

# Lifeline



Experience, Strength, and Hope in Orange County

## The Love That Remains

Emotional sobriety is encountered when physical sobriety is found with abstinence from alcohol which released its stranglehold on real feelings. Our blue *Big Book* calls this situation the bondage of self (p. 63). Intoxicants suspend full reality of being in the present, a gift which comes bursting forth in earned sobriety. I learned from my sponsor, a certified psychiatrist and a good choice for this emotional mess, that there exist eighty-eight feelings, coincidentally the same number of keys on a piano, he said.

I questioned the validity of this sponsor factoid. His well learned response with twenty-six years of sobriety and insight gained from verbal flourishes with smarties like me was, "Every musician, artist, poet, singer, and banjo player on the porch knows there are eighty-eight keys on a piano, each representing a separate feeling. And when your mind is mired with a depressant like alcohol, your emotions are interred in puddles of despair. The *Big Book* says it all, there are seven main feelings. The natural state of mind for a whiskey wolf hound is restless, irritable and discontent" (p. xxviii). He added the Four Horsemen in Chapter Eleven ("Vison for You"), Terror, Bewilderment, Fear and Despair, and I will add to that Guilt (p. 151). He asked me, "What is the common thread connecting all these feelings?" Without hesitation I replied, "NEGATIVITY." He acknowledged my correct diagnosis.

I learned emotions and thoughts raging in the mind were the center of my disease, and sanity was imperative for a healthy sober life, a fact restated in Step Two, many times in the *Big Book* and ex-

**Now being better schooled in self-examination, discovery and an ever-growing curiosity spawned by AA, I concocted a SAUDADE process of converting half-buried resentments from tolerance into full acceptance and the ultimate goal of my program, LOVE.**



pressed by many wise men and women mentors in AA. Wisdom is learning from others. My sponsor's parting remark was, "And the longer you stay sober, you will uncover and discover the remaining eighty feelings."

One feeling I heard about in my explorations of learning was "saudade." A seasoned AA speaker shared the meaning behind a boat in the harbor named *Saudade*. Now being better schooled in self-examination, discovery and an ever-growing curiosity spawned by AA, I concocted a SAUDADE process of converting half buried resentments from tolerance into full acceptance and the ultimate goal

of my program, LOVE.

*Continued on page 14*

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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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—CALL BEFORE YOU TAKE  
A DRINK—

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## Welcome 2024 SERVICE BOARD

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Vice Chair, Jillian T.  
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Treasurer, Tom P.  
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Secretary, Ariel L.  
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Technology, Brendan M.  
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*For more information on service committees, or if you have a situation that requires an immediate answer, please contact Orange County Central Office at (714) 556-4555 or email [manager@oc-aa.org](mailto:manager@oc-aa.org).*

## VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE

PLEASE CONTACT CENTRAL  
OFFICE TO FIND OUT ABOUT  
SERVICE OPPORTUNITIES.

714-556-4555  
[MANAGER@OC-AA.ORG](mailto:MANAGER@OC-AA.ORG)

**Public Information Committee** meets the **4th Wednesday of the month at 5:30PM** via Zoom (Meeting ID: 851 8320 4725, Password: ocaaPI).

**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: 886 0942 7655, Password: lifeline) *See page 3 for more details.*

**Special Events Committee** meets the **3rd Wednesday of the month at 5:30PM** via Zoom (call Central Office for more information).

**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) or email [info@sochic.club](mailto:info@sochic.club).

**Orange County H & I** meets the **2nd Sunday of the month at 4:00PM** (Institutions) and **6:00PM** (Hopstials) at the Garden Grove Alano Club (9845 Belfast Dr., Garden Grove). Orientation is at **3:15PM** and **5:15PM**. The Committee Meeting is at 6:00, and the meeting opens around 5:40. For more information on Orange County H & I, go to [www.ochandi.org](http://www.ochandi.org) or email [contact@ochandi.org](mailto:contact@ochandi.org).

**The Central Office Committee** meets via Zoom (call Central Office for more information).

**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 7PM (6:30** new rep orientation) at Norma Hertzog Community Center, 1845 Park Ave., Costa Mesa.

—IN PERSON ONLY—

For information about **General Service** meetings, please go to the Area 09 website, [www.msca09aa.org](http://www.msca09aa.org).

Thank you to our board and committee members.



# Letter from the Editor

We are focusing on Step Eight this month, and I hope you'll take the time to read each of the excellent articles that we have for you. I really love John G.'s article on the cover, "The Love That Remains." It is a timely reminder that true change comes only from love. I also enjoy when AAs share their story of recovery with us, and there is an article on page 8, "Desperation Into Passion" by Roxanne S., that is inspiring. Finally, I hope you'll read Effie R.'s article, "Life Is No Longer a Puzzle," on page 10. She writes about the importance of making a list for the Eighth Step—and putting herself on that list.

Thank you as always for reading the *Lifeline*. If you would like to sign up to have the *Lifeline* delivered by email every month, you can subscribe at [www.oc-aa.org](http://www.oc-aa.org) or use the QR code and scroll down to subscribe to the *Lifeline*. Printed copies are available at Central Office, the satellite office, and our monthly Intergroup meetings. Location information can be found on page 2. If you have any suggestions or would like to submit an article to the *Lifeline*, please email me at [oclifineditor@gmail.com](mailto:oclifineditor@gmail.com).

Jennifer J.  
*Lifeline* Editor



Orange County Intergroup Association – of Alcohol...  
[www.oc-aa.org](http://www.oc-aa.org)



## 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 [oclifineditor@gmail.com](mailto:oclifineditor@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: 886 0942 7655, Password: lifeline).

### Step Eight-Made a list of all persons we had harmed, and became willing to make amends to them all.

This Step is very simple. Don't complicate it. Just do as it says. Make a list. Don't analyze it. Don't try to figure out how you'll make your amends. Just make the list. If you're not sure, put them on the list anyway. Then go over your list with your sponsor. If anything, there are probably people you forgot to add to the list.

First and foremost, in my opinion, I think it's important to note that all of the Steps are written in the past tense. It's not to say they can't or shouldn't be practiced in the present or future tense. It also doesn't necessarily mean they do all apply in the present and future tense. It says, "Here are the steps we took, which are suggested as a program of recovery" (*Big Book*, p. 59).

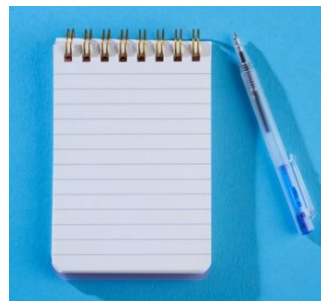
If I read between the lines, the above statement tells me our book is not a bible and our program is not infallible. It tells me by use of the word *suggested* that it's open to interpretation. Having said that, I believe it's vitally important that everyone define each and every word in the *Big Book* as well as each and every sentence, paragraph, and page.

I suggest to guys I sponsor, when working the Steps, to write what they believe each Step means in their own words, then look up each word in the dictionary and see if what they think and what the words in the dictionary say are the same. In every case I can think of, including in my own case, there is a change in the way we see each of the Steps. It's a good idea to do the same with the Twelve Traditions.

As it turns out, many words have multiple meanings. Which is the correct meaning? Is there truly a correct meaning?

I don't know for sure, and I refuse to argue with anyone who wants to argue about differences of opinion or perspective. The Steps deal with solutions personal to the individual.

Bob L.



# Our Principles

**Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.**

[Step Eight](#) is the first of three Steps that address our personal relations. In a spirit of brotherly love we engage in honest self-reflection, making sure we have enough compassion and courage to right the wrongs we've committed against *all* those we've hurt, regardless of whether or not they've hurt us. Finding the willingness to repair the damage we've done to others marks the beginning of the end of our isolation from humanity and our Higher Power.

**Tradition Eight: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.**

[Tradition Eight](#) reminds us that money and carrying the message don't mix. There's a definite line that separates Twelfth Step work from paying for vital services that AA needs to function. No one is a "professional AA;" we freely give what we were freely given. But paid employees support the Twelfth Step efforts of every member, making special workers a crucial part of [AA Worldwide Services](#). Fairness demands they be reasonably compensated for their service to the fellowship.

**Concept VIII: The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.**

Since AA's also a non-profit corporation, [Concept VIII](#) defines how the [General Service Board](#) interacts with its parts that directly serve alcoholics: ([AA Worldwide Services Inc.](#) and [AA Grapevine Inc.](#)). Operational details like hiring staff for [General Service Office](#) or choosing the cover of this month's *Grapevine* are delegated to these "service arms," with only custodial oversight by the board. The trustees instead mainly handle policy, finance, leadership, and group relations, supporting AA's service arms through good corporate management.

[Editor's note: You can read the long form of the [Traditions](#) on [www.aa.org](#) or on pp. 563-556 in the Big Book. You can also learn more about the [General Service Office](#) and how it serves AA on [www.aa.org](#).]

Ron B.

## How Am I Doing?

**Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this tradition? Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

(Reprinted with permission from the [AA Grapevine](#))

(Traditions Checklist available from Central Office)

([SMF-131 Traditions Checklist](#) is available from the [AA Grapevine](#) on [www.aa.org](#))

# Support Your Central Office

@OCAINTERGROUP



**Scan. Pay. Go.**

You can [contribute](#) online at [www.oc-aa.org](http://www.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



## August AA Birthdays

Tom D.	Huntington Beach	20 years
Andy D.	Laguna Beach	26 years
Jeff D.		31 years
Skip K.	Huntington Beach	33 years
Effie R.	Costa Mesa	44 years
Carolyn F.	Huntington Beach	46 years
June L. (BJ)	Irvine	48 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*

**Orange County Intergroup Meeting**  
**Second Wednesday of each month**  
**7:00PM meeting, 6:30PM new rep orientation**  
**—IN PERSON ONLY—**  
**Info: 714-556-4555, [www.oc-aa.org](http://www.oc-aa.org)**

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

688 TOTAL CALLS	CENTRAL OFFICE ACTIVITY June 2024			
	12 Step Calls	Meeting Info	General Info	Cus- tomers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	15	199	186	219
CALL FORWARDING VOLUNTEERS	11	143	134	0

**Monthly Book Drawing Winners—Congratulations!**

**Mark K., Jacques, and Josh J.**

## Hospitals and Institutions Corner



I was about eight years sober, and my program had gotten flat. I had been through a lot of losses after getting sober, all a result of the drinking days misadventures. I changed up my meetings and started going to the Hospitals and Institutions (H&I) business meetings at the Garden Grove Alano Club. Once I got my clearance from the Orange County Sheriff’s Department (OCSD), I was asked to cover a panel at the Intake Release Center in Santa Ana.

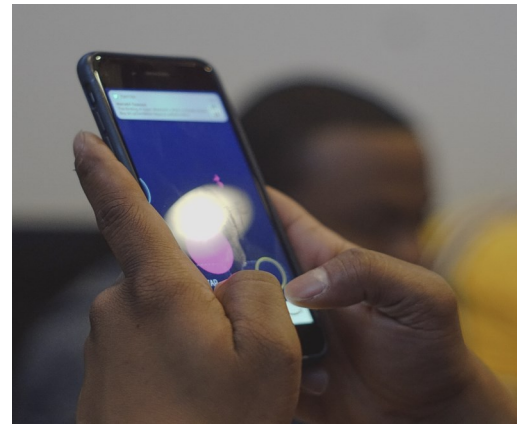
At the time I was still a suit-and-tie guy working in San Clemente. As I was driving North on the Five, I realized I wasn’t going to make it on time. I got off the freeway and decided to take surface streets. I was driving a Crown Victoria; so here I was, an older white dude in business clothes driving a cop car, and I got lost on some dead-end street in Santa Ana. If that doesn’t make you feel uncomfortable, nothing will. I was so relieved to finally get to jail, even though I was a half hour late, that I stayed an extra half hour. Since that day, I’ve done hundreds of panels as I made my way up the ranks of H&I right up until Covid shut us down. In fact, I was in Theo Lacy on that Thursday night the day before the world stopped. Since that time, we lost many of our volunteers, myself included as I now have medical equipment that prohibits me from entering the jails.

The OCSD is now reopening new panels, and we are desperately in need of new volunteers. I can honestly say it has been one of the most rewarding things I’ve done in sobriety. To get involved, come to the Garden Grove Alano Club on the second Sunday of the month. Do an orientation at either 3PM or 5PM and stay for either the (Institutions) Jails meeting at 4PM or the Hospital meeting at 6PM.

Dave G.

For more information on South County H&I, visit [www.sochic.club](http://www.sochic.club) or email [info@sochic.club](mailto:info@sochic.club). For North County, visit [www.ochandi.org](http://www.ochandi.org) or email [contact@ochangi.org](mailto:contact@ochangi.org).

Looking for a service commitment you can do with your phone?



The Orange County Central Office call forwarding program insures that our help line phones are answered by volunteers 24/7. During hours when the Central Office is closed, calls are forwarded to a call forwarding volunteer’s home or cell phone, where the volunteer answers the calls just as if they were sitting in Central Office. This allows Central Office to save money because we do not have to use an answering service. More importantly, the caller will be talking to a member of Alcoholics Anonymous. Two years of sobriety are suggested to volunteer for this service. Please call the Central Office Manager in Santa Ana at (714) 556-4555 or the Satellite Office Manager in Laguna Niguel at (949) 582-2697 to sign up for a brief orientation session.

**SHIFTS:**

Monday—Friday

- 6AM—9AM
- 6PM—9PM
- 9PM—6AM

Saturday and Holiday:

- 6AM—9AM
- 1PM—4PM
- 4PM—7PM
- 7PM—10PM
- 10PM—6AM

Sundays

- 6AM—10AM
- 10AM—2PM
- 2PM—6PM
- 6PM—10PM
- 10PM—6AM

# Archives Corner

## The Lasker Award

In 1951, Alcoholics Anonymous was awarded the Lasker Award, often referred to as "America's Nobels," recognizing significant contributions to medical science, public health, and advocacy. AA's receipt of the award was a testament to its impact not only on individual lives but also on public health at large. A ceremony was held at the historic Waldorf Astoria in New York City, a fitting location given the organization's roots in the city.

Dr. Elizabeth Foster, a renowned psychiatrist and member of the Lasker Award committee, delivered the opening remarks. "Today, we honor an organization that has saved millions of lives and provided a roadmap to recovery and hope," she began. "Alcoholics Anonymous has transformed the landscape of addiction treatment and has shown us the power of community and compassion."

The room erupted in applause as Dr. Foster introduced the keynote speaker, James Mitchell, a long-standing member of AA and a vocal advocate for addiction recovery. James's journey with alcoholism had begun in his early twenties, leading to a downward spiral that cost him his job, relationships, and health. It was AA that had pulled him back from the brink, and he had dedicated his life to helping others find the same salvation.

James stepped up to the podium. "Receiving the Lasker Award is not just an honor for AA as an organization," he said. "It is an acknowledgment of the countless individuals who have walked through our doors seeking help and found a new way of life."



*Bill W., with the Lasker Award on his desk*

James related his personal story, illustrating the profound impact AA had on him and so many others. He spoke of the sense of belonging he found in AA meetings, the comfort of shared experiences, and the strength he drew from the fellowship. "The Twelve Steps gave me a framework to rebuild my life, and the support of my fellow members gave me the courage to keep going," he said.

In his acceptance speech, James paid tribute to the founders of AA, Bill W. and Dr. Bob, whose vision and dedication had laid the foundation for the global movement. He also acknowledged the countless volunteers and members who continued to uphold the spirit of AA, offering support and hope to those in need. The recognition by the Lasker Foundation was not just a celebration of AA's past achievements but also a call to action for the future. It was a reminder of the ongoing battle against alcoholism.

The Lasker Award marked a significant milestone in the history of Alcoholics Anonymous, highlighting its invaluable contributions to public health and the enduring legacy of its founders. As the guests mingled and shared their stories, there was an overwhelming sense of gratitude and inspiration, a testament to the transformative power of AA.

Mary G.  
MSCA 09 Archives

**"Times change, people change, and language may change. But the disease of alcoholism does not change. It always kills."**  
—AA Grapevine, February 1996

I pray that I never take my sobriety for granted. It has been many years since I lived the horrors of addiction, but many memories are still distinct in my mind; I hope I never forget how incredibly bad it got. Quite frankly, I never thought I would make it to age thirty. The progressive nature of our disease is truly insidious, and it's shocking to see how far down we can go before we turn for help.

The disease hasn't changed, but times have. The world has changed dramatically since I first got sober, especially with technology and social media. We didn't have cellphones back in the day, but that didn't seem to prevent us from making the calls we needed to make. We looked up meetings in printed directories rather than an easily accessible "app" on the phone in our pocket. We now have internationally accessible Zoom meetings and recorded AA speaker sites online. However, some things have stood the test of time. Our book has not changed, and our Traditions keep us moving in the right direction.

There is still love and warmth in our fellowship, and people share from the heart at every meeting. I know if I go to a meeting, there will be laughs, handshakes, hugs, and a cup of coffee waiting there for me. When I came into the program, you told me I would never be alone, and you were true to your word for all these years. I love that the spirit of AA is timeless and enduring. I know that if I don't change, my sobriety date will, but the basic principles of the program live on for all of us as a beacon of guiding light.

Anonymous

# Desperation Into Passion

My experience as an alcoholic began as a way to escape a reality I couldn't understand. I came into a family which had been built on generation after generation of secrets and lies; this resulted in a bloodline of alcoholics and drug addicts. As a child in this environment, I experienced repeated sexual abuse at a very young age. My mother, who suffered from severe mental health issues, disregarded the abuse. This went on for some time as the abuser threatened me and my whole family if I ever told. After I finally did tell and went to court over the issue, the man was removed from our home.

A week later, my mother relocated us to a new town with a big, new stepfamily—seventeen people! I believe now that this was the root of my developing complex post-traumatic stress disorder. I found out later that the two families had been blended for over twenty years. This truth had been the umbrella which protected a history of secrets and lies, many of which still remain a mystery.

As an adolescent, I grew to hate the dishonesty and disrespect my family had adopted as their way of life. I'd never known how to be myself because I had never been good enough. I began to cope in the only way I'd learned, drowning myself daily in bottle after bottle of tequila and anything else that provided me the liquid courage to survive another day. This feeling of inadequacy within my own family led to my extreme social anxiety and feeling like an outcast with people my own age.

At fifteen, I had my first serious relationship. Close to my sixteenth birthday, I learned that I was pregnant. My husband and I were married a week after my birthday and moved into our own apartment. I was still attending high school and working at night. My husband was very supportive, working and saving as we prepared to bring our baby girl into this world. She was the first of three children. Eighteen months later, our son was born. Both children sat in the auditorium as I graduated high school. Four years later, I gave birth to our youngest daughter. Though we were divorced at that time, we managed to stay together until our daughter was seven months old.

I stayed sober during my first two pregnancies. After the birth of my son, my ex-husband and I were in the throes of addiction. I was too terrified the

whole time I was pregnant with my youngest daughter to ask for help. I was in fear of my older children being removed from my home. Stuck in a miserable, manic-depressive state, I'd promised myself I would quit before giving birth—a promise I failed to keep. On my daughter's birthday, she remained in the hospital and my oldest two children were removed from my home. I was court ordered into treatment. Their father refused treatment and sobriety, so I chose to end the relationship and fight for our children.

Upon completion of the treatment program, the children were returned to my care. I began a new relationship with a man I knew from high school who I reconnected with in treatment. He moved in with us. My children loved him; I loved him. I'd finally felt what it's like to be truly happy, to love and to be loved unconditionally. I experienced my first relapse. I feared that my boyfriend would leave me and that I wasn't good enough to deserve happiness. I wanted to escape the weight of my responsibilities and my guilt. This relapse led to the permanent removal of my children and a very toxic relationship. My self-hatred, guilt, and shame kept me in a lonely downward spiral for over six years.

I was in an abusive relationship and went through another treatment center with the abuser. This time I stayed sober for about three months. We had returned to the old neighborhood, along with the same people, places, and things. This is when I learned the reality of what was happening in the environment I was living in. One morning, I woke up to the police busting through the door, arresting others in the home and handcuffing me in the nude. My boyfriend was arrested.

Two days later, I had surgery for the first time ever. Then a few days after that I learned that my ex-husband had passed away. I sobered myself up and went to a couple of meetings, but I began drinking with my ex once he was released from jail. I reached out to the women's treatment center I'd attended previously and asked to return. They had me on a flight within a week. I spent twenty-five days in the women's residential program before transferring to the sober living where I currently reside.

I've heard a lot about the "pink cloud," the euphoria or exhilaration one may experience during the early days of recovery from drugs or alcohol. Returning to treatment is the first time I've made a decision based entirely upon myself and my own wellbeing. Each and every day that I choose to continue a life of sobriety is a day that I spend in a euphoric state of mind. I don't feel that this will fade because I am not "on a pink cloud." I believe this is the feeling achieved by turning desperation into passion.

Roxanne S.

**Each and every day that I choose to continue a life of sobriety is a day that I spend in a euphoric state of mind. I don't feel that this will fade because I am not "on a pink cloud." I believe this is the feeling achieved by turning desperation into passion.**



2nd Annual District 6  
**BEACH BASH**  
 AUGUST 17TH  
 10am - 3pm  
 (\$20 to Park without annual pass)  
 Huntington State Beach  
 Magnolia & PCH  
 between towers 8 & 9

**Fellowship! Food!  
 Music! Games! Prizes!**  
**Sandwiches & Drinks Provided**  
**Bring Sides or Sweets to Share**

Bring your Beach Chair!!

Sand Bucket Relay  
 Water Balloon Toss  
 Tug a War

Meeting led  
 by Manya from 2-3pm

## Meeting Spotlight

Struggling with alcoholism?  
 Feeling Restless, Irritable and Discontent?  
 Not Able to Stay Sober?

**THE SOLUTION IS IN THE BOOK!**  
 Speaker meeting with open sharing

Meeting is open to all

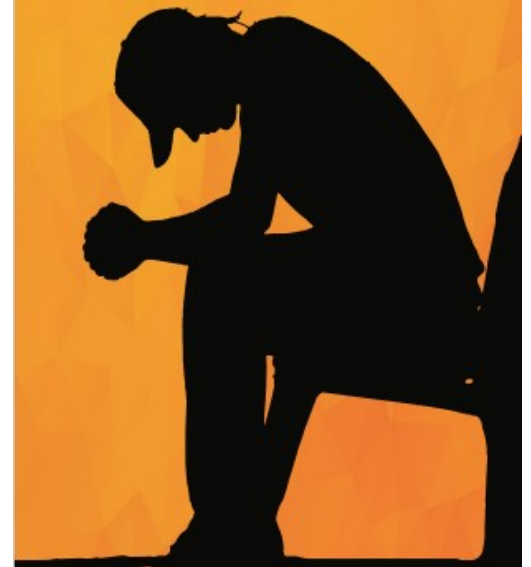
Tuesdays 8-9 pm in the big room

H.O.W Hall  
 19092 Beach Blvd G-H,  
 Huntington Beach, CA 92648

## August Pamphlet of the Month

# Problems other than alcohol

by **Bill W.**,  
co-founder of  
Alcoholics Anonymous



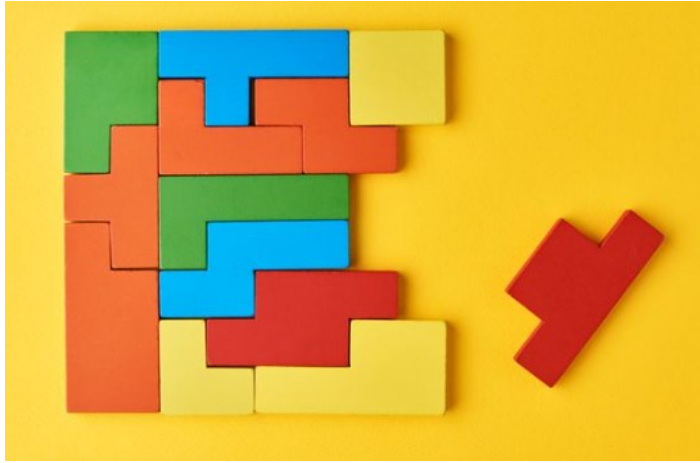
In this pamphlet ([P-35](#)), Bill W. shares his thoughts about those addicted to drugs and other substances. This is from a 1958 *Grapevine*, but it is still relevant today.

[Pamphlet available on [www.aa.org](http://www.aa.org)]



# LIFE IS NO LONGER A PUZZLE

Making a list of all persons we had harmed seems like such an easy thing to do. It has not been so easy for me though. I still find that I would like to make a list of all the persons who have harmed me. This attitude, it seems, ties in with forgiveness. And my perception of forgiveness is being able to admit that I'm like other people. Have I truly developed spiritually enough to not only admit that I'm like other people, but to believe and accept this perception? I would like to think that I do believe and accept this perception; yet, in being rigorously honest, I don't know if I have fully conceded to my innermost self that I am like other people. And it seems to me, that this is a wishy-washy way of avoiding making a list of all persons I have harmed.



It's kind of like sorting out my laundry, one load at a time, folding the laundry, putting it in its proper place, and repeating the process. Laundry is a task that I've learned to increase my skills in; yet, it's never really finished. It is the same with my Eighth Step. I made very little progress in my relationships with my children, until I could backtrack and clearly accept the wreckage that I had done to my children through a bitter, ugly divorce from the daddy they so dearly loved, and I so bitterly hated. As grown adults now, it is clear to me that I emotionally wounded them, and these wounds are still festering in the depths of emotional harm, in an unconscious level of their spirit. The bedevilement of alcoholism in me had no regard as to how divorce would affect them.

All of these years later, I am in the process of deeper insight, with more being revealed by my Higher Power, God. I am taking responsibility for the harm I have done to my children. As God's grace allows me to continue to forgive myself for the harm done to me, I can accept that the demon of alcoholism had twisted and tortured my mind and brought me to hell right here on this earthly plane. It was unbearable to not know what I was doing. Today, I know what I'm doing.

God has given me a daily reprieve from the denial that I was not a bad person; rather, I was in bondage to the spiritual disease of alcoholism. And the very most damaged person that I now put on my list of persons I have harmed is myself. And my children are next on my list. Now that I

**Life is no longer a puzzle; rather, it is a one day at a time experience that solves problems and satisfies my spirit as I continue to make a list of all persons I have harmed and become willing to make amends to them all.**

can clearly see, through the eyes of the faith that AA has given to me, I have no termites of guilt undermining my ability to make a deep, thorough, and rigorously honest list of the harm I have done to my children.

I'm finally allowing God to write my story and no longer stealing the pen from Him. And this, I believe, is preparing me to do a thorough Ninth Step as God gives me a clear roster of exactly what and how to make healing amends to my children. It will be authentic amends, not merely an "I'm so sorry," nor any attempt to win their love and respect. It will be like getting

a blouse or other article of clothing that has been torn. The needle will not puncture pain but will be threaded with what is needed to mend what I have torn. That will be my part. And only the God of my own understanding can position and orchestrate His plan to hold together what I have sewn. He will, as He always has, do for me what I cannot do for myself. I cannot heal the harm that I have done to my children. Only the God of their understanding can do that. I can only make the list and wait upon God to guide me thru the Ninth Step to apply the threaded needle that mends the torn part of what needs to be mended.

This takes me back to Step One and my powerlessness and guides me to fulfill my purpose. That purpose is to stay sober and help other alcoholics achieve sobriety. It is coupling the education that AA is giving me with my daily, real-life experiences that grow more and more challenging every day. It is awakening me to be aware of those I unknowingly hurt, for my actions and words can either heal or harm. And though it seems at times that I have gained nothing from the harm that alcoholism created for me and my children, experience proves that the gain is more than the loss.

Through the painful experiences that it created, I continue to educate myself and discover how very ignorant I was about alcoholism. I'm grateful to God and AA for this education. It is the guidelines that I've long needed to be freed from hundreds of forms of paralyzing fear, because of my lack of knowledge about alcoholism. It is continuing to teach me to make a list of the harm I did with hope for healing in all of my relationships. This is not doctrine. It is a design for living life on life's terms without alcohol. Life is no longer a puzzle; rather, it is a one day at a time experience that solves problems and satisfies my spirit as I continue to make a list of all persons I have harmed and become willing to make amends to them all.

Effie R.

## Past and Present



When I hear or read “How it Works” at a meeting or out of the *Big Book*, besides the description of how our program works, two things jump out at this alcoholic. Step One: “We admitted we were powerless over alcohol – that our lives had become unmanageable” (p. 59, *Big Book*). For the new members of Alcoholics Anonymous this is the present, a starting point for their journey in sobriety. For those of us who have moved forward in the program of Alcoholics Anonymous, working

the Steps of our program, this is the past. On page 60 of our *Big Book* we find the following: “Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas: a) That we were alcoholic and could not manage our own lives, b) That probably no human power could have removed our alcoholism, c) That God could and would if he were sought.” This is the present for those of us working the program of Alcoholics Anonymous.

Just because alcohol had been removed, my life did not suddenly become manageable. Actually, life became more unmanageable for a while. Suddenly those feelings (long dulled by alcohol) of fear, resentment, and anger bordering on rage all came to the surface at one time. I was an emotional wreck. In this alcoholic’s mind there was further anger and confusion, I was not drinking so the rest of my life should fall into order, not hardly! Self-will, confusion and near insanity continued to prevail. While alcohol had been removed my “ism’s” were alive and seemingly in control. My only release was the two meetings of Alcoholics Anonymous each week. The men in those meetings became my Higher Power for a while until I could finally make a surrender to the Higher Power/God of my understanding. My obsession to drink was lifted that very night, whereas the shrink, Antabuse, and staying dry had not worked. The Steps of our program began to work for me.

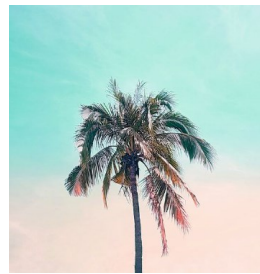
Throughout my journey in sobriety, I have experienced many attacks of self will in my professional and personal life. Each and every episode of self will was the result of making decisions on my own without talking to a fellow alcoholic or my Higher Power/God. The results have always been fear, anger, and stress for those around me and myself. Thankfully, we have the Tenth Step to deal with the present. This is just further proof to this alcoholic that on my own, I am unable to manage my life. Although sprinkled with “slow grow,” I have learned to discuss things with other alcoholics and my Higher Power/God. I seem to hear His guidance through my fellow members of Alcoholics Anonymous. As a result, some emotional sobriety and serenity has been experienced in my journey in sobriety.

So, when I read or hear “How It Works” in a meeting, the reminder of that first surrender with Step One clicks. With the three pertinent ideas, I am reminded that I have alcoholism. While the alcohol has been removed, the “ism’s” still exist. I will never be cured. Those of you who may have issues with the Higher Power/God area, remember it is a Higher Power/God of your understanding. Having had issues in the area myself, I know once identified and the surrender made, program and life get better. These three pertinent ideas remind me that they apply in the present, today! I hope you find emotional sobriety and serenity on your journey in sobriety.

Trust God, clean house, and help others.

Bill F.

## Gallant Gesture



As the oldest of three boys, [Step Eight](#)’s principle of brotherly love reminds me of one of my late mom’s favorite movies, *Beau Geste*. The title is the name of one of three brothers who support each other amid the horrors of war. Valiantly righting a wrong before he dies, his name also translates as “gallant gesture,” a fitting description of the act of compassion for which he’s eponymously named.

Through my first seven Steps, my fellow AA members supported me amid the horrors of my alcoholism. I was inspired by their compassion, especially that of my sponsor and brother sponsees. A gesture is also an action that signals our intention. My Eighth Step would be this gesture, the signal of my readiness to take [Step Nine](#) and finally address the harms I’d done to others.

Step Eight prepares us for the first Step that directly involves other people. Up to this point, our Twelve-Step efforts have mainly been an inside job. Since addiction and isolation go hand in hand, what better way for us to reconnect with humanity and grow our recovery than by repairing our personal relations? But how to prepare? By making another list.

Step Eight again requires the self-reflection we used to create our moral inventory in [Step Four](#). This time though, instead of looking inward to illuminate our defects, we turn that light around onto the people in our lives in order to establish who we’ve harmed.

My Fourth Step inventoried my character defects of selfishness, self-centeredness, dishonesty, fear, and anger. Despite our isolation and efforts to rationalize the harmful behaviors that come from these shortcomings, we couldn’t avoid causing pain to others. This connection makes our Step Four inventory useful when doing Step Eight.

I need rigorous honesty in order to include everyone I’ve harmed, even those who’ve harmed me. Being hurt isn’t a free pass for retaliation. Demanding justice can often become the pursuit of revenge or retribution. Instead, reconciliation is my goal, so I must make sure my Eighth Step list is as complete as possible.

Next, sowing the seeds of forgiveness is key to preparing for Step Nine. I won’t be repeating the hollow apologies of my past but taking action to rectify the wrongs I’ve done. Empathy allows us to trim the weeds of our ego, admit our part in any damage we’ve caused, and lay the groundwork for changing *our* behavior, not the behavior of others. Our success will rely on forgiving and must be nurtured by the water of humility and the sunshine of willingness.

And finally, brotherly love involves compassion. Step Eight prepares us to make amends to those we’ve hurt without expecting anything in return. By seeking forgiveness—whether or not the injured party forgives us—and being open to forgiving others, we learn to forgive ourselves and begin to dismantle the walls isolating us from humankind.

Continued on page 14



# 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.

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**  
 34699 Golden Lantern (Wind and Sea Restaurant)  
 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.

**Irvine**

7:00PM, Saturday  
**HYBRID**  
**Turtle Rock Speaker Meeting**  
 1 Sunnyhill  
 Meeting ID: 269 016 646, Password: wildbunch  
 Contact: Joseph C.

**Laguna Beach**

8:00PM, Saturday  
**HYBRID**  
**Living Sober Speaker Meeting**  
 428 Park Ave. (St. Mary's Episcopal Church)  
 (in the back building, Guild Hall)  
 Meeting ID: 129 629 389 (no password)  
 Contact: Neil K.

8:00PM, Saturday  
**HYBRID**  
**CC Sat Nite**  
 20456 Laguna Cyn. Rd. (The Canyon Club)  
 Meeting ID: 269 016 646, Password: canyon  
 Contact: Tim A.

**Laguna Hills**

7:30PM, Sunday  
**HYBRID**  
**Legacies Group Speaker Meeting**  
 23721 Moulton Pkwy. (Florence Sylvester Senior Cn.)  
 Meeting ID: 446 899 371, Password: Legacies  
 Contact: Thelegaciesgroup@gmail.com

**Laguna Niguel**

7:00PM, Sunday  
**HYBRID**  
**Laguna Niguel Speaker Meeting**  
 24360 Yosemite Road (@La Paz Rd.)  
 Meeting ID: 451 797 737, Password: NewYMCA  
 Contact: Bill W. &  
 Jesse C.

**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**  
 395 S. Tustin St. (Community of Christ Church)  
 Meeting ID: 620 819 804, Password: aa  
 Contact: Matt D.

**Orange**

7:00PM, Sunday  
**IN-PERSON**  
**Sunday Night Speaker Meeting of Orange**  
 250 S. Prospect St. (Revive Covenant Church)  
 Contact: Manny A.  
 Speaker host: Eddie P.

08/04 Bree J., Orange  
 08/11 Gary C., Orange  
 08/18 Jorge R., Orange  
 08/25 Ken O., Mission Viejo

**Rancho Santa Margarita**

7:30PM, last Friday of the month  
**IN-PERSON**  
**Roads End Participation**  
 Via Con Dios at Santa Margarita Pkwy.  
 Speaker last Friday of the month

**San Clemente**

6:00PM, Monday  
**IN-PERSON**  
**Men's Stag Speaker and Discussion Meeting**  
 929 Calle Negocio (San Clemente Friendship Center)  
 Contact: Tom P.

7:30PM, Friday  
**IN-PERSON**  
**Friday Night Open Speaker Meeting**  
 202 Aragon (St. Clement's By the Sea Church)  
 Contact: Tom P.

**Tustin**

7:00PM, Sunday  
**IN-PERSON**  
**Sober & Crazy Speaker Meeting**  
 12881 Newport Ave. (Grace Harbor church)  
 Contact: Megan H.

**Villa Park**

9:02AM, Sunday  
**IN-PERSON**  
**9:02 Speaker/Participation Meeting**  
 17855 Santiago Blvd.  
 Contact: Annette H. or  
 E.C.



*September 20-22*

*The Dana on Mission Bay, 1710 W. Mission Bay Dr., San Diego*

[womantowomansandiego.com](http://womantowomansandiego.com)



Continued from page 12

Fri 7:05 AM Back To Basics (B		\$880
Jumpstart M-F 6:30A Sat/Sun		\$600
Mon 6:00P-Women's Emotiona	\$50	\$50
Mon So Coast Mens Stag		\$448
Sat. 9AM Morning Fellowship		\$80
Sat. 9:15 A-12x12 Irvine		\$76
Sat. Morning Women's		\$1
Sat. 12:00P Tustin AWC (Alki		\$300
Sat 7PM-Fishbowl Laguna Hill	\$5	1,005
Sunday Night As Bill Sees It La		\$25
<b>MISC. DONATIONS</b>	^	^
Birthday Donations	\$5	\$825
IG Coffee Basket		\$50
7th Tradition Zoom Mtgs		\$43
Piggy Bank		\$5
Tu 7pm Laguna Beach DW @	\$175	\$175
Mindful Day Sound Bath Dona	\$350	\$350
Saddleback Valley Fellowship		\$185
<b>PERSONAL DONATIONS</b>	^	^
Anonymous	\$128	1,445
Alexander A, San Clemente		\$2
Anna C.		\$14
Aria M.		\$2
Bill D. CMAC 10am BB Study		\$3
BJ L. Irvine		\$75
Brian S.		\$6
Carolyn M.		\$50
Curtis H.		\$20
David B., Fullerton	\$10	\$40
David & Angela K. Laguna Ni	\$529	\$768
Derek G. Laguna Niguel		\$125
Effie R. Costa Mesa		\$50
Elizabeth H., Brea		\$125
Faith B.		\$5
Gaston E.		\$104
George H., Rancho Mission Vi		\$2
Hilda F.	\$3	\$3
Issella G.		\$160
James & Carol W., NB		\$280
Jenna K.		\$25
Jennifer J., Costa Mesa	\$10	\$35
Josh M.,	\$10	\$10
Julie W.		\$75
Kate L., Santa Ana		\$500
Kim S.		\$5
Laura J., HB		\$10
Lynn B		\$75
Marilyn C., San Clemente		\$31
Matthew D. T.	\$4	\$28
Michael L.		\$330
Pej P.		\$54
Rob S. Orange		\$15
Robert R.	\$15	\$45
Robyn C.		\$2
Robert S., RSM		\$105
Rodger & Annette F., Irvine	\$35	\$155
Ronald B.	\$25	\$75
Sherman S.		\$20
Stephen M.	\$10	\$20
Transcend Healing & Breath	\$5	\$5
Troy R		\$1
Tom P., HB		\$5
<b>IN LOVING MEMORY</b>	^	^
In Memory of Sandy P. #15		\$25
<b>GROUP INFORMATION REQUESTED</b>	^	^
GSO #000342592		\$48
Receipt #1032 Need more info		\$60
<b>TOTALS</b>	\$18,806	\$104,407

## Contingency

My work and commitment to AA is contingent to my sobriety today  
 The moment I step into the rooms of AA  
 There is work to be done  
 Get a sponsor, do the Steps, read the literature, take a commitment and go to meetings  
 No one can do the work for me  
 I have to do it  
 No one is coming to save me  
 I have to save myself  
 Contingency

Vivian W.



## The Love That Remains

Continued from page 1

Saudade is an ancient Portuguese feeling not easily translated into English; however, it is a longing melancholy or yearning that lies heavily rooted in nostalgic memory and echoes love that forever remains in the heart. It is much like the feeling when your Iberian sailor, husband, or son leaves on a voyage in the sixteenth century. It was not to Santa Catalina on a weekend away from the mainland but a two to three-year voyage to distant continents and islands, not knowing whether they ever will return. It is a complex feeling remembering the warm and beautiful parfait of memories with having your loved one at your side but at the same time having a droplet of sadness that the moment might never return and had sailed into the night abyss. It is a fusion of contrasting feelings like the feeling one remembers when hearing an old song indexed to a memory and blended with the embrace and forever kiss of your first teenage love. How it tingled my entire being and paused the night's silence on a quiet neighborhood lane, a forever sweet sixteen embrace and kiss that could never be replicated today in kind with the pure innocence of the past.

With this knowledge, I composed a handwritten letter in a handwritten envelope and forwarded it to my former wife. The letter contained fifteen wonderful, loving, nostalgic moments we shared together that forever remained in a protected corner of my heart. Absolutely no negativity of any kind was allowed to poison my message, just a heartfelt warm thank you. This unblocked the many walls of social communication built to leave unattended a simmering resentment in total isolation. Her curiosity, aroused by a carefully crafted handwritten heartfelt letter, led to a total dissolution of the razor wire blockade that had postponed resolving the last shards of lingering resentment.

The answer once again was found in our program. This method has reunited numerous forms of relationships between former spouses, grandparents and grandchildren, warring siblings, and other family members while healing the still unclosed sores in my soul. Forgiveness to my soul hadn't appeared on my earlier Fourth Steps. Thanks to the principles of AA, (especially page 552 of the *Big Book*), the many mentors and sponsors in and out of our meetings, and my loving Higher Power who has never given me more than He can handle that forgiveness has been made.

John G.

## Gallant Gesture

Continued from page 11

By completing Step Eight in a spirit of brotherly love, we signal our readiness for Step Nine. This humble *beau geste* is the necessary prelude to the honorable action of making amends. Through forgiveness we can become entirely ready to set aside our egos in the cause of doing what's necessary to right the wrongs we've done to others. To paraphrase the movie's famous Arab proverb, "*When we were drinking, our compassion for those we harmed waxed and waned like the moon, but through brotherly love, it can become steadfast as the stars, and endure like our sobriety, one day at a time.*"

Gallant gesture indeed.

Ron B.



# Mark Your Calendar

## » UPCOMING EVENTS

### August 1

#### PAI Workshop

Proposed agenda items to the General Service Conference  
6:00PM-7:30PM  
Meeting ID: 883 9037 5258  
Passcode 827826

### August 10

#### Sober Riders MC Iron Mountain Crew

Summer Party  
10:00AM-3:00PM  
San Diego Harley Davidson  
4645 Morena Blvd.  
San Diego, CA

### August 2-4

#### 50th Annual MAAD Dog Daze District Convention

Double Tree Hotel and Golf Resort by Hilton  
67967 Vista Chino  
Cathedral City, CA  
[www.maaddogdaze.org](http://www.maaddogdaze.org)

### August 16-18

#### Mountain AA Conference 2024

Big Bear Performing Arts Center  
707 Big Bear Blvd.  
Big Bear Lake, CA  
[www.mountainaaconference.com](http://www.mountainaaconference.com)

### September 13-15

#### NAATW 10th Anniversary Technology Workshop 2024

Sheraton Westport Chalet Hotel  
191 Westport Plaza  
St. Louis, MO  
[www.naatw.org](http://www.naatw.org)

### September 20-22

#### Woman to Woman San Diego

The Dana on Mission Bay  
1710 W. Mission Bay Dr.  
San Diego, CA  
[www.womantowomansandiego.com](http://www.womantowomansandiego.com)

Check the [www.oc-aa.org](http://www.oc-aa.org) events section for updated Intergroup committee meetings

## ALCOHOLICS ANONYMOUS ORANGE COUNTY INTERGROUP ASSOCIATION STATEMENT OF INCOME & EXPENSE PERIOD ENDING 06/30/2024 UNAUDITED

	<u>Jun 24</u>	<u>Jan - Jun 24</u>
<b>Ordinary Income/Expense</b>		
Income		
Literature Resale	4,112.36	15,126.54
Bank Adjustments	0.10	-19.70
Birthday Donations	0.00	1,013.65
Group Donations	19,545.47	101,418.36
Individual/Fellowship	952.46	5,208.70
Interest Earned	4.49	27.24
Literature Sales	7,335.14	58,908.14
Shipping and Delivery Income	0.00	-22.50
<b>Total Income</b>	<u>31,950.02</u>	<u>181,660.43</u>
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	0.00	36,068.10
Cost of Literature Sold - Other	0.00	65.60
<b>Total Cost of Literature Sold</b>	<u>0.00</u>	<u>36,133.70</u>
Shipping / Misc. Adjustments	0.00	-803.79
<b>Total COGS</b>	<u>0.00</u>	<u>35,329.91</u>
<b>Gross Profit</b>	<u>31,950.02</u>	<u>146,330.52</u>
Expense		
Accounting	0.00	5,375.00
Auto Expense (all Mgrs.)	59.97	516.38
Bank Charges	0.00	-32.00
Convention & Svs Event Expense	0.00	855.54
Copier Expense	0.00	554.15
Credit Card Expense	283.99	1,435.55
Freight and Shipping Costs	0.00	7.50
Insurances	444.60	1,774.37
Intergroup Expense	206.24	2,796.72
Internet Expense	177.06	1,063.11
Lease Expense	284.05	1,704.30
"LIFELINE" Expense	1,625.00	9,750.00
Maintenance & Repairs	246.00	1,126.00
Offices' Supplies & Expenses	393.97	2,540.99
Payroll Tax Expense	828.57	5,939.99
Postage	73.61	227.29
Public Info Expense	0.00	580.08
Reconciliation Discrepancies	0.00	0.00
Reimb. Health	800.00	3,600.00
Rent Main/Satellite Offices	0.00	21,725.08
Salaries	9,784.14	61,677.32
Sales Tax on Lease	0.00	0.00
Special Events Expense	1,662.39	2,719.85
Taxes & Licenses	0.00	120.00
Telephone Expense	385.78	2,313.66
Utilities	69.40	298.86
Volunteers Coffee & Water	106.50	282.00
Website Expense	567.96	2,369.90
<b>Total Expense</b>	<u>17,999.23</u>	<u>131,321.64</u>
<b>Net Ordinary Income</b>	<u>13,950.79</u>	<u>15,008.88</u>
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	717.82
<b>Total Other Income</b>	<u>0.00</u>	<u>717.82</u>
<b>Net Other Income</b>	<u>0.00</u>	<u>717.82</u>
<b>Net Income</b>	<u>13,950.79</u>	<u>15,726.70</u>

# August Word Search

Name \_\_\_\_\_

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

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

VOLUNTEERS  
LIST  
FRANKNESS  
REPAIR

RESTITUTION  
SPECIAL  
SERVICE  
NONPROFESSIONAL

CARETAKERS  
AMENDS  
FAITH  
TORNADO

## 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 SEPTEMBER 15th**

*Congratulations to June's winner, Natalie C.!*