

Lifeline



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 relationship 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 miserable, 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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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.
oclifelineeditor@gmail.com

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: manager@oc-aa.org

Website: www.oc-aa.org

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: satellitemanager@oc-aa.org
Office hours: Mon-Fri: 10AM-5PM

NORTH ORANGE COUNTY CENTRAL OFFICE

1661 E. Chapman Ave., #1H
Fullerton, CA 92831
Phone: (714) 773-4357

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

Welcome 2024 SERVICE BOARD

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Chair@oc-aa.org

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

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Treasurer@oc-aa.org

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

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

Group Relations, Beth C.
GroupRelationsCommittee@oc-aa.org

Lifeline, Ezekiel U.
LifelineCommittee@oc-aa.org

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.

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.

**Like and follow
Orange County Intergroup
on Facebook**



SCAN ME

Thank you to our board and committee members.

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 "[Gratitude Month—Our Chance to Say Thank You.](#)" 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 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



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).

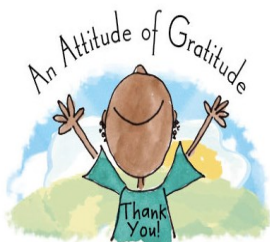
Recovery

Recovery!
Such a strong word
To come back from
To return, 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.



Gratitude Is an Action



[Gratitude Month](#) 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.

VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

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

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 [Ninth Step promises](#). 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 [Tradition Eleven](#) we dedicate ourselves to the principle of [personal anonymity](#) in order to protect AA's ability to help alcoholics. [Attraction](#) 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 [principles](#)

and its (often free) [services](#) 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.

[Concept XI](#) 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) [Concept IV](#)'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 [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 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 [AA Grapevine](#))

(Traditions Checklist available from Central Office)

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

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@OCAINTERGROUP



Scan. Pay. Go.

You can [contribute](https://www.oc-aa.org) 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

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, www.oc-aa.org

Norma Hertzog Community Center
1845 Park Ave.
Costa Mesa

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

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.

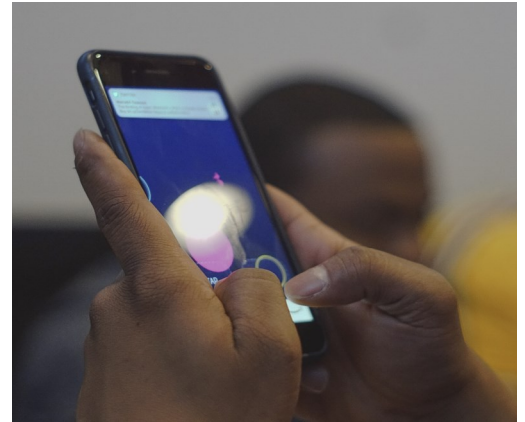
I'm forever grateful to H&I and all its volunteers and look forward to joining them again on another visit to a hospital or institution.

Maybe I'll see surfer dude again.

Ron B.

For more information on South County H&I, visit 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 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

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.



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.

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

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.

Mid-Southern California Area 09 2024 SERVATHON

Break out your poodle skirts and oxford shoes for the



The 1951 General Service Conference

Nifty 50's Car Show & Sock Hop

November 17th • 1 pm - 6pm



- 1 pm - 4 pm - Hospitality Room & Classic Car Show
- 2:30 pm - 6 pm - Area Committee Booths
- 2:30 pm - 3:00 pm - Food is Served
- 3 pm - 4:15 pm - Guest Speakers
- 4:15 pm - 4:30 pm - Root Beer Floats & Raffle
- 4:30 pm - 6 pm - Sock Hop

Norma Hertzog
Community Center
--
1845 Park Avenue
Costa Mesa, CA 92627

Costume Contest
Prizes • Food
Dancing • Live DJ

Hosted by MSCA09 Alt-Delegate and District 6

Meeting Spotlight

Monday Night Dana Point Women's Closed Discussion Meeting

5:30—6:30 pm Mondays

Dana Point Harbor

At the OC Sailing & Events Center



24451 Ensenada Place,
Dana Point

Right by Baby Beach!

Newcomers Welcome!

November Pamphlet of the Month

EXPERIENCE, STRENGTH AND HOPE

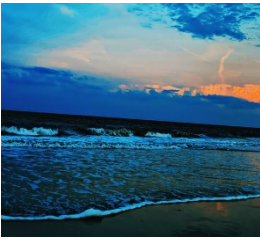
The "God" Word

Agnostic and Atheist
Members in A.A.

This pamphlet (P-86) shares the stories of ten atheist and agnostic AAs.

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

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 non-alcoholic 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 ouroccasins. 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 Al-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 to do anything unless we get something in return. This is why I kept 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

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 ([Lifeline](#), November, 2022 – "The Music of Silence," p. 8) on [Step Eleven](#) 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 [Ninth Step Promises](#) 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 [Big Book](#) (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 [meditation apps](#) to help me meditate. It can be set to remind me to meditate, then guide me through my practice while teaching me the [mindfulness](#) 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 [OC Central office](#) (714-556-4550) for AA meditation advice or directions to one of several OC AA [meditation meetings](#). Or we can go to any [library](#) for information on general meditation. There's also a fine [book](#), *Prayer and Meditation*, published by [AA Grapevine](#) 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 [Tenth](#) 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.

Speaker Meetings

Costa Mesa

6:00PM, Saturday

HYBRID

Saturday Night Refugees (12X12 Speaker Meeting)

2144 Thurin St. @ Victoria St. (Grange Hall)

Meeting ID: 703 741 362, Password: GRANGE

Contact: Joel B.

7:00PM, Sunday

IN-PERSON

Costa Mesa Speaker Group

2040 Placentia Ave. (Costa Mesa Alano Club)

Contact: Christy B.

Dana Point

9:30 AM *First Sunday only each month*

IN-PERSON

Dana Point Harbor Monthly

Speaker Birthday Group

34699 Golden Lantern (Wind and Sea Restaurant)

Contact: Brent W. or

Contact: John H.

Huntington Beach

5:45PM, Tuesday

HYBRID

Sun and Sea AA Hybrid Meeting

8121 Ellis Ave (HB church, upstairs meeting room)

Meeting ID: 882 0896 9623, Password: Sunandsea

Contact: Cindy S.

Irvine

7:00PM, Saturday

HYBRID

Turtle Rock Speaker Meeting

1 Sunnyhill

Meeting ID: 269 016 646, Password: wildbunch

Contact: Joseph C.

Laguna Beach

8:00PM, Saturday

HYBRID

Living Sober Speaker Meeting

428 Park Ave. (St. Mary's Episcopal Church)

(in the back building, Guild Hall)

Meeting ID: 129 629 389 (no password)

Contact: Neil K.

8:00PM, Saturday

HYBRID

CC Sat Nite

20456 Laguna Cyn. Rd. (The Canyon Club)

Meeting ID: 269 016 646, Password: canyon

Contact: Tim A.

Laguna Hills

7:30PM, Sunday

HYBRID

Legacies Group Speaker Meeting

23721 Moulton Pkwy. (Florence Sylvester Senior Cn.)

Meeting ID: 446 899 371, Password: Legacies

Contact: Thelegaciesgroup@gmail.com

Laguna Niguel

7:00PM, Sunday

HYBRID

Laguna Niguel Speaker Meeting

24360 Yosemite Road (@La Paz Rd.)

Meeting ID: 451 797 737, Password: NewYMCA

Contact: Bill W. &

Jesse C.

Lake Forest

7:30PM, Friday

IN-PERSON

Saddleback Valley Fellowship Friday Night

Speaker Meeting

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

Contact: Vijay

Orange

8:00PM, Saturday

HYBRID

Saturday Night Visiting Speakers

395 S. Tustin St. (Community of Christ Church)

Meeting ID: 620 819 804, Password: aa

Contact: Matt D.

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.

Lifeline 

Continued from page 12

Th 9:00A-(W)'s SS, 14402 Pro		\$120	Tu 7pm Laguna Beach DW @St		\$175
Th 7:00P-12 Steps & 12 Trads,		\$270	Mindful Day Sound Bath Donati		2603
Fr 6:00A-Men's Morning Coffee		\$124	Saddleback Valley Fellowship		\$185
Fr 6:30P-It's in the Book, 225 W.	630	1970	Southern CA AA Convention		5193
Sa 7:30A-Tustin Acceptance, 22		\$899	PERSONAL DONATIONS		
VILLA PARK	^	^	Anonymous	2025	3578
Dly 7:30A-Sunrise Serenity, 17		\$650	Alexander A, San Clemente		\$2
Su 9:02A-Sprkr/Part, 17885 Santi	300	\$780	Anna C.		\$14
WESTMINSTER	^	^	Anthony G.		\$10
Mo 6:00 PM-12x12 Beg., 15750		\$90	Aria M.		\$2
Fr 6:30P-Sisters of Truth, 14061	\$50	\$50	Bill D. CMAC 10am BB Study Z		\$3
WHITTIER	^	^	BJ L. Irvine		\$150
YORBA LINDA	^	^	Brian S.		\$9
UNLISTED GROUPS	^	^	Byron R., Mission Viejo		\$50
Anonymous Meeting		\$271	Carolyn M.		\$50
Brea Mens Group 562316		\$106	Curtis H.		\$20
Charle St. Step House, CM	\$74	\$194	David B., Fullerton		\$60
Fri Double Winners, St. Johns		\$300	Dawn L., via Venmo 9102024	100	\$100
Fri. D.W., Costa Mesa		\$150	David & Angela K. Laguna Nigu		\$768
Fri TGIF Women's Topic Disc.		\$151	Derek G. Laguna Niguel		\$125
Into Action BB, CM		\$150	Effie R. Costa Mesa	\$50	\$200
Mon Night Guild Hall Meeting		\$97	Elizabeth H., Brea		\$225
Mon 6 pm Thursdays Monday N		\$60	Evan McC. Ladera Ranch recei		\$240
Mon 6:30 pm Women's Living S		\$163	Faith B.		\$5
Mon 8:00P-Monday Night BB St	201	\$201	Gaston E.		\$104
NHMS Meeting		\$300	George H., Rancho Mission Vi		\$2
OC Intergroup Annual BBQ Tew	156	\$156	Gerri K.	\$5	\$5
Sat. 7:30A - Men's Meeting at St.		\$312	Hilda F.		\$3
Th 11:00A-(W)'s Closed BB, SJC		\$84	Issella G.		\$160
Thu 7:00P-7th Heaven, Tower 7,	\$15	\$15	Jane B., Legacy #780752		\$70
Noon Women's Meeting Mission		\$185	James & Carol W., NB		\$280
WANDERING GROUPS	^	^	Jenna K.		\$25
Fri P83 Wandering Group		\$100	Jennifer J., Costa Mesa	\$10	\$65
We 6:30P- Rolling Men's Stag B	150	\$400	Josh M.,		\$10
ZOOM MEETINGS	^	^	Julie W.		\$75
As Bill Sees It Newcomer		\$425	Kate L., Santa Ana		\$500
Attitude Adj. 7am Cnyn Club (0	562	5514	Kathleen R. zoom		\$15
Back Bay (M)'s Zoom		\$795	Kim S.		\$5
Whale Watchers Men's Stage M	310	\$432	Krista S.		\$4
Women's 5pm Zoom BB SJC		\$244	Laura J., HB		\$10
Dly Alkie's Winner Circle		\$210	Lynn B		\$75
Dly 6A-Not Taking A Trip (SJC)		\$587	Marilyn C., San Clemente		\$81
Dly 7:05A-Attitude Adjustment		\$630	Matthew D. T.		\$30
Dly Noon Time Recovery (Costa		125	Marcia F., group 342592 ??		\$50
Dly Early Birds		1581	Michael L.		\$330
M-F 7:00A-Zoom Daily Reflectin	500	1300	Martina R.(Sunset 11/2023-09/	351	\$351
Tues/Thurs 7:05 A-The 705 Virt		\$923	Pej P.		\$54
Tu 5:30P Womens @ The Gra		\$206	Rob S. Orange		\$15
Tues Nite Women's BB Study		\$297	Robert R.		\$60
We 7A-Zoom Women's Book Stu	300	\$501	Robyn C.		\$2
Wed. 5PM- East Meets West		\$40	Robert S., RSM		\$120
We 6:30P-Wed Night Wandering		\$61	Rodger & Annette F., Irvine	\$35	\$225
Mon 6:30P-EDIBBS, Easy Does		\$360	Ronald B.	\$25	\$150
Sun 7pm-Fishbowl Discussion		\$25	Robert R.	\$15	\$15
Thr 7:00P-Fishbowl		\$5	Sherman S.		\$20
Fri 7:05 AM Back To Basics (Ball	1230		Stephen M.		\$20
Jumpstart M-F 6:30A Sat/Sun 7A		\$600	Transcend Healing & Breathw		\$5
Mon 6:00P-Women's Emotional		\$50	Troy R		\$1
Mon So Coast Mens Stag		\$448	Tom P., HB		\$5
Sat. 9AM Morning Fellowship		\$80	William F., Anaheim		
Sat. 9:15 A-12x12 Irvine		\$76	IN LOVING MEMORY		
Sat. Morning Women's		\$1	In Memory of Sandy P. #15144		\$25
Sat. 12:00P Tustin AWC (Alkies		\$300	GROUP INFORMATION		
Sat 7PM-Fishbowl Laguna Hills	\$5	1010	GSO #000342592		\$48
Sunday Night As Bill Sees It Lag		\$25	Receipt #1693 Need more info	175	\$175
We 5pm (W)'s Closed BB			Receipt #1032 Need more info		\$60
MISC. DONATIONS	^	^	Receipt #1543 Need more info *		\$301
Birthday Donations	\$80	1132	Receipt#1578 Thursday's Fel		\$30
IG Coffee Basket		\$50	TOTALS		
7th Tradition Zoom Mtgs		\$43		^	^
Piggy Bank		\$68		\$14,442	\$163,714

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 everything 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 Our Victories Evolve into the acceptance of Thy Will Be Done through the practice of Step Eleven.

Effie R.

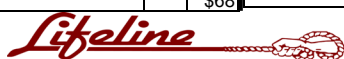
Sharing Experience, Strength, and Hope

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.





Mark Your Calendar

» UPCOMING EVENTS

November 1

202 Club Halloween Party

Anaheim Alana Club
202 W. Broadway
Anaheim, CA

[Flyer](#)

November 7-10

72nd Annual From Bridge to Shore in 2024

Southern California AA Convention with
AI-Anon Participation
The Pacific Palms Resort
1 Industry Hills Pkwy
City of Industry, CA

[Flyer](#)

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

[Flyer](#)

November 28

Thanksgiving Marathon Meeting and Potluck

Saddleback Valley Fellowship Center
23401 El Toro Rd.
Ste. 101, 200, 202
Lake Forest, CA

Email info@saddlebackfellowship.com for questions and schedule

Check the www.oc-aa.org events section 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		
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	841.95
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	269.31
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	5,664.71
Total Expense	18,012.34	206,849.72
Net Ordinary Income	-108.58	-20,159.45
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	-108.58	-19,441.63

November Word Search

Name _____

Email address _____
or phone number _____

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

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DEADLINE IS DECEMBER 15th

Congratulations to September's winner, Angela M.!