In the next couple of months, the Lifeline will be moved to an all-digital platform. (A print-on-demand feature will be available for those who prefer to continue reading a printed copy). This will be much more than a digital copy of the existing newsletter. The new Lifeline will take advantage of many of the interactive features the Internet has to offer. Links to websites and email addresses, event registration, links to other stories and news, innovative financial reports, interactive word searches/puzzles and dynamic content that allows you to personalize your reading experience will all be streamlined into a format optimized for whatever device you choose to use, be it phone, tablet or computer. Although the first digital issue is planned for November, we will continue beyond to explore ways to make the Lifeline progressive. And instead of the readership we are limited to in OC with only 2000 copies printed, we hope the digital version will eventually reach viewers around the globe. We realize there are a few who may challenge this decision… we ask that you grant us patience and support through the beginning stages. Please understand we are not the first Intergroup to make this change. And until we are able to see the potential and progress over the next several months will we really know whether we can embrace this change or not. Time will tell but we are excited at the possibilities.

The plan is to gradually ease into the new format. The printed version will still be available through December, and the first full digital interactive version will launch in December.

Please don’t delay.

Go to www.oc-aa.org and click the “Sign Up for the Digital Lifeline” icon to sign up. Your e-mail will not be used for ANY other purpose than to send out your monthly copy of the newsletter.

12 Rewards of Recovery

This is what I get in return when I live the program:

1. Hope instead of desperation.
2. Faith instead of despair.
4. Peace of mind instead of confusion.
7. The respect of others instead of their pity and contempt.
8. A clean conscience instead of a sense of guilt.
9. Real friendship instead of loneliness.
10. A clean pattern of life instead of a purposeless existence.
11. The love and understanding of our families instead of their doubts and fears
12. The freedom of a happy life instead of the bondage of Addiction.
2015 Orange County Intergroup Service Board

Chair, Jeryl T.
Vice Chair, Dave W.
Treasurer, Jacob W.
Secretary, Scott R.
Central Office, Patrick C.
Group Relations, Doug P.
Lifeline, Todd W.
Public Information, Angelica H.
Special Events, Chris F.
Hospitals & Institutions, vacant

Who? What? When? Where?
Public Information Committee
aaocigpubinfo@gmail.com
Meet the 3rd Wednesday of the month at 6:30 pm
Group Relations Committee
Meetings scheduled as needed
Lifeline Committee
Monday, Sept. 7, 7pm. Future meetings TBD
Special Events Committee
Meetings scheduled as needed
H & I Committee
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 and occasionally the Lifeline, 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 Central Office at (714) 556-4555.

Orange County Central Office
1526 Brookhollow, Suite 75
Santa Ana, CA 92705
Phone: (714) 556-4555; Fax: (714) 556-7231
E-mail: ocaa7664@sbcglobal.net
Web site: www.oc-aa.org
Office hours:
Monday-Friday: 9:00 AM to 7:00 PM
Saturday and Holidays: 9:00 AM to 1:00 PM

South County Office
27281 Las Ramblas, Suite 135, Mission Viejo, CA 92691
Phone: (949) 582-2697; Fax: (949) 582-2611
E-mail: socsoaa@sbcglobal.net
Office hours:
Monday-Friday: 10:00 AM to 5:00 PM

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The Lifeline is 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, events and 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
Todd W. (Chair), Phil F., Mike T., Tarcy H., C.F., Joe K., Stephanie C.
Upcoming meeting:
Monday, October 5th at 7 PM
South County Office
27281 Las Ramblas, Suite 135, Mission Viejo

The Orange County Intergroup Association
Upcoming meeting:
Wednesday, October 14th at 7 PM
Costa Mesa Senior Center
695 W. 19th Street, Costa Mesa, CA 92627
All are welcome to attend.

Email Lifeline submissions to:
LifelineCommittee@gmail.com
The Hot Air Balloon

I sometimes like to relate recovery to a hot-air-balloon ride.

First off, let me let you know that I am super scared of heights, so in the beginning of recovery I was very scared. Just the thought alone of being sober frightened me.

The sight of the huge balloon was terrifying for I did not know the feelings ahead of me. The giant balloon started to lift. I was outside the basket staring up at it, and start running to it. I wanted to get in, so I grabbed onto a rope hanging from the basket. Up the balloon went, but I knew I could still let go and run back to my comfortable discontentedness and sorrow (and probably land with minor injury if I wanted to, that was just my thinking).

This was like the first months for me. No sponsor – just meetings – no real connection. The kept rising, and I was still holding onto the rope while everyone was in the basket saying “come up, we will help”. But no, there I stayed swaying with my eyes closed and tense. And now I know if I let go now I surely will hurt myself, maybe even death.

The more time I got the more I felt like the higher the balloon would go. My energy started to let up, so I decide to climb up to the basket with the help of the others. Finally! I made it inside the basket but sat down because the height still bothered me. The basket is like the Steps. I could now understand, little by little, why the people wanted me in there in the first place.

I worked with another man and learned how to control the burners and see how the operation of this balloon worked. I can now stand up in the basket and see the grand view, but still I’m sometimes frightened of the height. But when that happens the others calm me and tell me to relax and just let go, have faith, have fun – things will be alright.

I let go and went with the balloon and the wind. I have seen many new sights, landscapes and towns. I started feeling free, and gained a new perspective on the world. I learn to go with the weather and when to humble myself and land when things get turbulent. We pick up new people and I see the same struggle I went through, but pass my strength to them as the others did for me. Thank you for the wonderful ride!

Joshua PG
Mission Viejo, CA

Concept Ten

We Are Back to Trust and Turtles

The ultimate responsibility and authority for A.A. resides in the groups. The groups through the General Service process delegate this authority to the General Service Conference, the General Service Conference delegates to the General Service Board it’s authority to manage A.A.’s affairs, the Board, in turn, delegates it’s authority to run the two corporate entities (A.A. World Services, Inc and The A.A. Grapevine Inc) to the Boards of those entities, those Boards delegate the authority to carry out the administrative tasks to the officers, and the officers delegate the authority necessary to carry out their jobs to the G.S.O. and Grapevine staff. All the way down or up this chain, the delegator retains responsibility for the job that needs doing, but that only works if the delegator is not constantly interfering with the job to be done.

"It is perfectly clear," says Bill, "that when delegated authority is operating well, it should not be constantly interfered with." Otherwise he warns the people charged with the operating responsibility will be demoralized. I think anyone who has has a paying job, or even worked in a charity or service organization has encountered the boss who gives them a job to do and then constantly tells them how to do it. Not only is it demoralizing, it is inefficient. If I am constantly overseeing someone and telling them how to do the job, then we are both doing the same job and that is a waste of time and resources. It took me a long time to learn about delegation inside A.A. and outside A.A. It didn't come naturally to me. I mean, I am always right, so my way of doing something must be the best way of doing it. Right? Once I learned to let go of the reins and let others do their job, my job became easier.

One of the major points of this Concept is that the authority and responsibility should be clearly defined so that the person or entity doing the work can get the job done without constant supervision and instruction. Certainly, it would be impractical for the groups to follow their GSR around to District meetings and Area Assemblies to make sure they are doing their job correctly. Nor can the Area representatives follow the Delegates to the General Service Conference and tell them what sessions to attend. Again, we have to trust. We have to trust the people we give authority to exercise that authority in a responsible manner.

Nancy H.
Laguna Woods, CA

<table>
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<tr>
<th>1269</th>
<th>CENTRAL OFFICE ACTIVITY</th>
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It appears that *Alcoholic A* has not read in our basic text that we share our experience, strength, and hope in meetings, when he says that “people who always share about their ongoing health problems and challenges should show some restraint.” Sounds like he has a resentment when he says, “There’s only so much talk about disease, doctor visits, hospitals, operations, treatments and health insurance a meeting can take.” This is an opportunity to make a choice; either go to different meetings, or stay and grow into love and tolerance, which, in my experience, leads to compassion for those still suffering from mental and/or physical maladies of this spiritual disease. We do not return to health overnight; in fact, I never had good health to return to. I did not know this truth until after many years of sobriety, for I was in full flight from reality that I was an outright mental defective, and that my physical body was sickened as well.

It is through an unending, one day at a time process, that I continue to achieve and maintain health. It is work, work, work; practice, practice, practice for me. When I am challenged with a mental or physical malady, that is part of the process of working the steps; admitting first and foremost, that I am powerless over whatever I am challenged with. To believe otherwise would not lead me to continue to take personal inventories on fears/resentments as they crop up. It is my experience that fears/resentments are contributing factors to birthing mental and/or physical maladies in my mind and body; that an inventory can reveal, and I can heal, in that area of my wounded spirit. This truth I continue to experience is what page 64 in our basic text says to me: When the spiritual malady is overcome, we straighten out mentally and physically.

My view lines up with *Alcoholic B*: “hold that thought until you’re hit with a serious health issue. Staying sober through sickness and disease is easier said than done. Like with anything else, sharing about it helps take the power of relapse away.”

Once again, it appears that this month’s question can be summed up with the fact that we are in the rooms of A.A. to share our experience, strength, and hope. What a gift to learn more love and tolerance, as we learn to get rid of the judge’s robe and gavel.

Effie R.

**This month’s question:**

*Alcoholic A* says people with real mental issues like chronic depression, bipolar disorder, borderline personality disorder, etc. shouldn’t come to A.A. to work on those problems. Meetings are for people looking for solutions to alcoholism, not solutions to serious brain disorders that need professional attention.

*Alcoholic B* says that’s being brainless. Often mental issues go hand-in-hand with alcoholism – sometimes drinking causes the issue, sometimes the issue causes the drinking. Either way, ANY person with a desire to stop drinking deserves a seat in A.A. We should all be encouraged to find (and share) solutions to other, intertwined issues – even serious mental issues.

**What do you think?**

Send your response to lifelinecommittee@gmail.com.

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**THERMODYNAMICS**

I came into A.A. bankrupt in every department. When I started to work the steps, my first big challenge was to find a power greater than myself that could solve my problems. What an order for a guy who they describe in step two in the 12x12 as the one who had tried religion and found it wanting. I could see the examples of people around me that seemed to have it figured out and I became a nuisance trying to corner them to get them to explain to me how they do it and they had as much trouble explaining it as I did. One day I confronted my friend Jim and asked him to let me in on the secret. Frustrated, he asked, “Do you want to drink right now”? My answer was “NO”. He then asked me, “Did you want to drink a year ago”? And my answer was “YES”. Next he asked me “what made the difference”? My answer was that I was influenced by the A.A. program. His next question was, “Do you have any problem calling that God”? WOW! What a concept.

I have never wanted a drink since I entered the program and the only answer I could come up with was the influence of A.A in my life. From a guy who couldn’t conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is but I can’t. I can, however tell you what God does for me - but I’ll get to that later.

The 2nd appendix in the Big Book, Spiritual Experience, implies that there are as many examples of spiritual experiences as there people who have had them, and they come in different forms. They can be of the burning bush variety or a psychic change sufficient to bring about recovery from alcoholism. Or, as I like to believe, my spiritual experience came in the form of a “change of perception.” When it occurred to me that all of my thinking was flawed and that I was finally in an environment where I could, with the help of the group, start to follow simple unselfish guidelines that would restore my self esteem and put me at peace with myself and others, I started this wonderful journey and I’ve never had it so good. These universal truths are common in all philosophies and I must seek them out if I want to heal.

I pray to God every day, even though I don’t know who or what God is. My mind is not sophisticated enough to understand God and I’m not sure that God hears my prayers, but I HEAR MY PRAYERS and that, I believe, gives me the best possible attitude I can have about the issue I pray for. My prayers are always the same. I pray for knowledge of his will for me and strength to carry it out; i.e., “God, please show me what to do and give me the strength to do it. I don’t do to well on my own.” I often knew what to do, but wasn’t always strong enough to do what was right. Today I’m stronger.

Who or what is God? I’m not sure anyone can define God. As a friend of mine (Will) says: "You don't have to understand thermodynamics to enjoy the warmth of the sun." I do, however, know what God does. When I ask for guidance, I become a better receiver and I hear the answers that used to pass right over my head when I thought I had all the answers. Thank God for an open mind.

Rick R.
MEETING CHANGES since February 23, 2015

SUNDAY
CORONA DEL MAR
7:00 PM CDM STEP STUDY MEETING
611 Heliotrope @ PCH & 3rd New Meeting

COSTA MESA
3:00 PM 3PM OPEN DISCUSSION MEETING 2040 Placentia Ave. New meeting 3:00 PM MEMBER’S EYE VIEW PAMPHELLET 2040 Placentia Ave. (Room B) Name & room change

HUNTINGTON BEACH
12:00 PM BOOK DISCUSSION 1ST EDITION 19092 Beach Blvd suite ‘G’ @ Garfield Name Change

LAGUNA BEACH
10:30 AM SUNDAY Q & A, SERENITY HILLS 31872 Pacific Coast Hwy (Hospital Conference Room Basement) Room Change

LAGUNA HILLS
7:30 PM LEGACIES GROUP 23802 Avenida de la Carlotta @ Valencia Name change

NEWPORT BEACH
6:00 PM (C) PRIMARY PURPOSE 798 Dover Dr. @ 16th St. (Church) New location

SAN JUAN CAPISTRANO
5:30 PM 11TH STEP MEDITATION MEETING 27124A Paseo Espada (suite 801) c/s Rancho Valle & Calle Arroyo Address Change

STANTON
10:00 AM ROQUE CENTER SUNDAY MORNING SPEAKERS 10936 Dale Ave. Moved from GG Club

YORBA LINDA
6:00 AM ATTITUDE MODIFICATION 19771 Yorba Linda Blvd. @ Fairmont (St. Martin’s Church) Address change 6:00 AM NEW START 19002 Yorba Linda Blvd. @ Ohio St. (Methodist Church, Fellowship Hall) New Name

TUESDAY
COSTA MESA
7:30 PM BALBOA BROADS WOMEN’S 287 W. Wilson St. (Church of Christ) New Location

FULLERTON
1:00 PM (C) H.O.W. WOMEN’S DISCUSSION 530 W. Commonwealth b/w S. Euclid & S. Harbor Blvd Time Change

HUNTINGTON BEACH
7:30 PM BEGINNERS MEN’S GROUP 16601 Saybrook Lane (Harbor New Club House) New location 7:30 PM NEWCOMERS MEN’S STAG 20444 Magnolia @ Indianapolis (St Simon & Jude Church) Time Change

IRVINE
10:00 AM WOMEN’S REFLECTION GROUP 5001 Newport Coast Dr (Mariners Church New Parents Room off Worship Center) Room change

LOS ALAMITOS
7:30 PM (C) WOMEN’S JUST THE STEPS 3751 Katella Ave. @ Cherry (Los Alamitos Medical Center, Library) New Meeting

NEWPORT BEACH
7:00 PM (C) BEACHCOMBERS MEN’S 3101 W. Coast Hwy. Suite 200 Address Change

LAGUNA NIGUEL
5:30 PM WHAT’S THE PURPOSE MENS GROUP 27631 La Paz Rd. @ Avila Rd. New Location 8:00 PM (C) 12 & 12 STUDY 30071 Ivy Glenn Dr. c/s Niguel Rd & Alicia Pkwy New Location

MISSION VIEJO
7:00 PM (C) WOMEN’S 12x12 STUDY 26051 Marguerite Pkwy @ Oso (Church) Name Change

NEWPORT BEACH
6:00 PM OUR PART MEN’S MEETING 798 Dover Dr. @ 16th St. New Meeting 7:00 PM MEN’S DISCUSSION 301 Newport Blvd. @ PCH (Hospital Chem. Dep. Unit) Time Change

SANTA ANA
7:30 PM TWO OR MORE 721 Euclid St. @ Hazard (Cooper Apts) New Meeting

SUNSET BEACH
7:00 AM Morning Book Study 16865 Pacific Coast Hwy. New Location

YORBA LINDA
6:00 AM ATTITUDE MODIFICATION 19771 Yorba Linda Blvd. @ Fairmont (St. Martin’s Church) Address change 6:00 AM NEW START 19002 Yorba Linda Blvd. @ Ohio St. (Methodist Church, Fellowship Hall) Name change

WEDNESDAY
ANAHEIM
7:00 PM HOUR OF POWER 202 W. Broadway @ Lemon Name Change 7:30 PM (C) CATALINA WINE MIXER MEN’S STAG 1260 N. Lance Lane (Near Kraemer & E. Coronado St.) New Meeting 8:00 PM OPEN PARTICIPATION LUNCHEONS 202 W. Broadway @ Lemon (Downstairs) Name Change

ANAHEIM HILLS
7:00 PM JUST THE BLACK PRINT BIG BOOK STUDY 4101 E. Nohl Ranch Rd. (Trinity Lutheran Church) New Meeting

COSTA MESA
6:00 PM 12 STEPS OF FREEDOM 1015 Baker St. (St. John Church, Rm 7-B) New room

LAGUNA BEACH
7:00 AM MEN’S BOOK STUDY 1042 Temple Terrace (between Oak St. & Thalia St., office bldg south of church, 3rd floor) New Meeting

LAGUNA NIGUEL
7:30 PM (C) BOOK STUDY 30071 Ivy Glenn Dr. c/s Niguel Rd & Alicia Pkwy Address change

SUNSET BEACH
8:30 PM THE WEDNESDAY NITE CANDLELIGHT 16865 Pacific Coast Hwy. New Meeting

YORBA LINDA
6:00 AM ATTITUDE MODIFICATION 19771 Yorba Linda Blvd. @ Fairmont (St. Martin’s Church) Address change 6:00 AM NEW START 19002 Yorba Linda Blvd. @ Ohio St. (Methodist Church, Fellowship Hall) Name change

THURSDAY
ANAHEIM HILLS
7:00 PM THERE IS A SOLUTION

Continued on page 6
Meeting Changes/Deletions Cont.

(WOMEN’S) 101 S. Chaparral Ct. (Rock Church) Address change

COSTA MESA
6:00 PM BOOK STUDY 2144 Thurin Ave. @ Victoria St. (Grange Hall) New Location and Name
7:30 PM 12 & 12 STEP STUDY 2144 Thurin Ave. @ Victoria St. (Grange Hall) New Meeting
8:00 PM THERE IS A SOLUTION-SPEAKER WITH DISCUSSION 1779 Newport Blvd. (Upstairs inside Vapor Solutions) New Meeting

HUNTINGTON BEACH
6:00 PM COVER 2 COVER BIG BOOK STUDY 19092 Beach Blvd suite ‘G’ @ Garfield (Small room) New Meeting

NEWPORT BEACH
9:30 AM (C) WOMEN’S SOLUTIONS OF SOBRIETY 2200 San Joaquin Hills Rd. @ MacArthur New Meeting

SAN CLEMENTE
7:00 PM (C) JOY OF SOBRIETY DISCUSSION 35522 Camino Capistrano @ Del Gado Rd. Address change

SAN JUAN CAPISTRANO
7:00 AM THURSDAY MORNING MEN’S TOPIC DISCUSSION 27122A Paseo Espada c/s Rancho Viejo & Calle Arroyo New Location
12:15 PM ORIGINAL MEN’S BROWN BAG MEETING 32222 Del Obispo (Ocean Hills Mariner’s Church, Fireside Room) New Meeting

WHITTIER
6:30 PM THURSDAY NIGHT AA HAPPY HOUR- BIG BOOK STUDY 15215 E. Janine Dr. (Church) Add to directory

YORBA LINDA
6:00 AM ATTITUDE MODIFICATION 19771 Yorba Linda Blvd. @ Fairmont (St. Martin’s Church) Address change
6:00 AM NEW START 19002 Yorba Linda Blvd. @ Ohio St. (Methodist Church, Fellowship Hall) Name change

FRIDAY
COSTA MESA
7:30 PM SWAG 2040 Placentia Ave. New Meeting
8:15 PM (C) LIFELINE BIG BOOK STUDY 2115 Newport Blvd. Room (The Crossings Church, room 205, babysitting available) New Meeting

FULLERTON
10:00 PM (Y) 4TH DIMENSION 109 E. Wilshire Ave (Church) New Meeting

LAGUNA BEACH
8:00 PM (C,G) HERE & NOW 21632 Wesley Dr. @ PCH (Classroom Upstairs) Room change

SANTA ANA
12:00 PM DISCUSSION 1764 S. 12th St. Suite 120 Add back in, New Location

YORBA LINDA
6:00 AM ATTITUDE MODIFICATION 19771 Yorba Linda Blvd. @ Fairmont (St. Martin’s Church) Address change
6:00 AM NEW START 19002 Yorba Linda Blvd. @ Ohio St. (Methodist Church, Fellowship Hall) Name Change

SATURDAY
COSTA MESA
3:00 PM GATE HILL STEPS AND TRADITIONS 275 Victoria St. (College Hospital) New Location

MISSION VIEJO
9:30 PM BIG BOOK STUDY 23166 Los Alisos Blvd @ Oak Tree Village (#200, park in rear) Time change

NEWPORT BEACH
6:00 PM DISCOVERY GROUP 414 E. 32nd St. New Location
8:45 PM SATURDAY NIGHT LIVE 414 E. 32nd St. New Meeting

SAN JUAN CAPISTRANO
8:00 PM SATURDAY NIGHT SURPRISE 32222 Del Obispo (Ocean Hills Mariner’s Church, Fireside Room) Name Change

SANTA ANA
8:00 AM DISC. EARLY BIRDS 212 S Elk Ln @ 1st Street & Elk Lane Time Change

YORBA LINDA
6:00 AM NEW START 19002 Yorba Linda Blvd. @ Ohio St. (Methodist Church, Fellowship Hall) Name change
6:00 AM ATTITUDE MODIFICATION 19771 Yorba Linda Blvd. @ Fairmont (St. Martin’s Church) Address change

MEETING DELETIONS
since February 23, 2015

SUNDAY
COSTA MESA
7:30 PM CONCIOUS CONTACT 3505 Cadillac Ave.

LAGUNA BEACH
6:00 PM (C) GRAPEVINE STUDY 21632 Wesley Dr.

SAN JUAN CAPISTRANO
8:30 PM GROWING IN UNDERSTANDING & EFFECTIVENESS 27122A Paseo Espada

MONDAY
SANTA ANA
12:00 PM DISCUSSION 1764 S. Main St.

TUESDAY
ORANGE
7:00 PM (C) DOUBLE SCOOP BOOK STUDY 1800 E. La Veta

SANTA ANA
12:00 PM 12 AND 12 1764 S. Main St.

WEDNESDAY
COSTA MESA
11:45 PM WOMEN’S BROWN BAG 2607 Willo Lane

Fountain Valley
12:00 PM BYOL 17233 Newhope

GARDEN GROVE
6:00 PM TWELVE STEP SALUTE 12781 Josephine St.

SANTA ANA
12:00 PM DISCUSSION 1764 S. Main St.

THURSDAY
CORONA DEL MAR
12:00 PM 12 STEPS FOR TODAY BOOK STUDY 3233 PacificView

COSTA MESA
6:30 PM AA HISTORY STUDY AND MORE 1119 Sunflower

FULLERTON
7:30 PM KITCHEN TABLE MEETING 1465 W. Orangethorpe
7:30 PM KISS WOMEN’S DISCUSSION 111 W. Las Palmas Dr.

GARDEN GROVE
7:00 PM HARD NOSE GROUP 12301 Magnolia

LAGUNA HILLS
6:30 PM CLEAR CUT DIRECTIONS MENS 23802 Ave. de la Carlotta

SANTA ANA
12:00 PM DISCUSSION 1764 S. Main St.
7:30 PM 12 & 12 1764 S. Main St.

FRIDAY
GARDEN GROVE
7:30 PM 11TH STEP PRAYER & MEDITATION 9845 Belfast Dr.

SANTA ANA
12:00 PM DISCUSSION 1764 S. Main St.
6:00 PM HUMBLE BEGINNINGS 1516 N. Flower

SATURDAY
COSTA MESA
3:30 PM 3RD STEP 287 W. Wilson

SANTA ANA
12:00 PM NOON DISCUSSION 1764 S. Main St.

Please submit meeting changes and deletions to ocaa7664@sbcglobal.net
Dly 7:00A-Sober Sharing, 19092 Beach Blvd
Su 7:30P-Disc, 9812 Hamilton Ave.
Mo 12:00P-Discussion, 19092 Beach Blvd.
Mo 12:00P-(W)'s Bill Sees It, 18631 Chap
Mo 5:00P-Men's Book Study, 19092 Beach Blvd
Mo 6:00P-Alices Spkr/Q&A/Part, 7641 Tal
Mo 6:00P-Recoversettes, 18631 Chapel Ln.
Tu 7:00P-(W)'s Sns, 18631 Chapel Ln.
Tu 7:00P-(M)'s BB & 12 & 12, 1912 Florida
Tu 12:00P-Open AA Disc, 19092 Beach Blvd
Tu 1:00P-HarmONY (W)'s, Beach/Decanny's
Tu 7:30P-Beginners (M)'s, 16801 Saybr
Tu 8:00P-Newoms (M)'s Grp, 20444 Magen
Tu 7:00P-(W)'s BB 12 & 12, 8812 Hamilt
We 2:00P-Seniors & Friends, 1718 Orange
Th 7:30P-Step Study Out of the Book
Th 6:30P-Step Study Out of the Book
Th 11:00P-Disc, 1912 Florida
Fr 10:00A-Step Sisters, 18631 Chapel Ln.
Fr 6:00P-(M)'s/Solution, 7111 Talbert Ave
Fr 6:30P-Book Study, 16400 Springdale
Sa 7:30A-(M)'s Stag Book Study, 19092
Sa 7:30A-Camel(M)'s Disc, 9812 Hamilton
Sa 9:30A-WB BB Stdy, 19092 Beach Blvd
Sa 10:00A-(W)'s BB Study, 18631 Chapel
Sa 1:00P-Disc, 19092 Beach Blvd
Sa 7:00P-Sat Nile Live BB, 18631 Chapel
Sa 7:00P-Sat/Declit/Spkr, 19092 Beach
**IRVINE**

Dly 6:30A-Sunrise Sobriety, 4400 Barr
Dly 7:00A-Solos Grp, 5001 Newport
M-F 6:30A-Its/Its Morning, 4915 Alton
M-F 12:00A-Alvis/Iron Grove, 5011 P development
M-F 12:00A-Take the Steps, UCI Bldg
Su 10:00A-Donut Mtg, 6670 Alton Pky
Su 10:00A-DonalaCyn Disc, 5001 Newport
Mo 5:00P-Women's Disc, 5001 Newport
Mo 6:30P-Easy Does It, 4490 Alton
Mo 7:00P-Spy Grp, 4446 Alton Pky
Mo 7:30P-(W)'s Disc, 15 Orange Tree
Tu 12:00P-(W)'s BB Stdy, 5101 Alton Pky
Tu 6:00W-Courage To Change, 1812 Florida
Tu 7:30P-(M)'s K.I.S. 12X12, 5000 Barran
We 6:30B - B. Topic Disc., 5001 Newport
We 7:30J-Solutions SS, Harbor
Th 6:30J-(W)'s Gypsey, Deerfield & Turtle
Fr 10:30A-Over 50 Grp, 4400 Barranca
Fr 12:00J-(W)'s Topic Disc, 5101 Alton Pky
Fr 5:30P-As Bill Sees It, 6650 Alton
Fr 7:00W-Winning Tk Bk Stdy, 1 Sunnny
Fr 7:30P-Brothers in Sobriety, 4400 Barranca
Fr 8:00W-Little Grp, 18422 Culver
Sa 6:30A-Back Room S/S, 4400 Barranca
Sa 9:15A-SS, 5011 Alton Pky
Sa 11:00A-B & B Stdy, 1 Sunnnyhill - Turtle
Sa 7:00P-Spsks, 1 Sunnnyhill - Turtle
**LAGUNA BEACH**

Dly 7:00J-C Club 7Mts Alt, Adj 20456
Dly 7:00J-Attitude Adj, 31872 PCH
M-Sa 7:00J-Come Back/Ruby's
Su 10:00J-Healer-Park Disc, Cliff
Su 10:30J-Sun & Q&A Serenity Hill, 31872
Su 7:00P-TIS Spkrs, 31872 Coast Hwy
Mo 12:00B-PP, 20456 LCR
Mo 6:15P-(W)'s Perspect, 20456 LCR
Mo 6:30P-(W)'s BB Study, Wesley
Mo 8:00P-(M)'s Mag, 20456 LCR
**LAGUNA HILLS**

Su 7:30P-Legacy Grp, 23802 Ave de la Caro
Tu 7:00P-(M)'s Stag, 23802 A D Carlotta
Mo 7:00P-(W)'s BB&Y, 24566 Ashland
We 7:00P-Get Happy 12 & 12, 21 D C
Th 7:00P-Sober Ladies Candlelight Disc.
Sa 7:00P-Warmer Upper, 23802 Ave de la
Sa 11:00A-Acceptance Grp, 23802 Ave de la
**LAGUNA NIGUEL**

Su 5:30P-11th Step Meditation, 30111 Niguel
Mo 7:00P-(M)'s Stag B2B, 30071 Ivy
Mo 5:30P-What's The Purpose Mens, 30111
Mo 6:30P-(M)'s Disc/Munch Lab, 21 N Ped
Tu 7:30P-Book Stdy, 30111 Niguel Rd.
We 7:30P-Book Stdy, 30112 Niguel Rd.
Th 7:30P-SS, 30111 A D Carlotta
Fr 7:30P-Around Mens Topic Disc, 30111
Th 5:30P-#Disc-Mixed Pract_prefs, 29102
Th 7:30P-Foundation Beginners Mtg, 30275
Fr 7:00P-Back to Basics Mens, 30120 Town
Fr 8:00P- Fri. Morning Mens, 30071 Ivy
Fr 7:30P-Here & Now, 24360 Yosemite
Sa 8:30P-Mens Meditation Practice, 30111
Sa 6:00P-Candlelight Disc, 30112Niguel
**LAGUNA WOODS**

Dly 7:30A-Do It Sober, 24442 Maggie
Mo 7:30P- Nite SS Grp, 24442 Maggie
Mo 1:15P-(W)'s BB Stdy, 24360 Elk Hill
Fr 10:00A-Top-Hill Gang, 24252 Elk Hill
**LA HABRA**

M-F 6:30A- Topic Disc, 100 W. La Habra
**LAKE FOREST**

We 7:30P-Back To Basics, 23262 Elk Hill
Th 7:30P-Mustard Seed SS, 23262 Elk Hill
**LA MIRADA**

Su 8:00P-(M)'s BB Stdy, 15070 Rosecrans
Sa 7:00P-Mission Service Water District., 26111 S
**LAS FLORAS**

Sa 4:00P-Happy Hour Disc., 4388A Katella
**MISSION VIEJO**

Daily Saddleback Valley Grp, 23166 Los Al
Mo 7:00P- (W)'s SS, 26051 Marg.
Mo 7:00P- (W)'s Book Study, 26565 Marg.
Mo 7:00P- MV/B/B, 26585 Marguerite

**CONTINUED ON PAGE 8**
**GROUP CONTRIBUTIONS TO CENTRAL OFFICE—continued**

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<thead>
<tr>
<th>Group Name</th>
<th>Amount (Dollars)</th>
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<tbody>
<tr>
<td>Dly 6:00-A-Taking a Trip, 21891 Camino</td>
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<td>Dly Various - San Juan Meetings</td>
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<td>Su 5:00-P-1 Hor Top Disc, 32222 Del Obispo</td>
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<td>Tu 12:15-Men's Brown Bag, 27212A Paseo</td>
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<td>Tu 7:00P-Hear Here Part, 2751C A Arroyo</td>
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<td>We 6:15P-Speaker Disc Group, 27121A Pasea</td>
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<td>Tu 15:00A-Wy's Back 2 B BS, 27122A</td>
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<td>Th 6:00P-Do The Steps, 32202 Del Obispo</td>
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<td>Sa 6:00-Around 40’s Disc, 32222 Del Ob</td>
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<td><strong>SANTA ANA</strong></td>
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<td>Sa 10:00A-Desire to Stop, 807 N. Garfield</td>
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<td>Th 7:30P-Fireside Disc, 27641 Silverado</td>
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<td><strong>SUNSET BEACH</strong></td>
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<td>Th 7:00A-Disc, 16865 PCH</td>
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<td>Th 7:00A-Participation, 16865 PCH</td>
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<td>Th 7:00A-as Bill Sees It, 16865 PCH</td>
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<td>Sa 9:15A-Lucky 13, on the beach @ Broad</td>
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<td>Dly 6:00A-Altitude, 12221 Wass</td>
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<td>M-F, W.F 12:00P- Spiritual Experience, 14402</td>
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<td>Su 9:00A-Podium, Sqr &amp;P, 18341 Lass</td>
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<td>M-F, W.F 7:00P-Sober &amp; Crazy Spirs, 18341 Lass</td>
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<td>Mo 9:00A-(W)'s Unity Grp, 14402 Prospect</td>
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<td>Mo 7:00A-Mens Crosstalk Mktg., 330 El Ca</td>
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<td>Th 6:30P-It's in the Book, 222 W. Main</td>
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<td>Th 7:30P-Solid Seven, 14661 Franklin Ave</td>
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<td><strong>VILLA PARK</strong></td>
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<td>Dly 7:30A-24 Hour Book Grp, 17855 Santa</td>
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<td><strong>WESTMINSTER</strong></td>
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<td><strong>UNLISTED GROUPS</strong></td>
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<tr>
<td>Men's Book Study SOTHills Church</td>
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<td>Mon B&amp;B, CD Study, Irvine</td>
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<td>Mo As Bill Sees It, Lag, Niguel</td>
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<td>Sun &amp; Mon Outright Mental Defectives Me</td>
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<td>Tu 6:00P-Step Sisters-Unlisted-Dana Point</td>
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<td>Women's Unlisted Mtg 12X12</td>
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<td>Tu 6:00P-Wandering Step Sisters</td>
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<td>David G.</td>
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<td>David R., Santa Ana</td>
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<td>Joe S.</td>
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<td>June L., Irvine</td>
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<td>Linda L., Lake Elsinore</td>
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<td>Michael K., Trabuco Canyon</td>
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<td>Patricia H., Laguna Woods</td>
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<td>Rodger &amp; Annette F.</td>
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<td>Robyn W., Fountain Valley</td>
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<td>Roy B., Mission Viejo</td>
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<td>Stella L. P., Laguna Woods</td>
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<td>Victoria M., Laguna Niguel</td>
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<td>Virgil N., Costa Mesa</td>
<td>$400</td>
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<tr>
<td>Wanda R., Huntington Beach</td>
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<td><strong>IN LOVING MEMORY</strong></td>
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<td>Memorial to Julie, Westminster Beginn</td>
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<td>Memorial to Robert M., Westminster Beginn</td>
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<td>Memorial to Garrett J.</td>
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<td><strong>GROUP INFORMATION REQUESTED</strong></td>
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<td><strong>TOTALS</strong></td>
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**THANK YOU FOR YOUR SUPPORT!**
From my perspective, a word of caution is warranted - failure to embrace this step and embed it in our daily ritual is a prescription for trouble. Stinking thinking has been ingrained in our emotional auto-response system for years: it will not vacate its home turf without a struggle. Nonetheless, it too can be pummeled into submission “one day at a time.”

Safe in the fortress of A.A.’s steps and regular meetings we need never again be isolated and at the mercy stinking thinking.

We have been given the opportunity to write the rest of our life story. The past is gone, we cannot change it. No more shame, chronic lying or cover ups, no more hiding in the bottle, debilitating self-pity, no more blaming others for our own failings - be they moral, ethical or spiritual. We have come to grips with the character defects that kept us walking in the shadows, fearful that the light would expose us for who we really are.

We now seek the light as insurance against relapse.

The truth is, how the rest of our willful lives plays out is entirely up to us. We are the author of our legacy and solely responsible for the rest of the story.

Ask yourself, how will my story turn out? Will I write a story that exemplifies redemption, honor, love, tolerance, service, healthy relationships, responsible living and parenting? Or, will I write a tragedy wrapped in a melodrama of self pity, anger and selfishness, characterized by dysfunctional relationships and children?

The choice is ours to make.

Dick C.
Anaheim, CA
SPEAKER MEETINGS

**Dana Point**
- First Sunday of each month 9:30am
- Wind and Sea Speaker Meeting
- Wind & Sea Restaurant (upstairs banquet room)
  - 34699 Golden Lantern Street
  - Contact: Becky R.
  - 10/04 Tami P., Chatsworth, CA
  - 11/01 Steve A., Sherman Oaks, CA
  - 12/06 Tom P., Dana Point, CA
  - 01/03 Charles N., Seal Beach, CA

**Huntington Beach**
- 7:00 p.m., Saturday
- HOW Hall Saturday Night Lite Speaker Meeting
  - 19092 Beach Blvd. #G & H
  - Contact: Bill G.

**Laguna Niguel**
- 8:00 p.m., Sunday
- YMCA Laguna Niguel: Crownvalleyspeaker.org
  - 10/04 Patti O., Mission Viejo
  - 10/11 Shala M., Dana Point
  - 10/18 Bernie, Huntington Beach
  - 10/25 Frank H., New York, NY

**Orange**
- 8:00 p.m., Friday
- Friday Night No Puffers
  - Community of Christ Church
  - 395 S. Tustin
  - Contact: Brian C.

**Rancho Santa Margarita**
- 7:30 p.m., Friday
- Road’s End Participation
- As Bill Sees It Topic Discussion
- Speaker-last Friday of the month
- 30322 Via Con Dios
- Lutheran Church
- Santa Marg Pkwy/Ave de las Flores
  - Contact: Everett

**Santa Ana/North Tustin**
- 8:00 p.m., Saturday
- Saturday Night Visiting Speakers
  - 18341 Lassen Drive
  - Fairhaven & Esplande (Prentice School)
  - Contact: Glenn H.
  - 10/03 Van C., San Clemente
  - 10/10 Devon M., Newport Beach
  - 10/17 Steve W., Laguna Niguel
  - 10/24 Stacey C., San Clemente
  - 10/31 Glenn H., Tustin
  - 11/07 Kris C., Yorba Linda
  - 11/14 Katie R., Irvine
  - 11/21 Dante P., Long Beach
  - 11/28 Dave B., Laguna Niguel
  - 12/05 Jan W., Laguna Niguel
  - 12/12 Dimitry G., Laguna Niguel
  - 12/19 David F., Dana Point

**Santa Ana/North Tustin**
- 7:00 p.m., Sunday
- Sober & Crazy Speaker Meeting
  - 18341 Lassen Drive
  - Fairhaven & Esplande (Prentice School)
  - Contact: Karla W.

**Santa Ana/North Tustin**
- 9:02 a.m., Sunday
- Podium Participation Speaker Meeting & Q & A
  - 18341 Lassen Drive
  - Fairhaven & Esplande (Prentice School)
  - Contact: Lorrie O. or Vince D.

Events and meetings listed on this page are listed here solely as a service to our members, not as an endorsement by the Orange County Intergroup Association of Alcoholics Anonymous or the Lifeline Committee.

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**Another Buck in the Basket**
Keep adding a nickel, dime or quarter to the amount you contribute until you finally get to $2.00 each meeting.

---

**In Loving memory**
Doug C., Laguna Beach

A long-time member, good friend to many and inspiration to all. Doug was an amazing example of sobriety and will be in our hearts always.
May he rest in peace.

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**EVENTS**

October 2-4, 2015
**64th Southern California A.A. Convention**
The Westin Mission Hills Resort & Spa
Rancho Mirage, CA
www.aasocal.com

November 6-8, 2015
**28th Annual Inland Empire Convention 2015**
The Hotel San Bernardino
San Bernardino, CA
www.ieaac.org

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Please submit speaker meeting info or events to lifelinecommittee@gmail.com.
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 and Holiday shifts start with the 6am to 9am. The Central Office opens and covers from 9am to 1pm on Saturdays and Holidays. 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 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.

I AM NOT RESPONSIBLE FOR THE FIRST THOUGHT
BUT I AM RESPONSIBLE FOR THE FIRST ACTION

“Aloholics Anonymous, how may we help you?”

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<thead>
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<th>ORANGE COUNTY INTERGROUP ASSOCIATION OF A.A.</th>
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<tr>
<td>Statement of Income and Expenses for Period Ending 08/31/2015 Unaudited</td>
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<th>YTD</th>
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<td>Intergroup Donations</td>
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<td><strong>TOTAL INCOME:</strong></td>
<td><strong>27,029.43</strong></td>
<td><strong>225,536.26</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th>August</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounting</td>
<td>495.00</td>
<td>2,370.00</td>
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<tr>
<td>Auto Expense (all Mgrs.)</td>
<td>128.23</td>
<td>1,031.02</td>
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<tr>
<td>Credit Card Expense</td>
<td>176.45</td>
<td>1,389.51</td>
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<tr>
<td>Cash/Invoices OverShort</td>
<td>19.60</td>
<td>144.54</td>
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<tr>
<td>Insurances</td>
<td>733.41</td>
<td>4,496.22</td>
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<tr>
<td>Intergroup Expense</td>
<td>632.20</td>
<td>1,682.20</td>
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<tr>
<td>Lease Expense</td>
<td>349.87</td>
<td>2,797.96</td>
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<td>Sales Tax on Lease</td>
<td>27.99</td>
<td>224.92</td>
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<tr>
<td>Maintenance &amp; Repairs</td>
<td>242.00</td>
<td>191.19</td>
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<tr>
<td>Volunteers Coffee + Water</td>
<td>74.11</td>
<td>797.62</td>
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<tr>
<td>Offices' Supplies + Expenses</td>
<td>225.43</td>
<td>2,776.05</td>
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<tr>
<td>Postage</td>
<td>0.00</td>
<td>469.61</td>
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<tr>
<td>Public Info Expense</td>
<td>1.93</td>
<td>1,794.40</td>
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<tr>
<td>Rent Main/Satellite Offices</td>
<td>3,099.52</td>
<td>26,070.28</td>
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<tr>
<td>Salaries</td>
<td>9,868.71</td>
<td>77,777.47</td>
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<tr>
<td>Reimb. Health Insurance</td>
<td>365.00</td>
<td>2,245.00</td>
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<td>Payroll Tax Expense</td>
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<td>7,403.10</td>
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<td>Taxes &amp; Licenses</td>
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<td>32.00</td>
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<tr>
<td>Internet Expense</td>
<td>215.03</td>
<td>1,604.65</td>
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<td>Telephone Expense</td>
<td>558.97</td>
<td>5,234.23</td>
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<tr>
<td>LIFELINE Expense</td>
<td>1,081.92</td>
<td>9,225.47</td>
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<tr>
<td>Cost of Literature Sold</td>
<td>7,923.09</td>
<td>75,463.62</td>
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<td>Returned Checks</td>
<td>0.00</td>
<td>812.73</td>
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<td>Special Events Expense</td>
<td>1,273.41</td>
<td>1,587.24</td>
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<tr>
<td>Officers &amp; Committee Chairs</td>
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<tr>
<td><strong>TOTAL EXPENSES:</strong></td>
<td><strong>28,309.97</strong></td>
<td><strong>227,703.76</strong></td>
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</table>

<table>
<thead>
<tr>
<th>INCOME/(LOSS):</th>
<th>August</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>-1,280.54</td>
<td>-2,167.50</td>
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</tbody>
</table>

**A.A. on the road**
In Southern California, see Page 72 of our Orange County printed Meeting Directory for a listing of nearby Central Offices with phone numbers and web site addresses.

For the rest of the U.S. and Canada, go to www.aa.org where you can locate Central Offices by State or Province or Country.

Travelers without access to the Internet can call our Central Office (714) 556-4555 where a phone volunteer will look up a contact or meeting in any of the printed or on-line directories published by GSO.
We Are Not A Glum Lot
Humor from Around the Fellowship

Blessed are the flexible for they shall not be bent out of shape.

After 5 years we get our marbles back.
The next 5 years we learn how to play.

October Word Search

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CHARACTER BUILDING  LIABILITIES  RETREAT
CONSTRUCTIVE  MATIVES  SELFAPPRAISAL
CONSENSUS  OUTSIDE ISSUES  SPIRITUAL ADVISOR
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GOOD INTENTIONS  OUTSIDE ISSUES

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