

Anonymous Times

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

Volume 17, Issue 6

November/December 2011

Alcoholic Gets Act Together, Finds Sobriety

Seed planted, fog began to lift for Chicago transplant

When I came to Anaheim, CA in January 2008 to report for duty at an inpatient drug and alcohol treatment center, it was with the understanding that I had 30 days to get my act together, at the conclusion of which I would return to my "normal" life back in Chicago, IL. However, something happened in those 30 days – a seed was planted. An especially gifted and loving staff loved me and enveloped me with love, patience, and tolerance. The fog began to lift – slowly – and I began to listen and absorb some of the information that was shared in the daily lectures and meetings.

One thing that I heard in my first week was that there was only one thing that I needed to change – and that was everything. I knew this was true. I was told that AA not only stood for "Alcoholics Anonymous," it also meant, "Attitude Adjustment," and I needed a serious overhauling there. I had spent the last 10 years of my life seeking out lower companions, listening to very aggressive, misogynistic music, and my lifestyle echoed that. I had become, in essence, a caricature of myself and lost all sense of identity.

My motto in my first 30 days was: "You don't understand." That, and "Yeah, but..." I didn't have a wall in front of me so much as a fortress. Like every other newcomer to the program, I was terminally unique, and I had convinced my innermost self that nobody could relate to me. (The irony is that, over three and half years later, and attending all-women meetings, it's

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Happy Holidays!

The staff of the Anonymous Times would like to wish everyone a happy holiday season. The holidays can be an especially tough time for those in recovery, particularly newcomers.

If you feel you are going to drink, call your sponsor or (714) 773-4357. The phone line is answered 24 hours a day, seven days a week.

North Orange County Central Office

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

Open 7 Days 9am–9pm

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

FAX: (714) 773-0179

WEBSITE: www.aanoc.com

OfficeManager@aanoc.com



Central Office Volunteers Needed!

Contact Central Office at (714) 773-4357 if you can donate three hours of your time each week answering phones and provide help to potential newcomers during the holidays.

It is a great way to give of yourself this holiday season and further ensure one's sobriety. A minimum six months of sobriety is required.

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NOCCO Y-T-D Revenue/Expenses Aug. 2011 vs Aug. 2010

Revenue	Y-T-D August 2011	Y-T-D August 2010
Total AA Sales	\$25,362.01	\$27,336.00
Total Non-AA Sales	\$19,886.60	\$20,827.87
Total Donations/Fundraisers	\$38,503.37	\$39,005.01
Interest	\$126.43	\$214.44
Total Revenue	\$83,878.41	\$87,383.32
Total Cost of Sales & Direct Costs	\$28,257.75	\$34,911.03
Gross Profit	\$55,620.66	\$52,472.29
Operating Expenses		
Salaries	\$25,712.50	\$26,400.00
Advertising	\$-	\$-
Bank Charges	\$46.00	\$60.00
Bad Checks	\$-	\$201.60
Cash short\over	\$36.15	\$(14.36)
Computer Expenses	\$541.06	\$-
Depreciation	\$172.00	\$286.48
Insurance-General Liability	\$2,482.76	\$2,163.51
Insurance - Work Comp	\$3,334.22	\$1,622.81
Insurance - Medical	\$1,830.00	\$2,122.00
Legal & Accounting	\$1,400.00	\$1,600.00
Licenses	\$-	\$20.00
Newsletter Cost	\$1,522.52	\$1,822.27
Office Supplies	\$2,009.22	\$2,714.59
Postage	\$27.92	\$132.31
Penalties-Tax Payments/Filings	\$32.58	\$274.75
Rent-Office Space	\$12,400.00	\$12,400.00
Rental of Equipment	\$1,208.42	\$1,759.58
Repairs & Maintenance	\$176.90	\$-
Seminars & Education	\$-	\$760.80
Taxes- Payroll	\$2,190.93	\$2,145.43
Taxes- Annual Filings	\$80.00	\$60.00
Telephone	\$2,919.86	\$2,508.23
Utilities	\$1,673.16	\$1,734.67
Total Operating Expense	\$59,796.20	\$60,774.67
Other Income and Expense	\$-	\$-
Net Income/(Loss)	\$(4,175.54)	\$(8,302.38)

Getting Sober ... From Page 1

rare that I don't hear my story!)

Another very important thing I learned in treatment was accountability, which was at the time a foreign concept to me.

My life is good today. In fact, I've never had it so good.

I learned – slowly – to take accountability for my actions; to not only keep my side of the street clean, but stop making an Olympic sport out of taking other people's inventory. The head counselor at the recovery center I went to was fond of this saying: "If you're not the problem in any situation, then there is no solution." I repeat this to myself often, like when I'm "stuck" behind a driver doing 25mph in a 50 speed zone, or when the guy next to me at Starbucks is yammering on his cell phone when I (ahem) am just trying to enjoy my morning coffee and read my "Daily Reflections." Remember, I need an "Attitude Adjustment." I have no control over people, places, and things.

"When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation being exactly the way it is supposed to be at that moment. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes."

There's something else that this counselor was fond of saying, and I am happy to pass it on. When he would greet all of the clients in the morning, with a grin that stretched about a mile wide, he would exclaim, "Good Morning! How are you guys doing today?" More often than not, one of us would grumble (in between puffs of what was probably our sixth cigarette of the morning), "We're okay." Without skipping a beat, he would reply, "Are you better than you deserve to be?"

Are you better than you deserve to be? That was always his response. And the answer was a resounding, "Yes!" Because, by the grace of God, we were not in prison, or paralyzed due to a drunk-driving accident, or dead, or homeless. We were much better than we deserved to be, by all accounts. It kind of goes hand-in-hand with a sign my friend kept posted on his refrigerator: "Have you been grateful or righteous today?"

My life is good today. In fact, I've never had it so good. I haven't been in a fight, a black-out, or a jail cell since January 28, 2008. Just for today, I can comprehend the word serenity and I know peace.

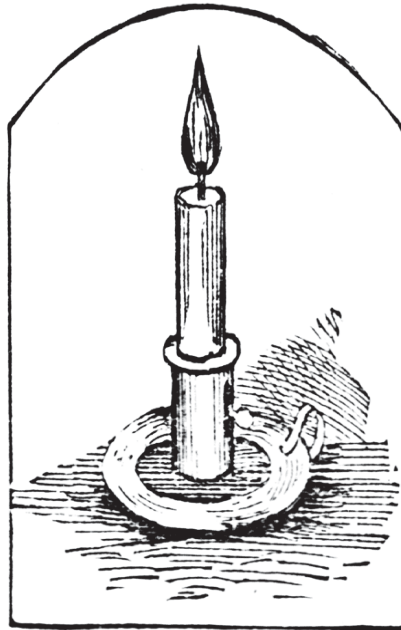
*Kendra H.
Anaheim, CA*

AA Bids Farewell to Four Sober Oldtimers

To those of you who are new or nearly new, you missed the chance to know some great guys. Big Harry B., who was sober 58 years, was a World War II veteran, retired businessman and so much more, passed away in August. Tom F. was sober more than 45 years and served in both WW II and Korea. He sponsored a lot of guys before he died.

Tom F., another WW II and Korean War veteran, was sober more than 45 years and sponsored many guys too. Frank O. was 46 years sober when he died in August. Also a veteran and a pilot, Frank sponsored many guys in the program, including a dear friend of mine. John A., a South Orange County resident, is another man who died with more than 45 years of sobriety. He was a wonderful speaker, who traveled extensively to tell his story. Like the others, John was much more than simple words can convey.

I can say this, though: all four men



were great members of AA; they gave for decades the one thing you can never replace: THEIR TIME to others.

All four sponsored men, spoke at meetings and helped anyone who asked for it. They traveled miles to

reach out to others who were sober or trying to get sober. These men were great husbands, fathers and friends. They started new meetings, helping AA to grow.

I wish I was more literate and able to convey in words more of who these men were. I know one thing: these men helped me to stay sober. So if you are new or nearly new, start now to know the men and women who came here before you. If you are a woman, reach out to the women who have been sober a long time. If you are a man, latch on to some of the men who have been around awhile. Listen to them. Pay attention to what they share in meetings. They have been there and back and have stayed sober.

Work AA as well as you can. As you grow, let others know that AA works because these four AAs combined piled up 194 years of sober living, going through life and all of the traumas life gives us without taking a drink. Thank you friends. I will never forget.

*Pete M., Cypress
Sobriety Date: 2/6/1990*

\$5 Puts You in Faithful Fiver Plan

Do your part to help by signing up

In these difficult times, we need to band together to help each other more than ever. That goes for North Orange County Central Office and Alcoholics Anonymous as a whole. Contributions are down and many meetings have had to close because they are unable to meet the rising costs of rent and expenses. With contributions declining and meetings closing, Central Office is feeling the pinch, too.

Become a "Faithful Fiver." By donating \$5.00 a month or \$60 per year, you will be supporting your local Central Office and your meetings. All monies donated by "Faithful Fiver" members come back to your groups in many different ways. Your NOCCO has a live volunteer answering the phones 24 hours a day, seven days a week, helping the still suffering alcoholic.

We also provide updated meeting directories, Big Books, 12 & 12s, pamphlets, chips, etc.

Forms to become a Faithful Fiver are in the Anonymous Times and on the website. You can also mail a check payable to NOCCO (be sure to note "Faithful Fiver" on your check).

We are a non-profit organization, so your donations are eligible for state and federal tax deductions. Your name and donation will be posted under a brand new category in the Anonymous Times, called The Faithful Fivers.

If you would like to remain anonymous, please include a note with your donation.

If you have any questions or would like to come in to the office, we are open from 9 a.m. until 9 p.m. Monday through Sunday.

Keep your meetings alive; become a "Faithful Fiver."

UPCOMING EVENTS!

Become Involved as a GSR Representative

Would-be GSR representatives are being asked to contact Nick M. at (714) 718-8030 for information about participation.

GSR's responsibility statement reads, "I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible."

GSR meetings are held at 7:30 p.m. on the first Wednesday of every month at the First Christian Church, 109 E. Wilshire Ave., in Fullerton.

Email Nick at nmurraymsca@hotmail.com.

Big Book Workshop Planned

Plan now to attend the Big Book Unlocked Workshop, presented by the Chapter 7 Group the weekend of February 10-12, 2012 at Cypress Church, 6143 Ball Road in Cypress.

The three-day trip through the Big Book of Alcoholics Anonymous will be hosted by Larry S. and Charlie Y. of Atlanta and feature a Sunday guest speaker, Kip C. of Vista. Pre-register by January 15 for \$25 (cost is \$30 at the door).

For more information, contact Joan S. at (714) 737-4037 or visit www.chapter7group.com.

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Cartoonist: Johnny G. Chief Proofreader: 86 proof

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

Sunday		
Fullerton	6 p.m.	530 W. Commonwealth Ave.
Orange	7 p.m.	261 N. Glassell@Chapman (The Ugly Mug)
Monday		
Irvine	7:30 p.m.	Wild Bunch Men's Step Study 5001 Newport Coast Dr. Mariners Church (Port Kid Zone room)
Tuesday		
Anaheim Hills	7:30 p.m.	Step Study/Kaiser Lakeview-Bsmt.
Dana Point	7:30 p.m.	Campfire Beach Meeting (Winter) 34451 Ensenada Pl. @ D.P. Harbor Dr. - Boat House (Youth Center) (November thru March)
Wednesday		
Irvine	7:30 p.m.	Wild Bunch Beginner Q&A 18842 Teller Ave. @ Campus (New Song Church)
Garden Grove	8 p.m.	Young People's Meeting 7212 Chapman Ave. @ Knott Ave. (Serenity Hall) 797-G4
Yorba Linda	8 p.m.	Topic Discussion 5320 Richfield Rd.
Newport Beach	8:30 p.m.	Topic Discussion, 414 E. 32nd St.
Thursday		
Costa Mesa	8 p.m.	Moorehead Podium Call-up 2476 Newport Blvd. @ Fair (Oddfellows Hall)
Laguna Beach	8 p.m.	Romper Room Beginners 20456 Laguna Canyon Rd.
Friday		
Anaheim Hills	8 p.m.	Discussion-411 Lakeview Ave. @ 91 Fwy. (Medical Building, Basement, Rm # B-4)
Huntington Beach	7 p.m.	Seacliff, 225 7th St., Garage #1 @ Olive
Irvine	7:30 p.m.	Boys in Sobriety 4400 Barranca & Culver

CALENDAR of EVENTS

November

Friday, 11-11-Sunday, 11-13 Lake Havasu City 24th Annual "Miracle on the River" Roundup. Visit www.havasuaa.com for more information.

Thursday, Nov. 24, 2-4 p.m. Thanksgiving potluck dinner at Fullerton Alano Center. Bring a dish to share. 530 W. Commonwealth Ave., Fullerton. Meetings to follow. (714) 992-0988.

Thursday 11-24- Sunday, 11-27 2011 Las Vegas "Sober Fun in the Sun" Roundup at the Riviera Hotel. Visit <http://www.lasvegasroundup.org> for more information.

December

Saturday and Sunday, 12-24 and 12-25. Fullerton Alano Center annual holiday alcathon. 530 W. Commonwealth. Check with center for holiday schedule, (714) 992-0988.

September Retreat a Great Success

A one-day retreat held in September at Club Martin in Aguan-ga was hailed as a huge success and raised \$224 on behalf of North Orange County Central Office.

Staff of NOCCO extends its thanks to all who participated in this enriching experience.

Seniors in Sobriety Conference Planned

Mark your calendar now for the Seniors in Sobriety 2012 International Conference, to be held March 14-17, 2012 in Yuma, AZ.

The convention, to be held at the Hilton Garden Inn Yuma/Pivot Point, promises fun, fellowship, education and sharing. The event will feature Al-Anon participation. For more information, email Mickey W. at mickey.white@gm.com, or visit www.bit.ly/sisconference. You can also call (928) 783-1500.

BIRTHDAY DONATIONS

(Dollar amount represents the contributor's years of sobriety unless otherwise noted.)

Gary M. 1 year
Also, a \$28 donation was made in memory of Neil S. by Tanny.



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.
Email: officemanager@aanoc.com.

Central Office News

Credit Cards Now Accepted

North Orange County Central Office is now accepting credit cards for purchase.

No longer must you fret about having enough cash or your check book when making purchases at Central Office.

Also coming in the future: Faithful Fivers Donations will be posted online, as will group donations (just like AA World Services).

Stay tuned for further announcements.

Call for Volunteers!

Central Office took 842 phone calls in September and October.

323 were from men
324 were from women

Total: 647



Keep up the great work — YOU make a difference!

Chapter 4

We Agnostics

Number 5 of 12 articles on the Big Book

This was it! This was going to be the chapter that solved all my problems stemming from aversion to anything religious – including God! This chapter was going to remove all my prejudice and contempt regarding God. Up to this point, everything I had read in the book had seemed plausible and many had changed my thinking - 180° in some areas! At first, all the expectations I had for this chapter were met. The very first paragraph gave me the best threshold for testing my definition of alcoholism that I had read anywhere, (still true). It also stated that I might be suffering from an illness which only a spiritual experience would conquer. Again, right in line with what everybody, and I mean EVERYBODY, had told me their experi-

ence had demonstrated. I was eager to be struck spiritual! And I identified with so much I was reading.

I remember reading, *“To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face.”* I didn’t know why it was not an easy alternative to face, but I sure agreed with the statement. I fought the spiritual solution for almost a year in A.A. Why? I sure had no answer for that question. But now it was different, I was willing to accept spiritual help – just show me how!

The chapter went on to inform me that *“Lack of power, that was our dilemma. We had to find a power by which we*

could live, and it had to be a Power greater than ourselves.” And then, the second shortest sentence in the 1st 164 pages – *“Obviously.”* Followed by: *“But where and how are we find this Power? Well, that’s exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem.”* And I missed the true significance of that statement until I had finished the chapter. After finishing the chapter and not seeing a straightforward direction to clear away the prejudice and find a concept of a Higher Power, I was once again extremely disappointed that what seemed to work for others didn’t seem to have worked for me. I complained bitterly to my sponsor that, once again, I was different – this thing didn’t seem to be able to work for me. I agreed and identified with so much of what the chapter contained, especially the intolerance of anything religious, but the expected change in my

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Weekend Retreat Puts Life into Perspective

You know, one of the many benefits of sobriety and living a 12 step life is that my Creator never ceases to amaze me. As long as my mind remains open and patience is practiced, my questions are always answered.

Twice a year I attend a men’s retreat with someone quite instrumental in my sobriety and other good friends. When I go it could not come at a better time. Stressed out, spiritually drained and downright squirrely are how it can be best described. It is a weekend to get recharged and come together with over 100 other men who take living to serve God seriously and thank A.A. for turning thier lives around. The fact that it is held in a picturesque mountain setting only enhances the experience.

Upon arriving and checking in, my friend and I decide to decompress by checking out the quaint little town. We satisfied our sweet tooth, found a bench to wait out a brief downpour and the conversation turned to the topic of feeling disconnected. Both of us are very active in the program: we sponsor, do panels, attend book studies, etc. We also work 40-plus hours

a week, attend family functions and the rare social outing. It is amazing how staying so busy sometimes leaves you feeling so unfulfilled. How always being there for other people sometimes leaves a sense that you’re missing out on the rewards God provides all around us. I know that simple things get overlooked when focusing on the big picture. I know that running around constantly makes me feel like I am missing the point in some way. And I know that serenity and exhaustion do not go hand in hand.

No sooner did the rain stop then we saw two full rainbows. We stood in awe of their majestic beauty, allowing the experience to wash over us. Talk about a God shot. One minute we felt like the good times were passing us by and the next minute we realized that it takes moments like this to put it all into perspective. Right here is where God wants me. Right here and now is when God’s gifts reveal themselves. This moment makes all of life’s experiences worth it because we are here to appreciate and enjoy life. This moment, every moment, is when I should thank God for another day of sobriety, life and the miracles constantly being displayed. Needless to say, witnessing the gorgeous and rare occurrence of two full rainbows set the getaway off to what it was meant to be: A chance to stay humble. A chance to grow. A chance to give thanks and praise.

Aaron H.

SPEAKER MEETINGS: NOVEMBER/DECEMBER 2011

Anonymous Times would like to publish your list of speakers for January/February 2012.

Deadline for publication is December 15, 2011. Email: aaletters@gmail.com.

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

November 4 Chris H.
November 1 Sara B.
November 18 Adam T.
November 25 James D.
December 2 Jen T.
December 9 Geoff T.
December 16 Gina S.
December 23 Jim M.
December 30 Toni S.

Friday
8 p.m. La Habra Speaker
631 North Euclid St., La Habra, CA 90631

November 4 Clare E., Santa Monica
November 11 Dick C., Anaheim
November 18 Larry G., Orange
November 25 Cliff R., Oceanside
December 2 Jim H., San Clemente
December 9 Chuck H., Laguna Woods
December 16 Nancy H., Lake Forest
December 23 Ken L., Mission Viejo
December 30 Rey P., Aliso Viejo

Friday
8 p.m. No Puffers Speaker

395 S. Tustin St., Orange
November 4 Dave C., Tustin
November 11, 18 TBA
November 25 James J., Tustin
December 2 Allison H., Santa Ana
December 9, 16 TBA
December 23 Dixie W., Tustin
December 30 TBA

Saturday
8 p.m. Visiting Speakers
1221 Wass St., Tustin
(St. Paul's Church)

November 5 Patrick S., Costa Mesa
November 12 Nick M., Santa Ana
November 19 Tim S., Tustin
November 26 Firestone Steve, Anaheim
December 3 Matt D., Orange
December 10 Leslie T., Anaheim
December 17 Ken T., Anaheim
December 24 Surprise Speakers!
December 31 Frank M., Irvine

Saturday
8 p.m. Oddfellows Speaker
109 E. Wilshire, Fullerton 92632

November 5 Billie S., Tustin
November 12 Richard W., Long Beach
November 19 Merien G.
November 26 Doug R., Tujuga
December 3 Stephen, El Monte
December 10, 17 TBA
December 31 Lauren G., Buena Park

Saturday
8 p.m. Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd

November 5 Alex K., Westlake
November 12 Tiffany C., Fullerton
November 19 Rob H., Yorba Linda
November 26 TBA
December 3 Mitchell
December 10 Lisa D., Downey
December 17 - 31 TBA

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

November 6 Joanie V., Anaheim Hills
November 13 David G., Lancaster
November 20 Clancy I., Midnight Mission, LA
November 27 BIRTHDAY SUNDAY
December 4 Barbara F., Long Beach
December 11 Frank P., El Monte
December 18 Mike S., Riverside
December 25 BIRTHDAY SUNDAY

Sunday
10:30 a.m. Western Medical (24 Hr. Spkr.)
1025 S. Anaheim Blvd., Anaheim

Hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Sunday morning.

Sunday
8 p.m. Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804

November 6 Damertrious T., Bellflower
November 13 Pete C., Long Beach
November 20 Keith D., Yorba Linda
November 27 Brent G., Cypress
December 4 John C., Norco
December 11, 18 TBA
December 25 Aaron H., Garden Grove

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

November 2 Patrice, Redlands
November 9 Leesa, Anaheim
November 16 Bruce, Newport Beach
November 23 Jack, Brea
November 30 Art M., Fullerton
December 7 Jesse G., Huntington Beach
December 14 Lynn K., Placentia
December 21 John R.
December 28 Noel E., Huntington Beach

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

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY Nov. 13 and Dec. 11	NOCPIC 2ND WEDNESDAY Nov. 9 and Dec. 14	INTERGROUP 2ND WEDNESDAY Nov. 9 and Dec. 14	VOLUNTEER MEETING Second Saturday every three months
<p>Orange County Hospitals and Institutions Committee</p> <p>2nd Sunday of each mo. Institutions Committee: 4-5 pm (Orientation at 3:15 pm)</p> <p>Hospitals Committee: 6-7 pm (Orientation at 5:15 pm) Garden Grove Alano Club 9845 Belfast Garden Grove Call (949) 278-5173</p>	<p>North Orange County Public Information Committee</p> <p><i>Learn about sharing the message with Non-A.A. people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO 1111 E. Commonwealth, Ste. D, Fullerton If you have questions, call Brian K. at 714-658-4581</p>	<p>North Orange County Intergroup Association</p> <p><i>Be an intergroup representative for your meeting.</i></p> <p>Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)</p>	<p>CENTRAL OFFICE holds a quarterly volunteer meeting on the 2nd Sat. every three months. <i>Coffee and donuts provided.</i></p> <p>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</p> <p>Call 714-773-4357 for information</p> <p>MEETING 10 A.M.</p>

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

27th Annual Orange County Convention April 6, 7 and 8, 2012

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

7:30 p.m. Third Wednesday of each month: Nov. 16, Dec. 21, 2011;
January 18; Feb. 15 and March 28, 2012

YOUR HELP IS NEEDED! www.ocaa.org

Send Us Your Story Online!

Anonymous Times
articles can be submitted to
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 1111 E. Commonwealth, Suite D., Fullerton, CA 92831

A Fragment of History

By Bill W.

(Third and final part of three part history of the 12 steps by AA's co-founder)

Dr. Silkworth had indeed supplied us the missing link without which the chain of principles now forged into our Twelve Steps could never have been complete. Then and there, the spark that was to become Alcoholics Anonymous had been struck.

During the next three years after Dr. Bob's recovery our growing groups at Akron, New York and Cleveland evolved the so-called word-of-mouth program of our pioneering time. As we commenced to form a society separate from the Oxford Group, we began to state our principles something like this:

1. We admitted that we were powerless over alcohol
2. We got honest with ourselves
3. We got honest with another person, in confidence

4. We made amends for harms done others
5. We worked with other alcoholics without demand for prestige or money
6. We prayed to God to help us to do these things as best we could

Though these principles were advocated according to the whim or liking of each of us, and though in Akron and Cleveland they still stuck by the O.G. absolutes of honesty, purity, unselfishness and love, this was the gist of our message to incoming alcoholics up to 1939, when our present Twelve Steps were put to paper.

I well remember the evening on which the Twelve Steps was written. I was lying in bed quite dejected and suffering from one of my imaginary ulcer

attacks. Four chapters of the book, Alcoholics Anonymous, had been roughed out and read in meetings at Akron and New York. We quickly found that everybody wanted to be an author. The hassles as to what should go into our new book were terrific. For example, some wanted a purely psychological book which would draw in alcoholics without scaring them. We could tell them about the "God business" afterwards. A few, led by our wonderful southern friend, Fitz M., wanted a fairly religious book infused with some of the dogma we had picked up from the churches and missions which had tried to help us. The louder the arguments, the more I felt in the middle. It appeared that I wasn't going to be the author at all. I was only going to be an umpire who would decide the contents of the book. This didn't mean, though, that there wasn't terrific enthusiasm for the undertaking. Every one of us was wildly excited at the possibility of getting our message before all those countless alcoholics who still didn't know.

Continued on page 12

Board Member Urges Newsletter Participation

I would like to take this opportunity to invite anyone who reads this to submit their own contribution to our local newsletter. I have been doing this for a couple of years now, and while it has been beneficial to me, I am running out of subjects, and I hate to be repetitive. As a member of NOCCO Board, I will personally guarantee that as long as the writer stays within the guidelines you will get every consideration (no personal attacks, relevance to sobriety etc ..)

Honestly, I haven't been in the best of moods lately. In my mind I trace it back to this movie I saw (this isn't correct, it is just how my mind avoids looking at myself): this guy is an alcoholic, he's living on his lawn, his sponsor is shackled up with his wife, the portrayal of AA was less than stellar. Couple this with celebrities talking about their sobriety, or giving their opinions about AA on radio & TV. One guy was even using a radio program to call out a guy he had a problem with -- and used the guys first and last name. Never mind the man being interviewed could not seem to put together any "length" of sobriety himself -- he was making a public spectacle of himself.

Being involved with a handful of service arms, I get to hear a lot of "stuff." Most of it comes from the sidelines. So I broke out my 12&12 so I could get plenty of ammunition to subtly take potshots at "the

sideline," fortunately or unfortunately, depending on how you look at it. I read it Tradition 12 and what do you know -- I am out of whack, off kilter, whatever description you care to use. It does not matter what you are or are not doing. What matters is where am I in all this? What are my responsibilities? And what is none of my business? To go off on you when you did not ask my opinion does not reflect humility .

When I was a kid, I started hearing about Biodome kind of things. People (maybe it was just a movie) would live in these structures and they would grow their own food, have their own government. They would have to exist in this controlled environment. I have always likened AA to this. In our controlled environment (meetings and such), we get to learn to survive, what works and what doesn't. We get to make mistakes and learn from them. We get to experience triumphs and learn to win in a respectful manner.

When I was new and I would go into a funk, my sponsor would have me read: Doctor Alcoholic Addict" story from the third edition of "The Big Book." Maybe I need to get back to looking at that in the mornings before I go to work. Thank you all for giving me the opportunity to take a look at myself because to be honest I have a pretty good life. Thanks to God & AA.

Paul P. Fullerton

August/September 2011 Meeting Donations

Only June and July donations are listed; donate to NOCCO now to add your meeting

City	Day	Meeting	Aug.-11	Sep.-11
		639043	77.48	
		655749		72.00
Anaheim	Sun 10:30 A	Western Medical		90.00
Anaheim	Mon 5:30 P	Primary Purpose	70.00	70.00
Anaheim	Tue 6:30 P	Women's 6th & 7th St Std		25.00
Anaheim	Wed 6 P	Victor House - Fireside	50.00	
Anaheim	Wed 8 P	Mens Ball Rd. Discussion		50.00
Anaheim	Th 7:30 P	Men's we got a coffee pot		35.00
Anaheim	Fri 6:30 P	Gratitude is action	120.00	
Anaheim	Sat 10:00 A	Big Book Study	25.00	
Anaheim	Sat 8:00 P	Free Spirit of Recover Spk	20.00	
Ana Hills	Mon 7:00 P	Exp/Str/Hope - Wom - Kais		120.00
Ana Hills	Mon 7:00 P	Men's - Kaiser	157.88	
Ana Hills	Wed 7:00 P	Lakeview Women's Big Bk		70.00
Ana Hills	Fri. 8:00 PM	Young People's Disc.		210.00
Ana Hills	Sat 8:30 A	It's In The Book	60.00	
Brea	Mon 10:00 AM	Women's Discussion	50.00	129.16
Brea	Mon 5:30 P	Happy Hour Step Study	70.00	140.00
Brea	Tue 5: 30 P	Women's 10th Step	85.40	
Brea	Tue 7:00 P	Step Study		10.00
Brea	Wed 5:30 P	As Bill Sees It		63.63
Brea	Th 10:30 A	Step Sisters		49.00
Brea	Th 5:30 P	Living in the Solution	150.00	
Brea	Fri 5:30 P	Big Book Study	36.00	100.00
Brea	Fri 8:00 P	Men's	70.00	
Brea	Sat 10:30 A	Women's Step Study	90.00	
Buena Park	Mon 6:00 P	Now There Is Hope	6.00	10.28
Cypress	Tue 6:00 P	Happy Hour BB Study	90.00	90.00
Fullerton	6:00 A - All	Attitude Adjustment - FAC	270.00	
Fullerton	Sun 10:30 P	Sunday Morning Speaker		105.00
Fullerton	Mon 6:00 P	Men's Stag	25.00	
Fullerton	Mon 6:00 P	Big Book Study	25.00	
Fullerton	Tue 7:00 P	Men's AA Stag - Mo's Music		100.00
Fullerton	Wed 5:30 P	Sober Horse Thieves	23.00	25.00
Fullerton	Th 6:00 P	24 Hours A Day	32.00	
Fullerton	Th 6:00 P	Men's Stag - FAC		50.00
Fullerton	Th 8:00 P	Men's Participation - Mo's		330.00
Fullerton	Sat. 11:30 A	Morning Misfits		20.00
Fullerton	Sat 6:00 P	Sat Night Live	25.00	
Garden Gr.	Sun 10:00 A	Speaker Meeting	20.00	
Laguna Nig	Sun 7:00 A	Back to Basics - Men's	51.00	25.00
La Habra	Sun 10:30 A	Participation Meeting		50.00
La Habra	Wed 7:30 P	Men's Stag		30.00

City	Day	Meeting	Aug.-11	Sept.-11
La Habra	Fri 9:00 P	Beginners Basic Group		100.00
La Mirada	Sun 8:00 P	Men's Big Book Study		102.00
La Mirada	Tue 8:00 P	Winners Circle		40.00
Los Alam	ALL - 7:00 A	Surrender is Freedom	150.00	175.00
Los Alam	Sun 4:00 P	Topic Discuss - Twin Town	110.50	
Los Alam	Sun 6:00 P	Big Book Study	60.00	
Orange	All - 5:30 P	Tustin Rush Hour	120.00	
Orange	Sun 8:30 A	Attitude Adj. - Friends Club	75.00	
Orange	Mon 6:30 A	Taking Care of Business	202.00	
Orange	Wed 6:30 A	Early Bird Discussion		60.00
Orange	Wed 11:00 A	Open 12 Step - Kaiser		105.00
Orange	Th 11:00 A	Women's 12x12 Stp Stn	70.00	
Orange	Th 12:00 P	Discussion	70.00	
Orange	Th 7:00 P	Mens Big Book Study		25.00
Orange	Th 7:30 P	Mens All About Me		100.00
Orange	Sat 10:00 P	Candlelite	50.00	
Whittier	Sun 8:00 P	Sunday Night	10.00	
Whittier	Mon 7:00 P	Attitude Adjustment		
Whittier	Mon 7:00 A	As Bill Sees It		
Whittier	Tue 7:00 P	No Nonsense 12 x 12		10.00
Whittier	Wed 7:00 P	Women's Winners	30.00	
Whittier	Th 6:00 P	The Den Book Study		25.00
Whittier	Sat 8:00 A	12 x 12 Study		10.00
Whittier	Sat 10:30 A	Women's Acceptance	45.00	75.00
Whittier	Sat 7:30 P	Saturday Speaker	50.00	
Yorba Linda	ALL 6:00 A	Attitude Modification	1,413.31	858.60
Yorba Linda	Mon 12:00 P	Step Study	123.20	
Yorba Linda	Tue 8:00 P	Ohio Street Winners		140.00
Yorba Linda	Wed 12:00 P	Noontimers	150.00	
Yorba Linda	Th 8:00 P	YL Participation		210.00
Yorba Linda	Fri 12:00 P	Daily Reflections	50.00	
Yorba Linda	Fri 5:30 P	Happy Hour Big Book	50.00	
		TOTAL	4,527.77	4,104.67

Thank-You Notes to be Emailed

Effective immediately, thank you notes will be emailed to representatives of meetings that make donations to Central Office.

Therefore, it is important that we have your email address included with your donations.

Thank you for your continued support. You make it happen.

Captured Quips from California Jack

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

From the Big Book of Alcoholics Anonymous, pg 98, "Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust God and clean house."

There I was, lying on my back in the gutter, looking down on everyone else.

When I focus on the negative the negative grows. When I focus on the positive the positive grows.

You do the footwork and let God do the worrying.

The 10th step is to see what I did better today than I did yesterday and what I can do better tomorrow than I did today.

CAN'T lives on WON'T street.

The good news is that there is a solution. The bad news is that this is it!

When the prayer says, "Where 2 or more are gathered in my name - -, " it doesn't mean me, myself, and I.

The worst is behind you if you want it to be behind you.

I may not always know if I'm doing God's will but I sure know

whenever I'm not.

Nothing changes if nothing changes.

If you leave the house under your own influence, you're behind enemy lines.

Don't put a question mark where God put a period.

It's ok to be on the right track but it's more important to be on the right train.

I was never so sure that there really is a God as I was when I was mad at him.

And Here Are a Few Thoughts Just For Fun - -

Paraprosdokian - A paraprosdokian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to re-frame or reinterpret the first part.

Why does someone believe you when you say there are four billion stars, but have to check when you say the paint is wet?
..

Money can't buy happiness, but it sure makes misery easier to live with.

Why do Americans choose from just two people to run for president and 50 for Miss America?

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

We Agnostices ... From Page 6

attitude toward God and religion had not materialized.

He asked me what I had expected and I told him, just like I explained to you, the reader, when I started this writing - I expected to have all my problems with God and religion suddenly swept aside, and the path to a conscious contact with God to be brightly illuminated before me. No kidding - I used words pretty close to that, (somewhat full of myself as I was at the time). My sponsor took me back to the sentence about the "main object of the book", about enabling me to find a Power greater

than yourself which would solve your problem. He pointed out that it didn't read that the "main object of this chapter...." rather it stated "the main object of this book....". He added that it was the object of the entire book, the program outlined in the 1st 164 pages and the stories in the back, with their experience, strength and hope that would show me how to bring about the sought-after spiritual experience. Then he showed me the text in the Forward to the 12 & 12 where it was explained, "A.A.'s 12 steps are a set of principles, spiritual in nature, which, if practiced as a way of life, can expel

the obsession to drink and enable the sufferer to become happily and usefully whole." Not being incurably stupid, I realized that it was the sum total of all the work that would bring about what I was searching for. And that promise has been kept.

Nick M., Santa Ana

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

A Fragment of AA History ... From page 9

Having arrived at Chapter Five, it seemed high time to state what our program really was. I remember running over in my mind the word-of-mouth phrases then in current use. Jotting these down, they added up to the six named above. Then came the idea that our program ought to be more accurately and clearly stated. Distant readers would have to have a precise set of principles. Knowing the alcoholic's ability to rationalize, something airtight would have to be written. We couldn't let the reader wiggle out anywhere. Besides, a more complete statement would help in the chapters to come where we would need to show exactly how the recovery program ought to be worked.

12 Steps in 30 Minutes

At length I began to write on a cheap yellow tablet. I split the word-of-mouth program up into smaller pieces, meanwhile enlarging its scope considerably. Uninspired as I felt, I was surprised

that in a short time, perhaps half an hour, I had set down certain principles which, on being counted, turned out to be twelve in number. And for some unaccountable reason, I had moved the idea of God into the Second Step, right up front. Besides, I had named God very liberally throughout the other steps. In one of the steps I had even suggested that the newcomer get down on his knees.

When this document was shown to our New York meeting the protests were many and loud. Our agnostic friends didn't go at all for the idea of kneeling. Others said we were talking altogether too much about God. And anyhow, why should there be twelve steps when we had done fine on six? Let's keep it simple, they said.

This sort of heated discussion went on for days and nights. But out of it all there came a ten-strike for Alcoholics Anonymous. Our agnostic contingent, spearheaded by Hank P. and Jim B., finally

convinced us that we must make it easier for people like themselves by using such terms as "a Higher Power" or "God as we understand Him!" Those expressions, as we so well know today, have proved lifesavers for many an alcoholic. They have enabled thousands of us to make a beginning where none could have been made had we left the steps just as I originally wrote them. Happily for us there were no other changes in the original draft and the number of steps stood at twelve. Little did we then guess that our Twelve Steps would soon be widely approved by clergymen of all denominations and even by our latter-day friends, the psychiatrists.

This little fragment of history ought to convince the most skeptical that nobody invented Alcoholics Anonymous.

It just grew...by the grace of God.

AA Grapevine©, July 1953

His Master's Keeper?



A Note to Bill W...

Jim Burwell -- then living in San Diego, California, -- wrote the following to Bill Wilson on January 16, 1948:

"One of the things I do especially like out here in [California is] that they read the Fifth Chapter of the Book before the meetings. This seems to have more meaning to the new fellows than the reading of the Steps alone."

Final Thought...

"Surrender is not being weak and giving up...it's simply coming over to the winning side.. using a power greater than yourself to continue the journey."

Author Unknown