

Anonymous Times

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Jessica's Story

Help provided AA member underscores fellowship's fundamental principles

At a Tuesday night 11th step meeting a number of years ago, young Jessica, with tears running down her cheeks, shared that she had lost her job that day and didn't know how she was going to pay her rent and bills. After the meeting, as happens in AA, a sympathetic group gathered around her to give her support and encouragement.

Two days later she was working at a new job as deckhand for

It felt good to be able to help another alcoholic. And because we were alcoholics and, despite our almost 50 year age difference, we enjoyed the magic of that "special connection" we have for one another in this wonderful program.

a harbor tour boat company in Newport Harbor. I happened to be one of the captains of the same company and had been, in a small way, responsible in setting her up with an interview with my boss who had been so impressed with her that he hired her on the spot.

It felt good to be able to help another alcoholic. And because we were alcoholics and, despite our almost 50 year age difference, we enjoyed the magic of that "special connection" we have for one another in this wonderful program.

Jessica and I were friends and shared the love of one alcoholic for another. For the next 3 years we were often scheduled together. With me the captain and her my deckhand, we spent many days working together talking about the program and enjoying our jobs on the water. Jessica learned to do her job well and, with her positive personality, quickly became popular with her company work mates. Before my eyes she became a cheerful and happy person content with her life and a far cry from where she had been that night at the 11th step meeting.

Then a curious set of events occurred. This last summer Jessica decided she wanted to go for her 100-ton Masters license, the captain's license she needed to run commercial boats. It was an ambitious move requiring a lot

Continued on page 2

Poker Run to Benefit NOC Central Office on Sept. 27

Proceeds will also aid Charlie Street

A motorcycle poker run to benefit Central Office and Charlie Street will be held Sept. 27 beginning at 8 a.m. The event will begin at North Orange County Central Office, 1111 E. Commonwealth in Fullerton, and end at South Marina Park in Long Beach.

Free hot dogs, potato chips and sodas will be served and a speaker meeting will be held following the run, which ends at 1p.m. Cost of the event is \$20.

NORTH ORANGE COUNTY CENTRAL OFFICE

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NOCCO Year-to-Date Revenue & Expenses

Revenue and Expense Report Jan -July 2009 vs Jan-July 2008		
Revenue	Jul-09	Jul-08
Sales - AA Books and Literature	\$22,051.24	\$26,599.36
Sales - Chips and Non-AA	\$21,313.94	\$18,085.05
Donations- Groups and Individuals	\$27,155.87	\$30,674.22
Fundraisers	\$700.00	\$3,051.00
Interest	\$506.03	\$1,044.35
Total Revenue	\$71,727.08	\$79,453.98
Cost of Goods	\$28,816.12	\$29,491.71
Gross Profit	\$42,910.96	\$49,962.27
Operating Expenses		
Salaries	\$23,100.00	\$23,865.00
Bank Charges	\$50.00	\$25.00
Bad Checks	\$49.04	\$0.00
Depreciation	\$360.85	\$578.69
Insurance-General Liability	\$1,445.15	\$600.63
Insurance - Work Comp	\$289.85	\$450.00
Insurance - Medical	\$1,862.00	\$1,166.00
Legal & Accounting	\$1,325.00	\$1,295.00
Newsletter Cost	\$1,847.62	\$1,991.24
Office Supplies	\$3,414.40	\$2,907.51
Postage	\$243.69	\$145.50
Penalties on Tax Payments	\$0.00	\$34.42
Office Rent	\$11,018.00	\$11,140.00
Equipment Rental	\$1,006.18	\$1,024.77
Repairs & Maintenance	\$50.00	\$242.00
Seminars & Education	\$477.78	\$1,067.54
Taxes- Payroll	\$1,879.10	\$1,949.69
Taxes- Annual Filings	\$50.00	\$60.00
Telephone	\$2,073.06	\$2,776.77
Utilities	\$1,658.14	\$1,425.56
Total Operating Expense	\$52,199.86	\$52,745.32
Other Income and Expense	\$0.00	\$361.16
Net Income/(Loss)	-\$9,288.90	-\$2,421.89

Jessica's Story ... From Page 1

of hard study and a written exam which was tough and comprehensive. But she prepared for it well and in September of last year took it and passed. A few months later into the winter, she received her license and became a bonafide captain.

At the same time my license was up for renewal last September. I had it for 15 years and, being 73 years old, decided I'd let it expire. I had enough.

It was time for me to hand over my position to someone else. I decided to remain with the company as a crew member though, working once or twice a week in semi-retirement.

Then one week I arrived at work for my one day shift and wondered who I would be working with. I don't think I should have been surprised. Looking on the schedule I saw that the captain I was scheduled with was Jessica.

I couldn't believe working with her that day. For 3 years she had been my deckhand. Now our roles had reversed and I was her helper. I watched her that day. Her body language told me that she was confident and happy. She handled the boat well and treated the passengers in the way that her job required. I was proud of her.

What does all this mean? To me it means that if you do what you're supposed to do in the program, miracles will happen. It means if you don't drink your life will get better. It happened to Jessica. It can happen to anyone.

Win W. Sobriety date: 10/29/76

Tradition Five Quote

"Each group has but one primary purpose - to carry it's message to the alcoholic who still suffers."

"Shoemaker, stick to thy last!" ... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle. *From 12 Steps and 12 Traditions page 150.*

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AA History

Where Did the 12 Steps Come From?

Before Alcoholics Anonymous began, the Oxford Group attracted some alcoholics seeking help for their alcohol problems. The Oxford Group had no steps but rather tenets, which advocated four practical spiritual activities as follows: To be spiritually reborn and live in the state in which these four points are the guides to our life in God.

our shortcomings with another person in confidence; 4. We made restitution to all those we had harmed by our drinking; 5. We tried to help other alcoholics, with no thought of reward in money or prestige; 6. We prayed to whatever God we thought there was for power to practice these precepts.

Three different versions of the six steps

An exhibit of all things Rollie H. will be held at the home of Alcoholics Anonymous co-founder Dr. Bob S. in Akron, OH. Rollie H., a professional baseball player and AA's 77th member, was among the first in the fellowship to break his anonymity. The exhibit is to include a bat autographed by Rollie H.; an autographed pitcher's mit; a Cleveland Indians autographed team ball from 1940; a picture of Rollie that was featured on a Wheaties cereal box; an AA speaker CD from 1968 that featured Rollie; and a copy of "Now Pitching" by pitching great Bob Feller, who included a chapter on Rollie.

1. The sharing of our sins and temptations with another, Christian life given to God, and to use sharing as witness to help others. Still unchanged, to acknowledge their sin; 2. Surrender of our life, past, present, and future, into God's keeping and direction; 3. Restitution to all whom we have wronged directly or indirectly; 4. Listening to, accepting, relying on God's guidance and carrying it out in everything we do or say, great or small.

After the founding of Alcoholics Anonymous and before the Big Book was written, the recovery program consisted of six steps passed on to new members by word of mouth. One version of the six steps taken from "Pass it On" (page 197) follows:

1. We admitted that we were licked, that we were powerless of alcohol; 2. We made a moral inventory of our defects or sins; 3. We confessed or shared

appear in AA literature: "The language of the Heart" (pg 200), "AA Comes of Age" (pg 160), "Pass it On" (pg 197), and Big Book Pioneer Story "He Sold Himself Short" (pg. 263 – 4th edition). The variations in wording help illustrate the difficulties that can occur when something is passed on solely by word of mouth.

Another variation in wording appears on page 12 of "Three Talks to Medical Societies by Bill W., co-founder of AA." There, Bill lists the six principles Ebby applied to himself in 1934. In the text of the second talk (same pamphlet) Bill reduces the 12 steps to five steps.

According to Bill in his book "Pass It On" (pp 197-198) he still felt that the program was not definitive and needed to be broken up into smaller pieces. This he thought would broaden and deepen the spiritual implications of our whole presentation.

Bill wrote the 12 steps while lying bed at 1182 Clinton Street. As he started to write, he asked for guidance and relaxed. The very first draft of the 12 steps, as Bill wrote them that night, has been lost. This is an approximate reconstruction of the way he first set them down:

1. We admitted we were powerless over alcohol - that our lives had become unmanageable; 2. Came to believe that a Power greater than ourselves could restore us to sanity; 3. Made a decision to turn our wills and our lives over to the care and direction of God; 4. Made a searching and fearless moral inventory of ourselves; 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely willing to have God remove all these defects of character; 7. Humbly, on our knees, asked Him to remove these shortcomings – holding nothing back; 8. Made a complete list of all persons we had harmed, and became willing to make amends to them all; 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it; 11. Sought through prayer and meditation to improve our contact with God, praying only for knowledge of His will for us and the power to carry it out. 12. Having had a spiritual awakening as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.

For further interesting history of the Twelve Steps, it is suggested that serious readers turn to the book, "Not God," a history of Alcoholics Anonymous by Ernest Kurtz.

Jerry L., Brea

(Note: Much of the information for this article was gleaned from AA History Lovers, an Internet group devoted to the evolution of Alcoholics Anonymous, and from the book, "Pass It On.")

UPCOMING EVENTS!

Big Book Workshop will be held on September 12-13

Mark your calendar for Sept. 12 and 13 and plan to be part of a Big Book Workshop Weekend, sponsored by the Paramount Group of Alcoholics Anonymous. The event will be held at the Imperial Alano Club, 8021 Rosecrans Ave., in Paramount.

Featuring Bob D. of Las Vegas and Karl M. from Covina, the event will run from 8 a.m. to 4:30 p.m. both days. A \$15 donation is suggested to cover rent, printed materials, speaker travel, boarding and other expenses. Registration is encouraged, but not required.

For more information, visit <http://www.paramountspeakers.org>, or call Maureen at (562) 923-2276.

Annual Santa Clarita Valley Convention to be Oct. 16-18

"Relax, Don't Struggle" is the theme of the Sixth Annual Santa Clarita Valley Convention of Alcoholics Anonymous, to be held Oct. 16, 17 and 18, 2009 at the Hyatt Valencia and Santa Clarita Conference Center.

The event will feature speaker meetings, marathon meetings, a Saturday night banquet and show and a Sunday spiritual breakfast, to name but a few fun-filled activities.

For more information and to register, visit www.scvaaconvention.org or call (661) 310-0384.

Twelve Traditions Workshop to be held Nov. 15

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 feature discussion of how each of the traditions were derived. The event concludes at 5:10 p.m.

Announcements and Activities

Remember, we are not a glum lot
Try these interesting events

Women's Campout in Malibu is Sept. 18-20

Coastal camping, sharing, fellowship and a community potluck are among the highlights of the 23rd annual Alcoholics Anonymous "Women Who Care Campout" at Leo Carrillo State Beach Sept. 18, 19 and 20.

The state beach is located at 35000 W. Pacific Coast Highway in Malibu, about 12 miles north of Las Virgenes Road. Cost of the event is \$20 per person and \$15 per child (no boys over the age of 12).

For more information, contact campout chair Paula Rene at (805) 279-4433 or email her at prmf1@aol.com. Co-chair of the event is Carla R., who can be reached at (805) 302-8428 or ckryhalesq@msn.com.

Pancake Breakfast on Sept. 12

District 18 of Alcoholics Anonymous will hold its annual Pancake Breakfast Saturday, September 12 at the Methodist Church, 631 N. Euclid Ave., La Habra, 90631.

Doors open at 7:30 a.m., with breakfast served at 8 a.m. Meetings featuring speakers from Alcoholics Anonymous and Al-Anon will be held beginning at 10 a.m. The event is free and will also feature AA archive displays, a sobriety countdown and raffles. The church is located on Euclid, one block south of Whittier Boulevard,

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



August

Fred M. 35 years
 Michael D. 30 years
 Sonny W. 15 years
 Lori T. 5 years

PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!

Shall we put another candle on your birthday cake too?

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

AA Pamphlet 11 Meeting starts at Kaiser Hospital

An Alcoholics Anonymous "Pamphlet 11" meeting has been launched at Kaiser Hospital in Anaheim on Thursdays at 7:30 p.m.

The meeting, for those "who suffer from grave emotional and mental disorders" is held on Floor 8, Room 8D of the hospital, which is located at 441 N. Lakeview Ave. in Anaheim.

For more information, call (714) 222-1058.

Come share your experience, strength and hope, and support a new meeting.

Meeting Donations ... From Page 10

AREA	DAY & TIME	WHO	YTD
NOCCO	Central Office	Wilfred Mantz B-Day	35.00
NOCCO	Central Office	Faithful Fivers Colleen B	200.00
NOCCO	Central Office	Anonymous	332.00
NOCCO	Central Office	Lisette L. Birthday	111.11
NOCCO	Central Office	Soda Coffee	84.00
NOCCO	Central Office	Telephone Calls	28.00
NOCCO	Central Office	NOCCO Womens Banquet	2,126.00
Orange	Central Office	SOBERFEST	700.00
Orange	Joe and Charlie	Big Book Workshop	36.00
Orange	Monday 6:30 am	Taking Care of Business	200.00
Orange	Tuesday 7-8 pm	Keep It Simple	37.87
Orange	Sunday Attit.Adj	830am OrangOlive	120.00
Orange	Thursday 7:30 pm	All About Me Men's Stag	252.00
Orange	Thursday Noon	Freindship Club	70.00
Orange	Thursday 6:30 am	Friendship Club	100.00
Orange	Tuesay 7 pm	Walnut TustinCl.Disc.	180.00
Orange	Friday noon	Freindship Club	200.00
Orange	Tuesday 6:30 am	Doughnut Meeting	220.00
Orange	Wednesday 6:30 am	Friendship Club	223.00
Orange	Wednesday 7 pm	Easy Does It	70.00
Placentia	Monday 8:00 pm	Unmanageables	60.00
Placentia	Sunday Morning	Right Start	265.32
Placentia	Tuesady 8 pm	Bradford Discussion	60.00
Sunset Beach	Friday Noon	Two or more	50.00
Villa Park	24 hr.Group	Attitude Modification	621.45
Whittier	Friday 7-8 pm	Big Book Study	25.00
Whittier	Friday 7 am	Attitude Adjustment	25.00
Whittier	Monday 7 am	Attitude Adjustment	25.00
Whittier	Sat. 10:30 am	Women's Acceptance	100.00
Whittier	In Memory	Steve Templeton	25.00
Whittier	Thursday 7 am	Attitude Adjustment	25.00
Whittier	Thursday 8pm	The Den	75.00
Whittier	Tuesday 7 am	Attitude Adjustment	25.00
Yorba Linda	ALL 6:00 am	Attitude Modification	5,285.20
Yorba Linda	Friday 5:30 am	Happy Hour Big Book	192.00
Yorba Linda	Monday 12 pm	Nooners	281.70
Yorba Linda	Monday 8 pm	Yorba Linda Lutheran Ch.	210.00
Yorba Linda	Thursday 7:30 pm	Serenity Seekers	100.00
Yorba Linda	Thursday 8 pm	Discussion-Presb. Church	200.20
Yorba Linda	Tuesday pm	Rose Dr. Baptist Womens	120.00
Yorba Linda	YP Wednesday 8 pm	Topic Discussion	94.43
Yorba Linda	Wednesday 12 pm	Noontimers	319.43
			21,496.88

Subscriptions/Gifts

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

Name _____ Date: _____

Address: _____

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

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

Alcoholics Write About Fifth Step

Amber B.

My Sobriety Date is November 2, 2004.

Step 4 suggests I get down to the causes and conditions of my drinking. I had to make a personal inventory of my behaviors and attitudes towards GOD. Yes, I said GOD. He was on my list too. And I couldn't forget to put myself on there as well.

I couldn't keep these things to myself. Step 5 suggests I tell someone else. These types of attitudes towards others in some cases were causes or excuses as to why I drank. Why I wanted to blot out the pain. I had confessed to GOD some of the things I had done.

But I had never admitted to another human being the things I had done. I was too embarrassed and ashamed. If you knew some of the things I had done to myself and others, you would have been either angry with me, ashamed of me or

would no longer like me. The program also suggests you need to be honest, open-minded and willing.

When I got to AA, I found out I had an allergic reaction to alcohol and it was but a symptom, I became willing to do whatever was suggested by a Sponsor. Then I had to get honest with myself and someone else. When it was time to go over my list, I said a little prayer that GOD would remove the fear or at least allow me to walk through the fear.

I sat down with my Sponsor and we went over my list together. What an eye-opening experience that was. She showed me where I had been dishonest, selfish or angry. She shared with me some of the things she had put on her list and went over with her Sponsor. To my surprise, she too had done some of the same things as I had done. She was not angry or ashamed of me.

I felt at peace.

It will not be the only time I will be doing this step. I find I can use all of the steps (in order) in my every-day living. Whenever I am upset, feeling self pity, or have been dishonest, I can do a little mini 5th step with my Sponsor. I will continue to work this program. Not only one day at a time, but one step at a time.

Danielle D.

My sobriety date is Sept. 16, 1996.

After twelve years of sobriety, I recently worked my fifth step for the second time. Although life in sobriety had been such a blessing compared to my days of drinking, I have to wonder just how much better life may have been had I revisited the steps sooner.

Admitting my truths to my sponsor was like unloading a heavy pack that had been strapped to my chest and back for most of my life. To be loved and accepted, not judged, for who I have been was comforting and freeing.

I feel like I'm on the road to healing myself and my spirit.

Alcoholic Reflects on Husband's Death

Considers it a "special gift" to be able to help

One of our members, who happened to be my husband, passed away July 18, 2009. Steve Templeton was diagnosed with Acute leukemia, and I had the privilege of being asked to walk with him through his final journey.

I don't know if you have ever had to let go of any resentments and become of service to anyone, but it was a very special gift to be able to be of maximum service to Steve. His Leukemia took him after a year-long, hard-fought battle, but Steve never lost sight of being an alcoholic. He was a volunteer at Central Office for almost seven years. He and I carried a panel to Skid Row in Los Angeles.

Steve was a very active alcoholic in re-

covery before he was diagnosed with stage 4 Leukemia. I can't imagine what living everyday with this disease, along with Alcoholism, would be like for someone without a higher power. I am grateful for the fact that Steve had a God of his own understanding.

Shortly before his death, Steve celebrated 14 years of sobriety, and I am sure he is now one of our more witty Alcoholic Guardian Angels in the Heavens. Thank you Steve for being who you were. I will miss you.

Roxy S.



In Memoriam Dennis F.

Sept. 26, 1940 - July 13, 2009

Sobriety Date:

July 27, 1974

"I was here when Merrill got here, and Merrill was here when I got back."



SPEAKER MEETINGS: September/October 2009

Anonymous Times would like to publish your list of speakers for November/December 2009.
Deadline for publication is October 15, 2009. Email: aaletters@gmail.com.

Friday
8 p.m.
St. Jude Speaker
St. Jude Hospital, Erickson Building
101 E. Valencia Mesa, Fullerton, CA
Sept. 4
Jay L., Sherman Oaks
Sept. 11
Cliff R., Oceanside
Sept. 18
James D., Laguna Beach
Sept. 25
Jerry C., Downey
Oct. 2
John S., Norco
Oct. 9
Bill C., Torrance
Oct. 16
Jim C., Canyon Country
Oct. 23
Sharon B., Anaheim
Oct. 30
Tina A., Hollister

Friday
8:00 p.m.
Dreams Come True
109 E. Wilshire, Fullerton 92632
Sept. 4
Josh, South Bay
Sept. 11
Ray N., Fullerton
Sept. 18
Opie. Cerritos
Sept. 25
Brett & Lisa J. AA/Alanon couple,
Corona

Friday
8 p.m.
No Puffers Speakers Meeting
395 S. Tustin Ave., Orange (Church)
Sept. 4
Gloria W., Dana Point
Sept. 11
Serenity H., Laguna Niguel
Sept. 18
Jackie W., Irvine
Sept. 25
Roger M., Huntington Beach
Oct. 2
Joann O., Fullerton
Oct. 9
Paul C., Santa Ana
Oct. 16
Martha F., Anaheim
Oct. 23
Dave C, La Mirada
Oct. 30
Jill H., Newport Beach

Saturday
8:00 p.m.
Oddfellows Speaker
109 E. Wilshire, Fullerton 92632
(First Christian Church)
Sept. 5
Steve M. - San Diego
Sept. 12
Bob D. - Las Vegas
Sept. 19
Carla M. - Los Angeles
Sept. 26
Aydin A. - Lakewood
Oct. 3
Louise O. - Venice, CA
Oct. 10
Kathy B. - Seal Beach
Oct. 17
Dan B. - Seal Beach
Oct. 24
Flanagan W. - Yucca Valley
**Oct. 31
NO MEETING**

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
Sept. 6
Pete B., Torrance
Sept. 13
Jim M., Chino Hills
Sept. 20
Cindy F., Downey
Sept. 27
Birthdays
Oct. 4
Leticia H., Fullerton
Oct. 11
Jay S., Redondo Beach
Oct. 18
Linda C., Costa Mesa
Oct. 25
Birthdays

Sunday
8:00 p.m.
Fireside Speaker Meeting
8150 Knott Ave., Buena Park
(Ehlers Community Center)
Sept. 6
Charlotte B., Seal Beach
Sept. 13
Russ S., Long Beach
Sept. 20
George F., Fullerton
Sept. 27
T.B.A.
Oct. 4
Pete B., Torrance
Oct. 11
Jack K., Redondo Beach
Oct. 18.
Bob L., Glendale
Oct. 25.
Rev. Sunshine Daye, Long Beach

Sunday
10:30 a.m.
Western Medical Center
1025 S Anaheim Blvd., Anaheim

*Come hear a great speaker from Alcoholics Anonymous
share their experience, strength and hope every Sunday
morning.*

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
Sept. 13 & Oct. 11**

**NOCPIC
2ND WEDNESDAY
Sept. 9 & Oct. 14**

**INTERGROUP
2ND WEDNESDAY
Sept. 9 & Oct. 14**

**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

**Sept. 16; Oct. 21; 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.



Alcoholic Details His Last Days of Desperation

One more drunk leads to sobriety for this man

My day began at around 11:00 a.m. on Friday, January 2, 1998. I "came to" in a hospital with tubes and needles stuck in my arms. I had suffered alcohol poisoning and an overdose of Anti-Depressants "again."

My wife and my cousin were at my bedside telling me how lucky I was "again" and that I had almost died "again." I am an alcoholic and a drug addict, and this is a day in my life. Not just any day, my last day as a suffering alcoholic in the middle stages of alcoholism, which thankfully was the last stage in my alcoholism.

As I mentioned before I woke up with my wife and cousin looking at me telling me how lucky I was to be alive. I knew that I needed help and that I could not do it on my own. I had been to a 12-step program before and knew that it worked for others. My mother, sister, and cousin were all members of AA, and knew that I too needed AA if I were to recover.

The doctor was ready to lock me up in a psychiatric ward, but I told him that I was an alcoholic and needed help. I told him that I knew of a place right around the corner that had AA meetings and that I needed to go soon. I told him that I needed help just as it is quoted in the Big Book of AA: "Men have cried out to me in sincere and despairing appeal "Doctor, I cannot go on like this! I have everything to live for! I must stop, but I cannot! You must help me!" (Silkworth, 1939, p. xxvii).

He agreed and let me sign myself out of the hospital. This was around 3 p.m., and my wife and cousin had left thinking that I would be staying in the hospital for a few more days.

At 3 p.m., the hospital let me sign myself out, and I left planning to go to an



AA meeting. The place where they were holding the AA meeting was to the left and my home was to the right. I decided to head home and go to a meeting later. On my way home, I passed by a liquor store and I do not know why, but I went in and bought a bottle of vodka.

According to Silkworth (1939), alcoholics of my type are restless, irritable and discontented, unless we can again experience the sense of ease and comfort which only comes at once by taking a few drinks.

I really did not want to drink but somehow the obsession had taken over. I have alcohol dependence (popularly known as alcoholism). Alcohol use marked by tolerance, withdrawals if suspended, and a drive to continue to use. I walked home with that bottle of vodka in my hand telling myself that I would get sober after this last bottle.

My alcoholic mind had convinced me that I needed that last bottle of vodka in order to survive. I knew that my wife would not be home because she had to

work that night, and I could drink that last bottle at home alone with nobody there to stop me. When I got home, I closed the drapes, locked the door, turned the telephone ringer off, and kept the television volume very low so that nobody would know that I was home.

As I was drinking that bottle of vodka, I began to cry. I kept looking down at the cotton balls taped to my arms from which the I.V. needles were stuck in me. I kept asking myself, "What is wrong with you? Why are you doing this to yourself?"

According to Silkworth (1939), I was not drinking to escape, I was drinking to overcome a craving beyond my mental control. I finished that bottle and eventually passed out, and I do not remember much more of that day. I am sure that when my wife came home from work that night, she was not only surprised to find me home from the hospital, but also extremely disappointed to find me drunk again.

The next morning I awoke to a knock on the front door at around 6:30 a.m. It was my cousin, who is in AA. He asked if I would like to go to an AA meeting with him. I told him that yes, I would. That was January 3, 1998 and I have been in recovery since that day.

That day I admitted to myself that I was an alcoholic and that my life was unmanageable. This is the first step in recovery. They say that the first step is the hardest to accept. I am living proof of this. The first step is the hardest thing I have ever had to do. The other eleven steps have all been part of my wonderful journey in life.

Billy Bob M.

Easy Does It

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

AREA	DAY & TIME	WHO	TOTAL
Anaheim	Friday 6:30 pm	Gratitude is action	330.88
anaheim	Saturday 7:30 am	202 W Broadway club	70.00
Anaheim	Monday 5:30 pm	Primary Purpose	420.00
Anaheim	Thursday Night	Bills Babes	50.00
Anaheim	Tuesday 8 pm	Survivors	180.00
Anaheim	Tuesday 12&12	Kaiser	50.00
Anaheim	Tuesday 6:30 pm	Step 6 7	280.00
Anaheim Hills	Friday Kaiser	Y.P. Discussion	60.00
Anaheim Hills	Mon. Night	Experience, Strength, Hope	288.00
Anaheim Hills	Thursday 7 pm	Men's Stag, Kaiser	440.00
Anaheim Hills	Monday 7 pm	K aiser Women's Myg.	72.00
Anaheim Hills	Saturday 6 pm	Winner's Circle	240.00
Anaheim Hills	Saturday 8:30 am	It's In The Book	210.00
Anaheim Hills	Tuesday 7:30 pm	Women's Big Book & Step	75.00
Anaheim Hills	Wednesday 7:30 pm	Big Book Study	30.00
Brea	Tuesday 5:30 pm	Mens Stag	70.00
Brea	Thursday 10:30 am	step Sisters	112.00
Brea	Friday 5:30 pm	Happy Hour BB Study	135.00
Brea	Monday 10 am	Women's Discussion	195.00
Brea	Monday 5:30 pm	Happy Hour Step study	238.00
Brea	Monday 5:30 pm	Women's Happy Hour	127.00
Brea	Monday Nite	Big Book Workshop	200.00
Brea	Saturday 10:30 am	Women's Step Study	170.00
Brea	Thursday 5:30 pm	Living in the Solution	370.00
Brea	Tuesday 5:30 pm	Women's 10th Step	355.70
Brea	Wednesday 5:30 pm	As Bill Sees It	191.96
Brea	Tuesday 8 pm	Step Study	176.40
Brea	Mens Stag	Friday Night	50.00
Brea	Wednesday 630 pm	Daily Reflections	95.25
Buena Park	Friday 8 pm	Friday Nite Discussion	20.00
Buena Park	Monday 7:30 pm	Just for Today	20.00
Cor. Del Mar	Noonatics		298.00
Cypress	Big Book Study	Tuesday 8:00pm	60.00
Cypress	5-6 pm	Sun. Happy Hour	90.00
Cypress	Tuesday 730 pm	Big Book Study	60.00
Cypress	6 pm	Spiritual Growth	168.00
Cypress	Friday 8 pm	Lunatic	300.00
Cypress	Monday Night	We Agnostics	100.00
Cypress	Monday 8 pm	Topic Discussion	100.00
Cypress	Tuesday 5:30 PM	Happy Hour BB Study	20.00
Fullerton	8 pm	Sunday Harley Men's Stag	35.00
Fullerton	daily 6: am	Att.Adjt.FAC	75.00
Fullerton	FAC Wednesday 2 pm	Women's Coffee Talk	153.00
Fullerton	Friday 11:30 am	Podium Participation	40.00
Fullerton	Friday 6 pm	Singles 4 Sobriety	44.00
Fullerton	Friday 8 pm	Candlelight, FullertonAlano	10.00
Fullerton	Monday 6 pm	Men's Stag	70.00
Fullerton	Monday 6:30 pm	Women Living in the Solution	345.90
Fullerton	Saturday 6 pm	Sat Night Live	50.00
Fullerton	Saturday 8 pm	Odd Fellows	240.00

	DAY & TIME	WHO	YTD
Fullerton	Saturday 9:30 am	Feelings-Fullerton Alano	20.00
Fullerton	Group X3067	Gardner	55.00
Fullerton	Sunday PM	Participation, Wilshire	52.00
Fullerton	Sunday Speaker Mtg.	Meeting Place	85.00
Fullerton	Tuesday 11:30 am	FAC 12&12	70.00
Fullerton	6 pm Women's Alano		52.00
Fullerton	Thursday 8 pm	Women's KISS	200.00
Fullerton	Thursday 8 pm	Men's Stag	485.00
Fullerton0	Thursday 6 pm	Womens FAC	97.25
Fullerton	Tuesday Night	NewcomersMtgPlace	30.00
Fullerton	Wednesday 6pm	FAC Show up Grow up	45.52
Fullerton	Wednesday Night	Not in the book FAC	51.00
Fullerton	Fullerton Closed wmens Hot Topic Disc.	2 pm Hot Topic Womens	70.00
Garden Grove	Monday 8 pm	Women's Serenity Hall	70.00
Garden Grove	Not taking a trip	Garden Grove	60.00
La Habra	Friday 8 pm	Beginners Basic	491.00
La Habra	Saturday 10:30 am	Women's	71.13
La Habra	Sunday AM	Participation	25.00
La Habra	Sunday 7 pm	Sober Sunday	165.00
La Habra	Thursday 8 pm	Church Participation	36.00
La Habra	Tuesday 8 pm	Participation	70.00
La Habra	Wednesday 7:30 pm	Women's Participation	70.00
La Habra	Wednesday 730 pm	Men's Stag	100.00
La Mirada	Tuesday 8 pm	Winners Circle	35.00
La Palma	Friday	Big Book Group	50.00
La Palma	Wednesday 8 pm	Sold on Sobriety	33.41
La Mirada	Mens	Big Book Study	60.00
La Habra	Friday 7 am	adtt.adjtmnt	100.00
La Habra	Tuesday 8 pm	Discussion	35.00
La Habra	Women's 8 pm	Open Discussion	120.00
Yorba Linda	Thursday 8 pm	119601	105.00
Los Alamitos	ALL	Surrender is Freedom	1,128.40
Los Alamitos	Cover to Cover	Thurs nite 7pm	60.00
Los Alamitos	Sunday 6 pm	Big Book Study	90.00
Los Alimitos	Sunday	Big Book Study 6-730pm	60.00
NOCCO	Central Office	Jerry L. OC Conv. Donation	176.00
NOCCO	Central Office	Donations from raffle OC Con.	1,053.45
NOCCO	Central Office	Norma Logdson	36.00
NOCCO	Central Office	Birthday Harry B.	56.00
NOCCO	Central Office	Gramma Jean P.	24.00
NOCCO	Central Office	ACYCAA	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 & Sandy's	40.00
NOCCO	Central Office	B-Day Ernie Cody	27.00
NOCCO	Central Office	Anonymous	269.35
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	AOCYPAA	478.00

Continued on page 5

Traditions Help Alter Alcoholic's Perception

Tradition seven helped this man clear way for sober journey

In re-reading the traditions I have noticed that my perception of AA has changed to some degree. It is interesting to me that we still have the same issues the founders had. And at the same time it is encouraging that our fellowship has blossomed and flowered.

Tradition seven in my opinion addresses our attempt to clear the hurdles that hinder our journey to our Higher Power. Money is the most relatable issue. We all need a certain amount to survive. Most of us were looking for a hand out in some way, and it wasn't always the financial kind. Sometimes emotional responsibilities were left for others to deal with.

I can look to Bill's example with "the prize slippee" and see parallels in my own life. I have always worked with a lot of new men, put money in the basket and maintained a membership with at least one club. While I was doing all this, I was emotionally unavailable to my own child. Yes, I showed up for visits. Yes, the child support check always got paid. But I allowed my child's grandparents to raise her.

Fear and ego prevented me from seeing what was really important. I wanted to be a big shot in my home group and tried to justify that by convincing myself that I was doing it all for my family.

Happily, after a painful period in sobriety and through working with my sponsor and others, I was able to see things more clearly. While we are certainly not the fictional Brady Bunch, I am involved in my 18 year-old daughter's life.

Anything I write or share in a meeting is strictly my opinion; luckily, my opinions are subject to change. Such is the case with tradition eight.

As a practicing alcoholic, I met with many "paid" professionals. Some were AA members, some were not. I was 12-stepped by a mechanic (at a meeting). My opinion then was pretty firm. Profiting from the blood of your brothers was almost evil. It did not waiver for a long time.

After 13 years with my original home group, I left that group and it was not

easy merging into "mainstream" AA. The man who helped me directly with the transition is 30 years sober and a certified addiction counselor. We never had a conversation during his business hours.

Secondly, I can share with you that I had a brief commitment at Central Office. I did call forwarding Saturday nights for a couple months. I have been able to do many commitments in AA and I must tell you that this was one of the HARDEST jobs I have had. I couldn't do it.

It was beyond my capabilities. I can only imagine what the regular workers there contend with on a daily basis.

Speaking for myself, when I am complaining about how somebody else is making their living or really anything that does not directly affect me, there is usually at least a hint of jealousy. Again, it's just my opinion. The clubs are nice, the conventions and what-not are fun.

But if they were to all go away tomorrow, I can guarantee you there would be a meeting of Alcoholics Anonymous whether it was in my garage or a park or wherever.

Paul P., Fullerton

Step 5: Eye-Opening Course of Action

Confiding in another is imperative

The nature of Step 5 is a confession, an acknowledgement of our transgressions and an owning up to our past behaviors as they have manifested themselves in our actions towards other human beings or institutions

As newcomers we must be painstakingly thorough in our fourth step as it is a preparation of the fifth step. We are now preparing to take the first real, concrete actions in our road of recovery.

Up to this point, the steps have been metaphoric; they have

been internal steps that are not quantifiable, and a bit abstract, although real, very serious and essential if we are to attain a state of spiritual enlightenment.

Step five is the actual physical working of step four, the essential humbling that is necessary if we are to get out of ourselves, if we are to be transformed from a state of self-will run riot into being of maximum service to others. It is not enough to spend the time and effort involved in a thorough and honest Step 4 if we do not make plans to share it with another alcoholic. This is a humbling step; it is designed to allow us to face the hundred forms of fear that have been driving our behavior like a relentless spur, the lashes of the whip of self-seeking behavior rending our flesh with demands for satisfactions for needs selfish and self-seeking.

Why do we admit to another alcoholic our wrongs; if we truly

See page 12

Step 5 ... From Page 11

look at our past actions, we will see that fear, in its thousand forms, prevents an honest appraisal of just who exactly we are. Admitting one's wrongs only to oneself inevitably results in the downplaying of the severity of the wrongs committed or the magnification of certain wrongs to support our feelings of inadequacy and guilt. This in turn provides the fuel for self-loathing and the rationalization that accompanies the "need" to drink.

Sharing with another alcoholic provides the opportunity to open up and become vulnerable. This in turn allows us to exercise the purest form of honesty and courage, the courage to lay out one's history to another human being, and to be ready for whatever criticisms might arise. More often than not, we find that the fear of criticism and rejection are replaced by acceptance, understanding, compassion and identification.

The sponsor usually shares a bit about his own past experiences to illustrate that you are not unique in your behavior, that you are indeed in the right place: on the road to recovery.

Most of us find that an open, honest and thorough Step 5 creates the intimacy that so many of us hunger for: real intimacy, not sex or lust, as we so often confuse intimacy with being, but the opportunity to share oneself completely with another human, and find out to our surprise that regardless of what we have done, we are not alone in this business of recovery.

The opportunity to trust another person with our deepest, darkest secrets and to receive direction on resolving the terrors of the past that continue to dictate our behavior allows us to gain a certain level of absolution, as we discover we are not unique with our sickness and sick behavior.

Sharing with another alcoholic provides the opportunity to open up and become vulnerable...

Why do you think people laugh at some of the horror stories shared in meetings? Most of us have been there and we know how much energy was used to hide such acts and behaviors. We know first-hand the futility of using "self-will" to get better. Step 5 sets us free. We name the unnamable; we describe and admit the unforgivable, seek grace and forgiveness where we had been consumed with guilt.

Without a thorough and honest Step 5, we cannot move forward to Steps 6, 7, 8 and 9, which are the steps of redemption that allow us to reclaim a life seemingly lost to the horrors of an alcoholic death. Have courage and move to Step 5, as a catharsis of the spirit awaits those who are willing to move forward with this aspect of their recovery.

**Stephen M.
Fullerton**

Captured Quips from California Jack

Wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, page 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 in God and clean house,"

I was given simple advice: You can do something about it if you want to..

I found out that the election for God is over and I didn't win!

You don't have to WANT to; you just have to DO it!

I finally stayed undrunk long enough to catch the disease of alcoholism.

The horse is dead. Quit looking up his butt trying to find out what killed him.

We separated because of religious differences. I began to believe in God and then I discovered that she's the devil.

Before this the only goals I had were heaven and a 12 pack in the refrigerator.

We have to act our way into better thinking rather than think our way into better acting.

If you change the way you look at things, the things you look at change.

You do the footwork and let God do the worrying.

It wasn't discipline... it was desperation.

If it's God's will you usually don't have to shove it up someone's ass.

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

You lose arguments with inanimate objects.

Mosquitoes catch a buzz after attacking you.

Every night you're finding your roommate's cat more and more attractive.

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