"District 5" Newsletter

Newsletter Editor: Vicki R. / Orange, CA / District 5

DOES YOUR GROUP HAVE A VOICE?

General Service Representative (G.S.R.)

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

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For more information about G.S.R.s, see A.A. leaflet: ***P-19 - G.S.R. May Be the Most Important Job in A.A.***

"For a new general service representative, this leaflet outlines responsibilities and useful sources of information; for a group, what to keep in mind when electing a G.S.R." ~ Alcoholic Anonymous (A.A.)

AREA MAP OF "DISTRICT 5"

CITIES IN "DISTRICT 5"

Cowan Heights, Lemon Heights, Orange, Orange Park Acres, Santa Ana, Tustin, and Villa Park

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Being of Service...

YOUR 2016/2017 "DISTRICT 5" TRUSTED SERVANTS...

NAME	POSITION
EVAN J:	DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.)
KRISTEN C:	ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.)
MITCHELL B:	SECRETARY
AL C:	TREASURER
VICKI R:	REGISTRAR and NEWSLETTER
CHARLIE R:	DISTRICT COMMITTEE MEMBER (DCM) - EAST ORANGE and LITERATURE
CHRIS W:	DISTRICT COMMITTEE MEMBER (DCM) - WEST ORANGE and INTERGROUP LIASON
JOHN S:	DISTRICT COMMITTEE MEMBER (DCM) - FRIENDSHIP CLUB PM and COFFEE MAKER
JOEY P:	G.S.R. SCHOOL
LISA R:	H&I LIAISON
JOHN E:	COOPERATION WITH THE PROFESSIONAL COMMUNITY (C.P.C.)
LYNNE D:	CONVENTION LIAISON
CHRISTINE L:	GRAPEVINE
TONIA S:	PUBLIC INFORMATION (P.I.)
RYAN B:	CAKE SERVICES

*If you're interested in **being of service,** and would like to be involved in "**District 5**" by volunteering for a commitment, see **Page 2** for a list of those that are still open. We'd love to share this experience with you!!*
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STEPS, TRADITIONS, AND CONCEPTS OF A.A.

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."*

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."

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."

"DISTRICT 5" OPEN COMMITMENTS

- District Committee Member (DCM) - Women's Evening
- District Committee Member (DCM) - Women's Day
- District Committee Member (DCM) - Men's Groups
- District Committee Member (DCM) - Friendship Club AM
- District Committee Member (DCM) - Santa Ana
- District Committee Member (DCM) - Santa Ana Alano Club
- District Committee Member (DCM) - North Tustin
- District Committee Member (DCM) - South Tustin
- Archivist
- Archives

Reminder

"District 5" is always grateful to have new G.S.R.s from those groups who don't already have one!!***

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

Please Note: "Active" is based on not having missed six or more of the past six consecutive District 5 meetings.

CITY Orange	DAY (TIME)	MEETING NAME	ADDRESS	G.S.R. / ALTERNATE G.S.R.		
ORANGE	Mon thru Fri (5:30pm)	Rush Hour (Friendship Club)	2191 Orange Olive Rd.	Matt	L.	GSR
	Mon thru Sun (5:30pm)	Tustin Rush Hour	1800 E. La Veta Ave. (RIO)	Pam	T	GSR
	Mon (7pm)	Womens Experience, Strength & Hope	2910 N. Santiago Blvd.	April	H.	GSR
	Tues (7pm)	Chapter 7 Group - History of A.A.	177 N. Singingwood, #7	Aaron	H.	GSR
	Tues (7pm)	Keep it Simple Group	1310 E. Walnut (7th Day Adv.)	Tonia	S.	GSR
	Tues (7pm)	Orange Tustin Group	1130 E. Walnut (1st Christ. Church)	Missy	D.	GSR
				Will	G.	Alt-GSR
	Weds (7:30pm)	Alkies Only	1800 E. La Veta Ave. (RIO)	Benjamin	B.	GSR
	Thurs (6:30pm)	Ladies Night Book Study	300 N. Rampart St., #1	Mika	S.	GSR
				Yvette	B.	Alt-GSR
	Thurs (7:30pm)	777 (Newcomers) Men's Stag Group	395 S. Tustin (Comm. Of Christ)	Ryan	H.	GSR
	Thurs. (7pm)	How It Works	1800 E. La Veta Ave. (RIO)	Steve	C.	GSR
				Vicki	R.	Alt-GSR
	Fri (8pm)	No Puffers Speaker Meeting	395 S. Tustin (Comm. Of Christ)	Mitchell	B.	GSR
	Sat (6pm)	Winner's Circle Group	Mariposa Women's Cntr	Lisa	R.	GSR
	Sat (7pm-8:30pm)	Not A Glum Lot	705 W. La Veta Ave. #208	Joanne	M.	GSR
	Sun (11am)	Big Book Study (Friendship Club)	2191 Orange Olive Rd.	Evan	J.	GSR
	Sun (5:30pm)	The Other 12 & 12 (Twin Towers)	705 W. La Veta Ave. #208	Mark	H.	GSR
	Sun (7:30pm)	Discussion (Friendship Club)	2191 Orange Olive Rd.	John	S.	GSR
	Sun. (7pm)	Sun. Night Speaker Meeting of Orange	1800 E. La Veta Ave. (RIO)	T.J.	L.	GSR
				Chris	W.	Alt-GSR
SANTA ANA	Mon (6pm)	Women's 12x12	19211 Dodge Ave. (C.O.T.F.)	Gloria	Z.	GSR
	Tues (8pm)	Tuesday Night Men's Stag	614 N. Bush St. (Church)	Michael	D.	GSR
	Weds (7pm)	Womens Solution Group	19211 Dodge Ave. (C.O.T.F.)	Sue	C.	GSR
TUSTIN	Mon thru Sun (6am)	Tustin Attitude Modification Group	1221 Wass St. (St. Paul's Ch.)	Andrew	P.	GSR
	Mon thru Fri (12pm)	Alkies Winner Circle	555 S. Main St. (1st Advent Ch)	Christine	L.	GSR
	Mon (7pm)	Men's BYOB Bookstudy	1201 Irvine Blvd.	Chase	C.	GSR
	Mon (7pm)	Monday Night Mens Stag Group	555 Main Street (Org. Cnty. Church)	Michael	H.	GSR
	Tues (6pm)	Pamphlet Study Group	640 S. "B" St., Ste 644	Matt	W.	GSR
	Tues (7pm)	Tustin Big Book Study	225 W. Main St.	Elizabeth	B.	GSR
	Fri (6:30pm)	It's In the Book (Book Study)	"B" & Main St. (Presbyterian Church)	Vicky	A.	GSR
				Sue	C.	Alt-GSR
	Fri (7:30pm)	Turning the Corner	1221 Wass St.	Scott	H.	GSR
	Sat (8pm)	Saturday Night Visiting Speakers Mtg.	18341 Lassen Dr. (Prentice School)	Joey	P.	GSR
	Sun (9:02am)	9:02 Speaker Meeting (9:02 Group)	18341 Lassen Dr. (Prentice School)	Sonny	J.	GSR
	Sun (7pm)	Sober & Crazy Speaker Meeting	18341 Lassen Dr. (Prentice School)	Lynne	D.	GSR
VILLA PARK	Mon thru Sun (7:30am)	24 Hour Book Group	17855 Santiago Blvd.	Debbie	K.	GSR

- *Is your meeting missing from the above list??*
- *Did the newsletter editor make a mistake??* *(If the answer is "yes", come to the next District 5 meeting and we can get it corrected!)*
- *Or...Is it because you don't have a G.S.R., or your G.S.R. is not actively attending the District meetings?*

UPCOMING.....

DISTRICT 5

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

***Mar. 9 @ 7pm-8:30pm*: G.S.R. Meeting**
(*"New GSR Orientation" meet at 6:30pm)*
Church of the Foothills
19211 Dodge Ave., Santa Ana/Tustin

***Apr. 10 @ 6pm*: Steering Committee Meeting**
Denny's @ 17th & Tustin, Santa Ana

***Apr. 13 @ 7pm-8:30pm*: G.S.R. Meeting**
(*"New GSR Orientation" meet at 6:30pm)*
Church of the Foothills
19211 Dodge Ave., Santa Ana/Tustin

AREA 09 ANNOUNCEMENTS

***Feb. 12 @ 9am-3:30pm*: Area Service Assembly**
Hesperia U.S.D. Business Service
15576 Main Street, Hesperia, CA 92346
(Hosted By District 19 - Adelanto, Apple Valley, Barstow, Hesperia, Lucerne Valley, Newberry Springs, Phelan, Trona, Victorville, Wrightwood, and Yermo)

***Feb. 25 @ 10am-3:00pm*: Registration Workshop**
7111 Arlington Ave., Suite B
Riverside, CA 92503

***Mar. 12 @ 9:30am-3:30pm*: Area Service Committee**
El Dorado Park West #1
2800 N. Studebaker Rd., Long Beach, CA 90815
Enter on Barrios St. - Off of Studebaker Road
(Hosted by District 4 - Avalon, Belmont Shore, Long Beach, Los Alamitos, Naples, and Rossmoor)

INTERGROUP

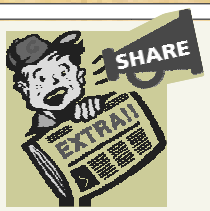
Upcoming Events:

June: Golf tournament

August: Luau, bonfire

Eve of New Year's Eve: Masquerade Ball

More information to follow...



PRAASA 2017

Our 50th Anniversary

50 years of empowering the informed Group Conscience

1968 - 2017

"Supporting Our Future"

Hosted by California Northern Interior Area 07
March 3 – 5, 2017
McClellan Conference Center
5411 Luce Avenue
McClellan Park (Sacramento), CA 95652
Assembly meeting times: Friday, March 3, 1:00 p.m. – Sunday, March 5, 12:15 p.m.

If you need to contact us send an email to:
PRAASA2017@cnia.org

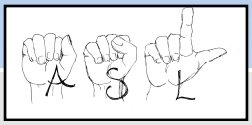
To register online please go to: PRAASA.ORG

ANNUAL OCAAC CONVENTION
"LIVING THE DREAM IN 2017"

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

FOR MORE INFO:
HTTP://WWW.OCAAC.ORG/INDEX.CFM

Meeting:



"ASL MEETING FOR THE DEAF & FRIENDS"!!

Location:
Garden Grove Alano Club—9845 Belfast Drive

Date & Time:
Saturday / 4:00 – 5:30 p.m.

Please Note: This meeting is for the non-deaf also. And is listed in the Orange County AA Central Office "online" Meeting Directory.
If you have any questions, you can contact Tony at (714) 582-3091 V.P.

VOLUNTEERS NEEDED!!

OCAAC Convention

The "OCAAC Convention" planning meeting is held on the 3rd Wednesday of every month at 7:30 p.m.

Location: St. Olaf's Church
12432 9th Street
Garden Grove, CA

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

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

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

Oct. 2016:
Tonia S. ~ GSR (Keep It Simple / Orange) ~ 6 Yrs.
Steve C. ~ GSR (How It Works / Orange) ~ 9 Yrs.

Nov. 2016:
Charley R. ~ District 5 DCM (East Orange) & Literature ~ 1 Yr.
Ryan B. ~ District 5 Cake Services and Area 09 Registrar ~ 8 Yrs.
Al C. ~ District 5 Treasurer ~ 13 Yrs.

Dec. 2016:
No Birthdays

WEBSITES

Here are some A.A. related websites:

- Alcoholics Anonymous.....www.aa.org
- Area 09 / District 5 .....www.msca09aa.org
- Orange County Central Office .....www.oc.aa.org
- A.A. Grapevine.....www.aagrapevine.org
- Orange County A.A. Convention .....www.ocaac.org

NEW G.S.R.s

A big ***THANK YOU*** and ***WELCOME*** to the following new G.S.R.s and Alternate G.S.R.s!!!

NAME	GROUP	CITY
Debbie K.	24-Hour Book Group	Villa Park
Elizabeth B.	Tustin Big Book Study	Tustin
Joanne M.	Not A Glum Lot	Orange
Missy D.	Orange Tustin Group	Orange
T.J. L.	Sun. Night Speaker Mtg.	Orange
Yvette B.	Ladies Night Book Study	Orange

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

MY HOME GROUP HAS THE FOLLOWING COMMITMENT TAKERS...

_____ 1. Secretary
_____ 2. Treasurer
_____ 3. Chips
_____ 4. Coffee
_____ 5. Cookies/Cake
_____ 6. "Twelve Steps" / "Twelve Traditions" Posters
_____ 7. Literature
_____ 8. Smoke Can
_____ 9. Set Up / Tear Down
_____ 10. Greeter
_____ 11. General Service Representative
_____ 12. Intergroup Representative
_____ 13. H & I Representative
_____ 14. Grapevine Representative

Although each home group may have their own priorities on which commitments are important to them, and which are not, did you know that commitments "11 through 14" are the ones that allows the group to have a voice, and an opportunity to know what's going on, outside their meeting room??

CONTRIBUTIONS FROM FELLOW A.A. MEMBERS...

I remember when I hit my two year sobriety date, I asked my "normie" husband if he trusted me again? When I was active in my alcoholism I put us into tremendous debt, stole from him, my family and lied about everything. His response was authentic and sincere, "*No, Tonia, I don't trust you, I will never trust you, but I do trust your AA program. As long as you do your AA thing, I can trust that.*"

He was right, left to my own devices I am a liar, thief and an awful wife, but with a program that involves service, meetings, steps and God I get to be sober, honest, and a wife my husband can trust.

The gifts of AA are never ending and now at a little over 6 years sobriety,
I'm excited to see and be present for this amazing life I get to live.

Thank you,

Tonia S.
District 5 Public Information / GSR (Keep It Simple)

TRUST:

"Firm belief in the reliability, truth, ability, or strength of someone or something."

DO YOU KNOW???...

The Twenty Questions – Where Did They Come From?

"The Johns Hopkins Twenty Questions: *Are You An Alcoholic?* was developed in the 1930s by Dr. Robert Seliger, who at that time was a faculty member in the Department of Psychiatry at the Johns Hopkins Hospital. It was intended for use as a self-assessment questionnaire to determine the extent of one's alcohol use. It was not intended to be used by professionals as a screening tool to help them formulate a diagnosis of alcoholism in their patients." The questions have been altered slightly over time and used by Inter-group Offices on separate cards that can be shared with newcomers or people interested in testing their dependence on alcohol.

For more details:
Melinda Beck.
"Are You an Alcoholic?"
Wall Street Journal, January 8, 2008.
URL: http://www.wsj.com/articles/SB119972084442672271 9

The newspaper article includes links to other diagnostic tests to help people evaluate their drinking.

Contributed By:

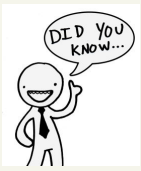
Mitchell B.
Area 09 Archivist / District 5 Secretary / GSR (No Puffers Speaker Meeting)

"Ya know...

... things happen, good and not so good. But it's gonna be OK so long as I don't drink over it. It may be the worst OK in the world, but so long as I don't take that first drink, and have faith in my higher power, things will be alright."

Contributed By:

Emmett C.
District 5 GSR



CONTRIBUTIONS FROM FELLOW A.A. MEMBERS...

Why Get Involved?

At Thursday night step study group several years ago, we were studying Step 7 out of the book *Twelve Steps and Twelve Traditions*. During the course of the discussion an idea was brought forward. When we first came in to A.A. we were like withered bushes, full of dead branches and devoid of live growth, but through taking in the steps we begin to be brought back to life. The conversation only went so far as to state that, as we journey onward in recovery this process occurs. What part do we play in this process?

Several years since the initial idea had been placed, this concept has become clearer. By being willing to serve Alcoholics Anonymous our lives open up. Through service we begin to place ourselves in a position to be of service to our higher power and those amongst us. In the process some of our old hobbies, recreations, past times or interests, begin to lose their old luster, when compared to the weight of helping the man who is still sick, in whatever capacity we are needed. Effectively we are allowing our Higher Power to use us to be of maximum service and the byproduct is that we start to have some of the old dead branches of our former lives begin to be cast off.

Most of the more unhealthy parts were cast away through taking the steps, yet some still cling, those that may not necessarily be unhealthy. These bits seem to be troublesome to set aside. Left to our own devices usually these will not leave us. Yet when set against the urgency of helping your fellow alcoholic, these braches too give way. By being willing to place ourselves in a position to be useful, we are allowing our Higher Power to enter in and make way for new growth.

What new things your life has in store for you I cannot say. Yet my experience has been, thus far, beyond the greatest imagining of my early days. Coming from a man who was isolated in his room, unable to hold down a job, fearful of leaving the small radius of which I lived in, wishing for the end. Today, through being willing to place myself in the hands of my Higher Power, I get to travel all over Southern California, meet a host of friends from the Pacific Region, share in discussions on the principles of A.A., lend a hand where needed, and walk with certainty that this path is truly the way to freedom. All of this and more is possible for you as well, so long as you are willing to take the action and get involved in your recovery.

Contributed By:

~Ryan B.~
Area 09 Registrar / District 5 Cake Services

INVOLVEMENT (Noun):

"The fact or condition of being involved with or participating in something:"

CONTRIBUTIONS FROM FELLOW A.A. MEMBERS...

Hello, my name is Michael and I'm a grateful recovering alcoholic! I've been in the program for several years, attending many meetings, being of service and learning the benefits of the AA program and how it works. Through those meetings, I've heard the story of others and shared my own, about how the AA program has worked in the lives of other alcoholics and assisted in their recovery. One story, shared by a fellow member of program, his name is Bud, I don't believe he minds me sharing his name, I heard some years ago, reminds me how powerful, cunning and patient alcohol is. Bud shared that he realized he had a problem with his drinking and did approximately six months without a drink, without the benefit or guidance of the program. A friend of his asked him to assist him in moving, along with some other buddies. During the move one of fellows brought a twelve pack of beer and offered to share it with the others while they went through the laborious progress of moving their friend's stuff, e.g. furniture, household equipment, etc. Bud figured since he had gone six-months without a drink he had a good handle on his drinking, and that one beer wouldn't hurt. Later, another twelve-pack of beer was offered up and again Bud said what the hell, another beer would be just dandy. From his story the friends and associates finished moving and decided to conclude the activities of the day by going to a bar where they would have the opportunity to drink more booze, another word's, drink like "real men". Bud said he woke up the next morning, having no idea of how he got there, as a guest of the Orange County Sheriff. He also probably had a splitting headache and a dry mouth. This story reminds me that I'll always be a recovering alcoholic, that I, like Bud, will never be able to "enjoy" just one beer, glass of wine, or a mixed drink like a Tom Collins, a Daiquiri or a Cuba Libre like normal people. His story reminds me of my own where at parties, someone's house for dinner or a business lunch that one or two drinks were never enough. Like at a Christmas party where I worked, fresh out of college, they brought in this terrible sparkling wine, called Cold Duck, like a poor-man's champagne. I couldn't drink enough of that crap, and ended up not only making a horse's ass out of myself at the Christmas party, but clawing, or staggering back to my office where I passed out, woke up later and vomited into my office's trash can. Another time at a holiday party, like Thanksgiving or Christmas I got wasted on dinner wine, like horrible vine-rose, grabbed the family cat and went for a ride on my bicycle with the cat jumping off, and me crashing into a fence that got in my way. I ended up will a terrible cuts and bruises, but what the hell, it was a holiday. From my time in the program, thru prayer, self-examination and mediation I've realized my problem was not just my inability to "drink like a man", but to do life on life's terms. I suffered from fear, which I've come to realize stands for FALSE EVIDENCE APPEARING REAL! That I would worry about things that had not happened, and not likely to happen, about things that I didn't have, what people thought of me and what I believed I should have. Through the program, the Twelve Steps and AA literature, particularly Daily Reflections that I start my day off with a reading for that day, I have dealt with my character defects. One is my impatience with myself, others, situations and my higher power, the Lord Jesus Christ. I realize that my higher power, my parents and my former wife all stood behind me as I caused them grief and hopelessness with my inability to accept life on life's terms. That I didn't have was or is a gratitude list that I could refer to when people, places and situations became too challenging for me. That when I was arrested and served over two years of probation for carrying a switch-blade knife my parents stayed with me, as well when I was arrested again, one for being inebriated in public, thank the Lord it wasn't a DUO. My former wife assisted me when I struggled through college, low-paying jobs and often under tyrannical bosses, to obtain my degrees, and to find meaningful and gainful employment. My higher power while I did a multitude of sins, including infidelity, adultery and availing myself to the services of ladies of the oldest profession. They were patient with me and why should I not be patient with them. I also attempt not to judge others, realizing that I am not free of character defects that I might call others and remember the saying of the Sioux Indian tribe, "Never judge a man until you have walked in his moccasins for at least two weeks!" The three key items I am grateful for are my sobriety, my serenity and my sanity plus my worldly rewards of a loving daughter, son-in-law and grandson plus my friends through the AA program, the two celebrate recovery meetings I attend and my house of worship. These are far more valuable than a position of "importance", a high salary, other "things" such as trophy wives, a big house in an affluent neighborhood or a late model car and designer clothes from some fancy men's boutique at Fashion Island. Living in a world of "instant gratification" I must be careful that I don't fall victim to that disease, that in the final analysis, "It's God's will, and not my own!"

Contributed By:

Michael H.
GSR (Monday Night Mens Stag Group)

LET GO
LET GOD

In keeping with our 7th Tradition……

DONATIONS MADE TO "DISTRICT 5"

A big **THANK YOU** to the following meeting groups for their generous 7th Tradition donations to "**District 5**" (*per the 2016-4th quarter District 5 Treasurer reports*)!!

THANK YOU!!

MONTH	GSO GROUP#	GROUP NAME	CITY	AMOUNT
October	172226	How It Works	Orange	$ 37.86
	696177	Tustin Acceptance	Tustin	$ 13.50
	126062	Friday Night No Puffers	Orange	$ 11.36
	680752	Keep It Simple	Orange	$ 6.55
	?	Name in the Hat	Orange	$ 10.00
	117208	Orange Friendship Club	Orange	$ 10.00
	686410	Monday Night Mens BYOB	Orange	$ 15.00
	131258	9:02 A.M. Meeting	Tustin	$ 20.00
	697139	Spiritual Experience	Tustin	$ 33.00
	102350	Tustin Thursday 12 & 12	Tustin	$ 5.00
	130429	6 AM Attitude Modification	Tustin	$ 66.02
November	168129	Tustin Rush Hour	Tustin	$100.00
	646431	Turning The Corner	Tustin	$ 5.82
	130429	6 AM Attitude Modification	Tustin	$ 47.13
	149952	24 Hour Book Group	Villa Park	$ 84.00
	680752	Keep It Simple	Orange	$ 4.35
	662400	Womens 12 & 12	Tustin	$ 5.00
	128302	Tuesday Night Men's Stag	Santa Ana	$ 10.00
December	716047	Thurs. 12 PM Discussion	Orange	$ 5.00
	632837	6 AM Early Risers	Santa Ana	$ 38.50
	126119	Early Birds	Orange	$102.04
	718618	Lady's Night Book Study	Orange	$ 9.93
	717656	Pamphlet Study Group	Orange	$ 16.00
	680752	Keep It Simple	Orange	$ 6.00
	130429	6 AM Attitude Modification	Tustin	$ 48.27
	616357	Sober & Crazy Speaker Meeting	Tustin	$ 4.45
	?	Orange Friendship Club	Orange	$ 42.50
	126062	Friday Night No Puffers	Orange	$ 12.00
	126635	Orange Tustin Group	Orange	$ 8.19

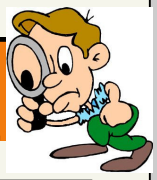
THANK YOU!!

Just a reminder…

It's important that your meeting group notates it's group name and General Service Office (GSO) number when sending in donations so that your group gets credit for those donations. If your group number isn't known, please have your group's G.S.R. speak to the "District 5" Registrar (Vicki R.) at the next District meeting. Thanks!!

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

"BIG BOOK" WORD SEARCH FUN



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FIND THE BELOW BOLDED/UNDERLINED WORDS:

- (*Under title of Book*) "The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism" is the **SUBTITLE** of the book "ALCOHOLICS ANONYMOUS".
- (*Step One-Short Form*): We **ADMITTED** we were **POWERLESS** over **ALCOHOL**-that our lives had become **UNMANAGEABLE**.
- (*Preface*) The book "ALCOHOLICS ANONYMOUS" is the **BASIC TEXT** for our society.
- (*Foreward to 1st Edition*) The main purpose of this book is to show other alcoholics **PRECISELY** how we have **RECOVERED**.
- (*Foreward to 2nd Edition*) Dr. Bob repeatedly failed to resolve his **ALCOHOLIC** dilemma—even with **SPIRITUAL** means – because he didn't know the description of **ALCOHOLISM** and **HOPELESSNESS**.
- (*Dr's Opinion*) ...the **BODY** of the alcoholic is quite as **ABNORMAL** as his **MIND**.
- (*Dr's Opinion*) Manifestation of "**ALLERGY**"...
- (*Dr's Opinion*) ... and the development of the "**PHENOMENON OF CRAVING**" is what happens to alcoholics when they drink. (And they cannot start drinking without developing it. Also known as "physical craving".)
- (*Dr's Opinion)* Alcoholics are **RESTLESS**, **IRRITABLE** and **DISCONTENTED** when they don't drink.
- (*Dr's Opinion)* Doctor's two part definition of alcoholism is **PHYSICAL** and **PSYCHOLOGICAL**.
- (*Dr' s Opinion)* To alcoholics, their life seems the only **NORMAL** one.
- (*Dr' s Opinion)* For there to be any hope for recovery, the alcoholic must experience an entire **PSYCHIC** change.
- (*Dr' s Opinion)* The only relief from this symptom (phenomenon of craving) is **ENTIRE ABSTINENCE**.

Note from Vicki R / Newsletter Editor:
My sponsor line does packets when working the Steps. This word search was created, by me, from our Step One-Set One packet..
Hope you have fun with it!!
If you don't, please feel free to contribute something for next quarter's newsletter to help fill up this page. BIG SMILE!!!