

Anonymous Times

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

Volume 14, Issue 6

November/December 2009

Seventh Tradition

Contributions to meetings and to Central Office are vital to keep the message alive

All it takes is a buck or two to keep your favorite meeting alive.

At one time, a prospective Alcoholics Anonymous member had to be interviewed before he could attend a meeting in someone's house, the usual location for meetings at the time. Once he was in good enough condition to do so, the newly sober Alcoholic would go to hospitals or jails and ask if there were any alcoholics who could be released into the recovered alcoholics care.

The "interview" would occur at this point. If the alcoholic was ready and willing and understood the meaning behind anonymity, he was brought to the house where the meeting was held. It was in fact the very core of how the AA meetings stayed alive. No one would give out any information on the location of the house or the people attending. Today, we come through the doors of Alcoholics Anonymous in various ways. Unfortunately, the financial support needed to keep the many meetings open is slowly dwindling down.

We are self-supporting through our own contributions. The Seventh Tradition states that we are to be fully self supporting, declining outside contributions. Think for a moment about a world in which there were no 12-step programs to go to or any insurance to pay for the 12-step rehabs and detoxes that we get to go through. Where would we be?

The importance of the Seventh Tradition cannot be overstated. All that is required for membership in AA is a desire to stop drinking – putting a dollar or two in the basket is completely optional, but it is ever so important if we are to keep the message alive. The Seventh Tradition is the glue which keeps our program alive.

Continued on page 2

Annual Holiday Dinner, Dance to be Held Dec. 12

Yes, Virginia, Santa Claus is alive and well.

The 2009 North Orange County AA Holiday Dance will be held Saturday, Dec. 12, at the La Habra Community Center – Grand Ballroom.

The annual event will feature dinner, speaker meeting, a 50/50 raffle and, of course, a dance. Tickets bought before Thanksgiving are \$18.50. The price is \$20 if purchased afterward. Call Central Office at (714) 773-4357 or Andre W. at (714) 381-7358 for more information.

NORTH ORANGE COUNTY CENTRAL OFFICE

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Fullerton, CA 92831
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Tradition Six Quote

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause. From 12 Steps and 12 Traditions page 155.

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NOCCO Year-to-Date Revenue & Expenses

Revenue and Expense Report Through September 2009		
Revenue	Sep-09	Sep-08
Sales - AA Books and Literature	\$27,397.68	\$32,616.76
Sales - Chips and Non-AA	\$26,307.25	\$22,954.87
Donations- Groups and Individuals	\$33,346.87	\$41,207.32
Fundraisers	\$700.00	\$3,051.00
Interest	\$552.33	\$1,145.90
Total Revenue	\$88,304.13	\$100,975.85
Cost of Goods	\$36,625.88	\$35,936.71
Gross Profit	\$51,678.25	\$65,039.14
Operating Expenses		
Salaries	\$29,700.00	\$30,150.00
Advertising	\$401.83	\$384.67
Bank Charges	\$56.00	\$70.00
Bad Checks	\$49.04	\$57.54
Cash Short (Over)	(\$4.73)	\$0.00
Computer Expenses	\$134.81	\$0.00
Depreciation	\$463.95	\$744.03
Insurance-General Liability	\$1,445.15	\$600.63
Insurance - Work Comp	\$289.85	\$450.00
Insurance - Medical	\$2,394.00	\$1,698.00
Legal & Accounting	\$1,575.00	\$1,605.00
Newsletter Cost	\$1,847.62	\$2,489.05
Office Supplies	\$4,133.09	\$3,410.68
Postage	\$305.79	\$221.70
Penalties on Tax Payments	\$0.00	\$34.42
Office Rent	\$14,118.00	\$14,324.00
Equipment Rental	\$1,378.91	\$1,168.51
Repairs & Maintenance	\$50.00	\$242.00
Seminars & Education	\$527.78	\$1,067.54
Taxes- Payroll	\$2,383.96	\$2,430.48
Taxes- Annual Filings	\$50.00	\$60.00
Telephone	\$2,652.05	\$3,440.84
Utilities	\$1,996.04	\$2,383.25
Total Operating Expense	\$65,948.14	\$67,032.34
Other Income and Expense	\$0.00	\$361.16
Net Income/(Loss)	-\$14,269.89	-\$1,632.04

Seventh Tradition ... From Page 1

If you don't stay sober after your first visit to an Alcoholics Anonymous meeting, I believe the seed has been planted. And when you are ready, you will come back. Too many of us take it for granted that the meetings will be still in existence when we come back – that someone else will contribute the dollar or two to help keep the rent paid.

If I was diagnosed with a terminal disease and told that a sure-fire cure was going to meetings for a couple of bucks, you better believe I would be happy to pay it.

In Alcoholics Anonymous, we are promised that we will no longer be baffled at things that used to baffle us. We are promised that that no matter how far down the scale we have gone, we can see how our experience, strength and hope can benefit someone else.

We are given our LIFE back. And we are given our life back not for a little while, but for the rest of our lives.

So think about it again. Think about being told to go to a building because you will find help that will save your life. And then going to that building (meeting place), only to find that the help is no longer there. The meeting had to close due to lack of funds. Where is the suffering alcoholic to go for help? Where would the suffering alcoholic go if all the meetings in the area had to close because too many people believed the Seventh Tradition was just not that important?

With the economy the way it is, it is more important than ever to remember the Seventh Tradition. There are plenty of people out of work, scared and alone and unsure whether they can get sober - or stay sober.

It is now important for us to keep as many doors open as possible so anyone seeking recovery can have a place to go. As sober members of AA, we must continue to keep the Seventh Tradition alive in every meeting. Ask your home group what we would do if we had to turn someone away because the doors were closed. Everyone is struggling, so it is the responsibility of all of us to keep our meetings funded.

And remember, all it takes is a buck or two from each of us.

Roxy S., Fullerton

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Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it. Twelve Steps and Twelve Traditions, page 88

Step 10 is a tough one, as it asks us to take continuous inventory of our behavior. No one that I know leads an entirely righteous existence: I know of no saints in my circle of friends; many are saintly in their actions, but we seek progress, not perfection.

Step 10 states that we “continued” to take personal inventory. What does that really mean? It means that we have already taken the steps up to this point, including step four, the initial inventory of our grosser defects, and have cataloged these defects of character and humbly asked God to remove them.

Many people refer to Steps 10, 11 and 12 as maintenance steps; I regard them as fine-tuning steps. By working these three steps daily, we are fine tuning our relationships with society, God, and our fellow alcoholic.

Step 10 is the polishing stone of our new life in AA. Through our daily review of

where we have been wrong, the lesser character defects become plain. Once identified, we can ask God to remove these defects, allowing us to move closer to the wonderful people we are all capable of being.

How many of us get filled with righteous indignation at the behavior of others? How many of us remain quick to blame, judging and condemning others in our newfound wisdom?

Let’s say that someone cuts you off on the freeway. They are definitely wrong, but how did you react? A one fingered salute? By tailgating the s.o.b?. (that’ll show ‘em!), screaming and cursing at the top of your lungs? Or my personal favorite, quietly damning all of his family, past, present and future, to burn in hell?

The book informs us that we will live happy, joyous and free. I believe that includes freedom from the over-reacting that instantly puts up a barrier in our conscious contact with God.

Maybe that person is in a dire hurry, perhaps they are facing problems not of their own making, a sick child or family member, and are distracted and not in God’s grace at the moment. Perhaps he is just a sick jerk who deserves our empathy and compassion.

The second part of Step 10 has us promptly admitting to God, ourselves and another human being, the exact nature of our wrongs. This is part of the humbling of our pride, the gentle reminder that we are given a daily reprieve from a deadly disease based on our spiritual fitness for that day. If we can make direct amends to the person wronged, we do it, but only if to do so will not cause them or others harm. We always admit to God, and we talk to a sponsor if we continue to offend time and time again, as work on a specific character defect is indicated.

Alcohol is cunning and baffling, a powerful foe against which people like us must remain diligent if we are to stay sober and achieve any level of serenity. Step 10 lets us daily correct and refine our attitudes, actions and behavior.

**Stephen M.
Fullerton**

AA History

Questions about Seventh Tradition Answered

I have been made aware of some disturbing trends in our fellowship and have personally observed what I feel is a violation of our Traditions in Group handling of Seventh Traditions funds. Could you please expound on and clarify some questions I have regarding guidelines for our meeting collections.

Question: *Our group is planning to celebrate its anniversary. Can we use Seventh Tradition funds to pay for the decorations and food?*

Answer: Most AA members understand that their Seventh Tradition contributions will be used to pay group expenses and Twelfth Step work. Group anniversary parties, while considered traditional and helpful by many AA’s, are not generally regarded as Twelfth Step work. Some groups ask

their members to dig deeper to cover a celebration. Others choose to pass a second basket. It is a matter for each group to decide, and either course would not seem to conflict with the Seventh Tradition of self-support.

Question: *Can our group make a donation to a local homeless shelter, treatment facility, etc.? Can our Seventh Tradition contributions be used to purchase equipment, furnishings, or repairs to the facility from whom we are renting space for our meeting?*

Answer: In accordance with the Sixth Tradition, AA makes no contributions to outside organization or cause, no matter how worthy they might be.

Question: *How can groups be made aware of the limitations of the AA Guidelines?*

Answer: AA Guidelines for Finance can be downloaded from the Internet. Go to http://www.aa.org/en_pdfs/mg-15_finance.pdf. The purpose of the guidelines is to assist in reaching an informed group conscience.

Jerry L.

UPCOMING EVENTS!

Las Vegas Roundup Slated for Nov. 26-29

The 43rd Annual Las Vegas Roundup will be held Nov. 26-29 at the Riviera Hotel & Casino, 2901 Las Vegas Blvd. S, in Las Vegas.

The event will feature speaker and marathon meetings, a Saturday night banquet and Las Vegas-style dinner show, a golf tournament on Friday, Nov. 27 and a 2k/5k walk-run on Saturday, Nov. 28.

Special rate rooms are available. There is a \$5 discount off the \$35 registration fee for those who register online.

For more information or to register, go to www.lasvegasroundup.org.

12 Traditions Explained

Ever wonder what the 12 traditions are all about? A 12 traditions workshop will be held November 15, 2009 at the Meeting Place, 1115 W. Orangethorpe Ave., in Fullerton.

The event, which is sponsored by Alcoholics Anonymous District 10, will begin at 1 p.m. and will feature discussion of how each of the traditions were derived. The event concludes at 5:10 p.m.

All are welcome.

Annual River Roundup in Laughlin, NV Jan 7-10

"Rocketed into a 4th Dimension" is the theme of the 20th Annual River Round-Up Convention at the Riverside Resort & Casino Jan. 7-10, 2010.

A golf tournament, speaker meetings, Saturday night banquet and speaker meeting and Sunday morning sobriety countdown highlight this year's event by the Colorado River.

For more information and to register, go online to www.rcco-aa.org.

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	7:30 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

CALL FOR VOLUNTEERS

Since the last issue,
Central Office took 1603 calls:

849 from men and
754 from women.



Keep up the great work — YOU make a difference!

BIRTHDAY DONATIONS



Skip 32 years
Grandma Jean
 Big John (in memoriam)
 Merrill B. (in memoriam)
 J.D. (in memoriam)
 Jack C. (in memoriam)
 Blaine (in memoriam)

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.

Western Medical Meeting Changes to Hour Format

The 24 Hour Speaker Meeting held Sunday mornings at Western Medical Center in Anaheim has been shortened to one hour beginning at 10: 30 a.m., effective immediately.

Come hear a great speaker from Alcoholics Anonymous each week and share in the fellowship. Cookies and coffee are served.

The hospital is located at 1025 S. Anaheim Blvd., just north of Ball Road.

Meeting Donations ... From Page 10

LOCATION	WHO	DAY & TIME	YTD TOTAL
Nooco	B-Day	Tim G	12.00
Orange	Fr 6:30 a.m.	Smashing Donuts	105.00
Orange	Shanda	No Meeting name	127.00
Orange	Fr 8:00 p.m..	No Puffer's Speaker	170.00
Orange	Joe and Charlie	Big Book Workshop	36.00
Orange	Mon. 530 p.m.	Rush Hour, Friendship Club	250.00
Orange	Mo 7:30 p.m..	Speaker	50.00
Orange	Fri. Nite Wand	couples Group	190.00
Orange	Mon.630am	Taking Care of Business	200.00
Orange	Tuesday 7-8p.m.	Keep It Simple	37.87
Orange	Sa 7:00 p.m..	Not a Glum Lot	60.00
Orange	Anonymous	No Name Donation	160.00
Orange	Sun Attit.Adj	830am OrangOlive	120.00
Orange	Th 7:30 p.m..	All About Me Men's Stag	252.00
Orange	Thursday Noon	Freindship Club	70.00
Orange	Thu630am	Friendship Club	100.00
Orange	Tu 7:00 p.m..	Walnut TustinCl.Disc.	180.00
Orange	Friday noon	Freindship Club	300.00
Orange	Tu. 6:30am	Doughnut Meeting	220.00
Orange	We 5:30 p.m..	Rush Hour, Friendship Club	70.00
Orange	We 6:30 a.m.	Friendship Club	293.00
Orange	Wed.7p.m.	Easy Does It	70.00
Placentia	Mo 6:30 p.m..	Beginners' Sober Start	124.00
Placentia	Mo 8:00 p.m..	Unmanageables	70.00
Placentia	Su 7:30 p.m..	Sunday Nite Bradford	794.10
Placentia	Su a.m.	Right Start	427.20
Placentia	Tu 8:00 p.m..	Bradford Discussion	60.00
Sunset Beach	Friday Noon	Two or more	50.00
Seal Beach	Friday noon	Drunl Busters	93.35
Villa Park	24hr.Group	Attitude Modification	621.45
Whittier	Fri. 7-8p.m.	Big Book Study	25.00
Whittier	Friday7:00am	Attitude Adjustment	25.00
Whittier	Wednesday	Attitude Adj. 7:00am	20.00
Whittier	Mo 7:00 a.m.	Attitude Adjustment	50.00
Whittier	Mo 7:00 p.m..	Womens Calamity	100.00
Whittier	Sat. 10:30 am	Women's Acceptance	175.00
Whittier	In Memory	Steve Timplton	25.00
Whittier	Th 7:00 a.m.	Attitude Adjustment	25.00
Whittier	Thursday 8p.m.	The Den	75.00
Whittier	Tu 7:00 a.m.	Attitude Adjustment	25.00
Whittier	Monday 630 p.m.	Womens Discussion	100.00
Yorba Linda	ALL 6:00 a.m.	Attitude Modification	5,285.20
Yorba Linda	Fr 5:30 p.m..	Happy Hour Big Book	192.00
Yorba Linda	Mo 12:00 p.m..	Nooners	281.70
Yorba Linda	Mo 8:00 p.m..	Yorba Linda Lutheran Ch.	210.00
Yorba Linda	Th 7:30 p.m..	Serenity Seekers	100.00
Yorba Linda	Thurs 8 p.m.	Discussion-Presb. Church	270.20
Yorba Linda	Tuesday p.m..	Rose Dr. Babtist Womens	150.00
Yorba Linda	YP Wednesday 8 p.m.	Topic Discussion	94.43
Yorba Linda	Wednesday noon	Noontimers	319.43
			25,530.29

Every Dollar Counts

Subscriptions/Gifts

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

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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

Story Behind Circle and Triangle

AA World Services stopped using it on official material, but why?

A Catholic priest told me that in Christian iconography the circle and triangle stand for the unbroken circle of eternity and the Holy Trinity. It appears in the architecture, stained glass and artefacts of churches, cathedrals etc. I first saw it in a window at the Anglican parish church at Nympsfield, Gloucestershire, England, while attending a service during a retreat for AA and Al-Anon members; inspired synchronicity!

AA World Services (AAWS) discontinued using the circle and triangle on AA generated material after the US general service conference in 1993. The story is told in the December 1993 issue of the Grapevine: "Adopted at the 20th anniversary international convention in St Louis, the circle and triangle symbol was registered as an official AA mark in 1955 ... By the mid-1980s, however, it had also begun to be used by outside organizations, such as novelty manufacturers, publishers and occasionally treatment facilities.

There was growing concern in the membership of AA about this situation. Some

AA members were saying 'we don't want our circle and triangle aligned with non-AA purposes'. In keeping with the Sixth Tradition ... AAWS board began to contact outside entities that were using the circle and triangle in an unauthorized manner, and to take action to prevent such use of the symbol.

AAWS implemented this policy with restraint, and did not resort to legal remedies until all attempts at persuasion and conciliation had been unsuccessful. ... Denying the use of the symbol to outside entities raised other problems, however.

By early 1990s it was clear that some AA members very much wanted to be able to obtain medallions with 'our' circle and triangle ... At the 1992 conference there were presentations on why we should or should not produce medallions, and on the responsibility of AAWS to protect our trademarks and copyright ... (Conference asked the trustees to undertake a feasibility study and report back to an ad hoc committee of delegates).

The committee ... presented its report

and recommendations (to Conference 1993) and Conference approved two of five recommendations: - 1) that the use of sobriety chips/medallions is a matter of local autonomy ... and 2) it is not appropriate for AAWS or the Grapevine to produce or license the production of chips /medallions ... The chips and trademark questions were dealt with as separately as possible ... Immediately after the conference the general service board accepted AAWS's recommendation to discontinue protecting the circle and triangle symbol as one of AAWS's registered marks and by early June the trustees reached substantial unanimity in support of AAWS's statement that, to avoid the suggestion of association or affiliation with outside goods and services, AAWS Inc would phase out the 'official' or 'legal' use of the circle and triangle.

Like the Serenity Prayer and slogans, which have never had official recognition, the circle and triangle will most likely continue to be used widely for many AA purposes. The difference from earlier practice is that its official use to denote Alcoholics Anonymous materials will be phased out.

Laurie A., Essex, England

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Central Office Volunteering Keeps Alcoholic on His Toes

I'm a volunteer in the Fullerton Central Office, and have been doing this for half a year or so. I just love doing this, because it's fun, worthwhile, keeps me on my toes, has helped me grow and network within AA, and truly helps people.

A moment ago a young woman came in with two cute kids, one in a stroller, and the other in her arms, and had a third baby on the way. She came to pick up some literature and books.

She remarked how much she'd gotten out of the Anonymous Times! She said that while pregnant, she of-

ten had trouble getting in and out of some of those church school chairs, had to get up and down a lot running to the rest room in meetings, had issues about bringing the babies, etc.

She said the Anonymous Times had been a "God send" to her. I said she should consider writing that and submitting it before the upcoming deadline this week. Though I have nothing to do with the Anonymous Times, I thought they would appreciate hearing that! It takes a lot of effort to put together.

Sometimes I'm too busy to always

read through all of it, though I take it to my meetings as Intergroup Representative, and with a couple of literature commitments, tried to always keep copies on hand.

I've not really submitted to the Anonymous Times before, either. But sometimes it takes so little to help another!

By the way, I went to the AA 24th Annual Musicians Picnic in Topanga Canyon this weekend, and that was a very well-done, fun, well-attended event! It never ceases to amaze me what a bunch of gifted, committed, hard-working, joyous alcoholics can achieve when they pull together and get outside their own heads!

Ken C.

SPEAKER MEETINGS: November/December 2009

Anonymous Times would like to publish your list of speakers for January/February 2010.
Deadline for publication is December 15. Email: aaletters@gmail.com.

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

Nov. 6 Mickey B., Santa Monica
Nov. 13 Bill W., Valley Village
Nov. 20 Karl M., Covina
Nov. 27 Sheila F., Long Beach
Dec. 4 John S., Norco
Dec. 11 John E., Mira Loma
Dec. 18 No Meeting This Week Only
Dec. 25 To Be Determined

Friday
8:00 p.m. Dreams Come True
109 E. Wilshire, Fullerton 92632

Nov. 6 V.J & Felix Fullerton AA couple
Nov. 13 Mo P., Fullerton
Nov. 20 Ray N., Fullerton
Nov. 27 Bill and Shannon W., AA - Alanon couple

Friday
8 p.m. No Puffers Speakers Meeting
395 S. Tustin Ave., Orange (Church)

Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Friday evening.

Saturday
8:00 p.m. Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
(First Christian Church)

Nov. 7 Nicole G., North Hollywood
Nov. 14 Pat Y., Pasadena
Nov. 21 Christeen M., Paramount
Nov. 28 Kelly L., Pasadena
Dec. 5 Doug R., Tajunga
Dec. 12 Steve L., Pasadena
Dec. 19 Patti O., Laguna Nigel
Dec. 26 Tim H., Long Beach

Saturday
8 p.m. Liverpool Speaker Meeting
4861 Liverpool St., Yorba Linda

Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Saturday evening.

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

Nov. 1 Ray N., Fullerton
Nov. 8 Bob L., Fullerton
Nov. 15 DeAndre M., Hermosa Beach
Nov. 22 Bill C., Hermosa Beach
Nov. 29 Birthdays

Sunday
Western Medical (24 Hr. Speaker)
1025 S. Anaheim Blvd., Anaheim

Nov. 1 Stephan M., Fullerton
Nov. 8 Dave O., Yorba Linda
Nov. 15 Michelle, Fullerton
Nov. 22 Dennis D., La Palma
Nov. 29 Don M., Placentia
Dec. 6 Bubbles, Fullerton
Dec. 13 Cindy V., Fullerton
Dec. 20 Jack in the Back (who knows)
Dec. 27 Henry G., La Habra

Sunday
8:00 p.m. Fireside Speaker Meeting
8150 Knott Ave., Buena Park
(Ehlers Community Center)

Nov. 1 Nadine M., Buena Park
Nov. 8 Linda P., Lake Balboa
Nov. 15 Mo P., Fullerton
Nov. 22 Donald M., North Hills
Nov. 29 Candice M., West Hollywood
Dec. 6 Norma S., Seal Beach
Dec. 13 James D., Laguna Beach
Dec. 20 Jimmie S., Fountain Valley
Dec. 27 TBA

Sunday
7 p.m. Sober & Crazy Speakers
1310 E. Walnut (@Tustin Ave.) Orange

Nov. 1 Scott S., Tustin
Nov. 8 Don O., Irvine
Nov. 15 Regina, AA Central Office
Nov. 22 Karen N.
Nov. 29 Wendy L., Santa Ana
Dec. 6 Ken Z., Fullerton
Dec. 13 Joe M., Huntington Beach
Dec. 20 Andre W., Garden Grove
Dec. 27 Judy M., Lakewood

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

Come hear a great speaker from Alcoholics Anonymous share their experience, strength and hope every Wednesday evening.



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

NOC Central Office BULLETIN BOARD

H&I
2ND SUNDAY
Nov. 8 & Dec. 13

NOCPIC
2ND WEDNESDAY
Nov. 11 & Dec. 9

INTERGROUP
2ND WEDNESDAY
Nov. 11 & Dec. 9

VOLUNTEER MEETING
Nov. 8
at 10 a..m.

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 5:15 pm)
Garden Grove Alano Club
9845 Belfast
Garden Grove
Call (949) 278-5173

North Orange County Public Information Committee

Learn about sharing the message 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

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)

CENTRAL OFFICE

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

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

Call 714-773-4357 for information

MEETING 10 A.M.

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

25th Annual Orange County Convention

April 2nd, 3rd and 4th, 2010

**OPEN PLANNING MEETINGS at the Roque Center
9842 13th St., Garden Grove, CA**

7:30 p.m. Third Wednesday of each month

**Nov. 18, 2009 (no meeting in December); January 20;
Feb. 17 and March 24, 2010**

If you can talk, stand, sit, smile, point, paint, hammer, drive, file, type, write, count, create, breathe, or just tell jokes...

YOUR HELP IS NEEDED! www.ocaa.org

***Don't take your meetings for granted!
Drop a buck or two when the 7th Tradition basket is passed. Your support is critical!***

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.



Sobriety Ends Alcoholic's Gypsy Lifestyle

Beginning with Brew 102 at age 3, woman experiences life's ups and downs before conceding defeat

My story is very simple and yet it is probably much like others my age. It was the end of the Hippy Era. Free Love, Sex, Drugs and Rock & Roll were everywhere.

I took my first drink when I was 3, at a family friend's house. It was at a party, a football, poker, drinking and just having fun kind of party. No one was paying any attention to "Me." While wandering around, I saw a Brew 102 on a side table and just drank it. I downed half and put it back. Imagine that. I then saw a piano and climbed up on the stool and started banging on the keys. Everyone thought that was cute. Then as a true alcoholic, I puked and passed out. A family friend realized I had drunk his beer. He informed everyone and laughed. My mother put me to bed in the den. I slept it off. Sound familiar?

My next experience with alcohol was at age nine. My dad would mix up wine coolers for my brother and I. I really liked them. They were like Shirley Temples, except with a little kick. I liked it a lot. It became the norm on Friday nights. I looked forward to this. As time went on, I realized I could get more. Help myself. Only it was more Wine than 7UP.

By the time I entered high school I was already experimenting with other substances. But Alcohol was my favorite. I functioned well in school. I could control my drinking schedule. Drinking occurred on weekends only and always away from home. I would stop and sober up before going home. It was so easy.

After Graduation I went on and off the wagon for many years. I was a periodic drinker at that time. When I started again, it always took me to places I would never have gone if I had thought of the consequences. I ended up on the roller coaster of life. I hung out with

rock bands in Los Angeles, Hollywood, and Orange County. I was the Groupie. My nickname was Gypsy. I lived on the streets, in the park, under freeways and on the beach. The 76 Gas Stations were my personal spa. I would take shelter from anyone who would give it. As long as I was able to get a couch, bed, shower and a meal, nothing else mattered. The next adventure and drink were my only cares.

I worked as a bartender off and on for many years. It was a sure way to get my daily dose without having to pay for it. I loved the atmosphere and always danced. Yep, I did dance on top of the pool tables. What a sight that must have been. I have some pictures of those events and look at them sometimes so I don't forget how stupid I look when drunk. Looking at those pictures also reminds me where I come from and where I will no doubt go if I touch the poison.

When I tired of the geographics, I returned to California. I'd get a simple job and dry out. That lasted for a while. I started up again and this time, I hit my physical bottom quite fast and realized that maybe, just maybe, I had a problem.

I went to AA, accumulated a number of years of dry time. I was gainfully employed. Life was really good, but I didn't really attempt to work the program other than the first three steps.

Then Life happened. My Father suffered a heart attack. I moved back home to care for him. I knew he was in transition from this life to the next. It was just a matter of time before he would leave this world. The day before he passed I touched the poison again.

There was a 7-year-old bottle of vodka in the refrigerator that belonged to my

mother before she passed. I don't even like vodka. Jack Daniels was my drink of choice. Go figure. I had no defense against the first drink. I had no AA contact. No phone numbers. I had no one to tell me that I was falling apart inside and out. My mind said *uck it. So I drank. That is what this alcoholic did to avoid dealing with life on life's terms.

We read in our meetings that alcohol is cunning & powerful, but we forget the word patient. I know today that patience is a virtue, but the word patient should be emphasized. It waits for the perfect time when our mind, body & spirit are unbalanced and then it takes us before we even know it. We are drunk before we take the first drink.

I went on a two-year binge. I drank at home and never left the house, except to buy more alcohol. I couldn't function with it or without it. I wanted to stop. Every day, I tried. I just couldn't. And then one day I had a moment of clarity. I remembered I was an alcoholic and was drinking. I knew without any reservation that I was broken.

In the bathtub crying, I asked God to help me. I literally begged Him to take back my free will because I had made a mess of my life. I didn't even believe in God, but I surrendered not just my alcoholism, but all of me. This was the emotional bottom I needed to hit. I called Central Office and asked for help. The man who answered the phone listened and talked with me, which gave me hope. Thank you, whoever you are for the time you shared with me.

I went to an AA meeting on a Monday night. I threw the Big Book down on the ground and said, "I don't understand any of this *hit." Everyone nodded and told me to keep coming back. I did. I attend meetings every week and I talk to alcoholics every day. And I talk with my sponsor and work with others. I read the Big Book and go to book studies. Prayer and meditation are now a part of my life. And sobriety is, too.

**Judy G.
Fullerton**

Meeting Donations Year-to-Date *(Through October 15)*

LOCATION	DAY & TIME	WHO	YTD Total
Anaheim	6:30p.m. Fri.	Gratitude is action	330.88
Anaheim	Saturday 730am	202 W Broadway club	70.00
Anaheim	Mo 5:30 p.m.	Primary Purpose	420.00
Anaheim	Mo 7:30 p.m.	12 & 12 Oasis	81.65
Anaheim	Thurs. Night	Bills Babes	50.00
Anaheim	Sunday	Western Medical Am	281.00
Anaheim	Tu 8:00 p.m.	Survivors	180.00
Anaheim	Tues.12&12	Kaiser	50.00
Anaheim	Tues.6:30 p.m.	Step 6 7	375.00
Anaheim Hills	Fri. Kaiser	Y.P. Discussion	60.00
Anaheim Hills	Mon. Night	Experience, Strength, Hope	288.00
Anaheim Hills	Thur 7:00p.m.	Men's Stag, Kaiser	540.00
Anaheim Hills	Monday 7 p.m.	Kaiser Women's Myg.	72.00
Anaheim Hills	Sa 6:00 p.m.	Winner's Circle	240.00
Anaheim Hills	Sa 8:30 a.m.	It's In The Book	270.00
Anaheim Hills	Th 7:00 p.m.	Women's Solution	50.00
Anaheim Hills	Tu 7:30 p.m.	Women's Big Book & Step	75.00
Anaheim Hills	Wed.730 p.m.	Big Book Study	82.12
Brea	Tues 530 p.m.	Mens Stag	140.00
Brea	Thurs.10:30 a.m.	step Sisters	112.00
Brea	Fr 5:30 p.m.	Happy Hour BB Study	135.00
Brea	Mo 10:00 a.m.	Women's Discussion	295.00
Brea	Mo 5:30 p.m.	Happy Hour Step study	308.00
Brea	Mo 5:30 p.m.	Women's Happy Hour	127.00
Brea	Mon. Nite	Big Book Workshop	400.00
Brea	Sa 10:30 a.m.	Women's Step Study	170.00
Brea	Th 5:30 p.m.	Living in the Solution	370.00
Brea	Tu 5:30 p.m.	Women's 10th Step	595.19
Brea	We 5:30 p.m.	As Bill Sees It	252.42
Brea	Tues. 8:00p.m.	Step Study	176.40
Brea	Mens Stag	Friday Night	100.00
Brea	Wednesday 630p.m.	Daily Reflections	95.25
Buena Park	Fr 8:00 p.m.	Friday Nite Discussion	62.00
Buena Park	Mo 7:30 p.m.	Just for Today	20.00
Corona Del Mar	Noonatics		298.00
Cypress	Big Book Study	Tuesday 8:00p.m.	60.00
Cypress	5-6 p.m.	Sun. Happy Hour	120.00
Cypress	Tues.730 p.m.	Big Book Study	305.00
Cypress	6 p.m.	Spiritual Growth	228.00
Cypress	Fri. 8p.m.	Lunatic	300.00
Cypress	Monday Night	We Agnostics	100.00
Cypress	Monday 8p.m.	Topic Discussion	170.00
Cypress	Tu 5:30 p.m.	Happy Hour BB Study	20.00
Fullerton	8 p.m.	Sunday Harley Men's Stag	35.00
Fullerton	Daily 6 a.m.	Att.Adjt.FAC	195.00
Fullerton	FAC WED. 2p.m.	Women's Coffee Talk	216.00
Fullerton	Wed Newcomers	6 p.m. Big Mikey's house	100.00
Fullerton	Fr 11:30 a.m.	Podium Participation	60.00
Fullerton	Fri. 6 p.m.	Singles 4 Sobriety	44.00
Fullerton	Fri. 8 p.m.	Candlelight, Fullerton-Alano	60.00
Fullerton	Mo 6 p.m.	Kats on the roof	88.00
Fullerton	Mo 6 p.m.	Men's Stag	70.00
Fullerton	Mo 6:30 p.m.	Women Living in the Solution	345.90
Fullerton	Mon.7:30 p.m.	Freedom Meeting Place	0.00
Fullerton	Monday 6p.m. 12x12	Meeting Place	22.00
Fullerton	Sa 6 p.m.	Sat Night Live	100.00
Fullerton	Sa 8 p.m.	Odd Fellows	240.00
Fullerton	Sa 9:30 a.m.	Feelings-Fullerton Alano	20.00
Fullerton	Group X3067	Gardner	55.00
Fullerton	Sunday p.m.	Participation, Wilshire	52.00
Fullerton	Sunday Speaker	Meeting Place	85.00
Fullerton	11:30 a.m. Tuesday	FAC 12&12	70.00

LOCATION	DAY & TIME	WHO	YTD TOTAL
Fullerton	Women's 6 p.m. Alano		52.00
Fullerton	Tuesday	5.02 Discussion	30.00
Fullerton	Th 8 p.m.	Candlelight, Meeting Place	260.00
Fullerton	Th 8 p.m.	Women's KISS	40.00
Fullerton	Thurs 8 p.m.	Men's Stag	485.00
Fullerton	Thursday 6 p.m.	Womens FAC	97.25
Fullerton	Tu Night	NewcomersMtgPlace	30.00
Fullerton	Wednesday 6 p.m.	FAC Show up Grow up	45.52
Fullerton	Wed. Night	Not in the book FAC	51.00
Fullerton	We 8 p.m..	Fac Speaker Mtg.8p.m.	80.00
Fullerton	Fullerton Closed wmens Hot Topic Disc.	2 p.m. Hot Topic Womens	140.00
Garden Grove	2thru7	Step Study Sun.6p.m.	50.00
Garden Grove	Mo 8 p.m.	Women's Serenity Hall	70.00
Garden Grove	Sat.F Troop	10:30am Garden Grove	100.00
Garden Grove	Not taking a trip	Garden Grove	60.00
Garden Grove	Fri 630 p.m.	Chapter nine	50.00
La Habra	Fri. 8 p.m.	Beginners Basic	491.00
La Habra	Sun.10:30 a.m.	Participation Meeting	50.00
La Habra	Sat 10:30 a.m.	Women's	71.13
La Habra	Su a.m.	Participation	25.00
La Habra	Sun.7 p.m.	Sober Sunday	210.00
La Habra	Th 8:00 p.m.	Church Participation	36.00
La Habra	Tu 8:00 p.m.	Participation	70.00
La Habra	We 7:30 p.m.	Women's Participation	70.00
La Habra	Wed.730p.m.	Men's Stag	100.00
La Mirada	Tues.8p.m.	Winners Circle	35.00
La Palma	Friday	Big Book Group	50.00
La Palma	Wed. 8 p.m.	Sold on Sobriety	33.41
La Mirada	Mens	Big Book Study	60.00
La Habra	Friday 7 a.m	adtt.adjstmnt	100.00
La Habra	Tuesday 8 p.m.	Discussion	35.00
La Habra	Womens 8 p.m.	winner's circle	135.00
Yorba Linda	Thurs. 8 p.m.	119601	105.00
Los Alamitos	ALL	Surrender is Freedom	1,128.40
Los Alamitos	Cover to Cover	Thurs nite 7p.m.	60.00
Los Alamitos	Sun. 6 p.m.	Big Book Study	90.00
Los Alamitos	Sunday	Big Book Study	60.00
NOCCO	Poker Run	Fundraser Bill W.Sober	100.00
unknown	682742	No Name Donation	147.06
NOCCO	Central Office	Jerry L. OC Con. Donation	176.00
Monrovia	Basic	Beginners Basic Group	100.00
NOCCO	Central Office	Donations OC Con. Raffle	1,053.45
NOCCO	Central Office	Norma Logdson	36.00
NOCCO	Central Office	birthday Harry B.	56.00
NOCCO	Central Office	Gramma Jean P.	74.00
NOCCO	Central Office	ACYPAA	478.00
NOCCO	Central Office	Birthday Nancy M.	28.00
NOCCO	Central Office	Jonh T. B-Day	10.00
NOCCO	Central Office	B-Day Frank Sandys	40.00
NOCCO	Central Office	B-Day Ernie Cody	27.00
NOCCO	Central Office	Anonymous	333.79
NOCCO	Central Office	B-Day Alfred K.	27.00
NOCCO	Central Office	Tax refund	145.04
NOCCO	Central Office	Sharon P.	22.00
NOCCO	Central Office	AAOCYPAA	478.00
NOCCO	Central Office	Wilfred Mantz B-Day	35.00
NOCCO	Central Office	Faithful Fivers Colleen B	225.00
NOCCO	Central Office	Anonymous	492.00
NOCCO	Central Office	Lisette L. Birthday	111.11
NOCCO	Central Office	Soda Coffee	84.00
NOCCO	Central Office	Telephone Calls	44.00
NOCCO	Central Office	INTERGROUP	560.48
NOCCO	Central Office	NOCCO Womens Banquet	2,126.00
Orange	Central Office	SOBERFEST	700.00
NOCCO	Central Office	Skip 32yrs.	32.00

Continued on page 5

Tradition Nine

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

Twelve Steps and Twelve Traditions page 172

It is enjoyable to re-read the traditions and to share my thoughts on them. I am not an authority or expert on anything, AA traditions included. Before I submit an article to the editor, I send a copy to my sponsor, who is not an authority either, but is more experienced with these matters than I am.

I add my name not to create controversy, but so that people can contact me if they have positive or negative feedback.

Possibly the most important thing I have experienced with Tradition 9 is that we really can't have one person calling all the shots in any arena. I have witnessed and been involved in groups where one person really has all the pull. Sometimes it is called an "informed" group conscience. I could have missed it, but I do not see that term in my 12&12.

When one person makes all the decisions, sometimes helped with coercion, the whole group ends up trying to appease one person. Anyone who questions the leader is shunned. Happily, most go on to other groups or start their own. Unfortunately a few feel the only way out is to drink again.

In my own experience, I am a dissenter from a group which has an iron-fisted leader. I left and had offers to join other groups that, in my opinion, were not much different from the one I just left.

So I started going to other meetings and picked up some new men along the way. Pretty soon we had started up a little "group," which was great. Ego's were being fed -- we had arrived.

It did not take long to see I was no different than the people I was not willing to saddle up with. One bright idea I had was too glaring to ignore. Our group has two meetings that are basically staples

Possibly the most important thing I have experienced with Tradition 9 is that we really can't have one person calling all the shots in any arena

-- a book study and a speaker meeting. One has a lot of money, while the other struggles with finances.

I believed that since most everyone who goes to the one with money also goes to the one with little, we should just put the surplus into the struggling meeting. Since I sponsored most of the men in both meetings, I saw no problem with this. I had seen this done for years.

After a conversation with my sponsor, I realized that I was thinking just like my former iron-fisted leader. So we made a donation to central office, and both meetings are still up and running exactly the way they are supposed to be.

This leads us right into Tradition 10. This will be old news by the time it's printed, but a group of us decided we wanted to raise some money for Central Office. Tradition 10 speaks to me of motives. From the beginning of my sobriety, it has been impressed upon me to work with others. Specifically, it was suggested that I sponsor people.

At about a year sober I was not sponsoring anybody and it really seemed like an important thing to do when it was suggested. In short, I tricked a guy into asking me to be his "sponsor." It lasted a couple weeks, until he got someone better suited for his situation. I felt be-

trayed, did a an inventory, saw that I was wrong. My motives were wrong.

We used to give all our Tenth Step writing to our sponsors so we could get feedback, and when we were really bad, it came back to us marked with red ink. Mine went right to the top this time. I was not looking forward to going over this particular subject.

Much to my surprise, what was written all over my Tenth Step was actually positive feedback. It was pointed out to me that a year before, I would not try to help anybody regardless of the motive. I do have to thank that guy for that.

Back to our fund raiser -- we put out fliers that did not contain the AA name on them. We decided that there were three entities we wanted to support. Two of them did not wish to be named on the flier, so we did not put them on it. One did wish to be named on the flier, so that body was included.

We experienced a little bit of backlash over this, as the entity that did wish to be named was a detox center. Nevertheless, we pressed on. Resentments within the committee cropped up. Amends were made (same day!) and with the support of other groups, the event took place.

A modest amount of money was raised and maybe one alcoholic will benefit from the efforts of many.

Not to be overlooked, the gentleman who won the 50-50 raffle donated the money back to the committee to support sobriety. So to be completely honest, my motives (I can't speak for others) are usually not 100% pure.

Having had a poor reputation for most of my life, I must admit I do enjoy positive recognition. I also make a concerted effort not to hog it all to myself. A very spiritual man once told me "if you feel a calling that will benefit your fellow man, follow it."

**Paul P.
Fullerton**

Captured Quips from California Jack

Wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 103 "After all, our problems were of our own making. Bottles were only a symbol"

I'd much rather be boring than dead

Have you ever noticed that we humans are weird people?

I wasn't a victim. I was a volunteer.

My ego is NOT my Amigo!

Today I refuse, absolutely refuse, to be anything but happy.

I married a good Christian woman. We waited until we got married to stop having sex.

The miracle begins when our thinking goes from "I can't." to "I don't have to."

I've been told never to go into my own head without a permission slip.

It takes what it takes before you can know what you know.

Show an alcoholic a rut and he'll move in and decorate.

'Pause' is not exactly my long suit either.

If you tend to worry about what's going to happen when the other shoe drops, don't throw it in the air.

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

Two hands and just one mouth... - now THAT'S a drinking problem!

24 hours in a day, 24 beers in a case - coincidence?? - I think not!

Your idea of cutting back is less salt.

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

The Secret of Sobriety

"Rarely have we seen a person fail who has thoroughly followed our path."

The first thing I looked for when becoming sober in St. Joseph Hospital was the secret of staying sober on the outside. I knew that I was safe in the hospital, but soon I would be back on the street, faced with the big temptation of drinking.

I read, went to meetings, saw films, listened to my sponsor, did everything I was told to do to the best of my ability, but still I longed for the one secret of sobriety.

After several months in the program doing all these things and still looking for the secret, it was revealed to me. I had been doing the secret all along.

I went to meetings, was working the steps, reading the big book on a daily basis, had a sponsor, did not take the first drink. All these things I was already doing, so I was really surprised to find the secret in the first sentence of Chapter Five which I have heard or read at least a thousand times. It goes like this, "Rarely have we seen a person fail who has thoroughly followed our path."

This was it! The secret! I knew it at last. If I do what I am told, to the best of my ability on a daily basis, I had a good chance of staying sober. I now say this sentence to myself and to others as I go through the day. It helps

me to get through the bad spots in the day. I believe that AA and God are my tools to sobriety, and I use them to the best of my ability.

I am happy and sober today and tickled I found the secret of sobriety for me. Have you found yours?

Claude W., Irvine

Reprinted with permission from the Lifeline, October 2009.

In Memoriam

Larry B. passed away Oct. 2, 2009 with 25 years of sobriety after a two-year battle with cancer. Affectionately known as the "Greeter," he was a graduate of Little St. Jude and was loved by all who knew him.