

Anonymous Times

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In Memory of Joe McQ

'Joe and Charlie' co-founder leaves rich legacy

It is with great sadness that we share the news that Joe McQ died on Thursday, October 25, 2007. Joe was 78 years old.

Joe was widely known within the fellowship because of his love for the big book and his partnering with Charlie P. to start and continue the Joe and Charlie Big Book Studies since 1977 that have been given all around the world.



Joe was sober since March 10, 1962, when he found himself in the psych ward and drunk tank at the Arkansas State hospital. At age 35, he finally confronted his alcoholism and ran up

the white flag. Joe also founded and was the Executive Director of Serenity Park treatment Center in Little Rock, Arkansas.

Joe is often remembered for his slightly slanted version of the Promises. In the Big Book Comes Alive seminar, Joe McQ. Reads the promises in the following manner:

This is the way alcohol made him feel before it turned against him.

"When I drank alcohol I would know a new freedom and a new happiness. When I drank alcohol I would not regret the past nor wish to shut the door on it. When I drank alcohol I would comprehend the word serenity and would know new peace. When I drank alcohol no matter how far down the scale I had gone, I would see how my experience could benefit others. When I drank alcohol, that feeling of uselessness and self-pity would disappear.

When I drank alcohol I would lose interest in selfish things and gain interest in my fellows.

When I drank alcohol self-seeking would slip away. When

I drank alcohol my whole attitude and outlook upon life would change. When I drank alcohol fear of people and of economic insecurity would leave me. When I drank alcohol I intuitively knew how to handle situations which used to baffle me.

When I drank alcohol I suddenly realized that alcohol is doing for me what I could not do for myself. "My God, no wonder I loved to drink! Alcohol did that for me many, many years. Alcohol was my friend. I doubt that I could have lived in normal society growing up, without Alcohol or some other drug. It did for me exactly what I wanted it to do."



**NORTH ORANGE COUNTY
CENTRAL OFFICE**
Fullerton, CA 92831

OFFICE HOURS
9 am-9 pm

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

FAX: (714) 773-0179

WEBSITE: www.aanoc.com

E-MAIL: officemanager@aanoc.com

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Alcoholism: A Merry-Go-Round called Denial

Step one: "We admitted we were powerless over our addictions and compulsions that our lives had become unmanageable"

1. Alcoholism, the Family Disease - Bill W., cofounder of Alcoholics Anonymous says: "Any family, wife and children, who have had to live with an alcoholic a number of years are bound to be rather neurotic and distorted themselves. They can't help it."

2. Change must come from within - This requires rigorous honesty.....Admission is the Key!

"But if you fail to keep your word, then you will have sinned against the Lord, and you may be sure that your sin will find you out"

3. Denial - We are as sick as our secrets. We must allow God to shine his light into the dark areas we have hidden from ourselves and others.

"There is a path before each person that seems right, but it ends in death."

Alcoholism: A Merry-Go-Round Called Denial

On Oct 5, 1968, Rev. Joseph L. Kellermann made a presentation. Al-Anon has produced a pamphlet from this talk. Here are the main points:

Setting the Stage- Alcoholism is a tragic three-act play with at least 4 characters, the drinker, their family & friends, co-workers and even counselors may play a part in keeping this cycle churning.

- Person drinks too much (or other compulsions)
- Others reacts to his drinking and its consequences
- Drinker responds to this reaction and drinks again
- This sets up the merry-go-round of blame and denial
- This downward spiral is what characterizes alcoholism

To observe the alcoholic alone, to read a scientific description of the illness, or to listen to the families' tale of woe is only a small part of the drama. You need to see the play to understand what is happening.

Act 1

- The play opens when the alcoholic states that no one can tell them what to do. They simply will not discuss it, no matter how serious the problem is.
- This makes it difficult for the family to talk about drinking and it's results. (The Elephant is in the room but nobody talks about it)
- Talking is like a one way street. No one seems to hear what the others are saying. People say one thing, yet do another.

The key word in alcoholism is "Denial"- Early in the first act the alcoholics progress in their drinking patterns. They begin to conceal the amount of drinking off stage. This is the first part of denial. Hiding the amount of drinking or other destructive behaviors is the first sign of alcoholism. This has become an important part in helping him feel better.

If this continues long enough alcoholics creates a crisis. The pattern is always the same: they are dependent, and behave as if they were independent. They wait for something to happen, ignore it, walk away from it, or cry for someone to help them get out of it.

Alcohol once made them feel a sense of success and independence; they are now stripped as a helpless, dependent child.

Act 2

The alcoholics do nothing but wait and expect others to do for them. Three others in the play act out their roles and they benefit from what others do. They do little or nothing: everything is done for them in the second act.

The Enabler- the first person to appear is helpful and may be impelled by their own anxiety and guilt to rescue their friend from the predicament.

They want to save the alcoholic from the crisis and relieve him from the tension created by the situation.

In reality they may be meeting a need of their own rather than a need of the alcoholic, but they don't know it.

A Merry-Go-Round called Denial ... Continued from page 2

Rescuing denies the alcoholic the process of learning. Correcting their mistakes sets them up to believe there will always be a protector. It doesn't help for the enabler to say that they will never help them again. Such rescue operations can become just as compulsive as drinking.

The Victim – This is the next character to come on the stage. This may be the boss, the employer, and the foreman, or supervisor, commanding officer in military life, business partner, or fellow employee. The victim is the one responsible to get the work done while the alcoholic is absent or half-on and half-off due to hangovers. The alcoholic becomes dependent on this protection and cover-up by the victim. The Victim enables the alcoholic to continue his irresponsible drinking without losing his job.

The Provoker- The third character in this act is the key person in the play. It is the spouse, parent, or person with whom the alcoholic lives. They are veterans at this role and are hurt and upset by the drinking episodes. They hold the family together despite all the trouble caused by the destructive behavior. In turn they feed back into the relationship bitterness, resentment, fear, and hurt, and so become the source of provocation. They control and try to force the change they want. They sacrifice, adjust, never give up, never give in, and never forget.

The attitude of the alcoholics is that failure should be acceptable, and provokers must never fail them. They act with independence and do what they please and then expect provokers to do what they want. Then alcoholics blame provokers for everything that goes wrong in the home or marriage.

Another name for this role is the Adjuster, always adjusting to the crisis and trouble caused by drinking. They try everything they can to make the marriage work to prove the alcoholic is wrong.

Act 2 is now played out in full. The alcoholic in his helpless condition is rescued. He is clothed in the costume of being a responsible adult. Everything is done for him and not by him. His dependency increases and he remains an child in and adult suit. The painful results of drinking are suffered by persons other than the drinker. This permits the alcoholic to continue drinking as a way to solve problems.

The process so far:

- Act one- The alcoholic kills pain and woe by getting drunk

- Act two- Trouble and painful results of drinking are removed by other people. This convinces the alcoholic to go on behaving irresponsibly.

Act 3 – Begins like Act 1, but the need to deny is greater. Alcoholics deny they are alcoholic, that alcohol is causing trouble, or that anyone helped them. They deny that they may lose their job, and insist they are the best and most skilled at it. They deny they have caused their family trouble, blaming others, especially their spouse for all the fuss, nagging and the problems.

Some achieve the same denial by a stony silence, refusing to discuss anything related to their drinking. Others allow the family to discuss what the alcoholic did wrong. Spouses, however, never forget what resulted from the drinking.

The real problem is that alcoholics are well aware of the truth which they so strongly deny; they are aware of the drunkenness and failure. The guilt and remorse have become unbearable; they cannot tolerate criticism or advice from others. The final result in Act 3 goes beyond embarrassment; alcoholics reach an incomprehensible demoralization. It is just too painful for a person who wants to be the master of their own world to face the truth. That would require change. The family adjusts to this way of life; it is now becoming a destructive merry-go-round.

Recovery begins in Act 2- It must begin here. New roles must be played, and the play must be rewritten. The other actors must learn how to break the alcoholic's dependency on them by refusing to give in to it. It is true that there is almost no chance for recovery as long as other people remove all the painful consequences for the alcoholic.

The moral issue- the other actors on the alcoholic's stage can't play God and demand that the alcoholic stop drinking. On the other hand, they can take moral charge of their own actions, and set boundaries.

When the others abandon the roles of enabler, victim, provoker or adjuster, the alcoholic has no one to depend on. Without the supporting cast, the alcoholic can only face the truth.

Remember that family members can either start the recovery process- or help to keep the illness going.

They can work toward recovery by changing to more constructive roles in the drama of alcoholism.



UPCOMING EVENTS!

Sutter Buttes Roundup is coming to Yuba City, CA from May 2-4, 2008

Come on out to the Sutter County Veterans Community Building to hear some great speakers. Log on to www.aasacramento.org for all the information.

3rd Annual Seniors In Sobriety International Conference

This year's event will be held May 20-23, 2008 at the Queen Mary Hotel in Long Beach, CA. Come for the Meetings, Workshops, Luncheon, Banquet, Speakers, and Fellowship.

Log on to www.2008sisconference.org for more information.

2008 AALA Roundup Convention

The theme for this year's Roundup is "A New World." and will be held at Marriott Burbank Airport Hotel & Convention Center from May 23-26, 2008. Log on to www.aal-aroundup.com for information and registration.

19th Lake County Intergroup Soberfest Convention

More information coming soon for this event. Keep tabs at www.lakecountyaa.org.

ALL DRESSED UP and NO PLACE TO GO?

Don't forget to pick up your Orange County A.A. Meeting Directory, available at Central Office, Clubs and Fellowship Halls. For less than the price of a cup of coffee (54 cents including tax), you'll have the latest meeting information at your fingertips. Buy one for yourself and one for a friend – it's a great way to welcome a newcomer to the fellowship!

Looking for something to do?

Here are some upcoming events
that might be of interest

A.A. Desert PowWow

Once again the A.A. Desert PowWow is being held at the beautiful Renaissance Esmeralda Resort on June 12-15, 2008. Sign up early or you'll miss out on golf, 10/2k fun run, meetings, discussions and so much more. Visit www.desertpowwow.com for registration and information.

35th Antelope Valley Roundup

The 35th Antelope Valley Roundup will be held in Lancaster, CA on June 27-29, 2008 for more information please e-mail: guy8@mac.com.

Regularly Scheduled NOC Meetings

North Orange County Intergroup Association
2nd Wednesday of each month at 7:30 p.m.
109 E. Wilshire, Fullerton (First Christian Church)

Orange County Hospitals and Institutions Committee
2nd Sunday of each month as follows:
Institutions Committee: 4-5 p.m. (3:15 p.m. Orientation)
Hospitals Committee: 6-7 p.m. (5:15 p.m. orientation)
Garden Grove Alano Club, 9845 Belfast, Garden Grove

Cooperation with the Professional Community (CPC)
1st Saturday of each month at 9 a.m.
202 W. Broadway, Anaheim

North Orange County Hispanic Intergroup Association
Every Friday at 8 p.m.
330 N. State College Blvd., Ste. 207, Anaheim
Call (714) 956-7243 for information

North Orange County Public Information Committee
2nd Wednesday of each month at 6:30 p.m.
NOCCO, 1111 E. Commonwealth, Ste D, Fullerton
For information call Brian K. (714) 658-4581

BIRTHDAY DONATIONS



Harry B.	55 yrs
Ernie C.	27 yrs
John T.	9yrs
Skid Row Doug	2 years

IS SOMEBODY SPECIAL CELEBRATING A BIRTHDAY?

Gold, silver and tri-plated chips can be pre-ordered through Central Office. Specialty medallions like sponsor chips, friendship chips and women/men in recovery are also available. All orders must be pre-paid and require one-week for delivery.

PUBLISH YOUR BIRTHDAY or SOBRIETY STORY TODAY!

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.

THE 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 the stories to 700 words or less (sorry no poetry), and confine the subject matter to alcoholism.

If you include material from another source such as the Grapevine or the Big Book, please specify which page # and book. Submit your articles to Central Office or e-mail to aatimes@aanoc.com. Articles may be edited for length and content.

CHECK IT OUT – DUDE! YOUNG PEOPLE'S AA MEETINGS!

Sunday		
Fullerton	6:00 pm	216 N. Malden (Alano Club)
Orange	7:00 pm	261 N. Glassell@Chapman (The Ugly Mug)
Monday		
Irvine	7:30 pm	Wild Bunch Men's Step Study 5001 Newport Coast Dr. Mari- ners Church (Port Kid Zone room)
Tuesday		
Anaheim Hills	7:30 pm	Step Study/Kaiser Lakeview-Bsmt.
Dana Point	7:30 pm	Campfire Beach Meeting (Winter) 34451 Ensenada Pl. @ D.P. Harbor Dr. - Boat House (Youth Center) (November thru March)
Wednesday		
Irvine	7:30 pm	Wild Bunch Beginner Q&A 18842 Teller Ave. @ Campus (New Song Church)
Newport Beach	8:30 pm	Topic Discussion, 414 E. 32nd St.
Yorba Linda	8:00 pm	Topic Discussion, 5320 Richfield Rd.
Garden Grove	8:00 pm	Young People's Meeting 7212 Chapman Ave. @ Knott Ave. (Serenity Hall) 797-G4
Thursday		
Costa Mesa	8:00 pm	Moorehead Podium Call-up 2476 Newport Blvd. @ Fair (Oddfellows Hall)
Laguna Beach	8:00 pm	Romper Room Beginners 20456 Laguna Canyon Rd.
Friday		
Anaheim Hills	8:00 pm	Discussion-411 Lakeview Ave. @ 91 Fwy. (Medical Building, Basement, Rm # B-4)
Huntington Beach	7:00 pm	Seacliff, 225 7th St., Garage #1 @ Olive
Irvine	7:30 pm	Boys in Sobriety 4400 Barranca & Culver
Saturday		
Rancho Santa Margarita	7:30 pm	RSM 1 Hour Discussion 30322 Via Con Dios (Church)

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

SPEAKER MEETINGS: May/June 2008

Anonymous Times would like to publish your list of speakers for July/August, 2008. Contact Central Office or email to aatimes@aanoc.com. Deadline for publication is June 15, 2008.

Friday

8 p.m.

St. Jude Speaker

St. Jude Hospital, Erickson Building
101 E. Valencia-Mesa, Fullerton, CA

May 2 Chuck G., N. Hollywood
May 9 Bill E., Los Angeles
May 16 Rick W., Oxnard
May 23 Jack M., Fullerton
May 30 Pat P., Los Angeles
June 6 Clancy O., Torrance
June 13 Nancy C., Downey
June 20 Miriam G., Lancaster
June 27 Mickey B., Santa Monica

Friday

8:00 p.m.

La Habra Speaker Meeting

631 N. Euclid, La Habra
(Church, 1 block south of Whittier Blvd.)

May 2 Ungrateful Bud Santa Ana
May 9 Art R., Hermosa Beach
May 16 Sean M., Placentia
May 23 Todd L., Huntington Beach
May 30 Danny O'D, Dana Point
June 6, Jeff L., Long Beach
June 13, Tom B., Anaheim
June 20, Richard S., Hermosa Beach
June 27, Chuck D., Laguna Niguel

Saturday

8:00 p.m.

Oddfellows Speaker

109 E Wilshire, Fullerton 92832
First Christian Church

May 3 Mickey C - Downey
May 10 Matt Y.- San Bernardino
May 17 Jerry C.- Bellflower
May 24 Tanya - Paramount
May 31 Lynn D. - Riverside
June 7 Jack G, Huntington Beach
June 14 Debra P., Bellflower
June 21 Mike S. Riverside
June 28 Heidi M., Garden Grove

Saturday

8:00 pm

Liverpool Speaker

4861 Liverpool (Messiah Lutheran Church)
Yorba Linda, CA

May 3 David P.
May 10 Cate C., Yorba Linda
May 17 Dennis D., La Palma
May 24 Debra P., Lakewood
May 31 Jeremy L. , Yorba Linda
June 7 Jackie C., Yorba Linda
June 14 Karen L., Anaheim Hills
June 21 Charlotte B., Anaheim
June 28 Big Mike H., Long Beach

Sunday

8 p.m.

Fireside Speaker Meeting

8150 Knott Ave., Buena Park CA

May 8 Pattio O., Laguna Beach
May 11 Tyler H. , Cypress
May 18 Pat S., Palos Verdes
May 25 Mickey B., Santa Monica

June 1 Jane I., Los Angeles
June 8 Adam T., Santa Monica
June 15 Clancy O., San Fernando
June 22 Ken P., Anaheim
June 29 Diava V, Los Angeles



**SHOW UP AND HEAR THE
MESSAGE OF RECOVERY**

Janet's telling of Lou's story and their marriage

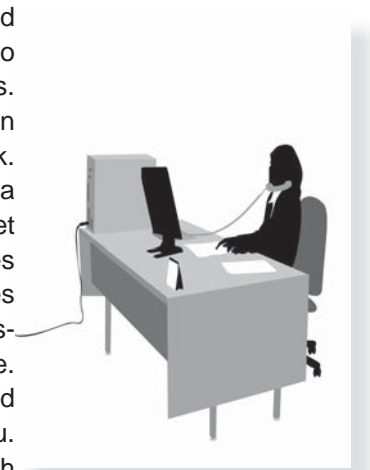
Lou H. regularly attended the Sunday Bradford meeting, his date of sobriety was 04/11/46. AA began as a fellowship in 1935. AA was 11 years old and Lou was 17 years old. Neither AA nor Lou were dry behind the ears yet. At the time, Lou was the youngest member. Lou's first drink was when he was 15.

When Lou came into AA he was the only young member and he was relating with much older men. Lou always reached out to the young people in AA because he understood how young alcoholics felt out of place with the older alcoholics in recovery. Over the years Lou was able to help many young people to stay sober.

Lou would tell Janet how amazed he was that the alcoholics were coming in younger and younger and he was grateful that he could relate to their feelings and help them.

Janet and Lou met at the Central Baptist Church in Anaheim where they taught Sunday school. They immediately became good friends. They were friends for many years before they married. They both loved the Big Band music of the 40's and had the same values. Shortly before they married, Lou had taken early retirement from the City of Anaheim. He had worked as a fire hydrant maintenance man. Janet retired shortly after they married. They were married 26 years. Lou took a class in piano tuning and did that for a while.

One day Lou and Janet had a clock repairman come to repair one of their clocks. It only took the repairman a short time to do the work. This gave Lou the idea to repair clocks, too. Janet and Lou collected all types of clocks from garage sales and repaired them and displayed them in their home. Janet enjoyed painting and did several portraits of Lou. Janet went for one ride with



Lou on his motorcycle and they had an accident when the back tire blew out. Lou broke some toes and Janet had a gash to her head. Janet decided she'd rather not ride on the motorcycle after that. Lou kept his bike and rode frequently for many years.

Lou loved to play Senior Soft Ball up until about five years ago when his health prevented him from playing. Lou's youngest son lives in South Carolina and is also sober. He and his son kept in touch, and Lou and Janet regularly visited his son in South Carolina.

Lou relaxed reading the Big Book and religious books and loved watching sports on television. Janet feels blessed to have been his wife. Lou will be greatly missed.

ATTENTION MEETING SECRETARIES

Suggested Donations are as follows:

70% N.O.C. CENTRAL OFFICE

1111 Commonwealth, Suites C&D, Fullerton, CA 92831

20% GENERAL SERVICE OFFICE

Box 459, Grand Central Station, NY, NY 10163

10% MID-SO. CAL AREA #9

P.O. Box 51446, Irvine, CA 92619

OPTIONAL 5% Local District Office or Hospital & Institutions

See page 67 of the Orange County Meeting Director for more info. Include the following information when submitting your group donations: Full Meeting Name, Day, Time and City. Include your name and return address so we mail you a receipt.

CALLING ALL VOLUNTEERS!!!!

During December and January Central Office took **1,880 calls:**

**1039 from men and
841 from women**

Keep up the great work -
YOU make a difference!

Thank You North Orange County Central Office

Down and out drunk finds staff helpful and resourceful

By Leon H.

I'm writing to thank all the men and women who volunteer their time at Central Office. As the manager of a sober living home, I understand the challenge of staying positive while working with alcoholics. It can be a heartbreaking task to say the least. I pray that this story offers hope and encouragement to all the volunteers on our front lines.

On January 10, 2008 I was at work when I got a call from my sober living office. They told me that Roxy, from Central Office had called about a bed for an alcoholic.

As the details unfolded, this alcoholic was at Central Of-

The kindness you were able to show this man in the beginning is what I believe made the largest difference in this man's life.

ice in the back room sleeping off a bad drunk. I explained to my boss (a non-alcoholic) that I needed a couple hours to go help this gentleman and he supported me through that.

As the details unfolded, this alcoholic was at Central Office in the back room sleeping off a bad drunk.

Upon arriving at Central Office I found this man curled up in the corner sound asleep. When I woke him up he

seemed incoherent and disoriented. I let him know why I was there and asked him if he wanted help. He told me that he wanted more than anything to quit drinking and so we got in my car and started home. He asked if we could make a detour and grab some of his personal items and I agreed. His bags were stashed behind a building in the weeds and brought a familiar stale odor to my car.



Since arriving at my home a little over a month ago this man has made an amazing transformation. Today he has a sponsor and is working a program of recovery.

He is employed and has paid all the back rent he owed. This man goes to meetings nearly every day and our sober living home is better with him in it than it was without him. The kindness you were able to show this man in the beginning is what I believe made the largest difference in this man's life. I'm proud that I was able to play a part in his recovery and still do today.

This program of recovery starts when one alcoholic helps another.

Send Us Your Story Online!

Articles for the Anonymous Times can now be submitted on the NOCCO website: aanoc.com. Also, send us your letters and suggestions in the mail.

North Orange County Central Office
1111 Commonwealth, Suite D, Fullerton, CA 92831

Farewell to Melody S.

The Editor of the Anonymous Times wishes to thank Melody S., co-editor, for her dedication and devotion in making the Anonymous Times the publication it has become.

Thank you, Melody for your tireless effort and all your assistance. God shall continue to bless you in all your roads because you have provided a service to countless, faceless Alcoholics throughout Orange County by your contribution to the Anonymous Times.

God Bless. Farewell.

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY May 11 & June 8	NOCPIC 2ND WEDNESDAY May 14 and June 11	INTERGROUP 2ND WEDNESDAY May 14 & June 11	VOLUNTEER MEETING SATURDAY July 12 at 10 a.m.
<p>Orange County Hospitals and Institutions Committee 2nd Sunday of each mo.</p> <p>Institutions Committee: 4-5 pm (Orientation at 3:15 pm)</p> <p>Hospitals Committee: 6-7 pm (Orientation at 3:15 pm)</p> <p>Garden Grove Alano Club 9845 Belfast Garden Grove Call ((49) 278-5173 for more info</p>	<p>North Orange County Public Information Committee</p> <p><i>Learn about sharing the message with Non-AA 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</p> <p>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><i>Did I mention free donuts?</i></p> <p>Call 714-773-4357 for information</p> <p>MEETING 10 A.M.</p>

FOR MORE INFORMATION CALL CENTRAL OFFICE 714--773-4357

Letter from a young incarcerated Alcoholic

Girl writes from jail about mistakes she made, vows to recover

Who would have ever thought that I would be saying that I am an alcoholic! For so many years I denied my alcoholism, even though I was being told by my mom and other Alcoholics that saw what I was doing "you are on your way." And I would laugh and say I am not that bad. I could tell you all about the program because of my family and my mom. But still I thought that I was different and yet every time I was at a meeting I went loaded thinking that no one knew. What a fool I was.

The first time I got drunk I was 13 years old and loved everything about it. I love to drink whiskey and so do my mom and my uncles. As her daughter, I began to love drinking alcohol as much as I could. I started to get kicked out of school because I was ditching to get loaded with my friends all the while thinking that I was being all cool and sneaky.

Pretty soon I was leaving my friends who didn't want to do the things that I wanted to do and as I progressed I sent all of my family away. I hurt the people that I loved the most because I wanted to drink. I started to hit the streets and landed wherever anyone would let me drink. I wanted my very young life to go away. When I was told

that my mom was dead, or my dad was getting married I got mad and ran away and started to drink even more.

My suffering was being buried deeper and deeper in my guilt-ridden mind and spirit and creating a life of guilt. When I went to go to my first Detox for five long days, I learned nothing and after I got out I was back with my friends, off and running. I was arrested for being drunk and was put on probation. What a drag. Here went the handcuffs and all of the deputies' BS. Currently, I am serving 10 months, and I am half-way through. I have hopes and dreams again.

I want to go back to school. The program of Alcoholics Anonymous that I once scoffed at has so much that I want. I am so thankful for my mom and my sisters and the good old timers. I had a lot of people just waiting for me to get sober. I need a lot of help and now I can hear. If any one has words to help me, please let me hear them. I will be scared when I get out of here.

Anonymous young girl in jail

Sami R.

Emotional Sobriety - Babs' Story

One woman shares about her journey to sanity

I was born in November, 1935 at Bellview Hospital in New York City. A movie called "Lost Weekend" about alcoholics was filmed at that hospital in the 40's. I have always loved old movies, that one in particular.

My Sobriety date is February 23, 1970. My favorite drink was rum and coke, more rum than coke, or whatever others were drinking. I started drinking young. My parents were drinkers and they were always having parties and glasses of booze were always around for me to drink. I know now that I experienced my first detox from alcohol when I was six. I remember shaking and hiding under my parents' bed; it was horrible. Growing up I was a periodic drinker. I would go for a while without drinking, and then I would start back up. I always knew I could quit when I wanted to, so I never worried about stopping drinking.

My first husband was a bank teller. One of the reasons I married him was he was a good ping pong player. We had three children and moved from New York to California.

My second husband, Frank, had a drinking problem. He got two 502's and had to go to AA meetings every Tuesday night. I went to Alanon meetings next door to his meeting. It didn't take very long for my Alanon sponsor to point out I had a problem with alcohol too and send me over to the AA meeting. I had my first spiritual experience when Frank and I did the 1st, 2nd and 3rd steps together with Dick S. I will never forget it.

I started doing service work washing coffee cups, cleaning tables and setting up for meetings. I had a two year hospital and institution panel at the Orange County Hospital. On my third AA birthday I was on an H&I panel at Camarillo State Hospital. Before my sobriety I had spent a short period of time at that particular hospital; nothing was found wrong with me so I didn't stay. Here I was again, sober and taking part in an H&I panel on my 3rd AA birthday. I was filled with gratitude and awe of my sobriety.

My years managing the North Orange County Central Office brought to me so much joy in the friends I have made and the love I have been given and am able to give to AA.

I would like to share with you about emotional sobriety. Emotional Sobriety is learned behavior that every sober alcoholic wrestles with to some degree. Some of us are

are always going to support our actions. Thankfully, God comes into our lives and we become teachable. In the past we certainly tried hard enough to get our own way. I was always the victim and couldn't see my part in any of my troubles; I didn't always take a thorough inventory on myself, instead being judgmental of others. I always prayed a lot, then I was told I wasn't praying right. I was not to pray for something specific like I had been doing, repeating prayers over and over again. Each day I was to pray for others who were struggling with their emotions. I woke up and found out I couldn't give them anything until I had worked on myself.

Being sober doesn't give me emotional sobriety. I find out who I am by continually taking an account of myself, doing inventory and finding out if the checks and balances add up to the intended goal or do I have some more work to do. I usually have more work to do on myself. This is usually when my depression starts in because I let the little man in my head go to town and he meets many others like a committee, returns to my head, and says you can't do this because you're not equipped to teach others as God would want to do by doing the actions that God has given us the Grace and Power to do in his name.

We decide to make an effort to trust God and work with others who aren't really in tune to what's really going on with lives, like me. I learn so much MORE from YOU than when I am telling you how good I am and that I'm loveable too. God tells me he loves us all just the way we are, and that he has the power. We can't have it if God's got it.

So I trudge back to the drawing board to try to speak to the committee members Mom, Dad, Bob my first husband, the orphanage and anybody else who will listen to me and there starts my depression and that doom and gloom. Until I'm willing to give it up, turn it over to God and pray, my way won't work. I have to be mature, not an adolescent. I have to stand up and be counted by telling the committee to leave.

I need to take the responsibility to make decisions whether good or bad. I must not fall into the depression, which only makes me miserable. I can be happy, joyous and free. I turn my committee over to the care of God so that I may have physical and emotional sobriety.

The ABC's of Gratitude

By Sue S.

Today I am grateful for:

A new way of life,

Being able to be,



Caring to help others,

Deciding to turn my will and life over to God,

Every new day,

Feelings I never had before,

God in my life,

His love for me,

Incomprehensible demoralization,

Just being me,

Keeping it one day at a time,

Learning to get out of myself,

My sponsor,

No being a word I can use,

Only having the now

Progress not perfection

Relying on god to guide me,

Staying sober ,

The blessing I have in my life

Understanding I have better choices,

Various gifts I've been given,

Working the program,

Xceptional guidance in all areas of my life,

Yesterday being gone,

Zeroing in on all the beautiful of things in the world.

Captured Quips from California Jack

(Wit and Wisdom from Bill and Bob's Friends)

From the 12 and 12 on page 58 (Step 5):

"Humility . . . it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be."

"The biggest difference between you and God is that I'm pretty sure God doesn't walk around all day thinking that He's you!"

"In a very short time I went from the penthouse to the out house."

"If you're trying to learn the violin you shouldn't be disappointed if you're not ready for Carnegie Hall after the 3rd lesson."

"Sensitive is another way of saying self centered."

"In here there ain't no big shots and there ain't no little shots. One shot and we're all shot!"

"I drank to forget about the life I wasted while I was on alcohol."

"We judge ourselves by our intentions. Others judge us by our actions."

"Count yourself. You really aren't so many."

"Eat a box of Exlax then try to exert your will power and see what happens."

"It's just another ho hum day in Paradise. As long as I remember who and what I am and what and where I came from, I'll probably make it through the day okay."

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Editor: Moses H.

Copy Editor Anna F.

Layout & Design: Paul H.

Regular Contributor Roxy T.

NOCCO Board Oversight Committee: Jan W. & Jeff B.