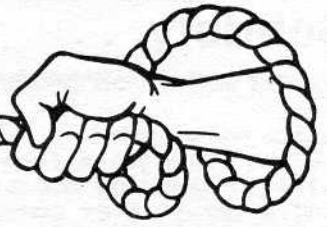


# Lifeline



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## Sobriety...

### What Is It?

By: George R., Hemet, CA,

Reprint Inland Empire Newsletter

I don't know whether it is easier to talk about what sobriety is, or what it isn't. Simplistically, sobriety is freedom from alcohol but I believe we have to go further than that. Perhaps we need to talk about some of the ramifications of sobriety. We talk about finding a way to live where we can be happy and joyous and free. We talk about being happy and usefully whole. We talk about ceasing to fight anything or anyone. We talk about alcoholism as a disease that is centered in the mind - an obsession of the mind coupled with an allergy or compulsion of the body that compels us to drink even against our will.

#### Sobriety vs. Sanity

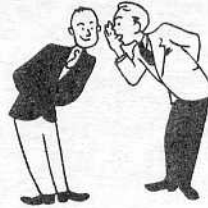
If I go to the dictionary, I am told that sobriety is "habitual temperance in the use of spiritous liquors; habitual moderation in thought and action; soundness and reasonableness." This is starting to sound a lot like sanity.

Again, by the dictionary, insanity is "unsoundness or disorder of mind, irrational and unpractical," and sanity is referred as "soundness or health of mind."

I believe that sobriety and sanity become almost synonymous. We talk of being restored to sanity. For many of us who think we never knew sanity before this program, it is not a matter of being restored - it is an outright gift.

(Please Turn To Page 2)

AA



## The word gets around..

### Step Four

Made a searching and fearless moral inventory of ourselves.

## One Bite At A Time

As a practicing alcoholic for thirty years I had become very accustomed to taking your inventory, not my own. After all, if it weren't for the S.O.B., or that ex-wife, I would not be in the fix I am in! Sound familiar?

Now here we are, going along just fine in AA, going to lots of meetings and not drinking in between and what do they want us to do now? They want us to stop blaming others and take a look at ourselves. They are asking us to take an inventory: Stock on hand. For years I thought I was supposed to put my life history down on paper - write it all, I thought. That is a hard job. How can I do it? My sponsor told me I could eat an elephant 'one bite at a time'. Why not do my inventory the same way?

The Big Book tells me to list my defects of character on paper

(Please Turn To Page 2)

## Much To Do About Nothing

By: Chuck H.

Sometimes when things are down and I wonder when they will get better, my sponsor tells me to spend a little time remembering where I came from. I do that. Nothing, but nothing, has ever hurt as bad as that last few days before I got to the program.

The second thing I do is to write some gratitudes. Today I have a place to go if I want, people to talk to if I choose, and directions to follow if I can't think for myself. Just to know that, today, I have choices. I can beat myself up, I can feel sorry for myself, I can hurt until I'm sick and tired of feeling sick and tired.

Then, into action. Help is as near as a telephone, as near as pencil and paper, as near as a prayer.

For me, today, pain is simply the resistance to growth. The only thing between me and being at peace with myself is EGO. (That stands for Edging God Out). When I let Got in, when I let you in, I find peace.

From an alcoholic who is grateful, I love you all.

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<b>A.A.</b> <b>CENTRAL OFFICE</b> 2712 S. GRAND AVENUE SANTA ANA, CA 92705	
<b>HOURS:</b>	
WEEKDAYS:	8 A.M. TO 9 P.M.
SATURDAYS:	9 A.M. TO 4:30 P.M.
SUNDAYS & HOLIDAYS:	10 A.M. TO 4:30 P.M.
ANSWERING SERVICE ALL OTHER HOURS	
—TELEPHONE—	
From San Clemente, Dana Point, Laguna Beach & Capistrano Valley Areas:	
(714) 496-8407	
ALL OTHER AREAS:	
(714) 556-4555	

FOR MEETING TIMES • DATES • PLACES • SEE DIRECTORY INSERT

# Sobriety...

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## Alcohol Meant Comfort

I spent many years (most of my life) looking for and trying to find a way to live comfortably with me, and the people around me. For many years, this involved the use of alcohol. If I could drink, I could become comfortable with me and with you. If I could drink, I could shed my fears, my inhibitions, my anxiety, my bashfulness and my awkwardness. I could start to like me...and I could start to like you.

Alcohol was an answer to my living problems for many years. It helped me to live with some degree of comfort and ease. Then, it quit working. I could no longer live in my fantasy world and I couldn't live in the world of reality. If booze had continued to give me ease and comfort I would still be drinking.

## Physically I Was Sober

Stopping drinking of itself did not solve my problem. A few days after detoxification, the physical craving, or the compulsion, was gone, but the mental obsession was still there. The fears, the anxieties, the futility, the despair, the blackness and the loneliness were constant companions. I didn't like me. (I couldn't stand me.) I didn't like you. My life was filled with hate, anger and resentment.

Being free of alcohol was not the total answer. Physically, I was sober; but mentally, I was drowning in remorse, guilt, self-pity and discomfort - (Bill W., in one of his writings, refers to this as ego working in reverse) - totally unable to cope with the world around me.

## Sobriety Is A Way Of Life

Today, I believe that sobriety is a way of life, It means being totally free of alcohol, total temperance, total abstention. It means growing up emotionally, being able to recognize, face, and deal with my emotional problems as they arise. It means growing up mentally and being able to face life and cope with life's problems on a daily basis.

It means growing up, developing and maturing spiritually. Not needing to be omnipotent - being able to accept and believe in a Higher Power. Being able to follow directions. Being able to accept situations, people, and

# One At A Time

Continued From Page 1

and then to write how it affected others - where was I wrong? How had my actions been damaging to those I loved? Who did I resent? How did it affect my self-esteem? Where was I selfish - dishonest? Who had I hurt? If I looked at it like that I was able to at least start. My sponsor said I would have the rest of my life to work on all of my defects...but I needed to start.

## First, Accept The Third Step

The Big Book, on Page 64, tells me I need to start as soon as I accept the Third Step. And the reason for this is that Step Three could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. The problem I had was trying to remember all this information.

After more prayer I decided to let God direct my thoughts and actions in writing my inventory. I followed the instructions in the Big Book as best I could. I got down on my knees and asked for guidance. I started to write and proceeded to put down on paper those things that came to mind.

It only took two hours to finish my inventory. After I shared my Fifth Step with my sponsor, I

# SOME FUN!!!!

There was a great turnout for the Inter-groups Annual Picnic, held June 28th at Mile Square Park in Fountain Valley.

Plenty of food and drinks for everyone. Games galore, and even a clown to entertain the kids.

The committee wishes to thank everyone who pitched in and helped, Mary P., Susie & her daughters, Debbie, Darryl & Roselyn & Lynette who kept the drinks coming, Jesse C., Paul R., Ken F., Jim E., Bonnie C., Gwynn Z., Rick T. who were in charge of hot dogs and all the great food brought by the fellowship members.

A special thanks to the clean up crew; Hugh, Darrell, Greg, Brian, Dennis, Stormy, Debbie, Sean, Bobby, Robert & Alden.

The chairman of the picnic, Jack M. who put everything together for us and then was not feeling well and missed all the fun.

We missed you Jack.

Colleen C.

began to find that new triumphant arch through which we pass to freedom.

I can only say to those of you who have not done Step Four, that the experience is wonderful. AA works if we are willing to work for it.

See ya on the Road to Recovery!

GARFIELD®

by Jim Davis



things just as they are and not needing to control for my personal well-being or sense of need.

Sobriety is a way of life that allows me to be happy and joyous and free; that allows me to become happy and usefully whole; that allows me to be useful to God and to my fellows; that allows me to experience the Promises that are given in Chapter Six. I can cease fighting anything or anyone.

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## L.A. Seminar Site

The second Central Office/Intergroup/A.A.W.S. Seminar will be held in Los Angeles Sept. 18-20 at the L.A. Airport Marriott Hotel.

Emphasis will be on "Sharing Solutions" to the problems raised at the initial seminar last year in Chicago -- mainly, literature pricing, inventory and shipping policies.

# I Was An Intellectual Misfit . . . By: Ted L., Reprint South Bay Intergroup

When I first came to AA, I was an intellectual misfit. I was not aware of it at the time: I learned this truth about myself slowly and painfully over a long period of time.

I now know that my huge ego was inflated with years of accumulated knowledge - philosophy, psychology, theology (and a couple of other-ologies), both Eastern and Western. Sadly enough, all this great wisdom could not get me sober or keep me sober. I am an alcoholic.

AA got me sober and is keeping me sober, a day at a time. It took a simple program to break through my self-imposed intellectual barrier to sobriety. A simple program in what is decidedly the simplest book I have ever read - The Big Book.

### It Meets All My Needs

I cannot begin to express my gratitude for this deceptively simple book; 'deceptively' because it contains all that this once-hopeless alcoholic will ever need.

It meets my philosophical needs: "First Things First; Live and Let Live; Easy Does it", and "For me, AA is a synthesis of all the philosophy I've ever read" (pp. 135 and 542).

It meets my psychological needs: "Once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol" (p. xxvii).

It meets my religious needs: "There are only two sins; the first is to interfere with the

growth of another human being, and the second is to interfere with one's own growth" (p.542).

It meets my spiritual needs: Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances" (p. 100).

For what more can an alcoholic like me ask?

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## MESSAGE FROM YOUR ARCHIVES COMMITTEE

There is something that only a long-time member of AA can share with a newcomer—that is a sense of what AA was like in earlier times.

It's really another kind of Twelfth Step work. And it's very apparent that we AA's are fascinated with the history of our Fellowship. From the interest shown at Archives Exhibits at Conventions and our Archives display, brought to assemblies and district meetings, it's very clear that this kind of information feeds a very deep need. A sense of security engulfs us as we look over our old correspondence with our co-founders, pamphlets which are out of print, old time directories and meeting books and all manner of related artifacts. These inspire our imagination and rekindle our deepest gratitude.

Too often these irreplaceable items are lost, misplaced or discarded in moves. Frequently they are thrown away by family members who are simply unaware of their historical and sentimental value.

If you have similar things, items you've been attached to enough to save over the years, we ask that you consider passing them on to your local archives as your personal legacy. Call or write to our committee to let us know about them. Many of the items can be copied so you can hold on to the material if you like. Just let us know of the whereabouts of these historical items and your intent to share them.

We also welcome a chance to record your memories on tape. This assures that your unique experience and views are made part of our history.

So give us a call and let us know what you think.

Mid-Southern California Area Archives

Committee,  
P.O. Box 18011  
Anaheim, California 92817

or call  
in Orange County: Ellery S. 714-968-0632; or Sallie K. 714-633-8760  
or in Harbor Area: Warren B. 213-432-4033; and in Inland Empire: Goldene G. 714-682-1019

### ORANGE COUNTY INTERGROUP ASSOCIATION OF ALCOHOLICS ANONYMOUS

Statement of Income and Expenses for Six Months Ending June 30, 1987

INCOME	MAY	YEAR TO DATE
Group Contributions	6,229	39,053
Individual Contributions	410	1,103
Literature	7,486	42,518
Lifeline Subscriptions	934	5,257
Special Events	280	389
Memorium		145
Interest	1,583	4,167
Birthday Donations	186	752
Miscellaneous	32	216
Intergroup Donations	92	520
Convention Donation		12,302
<b>Total Income</b>	<b>17,232</b>	<b>106,422</b>
<b>EXPENSES</b>		
Accounting & Legal	120	1,219
Auto Expense	44	295
Bad Checks	34	34
Group Information	137	291
Insurance	360	1,470
Intergroup Expense	88	530
Maintenance, Repairs	250	1,649
Office Supplies	333	2,403
Pension Fund		1,031
Postage	125	852
Public Information	61	354
Rent	1,152	5,333
Salaries & Wages	3,912	23,214
Taxes, Payroll	291	1,603
Taxes & Licenses		13
Telephone, Office	548	3,145
Telephone, T.A.B.	376	2,115
Utilities	142	1,001
Lifeline Expense	1,042	5,658
Cost of Literature	6,513	37,141
Special Events	538	989
<b>Total Expenses</b>	<b>16,066</b>	<b>90,340</b>
<b>GAIN/(LOSS) FOR PERIOD</b>	<b>1,166</b>	<b>16,082</b>



CENTRAL OFFICE	JUNE	YEAR TO DATE
Requests for Speakers, Schools, etc.	9	103
Information for Al-Anon	503	3,219
Literature Requests	28	265
Information Requests	1,009	6,483
Requests for Meetings	1,222	8,460
A.A. Members		
Calling C.O.	501	2,649
New Inquiry About Self	156	1,810
12 Step Male	99	635
12 Step Female	64	431
Court Card Calls	701	2,605
School Reports	4	79
Call About Another	423	2,327
Visitors to Central Office	377	2,363
<b>TELEPHONE ANSWERING SERVICE (T.A.B.)</b>		
Telephone Information		
Calls	398	2,352
Al-Anon Calls	128	893
Requests for Meetings	384	2,162
Cross Connect: Male	28	182
Cross Connect: Female	9	124
<b>TOTAL CALLS:</b>	<b>5,666</b>	<b>34,779</b>
<b>TOTAL CONTACTS:</b>	<b>6,043</b>	<b>37,142</b>

