



"District 5" Newsletter

2ND QUARTER—2018



District 5 Newsletter Editor: Vicki R. / Orange

Online Newsletter: http://www.msca09aa.org/districts/d_05.php

DOES YOUR GROUP HAVE A VOICE?

GENERAL SERVICE REPRESENTATIVE (GSR)

"The general service representatives (G.S.R.s) of the U.S. and Canada are the very foundation of our general service structure. Through your G.S.R., you can make your group's voice heard at district meetings, at area assemblies, and eventually at the General Service Conference."

For more information about GSRs, see A.A. ® leaflet:

P-19 -

G.S.R. May Be the Most Important Job in A.A.

"For a new general service representative, this leaflet outlines responsibilities and useful sources of information; for a group, what to keep in mind when electing a G.S.R."

~ Alcoholic Anonymous © (A.A.)

AREA MAP OF "DISTRICT 5"



CITIES IN "DISTRICT 5"

Cowan Heights, Lemon Heights, Orange, Orange Park Acres, (parts of) Santa Ana, Tustin, and Villa Park

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2018 1st Quarter	

Being of Service...

YOUR 2018/2019

"DISTRICT 5" TRUSTED SERVANTS ...OFFICERS AND COMMITTEE MEMBERS...

NAME

KRIS C: DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.) -- dcmc_D5@yahoo.com
 RYAN H: ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.) -- hvacman25@gmail.com
 TONIA S: SECRETARY -- toniastephens@csu.fullerton.edu
 VICKI R: TREASURER -- wrkaaitwrks@aol.com
 PAM T: REGISTRAR -- pamela_ann@rocketmail.com

COMMITTEE MEMBERS

LISA H: DISTRICT COMMITTEE MEMBER (DCM) - WOMEN'S EVENING
 CHRIS W: DISTRICT COMMITTEE MEMBER (DCM) - EAST ORANGE / INTERGROUP LIAISON
 STEVE C: DISTRICT COMMITTEE MEMBER (DCM) - NORTH TUSTIN & SOUTH TUSTIN
 CHARLIE R: DISTRICT COMMITTEE MEMBER (DCM) - SANTA ANA & SANTA ANA ALANO CLUB
 AL C: GSR SCHOOL
 CHRISTINE L: GRAPEVINE
 MICHELLE R: H&I LIAISON
 MATT L: CONVENTION LIAISON
 SONNY J: COOPERATION WITH THE PROFESSIONAL COMMUNITY (C.P.C.)
 TONIA S: PUBLIC INFORMATION (P.I.)
 GLENDA R: LITERATURE
 PAM T: ACCESSIBILITIES
 JOSH O: CAKE SERVICES
 VICKI R: NEWSLETTER EDITOR

A "BIG" thank you to
Ryan H. for stepping up and
 taking the Alt. D.C.M.C. commitment!!

A "BIG" thank you to
Glenda R. for stepping up and
 taking the Literature commitment!!

If you're interested in **being of service**,
 and would like to be involved in "District 5"
 by volunteering for an open **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: 4 THRU 6

4.

“Made a searching and fearless moral inventory of ourselves.”

5.

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

6.

“Were entirely ready to have God remove all these defects of character.”

“MORAL”: Concerned with the principles of right and wrong behavior and the goodness or badness of human character.

TRADITIONS: 4 THRU 6

4.

Short Form:

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

5.

Short Form:

“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

6.

Short Form:

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

“AUTONOMOUS”: Existing or capable of existing independently.

CONCEPTS: 4 THRU 6

4.

Short Form:

“At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.”

5.

Short Form:

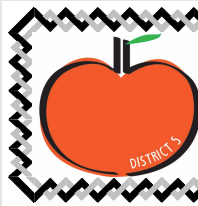
“Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.”

6.

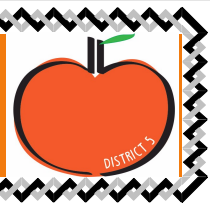
Short Form:

“The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.”

“RIGHT OF PARTICIPATION”: Right to express one’s views in all matters affecting them and requires that those views be heard and given due weight in accordance.



DISTRICT 5's OPEN COMMITMENTS



1. Archivist

2. Archives

3. Coffee Person

4. District Committee Members:

* Women's Day

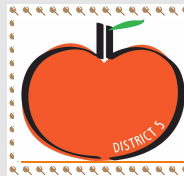
* Men's Groups

For information on these commitments:
https://www.aa.org/pages/en_US/aa-service-committees

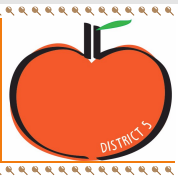
* Friendship Club AM

* Friendship Club PM

* West Orange



"CHILD-FRIENDLY" A.A. MEETING GROUPS



Members of AA know there are still those times, or may have been those times, when going to a meeting is the only thing stopping us from "picking up that next drink"! Unfortunately, for members with primary childcare responsibilities, getting a babysitter isn't always possible.

So to help those members who may find themselves in this situation, below is a list of known "child-friendly" meetings within District 5:

ORANGE:

◇ Monday - 7:00pm

Women's Experience, Strength & Hope

2910 N. Santiago Blvd. (Orange Hills Assembly Church)

◇ Friday - 7:30pm-9:30pm

The Boozy Bunch

2400 N. Canal St. (Trinity Episcopal Church)

TUSTIN:

◇ Thursday - 6:15pm-7:45pm

Womens Living Sober

19211 Dodge Ave. (Church of the Foothills)



If your meeting is a "child-friendly" meeting (i.e. offers childcare or allows children in the meeting), please be sure to let District 5's "Accessibilities" Committee Member (Pam T.) know at the next District 5 GSR meeting.

Or you can email her at: pamela_ann@rocketmail.com

A.A. MEETING "LOCATION" CHANGES

• **ALKIES ONLY** (Closed Meeting / Discussion)

WEDS @ 7:00pm: First United Methodist Church (Upstairs) - 161 S. Orange St., Orange

• **ALL ABOUT ME MENS STAG** (Closed Meeting / Discussion)

THURS @ 7:30pm: Mariposa Women's Center - 812 W. Town & Country, Orange

• **HOW IT WORKS** (Closed Meeting / Discussion)

THURS @ 7:00pm: Women's Club of Orange - 121 S. Center St., Orange

• **SUNDAY NIGHT SPEAKER MEETING OF ORANGE** (Open Meeting / Speaker)

SUN @ 7:00pm: River 47 Church - 250 S. Prospect St., Orange

• **TUSTIN RUSH HOUR** (Open Meeting / Discussion)

MON thru FRI @ 5:30pm: Orange County Church - 555 W. Main St., Tustin

SAT & SUN @ 5:30pm: Ugly Mug—261 S. Glassell St., Orange



Note: The above meetings formerly met at the R.I.O. in Orange.

Please be sure to advise District 5 and OCAA Central Office of any meeting group location and / or time change. Your meeting may be the one that a suffering alcoholic is looking for.



MEETINGS / GROUPS WITH ACTIVE* DISTRICT 5 REPRESENTATION

*Active: A meeting/group having had a G.S.R. or Alternate G.S.R. attend one or more of the past six consecutive District 5 meetings.

NAME OF MEETING / GROUP	LOCATION	G.S.R.	ALTERNATE G.S.R.
6 A.M. Foothill Early Risers Group	Tustin	Suzanne E.	
777 (Newcomers) Men's Stag Group	Orange	Ryan H.	Shane S.
9:02 Speaker Meeting (9:02 Group)	Tustin	Sonny J.	
Alkies Only	Orange	Vicki R.	
Alkies Winner Circle	Tustin	Christine L.	
Chapman & Lewis AA Group	Orange	Glenda R.	Karen B.
Friday Night No Puffers Speaker Meeting	Orange	Josh O.	Rob S.
Hart Park Newcomers Group	Orange	Scott B.	
How It Works	Orange	Steve C.	Vicki R.
It's In the Book (Book Study)	Tustin	Gloria Z.	Sue C.
Keep it Simple Group	Orange	Tonia S.	
Ladies Night Book Study	Orange	Mika S.	Yvette B.
Men's Big Book Study	Orange	Steven H.	
Men's BYOB Bookstudy	Tustin	Chris W.	
Monday Night Mens Stag Group	Tustin	Michael H.	
Not A Glum Lot	Orange	Michelle R.	
Orange Tustin Group	Orange	Nancy L.	
Rush Hour (Friendship Club)	Orange	Matt L.	
Saturday Night Visiting Speakers Mtg.	Tustin	Chris W.	Steve W.
Sober & Crazy Speaker Meeting	Tustin	Mark H.	
Sun. Night Speaker Meeting of Orange	Orange	Crystal B.	
Sunday Morning B/B Study Group	Orange	Evan J.	
The Other 12 & 12 (Twin Towers)	Orange	Mark H.	
Tuesday Night Men's Stag	Santa Ana	Michael D.	
Turning the Corner	Tustin	Cole S.	
Tustin Acceptance Group	Tustin	Steven H.	
Tustin Attitude Modification Group	Tustin	Sonny J.	
Tustin Big Book Study	Tustin	Elizabeth B.	
Tustin Mon Evening Womens 12&12 Group	Tustin	Jami B.	
Tustin Rush Hour	Tustin & Orange	Pam T.	Tim G.
Tustin Thurs. Nite 12X12X1 Hour Study Group	Tustin	Jami B.	
Winner's Circle Group	Orange	Terry S.	
Womens Experience, Strength & Hope	Orange	April H.	
Womens Solution Group	Tustin	Sue C.	

- 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 in time for the next quarterly newsletter.)
- Or...Is it because you don't have a G.S.R., or Alternate G.S.R., who is actively attending the District 5 meetings?

I ♥
MEETINGS



2018**UPCOMING EVENTS****2018****DISTRICT 5****June 11, 2018 (Mon) @ 6pm:**

— Steering Committee Mtg. —

Denny's @ 17th & Tustin, Santa Ana

June 14, 2018 (Thurs) @ 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.)

Come join us and hear the...

*** 2018 ***

GENERAL SERVICE CONFERENCE**"REPORT BACK" BY****AREA 09 DELEGATE - JESUS O.**

(Did we mention "free" pizza and beverages??)

July 10, 2018 (Mon) @ 6pm:

— Steering Committee Mtg. —

Denny's @ 17th & Tustin, Santa Ana

July 13, 2018 (Thurs) @ 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.)Meetings are held on
the 2nd Thursday
of the month.**AREA 09**is excited to be hosting the
2019**"Pacific Region
Alcoholics Anonymous
Service Assembly"
(PRAASA 2019)****Date & Location:****Feb. 28-Mar. 3, 2019****Hilton Inn — Irvine, CA**

More details will be given once they become available!!! Until then, if you'd like to "hear" some of what went on during the PRAASA 2018, which was held in Sparks-Nevada, here's the link:
<https://spaces.hightail.com/space/Cygbzj79WN>

AREA 09**May 20, 2018 (Sun) @ 9am-3pm:****AREA SERVICE ASSEMBLY
(ASA)**

Hosted by District 07

(Garden Grove, Midway City,
Stanton, Westminster)

Registration is from 8am-9am

Walton Intermediate School

12181 Buaro St.

Garden Grove, CA 92840

Jun 10, 2018 (Sun):**AREA SERVICE COMMITTEE
(ASC)****Murrieta Community Center**

41810 Juniper Street

Murrieta, CA 92562

Note: No other info available at the time
of this newsletter publication.

Jul 8, 2018 (Sun):**FORO - Hosted by Districts 20 & 06****UFCW UNION LOCAL 324**

8530 Stanton Ave.

Buena Park, CA 90620

Note: No other info available at the time
of this newsletter publication.

Please visit **www.msca09aa.org** for
additional information on upcoming events.



Illustration by Maria Bishoff

OC CENTRAL OFFICE***Orange County Intergroup Assoc.****June 13, 2018 (Weds) @ 7pm****Intergroup Meeting**

Costa Mesa Senior Center

695 W. 19th St., Costa Mesa, 92627

Info: (714) 556-4555

Meetings are held every 2nd Weds. of the month.

June 30, 2018 (Sat)**3RD ANNUAL****SAN JUAN GOLF TOURNAMENT**

San Juan Hills, CA



See Page 6

"Upcoming Events"
for more info!**VOLUNTEERS NEEDED****2018****OC FAIR****AA BOOTH****July 13 - August 12, 2018****For More Info and to Sign-Up:****<http://www.oc-aa.org/events.htm>****Central Office emails:**

*Manager@oc-aa.org

*AssistantManager@oc-aa.org

*SatelliteManager@oc-aa.org

Service Board emails:

*Chair@oc-aa.org

*ViceChair@oc-aa.org

*Treasurer@oc-aa.org

*Secretary@oc-aa.org

*CentralOfficeCommittee@oc-aa.org

*GroupRelationsCommittee@oc-aa.org

*LifelineCommittee@oc-aa.org

*PublicInformationCommittee@oc-aa.org

*SpecialEventsCommittee@oc-aa.org

*H&ICCommittee@oc-aa.org

Please visit **www.oc-aa.org** for
additional information on upcoming events.

2018

UPCOMING SOBER EVENTS

(continued...)

2018

WWW.AOCYPAA.ORG

AOCYPAA PRESENTS **STEPS COME ALIVE** 5.27.18

WORKSHOP:
3:00 PM - 6:00 PM

MEETING:
8:00 PM - 9:30 PM

DANCE: 10:00 PM - 1:00 AM
\$15 SUGGESTED DONATION

20456 Laguna Canyon Rd.
Laguna Beach, CA 92651



- A workshop on all 12 Steps
- A meeting
- A dance with a DJ

MSCA District 12 Annual

MEMORIAL DAY PICNIC & POTLUCK **May 28, 2018**

Descanso Park, San Juan Capistrano
Hot dogs, watermelon, chips and cold drinks
provided by District 12

Volunteer opportunities and/or questions:

Mary
(949) 842-0569



3RD ANNUAL **OCAA GOLF** TOURNAMENT

June 30, 2018

San Juan Hills Golf Course
32120 San Juan Creek Rd, San
Juan Capistrano

Registration: 10am
Tee-time: 11am

online registration:
ocaa-GOLF.Eventbrite.com
password:
OCintergroup2018

Games and Prizes provided!
Volunteers needed!

\$75 PER PERSON
4-person scrambles

MORE INFO AT oc-aa.org or call Sparrow L: 6572818265



SAVE THE DATE

**COMING
UP**



Location of Event:

University of Akron
Infocision Stadium
302 Buchtel Common
Akron, OH 44325

For More Info:

<http://foundersdayregistration.akronaa.org/>



FOUNDERS' DAY 2018

**83rd Anniversary
of
Alcoholics Anonymous**

June 8, 9, & 10, 2018
Akron, Ohio
Birthplace of A.A.

2018

UPCOMING SOBER EVENTS

2018

(continued...)

A.A. DESERT POW WOW 2018 with AL-ANON PARTICIPATION

JUNE 7 - 10, 2018

The Renaissance Indian Wells Resort and Spa

44400 Indian Wells Lane
Indian Wells, CA 92210

For more info:

<http://www.desertpowwow.com/>



Rule 62 Picnic

Saturday, July 7 | 9-4pm
El Dorado Park West

Planning Committee is seeking donations & group participation for booths.
Please contact programchair@hacoaa.org

Hosted by the
**HARBOR AREA
CENTRAL
OFFICE**

Featuring:
Live Music
FOOD
Games
Raffles

**El Dorado
Park West
Community
Center**

2800 N.
Studebaker Rd.
Long Beach, CA

Website:
<https://hacoaa.org/>



AUGUST 31-SEPTEMBER 3, 2018



TORRANCE MARRIOTT SOUTH BAY
3635 Fashion Way
Torrance, CA 90503

Questions?

Would you like to be of service?

Call our Roundup Hotline:
[310] 354-7660
Or visit our Roundup Website:
SouthBayRoundup.org

**AMAZING
Grace**

SCHEDULE AT A GLANCE

Friday, August 31

Opening Ceremonies
AA Speaker Meeting
Marathon Meetings Begin
Dance

Saturday, September 1

Al-Anon Luncheon
Women's Speaker Meeting
Young People Meeting
Banquet, Show & Meeting

Sunday, September 2

Poker Run
Family Breakfast & Speaker Meeting
AA Longtimers Meeting
Al-Anon Longtimers Tea
AA Biker Speaker Meeting
AA Musicians Speaker Meeting
Vegas Night

Monday, September 3

Birthday Meeting
Closing Ceremonies
AA Speaker Meeting
Please note that this is a preliminary schedule of events. All times are subject to change. Check out SouthBayRoundup.org for the most updated schedule including workshops and special meetings.

PLUS! AA Archives & Memorabilia | Alateen | AA & Al-Anon Marathon Meetings | Live Music | Other Entertainment All Weekend | Special Workshops
Veteran's Meeting

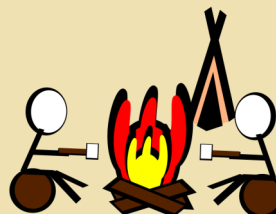
28TH ANNUAL JUNE LAKE KAMPVENTION

JUNE 15, 16, & 17TH, 2018

FOR MORE INFO:

HTTP://

WWW.JUNELAKEKAMPVENTION.ORG/



**I'M
SOBER
AND
HAVING
FUN!**

**"If newcomers could see no joy or fun
in our existence, they wouldn't want it.
We absolutely insist on enjoying life."**

Big Book - 4th Edition - Page 132
(Reprinted with permission of A.A. World Services, Inc.)



DISTRICT 5 *** SOBRIETY BIRTHDAYS ** (Dec 2017 - Feb 2018)



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

MARCH

- ◇ Chris W. ~ DCM-East Orange and Intergroup Liaison (District 5) / GSR (Sat. Night Visiting Speakers Meeting – Tustin) ~ 8 Yrs.
- ◇ Crystal B. ~ GSR (Sun. Night Speakers Meeting – Tustin) ~ 2 Yrs.



**YOU
MADE IT
THROUGH
ANOTHER
YEAR
SOBER**

APRIL

- ◇ Suzanne E. ~ GSR (6 A.M. Foothill Early Risers Group – Tustin) ~ 29 Yrs.
- ◇ Mark H. ~ GSR (Sober & Crazy Speaker Meeting - Tustin) / GSR (The Other 12 & 12 – Orange) ~ 13 Yrs.
- ◇ Gloria Z. ~ GSR (It's In The Book – Tustin) ~ 10 Yrs.
- ◇ Steven H. ~ GSR (Men's Big Book Study – Orange) / GSR (Tustin Acceptance Group – Tustin) ~ 3 Yrs.
- ◇ Michelle R. ~ H&I Liaison (District 5) / GSR (Not A Glum Lot – Orange) ~ 2 Yrs.

MAY

- ◇ PAM T. ~ Registrar and Accessibilities (District 5) / GSR (Tustin Rush Hour – Tustin & Orange) ~ 30 Yrs.



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

Total YEARS Sobriety:	97	Total HOURS Sobriety:	849,720
Total DAYS Sobriety:	35,405	Total MINUTES Sobriety:	50,983,200



- Alcoholics Anonymous www.aa.org
- MSCA 09 / District 5..... www.msca09aa.org
- OC Central Office..... www.oc-aa.org
- NO. OC Central Office..... www.aanoc.org
- Grapevine..... www.aagrapevine.org
- OC A.A. Convention..... www.ocaac.org
- PRAASA..... <https://praasa.org/>
- AA Online Intergroup..... www.aa-intergroup.org
- All Orange County Young People In A.A....<http://www.aocypaa.org/>



NEW GSRs /Alternate GSRs!!!

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

<u>NAME</u>	<u>GROUP</u>	<u>CITY</u>
Chris W.	Sat. Night Visiting Speakers Mtg.	Tustin
Gloria Z.	It's In The Book	Tustin

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 be sure to notify your "District 5" Registrar (Pam T.) via email, or by attending a District 5 meeting and giving either her, or the GSR School commitment holder (Al C.), the information. For info on the next "District 5" meeting see **Page 5** (Upcoming Events & Announcements) of this newsletter.



2018 1ST QUARTER CONTRIBUTIONS FROM MEETING GROUPS...



PAIN - TOUCHSTONE TO SPIRITUAL PROGRESS

When I first got sober and clean, there was such a great relief that the brutal surrender that had to occur for me to concede I couldn't live with alcohol and drugs anymore was over. The pain that I had to feel to "give up" and allow a spiritual force that I couldn't see, or feel, and felt didn't really want me, was extreme. I had lost everything physically (*didn't even have a key to anything*) and had lost MYSELF. Any internal dignity, or self-respect, or ability to care had been devoured by my alcoholism. I was like a stray animal. From that point of darkness, self-hatred, desperation and hopelessness, emerged a new woman in Alcoholics Anonymous brimming with hope and new life. The pain of my disease had given me a new life. I will never have to go through such darkness again, I thought.



Since then, I have learned that my alcoholism, was truly only a symptom. As stated in the 12&12, page 74, Step 7: *"Until now, our lives have been largely devoted to running from pain and problems."* My recovery has been made up of a series of surrenders. *"In every*

case, pain had been the admission into a new life": 12&12, page 75, Step 7. In sobriety, every time, the only catalyst that inspires me to let go of self-will, whether it be with respect to money, sex, work, or power has been excruciating pain. Pain has been what drives me to my knees when, one more time, my self-will has forced me into a dark, lonely, desperate corner. It is on my knees where God and I meet once again, and I admit my inability to go on without his help. Letting go of my old ideas has never looked graceful. I hold onto what I think provides me comfort until I fear I will be driven to drink again if I don't accept God's help. I have learned that, even though I am sober today, I am still plagued by stubbornness, rebelliousness, and defiance.

Pain is truly the touchstone of spiritual progress.

Contributed By:

Christine L.

District 5-Grapevine Chair / GSR-Alkies Winners Circle



THE COURAGE TO CHANGE THE THINGS I CAN...

As we trudge this road of sobriety, we learn that having the courage to change the things we can is sometimes not as easy as it sounds. In life it would be so much easier for "them" to change, why would we need to be the one to step out of OUR comfort zone?

Once we have worked the steps in order they were written, we will come to a moment of clarity, a moment where we understand in order for our life circumstances to change, **WE** need to be the ones to take that first step.

As the serenity prayer reads:

God grant me the serenity to
Accept the things I cannot **CHANGE**,
The courage to **CHANGE** the things I can,
And the wisdom to know the difference.

In working the 12 steps of Alcoholics Anonymous, we come to realize that we have undergone a profound alteration in our reaction to life, that such a change could hardly have been brought about by ourselves **alone** (Big Book, page 567). As our grief and anxiety wear away, a subtle change begins (Step 2 - 12 & 12).

We can make the changes we need to make in our lives; and we never have to do it alone. In surrendering in Step 3, this is just the beginning of the changes that can happen in our sober lives. Living in Faith, and not in Fear, is a huge step towards the positive and negative changes that can happen living our sober lives. Reaching out to other sober members of Alcoholics Anonymous and sharing your Faith and Fears will help you to realize you do have "the Courage you have to Change the things you can".

Contributed By:

Helen K.

Pain and fear can turn into
Spiritual Progress and Serenity,
If you have the willingness and
courage to change!!



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

12 Steps Simplified

- | | |
|----|----------------------------------|
| 1 | I am not Power. |
| 2 | Power does exist. |
| 3 | I will rely on Power, not self. |
| 4 | I cause most of my problems. |
| 5 | I falsely claim power and try. |
| 6 | I will stop claiming and trying. |
| 7 | Power please guide me. |
| 8 | I will stop controlling others. |
| 9 | I will show more forgiveness. |
| 10 | I'll do good more & bad less. |
| 11 | I pray to be under God's will. |
| 12 | I will confess and share this. |

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http://www.aabob.com



A.A.

Word Scramble



1. IGILESNNWSL
2. IGB OBOK
3. PNOSROS
4. DTIDAEMT
5. ACEM TO IVBEEEL
6. TENEYIRS
7. HLLOIOACC
8. ASDMNE
9. TCEEACNPA
10. EWLOESRSP
11. ONHETSY
12. IERHGH OERPW

AA GENEALOGY CORNER....

Dr. Robert Holbrook Smith
aka
"DR. BOB"

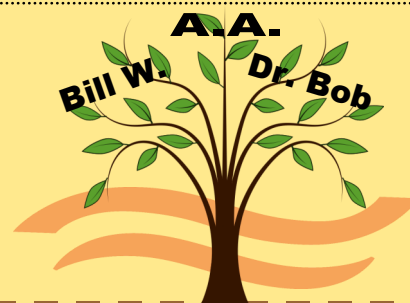
Vermont, Vital Records, 1720-1908 for Robert H Smith

Name of Child	Smith, Robert H.	BIRTH—MALE	P 309
Color		No. of Child of Mother	
Date of Birth	1879	Month	August
Maiden Name of Mother	Susann Holbrook	Day	8
Mother's Birthplace	Hardwick	Age	
Mother's Residence	St. Johnsbury		
Full name of Father	W. P. Smith		
Father's Birthplace	Hardwick	Age	
Father's Occupation	Attorney		
Condition of Child as to Live or Still Birth	Live		
If Still Birth the Cause			
Name of Informant	St. Johnsbury	P. D. Blodgett	
Town		Town Clerk.	



Editor's Note...

Genealogy research is one of my passions, as is my sobriety. So I thought I'd share the mixture of those passions with you.



Word Scramble answers on Page 11...

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

November 1948 —



Radio station "WKY / Oklahoma City" wins first place for its dramatic program "This Way Out". The program was in co-operation with the local chapter of A.A.



The Billboard

THE WORLD'S FOREMOST AMUSEMENT WEEKLY •

NOVEMBER 20, 1948

DRAMATIC PROGRAMS 5,000-20,000 Watts

This Way Out First Place—WKY, Oklahoma City

Producer: Hoyt Andres
Writer: Hoyt Andres
Cast: Ben Morris, Bob Duane, Joe Myers, Jessie Lee Fulton
Music: Ken Wright
Sound: Roy Kerns

An ambitious project for a local station is this airer produced by the staff of WKY as a sustaining public service drama, in co-operation with the local chapter of Alcoholics Anonymous. Each of the weekly 15-minute shows dramatizes the downfall of some local citizen due to the ravages of alcoholism, and how he ultimately found his way back into society with the aid of Alcoholics Anonymous. The show winds up with a remote airing from the home of the person whose story was dramatized, altho his name, of course, is not mentioned. Dramatizations are well written, with a certain necessary amount of sensationalism, and the thesping is of solid pro calibre. The programs undoubtedly have considerable effect, due to their unique nature at first and, ultimately, because of their inherent value.

Word Scramble Answers:

Willingness, Big Book, Sponsor, Admitted, Came to Believe, Serenity, Alcoholic, Amends, Acceptance, Powerless, Honesty, Higher Power.

G.S.O. SUGGESTED TOPICS FOR DISCUSSION MEETINGS

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GENERAL IDEAS



1. The Twelve Steps

Some groups discuss one Step a week. If there is a newcomer attending for the first time, the group may change the topic to focus on the first three Steps.

2. The Twelve Traditions

Following the conclusion of the Step meetings, some groups will discuss the Traditions so that, every thirteenth meeting the group focuses on a Tradition.

3. The Big Book, Alcoholics Anonymous

Some groups discuss one chapter from the Big Book each week. Other groups read from the Big Book weekly and discuss each chapter as they go along.

4. Readings from As Bill Sees It can inspire sharing on discussion topics.

5. Living Sober also has many topics used by groups.

6. Some A.A. slogans can be used as topics—such as "Live and Let Live," "Easy Does It," "First Things First," and "H.A.L.T." (Don't get too Hungry, Angry, Lonely, or Tired).

SOME SPECIFIC TOPICS

- | | |
|---|---|
| 1. Acceptance | 25. Plan the action—not the result |
| 2. Attitude of gratitude | 26. Practice these principles in all our affairs |
| 3. Belief in a Higher Power | 27. Principles before personalities |
| 4. Complacency | 28. Projection—living in the wreckage of the future |
| 5. Contempt prior to investigation | 29. Resentments |
| 6. Dependence | 30. Responsibility declaration |
| 7. Fear | 31. Rigorous honesty |
| 8. Forgiveness | 32. Serenity |
| 9. Freedom through sobriety | 33. Service |
| 10. Group inventory | 34. Sponsorship |
| 11. Hope | 35. Staying away from the first drink |
| 12. Humility | 36. Surrender |
| 13. Identification | 37. Three Legacies—Recovery, Unity and Service |
| 14. Inadequacy | 38. Twelfth Stepping |
| 15. Inventory | 39. Twelve Concepts |
| 16. Letting go of anger | 40. Understanding Anonymity |
| 17. Let's be friendly with our friends | 41. Ways of carrying the A.A. message |
| 18. Living one day at a time | 42. What is sobriety |
| 19. Making amends | 43. Willingness |
| 20. Meditation | 44. Working with others |
| 21. Open-mindedness | |
| 22. Participation and action | |
| 23. Patience and tolerance | |
| 24. Personal spiritual experience and spiritual awakening | |



In keeping with our 7th Tradition.....
DONATIONS MADE TO “DISTRICT 5”
2018—1ST QUARTER



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GROUP #	GROUP NAME	JAN	FEB	MAR	APR	GROUP TOTAL
149952	24 Hour Book Group	\$ 91.33	\$ -	\$ -	\$ 51.35	\$ 142.68
652296	Alkies Winner Circle	\$ 31.39	\$ -	\$ -	\$ -	\$ 31.39
136826	As Bill Sees It	\$ -	\$ -	\$ -	\$ 15.00	\$ 15.00
712762	Attitude Adjustment	\$ -	\$ -	\$ 270.00	\$ -	\$ 270.00
722230	Chapman & Lewis AA Group	\$ -	\$ 75.00	\$ -	\$ -	\$ 75.00
117208	Crawl Before No One	\$ 5.00	\$ -	\$ -	\$ 5.00	\$ 10.00
126119	Early Birds Group	\$ 34.42	\$ -	\$ -	\$ 13.60	\$ 48.02
126062	Friday Night No Puffers	\$ 10.00	\$ 18.00	\$ -	\$ 19.00	\$ 47.00
172225	How It Works	\$ 13.00	\$ -	\$ -	\$ -	\$ 13.00
680752	Keep It Simple Group	\$ 9.20	\$ -	\$ -	\$ -	\$ 9.20
147958	Lucky Stiff's	\$ 15.75	\$ -	\$ -	\$ -	\$ 15.75
686410	Monday Night Mens B.Y.O.B.	\$ -	\$ 10.00	\$ -	\$ -	\$ 10.00
670924	Not A Glum Lot	\$ -	\$ -	\$ 10.00	\$ 10.00	\$ 20.00
126635	Orange Tustin Group	\$ -	\$ 13.06	\$ -	\$ -	\$ 13.06
100561	Sat. Night Visiting Speakers Mtg.	\$ -	\$ -	\$ 14.00	\$ -	\$ 14.00
179945	Sober & Crazy Speaker Meeting	\$ 41.03	\$ -	\$ 29.77	\$ -	\$ 70.80
722902	The Name in the Hat	\$ -	\$ 12.50	\$ -	\$ 20.00	\$ 32.50
655929	(The) Other 12 & 12 (Twin Towers)	\$ -	\$ -	\$ 10.80	\$ -	\$ 10.80
128032	Tuesday Night Men's Stag	\$ 10.00	\$ -	\$ -	\$ -	\$ 10.00
696177	Tustin Acceptance Group	\$ 20.00	\$ 12.50	\$ -	\$ 15.00	\$ 47.50
130429	Tustin Attitude Modification Group	\$ 90.81	\$ 48.07	\$ 54.64	\$ 41.38	\$ 234.90
678232	Tustin Big Book Study	\$ 18.00	\$ -	\$ -	\$ 10.00	\$ 28.00
662400	Tustin Mon Evening Womens 12&12 Group	\$ 8.00	\$ 100.00	\$ -	\$ -	\$ 108.00
179945	Women's Solution Group	\$ -	\$ -	\$ 12.50	\$ -	\$ 12.50
MONTHLY TOTALS		\$397.93	\$ 289.13	\$ 401.71	\$ 200.33	\$ 1,289.10

Just a reminder...

When sending in a 7th Tradition donation, be sure to notate the **GROUP NAME**, (**GSO**) **GROUP NUMBER**, and a **RETURN ADDRESS** “or” **EMAIL ADDRESS**, so that your meeting group receives credit and a receipt for the donation.

If your meeting group number isn't known, please have your GSR speak to the “District 5” Registrar (Pam T.) at the next monthly (2nd Thursday) District meeting or send her an email at pamela_ann@rocketmail.com.

Address for Correspondence and 7th Tradition Donations:
District 5, M.S.C.A - P.O. Box 3374, Tustin, CA 92781

