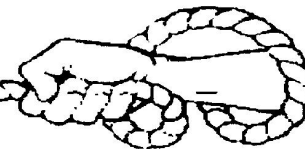


Lifeline

January, 2010



Dear Readers

We ended 2009 with a farewell to long time Central Office Manager, Regina K., whose dedication and service to Alcoholics Anonymous will never fully be realized. We wish her many blessings in her retirement and will surely miss her. We welcome George in her place and expect a smooth transition as he is not new to service in AA and did an extraordinary job running the South County office. Uvaldo R. has taken his place and we wish him a warm welcome. Congratulations to the new Intergroup Board members. Your service work is instrumental to our continued success and as always, appreciated. I encourage all readers to get involved this year and see how you too can make a difference. Committee information is listed within. There aren't many changes to the Lifeline this year. We will continue the Turning Point feature and hope to hear your story of a turning point in your recovery. We all have one. We are also looking for a regular contributor to write about the Traditions. Even if you just want to give it a try for one month. Just like sharing in a meeting...there is always someone who can identify with your experience. On another note, we sadly close the year with negative numbers (see the Income & Expense Report on page 11). Let's make a REAL effort to contribute generously this year. Lastly, I thank you for allowing me another year of this incredible service work for the Lifeline.

I encourage your feedback
so feel free to contact me at
lifelineeditor@yahoo.com.

Warmly,
Tarcy H., Editor



Orange
County
Intergroup
Association

ORANGE COUNTY CENTRAL OFFICE

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Phone: (714) 556-4555; Fax: (714) 556-7231

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Mon-Fri: 9:00 AM to 7:00 PM

Sat: 9:00 AM to 1:00 PM

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27281 Las Ramblas, Ste.135, Mission Viejo, CA 92691

Phone: (949) 582-2697; Fax: (949) 582-2611

E-mail: socooa@sbcglobal.net

Office hours:

Mon-Fri: 10:00AM to 5:00 PM

The Orange County Intergroup Association Meeting

Wednesday, January 13th at 7:00 PM

Costa Mesa Senior Center

695 W. 19th Street

Costa Mesa, CA 92627

THE LIFELINE, 1526 BROOKHOLLOW DR., SUITE 75, SANTA ANA, CA 92705- Published monthly by the Orange County Intergroup Association

Purpose: The Orange County Lifeline Committee is a committee of volunteer A.A. members, charged with the responsibility of producing and distributing the Orange County Lifeline, (a publication of the Orange County Intergroup Association). The Lifeline is published monthly and is supported solely through contributions from the A.A. groups and members of Orange County. The Lifeline is published to meet the following needs of the Orange County A.A. membership: to inform the A.A. membership regarding A.A. service, A.A. events and A.A. announcements; also to share experience in recovery, unity and service; to keep the A.A. membership informed regarding the actions, finances and meetings of the Orange County Intergroup Association and other Central Office committees.

Lifeline Committee: Meets the 1st Thursday of each month at the Central Office. Join us @ 7PM.

Roxanne R. (Chair), Jim S., Phil F., Nick M., George L., Tarcy H. (Editor)

Mail submissions to the above address or send email to: lifelineeditor@yahoo.com

In this Issue

Features and Fun Stuff:

The Traditions Checklist from the <i>AA Grapevine</i>	2
Dear Alkie Alma.....	2
Step One—Complete Defeat.....	5
The Turning Point.....	6
Excerpts from Three Reviews of the <i>Big Book</i>	7
<i>Lifeline</i> Archives—Lest We Forget.....	7
<i>Lifeline</i> Archives—Then the Miracles.....	7
Birthdays.....	10
We are not a Glum Lot.....	12
Recovery Word Search.....	12

Business:

Meeting Changes.....	3,4,5
Web Statistics.....	5
Events/Speaker Meetings.....	6
Group Contributions.....	8,9,10
Central Office Activity.....	10
Orange County Intergroup Service Board.....	10
Call Forwarding information.....	11
Statement of Income & Expenses.....	11

The Traditions Checklist from the *AA Grapevine*

These questions were originally published in the *AA Grapevine* in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity.

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

Got a Problem? Send a Letter to "Dear Alkie Alma"

The *Lifeline* continues a new column this month. Alma will answer your questions about getting sober, staying sober and carrying the message of recovery. If you think Alma can help, please send your letters to "Dear Alkie Alma" c/o OCCO, 1526 E. Warner Ave., Santa Ana, CA 92705, or email them to lifelineeditor@yahoo.com.



Too Much Old Fashioned Language?

Dear Alkie Alma,

Since I have joined the Fellowship of A.A. I have heard so many fellows spouting off quotes from the Big Book using language of times gone by. When asked what some of these words really mean by definition, they all seem to come up empty and pondering the answers. Instead of memorizing phrases and terms we really don't understand the complete meaning of, why don't we just get the "Big Book Dictionary" and the "12 N 12 Dictionary"? It's very interesting, entertaining and helpful too. Please spread the word!

Kimmy D., Newport Beach CA

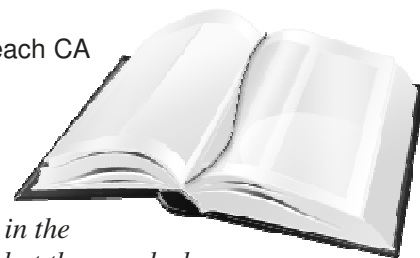
Dear Kimmy,

Granted, some of the writing employs slang that was current in the 1930's, 40's and 50's, but thousands have found that the message is crystal clear. Certainly, it is important that we clearly understand what the words mean in the context of the book. So, I can see where dictionaries like these can help a lot.

Many in A.A. find that the books take on an ever greater meaning by attending Big Book and 12 X 12 study meetings. I know the 12 X 12 meetings were so helpful gaining an understanding of the Steps and Traditions in the first two or three years of my sobriety. In fact, I find new revelations in these meetings all the time.

Since your mention of these dictionaries was new to me, I purchased a copy of the one for the Big Book. I see that it can be very enlightening when you run up against an item like "John Barleycorn" or "Professor Langley's Flying Machine" So, enjoy your dictionaries (which are, of course, not A.A. approved literature, since they are published by a private party.) If they strengthen and enhance your sobriety, more power to you.

P.S. You might enjoy contemporary reviews of the first edition of the Big Book that we have featured elsewhere in this issue thanks to George L.'s archives.



MEETING CHANGES

SINCE July 7, 2009

SUNDAY

HUNTINGTON BEACH

6:00 AM (C) COVER TO COVER BIG BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 6:00 AM EARLY BIRDS aka 6:00 AM GROUP 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 7:30 AM ATTITUDE MODIFICATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 7:30 AM HUGGERS-AS BILL SEES IT 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 10:00 AM SOBER SHARING 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) no children allowed New address
 12:00 PM AS BILL SEES IT DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New location
 2:00 PM AS BILL SEES IT DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New location
 8:00 PM TRUDGERS 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

LA HABRA

10:30 AM PARTICIPATION 370 E Whittier Blvd @ Cypress (Bowling Alley) Address change

LAGUNA BEACH

7:05 AM (C) ATTITUDE ADJUSTMENT - STEP STUDY 31106 Pacific Coast Hwy (Tee Room) Name modification

PLACENTIA

8:30 AM RIGHT START Oct - April 351 E. Palm Ave & Yorba Linda Blvd (upstairs 2nd floor) Winter meeting change

MONDAY

BUENA PARK

7:00 PM JUST 4 TODAY DISCUSSION 5600 Crescent Ave @ Los Altos Change time

COSTA MESA

12:15 PM NEW LEASE ON LIFE 2144 Thurin @ Victoria New location

HUNTINGTON BEACH

6:00 AM EARLY BIRDS aka 6:00 AM GROUP 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) Address change
 7:30 AM ATTITUDE MODIFICATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) Address change
 12:00 PM DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) Address change
 5:00 PM MEN'S BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New meeting
 6:00 PM (C) WOMAN'S BIG BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) Address change
 6:30 PM (C) RECOVERETTES STEP STUDY 7641 Talbert @ Beach (Sangha Church, upstairs) Changed meeting to closed
 8:00 PM TRIANGLE GROUP 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

LAGUNA BEACH

8:00 PM (C,G) BOOK STUDY 31872 Pacific Coast Hwy (Hospital Auditorium Basement

Level) Added room location

RANCHO SANTA MARGARITA

7:30 PM RMS BIG BOOK STUDY 30151 Avenida de las Banderas @ Avendia Empresa New meeting

SEAL BEACH

7:00 AM (C) SANCTUARY GROUP - AS BILL SEES IT 148 10th Street (United Methodist Church, 2nd Floor Fellowship Hall) New location

TUESDAY

ANAHEIM

7:00 PM MEN'S STAG - AA BIG BOOK WORKSHOP 2715 E Diana @ S Rio Vista off of E Lincoln Address change

COSTA MESA

12:15 PM NEW LEASE ON LIFE 2144 Thurin @ Victoria New location

FULLERTON

7:00 PM (C) WOMEN'S THRILL SEEKERS 505 E. Commonwealth Changed to closed

HUNTINGTON BEACH

6:00 AM EARLY BIRDS aka 6:00 AM GROUP 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 6:00 AM (C) WOMEN'S BIG BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 7:30 AM ATTITUDE MODIFICATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 12:00 PM OPEN AA DISCUSSION MEETING 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 6:00 PM DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 6:00 PM WOMEN'S 12 & 12 STEP STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 8:00 PM 12 & 12 BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

IRVINE

10:00 AM WOMEN'S REFLECTION GROUP 5001 Newport Coast Dr c/s Bonita Cyn (Mariners Church Prayer Room 172, child care) Changed to open

LAGUNA NIGUEL

6:00 PM (C) MEN'S STAG DISCUSSION & MUNCHIES (Oct-Apr)30121 Niguel Road @ Crown Valley (Church) New winter location

SEAL BEACH

7:00 AM (C) SANCTUARY GROUP - AS BILL SEES IT 148 10th Street (United Methodist Church, 2nd Floor Fellowship Hall) New location

TUSTIN

7:00 PM HOT TOPIC WOMEN'S DISCUSSION 13311 Yorba St @ Santa Clara (Recovery Home) New meeting

WEDNESDAY

ANAHEIM

7:00 PM PARADISE BOOK STUDY 2321 E. Romneya Dr. c/s N. Whitter St. New meeting

CAPISTRANO BEACH

7:00 PM (C) DOHENY GROUP - STEP & TRADITION/TOPIC 25976 Domingo Ave (Calvary Jr High School) New meeting

COSTA MESA

12:15 PM NEW LEASE ON LIFE 2144 Thurin @ Victoria New location

FULLERTON

1:00 PM CANA KOREAN 1261N. Gilbert St #160 Btwn Rosecrans Ave & E Malvern Ave New meeting

GARDEN GROVE

8:00 PM NOT TAKING A TRIP 13472 Gilbert St @ Trask New meeting

HUNTINGTON BEACH

6:00 AM EARLY BIRDS 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 7:30 AM ATTITUDE MODIFICATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 12:00 PM DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 1:00 PM (C) WOMEN'S CLOSED 12 & 12 GROUP 9812 Hamilton Ave @ Brookhurst (Church) New name
 6:00 PM DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 6:00 PM YOUNG PEOPLES BIG BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 7:30 PM (C) MEN'S 12-12 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 8:00 PM BIG BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

IRVINE

7:00 PM 12 STEP RECOVERY MEETING 46 Maxwell St c/s Irvine Center Dr & Tesla (Church Community Center) New meeting
 7:30 PM (Y) WILD BUNCH BEGINNERS 18842 Teller Ave c/s Campus (Newsong Church) New location

ORANGE

7:00 AM EARLY BIRDS 812 Town & Country Rd. c/s Main & Parker (Mariposa Women's Ctr.) Changed name

SANTA ANA

8:00 PM REVOLVING DOOR 600 N. Grand Ave @ 6th (Garage) New contact

SEAL BEACH

7:00 AM (C) SANCTUARY GROUP - AS BILL SEES IT 148 10th Street (United Methodist Church, 2nd Floor Fellowship Hall) New meeting

THURSDAY

ANAHEIM

7:30 PM AA PAMPHLET 11 MEETING 441 N.Lakeview Ave @ 91 Frwy (Kaiser Hospital, 8th Floor Rm D) New meeting

BREA

10:30 AM (C) STEP SISTERS STEP STUDY (WOMEN'S) 300 E. Imperial Hwy @ Brea Blvd (Congregational Church) Changed to closed

COSTA MESA

12:15 PM NEW LEASE ON LIFE 2144 Thurin @ Victoria New location

FULLERTON

1:00 PM CANA KOREAN 1261N. Gilbert St #160 Btwn Rosecrans Ave & E Malvern Ave New meeting

GARDEN GROVE

7:30 PM HAD THE YEARS BUT NOT THE DAYS 9845 Belfast Dr c/s Brookhurst & Garden Grove New meeting

HUNTINGTON BEACH

Continued

Meeting changes continued

6:00 AM EARLY BIRDS 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 12:00 PM DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 7:30 PM SERENITY AT SEACLIFF 225 7th Street (Garage #1) @ Olive New location

ORANGE

7:00 PM (C) HOW IT WORKS 1800 E La Veta @ Tustin St (RIO Center) Deleted in error

RANCHO SANTA MARGARITA

7:30 PM 11TH STEP SPIRITUAL DISCUSSION 30162 Tomas c/s Santa Margarita Pkwy Address change

SAN JUAN CAPISTRANO

6:00 PM DO THE STEPS 32202 Del Obispo (Presbyterian Church) Meeting reestablished

SEAL BEACH

7:00 AM (C) SANCTUARY GROUP - AS BILL SEES IT 148 10th Street (United Methodist Church, 2nd Floor Fellowship Hall) New location

WHITTIER

7:00 PM (C) WOMEN'S PRINCIPLES BEFORE PERSONALITIES 13205 Philadelphia St @ Washington Address change

FRIDAY

COSTA MESA

12:15 PM NEW LEASE ON LIFE 2144 Thurin @ Victoria New location
 11:00 PM LATE NIGHT CANDLELIGHT 2040 Placentia Ave. Address change

HUNTINGTON BEACH

6:00 AM EARLY BIRDS 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 7:30 AM ATTITUDE MODIFICATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 12:00 PM NOON PARTICIPATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 6:00 PM ELEVENTH STEP ROUND ROBIN 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address
 8:00 PM FINALLY A FRIDAY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

LAGUNA BEACH

5:45 PM HAPPY HOUR DISCUSSION 20456 Laguna Canyon Rd. Changed time
 7:45 PM CANDLELIGHT ACCEPTANCE MEETING 20456 Laguna Canyon Rd. (Small room) Changed time

SATURDAY

7:00 PM ORANGE COUNTY WANDERING GROUP For information call (714) 556-4555 Time change

COSTA MESA

12:15 PM NEW LEASE ON LIFE 2144 Thurin @ Victoria New location

FULLERTON

8:00 PM CANDLELIGHT TOPIC DISCUSSION MEETING 530 W. Commonwealth bwn S. Euclid & S. Harbor Blvd New meeting

HUNTINGTON BEACH

6:00 AM EARLY BIRDS 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

7:30 AM MEN'S BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

7:30 AM ATTITUDE MODIFICATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

9:30 AM (C) WOMEN'S BIG BOOK STUDY 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

1:00 PM OPEN DISCUSSION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

7:00 PM SATURDAY NITE LIGHT SPEAKERS 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

9:00 PM PARTICIPATION 19092 Beach Blvd suite 'G' @ Garfield (behind Honeybake Ham) New address

LAGUNA BEACH

7:05 AM (C) ATTITUDE ADJUSTMENT - BIG BOOK STUDY 31106 Pacific Coast Hwy (Tee Room) Name modification

NEWPORT BEACH

8:00 AM EASY RISERS 2100 Mar Vista Dr @ Eastbluff (Our Lady Queen of Angels Church) Correct name & address

MEETING DELETIONS

SINCE July 7, 2009

THURSDAY

COSTA MESA

8:05 PM DISCUSSION 2040 Placentia Ave Delete

SUNDAY

FULLERTON

8:00 PM SPEAKER MEETING 1115 W Orangethorpe Delete

HUNTINGTON BEACH

8:00 PM STEP STUDY OUT OF THE BIG BOOK Zeider Lane off Slater between Newland & Beach (Community Ctr.) Delete

TUSTIN

6:00 AM ATTITUDE ADJUSTMENT 17621 Irvine Blvd c/s Prospect (2nd Floor) Delete

VILLA PARK

6:00 AM ATTITUDE MODIFICATION 17855 Santiago Blvd

MONDAY

FULLERTON

6:00 AM MORNING MEDITATION 1115 W Orangethorpe Delete

12:00 PM DISCUSSION 1115 W Orangethorpe Delete

6:00 PM 12 & 12 1115 W Orangethorpe Delete

7:30 PM FREEDOM 1115 W Orangethorpe Delete

GARDEN GROVE

12:00 PM REBEL GROUP VISION FOR YOU 9845 Belfast Delete

ORANGE

7:30 PM STEP OUT EASY 200 N. Lewis Street Delete

SAN CLEMENTE

8:00 PM BEGINNER'S TOPIC Q & A 929 Calle Negocio, Ste H

TUESDAY

COSTA MESA

7:30 PM (C) BACK TO BASICS AT 1ST METHODIST CHURCH 420 W 19th Street Delete

FULLERTON

6:00 AM MORNING MEDITATION 1115 W Orangethorpe Delete

12:00 PM DISCUSSION 1115 W Orangethorpe Delete

6:00 PM Q & A 1115 W Orangethorpe Delete

8:00 PM PARTICIPATION 1115 W Orangethorpe Delete

SAN CLEMENTE

6:00 PM WOMEN'S AS BILL SEES IT 119 N Avenida de Estrella

WEDNESDAY

FULLERTON

6:00 AM MORNING MEDITATION 1115 W Orangethorpe Delete

12:00 PM DISCUSSION 1115 W Orangethorpe Delete

6:00 PM WHERE WOMEN ARE GATHERED 1115 W Orangethorpe Delete

8:00 PM PARTICIPATION 1115 W Orangethorpe Delete

THURSDAY

CORONA DEL MAR

7:00 PM MEN'S HOUR BOOK STUDY 5TH & Iris Oasis Senior Center Delete

FULLERTON

6:00 AM MORNING MEDITATION 1115 W Orangethorpe Delete

12:00 PM DISCUSSION 1115 W Orangethorpe Delete

6:00 PM BIG BOOK 1115 W Orangethorpe Delete

8:00 PM CANDLE LIGHT 1115 W Orangethorpe Delete

GARDEN GROVE

8:00 PM SPEAKER 9845 Belfast Delete

NEWPORT BEACH

6:45 AM ATTITUDE ADJUSTMENT II 798 Dover Dr Delete

FRIDAY

COSTA MESA

6:30 PM WOMEN'S CANDELIGHT RECOVERY STUDY 12 & 12 393 Hamilton St Delete

CYPRESS

7:00 PM LADIES NIGHT OUT Delete

FULLERTON

6:00 AM MORNING MEDITATION 1115 W Orangethorpe Delete

12:00 PM DISCUSSION 1115 W Orangethorpe Delete

6:00 PM CHIPS N COOKIES MEETING 1115 W Orangethorpe Delete

8:00 PM PARTICIPATION 1115 W Orangethorpe Delete

8:00 PM (C) FRIDAY NIGHT 12&12 1145 W. Valencia Mesa Dr Delete

Continued

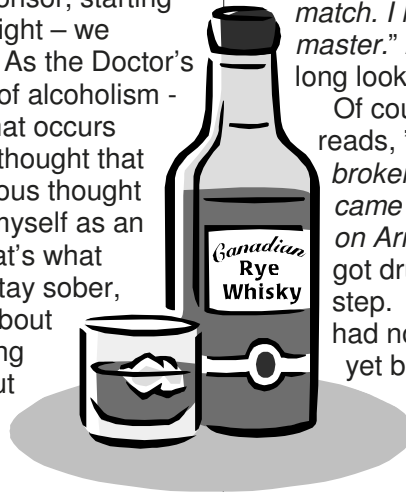
Step 1 – Complete Defeat

Number 1 of 12 articles on the 12 Steps

Opinions vary on when we take the First Step in the program outlined in the Big Book. I know I spent 5 weeks reading the Big Book with my sponsor, starting with the Doctor's Opinion – Yes, that's right – we skipped the Forwards and the Preface! As the Doctor's Opinion laid out the two defining facets of alcoholism – the obsession to drink and the allergy that occurs once I take a drink – nothing shook the thought that I would drink again. This is the thunderous thought that struck me the first time I identified myself as an alcoholic – that I would drink again. That's what alcoholics do – they drink. They don't stay sober, they drink. I finally asked my sponsor about this obsession, because, I was not feeling the obsession to drink – I'm talking about the obsession that Jack Lemmon's character had in the movie, "The Days of Wine And Roses" when he obsessively tore his father-in-law's greenhouse apart trying to find the half pint he had hidden in one of the 10,000 flower pots in the greenhouse. Now that was an obsession I could understand. My sponsor, Richard, explained that the alcoholic obsession was not necessarily like any other obsession – due to the cunning and baffling nature of alcoholism, it more often than not looked like a completely rational thought. Something on the order, "If only I poured the whiskey in milk, it wouldn't hurt me this time". But, one definition of obsession always held true – an obsession was a thought to the exclusion of all others. And all those rational thoughts that made me think taking a drink would be alright, provided I just did something a little different, were simply another form of an obsession.

Now, the allergy was another thing. That was evident, given my own experience. My experience had always shown that anytime I started to drink, I couldn't predict how many I would drink or where I would end the night. I knew that I had an abnormal reaction, (one of the dictionary definitions of allergy) to alcohol – different than anybody else I knew. Others seemed to be able to stop so they could get home for dinner, or to spend some time with their family – I simply couldn't do this, and I had spent the better part of 24 years telling myself that I could've done that if I wanted to.

As Richard and I continued to progress through the book, we read many examples of the "strange mental twist" that always precedes a drink, the nature of the illness of alcoholism became readily apparent to me. The Big Book endeavors to make clear the nature of the obsession to drink. In Chapter Three – *More About Alcoholism* – the book states, "So we shall describe some of the mental states that precede a relapse into drinking, for obviously this is the crux of the problem". We read Jim's story, and Fred's story, and the story of the jay-walker, and they all demonstrated strange mental twists.



However, no story demonstrates the First Step more perfectly than the First Step Bill takes in *Bill's Story*. Bill writes, "No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master." An absolutely perfect step, and one I took a long look at.

Of course, the next sentence in the Big Book reads, "Trembling, I stepped from the hospital a broken man. Fear sobered me for a bit. Then came the insidious insanity of that first drink, and on Armistice Day 1934, I was off again". Yes, Bill got drunk again, even after taking a perfect first step. How did this happen, you ask. Simple, Bill had no Second Step to proceed to – Ebby hadn't yet brought it to him! So, please come back next month to share my experience with the Second Step – The Beginning of Hope.

A member of A.A. in Orange County

Text in italics re-printed from the Big Book with permission of Alcoholics Anonymous World Services, (AAWS)

Meeting changes continued

LAGUNA BEACH

9:00 PM (G) DISCUSSION 20456 Laguna Canyon Rd.

NEWPORT BEACH

8:00 PM FRIDAY NIGHT REUNION 798 Dover Dr Delete

TUSTIN

11:00 AM (C) WOMEN'S BIG BOOK STUDY 14402 S. Proscpet Ave Delete

SATURDAY

FULLERTON

6:00 AM MORNING MEDITATION 1115 W Orangethorpe Delete

12:00 PM DISCUSSION 1115 W Orangethorpe Delete

8:00 PM SPEAKER 1115 W Orangethorpe Delete

WEB STATISTICS

"The first on-line issue of the *Lifeline* was posted to our web site in July of 2006. However, when our site hosting company changed servers in June, 2007, some usage statistics before then were lost. Since January, 2007, the Lifeline home page has po been viewed 12,863 times. Individual issue files have been viewed 24,179 times.



In November, there were 16,705 "visits" to www.ocaa.org. From Jan., 2008, through November, 2009, visits averaged 16,312 per month."

EVENTS

16th Annual Gratitude Weekend

January 22-24, 2010

Rancho Capistrano

San Juan Capistrano, CA

35th Annual San Fernando Valley

A.A. Convention

January 29-31, 2010

Warner Center Marriott

Woodland Hills, CA

www.sfvaaconvention.org

38th Annual ACYPAA 2010

February 11-14, 2010

Town & Country Resort & Convention Center

San Diego, CA

www.acypaa2010.org

info@acypaa2010.org

PRAASA 2010

March 5-7, 2010

Radison Hotel at LAX

Los Angeles, CA

www.PRAASA.org

Woman to Woman Lake Arrowhead

March 26-28, 2010

UCLA Conference Center

Lake Arrowhead, CA

Email: woman2woman@ymail.com

2010 International Convention of A.A.

July 1-4, 2010

San Antonio Convention Center

San Antonio, TX

SPEAKER MEETINGS

Fullerton

8:00 pm

Dreams Come True

Friday Night Speaker Meeting

1st Christian Church

109 East Wilshire Avenue

Contact: Paul P.

1/01 Happy New Year (No meeting)

1/08 George F., Elsinore

1/15 Roxy S., Fullerton

1/22 Mike T., Fullerton

1/29 Ken & Lorena M., Anaheim

Garden Grove

8:00 pm

Saturday Night Speakers

Garden Grove Alano Club

9845 Belfast Dr

Contact: Jon W.

Laguna Niguel

8:00 pm, Sunday

Crown Valley Speaker Meeting

Crown Valley Community Center

29751 Crown Valley Parkway, Main Room

Contact: Elizabeth C.

Orange

8:00 pm, Friday

No Puffers Speaker Meeting

Community of Christ Church

385 S. Tustin Ave

Contact: Brian C.

7:00 pm

Sober & Crazy Sunday Night Speakers

7th Day Adventist Church

1310 E. Walnut Ave, near Tustin Ave

Contact: Audrey A.

San Clemente

8:00 pm

Thursday Night Big Speaker Mtg.

San Clemente Friendship Center

Contact: Bob B.

8:00 pm, Friday

Aragon Speaker Meeting

202 Avenida Aragon (church)

Contact: Marsha C.

Tustin

8:00 pm

Saturday Night Visiting Speaker

St. Paul's Church, 1221 Wass St.

Contact: Brian M.

1/02 Kimmie H., Lake Forest

1/09 Jim M., La Habra

1/16 Laura W., Mission Viejo

1/23 David P., Santa Ana

1/30 Liz P., Tustin

2/06 Jesse B., Newport Beach

2/13 Mae W., Tustin

2/20 Rob H., Laguna Niguel

2/27 Louise G., Tustin

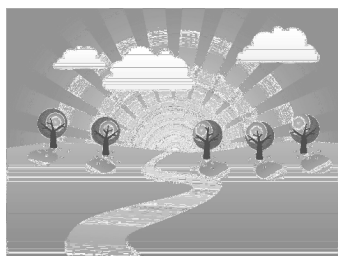
3/06 Jason C., Whittier

3/13 Kerrie, Tustin

3/20 Keith S., Tustin

3/27 Sasha F., Orange

*Please submit EVENTS and
SPEAKER MEETINGS by the 15th
to: lifelineeditor@yahoo.com*



The Turning Point

Sometimes the hard times are really the best and most important times to learn from whether we know it or not.

When my Husband "went missing" on a drinking binge for days, I was terrified, in fact, quite panic-stricken. I just couldn't think straight until I started to pray. The fear literally brought me to my knees. I prayed for his safety and for protection from insanity or death.

I felt awkward and guilty when I realized that I was just one more alcoholic praying to my Higher Power to help yet another alcoholic out of the darkness. I called AA. Then I realized my spiritual awakening was calling on me. I knew I could stop drinking with His help.

I realized if my husband was located and survived, I would do anything to get sober and help him get sober too. Problem was, I was really scared that I wouldn't be able to stop drinking on my own. Well, my prayers were heard and answered! I received a call a few days later and learned that my husband was rescued from a dangerous bender and got the medical attention he needed. My obsession for alcohol vanished, just like that.

I (we) joined AA immediately and are working the Steps now rather than falling down them!

Thank you all for your love, support and friendship in the Fellowship!

Sincerely,

Kimmy D., Newport, CA

Editor's Note: Please share your turning point by emailing it to lifelineeditor@yahoo.com.

From the April, 1989, *Grapevine*

Excerpts from three reviews of the *Big Book*

The New York Times Book Review, June 25, 1939

Lest this title should arouse the risibles in any reader let me state that the general thesis of "Alcoholics Anonymous" is more soundly based psychologically than any other treatment of the subject I have ever come upon. . .

"Alcoholics Anonymous" is unlike any other book ever before published. No reviewer can say how many have contributed to its pages. But the list of writers would include addicts and doctors, psychiatrists and clergymen. Yet it is not a book of personal experience, except in a limited sense, any more than it is a book of rules and precepts. Whether the author of any given chapter can be physician or addict, the argument comes back to a single fundamental; and that is that the patient is unable to master the situation solely through what is termed "will power," or volition. . . .

Here, then, is the key to "Alcoholics Anonymous," the great and indisputable lesson this extraordinary book would convey. The alcoholic addict. . . cannot, by any effort of what he calls his "will," insure himself against taking his next "first dose." . . . There is one way for our authors, and but one way. The utter suffusion of the mind by an idea which shall exclude any idea of alcohol or of drugs. . . . The thesis of the book is, if we read it aright, that this all-embracing and all-commanding idea must be religious. Yet here again should the reader pause, for the writers are talking of what William James called "Varieties of Religious Experience" rather than matters of individual faith. There is no suggestion advanced in the book that an addict should embrace one faith rather than another. He may fall back upon an "absolute" or upon "A Power which makes for righteousness" if he chooses. The point of the book is that he is unlikely to win through unless he floods his mind with the idea of a force outside himself. So doing, his individual problem resolves itself into thin air. In the last analysis, it is the resigning word: Not my will, but *Thine*, be done, said in full knowledge of the fact that the decision will be against further addiction. Most readers will pass this book by. Yet of such a majority many might not be amiss in turning its pages. There, but for the grace of God, goes--. A few will reach for it furtively. It is a strange book. The argument, as we have said, has a deep psychological foundation.

Journal of Nervous Mental Disorders, September 1940

. . . This big, big book, i.e. big in words, is a rambling sort of camp-meeting confession of experiences, told in the form of biographies of various alcoholics who. . . have provisionally recovered, chiefly under the influence of the "big brothers get together spirit." Of the inner meaning of alcoholism there is hardly a word. It is all on the surface material. Inasmuch as the alcoholic, speaking generally, lives a wish-fulfilling infantile regression to the omnipotency delusional state, perhaps he is best handled for the time being at least by regressive mass psychological methods, in which, as is realized, religious fervors belong, hence the religious trend of the book. . .



AMA Journal, October 14, 1939

The seriousness of the psychiatric and social problem represented by addiction to alcohol is generally underestimated by those not intimately familiar with the tragedies in the families of victims or the resistance addicts offer to any effective treatment. Many psychiatrists regard addiction to alcohol as having a more pessimistic prognosis than schizophrenia. For many years the public was beguiled into believing that short courses of enforced abstinence and catharsis in "institutes" and "rest homes" would do the trick, and now that the failure of such temporizing has become common knowledge, a considerable number of other forms of quack treatment have sprung up. The book under review is a curious combination of organizing propaganda and religious exhortation. It is in no sense a scientific book, although it is introduced by a letter from a physician who claims to know some of the anonymous contributors who have been "cured" of addition to alcohol and have joined together in an organization which would save other addicts by a kind of religious conversion. The book contains instructions as to how to intrigue the alcoholic addict in to the acceptance of divine guidance in place of alcohol in terms strongly reminiscent of Dale Carnegie and the adherents of the Buchman ("Oxford") movement. The one valid thing in the book is the recognition of the seriousness of addiction to alcohol. Other than this, the book has no scientific merit or interest.

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LEST WE FORGET

Some in motels, thrown out by families; some sleeping in weeds . . . under cars, in jail, in hospitals; trying to do away with ourselves.
No money coming in at home . . . almost on welfare!
Step houses ? Bum checks? No groceries? Black eyes, broken teeth, bleeding ulcers,
Heartaches--no father at home, no mother, too. No clean clothes, no baths;
Lots of 502s; Lawyers, Divorce—1st time, 2nd time, 3rd time.
Boxes of clothes on porches . . . some in brown bags.
Sleepless nights . . . White hot fear. Despair—No use, I give up.

THEN THE MIRACLES

30 days, 90 days , one year , two years , five years.
New cars, new boats, vacations, money in bank. Out to dinner,
Take care of kids. Fix up the house. Good jobs—
Driver's License- smiles —
Laughter -Love-- Security.
Then where do we turn? Two ways: the old way, or the "AA way"?
Should we forget to give what was given to us, or should we give so that others can have what we were given.
Our time, our love, our understanding, Our help whenever asked;
Sometimes even our money.

Bob C.

GROUP CONTRIBUTIONS TO CENTRAL OFFICE— November

	NOV	YTD							
ALISO VIEJO	^	^	Tu 7:00P-Top/Key Book Stdy, 9th & Lamp			\$70		Tu 7:30P-(M)'s Stag BB Grp, 4445 Alton PKW	\$108
ANAHEIM	^	^	Tu 7:00P-Heartspeak (W)'s, 13082 Bowen St.	\$45	\$155			We 6:30P-B. B. Topic Disc., 5001 Nwprt	\$65 \$1,226
TU 7:00P-Mens Stag AA B/B, 2715 E. Diana A		\$60	Tu 8:00P- Discussion 9842 W. 13th St.		\$60			We 7:30P-Wild Bunch Beg's, 10 Federat	\$266
BUENA PARK	^	^	We 10:00A-Ovr 50 Sin/Purp, 9845 Belf		\$63			We 8:00P-12 Solutions SS, Harvard	\$314
CAPISTRANO BEACH	^	^	We 12:00P-(W)'s, 9845 Belfast		\$38			Th 12:00P-Irvine (M)'s Lunch, 5001 Nwprt	\$100 \$228
Su 9:30A-Sandy Survivors, Doheney		\$70	Th 10:00A-Over 40 Disc. Grp, 9845 Belf		\$30			Th 6:30P-(W)'s Gypsies, Deerfield & Turtle	\$376
Fr 7:00P-Friday Knights, 25976 Domingo	\$91	\$438	Th 8:00P-Sprk, 9845 Belfast Dr.		\$5			Fr 10:30A-Over 50 Grp, 4400 Barranca PKW	\$72 \$620
Sa 9:30A-Pines Park Disc, Pine Bluffs		\$87	Fr 10:30A-(W)'s (C)12 & 12, 9845 Blfst		\$207			Fr 12:00P-(W)'s Topic Disc, 5101 Alton P	\$249
CORONA DEL MAR	^	^	Sa 7:30A-Grow or Go, 9845 Belfast		\$27			Fr 5:30P-Topic Disc.Grp, 6650 Alton (Kaiser)	\$29 \$441
Mo 7:00P-Baywood Disc, 1601 Marg		\$447	Sa 10:30A-F-Troop Disc, 9845 Belfast		\$300			Fr 7:00P Winning Tkt Bk Stdy, 1 Sunnvh	\$292
Tu 12:00P-Noonatics, 800 Marguerite		\$150	Sa 10:30A-BB Stdy, 9845 Belfast		\$110			Fr 7:30P-Brothers in Sobriety, 4400 Barranca	\$450
Tu 7:00P-(M)'s Part, 611 Heliotrope		\$2,160	HUNTINGTON BEACH	^	^			Fr 8:00P-Little Grp, 18422 Culver	\$118 \$332
We 7:00A-Women's B/B Study, 3233 Pacific Vi	\$257	\$362	Dly 6:00A-Early Birds, 19092 Beach Blvd		\$25			Sa 9:15A-SS, 5101 Alton Pky	\$141 \$944
Th 6:00P-Happy Hour (M)'s Pacific View	\$70	\$448	Dly 7:00A-Hggrs/Bill Sees It, 8200 Ellis	\$525	\$2,625			Sa 11:00A-B.B Stdy, 1 Sunnvhill - Turtle	\$510
Th 7:00P-Big Book Study, 611 Heliotrope		\$120	Dly 7:30A-Attitude Mod., 19092 Beach Blvd		\$240			Sa 7:00P-Sprks, 1 Sunnvhill - Turtle	\$240
Fr 7:30P-Rebels Disc, 611 Helio	\$200	\$450	Dly 8:00A-Hggrs II, H.B Lifegr Tower 11	\$240	\$2,345			LAGUNA BEACH	^
Fr 8:00P-BB Stdy, 3233 Pacific View		\$210	Su 9:00A-On/Beach, Lifegr Tower 11	\$90	\$270			Dly 7:00A-Attitude Adj, 20456 LCR	\$645
COSTA MESA	^	^	Su 10:00A-Sober Sharing, 19092 Beach Blvd		\$120			Dly 7:05A-Attitude Adj, 31872 PCH	\$1,050 \$3,080
Dly 7:00A-Daily Reflect, 2040 Placentia		\$200	Su 5:00P-Creative Sharing, 19092 Beach Blvd		\$340			Dly 7:05A-Attitude Adj, 31106 PCH (C)	\$1,348
Dly 7:30A-As Bill Sees It, 2501 Harbor		\$2,100	Su 7:30P-Disc, 20444 Magnolia		\$780			M-F 7:00A-Meets/Ruby's, 30622 PCH	\$50
M-F 6:45A-Morning Meditat, 183 E. Bay		\$450	Mo 12:00P-(W)'s Bill Sees It, 18631 Chap	\$70	\$580			Su 6:55A-Keep It Simple, 20456 LCR Rm2	\$67 \$67
M-F 12:00P-Noon Rec, 420 W. 19th St.		\$1,553	Mo 6:00P-Sprk/Q&A/Part, 6622 Lakeview		\$120			Su 7:05A-Montage Grp, (Montage)	\$978
Su 12:15P-High Noon Part, 2040 Placentia		\$40	Mo 6:30P-Recoveretes, 7641 Talbert		\$39			Su 10:00A-Heisler Park Disc, Cliff	\$26 \$191
Su 7:00P-12 S/ S M's Stag, 2015 Charle St.		\$30	Mo 7:00P-(W)'s Sans, 18631 Chapel Ln.		\$266			Su 6:00P-As Bill Sees It, 340 St Anns	\$140
Su 7:00P-Sun Speaker, 678 W. 19th St.		\$370	Mo 7:30P-(M)'s BB & 12&12, 1912 Florida		\$383			Su 6:00P-GV Stdy, 21632 Wesley Dr	\$322
Mo 12:00P-Clean & Serene BB, 183 E. Bay	\$30	\$210	Tu 1:00P-Harmony (W)'s, Edinger/Denney's		\$160			Su 7:00P-TIS Spkrs, 31872 Coast Hwy	\$70 \$220
Mo 6:00P-As Bill Sees It, 2040 Placentia	\$90	\$90	Tu 6:30P-Sundowners Part. 6622 Lakeview Dr.		\$260			Mo 6:30P-(W)'s Perspect, 20456 LCR	\$42
Mo 7:00P-Livg Sober Grp, 2040 Placentia		\$111	Tu 7:30P-Beginners (M)'s, 19822 Beach		\$1,205			Mo 6:30P-(W)'s BB Stdy, Wesley	\$100 \$400
Mo 8:00P-(M)'s, 2015 Charle Street		\$50	Tu 7:30P-(W)'s Disc., 8200 Ellis	\$29	\$140			Mo 7:00P-Mon Night (M)'s Stag @Pat's	\$60
Tu 7:30P-Balboa Broads, 420 W 19th St	\$80	\$193	Tu 7:30P-(W)'s Serenity BB, 20444 Magn		\$492			Mo 8:00P-(M)'s Stag, 20456 LCR	\$130
Tu 7:30P-Men's One Hour 1865 Anaheim		\$50	Tu 8:00P-Newcms (M)'s Grp, 20444 Magn		\$102			Mo 8:00P-(M)'s BB Stdy, 31872 PCH	\$70
Tu 7:30P-(M)'s Last Gasps, 695 W 19th		\$100	We 7:30A-Attitude Mod, 19092 Beach Blvd	\$60	\$180			Mo 8:00P-S/Coast (M)'s, 340 S/Ann's	\$354 \$652
We 10:00A-Seeking the Steps (W)'s 2833 Euro		\$244	We 1:00P-(W)'s Stdy, 9812 Hamilton	\$49	\$119			Tu 7:00A-BB Stdy, 20456 LCR	\$431
We 12:00P-High Noon Step, 183 E. Bay St.		\$160	We 2:00P-Seniors & Friends 1718 Orng	\$45	\$375			Tu 12:30P-Serenity-Sea (W)'s, 340 St Ann's	\$432
We 7:00P-(W)'s Source Str, 3116 Van		\$70	We 6:30P-(W)'s Step Stdy, 7641 Talbert		\$55			Tu 12:30P-(W)'s Disc, 20456 LCR	\$550
We 7:00P-420 Beginners Men, 420 W. 19th St.		\$50	We 7:00P-Triangle Grp B/B Study, 2721 Delaw		\$240			Tu 6:00P-Here & Now, 20456 LCR	\$100
We 7:30P-Day By Day Serenity, 1865 Anahei		\$251	Th 7:30A-Attitude Mod, 19092 Beach Blvd		\$60			Tu 6:30P-(M)'s Beg, 31872 So/Coast	\$2,517
Th 5:30P-(W)'s Its/Book Study, 2040		\$56	Th 10:00A-(W)'s BB Stdy, 18631 Chapel		\$315			Tu 6:30P-(W)'s Disc, 31872 So/Coast	\$160
Th 7:00P-12 Steps & 12 Trads, E Bay		\$60	Th 6:00P-Ovr 40/Going Strong, 18582 Bch		\$42			Tu 7:30P-By The Book, 20456 LCR	\$277
Th 7:30P-Candlelight Disc, 420 W. 19th	\$243	\$243	Th 6:30P-BB Stdy, 6622 Lakeview		\$100			We/Sat 7:00A-Whale Watch (M)'s, PCH	\$822
Fr 6:30P-Women's Candlelight 12&12, 393 Ha		\$100	Th 7:30P-11th Step Disc., 1912 Florida		\$149			We 6:00P-Beginner's, 20456 LCR	\$40
Fi 6:30 P-FGIF Women 183 E.Bay St.		\$47	Fr 7:30A-Mens Book Study, 19092 Beach Blvd		\$70			We 8:00P-So.Coast Spkrs, 286 St. Anns	\$280
Fr 8:00P-BB Stdy, 1865 Anaheim		\$50	Fr 10:00A-Step Sisters, 18631 Chapel Ln.		\$438			Th 7:05A-W's Dolphins at Day, Salt Creek Be	\$294
Sa 9:30A-(W)'s Wrkg.in Sol. BB, 183 E Bay		\$40	Fr 6:00P-(M)'s/Solution, 7111 Talbert Ave		\$100			Th 12:30P-(W)'s Disc., 415 Forest Ave.	\$150
Sa 9:30A-(M)'s By The Book, 3080 Airway Ave		\$360	Fr 6:30P-BB Stdy, 16400 Springdale		\$100			Th 6:00 P-(W)'s Disc,20456 LCR	\$238
Sa 9:30A-Sat Morn (W)'s Gr, 2040 Placen		\$70	Fr 7:30P-BB Stdy, 16650 Saybrook Lane		\$70			Th 6:30P-(M)'s BYOB 12& 12 SS, 21632	\$284
Sa 9:30A-Sisters/Sobriety 2040 Placentia		\$140	Fr 8:00P-HB Dntowners, 2721 Delaware		\$60			Fr 12:00P-Q & A, 20456 LCR	\$60
Sa 6:00P-Cover-To-Cover, 183 E. Bay St.		\$337	Sa 7:30A-Attitude Mod, 19092 Beach Blvd	\$60	\$60			Fr 6:00 P-Happy Hour and Half, 20456 LCR	\$160
Sa 8:00P-Keep It Simple, 2850 Fairview	\$50	\$250	Sa 7:30A-(M)'s Stag Book Study, 19092 Beach		\$140			Fr 6:00P-Literature Mtg, 21632 Wesley	\$150 \$350
CYPRESS	^	^	Sa 7:30A-(M)'s Disc 9812 Hamilton	\$120	\$360			Fr. 7:45P-Surrender to Win, 20456 LCR	\$120
Su 5:00P-Happy Hour Topic, 4552 Lin		\$110	Sa 9:30A-Charle St. Overflow, 9812 Hamilton		\$60			Fr 7:30P-Candlelight Acceptance., 20456 LC	\$140
Tu 8:00P-BB Study, 8615 Walker St.	\$53	\$113	Sa 10:00A-(W)'s BBSdy, 18631 Chapel	\$140	\$1,042			Fr 8:00P-Here & Now, 21632 Wesley	\$140
We 7:00P-Cypress Women's S/S, 5100 Cerrit		\$456	Sa 7:00P-Sat Nite Live BB, 18631 Chapel	\$40	\$502			Sa 7:00A-Whale Watchers Men's, PCH@Wes	\$1,338
DANA POINT	^	^	IRVINE	^	^			Sa 12:30P-Into Action, 20456 LCR	\$100
Dly 7:00A-Hard Core Harbor, 34451 Ens		\$15,351	Dly 6:30A-Sunrise Sobriety, 4400 Barr	\$476	\$4,852			Sa 5:00P-Big Book Study, 20456 LCR	\$33
Mo 5:30P-(W)'s Disc, Ensenada & DPH		\$770	Dly 7:00A-Solu Grp Mar, 5001 Newport Coast		\$5,194			Sa 7:00P-Beginners, 31872 PCH	\$978
Mo 7:00P-Promises, 34052 Del Obispo		\$586	M-F 12:00P-Irvine Noon Grp, 5101 Alton		\$1,000			Sa 8:00P-Night Spkr Mtg, 20456 LCR	\$400
Tu 9:30A-(W)'s Back/Basics 24642 SJ		\$823	M-F 12:00P-Take the Steps. UCI Bldg. rm 113	\$40	\$40			Sa 8:00P-Living Sober Spkrs, 428 Park	\$300
Th 7:00A-(W)'s Harb Topic Disc, S Juan	\$85	\$363	Su 10:00A-Donut Mtg, 6670 Alton Pky	\$50	\$500			LAGUNA HILLS	^
Fr 12:15P-Fri Lunch (W)'s BB, 33841		\$75	Su 6:00P-Farsi Speaking AA Meet, 6670 Alton		\$375			Su 7:30P-Legacy Grp, 23802 Ave de la Car-	\$311 \$1,054
Fr 7:00P-GV, 33926 Calle Primavera		\$796	Su 7:30P-BonitaCnyn Disc, 5001 Nwprt		\$240			lotta	
Sa 7:00P-Sprk, 33926 Calle Primavera		\$876	Mo 6:00P-(W)'s B. B. Topic, 6670 Alton		\$137			Mo 6:00P-(W)'sDisc, 23802 A D Carlota	\$420
FOUNTAIN VALLEY	^	^	Mo 6:30P-Easy Does It, 4949 Alton		\$268			Tu 7:00P-(M)'s Stag, 23802 A D Carlotta	\$200
M-F 8:30A- Morning Meeting, 16581 Brookhur		\$25	Mo 6:30P-(W)'s BB Topic Disc, 4949 Alt		\$60			We 7:00P-Get Happy 12&12 Stdy, A D C	\$84
We 8:00P-Disc, 10280 Slater		\$70	Mo 7:30P-(W)'s Disc., 15 Orange Tree		\$39			Th 12:30P-(W)'s Topic Disc, 23181 Verdugo	\$459
FULLERTON	^	^	Tu 12:00P-(W)'s BB Stdy, 5101 Alton Pky		\$296			Th 7:00P-Sober Ladies Candlelight Disc.	
SU 8:00P-Discussion, 109 Wilshire Ave.		\$45	Tu 6:00P-Courage To Change, 18182 Culv		\$460			22911 MillCreek	\$20
GARDEN GROVE	^	^	Tu 7:00P-(M)'s K.I.S. 12X12, 14301 Yale		\$630			Sa 11:00A-Acceptance Grp, 23802 Ave de la	\$313
			Tu 7:30P-Good Guys (M)'s, 55 Deerwood		\$65				

Continued on page 9

Group Contributions cont. from page 8

LAGUNA NIGUEL		^	^
Su 8:00P-Crown Vally Spkr, Comm Park	\$100		
Su 6:30P-Beginners Disc., 29751 Crown Vly Pk	\$140	\$280	
Mo 7:00A-Morn (M)'s Stag B2B, 30071 Ivy Gle		\$650	
Mo 10:30A-(W)'s 12X12 Stdy, 27802 El Lazo		\$671	
Mo 8:00P-12&12 Stdy, 30121 Niguel Rd		\$100	
Tu 7:00A-Tues Morning (M's) BB/SS, 30121 N	\$31	\$63	
Tu 6:00P-Chicks/Run SS, 2702 El Lazo		\$15	
Tu 6:30P-(M)'s Disc/Munch L N Reg Park		\$463	
Tu 7:30P-Book Stdy, 30121 Niguel Rd.	\$80	\$165	
We 6:00P-Book Stdy, 30121 Niguel Rd.		\$70	
We 7:30P-Book Stdy, 30121 Niguel Rd.		\$46	
Fr 7:00A-Back to Basics Men's, 30120 Town C	\$266	\$1,421	
Fr 10:30A-(W)'s Disc., 30071 Ivy Glenn		\$390	
Fr 7:30P-Here & Now, 24360 Yosemite		\$100	
LAGUNA WOODS		^	^
Dly 7:30A-Do It Sober, 24442 Moulton	\$360	\$4,500	
Mo 7:30P- Nite SS Grp, 24442 Moulton		\$190	
Tu 7:30A-12 Step Meeting, 24442 Moulton	\$40	\$85	
We 7:30A-BB Meeting, 24442 Moulton		\$120	
We 1:15P-(W)'s BB Stdy, 24351 El Toro		\$340	
Fr 10:00A-Top/Hill Gang, 24252 El Toro		\$490	
LA HABRA		^	^
M-F 6:30A-Topic Disc, 100 W. La Habra	\$80	\$80	
LAKE FOREST		^	^
Th 7:30P-Mustard Seed SS, 23262 El Toro		\$154	
LA MIRADA		^	^
Su 8:00P-(M)'s BB Stdy, 15700 Rosecrans		\$20	
LAS FLORES		^	^
Sa 7:15P-Mission Spkrs., 26111 Antonio	\$140	\$710	
LOS ALAMITOS		^	^
We 7:30P-Ice Breakers Grp, 4111 Katella		\$350	
MISSION VIEJO		^	^
Daily Saddleback Valley Grp, 23166 Los Alisos	\$70	\$350	
Mo&Th 7:30P-BB Stdy, Jeronimo & Marg.		\$1,266	
Mo 7:00P- (W)'s SS, 26051 Marg.		\$420	
Mo 7:00P-(W)'s Book Stdy, 26558 Marg.		\$220	
Mo 7:30P-B/Ring (M)'s Stag, 27641 Aqua		\$191	
Tu 7:30P-Design for Living BB, 26558 Marg		\$89	
We 9:30A-(W)'s, 26051 Marguerite Pky		\$219	
We 8:30P-Missionaries Disc, 26558 Marg.		\$286	
Fr 8:30P-Couch Meeting, 26001 Muirlands Blvd		\$445	
NEWPORT BEACH		^	^
Dly 6:30A-Jumpstart Disc, 414 E. 32nd St.		\$600	
M-F 12:15P-Shark@Aquatic, 1Whitecliffs		\$2,720	
M-F 5:30P-Fish Out'a Water, 414 E. 32nd	\$240	\$360	
Su 9:30A-Sandy Survivors, On/Beach		\$1,229	
Su 11:30A-Here and Now, 414 E. 32nd St.	\$180	\$180	
Su 7:00P-Primary Purp Grp, Dover&16th		\$359	
Su 7:30P-Spkrs, 414 E. 32nd St		\$1,805	
Mo 9:00A-(W)'s Step Stdy, 414 E. 32nd		\$125	
Mo 12:30P-Back Bay (M)'s, 1201 Irvine		\$1,400	
Mo 7:00P-Language of the Heart (W's) 2414 V		\$310	
Mo 7:00P-Over 40 Disc, 1099 Bayside Dr.		\$80	
Mo 8:00P-(M)'s Disc, 301 Nwprt Blvd	\$260	\$1,663	
Mo 8:00P-(W)'s Beg Disc, 301 Nwprt Blvd		\$200	
Mo 8:00P-SS, 414 E. 32nd St.		\$11	
Tu 6:00P-Dover (W's) 12 & 12, 798 Dover		\$70	
Tu 7:00P-B St Bonfire-1st Fire Ring/Ocean		\$37	
Tu 7:00P-NB/CDM (M)'s, 414 32nd St.		\$342	
Tu 7:00P-(W)'s B/Stdy, 2414VistaDelOro		\$300	
Tu 7:30P-Men's Book Study, 798 Dover Dr.		\$150	
We 6:00P-Men's, 414 E. 32nd Street		\$190	
We 6:30P-Wed Nite W's 12+12, 883 W. 15th St		\$350	
We 7:30P-Wed Night (M)'s, 2401 Irvine		\$215	
We 7:30P-BB Stdy, 600 St. Andrew		\$218	
We 8:00P-Recovery Radicals, 301Nwprt	\$140	\$985	
Th 7:00P-Over 40's, 414 32nd Street		\$165	
Th 7:30P-Balboa Spkr Grp, 414 E. 32nd		\$385	

Fr 12:15P-(M)'s Business Disc, 414 32nd	\$630		
Fr 7:00P-Friday Q & A, 414 32nd Street	\$120		
Sa 8:30A-Men's Book Study, 414 E. 32nd	\$532		
Sa 6:00P-Discover Grp, 1 Whitecliff Dr.	\$140		
Sa 8:30P-Hoag Hut Spkr, 301 Nwprt Ave	\$1,000		
ORANGE		^	^
Dly 7:00A-Early Birds, 812 Town&Cntry	\$1,040		
M-F 5:30P-Tustin Rush Hour, 1800 E. La Veta	\$265	\$1,820	
Su 11:00A-Sun Pumpers, 705 W LaVeta	\$791		
Su 7:00P-Spkr/Orange, 1800 E LaVeta	\$80		
Su 7:00P-Sober & Crazy Spkrs, 1310 E. Walnut	\$387		
Mo 7:00P-(W)'s Step Stdy, 161 Orange	\$40	\$369	
Mo 7:30P-Beg Disc, 705 W La Veta		\$100	
Mo 7:30P-Step Out Easy, 200 N. Lewis	\$59	\$108	
Tu 7:00P-Double Scoop Bk Stdy, W La Veta	\$67		
Tu 7:00P-(W)'s Keep It Simple, 1310 E Walnut	\$41		
Th 7:30P-All/Me (M)'s Stag, 1800 LaV	\$90		
Th 7:30P-777 (M)'s Stag, 395 S Tustin	\$500		
Fr 7:00P-As Bill Sees It, 161 S. Orange	\$90		
RANCHO SANTA MARGARITA		^	^
Su 7:00P-Old Time AA 12&12, 30605 FI	\$150		
Mo 7:00P-(W)'sSta/Sober, 30382VCD	\$140		
Mo 7:30P-(M)'s, 30605 Ave de la Flores	\$400		
Tu 7:30P-Old TimeAA BB Stdy, 30382 VCD	\$639		
We 6:30A-Att & Grat, 30605 Ave D/L Flores	\$1,989		
We 7:30P-RSM StepStdy, 30382 VCD	\$60	\$190	
Fr 7:30P-Roads End Part, 30322 VCD	\$78	\$408	
Sa 10:30A-(W)'s BB Stdy, VCD		\$260	
SAN CLEMENTE		^	^
Dly- Groups, SC Friendship CTR, 929 Calle Neg	\$75		
Mo 7:00P-N.O.I. (M)'s, Camino Capist	\$560		
Tu 6:00P-(W)'s Disc, 190 Ave La Pata	\$120	\$414	
Tu 6:30P-(M)'s Stag/Munchies, 35522 Cam. Cap	\$470		
Fr 7:00P-(W)'s Book Stdy, Ave.Aragon	\$280		
Fr 8:00P-Aragon Spkrs, 202 Ave Aragon	\$60		
SAN JUAN CAPISTRANO		^	^
Dly 7:00A-SJGroup Eye Opener, 27514 C Arroy	\$1,612		
Dly 6:00A-Taking a Trip, 27174 Ortega Hwy	\$200	\$1,980	
Dly Various- San Juan Meetings, 27514 Calle Ar	\$581	\$1,796	
Su 5:00P-SJGroup 1 Hr Top Disc, 27514 C Arro	\$1,120		
Tu 7:00P- SJGroup Hear Here Part, 27514 C Arr	\$481		
Tu 7:30P- Mens Q&A, 32222 Del Obispo	\$202		
We 6:15P-Speaker Disc Group, 27112A Pasea Espada	\$240		
We 7:00P-SJGroup 11th Step Disc, 27514 C Ar	\$400	\$200	
Th 9:30A-(W)'s Back 2 B B/S, 27122A Paseo Es	\$685		
Th 6:00P-Do The Steps, 32202 Del Obispo	\$120		
Th 7:30P-(M)'s Q & A, 32202 Del Obispo	\$858		
Fr 7:00P-Step Sudy, 27514 Calle Arroyo	\$197		
SANTA ANA		^	^
Mo-Sa 7:30A-Disc Early Birds, 212 Elk	\$120		
Mo 7:00P-(M)'s Disc, 1st & Lyon Elks L	\$100		
Sa 8:00P-Coop Fell Spkr, 417 N Cooper	\$30		
SEAL BEACH		^	^
Mo 7:30P-Seal Bch Spkrs, 500 Marina Dr	\$828		
We 7:30P-(M)'s SS, 8th & Central	\$150		
SILVERADO CANYON		^	^
Th 7:30P-Fireside Disc, 27641 Silverado Cyn	\$207		
SUNSET BEACH		^	^
Su 10:00A-Sunset Bch Mtg, PCH & Warner	\$233		
Su 7:00P-11th SS, 16865 PCH	\$140		
Mo 7:00A-Disc, 16865 PCH	\$180	\$180	
Mo 12:00P-Noon BB Stdy, 16865 PCH	\$80		
Tu 7:00A-Disc, 16865 PCH	\$90		
Tu 6:00P-Disc, 16865 PCH	\$62		
Tu 8:00P- Nomad'sBB Stdy, 16865 PCH	\$15		
We 12:00P-Promises Meet, 16865 PCH	\$20	\$190	
Th 7:30P-Participation, 16865 PCH	\$60		
Fr 12:00P-Disc, 16865 PCH	\$60	\$260	
Sa 7:30A-Disc, 16865 PCH	\$414		
TUSTIN		^	^

Dly 6:00A-Foothill Early Risers, 19211	\$750		
Dly 6:00A-Attitude Mod, 1221 Wass	\$254	\$2,329	
Dly 12:00P-Brown Baggers, 130 W. Main		\$350	
M-F 12:00P-Alkies Winners, 555 W.Main	\$249	\$2,986	
Su 6:00A-Attitude Modification, 130 W. Mai		\$354	
Mo 6:16P-Tustin (W)'s 12X12, 1221 Wass		\$20	
Tu 12:00P-(W)'s 12 & 12, 19211 Dodge A		\$30	
Tu 7:00P-BB Stdy, 19211 Dodge		\$494	
Tu 8:00P-Steps 1-4, 1201 Irvine		\$110	
We 7:00P-Lucky Stiffs (M)'s, 18542 Vander		\$183	
We 7:00P-(W)'s Solutions, 19211 Dodge		\$253	
Th 9:00A-(W)'s SS, 14402 Prospect		\$25	
Th 6:00 P-Th 12&12 SS, 19211 Dodge		\$18	
Th 6:15P-(W)'s Living Sober, 1221 Wass.		\$250	
Th 7:00P-12 Steps & 12 Trads, 225 Main		\$230	
Fr 11:00A-(W)'s B/B Stdy, 14402 S. Prosp		\$25	
Fr 8:00P-Disc, Pinetree Park (130 W Main)		\$400	
Sa 8:00P-Visiting Spkrs 1221 Wass	\$100	\$370	
VILLA PARK		^	^
Dly 7:30A-24 Hour Book Grp, 17855 Santia		\$932	
Fr 12:00P-(W)'s BB Stdy, 17855 Sant		\$97	
WESTMINSTER		^	^
Mo 7:30P-12&12Beginners, 15750 Mag		\$165	
WHITTIER		^	^
UNLISTED GROUPS		^	^
Bfd Topic Discussion, Irvine		\$92	
Women's Meeting Coyote Grill		\$109	
Mo Mon Night B/B Study, HB		\$160	
Tu 7:00P-Tu Night Roving Surfer's Stag		\$140	
Th 6:00P Double Winners, Canyon Club		\$100	
Th 7:00P-BB Stdy (UL) LB		\$90	
Th 7:30P-Spkr, Leisure World Lag Woods		\$240	
Fr 5:30P- B/B Study, Irvine UL		\$599	
Fr 8:00P-Family Afterward (UL) Sunset B	\$84	\$259	
WANDERING GROUPS		^	^
Sa 7:00P-Orange County Wandering Grp	\$65	\$65	
Tu 6:00P-Wandering Step Sisters		\$280	
We 7:30P- Rolling Men's Stag BB Study		\$100	
(W)'s Wandering-South County UL	\$69	\$436	
Th 6:30P-RSM (3rd Thurs) Wandering		\$91	
Fr 8:00P-Tustin, Discussion, Wandering		\$100	
MISC. DONATIONS		^	^
OCO Change Can	\$11	\$103	
Satellite Office Change Can		\$50	
Special Anonymous		\$3	
Intergroup Meeting	\$95	\$1,245	
Laguna Beach 4th Step Workshop		\$100	
LB Miracles Happen Convention		\$369	
Men's Banquet 2008		\$703	
PERSONAL DONATIONS		^	^
Anonymous	\$600	\$2,120	
Angela M.		\$30	
Chelsea R., Costa Mesa		\$60	
Chris P. Santa Ana		\$75	
Courtney R., Fountain Valley		\$50	
Dennis C. Laguna Hills		\$70	
Edwin M., San Clemente		\$500	
Elizabeth B., Laguna Niguel		\$140	
Gerri D. HB		\$39	
Howard W., Costa Mesa		\$200	
James R., Orange		\$100	
Jeff P.		\$35	
Julie L.		\$100	
June L., Irvine		\$225	
Kirk B., Costa Mesa		\$120	
Laura D., Capistrano Beach	\$200	\$800	
Larry E.		\$20	
Mary L., Mission Viejo		\$500	
Moria S., San Clemente		\$50	

Continued on page 10

Continued from page 9

Norman M. Tustin	\$50	
Robert P., Costa Mesa	\$300	
Robbin S. Costa Mesa	\$5	
Wanda R., Huntington Beach	\$65	
Wanda M., Irvine	\$20	
Theresa W., Newport Beach	\$30	\$505
IN LOVING MEMORY ^ ^		
Memorial to Bill M. 37 years	\$300	
Memorial to John O'C. of Laguna Woods	\$25	
GROUP INFORMATION REQUESTED ^ ^		
Receipt#1134	\$130	
Receipt#1480 Newport Beach?	\$236	
Receipt#1490 Seal Beach? Sat AM	\$79	
Receipt#1503 Garden Grove GG Alano Club	\$15	
Receipt#1241	\$112	
Receipt#1767 San Clemente?	\$298	
Receipt#1779	\$140	
Receipt#1864 HB, WED?	\$49	
Receipt#1865	\$60	
Receipt#2015 HB, Men's	\$478	
Receipt#2155	\$70	
Receipt#2148	\$84	
Receipt#2165	\$200	
Receipt#2241	\$180	
Receipt#2248	\$30	
Receipt#2249	\$175	
Receipt#2261 Pamela L Mtg., Irvine	\$184	
Receipt#2349 HB, Tues Women's	\$13	
Receipt#2360 Sunset Beach	\$50	
Receipt#2429 Sat, Seal Beach	\$70	
Receipt#2454	\$276	
Receipt#2525	\$210	\$210
Receipt#2532	\$166	\$166
Receipt #1894 Sat, Seal Beach	\$124	
TOTALS	\$12,004	\$174,227

*Trust
God

Clean
House

Help
Others*



Help keep the doors of A.A. open so that new members may receive the same help so many of us have already received. Make a donation of any amount for an A.A. Birthday—yours or someone else's—and we will help celebrate by publishing their name and years of sobriety in the *Lifeline*.

Please send February Birthday donations by January 10th to:
Orange County Central Office
1526 E. Warner, Suite 75
Santa Ana, California 92705

Cathy B.	Dana Point	1 year
Derrick M.	Dana Point	3 years
Mike M.	San Juan Capistrano	3 years
Joanne L.	Laguna Woods	4 years
Mike R.	Laguna Niguel	4 years
Greg W.	Dana Point	7 years
Sue Anne T.	Aliso Viejo	9 years
Jeanne K.	Corona Del Mar	12 years
Leon G.	Dana Point	19 years
Steve W.	Laguna Niguel	22 years
Pam K.	Laguna Niguel	22 years
Sandy T.	Dove Canyon	25 years
Cyndi C.	Laguna Niguel	23 years
Phil F.	Tustin	34 years
Jeri T.	Mission Viejo	35 years
Rob H.	Laguna Niguel	

CENTRAL OFFICE ACTIVITY-October

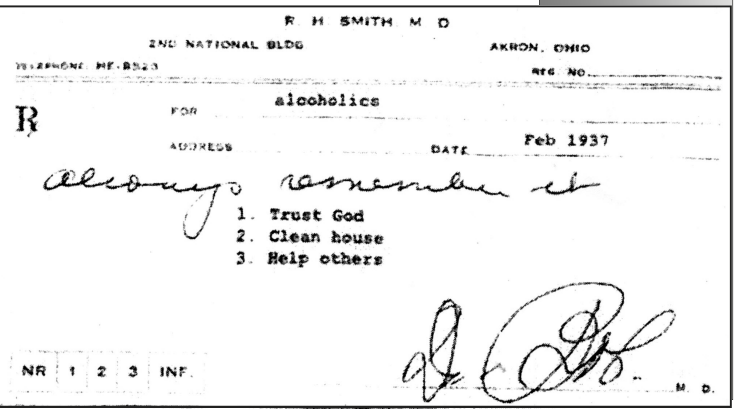
Total Calls Handled by Both Offices: 1769

Main and Satellite Office Volunteers

12 Step Calls	12
Meeting Information	590
General Information	427
Walk-in Customers	245

Night Owl Volunteers

12 Step calls	9
Meeting Information	425
General Information	307



As true today as it was back in 1937...

2010 Orange County Intergroup Service Board

Chair, Pearl N.
Vice Chair, Lou D.
Treasurer, Art H.
Secretary, Eric
Central Office, Grant M.
Group Relations, Carol D.
Hospitals & Institutions, Heather V.
Lifeline, Roxanne R.
Public Information, Barry P.
Special Events, Anne M.

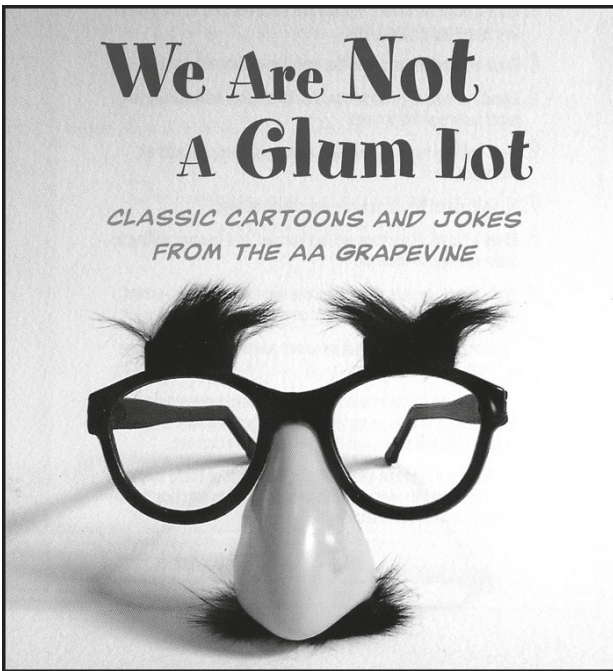
Who? What? When? Where?

Public Information Committee, Barry P.
Meets the 3rd Wednesday of the month at 6:30 pm
Group Relations Committee, Carol D.
Meets the 4th Wednesday of the month at 7:00 pm
Lifeline Committee, Roxanne R.
Meets the 1st Thursday of the month at 7:00 pm
Special Events Committee, Anne M.
Meetings scheduled as needed
H & I Committee, Heather V.
Meets the 2nd Sunday of the month at the Garden Grove Alano Club. Institutions meet at 4:00 pm; Hospitals meet at 6:00 pm. South Orange County H & I meets at the Laguna Beach Canyon Club the 3rd Wednesday of the month at 7:30 pm.

With the exception of H & I, the above committees meet at Central Office, 1526 Brookhollow, Suite 75, Santa Ana, CA 92705. If you are interested in serving on a committee or would like more information please contact the above or Central Office at 714-556-4555.

We Are Not A Glum Lot

CLASSIC CARTOONS AND JOKES
FROM THE AA GRAPEVINE



A cowboy, who just moved to Wyoming from Texas, walks into a bar and orders three mugs of Bud. He sits in the back of the room, drinking a sip out of each one in turn. When he finishes them, he comes back to the bar and orders three more.

The bartender approaches and tells the cowboy, "You know, a mug goes flat after I draw it. It would taste better if you bought one at a time."

The cowboy replies, "Well, you see, I have two brothers. One is in Arizona, the other is in Colorado. When we all left our home in Texas, we promised that we'd drink this way to remember the days when we drank together. So I'm drinking one beer for each of my brothers and one for myself."

The bartender admits that this is a nice custom, and leaves it there.

The cowboy becomes a regular in the bar, and always drinks the same way. He orders three mugs and drinks them in turn.

One day, he comes in and only orders two mugs. All the regulars take notice and fall silent. When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss."

The cowboy looks quite puzzled for a moment, then a light dawns in his eyes and he laughs.

"Oh, no, everybody's just fine," he explains, "It's just that my wife joined Al-anon and made me join AA, so I had to quit drinking."

"Hasn't affected my brothers though."

RECOVERY WORD SEARCH

A WORD SEARCH, like all the others you've seen: words can be up, down, across or diagonal. Have fun, and win a few minutes of free sobriety!

Reprinted, with thanks, from the *Ventura County Tradition*

There are also 12 'AAs'. Can you find them all?

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

Legacy
Complex
Doom
Hysterical
Absolutely
Ordeal
Ideals

Ready
Headache
Emergency
Lonely
Accept
Trial
Begin

Myth
Choice
Helpless
Cynical
Ask
Gloom
Oppose



"He's trying to find out if he can stop any time he wants to."