

Lifeline



Experience, Strength, and Hope in Orange County

I Hope You Get Better

It was September of 2023 when I was finally settled in California after relocating from the East Coast earlier in the year. The move alone had occupied my mind quite a bit, and I had convinced myself that I no longer needed meetings.

As my one-year mark of sobriety was approaching in December, just a few short months away, I jokingly stated that I would celebrate by picking up my one year chip and then heading to the pub for some drinks to celebrate. As playful and unserious as that statement was, I found myself picking up my one-year chip in December and going back out not even a week later. I had relapsed, and part of me was convinced that I had spoken my relapse into existence just months before. Or was it the complacency after reaching such a milestone? Was it because the holidays were just around the corner? I believe some of these factors were part of the recipe for the disaster I created for myself.

I found myself gripped to the drink for nearly a month, and as things began getting ever so dark and lonely for me, I experienced my first ever “God shot.”

It was January 11th, in the early morning hours. I had chosen to be responsible enough to hire a Lyft driver to haul me off to the CVS just up the street so I could be there as soon as they started selling alcohol at 6AM sharp. I promptly showed up ten minutes early, grabbed my fifth of Jameson Irish whis-



ky and hopped back into the car to get shuttled back to my house. When the young woman arrived in front of my place, she placed the car in park and leaned back. She looked at me with concern. Perhaps it was because I was stumbling out of CVS just after 6AM with a fifth of Jameson. I wondered if she was on to me. She said, “I hope you get better.” Maybe she had smelled the liquor on me from the night before. She turned back around, and that is when I noticed her distinct flower tattoo behind her right ear.

Fast forward three hours . . . I was drunk dialing my family back in Illinois. By this time, they were all fully aware of my

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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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oclifelineeditor@gmail.com

**ORANGE COUNTY
CENTRAL OFFICE**

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Santa Ana, CA 92705
Phone: (714) 556-4555

Note: This phone number is answered by an AA 24 hours a day.

—CALL BEFORE YOU TAKE
A DRINK—

E-mail: manager@oc-aa.org

Website: www.oc-aa.org

Office hours: Mon-Fri: 9AM-7PM;
Saturday & Holidays: 9AM-1PM

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Email: manager@aanoc.org
Office hours: Mon-Fri: 9AM-7PM
Sat and Sun: 9AM-1PM
Website: www.aanoc.org

Welcome 2024
SERVICE BOARD

Chair, Lindsay K.
Chair@oc-aa.org

Vice Chair, Jillian T.
ViceChair@oc-aa.org

Treasurer, Tom P.
Treasurer@oc-aa.org

Secretary, Ariel L.
Secretary@oc-aa.org

Central Office, Casey W.
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GroupRelationsCommittee@oc-aa.org

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Public Information, Michelle B.
PublicInformationCommittee@oc-aa.org

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

Technology, Brendan M.
TechnologyCommittee@oc-aa.org

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.

**VOLUNTEERS ARE NEEDED
AT CENTRAL OFFICE**

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

714-556-4555
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 or email 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 or email 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.

Thank you to our board and committee members.



Letter from the Editor

Step Nine is our theme this month, and we hope you enjoy the articles. I suggest reading our cover story, "I Hope You Get Better." Dalton F. writes about "God-shots," a term I didn't know before coming into AA but I see everywhere now. Bill F. writes about the path forward for us AAs in "On the Beam" on page 10. I would also suggest reading Ron B.'s article beginning on page 11, "Instrument of Peace." He writes about going through the Ninth Step and the miracle that he found. Finally, please check out Vaun I.'s article, "Two New Ideas for the New and Not So New" on page 11, as he writes about the power of WE.

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 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.

Jennifer J.
Lifeline Editor



Orange County Intergroup Association - of Alcohol...
www.oc-aa.org

Step Nine- Made direct amends to such people wherever possible, except when to do so would injure them or others

It's important to note that to make amends is much more than simply apologizing. The word *amend* has two words embedded within it: *Amen* and *mend*. Amend means to make a positive change. To truly make amends is to change behavior in a way that no longer causes harm, and, if possible, at least attempts to repair the damage caused by that harm. Furthermore, it is my belief that we are never done with this Step and that amends need to continue for the remainder of our lives, especially as they pertain to those closest to us.

Amends are not words. Amends are actions that validate the words. Amends are meant to make someone else feel better. If we feel better by making the amends, that is a byproduct, not the reason for the amends.

I tried to rush through this Step, and I realized later that in some cases, I actually made things worse because my so-called amends were done in a selfish way. I was trying to relieve my feelings of guilt and didn't necessarily change my behavior in ways that no longer caused harm. I now know that it's important to not procrastinate on this Step, but it's also important to take my time and do each amend as carefully and thoughtfully as possible.

If we've done all the Steps properly and thoroughly prior to this Step, we are more aware of our faults, defects and shortcomings. I think it's important when we approach those we've harmed that we are able to not only apologize and make changes but to be able to show as much of a track record of changes that have already been made. If you're anything like me, people have heard you say what you're going to do many times, only to have you not do what you say you're going to do.

If we can show the changes we've already made, we have a better chance of being taken seriously, especially if we've burned bridges that are irreparable. If for no other reason, I believe this is one of the main reasons this is the Ninth Step, not the first or second Step. By the time we get to the Ninth Step, we should have at least done a considerable amount of work on ourselves from the inside out, whether or not it can be seen on the outside.

Bob L.



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 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).

Our Principles

[Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.]

In Step Nine we repair our personal relations. This work of righting the wrongs we've done to others requires preparation, tact and consideration. We'll also need humility to enlist the guidance of our sponsor who'll help us figure out how to make the amends and to whom, so we don't harm anyone. It can seem daunting, even scary, but don't worry. Time and again, alcoholics say these efforts towards reparation were healing and freeing for everyone involved. In Step Nine we finally accept responsibility not only for the consequences of our own actions, but also for the well-being of others.

Tradition Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

"Never be organized" doesn't mean AA is disorganized. Under [Tradition Nine](#) the fellowship simply runs its affairs through serving rather than by governing. AA declines to rule, coerce, or regulate its members because: 1) alcoholics generally resist authority, and 2) it doesn't need to. We believe the great suffering and potential "death warrant" of untreated alcoholism are discipline enough to inspire alcoholics to at least try AA suggestions ([12+12, p.12](#)). This great tradition of love through service includes AA [service committees](#), where members organize (gather) in order to better serve alcoholics' specific recovery needs.

Concept IX: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

[Concept IX](#) is the "QA" (quality assurance) concept. Running AA without wielding authority doesn't mean poor or weak management. Good service leadership is crucial, so all AA leaders, especially [trustees](#), but also [GSRs](#), [Intergroup Reps](#), [Service Committee chairs](#), [meeting secretaries](#):

- strive to maintain AA's well-designed [service structure](#)
- [rotate](#) all service positions
- seek out and [elect](#) dedicated, stable, visionary, and skilled members to serve
- [put principles, plans, and policies before personalities](#)
- are always open to new ideas
- never pass the buck
- avoid rigidity when compromise could be the answer
- and, most importantly, lead by example, not by mandate

Editor's note: You can read the long form of the [Traditions](#) on [www.aa.org](#) or on pp. 563-565 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 Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

(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 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



September AA Birthdays

Elizabeth H.	Brea	33 years
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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
First Wednesday of this month (Sept. 4th)
7:00PM meeting, 6:30PM new rep orientation
—IN PERSON ONLY—

Info: 714-556-4555, www.oc-aa.org

Norma Hertzog Community Center
1845 Park Ave.
Costa Mesa

796 TOTAL CALLS	CENTRAL OFFICE ACTIVITY July 2024			
	12 Step Calls	Meeting Info	General Info	Cus- tomers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	15	206	242	421
CALL FORWARDING VOLUNTEERS	11	148	174	0

Monthly Book Drawing Winners—Congratulations!

Scott R., John R., and Leslie G.

Hospitals and Institutions Corner



I found sobriety on December 21, 2008, when, completely deflated and sick from drinking, I went to the Fullerton Alano Club and asked a man to help me with the Steps. Within a few months, my previous sponsor asked me to come with him on a Skid Row Drifters panel in the "park" at Sixth and Gladys in downtown Los Angeles. That began my trek to becoming involved with H&I. When I had six months of sobriety, I began going on another panel to a treatment center catering to guys fresh out of prison in Tustin. When I started going on these panels monthly, I was worried I didn't belong because I had never lived on skid row nor had I ever been to prison. The handshakes and "thank you"s quickly made it clear that I did belong and was welcome and appreciated. They didn't want to find out how to get locked up or homeless, they wanted to know how to stay sober. My tortured story of repeated defeat and final success, through working Steps and carrying that message, showed them that there was a systematic way out that could absolutely be agreed upon. This experience lit the fire for me wanting to get my own panels through H&I, and I found that I could do that once I had a year sober.

I started sponsoring when I had six months and was only able to pick up a couple of guys in that first year who soon decided they really didn't need AA. I figured if I was doing more panels through H&I that would put me in the path of opportunity and I'd soon have more guys asking me to sponsor them. After a year sober, the months kept going by without me finding my way to the H&I business meeting. One Saturday, I went to a speaker meeting in downtown Fullerton. A young lady announced that the H&I business meeting was the next day at the Garden Grove Alano Club. The next day I was there for orientation and the meeting. Two months later I was picking up my first panels. Pretty soon I had eight panels a month and the wonderful work of putting together groups of AA friends to come with me to carry the message.

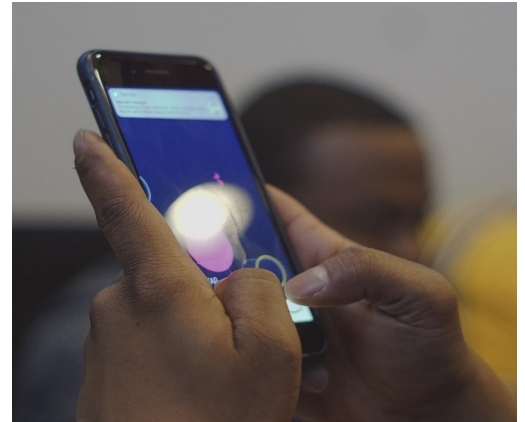
When I was about two and a half years sober, I saw a panel request slip on the table at the H&I business meeting that said Salvation Army, and I picked it up. That one panel added more to my life and sobriety than any other panel I ever had. The men there were in a six-month program with an option to stay a whole year, and they needed sponsors. I always brought guys that were able to sponsor with me on the panels, and I got to sponsor dozens of guys. Twelve years later, I have listened to nearly fifty men tell me their life stories and the wretched depths alcohol and drugs took them to. What a blessing to be able to try to help and know that when a man is ready and willing to follow the path laid out by the founders of AA, we have a formula that absolutely works.

Oh, and I finally made it to prison in 2017 when an opportunity came up to put together a group of people from Orange County to participate with other Southern California committees of H&I to bring the first AA panels in to Wasco State Prison. We got to walk in to the prison every month that year to have panels both in a level three yard with men serving life and a lower security working yard where men could be going home soon. What a joy to be there to answer their questions about working Steps, finding sponsorship and contact upon release. H&I has added so much to my life in sobriety; it always baffles me why more don't participate. There are 250 to 300 people at any given time who do become members of H&I in Orange County, and among them I have found wonderful lifelong friends. Thank God for AA and the ability to carry the message through H&I.

John R.

For more information on South County H&I, visit www.sochic.club or email info@sochic.club. For North County, visit www.ochandi.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

Dr. E.M. Jellinek

Dr. E. M. Jellinek, a biostatistician and researcher, played a pivotal role in shaping the understanding of alcoholism and indirectly supported the efforts of Alcoholics Anonymous through his groundbreaking work. His contributions helped frame alcoholism not as a moral failing but a disease, fundamentally altering the way it was treated and understood.

In the early 20th century, alcoholism was often seen as a moral weakness or a sign of personal failure. Treatment options were limited and largely ineffective, often relying on moral persuasion or religious conversion. However, a growing movement, spearheaded by organizations like Alcoholics Anonymous, began to change the narrative. Founded in 1935 by Bill Wilson and Dr. Bob Smith, AA was based on the idea that alcoholism was a disease and that mutual support could help individuals recover. While AA was gaining traction, there was still little scientific evidence to back its claims that alcoholism was a disease.

Dr. Jellinek's work provided the scientific foundation that AA needed to bolster its approach. In the late 1930s and early 1940s, Jellinek



Dr. E. M. Jellinek

ek conducted extensive research on alcoholism, primarily through surveys and interviews with members of AA. His analysis led to the development of the "Jellinek Curve," which mapped the progressive stages of alcoholism. This model depicted alcoholism as a progressive and chronic disease, with a predictable set of symptoms and stages, from occasional drinking to chronic addiction and eventually to recovery.

Jellinek's most influential contribution came in 1952 with the publication of his book, *The Disease Concept of Alcoholism*. In it, he argued that alcoholism was a medical condition rather than a moral issue, identifying different types of alcoholism and emphasizing the need for medical and psychological treatment. His work helped to legitimize the idea that alcoholism was a disease, which aligned with the principles that AA had been advocating. The concept of alcoholism as a disease became widely accepted, influencing both the medical community and public perception.

Mary G.
MSCA 09 Archives

"Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself."
-Og Mandino

Before the program, I was convinced that happiness was a byproduct of what we have. I truly thought that the more stuff you had, the happier you'd be. Sadly, I had a limited moral compass when it came to getting what I wanted, which usually led to stepping on others to get it. I now know that a walled off heart, or clenched fist, never receives anything of value.

The program has taught me that happiness doesn't come as a result of getting something we don't have, but rather to be thankful for what we do have. "We don't pray to get what we want; we pray to want what we get." It's impossible to give without receiving, just as it is impossible to receive without giving. It's counterintuitive to think we gain lasting happiness by giving to others, but that is where we truly find lasting contentment. Our hardwiring is directed towards self-preservation and selfish desires, so being of complete service to others has to be a conscious and ongoing effort. The day we learn that life doesn't happen to you, but instead, it happens for you, is when we begin our odyssey of enlightenment.

I'm so grateful the program reminds me to focus on today, and that what I do today will undoubtedly improve all my tomorrows. The road to my happiness has been paved by helping others, and this simple principle has brought me a contentment I never thought possible. Kindness is contagious, and we are so blessed to be able to spread the love and care of the fellowship in all aspects of our lives.

Anonymous

ON THE BEAM

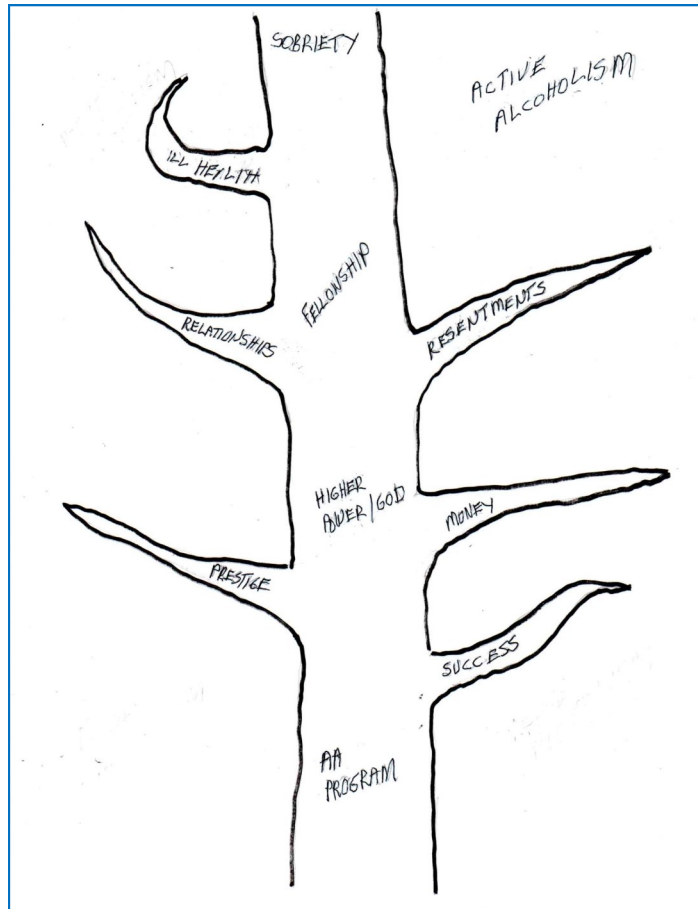
I have heard “are you on the beam” many times on my journey in sobriety, both in literature and in meetings. While understanding that “the beam” was referring to a signal, like a radio signal, my head kept telling me that there were many things that could block radio signals from being received. My head kept producing an image of a six-by-six wooden beam stretching out before me, a narrow path that one had to struggle to stay balanced upon—a fearful image. One misstep and you could be drunk and in alcoholic misery once again. Over time, this image in between my ears has come to change. When I think of being on the beam, I no longer think of a narrow radio or wooden beam, only a path.

Today I view a path, laid out by the twelve Steps of our program. Following this path allowed me to let go of my childhood fears and pre-judgment of my Higher Power/God and realize this being had a sense of humor and was loving. As a result of this, I became a member of our fellowship, not just riding on it and taking. In my image of the path, it is wide and straight. Our program, reliance on a Higher Power/God of our understanding, and the fellowship make staying on this path relatively easy. Yet there is always the danger of straying off the path. The drives for success; prestige; money; relationships; resentments; and any number of other things are just part of living. Our program gives us the tools and instructions on how to deal with these drives and feelings.

My Higher Power/God provides guidance, usually through fellow members of our fellowship. There are no burning bushes, just my

One misstep and you could be drunk and in alcoholic misery once again. Over time, this image in between my ears has come to change. When I think of being on the beam, I no longer think of a narrow radio or wooden beam, only a path.

fellow alcoholics. Yet should we become obsessed with any one of these drives or feelings, we step on to a side trail, leaving the safety of the path of sobriety. The side trails tend to get narrower as we travel them. Self-will kicks in and can block out the guidance from our Higher Power/God and our program. Blocking the route back to that wide, safe path. With help we can turn around and return to the safe path without taking a drink. Some do and some don't. The safe path of sobriety is always there and has been since 1935, waiting for us to keep treading onward or our return. Whether we have just strayed away or have fallen into active alcoholism again.



This alcoholic has found that working the Steps of our program, attempting to do my Higher Power's/God's will and not my own, and the fellowship keeps me on the wide, safe path of sobriety. Being human and having alcoholism make me vulnerable to those drives and feelings that are part of living. How does that work? It works because experience has taught me to share

where I am at the moment, good or bad, not to share from the head where I think I should be. Whether with a sponsor, friend in the program, or at a meeting. There are no secrets kept! Always, there seems to be a solution offered, sometimes several at once. I hear my Higher Power's message through members of our fellowship.

May you stay safely on “the beam,” or as I have come to see it, on the path of sobriety. Keep working our program of Alcoholics Anonymous, trust the fellowship and the Higher Power/God of your understanding, and you will remain on the path of sobriety and usefulness.

Trust God, clean house, and help others.

Bill F.

**OC INTERGROUP
ANNUAL BBQ**

Speakers starting @ 1pm

22 SEP

**BOUNCE HOUSE
GAMES
RAFFLE**

VOLUNTEER SIGN UP!

DISH/ITEM SIGN UP

12-3pm Tewinkle Park, Shelter #1
Contact Jackie G for inquires 908-309-5407

ANY SIDE DISH OR DESSERT IS ENCOURAGED/BYO CHAIR

Meeting Spotlight

*Idyllwild
Alcoholics Anonymous
Speaker Meeting*



Last Sunday of Every Month

12pm

St. Hugh's Episcopal Church
25525 Tahquitz Drive
Idyllwild, CA 92549

September Pamphlet of the Month

EXPERIENCE, STRENGTH AND HOPE

ACCESS TO A.A.
MEMBERS SHARE
ON OVERCOMING
BARRIERS

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

This pamphlet (P-83) includes the experiences of AA members who are blind and/or deaf, those who have hearing or vision loss, those who are housebound or chronically ill, and those who are living with the effects of brain injuries or stroke. These are the stories of alcoholics who found AA and are now living new and productive lives free from alcohol.

[Pamphlet available on www.aa.org]



From Self-Will to Willingness



In the beginning, the key to survival was the discovery of an amber colored brew to still the fears of an adolescent facing the challenges of adulthood, the fear of accumulating expectations and obligations of growing up, and meeting face to face the terrifying trail of obstacles cluttering the way along life's journey.

There were many fast-accumulating responsibilities in life: getting a girlfriend, a job, a car, finishing high school, getting married, finding an apartment, and having children. The future seemed daunting and impossible at the foot of the mountain of life! The first, second and third drinks encountered at the trail head when sixteen sprouted a special effect of invincibility and brown bottle courage to tackle life's impediments. The lightning bolt of self will was ignited on that fateful evening. My new companion would rubber crutch me through all scary encounters.

The consequences of this decision seemed trivial to the armor it cast around my self-preservation. It provided acceleration to propel my blitzkrieg into the battle of adulthood. Three years later, I was married with two kids living on the third floor of a hundred-year-old house with wall-to-wall linoleum, taking a bus to work and listening to the radio while wishing for a TV to watch. Love of family, freedom being on our own, and peanut butter sandwiches softened by powdered milk temporarily bridged the gap to the long-term reality of life.

The occasional trip to the illusionary world of make believe began its insidious makeover to the dysfunctional cinema of chaos where life's meaning was lost in the bottomless basement of despair. Hope appeared disguised by the cloak of bewilderment, darkness, self-pity and unspeakable fear. My oldest daughter, blinded by the devil's dandruff and anointed with daily whiskey baptism, found the Golden Gate to AA, leading the way to a re-birth of the family.

Two lifetimes in one lifetime became the mantra for this momentous conception of willingness and spirituality. An unimaginable life of finding oneself after learning everyone else is taken; learning one's potential for becoming a greater person: and how to get there through the wisdom learned from the Great Book, the *Big Book*, and countless others. Together, we learn and live a great life climbing the spiritual staircase and serving each other. Thank you all, the God of your understanding, Bill W., and every messenger on The Road Less Traveled to the Amazing Graceland where one finds the greatest moment of life after birth and begins to understand, WHY.

John G.

Making Restitution to Myself



I was void of self-love, and full of love of self (pride). Traumatized by one hundred forms of fear; activated by harm and injuries of many and various causes, kept me in bondage to the disappointments and hurts of the past, as they were compounded by disappointments and hurts of the present. I was not aware of any of the effects that this bondage had on me until God began to gently reveal the truth to me in the Ninth Step. It has taken many "one day at a time" moments, for the clarity of these revelations to be looked at and accepted as truth that would begin to set me free from deferred action that only served to avoid making restitution to myself.

As I rehash certain harmful things I have done to myself, and the length that I have gone to in neglect and deprivation; it is clear to me that I have sacrificed my own peace of mind. I'm seeing how rigidly righteous I have been by being a people pleaser in areas where it was harmful to my own well-being. I could, even in the years of the active grips of alcoholism, take responsibility for the well-being of my children, yet neglect and deprive myself of what I perceived was sacrifice for their well-being. All these years later, I clearly see that a lot of my actions were martyrdom, because of my deceptive views, the tormenting thoughts that distorted what my responsibilities actually were in my role of being a mother as well as being a "good person." I viewed myself as "bad" rather than "sick." And this created guilt, which caused me to over-indulge in my children's well-being in my futile attempts to "fix" their emotions from the divorce and broken family unit that I had created.

I kept going into debt in feeble attempts to eliminate guilt I was unknowingly in the grips of to give them things they neither wanted nor needed. The bottom line truth was: they were adjusting to the divorce, and I was still living in the regret of what I had done, leading to the divorce. I made amends to my children many years ago; yet, guilt kept nagging at my spirit that I still owed them amends. I can see, by hindsight, that the guilt had a foothold on me because of the challenges of denial I saw in them with this family disease of alcoholism. Fears of losing them were activated by my attempts to control what the outcome of their disease would be while neglecting my own basic needs.

I now accept that I am continuing to make living amends to my children by living a life of sobriety. I needed to give myself permission to let go of the guilt that kept me in false responsibility that I still owed them amends. It took years of reconstruction in my mind, and in my actions, to accept that only God can do the chiseling on them. It has taken me a long time to accept that I don't have to always be smiling, happy, nice, or groveling to win their love and affection. I'm very confident that all four of them do love me; I have just had expectations of them and the way that I view my relationships with them ought to be. My view is not real, and the mask I was wearing in that regard is coming off of me as I make amends to myself and accept that as I love and nurture myself first, by making amends to myself, everything else will fall into the alignment of God's Will for each one of them.

This whole process of making amends to myself cannot, must not, be broken nor spoiled by my question marks as to making healthy,

Continued on page 14

TWO NEW IDEAS FOR THE NEW AND NOT SO NEW



Some months ago, a friend of mine shared an experience that he had at his first meeting of Alcoholics Anonymous. His sponsor had picked him up from a treatment hospital and took him to the Wednesday Night South Coast Speakers Meeting of AA in Laguna Beach. He sat him down next to a long-time member of our fellowship named Chuck C. and introduced them.

Chuck C. turned to the new man named Chuck D. and said: "Chuck, there are only two things you need to know right now as a newcomer. Number one: Today is the day WE are not drinking (emphasis mine). We're not worried about drinking tomorrow or next week or next month. Number two: Stay close to your people." He then motioned to all the persons in the meeting hall and said, "These are your people."

I thought, "These two statements are also true in my own personal experience today!"

One day at a time, this is the day WE are not drinking. I learned from hard experience to stay close to my people. The unmanageability of my emotions was my reason for leaving the fellowship. I did drink again and personally proved to myself beyond any doubt this sentence from Chapter Three, *More About Alcoholism*: "This is the baffling feature of alcoholism as we know it, this utter inability to leave it alone, no matter how great the necessity or the wish" (*Big Book*, p. 34). Believe us. This really is a progressive and ultimately fatal illness.

I had the good fortune by Grace to make it back into the fellowship, but it was not easy. Yet, by that Grace, the fellowship, and eventually the Twelve Step way of living that enabled me to find (read: become aware of) my God, I am sober today.

My friend Chuck celebrated fifty years, one day at a time, earlier this year (April 2024). I am in my fifty-fourth year.

My God! What a journey it has been, this sober life, through all the experiences and lessons that life has to offer!

I leave you with this paragraph from page 275, fourth edition of *Alcoholics Anonymous*. It says it better than I can:

"AA is not a plan for recovery that can be finished and done with. It is a way of life, and the challenge contained in its principles is great enough to keep any human being striving for as long as he lives. We do not, cannot, outgrow this plan. As arrested alcoholics, we must have a program for living that allows for limitless expansion. Keeping one foot in front of the other is essential for maintaining our arrestment. Others may idle in a retrogressive groove without too much danger, but retrogression can spell death for us. However, this isn't as rough as it sounds, as we do become grateful for the necessity that makes us toe the line, and we find that we are compensated for a consistent effort by the countless dividends we receive."

Grateful beyond belief! (Thanks, Bill H.)

Vaun I.

INSTRUMENT OF PEACE



An old-timer once said to me, "[Step Nine](#) is where the rubber hits the road. It separates the men from the boys. It's where we put on our big-girl panties to step up and fully accept the consequences of our actions." My Ninth Step was the life changing entrance to a whole new realm, a realm of peace through responsibility.

With the help of my sponsor, my preparations to make amends involved creating three columns. Using my [Eighth Step](#) list of people I'd harmed, I placed each of them in one of these categories:

1. Those to whom I'm willing and able to make immediate amends (direct amends)
2. People to whom I'm willing to make amends, but for whatever reason, I can't or shouldn't, i.e., people who've died or who'd be harmed by a direct amends (indirect amends)
3. And finally, people for whom I take daily actions that improve my relationship with them and demonstrates my willingness to change for the better; usually those closest to us (living amends)

This is one of many ways to do Step Nine and it isn't set in stone. However, it's crucial to have a sponsor's guidance in determining what type of amends is appropriate for each individual we've harmed.

After I finished my columns, my enthusiasm resulted in me going straight to a coworker who I'd hurt by constantly no-showing and made my amends. It went great and her response was typical of those I made amends to: compassionate, understanding, and more concerned for my welfare than resentful at any harm I'd caused.

I called my sponsor right after to let him know. There was an awkward pause before he responded. In my well-intentioned but ultimately self-centered haste, I forgot to consider how my amends might affect others, so I didn't cause any further harm. I'd dodged a bullet. There's no guarantee of a positive response to our amends, and we must be prepared to humbly accept whatever comes. A sponsor can help us handle this and mine said he was glad the amends went well but to consult him first from now on. I contritely agreed.

I gradually made my way through my amends list over the next few months with a rising feeling of relief as one by one debts were paid, fences mended, and relationships renewed. My self-esteem started to grow, and I was grateful for my newfound responsibility.

I was reminded of the [Peace Prayer](#), also called the Prayer of St. Francis [*Editor's note: see p. 99 in Twelve Steps and Twelve Traditions to read more.*] In the depths of my defects, made worse by alcohol and drugs, I caused injury, doubt, despair, darkness and sadness to everyone around me. AA guided me to the contrary actions to these harms in Step Nine, where responsibility means not selfishly seeking forgiveness, but rather seeking to console, understand, give, and most importantly, to forgive.

The miracle of my Ninth Step was that in placing the concerns of those I'd harmed ahead of my own, regardless of whether or not

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., 949-228-8799

7:00PM, Sunday
IN-PERSON
Costa Mesa Speaker Group
 2040 Placentia Ave. (Costa Mesa Alano Club)
 Contact: Christy B., 949-742-0957

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., 206-390-6363 or
 Contact: John H., 949-697-1643

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., 714-401-0913

Irvine

7:00PM, Saturday
HYBRID
Turtle Rock Speaker Meeting
 1 Sunnyhill
 Meeting ID: 269 016 646, Password: wildbunch
 Contact: Joseph C., 949-683-9185

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., 949-228-4265

8:00PM, Saturday
HYBRID
CC Sat Nite
 20456 Laguna Cyn. Rd. (The Canyon Club)
 Meeting ID: 269 016 646, Password: canyon
 Contact: Tim A., 949-677-0100

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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., 949-929-3564 &
 Jesse C., 949-395-8960

Lake Forest

7:30PM, Friday
IN-PERSON
Saddleback Valley Fellowship Friday Night Speaker Meeting
 23401 El Toro Rd. (@ Muirlands Blvd.), Ste. 101
 Contact: Vijay, 949-632-1368

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., 949-903-0548

Orange

7:00PM, Sunday
IN-PERSON
Sunday Night Speaker Meeting of Orange
 250 S. Prospect St. (Revive Covenant Church)
 Contact: Manny A., 714-234-8506
 Speaker host: Eddie P. 623-606-0015

09/01 Donna V., Garden Grove
 09/08 Kelley C., Claremont
 09/15 Rozeann T., Costa Mesa
 09/22 Dan C., Orange
 09/29 Ally C., Arkansas

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., 949-547-3104

7:30PM, Friday
IN-PERSON
Friday Night Open Speaker Meeting
 202 Aragon (St. Clement's By the Sea Church)
 Contact: Tom P., 949-547-3104

Tustin

7:00PM, Sunday
IN-PERSON
Sober & Crazy Speaker Meeting
 12881 Newport Ave. (Grace Harbor church)
 Contact: Megan H., 949-423-8420

Villa Park

9:02AM, Sunday
IN-PERSON
9:02 Speaker/Participation Meeting
 17855 Santiago Blvd.
 Contact: Annette H., 714-785-3947 or
 E.C., 714-788-8489



Woman To Woman
 SAN DIEGO

September 20-22

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

womantowomansandiego.com

Continued from page 12

NHMS Meeting	\$150	\$300	Krista S.	\$4	\$4
Th 11:00A-(W)'s Closed BB,		\$84	Laura J., HB		\$10
WANDERING GROUPS	^	^	Lynn B		\$75
Fri P83 Wandering Group		\$100	Marilyn C., San Clemente	\$25	\$56
We 6:30P- Rolling Men's Stag		\$250	Matthew D. T.		\$28
ZOOM MEETINGS	^	^	Marcia F., group 342592 ??	\$50	\$50
As Bill Sees It Newcomer	\$195	\$425	Michael L.		\$330
Attitude Adj. 7am Cnyn Club	\$351	3,504	Pej P.		\$54
Back Bay (M)'s Zoom	\$26	\$781	Rob S. Orange		\$15
Whale Watchers Men's Stage	\$122	\$122	Robert R.	\$15	\$60
Dly 6A-Not Taking A Trip (SJC)		\$587	Robyn C.		\$2
Dly 7:05A-Attitude Adjustment		\$630	Robert S., RSM		\$105
Dly Noon Time Recovery (Cost		\$50	Rodger & Annette F., Irvine		\$155
Dly Early Birds	1,581		Ronald B.	\$25	\$100
M-F 7:00A-Zoom Daily Reflectin		\$800	Sherman S.		\$20
Tues/Thurs 7:05 A-The 705 Vi	\$378	\$923	Stephen M.		\$20
Tu 5:30P Womens @ The Gra		\$98	Transcend Healing & Breathw		\$5
Tues Nite Women's BB Study		\$297	Troy R		\$1
We 7A-Zoom Women's Book St	\$201	\$201	Tom P., HB		\$5
Wed. 5PM- East Meets West		\$40	William F., Anaheim		
We 6:30P-Wed Night Wanderi		\$61	IN LOVING MEMORY	^	^
Sun 7pm-Fishbowl Discussion		\$25	In Memory of Sandy P. #151		\$25
Thr 7:00P-Fishbowl		\$5	GROUP INFORMATION REQUESTED	^	^
Fri 7:05 AM Back To Basics (Ba		\$880	GSO #000342592		\$48
Jumpstart M-F 6:30A Sat/Sun		\$600	Receipt #1032 Need more info		\$60
Mon 6:00P-Women's Emotional		\$50	Receipt #1543 Need more info	\$301	\$301
Mon So Coast Mens Stag		\$448	Receipt#1578 Thursday's Fel	\$30	\$30
Sat. 9AM Morning Fellowship		\$80	TOTALS	\$28,364	\$132,779
Sat. 9:15 A-12x12 Irvine		\$76			
Sat. Morning Women's		\$1			
Sat. 12:00P Tustin AWC (Alkies		\$300			
Sat 7PM-Fishbowl Laguna Hills		1,005			
Sunday Night As Bill Sees		\$25			
We 5pm (W)'s Closed BB					
MISC. DONATIONS	^	^			
Birthday Donations	\$145	\$970			
IG Coffee Basket		\$50			
7th Tradition Zoom Mtgs		\$43			
Piggy Bank	\$63	\$68			
Tu 7pm Laguna Beach DW		\$175			
Mindful Day Sound Bath Donati	2253	2,603			
Saddleback Valley Fellowship		\$185			
Southern CA AA Convention	5193	5193			
PERSONAL DONATIONS	^	^			
Anonymous	\$132	1,480			
Alexander A. San Clemente		\$2			
Anna C.		\$14			
Aria M.		\$2			
Bill D. CMAC 10am BB Study Z		\$3			
BJ L. Irvine	\$75	\$150			
Brian S.	\$3	\$9			
Carolyn M.		\$50			
Curtis H.		\$20			
David B., Fullerton	\$10	\$50			
David & Angela K. Laguna Nigu		\$768			
Derek G. Laguna Niguel		\$125			
Effie R. Costa Mesa	\$50	\$100			
Elizabeth H., Brea	\$50	\$175			
Faith B.		\$5			
Gaston E.		\$104			
George H., Rancho Mission Vi		\$2			
Hilda F.		\$3			
Issella G.		\$160			
James & Carol W., NB		\$280			
Jenna K.		\$25			
Jennifer J., Costa Mesa	\$10	\$45			
Josh M.,		\$10			
Julie W.		\$75			
Kate L., Santa Ana		\$500			
Kathleen R. zoom	\$15	\$15			
Kim S.		\$5			

Water for My Soul

As the summer draws to a close, I am reminded of how much time I spent swimming with my family. My six-year-old-daughter has dark blonde curly hair, and I was worried that chlorine would turn her hair green.

While I was obsessively researching clarifying shampoos, I ran across a video where a mom showed how to keep the chlorine from getting into the hair to begin with. You made your hair wet first in the shower, and the chlorine couldn't absorb into the hair. In the video, the mom showed how even red food coloring couldn't cling to hair that was already wet, but it dyed dry hair immediately.

I thought of our program. Making sure that we're working a program keeps us "wet," and we are not susceptible to our environment. When we are "dry," which is also what we call an alcoholic who is not drinking but not working a program, we are absorb all the negativity around us. We do not have emotional sobriety, and we're probably making everyone around us miserable—including ourselves. I pray that when I find myself becoming dry, I'll get to a meeting. Just like water is required for living, our program is like water for my soul.

Anonymous

No ONE!

I needed a miracle in my life
I was dying from the inside out
Drinking has taken over my life
It encompassed my thoughts and actions
I was tired, exhausted from trying to stop on my own.
My stubbornness, shame and fear kept me outside the rooms of AA.
I had to hit rock bottom myself and I alone in order to decide to fix me.
The bottom line, my life was unmanageable.
Acceptance was the answer for me.
I had to accept that I had a problem, and that I needed help.

No one could do that for me.

No ONE!

Vivian W.



I Hope You Get Better

Continued from page 1

phone and pleaded with me, crying and begged for me to get help. By this time, my sister had already done her due diligence and found a number of treatment facilities in my area. When I understood how much pain I had brought to my niece, I looked over at my wife and gave her the look. She proceeded to pack a Trader Joe's bag full of my clothes, and I was off to the treatment facility within the hour.

Fast forward two days later, I was sitting at the public phone trying to call home to check in. I noticed a nurse leave from an office and proceed to walk past me and down the hallway. Following closely behind her was a young lady who seemed oddly familiar. And then I noticed the distinct flower tattoo behind her right ear. It was my Lyft driver. Was I hallucinating? I checked with a few nurses to see who this woman was, and I got confirmation that she was indeed part of the staff there. It all made sense. She works around people like me, and her remark she made to me the day she dropped me off at my house was not a coincidence.

After attending groups there at the treatment facility, I began hearing the term "God shot." In fact, that was the first time I had heard it. Well, if my run in with the lady with the flower tattoo isn't a God shot, I don't know what is.

Dalton F.

Making Restitution to Myself

Continued from page 10

realistic amends, rather than picking up false responsibility that is a waste of my time, energy, and money. To me, the process of healthy giving is like trying to separate the sand from the sea. Learning to make these healthy decisions is to prevent further resentment from cropping up and dividing the love and tolerance that I'm building with my children. The Ninth Step is a refilling of God's Spirit. It is the very best preparation for me to continue to learn to carry the message of recovery, rather than to carry the mess, with my children, and the people about me.

Effie R.

INSTRUMENT OF PEACE

Continued from page 11

they'd harmed me, I received the very thing I was attempting to grant them: peace. And we'll see in [Step Ten](#) that accepting the consequences of our actions and making amends is the gift that keeps on giving. But it will take daily attention and effort. As the [Ninth Step Promises](#) promise, we alcoholics find hope in knowing that being responsible with our personal relationships can change us from an instrument of harm into an instrument of peace.

Ron B.



Mark Your Calendar

» UPCOMING EVENTS

September 1

H.O.W. Hall Labor Day Fundraiser
 12PM-4PM
 19092 Beach Blvd. G-H
 Huntington Beach, CA
[Flyer](#)

September 2

Labor Day Picnic in the Park
 Jim Johnson Sports Park
 10AM-3PM
 560 W. Avenida Vista Hermosa
 San Clemente, CA
[Flyer](#)

September 6-8

AA Bridging the Gap Workshop Weekend
 Fairbridge Inn and Suites & Big Sky
 Conference Center
 3803 Brooks St.
 Missoula, MT
www.btgww.org

September 6-8

44th Annual Ventura County AA Convention (with Al-Anon Participation)
 Hyatt Regency Westlake
 880 S. Westlake Blvd.
 Westlake Village, CA
www.vcaac.org

September 13-15

NAATW 10th Anniversary Technology Workshop 2024
 Sheraton Westport Chalet Hotel
 191 Westport Plaza
 St. Louis, MO
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

September 22

OC Intergroup Annual BBQ
 12PM-3PM
 Tewinkle Park
 970 Arlington Dr.
 Costa Mesa, CA
[Flyer](#)

ALCOHOLICS ANONYMOUS
 ORANGE COUNTY INTERGROUP ASSOCIATION
 STATEMENT OF INCOME & EXPENSE
 PERIOD ENDING 07/31/2024 UNAUDITED

	Jul 24	Jan - Jul 24
Ordinary Income/Expense		
Income		
Literature Resale	3,238.30	18,364.84
Bank Adjustments	-14.95	-34.65
Birthday Donations	94.00	1,107.65
Group Donations	24,476.42	125,894.78
Individual/Fellowship	258.00	5,466.70
Interest Earned	4.64	31.88
Literature Sales	10,210.59	69,118.73
Shipping and Delivery Income	-18.75	-41.25
Total Income	38,248.25	219,908.68
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	11,151.89	47,219.99
Cost of Literature Sold - Other	0.00	65.60
Total Cost of Literature Sold	11,151.89	47,285.59
Shipping / Misc. Adjustments	-709.00	-1,512.79
Total COGS	10,442.89	45,772.80
Gross Profit	27,805.36	174,135.88
Expense		
Accounting	970.00	6,345.00
Auto Expense (all Mgrs.)	104.79	621.17
Bank Charges	0.00	-32.00
Convention & Svs Event Expense	0.00	855.54
Copier Expense	287.80	841.95
Credit Card Expense	343.24	1,778.79
Freight and Shipping Costs	0.00	7.50
Insurances	517.63	2,292.00
Intergroup Expense	206.71	3,003.43
Internet Expense	177.19	1,240.30
Lease Expense	284.05	1,988.35
"LIFELINE" Expense	2,675.00	12,425.00
Maintenance & Repairs	160.00	1,286.00
Offices' Supplies & Expenses	1,049.04	3,590.03
Payroll Tax Expense	846.25	6,786.24
Postage	0.00	227.29
Public Info Expense	0.00	580.08
Reconciliation Discrepancies	0.00	0.00
Reimb. Health	800.00	4,400.00
Rent Main/Satellite Offices	4,055.38	25,780.46
Salaries	10,462.69	72,140.01
Sales Tax on Lease	0.00	0.00
Special Events Expense	0.00	2,719.85
Taxes & Licenses	0.00	120.00
Telephone Expense	385.62	2,699.28
Utilities	82.17	381.03
Voided Transaction	-36.00	-36.00
Volunteers Coffee & Water	17.00	299.00
Website Expense	958.63	3,328.53
Total Expense	24,347.19	155,668.83
Net Ordinary Income	3,458.17	18,467.05
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	717.82
Total Other Income	0.00	717.82
Net Other Income	0.00	717.82
Net Income	3,458.17	19,184.87

September Word Search

Name _____

Email address _____
or phone number _____

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

AMENDS
COMMITTEES
CONSENT
OBEDIENCE

JUDGMENT
ATTITUDE
FORTHRIGHT
CONSEQUENCES

REPARATIONS
PEACE
RESPONSIBILITY
ORGANIZED

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, 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 OCTOBER 15th

Congratulations to July's winner, Brittany M.!