

# Lifeline



Experience, Strength, and Hope in Orange County

## Compared To What?

There was a rack full of coffee cups on the wall opposite the coffee bar in the old Canyon Club. These cups seemed to lend credibility to the atmosphere of the place. The coffee mugs belonged to members of a club—a pretty exclusive club, I was soon to find out.

It was here that I first viewed the words, “*We can do what I can't.*” It was written on a coffee stir stick and handed to me by a member welcoming a newcomer. Sadly, it was several more years before I'd return to that room and view that same rack, noticing a cup with the saying, “*Compared To What?*” written on it. It would take another year to learn the story of desperation that led to that saying.

A quick background story first: One Friday after work, I checked into what was then called the Care Unit in hopes of showing my soon-to-be ex-girlfriend how sincere I was about getting sober. She didn't buy it and went to London as she'd wanted to do all along.

This was about seventy-two hours into my detox period, and the nurses felt my progress wasn't quite what they'd hoped for. I was asked to list all the medications I was using or had previously used. I was doomed. It became abundantly clear that in addition to the booze there was a mix of drugs in my system, some prescribed, some not. The truth was that I was just starting to detox. It was not a pleasant time, but I stayed.

**Sadly, it was several more years before I'd return to that room and view that same rack, noticing a cup with the saying, “*Compared To What?*” written on it. It would take another year to learn the story of desperation that led to that saying.**



*Author's photos of the front and back of Joe Q.'s coffee cup*

During this time, I met others going through the same types of physical and emotional upheavals. I soon learned that “feeling the feelings” was here to stay so I'd better get used to it. They released me after thirty days to shakily rejoin society. My employer did the same.

Next came several months of going to [meetings](#), grabbing a meal, hanging with Eddie and Patty K. (whom I'd met in treatment), and then another meeting. Honestly, it was all I was capable of. Eventually, life did level out—so to speak—but it was

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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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—CALL BEFORE YOU TAKE  
A DRINK—

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Welcome 2026  
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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](mailto:manager@oc-aa.org).*

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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](http://www.sochic.club).

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

**The Central Office Committee** meets 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](http://www.msca09aa.org).

Thank you to our board and committee members.

# Letter from the Editor

This month, we are focusing on [Step Two](#) and [Tradition Two](#). I hope you'll read our cover story "Compared To What?" by Don R. I have found myself asking "Compared to what?" often after reading this story. I hope you find it as inspirational as I did. Since February is the month of love, it seemed fitting to include John G.'s story "Love Is the Foundation of Spiritual Growth" on page 8. He writes about agape love, the purest love, and how it affects our fellowship. I also hope you notice "Just Stay" by Steve S. on page 11. Steve writes about how AA has changed his life and how he overcame fear to gain sobriety and the ability to help other AAs.

If you're reading a printed copy of this newsletter, you probably already know that the motion to discontinue printing did not pass. Dolly C., our Satellite Office manager, had a few items to note. First, she thanks all the Intergroup members who participated and had group consciences. The discussion revealed that this publication has greater values to those members who don't have regular access to meetings or even a phone to look up the *Lifeline*. As members of AA, we are practicing Tradition Five (our primary purpose in helping the alcoholic still suffering) when we actively participate in getting the *Lifeline* into the hands of these people. Lastly, she reminds us that our newsletter is like the [Grapevine](#) as it is written by alcoholics for alcoholics. She asks that we make sure the *Lifeline* doesn't end up in the recycle bin because each issue is rich with information, stories, and poems that align with a Step or Tradition every month.

This motion has reaffirmed for me how the group conscience works, which is a perfect tie-in to Tradition Two (read page 4 for more information). I personally felt like printing was important, as the *Lifeline* has been available since 1963. During Covid, we had some months where we didn't print at all, but those were rare. The *Lifeline* is available on our website as well as emailed to anyone who signs up, but I feel like there's something special about holding a printed newsletter and using a pen to take notes or work on the word search on the back. Ultimately, it wasn't up to me because I am not an Intergroup representative. I go to the monthly meetings, as every AA member can whether they're a rep. or not, but I didn't have a vote. I realized through the last three months, because that's how long it takes to make a big change after much discussion at the group level as well as at the Intergroup body meeting, that the will of the group conscience is what I will happily follow. Tradition Two states that the authority of our group conscience is a loving God, and the group's decision is always the right one.

Thank you as always for reading the *Lifeline*. If you would like to sign up to have the *Lifeline* delivered by email every month, you can subscribe at [www.oc-aa.org](http://www.oc-aa.org) 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](mailto:oclifelineeditor@gmail.com).

Jennifer J.  
Lifeline Editor



Orange County Intergroup Association –  
of Alcoholics  
[www.oc-aa.org](http://www.oc-aa.org)

## Compared To What?

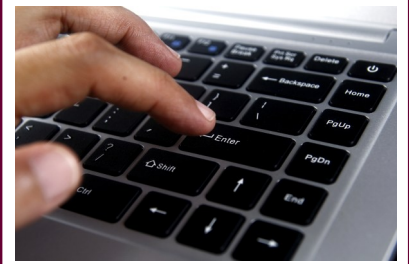
*Continued from page 1*

during these squirrely early times that my sponsor told/suggested I take a commitment at the 7:05 morning meeting. I did that gladly since any type of sound sleep had yet to return. Thank goodness for these meeting set-up commitments. Doing something worthwhile to help others was a foreign concept but one that was to teach me the "we care" aspect of this fellowship.

I met others in recovery and began to become a member of the fellowship. I also learned the story of the coffee cup saying. It seems the cup's owner, one Joe Q., was working in a town in the California High Desert on one frigid December morning when he "came to" on a sand dune out in the Mojave. He was sick and knew right then he'd never make it to Christmas Day if he kept drinking the way he was. This, he says, was his moment of clarity. He simply said that compared to the sand dune, this sober life is better.

It was this old-timer's suggestion that helped me get a grasp on what was being said in these AA meetings. Joe said he never used a drug or abused a prescription in his life but told me to "look for the similarities" in the stories people shared. I soon went from skeptic to nodding my head at some of these unbelievable tales. Today, I continue to nod my head in meetings and am eternally grateful to the powers that be at AA's General Service Office for their wisdom and foresight to include [Dr. Paul's story](#) ("Acceptance Was the Answer," pp. 407-420) in the continued printings of the *Big Book of Alcoholics Anonymous*.

Don R.



## 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](mailto: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).

## VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

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

# Our Principles

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

We came...we came to...we came to believe [Read [Came to Believe \(B-6\)](#) for more about this Step]. After our admission in Step One, we begin the process of seeking help in our recovery from alcohol. We begin to learn that self-reliance is not enough. We are asked to believe in something that some of us may find difficult to conceive, something that might have failed us in our past, for it may require faith. It is at this point that our sponsor probably says, "Take it easy. The hoop you have to jump through is a lot wider than you think. First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and stay sober, you don't have to swallow all of Step Two right now. All you need is an open mind" ([12 & 12, p. 26](#)). We learn that AAs tread innumerable paths in their quest for faith [Read [Many Paths to Spirituality \(P-84\)](#) for more on this]. Sanity is defined as "soundness of mind." When we review our behavior, very few of us can claim soundness of mind in our decision-making when drinking. Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step.

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

Who's in charge around here? One of our founders, Bill W., describes AA as a "benign anarchy." AA is a spiritual movement, and so the "ultimate authority" is the spiritual concept of the "group conscience." Its voice is heard when a well-informed group gathers to arrive at a decision. If a group wants to be part of the whole AA service structure, it elects a GSR (general service representative) to serve as their liaison, a trusted voice, between their group and the service structure. GSRs elect area committee members and then join them in electing a delegate from their area to the annual [General Service Conference](#). The Conference is the closest approximation of a government that AA has, but neither the Conference nor the board can give orders to any group or member [Read [The Twelve Traditions Illustrated \(P-43\)](#) for more information]. When we look to leaders for our groups, we want to look to those that could be considered "elder statesmen." The elder statesman is the one who sees the wisdom of the group's decision, who holds no resentment over his reduced status, whose judgement, fortified by considerable experience, is sound, and who is willing to

sit quietly on the sidelines patiently awaiting developments. The bleeding deacon is one who is just as surely convinced that the group cannot get along without him, who constantly connives for reelection to office and who continues to be consumed with self-pity. True leaders in AA do not drive by mandate; they lead by example. This is the experience which has led us to the conclusion that our group conscience, well advised by its elders, will be in the long run wiser than any single leader ([12 & 12, p.135](#)). So, the answer to the question of who's in charge around here is, we all are!

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

This Concept is a continuation of Tradition Two and applies the same principles of the group to the AA world service structure. Our co-founders, Bill W. and Dr. Bob did this to ensure the fellowship would be self-governing and that the power would reside with its members, rather than a few central figures or outside interests. The power of the groups and members to alter their world service structure and criticize its operation is virtually supreme. They have all the final authority and responsibility that there is. In order to get effective action, the groups must delegate the actual operational authority to chosen service representatives who are fully empowered to speak and to act for them. The group conscience of AA could not be heard unless a properly chosen Conference were fully trusted to speak for it respecting most matters of world service. Hence, the principle of amply delegated authority and responsibility to "trusted servants" must be implicit from the top to the bottom of our active structure of service. This is the clear implication of AA's Tradition Two. [Read [AA Service Manual/Twelve Concepts for World Service \(BM-31\)](#) for more information.]

[Editor's note: You can read the long form of the [Traditions](#) on [www.aa.org](http://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](http://www.aa.org).]

Dave W.

## How Am I Doing?

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

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

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

(Traditions Checklist available from Central Office)

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

# Support Your Central Office

@OCAINTERGROUP



Central Office appreciates your Venmo contributions. The second QR code will take you to the [www.oc-aa.org/contributions](http://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

Rocky D.F.	Huntington Beach	20 years
Dee S.	Tustin	35 years
Laura C.	Sun Valley, ID	36 years
Bob C.	Sun Valley, ID	42 years

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

*In keeping with AA's [Seventh Tradition](#), we only accept contributions from AA members or groups.*



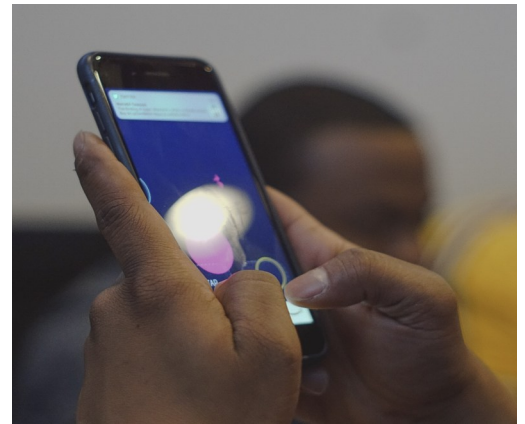
*Located at the end of the 55 freeway in Costa Mesa next to the Donald Dungan branch of the Costa Mesa Public Library*

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

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

OFFICE CALLS TOTAL = 240	CENTRAL OFFICE ACTIVITY December 2025			
	12 Step Calls	Meeting Info	General Info	Visitors
After hour calls not included				
<b>Santa Ana Office</b>	<b>3</b>	<b>97</b>	<b>105</b>	<b>77</b>
<b>Laguna Niguel Office</b>	<b>0</b>	<b>12</b>	<b>23</b>	<b>43</b>

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



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

- SHIFTS:**  
 Monday—Friday  
 •6AM—9AM  
 •6PM—9PM  
 •9PM—6AM  
 Saturday and Holiday:  
 •6AM—9AM  
 •1PM—4PM  
 •4PM—7PM  
 •7PM—10PM  
 •10PM—6AM  
 Sundays  
 •6AM—10AM  
 •10AM—2PM  
 •2PM—6PM  
 •6PM—10PM  
 •10PM—6AM

## On Condition



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

The problem with being a little insane is that you just do not recognize it in yourself. My behavior and emotions seemed quite normal. You would feel and act this way also if you were in my shoes! Having put down alcohol on December 24, 1980, my emotions and behavior raged as if in a typhoon. Still, the question of insanity never came into my mind. Actually, I was quite put out if anyone even suggested it and was highly offended over being sent to a shrink a month earlier.

In order to be restored to sanity, one had to admit they were perhaps a bit insane. Conceptually, I understood this but just could not seem to see myself as a bit insane (actually quite insane at times). The idea that a power greater than myself could restore me to sanity was something I could no more accept than the idea I might be insane. It was not that I believed there were no Higher Powers in my life: parents until I left their house, principals with their walnut paddles, teachers with their detentions, and certainly many in my Marine Corps career. Yet, I did not believe that a spiritual Higher Power would restore me to sanity. This was part of the punishment long feared from this spiritual Higher Power/God.

Sitting in the [meetings](#) of [Alcoholics Anonymous](#) began to bring recognition of my insane thinking, behavior, and emotions. Those alcoholics who came before me became my initial power greater than myself. Through their sharing the process of examining my own behavior, thinking, and emotions began. Mostly, current behavior changes until [Step Four](#) when the knowledge of what was driving my thinking and emotions was understood. My fear of this spiritual Higher Power/God stalled any progress in emotional and spiritual growth.

It was fortunate that those in Alcoholics Anonymous setting the example through their experience demonstrated what sane behavior was, for I would be a year and a half sober before I was able to surrender my will to my Higher Power (God). Did I believe at that point I would be returned to sanity? Absolutely not. The surrender was made because I did not want to drink again. That old fear was in full force, but I had accepted that it was up to my Higher Power/God. Emotional sobriety (sanity) returned over time as reliance upon my Higher Power/God grew. It is a funny thing, as I hear my Higher Power speaking to me in AA meetings. This Higher Power was speaking to from that first AA meeting. I just could not recognize this at first.

Today, alcohol has been removed from my life for forty-five years. The "ism's"/insanity (character defects) remain patiently waiting for the chance to resurface once again. Only by working the [Steps](#) of the program do I have a defense against the insanity they bring into my life. We can either accept situations as they are or let the "ism's" of our alcoholism take the lead and let insanity reign. The program of Alcoholics Anonymous and the fellowship has taught me the tools (the Twelve Steps) to face and deal with whatever situation confronts me without sliding into insanity again. Maintaining a semblance of sanity requires I take the necessary action. Do not drink, work the Steps, talk with other recovering alcoholics, and rely on my Higher Power. One day at a time, for that is all we have. This has worked for this alcoholic.

Trust God, clean house, and help others.

Bill F.

# Archives Corner

## The Birth of Alano Clubs

Alano Clubs originated in the United States in the mid-twentieth century as safe, alcohol-free social spaces for people in recovery from alcoholism and addiction. Their roots are closely connected to [Alcoholics Anonymous](#). As AA grew, members recognized the need for places where individuals in recovery could gather outside of formal meetings for fellowship, mutual support, and sober social interaction.

The first Alano Club is widely credited to have opened in New York City in the 1940s. The name “Alano” is derived from “Alcoholics Anonymous,” combining “Al” from alcohol and “ano” from anonymous. These clubs were created not as treatment centers, but as community hubs where recovery could be supported through connection, service, and shared responsibility. Over time, the Alano Club concept spread across the United States and internationally.

Alano Clubs are intentionally independent from [Alcoholics Anonymous](#) and other Twelve-Step programs. While they often host AA, [Narcotics Anonymous](#), [Al-Anon](#), and other recovery meetings, they are not governed by those organizations. This independence preserves AA’s tradition of non-affiliation while allowing Alano Clubs to manage physical space, finances, and operations.



*Photo of the South Bay Alano Club*

Structurally, most Alano Clubs are organized as nonprofit corporations, typically registered at the state level. Governance is usually handled by a volunteer board of directors, often made up of club members. Board members oversee finances, property management, policies, and long-term planning. Day-to-day operations may be supported by volunteers, paid staff, or a combination of both.

Funding for Alano Clubs generally comes from member dues, meeting rent, donations, fundraising events, and refreshment sales. Some clubs own their buildings outright, while others lease space. When property is owned, it is typically held by nonprofit corporations and treated as a community asset, not as private property.

A defining feature of Alano Clubs is their emphasis on service and self-support. Members are encouraged to participate in the upkeep and governance of the club, reinforcing responsibility and community involvement as part of recovery. This structure has allowed Alano Clubs to endure for decades, providing stable, welcoming environments that support sobriety, fellowship, and long-term recovery.

Mary G.  
MSCA 09 Archives

**“Gratitude is our most direct line to God and the angels. If we take the time, no matter how crazy and troubled we feel, we can find something to be thankful for. The more we seek gratitude, the more reason the angels will give us for gratitude and joy to exist in our lives.” -Terry Lynn Taylor**

What if we woke up today with only the things we thanked our Higher Power for yesterday? Most of us would not have much. Sadly, human nature usually defaults to the aspects of our lives that aren't necessarily going our way. Despite good things in our lives, we still focus on the negative.

Gratitude is something that rests in our heart, but the longest mile always seems to be between our heart and mind. So, how do we stay grateful when our head is spinning? We can write gratitude lists, but there are so many other ways. If we focus on the here and now, we can readily see that we have everything we need. Try directing your mind to “live in gratitude” every time you wander towards self-pity.

Our wants and desires drive gratitude from our hearts, and they place selfishness ahead of finding true peace and serenity. We can create opportunities to be grateful simply by committing ourselves to help others, especially helping a broken newcomer.

Simple gratitude is just enough to change our perspective and attitude, and this change of perspective will also change how we view life in a way we never thought possible. A positive outlook on life will make today a success and tomorrow a welcome dream.

Anonymous

# Love Is the Foundation of Spiritual Growth

It has been said the mysterious nature of love is that no one has arrived at a truly satisfactory definition of love.

However, an inadequate attempt is having the willingness to extend oneself for the purpose of nurturing one's own and another's spiritual growth. Love is the foundation of spiritual growth, and life is about creating yourself. Graciousness lies in being superior to your former self while continuously striving for a greater-goodness. All of this is necessary for happiness, peace of mind, and fulfillment of life. Let's investigate life's spiritual foundation!



**Agape love** is a selfless, unconditional form of love that transcends personal gain or benefit. Here are some modern examples of agape love:

**The Ultimate Sacrificing of Self** to save humanity demonstrates selflessness and compassion. What if you looked up to heaven and said what really matters when you were alone and then held hands in prayer with a stranger? I sought my soul I could not see; I sought my God, He eluded me; I sought my brother and found all three. ([Twelfth Tradition](#): anonymity, the sacrifice of self, and Bill's favorite Tradition).

**Selflessly Meeting The Needs Of Others:** When you put someone else's needs above your own, without expecting anything in return, that's agape love. Have you stood in line to give your blood or volunteered to help at the church kitchen? Taken an irritable comrade to breakfast to get to know him better? (Responsibility Prayer; "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.").

**Forgiving Others Who Hurt You Badly:** Choosing forgiveness even when it's difficult shows agape love. What power has love but forgiveness? Selfishness is not living your life as you wish to; selfishness is wanting others to live as you wish. To be social is to be forgiving. (Forgive our trespasses as we forgive those who trespassed against us).

**Treating Your Spouse With Respect or Kindness:** In marriage, showing kindness and respect unconditionally is an example of agape love. It's better to lose your ego to the one you love than to lose the one you love to your ego. A good marriage is the union of two good forgivers and listeners. Life is short. Forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that makes you laugh.

**It has been said the mysterious nature of love is that no one has arrived at a truly satisfactory definition of love. However, an inadequate attempt is having the willingness to extend oneself for the purpose of nurturing one's own and another's spiritual growth. Love is the foundation of spiritual growth, and life is about creating yourself.**

**Paying It Forward:** Acts like paying for someone's meal in a drive-thru without their knowledge exemplify agape love. Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing. Did you notice the sunset for the first time in ages or speak to some stranger on the street? Seize the day. Make your life extraordinary by serving others. Do something good for somebody every day without being caught.

**Treating All Animals with Kindness:** Compassion for all living things reflects agape love. If God is everything or nothing look for the golden vein that exists within all living creatures and pan ever so carefully for its purpose and goodness. Everything is beautiful

in its own way.

**Understanding Everyone's Feelings or Emotions Empathetically:** Listening and empathizing with others without judgment is a beautiful expression of agape love. Do not criticize others, after all, they may not have had the same opportunities you had. Don't ever take a fence down until you know why it was built. One must learn to listen just as one has to learn to talk. Any fool can criticize, condemn, or complain—and most fools do. Growing up is losing some illusions in order to acquire others. Always look for the good in everything and everybody.

Remember, agape love goes beyond mere feelings—it's a deliberate choice to love unconditionally. To be kind is more important than to be right. What a person needs are not a brilliant mind that speaks but a special heart that listens. Intelligence is measured by a person's ability to see validity within both sides of contradicting arguments. It isn't what we say or think that defines us, but what we do.

Look inside your own heart, because who looks outside dreams and who looks inside awakens. Mistakes are the portals to discovery and the passage-way to spiritual growth. A self that goes on changing is a self that goes on loving. Kindness is the language that the deaf can hear and the blind can see. The greatest thief of joy in your life are the things that didn't happen. The great revelation perhaps never comes, instead, there are daily miracles.

This is a compendium of the world's wisdom makers' spiritual revelations which added to their great satisfaction of life as they approached the Cinderella Zone of the Fourth Dimension with a better understanding of why they were born. Life is about creating yourself through transformation along the journey with no destination.


It seems like I have been here before, but I can't remember when; however, I have this funny feeling we will all be together again! A good life is not easy; it has to be earned with devoted discipline. Safe travels, my brothers and sisters, on our shared passage with love and loyalty from roadside companions. Faith, hope, and love are the good things that were given, and the greatest is love!

John G.

As many of you are already aware, the prices of AAWS published books and pamphlets have increased, starting February 1, 2026.

The letter informing the membership of this increase can be found on the [www.aa.org](http://www.aa.org) website under “What’s New.” as well as on the MEETING GUIDE APP under NEWS.

Printed [price lists](#) are available in Spanish and English at Central Office or on our local website [www.oc-aa.org](http://www.oc-aa.org) 

Member Services  Central Offices  Literature Pricing.

Your timely contributions to [Central Office](#) will allow us to purchase enough materials to meet the needs of our membership. Unfortunately, there are many meetings that we list on our Orange County website and MEETING GUIDE APP that have not contributed. If a greater number of meetings could contribute even a small amount, the result would have a great impact.

Thank you in advance for helping to get the word out and for your support to Central Office.

In love and service,  
Your Orange County Intergroup

### Meeting Spotlight

## CHOWHOUND HOOLIGANS’ BIG BOOK STUDY

**SUNDAY,  
8:45AM-  
10:15AM**

**COSTA MESA ALANO CLUB  
2040 PLACENTIA AVE.  
COSTA MESA**

### February Pamphlet of the Month

# Black in A.A.

EXPERIENCE STRENGTH AND HOPE



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

This [pamphlet](#) (P-51) replaces the pamphlet titled “AA for the Black and African American Alcoholic.” It has been completely updated and rewritten, with a new introduction and contemporary sharing by twelve AA members from the United States and Canada.

[Pamphlets are available for purchase at Central Office for \$.90 each (**FREE with the purchase of a book**) and on [www.aa.org](http://www.aa.org).]



# The Hope of Step Two



**Step Two:** “Came to believe that a power greater than ourselves could restore us to sanity” brings me to reflections of the insanity of my childhood. Growing up in a family where our brother and sister were incarcerated in the Kansas State Mental Hospital left deep wounds of trauma. After many years of sobriety, I have been able to parallel to my understanding of post-traumatic stress syndrome (PTSD).

The stress multiplied into anxiety and panic attacks, paralyzing fears which were always temporarily calmed by years of continued additions of diagnoses, with changing medications to match the current diagnosis. All these years later, it is clear to me that I was a perfect fit into the medical system’s diagnosis of “mental illness,” an umbrella under which unlimited medications were administered for psychosis, schizophrenia, schizoaffective disorder, manic depression, ad infinitum.

Although my past appeared to be a mountain that I could not possibly tear down, Step Two continues to bring me hope of doing so by carrying away small stones rather than continuing to resurrect painful memories of the past. Even the most hopeless looking circumstances are achievable when tackled gradually as we continue to recover.

It is still a mystery to me that I escaped that mental institution because I had much the same behaviors from the same medications that were prescribed for my sister and brother. I attribute my escape from such to God who had a different plan for me. His purpose was fought through my parents’ faith to expose what they were experiencing in my sister and brother’s incarceration. They seemed to have the faith that God didn’t throw away the semblance of human bodies that were encapsulated in shells of tormenting spirits. It was as if they intuitively came to believe through their experiences of powerlessness in their children’s lives that there was a power greater than their own inability to restore any of us to sanity.

It appears that they were blessed with the courage to keep pushing forward when they didn’t have the strength to do so. They were not aware of the generational disease of alcoholism which had fallen upon their children, nor were they aware that the first drink of alcohol we had each ingested while still in our mother’s womb reactivated the disease of alcoholism.

They did not know that the hot toddies (a warm mixture of whiskey, honey, and water) would be the continuation of a progressive disease known as alcoholism when they administered the hot toddies to us as toddlers for chronic upper respiratory infirmities. They were acting out of desperation to relieve these death-threatening episodes of chronic upper respiratory infirmities in their children. As parents, they were being destroyed by lack of knowledge about alcoholism and were simply doing to us what they had been taught. I grew up on these various prescribed medications and began ingesting alcohol with them when I was nineteen years of age.

Step Two taught me gratitude that God didn’t throw away the clay of my rock-riddled life of active alcoholism. Rather, He reached down into the deep, dark hell of alcoholism, pulled me up and out, and continues to mold the piece of clay that I am to carry the hope of Step Two. And hope begins when [Step One](#) becomes a reality in our lives. The hope in Step Two somehow births love in our hearts for a Power greater than ourselves, which, in turn, births love for ourselves and for one another.

Effie R.

## We Say It’s OK...in AA

We say it’s OK...  
To smile  
To laugh  
To cry  
To feel  
To hug  
...in AA

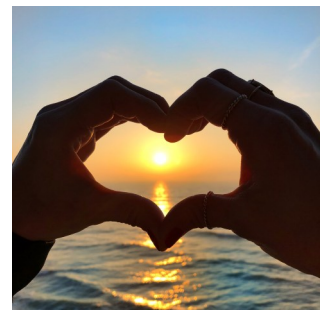
We say it’s OK...  
To wonder  
To question  
To understand  
To not understand  
...in AA

We say it’s OK...  
To read  
To write  
To listen  
To learn  
To pray  
...in AA

We say it’s OK...  
To meditate  
To celebrate  
To share  
To recover  
...in AA

We say it’s OK...  
To rely  
To serve  
To live  
To die  
To comeback  
...in AA

Emily B.



# Coming to Believe



I recently read about a famous neurobiology finding where test subjects were told to push a button placed in front of them whenever they felt like it. An EEG machine revealed that a full six seconds before the person decides to push the button, the brain has already begun pushing the button. The body does it and the mind jumps in after. This reminded me of my [Step Two](#) (See p. 4) journey.

I'd admitted I was an alcoholic with an unmanageable life by entering rehab and joining [AA](#). I had feelings of humiliation, loneliness, and self-pity, along with a lingering arrogance. Though I knew I was powerless over alcohol, I wanted to leave. But something made me stay.

However, I believed I was already a recovery expert because I used to be a nurse who'd worked in rehabs, certainly more capable of getting sober than anybody else there. So, I did what I always did: try to feel better about myself by fixing others. This led to more doses of humility.

My unasked-for recovery advice to the rehab staff and my fellow alcoholics resulted in being told to mind my own business. I was fifty-one, and a nineteen-year-old female staff member scolded me for not having a clean room. Filled with mostly newcomers, the seemingly pointless rehab meetings were chaotic, rowdy, and irritating. Though we always read the [Big Book](#), which I liked, I was brimming with resentments.

But we were also taken to outside [AA meetings](#). These were organized, respectful, serious (but not glum), and filled with people eager to help us newcomers. First, they told me AA doesn't demand I believe anything, so I can always choose to walk away. I was surprised by this, but also relieved because I'm an atheist.

Secondly, I learned I didn't have to accept all of the Second Step immediately, which is why it says "Came to believe" rather than "Believed" in a power greater than ourselves. Recovery's a journey, not just the destination of not drinking. Unlike the [First Step](#), all the remaining [Steps](#) don't have to be done perfectly, just to the best of my ability.

The third part of Step Two was the most important: all I truly needed was an open mind. My "Higher Power" can be anything I choose—except me. I certainly didn't have the answer to my alcoholism, so I chose AA. My Step One surrender, my humbling in rehab, and going to meetings gradually opened me up to the possibility that a Higher Power's will—rather than mine—could lead me towards sanity. This willingness was enough for me to continue the Steps. My coming to believe had begun.

"Take it easy" ([12 & 12, p. 26](#)) and "Easy does it" ([Big Book, p. 135](#)) basically mean to be patient and go with the flow, acknowledge that I need help, and, more importantly, stay open to the help AA offers. I'm then better able to show up and do the work in AA instead of drinking—but only if I've done Step One perfectly.

The work of my early sobriety, like going to meetings, reading the literature and looking for a sponsor, wasn't me pushing those buttons. Because I'd surrendered in Step One and kept an open mind in Step Two, my body was doing those actions before my mind could question or dismiss them. Whether through brain chemistry or me just being open to trusting in a Higher Power, by continually returning to AA and keeping an open mind, the button of coming to believe had already been pushed.

Ron B.

## JUST STAY



I would like to think that I bring hope where there is hopelessness. I bring with me forty years of relapse and recovery. Today, I am sober for almost eight years, and I am living proof that we do recover.

The first time I reached out for help, I was twenty-one years old. That was 1984. I put a gun to my head. I wanted to kill myself. I was too afraid to kill myself, yet too afraid to live. I couldn't do it. My life was driven by fear.

I went to a rehab. I would like to say it was my last, but it was not; it was the first of twelve. I relapsed countless times, sometimes with multiple years of sobriety and sometimes with days. There is an expression, "sometimes quickly, sometimes slowly." Looking back, I now realize they were not relapses, they were opportunities for growth.

My sobriety date is February 17, 2018. So, it took me forty years to get seven and a half years because I had people around me that would not give up on me, from family to coworkers. They saw something in me that I could not see in myself.

I should not be here, directly or indirectly. This disease has killed me more than once. I remember coming to in an ambulance, hearing the EMT saying I was unresponsive. I could not live nor could I die. What a dilemma!

In February 2018, I could not go back to [AA](#). It wasn't for me; besides, I hated you and everything you stood for. What I really hated was that I saw me through you. I white-knuckled for eleven months. Finally, I had a choice: a drink or AA. I chose AA in January of 2019.

I do not know how, but on that day in January 2019, the obsession to drink was lifted. I have learned that changing people, places, and things is not the answer. The answer is I have to change just one day at a time, and eventually those people, places, and things just go away. Imagine that!

Today, I am very active in my sober community. I volunteer at [AA Central Office](#) in Orange County and have been on several Twelfth-Step calls. I would like to think I help people today, and you can too. Just stay!

Steve S.



# 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.

## Orange

7:00PM, Sunday  
**IN-PERSON**  
**Sunday Night Speaker Meeting of Orange**  
 250 S. Prospect St. (Revive Covenant Church)  
 Contacts/bookers: Bree and  
 Owen

## 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: Gary C.

## Villa Park

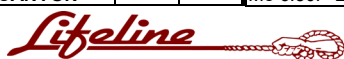
9:02AM, Sunday  
**IN-PERSON**  
**9:02 Speaker/Participation Meeting**  
 17855 Santiago Blvd.  
 Contact: Annette H. or  
 E.C.

**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			Mo 10:30A-Womens Steps &	\$649	Mo 7:00P-Women's ES&H Z	\$12	David F. - Costa Mesa	\$40
Tu 7:00P-Hart Park Newcom	\$50		Sa 10:30A-Womens BB Stud	\$472	Sa 12:00P Tustin AWC (Alki	\$340	David J.	\$49
We 12:00P-Crawl Before No	\$150		<b>TUSTIN</b>			Sa 8:30A-It In the Book, Ana	\$207	David T.
We 7:00P-Name in the Hat, 1	\$175		Dly 6:00A-Attitude Mod, 1221	\$1,090 \$3,585	Sa 9AM Morning Fellowship	\$71	Darrell J. La Habra	\$50
Th 12:00P-Discussion, 2191	\$50 \$300		Dly 7:00A-Early Birds Tustin	\$178	Sa 9:30A-12&12 Study	\$42	Dee S., Tustin	\$80
Th 7:00P-Big Book Study, 11	\$100		Dly 5:30P-Tustin Rush Hour,	\$976 \$1,435	Sa 7:00P-Fishbowl Open	\$2	Derek G.	\$30
Th 7:30P-777 (M) Beginner, 3	\$1,437		MW 12:00P-Tustin Noon Me	\$975	Su 7:00A-Montage	\$100 \$303	Diana B.	\$100
Fri 12:00P-Quality Serenity, 2	\$200		MWF 12:00P-Spiritual Exper	\$648 \$2,022	Su 9:30A Sandy Sobriety 7th	\$318	Donna	\$20
Sa 2:00P-Discussion-OFC	\$221		Su 5:30P-The Other 12 and	\$50	Su 6:00P Sunday Night As Bi	\$50 \$145	Doug P., Orange	\$100
Sa 7:00P-Visiting Spkrs, 395	\$100 \$375		Su 7:00P-Sober/Crazy Spkrs,	\$143 \$2,114	Tu Noon-Interview with a La	\$234	Effie R. Costa Mesa	\$300
<b>PLACENTIA</b>			Mo 9:00A-Women's Unity G	\$100 \$306	Tu Nite BB Study Laguna Nig	\$150	Eileen C.P.	\$10
<b>RANCHO SANTA MARGARITA</b>			Mo 6:00P-Conscious Contact	\$103	We 5PM- East Meets West	\$40 \$80	Eileen M. - SJC	\$15
M-F 6:30A-Att & Grat, 30605	\$902		Mo 6:00P-New Beginning W	\$15 \$471	We 5:00P-(W) Closed BB S	\$320	Elaine L.	\$2
Su 7:00P-Old Time AA 12&1	\$420		Mo 6:30P-(W)'s AA & 12x12,	\$345	We 6:30P-Wed Night Wander	\$50 \$100	Elizabeth H., Brea	\$259
Mo 7:00P-(W) Staying Sober,	\$261 \$1,393		Mo 7:00P-(M)'s BYOB, 1201	\$201	We 7A-Zoom Women's Book	\$521	Erinn D.	\$7 \$41
Mo 7:30P-Charter(M)'s, 3060	\$150 \$469		Tu 7:00P-Tustin BB Stdy, 225	\$983	We Night Bubba Effect Spea	\$150	Esther S. Lowell, Ma	\$70
Tu 7:30P-Old Time AA, 303	\$421		We 7:00P-(W)'s Solutions, 19	\$582	Th 7:00P Ballpark Zoom Meet	\$95	Faith B.	\$10
Th 6:00P-Broken Chains, Cal	\$295		We 7:30P-Copycats (W) Bo	\$225 \$350	Fr 7AM Ballpark Zoom Mtg.	\$55 \$198	Gerri K.	\$10
Th 7:30P-11th Step Spiritual	\$374 \$414		Th 9:00A-(W)'s SS, 14402 Pr	\$120	Fr 6:30P-TGIF Women's Dis	\$100 \$100	Graham A.	\$2
Fr 7:30P-Roads End Part, 30	\$275		Th 7:00P-Tustin 12 & 12 Stu	\$120	<b>MISC. DONATIONS</b>			Heidi B.
Sa 6:30A-The Straight Peppe	\$200		Fr 6:00A-Men's Coffee Meeti	\$150 \$350	AA 90 years Old Birthday Co	\$90	Jackie B.-SF/Marin IG	\$100
<b>SAN CLEMENTE</b>			Fr 6:30P-It's in the Book, 225	\$330 \$1,879	All Orange County Young Pe	\$45	Jack Z.	\$5
Mo 7:00P-N.O.I. (M)'s, 119 E	\$2,076		Sa 7:30A-Tustin Acceptance,	\$175 \$2,750	Birthday Donations	\$203 \$2,721	Janet B.	\$25 \$25
Fr 7:15A-(W)'s BB Study, 35	\$297		Sa 12:00P-Tustin Brown Ba	\$750	DAFgiving360	\$100	Jan P.	\$5
Fr 7:30P-St. Clement's By-T	\$360		<b>VILLA PARK</b>			Desert Roundup	\$2,500	Jeffrey W.
<b>SAN JUAN CAPISTRANO</b>			Dly 7:30A-Sunrise Serenity, 1	\$662	District 18 Area 9	\$1,283 \$1,283	Jennifer J., Costa Mesa	\$10 \$117
Dly 6:00A-Taking a Trip, 318	\$1,020		Su 9:02A-Spkr/Part, 17885	\$480	IG Coffee Basket	\$30	Jennifer L.	\$155
Dly Various- San Juan Meeti	\$4,765		<b>WESTMINSTER</b>			Intergroup Body Meeting	\$212 \$1,331	Jessica N. Lake Forest
Su 5:00P-1 Hr Top Disc, 322	\$50 \$155		Mo 6:00 PM-12x12 Beg., 15	\$80 \$665	Intergroup-JJ	\$50	Josh A. Garden Grove	\$100
Mo 5:00P-(W)'s Solutions, 32	\$757		<b>WHITTIER</b>			Intergroup-Trivia Night	\$470	Josiah T.
We 6:15P-The Effect Spkr/D	\$153		<b>YORBA LINDA</b>			OC Convention	\$5,166	Joy H.
Th 6:00P-Do the Steps, 322	\$50 \$680		We 6:00A-GLC Men's Stag M	\$542	Piggy Bank	\$332	Judi A.	\$20
Th 7:30P-(M)'s Q & A/Gator	\$66 \$1,010		<b>UNLISTED GROUPS</b>			South County Satellite Open	\$83	June L. - Irvine
Sa 6:30A-Eye Opener, 32202	\$1,000		705 Virtual AA Mtg Tues/Thu	\$327	Stripe Online Contributions -	\$5,750	Karen P. Cary, NC	\$15
Sa 8:00A-(M) Black Print On	\$505		Anonymous/Zoom Meeting	\$85	Thursday's Club	\$100	Karl D.	\$5 \$5
Sa 9:30A-Women's Topic D	\$150 \$150		Charle St. Step House, CM	\$76	<b>PERSONAL DONATIONS</b>			Katherine Mcl.
<b>SANTA ANA</b>			NHMS Meeting	\$400	Amitabh K.	\$103	Kenneth F.	\$200
Dly 6:00A-Early Risers Hybrid	\$80		W's One Step At A Time Grou	\$5	Anonymous	\$2,535 \$6,641	Kim K. Tustin	\$5
We 7:00P-Women's Solution,	\$200		Mo 4PM-Magic Patio (M) Big	\$50	Alexander A.	\$6,000	Kim S. Huntington Beach	\$93
Tu 8:00P-Gay Men's Stag, 61	\$50 \$200		Tu 7:00A-Attitude Adjustment	\$148	Alison G. Irvine	\$30	Kimberley H.	\$5
Th 6:00P-On the Way Home,	\$20		Tu 6:30P-Outpost	\$250 \$250	Alison J.	\$5	Kevin A.	\$100
Th 6:30P-Women's Living So	\$20 \$182		Tu 7:00P-Brea Book Study, C	\$150	Andrea W.	\$20	Lana A.	\$5
<b>SEAL BEACH</b>			Wed 10:30A-Slogan Sisters	\$430	Andrew A.	\$20	Liam L.	\$37
Mo 7:30P-Speakers, 500 Ma	\$1,464		We 6:30P-Roving Men's Big	\$200 \$200	Andru C.	\$60	Linda G. Anaheim	\$1 \$1
We 7:00P BYOC Coffee BB	\$100		Wed. 7PM-BYOB FUMC	\$100	Annabel K.	\$46	Liz K.	\$2
We 7:30P (W) Step Study, 13	\$229		Th 6:00P-12 & 12 Step Study	\$55	Annie S., Laguna Niguel	\$251	Marc T.	\$5
<b>SILVERADO CANYON</b>			Fri. D.W., Costa Mesa	\$200	Anthony G.	\$70	Marilyn C., San Clemente	\$25 \$300
Thu 7:00P-Silverado Canyon	\$364		Fr 8:00P-Anaheim House Ga	\$100	Aria M.	\$5	Mark D.	\$2
<b>SUNSET BEACH</b>			Sa 9:30A-Monastery Mtg (Tr	\$95 \$395	Ashley F.	\$7	Mark N. Trabuco Canyon	\$400 \$400
Su 7:15A-Sober Sunday Sunr	\$94		Sa. 7:30P-SJC Newcomers M	\$150	Barbara B. - Laguna Woods	\$200	Martin K.	\$50
Su 9:00A-Sober On the Sand	\$124 \$206		<b>WANDERING GROUPS</b>			Belinda L.	\$6	Mary G. Huntington Beach
Su 10:00A-Sunset Beach On	\$150		<b>ZOOM MEETINGS</b>			Beth A.	\$10	Mateo D.
Su 11:00A-Inner Peace Gro	\$959		As Bill Sees It Newcomer	\$200	Betsy L.	\$20	Matt S.	\$2
Su 1:00P-BYOBp, 16865 P	\$167		Attitude Adj. 7am Cnyn Club	\$268 \$6,144	Bill F. Anaheim	\$150	Matthew D. T.	\$14
Su 3:00P-Beat A Dead Hors	\$60		Back Bay Men's Zoom	\$349	BJ L. Irvine	\$150	Michael A. A. Laguna Niguel	\$280
Su 5:00P-Sunday Sundowner	\$100		Dly 6:05P-Sunset Lit/Dis Mtg,	\$84	Bonnie R. Choices and Hope.	\$180	Michael L.	\$2
Su 7:00P-11th Step Study	\$1,135		Dly 6:05P-Sunset Meeting	\$797	Brandon K.	\$5	Michael M.	\$160
Mo 4:30P-(W)'s Hour of Pow	\$100 \$500		Dly 7:00A-Daily Reflecting G	\$500	Brett K.	\$2	Michael O'D	\$150
Mo 6:00P-12 & 12 Step Study	\$50		Dly 7:05A-Attitude Adjustment	\$150	Brittany H.	\$10	Michel R.	\$80
Tu 7:00A-Tues at Thursdays,	\$90		Dly 12:00P-Noon Time Recov	\$50	Brian S.	\$12 \$102	Michelle B.	\$5
Tu-12:00-Tues Noon, 16865	\$250		Dly 7:00P-Fishbowl Meetings	\$456	Byron R., Mission Viejo	\$150	Michelle D.	\$200
Tu 7:00P Attitude Adjustmen	\$101		Dly Alkie's Winner Circle	\$131 \$599	Casey DeP.	\$60	Owen M.	\$19
We 7:30A-Thursdays	\$90		Dly 7:00A Early Birds	\$376	Catherine M.	\$5	Paul S.	\$50
We 12:00P-Noon Promises, 1	\$360		Jumpstart M-F 6:30A Sat/Sun	\$98 \$644	Chad P.	\$6	Pej P.	\$5
Th 7:00A-Thur at Thursdays,	\$223		M-F 10:00A-Zoom Big Book	\$532	Charles B.	\$20 \$20	Peter A. - Aliso Viejo	\$100
Th 5:30P-(W)'s Disc, 16865 P	\$142		M-F 6:30A-It's A New Morning	\$2,139	Christine W.	\$2	Ray W.	\$100
Fr 12:00P-Drunk Busters, 16	\$900		Mo 4P-Zoom The Way Out W	\$300	Cindy L - Brea	\$100	Rebecca R.	\$50
Fr 6:00P-I Never Had It So G	\$63 \$836		Mo 6:00P-Women's Emotiona	\$150	Connie A.	\$2	Randy U.	\$10
Sa 11:00A-Noon at 11, 16865	\$160		Mo 7AM Sunset Beach Zoom	\$60	Craig K.	\$2	Reggie M. HB	\$100
Sa 7:00P-Rule 62 11th Step	\$60 \$535		Mo Noon Back Bay Online	\$200	Daniel B.	\$10	Robert M. B. Laguna Beach	\$165
<b>TRABUCO CANYON</b>			Mo Zoom Sunset Meeting	\$2	Daniel K.	\$5	Robert R.	\$15 \$155
			Mo 6:30P-EZ Does It Big Bo	\$91 \$264	David B., Fullerton	\$10 \$90		

Continued on page 15





# Mark Your Calendar

**March 27-29, 2026**

**Woman to Woman  
Lake Arrowhead**  
Sober Women's Retreat  
UCLA Conference Center  
Lake Arrowhead, CA  
[www.w2warrowhead.com](http://www.w2warrowhead.com)

**May 1-3, 2026**

**41st Annual OCAA Convention  
(with Al-Anon Participation)**  
Hilton Orange County  
3050 Bristol St.  
Costa Mesa, CA  
\*\*\*Registration open\*\*\*  
[www.oaac.org](http://www.oaac.org)

Continued from page 14

Rodger & Annette F., Irvine		\$210
Roian R.		\$20
Ronald B.	\$25	\$175
Rosalind G. - St. Petersburg		\$25
Ryan B.		\$600
Ryan C. Orange		\$27
Sabrina R.		\$5
Sarah W. HB		\$150
Sharon S.		\$15
Shelley H.		\$13
Scott F.		\$6
Stacey S.		\$5
Stephanie S.	\$2	\$2
Stephen M.	\$100	\$112
Steve K. Volunteer	\$10	\$100
Steve P.		\$5
Tanisha G.		\$24
Tanessa T. N.B.		\$105
Teresa M. Laguna Niguel		\$405
Teri R.		\$5
Toby B.		\$2
Todd H.		\$1
Tom P.		\$75
Virgil N.		\$1,200
Wendy U. mtg		\$3
William B.		\$85
<b>IN LOVING MEMORY</b>		
In Memory of Terri C. Hunt		\$75
In Memory of Virginia S.		3,000
<b>GROUP INFORMATION REQUESTED</b>		
Receipt #1864 Need more i		\$100
Receipt # 2178 Grp 438674		\$150
Receipt # 1911 Need more i		\$120
Receipt #2323 Need more in		\$287
Receipt # 2248 Edwin Gend		\$150
Receipt #2351 Need more I		\$100
Receipt #2417 Need group i		\$147
Receipt #2412 Need group I		\$100
Venmo-Joel-DIS JHB Need		\$231
Receipt #2560 FSHOC Nee	\$25	\$25
Receipt #2587 M.O.51665	\$180	\$180
Stripe-Tu 7:00P-One for the	\$250	\$250
Receipt #2595 Group Info	\$100	\$100
<b>TOTALS</b>	<b>\$27,811</b>	<b>\$271,239</b>

## ALCOHOLICS ANONYMOUS ORANGE COUNTY INTERGROUP ASSOCIATION STATEMENT OF INCOME & EXPENSE PERIOD ENDING 12/31/2025 UNAUDITED

	Dec 25	Jan - Dec 25
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
Literature Resale	2,164.00	13,539.24
Bank Adjustments	0.00	-49.74
Birthday Donations	203.00	2,021.72
Group Donations	24,221.35	246,177.07
Individual/Fellowship	4,151.00	25,796.60
Interest Earned	4.66	54.81
Literature Sales	4,333.37	66,346.43
Shipping and Delivery Income	0.00	-51.25
<b>Total Income</b>	<b>35,077.38</b>	<b>353,834.88</b>
<b>Cost of Goods Sold</b>		
Cost of Literature Sold		
Cost of Goods Sold	5,396.14	66,286.35
Cost of Literature Sold - Other	0.00	82.00
<b>Total Cost of Literature Sold</b>	<b>5,396.14</b>	<b>66,368.35</b>
Shipping / Misc. Adjustments	0.00	-2,609.92
<b>Total COGS</b>	<b>5,396.14</b>	<b>63,758.43</b>
<b>Gross Profit</b>	<b>29,681.24</b>	<b>290,076.45</b>
<b>Expense</b>		
Accounting	3,168.00	22,655.50
Auto Expense (all Mgrs.)	117.47	717.85
Copier Expense	0.00	506.24
Credit Card Expense	512.75	3,764.19
Freight and Shipping Costs	0.00	0.00
Insurances	462.60	5,029.54
Intergroup Expense	-249.58	3,402.21
Internet Expense	184.21	2,353.83
Lease Expense	400.96	3,525.51
"LIFELINE" Expense	1,835.00	22,056.00
Maintenance & Repairs	160.00	2,166.00
Offices' Supplies & Expenses	202.16	4,805.37
Payroll Tax Expense	769.59	9,849.31
Postage	89.75	410.99
Reconciliation Discrepancies	0.00	0.00
Reimb. Health	800.00	9,600.00
Rent Main/Satellite Offices	4,401.88	49,511.56
Salaries	10,102.01	121,418.31
Sales Tax on Lease	0.00	0.00
Special Events Expense	0.00	249.46
Taxes & Licenses	0.00	247.25
Telephone Expense	387.40	4,652.81
Utilities	73.41	666.77
Volunteers Coffee & Water	74.50	734.65
Website Expense	599.87	6,344.95
<b>Total Expense</b>	<b>24,091.98</b>	<b>274,668.30</b>
<b>Net Ordinary Income</b>	<b>5,589.26</b>	<b>15,408.15</b>
<b>Other Income/Expense</b>		
Other Income		
Purchase Discounts	0.00	0.00
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>
Other Expense		
Balancing Adjustments	0.00	588.11
<b>Total Other Expense</b>	<b>0.00</b>	<b>588.11</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>-588.11</b>
<b>Net Income</b>	<b>5,589.26</b>	<b>14,820.04</b>

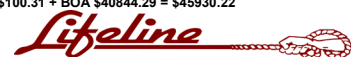
Net Income  
\*\* Prudent Reserve consists of Bus. Int. Maximizer account.

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 2024: \$392088 = 1 month = 32674, 4 months = \$130696, 6 months = \$196044

Current Prudent Reserve: \$137063.72 (70% of Maximum Prudent Reserve)

Note 3. Operating Fund Calculation: ST \$4286.01 + VM \$587.98 + PP \$61.63 + CID \$50.00 + COH \$100.31 + BOA \$40844.29 = \$45930.22



# February Word Search

Name \_\_\_\_\_

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

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

CONSCIENCE  
JUDGEMENT  
ELECTION  
STATESMEN

HELPLESSNESS  
DEACONS  
DILEMMA  
AUTHORITY

SANITY  
POWER  
SERVANTS  
VOICE

## WIN A FREE BOOK OF YOUR CHOICE!

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

**DEADLINE IS MARCH 15th**

*Congratulations to December's winner, Melissa R.!*