



District 5 Newsletter



3RD QUARTER—2019

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:

**A.A. Pamphlet: P-19 -**

**G.S.R. Your group’s link to A.A. as a whole**

“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.)



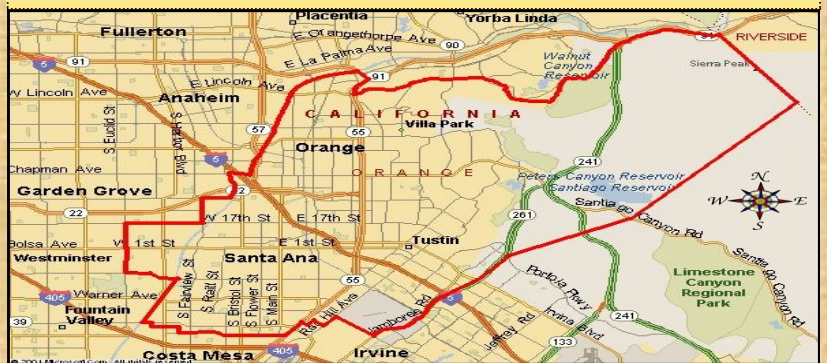
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## AREA OF “DISTRICT 5”

### CITIES WITHIN “DISTRICT 5”

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



### Being of Service...

#### YOUR 2018/2019

**“DISTRICT 5” TRUSTED SERVANTS  
...OFFICERS AND COMMITTEE MEMBERS...**

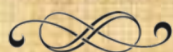
#### OFFICERS

DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.) ..... RYAN H. ([hvacman25@gmail.com](mailto:hvacman25@gmail.com))  
 ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.) .. RYAN B. ([billnye512@yahoo.com](mailto:billnye512@yahoo.com))  
 SECRETARY ..... TONIA S. ([toniastephens@csu.fullerton.edu](mailto:toniastephens@csu.fullerton.edu))  
 TREASURER ..... VICKI R. ([wrkaaitwrks@aol.com](mailto:wrkaaitwrks@aol.com))  
 REGISTRAR ..... PAM T. ([pamela\\_ann@rocketmail.com](mailto:pamela_ann@rocketmail.com))

#### COMMITTEE MEMBERS

DISTRICT COMMITTEE MEMBER (DCM) - WOMEN’S DAY & EVENING ..... LISA H.  
 DISTRICT COMMITTEE MEMBER (DCM) - NORTH & SOUTH TUSTIN ..... STEVE C.  
 DISTRICT COMMITTEE MEMBER (DCM) - FRIENDSHIP CLUB PM ..... ISAAC M.  
 DISTRICT COMMITTEE MEMBER (DCM) - SANTA ANA ..... CASEY D.  
 INTERGROUP LIAISON ..... CHRIS W.  
 HOSPITALS & INSTITUTIONS (H&I) LIAISON ..... MICHELLE R.  
 LITERATURE ..... GLENDA R.  
 ACCESSIBILITIES ..... PAM T.  
 GSR SCHOOL ..... ROB S.  
 GRAPEVINE & COFFEE MAKER ..... LISA H.  
 NEWSLETTER ..... VICKI R.  
 PUBLIC INFORMATION (P.I.) ..... TONIA S.  
 CAKE SERVICES ..... ROB P.  
 ARCHIVES ..... OPEN  
 COOPERATION WITH THE PROFESSIONAL COMMUNITY (C.P.C.) ..... OPEN  
 CONVENTION LIAISON ..... OPEN  
 DISTRICT COMMITTEE MEMBER (DCM) - EAST & WEST ORANGE ..... OPEN  
 DISTRICT COMMITTEE MEMBER (DCM) - SANTA ANA ALANO CLUB ..... OPEN  
 DISTRICT COMMITTEE MEMBER (DCM) - MEN’S GROUP ..... OPEN  
 DISTRICT COMMITTEE MEMBER (DCM) - FRIENDSHIP CLUB AM ..... OPEN

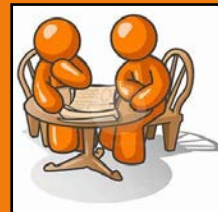
*If you’re interested in being of service and would like to be involved in “District 5” by volunteering for a commitment, elections for the 2020/2021 term are being held for all commitment positions during the November 14th District 5 G.S.R. meeting. We’d love to have you share this amazing “being of service” experience with us. And, if you can’t make it to the November meeting, you can always attend any of the monthly meetings following to volunteer for any of the “open” commitments.*





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

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



## STEPS: 7 THRU 9

7.

**“Humbly asked Him to remove our shortcomings.”**

8.

**“Made a list of all persons we had harmed, and became willing to make amends to them all.”**

9.

**“Made direct amends to such people wherever possible, except when to do so would injure them or others.”**

**HUMBLY** (#7): *“Having or showing feelings of humility rather than of pride and arrogance. Not showing or feeling superiority toward others / modest / being aware of one’s shortcomings / reflecting a spirit of submission or courteous yielding to the opinion, wishes, or wishes of another.” (The Little Big Book Dictionary—Gold Edition 2009)*

## TRADITIONS: 7 THRU 9

7.

Short Form:

**“Every A.A. group ought to be fully self-supporting, declining outside contributions.”**

8.

Short Form:

**“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”**

9.

Short Form:

**“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”**

**SELF-SUPPORTING** (#7): *“The act of or capacity for supporting oneself, especially financially, without the help of others.” (The Free Dictionary)*

## CONCEPTS: 7 THRU 9

7.

Short Form:

**“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.”**

8.

Short Form:

**“The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”**

9.

Short Form:

**“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.”**

**EMPOWERING** (#7): *“To give power or authority to; authorize, especially by legal or official means.” (Dictionary.com)*





**....MEETING GROUP NEWS....**

**NEEDS YOUR HELP  
IN FILLING CHAIRS...**



**WEDNESDAY**

**Group Name:** ALKIES ONLY  
**Type:** Discussion / Closed Meeting  
**Time:** 7:00pm—8:30pm  
**Location:** First United Methodist Church  
 161 S. Orange Ave.—2nd Flr.  
 Orange 92866



**MOVED TO A  
NEW LOCATION...**

**SATURDAY**

**Group Name:** SAT. NIGHT VISITING SPEAKERS MTG.  
**Type:** Speaker / Open  
**Time:** 8:00pm  
**Old Location:** Prentice School - Tustin  
**New Location:** St. Matthew Ecumenical Catholic Church  
 1111 W. Town & Country Road  
 Orange 92868

**SUNDAY**

**Group Name:** SOBER & CRAZY SPEAKER MEETING  
**Type:** Speaker / Open Meeting  
**Time:** 7:00pm  
**Old Location:** Prentice School - Tustin  
**New Location:** Grace Harbor Church  
 12881 Newport Avenue  
 Tustin 92780

**NOT ACTIVE AT THIS TIME...**  
*(Due to loss of meeting location)*

**MONDAY thru FRIDAY**

**Group Name:** ALKIE'S WINNERS CIRCLE  
**Type:** Discussion / Open Meeting  
**Time:** 12:00pm  
**Old Location:** 555 W. Main Street  
 Tustin 92780

**Be sure to let both DISTRICT 5 and ORANGE COUNTY CENTRAL OFFICE know if your meeting group has changed its location, day/start time, or has become inactive, as your meeting may be the one a 'head-spinning' suffering alcoholic may be needing.**

**WHAT IS AN A.A. GROUP??**  
*(Reprinted from P-16 pamphlet, page 12 with permission of A.A. World Services, Inc.)*

“As the long form of Tradition Three clearly states, “Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

Further clarification of an A.A. group may be found in the Twelve Concepts for World Service, Concept Twelve, Warranty Six:

- no penalties to be inflicted for nonconformity to A.A. principles;
- no fees or dues to be levied — voluntary contributions only;
- no member to be expelled from A.A. — membership always to be the choice of the individual;
- each A.A. group to conduct its internal affairs as it wishes — it being merely requested to abstain from acts that might injure A.A. as a whole; and finally
- that any group of alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other purpose or affiliation.

Some A.A.s come together as specialized A.A. groups — for men, women, young people, doctors, gays and others. If the members are all alcoholics, and if they open the door to all alcoholics who seek help, regardless of profession, gender or other distinction, and meet all the other aspects defining an A.A. group, they may call themselves an A.A. group.”



A.A. Pamphlet: P-16

## 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          | Patrick M.   |                  |
| 777 (Newcomers) Men's Stag Group         | Orange          | Robert B.    | Shane S.         |
| Alkies Only                              | Orange          | Vicki R.     | Steve C.         |
| Back from the Dead                       | Santa Ana       | Alex G.      |                  |
| Boozy Bunch Group                        | Orange          | Cassidy R.   |                  |
| Chapman & Lewis AA Group                 | Orange          | Glenda R.    |                  |
| Early Birds Group                        | Santa Ana       | Paula P.     |                  |
| Forever Non-Professional (F/Club)        | Orange          | Isaac M.     |                  |
| Friday Night No Puffers Speaker Meeting  | Orange          | Rich J.      |                  |
| How It Works                             | Orange          | Steve C.     | David H.         |
| It's In the Book (Book Study)            | Tustin          | Gloria Z.    |                  |
| Keep it Simple Group                     | Orange          | Casey D.     | Tonia S.         |
| Ladies Night Book Study                  | Orange          | Lindsey K.   | Ann Marie M.     |
| Men's Big Book Study                     | Orange          | Steven H.    |                  |
| Men's BYOB Bookstudy                     | Tustin          | Chris W.     | Matt D.          |
| Monday Night Mens Stag Group             | Tustin          | Michael H.   |                  |
| Monday Night Speakers Meeting            | Orange          | Mario P.     |                  |
| Not A Glum Lot                           | Orange          | Michelle R.  |                  |
| Rush Hour (F/Club)                       | Orange          | Matt L.      |                  |
| Saturday Night Visiting Speakers Mtg.    | Orange          | Chris W.     | David H.         |
| Sober & Crazy Speaker Meeting            | Tustin          | Rob P.       |                  |
| Sober on 4th                             | Santa Ana       | Tyler S.     |                  |
| Sun. Night Speaker Meeting of Orange     | Orange          | Sara C.      |                  |
| Sunday Morning B/B Study Group           | Orange          | Greg A.      | Mario P.         |
| Thursday Noon Discussion Group (F/Club)  | Orange          | Christina W. |                  |
| Tuesday Night Men's Stag                 | Santa Ana       | Michael D.   |                  |
| Tustin Acceptance Group                  | Tustin          | Steven H.    |                  |
| Tustin Attitude Modification Group (6AM) | Tustin          | Richard M.   |                  |
| Tustin Big Book Study                    | Tustin          | Peter C.     |                  |
| Tustin Mon Evening Womens 12&12 Group    | Tustin          | Sharon G.    |                  |
| Tustin Rush Hour                         | Tustin & Orange | Chuck W.     | Pam T.           |
| We Got A Coffee Pot                      | Orange          | Will G.      |                  |
| Wed Nite Womens Solutions Grp            | Tustin          | Kathy S.     |                  |
| Wednesday Noon Discussion Group (F/Club) | Orange          | Bruce M.     |                  |
| Winners Circle Group                     | Anaheim         | Terry S.     |                  |
| Womens Experience, Strength & Hope       | Orange          | Kirin S.     | Lisa B.          |
| Womens Step Study Group                  | Tustin          | Jane B.      |                  |

- Did you know that the local group is the basic unit of A.A. World Service?
- Does your meeting/group have a GSR?
- Has there been a GSR or Alt-GSR change?
- Is your meeting/group missing from the above list??





# UPCOMING SOBER EVENTS

## DISTRICT 5

Sept. 9, 2019 (Mon) @ 6pm:

— Steering Committee Mtg. —  
Denny's @ 17th & Tustin, Santa Ana

Sept. 12, 2019 (Thurs) @ 6:30pm-8:30pm:

“REPORT BACK” / Jesus O.\*  
— GSR Meeting —  
 (“New GSR” orientation @ 6:30pm)  
Church of the Foothills  
19211 Dodge Ave., No. Tustin 92705  
(Corner of Dodge & Newport Ave.)

**FREE PIZZA & SALAD  
SODAS & WATER!!**

Oct. 7, 2019 (Mon) @ 6pm:

— Steering Committee Mtg. —  
Denny's @ 17th & Tustin, Santa Ana

Oct. 10, 2019 (Thurs) @ 7pm-8:30pm:

— GSR Meeting —  
 (“New GSR” orientation @ 6:30pm)  
Church of the Foothills  
19211 Dodge Ave., No. Tustin 92705  
(Corner of Dodge & Newport Ave.)

Nov. 11, 2019 (Mon) @ 6pm:

— Steering Committee Mtg. —  
Denny's @ 17th & Tustin, Santa Ana

Nov. 14, 2019 (Thurs) @ 7pm-8:30pm:

**District 5 Elections &  
Special Speaker / Hiro S.**

— GSR Meeting —  
 (“New GSR” orientation @ 6:30pm)  
Church of the Foothills  
19211 Dodge Ave., No. Tustin 92705  
(Corner of Dodge & Newport Ave.)



## AREA 09

Oct. 13, 2019

— ELECTIONS —  
(Hosted by District 6)

No further information at this time.

Nov. 10, 2019

— AREA SERVICE COMMITTEE —  
(ASC)  
(Hosted by District 17)

No further information at this time.

Nov. 16, 2019

— SERVATHON —  
(Hosted by District 30)

No further information at this time.

Dec. 8, 2019

— AREA SERVICE COMMITTEE —  
(ASC)  
(Hosted by District 8)

No further information at this time.

### ~ GROUP HISTORY BOOK ~

CALLING ALL GROUPS:

**SHOULD YOUR GROUP BE IN  
THE GROUP HISTORY BOOK?**

YES!!!!

Area 9 Archives is putting together  
a Group History Book. We want  
your AA group in the book.

Fill out the form and mail it to the  
Area 9 Archives Committee!!

You can access the group history  
form on the Area 9 website at:

[www.msca09aa.org](http://www.msca09aa.org).

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

## OC CENTRAL OFFICE

Sept. 11, 2019 (Weds) @ 7pm

— INTERGROUP MEETING —  
Costa Mesa Senior Center  
695 W. 19th St., Costa Mesa, 92627  
Info: (714) 556-4555

\*\*\*\*\*

Oct. 9, 2019 (Weds) @ 7pm

— INTERGROUP MEETING —  
Costa Mesa Senior Center  
695 W. 19th St., Costa Mesa, 92627  
Info: (714) 556-4555

\*\*\*\*\*

Nov. 13, 2019 (Weds) @ 7pm

— INTERGROUP MEETING —  
Costa Mesa Senior Center  
695 W. 19th St., Costa Mesa, 92627  
Info: (714) 556-4555

### Orange County Hospitals & Institutions

Meets on the 2nd Sunday of every month  
as follows:

Institutions Committee: 4:00pm - 5:00pm  
(Orientation for first-time attendees at 3:15pm)

Hospitals Committee: 6:00pm - 7:00pm  
(Orientation for first-time attendees at 5:15pm)

Garden Grove Alano Club  
9845 Belfast, Garden Grove, CA 92844

Visit [www.oc-aa.org](http://www.oc-aa.org) for  
additional information on upcoming events.

### OCAA Intergroup Golf Tournament

Saturday September 14, 2019

|                           |                              |
|---------------------------|------------------------------|
| San Juan Hills Golf Club  | Tee Times: 11:31 AM 11:40 AM |
| 32120 San Juan Creek Road | 11:48 AM 11:57 AM 12:05 PM   |
| San Juan Capistrano, CA   | 12:14 PM 12:22 PM 12:31 PM   |
| 92675                     | 12:39 PM 12:48 PM 12:56 PM   |
|                           | 1:05 PM 1:13 PM 1:22 PM      |
|                           | 1:30 PM 1:39 PM 1:47 PM      |
|                           | 1:56 PM                      |



Presented by the OC Intergroup Association

Questions?  
Please contact Sparrow La Point, Chairman:  
[specialventocaaintergroup@gmail.com](mailto:specialventocaaintergroup@gmail.com)  
(714) 852-0289



### DISTRICT 5

is excited to announce that

**HIRO S.**

Bellflower -  
MSCA09 Chairperson

has graciously accepted our invitation to speak on

“SERVICE AND SOBRIETY”

during our District 5 meeting being held...

Thursday

November 14, 2019

7:00pm — 8:30pm

at

Church of the Foothills  
19211 Dodge Ave.  
North Tustin 92705  
(Corner of Newport & Dodge)



District 5 Elections for the 2020/2021 term will be held November 14, 2019.

For more information be sure to attend a District 5 GSR meeting beforehand.



# UPCOMING SOBER EVENTS

(Continued)

## SEPTEMBER & OCTOBER

**September 13 — 15, 2019**



### 2019 Arizona State Convention

of Alcoholics Anonymous  
**September 13 – 15, 2019**

**Outstanding Speakers \*\*\* AI-Anon Participation \*\*\* Marathon Meetings \*\*\*  
Saturday Lunch Included \*\*\* Golf Tournament \*\*\* Dinner with Entertainment\*\*\***

**RIVERSIDE RESORT HOTEL AND CASINO**      Special rate of \$69 + tax  
1650 S. Casino Dr. Laughlin, NV 89029      booking code: Arizona State Convention  
702 298-2535 →      Call to RESERVE YOUR ROOM TODAY

**September 27 — 29, 2019**

**68th**      Southern California  
AA Convention  
with AI-Anon Participation



### A New Way A New Life

**September 27, 28, 29 2019**

The Westin Mission Hills Resort & Spa  
Rancho Mirage, California (Palm Springs)

**September 27 — 29, 2019**

*Join Us For Our 45th Conference!*



**Woman To Woman San Diego**  
September 27th to September 29th, 2019  
(Registration Opens At 3:00pm On Friday)

**Conference For Recovering Alcoholic Women**  
Waterfront Setting / Beautiful Accommodations / Topic Discussion Meetings / Dynamic Speakers  
NEW! Fun-Filled After Party / Guided Group Walks / Pool / Spa Services

**PLEASE BRING YOUR FAVORITE GOODIES TO SHARE IN THE HOSPITALITY ROOM!!!**

For More Info: [www.womantowomansandiego.com](http://www.womantowomansandiego.com)

**September 27 — 29, 2019**

**Three Rivers Bigbook Weekend II**



**NEW STYLE BIG BOOK STEP CONFERENCE!**  
8 GUEST SPEAKERS - FROM ALL OVER THE USA  
September 27th, 28th & 29th, 2019 - Richland, WA  
"WHERE THE RIVERS MEET"

**SPEAKERS:**

- ◆ TERRY M. - Billings, MT
- ◆ WAYNE B. - Glendora, CA
- ◆ MICKEY B. - Long Beach, CA
- ◆ CIA F. - Los Angeles, CA
- ◆ MATT F. - Graham, WA
- ◆ MICHELINE F - Escondido, CA
- ◆ AARON Z. - Molalla, OR
- ◆ PAT Y. - Palm Desert, CA

For more info:  
[www.threeriversbigbookweekend.org/](http://www.threeriversbigbookweekend.org/)

*"AA WOODSTOCK"  
FORMAT*



**October 4 — 6, 2019**



Register and pay for this event with PayPal  
Go to our website for more details  
[www.laketahoevalleyfestival.net](http://www.laketahoevalleyfestival.net)

Or U.S. mail registration form with check to:  
Lake Tahoe Fall Festival  
PO Box 18913  
South Lake Tahoe, CA 96151  
For Questions: Call or Text Chairperson Bunny / 408-599-9476

**The 44th Annual Lake Tahoe Fall Festival will be held in  
the Hard Rock Casino Convention Center**

**SAVE THE DATE 44th Annual Fall Festival**

**October 4, 5, & 6**  
Hard Rock Hotel & Casino

1 or 2 guests per night--\$109.00-\$159.00 per night  
Room rates subject to local tax & \$11.00 per day resort fee

Cut off date to book a room for this discount is  
**Tuesday, September 17, 2019**

For discount : FALLFESTIVAL19

YOU MUST USE DISCOUNT CODE AND MAKE YOUR RESERVATION  
BEFORE SEPT 17TH





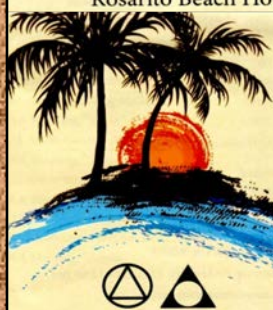
# UPCOMING SOBER EVENTS (Continued)

## OCTOBER & NOVEMBER

**October 11 — 13, 2019**

*5th Annual AA Retreat  
with Al-Anon Participation  
Rosarito Beach, Baja California*

Come Join us for a “Serenity by the Sea” weekend  
at the  
Rosarito Beach Hotel – October 11, 12 & 13 2019



Rosarito Beach Hotel Ocean View Rooms  
with Special Rates for our Event.  
“PASSPORT REQUIRED”

*“Serenity  
by the  
Sea”*



*Life Really Does Just Keep Getting Better!*

| Friday                        | Saturday                           | Sunday              |
|-------------------------------|------------------------------------|---------------------|
| Welcome Reception             | AA Topic Meetings all day          | Breakfast Buffet    |
| AA & Al-Anon Speaker Meetings | Al-Anon Workshops & Panels         | Count-down          |
|                               | Al-Anon Luncheon & Speaker Meeting | AA/Al-Anon Speakers |
|                               | AA/Al-Anon Banquet & Speakers      | Closing Ceremonies  |

**For Additional Info:**

Dennis H. (909) 376-6579  
Randy H. (909) 721-4981

**October 18 — 20, 2019**

The Inland Empire  
Alcoholics Anonymous Convention  
is in its 31st year!

# Inland Empire AA Convention

with Al-Anon & Alateen Participation

## October 18-20, 2019

For more info: <http://www.ieaac.org/>

**November 1 — 3, 2019**

# MIRACLE ON THE RIVER

32nd Annual

NOVEMBER 1ST - 3RD 2019

HAPPY • JOYOUS • FREE

Register Online! • With Al-Anon Participation [www.HavasuAARoundup.org](http://www.HavasuAARoundup.org)

**November 14, 2019**

DISTRICT 5

is excited to announce that

HIRO S.

Bellflower -  
MSCA09 Chairperson

has graciously accepted our invitation to speak on  
“**SERVICE AND SOBRIETY**”  
during our District 5 meeting being held...

Thursday  
November 14, 2019  
7:00pm — 8:30pm

at  
**Church of the Foothills**  
19211 Dodge Ave.  
North Tustin 92705  
*(Corner of Newport & Dodge)*

All fellowship members are Invited!

You won't want to miss this!

Do you know of any AA related events which are happening in 2020 and you'd like them included in the District 5 Newsletter? Then be sure to let your District 5 Newsletter editor know at least 2 weeks before the next issue, which is scheduled to be issued November 2019.





**DISTRICT 5  
\*\*\* SOBRIETY BIRTHDAYS \*\*\*  
(JULY 2019 - AUGUST 2019)**



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

**\*\* JULY 2019 \*\***

- ♦ Sharon G ..... GSR (*"Tustin Mon Evening Womens 12&12 Group ~ Tustin"*) ~ 9 Yrs.
- ♦ Nancy ? ..... Visitor ~ 35 Yrs.

**\*\* AUGUST 2019 \*\***

- ♦ Vicki R ..... Treasurer & Newsletter (*District 5*) and GSR (*"How It Works" - Orange*) ~ 10 Yrs.
- ♦ Terry S..... GSR (*"Winners Circle Group" - Anaheim*) ~ 26 Yrs.
- ♦ Lisa H ..... DCM-Women's Day & Eve., Grapevine, & Coffee (*District 5*) ~ 27 Yrs.
- ♦ Jane B ..... GSR (*"Womens Step Study Group" ~ Tustin*) ~ 35 Yrs.



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

YEARS: .....142  
MONTHS ..... 1,704  
WEEKS ..... 7,404  
DAYS: ..... 51,830  
HOURS: .....1,243,920  
MINUTES: .....74,635,200



THE GENERAL SERVICE OFFICE  
POST OFFICE BOX 499  
GRAND CENTRAL STATION  
NEW YORK, NY 10043-0499

**GSO...THE BIRTHDAY PLAN**

"Contributions to the General Service Office support G.S.O.'s services to members and groups throughout Canada and the U.S. and help ensure that the A.A. message is carried around the world. The services that the G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety."  
For More Info: [www.aa.org/pages/en\\_US/the-birthday-plan](http://www.aa.org/pages/en_US/the-birthday-plan)

WWW

**A.A.  
RELATED WEBSITES**

WWW

- \* Alcoholics Anonymous .....[www.aa.org](http://www.aa.org)
- \* MSCA 09 / District 5 .....[www.msca09aa.org](http://www.msca09aa.org)
- \* OC Central Office .....[www.oc-aa.org](http://www.oc-aa.org)
- \* Grapevine.....[www.aagrapevine.org](http://www.aagrapevine.org)
- \* OC A.A. Convention.....[www.oaac.org](http://www.oaac.org)
- \* AA Online Intergroup.....[www.aa-intergroup.org](http://www.aa-intergroup.org)
- \* All O.C. Young People In A.A....<http://www.aocypaa.org>
- \* Area 9 Bridging the Gap.....<https://area9btg.org>
- \* Veterans Bridging the Gap...<http://www.vetsbtg.org/>

**NEW GSRs / Alternate GSRs!!!**

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

| NAME                 | GROUP                      | CITY            |
|----------------------|----------------------------|-----------------|
| ♦ Cassidy R. (GSR)   | Boozy Bunch Group          | Orange          |
| ♦ Matt D. (Alt. GSR) | Monday Night Mens B.Y.O.B. | Orange          |
| ♦ Tyler S. (GSR)     | Sober on 4th               | Santa Ana       |
| ♦ Christina W. (GSR) | Thursday Noon Discussion   | Orange          |
| ♦ Chuck W. (GSR)     | Tustin Rush Hour           | Tustin & Orange |
| ♦ Bruce M. (GSR)     | Wednesday Noon Discussion  | Orange          |
| ♦ David H. (Alt-GSR) | How It Works               | Orange          |
| ♦ Rich J. (GSR)      | Fri. Night No Puffers      | 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 any changes, please be sure to notify your District 5 Registrar (*Pam T.*) via email, or by attending a District 5 meeting and giving her (or the GSR School Committee Member) the applicable information. The information will be forwarded to both the area and the General Service Office.

**\*\*You can find information on the next "District 5" meeting on Page 5 (*Upcoming Events & Announcements*) of this newsletter.\*\***



UPCOMING....

DISTRICT 5  
- 2020/2021 -  
ELECTIONS

**WHEN:** District 5 GSR Meeting — November 14, 2019  
**WHERE:** Church of the Foothills, 19211 Dodge Ave., Santa Ana / North Tustin 92705  
**TIME:** 7:00pm — 8:30pm

= POSITIONS AVAILABLE =

District Officers

- ◆ District Committee Member Chair (D.C.M.C.) *(Min. suggested sobriety of 4 years)*
- ◆ Alternate District Committee Member Chair (ALT-D.C.M.C.) *(Min. suggested sobriety of 4 years)*
- ◆ Secretary *(Min. suggested sobriety of 2 years)*
- ◆ Treasurer *(Min. suggested sobriety of 2 years)*
- ◆ Registrar *(Min. suggested sobriety of 2 years)*

District Committee Members (D.C.M.) and Alternate District Committee Members (Alt-D.C.M.)

*(Min. suggested sobriety of 2 years)*

- ◆ District Committee Member (D.C.M.) and Alternate - Men's Groups
- ◆ District Committee Member (D.C.M.) and Alternate - Women's Day
- ◆ District Committee Member (D.C.M.) and Alternate - Women's Evening
- ◆ District Committee Member (D.C.M.) and Alternate - East Orange / Villa Park / District 5
- ◆ District Committee Member (D.C.M.) and Alternate - West Orange
- ◆ District Committee Member (D.C.M.) and Alternate - Northeast Santa Ana
- ◆ District Committee Member (D.C.M.) and Alternate - Southwest Santa Ana
- ◆ District Committee Member (D.C.M.) and Alternate - Santa Ana Alano Club
- ◆ District Committee Member (D.C.M.) and Alternate - North Tustin
- ◆ District Committee Member (D.C.M.) and Alternate - South Tustin
- ◆ District Committee Member (D.C.M.) and Alternate - Friendship Club AM
- ◆ District Committee Member (D.C.M.) and Alternate - Friendship Club PM



Standing Committee Chairs

- ◆ Archives
- ◆ Convention Liaison
- ◆ Cooperation with the Professional Community (C.P.C.)
- ◆ Grapevine
- ◆ G.S.R. School
- ◆ Hospitals & Institutions (H&I) Liaison
- ◆ Intergroup Liaison
- ◆ Literature
- ◆ Newsletter
- ◆ Public Information (P.I.)
- ◆ Accessibilities

Volunteer Positions

- ◆ Coffee Maker
- ◆ Cake Person



# Did You Know?? ...THE TWELVE STEP HIT PARADE...

New York Magazine  
September 9, 1991  
"Recovery Fever"  
(Pg. 35)

## THE TWELVE STEP HIT PARADE

**A**LTHOUGH NOT ALL "ANONYMOUS" OR "-ANON" GROUPS ARE GUIDED BY AA'S TWELVE Steps, nearly 100 self-help groups are. Below is a partial listing of the more popular clone groups for various types of addicts and people affected by their behavior. The information comes from the 1990 edition of *The Self-Help Sourcebook* (\$10), available from the American Self-Help Clearinghouse, St. Clares-Riverside Medical Center, Denville, New Jersey 07834 (201-625-7101).

- 1935 **Alcoholics Anonymous**—alcoholics
- 1951 **Al-Anon**—families and friends of alcoholics
- 1953 **Narcotics Anonymous**—addicts
- 1957 **Alateen**—twelve- to eighteen-year-olds who have alcoholics in their lives
- 1957 **Gamblers Anonymous**—compulsive gamblers
- 1960 **Gam-Anon**—families and friends of compulsive gamblers
- 1960 **Overeaters Anonymous**—people with compulsive-eating disorders
- 1967 **Nar-Anon**—families and friends of addicts
- 1970 **Emotional Health Anonymous**—people with mental-health problems
- 1971 **Emotions Anonymous**—people who want to gain better emotional health
- 1971 **Families Anonymous**—relatives and friends of drug or alcohol abusers or of people with behavioral problems
- 1975 **O-Anon**—friends and relatives of people with compulsive-eating disorders
- 1976 **Debtors Anonymous**—credit-card abusers, under-earners, and overspenders
- 1976 **Augustine Fellowship, Sex and Love Addicts Anonymous**—people with obsessive/compulsive sexual behavior or emotional attachment
- 1977 **Sex Addicts Anonymous**—compulsive-sex addicts
- 1978 **Drugs Anonymous** (formerly Pills Anonymous)—chemical addicts
- 1979 **Pill Addicts Anonymous**—those addicted to mood-changing pills and drugs
- 1979 **Sexaholics Anonymous**—people with sexually destructive thinking and behavior
- 1980 **Incest Survivors Anonymous**—incest survivors
- 1982 **Cocaine Anonymous**—cocaine addicts
- 1982 **Survivors of Incest Anonymous**—victims of childhood sexual abuse
- 1984 **Adult Children of Alcoholics**—now interpreted to include adult children of people with other problems
- 1984 **S-Anon**—relatives and friends of sex addicts
- 1985 **Nicotine Anonymous** (formerly Smokers Anonymous)—nicotine addicts
- 1986 **Co-Dependents Anonymous** (CODA)—people who grew up in dysfunctional families and have trouble with relationships

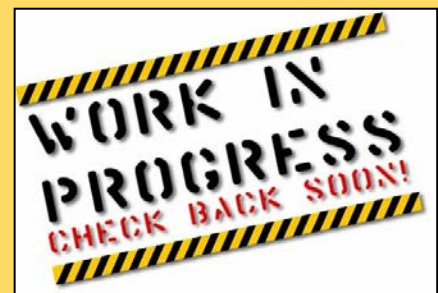
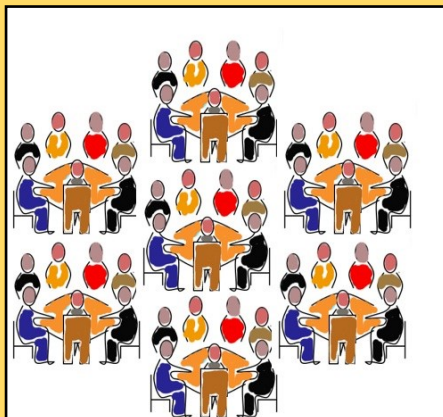
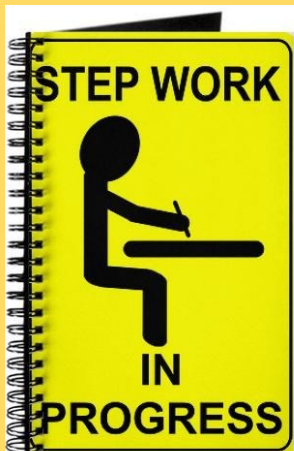
SEPTEMBER 9, 1991/NEW YORK 35

Service Material from the General Service Office

### THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
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.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
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.

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Rev.5/9/02





**FREQUENTLY ASKED  
QUESTIONS ABOUT A.A.**

**QUESTION:**

**"How will I be able to find the time for A.A. meetings, work with other alcoholics, and other A.A. activities?"**



*(Reprinted from P-2 pamphlet, page 25 with permission of A.A., World Services, Inc.)*

Frequently Asked Questions About A.A.



*"During our drinking days, most of us somehow managed to minimize the importance of time when there was alcohol to be consumed. Yet the newcomer to A.A. is occasionally dismayed to learn that sobriety will make some demands on time, too. If the beginner is a typical alcoholic, there will be an urge to make up "lost time" in a hurry — to work diligently at a job, to indulge in the pleasures of a homelife too long neglected, to devote time to church or civic affairs. What else is sobriety for, the new member may ask, but to lead a full, normal life, great chunks of it at a time?"*

*A.A., however, is not something that can be taken like a pill. The experience of those who have been successful in the recovery program is worth considering. Almost without exception, the men and women who find their sobriety most satisfying are those who attend meetings regularly, never hesitate to work with other alcoholics seeking help, and take more than a casual interest in the other activities of their groups. They are men and women who recall realistically and honestly the aimless hours spent in bars, the days lost from work, the decreased efficiency, and the remorse that accompanied hangovers on the morning after.*

*Balanced against such memories as these, the few hours spent in underwriting and strengthening their sobriety add up to a small price indeed."*

**CRYPTOGRAM PUZZLE**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |  |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   | 4 |   |   |   |   |   |   |   |   |   |   |   |  |

|                 |                |                |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                |                 |                 |                 |                 |                 |                 |                 |
|-----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| $\frac{18}{26}$ | $\frac{4}{17}$ | $\frac{9}{18}$ | $\frac{4}{18}$  | $\frac{6}{4}$   | $\frac{25}{18}$ | $\frac{12}{4}$  | $\frac{7}{9}$   | $\frac{18}{6}$  | $\frac{21}{25}$ | $\frac{12}{12}$ | $\frac{3}{3}$   | $\frac{14}{14}$ | $\frac{25}{21}$ | $\frac{4}{12}$  | $\frac{20}{3}$  | $\frac{15}{15}$ | $\frac{15}{4}$  | $\frac{3}{21}$  | $\frac{14}{4}$ | $\frac{14}{20}$ | $\frac{21}{10}$ | $\frac{12}{8}$  | $\frac{7}{4}$   | $\frac{12}{20}$ | $\frac{7}{10}$  |                 |
| $\frac{8}{9}$   | $\frac{12}{4}$ | $\frac{21}{6}$ | $\frac{16}{25}$ | $\frac{4}{12}$  | $\frac{21}{18}$ | $\frac{16}{7}$  | $\frac{14}{18}$ | $\frac{20}{6}$  | $\frac{15}{21}$ | $\frac{24}{12}$ | $\frac{23}{3}$  | $\frac{4}{14}$  | $\frac{16}{21}$ | $\frac{4}{4}$   | $\frac{24}{12}$ | $\frac{12}{23}$ | $\frac{23}{17}$ | $\frac{18}{18}$ | $\frac{4}{4}$  | $\frac{11}{11}$ | $\frac{15}{15}$ | $\frac{20}{20}$ | $\frac{21}{21}$ | $\frac{12}{12}$ | $\frac{23}{23}$ | $\frac{12}{12}$ |
| $\frac{12}{12}$ | $\frac{7}{7}$  | $\frac{4}{4}$  | $\frac{21}{21}$ | $\frac{16}{16}$ | $\frac{14}{14}$ | $\frac{20}{20}$ | $\frac{15}{15}$ | $\frac{15}{15}$ | $\frac{15}{15}$ | $\frac{23}{23}$ | $\frac{21}{21}$ | $\frac{12}{12}$ | $\frac{13}{13}$ | $\frac{12}{12}$ | $\frac{21}{21}$ | $\frac{12}{12}$ | $\frac{14}{14}$ | $\frac{17}{17}$ |                |                 |                 |                 |                 |                 |                 |                 |

*In keeping with our 7th Tradition.....*  
**GROUP DONATIONS MADE TO “DISTRICT 5”**  
*~ JULY & AUGUST 2019 ~*

| GROUP #       | GROUP NAME                             | CITY          | JUL              | AUG              | "2019" GROUP TOTAL TO DATE |
|---------------|----------------------------------------|---------------|------------------|------------------|----------------------------|
| 612937        | ???                                    | ???           | \$ -             | \$ 15.00         | \$ 15.00                   |
| 725611        | 6am Step Study                         | Orange        | \$ -             | \$ -             | \$ 26.40                   |
| 102350        | 12 Steps And 12 Traditions Study Group | Tustin        | \$ -             | \$ -             | \$ 11.00                   |
| 606997        | 12:00pm Step Study Group               | Orange        | \$ -             | \$ -             | \$ 40.00                   |
| 649516        | 777 Newcomers Men Stag                 | Orange        | \$ -             | \$ -             | \$ 180.00                  |
| 131258        | 9:02 Group                             | Tustin        | \$ -             | \$ -             | \$ 10.00                   |
| 652296        | Alkies Winner Circle                   | Tustin        | \$ -             | \$ -             | \$ 17.60                   |
| 713798        | AOCYPAA                                | Lag. Beach    | \$ -             | \$ -             | \$ 5.21                    |
| 136826        | As Bill Sees It                        | Orange        | \$ -             | \$ -             | \$ 15.00                   |
| 722230        | Chapman & Lewis AA Group               | Orange        | \$ -             | \$ -             | \$ 265.00                  |
| 126119        | Early Birds Group                      | Orange        | \$ -             | \$ 11.14         | \$ 32.59                   |
| 632837        | Foothill Early Risers                  | Tustin        | \$ 50.24         | \$ -             | \$ 134.98                  |
| 725120        | Forever Non-Professional               | Orange        | \$ -             | \$ 23.59         | \$ 42.19                   |
| 126062        | Friday Night No Puffers                | Orange        | \$ 10.00         | \$ -             | \$ 10.00                   |
| No #          | Friday On A Monday                     | Orange        | \$ 20.00         | \$ -             | \$ 20.00                   |
| 172225        | How It Works                           | Orange        | \$ -             | \$ -             | \$ 7.00                    |
| 700349        | It's In The Book                       | Tustin        | \$ -             | \$ -             | \$ 41.30                   |
| 680752        | Keep It Simple Group                   | Orange        | \$ -             | \$ 13.44         | \$ 57.56                   |
| 718618        | Ladies Night Book Study Group          | Orange        | \$ 13.02         | \$ -             | \$ 55.52                   |
| 132998        | Mon Nite Beginners Disc Group          | Orange        | \$ -             | \$ -             | \$ 10.00                   |
| 670924        | Not A Glum Lot                         | Orange        | \$ 10.00         | \$ -             | \$ 20.00                   |
| No #          | On The Way Home                        | Irvine        | \$ -             | \$ -             | \$ 15.00                   |
| 616357        | Sober & Crazy Speaker Meeting          | Tustin        | \$ -             | \$ 29.00         | \$ 119.58                  |
| 697139        | Spiritual Experience Group             | Tustin        | \$ -             | \$ 60.00         | \$ 180.00                  |
| 146970        | Sunday Morning B/B Study Group         | Orange        | \$ -             | \$ -             | \$ 16.11                   |
| 722902        | The Name in the Hat                    | Orange        | \$ -             | \$ 100.00        | \$ 230.00                  |
| 655929        | (The) Other 12 & 12 (Twin Towers)      | Orange        | \$ -             | \$ -             | \$ 10.00                   |
| 628920        | Thur Night Newcomers Group             | Orange        | \$ -             | \$ -             | \$ 12.00                   |
| 696177        | Tustin Acceptance Group                | Tustin        | \$ 15.00         | \$ -             | \$ 60.00                   |
| 130429        | Tustin Attitude Modification Group     | Tustin        | \$ 67.14         | \$ 53.78         | \$ 491.23                  |
| 678232        | Tustin Big Book Study                  | Tustin        | \$ 13.63         | \$ 6.93          | \$ 43.63                   |
| 662400        | Tustin Mon Evening Womens 12&12 Group  | Tustin        | \$ -             | \$ -             | \$ 18.80                   |
| 168129        | Tustin Rush Hour Group                 | Tustin-Orange | \$ -             | \$ 105.00        | \$ 142.50                  |
| No #          | Weds Orange 6pm Women's                | Orange        | \$ -             | \$ -             | \$ 8.00                    |
| 179495        | Wed Nite Womens Solutions Grp          | Tustin        | \$ 7.00          | \$ -             | \$ 42.10                   |
| 630797        | Wednesday Morning Donuts Group         | Orange F/C    | \$ -             | \$ 105.42        | \$ 136.67                  |
| 725707        | We've Got a Coffee Pot                 | Orange        | \$ -             | \$ -             | \$ 150.00                  |
| 135004        | Winners Circle Group                   | Anaheim       | \$ -             | \$ 10.00         | \$ 10.00                   |
| 638840        | Womens Step Study Group                | Tustin        | \$ -             | \$ -             | \$ 10.00                   |
| <b>TOTALS</b> |                                        |               | <b>\$ 206.03</b> | <b>\$ 533.30</b> | <b>\$ 2,711.97</b>         |

**THANK YOU!!**

**Attention Meeting Group Secretaries and Treasurers.....**

When sending in a 7th Tradition donation/contribution for your group, please note the following information so that District 5 can be sure your meeting group receives acknowledgement, along with a receipt:

- (1) Group number (issued by the General Service Office)
- (2) Meeting group name and day & time of meeting
- (3) Name and mailing (or email) address of whom to send the receipt to.

If your group number isn't known, ask your GSR to speak to the "District 5" Registrar (Pam T.) at the next monthly (2nd Thursday) District meeting, or you can send her an email at: [pamela\\_ann@rocketmail.com](mailto:pamela_ann@rocketmail.com).

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