



"District 5" Newsletter



3RD QUARTER—2018

District 5 Newsletter Editor: Vicki R. / Orange

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

DOES YOUR GROUP HAVE A VOICE?

GENERAL SERVICE REPRESENTATIVE (GSR)

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

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

P-19 -

G.S.R. 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.)

AREA MAP OF "DISTRICT 5"



CITIES WITHIN "DISTRICT 5"

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

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Being of Service...

YOUR 2018/2019

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

NAME	OFFICERS
KRIS C:	DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.) -- dcmc_D5@yahoo.com
RYAN H:	ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.) -- hvacman25@gmail.com
TONIA S:	SECRETARY -- toniastephens@csu.fullerton.edu
VICKI R:	TREASURER -- wrkaaitwrks@aol.com
PAM T:	REGISTRAR -- pamela_ann@rocketmail.com
COMMITTEE MEMBERS	
LISA H:	DISTRICT COMMITTEE MEMBER (DCM) - WOMEN'S EVENING
CHRIS W:	DISTRICT COMMITTEE MEMBER (DCM) - EAST ORANGE / INTERGROUP LIAISON
STEVE C:	DISTRICT COMMITTEE MEMBER (DCM) - NORTH TUSTIN & SOUTH TUSTIN
CHARLIE R:	DISTRICT COMMITTEE MEMBER (DCM) - SANTA ANA & SANTA ANA ALANO CLUB
CHEREE G:	DISTRICT COMMITTEE MEMBER (DCM) - FRIENDSHIP CLUB PM
AL C:	GSR SCHOOL
CHRISTINE L:	GRAPEVINE
MICHELLE R:	H&I LIAISON
MATT L:	CONVENTION LIAISON
TONIA S:	PUBLIC INFORMATION (P.I.)
GLENDA R:	LITERATURE
PAM T:	ACCESSIBILITIES
CHARLEY R.	COFFEE
JOSH O:	CAKE SERVICES
VICKI R:	NEWSLETTER EDITOR

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

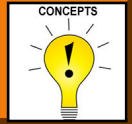
A "BIG" thank you to Cheree G. for stepping up and taking the DCM / Friendship Club PM commitment!!

If you're interested in being of service, and would like to be involved in "District 5" by volunteering for an open commitment, see Page 3 for a list of those that are still open. We'd love to share this amazing experience with you!!



STEPS, TRADITIONS, AND CONCEPTS OF A.A.

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



STEPS: 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.”

“SHORTCOMINGS”: A weakness in someone's character : A personal fault or failing. (See page 11 for a little “Did you Know?” tidbit on Step 7.)

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”: Having the resources to be able to survive without outside assistance.

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:

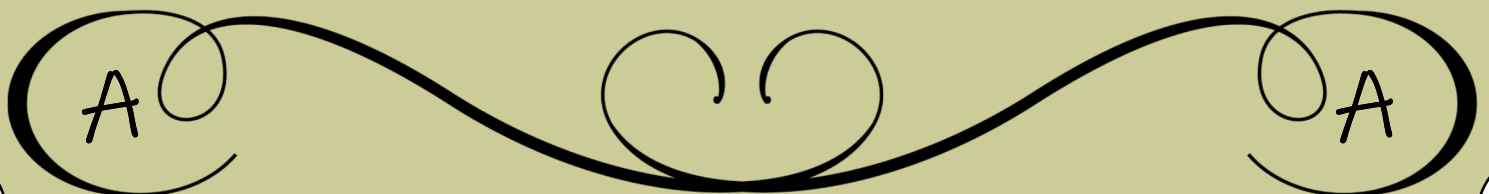
“The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”

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.”

“CHARTER AND BYLAWS”: A charter explains the purpose for the nonprofit's existence and is also known as the articles of incorporation. The bylaws are the rules and regulations that the organization must abide by.







DISTRICT 5's OPEN COMMITMENTS



1. Archives 2. Cooperation with the Professional Community (C.P.C.)

3. **District Committee Members (D.C.M.):**

- * Women's Day
 - * Men's Groups
 - * West Orange
 - * Friendship Club AM

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



...ABOUT THOSE MEETING GROUPS...






**STILL SHARING
EXPERIENCE, STRENGTH AND HOPE
AFTER ALL THESE YEARS....**

Per the General Service Office's Dec. 2017 database,
"Saturday Night Visiting Speakers Group"

*is the oldest "still active" meeting within
District 5 to be issued a group number.*

NUMBER: **DATE ISSUED:**
100561 Sept. 6, 1977

APPROXIMATE DATE OF FIRST MEETING:
Sept. 20, 1976

CURRENT LOCATION / DATE & TIME:
Prentice School
18341 Lassen Drive, Tustin
(Fairhaven & Esplanade)
Saturday – 8pm to 9:30pm



**MEETING GROUPS THAT
NEED YOUR HELP IN
FILLING CHAIRS...**



MONDAY

Group Name: **WOMEN'S STEP STUDY**
Type: 12&12 / Closed Meeting
Time: 7:00pm
Location: First United Methodist Church
161 S. Orange (Upstairs)
Orange 92866

TUESDAY

Group Name: **ORANGE TUSTIN GROUP**
Type: Discussion / Closed Meeting
Time: 7:00pm–8:30pm
Location: 1st Christian Church
1130 E. Walnut Ave.
Orange 92866

SATURDAY

Group Name: **WINNER'S CIRCLE**
Type:
Time: 6:00pm–730pm
Location: Mariposa Women's Center
812 W. Town & Country Rd.
Orange 92868

Continued on Page 11....

***Please be sure to advise
District 5 and Orange County Central Office
of any meeting group location or time change.***

***Your meeting may be the one that a
suffering alcoholic is looking for.***



MEETINGS / GROUPS WITH ACTIVE* DISTRICT 5 REPRESENTATION

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

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

- Did you know that the local group is the basic unit of A.A. World Service?
- Is your meeting/group missing from the above list??
- Did the newsletter editor make a mistake?? (If the answer is "yes", come to the next District 5 meeting and she'll get it corrected in time for the next quarterly newsletter.)
- Or...Is it because you don't have a G.S.R., or Alternate G.S.R., who is actively attending the District 5 meetings?

**I ♥
MEETINGS**



2018

UPCOMING SOBER EVENTS

2018

DISTRICT 5

Oct. 8, 2018 (Mon) @ 5:45pm:

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

Oct. 11, 2018 (Thurs) @ 7pm-8:30pm:

— GSR Meeting —
("New GSR" orientation - 6:30pm)
Church of the Foothills
19211 Dodge Ave., Santa Ana/Tustin
(Corner of Dodge & Newport Ave.)

Nov. 5, 2018 (Mon) @ 5:45pm:

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

Nov. 8, 2018 (Thurs) @ 7pm-8:30pm:

— GSR Meeting —
("New GSR" orientation - 6:30pm)
Church of the Foothills
19211 Dodge Ave., Santa Ana/Tustin
(Corner of Dodge & Newport Ave.)

Dec. 10, 2018 (Mon) @ 5:45pm:

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

Dec. 13, 2018 (Thurs) @ 7pm-8:30pm:

— GSR Meeting —
("New GSR" orientation - 6:30pm)
Church of the Foothills
19211 Dodge Ave., Santa Ana/Tustin
(Corner of Dodge & Newport Ave.)

Meetings are held
on the 2nd Thursday
of the month.



AREA 09

Sept. 16, 2018 (Sun) @ 8am - 3pm

— Area Assembly —
Hosted by District 25

Registration begins at 8am
Standing Committees beginning at 10am

Hesperia USD Annex Building
15576 Main Street,
Hesperia, CA 92345

Motions to be voted on:

- Motion to create Spanish language committees
- Motion to increase Corrections Committee Budget
- Motion to create a YPAA standing committee
- Motion for funds for the 2018 Hispanic Women's Workshop
- Motion to increase the PI Spanish budget for a DMV PSA

Oct 14, 2018 (Sun)

— Area Service Committee —
(ASC)
Hosted by District 18
(Costa Mesa and Irvine)

Nov. 11, 2018 (Sun)

— Servathon —
Hosted by District 9
(Bermuda Dunes, Blythe, Cathedral City,
Coachella, Desert Center, Desert Hot
Springs, Eagle Mountain, Indian Wells,
Indio, La Quinta, North Palm Springs,
Palm Desert, Palm Springs, Rancho
Mirage, Whitewater)

No further info at the time
of this newsletter.

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

OC CENTRAL OFFICE

***Orange County Intergroup Assoc.**

Oct. 10, 2018 (Weds) @ 7pm
Intergroup Meeting

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

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

Nov. 14, 2018 (Weds) @ 7pm
Intergroup Meeting

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

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

Central Office emails:

- *Manager@oc-aa.org
- *AssistantManager@oc-aa.org
- *SatelliteManager@oc-aa.org

Service Board emails:

- *Chair@oc-aa.org
- *ViceChair@oc-aa.org
- *Treasurer@oc-aa.org
- *Secretary@oc-aa.org
- *CentralOfficeCommittee@oc-aa.org
- *GroupRelationsCommittee@oc-aa.org
- *LifelineCommittee@oc-aa.org
- *PublicInformationCommittee@oc-aa.org
- *SpecialEventsCommittee@oc-aa.org
- *H&ICCommittee@oc-aa.org

Help Carry the Message of AA

AA GRAPEVINE SUBSCRIPTION CHALLENGE 2018

WHAT IS IT?
A challenge to increase new Grapevine and La Vña subscriptions* in 2018

HOW IT WORKS
Any new, paid subscription* between Jan 1-Dec 31, 2018 qualifies, including subscriptions for:
-GV or LV in Print - GV Online
-GV Complete - GV App
*Gift Certificates including Carry the Message Gift Certificates

TWO PRIZES
Receive a special section in a 2019 Issue of GV or LV featuring members' stories from the winning state, province or territory achieving:
1. The greatest percentage growth in new, paid subscriptions** or subscription gift certificates
OR
2. The greatest increase in new subscriptions* or subscription gift certificates overall

WATCH FOR DETAILS
Beginning January 1st
www.aagrapevine.org/challenge
or
www.aagrapevine.org/challenge-lv

*A new subscription is one that hasn't been active in the past 6 months.
AAGV strives to be self-supporting through the sale of subscriptions and other items.

AREA 09

is excited for the wonderful opportunity to "be of service" by hosting the

"PRAASA 2019"
(Pacific Region AA Service Assembly)

Date & Location:
Feb. 28-Mar. 3, 2019
Hilton Inn – Irvine, CA

A flyer with more information will be available in August / September.

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

2018

UPCOMING SOBER EVENTS
(continued...)

2018

SEPTEMBER



OCTOBER

September 21 - 23, 2018

October 5 - 7, 2018



67th Annual
Westin Mission Hills Golf Resort & Spa
71333 Dinah Shore Drive,
Rancho Mirage, CA, 92270

"The Courage to Change"
Sept. 21th thru Sept. 23rd, 2018



EASY DOES IT WEEKEND
AT CAMP SEELY
39th YEAR OF MAGIC IN THE MOUNTAINS
October 5, 6 & 7 2018
NEAR CRESTLINE/LAKE GREGORY - SAN BERNARDINO MOUNTAINS
[Check website for theme of this Camp](#)
AA & AL-ANON
Rustic heated cabins with beds.
Bathrooms and showers are not inside cabins.
Singles & Couples Welcome - Limited number of couple cabins - First come, First served
Five great hot meals, fabulous meetings, plus a dance, raffle, games and more!
All for just **\$98** per person (no one under age 18)
Bring warm clothing, bedding and towels
No pets - No special food requests - No soliciting - No Refunds
Visit our website: <http://www.easydoesitweekend.org>

- Convention Activities Include:**
- | | |
|----------------------|----------------------------------|
| Speaker Meetings | Spanish Meetings |
| Al-Anon Meetings | Marathon Meetings |
| Panels | A.A. Banquet |
| Alanon Luncheon | Golf Tournament |
| Fun Run / Walk | Dances Friday and Saturday Night |
| Motorcycle Poker Run | |
- For More Info: <http://aasocal.com>

DECEMBER

September 28 - 30, 2018

December 1, 2018

Join Us For Our 94th Conference!



Friday & Saturday Night Banquets Included!

Woman To Woman San Diego
September 28th to September 30th, 2018
(Registration Opens At 3:00pm On Friday)

Conference For Recovering Alcoholic Women
Waterfront Setting / Beautiful Accommodations / Topic Discussion Meetings / Dynamic Speakers
Special Candlelight Meeting / Guided Group Walks / Pool / Spa Services

Online Registration Available!

Kayaks Bicycles Wave Runners Paddle Boards Available For Rent

3rd CALIFORNIA STATEWIDE WORKSHOP
Of Hispanic Women
"Different Languages, One Heart"



SATURDAY DECEMBER 1ST 2018
9am - 4pm


Union Hall
4 Berry Street
San Francisco, CA 94107
(Next to the AT&T Park)

Contacts:
Event Coordinator
Luisa (925) 329-5004
lobaluisa3@gmail.com
Emma (415) 846-1849



Live Stream via **skype** on Event day

For More Info: <http://womantowomansandiego.com>




PRAASA
(Pacific Region AA Service Association)

Love being of service?? Ever wondered what "PRAASA" is all about??
Ever wished you could attend, but haven't been able to yet??

Well, thanks to others "being of service", you can listen to the mp3s recorded during the "PRAASA 2018" at:

<https://spaces.hightail.com/space/Cygbzj79WN>





**DISTRICT 5
 *** SOBRIETY BIRTHDAYS ***
 (June 2018 - August 2018)**



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

JUNE

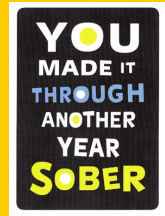
- ♦ Chris W. ~ GSR (*Mon. Night Men's B.Y.O.B. – Tustin*) ~ 7 Yrs.
- ♦ Kris C. ~ D.C.M.C. (*District 5*) ~ 10 Yrs.

JULY

- ♦ Megan W. ~ GSR (*Back from the Dead – Santa Ana*) ~ 2 Yrs.

AUGUST

- ♦ Lisa H. ~ D.C.M. – Women's Evening (*District 5*) ~ 26 Yrs.
- ♦ Vicki R. ~ GSR (*Alkies Only – Orange*) / Treasurer & Newsletter Editor (*District 5*) ~ 9 Yrs.



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

Total YEARS Sobriety:	54	Total HOURS Sobriety:	473,040
Total DAYS Sobriety:	19,710	Total MINUTES Sobriety:	28,382,400



- Alcoholics Anonymous.....www.aa.org
- MSCA 09 / District 5.....www.msca09aa.org
- OC Central Office.....www.oc-aa.org
- Grapevine.....www.aagrapevine.org
- OC A.A. Convention.....www.oaac.org
- AA Online Intergroup.....www.aa-intergroup.org
- All Orange County Young People In A.A....<http://www.aocypaa.org>



NEW GSRs / Alternate GSRs!!

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

NAME	GROUP	CITY
Megan W.	Back from the Dead	Santa Ana
Caroyne F. (AG)	Back from the Dead	Santa Ana
Cheree G.	Keep it Simple (??)	Orange F/C
Ann Marie M. (AG)	Ladies Night BB	Orange
Will G.	We Got A Coffee Pot	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 changes, please be sure to notify your "District 5" Registrar (*Pam T.*) via email, or by attending a District 5 meeting and giving either her, or the GSR School commitment holder (*Al C.*), the information. For info on the next "District 5" meeting see **Page 5** (*Upcoming Events & Announcements*) of this newsletter.

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

MID-SOUTHERN CALIFORNIA AREA 09 (MSCA09) NEWS...

CELEBRATING "60" YEARS!!

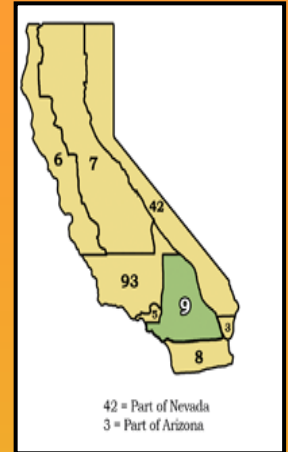
The Chronicles of MSCA Area 09 History – Part 1

AREA 09 IS FORMED!!

September 7, 1958 – on this date at the Area Service Assembly in Santa Ana, a new Delegate Area was carved out of the "California Southern Area." The new Delegates' terms to start in the even-numbered years. This now gave California five Areas (with five Delegates). The new Area officially designated "California Southern Coastal", or less precisely but more familiarly "Southern Coastal California." Nicknamed "Panel 2" because of its even-year terms.

Our first delegate was Art B., who served only a 1-year term, in 1959. The new Area started meeting in October, however it officially did not exist until January 1959. There were "10" Districts created (District 1, 2, 3, 4, 5, 6, 7, 8, 9,10) with 105 AA meetings at this time with 105 GSR's. The reason for this meeting so soon was to start forming plans for the A.A. International Convention to be held in Long Beach in 1960.

These ten districts covered the same area of today.



Submitted By:

Mitchell B.
MSCA09 Secretary
and MSCA09 Archivist

GENERAL SERVICE OFFICE (GSO) NEWS...

Alcoholics Anonymous® | General Service Office of Alcoholics Anonymous, Inc.
www.aa.org | 475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all communications to:
P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

May 30, 2018

Story Solicitation

New Pamphlet on A.A.'s Three Legacies

In response to the 2018 General Service Conference Advisory Action requesting the development of a pamphlet based on A.A.'s Three Legacies, with emphasis on the history of the Three Legacies, how they work together and including personal stories of members' experiences with the Three Legacies, the trustees' literature committee is seeking current sharing from members in A.A. which reflect a broad range of experience and diversity with respect to the Three Legacies.

Please encourage members in your area to write their personal stories for possible inclusion in this new pamphlet.

Manuscripts should be 500-800 words, double spaced, in 12-point font. The author's complete name, address and email/phone information should be included with the submission.

Submissions can be emailed to Literature@aa.org with "Three Legacies" in the subject line of the message. Alternatively, submissions can be mailed to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for submissions is November 19, 2018.

The anonymity of all authors will be observed, whether or not their story is selected for publication.

Thank you for your participation in this process.

STORY SOLICITATION

Alcoholics Anonymous® | General Service Office of Alcoholics Anonymous, Inc.
www.aa.org | 475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all communications to:
P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

May 30, 2018

Story Solicitation

New Pamphlet for Spanish-speaking Women in A.A.

In response to the 2018 General Service Conference Advisory Action requesting the development of a pamphlet for Spanish-speaking women in A.A., the trustees' literature committee is seeking a wide range of A.A. recovery experience from Spanish-speaking women in A.A.

Please encourage Spanish-speaking women members in your area to write their personal stories for possible inclusion in this new pamphlet.

Manuscripts should be 500-800 words, double spaced, in 12-point font. The author's complete name, address and email/phone information should be included with the submission.

Submissions can be emailed to Literature@aa.org with "Spanish-speaking women in A.A." in the subject line of the message. Alternatively, submissions can be mailed to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for submissions is November 19, 2018.

The anonymity of all authors will be observed, whether or not their story is selected for publication.

Thank you for your participation in this process.

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

CONTRIBUTIONS BY OTHERS...

THE PHONE LIST



Before I got sober, I was very dry and everything was out of control. I had no hope.

Faith began as my first sponsor led me, holding hands, on our knees, in the Third Step Prayer. I was more afraid not to take direction.

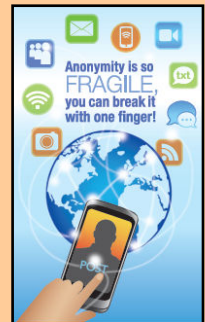
I had more memory problems (denial/fear than I do now as an old-timer), so he suggested I carry a small spiral notebook that fit in my pocket—no electronic devices back then. I was to learn to write, as my grasp of Reality was so fragile, in that notebook: books, pages, times, dates, names and phone numbers—just in case. That notebook became my lifeline: phone numbers of helpful people who offered hope and solution. Then I learned meetings had phone lists to use for Fellowship. I had hope and a solution.

Then, on a hike, I lost the notebook, and I thought I might drink without the numbers; but they were replaced with more numbers. The beginning of my Spiritual Journey towards a Higher Power.

Recovery concerns us all; a program of recovery provides a haven and a forum and hope for any Alcoholic. Imagine if that lost notebook was somehow used against me or the kind souls offering a Haven.

Protect Anonymity. Please use Blind Carbon Copy (bcc) when emailing any contact/phone list.

Thank you,
Your Newcomer



Submitted By:
Frank M.

A.A.

Word Scramble



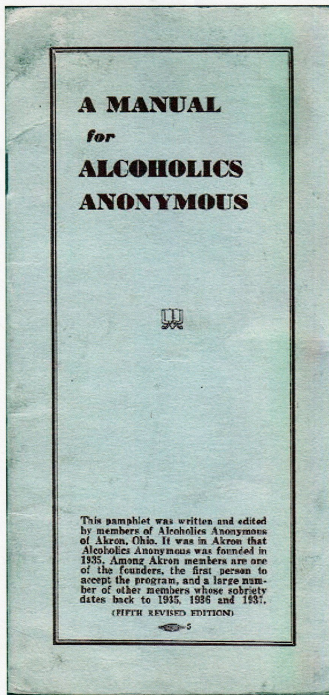
- | | |
|--------------------------|---------------------------|
| 1. OSPERNS _____ | 7. GLNLWII _____ |
| 2. VOREEM _____ | 8. NASDME _____ |
| 3. EROWPMGIEN _____ | 9. DERAHM _____ |
| 4. STLI _____ | 10. ULMYHB _____ |
| 5. ROCTOSHGNMSI _____ | 11. DIETRC _____ |
| 6. FESL-GSNTOPURIP _____ | 12. OSENANNPIOFORLS _____ |

Word Scramble answers on Page 10...

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

DID YOU KNOW ???

One Of the Early Pamphlets about A.A.



In 1941, Dr. Bob commissioned Evan Williams, to write a pamphlet for beginners as he felt the Big Book was too complicated for some of the newcomers. It was titled "Manual for Alcoholics Anonymous" and was put out by the King School Group.

Over the next several years, 3 more pamphlets were produced titled "Guide to the Twelve Steps", "Spiritual Milestones in AA" and "Second Reader for AA."

The copyright is now held by the Akron Intergroup Office and they still sell them for 50 cents each. As for pre Big Book pamphlets, we are not aware of any done by Dr. Bob

Jay M: Akron Archives

“STEP 7”
THE ORIGINAL
“UNEDITED” VERSION ...

In Bill W's original unedited manuscript version of the Big Book, written in the 1930s, 'Step 7' read:

“Humbly, on our knees, asked Him to remove our shortcomings - holding nothing back”.

The final edited wording, published in the April 1939 (1st Ed.) of the Big Book (and as it still does today...79 years later), reads:

“Humbly asked Him to remove our shortcomings.”



“Humility is probably the most difficult virtue to realize.”
-Thomas Yellowtail, CROW

Two definitions of humility are; one, being aware of one's own defects of character, and two, giving credit where credit is due. This means if you do something and are successful because God gave you certain talents, give credit to God when someone tells you how well you did; this is being humble.

If you are successful at something, but had help from friends, spouse, neighbors, give credit to those who helped you; this is being humble. If you have done a task and you alone accomplished it, give credit to yourself; this is being humble. Say the truth and give credit where credit is due.

If you'd like to read the above pamphlet in its entirety, visit:

https://silkworth.net/pages/ahistory/print/akron_manual2.html

If you'd like to purchase it, you can do so through the Akron AA Intergroup website:

<https://shop.akronaa.org/>

WORD SCRAMBLE (Page 9) ANSWERS

- (1) Persons, (2) Remove, (3) Empowering, (4) List, (5) Shortcomings, (6) Self-Supporting,
- (7) Willing, (8) Amends, (9) Harmed, (10) Humbly, (11) Direct, (12) Non-Professional

YOUR G.S.R. CORNER

◆ What is your first name and last initial?	Christine L.
◆ What is your sobriety date?	September 2, 1988
◆ Please share a little of your story and how you came to the rooms of AA?	<i>I went to my first meeting at 19 years old. Wasn't ready. Sober at 23 after being arrested for stealing a checkbook and attempting to forge a check. Stayed sober for 4 years and then drank again. Out for 11 months. Ended up shoe-less, penny-less, soul-less! Back in AA in 1988. Got sober in San Diego and moved to O.C. 26 years ago.</i>
◆ What is the name of the meeting group you are the GSR for?	"Alkie's Winners Circle"
◆ When and where do they meet?	Mon. thru Fri. at 12pm 555 W. Main St., Tustin
◆ Is the above meeting group your "Home Group"? If not, what is its name, and when and where do they meet?	<i>No ~ "Alton Noon Group" Weds. @ 12pm 5101 Alton Parkway, Irvine</i>
◆ What is it about your "GSR" commitment meeting that keeps you going to that meeting?	<ul style="list-style-type: none"> •Back to Basics •Feel of the meeting •Mix of old timers, middle timers and newcomers
◆ What is it about your "Home Group" that keeps you going back to that meeting?	<ul style="list-style-type: none"> •Long history •Been going there 23 years •Lots of long term sobriety.
◆ What have been the most effective AA tools you've used in helping to keep you sober?	<ul style="list-style-type: none"> •Meetings-Meetings-Meetings-Meeting Makers Make It •Meditation - Last 10 years has been essential
◆ Lastly, do you feel that "being of service", whether it's at a "meeting group" level or a "district" level, is an effective AA tool for yourself and/or others?	YES!

(Continued from Page 3)



...ABOUT THOSE MEETING GROUPS...



WINNER'S CIRCLE
 Mariposa Women's Center
 812 Town & County Rd., Orange 92868
 Sat. 6pm-7:30pm

SAT. NIGHT LONG TIME SOBER MEMBERS

"The group was started by the husband of one our counselors at Kaiser. We went to that program Mon. thru Fri. after work. Most of our attendees were from the Kaiser program so we knew a lot about each other already.

Early on we started going to dinner together, whoever wanted to from the meeting. We still do as the meeting time is 6 to 7:30.

Friendships developed as we had similar life-styles. Some of the ladies formed a book club. Some of the men started a Fri. night poker group. They met at each other's homes, with the host providing dinner. Both of these groups are still going.

Since the meeting was in the AA Directory, we did get a few low-bottoms, but mostly it's a middle class group. We used to have 4th of July parties, but have run out of willing hosts. Also we had Memorial Day picnics in the park. We still have a Christmas party (pot-luck with a free-will gift exchange) at one of our member's house.

Of course people who stay sober a long time become middle class with jobs and families."

Submitted by

Mary M.
 Winner's Circle

Note: The "Winner's Circle" meeting started at Kaiser Hospital in 1987/88 and continued to meet there until approximately 2013.



In keeping with our 7th Tradition.....
DONATIONS MADE TO "DISTRICT 5"
~ 2018 ~



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GROUP #	GROUP NAME	MAY	JUN	JUL	AUG	"2018" GROUP TOTAL TO DATE
149952	24 Hour Book Group	\$ -	\$ -	\$ 78.34	\$ -	\$ 221.02
649516	777 Newcomers Men Stag	\$ -	\$ 60.00	\$ 60.00	\$ -	\$ 120.00
131258	9:02 Group	\$ -	\$ -	\$ 14.92	\$ -	\$ 14.92
652296	Alkies Winner Circle	\$ -	\$ 32.30	\$ -	\$ 12.96	\$ 76.65
136826	As Bill Sees It	\$ -	\$ -	\$ -	\$ -	\$ 15.00
712762	Attitude Adjustment (F/Club)	\$ -	\$ 200.00	\$ -	\$ -	\$ 470.00
722230	Chapman & Lewis AA Group	\$ 75.00	\$ -	\$ -	\$ -	\$ 150.00
117208	Crawl Before No One	\$ -	\$ -	\$ -	\$ -	\$ 10.00
??	Desire to Stop - Sat. Mtg.	\$ -	\$ 10.00	\$ -	\$ -	\$ 10.00
126119	Early Birds Group	\$ -	\$ -	\$ 22.50	\$ -	\$ 70.52
632837	Foothill Early Risers	\$ 37.80	\$ -	\$ -	\$ -	\$ 37.80
??	Forever Non-Professional	\$ -	\$ -	\$ 16.48	\$ -	\$ 16.48
630799	Friday Morning Smashing Donuts	\$ 13.00	\$ -	\$ -	\$ -	\$ 13.00
126062	Friday Night No Puffers	\$ -	\$ 10.44	\$ 21.07	\$ -	\$ 78.51
172225	How It Works	\$ -	\$ -	\$ -	\$ -	\$ 13.00
680752	Keep It Simple Group	\$ -	\$ 15.23	\$ -	\$ 8.56	\$ 32.99
147958	Lucky Stiff's	\$ -	\$ -	\$ -	\$ -	\$ 15.75
139671	Mon Night Womens 12 & 12 Group	\$ -	\$ -	\$ -	\$ 15.00	\$ 15.00
686410	Monday Night Mens B.Y.O.B.	\$ -	\$ 10.00	\$ -	\$ -	\$ 20.00
670924	Not A Glum Lot	\$ -	\$ -	\$ -	\$ -	\$ 20.00
126635	Orange Tustin Group	\$ -	\$ -	\$ -	\$ -	\$ 13.06
100561	Sat. Night Visiting Speakers Mtg.	\$ -	\$ 10.00	\$ -	\$ -	\$ 24.00
179945	Sober & Crazy Speaker Meeting	\$ -	\$ -	\$ -	\$ -	\$ 70.80
146970	Sunday Morning B/B Study Group	\$ -	\$ -	\$ 14.00	\$ -	\$ 14.00
722902	The Name in the Hat	\$ -	\$ -	\$ 20.00	\$ -	\$ 52.50
655929	(The) Other 12 & 12 (Twin Towers)	\$ 10.00	\$ -	\$ -	\$ -	\$ 20.80
128032	Tuesday Night Men's Stag	\$ 20.00	\$ -	\$ -	\$ -	\$ 30.00
696177	Tustin Acceptance Group	\$ -	\$ 21.50	\$ 7.00	\$ -	\$ 76.00
130429	Tustin Attitude Modification Group	\$ 43.87	\$ 37.69	\$ 68.31	\$ 71.09	\$ 455.86
678232	Tustin Big Book Study	\$ 12.50	\$ -	\$ -	\$ 15.00	\$ 63.50
662400	Tustin Mon Evening Womens 12&12 Group	\$ -	\$ -	\$ 1.50	\$ -	\$ 101.50
179945	Women's Solution Group	\$ 34.29	\$ 10.00	\$ 23.00	\$ -	\$ 79.79
MONTHLY TOTALS		\$246.46	\$417.16	\$ 347.12	\$ 122.61	\$2,422.45

Attention Meeting Group Secretaries and Treasurers!!

When sending in a 7th Tradition donation/contribution, please be sure to note the following information in order for your meeting group to receive credit and a receipt for the donation:

- (1) Meeting Group Name
- (2) Group Number issued by the General Service Office
- (3) Name and mailing (or email) address of whom to send the receipt to.

If your meeting 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.

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

 District 5 thanks your group for your contribution & service. *District 5 meeting is the 2nd Thursday of every month. Please send your GSR. 19111 Dodge Ave. at Newport 7:00 PM	DATE:	Sept. 1, 2018	RECEIPT #168
	GROUP NAME:	Happy Destiny	AMOUNT: \$ 21.50
	GROUP # / CITY:	121212 / Freedom	Total 2018 Donations Rec'd: \$66.00
	FROM:	Sober Doe	
	FOR:	Contribution to District 5 of Area 9 M.S.C.A.	
	BY:	Vicki R. / District 5 Treasurer	