

# Anonymous Times

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

## Chapter 6: Into Action

*Number 7 of 12 articles on the Big Book*

Wow, five chapters to do the first four steps, and now seven steps in a single chapter. The one huge difference in this chapter relating the experience of the first 100 men and women of Alcoholics Anonymous is that this chapter spells out in detail exactly what actions they took for each step. This pattern started with the fourth step in Chapter 5 and continues in this chapter with steps 5 through 11.

First, the writers lay out the precise way to take Step 5, though they allow several options for choosing who will hear our inventory – and a “sponsor” hearing our inventory is not an option. The reason for that is that the idea of sponsorship was just taking shape in the Cleveland A.A. Group and was not yet fully embraced by the Akron and New York groups – each new member had several “sponsors” who watched out for them and helped them through the process.

And the reason for doing a fifth step? Because “...they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story”. And then the life-changing promises of the fifth step. “Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to

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## God Provides What We Need if We Stay Close

Sentence means more for this alcoholic

“God provided what we needed, if we kept close to Him and performed His work well.” I had read this sentence from the Big Book countless times, but in the Fall of 2009, it took on a new meaning for me. You see, I discovered that sometimes God provides a person to help us get through a difficult time.

I had 5 years sober, but my life felt like it was in a state of emergency. I was single, pregnant, and on bed-rest. I was terrified of the future and isolated from my normal meetings. However, thank God, I had built a foundation in Alcoholics Anonymous. Through a mutual friend, I met a woman who would be my life saver.

This woman became my sponsor and I choose to believe that God put her as an angel in my life, at just the right time. She was very busy in the program. My sponsor sponsored several others, men and women alike, led book studies, and was constantly doing things to enlarge her spiritual life. At that time, filled with constant anxiety, I was a needy case. I called everyday, sometimes several times a day, needing reassurance and

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### North Orange County Central Office

1661 E. Chapman Ave., Suite 1H

Fullerton, CA 92831

Open 7 Days 9am–9pm

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

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WEBSITE: [www.aanoc.com](http://www.aanoc.com)

OfficeManager@aanoc.com

## NOC Central Office Year to Date January 2012 vs. January 2011

| Revenue                            | Y-T-D January 2012 | Y-T-D January 2011 |
|------------------------------------|--------------------|--------------------|
| Total AA Sales                     | \$3,081.55         | \$2,585.96         |
| Total Non-AA Sales                 | \$3,969.50         | \$2,343.78         |
| Total Donations                    | \$4,940.13         | \$4,008.18         |
| Total FUNd-Raisers                 | \$-                | \$1,000.00         |
| Rental Income - Suite C            | \$138.00           | \$-                |
| Interest                           | \$0.73             | \$0.13             |
| Total Revenue                      | \$12,129.91        | \$9,938.05         |
| Total Cost of Sales & Direct Costs | \$4,394.21         | \$3,078.62         |
| Gross Profit                       | \$7,735.70         | \$6,859.43         |
| <b>Operating Expenses</b>          |                    |                    |
| Salaries                           | \$3,349.50         | \$3,300.00         |
| Advertising                        | \$-                | \$-                |
| Bank Charges                       | \$26.81            | \$5.00             |
| Bad Checks                         | \$-                | \$-                |
| Cash short\over                    | \$9.55             | \$-                |
| Computer Expenses                  | \$207.99           | \$-                |
| Depreciation                       | \$11.98            | \$21.50            |
| Insurance-General Liability        | \$1,434.00         | \$584.00           |
| Insurance - Work Comp              | \$816.75           | \$755.75           |
| Insurance - Medical                | \$250.00           | \$266.00           |
| Interest Expense                   | \$-                | \$-                |
| Legal & Accounting                 | \$125.00           | \$125.00           |
| Licenses                           | \$-                | \$-                |
| Newsletter Cost                    | \$-                | \$380.63           |
| Office Supplies                    | \$621.22           | \$268.52           |
| Postage                            | \$15.84            | \$-                |
| Penalties-Tax Payments/Filings     | \$-                | \$-                |
| Rent-Office Space                  | \$1,550.00         | \$1,550.00         |
| Rental of Equipment                | \$-                | \$143.74           |
| Repairs & Maintenance              | \$-                | \$-                |
| Seminars & Education               | \$-                | \$-                |
| Taxes- Payroll                     | \$263.24           | \$252.44           |
| Taxes- Annual Filings              | \$-                | \$-                |
| Telephone                          | \$283.27           | \$786.44           |
| Utilities                          | \$181.87           | \$190.15           |
| Total Operating Expense            | \$9,147.02         | \$8,629.17         |
| Other Income and Expense           | \$-                | \$-                |
| Net Income/(Loss)                  | \$(1,411.32)       | \$(1,769.74)       |

### God Provides ... From Page 1

love. She gave that to me. Despite how busy she was, she was always very patient and loving to me. Having been a single mom in sobriety herself, she was my beacon of hope, and she gently and constantly reminded me that the source of everything was God. As long as I continued to work my program as if my life depended on it, God would take care of me and my little baby.

Today, about two and a half years later, it turns out my sponsor was right about everything. By the grace of God (and doing the next indicated step), my baby boy and I are well-taken care of. Most important is the faith I gained from this experience and this remarkable woman who did not give up on me, and generously shared her experience, strength, and hope with me. I now know, in my heart, that I can walk through anything sober.

This amazing woman's name was Carol K, and she passed away about a month ago from cancer. I miss her terribly. I will probably never know how many people she helped, like me, and how many lives of alcoholics she touched. Her home was a gathering place for her sponsees, friends, and anyone who was interested in working a program. Right until the end of her life, she continued living a life of service to alcoholics.

I am so grateful that Carol never turned me away in 2009. My own life is very full and busy because of staying sober from this wonderful program, and people like Carol who helped me along the way. I hope I remember that when someone asks me for help in AA, it's my privilege to be of service. Carol taught me the meaning of "We can only keep what we have by giving it away." So long as we are of service to Gods kids, God provides.

*Sarah S., Brea*

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# Teamwork Makes Fundraiser a Success

Unfortunately, I am the kind a guy who needs to be reminded occasionally that people are basically good. We just finished the "rummage sale" in support of Central Office. I am lucky to have a job that lets me take vacation time pretty much whenever I want as long as I give adequate notice. Recently I got to spend time working on this fundraiser, met many interesting people who wanted to give back something to this "thing" that saved their lives. We received a lot of GOOD stuff; no junk. The sale was a success. I don't have the final tally, but it was more than I expected. Cathy, the office manager, should announce the total soon.

Money was not the total payoff, though we often spend a lot of time focusing on what others are not doing, rather than what they are. (I know I should spend more time focusing on what I am doing.)

Granted, I was at the rummage sale from beginning to end; it was my idea so I was there from the very begin-

ning (like I invented garage sales). Any way, I am sitting here now completely exhausted. The success of this fundraiser was not the result of one man's efforts. It truly was a team effort. It took three people to price the stuff the night before and one guy to fix the items that got broken. My wife gave up her parking spot in the garage to help store the items (she pays at least half the mortgage) for about four days. People made flyers and made announcements at meetings. The day of the sale, people showed up at 6:30 am and brought donuts and coffee to share. The guys moved things out of the garage, the women set it up, interacted with the customers and kept track of the money. Newcomers showed up and got involved; one person had about 24 hours of sobriety. People talked with the new person and got them involved. It was FANTASTIC! One fellow even went and made signs that really brought the folks in.

What really got my attention was the fact that the large items were not mov-

ing very quickly. This concerned me because if these items did not sell, they would end up back in my garage until I could do something with them.

There were three men who showed up at 6:30 am and stayed the whole day. Mind you, I am not a pack rat. I like a tidy garage and the volume of donations was overwhelming. I did not want to store these items any longer than necessary. The three men volunteered to pack up their trucks with the leftover items and deliver them to a local charity. Three caravans later, everything was gone. Another member came by with pizza, and we all just shot the breeze for a while until everybody went about the rest of their day. At about 9:00 a.m., we were thinking that this would be the first - and last - rummage sale. But by 4:39 p.m., I was thinking that we should begin deciding who will do what to make this sale a success next year. Because maybe we will do it again (probably).

There are a lot of good people in the world and fortunately for us a lot of them are in AA.

**Paul P.  
Fullerton**

## Into Action ... From Page 1

*have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."* I still see these promises as at least equal to any other found in the Big Book.

But is it possible that these promises won't come true for some of us after taking the fifth step? Absolutely. That was the case with me. I remember feeling different once again. Why not me? My sponsor counseled me that one word not found in the fifth step promises was "immediately". He said that they would come when I was ready to receive them. And so they did. For me they came after I took the sixth and seventh steps. These steps, in two short paragraphs, finally let the light in. The willingness spelled out in the sixth step and the humility defined in the seventh step - especially in the perfect prayer given us by the authors of the book. *"My Creator, I am now willing that*

*You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do you bidding. Amen."*

The remarkable thing about the eighth step is the recalling of our surrender in the 1<sup>st</sup> step - *"Remember it was agreed at the beginning that we would go to any lengths for victory over alcohol."*

In the ninth step, we are given very well-defined experiences to use for approaching those we have harmed and setting the record straight. It tells how to approach these people, and how to address wrongs done. It also tells us that we have no right to bring any more pain into their lives.

No steps in the Big Book are spelled out with the detail and clarity of the tenth and eleventh steps. I found out that I could use the experiences related and the suggestions given almost directly out

**Continued on page 10**

## UPCOMING EVENTS!

### Tri-State Round-Up Will Be May 17-20

The 28th Annual Tri-State Round-Up will be held Thursday May 17 to Sunday, May 20 at the Riverside Resort & Casino in Laughlin, Nevada.

The four-day event will feature 24-hour marathon meetings, AA and Al-Anon archives, an ice cream social, Mardi Gras Costume Dinner and speaker meeting on Friday, a Saturday night banquet and speaker meeting, a Sunday morning breakfast and many other sober activities.. Hotel discounts are available for Tri-State attendees. Additional discount is available for those who register online. Visit [www.tristate-roundup.com](http://www.tristate-roundup.com) for complete details and to register.

### Founder's Day Picnic to be Held On June 9

The 2nd annual Founder's Day Picnic will be held Saturday, June 9 at Brea Dam Park, 1700 N. Harbor Blvd., in Fullerton from 10 a.m. to 2 p.m.

The event, a fundraiser for NOC Central Office, will feature a raffle, 50-50 drawing, games and a speaker meeting. Hot dogs and hamburgers will be provide. The event is free, though donations will be gladly accepted.

Contact Paul P. at (714) 313-7883 or Central Office at (714) 773-4357 for more information.



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

| Sunday                   |  |  |
|--------------------------|--|--|
| Anaheim                  | 12+12 Young People<br>8 p.m.             | 202 W. Broadway (@<br>Lemon)   |
| Fountain<br>Valley       | Youth in Recovery<br>1 p.m.              | 16581 Brookhurst St.<br>Fountain Valley, CA  |
| Orange                   | Young People's Dis-<br>cussion 7 p.m.    | 820 W. Town &<br>Country Rd. (Mariposa<br>Women's Center),                         |
| Monday                   |  |  |
| Costa Mesa               | New Lease on Life<br>12:15 p.m.          | 2144 Thurin St @ Vic-<br>toria St (Grange Hall)                                    |
|                          | Women's Monday<br>FUNDAY 8 p.m.          | 420 W. 19th St. (1st<br>Methodist Church<br>near Triangle Square),                 |
| Irvine                   | Wild Bunch Men's<br>Step Study 7:30 p.m. | 5001 Newport Coast<br>Dr c/s Bonita Cyn<br>(Mariners Church-Port<br>Kid Zone room) |
| Tuesday                  |  |  |
| Costa Mesa<br>12:15 p.m. | New Lease on Life<br>12:15 p.m.          | 2144 Thurin St @ Vic-<br>toria St (Grange Hall)                                    |
| Wednesday                |  |  |
| Yorba Linda              | Topic Discussion<br>8 p.m.               | 18372 Lemon Drive<br>@ imperial Hwy (1st<br>Baptist Church)                        |
| Thursday                 |  |  |
| Costa Mesa               | We are Not Saints<br>3 p.m.              | 2701 Fairview Rd. (Stu-<br>dent Health Center<br>Rm. 108)                          |
| Friday                   |  |  |
| Anaheim<br>Hills         | Discussion 8 p.m.                        | 411 Lakeview Ave.<br>(@91 Freeway Medical<br>Office building in base-<br>ment)     |
| Huntington<br>Beach      | Seacliff 7 p.m.                          | 225 7th St. Garage #1  |
| Tustin                   | Turning the Corner<br>7:30 p.m.          | 1221 Wass St, 92780  |
| Saturday                 |  |  |
| Newport<br>Beach         | Hoag Hut Speaker                         | 201 Newport Blvd.  |
| Long Beach               | Nite Owls 10:30 p.m.                     | 4019 E. 4th St.  |

## CALENDAR of EVENTS

***We are not a glum lot...Show up and maintain an active role in your sobriety...***

### May

Fri., May 18 – **Dinner and 12-step Workshop.** Free dinner. First Christian Church, 109 E. Wilshire, Fullerton, CA Speakers scheduled include John H., John N. and Plumber Jim. Donations will be accepted.

Sun., May 27th – **Steps Come Alive Workshop and Dance @ The Canyon Club;** 20456 Laguna Canyon Road; Laguna Beach, CA 92651; 2 p.m. to 5 p.m., with dinner, speaker meeting and dance following.

### June

Sat., June 9 – **NOCCO Founders Day Picnic @ Brea Dam Park –** 1700 N. Harbor Blvd., Fullerton; call Paul P. at (714) 313-7883 for more information.

Thurs., June 7-Sun, June 10 – **Desert Pow Wow 2012** Renaissance Esmeralda Resort; 44-400 Indian Wells Lane Indian Wells, CA 92210; [www.desertpowwow.com](http://www.desertpowwow.com) for more information.

Sat., June 23-Sun., June 24 – **22nd Annual June Lake Kampvention Freedom To Soar** OH Ridge/Inyo Campground, June Lake, CA; [www.kampventionjunelake.org](http://www.kampventionjunelake.org) for more information.

### July

Thurs., July 5 - Sun., July 8 – **28th Annual South Bay Roundup - "It's The Journey"** Torrance Marriott Hotel; 3635 Fashion Way Torrance, CA [www.southbayroundup.org](http://www.southbayroundup.org) for more information.

## BIRTHDAY DONATIONS

*Arnold. ↔ 24 years*  
*Jeanne L. ↔ 23 years*  
*In memory of*  
*Christmas Ed ↔ \$32.00*



### **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, 1661 E. Chapman Ave., Suite 1H; Fullerton, CA; 92831. Email: [officemanager@aanoc.com](mailto:officemanager@aanoc.com).

## Central Office News

### **NOC Central Office to Cut Hours**

The North Orange County Central Office board of directors announced that office hours will change to 9 a.m. to 7 p.m. Monday through Saturday and 9 a.m. to 1 p.m. on Sundays effective June 1. The announcement comes following the move to new office space at 1661 E. Chapman Ave., Suite 1H; Fullerton, CA; 92831.

The move to the new office was accomplished in a matter of hours on April 1. Central Office would like to thank all who helped make the move possible.

Call NOCCO at (714) 773-4357 for more information.

### **Call for Volunteers!**

Central Office took 773 phone calls in January and February.

409 were from men  
 364 were from women



Keep up the great work — YOU make a difference!

## NOC Central Office BULLETIN BOARD

| <b>H&amp;I</b><br><b>2<sup>ND</sup> SUNDAY</b><br><b>May 13 and June 10</b>   | <b>NOCPIC</b><br><b>2<sup>ND</sup> WEDNESDAY</b><br><b>May 9 and June 13</b>   | <b>INTERGROUP</b><br><b>2<sup>ND</sup> WEDNESDAY</b><br><b>May 9 and June 13</b>   | <b>VOLUNTEER MEETING</b><br><b>Next meeting</b><br><b>August 11, 2012</b>   |
|---|--|--|---|
| <p><b>Orange County Hospitals and Institutions Committee</b></p> <p>2nd Sunday of each mo.<br/>Institutions Committee:<br/>4-5 pm<br/>(Orientation at 3:15 pm)</p> <p>Hospitals Committee:<br/>6-7 pm<br/>(Orientation at 5:15 pm)<br/>Garden Grove Alano Club<br/>9845 Belfast, Garden Grove<br/>Call (949) 278-5173</p> | <p><b>North Orange County Public Information Committee</b></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<br/>1661 E. Chapman Ave., Suite 1H, Fullerton</p> <p>If you have questions, call Brian K. 714-658-4581</p> | <p><b>North Orange County Intergroup Association Intergroup</b></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><b>CENTRAL OFFICE</b><br/><i>holds a quarterly volunteer meeting on the 2nd Saturday. every three months. 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**

### Central Office Has New Office

Effective April 1, 2012, North Orange County Central Office has been located at 1661 E. Chapman Ave., Suite 1H; Fullerton, CA; 92831. The new location is at the northwest corner of Chapman and Acacia Avenue.

An announcement was made at the latest Intergroup meeting in May that the move was accomplished in a matter of hours. Central Office would like to thank all who helped make it a smooth transition.

### Send Us Your Story Online!

Anonymous Times  
articles can be submitted to  
[aaletters@gmail.com](mailto:aaletters@gmail.com)



## Faithful Fivers Get High Fives For Support!!!

### What are Faithful Fivers?

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

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

NAME \_\_\_\_\_

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

Make checks payable to North Orange County Central Office (NOCCO)

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

# January/February Meeting Donations

| City         | Day/Time     | Meeting                      | Jan-12   | Feb-12   |
|--------------|--------------|------------------------------|----------|----------|
| Anaheim      | Sun 10:30 A  | 24 Hr. Speaker Meeting       |          | 80.00    |
| Anaheim      | Wed 6:00 P   | Men's Stag                   |          | 60.00    |
| Anaheim      | Th 7:30 P    | We Got A Coffee Pot - Men    | 70.00    |          |
| Anaheim      | Fri 6:30 P   | Gratitude Is An Action       | 90.00    |          |
| Anaheim      | Sat 10:00 A  | Big Book & 12x12 Study       | 40.00    |          |
| Ana Hills    | Mon 7:00 P   | Women's E/S&Hope             |          | 180.00   |
| Ana Hill/YL  | Wed 7:00 P   | Women's Big Book Study       | 78.00    |          |
| Ana Hills    | Wed 7:30 P   | Wed. Night Book Study        | 100.00   |          |
| Ana Hills    | Th 7:00 P    | Women's Solution             | 154.00   |          |
| Ana Hills    | Sat 8:30 A   | It's In The Book             |          | 180.00   |
| Ana Hills    | Sat 6:00 P   | Winner Circle (Kaiser)       | 120.00   |          |
| Brea         | Mon 10:00 A  | Women's Discussion           | 70.00    | 125.00   |
| Brea         | Mon 5:30 P   | 12 & 12 Meeting              | 56.00    | 70.00    |
| Brea         | Tue 5:30 P   | Women's 10th Step Hap Hr.    | 129.86   |          |
| Brea         | Tue 5:30 P   | Men's Topic Discussion       | 34.20    | 70.00    |
| Brea         | Wed 5:30 P   | As Bill See's It             |          | 58.83    |
| Brea         | Th 5:30 P    | Living In The Solution       | 97.30    |          |
| Brea         | Fri 5:30 P   | Big Book Study               | 161.00   |          |
| Brea         | Fri 8:00 P   | Men's                        |          | 100.00   |
| Brea         | Sat 10:30 A  | Women's AA Step Study        | 100.00   |          |
| Cypress      | Tue 6:00 P   | Happy Hour                   | 90.00    |          |
| Fullerton    | Daily 6:00 A | Attitude Modification        | 90.00    |          |
| Fullerton    | Sun 5:00 P   | Sunday Night Survivor        |          | 50.00    |
| Fullerton    | Mon 6:00 P   | Mon Nite Men's Stag @ FAC    |          | 30.00    |
| Fullerton    | Mon 8:00 P   | True Colors                  |          | 5.34     |
| Fullerton    | Wed 2:00 P   | Women's Coffee Talk          |          |          |
| Fullerton    | Th 6:30 P    | Women's Drop The Rock        |          | 76.60    |
| Fullerton    | Th 8:00 P    | Kiss Women's Disc.           |          | 60.00    |
| Fullerton    | Th 8:00 P    | Fullerton Men's (Mo's Music) | 400.00   | 100.00   |
| Fullerton    | Fri 8:00 P   | Top of The Hill (St. Jude)   |          | 10.00    |
| Fullerton    | Sat 9:30 A   | As Dr. Paul See's It         |          |          |
| Fullerton    | Sat 6:00 P   | Saturday Night Live          |          | 155.27   |
| Garden Gr    | Sun 12:00 P  | Discussion/Participation     |          | 100.00   |
| Garden Gr    | Fri 6:00 A   | Attitude Adjustment          |          | 24.50    |
| La Habra     | Sun 10:30 A  | Participation                |          | 50.00    |
| La Habra     | Sun 7:00 P   | Sober Sunday                 |          | 42.00    |
| La Habra     | Fri 8:00 P   | Friday Night Beginner        | 100.00   |          |
| Laguna Nig   | Fri 7:00 A   | Back to Basics               | 24.00    |          |
| La Mirada    | Sun 8:00 P   | Men's Big Book Study         |          | 57.80    |
| La Mirada    | Tue 8:00 P   | Winners Circle               |          | 140.00   |
| Los Alamitos | Daily 7:00 A | Surrender Is Freedom         | 200.00   | 175.00   |
| Los Alamitos | Sun 4:00 P   | Happy Hour Topic Disc.       | 70.00    |          |
| Los Alamitos | Sun 6:00 P   | Big Book Study               | 60.00    |          |
| Los Alamitos | Wed 8:00 P   | Sobriety First               | 50.00    |          |
| NOCCO        |              | Intergroup                   |          | 48.00    |
| Orange       | Daily 5:30 P | Rush Hour Discussion         |          | 100.00   |
| Orange       | Sun 11:00 A  | Book Study                   |          |          |
| Orange       | Mon 6:30 A   | Taking Care Of Business      |          | 230.00   |
| Orange       | Mon 12:00 P  | 12&12 / Traditions Study     |          |          |
| Orange       | Tue 5:30 P   | Rush Hour Discussion         |          |          |
| Orange       | Wed 6:30 A   | Early Bird Discussion        |          | 94.50    |
| Orange       | Wed 11:00 A  | Open 12 Step Meeting         |          | 100.00   |
| Orange       | Wed 7:00 P   | Easy Does It                 |          | 90.00    |
| Orange       | Th 7:30 P    | Men's Big Book Study, Org    | 10.00    |          |
| Orange       | Th 7:30 P    | All About Me Men's Stag      |          | 30.00    |
| Orange       | Fri 6:30 A   | Smashing Donuts              |          | 88.00    |
| Orange       | Fri 8:00 P   | No Puffers Speaker           |          | 60.00    |
| Placentia    | Sun 8:30 A   | Right Start                  |          | 76.00    |
| Placentia    | Mon 6:30 P   | Sober Start                  |          |          |
| Placentia    | Mon 8:00 P   | Unmanagables                 |          | 80.00    |
| Villa Park   | Daily 7:30 A | 24 Hour Book Group           |          | 79.00    |
| Whittier     | Sun 8:00 P   | Sunday Night Step Study      |          | 15.00    |
| Whittier     | Tue 7:00 P   | No Nonsense 12 x 12          |          | 20.00    |
| Whittier     | Wed 7:00 P   | Women's Winners              |          | 30.00    |
| Whittier     | Sat 10:30 A  | Women's Acceptance           | 51.25    | 51.25    |
| Yorba Linda  | Daily 6:00 A | Attitude Modification        | 1,006.80 | 642.70   |
| Yorba Linda  | Mon 12:00 P  | Step / Book Study            | 117.60   |          |
| Yorba Linda  | Tue 7:30 P   | Women's Discussion           | 60.00    | 60.00    |
| Yorba Linda  | Tue 8:00 P   | Ohio Street Winners          | 210.00   |          |
| Yorba Linda  | Wed 12:00 P  | YL Nooners                   | 200.00   | 140.00   |
| Yorba Linda  | Th 7:30 P    | YL Thursday Participation    | 100.00   | 156.80   |
| Yorba Linda  | Fri 12:00 P  | Daily Reflections            |          |          |
| Yorba Linda  | Fri 5:30 P   | Happy Hour                   | 35.00    | 42.00    |
| Yorba Linda  | Fri 8:00 P   | Friday Night Ohio St. Winner | 100.00   |          |
|              |              | TOTAL:                       | 4,733.01 | 3,835.59 |

**Your support is vital! Contribute to your meetings. Support North Orange County Central Office!**

# Sober Kicking and Screaming

On April 28, I celebrated my 16<sup>th</sup> birthday in Alcoholics Anonymous. If I was a gambler, I would have bet against me.

Yet, I can't be too proud of my longevity. Someone often reminds me that left alone, I might have never arrived at the doors of AA, much less stayed. There is a power in the rooms and in the program of Alcoholics Anonymous that has kept me coming back, which inspires my desire to pray on a daily basis, asking simply for a simple willingness.

In AA, we get second, third and sometimes fourth chances at life. Though we arrive here dazed and confused, often disheveled, angry, lonely and tired, it doesn't take long to clean up and become respectable members of society again.

It took a while for me.

Dropped off at the front steps of an extended rehab center in Anaheim the

afternoon of April 27, 1996, I was an unwilling participant in the program for the next 10 weeks. Still, that treatment center put structure back in my life (whether I wanted it or not). But more important than that, it pointed me towards the familiar rooms of AA.

Before the first year was over, I found outside meetings, was employable again and working (finally) in a field somewhat removed from the one I chose throughout my drinking career. It took a while longer, but I found a sponsor in one of the meetings who took me through the steps the way his sponsor had taken him.

As I cleared away a large part of my past wreckage while working with the sponsor, it dawned on me that it was no longer a struggle to stay sober. I was no longer casing the liquor aisles pricing beer and whiskey and wondering whether I could get away with one more drunken weekend.

Becoming involved in AA was a slow process. Within seven or eight months I began praying regularly and attending meetings, asking questions and reading the Big Book of Alcoholics Anonymous.

The results of this have been amazing - with Alcoholics Anonymous I have a chance at living life sober - one day at a time.

A little more than a year ago, my father, instrumental in seeing that I get another chance to get sober, died. I always like to give a shout out to my dad because he, more than anyone else in my life, never gave up on me.

His last words to me were to keep an eye on my wheelchair-bound mother. Thanks to sobriety, AA and the fellowship, I am able to do that.

And thanks to God and AA, we never have to take another drink as long as we live if we don't want to.

**Paul H.  
Fullerton**

## How did sponsees get the 'Pigeon' monikor?

The word "pigeon" used to denote a newcomer appears to have come from Dr. Bob, our Akron, Ohio co-founder. According to the reference to "pigeon" in DR. BOB & The Good Oldtimers, it was being used as early as 1940.

John S., who joined A.A. in January 1940, thought his A.A. friend Wade was nuts. "He'd pick up the phone and say, 'How are you? ... All right. How's your pigeon?' And that was the end of the conversation. I thought he had telephoned. But he was just keeping in touch."

(Incidentally, the word "pigeon"--as applied to an A.A. newcomer or prospect--was probably coined by Dr. Bob himself. "He used that word," said Smitty, and one A.A. recalled that Doc would often announce at a meeting: "There's a pigeon in Room so-and-so who needs some attention." Or

he might refer to the patient as "a cookie.") (DR. BOB and the Good Oldtimers, p.146)

Dr. Bob used a considerable amount of slang as part of his conversation. He referred to his wife, Anne, as "the skirt", or "the little woman". When he received a kiss, one time he commented, "who slipped me that slobber'." He described one of his benders as, "It was a blazer."

There are additional references to the word "pigeon" in various Grapevine articles:

Pigeon: November 1980, page 39 (letter) September 1986, page 39 (letter) Debate over term: December 1955, page 61 (letter) April 1986, page 36 (article) Definition of: September 1963, page 4 Dislike of term: October 1957, page 63 (letter) July 1980, page 40 (letter) April 1986, page 36 (article) New member as: April 1979, page 20 (article)

Our archival repository has an extensive collection of Grapevines, but to date we have only catalogued and filed issues from 1944 through to the end of 1955.

*(Reprinted from AA History Lover's group at www.yahoo.com.)*

## SPEAKER MEETINGS: May/June 2012

Anonymous Times would like to publish your list of speakers for July/August 2012.

Deadline for publication is June 15, 2012. Email: [aaletters@gmail.com](mailto:aaletters@gmail.com).

### **Friday St. Paul's Church** (Formerly St. Jude Speaker)

8 p.m. 111 W Las Palmas Ave  
Fullerton Ca 92835

May 4 Matt O., Long Beach  
May 11 TBA  
May 18 Caroline B., Fullerton  
May 25 Paul P., Fullerton  
June 1 Sara S., Brea  
June 8 - Mickey C., Downey  
June 15 Walt E., Fullerton  
June 22 Plain Jane, Fullerton  
June 29 Conce R., Long Beach

### **Friday Downtown Speakers (1 Hour)**

8 p.m. 109 E. Wilshire, Fullerton 92632 (1st Christian Church)  
*Hear a great speaker share about sobriety every Friday night.*

### **Friday La Habra Speaker**

8 p.m. 631 North Euclid St., La Habra, CA 90631  
*Hear a great speaker share about sobriety every Friday night.*

### **Friday No Puffers Speaker**

8 p.m. 395 S. Tustin St., Orange  
*Hear a great speaker share about sobriety every Friday night.*

### **Saturday Visiting Speakers**

8 p.m. 1221 Wass St., Tustin (St. Paul's Church)  
*Hear a great speaker share about sobriety every Saturday night.*

### **Saturday Oddfellows Speaker**

8 p.m. 109 E. Wilshire, Fullerton 92632

May 5 Missy P.  
May 12 Joe F.  
May 19 Alexis C.  
May 26 Walt E.  
June 2 Robin T.  
June 9 Rich T.  
June 16 Joe D.  
June 23 Tara E.  
June 30 Guy S.

### **Saturday Liverpool Speaker**

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

### **Sunday Fullerton Alano Center**

10:30 a.m. 530 W. Commonwealth, Fullerton

May 6 Hope Marie M., Los Alamitos  
May 13 Tawnya G., Costa Mesa  
May 20 Linda P., Lake Balboa  
May 27 BIRTHDAY SUNDAY  
June 3 Jack G., Huntington Beach  
June 10 Gemma B., Los Angeles  
June 17 Dale R., Anaheim Hills  
June 24 BIRTHDAY SUNDAY

### **Sunday Fireside Speaker Meeting**

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

### **Sunday Western Medical Center**

10:30 a.m. 1025 South Anaheim Blvd., Anaheim, CA 92805  
*Hear a great speaker share about sobriety every Sunday morning.*

### **Wednesday Fullerton Alano Center**

8 p.m. 530 W. Commonwealth, Fullerton

May 5 Guy S.  
May 9 Louis  
May 16 Mike I.  
May 23 Big Joe  
May 30 Jeff  
June 6 Nathan  
June 20 Beverly C.

### **Thursday Pioneer Speaker**

8 p.m. 202 W. Broadway, Anaheim

May 3 Rey B., Anaheim  
May 10 Benny, Garden Grove  
May 17 Kevin P, Fullerton  
May 24 George R., Anaheim  
May 31 Paul P., Fullerton  
June 7 Michael, Irvine  
June 14 Revo, Lakewood  
June 21 Jim S., Fullerton  
June 28 Bill W., Fullerton

## Technology – Friend or Foe of AA?

Without revealing my age, let's just say it was a mere 35 years ago I was cruising down the highway listening to my 8 track stereo (yes, there were a few empty beer cans in the passenger seat). After stopping at phone booths on the way to call in drunk to work, I weaved home to make more calls on my push button telephone, recently upgraded from a rotary model.

It's 2012. I am sober. I can now sit in front of a keyboard, check mail, look at Facebook, read and twitter, check my droid for messages, texts, and watch TV shows and movies, all in the comfort of my own hand. It's been said there is more processing power in your average cell phone than the Apollo space capsules that went to the moon. I hear you can make phone calls from them too. I can visit Starbucks and observe humanity busy on their laptops. I can go to IMAX 3D movies that remind me why drugs and alcohol never belong in our brains. Or, if one can afford it, we can stay home with our single story flat screens and sound systems and watch anything and everything. Oh, and can you say "Apple"?

So I ask the question, knowing I am not the first to do so. Will the fellowship of Alcoholics Anonymous benefit from social networking and mass information through advancing tech-

nology one day at a time, or will we lose group personal interaction and attempt to stay sober through online chats, downloaded big books and sponsor relationships without coffee? My humble opinion is: Yes, and No. (I did say I am an alcoholic, right?).

Our Fellowship lives and thrives with NEWCOMERS and sobriety through SAFE HAVEN, whether we have one day or thirty years of sobriety. Our program suggests we attend meetings to share with other alcoholics. The Newcomer should have a leg up when it comes to gathering the information through their dependence on modern day tools they grew up with. AA World Services just introduced an E-book reader so the Big Book and other literature are available electronically. They are publishers, and their print sales are slowly but irreversibly eroding.

To hold to the 12th step, they had to evolve and bring the content through technology delivery systems.

But, and this is a key point. Many of us were out there for years spending our time, money, and brain cells only on the next drink. I won't believe that has changed much over the years. One of the many evils of alcoholism is how it creates isolation. Yes, I kept up with technology, and I spent many

nights spilling scotch on the keyboard while networking, convincing myself I wasn't drinking alone, and it was quite a party if I included the dog. Of course, any attempts from my family to make me part of their world were met with excuses like I was working, researching, studying, etc. Fact remained, I was drinking.

If we achieve and maintain sobriety, we can begin to think clearly about interacting with the world, develop social skills, and look people in the eye on occasion. Relationships, knowledge, and newly discovered wisdom are brought forward. Oh, and very high on my list, serenity.

The 12&12 declares more than once that the alcoholic's life in addition to being unmanageable is childish, emotionally sensitive, and grandiose. Tell me how Facebook and online chats helps our steps 6-7. On the contrary, it may further add to the false sense that we are "working the program".

To conclude, the fellowship especially at first, is one alcoholic talking to another, and learning how to change our view of the world. You cannot accomplish that through video conferencing.

**Chris H.  
Fullerton**

### Into Action ... From Page 3

of the book. I didn't need to invent any new ways to perfect these steps – it was all there. I still apply these steps almost verbatim as written in the Big Book.

In closing this writing on Chapter 6, I must offer my apologies for not going into more detail on steps eight through eleven. I believe that 12 articles, (one every other month for two years) could be written on those steps alone. It has been the direction of this series of articles to relate some of my personal experiences with the first chapters of the Big Book, but space limits what can be done. Once again, I hope that the reader will find

a focused Big Book study to further their experience with all these steps, and especially steps 8 through 11. Next issue, an introduction to the 12<sup>th</sup> Step – Chapter 7.

**Nick M. - *The Gratitude Is An Action Group***

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

## Captured Quips from California Jack

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

*From the Big Book of Alcoholics Anonymous, pg 447; "I still remember the hazy, smokey atmosphere, the hushed voices, the tinkle of ice in all the glasses. It was pure sophistication. But most of all I remember the first sensation of the warm whiskey radiating through my body."*

"If you want another word for alcoholism, just call it more."

"It's not just the drinking, it's the thinking."

"Half pints availed me nothing."

"In the beginning I had fun with alcohol. In the end it was having fun with me."

"In a very short time I went from the penthouse to the outhouse."

"If I take a drink I don't break out in handcuffs, I break out in a sleeping bag and I'm tired of being an urban outdoorsman."

"I'm only one drink away from making my past my future."

"Leaving ass sculptures on a bar stool doesn't make me an artist."

I didn't quit drinking. I just stopped for today - since 1988."

"I was only one drink away from "I don't care."

It's really weird. I take a drink and test positive for cocaine. Maybe it's the gin"

"No, it's not normal when you argue with the bottle, asking it. Why do you hate me so much?"

"Even a fish would stay out of trouble if it learned to keep it's mouth shut."

*And Just For Fun - Has this ever happened to you??*

Breakfast was a very late affair that day and the husband and wife were fragile indeed, badly hung over from a particularly wild party the night before.

Bleary-eyed, with two trembling hands holding his very black coffee, our hero said to his wife, "Was it you I had sex with in the garden last night?"

She struggled to bring him into focus. "About what time?" she replied.

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

## Thoughts on Tradition Five

*"Each group has but one primary purpose — to carry its message to the alcoholic who still suffers."*

"Welcome!" is what I say when a newcomer identifies at my meetings. I try to say that before the room erupts with clapping. We frequently say that the newcomer is the lifeblood of A.A. But the converse is certainly true...A.A. is the salvation of the newcomer, the most easily identifiable suffering alcoholic.

Tradition Five clearly mandates that our groups be there for the newcomer, to show him the way out of the death spiral of untreated alcoholism. We all have

benefited greatly from this tradition.

Bill W. in his treatment of this tradition in the Twelve Steps and Twelve Traditions uses an analogy of a group of doctors treating cancer. Each doctor may have a specialty in a particular field but they all focus on the cancer patient. And so it is with our groups.

At the end of the meeting several members of the group usually hover around the newcomer taking care of his needs. Those needs may include a directory to

other meetings, literature, a Big Book, telephone numbers, and other resources. But more important is the effort to show him that he is important and that they care about him or her. And the clear message that they understand, that they have been in his shoes and have found a solution to the problem. They are much like the doctors in Bill's analogy. Each has something to offer the newcomer. And what is that message that we carry? That A.A. works; it is the path to sobriety. Sober members of A.A. clearly carry this message by their appearance, behavior and statements. They are free of the alcohol obsession and many have received the promises. They are clean, well dressed and groomed, well *Continued on page 12*

## Tradition Five ... From Page 11

fed, and grateful to be sober. They are happy to talk freely about their experience, strength and hope in A.A. They are working Step Twelve.

The chapter on Tradition Five in Twelve Steps and Twelve Traditions tells the story of a strong-headed alcoholic Irishman who visited Dr. Silkworth at the hospital. The man was suspicious of the message that Bill W. carried to him and resisted it until it was clear that all that Bill was offering was sobriety. And that remains the strongest message we can carry.

We benefit from Tradition Five when we arrive in A.A. and also whenever we carry the message. This is the paradox of giving it away to keep it. So the newcomer is the lifeblood of A.A. He gives us the opportunity to give away what was so freely given to us. But there is more for me. The longer I am away from my last drink, the dimmer my memory becomes of just how horrible my drinking was. Each newcomer I meet helps me to recall and refresh that memory. Even though the obsession to drink is long gone, I still need to be reminded that I

can never again take that first drink.

But the newcomer is not the only alcoholic who still suffers. Many a member with years of sobriety may be hit by some difficulty that can disturb his emotional sobriety and even put him at risk of drinking. Indeed some do drink. Maybe that is because some step was not completed or some defect of character has reared up. Whatever the reason, that member can also be considered a suffering alcoholic.

Recently I heard a speaker with long time sobriety refer to the "bedevilmements." Bill W. wrote about these in Alcoholics Anonymous in the chapter We Agnostics. The speaker pointed out that even members with long term sobriety can be subject to these bedevilmements: trouble with personal relationships, inability to control emotional natures, prey to misery and depression, unable to make a living, feeling useless, fear, unhappiness, and not seeming to help others. When these conditions are present, the alcoholic, no matter how long sober, is suffering and Tradition Five ap-

plies just as it does for the newcomer.

Tradition Five refers to the groups' sacred trust to carry the message of our program to the alcoholic who still suffers. In his article in the April 1948 edition of the Grapevine, Bill W. calls this a "tremendous responsibility" and "obligation so great that it amounts to a sacred trust." He goes on to remind us that we should not take on other tasks, not be diverted from this primary one. The long form of this tradition is: "Each alcoholic group ought to be a spiritual entity having but one primary purpose..."

That spiritual aspect of the group seems to demonstrate itself almost automatically whenever a newcomer appears and also whenever a long sober member is beset by bedevilmements. In each case the group rallies to lend support, to carry the message. That obligation, responsibility, and sacred trust seems not to be a burden at all, but rather a blessing. Be sure that your group follows Tradition Five. It will keep you sober.

**Richard H., Tustin**

*Reprinted from May 2012 lifeline*

## Profanity in Meetings Taboo?

In the nearly 40 years that I have been attending meetings, the one change that I have noticed is the increase in profanity. What does our literature say about the use of profanity in Alcoholics Anonymous?

The Central Bulletin April 1944: "We believe that obscene or off-color stories as well as foul language are entirely out of place in our meetings which are opened and closed with a prayer. It is scarcely believable that such incidents are customary in any group and we feel sure that abuses will be corrected by the leaders of the offended and offending groups."

Bill W., in the book, Experience, Strength and Hope," says 'Anything from the point of view of content or style that might offend or alienate those who are not familiar with the program should be carefully eliminated..Profanity, even when mild, rarely contributes as much as it detracts. It should be eliminated.'

**Anonymous**

## A Way to Find An Extra Dollar for the Basket

A simple idea to help you come up with an extra dollar or two for the basket: Budget for it. Decide how much you want to contribute each month and spread it out between all your meetings.



It is a simple way to keep your meetings ongoing, providing much needed support to alcoholics in and around Orange County.