

# Lifeline



Experience, Strength, and Hope in Orange County

## The “Write” Stuff

Each of AA’s Twelve Steps present their own unique challenges, but Step Four is often the most feared. I’m among the AA members who, after completing the first three Steps, balked at the thought of looking at the behaviors that made me an active participant in my alcoholism. Courage was the key to my moral inventory.

I remembered the 1983 film about the brave Mercury astronauts who found the “right stuff” within themselves to explore space despite their fear of the unknown. Step Four was like boarding a rocket through the atmosphere of my character defects towards a sobering self-enlightenment. But completing this Step would strengthen both my courage and faith.

We alcoholics often dread having to look at ourselves and the times we caused unhappiness, especially if it means writing. But our moral inventory isn’t a novel or an excuse for wallowing in guilt, shame, or regret. It’s simply a list of these incidents and our part in them.

The Big Book of AA has general instructions for this process (*Big Book*, p. 64). Since it was written, members have created many ways to do Step Four. I’ve had a couple of sponsors who each used a different approach, but the purpose was the same: to look at my life and actions and create a written record of my character defects in order to determine what I have the power to change (my behavior) and what I don’t (others, the past, etc.).

**I remembered the 1983 film about the brave Mercury astronauts who found the “right stuff” within themselves to explore space despite their fear of the unknown. Step Four was like boarding a rocket through the atmosphere of my character defects towards a sobering self-enlightenment.**



An inventory also identifies liabilities in order to rid ourselves of them. Among these are dishonesty, selfishness, self-centeredness, fear, and anger, behaviors that block our spiritual growth and recovery. Steps Five through Ten will be built upon the foundation we lay in Step Four, so doing quality work is vital.

Completing a thorough Fourth Step can seem daunting, but we don’t just focus on our defects. We’ve already learned some “right stuff” in the first three Steps: honesty, willingness to do the work, and faith in a Higher Power/God that will aid us. Acknowledging these character assets can ease our fears and lead to

*Continued on page 12*

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**Purpose:** The *Lifeline* Committee is a group of AA members charged with the responsibility of producing and distributing the Orange County *Lifeline*. The *Lifeline* is published monthly and is supported solely through contributions from the AA groups and members of Orange County. The *Lifeline* proposes to meet the following needs of the Orange County AA membership: to inform AAs of service opportunities, events, and announcements; to share experience in recovery, unity, and service; and to report the actions, finances, and meetings of the Orange County Intergroup Association and other Central Office committees.

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*Welcome 2024*  
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**VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE**

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

714-556-4555  
[MANAGER@OC-AA.ORG](mailto:MANAGER@OC-AA.ORG)

**Public Information Committee** meets the **4th Wednesday of the month at 5:30PM** in the Central Office Board Room and by Zoom (Meeting ID: 372 574 1056, Password: PIROCKS).

**Group Relations Committee** meets the **3rd Thursday of the month at 6:00PM** via Zoom (ID: 913 4366 3535, Password: ocaa).

**Lifeline Committee** meets the **1st Thursday of the month at 7:00PM** via Zoom (ID: 886 0942 7655, Password: lifeline) *See page 3 for more details.*

**Special Events Committee** meets the **3rd Wednesday of the month at 5:30PM** at Central Office.

**South Orange County H & I** meets the **3rd Wednesday of the month at 6:00PM** (new members' orientation) and **6:45PM** (business meeting), Laguna Beach Canyon Club (small room), 20456 Laguna Canyon Road, Laguna Beach. South County H & I's mailing address is 27068 La Paz Rd., #706, Aliso Viejo, 92656. For more information, go to [www.sochic.club](http://www.sochic.club).

**Orange County H & I** meets the **2nd Sunday of the month at 4:00PM** (Institutions) and **6:00PM** (Hospitals) at the Garden Grove Alano Club (9845 Belfast Dr., Garden Grove). Orientation is at **3:15PM** and **5:15PM**. The Committee Meeting is at 6:00, and the meeting opens around 5:40. For more information on Orange County H & I, go to [www.ochandi.org](http://www.ochandi.org) or email [contact@ochandi.org](mailto:contact@ochandi.org).

**The Central Office Committee** meets the **2nd Thursday of the month at 10:00AM** at Central Office.

**The OCAA Technology Committee** meets the **1st Monday of the month at 6:00PM** via Zoom (ID: 933 6844 2432, Password: ocaatech).

**The Orange County Intergroup Assoc.** meets the **2nd Wednesday of the month at 7PM (6:30** new rep orientation) at Norma Hertzog Community Center, 1845 Park Ave., Costa Mesa.

—IN PERSON ONLY—

For information about **General Service** meetings, please go to the Area 09 website, [www.msca09aa.org](http://www.msca09aa.org).

Thank you to our board and committee members.



# Letter from the Editor

This month, we have focused on Step and Tradition Four. If you haven't already done your Fourth Step, I hope our cover story by Ron B., "The 'Write' Stuff," inspires you to get going.

The April [AA Grapevine](#) has many articles about how people love their *Big Books*, and I wanted to include John G.'s article, "The Twelve Dollar Special for an Extraordinary Life," on page 14. John gives background information about how the *Big Book* came to be as well as how much it would have cost in today's dollars (a lot!).

Finally, I'd like to invite you to read "Letters to a Newcomer" on page 8. I've often heard people in meetings earnestly say they wish they could explain to a newcomer what we've found here in AA. Chris W., our Intergroup Chair, shared some letters that were written by AAs to be put in *Big Books* given to newcomers. Chris was blown away by the sentiment he found in the letters. The thoughtfulness and connection we AAs have with one another is obvious, and the letter writers have allowed us to share some of their words here.

Thank you as always for reading the *Lifeline*. If you would like to sign up to have the *Lifeline* delivered by email every month, you can subscribe at [www.oc-aa.org](http://www.oc-aa.org). Printed copies are available at Central Office, the satellite office, and our monthly Intergroup meetings. Location information can be found within the *Lifeline*. If you have any suggestions or would like to submit an article to the *Lifeline*, please email me at [oclifineditor@gmail.com](mailto:oclifineditor@gmail.com).

Jennifer J.  
*Lifeline* Editor



## Share Your Thoughts on Sobriety with the *Lifeline*

If you'd like to submit an article, poem, or cartoon to be considered for publication, please send all submissions to the email address below by the 15th of the month for the following month (e.g., August 15th for the September issue). The best articles are under 600 words and are often much shorter. If you are unsure of what to write, you can think of a great share at your favorite meeting. You can write on a topic like how you chose your sponsor, your concept of a Higher Power, or tell your story. Not a writer? A committee member can interview you and write your story. You will have final approval on anything published. Please email [oclifineditor@gmail.com](mailto:oclifineditor@gmail.com) for more information.

**The *Lifeline* Committee invites you to join us.** *Lifeline* Committee members can help read, write, edit, create, design, or simply offer suggestions for the *Lifeline*. The *Lifeline* Committee meets on the first Thursday of the month via Zoom (ID: 886 0942 7655, Password: lifeline).

## IN MEMORIAM

**LOIS L.  
SANDY P.**



## Freedom

Something is happening here! A change is happening in my mind, and that is where the disease lies, in the mind . . . it lies to the mind and sits in the mind. What a place! It is only by Grace I am sitting in my seat with water in hand. It is the promise of my God who says:  
Goodness and mercy shall follow me, all the days of my life . . . for one day I will dwell in the house of my Lord forever!  
And that, my friends, is freedom!

Vivian W.



# Our Principles

## **Step Four: Made a searching and fearless moral inventory of ourselves.**

Step Four is where we turn thinking into doing and our first action is a personal inventory. The Big Book is clear on what we're encouraged to do: write (*Big Book p. 64*). We list times when we caused unhappiness to others and ourselves. We write what we did, who we harmed, and which character defect(s) it involved. This means honestly, thoroughly, and courageously searching for reasons as to why we drank alcoholically. Self-examination has long been valued as a way towards the spiritual growth necessary for recovery. We stop running away, face our true selves, and determine what needs to be changed. Once completed, Step Four will be the first concrete evidence of our willingness to go to any length to get sober.

## **Tradition Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.**

In AA, we do the [Steps](#) and follow the [Traditions](#) to achieve sobriety but this doesn't mean all meetings are the same. Tradition Four allows groups to choose their own customs. Though open to any alcoholic, members can gather based on a common background or purpose, so long as they don't harm other groups or AA. How does this work? Tradition Four is a lot like Step Four. AA groups also take inventories and ask themselves, "are we breaking any of the Twelve Traditions?" This goes for any meeting, whether youth, women's, men's, closed, open, LGBTQ+, Spanish-speaking, Book Study, etc. The Fourth Tradition provides each group and alcoholic with the freedom to choose how and with whom they'll recover, while protecting AA and its primary purpose.

**Concept IV: Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.**

AA isn't just made up of members who are trying to get sober but includes all who work within this organization dedicated to helping alcoholics. This includes volunteer trustees, directors, and paid staff members of the [General Service Office](#) (GSO) and [AA Grapevine](#) who are all generally nonalcoholic. Every one of us gets a vote and has the right to fully participate in the running of AA. [Concept IV](#) not only fosters the belonging so important to AA's [primary purpose](#), but arises from the same spiritual foundation that reinforces [Tradition Two](#) and [Concept I](#). We're once again reminded that as 'trusted servants,' we do not lead, but serve, and leave governing to the "ultimate authority" of our Higher Power/God-inspired group conscience.

[Editor's note: You can read the long form of the [Traditions](#) on [www.aa.org](http://www.aa.org) or on pp. 563-556 in the Big Book. You can also learn more about the [General Service Office](#) and how it serves AA on [www.aa.org](http://www.aa.org).]

Ron B.

## How Am I Doing?

**Tradition Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.**

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

(Reprinted with permission from the [AA Grapevine](#))

(Traditions Checklist available from Central Office)

([SMF-131 Traditions Checklist](#) is available from the AA Grapevine on [www.aa.org](http://www.aa.org))



## Support Your Central Office

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You can [contribute](https://www.oc-aa.org) online at [www.oc-aa.org](https://www.oc-aa.org) with Paypal or Venmo (QR codes above).

Checks and money orders can be sent to:

**ORANGE COUNTY CENTRAL OFFICE**  
1526 Brookhollow, Suite 75  
Santa Ana, CA 92705



## April AA Birthdays

Robin H.	Huntington Beach	2 years
Roberta E.	Huntington Beach	3 years
Darnell S.	Huntington Beach	10 years
Ken C.	Santa Ana	27 years
Larry E.	Santa Ana	27 years
Timothy K.	Lake Forest	29 years
Carol A.	Long Beach	30 years
Honey T.	Costa Mesa	31 years
Bill D.	San Juan Capistrano	32 years
Paul S.	Anaheim Hills	38 years
John G.	Huntington Beach	38 years
Barbara B.	Laguna Woods	45 years
Linda N.	Westminster	49 years
Millie E.	Chico	52 years
Vaun I.	Tustin	53 years



*Located at the end of the 55 freeway in Costa Mesa next to the Donald Dungan branch of the Costa Mesa Public Library*

**Orange County Intergroup Meeting**  
**Second Wednesday of each month**  
**7:00PM meeting, 6:30PM new rep orientation**  
**—IN PERSON ONLY—**

**Info: 714-556-4555, [www.oc-aa.org](https://www.oc-aa.org)**

**Norma Hertzog Community Center**  
**1845 Park Ave.**  
**Costa Mesa**

676 TOTAL CALLS	CENTRAL OFFICE ACTIVITY February 2024			
	12 Step Calls	Meeting Info	General Info	Customers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	16	221	156	164
CALL FORWARDING VOLUNTEERS	12	159	113	0

## Central Office/Satellite Office Monthly Book Drawing Winners

Michael R., Matthew M., Kimberly O., Victoria R., Bill M., & Ed B.

## Hospitals and Institutions Corner



When I got sober in 2018, I was committed to obtaining sobriety and to experiencing freedom and joy in my life. I recognized that most people who were able to achieve long term sobriety and maintain happiness were members of Hospitals and Institutions (H&I). When I had a year sober, I joined H&I. Currently, I hold the Institutions Co-Chair position. Enlarging and expanding my service work has been the driving force behind my sobriety. It was always

my goal to go back into the jails and prisons because this is where I had first heard a message that had depth and weight. Alcoholics Anonymous was the solution to my problems, and what the panelists gave me was a sense of HOPE and belonging.

Being a member of H&I has been such an impactful part of my sobriety. It has been the commitment that I needed to add accountability and discipline to my once directionless life. H&I has helped me to understand and trust my own story and recovery journey. It has shown me that my morbid past makes me uniquely qualified to carry a powerful message.

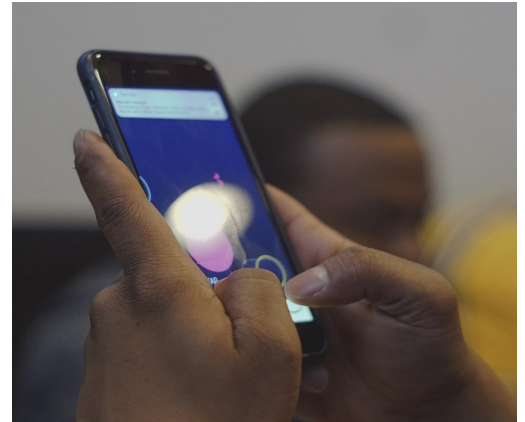
When I go into the prisons and speak on panels at detoxes, I am able to connect to a very powerful God who invites connection and gratitude into the space. For me, the opposite of addiction has been connection, and one alcoholic helping another is completely unmatched.

To serve on H&I is a privilege that I hold dearly. I am forever grateful to those members who gave freely of their time and visited me in the jails and hospitals. I am committed to giving back to AA and H&I because I am continuously inspired to live a sober, healthy, spiritual way of life.

Erin B.

For more information, visit [www.ochandi.org](http://www.ochandi.org) or email [contact@ochandi.org](mailto:contact@ochandi.org). For South County, visit [www.sochic.club](http://www.sochic.club).

Looking for a service commitment you can do with your phone?



The Orange County Central Office call forwarding program insures that our help line phones are answered by volunteers 24/7. During hours when the Central Office is closed, calls are forwarded to a call forwarding volunteer's home or cell phone, where the volunteer answers the calls just as if they were sitting in Central Office. This allows Central Office to save money because we do not have to use an answering service. More importantly, the caller will be talking to a member of Alcoholics Anonymous. Two years of sobriety are suggested to volunteer for this service. Please call the Central Office Manager in Santa Ana at (714) 556-4555 or the Satellite Office Manager in Laguna Niguel at (949) 582-2697 to sign up for a brief orientation session.

### SHIFTS:

Monday—Friday

•6AM—9AM

•6PM—9PM

•9PM—6AM

Saturday and Holiday:

•6AM—9AM

•1PM—4PM

•4PM—7PM

•7PM—10PM

•10PM—6AM

Sundays

•6AM—10AM

•10AM—2PM

•2PM—6PM

•6PM—10PM

•10PM—6AM

# Archives Corner

## Sister Ignatia: The Nun Who Loved Drunks

Born Della Mary Gavin in 1889 in Ireland, Sister Ignatia worked with Dr. Bob to help admit alcoholics into St. Thomas Hospital in Akron, Ohio, starting in 1939. She surmounted obstacles to personally care for thousands of alcoholics over the next several decades, both in Akron and later at St. Vincent Charity Hospital in Cleveland. Beloved by all who were associated with or helped by her, she was commonly referred to as the "Angel of Alcoholics Anonymous."

Sister Ignatia loved helping Dr. Bob on his mission. She said, "Dr. Bob was the essence of professional dignity. He had a fine sense of humor and exceptional vocabulary . . . Now, as I look back over the years, I realize that Dr. Bob was slowly but surely preparing me for the great project he had in mind. We often discussed the problem of alcoholism and the tragedies caused by excessive drinking. The individual given to alcoholic addiction is frequently a wreck of humanity – broken in body and soul, and heart and unable to help himself. His loved ones suffer, too; there were many broken homes and hearts because of compulsive drinking."

Her work in helping alcoholics was done with much dignity and modest distinction. In December 1949, she was presented with the Poverello Medal of the College of Steubenville. The medal was given to her for the AA fellowship for her untiring efforts with alcoholics in Akron. In March 1961, Sister Ignatia received a letter of acknowledgment for her pioneering contributions from the White House (President Kennedy).

Following Dr. Bob's death in 1950, Sister Ignatia continued her work at St Thomas. Then in 1952, she was transferred to St. Vincent Charity Hospital in Cleveland, where she was placed in charge of its alcoholic ward. Upon arrival, the ward at "Charity" was part of a dilapidated wing and was in great need of rejuvenation. Through the Sister's urging and much assistance from AA members with carpentry skills, the ward was soon transformed and named Rosary Hall Solarium. Sister Ignatia provided each patient who left her care with a

Sacred Heart badge. Receiving this item was accompanied by a personal promise to the Sister that the patient would return the badge before they drank again. Sister Ignatia was the first person to use medallions in Alcoholics Anonymous. The Sacred Heart medallions had been used prior to AA by the Father Matthew Temperance Movement of the 1840s and the Pioneers, an Irish Temperance Movement of the 1890s.

She died in Richfield, Ohio, at age seventy-seven, on April 1, 1966. There were reportedly about 3,000 people present at the funeral, including A.A.'s co-founder, Bill W.

Bill once wrote to Sister Ignatia:

*Dear Sister,*

*We of Alcoholics Anonymous look upon you as the finest friend and the greatest spirit we may ever know. We remember your tender ministrations to us in the days when AA was very young. Your partnership with Dr. Bob in that early time has created for us a spiritual heritage of incomparable worth.*

*In all the years since, we have watched you at the bedside of thousands. So, watching, we have perceived ourselves to be the beneficiaries of that wondrous light which God has always sent through you to illumine our darkness. You have tirelessly tended our wounds; you have nourished us with your unique understanding and your matchless love. No greater gifts of Grace than these shall we ever have. Speaking for AA members throughout the world, I say: "May God abundantly reward you according to your blessed works – now and forever!"*

*In devotion,  
Bill W.*

Mary G.  
MSCA 09 Archives



Sister Ignatia



Sacred Heart badges Sr. Ignatia gave to alcoholics



# Letters to Newcomers

Newcomers are the lifeblood of our program. I always say hello to an unfamiliar face because I know what it's like to walk into a meeting for the first time. I wish I had something I could say to show a newcomer why they should stay. I've struggled to put into words exactly what I've found in AA and how it's changed my life. Chris W. shared with me some letters that AAs wrote to slip into *Big Books* for newcomers. Chris was amazed at the level of caring and insight he found when one AA was writing to a newcomer they would likely never meet. With permission from the letter writers, we wanted to share some excerpts of these letters. We AAs truly speak the language of the heart

—Jennifer J.

\* \* \*

Newcomer,

You're a AA member now. We have been waiting for you and praying for you to take a seat with us and trudge (walk with purpose) this road of happy destiny. I know at times it will feel weird to feel so loved, but you are. Your whole life can change right now. Get uncomfortable. Speak your truth. We want to hear your stories. We want to laugh, and we need to cry. You are what keeps us here; you remind us what it was like out there. Drugs and alcohol have been so far removed from us, and we often forget what brought us here. Your honesty keeps us alive. As you sit in meetings, look around the room. Look at these men and woman and know they once had the time you had. We are just like you, just trying to make it through the day. We have found a solution, a way out. "Just stay." I promise you it's worth it.

—Anonymous

\* \* \*

To stay clean and sober...to be or not to be, that is the question. I have found that the rest of this quote from *Hamlet* by Shakespeare plays out in my sobriety. I have chosen to be Thirty-Six Steps (including the Traditions and Concepts) away from my last drink . . .

"Whether 'tis nobler in the mind to suffer  
The slings and arrows of outrageous fortune,  
Or to take arms against a sea of troubles"

The program is work. The joy I have found is better than that first amazing drink because this new joy, new high, is everlasting.

—Ms. Patty

\* \* \*

Welcome, dear newcomer, to the transformative journey of recovery. Embarking on this path may elicit hesitation but know this . . . within the rooms . . . within the book . . . within the fellowship . . . and within the work . . . lies a glimmer of hope, a beacon of a new beginning. This is a space where broken wings can heal . . . where lost souls find their way home. Embrace the support. Embrace the fellowship. Embrace the wis-

dom surrounding you. These things hold the power to ignite the flame of recovery within your weary heart. Understand . . . the road ahead will not be without its challenges. With every step lies the promise of a brighter future. Let the power of hope guide you, for it has the ability to turn stumbling blocks into steppingstones, illuminating a path towards a life free from the shackles of addiction. One day at a time.

—Jonny Gr8ful

\* \* \*

Hello to the Newcomer.

In case nobody's told you, you are the most important person in the room and in the program. They used to tell me that when I was new, and I had no idea why. I'm glad I was in certain rooms of Alcoholics Anonymous where people carried the message I was attracted to rather than promoted.

I became very involved very quickly, but when it came to going to a convention, I had no idea what I was in for. Luckily, I wasn't afraid of crowds, but when I went, I suddenly became overwhelmed. It was the first time I've been around large crowds of people that were all sober and happy to be sober. I really enjoyed the small breakout rooms and also various groups that were hosting panels. I loved the camaraderie amongst my peers. I loved the speakers. I got so much out of their shares. It's that big buzz that we talk about; you'll see if you don't know. I'm going to stop right there and let you know that you are loved, and I want you to enjoy yourself.

—Pej

\* \* \*

I was just over thirty days sober when I attended my first Twelve Step convention. The experience was life changing. In my addiction, I had withdrawn from the world and everyone in it. Suddenly, here I was in the midst of hundreds of clean and sober people embracing life, not hiding from it.

The feeling was so empowering—laughter, meetings, speakers telling my story, and workshops on how to improve various aspects of my new life in recovery. I got a sponsor at that convention in 1991, and we have become lifelong friends. All I need to do today is put my hand out and say, "Hi, I'm Terry, and I'm an alcoholic." Stick around and watch your life change for the better. Welcome, friend!

—Terry M.

\* \* \*

[Editor's note: Letters have been lightly edited for length and clarity.]



# STORY SOLICITATION

“DO YOU THINK YOU’RE DIFFERENT?” PAMPHLET UPDATE



DEADLINE FOR SUBMISSIONS: APRIL 30, 2024

SCAN QR CODE FOR MORE INFORMATION, OR EMAIL [PAMPHLETSTORIES@AA.ORG](mailto:PAMPHLETSTORIES@AA.ORG) TO SUBMIT YOUR STORY.

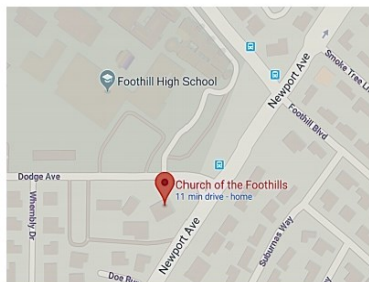
## Meeting Spotlight

# WOMEN LIVING SOBER BIG BOOK STUDY

Tustin with



Thursday nights 6:30pm - 7:30pm  
19211 Dodge Ave.  
Santa Ana, CA 92705



Find us in your Directory!



## April Pamphlet of the Month

# Grapevine and La Viña:

Our Meetings in Print  
and Other Media

This is A.A. General Service Conference-approved literature.

See information about the history of the [AA Grapevine](#) and [La Viña](#)—AA’s “meetings in print”—as well as how to submit stories. [P-52]

[Pamphlet available on [www.aa.org](http://www.aa.org)]



# My Second Chance at Life

My story begins in 1976 during my high school years. I was in Special Education then, so I was teased a lot and made fun of all the time by the other kids. Then one day I could not take it anymore. I started lifting weights and got bigger. The teasing got worse.

I started leaving very early for school. One day, as I got into the parking lot, I saw a few guys hanging out in a circle. So I went over and asked if I could hang out with them. I was finally accepted by some people at my new school. This was the start of my alcoholism and addiction. It got worse before it got better, and I could see how it is progressive.

Alcohol was the downer in my life, and soon came jails and detoxes. I started running away from home with some buddies of mine who drank just like me, so I followed along for over thirty years. My alcoholism progressed into a downward pattern to the point of no return. That was shortly after my mom's death. I really lost it after that.

My sister was put in charge of me at that time because I couldn't take care of myself. As things got worse with my drinking, I did not listen to my sister when she would try to suggest something about getting help. I would fight with her all the time about what she was saying to us. I didn't care about anything but my drinking.

I caused years of destruction in my wake and to myself in eight years on the streets of Costa Mesa and my last year on the streets

of Santa Ana. Talk about being out of control! I sure was. Finally, one day, my mind was made up to get sober.



On August 29, 2021, I decided to stop destroying myself. I left where I was staying and walked to Sunset Beach on a Sunday morning, and that began my new sober life. I found a place called Thursdays, and I started going to meetings there. The people there suggested that I get a sponsor and start working the program. I took their suggestions and ran with them. I got a sponsor at a Wednesday night Newcomers meeting at Thursdays.

I started working the Steps, and my life started changing. I went to my sister to see if she would accept me back in her life, and I am grateful to say she did. While working the Steps, I also took commitments in AA. I made coffee, was the secretary, was the chip guy, and also got to meetings early to set up and break down. I now answer the phone at Central Office twice a week. I do this all on my electric bike, rain or shine, because that is how important commitments in AA are for me.

I do my prayer, meditation and journaling twice daily, go to thirteen meetings a week, and call my sponsor every day. I am so grateful for my second chance at life. By God's Grace, I am thankful for almost three years of sobriety.

Mike M.

**"Today I have a clearer perspective on what my role as a sponsor is and isn't. It is to stay sober, be available to listen, share my thoughts, pray for others, and let them live their own lives. It is not to 'fix' anyone, get them sober, make them happy, demand they conform, or make their decisions." Berlin, Conn., September 2004, From: "What a Sponsor Is and Is Not," AA Grapevine**

One of the highest honors I have ever achieved in life is to be chosen by someone to be their sponsor. Sponsorship is sacred and should be taken very seriously. I'm not sure I would have been able to stay sober without the loving guidance of my sponsor, so I try to make that same level of commitment to all those I help. My first sponsor was kind and loving, and he recognized that an "in your face" approach was not going to work with me. Had someone barked orders at me in early sobriety, I probably would have punched them out and gone back to drinking. For this exact reason, I try to be as kind, loving, and understanding as I can be with all those I work with.

Over time, I have recognized that each person responds differently to guidance, and we need to shape our approach to whatever best suits each individual. For the most part, a kind, loving approach works best, which is aligned with our code of "love and tolerance." The sponsor I have today tells me what I need to hear, not necessarily what I want to hear, and I greatly appreciate this honesty. "Sponsors comfort the disturbed, and disturb the comfortable!" The time-honored tradition of sponsorship has proven to be an effective and essential tool of recovery for both sponsee and sponsor. The concept of "one alcoholic helping another" has saved my life, given me countless loving relationships with others, and has provided a certain and dependable path to lasting contentment.

—Anonymous

# JOURNEY TOWARDS ACCEPTANCE

In our *Big Book*, the author of the story “Doctor, Alcoholic, Addict” points out that acceptance is the answer all our problems today (p. 417). This includes people, places, and things. In my experience over the last forty-three years, this has proven to be true, repeatedly.

My journey towards acceptance really began with the Third Step. Until that point in my life, I was the captain of my destiny, even though the boat was sinking. I had to accept that I could not remain sober on my self will, that I needed a Higher Power/God to do so. Yet, I was unable to apply anything like acceptance to any other aspect of my life. How could I practice acceptance when I did not have a clue who I was? The odds were a million to one of that happening.

Then came the Fourth Step, a searching and fearless inventory of myself. I stumbled around this Step for several months. Since I did not like myself much, my first attempt was an excuse to flog myself for every real or imagined shortcoming. My sponsor looked this version over and strongly suggested I start over, perhaps using the example on page 65 of the *Big Book*.

The second attempt revealed the knowledge of who I was (fearful, selfish, angry, unloving). In every resentment, these things bubbled to the surface, so I was forced to accept who I was. These defects of character had driven every action taken since childhood. My alcoholism had just boosted their power. Once again, I only concentrated on the negative. My sponsor once again provided some instruction. He told me to go back over this again.

At the end of every session of writing, I was to list something positive I did that day. This proved to be far harder than doing



the inventory of my wrongdoings. Most days, I could only write I had not been fearful, selfish, angry, or unloving that day. I would not want to mislead you; I was doing good at that point in my sobriety if I could claim one of those things in my day. Yet, it was a start. I now knew who I was, did not necessarily like who I was, but was no longer caught in the trap. Although a struggle, I could modify my behaviors and be a better person.

In working the rest of our Twelve Steps, it became apparent that my defects had not magically disappeared or been removed. I have alcoholism. While alcohol has been removed for some time now, the “isms” (fearfulness, selfishness, anger, and unlovingness) remain.

Step Four allowed me to accept who I was in the past and at that point in time. Once again, a choice presented itself, go back or go forward. My choice was to go forward and work the remaining Steps of our program.

My Fourth Step writings were destroyed at my sponsor’s urging. He told me that was my past; everything going forward was the present. That was what the Tenth Step was for. The writings were destroyed, but the knowledge of who I am remains.

Over the last forty-three years, I have been and done many things: Marine, college administrator, member of the fellowship, teacher, husband, father, and now grandfather. While certainly never perfect in any of these, I have been better at all of them due to taking the Fourth Step and coming to acceptance of who I am. I have alcoholism, and my “isms” still exist and surface from time to time. Our program of Twelve Steps provide me with directions and the tools to deal with them.

Trust God, clean house, and help others.

Bill F.

**Step Four allowed me to accept who I was in the past and at that point in time. Once again, a choice presented itself, go back or go forward. My choice was to go forward and work the remaining Steps of our program.**



Group Contributions to Central Office, February

	FEB	YTD				
<b>ALISO VIEJO</b>	^	^	<b>LAGUNA HILLS</b>	^	^	Dly 6:00A-Attitude Mod, 1221 W \$300
<b>ANAHEIM</b>	^	^	Su 7:00P-Legacies Grp, 23802 \$600			Su 7:00P-Sober/Crazy Spkrs, 1 \$60
<b>ANAHEIM HILLS</b>	^	^	Sa 7:00A-Warmer-Upper, 238 \$252			Th 9:00A-(W)'s SS, 14402 Pro \$60
We 7:00P-Just the Black Print, \$255			Sa 9:00 AM-(W)'s SS, 23802 A \$100			Fr 6:00A-Men's Morning Coffee \$85
<b>BREA</b>	^	^	<b>LAGUNA NIGUEL</b>	^	^	Sa 7:30A-Tustin Acceptance, 22 \$232
<b>BUENA PARK</b>	^	^	Mo 5:30P-(M)'s What's Purpos \$120 \$120			<b>VILLA PARK</b>
<b>CORONA DEL MAR</b>	^	^	Mo 8:00P-12&12 Stdy, 30071 lv \$210			Su Dly 7:30A-24 Hr Book, 1788 \$252
Mo 6:30P-CDM BB SS, 1601 Ma \$433			We 6:00P- BB 12&12 Study, 30 \$230			Su 9:02A-Sprkr/Part, 17885 Sant \$240 \$240
Tu 6:00P-(W)'s 12x12, 3233 Pac \$250			Fr 7:00A-Back to Basics Men's \$315			<b>WESTMINSTER</b>
<b>COSTA MESA</b>	^	^	Fr 7:00A-Ivy Glenn (M) Stag, 30 \$358			<b>WHITTIER</b>
Su 12:15P-High Noon Participati \$50			Fr 10:30A-Friday Morning Wom \$126 \$126			<b>YORBA LINDA</b>
Mo 7:00P-(M)'s CDM Soup, 28 \$500 \$500			Fr 7:30P-Here & Now, 24360 Yo \$50			<b>UNLISTED GROUPS</b>
Th 7:00P-12 Steps & 12 Trads S \$150			Fr 7:30P-Meditation Meeting, 2 \$100 \$175			Anonymous Meeting \$20 \$167
Fr 6:30P-The Family Afterwards \$60			<b>LAGUNA WOODS</b>	^	^	Charle St. Step House, CM \$120 \$120
Fr 7:30P-Creative Share, 2525 \$60			Fr 10:30A-Top/Hill Gang, 24252 \$100 \$100			Fri Double Winners, St. Johns \$100 \$100
Sa 6:00P-Sat. Night Refugees, \$742			<b>LA HABRA</b>	^	^	Mon 6:30 pm Women's Living S \$163
<b>CYPRESS</b>	^	^	M-F 6:15A- Topic Disc, 631 N. E \$200 \$200			Th 11:00A-(W)'s Closed BB, SJ \$84
<b>DANA POINT</b>	^	^	<b>LAKE FOREST</b>	^	^	<b>WANDERING GROUPS</b>
Dly 7:00A-Hardcore Harbor, 34 1,500			Mon 7:00P-PAID Women's BB S \$185			We 6:30P- Rolling Men's Stag \$250
Tu 5:30P-So Coast Men's Stag, \$96			<b>LA MIRADA</b>	^	^	<b>ZOOM MEETINGS</b>
We 7:00A-(M)'s Gloria Dei BB, 3 \$150 \$150			<b>LAS FLORES</b>	^	^	As Bill Sees It Newcomer \$72
We 6:00P-(W)'s SOS, 25975 Do \$139			<b>LOS ALAMITOS</b>	^	^	Attitude Adj. 7am Cnyn Club \$712 1,226
We 6:30P-Pines Park Discussion \$200			<b>MISSION VIEJO</b>	^	^	Back Bay (M)'s Zoom \$601 \$645
Th 7:00A-Th Morn Men's Topic \$277 1,132			M-F 12:00P-Diss At Elks, 25902 \$400			Dly 7:05A-Attitude Adjustment \$630 \$630
Th 7:00P-Primary Purpose, 335 \$430			We 9:30A-(W)'s Topic, 26051 M \$180			Dly Noon Time Recovery (Costa \$50
Sa 7:00A-(M)'s 10th Step,3350 \$125			Th 12:00P-Presb Ch of the Ma \$200 \$200			Dly Early Birds 1,581 1,581
<b>FOUNTAIN VALLEY</b>	^	^	Th 6:00P-(M) 3 G's Park, 26931 \$292			M-F 7:00A-Zoom Daily Reflectin \$800
Dly 8:30A-How It Works AA Mee \$25			Th 8:00P-Stand/Door, 26051 Ma \$316 \$632			Tues/Thurs 7:05 A-The 705 Virt \$288
Mo 6:30P-(M)'s No Bull, 16581 B \$50			Fr 8:00P-Couch Meeting, 26001 \$65			Tues Nite Women's BB Study \$72 \$72
<b>FULLERTON</b>	^	^	<b>NEWPORT BEACH</b>	^	^	Fri 7:05 AM Back To Basics (Ba \$569 \$574
<b>GARDEN GROVE</b>	^	^	Dly 6:30A-Round Table Disc., 4 1,200 1,200			Sat. 9:15 A-12x12 Irvine \$80
MTh 10:30A-We/OK Today, 91 \$200			M-F 12:15P-Shark@Aquatic, 1 1,331			Sat 7PM-Fishbowl Laguna Hills \$1 \$1
<b>HUNTINGTON BEACH</b>	^	^	Su 9:30A-Sandy Survivors, 15th \$161 \$161			<b>MISC. DONATIONS</b>
Dly 6:00A-Early Birds Disc., 812 \$200 \$325			Mo 6:30P-(W)'s Solid Solutions, \$175			Birthday Donations \$138 \$273
Dly 8:00A-Hggrs II, H.B Lifegrd \$200 \$350			Mo 8:30P-Balboa Island Step St \$400			7th Tradition Zoom Mtgs \$50 \$50
Su 9:00A-On/Beach, Lifegrd T \$250			Tu 6:00P-Castaways (W) C to C \$100			Piggy Bank \$43
Su Noon-Newcomers BB Disc \$15			We 7:30P-Men's Stag, 798 Do \$25 \$50			Lifeline \$5
Su 1:30P-As Bill Sees It Disc, 1 \$20 \$20			Th 7:00A-Closed Women's 12x \$340 \$340			<b>PERSONAL DONATIONS</b>
Su 7:30P-Disc, 9812 Hamilton A \$100 \$100			Sa 8:00A-Dover Men's Stag, 7 \$200 \$300			Anonymous \$73 \$123
M-F 7:00A-Huggers, 8200 Ellis \$95 \$185			Sa 8:00A-EZ Risers, 2046 Mar \$125			Amy B. \$2
Mo 6:00P-Read n Chat, 18631 C \$25 \$25			<b>ORANGE</b>	^	^	Brian S. \$3
Mo 7:30P-(M) KIS, 1912 Florida \$60 \$60			Tu 7:00P-(W)'s Keep It Simple, \$78			Colleen Mc. \$50
Tu 6:00P-(W)'s 12x12 SS, 19092 \$187			<b>PLACENTIA</b>	^	^	David B., Fullerton \$10 \$20
Tu 7:00P-Beginners (M)'s, 1912 \$500 \$500			<b>RANCHO SANTA MARGARITA</b>	^	^	Elizabeth H., Brea \$50 \$75
Tu 7:30P-Newcomer (M)'s Stag, \$100			Mo 7:30P-Charter(M)'s, 30605 A \$234			Elizabeth R., Newport Beach \$100
We 7:00P-(M)'s Stag, 8121 Ellis \$150 \$300			Thu 7:30P-11th Step Spiritual \$81			Gerald C, SJC \$104
We 7:30P-Triangle Grp BB, 18 \$50 \$50			<b>SAN CLEMENTE</b>	^	^	Gerri K. \$2 \$2
Th 10:00A-(W)'s BB Stdy, 18631 \$120			Fr 7:00P-(W)'s BB & SS, 202 A \$59			Jannik S. San Clemente \$160 \$160
Sa 6:00A-Sunrise Sobriety, 8121 \$36			<b>SAN JUAN CAPISTRANO</b>	^	^	Jenna K. \$280
Sa 9:30A-Charle St. Overflow, \$30			Dly 6:00A-Taking a Trip, 31891 \$315 \$440			Jennifer J., Costa Mesa \$10 \$20
Sa 9:30A-(W)'s BB Study, 19092 \$60			Dly Various- San Juan Meetings 2,420			Kathleen V. \$500 \$500
Sa 10:00A-(W)'s Closed Women \$300			Mo 5:00P-(W)'s Solutions, 32 \$220			Leslie D. \$255 \$255
Sa 7:00P-Sat Nite Live BB, 18 \$50 \$50			We 6:15P-Effect Speaker Disc \$290			Marilyn C., San Clemente \$25 \$50
<b>IRVINE</b>	^	^	Th 6:00P-Do the Steps, 32202 \$200			Matthew D. T. \$2 \$4
M-F 12:00P-Take The Steps, Na \$10 \$10			Sa 6:30A-Eye Opener, 32202 D 1,000 1,000			Michael B. Newport Beach \$330 \$330
MW 12:00P-Alton Noon, 5001 \$259			<b>SANTA ANA</b>	^	^	Robert R. \$15
Mo 5:00-(W)'s Blue Book, 5001 \$100 \$100			Su 11:00A-Two or More, 1764 \$30			Rodger & Annette F., Irvine \$35 \$70
Mo 7:30P-(W)'s Disc., 15 Oran \$155 \$365			<b>SEAL BEACH</b>	^	^	Ronald B. \$25 \$50
Tu 12:00P-W's Mairiners BB Stu \$136			We 7:00P BYOC Coffee BB \$75			Tera Aj. \$10
Tu 6:00P-W's Courage To Ch \$13 \$174			<b>SILVERADO CANYON</b>	^	^	Veronica R., Orange \$5
Tu 7:00P-(M)'s K.I.S. 12X12, 50 \$105 \$105			<b>SUNSET BEACH</b>	^	^	<b>IN LOVING MEMORY</b>
<b>LAGUNA BEACH</b>	^	^	Mo 4:30P-(W)'s Hour of Power \$150 \$258			<b>GROUP INFORMATION RE-</b>
Dly 7:00A-C Club 7AMs Att Adj, \$317			Tu 7:00A-Tues at Thursdays, 1 \$88			<b>QUESTED</b>
Su 7:00A-Whale Watchers (M)'s, \$235 1,032			We 7:00A-Attitude Adj, 16865 \$162			GSO #000342592 \$48 \$48
Mo 6:30P-(W)'s BB Stdy, 21632 \$100 \$100			Th 7:00A-Thur at Thursdays, 16 \$30			Receipt #1032 Need more info \$60 \$60
Th 6:00P-Women's Stag, 20456 \$143			Th 5:30P-(W)'s Disc, 16865 \$90 \$90			TOTALS \$14,256 \$38,276
Fr 6:00P-Happy Hour Disc, 2 \$140			Fr 12:00P-Drunk Busters, 16865 \$100 \$100			
			Sa 11:00A-Noon at 11, 16865 \$60			
			<b>TRABUCO CANYON</b>	^	^	
			<b>TUSTIN</b>	^	^	

The "Write" Stuff

Continued from page 1

accepting responsibility for our past and present actions, a crucial part of recovery.

The first thing I ever wrote for AA was my Fourth Step and was grateful for my sponsor's guidance and encouragement. I later found out I was also helping him do his Twelfth Step. Every alcoholic who works with a sponsor is being of service, though they may or may not realize it.

It's been said that we've nothing to fear but fear itself. This has never been truer than for alcoholics who struggle with any of the Steps. The Fourth Step can help us learn that courage isn't a lack of fear but doing what needs to be done in spite of it. Each AA member who stands on the launchpad of the first three Steps must find the right stuff within themselves to board that rocket to the fourth dimension of spirituality so important to managing our disease.

But you're not alone. You have a Higher Power/God working through countless AA members dedicated to carrying the message. With this support, your fear of doing a moral inventory can be managed and even result in spiritual growth. We who've been helped by AA are eager to pay it forward and help you join us in the joy of a sober purposeful life. We've completed Step Four and know that, if you have faith and are willing to face your fears, you too can find the right stuff within yourself to do the "write" stuff.

Ron B.





# Speaker Meetings

## Costa Mesa

6:00PM, Saturday  
**HYBRID**  
**Saturday Night Refugees (12X12 Speaker Meeting)**  
 2144 Thurin St. @ Victoria St. (Grange Hall)  
 Meeting ID: 703 741 362, Password: GRANGE  
 Contact: Joel B.

7:00PM, Sunday  
**IN-PERSON**  
**Costa Mesa Speaker Group**  
 2040 Placentia Ave. (Costa Mesa Alano Club)  
 Contact: Christy B.

## Dana Point

9:30 AM *First Sunday only each month*  
**IN-PERSON**  
**Dana Point Harbor Monthly Speaker Birthday Group**  
 34699 Golden Lantern (Wind and Sea Restaurant)  
 Contact: Brent W. or  
 Contact: John H.

## Huntington Beach

5:45PM, Tuesday  
**HYBRID**  
**Sun and Sea AA Hybrid Meeting**  
 8121 Ellis Ave (HB church, upstairs meeting room)  
 Meeting ID: 882 0896 9623, Password: Sunandsea  
 Contact: Cindy S.

## Irvine

7:00PM, Saturday  
**HYBRID**  
**Turtle Rock Speaker Meeting**  
 1 Sunnyhill  
 Meeting ID: 269 016 646, Password: wildbunch  
 Contact: Joseph C.

## Laguna Beach

8:00PM, Saturday  
**HYBRID**  
**Living Sober Speaker Meeting**  
 428 Park Ave. (St. Mary's Episcopal Church)  
 (in the back building, Guild Hall)  
 Meeting ID: 129 629 389 (no password)  
 Contact: Neil K.

8:00PM, Saturday  
**HYBRID**  
**CC Sat Nite**  
 20456 Laguna Cyn. Rd. (The Canyon Club)  
 Meeting ID: 269 016 646, Password: canyon  
 Contact: Tim A.

## Laguna Hills

7:30PM, Sunday  
**HYBRID**  
**Legacies Group Speaker Meeting**  
 23721 Moulton Pkwy. (Florence Sylvester Senior Cn.)  
 Meeting ID: 446 899 371, Password: Legacies  
 Contact: Thelegaciesgroup@gmail.com

## Laguna Niguel

7:00PM, Sunday  
**HYBRID**  
**Laguna Niguel Speaker Meeting**  
 24360 Yosemite Road (@La Paz Rd.)  
 Meeting ID: 451 797 737, Password: NewYMCA  
 Contact: Bill W. &  
 Jesse C.

## Lake Forest

7:30PM, Friday  
**IN-PERSON**  
**Saddleback Valley Fellowship Friday Night Speaker Meeting**  
 23401 El Toro Rd. (@ Muirlands Blvd.), Ste. 101  
 Contact: Vijay

## Orange

8:00PM, Saturday  
**HYBRID**  
**Saturday Night Visiting Speakers**  
 395 S. Tustin St. (Community of Christ Church)  
 Meeting ID: 620 819 804, Password: aa  
 Contact: Matt D.

04/06 Mike W., Laguna Woods  
 04/13 Tom K., a fishing trip  
 04/20 Chuck H., Laguna Woods  
 04/27 Shane H., Huntington Beach

## Orange

7:00PM, Sunday  
**IN-PERSON**  
**Sunday Night Speaker Meeting of Orange**  
 250 S. Prospect St. (Revive Covenant Church)  
 Contact: Manny A.  
 Speaker host: Eddie P.

04/07 Bobby B., Orange  
 04/14 David P., Orange  
 04/21 Amy Z., Orange  
 04/28 Jennavev V., Irvine

## Rancho Santa Margarita

7:30PM, last Friday of the month  
**IN-PERSON**  
**Roads End Participation**  
 Via Con Dios at Santa Margarita Pkwy.  
 Speaker last Friday of the month

## San Clemente

6:00PM, Monday  
**IN-PERSON**  
**Men's Stag Speaker and Discussion Meeting**  
 929 Calle Negocio (San Clemente Friendship Center)  
 Contact: Tom P.

7:30PM, Friday  
**IN-PERSON**  
**Friday Night Open Speaker Meeting**  
 202 Aragon (St. Clement's By the Sea Church)  
 Contact: Tom P.

## Tustin

7:00PM, Sunday  
**IN-PERSON**  
**Sober & Crazy Speaker Meeting**  
 12881 Newport Ave. (Grace Harbor church)  
 Contact: Megan H.

## Villa Park

9:02AM, Sunday  
**IN-PERSON**  
**9:02 Speaker/Participation Meeting**  
 17855 Santiago Blvd.  
 Contact: Annette H. or  
 E.C.

### WHEN YOUR MEETING HAS A CHANGE OF OFFICERS

- Please contact Central Office.
- A contact name and phone number are needed with every meeting.
- The name and number are for internal use only and will not be shared or published.

- 1) Go to [www.oc-aa.org](http://www.oc-aa.org)
- 2) Under Meeting Directory, find your meeting
- 3) At the bottom of your meeting listing, click on UPDATE MEETING INFO
- 4) Add name and number in space above the link containing your meeting info

The update gets delivered to [manager@oc-aa.org](mailto:manager@oc-aa.org) or call Skip at 714-556-4555.

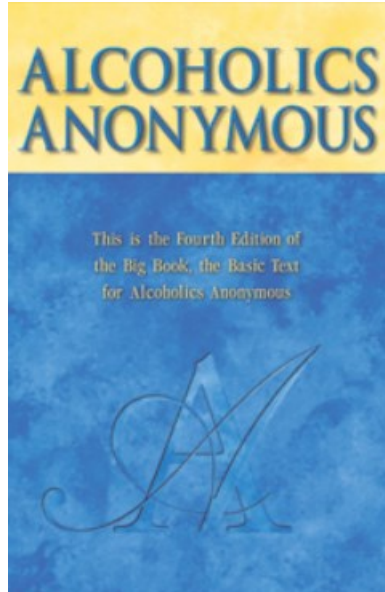


## The Twelve Dollar Special for an Extraordinary Life

The acknowledged leaders of the New York Group of AA spearheaded the creation of the *Big Book*. Bill W. was the visionary, Hank Parkhurst was the gifted promoter, and Fitz Mayo (Bill's spiritual sponsor) provided the faithful foundation. All recognized that the *Big Book's* selfless message could help the lives of countless others impacted by alcohol. Like Talmudic scholars, the bickering came to an end when the Group of one hundred men blessed a nearly perfect "big tent" parfait of medical, psychological and spiritual messages. There was, of course, a deemphasis of religiosity's amoral approach which once again had failed in the predecessor temperance movements of The Oxford Group, Washingtonian, and countless others.

Initially, there was significant financial motive in creating a book for sale as it was the primary form of communication at that time in our history. Fortunes could be made by authoring a book describing a solution to alcoholism. There was no TV, no computers, and radio consoles were large and primitive. Electricity was in its infancy; corded telephones and party lines were the thing; yellow journalism flourished; and talking movies were new to the scene. Books were a treasured possession offering knowledge, understanding, hope and wisdom. Libraries were Ft. Knox to the common man.

The profit motive was blunted by Rockefeller who surprisingly declined to provide \$50,000 to grease the skids for development of the proposed book. Instead, he suggested that the AA program was doing quite well using small donations from members. He was concerned big money donations would spoil the altruistic mission of AA with large donors expecting their ideas to be given consideration. He did believe the power of AA should lie in one man carrying the message to the next without financial reward but with the goodwill of the fellow alcoholic members in mind. He did,



**The *Big Book* is a simple blueprint crafted by the Great Designer delivered in a revelation to a small group of men with the willingness to do the work.**

however, provide limited assistance of \$5,000 to the treasury of Riverside Church to give assistance for living to Bill and Bob during the several years it would take to create the book.

A smart man was Rockefeller, a disappointed group were the New York trio, and the ultimate winners were the fellowship of AA. Money, like resentments, can spoil the vessel, and this Rockefeller turndown of a large contribution would close out any opportunity for a large financial reward to the authors, which would be a basic violation of the noble selfless spirit of the AA movement. This experience impacted the composition of the Traditions, especially Four, Five, Six, and Seven.

A wise man told me one day that the Twelve Steps keep us from committing suicide while the Twelve Traditions keep us from committing homicide. The

Traditions followed the publishing of the *Big Book* by over ten years after being adopted at the Cleveland International Convention in 1950.

Much like how the framers of our US Constitution created a world-changing form of governance and then added ten amendments over four years, the Bill of Rights, our AA forefathers needed an amendment. Our AA founders were well schooled in setting up an organization based on a program of divine inspiration which could last ad infinitum. The Twelve Traditions coupled with the *Big Book* brought the program of Alcoholics Anonymous to near perfection.

Thank you to all the disciples of AA whose constant vigilance keeps our program alive and well for others here and those on the way. This is a spiritual program designed by imperfect people whose altruistic goal is helping themselves by helping others. The *Big Book* is a simple blueprint crafted by the Great Designer delivered in a revelation to a small group of men with the willingness to do the work.

*Originally, the Big Book was priced at \$3.50 when the federal minimum wage was 25 cents. This equates to \$140 in today's dollars. At today's price of approximately \$12, what a bargain!*

John G.



# Mark Your Calendar

## » UPCOMING EVENTS

**April 5-7**

**Woman to Woman—Lake Arrowhead**  
 UCLA Conference Center  
 850 Willow Creek Rd.  
[www.W2WArrowhead.com](http://www.W2WArrowhead.com)

**April 18-21**

**35th Inland Empire AA Convention**  
 Soboba Casino Resort Event Center  
 San Jacinto, CA  
[www.IEAAC.org](http://www.IEAAC.org)

**April 19-21**

**Easy Does It Weekend**  
 Camp Sealy in Crestline, CA  
[www.easydoesitweekend.com](http://www.easydoesitweekend.com)

**May 17-19, 2024**

**Woodstock West**  
 Journey through the Twelve Steps of AA  
 Four Points by Sheraton, LAX  
 9750 Airport Blvd., Los Angeles  
 310-645-4600  
[www.woodstockwest.biz](http://www.woodstockwest.biz)

**May 31-June 2**

**38th Annual Sunshine of the Spirit Convention 2024**  
 Courtyard Marriot  
 9619 Mariposa Rd., Hesperia, CA  
[www.sunshineofthespirit-highdesertconvention.com](http://www.sunshineofthespirit-highdesertconvention.com)

**June 6-9**

**AA Desert Roundup**  
 Renaissance Esmerelda Resort & Spa  
 44-400 Indian Wells Lane  
 Indian Wells, CA  
[www.desertroundup.com](http://www.desertroundup.com)

Check the [www.oc-aa.org](http://www.oc-aa.org) events section for updated Intergroup committee meetings

ALCOHOLICS ANONYMOUS  
 ORANGE COUNTY INTERGROUP ASSOCIATION  
 STATEMENT OF INCOME & EXPENSE  
 PERIOD ENDING 02/29/2024 UNAUDITED

	Feb 24	Jan - Feb 24
Ordinary Income/Expense		
Income		
Literature Resale	2,132.92	5,937.92
Birthday Donations	137.65	187.65
Group Donations	12,647.39	36,650.84
Individual/Fellowship	898.00	1,940.02
Interest Earned	4.34	8.98
Literature Sales	7,681.42	27,773.76
Shipping and Delivery Income	-7.50	-7.50
<b>Total Income</b>	<b>23,494.22</b>	<b>72,491.67</b>
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	8,305.41	24,938.04
Cost of Literature Sold - Other	0.00	0.00
<b>Total Cost of Literature Sold</b>	<b>8,305.41</b>	<b>24,938.04</b>
Shipping / Misc. Adjustments	-338.95	-338.95
<b>Total COGS</b>	<b>7,966.46</b>	<b>24,599.09</b>
<b>Gross Profit</b>	<b>15,527.76</b>	<b>47,892.58</b>
Expense		
Accounting	0.00	3,910.00
Auto Expense (all Mgrs.)	89.41	151.69
Convention & Svs Event Expense	0.00	55.00
Copier Expense	0.00	293.59
Credit Card Expense	204.47	557.70
Freight and Shipping Costs	0.00	7.50
Insurances	318.70	724.50
Intergroup Expense	206.24	2,106.00
Internet Expense	177.22	354.71
Lease Expense	284.05	568.10
"LIFELINE" Expense	1,625.00	3,250.00
Maintenance & Repairs	160.00	320.00
Offices' Supplies & Expenses	896.71	1,103.38
Payroll Tax Expense	785.79	2,394.52
Postage	136.00	136.00
Reconciliation Discrepancies	-0.01	-0.01
Reimb. Health	500.00	1,000.00
Rent Main/Satellite Offices	4,018.00	5,264.00
Salaries	9,722.13	19,993.81
Telephone Expense	385.32	771.89
Utilities	56.83	124.20
Volunteers Coffee & Water	26.50	67.00
Website Expense	367.98	724.97
<b>Total Expense</b>	<b>19,960.34</b>	<b>43,878.55</b>
<b>Net Ordinary Income</b>	<b>-4,432.58</b>	<b>4,014.03</b>
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	717.82
<b>Total Other Income</b>	<b>0.00</b>	<b>717.82</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>717.82</b>
<b>Net Income</b>	<b>-4,432.58</b>	<b>4,731.85</b>



# April Word Search

Name \_\_\_\_\_

Email address \_\_\_\_\_  
or phone number \_\_\_\_\_

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

HUMILITY  
INVENTORY  
RESENTMENT  
FEARLESS

FOUNDATION  
SEARCHING  
SECURITY  
MALADY

GROUP  
AUTONOMOUS  
DISILLUSIONMENT  
CREATION

## WIN A FREE BOOK OF YOUR CHOICE!

Complete the word search (these words from the *Big Book* or *Twelve Steps and Twelve Traditions* can be forwards, backwards, up, down, or diagonal), and make sure to include your name and phone number or email address. Take a picture of a word search you completed on paper, or take a screen shot of a word search you accessed electronically and used the markup or highlighter feature on your phone or computer, and email it to: [lifelinecommittee@oc-aa.org](mailto:lifelinecommittee@oc-aa.org), or mail the completed puzzle to Central Office at 1526 Brookhollow Dr. Suite 75, Santa Ana, CA, 92705. If your answers are correct, your name will be entered into a drawing for a chance to win a free book of your choice from Central Office.

**DEADLINE IS MAY 15th**

*Congratulations to February's winner, Trista H.!*