



District 5 Newsletter



4th QUARTER—2020



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:

**A.A. Pamphlet: P-19 -**

**G.S.R. Your group's link to A.A. as a whole**

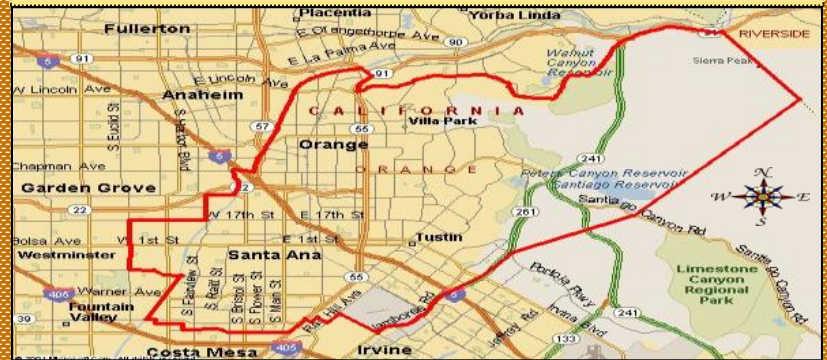


“For a new general service representative, this leaflet outlines responsibilities and useful sources of information; for a group, what to keep in mind when electing a G.S.R.”

~ Alcoholic Anonymous © (A.A.)

## AREA OF “DISTRICT 5”

**CITIES WITHIN “DISTRICT 5”**  
Cowan 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. ( <a href="mailto:hvacman25@gmail.com">hvacman25@gmail.com</a> )          |
| ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.) | ISAAC M. ( <a href="mailto:isaacmaganazo@gmail.com">isaacmaganazo@gmail.com</a> ) |
| SECRETARY                                                 | CHRIS W. ( <a href="mailto:cwheelerx@gmail.com">cwheelerx@gmail.com</a> )         |
| TREASURER                                                 | VICKI R. ( <a href="mailto:wrkaaitwrks@aol.com">wrkaaitwrks@aol.com</a> )         |
| REGISTRAR                                                 | LISA H. ( <a href="mailto:likafaul@gmail.com">likafaul@gmail.com</a> )            |

### 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 | CHRISTINA W.       |
| 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                                             | BRUCE M.           |
| 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. |

**G.S.R. ~ General Service Representative; an A.A. member elected by the Group to voice the Group's opinion in discussions at the Area level, and to vote for the District and Area Officers and the Delegate.**

## INSIDE THIS ISSUE :

|                                       |     |
|---------------------------------------|-----|
| Steps , Traditions, and Concepts      | 2   |
| GSO and MSCA09 “News“                 | 3   |
| Upcoming Sober Events & Announcements | 4—6 |
| “District 5” Sobriety Birthdays       |     |
| New GSRs / Alternate GSRs             | 7   |
| A.A. Related Websites                 |     |
| A.A. In The News                      | 8—9 |
| Meeting Groups with Active GSRs       | 10  |
| Group Donations Made to “District 5”  | 11  |
| Fallen Puzzle                         | 12  |

If there’s something you’d like to see in a future newsletter, please let me know.  
Vicki R. / District 5 Newsletter Editor

*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: 10 THRU 12

10.

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

11.

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

12.

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

**SPIRITUAL** (Step #12): “Of or relating to the consciousness, spirit or human soul.”

## TRADITIONS: 10 THRU 12

10.

Short Form:

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

11.

Short Form:

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

12.

Short Form:

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

**OPINION** (Tradition #10): “A belief that a person has formed about a topic or issue.”

## CONCEPTS: 10 THRU 12

10.

Short Form:

“Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description or appropriate charters and bylaws.”

11.

Short Form:

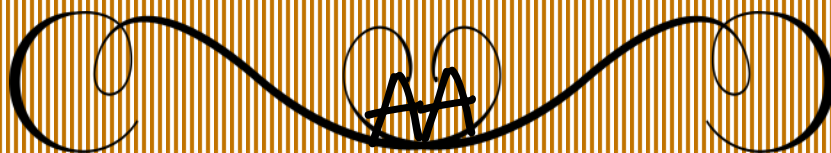
“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”

12.

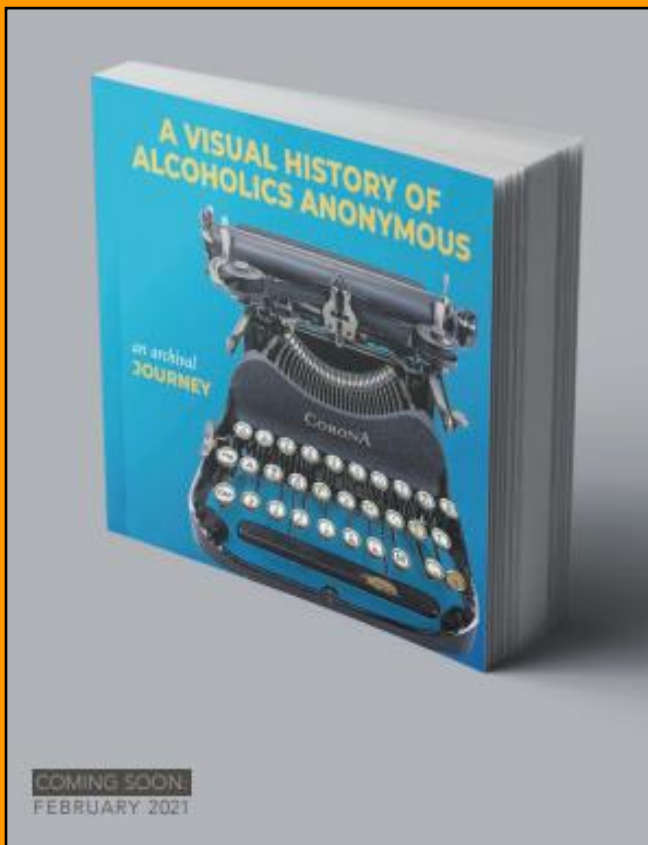
Short Form:

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

**CONTROVERSY** (Concept #12): “Contention; dispute; debate; discussion; agitation of contrary opinions.”



— “GSO NEWS” —



The “2025 INTERNATIONAL CONVENTION”  
will be held in:  
**VANCOUVER, CANADA**



**Alcoholics Anonymous  
(Large Print)**  
SKU: B-16,  
which is currently out of stock  
at the issuance of this newsletter,  
is scheduled to be ‘back in stock’ on  
November 15, 2020.

**DEFINITELY SOMETHING EXCITING  
TO LOOK FORWARD TO IN ‘2021’ !!**

**SECOND DRAWDOWN FROM RESERVE FUND**

*Per letter (dated Oct. 20, 2020) from the GSO General Manager, Greg T., to friends and trusted servants of A.A....*

**A.A. WORLD SERVICES, INC. WAS AUTHORIZED A \$1.5 MILLION DRAWDOWN FROM THE ‘RESERVE FUND’ TO COVER THE ‘2020 - 4TH QUARTER CASH FLOW REQUIREMENTS’ BY THE GENERAL SERVICE BOARD.**

*Below is the link to the letter in its entirety:*

[https://www.aa.org/assets/en\\_US/en\\_LettertoGeneralServiceConference\\_oct2020.pdf](https://www.aa.org/assets/en_US/en_LettertoGeneralServiceConference_oct2020.pdf)

**FOR MORE “GSO NEWS” ...**

Check out MSCA09’s webpage:  
<http://www.msca09aa.org/GSOnews.php>

— “MSCA09 NEWS” —

**DELEGATE’S BULLETIN BOARD**

Be sure to check out all the past and present correspondence from our ‘2020/2021 Panel 70’ - MSCA09 Delegate, Ed L.

[http://msca09aa.org/delegate/Ed/del\\_Ed\\_01.php](http://msca09aa.org/delegate/Ed/del_Ed_01.php)



**NEW PHONE APPS!!!!**

Alex W, District 1, has created GSR and DCM phone apps....

DCM APP:  
<https://dcm-dcmc-school-app.glideapp.io/>

GSR APP:  
<https://msca-gsr-kit.glideapp.io/>

These are great and useful apps, so be sure and check them out! They can also be downloaded to your computer, laptop, tablet, and netbook.

**Did you know there’s two great ways to stay updated from MSCA09??**

- Visit their website at: [www.msca09aa.org](http://www.msca09aa.org)
- Subscribe to their emails: <https://mailchi.mp/74cb5a173686/>

# UPCOMING SOBER EVENTS

## DISTRICT 5

**COME JOIN US... 'VIRTUALLY'...**

**Nov. 9, 2020 (Mon) @ 6pm:**

**\*STEERING COMMITTEE MEETING\***

**ZOOM MEETING:**

Member ID: 457 182 8915  
Password/Passcode: 469764

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

**\*GSR MEETING\***

**ZOOM MEETING:**

Member ID: 457 182 8915  
Password/Passcode: 469764

**Dec. 7, 2020 (Mon) @ 6pm:**

**\*STEERING COMMITTEE MEETING\***

**ZOOM MEETING:**

Member ID: 457 182 8915  
Password/Passcode: 469764

**Dec. 10, 2020 (Thurs) @ 7pm-8:30pm:**

**\*GSR MEETING\***

**ZOOM MEETING:**

Member ID: 457 182 8915  
Password/Passcode: 469764

**Jan. 11, 2021 (Mon) @ 6pm:**

**\*STEERING COMMITTEE MEETING\***

**ZOOM MEETING:**

Member ID: 457 182 8915  
Password/Passcode: 469764

**Jan. 14, 2021 (Thurs) @ 7pm-8:30pm:**

**\*GSR MEETING\***

**ZOOM MEETING:**

Member ID: 457 182 8915  
Password/Passcode: 469764

## AREA 09

**Nov. 14, 2020 (Sat) 8:30am-2:00pm:**

— SERVATHON —

**ZOOM MEETING:**

Zoom ID: 985 5746 3742  
Password: service

**Dec. 13, 2020 (Sun)**

— AREA SERVICE COMMITTEE (ASC)  
(Hosted by District 4)

*When details become available, they will be posted  
on MSCA09's website (www.msca09aa.org)*

*Check website for updates on Area09 meetings.*



Mid-Southern  
California Area 09



Be sure to check [www.msca09aa.org](http://www.msca09aa.org) for  
additional information on upcoming events.

## O.C. CENTRAL OFFICE

**INTERGROUP**

*Meetings are held every  
2nd Wednesday of the month.*

**Nov. 11, 2020 (Weds) @ 7pm**

**ZOOM MEETING:**

<https://us04web.zoom.us/j/616903638>  
Meeting ID: 616 903 638  
Password/Passcode: ocaa

**Dec. 9, 2020 (Weds) @ 7pm**

**ZOOM MEETING:**

<https://us04web.zoom.us/j/616903638>  
Meeting ID: 616 903 638  
Password/Passcode: ocaa

\*\*\*\*\*

**ORANGE COUNTY  
HOSPITALS & INSTITUTIONS  
(H&I)**

*Meetings are held 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)

*Be sure to check their website for updates  
on Intergroup and H&I meetings.*

\*\*\*\*\*

**For a list of  
'VIRTUAL' directory meetings:**

[https://oc-aa.org/directory/  
VM3col.asp](https://oc-aa.org/directory/VM3col.asp)



**PLEASE BE SURE TO CONFIRM ANY AND ALL  
MEETINGS BEFORE ATTENDING / PARTICIPATING.**

### 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 at:  
[likafaul@gmail.com](mailto:likafaul@gmail.com)*

*Address for Correspondence and 7th Tradition Donations:*

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

*"Zelle" info for 7th Tradition Donations:*

♦ [wrkaaitwrks@aol.com](mailto:wrkaaitwrks@aol.com)

♦ *If donating via "Zelle", please be sure to notate group number / name in the memo area.*



Visit [www.oc-aa.org](http://www.oc-aa.org) for  
additional information on upcoming events.

# UPCOMING SOBER EVENTS

(Continued...)



## \*\*\* DECEMBER 2020 \*\*\*



### A Day of A.A.

Hosted by District 9 in Area 09

*Come enjoy a day of AA with Long Timers  
and General Service Speakers*

- 4 Long Timers
- Liz B (Boston, MA)
- Debbie D (Concord, CA)
- June G (Oxnard, CA)
- Ralph W (Los Angeles, CA)

*Delegates from the Pacific Region*



Saturday, December 5<sup>th</sup>, 2020

12 Noon - 6 pm PST

Zoom ID: 984 5436 6602 (room will open at 11:30am)

Passcode: 165508

## Workshop

### TWELVE TRADITIONS WORKSHOP

Saturday,  
December 12th  
7:00am

Meeting ID:  
879-4125-6051

Password:  
951826

### My to-do list for today:

- Count my blessings
- Practice kindness
- Let go of what I can't control
- Forgive others
- Be productive yet peaceful
- Just breathe



## ACCEPTANCE



the answer to  
all my problems  
**TODAY**



# UPCOMING SOBER EVENTS

*(Continued...)*



As an FYL...MSCA09, which consists of our District 5 along with Districts 1-4, 6-12, 14-15, 17-25, and 30, all are part of the “Pacific” Regional Forum.



## Ever attended a Regional Forum?

If you are interested, we welcome and encourage First Time Forum attendees! These Forums provide a unique opportunity for A.A. members and local trusted servants throughout the U.S. and Canada to exchange information and share experience with representatives of the General Service Board, A.A.W.S. and AA Grapevine, and the General Service Office. *There is NO registration FEE!* Below please find a list of upcoming Regional Forums.

Hope to see you there!

### 2020

|                |                |                                     |
|----------------|----------------|-------------------------------------|
| May 29-31      | Western Canada | Cancelled due to impact of COVID-19 |
| August 21-23   | Pacific        | Cancelled due to impact of COVID-19 |
| November 13-15 | Eastern Canada | Cancelled due to impact of COVID-19 |
| December 4-6   | Southeast      | Cancelled due to impact of COVID-19 |

### 2021

|                 |              |                                                                 |
|-----------------|--------------|-----------------------------------------------------------------|
| June 4-6        | Northeast    | Sheraton Framingham Hotel & Conference Center<br>Framingham, MA |
| September 10-12 | West Central | Hilton Garden Inn<br>Missoula, MT                               |
| October 8-10    | Southwest    | Radisson El Paso Airport Hotel<br>El Paso, TX                   |
| November 19-21  | East Central | The DoubleTree by Hilton<br>Independence, OH                    |

### 2022

|                 |                |                                                                   |
|-----------------|----------------|-------------------------------------------------------------------|
| May 13-15       | Eastern Canada | Delta House Hotel<br>Charlottetown, PE                            |
| June 3-5        | Western Canada | The Radisson Hotel Winnipeg<br>Downtown<br>Winnipeg, MB           |
| September 16-18 | Pacific        | Marriot Salt Lake Downtown<br>City Creek<br>Salt Lake City, UT    |
| December 2-4    | Southeast      | Copeland Tower Suites and<br>Conference Center<br>New Orleans, LA |



**Be sure to let both DISTRICT 5 and O.C. CENTRAL OFFICE know if your meeting group is holding virtual meetings, has gone back to 'live' meetings, or has disbanded.**



## DISTRICT 5 \*\*\* SOBRIETY BIRTHDAYS \*\*



**Those listed below attended the District 5 'Zoom' Meeting the month of their sobriety birthday. CONGRATS TO ALL!**

### \*\*SEPTEMBER 2020\*\*

\* **Manny A:** GSR ("Sunday Night Speakers of Orange - Orange) ~ 8 Yrs.

### \*\*OCTOBER 2020\*\*

- \* **Chris W:** GSR ("Forever Non-Professional"/Orange & "Not A Perfect Circle"/Orange) ~ 1 Yr.
- \* **Lindsey K:** H&I Liaison (District 5) ~ 4 Yrs.
- \* **Jackie R:** GSR ("Thur Nite New Comers Group"/Orange) ~ 6 Yrs.
- \* **Steve C:** GSR ("How It Works"/Orange) and DCM-Tustin (District 5) ~ 13 Yrs.



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

YEARS ..... 32  
MONTHS .....384  
WEEKS ..... 1,669  
DAYS..... 11,680  
HOURS..... 280,320  
MINUTES .....16,819,200



### 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](http://www.aa.org/pages/en_US/the-birthday-plan)



### A.A. RELATED WEBSITES

- ♦ Alcoholics Anonymous..... [www.aa.org](http://www.aa.org)
- ♦ MSCA 09 / District 5..... [www.msca09aa.org](http://www.msca09aa.org)
- ♦ OC Central Office..... [www.oc-aa.org](http://www.oc-aa.org)
- ♦ A.A. Service Manual Combined with 12 Concepts (2018-20) ..... [https://www.aa.org/assets/en\\_US/en\\_bm-31.pdf](https://www.aa.org/assets/en_US/en_bm-31.pdf)
- ♦ AA Grapevine..... [www.aagrapevine.org](http://www.aagrapevine.org)
- ♦ AA Grapevine YouTube .. <https://www.youtube.com/aagrapevine>
- ♦ OC A.A. Convention ..... [www.oaac.org](http://www.oaac.org)
- ♦ AA Online Intergroup ..... [www.aa-intergroup.org](http://www.aa-intergroup.org)
- ♦ All O.C. Young People In A.A..... [www.aocypaa.org](http://www.aocypaa.org)

### NEW GSRs / Alternate GSRs!!!

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

| NAME                | GROUP                                           | CITY   |
|---------------------|-------------------------------------------------|--------|
| ♦ Chris W. (GSR)    | Forever Non-Professional & Not A Perfect Circle | Orange |
| ♦ Matt D. (GSR)     | Mon. Night Mens B.Y.O.B.                        | Tustin |
| ♦ Michelle H. (GSR) | Keep it Simple                                  | 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 any changes, please be sure to notify your District 5 Registrar (*Lisa H.*) via email, or by attending a virtual "Zoom" District 5 meeting and giving 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.\*\*

# A. A.'s Learn All Alcohol Is Poison to the Alcoholic

**Beer, Wine and Hard Liquor Found Equally Dangerous by Experience**

*This is the third article of a series on Alcoholics Anonymous, national brotherhood of recovered alcoholics.*

By **ROBERT A. ERWIN.**

When a confirmed heavy drinker goes on a binge, ultimately he causes more trouble to his doctor than any one else but himself and his own family. The medical profession long has recognized alcoholism as a disease and has been unrelenting in efforts to help conquer it.

Some doctors were skeptical and some greatly interested when Alcoholics Anonymous came into existence. Former drunkards who have attained a place on the water wagon and are staying there inevitably feel a close bond of fellowship with the doctors who often saw them after their periodic sprees.

**Graduates of Many "Cures."**

There are many institutions for the treatment of alcoholism, and some one-time rummies are graduates of not one but many of them. In these institutions some have found help. Thus, there is the atmosphere of an alumni association in the Tuesday night sessions of the Washington chapter of Alcoholics Anonymous.

This can best be illustrated, without an effort to be facetious, by the initial appearance of a new member, an attorney who had drunk himself out of a job with the Federal Government.

Standing in front of the group, he marked with some effort: "Well, I guess I'm the only one here who has ever been to Gallinger Hospital." Unrestrained laughter broke out. Before the evening was over the newcomer discovered several he had known in his days at Gallinger. The same was true for former patients at other institutions.

**Meetings "Prescribed."**

A doctor who specializes in alcoholism recognized the value of Alcoholics Anonymous, and, at his suggestion, many of his patients have attended meetings of the group and become quite active in helping victims of strong drink to overcome the disease.

The A. A.s and their doctor friend have concurred that alcohol in any form is poison to an alcoholic.

"For the alcoholic, beer, wine or liquor are all equally dangerous," the doctor told them. "The name of the beverage is unimportant. It is the fact that they all contain alcohol in some degree."

This same point was driven home by an active member who often has presided at Washington chapter meetings.

"I went to the home of a friend," recalled the speaker, a former salesman and gentleman farmer. "This friend knew I was suffering from alcoholism. He did not know better, however, than to offer me some ale. Now, I have some friends who have tomato juice for me when I go to their homes, and I really appreciate that."

**Realizes Danger.**

"Anyhow," he continued, "this aforementioned friend's wife later came out on the porch and exclaimed: 'Do let me get you a nice cold bottle of ale.' Then it popped into my mind—I had drunk two bottles of beer the week before, and I rationalized that I could drink two more. I did, and it wasn't long before I was heading for a bright electric sign—a sign over a tavern—down the street.

"I realized ultimately that if I continued I was headed for a binge. I telephoned a friend who was an alcoholic. He said he was in a terrible state of mind. I went to see him and to help him, and after a short time I left there without the desire to drink. No," he concluded with emphasis, "this beer experiment won't work."

One doctor who has written of the Alcoholics Anonymous movement is Dr. W. D. Silkworth, New York, whose article was printed in The Journal-Lancet of Minneapolis, Minn., in July, 1939.

"These ex-alcoholics frequently find that unless they spend time in

helping others to health they cannot stay sober themselves," he said. "Strenuous, almost sacrificial work for other sufferers is often imperative in the early days of their recovery. This effort proceeds entirely on a good-will basis. It is an avocation. . . . The conscious search of these alcoholics for the right answer has enabled them to find an approach which has been effectual in something like half of all the cases upon which it has been tried. This is a truly remarkable record when it is remembered that most of them were undoubtedly beyond the reach of other remedial measures."

## A.A. IN THE NEWS... "1940"

**Evening Star  
(Washington, D.C.)  
June 15, 1940**

**- 3rd Article of Series**



*Please excuse the poor quality of these articles. To read the first two articles of this series, see District 5's "Issue 17 – 2nd Quarter 2020" and "Issue 18 – 3rd Quarter 2020" Newsletters.*

**Evening Star  
(Washington, D.C.)  
June 16, 1940**

**- 4th Article of Series**

### Turning From Drink Requires Honesty With Self

**Alcoholics Anonymous Member Says Thesis Is First Reform Step**

*(No. 4 of a Series.)*

By **ROBERT A. ERWIN.**

An alcoholic must be honest with himself before he can have any hope of recovery. This is one of the primary theses on which the organization of Alcoholics Anonymous is based and on which much of the organization's success has been attained.

Putting this into practice, numerous members have recounted their individual case histories before their brothers and sisters in the Washington A. A. chapter.

One interesting case is that of young Mr. X. He is an attorney in a Federal bureau. When his day's work at his own desk is done he takes up his avocation of helping rummies on the same road to recovery that he has traveled.

**A False Pride.**

"It's false pride," he affirmed. "If you don't admit that Old John Barleycorn has you licked. Not until I admitted that did I stop drinking. A friend gave me a copy of the book, 'Alcoholics Anonymous.' At the time I had not been drinking for a month, but I was not very happy. I had just spent two months in a 'goony roost.' That's one of our names for an institution for alcohol-

ics. Then I had started drinking again.

"Anything that smacked of religion sounded like rules to me," Mr. X continued, "and if you don't follow them you're out of the club. The first meeting I attended some one walked up and said, 'Hello, rummy.' That appealed to my sense of humor. As for religion, I found I could suit myself about that. Now, I am convinced that religion is the cornerstone of the whole thing.

"You have got to want not to drink," he said. "With me, it was a gradual process. Some of us, of course, have got all fired up with this thing right away and have stayed quit. As for religion, I have a simple faith, and as you know, we have no connection with any particular group."

**Must Make Amends.**

At this point, Mr. X took up two points in the 12 steps that a confirmed drunkard follows to become a working member of Alcoholics Anonymous. They are: "To make a list of all persons we had harmed and become willing to make amends to them all" and "to make direct amends to such people wherever possible, except when to do so would injure them or others."

"If you go to a chap you have wronged, when he thinks you are a heel," Mr. X pointed out, "and if he still thinks so when you leave, you've lost nothing. You can't quit alcohol or anything else if something is biting you. I admitted my wrongs and it was like a spring house-cleaning. In other words, I got the beer bottles out of the way and put away the dice. When you do that, though, you can't sit back and do nothing or the house will get dirty again. This thing is a continuous proposition.

**Had Wrong Idea.**

"I had the wrong idea of what religion was," he concluded. "There is some Power in this world to help

you if you want to lead the right kind of life."

Mr. X, of course, is just one of the many Washington A. A.'s and younger than most. He has his job and is keeping it while some more unfortunate members are suffering unemployment because of having been victims of alcohol. By helping others and themselves as well, they are on the way back.

*The fifth article of this series will be in District 5's "Issue 20 - 1st Quarter - 2021" Newsletter.*

**About the Writer:**

Robert Amos Erwin was a correspondent for the Evening Star. He was born in Oct. 1908 in Evansville, Indiana, and died in Jan. 1978 in Washington, District of Columbia.

**...Rigorous Honesty...**



## A.A. IN THE NEWS (continued from Page 8) -- "1962"



**The Catholic Times**  
(Columbus, Ohio)

**June 1, 1962**

*For most it's a disease*

### Alcoholism is a serious problem

Alcoholism has been described as the condition of those whose excessive drinking creates serious problems in the management of their lives and yet who are usually unable to stop drinking permanently, even if they want to, without outside help.

**THREE TRAITS** are usually found here: excessive drinking over a period of time, serious life problems caused by or connected with drinking, and sometimes even such a compulsion to drink that a person cannot stop drinking without the help of others.

Despite the fact that the number of men who are alcoholics runs into the millions here in the United States, there is no great amount of sympathy for this problem among the general public.

Many individuals think alcoholism is simply caused by excessive and prolonged drinking. Experts tell us that this is not so in most cases of true alcoholism. It seems to be a disease in a fairly large percentage of cases.

Psychiatrists point out that because alcohol affords a means of escape or is a personality crutch, neurotics often seek in it a temporary escape from insecurity and frustration. But there is a vicious circle here. The neurotic does not find a solution in alcohol nor a means of escape from the conflicts of everyday life, so even more frustrated and then tortured by guilt feelings, he seeks to drown his sorrows in more alcohol.

**THE FIRST STEP** in dealing with a real alcoholic is medical, the second, psychological. It is in the second step that Alcoholics Anonymous has been so effective because it acknowledges that the solution is not only to stop drinking, but to rehabilitate and re-educate the individual so he will not turn to drink in the future.

Another contribution of AA is its recognition and employment of religious principles. A number of its famous 12 steps concern themselves with getting the individual to admit he has no defense against drink and that he must depend upon a Higher Power.

The principles and experience of AA have been confirmed by the opinions of many psychiatrists. Catholic and non-Catholic alike. It is their view that

the recovery of an alcoholic is hardly possible without the help of religion.

**OUR CATHOLIC FAITH** can point out here the basic religious motives for changing one's ways. It shows the victim of alcoholism his true purpose in life, the necessity of trust in God, and the spiritual strength that is available from grace and confidence in divine power.

The Church has dealt with human weaknesses always. So she reminds the alcoholic that after the immediate cure there will still be temptation, that he must avoid the causes of his problem insofar as he can, and he must pray to God daily for the strength to stay sober — at least for 24 hours.

These thoughts are most apropos in light of the dedication last Sunday of the Good Samaritan Inn, the diocesan facility for the rehabilitation of those afflicted with alcoholism.

It is in keeping with the tradition of the Church and her concern for those beset with physical, mental, emotional and spiritual weakness. It is particularly noteworthy that this is the first such facility, under diocesan auspices, in the United States. It provides a residence for 75 men.

Surveys indicate that there are only half as many women as men who are alcoholics in this country. But a prominent expert in this field recently stated that this statistic is misleading. He believes there are just as many women afflicted with this problem, only most are hidden or secret drinkers. They usually drink at home and are protected, unwisely, by family and friends. We say "unwisely" because they will go for years without facing the reality that they have a real serious problem.

**OUR DIOCESE** has taken the lead in this matter too. Since 1954 the Sisters of the Good Shepherd have provided a residence for women who are seeking recovery from the alcoholic problem. Maryhaven at the Convent of the Good Shepherd has been a true haven for many women.

Meetings of groups of both men and women interested in helping the alcoholic will be held at the new Good Samaritan Inn as they have been at Maryhaven.

All of us should be concerned with this ever-growing menace to individual and community welfare. We can help not only by showing interest and support for these facilities but by trying to promote the following points advanced by Dr. Marvin Block (Family Weekly, 8-5-61):

1. The public should be educated to the fact that drunkenness in any form is not laughable.
2. People should never be encouraged to drink freely as if it were completely harmless.
3. The impression should be destroyed that ability to handle liquor is a sign of manliness in men and feminine poise in women.
4. Children should be taught the potential danger of alcohol.
5. Everyone must face the fact that in dealing with any vice, one does not succeed every time and that fresh starts must be made in keeping with individual limitations.

It is an age-old lesson. In any moral problem, we should confess our powerlessness to God, surrender ourselves into His keeping, and try to accept whatever sacrifices He asks of us. This prepares the ground for grace. — GAF

## MEETINGS / GROUPS WITH ACTIVE\* DISTRICT 5 REPRESENTATION

*\*Active: A meeting group whose GSR (or Alternate GSR) has participated in one or more of the past six District 5 "Zoom" meetings.*

| NAME OF MEETING GROUP                    | LOCATION        | GSR         | ALTERNATE G.S.R. |
|------------------------------------------|-----------------|-------------|------------------|
| 777 (Newcomers) Men's Stag Group         | Orange          | Robert B.   |                  |
| Boozy Bunch                              | Orange          | Julia S.    |                  |
| 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          | Chris W.    | Mario P.         |
| 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          | Michelle D. |                  |
| Ladies Night Book Study                  | Orange          | Lindsey K.  |                  |
| Men's BYOB Book Study                    | Tustin          | Matt D.     |                  |
| Monday Night Speakers Meeting (F/Club)   | Orange          | Mario P.    |                  |
| Name in the Hat Group                    | Orange          | Scott B.    |                  |
| Not A Glum Lot                           | Orange          | Charley R.  |                  |
| Not A Perfect Circle                     | Orange          | Chris W.    |                  |
| Saturday Night Visiting Speakers Mtg.    | Orange          | David H.    |                  |
| Sunday Morning B/B Study Group           | Orange          | Greg A.     | Mario P.         |
| Sunday Night Speakers Meeting of Orange  | Orange          | Manny A.    |                  |
| (The) Other 12 & 12 Group                | Orange          | Chris W.    |                  |
| Thur Nite New Comers Group               | Orange          | Jackie R.   |                  |
| Tustin Big Book Study                    | Tustin          | Peter C.    |                  |
| Tustin Rush Hour                         | Tustin & Orange | Chuck W.    |                  |
| 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.    |                  |
| Womens Unity Group                       | Tustin          | Cathy T.    |                  |

"Alone we can do so little; together we can do so much."

~Helen Keller



WE ARE HERE  
TO HELP  
ONE ANOTHER.

- 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

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

**“2020” GROUP DONATIONS MADE TO “DISTRICT 5”**

| GROUP #      | GROUP NAME                         | CITY          | "2020" GROUP TOTALS TO DATE (October 31, 2020) |
|--------------|------------------------------------|---------------|------------------------------------------------|
| PERS.        | Rob S.                             | Orange        | \$ 10.00                                       |
| PERS.        | Ryan H.                            | Anaheim       | \$ 30.00                                       |
| 131258       | 9:02 Group                         | Villa Park    | \$ 22.00                                       |
| 132752       | All About Me Mens Stag Group       | Orange        | \$ 60.00                                       |
| 713798       | AOCYPAA                            | Lag. Beach    | \$ 9.34                                        |
| 136826       | As Bill Sees It                    | Orange        | \$ 15.00                                       |
| 712762       | Attitude Adjustment (F/Club)       | Orange        | \$ 20.00                                       |
| ??           | Desire to Stop - Sat. Mtg.         | Santa Ana     | \$ 10.00                                       |
| 126119       | Early Birds Group                  | Orange        | \$ 51.59                                       |
| 632837       | Foothill Early Risers              | Tustin        | \$ 44.16                                       |
| 725120       | Forever Non-Professional           | Orange        | \$ 35.31                                       |
| ??           | Friday Morning Men's Coffee        | Tustin        | \$ 12.00                                       |
| 126062       | Friday Night No Puffers            | Orange        | \$ 20.00                                       |
| 275245       | Friday On A Monday                 | Orange        | \$ 15.00                                       |
| 172225       | How It Works                       | Orange        | \$ 15.00                                       |
| 680752       | Keep It Simple Group               | Orange        | \$ 16.80                                       |
| 686410       | Monday Night Mens B.Y.O.B.         | Tustin        | \$ 48.00                                       |
| 101386       | Monday Night Mens's Stag           | Lag. Beach    | \$ 74.70                                       |
| ??           | Monday Night Speaker Meeting       | Orange        | \$ 8.41                                        |
| 616357       | Sober & Crazy Speaker Meeting      | Orange        | \$ 60.95                                       |
| 146970       | Sunday Morning B/B Study Group     | Orange        | \$ 47.00                                       |
| 722902       | The Name in the Hat                | Orange        | \$ 66.00                                       |
| 696177       | Tustin Acceptance Group            | Tustin        | \$ 42.00                                       |
| 130429       | Tustin Attitude Modification Group | Tustin        | \$ 376.34                                      |
| 678232       | Tustin Big Book Study              | Tustin        | \$ 36.21                                       |
| 168129       | Tustin Rush Hour Group             | Tustin-Orange | \$ 17.81                                       |
| 179495       | Wed Nite Womens Solutions Grp      | Tustin        | \$ 24.20                                       |
| 630797       | Wednesday Morning Donuts Group     | Orange F/C    | \$ 50.00                                       |
| 135004       | Winners Circle Group               | Anaheim       | \$ 20.00                                       |
| 638840       | Womens Step Study Group            | Tustin        | \$ 10.00                                       |
| <b>TOTAL</b> |                                    |               | <b>\$ 1,267.82</b>                             |

**ONCE AGAIN... THANK YOU... ESPECIALLY DURING THESE FINANCIALLY TRYING TIMES!**

*If your meeting group, or you as an individual, would like to make a 7th Tradition donation to District 5, there are two options:*

1. **MAIL:**
2. **ZELLE (US Bank-District 5 Treasurer):**

*District 5—P.O. Box 3374, Tustin, CA 92781  
wrkaaitwrks@aol.com*

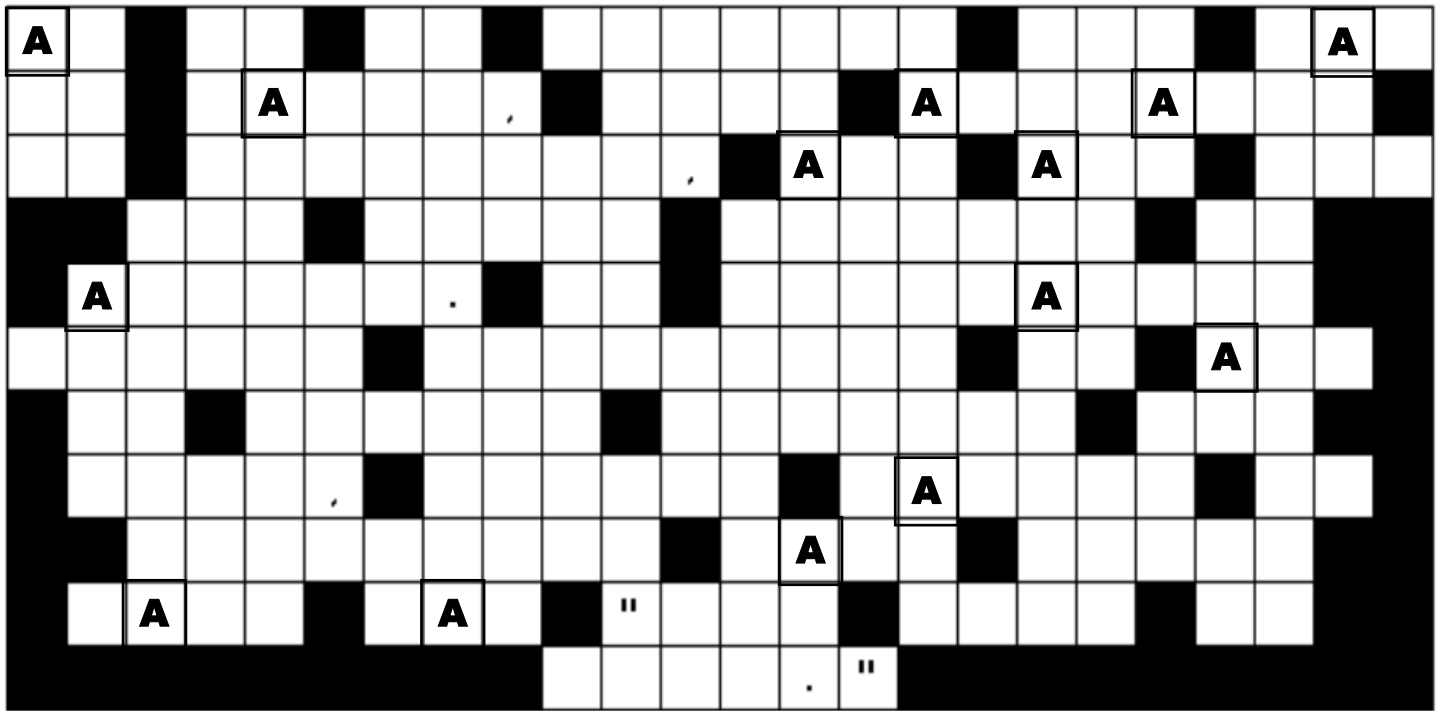
*If applicable, please be sure to notate your meeting group name and, if known, group number.*

Ending this issue with a little fun...

**FALLEN PUZZLE**

**“INTO ACTION”**

(Big Book—Chapter 6)



O O W H F  
 I E G H W M (A) I T I Y  
 E W I N I W T E H O H I S E  
 S (A) D E N (A) V D E H H (A) N (A) T E G L S  
 E T T H O G H Y R B T T N N D N W L K H R  
 R O H N D R T E M H E U U E U G (A) H E B T E  
 R N O U R S S E F E S R E V G Y T G N T (A) R O  
 O E C O (A) O E O G T S R Y O S S Y (A) T T E D D  
 W (A) M C L U B L U U L L N N (A) G L N M O E (A) Y  
 (A) S H P W U D O U R O N C Y N S I I T (A) T E O R

**WISHING YOU A SOBER, SAFE, AND HEALTHY HOLIDAY SEASON!!**

