



523 N. GRAND AVE.
ROOM "K", SANTA ANA, CAL.

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VOL. III.

ORANGE COUNTY, CALIF. - AUGUST 1965

NO. 5.

Is Alcoholism a Disease?

FRANK HOWARD RICHARDSON, M.D., F.A.C.P., F.A.A.P.
Formerly Consultant to the New York Department Of Health

I have been taken sternly to task for stating that alcoholism is a disease. My critics assert that such a description is merely a medical excuse, or even a justification, to be used by a compulsive drinker who refuses to stop at the urging and pleading of his wife, his minister, or his friends. If such a person could claim that his drinking is a symptom of a disease, these critics assert, and could quote medical authorities to prove his contention, how could the good people who love him and want him to stop his drinking, persuade him to give up the habit?

When I ask them to give me an honest answer, and tell me whether they have ever known a compulsive drinker to be persuaded to stop his drinking as the result of such impassioned pleadings, they remain silent. When I press the point, they are compelled in all honesty to admit that they have never known an instance where these arguments and impassioned pleas have been successful in bringing about the giving up of the habit. If we are honestly concerned with helping the drinker regain control of himself and get rid of

his addiction, we shall have to realize that while this approach has been tried millions of times, and is still being used daily, it has not been effective.

Strange as it may seem, this tactic can produce an effect the opposite of the one desired. If the drinker is really moved by these appeals, as is frequently the case, yet is unable to comply with them, as he usually is, he is even more strongly impelled to drink in order to drown his remorse and feeling of helplessness in the face of his addiction.

How do doctors justify the assertion that compulsive drinking is a disease? A "disease" is defined as "a deviation from a state of health, a definite, marked process having a characteristic set of symptoms". Whether such symptoms may be a rash, a cough, prostration, or fever, they can certainly not be controlled or cured by an act of will on the part of the patient. This is so even though they may have been brought on as a result of some wrong or foolish action, like drinking contaminated water and contracting typhoid, or ex-

(Continued on Page 8)

ORANGE COUNTY A.A. CALENDAR

ALL GROUP A.A. MEETING



8:30 P.M.
Hosting Group
Garden Grove
Sat. Night Speakers
ALL PROCEEDS ABOVE EXPENSES GO TO YOUR ORANGE CO. CENTRAL OFFICE!

SEPTEMBER 5th
EBELL CLUB
625 FRENCH ST., SANTA ANA
COME ONE! COME ALL!

GUEST SPEAKER
"Ske" A.
(San Diego)

ORANGE COUNTY AA INTERGROUP MASTER CALENDAR

SEPT. 5 - All Group Meeting	DEC. 5 - All Group Meeting
OCT. 3 - All Group Meeting	DEC. 31 - New Year's Eve Party
OCT. 29-30-31-Sa. Calif. Convention Bakersfield	JAN. 2 - All Group Meeting
NOV. 7 - Thanksgiving Dinner and All Group Meeting	FEB. 6 - All Group Meeting
	FEB. 27 - Disneyland Dinner-Fourth Anniversary Central Office

NEWPORT-BALBOA GROUP# 1 T HURS.

The following members will celebrate their AA Birthdays, Thursday, August 26th:

Jack M.	Virginia M.
Garth C.	Henry H.
Pete L.	Lewis P.
Frank R.	Wayne H.
Curt B.	Bonnie C.
George S.	George C.
Ray R.	

Congratulations!

BUENA PARK

COMBINED AA-AL-ANON MEETING

SEPT. 17TH - 8:30 PM
6711 Beach Blvd.
Buena Park, Calif.
Speakers- Gordon & Priscilla C.
(Rolling Hills, Calif.)

MEETING CHANGES

The AA-Al-Anon Luncheon Group will go back to its original schedule of ONE MEETING EACH MONTH. This will be the FIRST WED. of each month. SEPT. 1ST is the next date. Place: Villa Marina Restaurant; 1045 Bayside Dr., Newport Beach; Time: 11:30 A.M. Open to both men and women!

The Fullerton Sat. Night Meeting now meets at Church of Religious Science, 114 W. WILSHIRE. (Same as Tues. Grp.)

The Eastgate Monday Night Group meets at 8:30 P.M. instead of 8 P.M. Place: Bixby Patton School, 6891 Santa Rita, Garden Grove.

The Huntington Beach Monday Night Group has moved to Church Recreation Hall, Warner and Gothard, Huntington Beach. 7:30 P.M.

COSTA MESA SUNDAY NIGHT GROUP

The following members will celebrate their AA birthdays Sunday, August 29th:

Jack M.	Virginia M.
Garth C.	Ray K.
Lewis P.	Paul H.
Dan H.	Wayne H.
George S.	John C.
Bonnie C.	Guy H.
Joe C.	Ray R.

Congratulations!

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14th ANNUAL SO.CAL.

CONVENTION

OCT. 29-30-31

Bakersfield, Cal.

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OR

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ANSWERING THE CALL.....

NO. OF PLEDGES		ANSWER THE CALL		JULY 1965	
	TO PER YR.	AMOUNT PER YEAR		AMOUNT RECEIVED	
3		\$	30	\$	30
17	12		204		73
1	15		15		15
1	18		18		10
6	24		144		42
2	36		72		27
2	48		96		24
10	60		600		135
2	120		240		90
1	240		240		40
<u>45</u>		\$	<u>1659</u>	\$	<u>486</u>

To "G.T.

From The Grapevine



"There aren't any 'musts' in AA, George—but . . ."



NEWS FROM ALANON

FOOD FOR THOUGHT

Al-Anon really began with a few wives here and there who attended AA meetings with their husbands. They got comfort and enlightenment by talking with other wives, similarly placed. In most cases, in the beginning, they just talked together and did not try to follow the AA program as we now do. As wives will, when food was wanted for a social hour after meetings, they provided it and served coffee and cakes. There were few, if any, AA women to do this.

Today there are many women in AA. The number is growing daily. A situation is developing which should be of concern to all Al-Anon groups which still make themselves responsible for this service.

All too often letters come from enthusiastic Al-Anon groups telling how they've given money to AA when they felt they had too much in their treasury; how they'd bought curtains or furnished AA club rooms. They still make coffee, bring and serve the cakes.

It may well be they do this in lieu of paying rent for their own meetings. But I sometimes wonder if these well-meaning groups ever realize they perhaps are depriving AA women members of the group, of the opportunity to do these things themselves. Do the Al-Anons

even try to make the AA women feel free to join them?

We know that working together for anything we believe in, strengthens us and brings us close. So, are we doing any favor to AA women by depriving them of their chance to serve their group? Even if no women are involved, as in our Stag Groups, men often do well without feminine intervention. Sometimes they prefer it this way.

I am not suggesting that any group which has been catering at AA meetings suddenly stop and toss the job into AA's lap without warning. I do suggest they examine themselves and see if those AA women who wish to help are made to feel welcome to help. I do suggest they feel out the situation, and in view of so many women in AA today, determine whether or not they are now needed -- or wanted!

If we tactfully sound out AA groups, we may learn that their own AA women prefer to choose and make their curtains, refurbish their club rooms and not just say "Thank you" for a job they'd prefer to have done themselves. AA is AA, separate and distinct. We are the Johnny-come-latelies, perhaps stepping in where we'd do better to step out.



Our debt to AA is so great, and paying debts so vital a part of both programs, that they know they can count on us for anything they want us to do. Let's just be sure that what we do is what they want!

...Alanon Family Group Forum - New York
 The Tuesday Night Study Group is once again meeting at the Community Church, 611 Heliotrope Ave., Corona del Mar. The group meeting at Newport Shores has disbanded.

IN MEMORIAM

STUART PERKINS

HOWARD MAXWELL

WALTER MAYO

Heartfelt sympathy to their families
and friends

We regret to report the death of Stuart Perkins better known as "Stu" who was one of the first members to take part in the formation of our Central Office. Stu handled the finances and was most helpful at that time. During the past three years, although he did not take an active part in the business affairs of our intergroup, it must be told that Lifeline in particular is most grateful to him for making it possible to buy the IBM typewriter that this report is being made upon. More recently, he was handling the finances (a most unwelcome job) for the Laguna Canyon Club. Stu would have celebrated his 20th AA birthday next month. A "Thank You" Stu for your service to Orange County AA. You will be missed.

Word has been received from the Los Angeles Central Office of the death of Walter Mayo who was well known to many members in Orange County.

Howard Maxwell passed away at the Long Beach Veteran's Hospital last month. He had been ill with cancer for approximately six months. He was a member of the Huntington Beach Wednesday Night Group.

CORRECTION

In last month's issue we stated that Bill and Darlene B. had moved to Oregon. We find that they have moved to Quincy in Northern California.

However, we do have one of our local members who has moved to Oregon. Madeleine K. known to many as Clancy, formerly of Laguna Beach is now living in Portland.

ON THE SICK LIST

Josephine S. is recuperating after a short set back and will be back on the job at the Anaheim Alana Club in the near future.

Harry M., Newport Beach, is home again after having undergone surgery in Los Angeles. He is well on his way to complete recovery and will soon be in the swing again. He is treasurer of the intergroup service board besides many other activities in the field of alcoholism and AA in Orange County.

Helen and Ellery S. are back home after a flying trip to Oklahoma City to visit Helen's mother who was recently stricken. She is convalescing and is doing well.

WEDDINGS

Mitche L. H. was married June 28th to Robert G. and is now living in Newport Beach. Congratulations!

John and Nell G. drove north to Solvang, California to attend the marriage of their son, John, Jr. Immediately following the wedding John and Nell left for a European trip. Congratulations and happy landings!

BLESSED EVENT

We are most happy to announce that former Alateens, Stan and Penny D., are the proud parents of a boy, Theodore Mathew, born Thursday, August 19th at South Coast Hospital in Laguna Beach. The proud grandmother is Florence H. of Laguna Monday Alanon Group.

"It's the first drink that gets you drunk.
It's the last one that gets you sober."

....John R., Bronxville, N.Y.
The Grapevine

REPORT FR

A.A. TORONTO REPORT A.A.

"This, is in the nature of a brief report on Toronto, our 30th Anniversary Convention. It was, all told, every colossal adjective that you have ever seen used on a three sheet. It exceeded our fondest hopes, as a monument to A.A.'s past and to our many founders, and as a greeting to all those to come, while more than 10,000 of us "shared experience, strength and hope."

The Royal York Hotel was the headquarters for the Convention, and it was difficult for anyone to pass through the main lobby in less than a half or three quarters of an hour, for one was constantly greeted by old friends. Every State in the United States was represented, and every Province in Canada. There were members from France, Scotland, South Africa and Australia. In addition, a plane load had come from the British Isles bringing members from England, Scotland, North Ireland and Ireland. Another plane came from Finland. There were members from South America, who couldn't speak any English at all, but who managed to embrace all who met them, not only physically, but spiritually as well with their enthusiasm and abiding faith in the A.A. Program.

Each morning started with Workshops, and one of them was devoted to Internationalists, Loners, Traveling A.A.'s, and Loners Sponsorship. Bill S., ably represented the Internationalists on this Workshop, and several others were in the audience including Captain Jack your first member, and Rusty, the first Internationalist among the Great Lakes sailors. It was a wonderful sharing, and it was a real inspiration to see so many who had been friends in correspondence only, become friends in fact.

Each morning and afternoon there were three large meetings at which many of our friends spoke, dealing with such subjects as "A.A. and the Medical Profession," "The Public Looks at A.A.,"

"A.A. and the Clergy," "A.A. in Courts" etc. and all of them were tremendously well received. One of the A.A. meetings featured "A.A. 'Round The World," with speakers from all countries represented. This meeting as always was tremendously well attended, which should interest all of you, since all of you have done so much to carry A.A.'s message to some of the far away places.

On Friday night, and also again on Saturday night, we all convened to Maple Leaf Gardens. On Friday night the speakers were Marty M., and Bill W.

Marty spoke for those first women A.A. members, who found it pretty difficult without other gals. As a matter of fact, she indicated there was a feeling among some of you gentlemen, that perhaps alcoholism was a man's disease. Thank goodness, though, there's room for all of us in A.A.

Bill spoke Friday night of the early days of A.A. and of his own story as an alcoholic. The more than 10,000 people in attendance tried in some small way to show Bill their gratitude and affection.

Saturday was a repetition of Friday, except that there appeared to be even more people in attendance at all the sessions. And Saturday night at Maple Leaf Gardens Bill talked about A.A.'s responsibility, and leadership. Watch the A.A. Grapevine for full coverage of his talk. And our wonderful nonalcoholic Trustee Bernard B. Smith, made a tremendously moving talk on the same theme, which was the theme of the Convention. After the meeting, the back drop on the stage was lifted, to reveal an enormous globe, and through this globe followed one by one, representatives from every State, from every Province, and from every country represented at the Convention. Together and with hands clasped in a chain, these men and women repeated together "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." This was repeated by the members from overseas in Finnish, in Norwegian, in Portuguese, in French, and in Spanish. And then all 10,000 of us stood and holding the hand of our neighbor, some of us not even bothering to try not to cry, we repeated these words of dedication and re-dedication.

On Sunday morning at Maple Leaf Gardens, there were three wonderful talks, including one by an A.A. member Chuck C. Sunday night closed out this most memorable of A.A. events with a professional show, and when it was over, the professionals lined the side of the stage, and Bill and Lois walked, hand in hand, down to the footlights and said "Thank You." Their hearts were very full, I am sure, and so were ours.

And, so is mine, today, as I say "Au Revoir" to all of you for a while. I am going on a leave of absence for a year, and hope to visit some A.A. in far away places. And perhaps, who knows, I may meet some of you on my journey. I hope so."

Cordially,
Eve M.
General Service Staff - N.Y.

THANK YOU

Speaking with Bill W. at the closed luncheon for Central Office Secretaries was one of the high points of my visit to the Toronto Convention.

My heartfelt thanks to Intergroup, its Service Board and my other AA friends whose help made the trip possible.
..... Jim M.

TORONTO REPORT - ALATEEN

"Thank you for giving me the privilege of reporting on the Alateen meeting. As you know, Alateens are a very special love of mine. My eyes were further opened to their importance when Father Stirling reminded us that they are the greatest potential for membership in our three-fold organization. If there are six million alcoholics and six million potential Alanon members (mates only) according to his statistics there are eighteen million potential Alateens in these families who should carry great weight in the future. After the conference, I think this is too conservative. I seemed to be the only speaker there who didn't have six to twelve children.

Hearing those magnificent, poised teenagers -- with wisdom and judgment far beyond their years answer questions from sponsors, fellow members and friends from all three groups (plus the clergy) would have restored anyone's faith in this generation -- had there been a cynical doubter.

They obviously grew up before their time and found a basis for sane, comfortable, stable living at an early age -- regardless of circumstances in their home.

Their faith in Alcoholics Anonymous and God as they understand Him, is deep and sincere. They know themselves and their parents for what they are and they accept alcoholism for what it is -- a devastating, cunning, baffling, powerful disease.

The group has given them the wisdom to recognize their need for change and the will to change. God and the group are giving them the strength.

As one dear young girl from Louisville said, "I thought inventories were what daddy took at business when he stayed out late. Now I know differently."

Blessed be the young with their open minds. They taught me a lot -- gave me complete faith in the future."

.....From Theresa G., Laguna Mon.
Alanon Group

(Is Alcoholism A Disease? From Page 1)

posing oneself to a contagious disease and catching diphtheria or measles.

Consider a similar state of affairs presented by the patient who has become infected with a venereal disease, like syphilis or gonorrhoea. Granted that his disease was brought about by his committing a sin, like adultery or fornication. But does his remorse or his determination never again to commit this sin have the slightest curative effect? Can you imagine a doctor refusing to treat a case of venereal disease because the sufferer contracted it by committing a sin, and begging him not to do it again?

Many people feel that a sin may be involved in the present state of the compulsive drinker. But refusing to give medical aid to him, and instead merely begging him to stop doing something over which he has long since lost control, is as ineffective as it is silly. To be sure, we can appeal to him to help make medical treatment more effective by joining Alcoholics Anonymous, to determine never to touch another drop, without which determination medical treatment will be ineffective and to keep away from places, companions, & associations where he knows that he will be tempted to indulge.

These methods all have their place and serve to reinforce medical treatment. But the compulsive drinker is a desperately ill man, a patient suffering from a serious disease, and hence entitled to medical treatment at the hands of competent physicians. This, of course, does not lessen the risk which a person runs when he begins the habit in the first place.

.....From Listen, Sept-Oct. 1964



MATURITY

by Scott T.

Maturity is many things. First is the ability to face a judgment on the Big Picture - the Long Haul! It means being able to pass up the fun-for-the-minute and select the course of action which will pay off later. One of the characteristics of infancy is the "I want it NOW approach." Grown up people can wait!

Maturity is the ability to stick with a project or a situation until it is finished. The adult who is constantly changing jobs, changing friends -- is immature. He cannot stick it out because he is not grown up. Everything seems to turn sour after a while.

Maturity is the capacity to face unpleasantness, frustration, discomfort and defeat without complaint or collapse. The mature person knows he cannot have everything his own way. He is able to defer circumstances to other people -- and to time.

Maturity is the ability to live up to your own responsibilities and this means being dependable. It means keeping your word. And dependability equals personal integrity. Do you mean what you say? And what do you mean?

The world is filled with people who can't be counted on. People who never seem to come through in clutches, people who break promises, and substitute alibis for performance. They show up late or not at all. They are confused and disorganized. Their lives are a chaotic maze of unfinished business.

Maturity is the ability to make a decision and stand by it. Immature people spend their lives exploring endless possibilities and do nothing. Action requires courage, and there is no maturity without courage.

Maturity is the ability to harness your abilities and your energies and to do more than is expected.

.....The Path - Atascadero State Hospital, Atascadero, Calif.

