



Lifeline



AN INTERGROUP PUBLICATION

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

TELEPHONE
542-7217

VOL. III.

ORANGE COUNTY, CAL. SEPTEMBER - 1965

NO. 6.

IT'S LATER THAN YOU THINK!

14th ANNUAL SO.CAL.

CONVENTION

OCT. 29-30-31

Bakersfield, Cal.

REGISTER NOW!



REGISTRATION AND HOUSING RESERVATION FORMS AVAILABLE AT YOUR CENTRAL
OFFICE - 523 NO. GRAND AVE., SANTA ANA.

OR

CALL 542-7217 FOR INFORMATION!!!!!!!

ORANGE COUNTY A.A. CALENDAR

ALL GROUP A.A. MEETING



8:30 P.M.

OCTOBER 3RD

GUEST SPEAKER

Hosting-

EBELL CLUB

DUKE P.

Institutional Committee

625 FRENCH ST., SANTA ANA

(Arcadia)

Orange County

COME ONE! COME ALL!

(Formerly from Akron,

ALL PROCEEDS ABOVE EXPENSES GO TO YOUR ORANGE CO. CENTRAL OFFICE!

ORANGE COUNTY INTERGROUP MASTER CALENDAR

OCT. 3 -	All Group Meeting	DEC. 31 -	New Years Eve Party
OCT. 29-30-31	So. Calif. Convention Bakersfield	JAN. 2 -	All Group Meeting
NOV. 7 -	Thanksgiving Dinner & All-Group Meeting	FEB. 6 -	All Group Meeting
DEC. 5 -	All Group Meeting	FEB. ? -	Fourth Anniversary Central Office Combined Dinner & Meeting

NEXT G.S.O. MEETING - OCT. 24TH

COMING ATTRACTION!!!!!!!!!!!!!!! THANKSGIVING DINNER & MEETING!

SUNDAY NOV. 7TH

EBELL CLUB

625 FRENCH ST., SANTA ANA

COMPLETE TURKEY DINNER WITH ALL
THE TRIMMIN'S!

DONATION - \$ 3.00 PER PERSON

Tickets are limited to 250 persons! Will
go on sale beginning at the September
Intergroup Meeting and at the Orange Co.
AA Central Office thereafter.

GET YOURS EARLY! DON'T MISS OUT!

Regular All-Groups Meeting will follow
with Judge Richard H. of Ventura as your
guest speaker. Intergroup Hosts.

G.S.O.

The next G.S.O. Meeting will be held
Sunday, Oct. 24, at the Alana Club in
Anaheim. Election of a new delegate to
N.Y. for Panel 2 will take place.

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COUNTY INTERGROUP OF ALCOHOLICS
ANONYMOUS AT 523 N. GRAND AVE.,
SANTA ANA, CALIF. SECOND CLASS
POSTAGE PAID AT SANTA ANA, CALIF.

COSTA MESA SUNDAY NIGHT

The following members celebrated their
AA Birthdays Sun. Sept. 26:

Phyllis A.	Marge S.
Bob T.	Peggy W.
Cheryl P.	Les H.
Dodie W.	Jeanne S.
Peg R.	Larry C.
Lela S.	Chas. H.
Bill L.	John C.
Ruth S.	Lee R.

Jane S.

FIFTH-A-DAY GROUP

the following celebrated their AA Birth-
days:

Bob M.	Cheryl P.
Bob T.	Faye E.
Dave S.	Lee R.

BIRTHDAYS

NEWPORT-BALBOA GROUP#1 THURS.

The following members will celebrate
their AA Birthdays Thursday, Sept. 30:

Phyllis A.	Bob T.
Cheryl P.	Stu P.
George P.	Jim C.
Lela S.	Larry C.
Pat W.	John H.
Ruth S.	Chuck H.
Barbara H.	Tom H.
Lee R.	Mary Jo

Blood Needed!

ORANGE COUNTY A. A. BLOOD BANK

Gene H. of San Clemente will undergo open heart surgery at St. Vincents Hospital in L.A. on September 28, 1965, and will need a large quantity of blood.

Clyde W., recently moved from Tustin to Garden Grove, has already received 18 pints of blood which must be repaid to the Long Beach Veterans Hospital.

YOUR BLOOD BANK IS DEPLETED. DONORS ARE BADLY NEEDED TO HELP THESE TWO MEMBER.

Following is a schedule of Bloodmobile stops where you may present yourself as a donor. BE CERTAIN TO HAVE YOUR BLOOD CREDITED TO THE ORANGE COUNTY A. A. BLOOD BANK.

OCTOBER 1965		
October 1	Friday	Immanuel Lutheran Church 3:00 - 7:30 P.M. 129 South Pine Orange, Calif. Call KI 2-1137 for appointments
October 4	Monday	Community Presbyterian Church 2:30 - 7:00 P.M. 415 Forest Laguna Beach, Calif. Call 494-6557 for appointments
October 8	Friday	V.F.W. Hall 1:00 - 5:30 P.M. 805 E. Sycamore Anaheim, Calif. Call LA 5-3543 for appointments
October 11	Monday	Orange County Hospital 2:00 - 6:30 P.M. Ward 25 101 S. Manchester Orange, Calif. Call 538-2331 Ext. 409 or 410 for appt.
October 19	Tuesday	First Presbyterian Church 3:00 - 7:30 P.M. 838 N. Euclid Fullerton, Calif. Call LA 5-3543 for appointments
October 20	Wednesday	Santa Ana Community Clubhouse 2:00 - 6:00 P.M. 1104 West 8th St. Santa Ana, Calif. Call KI 2-1137 for appointments



.....From The Grapevine

FROM ALANON

EXCERPTS FROM ANSWER TO ANONY-
MOUS, TOO (June Forum)



"I was pleased to see you had the courage to write this article. It's not always easy to admit one's feelings, especially when you feel you're the only one who ever felt that way and no one will understand.

Personally I believe we go through different stages after both have started on the program. At first we (the non-alcoholic) are so excited and overjoyed we feel nothing could upset our applecart. But we sometimes get some of the feelings we had before.

The 'alcohol' problem is gone and we try as hard as we can to 'live and let live', 'hands off' and to be content with his sobriety. But if, after a couple of years this mate has acquired quantity but not quality of sobriety in many instances pertaining to home, I can well see where the non-alcoholic might feel resentment and have a 'poor little me' attitude. I gather what bothers you most is a character defect in your alcoholic and some minor thing with the family. I am inclined to agree with you when you said, 'I've decided this is my own fault if I allow it to continue.'

I have a few thoughts which helped me. A psychiatrist who works with alcoholics

and their families says: 'if your wife or husband has a bad habit, tell him so and praise him when he tries to change it. Don't expect him to read your mind. Don't nag him; just tell him. If you sound sorry for yourself, or angry, he won't listen.

'If you can't really talk to your husband or wife as a married pair should, don't get your feelings hurt; instead learn to talk to each other...at first what he says will probably hurt your feelings a little, or a lot. Don't get angry. Even if what he says sounds unfair or cruel, he probably genuinely believes it and you shouldn't argue with him. As you talk these misunderstandings will gradually and naturally clear up.'

Don't hold your feelings in until you explode or get sick. Talk them out, play them out, work them out, and always do it with someone else...Two of the worst enemies of happiness and good health are over-exhaustion and martyrdom. If you overdo all the time, don't blame anyone else; it harms you and your family and all those around you if you are chronically exhausted."

.....From D. O'N., St. Johns,
New Foundland

ABOUT TIME

LIFE'S CLOCK

The clock of life is wound but once,
And no man has the power
To tell just where the hands will stop
At late or early hour.
To lose one's wealth is sad indeed;
To lose one's health is more;
To lose one's soul is such a loss
As no man can restore.
The present only is our own,
Live, love, toil with a will-
Place no faith in "tomorrow"-
For the clock may then be still.

GOD'S MINUTE

I have only just a minute,
Only sixty seconds in it,
Forced upon me, can't refuse it,
Didn't seek it, didn't choose it,
But it's up to me to use it,
I must suffer if I lose it,
Give account if I abuse it.

Just a tiny little minute-
But eternity is in it!

.....Submitted by
Pat M. - Laguna Monday Group

THE NEWPORT HARBOR THURSDAY GROUP WILL CELEBRATE ITS FIFTH ANNIVERSARY
BY HOSTING AN

ALANON ROUND - ROBIN

COFFEE THURSDAY - OCTOBER 7TH - 8 P.M. REFRESHMENTS
CORONA DEL MAR YOUTH CENTER - 5TH & IRIS
TOPIC - "CAME TO BELIEVE" JUNE 5, LEADING
ALL WELCOME! COME HELP US CELEBRATE OUR FIFTH BIRTHDAY!!!!!!!!!!!!!!!!!!!!!!

GARDEN GROVE ROUND ROBIN

The Garden Grove Al-Anon Groups hosted a Round Robin August 24th at the American Legion Hall in Garden Grove. The topic for discussion was "What you were like, what happened, and what you are like now" Leader for this meeting was Pat C.

The following also participated:

Helen - Prayer
Joan - Preamble and Steps
Fran R. - Traditions
Millie - Deadly Enemies
Elsa - Closing Prayer

Groups represented were the following:

Anaheim Sun. Helen

Anaheim Tues.	Mary Ann
Anaheim Thurs.	Tiss
Buena Park Thurs. AM	Ruth B.
Buena Park Fri.	May H.
Garden Grove	Ann C.
Huntington Beach	Penny W.
Laguna Monday	Theresa G
Corona del Mar	Bob G.
Newport Thurs	Eileen H.
So. Coast Fri.	Lola S.
San Clemente	June H.
Santa Ana	Helen G.
Buena Park Alateens	Kathy B.

BAKERSFIELD CONVENTION OCTOBER 29TH, 30TH AND 31ST.

AL-ANON SCHEDULE

October 29

10AM- 12 Noon- Get-acquainted hour
Hospitality Room, Hill House
2 PM - Participation Meeting
4 PM - Capsule Meeting
This meeting will consist of questions placed in capsules and distributed to the audience and answered by the audience.
3 PM - Opening Meeting on "Release" hosted by Bakersfield Groups.

October 30

12 Noon- Al-Anon Luncheon
2 PM - Service Meeting
4 PM - Alateen Meeting

October 31

12 Noon - Twelve Step Meeting
The Literature Booth will be located in the Civic Auditorium.

Hours:

Friday, Oct. 29 9 AM - 10:30 PM
Saturday, Oct. 30 9 AM - 5:00 PM
Sunday, Oct. 31 9:30 AM - 2:00 PM

Hospitality Room - Hill House ---Hours:

Friday, Oct. 29 8 AM - 12 Midnight
Saturday, Oct. 30 8 AM - 12 Midnight
Sunday, Oct. 31 8AM - 12 Noon

Louise T., Convention Chairman
Maxine S., Co-Chairman
Priscilla C., Program Chairman
Louise P., Secretary
Helen B., Treasurer
Dorothy M., Literature Chairman
Georgia F., Hospitality Chairman
Aura C., and June B., Advisory Committee

REGISTER NOW!
14th ANNUAL
SO.CAL.
CONVENTION
OCT. 29-30-31
Bakersfield, Cal.

FOR THAT "URGE

15 POINTS FOR AN ALCOHOLIC TO CONSIDER WHEN CONFRONTED WITH THE URGE TO TAKE A DRINK

The unhappiest person in the world is the chronic Alcoholic who has an insistent yearning to enjoy life as he once knew it, but cannot picture life without alcohol. He has a heart-breaking obsession that by some miracle of control he will be able to do so.

Sobriety, the magnificent obsession, is the most important thing in your life without exception. You may believe your job, or your home life, or one of many other things come first. But consider, if you do not get sober and stay sober, chances are you won't have a job, a family, sanity, or even life. If you are convinced that everything in life depends on your sobriety, you have just so much more chance of getting sober and staying sober. If you put other things first you are only hurting your chances.

- (1) Cultivate continued acceptance of the fact that your choice is between unhappy, drunken drinking and doing without just one small drink.
- (2) Cultivate enthusiastic gratitude you have had the good fortune of finding out what was wrong with you before it was too late.
- (3) Expect as being natural and inevitable, that for a period of time, (and it may be a long one) you will recurrently experience:
 - (a) The conscious, nagging craving for a drink.
 - (b) The sudden, all but compelling impulse just to take a drink.
 - (c) The craving, not for a drink as such, but for the soothing glow and warmth a drink or two once gave you.
- (4) Remember that the times when you don't want a drink are the times in which to build up the strength not to take one when you do want it.
- (5) Develop and rehearse a daily plan of thinking and acting by which you will live that day without taking a drink, regardless of what may upset

you or how hard the old urge for a drink may hit you.

- (6) Don't for a split second allow yourself to think: "Isn't it a pity or a mean injustice that I can't take a drink like so-called normal people."
- (7) Don't allow yourself to either think or talk about any real or imagined pleasure you once did get from drinking.
- (8) Don't permit yourself to think a drink or two would make some bad situation better, or at least easier to live with. Substitute the thought: "One drink will make it worse, - one drink will mean a drunk."
- (9) Minimize your situation. Think, as you see here or there a blind or other sorely handicapped person, how joyful such a person would be if his problem could be solved by just not taking one little drink today. Think gratefully of how lucky you are to have so simple and small a problem.
- (10) Cultivate and woo enjoyment of sobriety.
 - (a) How good it is to be free of shame, mortification and self-condemnation.
 - (b) How good it is to be free of fear of the consequences of a drunk just ended, or a coming drunk you have never before been able to prevent.
 - (c) How good it is to be free of what people have been thinking and whispering about you, and of their mingled pity and contempt.
 - (d) How good it is to be free of fear of yourself.
- (11) Catalog and re-catalog the positive enjoyments of sobriety, such as:
 - (a) The simple ability to eat and sleep normally, and wake up glad you are alive, glad you were sober yesterday, and glad you have the privilege of staying sober today.

O DRINK"!

- (b) The ability to face whatever life may dish out, with peace of mind, self-respect, and a full possession of all your faculties.
- (12) Cultivate a helpful association of ideas:
 - (a) Associate a drink as being the single cause of all the misery, shame, and mortification you have ever known.
 - (b) Associate a drink as being the only thing that can destroy your new-found happiness, and take from you your self-respect and peace of mind.
- (13) Cultivate gratitude:
 - (a) Gratitude that so much can be yours for so small a price.
 - (b) Gratitude that you can trade just one drink for all the happiness sobriety gives you.
- (c) Gratitude that A.A. exists, and you found out about it in time.
- (d) Gratitude that you are only a victim of a disease called Alcoholism, that you aren't a degenerate, immoral weakling, or the self-elected victim of a vice or a person of doubtful sanity.
- (e) Gratitude that since others have done it, you can in time bring it to pass that you will not want or miss the drink you are doing without.
- (14) Seek out ways to help other alcoholics and remember the first way to help others is to stay sober yourself.
- (15) And don't forget that when the heart is heavy and resistance is low and the mind is troubled and confused, there is much comfort in a true and understanding friend standing by. You have that friend in A.A.

....From The Grapevine



"... grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

HOW IT WORKS

I would recommend to anyone who is going on a trip to another area to consult the World Directory or better yet take one along.

As a case in point I would like to pass on my experience on a recent trip.

We had been in areas for two weeks where there were no groups. Feeling desperately in need of a meeting I consulted the directory and found a listed meeting and pushed to get to Farmington, New Mexico in time.

We arrived in Farmington at about 5:30 p.m. I called Ken DeL., the fellow listed in the directory, and he informed me this meeting had been discontinued.

Did you ever reach back to feel your hip pocket and find your billfold gone? That was my feeling when Ken said, "That meeting has been discontinued". Then he said, "I'll get a couple of other fellows and we'll have a talk over a cup of coffee". This being far better than no meeting, we agreed.

A while later the phone rang and Ken informed me that things had been arranged and that he and his wife would pick us up at our motel.

To our surprise they took us to their club house. They had called a special meeting. The directory lists 43 members and there were 28 at this meeting, having had only minutes notice of it.

They asked me to lead the meeting and for me it did something no other meeting has ever done. I felt as if "this is my meeting" for the first time in A.A. My wish for you is: As you travel around the country may you find the warmth and fellowship of A.A. that we experienced in Farmington, New Mexico. God bless them!

..... From Olin D., Garden Grove

MEETING CHANGES

Many groups have changed locations of their meeting places. Too numerous to mention in special notices. Consult your Orange Co. Directory for these changes.

ON THE SICK LIST:

Bill Salyer (Laguna Beach).
Bob C. (San Clemente)
Gene H.
Neva (Villa)
Clyde W. (Formerly Tustin, now Garden G.)

OUR HEARTFELT SYMPATHY TO THE FAMILIES OF

GEORGE CLARK (Long Beach)
CATHERINE SCOTT (Garden Grove)

BIRTHS:

Sept. 7th- Dennis Michael - 6 lbs. 7 oz.
Parents- Linda (Former Alateener) and
Bill S. Costa Mesa.

CONGRATULATIONS!

NEWCOMERS

It is probable that you have never attended an AA Convention, so you have a treat in store. Don't deny yourself the pleasure and reassurance that attending one of these gatherings can do for your security and utter joy in being a member and a part of A.A.

Seeing thousands of people having fun and really enjoying themselves without a drink will make you glad that you belong and you will come away convinced that you can enjoy life the AA Way.

And you Old Timers! Be there to show the Newcomer around! Register Now! Get with it! ACTION IS THE MAGIC WORD!

...From The Grapevine



"I'm happy about your security, dear, but isn't it time you thought about going back to work?"



YOUR CENTRAL OFFICE



FINANCIAL STATEMENT

GROUP CONTRIBUTIONS	AUG.	YEAR
<u>ANAHEIM</u>		
SUN. AM	0	50.00
SUN. PM	0	0
MON. STAG	0	40.00
TUES. STAIRWAY	0	0
WED. PEOPLES CHOICE	0	0
WED. WOMENS	0	28.00
THURS. PIONEERS	0	50.00
THURS. HACIENDA	0	86.99
FRIDAY	0	10.00
SATURDAY	30.00	70.00
<u>BUENA PARK</u>		
TUES.	0	59.23
FRI. AM	4.50	21.50
FRI. PM	10.00	74.22
<u>CORONA DEL MAR</u>		
MON. WOMENS	0	0
FRI.	0	230.17
<u>COSTA MESA</u>		
SUN.	30.00	90.00
MON. STAG	0	25.00
TUES.	0	10.00
FRI. WOMENS	7.00	82.31
SAT. AFTER HOURS(DISBANDED)	0	9.33
SAT. FIFTH-A-DAY	0	5.00
CYPRESS	18.90	96.14
<u>FULLERTON</u>		
TUES. RECOVERY	15.00	62.00
THURS. STAG	0	35.00
SAT.	20.00	80.00
GARDEN GROVE		
MON. DAYLIGHT	0	42.82
MON. EASTGATE	15.00	70.00
WED. BELFAST BELLES	0	15.00
WED. BELFAST STAG	0	167.57
WED. SERENITY	40.00	70.00
WED. SPEAKERS	0	0
THURS. WOMENS	0	10.00
FRI. TODAY	20.00	50.00
SAT. SPEAKERS	50.00	197.50
<u>HUNTINGTON BEACH</u>		
MON.	15.00	25.00
WED.	0	38.00
<u>LAGUNA BEACH</u>		
SUN. FAMILY	0	97.00
MON. STAG	10.00	60.50
TUES. NOON-A-TICKS	10.00	45.00
TUES. STUDY	0	10.00
WED. SOUTHCOAST	0	40.00
THURS. WOMENS LUNCH	0	0
THURS. BEGINNERS	0	14.95

YOUR CENTRAL OFFICE

(GROUP CONTRIBUTIONS CONTINUED)

	AUG.	YEAR
LAGUNA BEACH (Continued)		
FRI. UNDER FORTY	10.00	60.00
LA HABRA		
SUN. BREAKFAST	0	64.00
FRI.	15.00	55.00
MIDWAY CITY		
FRI. #1	60.00	117.00
FRI. FIFTH TRADITION	0	0
NEWPORT-BALBOA		
TUES. TRADITIONS	0	0
WED. LUNCH	11.85	134.73
THURS. #1	0	55.00
SAT.	0	0
ORANGE		
TUES. ORANGE-TUSTIN	0	80.53
FRI.	5.00	54.25
SAN CLEMENTE		
WED. WOMEN	16.40	31.40
FRI.	25.00	79.50
SANTA ANA		
MON. ALANO Q&A	0	30.00
SUN. AM ALANO CLUB	0	25.00
SUN. PATIO	15.00	15.00
MON. VILLA WOMENS	0	0
MON. EL MODENA 63	0	0
TUES. OUR WAY	0	40.00
WED. MEN: STUDY	0	10.00
WED. SPEAKERS	0	0
WED. DISCUSSION	0	0
THURS. RESEARCHERS	5.00	25.00
FRI. PARTICIPATION	0	10.00
FRI. EBELL SPEAKERS	10.00	45.00
FRI. FRIENDLY	0	20.00
SAT. BEGINNER Q&A	0	5.00
STANTON	0	9.50
SUNSET BEACH	0	10.00
WANDERING GROUPS		
MON.	0	90.00
SAT.	74.94	287.41
WESTMINSTER		
SUN.	0	0
TUES. WOMEN: HARMONY	5.00	50.00
THURS. FAMILY	0	12.50
WHITTIER-LAORCO	0	12.00
MISCELLANEOUS		
G.S.R. WORKSHOP	0	36.00
INTERGROUP	10.15	95.51
ORANGE WOMEN, DISBANDED	0	19.31
TOTAL GROUP CONTRIBUTIONS	\$ 498.74	\$ 3,746.87
OTHER INCOME	216.59	1,871.59
TOTAL RECEIPTS	715.33	5,618.46
TOTAL EXPENSES	641.59	5,335.84
10 NET GAIN	72.74	282.62

(Your Central Office continued)

	LITERATURE FUND	AUG.	YEAR
NET WORTH END OF CURRENT PERIOD		706.71	706.71
NET WORTH END OF PRIOR PERIOD		693.74	576.06
NET GAIN		12.97	130.65

	STATISTICAL REPORT		AUG.	YEAR
	AUG.	YEAR		
SPEAKERS	4	42		
ALANON	15	144	80	413
LITERATURE	8	209	62	339
PUB. INFO.	74	865		
MEETINGS	94	832	46	356
INTERGP.	126	928	28	187
VISITORS	91	986	628	5301
			TOTAL CALLS	

NO. OF PLEDGES		ANSWER THE CALL		AMOUNT RECEIVED	
	\$	AMOUNT PER YEAR		\$	
3	10	30	5	30	
17	12	204		90	
1	15	15		15	
1	18	18		10	
6	24	144		52	
1	25	25		25	
2	36	72		47	
10	60	600		180	
2	48	96		28	
2	120	240		130	
1	240	240		60	
46		1684	5	667	



