

# Lifeline

Experience, Strength, and Hope in Orange County

## Go to Yogurtland, and See What Happens

I had a coffee commitment at my Friday night meeting. It was my first commitment, and it helped me to belong, be a part of, and participate. It was a welcome feeling as I'd spent my whole life feeling like I didn't belong. As soon as each meeting was done, that fear of not belonging crept back in.

This group had a "meeting after the meeting." It was never announced; it was just talked about in small circles. It was unclear where exactly they would meet, although I later found out it was at Yogurtland. I knew I could go and participate if I wished, I couldn't because of fear. I also knew that these were old ideas that no longer served me or God.

I shared my fear with my sponsor, Howard, and he asked me, "What's the worst that could happen?" I had a pretty good list prepared for what could happen: I wouldn't know where to sit or wouldn't be allowed to sit with anyone. They would not know who I was. I wouldn't know what to order. I wouldn't know what to say. I would be told to leave and not allowed to join their private group. While I was stuck in a self-centered trance driven by fear, my sponsor laughed. He was able to laugh with love and asked if he could make a suggestion. He said, "Go ahead and go to Yogurtland, and see what happens. Report back to me."

Several weeks later, I made up my mind to join the "meeting after the meeting." I was absolutely determined to go, show up, and report back to my sponsor how much it sucked.

**While I was stuck in a self-centered trance driven by fear, my sponsor laughed. He was able to laugh with love and asked if he could make a suggestion. He said, "Go ahead and go to Yogurtland, and see what happens. Report back to me."**



I entered Yogurtland and started making conversation. I talked to people, not worried about anything, and enjoyed the moment. As I engaged with everyone, I had fun as we all laughed and enjoyed our yogurt.

I was on my second yogurt when I realized I might be at the wrong Yogurtland. I was not really seeing people from the meeting. One woman had two babies in a stroller. I asked her, "Where were your kids during the meeting?" She asked, "What meeting?" I gave the time and location, and she said she was not at that

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The Lifeline is  
published monthly by the  
Orange County  
Intergroup Association

**Purpose:** The *Lifeline* Committee is a group of AA members charged with the responsibility of producing and distributing the Orange County *Lifeline*. The *Lifeline* is published monthly and is supported solely through contributions from the AA groups and members of Orange County. The *Lifeline* proposes to meet the following needs of the Orange County AA membership: to inform AAs of service opportunities, events, and announcements; to share experience in recovery, unity, and service; and to report the actions, finances, and meetings of the Orange County Intergroup Association and other Central Office committees.

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For information about General Service,  
please go to the Area 9 website,  
[Welcome to Area 09 - Mid Southern California Area 09 \(msca09aa.org\)](http://www.msca09aa.org).

Welcome 2023  
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**NOTE: IF YOU HAVE A SITUATION  
THAT REQUIRES AN IMMEDIATE  
ANSWER, PLEASE CALL OR  
EMAIL CENTRAL OFFICE.**

WELCOME TO  
ALCOHOLICS ANONYMOUS



**Public Information Committee:** Meets the **4th Tuesday of the month at 6:00PM** via Zoom (ID: 957 0962 0011, Password: publicinfo)

**Group Relations Committee:** Meets the **3rd Thursday of the month at 6:00PM** via Zoom (ID: 913 4366 3535, Password: ocaa)

**Lifeline Committee:** Meets the **1st Thursday of the month at 7:00PM** via Zoom (ID: 898 4937 5012, Password: lifeline) *See page 3 for more details.*

**Special Events Committee:** meets the **2nd Wednesday of the month at 6:00PM** via Zoom (ID: 959 5011 4705)

**South Orange County H & I** meets the **3rd Wednesday of the month at 6:00PM** (new members' orientation) and **6:45PM** (business meeting), Laguna Beach Canyon Club (small room), 20456 Laguna Canyon Road, Laguna Beach. South County H & I's mailing address is 27068 La Paz Rd., #706, Aliso Viejo, 92656. For more information, go to [www.sochic.club](http://www.sochic.club).

**Orange County H & I** meets the **2nd Sunday of the month at 4:00PM and 6:00PM** at the Garden Grove Alano Club (9845 Belfast Dr., Garden Grove). Orientation starts at 5:00PM sharp. The Committee Meeting is at 6:00, and the meeting opens around 5:40. *See page 13 for more details.* For more information on Orange County H & I, go to [www.ochandi.org](http://www.ochandi.org).

**The Central Office Committee** meets the **4th Tuesday of each month at 6:00PM**, Central Office, 1526 Brookhollow, Suite 75, Santa Ana

**The OCAA Technology Committee** meets the **1st Monday of the month at 6:00PM** via Zoom (ID: 933 6844 2432, Password: ocaatech)

**The Orange County Intergroup Assoc.** meets the **2nd Wednesday of the month at 7:00PM** via Zoom (ID: 913 4366 3535, Password: ocaa)

For more information on any of the above committees, please contact Orange County Central office at (714) 556-4555.

Thank you to our board and committee members.

# Letter from the Editor

This January begins the fifty-fourth year that the *Lifeline* has been in existence. For fifty-three years, the *Lifeline* has been the communications arm of our Orange County Intergroup. If you ever get the chance, check out the *Lifeline* archives on our website, [Orange County Intergroup Association – of Alcoholics Anonymous® \(oc-aa.org\)](https://www.oc-aa.org). Mitchell B. has compiled all the *Lifelines* in an easy to find system [Lifeline - Google Drive](#), and I love picking a random year and month and seeing what was going on in Orange County AA then. Each issue is like going back in time. I am always surprised by how much I relate to an AA from fifty years ago because we share a common disease. We also share a common solution.

This January, we have a new service board. Their information is available on page 2 of the *Lifeline*, and you can find committee information on page 2 as well. Gina H. will be our new *Lifeline* chair, and we're excited to have her onboard. Ali N. will be taking on the yearlong commitment of writing the Our Principles section. This is where one AA writes their take on a Step, Tradition, and Concept every month for the entire year. We write this so a newcomer who might wonder what Concept I is all about can find a concise paragraph explaining it.

We also take suggestions from *Lifeline* readers. We have a general theme every month where we focus on a Step a month (Step One in January, Step Two in February, etc.) I got a phone call earlier this year asking why we have articles about a particular Step but not a Tradition. This year, Ron B. will be writing an article a month about a Tradition. Ron is an excellent writer, and I look forward to his take on the Traditions.

I am honored to be a part of the *Lifeline* Committee and to learn from the talented AAs in this group. We always have room for more. If you'd like to find out about the *Lifeline* Committee and how you could contribute, the box on the right side of this page has information about our committee.

Jennifer J.  
*Lifeline* Editor

**"As drinking alcoholics, we all ran from life and toward death. When we join AA, we reverse the process - we give ourselves to life as it is, rather than as we would like it to be."**

-February 1973, "Self-Pity Can Kill," Best of Grapevine, Volume 1

Before I got sober, I was in a living hell and felt trapped to a life of misery. I couldn't stop drinking, and I couldn't keep living the way I was living. To me, the only way to free me of that mental pain was to check out of life. When I walked through the doors of AA, it truly was a matter of life or death.

At that time, I didn't know what was keeping me from checking out, which would have been a permanent solution to a temporary problem. I now know that this was to be one of many spiritual experiences in my early sobriety. It was quite clear to me that AA saved my life. My new life truly began that first day I stopped drinking. Every story has an ending, but in life, every ending is a new beginning.

Because I see the program as choosing life over death, I have great appreciation for the fellowship and take it very seriously. I still have fun and practice Rule 62, "Don't take yourself so damn seriously," but I always keep one eye on the fact that someone in the room is hurting and needs to hear the solution to their living nightmare.

Irish Mike



## Share Your Thoughts on Sobriety with the *Lifeline*

If you'd like to submit an article, poem, or cartoon to be considered for publication, please send all submissions to the email address below by the 15th of the month for the following month (e.g., August 15th for the September issue). The best articles are under 600 words and are often much shorter. If you are unsure of what to write, you can think of a great share at your favorite meeting. You can write on a topic like how you chose your sponsor, your concept of a Higher Power, or tell your story. Not a writer? A committee member can interview you and write your story. You will have final approval on anything published. Please email [oclifelineeditor@gmail.com](mailto:oclifelineeditor@gmail.com) for more information.

**The *Lifeline* Committee invites you to join us.** *Lifeline* Committee members can help read, write, edit, create, design, or simply offer suggestions for the *Lifeline*. The *Lifeline* Committee meets on the first Thursday of the month via Zoom (ID: 898 4937 5012, Password: lifeline).

# Our Principles

**Step One: We admitted we were powerless over alcohol—that our lives had become unmanageable.**

This can be the easiest, and yet the most difficult, Step we must take in our journey. Sometimes, it is obvious our lives are unmanageable, with a wake of wreckage in our path. Other times, we can convince ourselves that “it wasn’t *that* bad” because admitting we have a problem feels like defeat. But the admission that we are powerless – that our lives are unmanageable – is an unburdening of the weight holding us down, and we can finally begin to step back into the light. We may at first feel defeated by our admission in Step One, but our admission of powerlessness is one of many, many victories on the path to recovery.

**Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.**

When we try to run the show ourselves – when we are the playwright, the director, *and* the actor – we put ourselves on a collision course with others. And isn’t that what landed us in AA in the first place? Placing our common welfare first is a practice in discarding the ego and makes it possible for us to show up for each other and for the newcomer; and in doing so, we are better able to show up for ourselves. Our sobriety is not a solo act. We

all have a part to play in AA, and our individual recovery depends on the recovery of the group.

**Concept I: Final responsibility and ultimate authority for AA World Services should always reside in the collective conscience of our whole Fellowship.**

Most organizations are run by a select few individuals at the top with very little input from the many people at the bottom. AA, however, works as an “upside down” organization: our AA groups and members make the ultimate decisions, which then “trickle down” through district representatives, area assemblies, the General Service Conference, and then finally to AA World Services, all of which perform services individual groups cannot (such as publish uniform literature and public information.) Even though this structure is not traditional, Bill W. believed that AA is “a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and of God to ensure that our democracy of world service will work.”

Ali N.

## How Am I Doing?

**Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members’ inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as “just for the sake of discussion,” plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I shout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

(Reprinted with permission from the AA Grapevine)

(Traditions Checklist available from Central Office)

[SMF-131 Traditions Checklist from the A.A. Grapevine \(aa.org\)](https://www.aa.org)

## Support Your Central Office

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You can contribute online at <https://oc-aa.org> with Paypal or Venmo (QR codes above).

Checks and money orders can be sent to:

**ORANGE COUNTY CENTRAL OFFICE**

1526 Brookhollow, Suite 75  
Santa Ana, CA 92705



## January AA Birthdays

**David F. San Juan Capistrano 31 years**

You can celebrate an AA birthday in the *Lifeline* with a donation to Central Office. A donation of any amount is a generous way to celebrate the gift of sobriety and support your Central Office.

*In keeping with AA's Seventh Tradition, we only accept contributions from AA members or groups.*



*Located at the end of the 55 freeway in Costa Mesa next to the Donald Dungan branch of the Costa Mesa Public Library*

**Please join us at the  
Orange County Intergroup Meeting  
2nd Wednesday of each month, 7:00PM**

**Info: 714-556-4555, <https://oc-aa.org>**

**Norma Hertzog Community Center  
1845 Park Ave.  
Costa Mesa**

<b>726</b> TOTAL CALLS	CENTRAL OFFICE ACTIVITY November 2022			
	12 Step Calls	Meeting Info	General Info	Customers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	12	246	164	174
CALL FORWARDING VOLUNTEERS	8	177	118	0

### In the Light

Wherever I go, there I am. AA will be there, and so will God  
We come in at our worst and work toward our best

Live Easy But Think First. Practice makes better!  
In the darkness, He is the light

I didn't trust myself,  
Wondering in the back of my mind if I would eventually go out

It's easier to keep a positive perspective:  
I am destined to live with God in recovery

Thomas T.

### Go to Yogurtland, and See What Happens

*Continued from page 1*

meeting. She clearly didn't know what kind of meeting I was talking about, but she thought it must have been a good one since I seemed like a nice and interesting guy.

Rather than feeling embarrassment, I had an awakening. I had had a fantastic time. Upon reflection, I thought that while people might have thought I was a bit over the top for your average friendly yogurt customer, they appreciated my smile and sharing laughter. I realized that I fit in. I belonged. There was a connection with others, not separation because of old ideas. This belonging was a new experience.

My change had begun by working the Steps and having commitments at meetings. By participating in my recovery, acclimating to the fellowship, connecting, following suggestions and guidance from my sponsor and others, I began a journey to a new life. While this was great step forward, I always had that fear of not fitting in or belonging.

Belonging is an inside job. It takes courage and encouragement, and it does take love. It also takes God, but most of all, it takes us to believe. There are still times when I feel embarrassed, nervous, or maybe lost. But I forgive myself immediately, so it is short-lived. I don't feed it. I don't give it credence. I just allow myself to make mistakes, have fun, and laugh at myself. I can learn from mistakes and learn not to take myself too seriously, but I am serious about reintegrating into a life worth living, a life with purpose and direction. I can now share with others who want to belong that I love them just as they are. They already belong.

I have been to that Yogurtland since then, but I get a yogurt and am on my way. I no longer strike up a conversation with everyone there, though I laugh when I think of that experience now.

Chris W.

### Battleground of AA

At twenty-two, a young soldier visiting Winchester Cathedral was caught by a doggerel on an old tomb stone which read about the old soldier who caught his death by drinking cold beer—an ominous warning which he failed to heed (*Big Book*, p. 1). This soldier some years later was instrumental in forming a group identified as 100 men, the most formidable Army to battle most successfully the seeming unbeatable arch enemy, King Alcohol. His battle plan was unique and appeared nonsensical to most. With perseverance, conviction, and an unwavering passion, he spearheaded the program Alcoholics Anonymous. We must build a Fort to defeat this disease or self-destruction, one with a strong foundation with bricks of Willingness, Honesty, Fellowship, Serving Others and Everlasting Love. It was then the Golden Rule was forged into the Battle Plan of Recovery and AA was formed.

What was this unconventional battleplan?" **"Surrender to Win and Join the Winning Side."** At first glance, this seems like nonsense. However, he begins with the well-developed Military approach to battle with physical might. This is brought about by removing the falsity of amber courage. The real might that a person is endowed with is the golden core of the soul, which is unreachable when blocked by illusions and falsehood. One must find the soul by some internal journey with eyes and mind open to a new design for living.

The journey now begins, which follows a Life of destruction with a Life of reconstruction. Delusion fueled by intoxicants is ever so slowly starved by abstinence. Immediate gratification is rendered to the graveyard as one seeks reality by wisdom and guidance from others to guide actions to an informed decision-making process. Materialism fades when more toys and playthings are recognized as not providing the answer to what life is about.

Spirituality is the key to a happy existence. The program of AA with its Twelve Steps and Traditions are the pavers to the roadway to a world of peace and understanding. This is design of living guiding an "I" being to a "We" person, taking one's disheveled mind from chaos and confusion to a place of tranquility and calmness. We are prepared for more fully investigating together the creative and emotional core of the brain and spiritually intense portion of the soul.

*Continued on page 15*

# Archives Corner

## Betty Ford



Since the early 1960s, Betty Ford had been taking opioid analgesics for pain from a pinched nerve. Her dependency on these drugs had dissipated during her time in the White House, but after leaving Washington D.C., her

drinking of alcohol increased, as did her use of prescription drugs.

In 1978, her daughter Susan gathered the Ford family and staged an intervention, which forced Betty to confront her addiction to alcohol and pain pills. After her initial anger over the intrusion in her life, Betty remained home for a week and underwent a monitored detoxification. She then entered Long Beach Naval Hospital for drug and alcohol rehabilitation. There, the former first lady shared a room with other women, cleaned restrooms, and participated in emotional therapy sessions.

In keeping with her sense of authenticity, Betty fully disclosed her addictions and resulting treatment to the public shortly after her release from the hospital. The experience in the rehabilitation center had a profound effect on Betty. She realized during her convalescence that as a former first lady, she had the power to create change and affect behavior. In 1974, after going public with her mastectomy due to breast cancer, she saw women lining up for mammograms at a time when breast cancer was not a widely accepted topic. People listened to what she had to say. She also realized there was no recovery facility specifically established to help women with the unique problems associated with drug and alcohol abuse.

In 1982, after her full recovery, Betty helped establish the Betty Ford Center in Rancho Mirage, California, dedicated to helping all people, especially women, with chemical dependency. Betty was involved in every aspect of the center, from treatment plans to the curtains, and served as chair of the center's board of directors. Betty was known for being there for women in need; her staff was instructed to always put calls from women needing help through to her. Betty continued to enjoy popularity and ranked in the top ten of Gallup's annual most admired woman poll.

In 1991, she was awarded the presidential Medal of Freedom from President George H.W. Bush; then received the Congressional Gold Medal in 1999; and was honored with the Woodrow Wilson Award for Public Service. On July 8, 2011, Ford died of natural causes at Eisenhower Medical Center in Rancho Mirage, California. After her death, her casket was flown to Grand Rapids, Michigan, where it lay in the Gerald Ford Museum over the night of July 12, 2011. She was buried next to her husband during a funeral service on July 14, 2011, on what would have been her husband's 98th birthday.

Mary G.  
MSCA 09 Archives

## I Began to See Miracles

From my first few drinks as a young teenager, I had found my companion. It came with me to social events and family gatherings. It helped me crawl out of my shell. I could relax and thought I could become friends with anyone. I finally felt like I fit in.

I carried on through my adult life, purposely surrounding myself with others who also liked to "party." But then that wasn't enough. I needed it to sleep. I needed the hair of the dog to stop my shaking hands. It seemed to be the only cure for my crippling anxiety. Food became secondary. I wanted my next drink before I was done with the one I was drinking. Drinking at work became the norm. I was convinced no one knew; after all, you can't smell vodka, right? My coworkers even said something. My response was always that I had drunk the night before.

My life was in chaos. I could get a job but couldn't hold on to it because of sloppy performance, frequent call-outs and the lack of respect from my coworkers and bosses who knew I was drinking. I couldn't enjoy my drinking when I tried to control it, and I couldn't control it when I was enjoying myself. I had trouble monitoring how much I was drinking. The second drink or the ninth or any other could throw me into a black-out.

I got drunk at work. The cops were called, and I was escorted out. I was told I would be arrested if I tried to drive home. At this point, I was desperate. I knew I had a problem. I couldn't drink. I couldn't NOT drink. I needed help, and I couldn't do it alone. I detoxed and decided that I'd only drink if I were really anxious or uncomfortable. It turns out that's most of the time. I had a full-blown relapse. In my desperation, I finally surrendered. I accepted that I'm powerless over alcohol and my life had become unmanageable. I felt lost yet relieved.

I started going to meetings to keep myself busy. I got a sponsor and began working the Steps. I took commitments to get involved and meet other like-minded individuals. I looked for the similarities rather than the differences. I began to see miracles in the rooms.

In the beginning, I learned that if I bring my body to meetings my mind will follow. I walked into the rooms as a stranger and found a new home among friends. The Promises are being fulfilled as I work on my sobriety one day at a time. For the first time in my life, I feel a part of instead of apart from.

Each day, I surrender and work the Steps. The only Step I complete perfectly is Step One. Working Step One reminds me that I need help and a daily reprieve. I surrender to my Higher Power each morning through prayer and meditation. I accept that I am powerless over alcohol, people, places and things. Surrendering gives me freedom and serenity. I have an allergy of the body that ensures I will ultimately destroy myself in the process if I don't follow the program.

I never believed that I could ever get sober. I've never regretted getting sober. I don't have to drink today if I don't want to. And I don't want to!

Anonymous

## The First Step in Recovery

I only thought I knew what the first step in recovery was until one day when I was more than eight years sober. It was after a meeting where I'd just shared my "woe is me" tale, which I now realize was my bottom. After the meeting, a guy came up to me and asked me if I knew what the first step in recovery is. As a self-certified know-it-all, I proceeded in a rote manner to say, "We admitted we were powerless over alcohol--that our lives..." which is when he stopped me and said, "No, that's not it." I was stunned and asked, "What do you mean?"



He opened the *Big Book* to page 30 and told me to start reading out loud. Believing this was all an exercise in futility, I began reading. Then I got to the second paragraph. "We learned that we had to fully concede to our innermost selves that we were alcoholics, this is the first step in recovery." It was a moment in time I shall never forget. I had just had an epiphany! I stood there staring at those words in amazement. I think my mouth was open and my jaw dropped.

It's not that I had never read that before. I'd read it countless times, but it never resonated with me like it did on that day. I wasn't ready to hear it until that moment. To say it changed my sobriety and recovery is an understatement! Up to that moment, I thought I knew the program inside out and backward. I could recite passages and page numbers with the best of the best.

When I first got sober in 1993, it didn't take me long to realize that the names Bill and Bob are mentioned quite often. In 1993, the fourth edition of the *Big Book* had not yet been printed. It was my goal to be so renowned that when the fourth edition would be printed, my story would be in the personal stories section of the *Big Book*. As it turned out, the fourth edition was printed later that year in 2001, and I'm not one of the stories in that edition. The reality of my story is that I crashed and burned in 2001, and I finally began to get out of my own way, truly surrender, admit my way doesn't/didn't work and humbly focus on real recovery.

When I read that sentence on page 30, it was the first time I felt in the depths of my soul that I was licked. I was working what I believed to be a good program. On the outside, it looked that way.

I was flooded with thoughts and emotions. I suddenly realized the differ-

**I only thought I knew what the first step in recovery was until one day when I was more than eight years sober.**

ence between honesty and truth. Ours is a program of honesty. Though I was being honest, it wasn't until that moment that I clearly saw the truth about myself. It wasn't long after that that I realized all the Steps are written in the past tense. Subsequent to all the thoughts, feelings and emotions I was experiencing, I also realized I was one hundred percent free of drugs, alcohol, and all other mind-altering substances for more than eight years. The bottom I was experiencing was not at all related to being under the influence of anything other than my own thinking, at least not directly.

From that moment on, my life began to change dramatically. I'm not one to try and change the program, but I am one to add to it where I believe it doesn't go far enough for me. I've come to realize that THE program and MY program are sometimes not exactly the same. It's not to say my program is better. It is to say that I need to do what I need to do for me, although I realize I'm still learning about the program and will never know all there is to know.

My personalized version of the First Step is as follows: "We admitted we were powerless over (people, places, and many things, including drugs and) alcohol (and that I AM powerless over all people, many places and things)—that our lives had become (and can again become) unmanageable." As I see it, I'm not powerless over drugs and alcohol as long as they are not in me. I am and always have been powerless over all people and many other things, including the results of almost anything and everything. There are very few absolutes in life. The one constant absolute in my life is and has been since 1993 that I do NOT take the first drink or drug NO MATTER WHAT. That is the only way I can maintain anything that resembles control and/or manageability. As I realized at eight years of being free from drugs and alcohol, my life had become unmanageable and could be again if I strayed from the Twelve Steps of the program.

On May 10, 2023, assuming I don't drink or use before then, I will celebrate thirty years of sobriety. Yes, I'm proud of that, but I realize I could lose that in the snap of a finger if I choose to do something stupid like taking even a sip of alcohol.

I have come to realize that sobriety is not an action. It's an inaction. Being loaded often led to inaction, but it took action to get loaded. Drugs and alcohol never once sneaked into me. I put them there myself each and every time. Recovery takes relentless action. I've recovered from a "seemingly hopeless state of mind and body." I want to keep it that way.

Bob L.



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(One per person per month, please)



**Looking for a New Central Office Manager**

**Job purpose:** Aid the groups in their common purpose of carrying the AA message to the alcoholic who still suffers; to perform the local functions of; and to operate and maintain the Central Office of Alcoholics Anonymous in Orange County.

**Job definition:** The Central Office Manager is the focal point of AA contact and communications for the Orange County Central Office and must be responsive to the needs of AA groups and members. The manager must also have the ability to effectively represent area AA groups as the primary point of contact for outside agencies seeking general information about AA. These include media, schools, churches, industry, and professionals, including those working in the field of alcoholic rehabilitation.

**1526 Brookhollow DR., Ste. 75  
Santa Ana, CA, 92705**

Please call 714-556-4555 or email [manager@oc-aa.org](mailto:manager@oc-aa.org) with any questions. Send in a copy of your resume to [manager@oc-aa.org](mailto:manager@oc-aa.org) to be considered for the position.

*Thank you to Veronica R. for her service!*

**I Had to Drop the Booze**

I had to drop the booze, to face the wounds, wounds of my childhood.  
To live life on life's terms.  
I had to drop the booze, to love again  
Love others, my family and myself.  
I had to drop the booze, to clear my vision  
To see life for what it is, simple and beautiful  
I had to drop the booze, to accept who I am  
For I am a child of the King! Now and forever!

VW

**January Pamphlet of the Month**

**A  
Newcomer  
Asks**



This is A.A. General Service Conference-approved literature.

This General Conference approved pamphlet (P-24) answers fifteen questions that people getting sober often ask.

[P-24 - A Newcomer Asks... \(aa.org\)](http://aa.org)



# The Door



On a cool January night in Okinawa, Japan, a Quonset Hut stood apart from the housing area. I saw light through the only window projecting warmth. There was a signal door separating light from the darkness, yet fear and unease kept me from opening that door.

Just the previous week, I had escaped the looming shadow of the alcohol rehab program. This was not because I did not have a drinking problem but because they had felt it would be a waste of time and resources to put me in the program. The director's parting words were, "Quit drinking or die." One of the nurses had insisted I take a *Big Book* with me even though I lied and told her I had no money for the book. The book made it as far as a desk drawer at work, where it stayed for several days, unlooked at.

Being unwell physically, mentally, and thoroughly in denial, spiritually I was of not much use at work. Bankrupt was a great description of me. After three days, I pulled the book out of the drawer and began to leaf through the first three chapters. I could not relate to "Bill's Story," but the gravestone inscription did jump out at me. "Here lies a Grenadier, Who caught his death, Drinking cold small beer, A good soldier is never forgot, Whether he dieth by musket, Or by pot," (*Big Book*, p. 1). It appeared to be where I was heading at that time.

Skipping Chapter Two, as I did not need a solution for drinking, I went into Chapter Three. The laundry list of ways attempted to control drinking got my attention (p. 31). I had not missed many of those except voluntarily turning myself in. However, what really got my attention was the example of the jaywalker, (pp. 37-38). I could relate my drinking and control efforts to the jaywalker. It always got worse. It cracked open that inner door enough that I considered going to a meeting of Alcoholics Anonymous.

Standing there in the dark, staring at that door, I questioned why I was even there. I was not that bad, despite the obsession with drinking day and night, despite the seizures/episodes experienced over the last four months while dry, despite feeling no hope and wanting to die. I just was not that bad. I did need to attend Alcoholics Anonymous. That cracked open inner door slammed shut. I began pacing back and forth, telling myself I could get control of my life; I did not have to open that door to the Quonset Hut. Then the jaywalker popped into my head, and I knew that where alcohol was concerned, I was the jaywalker. Eventually working up the courage, I opened that door, physically and mentally. Welcomed by a smiling man, who imparted a smidgen of hope, I entered what was to be the first of thousands of Alcoholics Anonymous meetings.

When the meeting started, those six men all introduced themselves as alcoholics. When my turn came, I found myself acknowledging I was an alcoholic, not to fit in, but because I finally I knew who and what I was.

Continued on page 15

*Lifeline*

## Invitation to the Dance - Step One

As a shy, mixed-race, fifty-year-old, I'd always felt shunned and afraid. I isolated myself like a wallflower who was afraid to join the dance. I didn't know the steps and didn't care to learn. I only wanted to dance with my alcohol and drugs. They numbed my pain and boosted my ego against my increasing shame, but only temporarily. Eventually, my life became a decades-long St. Vitus dance of failed relationships, destroyed finances, and ruined health.

When I finally made it to an Alcoholics Anonymous meeting, an old-timer said, "Welcome to all our newcomers. You're the most important people here and I hope you're in a lot of pain." I was surprised that this odd greeting seemed to apply to me personally, even though I didn't think I belonged there. How did this guy know how I felt?

I couldn't admit I was an alcoholic. I thought I had it under control. Deep down I knew having alcohol as a dance partner would eventually kill me, but my obsession to drink made me afraid of sobriety. Finally, I had a moment of clarity where pain overwhelmed my fear and ego. In desperation, I considered a different kind of dance.

When it came time to identify, I heard myself say, "My name's Ron and I'm an alcoholic." Without knowing it, I'd just completed AA's most important step: Step One. By admitting I was powerless over alcohol, that my life was unmanageable, I'd accepted my pain's invitation to the dance of recovery. My shame was replaced by a profound sense of relief. Honesty born of misery had opened a way to relieving my alcoholism and gave me hope. The saying, "pain is the price of admission" to AA is true. I've never heard any newcomer say they were at an AA meeting because their life was wonderful.

In the old-timer's welcome, I also found a sense of belonging. Despite our differences, every alcoholic shares the painful experience of our disease. Surviving alcoholism creates a camaraderie that's strengthened by sharing our recovery stories and teaching AA's healing "choreography" to anyone who has the desire to stop drinking. Pain led me to this desire and I was ready to accept help from others.

If your life's sucking faster than you can lower your standards, you might be ready to change. However much you hurt, your pain is a cause for hope. When it gets bad enough, it just might become your invitation to relief. No reservation is required. Just R.S.V.P. by reaching out to AA.

And if you try AA and aren't satisfied, you can always return to that alcoholic dance and all its suffering. No matter how intense your pain gets, it won't kill you—but alcohol eventually will.

Each AA dance ticket comes with a warranty: "Satisfaction guaranteed or your misery will be refunded." Why? Because, if you survive relapse, your pain could eventually make you desperate enough to return to AA and take the actions that can save your life.

AA's program of recovery is a sober dance of healing, fellowship, and miracles. Don't know this dance? No worries. If you think you might be an alcoholic and your life's unmanageable, you've already made it onto the dance floor. You just need to learn the Steps. You'll find AA members there who'd be happy to teach you.

Ron B.

## Lifeboat-Tradition One



My wife and I recently took a cruise to Tahiti. Immediately upon boarding our ship, all passengers were assigned lifeboat stations and called to a drill. Crew members reviewed our part in procedures that could save our lives and the rules of the boat. If the worst happened, we'd be dependent

on each other for our survival and many of us would have been drinking. It reminded me of Alcoholics Anonymous.

My first AA meeting began similarly with someone reading the actions I needed to take to save my life: the Twelve Steps, and the principles of the fellowship: the Twelve Traditions.

I've often thought of AA as a lifeboat. I was like a drunken captain, sailing my life in a hurricane of alcoholism. Eventually I was plunged into a raging sea of unmanageability. Close to drowning, I saw a lifeboat in the distance. Desperate and exhausted, I eventually struggled my way over to it where I saw hands reaching over the side toward me.

I soon discovered that those who'd helped me on board had once been rescued themselves. I also noticed that almost everyone was rowing. Initially I just sat there struggling against the insane urge to jump back into the sea. The boat's occupants patiently showed me how to overcome this obsession. They also taught me that all of us needed to work together to ensure the survival of the boat. If it capsized or sank, we would all perish. As I came to understand this, I eventually joined in rowing.

Some passengers, however, couldn't bring themselves to row. Others refused and a few even tried to row backwards, often giving up and slipping back into the water. If they survived, they were always welcomed back. Many never returned, but the lifeboat rowed on, ready to help anyone in need of rescue.

AA is a worldwide fellowship that provides a method of relieving alcoholism. Through experience and hard lessons, a guide to the functioning and maintenance of this organization was developed: the Twelve Traditions. Tradition One states that the fellowship that is AA must survive if the individual alcoholic is to have any chance of recovery. For lasting sobriety, I need to get humble and work the Steps. But each of us must also contribute to AA unity by respecting AA's Traditions, especially Tradition One, where the welfare of the group is placed ahead of the individual. The life of every member depends on this arrangement. In other words, we must stay in the boat, help each other before ourselves, and all row in the same direction. But we can't do that if we let the boat sink. Doing anything that impedes the fellowship's ability to help alcoholics would be like rowing backwards.

*Continued on page 14*

## FIRST STEP, SECOND PART

I am grateful that I remember my first drink as well as my last drink vividly. My first drink was when I was a sophomore in high school, and it really opened up my world! Even though the night ended with me vomiting in the garden and being struck stone cold sober, I knew I had to chase that feeling again.

My journey ended with a moment of clarity I experienced twelve years later in a public park in Orange. I was living there delusionally free from family and society's influence. One morning, I looked in the small steel mirror in the public restroom and saw myself, for the first time in a long time, as I truly was. I was jaundiced from the alcohol, my hair was long, and my beard was full of holes because I would pick at it as I tried to figure my way out of this situation. I remember thinking, *I can't go on living like this!* As I left the restroom, I encountered a mother and her little girl. I will never forget the look on the mother's face as she shielded the child from me. I wanted to say, "Don't be afraid; I'm just down on my luck!"

At that point, I reached out to my parents. They didn't know what to do with me, so they sent me to a psychiatrist. I told him that I had relationship problems. He agreed, saying that, "My relationship problem was one of the strongest relationships known to man, an alcoholic and his alcohol. Nobody comes between them." Indignantly, I asked if that were true, what I was supposed to do about it. He explained to me that his wife had a problem with alcohol, had gone to treatment, and was sober in AA for the last two years. For some reason, I said okay.

I called to make an appointment that was a little sooner than I expected. When my mom dropped me off at the hospital, I felt like I was being dropped off at kindergarten all over again. While in treatment, I continued to play my usual games to survive until I realized that I was going to be released back into the real world—then panic set in. I admitted my shortcomings to the staff and then went to my room where I had a spiritual experience as described in the *Big Book*. I was released to what was then called a halfway house.

When I started to attend AA meetings, it was easy for me to admit that I was powerless over alcohol. To be honest, I never really heard the second part of the First Step. Once the alcohol was removed, I continued to run my life based on self-will and self-reliance. I was physically sober (dry), but I had not read any of the literature or worked the Steps. I was beginning to enjoy the fellowship with the young people in AA.

Then, at thirteen months sober, I was sitting in a meeting and felt like I was wound so tight that my fingernails were going to pop off. I remember thinking, *If one more person says something about God, that's it! I'm out of here!* Of course, the next person to share mentioned God, and I stood up to leave. As I stood up, the person behind me stood up too. He said to me, "Whatever it is that's bothering you, it's not worth it. Sit back down and

*Continued on page 14*

*Lifeline* 





# Mark Your Calendar

## » UPCOMING EVENTS

**February 1, 2023 - February 5**

### Speaker on Pamphlet History

*Who Is Even Reading the Pamphlets?!? ... We Are!!*

Hosted by District 10

Roundtable Discussion on 5 Different Pamphlets Trivia & Prizes!!

Recovery Road, 2370 E Orangethorpe Ave, Anaheim, CA

[Speaker on Pamphlet History – Orange County Intergroup Association \(oc-aa.org\)](#)

**February 15-19**

### 50th All California Young People in AA Round Up

Anaheim Majestic Garden Hotel 900 Disneyland Drive, Anaheim

[50th All California Young People in AA Round Up – Orange County Intergroup Association \(oc-aa.org\)](#)

[2023.acypaa.org](#)

**February 16-19**

### 59th International Women's Conference

Renaissance Dallas Addison Hotel  
Dallas, TX

[International Women's Conference | 59th IWC Hosted by Dallas \(internationalwomensconference.org\)](#)

**April 7-9**

### 38th Annual OCAA Convention

Hilton Orange County  
3050 Bristol St., Costa Mesa

[OCAAC Home Page \(www.OCAAC.org\)](#)

Register now: Room rates \$139 until  
March 7

## Speaker Meetings

### Costa Mesa

6:00PM, Saturday

**HYBRID**

#### Saturday Night Refugees (12X12 Speaker Meeting)

2144 Thurin St. @ Victoria St. (Grange Hall)  
Meeting ID: 703 741 362, Password: GRANGE  
Contact: Joel B.

### Costa Mesa

7:00PM, Sunday

**IN-PERSON**

#### Costa Mesa Speaker Group

2040 Placentia Ave. (Costa Mesa Alano Club)  
Contact: Christy B.

### Dana Point

9:30 AM *First Sunday only each month*

**IN-PERSON**

#### Dana Point Harbor Monthly

#### Speaker Birthday Group

Wind and Sea Restaurant, 34699 Golden Lantern  
Contact: Brent W. or  
Contact: John H.

### Huntington Beach

5:45PM, Tuesday

**HYBRID**

#### Sun and Sea AA Hybrid Meeting

8121 Ellis Ave (HB church, upstairs meeting room)  
Meeting ID: 882 0896 9623, Password: Sunandsea  
Contact: Cindy S.

### Laguna Beach

8:00PM, Saturday

**ZOOM**

#### Living Sober Speaker Meeting

Meeting ID: 129 629 389 (no password)  
Contact: Neil K.

### Laguna Hills

7:30PM, Sunday

**HYBRID**

#### Legacies Group Speaker Meeting

24360 Yosemite Road (@La Paz Rd.)  
Meeting ID: 446 899 371, Password: Legacies  
Contact: Thelegaciesgroup@gmail.com

### Laguna Niguel

7:00PM, Sunday

**HYBRID**

#### Laguna Niguel Speaker Meeting

(Opens at 6:30, meeting starts at 7:00)  
24360 Yosemite Road (@La Paz Rd.)  
Meeting ID: 451 797 737, Password: NewYMCA  
Contact: Bill W. &  
Jesse C.

01/01 Kristen E., Newport Beach

01/08 Topher H., Aliso Viejo

01/15 Rebecca, Costa Mesa

01/22 Cris K., Irvine

01/29 Cynthia M., Huntington Beach

### Lake Forest

7:30PM, Friday

**IN-PERSON**

#### Saddleback Valley Fellowship Friday Night

#### Speaker Meeting

23401 El Toro Rd. (@ Muirlands Blvd.), Ste. 101  
Contact: Vijay

### Orange

8:00PM, Saturday

**HYBRID**

#### Saturday Night Visiting Speakers

St. Matthews Church, 1111 W. Town & Country Rd.  
(small room-northside)  
Meeting ID: 620 819 804, Password: aa  
Contacts: Chris W.

01/07 TBD

01/14 CT, OC

01/21 TBD

01/28 Chris P., Tustin

### Rancho Santa Margarita

7:30PM, last Friday of the month

**ZOOM**

#### Roads End Participation

Meeting ID: 816 5341 6484, Password: billseesit

### Tustin

7:00PM, Sunday

**IN-PERSON**

#### Sober & Crazy Speaker Meeting

12881 Newport Ave. (Grace Harbor church)  
Contact: Megan H.

Did you hear the hail and torrential rain last month? The hail stones were individually smaller than a pea, yet together, the blanket-ed lawns and streets looking like snow. As I gazed upon the white blanketed hailstones upon the lawns and street, I thought about our fellowship in AA. One hailstone cannot produce the beauty of the looks that all of them, together, created. And so it is, in our tribe of AA Fellowship; together, we are stronger. Yet, we are all individually created TO BE a part of what God created the design TO BE. That is; simply to STAY sober and help other alcoholics achieve sobriety. Then, to journey on; one day at a time; to FIT ourselves TO BE of maximum service to Him and the people about us. We no longer need New Year's Resolutions; they have been simply set FOR us, by a Power greater than what we were conformed to, when we were actively engaged in our addiction(s).

Anonymous

Continued from page 12

Su 7:00P-Sober/Crazy Spkrs, 12881	\$64	\$638	Keep Coming Back	\$285
Mo 9:00A-(W)'s Unity, 14402 Prospect		\$24	Laguna Beach Zoom	\$1,438
Mo 7:00P-(M)'s BYOB, 1201 Irvine		\$224	Mon. Night Big Book	\$88
Tu 7:00P-Tustin BB Stdy, 225 W. M		\$958	Mon. RSM (W) Stay/Sober	\$175
We 7:00P-(W)'s Solutions, 19211 Do		\$420	Mon. So Coast Mens Stag	\$154
Th 9:00A-(W)'s SS, 14402 Prospect	\$50	\$200	Mon. 7PM (W) 12 x 12	\$244
Th 7:00P-12 Steps & 12 Trads, 225 W		\$330	Noontime Revoverly	\$50
Fr 5:30P-Humble Beginnings, 14402 P		\$40	Not Taking a Trip	\$592
Fr 6:30P-It's in the Book, 225 W. Main		\$1,388	Recovery Radicals	\$260
Sa 7:30A-Tustin Acceptance, 225 W.	\$200	\$1,330	Sat. 9:15A Irvine 12 x 12	\$340
<b>VILLA PARK</b>			Sat. Morning Women's	\$679
Su 7:30A-24 Hr Book, 17885 Santiago		\$347	Social Distancing Group	\$165
Su 9:02A-Sprkr/Part, 17885 Santiago		\$696	South Asian Men's Stag	\$60
<b>WESTMINSTER</b>			Sunset Beach Fellowship	\$110
Mo 6:00 PM-12x12 Beg., 15750 Mag		\$100	Sunset Group	\$83
<b>WHITTIER</b>			Sunset Meeting	\$313
<b>YORBA LINDA</b>			Thurs 6:30PM (M)'s 36 MV	\$557
<b>UNLISTED GROUPS</b>			Thurs (W) Closed BB	\$88
Anonymous Meeting	\$38	\$1,317	Tu 7:30pm Zoom Big Book, LN	\$141
CDM Tues. 7pm		\$150	We 7:00A-(W) DP BB Mtg	\$220
Charlie St. Step House, CM		\$200	Wed. 5pm (W)'s Closed BB	\$149
Daily Reflections, Irvine		\$600	Wed. 6pm Voluntary SCFC	\$5
Double Winners, 798 Dover		\$500	Wed. 6:30P (W)'s Step Study, HB	\$175
Dover (W) 12x12, 3233 Pacific View		\$221	(W) Solutions, Tustin	\$160
Fri Double Winners, St. Johns		\$315	<b>MISC. DONATIONS</b>	
Fri Night Literature Disc., LB		\$353	OCCO Piggy Bank	\$26
HB Book Study, 1112 Main		\$200	SOCCO Piggy Bank	\$55
Humble Beginnings		\$40	Canyon Club	\$25
Into Action BB, CM		\$150	Open House 50/50	\$88
Mon 7pm St. Mary's (M)'s		\$200	Intergroup Picnic 50/50	\$159
Monastery Mtg		\$92	Saddleback Valley Fellowship	\$7,688
NHMS Meeting		\$300	Southern CA Men's Banquet	\$871
Pines Park Wed. 6pm		\$235	Desert PowWow	\$2,000
Slogan Sisters, Wed. H.B.	\$50	\$505	<b>PERSONAL DONATIONS</b>	
Sober @ Sunset, Capo Bch		\$65	Anonymous	\$135
Straight Pepper Diet		\$100	9th Step Amends	\$150
Sun. 11:30AM Here&Now, CM		\$600	Alexander A, San Clemente	5,000
Sun. 5pm Two or More, SA		\$108	Alison G.	\$10
Th 11:00A-(W)'s Closed BB, SJC		\$254	Carol C., SJC	\$25
Th Noon BB, Costa Mesa		\$100	Chad R., RSM	\$100
Th 6pm Alice's in the Park		\$200	Chelsea P., HB	\$7
Th 7:00pm SAGA meeting		\$2	Curtis H.	\$5
Tu Night Double Winners, LB		\$80	David B., Fullerton	\$10
Tu 7:30PM YP Big Book, CM		\$165	David D., HB	\$120
Under the Lash, NB		\$318	David S., FV	\$200
(W) 12x12, 19211 Dodge		\$100	David S., Newport Cst	\$0
(W) Sponsor/Sponsee Mtg.		\$171	Dennis B., HB	\$0
We Are Not Saints, Irvine		\$20	Diane C., Whittier	\$447
Wed Men's Stag, HB		\$1,132	Donna T., Los Alamitos	\$110
Wed 7PM Wandering Stagers		\$300	Effie R., Costa Mesa	\$390
Wed. 5PM (W)'s Closed BB, SJC		\$170	Elizabeth H., Brea	\$50
<b>WANDERING GROUPS</b>			Enoch K., Irvine	\$70
We 7:30P- Rolling Men's Stag BB St		\$391	Faith B.	\$20
<b>ZOOM MEETINGS</b>			Gage C., MV	\$300
As Bill Sees It Newcomer		\$1,050	Gavin G.	\$50
Attitude Adj. 7am Cnyn Club	\$543	\$543	Gerri K.	\$25
Back Bay (M)'s Zoom		\$2,166	Jennifer J., Costa Mesa	\$10
Back to Basics		\$140	Jim C., Fountain Valley	\$225
Ball Park Pizza 567 014 554		\$89	John V., Dana Point	\$295
Diy Alkie's Winner Circle		\$304	Kam N.	\$36
Diy 11th Step at 11pm		\$100	Kathleen B., Npt Coast	\$150
Early Birds, Tustin Ave.	\$189	\$665	Kathleen R.	\$75
Easy Does It, Irvine		\$422	Kelley D., Costa Mesa	\$5
Ebook Meeting		\$70	Linda L., Lake Elsinore	\$266
Eleventh Step at 11PM		\$100	Marilyn C., San Clemente	\$25
Fishbowl Discussion		\$11	Melissa S.	\$50
Fri Night Stag on Tues		\$141	Pat S., Stanton	\$276
Fr 10:30AM Brick by Brick		\$45	Paul R., HB	\$108
Fr 11:30A-(W)'s Grapevine		\$187	Richard B., HB	\$25
Fr 7pm (W) BB Speaker/SS		\$78	Rob H.	\$50
Happy Hour Info		\$175	Robert R.	\$60
			Robert & Dianne S., HB	\$70

Ronald B.	\$25	\$125	Ronald B.	\$25	\$125
Ronald S.		\$200	Ronald S.		\$200
Rosie G., Costa Mesa	\$25	\$275	Rosie G., Costa Mesa	\$25	\$275
Sarah C.		\$42	Sarah C.		\$42
Sarah K.		\$84	Sarah K.		\$84
Sherman S.		\$50	Sherman S.		\$50
Thomas G., Santa Ana		\$127	Thomas G., Santa Ana		\$127
Tom H.		\$64	Tom H.		\$64
Tom P., HB		\$240	Tom P., HB		\$240
Veronica R., Orange	\$5	\$55	Veronica R., Orange	\$5	\$55
Vincent J., Whittier		\$50	Vincent J., Whittier		\$50
William F., Anaheim		\$50	William F., Anaheim		\$50
<b>IN LOVING MEMORY</b>			<b>IN LOVING MEMORY</b>		
In Memory of Greg B.		\$155	In Memory of Greg B.		\$155
In Memory of Julie P.		\$100	In Memory of Julie P.		\$100
<b>GROUP INFORMATION REQUEST-ED</b>			<b>GROUP INFORMATION REQUEST-ED</b>		
PayPal 1/6/2022		\$613	PayPal 1/6/2022		\$613
Receipt #0817 CK #1455		\$85	Receipt #0817 CK #1455		\$85
Venmo #3472343454592062059		\$24	Venmo #3472343454592062059		\$24
PayPal 2/16/2022		\$178	PayPal 2/16/2022		\$178
PayPal 2/21/2022		\$31	PayPal 2/21/2022		\$31
Receipt #0750 CK #1479		\$52	Receipt #0750 CK #1479		\$52
Receipt #0830 CK #1681		\$300	Receipt #0830 CK #1681		\$300
Receipt #0831 CK #1138		\$72	Receipt #0831 CK #1138		\$72
Receipt #0835 CK #19-358487333		\$105	Receipt #0835 CK #19-358487333		\$105
Venmo #3503620854348265682		\$175	Venmo #3503620854348265682		\$175
PayPal 3/2/2022		\$41	PayPal 3/2/2022		\$41
PayPal 3/23/2022		\$40	PayPal 3/23/2022		\$40
PayPal 3/28/2022		\$200	PayPal 3/28/2022		\$200
Receipt #0585 CK #125		\$60	Receipt #0585 CK #125		\$60
Receipt #0845 CK #2386		\$202	Receipt #0845 CK #2386		\$202
Receipt #0878 CK #261		\$60	Receipt #0878 CK #261		\$60
Receipt #0887 CK #5943504205		\$218	Receipt #0887 CK #5943504205		\$218
Receipt #0924 CK #9601500926		\$677	Receipt #0924 CK #9601500926		\$677
PayPal 4/15/2022		\$200	PayPal 4/15/2022		\$200
Receipt #0972 CK #1316		\$208	Receipt #0972 CK #1316		\$208
Receipt #0986 CK #9784853327		\$174	Receipt #0986 CK #9784853327		\$174
Receipt #0988 CK #101		\$214	Receipt #0988 CK #101		\$214
Venmo #3536165566498282762		\$185	Venmo #3536165566498282762		\$185
Receipt #0888 CK #1052		\$90	Receipt #0888 CK #1052		\$90
Receipt #1038 CK #1144		\$50	Receipt #1038 CK #1144		\$50
Receipt #1042 CK #7260800170		\$500	Receipt #1042 CK #7260800170		\$500
Receipt #1052 CK #104		\$350	Receipt #1052 CK #104		\$350
Receipt #1059 CK #6602		\$50	Receipt #1059 CK #6602		\$50
Receipt #1060 CK #1629		\$100	Receipt #1060 CK #1629		\$100
PayPal 6/21/2022		\$15	PayPal 6/21/2022		\$15
PayPal 6/26/2022		\$118	PayPal 6/26/2022		\$118
Receipt #0013 CK #418		\$150	Receipt #0013 CK #418		\$150
Receipt #0988 CK #2537		\$256	Receipt #0988 CK #2537		\$256
PayPal 7/31/2022		\$200	PayPal 7/31/2022		\$200
Receipt #0023 CK #4591		\$88	Receipt #0023 CK #4591		\$88
Receipt #0072 CK #1813		\$328	Receipt #0072 CK #1813		\$328
Receipt #0959 CK #1010		\$178	Receipt #0959 CK #1010		\$178
Receipt #0980 CK #1900		\$125	Receipt #0980 CK #1900		\$125
Receipt #0058 CK #2114		\$59	Receipt #0058 CK #2114		\$59
Receipt #0083 CK #9262		\$100	Receipt #0083 CK #9262		\$100
PayPal #3W754317PC806921H		\$180	PayPal #3W754317PC806921H		\$180
9/3/22			9/3/22		
PayPal #8HN526899U810200A		\$50	PayPal #8HN526899U810200A		\$50
9/14/22			9/14/22		
PayPal #7S355337P16181724		\$106	PayPal #7S355337P16181724		\$106
9/21/22			9/21/22		
Receipt #0078 CK #1287		\$100	Receipt #0078 CK #1287		\$100
Receipt #0213 CK #822		\$120	Receipt #0213 CK #822		\$120
Receipt #0214 CK #2089		\$160	Receipt #0214 CK #2089		\$160
PayPal #3Y979885UM832303J		\$150	PayPal #3Y979885UM832303J		\$150
10/4/22			10/4/22		
PayPal #79N20626BF835654A		\$200	PayPal #79N20626BF835654A		\$200
10/9/22			10/9/22		
PayPal #30321703MV347382U		\$100	PayPal #30321703MV347382U		\$100
10/13			10/13		
PayPal #9NV15825RJ3840825		\$240	PayPal #9NV15825RJ3840825		\$240
10/13/22			10/13/22		

FIRST STEP, SECOND PART

Continued from page 11

stay." I sat back down, and once again I realized I could not go on living like that anymore and needed to change. I asked a man in the meeting to become my sponsor. While working with him, I came in contact with the second part of the First Step. This simple surrender signified to me that I really didn't know how to run my own life. I gained a new willingness to be more open-minded and, most importantly, teachable to a new way of doing things.

"Who cares to admit complete defeat?" Certainly not me, but I didn't want to go back to the way I was living either. So, I began to learn a new way of living through the Twelve Steps of Alcoholics Anonymous. With the help of a loving God, the Twelve steps, the Big Book, and the guidance of this sponsor, I have received the gift of a new understanding that each day gives me the opportunity for a good day and hopefully a good new year.

Dave W.

Lifeboat-Tradition One

Continued from page 11

Though unity comes first, it doesn't override individual welfare. Everyone in AA has the right to think, act, stay or go as they wish. Tradition One encourages us to row for our collective benefit but no AA member is ever chained to an oar, nor can they be coerced, punished, or thrown overboard.

Battered by Hurricane Alcohol I was bound for the rocky shores of jails, institutions, and death. My Higher Power sent me a lifeboat called AA and said, "Ron, save all you can by attending to our common welfare and you'll save yourself." I was welcomed aboard, given an oar, and have been happily rowing ever since. Tradition One ensures that, through unity, AA will always be there, its hand outstretched over the side, offering aid to the drowning alcoholic.

Ron B.



## The Door

Continued from page 10

While I do not remember much of that first meeting, I do know what I felt. I belonged and looked forward to the next meeting two days away. I had been in total darkness and despair since the last bottle went down the sink drain on December 24, 1980. Yet when I walked through that door, all that darkness and despair were washed away by the warmth, laughter, and the fellowship. Those men in the room said to keep coming back, without a drink between meetings. I've kept coming back and not drinking between meetings for forty-two years now. I have been given sobriety, friendship, contentment in my own skin, and a Higher Power/God through the program of Alcoholics Anonymous.

Should you be an alcoholic like myself, do not hesitate to walk through that door. If my life is any example, good things await you in sobriety if you work for them.

Bill F.

## Battleground of AA

Continued from page 6

Our journey on the AA spaceship to the Fourth Dimension is sometimes traveling at breakneck speed and sometimes at a glacial pace. Never give up! It is going to be difficult at times, but it is worth it! AA is a four-leaf clover for starting all over—a second chance, a mulligan, a do-over, an opportunity to become the person you are capable of becoming. You are working on the “dash,” that period in your life from here to eternity. It is not what you take from this world it is what you leave behind! Victory over alcohol is for the taking. It is free for those seeking freedom from the bondage of alcohol. And that my Friend is a Golden Promise.

John G.

### ALCOHOLICS ANONYMOUS ORANGE COUNTY INTERGROUP ASSOCIATION STATEMENT OF INCOME & EXPENSE PERIOD ENDING 11/30/2022 UNAUDITED

	Nov 22	Jan - Nov 22
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
Bank Adjustments	0.00	0.00
Birthday Donations	50.00	768.00
Group Donations	10,929.15	191,528.06
In Memoriam	0.00	155.00
Individual/Fellowship	5,934.50	12,992.25
Interest Earned	4.37	48.59
Literature Sales	11,504.50	115,926.24
Sales Discount	0.00	85.80
Special Events Donation	0.00	100.00
<b>Total Income</b>	<u>28,422.52</u>	<u>321,603.94</u>
<b>Cost of Goods Sold</b>		
Cost of Literature Sold		
Cost of Goods Sold	9,444.98	96,073.36
Total Cost of Literature Sold	9,444.98	96,073.36
Inventory Adjustments	-0.01	425.47
Shipping / Misc. Adjustments	0.00	-288.04
<b>Total COGS</b>	<u>9,444.97</u>	<u>96,210.79</u>
<b>Gross Profit</b>	18,977.55	225,393.15
<b>Expense</b>		
Accounting	945.00	13,814.22
Auto Expense (all Mgrs.)	19.80	345.06
Convention & Svs Event Expense	0.00	774.03
Copier Expense	0.00	269.09
Credit Card Expense	211.54	2,611.23
Freight and Shipping Costs	0.00	150.00
Insurances	339.20	3,405.15
Intergroup Expense	0.00	1,881.25
Internet Expense	133.96	1,472.54
Lease Expense	260.00	2,860.00
"LIFELINE" Expense	1,985.01	19,007.73
Maintenance & Repairs	80.00	3,871.00
Offices' Supplies & Expenses	160.27	3,001.65
Payroll Tax Expense	710.30	8,479.05
Postage	0.00	521.55
Public Info Expense	500.00	4,000.00
Reconciliation Discrepancies	0.00	-3.56
Reimb. Health	500.00	5,500.00
Rent Main/Satellite Offices	3,822.71	42,049.81
Salaries	10,654.00	103,883.78
Sales Tax on Lease	24.05	264.55
Special Events Expense	2,975.01	5,539.60
Taxes & Licenses	201.01	610.74
Telephone Expense	36.00	4,032.46
Utilities	75.57	761.82
Volunteers Coffee & Water	74.37	577.46
Website Expense	1,855.99	9,320.81
<b>Total Expense</b>	<u>25,563.79</u>	<u>239,001.02</u>
<b>Net Ordinary Income</b>	-6,586.24	-13,607.87
<b>Other Income/Expense</b>		
Other Income		
Other Income	0.00	4,112.17
Purchase Discounts	0.00	872.93
<b>Total Other Income</b>	0.00	4,985.10
Other Expense		
Balancing Adjustments	0.00	0.00
<b>Total Other Expense</b>	0.00	0.00
<b>Net Other Income</b>	0.00	4,985.10
<b>Net Income</b>	<u>-6,586.24</u>	<u>-8,622.77</u>

# January Word Search

Name \_\_\_\_\_

Email address \_\_\_\_\_  
or phone number \_\_\_\_\_

U	E	R	I	Z	K	M	X	I	N	J	P	U	J	N	L	Z	B	N	B
E	O	W	H	S	S	C	I	E	B	S	T	R	E	N	U	X	N	G	V
A	B	J	G	J	X	M	U	A	Z	R	H	T	X	I	Q	G	L	L	O
W	H	K	V	O	U	G	O	L	B	O	I	G	W	E	Z	P	K	M	U
L	Y	V	U	U	B	P	O	W	E	R	L	E	S	S	A	K	F	N	F
B	K	E	U	V	L	Y	R	E	V	O	C	E	R	M	N	Z	A	F	Q
I	C	T	Y	V	J	F	A	W	Z	K	X	A	I	D	O	P	V	R	S
G	N	I	L	L	I	W	N	U	Q	U	S	J	A	P	I	M	S	Y	Y
D	E	S	U	A	A	U	Y	R	A	N	J	H	K	S	T	Q	A	L	R
H	T	I	A	F	X	E	T	H	K	M	I	K	K	E	A	J	E	C	B
I	G	Y	O	N	M	Z	X	O	D	A	R	A	P	D	Z	M	B	M	L
R	N	I	R	H	I	A	I	O	L	N	U	K	D	F	I	N	L	S	N
P	V	O	G	D	O	T	I	O	H	A	Y	T	H	I	L	Q	B	H	O
L	I	U	N	I	T	Y	Y	R	R	G	E	S	E	T	A	V	M	A	I
S	B	T	D	C	Q	J	Y	N	O	E	Z	W	N	H	R	T	R	T	S
N	O	I	S	U	L	E	D	D	M	A	C	T	P	X	O	H	E	Z	S
I	E	H	K	P	E	T	H	X	C	B	V	Z	L	W	M	X	W	H	E
Y	I	U	B	U	B	J	S	B	J	L	V	A	U	X	E	O	O	L	S
I	W	G	M	E	C	N	E	I	R	E	P	X	E	O	D	C	R	D	B
Y	X	Q	Z	Z	P	U	Y	M	X	X	U	E	O	B	I	F	M	J	O

POWERLESS  
PARADOX  
UNWILLING  
UNITY

DELUSION  
EXPERIENCE  
INSANITY  
OBSESSION

UNMANAGEABLE  
RECOVERY  
FAITH  
DEMORALIZATION

## WIN A FREE BOOK OF YOUR CHOICE!

Complete the word search (these words from the *Big Book* or *Twelve Steps and Twelve Traditions* can be forwards, backwards, up, down, or diagonal), and make sure to include your name and phone number or email address. Take a picture of a word search you completed on paper, or take a screen shot of a word search you accessed electronically and used the markup or highlighter feature on your phone or computer, and email it to: [lifelinecommittee@oc-aa.org](mailto:lifelinecommittee@oc-aa.org), or mail the completed puzzle to Central Office at 1526 Brookhollow Dr. Suite 75, Santa Ana, CA, 92705. If your answers are correct, your name will be entered into a drawing for a chance to win a free book of your choice from Central Office.

**DEADLINE IS FEBRUARY 15th**

*Congratulations to November's winner, Michele R.!*