

# District 5 News4U


**4TH QUARTER - 2023**
**District 5 Newsletter Editor: Vicki R. — email: [district5@district5msca09.com](mailto:district5@district5msca09.com)**
**Online Newsletter: <https://district5msca09.com/#D5Docs>**

## DOES YOUR GROUP HAVE A “LINK” WITH A.A. AS A WHOLE?

### GENERAL SERVICE REPRESENTATIVE (GSR)

“The strength of our whole A.A. service structure starts with the group and with the general service representative (G.S.R.) the group elects. We cannot emphasize too strongly the G.S.R.’s importance.”

A.A. Pamphlet: P-19 ~ Alcoholic Anonymous © (A.A.)

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.)

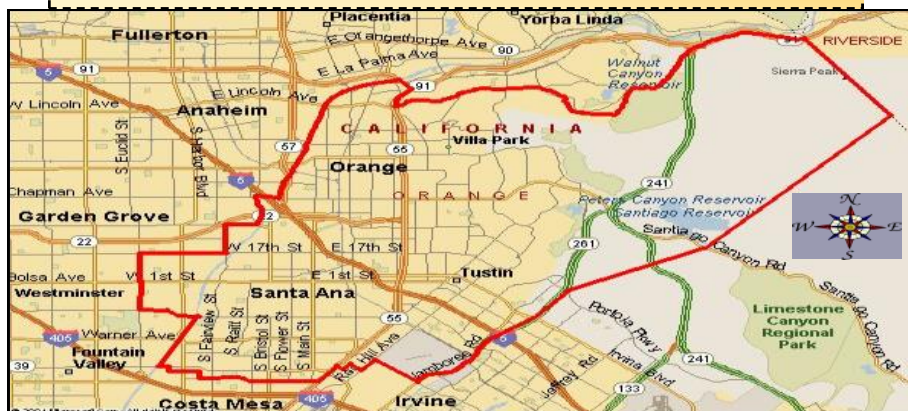


The AA SERVICE MANUAL  
Combined with TWELVE CONCEPTS for WORLD SERVICE  
(.pdf version)

[https://www.aa.org/sites/default/files/literature/en\\_bm-31\\_3.pdf](https://www.aa.org/sites/default/files/literature/en_bm-31_3.pdf)

## “DISTRICT 5 AREA ZONES”

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



### Being of Service...

**YOUR DISTRICT 5 PANEL 72 “2022/2023”  
TRUSTED SERVANTS/OFFICERS & COMMITTEE MEMBERS**

### PLEASE NOTE:

Links provided throughout are  
accessible by reading newsletter online.

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### \*\* TRUSTED SERVANTS/OFFICERS \*\*

✦ D.C.M.C.:	Isaac M. _____	Email: <a href="mailto:district5dcmc@district5msca09.com">district5dcmc@district5msca09.com</a>
✦ ALT. D.C.M.C.:	Greg A. _____	Email: <a href="mailto:district5alt-dcmc@district5msca09.com">district5alt-dcmc@district5msca09.com</a>
✦ SECRETARY:	Ryan H. _____	Email: <a href="mailto:district5secretary@district5msca09.com">district5secretary@district5msca09.com</a>
✦ TREASURER:	Vicki R. _____	Email: <a href="mailto:district5treasurer@district5msca09.com">district5treasurer@district5msca09.com</a>
✦ REGISTRAR:	Matt F. _____	Email: <a href="mailto:district5registrar@district5msca09.com">district5registrar@district5msca09.com</a>

### \*\* DISTRICT COMMITTEE MEMBERS (DCMs) \*\* (For District 5's Subdistricts)

✦ WOMEN'S EVENING	Arrielle T. _____	OPEN (Your Name??)
✦ EAST ORANGE	Steve C. _____	OPEN (Your Name??)
✦ WEST ORANGE	Greg A. _____	OPEN (Your Name??)
✦ WOMEN'S DAY	_____	OPEN (Your Name??)
✦ MEN'S GROUP	_____	OPEN (Your Name??)
✦ ORANGE FRIENDSHIP CLUB AM	_____	OPEN (Your Name??)
✦ ORANGE FRIENDSHIP CLUB PM	_____	OPEN (Your Name??)
✦ SANTA ANA ( Parts Of )	_____	OPEN (Your Name??)
✦ SANTA ANA ALANO CLUB	_____	OPEN (Your Name??)
✦ NORTH & SOUTH TUSTIN	_____	OPEN (Your Name??)

### \*\* STANDING COMMITTEES CHAIRS \*\*

✦ ARCHIVES	_____	OPEN (Your Name??)
✦ CONVENTION LIAISON	Matt D. _____	OPEN (Your Name??)
✦ GRAPEVINE	_____	OPEN (Your Name??)
✦ GSR SCHOOL	Ryan P. _____	OPEN (Your Name??)
✦ H&I LIAISON	Lana W. _____	OPEN (Your Name??)
✦ INTERGROUP LIAISON	Gina H. _____	OPEN (Your Name??)
✦ LITERATURE	Steve C. _____	OPEN (Your Name??)
✦ NEWSLETTER/WEBSITE	Vicki R. _____	OPEN (Your Name??)
✦ ACCESSIBILITIES	_____	OPEN (Your Name??)
✦ C.P.C.	_____	OPEN (Your Name??)
✦ P.I.	_____	OPEN (Your Name??)

### \*\* VOLUNTEER POSITIONS \*\*

✦ CAKE and COFFEE SERVICES \_\_\_\_\_ Steve C.

For more information  
regarding District 5's  
“Being of Service”  
positions:

[https://  
district5msca09.com/  
#ServPositions](https://district5msca09.com/#ServPositions)

How can YOU “Be of Service”??

Attend a District 5 meeting and  
VOLUNTEER for one of the  
OPEN positions.

**We need  
YOU!**

Thank You  
Volunteers

10  
11  
12

# STEPS, TRADITIONS, AND CONCEPTS OF A.A.

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



AA Website Links: [Alcoholics Anonymous : Read the Big Book and Twelve Steps and Twelve Traditions \(aa.org\)](http://Alcoholics Anonymous : Read the Big Book and Twelve Steps and Twelve Traditions (aa.org)) -AND-

[SMF-195 en - The Twelve Concepts for World Service \(Long Form\) \(aa.org\)](http://SMF-195 en - The Twelve Concepts for World Service (Long Form) (aa.org))

## STEPS: 10, 11, & 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."

**STEP 12:** "Each of us in turn - that is, the member who gets the most out of the program - spends a very large amount of time on Twelfth Step work in the early years. That was my case, and perhaps I should not have stayed sober with less work." *Bill W. letter, 1959*



## TRADITIONS: 10, 11, & 12

[10]

**Short Form:** "Alcoholics Anonymous has no opinion on outside issues; hence the A.A.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."

**TRADITION 12:** "One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest — such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation." *Bill W., 1958 (P-47, Pg. 7)*

## CONCEPTS: 10, 11, & 12

[10]

**Short Form:** "Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined."

[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."

**CONCEPT 12:** Consists of the Six (6) General Warranties of the General Service Conference. "These Warranties indicate the qualities of prudence and spirituality which the Conference should always possess . . . These are the permanent bonds that hold the Conference fast to the movement it serves." "The Warranties also express spiritual principles which apply to all other A.A. entities as well."

**Warranty One:** "The Conference shall never become the seat of perilous wealth or power."

**Warranty Two:** "Sufficient operating funds, plus an ample Reserve, should be its prudent financial principle."

**Warranty Three:** "None of the Conference members shall ever be placed in a position of unqualified authority over any of the others."

**Warranty Four:** "That all important decisions should be reached by discussion, vote, and wherever possible, by substantial unanimity."

**Warranty Five:** "That no Conference action shall ever be personally punitive or an incitement to public controversy."

**Warranty Six:** "That though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action."

(Bill W. / P-8 The Twelve Concepts for World Service Illustrated)



# \* DISTRICT 5 - AREA 09 - OCAA / O.C. CENTRAL OFFICE \*

## DISTRICT 5

Website: <https://district5msca09.com/>

D5's GSR Meetings are held 2nd Thurs. of the month.

### \*STEERING COMMITTEE MEETINGS\*

**DATES:** (Mon.) Nov. 6 and Dec. 11  
**TIME:** 6pm PT

### ZOOM:

Member ID: 897 037 1755  
Password/Passcode: 06101935

### \*GSR BUSINESS MEETINGS\*

2nd Thursday of the Month

**DATES:** (Thurs.) Nov. 9 (District 5 Panel 74 Elections) and Dec. 14

**TIME:** 6:30pm PT - New GSR Orientation (In-Person Only)  
7:00pm PT - Regular Meeting

**IN-PERSON:** Church of the Foothills  
19211 Dodge Avenue  
Santa Ana/N. Tustin, CA 92705

### ZOOM:

Member ID: 897 037 1755  
Password/Passcode: 06101935

*For safety and security reasons, please be sure your first name, last initial, and meeting group information is noted.*

## NOV. 5TH \*SERVICE FAIR\*

**DATE:** (Sun.) Nov. 5th  
**TIME:** 1:30pm - 4:00pm  
**LOCATION:** Orange Friendship Club

*For more information, see flyer on Page 7*

*You can find the '2023' calendar of District 5's monthly GSR meetings, along with other upcoming events, on District 5's website.*

## MSCA09

Website: <https://msca09aa.org/>

### DELEGATE SHARING SESSIONS



### "Delegate's Corner"

**August 13, 2023**

"Various GSO Reports"

**January 2023 to June 2023**

**Nov. 12 (Sun): 9am - 3:00 pm PT**  
(Registration begins at 8:30am)

### \*AREA SERVICE COMMITTEE (ASC)

Hosted by District 22

**IN-PERSON:** Thousand Palms Center  
31189 Robert Rd.  
Thousand Palms, CA 92276

**Zoom ID:** 878 6956 9698

**Passcode:** ASC

**Nov. 16 (Thurs): 6:00pm - 8:00pm**

### \*A09 WORKSHOP\*

*For more information, see flyer on Page 8!*

**Nov. 18 (Sat): 4:00pm - 8:00pm**

### \*SERVATHON\*

Hosted by MSA09 Alt-Delegate and Districts 1 & 3

**Location:** USS Iowa Battleship  
250 S. Harbor Blvd.,  
San Pedro, CA 90731

*For more information, see flyer on Page 9!*

**Dec. 10 (Sun): 8:30am - 2:30pm**

### \*AREA SERVICE COMMITTEE (ASC)\*

Hosted By District 30

**IN-PERSON:** Location unknown at the issuance of this newsletter.

**ZOOM ID:** 813 0450 9819

**PASCODE:** ASC

**CONGRATULATIONS TO THE FOLLOWING  
PANEL 74 AREA 09 OFFICERS!**

Delegate: ALEX W. Alt-Delegate: MANYA W.  
Area Chair: ROZANNE P. Registrar: MARTIN J.  
Secretary: MARYKA O.  
Treasurer A/P: LOUIS T.  
Treasurer A/R: RYAN H. (Our very own D5 member!!)



Mid-Southern  
California Area 09



## OCAA / O.C. CENTRAL OFFICE

Website: <https://oc-aa.org/>

### ORANGE COUNTY ALCOHOLICS ANONYMOUS / O.C. CENTRAL OFFICE

1526 Brookhollow Dr., Ste 75  
Santa Ana, CA 92705-5466  
(714) 556-4555

\*\*\*\*\*

### ORANGE COUNTY INTERGROUP

*Meetings every 2nd Wednesday  
of the month at 7:00pm - 8:30pm PT.*

### Location (Live Only):

Norma Hertzog Community Center  
1845 Park Ave., Costa Mesa, CA

### For more info:

**OCCA: (714) 556-4555**

**Website: <https://oc-aa.org>**

**Nov 18th (Sat): 12pm - 3pm**

### O.C. Central Office

### "OPEN HOUSE"

*For more information, see flyer on Page 9!*

\*\*\*\*\*

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

*Meets the 2nd Sunday of the month.*

### Meeting Times:

4:00pm: Institutions Committee

5:00pm: Orientation

6:00pm: Hospitals Committee

**Location:** Garden Grove Alano Club

9845 Belfast Dr., Garden Grove, CA

**Website: <https://ochandi.org/>**

\*\*\*\*\*



Orange County Intergroup Association's monthly publication of "Lifeline" is filled with great information and, most importantly, **EXPERIENCE, STRENGTH, and HOPE!!**

*You'll definitely want to read each issue.*

**Website: <https://oc-aa.org/newsletter/>**

Visit [www.oc-aa.org](https://www.oc-aa.org) for additional information and links.



**Meeting Guide App:**  
<https://www.aa.org/meeting-guide-app>

**GSR and DCM Apps:**  
GSR APP: <https://msca-gsr-kit.glideapp.io/>  
DCM APP: <https://dcm-dcmc-school-app.glideapp.io/>

*These are great and useful apps that can be downloaded to your computer, laptop, tablet and/or netbook!*

## DISTRICT 5 WEBSITE...



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

**Looking for a meeting?**



# A.A. GENERAL SERVICE OFFICE (GSO) ANNOUNCEMENTS & EVENTS

AND

# A.A. GRAPEVINE NEWS

## A few of the "What's New on AA.org"

(If viewing digitally, just click on the individual listed titles for the complete information.)  
Or Visit:

[https://www.aa.org/pages/en\\_US/whats-new-on-aaorg](https://www.aa.org/pages/en_US/whats-new-on-aaorg)

### \*Added Since D5's 2023-2nd Quarter Newsletter\*

- Letter from GM July 2023 ([aa.org](#))
- New Booklet Format: [A.A. for the Older Alcoholic \(aa.org\)](#)
- [A.A. and Spirituality - Press Release \(EN\) \(aa.org\)](#)
- [Job posting | AA Grapevine](#)
- Update: [August Backorders and Back in Stock \(aa.org\)](#)
- [Box 4-5-9 Summer 2023 \(aa.org\)](#)
- [The Grapevine and La Viña apps! | AA Grapevine](#)
- Announcing: [Completely revised and redesigned pamphlet "Young People in A.A." \(Item P-4\)](#)
- New Feature: [Frequently Asked Questions | Alcoholics Anonymous \(aa.org\)](#)
- [Digital Press Kit | Alcoholics Anonymous \(aa.org\)](#)
- [Corrections Desk Activity Update \(aa.org\)](#)
- Third Quarter: [Quarterly Report from GSO \(aa.org\)](#)

## STORY SOLICITATION

"Do You Think You're Different?" Pamphlet Update

Story solicitation "Do You Think You Are Different" ([aa.org](#))

[https://www.aa.org/sites/default/files/literature/Call%20for%20Story\\_Pamphlet%20DYTYAD%20EN.pdf](https://www.aa.org/sites/default/files/literature/Call%20for%20Story_Pamphlet%20DYTYAD%20EN.pdf)

Deadline for submissions: **April 30, 2024**

For More Info:

Visit website page or access QR Code.



## \*\*A Few of the Downloadable A.A. (PSA) Videos\*\*



### Sobriety in AA:

- When Drinking is no longer a Party
- My Drinking Built a Wall
- We made changes to stop drinking



## A.A. Audiobooks and eBooks (For Purchase)



### Audiobooks

<https://onlineliterature.aa.org/audiobooks>

- Alcoholics Anonymous Big Book (4th Edition 2001)
- Twelve Steps and Twelve Traditions
- Living Sober
- Daily Reflections

### eBooks

<https://onlineliterature.aa.org/ebooks>

- Alcoholics Anonymous Big Book (4th Edition 2001)
- Twelve Steps and Twelve Traditions
- Living Sober
- Daily Reflections
- Alcoholics Anonymous Comes of Age
- Came to Believe
- Dr. Bob and the Good Oldtimers
- As Bill Sees It
- Experience, Strength & Hope
- A.A. in Prison: Inmate to Inmate
- Pass It On
- Our Great Responsibility



## A.A. GRAPEVINE NEWS...

NOW AVAILABLE:

"[The Grapevine and La Viña Apps](#)"



**FREE SHIPPING: Nov. 1 to Dec. 31, 2023**

**Book Set: The Lighter Side Book Set (A Rabbit Walks into a Bar & Happy, Joyous & Free: The Lighter Side of Sobriety)**

**Grapevine Workbook**

**Grapevine Editorial Calendar 2024**

**AAGrapevineToday (Magazines and More)**

**Cartoon Book: [Take Me To Your Sponsor](#)**

**AAGrapevine YouTube Channel**  
[www.youtube.com/c/AAGrapevine](http://www.youtube.com/c/AAGrapevine)

**AAGrapevine's Podcast**  
<https://www.aagrapevine.org/podcast>



## ARMED FORCES INTERVIEW PROJECT

<https://www.aagrapevine.org/armed-forces-interview-project>



Interested military members can volunteer or get more information about this project by writing to:

[militaryoutreach@aa.org](mailto:militaryoutreach@aa.org)

## Audio Public Service

### Announcement Downloads

[Audio Public Service Announcement Downloads | Alcoholics Anonymous \(aa.org\)](#)

- Drinking Was No Fun For Me
- A Richer Life to Live
- A.A. Made The Difference
- Alcohol Didn't Work Anymore
- All of A Sudden, Everything Got Crazy
- Everybody Was On My Case
- I Could Feel The Happiness
- I know Where I'm Going
- I Thought I was Too Smart
- Never Alone Again

Etc., etc., etc.....

# HAPPY 'SOBRIETY' BIRTHDAY to the following District 5 Group Members!

## \*\* AUGUST 2023 \*\*

- 👤 Arrielle T. - 2 Years - GSR "Copy Cats" and D5 DCM (Women's Evenings)
- 👤 Kris H. - 6 Years - GSR "Sunday Night Speakers of Orange"
- 👤 Zadwiga H. - 9 Years - Visitor
- 👤 Vicki R. - 14 Years - D5 Treasurer / Newsletter-Website
- 👤 Jim L. - 36 Years - GSR "Tustin Big Book Study"

## \*\* SEPTEMBER 2023 \*\*

- 👤 Jeff S. - 1 Year - Visitor
- 👤 Matt D. - 2 Years - GSR "Hart Park Newcomers Group" and D5 Convention Liaison
- 👤 Lana W. - 3 Years - GSR "Weds Nite Womens Solution Grp" and D5 H&I
- 👤 Angelique Y. - 8 Years - GSR "12:00 P.M. Step Study Group"

## \*\* OCTOBER 2023 \*\*

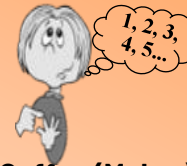
- 👤 Paty R. - 2 Years - GSR "Keep it Simple"
- 👤 Steve C. - 16 Years - D5 DCM (East Orange) / Literature / Cake (Baker) & Coffee (Maker)
- 👤 Greg A. - 38 Years - GSR "Sunday Morning B/B Study Group" and D5 Alt-DCMC



Celebrating your sobriety birthday is a way to honor your hard work and dedication and showing others it can be done!

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

YEARS..... 137  
MONTHS..... 1,644  
WEEKS..... 7,144  
DAYS..... 50,008  
HOURS..... 1,200,192  
MINUTES..... 72,011,520



- ♦ Alcoholics Anonymous.....[www.aa.org](http://www.aa.org)
- ♦ District 5.....<https://district5msca09.com/>
- ♦ MSCA 09.....<https://msca09aa.org>
- ♦ OCAA/OC Central Office.....[www.oc-aa.org](http://www.oc-aa.org)
- ♦ A.A. Service Manual Combined with 12 Concepts (2021-2023 Edition).....[www.aa.org/aa-service-manualtwelve-concepts-world-services](http://www.aa.org/aa-service-manualtwelve-concepts-world-services)
- ♦ AA Grapevine.....[www.aagrapevine.org](http://www.aagrapevine.org)
- ♦ OC A.A. Convention.....[www.ocaac.org](http://www.ocaac.org)
- ♦ All O.C. Young People In A.A....[www.ocypaa.org](http://www.ocypaa.org)
- ♦ Bridging the Gap.....<https://area9btg.org>
- ♦ Online Intergruop of A.A.....<https://aa-intergroup.org>



## NEW GSRs / Alternate GSRs / District 5 Position Holders

A big **WELCOME** and **THANK YOU** to the following for taking on these commitments:

NAME	MEETING GROUP	CITY
♦ Cole H. (GSR)	Early Birds Group	Virtual
♦ Danielle (GSR)	Ladies Night Book Study	Tustin
♦ Eric S. (GSR)	Forever Non-Professional	Orange F/C
♦ Joey P. (GSR)	Saturday Night Visiting Speakers Grp	Tustin
♦ Lana W. (GSR)	Wed Nite Womens Solutions Grp	Tustin
♦ Merrie F. (Alt-GSR)	Sobriety First	Tustin
♦ Paty R. (GSR)	Keep it Simple Group	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."**



## MEETING GROUP INFORMATION

In order to keep our applicable database records up to date; GSO, Area 09, District 5, and O.C. Central Office need to be advised whenever there are the following meeting / group changes:

- Name — Date and Time — Location
- General Service Representative (GSR) and/or Contact Information (i.e. Secretary)
- New Meeting/Group 'or' Disbandment of Meeting/Group

If there are any changes, please notify District 5's "Registrar" or "GSR School" Standing Committee Chair. District 5 will then make sure the information is forwarded on.





## MEETING GROUP NEWS



**NEEDS YOUR HELP FILLING CHAIRS**



### **NEW LOCATION!!**

### **"Saturday Night Visiting Speakers"** (A.A. HYBRID MEETING)

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**DAY & TIME:**  
Saturdays, 8:00pm to 9:30pm PT

**IN-PERSON:**  
Community of Christ Church  
395 S. Tustin St.  
Orange, CA 92866  
(Between E. La Veta & E. Palmyra)

**ZOOM:**  
ID: 620 819 804  
PASSWORD: aa

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Hi! My name is...  
and I'm a grateful  
alcoholic!

**IT'S ALL ABOUT**  
"EXPERIENCE, STRENGTH, AND HOPE!"

In the spirit of  
Tradition 6, A.A.  
is not allied with  
any sect,  
denomination,  
politics or  
institution.

### **"SUNDAY NIGHT SPEAKERS OF ORANGE"**



**Type of AA Meeting**  
**OPEN**

**Day and Time**  
**SUNDAY - 7:00PM PT**

**Location**  
**REVIVE COVENANT CHURCH**  
**250 S. Prospect Street**  
**Orange, CA 92869**

**Major Cross Street:**  
**Chapman Avenue**



It's all about  
Experience,  
Strength and  
Hope!

**ORANGE COUNTY ALCOHOLIC ANONYMOUS (OCAA) HOT LINE:**  
**(714) 556-4555**

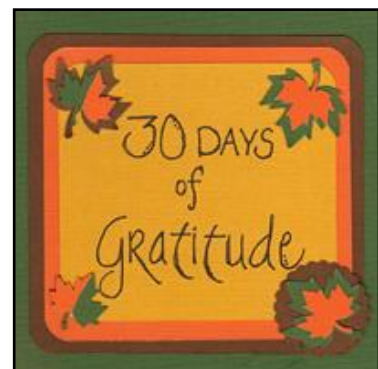
**ORANGE COUNTY ALCOHOLICS ANONYMOUS (OCAA) WEBSITE:**  
**<https://oc-aa.org/>**



### **Did You Know?**

Gratitude Month has, since the 1940s, been November and our shared thankfulness over the years has taken many forms and will continue to do so as our membership widens.

The General Service Board began giving small gratitude dinners in the 1940s. These were precursors to the much larger Gratitude Luncheons that were orchestrated during the 1960s as a Public Information effort of G.S.O.



## UPCOMING SOBER EVENTS

2023

**(Sat.) October 28**

Organized by South Orange County H&I Committee

### SOCHIC'S ANNUAL "CHILI COOK-OFF"



**SOCHIC'S ANNUAL  
CHILI COOK-OFF  
HALLOWEEN EDITION**

**SATURDAY,  
28TH OCTOBER**  
11:00 AM TO 2:00 PM  
FREE PARKING

**MAP ON BACKSIDE  
TEWINKLE PARK**  
970 ARLINGTON DR,  
COSTA MESA

**FEATURED EVENTS**  
CHILI COMPETITION - BAKE SALE  
50/50 RAFFLE - DOGGIE DRESS UP CONTEST  
JALAPENO EATING CONTEST - JAIL

<https://sochic.club/chili-cook-off/>

2023

**(Sun.) Nov. 5**

Hosted by District 5

### "SERVICE FAIR"



One of A.A.'s Third Legacies is "Service".

**"Service" Speakers** **Raffle, Games, and Prizes** **Food & Drinks** **Music by "DJ Beechbee"**

**"SERVICE" FAIR**  
Hosted by District 5

**WHEN:**  
(Sun.) November 5, 2023

**TIME:**  
1:30pm to 4:00pm

**WHERE:**  
Orange Friendship Club  
2191 N. Orange-Olive Rd.  
Orange, CA 92705

**Main Speaker:**  
Jeryl T.  
(Past MSCA09 Delegate)  
And surprise guest speakers.

**ATTENTION ALL DISTRICT 5 MEETING GROUPS**  
 † Have you never been of service, but want to be?  
 † Are you looking to be of 'more' service?  
 † You don't know how you can be of service in District 5?  
 † You'd like to know more about District 5 service positions, and what your duties would be?

For answers to above, be sure to attend the Service Fair! It's a **GREAT** and **FUN** way to learn all about the **"BEING OF SERVICE"** positions District 5 has, and how **YOU** can be of service.

District 5 Guidelines - Rev. 1, October 2021 - Article I. District Purpose  
D. Strengthen District 5 Groups through service work to ensure that the opportunity to recover from alcoholism through the practice of the Twelve Steps and the Twelve Traditions will be available for future alcoholics.

A.A.'s 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."

"UPCOMING SOBER EVENTS" continued on next page...

Any upcoming events that get announced and/or posted after the issuance of this quarterly newsletter will be posted on District 5's website as quickly as possible, so be sure to check it out.

<https://district5msca09.com/>

## LEADERSHIP

**"A good leader in the service area has the capacity to act in the best interest for all members of AA putting aside personal beliefs for the good of all."**

**Anonymous**





## UPCOMING SOBER EVENTS - continued

2023

**(Sun.) Nov. 12**  
Hosted by District 22

### MSCA09 “AREA SERVICE COMMITTEE (ASC)”



2023

**(3rd Thurs.) Nov. 16**

### MSCA09 “SERVICE WORKSHOP & COMMITTEE SHARING SESSION”



Hosted by District 22

## MSCA09 ASC

(Area Service Committee)

**DATE:** (Sunday)  
November 12, 2023

**TIME:** 9:00am to 3:00pm PT  
(Registration begins at 8:30am)

#### IN-PERSON:

Thousand Palms Community Center  
31-189 Robert Road  
Thousand Palms, CA 92278



#### JOIN ZOOM MEETING:

<https://us06web.zoom.us/j/87869569698?pwd=WEVLRQVdZd4N09DbUhlZjE0dFU0dz09>

Meeting ID: 878 6956 9698 Passcode: ASC



### MSCA AREA 09 SERVICE WORKSHOP & COMMITTEE SHARING SESSION THE 3RD THURSDAY OF EVERY MONTH 6 - 7:00PM & 7 - 8:00 PM PST

**MAY** What the conference is actually like.  
4 SOCAL Area Delegates Area 5,9,93.

**JUNE** The How, why and joy of a Class A trustee & Why we keep them around.  
Michelle G Class A, Nancy M Class A,

**JULY** How to reach anyone anywhere  
Bron F- Area 15 Secretary

**AUGUST** AA Around the world  
Hear from Current Class B Trustees at large US and Canada

**SEPTEMBER** Service Sponsorship  
Jimmy D - Class B Past Trustee

**OCT** Servant, Leader or Both ? -  
Debbie D AA Member

**NOV** PARTICIPATION - How we get groups involved and keep them engaged  
Craig and Matt K - Past Delegates

**When:**  
6:00 - 7:00 P.M MSCA09 Sharing Session  
7:00 - 8:00 P.M Area 09 Service workshop

**Where:**  
Meeting ID: 87366078505  
Passcode Area09p72

MSCA09.ORG

CONTACT: MSCA09/ALTDELEGATE@GMAIL.COM

All Meetings are  
recorded and can be  
found on the  
MSCA09.org  
WEBSITE.

## HAPPENING IN “2024”!!

**MARCH 1 - 3, 2024**  
San Francisco, CA

**“PRAASA 2024”**  
(Pacific Regional A.A. Service Assembly)

<https://praasa.org>

Hosted by CA Northern Coastal Area 06



Hosted by California Northern Coastal Area 06

**PRAASA 2024**  
Pacific Region A.A. Service Assembly  
Save the Date!

March 1 - 3, 2024

San Francisco, California

All A.A.'s Welcome • With A-Anon Participation  
Spanish & ASL Interpretation Available

Visit [www.PRAASA.org](http://www.PRAASA.org)

In late fall 2023 for online registration, hotel reservations, transportation and event info

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.

“UPCOMING SOBER EVENTS” continued on next page...



## UPCOMING SOBER EVENTS - continued

2023

**(Sat.) November 18**

*Hosted by Orange County Central Office*

### GRATITUDE MONTH / “OPEN HOUSE”



2023

**(Sat.) November 18**

*Hosted by MSCA09 Alt-Delegate & Districts 1 & 3*

### MSCA09 “2023 SERVATHON”



ALCOHOLICS ANONYMOUS

ORANGE COUNTY CALIFORNIA

CENTRAL OFFICE

## OPEN HOUSE

Come join us as we celebrate Gratitude Month during the open house at Central Office with a taco truck, guest speakers, live music, raffles, and more!

**November 18th  
12pm - 3pm**

**ADDRESS** 1526 Brookhollow Dr. Ste. 75  
Santa Ana, CA 92705-5466



## Mid-Southern California Area 09



### “2023 SERVATHON”



All MSCA09 (Crew) Members are hereby invited to Report for Duty for a fun '12 Traditions & Service Learning Experience' aboard the...

THIS IS A FREE EVENT AND ALL MEMBERS OF  
AA AND FRIENDS ARE INVITED TO JOIN US!

### USS IOWA BATTLESHIP

250 S. Harbor Blvd.  
San Pedro, CA 90731

**CARNIVAL THEME • GAMES • PRIZES • LIVE BAND •**

**SATURDAY  
NOVEMBER 18, 2023  
4:00pm - 8:00pm  
(16:00 - 20:00 Military Time)**

**Speaker 1 (Spanish Only):**

\* CESAR F., Past Delegate-Panel 64 /  
Current ACM-Trustees' Literature Committee

**Speaker 2 (English Only):**

\* CAROL M., SBS

**“FOOD AVAILABLE ALL NIGHT”**  
Hot Dogs, Hamburgers,  
Snow Cones & Popcorn



#### AGENDA:

4:00pm: Event Starts  
5:00pm: Band Plays  
5:45pm-6:45pm: Speakers  
and Raffle  
6:45pm: Band Plays  
8:00pm: Event Over

Hosted by MSCA09 Alt-Delegate and Districts 1 & 3  
Participation by South Bay H&I / South Bay Central Office,  
and MSCA09 Committees

## HAPPENING IN “2025”!!

**July 3 - 6, 2025**

*Vancouver, British Columbia, Canada*

### “2025 A.A. International Convention”

<https://www.aa.org/international-convention>


Never been to Vancouver?  
Then be sure to check out the video!



- ⇒ Only takes place once every five years.
- ⇒ The “2025” convention marks the 90th anniversary of the beginning of our Fellowship’s founding.
- ⇒ Years held in California:  
1960: Long Beach, CA  
1995: San Diego, CA



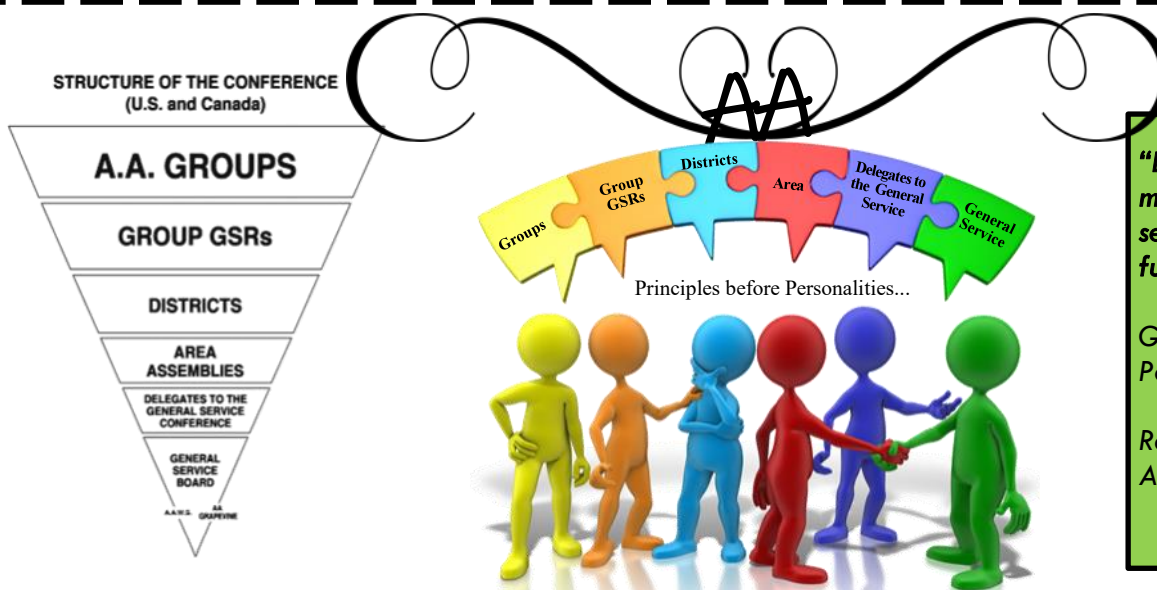
# MEETING GROUPS WHOSE GSRs ATTENDED AT LEAST ONE “DISTRICT 5 MEETING” IN THE “3RD QUARTER” OF “2023”



MEETING GROUP	GROUP #	GSR	ALTERNATE GSR
12:00 P.M. Step Study Group	606997	Angelique Y.	
777 Newcomers Mens Stag Group	649516	Ryan H.	
Chapman & Lewis AA Group	722230	Glenda R.	
Copy Cats	N/A	Arrielle T.	
Early Birds	126119	Matt D.	
It's In the Book	700349	Gloria Z.	
Monday Night Mens B.Y.O.B.	686410	Tyson H.	Joey C.
Name in the Hat Group	722902	Ryan P.	
Saturday Night Visiting Speakers Mtg.	100561	Isaak F.	
Sobriety First	New Group	Christine “Chris” D.	
Sunday Morning B/B Study Group (F/Club)	146970	Greg A.	
Sunday Night Speakers of Orange	125583	Kris H.	
(The) Other 12 & 12 Group	655929	Gina H.	Lili W.
Tuesday Night Mens Stag Group	128302	Matt F.	
Tustin Acceptance Meeting	696177	Curt B.	
Tustin (6am) Attitude Modification	130429	Tami C.	
Tustin Big Book Study	678232	Jim L.	
We Got A Coffee Pot	725707	Will G.	
Wed Nite Womens Solutions Grp	179495	Noelle P.	



Does your meeting group have a GSR? If not...why not?



*“By choosing its most qualified member as G.S.R., a group helps secure its own future—and the future of A.A. as a whole.”*

*General Service Representative Pamphlet P-19.*

*Reprinted with permission from AA World Services, Inc.*



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

**Meeting Group Contributions to District 5****2023: 3rd Quarter**

MEETING GROUP # AND NAME		CITY	JUL	AUG	SEP	"2023" TOTAL TO DATE
102350	12 Steps And 12 Traditions Study Group	Tustin	\$ 11.25	\$ 10.00	\$ -	\$ 38.75
606997	12:00 P.M. Step Study Group (F/Club)	Orange F/C	\$ -	\$ -	\$ 20.00	\$ 80.00
149952	24 Hour Book Group (aka Serenity Sunrise)	Villa Park	\$ 58.00	\$ -	\$ -	\$ 269.00
649516	777 Newcomers Mens Stag	Orange	\$ 60.00	\$ -	\$ 60.00	\$ 240.00
131258	9:02 Group	Villa Park	\$ -	\$ 20.00	\$ -	\$ 123.00
652296	Alkies Winners Circle Group	Tustin	\$ 20.00	\$ -	\$ 26.00	\$ 57.00
117208	Crawl Before No One	Orange F/C	\$ -	\$ 15.00	\$ -	\$ 15.00
126119	Early Birds Group	Virtual	\$ 4.71	\$ -	\$ -	\$ 28.37
700349	It's In The Book	Orange	\$ -	\$ 27.00	\$ -	\$ 100.50
686410	Monday Night Mens B.Y.O.B.	Tustin	\$ -	\$ 20.00	\$ -	\$ 20.00
No #	Quality Serenity	Orange F/C	\$ -	\$ 155.00	\$ -	\$ 505.00
143140	Sat. 2:00 P.M. Discussion Group	Orange F/C	\$ -	\$ 155.00	\$ -	\$ 505.00
616357	Sober & Crazy Speaker Meeting	Orange	\$ 8.90	\$ 10.85	\$ 8.10	\$ 85.98
697139	Spiritual Experience Group	Tustin	\$ 88.00	\$ -	\$ -	\$ 148.00
696177	Tustin Acceptance Group	Tustin	\$ 28.50	\$ 15.00	\$ 17.05	\$ 115.10
130429	Tustin Attitude Modification Group	Tustin	\$ 41.40	\$ -	\$ 119.71	\$ 761.33
678232	Tustin Big Book Study	Tustin	\$ -	\$ 7.65	\$ 18.22	\$ 64.82
179495	Wed Nite Womens Solutions Grp	Tustin	\$ -	\$ -	\$ 22.75	\$ 34.00
725707	We've Got a Coffee Pot	Orange	\$ 50.00	\$ -	\$ -	\$ 200.00
N/A	Zadwiga H.	Unknown	\$ -	\$ 10.00	\$ -	\$ 10.00
TOTALS:			\$ 370.76	\$ 445.50	\$ 291.83	\$ 4,017.99

*If your meeting group, or you as an individual, would like to make a 7th Tradition contribution to District 5, here are the choices:*

**1. CHECK—CASH—MONEY ORDER**

*(Please be sure money order can be 'mobile deposited'.)*

**Mail To:** District 5, P.O. Box 3374, Tustin, CA 92781-3374

**Hand Carry:** District 5 Monthly Meeting (We'd love to see you!!)

**2. ZELLEINFO: district5treasurer@district5msca09.com**

To see District 5's  
"2023 1st & 2nd Quarter Actuals",  
please visit our website.

**thank  
you!**



CONTRIBUTION TO:

District 5 - P.O. Box 3374, Tustin, CA 92781-3374

Please Print

GROUP #: \_\_\_\_\_

GROUP NAME: \_\_\_\_\_

RECEIPT TO BE SENT TO:

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

"or" EMAIL ADDRESS: \_\_\_\_\_



When making contributions to District 5, please notate your meeting group name and GSO #. If number is not known, please notate the day and time of meeting.

## A LITTLE OF THIS...A LITTLE OF THAT

### SAD NEWS

I know that all of you were saddened to learn this week of the death of one of our Home Group's most valuable members --

Someone Else.

Someone Else's passing created a vacancy that will be difficult to fill.

They had been with us for many years, and for every one of those years, Someone Else did far more than the normal members share of the work. Whenever leadership was mentioned, this wonderful person was looked to for inspiration as well as results. Someone Else can work with that drunk. Whenever there was a job to do, service work, or someone needed a ride to a meeting, one name was on everyone's lips, "Let Someone Else do it." It was common knowledge that Someone Else was among the largest givers in A.A. Whenever there was a financial need, everyone just assumed that Someone Else would make up the difference.

Someone Else was a wonderful person, sometimes appearing super-human, but a person can only do so much. Were the truth known, everyone expected too much of Someone Else. Now Someone Else is gone. We wonder what we are going to do. Someone Else left a wonderful example to follow, but who is going to follow it? Who is going to do the things Someone Else did? Remember, we can't depend on Someone Else anymore.



Author Unknown



### The 'Head-Spinning' Thoughts of a Newsletter Editor...

As the year "2023" draws closer to the end of "District 5's" Panel 72 (2022-23) and as I'm readying my "Spirit of Rotation" torches for passing onto the Panel 74 (2024-25) volunteers, my "Being of Service" (self-centered / self-serving / ego based) 'head-spinning' thoughts are all over the place.

Gratefully, because of my having worked the 12 Steps of AA, I know these thoughts need to stop...not tomorrow...not an hour or two from now...but at this very moment. Why? Because I learned and, still know, that having 'head-spinning' thoughts is *never* good for a (one-day-at-a-time) sober alcoholic like me. No matter how much sobriety time I may have.

On that (*not surprising*) note...

I feel it's important that I express how I will forever be grateful that, after a little over two years of sobriety, I volunteered for what 'I' thought would be the easiest, and definitely least time consuming, of my home group's "being of service" volunteer positions which was that of a "GSR".

Afterall, all I had to do was commit to attending a monthly District 5 meeting for a hour and a-half, and then report back to my meeting group what I heard...what I learned...about the current AA fellowship (district, area, and GSO) news. Yep! That definitely worked for me!

(*Yes, I do hear God laughing at my "easiest and least time consuming" willingness, because...*)

Little did I know then that my GSR commitment would eventually lead me to wanting to volunteer for various district level positions, which would then lead me to wanting to volunteer for an area level position.

It didn't happen overnight. In fact, I have no problem admitting that it took about 3 months of my being a GSR and attending the District 5 meetings for me to even slightly understand what the heck they were talking about. Gratefully, though, I knew a few who were District 5 Trusted Servants / Officers at the time, and because I had the (*lack of ego*) courage to do so, I reached out to them and asked questions. Which they willingly and graciously, and to the best of their experience and knowledge, answered. Or, if the questions warranted, offered their 'suggestions'.

(*As an FYI...based on my experience, whenever a position holder doesn't know the answer, it's always beneficial to put fear and ego aside and ask someone that may.*)

My sharing with you which District 5 positions I have held, or now hold, is not important. As that's not what this article is all about.

It's about my stopping my 'self-centered / self-serving / ego' head-spinning thoughts of:

- "But I really enjoy my position and what it entails."
- "Others compliment me on the job I'm doing."
- "Will someplace else know how to do it correctly, and have the willingness to spend the time needed to do so?" (*The latter, of course, meaning my ego's interpretation of correctly and time needed.*)
- "For District 5 and it's members' benefit, I need / have to keep the 'torch' if no one else volunteers to take it."

So, how will I stop those thoughts?? I will try to do my very 'alcoholic' best by turning them over to my Higher Power and allowing Him to show me 'how' and 'where' I can best be of District 5 - Panel 74 service when the time comes during our District 5 elections on November 9th. And I'll continue to remind myself that the "Spirit of Rotation" torch I pass on may be the very one that helps another alcoholic stay sober.

As this will be the last Panel 72 newsletter, let me express how grateful I am to all of you for taking the time to read the newsletters, for not pointing out my many mistakes in them and, most of all, for helping me remain sober 'one day at a time' because of having been the newsletter editor.

Wishing you all a sober, safe, happy, and merry, holiday season!

Sincerely,

Vicki R.

District 5 Panel 72  
Newsletter Editor