

Lifeline

Experience, Strength, and Hope in Orange County

My New Perception

In my youth, I was taught that the three most important things in my life were family, church and country, that I should place those even before my own life. Now sitting with my sponsor, he told me I had the horse in back of the wagon. I had to place my own well-being first. I had to take care of myself—physically, spiritually, and emotionally—or I would not be good to family, church and country. I once saw a military movie where the general said to let the enemy die for their country; you live for your country. So, I worked on me and my attitude. As a result of this attitude, my marriage turned good and lasted fifty-one years before God took her home.



Photo credit: Chris R. (Aliso Creek Beach—Laguna Beach)

My sponsor said to contribute to the marriage to the best of my ability so that if it should end I could walk away with the least amount of guilt and the least amount of resentment. My sponsor told me that guilt and resentment would get me drunk.

I started to do things for my wife to please me. I used to do things for my wife to please her. I started to pick up after myself. I started to watch for opportunities to be of service and I did it anonymously, simple things like holding her elbow when walking downstairs or holding the door open while she got in the car. I did not do those things to please her, I did those things to please

Continued on page 14

My new perception changed the way I looked at my job, and I like to call it a miracle, a God shot. I was sitting at my desk working when something happened that I really can't explain. Out of the clear blue, I just quit working for my company. Just quit. Now, I did not tell anyone I quit. I sat at the same desk doing the same job, but all of a sudden, I started to work for me. I was going to do the job in front of me, and the only one I was going to try and please was me. I quit trying to please the boss; I quit trying to climb the corporate ladder. No matter what job they gave me, I was going to do the best job I could, and I was doing the job to please me. As a result of the perception change, at five years sober I was selected as one of the top ten employees out of 16,000 employees. The general manager did not know I was an alcoholic; all he knew was he had a very reliable employee.

I was driving home from a newcomers meeting with about eleven months of sobriety when I had a thought go through my head. I could not fix my marriage. I could not make it work. I could only contribute to my marriage and how it worked out was God's business. I gave that marriage to God. The key word was *contribute*.

My new perception changed the way I looked at my job, and I like to call it a miracle, a God shot.

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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 2025
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.

Like and follow Orange County Intergroup on Facebook



SCAN ME

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 Wednesday of the month at 7:00PM** 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 Thursday of the month at 6:00PM** via Zoom (ID: 913 4366 3535, Password: ocaa).

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** (Hospitals) at the Garden Grove Alano Club (9845 Belfast Dr., Garden Grove). Orientation is at **3:15PM** and **5:15PM**. The Committee Meeting is at 6:00, and the meeting opens around 5:40. For more information on Orange County H & I, go to www.ochandi.org or email contact@ochandi.org.

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

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

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

—IN PERSON ONLY—

For information about **General Service** meetings, please go to the Area 09 website, www.msca09aa.org.

Thank you to our board and committee members.



Letter from the Editor

Welcome to the fifty-sixth year of the *Lifeline*, our Orange County AA newsletter. I sometimes wonder what the early AAs in Orange County thought when the first *Lifelines* came out. There was no website with a meeting directory. There were *Big Books*, of course, *Grapevines*, and *Twelve Steps and Twelve Traditions* books. We're told that an AA needs a *Big Book* and open mind to stay sober, but I am one of the alcoholics who needs fellowship. While I know that alcoholics have so much in common regardless of location (Park Avenue or park bench, amirite?), there is something special about Orange County recovery. Opening up the *Lifeline* to find out what was happening each month must have felt like, well, like a *lifeline* of recovery.

When I find myself procrastinating on the *Lifeline*, I'll check out our [Lifeline archives](#) on the website www.oc-aa.org. I love to read what the AAs of the '70s and '80s were thinking about. Was there a dance that month? What was the financial information? Is there an article from a beloved Orange County AA who is no longer with us? Feeling that connection to past AAs in Orange County motivates me like nothing else. I hope you have a chance to look at our archives, meticulously compiled by Mitchell B.

We'd like to welcome Jackie G. as our *Lifeline* Chair this year. She can be reached at lifelinecommittee@oc-aa.org. Under her leadership, we'll be striving to improve the *Lifeline*. We're going to offer more active links in the online version of the *Lifeline* and work on ways to get more AAs to submit stories. If you have ideas you would like to share with Jackie, please send her an email.

We also appreciate Ezekiel U.'s service as our leader last year. Thankfully, Ezekiel is still on the Intergroup board and will be the Technology Chair. As with all the past chairs, his influence is still felt in the pages of the *Lifeline*.

It is the honor of my life to serve as the *Lifeline* editor. We have a remarkable group of talented writers who contribute every month, whether by writing, editing, or by offering suggestions. I've been in a lot of creative writing classes and writing workshops, and I've never seen a more supportive group than our *Lifeline* Committee. If this sounds like something you'd like to be a part of, please join one of our monthly Zoom meetings. We'll try not to scare you with passionate discussions about the Oxford comma. If you have strong opinions about the Oxford comma, this group is definitely for you.

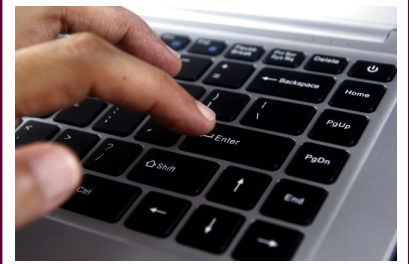
This month, we are exploring the theme of Step One and Tradition One. The articles show that feeling we all have when we come into the program, the sigh of surrender we know and recognize in others. Our old ways didn't work; maybe this way will. I'd like to thank Chris R., our past *Lifeline* Chair and past Intergroup Chair, for her photo of the beach on page 1. I often use beach imagery in the pictures in the *Lifeline*, and the best beaches in the world rival what we so casually drive past on PCH. If you have any great pictures you'd like to share with the *Lifeline*, please send them to me at oclifelineeditor@gmail.com.

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 oclifelineeditor@gmail.com.

Jennifer J.
Lifeline Editor



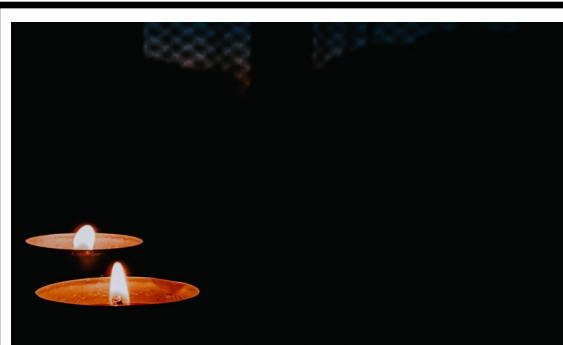
Orange County Intergroup Association –
of Alcoholics Anonymous
www.oc-aa.org



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).



IN MEMORIAM

BOB M.

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 One: *We admitted we were powerless over alcohol—that our lives had become unmanageable.*

We hit our bottom, physically, mentally, emotionally, or spiritually (no hope). Perhaps it was one or a combination of the above, or *all* the above. Each of us has a different bottom. Those who take the Alcoholics Anonymous journey take this Step every day we choose sobriety over that first drink. We also come to realize that at times sobriety does not necessarily make our lives more manageable, so the second half of the First Step also becomes a daily habit.

Tradition One: *Our common welfare should come first; personal recovery depends upon AA unity.*

When first we come into Alcoholics Anonymous, we have to conform to the principles of recovery. Our lives actually depend upon adherence to spiritual principles. We find we cannot recover unless there is the group. How many of us made countless vain attempts to recover on our own? Realization dawns that we are a small part of the whole, that no personal sacrifice is too great for the preservation of the fellowship. We learn that the clamor of desires and ambitions within us must be silenced whenever these could damage the group. It becomes plain that the group must survive—or the individual will not.

Concept I: *Final responsibility and ultimate authority for AA World Services should always reside in the collective conscience of our whole Fellowship.*

In 1938 our founders created the Alcoholic Foundation, designed to inaugurate and maintain those special services for AA that could not be performed by single groups. This trusteeship became the General Services Board in 1954. The communication between AA groups and the trustees was through Bill W. and Dr. Bob on AA policies. In 1948 Dr. Bob was found to have a fatal illness. Bill W. began to think about what would happen when they were both gone. How could communication on AA policies continue? So began the process of building the [system](#) we have today. Each group has a [General Services Representative \(GSR\)](#), each district has a GSR Committee, and each area has an assembly where a Delegate to the General Service Conference is elected. They then meet in New York to express the Fellowship's vote on AA policy. Then once a decision is made, each level carries the message back until it is given at the group level by the GSR.

[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.]

Anonymous

How Am I Doing?

Tradition One: *Our common welfare should come first; personal recovery depends upon AA unity.*

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I shout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

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

(Traditions Checklist available from Central Office)

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

Support Your Central Office

@OCAINTERGROUP



Scan. Pay. Go.

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

Checks and money orders can be sent to:

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



AA Birthdays

Faith B.	Brea	11 years
Kevin R.	Santa Ana	39 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

Norma Hertzog Community Center
1845 Park Ave.
Costa Mesa

645 TOTAL CALLS	CENTRAL OFFICE ACTIVITY October 2024			
	12 Step Calls	Meeting Info	General Info	Customers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	2	177	198	199
CALL FORWARDING VOLUNTEERS	1	126	141	0

Monthly Book Drawing Winners—Congratulations!

Lynn S., Steve M., and Sharon K.

Step One-We admitted we were powerless over alcohol — that our lives had become unmanageable.

It says we WERE powerless over alcohol. It does not say we ARE powerless over alcohol.

I believe, in my case, that it means I am powerless over alcohol once it's in my body. If I'm sober and have not taken a drink, I have one hundred percent power over alcohol and whether it enters my body or not. If it somehow enters my body against my will, it's because either someone else put it there, I accidentally drank a drink that I didn't realize had alcohol in it, or it's because I am powerless over myself.

As I write this, not once has anyone poured alcohol into me against my will.

However, there have been a couple of times, unbeknownst to me, I drank or ate something that had alcohol in it. In those cases, I immediately called my sponsor, and I did not take another bite or sip of what I was eating or drinking.

The second part of the Step says our/my lives/life had become unmanageable. It doesn't say our/my lives/life is unmanageable.

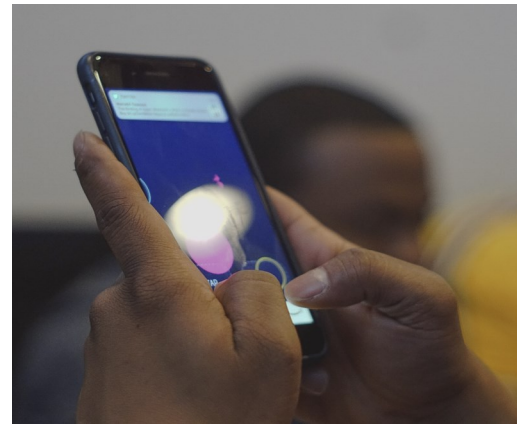
On the other hand, it says to me that when I was drinking my life was unmanageable, which it was. Furthermore, I could list countless examples of how my life has become unmanageable again, that have nothing to do with drugs or alcohol. In other words, my life had become, is, and will become unmanageable if I try to manage it by myself.

So, here is my revised edition of the First Step: We/I admitted/admit we/I were/was powerless over alcohol, drugs, tobacco, food, sex, and many other situations and substances, including all people, my past and many other situations and substances that I have no control over, and that my life had become unmanageable and can be unmanageable if I try to manage it by myself.

Yeah, that's a mouthful, but that's what I believe is my truth.

Bob L.

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

Bill and Lois — Powerlessness

Bill and Lois Wilson's journey with alcoholism was a long, painful one—marked by an endless cycle of struggle, defeat, and brief hope. For Bill, the grip of alcohol was overwhelming. It was not simply a habit or a social indulgence; it became a monster that consumed him, stealing his sense of self and pushing him into destructive patterns. He tried to fight it, but each time he managed to stay sober for a short while, it wasn't long before the urge to drink overpowered him again.

Lois, Bill's wife, watched as the man she loved spiraled deeper into alcoholism. She felt helpless, unable to save him. Bill's drunken rages, followed by his apologies, had become an all too familiar occurrence in their marriage. But no matter how much she loved him, her attempts to control or fix him only deepened her sense of powerlessness. She, too, was caught in the cycle of enabling and hoping, a pattern that did no favors for either of them. Bill and Lois were married on October 29, 1929, and despite the turbulence caused by Bill's alcoholism, they remained together for over forty years, until Bill's death in 1971.

The turning point came in 1934 when Bill experienced a profound spiritual awakening after a desperate conversation with a doctor in Akron, Ohio. This conversation, coupled with a new openness to a Higher Power, marked the beginning of Bill's transformation. The idea that he could surrender to something greater than his own will, a Higher Power, was foreign but powerful. For the first time, Bill realized that he was powerless over alcohol and that he could not control it on his own. He had to lean on faith and trust in something

outside of himself.



Bill and Lois W.

This realization echoed the First Step of Alcoholics Anonymous, which states: "We admitted we were powerless over alcohol—that our lives had become unmanageable." Bill's admission of powerlessness over alcohol was the first crucial step in his journey to recovery. It was a humbling and liberating moment, as he accepted that he could no longer control the beast of alcoholism by sheer willpower. He needed to surrender.

Bill shared his newfound insight with others who struggled with alcoholism, and they too found solace in the idea that they were not alone. This realization began to form the foundation of what would later become Alcoholics Anonymous. As Bill worked to help others, he found that helping someone else could be just as healing as healing himself.

Lois, though initially skeptical, saw the change in Bill. It wasn't just about the alcohol anymore. It was about the courage to face the truth of their powerlessness and the willingness to surrender to something greater. She, too, joined the journey. She became an integral part of the AA movement, supporting Bill and others who struggled with alcoholism. Together, they found a way out of the darkness—one day at a time—through the shared power of faith, community, and surrender. Their story became a beacon of hope for millions of others who would follow.

Mary G.
MSCA 09 Archives

"The group I joined saved my life ... For an hour, I was safe. For an hour, I had a haven among those whose fear had once been as great as my own. I did not give my fear away – they took it. They eased it from my grasp with hugs and laughter, with shared experience."

—"The Scariest Thing," Carlsbad, CA, June 2006 *Emotional Sobriety*

My first sponsor told me to go to meetings until I wanted to go to meetings. This seemed counterintuitive at first, but it didn't take long before I understood his reasoning. Learning to enjoy the safety in the rooms, and the ability to quiet the chaos within the alcoholic mind, became a welcome respite from life's challenges. I looked forward to seeing my new friends, and laughing, often hysterically, at the ridiculousness of our actions.

Rule 62, "Don't take yourself so damn seriously," became a profound healer of my past waves of shame and misguided perception of my own importance. I appreciate the sanctity of the room, and the overwhelming willingness of others to extend kindness to anyone that needs it. Whatever guilt, fear, or resentment I'm wearing, melts away the second I walk into the rooms of AA and extend my hand to another alcoholic. The love of AA is the medicine of life's maladies. Today, I look forward to meetings. My sponsor was right, again!

Anonymous

I Knew I Was an Alcoholic

Having just completed my forced intake interview, I prepared to leave the rehab area of the hospital. The results of the panel interview left me relieved. The doctor told me I would be a waste of their resources, that I needed to quit drinking or die. I was happy with the results. However, one of the nurses who had sat on the interview panel insisted that I take a *Big Book* with me as I was leaving. I lied, saying I had no money for the book (with \$100 in my pocket). So, she gave me one. I went back to work and promptly shoved it in a desk drawer. This was somewhere around the 5th or 6th of January 1981. I had been dry and miserable since December 24, 1980.



During the period between December 24, 1980, and January 11, 1981, the seizures/episodes and drunk dreams I had been experiencing for around four months continued unabated. I had not been able to drink for months due to aftereffects of viral meningitis. I just chalked it off to the affects from the meningitis and the medicines issued by the doctors, but in reality it was withdrawals.

It was really hard to concentrate on work during this period, and I found myself leafing through the first three chapters of the *Big Book*. Bill W.'s story was interesting, but I could not identify at the time. I glanced at [Chapter Two](#): "There Is A Solution," but I did not need a solution. My problems were from others, not drinking!

[Chapter Three](#): "More about Alcoholism" hit me like a two-by-four between the eyes. The list of methods to control one's drinking on page 31 popped out at me. The only methods I had missed were swearing off with a solemn oath, and hospitalization (narrowly). I already knew that swearing off did not work. Never again always came as soon as I could drink again the next day.

I knew I was an alcoholic. That night on January 11th, 1981, I attended my first AA meeting and identified as an alcoholic. That admission to myself and the men in that room was freeing.

The next item to grab me was the jaywalker illustration on pages 37 – 38. This I could identify with; it was always going to be different this time when I drank (daily). Always there was the physical sickness, tremendous hangovers, and remorse. These two passages brought me back to a line on page 30 that had jumped out at me. "We learned that we had to fully concede to our innermost selves that we were alcoholics." I knew I was an alcoholic. That night on January 11th, 1981, I attended my first AA meeting and identified as an alcoholic. That admission to myself and the men in that room was freeing.

Chapter Three of our *Big Book* had cut through my denial. I was an alcoholic, and I knew it to my core. I was powerless over alcohol, and my life was certainly unmanageable at that point. Sometimes, my journey in sobriety got a little rough. Self-will would kick in, and I would make decisions without the benefit of discussion with members of the fellowship and my Higher Power/God. These rough spots continued to happen until I understood that my life was unmanageable by me always. However, there has never been any doubt in my mind that I am an alcoholic. So, over the years I kept attending meetings and not drinking between them, as instructed in that first AA meeting. This has worked for forty-four years, one day at a time.

That initial admission to myself and those men in that first AA meeting set me on this wonderful journey in our program. There is a solution to alcoholism, the Twelve Steps of our program. These Steps have given me freedom, contentment in my life, and allowed me to become a useful human being. Most importantly, these Steps have given me a loving Higher Power/God and the faith that everything will be OK—perhaps not my will, but His. I wish the same to you, my fellow alcoholics.

Trust God, clean house, and help others.

Bill F.

CENTRAL OFFICE
 1526 BROOKHOLLOW DR #75
 SANTA ANA, CA 92705

BUY ONE FOR 50% OFF (\$6.00)

VALID THRU 1/1/25-1/31/25

ALCOHOLICS ANONYMOUS ANNIVERSARY EDITION

January Pamphlet of the Month

The **Twelve Steps** Illustrated



Meeting Spotlight

fill your cup

EVERY THURSDAY EVENING:
7-8PM @ Newport Alano Club

OVER 40'S MEETING OF AA

Open discussion, topic format

Complimentary coffee, decaf & cookies

End of the month birthday meeting (with pie!)

be of service



This [pamphlet](#) (P-55) is an easy to read, illustrated guide to the Twelve Steps.

[Pamphlets are available for purchase at Central Office for \$.60 each and on www.aa.org.]

DISEASE INSIDE ME

I will make you love me and think that I care
 All your struggles in life together we share
 You called me your friend but I'm really your foe
 I control all your thoughts, your heart, and your soul
 I'm the one that you called on when you needed a friend
 I told you I'll be there with you til the end
 You called me in sorrow whenever you pleased
 I'm the demon inside you, I am your disease
 I will break your emotion and won't even care
 I will see you destroyed and lost in despair
 I'll be right besides you and won't let you go
 I had you through good times and bad times you know
 You think you can see me but really you're blind
 I guide you through darkness time after time
 I will see you destroyed and brought to your knees
 I am the destruction of you and your self esteem
 I put your happiness on pause and keep it at cease
 I'm the destruction of you, I am your disease
 On your darkest of days wasn't I there
 When you felt all alone you thought that I cared
 I gave you the attention you desperately seek
 The feeling I gave you was short lived and bleak
 You ask for my love, I imitated it with ease
 I'm the foe who's inside you, I am your disease
 Now you see who I am you have opened your eyes
 And you see who I am, the devil in disguise
 I've been here inside you and you better beware
 Because really I hate you and really don't care
 Now you look for new life through sobriety
 It might be good for you but not good for me
 So be damned to your meetings each day of the week
 Serenity you seek but I'll make sure it's bleak
 There ain't a mountain too high that I wouldn't climb
 To make sure your sobriety will end in decline
 I live here inside you I won't ever leave
 I'm the monster inside you, I am your disease
 I will hostage your soul you won't even know
 You will think that I love you, fake love I will show
 I'm the reaper of spirits, I seek and destroy
 The feelings I gave you were just a decoy
 From the good things in life you could have enjoyed
 Your family and friends who brought you such joy
 I'll be the end of your existence and see you de cease
 I'm the killer inside you, I am your disease...
 You pray to your god and from him I will hide
 But I will always be here living deep, deep inside
 I will come out again when I see you're weak
 Because the death of you I will always for-see
 Why would you look for sobriety it's making me mad
 Don't you miss all are good times together we had
 But don't worry I'll wait here how long it may take
 Your strength and your will I will make sure I'll break
 When you prosper in light I won't let you shine
 You think you will be free but you will always be mine
 Inside you I live and I'll be discreet
 I will see your demise in total defeat
 You make it so simple for me, I'll do it with ease
 I'm the devil inside you, I am your disease.

Robert H.

Lifeline 

Climbing the Staircase of Recovery



Having had a spiritual awakening as a result of the Steps, I pondered what was necessary to have a result. At my first meeting, the eye-opener was scanning the scroll at the front of the room where the Twelve Steps stood out like biblical hieroglyphics from ages past. It was incomprehensible to the mind of a well-seasoned alcoholic agnostic. Upon further investigation of the *Big Book's* explanation of the Twelve Steps, fired up by a new curiosity and clear mindedness, the mental fog of bewilderment began to lift, followed by hope and an understanding of a new way to live life.

The next eye-opening sequence of learning the Twelve Steps took place with the guidance of other recovered alcoholics in a thorough investigation of their experience, wisdom and application of these guideposts to living a spiritual life while re-entering the mainstream of living without the use of intoxicants.

What an order! The enormity of the task ahead was not understood until the application to one's circumstances in life met head-on with the reality of the "here and now" absent the illusionary life colored with amber liquid falsehoods conveyed to a curdled whiskey brain. It is well known that dreams fused with mind-altering properties distort the beliefs of truth seekers and lead to the crumbling of one's mental well-being over time. Or, as Carl Jung has stated, "Alcohol and drug addiction leads to the unwillingness to truly experience legitimate suffering and requires a physic change of behavior to restore sanity." Life is difficult; this is the truth for EVERYONE.

Until we realize that a breakthrough to adulthood is meeting life's struggles and challenges head-on without alcohol or drugs, we become a forever-aging adolescent. The CURE is identified in the Twelfth Step which implies that a "series" of spiritual awakenings awaits all with belief that "pain is the touchstone of spiritual growth." Legitimate sufferings are God's way of tapping us on the shoulder that a change in personal behavior, actions, thought, manners and caring for others is in order!

Only discomfort, restlessness, irritability and, on occasion, deep searing emotional pain will cause course correction in our spiritual journey. Therefore, one learns to embrace pain knowing that with acceptance of "life on life's terms" in the long run will garner the reward of a greater understanding of who we are and what we want to become, leading to greater peace within, happiness, and fulfillment of life. The zenith of our climb on the Spiritual Staircase is agape, the highest form of unconditional love and charity for others.

This, my fellow travelers, is the spiritual awakening we will and can experience every day on the spiritual escalator of AA's Steps from a spiritual kindergarten encountered as a newcomer to a recovered alcoholic constantly on the lookout to serve others and carry the message of hope, understanding, love, and service to other alcoholics suffering in and outside our rooms.

John G.

On the Same Page



Open the employee manual of any organization and you'll find the idea of unity. Whether a choir, basketball team, or the fellowship of Alcoholics Anonymous, this vital concept is defined as all members working together seamlessly towards shared goals with aligned values and coordinated efforts. AA's [Twelve Traditions](#) are all about ensuring these qualities, starting with [Tradition One](#) (*see p. 4*).

The importance of unity is revealed in the stark declaration, "Without unity, AA dies" ([Twelve Steps and Twelve Traditions, p. 9](#)).

In a choir we need everyone on the same page to make sure our program and its message are clear. The same goes for AA, but there's also a deeper concern: survival. "Common welfare" basically means guarding the fellowship itself. Tradition One establishes right away that unity is paramount because without AA, alcoholics die.

AA unity arises from the belief that, by having shared a common peril—alcoholism—we're uniquely bound together. Our shared experiences and AA's program allow us to help other alcoholics recover, and by doing so, strengthen our own sobriety. But how do we stay unified when members gather or when the fellowship deals with the outside world? By following the Traditions.

Organizations create a framework of actions necessary to accomplish their goals and stay viable. In AA, its Traditions are this framework. They're founded upon the core principles of [Unity](#), [Service](#), and [Recovery](#) seen in the familiar triangle-in-circle symbol of AA's [Three Legacies](#). Like the "triangle defense" found in basketball, protecting these ideals is a total team effort. Developed through sometimes painful experience, the Traditions guide groups towards what and what not to do to stay unified, fulfill AA's [primary purpose](#), and avoid self-destruction.

In [Tradition Two](#), the [group conscience](#) is enshrined as the way AA groups make decisions without governing. [Tradition Three](#) makes crystal clear AA's one and only requirement for membership. [Tradition Four](#) defines the AA group. [Tradition Five](#) pinpoints AA's ultimate purpose. [Traditions Six through Twelve](#) promote the values of self-support, altruism, fairness, organization, neutrality, spirituality, service, and most importantly, anonymity, as the way to foster a healthy, thriving fellowship. They also warn against things that can divide us and threaten AA: endorsing outside endeavors and causes; pursuing money, property, and prestige; dependence upon charity; courting public controversy; self-promotion; and finally, placing ego ahead of principles.

A quote by pro basketballer Kristaps Porzingis sounds like he's talking about Tradition One: "For the triangle to really work, everybody needs to be on the same page and know how to play it." The Traditions are that page. Though everyone will always have the right to think, talk, or act as they please, AA's existence and ability to achieve its goals require that the common welfare always comes first as described in its [Declaration of Unity](#).

This pledge declares our support for AA unity in our hearts and minds. Our actions—how we "play it"—as individual members, are summed up in AA's [Responsibility Prayer](#):

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

It's the sacred pledge of alcoholics who together have found relief from their seemingly hopeless condition through AA. When we respect and uphold the Traditions, we accept responsibility not only for our own ongoing sobriety, but also for the survival, growth, and integrity of the fellowship that saved us.

Starting with the unity of Tradition One, the Traditions are why AA works and what puts all of us on the same page.

Ron B.

11

I Found a Solution in Step One



"Selfishness-self centeredness" is thought to be the root of our troubles ([Big Book, p. 62](#)). So how, and why, do we find ourselves engaged in such? We learn that we are driven by a hundred forms of fear, and other forms of self. The fear(s) cause us to make decisions based on self, which eventually places us in a position to be hurt. This is all clearly written on page 62 in our

basic text. As I reflect on my own journey of pitiful drunkenness, with blackouts in the latter years, it is clear to me that I ingested mood and mind altering drugs (of which alcohol was the leader) out of a total lack of knowledge as I unknowingly attempted to escape the reality of "life on life's terms" ([Big Book, p. 418](#)). We are not aware of the destruction and enslavement that alcohol births in our physical and mental capacities, providing only a temporary high. At the same time, we are spiraling down into the deep dark hell of alcoholism.

But for the grace of a loving God, we would be without a solution to arise out of these ashes and fly into [Step One](#), where we at last become aware of our own personal powerlessness to save ourselves from picking up. The eyes of our understanding begin to open to see that our lives are completely unmanageable as we remove that imaginary loaded pistol, hanging in a noose around our neck. Step One is a beginning to the realization that no person, place, nor thing can save us from alcoholism. Only God can, and will, if He is sought ([Big Book, p. 60](#)). As I cried out to God, in the depths of that deep, dark alcohol-induced mental illness hell hole, He reached His loving arms down and pulled me up and out into what I have come to believe is heaven on earth.

I had attempted so many times to prove to myself that I could stop drinking any time I wanted to. The consequences of those deceptive lies only served to lead me to one after another hospitalization of what a diagnosis by the medical team would be asthma, nervous breakdown, lung and other respiratory issues, as well as many forms of mental disorders. They always found a solution in medicines, which continued to tear down my bodily functions. I found a solution in Step One with the truth of how alcohol was the main culprit of all of my diseases. I could not stop drinking on my own power, for my truth became the fact that I was, am, and will always be powerless over the demon of alcohol. Page 33 in the [Big Book](#) clearly tells us that once an alcoholic, we will always be an alcoholic. We do not graduate from this spiritual dis-ease.

Step One is the only Step we must work with perfection. Total abstinence and conceding to our innermost selves that we are a real alcoholic ([Big Book, p. 30](#)), is the solution that allows us to begin to tap into God's power. We will not be successful if we try any other methods to prove we can drink like other people ([Big Book, p. 31](#)). It is of necessity that we at last admit that we are powerless over alcohol - that our lives are unmanageable and that it's the first drink that gets us drunk. For, once we pick up, we cannot stop until we meet the "hideous Four Horsemen-Terror, Bewilderment, Frustration, and Despair" ([Big Book, p. 151](#)). Step One cuts the noose around our neck that is choking the very life out of our every breath. The noose of these Four Horsemen cannot stand against the truth in Step One, when we finally reach defeat and admit that we are powerless over alcohol - that our lives are unmanageable.

Effie R.

Lifeline 

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: 402 531 7183, 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

7:00PM, Saturday
HYBRID
Saturday Night Visiting Speakers
 395 S. Tustin St. (Community of Christ Church)
 Meeting ID: 620 819 804, Password: aa
 Contact: Matt D.

01/04 Tom P., Dana Point
 01/11 Megan, Costa Mesa
 01/18 David S., Irvine
 01/25 Ingrid F., Orange

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.

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.

Please note the new time for the Saturday Night Visiting Speakers meeting. It now starts at 7:00PM and ends at 8:30PM.

Saturday Night Visiting Speakers

7:00PM-8:30PM, Saturday
 395 S. Tustin St
 (Community of Christ Church)
 Tustin

Continued from page 12

Su 1:00P-BYOBP, 16865 PCH	\$116	As Bill Sees It Newcomer	\$425
Su 3:00P-Beat A Dead Horse,	\$100	Attitude Adj. 7am Cnyn Club (\$197 6,126
Su 5:00P-Sundowners, 16865	\$400	Back Bay (M)'s Zoom	\$150 \$945
Mo 4:30P-(W)'s Hour of Power	\$258	Whale Watchers Men's Stage	\$627
Tu 7:00A-Tues at Thursdays, 1	\$336	Women's 5pm Zoom BB SJC	\$244
Tu-12:00-Tues Noon, 16865 P	\$150 \$300	Dly Alkie's Winner Circle	\$210
We 7:00A-Attitude Adj, 16865	\$312	Dly 6A-Not Taking A Trip (SJ	\$587
We 6:30P-Newcomer's (THU	\$90	Dly 7:05A-Attitude Adjustment	\$878
We 12:00P-Noon Promises, 16	\$100	Dly Noon Time Recovery (C	\$125
Th 7:00A-Thur at Thursdays, 1	\$77 \$252	Dly Early Birds	1,581
Th 5:30P-(W)'s Disc, 16865 P	\$180	M-F 7:00A-Zoom Daily Reflec	1,300
Fr 12:00P-Drunk Busters, 1686	\$100 \$800	M-F 10:00A-Zoom Big Book	\$140
Sa 11:00A-Noon at 11, 16865	\$180	Tues/Thurs 7:05 A-The 705 Vi	\$923
Sa 3:00P-No Name Step Study	\$30 \$30	Tu 5:30P Womens @ The Gr	\$356
Sa 7:00P-Rule 62 11th Step S	\$456	Tues Nite Women's BB Study	\$297
TRABUCO CANYON	^ ^	We 7A-Zoom Women's Book	\$501
Mo 10:30A-Womens Steps & R	\$158	Wed. 5PM- East Meets West	\$70
Thu 7:00P-Silverado Canyon B	\$32	We 6:30P-Wed Night Wanderi	\$61
TUSTIN	^ ^	Mon 6:30P-EDIBBS, Easy Do	\$360
Dly 6:00A-Foothill Early Risers,	\$37	Sun 7pm-Fishbowl Discussion	\$25
Dly 6:00A-Attitude Mod, 1221	\$209 5,222	Thr 7:00P-Fishbowl	\$5
MWF 12:00P-Spiritual Experie	\$600	Fri 7:05 AM Back To Basics (1,230
M-F 5:30P-Tustin Rush Hour	\$200	Jumpstart M-F 6:30A Sat/Sun	\$600
Su 7:00P-Sober/Crazy Spkrs,	\$55 \$899	Mon 6:00P-Women's Emotio	\$50
Mo 9:00A-Women's Unity Grp	\$100	Mon So Coast Mens Stag	\$448
Mo 6:00P-Conscious Contact	\$99	Sat. 9AM Morning Fellowship	\$80
Mo 7:00P-(M)'s BYOB, 1201	\$72	Sat. 9:15 A-12x12 Irvine	\$76
Tu 7:00P-Tustin BB Std, 225	\$180 \$720	Sat. Morning Women's Fello	\$98
We 7:00P-(W)'s Solutions, 19	\$231	Sat. 12:00P Tustin AWC (Alk	\$225 \$525
Th 9:00A-(W)'s SS, 14402 Pr	\$120	Sat 7PM-Fishbowl Laguna Hil	1,010
Th 7:00P-12 Steps & 12 Trads,	\$270	Sunday Night As Bill Sees It L	\$50
Fr 6:00A-Men's Morning Coffee	\$124	6:05P-Sunset Meeting	\$120 \$120
Fr 6:30P-It's in the Book, 225	1,970	MISC. DONATIONS	^ ^
Sa 7:30A-Tustin Acceptance,	1,153	Birthday Donations	\$186 1,318
Sa 12:00P-Tustin Brown Bagg	\$200 \$200	IG Coffee Basket	\$50
VILLA PARK	^ ^	7th Tradition Zoom Mtgs	\$43
Dly 7:30A-Sunrise Serenity, 17	\$829	Piggy Bank	\$71 \$159
Su 9:02A-Sprkr/Part, 17885 S	\$780	Tu 7pm Laguna Beach DW @	\$175
WESTMINSTER	^ ^	Mindful Day Sound Bath Don	2,603
Mo 6:00 PM-12x12 Beg., 157	\$90	Desert Roundup-Indian Wells-	2000 2,000
Fr 6:30P-Sisters of Truth, 140	\$50	2024 Spanish Convention AA	\$500
WHITTIER	^ ^	Saddleback Valley Fellowship	\$185
YORBA LINDA	^ ^	Southern CA AA Convention	5,193
UNLISTED GROUPS	^ ^	PERSONAL DONATIONS	^ ^
Anonymous Meeting	\$271	Anonymous	\$169 4,347
Brea Mens Group 562316	\$106	Alexander A, San Clemente	3000 3,002
Charlie St. Step House, CM	\$194	Anna C.	\$14
Fri Double Winners, St. Johns	\$500	Anthony G.	\$10
Fri. D.W., Costa Mesa	\$150	Aria M.	\$2
Fri TGIF Women's Topic Disc.	\$95 \$246	Bill D. CMAC 10am BB Study	\$3
Into Action BB, CM	\$150	BJ L. Irvine	\$150
Mon 5pm Women's DW Solutio	\$225	Brian S.	\$9
Mon Night Guild Hall Meeting	\$97	Byron R., Mission Viejo	\$50
Mon 6 pm Thursdays Monday	\$60	Bobby, Laguna Beach	\$5 \$5
Mon 8:00P-Monday Night BB S	\$201	Carolyn M.	\$50
Tu Night Women's Double Win	\$157	Curtis H.	\$20
Wed 5P-As Bill Sees It (zoom)	\$50 \$50	David B., Fullerton	\$10 \$90
Th 11:00A-(W)'s Closed BB, S	\$84	Dawn L., via Venmo 9102024	\$100
Thursday's Wed 7am Attitude	\$100	David & Angela K. Laguna N	\$768
Thu 7:00P-7th Heaven, Tower	\$15	Derek G. Laguna Niguel	\$125
NHMS Meeting	\$150 \$450	Dorthea C.	\$5 \$5
OC Intergroup Annual BBQ Te	\$156	Effie R. Costa Mesa	\$250
Slogan Sisters, Wed. H.B.	\$50 \$175	Elizabeth H., Brea	\$275
Sat. 7:30A - Men's Meeting at	\$312	Esther S. Lowell, Ma	\$10 \$10
Silverado Book Study group 48	\$34 \$34	Evan McC. Ladera Ranch	
Sun. 9:02A-Sunday MorniSpe	\$60 \$60	receipt #2449	\$240
Noon Women's Meeting Missi	\$185	Faith B.	\$5
WANDERING GROUPS	^ ^	Gaston E.	\$104
Fri P83 Wandering Group	\$100 \$200	George H., Rancho Mission V	\$2
We 6:30P- Rolling Men's Stag	\$400	Gerri K.	\$5
ZOOM MEETINGS	^ ^	Hilda F.	\$3
		Issella G.	\$160

Jane B., Legacy #780752	\$70
Jack W. H., Lake Forest	\$25 \$25
James & Carol W., NB	1000 1,280
Jenna K.	\$25
Jennifer J., Costa Mesa	\$10 \$80
Josh M.	\$10
Julie W.	\$75
Kate L., Santa Ana	\$500
Kathleen R. zoom	\$15
Kim S.	\$5
Krista S.	\$4
Laura J., HB	\$10
Lynn B	\$75
Marilyn C., San Clemente	\$25 \$131
Matthew D. T.	\$30
Marcia F., group 342592 ??	\$50
Michael L.	\$330
Martina R. (Sunset 11/2023-09	\$351
Pej P.	\$5 \$59
Rob S. Orange	\$15
Robert R.	\$15 \$90

Robyn C.	\$2
Robert S., RSM	\$120
Rodger & Annette F., Irvine	\$35 \$260
Ronald B.	\$25 \$200
Robert R.	\$15
Sherman S.	\$20
Stephen M.	\$20
Transcend Healing & Breathw	\$5
Troy R	\$1
Tom P., HB	\$5
IN LOVING MEMORY	^ ^
In Memory of Sandy P. #151	\$25
GROUP INFORMATION REQUESTED	^ ^
GSO #000342592	\$48
Receipt #1693 Need more inf	\$175
Receipt #1032 Need more in	\$60
Receipt #1543 Need more inf	\$301
Receipt#1578 Thursday's Fel	\$30
TOTALS	\$28,187 \$210,057

My New Perception

Continued from page 1

me. As a result of this change in attitude and actions, one month before my one-year AA birthday, that marriage just changed. One day it wasn't working; the next day it was. The anger was gone; the yesterdays were let go of. At five years of sobriety, we celebrated twenty-five years of marriage, and we went out and got brand new wedding rings and renewed our vows. At thirty years of sobriety, we celebrated fifty years of marriage and went out and got brand new wedding rings and renewed our wedding vows. It's unbelievable to me but true.

On April 14, 2016, my wife had a massive aneurysm to the head. I was able to call 911, my daughter, and my sponsor. I called a friend to drive me to the hospital as I knew I was in no condition to drive. Thirty minutes later, the doctor came to me and my daughter, and he explained the problem and made the suggestion to just let her go. He could do a couple of things, but the quality of life would be terrible. I do not remember if I even hesitated. I simply said OK. The miracle was somehow, some way, my sponsor had made his way into the emergency room and was standing directly behind me when I made that decision. I turned around, placed my head on his shoulder and cried.

On April 19, 2016, at 3:05AM, God took her home. It was the very day I celebrated thirty-two years of sobriety. My daughter called me, and I was at my wife's bedside ten minutes later. I kissed my wife on the forehead and thanked her for being my wife for fifty-one years. I took her wedding ring to give to our grandson as they were very close. The next two hours were a blur. I found myself parked in front of a place where I knew there was an AA meeting at five in the morning. I made up a sign and placed it on the windshield: *Wake me. I need a meeting.*

I was not worried about drinking; I had given my drinking problem to God. I was in that meeting because I did not want to walk through what I was about to walk through. In Alcoholics Anonymous, I learned there is nothing in this life I have walk through by myself.

A couple of years later, I met a lady in AA in a meeting I never go to. It was a God shot. We dated for a while, and four years ago we got married. We both have over forty years of sobriety. I have seventy days more sobriety than she does, and I won't let her forget it either.

There is a line in The Promises that I dearly love: "Our whole attitude and outlook upon life will change" (*Big Book, p. 84*). My perception of life changed.

Chuck H.





Mark Your Calendar

» UPCOMING EVENTS

January 1

Marathon meetings

6AM-11PM

Saddleback Valley Fellowship Center

23401 El Toro Rd.

Ste. 101, 200, 202

Lake Forest, CA

Email

events@saddlebackfellowship.com

for more information

January 2

53rd Anniversary Carlsbad AA

Workshop 2025

3096 Harding St.

Carlsbad, CA

Zoom info: 896 6488 1555,

password: 473828

[Flyer](#)

January 9

River Roundup-35th Annual 2025

Don Laughlin's Riverside Resort Hotel

and Casino

1650 S. Casino Dr.

Laughlin, NV

[Flyer](#)

January 30—February 2

61st International Women's

Conference 2025

Manchester Grand Hyatt

1 Market Place

San Diego, CA

619-232-1234

www.internationalwomensconference.org

May 2-4, 2025

2025 Orange County AA Convention

Hilton Orange County/Costa Mesa

3050 Bristol St.

Costa Mesa, CA

www.ocaac.org

Check the www.oc-aa.org events section for updated Intergroup committee meetings

ALCOHOLICS ANONYMOUS
ORANGE COUNTY INTERGROUP ASSOCIATION
STATEMENT OF INCOME & EXPENSE
PERIOD ENDING 11/30/2024 UNAUDITED

	Oct 24	Jan - Oct 24
Ordinary Income/Expense		
Income		
Literature Resale	1,047.75	22,109.10
Bank Adjustments	0.00	-49.60
Birthday Donations	0.00	1,137.65
Group Donations	16,073.09	173,456.85
Individual/Fellowship	525.00	8,609.93
Interest Earned	4.64	45.65
Literature Sales	9,525.04	99,657.20
Shipping and Delivery Income	0.00	-48.75
Total Income	27,175.52	304,918.03
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	8,775.41	101,420.61
Cost of Literature Sold - Other	0.00	65.60
Total Cost of Literature Sold	8,775.41	101,486.21
Shipping / Misc. Adjustments	0.00	-1,658.56
Total COGS	8,775.41	99,827.65
Gross Profit	18,400.11	205,090.38
Expense		
Accounting	3,045.00	16,320.00
Auto Expense (all Mgrs.)	113.45	1,002.91
Bank Charges	0.00	-32.00
Convention & Svs Event Expense	0.00	855.54
Copier Expense	153.43	995.38
Credit Card Expense	313.17	2,726.90
Freight and Shipping Costs	0.00	7.50
Insurances	444.60	3,625.80
Intergroup Expense	221.71	3,860.27
Internet Expense	227.30	1,821.98
Lease Expense	708.25	3,264.70
"LIFELINE" Expense	1,835.00	16,661.00
Maintenance & Repairs	160.00	2,006.00
Offices' Supplies & Expenses	365.53	4,399.55
Payroll Tax Expense	839.23	8,482.62
Postage	158.50	467.74
Public Info Expense	0.00	661.81
Reconciliation Discrepancies	0.00	-0.01
Reimb. Health	800.00	6,800.00
Rent Main/Satellite Offices	4,055.38	37,946.60
Salaries	10,915.34	104,214.08
Sales Tax on Lease	0.00	0.00
Special Events Expense	0.00	3,783.05
Taxes & Licenses	100.00	369.31
Telephone Expense	384.99	3,854.25
Utilities	10.95	607.16
Voided Transaction	0.00	-36.00
Volunteers Coffee & Water	76.25	475.75
Website Expense	358.99	6,014.71
Total Expense	25,287.07	231,156.60
Net Ordinary Income	-6,886.96	-26,066.22
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	-6,886.96	-25,348.40

January Word Search

Name _____

Email address _____
or phone number _____

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

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WELFARE

PHENOMENON
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FELLOWSHIP

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

DEADLINE IS FEBRUARY 15th

Congratulations to November's winner, Jen H.!