Volume 22 | Issue 04 Web version **Anonymous Times** Published by North Orange County InterGroup Association of Alcoholics Anonymous Groups, Inc. (714) 773-HELP 1661 E. Chapman Avenue, Suite 1H Fullerton, CA 92831 www.aanoc.org **April 2022 Issue** "Made a decision to turn our will and our lives over to the care of God as we understood Him." In step three of AA you are making a decision: it's that simple. You make decisions all day everyday, right? Making a decision to turn your will over to God or a "Higher Power" can be just like putting on a new pair of glasses and seeing everything more clearly. STEP THREE OF AA: TURN IT OVER When we've taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity. What if we were to surrender the manageability part? We can surrender a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow someone and something to care for us. We can stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world. Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind. THE SCARY THREE-LETTER STEP THREE OF AA: SEEKING **WORD: GOD KNOWLEDGE** When working on step three we take a look at how For some people a three-letter word can be even worse than a four-letter word. acting on self-will means behaving with the exclusion of any consideration for others, focusing Time and time again, the word "God" being used only on what we want and ignoring the needs and in AA literature and meetings will freak out feelings of others. While we were busy pursuing newcomers. Upon closer inspection however, and these impulses, we mostly left a path of much to all of our relief, you don't have to destruction behind us, and we definitely lost consider anyone else's conception of "God" but touch with our conscience and a Higher Power. instead can rely on and create your own idea of However, while working the third step we begin to who God is for yourself. focus our attention on seeking knowledge of a In fact, about half the original members of AA Higher Power's will for us. Making a decision to considered themselves atheists or agnostics before turn our lives and will over can't do anything they began the Twelve Step program of AA. In AA unless we take the actions necessary to turn it we have the freedom to choose our own concept, over. Simply making a decision without following lay aside any prejudice and have the willingness it up with action is meaningless. For example, you to seek a "Power greater than ourselves." You can can make a decision to go to a meeting, but if you call that Higher Power God, Creative Force, a don't leave your home for the rest of the day, it Oneness in the Universe, whatever you want. won't happen, will it? There's even an acronym that some like to use to In AA there are many helpful recovery tools that remind themselves that a room full of other have worked many times over at maintaining recovering addicts is their Higher Power: sobriety and a connection with a Higher Power. There's actually a very effective and simple G: Group prayer adapted from a prayer by Reinhold Niebuhr O: Of and known as the "Serenity Prayer," which can D: Drunks help you as you are seeking knowledge and make When practicing the third step we discover the your decision to turn it over on a daily basis: spaciousness for a variety of positive and useful beliefs about a Higher Power. We make a decision "God, grant me serenity to accept the things I to admit the possible existence of an underlying cannot change, courage to change the things I force behind the totality of things, and that the can, and wisdom to know the difference." realm of the spirit is pretty darn big, roomy and With the "Serenity Prayer" you can learn to all-inclusive. accept with serenity the current reality of your condition and that although you cannot control the choices and actions of others, you can decide how you will act in each situation. You may not be able to change some things in your life, but you can make a decision to change your willingness to surrender, trust and seek knowledge. STEP THREE OF AA QUESTIONS As part of your recovery process it's helpful to take the time to ask and then answer important questions pertaining to step three. Here is a starting point for some review questions: • How has acting on my own self-will affected my life? How has it affected others? How can I take action to turn it over? What is the difference between my will and God's will? How is my Higher Power working in my life? • Is my current concept of a Higher Power working my need to change? What does "to the care of" mean to me? • How might my life be changed if I make the decision to "turn it over?" • Am I unwilling to do things in my recovery that are being suggested? If so, why? • How does surrender in the first step relate to or help the third step? THE FOURTH STEP PRAYER Taking the positive action of working the steps has clearly changed the course of our lives. Hope springs from the knowledge that our life is full of possibilities, while faith propels us forward into action doing the work that others are telling us is necessary if we are to achieve sobriety. This is a great point in your recovery to say to yourself: "I can't. God can. So I'll let God." (From the Big Book of Alcoholics Anonymous) "God, I offer myself to Thee-To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" LET IT GO! https://www.jasonwahler.com/12-steps-of-aa/step-three-of-aa-alcoholics-anonymous STEP 4 "Made a searching and fearless moral inventory of ourselves." **TRADITION 4** "Each group should be autonomous except in matters affecting other groups or A.A. as a whole." **CONCEPT 4** "Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation, taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge." **2022 NOCCO Service Board** Randy L.\* - Outreach Committee Wes M.\* - Chairman of the Board Mark E. - Alternate Chairman Paul S.\* - Outreach Committee Cheryle D. - Treasurer **Don H. - Events Committee** Scott N.\* (alternate) - Events Committee **Christina W. - Secretary NOCCO By Laws - Full Document** \* Live email links embedded as permitted by NOCCO Service Board members North Orange County Intergroup Association North Orange County Intergroup Association of Alcoholics Anonymous Groups, Inc. of Alcoholics Anonymous Groups, Inc. Faith Barnese, MBA Mike Sanders **Executive Director** 1661 E Chapman Avenue General Manager 1661 E Chapman Avenue Fullerton, CA 92831 Fullerton, CA 92831 0: (714) 773-4357 faithb@aanoc.org 0: (714) 773-4357 mikes@aanoc.org C: (480) 532-0007 C: (714) 306-5599 www.aanoc.org www.aanoc.org A Noted Devine Reviews "Alcoholics **Anonymous**" by ELRICK B. DAVIS November 2, 1939 Cleveland Plain Dealer In a recent series, Mr. Davis told of Alcoholics Anonymous, an organization of former drinkers banded together to beat the liquor These articles appeared in the habit. This is the first of two final articles on the subject. main Cleveland newspaper, the Plain Dealer, just five months after the first A.A. group was The Book formed in Cleveland. The When 100 members of Alcoholics Anonymous, the extraordinary articles resulted in hundreds of fellowship of men and women who have cured themselves of calls for help from suffering "incurable" alcoholism by curing each other and adopting a "spiritual way of life," had established their cures to the satisfaction of their alcoholics who reached out for physicians, families, employers and psychotherapists, they published the hope that the fledgling Alcoholics Anonymous offered. a book. The thirteen reliable members of It is a 400-page volume of which half is a history of the movement and a description of its methods, and the other half a collection of 30 case the Cleveland group handled as many as 500 calls in the first histories designed to show what a wide variety of persons the month following the appearance fellowship has cured. It is called "Alcoholics Anonymous," and may be bought for \$3.50 from the Works Publishing Co., Box 657, Church of Davis' articles. The following Street Annex Postoffice. New York. year Cleveland could boast 20 to 30 groups with hundreds of The name of the publisher is that adopted by Alcoholics Anonymous members. for its only publishing venture. The address is "blind" because the name "Alcoholics Anonymous" means exactly what it says. The price of the book is "cost," 50 cents a volume less than one of the country's Read the Series soundest old-line book publishers would have charged if the fellowship had accepted that house's offer to publish the book and pay the society 40 cents a copy royalty on sales. Read On **Outreach Corner Meeting Guide** Virtual Newcomer Packet **Read Big Book Online** Read 12x12 Online **Speaker Meetings ASL | Deaf Meetings** SoberCHAT **Check your Meeting Listing** The NOCCO meeting database is now linked to the "Meeting Guide App", a free of charge meeting finder for iOS and Android that provides meeting information in an easy-to-access format. If you don't have the app, you can get it on Google Play or download from the App Store. Become a member of NOCCO InterGroup Association Does your home group have a voice? Each individual AA group is entitled to representation in the Intergroup Association, yet of the 681 meetings in North Orange County, less than 40 have an InterGroup rep. Every AA group in North Orange County is automatically a member of this Association. What are my duties as an InterGroup rep? Attend one monthly meeting on the 2nd Wednesday of each month for an hour. The InterGroup meeting is currently HYBRID on Zoom and/or in person at the NOCCO office in Fullerton. Vote on behalf of your group's conscience on issues presented in North Orange County. Bring any issues to the meeting that may affect AA as a whole or specific issues that need attention in our community. Vote in the election of the NOCCO officers, join a committee and report back to your group all the information and happenings with your local Central Office. **Email for InterGroup Info** NOCCO Hotline - (714) 773-HELP (4357) We are available 24/7. All calls are confidential. Phones answered by sober volunteers. **Grapevine Special** From the practical to the profound, *Into Action*: How AA Members Practice the Program in Their March 2022 Price Daily Lives includes some of the most inspiring \$10.00 plus tax contributions to *Grapevine* magazine. Though Alcoholics Anonymous is known, honored, and emulated throughout the world as a Twelve-Step program, the Steps are only one part of wellrounded method of recovery from alcoholism or addiction. The stories and letters in this book bring the Fellowship to life with intimate reflections from men and women who've acknowledged the value of the Twelve Steps and Twelve Traditions of AA in their own healing and recognize the importance of taking action. Read about moments of day-to-day personal sobriety from mothers and fathers, soldiers and sponsors, newcomers and old-timers as they face difficult situations, stay connected through reading life-changing literature, volunteer in the service of others, and find the possibility of a INTO ACTION spiritual awakening at AA meetings. Each of these stories illustrates the truth that, no How AA members practice the program in their daily lives matter what our backgrounds, or locations, our ages, our gender identities, our politics, or our financial status, lasting sobriety can be achieved by getting into action. UNITY - SERVICE - RECOVERY NOCCO has a fully stocked shipping department and is ready to mail or ship as needed. Call us at (714) 773-4357. We take phone orders. We usually ship within 48 hours. Our UNITY, provides SERVICE for others in RECOVERY. **Neighborhood Notables April Birthdays** UPCOMING EVENTS It Works If You Work It, One Day At A Time. **April 2022** We want to start acknowledge yearly milestones in sobriety each month. Email faithb@aanoc.org with your month and date and we will 04/15/2022 to 04/17/2022 add your annual birthday to our list. 37th Annual OCAA Convention with Al-Anon **Participation** Hilton Orange County, Costa Mesa **Faithful Fivers** Thank you for your monthly contributions of \$5 to **May 2022** NOCCO. To join the Faithful Fivers club, go online 05/19/2022 to 05/22/2022 to https://www.aanoc.org/7th-tradition. Every time 37th Annual Tri-State Roundup you buy NOCCO a \$5 cup of coffee, an angel gets Riverside Hotel & Casino her wings! - (or something like that). Laughlin, NV Women In The Spirit Annual OCAA Convention with Al-Anon Participation 24th Annual Women's A Vision for You 12 Step Recovery Camp out **Drop the Rock...** The Ripple Effect W.I.T.S. 2022 May 13th, 14th & 15th April 15th, 16th and 17th 2022 Hilton Orange County Costa Mesa, CA 714-540-7000 Hotel Code: FUNN In an effort to ensure everyone's safety we are Room Rates: \$129 until March 15th, 2022. ring proof of a negative Covid test within 72 urs of checking in regardless of your Then \$139 through the convention. accination status Parking is \$20.00 overnight - \$10 In & Out \* All Registrations are online this year. \*\* Camp Williams Resort at OCAAC.org 24210 East Fork Road You can also register at the convention Azusa, CA 91702 starting April 15th 2022. Do you have something special to report for our monthly neighborhood notables? Please email birthdays, celebrations, sober activities and other odds and ends to faithb@aanoc.org. InterGroup Meeting - Apr 13 @ 7:30pm Please join us at the next NOCCO InterGroup Meeting. InterGroup Meetings are held the 2nd Wednesday of each month at 7:30 pm. **Click Here to Join the InterGroup Meeting Group Contributions** To help support local essential services, the General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan. Click below to see all of the Group Contributions from previous periods. **Click for Group Contribution Reports Statement of Financial Position** Each month, NOCCO provides accounting detail of income and expenses to indicate net profit or loss over the last month. This information is available to any group or member. Click below to see the financial detail from last month. **Click for Profit and Loss Reports NOCCO Appreciates Your** 7th Tradition Support Even though meetings, 12-step services and operations have shifted to a hybrid environment, expenses continue as we navigate the re-NOCCO AA opening of meetings, which underscores the importance of practicing @NOCCO-AA the Seventh Tradition. We still stock literature, handle 12-step calls around the clock, and assist those with a desire to stop drinking. Your generous support is critical and appreciated. PayPal or Credit Card Venmo: @nocco-aa venmo **Mail Checks To:** North Orange County Intergroup Association (NOCCO) Scan this code to pay 1661 E Chapman Avenue - Suite 1H Fullerton, CA 92831 72nd General Service Conference Final List of **Agenda Items** The list of Agenda items were released on February 3, 2022. The background material on each topic will be released on February 15th in English, and March 1st in Spanish. The list contains agenda items for CPC, Corrections, Finance, Grapevine/LaVina, Literature, Policy & RECOVERY Admissions, Public Information, Treatment and Accessibilities, Archives and more. To preview the complete list, click here. **REMINDER: New GSO P.O. Box for Contributions Only General Service Announcements Post Office Box 2407** James A Farley Station www.aa.org New York, NY 10116-2401 **Call for Shared Experience/Stories Area Delegates** We are reaching out to connect with you regarding the recent calls for Mid Southern California Area shared experience/stories for the 4<sup>th</sup> Edition Spanish BB, the 5<sup>th</sup> 09 of Alcoholics Anonymous Edition English BB, the pamphlet AA for the Black and African Mitchell B. - Panel 72 American Alcoholic, and the link below to the "Inside" Sponsorship from the corrections desk. delegate@msca09aa.org https://www.aa.org/sites/default/files/literature/Request%20for%20Sha www.msca09aa.org red%20Experience%20Inside%20Sponsorship.pdf Please join us in helping cast the widest net possible to gather shared Southern California Area 05 experience for our A.A. literature. of Alcoholics Anonymous Lauren A. - Panel 71 The Grapevine Half-Hour Variety Hour delegate@area05aa.org Each week Don and Sam will interview a different member about their www.area05aa.org 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 Central California Area 93 of **Alcoholics Anonymous Listen to the Podcasts Here** Karla Y. - Panel 71 delegate@area93.org www.area93.org **Follow Grapevine** and LaViña on Instagram @alcoholicsanonymous\_gv @alcoholicosanonimos\_lv I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. For that, I am responsible. Thanks to all contributors who support NOCCO. © Copyright, {{current\_year}}, {{ec\_es\_email\_sender\_company}} • {{ec\_es\_email\_sender\_address}}

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