



District 5 Newsletter



4TH QUARTER—2021

District 5 Newsletter Chair: Vicki R. / Orange

Online Newsletter: <https://msca09aa.org/district-5>

DOES YOUR GROUP HAVE A VOICE??

GENERAL SERVICE REPRESENTATIVE (GSR)

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

For more information about GSRs, see A.A.® leaflet:

A.A. Pamphlet: P-19 -

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

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

~ Alcoholic Anonymous © (A.A.)



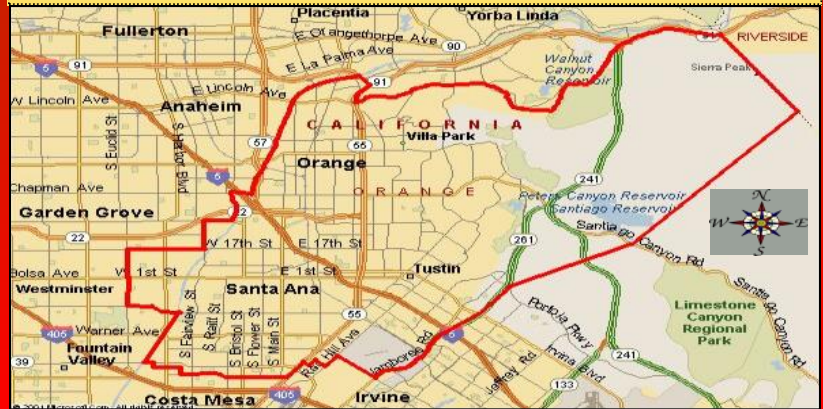
The AA SERVICE MANUAL

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

https://www.aa.org/assets/en_US/en_bm-31.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 "2020/2021"
...OFFICERS AND COMMITTEE MEMBERS...

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.

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** OFFICERS **

DISTRICT COMMITTEE MEMBER CHAIR (D.C.M.C.)	RYAN H. (hvacman25@gmail.com)
ALTERNATE DISTRICT COMMITTEE MEMBER CHAIR (ALT. D.C.M.C.) ...	ISAAC M. (isaacmagana20@gmail.com)
SECRETARY	CHRIS W. (cwheelers@gmail.com)
TREASURER	VICKI R. (wrkaaitwrks@aol.com)
REGISTRAR	OPEN (Your Name??)

** DISTRICT COMMITTEE MEMBERS (DCMs) **

WOMEN'S DAY	OPEN (Your Name??)
WOMEN'S EVENING	OPEN (Your Name??)
MEN'S GROUP	OPEN (Your Name??)
EAST ORANGE	OPEN (Your Name??)
WEST ORANGE	GREG A.
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	STEVE C.

** STANDING COMMITTEES CHAIRS **

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

** VOLUNTEER POSITIONS **

CAKE SERVICES	STEVE C.
COFFEE	STEVE C.

How can YOU "be of service"? It's easy! Just volunteer for one of the above "OPEN" positions. If interested, please contact one of the above District 5 Officers. We'd love to have you join us!





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

STEPS: 10 thru 12

10.

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

11.

“Sought though 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.”

PERSONAL (Step #10): (Adjective) *“of, affecting, or belonging to a particular person rather than to anyone else.”*

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.”

(Tradition #10): (Service Material from the General Service Office*Practice These Principles...* “**TRADITIONS CHECKLIST**” Rev. 01/18 SM F-131)
 “#7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?”

CONCEPTS: 10 thru 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, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.”

EQUAL (Concept #10): (Noun) *“a person or thing considered to be the same as another in status or quality.”*

Here's What's Happening At...

DISTRICT 5 / AREA 09 / OC CENTRAL OFFICE

DISTRICT 5

Website: <https://msca09aa.org/district-5/>

Nov. 8, 2021 (Mon) / 6:00pm PST

STEERING COMMITTEE MEETING

ZOOM:
Member ID: 457 182 8915
Password/Passcode: 469764

***GSR (HYBRID) MEETING and
"2022-2023" DISTRICT 5 ELECTIONS**

Nov. 11, 2021 (Thurs) / 7pm-8:30pm PST
>New GSRs: 6:30pm PST

GSR (HYBRID) MEETING

IN-PERSON: Church of the Foothills
19211 Dodge Avenue
Santa Ana, CA 92705

ZOOM:
Member ID: 457 182 8915
Password/Passcode: 469764

Dec. 6, 2021 (Mon) / 6:00pm PST

STEERING COMMITTEE MEETING

ZOOM:
Member ID: 457 182 8915
Password/Passcode: 469764

Dec. 9, 2021 (Thurs) / 7pm-8:30pm PST
>New GSRs: 6:30pm PST

GSR (HYBRID) MEETING

IN-PERSON: Church of the Foothills
19211 Dodge Avenue
Santa Ana, CA 92705

ZOOM:
Member ID: 457 182 8915
Password/Passcode: 469764

District 5's GSR (Hybrid) Meetings are held every 2nd Thursday of the month.

AREA 09

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

**Nov. 7, 2021 (Sun) - HYBRID /
8:00am-3:00pm PST**

AREA SERVICE COMMITTEE (ASC)
Hosted by District 19

In-Person:
Jurupa Community Center
Jurupa Area Recreation & Park District
4810 Pedley Rd., Jurupa Valley, CA 92509

Zoom:
<https://us06web.zoom.us/join/join?jtrk=Z0rcO2ppioqG9RzJF4wsEkXaCa3tO0vjivx>

Zoom attendees: Register in advance for meeting. After registering, a confirmation email containing information about joining the meeting will be sent.

**Nov. 13, 2021 (Sat) - HYBRID /
9:00am-2:00pm PST**

AREA 09 SERVATHON
Hosted by Districts 1 and 3

"Our Primary Purpose in a Time of Change"
Free Hybrid Workshop—Guest Speakers and Round Table Discussions on Traditions 1, 4 and 5. Get to know more about A.A. service work.

IN-PERSON:
West Torrance High School (Cafeteria)
20401 Victor St., Torrance, CA 90503
(Park at the corner lot on Del Amo Blvd. & Victor St.)

ZOOM:
<https://us06web.zoom.us/join/join?jtrk=Z1vde-trDktHNeLe8nVSjYIlow8zEs1TUmn>

Zoom attendees: Register in advance for meeting. After registering, a confirmation email containing information about joining the meeting will be sent.

For More Information:
district1msca09@gmail.com
Jose A. (562) 533-6435 / Alex W. (954) 654-3149

**Dec. 12, 2021 (Sun) - HYBRID /
8:30am-2:30pm PST**

AREA SERVICE COMMITTEE (ASC)
Hosted by District 10

IN-PERSON:
Walton Intermediate School
12181 Buaro St., Garden Grove, CA 92840

ZOOM:
<https://us06web.zoom.us/join/join?jtrk=Zwod-upiouG9eRYrXtKzID4yWD-Rq-vall>

Zoom attendees: Register in advance for meeting. After registering, a confirmation email containing information about joining the meeting will be sent.

O.C. CENTRAL OFFICE

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

O.C. INTERGROUP

Meetings are held every 2nd Wednesday of the month at 7:00pm PST.

Be sure to confirm with the O.C. Central office (714-556-4555) beforehand whether meetings will be held in-person or via Zoom.

IN-PERSON:
Costa Mesa Senior Center
695 W. 19th Street, Costa Mesa

ZOOM:
Meeting ID: 616 903 638
Password/Passcode: ocaa

ORANGE COUNTY HOSPITALS & INSTITUTIONS (H&I)

Meets the 2nd Sunday of the month by Zoom at 4:00pm and 6:00pm.

Orientation starts at 5:00pm sharp; the room will be locked from 5:05pm until 5:40pm.

The Committee Meeting is at 6:00pm (meeting opens around 5:40pm).

ZOOM:
Meeting ID: 819 0493 8488
Password/Passcode: 788615

Be sure to confirm with the O.C. Central office (714-556-4555) beforehand whether meetings will be held in-person or via Zoom.

November 13, 2021

*Orange County Central Office
"OPEN HOUSE"*

See flyer on Page 5 for more info.

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

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



Mid-Southern
California Area



HAVE YOU CHECKED OUT THESE NEW APPS YET??

Just a reminder that Alex W. (District 1) has created a GSR and DCM app.

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, so be sure and check them out



Thank
You!

AA GENERAL SERVICE OFFICE (GSO) ANNOUNCEMENTS & EVENTS

Alcoholics Anonymous® Visit us at www.aa.org

“What’s New on AA.org”

https://www.aa.org/pages/en_US/whats-new-on-aaorg

Added September, 2021

- ⇒ Highlights from A.A. World Services Board meeting held on July 29, 2021.
- ⇒ New Service Material “Safety and A.A. Flyer” (F-228).
- ⇒ Revision to Service Material on Safety and A.A. to reflect recent shared experience.
 - ◇ “Safety and A.A.: Our Common Welfare (SMF-209)
 - ◇ “Safety Card for A.A. Groups” (F-211).
- ⇒ Box 4-5-9 — Fall 2021
- ⇒ NOW IN PRINT: (newly revised) Preamble Wallet Card and Placard.
 - ◇ Wallet Card: English (M-2)
 - ◇ Wallet Card: French (FM-2)
 - ◇ Wallet Card: Spanish (SM-2)
 - ◇ A.A. Preamble Placard: English (M-10)
 - ◇ A.A. Preamble Placard: English (M-11) - Set of 3 display placards (A.A. Preamble, Unity, Responsibility)

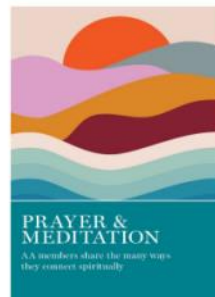
Be sure to check out the website link above for any past and/or future “What’s New on AA.org” information.

COMING SOON!

<https://store.aagrapevine.org/>

AAGRAPEVINE, Inc.

COMING SOON – NEW BOOK – SEPT 2021!



Prayer & Meditation features powerful stories by members of Alcoholics Anonymous about the many ways they pray and meditate in their daily lives. The stories in this book show how members begin to pray and meditate and then branch out to develop very personal, and often creative, ways to practice. Chapters include: daily routines, traditional religious practices, activities and exercise, personal techniques, the Serenity Prayer, and connecting with nature and the universe. All stories were previously published in Grapevine, the International Journal of AA. Great for people in recovery or those who want to explore prayer and meditation. **Item #GV44**

Price: \$11.50 each/5 or more copies \$10.50 each

Customer Service

English: 847-559-7327; Spanish: 847-504-8195; French 212-870-3456

www.aagrapevine.org

www.aalavina.org

ANNOUNCING:

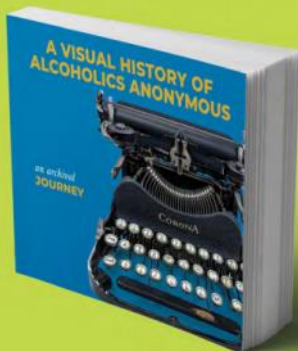
The limited edition publication of a new book!

NOW IN PRINT!

A VISUAL HISTORY OF ALCOHOLICS ANONYMOUS:

An Archival Journey

Lavishly illustrated, this lively tour through A.A.'s history is told in hundreds of iconic images never before published in one volume. Illuminating descriptions walk us through powerful moments in our shared history — from the people, places and things integral to A.A.'s early growth, and forward to today's vibrant, international Fellowship. Includes a special focus on Detroit in A.A.'s history and updated coverage of recent innovations in A.A. group life. 4.75" x 3.75", 416 pages. **\$12.00.**



Limited Edition: NOW IN PRINT!

Originally developed as the souvenir book for the 2020 International Convention in Detroit.



Follow Grapevine and La Viña on Instagram!

GRAPEVINE: @alcoholicsanonymous_gv
LA VIÑA: @alcoholicosanonimos_lv



Now in Print – A Visual History of Alcoholics Anonymous: An Archival Journey (aa.org)
https://www.aa.org/assets/en_US/en_NowinPrint_VisualHistoryBookAnnouncement.pdf

P-16 - A.A. Group



UPCOMING SOBER EVENTS



NOVEMBER 2021

November 13th

November 25th - 28th

OPEN HOUSE

Orange County Central Office

November 13th, 2021
1526 Brookhollow Dr.
Santa Ana, CA 92705
1PM to 4PM




Celebrating Gratitude Month

Free BBQ, Icecream and Coffee with Live Music, Raffle and Guest Speaker




The 2021 Las Vegas Roundup is being held at the Tropicana Hotel & Casino
801 S Las Vegas Blvd, Las Vegas, NV 89109 (Free parking)

For More Information: <http://www.lasvegasroundup.org>

BE SURE TO CHECK OUT

MID-SOUTHERN CALIFORNIA AREA 09
<https://msca09aa.org/>

AND

ORANGE COUNTY CENTRAL OFFICE
<https://oc-aa.org/default.htm>

WEBSITES FOR ADDITIONAL EVENTS THAT MAY BE POSTED.



UPCOMING SOBER EVENTS

(Continued...)

2022

Save the dates



SAVE THE DATES!!



**PACIFIC REGION
ALCOHOLICS ANONYMOUS
SERVICE ASSEMBLY (“PRAASA”)
March 4th - 6th, 2022**

**ORANGE COUNTY AA CONVENTION
April 15th - 17th, 2022**

FIFTY-FIFTH ANNUAL SERVICE ASSEMBLY

SAVE THE DATE MARCH 4-6, 2022

WHAT IS PRAASA? It is 3 day program which includes panel presentations on the General Service Conference theme and agenda items, roundtable discussions for members to network with others who share their service position, open mic sharing, questions and Al-Anon participation.

WHAT IS PRAASA'S PURPOSE? The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of AA. The Assembly and the PRAASA committee should always foster the Recovery, Unity and Service legacies of AA.

AN EXPERIENCE YOU MUST NOT MISS! Come join over 1,500 excited AA members from all over the Pacific Region and be part of this unforgettable event. ASL and Spanish translation available.

WHY ATTEND?

- To recharge your enthusiasm for service
- Panel of Past and Present Trustees
- Ask It Basket
- It's in Oregon – first time since 2007

**ALL AAs WELCOMED
REGISTRATION IN THE
FALL OF 2021
www.PRAASA.org**

37th Annual OCAA Convention
with Al-Anon Participation

A VISION FOR YOU RE-DO

April 15th, 16th and 17th 2022
Hilton Orange County Costa Mesa, CA
714-540-7000 Hotel Code: FUNN

Room Rates: \$129 until March 15th, 2022.
Then \$139 through the convention.

Parking is \$20.00 overnight - \$10 In & Out

**** All Registrations are online this year. ****

at OCAAC.org

You can also register at the convention
starting April 15th 2022.

**PACIFIC REGIONAL FORUM
September 16th - 18th, 2022**

**Marriot Salt Lake—Downtown City Creek
Salt Lake City, Utah**

STAY TUNED FOR MORE INFO!

*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!

**** AUGUST 2021 ****

- * Peter C. (30 Yrs.): GSR ("Tustin Big Book Study")
- * Lisa H. (29 Yrs.): GSR ("Winners Circle Group")
- * Vicki R. (12 Yrs.): District 5 Treasurer/Newsletter Editor
- * Manny A. (9 Yrs.): GSR ("Sunday Night Speakers of Orange") / District 5 Convention Liaison

**** SEPTEMBER 2021 ****

- * Will G. (14 Yrs.): GSR ("We Got a Coffee Pot Mens Stag")

**** OCTOBER 2021 ****

- * Kathy S. (39 Yrs.): (Wed Nite) Womens Solutions Grp
- * Greg A. (36 Yrs.): Sunday Morning B/B Study Group (F/Club)
- * Ryan H. (22 Yrs.): District 5 DCMC
- * Roger F. (18 Yrs.): Hart Park Newcomers Group
- * Steve C. (14 Yrs.): District 5 DCM-No. & So. Tustin/Coffee Maker

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

YEARS..... 223
 MONTHS.....2,676
 WEEKS11,628
 DAYS81,395
 HOURS 1,953,480
 MINUTES 117,208,800

GSO...THE BIRTHDAY PLAN

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

For More Info: www.aa.org/pages/en_US/the-birthday-plan



A.A. RELATED WEBSITES

- ♦ Alcoholics Anonymous www.aa.org
- ♦ MSCA 09 / District 5 <https://msca09aa.org>
- ♦ OC Central Office 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
- ♦ AA Grapevine www.aagrapevine.org
- ♦ OC A.A. Convention www.ocaac.org
- ♦ AA Online Intergroup www.aa-intergroup.org
- ♦ All O.C. Young People In A.A.... 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
Gina V. (GSR)	Keep It Simple	Orange
Lisa H. (GSR)	Winners Circle	Orange
Helen K. (GSR)	Sober & Crazy Group	Tustin
John C. (Alt-GSR)	Mon. Night Mens B.Y.O.B. Grp	Tustin
Mari H. (GSR)	Tustin (6am) Attitude Modification	Tustin
Melissa A. (Alt-GSR)	Tustin Big Book Study	Tustin
Rachel Y. (GSR)	Womens Experience Strength & Hope	Orange
Sofia M. (GSR)	Ladies Night Book Study	Orange
Steve M. (Alt-GSR)	Tustin Rush Hour	Tustin/Orange

AA RESPONSIBILITY STATEMENT

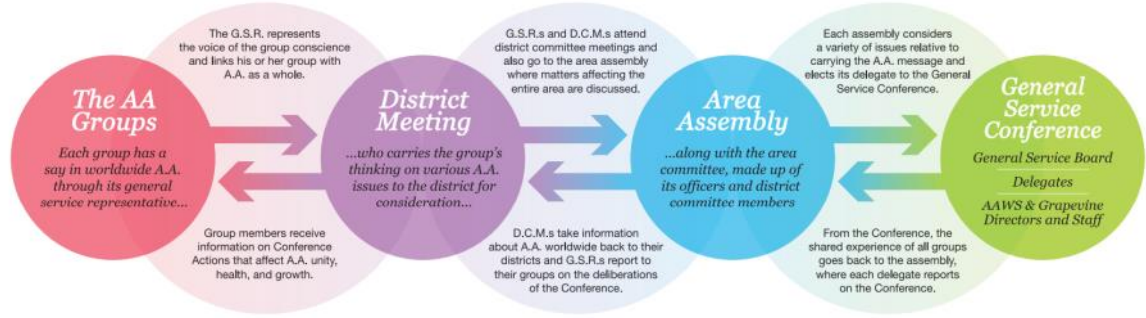
"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

FRIENDLY REMINDER...In order to keep our applicable database records up to date; GSO, Area09, 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)
- 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.

“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.” —Tradition Two



P-45 (Pg.2)
 “Circles of Love and Service”
 Reprinted with permission of A.A. World Services, Inc.”

* FROM YOUR DISTRICT 5 '2020/2021' - PANEL 70 - TRUSTED SERVANTS *

**DCMC:
 RYAN H.**

“Passing the Torch”

When I was growing, like so many. My dad was my hero. Not because they wore a cape or could leap buildings in a single bound. But because he was bigger than life. As I would look up at him, he seemed like a giant. Sometimes, it seemed lie he blocked out the sun. He was my Super Hero.

As my up bring was without fanfare or the big house on the top of the hill. We grew in Huntington Beach, CA. Just a humble beginning. Now being a father of my own, I know hard it is raising a family. Something we all just take for granted when we are young and carefree. Coming from a modest home. My brother and I, didn't go without. Until the drinking became too much for my mom. And then, Dad was gone.

It was the typical response. “We still love you kids, but we can't live together”. For a 9-year-old kid, not sure what that meant. But, won't you know. When we settled into a new place. Dad was just right around the corner. Weird right. Life just seemed to keep on going. My mother did the best for us. Providing all that we needed.

Then my dad's health took a turn for the worst. And he kept ending up in the hospitals, time and time again. As we were never told why. Until the last time, when they told us to go in and say our goodbye's. By then I was 14 and I knew what that meant. He was dying, and it was from complication of chronic Alcoholism. I knew my dad was always drinking vodka and pink lemonade, his favorite.

So, all I could figure he drank so much because he missed us. He was just drinking away his feelings. As that, that had made perfect sense. So off I went in my drinking career. Drinking to handle my fears and disappointments. And off I went running the race of life caring the torch of Alcoholism. This I carried for 20 years. Until I finally had hit the wall and surrender.

This story isn't about me and my Alcoholism. It's a tale on how I stopped the passing of the torch of Alcoholism to my children. This is the great celebration of the 12 Step Program of Alcoholic Anonymous. Finally understanding why I drank so much was the best healing, which came from working the steps. Finally, I was able to forgive myself for all the horrible things I did to the people who loved me the most. Not only realizing why I drank, but how to stop was the great gift of Alcoholic Anonymous.

The great gift I have received from my time being sober. Is that my children never had to see me drunk. And I never had to put them thru the heartache of losing a parent in their young lives. I am blessed beyond measure.

Respectfully, Ryan

...Continued from Page 8

* FROM YOUR DISTRICT 5 '2020/2021' - PANEL 70 - TRUSTED SERVANTS *

**SECRETARY:
CHRIS W.**

Service – Unity – Recovery

All I have is 24 hours in a day, like any other alcoholic. By God's grace I have been able to stay sober one day at a time since June 28th, 2011, and I am extremely grateful for that. Over the years I have said yes to 99% of all AA requests. This was a habit I built early on when my sponsor told me that "We don't say no to an AA request, unless we committed to something already." I truly believe that this has been a huge part in staying sober.

Want to do a Panel? Yes.

Want to be the literature guy? Yes.

Want to sponsor me? Yes.

Stay after to pick up? Yes.

Give me a ride to meeting? Absolutely.

Speak in front of 100 people? OF COURSE!

Be an alternate GSR? Yes...

I have been a GSR for roughly 5 years now, or involved in service work of this type about half of my sobriety. I can tell you I still only know the tip of the iceberg of what I'm actually doing. But what I do know is I have a willingness to be willing – to show up and suit up and be of service. It wasn't always this way. I couldn't show up even if the event was about me when I was drinking, but AA has taught me how to be dependable.

Through recovery, and continuing to work on myself, and be in recovery – a recovering alcoholic, I have been able to do so much. God has guided me through so much. Both in the rooms and out of the rooms. I am not perfect, but I progressively put AA first. And the more AA I do, the more my life gets better. I served as District 5's secretary. Honestly, I can't tell you if I did a good job. I know that I didn't do a bad job – not showing up would be a bad job (haha) – but I showed up and participated. I raised my hand to be of service to the group and the rewards have been amazing. All these gifts I learn in the rooms because of God, and you trickle into my life and allow me to be the best version of myself. Truly what a gift.

There are not many places, I cannot think of many, that are as united as AA. Even when my fellow GSRs don't agree, we stay united. Any commitment I've held at most meetings, I would say 99.9%, stay united. We do not govern, and we have a group conscious. What an amazing thing to be a part of. From GSR to the District, to the Area, to the General Service Conference, to the meetings, it is the same. Like-minded alcoholics voting and working together for what's best for AA as a whole. I am so grateful to have been a part of District 5's committee and humbled. I will carry these lessons for the rest of my life.

*** Chris W. ***

**TREASURER/NEWSLETTER EDITOR:
VICKI R.**

SOBRIETY LEARNING EXPERIENCES

Those who truly know me know that I'm not only a sober non-perfect alcoholic, I'm also a 'rambler' when it comes to words...verbal or written.

Alcohol or no alcohol... that's just what I do. LOL! So, as I start rambling now, please don't forget... I'm a sober non-perfect alcoholic. :)

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As the District 5 Newsletter Editor, I have constantly asked others to submit something... anything...to put in the newsletter. Just ask those who attend our monthly District 5 GSR meetings. LOL! But now that it's time for 'me' to submit something about 'me', I suddenly find myself way out of my comfort zone. But that's okay, because it's a great learning experience in being able to recognize that what's out of my comfort zone is probably out of a whole lot of others also.

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One of the most wonderful things about being a fellowship member of **Alcoholics Anonymous** ("A.A.") for past 12 years, along with having been of **District 5** ("D5") service for the past 10, is all the numerous learning experiences because of one or both. Two of the most important ones for me being:

- ♦ **Why I drank** the way I drank.
- ♦ How I could **not drink 'one day at a time'**.
- ♦ If I had the willingness, I could get sober and stay sober by:

- Having a **Sponsor**.
- Working the **12-Steps** of **A.A.**
- Reaching out** to others.
- Being of Service**.

Because of not only having learned and done / doing the above, and continually turning my sobriety journey over to my Higher Power, I now 'get to' write about me...even if it is 'out of my comfort' zone.

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My sobriety date is Aug. 14, 2009. And, as suggested, I first started 'being of service' volunteering for various commitments on a meeting group level in 2010.

In 2012, with no prior thought of doing so, I raised my hand and volunteered for a 'being of service' commitment that I only knew a little bit about. Which was the **General Service Representative** ("GSR") commitment. Now the 'little bit' I knew was (#1) I needed to attend a hour and a-half, once-a-month D5 meeting, (#2) take notes, and (#3) report that information back to the meeting group. I have to admit that, based on that 'little bit' of knowledge I had, my volunteer-

ing was *not a totally selfless act*. However, as always, **God had the last laugh!** Once again, a learning experience was going to take place.

I didn't have a clue as to what they were talking about during the first couple D5 GSR meetings that I attended. Not only because of all the information they were sharing and reporting on, but there were so many acronyms... "DCMC", "DCM", "MSCA09", "ASA", "PRAASA". *What?*

Because of my pride and ego, the GSR 'less than' feeling definitely kicked in. But I kept attending the D5 meetings and read the (*non-romance / western*) information that was provided to me in the GSR packet, the A.A. Service Manual, etc. But, most importantly, I turned it over to my Higher Power, and in doing so, I learned and recognized that, because I am a sober non-perfect alcoholic, it's okay that I don't, nor do I have to, understand all that goes on. That, as long as I continue to at least have the willingness to be of service and to learn what I need to learn while doing so, my 'staying sober' journey will be easier and so much more fulfilling. The feeling of GSR 'less than' began to disappear which then led to my learning and recognizing that I loved being involved with **D5**. That the 'little bit' of knowing was growing into a lot more learning experiences. Just some of which are:

- ♦ A.A. is so much bigger than just 'me' and my meeting groups.
- ♦ How many volunteers all over the world are 'being of service' so that our wonderful fellowship forever remains alive, growing, and continues to help those who want to get sober and stay sober.
- ♦ All fellowship members have a voice, if one chooses to use it, in all the many facets of A.A.

In ending my rambling, and because of ALL the above, I've been blessed to continually have learning experiences by holding D5's Registrar, Newsletter Editor, and Treasurer positions. The latter two being ones I currently hold. My 2-year term for these will soon end. But I plan to continue to be of service by volunteering for one of the many needed D5's volunteer positions.

*Afterall, I'm still sober. So why would I want to take a chance and jinx it by not doing so? Vicki R.*

# \* A.A. IN THE NEWS - ON STAGE - ON THE BIG SCREEN \*

## "1948 CLUB" Musical Revue

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Valley Times  
(Van Nuys, CA)  
June 26, 1948

## "LOST WEEKEND" Movie

=====

Valley Times  
(Van Nuys, CA)  
March 11, 1946

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# 1948 Club Revue Based on Relief From Alcoholism

The 1948 Club revue sponsored by friends and members of the 6300 club will be staged at the Wilshire Ebell theater tonight, Sunday and Monday at 8:30.

This two-act musical revue, with a cast of approximately sixty performers and based on alcoholic cases from which many thousands have arrested their case, carries the story and the true picture of the relief and happiness which is enjoyed by the members of Alcoholics Anonymous.

Outstanding acts, sketches and settings of the revue were written or designed by members and friends of the A. A. organization.

Don Shaw and his Club Revue orchestra will furnish the music, assisted by the Rhythmic chorus.

COMPLETE ROUND-THE-WORLD SERVICES OF THE ASSOCIATED PRESS; WIREPHOTO-CITY NEWS SERVICE

**Valley Times**  
SAN FERNANDO EDITION

Monday, March 11, 1946

HOLLYWOOD'S traditional Oscar goes to Ray Milland and all over the land the glittering little statuette will become a symbol. Milland won it for his role as an alcoholic in the picture, "Lost Weekend." The professional critics and the public praised it, but his real critics were anonymous—Alcoholics, Anonymous.

They alone could actually understand the nuances of his performance. No man who never died a thousand deaths for want of a drink would comprehend how the suffering could drive a man to steal. Nor could they know that an alcoholic is not salvaged by rest cures and sanitariums—but only by himself.

Milland's "Lost Weekend" may well save years and lives that would otherwise have been wasted. It should do more for alcoholics' than preaching, prohibition and prigs combined.

A toast to Milland—in water.



And the 1946 "OSCAR" Awards goes to...  
Ray Milland won for "Best Performance As An Actor" for his role as the chronic drunk in "Lost Weekend".  
"Lost Weekend" won for "Best Picture of 1945".

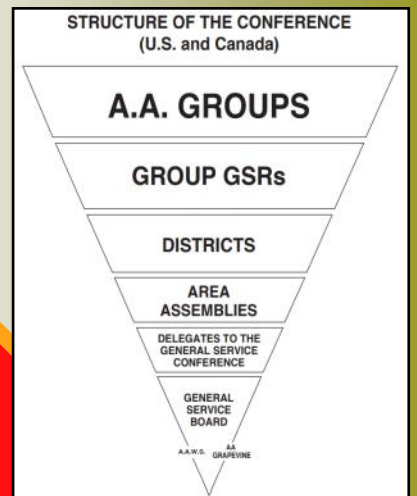


**MEETING GROUPS WITH GSR  
'DISTRICT PARTICIPATION' IN 3RD QUARTER 2021**

| MEETING GROUP                           | CITY            | GSR            | ALTERNATE GSR |
|-----------------------------------------|-----------------|----------------|---------------|
| Chapman & Lewis AA Group                | Orange          | Glenda R.      |               |
| Early Birds                             | Orange          | Paula P.       |               |
| Forever Non-Professional (F/Club)       | Orange          | David L. "Jr." |               |
| Friday On A Monday Discussion           | Orange          | Chris H.       |               |
| Hart Park Newcomers Group               | Orange          | Roger F.       |               |
| It's In the Book                        | Tustin          | Gloria Z.      |               |
| Keep It Simple                          | Orange          | Gina V.        |               |
| Ladies Night Book Study                 | Orange          | Sofia M.       |               |
| Men's BYOB Book Study                   | Tustin          | Matt D.        |               |
| Name in the Hat Group                   | Orange          | Scott B.       | Ryan P.       |
| Saturday Night Visiting Speakers Mtg.   | Orange          | Benjamin B.    |               |
| Saturday Podium Tag (F/Club)            | Orange          | Kyle B.        |               |
| Sunday Morning B/B Study Group (F/Club) | Orange          | Greg A.        |               |
| Sunday Night Speakers Meeting of Orange | Orange          | Manny A.       |               |
| (The) Other 12 & 12 Group               | Orange          | Chris W.       |               |
| Tustin (6am) Attitude Modification      | Tustin          | Mari H.        | Michelle B.   |
| Tustin Big Book Study                   | Tustin          | Peter C.       | Melissa A.    |
| Tustin Rush Hour                        | Tustin & Orange | Chuck W.       | Steve M.      |
| We Got A Coffee Pot                     | Orange          | Will G.        |               |
| Wed Nite Womens Solutions Grp           | Tustin          | Kathy S.       |               |
| Winners Circle Group                    | Anaheim         | Lisa H.        |               |
| Womens Experience, Strength & Hope      | Orange          | Rachel Y.      |               |



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



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

**Group Donations to District 5  
“2021 - 3rd Quarter”**

| GROUP #           | GROUP NAME                           | CITY        | JUL       | AUG       | SEP       |
|-------------------|--------------------------------------|-------------|-----------|-----------|-----------|
| 102350            | 12 Steps And 12 Traditions Study Grp | Tustin      | \$ -      | \$ 4.06   | \$ -      |
| 606997            | 12:00 P.M. Step Study Group (F/Club) | Orange      | \$ -      | \$ 52.00  | \$ -      |
| 652296            | Alkies Winners Circle Group          | Tustin      | \$ -      | \$ 45.00  | \$ -      |
| 126119            | Early Birds Group                    | Orange      | \$ 24.40  | \$ -      | \$ -      |
| 725120            | Forever Non-Professional             | Orange      | \$ 26.50  | \$ -      | \$ -      |
| ??                | HB Tower II Beach Meeting            | Hunt. Beach | \$ -      | \$ -      | \$ 240.00 |
| 172225            | How It Works                         | Orange      | \$ 55.25  | \$ -      | \$ -      |
| 680752            | Keep It Simple Group                 | Orange      | \$ 7.73   | \$ 7.29   | \$ 7.26   |
| 686410            | Monday Night Mens B.Y.O.B.           | Tustin      | \$ 22.68  | \$ -      | \$ 23.28  |
| ??                | Monday Night Speakers Meeting        | Orange      | \$ 25.00  | \$ -      | \$ -      |
| 126635            | Orange Tustin Group                  | Orange      | \$ 15.00  | \$ 15.00  | \$ -      |
| 146970            | Sunday Morning B/B Study Group       | Orange      | \$ 16.00  | \$ 16.00  | \$ -      |
| 696177            | Tustin Acceptance Group              | Tustin      | \$ -      | \$ 15.00  | \$ 15.00  |
| 130429            | Tustin Attitude Modification Group   | Tustin      | \$ 43.58  | \$ 146.03 | \$ 100.00 |
| 678232            | Tustin Big Book Study                | Tustin      | \$ 5.00   | \$ 15.40  | \$ -      |
| MONTHLY TOTALS    |                                      |             | \$ 241.14 | \$ 315.78 | \$ 385.54 |
| 3RD QUARTER TOTAL |                                      |             | \$ 942.46 |           |           |

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

**CHECK 'or' CASH**

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

**ZELLE**

*(c/o US Bank - District 5 Treasurer)*

**Acct Info:  
wrkaaitwrks@aol.com  
(District 5 Treasurer)**

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

*Please Note:  
Due to District 5's "2022-"2023" elections in November, the above Zelle "Acct. Info" will most likely change as of January 1, 2022.*

**DISTRICT 5**

**GREATLY**

**APPRECIATES**

**ALL YOUR**

**DONATIONS!**

