



# "District 5" Newsletter

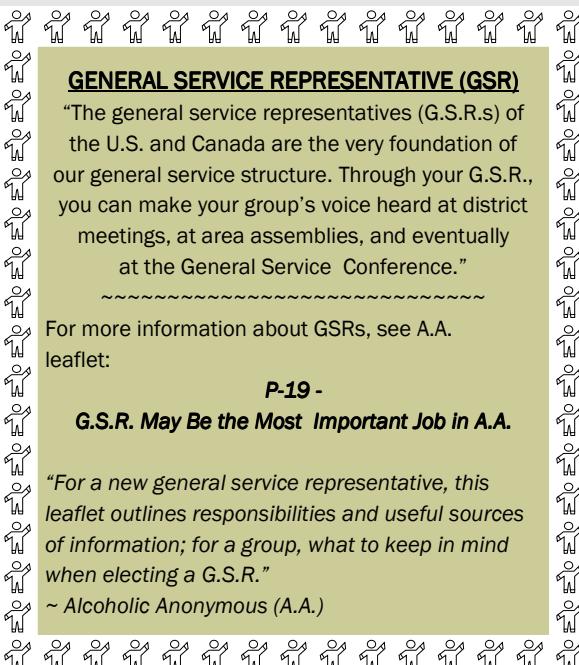
4TH QUARTER—2017



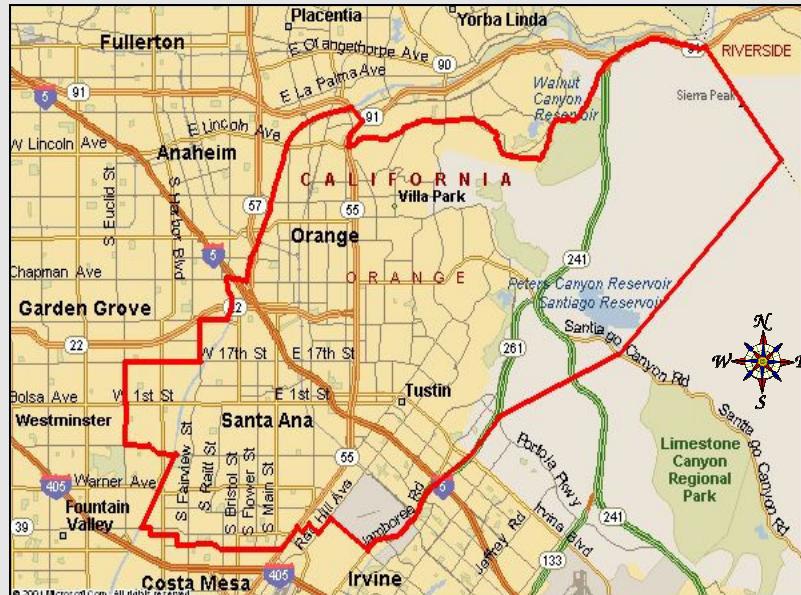
Newsletter Editor: Vicki R. / Orange

HAPPY HOLIDAYS TO ALL!!!

## DOES YOUR GROUP HAVE A VOICE?



## AREA MAP OF "DISTRICT 5"



## CITIES IN "DISTRICT 5"

(# of meeting groups which General Service Office shows as "Active")  
Cowan Heights (0), Lemon Heights (0), Orange (45), Orange Park Acres (0), Santa Ana (12), Tustin (23), and Villa Park (3)

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## Being of Service...

### YOUR 2016/2017 "DISTRICT 5" TRUSTED SERVANTS...

#### NAME

EVAN J:

KRISTEN C:

MITCHELL B:

AL C:

VICKI R:

CHARLIE R:

CHRIS W:

JOEY P:

LISA R:

SONNY J:

CHRISTINE L:

TONIA S:

PAM T:

RYAN B:

SUZANNE E:

#### DISTRICT POSITION

DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.)

ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.)

SECRETARY

TREASURER

REGISTRAR and NEWSLETTER

DISTRICT COMMITTEE MEMBER (DCM) - EAST ORANGE and LITERATURE

DISTRICT COMMITTEE MEMBER (DCM) - WEST ORANGE and INTERGROUP LIASON

GSR SCHOOL

H&I LIAISON

COOPERATION WITH THE PROFESSIONAL COMMUNITY (C.P.C.)

GRAPEVINE

PUBLIC INFORMATION (P.I.)

SPECIAL NEEDS

CAKE SERVICES

COFFEE MAKER



If you're interested in **being of service**, and would like to be involved in "District 5" by volunteering for a **commitment**, see **Page 3** for a list of those that are still open. We'd love to share this **amazing experience** with you!!

## STEPS, TRADITIONS, AND CONCEPTS OF A.A.

(Reprinted with permission of A.A. World Services, Inc.)



### STEPS: 10 THRU 12

10.

*"Continued to take personal inventory and when we were wrong promptly admitted it."*

11.

*"Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."*

12.

*"Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."*

### TRADITIONS: 10 THRU 12

10.

Short Form:

*"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."*

11.

Short Form:

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

12.

Short Form:

*"Anonymity is the spiritual foundation of all our Traditions, ever reminding Us to place principles before personalities."*

### CONCEPTS: 10 THRU 12

10.

Short Form:

*"Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined."*

11.

Short Form:

*"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."*

12.

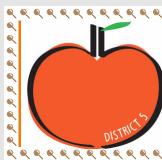
Short Form:

*"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its Members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action."*

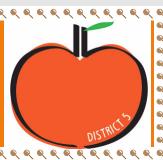
#### DEFINITION OF "CONCEPT"

(Taken from The Little Big Book Dictionary/LBBD)

- idea / conception / image / impression / notion / perception / thought
- what exists in the mind as a representation ( as of something understood ) or as a formulation ( as of a plan )



## DISTRICT 5 - ELECTIONS "2018 / 2019" OFFICERS, DCMs, and COMMITTEE CHAIRS



Our District 5 "2018 / 2019" term elections were held during its October 12, 2017 meeting. A total of thirty-two (32) were in attendance. (Thank you to all whom attended!!)

The above attendance number included four (4) "Area 09 Officers" (Joe C., Jesus O., Leandro C., and Ryan B.), all of whom assisted with the elections.

◊ AA's *Third Legacy Procedure - Procedure 2*: Two scrutineers are appointed, preferably from among those not eligible to vote.

**CONGRATULATIONS** to the following newly elected, and **THANK YOU** for your willingness to be of service!!

**Officers:**

- \* DCMC (District Committee Member Chair): Kris C.
- \* Alt. DCMC (Alternate District Committee Member Chair): Missy D.
- \* Secretary: Tonia S.
- \* Treasurer: Vicki R.
- \* Registrar: Pam T.

*Your newsletter editor has no official confirmation, but this may be the first ever "all female" officer panel in the history of District 5.*

**Committee Chairs:**

- \* Grapevine:
- Christine L.
- \* Public Information:
- Tonia S.
- \* Convention Liaison:
- Matt L.
- \* Special Needs:
- Pam T.
- \* CPC (Cooperation with the Professional Community):
- Sonny J.
- \* Intergroup Liaison:
- Chris W.
- \* Newsletter:
- Vicki R.

**Committee Chairs: (continued)**

- \* GSR School: Al C.
- \* Literature: Cole S.
- \* Grapevine: Christine L.
- \* East Orange: Chris W.
- \* North Tustin: Steve C.

**Special Positions:**

- \* Coffee: Suzanne E.
- \* Cake: Josh O.



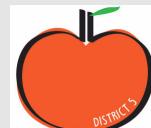
DISTRICT 5

### OPEN COMMITMENTS - 2018/2019 Term

1. H&I Liaison
2. Archivist
3. Archives
4. DCMs
  - \* Women's Evening
  - \* Women's Day
  - \* Men's Groups

**DCM's (continued)**

- \* Friendship Club AM
- \* Friendship Club PM
- \* West Orange
- \* Santa Ana
- \* Santa Ana Alano Club
- \* South Tustin



### MID SOUTHERN CALIFORNIA AREA 09 - ELECTIONS - "2018 / 2019" AREA 09 OFFICERS



Area 09 elections for the "2018 / 2019" term were held on October 8, 2017 in Banning, CA.

Congratulations to the following newly elected officers:

** Delegate:	Jesus O.	** Alternate Delegate:	Ryan B.
** Secretary:	Mitchell B.	** Registrar:	Sharon K.
** Treasurer-AP:	Ed L.	** Treasurer-AR:	Todd W.

We're pleased and excited to let you know that two of the newly elected Area 09 officers are from our own District 5...

Ryan B.  
and  
Mitchell B.

**CONGRATULATIONS!!  
YOU GUYS ROCK!!!**

## MEETINGS / GROUPS IN “DISTRICT 5” WITH ACTIVE\* GSRs

\*Active: A meeting/group's G.S.R. having attended one or more of the past six consecutive District 5 meetings.

CITY	DAY (TIME)	MEETING NAME	ADDRESS	G.S.R. / ALTERNATE G.S.R.		
ORANGE	Mon thru Fri (5:30pm)	Rush Hour	2191 Orange Olive Rd. (F/Club)	Matt	L.	GSR
	Mon thru Sun (5:30pm)	Tustin Rush Hour	1800 E. La Veta Ave. (RIO)	Pam	T.	GSR
	Mon (7pm)	Womens Experience, Strength & Hope	2910 N. Santiago Blvd.	Tim	G.	Alt-GSR
	Tues (7pm)	Keep it Simple Group	1310 E. Walnut (7th Day Adv.)	April	H.	GSR
	Tues (7pm)	Orange Tustin Group	1130 E. Walnut (1st Christ. Church)	Missy	D.	GSR
	Tues (8pm)	Hart Park Newcomers Group	701 S. Glassell (Clubhouse)	Will	G.	Alt-GSR
	Weds (11:15am)	Chapman & Lewis AA	4201 W. Chapman Ave. (Kaiser Hospital - 2nd Floor)	Glenda	R.	GSR
	Weds (7:30pm)	Alkies Only	1800 E. La Veta Ave. (RIO)	Karen	B.	Alt-GSR
	Thurs (6:30pm)	Ladies Night Book Study	300 N. Rampart St., #1	Vicki	R.	GSR
	Thurs (7:30pm)	777 (Newcomers) Men's Stag Group	395 S. Tustin (Comm. Of Christ)	Mika	S.	GSR
	Thurs (7pm)	How It Works	1800 E. La Veta Ave. (RIO)	Yvette	B.	Alt-GSR
	Thurs (7:30pm)	Men's Big Book Study	3400 Canal St. (Trinity Episcopal)	Ryan	H.	GSR
	Fri (8pm)	Fri. Night No Puffers Speaker Meeting	395 S. Tustin (Comm. Of Christ)	Shane	S.	Alt-GSR
	Sat (6pm)	Winner's Circle Group	812 W. Town & Country (Mariposa Women's Center)	Steve	C.	GSR
	Sat (7pm)	Not A Glum Lot	705 W. La Veta Ave. #208	Vicki	R.	Alt-GSR
SANTA ANA	Sun (11am)	Sunday Morning B/B Study Group	2191 Orange Olive Rd. (F/Club)	Steven	H.	GSR
	Sun (5:30pm)	The Other 12 & 12 (Twin Towers)	705 W. La Veta Ave. #208	Josh	O.	GSR
	Sun. (7pm)	Sun. Night Speaker Meeting of Orange	1800 E. La Veta Ave. (RIO)	Rob	S.	Alt-GSR
	Tues (8pm)	Tuesday Night Men's Stag	614 N. Bush St. (Church)	Crystal	L.	GSR
TUSTIN	Mon thru Sun (6am)	6 A.M. Foothill Early Risers Group	19211 Dodge Ave (C.O.T.F.)	Suzanne	E.	GSR
	Mon thru Sun (6am)	Tustin Attitude Modification Group	1221 Wass St. (St. Paul's Ch.)	Sonny	J.	GSR
	Mon thru Fri (12pm)	Alkies Winner Circle	555 S. Main St. (1st Advent Ch)	Christine	L.	GSR
	Mon (6:30pm)	Women's 12x12	19211 Dodge Ave. (C.O.T.F.)	Gloria	Z.	GSR
	Mon (7pm)	Men's BYOB Bookstudy	1201 Irvine Blvd.	Chase	C.	GSR
	Mon (7pm)	Monday Night Mens Stag Group	555 Main Street (Org. Cnty. Church)	Michael	H.	GSR
	Tues (7pm)	Tustin Big Book Study	225 W. Main St.	Elizabeth	B.	GSR
	Weds (7pm)	Womens Solution Group	19211 Dodge Ave. (C.O.T.F.)	Sue	C.	GSR
	Fri (6:30pm)	It's In the Book (Book Study)	"B" & Main St. (Presbyterian Church)	Sue	C.	Alt-GSR
	Fri (7:30pm)	Turning the Corner	1221 Wass St. (St. Paul's Ch.)	Cole	S.	GSR
	Sat (8pm)	Saturday Night Visiting Speakers Mtg.	18341 Lassen Dr. (Prentice School)	Chris	W.	GSR
	Sun (9:02am)	9:02 Speaker Meeting (9:02 Group)	18341 Lassen Dr. (Prentice School)	Steve	W.	Alt-GSR
	Sun (7pm)	Sober & Crazy Speaker Meeting	18341 Lassen Dr. (Prentice School)	Sonny	J.	GSR

- Did you know that the local group is the basic unit of A.A. World Service?
- Is your meeting/group missing from the above list??
- Did the newsletter editor make a mistake?? (If the answer is “yes”, come to the next District 5 meeting and she'll get it corrected!)
- Or...Is it because you don't have a G.S.R. or your G.S.R. is not actively attending the District 5 meetings?



Announcement!

PUT THIS  
ON YOUR  
CALENDAR!

## UPCOMING EVENTS and ANNOUNCEMENTS

DISTRICT 5

**Dec 11, 2017 @ 6pm:**  
Steering Committee Mtg.  
Denny's @ 17th & Tustin, Santa Ana

**Dec 14, 2017 @ 7pm-8:30pm:**  
GSR Meeting  
(“New GSR” orientation - 6:30pm )  
Church of the Foothills  
19211 Dodge Ave., Santa Ana/Tustin  
(Corner of Dodge & Newport Ave.)

**Jan 8, 2018 @ 6pm:**  
Steering Committee Mtg.  
Denny's @ 17th & Tustin, Santa Ana

**Jan 11, 2018 @ 7pm-8:30pm:**  
GSR Meeting  
(“New GSR” orientation - 6:30pm )  
Church of the Foothills  
19211 Dodge Ave., Santa Ana/Tustin  
(Corner of Dodge & Newport Ave.)

**26th Annual Rockin' Soberfest**  
Gourmet Spaghetti Dinner!  
Speaker Meeting!  
Marty S - Los Angeles  
Dance! Music by DJ Connection!  
Music! Fellowship!  
Come join in all the fun!  
RAFFLE!  
Dancing!  
UFCW Union Hall  
8530 Stanton Ave., Buena Park, CA  
Saturday, February 10th, 2018, 5:30pm to 12:00am  
Tickets available at: North Orange County Central Office, 1661 E. Chapman Ave. #1H, Fullerton, 92631  
OR Mail to: 5198 Dover Dr., La Palma, CA 90623  
MAKE CHECKS PAYABLE TO: NOCCO  
\$25 - after many years, our expenses have forced a price increase - \$25  
For more information or to volunteer: Please call Dennis D. (323) 855-0206,  
contact NOCCO at (714) 773-4357, or e-mail [rockinsoberfest@trudgers.net](mailto:rockinsoberfest@trudgers.net)  
ALL PROCEEDS FROM THIS EVENT WILL BENEFIT NORTH ORANGE COUNTY CENTRAL OFFICE  
Limit of 500 Tickets

came to believe in 2018  
**OC AAC**  
March 30th, 31st and April 1st, 2018  
Hilton Orange County  
Costa Mesa, CA 92626 714-540-7000  
For more info: [www.ocaac.org](http://www.ocaac.org)

AREA 09

**Dec 10, 2017 - Doors open at 8am**  
ASC - Hosted by District 30  
(Joshua Tree, Landers, Morongo Valley,  
Twenty-Nine Palms, Wonder Valley,  
Yucca Valley )  
Elks Lodge  
6501 Elk Trail (@ Hwy 62 )  
Twenty Nine Palms, CA 92277  
Contact: Priscilla S. (442) 269-1011

Please visit [www.msca09aa.org](http://www.msca09aa.org) for  
additional information on upcoming events.

16<sup>TH</sup> ANNUAL  
ENGLISH SPEAKING AA CONVENTION  
With Al-Anon Participation

**Sobriety Under The Sun**  
2018  
Puerto Vallarta, Mexico

GROWING IN SOBRIETY

**January 19 - 21, 2018**  
**WESTIN HOTEL AND SPA MARINA**  
For more info:  
[www.aapvconvention.com](http://www.aapvconvention.com)

CENTRAL OFFICE

**\*Orange County Intergroup Assoc.**  
**Dec. 16, 2017 - 6pm to 10pm**

**“the '80s Holiday Edition”**  
Cookies, coffee, cocoa, DJ,  
dancing, fellowship  
Free Event

**San Clemente Presbyterian Church**  
119 Avenida de la Estrella  
San Clemente, CA 92672

**\*North Orange County (NOCCO)**  
**Dec. 20-23, 2017 -**  
**Open House**  
1661 E. Chapman Ave. #1H  
Fullerton, CA  
(See flyer below for times and other info.)

**NOCCO 2017 Holiday Schedule:**

Nov. 23 thru 26 - Closed  
Dec. 23 - Open until 2pm  
Dec. 24, 25 & 31 - Closed  
Jan. 1, 2018 - Closed

**Note:** Volunteers will be answering  
phones 24/7.

**NOCCO HOLIDAY  
OPEN HOUSE**

Please join us for Holiday treats & Fellowship  
during the month of December!!  
Wednesday thru Saturday  
December 20 - 23, 2017

**WHERE:** North Orange County Central Office  
1661 East Chapman Avenue #1H, Fullerton

**WHEN:** 10:00 am to 6:00 pm (Wed., Thurs., Fri., 12/20-22)  
10:00 am to 2:00 pm (Saturday 12/23)

Raffle for items sold here at NOCCO

 Decorate an ornament for our tree

For more info email us at: [officemanager@aanoc.com](mailto:officemanager@aanoc.com)  
or call 714.773.HELP (4357)





## DISTRICT 5 \*\*\* SOBRIETY BIRTHDAYS \*\* (Sept 2017 - Nov 2017)

**Congratulations to all those below who attended the District 5 meeting the month of their sobriety birthday!!**

### SEPT:

- ◊ Christine L. ~ Grapevine (District 5) / GSR (Alkies Winner Circle - Tustin) ~ **29 Yrs.**
- ◊ Joey P. ~ GSR School (District 5) ~ **23 Yrs.**
- ◊ Sue C. ~ GSR (Women's Solution Group - Tustin) / Alt. GSR (It's in the Book - Orange) ~ **23 Yrs.**
- ◊ Mitchell B. ~ Secretary (District 5) / Archivist (Area 09) ~ **8 Yrs.**



### OCT:

- ◊ Steve C. ~ GSR (How It Works - Orange) ~ **10 Yrs.**
- ◊ Tonia S. ~ Public Information (District 5) / GSR (Keep It Simple - Orange) ~ **7 Yrs.**

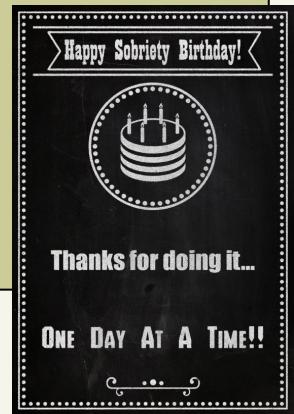
### NOV:

- ◊ Al C. ~ Treasurer (District 5) ~ **14 Yrs.**
- ◊ Ryan B. ~ Cake Services (District 5) / Registrar (Area 09) ~ **9 Yrs.**
- ◊ Steve W. ~ Alt. GSR (Sat. Night Visiting Speakers ~ Tustin) ~ **4 Yrs.**



**By doing it "ONE DAY AT A TIME", all together they have...**

Total **YEARS** Sobriety: 127      Total **HOURS** Sobriety: 1,112,520  
Total **DAYS** Sobriety: 46,355      Total **MINUTES** Sobriety: 66,751,200



- Alcoholics Anonymous.....[www.aa.org](http://www.aa.org)
- MSCA 09 .....[www.msca09aa.org](http://www.msca09aa.org)
- District 5 .....[www.msca09aa.org/districts/d\\_05.php](http://www.msca09aa.org/districts/d_05.php)
- OC Central Office.....[www.oc-aa.org](http://www.oc-aa.org)
- NO. OC Central Office .....[www.aanoc.org](http://www.aanoc.org)
- Grapevine .....[www.aagrapevine.org](http://www.aagrapevine.org)
- OC A.A. Convention .....[www.ocaac.org](http://www.ocaac.org)
- PRAASA.....<https://praasa.org/>
- AA Online Intergroup .....[www.aa-intergroup.org](http://www.aa-intergroup.org)

### NEW GSRs / Alternate GSRs!!!

A big **WELCOME and THANK YOU** to the following new GSRs and new Alternate GSRs (AG)...

NAME	GROUP	CITY
Chris W.	Sat. Visiting Speakers Mtg.	Orange
Josh O.	Fri. Night No Puffers	Orange
Michelle R.	Not A Glum Lot	Orange
Rob S. (AG)	Fri. Night No Puffers	Orange
Sonny J.	Tustin Attitude Mod. Group	Tustin
Steve W. (AG)	Sat. Visiting Speakers Mtg.	Orange
Terry S.	Winners Circle	Orange
Tim G. (AG)	Tustin Rush Hour	Orange

### AA RESPONSIBILITY STATEMENT

*"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."*

**FRIENDLY REMINDER...**The General Service Office needs to be advised whenever there are the following **meeting/group changes**, so that they can keep their records up to date.

- Name – Date and Time – Location
- General Service Representative (GSR) and/or Contact Information (i.e. Secretary)
- Disbandment of Meeting/Group



If there are changes, please notify your District 5 Registrar. Or, better yet, have someone from your meeting/group attend a District 5 meeting and turn it to her (Pam T.), or the District 5 GSR School commitment Holder (Al C.) the information there. For info on the next District 5 meeting see Page 5 (Upcoming Events & Announcements) of this newsletter.

## CONTRIBUTIONS FROM FELLOWSHIP MEMBERS...

SERIES OF SURRENDERS

*Through this human experience on a spiritual path, sometimes I forget that I am only human. I take comfort in helping others. I get excitement from the fact others love me. They want me around, to "Share a story." That when I walk into a room of like minded individuals, I feel acceptance and am given respect. That the feelings about myself, I have searched a lifetime for are there. As I place God and Sobriety first, the latter becomes easy.*

*My ego has landed. My comfort becomes complacency. I begin to take my will back. I begin to take my will back. Maybe just going through the motions of the 3rd and 7th step prayers, from behind the wheel of my car. Complacency becomes just plain complacent. I forget, I tell myself what's the point of looking at my deficiencies. I think, I have no time for meditation, or the old reliable, "I can't concentrate." Only trying prayer when it is convenient for me, or just plain forget all together.*

*What happens next is a series of stumbles. I take my will back, deficiency is on the rise. As life happens, as I don't want it. I experience self-pity. I become embarrassed and begin to isolate. Ashamed of my own self loathing. Suicidal dark thoughts creep in. Usually fleeting, they are still there. None the less, make me feel more uncomfortable, alone, unworthy and away from God. My actions and behaviors begin to harm others, ever so slightly. I like to myself this isn't true. I still help others, make myself available for service, I never say no.*

*The ego takes over, I say, "I got this." Then the ego plays a cruel trick, back to my feelings of step one. I become obsessed, as I play God. I become powerless over emotions as they make my life unmanageable. I can no longer differentiate the truth from the false. I am in pain and I feel anger. I call my sponsor and bitch about life. He gives me sound advice, "Let the columns and God do their work."*

*Being somewhat experienced I take action. Set out to make a searching and fearless moral inventory of myself. I see my deficiencies. I recognize my faults. I have separated my self from God once again. That ego takes a hit. I see that I cannot face life on life's terms, on my own. Thus begins another series of surrenders. Back to basics I go!*

*Hello morning, open my book to page 60, then 76 and 86. I make a willing effort to offer myself to God. My morning meditation helps me feel 10lbs lighter. My body begins to tingle, as I sit in silence. As I let God in, I feel His presence. He had never left me, He was always there, waiting for my willingness. He meets my anger with forgiveness, my pain with love, and my fear with contentment. My morning meditation tells me to share this story. To express my experience as it may help others. I pray for willingness, God has shown me to put pen to paper. I learn I am only human and make mistakes. I put myself in pain, that is ok. I just need remember I mustn't do it alone. I can only put that hula hoop around me. That I change the inside of that hoop with Gods help. That the outside of my hoop that disturbs me. Will be taken care of by God. Humbly asking let go of my ego and let God in. Trust he gives me what I need in that hoop and trust He will take care of the outside. As long as I am willing to work. Not so easy, hard to do. But I am grateful cause God gave me you!*

*My cycle of life in a spiritual path. My series of surrenders leave me with one thought. I am only human, I make mistakes feel pain and anger. Self discipline and smashing of my ego. I let God in and humbly ask him for help. He gives me you. I share this experience I begin to feel honest, open-minded and willing. My basic human desire for acceptance, love and respect, are met with a sense of peace and serenity!*

Contributed By:

Eric H.





## CONTRIBUTIONS FROM YOUR DISTRICT 5 “2016 / 2017” OFFICERS ...

### ALTERNATE DCMC

Kris C.



Hello!

My name is Kris C., and I am your District 5 outgoing District Committee Member Chair (DCMC) Alternate, and the incoming DCMC beginning January 2018. I have spent the last eight years in General Service, beginning as a General Service Representative, as well as serving District 5 as Newsletter Editor and Secretary.

The last two years as Alternate DCMC have been just as rewarding as my early years of General Service. It seems to me that people who discover and add this component of service work in their recovery have a bright spark of dedication to and love for Alcoholics Anonymous—and it is really quite contagious. I don't know exactly what it is. Could it be a specific trait (or traits) that certain members of AA have that make them a natural choice for general service? Or is the experience – sometimes by choice, sometimes by the "voluntell" method – of carrying on Bill and Bob's legacy something that gets under one's skin and just takes over and somehow you find yourself doing this GSR thing and actually enjoying it? Personally, being an active member of general service is a tangible way for me to be a part of keeping Bill and Bob's hopes and dreams for AA alive. It keeps me in touch with their spirit, with the beginnings of our program, as I am consistently reminded of the history and structure of our beloved Alcoholics Anonymous.



This is yet another facet of "working with alcoholics." Just as I set up chairs at meetings, hold out my hand to newcomers, or walk a woman through the Big Book of Alcoholics Anonymous, so does my service at the District and Area level fulfill a need – and responsibility – to be the hand that reaches out to help a struggling alcoholic. AA requires ideas, updates, and maintenance.

General Service Representatives get to be the conduits for this incredibly important line of communication between members, meetings, the District, the Area, and the General Service Conference.

When I am in a meeting at the District or Area level, there is definitely an energy that permeates the entire room. These meetings are filled with wonderful and vibrant people who walk in the footsteps of Bill and Bob in helping Alcoholics Anonymous "do its thing". Being the Alternate DCMC has allowed me to step up my service game a little more by being someone the leader of our district could rely on to help at any time. It has been an honor to be in General Service all these years, and assist when and where I was needed. I learned a lot working with Evan, Joey, Mitchell, Al, and Vicki the last two years, and from all the GSRs who come to our meetings month after month. Working with these men and women has shown me the meaning and value of true commitment. It has been a privilege to stand in the rooms with other members of AA who genuinely and sincerely love this program. I am honored to continue my service as the new DCMC and am excited about the next two years in General Service for District 5 and Area 09!

## CONTRIBUTIONS FROM YOUR "2016 / 2017" DISTRICT 5 OFFICERS ...



### SECRETARY

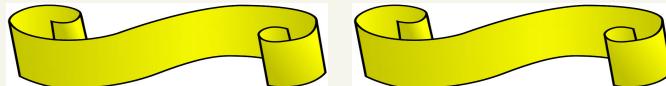
Mitchell B.

As my service as District 5 Secretary is ending in December, I look back with thanks for the opportunity to serve as a trusted servant for the groups and meetings in District 5. The District 5 Guidelines for secretary suggests a "reasonable period of sobriety," which for me was a six years of sobriety. The sobriety time allowed me to get clarity in my thinking and a chance to serve as GSR for my Sunday Night Sober & Crazy, then as GSR to the Friday No Puffer meeting. Some service with group service or central office or general service is useful to see how other members fulfill their obligations. A background with computer knowledge is helpful when preparing the meeting notes and sending notifications for monthly Steering Committee and District 5 General Meetings. The guidelines also suggest that an effective secretary needs to have a sense of order, and the ability to capture the essentials of what is happening at a meeting. The job takes some time during the meeting and after to prepare the draft minutes following the meeting.

Rotating positions is one of the most important principles in the structure and operation of a local group and District. However, service to the group and District can be done in many ways, from opening the doors and making coffee to paying rent, cleaning up and closing up after the meeting. Most importantly, service is instrumental in symbolizing A.A. to the newcomer. Please, make them feel welcome.

My thanks to District 5 for the opportunity to be of service. I look forward to be of assistance as the Area 09 Secretary.

Mitchell B., Panel 66 District 5 Secretary



### TREASURER

Al C.



Hello...My Name is Al. I'm a Alcoholic...

Well another year is coming to a close. Where does time go? For the past 2 years it's been MY privilege to serve YOU as the District 5 Treasurer.

It has been a pleasure, and sometimes a challenge. The only "real" challenge is the fact that I wasn't familiar with the Excel program. A special thanks goes out to my Sponsor for taking the time to come over and help me when I ran into a problem.

My Sponsor got me involved early in my sobriety and I've held some type of service position at almost every regular meeting I attend. "Being of service" makes me "a part of" in the fellowship.

I've also held other positions at the District level. Keeping busy being of service to others keeps me out of MY head.

Thank You All for the opportunity to Serve!

## CONTRIBUTIONS FROM YOUR DISTRICT 5 “2016 / 2017” OFFICERS ...

### REGISTRAR and NEWSLETTER EDITOR

VICKI R.

Hi...My name is Vicki, and I'm an Alcoholic...

When I first became involved in District 5 (D5), approximately 6 years ago, it was as a General Service Representative (GSR) for my home group. As I recall, I was either secretary or treasurer for my home group and decided to volunteer for the GSR commitment also, because no one else at the time had the willingness / availability to do so. Knowing that the D5 only met for an hour and a-half once a month , I thought “Heck, I can do that!” Of course, it wasn’t until after I volunteered that it hit me...this wasn’t just a 6-month commitment, like our meeting commitments were, this was a 2-year one. LOL! But one of the things A.A. has taught me is that when you make a commitment, you stick to it to the best of your capability.



I can still remember my first couple of D5 meetings. I had no clue as to what they were talking about, what the various acronyms they were saying (GSO, DCM, DCMC, etc.) meant, who/what Area 09 was, etc., etc. I was completely lost! And, trust me...for this alcoholic being “lost” was not only a “fear” issue, it was also a major “self-esteem” and “ambition” issue. After all, how could I give a great-impressive-knowledgeable GSR report to my home group if I was totally lost?? So what did I do? I prayed to my Higher Power...GOD, talked to my wonderful sponsor and was able to understand that, based on only having attended two district meetings, it was “okay” to feel lost and to not know everything. From there, I then talked to other district members and let them know how I was / had been feeling. Gratefully, they understood and then proceeded to answer the many questions that I had. And I just kept on attending the D5 meetings. Knowing the more I went, the even less lost I would feel. And, although, my GSR reports were never as “great and knowledgeable” as my alcoholic ego had initially wanted them to be, I still had information / reports to share with my home group.

After having been a GSR for a little over two years, and knowing that I could give up that commitment at any time and with a clear “commitment” conscience, I found myself volunteering for the 2014 / 2015 District 5 Registrar commitment. For whatever crazy reason, they allowed this alcoholic to have it. Well, that 2014 / 2015 commitment then turned into the same commitment for the 2016 / 2017 term. In addition, just to add a little more “*being of service*”, and because I truly enjoy and need the “creative and research outlet” process of it, I volunteered for the Newsletter Editor commitment at the beginning of 2016 for the 2016 / 2017 term. Gratefully, I get to keep that commitment during the 2018 / 2019 term.

For me, being Registrar has been an amazing journey of continuous “*learning something new*”. Having had plenty of computer and Excel spreadsheet experience, those parts were easy for me. But there were definitely those moments of “confusion” over actual meeting / group names, GSO group numbers, etc., which definitely led to my alcoholic head spinning a bit. But that was on “me”, because I allowed it to. So to help make it stop, I tried my best to focus on what God, through this commitment, was giving me: (1) The “research” learning experience, (2) The amazing number of meetings/groups I was learning about which I never knew existed, (3) All the wonderful District members, GSRs, and Alternate GSRs I’ve gotten to meet, (4) A knowledgeable and always helpful “Area 09 Registrar” whom I could ask for help, and most importantly, (5) How continuing to “*be of service*” has helped keep this “*fear based, ego minded, head spinning*” alcoholic still stay sober.

Now, have I ever been a “perfect” GSR, Registrar, or Newsletter Editor? Hardly!! But then I have never been, nor will I ever be, a perfect recovering sober alcoholic either. And...once again...I’m okay with that! Because, after all, “**PROGRESS NOT PERFECTION**” is thankfully A.A.’s ongoing reminder to me. And for that...I am truly-truly **GRATEFUL!**

So, as your outgoing “2014 thru 2017” D5 Registrar, and your incoming “2018 / 2019” term D5 Treasurer and, once again, Newsletter Editor (*Big Smile!*), thank you for allowing me the use of the A.A.’s “**BEING OF SERVICE**” tool (*just one of the many A.A. tools*) in order to keep staying **SOBER** . And, for the often needed reminder, that “**FEAR**” is not a good justification...nor a good excuse...to not “*be of service*”.

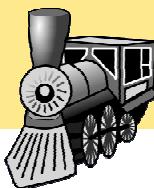




## A BIT OF THIS...A BIT OF THAT...

### LOCOMOTIVE ENGINEERS' MONTHLY JOURNAL

"1905"



#### Why He Did Not Drink.

"I read the other day of four young men riding in a Pullman car chatting merrily together. At last one of them said:

"Boys, I think it's time for drinks.' Two of them consented; the other shook his head, and said:

"No, I thank you.'

"What!" exclaimed his companions, 'have you become pious? Are you going to preach? Do you think you will become a missionary?'

"No, fellows,' he replied, 'I am not specially pious, and I may not become a missionary, but I have determined not to drink another drop, and I will tell you why. I had some business in Chicago with an old pawnbroker, and as I stood before his counter talking about it, there came in a young man about my age, and threw down upon the counter a little bundle. When the pawnbroker opened it he found it was a pair of baby shoes, with the buttons a trifle worn. The old pawnbroker seemed to have some heart left in him, and he said:

"Look here, you ought not to sell your baby's shoes for drink.'

"Never mind, Cohen; baby is at home dead, and does not need the shoes. Give me ten cents for a drink.'

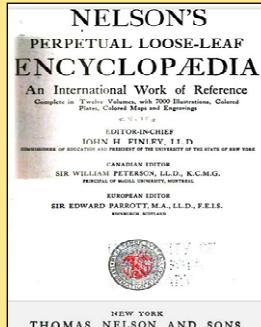
"Now, fellows, I have a wife and baby at home myself, and when I saw what liquor could do in degrading that husband and father, I made up my mind that, God helping me, not a drop of that stuff would ever pass my lips again.' —  
*Herald and Presbyter.*



"1945"...

### MENTAL AND EMOTIONAL MALADJUSTMENTS IN THE INDUSTRIAL WORLD -

#### GROUP THERAPY HELPING THE EMPLOYEES SOLVE THEIR PROBLEMS (Alcoholics Anonymous, etc.)



In industry, serious mental and emotional maladjustments have proven costly, and for this reason research is under way and clinics are being established to help the employee solve his problems. C. C. Burlingame was the first to make an industrial application of psychotherapy in 1916. One form of group therapy is illustrated by the movement known as 'Alcoholics Anonymous,' which has an ever increasing membership and a very high percentage of accomplished cures. The steps in its program of recovery include: (1) admission of alcoholism; (2) personality analysis and catharsis; (3) adjustment of personal relations; (4) dependence upon some higher power; and (5) working with other alcoholics. It is claimed that about 50 per cent of the members stopped drinking at once, 25 per cent after a few relapses, and that most of the remaining members have shown marked improvement.



*Court case between the "Charles B. Towns Hospital" ~ the hospital which is known as the "birth place of Alcoholics Anonymous", and where Bill W. had his "Spiritual Awakening" (Step 12) ~ and the "Department of Hospitals of the City of New York"*

**A.A. INTERGROUP**  
**\*\* LETTER— DATED 1963 \*\***  
**(Court case exhibit)**

**From the Cal C. McCarthy,  
 President of the  
 New York AA Intergroup Association  
 to Sidney M. Samis, M.D.  
 in support of the**

**"CHARLES B. TOWNS HOSPITAL"**



**Exhibit C-A, Annexed to Affidavit**

**ALCOHOLICS ANONYMOUS**

**INTERGROUP ASSOCIATION**

337 East 33 Street, New York, N. Y. 10016  
 Phone, ORegon 9-3355

May 23, 1963

Hon. Sidney M. Samis, M.D.  
 Director Proprietary Hospitals,  
 Nursing Homes and Home Care Services  
 Department of Hospitals  
 125 Worth Street  
 New York 13, New York

re Charles B. Towns Hospital

Dear Doctor Samis:

We understand that the Department of Hospitals is currently taking steps to close down all private hospitals including the Charles B. Towns Hospital located at 293 Central Park West, New York City.

The New York Intergroup Association of Alcoholics Anonymous would like to take this opportunity to point out these factors that may be pertinent to this situation.

1. Towns Hospital was actually the birth place of Alcoholics Anonymous. It was while he was a patient here that our Co-Founder, Bill W. had a spiritual awakening and realized that one alcoholic might help another alcoholic to stop drinking.
2. The N. Y. Intergroup Association of A.A. has had a written working agreement with Towns Hospital since 1957. Also previous to this A.A. has worked closely with Towns since 1935, and during that time has sponsored more than 10,000 alcoholics into Towns Hospital for help with their alcoholic problem and our follow up with A.A. therapy.
3. Towns Hospital has played a major and important role in the A.A. program which now has over 300,000 recovered alcoholics as A.A. members who are now performing normal, constructive and useful lives in our society.

Therefore we hope that you bear these three factors in mind in regard to the helpful functions that the Charles B. Towns Hospital has and is rendering for the recovery of sick alcoholics.

Sincerely yours,

Cal C. McCarthy, President  
 Intergroup Ass'n of A.A.

CMcC:je

*Continued on Page 13...*

**Supreme Court of the State  
 of New York**

**APPELLATE DIVISION—FIRST DEPARTMENT**

—o—

In the Matter of the Application  
 of

**CHARLES B. TOWNS HOSPITAL and EDWARD B. TOWNS,  
 Petitioners-Appellants,**

AGAINST

**RAY E. TRUSSELL, M.D., as Commissioner of Hospitals  
 of the City of New York,  
 Respondent-Respondent,**

97

**Reply Affidavit of Menahem Stim, Read in Support  
 of Petition**

**SUPREME COURT OF THE STATE OF NEW YORK**

**COUNTY OF NEW YORK**

—o—

[SAME TITLE]

—o—



Continued from Page 12...

### *Reply Affidavit of Edward B. Towns*

#### *D. Sources of Patient Referral*

..... Although AA had been in existence for a period of 10 years prior to 1945 it had no organized hospital referral set up.

After the War's end, very gradually at first, a new study and approach to the problem of alcoholism began to emerge. In 1945 AA induced Knickerbocker Hospital to open a special 20 bed ward for the treatment of its referrals exclusively. A few years later a five bed ward for male patients only was opened in St. Johns Hospital, Brooklyn, admissions were by AA referral only. Under the above AA Plans a patient could only be admitted once to each hospital. Those who relapsed, and called on AA for further hospital help, were in many cases referred to us.

In 1955, at the request of AA, we reserved 6 beds for male and female patients. In 1956 Knickerbocker Hospital notified AA it could no longer provide facilities for alcoholic patients. So, on January 1, 1957, the entire second floor at Towns Hospital was reserved exclusively for AA referrals. AA feels such specialized facilities will best serve their needs.

*Note:*

*AA is mentioned several other times throughout various documents / exhibits of this court case.*

#### SOCIAL MEDIA EXPLAINED



**TWITTER:** I'M DRINKING #COFFEE

**FACEBOOK:** I LIKE COFFEE

**FOURSQUARE:** THIS IS WHERE I DRINK COFFEE

**INSTAGRAM:** HERE'S A VINTAGE PHOTO OF MY COFFEE

**YOU TUBE:** HERE I AM DRINKING MY COFFEE

**LINKED IN:** MY SKILLS INCLUDE DRINKING COFFEE

**PINTEREST:** HERE'S A COFFEE RECIPE

**LAST FM:** NOW LISTENING TO "COFFEE"

**G+:** I'M A GOOGLE EMPLOYEE WHO DRINKS COFFEE



#### **Serenity Prayer Clipping Traced!**

G.S.O. Archives are often asked if we know the exact date when the Serenity Prayer was published in the newspaper. They have the original clipping in our files here at the G.S.O. Archives, but we never knew the exact date it appeared in the newspaper. The closest connection we have is a letter from Ruth Hock (the first nonalcoholic secretary of A.A.) to Henry S., an early A.A. member in Washington, DC, dated June 12, 1941. Part of the letter reads as follows:



*This printing of the Serenity Prayer is from an issue of the New York Tribune in 1941*

"One of the boys up here got a clipping from a local newspaper which is so very much to the point and so much to their liking that they have asked me to find out from you what it would cost to set it up on a small card, something like a visiting card which can be carried in a wallet. Here it is:

*God grant me the serenity  
to accept things I cannot change,  
courage to change things I can,  
and wisdom to know the difference.*

"Would appreciate it if you would let me know right away." From this, we were able to determine that the clipping probably came from early June or late May 1941. We also knew from the book "Pass It On" that the clipping came from the *New York Herald-Tribune*, a newspaper which is no longer produced. His question prompted us to investigate. Associate Archivist Stephanie Gellis (nonalcoholic) volunteered to search the New York Public Library's newspaper stacks, and she found it! The prayer appeared in the May 28, 1941 Public Notices section of the *New York Herald-Tribune*. It is a relief to clarify this bit of our history, and we are happy to share it with you.

Markings: Your Archives Interchange vol.33, no.3, p.4 (Winter 2013)

[https://www.aa.org/newsletters/en\\_US/f-151-markings\\_winter-2013.pdf](https://www.aa.org/newsletters/en_US/f-151-markings_winter-2013.pdf)

Submitted By:



Mitchell B.  
District 5 Secretary / Area 09 Archivist



*In keeping with our 7th Tradition.....*

**DONATIONS MADE TO "DISTRICT 5"**



A big **THANK YOU** to the following meeting groups for their generous  
**7TH TRADITION**

donations to "District 5"!! (As per the 2017-3rd quarter District 5 Treasurer reports)

<b>MONTH</b>	<b>GSO GROUP#</b>	<b>GROUP NAME</b>	<b>CITY</b>	<b>AMOUNT</b>
July	??????	Thursday 9 AM Womens 12x12	?????	\$ 16.50
	??????	Friendship Club	Orange	\$ 63.00
	179945	Women's Solution	Tustin	\$ 15.00
	696177	Tustin Acceptance Group	Tustin	\$ 20.00
	130429	6 AM Attitude Modification	Tustin	\$ 45.25
	616357	Sober & Crazy	Tustin	\$ 10.16
	149952	Villa Park 24 Hr Book Group	Villa Park	\$108.00
	132752	777 Men's Stag	Orange	\$ 90.00
	616357	Sober & Crazy	Tustin	\$ 18.98
	126062	Friday Night No Puffers	Orange	\$ 28.00
	680752	Keep It Simple	Orange	\$ 10.46
	678232	Tustin Big Book Study	Tustin	\$ 5.00
	616357	Sober & Crazy	Tustin	<u>\$ 23.33</u>
				<b>\$453.68</b>
Aug	126062	Friday Night No Puffers	Orange	\$ 16.00
	117208	Crawl Before No One	Orange	\$ 5.00
	100561	Sat. Night Visiting Speakers Mtg.	Tustin	\$ 10.00
	130429	6 AM Attitude Modification	Tustin	\$ 19.99
	126119	Early Birds	Orange	\$ 7.41
	149952	Villa Park 24 Hr Book Group	Villa Park	<u>\$103.00</u>
				<b>\$161.40</b>
Sept	722230	Chapman & Lewis AA Group	Orange	\$ 60.00
	697139	The Spiritual Experience	Orange	\$ 30.00
	655929	The Other 12 & 12	Orange	\$ 6.00
	130429	6 AM Attitude Modification	Tustin	\$ 53.69
	722902	Name In The Hat	Orange	\$ 5.00
	616357	Sober & Crazy	Tustin	\$ 31.25
	652296	Alkies Winners Circle	Tustin	\$ 30.05
	131258	9:02 Speaker Meeting	Tustin	\$ 30.00
	102350	Thursday 12 & 12	Tustin	\$ 5.00
	686410	Men's BYOB	Tustin	\$ 12.83
	680752	Keep It Simple	Orange	\$ 1.70
	146970	Book Big Study (F/Club)	Orange	<u>\$ 15.80</u>
				<b>\$281.32</b>

Just a reminder...

*It's important that your meeting group notates it's **GROUP NAME** and **GENERAL SERVICE OFFICE (GSO) NUMBER** when sending in it's 7th Tradition donations so that your meeting group gets credit for those donations. If your meeting group number isn't known, please have your GSR speak to the "District 5" Registrar at the next monthly (2nd Thursday) District meeting. Thanks!!*

*Address for Correspondence and Donations:  
District 5, M.S.C.A - P.O. Box 3374, Tustin, CA 92781*

