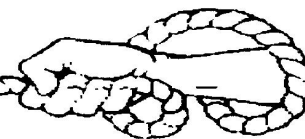


Lifeline

March, 2010



Booze & Baby Boomers

Some experts on alcohol abuse and addiction in the medical profession are predicting an increase in alcohol related problems in an aging America. Within 20 years the U.S. population will have 20 percent of its people over 65, a relative increase of about 33 percent from the current figure. These experts predict that the number of adults abusing alcohol and drugs will double within the next 10 years.

There is a major problem brewing in this increase: Elderly persons who are drinking and drugging have complications at a much higher rate than the young. Those over 65 are more likely to have heart and lung diseases, diabetes and to be on medications for such conditions as depression or chronic pain. These conditions and medications, in addition to the aging process, make those over 65 more susceptible to damage from alcohol. So the experts are anticipating an increase in associated depression, anxiety, loss of mental ability and even suicide.

We in A.A. might expect to see an increase in newcomers who are over 65 and entirely new to the A.A. program, not "retreads" who have some knowledge of A.A. So when you see a new elderly person at your meeting, don't assume he or she is an old timer or a "retread." Extend your hand in welcome and introduce him or her to our program for a sober life! You can even recommend that the literature representatives at your meetings stock up on the "AA for the Older Alcoholic—Never Too Late" pamphlet. The pamphlet focuses on inspiring stories of people who came to A.A. after turning 60 years old or older and how sobriety has improved their lives and the lives of their families beyond imagination – proving that it really is never too late to enjoy sobriety.

Richard H.



Orange
County
Intergroup
Association

ORANGE COUNTY CENTRAL OFFICE

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E-mail: socooa@sbcglobal.net

Office hours:

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

The Orange County Intergroup Association
Meeting

Wednesday, March 10th 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., Richard H., Steve C., Mike T., Tarcy H. (Editor)

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

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So Cal H&I Spaghetti Dinner

The 2010 H & I Conference

Planning Committee

Will be sponsoring a fund-raising event

Saturday, March 20th

at The First Christian Church

109 E Wilshire Avenue

Fullerton, CA 92831

A spaghetti dinner will be served.

Donations Appreciated.

Dinner will be served at 6 pm followed

by an H & I themed speaker

meeting.

Please feel free to contact Paul P

(714) 313 -7883

Step 3 – We Had To Quit Playing God

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Number 3 of 12 articles on the 12 Steps

When it came time for me to do the 3rd step for the first time, there was a great deal of trepidation that I would not be able to abruptly “turn my will over to the care of God, as I understood him.” This was so because I had no understanding of God, so what or who would I be turning my will and my life over to? Of course, it seemed that turning my will and my life over to anything or anybody would be better than trying to run my life myself. And even though trying to run my life myself brought excruciating emotional (and sometimes physical) pain, it was still predictable, and at that time of my life, predictable was so much better than unpredictable.

However, in preparation for the 3rd step, my sponsor and I had read the first 4 chapters, and in Chapter 4, *We Agnostics* there is a portion of text that reads, “*When we became alcoholics, crushed by a self-imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be?*” The only honest choice I could make was that God was nothing. Now this may seem almost heretical to some in A.A., but I knew that every belief I had ever had about God had been given to me through instruction. Any conception of God that I had was someone else’s conception. I had never looked at what my own conception might be. So, in throwing several lifelong conceptions about God out the window, I was able to start with a clean slate founded upon a complete willingness to seek God.

But, I still had a problem—the wording of the 3rd Step Prayer. “*God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!*” How could I offer myself to God through prayer when I had no conception of God? My sponsor asked me, “Do you believe that God, in whatever form he might be, hears your prayers?” Somehow, and to this day, I can’t tell you why, I did believe that God heard my prayers. I didn’t always care for his answers to my prayers, but I did believe that my prayers had always been heard and answered. The answer had always been yes, no or later. So, upon that improbable foundation of answered prayers, I was able to find a reliance upon a God of which I had no conception. I could always rely upon my prayers being answered. My sponsor suggested that I always put my conception of God to a simple test, “Can I rely on this idea about God.” If the answer was “yes,” my conception was increased and grew stronger. If the answer was “no,” my conception stayed the same, but the reliance became stronger, because my conception had stood the test.

My conception of God is not much different than when I took those first hesitant moves to find a reliance upon a God of my own conception. However, the strength of my reliance upon God grows daily. This I believe to be true freedom.

Once I had taken the 3rd step in this manner, I was ready to go on with steps 4 through 9 which I would use to clear away the wreckage of my past and develop a conscious contact with God. Stunningly simple!

A member of A.A. in Orange County

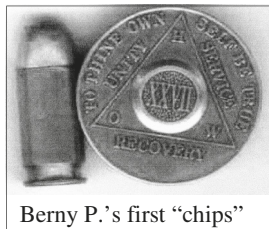
Text in italics re-printed from the Big Book with permission of Alcoholics Anonymous World Services, (AAWS)

Some History of A.A. Chips

The traditions of chips, medallions and birthdays vary in different parts of the country, and I thought it would be interesting to present some of their history.

There is evidence that early on many people in A.A. carried personal mementos to remind themselves of the importance of their sobriety. Clarence S., the "Home Brewmeister," had his last drink on February 11, 1938, and he carried this medallion made from a silver dollar and a watch fob up until just before his death on March 22, 1984. It has been dated back into the mid-1940s, if not before, and the holes represent 46 years of sobriety.

Clarence started A.A. group #3 in Cleveland in 1939, and in the beginning had a higher recovery rate than Bill and Dr. Bob combined. His story, "Home Brewmeister," no longer appears in the "Big Book," but can be found on page 291 of "Experience, Strength and Hope," a collection of personal stories that appeared in the first three editions of the "Big Book."



Berny P.'s first "chips"

Sister Ignatia, the nun who helped Dr. Bob get the hospitalization program started at St. Thomas Hospital in Akron, was the first person to use medallions in Alcoholics Anonymous. She gave the drunks who were leaving St. Thomas after a five-day dry out a Sacred Heart Medallion, and instructed them that the acceptance of the medallion signified a commitment to God, to A.A. and to recovery. She emphasized that if they were going to drink, they had a responsibility to return the medallion to her before drinking. The sacred heart medallions had been used prior to A.A. by the Father Matthew Temperance Movement of the 1840s and the Pioneers, an Irish Temperance Movement of the 1890s.

The practice of giving sobriety chips in A.A. is attributed to a Group in Elmira, N.Y. in 1947. The celebration of birthdays came from the Oxford Group where they celebrated the anniversary of their spiritual rebirth. People in early A.A. chose the anniversary of the date of their last drink.

Early celebrations of birthdays resulted in people getting drunk, and Dr. Harry Tiebout was asked to look at the problem. He commented on this phenomenon in an article titled "When the Big 'I' Becomes Nobody" (A.A. Grapevine, Sept. 65):

"Early on in A.A., I was consulted about a serious problem plaguing the local group. The practice of celebrating a year's sobriety with a birthday cake had resulted in a certain number of the members getting drunk within a short period after the celebration. It seemed apparent that some could not stand prosperity. I was asked to settle between birthday cakes or no birthday cakes. Characteristically, I begged off, not from shyness but from ignorance. Some three or four years later, A.A. furnished me the answer. The group no longer had such a problem because, as one member said, 'We celebrate still, but a year's sobriety is now a dime a dozen. No one gets much of a kick out of that anymore.'"

The A.A. Grapevine carried many articles on chips and cakes and the following is a brief summary of some.

Feb., 1948: Why All the Congratulations? "When we start taking bows (even on anniversaries) we bow ourselves right into the cuspidor."

July, 1948: Group To Give Oscar for Anniversaries. The Larchmont Group of Larchmont, N.Y. gives a cast bronze camel mounted on a mahogany base to celebrate 1st., 5th and 10th anniversaries. "The camel is wholly emblematic of the purposes of most sincere A.A.s, i.e., to live for 24 hours without a drink."

August 1948: "The Artesia, New Mexico, Group awards marbles to all members. If you are caught without your marbles, you are fined 25 cents. This money goes into the Foundation Fund."

June 1953: "We operate a poker chip club in the Portland Group (Maine). We have poker chips of nine colors of which the white represents the probation period of one month. If he keeps his white chip for one month he is presented with a red chip for one month's sobriety. The chips continue with blue for two months, black for three, green for four, transparent blue for five, amber for six, transparent purple for nine months and a transparent clear chip for one year. We have our chips stamped with gold A.A. letters. Also, at the end of the year and each year thereafter, we present them with a group birthday card signed by all members present at the meeting."

January 1955: Charlotte, N.C. "When a man takes 'The Long Walk' at the end of a meeting to pick up a white chip, he is admitting to his fellow men that he has finally accepted the precepts of A.A. and is beginning his sobriety. At the end of three months, he exchanges his white chip for a red one.

Later, a handsome, translucent chip of amber indicates that this new member has enjoyed six months of a new way of life. The nine month chip is a clear sea green, and a blue chip is given for the first year of sobriety. In some groups, a sponsor will present his friend with an engraved silver chip, at the end of five years clear thinking and clean living."



Clarence S's watch fob sobriety medallion

March 1956: The One Ton Poker Chip. Alton, Illinois. Author gave friend a chip on his first day eight years ago (1948) and told him to accept it in the spirit of group membership, and that if he wanted to drink to throw the chip away before starting drinking.

October 1956: Bangor, Washington. Article about a woman who sits in a bar to drink, the bartender sees her white chips and asks what it is. She tells him. He throws her out as he does not want an alcoholic in his bar. She calls friend.

April 1957: Cape Cod, Mass., Group recognizes 1st, 5th and 15th anniversaries. Person celebrating leads meeting. Person is presented with a set of wooden carved plaques with the slogans.

July 1957: New Brunswick, Canada. Birthday Board. Member contributes one dollar for each year of sobriety.

July 1957: Oregon. Person is asked to speak and is introduced by his or her sponsor. The wife, mother, sister or other relative brings up a cake. The Group sings Happy Birthday. The wife gives a two or three minute talk.

April 1959: Patterson, N.J. People are asked to give "three month pin talks."

I got my first A.A. sobriety white marble the day I got sober (I only had two marbles left when I got to A.A., one was lost and the other was out looking for it.) The group gave me another marble at 30 days, 90 days, 6 months and a blue poker chip at a year. For my second year, Tex gave me a bronze medallion, with this comment, "I am not going to congratulate you in giving you this chip. Why should we congratulate you for doing what you should have been doing all along. But I am going to say 'Well Done, you have earned it!'"

And I will never forget the memento Tex gave me about three weeks into sobriety, a 45 ACP round to use as a worry bead in my pocket and to remember his injunction "My babies don't get drunk. If you decide you want to take the easier softer way out, come borrow the pistol, you have the bullet!" And I still have it and sobriety! They both saved and gave me a life!

Berny P.

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.



OPEN HOUSE and VOLUNTEER APPRECIATION

South Orange County Satellite Office

**Cordially invites you to join us
March 20, 2010, 1:00-3:00PM**

**A.A. Satellite Office
27281 Las Ramblas Ste #135
Mission Viejo, CA 92691**

**Please join us for FUN, fellowship, cookies, coffee...
See what part Central Office plays in A.A. life
Meet our new manager, Uvaldo R.
Find opportunities to be of service
BRING A NEWCOMER!**

Got a Problem? Send a Letter to “Dear Alkie Alma”



Alma answers 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.

Dear Alkie Alma,

I am now sober and clean for nearly two years and am so grateful to our wonderful program. Recently I joined a church-based addiction recovery program. I find the religious emphasis uplifting, but the “facilitator” seems ineffective. I think they should embrace the A.A. approach to make recovery from all the addictions suffered by the group members possible. Can we call this an A.A. meeting?

Jose M., Santa Ana

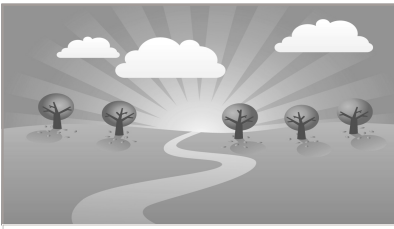
Dear Jose,

You can call it what you like, but it won't really be an A. A. meeting. Our “Singleness of Purpose” statement states that “in keeping with ... our Third Tradition which states ‘The only requirement for A.A. membership is a desire to stop drinking,’ we ask that all who participate confine their discussion to their problems with alcohol.” Certainly, A.A. is not the only way to recover. Religious programs also have success. But, the experience of our fellowship confirms that concentrating on recovery from alcoholism has proven to be the most effective solution for alcoholics. The long form of the tradition states: “Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

The history of other movements like the Washingtonians in the 19th century shows that as they became involved with other issues like politics they lost their effectiveness in helping alcoholics. The A.A. policy has always been to offer our Twelve Steps to any other recovery programs that can use them. But, for us, “Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”

The real
voyage of
discovery
consists not
in seeking new
landscapes, but
in having
new eyes.





FINDING THE PROMISES IN AA...
Mission Possible

The Turning Point

Last year was the best year of my life. I admitted I was an alcoholic and that my life was unmanageable. I couldn't sleep away the incriminating deadly voices in my head. I couldn't perform my way out of my pain. I couldn't achieve enough to feel good enough. Everything I tried resulted in the fetal position in a pickle jar of pain and anguish, literally.

I was drinking at, through, on, over, beside, below, and over the pain of my past. I was drinking at, through, on, over, beside, below, and over the fear of my future. I drank before driving. I drank while driving. I drank at work. I drank at home. I drank with friends. I drank with strangers. I drank with my own worst enemy...me.

So in my 47th year of life, I lost everything, my self-respect—what little I had, my hope, my positive cheer, my belief in the goodness of anything or anyone, I judged, I hated, I ran, I laughed with such a hollow echo, I didn't need a white room or a crooked jacket...I had already been 5150'd for years.

Came to believe in a Power greater than myself that is working miracles in my life.

I experimented with a different God. I found one of my understanding who, in a "burning chair vision", was there the whole time behind me, with His Arms outstretched, just waiting for me to turn around and dance with Him.

Made a decision to live this way for the rest of my life, one day at a time.

I surrendered to His All Good. I surrendered to God as my Employer, Director, Principal, Father, Soul Mate, Dance Partner, Universal Power, UPS Man (Universal Power Source) who delivers to, and through me...if I get out of the way. There is a solution to every situation in the Big Book and program of Alcoholics Anonymous.

As a result of working the steps with a sponsor who has a sponsor, and using my character defect of perfectionism to take direction

...ALL direction.

"Go to meetings. Sit down and shut up. Share. Don't drink, no matter what. Go to a meeting, go to another meeting and don't drink in between. And because you are a thinking alcoholic, breathe in, breathe out, and don't drink in between. Easy does it. I promise you things are going to be all right. Let us love you until you can love yourself. Thank the speaker. What do you want your God to be? Work the steps. Drop the rock. Just be willing. Willingness without Action is Fantasy. Don't say something you will have to make amends for. Do it if you can afford it and live through the consequences. If you don't like your life, change

Continued on page 6

Trusting God & Into Action

I received a phone call late last night. A fellow I had met in Maui a few years ago when he had around 30 days sober was calling me to share a recent experience.

As a result of taking our steps, he had uncovered a legal situation he had run from that he knew would have to be amended at some time. This had been on his mind quite a bit over recent weeks. Then he heard a woman share in a meeting that "willingness without action is fantasy." This got his attention.

So he went to his God with his legal issues, not knowing how to go about it, as he would need more money than he had to start things moving. He told me he got the feeling of God asking him, "Do you trust me?"

He would say "Yes," but would then go immediately into his concern about how to address the legal problem. Again, he felt God saying, "Do you trust me completely?" To which he replied, "Yes, I do. But what about this legal thing..."

He then had the strong feeling that God was saying, "You're not hearing me. Do you trust me completely?" Something clicked. It was about completely trusting God, period. He said "Yes," and then went into action.

He eventually found an attorney who said it would take \$5,000 to set his legal matters straight, with an additional \$1,500 in reparation or restitution in one form or another.

He was led to call his mother and discussed his situation with her, seeking a loan to retain the attorney and get the process going – though he did not know where the balance of the money would come from as his mother could only afford the \$2,500 retainer.

My friend enjoys golf and has worked in golf shops on the island. Recently he was in a tournament with two A.A. friends. In this particular tournament there were prizes posted for the best score at each hole that included a Harley-Davidson on one and \$10,000 on another.



As the group approached the tee of the hole with the \$10,000 prize, his two friends spoke about what they would do if they were to win the money. My friend said he would use it to take care of his legal situation.

He teed up and made his swing. He felt the ball was going to fall short of the green, but a group of people near the green who were part of the tournament began jumping up and down as the ball rolled to the cup, stopped, and then fell in. My friend had shot a hole-in-one! After taxes, he says he will receive about \$6,500 – the amount he needed for his attorney and the restitution.

You will look at this story from your own point of view. I was moved and amused for I saw it as yet another of the endless examples of the strange and mysterious ways of the One who has all power working in the lives of people when they come to that place of complete trust in their God regardless of the outcome.

Anonymous, Tustin

GROUP CONTRIBUTIONS TO CENTRAL OFFICE— January

	JAN	YTD					
	^	^	Th 6:30P-(M)'s BYOB 12& 12 SS, 21632	\$119	\$119	Intergroup Meeting	\$93 \$93
ALISO VIEJO	^	^	Fr 12:00P-Q & A, 20456 LCR	\$140	\$140	Laguna Beach 4th Step Workshop	\$155 \$155
ANAHEIM	^	^	Fr 7:30P-Candlelight Acceptance., 20456 LCR	\$70	\$70	AOCYPAA	\$838 \$838
BUENA PARK	^	^	Sa 12:30P-Into Action, 20456 LCR	\$20	\$20	PERSONAL DONATIONS	^ ^
CAPISTRANO BEACH	^	^	LAGUNA HILLS	^	^	Anonymous	\$100 \$100
CORONA DEL MAR	^	^	Tu 7:00P-(M)'s Stag, 23802 A D Carlotta	\$140	\$140	David S., Fountain Valley	\$200 \$200
Th 6:00P-Happy Hour (M)'s Pacific View		\$70 \$70	LAGUNA NIGUEL	^	^	Garry N., Santa Ana	\$500 \$500
Fr 7:30P-Rebels Disc, 611 Helio		\$200 \$200	Mo 7:00A-Morn (M)'s Stag B2B, 30071 Ivy Gle	\$200	\$200	June L., Irvine	\$75 \$75
Fr 8:00P-BB Stdy, 3233 Pacific View		\$140 \$140	Tu 7:00A-Tues Morning (M's) BB/SS, 30121 N	\$54	\$54	Kirk B., Costa Mesa	\$60 \$60
COSTA MESA	^	^	We 6:00P-Book Stdy, 30121 Niguel Rd.	\$228	\$228	Mike K., Trabuco Canyon	\$150 \$150
Tu 7:30P-(M)'s Last Gaspers, 695 W 19th		\$100 \$100	Sa 6:00P-Candlelight Disc, 30121Niguel	\$30	\$30	IN LOVING MEMORY	^ ^
We 12:00P-High Noon Step, 183 E. Bay St.		\$30 \$30	LAGUNA WOODS	^	^	GROUP INFORMATION REQUESTED	^ ^
We 7:30P-Day By Day Serenity, 1865 Anaheim		\$40 \$40	Fr 10:00A-Top/Hill Gang, 24252 El Toro	\$70	\$70	Receipt #2669 Thursday-Coffee Pot Men	\$19 \$19
We 7:30P-BB Trivia (M)'s Stag, 1545 New		\$60 \$60	LA HABRA	^	^	Receipt #2693 Group#133626?	\$100 \$100
Sa 9:30A-Sat Morn (W)'s Gr, 2040 Placen		\$99 \$99	LAKE FOREST	^	^	Receipt #2699 Sat AM Seal Beach	\$33 \$33
Sa 1:30P-What's/Point, 2040 Placentia		\$5 \$5	LA MIRADA	^	^	Receipt #2785 Group#439771?	\$40 \$40
Sa 6:00P-Cover-To-Cover, 183 E. Bay St.		\$100 \$100	LAS FLORES	^	^	TOTALS	\$21,150 \$21,150
CYPRESS	^	^	LOS ALAMITOS	^	^		
We 7:00P-Cypress Women's S/S, 5100 Cerrit		\$110 \$110	MISSION VIEJO	^	^		
DANA POINT	^	^	Daily Saddleback Valley Grp, 23166 Los Aliso	\$80	\$80		
Dly 7:00A-Hard Core Harbor, 34451 Ens		\$4,794 \$4,794	Mo&Th 7:30P-BB Stdy, Jeronimo & Marg.	\$100	\$100		
Mo 5:30P-(W)'s Disc, Ensenada & DPH		\$245 \$245	We 9:30A-(W)'s, 26051 Marguerite Pky	\$100	\$100		
Fr 12:15P-Fri Lunch (W)'s BB, 33841		\$25 \$25	NEWPORT BEACH	^	^		
Sa 7:00P-Sprk, 33926 Calle Primavera		\$154 \$154	M-F 12:15P-Shark@Aquatic, 1Whitecliffs	\$250	\$250		
FOUNTAIN VALLEY	^	^	Su 7:30P-Sprks, 414 E. 32nd St	\$164	\$164		
We 8:00P-Disc, 10280 Slater		\$30 \$30	Mo 7:00P-Over 40 Disc, 1099 Bayside Dr.	\$75	\$75		
FULLERTON	^	^	Tu 7:00P-NB/CDM (M)'s, 414 32nd St.	\$100	\$100		
GARDEN GROVE	^	^	We 6:30P-Wed Nite W's 12+12, 883 W. 15th	\$40	\$40		
Tu 7:00P-Top/Key Book Stdy, 9th & Lamp		\$60 \$60	Th 9:00A-(W)'s BB Stdy, 414 32nd St.	\$50	\$50		
We 10:00A-Ovr 50 Sin/Purp, 9845 Belf		\$15 \$15	ORANGE	^	^		
HUNTINGTON BEACH	^	^	Dly 7:00A-Early Birds, 812 Town&Cntry	\$220	\$220		
Dly 7:00A-Hggrs/Bill Sees It, 8200 Ellis		\$500 \$500	Su 11:00A-Sun Pumpr, 705 W LaVeta	\$140	\$140		
Dly 8:00A-Hggrs II, H.B Lifegrd Tower 11		\$300 \$300	Tu 7:00P-Double Scoop Bk Stdy, W La Veta	\$70	\$70		
Mo 12:00P-(W)'s Bill Sees It, 18631 Chap		\$70 \$70	We 7:30P-Alkies Only, 1800 E. LaVeta	\$70	\$70		
Mo 5:00P-Men's Book Study, 19092 Beach Bl		\$70 \$70	RANCHO SANTA MARGARITA	^	^		
Mo 6:00P-Sprk/Q&A/Part, 6622 Lakeview		\$90 \$90	SAN CLEMENTE	^	^		
Tu 1:00P-Harmony (W)'s, Edinger/Denney's		\$80 \$80	SAN JUAN CAPISTRANO	^	^		
Tu 7:30P-(W)'s Serenity BB, 20444 Magn		\$60 \$60	Dly 6:00A-Taking a Trip, 27174 Ortega Hwy	\$300	\$300		
We 1:00P-(W)'s 12&12 Stdy, 9812 Hamilton		\$53 \$53	Dly Various- San Juan Meetings, 27514 Calle	\$2,147	\$2,147		
Th 7:30A-Attitude Mod, 19092 Beach Blvd		\$60 \$60	Tu 7:00P- SJGroup Hear Here Part, 27514 C	\$175	\$175		
Th 6:30P-BB Stdy, 6622 Lakeview		\$100 \$100	We 6:15P-Speaker Disc Group, 27112A Pas	\$175	\$175		
Fr 10:00A-Step Sisters, 18631 Chapel Ln.		\$70 \$70	Th 9:30A-(W)'s Back 2 B B/S, 27122A Paseo	\$150	\$150		
Fr 7:30P-BB Stdy, 7641 Talbert		\$70 \$70	Th 7:30P-(M)'s Q & A, 32202 Del Obispo	\$166	\$166		
Sa 7:30A-Attitude Mod, 19092 Beach Blvd		\$120 \$120	SANTA ANA	^	^		
Sa 7:00P-Sat Nite Live BB, 18631 Chapel		\$80 \$80	SEAL BEACH	^	^		
IRVINE	^	^	Fr 6:30P-Step Study, 183 8th St.	\$235	\$235		
Dly 6:30A-Sunrise Sobriety, 4400 Barr		\$479 \$479	SILVERADO CANYON	^	^		
M-Thur 5:30P-On The Way Home, 17321 Mu		\$100 \$100	Th 7:30P-Fireside Disc, 27641 Silverado Cyn	\$62	\$62		
Su 10:00A-Donut Mtg, 6670 Alton Pky		\$100 \$100	SUNSET BEACH	^	^		
Tu 12:00P-(W)'s BB Stdy, 5101 Alton Pky		\$137 \$137	Su 1:00P-(W)'s 12 Step Study, 16865 PCH	\$90	\$90		
Tu 6:00P-Courage To Change, 18182 Culver		\$140 \$140	Sa 7:30A-Disc, 16865 PCH	\$70	\$70		
We 6:30P-B. B. Topic Disc., 5001 Nwprt		\$66 \$66	Sa 11:00A-Discussion. 16865 PCH	\$40	\$40		
We 7:30P-12 Solutions SS, Harvard		\$100 \$100	TUSTIN	^	^		
Th 6:30P-(W)'s Gypsies, Deerfield & Turtle		\$64 \$64	Dly 6:00A-Attitude Mod, 1221 Wass	\$212	\$212		
Fr 5:30P-Topic Disc.Grp, 6650 Alton (Kaiser)		\$42 \$42	M-F 12:00P-Alkies Winners, 555 W.Main	\$276	\$276		
Fr 7:00P Winning Tkt Bk Stdy, 1 Sunnhy		\$136 \$136	Su 7:00P-Sober & Crazy Spkr, 1834 Lassen	\$70	\$70		
Sa 6:30A-Back Room S/S, 4400 Barranca Pk		\$43 \$43	Mo 6:15P-Tustin (W)'s 12X12, 1221 Wass	\$25	\$25		
Sa 7:00P-Sprks, 1 Sunnhyill - Turtle		\$50 \$50	Tu 8:00P-Steps 1-4, 1201 Irvine	\$60	\$60		
LAGUNA BEACH	^	^	VILLA PARK	^	^		
Dly 7:00A-Attitude Adj, 20456 LCR		\$150 \$150	Dly 7:30A-24 Hour Book Grp, 17855 Santia	\$201	\$201		
Dly 7:05A-Attitude Adj Tee Rm, 31106 PCH		\$402 \$402	WESTMINSTER	^	^		
Su 7:05A-Montage Grp, (Montage)		\$430 \$430	WHITTIER	^	^		
Su 11:45A-11th Step Disc., 20456 LCR		\$91 \$91	UNLISTED GROUPS	^	^		
Su 6:00P-GV Stdy, 21632 Wesley Dr		\$103 \$103	New Life @ G.L.'s	\$25	\$25		
Mo 6:30P-(W)'s BB Stdy, Wesley		\$125 \$125	Fr 8:00P-Family Afterward (UL) Sunset B	\$135	\$135		
Mo 7:00P-Mon Night (M)'s Stag @Pat's		\$50 \$50	WANDERING GROUPS	^	^		
Mo 8:00P-(M)'s Stag, 20456 LCR		\$300 \$300	Tu 6:00P-Wandering Step Sisters	\$140	\$140		
Tu 12:30P-(W)'s Disc, 20456 LCR		\$200 \$200	We (W)'s Wandering-South County UL	\$47	\$47		
Th 7:05A-W's Dolphins at Day, Salt Creek Be		\$148 \$148	MISC. DONATIONS	^	^		

Continued from page 5

yourself. You have what's on the plate of your life because you ordered it. Feelings just are. What's the motive behind the motive? You don't have to drink if you want to and you don't have to drink if you don't want to. This too shall pass. Work the steps with your sponsor. Go to the Pow Wow"

I did all of it...and I am amazed before I am half way through (FYI, I am on Step 10...yes recovering overachiever too).

I know a new freedom and a new happiness. I have not had a drink for 1 day, 1 week, and 1 year.

I do not regret the past nor wish to shut the door on it.

I am comprehending the word serenity and I know peace and that promises do come true.

And at my first Pow Wow, an incredible mass of happy well-dressed and very bronzed alcoholics, I ran into the first woman who welcomed me at my first meeting on my first day sober, January 25, 2009 who told me her favorite line in the Big Book "How dark it is before the dawn" Bill W. page 8. That line became the title of my next written song. As a direct result of working and living in the middle of this amazing program and having All of The Promises fulfilled more quickly than slowly, I am recording this and 7 other UP(Universe Power)-Lifting original inspirations from my SoulMate aka the God of my Understanding.

Thank you for letting me share.

Dr. Joi, Seal Beach, very grateful sober hot pink cloud alcoholic.

From the July, 1979, *Lifeline*

Friday, May 11, 1979

My dear AA members,

I arrived home a week ago yesterday. It is so wonderful to be home with my family, and have their love and support.

I live in a little town now, and we have only two AA meetings a week, but at least I have those two to go to. One is on Tuesday night and it is open. They have speakers, but usually someone from this town. Saturday night is "problem" night, as they call it. Actually it is what we call a "discussion" group. This meeting is closed, and I like it. These meetings are really different from what you and I are

used to, but they are AA. They don't read parts of Chapters 3 or 5 and they don't say the Serenity Prayer, but I guess that's



OK, and I'll get used to it! There are nice people in these meetings, and the same love and fellowship exists here, as it did when I walked up those stairs in Garden Grove to learn about sobriety.

I'm really excited, because on Sunday, May 13th, I will have made it another 30 days, and I'll have 60 days sobriety! Just one day at a time. (Is it possible for me to get a chip? They hadn't seen those here, and that means a lot to me.) I love sobriety! It seems that finally, for the first time in my life, I'm facing reality head-on, working through the pain and fears, ridding myself of guilt, expressing gratitude for life itself and beginning to like Nancy. I can't express in words how thankful I am for the program of Alcoholics Anonymous. I can only live it day by day, be willing to listen, and hopefully help others in any way that I believe is right.

What you people have taught me is astonishing. There is not a day that passes that I don't recall what someone had said in a meeting or what someone told me in a one-to-one conversation. This has helped so much and I am thankful for you all. The Garden Grove club, meetings, and members have given more to me than I could ever have asked for. I have these things. I will never forget the place and, of course, certain very special people who were there when I decided to begin this new life called sobriety. The pure unselfish helpfulness and extended warmth that I

received from you people gave me faith and hope that there was, indeed, something better, and something good for me. I really did "want what you had," and I have just begun to find out what you meant! I only hope, and must have faith that I will always be willing to go to any lengths to keep what I now have.

Thank you all for being there when I was willing to accept what you had waiting for me.

All my love,
Nancy C.
Warrensburg, Missouri

"After a While"

After a while you learn
the subtle difference between
holding a hand and chaining a soul
and you learn
that love doesn't mean leaning
and company doesn't always
mean security.
And you begin to learn
that kisses aren't contracts
and presents aren't promises
and you begin to accept your defeats
with your head up and your eyes ahead
with the grace of woman,
not the grief of a child
and you learn
to build all your roads on today
because tomorrow's ground is
too uncertain for plans
and futures have a way of falling down
in mid-flight.
After a while you learn
that even sunshine burns
if you get too much
so you plant your own garden
and decorate your own soul
instead of waiting for someone
to bring you flowers.
And you learn that you really can endure
you really are strong
you really do have worth
and you learn
and you learn
with every goodbye, you learn . . .

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From the October, 2003, *Lifeline*

Alcoholics - By JACK M.

We died of pneumonia in furnished rooms where they found us three days later when somebody complained about the smell. We died against bridge abutments and nobody knew if it was suicide, and we probably didn't know either except in the sense that it was always suicide.

We died in hospitals - our stomachs huge, distended and there was nothing they could do.

We died in cells never knowing whether we were guilty or not. We went to priests, they gave us pledges, they told us to pray, they told us to go and sin no more, but go we tried and we died. We died of overdoses, we died in bed (but usually not the Big Bed), we died in straitjackets in the DT's seeing God knows what creeping skittering, slithering, shuffling things. And you know what the worst thing was? The worst thing was that nobody ever believed how hard we tried.

We went to doctors and they gave us stuff to take that would make us sick when we drank, on the principle it was so crazy, it just might work, I guess, or maybe they just shook their heads and sent us to places like Dropkick Murphy's, and when we got out we were hooked on paraldehyde or maybe we lied to the doctors and they told us not to drink so much just drink like me and we tried and we died.

We drowned in our own vomit or choked on it - our broken jaws wired shut. We died playing Russian roulette and people thought we'd lost, but we knew better.

We died under the hoofs of horses, under the wheels of vehicles, under the knives and boot heels of our brother drunks. We died in shame.

And you know what was even worse? It was that we couldn't believe it ourselves that we had tried. We figured we just thought we tried and we died believing that we hadn't tried - believing that we didn't know what it meant to try.

When we were desperate enough or hopeful or deluded or embattled enough to go for help, we went to people with letters after their names and prayed that they might have read the right books that had the right words in them, never suspecting the terrifying truth that the right words, as simple as they were had not been written yet.

We died falling off girders on high buildings, because of course ironworkers drink, of course they do. We died with a shotgun in our mouth, or jumping off a bridge, and everybody knew it was suicide. We died under the Southeast Expressway with our hands tied

behind us and a bullet in the back of our head, because this time the people that we disappointed were the wrong people.

We died in convulsions, or of "insult to the brain". We died incontinent, and in disgrace, abandoned. If we were women, we died degraded, because women have so much more to live up to.

We tried and we died and nobody cried.

And the very worst thing was that for every one of us that died, there were another hundred of us, or another thousand who wished that we could die.

Who went to sleep praying we would not have to wake up because what we were enduring was intolerable, and we knew in our hearts it wasn't ever gonna change.

One day in a hospital room in New York City, one of us had a transforming spiritual experience and he said to himself, "I've got it (no, you haven't. You've only got part of it) and I have to share it (now you've ALMOST got it)."

And he kept trying to give it away, but we couldn't hear it. We tried and we died. We died of one last cigarette, the comfort of its glowing in the dark. We passed out and the bed caught fire. They said we suffocated before our body burned. They said we never felt a thing. That was the best way maybe that we died. Except sometimes we took our family with us.



And the man in New York was so sure he had it, he tried to love us into sobriety, but that didn't work either, love confuses drunks. And he tried and we still died. One after another we got his hopes up and we broke his heart, because that's what we do.

And the worst thing was that every time we thought we knew what the worst thing was, something happened that was worse.

Until a day came in a hotel lobby, and it wasn't in Rome, or Jerusalem, or Mecca or even Dublin, or South Boston. It was in Akron, Ohio, for God's sake! A day came when the man said, "I have to find a drunk because I need him as much as he needs me." (NOW you've got it!)

And the transmission line, after all those years, was open, the transmission line was open. And now we don't go to priests, and we don't go to doctors, and people with letters after their names.

We come to people who have been there, we come to each other, and we try, and we don't have to die.

The 12 Concepts for World Service

Concept 2 (short form)

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Alcoholics Anonymous, Pp. 574-75 (Fourth Edition.)

Back in the 1950s, when new A.A. groups were springing up all over the place, most folks involved in our Fellowship had but one or two places to turn for answers to their myriad inquiries - Dr. Bob S. or Bill W. It was clearly too big an assignment for two people.

But 20 years after A.A. started - on July 3, 1955 - delegates to the 20th anniversary convention of our Fellowship, held in St. Louis, ratified the action that took the responsibility for such decisions from Bob and Bill and assigned them to the newly formed General Service Conference. (It had a 5-year trial run to see if it was workable, and it worked well.) Bob and Bill fully supported the resolution that accomplished this feat.

Our General Service Conference is composed of some 136 members, which include 21 trustees, the six non-trustee directors of A.A. World Services and The Grapevine, some 16 staff members from the General Service Office and The Grapevine and one delegate each from the 93 areas in the U.S. and Canada.

When Jim C. wrote about the Concepts, he went to some lengths to list how the 93 areas in the U.S. and Canada are assembled. His model for the undertaking was Area 9, also known as the Mid-Southern California Area. Jim told us that Area 9 is the second largest of all the areas with 1,808 registered groups. It includes Orange, Riverside and San Bernardino counties and that portion of Los Angeles County south of Rosecrans Blvd.

Since it isn't feasible to send a representative for each of those 1,808 groups to New York for the annual General Service Conference, our area—like each of the 93 areas—each elects one delegate to represent all of its groups at the conference. It is a recipe for success that would be difficult to duplicate in any other organization.

On arrival in New York for the six-day Conference, each of the 136 delegates is assigned to a committee. Some will find themselves on the Literature Committee, others on the Grapevine Committee, still others on the Corrections or Treatment Facilities or Regional Forums committees. There are eight such committees.

What the committees do is to evaluate how effective the Conference has been in meeting the needs of the Fellowship and make recommendations to the Conference for additional discussion and possible vote. If, after any vote, a two-thirds majority believes that such actions will be best for the Fellowship, they become advisory actions. They are forwarded to the Trustees for probable concurrence and implementation.

Every A.A. group has both the right and the obligation to elect a General Service Representative (GSR). The GSR attends both the district and area meetings and is able to return to his/her group and report on what other groups believe to be important. And that's how your group and your GSR (perhaps it will be you) can become a vital part of the growth of our Fellowship. You can become a part of the voice and conscience of Alcoholics Anonymous.

George L., Westminster



Orange County H & I
 On the 2nd Sunday of the month
 Garden Grove Alano Club, 714-534-2244
 9845 Belfast Drive, Garden Grove, CA
 For additional info call (714) 979-8524
 Or Central Office: (714) 556-4555

South Orange County H & I
 3rd Wednesday of the month, 7:30 pm
 Laguna Canyon Club, 949-497-1823
 20456 Laguna Canyon Rd., Laguna Beach

*To Carry the Message of
 Alcoholics Anonymous
 to the Alcoholic who is
 confined in a Hospital or
 Institution*

H & I Donations For January 2010

<u>Name</u>	<u>Group</u>	<u>Jan-10</u>
<u>LITERATURE DONATIONS:</u>		
Tustin 6 AM Attitude Mod. MT	130429	252.04
Its in the Book Sat 8:30 am Ana.		251.61
Anne D.		180.25
Huntington Beach Women's BB Sat 10 AM Chapel		133.15
Twelve Solutions Step Study-Irvine Wed 7:30 PM		114.60
Huggers II (Lifeguard tower 11 HB)	175970	70.00
Friday Night Turning the Corner WASS Street		60.94
Taking a Trip SJC	675996	50.00
Alkie's Winners Circle Meeting, Tustin, noon Friday	652296	46.06
Sunrise Sobriety	158726	35.00
Saturday 9:30 (SJC ?)		30.00
Over 50 Wed 10 AM Garden Grove Singleness of Purpose	165461	15.00
Friday Night 8 PM BB Study CDM		10.00
Irvine Friday Night Topic Group	668529	10.00
Saturday Nite Lite 6 PM Fullerton	647294	10.00
Sunday Night CM Speakers Group		10.00
We got a Coffee Pot Thurs. Night		6.80
Charlie St. Overflow Men's Group	669413	5.00
Total literature donations		\$1,290.45

EVENTS

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
 Contact: (949) 933-4204
 Email: woman2woman@ymail.com

25th Annual OCAA Convention

April 2-4, 2010
Hilton Hotel
Costa Mesa, CA
www.oaac.org

22nd Indian Wells Valley

AA Round Up

April 16-18, 2010
Mesquite Hall, Desert Empire Fairgrounds
Ridgecrest, CA
www.orgsites.com/ca/iwvroundup
 Email: iwvroundup@gmail.com

2010 International Convention of A.A.

July 1-4, 2010
San Antonio Convention Center
San Antonio, TX



SPEAKER MEETINGS

Fullerton

7:30 pm, Friday
 Friday Night Speakers
 109 E. Wilshire Avenue (Church)
 3/05 TBD
 3/12 Rod A.
 3/19 Gary
 3/26 Robert L.

Garden Grove

12:00 pm, Sunday
 Speaker Meeting
 Garden Grove Alano Club
 9845 Belfast Drive
 3/07 John W., Hesperia
 3/14 Amanda T., Huntington Beach
 3/21 Lew D., Huntington Beach
 3/28 Roxanne R., Huntington Beach

Laguna Niguel

8:00 pm, Sunday
 Crown Valley Speaker Meeting
 Crown Valley Community Center
 29751 Crown Valley Parkway, Main Room
 Contact: Scotty G.
 (714) 478-5767
 3/07 John C., Los Angeles
 3/14 Andrew B., Orange County
 3/21 Angela F., Orange County
 3/28 Jonelle, Orange County
 4/04 Jeff S.
 4/11 Patty L., Laguna Niguel
 4/18 David M., Fresno

Tustin

7:00 pm, Sunday
 Sober & Crazy Sunday Night Speakers
 18341 Lassen Dr.

(corner of Fairhaven & Esplanade)

Contact: Audrey A.
 (714) 501-8543
 3/07 Tony B., Huntington Beach
 3/14 John M., Irvine
 3/21 Jamie M., Irvine
 3/28 Big Tim S., Newport Beach
 4/04 Cate C., Fullerton
 4/11 Steve S., Garden Grove
 4/18 Esther B., Santa Ana
 4/25 Jeffrey P., Harbor City

8:00 pm, Saturday
 Saturday Night Visiting Speaker
 St. Paul's Church, 1221 Wass St.
 Contact: Brian M.

(949) 878-0754
 3/06 Jason C., Whittier
 3/13 Kerrie, Tustin
 3/20 Keith S., Tustin
 3/27 Sasha F., Orange
 4/03 Gregg H., Lake Forest
 4/10 Jackie Y., Tustin
 4/17 Peter, Chicago
 4/24 Dixie, Orange
 5/01 Adam B, Irvine
 5/08 Annette R., Tustin
 5/15 Biker Pat, San Diego
 5/22 Jonelle A., Mission Viejo
 5/29 Mark B., Dana Point

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

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 April Birthday donations by March 10th to:
Orange County Central Office
 1526 E. Warner, Suite 75
 Santa Ana, California 92705

Kevin W.	Huntington Beach	1 year
Deanne J.	Huntington Beach	1 year
Brooke B.	Laguna Niguel	1 year
Rodd H.	San Juan Capistrano	1 year
Patty O'B.	San Clemente	2 years
Steve G.	Dana Point	4 years
Lowell G.	Dana Point	5 years
Gabe S.	San Juan Capistrano	5 years
Gerry L.	San Clemente	5 years
Mike R.	Laguna	6 years
Jim McC.	Laguna Hills	6 years
Kelly C.	Laguna Niguel	13 years
Chris G.	San Juan Capistrano	14 years
Sandy S.	Capo Beach	18 years
Michelle O.	San Clemente	19 years
Laura C.	Sun Valley	20 years
Bob C.	Sun Valley	26 years
Laura D.	Capo Beach	28 years

CALL FORWARDING

**“Alcoholics Anonymous,
how may we help you?”**



CALL FORWARDING:

The call forwarding program instituted by Orange County Central Office insures that our help line phones are answered by volunteers 24/7. During hours when the Central Office is closed, calls to the Central Office are forwarded to a call forwarding volunteer's home or cell phone, where the volunteer answers the calls just as if he or she were sitting in the Central Office. This service allows the Central Office to realize a significant cost saving because we do not need to contract with a phone answering service. Even more vital, when a call is placed to Alcoholics Anonymous in Orange County, the caller will be talking to an Alcoholics Anonymous member not a phone service! This truly is “front-line” 12th Step work and we would appreciate any time you can give.

SHIFTS:

Monday thru Friday shifts are 6am to 9am, 6pm to 9pm and 9pm to 6am. Saturday shifts start with the 6am to 9am. The Central Office opens and covers from 9am to 1pm on Saturdays. The phones are then forwarded to volunteers to cover the phones from 1pm to 4pm, 4pm to 7pm, 7pm to 10pm and 10pm to 6am. On Sundays and Holidays shifts begin at 6am with the 6am to 10am, and continue with 10am to 2pm, 2pm to 6pm, 6pm to 10pm and 10pm to 6am.

VOLUNTEERING:

In order to volunteer for this service it is suggested that you have two years of sobriety. You must then arrange with the Central Office Manager in Santa Ana or the Satellite Office Manager in Mission Viejo for a brief orientation session which will be held at one of the offices. Shifts are available please call the Central Office at (714) 556-4555 or the Satellite Office at (949) 582-2697.

ORANGE COUNTY INTERGROUP ASSOCIATION OF A.A. Statement of Income and Expenses for Period Ending 01/31/2010		
	JANUARY	YTD
INCOME		
Group Donations	20,029.81	20,029.81
Individual/Fellowship	1,025.00	1,025.00
Literature Sales	8,672.85	8,672.85
Birthday Donations	50.00	50.00
Intergroup Donations	93.01	93.01
TOTAL INCOME:	29,870.67	29,870.67
EXPENSES		
Auto Expense (all Mgrs.)	47.70	47.70
Cash/Invoices OverShort	-0.84	-0.84
Insurances	1,144.21	1,144.21
Intergroup Expense	160.50	160.50
Lease Expense	329.83	329.83
Sales Tax on Lease	28.86	28.86
Maintenance & Repairs	147.65	147.65
Volunteers Coffee + Water	130.34	130.34
Offices' Supplies + Expenses	204.81	204.81
Postage	1.73	1.73
Rent Main/Satellite Offices	2,840.23	2,840.23
Salaries	7,715.50	7,715.50
Reimb. Health Insurance	18.91	18.91
Payroll Tax Expense	590.24	590.24
Telephone Expense	687.79	687.79
LIFELINE Expense	1,178.50	1,178.50
Cost of Literature Sold	7,813.38	7,813.38
TOTAL EXPENSES:	23,039.34	23,039.34
INCOME/(LOSS):	6,831.33	6,831.33

Web Wizard Wanted

The Orange County Intergroup Association is looking for a volunteer with web authoring skills to help us update and modernize our website

www.oc-aa.org



If you have the skills and can devote some time to this project, please call George S. at the Central Office

714-556-4555 or email at ocaa7664@sbcglobal.net

CENTRAL OFFICE ACTIVITY-January

Total Calls Handled by Both Offices: 1733

Main and Satellite Office Volunteers

12 Step Calls	18
Meeting Information	542
General Information	389
Walk-in Customers	243

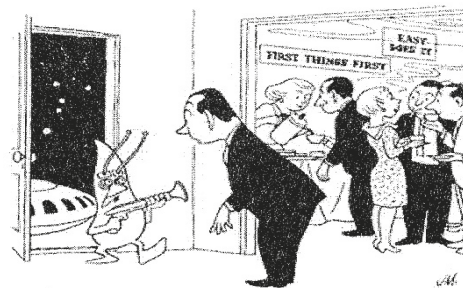
Night Owl Volunteers

12 Step calls	13
Meeting Information	449
General Information	322



We Are Not A Glum Lot

CLASSIC CARTOONS AND JOKES
FROM THE AA GRAPEVINE



"We don't have leaders. Will a trusted servant do?"

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*

How many 'AA's can you find?

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

Attend
Participate
Volunteer
Serious
Grows
Assist

Grapevine
Prayer
Meditation
Surrender
Group

Daily
Share
Healing
Progress
Sponsor

CAN you stand a joke from the Silver Dollar, of Fargo, N.D.? "How did you spend the week end?" "Fishing through the ice." "Fishing through the ice? For what?" "Olives."

TWO drunks were comparing their dreams. Said one: "Boy, did I have a swell dream last night! I was at an amusement park and they had the most colossal rides I've ever been on. Never had so much fun in my life." Said the second drunk: "I dreamt I was out on a date with both Marilyn Monroe and Brigitte Bardot." First drunk: "You louse—why didn't you call me up?" Second drunk: "I did, but you were out at an amusement park."

JOKE DEPT. M.W., Washington, D.C., claims that a Roman gladiator went into a bar and asked for a dry martinus. The bartender said, "You mean martini?" Replied the gladiator, "Listen, Mac, when I want more than one, I'll ask for it."

HERE'S a large batch of unidentified newspaper clippings from Charlie McC., who informs us only that he's from Missouri. "The only thing worse than a reformed drunk is one who hasn't reformed yet." . . . "Dignity is one thing that cannot be preserved in alcohol." . . . Sign in a bar: "If you drink to forget, please pay in advance."

