

Anonymous Times

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May/June 2010

Lofty Goals are Pie-in-the-Sky No More

Alcoholic finishes college and graduate school in sobriety

When I first came into the program, I heard people say, “stick with the winners.” That seemed easy since the “winners” were the ones with the most time, right? What I found was that the winners were the ones who ‘walked their talk.’ Sobriety time isn’t necessarily quality time. Some people are really okay just not drinking...I’m not one of them.

After about two years in the program, I walked through some fear and took a class.

Going twice a week for one class was easy. It fit into my days off from my job and wasn’t a big deal. My class partner and I had a video piece that won a slot on the “Best of...” show. Hm-m-m. Maybe I could return to college. I say that now like it was easy - it was very intimidating to really be a part of the college crowd. Growing up in an alcoholic home, there were continual reminders of how ‘stupid’ I was. However, I committed to one week and literally asked God to go to school with me. If school didn’t work out, I wouldn’t stay. Well, one week wasn’t enough! My brain woke up! I loved learning!

Eventually, “stick with the winners” would apply to real life. The winners were the ones who graduated and had plans to go to a university. They studied, encouraged each other, and were accountable to themselves. Wow! I had to learn that in the program! I knew I could finish my two year degree, but wasn’t so sure I belonged in a university; besides, I was a lot older than the other students (that was my head talking).

One day, while running into the Student Center, I ran into a gal from my history class. She suggested I go out for student

Continued on page 2

2010 A.A. International Convention July 1-4

A Vision for you is the theme of the **2010 International Convention of Alcoholics Anonymous** July 1-4 in San Antonio, TX. A.A. members and guests worldwide will celebrate A.A.’s 75th anniversary with big meetings held daily in the Alamodome. Other meetings will occur in the San Antonio Convention Center and local hotels.

Registration opens in the Henry B. Gonzalez Convention Center on Wednesday June 30 at 8 a.m. Registration will continue Wednesday-Friday, from 8 a.m. to 8 p.m., and Saturday from 8 a.m. to 6 p.m. The opening Party in the Park starts at 8 p.m. Thursday, July 1. Registration forms and more information can be found online at www.AA.org.

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Tradition Nine Quote

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

WHEN Tradition Nine was first written, it said that “Alcoholics Anonymous needs that least possible organization.” In years since then, we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous--A.A. as a whole--should never be organized at all.

From 12 Steps and 12 Traditions, page 172.

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NOCCO January-March Revenue and Expenses

January-March Revenue	Mar-10	Mar-09
Sales - A.A. Books and Literature	\$12,628.71	\$9,630.69
Sales - Chips and Non-A.A.	\$8,174.51	\$9,211.68
Donations- Groups and Individuals	\$18,062.44	\$11,117.90
Fundraisers	\$0.00	\$700.00
Interest	\$2.10	\$1.88
Total Revenue	\$38,867.76	\$30,662.15
Cost of Goods	\$14,703.86	\$12,665.40
Gross Profit	\$24,163.90	\$17,996.75
Operating Expenses		
Salaries	\$9,900.00	\$9,900.00
Bank Charges	\$34.00	\$13.00
Bad Checks	\$201.60	\$0.10
Cash short/(over)	(\$14.36)	
Depreciation	\$107.43	\$154.65
Insurance-General Liability	\$2,827.51	\$1,445.15
Insurance - Work Comp	\$0.00	\$267.50
Insurance - Medical	\$792.00	\$798.00
Legal & Accounting	\$850.00	\$825.00
Newsletter Cost	\$390.00	\$995.62
Office Supplies	\$1,088.86	\$1,022.79
Postage	\$88.31	\$114.60
Penalties on Tax Payments	\$121.29	\$0.00
Office Rent	\$4,650.00	\$4,776.00
Equipment Rental	\$391.56	\$431.22
Seminars and Education	\$60.00	\$50.00
Taxes- Payroll	\$883.19	\$869.32
Taxes- Annual Filings	\$60.00	\$60.00
Telephone	\$1,186.15	\$914.18
Utilities	\$443.90	\$729.91
Total Operating Expense	\$24,061.44	\$23,367.04
Net Income/(Loss)	\$102.46	-\$5,370.29

Lofty Goals ... From Page 1

government. Of course, she had to hear how busy I was so that it was impossible for me to get involved. She was very cordial and went on to share how she had a full load of classes and worked full time. What I heard was, "How bad do you want it?" Hm-m-m. Apparently, it was my own insecurity that was my real excuse.

Overcoming her fears was key to this alcoholic's decision to go back to college.

That week I applied to run for Student Senator. It was an easy race since they pretty much took whoever ran for office. That first month I received a 'Senator of the Month' award. By the end of the school year I ran for Student President and won! Wow! Really? Me? A recovering alcoholic? Hm-m-m. Maybe I could go to a university.

While student president, I made friends with all of the twenty-somethings in student government and was inspired by their motivation. After becoming Student Trustee for the district, I was sent to Washington, D.C. for a conference -- the college paid for it all!

A year before applying to the universities I was paralyzed with fear. I felt as though no university would accept me. You see, before sobriety I had dropped so many classes without the proper paperwork that my GPA was a .5! It took all I had to get my grades back up. Eventually, I was back up to a 3.4 GPA and proud of it. Algebra almost kept me from graduating, but Alcoholics Anonymous taught me willingness. And I was willing to pass algebra!

Finally, I ended up at one of the finest universities in southern California. I obtained my Bachelor's degree in Sociology (cried when I got it), went to teacher school, then went back for my Master's degree. I did a brief stint in a PhD program to find that it wasn't for me. After 12 years of teaching, I am ready to change careers. But I am grateful and proud that Alcoholics Anonymous taught me how to commit, finish what I started, and be willing to even start!

Anonymous
Sobriety date: 8/23/86.

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Chief Proofreader: 86 proof

H&I Fundraiser Backstory

Spaghetti event is a success, despite last-minute surprises

I recently had the opportunity to serve on the 2010 Southern California Hospitals and Institutions Conference planning committee as fund raising Co Chair. It was a wonderful experience, yet as is often the case, I did not know what the "lesson" would be until the task was completed.

Maybe it is just my cynical view on life, but it seems like every time I turn on the television or the radio, someone wants money for some worthy cause, despite the state in which the economy has been in for a while. Don't take my statement the wrong way – many of the causes are worthy of the public's support. The state of the economy has certainly impacted our local A.A. to some degree. One meeting hall has recently shut down, donations are down to our central office, meeting treasurers are having to pass the hat two and three times. Money is tight right now for everybody and that's just the way it is.

With all this going on, I was given the job of finding a meeting hall to hold a spaghetti dinner that would be served

at no charge. We would pass the hat at the end of the dinner. With cost at the front of my mind, I approached one of the larger speaker meetings in our area and proposed that our committee would pay their rent for the month for the use of their hall for that one night. As anyone who has ever tried to rent a hall would agree, this would benefit us greatly. They graciously agreed, and we were on our way. Next we had to get someone to cook the food. I have learned that when you need something done, go to someone who gets things done. I found a man with many years of sobriety who would get the food, cook it and let us pay him after it was all done.

A week before the event, the facility manager informed me that the use of the kitchen was going to cost about twice what I had initially thought it would be. Now the program comes into play. I spoke to the chairman of our committee and we realized that what we believed would be a great deal financially became average.

We decided to move forward.

What happened next really got my attention: the treasurer of the large speaker meeting made a motion that our committee be required to only pay for the one night's use of their hall. He had no idea of my dilemma concerning the kitchen charges; the meeting approved his motion. They had no idea how much they helped. Secondly, the person who was to sell raffle tickets took ill at the last minute and couldn't make it.

A firecracker of a gal approached me soon after that call and asked if she could help out -- and did she ever! She sold a lot of raffle tickets. Another gal called to ask where she could mail a check. To my surprise, she actually did it. So many people helped out, from the bake sale lady to the people who stayed to clean up. I can't list them all.

The point I am trying to make is this: all is well with A.A. in our area. All we must do is give people the opportunity to shine. As for our "free" dinner, we made a few hundred dollars for the conference. More importantly, people had a good time and some want to get involved with H&I. On a personal note: I don't think I am as cynical as I was the day before that dinner.

Paul P., Fullerton

May Birthday Profile

"Life is a banquet, and too many SOB's are starving to death!"

Looking across the table at Don A, who will celebrate his 10th year of sobriety on May 6, his youthful appearance and piercing brown eyes belie his age of 48.

Don's first recollection of his own experience with alcohol was being "bartender" at 12 for his parents' parties. He grew up in Villa Park. He liked the Crème de Menthe and 7-Up cocktails he mixed for himself, and his parents didn't seem to object. But he quickly learned that he didn't react like other people. He just got really drunk and felt sick.

Alcoholism runs in Don's family. Despite losing a kidney to the disease, his grandfather lived to 89. His father often passed out drunk in the front seat of his truck waiting for

the local tavern to open at 11 a.m. His father has now been sober for 25 years, yet at 79, has suffered two strokes in the past year. He started with A.A., but stopped going to meetings, and is now more of a "dry drunk" without much serenity, says Don.



As his own drinking progressed, Don became a barfly at the Bars in West Hollywood, savoring martinis and reveling in the attention his young, good looks got him from the patrons.

At around 25, however, he learned the alcohol didn't agree with him, and he was diagnosed as Bipolar.

In the midst of what he thought was a monogamous relationship, Don discovered his partner in bed with another lover. Four months after his partner

Continued on page 5

UPCOMING EVENTS!

Steps Come Alive on May 30

Getting lazy with your step work? HUZAH! Wanna kick off summer with a BBQ? BAM! Need a meeting? BUH-BAM!

Steps Come Alive! led by Patti O. kicks off an afternoon, evening and night of food, fellowship and fun! Bring a newcomer! Bring your sponsor! Bring a sponsee! Bring a friend!

Hosted by AOCYPA.A. (All Orange County Young People in A.A.), the event will be held at the Canyon Club, 20456 Laguna Canyon Road, Laguna Beach, CA, USA 92651 beginning at 1 p.m. The workshop will be followed by a barbecue at 4 p.m. and a speaker meeting at 7:30 p.m. A dance will cap the event from 9:30 p.m. to 1:30 a.m.

Information: Chris P (949) 231-2868, Tommy R (949) 413-1913; www.aocypaa.org.

Annual Laughlin Round-Up will be held May 13-16

Make plans now to enjoy some "Fellowship on the River" at the 26th Annual Tri-State Round-Up May 13-16 in Laughlin, NV.

The four day event, to be held at the Riverside Resort & Casino, will feature meetings, a golf and bowling tournament, marathon meetings, a poker run and dance.

There will be a hotel discount for attendees at the event. Additionally, there is a registration discount if made before April 15. Go to www.tristate-roundup.com for more information.

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

CALENDAR of EVENTS

May

Thu, 5-6 – Sun, 5-9, 23rd Annual Sober in the Sun 2010, (Gay, Lesbian, Bisexual, & Transgender – GLBT A.A. Conference with Al-Anon Participation), Hotel Zoso, Palm Springs, www.soberinthesun.net

Fri, 5-7 – Sun, 5-9, Mountain High 2010 Conference, Pine Crest Christian Conference Center, Twin Peaks, CA, (Hiking, softball, volleyball, ping pong, skateboarding, yoga, basketball, mountain biking, speakers, dance, entertainment, bonfires), \$150/person for the entire weekend, Contact: Chair, Yvonne S (310) 384-2004 or in Orange County, Jeff C (714) 870-0053

Sat, 5-8, 5:30 – 9:30 pm, 13th NOCAA Women's Banquet, Santa Ana Elks Lodge, Tickets \$30, Chair, Tracy W (714) 334-5425; or Ailene D, Co-Chair (714) 393-2297

Thu, 5-13 – Sun 5-16, 26th Annual Tri-State Roundup, Riverside Resort Hotel & Casino, Laughlin, Nevada, www.tristate-roundup.com

Fri, 5-28 – Mon, 5-31, 26th Annual South Bay Roundup, Marriott Hotel, Torrance, www.southbayroundup.org

Sun, 5-23 2010 MusicFest (on behalf of the Garden Grove Alano Club), Kiwanisland Park, 9840 Larson, Garden Grove. 1 p.m. Flagman Fran (714) 745-0948. Speaker: Mickey B.

June

Thu, 6-3 – Sun 6-6, A.A. Desert Pow Wow (with Al-Anon Participation), Renaissance Esmeralda Resort, Indian Wells, www.desertpowwow.com

Fri, 6-5, 5:00-7:30 pm, GSR District 2 Presents: Day of A.A. History (Commemorating A.A. 75th Anniversary), Special Guest Jay S from Redondo Beach does a multi-media presentation of "The Akron Miracle," Cerritos Park East, Malibu Room, Cerritos, Call Sandra M (562) 682-8481 or Mary H (562) 756-7348

Fri, 6-5 – Sun, 6-6, 2010 Flagstaff Roundup, Camping, and Suites at Marriott Courtyard & Marriott Springhill at \$89, www.flagstaffroundup.com

Sun, 6-6, 10:30 am – 10:00 pm, 10th Annual YPAA Fun Day, Presented by Southern California Young People in A.A., \$37 advance price (\$40 at Park), Six Flags Magic Mountain, Park, picnic, and A.A. Meeting, Jonsey, Events Chair (310) 650-2043; Josh, Co-Chair (818) 970-1018; Danny, Chair (781) 690-3531

Fri, 6-25 – Sun, 6-27, 8th Annual Sober Rafting Trip to Sacramento, \$225 plus meals and lodging. Rafting, fellowship, and A.A. Meetings. Call Dennis D. (323) 855-0206.

BIRTHDAY DONATIONS

Harry B. 57 years
Ernie C. 29 years
Steve D. 20 years
Paul H. 14 years
Gee 4 years
Jim 1 year
Holly 1 year



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.

Birthday Profile ... From Page 3

told he had full blown AIDS, Don himself was diagnosed as HIV positive.

In 2000, at 38, while still at IBM, he went in for a company physical, and learned he had a heart murmur, requiring open heart surgery. He was terrified and in denial for the next five years. But when things progressed to his being told he had but six months to live if he didn't have the surgery, he did it.

A major traffic accident left him with a broken back and in a body cast for three months and in physical therapy for 2-1/2 years. Then he was diagnosed with Parkinson's two years ago. Since then, he's had a stroke.

Today he gets around with a walker, bent over almost to the stomach-level of other people. His hands shake from the Parkinson's. He's on a plethora of medication. Don was scheduled to go in for major back surgery this past Christmas. But his cardiologist determined his heart valve was still leaking. He needs another open-heart surgery, but isn't strong enough to withstand either that or the spinal surgery right now. He had a shunt put in as a stop-gap measure.

Hearing all this, I just had to ask him how he copes.

AT: How do you keep going with all this going on - stay sober, and keep your sense of humor?

Continued on page 6

A.A. History

What Does 'Conference Approved' Really Mean?

QUESTION: I hear a lot of talk about literature having to be conference approved. What exactly does that mean and what is its application to meetings. Can non-conference approved materials be read in meetings?

(This is a recurring question and a repeat of a previous answer.)

ANSWER: The term conference approved describes written or audio visual material approved for publication by General Service Office. Conference approved material always deals with the recovery program of Alcoholics Anonymous or with information about the A.A. fellowship.

The term has no relation to material not published by G.S.O. It does not imply Conference disapproval of other materials about A.A.. A great deal of literature helpful to alcoholics is published by others, and A.A. does not tell any individual member what he or she may not read.

There is a unconscious movement to make the term "Conference Approved" mean something that it does not mean. The term "Conference Approved" did not even exist in our fellowship prior to the First Annual General Service Conference held on April 20-22, 1951.

Not even the Big Book Alcoholics Anonymous could be "Conference Approved" before that year.

A.A. World Service stand or request to groups is that non-conference approved materials be displayed apart from conference approved literature. A.A. does not say anywhere in their suggestions, including the Service Manual, that we cannot use non-conference approved literature to conduct our meetings.

We commonly display Grapevine, newsletters, meeting directories and medallions in our meetings, none of which are conference approved.

Bill W., commenting on the Little Red Book in November 1950, said, "Here at the Foundation, we are not policemen; we're a service and A.A.'s are free to read any book they choose."

**Jerry L.
Brea**

Profile ... From page 5

Don: I believe, as Anne Frank said, that people are basically good. I also believe that there's a "pot of gold" at the end of the rainbow. And most importantly, that people make junk, but God doesn't make junk.

AT: Where has A.A. figured into all of this?

Don: It's given me the tools I need to live my life "one day at a time," deal with what comes and know that a bad situation will always get better. I've always believed that God doesn't give me more than I can handle.

AT: Has this ever got you down? Have you ever felt depressed, or suicidal?

Don: I was actually diagnosed with Manic Depression Bipolar Disorder quite early on, like when I was around 25. I had already stopped drinking by then. I thought about suicide briefly a couple of times, but I really couldn't stand the idea of people saying about

me, after I'm gone, that, "I knew he really didn't have it in him. I knew he'd just give up!" I wanted to live and fight my adversities just to spite them! And I've always believed in my Higher Power. I'm not really religious, but I am spiritual and have a great deal of faith. I've not read the Bible cover-to-cover, but I believe in the proverbs.

AT: Oh, then you stopped drinking in your mid-20s, after your first relationship? How did you quit? What made you quit?

Don: I was coming home on the freeway, and a big, fat-assed Cadillac was driving too slow and blocking my way, and I actually said aloud, angrily: "Will you please get out of my way so that I can get home and have a drink?" And it dawned on me I had a real problem.

I grew up in an alcoholic home, and my father had always been drunk in the early years, and I swore I never wanted to be like him. So, there was no drama and no big epiphany, I just decided I was done, and went home

and poured myself a Diet Coke.

AT: That was is it? You just quit? How long did that last? When did you start going to A.A. meetings?

Don: The next week, because I had an urge to drink, and I liked sobriety and wanted to stay sober. You see, since I was a kid, I had realized that alcohol affected me differently than other people. A drink or two and I got really drunk, like I couldn't handle it.

I would have had almost 25 years of sobriety, but I had a lapse after about 15 years, and thought I was cured. But I wasn't.

AT: If you only drank a few drinks at a time, and had a bad reaction, why did you stick with A.A., and keep going to meetings?

Don: I liked the fellowship, camaraderie, the blueprint for living life. I grew up exposed to it. The 12 Steps are a great way to live your life, no matter what happens.

Continued on page 9

SPEAKER MEETINGS: May/June 2010

Anonymous Times would like to publish your list of speakers for July/August 2010. Deadline for publication is June 15, 2010. Email: A.A.letters@gmail.com.

Friday
8 p.m.
May 7
May 14
May 21
May 28
June 4
June 11
June 18
June 25

St. Jude Speaker
St. Jude Hospital, Erickson Building
101 E. Valencia Mesa, Fullerton, CA
John M., Irvine
Pat P., LA
Jennifer O., Orange
June H., Huntington Beach
TBD
TBD
TBD
TBD

Friday
8:00 p.m.
Dreams Come True
109 E. Wilshire, Fullerton 92832

Come hear a great speaker share about his/her experience, strength and hope every Friday.

Friday
8 p.m.
May 7
May 14
May 21
May 28
June 4
June 11
June 18
June 25

La Habra Speaker
631 North Euclid St., La Habra, CA 90631
Miguel G., La Habra
Rich S., Fullerton
Bob L., Glendale
Coach Mike., Chino
Steve H., Orange
Jack G., Huntington Beach
Bill W., Yorba Linda
TBA

Friday
8:00 p.m.
May 7
May 14
May 21
May 28
June 4
June 11
June 18
June 25

No Puffers Speaker
395 S. Tustin St., Orange
Debbie A., Fullerton
Adrian C., Orange
Carla H., San Clemente
Paula P., Orange
Rozanne T., Costa Mesa
Mary P., Orange
Ruby M., Santa Ana
Melissa P., Orange

Saturday
8:00 p.m.
May 1
May 8
May 15
May 22
May 29
June 5
June 12
June 19
June 26

Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
(First Christian Church)
Phillip C., Huntington Beach
Nikki J., Laguna Beach
Ailene D., Anaheim
Harold F., Hemet
Ron R., Huntington Beach
Brian W., Huntington Beach
Joanie V., Tustin
Elaine G., Laguna Beach
Dani B., Irvine

Sunday
10:30 a.m.
May 2
May 9
May 16
May 23
May 30
June 6
June 3
June 20
June 27

Fullerton Alano Center
530 W. Commonwealth, Fullerton
Marilyn S., Pacific Group
Lisa S., Long Beach
Karen L., Lakewood
Tammy P., Northridge
BIRTHDAY SUNDAY
Ben R., Orange
Rose S., Rancho Palos Verdes
Carolyn Ma., Orange
BIRTHDAY SUNDAY

Sunday
10:30 a.m.
May 2
May 9
May 16
May 23
June 6
June 13
June 20
June 27

Western Medical (24 Hr. Speaker)
1025 S. Anaheim Blvd., Anaheim
Wend D., La Palma
Suzanne S., Fullerton
Karen, Anaheim Hills
Foster (the most famous author), Placentia
Richelle C., Yorba Linda
Kevin C., Fullerton
Jenni K., Fullerton
Spiritual Jon, La Palma

Sunday
8:00 p.m.
May 2
May 9
May 16
May 23
June 6
June 13
June 20
June 27

Fireside Speaker Meeting
8150 Knott Ave., Buena Park
(Ehlers Community Center)
Josh S., Hermosa Beach
Pat Y., Pasadena
Ron B., Los Angeles
Doug R., Tujunga
Julian C., Granada Hills
Don L., Simi Valley
TBA
TBA

Thursday
8 p.m.
May 6
May 13
May 20
May 27
June 3
June 10
June 17
June 24

Pioneer Speaker
202 W. Broadway, Anaheim
BJ, Anaheim,
Walt, Fullerton
Markaholic, Anaheim
Bill, Fullerton
Tyler H, Cypress
Bill C, Hermosa Beach
Anastasia, Garden Grove
Mario P., Placentia



**Show up and hear the
message of recovery**

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY May 9 & June 13	NOCPIC 2ND WEDNESDAY May 12 & June 9	INTERGROUP 2ND WEDNESDAY May 12 & June 9	VOLUNTEER MEETING June 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

Mountain A.A. Conference slated for July 31-Aug. 1

The 7th Annual Mountain A.A. Conference with Al-Anon Participation will be held July 31 and August 1 in Big Bear Lake.

The event will feature A.A. and Alanon speakers, marathon meetings, a "Long-Timers Meeting," picnic lunch and dance with a live band. Saturday's activities will take place at the Performing Arts Center, 39707 Big Bear Blvd., Bg Bear Lake. On Sunday, a pancake breakfast will be held at the Big Bear Discovery Center, 40971 North Shore Dr., Fawnskin.

Additional information is available at www.mountainconference.com.

***Call Roxy at Central
Office to order your
specially priced birth-
day chips at least one
week in advance.
(714) 773-4357***

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: A.A.letters@gmail.com.

Articles may be edited for space and clarity. We look forward to hearing from you and sharing your story with the rest of the North Orange County A.A. community.



Finding a Higher Power

God is most trustworthy, consistent person in this Alcoholic's life

While my Higher Power has many names, I choose to call Him God. Like the story about the 10 blind brothers who were asked to describe an elephant, each brother described only the part of the elephant that he was touching. Because their blindness kept each individual brother from seeing that he was only describing a part of the elephant, their combined stories describing the elephant caused them to argue with each other.

In describing my God, I am similar to a blind brother. I can only describe my God as a combination of my experiences, what I've read about Him, what I've heard others say about Him, and who He says He is. Like the blind brothers, if my description of the elephant is limited to what I FEEL, then my perception of God is very narrow. But, if what I've felt, seen, heard and hoped could be more accurate, still it is only MY opinion.

Unlike the blind brothers, it's not necessary for me to refute what others see God as. I can take what I want and leave the rest. But clearly there must be more to God than all the world's combined stories describing God. Otherwise, God can take a nap because, as a world population we can all unite and come to a definite conclusion of who God is.

Personally, I like the freedom A.A. allows

its members in finding a God of our own understanding. This concept allows me to grow in my understanding of Him, and it allows God the freedom to be Himself, and reveal Himself to me as He would want me to see Him.

I see Kobe Bryant as a basketball player. When the media accused him of having an affair with a young lady in a hotel room several years ago, I discovered Kobe was a husband and father, too. As in human relationships, the more we get to know people, the more they choose to reveal themselves, or not.

I've noticed that God reveals Himself to me the more I am consciously aware of His presence in my life, the more I read His word, the more I listen to others share their own stories about their experiences with God, the more I allow Him to use me, the more I am honest with Him, and the more I am at peace with God.

Acceptance has a lot to do with my understanding of God. I am learning to accept things and people as they are, not as I think they SHOULD BE. And not as they WERE. I can always hope things will get back to the way they were in the "good old days," however, I would be stuck in the past and not living in acceptance today. I can always hope things will get better, but if I continue to

excuse other people's bad behavior, I'm living in denial of my own needs to feel safe, loved, and appreciated.

My pastor quotes a liberal translation of Jeremiah 29:11, which I further translated after a little research of the Hebrew text, "For I know the intentions that I purpose to ascend upon you, saith the LORD, plans of safety in mind, body, and estate, and not of adversity, calamity, harm, and misery, to give you an expectation of the future." I just have a hard time accepting that God only wants good things for me. I feel like a child who needs daily, constant reassurances of a parent's love, especially when that parent has brought on misery, calamity, hurt, etc...

It's hard for me to believe the words when they don't match the actions. I guess this is where God will have to help my unbelief. It's interesting how I need to depend on God one day at a time. My faith in Him is the same way. I need my faith to be renewed everyday.

I'd say God is pretty patient. As I trust in Him, and this includes laying aside my fears and anxiety and perceptions and disbelief, my faith in God grows.

Who is MY God? Honestly, He is the most trustworthy and consistent Person in my life. He never gets offended when I'm angry with Him. He's excited when I'm honest with Him. He loves me to the depths of who I am, and He wants me to face my fears so I can trust Him more.

Jane O.

Profile ... From page 6

AT: What words of advice do you have for others?

Don: I know it's over-used, but the cliché, "Keep coming back," can't be stated enough. Stick with it. There's nothing so bad that a drink will make it better. Don't give up! Life is too precious and full of wonderful things! Fight for it!!

I get so tired of some of those chronic drunks that are always whining, in and out of homeless situations, always asking for a hand-out.

It takes work to stay alive, but it's well worth it! Dump the "poor me" pity party, and enjoy the banquet, as Auntie Mame said!

I don't see myself as handicapped, or permanently disabled. I really believe I've still got a lot of good years left in me. When "****t happens," you've got to fight back!

Sometimes, like the Serenity Prayer says, we've got recourse sometimes. Change what you can ...

Kevin C. La Habra

Meeting Donations January-March 2010

City	Day	Meeting	Jan-10	Feb-10	Mar-10
Anaheim	Monday 5:30 p.m.	Primary Purpose			
Anaheim	Saturday 7:30 a.m.	202 W Broadway club	25.00		
Anaheim	Victor House	Tuesday night participation			50.00
Anaheim	Tuesday 6: 30 p.m.	Womens 6 & 7			40.00
Anaheim Hills	Saturday 6 p.m.	Winner's Circle		70.00	
Anaheim Hills	Saturday 8:30 a.m.	It's In the Book	110.00		27.68
Anaheim Hills	Thursday 7 p.m.	Men's Stag, Kaiser	75.00		
Anaheim Hills	Tuesday 7:30 p.m.	Women's Big Book & Step		105.00	
Anaheim Hills	Wed. 7:30 p.m.	Big Book Study	95.42	75.00	
Brea	Friday 5:30 p.m.	Happy Hour BB Study		100.00	80.00
Brea	Friday Night	Men's Stag	50.00		100.00
Brea	Monday 10a.m.	Women's Discussion	50.00	100.00	100.00
Brea	Monday 5:30 p.m.	Happy Hour Step study	70.00		70.00
Brea	Thursday 5:30 p.m.	Living in the Solution	150.00		167.00
Brea	Tuesday 5:30 p.m.	Women's 10th Step	70.00		102.00
Brea	Tuesday. 8 p.m.	Step Study			64.00
Brea	We 5:30 p.m.	As Bill Sees It	200.00		
Costa Mesa	Saturday 7 a.m.	Daily Reflections		25.00	
Cypress	6 p.m.	Spiritual Growth			60.00
Cypress	Monday 8p.m.	Topic Discussion		40.00	40.00
Cypress	Monday Night	We Agnostics		25.00	
Cypress	Tu 5:30 p.m.	Happy Hour BB Study	60.50		
Cypress	Wednesday night	Women's Participation	87.00		
Fullerton	Wednesday 6:30 p.m.	Q&A	70.00		80.00
Fullerton	Anonymous	Boeing			120.00
Fullerton	Daily 6 a.m.	Attitude Adj. FAC	60.00		
Fullerton	FAC Wednesday 2 p.m.	Women's Coffee Talk			51.00
Fullerton	Friday 11:30 a.m.	Podium Participation		20.00	
Fullerton	Friday 6 p.m.	Anything Goes Meeting Place		15.00	
Fullerton	Friday 8 p.m.	St. Jude Speaker	200.00		80.00
Fullerton	Friday 6p.m.	Singles 4 Sobriety		70.00	
Fullerton	Friday 8 p.m.	Candlelight, Fullerton Alano		50.00	
Fullerton	Saturday 6 p.m.	Saturday Night Live	50.00		
Fullerton	Saturday 2 p.m.	Hot Topics	60.00		76.00
Fullerton	Lansing Chew	Anonymous			70.00
Fullerton	Sunday 8 p.m.	Mens Stag		100.00	
Fullerton	Thursday 8 p.m.	Women's KISS		84.05	
Fullerton	Thursday 6 p.m.	Womens FAC	93.00		
Fullerton	Tuesday 1:30 p.m.	Womens meeting		36.00	
Garden Grove	Thursday 10 a.m.	Over 40 Discussion	30.00		
Garden Grove	Wednesday 8 p.m.	Just Stay Serenity Hall	50.00		
La Habra	Saturday 8 p.m.	Participation Meeting			45.00
La Habra	Sunday 10:30 a.m.	Participation Meeting		50.00	
La Habra	Sunday 7 p.m.	Sober Sunday	45.00		45.00
La Habra	Tuesday 8 p.m.	Participation		100.00	
Los Alamitos	ALL	Surrender is Freedom	204.00	138.00	

City	Day	Meeting	Jan-10	Feb-10	Mar-10
Orange	Joe and Charlie	Big Book Workshop		70.00	70.00
Orange	Orangeolive Tuesday	Noon Happy Hour Friendship Club			850.00
Orange	Wednesday 5:30 p.m.	Rush Hour, Friendship Club		100.00	
Orange	Wednesday 6:30 a.m.	Friendship Club		42.00	
Orange	Wednesday noon	Crawl before no one			100.00
Orange	Thursday 7:30 p.m.	All About Me Men's Stag	45.00		
Placentia	Monday 6:30 p.m.	Beginners' Sober Start		80.00	
Placentia	Monday noon 12&12	Friendship Club		100.00	
Placentia	Sunday 7:30 p.m.	Placentia Sunday Night	25.00		
Villa Park	24hr. Group	Attitude Modification	405.79		
Whittier	Mens	Greenwood Stag	100.00		
Whittier	Monday 7 a.m.	Attitude Adjustment		10.00	
Whittier	Sat. 10:30 a.m.	Women's Acceptance	72.50		
Whittier	Saturday speaker	7:30 p.m. Saturday Speaker	50.00		
Whittier	Thursday 8 p.m.	Thursday Den		30.00	
Whittier	Tu 7 a.m.	Attitude Adjustment			130.00
Yorba Linda	ALL 6 a.m.	Attitude Modification	660.35	1,581.90	1,547.70
Yorba Linda	Monday 12 p.m.	Nooners			84.00
Yorba Linda	Monday 7:30 p.m.	Book Study	50.00		
Yorba Linda	Monday 8 p.m.	Yorba Linda Lutheran Church	50.00		50.00
Yorba Linda	Nazarene Tuesday	Womens Tuesday	70.00		70.00
Yorba Linda	Thursday night 8 p.m.	We Got a Coffee Pot	19.84	23.80	
Yorba Linda	Tuesday p.m.	Rose Dr. Baptist Womens	70.00		70.00
Yorba Linda	Wednesday 12 p.m.	Noontimers	96.00		105.00

Thought for the Day ...

Since coming back to Alcoholics Anonymous, I have by the Grace of God and the Program, been given a new blueprint for living, one day at a time. When I take the bus to my Central Office volunteer commitment, or other A.A. activities, I see people far worse off than I am, with disabilities and afflictions more serious than my own. I get to overhear people talk about their concerns and worries, and it really helps get me out of my own head, and think about someone besides myself. But most importantly, I am learning that a kind word from me can have a positive affect on other people I don't even know. God Bless A.A.!

Billy P.
Sobriety date: 1/7/06

Lower than the Rocks

Lost in a whirl of oblivion; in a world where I didn't quite fit.

I was overwhelmed with emotional aches.

Fear of the unknown and of all the fakes.

The pain of the past that remains hidden, buried deep down inside.

A cold, dark place where it could hide.

I fed it fast and it numbed me.

Dilated vessels, and my pain was set free.

My life was a mountain; I stood at the top.

Because of my actions, I began to drop, holding on, then letting go.

I'd lose my friends and find a new low, one lower than the rocks on which we walk.

But that wasn't enough to make me stop.

Making promises; breaking my word.

They shattered like mirrors when struck by the fist of anger.

I never met myself before.

I met a liar, a cheat, and a thief.

She lived a life that was a "perfect lie."

I called her me, and sometimes I, in her, laid down as if I were dead.

But something happened, in her head.

She saw a bleak future continuing down that path.

But it could change, if she were willing...

And she was; she'll now know why she was filling that hole, deep down in her soul.

She walked through the crowd of coffee drinkers and cigarette smokers into a well-lit room, filled with cookies and chairs and socializing.

She inhaled, and took a renewed breath.

It was the kind of breath one takes after a nightmare of falling, just a blink away from shattering in the abyss.

One awakens, wide-eyed and racing heart.

I found something unique inside this place.

It was more than courage, strength, and hope.

My mind stopped spinning - I found a new me!

I can wish the old me to die, but she will always be a part of me, and in the back of my mind she lurks.

And sometimes inner battles arise.

It's up to me to want to change, but I need the help from two others.

The three of us - you, me and him.

If we work this right, we're sure to win!

*Cyndee B.,
Yorba Linda*

California Jack's Quips

Wit and wisdom from Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 48; "Outward appearances are not inward reality at all."

You wouldn't believe what I overhear when I talk to myself.

When I drank I never had hangovers. I guess I saved them all up for one big one called Detox.

I was like a washing machine that only had 2 cycles-Spin and Agitate.

If I'm not careful today I'm going to create tomorrow's wreckage of the past.

I'm an obsession waiting to happen.

This program has taught me that my crystal ball is somewhat like my butt: - Cracked.

Be where your feet are.

The only thing worse than bad luck for an alcoholic is good luck.

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

Sometimes I forget that I forget.

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

Reality is an illusion brought on by a lack of alcohol.

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

The whole bar says 'Hi' when you come in...

You fall off the floor...

Don't recognize your wife unless seen through bottom of glass.

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

On the Funny Side of the Street

Musings from the Internet

Collected by Kevin C.

Designated Decoy

From the county where drunk driving is considered a sport, comes this true story.

Recently a routine police patrol was parked outside a bar in St. Cloud, Minnesota, when after last call the officer noticed a man leaving the bar so apparently intoxicated that he could barely walk.

The man stumbled around the parking lot for a few minutes, with the officer quietly observing. After he tried his keys on five different vehicles, the man managed to find his car and fall into it.

He sat there for a few minutes as a number of other patrons left the bar and drove off.

Finally he started the car, switched the wipers on and off -- it was a fine, dry summer night -- flicked the blinkers on and off a couple of times, honked the

horn and then switched on the lights. He moved the vehicle forward a few inches, reversed a little and then remained still for a few more minutes as some more vehicles left.

At last, when his was the only car left in the parking lot, he pulled out and drove slowly down the road.

The police officer, having waited patiently all this time, now started up his patrol car, put on the flashing lights, promptly pulled the man over, and administered a Breathalyzer test.

To his amazement, the Breathalyzer indicated no evidence that the man had consumed any alcohol at all!

Dumbfounded, the officer said, 'I'll have to ask you to accompany me to the police station. This Breathalyzer equipment must be broken.'

"I doubt it," said the truly proud Minnesotan.

"Tonight I'm the designated decoy."



"You are a somebody to your family and a small circle of friends!"

The Helpful Wife

A male driver is pulled over by a cop and the following conversation takes place:

Man :
What's
the problem
officer?



Cop: You
were going
at
least 75 in a 55 zone.

Man: No sir, I was going 65.

Wife: Oh Harry. You were going 80.

(Man gives his wife a dirty look.)

Cop: I'm also going to give you a ticket for your broken tail light.

Man: Broken tail light? I didn't know about a broken tail light!

Wife: Oh Harry, you've known about that tail light for weeks.

(Man gives his wife a dirty look.)

Cop: I'm also going to give you a citation for not wearing your seat belt.

Man: Oh, I just took it off when you were walking up to the car.

Wife: Oh Harry, you never wear your seat belt.

Man: Shut your mouth, woman!

Cop: Ma'am, does your husband always talk to you this way?

Wife: No, only when he's drunk.

Ba-da-bing!