

# ❖ Anonymous Times ❖

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## The AA Traditions— A Meeting’s Dilemma Part 2 of 2

By Carol F.



When last we met Carol, she was searching for a way to restore unity to her home group of twenty years, which was slowly going out of control. She didn’t want to sit idly by and watch the meeting be destroyed, yet she was reluctant to speak out for fear of being labeled a ‘know-it-all old-timer.’ She thought about finding a different meeting, but that didn’t feel right. Her confusion prompted her to call A.A. Central Office in New York, who recommended the booklet ‘**The A.A. Group.**’ After a trip to North O.C. Central Office, Carol was ready to take on her group.

I think it over and decide I will take the booklet to the meeting and give it to the Secretary. That’s not too pushy is it? I talk to the Treasurer about the state of the meeting’s finances. She is someone I sponsor, so I have an in. I show her the schedule of suggested contributions that need to be made. I show her in the AA Group Guide where it states a meeting should pay its rent, provide coffee, buy literature and make its contributions first. Chips, birthday cakes and birthday cards are not included as necessary expenses. Meeting contributions should not be spent on those items if we are not meeting our obligations. I suggest that we see if someone will volunteer to bake a cake at the end of the month for birthdays. We could ask the meeting to recycle its chips and donate any outgrown chips they might have at home. We could pass the basket a second time for chip money and extra funds for cards, paper plates and the like. Pass out marbles to our newcomers to lower our expenses. There are lots of ways to make our contributions and still have all the fun stuff we love so much.

*Continued on page 12*

## CENTRAL OFFICE NEEDS YOU!

### Give Our Volunteers a Break

Central Office needs substitutes to fill shifts during summer vacation season. If you are reliable and looking for a short-term commitment, come see us! Volunteers are the lifeblood of the office and essential tools in maintaining the machinery of A.A. in North Orange County. The work is also an essential part of your Twelfth Step-carrying the message of A.A. to other alcoholics. For more information, call Roxy at 714-773-4357. Six months sobriety is required.

*Remember...to keep it you gotta give it away!*

### NORTH ORANGE COUNTY CENTRAL OFFICE

133 West Chapman Ave., Suite C  
Fullerton, CA 92832

**OFFICE HOURS:** Daily 9am–9pm

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

**FAX:** (714) 773-0179

**WEBSITE:** www.aanoc.com

**E-MAIL:** OfficeManager@aanoc.com



## Tradition One Quote

From “The 12&12” (page 129)

*“The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, ‘What a great thing A.A. might have been!’”*

*“Does this mean,” some will anxiously ask, “that in A.A. the individual doesn’t count for much? Is he to be dominated by his group and swallowed up in it?”*

*We may certainly answer this question with a loud “No!” . . .*

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## Year-to-Date Donations (through May 2006)

*Thank you for supporting YOUR Central Office!*

| AREA             | DAY & TIME       | MEETING NAME                 | YTD | AREA        | DAY & TIME          | MEETING NAME                  | YTD           |
|------------------|------------------|------------------------------|-----|-------------|---------------------|-------------------------------|---------------|
| Anaheim          | Mo 5:30 PM       | Pinkcloud 202                | 60  | NOCCO       | B-Day Anon Times    | Henery                        | 8             |
| Anaheim          | Mo 7:30 PM 1     | 2 & 12 Oasis                 | 100 | NOCCO       | Anonymous           | Personal                      | 146           |
| Anaheim          | Mo 8:30 PM       | Big Book Study Group         | 30  | NOCCO       | Arnold              | Personal                      | 100           |
| Anaheim          | Mon 8pm          | Big Book Study 202 Club      | 35  | NOCCO       | B-Day Anon Times    | Simon K.                      | 4             |
| Anaheim          | 7:30am Sat.      | Donut Meeting                | 20  | NOCCO       | B-Day Anon Times    | 3-30-90 Steve D.              | 16            |
| Anaheim          | Tues.12&12       | Kaiser                       | 70  | NOCCO       | B-Day Anon Times    | Frank and Sandy               | 17            |
| Anaheim Hills    | Mon. Night       | Experience, Strength, Hope   | 79  | NOCCO       | B-Day Anon Times    | Jim D. 3-18-82                | 48            |
| Anaheim Hills    | Thuir 7:00pm     | Men's Stag, Kaiser           | 60  | NOCCO       | B-Day Anon Times    | Bill E                        | 26            |
| Anaheim Hills    | Monday 7:00pm    | Kaiser Women's Mtg.          | 231 | NOCCO       | B-Day Anon Times    | Lou H. 60yrs                  | 60            |
| Anaheim Hills    | Sa 6:00 PM       | Winner's Circle              | 240 | NOCCO       | Birthday            | Jenni J.                      | 5             |
| Anaheim Hills    | Sa 8:30 AM       | It's In The Book             | 390 | NOCCO       | Cans                | 202                           |               |
| Anaheim Hills    | Th 7:00 PM       | Women's Solution             | 152 | NOCCO       | Central Office      | Estate of Hank Spencer        | 500           |
| Anaheim Hills    | Tu 7:30 PM       | Women's Big Book & Step      | 18  | NOCCO       | Central Office      | Kip C. Faithful Fivers        | 5             |
| Anaheim Hills    | Wed.730pm        | Big Book Study               | 50  | NOCCO       | Central Office      | Faithful Fivers Colleen B.    | 25            |
| Brea             | Fr 5:30 PM       | Happy Hour BB Study          | 48  | NOCCO       | Central Office      | Faithful Fivers Joe E         | 5             |
| Brea             | Mo 10:00 AM      | Women's Discussion           | 178 | NOCCO       | Central Office      | Harry B. B-Day Aatimes        | 53            |
| Brea             | Mo 5:30 PM       | Women's Happy Hour           | 60  | NOCCO       | Central Office      | Anonymous                     | 27            |
| Brea             | Mon. Nite        | Big Book Workshop            | 259 | NOCCO       | Central Office      | Personal Colleen B.           | 75            |
| Brea             | Sa 10:30 AM      | Women's Step Study           | 260 | NOCCO       | Central Office      | Soda Coffee                   | 39            |
| Brea             | We 5:30 PM       | As Bill Sees It              | 70  | NOCCO       | Central Office      | Telephone Calls               | 12            |
| Brea             | Tues. 8:00pm     | Step Study                   | 20  | NOCCO       | Colleen B           | Personal                      | 50            |
| Brea             | Wednesday 630p   | Daily Reflections            | 113 | NOCCO       | Tammy D             | Birthday                      | 100           |
| Buena Park       | Thur.800pm       | Runamucks Men's Stag         | 200 | NOCCO SBC   | United Way          | 196                           |               |
| Buena Park       | Fr 8:00 PM       | Friday Nite Discussion       | 240 | NOCCO       | State Refund        | 349                           |               |
| Buena Park       | Mo 7:30 PM       | Just for Today               | 50  | NOCCO       | Steven C            | Personal                      | 474           |
| Buena Park       | Couples          | Couples Group                | 50  | NOCCO       | Central Office      | ANONYMOUS TIMES               | 12            |
| Cypress          | 5-6pm            | Sun. Happy Hour              | 87  | NOCCO       | Central Office      | B-Day Anon Times              | 16            |
| Cypress          | Tues 8 PM        | Big Book Study               | 130 | NOCCO       | Intergroup Mt       | INTERGROUP                    | 265           |
| Cypress          | Fri. 8 PM        | Lunatic                      | 100 | NOCCO       | Central Office      | SOBERFEST                     | 2,200         |
| Cypress          | Monday Night     | We Agnostics                 | 70  | Orange      | 7:30pm Sun.         | Shutup I Can't Hear F Club    | 60            |
| Cypress          | Mon. 8 PM        | Topic Discussion             | 234 | Orange      | 6:30pm Fri.         | Smashing Donuts               | 90            |
| Cypress          | Tu 5:30 PM       | Happy Hour BB Study          | 120 | Orange      | Fr 5:30 PM          | Happy Hour, Friendship Club   | 80            |
| Cypress          | Fri.8:00pm       | Cypress Fiday Nite Traveler  | 100 | Orange      | Fr.8pm              | Insurance No Puffer Speaker   | 100           |
| Fullerton        | 8:00 PM          | Sunday Harley Men's Stag     | 35  | Orange      | Sa 7:00 PM          | Not a Glum Lot                | 206           |
| Fullerton        | Daily 6:00AM     | Att.Adj.FAC                  | 943 | Orange      | Sun Attit.Adj 830am | OrangeOlive                   | 360           |
| Fullerton        | FAC WED.200pm    | Women's Coffee Talk          | 249 | Orange      | Th 7:30 PM          | Newcomers                     | 25            |
| Fullerton        | Fr 12:00 PM      | 12 & 12 Step Study           | 54  | Orange      | Tu 5:30 PM          | Rush Hour, Friendship Club    | 100           |
| Fullerton        | Fr 6:00 PM       | Anything Goes Mtg.PI         | 606 | Orange      | Tu 7:00 PM          | Walnut Tustin Cl.Disc.        | 450           |
| Fullerton        | Friday 730pm     | Dreams Come True             | 150 | Orange      | Tues.12:00 noon     | Freindship Club               | 140           |
| Fullerton        | 7pm Tues.        | FAC Participation            | 20  | Orange      | Tu. 6:30am          | Orange-Olive Freindship       | 175           |
| Fullerton        | Mo 6:00 PM       | Fullerton Alano Club         | 70  | Orange      | Wed.7pm             | Easy Does It                  | 115           |
| Fullerton        | Mo 6:00 PM       | Men's Stag                   | 180 | Placentia   | Mo 6:30 PM          | Beginners' Sober Start        | 75            |
| Fullerton        | Mo 6:30 PM       | Women Living in the Solution | 50  | Placentia   | Su 7:30 PM          | Sunday Nite Bradford          | 571           |
| Fullerton        | Sa 8:00 PM       | Odd Fellows                  | 292 | Placentia   | Su AM               | Right Start                   | 273           |
| Fullerton        | Sa 9:30 AM       | Feelings-Fullerton Alano     | 56  | Placentia   | Tu 7:00 PM          | Palm Ladies 12 x 12           | 58            |
| Fullerton        | Sat. 1130 am     | Fullerton Alano Club         | 20  | Placentia   | Wed 7:00 pm         | Palm Ladies Big Bk Study      | 15            |
| Fullerton        | Su 10:30 AM      | Speaker Alano                | 120 | Placentia   | Tu 8:00 PM          | Bradford Discussion           | 280           |
| Fullerton        | Th 6:00 PM       | Men's Stag                   | 40  | Santa Ana   | Sat.8pm             | Cooper Fellowship             | 100           |
| Fullerton        | Th 8:00 PM       | Women's KISS                 | 223 | Villa Park  | ALL 6:00 AM         | Attitude Modification         | 60            |
| Fullerton        | Thurs 8:00pm     | Men's Stag                   | 60  | Tustin      | Serenity Recovery   | AA Panel                      | 10            |
| Fullerton        | Tu 7:00 PM       | Women's Thrill Seekers       | 70  | Villa Park  | 24hr.Group          | Attitude Modification         | 789           |
| Fullerton        | We 8:00 PM       | FAC Speaker Mtg.8pm          | 20  | Villa Park  | Su 7:00 PM          | 11th Step Meeting             | 75            |
| H.Beach          | 6pm. 11th step   | Thursdays Club               | 130 | Whittier    | Fri.7-8pm           | Big Book Study                | 50            |
| La Habra         | Fri. 8pm         | Beginners Basic              | 441 | Whittier    | Saturday 730 PM     | Shepard of the Hillss         | 25            |
| La Habra         | M-F 6:30 AM      | Topic Discussion             | 60  | Whittier    | Sat. 10:30 AM       | Women's Acceptance            | 60            |
| La Habra         | Sun.7pm          | Sober Sunday                 | 30  | Whittier    | Wednesday night     | Shepard of the Hills Particip | 103           |
| La Habra         | We 7:30 PM       | Women's Participation        | 50  | Yorba Linda | ALL 6:00 AM         | Attitude Modification         | 2,601         |
| La Mirada        | Tues.8pm         | Winners Circle               | 25  | Yorba Linda | Fr 8:00 PM          | Participation                 | 170           |
| La Palma         | Friday           | Big Book Group               | 105 | Yorba Linda | Mo 12:00 PM         | Nooners                       | 185           |
| La Palma         | Sun. 6 PM        | Disaster Group LP Hosp       | 100 | Yorba Linda | Mo 7:30 PM          | Monday Nite Book Study        | 58            |
| La Palma         | Thursday 8 to 9  | Kitchen Table Meeting        | 80  | Yorba Linda | Mo 8:00 PM          | Yorba Linda Lutheran Church   | 60            |
| La Mirada        | Mens             | Big Book Study               | 50  | Yorba Linda | Sat Nite 8:00pm     | Speaker                       | 120           |
| Los Alamitos ALL |                  | Surrender is Freedom         | 402 | Yorba Linda | Su 8:30 AM          | Right Start                   | 34            |
| Montage          | Saturday Morn    | Mens Beach Mtg.              | 210 | Yorba Linda | Th 8:00 PM          | Y.L. Participation            | 290           |
| NOCCO            | B-Day Anon Times | Ernie C                      | 26  | Yorba Linda | Thurs 8:00pm        | Discussion-Presb. Church      | 70            |
| NOCCO            | B-Day Anon Times | Harry B. B-Day Aatimes       | 53  | Yorba Linda | Wed 800pm           | Topic Discussion              | 60            |
| NOCCO            | Steven C         | Personal                     | 210 | Yorba Linda | Wed 12:00 PM        | Noontimers                    | 160           |
| NOCCO            | Anonymous        | Lisette                      | 8   |             |                     |                               |               |
| NOCCO            | B-Day Anon Times | Timmy                        | 9   |             |                     |                               |               |
|                  |                  |                              |     |             |                     | <b>Total Donations YTD</b>    | <b>22,458</b> |

**APRIL 06/MAY 06 DONATIONS**  
*If your meeting is not listed here,  
 PLEASE see your meeting secretary.*

**ATTENTION MEETING SECRETARIES**

**Suggested Donations are as follows:**

- ♥ **70% N.O.C CENTRAL OFFICE:** 133 W. Chapman #C, Fullerton, CA 92832
- ♥ **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 Hospitals & Institutions**  
 See page 67 of the Orange County Meeting directory for more info.  
*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.*

**CALLING ALL VOLUNTEERS!!!**  
 During April and May Central Office took **1976 calls:**  
**1070 from men and 906 from women.**  
*Keep up the great work — YOU make a difference!*



**MOVIN' ON**

Tuesday, August 1st will be the final Intergroup and NOCPIC meetings at the Bradford Presbyterian Church. As we go to press, the new meeting locations have not been determined. More to be revealed at the August meetings....



**NOTE: THERE WILL BE NO INTERGROUP OR NOCPIC MEETINGS IN JULY.**

The next meetings will be held Tuesday, August 1st. Have a safe and sober Fourth of July!

**IMPORTANT MEETING DIRECTORY INFORMATION**

The deadline for submitting changes or additions to the Orange County Meeting Directory is August 1st. Forms are available at North Orange County Central Office. Call (714) 773-4357 for more information.

| AREA          | DAY & TIME       | MEETING NAME                  | APRIL  | MAY    |
|---------------|------------------|-------------------------------|--------|--------|
| Anaheim       | Mon 8pm          | Big Book Study 202 Club       |        | 35.00  |
| Anaheim       | 7:30am Sat.      | Donut Meeting                 | 20.00  |        |
| Anaheim Hills | Mon. Night       | Experience, Strength, Hope    |        | 79.20  |
| Anaheim Hills | Monday 7:00pm    | Kaiser Women's Myg.           |        | 60.00  |
| Anaheim Hills | Sa 6:00 PM       | Winner's Circle               | 120.00 |        |
| Anaheim Hills | Sa 8:30 AM       | It's In The Book              | 120.00 | 90.00  |
| Anaheim Hills | Wed.730pm        | Big Book Study                |        | 50.00  |
| Brea          | Mo 10:00 AM      | Women's Discussion            | 33.00  | 30.00  |
| Brea          | Mo 5:30 PM       | Women's Happy Hour            |        | 60.00  |
| Brea          | Mon. Nite        | Big Book Workshop             | 154.00 | 105.00 |
| Brea          | Sa 10:30 AM      | Women's Step Study            | 100.00 |        |
| Brea          | Tues. 8:00pm     | Step Study                    | 10.00  | 10.00  |
| Brea          | Wednesday 630pm  | Daily Reflections             | 50.00  |        |
| Buena Park    | Thur.800pm       | Runamucks Men's Stag          |        | 100.00 |
| Buena Park    | Fr 8:00 PM       | Friday Nite Discussion        | 140.00 |        |
| Cypress       | 5-6pm            | Sun. Happy Hour               |        | 49.00  |
| Cypress       | Tues 8 PM        | Big Book Study                | 60.00  |        |
| Cypress       | Monday Night     | We Agnostics                  |        | 70.00  |
| Fullerton     | FAC WED.200pm    | Women's Coffee Talk           | 70.39  |        |
| Fullerton     | Sa 8:00 PM       | Odd Fellows                   | 120.00 | 100.00 |
| Fullerton     | Sat. 11:30 am    | Fullerton Alano Club          | 20.00  |        |
| Fullerton     | Th 6:00 PM       | Men's Stag                    | 40.00  |        |
| Fullerton     | Th 8:00 PM       | Women's KISS                  | 55.00  | 53.40  |
| La Habra      | Fri. 8pm         | Beginners Basic               | 100.00 |        |
| La Palma      | Friday           | Big Book Group                | 105.00 |        |
| La Mirada     | Mens             | Big Book Study                |        | 50.00  |
| Los Alamito   | ALL              | Surrender is Freedom          | 54.00  | 72.00  |
| NOCCO         | B-Day Anon Times | Ernie C                       |        | 26.00  |
| NOCCO         | B-Day Anon Times | Timmy                         |        | 9.00   |
| NOCCO         | B-Day Anon Timrd | Henery                        |        | 8.00   |
| NOCCO         | Anonymous        | Personal                      |        | 33.00  |
| NOCCO         | B-Day Anon Times | Frank and Sandy               | 17.00  |        |
| NOCCO         | B-Day Anon Times | Bill E                        | 26.00  |        |
| NOCCO         | B-Day Anon Times | Lou H. 60yrs                  | 60.00  |        |
| Birthday      | Birthday         | Jenni J.                      | 5.00   |        |
| NOCCO         | Central Office   | Cans                          |        | 38.20  |
| NOCCO         | Central Office   | Faithful Fivers Joe E         | 5.00   |        |
| NOCCO         | Central Office   | Harry B. B-Day Aatimes        | 53.00  |        |
| NOCCO         | Central Office   | Personal Colleen B.           |        | 25.00  |
| NOCCO         | Central Office   | Soda Coffee                   | 14.16  |        |
| NOCCO         | Central Office   | Telephone Calls               | 11.95  |        |
| NOCCO         | Tammy D          | Birthday                      |        | 100.00 |
| NOCCO         | State Refund     |                               | 349.07 |        |
| NOCCO         | Intergroup Mtg   | INTERGROUP                    | 47.80  | 50.00  |
| NOCCO         | Central Office   | SOBERFEST                     |        | 2,200  |
| Orange        | Fr 5:30 PM       | Happy Hour, Friendship Cl     | 80.00  |        |
| Orange        | Sa 7:00 PM       | Not a Glum Lot                | 66.00  |        |
| Orange        | Sun Attit.Adj    | 830am Orange Olive            |        | 120.00 |
| Orange        | Tu 5:30 PM       | Rush Hour, Friendship Club    | 100.00 |        |
| Orange        | Tu 7:00 PM       | Walnut Tustin Cl. Disc.       | 90.00  |        |
| Orange        | Tu. 6:30am       | Orange-Olive Freindship Club  | 175.00 |        |
| Orange        | Wed.7pm          | Easy Does It                  | 45.00  |        |
| Placentia     | Mo 6:30 PM       | Beginners' Sober Start        | 75.00  |        |
| Placentia     | Su 7:30 PM       | Sunday Nite Bradford          | 110.00 | 90.00  |
| Placentia     | Su AM            | Right Start                   |        | 82.50  |
| Placentia     | Tu 7:00 PM       | Palm Ladies 12 x 12           | 18.00  | 40.00  |
| Santa Ana     | Sat.8pm          | Cooper Fellowship             | 100.00 |        |
| Villa Park    | 24hr.Group       | Attitude Modification         |        | 117.80 |
| Whittier      | Fri.7-8pm        | Big Book Study                | 25.00  |        |
| Whittier      | Wednesday Night  | Shepard of the Hills Particip | 25.00  | 18.00  |
| Yorba Linda   | ALL 6:00 AM      | Attitude Modification         | 745.00 | 644.80 |
| Yorba Linda   | Mo 12:00 PM      | Nooners                       | 60.00  |        |
| Yorba Linda   | SatNite          | 8:00pm Speaker                |        | 60.00  |
| Yorba Linda   | Th 8:00 PM       | Y.L. Participation            | 80.00  |        |
| Yorba Linda   | Thurs 8:00pm     | Discussion-Presb. Church      |        | 70.00  |



## UPCOMING EVENTS!

## Looking for something to do?

Here are some upcoming events that might be of interest.

### **Fullerton Alano Club 4th of July BBQ**

The annual Fullerton Alano Club 4th of July BBQ and Potato Salad Contest will be held Tuesday, July 4th from 3 to 6 PM. Dig out those secret family recipes – the winner will receive a Mr. Potatohead trophy! The Fullerton Alano Club is located at 216 N. Malden Ave. For more information call 714-992-0988.

### **Fullerton Alano Club Labor Day Alkathon**

This annual event takes place from Saturday, Sept 4 through the 11:30 AM meeting on Monday, Sept. 4. Activities will include meetings, food, music and much more. For information or to volunteer call FAC at 714-992-0988. The Fullerton Alano club is located at 216 N. Malden Ave

### **South Bay Roundup**

Come celebrate the 22nd Annual South Bay Roundup June 30-July 4, 2006. Events include golf tournament, AA Archives, workshops, luncheons, banquet, shows and meetings galore. There will be live music and other entertainment all weekend. You've got questions? Want to participate? Call the Roundup Hotline (310)354-7880 or log onto the web at [www.southbayroundup.org](http://www.southbayroundup.org).

### **Serenity by the Sea**

Be a part of the 12th Annual Baja Kampvention which will be held July 21-23, 2006. Recovery, Recreation and Fellowship south of the border that you're sure to enjoy. Space is limited so reserve yours early. For more information visit [BajaKampvention.org](http://BajaKampvention.org).

*When you do all the talking you  
only learn what you already know.*

### **Southern California AA Convention**

The 55th Annual Southern California AA convention will be held in San Diego, CA September 22-24, 2006. Activities include sport fishing, golf, 5K/10K Fun Run/Walk, marathon meetings, banquet, show and dances. Register online at [www.aasocal.com](http://www.aasocal.com).

### **Lake Havasu Roundup**

The 19th Annual Roundup will be held November 10-12, 2006 in Lake Havasu City, Arizona at the Nautical Inn Resort & Conference Center. Activities include marathon meetings, guest speakers, casting contest, boat rides, ice cream social and much more. Be a part of the miracle on the river. For more information call Dennis at (928) 505-5403 or Homer at (928) 505-5157 or log onto [www.havasuaa.com](http://www.havasuaa.com).

### **Gem State Roundup**

The First Annual Gem State Roundup will be held August 11-13, 2006 in Boise, Idaho. There will be a golf tournament, marathon meetings, panels, workshops and so much more. More will be revealed at [www.gemstateroundup.org](http://www.gemstateroundup.org).

## ALL DRESSED UP AND NO PLACE TO GO?

Don't forget to pick up the Orange County A.A. Meeting Directory, NOW 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!

## BIRTHDAY DONATIONS



|            |         |      |
|------------|---------|------|
| Ernie C.   | 4/12/81 | \$25 |
| John J.    | 6/7/84  | \$22 |
| Jean P.    | 6/3/85  | \$21 |
| Frank S.   | 7/8/89  | \$17 |
| Timmy      | 5/23/97 | \$ 9 |
| Lisette L. | 1/22/98 | \$ 8 |
| Henry      | 4/1/98  | \$ 8 |

**In memory of Barbara R. – s.d. 5/22/51  
\$100 donated by Susan A., Durango, CO**

**\*\*\* YOUR NAME HERE \*\*\***

Many A.A. members across the country are currently sharing their birthday celebration with others by giving a dollar or two for each year of their sobriety to Central Office. This insures that the same help they received will be available to others that are new to the Fellowship. *Start this year and make it an annual event!*

Mail your donation to North Orange County Central Office, 133 West Chapman Suite C, Fullerton, CA 92832

### IS SOMEBODY SPECIAL CELEBRATING A BIRTHDAY?

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

### 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 **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 article to Central Office or e-mail to: aatimes@aanoc.com*

## CHECK IT OUT—DUDE! YOUNG PEOPLE'S AA MEETINGS!

### SUNDAY

|                |         |  |
|----------------|---------|--|
| Costa Mesa     | 7:30 pm | Wild Bunch Beginners 12x12<br>301 Victoria @ College Hosp Bl, #275 |
| Fullerton      | 6:00 pm | 216 N. Malden (Alano Club)   |
| Huntington Bch | 7:00 pm | 6622 Lakeview-Alice Brkfst/Park                                    |
| Orange         | 7:00 pm | Chapman Univ/Argyros Forum, #212                                   |

### MONDAY

|                |         |   |
|----------------|---------|---|
| Huntington Bch | 8:00 pm | Triangle Group<br>18582 Beach Bl, #2 @ Ellis                          |
| Irvine         | 7:30 pm | Wild Bunch Men's Step Study<br>3 Ethel Coplen Way (Rancho Sr. Center) |
| Yorba Linda    | 8:00 pm | Discussion, 4861 Liverpool @ Yorba Linda (Messiah Lutheran Church)    |

### TUESDAY

|               |         |   |
|---------------|---------|---|
| Anaheim Hills | 7:30 pm | Step Study/Kaiser Lakeview-Bsmt                     |
| Costa Mesa    | 5:30 pm | Big Book Study<br>660 Baker St., Ste. 417 @ Bristol |
| Garden Grove  | 7:30 pm | Main & Stanford, Room 4                             |

### WEDNESDAY

|                |         |  |
|----------------|---------|--|
| Anaheim        | 8:00 pm | Young Peoples Meeting<br>9581 #B W. Ball Rd.<br>(between Brookhurst & Gilbert) |
| Huntington Bch | 8:00 pm | Triangle Group Big Book Study<br>2721 Delaware @ 17th                          |
| Irvine         | 7:30 pm | Wild Bunch Beginner Q&A<br>3 Ethel Coplen Way<br>(Rancho Senior Center)        |
| Newport Beach  | 8:30 pm | Topic Discussion (C,Y)<br>414 E. 32nd St. (888-H7)                             |
| Yorba Linda    | 8:00 pm | Topic Discussion, 5320 Richfield Rd.   |

### THURSDAY

|              |         |   |
|--------------|---------|---|
| Costa Mesa   | 5:30 pm | Young Peoples Speaker Meeting<br>660 Baker St., Ste 417 @ Bristol     |
| Costa Mesa   | 8:00 pm | Moorehead Podium Call-up<br>2476 Newport Blvd @ Fair (Oddfellow Hall) |
| Laguna Beach | 8:00 pm | Romper Room Beginners<br>20456 Laguna Canyon Rd.                      |

### FRIDAY

|                |          |  |
|----------------|----------|--|
| Anaheim Hills  | 8:00 pm  | Discussion, Kaiser Lakeview, Bsmt.   |
| Huntington Bch | 7:00 pm  | Seacliff, 225 7th St., Garage #1 @ Olive                                   |
| Irvine         | 7:30 pm  | Boys in Sobriety, 4400 Barranca & Culver                                   |
| San Clemente   | 10:00 pm | Voluntary Participation,<br>929 Calle Negocia, Suite H<br>@ Calle Amanecer |

### SATURDAY

|              |         |   |
|--------------|---------|---|
| Rancho Santa | 7:30 pm | (C,Y) RSM One Hour Discussion<br>30322 Via Con Dios (Lutheran Church) |
|--------------|---------|---|

## SUBSCRIPTIONS/GIFTS

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## AA's 1940 Start-up in California

The following article appeared in the *Grapevine*, July 1969.  
Our thanks to Ventura County Central Service Area for sending it our way.

The following recollections of early A.A. experience are reminiscent of the risky process of trial and error out of which the Traditions were born. In 1940, we organized A.A. in California (not knowing any better). We had a president, a vice-president, a membership committee, membership rules. We also incorporated A.A. for the whole of the state. We were going to give out charters for starting groups. We even put in Roberts' Rules of Order for a while (talks limited to three minutes, ect.).

Well, all hell broke loose. Mort, the president, couldn't be at a meeting, so he asked someone other than the VP to run the meeting. This made the VP mad, and he got drunk (haven't seen him since). The secretary's husband got drunk because he wasn't given a title (he rejoined five years later). The membership committee got mad because the people they screened out came anyway (we wanted only "pure alkies").

We had a "goon squad" for the slippers. When someone slipped, the goon squad would find him, take him home, and get him sober (whether he wanted to get sober or not). One night, Mort got a call from two members who had slipped. He sent two of the goon squad to save them. An hour later he got a call from one of the squad. They were drunk also. He sent four more goons. Another call.



Now there were eight drunks, and so on. It damn near wiped out the group! Finally, we took stock and figured out that we were all chiefs and no Indians. So we threw out all the titles and committees. For a membership committee, we figured we had the best in the world: John Barleycorn and Mama Fate. They worked 24 hours a day, double time on the weekends, and triple time on holidays. Given enough days, they would send us all the drunks we needed. As for titles, we figured the "big man" had no place in A.A.

As for the proper use of money and where its misuse began, we found that out in 1941, the hard way. When the local pastors began to help us, we became affluent; the mother group had four or five hundred members, and we accumulated about \$500 in the bank. Mort announced this to the group and asked them what to do with it. All hell broke loose again! Every member had an opinion and fought to get his way. For three Friday nights in a row, all a newcomer heard about was what to do with \$500. Then our treasurer (wiser than his A.A. years) drew the money out of the bank and sent it to A.A. headquarters in New York.

The next Friday night when the fight started, he got up and said we had no money, therefore no problem.

### Traditions Checklist

From the *AAGrapevine* – [www.aagrapevine.org](http://www.aagrapevine.org)

The questions on the Traditions Checklist were originally published in the *Grapevine* in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since used them as a basis for wider discussion.

**Tradition One:** Our common welfare should come first; personal recovery depends upon AA unity.

- ✓ Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
- ✓ Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into an argument?
- ✓ Am I gentle with those who rub me the wrong way, or am I abrasive?

- ✓ Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
- ✓ Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
- ✓ Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
- ✓ Am I as considerate of AA members as I want them to be of me?
- ✓ Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
- ✓ Do I go to enough AA meetings or read enough AA literature to really keep in touch?
- ✓ Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

# SPEAKER MEETINGS: July/August 2006 – DON'T MISS THESE!!!

Anonymous Times would like to publish your list of speakers for September/October 2006. Contact Central Office or email to [aatimes@aanoc.com](mailto:aatimes@aanoc.com). Deadline for publication is August 15.

## Friday Dreams Come True - Fullerton

### Formerly the Buena Park Speaker Meeting

7:30 pm 109 E Wilshire, Fullerton  
First Christian Church  
7-7 Charles W. - Long Beach  
7-14 Merv S. - Monrovia  
7-21 Neil G. - Newport Beach  
7-28 Theresa F. - North Hollywood  
8-4 Gil C. - Mission Viejo  
8-11 John K. - Chino Hills  
8-18 Geri H. - Garden Grove  
8-25 Francis O. - Dana Point

## Friday St. Jude Speaker-Fullerton

8:00 p.m. St. Jude Hospital, Erickson Building  
101 E. Valencia-Mesa  
7-7 Nick M. - Santa Ana  
7-14 Fernando - Tustin Ranch  
7-21 Clancy O'H - Torrance  
7-28 Plummer Jim - Long Beach  
8-4 Victoria S. - Redondo Beach  
8-11 Fred DuB. - Van Nuys  
8-18 Dona M. - Long Beach  
8-25 Bob W. - Anaheim  
9-1 Frank M. - Anaheim

## Friday No Puffers Speaker - Orange

8:00 p.m. 395 S. Tustin St., Orange  
(room behind church)  
7-7 Ruth D. - Corona  
7-14 Craig S. - Yorba Linda  
7-21 Eric S. - Tustin  
7-28 Heather V. - Los Alamitos  
8-4 Sandy R. - Mission Viejo  
8-11 John R. - Irvine  
8-18 Jim B. - Santa Ana  
8-25 Elaine G. - Newport Beach

## Saturday Oddfellows Speaker - Fullerton

8:00 p.m. First Christian Church  
Corner of Wilshire and Harbor Blvd.  
7-1 Lyle P.  
7-8 Ray L. - Riverside  
7-15 Simon K. - Fullerton  
7-22 Teddi P. - Huntington Beach  
7-29 EJ P. - Huntington Beach



*Show up and hear the  
message of recovery!*

## Sunday Fullerton Alano Center

10:30 a.m. 216 N. Malden Avenue  
7-2 Dan M. - Fullerton  
7-9 Al R. - Lawndale  
7-16 TBA  
7-23 Lynn W. - Laguna Hills  
7-30 Birthdays  
8-6 Ray C. - Costa Mesa  
8-13 Ron Y. - Costa Mesa  
8-20 Tony M. - Fullerton  
8-27 Birthdays  
9-03 Ann W. - Fullerton

## Sunday Western Medical 24-Hour Speaker

10:30 a.m. 1025 S. Anaheim Blvd., Anaheim  
7-2 Timmy S. - Anaheim  
7-09 Mick. - Long Beach  
7-16 Jerry L. - Brea  
7-23 Brent J. - Cypress  
7-30 Mark - Brea  
8-6 Ken - Fullerton  
8-13 Paula S. - Garden Grove  
8-20 Suzanne - Anaheim  
8-27 Big Book Billy - Riverside  
9-03 Brittany - Cypress

## Sunday Fireside Speakers-Buena Park

8 p.m. 8150 Knott Ave, Buena Park  
7-2 Charles K. - Encino  
7-9 Sharon B. - Los Angeles  
7-16 Richard W. - Huntington Beach  
7-23 Leon M. - Inglewood  
7-30 Ann W. - Fullerton  
8-6 Doug R. - Tujunga  
8-13 Kent M. - Huntington Beach  
8-20 Laurel G. - Santa Ana  
8-27 John N. - Fullerton  
9-3 Debbie W. - Long Beach

## Regularly Scheduled No. Orange County Meetings

### North Orange County Intergroup Association

1st Tuesday of each month at 7:30 p.m.  
849 N. Bradford, Placentia (Presbyterian Church)

### Orange County Hospitals and Institutions Committee

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

### Cooperation with the Professional Community (CPC)

1st Saturday of each month at 9:00 a.m.  
202 W. Broadway, Anaheim

### North Orange County Hispanic Intergroup Association

Every Friday at 8:00 p.m. 330 N. State College Ste 207, Anaheim  
Call (714) 956-7243 for information

### North Orange County Public Information Committee

1st Tuesday of each month at 6:30 p.m.  
849 N. Bradford, Placentia (Presbyterian Church)  
For information call Brian K. (714) 658-4581

## TRADITION ONE

***“Our common welfare should come first; personal recovery depends upon A.A. unity.”***



One of the things that perplexes the non-alcoholic most is the mysterious way A.A. works. Suppose we have had the same neighbor for over twenty years. When we first met, we were respected members of society. But this all began to change and it became clear to our neighbor that we had become a common drunk.

Our neighbor now takes it on himself to help us. Soon a steady group of do-gooders begins to pass through our lives, all singing the same song – straighten up and fly right. We want to do this but we find we cannot.

Then we find A.A. We begin to hang out with people who have committed murder, served time in prison and been prostitutes. We become the way we were twenty years ago only better.

Our neighbor has, in a period of twenty years or so, witnessed the metamorphose A.A. brings to the problem drinker. But we don't have a twenty year span to carry the message. We have a half hour twelve-step call, a ten minute pitch or a one hour talk from the podium. Time for us is not a twenty year span, but **NOW**.

We soon realize there are no do-gooders in A.A. There is no rank or caste system. Our common denominator is the terminal disease of alcoholism. Loner tendencies and the feeling of “I can do it by myself” are soon snuffed out. Our primary purpose becomes our welfare, which is contingent upon maintaining our sobriety. But we can't do this alone. Our chain of sobriety is strong only as long as all the links hold.

Personal recovery means we must band together and protect A.A. We must do all we can to make sure our Fellowship stays alive because if it dies, we all die with it. The Twelve Traditions, particularly this one, were written to help insure the survival of Alcoholics Anonymous and to help each and every one of us to maintain a healthy and happy sobriety.

Personal recovery and A.A. unity are interlocked. If A.A. doesn't survive by uniting then we don't survive either. The bottom line is that **we** must protect ourselves by protecting the Fellowship of Alcoholics Anonymous.

## ***TRADITION ONE – How it Affects Me and My Program***

By Chuck W.

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

“As individuals in A.A. must eventually come to depend on God or a Higher Power of some sort, our A.A. “society” must present unity of purpose – recovery, service.”

“We all ‘hang together’ or we each may hang separately.” *Anonymous*

“We may each arrive on different ships but we are in the same safe harbor now.”

*Anonymous*

Since each member, for his or her personal recovery, **must** come to depend on spiritual principles for recovery or **NOT RECOVER**, then it is pretty easy to see that the common good (welfare) must be placed ahead of any individual's personal recovery. The disease is its own enforcer and police force. One may choose to obey spiritual principles or not. Most who recover find that, once started on the spiritual path, survival depends on carrying the A.A. message. Thus the common welfare of A.A. is guaranteed. Well, there are no guarantees, but the tradition itself says “*should come first.*”

“God does for us, both as individuals and as a whole, what we couldn't and cannot do for ourselves everyday, all day long.”

*Anonymous or Unknown Source*



***“As sobriety means long life and happiness for the individual, so does unity mean exactly the same thing to our Society as a whole. Unified we live; disunited we shall perish.”***

Bill W. (As Bill Sees It – pg. 229)

# Ready To Live

By Peter M.

**N**either of my parents was much interested in alcohol, so as Chuck Harper would say, "I had no one to blame but myself for drinking the way I did." I had my first drink at about 14 years of age. I had a few shots at the bar in our family room while I was home alone. It was probably Seagram's 7 or Canadian Club. I don't remember much of it. I next drank at 16 years old in the back seat of a '54 Ford. It was in the high school parking lot and it felt good to be buzzed at 7:45 in the morning. I was a bit afraid I might get caught in my first class. Well I got lucky and did not get found out. At 19, it was on. If you could get drafted, you could drink and the hell with anyone that might disagree, including my parents. Beer was what everyone was drinking and that was fine with me. I drank mostly at parties and at friends' houses whose parents were not so uptight.

I avoided the Army by joining the Navy and got stationed at Camp Pendleton. While I was there, I was loved by the old timers, particularly by the ones who had been wounded, and hated by the guys still going through infantry training. Drinks were free. Two years later, Vietnam. I was introduced to a little weed and beer from different parts of the states. Like Carlings, Old Milwaukee and others I had never heard of, being from Southern California. So far alcohol was not giving me any problems.

1970 came and so did Okinawa. I found myself not feeling very well one day. I went to the doctor and he rushed me to the Army Hospital as my heart rate was about 185 a minute. My heart was stopping and starting and I was having trouble breathing. I spent four days in the intensive care unit. I was still alive. On the fifth day, I was back to work. The doctors told me that they see a lot of this in fellows in their early twenties. They don't know why it happens but they gave me some pills and told me I would be fine. Well six more trips like that from then to 1986. It wasn't until the last visit did anyone ever start to get an idea that it might be the booze that was the problem. A doctor on a follow up visit in late 1986 or early 1987 mentioned drinking to me and suggested I take few less of them. He had to be kidding. I had no control by then. All he was trying to do was to keep me from dying and I wasn't ready.

I think the worst time was the afternoon I drove from East Long Beach to St. Mary's Hospital by myself, down PCH through the traffic circle and up to Atlantic. I don't remember much of the drive

even though I was sober. I just remember when the doors opened to the emergency room, I turned off my car, squeezed between my bumper and the entrance and I was in. The next thing I remember, I was naked on the table and a lot of people were trying to keep me from dying. My heart was stopping again and went down to below 40 beats a minute from about 185 or more. God must have been driving that day.

I still wasn't done drinking yet because all I had was a bad heart. I didn't think drinking had anything to do with it. My last drunk was at the American Legion. That night I also had one more disagreement with my second wife. I pushed her through the bedroom wall. I called some friends and they came over. Among the things they said to me was, "Pete you need help." I was ready and called a facility to arrange for an appointment for the next day. That morning, I went to work and told my boss I was going to a place to get help with my problem. That morning I started my new life.

I am living today, 16 years sober. I haven't had to drink or use since that day. I am grateful that I didn't die or kill myself or anyone else. I still have the same employer, the same corporate credit card; these things didn't mean much when I was drinking. I have four grandchildren who have never seen me drink. I have a home, a couple of nice cars for my wife and me to drive. I attend several meetings a week and love A.A. and everything it gives me. Thanks for letting me tell my story; it helped me stay sober...today.

*My heart  
was stopping  
and starting  
and I was  
having trouble  
breathing.  
I spent  
four days  
in the intensive  
care unit.  
I was still alive.*



## Finding the Balance

*...will return in our  
next issue.*

# NOC Central Office BULLETIN BOARD

|   |   |  |  |
|---|---|--|--|
| <p><b>H &amp; I</b><br/><b>2ND SUNDAY</b><br/><b>July 9 &amp; August 13</b></p> <p><b>Orange County Hospitals and Institutions Committee</b><br/>2nd Sunday of each mo.</p> <p><b>Institutions Committee:</b><br/>4-5 pm<br/>(Orientation at 3:15 pm)</p> <p><b>Hospitals Committee:</b><br/>6-7 pm<br/>(Orientation at 5:15 pm)</p> <p><b>Garden Grove Alano Club 9845</b><br/>Belfast<br/>Garden Grove<br/>Call (949) 278-5173<br/>for more info.</p> | <p><b>NOCPIC</b><br/><b>1ST TUESDAY</b><br/><b>No meeting July 4, next August 1</b></p> <p><b>North Orange County Public Information Committee</b></p> <p><i>Learn about sharing the message of AA with Non-AA people like high school and college students.</i></p> <p><b>Meets at 6:30 pm on the 1st Tuesday of every month at</b><br/>849 N. Bradford<br/>Placentia, Room 403</p> <p><b>If you have questions, call Brian K. at 714-658-4581</b></p> | <p><b>INTERGROUP</b><br/><b>1ST TUESDAY</b><br/><b>No meeting July 4, next August 1</b></p> <p><b>North Orange County Intergroup Association</b></p> <p><i>Be an Intergroup representative for your meeting.</i></p> <p><b>Meetings are the 1st Tuesday of each month at 7:30 pm</b><br/>849 N. Bradford<br/>Placentia<br/>(Presbyterian Church)</p> | <p><b>VOLUNTEER</b><br/><b>2ND SAT. Quarterly</b><br/><b>July 8 at 10 a.m.</b></p> <p><b>CENTRAL OFFICE</b> holds a quarterly volunteer meeting. <i>Coffee and donuts provided.</i></p> <p><b>Learn how to fill shifts at Central Office, be of service and meet fellow volunteers.</b></p> <p><i>Did I mention free donuts?</i></p> <p><b>Call 714-773-4357 for information.</b><br/><b>MEETING 10 A.M.</b></p> |
|---|---|--|--|

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

## North Orange County General Service Meetings

| District | Day     | Time    | Location   | Contact                     |
|----------|---------|---------|--|-----------------------------|
| 5        | 2nd Thu | 7:00 pm | 19211 Dodge Ave @ Newport Tustin (Church of the Foothills) | Alex N.<br>(714) 218-8867   |
| 7        | 1st Mon | 6:30 pm | 9845 Belfast Dr, Garden Grove (Garden Grove Alano Club)    | Cheryl M.<br>(714) 235-5019 |
| 10       | 1st Wed | 8:00 pm | 109 E. Wilshire, Fullerton (First Christian Church)        | Donna S.<br>(714) 572-1716  |
| 15       | 1st Thu | 7:00 pm | 441 N. Lakeview, Anaheim (Kaiser Hosp. 8th Floor, Room B)  | Lynn C.<br>(714) 671-0285   |

*Orientation for new GSRs is held one half hour prior to Monthly North Orange County General Service Meetings*

## Check Us Out!

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*Come visit us at [www.aanoc.com](http://www.aanoc.com)*

## HIGH FIVES TO OUR FAITHFUL FIVERS!!!

*Austin ♦ Dennis ♦ Ed ♦ Colleen ♦ Jan ♦ Julie ♦ Kip  
Nancy ♦ Norma ♦ Ralph ♦ Ginger ♦ George ♦ Paul ♦ Joe*



### 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: 133 West Chapman Avenue, Ste. C • Fullerton, CA 92832

**YOU CAN MAKE THE LIST GROW TODAY!!!**

## A Six-Month Sober Newcomer Story

By Marie W.

***"Hi! My name is Marie and I am an alcoholic!"***

**T**hose words did not always come easy to me as they do now. In the beginning, several years ago, I would identify at an AA meeting as an alcoholic, but they were just words. I knew that I had a drinking program; there was no doubt about that. The difference between now and then when I introduce myself is that I am, for the first time, working the program. I don't know if you can relate, but I am so used to saying my name and that I am an alcoholic that I have started to say this at inappropriate times. I have come to believe that this is my identity (an alcoholic) and I am even starting to accept it in a positive way. Where else can I get so much inspiration, unconditional love, spiritual nourishment, and guidance with life's problems, than in AA?

My story goes back many years to first drinking alcoholically at 17 years of age. Even at that young age, I knew that the way I was drinking was not like that of my friends. I had to drink something that had more alcohol in it. I had to drink more of it. I had to drink it faster, because that made me feel the way I wanted to feel faster. My "love affair" with alcohol had started. I was on my way to over 30 years of building a strong, caring relationship with alcohol. Little did I know what was in store for me in the years to come.

My drinking became that of a more socially accepted type when I went to college. It was party drinking, beer and wine mostly. But something inside of me was living, breathing and growing and would soon burst into my life and take over.

That entity was my alcoholism! I got married and had children a little too young and never was able to grow up and find out who Marie really was. So at the age of thirty-something, for no apparent reason, which still baffles me to this day, I bought my first pint of vodka. I had found the magic potion that was missing in my responsibility-filled life. I loved immediately the person that it made me feel like. To say I was hooked is an understatement. Just as easy as that! One pint of vodka and I had an intimate partner in my life.

It didn't take long and my pints turned into fifths, then quarts, then half-gallons. All the time trying to function in the real world as a "normal" person. As a "secret" drinker, do you have any idea how hard it is to hide a half-gallon of vodka so that someone does not find it? Because my stash was constantly being found and unceremoniously dumped, I started buying and hiding multiple bottles around the house. You weren't going to keep my vodka from me!

Of course by this time my marriage, relationship with my children and job had disintegrated into a maze of daily drinking, hiding bottles, finding ways to buy and sneak it into the house, loosing bottles from the night before in a drunken stupor and so on. Also the binge drinking was having an affect on my body. I would be sick for days when my system could not take it any more. There were the "I have the flu" calls to work and the smell of alcohol permeated my entire house.

I knew that I was turning into someone I did not know and did not like! But why and how did this happen?

I got two DUIs within 8 months of each other in the same year. Now I had really done it! It was time for the "yets" to come true in my life. How could a nice woman like me, who lives in a nice neighborhood, has a family and a job end up in this situation? This only happened to real drunks. It finally dawned on me that I am a real drunk.



This was just the bottom that my Higher Power had in mind for me. It took my second DUI to wake me up to the fact that I had to get help and get help now. What I have done to get sober may not be for everyone, but I do believe that this is what I needed to do. I checked into a sober living program, attend several AA meetings a week, have a wonderful sponsor who I talk to everyday and I work the program. What a concept! It only took me almost killing everything I held dear in my life to come to the conclusion that I was an alcoholic.

I have heard that the most important person in an AA meeting is the newcomer. With the grace of my Higher Power, I have six months of real sobriety. Not just six months of not drinking. Six months of hard work, working the steps and being held accountable for my actions of three decades of drinking.

My story in a nutshell is that I have the disease of alcoholism and I finally accepted that I need help. I turned my life and will over to my Higher Power. It may sound corny, but it is as simple and as complex as that. I know that six months is not a long time. But it is the first six months of my life that I have peace, sobriety and love in my life. I am glad that I didn't quit five minutes before the miracle happened.

***To be continued One Day at a Time.***

## A Meeting's Dilemma

(continued from front page)

I return to my meeting armed and dangerous. I raise my hand when they call for announcements and say "We are going to hold a Group Inventory next week, 30 minutes before the meeting, and anyone who is interested can attend." Now I have them! They are thinking, "What the heck is a group inventory?" Then I zap it to them. "We will use the results of the group inventory to provide information we can use to have a group conscience the following week." Some don't care, most are in the dark, but not me. I read the booklet **"The AA Group."**

We held our Group Inventory Meeting and about twenty women attended. We took a serious look at how well our meeting was handling its obligations and came up short and wanting. We had not made a Central Office donation in over nine months and had no funds in our treasury. We challenged each other to go home and come up with ideas to improve our situation. We passed around a note pad for women who were unable to attend the 'meeting-before-the meeting' to express their ideas and provide suggestions.

Using the information we collected, we created a voting ballot and gave them out during the announcements, requesting all who were interested cast their votes and turn them in to the secretary by meeting's end. We then tallied the votes and created a document, a Group Conscience, and placed it in our secretary manual for future reference.

We agreed to increase our donation request to \$2.00 per person for those who could afford it. That's about the cost of one cheap drink today. It was decided that we would pay our A.A. obligations first, with 15% of the money collected to be automatically set aside for Central Office. We made a decision to only buy chips with money left over after our obligations were met and to pass a basket for recycled chips.

The meeting made its donations, as suggested by Central Office, and got back on track. I am going to keep going to the meeting I have attended for the last twenty years and try to use my knowledge of A.A. to keep things heading in a straight line. The welfare of the meeting needs to be my primary objective. I am going to attempt that balancing act, support the A.A. Traditions without being an 'old-timer know it all.'

The Traditions state: **"We are fully self-supporting through our own contributions"** — not just our meeting but A.A. as a whole. If we are to survive and continue to extend the hand of A.A. to all those who appear at our door we must not evade our responsibilities.

## LETTERS TO THE EDITOR

We'd love to hear from you!

Please send your comments or suggestions to:

**North Orange County Central Office**

133 W. Chapman Avenue, Suite C Fullerton, CA 92832

Or e-mail to [aatimes@aanoc.com](mailto:aatimes@aanoc.com)

(We reserve the right to edit letters)



Dear Anonymous Times:

*My name is Joe E. from Florida, as I was known when I was in California to visit my son in Yorba Linda. I have been to many meetings in Yorba Linda and Placentia and I was wondering if you can put a piece in the Anonymous Times thanking all the A.A. members who were so helpful and welcomed me. I am looking forward to again joining them when I return to California.*

*All my best,  
Joe from Florida*

## Live and Let Live...

By Jamey F.

What a concept! What does this really mean? Am I supposed to let you run wild with your dumb ideas? Maybe, as long as it has no impact on my life. My job is to be the "attraction." If you don't want what I have, it's no skin off my back. My life keeps me busy enough without running yours too! However, if you do want what I have, you'll do what I do. You'll ask me what I did in my recovery. You'll work your program like your life depended on it.

Does my life really depend on my continued sobriety? You bet it does! People and places that are toxic to my well-being are toxic to my recovery. My sponsor says that attitude is everything. Are you an optimist or a pessimist? Is the glass half full or half empty? Am I so negative and controlling that I can't let you live and let live? I only know that I need to be around positive people.

My sponsor also says that if your 'slip' is showing, I should tell you. Well I spent many years before my recovery giving advice to others, so "Live and Let Live" allows me to let go of your life to focus on mine. For me, I rarely point out your 'slip'. What I may do is let you know I hear the lies you are telling yourself...and even that's very rare too. So, I'll live and let live. It works for me.

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