

05

# "District 5" Newsletter

05

Editor: Vicki R. / Orange, CA

## DOES YOUR GROUP HAVE A VOICE?

### General Service Representative (G.S.R.)

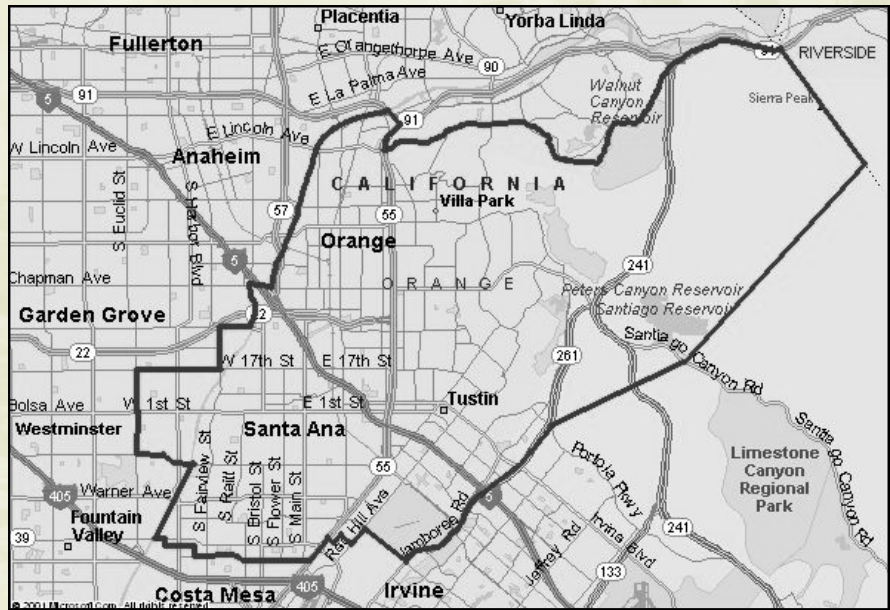
"The general service representatives (G.S.R.s) of the U.S. and Canada are the very foundation of our general service structure. Through your G.S.R., you can make your group's voice heard at district meetings, at area assemblies, and eventually at the General Service Conference."

For more information about G.S.R.s, 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"



### What Cities Are in "District 5"???

Cowan Hts., Lemon Hts., Orange, Orange Park, Santa Ana, Tustin, and Villa Park

...For a list of Orange & Tustin meetings held on Mondays and Tuesdays, see Page 3

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### Being of Service...

## YOUR "DISTRICT 5" TRUSTED SERVANTS

NAME	POSITION
EVAN J:	DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.)
KRISTEN C:	ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.)
MITCHELL B:	SECRETARY
AL C:	TREASURER
VICKI R:	REGISTRAR and NEWSLETTER
CHARLIE R:	DCM - EAST ORANGE & LITERATURE
CHRIS W:	DCM - WEST ORANGE and INTERGROUP LIASON
JOHN S:	DCM - FRIENDSHIP CLUB PM
JOEY P:	G.S.R. SCHOOL
LISA R:	H&I LIAISON

*If you're interested in being of service, and would like to be involved in "District 5" by volunteering for a position, see Page 4 for a list of those that are still open. We'd love to have you!!*

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

### STEPS: 4 thru 6

<p style="text-align: center;">4.</p> <p>Made a searching and fearless moral inventory of ourselves.</p>	<p style="text-align: center;">5.</p> <p>Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.</p>	<p style="text-align: center;">6.</p> <p>Were entirely ready to have God remove all these defects of character.</p>
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### TRADITIONS: 4 thru 6

**TRADITIONS CHECKLIST—from the A.A. Grapevine**

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

<p style="text-align: center;">4.</p> <p><u>Short Form:</u> Each group should be autonomous except in matters affecting other groups or A.A. as a whole.</p> <p><u>Checklist:</u></p> <ol style="list-style-type: none"> <li>1. Do I insist that there are only a few <i>right</i> ways of doing things in AA?</li> <li>2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?</li> <li>3. Do I put down other members' behavior when it is different from mine, or do I learn from it?</li> <li>4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?</li> <li>5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?</li> </ol>	<p style="text-align: center;">5.</p> <p><u>Short Form:</u> Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.</p> <p><u>Checklist:</u></p> <ol style="list-style-type: none"> <li>1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?</li> <li>2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?</li> <li>3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?</li> <li>4. Am I willing to twelfth-step the next new Comer without regard to who or what is in it for me?</li> <li>5. Do I help my group in every way I can to fulfill our primary purpose?</li> <li>6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?</li> </ol>	<p style="text-align: center;">6.</p> <p><u>Short Form:</u> 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.</p> <p><u>Checklist:</u></p> <ol style="list-style-type: none"> <li>1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?</li> <li>2. Is it good for a group to lease a small building?</li> <li>3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?</li> <li>4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?</li> <li>5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?</li> </ol>
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### CONCEPTS: 4 thru 6

<p style="text-align: center;">4.</p> <p>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.</p>	<p style="text-align: center;">5.</p> <p>Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.</p>	<p style="text-align: center;">6.</p> <p>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.</p>
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**MEETINGS: Sunday and Monday – Cities of Orange & Tustin**

*Please Note: Due to space, other “days of the week” meetings will be featured in upcoming newsletters. Also, this may not be a complete and/or accurate list. The best source of information is the latest Directory. If you know of any changes to the list below, please let us know. Thank you!!*

DAY	TIME	CITY	G.S.R. (Active*)	MEETING NAME	ADDRESS
SUN.	6:00am	Tustin	Andrew P.	Attitude Modification Group	1221 Wass St. (St. Paul Episcopal Church)
		Tustin Hills (Santa Ana)		Foothill Early Risers	19211 Dodge Ave. (Church of the Foothills)
	7:00am	Orange		Early Birds	812 W. Town & Country Rd. (Mariposa Women's Ctr.)
	8:30am	Orange		Attitude Adjustment	2191 Orange-Olive Rd. (Friendship Club)
	9:02am	N. Tustin / (Santa Ana)	Sonny J.	9:02 Podium, Speaker / Q&A	18341 Lassen Ave. (Prentice School)
	11:00am	Orange		Sunshine Pumpers / Big Book Study	705 W. La Veta, Suite 208 (Batavia Woods Medical Bldg.)
		Orange	Evan J.	Big Book Study	2191 Orange-Olive Rd. (Friendship Club)
	5:30pm	Orange	Pam T.	Tustin Rush Hour	1800 E. La Veta (RIO Center)
		Orange	Chris W.	The Other 12 & 12	705 W. La Veta, Suite 208 (Batavia Woods Medical Bldg.)
	7:00pm	Orange		Sunday Night Speakers of Orange	1800 E. La Veta (RIO Center)
		Tustin	Lynne D.	Sober & Crazy Speaker Mtg.	18341 Lassen Ave. (Prentice School)
	7:30pm	Orange	John S.	Discussion	2191 Orange-Olive Rd. (Friendship Club)
MON.	6:00am	Tustin	Andrew P.	Attitude Modification Group	1221 Wass St. (St. Paul Episcopal Church)
		Tustin Hills (Santa Ana)		Foothill Early Risers	19211 Dodge Ave. (Church of the Foothills)
	6:30am	Orange		Taking Care of Business	2191 Orange-Olive Rd. (Friendship Club)
	7:00am	Orange		Early Birds	812 W. Town & Country Rd. (Mariposa Women's Ctr.)
	9:00am	Tustin		Women’s Unity Group	14402 Prospect Ave. (Unity Church)
	12:00pm	Orange		12 & 12 Steps/Trad. Study	2191 Orange-Olive Rd. (Friendship Club)
		Tustin		Alkies Winners Circle	19211 Dodge Ave. (Church of the Foothills)
		Tustin		Spiritual Experience	14402 Prospect Avenue (Unity Church)
	5:30pm	Orange	Pam T.	Tustin Rush Hour	1800 E. La Veta (RIO Center)
		Orange		Rush Hour Discussion	2191 Orange-Olive Rd. (Friendship Club)
	6:30pm	Tustin Hills (Santa Ana)		Women’s 12x12	19211 Dodge Ave. (Church of the Foothills)
	7:00pm	Orange		Women’s Experience, Strength & Hope	2910 N. Santiago Blvd. @ E. Lincoln (Orange Hills Assembly Church)
		Orange		(C) Women’s Step Study	161 S. Orange St. (First United Methodist Church)
		Orange	Al C.	Men’s BYOB Book Study	1201 Irvine Blvd. (Aldersgate Methodist Church)
	7:30pm	Orange		(C) Men’s Discussion	6500 E. Santiago Canyon @ Orange Park
		Orange		Discussion	2191 Orange-Olive Rd. (Friendship Club)
		Orange		Beginners Discussion	705 W. La Veta, Suite 208 (Batavia Woods Medical Bldg.)
Tustin			Men’s Crosstalk	330 El Camino Real	

\*Active: G.S.R. has not missed 6 or more district meetings in a row.

*Did you know that there are approximately one-hundred and eighty-nine (189) meetings just within “District 5” alone?*

*So what does that mean??  
Well...it might mean...you probably don’t want to use  
the excuse to your sponsor that you couldn’t find a meeting to go to.*



**UPCOMING EVENTS**

**DISTRICT 5**

**May 9 @ 6:00pm:**  
**Steering Committee Meeting**  
 Denny's @ 17th/Tustin  
 Santa Ana, CA

**May 12 @ 7:00pm-8:30pm:**  
**G.S.R. / District 5 Meeting**  
 Church of the Foothills  
 19211 Dodge Ave.  
 Tustin Hills/Santa Ana, CA  
*Note: Orientation for new G.S.R.s is at 6:30pm*

**June 6 @ 6:00pm:**  
**Steering Committee Meeting**  
 Denny's @ 17th/Tustin  
 Santa Ana, CA

**June 9 @ 7:00pm-8:30pm:**  
**G.S.R. / District 5 Meeting**  
 Church of the Foothills  
 19211 Dodge Ave.  
 Tustin Hills/Santa Ana, CA

**AREA 09**

**April 16 @ 7:00pm-10:00pm**  
**Archives Movie Night**  
 "Flight" (2012)  
 7111 Arlington Ave., Suite B  
 Riverside, CA 92503

**May 15 @ 9:00am-3:30pm**  
**Area Service Assembly**  
 Crescent Elementary School  
 5002 Gerda Dr.  
 Anaheim, CA  
 (Hosted by District 5)

*"District 5" is looking for volunteers to help at the Area Service Assembly, along with donations for the event, of the following items:*

**GROUPS**

*Does your group have an upcoming event that they would like to share with other groups??*

*If so, be sure to have your G.S.R. bring the info to the next "District 5" meeting, and it'll be put in the next quarter's newsletter due out in July 2016.*

**"DISTRICT 5" OPEN POSITIONS**

- District Committee Member (DCM) - Women's Evening
- District Committee Member (DCM) - Women's Day
- District Committee Member (DCM) - Men's Groups
- District Committee Member (DCM) - Friendship Club AM
- District Committee Member (DCM) - Santa Ana
- District Committee Member (DCM) - Santa Ana Alano Club
- District Committee Member (DCM) - North Tustin
- District Committee Member (DCM) - South Tustin
- Archivist
- Archives
- Grapevine
- Public Information (P.I.)
- Cooperation with the Professional Community (C.P.C.)



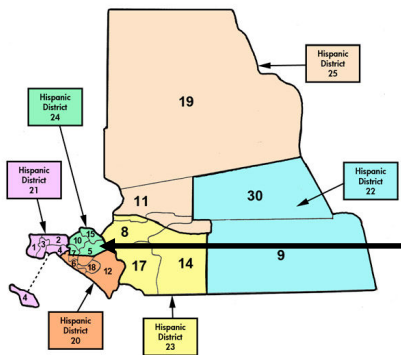
**\*\*\*In addition, "District 5" always needs G.S.R.s from those groups who don't already have one!\*\*\***

**"The strength of our whole A.A. service structure starts with the General Service Representative the Group elects."**

<u>NAME</u>	<u>GROUP</u>	<u>CITY</u>
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**“ENGLISH SPEAKING” DISTRICTS IN  
MID-SOUTHERN CALIFORNIA AREA 09 (MSCA)**

District	Cities	District	Cities
<b>1</b>	Gardena, Hermosa Beach, Lawndale, Manhattan Beach, Palos Verdes Estates Rancho, Palos Verdes, Redondo Beach, Rolling Hills, Rolling Hills Estates, and Torrance	<b>10</b>	Anaheim (W. of 55 / S. of 91), Buena Park, Cypress, Fullerton, and La Palma
<b>2</b>	Artesia, Bellflower, Cerritos, Compton (S. of Rosecrans), Hawaiian Gardens, Lakewood (N. of Carson), Long Beach (N. of Carson), Norwalk (S. of Rosecrans), and Paramount	<b>11</b>	Big Bear City, Big Bear Lake, Bloomington, Blue Jay, Colton, Crestline, Crestpark, Devore, Fawnskin, Fontana, Forest Falls, Grand Terrace, Highland, Lake Arrowhead, Loma Linda, Muscoy, Rialto, Running Springs, and San Bernardino
<b>3</b>	Carson, Dominguez, Harbor City, Lomita, San Pedro, and Wilmington	<b>12</b>	Aliso Viejo, Capistrano Beach, Coto de Caza, Dana Point, Ladera Ranch, Laguna Beach, Laguna Hills, Laguna Niguel, Laguna Woods, Lake Forest, Mission Viejo, Modjeska Canyon, Rancho Santa Margarita, San Clemente, San Juan Capistrano, Silverado Canyon, and Trabuco Canyon
<b>4</b>	Avalon, Belmont Shore, Bixby Knolls, Lakewood (S. of Carson), Long Beach (S. of Carson), Los Alamitos, Los Altos, Naples, Naval Station Long Beach, Rose Park, Rossmoor, and Signal Hill	<b>14</b>	Aguanga, Anza, Banning, Beaumont, Cabazon, Hemet, Homeland, Idyllwild, Juniper Flats, Romoland, San Jacinto, and Winchester
<b>5</b>	<b>Cowan Heights, Lemon Heights, Orange, Orange Park Acres, Santa Ana, Tustin, and Villa Park</b>	<b>15</b>	Anaheim (E. of 55 / N. of 91), Anaheim Hills, Brea, La Habra, Placentia, and Yorba Linda
<b>6</b>	Balboa, Corona Del Mar, Fountain Valley, Orange Park Acres, Santa Ana, Seal Beach, and Sunset Beaches	<b>17</b>	Canyon Lake, Lake Elsinore, Lakeland Village, Menifee, Murrieta, Perris, Rancho California, Sun City, Temecula, and Wildomar
<b>7</b>	Garden Grove, Midway City, Stanton, and Westminster	<b>18</b>	Costa Mesa and Irvine
<b>8</b>	Calimesa, Cherry Valley, Corona, El Cerrito, Mentone, Mira Loma, Moreno Valley, Norco, Oak Glen, Pedley, Redlands, Riverside, Rubidoux, Woodcrest, and Yucaipa	<b>19</b>	Adelanto, Apple Valley, Barstow, Dagget, Helendale, Hesperia, Hinkley, Lenwood, Lucern, Newberry Springs, Oro Grande, Phelan, Trona, Victorville, and Yermo
<b>9</b>	Bermuda Dunes, Blythe, Cathedral City, Coachella, Desert Center, Desert Hot Springs, Eagle Mountain, Indian Wells, Indio, Indio Hills, La Quinta, Mecca, North Palm Springs, Palm Desert, Palm Springs, Rancho Mirage, Ripley, Sky Valley, Thermal, Thousand Palms, and Whitewater	<b>30</b>	Joshua Tree, Landers, Morongo Valley, Twentynine Palms, Wonder Valley, Yucca Valley



**G.S.R.  
\*\*\* SOBRIETY BIRTHDAYS \*\*\***

*The following G.S.R.s were in attendance at the "District 5" meeting the month of their birthday.*



<u>January 2016</u>	<u>February 2016</u>	<u>March 2016</u>
A	Michael D. ~ 23 Yrs.	Chris W. ~ 6 Yrs.
MISSING	John S. ~ 2 Yrs.	Aaron H. ~ 6 Yrs.
G.S.R.		Ben B. ~ 1 Yr.



*In keeping with our 7th Tradition.....*  
**DONATIONS MADE TO "DISTRICT 5"**

**A big THANK YOU to the following groups for their 7th Tradition donations to "District 5", as reported in the 2016-1st quarter treasurer 's reports!!**

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<u>MONTH</u>	<u>GSO GROUP#</u>	<u>GROUP NAME</u>	<u>CITY</u>	<u>AMOUNT</u>	
January	686410	Monday Men's BYOB	Tustin	\$ 10.00	
	146970	Attitude Adjustment	Tustin	\$100.00	
	100561	Saturday Night Visiting Speakers	Tustin	\$ 5.20	
	680752	Keep It Simple Womens Meeting	Orange	\$ 8.38	
	131258	9:02 Speaker Meeting	Tustin	\$ 12.50	
	616357	Sober & Crazy Speakers Meeting	Santa Ana/Tustin	\$ 5.65	
	697139	The Spiritual Experience	Tustin	\$127.00	
	616357	Sober & Crazy Speakers Meeting	Santa Ana	\$ 8.00	
	126119	Early Birds	Orange	\$ 87.12	
	172225	How It Works	Orange	\$ 47.40	
	652296	Winners Circle	Tustin	\$ 6.79	
	February	655929	The Other 12&12	Orange	\$ 6.00
		686410	Men's BYOB Big Book Study	Tustin	\$ 19.00
130429		Tustin Attitude Modification	Tustin	\$ 16.30	
670924		Not a Glum Lot	Orange	\$ 5.00	
136826		As Bill See's It	Orange	\$ 15.00	
139671		Women's 12&12	Orange	\$ 15.00	
149952		Villa Park 24 Hour Book Group	Villa Park	\$138.00	
697139		Spiritual Experience	Tustin	\$ 33.00	
700349		It's in The Book	Tustin	\$ 28.00	
147953		Lucky Stiff's	Tustin	\$ 18.46	
696177		Tustin Acceptance	Tustin	\$ 10.00	
?		Wednesday Womens Ugly Mug	Orange	\$ 13.00	
686410		Men's BYOB Big Book Study	Tustin	\$ 9.00	
March	100561	Tustin Visiting Speakers Meeting	Orange	\$ 4.78	
	652296	Alkies Winner Circle	Tustin	\$ 1.61	
	126062	Friday Night No Puffers	Orange	\$ 36.00	
	179495	Women's Solution	Tustin	\$ 10.00	
	616357	Sober & Crazy Speakers Meeting	Santa Ana/Tustin	\$ 8.00	
	652296	Alkies Winners Circle	Tustin	\$ 5.00	
	130429	6am Attitude Modification	Tustin	\$ 69.53	
	680752	Keep it Simple Womens Meeting	Orange	\$ 5.38	
	100561	Tustin Visiting Speakers Meeting	Orange	\$ 3.09	
	686410	Men's BYOB Monday Night Book Study	Tustin	\$ 8.00	
	680752	Keep it Simple Women's Meeting	Orange	\$ 7.52	
	n/a	Friendship Club Sunday Morning	Orange	\$ 17.52	
	n/a	Ladies Night Book Study	Orange	\$ 11.00	

*Remember...It's important that your meeting group notates it's General Service Office (GSO) number when sending in donations so that your group gets credit for them. If your group number isn't known, please have your group's G.S.R. speak to the "District 5" Registrar (Vicki R.)*

**A LITTLE OF THIS...  
A LITTLE OF THAT..**

**“ Touch The Future “**

To Touch the future it's unfolding  
Set free the past that I was Holding  
Suspended above the clouds of Gray  
I fly my life an upward way  
Above the darkness in the light  
I see my future oh so Bright  
The Lord does hold me with great care  
The love of God is everywhere  
Within the light I do delight  
Above the clouds oh what a sight  
The essence of a day begins  
I am forgiven of my Sins  
And soaring higher like a kite  
Within my Heart with all my might  
I grab the wind that lifts me up  
As kindness over flows my cup  
I look around to see the sight  
To do the things that just are right  
The rainbow of my Life I see  
And all the things that I can be  
touch the future and you'll see  
Of all the things that you can be  
My Lord can see inside my heart  
and now it's time to do my part  
His will not mine , I will be fine  
Gods Love and mercy is divine  
Thy will not mine be done in time  
To Find the life that I was given  
and Loose the life that I was living  
so Find the life that I had lost  
A gift from God that I had tossed  
I found the life that I once had  
By stopping things that were so bad  
A life I lived that was so sad  
Today I'm happy and so glad  
I was so lost and could not see  
Amazing grace surrounding me  
Within my heart I do believe  
The hands of God are holding me

*By Chris W.  
“District 5 “  
DCM - West Orange and  
Intergroup Liaison*

*“I wrote this on a train ride into LA  
into work. I had between 9 months and a  
Year sobriety. So probably first part of 2011.  
It was the first time I realized the steps were  
working in my life. Not only has my life*



“Mort J., who came to LA from Denver,  
called on Cliff Walker who lived in Whittier.  
(Cliff was a friend of my sponsor and I was  
with him many times.)

Cliff was the First person in Orange County  
to be in AA. But the person to start meetings  
in OC was another friend of my sponsor,  
Andy Given who also got sober in 1940.

I only met Andy a couple of times as he was  
very sick and passed away a year after I got  
to the Fellowship.”

*Mitchell B.  
“District 5”  
Secretary*

“Spirituality means something different to everyone. For  
some, it’s about participating in organized religion: going  
to church, synagogue, a mosque, and so on. For others, it’s  
more personal—some people get in touch with their spiri-  
tual side through private prayer, yoga, meditation, quiet  
reflection, or even long walks.  
Research shows that even skeptics can’t stifle the sense that  
there is something greater than the concrete world we see.  
As the brain processes sensory experiences, we naturally  
look for patterns, and then seek out meaning in those pat-  
terns. And the phenomenon known as “cognitive disso-  
nance” shows that once we believe in something, we will try  
to explain away anything that conflicts with it.  
Humans can’t help but ask big questions—the instinct  
seems wired in our minds. ”

*Quoted from: Psychology Today*

**KEEP  
CALM  
AND  
PRAY  
ON**



1941 — (Alcoholics Anonymous / aa.org)

**The Serenity Prayer**

“Ruth Hock receives a newspaper clipping of the Serenity Prayer that had been printed  
in the New York Herald Tribune in June 1941. Ruth and many A.A. members in New  
York and elsewhere all immediately feel this prayer’s relevancy to A.A.’s principles.  
Soon, the prayer is printed on cards and is being passed out to A.A. members every-  
where. The prayer has since become a central part of A.A. heard in meetings around  
the world. The prayer’s authorship is generally attributed to well-known Protestant  
theologian Dr. Reinhold Neibuhr.”