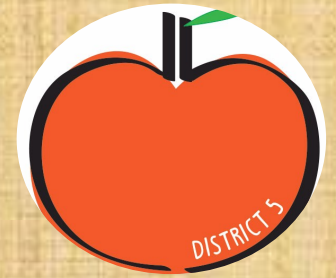


District 5 Newsletter



1ST QUARTER—2020

District 5 Newsletter Editor: Vicki R. / Orange

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

AREA OF “DISTRICT 5”

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:

A.A. Pamphlet: 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.)

CITIES WITHIN “DISTRICT 5”
Cowen Heights, Lemon Heights, Orange,
Orange Park Acres, (parts of) Santa Ana, Tustin, and Villa Park



Being of Service...

DISTRICT 5 / PANEL 70 (2020-2021)
TRUSTED SERVANTS

...OFFICERS AND COMMITTEE MEMBERS...

OFFICERS

| | |
|---|---|
| DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.) | RYAN H. (hvacman25@gmail.com) |
| ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.) | ISAAC M. (isaacmagana20@gmail.com) |
| SECRETARY | CHRIS W. (cwheelerx@gmail.com) |
| TREASURER | VICKI R. (wrkaaitwrks@aol.com) |
| REGISTRAR | LISA H. (likafaul@gmail.com) |

DISTRICT COMMITTEE MEMBERS (DCMs)

| | |
|---|--------------------|
| DISTRICT COMMITTEE MEMBER (DCM) - WOMEN'S DAY | LISA H. |
| DISTRICT COMMITTEE MEMBER (DCM) - WOMEN'S EVENING | LISA H. |
| DISTRICT COMMITTEE MEMBER (DCM) - MEN'S GROUP | DAVID H. |
| DISTRICT COMMITTEE MEMBER (DCM) - EAST ORANGE | MARIO P. |
| DISTRICT COMMITTEE MEMBER (DCM) - WEST ORANGE | GREG A. |
| DISTRICT COMMITTEE MEMBER (DCM) - (ORANGE) FRIENDSHIP CLUB AM | OPEN (Your Name??) |
| DISTRICT COMMITTEE MEMBER (DCM) - (ORANGE) FRIENDSHIP CLUB PM | OPEN (Your Name??) |
| DISTRICT COMMITTEE MEMBER (DCM) - SANTA ANA ALANO CLUB | OPEN (Your Name??) |
| DISTRICT COMMITTEE MEMBER (DCM) - SANTA ANA | CASEY D. |
| DISTRICT COMMITTEE MEMBER (DCM) - NORTH TUSTIN | STEVE C. |
| DISTRICT COMMITTEE MEMBER (DCM) - SOUTH TUSTIN | STEVE C. |

STANDING COMMITTEES CHAIRS

| | |
|--|--------------------|
| ACCESSIBILITIES | OPEN (Your Name??) |
| ARCHIVES | OPEN (Your Name??) |
| COOPERATION WITH THE PROFESSIONAL COMMUNITY (C.P.C.) | OPEN (Your Name??) |
| CONVENTION LIAISON | ROB B. |
| GRAPEVINE | KYLE B. |
| GSR SCHOOL | ROB S. |
| HOSPITALS & INSTITUTIONS (H&I) LIAISON | LINDSEY K. |
| INTERGROUP LIAISON | SCOTT B. |
| LITERATURE | GLENDA R. |
| NEWSLETTER | VICKI R. |
| PUBLIC INFORMATION (P.I.) | OPEN (Your Name??) |

VOLUNTEER POSITIONS

| | |
|---------------|----------|
| CAKE SERVICES | DAVID H. |
| COFFEE | DAVID H. |

INSIDE THIS ISSUE:

| | |
|--|-------------------|
| Steps , Traditions, and Concepts – 1 thru 3 – | 2 |
| ...Meeting Group News.... | 3 |
| Upcoming Sober Events & Announcements | 4– 6 |
| “District 5” Sobriety Birthdays | 7 |
| New GSRs / Alternate GSRs | |
| A.A. Related Websites | 8 |
| District 5 ‘2020/2021’ Election Results | |
| Contributions By Others... | 9 & 10 |
| Need to Find A Meeting?? ♦ Meeting Guide Mobile App | 10 |
| Meeting Groups with Active GSRs | 11 |
| Group Donations Made to “District 5” | 12 |

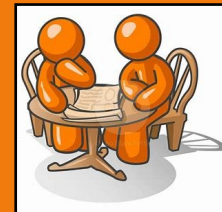


If you're interested in **being of service** and would like to be involved in "District 5" by volunteering for an "OPEN" commitment, please join us at the next District 5 meeting and let us know. We'd love to have you join us!!



STEPS, TRADITIONS, AND CONCEPTS OF A.A.

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



STEPS: 1 THRU 3

1.

"We admitted we were powerless over alcohol – that our lives had become unmanageable."

2.

"Came to believe that a Power greater than ourselves could restore us to sanity."

3.

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

UNMANAGEABLE (#1): "Beyond our ability to influence, direct, control, predict, or sustain ones life in a satisfactory, required, or desired fashion" (The Little Big Book Dictionary)

TRADITIONS: 1 THRU 3

1.

Short Form:

"Our common welfare should come first; personal recovery depends upon A.A. unity."

2.

Short Form:

"For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

3.

Short Form:

"The only requirement for A.A. membership is a desire to stop drinking."

CONSCIENCE (#2): "Moral sense / conformity to one's own sense of right conduct" (The Little Big Book Dictionary)

CONCEPTS: 1 THRU 3

1.

Short Form:

"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

2.

Short Form:

"The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs."

3.

Short Form:

"To insure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional "Right of Decision."



ENDOW (#3): "Provide / give / present with a quality, trait, or power" (The Little Big Book Dictionary)

...MEETING GROUP NEWS...

***NEEDS YOUR HELP
IN FILLING CHAIRS...***

WEDNESDAY NIGHT

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



FRIDAY NIGHT

Group Name: FRI. NIGHT NO-PUFFERS
 Type: Speaker / Open Meeting
 Time: 8:00pm
 Old Location: Community of Christ Church
 395 S. Tustin
 Orange 92865

SUNDAY NIGHT

Group Name: SUNDAY NIGHT SPEAKERS OF ORANGE
 Type: Speaker / Open Meeting
 Time: 7:00pm
 Location: Revive Covenant Church
 250 S. Prospect St., Orange 92869

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



MONDAY NIGHT

Group Name: MENS BYOB 12X12 STUDY
 Type: Closed
 Time: 7:00pm
 New Location: Tustin Presbyterian Church
 225 W. Main St., Tustin 92780
 Rm. 205 /Upstairs

***NEW
NEW MEETING!!***

SATURDAY MORNING

Group Name: THE HIKING MEETING
 Type: Closed
 Time: 10:00am
 Location: Peters Canyon Regional Park
 8548 E. Canyon View, Orange 92869



A new and unique experience is waiting for you at "The Hiking Meeting". We begin by stretching and reading unique excerpts from the 12 & 12 and the Big Book, then we walk in open discussion for thirty (30) mins, we rest, we read, we walk and talk. This closed meeting is an hour of walking and thirty (30) minutes of structured program. Do the steps and get your steps in! Be sure to bring water and sunscreen, and anything else you find appropriate for a hike. We meet next to the restrooms, which are deep within the parking lot area. Adapting to change is accepting "life on life's terms". Come and support this seedling of an idea. Your presence will make it a better meeting! Parking is \$3.00 per vehicle and it can be a bit crazy to find a spot, so be prepared. You may want to consider carpooling.



For more info: Linda M. (714) 390-8007

FOR OUR 'VIETNAMESE' FELLOWSHIP MEMBERS...

A new meeting has started!!

SATURDAY MORNING

NGHIEN RUOU CHO NHUNG
 NGUOI NGHIEN RUOU

Time: 10:00am-11:00AM
 Location: Fountain Valley Alano Club
 16581 Brookhurst Street
 Fountain Valley, CA 92708

For more information text CATHY at: (714) 376-2178

Be sure to let both DISTRICT 5 and O.C. CENTRAL OFFICE know if your meeting group has changed its location, day/start time, or has become inactive, as your meeting may be the one a 'head-spinning' suffering alcoholic may be needing.

Does your meeting have information that it'd like to share with others??
 If so, email it to District 5's Newsletter Editor (Vicki R.) at wrkaaitwrks.com and it will be included in the next quarterly newsletter.

UPCOMING SOBER EVENTS

DISTRICT 5

Feb. 10, 2020 (Mon) @ 6pm:

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

Feb. 13, 2020 (Thurs) @ 7pm-8:30pm:

— **GSR Meeting** —
("New GSR" sign-up / orientation @ 6:30pm)

Church of the Foothills
19211 Dodge Ave., No. Tustin 92705
(Corner of Dodge & Newport Ave.)

Mar. 9, 2020 (Mon) @ 6pm:

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

Mar. 12, 2020 (Thurs) @ 7pm-8:30pm:

— **GSR Meeting** —
("New GSR" sign-up / orientation @ 6:30pm)

Church of the Foothills
19211 Dodge Ave., No. Tustin 92705
(Corner of Dodge & Newport Ave.)

Apr. 6, 2020 (Mon) @ 6pm:

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

Apr. 9, 2020 (Thurs) @ 7pm-8:30pm:

— **GSR Meeting** —
("New GSR" sign-up / orientation @ 6:30pm)

Church of the Foothills
19211 Dodge Ave., No. Tustin 92705
(Corner of Dodge & Newport Ave.)

Apr. 5, 2020 (Sun)

District 5 is hosting the...

— **PRE-CONFERENCE WORKSHOP** —

More Info to Follow

AREA 09

Feb. 9, 2020 (Sun)

— **AREA SERVICE COMMITTEE — (ASC)**
(Hosted by District 20)

UFCW LOCAL 324
(Meeting will be located on the Second Floor)
8530 Stanton Avenue Buena Park, CA 90620

Mar. 15, 2020 (Sun)

— **AREA SERVICE COMMITTEE — (ASC)**
(Hosted by District 15)

*When available, more information will be posted
on Area 09's website (www.msca09aa.org)*

Apr. 5, 2020 (Sun)

— **PRE-CONFERENCE WORKSHOP** —
(Hosted by District 5)

*This event is where our Area 9 Delegate gathers
Area feedback to take to the General Service
Conference and vote on behalf of our Area.*

*When available, more information will be posted
on Area 09's website (www.msca09aa.org)*

May 17, 2020 (Sun)

— **ASSEMBLY-DELEGATE SHAREBACK** —
(Hosted by District 18)

*When available, more information will be posted
on Area 09's website (www.msca09aa.org)*

Visit www.msca09aa.org for
additional information on upcoming events.



O.C. CENTRAL OFFICE

Feb. 5, 2020 (Weds) @ 7pm

— **INTERGROUP MEETING** —

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

Mar. 11, 2020 (Weds) @ 7pm

— **INTERGROUP MEETING** —

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

Apr. 8, 2020 (Weds) @ 7pm

— **INTERGROUP MEETING** —

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

*Intergroup meetings are held every
2nd Wednesday of the month.*

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

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

A big "THANK YOU" to our own District 5 Panel 70 DCMC, Ryan H., for not only being of service to us, but also to Area 09 as their Panel 70 Convention Liaison.

Attention Meeting Group Secretaries / Treasurers.....

When sending a 7th Tradition donation/contribution to District 5 for your group, please note the following information so that District 5 can be sure your meeting group receives acknowledgement, along with a receipt:

- (1) **Group number** (issued by the General Service Office)
- (2) **Meeting group name and day & time of meeting**
- (3) **Name and mailing (or email) address of whom to send the receipt to.**



If your group number isn't known, ask your GSR to speak to the "District 5" Registrar (Lisa H.) at the next monthly (2nd Thursday) District meeting. You can also request that information by sending her an email: likafaul@gmail.com

Address for Correspondence and 7th Tradition Donations:

District 5, M.S.C.A - P.O. Box 3374, Tustin, CA 92781



**56TH INTERNATIONAL WOMEN'S CONFERENCE
INDIANAPOLIS, FEBRUARY 20-23, 2020**

JW MARRIOTT HOTEL
101 S. WEST ST., INDIANAPOLIS, IN 46204
(317) 860-5800

FOR MORE INFO:

WWW.INTERNATIONALWOMENSCONFERENCE.ORG

UPCOMING SOBER EVENTS

(Continued...)

*** February & March & April ***

**February 27 —
March 1, 2020**

STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
STRANGE AS THIS MAY SEEM
ALL CALIFORNIA YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS



February 27 - March 1
2 0 2 0

Sheraton Grand
1230 J Street
SACRAMENTO, CALIFORNIA

Acypaa48@gmail.com
register at www.ACYPAA.org

March 6 — 8, 2020

MARCH 6 - 8, 2020

WESTIN LA PALOMA RESORT
3800 E. SUNRISE DRIVE, TUCSON, ARIZONA 85718



For online registration, hotel reservations,
to volunteer, and for general information visit

www.PRAASA.org

March 14, 2020

**PRE-CONFERENCE
"BOOT CAMP"**

ATTENTION GSR REPS!

2020 PRE-CONFERENCE BOOT CAMP

General Service Districts 6, 12, and 18 are all getting together to put on a Pre-Conference Boot Camp! We will be going over agenda items for the April General Service Conference. We will teach how to create a "fit" and Informed Group Conscience. This is the meat and potatoes of your GSR commitment where your voice truly matters! Anyone in General Service that is eager to learn more is welcomed to join!

SATURDAY

MARCH 14, 2020

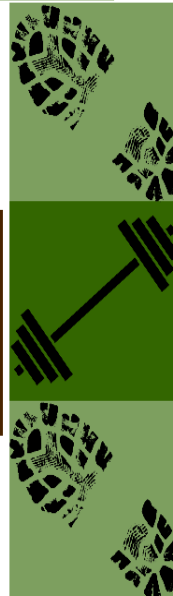
11 AM - 4 PM

BBQ LUNCH PROVIDED FROM 11-12
SNACKS, COFFEE, AND TEA

REGISTER FOR THIS FREE EVENT:

<https://forms.gle/FqUVctPHqvTC1H4C9>

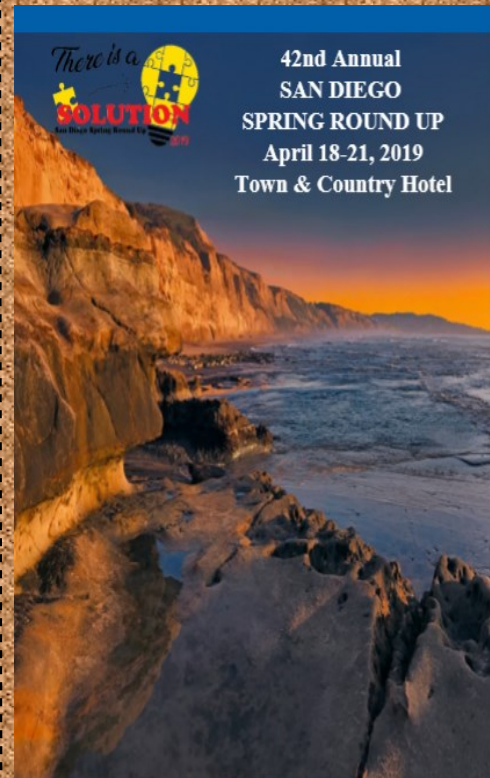
Laguna Country United Methodist Church
24442 Moulton Parkway,
Laguna Woods, CA 92637



REGISTRATION:

<https://forms.gle/FqUVctPHqvTC1H4C9>

April 9 — 12, 2020



42nd Annual
SAN DIEGO
SPRING ROUND UP
April 18-21, 2019
Town & Country Hotel

Marathon Meetings - Speakers - Young at Heart - Al Anon - Alateen -
Spanish Meetings - Panels - Meditation - Yoga - Movies - Dances - Sporting
Events - Comedy & Ice Cream Social - Variety Show -
and Much, Much More!

Address:

**500 Hotel Circle North
San Diego, CA 92108**

For More Information:

www.sandiegospringroundup.com/

Per PRAASA website:

The Pacific Region Alcoholics Anonymous Service Assembly is an annual assembly hosted by one of the 15 areas in the Pacific Region of Alcoholics Anonymous each year and it therefore moves around the region.

The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and areas of the Pacific Region.
- Encourage the exchange of ideas and experiences.
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.
- The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

Hosted by Arizona Area 03 in Tucson, AZ. Come join over 1000 excited AA members from all over the Pacific Region and be part of this unforgettable event. The entire weekend is packed with panels, round table discussions, presentations, open mike sharing, speakers, wonderful meals and ongoing fellowship.

UPCOMING SOBER EVENTS

(Continued...)



*** April thru July ***

April 10 – 12, 2020

June 11 – 14, 2020

35th Annual OCAA Convention
with Al-Anon Participation



A VISION FOR YOU



April 10th, 11th and 12th 2020

Hilton Orange County Costa Mesa, CA

Room Rates: \$129 until March 24th, 2020.

Then \$139 through the convention.

714-540-7000 Hotel Code: FUNN

Or register online: OCAAC.ORG

Order your shirts online with more style options
Limited selections at the convention

Order form on back

A.A. Desert Pow Wow 2020 with Al-Anon Participation

Renaissance Esmeralda Resort & Spa
44-400 Indian Wells Ln,
Indian Wells, CA

For More Info:

www.desertpowwow.com

On-Line Registration:

Closes 06/04/2020

Mail in Registration:

Must be postmarked by 06/01/2020

Do you know of any AA related events which are happening in 2020 and would like them included in the next quarterly District 5 Newsletter? If so, be sure to send the info to your District 5 Newsletter Editor:

wrkaaitwrks@aol.com

July 2 – 5, 2020



**2020 INTERNATIONAL CONVENTION
ALCOHOLICS ANONYMOUS**

July 2-5, 2020 | Detroit, Michigan

Love and Tolerance Is Our Code

**Advanced
Registration
Deadline:**

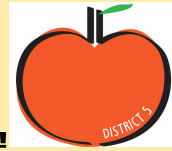
April 15, 2020

For More Info:
https://www.aa.org/pages/en_US/international-convention-2020





**DISTRICT 5
*** SOBRIETY BIRTHDAYS ***
(NOVEMBER 2019 - JANUARY 2020)**



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

****NOVEMBER 2019****

- * David H: Alt-GSR ("How It Works" - Orange) / GSR ("Alkies Only - Orange) / Coffee & Cake Volunteer ("District 5") ~ 2 Yrs.
- * Christina W: GSR ("Thursday Noon Discussion Group" - Orange F/Club) ~ 6 Yrs.

****DECEMBER 2019****

- * Chuck W: GSR ("Tustin Rush Hour" - Tustin & Orange) ~ 13 Yrs.

****JANUARY 2020****

- * Chris H: GSR ("Friday On A Monday" - Orange) ~ 6 Yrs.
- * Casey D: GSR ("Keep It Simple" - Orange) ~ 30 Yrs.
- * Bruce D: GSR ("Hart Park Newcomers Group" - Orange) ~ 35 Yrs.
- * Mike M: GSR ("24 Hour Book Group" - Villa Park) ~ 35 Yrs.



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

YEARS127
MONTHS 1,524
WEEKS 6,622
DAYS..... 46,355
HOURS.....1,112,520
MINUTES66,751,200



THE GENERAL SERVICE OFFICE
POST OFFICE BOX 459
GRAND CENTRAL STATION
NEW YORK NY 10163-0459

GSO...THE BIRTHDAY PLAN

"Contributions to the General Service Office support G.S.O.'s services to members and groups throughout Canada and the U.S. and help ensure that the A.A. message is carried around the world. The services that the G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety."
For More Info: www.aa.org/pages/en_US/the-birthday-plan

**A.A.
RELATED WEBSITES**

- Alcoholics Anonymous www.aa.org
- MSCA 09 / District 5 www.msca09aa.org
- OC Central Office www.oc-aa.org
- Box 4-5-9 www.aa.org/pages/en_US/box-4-5-9-news-and-notes-from-gso
- Grapevine www.aagrapevine.org
- OC A.A. Convention www.oaac.org
- AA Online Intergroup www.aa-intergroup.org
- All O.C. Young People In A.A.... 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/or Alternate GSRs...

| NAME | GROUP | CITY |
|----------------------|--------------------------------|------------|
| ♦ Art B. (GSR) | Winners Circle Group | Anaheim |
| ♦ Bruce D. (GSR) | Hart Park Newcomers Group | Orange |
| ♦ Charley R. (GSR) | Not A Glum Lot | Orange |
| ♦ Chris H. (GSR) | Friday On A Monday Discussion | Orange |
| ♦ Kyle C. (GSR) | Slippery Slope (Young Peoples) | Orange |
| ♦ Mario P. (Alt-GSR) | Forever Non-Professional | Orange |
| ♦ Mike M. (GSR) | 24 Hour Book Group | Villa Park |



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 any changes, please be sure to notify your District 5 Registrar (*Lisa H.*) via email, or by attending a District 5 meeting and giving her (or the GSR School Committee Member - Rob S.) the applicable information. The information will be forwarded to both the area and the General Service Office.

You can find information on the next "District 5" meeting on Page 5 (*Upcoming Events & Announcements*) of this newsletter.

DISTRICT 5 Panel 70 (2020-2021)



ELECTION RESULTS

(District 5 elections were held on November 14, 2019 during the District 5 GSR Meeting.)

A big THANK YOU to the following:

Area 09's ED L. (*Delegate*) and MITCHELL B. (*Area Chair and Archivist*) for taking time out of their extremely busy schedule to oversee and facilitate our elections! Their expertise and knowledge in this process truly helped make the election process run smoothly. And to the following District 5 position holders for their willingness to volunteer and to be of service!

DISTRICT OFFICERS

- District Committee Member Chair (D.C.M.C.): *RYAN H.*
- Alt. District Committee Member Chair (ALT-D.C.M.C.): *ISAAC M.*
- Secretary: *CHRIS W.*
- Treasurer: *VICKI R.*
- Registrar: *LISA H.*

DISTRICT COMMITTEE MEMBERS (D.C.M.)

- D.C.M. Men's Groups: *DAVID H.*
- D.C.M. Women's Day & Evening: *LISA H.*
- D.C.M. East Orange: *MARIO P.*
- D.C.M. West Orange: *GREG A.*
- D.C.M. Santa Ana: *CASEY D.*
- D.C.M. Santa Ana Alano Club: *Open*
- D.C.M. North & South Tustin: *STEVE C.*
- D.C.M. Friendship Club AM: *Open*
- D.C.M. Friendship Club PM: *Open*



STANDING COMMITTEE CHAIRS

- Accessibilities: *Open*
- Archives: *Open*
- Convention Liaison: *ROB B.*
- Cooperation with the Professional Community (C.P.C.): *Open*
- Grapevine: *KYLE B.*
- G.S.R. School: *ROB S.*
- Hospitals & Institutions (H&I) Liaison: *LINDSEY K.*
- Intergroup Liaison: *SCOTT B.*
- Literature: *GLEND A R.*
- Newsletter: *VICKI R.*
- Public Information (P.I.): *Open*

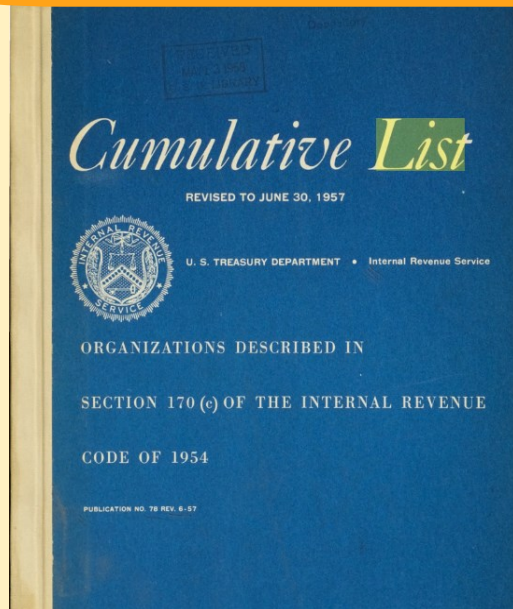


VOLUNTEER POSITIONS

- * Coffee Maker & Cake Person: *DAVID H.*

Contribution By Others...

Internal Revenue's 1957 List of Alcoholics Anonymous Organizations



- Alcoholics Anonymous, Birmingham, Ala.
- Alcoholics Anonymous, Manitowoc, Wis.
- Alcoholics Anonymous, Pittsburgh, Pa.
- Alcoholics Anonymous Baltimore Group, Baltimore, Md.
- Alcoholics Anonymous Central Committee, Portland, Oreg.
- Alcoholics Anonymous, Central Office of Southern California, Los Angeles, Calif.
- Alcoholics Anonymous, Central Service Committee, Boston, Mass.
- Alcoholics Anonymous Chicago Group, Chicago, Ill.
- Alcoholics Anonymous Cleveland District Office, Cleveland, Ohio.
- Alcoholics Anonymous East Bay Fellowship, Oakland, Calif.
- Alcoholics Anonymous Grapevine, Inc., The, New York, N. Y.
- Alcoholics Anonymous, Group 1, Fort Worth, Tex.
- Alcoholics Anonymous, Inc., Oklahoma City, Okla.
- Alcoholics Anonymous, Milwaukee Group, Milwaukee, Wis.
- Alcoholics Anonymous of Denver, Colo., Inc., Group One, Denver, Colo.
- Alcoholics Anonymous of Greater Detroit, Detroit, Mich.
- Alcoholics Anonymous of North Hollywood, North Hollywood, Calif.
- Alcoholics Anonymous of Philadelphia, Inc., Philadelphia, Pa.
- Alcoholics Anonymous of San Diego County, Calif., San Diego, Calif.
- Alcoholics Anonymous of Tulsa, Inc., Tulsa, Okla.
- Alcoholics Anonymous of Wichita Falls Texas, Inc., Group No. 1, Wichita Falls, Tex.
- Alcoholics Anonymous—Original Seattle Group, Seattle, Wash.
- Alcoholics Anonymous Publishing, Inc., New York, N. Y.
- Alcoholics Anonymous San Francisco Fellowship, San Francisco, Calif.

CHANGING TIMES / JANUARY 1950

"HELP ALCOHOLICS — THEY'RE SICK"



help alcoholics
—THEY'RE SICK

ALL of a sudden the talk died down among the three men who sat before an open fireplace in a fine old house not long before Christmas. It was just as well, they thought. The conversation had been melancholy. It was talk of wars and the anxieties that plagued the world even into the season of peace.

The host rose and chunked the crumbling gray logs. Back in his chair he said: "I propose now to talk about a blessing. I claim it's the greatest thing in the century. I talk it to everybody who will listen, and everybody else should talk it, too. It is that alcoholics aren't just drunk. They are sick."

The two guests knew him very well. One said: "Your own worries are over. You're cured."

"That's a nice point," said the host, "but I'm not cured. No alcoholic is ever cured. There are cures for pneumonia and malaria. There is none for alcoholism. But I'm cured to this extent. I know that my troubles with liquor were a sickness, not cussedness. I now keep away from what makes me sick, as a diabetic keeps off sugar. I try, too, to keep thinking straight and to avoid those attitudes that encouraged drink. People are waking up to that now. That's what I called the great blessing. It's the only hope for alcoholics."

That well-to-do man in that fine house has brethren in other fine houses, in more modest houses and in hovels and gutters. They number close to 2 million. They are the out-and-

out alcoholics, the compulsive drinkers. Some students say that such drinkers have an "obsession of the mind coupled with an allergy of the body" which will not allow them safely to take one drink. In any case, it is now known that their trouble is a sickness, with a large emotional basis.

This discovery is important to the husbands and wives, the fathers and mothers, the sons and daughters of alcoholics. It is important to their friends and employers. For the recognition that the great majority of alcoholics are sick is the first essential step in helping them cure themselves.

The alcoholics are a scientific phenomenon not to be confused with the 60 million Americans who can and do drink without impairment to mind and body.

There is no infallible explanation of how the alcoholic got that way. And it is not precisely known how to spot an alcoholic before he proves himself one. These things lie in the mystery of individual minds and the chemistry of individual bodies.

But some signposts to alcoholism do exist. The clearest is the presence of the compulsion to drink. Can the person take a drink, within his own good judgment of consequences, or leave it alone? If he cannot leave it alone, whether it is one drink or a quart, trouble is beginning.

The fact that he can go a week or six months between drinks or benders proves nothing if

Contribution By Others... "Help Alcoholics..." (continued from Page 9)

suddenly he wants a drink and can't resist it. The dangerous signpost of compulsion is present. If humored it can play vicious tricks.

There are other signposts, not necessarily infallible. One is secret drinking; another is the furtive hiding of whisky. Another is drinking, however much, at odd hours, as in the mornings. Another is an extraordinary effect of alcohol on the physical system. Not the usual hangover everyone suffers after overindulgence but peculiar and cruel hangovers which, of themselves, scream for "another drink." If that urge is heeded, look out!

THE great sign, still, is the compulsion. What causes a man to "have to take a drink"? What, ask psychiatrists, causes any compulsion? Dr. Robert V. Seliger, Baltimore psychiatrist, says, in *Science News Letter*, that five things can cause alcohol addiction:

Inheritance; experience and conscious likes that bring emotional hurts; a physical ingredient including the alcoholic's neurological system and reactions of the glandular makeup, blood chemistry content, biological rhythm and metabolism; emotional and personality difficulties with people and situations; a lack of feeling for the general worth-whileness of life.

All of this involves speculation, but shows some lines of thinking. The problems of alcoholics can't be generalized. Many people suffer emotional hurts and still drink in moderation. Many with the best physiques turn alcoholic; many frail drinkers never are bothered. Economic status is no factor.

Behavior is unpredictable. Some want to cry, some want to sing, some want to commit crimes, some want to do good. And very few of them all actually want to drink.

There lies the real tragedy, all experts agree. Alcoholics tragically want to be helped but largely for reasons of shame they don't ask help. Behind the reluctance is long custom, the same custom which for generations closed the mouths of families whose relatives had tuberculosis, syphilis and cancer. Furthermore, the help usually offered is ineffective; only in the last few years has any help at all been available.

The barriers to sympathy for other sick people are now almost entirely smashed. The barriers to sympathy for the alcoholic are breaking but they haven't broken enough.

"We have held to the belief," says the Na-

tional Committee for Education on Alcoholism, "that alcoholism was a condition which the victim sought. We even believed it was a pleasurable condition sought by the sufferer. Alcoholism is one of the most painful diseases known to man. And most of them don't know what their trouble is. They don't know that they are sick, that they have a specific disease like diabetes or t.b. which can be arrested."

For reasons humane and economic, something at last is being done. There is a spreading realization that the 25 million dollars spent annually to keep drunks in jail is waste. It is realized that the approximately 16,000 persons with psychoses caused by alcoholism are being wasted, too. The 175-million-dollar annual cost of crime committed by excessive drinkers is both waste and tragedy. Things are being done, finally, from a desire to help the sick.

There is only one desired end: prevention. To implant the idea in the heads of the ones already afflicted that they can never take another drink of anything alcoholic as long as they live.

First the alcoholic must be found and his condition diagnosed. And once found and diagnosed he must say and mean that he wants to get rid of alcoholism, to stop drinking. If the disease has not impaired his mind, there is great hope for him.

A MAIN promise is through Alcoholics Anonymous. This remarkable band of former drinkers, numbering about 80,000, is scattered in groups throughout the country. All its members are people who learned through suffering that they could not drink. They are banded together for mutual help and to help others. They will assist any man or woman if requested by the individual concerned, whether he has a million dollars or only a thin dime, and their assistance costs nothing.

They ask only the honest admission that the person cannot safely drink alcohol. That his affairs are out of hand and he is ready to have God—God simply as the individual understands Him—take over. They ask that the individual search out his wrongs and admit them to God, to himself and to one other human being. They ask members to make amends to people they have wronged, except when injury would result from the confession. And they want each person who comes for help to work, in turn, to

help other alcoholics. This is not purely humanitarian. It helps that person find strength.

There are, however, no hard and fast rules. Alcoholics Anonymous will try to help compulsive and excessive drinkers who even want to want to stop drinking—and even after they slip.

AA success has been phenomenal; between 50% and 75% of its members are now arrested cases of alcoholism.

Almost as good results are credited to some sanatoriums practicing the aversion treatment that brings an automatic reaction against whisky. The patient, for five or six days, gets medicine which induces violent vomiting. Just before the seizure occurs he gets a sizable slug of whisky or whatever he usually drinks. The two things, extreme discomfort and the drink, become associated in his mind. In the successful instances alcoholism is arrested, ordinarily for four to six months.

This treatment is generally combined with psychotherapy, in which the psychiatrist probes for the hidden reasons for the patient's addiction. To do this is imperative in most cases.

An informal psychotherapy is practiced in the operational mechanism of Alcoholics Anonymous. But even so, as one psychiatrist puts it, in the treatment of alcoholics "the psychological redirecting, while admittedly fundamental, is still unformulated and subject to marked difference of opinion."

A number of states have established clinics for alcoholics and strive to salvage both those who enter voluntarily and those committed by the courts. Often Alcoholics Anonymous members cooperate. Many clinics lean heavily on the techniques and researches of the famous Yale University Section on Alcohol Studies.

There, under Dr. Selden D. Bacon, takes place the nation's most intensive study of the subject. Working in conjunction there are Yale Plan Clinics, open to anyone who wants help.

Patients at the Yale Plan Clinics talk with psychiatrists, have physical checkups and find encouragement. Except in emergency cases institutional care is avoided. Very often patients are urged to join Alcoholics Anonymous.

But the great question mark still hangs: What is in the minds and to some degree in the bodies of some men and women that makes alcoholics of them?

The fight to find out is broadening. Someday, some scientists think, the secret will out.

Despite the uncertainties of present experimental treatments, much must be done. The experts mention these things:

- ▶ Bring an awareness to many general practitioners that alcoholics aren't just drunks. They are sick and should be treated sympathetically.
- ▶ Transfer the custody and care of problem drinkers from the police to the public health agencies. Be sure the custody is long enough to exploit and exhaust all possibilities of rehabilitation.
- ▶ Establish local information centers on alcoholism. Establish clinics for diagnosis and treatment. Have adequate hospital beds to accommodate emergency cases. That is vital. There are around 12,000 known deaths annually from alcoholism. The count is only a fraction of the real number.

No one knows these facts better than the man mentioned at the beginning of this story, who called the awakening to the fact that alcoholism is a sickness the century's great blessing.

He knows—and tens of thousands are learning—that people must work to bring about the same public attitude toward alcoholism that is now shown toward other diseases.

When alcoholism is mentioned, say it is a sickness. Once it is brought into the true light, thousands of alcoholics will walk forth, as do people with any disease, and say, "I want help." And that is the beginning of deliverance.

Where to get help

All major cities, and many smaller ones, have local groups of Alcoholics Anonymous. You can find them listed in the telephone directories. Anyone who needs and wants help can telephone or write a card—and help will be prompt and sympathetic.

For those who want information on specific phases of the problems of alcoholics, pamphlets prepared by the best authorities are available from the National Committee for Education on Alcoholism, 52 Hillhouse Ave., New Haven, Conn., or 2 East 103rd St., New York, N. Y.

The subject of excessive drinking is so broad and pamphlets so numerous, that you should state briefly and specifically what kind of information you need. You should expect to pay postage; the committee does not have sufficient funds to supply pamphlets postpaid.



NEED TO FIND A MEETING??

UPDATED A.A. MEETING GUIDE 3.0 APP

"Brought to you by Alcoholics Anonymous World Services, Inc., Meeting Guide is a free of charge meeting finder app for iOS and Android that provides meeting information from A.A. service entities in an easy-to-access format.

Meeting Guide syncs with area, district, intergroup/central offices and international General Service Office websites (some of which are listed on A.A. Near You), relaying meeting information from more than 300 A.A. service entities directly to you. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

This app gives A.A. service entities full control of their local meeting information while collecting it in one place, making it easy for anyone to find a meeting. Local entities provide their meeting information voluntarily. Meeting Guide users can suggest additions or corrections to meeting listings by using links provided within the app to contact the local service entity responsible for the information.

New & Enhanced Features

Search — Find A.A. meetings by name or location, in addition to day and time / Daily Reflections — a selection of reflections by and for A.A. members / Enhanced location functionality / Expanded user interface, with a new menu bar and "Contact" feature. / "News" — Learn about events at the General Service Office (G.S.O.) and Grapevine, as well as information about updates within the app.

To learn how to get your local A.A. website connected, please visit our support site for A.A. web servants. ...

- ◆ Above information reprinted from A.A.'s website page: https://www.aa.org/pages/en_US/meeting-guide
- ◆ To learn how this app came about see Box 4-5-9 issue: Vol. 65, No. 3 / Fall 2019

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.*

| NME OF MEETING / GROUP | LOCATION | G.S.R. | ALTERNATE G.S.R. |
|--|-----------------|---------------|------------------|
| 24 Hour Book Group | Villa Park | Mike M. | |
| 777 (Newcomers) Men's Stag Group | Orange | Robert B. | Shane S. |
| Alkies Only | Orange | Vicki R. | Steve C. |
| Back from the Dead | Santa Ana | Alex G. | |
| Chapman & Lewis AA Group | Orange | Glenda R. | |
| Crawl Before No One (F/Club) | Orange | Bruce M. | |
| Early Birds Group | Santa Ana | Paula P. | |
| Forever Non-Professional (F/Club) | Orange | Isaac M. | Mario P. |
| Friday Night No Puffers Speaker Meeting | Orange | Rich J. | |
| Friday On A Monday Discussion | Orange | Chris H. | |
| Hart Park Newcomers Group | Orange | Bruce D. | |
| How It Works | Orange | Steve C. | David H. |
| It's In the Book | Tustin | Gloria Z. | |
| Keep it Simple Group | Orange | Casey D. | |
| Ladies Night Book Study | Orange | Lindsey K. | Ann Marie M. |
| Men's BYOB Book Study | Tustin | Chris W. | Matt D. |
| Monday Night Mens Stag Group | Tustin | Michael H. | |
| Monday Night Speakers Meeting (F/Club) | Orange | Mario P. | |
| Name in the Hat Group | Orange | Scott B. | |
| Not A Glum Lot | Orange | Charley R. | |
| Sat. Podium Tag (F/Club) | Orange | Kyle B. | |
| Saturday Night Visiting Speakers Mtg. | Orange | David H. | |
| Slippery Slope (Young People) | Orange | Kyle C. | |
| Sober & Crazy Speaker Meeting | Tustin | Rob P. | |
| Sunday Morning B/B Study Group | Orange | Greg A. | Mario P. |
| (The) Other 12 & 12 Group | Orange | Chris W. | |
| Thursday Noon Discussion Group (F/Club) | Orange | Christina W. | |
| Tuesday Night Men's Stag | Santa Ana | Michael D. | |
| Tustin Acceptance Group | Tustin | Christelle S. | |
| 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 | Chuck W. | Pam T. |
| We Got A Coffee Pot | Orange | Will G. | |
| Wed Nite Womens Solutions Grp | Tustin | Kathy S. | |
| Wednesday Noon Discussion Group (F/Club) | Orange | Bruce M. | |
| Winners Circle Group | Anaheim | Art Betts | |
| 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?
- Does your meeting/group have a GSR?
- Has there been a GSR or Alt-GSR change?
- Is your meeting/group missing from the above list??



In keeping with our 7th Tradition.....

“2019” GROUP DONATIONS MADE TO “DISTRICT 5”

~ NOVEMBER/DECEMBER/“2019” GROUP TOTALS ~

| GROUP # | GROUP NAME | CITY | NOV | DEC | "2019" GROUP TOTALS |
|-----------|--|---------------|----------|----------|---------------------|
| ??? | ??? | ??? | \$ - | \$ 5.61 | \$ 5.61 |
| 612937 | ??? | ??? | \$ - | \$ - | \$ 15.00 |
| 725611 | 6am Step Study | Orange | \$ - | \$ - | \$ 52.47 |
| 102350 | 12 Steps And 12 Traditions Study Group | Tustin | \$ - | \$ - | \$ 16.00 |
| 606997 | 12:00pm Step Study Group | Orange | \$ - | \$ - | \$ 45.00 |
| 649516 | 777 Newcomers Men Stag | Orange | \$ - | \$ - | \$ 300.00 |
| 131258 | 9:02 Group | Villa Park | \$ - | \$ - | \$ 10.00 |
| 652296 | Alkies Winner Circle | Tustin | \$ - | \$ - | \$ 17.60 |
| 713798 | AOCYPAA | Lag. Beach | \$ - | \$ - | \$ 5.21 |
| 136826 | As Bill Sees It | Orange | \$ - | \$ - | \$ 15.00 |
| 722230 | Chapman & Lewis AA Group | Orange | \$ - | \$ 75.00 | \$ 340.00 |
| 126119 | Early Birds Group | Orange | \$ - | \$ - | \$ 46.75 |
| 632837 | Foothill Early Risers | Tustin | \$ - | \$ - | \$ 134.98 |
| 725120 | Forever Non-Professional | Orange | \$ - | \$ 14.58 | \$ 56.77 |
| 126062 | Friday Night No Puffers | Orange | \$ - | \$ - | \$ 10.00 |
| New Group | Friday On A Monday | Orange | \$ - | \$ - | \$ 20.00 |
| 172225 | How It Works | Orange | \$ - | \$ - | \$ 17.00 |
| 700349 | It's In The Book | Tustin | \$ - | \$ - | \$ 61.30 |
| 680752 | Keep It Simple Group | Orange | \$ 11.18 | \$ - | \$ 74.84 |
| 718618 | Ladies Night Book Study Group | Orange | \$ - | \$ - | \$ 55.52 |
| 147958 | Lucky Stiff's | Tustin | \$ - | \$ - | \$ 28.19 |
| 132998 | Mon Nite Beginners Disc Group | Orange | \$ - | \$ - | \$ 10.00 |
| 686410 | Monday Night Mens B.Y.O.B. | Tustin | \$ - | \$ - | \$ 10.00 |
| 670924 | Not A Glum Lot | Orange | \$ - | \$ - | \$ 30.00 |
| No # | On The Way Home | Irvine | \$ - | \$ - | \$ 15.00 |
| 616357 | Sober & Crazy Speaker Meeting | Orange | \$ - | \$ - | \$ 150.76 |
| 697139 | Spiritual Experience Group | Tustin | \$ - | \$ - | \$ 180.00 |
| 146970 | Sunday Morning B/B Study Group | Orange | \$ - | \$ - | \$ 33.22 |
| 722902 | The Name in the Hat | Orange | \$ - | \$ - | \$ 230.00 |
| 655929 | (The) Other 12 & 12 (Twin Towers) | Orange | \$ - | \$ 15.00 | \$ 35.00 |
| 628920 | Thur Night Newcomers Group | Orange | \$ - | \$ - | \$ 12.00 |
| 696177 | Tustin Acceptance Group | Tustin | \$ 15.00 | \$ - | \$ 90.00 |
| 130429 | Tustin Attitude Modification Group | Tustin | \$ 35.86 | \$ 25.38 | \$ 690.53 |
| 678232 | Tustin Big Book Study | Tustin | \$ 5.00 | \$ - | \$ 58.63 |
| 662400 | Tustin Mon Evening Womens 12&12 Group | Tustin | \$ - | \$ - | \$ 18.80 |
| 168129 | Tustin Rush Hour Group | Tustin-Orange | \$ - | \$ 38.15 | \$ 180.65 |
| No # | Weds Orange 6pm Women's | Orange | \$ - | \$ - | \$ 16.00 |
| 179495 | Wed Nite Womens Solutions Grp | Tustin | \$ 22.47 | \$ - | \$ 64.57 |
| 630797 | Wednesday Morning Donuts Group | Orange F/C | \$ - | \$ - | \$ 136.67 |
| 725707 | We've Got a Coffee Pot | Orange | \$ - | \$ 50.00 | \$ 200.00 |
| 135004 | Winners Circle Group | Anaheim | \$ - | \$ - | \$ 30.00 |
| 638840 | Womens Step Study Group | Tustin | \$ - | \$ - | \$ 10.00 |

TOTAL DONATIONS \$ 89.51 \$ 223.72 \$ 3,529.07

TOTAL "2019" EXPENSES \$ 4,064.48

THANK YOU!!

