



"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: 10 thru 12



10.

“Continued to take personal inventory and when we were wrong promptly admitted it.”

11.

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

12.

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

TRADITIONS: 10 thru 12

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.

10.

Short Form:

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

Checklist:

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

11.

Short Form:

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

Checklist:

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

12.

Short Form:

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

Checklist:

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or believe it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

CONCEPTS: 10 thru 12

10.

Short Form:

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

11.

Short Form:

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

12.

Short Form:

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

MEETINGS IN "DISTRICT 5" WITH ACTIVE G.S.R.s

Please Note: "Active" is based on not having missed six 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
	Mon. (7pm)	Womens Experience, Strength & Hope	April	H.	GSR
	Tues (7pm)	Chapter 7 Group - History of A.A.	Aaron	H.	GSR
	Tues (7pm)	Keep it Simple Group	Tonia	S.	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. (7pm)	How It Works	Steve	C.	GSR
			Vicki	R.	Alt-GSR
	Fri (7:30pm)	Boozy Bunch	Kris	C.	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	Mark	H.	Alt-GSR
	Sun (7:30pm)	Discussion	John	S.	GSR
	Sun (7pm)	Sun. Night Speaker Meeting	Natalie	W.	GSR
Chris			W.	Alt-GSR	
SANTA ANA	Mon (6:30pm)	Women's 12x12	Gloria	Z.	GSR
	Mon (7pm)	Men's Stag Group	Michael	H.	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 (7pm)	Men's BYOB Book Study	Chase	C.	GSR
			Chris	W.	Alt-GSR
	Tues (6pm)	Pamphlet Study Group	Matt	W.	GSR
	Weds (7pm)	Women's Solution Group	Sue	C.	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?? (If the answer is "yes", come to the next District 5 meeting and we can get it corrected!)
- Or...Is it because you don't have a G.S.R., or your G.S.R. is not actively attending the District meetings?



UPCOMING.....EVENTS

DISTRICT 5

Nov. 7 @ 6pm: Steering Committee Meeting
Denny's @ 17th & Tustin, Santa Ana

Nov. 10 @ 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

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

Dec. 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 ANNOUNCEMENTS

Nov. 13 @ 9am-3:30pm: AREA SERVATHON
Knights of Columbus Hall
1729 E. Base Line St., San Bernardino, CA
(Hosted by District 20 - Fellowship and Donuts at 8am)

Dec. 11 @ 9am-3:30pm: AREA SERVICE ASSEMBLY
Santa Ana L.G.B.T. Center
305 E. 4th Street—2nd Floor
Santa Ana, CA 92701

INTERGROUP

Dec.: YEAR-END MUSIC AND DANCE EVENT

• Date and Location Unknown at This Time

*Please Note:
This event was still in the planning stages at the time of this newsletter. Once more information has been provided, your Intergroup Representative or General Service Representative will pass it on to you.*

ANNUAL OCAAC CONVENTION
"LIVING THE DREAM IN 2017"

APRIL 14, 2017—APRIL 16, 2017
DOUBLETREE HILTON HOTEL
100 THE CITY DRIVE S, ORANGE, CA

FOR MORE INFO:
[HTTP://WWW.OCAAC.ORG/INDEX.CFM](http://www.oaac.org/index.cfm)



VOLUNTEERS NEEDED!!
OCAAC Convention

The planning meeting for the OCAAC Convention is held every 3rd Wednesday at 7:30 p.m.
Location: St. Olaf's Church
12432 9th Street, Garden Grove, CA

"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.)



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>
April H.	Womens Experience, Strength & Hope	Orange
Kristen C.	Boozy Bunch	Orange
Michael H.	Men's Stag Group	Santa Ana
Sue C.	Womens Solution Group	Tustin
Tonia S.	Keep It Simple Group	Orange

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





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

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

Aug. 2016:

- Sonny V. ~ GSR (9:02 Group / Tustin) ~ 7 Yrs.
- Vicki R. ~ District 5 Registrar ~ 7 Yrs.
- Lisa R. ~ GSR (Winners Circle Group / Orange) ~ 22 Yrs.
- Joe C. ~ Area 09 Delegate ~ 22 Yrs.
- Gary ~ 23 Years
- Frank ~ 33 Years



Sept. 2016:

- Mitchell B. ~ District 5 Secretary ~ 7 Yrs.
- Joey P. ~ GSR (Sat. Night Visitors Speaker Meeting / Tustin) ~ 22 Yrs.
- Sue C. ~ GSR (Womens Solution Group / Tustin) ~ 22 Yrs.
- John E. ~ District 5 C.P.C. ~ 39 Yrs.

Oct. 2016:

- Tonia S. ~ GSR (Keep It Simple Group / Orange) ~ 6 Yrs.
- Steve C. ~ GSR (How It Works / Orange) ~ 9 Yrs.

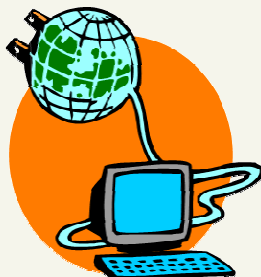


How'd they do it???
"ONE DAY AT A TIME!!"



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



**Holiday Gift Set
A.A. History Shelf-4 Volumes**



"A Brief History of the Big Book" shipped with all orders

(B-33) FOUR-BOOK SET \$30.00

In celebration of A.A. history, we are offering this attractive gift set for the holidays.

(B-0) Alcoholics Anonymous: \$12.00

Commemorative facsimile of the First Edition, 1939

(B-9) 'Pass It On': \$11.00

The Story of Bill Wilson and how the A. A. message reached the world

(B-8) Dr. Bob and the Good Oldtimers: \$10.50

A biography, with recollections of early A.A. in the Midwest

(B-3) Alcoholics Anonymous Comes of Age: \$9.50

A Brief History of A.A.

Available as a set for a limited time
OCTOBER 1, 2016 - JANUARY 31, 2017



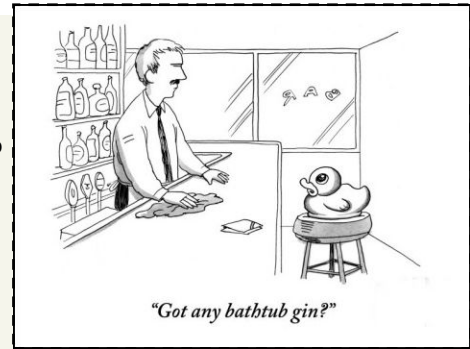
For more info, visit:

http://www.aa.org/pages/en_US/holiday-gift-set-aa-history-shelf-4-volumes

DID YOU KNOW???

Origin of Bathtub Gin

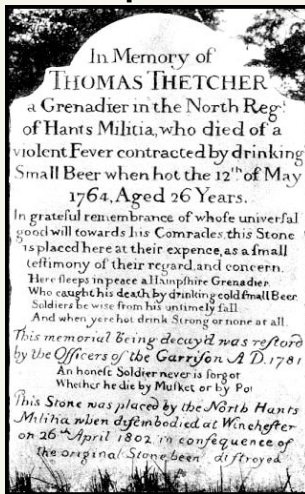
The origin of Bathtub Gin has many variations created by mixing cheap grain alcohol with water and flavorings and other agents, such as juniper berry juice and glycerin. Because the preferred sort of bottle was too tall to be topped off with water from a sink, they were filled from a bathtub tap. Many gin cocktails owe their existence to bathtub gin, as they were also created in order to mask the unpleasant taste. But why gin? Mainly because gin was what the bootleggers had decided to make. There were good reasons: It is relatively simple to take unaged spirits, straight from the still, add a little oil of juniper, and create gin. The result is a very crude form of what is called "compound" gin, a less-expensive substitute. During Prohibition, not only did heady flavor of juniper help disguise just how poorly the liquor had been made, it also gave the drinking public what they wanted--a highly flavored spirit. From the need to disguise the taste of cheap alcohol, speakeasy bartenders began making cocktails heavy on fruit juices and liqueurs to mix with the bathtub gin, the bright and spicy additions covering the raw sting of the spirits. Since most people were used to body and flavor of whiskey, then gin was far preferable to vodka, a spirit that was virtually unknown in America during Prohibition.



For more about this topic:
<http://www.npr.org/2010/05/10/126613316/prohibition-life-politics-loopholes-and-bathtub-gin>

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**The Hampshire Grenadier**



In Alcoholics Anonymous, Bill W. describes on page 1 the inscription on the headstone of a "The Hampshire Grenadier".

"... Who caught his death by drinking cold small Beer, ..." and "An Honest Soldier never is forgot whether he die by Musket or by Pot." What is "small beer" and what is meant by "Pot"?

Pot is referred to an undefined amount of Ale or Beer. A "pot" was an earthen or pewter cup for liquors. Generally a clay or ceramic vessel used for drinking or holding liquid. William Shakespeare describes the drinking vessel in Henry IV Part 1, Act 1, Scene 3: "I would have him poison'd with a pot of ale!" Again, in Henry V, Act 3, Scene 2: "Would I were in an alehouse in London! I would give all my fame for a pot of ale, and safety."

Small Beer - A weakly alcoholic beer made using the mashed grain from a previous batch of beer. It was very low in alcohol and sour tasting, sometime unfiltered and the consistency of porridge. It is called "small beer" because you get less or the batch is smaller than of the original brew. It was drunk as soon as it fermented and it was normally the drink of the lower classes as it was less expensive than beer with higher alcohol content. Small beer/small ale can also refer to a beer made of the "second runnings" from a very strong beer mash, like a scotch ale. Small beers can be as strong as a mild ale, depending on the strength of the original mash. Reuse of the mash is done as an economy measure in household brewing in England up to the 18th century and is still done by some homebrewers.

For more detail:  
<http://www.barefootsworld.net/grenadir.html> and [https://en.wikipedia.org/wiki/Small\\_beer](https://en.wikipedia.org/wiki/Small_beer)

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Both Contributed By:

**Mitchell B.**  
 Costa Mesa, CA  
 District 5 Secretary

Tonight | surrender,  
 But tomorrow | will fight...  
 Yet even as | grieve so deeply,  
 My resolve becomes my might.

Bitter is the taste,  
 Of the choked back tears.  
 Mourning the loss,  
 Of the wasted years...

Obsessed with the dream,  
 Of making things Right!  
 Why so much suffering,  
 In this gift they call "life".

Stop asking "why"  
 Is the answer | see.

Do what you can,  
 Hope for the best.

I was taught by a wise man,  
 that "Life is a series of tests "

When | believe | have failed,  
 Though having done my best...  
 I relinquish the freedom,  
 Of having passed the test.  
 Long looms this night,  
 For me, in my mind.  
 Yet morning. .. | vow...  
 Shall be new. And mine...

Written and Contributed By:

Chris P.



**Ya Know...**

It's tricky staying firmly grounded in the present.

My mind still wants to examine what I said and did yesterday in an effort for them to occur / or not to occur in the future.  
 (See how easy that was to get from the past to the future!)

Actually, yesterday's future is technically today!

I'm disrespecting my present experiences if I'm lost in thoughts of the past or the future.

One could say that I'm not really living or appreciating what today has to offer, and what my higher power" will has for me.

AA has taught me to stay present, stay focused, and respect the good life that my higher power has provided me.

One more mind restored back to sanity.... THANKS AA!!

=====

Written and Contributed By:

Emmett C.



**MEMORIES OF ALCOHOL**

"I drank for happiness and became unhappy  
 I drank for joy and became miserable. I  
 drank for sociability and became argumenta-  
 tive. I drank for sophistication and became  
 obnoxious. I drank for friendship and made



enemies. I drank for  
 sleep and woke up  
 tired. I drank for  
 strength and felt  
 weak. I drank for  
 relaxation and got  
 the shakes. I drank

for courage and became afraid. I drank for  
 confidence and became doubtful. I drank to  
 make conversation easier and slurred my  
 speech. I drank to feel heavenly and ended  
 up feeling like hell."- Author Unknown

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*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" (per the 2016-3rd quarter treasurer's reports)!!

| MONTH  | GSO GROUP#              | GROUP NAME                    | CITY                    | AMOUNT   |
|--------|-------------------------|-------------------------------|-------------------------|----------|
| July   | 196062                  | Friday Night No Puffers       | Orange                  | \$ 11.00 |
|        | No Group #              | Name in the Hat               | Orange                  | \$ 7.00  |
|        | 130429                  | 6am Attitude Modification     | Tustin                  | \$ 20.24 |
|        | 179495                  | Womens Solutions              | Tustin                  | \$ 5.00  |
|        | 680752                  | Keep It Simple                | Orange                  | \$ 2.53  |
| August | 146970                  | Big Book Study                | Orange                  | \$ 50.00 |
|        | 126062                  | Friday Night No Puffers       | Orange                  | \$ 10.00 |
|        | 168129                  | Tustin Rush Hour              | Orange                  | \$100.00 |
|        | 686410                  | Monday Night Men's BYOB       | Tustin                  | \$ 24.00 |
|        | 131258                  | 902 Group                     | Tustin                  | \$ 25.00 |
|        | 680752                  | Keep It Simple                | Orange                  | \$ 6.84  |
|        | 655929                  | The Other 12 & 12             | Orange                  | \$ 10.00 |
|        | 168835                  | Tues. Night Double Scoop      | Orange                  | \$113.00 |
|        | 149952                  | Villa Park 24-Hour Book Group | Villa Park              | \$161.47 |
|        | 130429                  | 6am Attitude Modification     | Tustin                  | \$ 33.43 |
|        | September               | 196062                        | Friday Night No Puffers | Orange   |
| 130429 |                         | 6am Attitude Modification     | Tustin                  | \$ 69.33 |
| 680752 |                         | Keep It Simple                | Orange                  | \$ 7.22  |
| 678232 |                         | Tustin Big Book Study         | Tustin                  | \$ 10.00 |
| 712280 |                         | Old School History Book Study | Orange                  | \$ 30.00 |
| 168129 |                         | Tustin Rush Hour              | Orange                  | \$100.00 |
| 655929 |                         | The Other 12 & 12             | Orange                  | \$ 10.00 |
| 179495 |                         | Womens Solutions              | Tustin                  | \$ 20.00 |
| 139671 |                         | Mon. Night Women's 12 & 12    | Orange                  | \$ 15.00 |
| 136826 |                         | As Bill Sees It               | Orange                  | \$ 15.00 |
| 662400 |                         | Women's 12 x 12               | Tustin                  | \$ 5.00  |
| 126062 | Friday Night No Puffers | Orange                        | \$ 11.16                |          |

*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!!*

**A LITTLE OF THIS...**

**A LITTLE OF THAT...**



MY BLOOD TYPE  
USED TO BE  
WHISKEY NEGATIVE.  
NOW IT'S  
COFFEE POSITIVE.

\*\*\*\*\*  
\* ALCOHOLICS = \*  
\* A Life Centered \*  
\* On Helping Others \*  
\* Live In Complete \*  
\* Sobriety \*  
\*\*\*\*\*