

ALCOHOLICS ANONYMOUS

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Orange County Intergroup Association

HOW A.A. WORKS

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Twenty four years ago, when I was about a year and a half sober, I made a "cold" twelve step call on a man in my neighborhood because his daughter, a high-school student of mine, had begged me to help. "He's going to die," she had said, with tears streaming down her face.

When I arrived, Keith was propped up on the sofa, drink in hand. His skin was yellow in color, and his liver protruded from beneath his tattered robe. He listened to my A.A. pitch for a brief time, then he cut me off with an imperious wave of his hand saying, "I'm a Marine!, and Marines have willpower. I don't need a crutch like A.A. to lean on! I can quit anytime I want!" "Pardon me" I said, "You are yellow in color, and I can see your liver sticking out from under your bathrobe. You are going to die, Keith, if you don't do something about your drinking." He endured me for a few more minutes, and then dismissed me.

One month later, Keith died. My family and I attended the funeral, and as the service was about to end, Keith's little boy, J.J., approached the open casket. J.J. was about 8 years old at the time, and while we watched little J.J. at the casket, my own little boy, 9 years old, snuggled up tight against me in the pew. J.J. stood on his tiptoes and peered in at the waxed

body of his father until his older sister came and swept him away.

Over the next ten years, the image of that little boy gazing at his dead father was to save my life countless times! On the days when A.A. didn't seem to be enough, when meetings seemed friendless and meaningless, when that feeling of "is that all there is?" would close in on me, I would remember Keith, and his poor little boy, and the memory would flood in on me. Then, I'd smile to myself and say, "Yes, A.A. is enough," and I'd go to the next suggested action.

Here it is the present day, and I'm now an "old-timer." Next week, Higher Power willing, I'll be giving J.J. a three year cake! Yes, that little boy who lost his father to the disease of alcoholism, stumbled into my home group one Thursday night three years ago. My sober daughter and son (the little boy sitting next to me in the church) grabbed him and dragged him up front to me. "Here's your new sponsee, Dad!" they said with huge smiles on their faces!

J.J. grabbed on to the A.A. way of life with both hands. He is an active, giving member of our fellowship. We think of him as a member of our family. Why not? After all, his father saved my life!

Cliff R., Oceanside, Calif.

ALCOHOLICS ANONYMOUS CENTRAL OFFICE

HOURS

Weekdays 8:00 A.M. to 9:00 P.M.
Saturdays 9:00 A.M. to 4:30 P.M.
Sundays & Holiday 10:00 A.M. to 4:30 P.M.

2712 S. Grand Avenue
Santa Ana, CA 92705
Phone (714) 556-4555

From San Clemente, Dana Point, Laguna Beach & Capistrano Valley Areas -
Phone (714) 581-2694
TDD 556-4559

Literature Carries the Message, Too

"But what about the real alcoholic?" This rhetorical question read from the pages of our beloved "Big Book" set the stage for my recovery.

From the very start I had been a "hard drinker." In hindsight I realize that unlike some members, I had never had control over my drinking. No one was more puzzled than I by my lack of control when it came to drinking. The description of the real alcoholic was the first explanation of who I was that made sense, at least to me. The veil of denial was lifted with each sentence I read. I too had done absurd, incredible, tragic things while drinking. Relationships had been destroyed, potential was left unfulfilled, and hope had given way to despair. My lifestyle, my thought processes and actions were dangerously anti-social. When I walked through the doors of A.A. I brought these traits with me. I was what some members refer to as a low bottom drunk. As my disease progressed and my nerves were further tattered by booze, I too began to use a combination of high-powered sedatives and alcohol. I too began to seek out doctors that would give me morphine so that I might taper off. I could not deny the fact that the rough description of the real alcoholic was an accurate description of me.

Finally I knew what the problem with me was. I am an alcoholic. A real alcoholic. I know so because my story is in the book. Thank God. Our literature carried the message for me. In the privacy of a hospital bed I read the "Big Book" for the first time. There were no personalities involved that I could criticize or rebel against, just simple truth. I could either accept or deny it.



Our literature allowed me to belong, to be like you, a member of A.A.

When we give a "Big Book" away, or support H&I efforts to supply literature, we truly are being of anonymous service. An alcoholic in search of answers can find the solution within our literature. In a hospital bed, a prison cell or library, the A.A. Big Book and other literature carries the message at times far more effectively than we as members are able to do. Please support H&I efforts to distribute literature. Let part of your 12 step work be support of carrying the message through A.A. literature.

Gary S., Irvine

Confession of a Sissy

MY NAME IS DICK... AND I AM A SISSY!

All it took was one drunk driving arrest, one tiny little court card, one "nudge from the judge" to get me to stop drinking.

A little over four years ago, I "came to" in a rubble pile of Oleander bushes and picket fence with a natural gas geyser spewing behind me. I had left my favorite pub in Tustin before midnight and had gone to sleep in my van. I never intended to drive. I was nearly home, in Orange, when I came out of a blackout after the collision at about 2:30 A.M.

I was fortunate. I had not injured myself or anyone else. The owner of the Oleander bushes and picket fence and the Gas Company took exception to the fact that I had damaged their property. The police department took exception to the fact that I seemed to be extremely intoxicated. I was arrested and tested. I was now officially a ". 24 Deuce" (. 24 blood-alcohol level drunk driver).

I made up my mind that night that I had had enough and that I would never drink again. I managed that on my own until I was directed by the court to attend A.A. meetings for nine months with a court card. But ... was I an alcoholic or had I just had some bad luck?

I had never lost a job, been drunk at work or had an unsatisfactory job evaluation. I had been married for about

sixteen years. I had a house, cars, children and toys. I had never before been arrested and had not had a citation since I was in college.

In meetings I heard people talk about being low-bottom drunks. I heard heart rending stories from people who had lost everything, sometimes over and over again due to alcohol use. I heard from people who were unable to stop drinking in the face of alcohol-induced poverty, loss of family, illness, injury, insanity and possible death. With my lack of significant alcohol-related problems, could I really be an alcoholic?

ABSOLUTELY!!

All the symptoms were there for me to see if I hadn't been drunk or drinking so much of the time. Once I was forced to stop drinking for a period of time, I could clearly see where I was headed. I was not performing up to my own standards at work. I was hurting my family and friends. My health was beginning to suffer and I was having financial problems.

I am here to testify ... I am an alcoholic! I am every bit as much an alcoholic as someone who has a "better" A.A. story than I have. The only difference is that I was captured before I could drink myself into the problems that were definitely in my future. I was ready to admit that I was an alcoholic, to attend meetings and to follow directions from people who had found a way to stop drinking "one day at a time." I have not found it necessary to take my drinking to the extent that I further damage myself or to further hurt the people around me.

I confess ... I am an alcoholic and I am a sissy. I guess I can never go on the "A.A. speakers' circuit"! I am too big a coward to pick up that first drink to continue the behavior that can "improve" my A.A. story.

My heart goes out to those who must continue to drink and to those who do A.A. on the installment plan by a series of "slips" and "returns". I thank God that I am a sissy. I thank God and other alcoholics like me for giving me the strength to remain in the fellowship.

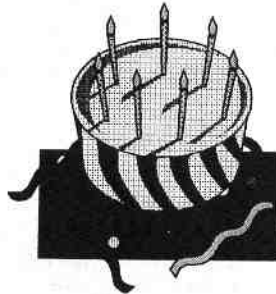
Dick J., Orange

AA BIRTHDAYS

Birthday Donations...

Many AA members celebrate their AA birthdays by sending a donation to Central Office. These donations help keep the doors of Central Office open, so that new members may get the same help so many of us have received. Some members send one or two dollars for each year of sobriety. Others make a personal donation monthly or on a quarterly basis. This month we'd like to extend thanks to:

Len B.	Costa Mesa	29 years
Frank A.	Not Shown	26 years
Paul M.	Laguna Hills	24 years
Ed M.	San Clemente	19 years
John K.	Huntington Beach	17 years
Les McD.	Garden Grove	15 years
Mary Ann O.	Huntington Beach	10 years
Mike O'B.	Huntington Beach	8 years



*Happy
Birthday!*

CENTRAL OFFICE'S ACTIVITY SEPTEMBER 1995

TOTAL CALLS: 3,692	12StepCalls	MeetingInfo	General Info	Customers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	106	1,826	1,213	402
CALL FORWARDING VOLUNTEERS	43	274	230	

Tradition of the Month

TRADITION ELEVEN

"Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us."

Ask Yourself...

1. Do I sometimes promote A.A. so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an A.A. member?
3. Am I careful about throwing A.A. names around—even within the fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would A.A. be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for himself?

—Reprinted from the AA Grapevine Traditions Checklist

BIRTHDAY GRATITUDE FOR:

Name: _____

Sobriety Date: _____

Years: _____

Amount Enclosed: _____

From: _____

*Thank you for sharing
my gratitude.*

Mail to: O.C. Central Office
2712 S. Grand Ave.
Santa Ana, CA 92705

THE LIFELINE 2712 S. GRAND AVE. SANTA ANA, CA 92705

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Santa Ana, CA 92705

LIFELINE COMMITTEE:
Allen M., Ellery S.,
Roberta B., Rick C., Jan T.

Things We Cannot Change...

Dorothy W., Newport Beach

43 years

Joe C., Lake Forest

22 years

Marge C., Orange

23 years

WHO - WHERE - WHEN

SPEAKERS IN NOVEMBER

To have your speaker meeting listed in **Lifeline**, please call Central Office on or before the 10th of the month.

TUESDAY 8:30 PM

- Anaheim, 202 W. Broadway
Pioneer Group (Alano Club)
11 07 Annie P.
14 Mary Ann M., Hunt. Beach
21 Jerry E., Huntington Beach
28 "Mary The Hat"

FRIDAY 8:00 PM

- Anaheim, 1830 W. Romneya
(Hospital)
11 03 Jack M., Tustin
10 Ralph D., Stanton
17 Patty O., Mission Viejo
24 Dan F., Tustin

SUNDAY 7:30 PM

- Costa Mesa, 2476 Newport Blvd.
Oddfellows Hall
11 05 Larry T., Montrose
12 Sandy B., Tustin
19 Trace E., Buena Park
26 Tom M., Lake Forest

WEDNESDAY 8:00 PM

- Costa Mesa, 661 Hamilton St.
Goat Hill Fellowship
11 01 Mickey B., N. Hollywood
08 Barney M., Orange
15 Doug B., Van Nuys
22 Gordon M., Costa Mesa
29 George McC., Laguna Beach

FRIDAY 8:30 PM

- Fullerton, St. Jude
11 03 Stan G., Corona Del Mar
10 Irish Annie, Huntington Beach
17 Todd L., Fullerton
24 Joe W., El Toro

SUNDAY 12:00 PM

- Garden Grove, 9845 Belfast Dr.
Alano Club
11 05 John F., San Juan Capistrano
12 Carol Ann, Garden Grove
19 Max S., Huntington Beach
26 Surprise

WEDNESDAY 8:00 PM

- Fullerton, 216 N. Malden
Alano Center
11 01 Bob B., Carlsbad
08 Bob E., Dana Point
15 Billy B., Santa Monica
22 John F., San Juan Capistrano
29 Mike C., Lancaster

SATURDAY 8:30 PM

- Fullerton, 109 E. Wilshire
11 04 Debbie H., Long Beach
11 Mickey B., N. Hollywood
18 Sally V., Fullerton
25 Eddie C., Glendora

SUNDAY 7:00 PM

- Costa Mesa
1525 Mesa Verde Drive East, #105
11 05 Jerry (Bigfoot) W., Fresno
12 Theresa J., Los Angeles
19 Sharon B., Los Angeles
26 Cubby S., W. Hollywood

THURSDAY 8:30 PM

- Anaheim, 202 W. Broadway
Pioneer Meeting, Alano Club
11 02 Richard A., Laguna Niguel
09 Jack B., Irvine
16 Frank O., Santa Ana
23 Bill D., Hemet
30 Teri, Downey

SATURDAY 8:00 PM

- Costa Mesa, Charle Street
11 04 Bob H., Garden Grove
11 Cubby, Hollywood
18 Robert F., Anaheim
25 Gilbert M., Lakewood

If you don't see your favorite Speaker Meeting listed above, ask the secretary to call in a list of upcoming speakers to the Orange County Central Office by the 10th of the month. Being listed may help increase the meeting size.

SUNDAY 8:00 PM

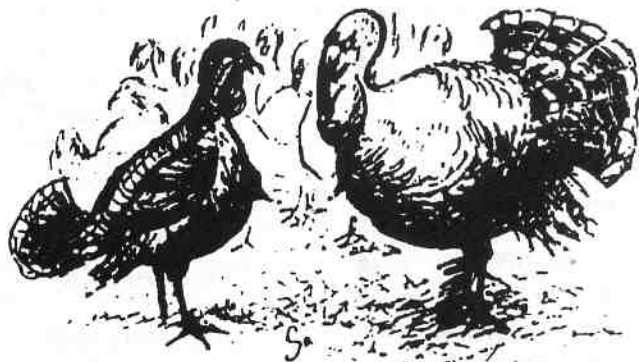
- Fountain Valley, 10200 Slater
11 05 Merle M., Huntington Beach
12 Benji D., Westminster
19 Joe W., Lake Forest
26 George P., Orange

FRIDAY 8:00 PM

- Huntington Beach, 19900 Beach Blvd.
Fidelity Federal Bank Bldg.
11 03 Robin, Anaheim
10 Ted H., Costa Mesa
17 Kelly D., Carlsbad
24 Cliff R., Oceanside

FRIDAY 8:00 PM

- La Habra, 631 North Euclid St.
La Habra Methodist Church
11 03 Dave B., Napa
10 Ben W., Laguna Beach
17 Trici V., Venice
24 Pete H., Los Angeles



"Remember—no resentments!"

UPCOMING CALENDAR OF EVENTS FOR AA

The events listed below are for your information only. If you have any questions regarding any event, we suggest that you contact the organization conducting the event.

November 3-5th, 1995

C. C. Y. P. A. A. 16th Annual Conference by the Sea, Monterey Conference Center, Monterey, CA.
 Contact: Dan R. (408) 379-5859
 Mail registration to: CCYPAA, Box 485, Pacific Grove, CA 93950

November 2-5th, 1995

34th Annual Hawaii Convention
 Sheraton Waikiki Hotel, Honolulu, Hawaii
 Contact: Curtis H. (808) 261-0332 or Greg E. (808) 941-7423. Mail registration to 34th Annual Hawaii Convention, P.O. Box 23434, Honolulu, HI 96823-3434

November 3-5th, 1995

12 Traditions & 12 Step Workshop Weekend, presented by the 1996 ICYPAA Host Committee-Saturday Night Potluck. 1320 Miller St. #A, Anaheim, CA 92805
 No charge, sodas for sale. Contact Russ (714) 524-7708 or Matt (714) 970-1322

November 23-26th, 1995

29th Annual Las Vegas Roundup
 Riviera Hotel, 2901 Las Vegas Blvd. So. Las Vegas, NV 89109 (800) 634-6753
 For Info: The Round-up Committee
 P.O. Box 43177, Las Vegas NV 89116

11th Annual O.C. Convention Planning Meetings

11th OCAAC, March 22-24th, 1996
 Red Lion Hotel, Costa Mesa, CA
 Open planning meetings 7:30 PM at the Roque Center, 9842 13th St. Garden Grv
 Oct. 18, 1995 Jan. 17, 1996
 Nov. 15, 1995 Feb. 21, 1996
 Dec. 20, 1995
 Walk-thru at the Red Lion March 1996

IF YOU CAN talk, stand, sit, smile, saw, paint, hammer, drive, file, type, write, count, breathe or just tell jokes...

WE NEED YOUR HELP!

December 31st, 1995

OCYPAA New Years Eve Meeting and Dance
 Anaheim Convention Center
 \$15.00 at the door for the dance
 contact: Ruben (714) 744-9040 or Rob C. (714) 280-1826

January 12-14th, 1996

A.C.Y.P.A.A. 1996
 24th Roundup
 Pleasanton Hilton
 contact: info line (510) 274-4037
 Mail registration to: A.C.Y.P.A.A.
 P.O. Box 328, Danville, CA 94526-0328

February 8-11th, 1996

32nd Int'l A.A. Womens Conference
 Salt Lake City Marriott, 75 South West Temple, Salt Lake City UT 84101
 Contact: Debbie (801) 966-6022 or Janet (801) 273-7225; Mail registration 32nd IAAWC, P.O. Box 521451, Salt Lake City, UT 84152-1451

September 5-8th, 1996

39th Annual I.C.Y.P.A.A.
 Anaheim Hilton Hotel, Anaheim, CA
 Hotline (714) 744-2494, Rob (714) 280-1826
 Mail registration to: ICYPAA, P.O. Box 775, Placentia, CA 92670

March 18-29th, 1997

50th Anniversary Convention of AA in Brazil
 Rio de Janeiro, Brazil
 For info: CENSAA/COC - Av. Rio Branco, 57-s/201, Riode Janiero - Brazil Zip Code 20001-004

June 13th-15th, 1997

50th Anniversary Convention of AA in Great Britain
 Wintergardens, Blackpool, England
 For info: The Registrar, Great Britain Convention 1997, P.O. Box 32, South Shore, Blackpool FY4 2UA England

SUBSCRIPTIONS

A gift for a friend, for someone who can't get out to meetings, for a newcomer? All of these are good reasons to give a LIFELINE subscription. All of this for only \$1 a month.
 We make it easy, just one check (we do accept cash).

Number of Subscriptions _____ @ \$12 per year. \$ _____ Enclosed

Name _____ Phone _____

Street _____ City _____ Zip _____

Comments: _____

(Attach a separate sheet for additional subscriptions)

Send To:
The Lifeline
 c/o Orange County Central Office
 2712 S. Grand Ave., Santa Ana 92705

