

(Blue Ink: Hyperlinks)

~ District 5 ~ News4U

Happy Holidays



Happy Thanksgiving

Merry Christmas



4TH QUARTER—2022

District 5 Newsletter Editor: Vicki R. — email: district5@district5msca09.com

Online Newsletter: <https://district5msca09.com/>

ONE VOICE CAN SPEAK FOR MANY...

GENERAL SERVICE REPRESENTATIVE (GSR)

- ◆ 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.
- ◆ "The link to A.A. as a whole and group contact with the General Service Office; voting member of the area assembly."

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"



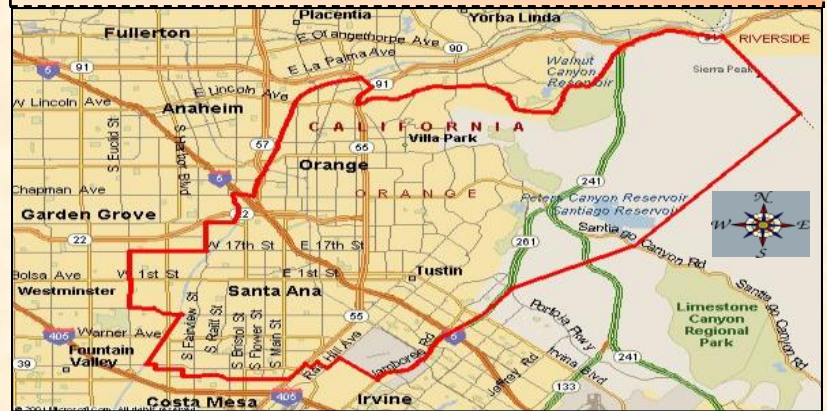
"For a new general service representative, this leaflet outlines responsibilities and useful sources of information; for a group, what to keep in mind when electing a G.S.R."
~ Alcoholic Anonymous © (A.A.)

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

"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

** TRUSTED SERVANTS/OFFICERS **

† D.C.M.C.	Isaac M.	Email: district5dcmc@district5msca09.com
† ALT. D.C.M.C.	Greg A.	Email: district5alt-dcmc@district5msca09.com
† SECRETARY	Ryan H.	Email: district5secretary@district5msca09.com
† TREASURER	Vicki R.	Email: district5treasurer@district5msca09.com
† REGISTRAR	Ashley Y.	Email: district5registrar@district5msca09.com

** DISTRICT COMMITTEE MEMBERS (DCMs) **

† WOMEN'S DAY	OPEN (Your Name??)
† WOMEN'S EVENING	Tami C.	
† MEN'S GROUP	Al G.	
† EAST ORANGE	Steve C.	
† WEST ORANGE	Greg A.	
† ORANGE FRIENDSHIP CLUB AM	OPEN (Your Name??)
† ORANGE FRIENDSHIP CLUB PM	David "Jr." L.	
† SANTA ANA (Parts Of)	OPEN (Your Name??)
† SANTA ANA ALANO CLUB	OPEN (Your Name??)
† NORTH & SOUTH TUSTIN	Chris W.	

** STANDING COMMITTEES CHAIRS **

† ACCESSIBILITIES	OPEN (Your Name??)
† ARCHIVES	Rachel Y.	
† C.P.C.	OPEN (Your Name??)
† CONVENTION LIAISON	OPEN (Your Name??)
† GRAPEVINE	Roger F.	
† GSR SCHOOL	Joey P.	
† H&I LIAISON	John R.	
† INTERGROUP LIAISON	Gina H.	
† LITERATURE	Steve C.	
† NEWSLETTER	Vicki R.	
† P.I.	OPEN (Your Name??)

** VOLUNTEER POSITIONS **

† CAKE SERVICES	Steve C.
† COFFEE	Steve C.

How can YOU "be of service"? Volunteer for one of the above "OPEN" positions by contacting any of the District 5 Officers.

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District Committee Member (DCM)

"Visit Groups in the Sub-district that do not have G.S.R.s, explain the importance of Group representation in A.A. through a G.S.R., and encourage them to elect their own G.S.R."





STEPS, TRADITIONS, AND CONCEPTS OF A.A.

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



✓	10
✓	11
✓	12

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 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.”

Step 11 / UNDERSTOOD (Understand): “interpret or view (something) in a particular way”

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 10 / CONTROVERSY: “a prolonged dispute, debate, or state of contention, especially one that unfolds in public and involves a stark difference of opinion”

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:

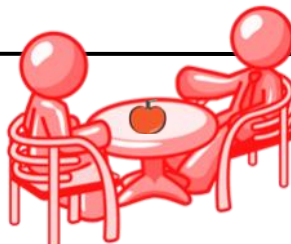
“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”

[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 11 / CONCERN: “a matter of interest or importance to someone”



*** 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.

Nov. 7, 2022 (Mon) / 6:00pm PT

STEERING COMMITTEE MEETING

ZOOM:
Member ID: 897 037 1755
Password/Passcode: 06101935

Nov. 10, 2022 (Thurs) / 7pm—8:30pm PT

> New GSR Orientation: 6:30pm PT <

GSR (HYBRID) MEETING

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

ZOOM:
Member ID: 897 037 1755
Password/Passcode: 06101935

Dec. 5, 2022 (Mon) / 6:00pm PT

STEERING COMMITTEE MEETING

ZOOM:
Member ID: 897 037 1755
Password/Passcode: 06101935

Dec. 7, 2022 (Thurs) / 7pm—8:30pm PT

> New GSR Orientation: 6:30pm PT <

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ZOOM:
Member ID: 897 037 1755
Password/Passcode: 06101935

You can find a '2022' calendar of District 5's monthly GSR meetings, along with other upcoming events, on District 5's website. A '2023' calendar will be posted when available.

DISTRICT 5 WEBSITE...



Do you know you can find all sorts of useful information on the website?
Do you know that it really does get updated on a 'timely' basis?

If you answered 'No' to either of those questions, is it because you haven't checked it out yet??

<https://district5msca09.com/>

MSCA09

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

Nov. 12, 2022 (Sat) / 6:00pm - 9:00pm PT

AREA 09 SERVATHON

Hosted by Area 09 Alt-Delegate and Districts 8 & 11

"It's All About Service" Servathon of 2022

Gatsby Theme / Back to the Roaring 20's / Music, Dancing, Speaker, Games, and Free Dinner!

LOCATION: Ontario Masonic Lodge
1025 N. Vine Ave.
Ontario, CA 91762

See flyer on Page 7...

Nov. 17, & Dec. 15 - Virtual
7:00pm - 8:00pm PT

-Third Thursday of Every Month-

MSCA AREA 09 SERVICE WORKSHOP

Hosted by Panel 72

Meeting ID: 873 6607 8505
Passcode: Area09p72

See flyer on Page 6...

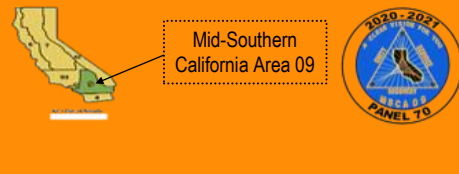
Dec. 11, 2022 (Sun) / 8:30am - 2:30pm PT

***AREA SERVICE COMMITTEE* (ASC)**

Hosted by District 15

LOCATION: Backs Community Building
201 S. Bradford
Placentia, CA 92870

Additional information for this ASC is not available at time of this newsletter issue. Please visit MSCA09's website for any and all updates.



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

Looking for a meeting?



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!



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

For more info:
(714) 556-4555

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

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



Orange County Intergroup Association's monthly publication of "Lifeline" is filled with great information and,

Visit www.oc-aa.org for additional information and links.

Did you know that way back in 1946 there was an AA meeting in the City of Orange? You can read about this, and a whole lot more District 5 history, on District 5's website.

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

AND A.A. GRAPEVINE NEWS

“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

Added August 2022

- 📄 [Box 4-5-9 Summer 2022](#)
- 📄 [Update on Printing Delays and Backorders](#)
- 📄 [News Release AA Grapevine Inc.](#)

Added September 2022

- 📄 [AA Grapevine, Inc. New Book Release \(“SOBRIEDAD EMOCIONAL”\)](#)
- 📄 [Letter to the Fellowship from G.S.O. General Manager \(Bob W.\)](#)
- 📄 [Extension of Mixed-Title Quantity Discount Test Pilot \(through Dec. 31, 2022\)](#)
- 📄 [Effective October 5, 2022 - The General Service Office Reopens to Visitors](#)

Added October 2022

- 📄 [Quarterly Report from G.S.O.](#)
- 📄 [Message from General Manager on Visiting the General Service Office](#)
- 📄 [About AA—Fall 2022 \(Newsletter for Professionals\)](#)
- 📄 [Announcing: Hardcover Jacketless Format for Big Book and 12 & 12](#)
- 📄 [Members of the Hispanic Community Find Help and Hope in A.A.](#)

A.A. Audiobooks and eBooks

Audiobooks

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

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

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

GRAPEVINE NEWS...

📄 [Future Vision: GV App Tell Us What You Think](#)

GRAPEVINE PODCAST...

BY: CHRIS C. | PUBLISHER, AA GRAPEVINE, INC.

- ♦ The AA Grapevine Half-Hour Variety Hour.
- ♦ Featuring long-time AA members Don and Sam.
- ♦ Each week Don and Sam will interview a different member about their experience, strength and hope, in a casual “meeting after the meeting” manner.
- ♦ Special features will enhance each episode.
- ♦ A new podcast episode will be available in English every Monday at 9:00 am EST.
- ♦ To hear the podcast (including past podcasts): <https://www.agrapevine.org/podcast>.
- ♦ Email: podcast@aagrapevine.org.



Tell us what you think...



Grapevine is developing a smartphone app for both Grapevine and La Viña magazines.

The app will be a hand-held control center for all things Grapevine and La Viña. Take a look at our list of features and ideas on the right—we want your input and ideas too. Let us know your thoughts.

Email us at social@aagrapevine.org Put “App Ideas” in the subject line.

Grapevine and La Viña Apps

Imagine having all of this at your fingertips:

- 👉 Scroll through monthly magazine
- 📁 Archives of every magazine since 1944
- 🔍 Search tool
- 🎧 Audio playlist of every current article
- 📅 Popup day count
- 📅 Input your meeting schedule
- 📄 Create a Daily Spiritual Maintenance Checklist
- 🎧 Podcast link
- 🗣️ Daily Quote
- 📄 Meeting Guide
- 📊 Sobriety Calculator
- 📚 Build a library of favorite articles
- 🛒 Grapevine Store
- 📺 Link to YouTube channel

📄 [Coming Soon, Free Shipping! \(Nov. 1 thru Dec. 31\)](#)



HAPPY 'SOBRIETY' BIRTHDAY

to the following
District 5 Group Members!



**** AUGUST 2022 ****

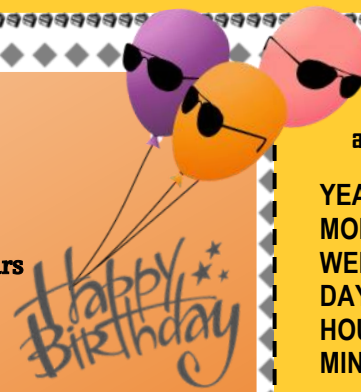
♦ Vicki R. (*District 5 Treasurer & Newsletter Editor-Web*) - 13 Years

**** SEPTEMBER 2022 ****

- ♦ Matt D. (*GSR-Early Birds Group*) - 1 Year
- ♦ Ashley Y. (*GSR-Ladies Night Book Study / District 5 Registrar*) - 8 Years
- ♦ Will G. (*GSR-We've Got A Coffee Pot*) - 15 Years
- ♦ Joey P. (*District 5 GSR School*) - 28 Years

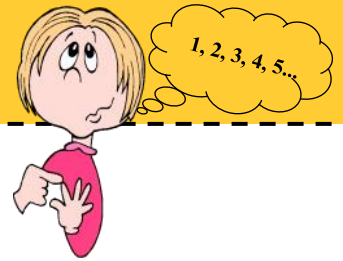
**** OCTOBER 2022 ****

- ♦ Rachel Y. (*GSR-Womens Experience, Strength & Hope / District 5 Archives*) - 10 Years
- ♦ Steve C. (*GSR-12 Steps and 12 Traditions Study Group / District 5 DCM-East Orange, District 5 Coffee & Cake Volunteer*) - 15 Years
- ♦ Roger F. (*GSR-Hart Park Newcomers Group / District 5 Grapevine Rep*) - 19 Years
- ♦ Ryan H. (*GSR-777 Newcomers Mens Stag Group / District 5 Secretary*) - 23 Years
- ♦ Greg A. (*GSR-Sunday Morning B/B Study Group / District 5 Alt-DCMC*) - 37 Years



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

YEARS 169
MONTHS 2,028
WEEKS 8,812
DAYS 61,685
HOURS 1,480,440
MINUTES 88,826,400



- ♦ Alcoholics Anonymous www.aa.org
- ♦ District 5 <https://district5msca09.com/>
- ♦ MSCA 09 <https://msca09aa.org>
- ♦ OCAA/OC Central Office www.oc-aa.org
- ♦ A.A. Service Manual Combined with 12 Concepts (2021-2023 Edition) www.aa.org/aa-service-manualtwelve-concepts-world-services
- ♦ AA Grapevine www.aagrapevine.org
- ♦ OC A.A. Convention www.ocaac.org
- ♦ All O.C. Young People In A.A.... www.ocypaa.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
* Al G. (DCM-Men's Groups)	District 5 Position	
* Joey P. (GSR School)	District 5 Position	
* Tami C. (DCM-Women's Evenings)	District 5 Position	
* Amanda S. (GSR)	Keep it Simple	Orange
* Jeff L. (GSR)	Monday Night Mens B.Y.O.B.	Tustin



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, 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.

The real gift of gratitude is that the more grateful you are, the more present you become.
-Robert Holden

UPCOMING SOBER EVENTS

November 4 - 6, 2022

Havasu AA Roundup

**“34TH ANNUAL -
MIRACLE ON THE RIVER”**



34th Annual

With Al-Anon Participation

Lake Havasu City
Arizona

MIRACLE ON THE RIVER

THE BEST IS YET TO COME

November
4th - 6th
2022

REGISTER ONLINE!
www.HavasuaAARoundup.org

November 4 - 6, 2022

**“70th Annual Southern California
AA Convention”**



Southern California AA Convention

Platinum View in 2022

Friday, November 4th 2022 thru Sunday, November 6th 2022

Pacific Palms Resort

Pacific Palms Resort
City of Industry, CA

For More Info: <https://www.aasocal.com/index.php>

**3rd Thursday of Every Month
“MONTHLY SERVICE
STUDY”**

Hosted by Panel 72 MSCA09

**“A.A. service committees work to ensure
the A.A. message reaches people who may
need it. Many alcoholics first hear A.A.’s
message of hope thanks to the work of the
volunteers on these committees.”**

Quoted from A.A.’s Website:

<https://www.aa.org/service-committees>

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/>



MONTHLY SERVICE STUDY

**FOR ALL
MEMBERS
OF AA**

3rd Thursday
of every month
7pm PST 10pm EST

Hosted by Panel 72
MSCA09 Delegate and Alt Delegate
Presented by past trustee Billy N.

ZOOM ID
MEETING ID: 873 6607 8505
PASSCODE: Area09p72

SPANISH
INTERPRETATION
IS AVAILABLE

◆ **November 17, 2022**
◆ **December 15, 2022**

UPCOMING SOBER EVENTS - continued



November 12, 2022

MSCA09 Event / Sponsored by MSCA09 and hosted by Districts 8 & 11

“IT’S ALL ABOUT SERVICE” Servathon of 2022



“IT’S ALL ABOUT SERVICE”

SERVATHON

2022

GRAB YOUR DATE

BACK TO THE ROARING 20'S

GREAT GATSBY THEME

DRESS TO IMPRESS



SATURDAY NIGHT
NOVEMBER 12TH
6:00PM-9:00PM

- MUSIC
- DANCING
- SPEAKER
- GAMES
- FREE DINNER

LOCATION
1025 N Vine Ave.
Ontario, CA 91762

Servathon wouldn't be the same without our Latino AA family. We hope you can come. We will have translation available.



RSVP by October 1st
Alex W. (954) 654-3149
Email Cindy - clcv1@gmail.com



HOSTED BY ALT DELEGATE AND DISTRICTS 8 & 11 | AREA 9 MSCA EVENT

November 20, 2022

Hosted by District 10

“Speaker on Pamphlet History”



Sunday, November 20
1-4:30 P.M.

2370 E Orangethorpe Ave.
Anaheim, CA 92806

Hosted by District 10

Speaker on Pamphlet History
Roundtable Discussion on 5 Different Pamphlets
Trivia & Prizes!!



Sponsored by our Mid Southern California Area09 and hosted by District 8 & 11

What? Free! - Dinner, live music, dancing, games, service opportunities!

Where? Ontario Masonic Lodge — [1025 N Vine Ave, Ontario, CA](#)

When? November 12th 6pm - 9pm **Be involved - join us**

Why? Promote and encourage our members to get involved in service.

Jerry S.: (909) 213-1206 or email d08dcmc@msca09aa.org

Alex W.: (954) 654-3149 or email msca09.altdelegate@gmail.com

Cindy V.: clcv1@gmail.com



* FELLOWSHIP MEMBER CONTRIBUTION *

THE YOGURTLAND EXPERIENCE

Belonging is an inside job....

I've spent a lifetime not belonging. Not fitting in. Being apart from, and not a part of. Wishing that somehow, someday, I could belong and be a part of. What prevented this from happening, in a large part, was the spiritual malady driven by fears and misconceptions. Internal dialogue and agreements with self not based in truth. So, it was 'me' preventing myself to belong. It was separation, not connection.

This began changing by working the steps and having commitments at meetings. Participating in my recovery, acclimating into the fellowship, connecting, following suggestions and guidance from my sponsor, and others, was the beginning of my journey into a new life. And this was a great step forward. But, to a less degree, that fear of not fitting in, or not belonging, was still there. Especially outside of the meetings. Perhaps I was willing to face the fear.

From this one experience I learned what I think becomes my reality. If I change my thinking, I can change my reality and it changes the experience to that of being rewarding and enriching. It's very much a perspective. Get out of self and connect.

I had a coffee commitment at my first Friday night meeting. It was my first commitment and it helped me to belong, be a part of, and participate. Seems like after the meeting was done that fear of not belonging crept back in, grabbing hold of old thoughts & ideas.

I was reminded many times that if it's something I'm still doing today, it's not old behavior. It may have its origin from long ago. The steps would reveal some cause and conditions. Lifelong thoughts and ideas would be replaced. Not an overnight matter, but a process. And sometimes that process could have big leaps forward, form new experience, and awakenings.

There was the 'meeting after the meeting' with this group. It was never announced. It was just talked about in small circles. So, it was unclear where it was exactly they would meet. Although I knew I wish I could go and participate, I also knew that I couldn't because of fear. Because of the old ideas that no longer served me or God. How can I be free of these?

I shared this with my sponsor, Howard, the fear I had and he asked me what's the worst that could happen. I had a pretty good list prepared and ready for what could happen.

I wouldn't be allowed to sit with the people. I wouldn't know where to sit. They would not know who I was. I wouldn't know what to order. I wouldn't know what to say. I would be told to leave. Not allowed to join the private group. A lot of "I" statements stuck in a self-centered trans driven by fear. But they were very real fears to me. My sponsor laughed, and he was able to laugh with love. He asked if he could make a suggestion. I said sure. He said "*Go ahead and go and see what happens, and report back to me*".

It was several weeks later that I had made up my mind to join the 'meeting after the meeting'. I quickly cleaned up my coffee commitment and got it all put away. I found out the location of the 'meeting after the meeting'. It was Yogurtland. I was absolutely determined to go, show up, and report back to my sponsor how much it sucked.

So, there I am entering the Yogurtland, and I start making conversation. I start talking to people. I'm not worried about anything. Just enjoying the moment. Engaging with everyone. They're laughing and enjoying their yogurt. I kind of made the rounds, talking to everyone there.

I was on my second yogurt when I realized I might be at the wrong Yogurtland. I was not really seeing people from the meeting. One girl, that I was certain was from the meeting, had two babies in a stroller. I asked her "*Where were your kids during the meeting?*" She asked "*What meeting?*"

I gave the time and location, and she says "*I was not at that meeting. I've just been here*". She said she didn't know what kind of meeting I was talking about, but it must've been a good one. That I seem like a very nice guy and very interesting.

Oh my gosh...disaster, right? How embarrassing, right? No, not at all. I just simply realized I was at the wrong Yogurtland. But the amazing awakening, and enlightenment was that I had a fantastic time. As I drove home, I took the slow route. A good 20 minutes of thinking "Why did I have such a good time?" I thought in my mind I was probably a little bit over the top friendly for your average yogurt customer, but I smiled and laughed. And it didn't really matter, because I belong and I fit. And, because I just simply did. There was connection with others, and not separation because of old ideas. A new experience of belonging.

Belonging is an inside job. It does takes courage & encouragement, and it does take love. It, also, takes God. But, most of all, it takes us to believe.

Now there are still times I can get embarrassed, feel nervous, or maybe lost. But I forgive myself immediately, so it is short-lived. I don't feed it. I don't give it credence. I just allow 'me to be me' making mistakes, having fun, laughing at myself. Perhaps learn from mistakes and learn not to take myself too seriously. But I surely do take seriously this process of re-integrating into a life worth living. A life with purpose and direction. I have been to that

Yogurtland since then, but just to get yogurt and be on my way. Not to strike up a conversation with everyone that was there. It causes me to laugh now.

Please let me share with you that, if you feel you don't belong, you do have the courage to change and you already belong. I love you, and we love you, just as you are...a wonderful person growing in sobriety. It looks good on you! Now join the party and help the next person that might like to belong too.

Thank you for letting me share!

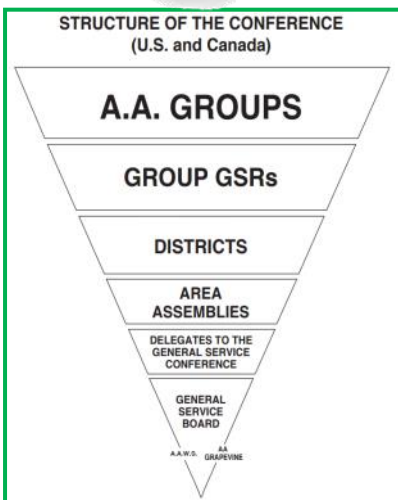
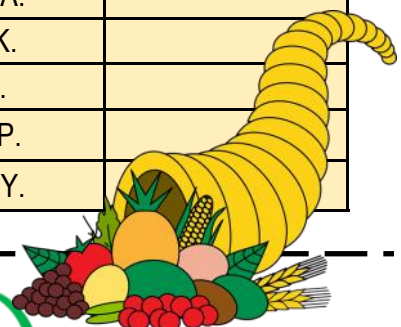
Chris W.
Orange, CA
(District 5 of MSCA09)

YOU BELONG



MEETING GROUPS WITH GSR DISTRICT PARTICIPATION IN "2022-3RD QUARTER"

MEETING GROUP	GROUP #	GSR	ALTERNATE GSR
12 Steps and 12 Traditions Study Group	102350	Steve C.	
777 Newcomers Mens Stag Group	649516	Ryan H.	
Chapman & Lewis AA Group	722230	Glenda R.	
Dirty 5:30 Group	357588	Chet K.	
Early Birds	126119	Matt D.	
Forever Non-Professional (F/Club)	725120	David L. "Jr."	Jasper C.
Hart Park Newcomers Group	123931	Roger F.	
It's In the Book	700349	Gloria Z.	
Ladies Night Book Study	718618	Ashley Y.	
Name in the Hat Group	722902	Ryan P.	
Saturday Night Visiting Speakers Mtg.	100561	Ben B.	
Sober and Crazy Group	616357	Helen K.	
Sunday Morning B/B Study Group (F/Club)	146970	Greg A.	
(The) Other 12 & 12 Group	655929	Gina H.	Lili W.
Tustin (6am) Attitude Modification	130429	Tami C.	
Tustin Big Book Study	678232	Melissa A.	
Tustin Rush Hour	168129	Kevin K.	
We Got A Coffee Pot	725707	Will G.	
Wed Nite Womens Solutions Grp	179495	Noelle P.	
Womens Experience, Strength & Hope	660951	Rachel Y.	



- Did you know that the local group is the basic unit of A.A. World Service?
- Did you know that 'being of service' helps keep you sober?
- 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 Contributions to District 5
2022: 3rd Quarter**



GROUP #	GROUP NAME	CITY	JUL	AUG	SEP
606997	12:00 P.M. Step Study Group (F/Club)	Orange	\$ -	\$ 20.00	\$ -
632837	6 A.M. Foothill Early Risers	Tustin	\$ -	\$ -	\$ 44.18
649516	777 Newcomers Men Stag	Orange	\$ -	\$ -	\$ 60.00
131258	9:02 Group	Villa Park	\$ -	\$ 12.50	\$ -
652296	Alkies Winners Circle Group	Tustin	\$ -	\$ -	\$ 28.80
126119	Early Birds Group	Orange	\$ 9.96	\$ -	\$ -
680752	Keep It Simple Group	Orange	\$ 4.41	\$ 3.90	\$ 13.94
??	K.O.T.K. Mtg. (Keys of the Kingdom ?)	Online ?	\$ -	\$ 11.80	\$ -
126635	Orange Tustin Group	Orange	\$ -	\$ 15.00	\$ -
655929	(The) Other 12 & 12	Orange	\$ -	\$ 25.00	\$ -
616357	Sober & Crazy Speaker Meeting	Orange	\$ -	\$ 36.95	\$ 32.47
628290	Thur Night Newcomers Group	Orange F/C	\$ 25.00	\$ -	\$ -
696177	Tustin Acceptance Group	Tustin	\$ -	\$ 20.00	\$ -
130429	Tustin Attitude Modification Group	Tustin	\$ 70.00	\$ 148.94	\$ -
678232	Tustin Big Book Study	Tustin	\$ 12.50	\$ -	\$ 12.50
662400	Tustin Mon Evening Womens 12&12 Group	Tustin	\$ -	\$ 20.00	\$ -
149952	Villa Park 24 Hour Group	Villa Park	\$ 79.00	\$ -	\$ -
725707	We've Got a Coffee Pot	Orange	\$ 25.00	\$ -	\$ 50.00
638840	Womens Step Study Group	Tustin	\$ -	\$ 15.00	\$ -
MONTHLY 3RD QUARTER CONTRIBUTION TOTAL			\$ 225.87	\$ 329.09	\$ 241.89
3RD QUARTER CONTRIBUTIONS TOTAL			\$796.85		
3RD QUARTER EXPENSES TOTAL			-626.26		
NET TOTAL			\$170.59		



**A BIG THANK YOU TO THE GROUPS ABOVE FOR THEIR
"7TH TRADITION" CONTRIBUTION TO DISTRICT 5
DURING THE 3RD QUARTER OF "2022"!!**



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

CHECK—CASH—MONEY ORDER

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

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

ZELLE

Acct Contact Info:

district5treasurer@district5msca09.com

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



Please Print

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

GROUP #: _____

GROUP NAME: _____

RECEIPT TO BE SENT TO:

NAME: _____

MAILING ADDRESS: _____

"or" EMAIL ADDRESS: _____

Until the next issue...

*Please have a safe and sober holiday season 'one day at a time'!
~ Vicki R. / Your District 5 (Panel 72) Newsletter Editor ~*