

Anonymous Times

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

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September/October 2011

NOC Central Office

Improved Accounting Methods in Place

Local office answerable to sober community

As many of you know, we are going through change at Central Office. Yes, change!

In the last several months our goal has been to streamline the operations. In doing so, we recently developed an inventory system to better control our levels of spending and to account for our cost for certain items. We recently completed a QuickBooks system that will control and give us an accurate dollar figure and better help us determine who donated from the many meetings held throughout North Orange County.



We have also developed written procedures for the volunteers who answer the phones in Central Office. This will help us to better control and account for the total amount of donations and sales. We also will soon launch a training session for all volunteers, providing them with written instructions to do their work at Central Office. To help us better reconcile donations, we have purchased a cash register to account for the sales and contributions made during each volunteer shift.

We now have created a published list of all phone volunteers that is shared by all who participate in this volunteer work. Our goal is to

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One-Day Retreat to be held on September 10

A one-day retreat and meeting will be held September 10 at Club Martin located in Aguanga, about 27 miles southeast of Temecula. The annual North Orange County Central Office event will feature John McAndrew as facilitator, as well as a speaker meeting with Fred L. Cost is \$35.00 and includes lunch.

Bring your swim suits, towels, chairs, blankets and/or coats. All events are outdoors. Overnight camping and limited RV sites are available for an extra fee. Club Martin is located at 50830 Tule Peak Road, in Aguanga. Contact Central Office at (714) 773-4357 for more information.

North Orange County Central Office

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Suite D

Fullerton, CA 92831

Open 7 Days 9am-9pm

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

FAX: (714) 773-0179

WEBSITE: www.aanoc.com

OfficeManager@aanoc.com



In Memoriam

Harry B.
October 7, 1918 -
August 2, 2011
Sobriety Date:
April 20, 1953

Frank O.
June 13, 1931 -
August 18, 2011
Sobriety Date:
September 16, 1965

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NOC Central Office Revenues vs. Expenses Year-to-Date June 2011 vs. June 2010

Revenue	Year to Date Amounts Ending June 2011	Year to Date Amounts Ending June 2010
Sales - AA Books and Literature	\$19,669.76	\$20,983.39
Sales - Chips and Non-AA	\$13,530.38	\$15,363.59
Donations-Meetings & Groups *	\$25,119.95	\$30,181.82
Fundraisers	\$2,219.75	\$0.00
Interest	\$122.38	\$213.77
Total Revenue	\$60,662.22	\$66,742.57
Cost of Sales & Direct Costs	\$20,733.48	\$26,615.58
Gross Profit	\$39,928.74	\$40,126.99
Operating Expenses		
Salaries	\$19,112.50	\$19,800.00
Advertising	\$0.00	\$0.00
Bank Charges	\$34.00	\$50.00
Cash short\ (over)	-\$1.33	-\$14.36
Bad Checks	\$0.00	\$201.60
Computer Expenses	\$56.97	\$0.00
Depreciation	\$129.00	\$214.86
Insurance-General Liability	\$2,232.76	\$2,163.51
Insurance - Work Comp	\$2,517.47	\$841.89
Insurance - Medical	\$1,580.00	\$1,590.00
Legal & Accounting	\$1,025.00	\$1,350.00
Licenses	\$0.00	\$0.00
Newsletter Cost	\$1,141.89	\$1,422.27
Office Supplies	\$1,018.27	\$2,075.41
Postage	\$8.80	\$132.31
Office Rent	\$9,300.00	\$9,300.00
Equipment Rental	\$862.44	\$822.78
Repairs & Maintenance	\$176.90	\$0.00
Seminars & Education	\$0.00	\$60.00
Taxes- Payroll	\$1,615.85	\$1,640.51
Taxes- Annual Filings	\$60.00	\$60.00
Tax Penalties	\$32.58	\$136.45
Telephone	\$2,220.61	\$1,966.07
Utilities	\$1,283.23	\$1,057.29
Total Operating Expense	\$44,406.94	\$44,870.59
Other Income and Expense	\$0.00	\$0.00
Net Income/(Loss)	\$0.00	(\$4,743.60)

* NOTE: Donations category includes Meetings/Groups, Birthdays, Individuals, Women's Banquet, Rockin' Soberfest, AOCYPAA and Founders Day Picnic

Central Office ... From Page 1

have volunteers communicate with other volunteers if they have a problem and can't come in to do their shift. These are only a few of the changes being implemented currently.

Our goal is establish credibility and be accountable for providing services to our members at all times.

I just want to express my sincere thanks to our new Board, whose members have spent a lot of their time to help with the many changes we have implemented.

During this period, we will continue to be in the process of

In the last several months our goal has been to streamline the operations. In doing so, we recently developed an inventory system to better control our levels of spending and to account for our cost for certain items.

reconciling the deposits made on behalf of Central Office going back to 2009. This is a big job and our board treasurer Erica deserves a big thanks from the community for the many hours she has spent working on the tabulations.

The North Orange County Alcoholics Anonymous Board of Directors is accountable to you, members of the sober community. Board members appreciate and welcome your continued support and contributions.

Stay tuned for future updates.

In service.

Ed G.

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NOCCO Board Oversight Committee: Jim S.

Cartoonist: Johnny G. Chief Proofreader: 86 proof

Change Your Friends if They Don't Understand

So your drinking friends don't understand the whole "I don't drink anymore AA thing?" ing the life of recovery.

So with that you don't feel right about that. Why don't they understand and why don't they etc., etc., etc... That's a good question. I'd like to ask you a better one: Why are you hanging around in an element that is about drinking? Are you really trying to start anew without alcohol?

Your new sober life requires a change and your old friends will never get it. They don't want it or need it. They are still enjoying that life and it's not causing them any problems. Just ask them.

It's time to really get into your new life. If you want to be understood, it's time to hang with those who do understand us. US! Yes, the alcoholics who are liv-



People who still drink won't understand about feeling afraid of a drink or a pill or a million other things normal people never even think of. It's not their fault, they have just never walked in our shoes. Your new sober friends

understand and they want to help you stay sober. They want to help you learn the way we stay sober. It's time to change the places, the things, the people.

You need to start building that foundation and start now.

Now if you're thinking, "Yeah, but what about fun?" We have a lot of fun in sobriety. We go to conventions, dances, picnics, camping trips, retreats and beach parties. Oh, and we have meetings AT THE BEACH and on hiking trips.

There are opportunities to be of service to a meeting and your new recovering friends. You can do the things like movies, bike rides, or jogging (neither of the latter two are my cup of tea). And yes, meetings, step studies, book studies, speaker and participation meetings, men's meetings, women's meetings, young people's meetings, etc.

What are you waiting for – the spirit of the universe to move you? The best thing that could have ever happened to you is waiting for you now. Don't miss out!

Pete M., Cypress

\$5 Puts You in Faithful Fiver Plan

Do your part to help by signing up

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

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

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

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

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

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

If you have any questions or would like to come in to the office, we are open from 9 a.m. until 9 p.m. Monday through Friday and from 9 a.m. to 6 p.m. on Saturday and Sunday.

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

UPCOMING EVENTS!

Woman to Woman Retreat Will Be Held Sept. 16-18

A Woman to Woman Spiritual Retreat will be held September 16-18 at Camp Buckhorn in Idyllwild, CA.

Cost of the event is \$115, which includes all meals, lodging in rustic cabins and workshop materials.

For more information, contact Cathi Q. at (951) 453-9788 (cathiquayle@verizon.net) or Michelle C. at (951) 553-3645 (michclem@verizon.net). Camp Buckhorn is located at 24641 Highway 243, Idyllwild.

Planning meetings are under way ahead of the 27th annual Orange County AA Convention, to be held April 6, 7 and 8, 2012.

Annual OCAA Convention Planning Now Under Way

"We Will Rock You" is the theme of the 27th Annual Orange County AA Convention, to be held April 6, 7, and 8, 2012. Volunteers are welcome at the monthly planning meetings, held the third Wednesday of each month at the Roque Center, 9842 13th St. in Garden Grove.

As always, if you can talk, stand, sit, smile, saw, paint, hammer, drive, file, type, count or tell jokes, your help is welcome.

Planning meetings will be held on September 21; October 19; November 16; December 21; January 18, 2012 and February 15, 2012. The final meeting will be held March 28, 2012 at the convention location.

Visit www.oaac.org for more information.

KISS
Keep It Simple Stupid

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

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

CALENDAR of EVENTS

September

**Friday, 9-2-Monday, 9-5, Labor Day Weekend Alca-
thon** at Fullerton Alano Center, 530 W. Commonwealth
Ave., Fullerton.

Friday 9-9-Sunday 9-11 Women Who Care Campout,
Leo Carillo State Beach, 35000 W. Pacific Coast Highway
Malibu, CA 90265. Contact Contact: Paula R. at 805-
279-4433 for more information.

Sunday, 9-18 Annual Musician's Picnic (Sober Event),
Rancho San Antonio, 21000 Plummer St., Chatsworth,
CA 91311. Several bands scheduled to perform. Speaker
meeting at 5 p.m. Visit www.musicianspicnic.org for
more information.

**Fri., 9-23 - Sunday, 9-25, 25th Annual Gold Country
Roundup**, Amador County Fairgrounds, Plymouth, CA.
"Rocketed into a 4th Dimension" is the theme. Visit
www.goldcountryroundup.com for more information.

**Friday, 9-23-Sunday, 9-25 23rd Annual Soberfest Kern
River Valley Campout**. Frandy Park Campground on the
Kern River in Kernville, CA. Phone John or Marie at 760-
549-7413 for more information.

October

**Saturday, 10-22, District 15-sponsored sober
Oktoberfest**, noon to 5 p.m. Aguirre Building, 505
Jefferson Ave., Placentia. Contact Nikki N. (714) 501-
6568 for more information.

Friday., 10-7-Sunday, 10-9, Lake Tahoe Fall Festival,
Harvey's Hotel Casino. Visit www.laketahoeallfestival.com
for more information.

Seniors in Sobriety Conference Planned

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

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

BIRTHDAY DONATIONS

(Dollar amount represents the
contributer's years of sobriety un-
less otherwise noted.)



Fred M. 37 years

Tanny T. 28 years

Jamey F. 25 years

Kathryn K. 25 years

**\$25 donation was made in memory of
Stephan M.**

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, Ful-
lerton, CA 92831. Email: officemanager@aanoc.com.

Central Office News

Call For Volunteers

Central Office took 842 phone calls in June and July.

480 were from men
362 were from women



Keep up the great work — YOU
make a difference!

Volunteers Needed

Volunteers are needed at Central Office to answer phone calls
and talk to people in need of help at various times throughout
the week.

While Central Office is typically staffed with caring and knowl-
edgeable individuals, there are times when they are sick or on
vacation and must temporarily miss their shifts.

Those with at least six months of sobriety are encouraged to
contact Cathy M. at Central Office to help as a back-up volun-
teer. Call (714) 773-4357.

A Fragment of History

By Bill W.

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

Something Missing

After some six months of violent exertion with scores of alcoholics which I found at a nearby mission and Townes Hospital, it began to look like the Groupers were right. I hadn't sobered up anybody. In Brooklyn we always had a houseful of drinkers living with us, sometimes as many as five. My valiant wife, Lois, once arrived home from work to find three of them fairly tight. They were whaling each other with two-by-fours. Though events like these slowed me down somewhat, the persistent conviction that a way to sobriety could be found never seemed to leave me. There was, though, one bright spot. My sponsor, Ebby, still clung precariously to his new-found sobriety.

What was the reason for all these fiascoes? If Ebby and I could achieve sobriety, why couldn't all the rest find it too? Some of those we'd worked on certainly wanted to get well. We speculated day and night why nothing much had happened to them. Maybe they couldn't stand the spiritual pace of the Oxford Group's four absolutes of honesty, purity, unselfishness, and love. In fact some of the alcoholics declared that this was the trouble. The aggressive pressure upon them to get good overnight would make them fly high as geese for a few weeks

and then flop dismally. They complained, too, about another form of coercion - something the Oxford Groupers called "guidance for others." A "team" composed of non-alcoholic Groupers would sit down with an alcoholic and after a "quiet time" would come up with precise instructions as to how the alcoholic should run his own life. As grateful as we were to our O.G. friends, this was sometimes tough to take. It obviously had something to do with the wholesale skidding that went on.

But this wasn't the entire reason for failure. After months I saw the trouble was mainly in me. I had become very aggressive, very cocksure. I talked a lot about my sudden spiritual experience, as though it was something very special. I had been playing the double role of teacher and preacher. In my exhortations I'd forgotten all about the medical side of our malady, and that need for deflation at depth so emphasized by William James had been neglected. We weren't using that medical sledgehammer that Dr. Silkworth had so providentially given us.

Finally, one day, Dr. Silkworth took me back down to my right size. Said he, "Bill, why don't you quit talking so much about that bright light experience of yours, it sounds too crazy. Though I'm convince that nothing but better morals will make alcoholics really well, I do think you have got the cart before the horse. The point is that alcoholics won't buy all this moral exhortation until they convince themselves that they must. If I were you I'd go after them on the medical basis first. While it has never done any good for me to tell them how fatal their malady is, it might be a very different story if you, a formerly hopeless alcoholic, gave them the bad news.

Because of this identification you *Continued on page 11*

Chapter 3

More about Alcoholism

Number 4 of 12 articles on the Big Book®

Right! Like I needed to know anything more about alcoholism.

I had watched my grandfather and father die of alcoholism - not some car accident or hunting accident because they were drunk - yellow-eyed, slack-jawed, runny-nosed urine-soaked alcoholism. I was in such a state of denial I

had not seen my own descent into the grasp of this disease.

So when I got to Alcoholics Anonymous, there wasn't anything you were going to teach me - I knew! But I believe today that what I learned in The Doctor's Opinion, Bill's Story and this chapter allowed me to accept the way out laid out in this book.

Until I could understand the illness concept, the insanity of the first drink and the fact that I was different from my fellows - both bodily and mentally - I couldn't fully grasp the solution. When the book states, "We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period of time it gets

worse, never better," for the first time, I had to look at the total history of my drinking. Had my drinking ever, over any considerable time, gotten better? Had the consequences of my drinking lessened over time? Had my physical state become better - what about the spastic colon, the kidney problems, the pancreatitis - had my physical state improved, or even digressed at a normal rate of deterioration?

It was obvious to me that my illness had gotten progressively worse. Then the myriad ways I had tried to drink like other people - most of those listed on page 34 and so many others - and all had failed. For most of my drinking career I had the seeming-

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SPEAKER MEETINGS: SEPTEMBER/OCTOBER 2011

Anonymous Times would like to publish your list of speakers for September/October 2011.

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

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

September 2 Amy H., Anaheim
September 9 Tim H., Long Beach
September 16 Aaron, O.C.
September 23 Jim S.
September 30 Dyanne G.
October 7 Bob S., Laguna Beach
October 14 Candice M.
October 21 George S., Fullerton
October 28 Lynn W.

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

September 2 Dick J., Laguna Woods
September 9 Cliff R., Oceanside
September 16 Don M., Orange
September 23 Sheila F., Tustin
September 30 Rocky, Orange
October 7, Ron D., Fullerton
October 14 Larry P., Covina
October 21 Pete Jr., Anaheim Hills
October 28 Matt A., La Habra

Friday 8:00 p.m. No Puffers Speaker
395 S. Tustin St., Orange

September 2 Ron S., Yorba Linda
September 9 Jaime M., Irvine
September 16 Paul P., Fullerton
September 23 Ron R., Huntington Beach
September 30 Leslie B., Fullerton
October 7 Larry S., Rancho Santa Marguerite
October 14 Kirk, Aliso Verjo
October 21 Barbara M., Tustin
October 28 Rena M., Ontario

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

September 3 Colin, Irvine
September 10 Jeryl T., Costa Mesa
September 17 Kandy K., San Clemente
September 24 Dana T., Santa Ana
October 1 Sharon K., Corona
October 8 Bill W., Garden Grove
October 15 Stan G., Tustin
October 22 Cesar F., Santa Ana
October 29 Glenn H. (Bigfoot), Tustin

Saturday 8:00 p.m. Oddfellows Speaker
109 E. Wilshire, Fullerton 92632

September 3 Jane M.
September 10 Paul B., Long Beach
September 17 Nancy C., Long Beach
September 24 Don L., Simi Valley
October 1 TBA
October 8 Kenny Bob D.
October 15 Alex V., El Monte
October 22 Laurie B., Rancho Santa Margarita
October 29 Kathy A., Anaheim

Saturday 8:00 p.m. Liverpool Speaker
4861 Liverpool @ Yorba Linda Blvd
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

September 4 Gloria M., Northridge
September 11 Tom K., Santa Clarita
September 18 Tara K., San Fernando Valley
September 25 BIRTHDAY SUNDAY
October 2 Rose Marie R Covina
October 9 Rhonda S., Covina
October 16 Larry P., Covina
October 23 Esther R., San Fernando Valley
October 30 BIRTHDAY SUNDAY

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

September 4 Nick M.
September 11 Steven, Yorba Linda
September 18 Bruce W., Fullerton
September 25 Jamey F, Anaheim
October 2 Bob Z, Norwalk
October 9 TBA
October 16 Lisa B.
October 23 Charlene, Anaheim
October 30 Open share meeting

Sunday 8:00 p.m. Fireside Speaker Meeting
641 S. Western Ave. Anaheim CA 92804

September 4 TBA
September 11 Al G., Seal Beach
September 18 Chris H., Huntington Beach
September 25 TBA
October 2 Guiseppe L., Montebello
October 9 Micky B., Santa Monica
October 16 Patti O., Laguna Hills
October 23 Erik K., Laguna Hills
October 30 Barry K., Malibu

NOC Central Office BULLETIN BOARD

H&I 2ND SUNDAY Sept.11 and October 9	NOCPIC 2ND WEDNESDAY Sept. 14 and October 12	INTERGROUP 2ND WEDNESDAY Sept. 14 and October 12	VOLUNTEER MEETING Second Saturday every three months
<p>Orange County Hospitals and Institutions Committee</p> <p>2nd Sunday of each mo. Institutions Committee: 4-5 pm (Orientation at 3:15 pm)</p> <p>Hospitals Committee: 6-7 pm (Orientation at 5:15 pm) Garden Grove Alano Club 9845 Belfast Garden Grove Call (949) 278-5173</p>	<p>North Orange County Public Information Committee</p> <p><i>Learn about sharing the message with Non-A.A. people like high school and college students.</i></p> <p>Meets at 6:30 p.m. on the 2nd Wednesday of every month at NOCCO 1111 E. Commonwealth, Ste. D, Fullerton If you have questions, call Brian K. at 714-658-4581</p>	<p>North Orange County Intergroup Association</p> <p><i>Be an intergroup representative for your meeting.</i></p> <p>Meeting at 7:30 p.m. on the 2nd Wednesday of every month at 109 E. Wilshire, Fullerton (First Christian Church)</p>	<p>CENTRAL OFFICE holds a quarterly volunteer meeting on the 2nd Sat. every three months. <i>Coffee and donuts provided.</i></p> <p>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</p> <p style="text-align: right;">Call 714-773-4357 for information</p> <p style="text-align: right;">MEETING 10 A.M.</p>

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

60th Annual SoCal Convention Set

Plan now to attend the 60th Annual Southern California AA Convention, to be held Sept. 30-Oct. 2 in Rancho Mirage. "Serenity in Motion" is the theme for this year's event, to feature an abundance of meetings, events and exhibits. Among the events will be AA and Al-Anon meetings, Young People in AA marathon meetings, Spanish language assemblies, a golf tournament, dances and banquets. Visit www.aasocal.com for more information.

Send Us Your Story Online!

Anonymous Times
articles can be submitted to
aaleters@gmail.com



Faithful Fivers Get High Fives For Support!!!

What are Faithful Fivers?

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

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

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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

Mail checks to 1111 E. Commonwealth, Suite D., Fullerton, CA 92831

Captured Quips from California Jack

The wit and wisdom of Bill and Bob's friends

From the Big Book of Alcoholics Anonymous, pg 35, "What sort of thinking dominates an alcoholic who repeats time after time the desperate experiment of the first drink?"

I asked my sponsor, "Why is that so easy for you?" He answered, "Because I'm not not dealing with your head."

There are times that reality seems to be an illusion brought on by a lack of alcohol.

I was born spring-loaded in the pissed-off position.

Sometimes I forget that I forget.

When your life's on the line you better do something that works.

Lord, Please bless me with what I need and save me from what I want.

Alcohol was my volume control. As the drinks went down, my volume went up.

I've learned here that I don't gotta wanna. I've just gotta do it.

Every moment that you have is a moment that you'll never have again.

I guess that wherever I go, I take me with me.

I knew I was screwed when the voices in my head were speaking Spanish and I don't understand Spanish.

I drank for something to do while I was waiting for life to happen.

Unfortunately, I had no filter between my brain and my mouth. I was like a parrot with Tourette's syndrome.

And Here Are a Few Thoughts Just For Fun...

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

A clear conscience is usually the sign of a bad memory.

Hospitality: making your guests feel like they're at home, even if you wish they were.

A bank is a place that will lend you money, if you can prove that you don't need it.

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

More About Alcoholism ... From Page 6

ly rational idea that if I didn't like the taste of something, I would drink less of it, and therefore have fewer consequences (this from a guy who drank Listerine!). Switching bars – didn't work! Never having more money on me than would buy three drinks – didn't work! Counting my drinks (actually embarrassing to admit I thought that might work) – didn't work!

Here's another fact that was pointed out to me – normal drinkers NEVER try to control their drinking – they simply stop when they're starting to feel it! Jim's story. "By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore non-alcoholic."

All the way through it, I could pick out the subtle insanity – going into a place for lunch that served alcohol, ordering a second sandwich and glass of milk, (a third?) just to linger longer in the bar (living vicariously), believing that drinking his whiskey with milk wouldn't hurt him – actually believing it – that IS subtle and that IS insanity for an admitted alcoholic!

I still love reading Jim's story – starting out his day with a "small" resentment and hanging on to it until the thought of any consequences of his drinking were easily swept aside by the idea that he could drink whiskey if he only poured it into milk. And then Fred's story – immersed in denial and then

not even a second thought about the consequences of drinking. Fred referring to his drinks by more elegant names – high-ball, cocktail. Anyone of us could add to the list of obsessions (def.: a thought to the exclusion of all others) masquerading as rational thought.

But finally, it comes down to a single defining statement found in this chapter, "We alcoholics are men and women who have lost the ability to control our drinking."

Nick M.

Intergroup Rep. North Orange County Intergroup Association

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

June/July 2011 Meeting Donations

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

City	Day	Meeting	June-11	July-11
		648647	141.80	
Anaheim	Sunday 8 pm	Fireside Speaker	250.00	
Anaheim	Monday 5:30 pm	Primary Purpose	70.00	
Anaheim	Tuesday 7:30 pm	12 & 12 - Oasis House		70.00
Anaheim	Wednesday 8 pm	Mens Ball Rd. Discussion	60.36	
Anaheim	Thursday 7:30 pm	Men's we got a coffeepot	35.00	70.00
Anaheim	Friday 6:30 pm	Gratitude is Action - BB	120.00	
Anaheim Hills	Monday 7 pm	Women's Exp/Strg/Hope - Kaiser		135.00
Anaheim Hills	Wednesday 7 pm	Lakeview Women's Big Book	154.05	
Anaheim Hills	Thursday 7 pm	Women's Solution		72.80
Anaheim Hills	Saturday 8:30 am	It's in the Book		60.00
Anaheim Hills	Saturday 6 pm	Winner's Circle		120.00
Brea	Monday 10 am	Women's Discussion	65.21	70.00
Brea	Monday 5:30 pm	12 & 12	70.00	70.00
Brea	Tuesday 5:30 pm	Men's		70.00
Brea	Tuesday 7 pm	Step Study	10.00	10.00
Brea	Wednesday 5:30 pm	As Bill Sees It	83.78	92.67
Brea	Thursday 5:30 pm	Living in the Solution	150.00	
Brea	Saturday 10:30 am	Women's Step Study		57.50
Buena Park	Monday 6:30 pm	Women's Now there is hope		5.00
Buena Park	Monday 8 pm	Now There Is Hope	13.00	
Cypress	Monday 8 pm	Topic Discussion	120.00	
Cypress	Tuesday 6 pm	Happy Hour BB Study	90.00	
Cypress	Tuesday 8 pm	Book Study	40.50	
Cypress	Friday 7 pm	Girls Night Out		56.00
Fullerton	Sunday 8 pm	Discussion		144.20
Fullerton	Monday 6 pm	Men's Stag	60.00	
Fullerton	Monday 6 pm	Fullerton Big Book		25.00
Fullerton	Monday 6 pm	Cats on the Roof		42.00
Fullerton	Tuesday 7 pm	Men's AA Stag - Mo's Music	50.00	
Fullerton	Wednesday 2 pm	Women's Coffee Talk		70.00
Fullerton	Wednesday 5:30 pm	Sober Horse Theives - BB	17.00	22.00
Fullerton	Thursday 6 pm	24 Hours A Day	30.00	
Fullerton	Thursday 8 pm	Men's Participation		410.00
Garden Grove	Thursday 6 pm	Returning Home Vets		20.00
La Habra	Sunday 10:30 am	Participation Meeting	50.00	
La Habra	Sunday 7 pm	Sober Sunday		42.00
La Habra	Wednesday 7:30 pm	Men's Stag	10.00	
La Habra	Friday 8 pm	Beginners Basic		200.00
La Mirada	Sunday 8 pm	Men's Big Book Study	95.00	
Los Alamitos	Daily - 7 am	Surrender is Freedom		140.00
Los Alamitos	Sunday 4 pm	Topic Discussion - Twin Town	35.00	
Orange	ALL	Tustin Rush Hour	120.00	
Orange	Sunday 8:30 am	Attitude Adj. - Friendship Club	75.00	
Orange	Wednesday 7 pm	Easy Does It		120.00
Orange	Thursday 5:30 pm	Friendship Club	200.00	

City	Day	Meeting	June-11	July-11
Orange	Thursday 7:30 pm	Men's BB Study		60.00
Orange	Friday 6:30 am	Smashing Donuts		77.00
Orange	Friday 8 pm	No Puffers Speaker	60.00	
Orange	Saturday 7 pm	Not A Glum Lot		75.00
Placentia	Sunday 8:30 am	Right Start	78.20	68.60
Placentia	Sunday 7:30 pm	Placentia Sunday Night	65.00	60.00
Placentia	Monday 6:30 pm	Beginners Sober Start	60.00	
Villa Park	Daily	24 hr. Book Group		23.40
Whittier	Friday 7 pm	Big Book Study		50.00
Yorba Linda	ALL 6 am	Attitude Modification	1,085.50	741.91
Yorba Linda	Tuesday 7:30 pm	Womens Discussion	80.00	
Yorba Linda	Wednesday 12 pm	Noontimers	91.88	143.00
Yorba Linda	Thursday 7:30 pm	YL Thursday Participation		140.00
Yorba Linda	Friday 12 pm	Daily Reflections		60.00
Yorba Linda	Friday 5:30 pm	Happy Hour		42.00
Yorba Linda	Friday 8 pm	Ohio Winners	85.00	100.00
		TOTAL:	3,821.28	3,835.08

Support Your Meetings!

If your meeting is not listed here, see your meeting secretary about making a donation to North Orange County Central Office.

Suggested Donations

- ✓ **70% N.O.C CENTRAL OFFICE:**
1111 Commonwealth, Suites C&D, 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.

“Easy Does It”

Truth in AA Slogans

“Easy does it”; “Live and let live”; “Rule 62”; “This too shall pass.” We in Alcoholics Anonymous have many slogans that encourage us, using different words, to “lighten up.” Inasmuch as most of these sayings are older than anybody reading this, there is probably good reason we continue to use them.

I have always thought of myself as a pretty easy going guy. What I discovered is that I am very easy to get along with as long as I am getting my way. I did not realize this until I got sober and began to look at myself.

Like most of us, I came to AA completely broken down; every area of my life was in shambles. My main objective was to get things back on track (like most of us). My sponsor sold me on the idea that by helping someone else I would actually be helping myself. To be honest, it didn't make much sense. How could I resurrect my life by being involved with yours?

The answer is that when I am showing interest in you, I am not screwing up my own. Has anybody ever been

tightening a bolt that you want to get really tight? And you know if you turn that wrench anymore you will snap the head right off that bolt -- and you do it anyway? I do the same thing with



my life. I want things to be so perfect that ultimately I break whatever aspect of my life I am working on.

The easiest way to keep out of my own way is to sponsor people. The men I get to work with get me to look at my motives in real-life situations.

They see how I treat people, think about what they are up to, and so on. The most common reason I hear from people with “time” for not “sponsoring” is they are afraid they will tell the newcomer something wrong. My take on it is that even if you are “two stepping” it is better than NO stepping. Besides, the new people are already broken, so how much damage can you really do? We don't run people's lives; if your suggestions aren't laced with malice, it will be alright. To me, God seems to be an equal opportunity employer.

So I had to change my definition of fun. Instead of always trying to see what I can get out of situations (progress not perfection), I often try to bring something to the party. How many times have we had a long day, got home and thought, “I don't want to go to that stupid meeting?” You know the same people are going to share the same things, blah, blah blah.

We give ourselves all sorts of excuses not to go. Then we get there and we meet a new friend or see an old one (notice no sponsor - sponsee thing) and our whole day changes. We get to laugh or cry with someone, and learn that we are not in this thing alone.

*Paul P.
Fullerton*

A Fragment of History ... From Page 6

naturally have with alcoholics, you might be able to penetrate where I can't. Give them the medical business first, and give it to them hard. This might soften them up so they will accept the principles that will really get them well.”

Then Came Akron

Shortly after this history-making conversation, I found myself in Akron, Ohio, on a business venture which promptly collapsed. Alone in the town, I was scared to death of getting drunk. I was no longer a teacher or a preacher, I was an alcoholic who knew that he needed another alcoholic as much as that one could possibly need me. Driven by that urge, I was

soon face to face with Dr. Bob. It was at once evident that Dr. Bob knew more of the spiritual things than I did. He also had been in touch with the Oxford Groupers at Akron. But somehow he simply couldn't get sober. Following Dr. Silkworth's advice, I used the medical sledgehammer. I told him what alcoholism was and just how fatal it could be. Apparently this did something to Dr. Bob. On June 10, 1935, he sobered up, never to drink again. When, in 1939, Dr. Bob's story first appeared in the book, Alcoholics Anonymous, he put one paragraph of it in italics. Speaking of me, he said: “Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience.”

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'You Can't Make Me Angry' Adds to Study Material

Book by Dr. Paul O. helps shine light on past practices

A small group of us have a book study each week at our sponsor's home. It provides some good one-on-one fellowship, and we use an additional book that inspires discussion and which opens our eyes a little wider. We had reached a solid point in our reading of "You Can't Make Me Angry," which was written by one of our own, Dr. Paul O. Readings from this book reopened some feelings and brought to light a few paralyzing practices from the past. It also brought some solution, which is what we seek in our studies.

For years I was convinced that the opinion and judgments of others had more weight on my core beliefs than my own. I wasn't raised this way. It was the result of years of practice turning off the voices in my head that told me I was worthless due to personal loss, friends dying, a wife who chose another path and a job layoff. The more I drank, the more I could shut off the hurt and pain. Then came the long stream of justification. Heck, I'm a drunk. How could I possibly have anything of value to contribute? You're right and I'm

wrong... I'm supposed to be wrong. It's that simple. After an extended series of bad decisions and rotten results based upon what I thought was sober and coherent behavior, the only alternative was to drink. Sure, that's it! When I'm drunk, everything wrong was instantly justified. Suddenly, I'm right and I'd gladly tell you so and enlighten the world on the how's and whys... at least until I sobered up, the voices started up and here we go again! How many of us have known of people who we thought were doing us wrong and we got back at them via the classic resentment method? They had that control over us. We even let them rent valuable space in our heads. You know how it works. We drink ourselves slowly to death because we believe they hurt us. Like shooting ourselves in the foot in hopes that they'll bleed. That'll show them. God, I'm glad I haven't done that in a long time. Until recently I hadn't understood why.

One of the subjects in Dr. Paul's book that so gently poked me in the eyes with loving fingers was "Emotional Sobriety." This

takes a while even after we've become physically sober and worked the steps the first time. Our sponsor guides us and we try to listen, taking in the "good stuff" he dishes out so lovingly. Yet, emotional sobriety comes slowly and with experience, an open mind and indeed an open heart. Steps 6 and 7 taught me that part and it's an ongoing thing. I had to reach that point of acceptance and ask God to help me see and remove those wonderful defects of character we hold on to so tightly.

The phrase, "I completely forgot that acceptance does not imply approval" jumped out at me. We can accept what others say with their impeccable opinions but we don't have to allow them to influence us to the extent that it controls our lives or detracts from our self worth as a human being trying to lead a spiritual life. Only we can decide what affect they have on us. For a few moments each day we can make that choice, trusting that God has a good plan for us and that we must take some simple actions each day to stay sober.

Marcus W.

(The book "You Can't Make Me Angry" by Dr. Paul O. is currently available at the North Orange County Central office.)



FEAR

**Face Everything And
Recover!**

NUTS = Not Using The Steps

ISM = I Sabotage Myself