

Lifeline



Experience, Strength, and Hope in Orange County

CELEBRATING FIFTY SOBER YEARS

INTERVIEW WITH DOROTHY D.

What is your sobriety date, and where did you get sober?

My sobriety date is February 12, 1975, and I got sober in Huntington Beach.

What was your life like before you came to AA?

I was born and raised in Cincinnati, Ohio. We were a devout Catholic family, and I had five siblings. I had my first drink at thirteen, and alcohol interfered with my life from that day forward until I walked through the doors of the Ebell Club. I never took drugs because I wouldn't let anything interfere with my drinking.

In order to justify my drinking, I was a perfectionist. My husband always said I was perfect if only I didn't drink. Of course, I agreed with him. After I stopped drinking for a year, I was so perfect that he left. We had three young children at that time. I now have four grandsons who have never seen me drink.

Do you remember your first meeting?

Absolutely, like it was yesterday. The woman who called on me at my home after I called [Central Office](#) for help on Wednesday, February 11th, took me to the Thursday night Ebell Beginners meeting at 6:30 followed by the speaker meeting at 7:30 or 8:00. Edwin S. was greeting at the door and sat across the aisle from me during the meeting. After I sat down, he reached across the aisle and gave me a card with the Serenity Prayer written on it. It was so touching to me. I was very excited and couldn't sit still on my seat. Everyone looked so happy and comfortable in their own skin. I hadn't felt that way in years. Everyone I met was very kind, and my hope increased by the minute that this AA group might work for me. I don't remember who the speaker was, but I was very impressed by the birthdays. I didn't feel like I belonged when I left,

I headed for the refrigerator to get a well-deserved cold beer. The grace of God put the phone in my hand instead, and I called AA.



but I certainly felt encouraged and couldn't wait to go back.

What led you to look for that initial AA meeting in the first place?

I was sick and tired of being sick and tired. Alcohol had stopped working, and I couldn't get drunk and couldn't get sober. I complained to a longtime friend about being in trouble with alcohol. At 7:00AM the morning of Feb 11, 1975, she knocked on my door. When I opened the door, she poked a piece of paper at me with the phone number of AA Central Office. I was furious with her. She followed me around all morning and wouldn't leave until I called AA. I refused to call until she left, and when she did, I headed for the refrigerator to get a well-deserved cold beer. The grace of God put the phone in my hand instead, and I called AA.

Continued on page 10

Inside This Issue

Celebrating Fifty Sober Years: Interview with Dorothy D.	1, 10
Service Board Information	2
Letter from the Editor	3
"Step Two-Came to Belifve That a Power . . ."	3
In Memoriam	3
Our Principles	4
Birthdays/Support Your Central Office	5
Central Office Activity	6
Hospitals and Institutions Corner	6, 14
Archives Corner: Ethel Macy	7
"Life Will Take on New Meaning . . ."	7
Learning to Think Like a Gentleman	8
I Have Come to Believe	8
Meeting Spotlight/Pamphlet of the Month	9
The Choice Not to Drink Today	10
The Power of Two	11
My Old Friend	11
December Contributions	12, 14
Speaker Meetings	13
Upcoming Events/Statement of Income and Expense	15

The Lifeline is published monthly by the Orange County Intergroup Association

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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CENTRAL OFFICE**

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Note: This phone number is answered by an AA 24 hours a day.

**—CALL BEFORE YOU TAKE
A DRINK—**

E-mail: manager@oc-aa.org

Website: www.oc-aa.org

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Saturday & Holidays: 9AM-1PM

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Website: www.aanoc.org

Welcome 2025
SERVICE BOARD

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For more information on service committees, or if you have a situation that requires an immediate answer, please contact Orange County Central Office at (714) 556-4555 or email manager@oc-aa.org.

**Like and follow
Orange County Intergroup
on Facebook**



SCAN ME

Public Information Committee meets the **4th Wednesday of the month at 5:30PM** via Zoom (Meeting ID: 851 8320 4725, Password: ocaaPI).

Group Relations Committee meets the **3rd Wednesday of the month at 7:00PM** via Zoom (ID: 896 3413 6745, 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 Thursday of the month at 6:00PM** via Zoom (ID: 913 4366 3535, Password: ocaa).

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 or email info@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 or email contact@ochandi.org.

The Central Office Committee meets via Zoom (call Central Office for more information).

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

Thank you to our board and committee members.

Letter from the Editor

This month, we are focusing on [Step Two](#) and [Tradition Two](#). Along with articles on what makes us come to believe that we could be restored to sanity, we have an interview with Dorothy D. from Irvine. Dorothy is celebrating fifty years sober this month, and she was kind enough to grant us an interview. I was struck by how similar her story is to so many that we hear today. Whether it was fifty years ago or fifty days ago, AA works by one alcoholic reaching out their hand to another, offering to read the [Big Book](#) together, and sharing their experience, strength and hope. I hope you will feel as inspired as I do.

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 or use the QR code and scroll down to subscribe to the *Lifeline*. Printed copies are available at Central Office, the satellite office, and our monthly Intergroup meetings. Location information can be found on page 2. If you have any suggestions or would like to submit an article to the *Lifeline*, please email me at oclifineditor@gmail.com.

Jennifer J.
Lifeline Editor



Orange County Intergroup Association - of Alcohol...
www.oc-aa.org

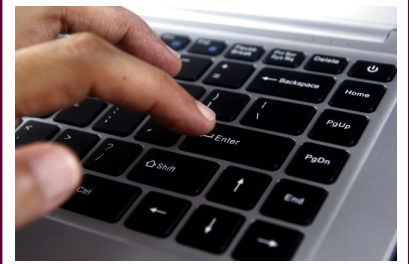
Step Two—Came to believe that a Power greater than ourselves could restore us to sanity.

As much as I didn't want to admit it in the beginning, this tells me I was insane. If I wanted to be sane, not insane, it would take a Power greater than myself for that to happen. For me, that is the God of my understanding, but there are countless other examples of higher power in my life.

According to Albert Einstein, insanity is doing the same things repeatedly and expecting different results. The best and most obvious example of my insanity was the way I tried to control my drinking and using, although there are many other examples.

I've had to learn to get out my own way. I've had to learn to change from the outside in and the inside out, from the bottom up and the top down.

Bob L.



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 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
TERRI C.
TIM P.

VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

714-556-4555
MANAGER@OC-AA.ORG

Our Principles

Step Two: *Came to believe that a Power greater than ourselves could restore us to sanity.*

We alcoholics tend to stumble a bit with this Step. First, we struggle in believing that our thinking and behavior might be insane. Second, we have a hard time believing a Power greater than ourselves could restore us to sanity. As stated in [Chapter Three](#) of the *Big Book*, “No person likes to think he is bodily and mentally different than his fellows.” Time in sobriety does often lead us to acceptance in these areas. Some of us won’t believe in a Higher Power, others can’t, and still others believe in a Higher Power yet have no faith that this Power will help them. These three things and time in sobriety do often lead to that faith. First: AA does not require you to believe in anything. Second: To get sober and stay sober we can and often do take Step Two piecemeal. Third: All you really need is an open mind.

Tradition Two: *For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are trusted servants; they do not govern.*

We the individual members of the group determine the [group conscience](#). The agnostic, atheist, and the believer in faith get to vote what the group conscience is to be. As faith is a learning process for most of us, no one is excluded. In this process we are often guided by our “old-timers” who fall into two categories. “Elder statesmen” see the wisdom of the group’s decisions and hold no resentments over change. Their judgement, fortified by considerable experience, is sound, and they are willing to sit on the sidelines and observe. “Bleeding Deacons” are convinced the group can’t get along without them, connive for re-election to office, and continue to be consumed by self-pity over change. The “elder statesmen” become the real and permanent leadership in AA. Their quiet opinions, sure knowledge,

and humble examples resolve crisis when it arises. They do not control by mandate; they lead by example. This experience has led to the conclusion that our group conscience, well advised by its elders, will be in the long run wiser than any single leader.

Concept II: *When, in 1955, the AA groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference – excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter – the actual voice and the effective conscience for our whole society.*

It became self-evident that the thousands of [AA groups](#) and AA members scattered around the world could not actually manage and conduct our manifold world services themselves. The power of the groups and members to alter their world service structure and to criticize its operation is virtually supreme. They have all the final responsibility and authority there is, the group conscience! In order to get effective action, the groups must delegate the actual operational authority to chosen service representatives who are fully empowered to speak and act for them. The principle of amply delegated authority and responsibility to “trusted servants” must be implicit from top to bottom of our active structure of service.

[Editor’s note: You can read the long form of the [Traditions](#) on [www.aa.org](#) or on pp. 563-565 in the *Big Book*. You can also learn more about the [General Service Office](#) and how it serves AA on [www.aa.org](#).]

Anonymous

How Am I Doing?

Tradition Two: *For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other responsibilities?
3. Do I look for credit in my AA jobs, praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

(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](#))

Support Your Central Office

@OCAINTERGROUP



Scan. Pay. Go.

You can [contribute](#) online at 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



AA Birthdays

David F.	San Juan Capistrano	33 years
Martha M.	Dana Point	35 years

You can celebrate an AA birthday in the *Lifeline* with a [donation](#) to Central Office. A donation of any amount is a generous way to celebrate the gift of sobriety and support your Central Office.

In keeping with AA's Seventh Tradition, we only accept contributions from AA members or groups.



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 the month
7:00PM meeting, 6:30PM new rep orientation
—IN PERSON ONLY—
Info: 714-556-4555, www.oc-aa.org

Norma Hertzog Community Center
1845 Park Ave.
Costa Mesa

598 TOTAL CALLS	CENTRAL OFFICE ACTIVITY December 2024			
	12 Step Calls	Meeting Info	General Info	Customers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	12	185	153	205
CALL FORWARDING VOLUNTEERS	9	131	108	0

Monthly Book Drawing Winners—Congratulations!

Natalie C., Rick, and Terri L.

Hospitals and Institutions Corner



I have been sober since Oct. 21, 1998. It has not been the easiest thing I have ever done, but it is the most rewarding. I started going on hospital panels early on in sobriety and soon discovered the High in H&I service work. I remember the first time I went to a state prison with my sponsor. I had finally met the requirements of the Hospitals & Institutions Committee and had one year of sobriety. On the drive there I was terrified; I had never been to prison for any of the things that I had done. I asked him, "What would I have to share with these guys? I have never been to prison." He told me to simply to talk briefly about how I drank, and then tell them how I live my life today without alcohol. That seemed simple enough.

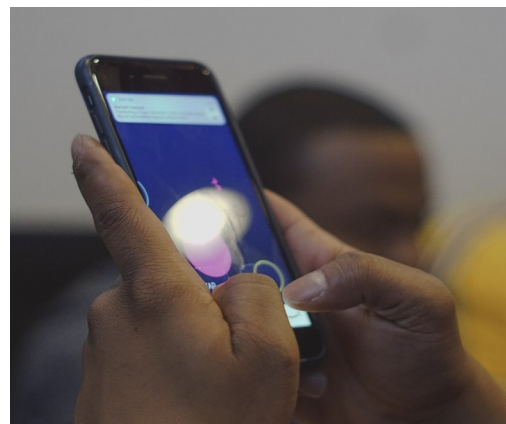
Upon arriving I remember feeling nervous and scared. The sight of the officers on duty, the fences, the guns, and barbed wire intimidated me. Of course, my pride and ego would not let me show this or say anything to my sponsor. After we were "processed," we were escorted into the facility and taken to a little classroom where the inmates soon started arriving. We shared for about thirty minutes each, but to me it seemed like a lifetime.

I remember leaving that facility and feeling this GREAT sense of calm and gratitude come over me. I felt for the first time in my life that I was at peace with GOD and myself. I honestly did not think life could get any better than it was at that point. I was wrong.

Six months later, I was speaking at a meeting. I was outside talking to some people, and a gentleman came up to me and asked if I had ever been to Chino prison. I told him that I was a member of the Hospitals & Institutions Committee and that I had been into that facility a couple of times. He asked if I remembered him as the guy who sat in the back row at the AA panels. At that moment I did remember him and replied yes. He started to tell me a story that gave me that same feeling I had the night of my first prison panel. Upon release twenty-two days ago, he went to a bar to have a drink. He deserved it after being locked up for so long. He had one drink and said it went down really smooth. He then ordered another one and started to drink it, when halfway through it, he realized that he was headed right back to his same old pattern. He said he remembered what he had heard at those meetings and went running to the nearest Alano Club. At the time of this conversation the gentleman had twenty-one days. After talking to him, that same feeling I had the first time I did a prison panel came over me again, that peace and gratitude.

Continued on page 14

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



The Orange County Central Office call forwarding program ensures 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

Ethel Macy

Ethel Macy's journey through Alcoholics Anonymous is a powerful story of redemption, faith, and spiritual awakening shaped by her experiences in Akron, Ohio. Her journey was not only transformative for her own life, but her story would later become a source of inspiration for others, featured in both the second and third editions of the *Big Book* of Alcoholics Anonymous.

Ethel had struggled with alcoholism for many years. Her alcoholism took a significant toll on her relationships, including her marriage to Russ. Together, Ethel and Russ battled their alcoholism, but both would eventually find their path to sobriety through AA. The couple was introduced to Dr. Bob Smith and his wife, Anne Smith. Dr. Bob, a co-founder of AA, and Anne, with her nurturing support, played critical roles in guiding Ethel toward recovery.

Ethel's story is featured in the *Big Book* under the title "From Farm to City." It shares the details of her struggles, her moments of despair, and the challenges she faced as she tried to overcome her alcoholism. But the narrative is ultimately one of hope, as Ethel reveals how she found the strength to embrace sobriety through the principles of Alcoholics Anonymous, becoming an example of what was possible through AA's transformative Steps.

Though she and Russ both embraced sobriety, their journey was marred by tragedy. After three and a half years of sobriety, Russ



Ethel Macy

passed away, a loss that deeply affected Ethel. Yet, rather than turning to alcohol, Ethel's grief became an opportunity for further spiritual growth. It was during this difficult period that she found a profound connection to a Higher Power; a connection she identified as God. This spiritual awakening occurred one day while she was working in her garden, a moment of quiet reflection that she described as a turning point in her life.

Ethel's sobriety date is May 8, 1941, a significant moment in her life that marked the beginning of her lasting recovery. Through the support of Alcoholics Anonymous, the mentorship of Dr. Bob and Anne Smith, and her newfound faith, Ethel was able to stay sober and dedicate her life to helping others who struggled with alcoholism. Her story of overcoming alcoholism, loss, and grief continues to inspire countless individuals to this day, and her experience remains a testament to the power of faith, community, and the principles of AA.

Ethel Macy's story, as captured in "From Farm to City," reminds us of the incredible power of recovery, and the ability to find peace and purpose, even after the deepest of losses. Through AA, Ethel not only found sobriety but also a renewed sense of spiritual connection, becoming a beacon of hope for others seeking the same transformation.

Mary G.
MSCA 09 Archives

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. . . . Frequent contact with newcomers and with each other is the bright spot of our lives. (A few of the Twelfth Step promises) [Big Book, p. 89](#)

Throughout my sobriety, people have asked me why I still go to meetings after so many years of not drinking. There are many reasons, but where do you start with that question? The primary reason for most of us is the acknowledgment that this disease of ours is only in remission, and if left untreated, it will come back to haunt us. For me, I love the togetherness, spirit, and watching others heal and grow right before my eyes. AA is full of positive people trying to become better in all aspects of their lives.

The depth of the friendships we forge is second to none. We would literally do anything for each other. Where else in this world can you find such caring camaraderie? It is also pointless to try and explain our commitment to helping newcomers and how much that means to our emotional and spiritual well-being. It's as if we have found the secret to life and all that it has to offer. As long as I stay close to the program, I will never be alone again. I know in my heart of hearts that if I continue to commit to teaching and practicing the Twelve Steps, I can achieve and embrace lasting peace and contentment.

Anonymous

Learning To Think Like A Gentleman



There is a school of learning where the students come whistling in the dark hoping to replace their totally deflated spirits and emotionally naked soul cloaked in a tattered garment of loneliness and despair, unable to picture an existence of life without alcohol. It is an imagined state of existence where it is believed stupid, boring and glum people prance about with self-righteous judgementalism and a general indignation towards fellow man.

This Academy of Sobriety has no tuition, tithing, doctrine, or dogma policed with threats of corporal punishment. Strangely, there are no leaders, only recovering and flawed trusted servants displaying changed behavior from their extended period of adolescent puberty. The newest pupils of AA arrive in all ages, colors and denominations from a wide assortment of occupations and upbringings, with a common call-out for help and hope from a trench of existence constructed from a life of shoveling intoxicants into their bodies. They are this way from the immaculate conception of their being to a sully ungrown grownup with withered manners.

Bill W.'s [Big Book](#) of recovery outlines a way to a psychic change in thinking and behavior. It is a problem so complex the only hope was what they called a moral psychology, which leads to the eradication of the phenomenon of craving and the treatment of the allergy.

"Anything worth doing is worth over doing." Mr. Wilson's *Book of Man-ners*, when studied, learned and practiced with others, will prepare one to re-enter society with restored esteem and dignity.

There you will find a restoration of your imagination where life will mean something at last, and the most satisfactory years of your existence will lie ahead. A passion for a better understanding of the world through a thoughtful journey of revived purpose leads to a new destiny into the Fourth Dimension down the road less traveled. It is there your assumptions are challenged; your perspectives are broadened; and your mind, soul and heart become engaged as everyday companions.

We explore great art, wondrous music, and beautiful people. It is then we witness the majesty of life itself divorced from the fog of alcohol. The emotional highs achieved are from the altruistic joys of helping others with and without getting caught, receiving the love of family and mates in our fellowship, visiting museums, cathedrals, and attending revered ceremonies of personal, patriotic, and historical interest.

We watch children play and adults mingle on the walkway of life while catching as many sunrises and sunsets as we can. It is always worth taking time to capture a gaze of the flora and fauna alongside your crossing, making time for a hot-air balloon ride, sitting on a lonesome swing looking for a rider, and getting at least one face-painting at the carnival to keep the child within nurtured.

At the beginning and ending of each day, thank the God of your understanding for what you have been given. God Bless my brothers and sisters!

John G.

I Have Come to Believe



For many years, I pondered why the first word in [Step Two](#) was written as "came." Where had I come *from*, and where was I being taken *to*? I came from a deep, dark hell called alcoholism. And to me, it was a literal hell, right here on this earthly plane of existence. I had spiraled down so deep that there was nothing, nor no one, who could or would disembark my hopeless state of mind and being. I was on a ship where physical death and mental incapacitation were imminent, and the ship was sinking at a rapid pace, accelerated by the whirlwind of powerlessness to save myself.

Longing to be set free, I cried out to the only one left to cry out to, the God of my childhood. I had been rejected by any and all other sources that I had tapped into where I thought there might be a ray of hope to pull me up and out. Death awaited me at the bottom of that deep, dark, hell of alcoholism. Chirrhosis, asthma, pleurisy, neuralgia, neuritis, endless chronic upper respiratory syndromes as well as endless mental diagnoses were pulling every breath that I tried to breathe out of the very core of my being. All of a sudden, I felt a gentle, soft hand touch my arm, and I was bursting out of that hell off of that sinking ship into my doctor's office begging for more pills to get my breathing in a capacitated state of being. My doctor refused to prescribe more pills, suggesting that I be placed in an alcoholic rehab facility. I was glad to accept that instead of the state mental institution where my brother and sister had been incarcerated for many years.

This was the beginning of my coming to believe that the God of my misunderstanding at the time could and did love me. He had been patiently waiting for me to actually surrender to His knowledge of where I had come from, which was generations of alcohol-induced mental illness. And where I had come to was the start of something new for me and my family. I came to believe that God is a Power greater than me and that He was going to restore those years that the locusts had so subtly destroyed with the mask of alcohol as a weapon to deter any conscious contact that I had tapped into when I was but a little girl. I was not, in any way, acquainted with the word "miracle," yet I somehow knew that this was the beginning of a miracle for me. I had been saved from physical death and was being restored to what the mental institutions had stolen from my brother and sister. Yes, I was being restored, and they were being robbed by the gravity of the alcoholic problem which was diagnosed as, and treated for, mental illnesses.

My entire family were "believers in God," but this did not stop the disease of alcoholism from ravaging our family. We each fought the good fight of faith that AA continues to teach me through the Twelve Steps of recovery. I have learned through many years of sobriety that, for me, there is none other than God who can and does restore me to sanity. He is faithful to grant me His amazing grace to believe that He will continue to restore me to sanity in every circumstance and/or situation where my path begins to fall into traps or hidden dangers, in times when I'm unknowingly headed to such.

As I turn to Step Two, I am able to believe God and defy my misgiving heart when surrounding circumstances or situations tempt me to believe their lies. I have come to believe more and more deeply that God can and will restore me to sanity in every circumstance and/or situation with an open mind that I really am powerless over everything. The God of my understanding is ALL Power; He is everything. Gratitude is ever present in my thoughts with the assurance that God will always be the rallying point for me as I rightly relate myself to Him through Step Two.

Effie R.

Show Your Love



South County Central Office

30011 Ivy Glenn Dr. Ste #104 Laguna Niguel

February 22, 11-2pm

- *Light Refreshments/Potluck
- *50/50 Raffle
- *Give-Aways
- *Bingo

Bring A Newcomer

Find out what services Intergroup/Central Office Provides to its members

More info
Email satellitemanager@oc-aa.org or call (949)582-2697



Open House

February Pamphlet of the Month

A.A. and the ARMED SERVICES

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

Meeting Spotlight

The Other 12 & 12



Come join our book study meeting on the...

TRADITIONS, CONCEPTS, 'or' STEPS

Followed by an...
Open Participation Discussion

Please Note:

- When there are NEWCOMERS new to our meeting, we read STEP ONE.
- SOBRIETY birthdays are celebrated the LAST Sunday of the month.

✉ **Closed A.A. (Hybrid) Meeting** ✉

MEETING DAY & TIME:

Sundays - 5:30pm to 6:30pm

IN-PERSON:

131 N. Tustin Ave., Ste. #101
Tustin, CA 92780

ZOOM:

<https://us04web.zoom.us/j/73059875760>
pwd=dFNvNUF2THptcWlpZktUZGxxd085dz09

ID: 730 5987 5760
Passcode: 6101935



FOR ANY QUESTIONS:
Chris W (714) 980-1186
Joey P (714) 605-7493



The Choice Not to Drink Today



In early sobriety over forty-four years ago, I was given a book that I still read daily. One of the readings was about how we have a choice every day whether to drink or not. The daily choice is ours, and I pray that God guides us down the right path.

I was given back this choice at the first meeting of Alcoholics Anonymous I attended. Every day afterwards, I made the choice not to drink that day. However, being consumed with self-will, I was going to do things my way. There were certain Steps I could not/would not take. As a result of this self-will, my [Fourth Step](#) and [Fifth Step](#), taken honestly, did not provide the relief the other members of our group described in their shares. While continuing to make the choice not to drink daily, I still had to fight against those character defects identified in my Fourth Step.

Every night was another drunk dream. At times, I had to ask my wife in the morning if I had drunk the night before. They were that real! This went on for a year and a half. "White-knuckling" is the proper term for that period of sobriety. Another member of our program unwittingly demonstrated that I could not remain sober through my self-will. This led to a big realization, and I went back and took the Third Step that night. My obsession was lifted, and the relief talked about from the Fourth and Fifth Steps materialized.

From that moment, for this alcoholic, the choice not to drink today and to turn my life and will over to my Higher Power/God were not separate choices. Every morning, I choose to ask to do my Higher Power's/God's will for me and not mine. I know that not taking a drink each day is part of my Higher Power's/God's will for me. After all, my Higher Power/God pushed me into Alcoholics Anonymous.

I would not be here if left to my own devices. Additionally, I know my Higher Power does not wish me to be selfish, unloving, afraid, nor angry. This means I have to work the Steps of our program frequently. I have alcoholism. Though the alcohol has been removed awhile now, those "ism's" mentioned above pop up daily, though fortunately not all at once. I get to have a good life today as a result of that first choice, which in time led to other choices.

I consider all those choices as just one choice today. Don't drink, trust my Higher Power/God, and continue to work the Steps of our program. I choose to do that every morning. Should you be an alcoholic like me and struggle with self-will, I wish you the peace of that surrender. I hope you find the Higher Power/God of your understanding.

Trust God, clean house, and help others.

Bill F.

CELEBRATING FIFTY SOBER YEARS

INTERVIEW WITH DOROTHY D.

Continued from page 1

Do you still have to work as hard to stay sober as you did in the beginning?

Until I began to have health problems in the last year, I attended at least one meeting every week for forty-nine years. To this day I still attend my two home groups each week. I have never been without a service commitment. That is why it's not hard to stay sober. It is only through AA and the grace of God.

You mentioned the importance of service commitments. What kind of service commitments have you had over the years?

I was involved with New Directions from its founding and became president of the Women's Auxiliary of New Directions (WAND). I was Secretary of the Charle Street Board for five years. I was a member of H&I for years and had jail panels at Musik, Santa Ana jail, and Joplin Boys Ranch. I started a hospital panel in Irvine. I also volunteer at my church and have volunteered at a local hospital since I retired in 2009.

I know you were instrumental in starting a Wednesday and Friday meeting in Irvine. How did that come to be?

When I moved to Irvine in 1989, I couldn't connect with a Step study meeting, so I decided to start one. I found two available meeting rooms, one in Irvine at Harvard Park and one in Corona del Mar at the Youth Center. A few Irvine friends started The Winning Ticket Speaker Meeting on Friday night. Although the Wednesday night Step study has remained relatively unchanged for thirty-six years (except for our move to University Park last year), the Friday meeting changed formats and locations several times. When we moved it to Irvine over twenty years ago, we made it a *Big Book* study as it remains today. [Editor's note: Wednesday, 7:30PM-[Twelve Solutions Step Study](#), University Community Center, 1 Beech Tree Lane, Irvine; Friday, 7:00PM-[Winning Ticket Book Study](#), Community Club House, 1 Sunnyhill, Irvine]

What advice have you heard that has helped you stay sober?

Edwin S. shared this advice at a Noonatics meeting early in my sobriety: "If there is a request for a volunteer in an AA meeting, hold up your hand and say, 'I'll take the blessings.'" That advice has been my rule for service.

What advice would you give to a newcomer?

Go to a meeting, get a [Big Book](#), and write your sobriety date inside the front cover. Follow the suggestions in the book, and never change that date!

When you think about your time sober, does it feel like it's been fifty years?

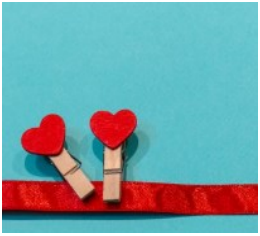
No. Of course, simply living fifty years doesn't feel like it. For almost twenty-five of those years, I've been married to my husband who I met at the Friday night meeting. In the beginning of my sobriety, daily living was extremely difficult. My social, emotional and spiritual development was arrested through twenty-five years of drinking, and I had to learn to cope with life on life's terms without picking up a drink. I had to stop reacting to the way I felt and build trust in God and AA so I could think and act rationally. After practicing the program as suggested in the *Big Book* by working the Steps with a sponsor, plunging into service work, loyal participation in a home group and innumerable meetings, the AA way of life became integrated with my daily life. So, living sober was no more difficult than simply living. There was no regular life and AA life . . . just life! I have a margin of comfort I didn't have in early sobriety because I've learned not to cause myself problems.

I've never gone back out (yet) thanks to a loving God and AA. AA women taught me to be a woman who could sit alone in an empty room and be in good company. The privilege of strong female friendships and sponsoring women in the program has been and remains paramount to my sobriety. I have the utmost gratitude for fifty years of love and support from God, AA, family, faith, and community—plus the absolute certainty that AA works.

[Editor's note: This interview has been lightly edited for length and clarity.]

Jennifer J.

THE POWER OF TWO



My first AA meeting was in rehab. I thought it was just a bunch of noisy and undisciplined drunks and addicts bumbling about trying to get sober. I thought, "Great, the inmates are running the asylum." But the meeting went smoothly enough, leaving me hopeful that AA might have the answer to my alcoholism. It was my introduction to the power of two: [Step Two](#) and especially, [Tradition Two](#).

AA encourages us to accept help early in the [Steps](#). In Step Two, one powerless alcoholic accepts a Higher Power/God that can restore them to sanity. This power of two (alcoholic plus Higher Power) begins recovery. In Tradition Two, AA groups, including the entire fellowship, accept the authority of a Higher Power known as the [group conscience](#). This power of two (AA group plus group conscience) creates the exponential power of AA's ability to help alcoholics find relief.

All this power is guided by Tradition Two which is basically Step Two for AA and its [groups](#). It's a vote taken by meeting members whose outcome represents the will of a loving Higher Power. Every member present votes, and the result of this ballot is the exponent of our individual Higher Powers that together define the ultimate authority that guides and protects the fellowship.

I saw this power in action when I took a commitment as a meeting secretary. I facilitated the meeting, following a format established by a group conscience from before I became a member. It included a closing prayer in which the [Ninth Step Promises](#) were read. Serving helped keep me sober; I learned a lot and was honored to contribute.

It's not that I didn't make mistakes. I noticed that our meeting's printed Ninth Step Promises didn't match the [version](#) from [Central Office](#) taken from the [Big Book](#). It contained an extra sentence from another paragraph that I didn't think belonged in the prayer because it was about a completely different subject. Members insisted on keeping it in, but I was unsure. My doubts were increased when visitors kept approaching me after meetings to inform me that our version of the Ninth Step Promises was "wrong."

One day I removed the extra sentence. Members noticed right away and protested. They pointed out that under Tradition Two I had no authority to change things, essentially replacing God/Higher Power's will with my own. They were right. If anyone has any issue that involves the group, we don't act unilaterally—in other words, we don't govern. Instead, we only serve, and that means all members participate in all decisions. My bad.

The meeting's Ninth Step Promises were eventually changed to match the [Big Book](#) version, but that's not as important as honoring Tradition Two. The power of two (the group conscience plus a Higher Power) protects AA from any individual alcoholic's ego—including mine. Early in the fellowship's history Bill W. faced a similar situation when the group saved him and AA from an excess of well-intentioned ego. ([Twelve Steps and Twelve Traditions](#), p. 137).

Step Two opens our hearts to accepting help from a Higher Power to restore us to sober sanity. Tradition Two teaches us to rely on this Higher Power as seen in the group conscience to keep us organized when we gather, better fulfill AA's [primary purpose](#), and ensure the fellowship's survival. Together they harness the exponential power of every Higher Power-guided alcoholic that makes AA a "we" program instead of a "me" program.

Power of two yet again.

Ron B.

My Old Friend



To you, my old friend. I need to break up with you forever. It's not you; it's me, although you hurt me greatly. You literally broke my liver. It's not your fault. I did the damage. I loved you too much and became obsessed with you. I see now that you have a power over me to take me down dark roads into dangerous places. I refuse to go on that journey with you. The only things I love unconditionally now are my wife and my God. I wish to

release any control you had on me. I'll be honest with you: even though you are cunning, baffling, and powerful, you lose my devotion to you. We had some great times. You offered me an opportunity to flourish in business and earn a nice income. There were grandiose meals, and sometimes the meals were magical and memorable. I remember meals enjoyed in caves and smoke-filled restaurants.

Now I know the experiences weren't worth the price you charged.

Alcohol, you have also introduced me to friends I will have for life. Great friendships have been made while enjoying your myriad of products. I also met some very smart people. There are Master Sommeliers and Masters of Wine. The people who hold these titles are charming and smart. Most of them, I believe, could be Grand Master Chess players, but instead, they use their powerful minds to learn, teach, and promote wine. I will miss going to wine tastings and dinners hosted by these people, but now I am smart enough to know that if I go to see these geniuses speak, you alcohol, my crappy, crappy friend, will suck me in for what could literally be *my last supper* so I say to you, **no way, and F. off.**

I thought it was a fun ride. I was so wrong.

You took so much more from me than you gave.

You tried to steal my life way too early.

I was in arguments with loved ones under your influence. You brought out Ugly Bill, and I never want to see that monster again.

You cost me memories of great times with family and friends.

You made me irritable.

You made me spend way too much money on you.

You made me waste years of service on being self-centered and ego-driven.

You cost me time with my son. You also took him hostage for years.

You came between me and God. Are you Satan, or just one of his agents?

You made my wife worry she was going to lose me way too early.

Now I replace you, my spirit demon, with people in a beautiful fellowship called Alcoholics Anonymous. They are my family now. I will meet far more interesting people full of love and service than I ever met through you, alcohol. This AA fellowship wants me to be all I can be, the best me. I gladly trade the ancient caves and smoky restaurants for ancient-looking rooms with folding chairs and smoky patios. I give up world-class dining for world-class unity. You, alcohol, gave me false pleasure, but this new family offers me life and spirituality as I have never known it. You, alcohol, really have nothing but dead ends to offer me. I choose life with my AA friends, wife, and God. It was fun but awful to know you so well. With my Bible, *Big Book*, and sponsor, I will stay recovered from your poisonous grip forever.

Consider yourself ghosted, my old frenemy.

Bill H.

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: 402 531 7183, 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

7:00PM, Saturday

HYBRID

Saturday Night Visiting Speakers

395 S. Tustin St. (Community of Christ Church)

Meeting ID: 620 819 804, Password: aa

Contact: Chris W. or

Kevin M.

02/01 Leon H., Orange

02/08 Michael G., AKA Goose, Tustin

02/15 Art M.

02/22 Danny M., Santa Ana

03/01 George R.

03/08 Don K., Tustin

03/15 Beth C., Newport Beach

Orange

7:00PM, Sunday

IN-PERSON

Sunday Night Speaker Meeting of Orange

250 S. Prospect St. (Revive Covenant Church)

Contacts/bookers: Chris W. and

Eddie P.

02/02 Andrea C., Fountain Valley

02/09 Liz M., Huntington Beach

02/16 Derrick M., Tustin

02/23 Hana, Laguna Hills

03/02 Lisa H., Tustin

03/09 Thomas M., Fullerton

03/16 Mike F., Orange

03/23 Rose L., Yorba Linda

03/30 Chris W., Compton

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.

Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

(Inscription on desk plaque of Dr. Bob's)

Lifeline 



Mark Your Calendar

» UPCOMING EVENTS

February 22

**South County Central Office
Open House**
11AM-2PM
30011 Ivy Glenn Dr. Ste. #104
Laguna Niguel, CA
949-582-2697
[Flyer](#)

March 8

**27th Annual NOCAA Women's
Banquet Luncheon**
10:30-2:30PM
Los Coyotes Country Club
8888 Los Coyotes Dr.
Buena Park, CA
714-227-8218
[Flyer](#)

March 9

**39th Annual Desert
Women's Banquet**
Renaissance Esmeralda
Resort and Spa
44-400 Indian Wells Lane
Indian Wells, CA
760-218-3879
[Flyer](#)

April 4-6

Women to Women Lake Arrowhead
UCLA Conference Center
425 Westwood Plaza
Los Angeles, CA
www.W2WArrowhead.com

May 2-4, 2025

2025 Orange County AA Convention
Hilton Orange County/Costa Mesa
3050 Bristol St.
Costa Mesa, CA
www.oacaac.org

Check the www.oc-aa.org events section for updated Intergroup committee meetings

ALCOHOLICS ANONYMOUS
ORANGE COUNTY INTERGROUP ASSOCIATION
STATEMENT OF INCOME & EXPENSE
PERIOD ENDING 12/31/2024 UNAUDITED

	Dec 24	Jan - Dec 24
Ordinary Income/Expense		
Income		
Literature Resale	1,353.50	24,714.07
Bank Adjustments	0.00	-49.60
Birthday Donations	100.00	1,337.65
Group Donations	14,344.65	212,411.63
Individual/Fellowship	398.88	13,207.56
Interest Earned	4.64	54.78
Literature Sales	8,560.72	122,293.07
Shipping and Delivery Income	0.00	-48.75
Uncategorized Income	31.24	31.24
Total Income	24,793.63	373,951.65
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	8,228.81	122,370.51
Cost of Literature Sold - Other	0.00	65.60
Total Cost of Literature Sold	8,228.81	122,436.11
Shipping / Misc. Adjustments	-1,222.07	-2,880.63
Total COGS	7,006.74	119,555.48
Gross Profit	17,786.89	254,396.17
Expense		
Accounting	0.00	17,517.50
Auto Expense (all Mgrs.)	90.06	1,182.02
Bank Charges	0.00	-32.00
Convention & Svs Event Expense	0.00	855.54
Copier Expense	46.74	1,129.05
Credit Card Expense	299.42	3,287.53
Freight and Shipping Costs	0.00	7.50
Insurances	444.60	4,515.00
Intergroup Expense	246.21	4,328.19
Internet Expense	177.30	2,176.58
Lease Expense	643.10	3,907.80
"LIFELINE" Expense	1,835.00	20,331.00
Maintenance & Repairs	160.00	2,326.00
Offices' Supplies & Expenses	425.29	5,206.89
Payroll Tax Expense	831.89	10,149.53
Postage	6.90	474.64
Public Info Expense	0.00	661.81
Reconciliation Discrepancies	0.00	-0.01
Reimb. Health	800.00	8,400.00
Rent Main/Satellite Offices	7,135.38	49,137.36
Salaries	11,077.54	126,165.96
EE Retention Credit (From IRS ERTC)	0.00	3.36
Sales Tax on Lease	0.00	0.00
Special Events Expense	0.00	3,882.05
Taxes & Licenses	0.00	369.31
Telephone Expense	384.99	4,624.23
Utilities	61.64	735.97
Voided Transaction	0.00	-36.00
Volunteers Coffee & Water	33.25	544.00
Website Expense	789.74	7,279.29
Total Expense	25,489.05	279,130.10
Net Ordinary Income	-7,702.16	-24,733.93
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	717.82
Total Other Income	0.00	717.82
Net Other Income	0.00	717.82
Net Income	-7,702.16	-24,016.11



February Word Search

Name _____

Email address _____
or phone number _____

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

PURPOSE
POWER
MORALITY
DIRECTOR

SELFISHNESS
AUTHORITY
CONSCIENCE
COLLISION

FAITH
SERVANTS
SANITY
ATHEIST

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, 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 MARCH 15th

Congratulations to December's winner, David B.!