

MID-SOUTHERN CALIFORNIA AREA 09

OF ALCOHOLICS ANONYMOUS®

VOLUME 58, ISSUE 15

November 2023

msca09aa.org

MSCA-09

P.O. Box 51446

Irvine, CA 92619-1446

Gratitude in Action!

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.



Upcoming Events 2023

| | | |
|--------|--------------|---|
| Nov 5 | 3 to 4 pm | <u>12 Concepts Workshop</u> |
| Nov 7 | 5 to 6 pm | <u>DCMC School</u> |
| Nov 12 | 9 am to 3 pm | <u>MSCA 09 Area Service Committee</u> |
| Nov 16 | 6 to 8 pm | <u>A09 Workshop: Participation</u> |
| Nov 18 | 4 to 8 pm | <u>Area 09 Servathon</u> |
| Nov 19 | 3 to 4 pm | <u>12 Concepts Workshop</u> |
| Nov 23 | 7 to 7:45 pm | <u>Treatment Committee Meeting</u> |

[View 2023 Calendar](#)
November Hosting District
District 22

AA Service Manual



MSCA Area Map



[MSCA website](#)



MID-SOUTHERN CALIFORNIA AREA 09

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Area 09 is one of the “even states” in the General Service structure in that we elect our panel officers (delegate, alternate delegate, chair, secretary, registrar, treasurer accounts receivable, and treasurer accounts payable) to serve in even years. As such, Panel 72 officers, who were elected in 2022 are rotating out so that Panel 74 officers who were elected last month can begin serving the Area in January 2024.

Introducing Area 09 Panel 74 Officers

Delegate: There were five eligible members standing for this position. After the fifth ballot, **Alex W.** was drawn out of the hat and elected as Delegate.

Alternate Delegate: There were four eligible members standing for this position. After the first ballot, **Manya W.** was elected as Alternate Delegate.

Area Chair: There were three eligible members standing for this position. After the second ballot, **Rozanne P.** was elected as Area Chair.

Registrar: There were four eligible members standing for this position. After the second ballot, **Martin J.** was elected as Area Registrar.

Secretary: There were two eligible members standing for this position. After the second ballot **Maryka D.** was elected as Area Secretary.

Treasurer Accounts Payable: There was one eligible member standing for this position. By acclamation, **Louis T.** was elected Area Treasurer A/P.

Treasurer Accounts Receivable: There were three eligible members standing for this position. After the second ballot, **Ryan H.** was elected Area Treasurer A/R.

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



AGENDA:

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



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

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

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Gratitude at Thanksgiving



In my first few months of sobriety, there were two events that taught me important lessons in Gratitude. I was in Barstow on a Wednesday for the “Attitude of Gratitude” noon meeting. There may have been a dozen of us, including three or four homeless people. As the sharing proceeded, people who were living under trees and behind buildings in cardboard boxes shared their Gratitude, how God had blessed them! When the 7th Tradition basket was passed, there were seven or eight dollars and only a few dollar bills.

On Saturday of that week, I went to my first (and only) A.A. meetings on Catalina Island. Though that was 18 years ago, I remember like yesterday the lady grouching that her BMV was three days overdue, still in the mechanics shop. Another fellow grumbled that it was costing \$3,500 to scrape the barnacles off his sailboat. The timing was perfect, as in that same week, I heard people without anything thanking God and A.A. for everything, and people with seemingly everything complaining about how those things were complicating their lives.

These observations initiated something like an inventory into my insights on Gratitude. I've noted that Gratitude and resentments may be the two most commonly discussed A.A. topics, that they are polar opposites, probably cannot coexist, and it's hard to harbor a resentment and exercise Gratitude simultaneously. Speaking of exercise, Gratitude is like forgiveness, acceptance, faith, and tolerance, the more you exercise these character attributes, the better you get at them, and Compassion is one of the fruits. Gratitude is not an emotion; you can be at the top of the world or in the depths of despair, and in both places, still exercise Gratitude despite your emotions, which will positively affect your emotions. Gratitude lives in the Now; I can be thankful for what you gave me yesterday or how I felt this morning, but I cannot be thankful that I'm getting paid this upcoming Friday, which is expectation, not Gratitude.

Each year I am blessed to travel back to Roanoke, Virginia to spend two weeks during Thanksgiving visiting family. Most days when I awake, I add three things I'm thankful for to a running Gratitude list that I started on April 4, 2006. On a whim, I invited my wife to see my list. When I search her name (right now), she comes up 806 times. I told her, whether she knows it or not, my COMPUTER knows I love her. Each day, I write the highlight of the day on this year's calendar, which is an 11th Step exercise in Gratitude I practice every day. Happy Thanksgiving to all of you in Area 09! (Ed L., editor)



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AA GRAPEVINE
The International Journal of Alcoholics Anonymous

HOLIDAY GIFT SUBSCRIPTION SALE

GIVE A GIFT

Share the experience, strength, and hope of the AA program.

For a **LIMITED TIME**, give a gift of an AA Grapevine magazine subscription and add additional gift subscriptions for only \$13... a savings of 55% off the regular price!

“...mirrored in each issue of the AA Grapevine [is] a monthly vision of the worldwide thought, feeling and activity of our whole fellowship. It is our great means of intercommunication; a magic carpet on which each of you can ride to the more distant reaches and watch new brothers and sisters emerge from darkness into light.”

-AA co-founder Bill W, June 1959



Click package above to give the gift of Grapevine



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COMMITTEE PAGE LINKS



- [Accessibilities](#)
- [Archives](#)
- [Communications](#)
- [Convention Liaison](#)
- [Cooperation with Elder Community](#)
- [Cooperation with Professional](#)
- [Community Corrections](#)
- [District Committee Member School](#)
- [Finance](#)
- [General Service Representative School](#)
- [Grapevine / La Viña](#)
- [Guidelines and Policies \(GAP\)](#)
- [Hospitals & Institutions \(H&I\)](#)
- [Literature](#)
- [Public Information](#)
- [Registration](#)
- [Remote Communities](#)
- [Technology](#)
- [Treatment](#)
- [Young People in A.A.](#)

Committee Reports

Your Panel 72 Officers

- [Delegate](#)
- [Alternate Delegate](#)
- [Chairperson](#)
- [Registrar](#)
- [Secretary](#)
- [Treasurer A/R](#)
- [Treasurer A/P](#)

Online Contributions



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Contact the editor (Ed L) at editor@msca09aa.org



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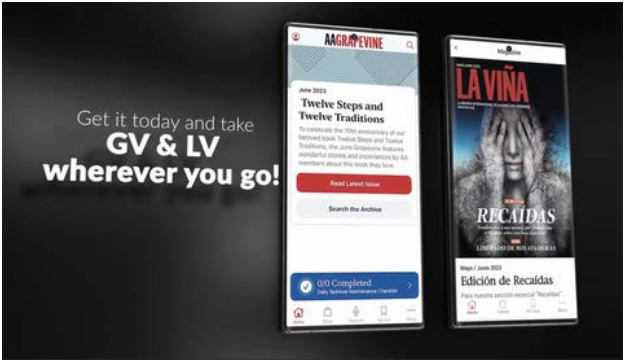
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THE GRAPEVINE AND LA VIÑA APPS ARE HERE!



September 1, 2023

The Grapevine and La Viña apps are here! Download the apps for free from the Apple App Store for iPhone, or from Google Play for Android. Subscribe to the digital magazine and archive for \$2.99 per month, or \$29.99 per year. With a subscription, you'll be able to read the new magazine each month, explore the Grapevine or La Viña archive, send stories to friends, listen to the audio of each article in the magazine, listen to the podcast, enter your own sobriety date for a daily calculation, build your own spiritual maintenance daily checklist, and much more. On your phone or tablet, go to the *Apple App Store* or *Google Play*, and search for "Grapevine" or "La Viña." Tap download.



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Announcing a QR Code to access MSCA 09 Newsletters and Website

Thanks to the work of the Communications Committee and our webservant, Faith B, we now have a QR Code that will allow people to connect to this newsletter and the website. We will begin making the codes available at Area meetings, targeting members who do not have ready access to computers but can access these materials using their cell phones.



NEW!!
“QR CODES”

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

PLEASE NOTE: At this time, the QR Code will direct you to MSCA09's English version of their website. For the Spanish translation, click on the green "Translate" button located at the bottom of the webpage on the lefthand side.

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

2016 thru Current
Issue of Newsletters



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New and Older Resources in A.A. and M.S.C.A

- [Announcing: “AAWS Fall Flash Sale!”](#)
- [2025 International Convention - Vancouver, BC, Canada](#)
- [Box 4-5-9, Summer 2023](#)
- [A.A.W.S. Highlights Now Available - Again!](#)
- [General Service Board Quarterly Report - 3rd Quarter, September](#)
- [Sharing From Behind the Walls - Summer 2023](#)
- [Your A.A. General Service Office](#)
- [Announcing large-print edition of “A.A. for the Older Alcoholic”](#)
- [“The Home Group - Heartbeat of A.A.” - New, Revised version](#)
- [Every Conference-Approved Advisory Action 1951 to 2022](#)
- [New Spanish version of Experience, Strength, & Hope](#)
- [Need a Zoom meeting? Try New York Intergroup!](#)
- [Need a meeting topic? Try Boozer's Bingo!](#) (unavailable in Spanish)
- [GSO Committee Assignments for Committee-Related Questions](#)
- [A.A.® Guidelines - Internet](#)
- [Treatment and Accessibilities Update - June 2023](#)
- [GSO Announcement About Literature Availability - August 2023](#)



Happy
Thanksgiving



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SAVE THE DATES

- 2023: Nov. 18 MSCA 09 Servathon
- 2024: Mar. 1-3 PRAASA, San Francisco, CA
- 2024: Jul. 12-14 Pacific Regional Form, Las Vegas, NV
- 2025: Jul. 3-6 2025 International Convention, Vancouver, BC, Canada



Make plans to attend the 2025 A.A. International Convention in Vancouver, British Columbia, Canada. Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will take place from July 3 – 6, 2025, at the Vancouver Convention Centre and BC Place Stadium.

[Click here for more information](#)