Responsibility Declaration:
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.

ORANGE COUNTY CENTRAL OFFICE
1526 Brookhollow, Suite 75 Santa Ana, CA 92705
Phone: (714) 556-4555; Fax: (714) 556-7231
E-mail: ocaa7664@sbcglobal.net Web site: www.oc-aa.org
Office hours:
Monday-Friday: 9 AM to 7 PM; Saturday & Holidays: 9 AM to 1 PM

SOUTH COUNTY OFFICE
27281 Las Ramblas, Ste.135, Mission Viejo, CA 92691
Phone: (949) 582-2697; Fax: (949) 582-2611
E-mail: socsoaa@sbcglobal.net
Office hours: Monday-Friday: 10 AM to 5 PM
Purpose: The Orange County Lifeline Committee is a committee of A.A. members, charged with the responsibility of producing and distributing the Orange County Lifeline, (a publication of the Orange County Intergroup Association). The Lifeline is published monthly and is supported solely through contributions from the A.A. groups and members of Orange County. The Lifeline is published to meet the following needs of the Orange County A.A. membership: to inform the A.A. membership regarding A.A. service, events and announcements; also to share experience in recovery, unity and service; to keep the A.A. membership informed regarding the actions, finances and meetings of the Orange County Intergroup Association and other Central Office committees.

Table of Contents

Statement of Income/Expense 3
2016 Service Board 4
Pain is the Touchstone 5
Group Contributions 6, 7
National Clergy Conference on Alcoholism 8, 9
Fourth Step Tips 9, 10, 14, 15
Speaker Meetings 11
Call Forwarding/Birthdays 12
Volunteering 13
Word Search/Humor 16

2016 CENTRAL OFFICE HOLIDAYS

01/01 New Year’s Day
01/18 Martin Luther King Jr. BDay
02/15 George Washington Bday
05/30 Memorial Day
07/04 Independent Day
09/05 Labor Day
10/10 Columbus Day
11/11 Veterans Day
11/24 Thanksgiving Day
12/25 Christmas Day

To Carry the Message of Alcoholics Anonymous to the Alcoholic who is confined in a Hospital or Institution

South Orange County H & I Meets the 3rd Wednesday of the month 7:30 pm.
(949) 497-1823. www.socalhandi.org or www.sochic.club
Laguna Canyon Club, 20456 Laguna Canyon Rd., Laguna Beach.

Orange County H & I. Meets the 2nd Sunday of the month. (714) 534-2244
Institutions meet at 4:00 pm; Hospitals meet at 6:00 pm
Garden Grove Alano Club, 9845 Belfast Drive, Garden Grove
ORANGE COUNTY INTERGROUP ASSOCIATION OF A.A.  
Statement of Income and Expenses for Period Ending 02/29/2016  
Unaudited

<table>
<thead>
<tr>
<th>INCOME</th>
<th>February</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Donations</td>
<td>14,681.13</td>
<td>30,829.97</td>
</tr>
<tr>
<td>Individual/Fellowship</td>
<td>0.00</td>
<td>1,285.00</td>
</tr>
<tr>
<td>Literature Sales</td>
<td>12,144.28</td>
<td>24,499.63</td>
</tr>
<tr>
<td>Birthday Donations</td>
<td>166.65</td>
<td>286.65</td>
</tr>
<tr>
<td>Interest Earned</td>
<td>4.03</td>
<td>8.09</td>
</tr>
<tr>
<td><strong>TOTAL INCOME</strong>:</td>
<td><strong>26,996.09</strong></td>
<td><strong>56,909.34</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounting</td>
<td>1,245.00</td>
<td>1,712.50</td>
</tr>
<tr>
<td>Auto Expense (all Mgrs.)</td>
<td>149.50</td>
<td>299.00</td>
</tr>
<tr>
<td>Credit Card Expense</td>
<td>240.52</td>
<td>487.50</td>
</tr>
<tr>
<td>Bank Charges</td>
<td>0.00</td>
<td>0.78</td>
</tr>
<tr>
<td>Cash/Invoices OverShort</td>
<td>0.00</td>
<td>-1.28</td>
</tr>
<tr>
<td>Insurances</td>
<td>250.00</td>
<td>685.00</td>
</tr>
<tr>
<td>Intergroup Expense</td>
<td>597.28</td>
<td>1,247.28</td>
</tr>
<tr>
<td>Lease Expense</td>
<td>300.97</td>
<td>703.65</td>
</tr>
<tr>
<td>Sales Tax on Lease</td>
<td>24.08</td>
<td>52.07</td>
</tr>
<tr>
<td>Volunteers Coffee + Water</td>
<td>50.00</td>
<td>70.00</td>
</tr>
<tr>
<td>Offices' Supplies + Expenses</td>
<td>427.25</td>
<td>961.81</td>
</tr>
<tr>
<td>Postage</td>
<td>98.00</td>
<td>147.00</td>
</tr>
<tr>
<td>Rent Main/Satellite Offices</td>
<td>3,131.14</td>
<td>6,506.43</td>
</tr>
<tr>
<td>Salaries</td>
<td>8,276.77</td>
<td>16,214.44</td>
</tr>
<tr>
<td>Reimb. Health Insurance</td>
<td>182.80</td>
<td>615.59</td>
</tr>
<tr>
<td>Payroll Tax Expense</td>
<td>607.25</td>
<td>1,369.29</td>
</tr>
<tr>
<td>Taxes &amp; Licenses</td>
<td>0.00</td>
<td>43.00</td>
</tr>
<tr>
<td>Penalty Expense</td>
<td>0.00</td>
<td>25.00</td>
</tr>
<tr>
<td>Internet Expense</td>
<td>858.37</td>
<td>1,113.24</td>
</tr>
<tr>
<td>Telephone Expense</td>
<td>563.64</td>
<td>1,225.63</td>
</tr>
<tr>
<td>LIFELINE Expense</td>
<td>1,080.00</td>
<td>1,477.50</td>
</tr>
<tr>
<td>Cost of Literature Sold</td>
<td>10,079.75</td>
<td>20,334.69</td>
</tr>
<tr>
<td><strong>TOTAL EXPENSES</strong>:</td>
<td><strong>28,162.32</strong></td>
<td><strong>55,290.12</strong></td>
</tr>
</tbody>
</table>

| INCOME/(LOSS):                               | -1,166.23| 1,619.22 |
FROM THE EDITOR

Inspired to help make the Lifeline great? Orange County readers are invited to participate in the Lifeline content. We accept jokes, cartoons, and articles as well as comments or suggestions. Share your experience, strength and hope with others by sending no more than 500 words to: Lifelinecommittee@gmail.com.

All submissions will be reviewed and may be edited for typos and readability so ALL are encouraged to contribute. Any level of writing is acceptable.

If you have any questions, you may reach us at lifelinecommittee@gmail.com. Thank you!!

2016 SERVICE BOARD

Chair, Jeryl T.
OCServiceBoardChair@oc-aa.org

Vice Chair, Rick F.
OCServiceBoardViceChair@oc-aa.org

Treasurer, Jacob W.
OCServiceBoardTreasurer@oc-aa.org

Secretary, Stephanie C.
OCServiceBoardSecretary@oc-aa.org

Central Office, Dave W.
CentralOfficeCommittee@oc-aa.org

Group Relations, Dylan G.
GroupRelationsCommittee@oc-aa.org

Lifeline, Chris D.
LifelineCommittee@gmail.com

Public Information, Todd W.
PublicInformationCommittee@oc-aa.org

Special Events, KC G.
SpecialEventsCommittee@oc-aa.org

Hospitals & Institutions, Dave G.

Who? What? When? Where?

Public Information Committee:
Meets the 2nd Tuesday of the month at 6:00 pm at the South County Central Office

Group Relations Committee: Meetings scheduled as needed

Lifeline Committee: 1st Monday of the month at 7:00 pm at the South County Central Office

Special Events Committee: Meetings 1st Tuesday of the month at 6:30 pm at the South County Central Office

H & I Committee: Meets the 2nd Sunday of the month at the Garden Grove Alano Club. Institutions meet at 4:00 pm; Hospitals meet at 6:00 pm.

South Orange County H & I meets at the Laguna Beach Canyon Club 3rd Wednesday of the month at 7:30 pm.

With the exception of H & I and occasionally the Lifeline, the above committees meet at: Central Office, 1526 Brookhollow, Suite 75, Santa Ana, CA 92705.

The Orange County Intergroup Assoc.
Meets the 2nd Wednesday each month
Costa Mesa Senior Center, 695 W. 19th Street, Costa Mesa
PAIN IS THE TOUCHSTONE

Touchstone (assaying tool), a mineral related to flint used to test the quality of precious metals.

In step ten in the 12x12 it says “Someone who knew what He was talking about once remarked that pain is the touchstone of all spiritual progress.” Then finishes the paragraph with, “How heartily we A.A.’s can agree with him, for we know that the pain of drinking had to come before sobriety, and emotional turmoil before serenity.”

Can this mean that we can have no spiritual progress without suffering pain? It didn’t seem to make sense so I looked up the word “TOUCHSTONE” in the dictionary and discovered that a TOUCHSTONE was a mineral that assayers used to test the purity of gold. Prior to that, I thought that it was synonymous with stepping stone.

I’m sure that, in the recovery process, it seems that pain is the primary motivator for just about everything we do, and few of us would follow these principles if we didn’t have to do them in order to live at peace with ourselves and with the world around us. I also believe that most of our spiritual growth is preceded by some form of discomfort or pain (if you like) but, I also believe that spiritual growth can occur without pain as well. I believe that we can grow spiritually through experience, education and enlightenment, and we can ward off much of the potential distress before it happens.

If it is true, as in the original quote, that pain is a TOUCHSTONE, then it is really saying that pain is testing the quality of my Spirituality. To me, that begs the question: How spiritual am I when things are not going my way? Do I trust the same Spiritual Principles that have served me so well when things are going right, or do I take a step backwards an take things back into my own hands again and resort to those tactics that I know will come back to bite me later? Most of my pain and discomfort that we talk about in A.A. is or was the result of the things that I regretted having done.

The Big Book and The 12x12 encompass the wisdom of the ages and this is no exception. I just wanted to highlight a very important quote that is often misinterpreted or can be interpreted in more than one way. Practicing these principles in all my affairs has been my goal for a very long time, and when I do find myself in pain, I hope I always pass the Assayer’s test.

RICK R.
Group Contributions to Central Office, February

<table>
<thead>
<tr>
<th>FEB</th>
<th>YTD</th>
<th>Amount</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALISO VIEJO</td>
<td>^</td>
<td>^</td>
<td>Dly 7:00A-Solu Grp Mar, 5001 Newp $1,000</td>
</tr>
<tr>
<td>ANAHEIM</td>
<td>^</td>
<td>^</td>
<td>M-F 6:30A-It's/New Morning, 4915 Al $345</td>
</tr>
<tr>
<td>BUENA PARK</td>
<td>^</td>
<td>^</td>
<td>Mo 5:00P-Women's Blue Book, 50 $40</td>
</tr>
<tr>
<td>CAPISTRANO BEACH</td>
<td>^</td>
<td>^</td>
<td>Mo 6:30P-Easy Does It, 4949 Alton $137</td>
</tr>
<tr>
<td>CORONA DEL MAR</td>
<td>^</td>
<td>^</td>
<td>Mo 7:30P-(W)'s Disc., 15 Orange Tree $55</td>
</tr>
<tr>
<td>COSTA MESA</td>
<td>^</td>
<td>^</td>
<td>Tu 12:00P-(W)'s BB Stdy, 5101 Alton $65</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 6:30P-B. B. Topic Disc., 5001 Nw $145</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 7:30P-Wild Bunch Beg's, 1 Sunny $280</td>
</tr>
<tr>
<td>FOUNTAIN VALLEY</td>
<td>^</td>
<td>^</td>
<td>We 7:30P-12 Solutions SS, Harvard $70</td>
</tr>
<tr>
<td>FULLERTON</td>
<td>^</td>
<td>^</td>
<td>Fr 12:00P-(W)'s BB Stdy, 19092 Beach $130</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 9:00A-(W)'s Wrkg.in Sol. BB, 183 $60</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 6:30P-Sat. Night Refugees, 2144 $1</td>
</tr>
<tr>
<td>GARDEN GROVE</td>
<td>^</td>
<td>^</td>
<td>We 7:00P-Cypress Women's S/S $72</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dly 7:00A-Cypress Women's S/S $1,883</td>
</tr>
<tr>
<td>HUNTINGTON BEACH</td>
<td>^</td>
<td>^</td>
<td>Tu 12:00P-Solutions, 9845 Belfast $50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tu 7:00P-Heartspeak (W)'s, 13082 $45</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tu 10:00A-Over 40 Disc. Grp, 9845 $28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 10:30A-BB Stdy, 9845 Belfast $90</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 12:00P-Noon Serenity Group $40</td>
</tr>
<tr>
<td>LAGUNA BEACH</td>
<td>^</td>
<td>^</td>
<td>Dly 7:00P-C Club 7Ams Adj, 204 $620</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Dly 10:00A-Heisers Park Disc, Cliff $175</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Su 10:30A-Sun Q&amp;A Serenity Hill, 31 $154</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mo 6:30P-(W)'s BB Stdy, Wesley $316</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mo 8:00P-S/Coast (M)'s, 340 S/Ann's $150</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mo 7:00P-Men's BB Stdy, 20456 LCR $70</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tu 12:00P-Serenity-Sea (W)'s, 340 $100</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tu 6:00P-Here &amp; Now, 20456 LCR $105</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tu 6:30P-(M)'s Beg, 31872 So/Coast $814</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 7:00A-(M)'s Book Study, 1042 Te $426</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 7:00P-(M)'s SS, 415 Forrest Ave $50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 8:00P-(M)'s Part, 21632 Wesley $210</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 7:00P-(M)'s Part, 21632 Wesley $210</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 11:00A-B.B Stdy, 1 Sunnyhill - Tur $300</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 6:30P-B.B Stdy, 1 Sunnyhill - Tur $300</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 6:30P-B.B Stdy, 1 Sunnyhill - Tur $300</td>
</tr>
<tr>
<td>LAGUNA HILLS</td>
<td>^</td>
<td>^</td>
<td>Dly 7:00P-Legacy Grp, 23802 Ave de $600</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 7:00P Get Happy 12&amp; 12 Stdy, A $140</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fr 6:30P-Fri. Evening Meditation Mtg, $100</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 11:00A-Acceptance Grp, 23802 $100</td>
</tr>
<tr>
<td>LAGUNA NIGUEL</td>
<td>^</td>
<td>^</td>
<td>Sa 6:30P-Beginners Q &amp; A, 20456 LC $210</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 6:30P-Beginners Q &amp; A, 20456 LC $210</td>
</tr>
<tr>
<td>LAGUNA WOODS</td>
<td>^</td>
<td>^</td>
<td>Su 6:30P-Beginners Disc., 29751 Cr $60</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mo 7:00A-Morn (M)'s Stag B2B, 300 $200</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mo 10:30A-(W)'s 12X12 Stdy, 2784 $285</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Th 7:00A-Th Morn Men's Topic Disc $175</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Th 5:30P- Mixed Mediation Practice, $70</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fr 7:00A-Back to Basics Men's, 30120 $497</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fr 7:30P-Here &amp; Now, 24360 Yosemite $75</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sa 8:30A-Men's Meditation Practice $59</td>
</tr>
<tr>
<td>LAGUNA WOODS</td>
<td>^</td>
<td>^</td>
<td>Dly 7:30A-Do It Sober, 24442 Moulton $896</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mo 7:30P- Nite SS Grp, 24442 Moulton $25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 1:15P-(W)'s BB Stdy, 24351 El To $63</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>We 1:15P-(W)'s BB Stdy, 24351 El To $63</td>
</tr>
</tbody>
</table>

April, 2016

Volume 46, Issue 4
April, 2016

Mo 7:30P-Two or More, 721 N.  $20
Sa 10:00A-Desire to Stop, 807 N.  $203  $203

SEAL BEACH
We 7:30P-(M)'s SS, 8th & Central  $75  $75

SILVERADO CANYON

SUSET BEACH
Su 11:00A-Inner Peace Group  $101
We 7:00A-Discussion, 16865 PCH  $80  $80

TUSTIN
Dly 6:00A-Foothill Early Risers  $336  $336
Dly 6:00A-Attitude Mod, 1221 Was  $139  $224
Tu, Th, Sa 12:00P-Brown Bagger  $200  $400
M-F 12:00P-Alkies Winners, 555  $219
M,W,F 12:00P- Spiritual Experie  $100
Su 7:00P-Sober & Crazy Spkrs  $110  $110
Mo 7:00P-Men's BYOB Study  $19
Mo 7:30P-Mens Crosstalk Mtg  $100  $200
We 7:00P-Lucky Stiffs (M)'s  $74
We 7:00P-(W)'s Solutions, 19211  $120  $120
Th 9:00A-(W)'s SS, 14402 Prosp  $60
Th 7:00P-12 Steps & 12 Trads  $50
Sa 7:30A-Tustin Acceptace Meetin  $140
Sa 8:00P-Visiting Spkrs 18341 La  $24  $50

VILLA PARK
Dly 7:30A-24 Hour Book Grp  $138

UNLISTED GROUPS
Women's Meeting, Laguna Beach  $100
Mo As Bill Sees It, Lag. Niguel  $60  $60
McMillen House, Costa Mesa  $70  $70
Tu Women's mtg. Laguna Beach  $125  $125
Women's Unlisted B/B Brea/ Fullerton  $10  $10
Slogan Sisters  $86  $86

WANDERING GROUPS
We (W)'s Wandering-South Coun  $63  $160

MISC. DONATIONS
Satellite Office Change Can  $36  $36
Laguna Beach 4th Step Workshop  $167
Area 9 Young People's  $97

PERSONAL DONATIONS
Anonymous  $235
Unknown Ck# 129Receipt# 1380  $200
Unknown Ck#3020 Receipt#1390  $1,210
J. R.  $20  $40
June (B.J.) L., Irvine  $75
Rodger & Annette F.  $35  $35
Roy B., Mission Viejo  $75

IN LOVING MEMORY
Memorial to Nikki B.  $150  $150

GROUP INFO REQUESTED
Receipt #1463 CK #20641794338  $250  $250

TOTALS  $14,684  $31,090
Alcoholics Anonymous—continued from March

Q: Just how does A.A. work?

3A: I cannot fully answer that question. Many A.A. techniques have been adopted after a ten-year period of trial and error, which has led to some interesting results. But, as laymen, we doubt our own ability to explain them. We can only tell you what we do, and what seems, from our point of view, to happen to us. At the very outset we should like it made ever so clear that A.A. is a synthetic gadget, as it were, drawing upon the resources of medicine, psychiatry, religion, and our own experience of drinking and recovery. You will search in vain for a single new fundamental. We have merely streamlined old and proven principles of psychiatry and religion into such forms that the alcoholic will accept them. And then we have created a society of his own kind where he can enthusiastically put these very principles to work on himself and other sufferers.

Then too, we have tried hard to capitalize on our one great natural advantage. That advantage is, of course, our personal experience as drinkers who have recovered. How often the doctors and clergymen throw up their hands when, after exhaustive treatment or exhortation, the alcoholic still insists, "But you don't understand me. You never did any serious drinking yourself, so how can you? Neither can you show me many who have recovered."

Now, when one alcoholic who has got well talks to another who hasn't, such objections seldom arise, for the new man sees in a few minutes that he is talking to a kindred spirit, one who understands. Neither can the recovered A.A. member be deceived, for he knows every trick, every rationalization of the drinking game. So the usual barriers go down with a crash. Mutual confidence, that indispensable of all therapy, follows as surely as day does night. And if this absolutely necessary rapport is not forthcoming at once it is almost certain to develop when the new man has met other A. A.s. Someone will, as we say, "click with him."

As soon as that happens we have a good chance of selling our prospect those very essentials which you doctors have so long advocated, and the problem drinker finds our society a congenial place to work them out for himself and his fellow alcoholic. For the first time in years he thinks himself understood and he feels useful; uniquely useful, indeed, as he takes his own turn promoting the recovery of others. No matter what the outer world thinks of him, he knows he can get well, for he stands in the midst of scores of cases worse than his own who have attained the goal. And there

Continued on page 9
are other cases precisely like his own - a pressure of testimony which usually overwhelms him. If he doesn't succumb at once, he will almost surely do so later when Barleycorn builds a still hotter fire under him, thus blocking off all his other carefully planned exits from dilemma. The speaker recalls seventy-five failures during the first three years of A.A. - people we utterly gave up on. During the past seven years sixty-two of these people have returned to us, most of them making good. They tell us they returned because they knew they would die or go mad if they didn't. Having tried everything else within their means and having exhausted their pet rationalizations, they came back and took their medicine. That is why we never need to evangelize alcoholics. If still in their right minds they come back, once they have been well exposed to A.A. Now to recapitulate, Alcoholics Anonymous has made two major contributions to the programs of psychiatry and religion. These are, it seems to us, the long missing links in the chain of recovery:

1. Our ability, as ex-drinkers, to secure the confidence of the new man - to "build a transmission line into him."

2. The provision of an understanding society of ex-drinkers in which the newcomer can successfully apply the principles of medicine and religion to himself and others.

So far as we A.A.s are concerned, these principles, now used by us every day, seem to be in surprising agreement. (N.Y. State J. Med., Vol.44, Aug. 15, 1944).

The Lifeline gratefully credits www.barefootsworld.net for material. Article will continue in future issues.

4th Step Tips

by Mike L., West Orange, NJ
“Carry THIS Message” Group

The following are tips and tools that may be helpful when doing your 4th or assisting your sponsees with Step Four:

Keep It Simple!

During early sobriety, negativity spoken about the 4th Step scared me. No wonder people are scared to do this vital step. Shouldn’t we try to encourage new people to do this step, which will put them on the path to freedom, rather than discourage them from doing it by making negative comments and instilling fear in them? Just a thought.

Emphasize the importance of writing the 4th Step inventory. There are a total of 17 references in the Big Book that suggest our 4th Step should be written. The word “written” is used two times (pages 70 & 75). The word “paper” is mentioned three times (pages 64, 68, & 69). Some form of the word “list” is given 10 times (pages 13, 64, 65, 66, 67 twice, 70 twice, & 76 twice).

Page 67 says we placed our faults before us in black and white. And finally, page 65 gives an example of a written inventory.

Step 4 is the beginning of the treatment for our “spiritual malady”, which is the root of our problem in Step 1. Other branches (symptoms) of Step 1 that stem from the root (spiritual malady) are the physical craving (which deals with the body) and the mental obsession (which deals with the mind). Page 64 says, “When the spiritual malady is overcome, we straighten out mentally and physically.” Upon completion of

Continued on page 10
Step 4, we are well on our way to carrying out the solution (described to us in Steps 2 & 3) to our problem (in Step 1).

The Big Book instructs us to inventory three “common manifestations” of self-will: resentments, fears, and harms done to others (with emphasis on our sexual misconduct). Honesty and thoroughness are key.

Resentment inventory is most easily done in columns, as illustrated on page 65 of the Big Book. Experience proves that a 4-column-inventory format is the best. Even though page 65 gives an example of three columns, the instructions for writing the 4th column of “faults and mistakes” where we see the truth of our behavior are found on page 67. The column format allows the sponsees to see patterns more easily. Most people benefit from writing their columns vertically.

We write inventory vertically, but read inventory (during Step 5) horizontally. (NOTE: I used to instruct my sponsees to use the 4-column format for all the inventories. Having done many 4th Steps over the years, my experience has been that the column format is best suited for resentment and fear inventory.

I now prefer writing sex/harms inventory by just answering the 9 questions found on page 69 in paragraphs. It has been easier and less restrictive for me to do this part of the inventory in a horizontal “mini-essay” type format.)

But beware: don’t get caught up in technique and formats. When it comes to writing inventory, just do it.

“Should I put my name in column 1?” is a question often asked by sponsees when doing Step 4. There is much debate on this subject over what is the “right” or “wrong” answer. I don’t debate this issue. Some people need to list themselves as part of their inventory, others don’t. How do I know if a person needs to put his/her name on their resentment list? If I tell them “No, you can’t!” or “You MUST put your name at the top of the list!” aren’t I “playing God”? In the 3rd Step I made a decision to quit playing God. So, I don’ tell protégés who they should or shouldn’t list on their inventory. If I’m asked the question of “Should I list my name?” I ask the person, “Do you resent yourself?” If they say yes” I then ask them “Why do you resent yourself?” Providing they can answer that question, I then tell them, “Well, I guess you should put yourself on the list because your first two columns are already complete. You’re halfway finished. Why stop now!”

There are actually four inventories we should be writing as part of the 4th Step: “Resentments”, “Fears”, “Sex”, and “Harms to Others”. There are some people on my inventory that I harmed but I didn’t resent them, fear them, or have a sexual relationship with them. So if I hadn’t done a “Harms to Others” inventory as page 70 suggests (“We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.”) then I would have missed important truths that needed to be on my inventory and shared in Step 5. And besides, when we get to Step 8 page 76 says, “We have a list of all persons we have harmed and to whom we are willing to make
SPEAKER MEETINGS

Dana Point
First Sunday of each month 9:30am
Wind and Sea Speaker Meeting
Wind & Sea Restaurant
(upstairs banquet room)
34699 Golden Lantern Street
Huntington Beach
7:00 p.m., Saturday
HOW Hall Saturday Night Lite
Speaker Meeting
19092 Beach Blvd. #G & H
Huntington Beach
7:00 p.m., Thursday
Thursday Night Speakers
HIS Place Church
7751 Glencoe Ave
04/07 Lionel S., Costa Mesa
04/14 Jeff R., Huntington Beach
04/21 Sean T., Huntington Beach
04/28 Benji B., Huntington Beach
05/05 Kristina K., BP
05/12 Christina A., Laguna Beach
05/19 Susie & Steve, Huntington Beach
05/26 Birthday night

Laguna Niguel
8:00 p.m., Sunday
Crown Valley Speaker Meeting
YMCA Laguna Niguel
Crownvalleyspeaker.org
04/03 Alicia D., Huntington Beach
04/10 Steve G., Fullerton
04/17 Madison L., Laguna Hills
04/24 Rick F., N. Tustin

Orange
8:00 p.m., Friday
Friday Night No Puffers
Community of Christ Church
395 S. Tustin

04/01 Jelly Bean H., Los Angeles
04/08 Lee B., Costa Mesa
04/25 Missy D., Orange
04/22 Staci, Anaheim
04/29 Chase C., Costa Mesa

Huntington Beach
7:00 p.m., Sunday
HOW Hall Saturday Night Lite
Speaker Meeting
19092 Beach Blvd. #G & H
Huntington Beach
7:00 p.m., Saturday
HOW Hall Saturday Night Lite
Speaker Meeting
19092 Beach Blvd. #G & H
Huntington Beach
7:00 p.m., Thursday
Thursday Night Speakers
HIS Place Church
7751 Glencoe Ave
04/07 Lionel S., Costa Mesa
04/14 Jeff R., Huntington Beach
04/21 Sean T., Huntington Beach
04/28 Benji B., Huntington Beach
05/05 Kristina K., BP
05/12 Christina A., Laguna Beach
05/19 Susie & Steve, Huntington Beach
05/26 Birthday night

Laguna Niguel
8:00 p.m., Sunday
Crown Valley Speaker Meeting
YMCA Laguna Niguel
Crownvalleyspeaker.org
04/03 Alicia D., Huntington Beach
04/10 Steve G., Fullerton
04/17 Madison L., Laguna Hills
04/24 Rick F., N. Tustin

Orange
8:00 p.m., Friday
Friday Night No Puffers
Community of Christ Church
395 S. Tustin

04/01 Jelly Bean H., Los Angeles
04/08 Lee B., Costa Mesa
04/25 Missy D., Orange
04/22 Staci, Anaheim
04/29 Chase C., Costa Mesa

Please submit speaker meeting information by the 15th of the month to:
lifevlnecommittee@gmail.com
SAVE THE DATE
35th Annual H & I Conference with Al-Anon Participation

April 8-10, 2016
Holiday Inn
14299 Firestone Blvd., La Mirada, CA
www.socalhandi.org www.hilamirada.com

Happy Birthday

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yvonne S.</td>
<td>Huntington Beach</td>
<td>1 year</td>
</tr>
<tr>
<td>Veronica R.</td>
<td>Carson</td>
<td>13 years</td>
</tr>
<tr>
<td>Sally Louise</td>
<td>Costa Mesa</td>
<td>16 years</td>
</tr>
<tr>
<td>Larry E.</td>
<td>Santa Ana</td>
<td>19 years</td>
</tr>
<tr>
<td>Debbie H.</td>
<td>June Lake</td>
<td>20 years</td>
</tr>
<tr>
<td>Timothy K.</td>
<td>Lake Forest</td>
<td>21 years</td>
</tr>
<tr>
<td>Bill D.</td>
<td>Laguna Niguel</td>
<td>24 years</td>
</tr>
<tr>
<td>Jim C.</td>
<td>Huntington Beach</td>
<td>33 years</td>
</tr>
<tr>
<td>Harry A. (3/13/82)</td>
<td>Laguna Beach</td>
<td>34 years</td>
</tr>
<tr>
<td>Barbara B.</td>
<td>Laguna Woods</td>
<td>37 years</td>
</tr>
<tr>
<td>Bill C.</td>
<td>Laguna Woods</td>
<td>41 years</td>
</tr>
<tr>
<td>Bill W.</td>
<td>Laguna Niguel</td>
<td>42 years</td>
</tr>
<tr>
<td>Vaun I.</td>
<td>Tustin</td>
<td>45 years</td>
</tr>
</tbody>
</table>

Help keep the doors of A.A. open so that new members may receive the same help so many of us have already received.

Members customarily contribute $1, $2 or even $5 for each year of sobriety—others may give a penny or nickel a day for each day of sobriety—yours or someone else’s. We will help celebrate by publishing their name and years of sobriety in the Lifeline. Please send name, city and number of years of sobriety by the 20th of the month to: Orange County Central office, 1526 Brookhollow, Suite 75, Santa Ana, CA 92705
CALL FORWARDING:
The call forwarding program instituted by Orange County Central Office insures that our help line phones are answered by volunteers 24/7. During hours when the Central Office is closed, calls to the Central Office are forwarded to a call forwarding volunteer’s home or cell phone, where the volunteer answers the calls just as if he or she were sitting in the Central Office. This service allows the Central Office to realize a significant cost saving because we do not need to contract with a phone answering service. Even more vital, when a call is placed to Alcoholics Anonymous in Orange County, the caller will be talking to an Alcoholics Anonymous member not a phone service! This truly is “front-line” 12th Step work and we would appreciate any time you can give.

SHIFTS:
Monday—Friday shifts are:
6am—9am
6pm—9pm
9pm—6am
Saturday and Holiday shifts:
6am—9am
1pm—4pm
4pm—7pm
7pm—10pm
10pm—6am
Sundays
6am—10am
10am—2pm
2pm—6pm
6pm—10pm
10pm—6am

VOLUNTEERING:
In order to volunteer for this service it is suggested that you have two years of sobriety. Please arrange with the Central Office Manager in Santa Ana (714) 556-0656 or the Satellite Office Manager in Mission Viejo (949) 582-2697 for a brief orientation session which will be held at one of the offices. THANK YOU FOR YOUR SERVICE.

For Events, an Up-to-Date meeting schedule and Much, Much more please visit: www.oc-aa.org
According to the Big Book, we do not write our “life story” in Step 4. It suggests we tell someone all our life story in Step 5 - NOT WRITE IT. As we’re reading our 4th Step inventories to someone in Step 5, what we’re actually doing is telling them our “life story”. Looking back, my “life story” was as simple as this: Because of my selfishness and self-centeredness (the spiritual malady) I caused harm to other people. This caused me great fear. Because the fear became too intense for me to handle, ego caused me to “turn the tables” and become resentful toward those I had harmed, which made it look like others harmed me and I was innocent. This allowed me to block-out the harms I did to others and all I remembered were the resentments I had toward them. Most of my harms were caused within relationships. There’s no wonder in my mind why this is true. What other “tools for living” do fearful and resentful people have? (No, suicide and homicide don’t count! They’re not “tools for living”. They are “weapons of destruction”!) We do what we know best. So, I harmed others because of resentments, fears, and other defects stemming from selfishness and self-centeredness (spiritual malady). There! End of life story! Can I go home now?

Avoid inventorying your “assets” in Step 4. Our assets never got us into trouble. Our defects block us from God’s Power, not our assets. Many people over the years have confused the first sentence from the following quote on page 46 of the 12 & 12: “The sponsor probably points out that the newcomer has some assets which can be noted along with his liabilities. This tends to clear away morbidity and encourage balance. As soon as he begins to be more objective, the newcomer can fearlessly, rather than fearfully, look at his own defects.” Somehow, we alkies, who are experts at interpretation, have turned that statement around to justify an “assets and liabilities checklist” for the 4th Step inventory. That may be a handy tool for Steps 6 & 7, but many alcoholics are dying because they never come face-to-face with the truth in Step 4. My sponsor has always insisted that I remember it was never my “assets” which got me drunk.

Don't forget... praying is a part (a big part!) of Step 4. The prayers in the 4th Step are just as important as the actual writing of the inventory. Chuck C. used to say that the Steps are about UNCOVERING, DISCOVERING, and DISCARDING. The writing of Step 4 helps us to uncover. The prayers help us to discover. Steps 5 through 9 enable us to discard.

We write inventory to discover the TRUTH... about the LIE.

( NOTE: You may need to meditate on that statement for a while before you really understand it. I had to. Of course, getting lots of experience by writing inventory helped me understand as well. Experience is the name of the game when it comes to working with others.)

Step 4 helps us to discover truth by working from the outside, moving inward. In resentment inventory we discover that our troubles are not of someone else's making (columns 1, 2, 3); but instead, as mentioned on page 62, our troubles are of our own making (column 4). Quite often a protégé will discover that the first 3 columns of his/her inventory are based on a "lie" by the time they begin working on their 4th column. In inventory, I
write about “who I am not” to discover “who I am”.

A thorough 4-column-inventory will give your sponsees all the information they need for completing the rest of the “housing-cleaning” steps: He/she will use all four columns for Step 5. They'll use columns 3 & 4 for Steps 6 & 7. And column 1 will be used for Steps 8 & 9. So, if this is true, then you may not want to burn your inventory, as we are sometimes told to do by members of our fellowship. If you must discard your inventory (which is necessary for some people), then wait until you've completed Steps 5, 6, 7, and have made a separate and thorough list for Step 8.

(NOTE: I am occasionally faced with the old “dog ate my homework” excuse from sponsees who don’t want to complete their 9th Step amends. So, be careful with the “burn your inventory” suggestion. Believe it or not, it's NOT in the Big Book.)

Even though this is not mentioned specifically in the Big Book, by completing a searching, fearless, honest, and thorough inventory we are examining the 4 dimensions of our life: physical, mental, emotional, and spiritual. (BUT only the fourth dimension, “spiritual”, is rooted in Truth. But set that aside for a moment and read on...) Column 1 of resentment inventory deals with the physical - Who or what we're mad at. Column 2 deals with the mental - What we think they did to us. Column 3 deals with the emotional - What we felt when they supposedly wronged us.

And finally, Column 4 rockets us into the spiritual dimension, revealing the “exact nature of our wrongs” the truth about what really happened. It usually reveals to me how my faulty thinking caused me to take actions which got the “ball rolling” in the first place. With 99 percent of the resentments I see (both in myself and in those I work with) the first 3 columns can be turned into a lie when the truth of the fourth column is revealed.

Consider this: Is it possible that the 4th column of inventory, which reveals to us the “truth”, is the “fuel” that enables us to be rocketed into the “Fourth Dimension of Existence” that the Big Book describes on pages 8 & 25? This “Fourth Dimension” is later described on page 84 as the “World of the Spirit” as we begin to commence daily spiritual living with Steps 10 & 11. The “World of the Spirit” is a constant because Truth, which we first discover in the fourth column of Step 4, is a constant. Truth is always present at the core of our Being even when covered up (or blocked) by a lie.

Show your prospect that inventory can be fun! Don't treat inventory as if you're going to a funeral. Treat it like your witnessing the birth of a new child... because you are! Of course Step 4 is a serious life and death matter; but it will be encouraging if you can show your sponsees to have fun with inventory. And above all, “Keep It Simple!”

Remember: “IF IT AIN'T IN THE BIG BOOK, IT AIN'T!”
Due to increasing products liability litigation, beer manufacturers have accepted the FDA’s suggestion that the following warning label be placed immediately on all beer containers:

WARNING: Consumption of alcohol may make you think you are whispering when you are not.

WARNING: Consumption of alcohol may cause you to thay shings like thish.

WARNING: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: Consumption of alcohol may leave you wondering what the hell happened to your pants.