

# Lifeline

Experience, Strength, and Hope in Orange County

## I Just Could Not Stop Drinking

I was sitting on my deceased father's bed in our family home in Los Angeles, having overturned my world because of problems with alcohol. I had closed my office, left my condo, had financial problems, and at age sixty-one had been forced to return to my parents' house to have a place to live. Amidst this turmoil, I had only one sentient thought—where could I find more vodka? I had started as a late-night drinker in isolation. This devolved into days of missing work.



I went to numerous rehabs and could write a *Fodor's Guide* to recovery houses in southern Orange County. I went to one rehab back in Boston that was state of the art and cost \$10,000 a day. I was a focused student in each one; I mastered the concept of the dysfunctional alcoholic family. I could write the *Physicians' Desk Reference* version of the changes an alcoholic brain endures. I finished all the assignments on time and was generally regarded as the most committed to recovery—I just could not stop drinking. I set the *Guinness Book of Records* mark for most relapses. I hit bottom after bottom.

It was not always like this with alcohol. There was no alcohol in our household growing up. I never saw my dad or mom drink. It was not until college at a fraternity party that I had my first beer. I did not like the feeling of being out of control and would stop drinking when I felt a buzz. I received the nickname "One Beer." It was only later in life that I turned to alcohol.

A succession of events occurred in a short period of time that were out of my control. My father died a long and painful death from cancer. He had been the one enduring source of stability in my life. I thought I could find innovative treatments to reverse his diagnosis and was frustrated when that did not forestall his death. My

**I finished the assignments on time and was generally regarded as the most committed to recovery—I just could not stop drinking.**

two sons were diagnosed with an incurable eye disease which led them to be declared legally blind. They had their whole lives ahead of them with brilliant prospects before that. I thought I could fund a cure, but there was no cure. Again, I felt a sense of responsibility as a parent to help them but could not.

We lost the house of our dreams to an infestation of malignant mold which was propelled by the air conditioning after the rains and flooding of El Niño. After searching for a "mold proof" home, the same thing recurred after more rain. My responsibility was to provide a roof over my family's head, but again I failed. This Jobian succession of events, combined with friction in my marriage, caused me to feel helpless.

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The Lifeline is published monthly by the Orange County Intergroup Association

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

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—CALL BEFORE YOU TAKE A DRINK—

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Welcome 2024  
**SERVICE BOARD**

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For more information on service committees, or if you have a situation that requires an immediate answer, please contact Orange County Central Office at (714) 556-4555 or email [manager@oc-aa.org](mailto:manager@oc-aa.org).

**VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE**

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

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

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

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

**Lifeline Committee** meets the **1st Thursday of the month at 7:00PM** via Zoom (ID: 886 0942 7655, Password: lifeline) See page 3 for more details.

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

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

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

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

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

**The Orange County Intergroup Assoc.** meets the **2nd Wednesday of the month at 7PM (6:30** new rep orientation) at Norma Hertzog Community Center, 1845 Park Ave., Costa Mesa.

—IN PERSON ONLY—

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

Thank you to our board and committee members.



# Letter from the Editor

This month, we are focusing on Step Ten. We have articles from many talented writers, and I know you'll find something that speaks to you. I hope you enjoy the cover story, "I Just Could Not Stop Drinking." It is an excellent article by Leigh S. filled with experience, strength, and hope. I also hope you read Ron B.'s article, "Scheduled Perseverance," where he compares Step Ten to the review that happens during a musical theater performance run. Also, we have another article from Chuck H. on page 11, "Until I Could Accept," that I found especially inspiring.

My husband, also an AA, actually taught me about Step Ten when we first started dating. As we spoke every night either in person or by phone, we told each other about our days. I noticed he talked about his actions during that day and mentioned when he had acted out of fear or when he had done something for the sake of service. I remember saying, "Wait, are you doing a Tenth Step?!" It was so natural when we were talking. I guess I'd thought that a Tenth Step was formal, and therefore a hassle, but I realized that it could be a casual conversation. I also learned through our marriage that arguments need to be resolved quickly; when we are wrong, we must promptly admit it. I'm grateful that we both trudge the Road of Happy Destiny together.

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

Jennifer J.  
*Lifeline* Editor



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

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

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

**The *Lifeline* Committee invites you to join us.** *Lifeline* Committee members can help read, write, edit, create, design, or simply offer suggestions for the *Lifeline*. The *Lifeline* Committee meets on the first Thursday of the month via Zoom (ID: 886 0942 7655, Password: lifeline).

## Join us for a day of fun!

Whether you're competing in the chili cook-off with your home group, dressing your furry friend for the doggy costume contest, or attending solo or with friends, there's something for everyone!

### Event Highlights:

- **Delicious chili from the best home group chefs competing for the #1 Best Chili Trophy!** (Categories: Best Traditional Chili, Most Unique Chili, People's Choice, and Best Themed Booth)
- **Doggy Costume Contest** (Categories: Funniest, Most Creative, and Best Owner-Dog Duo)
- **Pumpkin Carving Station/Contest**
- **\$500 Raffle**
- **Prizes for All Attendees!** (Categories: Best Individual Costume and Best Group Costume)
- **Bake Sale and Snack Bar**

Date: Saturday, 10/26

Time: 11AM-2PM

Location: Tewinkle Park, 970 Arlington Dr., Costa Mesa

Registration: [Register Here](#)

Mark your calendar and come dressed to impress for a fun-filled day of community, food, and friendly competition, all while supporting a great cause!

[Flyer \(front\)](#), [Flyer \(back\)](#)

## DRAWN TO THE LIGHT

I was locked in a prison, they had thrown away the key.  
The light was dimming fast, the end was near for me.  
You said you would help me I told them in despair  
I can't do this thing alone, I really thought you cared.  
Will somebody help me unlock my prison door?  
I am the weakest of the weak and can stand this place no more.  
My children couldn't hear me, they didn't understand  
But somewhere in there dark of night a power took my hand.

Then I caught a glimmer of light just peeking through.  
Was someone waiting by the door for me to make a move?  
One step forward is all you need someone said to me,  
It was the hope in her voice that really set me free.  
I had to make that step myself, surrender what I held dear.  
In I crept in spite of fear. The room was lit and of good cheer.

Whether it be a prison wall or a spiderweb of silk  
That binds you to the darkness and fills your heart with guilt.  
One step at a time, one day at a time, the decision is up to you.  
Others will help you and share your pain, and share the good times too.  
I did not know I had a choice but those who came before  
Told of a Power greater than I, could I have asked for more?  
You have a choice, you can make the move!  
Take a risk, you have nothing to lose.  
Life is so sweet on the other side, living a life without booze.

Kay H.

# Our Principles

**Step Ten: Continue to take personal inventory, and when we were wrong, promptly admitted it.**

In [Step Ten](#), the first of AA's three maintenance Steps, the personal inventory we learned in [Step Four](#) becomes a daily event. Staying sober means continuing our [spiritual growth](#) which involves ongoing self-reflection. We check for the reappearance of our character defects of dishonesty, selfishness, fear, and resentment, in order to redirect ourselves towards honesty, service, faith, and compassion. Just as the lifelong goal of staying healthy depends on daily exercise to keep ourselves physically fit, a lifetime of sobriety requires daily maintenance to keep ourselves spiritually fit.

**Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.**

There's a word for the organizational policy of having no opinion: neutrality. Staying neutral keeps AA from becoming distracted or harmed by public controversy, ensuring its survival while promoting internal peace. [Tradition Ten](#)'s "no comment" position allows AA to avoid outside issues that have the power to divide the membership and destroy the fellowship. Neutrality isn't a policy of indifference though, but of focus. Absolutely no other goal, issue, or priority can be allowed to come between

AA and its primary purpose of helping alcoholics achieve sobriety.

**Concept X: Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well-defined whether by tradition, by resolution, by specific job description or by appropriate charters and by-laws.**

[Concept X](#) is all about clarity. By clearly defining AA roles, responsibilities, and authority—qualities vital to any organization and AA's ability to fulfill its [primary purpose](#). Clearly specifying service responsibilities and granting commensurate authority to complete them allows AA to function efficiently. Every service entity's role and duties are explicitly spelled out, as well as the authority needed to conduct its business. This includes the authority to delegate duties as they see fit. Though the trustees have the power to correct or reorganize any action, the clarity provided by Concept X works to minimize this.

*Editor's note: You can read the long form of the [Traditions](#) on [www.aa.org](http://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](http://www.aa.org).]*

Ron B.

## How Am I Doing?

**Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.**

1. Do I ever give the impression that there really is an "AA opinion" on Anabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? AI-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

*(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](http://www.aa.org))*

# Support Your Central Office

@OCAINTERGROUP



**Scan. Pay. Go.**

You can [contribute](#) online at [www.oc-aa.org](http://www.oc-aa.org) with Paypal or Venmo (QR codes above).

Checks and money orders can be sent to:

**ORANGE COUNTY CENTRAL OFFICE**  
1526 Brookhollow, Suite 75  
Santa Ana, CA 92705



## October AA Birthdays

Kay H.	Tustin	34 years
Mary Ann L.	Tustin	48 years

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

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



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

**Orange County Intergroup Meeting**  
**Second Wednesday of the month**  
**7:00PM meeting, 6:30PM new rep orientation**  
**—IN PERSON ONLY—**

**Info: 714-556-4555, [www.oc-aa.org](http://www.oc-aa.org)**

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

855 TOTAL CALLS	CENTRAL OFFICE ACTIVITY August 2024			
	12 Step Calls	Meeting Info	General Info	Customers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	10	183	304	205
CALL FORWARDING VOLUNTEERS	7	132	219	0

**Monthly Book Drawing Winners—Congratulations!**

**Kylie A., Tom T., and Lowell G.**

## Hospitals and Institutions Corner



“Discover the High in H&I.” I laughed when I heard this for the first time with no understanding of how being of service could truly save you in your personal recovery. I walked into a Hospitals and Institutions (H&I) meeting in 2011. Everyone always said, “Get on the committee. You can have your own panels.” You had to have a year’s sobriety, and I thought, why not? I jumped in with both feet, still not sure what was going on and how this would really help in my recovery, but I asked the questions. I was tagging along with the old-timers

who trained me, and most of them are still on the committee with me today. Pretty soon I had panels in Chino Prison California Institution for Men (CIM), hospitals (treatment centers and detoxes), and took the commitment of orientation for the H&I committee.

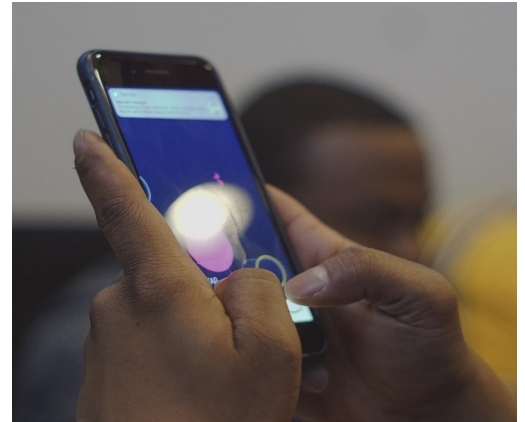
I have been through so many trials, low spots, feelings of resentments, surgeries, death, family member tragedies, and so much more. I had no idea that panels and being of service would be the solution. You know all those things we go through in recovery because we do not change overnight. Boy, what a touchstone even today in my recovery. As Bill W. says, “It will save the day.” The longer I stayed sober, the more I would notice I had a panel and didn’t want to go due to challenges in my life. But I had to go, and every time I felt better. It was the “High” I first heard about, God, and the power that we all need to keep moving. I learned that you could watch the light come on and plant the seed. Always speak the language of our heart; anything else is not the truth. Our experience (our story), what it was like, what happened, and what it is like now is what really helps people.

I have witnessed firsthand miracles from being a part of H&I, and I will share this one. I attended my panel for many years at CIM Chino Prison and saw the same inmates serving life sentences with no hope in the world. They really listened to our stories, asked the questions, and eventually worked the Twelve Steps with another inmate. During Covid, I attended a park meeting because Alano clubs were closed at the time. A gentleman walked up to me and said, “Hey, do you remember me? I was in CIM, and you came on panels.” I could not believe my eyes: a man serving a life sentence with no possibility of parole was walking a free man, had been sober for many years, and was a drug and alcohol counselor. God is in the miracle business, no matter your past. What are you doing today to help another alcoholic? Get involved in H&I today. Little did I know all the pain in early sobriety would become the most beautiful blessings and the hand of God.

Morae M.

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

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



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

**SHIFTS:**

Monday—Friday

- 6AM—9AM
- 6PM—9PM
- 9PM—6AM

Saturday and Holiday:

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

Sundays

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

# Archives Corner

## Lois Wilson

Lois Wilson, co-founder of Al-Anon and a quiet yet profound force in the world of addiction recovery, passed away in October 1988 at the age of ninety-seven. Her journey was one of resilience, compassion, and hope, marked by her unwavering commitment to help the families of alcoholics find peace and support.

Born in 1891 in Brooklyn, New York, Lois Wilson led a promising life. She married Bill Wilson in 1918, and together they shared many dreams. However, as Bill's struggles with alcoholism deepened, Lois's life took a painful turn.

For years, she endured the chaos and heartbreak that came with living alongside an alcoholic. She watched Bill spiral into despair, grappling with his addiction while she quietly suffered in the shadows. Despite the love between them, Bill's drinking took an enormous toll on their marriage and her emotional well-being.

In 1935, Bill found sobriety through the newly formed Alcoholics Anonymous, which he co-founded. AA provided a lifeline to those battling alcoholism, and Bill's life transformed. However, Lois discovered that while AA offered solace to alcoholics, there was little support for the loved ones left to navigate the emotional wreckage left behind. Lois realized that family members, especially spouses, were often forgotten, left to cope with the confusion, pain, and isolation that came from living with someone in recovery.



Lois and Bill Wilson

In 1951, Lois co-founded Al-Anon, an organization designed to provide a safe space for the families and friends of alcoholics. Her vision was to create a place where they could share their experiences, find mutual support, and begin to heal from the trauma of addiction. Lois used her own life as a testament to the strength and resilience needed to navigate such hardships.

Al-Anon quickly became a crucial complement to AA, offering meetings, literature, and a community that understood the unique challenges faced by families of alcoholics. Lois's compassion and insight into the emotional toll addiction took on loved ones resonated deeply with those who sought help. She emphasized the importance of self-care and finding serenity, regardless of whether the alcoholic in their life found sobriety. Al-Anon grew rapidly, and Lois became a beloved figure within the recovery community.

When Lois passed away in October 1988, her legacy was firmly cemented. She left behind a global community that had grown far beyond her original vision. Lois Wilson's life, though filled with challenges, became a beacon of hope for countless individuals, and her work continues to touch lives today.

Mary G.  
MSCA 09 Archives

**"The beauty of sobriety is that sometimes I am the one supported, and other times the one supporting. One act helps destroy my ego, the other my self-centeredness. I need to practice both actions if I want to survive" —"Self-Support," Los Angeles, California, July 2007, *No Matter What: Dealing with Adversity in Sobriety***

If we give more than we get, we will get more than we give. Before the program, this was a concept I didn't completely understand or believe. It seemed counterintuitive to think, "We would get more by giving more," but that has become a guiding principle in my recovery.

The simple axiom that "we can't keep it unless we give it away" is so telling. Giving of oneself can be the key to lasting contentment, but this philosophy is one that we usually grow into slowly. At first, it is essential for us to be willing to accept help. For most of us, especially men, asking for, and accepting help, is foreign and very uncomfortable. Once we see the truly altruistic nature of kind gestures from others in the program, we also begin to see that this may be something we too could adopt in our own lives. When we're down, we know we need a meeting. When we are fired up about life, our meetings need us.

The fellowship is a "we" program, and it is so encouraging to know we have an army of love just waiting for us when we need it most. One alcoholic helping another alcoholic is the hallmark of our recovery, but this transcends into so much more. What we give away, we keep forever.

Anonymous

## Stuck on “Continued”



The first time that I ever looked at Step Ten, I found myself stuck on “continued.” I was not at all clear as to what the word even meant. My brain was still in the process of being restored to a bit of sanity as it waited for the dead cells to come back to life. And I was still taking everyone else’s inventory, other than the “personal” inventory of my own. I still thought I was queen of the universe, and that there was nothing wrong with me. It took a lot of years of work and practice for me to become rigorously honest that I was the problem in my relationships that weren’t working.

I recall very clearly the day my sponsor boldly said to me: “You’re going to get drunk if you don’t start to take responsibility for doing YOUR inventory and CONTINUE to do so.” That day was the beginning of my journey into the truth which began to turn the Twelve Steps into the plan and true purpose of the author’s intent. All these years later, doing Step Ten is a daily practice in which I have become disciplined. I must admit that because I didn’t want to pick up a drink and get drunk, as my sponsor had forewarned, I tried to half-measure the Tenth Step by avoiding the nine preceding Steps for several years of my early sobriety. Because the Steps are to be taken in the order they’re written, I wasn’t successful in thoroughly doing Step Ten.

I don’t know how I stayed sober, save for the grace of my Higher Power, God. With these morbid hangovers of my past, I had few of the self-restraints that are results of doing this Step. My old ways were still hanging around, patiently waiting for justifiable anger to explode. I was still a victim of resentments that I didn’t know were buried deep within layers of denial. I would later learn that the denial was a protective shield around me, until God had prepared me to accept my emotional instability, and begin to do thorough, honest inventories to sidestep the traps of my defects of character. The pains of my failures have become stepping-stones to a life that continues to heal shortcomings of my inability to love everyone.

True tolerance and love continue to be born in every situation and/or circumstance that I am faced with in Step Ten. I am now in a phase of my daily spiritual development where the Tenth Step has become deeply ingrained in my psyche, one day at a time, by doing a lot of work. I am spending more time being conscious of the truth than the time I spent in being unconscious with the denial of these words: “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” (*Twelve Steps and Twelve Traditions*, p. 90).

Step Ten continues to prove to me that what I self-righteously thought was justifiable anger was nothing less than a dangerous booby trap that would have eventually trapped me into one more emotional dry bender. And the bottle would have been my next step. So, being able to take a spot-check inventory in the midst of disturbing emotions such as self-pity, jealousy, hurt pride, or a plethora of events that throw us off balance, may we continue to turn to Step Ten, with the self-control that this Step births.

Effie R.



## Walking in the Light



When drinking, my already existing fears: anger and aggression, were the dominant feelings and defensive tools. All negative, they bound me in the darkness between my ears. Pretty much a loner by nature, they even further isolated me from family and friends. No matter how much I drank, the fears and anger never went away, effectively trapping me in mental and spiritual darkness without hope. Even after the alcohol was put down, these fears and anger continued to plague my thinking and actions. Fortunately, there were two meetings a week where I was located.

I attended these meetings and did not drink in between them as the men in the fellowship directed. That kept me sober initially. Eventually, Steps Four through Nine were worked, and recognition came that those fears were the driving factor of my resentments, anger, and aggressive behavior. Having dealt with the past as best as I could, I was now free to deal with the present. The question was, “How do I do that?” Those fears did not go away; they still existed as shadows within my head. The shadows still exist at the time of this writing, forty-three plus years later.

The “how,” for this alcoholic, has been the Tenth Step. I kept a journal the first five years of my journey in sobriety and did multiple spot checks throughout my day as disturbances occurred in my serenity. Every Step Ten requires another run through Steps Five through Nine. My alcoholism is only arrested, and my daily reprieve from my alcoholism is dependent on my conscious contact with my Higher Power/God. The Tenth Step accomplishes that for me.

Stopping drinking and dealing with the past were not enough. I had to be in and deal with the present. My drinking was just a symptom of my alcoholism; my thinking was also a major factor. The Tenth Step keeps my thinking and feelings in check and gives me the gift of emotional sobriety. Yes, the fears, anger, and aggression are still there, a part of me, shadows. Yet, our program and fellowship provide the tools and guidance to set these disturbances aside and practice acceptance. My Higher Power/God will take these issues as long as I practice acceptance and ask for help.

Over the last couple of months, I found myself dealing with some fairly significant physical pain issues. I have not been in this kind of pain since 2015 when I had a third back surgery. As the pain increases, my tolerance levels seem to grow weaker. The shadows once again seemed to be closing in. The only answer for this alcoholic is Step Ten.

I once existed in the darkness of untreated alcoholism, without hope. Today, because of our program, the Tenth Step allows the light of reason and hope to overcome the shadows within me. I have been given many gifts in my journey in our program. The best is sobriety, physical and emotional. To maintain sobriety and walk in the light, the Tenth Step is necessary for this alcoholic.

Trust God, clean house, and help others.

Bill F.



**What's the difference between a  
GSR (General Service Representative)  
& IGR (InterGroup Representative) ?**

**GSR:** "Only when a GSR keeps the group informed and communicates the group conscience can the Conference truly act for AA as a whole." Bill W.

Responsibilities include:

- Attend monthly district meetings. (and preferably 4 Area meetings per year)
- Serve 2-year term (Alt GSR suggested). At least 2-years sobriety suggested. Service oriented
- Should hold no other offices in any other group
- Act as a link between the group and AA as a whole. This link becomes a channel through which news, information, opinions and ideas can flow back and forth.
- Assist in conducting a group conscience either for solving group problems or gathering the group's decision on an agenda item going to conference (using Roberts Rules of Order).
- Share with their groups information from the General Service Office (GSO) through "Box 459 Newsletter and the news link in the Meeting Guide App which are GSO's primary means of communicating with the fellowship..
- Keep the group up to date on the latest literature and service material.
- Be aware of new technology being used to help carry the message and share that with the group (i.e.: audio books, videos, podcasts).
- Familiar with websites GSO (aa.org), Area (MSCA09aa.org), Local (oc-aa.org)

**IGR:** Each AA group elects an IGR as a link in the chain connecting the individuals of the AA Group to those who maintain the operations of the local Central Office.

Responsibilities include:

- Attend monthly Intergroup Meetings
- Usually serves 2-year term, but group can determine). At least 1-year sobriety suggested
- Help keep AA self-supporting by encouraging your group to make regular contributions to OC Intergroup/Central Office (Individual, Group & Birthday)
- Sign-up for and distribute our local Newsletter *The Lifeline*. Familiarize yourself with its content. (Copies can be obtained through the Monthly Intergroup meetings and your local Central Office).
- Casts the Group's vote on all matters requiring a group conscience on how Intergroup/Central Office functions.
- Become familiar with **oc-aa.org website** and **EVENTS** and keep your group informed.
- Keep your group informed of literature available through Central Office and current pricing.
- Inform and encourage members to participate in the many service opportunities provided through our Intergroup/Central Office- (Central Office volunteer, Call-Forwarding, 12 step, Speakers, Public Information, H & I, Group relations, Technology, The Lifeline newsletter & Special Events)

*Get a Service Sponsor to answer questions. No need to feel overwhelmed with the position. They're there to help and you get to learn and grow in your recovery!*

**Meeting Spotlight**

**Rebels**  
Friday, 7:30PM

**Zoom Info:**

ID: 812 7948 8024

Password: Rebels

**Corona Del Mar Community Church**

611 Heliotrope Ave.  
Corona Del Mar

(Heliotrope at PCH and 3rd)

**October Pamphlet of the Month**



This [pamphlet](#) (P-19) outlines responsibilities and resources to new GSRs.

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



## Contempt Prior to Investigation



### From Where it Came

Plato said (circa 400 BC), “anything worth knowing is already known,” and that’s where investigation begins with self-discovery of one’s own spiritual path. Let the investigation begin; the journey will last a lifetime and make life worth living. Discovery of messages from the “wisdom makers messages” warms the soul and challenges assumptions, changes perspectives and allows one’s new truths to replace weathered beliefs. A self that goes on changing goes on loving with daily miracles. It requires work; however, the rewards are worth it. It is interesting to note that minimal investigation reveals in two centuries of American recorded history there are three attributions to the same philosophical thought. How many great thinkers have thought similarly over one hundred centuries of recorded world history? It is all there upon further investigation of cave drawings to Dead Sea Scrolls to pyramid hieroglyphics to Emily Dickenson’s discovered poems. Bottom line, the more we know the more there is to know on the ever-expanding staircase of spiritual discovery!

### Contempt Prior to Investigation

**William Paley**, (circa 1800) an English theologian and philosopher, stated: “There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance - that principle is contempt prior to investigation.”

**Albert Einstein** (circa 1930) also emphasized the importance of avoiding condemnation before understanding: “Condemnation before investigation is the highest form of ignorance.”

Additionally, **Herbert Spencer** (circa 1875) is often associated with a similar version of this idea: “There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance - that principle is contempt prior to investigation.”

*In essence, these thinkers caution against forming strong opinions or dismissing ideas without first examining the evidence. It serves as a reminder to approach new information with an open mind and curiosity. In AA, self-discovery is uncovering a discovery found earlier by a sponsor, grand sponsor, fellow old-timer, newcomer, person on the street, children at play, work colleague, etc., etc. Life is a social engine with eight billion parts each feeding each other. Thank you, God, for this heavenly tapestry of life—so simple, so beautiful, so intricate, so intimate, so giving, so loving, so gracious! Your surrendered combatant is forever thankful!*

John G.

## Scheduled Perseverance



When I worked in musical theater, after a show opened, it did not just run on its own. The production team would monitor performances daily, using a review process. In AA we also use a review process that requires perseverance: [Step Ten](#).

Review processes are common. Known as inventories, organizations examine their condition to identify what’s not working (things to **stop**), what needs to happen for continued improvement (things to **start**), and what’s working (things to **continue**). And finally, we identify what’s working that could benefit from a minor **change** in order to maintain the highest quality. The same goes for AA members.

In AA, our recovery from alcoholism is also a team effort. This team is made up of myself, my sponsor, and my Higher Power/God that’s represented by the fellowship. After we’ve done the first nine [Steps](#), our lifetime goal is to grow in the understanding of how we can continually improve our recovery program. Toward this end [Step Four](#)’s personal inventory becomes a daily event where we review our behavior, looking for times when we were selfish, dishonest, resentful, or afraid. We then use the Steps we’ve learned to manage any reappearance of these [character defects](#).

### Stop

Obviously, if I’ve committed wrongs related to my shortcomings, I want to stop, so I ask my Higher Power to remove them as I did in [Step Seven](#). This is only the beginning though.

### Start

The *Big Book* clearly states what to do to maintain a spiritual condition conducive to the removal of our defects: we discuss the defect behind our mistake with someone immediately. We then make amends to anyone we’ve harmed ASAP, and reach out to someone we can help—actions we learned in [Steps Five](#) and [Nine](#).

### Continue

In our daily inventory we also list our character assets—things to continue doing—by acknowledging times we were honest, considerate, humble, etc. This includes actions we took that encourage and maintain these qualities, both in and out of AA. Recognizing what’s working is as important as honestly admitting what isn’t.

### Change

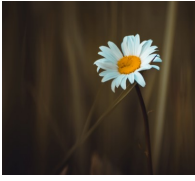
Step Ten helps me identify my actions (or inaction) that could be allowing my defects to thrive. Often this means changing my recovery routine: increasing my meeting count, doing book studies, reading AA literature, and most important, staying connected to the fellowship. The biggest challenge is avoiding resentment—the sure route to relapse. I look for my part in any conflict (Step Nine again) and work to change my behavior and no one else’s. Even if I’m blameless, I can always improve by practicing patience, forgiveness, and tolerance.

In theater we perform every day for the run of the show until it closes. Similarly, in AA we perform a daily Tenth Step till the close of our life, gradually replacing our defect-based habits with the healthy habits of the maintenance Steps. Alcoholism is tenacious, so we must be vigilant. Step Ten is AA’s anti-complacency Step.

However we go about our daily inventory, we follow the saying “Easy does it—but do it.” Going to any length to achieve sobriety despite the inevitable challenges of work, family, and [“life-on-life’s-terms”](#) requires persistence and discipline. The key isn’t prioritizing our schedule, but scheduling our priorities, the first of which is to maintain our program by constantly working to improve it. Step Ten is AA’s brilliant way of helping us develop the determination and resolve necessary for spiritual growth. It’s a scheduled reminder that perseverance isn’t a long race, but many short races we must run all day, every day, one day at a time.

Ron B.

## UNTIL I COULD ACCEPT



*"Until I could accept my alcoholism, I could not stay sober; unless I accept life on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."—Big Book, p. 417*

There are fifty-one words in this quote, and the magic in them has helped change my life. I can only speak for myself. I go to meetings, read the *Big Book*, worked the Steps, talk to my sponsor, pray to God, and, so far, I stay sober. The secret I have always looked for in Alcoholics Anonymous is how do I apply what I hear, read, talk about, or pray for, to everyday living.

Until I could accept that tomorrow is none of my business, that tomorrow belongs to God, I was always into fear of what would happen tomorrow.

Until I could accept that I could not fix my marriage, I did not find freedom from fear. It was going to work or not work, and that it was God's business. I found I could contribute to the marriage so that no matter what happens tomorrow I could hold up my head today and say I did my best. This way I ducked any guilt and resentment. That marriage lasted fifty-one years before God took her home.

Until I could accept my boss as being my boss, I was forever in a messed-up relationship with me.

Until I accepted that fact that there is a God and I'm not Him, I could not understand that I am not responsible for other people's feelings or actions. I can love. I can listen. I can walk beside. I can let go and let God.

I was fourteen months in this program before I suddenly realized that I had an incurable disease. Incurable means to me, forever. I got so mad at God when I made this discovery. I told Him exactly how I felt—mad, angry, unfair, and right in the middle, I started to laugh. I discovered what a beautiful relationship I truly had with my God. I could talk to him just the same as I could to a friend standing beside me.

Until I could accept the problem, be it in sickness or in health, I could not look for the solution. If I concentrated on the problem, I forever had a problem. When I looked for a solution, God has forever provided the answer.

The answer seems to be getting out of self; to let go, to get on with the business of living, and to uncover, discover and to discard. It is in giving of myself that I receive. It is in loving that I am loved. It is in living life that I find life.

I had to accept that I was not a bad person trying to get good. I am a sick person trying to get well. I had to forgive myself and all my shortcomings before I could forgive others.

Today is all I have. Right now is forever. It's better than I've ever had it before.

Chuck H.

## Don't Call It a Relapse!



I was touched by the Q&A with Father Leo a couple of months ago where he said he thanks himself for his sobriety [Editor's note: Lifeline, July 2024]. Since then, I've bristled at the word *relapse* because it implies that I have no control over whether or not I drink. Even though the *Big Book* and the *Twelve and Twelve* go on at length about powerlessness, I think Bill and the others were talking about alcohol, NOT alcoholism – in fact, Step Two specifically says, "We admitted we were powerless over alcohol," not "alcoholism."

So, when I hear someone say they've relapsed, I take them aside after the meeting and suggest that they didn't relapse at all – they decided to drink again. There's a big difference between the two concepts. I've been to more than 14,000 meetings since I got sober, and I have yet to hear anyone say they were attacked by a bottle or a drink of alcohol – that it somehow forced itself down their throat. No, no, no! The fact is simply that **they chose** to drink.

In my experience, successful people in AA are the ones who really surrender in Step One and are "rigorously honest" with themselves about the causes of their alcoholic behavior and their drinking. I had to admit that I was the problem, not my friends or wife or boss, not the IRS or traffic or the weather or a broken shoelace, or anyone or anything else. I had to surrender, and to work all of the Steps as hard as I could. I remember a little sticker on the bathroom mirror in the place where I got sober that said, "You're looking at the problem."

I can't afford to blame anyone or anything else for what goes on in my keen alcoholic mind. Fortunately, I get a daily reprieve from my alcoholism by asking my God for help, by attending daily meetings, and by being forever grateful for another day, brought to me by the grace of God, my willingness to change, and the many God-graced people who have helped me on my way.

Charlie R.

### Step Ten—Continued to take personal inventory and when we were wrong promptly admitted it.

At three years of sobriety, after reading a passage in the book *As Bill Sees It*, on page 21 that is titled "Citizens Again," there is a part of that reading that says something to the effect that the purpose of the program is not to spend the rest of our lives in meetings. The purpose of the program is to restore us as productive citizens in society.

I've heard it said that the Fourth Step is like spring cleaning, and the Tenth Step is like cleaning up after ourselves on a daily basis. That works for me. One point I think is important to note, though, is that the word *wrong* doesn't necessarily mean you are at fault.

As humans, we make mistakes and are often wrong. When we're wrong, whether we're at fault or not, just admit it, get over yourself, and move forward. I realize that sometimes that's more easily said than done, but I've found it's a better way to live. My late father always said it's not important who's right. What's important is what's right.

This Step is about trying to do what's right at all times, and when we're wrong, just admit it.

Bob L.





# Speaker Meetings

## Costa Mesa

6:00PM, Saturday  
**HYBRID**  
**Saturday Night Refugees (12X12 Speaker Meeting)**  
 2144 Thurin St. @ Victoria St. (Grange Hall)  
 Meeting ID: 703 741 362, Password: GRANGE  
 Contact: Joel B., 949-228-8799

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

## Dana Point

9:30 AM *First Sunday only each month*  
**IN-PERSON**  
**Dana Point Harbor Monthly Speaker Birthday Group**  
 34699 Golden Lantern (Wind and Sea Restaurant)  
 Contact: Brent W., 206-390-6363 or  
 Contact: John H., 949-697-1643

## Huntington Beach

5:45PM, Tuesday  
**HYBRID**  
**Sun and Sea AA Hybrid Meeting**  
 8121 Ellis Ave (HB church, upstairs meeting room)  
 Meeting ID: 882 0896 9623, Password: Sunandsea  
 Contact: Cindy S., 714-401-0913

## Irvine

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

## Laguna Beach

8:00PM, Saturday  
**HYBRID**  
**Living Sober Speaker Meeting**  
 428 Park Ave. (St. Mary's Episcopal Church)  
 (in the back building, Guild Hall)  
 Meeting ID: 129 629 389 (no password)  
 Contact: Neil K., 949-228-4265

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

## Laguna Hills

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

## Laguna Niguel

7:00PM, Sunday  
**HYBRID**  
**Laguna Niguel Speaker Meeting**  
 24360 Yosemite Road (@La Paz Rd.)  
 Meeting ID: 451 797 737, Password: NewYMCA  
 Contact: Bill W., 949-929-3564 &  
 Jesse C., 949-395-8960

## Lake Forest

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

## Orange

8:00PM, Saturday  
**HYBRID**  
**Saturday Night Visiting Speakers**  
 395 S. Tustin St. (Community of Christ Church)  
 Meeting ID: 620 819 804, Password: aa  
 Contact: Matt D., 949-903-0548

## Orange

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

## Rancho Santa Margarita

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

## San Clemente

6:00PM, Monday  
**IN-PERSON**  
**Men's Stag Speaker and Discussion Meeting**  
 929 Calle Negocio (San Clemente Friendship Center)  
 Contact: Tom P., 949-547-3104

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

## Tustin

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

## Villa Park

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

## A Life Worth Living

In order to move forward in life  
 We must stand still  
 Long enough to let all the rubbish pass us by.  
 It's contrary action but effective for our soul, our well being.  
 At different times in our lives, we are forced to stand still and watch  
 What no longer serves us leave us for good.  
 We are in charge of what we keep and discard in our lives  
 We are responsible for carving and creating a life worth living.

Vivian W.



Continued from page 12

Mo 7:30P-Speakers, 500 Marina	\$383	1338	Dly 7:05A-Attitude Adjustment		\$630
We 7:00P-BYOC Coffee BB		\$295	Dly Noon Time Recovery (Cost	\$75	\$125
We 7:30P (W) Step Study, 138 8		\$119	Dly Early Birds		1581
<b>SILVERADO CANYON</b>	^	^	M-F 7:00A-Zoom Daily Reflecti		\$800
<b>SUNSET BEACH</b>	^	^	Tues/Thurs 7:05 A-The 705 Virt		\$923
Su 11:00A-Inner Peace Group, 1	\$420	\$420	Tu 5:30P Womens @ The Gra	108	\$206
Su 1:00P-BYOBp, 16865 PCH	\$50	\$50	Tues Nite Women's BB Study		\$297
Su 3:00P-Beat A Dead Horse,		\$100	We 7A-Zoom Women's Book St		\$201
Su 5:00P-Sundowners, 16865 P		\$400	Wed. 5PM- East Meets West		\$40
Mo 4:30P-(W)'s Hour of Power,1		\$258	We 6:30P-Wed Night Wanderin		\$61
Tu 7:00A-Tues at Thursdays, 16		\$259	Mon 6:30P-EDIBBS, Easy D	360	\$360
Tu-12:00-Tues Noon, 16865 P		\$150	Sun 7pm-Fishbowl Discussion		\$25
We 7:00A-Attitude Adj, 16865 P		\$312	Thr 7:00P-Fishbowl		\$5
We 6:30P-Newcomer's (THURS		\$90	Fri 7:05 AM Back To Basics (B	350	1230
We 12:00P-Noon Promises, 168		\$100	Jumpstart M-F 6:30A Sat/Sun 7		\$600
Th 7:00A-Thur at Thursdays, 1	\$45	\$125	Mon 6:00P-Women's Emotional		\$50
Th 5:30P-(W)'s Disc, 16865 PCH		\$180	Mon So Coast Mens Stag		\$448
Fr 12:00P-Drunk Busters, 16865	\$100	\$600	Sat. 9AM Morning Fellowship		\$80
Sa 11:00A-Noon at 11, 16865 P		\$180	Sat. 9:15 A-12x12 Irvine		\$76
Sa 7:00P-Rule 62 Speakers		\$200	Sat. Morning Women's		\$1
<b>TRABUCO CANYON</b>	^	^	Sat. 12:00P Tustin AWC (Alkies		\$300
<b>TUSTIN</b>	^	^	Sat 7PM-Fishbowl Laguna Hills		1005
Dly 6:00A-Foothill Early Risers,	\$37	\$37	Sunday Night As Bill Sees It La		\$25
Dly 6:00A-Attitude Mod, 1221 W	\$347	4481	<b>MISC. DONATIONS</b>	^	^
MWF 12:00P-Spiritual Experien		\$600	Birthday Donations	\$82	1052
M-F 5:30P-Tustin Rush Hour, 55		\$200	IG Coffee Basket		\$50
Su 7:00P-Sober/Crazy Spkrs, 1		\$592	7th Tradition Zoom Mtgs		\$43
Mo 9:00A-Women's Unity Grp T		\$50	Piggy Bank		\$68
Mo 6:00P-Conscious Contact (	\$99	\$99	Tu 7pm Laguna Beach DW @S		\$175
Tu 7:00P-Tustin BB Stdy, 225 W		\$390	Mindful Day Sound Bath Donat		2603
We 7:00P-(W)'s Solutions, 192		\$231	Saddleback Valley Fellowship		\$185
Th 9:00A-(W)'s SS, 14402 Pros		\$120	Southern CA AA Convention		5193
Th 7:00P-12 Steps & 12 Trads, 2		\$270	<b>PERSONAL DONATIONS</b>	^	^
Fr 6:00A-Men's Morning Coffee		\$124	Anonymous	\$73	1553
Fr 6:30P-It's in the Book, 225 W.	\$777	1340	Alexander A, San Clemente		\$2
Sa 7:30A-Tustin Acceptance,	\$262	\$899	Anna C.		\$14
<b>VILLA PARK</b>	^	^	Anthony G.	\$10	\$10
Dly 7:30A-Sunrise Serenity, 178		\$650	Aria M.		\$2
Su 9:02A-Sprkr/Part, 17885 Sant		\$480	Bill D. CMAC 10am BB Study Z		\$3
<b>WESTMINSTER</b>	^	^	BJ L. Irvine		\$150
Mo 6:00 PM-12x12 Beg., 15750		\$90	Brian S.		\$9
<b>WHITTIER</b>	^	^	Byron R., Mission Viejo	\$50	\$50
<b>YORBA LINDA</b>	^	^	Carolyn M.		\$50
<b>UNLISTED GROUPS</b>	^	^	Curtis H.		\$20
Anonymous Meeting		\$271	David B., Fullerton	\$10	\$60
Brea Mens Group 562316		\$106	David & Angela K. Laguna Nig		\$768
Charlie St. Step House, CM		\$120	Derek G. Laguna Niguel		\$125
Fri Double Winners, St. Johns		\$300	Effie R. Costa Mesa	\$50	\$150
Fri. D.W., Costa Mesa		\$150	Elizabeth H., Brea	\$50	\$225
Fri TGIF Women's Topic Disc.		\$151	Evan McC. Ladera Ranch recei	240	\$240
Here and Now, NB		\$0	Faith B.		\$5
Into Action BB, CM		\$150	Gaston E.		\$104
Mon Night Guild Hall Meeting		\$97	George H., Rancho Mission Vie		\$2
Mon 6 pm Thursdays Monday Ni		\$60	Hilda F.		\$3
Mon 6:30 pm Women's Living S		\$163	Issella G.		\$160
NHMS Meeting		\$300	Jane B., Legacy #780752	\$70	\$70
Sat. 7:30A - Men's Meeting at St.	\$312	\$312	James & Carol W., NB		\$280
Th 11:00A-(W)'s Closed BB, SJ		\$84	Jenna K.		\$25
Noon Women's Meeting Mission	\$185	\$185	Jennifer J., Costa Mesa	\$10	\$55
<b>WANDERING GROUPS</b>	^	^	Josh M.,		\$10
Fri P83 Wandering Group		\$100	Julie W.		\$75
We 6:30P- Rolling Men's Stag B		\$250	Kate L., Santa Ana		\$500
<b>ZOOM MEETINGS</b>	^	^	Kathleen R. zoom		\$15
As Bill Sees It Newcomer		\$425	Kim S.		\$5
Attitude Adj. 7am Cnyn Club (00	1448	4952	Krista S.		\$4
Back Bay (M)'s Zoom	\$14	\$795	Laura J., HB		\$10
Whale Watchers Men's Stage M		\$122	Lynn B		\$75
Women's 5pm Zoom BB SJC	\$244	\$244	Marilyn C., San Clemente	\$25	\$81
Dly Alkie's Winner Circle	\$210	\$210	Matthew D. T.		\$2
Dly 6A-Not Taking A Trip (SJC)		\$587	Marcia F., group 342592 ??		\$50
			Michael L.		\$330

Continued on page 15

## I Just Could Not Stop Drinking

Continued from page 1

I felt like Gulliver lying tethered down on the beach with Lilliputians sticking swords in me. In retrospect, it was a supreme act of grandiosity to believe I could control those tragedies, but I came to the point of wanting to block out the pain with alcohol.

There had been numerous interventions by family and friends which had gotten me to stay at endless rehabs, but it just never worked. My brother tried to take me to Charle Street, but I had the ignominious distinction of not even being able to get an empty bed there. Fortunately, there was a bed available in a sober living house in Orange, and I moved there. Finally, I had an epiphany which was a result of regaining proportionality. I was not a starving peasant in Darfur; I did not live in Nazi Germany in the 1930s; I did not have cancer or a heart condition—what excuse was there not to try again?

I had been raised with two core values 1) treasure relationships, especially family, 2) make a meaningful impact in a positive way on society and help people who couldn't help themselves. I was failing on both counts. I had been raised with a sense of optimism and resilience in the face of reverses. It was time to begin again.

I found a home group that became my initial Higher Power. It was an unlikely forum. It was a men's stag that looked like a cross between a tattoo parlor, a Hell's Angels cluster, and the Pirates of the Caribbean ride at Disneyland. But they stressed fundamental recovery from the podium each week and laid out a simple set of steps 1) surrender, 2) find a Higher Power, 3) find a sponsor, 4) find a home group, 5) work the Twelve Steps in order, 6) be of service to other people, and 7) read the *Big Book*.

I was able to find an inspiring sponsor who was a scholar of the *Big Book*. I treated the process like a return to college. Denial had made me believe I had no problem—but my circumstances made it clear how little I knew about how to resist alcohol. I listened to the old-timers at the meeting and was hanging on every suggestion. I realized they were mentors and experts in a field I had no understanding of. I worked the Twelve Steps and went to a meeting every day. I read every other form of recovery literature. I went to the Orange County Men's Dinner, attended the Orange County Convention, went to the Desert Pow Wow, and actually went to the International AA Convention in San Antonio. Whatever else was happening in life, I did not miss my home group meeting. I created relationships with many of my fellow alcoholics and checked in with them regularly.

During all my rehab journeys, I would exit and tell my friends and family, "This time I have mastered the tools; this time will be different." I didn't consciously lie; I just was overpowered by cravings. This time I resolved not to answer any questions about the state of my recovery at all. My only answer was the number of days of sobriety I had achieved. Sometimes I felt like the Greek God Sisyphus tasked to endlessly push a heavy ball up a hill. Every time I pushed it up, it came rolling back. There were massive amounts of destruction and detritus that needed repair. Resilience saved me, along with a belief that tomorrow would be better than today. There was clearly light at the end of the tunnel.

I chose to be public about the state of my recovery in an effort to lend hope to those still struggling. I have aggregated a group of alcoholics nationally who are still in the fight. I turn fourteen and a half years sober later this month. I could never have been in this position without a great sponsor, home group, Higher Power, and group of friends for support. I am in complete awe and gratitude of alcoholics who have mastered years of sobriety. I have seen fellow alcoholics walk through the loss of kids, cancer, and all sorts of challenges while not returning to drinking. This was extraordinarily helpful for my own journey. We are all in this together. I am still a bun in the oven being cooked by the program of AA. I rebuilt my business, am in a loving relationship with an amazing woman, and have great relationships with my kids. You can do this too.

Leigh S.



# Mark Your Calendar

>> UPCOMING EVENTS

**October 4-6**

**ACYPAA Summit**  
Hilton LAX  
5711 W. Century Blvd.  
Los Angeles, CA  
[www.lacypaa.com](http://www.lacypaa.com)

**October 11-13**

**SBAA 2024 Convention Santa Barbara**  
112 W. Cabrillo Blvd.  
Santa Barbara, CA  
[www.sbaaconvention.net](http://www.sbaaconvention.net)

**October 11-13**

**Three Legacies Conference 2024**  
The Hope Center  
2275 Morello Ave.  
Pleasant Hill, CA  
[www.3legacyconference.org](http://www.3legacyconference.org)

**October 26**

**AANOC Annual Halloween Event**  
AANOC  
1661 E. Chapman Ave. #1H  
Fullerton, CA  
[www.aanoc.org](http://www.aanoc.org)

**October 26**

**SOCHIC's Annual Halloween Chili Cook-Off**  
11AM-2PM  
Tewinkle Park  
970 Arlington Dr.  
Costa Mesa, CA  
[Flyer \(front\)](#), [Flyer \(back\)](#)  
[www.sochic.club](http://www.sochic.club)

Continued from page 14

Pej P.		\$54
Rob S. Orange		\$15
Robert R.		\$60
Robyn C.		\$2
Robert S., RSM	\$15	\$120
Rodger & Annette F., Irvine	\$35	\$190
Ronald B.	\$25	\$125
Sherman S.		\$20
Stephen M.		\$20
Transcend Healing & Breathwo		\$5
Troy R		\$1
Tom P., HB		\$5
<b>IN LOVING MEMORY</b>	^	^
In Memory of Sandy P. #15144		\$25
<b>GROUP INFORMATION RE-QUESTED</b>	^	^
GSO #000342592		\$48
Receipt#1618 Noel & Simona	500	\$500
Receipt #1032 Need more info		\$60
Receipt #1543 Need more info		\$301
Receipt#1578 Thursday's Fe		\$30
<b>TOTALS</b>	\$16,992	\$149,772

ALCOHOLICS ANONYMOUS  
ORANGE COUNTY INTERGROUP ASSOCIATION  
STATEMENT OF INCOME & EXPENSE  
PERIOD ENDING 08/31/2024 UNAUDITED

	Aug 24	Jan - Aug 24
<b>Ordinary Income/Expense</b>		
Income		
Literature Resale	1,213.42	19,578.26
Bank Adjustments	-14.95	-49.60
Birthday Donations	0.00	1,107.65
Group Donations	17,833.31	143,728.09
Individual/Fellowship	218.23	5,684.93
Interest Earned	4.64	36.52
Literature Sales	12,676.67	81,795.40
Shipping and Delivery Income	0.00	-41.25
<b>Total Income</b>	<b>31,931.32</b>	<b>251,840.00</b>
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	12,008.70	84,494.73
Cost of Literature Sold - Other	0.00	65.60
<b>Total Cost of Literature Sold</b>	<b>12,008.70</b>	<b>84,560.33</b>
Shipping / Misc. Adjustments	5.95	-1,506.84
<b>Total COGS</b>	<b>12,014.65</b>	<b>83,053.49</b>
<b>Gross Profit</b>	<b>19,916.67</b>	<b>168,786.51</b>
Expense		
Accounting	6,930.00	13,275.00
Auto Expense (all Mgrs.)	94.94	716.11
Bank Charges	0.00	-32.00
Convention & Svs Event Expense	0.00	855.54
Copier Expense	0.00	841.95
Credit Card Expense	374.61	2,153.40
Freight and Shipping Costs	0.00	7.50
Insurances	444.60	2,736.60
Intergroup Expense	221.71	3,225.14
Internet Expense	177.19	1,417.49
Lease Expense	284.05	2,272.40
"LIFELINE" Expense	1,826.00	14,251.00
Maintenance & Repairs	400.00	1,686.00
Offices' Supplies & Expenses	489.91	4,079.94
Payroll Tax Expense	800.39	7,586.63
Postage	81.95	309.24
Public Info Expense	161.77	741.85
Reconciliation Discrepancies	-0.01	-0.01
Reimb. Health	800.00	5,200.00
Rent Main/Satellite Offices	8,110.76	33,891.22
Salaries	10,535.31	82,675.32
Sales Tax on Lease	0.00	0.00
Special Events Expense	0.00	2,719.85
Taxes & Licenses	149.31	269.31
Telephone Expense	384.99	3,084.27
Utilities	103.82	484.85
Voided Transaction	0.00	-36.00
Volunteers Coffee & Water	66.50	365.50
Website Expense	730.75	4,059.28
<b>Total Expense</b>	<b>33,168.55</b>	<b>188,837.38</b>
<b>Net Ordinary Income</b>	<b>-13,251.88</b>	<b>-20,050.87</b>
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	717.82
<b>Total Other Income</b>	<b>0.00</b>	<b>717.82</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>717.82</b>
<b>Net Income</b>	<b>-13,251.88</b>	<b>-19,333.05</b>



# October Word Search

Name \_\_\_\_\_

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

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

SPIRIT  
JUSTIFIABLE  
RESENTMENT  
DISHONESTY

FEAR  
OPINION  
WRONG  
HANGOVER

INVENTORY  
SELFISHNESS  
CONTROVERSY  
TEMPERANCE

## WIN A FREE BOOK OF YOUR CHOICE!

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

**DEADLINE IS NOVEMBER 15th**

*Congratulations to August's winner, Brian B.!*