



District 5 Newsletter



2ND QUARTER—2019

District 5 Newsletter Editor: Vicki R. / Orange

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

DOES YOUR GROUP HAVE A VOICE?

GENERAL SERVICE REPRESENTATIVE (GSR)

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

For more information about GSRs, see A.A.® leaflet:
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
RYAN H:	DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.) -- hvacman25@gmail.com
RYAN B:	ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.) -- billnye512@yahoo.com
TONIA S:	SECRETARY -- toniastephens@csu.fullerton.edu
VICKI R:	TREASURER -- wrkkaaitwrks@aol.com
PAM T:	REGISTRAR -- pamela_ann@rocketmail.com
COMMITTEE MEMBERS	
LISA H:	DISTRICT COMMITTEE MEMBER (DCM) - WOMEN'S EVENING
STEVE C:	DISTRICT COMMITTEE MEMBER (DCM) - NORTH & SOUTH TUSTIN
ISAAC M:	DISTRICT COMMITTEE MEMBER (DCM) - FRIENDSHIP CLUB PM
CASEY D:	DISTRICT COMMITTEE MEMBER (DCM) - SANTA ANA
CHRIS W:	INTERGROUP LIAISON
MICHELLE R:	H&I LIAISON
GLENDRA R:	LITERATURE
PAM T:	ACCESSIBILITIES
ROB S:	GSR SCHOOL
RYAN H:	COFFEE
ROBERT P:	CAKE SERVICES
VICKI R:	NEWSLETTER EDITOR
TONIA S:	PUBLIC INFORMATION

A big **THANK YOU** to the following for volunteering to be of service to District 5!
RYAN H: DCMC
RYAN B: Alt-DCMC
ISAAC M: DCM-Friendship Club PM
CASEY D: DCM-Santa Ana
ROBERT P: Cake Services
ROB S: GSR School

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: 4 THRU 6

4.

“Made a searching and fearless moral inventory of ourselves.”

5.

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

6.

“Were entirely ready to have God remove all these defects of character.”

MORAL (#4): *“Ethical / relating to principles of right and wrong—good and bad in conduct. Conforming to a standard of behavioral and character principles, be they personal, social, or of a particular belief system of what is right and good.”*

TRADITIONS: 4 THRU 6

4.

Short Form:

“Each group should be autonomous except in matters affecting other groups or AA as a whole.”

5.

Short Form:

“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

6.

Short Form:

“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

AUTONOMOUS (#4): *“Independent / not subject to the rule or control of others.”*

CONCEPTS: 4 THRU 6

4.

Short Form:

“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.”

5.

Short Form:

“Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.”

6.

Short Form:

“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.”

TRUSTEE (#6): *“Member of a board elected or appointed to direct the funds and policy of an institution.”*





DISTRICT 5's OPEN COMMITMENTS



- ◇ Archives
- ◇ Cooperation with the Professional Community (C.P.C.)
- ◇ Convention Liaison
- ◇ District Committee Members (D.C.M.):
 - * Women's Day
 - * East Orange
 - * West Orange
 - * Men's Groups
 - * Friendship Club AM
 - * Santa Ana & Santa Ana Alano Club
- ◇ Grapevine
- ◇ GSR School



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



....MEETING GROUP NEWS....



**NEED YOUR HELP
IN FILLING CHAIRS...**



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



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

- SATURDAY**
- Group Name: WINNERS CIRCLE
 Type: Discussion / Open Meeting
 Time: 6:00pm
 Location: OC Self-Help Center
 727 S. Harbor (@ South St.)
 Anaheim 92805
(Parking is allowed in the Church's parking lot located across the street.)

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

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

**Don't forget to let
DISTRICT 5 and ORANGE COUNTY CENTRAL OFFICE
know of any meeting group location or
time change. Your meeting may be the one that a
suffering alcoholic is searching 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	Patrick M.	
777 (Newcomers) Men's Stag Group	Orange	Robert B.	Shane S.
Alkies Only	Orange	Vicki R.	Steve C.
Alkies Winners Circle Group	Tustin	Christine L.	
Back from the Dead	Santa Ana	Alex G.	
Chapman & Lewis AA Group	Orange	Glenda R.	Karen B.
Early Birds Group	Santa Ana	Paula P.	
Forever Non-Professional (Friendship Club)	Orange	Isaac M.	
Friday Night No Puffers Speaker Meeting	Orange	Josh O.	
How It Works	Orange	Steve C.	Vicki R.
It's In the Book (Book Study)	Tustin	Gloria Z.	
Keep it Simple Group	Orange	Casey D.	Tonia S.
Ladies Night Book Study	Orange	Lindsey K.	Ann Marie M.
Men's Big Book Study	Orange	Steven H.	
Men's BYOB Bookstudy	Tustin	Chris W.	Matt D.
Monday Night Mens Stag Group	Tustin	Michael H.	
Monday Night Speakers Meeting	Orange	Mario P.	
Not A Glum Lot	Orange	Michelle R.	
Rush Hour (Friendship Club)	Orange	Matt L.	
Saturday Night Visiting Speakers Mtg.	Tustin	Chris W.	David H.
Sober & Crazy Speaker Meeting	Tustin	Rob P.	
Sober on 4th	Santa Ana	Anthony "Vinny" S.	
Sun. Night Speaker Meeting of Orange	Orange	Sara C.	
Sunday Morning B/B Study Group	Orange	Greg A.	Mario P.
Tuesday Night Men's Stag	Santa Ana	Michael D.	
Tustin Acceptance Group	Tustin	Steven H.	
Tustin Attitude Modification Group (6AM)	Tustin	Richard M.	
Tustin Big Book Study	Tustin	Peter C.	
Tustin Mon Evening Womens 12&12 Group	Tustin	Sharon G.	
Tustin Rush Hour	Tustin & Orange	Christy S.	Pam T.
Tustin Thurs. Nite 12X12X1 Hour Study Group	Tustin	Jami B.	
We Got A Coffee Pot	Orange	Will G.	
Wed Nite Womens Solutions Grp	Tustin	Kathy S.	
Winners Circle Group	Orange	Terry S.	
Womens Experience, Strength & Hope	Orange	Kirin S.	Lisa B.
Womens Step Study Group	Tustin	Jane B.	

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

I ♥
MEETINGS



UPCOMING SOBER EVENTS

(Please Note: Sober Events listed are those which take place “after” newsletter issue will be printed.)

DISTRICT 5

Jul. 8, 2019 (Mon) @ 6pm:

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

Jul. 11, 2019 (Thurs) @ 6:30pm-8:30pm:

“SERVICE IN JULY” *
— GSR Meeting / Special Speaker —
(“New GSR” orientation - 6:30pm)
Church of the Foothills
19211 Dodge Ave., No. Tustin 92705
(Corner of Dodge & Newport Ave.)

**See Page 6 “Upcoming Sober Events (continued)” for more info on this great event.*

Aug. 5, 2019 (Mon) @ 6pm:

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

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

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

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

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

Sept. 12, 2019 (Thurs) @ 7pm-8:30pm:

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

District 5 GSR meetings are held on the 2nd Thursday of every month.



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

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

AREA 09

Jul. 14, 2019 @ 8:00am-2:30pm:

— FORO —
(Hosted by District 21 and District 2)

City of Hawaiian Gardens
Recreation and Community Center
21815 Pioneer Blvd.
Hawaiian Gardens, CA 90716

Aug. 11, 2019

— AREA SERVICE COMMITTEE (ASC) —
(Hosted by District 14)

No further information at this time.

Sept. 8, 2019

— ASSEMBLY —
(Hosted by District 10)

No further information at this time.

Oct. 13, 2019

— ELECTIONS —
(Hosted by District 6)

No further information at this time.

~ GROUP HISTORY BOOK ~

CALLING ALL GROUPS:

SHOULD YOUR GROUP BE IN THE GROUP HISTORY BOOK?

YES!!!!

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

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

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

www.msca09aa.org.

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

OC CENTRAL OFFICE

Orange County Intergroup Assoc.

Jul. 10, 2019 (Weds) @ 7pm

— INTERGROUP MEETING —

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

Aug. 7, 2019 (Weds) @ 7pm

— INTERGROUP MEETING —

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

Sept. 11, 2019 (Weds) @ 7pm

— INTERGROUP MEETING —

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

Orange County Hospitals & Institutions

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

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

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

Garden Grove Alano Club
9845 Belfast
Garden Grove, CA 92844

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



UPCOMING SOBER EVENTS

(Continued)

JULY ~ AUGUST ~ SEPTEMBER

JULY 11, 2019

District 5 Presents...

"Service in July"

GUEST SPEAKER:
Nancy H.
"Expanding Your Knowledge Of The Service World"

In addition to our having a special speaker, we'll have:

- PIZZA
- SALAD
- BEVERAGES
- RAFFLE PRIZE BASKETS*

All Fellowship Members Are Invited!

We Hope You Join Us!!

WHEN: (District 5 GSR Meeting)
Thurs., July 11, 2019 — 6:30pm to 8:30pm

WHERE: Church of the Foothills
19211 Dodge Avenue
(Corner of Newport & Dodge)
North Tustin, CA 92705

*All attendees will receive a raffle ticket for a chance to win a raffle prize basket.

JULY 19 — 21, 2019

18th Annual
ROCKETED INTO THE 4TH DIMENSION
Tehachapi Mountain Roundup

Weekend of Camping and Fellowship in Recovery
July 19 - July 21, 2019

Indian Hill Ranch
18061 Arosa Road, Tehachapi, CA 93561

For More Info: <https://tehachapiroundup.org/>

August 30 — September 2, 2019

AUGUST 30-SEPTEMBER 2, 2019

35TH SOUTH BAY
FAMILY ROUNDUP

TORRANCE MARRIOTT SOUTH BAY
3635 Fashion Way
Torrance, CA 90503

Questions?
Would you like to be of service?
Call our Roundup Hotline:
(310) 354-7660
Or visit our Roundup Website:
SouthBayRoundup.org

ASPIRIT OF

Love

AND

SERVICE

SCHEDULE AT A GLANCE

Friday, August 30
Opening Ceremonies
AA Speaker Meeting
Marathon Meetings Begin
Furtastic Friday Comedy Show

Saturday, August 31
AI-Anon Luncheon
Women's Speaker Meeting
Interview with a Drunk
Banquet, Show & Meeting
Young People Dance

Sunday, September 1
Poker Run
Family Breakfast & Speaker Meeting
AA Longtime Meeting
AI-Anon Longtime Tea
AA Biker Speaker Meeting
AA Musicians Speaker Meeting
Vegas Night

Monday, September 2
Birthday Meeting
Closing Ceremonies
AA Speaker Meeting

Please remember this is a preliminary schedule of events. All times are subject to change. Check our Facebook page for the most updated schedule including workshops and special meetings.

PLUS! AA Archives & Memorabilia | Alateen | AA & AI-Anon Marathon Meetings | Live Music | Other Entertainment All Weekend | Special Workshops
Veteran's Meeting

JULY 12 — August 11, 2019

The O.C. Intergroup Association would like to invite you to volunteer at the AA Information Booth at the

2019 Fair Dates: Friday, July 12th through Sunday, August 11th

Available Shifts:

Wednesday—Friday	Saturday—Sunday
12:00PM - 3:00PM, 3:00PM - 6:00PM, 6:00PM - 9:00PM, and 9:00 - 11:00PM	10:00AM - 1:00PM, 1:00PM - 4:00PM, 4:00PM - 7:00PM, 7:00PM - 9:00PM, and 9:00PM - 11:00PM

Please use this link: <https://tinyurl.com/OCFAIR2019VOLUNTEER> to sign up for your desired shift(s) starting May 5th. Volunteers are suggested to have at least **one year of continuous sobriety** and please note that *all participants will be screened through "Megan's Law" database.*

Workshops will be held June 22nd, 26th, and 29th with times and locations TBD.
First time participants are highly encouraged to attend

Grab a sponsor, spouse, or sober friend and participate in a new and very unique service experience!

OC Fair 2019: www.ocfair.com
Map & Directions: <http://goo.gl/maps/kd2tH>

Questions? Please send them to ocfair@gmail.com or ask your meeting's Intergroup representative for more information



UPCOMING SOBER EVENTS

(Continued)

SEPTEMBER ~ OCTOBER ~ NOVEMBER

September 13 — 15, 2019



2019 Arizona State Convention

of Alcoholics Anonymous
September 13 - 15, 2019

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

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

September 27 — 29, 2019

68th Southern California AA Convention with Al-Anon Participation



A New Way A New Life

September 27, 28, 29 2019

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

For More Info: www.aasocal.com

September 27 — 29, 2019

Join Us For Our 45th Conference!



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

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

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

For More Info: www.womantowomansandiego.com

Friday & Saturday Night Banquets included!
Online Registration Available!
Early Registration Discount!

Kayaks Bicycles Wave Runners Paddle Boats Available For Rent


November 1 — 3, 2019

MIRACLE ON THE RIVER

NOVEMBER 1ST - 3RD 2019

32nd Annual

WE ARE NOT A GLUM LOT



HAPPY • JOYOUS • FREE

Register Online! * With Al-Anon Participation Δ
www.HavasuaARoundup.org

October 11 — 13, 2019

5th Annual AA Retreat with Al-Anon Participation

Rosarito Beach, Baja California

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

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



"Serenity by the Sea"

Life Really Does Just Keep Getting Better!

"Serenity by the Sea"

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

For Additional Info:

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

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



**DISTRICT 5
*** SOBRIETY BIRTHDAYS **
(NOVEMBER 2018 - FEBRUARY 2019)**



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

**** MARCH 2019 ****

- ◇ Alex G GSR ("Back from the Dead" - Santa Ana) ~ 3 Yrs.
- ◇ Chris W Intergroup Liaison (District 5) and
GSR ("Sat. Night Visiting Speakers Mtg" - Orange) ~ 9 Yrs.
- ◇ Paula P. GSR ("Early Birds Group" - Santa Ana) ~ 19 Yrs.



**** APRIL 2019 ****

- ◇ Michelle R H&I Liaison (District 5) and
GSR ("Not A Glum Lot" - Orange) ~ 3 Yrs.
- ◇ Gloria Z GSR ("It's in the Book" - Tustin) ~ 11 Yrs.
- ◇ Richard M GSR ("Tustin Attitude Modification Group" - Tustin) ~ 26 Yrs.

**** MAY 2019 ****

◇ No Birthdays Celebrated

**** JUNE 2019 ****

- ◇ Chris W GSR ("Monday Night Mens B.Y.O.B." - Tustin) ~ 8 Yrs.
- ◇ Sara C GSR ("Sunday Night Speaker Meeting of Orange" - Orange) ~ 4 Yrs.



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

YEARS:83
DAYS: 30,295
HOURS: 727,080
MINUTES:43,624,800



WWW A.A. RELATED WEBSITES WWW

- * 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.ocaac.org
- * AA Online Intergroup www.aa-intergroup.org
- * All O.C. Young People In A.A. <http://www.aocypaa.org>
- * Area 9 Bridging the Gap <https://area9btg.org>
- * Veterans Bridging the Gap <http://www.vetsbtg.org/>



NEW GSRs / Alternate GSRs!!!

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

NAME	GROUP	CITY
Scott B. (GSR)	Name in the Hat	Orange
Robert B. (GSR)	777 Newcomers Men's Stag	Orange
Vinny S. (GSR)	Sober on 4th	Santa Ana
Lindsey K. (GSR)	Ladies Night Book Study	Orange
Christy S. (GSR)	Tustin Rush Hour	Tustin & Orange
Isaac M. (GSR)	Forever Non-Professional	Orange
Mario P. (GSR)	Monday Night Speakers	Orange
Sara C. (GSR)	Sunday Night Speakers Mtg of 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 Committee Member the applicable information, and the information will be forwarded to GSO.

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

CELEBRATING "60" YEARS!!

AREA 09

The Chronicles of MSCA 09 History – Part 4: A BRIEF HISTORY OF DISTRICT 5

I have the privilege of serving Mid-Southern California Area 09 as the Area Archivist. One question that members of District 05 have asked from the Archives – **When was District 05 formed? Has District 05 always had the same borders?** Do you have maps of the early districts and if they have every changed? After two and one-half years I recently uncovered new information on early District 05. I can share some of this story with more to follow in subsequent articles. In the March District 05 Newsletter (*Issue 13 - 1st Quarter - 2019*) I shared about the creation of Area 09 on September 7, 1958, at Area 05's Service Assembly in Santa Ana a new Delegate Area was carved out of the "California Southern Area." The new Delegates' terms to start in even numbered years. This gave California 5 Areas (5 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.

Just prior to the split, Southern California Area 05 was divided up into 33 districts with approximately 266 groups. Ten of these districts, Districts 20 – 29 would become the new area. These were renumbered 1- 10 in the territory of present-day Area 09. There has been a lot of changes in the boundaries over the years. In September 1958 the first Area Roster stated that there were 90 registered groups in the new area. In less than a year we had grown to 105 registered Groups. Every registered group had a GSR and that trend would continue until the late 1960's. Prior to the renumbering of the districts, District 05 was made up of Districts 60 and 63 in the old Area 05. After the renumbering it was part of Districts 26 & 27. Election of the new delegate and area officers took place on October 12, 1958 and the first meeting of new Area 9 was held on November 16, 1958, but officially we were not recognized and terms did not start until January 1959. They got an early start because the duty of hosting the 1960 International Convention was now the responsibility of the new Area 9. I can only assume that at the December Area meeting the newly formed districts were re-numbered once again to numbers 1 through 10. **The first roster of the Area 09 was dated 01-01-59** and had the area size as 105 Groups, 10 Districts and 105 GSR's. **On this roster the present-day District 05 were part of Districts 6 & 7.**

From the Orange County Lifeline, November 1965, p.8.

'The only major change proposed is that the former District 05, which has been totally inactive, would be absorbed into District 2 (the region involved is outside of Orange County, in the western part of our Area). In Orange County, District 7, which presently encompasses an unusually large number of groups in Garden Grove, Santa Ana, and neighboring territories, would henceforth be limited to the western half, and a new District 5 would be created from groups in and around Santa Ana. Other changes in District boundaries would be relatively minor, to eliminate confusion and overlap and take into account the shifts in groups throughout the Area. The work of remapping the Districts was very useful, because it brought to light the presence in our records of a number of groups which no longer exist, as well as causing us to discover quite a few "new" groups.'



In 1960 it appears to still be a part of the original Districts 6 & 7. **In January 1967 it appears the boundaries of the districts had been redrawn and/or renumbered and District 05 looks to covers the same cities it does today – Orange, Tustin, Santa Ana, Villa Park, Silverado Canyon.** Ellery St., Area 09 Chair and Alternate Delegate (1968-69) and Delegate (1970-71) wrote in 1968, "Recently our General Assembly remapped our districts. Most of them changed their boundaries only slightly, but one inactive district was absorbed into a nearby active district, and its number, 5, was assigned to the Santa Ana - Orange - Tustin region, which was formerly part of the relatively enormous District 7. That was fine, but nothing happened, because District 5 didn't realize it was being born. Our Workshop decided to help."

Continued on Page 10...

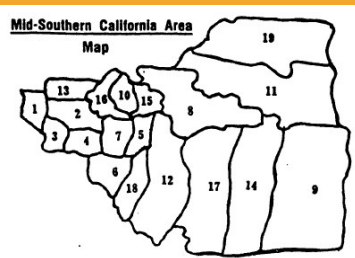
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...MID-SOUTHERN CALIFORNIA AREA 09 (MSCA09) NEWS...

CELEBRATING "60" YEARS!!

The Chronicles of MSCA 09 History – Part 4: A BRIEF HISTORY OF DISTRICT 5...continued from page 9

In 1978 Area Chair Goldene Lahann asked Delegate Denver Colvin at the MSCA Officer's Meeting (March 21, 1978) if he would make an attempt to get D. #5 going again. This includes Santa Ana, Tustin and Orange. He accepted. Like many districts in Area 09, District 05 has had times when general service participation waned, only to be brought back by members on fire. District 05 has served Area 09 with three delegates – Ellery St. (1970-71), Pete B. (2002-2003 Panel 52), and Nick M. (1997-1998-1999 Panel 48). Atlases for Area 09 in the Archives collection include hand drawn versions from 1973 and 1987. The atlases beginning in 1990 included street level boundaries and here reworked in 1994 and 2003. The latest update to the Area 09 map was adjusted for District 11 in June 2019 to extend the western boarder two blocks west into Rancho Cucamonga. General Service Office records list 188 groups in its history, of which 95 are currently active or new groups.



Contributed By:

Mitchell B.
*MSCA 09 Archivist &
MSCA 09 Panel 68 Secretary*

Checklist of Flaws and Assets

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4 Character Defect	Opposite Asset 4
aggressive, belligerent	good-natured, gentle
angry ²	forgiving, calm, generous
apathetic	interested, concerned, alert
apprehensive, afraid	calm, courageous
argumentative, quarrelsome	agreeable
arrogant, insolent	unassuming, humble
attacking, critical	fair, self-restrained
avoidant	faces problems and acts
blocking	honest, intuitive
boastful	modest, humble
careless ¹	careful, painstaking, concerned
cheating	honest
competitive (socially)	cooperative
compulsive	free
conceited ¹ , self-important	humble, modest
contradictory, oppositional	reasonable, agreeable
contrary, intractable, pigheaded	reasonable
controlling	lets go, esp. of other's lives
cowardly	brave ⁴
critical ³	non-judgmental, praising, tolerant
cynical	open-minded
deceitful	guileless, honest
defensive	open to criticism
defiant, contemptuous	respectful
denying	honest, accepting
dependent	accepts help but is self-reliant
depressed, morose	hopeful, optimistic, cheerful ⁴
dirty, poor hygiene	clean ⁴
dishonest ³	honest
disloyal, treacherous	faithful, loyal ⁴
disobedient	obedient ⁴
disrespectful, insolent	respectful, reverent ⁴
enabling	setting boundaries, tough love
envying ^{2,3}	empathetic, generous, admiring
evasive, deceitful	candid, straightforward
exaggerating	honest, realistic
faithless, disloyal	reliable, faithful
falsely modest	honest, has self-esteem
falsely prideful ^{2,3}	modest, humble
fantasizing, unrealistic	practical, realistic
fearful ³	confidant, courageous

forgetful	responsible
gluttonous ² , excessive	moderate
gossiping ³	closed-mouth, kind, praising
greedy ^{2,3}	moderate, generous, sharing
hateful ³	forgiving, loving, concerned for others
hypersensitive	tolerant, doesn't personalize
ill-tempered ¹ , bitchy	good-tempered, calm
impatient ³	patient
impulsive, reckless	consistent, considered actions
inconsiderate	thoughtful, considerate
indecisive, timid	firm, decisive
indifferent, apathetic, aloof	caring
inflexible, stubborn	open-minded, flexible
insecure, anxious	self-confident, secure
insincere ³ , hypocritical	sincere, honest
intolerant ¹	tolerant, understanding, patient
irresponsible, reckless	responsible
isolating, solitary	sociable, outgoing
jealous ^{1,3}	trusting, generous, admiring
judgmental	broadminded, tolerant
justifying (own actions)	honest, frank, candid
lack of purpose	purposeful
lazy, indolent	industrious, conscientious
loud	tasteful, quiet
lustful ²	healthy sexuality
lying ³	honest
manipulative	candid, honest, non-controlling
masked, closed	honest, open, candid
nagging	supportive
narrow minded	open minded
obscene, crude	modest, courteous
over emotional	emotionally stable
perfectionistic	realistic goals
pessimistic	realistic, hopeful, optimistic, trusting
possessive	generous
prejudiced	open-minded
procrastinates ³	disciplined, acts promptly
projecting (negative)	clear sighted, optimistic
rationalizing	candid, honest
resentful ^{1,3} , bitter, hateful	forgiving
resisting growing	willing to grow
rude, discourteous	polite, courteous ⁴

sarcastic ¹	praising, tolerant
self-important ³	humble, modest
self-centered	caring of others
self-destructive, self-defeating	self-fulfilling
self-hating	self-accepting, loving
self-justifying ³	admitting wrongs, humble
self-pitying ³	grateful, realistic, accepting
self-righteous	humble, understanding
self-seeking ³	selfless, concerned for others
selfish ^{1,3}	altruistic, concerned with others
shy	outgoing
slithful (lazy) ^{2,3}	industrious, taking action
spiteful, malicious	forgiving
stealing	honest
stubborn	open-minded, willing
sullen	cheerful
superior, grandiose, pretentious	humble
superstitious	realistic, no magical thinking
suspicious	trusting
tense	calm, serene
thinking negatively ³	being positive
treacherous	trustworthy
undisciplined, self-indulgent	disciplined
unfair	fair
unfriendly, hostile, bitchy	friendly ⁴
ungrateful	thankful, grateful
unkind, mean, malicious, spiteful	kind ⁴
unsupportive of others	supportive
untrustworthy, unreliable, dishonest	trustworthy ⁴
useless, destructive	helpful ⁴
vain	modest, humble
vindictive	forgiving
violent	gentle
vulgar ³	polite
wasteful	thrifty ⁴
willful	accepting of the inevitable
withdrawn	outgoing
wordy, verbose	frank, to the point, succinct

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Other dysfunctional ways of acting, feeling or thinking which cause others or me pain (specify in the following Review of Flaws).

See source footnotes on page 2.

...CONTRIBUTIONS BY OTHERS...

~ Booze Cruise Wins ~

Prior to getting sober on October 22, 2010, you might find me on a Carnival "Booze Cruise" and I was for sure drunk. I remember back in the day, my drink bill was so big; they had to put it in separate envelopes to fit it under my cabin door. Apparently these days it is all electronic, but not the case back when I was boozing and cruising.

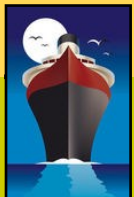
In the last year I have sailed Carnival again two times on the infamous booze cruise to Ensenada. The first time in sobriety was May 2018 as a graduation present from my husband for completing my master's degree in social work and then another trip two weeks ago to celebrate my best friend's 50th birthday.

Hidden inside the daily list of activities they shove under your door each night is the magic language that only us alcoholics know..."2:00 pm in the Ships Library is a "Friend's of Bill W." meeting. Last year when I was on board the ship I made a note to plan all of my activities around attending this meeting. When I walked into the Library on board I scanned the room. There were three possible options. The first was an older couple playing chess while both reading a separate book and not talking to each other at all, the second option was a teenager taking copious selfies in the corner and then there was the third choice. A young man with big eyes and an eager smile looking anxious and hopeful. Our eyes met and he said, "Please tell me you are a friend of Bill W.'s because I feel like I am dying." I covered my face with the warmest smile I could muster joined him and said whole heartedly..."Yes, I am a friend of Bill W. and we got this friend."

We sat for an hour and learned about each other and talked about the insanity on the boat and how we could show up for each other and successfully navigate this cruise sans the booze.

A year later I walked into the same library and scanned the empty room, in the corner was one woman with a huge smile on her face, "Friend of Bill W.?" she asked, I returned with a big smile and nodded yes. Like the year before she and I learned about each other, she was a chronic relapser and was at the 4 month mark where she typically relapses and desperate to not fall into her previous pattern.

Both cruises were huge reminders of the simple fact that where two or more of us gather, we are a meeting and we have solutions and the power to carry the message to one another. As I walked around those ships, just knowing another sober member of Alcoholic's Anonymous was on board offered me some comfort, I was not alone, we are not alone, this is a we program not a me program, and for that I am grateful.



Contributed By:

Tonia S.

District 5 Secretary and
District 5 Public Information



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

DID YOU KNOW???

How Can A.A. Groups Help G.S.O.?

The final responsibility for, and the benefits of, what gets done by G.S.O. depends very much on each and every group.

If groups want A.A. to be available to the newcomer today and in the future, their participation in the work of G.S.O. is needed. Here are a few of the things groups can do to help:

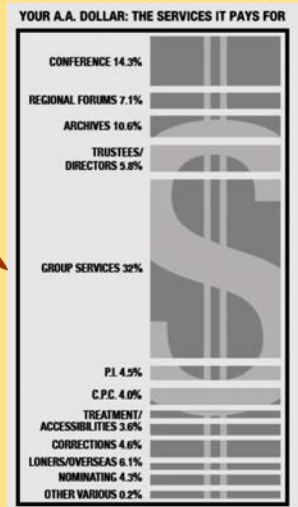
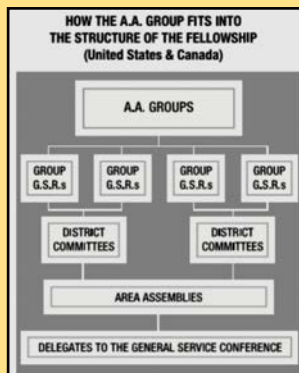
1. Stay informed about what goes on at G.S.O, because your group may be affected. And ask questions. The more you know about A.A., the more useful you can be in carrying the message.
2. Choose a qualified general service representative. The G.S.R. acts as the important liaison between the group and A.A. as a whole – carrying the group’s voice to the general service structure, and reporting news of the greater Fellowship back to the home group.
3. It is important to inform G.S.O. of any group changes – such as information concerning a new G.S.R. or a change in address or group name. This is the only way to keep information coming to your group without interruption.

Once your group service number has been assigned by G.S.O., it should be used on all communications from your group to G.S.O. to ensure faster processing and greater accuracy.

G.S.O. furnishes a form specifically for the purpose of recording changes in existing group information “For Use in Changing Group Information” (not to be confused with the “New Group Form” for startup groups, see page 17). You can request the form by mail at: Group Services, Box 459, Grand Central Station, New York, NY 10163; or download the form from our website at aa.org.



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~ Do you know if your group is registered with G.S.O.?

~ Do you know if your group has helped or is helping G.S.O.?

In keeping with our 7th Tradition.....
GROUP DONATIONS MADE TO “DISTRICT 5”
~ 2019 – 1st & 2nd Quarters ~

GROUP #	GROUP NAME	CITY	JAN	FEB	MAR	APR	MAY	JUN	"2019" GROUP TOTAL TO DATE
725611	6am Step Study	Orange	\$ -	\$ -	\$ -	\$ 26.40	\$ -	\$ -	\$ 26.40
102350	12 Steps And 12 Traditions Study Group	Tustin	\$ -	\$ 5.00	\$ -	\$ -	\$ 6.00	\$ -	\$ 11.00
606997	12:00pm Step Study Group	Orange	\$ -	\$ -	\$ -	\$ -	\$ 40.00	\$ -	\$ 40.00
649516	777 Newcomers Men Stag	Orange	\$ 60.00	\$ 60.00	\$ -	\$ -	\$ -	\$ 60.00	\$ 180.00
131258	9:02 Group	Tustin	\$ -	\$ -	\$ -	\$ -	\$ 10.00	\$ -	\$ 10.00
652296	Alkies Winner Circle	Tustin	\$ 17.60	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 17.60
713798	AOCYPAA	Lag. Beach	\$ -	\$ -	\$ -	\$ -	\$ 5.21	\$ -	\$ 5.21
136826	As Bill Sees It	Orange	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 15.00	\$ 15.00
722230	Chapman & Lewis AA Group	Orange	\$ 60.00	\$ 50.00	\$ -	\$ 80.00	\$ -	\$ 75.00	\$ 265.00
126119	Early Birds Group	Orange	\$ 7.39	\$ -	\$ -	\$ 14.06	\$ -	\$ -	\$ 21.45
632837	Foothill Early Risers	Tustin	\$ 30.74	\$ -	\$ -	\$ -	\$ 54.00	\$ -	\$ 84.74
725120	Forever Non-Professional	Orange	\$ -	\$ -	\$ -	\$ -	\$ 18.60	\$ -	\$ 18.60
172225	How It Works	Orange	\$ -	\$ -	\$ -	\$ -	\$ 7.00	\$ -	\$ 7.00
700349	It's In The Book	Tustin	\$ -	\$ 26.00	\$ 15.30	\$ -	\$ -	\$ -	\$ 41.30
680752	Keep It Simple Group	Orange	\$ 10.46	\$ -	\$ -	\$ 15.00	\$ -	\$ 18.66	\$ 44.12
718618	Ladies Night Book Study Group	Orange	\$ -	\$ -	\$ 20.00	\$ -	\$ -	\$ 22.50	\$ 42.50
132998	Mon Nite Beginners Disc Group	Orange	\$ -	\$ -	\$ -	\$ 10.00	\$ -	\$ -	\$ 10.00
670924	Not A Glum Lot	Orange	\$ -	\$ -	\$ -	\$ 10.00	\$ -	\$ -	\$ 10.00
No #	On The Way Home	Irvine				\$ 15.00	\$ -	\$ -	\$ 15.00
616357	Sober & Crazy Speaker Meeting	Tustin	\$ 14.18	\$ -	\$ 9.20	\$ 43.35	\$ 23.85	\$ -	\$ 90.58
697139	Spiritual Experience Group	Tustin	\$ -	\$ -	\$ 60.00	\$ -	\$ -	\$ 60.00	\$ 120.00
146970	Sunday Morning B/B Study Group	Orange	\$ -	\$ -	\$ -	\$ 16.11	\$ -	\$ -	\$ 16.11
722902	The Name in the Hat	Orange	\$ -	\$ 30.00	\$ -	\$ -	\$ -	\$ 100.00	\$ 130.00
655929	(The) Other 12 & 12 (Twin Towers)	Orange	\$ -	\$ -	\$ -	\$ -	\$ 10.00	\$ -	\$ 10.00
62890	Thur Night Newcomers Group	Orange	\$ -	\$ -	\$ -	\$ -	\$ 12.00	\$ -	\$ 12.00
696177	Tustin Acceptance Group	Tustin	\$ -	\$ 15.00	\$ -	\$ 15.00	\$ -	\$ 15.00	\$ 45.00
130429	Tustin Attitude Modification Group	Tustin	\$ 65.24	\$ 68.71	\$ 59.63	\$ 47.29	\$ 75.76	\$ 53.68	\$ 370.31
678232	Tustin Big Book Study	Tustin	\$ 5.00	\$ -	\$ 5.72	\$ 12.35	\$ -	\$ -	\$ 23.07
662400	Tustin Mon Evening Womens 12&12 Group	Tustin	\$ 8.80	\$ -	\$ -	\$ -	\$ 10.00	\$ -	\$ 18.80
168129	Tustin Rush Hour Group	Tustin-Orange				\$ 37.50	\$ -	\$ -	\$ 37.50
No #	Weds Orange 6pm Women's	Orange						\$ 8.00	\$ 8.00
179495	Wed Nite Womens Solutions Grp	Tustin	\$ -	\$ 14.29	\$ 5.30	\$ -	\$ 5.73	\$ 9.78	\$ 35.10
630797	Wednesday Morning Smashing Donuts Group	Orange F/C	\$ -	\$ 31.25	\$ -	\$ -	\$ -	\$ -	\$ 31.25
725707	We've Got a Coffee Pot	Orange	\$ 75.00	\$ -	\$ -	\$ -	\$ 75.00	\$ -	\$ 150.00
638840	Womens Step Study Group	Tustin	\$ -	\$ -	\$ -	\$ 10.00	\$ -	\$ -	\$ 10.00
MONTHLY TOTALS			\$ 354.41	\$ 300.25	\$ 175.15	\$ 352.06	\$ 353.15	\$ 437.62	\$ 1,972.64



THANK YOU!!



Attention Meeting Group Secretaries and Treasurers...

When sending in a 7th Tradition donation/contribution, please be sure to notate 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