

Lifeline

Experience, Strength, and Hope in Orange County

I Wanted to Be Around People Who Didn't Drink

Interview with June L.

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

My sobriety date is August 19, 1976, and I got sober in Irvine, CA.

What was your life like before you came to AA?

My life was like everyone else's. I wasn't abused, and I grew up as the youngest of ten siblings. It rained a lot where we lived, and we had a big house with a basement where we would roller-skate when the weather was bad. My mother did laundry every day, and since we didn't have a dryer, we had to dodge the hanging clothes as we played.

Coming from a large family, we learned to stick together and encourage each other because we didn't have much. It was a wonderful family. However, being the youngest, I didn't receive the spoken love and approval that all children crave. I thought that was normal. We didn't express love in words, but we were always there for each other.

What led you to your first AA meeting?

The night before that meeting, I went out drinking, and for the first time, I experienced a blackout. My husband told me how I had behaved, and I was completely shocked. That realization hit me so hard that the craving for alcohol left me right then and there. I didn't recognize myself in that behavior. I thought that if I simply stopped drinking, I would be fine.

Do you remember that first AA meeting?

I went to a beginner's meeting near my house on a Wednesday night. I was arrogant and crying at the same time, pleading for help but unwilling to admit what I wouldn't do. I didn't believe I was an alcoholic; I thought I just needed more willpower. I considered

I went to the meeting with impure motives. I wanted to be around people who didn't drink. I even remember feeling sorry for everyone there for being alcoholics. I was a real mess, but I didn't know it yet.



drinking a bad habit, not a disease.

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People always talk about the importance of service and taking commitments at meetings. Have you been of service?

During my early years in AA, I was active. I had a sponsor and sponsees, and life felt exciting and full of adventure. However, one day, I hit a flat spot. Suddenly, I found myself becoming judgmental and critical in meetings. I didn't stop attending, but the joy and fulfillment were

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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.

Lifeline Editor: Jennifer J.
oclifelineeditor@gmail.com

ORANGE COUNTY CENTRAL OFFICE

1526 Brookhollow, Suite 75
 Santa Ana, CA 92705
 Phone: (714) 556-4555

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

Office hours: Mon-Fri: 9AM-7PM;
 Saturday & Holidays: 9AM-1PM

SOUTH COUNTY OFFICE

30011 Ivy Glenn Drive, Suite 104
 Laguna Niguel, CA 92677
 Phone: (949) 582-2697

E-mail: satellitemanager@oc-aa.org
 Office hours: Mon-Fri: 10AM-5PM

NORTH ORANGE COUNTY CENTRAL OFFICE

1661 E. Chapman Ave., #1H
 Fullerton, CA 92831
 Phone: (714) 773-4357

Email: manager@aanoc.org
 Office hours: Mon-Fri: 9AM-7PM
 Sat and Sun: 9AM-1PM
 Website: www.aanoc.org

Welcome 2025
SERVICE BOARD

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Chair@oc-aa.org

Vice Chair, Jennifer M.
ViceChair@oc-aa.org

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Treasurer@oc-aa.org

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Secretary@oc-aa.org

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CentralOfficeCommittee@oc-aa.org

Group Relations, Matt D.
GroupRelationsCommittee@oc-aa.org

Lifeline, Jackie G.
LifelineCommittee@oc-aa.org

Public Information, Manny A.
PublicInformationCommittee@oc-aa.org

Special Events, Mikayla T.
SpecialEventsCommittee@oc-aa.org

Technology, Ezekiel U.
TechnologyCommittee@oc-aa.org

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

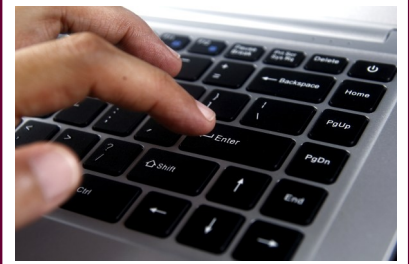
This month, we have articles on [Step Four](#) and [Tradition Four](#), and I hope you enjoy them. We also have an interview with June L. as our cover story, and I recommend reading it. My husband and I went to a Joe and Charlie's "The Big Book Comes Alive" workshop that June facilitated in early 2010. I appreciated June's knowledge as she led a group through the Big Book for weeks. It dramatically changed my sobriety for the better, and I'll be forever grateful for her service.

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 oclifelineeditor@gmail.com.

Jennifer J.
Lifeline Editor



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



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 oclifelineeditor@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).

Don't Abandon

The longer you sit at meetings the less you want to pick up.
There is magic in the rooms of AA.
Meetings have become a staple in my life.
My relationship with my God of my own understanding is essential for my recovery.
I tend to forget this is an important point.
Meetings help me remember that my relationship to my God is important . . .
Action is the key to staying sober.
If I don't take action and be of service to other people, then I am back to drinking alcohol.
I can't afford to abandon any involvement or commitment towards my recovery today.

Vivian W.



We are less than a month away from the craziest and biggest AA party in the OC, the 40th Annual Orange County Alcoholics Anonymous Convention with Al-Anon Participation at the Costa Mesa Hilton on Friday, May 2-Sunday, May 4. We expect a big crowd this year as we all get to celebrate our sobriety. So many fun events are happening this weekend, but people always make the assumption that you have to cough up a lot of money. Turns out, you can party at the convention without spending too much. We have so many fun things to do that won't cost a dime, like the Movie Room, AA & Al-Anon Marathon Meetings, Hospitality, Archive Room, Entertainment, Workshops, Meditation Room, as well as our Opening and Closing Ceremonies, Night Owl Speaker Meeting, Long Timer Panel, Young People Speaker Meeting, and you can also volunteer. You can check the schedules for all these fun events at www.OCAAC.org. We can't wait to see you at the Hilton!

-Manny A., 2025 OCAAC Chairman

40th
Annual OCAA Convention
with Al-Anon Participation
May 2nd, 3rd and 4th, 2025
Hilton Orange County Costa Mesa, CA



The OC AA "Juicer"
Introduced on our first convention program
03/01/1985!



Room Rates: \$149 Register EARLY!

714-540-7000 Hotel Code: FUNN

Parking: \$15.00 overnight—\$10 In & Out

All Registrations are online at OCAAC.org.

You can also register at the convention starting May 2nd, 2025.
(Price list on back)



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

We all balk at this step. Our natural instincts/desires have gone awry. We have placed our desires above everyone and everything else. We have become maladjusted to life. Now if we want to stay sober, we are told we must do this inventory. Fear of what we will find is the great roadblock. We look around us at our meeting and know others have done this and seem to be living happy and useful lives, so we begin the inventory process. While painful, the Fourth Step brings us the understanding of why we react the way we do. Better yet, it gives us the option to make better choices and actions than our instincts/desires dictate.

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

Any two or three alcoholics gathered together for sobriety may call themselves an AA group. Each AA group is considered an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom by the founders, only two guidelines were set: 1) a group ought not to do anything which would greatly injure AA as a whole, 2) a group should not affiliate itself with anything or anybody else. We as members of Alcoholics Anonymous are responsible to hold to these guidelines.

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.*

In the early days of AA, headquarters was run on authoritarian and institutional lines (TOP DOWN). Trustees saw no reason to delegate their managerial power or to work in voting participation. The results were often trouble and misunderstanding. Out of this rough going the “Principle of Participation” finally emerged. “The Right of Participation” is a corrective measure for ultimate authority because it mitigates its harshness or misuse. It also encourages those who serve AA to accept the necessary disciplines that their several tasks require. It is a “we” effort not an “I” effort.

[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 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)

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

Tina B.	Aliso Viejo	2 years
Ari M.	Mission Viejo/Irvine	2 years
Maliya S.	Costa Mesa	3 years
Robert E.	Huntington Beach	4 years
Darnell S.	Huntington Beach	11 years
Ashlie DeV.		18 years
Timothy K.	Lake Forest	30 years
Bill D.	San Juan Capistrano	33 years
Helen K.	Anaheim	34 years
John G.	Huntington Beach	39 years
Bob C.	Sun Valley, ID	41 years
Linda C.	Costa Mesa	45 years
Barbara B.	Laguna Woods	46 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.



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

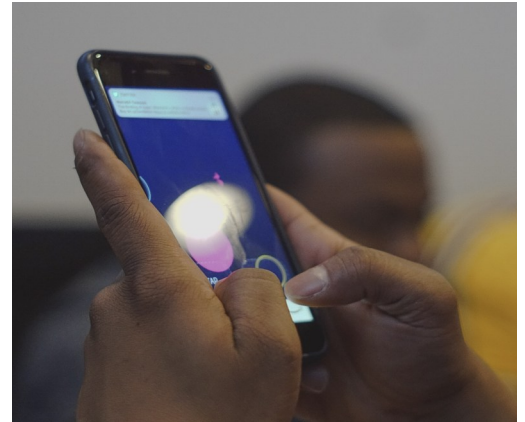
Orange County Intergroup Meeting
Second Wednesday of the month
7:00PM meeting, 6:30PM new rep orientation
—IN PERSON ONLY—
Info: 714-556-4555, www.oc-aa.org

The May meeting will be held on the first Wednesday-May 7th

Norma Hertzog Community Center
1845 Park Ave.
Costa Mesa

608 TOTAL CALLS	CENTRAL OFFICE ACTIVITY February 2025			
	12 Step Calls	Meeting Info	General Info	Customers
OFFICE VOLUNTEERS (MAIN + SATELLITE)	8	154	194	222
CALL FORWARDING VOLUNTEERS	6	109	137	0

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.

ORANGE COUNTY INTERGROUP ASSOCIATION
PRESENTS

TRIVIA NIGHT

Sat. May 17th 3:30PM-5:30PM	SPORTS BASEMENT FOUNTAIN VALLEY
Trivia starts at 4PM	<ul style="list-style-type: none"> - \$50 suggested donation for a team of up to 8 - 50/50 raffle - Refreshments provided

Register your team here using the Venmo QR code

Contact Mikayla at specialeventscommittee@oc-aa.org or Central Office for any questions




- 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

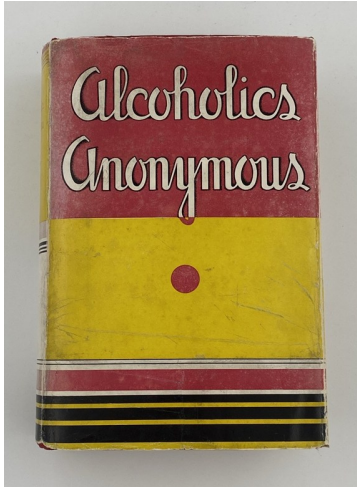
Archives Corner

Publishing of the *Big Book*

On April 10th, 1939, the book [Alcoholics Anonymous](#) was made available for purchase at \$3.50, equivalent to about fifty dollars today. The book was printed on the cheapest, thickest paper available, giving the impression that readers were getting their money's worth. Bill Wilson, the co-founder of Alcoholics Anonymous, believed he had discovered a solution for "the drink problem." However, he was haunted by the thought of people dying because they had no access to the recovery method he had found.

At about three and a half years of sobriety, Bill Wilson agreed to start writing the book. Initially, he had no idea how to begin or what to write. He told Dr. Bob that he knew something needed to be done before someone else took on the task and distorted what they were trying to achieve. Bill began by writing his own story, thinking it would be a simple task. His original plan was not to write the entire book, but rather to create a few chapters to use as a promotional tool to raise funds for its completion.

However, Bill and the other members of Alcoholics Anonymous had no money to fund the publishing of the book. Despite the urgency to get the message out, they were struggling to cover the costs of printing. In an act that would help propel the book into the hands of many, they turned to John D. Rockefeller, the wealthy philanthropist and oil magnate. Rockefeller, who had been impressed by the work of Alcoholics Anonymous and recognized its potential to help those in need, generously provided the financial support necessary to get the book published. This crucial help allowed the book to be printed and distributed widely, reaching



First edition of the Big Book

countless people who would go on to benefit from its message.

Bill's method of writing involved jotting down notes on yellow scratch pads and then dictating them to Ruth Hock, who would type them while Bill stood behind her, watching. Bill ended up writing the entire book, with input from the membership, except for the "[To Employers](#)" chapter, which was written by Hank Parkhurst.

The book became known as the *Big Book* due to the thickness of the paper used in the first edition. *The Big Book* is one of the best-selling books of all time, having sold over 30 million copies. In 2011, *Time* magazine listed it as one of the one hundred best and most influential books written in English since the magazine's founding in 1923. In 2012, the Library of Congress designated it as one of eighty-eight "Books that Shaped America."

U.S. President Richard Nixon received the millionth copy of the book. The 25-millionth copy was presented to Jill Brown, the warden of San Quentin State Prison, during the International Convention of Alcoholics Anonymous in Toronto, Ontario, in recognition of the first prison meeting of Alcoholics Anonymous at San Quentin in 1941. The 30-millionth copy of the book was presented to the American Medical Association in 2010; the organization declared alcoholism an illness in 1956.

Mary G.
MSCA 09 Archives

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. —[Twelve Steps and Twelve Traditions, p. 98](#)

When I first got sober, not in my wildest dreams did I think that my recovery would include self-reflection, prayer, and meditation. Thankfully, I had an encouraging sponsor who took me through the Steps at an accelerated pace, which allowed me to clear away many of the spiritual blockages that I had carried through life. All of the Steps required self-examination, but Steps Four-Ten mitigated my spiritual impediments the most. Once those spiritual blockages were removed, I was able to reach a much higher conscious contact with God. Then, and only then, was I able to fully appreciate the Eleventh Step and the gift of meditation.

Meditation allows us to slow down the whirlwind of the alcoholic mind. In deep meditation, we reach a level of consciousness that can only be described as "pure love and contentment." It is a euphoric state of interconnectedness with God's universe. Each of us is different, but the benefits of practicing meditation are undeniable! The tools for living are there for the taking, but it's up to us to use them.

Anonymous

SOBER AUTONOMOUS FOCUS - TRADITIONS THREE, FOUR, AND FIVE

TRADITION FOUR: MAKING CHOICES, CHOICES MAKING

Last month we explored AA's tradition of inclusivity found in every alcoholic's protected right to decide if they're an AA member ("[Tradition Three - Our One and Only](#)" [Lifeline](#), March 2025, p. 8). In [Tradition Four](#), this freedom of choice is expanded through autonomy to all AA groups, especially [meetings](#).

Autonomy means the right to choose, free from external control or influence. When I came into AA, I'd lost a lot of my autonomy because I was heavily influenced, if not controlled, by my obsession to drink. My alcoholism compromised my ability to make responsible or even safe choices. As I recovered by doing the [Twelve Steps](#), my decision-making gradually improved.

Guided by the [Twelve Traditions](#), AA gives us further autonomy when we gather. We're in charge of our own AA membership in Tradition Three. Tradition Four puts us in charge of how we gather. AA provides only [general guidelines](#) on running meetings. Groups have the liberty to decide how they manage their affairs free of control or undue influence from AA, so long as their actions don't hurt the fellowship. That this doesn't devolve into chaos is one of the demonstrated miracles of the program. Let's look at how this freedom plays out by examining similarities and differences between AA meetings.

In the hundreds of meetings I've attended all over the world in my years as an AA member, there's been one overall similarity: AA's Twelve Steps and Twelve Traditions as seen in the [Big Book of AA](#). In fact, [AA literature](#) and principles are the foundation of every group.

However, another feature equally shared by AA groups is their differences.

Under Tradition Four, each of AA's approximately 123,000 worldwide meetings are free to adapt the program to their local customs, culture, and needs, with the goal of reaching as many suffering alcoholics as possible. I've been to indoor, outdoor, online and in-person meetings held at all times of the day and night, in churches, community centers, rehabs and homes. Each is unique, but still AA. I've seen a variety of formats: [closed](#), [open](#), meditation, discussion, Big Book, etc. These can include [AA-approved literature](#), but some also utilize non-AA literature, invoke a myriad of [different prayers](#)—or forego prayer altogether. In Orange County we may or may not see sobriety [chips](#) or sober birthday cakes. The Fourth Tradition allows for many possibilities when it comes to meeting formats and customs.



If we go through any community's [AA meeting directory](#) we'll also find options that serve alcoholics with similar experiences or backgrounds: [beginners](#), men's, women's, [teen](#), [LGBTQ+](#), and even [military](#), law-enforcement, or entertainment industry meetings. Why all these variations? While we always strive for unity in AA ([Tradition One](#)), these groups help AA bring relief to more alcoholics. They aren't intended to keep people out or separate members but allow groups to focus on their specific sobriety needs.

As for [protecting](#) AA, the Traditions are the fellowship's guardrails. They're built upon a platform of trust in a Higher Power/God whose will is seen when members vote in the [Group Conscience](#) ([Tradition Two](#)). We have no choice but to trust the outcome. Everything in AA's program is a suggestion, not a mandate or rule, including the result of any Group Conscience, so there's no enforcement and certainly no punishment for perceived transgressions. Thus, any recourse often boils down to encouraging groups to follow the Traditions when making decisions.

What things constitute harming the fellowship? These are addressed in [Traditions Five through Twelve](#). Basically, it's doing anything that harms other groups or AA's ability to fulfill its primary purpose of helping alcoholics. I'll go into more detail about this next month. AA has survived for over ninety years, so relying on each meeting (and AA) to be "responsible to no other authority than its own conscience" works if we're diligent ([Twelve Steps and Twelve Traditions](#), p. 189).

Towards this end, we also humbly acknowledge that AA groups have the same character defects as its individual members. Accordingly, every group, including GSO, committees, and AA as a whole, has "the right to be wrong." This freedom to fail is supported by the firm belief that any action that might harm AA will eventually be corrected through Tradition Two. Not to worry, AA was built on trial and error ([12 & 12](#), pp. 146-147).

Anne Frank wrote, "*Our lives are fashioned by our choices. First we make our choices. Then our choices make us.*"

When we choose to do the Twelve Steps, it can make us recovering alcoholics. When we choose to follow the Traditions, it can make us both carriers and protectors of AA's message of hope. The principle of Tradition Four comes down to faith that AA members and groups, guided by its program of recovery and the will of a loving Higher Power/God, will choose sobriety and to help other alcoholics rather than drink.

And these choices are what make us Alcoholics Anonymous.,

Ron B.

Next Month: Tradition Five – Focus

The principle of Tradition Four comes down to faith that AA members and groups, guided by its program of recovery and the will of a loving Higher Power/God, will choose sobriety and to help other alcoholics rather than drink.

CENTRAL OFFICE
 1526 BROOKHOLLOW DR #75
 SANTA ANA, CA 92705
 • Satellite Office 30011 Ivy Glenn Ste
 104., Laguna Niguel, Ca 92677

BUY TWO GET ONE FREE (\$11.00 EACH)
 (MIX AND MATCH)

VALID THRU
 4/1/25-
 4/30/25

DR. BOB AND THE OLDTIMERS, PASS IT ON AND
 ALCOHOLICS ANONYMOUS COMES OF AGE

Meeting Spotlight

"SATURDAY NIGHT VISITING SPEAKERS"
 (A.A. HYBRID MEETING)

NEW STARTING TIME AS OF JANUARY 4, 2025

DAY & TIME:
Saturdays,
7:00pm to 8:30pm PT

IN-PERSON:
Community of Christ Church
395 S. Tustin St.
Orange, CA 92866
 (Between E. La Veta and E. Palmyra)

ZOOM:
ID: 620 819 804
PASSWORD: aa

COME AND JOIN US

OPEN MEETING

In the spirit of Tradition 6, A.A. is not allied with any sect, denomination, politics or institution.

WE'RE ALL ABOUT
 "EXPERIENCE, STRENGTH, AND HOPE"!

April Pamphlet of the Month

A Member's-Eye View of Alcoholics Anonymous



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

This pamphlet ([P-41](#)) is written in the first person by an AA for social workers, treatment counselors, physicians, and other professionals in the alcoholism field about the AA program of recovery.

[Pamphlets are available for purchase at Central Office for \$.60 each and on www.aa.org.]



Where the Action Begins



Step Four—Made a searching and fearless moral inventory of ourselves.

This Step is where the action begins. I believe the best way to proceed after taking a

[Third Step](#) is to immediately begin working on a Fourth Step. We need to look inside, and we need to write. We need to search and search and search. It's a laborious but vital Step.

Any businessperson with stock on hand knows how important it is to know exactly what they have and where their money is tied up and where it's being spent. As the controller of the company I used to work for would always say during inventory time, "Be sure to look in the nooks and crannies, the back rooms, and the out-of-the way places. I'm sure you want to enjoy your weekend. If you don't complete the job, you'll be back on Saturday, and we will continue until the job is done."

When companies have inventory clearance sales, they are trying to get rid of their junk. That is part of the purpose of Step Four. More importantly, we are in search of what is not our junk, and what's good about us.

Step Three lends itself to Step Four in that we need to be fearless in our search. We've made a decision to turn our will and our lives over to the care of God as we understand Him/Her/It, or Whatever.

I learned to pray while doing my first Fourth Step. The Serenity Prayer became and still is my drug of choice and my guiding light. It's not the only prayer, but it's definitely my main prayer.

I am powerless over my past, and no matter how hard I try, I will never have a better past, so whatever about my past that is holding me back or that I'm afraid to look at needs to be brought to the light and disposed of. Many, if not most of us, find ways, whether unconsciously or consciously, to block our memories from parts of our past.

Some parts of our past are like boils full of pus that need to be lanced so they don't fester and become a bigger problem than they already are. Yes, this Step can be and usually is painful, but it's also worth it in the long run.

I believe it's best to get going on this Step as soon as possible. I thought I was done with my first Fourth Step in a day and a half. After talking with my sponsor and trying to convince him I was done, he and his sponsor flat out told me I was not done and to get back to work.

It took me four months.

Bob L.

When the Spiritual Malady Is Overcome



What does it mean to make a searching and fearless moral inventory of ourselves as suggested in [Step Four](#)? For this alcoholic, it was not at all in my level of comprehension to even begin to understand that I was a misdirected mess, with a mind imbedded with thoughts that had separated me from the fearfully made, wonderful woman whom God had created me to be.

I was blindly led astray from the God that had been such a big part of my life as a child and didn't have a clue that I wasn't at all functioning in the capacity He had designed for me to be living in. That is, until the dis-ease of alcoholism had subtly, slowly spiraled me deep into the dark, bottomless pit of hell. I was a "good person," I thought, who loved everyone and would do anything for anyone, even as my mental, physical, and emotional being felt miserable. I could not express how miserable I felt, because of the insecurities I wasn't aware of dominating my every thought and action.

My childhood was lived in a mindset of fantasy that I had been born into an abusive family and was just waiting for a loving family, a rich family, who would come to rescue me out of this abuse, poverty, neglect, and extreme depression. My thoughts were that all of this was why I was so deprived of what I perceived "everyone else had." I was totally unaware that I had been traumatized by sexual molestation, mental and physical abuse that had been passed down to me through the generational spirits that my momma had been raised with. She was just doing to me what she had been taught, through the trauma that she suffered as a child. In the midst of it all, I remember feeling compassion for my momma, in what I could not identify at the time as resentment, pure unadulterated hatred, which was contributing to the chronic suffering of upper respiratory infirmities, as well as an unending myriad of other infirmities. I grew up thinking that a visit to the doctor and his prescription for medications was what was saving me from dying from the chronic pain of these infirmities.

I was a "wild child," and my momma would unceasingly shake her fist in my face, as she yelled "You ain't afraid of the devil himself!" So, my growing up days set me up for deeper inner conflicts not only within myself, but also in and with other people. I would learn, when God rescued me from the hell of alcoholism, that this dis-ease had its initial beginning in my momma's womb where I ingested my first drink of alcohol. Added to that, were the hot toddies (warm water with whiskey) that I was given in my toddler years, to "cure" upper respiratory infirmities. I realize all of these years later that my momma did not know that this would only contribute to the perception that she already had of me being a "wild child."

In doing repeated inventories, God's grace continues to build in me a whole new attitude and outlook upon how I feel about my momma. I feel a deep gratitude for her strength to do the best she could do, and the conversion that I witnessed in her psyche, as I was growing into my teen years. When God pulled me up and out of the hell of alcoholism and placed me into rehab, I was not the least bit aware of the character defects and resentments that were leading me on a journey to death, institutions, or jail. We were required to complete the first five Steps before we would be released. I was paralyzed with hundreds of forms of fear because of my unreality of the fears and resentments that were eating away at my mental, physical, and emotional being.

My counselor suggested that I write down my present husband and my former husband's names, as she had discerned from my group shares that they were both being held as hostages in my thoughts, as well as holding me hostage to my thoughts. She so very compassionately relayed for me not to worry, sharing that clarity would come to me in God's timing. I reluctantly jotted those two names on my inventory, but it would be about eight years or so until I would do another inventory and learn that I was drowning in self-pity. I was still blaming everyone and everything for the misery that was brewing inside of me, as I presented to others that I was happy, joyous, and free. It took, and still takes, repeated work, work, work, and practice, practice, practice of all twelve AA Steps to keep me putting one foot in front of the other as I continue to fight this good fight of faith.

I can never forget the depressive grandiosity of pride in which the bottle cut me into, robbing me of a family in unity of love, rather than divided by the resentments that grew deeper and deeper with every drink of incomprehensible demoralization via the bottle. Through repeated Fourth Step Inventories, I no longer beat myself up. And I no longer allow resentments to take root in my mind. Always starting with my own powerlessness ([Step One](#)), every fear I face continues to guide me to the three Steps preceding Step Four and prepares me to move forward into the remaining eight Steps, where I get to practice the principles of AA in all of my affairs, rather than to isolate myself from personalities that I unknowingly ingested alcohol with subtle thoughts of hatred toward. It has been a daily process to become aware of, and accept that no person, place, nor thing can relieve me from the character defects that are operative, knowingly or unknowingly, in me.

In my own personal journey, it has been authenticated to me time and again that when the spiritual malady is overcome, we straighten out mentally and physically. And my spiritual malady continues to straighten out a little bit at a

Continued on page 12

And I Kept Writing



I knew [Step Four](#) was coming, but I wasn't ready for what it would ask of me.

"Made a searching and fearless moral inventory of ourselves." Searching? Sure, but I felt like I was searching in the dark, trying to make sense of a past that looked different depending on the day.

Fearless? That was a joke. Fear had run my life for as long as I could remember. It told me when to drink, when to run, when to lie, and when to lash out. It convinced me that if I ever faced myself honestly, I'd crumble under the weight of what I found.

But here I was—pen in hand, staring at a blank page—about to take inventory of a past I had worked so hard to forget. Step Four was supposed to help me understand myself, but the deeper I went, the more confused I became.

At first, the resentments poured out easily. My family, friends, authority figures, even myself. I had a long list of people who had wronged me, and I was ready to put it all down. But as I filled in the columns—the cause of my resentment, how it affected me, and, hardest of all, *my role in it*—I felt something tighten in my chest.

This wasn't just about them. This was about me.

It wasn't that my pain wasn't real—it was. Some people had truly hurt me. Some situations had been utterly traumatic and unfair. But how long had I been carrying these resentments like a security blanket? How many times had I used them as an excuse to drink, to shut people out, to stay stuck? And then came the fear.

Writing my list of fears was like cracking open a dam. Some were obvious: fear of failure, fear of rejection, fear of never being good enough. Others caught me off guard—fear of success, fear of change, fear of being seen for who I really am. Nothing made sense. Fear twisted itself into contradictions, making me feel paralyzed. I used to think I drank because I was afraid of one thing or another. But now, looking at my list, I saw that I had been afraid of everything.

I never realized how much fear had shaped my choices. How many times had I avoided responsibility because I was afraid of messing up? How often had I numbed myself because facing life sober felt unbearable? Fear had been my constant companion, whispering in my ear that I would never be enough, that I would never change, that I would never be free.

But as I wrote each fear down, I began to see them for what they were—lies. Step Four hit me harder than I expected. It was exhausting, like reliving years of mistakes and regrets all at once. There were moments when I wanted to rip up the pages and walk away. The weight of my past felt suffocating, and the idea of sharing this with another person in [Step Five](#) seemed impossible.

But I reminded myself: I'm not doing this alone.

I talked to my sponsor. He even agreed to do Step Four again with me. I went to meetings. I prayed—awkwardly, imperfectly—but I prayed. And I kept writing: one resentment at a time, one fear at a time, one painful truth at a time.

Somewhere in the middle of all that writing, something shifted. The resentment that had once felt so justified now felt like a chain I had been dragging for years. The fear that had paralyzed me suddenly seemed smaller, less powerful. The inventory wasn't about beating myself up—it was about setting myself free.

I don't know what Step Five will feel like yet. I don't know if I'll ever be truly fearless. But for the first time in a long time, I feel something different—hope.

Because today, I faced myself honestly. And I didn't fall apart.

Conor S.

Scaredy Kat from Brewski Kountry



At sixteen, a kid from Wisconsin, I discovered the brown-bottle courage of Milwaukee's finest. The effect of invincibility was immediate to this youngster and a sure tonic to facing the many fears of accountability and responsibility of becoming an adult. At the same time, I vaguely realized it was a false illusion dealing with the ordinary struggles of life; a pretender in the making willing to suppress the painful consequences of life with the rubber crutch of alcohol. No long-term

negative outcomes were envisioned by utilizing alcohol as a Higher Power to conquer the adult world when faced with the countless responsibilities of becoming a matured gentleman of good standing.

In the beginning, this solution worked marvelously, and the devil's mouthwash became a lubricant for social and vocational advancement. Mixed with youthful vigor, bountiful ambition, and variable integrity, I sought to fill the kingdom of "more is better" with heaps of material trophies harvested from the mutants of free enterprise. That is, until one day twenty-six years later when the cheesehead's kingdom collapsed from what is called in AA spiritual bankruptcy. The vast collection of material goods turned greed into ownership of the procurer's soul. Faced with a personal doomsday, paranoia, a deep loss of hope, a broken family shattered by numerous attempted suicides, hospitalizations, addictions, financial decline associated with the loss of a job, I asked for help and was led to AA where I was given a second chance at life—a do-over, a mulligan.

The answer was adopting a spiritual tool kit for fulfillment of a life with less physical possessions and more invisible spiritual components, such as, empathy, unselfishness, understanding others, deflating ego, expanding humility, improving listening, learning about the many forms of love, and most importantly, sacrificing self. The solution was found at the doorstep of AA leading to the staircase of spiritual living serving others. I found a new freedom, a new happiness, serenity, and peace. That feeling of uselessness, self-pity and self-seeking slipped away; my attitude and outlook on life changed with sunny skies, warm breezes, scenic sunsets and an occasional cleansing rain embracing one's life journey. Things that used to baffle me were handled ably, and I became all so grateful for all of God's gifts to the universe of life.

While engaged in a new blueprint for living, a common challenge encountered is anxiety, often triggered by worry. This issue is frequently associated with the condition of being an alcoholic in recovery. According to the *Big Book*, this state is characterized by restlessness, irritability, and discontent. We learn ever so gradually, hindered by our built-in denial, to promptly apply the Steps necessary to overcome the greatest thing robbing our joy; the things that never happened. That's when I'm not a good companion, spouse, friend, or parent and need a kick in the pants by other members or people of wisdom to change my behavior. For example, I can use Step Ten to abandon an old habit or impulse and move forward with greater wisdom. I have developed a new way of living designed on the principles outlined in the *Big Book of Alcoholics Anonymous*.

Through careful self-examination ([Step Four](#)), I discovered that "self-centered fear" resulted from using intoxicants to hinder natural growth. Truth eclipses false courage and leads to a life worth living and receiving the most out of the adventure of sobriety. We become peaceful warriors as we fight the battles inside. We are evermore investigating, exploring, and improving our lives by learning from the fellowship and literature of AA what others have acquired through great personal difficulties. Continue striving for *absolute* love, selflessness, honesty, and purity as envisioned by our forefathers in the Oxford Group.

Being hopeful and positive with our actions and behavior are the gilded linings of our program. Godspeed, my brothers and sisters, in our new life. It may be difficult at times; however, the complete renaissance of the soul is worth it!

John G.

Lifeline 

Group Contributions to Central Office, February

Suggested Contribution Guide

50%—Central Office
 30%—General Service Office
 10%—Mid-Southern California Area 09
 10%—Local Districts in Area 09

For more information, visit www.oc-aa.org/contributions-guide/ or call Central Office at (714) 556-4555 with any questions.

Mo 5:00P-(W)'s Mariners Blue	\$230	\$230	Sa 6:30A-The Straight Pepper Di	\$100	
Mo 6:30P-Easy Does It BB, 49		\$150	SAN CLEMENTE		
Mo 7:30P-(W)'s Disc., 15 Orang	\$309	\$389	Mo 7:00P-N.O.I. (M)'s, 119 Es	\$344	
Tu 6:00P-W's Courage To Chan		\$108	SAN JUAN CAPISTRANO		
We 6:30P-BB & 12x12, 18422		\$264	Dly 6:00A-Taking a Trip, 31891	\$227	
Th 12PM-Marniner's Men's Mee	\$100	\$100	Dly Various- San Juan Meetings	1300	1,300
LAGUNA BEACH			5:00P-(W)'s Solutions, 32382 D	\$194	
Dly 7:00A-C Club 7AMs Att Adj.	\$771		Th 6:00P-Do the Steps, 32202	\$200	\$200
Tu 5:30P-South Coast Men's S	\$78		Th 7:30P-(M)'s Q & A/Gator Mtg.	\$58	
Mo 7:00A-164 & More	\$81	\$253	Sa 6:30A-Eye Opener, 32202	1,000	
Mo 6:30P-(W)'s BB Stdy, 21632	\$75	\$150	SANTA ANA		
Tu 12:00P-Tuesday Noon Wom		\$60	SEAL BEACH		
We 5:00P-South Coast Men's S	\$445	\$1052	Mo 7:30P-Speakers, 500 Marina	\$364	\$364
We 7:00A-Whale Watchers (M)'	\$24	\$150	We 7:00P-BYOC Coffee BB	\$100	\$100
We 7:30P-SC Speaker Mtg., 2	\$917	\$917	SILVERADO CANYON		
We 6:00P-Beg Disc, 20456 LC		\$80	Thu 7:00P-Silverado Canyon Bo	\$76	
Th 6:00P-Women's Stag, 20456		\$130	SUNSET BEACH		
Fr 6:55A-(W)'s Workshop BB, 2		\$68	Su 11:00A-Inner Peace Group, 1	\$107	\$107
Sa 7:00A-Whale Watchers (M)'s	\$380	1187	Su 1:00P-BYOBp, 16865 PCH	\$80	
LAGUNA HILLS			Su 7:00P-11th Step Study (Sun	\$128	\$128
Su 4:00P-11th Step Med, 23802		\$85	Tu 7:00P-Tues at Thursdays, 16	\$90	\$90
Su 7:00P-Legacies Grp, 23802		1250	Th 7:00A-Thur at Thursdays, 1	\$73	
Mo 6:30P-Womens 12 & 12 SS,	\$150	\$320	Fr 12:00P-Drunk Busters, 16865	\$100	\$100
Tu 7:30P-By the Book, 23802	\$350	\$350	Sa 11:00A-Noon at 11, 16865 P	\$100	\$160
Thu 7:00P-Stopped In Time, 23	\$200	\$200	TRABUCO CANYON		
LAGUNA NIGUEL			TUSTIN		
Mo 5:30P-(M)'s What's/Purpos		\$120	Dly 6:00A-Attitude Mod, 1221 W	\$400	\$886
Mo 8:00P-12&12 Stdy, 30071 lv		\$224	Dly 7:00A-Early Birds Tustin Ave		\$178
We 6:00P-BB 12&12 Study, 30		\$82	Su 7:00P-Sober/Crazy Spkrs, 1	\$44	\$823
Fr 7:00A-Back to Basics Men's,	\$370	\$370	Mo 9:00A-Women's Unity Grp T		\$49
Fr 10:30A-Friday Morning Wom		\$114	Mo 6:00P-Conscious Contact (1		\$103
Sa 6:30P-Candlelight, 27802 El		\$115	Mo 6:00P-New Beginning W's A	\$91	\$91
LAGUNA WOODS			Mo 7:00P-(M)'s BYOB, 1201 lrv		\$16
Dly 7:30A-Do It Sober, 24442 M	\$377	\$870	Tu 7:00P-Tustin BB Stdy, 225		\$173
LA HABRA			We 7:00P-(W)'s Solutions, 192	\$143	\$222
We 7P-La Habra Men's Stag		\$200	Sa 7:30A-Tustin Acceptance, 22		\$198
M-F 6:15A- Topic Disc, 631 N.	\$200	\$200	Sa 12:00P-Tustin Brown Bagger	\$200	\$200
LAKE FOREST			VILLA PARK		
LA MIRADA			Dly 7:30A-Sunrise Serenity		\$194
LAS FLORES			WESTMINSTER		
LOS ALAMITOS			WHITTIER		
MISSION VIEJO			YORBA LINDA		
M-F 12:00P-Diss At Elks, 25902	\$200	\$450	UNLISTED GROUPS		
We 9:30A-(W)'s Topic, 26051 M		\$200	705 Virtual AA Mtg Tues/Thurs		\$327
Th 12:00P-PCOM (W) Big Book		\$216	Charle St. Step House, CM	\$76	\$76
Sa 11:00A-Sat. Morn. Acceptan		\$50	Wed Double Winner Mtg. 10:30	\$70	\$70
NEWPORT BEACH			Wed. 7PM-BYOB FUMC		\$100
Dly 6:30A-Round Table Disc., 4	1200	1200	Fr 8:00P-Anahiem House Garag	\$100	\$100
M-F 6:30A-Chicken Coop Roun		\$100	NHMS Meeting	\$200	\$200
Mo 8:30P-Balboa Island Step St		\$336	WANDERING GROUPS		
Tu 7:30P-Balboa Broads, 600 S		\$169	ZOOM MEETINGS		
Tu 7:30P-Men's Big Book Stud	\$100	\$100	Attitude Adj. 7am Cnyn Club (00	\$478	\$803
We 7:30P-(M)'s Back Bay Stag.		\$500	Dly Alkie's Winner Circle		\$128
Th 9:30A-Closed Women's 12		\$257	Dly 6:05P-Sunset Lit/Dis Mtg, DI		\$84
Th 7:00P-Over 40 Disc., 1099		\$100	Tu Noon-Interview with a Lady L	\$234	\$234
Th 7:00P-Women's Candlelight		\$331	We 7A-Zoom Women's Book Stu		\$76
Sa 8:00A-Dover Men's Stag, 79		\$350	Wed. Night Bubba Effect Speake	\$150	\$150
Sa 8:00A-EZ Risers, 2046 Mar	\$333	\$333	Sun 7pm-Fishbowl Discussion	\$1	\$1
ORANGE			Thr 7:00P-Fishbowl	\$23	\$73
Dly 12:00P-Friendship Club No	\$100	\$100	Mon 7AM Sunset Beach Zoom	\$60	\$60
Tu & Thu 12:00P-Brown Bagger		\$75	Mon 6:00P-Women's Emotional	\$150	\$150
Tu 7:00P-(W)'s Keep It Simple, 1	\$62	\$113	Sat. 9AM Morning Fellowship		\$71
Th 7:30P-777 (M) Beginner, 395	\$280	\$280	Sunday Night As Bill Sees It Lag	\$25	\$25
Sa 2:00P-Discussion-OFC		\$111	MISC. DONATIONS		
PLACENTIA			Birthday Donations	\$157	\$207
RANCHO SANTA MARGARITA			Intergroup-JJ	\$50	\$50
Mo 7:00P-(W) Stay/Sober, 30		\$287	Piggy Bank		\$55
Th 6:00P-Broken Chains, Calvar	\$80	\$80	South County Satellite Open H	\$83	\$83
M-F 6:30A-Att & Grat, 30605		\$167	PERSONAL DONATIONS		
Fr 7:30P-Roads End Part, 30322		\$100	Anonymous	1000	1,138

Betsy L.	\$20	\$20
BJ L. Irvine		\$75
David B., Fullerton	\$10	\$10
David T.		\$40
Effie R. Costa Mesa	\$50	\$100
Elizabeth H., Brea	\$25	\$75
Faith B.		\$10
Jack Z.	\$5	\$5
Jennifer J., Costa Mesa	\$10	\$20
Kim S. Huntington Beach	\$90	\$90
Lana A.	\$5	\$5
Marilyn C., San Clemente	\$50	\$75
Mary G. Huntington Beach	\$25	\$25
Michel R.	\$80	\$80
Michael A. A. Laguna Niguel		\$280
Robert R.		\$15
Rodger & Annette F., Irvine	\$35	\$70
Ronald B.		\$25
IN LOVING MEMORY		
In Memory of Terri C. Huntington		\$75
GROUP INFORMATION REQUESTED		
Receipt #1864 Need more info		\$100
TOTALS	\$15,167	\$35,311

When the Spiritual Malady Is Overcome

Continued from page 10

time, each time I put pen to paper and get a bit more honest that my troubles are activated by hundreds of forms of fear, usually caused by my own self will; my little tantrums of not getting what I think I want, or what I deserve. These are unhealthy emotions, set in motion by conflicts within me not from any conflict imposed through others. These are my truths, and I'm so grateful that I get to continue to walk in the light of my truth; activated by the God of my understanding guiding me to repeated Forth Steps, as He so gently, in His season, prepares me to be in a mental phase of His revealing them to me. And for this alcoholic, it has been (still is) a one-day-at-a-time learning that my truth must eventually line up with God's truth, that I cannot rest on my laurels to overcome the many hurdles that life presents to me (us).

We must be diligent in becoming honest about and accepting the need to change ourselves in every situation or circumstance when we are upset or disturbed, instead of attempting to change situations or circumstances which we are powerless over. And this is revealed in and through Step Four, not in an overnight, zip-zap session, but rather in a one-day-at-a-time, lifetime of reconstruction with painful, joyous, sad, and what seems like a ton of unwanted experiences. And yet, these experiences always turn out better than what we were so accustomed to. This, in my perspective, and through my experiences, are miracles that are waiting to materialize, each time I put pen to paper, and begin to spiritually see, and feel the changes that are activated in my spirit, through Step Four.

Effie R.

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.

Fountain Valley

7:30PM, Wednesday
IN-PERSON
Mischief Management (Fountain Valley Alano Club)
 16581 Brookhurst St.
 Contact: Cole 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.

8:00PM, Tuesday
IN-PERSON
The Solution Is in the Book Speaker Meeting
 19092 Beach Blvd. G-H (HOW Hall)
 Contact: Brandon K.

04/01 Carlos
 04/08 Justin
 04/15 Ross
 04/22 Big Mike
 04/29 Ian

05/06 Kevin
 05/13 Mike M.
 05/20 Joe G.
 05/27 Francisco

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.

04/05 Sharon G., Tustin
 04/12 Maya, Irvine
 04/19 Aaron, Tustin
 04/26 Nolan O., San Clemente

Orange

Saturday Night Visiting Speakers
 (Continued)

05/03 Lisa I., Tustin
 05/10 Danny L., Fullerton
 05/17 Jon I., Orange
 05/24 Ken D., Laguna Niguel
 05/31 Ken W., Orange

7:00PM, Sunday
IN-PERSON
Sunday Night Speaker Meeting of Orange
 250 S. Prospect St. (Revive Covenant Church)
 Contacts/bookers: Chris W., 714-980-1186 and
 Eddie P.

04/06 Kristal N., Tustin
 04/13 Marisa, Dallas
 04/20 Manny A., Placentia
 04/27 Sara H., Fullerton

05/04 Shamika, Rialto
 05/11 Kris K., Tustin
 05/18 Alisha, Chino
 05/25 Ricky, Newport Beach

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
 12885 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.

Inventory



“Inventory refers to goods and materials that a business holds for the ultimate goal of resale, production, or utilization. Inventory management is a discipline primarily about specifying the shape and placement of goods.”

Our goods are: goodwill, helpfulness, trust in others, and hope. Yet, when tainted with selfishness, dishonesty (emotional), self-seeking, and fear our goods become distorted by resentments at others around us. These others are blamed for our own shortcomings. Life becomes unsatisfactory, filled with anger and aggression. This general description certainly describes my journey into resentment, open anger, and aggression. While this journey began in my childhood due to fear, once I began drinking, alcoholically from the first drink, all the negative goods became amplified, burying those positive goods. It was selfishness because I only cared about that moment when the alcohol kicked in and nothing else mattered. It was emotional dishonesty when I knew I was making the wrong decisions but blamed everyone else. It was self-seeking when doing crazy things to prove I fit in and blaming others when I didn't. The fear of not belonging and not being good enough drove all the other behaviors. This existence was to continue for sixteen years. On December 24, 1980, the plug went into the jug.

Then it was only me and my negative goods to utilize. Anger and resentment filled me even though I was attending the two AA meetings a week and not drinking between them. The double team of my sponsor and his sponsor were constantly at me about praying. At that time I couldn't pray. At their persistence, I moved into [Step Four](#). My first attempt was less than acceptable. I had used the inventory to beat myself, being the alcoholic I am. Everything was my fault and wrong. So, at their rather pointed guidance, I started over with the added requirement that I had to end every writing session with something positive. This certainly proved to be harder than identifying my character defects. At times, all I could write was I had not been selfish, emotionally dishonest, or self-seeking that day. Sometimes I could add fear to that list; sometimes I couldn't.

On [page 71](#) of our *Big Book*, the paragraph ends with “If your have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested so big chunks of truth about yourself.” The end result of this process was I was able to recognize my defects and why I acted out on them. With the guidance of members of our fellowship I learned that my reactions and behavior could be modified. While practicing restraint of my negative goods, my positive goods came to light once more. Goodwill, helpfulness, trust in others, and hope became active again in my decision making. The result was that far better decisions were made and continue to be made.

An inventory, in business or personnel, looks at positive and negative goods one possesses, allowing the utilization of positive goods and discarding of negative goods. Of course, being an alcoholic, I occasionally backslide, and those negative goods/character defects pop up. That is why we have a Tenth Step. That basic inventory provided me with a list of what my Higher Power/God did not want me to do anymore. The Steps of our program give me the tools to be able to do my Higher Power's/God's will for me.

Remember to look at the positive goods you possess when you do your Fourth Step, even if it is something you did not do today. It certainly worked for this alcoholic.

Trust God, clean house, and help others.

Bill F.



I Wanted to Be Around People Who Didn't Drink

Interview with June L.

Continued from page 1

gone. That scared me. I never wanted to drink again, but I felt stuck.

My sponsor didn't understand, and when I shared in meetings, no one could relate. I felt lost. So, I turned to my Higher Power and made a commitment: I didn't know what was happening, but I didn't want to drink, so I asked for guidance. I promised that whatever came across my desk, I would take it as a sign and follow through.

Did your Higher Power give you that guidance?

Things started happening quickly. I joined a Twelve-Step study group and became an Intergroup representative, a role I held for many years until I could no longer drive at night. Then, Sister B introduced me to her spiritual retreats, and I began organizing meditation meetings. At my first retreat, she asked everyone why they were there. I shared that I had reached a flat spot in my recovery, and for the first time, someone understood me.

You're well known in Orange County for leading Joe and Charlie's "The Steps Come Alive" workshops. How did that come about?

I had the opportunity to go to a Joe and Charlie workshop, but I didn't really want to go. My sponsee invited me to stay with her, and I ONLY went because I had made a commitment to follow whatever my Higher Power placed in front of me. I went with a terrible attitude, but something incredible happened. If I hadn't gone to that workshop, bad attitude and all, this would be a whole different story.

On the last day of the workshop, a woman approached me and said, “Oh, you're June. You're the one. You're the one who will take these tapes and bring Joe and Charlie workshops to your community.” Without hesitation, I accepted this as a sign from my Higher Power. I bought the tapes and started hosting workshops. I found venues, facilitated the sessions, and created workbooks to make the material accessible.

What did you learn about yourself and your sobriety from teaching those workshops?

Over time, I became truly excited about it. The message penetrated my thick skull, and I finally understood what it meant to trust my Higher Power with my entire life and will. It is not just my actions but my thoughts, attitudes, and behaviors—all of it. Trusting completely is a daily practice. Whether walking in sunshine or a storm, I place my hand in that of my Higher Power's, knowing that I am in good hands.

That Joe and Charlie workshop changed my life. It began in 1995, and for the next fifteen years, I facilitated those workshops, sharing the message with countless people. It was an experience that shaped my sobriety, strengthened my faith, and reaffirmed my purpose in AA.

What have you found difficult in sobriety?

Letting go is one of the hardest things to do. My job is to surrender and do the footwork, whatever that may be. Sometimes it means waiting, and that can be difficult, but I know I am in good hands. My Higher Power has me, and I don't have to struggle alone.

What experience, strength, and hope would you share with another AA member, maybe a newcomer?

For newcomers, my message is this: Stay open. Keep showing up. Trust the process. And when you hit that flat spot, turn to your Higher Power and listen for the signs. The path forward will always be laid out for you—you just have to be willing to follow it.

Jackie G.

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



Mark Your Calendar

» UPCOMING EVENTS

April 4-6

Women to Women Lake Arrowhead
www.W2WArrowhead.com

April 12

High Desert AA Women's Banquet
 10:30AM-3:00PM
 Holiday Inn Victorville
 15494 Palmdale Rd.
 Victorville, CA
 Info: Lori T., 760-486-6549

April 17-April 20

48th Annual San Diego Spring Round-Up
 The Town and Country Resort
 500 Hotel Circle N.
 San Diego, CA
www.sandiegospringroundup.com

May 2-4, 2025

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

May 16-18

Live and Let Live: (A Badass) Women's Recovery Retreat
 Camp Cedar Glen
 Julian, CA
www.liveandletliveroundup.weebly.com

May 17

Orange County Intergroup Presents Trivia Night
 3:30-5:30PM
 Sports Basement
 10800 Kalama River Ave.
 Fountain Valley, CA
[Flyer](#)

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 02/28/2025 UNAUDITED

	<u>Feb 25</u>	<u>Jan - Feb 25</u>
Ordinary Income/Expense		
Income		
Literature Resale	2,643.50	4,570.04
Bank Adjustments	58.00	0.21
Birthday Donations	3.00	69.00
Group Donations	14,497.35	33,723.03
Individual/Fellowship	1,300.00	2,137.58
Interest Earned	4.20	8.85
Literature Sales	<u>6,905.52</u>	<u>14,604.28</u>
Total Income	<u>25,411.57</u>	<u>55,112.99</u>
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	7,656.05	15,645.05
Cost of Literature Sold - Other	<u>0.00</u>	<u>0.00</u>
Total Cost of Literature Sold	<u>7,656.05</u>	<u>15,645.05</u>
Shipping / Misc. Adjustments	<u>-1,082.51</u>	<u>-1,858.36</u>
Total COGS	<u>6,573.54</u>	<u>13,786.69</u>
Gross Profit	18,838.03	41,326.30
Expense		
Accounting	1,705.00	1,705.00
Auto Expense (all Mgrs.)	32.35	141.62
Copier Expense	83.02	183.76
Credit Card Expense	277.95	564.10
Insurances	344.50	789.10
Intergroup Expense	206.71	1,629.75
Internet Expense	334.21	511.73
Lease Expense	284.05	568.10
"LIFELINE" Expense	1,835.00	3,706.00
Maintenance & Repairs	160.00	320.00
Offices' Supplies & Expenses	888.13	1,262.27
Payroll Tax Expense	846.41	1,703.74
Postage	2.59	2.59
Reimb. Health	800.00	1,600.00
Rent Main/Satellite Offices	4,363.38	5,646.76
Salaries	10,198.34	21,262.59
Sales Tax on Lease	0.00	0.00
Taxes & Licenses	20.00	20.00
Telephone Expense	384.99	794.98
Utilities	49.59	107.81
Volunteers Coffee & Water	74.25	117.25
Website Expense	<u>358.99</u>	<u>717.98</u>
Total Expense	<u>23,249.46</u>	<u>43,355.13</u>
Net Ordinary Income	-4,411.43	-2,028.83
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	0.00
Total Other Income	<u>0.00</u>	<u>0.00</u>
Net Other Income	<u>0.00</u>	<u>0.00</u>
Net Income	<u>-4,411.43</u>	<u>-2,028.83</u>

April Word Search

Name _____

Email address _____
or phone number _____

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

TRADITIONS
SEARCHING
FEARLESS
SERIOUSLY

INVENTORY
GROUP
RETALIATION
MORAL

AUTONOMOUS
CREATION
PEPPER
RESENTMENT

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 MAY 15th

Congratulations to February's winner, Rita W.!