

Anonymous Times

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Gratitude is Alcoholic's Sober Hallmark

Sober five years, man reflects on events that led to his recovery

I have learned many things in AA. Some of what I have learned comes to mind right away and include never to forget my last drunk, to remain grateful, to pray for a stronger faith, and to enjoy sobriety.

I remember my last drunk as if it occurred yesterday. It was Wednesday, July 6, 2005. I met a friend for lunch. I barely touched the food. We drank three bottles of wine and I ended up driving drunk, blacking out, hitting a light post at the parking lot of the place where I work, and being arrested by the police where I work. A friend of mine picked me up after I had been in custody for about two hours. Once back at home, I drank another bottle of wine before going to sleep. I learned several weeks later that I was driving with a blood alcohol level of .21 percent, well more than twice the legal limit.

My boss found out about the accident since the police where I work must file a report for purposes of employees' eligibility for mileage reimbursement. I got a photo of the car from the body shop and glued it to the wall next to my bed. The photo has greeted me every day upon awakening. The judge had me attend DUI classes and weekly AA meetings for nine months. It was God's mercy that allowed this sentence. This bottom signaled the end of my drinking career and the beginning of a sober journey. I embraced my bottom and initiated my trip with willingness, faith and hope.

The DUI was my first, and so far only, record with the police. I used to think of it as a black spot in my record. Now, I think of it as a blessing that brought many more blessings with it. I am extremely

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Woman to Woman Seminar will be September 24-26

The 36th Annual Woman to Woman Conference for recovering alcoholic women will be held Sept. 24-26, 2010 in San Diego.

The event, to be held at the Dana on Mission Bay, features a waterfront setting, topic discussion meetings, dynamic speakers, Friday and Saturday night banquets and a continental breakfast on Sunday.

Meditation, yoga and spa services also will be available. For additional information, contact Kathy Mc K-J at (714) 404-6735 or online at www.womantowomansandiego.com.

North Orange County Central Office

1111 E. Commonwealth Ave.,
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Fullerton, CA 92831

Open 7 Days 9am-9pm
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Tradition 10 Quote

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

Throughout the world, immense and favorable publicity of every description has been the principal means of bringing alcoholics into our fellowship.

From 12 Steps and 12 Traditions, page 180.

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NOCCO January-July 2010 Revenue and Expenses

Revenue	Jul-10	Jul-09
Sales - AA Books and Literature	\$24,445.84	\$22,051.24
Sales - Chips and Non-AA	\$18,920.69	\$21,313.94
Donations- Groups and Individuals	\$36,645.95	\$27,155.87
Fundraisers	\$0.00	\$700.00
Interest	\$214.24	\$506.03
Total Revenue	\$80,226.72	\$71,727.08
Cost of Goods	\$31,543.30	\$28,816.12
Gross Profit	\$48,683.42	\$42,910.96
Operating Expenses		
Salaries	\$23,100.00	\$23,100.00
Bank Charges	\$56.00	\$50.00
Bad Checks	\$201.60	\$49.04
Cash Short/(Over)	(\$14.36)	\$0.00
Depreciation	\$250.67	\$360.85
Insurance-General Liability	\$2,163.51	\$1,445.15
Insurance - Work Comp	\$867.06	\$289.85
Insurance - Medical	\$2,611.75	\$1,862.00
Legal & Accounting	\$1,475.00	\$1,325.00
Newsletter Cost	\$1,422.27	\$1,847.62
Office Supplies	\$2,486.59	\$3,414.40
Postage	\$132.31	\$243.69
Penalties on Tax Payments	\$136.45	\$0.00
Office Rent	\$10,850.00	\$11,018.00
Equipment Rental	\$1,434.92	\$1,006.18
Repairs & Maintenance	\$0.00	\$50.00
Seminars & Education	\$760.80	\$477.78
Taxes- Payroll	\$1,892.97	\$1,879.10
Taxes- Annual Filings	\$60.00	\$50.00
Telephone	\$2,228.61	\$2,073.06
Utilities	\$1,219.38	\$1,658.14
Total Operating Expense	\$53,335.53	\$52,199.86
Other Income and Expense	\$0.00	\$0.00
Net Income/(Loss)	(\$4,652.11)	(\$9,288.90)

Gratitude ... From Page 1

grateful that I stopped drinking the next day; my sobriety day is July 7, 2005. God gave me that blessing unconditionally in his infinite mercy and love. Not because I had prayed every second since I had been arrested or for the 100+ Rosaries that I recited during the time I rode the bus while my driving privileges were suspended. I am also extremely grateful that I did not hurt anyone during my last drunk.

I drove two miles in the middle of the day in a residential area, and I entered a parking lot where people circulate continuously. I am also grateful that my .21% alcohol level required me to sit in AA rooms for nine months. That long exposure to the program and the fellowship made me chew and digest the many divine messages that float around in the meetings. I truly believe those messages convey service, strength, growth, honesty, humility and accountability.

That long exposure to the program and the fellowship made me chew and digest the many divine messages that float around in the meetings.

I learned those concepts in Catholic school. I could define them and quote them from the Bible. However, I had difficulty implementing them. I used to believe that I was a "defective Catholic" and the many "dirty communions" I took were just a part of the inadequacy. I am truly grateful that AA taught me to live those virtues to the best of my abilities. It is important to mention that my inability to implement Catholicism does not have to do with a failure in the Catholic church. I was not honest and chose not to act accordingly.

God blessed me with the "bestest" sponsor for me; he was not the sponsor that I wanted but the sponsor that I needed. He is the paternal figure that I never had, and he taught me to forgive and to make my amends to my alcoholic dad. (My dad died July 24th, 2010.) Not only has my sponsor taught me to volunteer for commitments, but through his sponsorship he has also showed me the meaning of "we" in the fellowship. I now understand that every action in the true spirit of the fellowship benefits others as much as it benefits me.

Continued on page 3

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Editor: Paul H.
Regular contributors: Roxy S., Stephen M.; Paul P.
NOCCO Board Oversight Committee: Billy P.
Cartoonist: Johnny G. Chief Proofreader: 86 proof

Get Involved and Watch Your Life Get Better

Get involved. We hear it all the time. It's a very broad statement. Just how do we get involved and with what? The good thing is in AA there are many ways and things with which we can become involved.

In my case I am a slipper, a retread. Attach whatever label you wish. This time around, I got a sponsor. I got involved with calling him every day, whether I thought I needed to or not. Then we began looking at the steps and after awhile other things came into play.

My sponsor was involved in conventions, so I took commitments like clean up and the like, which got me involved with other people. I found that I liked people and it turned out that some of them even like me.

After a year or so, I started to sponsor people myself and I started to get involved with them, becoming concerned with their issues, both good and bad. I was able to get them involved with the things my sponsor had gotten me involved with. I was able to

show them the way because someone had taken the time to show me that I could understand their frustrations and share in their victories.

I don't do the convention stuff any-

After a year or so, I started to sponsor people myself and I started to get involved with them, becoming concerned with their issues, both good and bad.

more; it just wasn't my thing. This is part of the beauty of AA -- there are so many different avenues that if one thing isn't for you, you can try something else. I went to GSR and didn't like it. Some folks do. I see the GSR guys around, and we're cool. Nobody shunned me. How great is that?

For me, the H&I Committee is a good fit. I have found people I enjoy being with, doing things I enjoy doing. Going into the jails and prisons is not for everybody, but it works for me. I haven't done many of the Hospital panels, but I have friends who absolutely love them.

What I am trying to say is it is really true that I only get out of AA what I put into it.

I was a slacker, doing just enough to get by, for my entire life before I got sober. I never really appreciated things that were just handed to me, and I would neglect them until they were destroyed.

In AA, I was shown to put some effort

into my sobriety so that when those times come that I am weighing the consequences of a drink (the thought of a drink does pop in from time to time) for the last 17 yrs I haven't had to succumb to that thought.

This theory of applying effort has paid off in all areas of my life, whether it be work, home, family etc.

So try some stuff, you may find you are capable of much more than you give yourself credit for.

**- Paul P.
Fullerton**

Gratitude ... From Page 3

My mother died of cancer June 10, 2010. However, she died at peace. The AA program returned to her a sober son, able to make living amends to her and others, show maturity and true faith in my late forties. I remember that she asked me on one of the last days I saw her "What's going to happen when I die?" I thought then (and still think today) that she meant to ask "Are you going to drink again when I die?"

I responded with what the AA program taught me: "Nothing is going to happen. Everything is going to be fine." I had a God when I came to AA. A God who loves, forgives, and helps everyone, if we actively seek Him in our actions, hearts and minds.

Unfortunately, my actions did not line up with my beliefs. Consequently, my faith was not very strong. However, my faith and hope grew stronger with and through AA. When my mother's

final stage of cancer came, my hope and faith held me strong and I was able to provide emotional support and maturity to my family.

AA's promises have replaced the emptiness I felt inside. In turn, I feel an inner peace that I had before only experienced in church. It has made my life complete. Sobriety makes sense and feels awesome. Today, my wild dream is just to give back to others a little bit of the generosity that the hand of God has provided to me.

The only reason that I do not think about drinking today is because life and sobriety feel so good in spite of being so real.

**Armando M.
Fullerton Alano Club**

UPCOMING EVENTS!

Poker Run to be held Oct. 10

The 2nd Annual Orange County Sober Poker Run will be held Saturday, October 10 beginning at 7:30 a.m. at the North Orange County Alcoholics Anonymous Central Office, 1111 E. Commonwealth Ave. in Fullerton.

If you can ride a motorcycle, drive a car or travel as a passenger, you are welcome to participate.

The event, a fundraiser for NOCAA Central Office, Woodglan Recovery Center and the Garden Grove Alano Club, will feature a barbecue, entertainment by "The Anonymous" and a 50-50 raffle. It will end at the Garden Grove Alano Club, 9845 Belfast Dr. in Garden Grove.

For more information, call Paul P. at (714) 313-7883 or Bill N. at (714) 815-5762.

Annual Hawaii Convention Slated for Nov 3-7, 2010

There will be plenty of fun, fellowship and sobriety at the annual Hawaii Convention, to be held Nov. 3-7, 2010 in Honolulu.

The event will feature AA banquets, golf and volleyball tournaments and, of course, meetings of Alcoholics Anonymous and guest speakers.

Go to www.annualhawaiiConvention.com for information about hotel and airfare discounts and to download registration forms.

CALL FOR VOLUNTEERS

Since the last issue,
Central Office took 904 calls:

478 from men and
426 from women.



Keep up the great work — YOU make a difference!

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

Sunday		
Fullerton	6 p.m.	530 W. Commonwealth Ave.
Orange	7 p.m.	261 N. Glassell@Chapman (The Ugly Mug)
Monday		
Irvine	7:30p.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, Base- ment, 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

September

Sat., 9-4 to Mon., 9-6 – Labor Day Alkathon at the Fullerton Alano Center, 530 W. Commonwealth, Fullerton. Speakers all weekend. Dance, potluck, pancake breakfast also scheduled.

Sat., 9-25 Mid-Southern California Area 9 Committees on Public Information and Cooperation with the Professional Community will hold a workshop from 10 a.m. to 2 p.m. at 7111 Arlington Ave., Ste. B, Riverside, CA 92503. For more information, call Brian at (760) 406-1372.

Fri., Sept. 24 to Sun, Sept. -26 - 24th Annual AA Rally, Love and Tolerance Crescent City, CA sbs.rally@gmail.com.

Fri., Sept. 24 to Sun., Sept 26 59th Southern California AA Convention; Town & County Hotel San Diego, CA 92108. Register on line at www.aasocal.com

October

Fri., Oct. 15 to Sun., Oct. 17 - Seventh Annual Santa Clarita Valley Convention of Alcoholics Anonymous with Al-Anon and Alateen Participation. Hyatt Valencia and Santa Clarita Conference Center, 24500 Town Center Drive, Valencia, CA. More information at www.scvaaconvention.org, or call (661) 310-0384.

Recycle Newcomer Chips!

You've heard about recycling aluminum cans and



glass bottles for pocket change. How about recycling your newcomer chips for a worthy cause?

If you have been sober awhile, no doubt you have several newcomer chips among your collection. Why not put them to good use and donate them to NOC Central Office?

Contact Roxy at **((714) 773-4357** for more information.

BIRTHDAY DONATIONS

Fred M. 36 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. Email: officemanager@aanoc.com.

Central Office News

Softbound literature on sale now

North Orange County Central Office has an offer for your meetings that's hard to refuse. For a limited time, get \$35 worth of soft-bound pamphlets and literature for \$20.

With titles such as "Understanding Anonymity," "the 12 Traditions Illustrated" and "The A.A. Group - Where it All Begins," it's enough literature to last the typical meeting six months or longer.

Visit NOC Central Office now at 111 E. Commonwealth Ave., Ste D., Fullerton, CA 92831.

Volunteers needed to answer calls

Central Office is in need of stable, sober volunteers to share their experience strength and hope with people who call or walk in off the street looking for help.

A variety of shifts are available and all it requires is a few hours of your time each week.

Call Roxy at 714) 773-4357 for more information.

Higher Power at Work in Middle of the Desert

If it wasn't the hand of a Higher Power that touched a certain woman I met recently, I don't know what it was.

We were on our way home following the end of the Tri-State Convention in Laughlin, NV in late May. The temperature topped 100 degrees.

The air conditioner was running and my sponsee was in the suburban. The driver and I rode past a lady standing outside of her car with a sign announcing, "We need gas."

I looked at my friend and without saying a word we both agreed to stop and see what was going on. The next filling station was 50 miles away. She held her 5-week-old son in the sun. What would she do? (She shared later that she was afraid of dying in the 100-plus degree heat, that she was out of gas and that no cell phone would take her call in that part of the desert.)

As we drove past and read her little sign, we pulled over and backed up. She was apprehensive and immedi-

ately thought that we were going to kill her. Our tattoos and the way we were dressed gave her the impression that we were not to be trusted. My sponsee and I wore bathing suit tops, with shorts, as did my friend who was driving. Standing on the blacktop in triple digit heat, this little momma knew she had to make a decision quickly. Take a chance and accept help from us or assume we were drunken degenerates and wait and hope that someone else came along.

Each option was risky with a baby and no gas. As I continued closer to their car, she noticed the necklace that I wear around my neck. I wear our pendant on a chain, which is the circle with a triangle in the middle. She said, "Oh you are one of us."

One could see the relief on her face – she knew she would be safe with us after all and that she was going to live and would make it home. I never realized what power that necklace had on people. She was no longer afraid. She, her girlfriend and her young son

got into the car and we drove them 50 miles to the gas station in the middle of the desert and back to their car.

What an intensive AA meeting we had during that car ride. For the next two hours we chattered about being grateful, and we talked about belonging to a fellowship of love and honesty. We shared about what brought us through the doors of AA. We talked about what hope feels like and we discussed forgiveness. Together, we cried and we laughed.

We won't ever forget overcoming and trusting in our Higher Power. When we arrived at the gas station a sign read, "Trust in God but check your car." It was a meaningful line. One day, I hope to see the young boy, his momma and the girlfriend. I guess that the power of love connects us all no matter what we are wearing. We carry an unwritten promise that only another alcoholic would understand.

Together we trudge that road. We have a purpose to be there by the grace of God. Thank you for giving us all a taste of love.

Roxy S., Fullerton

First Drink at 8 Leads to Trouble, Heartache

Now sober five years, alcoholic finds freedom

My name is Don and I am an alcoholic. I had my first drink at the age of 7 or 8. A friend and I were at a neighbor's house, playing pool in his dad's den. The neighbor's mom brought us cookies and milk.

My friend then showed us his dad's tapper (keg), so we did what any "normal" kids might do – we filled up our cups with beer and drank them down. We filled them again. Before long, we started to get loud. We were caught. Our friend's mother discovered us having too good a time with the beer. "Oh my goodness," she declared. We were ordered to the kitchen, where our cups of beer were poured down the kitchen sink while our friend's mother called our parents and spilled the beans about us.

When my dad picked me up, he laughed all the way home. My mother, on the other hand, was not the least bit amused by what she saw. They sent me to my room and when I got in bed, all I can remember is the whole room spinning around. It was not that much fun at the time.

Six years later, my brother, a friend and I were drinking a fifth of Southern Comfort on the railroad tracks. That really marked the start of my drinking career, and life kicked in. Drinking became my main goal in life from then on. I got arrested for being drunk in public and went to jail. As they say, I drank and drove and drove and drank. Fortunately, I didn't kill anyone.

In the ensuing years, I paid for my alcoholic behavior with all I had – my wife left me and I lost my kids. Then I had a choice – move in with my dad or live in my car. That was a no brainer. When I asked my dad if I could move in with him, he said yes but he would not allow any drinking at his house. While thanking him, I wondered to myself how I would be able to not drink. I lasted a week without booze.

Continued on page 10

SPEAKER MEETINGS: SEPTEMBER/OCTOBER 2010

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

Friday 8 p.m.	St. Jude Speaker St. Jude Hospital, Erickson Building 101 E. Valencia Mesa, Fullerton, CA
Sept 3	Valerie W., Yorba Linda
Sept. 10	Jim H., Rancho Santa Margarita
Sept. 17	TBS
Sept. 24	Nancy N., Tujunga
Oct. 1 & 8	TBD
Oct. 15	Matt J., Santa Barbara
Oct. 22 and 29	TBD
Friday 8:00 p.m.	Downtown Fullerton Speakers 109 E. Wilshire, Fullerton 92832 <i>Come hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Friday night.</i>
Friday 8 p.m.	La Habra Speaker 631 North Euclid St., La Habra, CA 90631
Sept. 3	Rich, Orange County
Sept. 10	Ed Pancake, Pomona
Sept. 17	Rooftop Johnny
Sept. 24	Jim S., Anthem
Oct. 1	Steve H., Santa Ana
Oct. 8	TBA
Oct. 15	Kevin C., San Clemente
Oct. 22	Miles E., Long Beach
Oct. 29	Lori B., Anaheim
Friday 8:00 p.m.	No Puffers Speaker 395 S. Tustin St., Orange
Sept. 3	Yolanda T., Orange
Sept. 10	Sherry H., Tustin
Sept. 17	Julia K., Orange
Sept. 24	Melanie K., Rancho Santa Margarita
Oct. 1	Dixie W., Tustin
Oct. 8	Jill H., Newport Beach
Oct. 15	Emily H., Santa Ana
Oct. 22	Shelley D., Santa Ana
Oct. 29	TBA
Saturday 8:00 p.m.	Oddfellows Speaker 109 E. Wilshire, Fullerton 92632 (First Christian Church)
Sep 4	Dwain I.
Sep 11	Tim L.
Sep 18	Nancy C.
Sep 25	Paul P.
Oct 2	Ray M.
Oct 9th	Stephen D.
Oct 16	Lou D.
Oct 23	Spiritual John
Oct 30th	Merle N.

Saturday 8:00 p.m.	Liverpool Speaker 4861 Liverpool @ Yorba Linda Blvd (Messiah Lutheran Church)
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Come hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Saturday night.

Sunday 10:30 a.m.	Fullerton Alano Center 530 W. Commonwealth, Fullerton
Sept. 5	Marion G., Lancaster
Sept. 12	Eric D., Cypress
Sept. 19	Rose S., Rancho Palos Verdes
Sept. 26	BIRTHDAY SUNDAY
Oct. 3	Fran S., Santa Clarita
Oct. 10	Mary M., Los Angeles
Oct. 17	Josh B., Cypress
Oct. 24	Kenny D., No. Hollywood
Oct. 31	BIRTHDAY SUNDAY

Sunday 10:30 a.m.	Western Medical (24 Hr. Speaker) 1025 S. Anaheim Blvd., Anaheim
Sept 5	Billy Joe, Fullerton
Sept 12	Paul J., Placentia
Sept 19	Stephen
Sept 26	Bob, Fullerton
Oct. 3	Mac and Donna, Fullerton
Oct. 10	Leon and Leigh Anne
Oct. 17	Clem Fullerton
Oct. 24	Mike M.
Oct. 31	Cinder Block

Sunday 8:00 p.m.	Fireside Speaker Meeting 8150 Knott Ave., Buena Park (Ehlers Community Center)
Sept. 5	Bobby K., Simi Valley
Sept. 12	Mike C., Corona
Sept. 19	Bobby F., Northridge
Sept. 26	Vern G., Seal Beach

October speakers to be announced.

Thursday 8 p.m.	Pioneer Speaker 202 W. Broadway, Anaheim
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Come hear a fabulous speaker in Alcoholics Anonymous share their experience, strength and hope every Thursday night.



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

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY Sept. 12 and Oct. 10	NOCPIC 2ND WEDNESDAY Sept. 8 and Oct. 13	INTERGROUP 2ND WEDNESDAY Sept. 8 and Oct. 13	VOLUNTEER MEETING Sept. 12 at 10 a.m.
<p>Orange County Hospitals and Institutions Committee</p> <p>2nd Sunday of each mo. Institutions Committee: 4-5 pm (Orientation at 3:15 pm)</p> <p>Hospitals Committee: 6-7 pm (Orientation at 5:15 pm) Garden Grove Alano Club 9845 Belfast Garden Grove Call (949) 278-5173</p>	<p>North Orange County Public Information Committee</p> <p><i>Learn about sharing the message with Non-A.A. people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO 1111 E. Commonwealth, Ste. D, Fullerton If you have questions, call Brian K. at 714-658-4581</p>	<p>North Orange County Intergroup Association</p> <p><i>Be an intergroup representative for your meeting.</i></p> <p>Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)</p>	<p>CENTRAL OFFICE holds a quarterly volunteer meeting on the 2nd Sat. every three months. <i>Coffee and donuts provided.</i></p> <p>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</p> <p>Call 714-773-4357 for information</p> <p>MEETING 10 A.M.</p>

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

26th Annual Orange County Convention

April 22, 23 and 24, 2011

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

7:30 p.m. Third Wednesday of each month
Sept. 15; Oct. 20; Nov. 17, Dec. 15, 2010;
January 19; Feb. 16 and March 23, 2011

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

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

Anonymous Times Needs You!

**Do you have a burning desire to share your story?
Want to help somebody else stay sober?**

Tell us how you did it. Send us your articles. Please keep your stories to 700 words or less.

Subject matter of articles must be confined to alcoholism. Keep in mind that we are not able to print poetry or profanity. If you include material from another source such as the Grapevine or the Big Book, please specify

which page number and the source. Submit your article to Central Office or email to: A.A.letters@gmail.com.

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



A.A. History

90 Meetings in 90 Days - Where'd Idea Come From?

My sponsor told me he wanted me to attend 90 meetings in 90 days and that was mandatory if he was going to sponsor me. I have asked about this and no one knows where this comes from. What happened to "one day at a time"?

aahistorylovers@yahoogroups.com had a recent article about this question. Part of the article is quoted here and it is suggested that you visit this site for further information about this question and much, much more.

"The first reference to 90 meetings in 90 days I could find was in an April 1976 Grapevine article "About Alcoholism," which contained information from sources outside A.A.:

"While some critics find the methods harsh, counselors claim they are often

the only hope of reaching the alcoholic. Once the counselors decide an employee is probably alcoholic, they usually send him to a physician for a double check. On a doctor's advice, many companies send their more serious problem drinkers to residential rehabilitation centers, commonly for about four weeks.

Practically all the aggressive company programs insist on participation in Alcoholics Anonymous, preferably attending "90 meetings in 90 days" to start." – Roger Ricklefs

It should be noted that the article was headed with this disclaimer from the Grapevine:

"Many of these items are contrary to AA philosophy. Their publication here does not mean that the Grapevine en-



dorses or approves them: they are offered solely for your information."

In a February 1986 book review by W.P. of "90 Meetings in 90 Days" by Ernie K., with the same disclaimer from the Grapevine.

In June 1985, a PO Box 1980 article, "The 'gospel' of 90 meetings...?" fostered several follow-up comments complaining about the concept.

Jerry L., Brea

A 17th Century Nun's Prayer

Author unknown

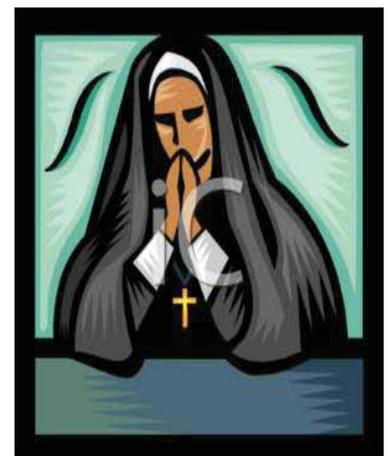
LORD, Thou knowest better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy tales of other's pains, but help to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cock-sureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a Saint – some of them are so hard to live with – but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And give me, O Lord, the grace to tell them so.

AMEN



Meeting Donations June-July 2010

City	Day	Meeting	Jun-10	July-10
Anaheim	Thursday 7:30 p.m.	Men's we got a coffeepot Stagg	35.00	
Anaheim	Monday 5:30 p.m.	Primary Purpose	50.00	50.00
Anaheim	Sunday	Western Medical Am		42.59
Anaheim	Ball Rd. Discussion	Wednsday 8pm		100.00
Anaheim Hills	Wednesday 7:30 p.m.	Big Book Study	68.97	
Brea	Friday 5:30 p.m.	Happy Hour BB Study	100.00	
Brea	Monday 10 a.m.	Women's Discussion		50.00
Brea	Monday 5:30 p.m.	Women's Happy Hour		70.00
Brea	Saturday 10:30 a.m.	Women's Step Study		46.77
Brea	Tuesday 5:30 p.m.	Women's 10th Step		61.00
Brea	Wednesday 5:30 p.m.	As Bill Sees It		67.00
Brea	Wednesday 6:30 p.m.	Daily Reflections	10.44	
Cypress	Monday Night	We Agnostics		25.00
Cypress	Tuesday 5:30 p.m.	Happy Hour BB Study	60.00	
Cypress	Tuesday 7:30 p.m.	Big Book Study	140.00	
Fullerton	Daily 6 a.m.	Att.Adjt.FAC	180.00	
Fullerton	FAC WED. 2 p.m.	Women's Coffee Talk	35.00	
Fullerton	Friday, 6 p.m.	Singles 4 Sobriety	70.00	
Fullerton	Monday 6:30 p.m.	Women Living in the Solution	35.00	
Fullerton	Anonymous			83.77
Fullerton	Sa 6 p.m.	Sat Night Live	50.00	
Fullerton	Saturday 9:30 a.m.	Feelings-Fullerton Alano		50.00
Fullerton	Sunday 10:30 a.m.	Speaker Alano		50.00
Fullerton	Sunday 2:30 p.m.	In The Now	25.00	
Fullerton	Sunday 5 p.m.	Participation, Wilshire	25.00	
Fullerton	Faithful Fivers	Colleen B.	25.00	25.00
Fullerton	Thursday 6 p.m.	What Trdition	57.19	
Fullerton	Thursday 8 p.m.	We Got a Coffee Pot	35.00	35.00
Fullerton	GSR	133967	44.00	
Fullerton	Thursday Men's Stag	FAC 6 p.m.		25.00
Fullerton	MO's Music	Monday 6 p.m.		35.00
La Habra	Sunday 7 p.m.	Sober Sunday		30.00
Laguna Beach	Sunday 7 a.m.	Whale Watchers	545.00	
LaHabra	Monday 7:30 p.m.	Fireside Greenwood M.		100.00
Los Alamitos	ALL	Surrender is Freedom		348.00
La Habra	Basic	Beginners Basic Group		100.00
NOCCO	Central Office	B-Day Frank & Sandy	56.00	
NOCCO	Central Office	Colleen Ballas	25.00	
NOCCO	Central Office	Dave O. B- Day	21.00	
NOCCO	Central Office	Gram Jean P.	50.00	
NOCCO	Central Office	INTERGROUP	55.53	
NOCCO	Central Office	NOCCO Womens Banquet		1,000.00
NOCCO	Central Office	Soda Coffee		38.00
NOCCO	Central Office	Tax refund		225.57
NOCCO	Dec. 19	Holiday Banquet refund	1,000.00	
NOCCO	Birthday Donation	Cathy and Hubby	32.00	
Orange	Anonymous	No Name Donation		137.78
Orange	Joe and Charlie	Big Book Workshop		70.00
Orange	Saturday 7 p.m.	Not a Glum Lot	60.00	

City	Day	Meeting	June-10	July-10
Orange	Tuesday 7 p.m.	Walnut Tuesday Cl.Disc.	50.00	
Orange	Wednesday 7 p.m.	Easy Does It		75.00
Placentia	Monday 8:00 p.m.	Unmanageables		60.00
Placentia	Sunday 7:30 p.m.	Placentia Sunday Night	25.00	70.00
Placentia	Jeff B.	Personal		100.00
Seal Beach	Friday noon	Druml Busters	80.00	
Villa Park	24 hr. Group	Attitude Mondayfication		186.11
Whittier	Mens	Greenwood Stagg		100.00
Whittier	Saturday speaker	7:30 Saturday Speaker		25.00
Whittier	Thursday 8 p.m.	The Den	20.00	30.00
Whittier	Tuesday 7 a.m.	Attitude Adjustment	25.00	
Yorba Linda	ALL 6 a.m.	Attitude Mondayfication	720.50	918.35
Yorba Linda	Monday 12 p.m.	Nooners	180.00	
Yorba Linda	Sunday 8:30 a.m.	Right Start	120.00	
Yorba Linda	Thursday 8 p.m.	Discussion-Presb. Church		70.00
Yorba Linda	Thursday 8 p.m.	We Got a Coffee Pot	35.00	
Yorba Linda	Thursday 8 p.m.	119601	100.00	
Yorba Linda	Tuesday p.m.	Rose Dr. Baptist Women's	100.00	88.00
Yorba Linda	Wednesday 12 p.m.	Noontimers		96.00

Trouble, Heartache .. from page 6

Then I went and got a small bottle of vodka and a 24 ounce bottle of beer. When I returned to my dad's house, he smelled the alcohol on me and ordered me to leave. It took some begging, but he gave me one more chance. I promised him I would not drink again, and I've been sober ever since.

It wasn't easy at first. I had to attend Alcoholics Anonymous meetings and ask for help. The people I met in the meetings were there for me when I needed them. Thank God for that. I went to a lot of meetings and asked someone to be my sponsor. He told me after 30 days he would be my sponsor. True to his word, he became my sponsor after I made it 30 days. I eventually had problems with him, so I asked someone else to help me and he did. It took me 12 months to do all the steps with this sponsor. He is a good man. I've been sober over five years now!

I have a home group that I have been attending for the last three years. It is important for me to have a home group. It is a place where everyone knows me and I am held accountable. I like Intergroup and regular meetings, too.

Church is part of my recovery also. I attend a church that celebrates recovery with a program based on eight principles from the beatitudes. Thank you for helping me stay sober just for today. Love always, Thank you for asking me to share.

Don H., Anaheim

Meeting Directory Updates

Has your meeting changed location? Is it no longer in existence?

Contact North Orange County Central Office immediately at (714) 773-4357 so that updated information can be included in the quarterly meeting directory.

Central Office Contributions

Attention meeting treasurers: When making contributions to Central Office, be sure to include your meeting name, time and location, as well as a contact phone number.

Thoughts on Isolation

Alcoholic only wanted to drink less

I noticed today, not for the first time, that I can make it through the day speechless.

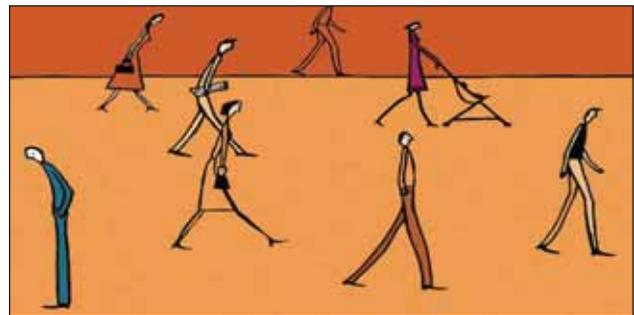
I went to the library today, there were a lot of people and books there. I looked through them both.

I chose a book and went to the self-service check out. I slid in my card and then left.

I went to the 11:30 a.m. AA meeting today. There were a lot of people there and a Book.

I listened while they talked about the Book and about their changed lives. I slid my card in the basket and left five minutes before the closing prayer.

I went to the supermarket today to shop. There were a



lot of people there talking and looking at food. I looked at the people and to the liquor aisle. I grabbed a Big Bottle. I walked to the self-checkout, slid my card and left.

I went home, sat on my couch in the dark, and drank straight from the bottle. I thought about all the people. I thought about the girl at the library and what I should have said, just before I left. I thought about the man at the AA meeting. He shared about fear and loneliness. He said he was happy now that he was sober and had a sponsor, and had some friends. He said he was grateful for whatever time he has left.

Ed W.

California Jack's Quips

Wit and wisdom from Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 372; "...I didn't have a drinking problem. I had a stopping problem."

....I believe that it's a lot harder to get sober than it is to stay sober.

....Son, if you really want to quit drinking, the first thing you gotta do is stop drinking!

....It's not all about the "yets"; it's about the "agains".

....I'm tired of paying the high price for low living.

....In order to get something to coast it has to go downhill.

....If I do excessive things I get excessive problems.

....So you believe you can handle this by your will power huh? Try this. Eat a box of Ex Lax then try to exert your will power and see what happens.

....The miracle begins when our thinking shifts from "I can't" to "I don't have to. (take a drink)"

....SOBER stands for Son Of a Bitch Everything is Real!

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

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

....I really didn't want to stop drinking. I just wanted all the bad stuff to stop happening.

....If you don't want to be run over by the bus, stop lying down in the street!

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

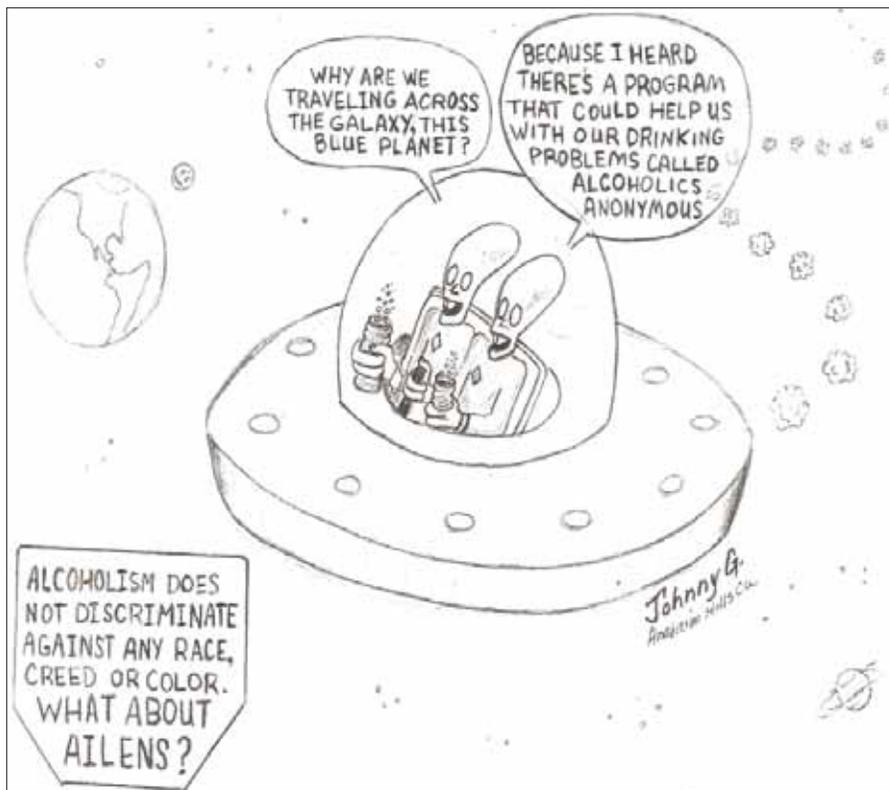
When the bartender cuts you off you tell him that you're as jobber as a sudge!....

That damned pink elephant followed you home again.

Hey, 5 beers has just as many calories as a burger, screw dinner!

Each night your roommate's cat looks 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**.



Lord - if I cannot have what I want --- help me want what I have TODAY.

Yesterday is history, tomorrow is a mystery, today is a gift---that's why it's called the present.

Stinking thinking leads to drinking.

If you feel guilty - stop doing what's making you feel guilty.