 9 a.m.–7 p.m.

Sat. & Sun. 9 a.m. - 1 p.m.

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INSIDE THIS ISSUE

NOCCO Financials	2
Disruptive Members	3
Events	4
Calendar	4
Birthdays	5
Bulletin Board	6
Meeting Donations	7-8
Speaker Meetings	9
Happening at Central Office	10
California Jack	11
Don't Sweat Small Stuff	12

NORTH ORANGE COUNTY CENTRAL OFFICE OF ALCOHOLICS ANONYMOUS GROUPS, INC.

Statement of Revenue and Expenses - Tax Basis

For the One Month and Years Ended

December 31, 2014 and 2013

Dec-14	2014	2013	2014	2013
	Current Period	Current Period	Year To Date	Year To Date
	Amount	Amount	Amount	Amount
Revenue				
Sales	\$ 5,559.00	\$ 4,640.75	\$ 63,504.01	\$ 57,688.26
Donations - meetings	3,307.72	3,126.80	44,195.47	42,820.30
Donations - B-day / other	190.00	480.72	1,601.28	4,454.82
Donations - Faithful Five	80.00	65.00	1,661.00	855.00
Fundraisers - Events	0.00	1,002.00	9,579.61	12,360.12
Donations - Soberfest	0.00	0.00	4,820.00	0.00
- OC Convention	0.00	0.00	3,800.00	0.00
- Women's Banquet	0.00	0.00	800.00	2,000.00
Misc. Income	0.61	0.52	5.21	7.88
TOTAL REVENUE	\$ 9,137.33	\$ 9,315.79	\$ 129,966.58	120,186.38
Cost of Sales and Direct Costs				
Total Cost of Sales and Direct Costs	\$ 4,205.83	\$ 4,934.60	\$ 45,005.89	\$ 43,286.75
GROSS PROFIT	\$ 4,931.50	\$ 4,381.19	\$ 84,960.69	\$ 76,899.63
Operating Expenses				
Total Operating Expenses	6,303.20	6,076.63	79,947.11	76,616.61
Income From Operations	(1,371.70)	(1,695.44)	5,013.58	283.02
NET INCOME(LOSS)	(1,371.70)	(1,695.44)	5,013.58	283.02

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: Jack H.
NOCCO Board Oversight Committee: Steve.
Chief Proofreader: 86 proof

H&I Conference ... From Page 1

Norwalk. I hated that. We would arrive there, to be met by people with badges and guns who took us behind walls that have locks and razor wire. And then we'd met the "patients", who would inevitably act out and scare me to death. But I went and read, or spoke, or whatever it was that we were supposed to do. But when we left, something magical happened to me. As I passed through the sally port and heard that gate "clang" shut behind me, I felt better. I would relax. I would have absolutely nothing to complain about. It took me the longest time to figure that out. My sponsor was teaching me that if I would work with others, I could get out of my own head. It was a gift.

My next gift occurred when he gave me "his" panel at the Navy brig. I think he got it just to make me do it. You see, I had been in the brig when I was in the Navy, and I was able to go back in on a panel and see myself across the table. I had that panel until the base was closed down. Not long after that, I got a panel at Juvenile Hall, where I had spent some time at age 15. I had that panel for more than three years.

It was about then that I started going into prisons. My first was at Tehachapi, where the prisoners had many "AA groups" and even had an annual "AA Convention." I got to go there many times with Angie T. and my sponsor. Did I just say that I "got to" go there? This was another gift. Although I have never had a panel there of my own, I've been to Chino Prison several times. I once drove with Nick M. half way up the State to Kern Valley State Prison. That's what my sponsor calls going to any length, plus a couple of hundred miles.

But the panel that affected me the most was the one I went on with Rick at Calipatria State Prison. Calipatria is a level four prison, which means that 80 percent of the prisoners have life sentences. The walls have armed guards and electrified fences. You have to sign a hostage waiver to get in. It's the

real deal. After heavy security and a long walk across the yard past some very scary people, we arrived at the meeting room. Soon after, the inmates were escorted in. When they started sharing, a world I never knew came into view. Under all the tattoos and scars were real people.



In prison you can get anything you want, and there are some serious games going on. But these guys had their own Big Books, and one could see that the books were much worn and regularly read. These men had AA groups and sponsors, and they did 12 step calls in the yard. They had meetings and fellowship. And boy were they very glad to see us bring a meeting into the prison. Some of them found a freedom inside the walls that many outside prison seek. I wanted what they had. That really put the light of day on me.

Twenty-seven years later, I am still doing H&I panels. I currently have a panel at the Salvation Army ARC in Anaheim and at the VA Hospital in Long Beach. I go to Skid Row in LA twice a month. I know the secret of Alcoholics Anonymous. You have to give it away to keep it. So I'll be going to the Southern California H&I Convention being held in La Mirada on May 15-17. We'll have food, fun and fellowship. We'll talk about how best to help the suffering alcoholic and we'll stay sober together. We're having a banquet and we're having a dance. Come join us. You can register at WWW.SOCALHANDI.ORG and be part of. "Among them you will make lifelong friends." (BB 152)

**Danny B.
Anaheim**

True Story Or just funny?

This happened to an Englishman in France who was totally drunk.

The French policeman stops his car and asks the gentleman if he has been drinking. With great difficulty, the Englishman admits that he has been drinking all day, that his daughter got married in the morning to a French

man, and that he drank champagne and a few bottles of wine at the reception and quite a few glasses of single malt thereafter.

Quite upset, the policeman proceeds to alco-test (breath test) him and asks the Englishman if he knows, that under French Law, why he is going to be arrested.

The Englishman answers with humor:

No sir, I do not! But while we're asking questions, do you know that this is a British car and my wife is driving... on the other side???

From January 2015 Lifeline

UPCOMING EVENTS!

30th AA Convention to be April 3-5, 2015

"Community of Unity in 2015" is the theme of the 30th annual Orange County AA Convention with Alanon participation, to be held April 3, 4 and 5 at the Hilton Hotel in Costa Mesa.

Open planning meetings are being held at St. Olaf Lutheran Church, 12432 Ninth St., Garden Grove (new location) on the third Wednesday of each month. A final meeting will be held at the hotel on March 18.

As always, if you can talk, stand, sit, smile, saw, paint, hammer, drive, file, type, count or tell jokes, your help is welcome. Visit www.oacaac.org for more information.

A 12-Step Journey Planned May 15-17

A three-day discussion of the 12 steps of Alcoholics Anonymous will be held May 15, 16 and 17 in Los Angeles. Billed as "Woodstock West – a Journey through the 12 Steps of A.A.," the event will feature several speakers discussing their experience with a given step.

Cost to attend Woodstock West is \$100 and includes a Saturday night banquet and Sunday morning breakfast. The event will be held at the Four Points by Sheraton, LAX; 9750 Airport Blvd., Los Angeles, CA 90045.

Visit woodstockwest.org for more information, a complete schedule and to register.



Events listed here are presented solely as a service to our readers, not as an endorsement by North Orange County Central Office.

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

Sunday

Anaheim	12+12 Young People 8 p.m.	202 W. Broadway (@ Lemon)
Fountain Valley	Youth in Recovery 1 p.m.	16581 Brookhurst St. Fountain Valley, CA
Orange	Young People's Dis- cussion 7 p.m.	820 W. Town & Country Rd. (Mariposa Women's Center),

Monday

Costa Mesa	New Lease on Life 12:15 p.m.	2144 Thurin St @ Vic- toria St (Grange Hall)
	Women's Monday FUNDAY 8 p.m.	420 W. 19th St. (1st Methodist Church near Triangle Square),
Irvine	Wild Bunch Men's Step Study 7:30 p.m.	5001 Newport Coast Dr c/s Bonita Cyn (Mariners Church-Port Kid Zone room)

Tuesday

Costa Mesa	New Lease on Life 12:15 p.m.	2144 Thurin St @ Vic- toria St (Grange Hall)
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Wednesday

Yorba Linda	Topic Discussion 8 p.m.	18372 Lemon Drive @ imperial Hwy (1st Baptist Church)
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Thursday

Costa Mesa	We are Not Saints 3 p.m.	2701 Fairview Rd. (Stu- dent Health Center Rm. 108)
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Friday

Anaheim Hills	Discussion 8 p.m.	411 Lakeview Ave. (@91 Freeway Medical Office building in base- ment)
Huntington Beach	Seacliff 7 p.m.	225 7th St. Garage #1
Tustin	Turning the Corner 7:30 p.m.	1221 Wass St, 92780

Saturday

Newport Beach	Hoag Hut Speaker	201 Newport Blvd.
Long Beach	Nite Owls 10:30 p.m.	4019 E. 4th St.

Calendar of Events

April 2 - 5, 2015

38th Annual San Diego Spring Round Up
Town & Country Resort Hotel www.SanDiegoSpring-RoundUp.com

April 19

5th Annual South OC H & I Chili Cook Off
Sunday 11AM - 4PM; Shelter 6 Mason Regional Park,
Irvine, CA www.socchili.com

May 14 - 17

31st Annual Tri-State Round-Up
Riverside Resort Hotel & Casino; Laughlin, Nevada
www.TriState-Roundup.com

May 15 - 17, 2015

34th Annual H&I Conference
Holiday Inn: 14299 Firestone Blvd., La Mirada, CA
90638 www.socalhandi.org

June 4 - 7

AA Desert POW WOW; Renaissance Indian Wells Re-
sort & Spa; Indian Wells, CA; www.desertpowwow.com

Volunteering

"Alcoholics Anonymous, how may we help you?"

CALL FORWARDING:

Call Forwarding enables the phones at North Orange County Central Office to be answered 24 hours a day, seven days a week. Call NOCCA at (714) 773-4357 to volunteer.

NOCCA:

The Central and Satellite Offices have openings available for regular and fill-in time slots.

12 STEP LIST:

Volunteer to carry the message to alcoholics who reach out to Alcoholics Anonymous. Call Central Office at (714) 773-4357 to submit your name and phone number to the list.

Happy Birthday!

Flo Z. ↔ 40 years
Sailor Mike ↔ 30 years
Gisela S. ↔ 24 years
Fred L. ↔ 20 years
Lisette L. ↔ 17 years
Faith B. ↔ 1 year



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, 1661 E. Chapman Ave., Suite 1H; Fullerton, CA, 92831. Email: officemanager@aanoc.com.

Central Office News

1st Edition Big Book Reproductions

The 75th ANNIVERSARY EDITION of the Big Book of Alcoholics Anonymous first edition is available for purchase at North Orange County Central Office.

Copies are \$12 each, plus tax. AA World Services is publishing the only authorized reproduction of the 1st edition of our book, 'Alcoholics Anonymous', for a limited time.

Published as it was in 1939, the reproduction features all of the original stories. It makes a splendid addition to any AA-related memorabilia collection.

Call for Volunteers!

Central Office took 621 calls in December-January

307 were from men

314 were from women

Keep up the great work — YOU
make a difference!



NOC Central Office BULLETIN BOARD

H&I
2ND SUNDAY
March 8 and April 12

Orange County Hospitals and Institutions Committee

2nd Sunday of each month.
Institutions Committee: 4-5 pm
(Orientation at 3:15 pm)

Hospitals Committee: 6-7 pm
(Orientation at 5:15 pm)
Garden Grove Alano Club
9845 Belfast, Garden Grove
Call (949) 278-5173

NOCPIC
2ND WEDNESDAY
March 11 and April 15

North Orange County Public Information Committee

Learn about sharing the message with Non-A.A. people like high school and college students.

Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO
1661 E. Chapman Ave., Suite 1H,
Fullerton. If you have questions, call
Brian K. 714-658-4581

INTERGROUP
2ND WEDNESDAY
March 11 and April 15

North Orange County Intergroup Association Intergroup

Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)

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

Much AA Information at www.aanoc.com

Visit www.aanoc.com for the latest events, meetings and other information.

The site is chock full of information, including a sobriety clock, links to meetings in Los Angeles, San Bernardino and San Diego counties, as well as links to Alcoholics Anonymous World Services Organization, Southern California GSR Service Area 9 and the AA Grapevine. Current and past issues of the Anonymous Times newsletter are also available for download from the site.

Send Us Your Story

Online! Anonymous Times

articles can be submitted to

officemanager@aanoc.com



Faithful Fivers

Bridget W. • Patricia B. • Amy H. • Pamela C. • "Just Ken" • Cindy Z. • Margaret J. • Ruth T. • Chris D. • Rachel A. • Carol G. • Karen M. • Cliff M. • Julie S. • Paul P. • Sherry L. • Jan. W. • Joe P. • Kent M. • Laurel Mc. • Steve D. • Tammy D. • Michele M. • Linda C. • Michael V. • Mike Cate. C. • William G. • Jeanne L. • Nathan J. • Jill L.

Faithful Fivers are A.A. Members who graciously contribute \$5.00 or more* each month to support their local Central Office in its efforts to carry the A.A. message of hope and recovery to those alcoholics still suffering in our area. As a Faithful Fiver, your personal contribution will help make these vital services possible. The Faithful Fiver idea came about when we remembered that we wasted much more than \$5.00 a month during our drinking days.

YES! I wish to participate as a Faithful Fiver

Here is my contribution of \$ _____ for _____ months.

Name: _____ Phone #: _____

Email Address: _____

Make checks payable to: NOCCO ~ 1661 E. Chapman Ave. #1H, Fullerton, CA 92831

*Contributions are limited to \$5,000.00 per year, per member and are tax deductible under IRS Code 501(c)3

2014 Year-End Meeting Contributions

City	Day/Time	Meeting	Total
Anaheim	Sunday 10:30 am	24 Hr. Group Speaker	85.00
Anaheim	Sunday 8 pm	Fireside Speaker	180.00
Anaheim	Monday Noon	Nooner's BB Step Study	429.80
Anaheim	Monday 5:30 pm	Primary Purpose	140.00
Anaheim	Tuesday 7:30 pm	Big Book Women's Part.	120.00
Anaheim	Tuesday 8 pm	TNT&T	125.00
Anaheim	Thursday 7:30 pm	We Got A Coffee Pot Men's	315.00
Anaheim	Friday Noon	Women's Big Book Study	397.95
Anaheim	Friday 6:30 pm	Gratitude Is An Action	134.32
Anaheim	Saturday 7:30 am	Eye Opener Table Pound-ing	71.44
Anaheim	Saturday 8:30 am	It's In The Book	351.03
Brea	Monday 10 am	Women's Discussion	225.00
Brea	Monday 5:30 pm	12 & 12	550.00
Brea	Tuesday 10:30 am	Daily Reflections Womens	165.52
Brea	Tuesday 5:30 pm	Men's Topic Discussion	194.00
Brea	Tuesday 5:30 pm	Women's 10 Step HH	270.00
Brea	Tuesday 7 pm	Step Study Workshop	120.00
Brea	Wednesday 10:30 am	Women's As Bill See's It	60.00
Brea	Wednesday 5:30 pm	As Bill See's It	744.27
Brea	Wednesday 6:45 pm	Daily Reflections/Wom-en's	126.28
Brea	Thursday 10:30 am	Step Sisters Step Study	261.90
Brea	Thursday 5:30 pm	Living In The Solution	380.00
Brea	Thursday 5:30 pm	Women's BB Study	69.37
Brea	Friday 5:30 pm	Big Book Study	299.00
Brea	Friday 8 pm	Men's	400.00
Brea	Saturday 10:30 am	Saturday Morn Womens AA Step	486.65
Buena Park	Monday 7:30 pm	Monday Nite BP Topic Disc	340.00
Buena Park	Friday 8 pm	Friday Nite Discussion	360.42
Cypress	Sunday 6 pm	11th Step Spiritual Growth	160.00
Cypress	Tuesday 6 pm	Happy Hour	200.00
Cypress	Tuesday 7:30 pm	Big Book Study	154.00
Cypress	Friday 8 pm	Friday Night Lunatic Fringe	600.00
Cypress	Saturday 7:30 pm	Open Topic	125.00
Fullerton	Daily 6 am	Attitude Modification	1,620.00
Fullerton	Sunday 10:30 am	Sunday Morning Speaker	104.00
Fullerton	Sunday 5:30 pm	Women's Step Study	69.20
Fullerton	Sunday 6 pm	How It Works	44.00
Fullerton	Monday 10:30 am	Morning Glories	433.00

Fullerton	Monday 11:30 am	Discussion	24.50
Fullerton	Monday 6 pm	Fullerton Big Book	10.00
Fullerton	Monday 6 pm	Cat's On The Roof	136.67
Fullerton	Monday 6 pm	Monday Nite Men's @ FAC	310.00
Fullerton	Monday 8 pm	Big Book Study	175.00
Fullerton	Monday 8 pm	True Colors	25.00
Fullerton	Tuesday 7 pm	Men's AA Study	175.00
Fullerton	Tuesday 7:30 pm	Men's Downtown 12x12	187.50
Fullerton	Wednesday 2 pm	Women's Coffee Talk	270.00
Fullerton	Wednesday 6 pm	Show Up & Grow Up	65.00
Fullerton	Thursday 5:30 pm	Women's BB Study	50.02
Fullerton	Thursday 7:30 pm	Kitchen Table Meeting	40.00
Fullerton	Thursday 8 pm	Men's Participation (Mo's)	1,133.00
Fullerton	Friday 11:30 am	Participation	35.00
Fullerton	Friday 6 pm	Singles For Sobriety	111.46
Fullerton	Friday 6:30 pm	Women's Hit & Run	175.00
Fullerton	Friday 8 pm	Downtown Fullerton Speaker	455.00
Fullerton	Saturday 9:30 am	Feelings	119.00
Fullerton	Saturday 2 pm	Hot Topic	163.60
Fullerton	Saturday 4:30 pm	Here & Now	115.00
Fullerton	Saturday 6 pm	Saturday Night Live	20.00
Fullerton	Saturday 6:30 pm	Sober Times	45.00
Garden Gr	Sunday	Sunday Night Disaster	224.93
Garden Gr	Sunday 6:30 am	Whole Book Study	28.35
Garden Gr	Sunday Noon	Participation	110.00
Garden Gr	Monday 7 pm	Primary Purpose Book St	21.00
Garden Gr	Tuesday Noon	No Whining Group	100.00
Garden Gr	Thursday 6 am	Attitude Adjustment	21.00
Hunt Bch	Daily 7 pm	Triangle Group	160.00
La Habra	Sunday 10:30 am	Participation	279.75
La Habra	Sunday 7:30 pm	Sober Sunday	149.00
La Habra	Sunday 7:30 pm	Sunday Night Book Study	90.00
La Habra	Sunday 8 pm	Men's Big Book Study	100.00
La Habra	Tuesday 8 pm	Participation	360.00
La Habra	Wednesday 7:30 pm	La Habra Men's Stag	880.00
La Habra	Thursday 8 pm	Participation	180.00
La Habra	Friday 8 pm	Friday Night Beginners	800.00
La Habra	Friday 8 pm	Friday Night Speakers	480.00
La Habra	Saturday 8 pm	Participation	98.25
La Mirada	Sunday 8 pm	Men's Big Book Study	226.82
La Mirada	Tuesday 8 pm	Winner's Circle	70.00
Los Alamitos	Daily 7 am	Surrender Is Freedom	1,775.00
Los Alamitos	Sunday 6 pm	Big Book Study	60.00

2014 Year-End Meeting Donations ... From Page 7

Los Alamitos	Wednesday 8 pm	Sobriety 1st	75.00
Los Alamitos	Saturday 6 pm	Saturday Night Lite	150.00
Orange	Sunday 8:30 am	Attitude Adjustment	175.00
Orange	Sunday 11 am	Book Study	165.00
Orange	Monday 5:30 pm	Rush Hour	200.00
Orange	M-F 5:30 pm	Tustin Rush Hour	60.00
Orange	Monday 7 pm	Women's E/S/H	293.00
Orange	Tuesday 7 pm	Orange - Tustin Group	153.43
Orange	Tuesday 7 pm	Old School History	25.00
Orange	Wednesday 5:30 pm	Rush Hour	300.00
Orange	Wednesday 7 pm	Easy Does It	275.00
Orange	Wednesday 7 pm	Name In The Hat	150.00
Orange	Thursday 6:30 am	Early Bird Discussion	200.00
Orange	Thursday 5:30 pm	Rush Hour	300.00
Orange	Thursday 7 pm	Men's	230.00
Orange	Thursday 7 pm	Thurs. Night Book Study	42.00
Orange	Thursday 7:30 pm	All About Me Men's Stag	454.09
Orange	Friday 6:30 pm	Smashing Donuts	154.00
Orange	Friday 12 pm	Quality Serenity	255.00
Orange	Friday 5:30 pm	Rush Hour	210.00
Orange	Friday 8 pm	No Puffers Speakers	453.96
Orange	Friday 7 pm	OC Friday Nite Roaming Couples	720.00
Orange	Saturday 8:30 am	Participation	350.00
Orange	Saturday 6 pm	Winner's Circle	210.00
Orange	?????	Friendship Club	50.00
Orange	?????	Hart Park Newcomers	50.00
Placentia	Sunday 8:30 am	Right Start	800.00
Placentia	Sunday 7:30 pm	Placentia Sunday Night	100.00
Placentia	Monday 6:30 pm	Beginners Sober Start	475.00
Placentia	Monday 7 pm	Men's SRSTO	326.00
Placentia	Monday 8 pm	Unmanagables	280.00
Placentia	Thursday 10:30 am	Women's Stepping Stones	600.00
Santa Ana	Wednesday 8 pm	Cooper Discussion	30.00
Santa Ana	Saturday 8 pm	Cooper Speaker	15.00
Seal Beach	Tuesday 7 pm	Drunks R Us	28.00
Tustin	Monday 9 am	Women's Utility Group	60.00
Villa Park	Daily 7:30 am	24 Hr. Group	466.05
Whittier	Sunday 8 pm	Sunday Night Step Study	115.00
Whittier	M-F 7 am	Attitude Adjustment	244.79
Whittier	Monday 7 pm	As Bill See's It	78.00
Whittier	Monday 7:30 pm	Bill's Friends - Mens	25.00
Whittier	Tuesday 7 pm	No Nonsense 12 x 12	60.00

Whittier	Tuesday 8 pm	Winner's Circle	25.00
Whittier	Wednesday 7 pm	As Bill See's It	50.00
Whittier	Wednesday 7 pm	Women's Winners	50.00
Whittier	Wednesday 7 pm	Participation	50.00
Whittier	Thursday 6:30 pm	Happy Hour Big Book	171.00
Whittier	Thursday 8 pm	The Den Book Study	75.00
Whittier	Friday 7 pm	Big Book Study	200.00
Whittier	Saturday 10:30 am	Women's Acceptance	372.50
Whittier	Saturday 7:30 pm	Whittier Saturday Night Speaker	260.00
Yorba Linda	Daily 6 am	Attitude Modification	7,139.10
Yorba Linda	Monday 7 pm	Men's	25.00
Yorba Linda	Tuesday 7:30 pm	Y.L. Closed Women's	180.00
Yorba Linda	Tuesday 8 pm	Ohio Street Winners	467.50
Yorba Linda	Wednesday Noon	Noontimers	1,120.00
Yorba Linda	Wednesday 7 pm	Women's Big Book Study	522.00
Yorba Linda	Wednesday 7:30 pm	Wednesday Night Book	360.00
Yorba Linda	Thursday 7 pm	Solutions - Women's	385.00
Yorba Linda	Thursday 7:30 pm	Y.L. Thursday Participation	252.00
Yorba Linda	Friday 12 pm	Daily Reflections	375.00
Yorba Linda	Friday 8 pm	Friday Nite Ohio Winners Circle	700.00
???		162661	150.00
???		711332	187.50
???		156925	70.00
???		649350	35.00
???		660951	123.50
no info		**no info**	385.05
no info		Not A Glum Lot	60.00
no info		Sunshine Pumpers	60.00
		TOTAL GROUPS:	44,219.47

Don't see your meeting listed?

Talk to your secretary about making a donation to North Orange County Central Office!

It's meeting contributions that keep the doors of NOC AA open and support for suffering alcoholics available.

SPEAKER MEETINGS: March/April 2015

Anonymous Times would like to publish your list of speakers for May/June 2015.

Deadline for publication is April 15, 2015. Email: OfficeManager@aanoc.com

Friday
8 p.m.
Downtown Speakers (1 Hour)
109 E. Wilshire, Fullerton 92632 (1st
Christian Church)
March 6
Debbie C., Whittier
March 13
Jerome Scott, Corona
March 20
Norma M., Long Beach
March 27
Jared F., Anaheim
April 3
Daniel R., Fullerton Ca.
April 10.
Rimy R., Fullerton Ca.
April 17
Catelin M., San Diego
April 24
John N., Huntington B
May 1
Wendi T., Aliso Viejo
May 8
Larry, J Fullerton Ca
May 15
Sina A., Sacramento
May 22
Hiro S., Long Beach
May 29
Reggie P., Fullerton Ca

Friday
8 p.m.
La Habra Speaker
631 North Euclid St., La Habra, CA 90631
March 6
Tina A., Torrance
March 13
Demetrius, Bell Flower
March 20
Brian G., Fullerton
March 27
Cyndi C., Laguna Nigel
April 3
Matt B., La Habra
April 10
Tara E., Fullerton
April 17
George., Anaheim
April 24
Pat S., Stanton
May 1
Elaine G., Costa Mesa
May 8
Phil C., Huntington Beach
May 15
Bobby
May 22
Danny B., Brea
May 29
TBA

Friday
8 p.m.
Friday Night No Puffers
Community of Christ Church
395 S. Tustin, Tustin
March 6
Coleen, Santa Ana
March 13
Elaine G., Costa Mesa
March 20
Matt Z. Orange
March 27
Joey P., Tustin
April 3
No meeting
April 10
Clinton C., Westminster
April 17
Titus, Long Beach
April 24
Tarah P., Orange

Saturday
8 p.m.
Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd
Hear a great speaker share about sobriety every Saturday.

Saturday
8 p.m.
Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
Hear a great speaker share about sobriety every Saturday.

Sunday
10:30 a.m.
Fullerton Alano Center
530 W. Commonwealth, Fullerton
March 1
Father Leo, Sunset Beach/Seal Beach
March 8
Trish M., San Clemente
March 15
Patti O., Mission Viejo
March 22
Jim W., Costa Mesa
March 29
BIRTHDAY SUNDAY
April 5
Tami P., San Fernando Valley
April 12
Yuko P., LA
April 19
Kevin C., Fullerton
April 26
BIRTHDAY SUNDAY
May 3
Chris M.
May 10
TBA
May 17
Tawnya G., Costa Mesa
May 24
Lupe M
May 31
BIRTHDAY SUNDAY

Sunday
8 p.m.
Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804
Hear a great speaker share about sobriety every Sunday.

Wednesday
8 p.m.
Fullerton Alano Center
530 W. Commonwealth, Fullerton
Hear a great speaker share about sobriety every Wednesday.

Thursday
8 p.m.
Pioneer Speaker
202 W. Broadway, Anaheim
Hear a great speaker share about sobriety every Thursday.



**o include meetings, we need your
speaker lists by April 15, 2015.**

Chattin' with Cathy ~ Happening at NOCCO

As of April 1, 2015 we have been at this location 3 years!!

The new NOCCO Board 2015 of Directors have settled in and are moving along well.

As you know, our board is made up of seven (7) volunteers who give up much of their personal time to make sure the doors of your central office stay open and everything runs smoothly.

EVENTS: With 2015 being AA's 80th birthday, we are planning a blowout 80th Birthday/Founders Day Chili Cook off Picnic in June. More information will be provided as the date nears.

Our heartfelt thank you to Rockin' Soberfest for their very generous donation of \$3,200.00. Big shout out of thanks to all of you who were able to attend and support this event. We enjoyed a delightful evening of good food, great fellowship, wonderful speakers, raffle prizes and a dance too!

NORTH ORANGE COUNTY CENTRAL OFFICE will be manning the Central Office booth at the 2015 ~ 30th Annual Orange County Alcoholics Anonymous Convention, April 3 – 5, 2015, please stop by and say "Hello".

Celebrate the 80th Birthday of Alcoholics Anonymous in Atlanta, Georgia, July 2 – 5, 2015. Information is available on the G.S.O. A.A. website @ www.aa.org. At the site, click on the 2015 International Convention logo for information about the event.

We have flyers for many upcoming

AA events; please stop by our office and pick up some. It's a good way to know what is happening in your local AA Community, Southern California and beyond. Your meeting intergroup rep has these flyers too. If your meeting does not have an intergroup representative, step up to the plate yourself and volunteer to be the rep. It only requires one night a month for an hour or so.

75th ANNIVERSARY BOOKS \$12.00 + tax: Come on in and purchase one of these beautiful limited edition books, they will only be in print until the 2015 International Convention.

MEETING/GROUP DONATIONS:

Your group contributions help to ensure that our phones are answered 24 Hours A Day, seven days a week. Monthly donation spreadsheets are uploaded to our website @ www.aanoc.com and are posted in our AA Times Newsletters. If your group donation is not posted, send an email to me at officemanager@aanoc.com. We have pre-printed donation coupons with self-addressed envelopes for your convenience

FAITHFUL 5'ER / BIRTHDAY / INDIVIDUAL / IN MEMORY OF CONTRIBUTIONS: If you would like to join our Faithful 5'er Club, be sure to fill out a coupon and mail in the self-addressed envelope. If you would like to make a birthday, individual or "in memory of" contribution, please note what the contribution is for when you send the contribution in.

May God Bless You and Keep You as we trudge the Road Of Happy Destiny!

Cathy

Some Things I've Learned About A.A.

1. There is no secret handshake, you don't have to wear any goofy hats, and you don't have to buy into anyone else's bulls---

2. If you stick around even a little while you will become addicted to caffeine and sugar – especially ice cream.

3. Eventually, in a meeting, someone you really don't like will say something you really do like.

4. Words like "grateful, attitude, serenity and openmindedness" will take on special meaning.

5. Some people never share while others share way too much. Both seem able to stay sober in A.A.

6. Sponsors often get more out of it than sponsees.

7. Some people read the Big Book every day. Some barely read it a single time. Both seem able to enjoy sobriety in their own way.

8. A Homegroup can be an incredibly powerful thing.

9. It's usually OK to trust a sponso with your life, but not necessarily your car.

10. Even if you never WANT to go to a meeting, you'll almost always be glad you WENT to a meeting.

11. Sit on your hands when going to meetings outside of Orange County so you don't clap and look like an idiot.

12. A bunch of strangers and a mouthful of silly phrases like, "Keep Coming Back," "One Day at a Time," and "Keep it Simple" really can save your life.

Reprinted with permission from the January 2015 Lifeline.

Captured Quips from California Jack

The wit and wisdom of Bill and Bob's friends.

From the Big Book of Alcoholics Anonymous, pg 69; "We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt?"

Sometimes I struggle with the fact that I can never get a day back. (Jerry)

I was never a social person. I was always independently great. (Dennis)

You can't save your ass when you're trying to save your face. (Peggy)

My job is to be an example of the person that I want everyone else to be. (Linda)

I'm better now because I know who the enemy is and he's right between my ears. (Frank)

Lord, please allow me to be treated tomorrow the way that I treat people today. (Lynn)

My family loved me but they didn't want to sit around and watch me kill myself. (Joey)

Everything that I loved and everything that loved me, I've made cry. (Daniel)

I started praying because she needs the prayers and I need the practice. (Dave)

When I start comparing, I lose all my gratitude, (Ann)

In the 9th step I clear the wreckage of my past. In the 10th step I clear the wreckage of my present. (Still Mark)

My wife told me, "No No! That's your fault. You explain it to God!" (Kevin)

Is it really any wonder that everything looks like crap when you're looking up from the bottom of a toilet? (Jack)

And just for fun: - - - REMEMBER-

A bicycle can't stand alone; it's too tired.

He had a photographic memory that never developed.

Those who get to big for their britches will be exposed in the end!

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

OC Convention ... From Page 1

mittee. The following year, I chaired the same committee. I worked my way up through various committees to the chairman of the convention. About 20 committees make this convention happen. Becoming involved and serving as a committee member is a great way to be of service and enjoy the convention.

With new technology and a great webmaster, we have a website up - OCAAC.ORG.

The 30th annual convention is just weeks away. Before you know it the week-end-long event will be here. Using the website is a great way to register. There is still time to volunteer on the various

committees. Participating as a volunteer at the convention is rewarding. There will be many activities going on — Golf Tournament on Friday with a tee time of 8 a.m. in San Juan Capistrano (sign up with your friends). Attendees will have the chance to dance to the music of live bands on Friday night.

And, of course, there will be plenty of meetings – participation meetings, speaker meetings, an old-timer's meeting. There will also be round the clock marathon meetings all weekend beginning at noon on Friday, April 3.

The Opening Speaker Meeting starts at 6 p.m. Friday and the Night Owl Meeting

follows at 9:30. Of course, on Saturday, we have the Poker Run and the Run/Walk (which will take place close to the hotel so "get a room"). We will have a hospitality room throughout the weekend. There will also be a string of movies playing and a room devoted to a treasure trove of AA history. Several workshops are scheduled as well. An awesome show is slated following the banquet and speaker meeting Saturday.

To become involved in planning for the 2016 convention, it is important to attend the business session that is held prior to the closing speaker meeting on Sunday morning.

**Steven B.
Convention Chairman**

Don't Sweat the Small Stuff

Snappy sayings in AA have meaning

When I first came to A.A., it seemed as though every time I turned around someone uttered a saying such as this article's title. And, every dedicated A.A. meeting place had a poster(s) that said things like, "Drop The Rock", "Let Go And Let God", "Easy Does It", etc. Honestly.... all that seemed rather hokey to this newcomer.

It wasn't too long before I started to get glimpses into the wisdom of these short adages. In my experience, they typify what happens in the A.A. journey, and it is a journey. Dennis F. used to say that, "Alcoholics are born sprinters, and recovery is a marathon." That is an astute observation.

Still, in my early days, I had no inclination to overhaul my thinking. I just wanted to stay sober. Save your little homilies for someone else. "What an order! I can't go through with it!" comes to mind.

Once again, A.A. proved me wrong and it became clear that by the time we arrive on the doorstep of A.A. we have some deeply ingrained and destructive response mechanisms...not to mention hair-trigger reactions when our belief system is challenged. Stress and unmet expectations trigger our auto-response patterns: we held on to the lie that a drink would make things better, in spite of the mountain of evidence that it only compounded our difficulties.

"What is" as opposed to "what we think it should be" is the reality we face. Life is not about our expectations, nor is it fair. Accepting this fact is where our departure from old thinking must begin.

Many psychologists and spiritual writers agree with the principals for successful living that we have learned in A.A. The way I see it, I need to separate

the small stuff from what I often think is hugely more important than it really is. That takes some retraining on my part.

Following are some observations I have made and a tool or two to keep me on track:

- Acceptance and patience are vastly underrated traits for successful living in an imperfect world.
- I try to make peace with imperfection – my own, my spouse's and that of the rest of us mere mortals.
- I need to recognize that my faulty thinking is like a snowball running down hill. It gathers mass, speed and power the further it goes. The good news is "right thinking" has the same characteristics.
- Few things in life are actually big stuff. I seem to trip far more often over pebbles created by flawed people like myself who inhabit my environment.
- I try to practice being patient by viewing unsettling events as a "training exercise". This alone will decrease the stress and often prove to be amusing.
- Honestly, will this aggravation matter a year or more from now?
- Driving my car is a great place to train myself in patience.
- Choose battles wisely. Battles have casualties and unforeseen consequences.
- When tempted to fire that verbal missile, I need to take time to breathe ten breaths while considering my response. It works.
- Search for a grain of truth in arguments contrary to my own.
- When I find myself engulfed by a storm, my goal is to try listening quietly, to learn and observe.
- If my instincts are shouting NO, listen. They are trying to teach me something.
- I try to remember the unfortunate

truth that "wherever I go, there I am." It is important to keep good company, including myself, if you get my drift.

- I'm likely to become what I practice, so I try to choose wisely.
- It may be that my Higher Power has His fingerprints on the vexing situation I find myself in. I should attempt to view it as a test and try to pass with flying colors.

Finally, I should set aside a few minutes of quiet time for myself each morning before breakfast; to pray, read something spiritual or metaphysical and allow a few minutes to reflect on some bit of wisdom I can practice during the day. I have embraced this tactic for improved living, and am amazed at how much better my outlook is on events, when I remember what I read and prayed about.

A wise man changes his mind, a fool never will. — Author Unknown

**Dick C.
Anaheim**

