

D5 "District 5" Newsletter

Newsletter Editor: Vicki R. / Orange, CA / District 5

DOES YOUR GROUP HAVE A VOICE?



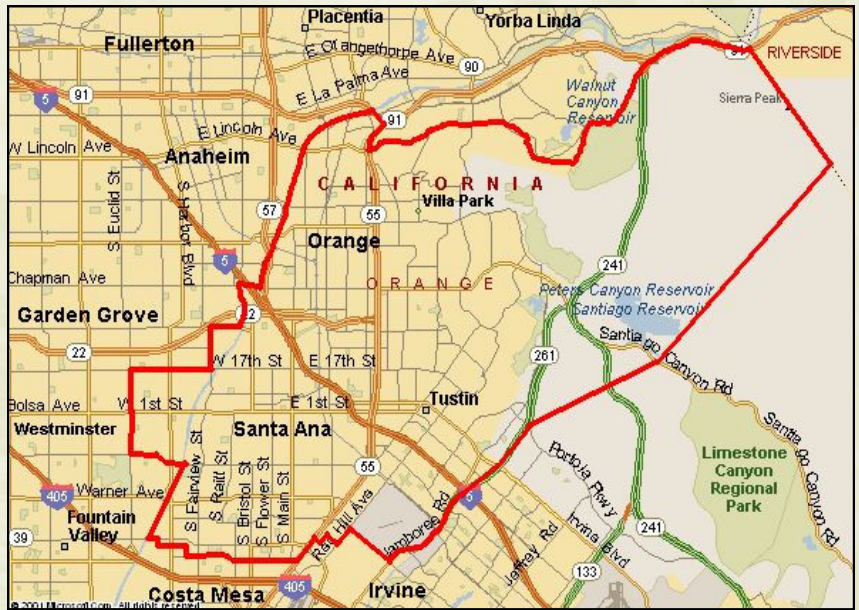
General Service Representative (G.S.R.)

"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"



CITIES IN "DISTRICT 5"

Cowan Heights, Lemon Heights, Orange, Orange Park Acres, Santa Ana, Tustin, and Villa Park

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Being of Service...

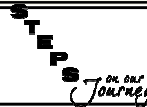
YOUR 2016/2017 "DISTRICT 5" TRUSTED SERVANTS...

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
JOHN E:	COOPERATION WITH THE PROFESSIONAL COMMUNITY (C.P.C.)

If you're interested in being of service, and would like to be involved in "District 5" by volunteering for a commitment, 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: 7 thru 9



<p>7.</p> <p>Humbly asked Him to remove our shortcomings.</p>	<p>8.</p> <p>Made a list of all persons we had harmed, and became willing to make amends to them all.</p>	<p>9.</p> <p>Made direct amends to such people wherever possible, except when to do so would injure them or others.</p>
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TRADITIONS: 7 thru 9

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>7.</p> <p><u>Short Form:</u> <i>“Every A.A. group ought to be fully self-supporting, declining outside contributions.”</i></p> <p><u>Checklist:</u></p> <ol style="list-style-type: none"> Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom? Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy? If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons? Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate? Is a group treasurer's report unimportant AA business? How does the treasurer feel about it? How important in my recovery is the feeling of self-respect, rather than the feeling of being always under 	<p>8.</p> <p><u>Short Form:</u> <i>“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”</i></p> <p><u>Checklist:</u></p> <ol style="list-style-type: none"> Is my own behavior accurately described by the Traditions? If not, what needs changing? When I chafe about any particular Tradition, do I realize how it affects others? Do I sometimes try to get some reward—even if not money—for my personal AA efforts? Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility? Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them? In my own AA life, have I any experiences which illustrate the wisdom of this Tradition? Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed? 	<p>9.</p> <p><u>Short Form:</u> <i>“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”</i></p> <p><u>Checklist:</u></p> <ol style="list-style-type: none"> Do I still try to boss things in AA? Do I resist formal aspects of AA because I fear them as authoritative? Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility? Do I exercise patience and humility in any AA job I take? Am I aware of all those to whom I am responsible in any AA job? Why doesn't every AA group need a constitution and bylaws? Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes? What has rotation to do with anonymity? With humility?
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CONCEPTS: 7 thru 9

<p>7.</p> <p><u>Short Form:</u> <i>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.</i></p>	<p>8.</p> <p><u>Short Form:</u> <i>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, 2 exercising this through their ability to elect all the directors of these entities.</i></p>	<p>9.</p> <p><u>Short Form:</u> <i>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.</i></p>
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MEETINGS IN “DISTRICT 5” WITH ACTIVE G.S.R.s

Please Note: “Active” is based on not having missed six months or more of the past six consecutive District 5 meetings.

CITY	DAY (TIME)	MEETING NAME	G.S.R. /		
			ALTERNATE G.S.R.		
ORANGE	Mon thru Fri (5:30pm)	Rush Hour (Friendship Club)	Matt	L.	GSR
	Mon thru Sun (5:30pm)	Rush Hour (RIO)	Pam	T	GSR
	Tues (7pm)	Chapter 7 Group - History of A.A.	Aaron	H.	GSR
	Tues (7pm)	Keep it Simple Group	Melanie	K.	GSR
	Tues (7pm)	Orange Tustin Group	Charles	R.	GSR
			Will	G.	Alt-GSR
	Weds (7:30pm)	Alkies Only	Benjamin	B.	GSR
	Thurs (6:30pm)	Ladies Night Book Study	Mika	S.	GSR
	Thurs (7:30pm)	777 (Newcomers) Men's Stag Group	Ryan	H.	GSR
	Thurs (7:30pm)	Men's Big Book Study	Blake	Mc G.	GSR
	Thurs. (7pm)	How It Works	Steve	C.	GSR
			Vicki	R.	Alt-GSR
	Fri (7:30pm)	Boozy Bunch	Morgan	G.	GSR
	Fri (7pm)	As Bill Sees It	Chuck	W.	GSR
	Sat (6pm)	Winner's Circle Group	Lisa	R.	GSR
	Sat (7pm-8:30pm)	Not A Glum Lot	Bill	L.	GSR
	Sun (11am)	Big Book Study	Evan	J.	GSR
	Sun (5:30pm)	The Other 12 & 12	Chris	W.	GSR
Mark			H.	Alt-GSR	
Sun (7:30pm)	Discussion	John	S.	GSR	
Sun (7pm)	Sun. Night Speaker Meeting	Natalie	M.	GSR	
SANTA ANA	Mon (6pm)	Women's 12x12	Gloria	Z.	GSR
	Tues (8pm)	Tuesday Night Men's Stag	Michael	D.	GSR
TUSTIN	Mon thru Sun (6am)	Tustin Attitude Modification Group	Andrew	P.	GSR
	Mon thru Fri (12pm)	Alkies Winner Circle	Christine	L.	GSR
	Mon thru Sun (12pm)	Brown Baggers	Janice	G.	GSR
	Mon (7pm)	Men's BYOB Book Study	Chase	C.	GSR
			Chris	W.	Alt-GSR
	Tues (6pm)	Pamphlet Study Group	Matt	W.	GSR
	Fri (6:30pm)	It's In the Book	Vicky	A.	GSR
			Sue	C.	Alt-GSR
	Fri (7:30pm)	Turning the Corner	Scott	H.	GSR
	Fri (8pm)	No Puffers Speaker Meeting	Mitchell	B.	GSR
	Sat (8pm)	Sat. Night Visiting Speakers Mtg.	Joey	P.	GSR
	Sun (9:02am)	9:02 Speaker Meeting	Sonny	J.	GSR
Sun (7pm)	Sober & Crazy Speaker Meeting	Lynne	D.	GSR	

- Is your meeting missing from the above list??
- Did the newsletter editor make a mistake??
- Or...Is it because you don't have a G.S.R.??

If you answered “yes” to any of the above, come to the next District 5 meeting and we can get it corrected together!



UPCOMING.....EVENTS

DISTRICT 5

Aug. 8 @ 6:00pm: Steering Committee Meeting
Denny's @ 17th & Tustin, Santa Ana

Aug. 11 @ 7pm-8:30pm: G.S.R. Meeting
(New G.S.R.s "Orientation" meet at 6:30pm)
Church of the Foothills
19211 Dodge Ave., Santa Ana

SHARE Our **guest speaker** will be our **Area 09 Delegate, Joe C.**, who will give his "Reportback" on the 66th A.A. General Service Conference, which was held this past April. You won't want to miss this!

PIZZA, SALAD, AND DRINKS WILL BE SERVED FROM 6:30PM-7:00PM!!!

Sept. 4, 11, 18 & 25 @ 2pm-3:30pm:
Traditions Workshop (3 Traditions each date)
Friendship Club
2191 Orange-Olive Rd., Orange

Sept. 5 @ 6:00pm: Steering Committee Meeting
Denny's @ 17th & Tustin, Santa Ana

Sept. 8 @ 7pm-8:30pm: G.S.R. Meeting
(New G.S.R.s "Orientation" meet at 6:30pm)
Church of the Foothills
19211 Dodge Ave., Santa Ana

AREA 09

*Mid-Southern 09
Southern California Area*

FORO

July 10, 2016

Registration and Fellowship starts at 8am

**8530 Stanton Avenue
Buena Park, CA**

**ROUNDTABLES!
SPEAKERS!**



GROUPS

Sober POTLUCK BONFIRE PARTY

Saturday, July 9 6am-10pm
PCH & Magnolia / Huntington Beach
(1st fire pit closest to sidewalk, entrance & walkway)

7am: Donut Meeting
12pm: Noon Meeting
6pm: Potluck (hot dogs & drinks provided)
8pm: Bonfire Meeting & Smores

**42nd Annual Woman to Woman
San Diego Conference
for Recovering Alcoholic Women**

September 30th-October 2nd
The Dana Resort
San Diego, California

www.womantowomansandiego.com

65TH SOUTHERN CALIFORNIA CONVENTION

"SURRENDER TO WIN"

SEPT. 23, 2016 (FRI.) - SEPT. 25, 2016 (SUN.)

TOWN AND COUNTRY HOTEL

500 HOTEL CIRCLE NORTH - SAN DIEGO, CA 92108

WWW.AASOCAL.COM

ORANGE COUNTY FAIR - AA INFORMATION BOOTH

HOSTED BY COSTA MESA DISTRICT 18

JULY 15 - AUGUST 14, 2016

VOLUNTEERS NEEDED FOR THE A.A. INFORMATION BOOTH IN 2-3 HOUR COMMITMENTS. VOLUNTEERS WILL RECEIVE FREE PARKING AND FREE ENTRY TO THE FAIR FOR THE DAY. SEE JUNE LIFELINE P. 12 FOR DETAILS.

REGISTER: [HTTP://TINYURL.COM/AAFAIRBOOTH](http://TINYURL.COM/AAFAIRBOOTH)

"DISTRICT 5" OPEN COMMITMENTS

- 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.)



A big **THANK YOU** to John E. for being of service and volunteering for the "Cooperation with the Professional Community (C.P.C.)" commitment!!

Reminder

"District 5" is always grateful to have new G.S.R.s from those groups who don't already have one!!***

NEW G.S.R.s...

A big **THANK YOU** and **WELCOME** to the following new G.S.R.s and Alternate G.S.R.s!!!

<u>NAME</u>	<u>GROUP</u>	<u>CITY</u>
Daniel L.	OCYPAA	Fullerton
Chase C.	Men's BYOB Book Study	Tustin
Christine A.	Alkies Winner Circle	Tustin
Mika S.	Ladies Night Book Study	Orange
Bill L.	Not a Glum Lot	Orange
Scott H.	Turning the Corner	Tustin
Chris W.	Men's BYOB Book Study	Tustin
Mark H.	The Other 12 & 12	Orange
Matt L.	F.C. Rush Hour	Orange
Will G.	Orange Tustin Group	Orange
Natalie M.	Sunday Night Speaker Mtg.	Orange

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



The Origin of John Barleycorn...

In early English folklore, John Barleycorn is personified as a character who represents the crop of barley harvested each autumn and as the grain from which malt liquor is made. In the traditional folksong, John Barleycorn, the character of John Barleycorn endures all kinds of indignities, most of which correspond to the cyclic nature of planting, growing, harvesting, and then death.



Early versions from 1568 and 1725 about a farcical ballad of the attempt to assassinate Sir John Barleycorn, only to have him rise up again and be friendly to all (c1625: A pleasant new Ballad..Of the bloody murder of Sir John Barley-corne). Scottish poet Robert Burns published a version of his own in 1782. Burns's version begins:

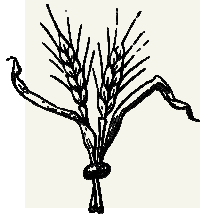
There was three kings into the east,
 Three kings both great and high,
 And they hae sworn a solemn oath
 John Barleycorn should die.

The name also appears in the title of Jack London's biography, *John Barleycorn: Alcoholic Memoirs*. Published in 1913, this harrowing, autobiographical 'A to Z' of drinking shattered London's reputation as a clean-living adventurer and massively successful author of such books as *White Fang* and *The Call of the Wild*.

John Barleycorn is mentioned in the Twelve Steps and Twelve Traditions
 Step One (p.24) - "John Barleycorn himself had become our best advocate."
 Step Two (p.29) - "But again John Barleycorn had other ideas."

Sources:

- A pleasant new Ballad to sing both Euen and Morne, / Of the bloody murder of Sir John Barley-corne, 1624?, *English Broadside Ballad Archive*. (URL: <http://ebba.english.ucsb.edu/ballad/20199/citation>)
- John Barleycorn (Wikipedia). (URL: https://en.wikipedia.org/wiki/John_Barleycorn)



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Contributed By:

**Mitchell B.**  
 Costa Mesa, CA



**QUOTE BY JACK LONDON (From his book "Jack Barleycorn: Alcoholic Memoirs" 1913)...**

"John Barleycorn makes his appeal to weakness and failure, to weariness and exhaustion. He is the easy way out. And he is lying all the time. He offers false strength to the body, false elevation to the spirit, making things seem what they are not and vastly fairer than what they are."

— Jack London, John Barleycorn

UNITY-GOD\*YOU\*ME

3 is the magic number! A braid of three is not easily broken. Let's look at the program of Alcoholics Anonymous. Steps one through three can be broken down into three concepts: I can't, He can, let Him. The 12 Steps summarize into three phrases: trust God, clean house, help others. The 3 Essentials: honesty, open-mindedness, willingness. Of course ourselves is made up of three: mind, body, spirit. Then the solutions are three elements: Recovery, Unity, Service.

Let's talk about Unity. This is a WE program. The first word of the first step is WE. All of the remaining steps have an implied We in front of them as well. This is also a WEEEE! process. For it's a roller coaster ride that we strapped in for when we first start this journey of sobriety.

When I first thought of WE, I contemplated on you and me. But the more I reflected on that idea, it didn't work. It just wasn't enough. There had to be a Divine third party. We needed to invite God into the picture. Now there is a Power, strength and direction. This is the first word of the first step, and insinuates a Higher Power. Without this simple, single element, involved right from the get-go, we are lost.

"We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?"

Well, that's exactly what this book is about."

So the unity of 3 is: **God, you and me.** Where two or more gather together in my name, there I will be in the Mist. Since God is love. Where love is, God is also.

The practice of Loving God (trust God), Loving myself (cleaning house) and Loving others (help others) sums up the necessity of having unity with Higher Power, ourselves and others. The WE is such a simple, yet under appreciated word and notion. The big book was written in the WE form, but it wasn't just written by Alcoholics. A Higher Power was guiding, for sure. Good orderly direction every step of the way.



Written and Contributed By:

Pam T.  
Garden Grove, CA



Thoughtfulness

Ya Know...

.... It's strange how something we might say or do can affect another person in any number of ways; both good, bad, or indifferent.

It makes me realize that I need to be more thoughtful and considerate of my thoughts, words, and actions.

I once thought if I could make someone else happy, then I could be happy as well. I soon discovered that I could not make my happiness contingent upon the happiness of others; although I still bring a little joy into this world.

If I choose to help out someone on my own accord I should not be expecting any type of compensation or trade-off in return. Nor should I expect a "Thank You". If one comes, then that's great! If not... that's OK too.

Sometimes a little thoughtfulness and consideration can go a long, long way....

Written and Contributed By:

Emmett C.

Consideration

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



The following were in attendance at the  
 "District 5" meeting the month of their birthday.



**April 2016:**

Gloria Z. ~ GSR - Women's 12x 12 (Church of the Foothills / Santa Ana) ~ 8 Yrs.

**May 2016:**

Evan J. ~ "District 5" DCMC & GSR - Big Book Study (Friendship Club / Orange) ~ 5 Yrs.

**June 2016:**

Kris C. ~ "District 5" Alternate DCMC ~ 8 Yrs.

Chris W. ~ Alt. GSR - Men's BYOB Book Study (Aldersgate Church / Tustin) ~ 5 Yrs.

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

A big **THANK YOU** to the following meeting groups for their 7th Tradition donations  
 to "District 5", as reported in the 2016-2nd quarter treasurer 's reports!!

| <u>MONTH</u> | <u>GSO GROUP#</u> | <u>GROUP NAME</u>                | <u>CITY</u>          | <u>AMOUNT</u> |          |
|--------------|-------------------|----------------------------------|----------------------|---------------|----------|
| April        | 149952            | Villa Park 25 Hr. Group          | Villa Park           | \$153.45      |          |
|              | 100581            | Sat. Night Visiting Speakers     | Tustin               | \$ 2.86       |          |
|              | 130429            | Tustin 6AM Attitude Modification | Tustin               | \$ 44.67      |          |
|              | 680752            | Keep it Simple                   | Orange               | \$ 9.10       |          |
|              | 670924            | Not a Glum Lot                   | Orange               | \$ 5.00       |          |
|              | 117208            | We Don't Crawl                   | Orange               | \$ 7.50       |          |
|              | 179495            | Weds. Women's Solution           | Tustin               | \$ 7.75       |          |
|              | 662400            | Mon. Evening Women's 12x12       | Tustin               | \$ 5.00       |          |
|              | 126062            | Friday Night No Puffers          | Orange               | \$ 17.82      |          |
|              | 655919            | The Other 12x12                  | Orange               | \$ 10.00      |          |
|              | 696717            | Tustin Acceptance                | Tustin               | \$ 10.00      |          |
|              | May               | 131258                           | Sunday 902           | Tustin        | \$ 12.50 |
|              |                   | 697139                           | Spiritual Experience | Tustin        | \$ 33.00 |
|              |                   | 616357                           | Sober & Crazy        | Tustin        | \$ 7.40  |
| 130429       |                   | Tustin 6AM Attitude Modification | Tustin               | \$ 44.89      |          |
| 652296       |                   | Winners Circle                   | Tustin               | \$ 7.90       |          |
| 497917       |                   | Rush Hour                        | Tustin               | \$100.00      |          |
| 686410       |                   | Men's BYOB Book Study            | Tustin               | \$ 15.00      |          |
| 512914       |                   | Sunshine Pumpers                 | Orange               | \$ 5.00       |          |
| June         | 126062            | Friday Night No Puffers          | Orange               | \$ 10.00      |          |
|              | 680752            | Keep it Simple                   | Orange               | \$ 5.95       |          |
|              | 652296            | Alkies Winners Circle            | Tustin               | \$ 5.00       |          |
|              | 696177            | Tustin Acceptance                | Tustin               | \$ 10.00      |          |
|              | 652296            | Alkies Winners Circle            | Tustin               | \$ 4.45       |          |
|              | 678232            | Tuesday Big Book Study           | Tustin               | \$ 10.00      |          |
|              | 146970            | Attitude Adjustment              | Orange               | \$125.00      |          |
|              | 655929            | The Other 12x12                  | Orange               | \$ 8.00       |          |

*Just a reminder...*

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

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

*As reported in GSO's "Box 459" Vol. 62, No. 2 / Summer 2016 addition:*

**Estimates of Groups and Members  
as of January 1, 2016<sup>1</sup>**

|                                            | <u>Groups</u>  | <u>Members</u>   |
|--------------------------------------------|----------------|------------------|
| United States:                             | 60,698         | 1,262,542        |
| Canada:                                    | <u>5,043</u>   | <u>85,530</u>    |
| Sub-Total .....                            | 65,741         | 1,348,072        |
| Correctional facilities <sup>2</sup> :     | 1,450          | 35,710           |
| Loners, Internationalists,<br>H o m e r s: | <u>2</u>       | <u>66</u>        |
| Total .....                                | 67,193         | 1,383,848        |
| Outside U.S. & Canada:                     | <u>50,555</u>  | <u>705,850</u>   |
| <b>Grand Total .....</b>                   | <b>117,748</b> | <b>2,089,698</b> |

*(Would you love to attend the convention, but not sure you'll be able to? Well, here's a way for you to still be a part of it.)*

**2020 INTERNATIONAL CONVENTION**  
Celebration of A.A.'s 85th Anniversary  
Detroit, Michigan  
July 2-5, 2020

**"NAME THAT THEME"**  
DEADLINE: October 3, 2016

Send your ideas to:

International Conventions Assignment  
P.O. Box 459  
Grand Central Station, New York, NY 10163

1. The General Service Office does not keep membership records. The information shown here is based on reports given by groups listed with G.S.O., and does not represent an actual count of those who consider themselves A.A. members.

2. U.S. and Canada only.

3. We are aware of A.A. activity in more than 180 countries, including 62 autonomous general service offices in other lands. Annually we attempt to contact those G.S.O.s and groups that request to be listed in our records. Where current data is lacking we use an earlier year's figure.

Box 4-

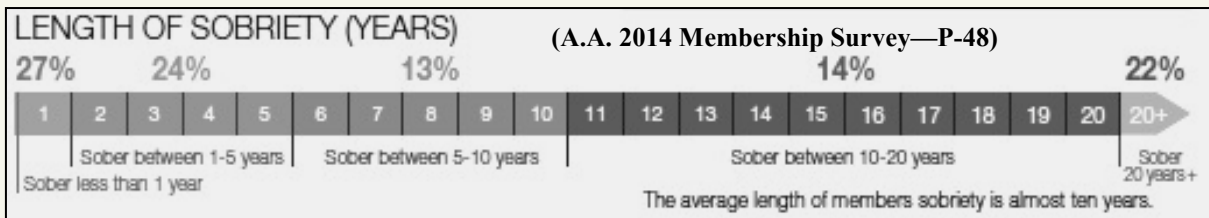


*Want to know what's going on in A.A. outside of your meeting groups? Be sure to check out these websites:*

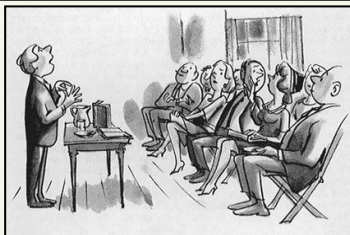
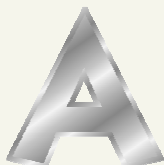
- A.A.: [www.aa.org](http://www.aa.org)
- Area 09 / District 5: [www.msca09aa.org](http://www.msca09aa.org)
- O.C. Central Office: [www.oc-aa.org](http://www.oc-aa.org)
- North O.C. Central Office: [www.aanoc.com](http://www.aanoc.com)
- A.A. Grapevine: [www.aagrapevine.org](http://www.aagrapevine.org)

**No matter WHERE we are...  
We NEVER have to be alone!!**

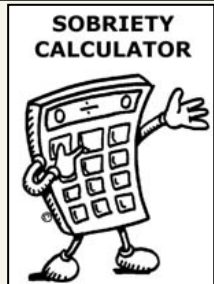
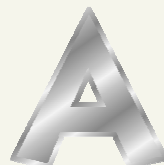
*Something heard quite often after a member tells his or her number of years of sobriety is "The most DANGEROUS time!".*



One day at a time is enough... don't look back & grieve the past, its gone... don't be troubled about the future, it has not come yet... live in the present & make it so beautiful it will be worth remembering



"And on my third day of sobriety...."







**"TRADITION 8"**  
Written and Contributed By:  
**Aaron H.**  
Garden Grove, CA



Grey areas persist in Alcoholics Anonymous. Areas where no clear cut answer is good for everyone and where each individual is free to have their own experience. How fast should I go through the steps? What kind of sponsorship is "good"? What constitutes a "solid" meeting?

The reason for traditions is to guide an AA group and its members through sobriety with lessons our predecessors had to learn through their own painful experience. Not following traditions is not punishable by expulsion from AA, but are proven guideposts to align members with what is best to preserve the future of Alcoholics Anonymous, the integrity of the group, and the humility of the members.

**Tradition Eight** states "Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers", and is needed more than ever in this era of spin dry rehabs and money hungry centers, blurring the lines of recovery and treatment. Our own co-founder, Bill W., was tempted to 12 step work for hire at a well-respected hospital. The lure was so appealing that his own conscience used the scripture "the laborer is worthy of his hire" to justify taking the position. But while his own conscience only saw the benefit, the group conscience was able to see the pitfalls and helped Bill see where our spiritual footwork must be done for fun and for free.

On one hand, it makes sense that we be used to help self-destructive people. We are experts on that subject. Most of us have ruined our own lives and many others with our drinking, our inconsiderate actions, and our darkness. Who better to reach those still lost? Adding the fact that a new and wonderful life is available through working the 12 steps, any reasonable person would assume that recovered alcoholics were made to be professional twelve steppers.

On the other hand, an alcoholic suffers from a spiritual sickness based in selfishness. The driving force for an alcoholic has always been about personal gain and ego boosting. Sure, thinks the alcoholic, helping someone out is a nice thing to do...as long as I get something to show for it. This mindset can be a death nail in relation to 12 step work. The power needed to achieve and retain continued must be a Power greater than that of material or human form. Therefore, the motives for why an alcoholic would help another struggling alcoholic cannot be based on any monetary compensation or else the integrity of the process will come into question. Very rarely do spirituality and money make a winning combination. More often than not, the outcome is based on either personal achievement at another persons expense, or compensation for personal gain. If we of Alcoholics Anonymous are to be carrying out the will of a Higher Power by trying to help His lost and dying children, no price tag can morally or ethically be put on that effort.

I have come to define spirituality as: the manner in which something is done. When we can reach out to someone in the spirit of love, consideration and helpfulness, we are strengthening our relationship with a Higher Power and helping to lay the groundwork for someone else's journey toward a fulfilling life. If, however, we reach out to those dying of alcoholism with our hands out for recompense, the fruit of our labor will be bitter indeed.

When it comes to professional duties needing to be done so that Alcoholics Anonymous can continue it's primary purpose, the distinction between avocation and vocation is very clear. While actual 12 step work is a very personal and intimate endeavor, the responsibilities which make that work possible are large scale and business oriented. Our organization could not possibly exist unless an army of capable people were available to make it happen. Accountants are needed to count donations, office personal are needed to answer inquiries, printers are needed to make literature available etc...

Is a worldwide organization expected to run itself with competence on purely volunteer effort? Are the special abilities needed to make Alcoholics Anonymous work at a corporate level expected to be completed by those who are independently wealthy or unemployed?

“Tradition 8” - continued from Page 9...

If someone has a knack for certain duties or tasks, and can perform them with more competency than most, it would be arrogant and selfish of us as a group to not let those people share those talents for fair compensation. Tradition 8 applies to actual 12 step work, not the practices which allow the work to be done.

For me, the most important reason why Tradition 8 is so vital to an alcoholic is very simple, I have known several people who have gotten drunk or killed themselves as a result of blurring the lines between working in treatment and living in recovery. It deeply pains me to watch wonderful people crash and burn when their own spiritual/mental/physical/emotional well-being takes a back seat to their job at a rehabilitation facility. Priorities will undoubtedly shift when focus is taken off who God wants us to be, and placed on our next paycheck. We are not still thriving as a fellowship because Ebby visited Bill and then charged a consultation fee. We are not still thriving Bill sat with Dr. Bob, then billed his insurance. We are still thriving, growing, laughing, relating, caring and healing because one alcoholic who has had a profound change of heart and mind can reach a still suffering alcoholic the way no doctor, therapist, case manager or relative can.

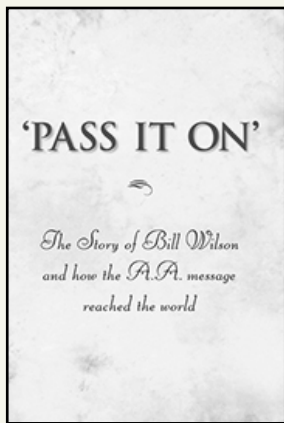
It will cost you time and gas money to go visit detox or sit down for step work, but you will leave sober and grateful. It will cost you convenience and energy to sit with someone freshly sober and untreated, but you will stay sober with the reminder of desperation.

Alcoholics Anonymous saved my life when I didn't think my life was worth saving. It is my duty to give back my hope, my time, my energy to that person with tombstones in their eyes...for fun and for free.

~ Aaron H. ~

**A LITTLE OF THIS...**

**A LITTLE OF THAT... continued**



**FIFTY YEARS AGO...**



**1966 - TRUSTEES**

- In a move that stresses the Fellowship’s full acceptance of responsibility for conducting its own affairs, the 1966 General Service Conference recommends and accepts a new alcoholic-to-nonalcoholic ratio of Trustees on the General Service Board. With the gradual addition of U.S. and Canadian Trustees-at-large, the Board’s membership would now be made up of 14 alcoholics and seven nonalcoholics.

*From the aa.org website*

Quote submitted by:  
Chris W.

"Even if you're on the right track, you'll get run over if you just sit there."

~ Will Rogers ~

**Recovering Alcoholic**

*An alcoholic desperate enough to look for something else, hopeless enough to try something else, and fortunate enough to be blessed with something else.*

**IT WORKS IF YOU WORK IT...  
IT WON'T IF YOU DON'T!**