

Anonymous Times

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The Turning Point

Alcoholic goes from success to \$175 a month rental apartment before conceding defeat

I sat dejectedly on the floor with my whole world collapsing around me. My small apartment was in disarray with clothes strewn everywhere, ash trays overflowing with cigarette butts and empty wine glasses cluttering the living room tables. Drunk and bleary-eyed I resembled a train wreck, derailed from any sense of purpose or hope.

I had reached that moment in my active alcoholism when I simply had had enough. Forty years old with dirty shoulder-length hair and looking like a hippy of the 60's, I had reached the end of my road. Ten years earlier my life had been so different. I was an advertising executive with a corner office. I owned an impressive Mercedes Benz and my parking space at my workplace even had my name



on it. I had two sons and two daughters, a sprawling suburban home and a live-in maid. Life was filled with success and prosperity.

Now I sat alone on the floor of a tiny studio apartment. The family had gone, the Mercedes had been replaced by a decrepit looking Volkswagen beetle with 180,000 miles on it and my bank account showed that I had only \$150 left.

Continued on page 2

Attention Volunteers!

Learn about service work on May 16

The quarterly meeting for current and prospective volunteers will be held at 10 a.m. Saturday, May 16 at Central Office, 1111 E. Commonwealth Ave., Suite D in Fullerton.

Volunteering in Alcoholics Anonymous is a great way to further your spiritual growth, help an alcoholic find recovery and carry the message of A.A. Everybody is welcome - current AND future volunteers alike. Coffee and donuts will be served.

For more information, call Roxy at 714-773-4357.

NORTH ORANGE COUNTY CENTRAL OFFICE

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

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

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Tradition Three Quote

"The only requirement for A.A. membership is a desire to stop drinking."

This Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications - even your crimes - we still can't deny you A.A. From 12 Steps and 12 Traditions page 139.

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NOCCO Revenue & Expense Report for March 2009

Revenue	Mar-09	Mar-08
Sales - AA Books and Literature	\$9,630.69	\$12,598.05
Sales - Chips and Non-AA	\$9,211.68	\$7,273.66
Donations- Groups and Individuals	\$11,117.90	\$12,760.46
Fundraisers	\$700.00	\$3,051.00
Interest	\$1.88	\$2.60
Total Revenue	\$30,662.15	\$35,685.77
Cost of Goods	\$12,665.40	\$13,115.33
Gross Profit	\$17,996.75	\$22,570.44
Operating Expenses		
Salaries	\$9,900.00	\$10,770.00
Bank Charges	\$13.00	\$8.00
Bad Checks	\$0.10	\$0.00
Computer Expenses	\$0.00	\$0.00
Depreciation	\$154.65	\$248.01
Insurance-General Liability	\$1,445.15	\$0.00
Insurance - Work Comp	\$267.50	\$0.00
Insurance - Medical	\$798.00	\$675.00
Legal & Accounting	\$825.00	\$775.00
Newsletter Cost	\$995.62	\$995.62
Office Supplies	\$1,022.79	\$822.78
Postage	\$114.60	\$28.00
Penalties on Tax Payments	\$0.00	\$34.42
Office Rent	\$4,776.00	\$4,772.00
Equipment Rental	\$431.22	\$449.07
Repairs & Maintenance	\$50.00	\$62.00
Taxes- Payroll	\$869.32	\$947.89
Taxes- Annual Filings	\$60.00	\$60.00
Telephone	\$914.18	\$1,431.75
Utilities	\$729.91	\$566.10
Total Operating Expense	\$23,367.04	\$22,645.64

Turning Point ... From Page 1

That is where alcohol took me in one decade: from the corporate world and success to a small \$175 a month rental apartment.

The miracle happened three days later when I found myself in the hospital. My system had finally broken down and I lay in my bed sick and suffering. But then the AA group of the small town I was in heard that I was in the hospital. Referring to me as "a live one" two of its members visited me the third day I was there. They sat down at the foot of my bed and shared their stories. Then they left me a second edition Big Book. After they'd gone I opened the book at random. It was to page 152 where it described what happens when we get into the program. "...your imagination will be fired...life will have meaning at last...the most satisfactory years of your life lay ahead."

I went to my first AA meeting a few days later. Entering the room I heard laughter and people welcomed me. I saw something in their eyes which affected me deeply. Then I experienced that "psychic moment" people talk about. Hope flooded my spirit.

I've been coming ever since.

Win W.
Sobriety date 10/29/76

Win's article was first published in the February 2009 issue of the Santa Ana Lifeline. It is reprinted here with his permission.



Send Us Your Story Online!

**Articles for the Anonymus
Times can be submitted
online by emailing
aaletters@gmail.com**

NOCAA community shares about Step 3

'I thought about free care from a super power,' one member recalls

(Editors note: With the help of Ken R. of Anaheim, the Anonymous Times in the coming months will be polling various members of the sober community about what each of the 12 steps means to them. This month's focus is the Third Step.)

In my first step 3 I thought about free care from a super power. I learned to introduce the thought "what would my God have me do here," which slowed me down and helped me moderate responses.

As a self-employed person, I came to believe that He made the phone ring so I would have work. Over the years I feel more like I work for Him and He provides. I have a close personal relationship with God for the first time in my life.

*John D.
Sobriety date August 8, 1986*

For me, it turned out that I couldn't do a fourth step without doing a thorough third step. An angel in the program shared this with me...*on a piece of paper, write down everything you believe your Higher Power to be. Next, on another piece of paper, write down everything you want him to be. Now, throw away the first list.*

My first list showed me that my Higher Power loved me when I tried hard. The second list showed me that he loved me no matter what. It took about a year and a half to truly believe that concept. In the meantime, I finished steps 1 through 9 and began working on my maintenance steps.

*Jamey F., Anaheim
Sobriety date August 23, 1986*

How do you turn yourself over to a power unseen? For me it was the end of the way I knew life was. I knew in my heart that there was nowhere

else for me to go. Having money, a place to lay down and everything else meant nothing.

I had to search inside myself and look for everything that could be. And there it was. Was it easy? No. But once I accepted that without my higher power there was no me, I found something that made me feel. And that was the greatest gift that I could ever ask for. I found me.

*Paul S.
Sobriety Date October 8, 2000*

*In my first step 3 I thought about free care from a super power. I learned to introduce the thought "what would my God have me do here" which slowed me down and helped me moderate responses.
John D.*

When I finally made the decision to turn my will and my life over to the care of God, I found out it's in His time, not mine. I had a job I did not like and wanted to give two weeks' notice. I called someone in A.A. and he told me to turn it over. One month later the doctor told me I have C.O.P.D.

I was put on state disability, which you have to be working to get. So my higher power took care of me. Not being able to work anymore I thought I would be bored, but my Higher Power put me to work with different comments.

And now three years in the program, I have been blessed with a commitment at Central Office. And all it took was to become willing.

*Billy P. , Garden Grove
Sobriety Date January 7, 2006*

Long before I came whimpering into AA from the alleys, I had tried several traditional religions and to my mind "at that time," found them wanting. But when AA spoke about "God as I understand him," that was a very acceptable concept, allowing me to feel that it was OK "not to know" and to "learn as I go" (as in my favorite step: step 11).

I found that as others were allowing me to have my OWN beliefs, I had no need to judge THEM. (Immense freedom comes from just THAT alone.)

Step 3 let me see the spiritual aspect of all the steps and became my catalyst to a true "step 12 spiritual awakening." One way I know that that awakening is occurring is in recognizing that every time I leave a meeting I feel better than when I came in. To me it is that feeling that is the essence of the program.

As I continue to follow that feeling I am more and more willing to love rather than judge.

Who would have guessed? I've become a happy camper along this "road of happy destiny."

Ken R., Anaheim - sobriety date: 7/21/63

UPCOMING EVENTS!

South Bay Roundup July 2-5

"Together We Can" is the theme of the 25th Annual South Bay Roundup, to be held July 2-5 at the Torrance Marriott Hotel, 3635 Fashion Way in Torrance.

This year's event will feature marathon meetings, an Alanon luncheon, a Friday & Saturday Block Party and Barbecue, live music and visit from an Akron archivist. For more information, go to www.southbayroundup.org.

There may be no better way to celebrate your independence from alcohol this year than to be part of the fun and fellowship in Torrance this Fourth of July weekend.

Big Book Worskhop Weekend slated for September 12-13

Plan now to attend a Big Book Workshop Weekend Saturday and Sunday, Sept. 12 and 13. The event is sponsored by the Paramount Group of Alcoholics Anonymous and will be held at the Imperial Alano Club, 8021 Rosecrans Ave. , in Paramount.

Featuring Bob D. of Las Vegas and Karl M. from Covina, the event will run from 8 a.m. to 4:30 p.m. both days.

A \$15 donation is suggested to cover rent, printed materials, speaker travel, boarding and other expenses. Those expecting to attend are asked to register now; however, registration is not required to attend. For more information, visit <http://www.paramountspeakers.org>, or call Maureen at (562) 923-2276.

CALL FOR VOLUNTEERS

Since the last issue, Central Office took 955 calls:

473 from men and
482 from women.

Keep up the great work
— YOU make a difference!



Announcements and Activities

Here are some upcoming events
and announcements of interest

2009 Desert Pow-Wow to held June 18-21

Mark your calendar for June 18-21 and plan to attend the A.A. Desert Pow Wow, to be held at the Renaissance Esmeralda Resort in Indian Wells.

The four-day event will feature speaker and participation meetings, a disco dance, golf tournament, a 10K Fun Run and tennis tournament. Specially priced rooms are available for \$140 single or double occupancy. Registration for the event is \$20.

For more information, go to www.desertpowwow.com, or call SherAli J. at (760) 321-6568.

36th Annual Antelope Valley Roundup will be June 26-28

"Step Into Sobriety" is the theme of the 36th Annual Antelope Valley Roundup, to be held June 26-28 at the Antelope Valley Inn, 44055 Sierra Highway in Lancaster.

Registration for the event occurs at 7:30 a.m. June 27 and is \$5 per person.

Come out and support the roundup and Alcoholics Anonymous and have some fun riding in recovery.

Woman to Woman in San Diego

San Diego is the setting for the 35th Annual Woman to Woman Conference, to be held Sept. 25-27.

The event will feature topic discussion meetings, dynamic speakers, Friday and Saturday night banquets and a special candlelight meeting at the Dana on Mission Bay Resort, 1710 W. Mission Bay Dr., San Diego, 92109.

Registration for the event is \$150 per person before Aug. 15, 2009 and \$160 if made after that date. For more information, contact Pat L. at (714) 904-4428 or Karen Mc K-J. at (714) 404-6734. The web site is www.womantowomansandiego.com.

BIRTHDAY DONATIONS



Harry B., 56 years
 Norma L., 36 years (passed away)
 Ernie C., 28 years
 Gary B., 13 years
 Paul H., 13 years
 Leesa H., 4 years
 Chris H., 4 years

Trek H., 3 years
 Nathan M., 3 years

PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!

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

Anonymous Times is now Online

The Anonymous Times is available online at <http://www.aanoc.com>, as well as at your favorite meeting.

Feel free to submit your personal stories about sobriety to us at aaletters@gmail.com.

Articles for the Anonymous Times can now be submitted on the NOCCO website: www.aanoc.com.

Also, we welcome your letters and suggestions in the mail: North Orange County Central Office 1111 Commonwealth, Suite D, Fullerton, CA 92831.

CHECK IT OUT – DUDE! YOUNG PEOPLE'S AA MEETINGS!

Sunday		
Fullerton	6 p.m.	530 W. Commonwealth Ave.
Orange	7 p.m.	261 N. Glassell@Chapman (The Ugly Mug)
Monday		
Irvine	7:30p.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

Subscriptions/Gifts

Treat yourself or a friend to the A.T. for only \$6.00 a year! Send your name and address:

Name _____ Date: _____

Address: _____

Please send this along with \$_____ for _____ subscriptions at \$6.00 per year to:

ANONYMOUS TIMES: 1111 COMMONWEALTH Ave. Ste. D, FULLERTON, CA 92831 Phone: 714-773-4357

Orange County Jail inmate shares thoughts

Incarceration is sobering experience for this alcoholic

I am writing to you from Orange County jail. Four months ago I relapsed after another of my many attempts at sobriety. I lasted only seven days this time out. On the seventh day I was arrested, convicted of nine charges and sentenced to nine months in jail. I consider myself lucky -- lucky that I didn't kill anyone while driving in a blackout and lucky that I do, in fact, have a release date.

So, here I sit in jail and I have to ask myself, "How did I get here again?" I was doing so well, I was getting it all together. I was on my way. What happened? Where did I go wrong? What was missing from my program? Well, I have plenty

of time to do some soul searching and try to figure it out. I decided that I could either sit around counting the days until I get out and feel sorry for myself, or I could look at this time as an opportunity to work on myself and to grow. So I got a Big Book and some spiritual literature sent in to me and got into an in custody drug treatment program!

That was three months ago. I've learned a lot about myself, my disease and some of the behaviors and attitudes that led me to relapse. I've received a lot of good information but if I don't apply what I have learned, it is useless.

So it seems that it comes down

to willingness. Willingness to take direction and willingness to do the work. I need to work the steps in all areas of my life, even in jail. I can work my program now. I can start to develop good habits like doing a tenth step every night, practicing love and tolerance, prayer and meditation. I can carry the message to the 'inmate' who still suffers.

I realize that if I don't start making good choices today and build the foundation that I need to stay sober when I get out of here that I will probably drink again. So today I am teachable. Today I am willing. I will look at my mistakes as lessons and I can use my experience to help another alcoholic. And from the words of one of my fellow inmates, "My future is spotless." See you in May!

Jamie C., O.C.J.

One tradition leads to the next

Tradition three is a natural follow-up to one and two

I have always found it interesting how one tradition takes us right into the next. That is the case with Traditions 3 and 4.

Traditions one and two show us we should come together in the spirit of brotherhood, which sets us up for Tradition 3. Now that the "core" has been solidified, what will we do about the "new" man who comes to us? The first example we are given is still relevant today. It is the fellow with problems other than alcohol. This is something we certainly deal with today. Most predominately the "addict."

The one thing that always jumps out at me when I read Tradition 3 is that the old-timers of the meeting let him in, after asking themselves, "what would the master do?" On the new

man's part, he asked to join; he didn't demand to join. Once in, he never bothered anybody about his other affliction but jumped into 12-step work with enthusiasm.

Traditions one and two show us we should come together in the spirit of brotherhood.

Our second example is Ed, who may be responsible for the phrase, "if God drives 'em out, booze will drive them back in." This brings us to Tradition 4 now that we are living harmoniously and not excluding anybody. Our fears have been lifted and we are going to save the world!

Every group or meeting has the right

to conduct its business how they choose (provided there is a group conscience). Addicts can identify as addicts, those who are members of Alanon can have commitments, speaker meetings can choose whomever they want to speak, etc. The point is, there is no AA police. If I read the Tradition correctly, a group would be discouraged from publicly supporting a political candidate, but there is nobody to stop the assembly from doing so.

Experience shows that if a group gets off track and spreads themselves too thin, the wheels will eventually come off the cart. It is my opinion that AA is too strong for one group or individual to bring it down. While we may suffer a black eye here and there, it is usually just a growing pain.

So try to apply rule 62 and lets enjoy life and each other!

Paul P., Fullerton

SPEAKER MEETINGS: May/June 2009

Anonymous Times would like to publish your list of speakers for May/June 2009.

Deadline for publication is June 15, 2009. Email aaletters@gmail.com

Friday 8 p.m.	St. Jude Speaker 101 E. Valencia Mesa, Fullerton, CA (Erickson Building)	
May 1	Gloria A.	Woodland Hills
May 8	Peter S.	Sherman Oaks
May 15	Kip C.	Vista
May 22	Doug R.	Tujunga
May 29	Jim S.	Fullerton
June 5	Sharon B.-C.	Westchester
June 12	Tina W.	Glendora
June 19	Greg O.,	Simi Valley
June 26	Wayne B.-"Everett"	Santa Monica
Friday 8 p.m.	Dreams Come True 109 E. Wilshire, Fullerton 92632	
May 1	Merle N.	Huntington Beach
May 8	NO MEETING	
May 15	Sarah S.	Fullerton
May 22	John M.	Fullerton
May 29	Sam & Samantha R.	Fullerton
Friday 8 p.m.	Friday Night No Puffers Speakers Meeting 395 S. Tustin Ave., Orange (Church)	
May 1	Roxy S.	Fullerton
May 8	John A. Laguna Beach	Laguna Beach
May 15	DeeDee	Anaheim
May 22	Fernando	Tustin
May 29	Paula	
June 5	Carlo	Santa Ana
June 12	Lily H.	Yorba Linda
June 19	Jerome R.	Los Angeles
June 26	Pam M.	Tustin
Saturday 8 p.m.	Oddfellows Speaker 109 E. Wilshire, Fullerton 92632 (First Christian Church)	
May 2	Jo W.	Leucadia, CA
May 9	Bridget B.	Brentwood
May 16	Kip C.	Vista
May 23	Kenna M.	Pasadena
May 30	John K.	Chino Hills
June 6	Candice M.	Pasadena
June 13	LuLu S.	North Hollywood
June 20	Kelly L.	Pasadena
June 26	Pam M.	Tustin

Saturday 8 p.m.	Liverpool Speaker Meeting 4861 Liverpool St., Yorba Linda	
	Speakers scheduled each week.	
	Show up and hear the message.	
Sunday 10:30 a.m.	Fullerton Alano Center 530 W. Commonwealth Ave., Fullerton	
Wednesday 8 p.m.	Great speakers are featured three times each week.	
Saturday 8 p.m.	Show up and share in the fellowship.	
Sunday 10:30 a.m.	Western Medical Center 1025 S Anaheim Blvd., Anaheim	
May 3	Pat O.	Orange
May 10	Mike M.	Anaheim
May 17	George C.	Anaheim
May 24	David	Anaheim
May 31	Farid C.	Orange
June 7	Joe M.	Orange
June 14	Randy M.	Orange
June 21	Arnold T.	Whittier
June 28	Steve P.	Orange
Sunday 12 p.m.	Garden Grove Alano Club 9845 Belfast Dr., Garden Grove	
May 3	Greg D.	Laguna Niguel
May 10	Mark A.	Anaheim
May 17	Roxanne T.	Santa Ana
May 24	Karen O.	Huntington Beach
May 31	Ernest and Stacey	Huntington Beach
June 7	Windy S.	Anaheim
June 14	Jeff M.	Anaheim
June 21	Brad and Jennifer	Anaheim
June 28	Paul R.	Hermosa Beach



**SHOW UP AND HEAR THE
MESSAGE OF RECOVERY**

Remembering Norma L.

"Did I tell you that I love you today?"

By Roxy S.

Norma L. was one of the most beautiful women that you would meet in a life time. She had the humor and the grace that every little girl would hope to have when they grow up.

I met Norma when I first began to volunteer at Central Office. She and Jerry answered phones on Thursday mornings. She was a nurse, and she carried herself with dignity. She and I would see each other at H. and I. meetings and consequently go on panels together. I would listen to Norma share, and she loved to talk about her upbringing and her nursing.

The ladies at the Heritage House loved to hear her tell her stories. I didn't recognize her illness until one day when we were at the Heritage House (we both had panels there) and I noticed that she went off track with her thoughts. The girls started

to pick up on the loss of memory, so together we just hurried the sharing and said goodbye. That was when Jerry started to bring her into the office with him. As I sat in my office in the back of the office, I would hear Jerry say to Norma, "Did I tell you that I loved you today Norma?" and Norma would say, "No you didn't tell me Jerry." So Jerry would say to Norma, "I love you today" and Norma would repeat the same back to Jerry. This was what Norma would know to repeat.

So I would listen to the same asked to Jerry by Norma: "Did I tell you that I love you Today Jerry?" And then together they both would come to the back office and say, "Roxy did we tell you that we love you today?" And I would say "No." Together, they would say to me, "We love you today."

As Norma's illness progressed and she stopped recognizing people, Jerry had to make the decision to

have her cared for. All of the AA community at different times would come and visit. Norma even had a "boyfriend," Teacher Dave from the 530 Happy Hour. He would tease her and make her smile. Her disease was rapidly taking her away from Jerry.

Norma was never a complainer or a needy person during her illness. Today, if you come in the office, you will see the sign that was made to help her remember what to say. It is in abbreviation form, so when you come in and look on the back wall and see the letters, "D.I.T.Y.T.I.L.Y. T.?" you will know what they mean. You will know from now on, it was what Norma could remember to say to everyone who came in the office.

So if there is someone that you care about please tell them how much you love them. It might be the last words that their mind will remember. And what sweet words to hear from anyone, especially from Norma to Jerry, and whomever else got that gift.

I love you Norma. You carried a special message of love and HOPE.

NOC Central Office BULLETIN BOARD

**H&I
2ND SUNDAY
May 10 & June 14**

**Orange County Hospitals
and
Institutions Committee**

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

Hospitals Committee:
6-7 pm
(Orientation at 3:15 pm)
Garden Grove Alano Club
9845 Belfast
Garden Grove
Call (949) 278-5173

**NOCPIC
2ND WEDNESDAY
May 13 & June 10**

**North Orange County Public
Information Committee**

*Learn about sharing the mes-
sage with Non-AA people
like high school and college
students.*

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

**INTERGROUP
2ND WEDNESDAY
May 13 & June 10**

**North Orange County
Intergroup Association**

*Be an intergroup
representative for
your meeting.*

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

**VOLUNTEER MEETING
SATURDAY May 16
at 10 a..m.**

CENTRAL OFFICE

holds a quarterly
volunteer meeting on the 2nd
Sat. every three months.
Coffee and donuts provided.

Learn how to fill shifts at Cen-
tral Office, be of service and
meet fellow volunteers.

Call 714-773-4357
for information

MEETING 10 A.M.

Relationships in early sobriety

Really harmful in the first year?

Question: my sponsor directed me to stay out of relationships for the first year. Where did this idea come from?

Answer: I referenced two sources, so take your pick. First, our Big Book seems very clear on the subject. Starting on page 68 (last paragraph), our Big Book states, "Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question... Here we find human opinions running to extremes – absurd extremes, perhaps. WE WANT TO STAY OUT OF THIS CONTROVERSY. WE DO NOT WANT TO BE THE ARBITER OF ANYONE'S SEX CONDUCT..."

"We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt... We got this down on paper and looked at it.

"...In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it..."

"God alone can judge our sex situation. Counsel with

persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as other are loose. We avoid hysterical thinking or advice."

My second source is the book, "Living Sober," starting on page 60, "Steering Clear of Emotional Entanglements." This entire section deals with stressing that almost no important decisions should be arrived at early in sobriety unless they cannot possibly be delayed. This caution particularly applies to decisions about people, decisions with high emotional potential.

The Twelve and Twelve says, "A.A. has many single alcoholics who wish to marry and are in a position to do so. Some marry fellow A.A.'s. How do they come out? On the whole these marriages are very good ones. It is only where "boy meets girl on A.A. campus and love follows at first sight, that difficulties may develop. The prospective partners need to be solid A.A.'s and long enough acquainted to know that their compatibility at spiritual, mental, and emotional levels is a fact and wishful thinking."

One of A.A.'s great women speakers, formerly of Blythe, CA shares in her talk of this very dilemma. To paraphrase her, she went on to her sponsor and told her that she was dating a newcomer and asked for the sponsor's guidance. Her sponsor told her, "If you don't want him, I'll take him." The last that I heard they had been married close to 30 years.

Jerry L.

Anonymous Times Needs You!

Do you have a burning desire to share your story?

Want to help somebody else stay sober?

Tell us how you did it. Send us your articles. Please keep your stories to 700 words or less.

Subject matter of articles must be confined to alcoholism. Keep in mind that we are not able to print poetry or profanity. If you include material from another source such as the Grapevine or the Big Book, please specify which page number and the source. Submit your article to Central Office or email to: aaletters@gmail.com.

Articles may be edited for space and clarity.

We look forward to hearing from you and sharing your story with the rest of the North Orange County AA community.

Secretary's Workshop scheduled for June 21

A "Secretary's Workshop" will be held June 21 at the Garden Grove Alano Club, 9845 Belfast Dr. in Garden Grove.

The workshop, to be held from 2 p.m. to 5 p.m., will feature a lot of information about making a meeting a group. The event will feature guest speakers from the different service entities who will discuss the importance of each to Alcoholics Anonymous.

There will be ample opportunity to ask questions. So please attend if your looking to be a secretary or if you are already a secretary, and you would like to be better at it. A little information is good if it helps us do better in the service work we do. It is about being teachable and this workshop is in place for that simple reason. Come and be part of the fellowship.

Meeting Donations Year-to-Date *(Through April 20)*

WHERE	DAY & TIME	WHO	YTD
Anaheim	6:30pm Fri.	Gratitude is action	185.75
Anaheim	Mo 5:30 PM	Primary Purpose	210.00
Anaheim	Thurs. Night	Bills Babes	35.00
Anaheim	Tu 8:00 PM	Survivors	30.00
Anaheim	Tues.6:30pm	Step 6 7	70.00
Anaheim Hills	Fri. Kaiser	Y.P. Discussion	60.00
Anaheim Hills	Mon. Night	Experience, Strength, Hope	108.00
Anaheim Hills	Thuir 7:00pm	Men's Stag, Kaiser	60.00
Anaheim Hills	Monday 7:00pm	K aiser Women's Myg.	72.00
Anaheim Hills	Sa 6:00 PM	Winner's Circle	120.00
Anaheim Hills	Sa 8:30 AM	It's In The Book	150.00
Anaheim Hills	Tu 7:30 PM	Women's Big Book & Step	75.00
Brea	Tues 530pm	Mens Stag	70.00
Brea	Thurs.10:30am	step Sisters	70.00
Brea	Fr 5:30 PM	Happy Hour BB Study	85.00
Brea	Mo 10:00 AM	Women's Discussion	100.00
Brea	Mo 5:30 PM	Happy Hour Step study	60.00
Brea	Mo 5:30 PM	Women's Happy Hour	57.00
Brea	Sa 10:30 AM	Women's Step Study	170.00
Brea	Th 5:30 PM	Living in the Solution	200.00
Brea	Tu 5:30 PM	Women's 10th Step	110.00
Brea	We 5:30 PM	As Bill Sees It	129.21
Brea	Tues. 8:00pm	Step Study	176.40
Buena Park	Fr 8:00 PM	Friday Nite Discussion	20.00
Buena Park	Mo 7:30 PM	Just for Today	20.00
Corona Del Mar	Noonatics		298.00
Cypress	Big Book Study	Tuesday 8:00pm	60.00
Cypress	5-6pm	Sun. Happy Hour	90.00
Cypress	Tues.730pm	Big Book Study	60.00
Cypress	6pm	Spiritual Growth	168.00
Cypress	Fri. 8pm	Lunatic	200.00
Cypress	Monday 8pm	Topic Discussion	100.00
Fullerton	FAC WED.200pm	Women's Coffee Talk	50.00
Fullerton	Fr 11:30 AM	Podium Participation	20.00
Fullerton	Fri. 6pm	Singles 4 Sobriety	44.00
Fullerton	Mo 6:00 PM	Men's Stag	40.00
Fullerton	Sa 9:30 AM	Feelings-Fullerton Alano	20.00
Fullerton	Group X3067	Gardner	55.00
Fullerton	Sunday Speaker Mtg.	Meeting Place	50.00
Fullerton	11.30 Tuesday am	FAC 12&12	70.00
Fullerton	Official Intergroup Hispania	Spanish literature	404.00
Fullerton	Th 8:00 PM	Women's KISS	40.00
Fullerton	Thurs 8:00 pm	Men's Stag	450.00
Fullerton	Thurs 600 pm	Womens FAC	29.25
Fullerton	Wednesday 6pm	FAC Show up Grow up	25.00
Garden Grove	Mo 8:00 PM	Women's Serenity Hall	70.00
Garden Grove	Not taking a trip	Garden Grove	30.00
La Habra	Fri. 8pm	Beginners Basic	241.00
La Habra	Sat 10:30 AM	Women's	71.13
La Habra	Su AM	Participation	25.00
La Habra	Sun.7pm	Sober Sunday	45.00
La Habra	Th 8:00 PM	Church Participation	36.00

WHERE	DAY & TIME	WHO	YTD
La Habra	Tu 8:00 PM	Participation	70.00
La Mirada	Mens	Big Book Study	60.00
La Habra	Tuesday 8pm	Discussion	25.00
La Habra	Womens 8pm	Open Discussion	20.00
Yorba Linda	Thurs.8pm	119601	105.00
Los Alamitos	ALL	Surrender is Freedom	600.00
Los Alamitos	Sunday	Big Book Study 6-730pm	60.00
NOCCO	Central Office	Jerry L. OC Conv. Donation	176.00
NOCCO	Central Office	Donations from raffle OC Con.	1,053.45
NOCCO	Central Office	Norma Logdson	36.00
NOCCO	Central Office	birthday Harry B.	56.00
NOCCO	Central Office	ACYPAA	478.00
NOCCO	Central Office	B-Day Ernie Cody	27.00
NOCCO	Central Office	Anonymous	114.60
NOCCO	Central Office	B-Day Alfred K.	27.00
NOCCO	Central Office	Tax refund	20.00
NOCCO	Central Office	AAOCYPAA	478.00
NOCCO	Central Office	Faithful Fivers Colleen B	100.00
NOCCO	Central Office	Anonymous	180.00
NOCCO	Central Office	Lisette L. Birthday	111.11
NOCCO	Central Office	Soda Coffee	56.00
NOCCO	Central Office	INTERGROUP	224.33
NOCCO	Central Office	NOCCO Womens Banquet	2,126.00
Orange	Central Office	SOBERFEST	700.00
Orange	Fr 8:00 PM	No Puffer's Speaker	100.00
Orange	Joe and Charlie	Big Book Workshop	36.00
Orange	Mon. 530 pm	Rush Hour, Friendship Club	250.00
Orange	Mo 7:30 PM	Speaker	50.00
Orange	Fri. Nite Wand	couples Group	75.00
Orange	Mon.630am	Taking Care of Business	100.00
Orange	Sun Attit.Adj	830am OrangOlive	60.00
Orange	Th 7:30 PM	All About Me Men's Stag	42.00
Orange	Thursday Noon	Friendship Club	70.00
Orange	Tu 7:00 PM	Walnut TustinCl.Disc.	180.00
Orange	Friday noon	Freindship Club	200.00
Orange	Tu. 6:30am	Doughnut Meeting	220.00
Orange	We 6:30 AM	Friendship Club	223.00
Placentia	Su AM	Right Start	75.00
Placentia	Tu 8:00 PM	Bradford Discussion	60.00
Sunset Beach	Friday Noon	Two or more	50.00
Villa Park	24hr.Group	Attitude Modification	621.45
Whittier	Mo 7:00 AM	Attitude Adjustment	5.00
Whittier	Mo 7:00 PM	Womens Calamity	100.00
Whittier	Thursday 8pm	The Den	25.00
Yorba Linda	ALL 6:00 AM	Attitude Modification	2,213.10
Yorba Linda	Mo 12:00 PM	Nooners	203.70
Yorba Linda	Mo 8:00 PM	Yorba Linda Lutheran Ch.	210.00
Yorba Linda	Th 7:30 PM	Serenity Seekers	100.00
Yorba Linda	Thurs 8:00pm	Discussion-Presb. Church	105.00
Yorba Linda	Tu PM	Rose Dr. Babst Womens	60.00
Yorba Linda	We 12:00 PM	Noontimers	135.00
TOTAL			12,903.53

Thoughts on the Third Tradition

Longtime member tells what the tradition means to him

Tradition 3 states, "The only requirement for A.A. membership is a desire to stop drinking."

This is the tradition that defines the inclusiveness of Alcoholics Anonymous. The admission that I am an alcoholic and that I want to stop drinking is the key that unlocks the doors of the meetings of A.A., and which opens up the hope of recovery for so many suffering from the disease.

Why would you want to become a member of Alcoholics Anonymous if you did not have a desire to stop drinking? Many people come to meetings because they have to; most because of a "nudge from the judge," or to get the heat off, or to placate a spouse, child, parent, significant other, etc. These people may or may not have a desire to stop drinking; some may want to stop only for as long as is necessary.

When you look at the success rate that we have, the odds are that most people who walk through our doors do not have a desire to stop drinking.

So what are the requirements for membership? How exactly do we define membership? According to the Merriam-Webster dictionary, membership is defined as being a "member," and a member being "one of the individuals composing a group." So to have membership in A.A. is to be part of the group. What is the group? Tradition five defines what the group is:

"Each group has but one primary purpose — to carry its message to the alcoholic who still suffers." This is a direct reflection and clarification of Step 12 and defines our purpose as alcoholics, in which we must give it away to keep it, sharing our experience, strength and hope to others that they might recover from a seemingly hopeless state of being.

Tradition Three is the open door policy for A.A. Does this mean we are all inclusive? For many there is the feeling that there is no room for the "and a"

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in A.A. Those who would propose that membership be restricted or limited to "pure alcoholics" ignore the fact that many, if not most of us (I'm speaking for myself here) come through the doors with a plethora of outside issues. In every discussion meeting I've ever been to, there is always the statement: "please limit your sharing to issues as they relate to alcoholism." This leaves the door fairly wide open, and is meant to be an invitation to look at how alcoholism colors most every aspect of our experience.

Can and do groups exclude individuals? Tradition Three specifically states that the desire to drink is the only requirement for membership. It does not guarantee membership in a particular group or meeting. The test, I believe, is does the members' behavior towards a particular meeting, person or persons in that group or meeting conflict with Tradition One: Unity; Tradition Two: Group Purpose; Tradition Five: Primary Purpose; or Tradition Twelve: Anonymity/principles before personalities. Tradition Four states that "each group should be autonomous, except in matters affecting other groups or A.A. as a whole."

All of the Traditions have to be taken as a whole, just as the Twelve Steps have to be taken as a whole, for the success of A.A. in carrying the message cannot be diverted from the primary purpose by petty politics and the personal agendas that place personalities before principles.

Tradition Three ensures that you are a member of Alcoholics Anonymous if you have a desire to stop drinking, and with that membership, you have an open road to recovery and a better life if you choose to do a few simple things, take a few simple suggestions, and change absolutely everything about yourself.

Stephen M.
Fullerton

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NOCCO Board Oversight Committee: Leesa H. & Dave O.

Moments of Spiritual Awareness

(From the A.A. Grapevine)

"It was late summer afternoon, cool, clear and peaceful. I sat on a solitary rock, in the shade of a high wall of cliffs. Before me sloped to a deep gorge a stretch of land spattered with rocks and trees. Immediately to the left of me rose, almost perpendicularly, the rugged Mt. Saneen--one of the highest and loveliest peaks of the Lebanon range.

Drifting from one thing to another, my thoughts were finally caught in the net of such questions as to How? and When? and Why? and by Whom? all this came to be. Such questions had long been besieging me, although I was yet between 20 and 21 years of age. Oblivious of everything about me, I began to feel like one labouring

in an endless labyrinth and seeking a way out. The search, however, did not seem to oppress me. On the contrary, I felt as if goaded on and on, and as if I were on the verge of breaking through.

Now subsiding, now flaring up, that feeling did not leave me until I suddenly emerged out of the labyrinth into a world flooded in dazzling light. How long the sensation of light stayed with me is hard to confine in seconds. It seemed like a fleeting twinkle of an eye; and it also seemed like an eternity. So poignant, so deep, was that experience, that for the rest of the day, and for many days after, I lived and moved as one lifted on wings and given a glimpse of Paradise. Nothing

about me seemed alien to me, or unworthy of my love. I was at peace with all things. Since then I have had no such experiences. Yet not infrequently I have had a feeling of a Presence about me guiding my hand and mind, and helping me to turn smoothly and safely what appeared to me to be dangerous curves in my spiritual, literary and even social life."

M.N.

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Captured Quips from California Jack

Wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 493: "Like everyone else I have good days and bad days. Unlike my attitude while I was still drinking, however, I rarely dread what is going to happen to me today."

... When I hit my knees in the morning the first thing I thank God for is having had a bed to sleep in.

... I don't want to carry this as a cross, I want to know what to do with the wood.

... Pray as if it's up to God. Work as if it's up to you.

... "No matter how deep the hole you're in is, it only takes 12 steps to get out.

... The only thing an alcoholic can do in moderation is the steps.

... Church is for people who don't want to go to hell. AA is for people who've been there.

... You have as much business going to a bar with a drinking friend as you do going to a whorehouse just to watch.

... I couldn't eat on an empty stomach either.

... Can't live on Won't street.

... Lonely is the absence of self-acceptance.

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

- Your doctor tells you that your tests showed traces of blood in your alcohol stream.

- The back of your head has dents from being hit by the toilet seat.

- At AA meetings you begin: "Hi, my name is... uh..."

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

