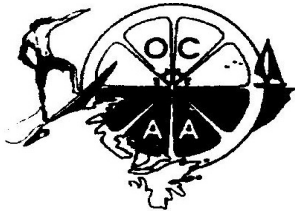


Santa Ana, CA

Lifeline



2009



Orange
County
Intergroup
Association

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The Orange County Intergroup Association Meeting

Wednesday, August 12th at 7:00 PM

Vinyard Christian Fellowship
102 East Baker Street
Costa Mesa 92626
Between Redhill and the 55 Freeway

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 so-briety! 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*

From the July, 1979, Lifeline

Tradition Eight

Long Form: Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for.

Short Form: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

This tradition addresses two distinct, but related areas of A.A., so let's look at the first area. It addresses the altruistic nature of the work we do best in A.A. – that of carrying the message to the alcoholic who still stumbles around in the dark, not knowing there is a way out. There is hardly a place in any literature, where you can read that it is okay for A.A. members to work in the Treatment field. As seen above, "our twelfth step work is never to be paid for". If someone is accepting a wage for working in Treatment, aren't they being paid for doing twelfth step work? Not necessarily. A very wise gentleman, the late Ellery S., once told me that he felt it was okay for A.A. members to work in Treatment, provided they had at least 25 years of continuous sobriety. Ellery expressed the opinion, (he had more than 40 years of sobriety at the time) that it probably takes at least 25 years for someone to be able to work in Treatment and understand the difference between professional Treatment work and A.A. twelfth step work. Even Dr. Silkworth



declared that the best he could do was to offer "synthetic knowledge", not having had the dubious distinction of being an alcoholic. So, doesn't it seem rational to think that a sober alcoholic would have a better chance to reach the often recalcitrant alcoholic? In the pamphlet, "A Member's Eyeview of A.A.", (editorial here – please read the pamphlet, it is the finest piece of literature we have in A.A.) the presenter makes the following statement, "*For the first time, 33 years ago an alcoholic suddenly heard a different drummer. Instead of the constant and menacing rat-a-tat-tat of "This is what you should do," he heard an instantly recognizable voice saying "This is what I did".* (Note, this was written in 1970 and refers to the meeting of Dr. Bob S. and Bill W., in 1935). The pamphlet, of course, was referring to the profound ability of one alcoholic to reach another alcoholic, where all others fail. We know that alcoholics have a message of "depth and weight", that only another alcoholic can hear and understand. The majority of alcoholics coming to Alcoholics Anonymous today come through Treatment centers – they don't pick up the phone and call Alcoholics Anonymous. Wouldn't we want a sober member of A.A. to be the one attempting to reach the still-suffering alcoholic?"

The second area addressed in this tradition is the need for special workers to staff our service centers. Our service centers require paid employees to run these centers in a professional manner. They require people who know bookkeeping, human resources, and insurance. They require people who know how to manage inventory. In short, they require professionals doing professional work. It no longer suffices to have all volunteer staff in our service centers. Bill envisioned the growth in A.A. and knew that we would need to pay skilled people for their labor. Tradition eight spells out that twelfth step work is never to be paid for, but all other work should be paid a fair wage.

Amazing how wise these early-timers were.

Next month: Tradition Nine – Whadaya mean, no organization?

A member of A.A. in Orange County

Step 8 - Made a list of all persons we had harmed and became willing to make amends to them all. Page 59, Alcoholics Anonymous

Making a List, Checking It Twice

If you happened to read the piece on Step 5 in the May issue of the Lifeline, you may recall that my sponsor told me what he did with his written Step 4 materials.

"Lots of people burn their Fourth Step notes and papers," Bob said, "but I saved mine because I like to check them every now and then to make sure I'm not falling back into my old ways. You can do as you wish with yours."

If it was good enough for Bob, it was certainly good enough for me. So I saved my Step 4 papers and when I began preparing for my Eighth Step, there was the list - ready made - of all the amends I needed to address. Or so I thought at the time. It seems that each day of sobriety brings a new recollection of someone I abused in one fashion or another.

I took my amends list to Bob during one of our regular Friday evening dinners before heading up to our home group meeting. He looked at the two pages of people and institutions that comprised the list and then handed it back to me.



"Is there another page somewhere that you're saving for another day?" he asked.

"I think it's fairly complete," I answered.

"When you did your Fourth Step and repeated it to me in your Fifth Step, there were several mentions of the newspaper where you work," Bob said. "You list several people from the newspaper on your amends list but you leave the paper itself off the list. Why is that?"

"You're right," I conceded. "I'll put the paper on the list."

I had already admitted that I tried to stick the paper for overtime that I hadn't worked but Bob's question forced me to inspect my record more closely.

I spent several hours in the next week looking at that amends list and found that it was quite different from the one I had originally shown Bob.

At our next dinner the list I presented was still only about two typewritten pages long. (This was back in pre-computer days.) But Bob smiled when he saw that the newspaper was now on the top of my list. And the amend I needed to make involved some blatant abuses of minimal integrity.

But that's what the magic of the Steps is designed to accomplish - to set matters right and allow me to live the rest of my life free of the mistakes of the past. You'll see how this was accomplished when we visit Step Nine in August.

George L., Westminster, CA



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

The *Lifeline* continues a new column this month. Alma will answer your questions about

getting sober, staying sober and carrying the message of recovery. If you think Alma can help, please send your letters to "Dear Alkie Alma" c/o OCCO, 1526 E. Warner Ave., Santa Ana, CA 92705, or email them to lifelineeditor@yahoo.com.

Short Form vs. Long Form

Dear Alma:

They read the 12 Traditions at every meeting I attend. Tradition Three is always read as "The only requirement for A.A. membership is a desire to stop drinking." I just noticed the long form in the back of my "12 and 12". It seems to say something different. What gives?

Jack J., *Sunset Beach*

Dear Jack,

When A.A. was in its very early days, Bill W. asked the groups to send in a list of their membership rules. The groups responded with rules that were so restrictive it was a wonder that anybody could join. Bill and others realized that membership rules were denying recovery to all kinds of alcoholics that were "different" or had other problems besides alcohol. This formed the basis for the Third Tradition. As Bill writes in the "12 and 12". "How could we know that thousands of these sometimes frightening people were to make astonishing recoveries and become our greatest workers and intimate friends." The long form expands on the simple statement of the short form and gives us a definition of the A.A. group. Both reinforce Bill's comments that "You are an A.A. member *if you say so*. You can declare yourself in; nobody can keep you out."

(See the March *Lifeline* for a longer discussion of Tradition Three. Also see the April issue for a list of group membership requirements from 1947.)

Remember: It's ok
to look back
but don't stare



NOTICE FROM THE GENERAL SERVICE OFFICE Publications Department

"As I am sure you all know, A.A. is not immune to current economic conditions. At the G.S.O. we have seen increases in costs for operations, warehousing and shipping. The A.A. World Services Board asked management to come up with solutions to help keep our prudent reserve at an acceptable level. We presented scenarios for making changes to our shipping and handling charges, and for increasing literature prices. After long discussion, the board approved increasing book prices, while keeping our shipping and handling charge practices the same. The current discount structure will also remain unchanged."

The price increase was effective July 1, 2009. Please contact Orange County Central Office for a list of the new prices.

Big Book Facts and Trivia



- ◆ The Original cost of a Big Book in 1939 was \$3.50. That is over \$40.00 in today's dollars as adjusted for inflation.
- ◆ The First Edition was published by Works Publishing, a company started by Bill W. and Hank P. solely for the publication of the Big Book
- ◆ Ann Smith suggested the name "Works Publishing" from the line in the New Testament "Faith Without Works is Dead."
- ◆ The One Millionth Big Book was given to President Richard M. Nixon in a White House ceremony in 1973.
- ◆ It took 16 years to sell the first 300,000 printed copies of the Big Book. (The whole run of the First Edition).
- ◆ There are over 20,000,000 copies of the Big Book in print.
- ◆ Over One Million copies of the Big Book are sold yearly.
- ◆ Chapter 8, "To Wives", was written entirely by Bill W. (much to the disapproval of Lois).
- ◆ Loans from friends of John D. Rockefeller Jr. helped fund the early printing of the Big Book.
- ◆ The first paperback edition of the Big Book was published in 1986.
- ◆ Bill W. and Dr. Bob each received 10% of all the Big Book sales as royalties.
- ◆ Early considered titles included One Hundred Men, The Empty Glass, and The Way Out.
- ◆ The total distribution of the 1st Edition of the AA Big Book was approximately 300,426 copies.
- ◆ The distribution of the Second Edition Big Book was approximately 1,090,416 copies.
- ◆ The distribution of the Third Edition Big Book was approximately 19,843,221 copies.

THE TURNING POINT

Editor's Note: We continue this new feature in the Lifeline called "The Turning Point". Please share your story by emailing it to lifelineeditor@yahoo.com.

March 15th. "Beware the Ides of March," was the soothsayers warning to Julius Caesar of his assassination. Well, my soothsayers were selfishness, self pity, hurt pride, and anger and I drank as much alcohol as I could to stop the voices in my head and numb the pain. It all started after I had been dry for 8 1/2 months and thought I was doing great, key word being "I".

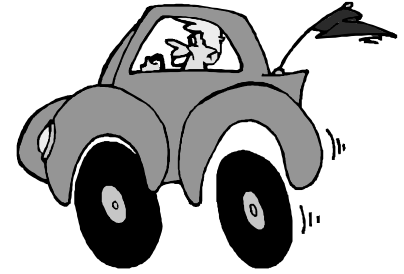
Yes, "I" went to AA. One meeting a week, wasn't that enough? Yes, just enough to get everyone (wife, boss, friends, marriage counselor) off my back. But I was a walking, ticking time bomb waiting for something or someone to set me off. That something was a wall phone and that someone was my 16 year old stepson, who stood 6 feet, weighed 200 lbs and was having a bad day. After an argument with his mother on the phone, he got angry, ripped the phone off the wall and threw it across the kitchen.

Because "I" was working such a great program (one meeting a week, not working the steps, without a sponsor, and no God in my life), I knew all I had to do was sit tight, grit my teeth and let it slide. Like water off a ducks back. I heard this term used many times in AA, about how others dealt with conflict. Well they obviously were NOT as alcoholic as I am, because my stepson walked in front of me and gave me the finger and told me to ____ off. Having had a spiritual awakening after working NO steps, I jumped across the room, picked him up in the air, slammed him down on the floor, proceeded to strangle him until he could no longer breathe and started turning blue. 2 hours later I was in a bar and started to drink as much, as fast, as I could.

After 3 days of staying with my old drinking buddy. He had enough of my BS and told me to go back home and make up with my wife and step children. Did I mention that I was the secretary of that one AA meeting I attended once a week and I had all the secretary's material with me in my car. So being the responsible AA member that I was, I dropped the material off at another AA member's house. "And feeling down'n dirty, feeling kinda of mean, my mind was racing with my body was in the lead". I knew what I had to do....go to the nearest bar and continue my quest to get comfortably numb. It was 9:00 am and I found the only bar that was just starting to open "The Frolic Inn". So, I "frolicked" in, or actually stumbled in. It took me seven hours of drinking and playing pool to finally get into a fight and get kicked out of the bar. I was outraged! The other guy started it and I missed him with the cue stick, so he wasn't even hurt. They threw the wrong guy out and I needed another drink.

So after being up for 3 days without any food or sleep and no place to go, I jumped back in my car (a sports car - 67 VW bug) and headed for my friends boat in Long Beach. The 405 is the fastest way and I needed money and a drink, so I was in a hurry. Not to mention I was still angry for getting thrown out of the bar. I entered the on-

ramp for the 405 and it was a very tight 280 degree turn. Because I personally built this very fast sports car, I knew I could do at least 60 mph and impress everyone with my driving skills and all the work and money I put into this beautiful car. The car flipped and rolled 6 times, ejecting me out of the car face down in the ice plant. I couldn't move and all these people were standing around me saying "call 911...call 911". The next thing I know I am handcuffed to the gurney in the Fountain Valley Hospital



being arrested for DUI (my 3rd). Again all that denial came back. I did nothing wrong. It was that guy's fault in the bar and the bartender who threw me out. Oh, and my step son and his mother. It was their fault too. The doctor approached me and said my alcohol level was at .30 and that I had a real drinking problem. I told him he took the test wrong! Take it over again! Then I passed out.

Somewhere in the middle of the night, I awoke and realized what had happened. My moment of clarity had hit me square in the face and I started to cry. I reached out (as far as I could since I was still handcuffed to the gurney) and said three words I have never spoken before in my life, "God Help Me." And then, I fell asleep. When I awoke, I went straight to a phone and called Pat M. Pat was the only guy I liked in AA and he had given me his phone number. That night Pat took me to a meeting in Anaheim Hills and all of you put your arms around me and told me to keep coming back and that it was going to get better and that they would love me until I could love myself. And I believed you. I haven't had a drink since March 16th 1987. The Grace of God touched me through all of you in AA.

Today I am active in AA. Meetings on a regular basis, not because I have to, but because I want to. I have the privilege of taking guys through the steps and giving back what was so freely given to me. I found a renewed passion in H&I and just received my first jail clearance to carry the message to inmates that can not get to a meeting. I am truly blessed to have this life and pray you join us on this road of happy destiny.

Larry S.
RSM

CENTRAL OFFICE ACTIVITY-June

Total Calls Handled by Both Offices: 2341

Main and Satellite Office Volunteers

12 Step Calls	13
Meeting Information	737
General Information	430
Walk-in Customers	324

Night Owl Volunteers

12 Step calls	9
Meeting Information	523
General Information	305

MEETING CHANGES SINCE

JANUARY 9, 2009

SUNDAY

COSTA MESA

12:00 PM 3RD STEP STUDY 275 Victoria St @ Fairview (Medical Office Building) New location

2:00 PM BOOK DISCUSSION 275 Victoria St @ Fairview (Medical Office Building) New location

NEWPORT BEACH

7:15 AM (C) MEN'S CLOSED BIG BOOK STUDY 798 Dover Dr @ 16th Street (Newport Harbor Lutheran Church) New meeting

7:30 PM HERE & NOW DISCUSSION 414 E. 32nd St. Changed to open

SAN JUAN CAPISTRANO

3:00 PM THE THINK GROUP 32171 Avenida Los Amigos (House) New meeting

SANTA ANA

9:00 AM WISE WOMEN OF A.A. 1411 N Broadway c/s 17th Street (Old YMCA enter on Sycamore) New meeting

MONDAY

FULLERTON

6:00 PM FULLERTON BIG BOOK 215 N Lemon Btwn Chapman & Commonwealth (In Church House behind 1st Lutheran) New meeting

IRVINE

5:00 PM (C) BIG BLUE WOMEN'S GROUP 5001 Newport Coast Dr c/s Bonita Cyn (Mariners Church, Rm191) New meeting

LAGUNA BEACH

5:00 PM AA FOR DUMMIES 20456 Laguna Canyon Rd. New meeting

NEWPORT BEACH

6:45 AM (C) ATTITUDE ADJUSTMENT II 798 Dover Dr @ 16th Street (Newport Harbor Lutheran Church) Changed to Closed

RANCHO SANTA MARGARITA

7:00 PM (C) WOMEN'S STAYING SOBER 30382 Via Con Dios c/s RMS Pkwy (Church) Address correction

TUSTIN

12:00 PM (C) THE SPIRITUAL EXPERIENCE 14402 S. Prospect Ave. (Unity Church's Victoria house) New meeting

8:00 PM MEN'S PARTICIPATION 225 W. Main @ C, (Presbyterian Church Rm C205) upstairs in back Change to Open

TUESDAY

ANAHEIM

7:30 PM MEN'S STAG 2784 E Diana @ S Rio Vista off of E Lincoln New address

BREA

7:00 PM STEP STUDY WORKSHOP 300 E. Imperial Hwy @ Brea Blvd (Congregational Church) Time change

CYPRESS

7:30 PM FIRST HALF OF THE FIRST STEP 5691 Vonnie Lane c/s Walker & Lincoln New meeting

LAGUNA NIGUEL

7:00 AM (C) TUESDAY MORNING MEN'S BIG BOOK/STEP STUDY 30121 Niguel Road @ Crown Valley (Church) New Meeting

LAGUNA WOODS

7:30 AM (C) 12 STEP MEETING 24442 Moulton Pkwy (United Methodist Church's Youth Room)

New meeting

MISSION VIEJO

12:00 PM MEN'S MEETING 23166 Los Alisos Blvd @ Oak Tree Village (#238 above market, park in rear) Change to open

NEWPORT BEACH

6:30 AM CHICKEN COOP ROUND TABLE 414 Old Newport Blvd @ Hospital Rd (Zubie's Restaurant) New location & Name

6:45 AM (C) ATTITUDE ADJUSTMENT II 798 Dover Dr @ 16th Street (Newport Harbor Lutheran Church) Changed to Closed

RANCHO SANTA MARGARITA

7:30 PM (C) OLD TIME AA BIG BOOK STUDY 30382 Via Con Dios c/s RMS Pkwy (Church) Address correction

WHITTIER

7:00 PM (C) NO NONSENSE 12 X 12 7056 South Washington Ave. c/s Wardman (Church) (LA) Established meeting

YORBA LINDA

8:00 PM (C) OHIO STREET WINNERS 19020 Yorba Linda Blvd @ Ohio St (Church) New meeting

WEDNESDAY

7:00 PM (C) WEDNESDAY NIGHT WANDERING WOMEN'S MEETING Varies - South County (Irvine, Laguna Niguel, ...) New meeting

BREA

6:30 AM WOMEN'S 11TH STEP MEETING 300 E Imperial Hwy @ S Brea Blvd (Brea Congregational Church) New meeting

COSTA MESA

7:00 PM (C) 420 BEGINNERS MEN 420 W 19th St.(1st Methodist Church across from Triangle Square) New name & time

GARDEN GROVE

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

LA HABRA

7:00 PM (C) WOMEN'S PARTICIPATION 631 N. Euclid @ E Whittier Blvd (Methodist Church) Time change

LAGUNA BEACH

7:00 AM BIG BOOK STUDY 20456 Laguna Canyon Rd. New meeting

MISSION VIEJO

9:30 AM (C) WOMEN 26051 Marguerite Pkwy @ Oso (Church - Babies under age one welcome)

7:30 PM "GET HONEST" DISCUSSION 23166 Los Alisos Blvd @ Oak Tree Village (#238 above market, park in rear) New address

NEWPORT BEACH

6:30 AM CHICKEN COOP ROUND TABLE 414 Old Newport Blvd @ Hospital Rd (Zubie's Restaurant) New location & name

ORANGE

7:30 PM (C) EASY DOES IT 4201 Chapman Ave @ Lewis St (Kaiser Medical Center - 2nd Fl) New address

TUSTIN

6:00 AM 6:00 AM FOOTHILL EARLY RISERS WOMEN 19211 Dodge Avenue (Church of the Foothills) New meeting

12:00 PM (C) THE SPIRITUAL EXPERIENCE 14402 S. Prospect Ave. (Unity Church's Victoria house) New meeting

THURSDAY

ANAHEIM

6:30 PM (C) BILLS BABES WOMEN'S BOOK STUDY 311 W South St Btwn S Anaheim & S Harbor (St Michaels Episcopal) New meeting

8:00 PM PIONEER SPEAKER GROUP 202 W. Broadway @ Lemon Time change

LAGUNA BEACH

7:00 AM 11TH STEP MEDITATION 20456 Laguna Canyon Rd. (Rm 2) Name change

7:05 AM WOMEN'S DOLPHINS AT DAY Aliso Beach off of Pacific Coast Hwy (Summer location June - September) New meeting

7:15 AM WOMEN'S DOLPHINS AT DAY 31621 Pacific Coast Hwy (Coyote Grill) (Winter location October - May) New meeting

MISSION VIEJO

12:00 PM (C) MEN'S DISCUSSION 23166 Los Alisos Blvd @ Oak Tree Village (#238 above market, park in rear) Change to closed

NEWPORT BEACH

6:30 AM CHICKEN COOP ROUND TABLE 414 Old Newport Blvd @ Hospital Rd (Zubie's Restaurant) New location & name

6:45 AM (C) ATTITUDE ADJUSTMENT II 798 Dover Dr @ 16th Street (Newport Harbor Lutheran Church) Changed to Closed

ORANGE

7:30 PM MEN'S BIG BOOK STUDY - ORANGE 2400 N Canal Street cs Heim Av (Trinity Episcopal Church) New meeting

SILVERADO

7:30 PM FIRESIDE DISCUSSION 27641 Silverado Canyon Rd. (Community Center) Address correction

FRIDAY

COSTA MESA

6:30 PM WOMEN'S CANDLELIGHT RECOVERY STEP STUDY 12&12 393 Hamilton St c/s Harbor (Costa Mirage Apts Clubhouse) New meeting

8:00 PM (C) BIG BOOK ADVENTURERS 2144 Thurin St @ Victoria St (Grange Hall) Address correction

FULLERTON

8:00 PM (G) TRUE COLORS BIG BOOK STUDY 420 E. Chapman Avenue # D New location

HUNTINGTON BEACH

8:00 PM REBOS PARTICIPATION 18631 Chapel Lane @ Ellis (St. Wilfrid's Church) Time change

IRVINE

7:30 PM (C) BROTHERS IN SOBRIETY 4400 Barranca Pkwy btwn Lake Rd & W Yale New name

LAGUNA BEACH

7:45 PM SURRENDER TO WIN 20456 Laguna Canyon Rd. New time

LOS ALAMITOS

8:00 PM LA PALMA BIG BOOK SPEAKERS 11600 Los Alamitos c/s Orangewood (Good Shepard Church) New meeting

MISSION VIEJO

6:00 AM STEP STUDY 23166 Los Alisos Blvd @ Oak Tree Village (#238 above market Rm2, park in rear) New meeting

Continued on page 6

Two Ounces a Day

After a little sobriety, some of the craziness of the drinking days gets to be fun. It feels good to laugh about it, but it's bittersweet humor with an edge of pathos, and lunacy not far below the surface. When someone bristles at the word "insanity" in Step Two, I remember that I did, too—and I think of this episode.

A few months before I stopped drinking I took my first physical in years. I took a bunch of tests, and my liver put some bad numbers on the board.



Did I drink? the doctor asked. Some, I said.

He said he wanted me to limit myself to two ounces a day, or risk serious damage to my liver. Would that be a problem?

No problem, I said.

I didn't want to blow out my liver, but I didn't want to give up martinis, either. So, I tiptoed up the edge of the limit the doctor had set. Each day I took my bottle of gin and my measuring cup and poured precisely two ounces for my single, skimpy martini. I felt deprived, of course, but kept it up for a week.

Then I got to thinking. The doctor had said two ounces of *alcohol*, and this gin was only eighty proof—just forty percent alcohol—so I was shortchanging myself. I did the math. To get two ounces of *real* alcohol, I'd have to drink five ounces of gin!

So I measured out that more generous serving for another week or so, but still felt cramped. I was a busy guy, after all, and didn't have time to fool with measuring cups. What the doctor *really* meant, I decided, was to limit myself to two drinks per day. So I forgot about the measuring cup and made myself two martinis a day—in a glass the size of a goldfish bowl.

Of course, even that discipline soon was abandoned.

My mental gyrations made perfect sense at the time, but a little sobriety made me see the bizarre episode for what it was. A doctor told me I faced

serious health problems because I was drinking too much, and I responded by playing games.

If he had told me that chocolate bars were causing a life-threatening problem, I wouldn't merely have cut back; I would have quit, that day, because chocolate bars weren't that important to me. And *that's* the insanity. Alcohol had become important enough to me to die for.

G.S., Royal Oak, Mich.

Reprinted from AA Grapevine, July, 1993

Meeting Changes continued from page 5

8:30 PM COUCH MEETING 26001 Muirlands Blvd @ La Paz (Shepherd of the Hills Church) Change to open

NEWPORT BEACH

6:30 AM CHICKEN COOP ROUND TABLE 414 Old Newport Blvd @ Hospital Rd (Zubie's Restaurant) New location & name

7:00 PM BARE KNUCKLES AA 414 E. 32nd St. (Upstairs) New meeting

RANCHO SANTA MARGARITA

7:30 PM ROADS END PARTICIPATION 30382 Via Con Dios c/s RMS Pkwy (Church) Address correction

TUSTIN

12:00 PM (C) THE SPIRITUAL EXPERIENCE 14402 S. Prospect Ave. (Unity Church's Victoria house) New meeting

YORBA LINDA

12:00 PM (C) DAILY REFLECTIONS 19771 Yorba Linda Blvd. @ Fairmont (St. Martin's Church) New meeting

SATURDAY

COSTA MESA

2:30 PM BIG BOOK STUDY & DISCUSSION 275 Victoria St @ Newport Blvd (College Hospital Bldg 275 Conf Rm B) New meeting

FULLERTON

6:00 PM SAT. NITE LIVE 1465 W. Orangethorpe @ Basque (Church) Correct Thomas Guide

IRVINE

6:30 AM BACK ROOM STEP STUDY 4400 Barranca Pkwy btwn Lake Rd & W Yale (in back of Church) New name

MISSION VIEJO

7:30 AM (C) DISCUSSION 23166 Los Alisos Blvd @ Oak Tree Village (#238 above market, park in rear) Change to closed

NEWPORT BEACH

8:30 AM (C) MEN'S BOOK STUDY 414 E. 32nd St. New meeting

RANCHO SANTA MARGARITA

10:30 AM (C) WOMEN'S BIG BOOK STUDY 30322 Via Con Dios c/s RMS Pkwy (Church) Address correction

SAN CLEMENTE

8:00 PM SATURDAY NIGHT LIVE 929 Calle Negocio, Ste H @ Calle Amanecer New meeting

WHITTIER

10:30 AM (C) WOMEN'S ACCEPTANCE 16153

Russell Ave @ Borgardus (Whittier Hills Baptist Church) New Location

MEETING DELETIONS SINCE January 9, 2009

SUNDAY

ORANGE

6:00 PM CHAPTER 9 FAMILY AFTERWARD BB STUDY 250 Prospect Delete

MONDAY

FULLERTON

7:30 PM 12 STEP STUDY PARTICIPATION 2505 Yorba Linda Blvd (Eastside Church) Delete

LAKE FOREST

6:00 PM READY FOR RECOVERY 23861 EI Toro Road Delete

TUESDAY

FULLERTON

7:30 AM BIG BOOK STUDY 12&12 1145 W Valencia Mesa Dr Delete

LAKE FOREST

12:00 PM "MEN IN THE MIRROR" MEN'S STAG 24602 Raymond Way Delete

NEWPORT BEACH

4:00 PM (C) WOMEN'S CALIFORNIA CLAP-PERS 798 Dover @ 16th Delete

WEDNESDAY

(C) CONVICTS WANDERING AA MEETING Delete

COSTA MESA

10:00 AM SEEKING THE STEPS WOMEN'S 2833 Europa Dr Delete

7:00 PM OPEN DISCUSSION 2800 S. Harbor Blvd Suite C (Nata'le) Delete

FULLERTON

7:30 AM BIG BOOK STUDY 12&12 1145 W Valencia Mesa Dr Delete

LA HABRA

8:00 PM (C) SOLD ON SOBRIETY 12 & 12 150 N. Palm (Church) Delete

MISSION VIEJO

5:30 PM YOUNG PEOPLE 23166 Los Alisos Blvd Delete

NEWPORT BEACH

6:45 AM ATTITUED ADJUSTMENT II 798 Dover Drive Delete

THURSDAY

COSTA MESA

5:30 PM TOPIC DISCUSSION 3151 Airway Avenue Delete

FOUNTAIN VALLEY

8:00 PM AA KEEPING IT REAL, PARTICIPATION Square Plaza) 16581 Brookhurst St @ Heil & Warner (Mile Delete

FULLERTON

7:30 AM BIG BOOK STUDY 12&12 1145 W Valencia Mesa Dr Delete

8:00 PM 11TH STEP 530 W. Commonwealth Delete

EVENTS

2009 MAAD DOG DAZE

"We are Not a Glum Lot"

The Doral Desert Princess Resort
Cathedral City, CA
 August 7-9, 2009
www.maddogdaze.org

**24th Annual
 Alcoholics Anonymous
 Summer Serenity in the Sierras**

Evergreen Conference Center
Oakhurst, CA
 August 14-16, 2009

Monterey Bay Area Roundup

Monterey Conference Center
Monterey, CA
 September 4-6, 2009

Woman to Woman San Diego

September 25-27, 2009
 The Dana of Mission Bay
San Diego, CA

www.womantowomansandiego.com

2010 International

Convention of A.A.

"A Vision for You"

July 1-4, 2010

San Antonio Convention Center
 San Antonio, TX



Please submit EVENTS and
 SPEAKER MEETINGS
 To lifelineeditor@yahoo.com
 by the 15th of the month.

SPEAKER MEETINGS

Costa Mesa

7:00 pm
 Sunday Night Speaker Meeting
 Bethel Towers, Social Hall
 678 West 19th St.
 Contact: Pat M.

Fullerton

8:00 pm
 Dreams Come True
 Friday Night Speaker Meeting
 1st Christian Church
 109 East Wilshire Avenue
 Contact: Paul P.
 08/07 Keith S., Tustin
 08/14 Lori M., Fullerton
 08/21 Andre, Cypress
 08/28 Chuck & Laura J., Placentia

Garden Grove

8:00 pm
 Thursday Night Speaker Meeting
 Garden Grove Alano Club
 9845 Belfast Dr
 Contact: John S.

8:00 pm

Saturday Night Speakers
 Garden Grove Alano Club
 9845 Belfast Dr
 Contact: Jon W.

Huntington Beach

7:00 pm
 Saturday Night Lite Speakers
 HOW Hall, 18582 Beach Blvd
 Behind Flower Kiosk @ Ellis
 Contact: Kevin B.

Orange

8:00 pm
 No Puffers Speaker Meeting
 Community of Christ Church
 385 S. Tustin Ave
 Contact: Guillermo S.
 08/07 Jill H., Newport Beach
 08/14 Terrel S., Anaheim
 08/21 Lisette L., La Habra Heights
 08/28 Tim S., Newport Beach

7:00 pm

Sober & Crazy Sunday Night Speakers
 7th Day Adventist Church
 1310 E. Walnut Ave, near Tustin Ave
 Contact: Betsy S.
 08/02 Jeanette M., Silverado
 08/09 Al C., Tustin
 08/16 Billy C., Costa Mesa
 08/23 Mark Z., Costa Mesa
 08/30 Candice H., Costa Mesa

San Clemente

8:00 pm
 Thursday Night Big Speaker Mtg.

San Clemente Friendship Center
 Contact: Bob B.

Tustin

8:00 pm
 Saturday Night Visiting Speaker
 St. Paul's Church, 1221 Wass St.
 Contact: Keith S.
 08/01 Alex D., Irvine
 08/08 Norma R., Yorba Linda
 08/15 Brian R., Hesperia
 08/22 Denise M., Garden Grove
 08/29 Patrick S., Orange County
 09/05 Nikki J., Laguna Beach
 09/12 Paul C., Oceanside
 09/19 Linda C. & Jim C., Costa Mesa
 09/26 Andy E., Corona
 10/03 Debbie M., Garden Grove
 10/10 Heidi M., Orange
 10/17 Joe B., Anaheim
 10/24 Bill W., Fountain Valley



Remember,
 don't run so
 fast that your
 guardian angel
 can't keep up

WEB STATISTICS

The first on-line issue of the *Lifeline* was posted to our web site in July of 2006. However, when our site hosting company changed servers in June, 2007, some usage statistics before then were lost. Since January, 2007, the Lifeline home page has been viewed 10,864 times. Individual issue files have been viewed 18,948 times.

In June, there were 15,535 "visits" to

www.ocaa.org.

From Aug., 2008, through June, 2009, visits averaged 16,071 per month.



The longer I'm sober,
 the drunker I was.



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2009 Orange County Intergroup Service Board

Chair, Frank M.
 Vice Chair, Pearl
 Treasurer, Art H.
 Secretary, Nick N.
 Central Office, Roxanne R.

Who? What? When? Where?

Public Relations Committee, Barry P.

Meets the 3rd Wednesday of the month at 6:30 pm
 Group Relations Committee, Carlos T.

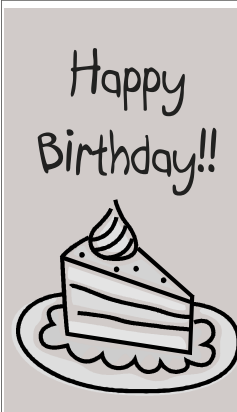
Meets the 4th Wednesday of the month at 7:00 pm
 Lifeline Committee, Bill W.

Meets the 1st Thursday of the month at 7:00 pm
 Special Events Committee, Ann M.

Meetings scheduled as needed
 H & I Committee, Nick M.

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. Your service is appreciated!



Help keep the doors of AA 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 AA Birthday—yours or someone else's—and we will help celebrate by publishing their name and years of sobriety in the *Lifeline*.

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

Erin W.	South County	1 year
John H.	Dana Point	4 years
Karen B.	Irvine	5 years
Terri P.	Dana Point	6 years
Terri T.	Tustin	12 years
Robin B.	Huntington Beach	13 years
Mike P.	Huntington Beach	14 years
Mary Jo C.	San Clemente	15 years
J.P.	Fountain Valley	18 years
Rocky T.	Dana Point	19 years
Stan K.	Laguna Niguel	19 years
Jean B.	Huntington Beach	25 years
Dave V.	Dana Point	25 years
June L.	Irvine	33 years
Ralph D.	Lake Forest	38 years



The *Lifeline* is your paper. Your ideas, suggestions, jokes and articles are welcome and needed. We are especially looking for contributors for The Turning Point feature (see page 4 to read about Larry's turning point.) Or send a question to Alkie Alma. See this month's query about Tradition Three on page 3. Send submissions to: Lifelineeditor@yahoo.com

GROUP CONTRIBUTIONS TO CENTRAL OFFICE— June

	JUN	YTD					
ALISO VIEJO	^	^	Dly 8:00A-Hggrs II, H.B Lifegrnd Tower 11	\$240	\$1,331	Su 10:00A-Heisler Park Disc, Cliff	\$95 \$165
BUENA PARK	^	^	Su 9:00A-On/Beach, Lifegrnd Tower 11	\$90		Su 6:00P-As Bill Sees It, 340 St Anns	\$70 \$140
CAPISTRANO BEACH	^	^	Su 10:00A-Sober Sharing, 18582 Beach	\$60		Su 6:00P-GV Stdy, 21632 Wesley Dr	\$225
Su 9:30A-Sandy Survivors, Doheney		\$70	Su 5:00P-Creative Sharing, 18582 Beach	\$140		Mo 6:30P-(W)'s Perspect, 20456 LCR	\$42
Fr 7:00P-Friday Knights, 25976 Domingo		\$137	Su 7:30P-Disc, 20444 Magnolia	\$390		Mo 6:30P-(W)'s BB Stdy, Wesley	\$100 \$200
Sa 9:30A-Pines Park Disc, Pine Bluffs		\$87	Mo 12:00P-(W)'s Bill Sees It, 18631 Chap	\$150	\$300	Mo 7:00P-Mon Night (M)'s Stag @Pat's	\$60
CORONA DEL MAR	^	^	Mo 6:00P-Sprkr/Q&A/Part, 6622 Lakeview	\$50		Mo 8:00P-(M)'s Stag, 20456 LCR	\$30 \$130
Mo 7:00P-Baywood Disc, 1601 Marg		\$227	Mo 7:00P-(W)'s Sans, 18631 Chapel Ln.	\$166		Mo 8:00P-S/Coast (M)'s, 340 S/Ann's	\$116
Tu 12:00P-Noonatics, 800 Marguerite	\$120	\$120	Mo 7:30P-(M)'s BB & 12&12, 1912 Florida	\$50	\$323	Tu 7:00A-BB Stdy, 20456 LCR	\$231
Tu 7:00P-(M)'s Part, 611 Heliotrope	\$600	\$1,600	Tu 1:00P-Harmony (W)'s, Edinger/Denney's	\$80		Tu 12:30P-Serenity-Sea (W)'s, 340 St Ann's Dr	\$282
We 7:00A-Women's B/B Study, 3233 Pacific Vi		\$105	Tu 7:30P-Beginners (M)'s, 19822 Beach	\$786		Tu 12:30P-(W)'s Disc, 20456 LCR	\$200 \$350
Th 6:00P-Happy Hour (M)'s Pacific View		\$203	Tu 7:30P-(W)'s Disc., 8200 Ellis	\$40		Tu 6:00P-Here & Now, 20456 LCR	\$100 \$100
Th 7:00P-Big Book Study, 611 Heliotrope	\$25	\$95	Tu 7:30P-(W)'s Serenity BB, 20444 Magn	\$288		Tu 6:30P-(M)'s Beg, 31872 So/Coast	\$1,374
Fr 7:30P-Rebels Disc, 611 Helio		\$100	Tu 8:00P-Newcms (M)'s Grp, 20444 Magn	\$102		Tu 6:30P-(W)'s Disc, 31872 So/Coast	\$70
Fr 8:00P-BB Stdy, 3233 Pacific View	\$140	\$210	We 7:30A-Attitude Mod, 18582 Beach	\$60		Tu 7:30P-By The Book, 20456 LCR	\$162
COSTA MESA	^	^	We 1:00P-(W)'s Stdy, 9812 Hamilton	\$35	\$35	We/Sat 7:00A-Whale Watch (M)'s, PCH	\$822
Dly 7:00A-Daily Reflect, 2040 Placentia		\$100	We 2:00P-Seniors & Friends 1718 Orng	\$60	\$210	We 8:00P-So.Coast Spkrs, 286 St. Anns	\$280
Dly 7:30A-As Bill Sees It, 2501 Harbor	\$700	\$1,400	We 6:30P-(W)'s Step Study, 7641 Talbert	\$55		Th 7:05A-W's Dolphins at Day, Salt Creek Bea	\$187 \$187
M-F 6:45A-Morning Meditat, 183 E. Bay	\$102	\$378	We 7:00P-Triangle Grp B/B Study, 2721 Delawar	\$80		Th 12:30P-(W)'s Disc., 415 Forest Ave.	\$150
M-F 12:00P-Noon Rec, 420 W. 19th St.		\$694	Th 7:30A-Attitude Mod, 18582 Beach	\$60		Th 6:00 P-(W)'s Disc,20456 LCR	\$98 \$238
Su 7:00P-Sun Speaker, 678 W. 19th St.	\$70	\$270	Th 10:00A-(W)'s BB Stdy, 18631 Chapel	\$60	\$120	Th 6:30P-(M)'s BYOB 12& 12 SS, 21632	\$247 \$284
Mo 12:00P-Clean & Serene BB, 183 E. Bay		\$150	Th 6:00P-Ovr 40/Going Strong, 18582 Bch	\$42		Fr. 7:45P-Surrender to Win, 20456 LCR	\$120 \$120
Tu 7:30P-Balboa Broads, 420 W 19th St	\$38	\$113	Th 7:30P-11th Step Disc., 1912 Florida	\$60		Fr 7:30P-Candlelight Acceptance., 20456 LCR	\$70
Tu 7:30P-Men's One Hour 1865 Anaheim		\$50	Fr 7:30A-Mens Book Study, 18582 Beach Blvd.	\$70	\$70	Fr 8:00P-Here & Now, 21632 Wesley	\$70 \$140
Tu 7:30P-(M)'s Last Gasps, 695 W 19th		\$100	Fr 10:00A-Step Sisters, 18631 Chapel Ln.	\$288		Sa 7:00A-Whale Watchers Men's, PCH@ Westl	\$196
We 10:00A-Seeking the Steps (W's) 2833 Eur		\$244	Fr 6:00P-(M)'s Solution, 7111 Talbert Ave	\$70	\$100	Sa 12:30P-Into Action, 20456 LCR	\$100
We 12:00P-High Noon Step, 183 E. Bay St.		\$130	Fr 6:30P-BB Stdy, 16400 Springdale	\$100	\$100	Sa 5:00P-Big Book Study, 20456 LCR	\$33
We 7:00P-(W)'s Source Str, 3116 Van		\$70	Fr 7:30P-BB Stdy, 16650 Saybrook Lane	\$70	\$70	Sa 7:00P-Beginners, 31872 PCH	\$978
We 7:00P-420 Beginners Men, 420 W. 19th St.	\$50	\$50	Fr 8:00P-HB Downtowners, 2721 Delaware	\$60		Sa 8:00P-Night Spkr Mtg, 20456 LCR	\$300
We 7:30P-Day By Day Serenity, 1865 Anaheim		\$171	Sa 7:30A-(M)'s Stag, 18582 Beach	\$70		Sa 8:00P-Living Sober Spkrs, 428 Park	\$300
Th 5:30P-(W)'s Its/Book Study, 2040		\$33	Sa 7:30A-(M)'s Disc 9812 Hamilton	\$180		LAGUNA HILLS	^ ^
Th 7:00P-12 Steps & 12 Trad. E Bay		\$60	Sa 9:30A-W BB Stdy, 18582 Beach	\$60		Su 7:30P-Legacy Grp, 23802 Ave de la Carlott	\$387
Fi 6:30 P-FGIF Women 183 E.Bay St.		\$47	Sa 9:30A-Charle St. Overflow, 9812 Hamilton	\$40		Mo 6:00P-(W)'sDisc, 23802 A D Carlota	\$420
Fr 8:00P-BB Stdy, 1865 Anaheim		\$50	Sa 10:00A-(W)'s BBStdy, 18631 Chapel	\$105	\$665	Tu 7:00P-(M)'s Stag, 23802 A D Carlotta	\$200
Sa 9:30A-(W)'s Wrkg.in Sol. BB, 183 E Bay		\$40	Sa 7:00P-Sat Nite Live BB, 18631 Chapel	\$372		We 7:00P-Get Happy 12&12 Stdy, A D C	\$84
Sa 9:30A-(M)'s By The Book, 3080 Airway Ave		\$360	IRVINE	^ ^		Th 12:30P-(W)'s Topic Disc, 23181 Verdugo	\$55 \$289
Sa 9:30A-Sisters/Sobriety 2040 Placentia		\$140	Dly 6:30A-Sunrise Sobriety, 4400 Barr	\$797	\$3,006	Th 7:00P-Sober Ladies Candlelight Disc.	
Sa 6:00P-Cover-To-Cover, 183 E. Bay St.	\$40	\$120	M-F 12:00P-Irvine Noon Grp, 5101 Alton	\$100	\$1,000	22911 MillCreek	\$20
Sa 8:00P-Keep It Simple, 2850 Fairview	\$50	\$150	Su 10:00A-Donut Mtg, 6670 Alton Pky	\$250		Sa 11:00A-Acceptance Grp, 23802 Ave de la C	\$313
CYPRESS	^	^	Su 6:00P-Farsi Speaking AA Meet, 6670 Alton P	\$85	\$285	LAGUNA NIGUEL	^ ^
Su 5:00P-Happy Hour Topic, 4552 Lin		\$30	Su 7:30P-BonitaCnyn Disc, 5001 Nwprt	\$80	\$240	Su 8:00P-Crown Vally Spkr, Comm Park	\$100
Tu 8:00P-BB Study, 8615 Walker St.		\$60	Mo 6:00P-(W)'s B. B. Topic, 6670 Alton	\$137		Mo 7:00A-Morn (M)'s Stag B2B, 30071 Ivy Gle	\$450
We 7:00P-Cypress Women's S/S, 5100 Cerrit	\$69	\$278	Mo 6:30P-Easy Does It, 4949 Alton	\$70	\$210	Mo 10:30A-(W)'s 12X12 Stdy, 27802 El Lazo	\$443
DANA POINT	^	^	Mo 6:30P-(W)'s BB Topic Disc, 4949 Alt	\$60		Mo 8:00P-12&12 Stdy, 30121 Niguel Rd	\$100
Dly 7:00A-Hard Core Harbor, 34451 Ens		\$7,929	Mo 7:30P-(W)'s Disc., 15 Orange Tree	\$39	\$39	Tu 6:30P-(M)'s Disc/Munch L N Reg Park	\$463
Mo 5:30P-(W)'s Disc, Ensenada & DPH		\$350	Tu 12:00P-(W)'s BB Stdy, 5101 Alton Pky	\$137		We 6:00P-Book Stdy, 30121 Niguel Rd.	\$70
Mo 7:00P-Promises, 34052 Del Obispo	\$120	\$403	Tu 6:00P-Courage To Change, 18182 Culv	\$180		We 7:30P-Book Stdy, 30121 Niguel Rd.	\$10
Tu 9:30A-(W)'s Back/Basics 24642 SJ		\$370	Tu 7:00P-(M)'s K.I.S. 12X12, 14301 Yale	\$70	\$350	Fr 7:00A-Back to Basics Men's, 30120 Town C	\$665
Th 7:00A-(W)'s Harb Topic Disc, S Juan	\$77	\$188	Tu 7:30P-Good Guys (M)'s, 55 Deerwood	\$65		Fr 10:30A-(W)'s Disc., 30071 Ivy Glenn	\$120
Fr 12:15P-Fri Lunch (W)'s BB, 33841		\$50	Tu 7:30P-(M)'s Stag BB Grp, 4445 Alton PKWY	\$108		Fr 7:30P-Here & Now, 24360 Yosemite	\$100 \$100
Fr 7:00P-GV, 33926 Calle Primavera		\$268	We 6:30P-B. B. Topic Disc., 5001 Nwprt	\$225	\$912	LAGUNA WOODS	^ ^
FOUNTAIN VALLEY	^	^	We 7:30P-Wild Bunch Beg's, 10 Federat	\$266		Dly 7:30A-Do It Sober, 24442 Moulton	\$720 \$2,100
M-F 8:30A- Morning Meeting, 16581 Brookhur		\$25	We 8:00P-12 Solutions SS, Harvard	\$200		Mo 7:30P- Nite SS Grp, 24442 Moulton	\$50
We 8:00P-Disc, 10280 Slater		\$70	Th 12:00P-Irvine (M)'s Lunch, 5001 Nwprt	\$128		We 7:30A-BB Meeting, 24442 Moulton	\$120
FULLERTON	^	^	Th 6:30P-(W)'s Gypsies, Deerfield & Turtle	\$201		We 1:15P-(W)'s BB Stdy, 24351 El Toro	\$220
GARDEN GROVE	^	^	Fr 10:30A-Over 50 Grp, 4400 Barranca PKWY	\$80	\$310	Fr 10:00A-Top/Hill Gang, 24252 El Toro	\$70 \$350
Tu 7:00P-Top/Key Book Stdy, 9th & Lamp		\$70	Fr 12:00P-(W)'s Topic Disc, 5101 Alton P	\$113		LA HABRA	^ ^
Tu 7:00P-Heartspeak (W)'s, 13082 Bowen St.		\$50	Fr 5:30P-Topic Disc.Grp, 6650 Alton (Kaiser)	\$59	\$351	LAKE FOREST	^ ^
Tu 8:00P- Discussion 9842 W. 13th St.		\$60	Fr 7:00P Winning Tkt Bk Stdy, 1 Sunnyh	\$218		Th 7:30P-Mustard Seed SS, 23262 El Toro	\$101
We 10:00A-Ovr 50 Sin/Purp, 9845 Belf	\$48	\$48	Fr 8:00P-Little Grp, 18422 Culver	\$80		LA MIRADA	^ ^
Th 10:00A-Over 40 Disc. Grp, 9845 Belf	\$30	\$30	Sa 9:15A-SS, 5101 Alton Pky	\$85	\$513	LAS FLORES	^ ^
Th 8:00P-Sprkr, 9845 Belfast Dr.	\$5	\$5	Sa 11:00A-B.B Stdy, 1 Sunnyhill - Turtle	\$120	\$390	Sa 7:15P-Mission Spkrs., 26111 Antonio	\$360
Fr 10:30A-(W)'s (C)12 & 12, 9845 Bfst	\$15	\$135	Sa 7:00P-Sprks, 1 Sunnyhill - Turtle	\$120	\$240	LOS ALAMITOS	^ ^
Sa 10:30A-F-Troop Disc, 9845 Belfast		\$300	LAGUNA BEACH	^ ^		We 7:30P-Ice Breakers Grp, 4111 Katella	\$150 \$350
Sa 10:30A-BB Stdy, 9845 Belfast		\$55	Dly 7:00A-Attitude Adj, 20456 LCR	\$250	\$520	MISSION VIEJO	^ ^
HUNTINGTON BEACH	^	^	Dly 7:05A-Attitude Adj, 31872 PCH	\$630		Mo&Th 7:30P-BB Stdy, Jeronimo & Marg.	\$537 \$832
Dly 7:00A-Hggrs/Bill Sees It, 8200 Ellis		\$1,300	Dly 7:05A-Attitude Adj, 31106 PCH (C)	\$632		Mo 7:00P- (W)'s SS, 26051 Marg.	\$300
Dly 7:30A-Attitude Mod., 18582 Beach	\$120	\$120	M-F 7:00A-Meets/Ruby's, 30622 PCH	\$50		Mo 7:00P-(W)'s Book Stdy, 26558 Marg.	\$120 \$220
			Su 7:05A-Montage Grp, (Montage)	\$573			

Continued on page 10

Continued from page 9

Mo 7:30P-B/Ring (M)'s Stag, 27641 Aqua	\$191	\$191	We 7:30P-(M)'s SS, 8th & Central	\$50			GROUP INFORMATION		
Tu 7:30P-Design for Living BB, 26558 Marg		\$89	SILVERADO CANYON				REQUESTED		
We 9:30A-(W)'s, 26051 Marguerite Pky	\$135	\$135	Th 7:30P-Fireside Disc, 27641 Silverado Cyn	\$129			Receipt#1134		\$130
We 8:30P-Missionaries Disc, 26558 Marg.		\$135	SUNSET BEACH				Receipt#1480 Newport Beach?		\$236
Fr 8:30P-Couch Meeting, 26001 Muirlands Blvd	\$70	\$70	Su 10:00A-Sunset Bch Mtg, PCH & Warner	\$60			Receipt#1490 Seal Beach? Sat AM		\$79
NEWPORT BEACH			Su 7:00P-11th SS, 16865 PCH	\$40			Receipt#1503 Garden Grove GG		
Dly 6:30A-Jumpstart Disc, 414 E. 32nd St.		\$600	Tu 6:00P-Disc, 16865 PCH	\$62			Alano Club		\$15
M-F 12:15P-Shark@Aquatic, 1Whitecliffs	\$700	\$1,700	Tu 8:00P-Nomad'sBB Study, 16865 PCH	\$15			Receipt#1241		\$112
M-F 5:30P-Fish Out'a Water, 414 E. 32nd		\$120	We 12:00P-Promises Meet, 16865 PCH	\$30			Receipt#1767 San Clemente?	\$298	\$298
Su 9:30A-Sandy Survivors, On/Beach		\$700	Fr 12:00P-Disc, 16865 PCH	\$70			TOTALS	\$17,392	\$93,392
Su 7:00P-Primary Purp Grp, Dover&16th		\$169	Sa 7:30A-Disc, 16865 PCH	\$174					
Su 7:30P-Spkr, 414 E. 32nd St		\$945	TUSTIN						
Mo 9:00A-(W)'s Step Stdy, 414 E. 32nd		\$75	Dly 6:00A-Foothill Early Risers, 19211	\$750					
Mo 12:30P-Back Bay (M)'s, 1201 Irvine		\$700	Dly 6:00A-Attitude Mod, 1221 Wass	\$147	\$1,282				
Mo 7:00P-Language of the Heart (W's) 2414 Vista	\$31	\$233	Dly 12:00P-Brown Baggers, 130 W. Main		\$350				
Mo 8:00P-(M)'s Disc, 301 Nwprt Blvd		\$840	M-F 12:00P-Alkies Winners, 555 W. Main	\$280	\$1,617				
Mo 8:00P-(W)'s Beg Disc, 301 Nwprt Blvd		\$100	Su 6:00A-Attitude Modification, 130 W. Main		\$354				
Mo 8:00P-SS, 414 E. 32nd St.		\$11	Mo 6:16P-Tustin (W)'s 12X12, 1221 Wass		\$20				
Tu 6:00P-Dover (W's) 12 & 12, 798 Dover		\$70	Tu 12:00P-(W)'s 12 & 12, 19211 Dodge A		\$30				
Tu 7:00P-NB/CDM (M)'s, 414 32nd St.	\$342	\$342	Tu 7:00P-BB Stdy, 19211 Dodge	\$80	\$414				
Tu 7:00P-(W)'s B/Stdy, 2414VistaDelOro		\$172	Tu 8:00P-Steps 1-4, 1201 Irvine		\$60				
We 6:00P-Men's, 414 E. 32nd Street		\$109	We 7:00P-Lucky Stiffs (M)'s, 18542 Vander		\$99				
We 6:30P-Wed Nite W's 12+12, 883 W. 15th St.	\$210	\$350	We 7:00P-(W)'s Solutions, 19211 Dodge	\$60	\$143				
We 7:30P-Wed Night (M)'s, 2401 Irvine		\$150	Th 9:00A-(W)'s SS, 14402 Prospect	\$25	\$25				
We 7:30P-BB Stdy, 600 St. Andrew		\$145	Th 6:00 P-Th 12&12 SS, 19211 Dodge		\$18				
We 8:00P-Recovery Radicals, 301Nwprt	\$300	\$670	Th 6:15P-(W)'s Living Sober, 1221 Wass.	\$100	\$175				
Th 7:00P-Over 40's, 414 32nd Street	\$50	\$125	Th 7:00P-12 Steps & 12 Trads, 225 Main	\$50	\$100				
Th 7:30P-Balboa Spkr Grp, 414 E. 32nd		\$210	Fr 11:00A-(W)'s B/B Study, 14402 S. Prospect	\$18	\$25				
Fr 12:15P-(M)'s Business Disc, 414 32nd	\$630	\$630	Fr 8:00P-Disc, Pinetree Park (130 W Main)	\$100	\$300				
Fr 7:00P-Friday Q & A, 414 32nd Street	\$120	\$120	Sa 8:00P-Visiting Spkrs 1221 Wass	\$50	\$170				
ORANGE			VILLA PARK						
Dly 7:00A-Early Birds, 812 Town&Cntry	\$200	\$680	Dly 7:30A-24 Hour Book Grp, 17855 Santia	\$211	\$727				
M-F 5:30P-Tustin Rush Hour, 1800 E. La Veta@T	\$65	\$1,289	Fr 12:00P-(W)'s BB Stdy, 17855 Sant		\$52				
Su 11:00A-Sun Pumpers, 705 W LaVeta		\$490	WESTMINSTER						
Su 7:00P-Spkr/Orange, 1800 E LaVeta		\$80	Mo 7:30P-12&12Beginners, 15750 Mag		\$105				
Su 7:00P-Sober & Crazy Spkrs, 1310 E. Walnut		\$210	WHITTIER						
Mo 7:00P-(W)'s Step Stdy, 161 Orange		\$137	UNLISTED GROUPS						
Tu 7:00P-(W)'s Keep It Simple, 1310 E Walnut		\$41	Women's Meeting Coyote Grill		\$109				
Th 7:30P-777 (M)'s Stag, 395 S Tustin		\$500	Th 7:00P-BB Stdy (UL) LB		\$40				
Fr 7:00P-As Bill Sees It, 161 S. Orange		\$90	Fr 5:30P- B/B Study, Irvine UL	\$134	\$599				
RANCHO SANTA MARGARITA			Fr 8:00P-Family Afterward (UL) Sunset B		\$75				
Mo 7:30P-(M)'s, 30605 Ave de la Flores		\$225	WANDERING GROUPS						
Tu 7:30P-Old Time BB Stdy, 30322 VCD		\$390	Tu 6:00P-Wandering Step Sisters	\$140	\$280				
We 6:30A-Att & Grat, 30605 Ave D/L Flores	\$625	\$1,085	We 7:30P- Rolling Men's Stag BB Study	\$100	\$100				
We 7:30P-RSM StepStdy, 30382 VCD		\$60	(W)'s Wandering-South County UL	\$89	\$278				
Fr 7:30P-Roads End Part, 30322 VCD	\$150	\$240	Th 6:30P-RSM (3rd Thurs) Wandering		\$91				
Sa 10:30A-(W)'s BB Stdy, VCD		\$100	MISC. DONATIONS						
SAN CLEMENTE			OCCO Change Can	\$22	\$46				
Dly- Groups, SC Friendship CTR, 929 Calle Negoci	\$75	\$75	Satellite Office Change Can		\$13				
Mo 7:00P-N.O.I. (M)'s, Camino Capist		\$210	Intergroup Meeting	\$154	\$698				
Tu 6:00P-(W)'s Disc, 190 Ave La Pata	\$13	\$13	Laguna Beach 4th Step Workshop		\$100				
Tu 6:30P-M)'s Stag/Munchies, 35522 Cam. Capist		\$214	LB Miracles Happen Convention		\$369				
Fr 7:00P-(W)'s Book Stdy, Ave.Aragon		\$280	Men's Banquet 2008		\$703				
Fr 8:00P-Aragon Spkrs, 202 Ave Aragon		\$60	PERSONAL DONATIONS						
SAN JUAN CAPISTRANO			Anonymous	\$100	\$900				
Dly 7:00A-SJGroup Eye Opener, 27514 C Arroyo	\$548	\$1,612	Angela M.		\$30				
Dly 6:00A-Taking a Trip, 27174 Ortega Hwy	\$210	\$980	Chris P. Santa Ana		\$75				
Su 5:00P-SJGroup 1 Hr Top Disc, 27514 C Arroyo	\$120	\$630	Edwin M., San Clemente	\$500	\$500				
Tu 7:00P- SJGroup Hear Here Part, 27514 C Arro		\$320	Gerl D. HB	\$39	\$39				
We 6:15P-Speaker Disc Group, 27112A Pasea Es		\$240	James R., Orange		\$100				
We 7:00P-SJGroup 11th Step Disc, 27514 C Arroy		\$200	Jeff P.		\$35				
Th 9:30A-(W)'s Back 2 B B/S, 27122A Paseo Espa	\$180	\$444	Julie L.		\$100				
Th 6:00P-Do The Steps, 32202 Del Obispo		\$120	June L., Irvine		\$150				
Th 7:30P-(M)'s Q & A, 32202 Del Obispo		\$231	Kirk B., Costa Mesa		\$120				
Fr 7:00P-Step Sudy, 27514 Calle Arroyo	\$197	\$197	Mary L., Mission Viejo	\$250	\$500				
SANTA ANA			Norman M. Tustin		\$50				
Mo-Sa 7:30A-Disc Early Birds, 212 Elk	\$100	\$120	Wanda R., Huntington Beach		\$45				
Mo 7:00P-(M)'s Disc, 1st & Lyon Elks L		\$20	Wanda M., Irvine		\$20				
Sa 8:00P-Coop Fell Spkr, 417 N Cooper	\$30	\$30	Theresa W., Newport Beach	\$50	\$325				
SEAL BEACH			IN LOVING MEMORY						
Mo 7:30P-Seal Bch Spkrs, 500 Marina Dr	\$465		Memorial to John O'C. of Laguna Woods	\$25	\$25				

**ORANGE COUNTY
CENTRAL OFFICE**
1526 Brookhollow, Suite 75
Mailing address:
1526 E. Warner, Suite 75
Santa Ana, CA 92705
Phone: (714) 556-4555
Fax: (714) 556-723
E-mail: ocaa7664@sbcglobal.net
Web site: www.oc-aa.org
Office hours:
Mon-Fri: 9:00 AM to 7:00 PM
Sat: 9:00 AM to 1:00 PM

South County Office
27281 Las Ramblas, Ste.135
Mission Viejo, CA 92691
Phone: (949) 582-2697
Fax: (949) 582-2611
E-mail: socooa@sbcglobal.net
Office hours:
Mon-Fri: 10:00AM to 5:00 PM

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

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

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

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 than 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.

**New evening shifts available
6pm to 9pm
Monday thru Friday**

VOLUNTEERING:

In order to volunteer for this service it is suggested that you have two years of sobriety. You must than 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 AA

Statement of Income and Expenses for Period Ending 06/30/2009

INCOME	JUNE	YTD
Group Donations	\$16,383.94	\$89,718.00
Individual/Fellowship	\$711.45	\$2,868.10
Literature Sales	\$9,880.43	\$55,157.12
Birthday Donations	\$208.00	\$2,394.60
In Memoriam	\$275.00	\$275.00
Intergroup Donations	\$154.00	\$698.04
Special Events	\$0.00	\$0.00
Interest Income	\$176.82	\$935.60
Misc. (Repaid Bounced Checks)	\$0.00	\$249.93
TOTAL INCOME:	\$27,789.64	\$152,296.39
EXPENSES		
Audits/Accounting	\$2,625.00	\$5,375.00
Auto (All Managers)	\$68.68	\$358.06
Cash/Invoices OverShort	\$7.00	-\$22.37
Insurances	\$2,470.39	\$3,098.19
Intergroup Expense	\$125.00	\$1,321.50
Lease Expense	\$329.83	\$1,697.13
Sales Tax on Lease	\$28.86	\$74.76
Maintenance & Repairs	\$84.39	\$704.91
Volunteers Coffee + Water	\$110.31	\$623.75
Offices' Supplies + Expenses	\$34.94	\$1,038.90
Pension Fund	\$400.00	\$800.00
Postage	\$44.00	\$389.11
P/I, Donated Literature	\$28.80	\$646.45
Rent Main/Satellite Offices	\$3,117.59	\$17,970.34
Salaries	\$10,446.18	\$60,877.93
Reimb. Health Insurance	\$280.07	\$1,680.92
Payroll Tax Expense	\$1,047.98	\$5,930.40
Taxes & Licenses	\$0.00	\$132.47
Telephone Expense	\$554.11	\$3,191.87
LIFELINE Expense	\$1,384.25	\$6,619.35
Cost of Literature Sold	\$8,534.53	\$47,643.71
Special Events	\$128.64	\$430.64
Misc. (Returned Checks)	\$0.00	\$304.29
TOTAL EXPENSES:	\$31,850.55	\$160,887.31
INCOME/(LOSS):	-\$4,060.91	-\$8,590.92

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.

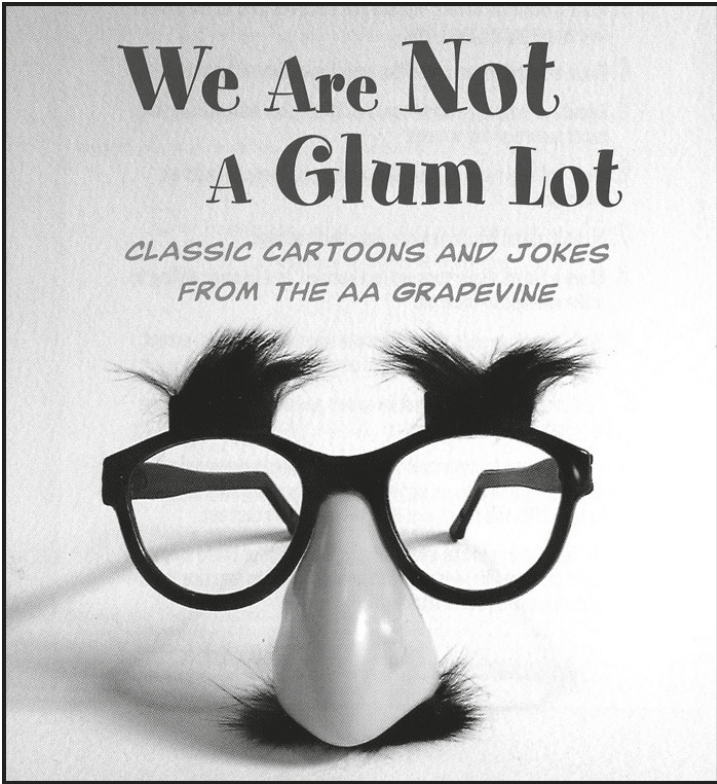
Lifeline Committee: Meets the 1st Thursday of each month at the Central Office. Join us @ 7PM.

Bill W. (Chair), Jim S., Phil F., Nick M., George L., Jack J., Tarcy H. (Editor)

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

We Are Not A Glum Lot

CLASSIC CARTOONS AND JOKES
FROM THE AA GRAPEVINE



Nothing on earth consumes a man more quickly than the passion of resentment.



"Jim, as your doctor, I'm just going to have to tell you to quit drinking. If you don't, you may grow to be stone deaf."

Jim answers: "Well, I guess I'll be deaf, then. I like what I drink better than what I hear."



"JOHNNY ONE-STEP" THINKS IT'S AN ESCALATOR---
---JUST SIT ON THE FIRST STEP AND RIDE UP.

An old-timer took a newcomer to an AA round-up of about 400 people, and when the speaker had finished, the chair started handing out chips. Three people picked up their one-year chips, and the crowd gave them a nice round of applause. Three more people picked up nine-month chips, and the crowd clapped again. They clapped a little harder for the members picking up chips for six months and three months, and louder still for the person who picked up a chip for one month. Then an elderly man picked up a white chip for the desire to quit drinking for one day, and the roof almost fell in: The crowd yelled and clapped for five minutes.

"Why are they doing all that for the guy getting a white chip?" a newcomer asked. An old-timer smiled and explained: "They believe him."