

Lifeline



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Orange
County
Intergroup
Association

FEATURES

<i>Step 4—The Searchlight</i>	Page 1
<i>Essay on Tradition 4—Autonomy</i>	Page 2
<i>Are You Different?</i>	Page 2
<i>Principles of AA® Honesty is the Only Policy</i>	Page 3
<i>Concept 4</i>	Page 3
<i>Letter to the Editor</i>	Page 4
<i>What is Crosstalk?</i>	Page 4
<i>Writing</i>	Page 5
<i>Editorial from the AA® Grapevine, 4th Step</i>	Page 7
<i>Birthdays</i>	Page 10
<i>Speakers</i>	Page 12

SERVICE REPORTS/OTHER BUSINESS

<i>Meeting Changes</i>	Page 6
<i>Group Contributions</i>	Pages 8,9
<i>Central Office Activity</i>	Page 9
<i>Lifeline Committee Info/Call forwarding</i>	Page 10
<i>Statement of Income and Expense</i>	Page 11

ORANGE COUNTY CENTRAL OFFICE

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Office hours Mon-Fri. 9:00 AM-9:00 PM

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Phone: (949) 582-2697

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

The Orange County Intergroup Association meets the second Wednesday of each month at 7:00 PM. Currently there is a need for a new meeting space so, when available, the location will be posted at www.oc-aa.org. If you can help with a meeting location please notify Central Office.

Step 4 – The Searchlight

Made a searching and fearless moral inventory of ourselves.

Number 4 of 12 articles on the 12 Steps

Ah! The dreaded fearless and thorough moral inventory of ourselves. Probably no step is discussed in the meeting rooms of Alcoholics Anonymous® more than Step 4. I remember being new and hearing people talking about writing down all the wrongs they had done others – and thinking to myself, “Yeah, like that’s gonna happen anytime soon!” I mean it would have been just a perfect solution if they had just left those last two words off – “of ourselves”. I was a noted taker of others’ inventory – but my own? – no thanks! Besides, if I simply took everyone else’s inventory and told them where they had been wrong, they would be grateful to me – right? Surprisingly to me, it didn’t work out that way.

At nine months of sobriety, I surrendered to the fact that I was dying of alcoholism sober. I was angry, unhappy and dissatisfied with sobriety. In the back of my mind was that 4th step – but, with my sponsor’s help, I was able to start with step 1 – what a concept! Don’t start with the 4th step, start with the 1st step. As time went by, and I preceded through the work of the first three steps, another great truth became evident – each step prepares us for the next one.

The day I took the 3rd step, I started writing a resentment’s list – just like it is in the Big Book. Column 1 – with who am I angry; Column 2, why am I angry; Column 3, how does it effect me, (a big one); Column 4, what was my part in the events that took place. As the Big Book states, it was the first time I had ever looked at my life this way, and “surprise, surprise, Sgt. Carter” it not only wasn’t as difficult and painful as I thought it would be, the process of writing the 4th step resentments inventory introduced me to two principles I had lost a long time previous – discipline, consistency.

Having paid so much attention to the resentments inventory, I was absolutely dumbfounded that I had to write two more inventories – a fears list and a sex inventory. At some of these I almost balked! But the 4th step process so far had proven to be not the big deal I had anticipated. The directions and questions for the fears list and sex inventory are very clear in the text. And both inventories direct the inventory taker to a better way. I still can’t believe that I had made such a hard time of it.

In a subsequent inventory, (5 years later) I took a 4th inventory – harms done others, (not listed in the grudge list, the fears list or the sex inventory) – outstanding financial obligations were the big revelation here. So in retrospect, I know today that I learned two valuable lessons when I wrote that first inventory that really weren’t part of the directions:

There are three steps to be taken prior to writing the 4th step inventory.

Nothing is ever as bad, (or as good) as it sometimes seems.

A member of A.A.® in Orange County

Essay on Tradition Four

"Each group should be autonomous except in matters affecting other groups or AA® as a whole."

AUTONOMY – Thoughts on Tradition Four

Whenever I read Tradition Four, "Each group should be autonomous. . .," the word that leaps to my mind is "spontaneity." As I grow older in the Fellowship, it seems to me that what I value most is the healthy and spontaneous expression of sincere feeling from my fellow AAs®. We are accustomed to the unstudied behavior of pets and children, but adults often bear unusual and unnecessary burdens of inhibition that hamper the free communication of ideas and attitudes. In AA®, we begin to find ourselves. We begin to discover that we truly are like others, but that each of us is unique. It is the same world we share, but our perspectives are various, and the lenses through which we view it are not all alike.

And what could be more spontaneous than the determination of one or more persons to start a new meeting? Even after much reflection, there comes a moment when we feel, "Yes, it's the thing to do." One day, I was walking along in front of a local church. I was only casually acquainted with the pastor, but something about "responsibility" on the bulletin board caught my attention. I immediately turned in, entered his study, and said, "I want to start an AA® meeting here." He seemed only mildly astonished, thought it might be a good idea, and said he would bring it before the trustees. Thirty days later, we had our first meeting. Our meeting is now three years old and going strong. Only the higher power we discuss so often could have caused me to turn in that day, for I have never been a joiner, and certainly not a starter.

I believe that each meeting should, and does, have a special character of its own. Most of us have learned that while we enjoy any meeting, we are more comfortable in some than in others. A few meetings are very spiritual, tending almost to the religious. Others concentrate on basic AA® and the specific alcoholic problems we all share. In our group, we tend to be rather philosophical, concerned with the day-to-day problems we have as we see them against the background of our alcoholic illness. Our basic format differs in no way from that used in other meetings in this area and if there is a new person at the meeting, we become very basic. Nevertheless, I think we have the special character I spoke of. I think we should cherish these differences in the same way we affectionately accept the quirks and peculiarities of our friends--the very quirks that are a part of their special charm or wisdom.

P.C. Lafayette, CA *The Grapevine* Oct. 1979

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Tradition Four brings me clearly and simply into my own right. It says, "Each Group should be autonomous, except in matters affecting other groups or AA® as a whole." You and I are autonomous. Individually and collectively, we may do as we wish, we are unrestricted. . . *except* when we step on someone else's toes or when we step on a group's toes. Thus the fourth gentle whisper toward humility says to me, "Brother, the common welfare comes first for the truly spiritually selfish reason that your own recovery depends upon its continued existence."

True freedom is not doing what we want, but doing as we ought. There is no government in Alcoholics Anonymous®, no rules or regulations. Each group may do as its members wish; they are autonomous. But to live in true freedom they ought to take every care that their actions do not interfere with other groups or contravene AA® principles lest we lose our freedom. Our freedom only lives by our willingness to give to others that same right.

R.M. Toronto, Ontario *The Grapevine* Dec. 1958

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Joke: I dialed the number of a newcomer and got the following recording: "I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."

Are you Different?

A very young newcomer in my home group recently commented to one of our old timers that he felt different because of his age. Here is the response that made it easy for our young friend to stay with us.

"We all feel different. Someone in this meeting is the tallest and someone is the shortest. Someone has the most education and someone has the least and they both feel different because of it. Someone has the darkest skin and someone's hometown is further away from here than anyone else's and they feel different because of their accent."

"Someone here has spent the most time incarcerated and some of us have never been arrested and we feel different because of it. Some of us don't know one or both of our parents and some of us come from huge families and both of these groups feel different because they never felt special. "Someone in here was abused as a child and someone else has abused a child and both of them are sure that they are very different from the rest of us. Some of us are conservatives and some are liberals. Someone in here has recently declared bankruptcy and someone has more money than he knows what to do with and both of these two are certain that they are different because of money."

"Someone in here is driving a new luxury car and someone else has lost his driver's license but that doesn't matter because he can't afford a car anyway. Someone has retired and has time on his hands and someone else is working two jobs and raising children as a single mom and boy do they feel different.

"The one thing that all of us alcoholics have in common is that we're all different! That's what makes us so interesting. I was personally very glad when you showed up here because I'm tired of being the youngest guy in the room." The newcomer laughed at that, as our old timer is at least 55. It has been a joy to watch the two of them develop a friendship. We are people who normally would not mix. But there exists among us a fellowship, friendliness, and an understanding which is indescribably wonderful."

Alcoholics Anonymous® AAWS, 1976

Principles of Alcoholics Anonymous

Honesty is the Only Policy

The *Lifeline* continues its new feature -- the Principles of Alcoholics Anonymous® -- with a review of what Honesty means for we alcoholics. In the May issue we will look at Courage. -- *Editor.*

Honesty is the best policy, said a philosopher of earlier times. For members of Alcoholics Anonymous®, it is not merely the best policy, it is the only policy.

The founders put it right to us in the first paragraph of Chapter 5, when they declared that "Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves."

Then, discussing the Fourth Step inventory process (Page 64 of the Big Book) we are told that "We took stock honestly." Itemizing our shortcomings "We admitted our wrongs honestly and were willing to set these matters straight." (Page 67, the Big Book.)

The end of the road for slippers? Not at all. "If we are sorry... and have the honest desire to let God take us to better things, we believe we will be forgiven ..." (Page 70, the Big Book.) Even the chronic slippers get a free (if conditional) pass when (on Page 71 of the Big Book) they learn "they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story."

In dealing with Steps 8 and 9, a sincere and frank approach appears mandatory. Says the Big Book (Page 83): "There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves we would right them if we could."

In the stories, honesty becomes a requisite. The Belle of the Bar (on page 481 of the Big Book, 3rd edition) tells us we can succeed "if we are willing to change our way of thinking and be honest, first with ourselves, then with others." A page later, she says: "I know the biggest word for me in AA® is 'honesty.' I don't believe this program would work for me if I didn't get honest with myself about everything." On page 507 of the Big Book, Our Southern Friend tells us that "I learn that honesty is truth, and that truth shall make us free!"

Bill W. built the Twelve Steps and the Twelve Traditions on the foundations he learned in the Oxford Group. The Oxford Group utilized "four absolutes" as the core of their program. The four were "absolute unselfishness, absolute love, absolute purity and absolute honesty." Honesty is the only one of the absolutes to survive Bill's assembly of either the Steps or the Traditions. Some inferences may be seen for the other three throughout our program. But honesty remains our only policy.

George L., Westminster

Concept 4

(Short Form) At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

A prime example of this "right" is found in the level of participation at the General Service Conference. The Conference is made up of more than just the 93 delegates from the U.S. and Canada, although the delegates must make up at least 2/3 of the 136 voting members. The voting conference members other than the delegates are the 21 trustees of the General Service Board; 6 non-trustee directors of the operating corporations (A.A.W.S. & G.V.); and the 3 alcoholic Grapevine and 13 alcoholic General Service Office staff members. Each conference member has only one vote, even if he or she is a member of more than one board.

One might wonder if giving the GSO staff members a vote at the conference might give them too much power or influence. The bottom line is that they are the "worker bees" and have considerable experience with the questions at hand. To deny them the vote would be like treating them as second-class citizens. When they have the vote, they can fully become trusted servants and participating members. Bill also believed that participation, as outlined in Concept 4, helps to insure that we do not put the responsibility for the work with one group and the authority with another. (More about this principle in Concept 10.)

Full participation is also evident on both of the operating corporation boards. The A.A. World Services board (AAWS) is made up of two regional trustees, two general service trustees, three non-trustee directors, the general manager of GSO and the staff coordinator. The Grapevine Board is made up of two regional trustees, two general service trustees, three non-trustee directors and the magazine's executive editor. As in the conference, the wide variety of voting directors on both boards assures full participation, which (in Bill's words) fills a spiritual need that we have "no superiors and no inferiors."

All this about the conference and boards may seem like heady stuff, but how can this Concept be used at our home groups? Well, my home group has five meetings a week, and a once monthly steering committee/business meeting. Our core steering committee is made up of our GSR, Intergroup representative, H & I representative, treasurer, meeting chairman, and the trusted servants from all the meetings. We also announce that any alcoholic who is interested how our group carries the message to the alcoholic is welcome to attend and has a vote. We want everyone who is a group member to participate in deciding how the group operates, and each alcoholic at our steering committee has one vote whether they are a member or a trusted servant. We believe there is no more "responsible level" that at the group level.

Jim C., Costa Mesa

Thoughts to ponder...

- The quality of your recovery is proportional to the quality of your surrender.
- The first step adds years to my life, the rest add life to my years.
- There is no pain in change, the pain comes from the resistance to change.

FROM THE EDITOR

Last month, the *Lifeline* ran an article in the "Reader's Voice" feature about "Accountability vs. Sociability". Here is a response from a long time member as emailed to several other members:

"Dear AA® Friends,

I know to be of service and 'pay back' what gifts you have received, an old timer (I qualify) should be at meetings to guide and help the newcomer. Don't go much at all, because:

MOST OF THEM (ALL OF THEM?) DON'T WANT TO HEAR IT. JUST LIKE MY KIDS, THEY KNOW IT ALL. Traditions are what they have voted on for their meeting!? If someone wants to hawk at the meeting their upcoming seminar that costs money, well, that's ok too. Collect for flowers for birthdays? Presents at birthdays??? **OMG**

I loved my mentors, Jack C. and Lynn D., they would interrupt a meeting, teach program and set folks straight....that was a long time ago, and that is not happening anymore.

Bless the folks that can help and guide **without being upset** at this awful change in the quality of meetings. Not me anymore..

Regards and Love,
Lesley R.

Some of the email group wrote back; I got a lot of guff, what a bum I am...tsk tsk, and some patience and tolerance as well. I may be sober, but I certainly have drifted from my primary purpose.

One more admonishment from an old timer, 1975 variety:

'Flower bouquets belong at the Women's Club, no presents ever at a meeting. Send a spiritual or insulting card, both work. The group is setting up people as way too special, and we are all just one day from a drunk whether you are the "too much five year old" or the "second time around searching six year old." This no gift idea might not be written in the Traditions, but wouldn't that money be of better use if donated to a Woman's Half-way House in honor of the Birthday Girl? Why not have her bring the cake and give back to the group...no rewards. **SHE ALREADY GOT THE GIFT!**



"Fr'en' o'mine went in there once an' nobody's seen him since!"

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What is Crosstalk?

New York's General Service Office (G.S.O.) has no position on "crosstalk." As a "Box 4-5-9" article explained it: "The kind of crosstalk that members are asking about specifically is traceable to a list of guidelines for behavior at A.A.® meetings—erroneously attributed to 'World Service'—that appears in 1992 in a central office newsletter and has since been reprinted and circulated more widely... The so-called guidelines did not emanate from the General Service Office. What random investigation reveals is that they may have filtered into some A.A.® groups through members who also attend other Twelve Step recovery groups."

The Box 4-5-9 article has quotes from two AAers. From one in Rome, New York: "When someone shares in response to something I've said, that's okay, but only so long as there's not even a hint of censure, belittlement, scolding or preaching, all under the guise of sharing. Knowing there's no risk of judgment makes me feel safe."

From a G.S.O. staff member: "Many of us realized that non-judgmental suggestions we had received in meetings, in response to something we had shared, was very beneficial to our recovery. It is how we learn, and that's what 'sharing experience, strength and hope' is all about."

The following was approved by one Orange County group for its meetings:

"The term 'crosstalk' has been used, correctly or incorrectly, to describe different types of behavior in meetings: 1) 'conversation' between the person sharing and someone else in the meeting, or between two other members while someone is sharing; 2) 'taking someone's inventory' after they have shared; or 3) 'sharing experience, strength, and hope' about something a member has shared.

So often you'll hear in meetings after someone has shared: 'I know we're not supposed to crosstalk, but...' and then go on to share experience, strength, and hope. AA® was built on 'sharing experience, strength, and hope' between alcoholics and we do not want to discourage that. But we should never get into 'taking someone's inventory' by being critical of their share.

Each meeting is free to set its own format and that includes crosstalk in the form of 'conversation.' Many meetings do not allow it, but others do."

Jeff R., Mission Viejo

WRITING

This might be a good day to write the Great American novel, if I were a writer. I have certainly had enough adventures to fill the pages, but I think you need more than experiences to write a novel. It is a craft which seems to require editing and rewriting and more editing and more rewriting, ad nauseum. I can edit other people's writing, but I've never been very good at the editing my own work. It is really difficult to find my own mistakes. Sigh.

I find this true of life in general. I can see what everyone else is doing wrong, but it is oh so difficult to see my own transgressions so easily. It is really unfortunate that it isn't productive to find other people's mistakes. It seems like it would work so well if I wrote down you errors of judgment and you wrote down the next person's, and they wrote down the next person's until it came full circle. Somehow this idea has not caught on in the program or the general population of earth folks.

I don't learn as much from your "analysis" of my shortcomings as I do when I stumble upon these same shortcomings myself. I notice most of them when I am writing. Something strange happens when I sit down and write, just stream of consciousness, with no self editing. I seem to be more honest than I am at any other time. When stuff is running laps in my head it gets all tangled up with rationalization, justification and the "what ifs." When I talk to my sponsor I still self edit to some extent, try as I may to be perfectly honest. But when it's just me sitting there with the pen and the paper it is as though I am communicating directly with God, no holds barred. I am more honest than I am at any other time.

Now sometimes it doesn't start out that way, especially if I have my panties in a twist about something, but I just make myself write, even if it is about my plans for the day or what I need to get at the store. Then sometimes quickly, sometimes slowly, the pen seems to move toward the truth, as if of its own volition.

At times I write every day. It keeps the "pipes" cleaned out, a daily tenth step, so that anger, resentments, fear, etc don't build up. When I do this my life seems to move along smoothly and I know serenity. So, of course, I stop or do it sporadically, then I start feeling irritable, restless and discontent. So I start writing daily again, and life evens out again. It's like magic.

Of course, when I do stumble upon these bigger truths, I talk to my sponsor about them. Once I have admitted the truth to myself and God, then I can admit it to another human being.

This writing may not be as profitable as the Great American Novel, but for me writing is one of the most powerful and effective tools I have been given in Alcoholics Anonymous®.

Nancy H., Laguna Hills



*Do you have two years of sobriety?
With the Convenience of Using Your Own Phone While
Being In Your Own Home You Can Receive That Re-
warding Feeling From Helping an
Alcoholic To Get a Start in A.A.
Call-Forwarding
Is Here to Help Us
Deliver the Message To Alcoholics
Twenty-Four Hours Every Day!
Seven Days Every Week!
Please See if Your Schedule Can
Match Up With a Call-Forwarding Shift Schedule
Get In Touch With the Orange County Central Office
To Find Out...Please Call: (714) 556-4555*

ORANGE COUNTY INTERGROUP SERVICE BOARD Contacts and Committee Information

Secretary

Vice Chair, Frank M.

Treasurer, Grant M.

Chair Person, Contact: Lew D.

Special Events Committee, Debbie M.

Meetings scheduled as needed

Group Relations Committee, Scott R.

Meets the 4th Wednesday of the month at 7:00 pm

Public Information Committee, Alex N

Meets the 3rd Wednesday of the month at 6:30 pm

Lifeline Committee, Dave M.

Meets the 1st Thursday of the month at 7:00 pm

Central Office Committee, John P.

H & I Committee, George R.

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



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.

ATTITUDE by Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our attitudes."

MEETING CHANGES SINCE JANUARY 8, 2007

SUNDAY

HUNTINGTON BEACH

6:00 AM (C) COVER TO COVER BIG BOOK STUDY 18582 Beach Blvd
New meeting

LAKE FOREST

6:00 AM ATTITUDE ADJUSTMENT 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address
7:30 AM (C) 11TH STEP DISCUSSION 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address

LOS ALAMITOS

6:00 PM BIG BOOK STUDY 4376 Katella Av cs Lexington (2nd Floor)
New address

SAN JUAN CAPISTRANO

6:00 AM TAKING A TRIP 27174 Ortega Hwy @ I-5 New meeting

MONDAY

COSTA MESA

6:30 PM COSTA MESA MEN'S STAG 2040 Placentia Ave. Time change

HUNTINGTON BEACH

7:30 PM WOMEN'S SANS 18631 Chapel Lane (St. Wilfrid's Church)
Changed to Open

LAGUNA BEACH

6:30 PM (C) WOMEN'S BIG BOOK STUDY 21632 Wesley Dr. @ PCH (Church) Time change

LAKE FOREST

6:00 AM ATTITUDE ADJUSTMENT 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address
7:30 AM (C) STEP STUDY 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address

MISSION VIEJO

7:30 PM BELL RINGERS BIG BOOK DISCUSSION MEN'S STAG 27641 Aquamarine (House) Location set

SAN JUAN CAPISTRANO

6:00 AM TAKING A TRIP 27174 Ortega Hwy @ I-5 New meeting

SANTA ANA

7:30 AM (C) DISCUSSION EARLY BIRDS 212 S Elk Ln @1st & Elk Address clarification
7:00 PM (C) MEN'S DISCUSSION 212 S Elk Ln @1st & Elks (enter from northside of Elk Lane) Address clarification

TUESDAY

ANAHEIM

6:30 PM (C) 6TH & 7TH STEP STUDY 710 W. Broadway @ Harbor (Broadway Christian Cnt rm#4) New Meeting

LAKE FOREST

6:00 AM ATTITUDE ADJUSTMENT 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address
7:30 AM (C) DISCUSSION 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address

SAN JUAN CAPISTRANO

6:00 AM TAKING A TRIP 27174 Ortega Hwy @ I-5 New meeting

WEDNESDAY

ANAHEIM

6:30 PM MEN'S STAG 523 W Victor Ave @ Harbor New meeting

COSTA MESA

7:30 PM (C) BACK TO BASICS STEP STUDY 420 W 19th Street @ Harbor (1st Methodist) New meeting

7:45 PM (C) DESIGN FOR LIVING 1855 Park Ave @ 19th (Library) New meeting

LAKE FOREST

6:00 AM ATTITUDE ADJUSTMENT 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address
7:30 AM (C) BIG BOOK STUDY 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address

SAN JUAN CAPISTRANO

6:00 AM TAKING A TRIP 27174 Ortega Hwy @ I-5 New meeting

THURSDAY

LAKE FOREST

6:00 AM ATTITUDE ADJUSTMENT 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address
7:30 AM (C) DISCUSSION 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address

SAN JUAN CAPISTRANO

6:00 AM TAKING A TRIP 27174 Ortega Hwy @ I-5 New

TUSTIN

8:00 PM (C) GRAPEVINE 12 & 12 STUDY 225 W. Main @ C, (Presbyterian Church Rm C205) New address

FRIDAY

COSTA MESA

7:00 PM (C) CHOW HOUND HOOLIGANS 759 W 19th @ Placentia New address

7:30 PM (C) MEN'S BACK TO BASICS BIG BOOK STUDY 420 W 19th Street @ Harbor (1st Methodist) New address

DANA POINT

12:15 PM FRIDAY LUNCH WOMEN'S BIG BOOK STUDY 33841 Niguel Road, (Library) New address

FULLERTON

7:30 PM ODD COUPLES WANDERING GROUP For information call (714) 773-4357 New meeting

IRVINE

7:00 PM WINNING TICKET STEP & BOOK STUDY 1 Sunnyhill @ Turtle Rock (Community Club House) New address

LAGUNA BEACH

9:00 PM (G) LIVE & LET LIVE 20456 Laguna Canyon Rd. New address

LAKE FOREST

6:00 AM ATTITUDE ADJUSTMENT 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address
7:30 AM 11TH STEP DISCUSSION 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address

SAN JUAN CAPISTRANO

6:00 AM TAKING A TRIP 27174 Ortega Hwy @ I-5 New meeting

SATURDAY

LAKE FOREST

6:00 AM ATTITUDE ADJUSTMENT 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address
7:30 AM 11TH STEP DISCUSSION 22771 Centre Dr @ Rockfield (Lake Forest Lanes, Conf Rm) New address

LOS ALAMITOS

7:30 PM WATERING HOLE 4111 Katella Ave. @ Bloomfield (Church) New time

NEWPORT BEACH

12:10 PM OUR RELATIONSHIP WITH GOD AND OTHERS 414 E. 32nd St. New time

6:00 PM DISCOVERY GROUP 1 Whitecliffs Dr (Newport Aquatic Center) New meeting

SAN JUAN CAPISTRANO

6:00 AM TAKING A TRIP 27174 Ortega Hwy @ I-5 New meeting

MEETING DELETIONS SINCE JANUARY 8, 2007

SUNDAY

NEWPORT BEACH

12:15 PM SHARK AT THE AQUATIC CENTER 1 Whitecliffs Dr. (Newport Aquatic Center)

TUESDAY

LAGUNA BEACH

7:30 PM (C,G) TUESDAY NIGHT GAY MEN'S STAG 31872 Pacific Coast Hwy. (Hospital)

FRIDAY

CORONA DEL MAR

7:00 PM SPEAKER 5th & Iris (Youth Center)

SATURDAY

NEWPORT BEACH

12:15 PM SHARK AT THE AQUATIC CENTER 1 Whitecliffs Dr. (Newport Aquatic Center)

7:30 PM DAILY REFLECTIONS 2100 Mar Vista (St Mark's Church)

Editorial: On the 4th Step . . .

"Made a searching and fearless moral inventory of ourselves."

Self appraisal which attains any real accuracy is unquestionably a difficult process. We all find it so easy and pleasant to view ourselves through a rosy hue of complimentary half-truths and so hard and unpleasant to take a look in the uncompromising and glaring light of the unvarnished truth.

The 4th Step is, indeed, a real challenge to honesty with oneself. In this way, it is both preparation and a complement to the 5th Step. To make the "searching and fearless moral inventory" called for in the 4th Step, one must first of all be searchingly and fearlessly honest about himself. The degree of honesty one can achieve will determine the accuracy and therefore the usefulness of the moral inventory.

One practical way of starting this very practical Step--or at least a way that helped one newcomer--is to prepare a record sheet with two columns, one headed, "Liabilities" and the other, "Assets."

Under "Liabilities" can be listed personality deficiencies and faults, such as intolerance, selfishness, indecisiveness, fear, indolence, a bad temper, impatience and a whole host of other qualities which most everyone at this early stage discovers he has in abundance.

Under "Assets," if any, can be listed the opposite positives--tolerance, generosity (and this does not mean giving the poor bum a dime for a cup of coffee and feeling noble about it for two blocks), thoughtfulness of other people, humility, patience, and a few other attributes. Few persons, if honest, ever work up much of a list on this side of the ledger for their first moral inventory.

The actual process of deciding what to put in each column consists of asking oneself some pointed questions. Am I tolerant of other people's peculiarities, other creeds, other colors, other races, other opinions? Or do I dislike somebody because of the way he combs his hair or ties his tie? How many favors will I do other people without expecting one in return? Will I really go out of my way to help someone, or only when it's convenient? Do I feel superior to others? Am I impatient of others' shortcomings, while being very patient about my own? Am I honest, or do I practice deceit and double-talk, and then excuse myself afterwards with some fancy rationalizing? Am I kind, considerate, gentle?

The more questions one asks himself along this line the clearer become the entries he should make in each column.

If this is the first moral inventory one has taken of himself, or at least the most honest one, he will find it the most trying. But he also will find that in itself it will give him a certain feeling of relief. Finally he has begun to face facts. Finally he has worked up enough courage to face himself as he really is, and not as he has been dreaming he is. This is a courageous step forward. It is another step onto the path to sanity, stability and happiness.

The first inventory should not be the last by any means. In fact, the principle and the technique of the moral inventory become a vital part of the new life. The first is the most difficult. Subsequent inventories show where progress has been made, where more effort still needs to be placed. If an inventory be taken at regular intervals, one has at hand a guide for keeping on the beam.

Continued...

The moral inventory is one of A.A.[®]'s most effective techniques. Of course, as with other A.A. techniques, its effectiveness depends on how well it is used. The inventory will not work by itself. The benefit comes about through the efforts made to change that which the inventory reveals should be changed.

T.D. Manhattan, New York
[February 1946](#), Vol. 2 No. 9

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Dear Friends:

IN MEMORY...

It is with great sadness that we share the news that Nell Wing died on Wednesday, February 14, 2007 at 7:00 p.m. after a lengthy illness. Nell was 89 years old.

As most of you know, Nell was Bill W.'s secretary and assistant for 17 years and a close friend and long-time companion to Lois W. She worked at the General Service Office of A.A.[®] from the beginning of 1947 until her retirement at the close of 1982, starting as a receptionist and later becoming secretary of A.A.[®] World Services, Inc. Additionally, she served as G.S.O.'s first archivist for the last ten of her years at the office. The Archives opened in 1975.

We would like to take a moment to celebrate Nell's life and share the following, which our G.S.O. Archivist, Amy Filitreau, provided:

From *Markings*, November/December 1983, when Nell announced her retirement in print: "...I hope to stay nearby; and never lessen interest in this fellowship, nor loosen the close bonds of friendship with my A.A.[®] and Al-Anon friends. I'm forever grateful for this marvelous experience that began for me on March 3, 1947, at 415 Lexington Ave., New York City, in 3 small rooms of the Central Terminal Building. I have enjoyed and treasured every moment of it. I won't say 'goodbye;' just want to extend my love and thanks to each one of you dear friends."

In fellowship,
Eva Sanchez
G.S.O. Staff Assistant Secretary
General Service Board



PUBLIC INFORMATION



The OC Public Information Committee is asking for volunteers to man a booth at the OC FAIR this year. The fair is July 13 thru August 5. Over 100 volunteers are needed and it's a great way to have fun, while being of service. All of the 3-5 hour slots will need to be filled to make this successful. See your intergroup representative to sign up or contact Central Office. The sobriety requirement is 6 months and you MUST show up if you sign up. Everyone will be contacted in June with their shift assignments.

BE OF SERVICE!!

PERSONAL DONATIONS

Anonymous		\$500
Cyndi H.	\$8	\$8
Chris K.	\$140	\$140
E. Douglas M. Irvine		\$400
June L. Irvine	\$25	\$50
Wanda R. Huntington Beach		\$20
Richard B. Irvine		\$140
Missy B. Ladera Ranch		\$35
Mari K. Long Beach		\$70
Victoria M. Laguna Niguel		\$100
Vaun I. Laguna Beach	\$198	\$198

IN LOVING MEMORY

Jerry E. Costa Mesa		\$30
Theda J. Laguna Woods		\$50

GROUP INFORMATION REQUESTED

Receipt # 7899	\$240	\$240
Receipt # 7898	\$118	\$118
Receipt # 7891	\$60	\$60
Receipt # 8041		\$120
Receipt # 8067		\$50

TOTALS \$14,358 \$37,940

JOKE: A man and his wife are awakened at 3 o'clock in the morning by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "it is 3 o'clock in the morning! He slams the door and returns to bed.

"Who was that?" asked his wife. "Just some drunk guy asking for a push," he answers. "Did you help him?" she asks. "No, I did not, it is 3 o'clock in the morning and it is pouring out there!" "Well, you have a short memory," says his wife. "Can't you remember about three years ago when you were a drunk and you asked those A.A.® guys for help? They helped you no questions asked. I think you should help him, and you should be ashamed of yourself!" The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?" "Yes" comes back the answer. "Do you still need a push?", calls out the husband. "Yes, please!" comes the reply from the dark. "Where are you?" asks the husband.



"Over here on the swing!" replies the drunk



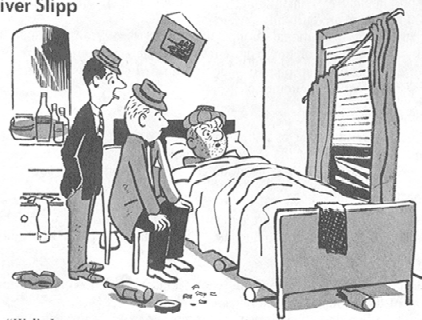
"He's either a spy or an AA member having a slip"

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Funny stuff

- If you can't be kind, at least have the decency to be vague.
- A penny saved is a government oversight.
- The real art of conversation is not only to say the right thing in the right place, but also to leave unsaid the wrong thing at the tempting moment.
- The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.
- If you think there is good in everybody, you haven't met everybody.

Oliver Slipp



"Well, I got a resentment at a meeting because the speaker talked two minutes over the time. That was three weeks ago!"

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

How Do I Get Involved?

To become a member of Orange County Hospitals & Institutions Committee, a volunteer must have 1 year of continuous sobriety, attend three consecutive monthly business meetings and attend a new members orientation.

Where and When?

Garden Grove Alano Club
9845 Belfast Drive
Garden Grove, CA
(714) 534-2244

On the 2nd Sunday of each month

- Institutions Committee: 4:00-5:00 pm (Orientation for new members at 3:15 pm)
 - Hospitals Committee: 6:00-7:00 pm (Orientation for new members at 5:15 pm)
- For additional information call:
Central Office: 714-556-4555

South Orange County H & I

Where and When?

2nd Thursday of Every Month 7:30 pm
Laguna Canyon Club
20456 Laguna Canyon Rd., Laguna Beach

CENTRAL OFFICE ACTIVITY-February

Total Calls Handled by Both Offices: 2691

Main and Satellite Office Volunteers

	Jan	Feb
12 Step Calls	15	12
Meeting Information	1026	897
General Information	501	478
Walk-in Customers	333	314

Night Owl Volunteers

12 Step calls	11	9
Meeting Information	732	640
General Information	357	341

WEB SITE STATISTICS

The first issue of the *Lifeline* to be posted on our web site was July, 2006. Since that time, there have been 2,098 "hits" on the *Lifeline* home page, and the actual issue .pdf files have been accessed 3,431 times.

In February, there were 11,820 "visits" to www.oc-aa.org. From April 2006 through February 2007, visits averaged 11,585 per month.

"The measure of your real character is what you would do if you knew you would never be found out."
Anonymous.



JOKE: You are driving in a red compact convertible car at a constant speed of about 35 miles per hour. On your right side is a valley and on your left side is a fire engine traveling at the same speed as you. In front of you is a galloping purple pig which is the same size as your car and you cannot overtake it. Behind you is a bright green helicopter flying at ground level. Next to them is a galloping yellow horse. The giant pig, the horse and the helicopter are also traveling at the exact same speed as your car. What must you do to safely get out of this highly danger and precarious situation?

Get your drunken butt off the Merry-GO-Round.

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: We meet the 1st Thursday of each month at the Central Office. Join us @ 7PM.

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

Mail submissions to the above address or email the *Lifeline* Committee at lifelineeditor@yahoo.com

CENTRAL OFFICE CALL FORWARDING SHIFTS

Call-forwarding is the program instituted by Orange County Central Office whereby, during hours when the Central Office is closed, calls to the Central Office are forwarded to your phone and you answer the calls, just as if you were sitting in the Central Office as a volunteer. This service allows the Central Office to realize a significant cost savings because we do not need to contract to a vendor to answer the phone and forward the call on to a central Office 12th Step volunteer. Even more vital, when a call is placed to Alcoholics Anonymous, the caller will be talking to an A.A. member not a paid private worker! Many of the shifts listed below are currently filled by A.A. members. If you see a shift that you would be able to take, please call the Central Office at (714) 556-4555 to determine if that shift is currently unfilled.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Holiday
6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 1pm-4pm 4pm-7pm 7pm-10pm 10pm-6am	6am-10am 10am-2pm 2pm-6pm 6pm-10pm 10pm-6am	6am-10am 10am-2pm 2pm-6pm 6pm-10pm 10pm-6am

BACKUP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Holiday
6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 9pm-6am	6am-9am 1pm-4pm 4pm-7pm 7pm-10pm 10pm-6am	6am-10am 10am-2pm 2pm-6pm 6pm-10pm 10pm-6am	6am-10am 10am-2pm 2pm-6pm 6pm-10pm 10pm-6am

In order to volunteer for this service, you must first arrange with the Central Office Manager for a brief orientation session which will be held at the Central Office. This truly is "front-line" 12th Step work and we would appreciate any time you can give.



April Birthdays

Jhamal S.	Laguna Beach	3 years
Karen D.	Irvine	5 years
Erin M.	Dana Point	5 years
Larry E.	Santa Ana	10 years
Claudio S.	Huntington Beach	11 years
Paul B.	Rancho Santa Marg	13 years
Doug P.	Irvine	16 years
Max R.	Capo Beach	18 years
Sandy B.	Huntington Beach	20 years
Larry S.	Rancho Santa Marg	20 years
Dotty B.	Laguna Niguel	24 years
Jim R.	Irvine	24 years
Barbara B.	Laguna Woods	28 years
Jim S.	Costa Mesa	30 years

*A Special Happy Belated Birthday to
 Cheri C. of Aliso Viejo for 31 years.
 Our apologies for not publishing in March.*



BIRTHDAY DONATIONS

Many A.A. members celebrate their AA Birthday by sending a donation to Central Office. These donations help to keep the doors of the office open so that new members may receive the same help so many of us already have received. Others make a quarterly donation, or simply make Personal Contributions. All donations are greatly appreciated.

Clip and send with your
 Birthday contribution

FOR _____

CITY _____

Sobriety Date/Years _____

Amount Enclosed: _____

Send to:
 Orange County Central Office
 1526 Brookhollow, Suite 75
 Santa Ana, CA 92705

**ORANGE COUNTY
INTERGROUP ASSOCIATION OF AA**
Statement of Income and Expenses for Period Ending 02/282007

INCOME	FEBRUARY	YTD
Group Donations	13,703.67	35,846.07
Individual/Fellowship	576.00	1,891.00
Literature Sales	11,507.20	22,687.00
Birthday Donations	429.65	842.65
In Memoriam	0.00	80.00
Intergroup Donations	76.00	147.20
Special Events	0.00	0.00
Interest Income	294.62	533.30
MISC. (Repaid Bounced Checks)	224.12	224.12
TOTAL INCOME:	26,811.26	62,251.34
EXPENSES		
Audits/Accounting	0.00	0.00
Auto (All Managers)	66.93	117.37
Bank Charge	-5.00	0.00
Cash/Invoices OverShort	-1.11	-0.03
Insurances	1,748.20	4,494.72
Intergroup Expense	125.00	225.00
Lease Expense	389.07	778.14
Maintenance & Repairs	0.00	152.46
Volunteers Coffee + Water	69.70	198.61
Offices' Supplies	136.48	421.00
Pension Fund	166.68	333.36
Postage	209.22	310.62
P/I, Donated Literature	0.00	1,540.06
Rent Main/Satellite Offices	3,513.05	6,958.10
Salaries	9,101.98	18,562.96
Payroll Tax Expense	696.32	1,420.10
Taxes & Licenses	0.00	0.00
Telephone Expense	326.30	660.79
LIFELINE Expense	1,246.15	2,469.85
Cost of Literature Sold	9,035.18	17,813.29
Special Events	0.00	1,100.00
Misc. (Returned Checks)	411.12	561.12
TOTAL EXPENSES:	27,235.27	58,117.52
INCOME/(LOSS):	-424.01	4,133.82



April 13-15, 2007
19th AVW AA Roundup
Ridgecrest, CA
www.orgsites.com/ca/iwvroundup
iwvroundup@gmail.com

April 26-29, 2007
*The 35th Annual All California
Young People in AA Round Up*
Los Angeles, CA

April 27-29, 2007
*26th Annual Southern California
Hospitals & Institutions
Conference*
Orange, CA

April 27-29, 2007
19th Annual Big Island Bash
Kailua-Kona, HI
www.bigislandbash.com

May 18-20, 2007
Tri-State 23rd Annual Round-up
Laughlin, NV
www.tristate-roundup.com

June 1-3, 2007
Flagstaff 2007 Roundup
Flagstaff, AZ

August 30-September 2, 2007
49th ICYPAA
Los Angeles, CA
www.49thcypaa.org

August 31-September 2, 2007
Monterey Bay Area Roundup
Monterey, CA



WELCOME TO THE FELLOWSHIP

Welcome to the fellowship
Here take this chair
When you walk through our doors
We'll show you that we care

We will love you
Until you can love yourself
Put the plug in the jug
Keep the booze on the shelf

All you need is a desire to stop
That's all it take to join our way
We'll share our program
Show you how to live in today

You will never again be lonely
Unless you choose
As long as you don't pick up
You'll never lose

We will teach you how to work the steps
One by one
We will teach you that in sobriety
You can have fun

Surrender to win is a good place to begin
First you have to clean up the past
In here no one is first
And no one is last

We have a way that is simple
But not easy you see
Rest assured we'll teach you
How to live free

In here we know how you feel inside
Because we have been
Where your at
But no longer hide

Welcome to the fellowship
Of pure love
This program was given to us
By God above

Have some coffee
Sit right down
We are so happy
That you've come around

We'll show you how we make our way
Then you can be blessed
Yourself
As you give it away

Welcome to the fellowship.

...no society of men and women
ever had a more urgent need for
continuous effectiveness and
permanent unity. We alcoholics
see that we must work together
and hang together, else most of
us will finally die alone.
Alcoholics Anonymous, p. 561

Fun and Fellowship on Catalina

Much appreciation is given to the "Catalina Island Group" which hosted 45 members for a meeting and fellowship who were on their 4th excursion from the mainland to the island on November 12. Members spent the day enjoying the sights and local personalities of the island. New friends were made and bonds between old friends were rekindled. It was a wonderful and relaxing day, the perfect atmosphere to renew your mind, body and spirit. If interested in information on future Catalina Island day trips and meetings please contact Hawaii Kevin at (949) 400-0227 or Pete at (949) 646-6485

Speakers

Garden Grove

Saturday Night Speakers, 8:00 PM
Garden Grove Alano Club, 9845 Belfast Dr.
Contact: Jon W.

4/7 Jackie Y. Tustin
4/14 "Big Tim" Newport Beach
4/21 Norm El Monte
4/28 Kimberly H. Garden Grove

Huntington Beach

Saturday Night Lite Speakers, 7:00 PM
HOW Hall, 18582 Beach Blvd.
Behind Flower Kiosk @ Ellis
Contact: Tom H.

4/7 Podium Participation
4/14 Doug M. Costa Mesa
4/21 Chris S. Long Beach
4/28 Joe W. Leucadia
5/5 Sonny F. Huntington Beach
5/12 Arum Los Angeles
5/19 Johnny K. Huntington Beach
5/26 Jenie J. Huntington Beach
6/2 Brian B. Huntington Beach
6/9 Bev L. Costa Mesa
6/16 Neil G. Newport Beach
6/23 Nori G. Los Angeles
6/30 Angie M. Huntington Beach

Newport Beach

Balboa Speaker Meeting, 7:30 PM, Thursday
Newport Club, 414 East 32nd Ave.
Contact: Jim K.

4/5 Patti O. Laguna Niguel
4/12 Steve W. Los Angeles
4/19 Frankie D. Huntington Beach
4/26 Tom K. Upland
5/3 Gina S. Long Beach
5/10 Cliff R. Oceanside
5/17 Stacy E. Costa Mesa
5/24 Frank J. Sherman Oaks
5/31 Allison P. Manhattan Beach
6/7 John G. Los Angeles
6/14 Tricia M. Mission Viejo
6/21 Johnnie H. Long Beach
6/28 Karen H. Long Beach

Orange

No Puffers Speaker Meeting, 8:00 PM, Friday
Community of Christ Church, 385 S. Tustin Ave.
Contact: Garry B.

4/6 Good Friday, No Meeting
4/13 Murry G. Orange
4/20 James H. Orange
4/27 Thad L. Tustin
5/18 Deborah S./Eric E. Los Angeles

Sunset Beach

Rule 62 Speaker Meeting, 7:00 pm, Saturday
Thursday's Fellowship Hall
16865 Pacific Coast Highway
Contact: Judy M.

4/7 Guillermo E. Long Beach
4/14 Diane I. Long Beach

Continued...

4/28 Ricky Sunset Beach
5/5 Rudy V. Long Beach
5/12 TBD
5/19 Fred L. Brea
5/26 TBD

Tustin

Saturday Night Visiting Speaker, 8:00 PM
St. Paul's Church, 1221 Waas
Contact: Glenn H.

4/7 Dale C. Tustin
4/14 Surprise
4/21 Larry E. Santa Ana
4/28 Billy S. Tustin
5/5 Gary B. Orange
5/12 Cynthia E. Lake Forest
5/19 Briana S. Orange
5/26 Diane B. Tustin
6/2 Steve H. Orange
6/9 Glenn H. Tustin
6/16 Debi S. Tustin
6/23 Kurt H. Tustin
6/30 Nick T. Orange

Participation, Speaker, Q & A

9:02 AM—11:00 AM, Sunday
130 West Main Street (Hall)
Contact: Eric S.

4/1 Ron R. Huntington Beach
4/8 Louise G. Villa Park
4/15 Johnny B. Orange
4/22 Ken S. Tustin
4/29 Alison H. Orange
5/6 Kristen V. Orange
5/13 Lisa S. Santa Ana
5/20 Tim H. Tustin

Sober and Crazy Sunday Night Speakers, 7:00 PM

130 West Main Street (Hall)
Contact: Mark Z.

4/1 Jay Aliso Viejo
4/8 To be announced
4/15 John M. Scottsdale, AZ
4/22 Ester B. Orange
4/29 Allen B. Tustin

To submit speaker information
please call (714) 556-4555 or
email: lifelineeditor@yahoo.com



SPEAKER INFO

The listed speakers have been invited by the respective groups and their message does not imply the endorsement of the Orange County Intergroup nor their Central Office.

Editor's Notes

The *Lifeline* is your paper. Your ideas, suggestions, criticism and articles are welcome and needed.

Please submit to
lifelineeditor@yahoo.com.

ATTENTION READERS:

Recently several meeting spaces have closed to Alcoholics Anonymous. In some cases this is beyond our control. In others, it is because of our conduct and disrespect of the property. Please remember we are guests of the buildings we occupy and act accordingly. Please keep the noise down, drive carefully, park legally, clean up after yourself and be respectful. If we abuse it, we will lose it as we are beginning to see.

Responsibility Declaration

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

AA® is the only place you
can walk into a room full of
strangers and reminisce.

Lifeline

2007 Holidays—Central Office Closed

Holiday	Day of Week	Date
Memorial Day	Monday	May 28th
4th of July	Wednesday	July 4th
Labor Day	Monday	September 3rd
Veteran's Day	Monday	November 12th
Thanksgiving Day	Thursday	November 22nd
Christmas Day	Tuesday	December 25th