



Experience, Strength, and Hope in Orange County

The Phenomenon of AA

In 1934, the modern world was faced with the greatest depression of our time, forcing many to look “within oneself” for spirituality rather than “seeking” life’s satisfaction from the acquisition of goods and services. Coincidentally, a historically significant idea of the twentieth century incubated by the program of [Alcoholics Anonymous](#) was conceived by Bill W. This created a gathering of knowingly imperfect people finding spiritual awareness working with each other for no personal gain, with self-satisfaction coming from helping others.



Photo credit: Cathryn S.—Newport Harbor

A simple program for puzzled people using the [Twelve Steps](#) of AA was created. This avoided commands and rules from elected or self-appointed officials and emphasized testimony from all members of the nature of their personal experiences. Once the lesson was learned, new hope followed.

How radical this idea seemed to people accustomed to charismatic and/or forceful leaders establishing a set of rules to their liking! AA used imperfect people to discuss openly with each other, self-examine their soul, and share shortcomings and character defects with another human being to find individual spirituality.

Simply clever, this solution had great results. Without serious discomfort from a devastating depression there would not have been a motive for change. It has been known for ages that personal pain is the touchstone for spiritual evolution. One must find spirituality to live a life worth living, or the heart and soul will wither. Change is normal and natural to the hills and hollows of reality. Enjoying the unpredictability and braving the storms, which are a part of everyone’s life, is a true adventure.

These words are testimony from a vanquished agnostic after day-tripping through decades of sobriety with a [Big Book](#) while constantly considering the words of “Amazing Grace,” reciting the Serenity and Acceptance prayers, visiting museums, holy places, wonders of the world, attending [AA meetings](#), and making new friends

Continued on page 3

Notice of Motion Affecting the *Lifeline* Newsletter:

Motion: “I move that the *Lifeline* no longer be printed in hard-copy form.”

If your group wants to have its voice heard and counted regarding this motion, the group needs to have an Intergroup Representative attend the monthly Intergroup meeting on the second Wednesday of the month. If your group does not currently have a rep, please take the time to nominate, elect and hold a group conscience regarding this important decision. It’s valuable for the collective voice of Orange County AA members to be heard.

Next meeting: January 14th (Vote will take place)
 7-8PM, (6:30 new rep orientation)-IN PERSON ONLY
 Norma Hertzog Community Center
[1845 Park Ave., Costa Mesa](#)

Questions can be directed to:
lifelinecommittee@oc-aa.org.

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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.

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

—CALL BEFORE YOU TAKE A DRINK—

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Website: www.oc-aa.org

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Saturday & Holidays: 9AM-1PM

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Welcome 2026
SERVICE BOARD

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Technology, Open
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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.

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 will be focusing on [Step One](#) and [Tradition One](#) during our first month of the year. I hope you will read John G.'s cover story, "The Phenomenon of AA." He does a wonderful job writing about how [Alcoholics Anonymous](#) came to be as well as lessons he has learned in his own life. I also hope you'll read "New Beginnings" on page 8. Bill F. writes about his introduction to AA. He is celebrating forty-five years in the program, and the lessons he learned from the men in those early meetings still hold up today.

As we begin another year, I find myself full of the hope I would never have dreamed of during my drinking days. I see people stepping up to be of service at the meeting level and on our own Intergroup board. We have a new *Lifeline* chair, Matt D., who I've long admired from our monthly Intergroup meetings, as well as an entirely new board. You can find contact information for everyone on page 2. If you have any questions about the *Lifeline*, Matt is always available to help.

We also have someone new doing the "Our Principles" section on page 4. Every year, a brave individual makes the commitment to write about a Step, Tradition, and Concept every month. At the end of the year, they will have written about all twelve Steps, Traditions, and Concepts. We are grateful for Dave W., who has a lot of experience in Intergroup as well as General Service, for agreeing to share what he has learned during his forty-one years of sobriety. Ron B. has also committed to writing about a Step each month of the year. Longtime readers will remember his excellent articles on the Steps and Traditions as he has focused on education. This year, he is going to write more about how each Step has impacted him personally.

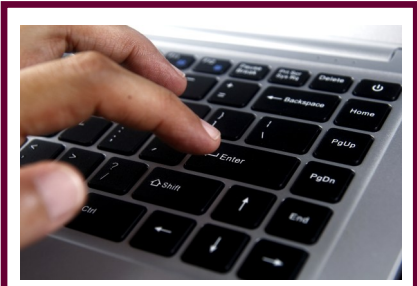
If you're looking for a new way to be of service this year, consider joining the *Lifeline* Committee. Whether you're a writer who wants the support and inspiration of community or an AA with opinions, we have a spot for you. We meet by Zoom the first Thursday of the month, and the information about how to join is on the right of this page. If you'd like to join another committee, information is on page 2.

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, poem, photo, or original artwork to the *Lifeline*, please email me at oclifelineeditor@gmail.com.



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

Jennifer J.
Lifeline Editor



Share Your Thoughts on Sobriety with the *Lifeline*

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

The Phenomenon of AA

Continued from page 1

with good-will in their eyes on many continents. All was made possible by sobriety igniting a continued caring curiosity:

- Sobriety's adventure results in a better understanding of the world
- Engages a clear-thinking mind
- Challenges assumptions
- Broadens perspectives
- Confronts and replaces aged instincts
- Moderates behavior by examples from fellow voyagers

A chant learned at an early AA gathering identified my allegiance: "I sought my soul; I could not see. I sought my God; He eluded me. I sought my brother and found all three." This was a rigorous but worthy path to a fulfilling second life in one lifetime. Together, we found a shattered soul and just the man to glue it back. He was not the one lost!

What a divine program we have. Thank you, God, Bill W., and the fellowship!

John G.

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 One: We admitted we were powerless over alcohol—that our lives had become unmanageable.

Many of us hit a point in our drinking careers where we were fresh out of good ideas. None of us like to admit defeat, but alcohol is a great persuader. It finally beat us into a state of reasonableness. At this point, we knew that we needed to look for some new answers. If we were lucky, we found a guide or sponsor to help us on this road to recovery, upon which we can build a new life. Since we learned we could no longer control our drinking, we admitted that we were powerless over alcohol. The second part of the first Step helps us to understand that we not only need to stop drinking, but we also need to change our behavior to further ensure our lasting sobriety.

Tradition One: Our common welfare should come first; personal recovery depends on AA unity.

Unity is one of the three Legacies of Alcoholics Anonymous and primary to the Traditions because our very lives depend on it. We all have personal goals, but we must learn to put the welfare of the group, or [Alcoholics Anonymous](#), first. Selfishness and self-righteousness can potentially damage this unity that is vital to our survival. Where would we be without the power of the group (fellowship), where we not only share a common problem, but a common solution? The founders decided that unity was so important that each of the following Traditions explains one specific way to protect the unity of the Fellowship and the AA group.

Concept One: Final responsibility and ultimate authority for AA World Services should always reside in the collective conscience of our whole fellowship.

We are unlike a traditional business model, where the power resides at the top of the pyramid with a single individual, or Board of Trustees. Alcoholics Anonymous adopted an upside-down organizational model ([upside-down triangle](#)) where the power resides with the groups. Our founders had the foresight and humility to realize that they wouldn't last forever, and for the fellowship to survive, the answer was to be found in the collective conscience of the AA groups. Bill asserts: "The A.A. groups are to be the final authority; the leaders are to be entrusted with delegated responsibilities only." The outside world cannot imagine an organization run this way, but Bill calls it "a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and God to insure that our democracy of world service will work . . ."

[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](#).]

Dave W.

How Am I Doing?

Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I shout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

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

(Traditions Checklist available from Central Office)

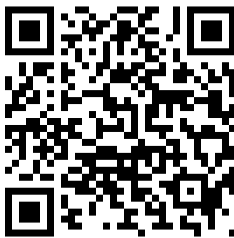
(SMF-131 Traditions Checklist is available from the [AA Grapevine](#) on [www.aa.org](#))

Support Your Central Office

@OCAINTERGROUP



venmo



Central Office appreciates your Venmo contributions. The second QR code will take you to the www.oc-aa.org/contributions page for more options.

Checks and money orders can be sent to:

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



AA Birthdays

Dawna M. Huntington Beach 37 years (12/12/88)

Leslie G.	Laguna Hills	3 years
Natalie C.	Costa Mesa	6 years
Matt P.	Newport Beach	6 years
Bonnie H.	Costa Mesa	7 years
Lisa C.	Costa Mesa	14 years
Joanne P.	Laguna Hills	33 years
Kevin R.	Santa Ana	40 years
Bill F.	Anaheim	45 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.



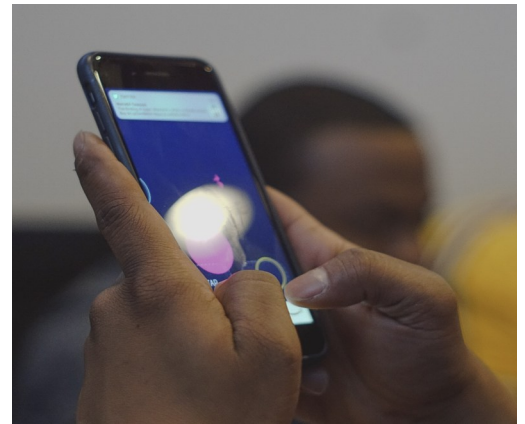
Located at the end of the 55 freeway in Costa Mesa next to the Donald Dungan branch of the Costa Mesa Public Library

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

Norma Hertzog Community Center
[1845 Park Ave.](#)
Costa Mesa

OFFICE CALLS TOTAL = 220	CENTRAL OFFICE ACTIVITY November 2025			
	12 Step Calls	Meeting Info	General Info	Visitors
After hour calls not included				
Santa Ana Office	4	82	87	71
Laguna Niguel Office	3	20	24	44

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.

<p>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</p>
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My Inner Negator



AI generated image from the author's search of his alcoholic Negator

While sitting in a meeting, I heard a share that really hit home. The person was describing the challenges they face with their own internal thoughts. They felt like they had "Negator" living in their head.

This resonated with me. As a person who is newly sober (April 21, 2025), I know about the challenges of "stinking thinking" and the difficulties in taming this beast. As I thought about it, I wondered what would an archvillain named Negator look like, what would their character traits be, what would their superpowers be, and, finally, what would it look like if Negator was an alcoholic.

I asked artificial intelligence (AI). It was only my second time using AI. What came back blew me away. I felt like I was looking at a perfect description of my alcoholic self. It created a storyline that had Negator finding redemption through [Alcoholics Anonymous](#) and becoming a superhero and shedding his negative past. The fact that it could create such an accurate impression of how I saw my alcoholism within five seconds was thought provoking. Artificial intelligence has to be taught in order for it to get its knowledge. The more I thought about it, the fact that negative thinking, being an archvillain, and alcoholism produced a perfect description of me was actually comforting. That was because the knowledge of alcoholism—its behaviors, impact, and solutions—is known, and it works.

It took forty-three years of drinking for me to find AA. It only took one [meeting](#) for me to know I was an alcoholic. I quickly learned what we all learned, that it was much easier to not pick up a drink than it was to change my thinking. I never appreciated how often I thought my way to a drink, how my alcoholism worked to keep me in my Negator and sabotage any effort to stop. Artificial intelligence knew what I had already come to realize. The solution was Alcoholics Anonymous, not just for sobriety, but as a solution to my life, a solution for my negative thinking.

The solution was a journey, a journey of only [Twelve Steps](#).

I know that I will never be rid of my inner Negator; it is a part of who I am. I have a choice though, and that choice is whether or not I allow Negator to control my thoughts and deeds. For me, the Step-work has given me the tools to keep my inner thoughts under control and to keep myself focused on a God-centered Twelve-Step life.

Larry T.

Archives Corner

Bill and Lois Marry—January 24, 1918

The marriage of Bill and Lois Wilson played a quiet but essential role in the founding and early survival of [Alcoholics Anonymous](#). While Bill W. is widely recognized as AA's co-founder, Lois Wilson's perseverance, financial support, and later independent leadership were critical to the movement's development.

William Griffith Wilson met Lois Burnham in Brooklyn, New York, in 1913. Lois came from a socially prominent family and worked as a social worker, while Bill was an ambitious young man with interests in business and finance. They married in January 1918, shortly before Bill was sent to serve in World War I. During his military service, Bill began drinking heavily, a pattern that would worsen over the next several years.

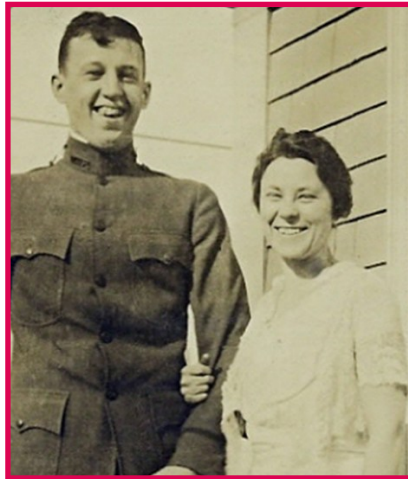
Bill's alcoholism placed increasing strain on their marriage. He struggled to maintain employment and cycled through repeated attempts to stop drinking, none of which lasted. Lois supported the household financially for long periods, working in department stores and later as an interior decorator. Despite frustration, embarrassment, and emotional pain, she remained committed to the marriage, even as Bill's drinking led to hospitalizations and broken promises.

Bill achieved sobriety in December 1934 after a profound spiritual experience at Towns Hospital in New York. While this marked a turning point for him, Lois faced her own challenges. As Bill devoted

himself to helping other alcoholics, often inviting them into their small Brooklyn apartment, Lois felt neglected and emotionally isolated. She later described the experience as "getting sober alone," a phrase that resonated with many spouses of alcoholics.

As Alcoholics Anonymous grew after its founding in 1935, the Wilsons lived in near poverty for years, relying heavily on Lois's income and personal sacrifices. Lois also served as a sounding board for Bill as he developed AA's ideas and writings, including the book [Alcoholics Anonymous](#), published in 1939.

Over time, Lois recognized that families and spouses of alcoholics needed support of their own. Drawing on her experiences, she helped establish [Al-Anon Family Groups](#) in 1951, creating a fellowship specifically for those affected by another person's drinking. This work became her enduring legacy.



Bill and Lois Wilson on their wedding day

Bill and Lois Wilson remained married until Bill's death in 1971. Their relationship was marked by hardship, resilience, and shared purpose. Together, they demonstrated that recovery from alcoholism extends beyond the individual, shaping families and relationships—and that healing often requires compassion on both sides of the marriage.

Mary G.
MSCA 09 Archives

"The beauty of sobriety is that sometimes I am the one supported, and other times the one supporting. One act helps destroy my ego, the other my self-centeredness. I need to practice both actions if I want to survive." "Self-Support," Los Angeles, California, July 2007, *No Matter What: Dealing with Adversity in Sobriety*

If we give more than we get, we will get more than we give. Before the program, this was a concept I didn't completely understand or believe. It seemed counterintuitive to think, "We would get more by giving more," but that has become a guiding principle in my recovery.

The simple axiom that "we can't keep it unless we give it away" is so telling. Giving of oneself can be the key to lasting contentment, but this philosophy is one that we usually grow into slowly. At first, it is essential for us to be willing to accept help. For most of us, especially men, asking for and accepting help is foreign and very uncomfortable.

Once we see the truly altruistic nature of kind gestures from others in the program, we also begin to see that this may be something we, too, could adopt in our own lives. When we're down, we know we need a meeting. When we are fired up about life, our meetings need us. The fellowship is a "we" program, and it is so encouraging to know we have an army of love just waiting for us when we need it most.

One alcoholic helping another alcoholic is the hallmark of our recovery, but this transcends into so much more. What we give away, we keep forever.

Anonymous

New Beginnings

Total despair and darkness had been consuming me since the moment I had poured that bottle of beer down the kitchen sink. I could no longer drink. A Higher Power I did not even acknowledge had taken care of that.

Thoughts of suicide filled my head as I woodenly went through my duties as a Marine, husband, and father. I just could not figure out a way to do it and still have my family get the ten-thousand-dollar insurance payout. The last eighteen days had been horrendous, with absolutely no hope for anything different or better. My life seemed to be ending.

This night found me pacing outside a Quonset hut in our housing area on Okinawa. In that Quonset hut was a [meeting of Alcoholics Anonymous](#) scheduled to begin in about five minutes. I had been pacing back and forth for quite a while not wanting to go in but had absolutely no other place to go. Finally, working up the courage, I walked across the threshold and into a new beginning. I was welcomed and told I never had to drink again if I did not want to, a gift of a small bit of hope.

There were six men in that meeting that night. They were freely sharing and laughing about stuff I was ashamed of and had kept hidden—or so I had thought. I felt sick inside. These men also talked of Alcoholics Anonymous and the program that had changed their lives. They seemed happy and had told me there was a way to a sober, better life. The only requirements were to not drink and work the [Steps](#) listed on the wall. I understood very little of what was said.

At the end of the meeting, these men told me to keep coming back and to not drink between meetings. These men shared that there was a way to a better life. Their laughter,



not at me but at themselves, had led me to openly declare I was an alcoholic. These things brought me back to the next meeting and other meetings over the last forty-five years of my sobriety.

This was not an easy journey. I came to Alcoholics Anonymous full of despair, shame, self-will, and anger. The men in that room over my first two and a half years of sobriety were fortunately blunt and to the point. Sympathy, I was told, was a word in the dictionary somewhere between sh** and syphilis. I got their point. The “poor me’s” would lead to picking up a drink again. Instead, I was given directions, *you will*, not *you should*, if you do not want to drink again as various issues come along.

Being an alcoholic with a lot of self-will, sometimes these directions were ignored until it became so painful I had to let go of self-will and follow direction. Basically, I was told I needed to grow up emotionally and spiritually. This alcoholic needed that approach in order to come to understand our program and maintain sobriety.


Each new twenty-four hours since that first meeting has become a new beginning in my journey of sobriety. Some days were tough due to self-will reemerging from time to time. Some days were good, and I could feel the serenity often discussed in meetings. Most days were filled with both. Each new day there is a surrender and the admission I am an alcoholic.

Today, alcohol has been removed for quite a while, yet if I do not continue to work our program, I suffer untreated alcoholism with my character defects roaring back again. They have never gone away, but our program keeps them in check and quiet for the most part. Even today, each new twenty-four hours is still a new beginning, an opportunity, to grow in our program, both emotionally and spiritually. I wish the same for all my fellow alcoholics.

Trust God, clean house, and help others.

Bill F.

There were six men in that meeting that night. They were freely sharing and laughing about stuff I was ashamed of and had kept hidden—or so I had thought.



A Tool
for
Group Treasurers

Homegroup.Online

Provides 7th Tradition & Treasury Services
for 12-Step Groups

- No Tax ID/S.S. # needed
- Takes electronic or cash contributions
- Provides full-service banking
- Easily change treasurers

Online Discovery Workshop with Q & A
Wed. January 21st, 7-8pm
ZOOM ID- 318 212 7247
(No Passcode Needed)

Check out - <https://homegroup.online/library/>
And join us with any questions you still have

For info contact
satellitemanager@oc-aa.org / 949-582-2697

Meeting Spotlight



**HOW Hall Sunday Night
Creative Share Meeting of AA**

Sunday
5:00-7:30PM

19092 Beach Blvd
Huntington Beach

January Pamphlet of the Month

The A.A. Group
...where it all begins



How a group functions.
How to get started.

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

This [pamphlet](#) (P-16) shows how a group can work effectively, how to start a new group, and how each group links to AA.

[Pamphlets are available for purchase at [Central Office](#) for \$.50 each (**FREE with the purchase of a book**) and on www.aa.org.]



Course Correction



“Here are numbers to rehabs. Call one.”

After yet another five-day alcohol and drug binge, I staggered home at dawn where these words greeted me on a note that my wife had taped to the front door of our house. The game was up. My thirty-year alcoholic life was about to change course.

My Dad used to be a naval officer in charge of navigation on a cruiser. He would tell me how difficult it was to turn a ship quickly, but that it didn't need to. Just a tiny change in direction would eventually reset its course to a vastly different destination.

On my front stoop that morning, my life was a broken-down derelict sailing endlessly through a stormy sea of alcoholism, bound for the maelstrom of jails, institutions, and death. Trapped in the current of my ego and denial, I struggled to stay afloat while continuing on the same disastrous heading.

My disease, like a charming sadistic pilot, relentlessly urged me to heed the siren call of alcohol and drugs and ignore the warnings that I was bound for disaster. Alternating between lunacy and the terror of never being able to drink again, I sailed on. But a reckoning was coming.

It arrived that fateful morning when I also discovered that my home's locks had been changed and my credit cards deactivated. Mired in shame, I drifted further towards the insanity of considering homelessness as a wave of despair and suicidal thoughts washed over me.

If you're a newcomer to AA, I suspect your alcoholic life wasn't a luxury cruise ship, but like mine, a miserable garbage scow, barely staying afloat, rusted through by destroyed finances, relationships thrown overboard, run-ins with the law, and decaying health. I know your pain. The whirlpool of alcoholism can seem inescapable. But those of us who've recovered in AA have learned that honesty is the compass that can set us on a new course.

Finally, a lighthouse beam of humility broke through the fog of my depression and steered me away from the iceberg of self-destruction looming ahead. Too exhausted to care anymore if anyone knew I was an alcoholic, a Higher Power I hadn't acknowledged yet granted me G.O.D.—the gift of desperation, also known as “rock bottom,” that crushed my ego. Amid this clarity (and surprising relief) I surrendered to the higher power of truth: I was an alcoholic, and my life was unmanageable. By getting honest and nudging myself towards the unknown port of acceptance, I'd completed [Step One](#) (p. 4).

Utterly defeated, I called my wife and went to rehab where I joined AA. I'd finally admitted who and what I was. This admission caused a sea change in my life's direction but only because I acknowledged one hundred percent that I was an alcoholic, crucial to completing Step One ([Twelve Steps and Twelve Traditions](#), p. 68).

Eventually, guided by my sponsor and fellow AAs, I would learn further Steps that would help me stay on my new sober course. Using these tools, I gradually turned my life around, away from the desolate and deadly shores that are littered with the wrecks of so many alcoholics' journeys, and toward the safe harbor of AA, where happiness, joy, and freedom from alcoholism await all who have the capacity to be honest with themselves.

Like the saying, “A journey of a thousand miles begins with a single step,” a recovery journey of a lifetime begins with a single moment of honesty that can result in a small but profound course correction.

That's the power—and promise—of Step One.

Ron B.

Tips from an AA



Never compare my program to someone else's program.

Never compare my inside feelings to someone else's outside appearances.

What other people think of me is none of my business does not mean that I don't care.

Don't use the word “should.” Replace the word “should” with either “I will” or “I won't.”

Don't use the words “should have”; replace with “I didn't.”

“Never” is either a lie or a yet.

Living one day at a time means to do what is directly in front of me at the moment.

If I want to change, I must be willing to do something different.

AA should not be worn like a straitjacket, more like a loose flowing robe.

The Steps are not work as long as I am doing them. They become work when I am not doing them.

It's okay to turn my will and my life over to the care of God, but if I turn my electric bill over to God I may be in the dark for a long time.

Tools: Phone, write, talk to another alcoholic, share in a meeting, prayer, doing something responsible.

A problem shared is half a problem, and joy shared is twice the joy.

Unconditional love is the ability to do something for someone else and not require or need anything in return.

Participate in my own program.

To me, sobriety means the ability to live comfortably and peacefully most of the time.

Tomorrow is none of my business; tomorrow belongs to God.

Chuck H.

The Greatest Gift of All



As I was reflecting on the beginning of a new year, my thoughts turned to the beginning of a new life, which began with surrender to our [First Step](#): “We admitted that we were powerless over alcohol – that our lives have become unmanageable.” I realize and accept, with absolutely no reservations, that this still holds true for me after forty-five years of sobriety.

Even though I have not put alcohol into my body through all of these years, I am still powerless over alcohol. If I take that first drink, it will eventually set off a phenomenon of craving, and I will be doomed to an alcoholic death. I accept that I simply do not have another recovery left to survive the active disease of alcoholism. I was granted many opportunities to put the plug in the jug, and I could not do it until I was on a deathbed of cirrhosis of the liver.

The prescribed medications I had ingested since childhood (actually, since birth, beginning in my momma’s womb) added to the mixture of soul-destroying chemical substances my mental and physical capabilities endured. I did not have a clue that I was sick of myself and the unending resentments, the pure hatred, I did not know was killing me. The more I spiraled down into the deep, dark hell of alcoholism, the less I could stand to be who I was becoming: an empty shell of little more than toxic, filled hatred for myself, my family, and people about me.

I had experienced a powerful encounter with Jesus when I was about nine or ten years of age, yet that did not stop me from being a victim of this disease. I don’t recall exactly when I came to believe ([Step Two](#)) that God could restore me to sanity. Yet, when my doctor refused to prescribe more pills for pain and mental illness and place me in an alcohol rehab facility, I realized that the hopelessness I had for myself began to turn to hope.

I had no problem accepting God as my Higher Power, making the decision to turn my life and my will over to His care ([Step Three](#)). I believe this was due to the powerful encounter I had experienced with Him as a nine or ten-year-old child. What I did have a problem with was making a searching and fearless moral inventory of myself ([Step Four](#)). I was a professional at making searching and fearless moral inventories of everyone else; my mental capacities at that time had me convinced that I had no resentments and absolutely no defects.

I did [Step Five](#) just so I could be released from rehab (with two names my counselor had heard me character assassinate). As a result, it was not possible for me to be even a tiny bit ready to have God remove defects of character ([Step Six](#)) that I wasn’t aware of. And how could I humbly ask him to remove shortcomings ([Step Seven](#)) I didn’t know were so glaring to everyone except me?

I remained a victim for the first eight or nine years of my sobriety. I thought I had not harmed anyone, so how could I do Steps [Eight](#) and [Nine](#)? When I became too miserable to live in my own body, I sought help through my sponsor who was quick to point out that I was drowning in self-pity.

This realization allowed me to begin practicing [Step Ten](#), which has become ingrained in my spirit to practice all throughout the day. [Step Eleven](#) continues to be the greatest blessing I could ever have dreamed of being mine. Faith and trusting God for the results of my prayers is a gift that I get to keep unwrapping.

To have learned to say “Thy will be done,” mean it, and wait upon God for the results of all things, is a one-day-at-a-time lifetime of reconstruction. All of these Steps guide me to [Step Twelve](#), which I get to continue to improve as I say the first word, “we,” which is used twice in the First Step, along with “our.” This keeps me aware that I cannot continue to recover by myself. I need everyone God places in my path to continue to turn resentments into love for God, myself, and everyone everywhere. And the love which begins with God has been, and is, the greatest gift of all.

Effie R.

T.B.D. To Be Determined

D.R.U.N.K.
Depressed
Repressed
Useless
Numb
Know

D.E.N.I.A.L.
Delusional
Erase
Neglect
Ignore
Allow
Lie

S.H.A.M.E.
Sabotage
Harm
Avoid
Manipulate
Exhaust

G.U.I.L.T.
Grovel
Ugly
Insanity
Longing
Truth

A.L.O.N.E.
Aftermath
Lost
Oppressed
Nothing
Enough

A.C.C.E.P.T.
Alcoholism
Courage
Community
Expectations
Perseverance
Tolerance

S.U.R.R.E.N.D.E.R.
Spirituality
Understanding
Relationships
Resentments
Exhale
New
Defects
Ego
Reservations

H.I.G.H.E.R.
Humility
Intent
Gratitude
Honesty
Energy
Restoration

P.O.W.E.R.
Peace
Opportunity
Willingness
Education
Resilience

S.O.B.R.I.E.T.Y.
Steps
Open-mindedness
Balance
Relief
Intellect
Elation
Traditions
Years

Emily B.

Speaker Meetings

Costa Mesa

6:00PM, Saturday

HYBRID

Saturday Night Refugees (12X12 Speaker Meeting)

2144 Thurin St. @ Victoria St. (Grange Hall)
Meeting ID: 703 741 362, Password: GRANGE
Contact: Joel B.

7:00PM, Sunday

IN-PERSON

Costa Mesa Speaker Group

2040 Placentia Ave. (Costa Mesa Alano Club)
Contact: Christy B.

Dana Point

9:30 AM *First Sunday only each month*

IN-PERSON

Dana Point Harbor Monthly

Speaker Birthday Group

34699 Golden Lantern (Wind and Sea Restaurant)
Contact: Brent W. or
Contact: John H.

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

20112 Magnolia St. (Christ Pacific Church)
Meeting ID: 882 0896 9623, Password: Sunandsea

8:00PM, Tuesday

IN-PERSON

The Solution Is in the Book Speaker Meeting

19092 Beach Blvd. G-H (HOW Hall)
Contact: Brandon K.

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.

Laguna Beach

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

IN-PERSON

Legacies Group Speaker Meeting

23721 Moulton Pkwy. (Florence Sylvester Senior Cn.)
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

Newport Beach

7:30PM, Thursday

IN-PERSON

Balboa Speaker Group

414 32nd St. (Newport Beach Alano Club)
Contact: Natalie C.

7:30PM, Sunday

IN-PERSON

Speakers

414 32nd St. (Newport Beach Alano Club)
Contact: Ashley G.

Orange

7:00PM, Saturday

Saturday Night Visiting Speakers

IN-PERSON

395 S. Tustin St. (Community of Christ Church)
Contact: Chris W. or
Josh O.

01/03 Mike O, Alhambra

01/10 Yasmine, Moreno Valley

01/17 Emily G., Huntington Beach

01/24 Kelcie, San Diego

01/31 Scott P., Tustin

Orange

7:00PM, Sunday

IN-PERSON

Sunday Night Speaker Meeting of Orange

250 S. Prospect St. (Revive Covenant Church)
Contacts/bookers: Bree and
Owen

01/04 Felicia R., Fullerton

01/11 Art M.

01/18 Anna V., Tustin

01/25 Chad, La Palma

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

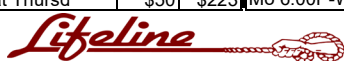
9:02 Speaker/Participation Meeting

17855 Santiago Blvd.
Contact: Annette H. or
E.C.

DISCLAIMER: Listed events, meetings, or flyers are presented solely as a service to our members, not as an endorsement by the Orange County Intergroup Association. We cannot attest to accuracy, relevancy, timeliness, or completeness of information provided. We at OCCO strive to adhere to Traditions Six and Ten on posting events.

Lifeline

Continued from page 12			Th 5:30P-(W)'s Disc, 168		\$142	Sa 12:00P Tustin AWC		\$340	Derek G.	\$30	\$30
Su 7:00P-Sunday Night S	\$40	\$40	Fr 12:00P-Drunk Busters,	\$100	\$900	Sa 8:30A-It In the Book, A		\$207	Diana B.		\$100
Mo 12:00P-12&12&12,		\$175	Fr 6:00P-I Never Had It	\$141	\$774	Sa 9AM Morning Fellows		\$71	Donna		\$20
Tu 12:00P-Discussion, 21		\$175	Sa 11:00A-Noon at 11, 1		\$160	Sa 9:30A-12&12 Study		\$42	Doug P., Orange		\$100
Tu & Thu 12:00P-Brown	\$100	\$525	Sa 7:00P-Rule 62 11th S	\$125	\$475	Sa 7:00P-Fishbowl Open		\$2	Effie R. Costa Mesa		\$300
Tu 7:00P-(W)'s Keep It Si	\$38	\$667	TRABUCO CANYON			Su 7:00A-Montage	\$204	\$204	Eileen C. P.		\$10
Tu 7:00P-Double Scoop		\$100	Mo 10:30A-Womens Ste		\$649	Su 9:30A Sandy Sobriety	\$29	\$318	Eileen M. - SJC		\$15
Tu 7:00P-Hart Park New		\$50	Sa 10:30A-Womens BB S		\$472	Su 6:00P Sunday Night A	\$25	\$95	Elaine L.		\$2
We 12:00P-Crawl Before		\$150	TUSTIN			Tu Noon-Interview with a		\$234	Elizabeth H., Brea		\$259
We 7:00P-Name in the H		\$175	Dly 6:00A-Attitude Mod, 1		2,496	Tu Nite BB Study Laguna	\$150	\$150	Erinn D.		\$12 \$34
Th 12:00P-Discussion, 21		\$250	Dly 7:00A-Early Birds Tus		\$178	We 5PM- East Meets W		\$40	Esther S. Lowell, Ma		\$10 \$70
Th 7:00P-Big Book Study,		\$100	Dly 5:30P-Tustin Rush H		\$459	We 5:00P-(W) Closed BB		\$320	Faith B.		\$10
Th 7:30P-777 (M) Begin	1,437		MW 12:00P-Tustin Noon		\$975	We 6:30P-Wed Night Wa		\$50	Gerri K.		\$10
Fri 12:00P-Quality Sereni		\$200	MWF 12:00P-Spiritual E	1,374		We 7A-Zoom Women's B		\$521	Graham A.		\$2 \$2
Sa 2:00P-Discussion-O		\$221	Su 5:30P-The Other 12 a		\$50	We Night Bubba Effect Sp		\$150	Heidi B.		\$2 \$2
Sa 7:00P-Visiting Spkrs,		\$275	Su 7:00P-Sober/Crazy Sp	1,970		Th 7:00P Ballpark Zoom		\$95	Jackie B.-SF/Marin IG		\$100
PLACENTIA			Mo 9:00A-Women's Unity		\$206	Fr 7AM Ballpark Zoom Mt		\$143	Jack Z.		\$5
RANCHO SANTA MARGARITA			Mo 6:00P-Conscious Con		\$103	MISC. DONATIONS			Jari P.		\$5
M-F 6:30A-Att & Grat, 30		\$902	Mo 6:00P-New Beginning		\$456	AA 90 years Old Birthday		\$90	Jeffrey W.		\$5 \$5
Su 7:00P-Old Time AA 12		\$420	Mo 6:30P-(W)'s AA & 12	\$10	\$345	All Orange County Young		\$45	Jennifer J., Costa Mesa	\$17	\$107
Mo 7:00P-(W) Staying So		1,133	Mo 7:00P-(M)'s BYOB, 1		\$201	Birthday Donations	\$193	2,518	Jennifer L.		\$10 \$155
Mo 7:30P-Charter(M)'s, 3		\$319	Tu 7:00P-Tustin BB Stdy,	\$150	\$983	DAFgiving360		\$100	Jessica N. Lake Forest		\$10
Tu 7:30P-Old Time AA, 3	\$300	\$421	We 7:00P-(W)'s Solutio		\$582	Desert Roundup		2,500	Josh A. Garden Grove		\$100
Th 6:00P-Broken Chains,		\$295	We 7:30P-Copycats (W)		\$125	IG Coffee Basket		\$30	Josiah T.		\$1
Th 7:30P-11th Step Sprit		\$40	Th 9:00A-(W)'s SS, 144		\$120	Intergroup Body Meeting	\$151	1,119	Joy H.		\$38
Fr 7:30P-Roads End Part,		\$275	Th 7:00P-Tustin 12 & 12		\$120	Intergroup-JJ		\$50	Judi A.		\$20
Sa 6:30A-The Straight P		\$200	Fr 6:00A-Men's Coffee		\$200	Intergroup-Trivia Night		\$470	June L. - Irvine		\$165
SAN CLEMENTE			Fr 6:30P-It's in the Book,	1,549		OC Convention		5,166	Karen P. Cary, NC		\$15
Mo 7:00P-N.O.I. (M)'s, 11		2,076	Sa 7:30A-Tustin Accepta	\$175	2,575	Piggy Bank	\$51	\$332	Katherine Mcl.		\$2 \$2
Fr 7:15A-(W)'s BB Study,	\$147	\$297	Sa 12:00P-Tustin Brown		\$750	South County Satellite Op		\$83	Kenneth F.		\$200
Fr 7:30P-St. Clement's By		\$360	VILLA PARK			Stripe Online Contributio		5,750	Kim K. Tustin		\$5
SAN JUAN CAPISTRANO			Dly 7:30A-Sunrise Sereni		\$662	Thursday's Club		\$100	Kim S. Huntington Beach		\$93
Dly 6:00A-Taking a Trip,		1,020	Su 9:02A-Spkr/Part, 178	\$180	\$480	PERSONAL DONATIONS			Kimberley H.		\$5
Dly Various- San Juan M	1,500	4,765	WESTMINSTER			Amitabh K.		\$103	Kevin A.		\$100
Su 5:00P-1 Hr Top Disc,		\$105	Mo 6:00 PM-12x12 Beg.,	\$80	\$585	Anonymous	\$35	4,106	Lana A.		\$5
Mo 5:00P-(W)'s Solutions,	\$100	\$757	WHITTIER			Alexander A.	6,000	6,000	Liam L.		\$37
We 6:15P-The Effect Spk		\$153	YORBA LINDA			Alison G. Irvine		\$30	Liz K.		\$2
Th 6:00P-Do the Steps, 3		\$630	We 6:00A-GLC Men's Sta		\$542	Alison J.		\$5	Mark D.		\$2
Th 7:30P-(M)'s Q & A/Gat		\$945	UNLISTED GROUPS			Andrea W.		\$20	Marc T.		\$5
Sa 6:30A-Eye Opener, 32		1,000	705 Virtual AA Mtg Tues/		\$327	Andrew A.		\$2	Marilyn C., San Clemente	\$25	\$275
Sa 8:00A-(M) Black Print		\$505	Anonymous/Zoom Meeti		\$85	Andru C.	\$60	\$60	Martin K.		\$50
SANTA ANA			Charle St. Step House,		\$76	Annabel K.	\$46	\$46	Mary G. Huntington Beach		\$25
Dly 6:00A-Early Risers Hy		\$80	NHMS Meeting		\$400	Annie S., Laguna Niguel		\$251	Matt S.		\$2
We 7:00P-Women's Solu		\$200	W's One Step At A Time		\$5	Anthony G.	\$20	\$70	Matthew D. T.		\$2 \$14
Tu 8:00P-Gay Men's Sta	\$30	\$150	Mo 4PM-Magic Patio (M)		\$50	Aria M.		\$5	Michael A. A. Laguna Niguel		\$280
Th 6:00P-On the Way H		\$20	Tu 7:00A-Attitude Adjus		\$148	Ashley F.		\$7	Michael L.		\$2 \$2
Th 6:30P-Women's Living	\$39	\$162	Tu 7:00P-Brea Book Stu		\$150	Barbara B. - Laguna Wo		\$200	Michael M.	\$10	\$160
SEAL BEACH			Wed 10:30A-Slogan Siste		\$430	Belinda L.		\$6	Michael O'D		\$150
Mo 7:30P-Speakers, 500		1,464	Wed. 7PM-BYOB FUMC		\$100	Beth A.		\$10	Michel R.		\$80
We 7:00P BYOC Coffee		\$100	Th 6:00P-12 & 12 Step St	\$55	\$55	Betsy L.		\$20	Michelle B.		\$5 \$5
We 7:30P (W) Step Stud		\$229	Fri. D.W., Costa Mesa		\$200	Bill F. Anaheim		\$150	Michelle D.		\$200
SILVERADO CANYON			Fr 8:00P-Anaheim House		\$100	BJ L. Irvine		\$150	Owen M.	\$19	\$19
Thu 7:00P-Silverado		\$364	Sa 9:30A-Monastery Mtg		\$300	Bonnie R. Choices and Hope.		\$180	Paul S.		\$50
SUNSET BEACH			Sa. 7:30P-SJC Newcom		\$150	Brandon K.		\$5	Pej P.		\$5 \$5
Su 7:15A-Sober Sunday	\$94	\$94	WANDERING GROUPS			Brett K.		\$2	Peter A. - Aliso Viejo		\$100
Su 9:00A-Sober On the S		\$83	ZOOM MEETINGS			Brittany H.	\$10	\$10	Ray W.		\$100
Su 10:00A-Sunset Beach		\$150	As Bill Sees It Newcomer		\$200	Brian S.	\$9	\$90	Rebecca R.		\$50
Su 11:00A-Inner Peace G	\$88	\$959	Attitude Adj. 7am Cnyn C	\$406	5,876	Byron R., Mission Viejo		\$150	Randy U.		\$10
Su 1:00P-BYOBp, 16865		\$167	Back Bay Men's Zoom		\$349	Casey DeP.		\$60	Reggie M. HB	\$100	\$100
Su 3:00P-Beat A Dead H		\$60	Dly 6:05P-Sunset Lit/Dis		\$84	Chad P.		\$6	Robert M. B. Laguna Beach		\$165
Su 5:00P-Sunday Sundo		\$100	Dly 6:05P-Sunset Meeting	\$225	\$797	Christine W.		\$2	Robert R.	\$15	\$140
Su 7:00P-11th Step Study	\$30	1,135	Dly 7:00A-Daily Reflecting		\$500	Cindy L - Brea		\$100	Rodger & Annette F., Irvine		\$210
Mo 4:30P-(W)'s Hour of P	\$100	\$400	Dly 7:05A-Attitude Adjus		\$150	Connie A.		\$2	Ronan R.		\$20
Mo 6:00P-12 & 12 Step St		\$50	Dly 12:00P-Noon Time Re		\$50	Craig K.	\$2	\$2	Ronald B.	\$25	\$150
Tu 7:00A-Tues at Thursd		\$90	Dly 7:00P-Fishbowl Meeti	\$10	\$456	Daniel B.		\$10	Rosalind G. - St. Petersburg		\$25
Tu-12:00-Tues Noon, 168		\$250	Dly Alkie's Winner Circle		\$468	Daniel K.		\$5	Ryan B.		\$600
Tu 7:00P Attitude Adjust		\$101	Dly 7:00A Early Birds	\$205	\$376	David B., Fullerton	\$10	\$80	Ryan C. Orange		\$27
We 7:30A-Thursdays		\$90	Jumpstart M-F 6:30A Sat/		\$546	David F. - Costa Mesa		\$40	Sabrina R.		\$5 \$5
We 12:00P-Noon Promis	\$100	\$360	M-F 10:00A-Zoom Big B		\$532	David J.		\$49	Sarah W. HB		\$150
Th 7:00A-Thur at Thursd	\$50	\$223	M-F 6:30A-It's A New Mo		2,139	David T.		\$40	Sharon S.		\$15
			Mo 4P-Zoom The Way O		\$300	Darrell J. La Habra		\$50	Shelley H.	\$13	\$13
			Mo 6:00P-Women's Emoti		\$150	Dee S., Tustin		\$80	Scott F.	\$1	\$6





Mark Your Calendar

» UPCOMING EVENTS

January 21

Homegroup Online Q & A

7-8PM

Zoom ID: 318 212 7247

(no passcode needed)

Flyer, p. 9

March 27-29, 2026

Woman to Woman

Lake Arrowhead

Sober Women's Retreat

UCLA Conference Center

Lake Arrowhead, CA

www.w2warrowhead.com

May 1-3, 2026

41st Annual OCAA Convention

(with AI-Anon Participation)

Hilton Orange County

3050 Bristol St.

Costa Mesa, CA

Registration open

www.oaac.org

Continued from page 14

Stacey S.		\$5
Stephen M.		\$12
Steve K. Volunteer		\$90
Steve P.	\$5	\$5
Tanisha G.	\$24	\$24
Tanessa T. N.B.	\$105	\$105
Teresa M. Laguna Niguel	\$200	\$405
Teri R.	\$5	\$5
Toby B.		\$2
Todd H.		\$1
Tom P.		\$75
Virgil N.	1,200	
Wendy U. mtg		\$3
William B.		\$85
IN LOVING MEMORY		
In Memory of Terri C. Huntin		\$75
In Memory of Virginia S.		3,000
GROUP INFORMATION REQUESTED		
Receipt #1864 Need more in		\$100
Receipt # 2178 Grp 438674		\$150
Receipt # 1911 Need more i		\$120
Receipt #2323 Need more in		\$287
Receipt # 2248 Edwin Gendr		\$150
Receipt #2351 Need more i		\$100
Receipt #2417 Need group		\$147
Receipt #2412 Need group		\$100
Venmo-Joel-DIS JHB Need	\$231	\$231
TOTALS	\$28,285	\$220,052

ALCOHOLICS ANONYMOUS ORANGE COUNTY INTERGROUP ASSOCIATION STATEMENT OF INCOME & EXPENSE PERIOD ENDING 11/30/2025 UNAUDITED

	Nov 25	Jan - Nov 25
Ordinary Income/Expense		
Income		
Literature Resale	180.00	11,375.24
Bank Adjustments	0.00	-49.74
Birthday Donations	183.00	1,818.72
Group Donations	16,175.44	221,955.72
Individual/Fellowship	6,748.00	21,645.60
Interest Earned	4.51	50.15
Literature Sales	4,677.81	62,013.06
Shipping and Delivery Income	0.00	-51.25
Total Income	27,968.76	318,757.50
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	4,031.99	60,890.21
Cost of Literature Sold - Other	0.00	82.00
Total Cost of Literature Sold	4,031.99	60,972.21
Shipping / Misc. Adjustments	-7.70	-2,609.92
Total COGS	4,024.29	58,362.29
Gross Profit	23,944.47	260,395.21
Expense		
Accounting	975.00	19,487.50
Auto Expense (all Mgrs.)	89.22	600.38
Copier Expense	0.00	506.24
Credit Card Expense	275.49	3,251.44
Freight and Shipping Costs	0.00	0.00
Insurances	462.60	4,566.94
Intergroup Expense	207.04	3,651.79
Internet Expense	184.21	2,169.62
Lease Expense	284.05	3,124.55
"LIFELINE" Expense	1,835.00	20,221.00
Maintenance & Repairs	80.00	2,006.00
Offices' Supplies & Expenses	269.76	4,603.21
Payroll Tax Expense	751.60	9,351.43
Postage	0.00	321.24
Reconciliation Discrepancies	0.00	0.00
Reimb. Health	800.00	8,800.00
Rent Main/Satellite Offices	4,401.88	45,109.68
Salaries	10,060.00	111,316.30
Sales Tax on Lease	0.00	0.00
Special Events Expense	50.59	249.46
Taxes & Licenses	0.00	247.25
Telephone Expense	386.38	4,265.41
Utilities	65.86	593.36
Volunteers Coffee & Water	62.50	660.15
Website Expense	359.99	5,745.08
Total Expense	21,601.17	250,848.03
Net Ordinary Income	2,343.30	9,547.18
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	0.00
Total Other Income	0.00	0.00
Other Expense		
Balancing Adjustments	0.00	588.11
Total Other Expense	0.00	588.11
Net Other Income	0.00	-588.11
Net Income	2,343.30	8,959.07

** Prudent Reserve consists of Bus. Int. Maximizer account.

Note 1. Per our Bylaws, Article X, Section 1: The financial policy of the Orange County Intergroup Association shall be: Maintain sufficient operating funds plus an ample reserve fund. Ample reserve (prudent reserve) is defined as four to six months of operating expenses based on the annual audit or review. Sufficient operating funds are determined as approximately one month of the monthly expenses, but not more than two months.

Note 2. Prudent Reserve calculation: Year end 2023: \$374711 = 1 month = 31226, 4 months = \$124904, 6 months = \$187355 Current Prudent Reserve: \$137040.72 (73% of Maximum Prudent Reserve)

Note 3. Operating Fund Calculation: ST \$1042.21 + VM \$889.94 + PP \$158.88 + CID \$50.00 + COH \$100.31 + BOA \$32274.25 = \$34515.59



January Word Search

Name _____

Email address _____
or phone number _____

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

UNMANAGEABLE
RECOVERY
UNITY
PARADOX

OPPORTUNITY
POWERLESS
ADMITTED
ABILITIES

DEFEAT
GRENADIER
WELFARE
EXPERIENCE

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,

DEADLINE IS FEBRUARY 15th

Congratulations to November's winner, Ann B.!