November 2024 Volume 55, Issue 11

Experience, Strength, and Hope in Orange County

The Reality of Step Eleven

For the first time in my life, the meaning of having a personal rela-

tionship with God became reality as I learned to practice seeking His will for my life rather than practicing self-will to get what I wanted for myself and others. And this reality was birthed through the Eleventh Step. The way that I had sought God prior to practicing the Eleventh Step through my journey in AA was by commanding and demanding for Him to line up with my self-will, as I was daily attempting to control everyone and everything. I was emotionally mis-

erable, yet I appeared stable to the outside world. The control I thought I had began to disintegrate with every attempt to stop in the "in between periods" of what I had been deceived into believing was "controlled drinking."

Since early childhood, I had known OF God, which progressed into a powerful experience with a vision of Jesus at around the age of ten. However, I did not begin to KNOW God personally until I began to PRACTICE seeking Him the way the Eleventh Step is outlined though "prayer and meditation." It was then that my spiritual eyes opened to see the truth which would begin to set me free from the spiritual disease of alcoholism. Our *Big Book* states on page 64: "When the spiritual malady is overcome, we straighten out mentally and physically." Experience has authenticated this truth to me as God's grace allows me to stay sober and help other alcoholics achieve sobriety. This has only been possible for me as I diligently practice the principles in the ten Steps guiding me to the Eleventh

I have learned that in order for me to tap into God's power to carry out His will for me, in any situation, that I must first begin with Step One and work through the other Steps to reach and apply Step Eleven.



Step and carry the message of my own experience, strength, and

hope (Twelfth Step).

The outline for practicing the Eleventh Step begins on page 86 in our *Big Book*: "On awakening let us think about the twenty-four hours ahead." It continues to suggest an active approach as to how to pray, what to ask for, and what to do to allow God to discipline us in the simple way outlined in our *Big Book*. I have learned that in order for me to tap into God's power to carry out His will for me,

in any situation, that I must first begin with Step One and work through the other Steps to reach and apply Step Eleven.

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<u>(ifeline</u>

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.

Lifeline Editor: Jennifer J. <u>oclifelineeditor@gmail.com</u>

ORANGE COUNTY CENTRAL OFFICE 1526 Brookhollow, Suite 75 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: <u>manager@oc-aa.org</u> Website: <u>www.oc-aa.org</u> Office hours: Mon-Fri: 9AM-7PM; Saturday & Holidays: 9AM-1PM

SOUTH COUNTY OFFICE 30011 Ivy Glenn Drive, Suite 104 Laguna Niguel, CA 92677 Phone: (949) 582-2697 E-mail: <u>satellitemanager@oc-aa.org</u> Office hours: Mon-Fri: 10AM-5PM

NORTH ORANGE COUNTY CENTRAL OFFICE 1661 E. Chapman Ave., #1H Fullerton, CA 92831 Phone: (714) 773-4357 Email: <u>manager@aanoc.org</u> Office hours: Mon-Fri: 9AM-7PM Sat and Sun: 9AM-1PM Website: <u>www.aanoc.org</u> Welcome 2024 SERVICE BOARD

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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.

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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.



Volume 55, Issue 11

Letter from the Editor

This month we focused on Step and Tradition Eleven as well as gratitude. I hope you enjoy the articles we have about Step Eleven. In our cover story, "The Reality of Step Eleven," Effie R. writes poignantly about what it means to practice Step Eleven. Even when dealing with a devastating loss, she chooses to practice prayer and meditation. Bill F. writes about gratitude in "Gratitude: A Form of Prayer" on page 8. He explains the how he created the prayers that work for him, and I hope you'll feel inspired if you don't already have a routine.

When I feel the Santa Ana winds and trade my flip-flops for Ugg boots in the morning, I know the holiday season is coming. I think we experience gratitude as a society in the month of Thanksgiving, but it is extra important to those of us in AA. Gratitude is a spiritual practice, and a lot of us try to donate a small amount of money to our Central Office or General Office in New York. You can find Bill W.'s thoughts on this in an article in *Box 459* (October-November 2000) titled <u>"Gratitude Month—Our Chance to Say Thank You."</u> This is our opportunity to make sure that AA is always available to the new alcoholic who needs it.

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 <u>www.oc-aa.org</u> 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 <u>oclifelineditor@gmail.com</u>.



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

Recovery

Recovery! Such a strong word To come back from To return, to heal, to awake, to be reborn Recovery from alcoholism From the obsession of wanting to drink When you choose to be recovered from alcoholism You will experience a new way of thinking A new way of living, and a new way of loving This is a gift only YOU can give yourself!



Vivian W.

Jennifer J.

Lifeline Editor



Gratitude Is an Action

<u>Gratitude Month</u> has been an AA tradition since the 1950s. It is a time for us AAs to reflect on how much AA has given to us and how we can give back to AA. AAs all over the world try to give a little extra to the General Service Office or to their Central Office so that AA can be there for the newcomer.

I am responsible . . . when anyone, anywhere, reaches out for help, I want the hand of AA to always be there. And for that: I am responsible.



Share Your Thoughts on Sobriety with the *Lifeline*

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

VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

714-556-4555 MANAGER@OC-AA.ORG

<u>lifeline</u>

Our Principles

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step Eleven highlights the importance of prayer and meditation in AA's program. Prayer is the fuel that lights the fire of action; meditation keeps us grounded and emotionally balanced, qualities that can relieve our obsession to drink by keeping us connected to our Higher Power/God. The Eleventh Step's influence on our sober well-being is a crucial part of the fulfillment of the <u>Ninth Step promises</u>. If we're sober but miserable, perhaps it's time to pay more attention to this important Step (*Alcoholics Anonymous*, pp. 83-84).

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and film.

In <u>Tradition Eleven</u> we dedicate ourselves to the principle of <u>personal anonymity</u> in order to protect AA's ability to help alcoholics. <u>Attraction</u> means we carry the message, lead by example, and let others recommend AA. Promoting our individual successes risks involving our ego, lacks humility, and can overshadow the message. Through painful experience we've learned that placing personality ahead of AA principles risks harming the fellowship and our own sobriety. AA <u>principles</u> and its (often free) <u>services</u> are publicized, but not its individual members.

Concept XI: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

<u>Concept XI</u> further defines AA's corporate structure that's continually evolved since its adoption in 1962. Nevertheless, certain principles continue: 1) Services always have one leader and their assistants, all with sufficient freedom and authority to act without interference. 2) Executive and staff compensation shall be similar to what it would be outside AA. 3) Assignments change or rotate every two years, with each staff member having the ability to fill in for other staff, and 4) <u>Concept IV</u>'s principle is reiterated: everyone who serves, members and paid workers alike, has equal status in AA.

Editor's note: You can read the long form of the <u>Traditions</u> on <u>www.aa.org</u> or on pp. 563-565 in the Big Book. You can also learn more about the <u>General Service Office</u> and how it serves AA on <u>www.aa.org</u>.]

Ron B.

How Am I Doing?

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

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

(Reprinted with permission from the <u>AA Grapevine</u>) (Traditions Checklist available from Central Office) (<u>SMF-131 Traditions Checklist</u> is available from the <u>AA Grapevine</u>on <u>www.aa.org</u>)



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Support Your Central Office





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Checks and money orders can be sent to:

ORANGE COUNTY CENTRAL OFFICE

1526 Brookhollow, Suite 75 Santa Ana, CA 92705 Step Eleven-Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

I believe that, although our program consists of twelve Steps, this Step is the pinnacle of our program.

The analogy I like to use to explain what I mean is if we are chefs, and we believe what we prepare is good for our customers, it should also be good for us as well. If we feed what we prepare to others but don't eat it ourselves, how much do we really believe in what we prepare?

This Step is about walking like we talk. It's about practicing what we preach.

On a slightly different note, it took me several years to realize that perhaps the most important word in the Step is ONLY.

Furthermore, I've often prayed for the knowledge of His will for me, believed I'd gotten the answer I asked for, but didn't carry out what I believed was His will for me. I finally learned, that was usually the missing link in my being.

If I'm going to ask for God's help, and especially if I believe I know what God wants me to do, I need to do it, whether I want to or not. But there have been too many times when I took my will back and did it my way, only to fall on my face.

Remember the insanity in the Second Step. I've found myself back there too often. If we're truly ready to take this Step, we will be spiritual enough to ask for God's help and then do it without asking why.

Are you ready?

It took me a long time, but I think I'm ready now.

Bob L.



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 the month 7:00PM meeting, 6:30PM new rep orientation —IN PERSON ONLY— Info: 714-556-4555, <u>www.oc-aa.org</u>

> Norma Hertzog Community Center 1845 Park Ave. Costa Mesa

<u>(ifeline</u>

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| 636 | CENTRAL OFFICE ACTIVITY September 2024 | | | | | | | | |
|---|---|---------|---------|--------|--|--|--|--|--|
| TOTAL CALLS | 12 | | | | | | | | |
| | Step | Meeting | General | Cus- | | | | | |
| | Calls | Info | Info | tomers | | | | | |
| OFFICE VOLUNTEERS (MAIN + SATELLITE) | 3 | 161 | 206 | 174 | | | | | |
| CALL FORWARDING VOLUNTEERS | 2 | 116 | 148 | 0 | | | | | |
| Manthhy Daaly Duraning | | | | | | | | | |

Monthly Book Drawing Winners—Congratulations!

Angelina T., Matt M., and Joanna P.

Hospitals and Institutions Corner



Before I became an alcoholic and an addict, I worked as a psychiatric aide in a behavioral unit in San Diego in the 1980s that included a detox facility. I remember taking my patients to meetings with visiting AA members from Hospitals and Institutions (H&I). Little did I realize that I'd eventually become one of them.

When I entered rehab some forty-odd years later in Orange County, the local H&I reps dropped by. Their leader was accompanied by a few guys, one of whom was an aging surfer dude with a long grey beard and hair. I don't surf, but he made quite an impression on me.

He shared a story where he'd invited his sponsee to a meeting. The guy said he didn't want to go because his back ached. The surfer dude's answer was as much to those of us attending as it had been to his sponsee, "Give me a break! When did your aching back ever prevent you from getting loaded?" We all had a good laugh, and I never forgot this lesson of honestly going to any length to stay sober.

Several sober years later, H&I's leader invited me to join their visit to my old rehab and . . . there was surfer dude again! I told him how his share had inspired me all those years ago. He didn't remember me but was humble about me remembering him. We can have a profound impact on others seeking sobriety when we carry the message. And if alcoholics can't come to meetings, we go to them. That's the miracle of H&I; we freely give what we were freely given to alcoholics who lack freedom.

I'm forever grateful to H&I and all its volunteers and look forward to joining them again on another visit to a hospital or institution.

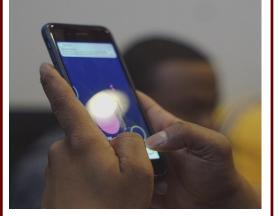
Maybe I'll see surfer dude again.

Ron B.

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



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



The Orange County Central Office call forwarding program ensures 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 Temperance Movement's Carry A. Nation

In the late nineteenth century, one of the most colorful figures of

the Temperance Movement emerged: Carry A. Nation. A fierce advocate for abstinence from alcohol, Carry became infamous for her radical approach to temperance—smashing saloons with a hatchet. Born in 1846 in Kentucky, Carry experienced firsthand the destruction alcohol could bring to families. Her first husband died from alcoholism, fueling her lifelong crusade against liquor.

Carry believed that alcohol was the root of many societal evils, including poverty and domestic violence, and she felt called by God to take direct action. Armed with her hatchet, she stormed into saloons, shattering bottles and destroying bar fixtures, often leading her to arrest. Despite criticism

and ridicule, Carry's bold tactics attracted national attention, and she inspired many temperance supporters to act. She became a symbol of the fight to rid society of alcohol, part of a broader movement that culminated in Prohibition in 1919.

However, despite the efforts of Carry and the Temperance Movement, Prohibition alone couldn't solve the deep-seated issues of alcoholism. Though alcohol was banned, many continued to drink, and the underlying problem of addiction persisted.

This is where Bill Wilson's story, told in Chapter One of the *Big Book of Alcoholics Anonymous (pp. 1-16)*, comes into play. Like many others in the post-Prohibition era, Bill struggled with alco-



Carry A. Nation

holism. Though external controls like Prohibition and temperance

pledges had failed to stop his drinking, Bill's recovery came through an internal, spiritual transformation. After years of battling alcoholism, Bill experienced a profound spiritual awakening, which led to the creation of Alcoholics Anonymous in 1935.

While Carry A. Nation and the Temperance Movement sought to eliminate alcohol from society through force and legislation, Bill W. recognized that the battle against alcoholism needed a different approach. AA provided a community-based, spiritual path to recovery, offering alcoholics a way to address the root causes of their addiction rather than simply eliminating access to alcohol.

AA's program of personal responsibility, mutual support, and spiritual growth proved more sustainable than external legal controls.

Though their methods were vastly different, both Carry A. Nation and Bill W. played pivotal roles in the fight against alcohol. Carry's passionate activism helped raise awareness about the dangers of alcohol, while Bill's development of AA provided a lasting solution for individuals struggling with addiction. Together, their stories reflect the evolving understanding of how to tackle alcoholism from external prohibition to internal transformation.

Mary G. MSCA 09 Archives

"Let no alcoholic say he cannot recover unless he has his family back. His recovery is not dependent upon people. It is dependent upon his relationship with God, however, he may define Him." –*Alcoholics Anonymous*, pp. 99-100

We learn early on, usually the hard way, that it is essential to get sober for ourselves. Family, jobs, or incarceration may be contributing factors, but none of those will sustain sobriety without a complete personal commitment by the individual to change their own life. No one else can get us sober, and no one else can make us pick up. The moment we think that our recovery is contingent on anything but our own willingness and action, that is the moment we are headed for a relapse. Besides, our families are usually done with us.

When it comes to family, the damage we invoke is often so destructive it takes a long time to build back all that broken trust. Trust is like a book; it takes years to write, but we can burn it in a day. Actions, not words, are the primary factors in building back trust in loved ones. Once we learn and accept that our recovery depends on no one but ourselves, the spiritual journey of healing can commence. We are never alone in our fellowship, and a helping hand is only an arm's length away, but it is always up to us to make the effort to accept this loving-kindness. The program can give guidance, but our spiritual journey is a personal one, and we all must find what works best for us.

Anonymous



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Gratitude: A Form of Prayer

Upon reading the morning meditation the other day, a line jumped

out at me. I will paraphrase that sentence: Your Higher Power/ God's power in your life increases as your ability to understand His/ Her grace increases. While there are many definitions for the word grace, the term God's Grace means undeserved favor, something freely given. This means gratitude to this alcoholic; however, this was a lesson hard learned.



was made. As a result, that very night, my alcoholic obsession was

lifted, and eighteen months of horrendous drunk dreams ended. I began to be grateful for this series of events, for this Higher Power/God had done for me what I could not do for myself.

Never have I been able to successfully sit and meditate. It really helped to do a daily morning reading/meditation—at least for a few minutes I could focus before the day's requirements crowded in. I was told early in the program never

The gift of sobriety was given to me on a Christmas Eve when the

words *This will never work again* echoed in my head as I got ready to get drunk one more time before an alcohol rehab interview. I put down the beer I had just sipped and have never taken a drink since. I was completely without hope and my head filled with darkness.

The rehab interview took place the first week in January, and they told me I would be a waste of their resources and cut me loose. I was told to quit or die. One of the nurses insisted I take a *Big Book* when I left. After looking through Chapters Two and Three, I attended my first meeting of Alcoholics Anonymous. Following the advice to attend meetings (two per week) and not drinking between them, I was able to stay sober physically for a year.

Some of the Steps of our program were worked; others were not. I was angry because I was not well yet, so I did not go to celebrate my first anniversary. The next morning at 7:30, there was a knock on my front door. It was my sponsor's sponsor. He shoved a card into my hands and said, "Get grateful, you bastard," and walked away.

I lacked gratitude because of my self-will. My anger at and fear of my Higher Power/God would not allow for gratitude. Eventually, it became clear that either I take the Third Step or drink again. So, the anger at and fear of punishment was set aside, and the surrender

I receive a daily reprieve from my alcoholism only by keeping a conscious contact with my Higher Power/ God. Should you have difficulties surrendering and praying, just say thank you for what you have received today. to pray for myself.

Over the years in my journey in sobriety, I developed a prayer I do nightly. I thank (gratitude) my Higher Power/God for the gifts received that day, especially sobriety. I ask that He allow all alcoholics to receive the opportunities He has allowed me. I ask that my family, friends, and enemies all be blessed and that they may come to experience His love and peace in their lives.

In the morning, I thank (gratitude) my higher Power/God for another day and ask to do His will for me (not to drink and to work the Steps of our program). Then throughout the day, I find myself saying thank you for our program that allows me to function somewhat normally with my wife, children, grandchildren, and others around me. I have received so much by God's Grace. This Grace has lifted me from a hopeless individual who wished to die to becoming a sober, useful human being today.

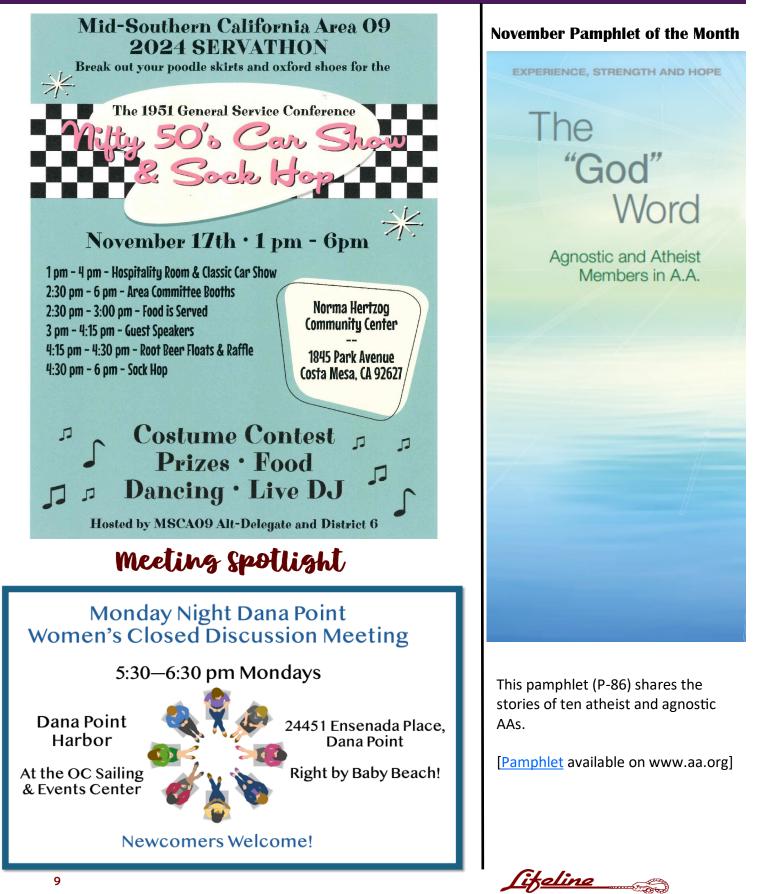
Over the last nearly forty-four years I have been blessed with so many gifts, all flowing from the initial gift of sobriety. I learned through our program of Alcoholics Anonymous that to keep that gift there were things I had to do: work the Steps of our program, not just once, but continuously. I receive a daily reprieve from my alcoholism only by keeping a conscious contact with my Higher Power/God. Should you have difficulties surrendering and praying, just say thank you for what you have received today. Be grateful to be given a path to sobriety and serenity. Saying thank you expresses gratitude. The rest will come along on your journey in sobriety.

Trust God, clean house, and help others,

Bill F.

<u>(ifeline</u>

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Doctor, Thank You



Our program has so many non-alcoholic doctors to thank for their contribution to the AA program, and not just Dr. Bob, one of our co-founders. Many nonalcoholic psychiatrists have been key to the success of our program during its early creation.

In the beginning, many heated discussions occurred within the New York group between the "trio," as Bill W., Fitz Mayo, and Hank Parkhurst were called.

Fitz was an ardent Oxforder who was highly religious and recognized by Bill as his spiritual sponsor, Hank was an announced atheist, and Bill was more secular in nature. A decision had to be made on the focus of the *Big Book*. Should it be religious, scientific, physiological, or spiritual? The religious viewpoint was eliminated because of countless failed attempts in the past. Bill mediated for a book with all three remaining components layered into one big book which incorporated his vision.

Bill begins the *Big Book* with a scientific forward titled "The Doctor's Opinion" to not scare off the more than fifty percent of people entering AA who are agnostic or atheist (*Big Book*, Chapter Four: "We Agnostics," pp. 44-57). Bill then proceeds to gradually convince them of the necessity of a spiritual awakening by taking and applying the Steps to everyday life. Knowing the disease centers in the mind, Dr. Silkworth brings attention to the obsession of the mind and allergy of the body while introducing the concepts of moral psychology, psychic change, phenomenon of craving, and pathological mental illness—a beautiful welcome mat to Step Two and the restoration of sanity.

Bill leaned heavily on the teachings of Doctors Harry Tiebout, William James, and Carl Jung, all psychiatrists, and all non-alcoholics. Tiebout advanced the theory that alcoholism was a disease centered in the mind rather than a moral affliction or a crime.^{*} James and Jung were also proponents of the varieties of religious experiences and spearheaded the new "psychology of religion," drifting away from the long held non-pragmatic, non-scientific religious doctrine of ages past.

The consensus held that alcoholics were emotionally unstable to some degree and needed a softening of ego and its sins, which include lust, greed, wrath (extreme anger), emotional manipulation, and desensitization of others. This requires surrendering self-will, a spiritual rebirth, and a psychic change while searching for an everlasting truth. Kahil Gabron writes in the *Little Book of Life*, "Let it never be said I have found the truth, but I have found a truth. Let it never be said I have found my soul, but rather I have met my soul on the path of life." For the death of ego is an objective only fully accomplished by few, and its crumbling corpse remains a stumbling block in our journey of enlightenment.

Love is our goal. Interpersonal feelings and ragged egos are the daily thorns in our moccasins. We seek a place where definitions and differences don't matter. Let lightness, humor, compassion, empathy, and understanding hold hands with your ego as we march through the trials and triumphs of life. May God bless us with His grace as we continue our great adventure observing the wonderment of the Higher Power's making!

*Alcoholism was acknowledged as a disease in 1956 by AMA. This allowed alcoholics to enter hospitals in lieu of jails and opened the door for medical insurance.

John G.

Sharing Experience, Strength, and Hope



I CAME, I CAME TO, AND I CAME TO BELIEVE. All those slogans I thought never made sense have such an impact on my life today. I have lived through so much in my sobriety that I would never wish on anyone. Dr Silkworth writes in "The Doctor's Opinion," "I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff he remain to pray" (*Big Book*, p. xxxii). After lots of prayers, I can truly say today, "I BELIEVE!"

I came into AA at the lovely age of thirty-nine. After twenty-four years of drinking and trying everything to CONTROL and drink like my friends, I was a lost cause. I would ask myself over and over, *Why can't I drink like my friends*? I lost everything, but most importantly, I lost my HOPE for anything. I was alone, homeless, on a bike with one eyebrow thinking I was someone I wasn't. I even had broken bones and didn't know it. I knew nothing about alcoholism, sobriety, or AA. To this day, it still blows my mind that I did not know my mother was an AI-Anon member for years. I only found this out by making my Ninth Step amends.

I was hungry, tired, and needed a cigarette—this is how my journey began. I rode a bike to a meeting not knowing it was an AA meeting. I heard laughter and saw smoke, and I needed a cigarette. I got donuts and just hung out at the Alano clubs. Why not? I had nowhere else go, and it reminded me of bars, my old hangouts. I slowly became popular (so my head thought) because everyone knew my name after some time. I knew to go back every day to hear them welcome me. Did I mention the donuts?

I knew nothing of what was going on in the meetings at the time or what was going to happen in my life. I stayed in the meetings all day every day riding that bike while I was full of fear, remorse, doubt, and anger, especially towards God. I had no HOPE at all. I was watching others and hearing stories about how they got their life back. It's all about identification, right? We share experience, strength, and hope to others while always speaking the language of our heart (our honesty). I mean, let's be honest: we aren't going back. I felt better every time I left a meeting, and I stayed sober without realizing that's what I was doing. GOD was doing for me what I could NEVER do on my own.

I got a sponsor and met with her weekly. I worked ALL twelve Steps, and during this process I was still feeling all those emotions mentioned earlier. Things did not change overnight. This is a journey. I caught myself comparing myself to others in the rooms which gave me doubt and anger. But like the Ninth Step Promises remind me, the change will happen "sometimes quickly, sometimes slowly" *[Editor's note: see* Big Book, *p. 84]*. I wanted instant gratification, like most of us, or wanted to take twelve years to do the Twelve Steps, which will never work.

I continued to do all the prayers, slogans, book studies, and lots and lots of meetings. Most importantly, I opened my mouth to share my experience of the REAL journey of staying sober with all the difficulties and trials we go through. I am of the "educational variety," and I wouldn't change it for the world *[Editor's note: see* Big Book, *Appendix II, "Spiritual Experience," p.* 567].

This has brought me closer to God and strengthened my faith. Most importantly, I trust in the process every day. I can say today that I have a healthy, useful life, as the *Big Book* promises us this because of service work (the altruistic movement) *[Editor's note: see* Big Book, *p. xxviii]*. I continue to give away what was so freely given.

Don't get me wrong: we will live life, and curveballs are going to come. Believe me. But by keeping those commitments, sponsorship, H&I, the fellowship, events, and so much more, it has always, and I mean always, been successful in the trials and low spots, as Bill W. said in his story. Bill W., even with long-term sobriety, had moments of resentment and doubt. But when all

Continued on page 14



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A RELATIONSHIP WITH ME



This program of AA has taught me to practice these principals in all my affairs. What this means to me is what I have heard in meetings or read from the *Big Book* is to be used during each day and in all my activities. The quality of practicing these principles is directly proportionate to the comfort and peace I have with myself.

Three basic questions I must ask myself in my decision -making process are:

- 1. Is it honest or dishonest?
- 2. Is it true or false?
- 3. Is it right or wrong?

Before I came to AA I did what I wanted to do. I always did what I wanted to do, and if I did what you wanted to do, I got a resentment. I started drinking when I was about sixteen, and I believe today that I quit growing emotionally at that age.

This program has taught me that my very best thinking got me to a park bench with a gun in my pocket. I was a failure as a father, a husband, and a man. I was ashamed and lonely, and I seriously thought I had mental problems. I hated my job, my boss, my marriage, and most of all, I hated me. I had lost the Chuck I used to know.

At nine months sober, I felt I was right where I was when I walked away from that park bench. I had to change, and I didn't know how to change. My day came at nine months sober when I could no longer continue to live as I lived—a day when I wanted to die. My sponsor spent some time with me that day, and I learned what love was all about. That man loved me when I could not love myself. That man gave up his time to walk with me though the pain without having to drink.

Two days later, I made a great discovery. That day that I wanted to die, it never occurred to me to drink. It never entered my mind as a solution to my problems. What a great discovery! I had a program. That is why I came to AA in the first place. I wanted to learn how to not drink.

It was not until eleven months sober that I made my second great discovery: the Sixth Step, that number one character defect. I didn't know how to be honest with me. My committee had been in control of my life for so long that I could not tell the real from the imagined, the truth from the untruth. Someone told me in a Step study meeting to try to be as honest as I was capable of being honest right now. Be as honest as I could at this instant; not tomorrow or ten minutes from now, just right now. That broke my problem down to bite size.

As a result of this great discovery, I found that if I was honest, I didn't feel dishonest. If I quit doing guilty things I didn't feel guilty. If I was trustful, then trust grew again where it had been lost. I came to believe that if I "wanted" something bad enough that my committee would justify my actions. I had to learn not to listen to me. I learned that if I looked outside of me for someone else to fill a void in my life, I was looking in the wrong place. I was setting up someone else to do God's job.

Happiness, contentment, peace, self-respect, honesty, completeness are all inside jobs. So, I ask just those three simple questions.

1. Is it honest or dishonest?

2. Is it true or false?

3. Is it right or wrong?

Think about it.

Chuck H.

Sometimes Slowly to Always Materialize



A couple of years ago I wrote a Lifeline article (<u>Lifeline</u>, November, 2022 – "The Music of Silence," p. 8) on <u>Step Eleven</u> without mentioning that it took me eleven years to truly embrace meditation. When it comes to doing AA to the best of our ability, it happens sometimes quickly, sometimes (very) slowly. Praying was easy for me. So why wasn't meditation?

In a classic example of resting on my laurels, by

embracing prayer but neglecting meditation, I'd lost sight of Step Eleven's principle of awareness: staying aware of a power greater than myself and its will for me. Prayer is talking to God/Higher Power and is great, but "conscious contact" is two-way communication and requires listening. Meditation helps me to better receive the message, otherwise I risk consulting my self-will instead. Since I wasn't painstaking about this phase of my development, my <u>Ninth Step Promises</u> suffered.

I was free of the obsession to drink but past regrets and anxieties about the future still bothered me. My serenity was lacking despite eleven years in the program. Through helping other alcoholics I felt less useless and selfish, but my self-seeking hadn't completely slipped away. Though my fear of economic insecurity had eased, other fears remained, especially of people. I needed answers.

I had little excuse for neglecting this important Step. There are suggestions and guides to meditating in the <u>*Big Book*</u> (pp. 85-88), but as a secular alcoholic, I was uncomfortable with their religious overtones.

My epiphany came during the COVID lockdown. As the fellowship turned to technology to stay connected via Internet meetings, I found another technology in the form of one of the many available <u>meditation apps</u> to help me meditate. It can be set to remind me to meditate, then guide me through my practice while teaching me the <u>mindfulness</u> that cultivates and enhances spiritual awareness.

Apps and the Internet are useful tools but they weren't around in Bill W.'s day and AAs still meditated. If we lack online access, we can call <u>OC Central office</u> (714-556-4550) for AA meditation advice or directions to one of several OC AA <u>meditation meetings</u>. Or we can go to any <u>library</u> for information on general meditation. There's also a fine <u>book</u>, *Prayer and Meditation*, published by <u>AA Grapevine</u> with stories of how AAs have been incorporating meditation into their recovery since the beginning of the fellowship.

Painstaking means I do AA's program to the best of my ability and attentively work at it every single day. Seeking means we pray to ask for our Higher Power/God's will for us and we meditate to better hear the answer. This is the one proper use of our willpower (*Big Book*, p. 85). Willpower can't relieve our obsession to drink but it can help us schedule and commit to routine AA rituals like our daily <u>Tenth</u> and Eleventh Steps. Once I did this, The Promises started coming true more often.

In AA I learned to accept that things happen in my Higher Power/God's time. However, some of us are slow learners. By using my willpower to set and keep a schedule that included daily (or more often) meditation, my increased spiritual awareness led me to more serenity, improving all of my AA program and life. Step Eleven is just one more part of my recovery where, if I work it, the fulfillment of The Promises goes from "sometimes slowly," to "always materialize," where "the answers will come." (BB, p. 164.

Time to pray and meditate.

Ron B.

<u>(ifeline</u>

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Group Contributions to Central Office, September

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| Sa 6:00P-Sat. Night Refugees. 2 [963] IRVINE ^ ^ Su 6:00P-Sat. Night Refugees. 2 [963] Ist 7 Su 6:00P-Sat. Night Refugees. 2 [917] Tu 8:00P-Metry Stag, 614 N B [57] CVPRES ^ Diy 7:00A-Solu Grp Mar, 5001 N 3:200 MF 12:00P-Jast A Eliks. 25902 1:200 SEAL BEACH ^ A To 700-Alers A Eliks. 25902 1:200 SEAL BEACH ^ A To 700-Alers A Eliks. 25902 1:200 SEAL BEACH ^ A To 700-Alers A Eliks. 25902 1:200 SEAL BEACH ^ A To 700-Alers A Eliks. 25902 1:200 SEAL BEACH ^ A Sea 0.00-Sint A Eliks. 25902 Sea 0.00- | | \$60 | | | | | | | | | | \$100 |
| CYPRESS A Dly6:300-Sunise Sobriety, 4400 1.500 MISSION VIEJO A A Th 6:00P-On the Way Home, 20 ST DDN 7 00A-Hardcore Harbor, 34 1500 MF 12:00P-Take The Sizes Na 310 MVF 12:00P-Larona Park, 22:02 S197 MO 7:30P-Speakers, 500 Marina 11:30 S0 9:30A-Spuriday, 34:699 Gid S275 MV 12:00P-Atten hons, 500 1 S385 We 9:30A/Wiry Disc, 26051 Ma S600 We 7:30P OVC) Coffee BIG S2 No 5:30P-(Wiry Disc, Ensenada \$165 Mo 5:00P-(Wiry Disc, 16:0range S634 Th 6:00P-Mid 3'G S Park, 26931 S527 Wh 7:00-PArton Kown Aminers BIS S10 Th 2:00P-PCOM (W) Big Book S S600 We 7:30P (W) Step Study, 138 S13 Th 2:00P-Mix Stap Stap Stap Stap Stap Stap Stap Stap | | | | | ۸ | | | | | | | \$120 |
| Dip 7:00A-Hardcore Harbor, 34 1500 M-F 12:00P-Tarke The Steps. Na \$10 NVM F 12:0P-Aurora Park, 22:02 \$197 Mor 7:30P-Speakers, 500 Marina 17. Su 9:30A-Spkr/Bday, 34699 Gid \$275 MW 12:00P-Aurora Park, 22:02 \$197 Mor 7:30P-Speakers, 500 Marina 17. Su 9:30A-Wyls Disc, Ensenada \$155 Mo 5:00P-(W) Blue Book, 5001 1.088 Th 12:00P-VCM (W) Step Study, 138 \$317 Tu 7:00A-Men's Stag 33601 Sto \$662 Mo 7:30P-(W) Step Study, 138 \$176 Th 2:00P-VCM (W) Step Study, 138 \$176 \$100P-Stand/Door, 26051 Ma \$107 SULVERADO CANYON \$107 \$102-0P-W'S Marine's BS Study, 150 \$216 NEWPORT BEACH \$107 \$100P-M'S Stand/Door, 26051 Ma \$100 \$100P-Brace Group, 145 \$100P-More, 155 \$100P-Brace Group, 145 \$100P-Brace Group, 145 \$100P-Brace Group, 145 \$100P-More More, 145 \$100P-Brace Group, 145 | | ^ | ^ | Dly 6:30A-Sunrise Sobriety, 4400 | | 1,509 | MISSION VIEJO | ۸ | ۸ | Th 6:00P-On the Way Home, 20 | | \$145 |
| Su 9:30A-Spkr/Bday, 34699 Gid \$275 MV 12:00P-Atton Noon, 5001 Ne \$395 We 9:30A-Wys Topic, 26051 Ma \$505 We 7:30P BYOC Coffee BB \$52 Mo 5:30P-(W)'s Disc, Ensenada \$156 Mo 5:00P-(W)'s Disc, 15 Orange \$343 Th 6:00P-(M) Big Book S \$800 We 7:30P BYOC Coffee BB \$527 Mo 5:30P-(W)'s Disc, 15 Orange \$343 Th 6:00P-(M) 3G's Park, 26931 \$527 Bith St. \$11 We 5:30P-So Coast Mer's Stag, \$96 Tu 12:00P-WYs Mariners BB Stu \$136 Th 7:00P-MYs Mariners BB Stu \$10 S10P-Couch Meeting, 26001 \$555 \$UINSET BEACH ^A We 6:30P-Primes Park Discussion \$2007 Tu 7:30P-(M)'s Clima of Hall Meeting, 26001 \$245 NEWPORT BEACH ^A \$U1:00A-Inner Peace Group, 1 \$4 We 6:30P-Primary Purpose, 33 \$880 Fr 12:PF II Womer's As Bill Sees \$2260 M-F 6:43A-Attitude Ad, Bayside \$400 \$00-300-Build Meeting, 26001 \$408 Mo 4:30P-(W)'s Hour of Power, 52 \$200-ACMIN Pathese AD-Ad-Ad-Ad-Ad-Ad-Ad-Ad-Ad-Ad-Ad-Ad-Ad-Ad- | DANA POINT | ^ | ۸ | Dly 7:00A-Solu Grp Mar, 5001 N | | 3,250 | M-F 12:00P-Diss At Elks. 25902 | | 1,200 | SEAL BEACH | ^ | |
| bit 5:30P-(W)'s Disc, Ensenada \$155 Mo 5:00P-(W) Bule book :5001 10.08 Th 12:00P-PCOM (W) Big Book S \$800 We 7:30P (W) Step Study, 138 \$11 TU 7:00A-Men's Stag 33601 Sto \$662 Wo 7:30P-(W)'s Disc., 15 Orange \$834 Th 6:00P-(M) 3 G's Park, 28931 \$527 We 7:00A-(M)'s Gloria Dei BB, 3 189 107 Tu 6:00P-W's Mariners BB Stu \$136 Th 8:00P-Stand/Door, 26051 Ma 1,072 We 7:00A-(M)'s Gloria Dei BB, 3 189 107 Tu 6:00P-W's Mariners BB Stu \$136 Th 8:00P-Stand/Door, 26051 Ma 1,00P-BYOBp, 18865 PCH A We 6:00P-(W)'s SOS, 25975 D0 \$2607 Tu 7:00P-f(M)'s KL S: 122L; 100 \$245 NEWPORT BEACH A Su 1:00A-Inner Peace Group, 1 \$45 Th 7:00P-Finary Purpose, 3 \$3808 Fr 12P-Fi Women's As Bill Seet \$2600 Mr 6:30A-Chicken Coop Round 2,000 Su 0:00P-Sand/Owners, 16865 P \$4 FOUNTAIVALLEY A LGUNA BEACH A Mr 12:16P-Shark(QApuatei, 1W 3:863 Tu 7:00A-Chicken Coop Round 2,000 Su 0:00A-Sand/Sand/Sand/Sand/Sand/Sand/Sand/Sand/ | Dly 7:00A-Hardcore Harbor, 34 | | 1500 | M-F 12:00P-Take The Steps, Na | | \$10 | MWF 12:00P-Aurora Park, 23202 | | \$197 | Mo 7:30P-Speakers, 500 Marina | | 1,338 |
| Tur 7:00A-Mem's Stag 33501 Sto §527 Mb r. 30P-(W)'s Disc., 15 Orange §834 Th 6:00P-(M) 3 G's Park, 26931 §527 Bth St §57 Tu 5:30P-So Coast Men's Stag, §96 Tu 2:00P-W/W S Mariners BB Stu \$136 Th 8:00P-Couch Meeting, 26001 \$65 We 6:00P-(W)'s COS, 25975 Do §2267 Tu 7:00P-(M)'s KIS, 12X12, 500 \$245 NEWPORT BEACH ^ \$50 We 6:30P-Primes Park Discussion \$2200 Tu 7:00P-(M)'s CIS, 12X12, 500 \$245 NEWPORT BEACH ^ \$51:00P-BCOB, 412 \$50:01P-BEACH \$51:00P-BCOB, 412 \$51:00P-BCOB, 51:00P-BCOB, 16865 PCH \$51:00P-BCOB, 51:00P-BCOB, 51:00P-COB, 16865 PCH \$51:00P-BCOB, 51:00P-COB, 51:00P-COB | Su 9:30A-Spkr/Bday, 34699 Gld | | | | | \$395 | We 9:30A-(W)'s Topic, 26051 Ma | | \$505 | We 7:00P BYOC Coffee BB | | \$29 |
| Tu 5:30P-Sc Coast Merr's Stag, \$96 Tu 1:2:00P-Wir Mariners BB Stu \$138 Th 8:00P-Stand/Door, 28051 Ma 10.72 SILVERAD CANYON ^ We 7:00A-(M)'s Gloria Dei BB, 3 189 178: 00P-Stand/Door, 28051 Ma 10.72 SILVERAD CANYON ^ We 6:00P-(W)'s SOS, 25975 Do \$267 Tu 7:00P-(M)'s K1.S. 12X12, 500 \$244 NEWPORT BEACH ^ Su 11:00A-Inner Peace Group, 1 \$44 We 6:30P-Prines Park Discussion \$200 Tu 7:30P-(M)'s of trvine, 4949 All \$150 Di/s:30A-Round Table Disc., 414 \$200 Su 1:00P-Beat A Deadh Horse, 1 \$52 Th 7:00A-Thom Men's Topic, 487 169 We 6:30P-On The Way Home, 1 \$256 M-5:630A-Chicken Coop Round 2.000 Su 5:00P-Sundowners, 16865 P \$4 Sa 7:00A-M(M)'s 10th Step,3301 \$880 F112P-Fri Womer's As Bill Sees \$260 M-F 6:30A-Chicken Coop Round 2.000 Su 5:00P-Sundowners, 16865 P \$71 \$200 \$245 M-7 12:15P-Kinted Adj, Bayside \$448 Mo 4:30P-(W)'s Hourd Power, \$255 Su 7:00A-Cue Stand | Mo 5:30P-(W)'s Disc, Ensenada | | | | | 1,088 | Th 12:00P-PCOM (W) Big Book S | | \$800 | We 7:30P (W) Step Study, 138 | | |
| 10 10< | Tu 7:00A-Men's Stag 33501 Sto | | | | | | | | | | | \$119 |
| We 6:00P-(W)'s SOS, 25975 Do S267 Tu 7:00P-(M)'s K.1.5. 12X12, 500 \$245 NEWPORT BEACH A Su 11:00A-Inner Peace Group, 1 \$44 We 6:30P-Pines Park Discussion \$200 Tu 7:30P-(M)'s of Irvine, 4949 Att \$150 Di)/6:30A-Round Table Disc, 411 \$2400 Su 10P-BYCBp, 16865 PCH \$170 Th 7:00A-Th Nor Men's Topic, 487 1680 We 6:30P-(M)-Advalued, Advalued, Ad | Tu 5:30P-So Coast Men's Stag, | | | | | | | | | | ^ | |
| No. 6:30P-Jines Park Discussion \$200 Tu 7:30P-(M)'s of Irvine, 4949 Att \$150 Diy 6:30A-Round Table Disc., 41 2,400 Su 1:00P-BYOBp, 16865 PCH \$ Th 7:00A-Th Morn Mer's Topic, 487 1669 We 6:00P-On The Way Home, 1 \$256 M-S 6:30A-Lincker Coop Round 2,000 Su 3:00P-Beat A Dead Horse, 1 \$1 Th 7:00A-Th Morn Mer's Topic, 487 1669 We 6:00P-On The Way Home, 1 \$256 M-S 6:30A-Cincker Coop Round 2,000 Su 5:00P-Sundowners, 16865 P \$4 Sa 7:00A-(M)'s 10th Step,33501 \$861 Sa 11:00A-B B Stdy, 1 Sunnyhill \$200 M-F 6:45A-Attitude Adj, Bayside \$488 Mo 4:30P-(W)'s Hour of Power, 1 \$2 Diy 6:00A-Solutions (Bushard) \$55 \$55 Diy 7:00A-Wh Watchers (M)'s, 236 (263 Su 9:30A-Sandy Survivors, 15th/ \$59 \$105 We 7:00A-Attitude Adj, 16865 P \$5 FULLERTON ^A Su 7:30P-Canyon Club Candleil \$10 Mo 6:30P-(W)'s Solid Solutions, 1 \$175 We 6:30P-Newcomer's (THU R \$10 F16:00A-Wellerton Gamers \$373 Mo 7:00A-164 & More 292 \$656 We 7:00A-164 & More 292 \$656 We 7:30P-Canyon Club Candleil \$10< | | 189 | | | | | 9; 9; | | | | ~ | ¢ 4 0 |
| No. 1000000000000000000000000000000000000 | | | | | | · · | | ^ | | | | \$50 |
| Th 7:00P-Primary Purpose, 33 \$880 Fr 12P-Fri Women's As Bill Sees \$260 M-F 6:30A-Chicken Coop Round 2,000 Su 5:00P-Sundowners, 16865 P \$4 Sa 7:00A-(M)'s 10th Step,33501 \$861 Sa 11:00A-B B Stdy, 1 Sunnyhill \$200 M-F 6:45A-Attitude Adj, Bayside \$448 Mo 4:30P-(W)'s Hour of Power, \$22 Dily 8:00A-How It Works AA Mee \$25 Dily 7:00A-C Club 7AMs Att Adj, 2 1.568 Su 7:15A-(M)'s Early Risers, 798 \$399 Tu 7:00A-Tues at Thursdays, 16 \$777 \$55 Dily 8:00A-Solutions (Bushard) \$55 Su 7:00A-W Watchers (M)'s, 228 240 9:30A-Sandy Survivors, 15th/ \$59 Tu 7:00A-Tues at Thursdays, 16 \$777 \$77 \$20 Me 6:30P-(W)'s No Bull, 16581 B \$250 Su 1:00A-Heisler Park Disc, Clif \$300 Mo 6:30P-(W)'s Solid Solutions, 1 \$175 We 6:30P-Newcomer's (THUR \$2 Fri 6:00A-Fullerton 6amers \$735 Mo 7:00P-Canyon Club Candieli \$91 Mo 7:00P-Devard Disc., 1099 B 200 \$600 Mr 1:0:00A-Weylow ret Thursdays, 168 \$17 Fri 10:00A-Weylow roday, 9 300 \$800 S00 \$100 S255 We 5:30P-Meynomer's Stag, 749 \$200 \$10 \$200-P-Nether Stag, 2414 \$210< | | 107 | | | | - | | | | | | \$100 |
| Nn 1:sin 1:si | | 487 | | | | | | | | | | \$40 |
| FOUNTAIN VALLEY A A M.F 12:15P-Shark@Aquatic, 1 W 3,963 Tu 7:00A-Tues at Thursdays, 16 \$77 \$55 Dly 8:30A-How It Works AA Mee \$255 Dly 7:00A-C Club 7AMs Att Adj, 2 1,566 Su 7:15A-(M)'s Early Risers, 798 \$399 Tu 7:00A-tues at Thursdays, 16 \$77 \$55 Dly 6:00A-Solutions (Bushard) \$555 Su 7:00A-Wh watchers (M)'s, 236 2,643 Su 9:30A-Sandy Survivors, 15th/ \$591,195 We 6:30P-Newcomer's (THUR \$ 6:30P-(M)'s No Buil, 16581 B \$250 Su 7:30P-Canyon Club Candleli \$91 Mo 7:00P-Over 40 Disc., 1099 B 200 \$600 We 7:00A-Nhueta Thursdays, 168 \$1 Fri 6:00A-Fullerton Gamers \$775 Mo 7:00A-164 & More 292 \$656 Mo 8:30P-Balboa Broads, 600 St \$195 Th 5:30P-(W)'s Disc, 16665 PC H \$1 GARDEN GROVE ^ Mo 6:30P-(W)'s BB Stdy, 21632 150 \$525 Tu 7:30P-Balboa Broads, 600 St \$195 Th 2:100-Prunk Busters, 1686 \$2 Mr 10:30A-We/OK Today, 9 300 \$800 Mo 7:00P-South Coast Men's Sta \$250 We 7:30P-Men's Stag, 788 Dover \$1000 Sa 11:00A-Noon | | | | | | | | | | | | \$25 |
| Dly 8:30A-How It Works AA Mee \$25 Dly 7:00A-C Club 7AMs Att Adj, 2 1,568 Su 7:15A-(M)'s Early Risers, 798 \$399 Tu-12:00-Tues Noon, 16865 P \$15 Dly 6:00A-Solutions (Bushard) \$55 \$55 Su 7:00A-Wh Watchers (M)'s, 2 236 2,643 Su 9:30A-Sandy Survivors, 15th/ \$59 Tu-12:00-Tues Noon, 16865 P \$15 Mo 6:30P-(M)'s No Bull, 16581 B \$250 Su 10:00A-Heisler Park Disc, Clif \$300 Mo 6:30P-(W)'s Solid Solutions, 1 \$175 We 6:30P-Newcomer's (THUR \$15 Fi 6:00A-Fullerton 6amers \$735 Mo 7:00A-164 & More 292 \$666 Mo 8:30P-Balboa Island Step Stu \$400 Th 7:0A-Thur at Thursdays, 168 \$15 GARDEN GROVE ^ ^ Mo 6:30P-(W)'s BS tyly, 21632 150 \$252 Tu 7:30P-Balboa Broads, 600 St \$195 Th 5:30P-(W)'s Disc, 16865 PCH \$1 We 6:00P-Wednesday's Warriors \$500 Tu 12:00P-Tuesday Noon Worme 148 \$254 Tu 6:00P-Castaways (W) C to C \$100 \$11:00A-Noon at 11, 16865 PC \$12 We 6:00P-Beap Disc, 20456 LCR \$1139 Th 7:0A-Closed Women's 12x1 \$340 TRABUCO CANYON NC <td></td> <td>^</td> <td>\$801</td> <td></td> <td>٨</td> <td></td> <td></td> <td></td> <td>9400 3 963</td> <td>Tu 7:00A-Tues at Thursdays, 16</td> <td>\$77</td> <td></td> | | ^ | \$801 | | ٨ | | | | 9400 3 963 | Tu 7:00A-Tues at Thursdays, 16 | \$77 | |
| Dig 6:00A-Solutions (Bushard) \$55 \$55 Su 7:00A-Wh Watchers (M)'s, 236 2,643 Su 9:30A-Sandy Survivors, 15th / \$59 \$59 1,195 We 7:00A-Attitude Adj, 16865 P \$53 Mo 6:30P-(M)'s No Bull, 16581 B \$250 Su 10:00A-Heisler Park Disc, Clif \$300 Mo 6:30P-(W)'s Solid Solutions, 1 \$175 We 6:30P-Newcomer's (THUR \$2 FulLerron A Su 7:30P-Canyon Club Candleli \$91 Mo 7:00P-over 40 Disc., 1099 B 200 \$600 We 12:00P-Noon Promises, 168 \$1 GARDEN GROVE A Mo 6:30P-(W)'s BB Stdy, 21632 150 \$525 Tu 7:30P-Balboa Island Step Stu \$400 Th 7:00A-Thur at Thursdays, 168 \$1 GARDEN GROVE A Mo 6:30P-W)'s BB Stdy, 21632 150 \$525 Tu 7:30P-Balboa Island Step Stu \$400 Th 5:30P-(W)'s Disc, 16865 PCH \$1 Ub 6:00P-Women's & LGBTQ 12 \$200 We 7:00A-Whale Watchers (M)'s, \$42 \$166 We 7:30P-Men's Stag, 414 32nd \$25 \$25 \$3 \$1:00A-Locaed Women's 12x1 \$3:40 Ub 6:00P-Women's & LGBTQ 12 \$200 We 7:30P-Adh Stag, 798 \$400 \$20 \$2100 \$ | | 1 | \$25 | | | | | | \$399 | Tu-12:00-Tues Noon, 16865 P | | \$15 |
| Mo 6:30P-(M)'s No Bull, 16581 B \$250 Su 10:00A-Heisler Park Disc, Clif \$300 Mo 6:30P-(W)'s Solid Solutions, 1 \$175 We 6:30P-Newcomer's (THUR \$1 FULLERTON ^ Su 7:30P-Canyon Club Candeli \$91 Mo<7:00P-Over 40 Disc., 1099 B | | \$55 | | | | | | \$59 | 1.195 | We 7:00A-Attitude Adj, 16865 P | 1 | \$31 |
| FULLERTON A Su 7:30P-Canyon Club Candleli \$91 Mo 7:00P-Over 40 Disc., 1099 B 200 \$600 We 12:00P-Noon Promises, 168 \$1 Fri 6:00A-Fullerton 6amers \$735 Mo 7:00A-164 & More 292 \$656 Mo 8:30P-Balboa Island Step Stu \$400 Th 7:00A-Thur at Thursdays, 168 \$1 GARDEN GROVE A Mo 6:30P-(W)'s BB Stdy, 21632 150 \$525 Tu 7:30P-Balboa Broads, 600 St \$195 Th 5:30P-(W)'s Disc, 16865 PCH \$1 MTh 10:30A-We/OK Today, 9 300 \$600 Mo 7:00P-South Coast Men's Sta \$250 We 5:45P-Rigorous Honesty, 22 200 \$200 \$a 11:00A-Noon at 11, 16865 PC \$1 Tu 6:30P-Women's & LGBTQ 12 \$200 We 7:00A-chih Sense In Action, \$76 We 7:30P-Men's Stag, 743 Dover \$100 \$a 11:00A-Noon at 11, 16865 PC \$1 HUNTINGTON BEACH A We 7:30P-Aden's Stag, 798 Dover \$100 \$25 \$57 \$a 7:00P-Rule 62 11th Step Spe 6 \$4 Diy 6:00A-Early Birds, HOW Hall \$150 We 6:00P-Beg Disc, 20456 \$256 \$8 8:00A-Dover Men's Stag, 798 \$400 Diy 6:00A-Attitude Mod, 1221 | | <i>\$</i> 00 | | | | | | | \$175 | We 6:30P-Newcomer's (THUR | | \$9 |
| Fri 6:00A-Fulleton 6amers \$735 Mo 7:00A-164 & More 292 \$666 Mo 8:30P-Balboa Island Step Stu \$400 Th 7:00A-Thur at Thursdays, 168 \$1 GARDEN GROVE ^ ^ Mo 6:30P-(W)'s BB Stdy, 21632 150 \$525 Tu 7:30P-Balboa Broads, 600 St \$195 Th 7:00A-Thur at Thursdays, 168 \$1 MTh 10:30A-We/OK Today, 9 300 \$800 Mo 7:00P-South Coast Men's Sta \$250 We 5:45P-Rigorous Honesty, 22 200 \$200 Fr 12:00P-Drunk Busters, 16865 \$40 Me 6:00P-Wednesday's Warriors \$50 Tu 12:00P-Tuesday Noon Wome 148 \$254 Tu 6:00P-Mone's Stag, 798 Dover \$100 \$a 11:00A-Aber PC \$11 Tu 6:30P-Sat Night Live Speaker 100 \$100 We 7:30A-6th Sense In Action, \$76 We 7:30P-Men's Stag, 798 Dover \$100 HUNTINGTON BEACH ^ ^ We 7:30P-SC Speaker Mtg., 286 \$128 Th 7:00A-Closed Women's 12x1 \$340 TRABUCO CANYON ^ JU 8:00A-Early Birds, HOW Hall \$150 We 6:00P-Beg Disc, 20456 \$2256 Sa 8:00A-Dover Men's Stag, 798 \$400 Tu SUSTIN ^ | | ^ | φ <u>2</u> 00 | | | | | 200 | \$600 | We 12:00P-Noon Promises, 168 | | \$10 |
| GARDEN GROVE A Mo 6:30P-(W)'s BB Stdy, 21632 150 \$525 Tu 7:30P-Balboa Broads, 600 St \$195 Th 5:30P-(W)'s Disc, 16865 PCH \$1 MTh 10:30A-We/OK Today, 9 300 \$800 Mo 7:00P-South Coast Men's Sta \$250 We 5:45P-Rigorous Honesty, 22 200 \$200 \$r 12:00P-Drunk Busters, 16865 \$6 We 6:00P-Wednesday's Warriors \$50 Tu 12:00P-Tuesday Noon Wome 148 \$254 Tu 6:00P-Castaways (W) C to C- \$100 \$a 11:00A-Noon at 11, 16865 PC \$1 Tu 6:30P-Women's & LGBTQ 12 \$20 We 7:00A-Whale Watchers (M)'s, \$42 \$165 We 7:30P-Men's Stag, 798 Dover \$100 \$a 7:00P-Rule 62 11th Step Spe 6.4 HUNTINGTON BEACH ^ We 7:30P-SC Speaker Mtg., 286 1,287 Th 7:30P-Balboa Spkr Grp, 414 E \$330 Tu 8:300 Up 6:00A-Foothill Early Risers, \$2 \$25 Sa 7:00A-Attitude Mod, 1221 Wa 293 4,7 \$340 Tu STIN ^ Diy 6:00A-Early Birds Disc., 8121 226 1175 Th 6:00P-Women's Stag, 20456 \$256 \$a 8:00A-Dover Men's Stag, 798 \$400 Diy 6:00A-Foothill Early Risers, \$2 \$257 Sa 7:00A-Attitude Mod, 1221 Wa 293 4,7 <td>Fri 6:00A-Fullerton 6amers</td> <td>1</td> <td>\$735</td> <td></td> <td>292</td> <td></td> <td></td> <td></td> <td>\$400</td> <td>Th 7:00A-Thur at Thursdays, 168</td> <td></td> <td>\$12</td> | Fri 6:00A-Fullerton 6amers | 1 | \$735 | | 292 | | | | \$400 | Th 7:00A-Thur at Thursdays, 168 | | \$12 |
| MTh 10:30A-We/OK Today, 9 300 \$800 Mo 7:00P-South Coast Men's Sta \$250 We 5:45P-Rigorous Honesty, 22 200 \$200 Fr 12:00P-Drunk Busters, 16865 \$60 We 6:00P-Wednesday's Warriors \$50 Tu 12:00P-Tuesday Noon Wome 148 \$254 Tu 6:00P-Castaways (W) C to C- \$100 \$a 11:00A-Noon at 11, 16865 PC \$1 Sa 6:00P-Sat Night Live Speaker 100 \$00 We 7:00A-6th Sense In Action, \$76 We 7:30P-Men's Stag, 748 Dover \$100 \$a 7:00P-Rule 62 11th Step Spe \$25 Sa 8:00P-Sat Night Live Speaker 100 \$100 We 7:30P-SC Speaker Mtg., 286 1,287 Th 7:00A-Closed Women's 12x1 \$340 TRABUCO CANYON ^ \$25 Diy 6:00A-Early Birds Disc., 8121 225 1175 Th 6:00P-Women's Stag, 20456 \$226 \$a 8:00A-Dover Men's Stag, 798 \$400 Diy 6:00A-Foothill Early Risers, \$2 \$2 \$370 Su 6:00A-Cover To Cover, 8121 300 \$450 Fr 6:55A-(W)'s Workshop BB, 20 \$1172 \$a 8:00A-EZ Risers, 2046 Mar V \$308 Diy 6:00A-Actitude Mod, 1221 Wa 293 4,7 Su 6:00A-Cover To Cover, 8121 300 \$450 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE <td></td> <td>^</td> <td>^</td> <td>Mo 6:30P-(W)'s BB Stdy, 21632</td> <td>150</td> <td></td> <td></td> <td></td> <td>\$195</td> <td>Th 5:30P-(W)'s Disc, 16865 PCH</td> <td></td> <td>\$18</td> | | ^ | ^ | Mo 6:30P-(W)'s BB Stdy, 21632 | 150 | | | | \$195 | Th 5:30P-(W)'s Disc, 16865 PCH | | \$18 |
| We 6:00P-Wednesday's Warriors \$50 Tu 12:00P-Tuesday Noon Wome 148 \$254 Tu 6:00P-Castaways (W) C to C- \$100 Sa 11:00A-Noon at 11, 16865 PC \$1 Tu 6:30P-Women's & LGBTQ 12 \$20 We 7:00A-Whale Watchers (M)'s, \$42 \$165 We 7:30P-Men's Stag, 414 32nd \$25 \$50 Sa 7:00P-Rule 62 11th Step Spe \$26 \$4 HUNTINGTON BEACH ^ We 7:30P-SC Speaker Mtg., 286 1,287 Th 7:00A-Closed Women's 12x1 \$340 TU 5:00A-Early Birds, HOW Hall \$150 We 6:00P-Beg Disc, 20456 LCR \$119 Th 7:30P-Balboa Spkr Grp, 414 E \$330 Dly 6:00A-Early Birds, Disc., 8121 225 Th 6:00P-Women's Stag, 20456 \$256 Sa 8:00A-Dover Men's Stag, 798 \$400 Dly 8:00A-Hggrs II, H.B Lifegrd 200 1450 Fr 6:55A-(W)'s Workshop BB, 20 \$172 Sa 8:00A-Early Birds, Disc., 8121 300 \$450 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^ MWF 12:00P-Spiritual Experienc \$26 Su 9:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^ MF 5:30P-Tustin Rush Hour, 5 \$22 | MTh 10:30A-We/OK Today, 9 | 300 | \$800 | Mo 7:00P-South Coast Men's Sta | | \$250 | | 200 | \$200 | Fr 12:00P-Drunk Busters, 16865 | | \$60 |
| Tu 6:30P-Women's & LGBTQ 12 \$20 We 7:00A-Whale Watchers (M)'s, \$42 \$165 We 7:30P-Men's Stag, 414 32nd \$25 \$50 Sa 8:00P-Sat Night Live Speaker 100 \$100 We 7:00A-6th Sense In Action, \$76 We 7:30P-Men's Stag, 798 Dover \$100 \$100 TRABUCO CANYON \$6 HUNTINGTON BEACH ^ We 7:30P-SC Speaker Mtg., 286 1,287 Th 7:00A-Closed Women's 12x1 \$340 \$100 TRABUCO CANYON ^ Diy 6:00A-Early Birds, HOW Hall \$150 We 6:00P-Beg Disc, 20456 LCR \$139 Th 7:30P-Balboa Spkr Grp, 414 E \$330 S150 We 6:00P-Women's Stag, 20456 \$256 Sa 8:00A-Dover Men's Stag, 798 \$400 Up 6:00A-Early Birds Disc., 8121 225 1175 Th 6:00P-Women's Stag, 20456 \$256 Sa 8:00A-Dover Men's Stag, 798 \$400 Up 6:00A-Actitude Mod, 1221 Wa 293 4,7 S0 9:00A-On/Seach, Lifegrd 200 1450 Fr 6:55A-(W)'s Workshop BB, 20 \$1172 Sa 8:00A-EZ Risers, 2046 Mar V \$308 S09:00A-On/Seach, Lifegrd T \$370 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^ MF 5:30P-Tustin Rush Hour, 5 \$22 Su 0:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Happy Hour Disc, 2045 \$140 M-F 5:30P-Rush Hour, 2191 Or | We 6:00P-Wednesday's Warriors | | \$50 | Tu 12:00P-Tuesday Noon Wome | 148 | | | | \$100 | Sa 11:00A-Noon at 11, 16865 PC | L | \$18 |
| Sta 6:00P-Sat Ngm Live Speaker 100 100 Not Net Action dense in Action, in a product of the prod | Tu 6:30P-Women's & LGBTQ 12 | | \$20 | We 7:00A-Whale Watchers (M)'s, | | \$165 | 0 | \$25 | | So 7:00D Dute 60 14th Oters C | | |
| HUNTINGTON BEACH ^ We 7:30P-SC Speaker Mtg., 286 1,287 Th 7:00A-Closed Women's 12x1 \$340 TRABUC CARYON ^ Dly 6:00A-Early Birds, HOW Hall \$150 We 6:00P-Beg Disc, 20456 LCR \$139 Th 7:30P-Balboa Spkr Grp, 414 E \$330 TUSTIN ^ Dly 6:00A-Early Birds, HOW Hall \$150 We 6:00P-Beg Disc, 20456 LCR \$129 Th 7:30P-Balboa Spkr Grp, 414 E \$330 Dly 6:00A-Early Birds Disc., 8121 225 Th 6:00P-Women's Stag, 20456 \$256 Sa 8:00A-Dover Men's Stag, 798 \$400 Dly 6:00A-Attitude Mod, 1221 Wa 293 4,7 Diy 8:00A-Hggrs II, H.B Lifegrd 200 1450 Fr 6:55A-(W)'s Workshop BB, 20 \$172 Sa 8:00A-Ez Risers, 2046 Mar V \$308 Dly 6:00A-Attitude Mod, 1221 Wa 293 4,7 Su 6:00A-Cover To Cover, 8121 300 \$450 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^ ^ MWF 12:00P-Spiritual Experienc \$25 Su 9:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Friday Night Literature \$300 M-F 5:30P-Rush Hour, 2191 Or \$305 Su 7:00P-Sober/Crazy Spkrs, 1 139 \$7 Su 1:30P-As Bill Sees It Disc, 19 \$50 | Sa 8:00P-Sat Night Live Speaker | 100 | | | | | | | | | 6 | \$45 |
| Dig 6:00A-Early Birds, How Hain \$150 We 0:004 beg Disc. 2040 CER \$150 With 7.504 ballous oper Girls, 144 E \$350 Dig 6:00A-Early Birds, How Hain \$150 We 0:004 beg Disc. 2040 CER \$150 With 7.504 ballous oper Girls, 144 E \$350 Dig 6:00A-Early Birds, Disc., 8121 225 1175 Th 6:00P-Women's Stag, 20456 \$256 \$8:00A-Dover Men's Stag, 798 \$400 Dig 8:00A-Cover To Cover, 8121 300 \$450 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^A MWF 12:00P-Spiritual Experienc \$60 Su 9:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^A M-F 5:30P-Tustin Rush Hour, 5 \$22 Su 9:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^A M-F 5:30P-Tustin Rush Hour, 5 \$22 Su 9:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Happy Hour Disc, 2045 \$172 Tu 7:00P-(W)'s Keep It Simple, \$40 \$395 Su 7:00P-Sober/Crazy Spkrs, 1 139 \$7 Su 1:30P-As Bill Sees It Disc, 19 \$50 Sa 8:00P-Living Sober Spkrs Grp \$459 Tu 8:00P-Hart Park, 701 S. Gla \$40 \$06 6:00P-Conscious Contact (11 \$2 | HUNTINGTON BEACH | ^ | ^ | We 7:30P-SC Speaker Mtg., 286 | | | | | | | ^ | <u> </u> |
| DJy 6:00A-Early Birds Disc., 8121 225 1175 110:000-Violiteit's Stag, 204:00 42:00 42:00 44:00 12:102 14:00 10:000-Violiteit's Stag, 79:0 44:00 12:00 14:00 12:00 14:00 12:00 14:00 12:00 14:00 12:00 14:00 12:00 14:00 12:00 14:00 12:00 14:00 12:00 14:00 12:00< | Dly 6:00A-Early Birds, HOW Hall | | | | | | | | | Div 6,004 Feetbill Ferly Disers | | \$3 |
| DJy 8:00A-Hggrs II, H.B Lifegrd 200 1450 I1 0:30A(V) 3 Wolkshop DL, 20 \$171 30:00A-C2 Risels, 2040 Mail V \$300 Su 6:00A-Cover To Cover, 8121 300 \$450 Fr 6:00P-Happy Hour Disc, 2045 \$140 ORANGE ^ MWF 12:00P-Spiritual Experienc \$60 Su 9:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Friday Night Literature \$300 M-F 5:30P-Rush Hour, 2191 Or \$50 Su 1:30P-As Bill Sees It Disc, 19 \$50 Sa 7:00A-Whale Watchers (M)'s, \$722 Tu 7:00P-(W)'s Keep It Simple, \$40 \$395 Su 7:00P-Sober/Crazy Spkrs, 1 139 \$7 Su 1:30P-As Bill Sees It Disc, 19 \$50 Sa 8:00P-Living Sober Spkrs Grp \$459 Tu 8:00P-Hart Park, 701 S. Gla \$40 \$306 Mo 6:00P-Conscious Contact (111 \$2 Su 6:00P-Disc, 9812 Hamilton 125 \$225 LAGUNA HILLS ^ We 6:30P-TTT, 2191 Orange-OI \$308 M-F 7:00A-Huggers, 8200 Ellis \$708 Su 4:00P-11th Step Med, 23802 \$90 We 7:00P-Name/Hat, 1130 E. W \$150 We 7:00P-(W)'s Solutions, 19211 \$22 M-S 7:30A-Attitude Mod, How H \$40 \$u 7:00P-Legacies Grp, 23802 A 1,450 We 7:30P-Forever Non Profes \$56 Continued on page | | | 1175 | Th 6:00P-Women's Stag, 20456 | | | | | | | 202 | |
| Sub 0:00A-Cover 10 Cover, 8121 300 \$450 11 0:001 - Happy Hold Isler, 2045 \$140 OKANGE 540 M-F 5:30P-Tustin Rush Hour, 5 \$2 Su 9:00A-On/Beach, Lifegrd T \$370 Fr 6:00P-Friday Night Literature \$300 M-F 5:30P-Rush Hour, 2191 Or \$50 Su 7:00P-Sober/Crazy Spkrs, 1 139 \$7 Su 1:30P-As Bill Sees It Disc, 19 \$50 Sa 8:00P-Living Sober Spkrs Grp \$459 Tu 8:00P-Hart Park, 701 S. Gla \$40 \$40 \$40 6:00P-Conscious Contact (11 \$2 Su 6:00P-Disc, 9812 Hamilton 125 \$225 LAGUNA HILLS ^ ^ We 6:30P-TTT, 2191 Orange-Ol \$308 M-F 7:00A-Huggers, 8200 Ellis \$708 Su 4:00P-11th Step Med, 23802 \$90 We 7:00P-Name/Hat, 1130 E. W \$150 M-S 7:30A-Attitude Mod, How H \$40 Su 7:00P-Legacies Grp, 23802 A 1,450 We 7:30P-Forever Non Profes \$56 | Dly 8:00A-Hggrs II, H.B Lifegrd | | 1450 | Fr 6:55A-(W)'s Workshop BB, 20 | | | | | \$308 | | 293 | \$60 |
| Su 9:00A-Of//Beach, Lifedral 1 \$370 In 0:00F - Integrating textual 2 \$00F - 0:30F - Kush Hold, 219101 \$300 Su Noon-Newcomers BB Discus \$70 Sa 7:00A-Whale Watchers (M)'s, \$722 Tu 7:00P-(W)'s Keep It Simple, \$40 \$335 Su 1:30P-As Bill Sees It Disc, 19 \$50 Sa 8:00P-Living Sober Spkrs Grp \$459 Tu 8:00P-Hart Park, 701 S. Gla \$40 \$336 Su 6:00P-Disc, 9812 Hamilton 125 \$225 LAGUNA HILLS ^ ^ We 6:30P-TTT, 2191 Orange-OI \$338 M-F 7:00A-Huggers, 8200 Ellis \$708 Su 4:00P-11th Step Med, 23802 \$90 We 7:00P-Name/Hat, 1130 E. W \$150 We 7:00P-(W)'s Solutions, 19211 \$225 M-S 7:30A-Attitude Mod, How H \$40 Su 7:00P-Legacies Grp, 23802 A 1,450 We 7:30P-Forever Non Profes \$56 | Su 6:00A-Cover To Cover, 8121 | 300 | \$450 | Fr 6:00P-Happy Hour Disc, 2045 | | | | ^ | ^ | | | \$20 |
| Sul 1:30P-As Bill Sees It Disc, 19 \$50 Sa 8:00P-Living Sober Spkrs Grp \$459 Tu 8:00P-Hart Park, 701 S. Gla \$40 \$395 Mo 9:00A-Women's Unity Grp To \$ Su 1:30P-As Bill Sees It Disc, 19 \$50 Sa 8:00P-Living Sober Spkrs Grp \$459 Tu 8:00P-Hart Park, 701 S. Gla \$40 \$006:00P-Conscious Contact (11 \$ Su 6:00P-Disc, 9812 Hamilton 125 \$225 LAGUNA HILLS ^ ^ We 6:30P-TTT, 2191 Orange-OI \$308 M-F 7:00A-Huggers, 8200 Ellis \$708 Su 4:00P-11th Step Med, 23802 \$90 We 7:00P-Name/Hat, 1130 E. W \$150 We 7:00P-(W)'s Solutions, 19211 \$2 M-S 7:30A-Attitude Mod, How H \$40 Su 7:00P-Legacies Grp, 23802 A 1,450 We 7:30P-Forever Non Profes \$56 | Su 9:00A-On/Beach, Lifegrd T | | | | | | | L | | | 130 | |
| Sul 1:30P-As Bill Sees It Disc, 19 \$50 Gal 0:001-Living Coder Spins Crip \$440 File 3:001-Hart Park, 701 S. Gla \$40 Mo 6:00P-Conscious Contact (11 \$ Sul 6:00P-Disc, 9812 Hamilton 125 \$225 LAGUNA HILLS ^ ^ ^ We 6:30P-TTT, 2191 Orange-OI \$308 Tu 7:00P-Tustin BB Stdy, 225 W. \$30 M-F 7:00A-Huggers, 8200 Ellis \$708 Su 4:00P-11th Step Med, 23802 \$90 We 7:00P-Name/Hat, 1130 E. W \$150 We 7:00P-(W)'s Solutions, 19211 \$2 M-S 7:30A-Attitude Mod, How H \$40 Su 7:00P-Legacies Grp, 23802 A 1,450 We 7:30P-Forever Non Profes \$56 Continued on page 14 | Su Noon-Newcomers BB Discus | | | | | | | \$40 | | | 139 | \$5 |
| Std 6:00P-Disc, 9812 Hamilton 125 \$225 LASONA HILLS We 6:30P-111, 2191 Orange-OI \$308 Tu 7:00P-Tustin BB Stdy, 225 W. \$308 M-F 7:00A-Huggers, 8200 Ellis \$708 Su 4:00P-11th Step Med, 23802 \$90 We 7:00P-Name/Hat, 1130 E. W \$150 We 7:00P-Continued on page 14 M-S 7:30A-Attitude Mod, How H \$40 Su 7:00P-Legacies Grp, 23802 A 1,450 We 7:30P-Forever Non Profes \$56 Continued on page 14 | Su 1:30P-As Bill Sees It Disc, 19 | | | | | | | | | | | \$9 |
| M-F 7.00A-huggers, 8200 Eins \$700 Su 4.00F-Finit Step Med, 2302 \$90 We 7:00P-Name/Hat, 1130 E. W \$150 We 7:00P-(W)'s Solutions, 19211 \$2 M-S 7:30A-Attitude Mod, How H \$40 Su 7:00P-Legacies Grp, 23802 A 1,450 We 7:30P-Forever Non Profes \$56 Continued on page 14 | Su 6:00P-Disc, 9812 Hamilton | 125 | | | ^ | | | | | | | \$39 |
| M-5 7:30A-Attitude Mod, How H \$40 Su 7:00P-Legacies Gip, 23002 A 1,430 We 7:30P-Forever Non Profes \$56 Continued on page 14 | | | | | | | | | | We 7:00P-(W)'s Solutions 19211 | | \$23 |
| Containaded on page 14 | | I | \$40 | Su 7:00P-Legacies Grp, 23802 A | | 1,450 | We 7:30P-Forever Non Profes | | \$56 | Continued on page 14 | | |

<u>Sifeline</u>

Continued on page 14

Volume 55, Issue 11

Speaker Meetings

Costa Mesa

6:00PM, Saturday HYBRID Saturday Night Refugees

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.

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Laguna Hills

7:30PM, Sunday HYBRID Legacies Group Speaker Meeting 23704 Maxiltan Diama (Electron Sch

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.

11/02 Scott M., Santa Ana 11/09 TBA 11/16 Kevin M., Santa Ana 11/23 TBA 11/30 Dave P., Tustin

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.

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.

The Power of Gratitude

When I am grateful...

I feel connected

- I feel loved,
- I am enough
- I am content
- I am whole
- I am complete.
- Bruce H.

Gratitude Prayer

God,

Thank you for what You have given me.

Thank You for what You have taken away.

Thank You for what You have left me with.



| Continued from page 12 | 2 | | Tu 7pm Laguna Beach DW @St | | \$175 |
|---|---------------------------|---|---|--|---|
| Th 9:00A-(W)'s SS, 14402 Pro | | \$120 | Mindful Day Sound Bath Donati | | 2603 |
| Th 7:00P-12 Steps & 12 Trads, | | \$270 | Saddleback Valley Fellowship | | \$185 |
| Fr 6:00A-Men's Morning Coffee | | \$124 | | | 5193 |
| Fr 6:30P-It's in the Book, 225 W. | 630 | | PERSONAL DONATIONS | ٨ | ٨ |
| Sa 7:30A-Tustin Acceptance, 22 | | \$899 | | 2025 | 3578 |
| VILLA PARK | ۸ | ¢000 | Alexander A, San Clemente | 2025 | \$2 |
| Dly 7:30A-Sunrise Serenity, 17 | | \$650 | Anna C. | | \$14 |
| Su 9:02A-Spkr/Part, 17885 Santi | 300 | \$780 | | | |
| WESTMINSTER | 500 | φ700 ^ | | | \$10 |
| Mo 6:00 PM-12x12 Beg., 15750 | | \$90 | Aria M. | | \$2 |
| | ¢50 | | Bill D. CMAC 10am BB Study Z | | \$3 |
| Fr 6:30P-Sisters of Truth, 14061 | \$50 | \$50 | BJ L. Irvine | | \$150 |
| WHITTIER | ^ | ^ | Brian S. | | \$9 |
| YORBA LINDA | | ^ | Byron R., Mission Viejo | | \$50 |
| UNLISTED GROUPS | ^ | ^ | Carolyn M. | | \$50 |
| Anonymous Meeting | | \$271 | Curtis H. | | \$20 |
| Brea Mens Group 562316 | | \$106 | David B., Fullerton | | \$60 |
| Charle St. Step House, CM | \$74 | | | 100 | \$100 |
| Fri Double Winners, St. Johns | | \$300 | David & Angela K. Laguna Nigu | | \$768 |
| Fri. D.W., Costa Mesa | | \$150 | Derek G. Laguna Niguel | | \$125 |
| Fri TGIF Women's Topic Disc. | | \$151 | Effie R. Costa Mesa | \$50 | \$200 |
| Into Action BB, CM | | \$150 | Elizabeth H., Brea | ÷ 5 5 | \$225 |
| Mon Night Guild Hall Meeting | | \$97 | Evan McC. Ladera Ranch recei | | \$240 |
| Mon 6 pm Thursdays Monday N | | \$60 | Faith B. | | \$240 \$5 |
| Mon 6:30 pm Women's Living S | | \$163 | Gaston E. | | پ ې \$104 |
| Mon 8:00P-Monday Night BB St | 201 | \$201 | Gaston E. George H., Rancho Mission Vi | | |
| NHMS Meeting | 201 | \$300 | 0 | | \$2 |
| OC Intergroup Annual BBQ Tew | 156 | \$156 | Gerri K. | \$5 | \$5 |
| Sat. 7:30A - Men's Meeting at St. | 150 | \$312 | Hilda F. | | \$3 |
| | | | Issella G. | | \$160 |
| Th 11:00A-(W)'s Closed BB, SJC | A 45 | \$84 | Jane B., Legacy #780752 | | \$70 |
| Thu 7:00P-7th Heaven, Tower 7, | \$15 | \$15 | James & Carol W., NB | | \$280 |
| Noon Women's Meeting Mission | | \$185 | Jenna K. | | \$25 |
| WANDERING GROUPS | ^ | ^ | Jennifer J., Costa Mesa | \$10 | \$65 |
| Fri P83 Wandering Group | | \$100 | Josh M., | | \$10 |
| We 6:30P- Rolling Men's Stag B | 150 | \$400 | Julie W. | | \$75 |
| ZOOM MEETINGS | ^ | ^ | Kate L., Santa Ana | | \$500 |
| As Bill Sees It Newcomer | | \$425 | Kathleen R. zoom | | \$15 |
| Attitude Adj. 7am Cnyn Club (0 | 562 | 5514 | Kim S. | | \$5 |
| Back Bay (M)'s Zoom | | \$795 | Krista S. | | \$4 |
| Whale Watchers Men's Stage M | 310 | \$432 | Laura J., HB | | \$10 |
| Women's 5pm Zoom BB SJC | | \$244 | | | |
| | | 0010 | Lynn B | | \$75 |
| | | \$210 | | | \$81 |
| Dly Alkie's Winner Circle | | \$210 \$587 | Marilyn C., San Clemente | | |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) | | \$587 | Matthew D. T. | | \$30 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment | | \$587 \$630 | Matthew D. T. Marcia F., group 342592 ?? | | \$30 \$50 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa | | \$587 \$630 125 | Matthew D. T. Marcia F., group 342592 ?? Michael L. | | \$30 \$50 \$330 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds | 500 | \$587 \$630 125 1581 | Matthew D. T. Marcia F., group 342592 ?? | 351 | \$30 \$50 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin | 500 | \$587 \$630 125 1581 1300 | Matthew D. T. Marcia F., group 342592 ?? Michael L. | 351 | \$30 \$50 \$330 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt | 500 | \$587 \$630 125 1581 1300 \$923 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ | 351 | \$30 \$50 \$330 \$351 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Womens @ The Gra | 500 | \$587 \$630 125 1581 1300 \$923 \$206 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. | 351 | \$30 \$50 \$330 \$351 \$54 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Womens @ The Gra Tues Nite Women's BB Study | | \$587 \$630 125 1581 1300 \$923 \$206 \$297 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. Rob S. Orange | 351 | \$30 \$50 \$330 \$351 \$54 \$15 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Womens @ The Gra Tues Nite Women's BB Study We 7A-Zoom Women's Book Stu | 500 | \$587 \$630 125 1581 1300 \$923 \$206 \$297 \$501 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. Rob S. Orange Robert R. Robyn C. | 351 | \$30 \$50 \$330 \$351 \$54 \$15 \$60 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Womens @ The Gra Tues Nite Women's BB Study We 7A-Zoom Women's Book Stu Wed. 5PM- East Meets West | | \$587 \$630 125 1581 1300 \$923 \$206 \$297 \$501 \$40 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. Rob S. Orange Robert R. Robyn C. Robert S., RSM | | \$30 \$50 \$330 \$351 \$54 \$15 \$60 \$2 \$120 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Women's BB Study We 7A-Zoom Women's Book Stu Wed. 5PM- East Meets West We 6:30P-Wed Night Wandering | | \$587 \$630 125 1581 1300 \$923 \$206 \$297 \$501 \$40 \$61 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. Rob S. Orange Robert R. Robert R. Robyn C. Robert S., RSM Rodger & Annette F., Irvine | \$35 | \$30 \$50 \$330 \$351 \$54 \$15 \$60 \$2 \$120 \$225 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Womens @ The Gra Tues Nite Women's BB Study We 7A-Zoom Women's Book Stu Wed. 5PM- East Meets West We 6:30P-Wed Night Wandering Mon 6:30P-EDIBBS, Easy Does | | \$587 \$630 125 1581 1300 \$923 \$206 \$297 \$501 \$40 \$61 \$360 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. Rob S. Orange Robert R. Robyn C. Robert S., RSM Rodger & Annette F., Irvine Ronald B. | \$35 \$25 | \$30 \$50 \$330 \$351 \$54 \$15 \$60 \$2 \$120 \$225 \$150 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Womens @ The Gra Tues Nite Women's BB Study We 7A-Zoom Women's Book Stu Wed. 5PM- East Meets West We 6:30P-Wed Night Wandering Mon 6:30P-EDIBBS, Easy Does Sun 7pm-Fishbowl Discussion | | \$587 \$630 125 1581 1300 \$923 \$206 \$297 \$501 \$40 \$61 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. Rob S. Orange Robert R. Robyn C. Robert S., RSM Rodger & Annette F., Irvine Ronald B. Robert R. | \$35 | \$30 \$50 \$330 \$351 \$54 \$15 \$60 \$2 \$120 \$225 \$150 \$15 |
| Dly Alkie's Winner Circle Dly 6A-Not Taking A Trip (SJC) Dly 7:05A-Attitude Adjustment Dly Noon Time Recovery (Costa Dly Early Birds M-F 7:00A-Zoom Daily Reflectin Tues/Thurs 7:05 A-The 705 Virt Tu 5:30P Womens @ The Gra Tues Nite Women's BB Study We 7A-Zoom Women's Book Stu Wed. 5PM- East Meets West We 6:30P-Wed Night Wandering Mon 6:30P-EDIBBS, Easy Does | | \$587 \$630 125 1581 1300 \$923 \$206 \$297 \$501 \$40 \$61 \$360 | Matthew D. T. Marcia F., group 342592 ?? Michael L. Martina R.(Sunset 11/2023-09/ Pej P. Rob S. Orange Robert R. Robyn C. Robert S., RSM Rodger & Annette F., Irvine Ronald B. Robert R. Sherman S. | \$35 \$25 | \$30 \$50 \$330 \$351 \$54 \$15 \$60 \$2 \$120 \$225 \$120 \$150 \$20 |
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The Reality of Step Eleven

Continued from page 1

Until I have conceded to my innermost self that I am powerless over whatever I am challenged with, I cannot even begin to tap into the power of God, which is offered to me in the Eleventh Step. This is, in simple terms, applying "Let go and let God." It was a total surrender to the will of God. And in my experience, the will of God is mysteriously opposite of what my will is.

A recent testing of this truth for me is the passing of my beautiful fifty-seven-year young son this month. I had prayed for him to be healed from the disease of alcoholism from the first day of my sobriety, over forty-four years ago. God's grace was always sufficient to raise him up and out of the deception and delusion that he could control his drinking, answering my prayers, as He has in the midst of another miraculous, wondrous faithfulness. And although it is not the answer that I desired for my son to leave this earth at such a young age, I am comforted to have reached the level of faith to accept this as God's will. I am grateful that God's grace allowed my son to die peacefully in his sleep, in his own bed, and in his home.

Because of AA and learning to live life on life's terms, I am confident that I will be able to continue to stay sober and help other alcoholics achieve sobriety, allowing God to continue to fit me to be of maximum service to Him and the people about me. My sadness and sorrow will be turned into gladness, as my whole outlook and attitude upon life has changed (one of the Promises in our *Big Book*, p. 84) from expectations to acceptance of God's will in every trial that I am faced with. The Eleventh Step continues to teach me that not everything I face can be changed, but that nothing can be changed until I face it. To begin every day with admittance of my own powerlessness in every-thing I face (Step One), and be blessed with knowledge of God's will and the power to carry it out, is what I come to see as not only believing in miracles but relying on them.

God did answer my prayers for my son, for he is now healed from the disease of his silent struggles with alcoholism in which he endured invisible pain. And this experience has increased my desire to continue to exercise Step Eleven, not only that I may learn to be of maximum service to God and the people about me, but also continue to heal my spiritual malady so I may continue to straighten out mentally and physically as stated on page 64 in our *Big Book*. And this, to me, is doing my part to fulfill the hope of the authors of our *Big Book*, as so simply penned on page 103: "Someday we hope that Alcoholics Anonymous will help the public to a better realization of the gravity of the alcoholic problem, but we shall be of little use if our attitude is one of bitterness or hostility. Drinkers will not stand for it." To have learned the truth that alcoholism is not a moral issue, but rather a spiritual disease, is the essence of change that births love, changing our attitude from one of bitter resentment to love. And love is Letting <u>O</u>ur <u>V</u>ictories <u>E</u>volve into the acceptance of Thy Will Be Done through the practice of Step Eleven.

Effie R.

Sharing Experience, Strength, and Hope

Continued from page 10

else fails, and we try to control life and feel pain (PAIN IS OUR MOTIVATOR), work with another will save the day [Editor's note, see Big Book, p. 89]. This is my solution for life on life's terms.

I love this God who brought me to AA, and AA and the Twelve Steps brought me to the most beautiful relationship with my Creator. Keep praying, keep talking, and keep coming back.

Morae M.



>> UPCOMING EVENTS

<u>November 1</u> 202 Club Halloween Party Anaheim Alana Club 202 W. Broadway Anaheim, CA <u>Flyer</u>

November 7-10

72nd Annual From Bridge to Shore in 2024 Southern California AA Convention with Al-Anon Participation The Pacific Palms Resort 1 Industry Hills Pkwy City of Industry, CA <u>Flyer</u>

November 9 Traditions Day Presented by Mid-Southern California Area 09-District 12 11AM-2PM Laguna Country United Methodist Church 24442 Moulton Pkwy. Laguna Woods, CA Flyer

November 10 40th Annual Gratitude Dinner 5PM-8:30PM Palm Springs Air Museum 745 Gene Autry Trail Palm Springs, CA www.aainthedesert.org

November 17 Mid-Southern California Area 09 2024 Servathon Nifty '50s Car Show and Sock Hop 1PM-6PM Norma Hertzog Community Center 1845 Park Ave. Costa Mesa, CA <u>Flver</u>

November 28

Thanksgiving Marathon Meeting and Potluck Saddleback Valley Fellowship Center 23401 El Toro Rd. Ste. 101, 200, 202 Lake Forest, CA Email <u>info@saddlebackfellowship.com</u> for questions and schedule

> Check the <u>www.oc-aa.org events</u> <u>section</u> for updated Intergroup committee meetings and more.

ALCOHOLICS ANONYMOUS ORANGE COUNTY INTERGROUP ASSOCIATION

STATEMENT OF INCOME & EXPENSE

PERIOD ENDING 09/30/2024 UNAUDITED

| | Sep 24 | Jan - Sep 24 |
|---------------------------------|-----------|--------------|
| Ordinary Income/Expense | | · |
| Income | | |
| Literature Resale | 1,483.09 | 21,061.35 |
| Bank Adjustments | 0.00 | -49.60 |
| Birthday Donations | 30.00 | 1,137.65 |
| Group Donations | 13,655.67 | 157,383.76 |
| Individual/Fellowship | 2,400.00 | 8,084.93 |
| Interest Earned | 4.49 | 41.01 |
| Literature Sales | 8,336.76 | 90,132.16 |
| Shipping and Delivery Income | -7.50 | -48.75 |
| Total Income | 25,902.51 | 277,742.51 |
| Cost of Goods Sold | | , |
| Cost of Literature Sold | | |
| Cost of Goods Sold | 8,150.47 | 92,645.20 |
| Cost of Literature Sold - Other | 0.00 | 65.60 |
| Total Cost of Literature Sold | 8,150.47 | 92,710.80 |
| Shipping / Misc. Adjustments | -151.72 | -1,658.56 |
| Total COGS | 7,998.75 | 91,052.24 |
| Gross Profit | 17,903.76 | 186,690.27 |
| Expense | 17,903.70 | 100,030.21 |
| Accounting | 0.00 | 13,275.00 |
| Auto Expense (all Mgrs.) | 173.35 | 889.46 |
| Bank Charges | 0.00 | -32.00 |
| • | | |
| Convention & Svs Event Expense | 0.00 | 855.54 |
| Copier Expense | 0.00 | 841.9 |
| Credit Card Expense | 260.33 | 2,413.73 |
| Freight and Shipping Costs | 0.00 | 7.50 |
| Insurances | 444.60 | 3,181.20 |
| Intergroup Expense | 413.42 | 3,638.56 |
| Internet Expense | 177.19 | 1,594.68 |
| Lease Expense | 284.05 | 2,556.45 |
| "LIFELINE" Expense | 575.00 | 14,826.00 |
| Maintenance & Repairs | 160.00 | 1,846.00 |
| Offices' Supplies & Expenses | 96.05 | 4,175.99 |
| Payroll Tax Expense | 805.95 | 8,392.58 |
| Postage | 0.00 | 309.24 |
| Public Info Expense | 0.00 | 741.85 |
| Reconciliation Discrepancies | 0.00 | -0.01 |
| Reimb. Health | 800.00 | 6,000.00 |
| Rent Main/Satellite Offices | 0.00 | 33,891.22 |
| Salaries | 10,623.42 | 93,298.74 |
| Sales Tax on Lease | 0.00 | 0.00 |
| Special Events Expense | 1,063.20 | 3,783.05 |
| Taxes & Licenses | 0.00 | 269.32 |
| Telephone Expense | 384.99 | 3,469.26 |
| Utilities | 111.36 | 596.21 |
| Voided Transaction | 0.00 | -36.00 |
| Volunteers Coffee & Water | 34.00 | 399.50 |
| Website Expense | 1,605.43 | 5,664.7 |
| Total Expense | 18,012.34 | 206,849.72 |
| Net Ordinary Income | -108.58 | -20,159.4 |
| 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 |
| | -108.58 | -19,441.63 |



November Word Search

| Name_ | eE Email address | | | | | | | | | | | | | | | | | | |
|---|------------------|-----------------|--------|---|--------|--------|-----------|--------|---|---|---|---|---|--------|---|--------|---|---|--------|
| | | or phone number | | | | | | | | | | | | | | | | | |
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| R | 0 | L | z | С | Р | R | 0 | м | 0 | т | Т | 0 | Ν | R | Q | L | D | F | L |
| U | Т | н | F | Q | А | F | R | Е | Υ | А | R | Р | в | Е | м | Q | L | 0 | Y |
| в | т | Q | С | н | D | \vee | F | F | w | в | Р | U | L | Q | Р | L | Υ | Υ | R |
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| т | Ν | А | Ν | 0 | Ν | Υ | м | Т | т | Υ | U | к | Е | R | Е | Е | т | Е | F |
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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: <u>lifelinecommittee@oc-aa.org</u>, 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 DECEMBER 15th

Congratulations to September's winner, Angela M.!

<u>likeline</u>