

# Anonymous Times

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

Volume 18, Issue 4

September/October 2012

## Chapter 8: To Wives

*Number 9 of 12 articles on the Big Book*

Chapter 8 is probably the most controversial chapter in the Big Book. Written by a man, (Bill W.) representing himself as a woman, exceedingly condescending in places, and more dated than any of the other chapters. However, it's also possible to state that this chapter may be the most under-appreciated in the Big Book. When I first questioned the pedigree of this article, my first sponsor said, "A principle is a principle, no matter how it is presented, and by whom it is presented – look for the principles and shut up about the rest." Sort of our like our advice to newcomers – "Take what you can use, and leave the rest."

Additionally, it is vital for me to remember that this chapter was written to reach out to the wives of the male AA members, for the purpose of enlisting them in the effort to help the husband stay sober. Reaching out to the spouses of AA members in this manner is rarely done today, because, (watch out – opinion here!) Al-Anon Family Groups does a more-than-adequate job of helping the spouse understand the disease of alcoholism, and how they might help or, at the very least, not make matters worse. Of course, this begs the question, "How do we direct the spouse to Al-Anon without seeming to take the alcoholic's side?" This is where the chapter excels.

This chapter describes the wide range of the actions and attitudes of the spouse of the alcoholic, and attempts to show the spouse where they may have become spiritually and emotionally sick, particularly due to their attempts to combat the alcoholism in their spouse. It does this by describing the wide range of reactions and emotions the spouse may have experienced in the weary battle of trying to "save" the alcoholic in their life. In other words, it attempts to enable that sense of identity necessary to seek help from others who

*Continued on page 2*

## Old Timer Dinner & Speaker Meeting to be October 19

An Old Timer Dinner and Speaker meeting will be held Friday, Oct. 19 at First Christian Church, 109 E. Wilshire Ave. in Fullerton.

The event, a fundraiser to benefit North Orange County AA Central Office, will feature speakers with a minimum of 25 years of sobriety, a 50/50 raffle and dinner.

No reservations are necessary and no tickets are being sold. Donations will be accepted and are appreciated. The event begins at 7 p.m. with dinner, followed at 7:30 p.m. by the speakers. For more information contact Central Office at (714) 773-4357.



North Orange County Central Office

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## North Orange County Central Office January through June 2012 vs. 2011

Revenue	January through June 2012	January through June 2011
Total AA Sales	\$17,415.83	\$19,669.76
Total Non-AA Sales	\$17,125.26	\$13,530.38
Total Donations	\$24,250.51	\$25,339.70
Total FUNd-Raisers	\$5,675.50	\$2,000.00
Rental Income - Suite C	\$343.00	\$-
Interest	\$3.78	\$122.38
Total Revenue	\$64,813.88	\$60,662.22
Total Cost of Sales & Direct Costs	\$22,421.65	\$20,733.48
Gross Profit	\$42,392.23	\$39,928.74
Operating Expenses		
Salaries	\$20,344.50	\$19,112.50
Bank Charges	\$128.29	\$34.00
Bad Checks	\$-	\$-
Cash short\over	\$(957.10)	\$(1.33)
Computer Expenses	\$1,074.39	\$56.97
Credit Card Discounts	\$1,027.85	\$-
Depreciation	\$71.88	\$129.00
Member Benefits	\$161.70	\$-
Insurance-General Liability	\$1,328.00	\$2,232.76
Insurance - Work Comp	\$(2,082.41)	\$2,517.47
Insurance - Medical	\$1,500.00	\$1,580.00
Interest Expense	\$-	\$-
Legal & Accounting	\$975.00	\$1,025.00
Licenses	\$-	\$-
Newsletter Cost	\$668.06	\$1,141.89
Office Supplies	\$1,736.28	\$1,018.27
Postage	\$411.40	\$8.80
Penalties-Tax Payments/Fil- ings	\$-	\$32.58
Rent-Office Space	\$7,750.00	\$9,300.00
Rental of Equipment	\$-	\$862.44
Relocation/Moving Costs	\$2,341.62	\$-
Repairs & Maintenance	\$903.73	\$176.90
Taxes- Payroll	\$1,675.32	\$1,615.85
Taxes- Annual Filings	\$80.00	\$60.00
Telephone	\$1,910.10	\$2,220.61
Utilities	\$891.54	\$1,283.23
Total Operating Expense	\$41,940.15	\$44,406.94
Other Income and Expense	\$-	\$-
Net Income/(Loss)	\$452.08	\$(4,478.20)

## To the Wives ... From Page 1

have suffered in a like manner, (just like the rest of the Big Book attempts to do with the alcoholic).

This chapter takes great pains and a large amount of space in the Big Book to describe for types of problems the spouse might have with the active alcoholic, (it calls them classifications of alcoholics). This is the part of the chapter where many bored AA members may perk up and spend a great deal of time why they fit in one classification or another – finally something in this chapter with which they can identify! But each of the four problem types presented provide specific information about the actions and condition of the alcoholic at a specific point in the downward spiral of alcoholism.

Lastly, and most importantly, an italicized paragraph at the end of the chapter provides the best information for the spouse, friend, child or others close to alcoholics. It is repeated here verbatim, *"The fellowship of Al-Anon Family Groups was formed about 13 years after this chapter was written. Though it is entirely separate from Alcoholics Anonymous, it uses the general principles of the AA program as a guide for husbands, wives, relatives, friends and others close to alcoholics. The foregoing pages, (though addressed only to wives) indicate the problems such people may face. Alateen, for teenaged children of alcoholics, is a part of Al-Anon. If there is no Al-Anon listing in your local telephone book, you may obtain further information on Al-Anon/Alateen Family Groups by writing to its World Service Office, 1600 Corporate Landing Parkway, Virginia Beach, VA 23457-5617.*

Nick M.

Gratitude is An Action Group of A.A.

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

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## What Has AA Done for Me?

### *Better to ask what you can do for others*

What has AA done for me? That's a basic topic for any meeting, so lets go with this:

I was 30 years old, ill-equipped to deal with life on life's terms, lived with my parents and could not sustain a relationship with any other human being. Jails were becoming more comfortable; that "look" from complete strangers was an everyday occurrence. You get the picture.

So when I went back to AA one more time, probably the first thing I had to learn to do is quit asking "why?" to everything presented to me. Additionally, I had to stop expecting a pat on the back for completing any simple task. Once I had these things at least in the back of my mind, I could start doing things without being asked. Only then did I begin to actually start finishing the things I started.

Okay, now it is 2012 and I am almost 50 years old and I haven't lived with my parents or been to jail in quite some time. Life is good. It's good because all those things I was willing to accept almost 20 years ago. I was talking to my sponsor, complaining really, about my future retirement and all that stuff. My job is taxing both mentally and physically. I probably have about another 10 years, then I probably won't be able to handle it physically. There is a supervisory position open that I am in line for. I am not the most talented or brightest candidate but I don't question the boss

incessantly; I simply do what they ask me to do. Kind of like when I was newly sober and my sponsor would ask me to do something. I didn't ask questions; I just did it. One other thing my sponsor and I discussed was going back to school. I graduated high school in 1980, I have never been back .

*So when I went back to AA one more time, probably the first thing I had to learn to do is quit asking "why?" to everything presented to me.*

always thought it was just because I am a dummy, which may fit into the equation, but what I have found is that I don't particularly care for the teachers. My recent brief encounters with the faculty at our local community college have not been too pleasant. I signed up for this class, paid the fees; it's all good. Among my new responsibilities at work is to drive to the San Fernando Valley every day.

I got this email from the school informing me that for the class I enrolled in there is a MANDATORY orientation, which really doesn't fit into my schedule. I had a little fit last night, and my wife listened; she's good like that. At 19 years sober, it comes down to this: if I want what they have, in this case a diploma, then I have to do what they do and on the instructors' terms. Probably should have learned all this in kindergarten.

Better late than never, I suppose.

**Paul P.  
Fullerton**

## AA Quote of the Month

*"We began to see adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than bravado. Thus we were enabled to accept ourselves, our circumstances, and our fellows."*

AA Co-Founder, Bill W., January 1962  
From: "This Matter of Fear"  
Best of Bill

## UPCOMING EVENTS!

### SoCal AA Convention Will Be Sept. 28-30

"There is a Solution" is the theme of the 61st Annual Southern California AA Convention, to be held Sept. 28-30, 2012 at the Town & Country Hotel, 500 Hotel Circle North, San Diego, CA 92108.

An abundance of meetings and special events are planned, including a banquet, golf tournament and 5k/10k Fun Run/Walk.

Contact pre-registration chair Kristen B. at (626) 956-6120 or visit [www.aasocal.com](http://www.aasocal.com) for more information.

### FAC to Host Halloween Fundraiser Oct. 27

The Fullerton Alano Club's Annual Halloween Fundraiser will be held Saturday October 27th from 8:00pm until midnight. The event will feature music, dancing with DJ Michael A. and a best costume contest.

Tickets are \$5 for FAC members and \$7 for nonmembers.

Come as your are or come dressed up for the event. For more information & to purchase tickets, visit FAC at 530 W. Commonwealth Ave., or call 714-992-0988.

### *Become a GSR Rep.*

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](mailto:nmurraymsca@hotmail.com).

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

#### Sunday

Anaheim	12+12 Young People 8 p.m.	202 W. Broadway (@ Lemon)
Fountain Valley	Youth in Recovery 1 p.m.	16581 Brookhurst St. Fountain Valley, CA
Orange	Young People's Dis- cussion 7 p.m.	820 W. Town & Country Rd. (Mariposa Women's Center),

#### Monday

Costa Mesa	New Lease on Life 12:15 p.m.	2144 Thurin St @ Vic- toria St (Grange Hall)
	Women's Monday FUNDAY 8 p.m.	420 W. 19th St. (1st Methodist Church near Triangle Square),
Irvine	Wild Bunch Men's Step Study 7:30 p.m.	5001 Newport Coast Dr c/s Bonita Cyn (Mariners Church-Port Kid Zone room)

#### Tuesday

Costa Mesa 12:15 p.m.	New Lease on Life 12:15 p.m.	2144 Thurin St @ Vic- toria St (Grange Hall)
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#### Wednesday

Yorba Linda	Topic Discussion 8 p.m.	18372 Lemon Drive @ imperial Hwy (1st Baptist Church)
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#### Thursday

Costa Mesa	We are Not Saints 3 p.m.	2701 Fairview Rd. (Stu- dent Health Center Rm. 108)
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#### Friday

Anaheim Hills	Discussion 8 p.m.	411 Lakeview Ave. (@91 Freeway Medical Office building in base- ment)
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Huntington Beach	Seacliff 7 p.m.	225 7th St. Garage #1
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Tustin	Turning the Corner 7:30 p.m.	1221 Wass St, 92780
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#### Saturday

Newport Beach	Hoag Hut Speaker	201 Newport Blvd.
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Long Beach	Nite Owls 10:30 p.m.	4019 E. 4th St.
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## CALENDAR of EVENTS

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

### September

Fri, Sept. 21-Sun, Sept. 23 **24th Annual Soberfest Campout - Kern River Valley**; Frandy Park Campground on the Kern River; Kernville, CA 93238; contact Marie @ 760-379-7413 for more information.

Fri., Sept. 28 - Sun, Sept. 30 -- **38th Annual Woman to Woman-San Diego**; The Dana on Mission Bay; 1710 West Mission Bay Drive, San Diego, CA; [www.womantowomansandiego.com](http://www.womantowomansandiego.com) for more information.

### October

Thurs., Oct. 4 - Sun., Oct. 7; **SOCALYPAA IV**; The Irvine Hyatt Orange County, CA; <http://socalypaa4.org> for more information.

Fri., Oct. 19-Sun., Oct. 21 **28th Annual Santa Barbara Convention**; 150 North Kellogg Avenue, Santa Barbara, CA 93117; Elks Lodge of Santa Barbara; <http://www.sbaaconvention.org/> for more information.

## 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](mailto:mickey.white@gm.com), or visit [www.bit.ly/sisconference](http://www.bit.ly/sisconference). You can also call (928) 783-1500.

## BIRTHDAY DONATIONS

Bill H. ↔ 30 yrs  
Tanny T. ↔ 29 yrs  
Rachel A. ↔ 26 yrs  
Chris D. ↔ 24 yrs  
Liz H. ↔ 21 yrs  
Cyndi Z. ↔ 3 yrs



### **PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!**

Shall we put another candle on your birthday cake too? To publish your birthday, send us your name, sobriety date and your contribution check (DO NOT SEND CASH) in the mail to: North Orange County Central Office, 1661 E. Chapman Ave., Suite 1H; Fullerton, CA; 92831. Email: [officemanager@aanoc.com](mailto:officemanager@aanoc.com).

## Central Office News

### ***'Thank You' for Open House Support***

On behalf of the entire NOCCO Board, Office Manager and all of us at NOCCO, a BIG, BIG, BIG THANK YOU TO everyone who participated in our August Open House and 30 Year Anniversary celebration. Between sales (at 10% off) and donations we rang up \$1,500.00 in sales/donations for one day!!! Stay tuned for information regarding our next fundraiser.

Stay tuned for details regarding our Gratitude Dinner tentatively set for November 2012.

Call NOCCO at (714) 773-4357 for information about volunteering, answering phones, participating in call forwarding, or if you have any questions.

### ***Call for Volunteers!***

Central Office took 1098 calls in May and June.

524 were from men  
574 were from women



Keep up the great work — YOU make a difference!

## NOC Central Office BULLETIN BOARD

<b>H&amp;I</b> <b>2<sup>ND</sup> SUNDAY</b> <b>Sept. 9 and Oct. 14</b>	<b>NOCPIC</b> <b>2<sup>ND</sup> WEDNESDAY</b> <b>Sept. 12 and Oct. 10</b>	<b>INTERGROUP</b> <b>2<sup>ND</sup> WEDNESDAY</b> <b>Sept. 12 and Oct. 10</b>	<b>VOLUNTEER MEETING</b> <b>Next meeting</b> <b>November 10</b>
<p><b>Orange County Hospitals and Institutions Committee</b></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><b>North Orange County Public Information Committee</b></p> <p><i>Learn about sharing the message with Non-A.A. people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO 1661 E. Chapman Ave., Suite 1H, Fullerton</p> <p>If you have questions, call Brian K. 714-658-4581</p>	<p><b>North Orange County Intergroup Association Intergroup</b></p> <p>Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)</p>	<p><b>CENTRAL OFFICE</b> <i>holds a quarterly volunteer meeting on the 2nd Saturday. every three months. Coffee and donuts provided.</i></p> <p>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</p> <p>Call 714-773-4357 for information</p> <p>MEETING 10 A.M.</p>

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

### FAC Open Until Midnight Saturdays

The Fullerton Alano Center at 530 W. Commonwealth Ave. will remain open until midnight Saturdays, offering additional time for those in recovery to enjoy fellowship, a cup of coffee or view some television.

Call the FAC at (714) 992-0988 for more information. The FAC is located at 530 West Commonwealth Avenue Fullerton, CA 92832. The phone number is (714) 992-0988.

### Send Us Your Story Online!

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



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

### What are Faithful Fivers?

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

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

NAME \_\_\_\_\_

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

Laurel Mc. • Steve D. • Tammy D. • Michele M.

• Linda C. • Michael V. • Mike • Cate. C.

William G. • Jeanne L.

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

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

# MAY/JUNE Meeting Donations

City	Day/Time	Meeting	May-12	Jun-12	YTD
Anaheim	Sun 10:30 A	24 Hr. Speaker Meeting	50.00	50.00	260.00
Anaheim	Wed 6:00 P	Men's Stag (Victor House)			60.00
Anaheim	Th 7:30 P	We Got A Coffee Pot - Men	35.00	70.00	245.00
Anaheim	Fri 6:30 P	Gratitude Is An Action			90.00
Anaheim	Sat 10:00 A	Big Book & 12x12 Study			85.00
Ana Hills	Mon 7:00 P	Women's E/S&Hope		150.00	474.00
Ana Hill/YL	Wed 7:00 P	Women's Big Book Study			78.00
Ana Hills	Wed 7:30 P	Wed. Night Book Study			200.00
Ana Hills	Th 7:00 P	Women's Solution			290.50
Ana Hills	Sat 8:30 A	It's In The Book			240.00
Ana Hills	Sat 6:00 P	Winner Circle (Kaiser)			120.00
Brea	Mon 10:00 A	Women's Discussion	130.00	100.00	425.00
Brea	Mon 5:30 P	12 & 12 Meeting	70.00	70.00	376.00
Brea	Tue 5:30 P	Women's 10th Step Hap Hr.	122.38		516.24
Brea	Tue 5:30 P	Men's Topic Discussion	42.00	40.00	253.90
Brea	Wed 5:30 P	As Bill See's It		70.00	293.83
Brea	Th 5:30 P	Living In The Solution		105.00	257.60
Brea	Fri 5:30 P	Big Book Study		105.00	371.00
Brea	Fri 7:30 P	Over 50 & Sober			300.00
Brea	Fri 8:00 P	Men's	55.00		155.00
Brea	Sat 10:30 A	Women's AA Step Study			200.00
Buena Pk	Mon 7:30 P	Monday Night Cypress		40.00	40.00
Cypress	Tue 6:00 P	Happy Hour BB Study		90.00	360.00
Fullerton	Daily 6:00 A	Attitude Modification	90.00	90.00	540.00
Fullerton	Sun 10:30 A	Sunday Morning Speaker		87.60	120.60
Fullerton	Sun 5:00 P	Sunday Night Survivor			50.00
Fullerton	Sun 8:00 P	Discussion	113.00		113.00
Fullerton	Mon 6:00 P	Mon Nite Men's Stag @ FAC			90.00
Fullerton	Mon 6:00 P	Fullerton Big Book		25.00	25.00
Fullerton	Mon 6:30 P	Women Living In Solution			76.00
Fullerton	Mon 8:00 P	True Colors			5.34
Fullerton	Tue 1:30 P	H.O.W. Women's Disc.			52.06
Fullerton	Wed 2:00 P	Women's Coffee Talk			60.00
Fullerton	Th 6:30 P	Women's Drop The Rock			76.60
Fullerton	Th 8:00 P	Kiss Women's Disc.			60.00
Fullerton	Th 8:00 P	Men's Participation (Mo's)	200.00		900.00
Fullerton	Fri 8:00 P	Top of The Hill (St. Judes)			10.00
Fullerton	Sat 9:30 A	As Dr. Paul See's It			34.00
Fullerton	Sat 6:00 P	Saturday Night Live			211.60
Garden Gr	Sun 6:00 A	Sunday AM BB Study			44.84
Garden Gr	Sun 10:00 A	Speakers		20.00	40.00
Garden Gr	Sun 12:00 P	Discussion/Participation			200.00
Garden Gr	Sun 6:00 P	Ch. 2-7 Big Book Study		40.00	40.00
Garden Gr	Fri 6:00 A	Attitude Adjustment	25.00		49.50
La Habra	Sun 10:30 A	Participation			50.00
La Habra	Sun 7:00 P	Sober Sunday			42.00
La Habra	Wed 7:30 P	La Habra Men's Stag		120.00	320.00
La Habra	Wed 7:00 P	Women's Participation	30.00		30.00
La Habra	Fri 8:00 P	Friday Night Beginner			208.90
La Mirada	Sun 8:00 P	Men's Big Book Study			57.80
La Mirada	Tue 8:00 P	Winners Circle			215.00
Laguna Beach	Sun 2:00 P	AOCYPAA			354.01
Laguna Nig	Fri 7:00 A	Back to Basics			24.00

City	Day/Time	Meeting	May-12	June -12	YTD
Los Alamitos	Daily 7:00 A	Surrender Is Freedom	200.00	150.00	942.70
Los Alamitos	Sun 4:00 P	Happy Hour Topic Disc.			140.00
Los Alamitos	Sun 6:00 P	Big Book Study			60.00
Los Alamitos	Wed 8:00 P	Sobriety First			50.00
NOCCO		Intergroup			48.00
Orange	Sun 8:30 A	Attitude Adjustment	75.00		75.00
Orange	Sun 11:00 A	Book Study			70.00
Orange	M-F 5:30 P	Rush Hour Discussion			160.00
Orange	M-F 5:30 P	Tustin Rush Hour		60.00	60.00
Orange	Mon 6:30 A	Taking Care Of Business			230.00
Orange	Mon 12:00 P	12&12 / Traditions Study			140.00
Orange	Tue 5:30 P	Rush Hour Discussion			100.00
Orange	Tue 7:00 P	Women's Keep It Simple	46.25		46.25
Orange	Wed 6:30 A	Early Bird / Kick Start		65.00	159.50
Orange	Wed 11:15 A	Chap/Lewis Open Meeting			260.00
Orange	Wed 7:00 P	Easy Does It (Kaiser)		80.00	170.00
Orange	Th 12:00 P	Discussion		100.00	100.00
Orange	Th 7:00 P	Men's (Mariposa)		65.00	65.00
Orange	Th 7:30 P	Men's Big Book Study, Org		19.00	29.00
Orange	Th 7:30 P	All About Me Men's Stag	30.00		60.00
Orange	Fri 6:30 A	Smashing Donuts	62.00		150.00
Orange	Fri 8:00 P	No Puffers Speaker			145.00
Orange	Sat 7:00 P	Not A Glum Lot	15.00		15.00
Orange	Sat 7:30 P	Hip, Slick & Sick	50.00		50.00
Placentia	Sun 8:30 A	Right Start	34.00		193.53
Placentia	Mon 6:30 P	Sober Start			60.00
Placentia	Mon 8:00 P	Unmanagables			80.00
Placentia	Th 10:30 A	Women's Stepping Stones	150.00		150.00
Santa Ana	Wed 8:00 P	Cooper Fellowship - Disc.		11.00	11.00
Villa Park	Daily 7:30 A	24 Hour Book Group			163.83
Villa Park	Fri 12:00 P	Women's Big Book Study	58.10		58.10
Whittier	Sun 8:00 P	Sunday Night Step Study	15.00		45.00
Whittier	Tue 7:00 P	No Nonsense 12 x 12			20.00
Whittier	Tue 7:30 P	Men's Big Book Study	80.00		80.00
Whittier	Wed 7:00 P	Women's Winners			60.00
Whittier	Wed 7:00 P	Participation		80.00	80.00
Whittier	Th 8:00 P	The Den Book Study	76.50		76.50
Whittier	Fri 7:00 P	Big Book Study	100.00		100.00
Whittier	Sat 10:30 A	Women's Acceptance			165.00
Whittier	Sat 7:30 P	Whittier Sat Night Speaker		45.00	120.00
Yorba Linda	Daily 6:00 A	Attitude Modification	1,417.51		4,762.34
Yorba Linda	Mon 12:00 P	Step / Book Study			201.60
Yorba Linda	Mon 7:00 P	Monday Nite Men's Stag	141.09	75.95	217.04
Yorba Linda	Tue 7:30 P	Women's Discussion			120.00
Yorba Linda	Tue 8:00 P	Ohio Street Winners	70.00		422.84
Yorba Linda	Wed 12:00 P	Noontimers		105.00	648.00
Yorba Linda	Wed 7:00 P	Women's Big Book Study	60.00	60.00	120.00
Yorba Linda	Th 7:30 P	YL Thursday Participation			400.30
Yorba Linda	Fri 12:00 P	Daily Reflections		50.00	170.00
Yorba Linda	Fri 5:30 P	Happy Hour			77.00
Yorba Linda	Fri 8:00 P	Friday Nite Ohio Winners Cr.		80.00	328.96
		<b>TOTAL GROUPS:</b>	<b>3,642.83</b>	<b>2,318.55</b>	<b>22,047.81</b>

## Bill W.'s Experiments with LSD

*The now illicit drug was thought to hold promise for alcoholics*

Amelia Hill, in an article in today's UK newspaper The Guardian, headed - How AA founder believed LSD could cure alcoholics:

"The discovery that Wilson considered using the drug as an aid to recovery for addicts was made by Don Lattin, author of a book to be published in October by the University of California Press, entitled Distilled Spirits."

But it was Ernest Kurtz, in 1979, who actually first published the fact that Bill W. had experimented with LSD. See Ernest Kurtz, Not-God: A History of Alcoholics Anonymous (Center City, Minnesota: Hazelden, 1979; expanded edition 1991), pp. 136-137. Kurtz had discovered Bill W's LSD experiments while researching his Ph.D. thesis at Harvard University (he was awarded a Ph.D. in the History of American Civilization at Harvard in 1978).

See also Ernest Kurtz, "Drugs and the Spiritual: Bill W. Takes LSD," pp. 39-50 of Ernest Kurtz, The Collected Ernie Kurtz, Hindsfoot Foundation Series on Treatment and Recovery (New York: Authors Choice, 2008; orig. pub. 1999).

There is a copy of the article which may be read at <http://hindsfoot.org/tcek03.pdf>



Kurtz's introduction to that article says: "In early 1989, an editor of Lear's Magazine asked if I would be interested in writing an article on Bill Wilson and LSD. This had been an interesting topic since the publication of Not-God. An A.A. Trustee had asked me to consider excluding that part of my dissertation from publication, but after consultation with my mentors, I decided to retain it as an essential part of the story. When the book was published, members and others who loved Alcoholics Anonymous did not object to the publication of this information but rather rejoiced that it revealed that Bill W. remained a flawed human being even in sobriety, just as did they. Due to the demise of Lear's, the article was never published and so appears in print here for the first time."

For more information, contact Glenn C. [glennccc@sbcglobal.net](mailto:glennccc@sbcglobal.net).

Reprinted from <http://health.groups.yahoo.com/group/ahistorylovers/>.

## AA Tools of Recovery

In the late 1970's and early 1980's, A.A. all over the St. Joseph river valley in northern Indiana experienced a period of rapid growth, producing a huge influx of raw beginners, along with the creation of many additional meetings. Three of the old-timers got together -- Bill Peters, Don Helvey, and Marcel "Ben" Benson -- along with two other men who were relatively new to the program -- Chainsaw Clint Becker and Jan N. -- and put together a short piece called the A.A. Tools of Recovery, summarizing the seven most important things which they felt that these newcomers to the program needed to know.

Benson was a Frenchman and Clint got his nickname from an incident that happened back when he was still drinking. He was working

*Continued on page 10*

## Home Groups: Why Is Your's the Best?

The Anonymous Times would like to invite readers to share their experience finding a home group. Let us know why your home group is the best.

Having a home group is vital to a newcomer's sobriety. It's where members can let down their hair, ask questions about Alcoholics Anonymous, find a sponsor and be held accountable.

Members of particular groups often participate in activities outside of the meetings. They might spend weekends camping, attend spiritual workshops together, have cook-outs at the beach, visit museums. The list is endless.

The idea is to forge new friendships in sobriety, broaden one's outlook, and perhaps most important of all, keep the newcomer coming back.

Keep your article to 700 words or less and submit it to [aaletters@gmail.com](mailto:aaletters@gmail.com) or through the North Orange County Central Office Web Site at [www.aanoc.com](http://www.aanoc.com).

We reserve the right to edit articles for style and clarity.



## SPEAKER MEETINGS: September/October 2012

Anonymous Times would like to publish your list of speakers for November/December 2012.

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

Friday St. Paul's Church (*Formerly St. Jude Speaker*)  
8 p.m. 111 W Las Palmas Ave  
Fullerton Ca 92835

September 7 Meghan B Placentia  
September 14 Rob F Orange  
September 21 Thomas Mc Santa Ana  
September 28 Charlotte B Huntington Beach  
October TBA

Friday Downtown Speakers (1 Hour)  
8 p.m. 109 E. Wilshire, Fullerton 92632 (1st Christian Church)

September 7 Nancy R  
September 14 Jerry H  
September 21 Caty F  
September 28 Rich W  
October 5 Caroline B  
October 12 Preston  
October 19 Old Timers Meeting  
October 26 Joe D  
November 2 Jennifer W.

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

Friday No Puffers Speaker  
8 p.m. 395 S. Tustin St., Orange  
*Hear a great speaker share about sobriety every Friday night.*

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

Saturday Oddfellows Speaker  
8 p.m. 109 E. Wilshire, Fullerton 92632  
*Hear a great speaker share about sobriety every Saturday night.*

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

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

September 2 Julie S.J., Huntington Beach  
September 9 Adam T., Santa Monica  
September 16 Sally R., San Bernardino  
September 23 Dan S., Laguna Beach  
**September 30 BIRTHDAY SUNDAY**  
October 7 Maggie M., Woodland Hills  
October 14, Mike Z., Los Angeles  
October 21 Linda P., Lake Balboa  
**October 28 BIRTHDAY SUNDAY**

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

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

Wednesday Fullerton Alano Center  
8 p.m. 530 W. Commonwealth, Fullerton  
*Hear a great speaker share about sobriety every Wednesday night.*

Thursday Pioneer Speaker  
8 p.m. 202 W. Broadway, Anaheim

September 6 Ron S., Upland  
September 13 Laurel G., Santa Ana  
September 20 Derek W., Long Beach  
September 27 John H., Cypress  
October 4 Myra T., Anaheim Hills  
October 11 Tara e., Fullerton  
October 18 Lisa B., Anaheim  
October 25 Jerry L., Brea

To include meetings, we need your  
speaker lists by **October 15, 2012.**

## AA Tools of Recovery ... From Page 8

as a tree trimmer at that time, his wife got mad at him and locked him out of the house, and he cut the door out with a chainsaw.

The Tools of Recovery are still to this day read at the beginning of many A.A. meetings in the St. Joseph river valley region along with reading the twelve steps. Many of the good old-timers believed that it was important to repeat these basic principles over and over, until newcomers had them instinctively drilled into their heads, and could repeat them almost like a litany.

The first principle made it clear that the way an alcoholic kept from getting drunk was not to take even the first drink. The next five were the things that not only got people sober but kept them sober. Good sponsors noted that those who relapsed and returned to drinking had almost invariably failed to do one or more of these five things in any serious and dedicated way. And the seventh principle was a constant reminder that A.A. meetings could not function properly unless members could talk about all of their feelings and anything that was bothering them, in an accepting and shame-free atmosphere, without worrying about whether it was going to be repeated outside of the group. That was a solemn pledge which the members of the group had to make to one another.

### THE A.A. TOOLS OF RECOVERY

#### ABSTINENCE

We commit ourselves to stay away from the first drink, one day at a time.

#### MEETINGS

We attend A.A. meetings to learn how the program works,

to share our experience, strength and hope with each other, and because through the support of the fellowship, we can do what we could never do alone.

#### SPONSOR

A sponsor is a person in the A.A. program who has what we want and is continually sober. A sponsor is someone you can relate to, have access to and can confide in.

#### TELEPHONE

The telephone is our lifeline -- our meeting between meetings. Call before you take the first drink. The more numbers you have, the more insurance you have.

#### LITERATURE

The Big Book of Alcoholics Anonymous is our basic tool and text. The Twelve Steps and Twelve Traditions and A.A. pamphlets are recommended reading, and are available at this meeting.

#### SERVICE

Service helps our personal program grow. Service is giving in A.A. Service is leading a meeting, making coffee, moving chairs, being a sponsor, or emptying ashtrays. Service is action, and action is the magic word in this program.

#### ANONYMITY

Whom you see here, what you hear here, when you leave here, let it stay here. Anonymity is the spiritual foundation of our program.

*Reprinted from [http://www.justloveaudio.com/resources/Assorted/AA\\_Tools\\_of\\_Recovery.pdf](http://www.justloveaudio.com/resources/Assorted/AA_Tools_of_Recovery.pdf)*

## Origin of 'Pass It On' Phrase

Folks, where or when or by whom was the phrase "pass it on" first used as it relates to AA? The question arose at a parking lot meeting after the meeting. Thanks, David Nieland

From Glenn C. the moderator:

Big Book p. 9 referring to Ebby visiting Bill W. in his apartment: "He had come to pass his experience along to me."

Big Book p. 94 chapter on Working with Others: "It is important for him to real-

ize that your attempt to pass this on to him plays a vital part in your recovery. Actually, he may be helping you more than you are helping him."

12 + 12, chapter on Tradition 2: "John Doe, a good A.A. moves - let us say - to Middletown, U.S.A. Alone now, he reflects that he may not be able to stay sober, or even alive, unless he passes on to other alcoholics what was so freely given him."

And one especially notable use of the

phrase is in "Pass It On" (this being the title of the official AA biography of Bill W.) on p. 7 at the beginning of the book:

"... I'll never forget the first time I met Bill Wilson. I was a couple of months sober and so excited, so thrilled to actually meet the co-founder that I gushed all over him with what my sobriety meant to me and my undying gratitude for his starting A.A. When I ran down, he took my hand in his and said simply, 'Pass it on.'"

*Reprinted with permission from <http://health.groups.yahoo.com/group/aahistorylovers/>*

# Captured Quips from California Jack

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

*From the Big Book of Alcoholics Anonymous, pg 123; "... for the drinking career of almost every alcoholic has been marked by escapades, funny, humiliating, shameful, or tragic."*

"Once I started to clean up the past I could face the future."

"The stuff I've taken for granted I've lost."

"I should have been fired 10 years ago and I've only been there for 8 years!"

"The question isn't how we got here, it's how do we stay here."

"With every high I achieved a new low."

"By the time I got here I looked like sin dipped in misery."

"It's simple. If you know better, do better."

"Sometimes it seems like my life went by without me living it."

"I'd give you all my humility pitch but there aren't enough

people here tonight."

"Everyone in AA suffers from ADD: Alcohol, Drugs, and Drama."

"I tried running away from my problems but I always had to bring me with me."

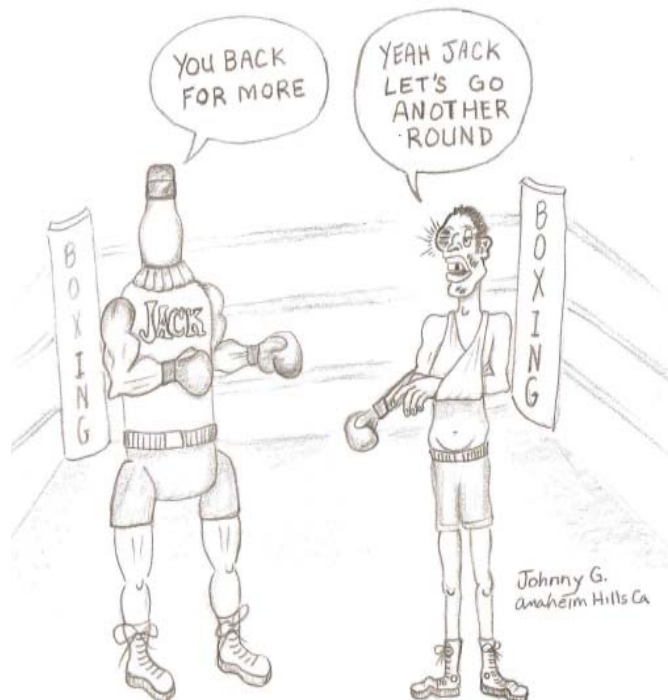
"We're like teabags. We only react when we get into hot water."

"I tried putting one foot down to stop the bed from spinning and fell out of bed"

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

A man had been drinking at the bar for hours when he mentioned something about his girlfriend being out in the car. The bartender, concerned because it was so cold, went to check on her. When he looked inside the car, he saw the drunk's buddy, Pete, and his girlfriend going at it in the backseat. The bartender shook his head and walked back inside. He told the drunk that he thought it might be a good idea to check on his girlfriend. The drunk staggered outside to the car, saw Pete and his girlfriend entwined, then walked back into the bar laughing. "What's so funny?" the bartender asked. "That damned Pete!" the drunk chortled, "He's so drunk, he thinks he's me!"

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



### Suggested Donations

- ✓ **70% N.O.C. CENTRAL OFFICE:**  
1661 E. Chapman #1H; Fullerton, CA; 92831
- ✓ **20% GENERAL SERVICE OFFICE:**  
Box 459, Grand Central Station, New York, NY 10163
- ✓ **10% MID-SO. CAL AREA #9:**  
P.O. Box 51446, Irvine, CA 92619
- ✓ **OPTIONAL 5% Local District Office or Hospitals & Institutions**

See page 67 of the Orange County Meeting Directory for more information. Please include the following important information when submitting your group donation: Full Meeting Name, Day, Time and City. Please include your name and return address so we can mail you a receipt.

# FUNDRAISER FOR NOCCO



## Old Timers Dinner & Speakers

October 19<sup>th</sup>, 2012

First Christian Church  
109 E. Wilshire Ave.  
Fullerton, CA

**DINNER: 7:00PM**

**SPEAKERS: 7:30PM**

**COME ENJOY DINNER AND LISTEN TO  
SPEAKERS WITH OVER 25 YEARS SOBRIETY.  
FESTIVITIES INCLUDE 50/50 RAFFLE DRAWING!**

No Reservations Needed  
Donations Accepted  
(Not Selling Tickets)