

Lifeline



Experience, Strength, and Hope in Orange County

The Courage to Stay Teachable

In the fellowship of [AA](#), “listening to learn” from other members, I’ve discovered courage. My app says I have 13,642 days today. The reason that’s important is you’ve taught me it’s not about the years; it’s about the days.

I can’t find courage in any other day than today. I was a coward when I got here. I had a wife and two children, and I was employed at my fifth good job (says it all) at the age of twenty-seven. I didn’t care about any of that, anyone, or anything other than alcohol.

In the fellowship, the [Traditions](#), and in [Step](#) work, I came to find courage to be attainable. I found courage in taking, accepting, and fulfilling commitments. Without accountability, I would remain full of fear. It takes an immense amount of courage for me to overcome fear.

For me, the more days I’m able to put together, the less I know. It shocks me to discover how little I know the longer I stay in the AA fellowship. This gives me the courage to stay teachable and to retain my sobriety date. I now have the courage to know it will require a continuous effort daily in order to meet my Creator with the only thing I own, September 9, 1988.

It takes courage to realize everything is temporary. However, it has allowed me to overcome fear. This definition means the challenges are temporary as well as the victories. It takes courage to listen to the newcomer and realize sometimes they’re in a much better head-

space than I am. It also gives me great joy to know I can learn something from the newest person.



Photo credit: Scott F. —Crystal Cove State Beach

The easier softer way was stated by one of AA’s earliest members. “When I accept situations as they are, not as I wish them to be, then I can begin to grow and have serenity and peace of mind” ([Daily Reflections, Sept. 19](#)). Step work, being of service in any way and anywhere I’m able, sponsorship, and active participation in meetings and the fellowship is how I discovered my Creator (a God of my understanding) and the courage to do His bidding.

Brent G.

This gives me the courage to stay teachable and to retain my sobriety date. I now have the courage to know it will require a continuous effort daily in order to meet my Creator with the only thing I own, September 9, 1988.

Inside This Issue

The Courage to Stay Teachable	1
Service Board Information	2
Letter from the Editor/In Memoriam	3
No Stranger	3
Our Principles	4
Birthdays/Support Your Central Office	5
Central Office Activity	6
Archives Corner: First Women’s Meeting	7
“I Would Rather Live My Life as If There Is a God . . .”	7
Step Three Would Become the Beginning	8
Pamphlet of the Month/Meeting Spotlight	9
Abnormal to Normal Thinking	10
So I Said YES...	10
Sober and Sane	10
Lowering the Drawbridge	11
A Path to a Solid Sobriety	11
January Contributions	12
Speaker Meetings	13
Déjà Vu Rare Moments in Life’s Journey	14
Upcoming Events / Statement of Income and Expense	15

The Lifeline is published monthly by the Orange County Intergroup Association

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

Lifeline Editor: Jennifer J.
oclifelineeditor@gmail.com

ORANGE COUNTY CENTRAL OFFICE

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

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

—CALL BEFORE YOU TAKE A DRINK—

E-mail: manager@oc-aa.org
 Website: www.oc-aa.org

Office hours: Mon-Fri: 9AM-5PM;
 Saturday & Holidays: 9AM-1PM

SOUTH COUNTY OFFICE

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

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

NORTH ORANGE COUNTY CENTRAL OFFICE

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

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

Welcome 2026 SERVICE BOARD

Chair, Mikayla T.
Chair@oc-aa.org

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

Treasurer, Ryan H.
Treasurer@oc-aa.org

Secretary, Terri L.
Secretary@oc-aa.org

Central Office, Jennifer M.
CentralOfficeCommittee@oc-aa.org

Group Relations, Josh O.
GroupRelationsCommittee@oc-aa.org

Lifeline, Matt D.
LifelineCommittee@oc-aa.org

Public Information, Brittany H.
PublicInformationCommittee@oc-aa.org

Special Events, C.J. D.
SpecialEventsCommittee@oc-aa.org

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

Like and follow Orange County Intergroup on Facebook



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 are focusing on [Step Three](#) and [Tradition Three](#). I loved our cover story, "The Courage to Stay Teachable," where Brent G. writes about how it takes courage to get and stay sober. My favorite part is how he writes about meeting his Creator with the only thing he owns: his sobriety date. I also hope you'll read "Step Three Would Become the Beginning" on page 8 by Effie R. She writes about how Step Three became the beginning for turning everything over to God. I also hope you'll read the poem, "Sober and Sane" on page 10. Josette R. writes of grieving and how she will go on using the tools she has learned in sobriety.

I would like to apologize to Emily B., author of "So I Said YES..." on page 10. I accidentally left her name off of the poem, "We Say It's OK...in AA" in February's issue. Emily has been gaining quite a following with her poetry, so I hope you'll take the time to read her new poem on page 10.

As I look back at this month's issue and make the final edits, I am incredibly grateful for our *Lifeline* Committee. Every month, they show up at our meeting to make a plan of action. They help to create a theme and write within that. Our *Lifeline* chair, Matt D., has been working on a review of a our committee guidelines and asked us to do a group inventory. Special thanks to Bill F. and Ron B. for reading and making suggestions.

We have an amazing committee who is always working on the *Lifeline*. They are committed to serving the alcoholic community of Orange County by honoring the past of the *Lifeline*, diligently writing in the present, and thinking of the future alcoholics who aren't in the rooms yet. My life is incalculably better for knowing the individuals in this group. We always have room for YOU! If this sounds like something you'd like to be a part of, consider joining us on the first Thursday of the month at 7PM. The Zoom information is on the box to your right.

Thank you as always for reading the *Lifeline*. If you have any questions or comments about the *Lifeline* or an article you've read this month, please send an email to oclifineditor@gmail.com with your first name, last initial, and city. We might feature what you write in an upcoming issue.

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 oclifineditor@gmail.com.



Orange County Intergroup Association -- of Alcoholics Anonymous
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 oclifineditor@gmail.com for more information.

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

No Stranger

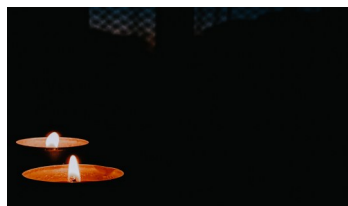
I am no stranger to alcohol.
It was my comfort,
my ease,
my home away from despair,
grief and sadness.
It gave me false sense of courage to face my family,
my inner demons and life.
I am no stranger to chaos.
It was my comfort zone,
It was all I knew.
I am no stranger to confusion.
It was the way I felt day in and day out.
Alcoholics Anonymous taught me how to build a strong foundation from the bottom up,
not from the bottle



Vivian S.

IN MEMORIAM

JOHN S.
HUNTINGTON BEACH DOWNTOWNERS



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 Three: We made a decision to turn our will and our lives over to the care of God as we understood Him.

They say that this is where we move from reflection to affirmative action in our recovery. We made a decision to turn our will (thinking) and our lives (behavior) over to the care of God as we understood him. Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and it is called willingness ([Twelve Steps and Twelve Traditions, p. 34](#)). Sometimes it is easy to make this decision regarding alcohol, but some insist on still maintaining their independence in other areas. They fear becoming a nonentity. The paradoxical facts seem to be that the more we become willing to depend on a Higher Power, the more independent we actually are.

We learn that we have problems other than alcohol, and we can no longer play God. We no longer can rely on the illusion of self-sufficiency. When we learn to overcome the juggernaut of self-will, it will help begin to quiet the “committee” in our head. We have acquired the rudiments of faith and now want to turn our will and our lives over to a Higher Power. We learned that dependence on a Higher Power is far from being a weakness but can be the chief source of our strength. Sometimes we show our dependence by sharing our problems with the group, our sponsor, or our closest AA friend.

Tradition Three: The only requirement for AA membership is a desire to stop drinking.

This Tradition’s long form states, “our membership ought to include all who suffer from alcoholism. Hence, we may refuse none who wish to recover. Nor ought AA membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation.”

Isn’t every organization entitled to have rules of membership? Why did AA decide to forgo this privilege, to be “inclusive ... never exclusive”? That’s easy. Early members tried it the other way, and it didn’t work. The problem faced by this Tradition isn’t just past AA history. It keeps coming up – for instance, when a group debates whether to exclude alcoholics who have

problems other than alcohol or have different lifestyles. The Tradition mentions no such additional requirements, no demand that prospective members must not have a history of drug abuse, a certain lifestyle, or an institutional background. All alcoholics are welcome ([Traditions Illustrated](#)).

Concept III: As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the AA General Service Board and its several service corporations, staffs, committees and executives, and of thus ensuring their effective leadership, it is here suggested that we now endow each of these elements of world service with a traditional “Right of Decision.”

We may be informed on how things work within our group, but does our group have “trusted servants” that serve as liaisons between our group and the service structure as defined in The AA Service Manual? Every trusted servant and every AA entity – at all levels of service – has the right “to decide... how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises” ([Concepts Illustrated](#)). But this right also means the Fellowship must have trust in its “trusted servants.” Trusted servants at all levels of service must have the autonomy to decide how to vote “according to the best dictates of their own judgement and conscience at the time.”

Bill warns against using “The Right of Decision” as an excuse for failure to make proper reports of actions taken; or for exceeding a clearly defined authority; or for failing to consult the proper people before making an important decision. But he concludes: “Our entire program rests squarely upon the principle of mutual trust. We trust God, we trust AA, and we trust each other.”

[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 Three: The only requirement for AA membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over-impressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if they can’t ask for it aloud), does it really matter to me what they do for a living? Where they live? What their domestic arrangements are? Whether they have been to AA before? What their other problems are?

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

(Traditions Checklist available from Central Office)

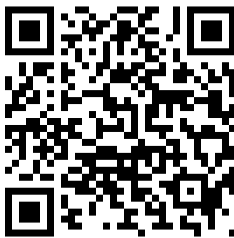
(SMF-131 Traditions Checklist is available from the [AA Grapevine](#) on www.aa.org)

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

Myles M.	Costa Mesa	3 years
Wes R.	Costa Mesa	8 years
Jeanette W.	Dana Point	9 years
James H.	Costa Mesa	11 years
Dolly C.	Laguna Niguel	17 years
Mary G.	Huntington Beach	17 years
Leon M.	Huntington Beach	19 years
Cheryl J.	Costa Mesa	20 years
Michael R.	Irvine	36 years
Linda C.	Costa Mesa	46 years
Vaun I.	Tustin	55 years

You can celebrate an AA birthday in the *Lifeline* with a [donation](#) to Central Office.



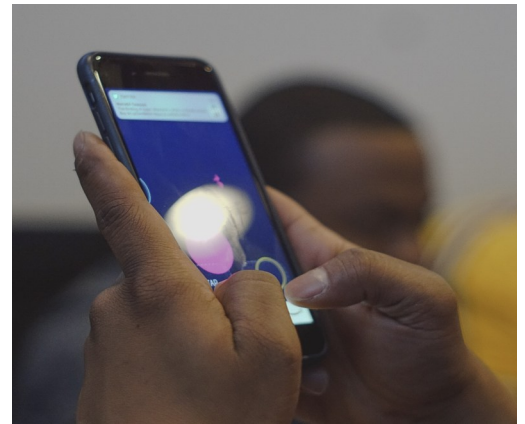
Located at the end of the 55 freeway in Costa Mesa next to the Donald Dungan branch of the Costa Mesa Public Library

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 = 285	CENTRAL OFFICE ACTIVITY January 2026			
	12 Step Calls	Meeting Info	General Info	Visitors
After hour calls not included				
Santa Ana Office	4	112	121	109
Laguna Niguel Office	1	11	36	61

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

OCAA INTERGROUP BOWLING EVENT

Strike up some fun with the fellowship!

Sunday, April 12, 2026
 CHECK-IN AT 1:45 PM
 2:00 PM – 3:30 PM

Irvine Lanes
 3415 Michelson Dr
 Irvine, CA 92612
 United States

EVENT DETAILS

- Reservations for 60 people
- 10 lanes reserved
- 6 people per lane

INCLUDED PER LANE:

- 1 Pizza
- 1 Pitcher of Soda
- Shoe Rental Included



\$25 per person

RESERVATIONS

CJ D.
234-380-9304
 Call or Text

ALL ARE WELCOME

Come bowl, connect, and enjoy fellowship with OCAA Intergroup.
Limited spots available — reserve early!

Archives Corner

First Women's Meeting

In 1941, about six years after [Alcoholics Anonymous](#) began, something important happened in Cleveland. The first known women-only AA meeting was started.

AA was still very new at the time. Most [meetings](#) were small and usually made up mostly of men. There were women in AA, but not many. In those early days, it was especially hard for women to admit they had a drinking problem. The shame and judgment were strong. Just walking into a meeting took a lot of courage.

Some of the women who did attend mixed meetings felt out of place. They were grateful to be there, but it could be hard to speak openly. Many of the stories shared were from a man's point of view. Women were dealing with their own struggles, like problems at home, taking care of children, or hiding their drinking from family and friends. They needed a place where they could talk honestly with other women who understood.

In 1941, a small group of women in Cleveland started their own meeting. It was called a Women's Meeting for Alcoholics Only. It was one of the first AA meetings organized for a specific group, in this case women. There was nothing fancy about it, just women sitting together, talking about their drinking, and trying to stay sober one day at a time.



*Marty Mann, author of
"Women Suffer Too"*

That meeting made a difference. For the first time, women could share their experiences without feeling uncomfortable or judged. They supported each other and built strong friendships. They proved that women needed each other in recovery just as much as men did.

After that, other [women-only meetings](#) began to form in places like New York, Minneapolis, Salt Lake City, and San Diego. Slowly, more women began coming to AA. They saw that they were not alone.

One of the early women in AA was Margaret "Marty" Mann. She helped show the world that [women suffered from alcoholism, too](#), and that they could recover. But it was also the everyday women in Cleveland, whose names we may never know, who helped open the door.

The first women-only meeting was not about separating from AA. It was about helping women feel safe enough to stay. And because of that, many more women found recovery.

Mary G.
MSCA 09 Archives

"I would rather live my life as if there is a God and die to find out there isn't, than live my life as if there isn't, and die to find out there is." Albert Camus

So many alcoholics come into the program with a spiritual void, myself included. We fight the concept of a Higher Power and question the relevance to getting clean and sober. As we get sober and see how other people's lives are enriched through spirituality, we begin to open our hearts to a God of our own understanding.

Gaining belief and faith in God is a gradual process for most, but it usually starts with God speaking through others at meetings. We may not believe at first, but we believe you believe, and your life seems to be so much better for it.

Letting God into my heart has made my life so much more than I could have ever imagined, and all of it is a direct result of AA nurturing a blossoming belief and trust in an all-loving God. However, my complete faith only came after years of walking through numerous life difficulties and challenges and always discovering that God's plan for me was always better than my own.

For me, to question the existence of God and heaven is pointless and irrelevant. My life is so much better "having faith" that God will always be there for me. Today, I will try to stay in complete faith by practicing God's will and practicing care and compassion in my thoughts and actions.

Anonymous

Step Three Would Become the Beginning

Pondering the first word “Made” in [Step Three](#) catapulted my mind to a whole new dimension of thought. It became clear that a synonym for *made* is *created*. How exciting to be made aware that this Step gives us permission to create a resolution to the dis-ease of life! In my journey, it was a living hell which had been created with the lies that alcohol was my solution to this dis-ease, which I would later learn is the spiritual dis-ease of alcoholism.

The demon spirit of alcohol had created these deceptive, delusional thoughts in my mind, divorcing my thinking from the truth that I was in the beginning throes of abandoning myself to the faith of God. This was birthed in my heart when I was a little nine-year-old girl and had a powerful experience with the reality of Jesus. Before that age, I had known of Him and always felt the comfort of His love, yet was overcome with the fear of asking Him into my heart as was always suggested by my Sunday school class. After this powerful experience, it seemed that all hell began to break loose.

I became extremely rebellious, met a boy in my ninth grade at school and became very promiscuous with him, and ran away from home at age fifteen. When my daddy found me, he brought me home, but it wasn't where I wanted to be. I constantly had thoughts that my momma and daddy must have adopted me, and that one day, my real parents would rescue me from the abuse inflicted upon me (which was all because of my own rebellion).

All these years later, I have a whole new attitude and outlook upon my momma and daddy, thanks to the truth afforded me in [AA](#). And it all began with the awareness and eventual acceptance of [Step One](#), followed by coming to the realization that I had been completely insane by turning my will and my life over to the power of alcohol. I had been deceived into believing alcohol was the solution to all of my problems, when it had in truth kidnapped my spirit, as it was simultaneously killing my



mental and physical capacities to any semblance of life.

[Step Two](#) was a ray of hope as I began to “come to,” arising from the dense fog that alcohol had blanketed my mind with. As I reflected on my powerlessness and the hope of being restored to sanity, it became very clear to me that Step Three would be reconnecting me to the God of my childhood, when I had that powerful experience of opening my heart to Him but which was later blocked with alcohol and prescribed medications.

Step Three would become the beginning of a daily practice to turn every opposition I was facing, every trial, every disappointment, every hurt, everything which is birthed out of self-will, over to the care of God as I understood God. I'm grateful to have learned that we are all on different levels of spiritual development, for this allows us to daily practice our code of love and tolerance, the key to accepting one another exactly where we are. We are each one walking in the light* of our own truth at all times, which propels us to rid ourselves of judgment against others.

Step Three is clearly defined in the first paragraph of [page 34](#) in *Twelve Steps and Twelve Traditions*. “Practicing Step Three is like the opening of a door to which all appearances is still closed and locked. All we need is a key and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: ‘This is the way to a faith that works.’”

This recovery journey of faith that we are embarked upon is accompanied with hope and love. And love is the greatest gift of all. It is, I have found, the healing power of the God of my understanding. Yet, love is not a one-day, zip-zap accomplishment. It must be built in us, as the Third Step prayer on [page 63](#) in our *Big Book* suggests. We are asking God to “build with us and do with us as He wills” in this prayer, so we continue to build love for God, for ourselves, and for one another. Building anything “is not an overnight matter; it must continue for a lifetime” (*Big Book*, p. 84). Thus, our thoughts and our actions eventually point towards the goal of allowing God to build His love in our hearts as we make the decision suggested in Step Three.

*Living In God's Healing Touch

Effie R.

Step Three would become the beginning of a daily practice to turn every opposition I was facing, every trial, every disappointment, every hurt, everything which is birthed out of self-will, over to the care of God as I understood God.

JOB OPPORTUNITY

The Orange County Intergroup Association has an opening at the Santa Ana Central Office for an assistant manager.

Working hours: Monday, Tuesday, Thursday, Friday (20 hours a week) from 12PM to 5PM

A minimum of two years' sobriety is required with a strong knowledge of the Steps, Traditions, and principles of our AA program. The applicant needs to have a good understanding of WORD, EXCEL, POS, internet functions, and email operations. Experience is required in general financial and office functions, and bookkeeping skills are preferable as well.

Please submit a brief cover letter and a current resume to manager@oc-aa.org.

For further information contact Skip K., Central Office manager, at 714-556-4555.



Meeting Spotlight

Solid Solutions Women's Meeting



Monday, 6:30PM

Our Lady of Mount Carmel Church
1441 W. Balboa Blvd.
Newport Beach

March Pamphlet of the Month

EXPERIENCE, STRENGTH AND HOPE

Women in A.A.



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

This [pamphlet](#) (P-5) explores the stories of five women from different backgrounds and shares how they found recovery in AA and a new way of life.

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



Abnormal to Normal Thinking



Am I changing from an abnormal thinker to a normal thinker? This interesting question was asked in one of my daily readings. This question caused me to stop and consider.

Recently, I found myself becoming irritated about being pushed to move from where I have been for forty years. Why was I irritated? Because, once again, self was involved. Chapter Three, [page 30](#), of our book *Alcoholics Anonymous* addresses this. The chapter opens with, "Most of us have been unwilling to admit we were real alcoholics. No person like to think he is bodily and mentally different from his fellows." Paragraph two states, "we had to fully concede to our innermost selves that we were alcoholics." Paragraph four begins with "We are like men who have lost their legs; they never grow new ones." I have come to realize on my journey in sobriety that these remarks not only apply to my obsession with alcohol, but also my thinking.

I firmly believe my drinking was just a symptom of my alcoholism. My thinking was a bit abnormal as far back as I remember. Fears of not belonging, of not being good enough, and the accompanying anger certainly contributed to my maladjustment towards life—along with unfounded expectations. While constantly obsessed with these feelings, I was not living life but battling everything and everybody. Alcohol was the magic elixir, shutting out those feeling for a little while, until they came back full blast along with remorse.

Putting the bottle down took away the majority of the physical cost of my alcoholism, yet the fears, anger, remorse, and mental issues continued full blown. [Alcoholics Anonymous](#) seemed to be the only place I belonged. Working the [Steps](#) of our program, over time, allowed these issues to be dealt with. To some extent, the mental issues (thinking pattern) were also improved. What I have discovered for me personally is that thirty-plus years of thinking of self does not just go away. For this alcoholic, it seemingly became hardwired into my brain. Those years of abnormal thinking (self-first) still seemed to be very operative even in sobriety.

Early on in my journey in sobriety, I was told to think it through when I saw the beautiful people on TV drinking and seeming to have fun. How would it end up for me? It would always end up with my head in the toilet bowl, trying to throw up my toenails from the inside. Thus, temptation was effectively dealt with. Over the years, I have learned apply this technique to my abnormal thinking. It is certainly abnormal to think only of one's self. Our program has taught me that putting others first is the only way to transition from abnormal to normal thinking. Yet when situations arise, the first thoughts always seem to be of self. So, I have to pause, do a [Tenth Step](#) spot check inventory, and think it through.

What are the effects of not doing something on those around me? This is a struggle at times, but well worth it. This has applied to going to college fifteen years after high school, purchasing a home for my family, to work after retiring from the Marine Corps, and retiring after another twenty years of working due to medical issues. How these decisions would affect those around me was always the deciding factor.

Our program has allowed for continuous sobriety for some time. Our program also allows this alcoholic to deal with daily living instead of battling life. The program has given me the tools (our Twelve Steps) to move from abnormal thinking (self) to normal thinking (others). While thinking through those initial thoughts, the abnormal thinking is always there because it is a part of my alcoholism. Our program and my Higher Power/God give me a daily reprieve from drinking and abnormal thinking as long as I continue to work our program. I wish the same for you on your journey in sobriety.

Trust God, clean house, and help others.

Bill F.

So I Said YES...

Did I want to continue down the path of destruction? NO
So I said YES to residential treatment.

Did I think 8 weeks was enough? NO
So I said YES to a partial hospitalization program.

Did I assume I was cured? NO
So I said YES to the solution of Alcoholics Anonymous.

Did I know what the heck I was getting myself into? NO
So I said YES to a sponsor.

Did I need to keep running the show? NO
So I said YES to a power greater than myself.

Did I feel that sobriety was enough? NO
So I said YES to the 12 Steps.

Do you want what we have?
Then say YES.

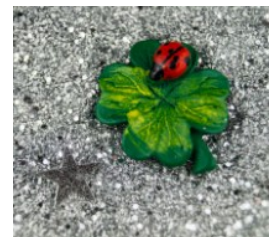
Emily B.



Sober and Sane

I'm going to grieve sober and sane
I'll refuse the pills that numb the pain
For when I am happy, I want to feel happy
And when I am sad, I'll feel sad
No amount of drink or drug
Will ever replace a single hug
I'll get through the pain one day at a time
For the mountain that I'm facing is hard to climb
It's going to take one foot in front of the other
I'll do it for my family, for I am a mother
It won't be easy, and I know that is true
Genuine feelings are what I'll pursue
I'll refuse to let myself get stuck
It's hard work to heal, not just luck
I'll use my toolbox to work through my pain
For sanity and serenity is what I'll gain

Josette R.
(In honor of Bradley)



LOWERING THE DRAWBRIDGE



I drank and drugged for over thirty years, spending countless hours and resources getting high and dealing with the consequences. As a nurse, I suspected I had a problem. But like many caregivers, I refused help, believing I could manage everything myself. I thought I was invulnerable and self-sufficient. This changed when I joined [AA](#) and did Step Three (*See p. 4*).

My drinking was destroying me and harming others, but my ego had built an impenetrable castle of fear and denial whose drawbridge was always raised. I was scared of life without alcohol but also scared of revealing who and what I really was and being a failure. Before accepting any aid, I wanted what I called, “my one shot at redemption,” so I promised to stay sober and go to rehab if I relapsed. But seeking redemption just to feed one’s ego is an exercise in futility. Part of me would have said anything just to get people off my back so I could continue getting loaded for as long as possible.

Of course, I relapsed several weeks later. Then I disappeared off and on for another month, trying to avoid the inevitable. Finally, my wife gave me a choice: rehab or divorce. By this time, I was exhausted and depressed. So much for being invulnerable. I finally went to rehab.

Initially, I didn’t want to admit I was asking for help. But [Step One](#) doesn’t require that I ask for anything yet, just an admission that I was alcoholic and that my life was unmanageable. As I attended meetings, I found alcoholics who were like me—fearful and withdrawn—but also others who seemed vulnerable yet serene and unafraid. Wanting to be like them helped me open up enough to keep coming back.

Admitting I’m not invulnerable while surrendering to the fact that I’m an alcoholic doesn’t mean I give up and surrender to my disease. By choosing a Power greater than myself that can restore me to sanity in [Step Two](#), I simply give up my need to be in charge. Then, by becoming open (the other definition of vulnerable) to the idea that I cannot overcome my alcoholism alone, hope is born as my sanity’s restoration gets underway.

Making a decision to turn my will and my life over to God/Higher Power in [Step Three](#) is essentially asking for that help—a ritual known as the Third Step Prayer ([Big Book, p. 63](#)). I lower my drawbridge, allowing me to step out from behind the walls that have kept me isolated, and turn my openness to being helped into the action that marks the beginning of recovery. I then complete Step Three by doing the rest of the [Steps](#).

Many of us have a strong aversion to being vulnerable. Even just the appearance of vulnerability has long been viewed in our culture as weak, or “giving up,” especially for men. But AA maintains that being vulnerable is a strength and crucial to my recovery and personal growth. It allows me to connect authentically with other alcoholics who’ve opened themselves up to the higher power of fellowship, fostering the unity essential for our healing and sobriety.

As alcoholics who’ve struggled to fight our terrible disease alone, the bravest thing we AAs have ever said is, “help.” In the turmoil of early recovery, the best thing we can do is lower our emotional drawbridge and become vulnerable enough to ask for help in Step Three, then find the willingness to accept it as we’re able. Far from cowardly or a failure, seeking sobriety by being vulnerable is a path to success. And it is not giving up.

It’s finding the strength to refuse to give up.

Ron B.

A Path to a Solid Sobriety



My return to normal living I could never imagine fourteen years ago. It was the edge of a cliff with roaring waves pulling me in—the jumping off point and the dark night of despair. My best idea was to just go into the night, far away and without the baggage of responsibilities of being a mother worker.

Back to the dense woods and shady spots to curl up and retreat, not to hibernate but to wither out of existence. The last puff of inhaling a certain kind of freedom seemed the best solution. Never mind the intense fights to protect my offspring. This tired mom cat lay injured, broken, and without the flame of love and caring.

Empty, exhausted, and defeated. There the surrender happened. My own might failed me. I remember the fear, the withdrawal, and the despair keenly, like a searing branding on my heart. Reaching failure and broken worthlessness, a prison of my own making.

All my tears had been shed; nothing could flow again. It was a place where hope died. In those hours before the morning light returns, I remembered my mother telling me her comforting words as a child. The sun will rise tomorrow. That allowed me to search at the morning light and look up from the hard floor to see the dawn. And my spirit felt the nourishment of a new possibility.

My honesty with my addiction and sharing my desire for help turned my defeat and surrender into the path to a spiritual cure. Fourteen years ago, on January 2, 2012, I started rehab at Hoag Hospital, where I met a solid group of women. I did not feel important, just a fatigue, and I allowed myself to be helped and carried along the path to a solid sobriety and self-knowledge.

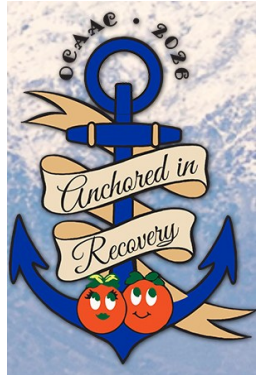
Sunny S.

Group Contributions to Central Office, January

Suggested Contribution Guide

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

For more information, visit www.oc-aa.org/contributions-guide/ or call [Central Office](tel:7145564555) at (714) 556-4555 with any questions.

Th 6:00P-Women's Stag, 20	63	63	Birthday Donations	55	55
Sa 12:30P-Into Action 20456	113	113	Intergroup Body Meeting	148	148
LAGUNA HILLS			OC H and I, Irvine All Days	28	28
Su 4:00P-11th Step Med, 23	63	63	Piggy Bank	27	27
Mo 6:30P-Men's Big Book/St	138	138	South Orange County H and I,	27	27
Sa 7:00A-Warmer-Upper, 23	196	196	PERSONAL DONATIONS		
LAGUNA NIGUEL			Anonymous	135	135
Fr 7:00A-Back to Basics Men	945	945	Bethany H.	2	2
LAGUNA WOODS			Brian S.	18	18
Dly 7:30A-Do It Sober, 24442	601	601	Byron R., Mission Viejo	50	50
LA HABRA			Cathryn F.	1	1
M-F 6:15A- Topic Disc, 631 N.	50	50	David B., Fullerton	10	10
MISSION VIEJO			Diana Mcl.	3	3
M-F 12:00P-Disc At Elks. 2	200	200	Erinn D.	5	5
Th 9:30A-Women's 12 & 12,	600	600	Esther S. Lowell, Ma	10	10
Th 6:30P-3 G's Meeting, 26	423	423	Jeff and Gabriella D.	1,000	1,000
NEWPORT BEACH			Jennifer L.	5	5
Dly 6:30A-Round Table Disc.,	770	770	Jonathan W.	5	5
M-S 6:30A-Jumpstart Disc, 4	585	585	Lee B	5	5
We 6:00P-Castaways, 798	75	75	Marilyn C., San Clemente	25	25
Sa 8:00A-Dover Men's Stag,	500	500	Mateo D.	2	2
Sa 8:00A-EZ Risers, 2046 M	185	185	Michael O.	50	50
ORANGE			Mo, Costa MESA	40	40
Mo 12:00P-12&12&12, OFC	40	40	Randy U.	2	2
Tu 7:00P-(W)'s Keep It Simpl	64	64	Robert R.	15	15
Tu 7:00P-Hart Park Newcom	50	50	Ronald B.	25	25
Th 5:30P-Rush Hour Discussi	200	200	Scott F.	2	2
Th 7:30P-777 (M) Beginner, 3	120	120	Stacey C.	2	2
Sa 7:00P-Visiting Spkrs, 395	100	100	Teresa M. Laguna Niguel	100	100
RANCHO SANTA MARGARITA			Tom O	2	2
M-F 6:30A-Att & Grat, 30605	335	335	Tracy H.	100	100
SAN JUAN CAPISTRANO			GROUP INFORMATION REQUESTED		
Dly 6:00A-Taking a Trip, 31	528	528	Receipt #2722, Ck 1632, Date	94	94
Mo 5:00P-(W)'s Solutions, 3	180	180	Receipt #2601, Ck 0004, Date	324	324
Sa 6:30A-Eye Opener, 32202	1,000	1,000	Receipt #2600, Cash, 1/2, Ne	50	50
SANTA ANA			TOTALS	\$28,329	\$28,329
Su 5:00P-Two or More, 721	187	187	<i>(From a plaque on Dr. Bob's desk)</i>		
Th 6:30P-Women's Living So	22	22	Humility		
SEAL BEACH			<i>Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.</i>		
Mo 7:30P-Speakers, 500 Mar	412	412	<small>from Dr. Bob and the Good Oldtimers, p. 222, first written by Andrew Murray, a South African religious leader, 1828-1917</small>		
SILVERADO CANYON					
Th 7:00P-Silverado Canyon	81	81	Brent G., 2007 OCAAC Past Chairperson		
SUNSET BEACH					
Tu 7:00A-Attitude Adjustment	70	70			
Fr 12:00P-Drunk Busters,	100	100			
Fr 6:00P-I Never Had It So G	278	278			
Fr ?-Sunset Beach Thursdays	142	142			
TUSTIN					
MWF 12:00P-Tustin Noon M	500	500			
Su 7:00P-Sober/Crazy Spkrs,	80	80			
Mo 6:00P-New Beginning W's	20	20			
Mo 7:00P-(M)'s BYOB, 1201 I	80	80			
Tu 7:00P-Tustin BB Stdy, 225	150	150			
Sa 7:30A-Tustin Acceptance,	250	250			
VILLA PARK					
Dly 7:30A-Sunrise Serenity, 1	183	183			
UNLISTED GROUPS					
Mo 4PM-Magic Patio (M) Big	50	50			
ZOOM MEETINGS					
Dly 7:00A Attitude Adjust. Ca	76	76			
Dly 6:00A-Upon Awakening, Y	122	122			
Dly 6:05P-Sunset Meeting	190	190			
Dly 7:05A-Attitude Adjustment	516	516			
Dly 7:00P-Fishbowl Meetings	249	249			
Su 9:30A Sandy Sobriety 7th T	155	155			
Su 6:00P Sunday Night As Bill	25	25			
We 7A-Zoom Women's Book	181	181			
Su 7:00A-Whale Watcher's Z	126	126			
MISC. DONATIONS					

If you have never been to a convention of Alcoholics Anonymous, then I encourage and invite you to attend the 41st annual Orange County Alcoholics Anonymous Convention ([OCAAC](http://www.oaac.org)).

Where do you register? Online at www.oaac.org. This website also has everything you need to know about May 1st, 2nd, and 3rd, which are the dates of the OCAAC. If you have to wait until the convention, remember, **JUST REGISTER.**

We have unlimited free events, meetings, attractions, and rooms that are zero cost to participate in and enjoy at the convention. We pass zero baskets, absolutely no baskets, in any room at any time. We are self-supporting through our own contributions like any other Alcoholics Anonymous entity. Our Seventh Tradition is ... you guessed it ... Registration! OUR SEVENTH TRADITION IS REGISTERING! The convention has literally no other source of income.

Your registration means everything. It proves you contributed to the Seventh Tradition. It is saying, "I want there to be a convention next year." You are actually displaying with a badge on your chest that you are a proud member and a contributing member to the Orange County Convention. If you financially cannot do so, please enjoy everything that there is for free. If you can afford a registration, please contribute to the Seventh Tradition of the OCAAC.

Brent G., 2007 OCAAC Past Chairperson

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
 Contact: Cindy S.

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

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.

03/07 Nick B., Mission Viejo
 03/14 Andrea W.
 03/21 Jen I., Tustin
 03/28 Kathy, Santa Monica

Orange

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

03/01 Mario
 03/08 Diane M.
 03/15 Tony A., Orange
 03/22 Chris D., Orange
 03/29 Laurie B., Anaheim

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.



Déjà Vu Rare Moments in Life's Journey

The story starts with a young man gazing out the bar room door of Jimmy's, a freestanding smoke-riddled blue-collar den at the end of the trolley line where twenty-five cents would buy a shot of cheap rye whiskey with a six-ounce chaser, when guzzled as the coalminer's cocktail, would shift the young man's sanctimonious gaze to the Methodist church across the street where every Saturday and Sunday he smugly walked the grounds as director of the youth group with bad breath and a head-splitting hangover.

I had arrived as a respected church patron employed by the second biggest bank in the States. Alcohol was the solution, and if it hadn't been for the whiskey leftovers, life would be manageable. What was the solution? Research continued for a couple of decades finding one new basement in life after another, until I surrendered my first tier of stubborn EGO and hardened self-centeredness with the magic words; "I don't know. Will you help me? Can you show me?" to an Irish elf at the gateway of my first [AA meeting](#).

I didn't know it then, but the solution for living a life in harmony was just past the threshold of the entrance to [AA](#). There a new way of living exposed me to residing in the reality of the moment struggling, conquering, and meeting challenges of life without taking coward's Kool-Aid to hide the legitimate pain of growing up. Welcome to the world of AA spirituality, riding the recovery wagon from the "gates of hell" where the drop-off point for a forty-two-year-old child with an agnostic temperament was deposited with bowed head and busted brain.

After several decades of sobriety, I learned that life becomes a continuing adventure with the replacement of a drinkers Groundhog Day life of daily misery by learning acceptance of God's exquisite tapestry of our future as an unforeseen adventure lived moment by moment. The beauty of the here and now is not recognizable when the student is preoccupied with "work and play" on his hedonistic march. Joy follows pain as one enters a new stage in the journey of life ever richer and deeper while going forward on the spiritual pathway without numbing the mind with Johnny Walker Black and lukewarm beers. Spiritual progress is facing change with courage while learning to assist others with charitable giving and behavior from the heart, not from the pocketbook and self-gratification. When the student really completes his [Twelve Steps](#), he morphs into a teacher as the Twelfth Step suggests.

The story concludes with a recital of a rare experience shared twice over the course of two score years of sobriety. Early in my sobriety, I was faced



with an empty family Christmas. The pain of loneliness took hold, and I suggested to my recovering daughter that her estranged mom and dad go to a holiday movie with her in the middle seat flanked by my high school sweetheart of thirty years and her lonely set-loose husband. An attempt to rekindle a small spark from the yule log of Christmases past started with a search for the right movie under these peculiar circumstances. I found a movie with an appeared emphasis on roses during the Christian Crusades, which seemed quite appropriate.

However, one cannot know about a film by its title alone. The critically acclaimed movie turned out to be a horror story about a divorcing couple whose marriage boundaries had no limits for contempt and hatred for each other.

We sat frozen to our seats in still silence not believing what we were viewing. In hindsight, the result of a hurried investigation of the movies playing at the local theaters and the assumption that roses were always associated with love brought unintended consequences of my own making.

The second event at two score years of sobriety had its birth last week when three amigas and yours truly went to a highly recommended by fellow members of the fellowship musical documentary of a beloved rock and roll singer's life. I imagined it would be full of fanciful visions of hallowed songs done in extravagant settings, clusters of elegant dancers in customized sequin outfits, and occasional outbreaks of fan jubilee with sing-a-longs.

Nothing of the sort! It was a film filled with the bittersweet challenges of life associated with alcohol, lost love reignited by hope, dashed dreams reborn, and a beautiful man called to the everlasting meeting above leaving a pool of tearful joy for his bounty of friends ever the better for his companionship during their own life's journey.

Wiping away tears with an understanding heart and feelings from my Christmas past many decades ago, my attention blanketed our special amiga, who the foursome had gathered for an afternoon of celebration because she was grieving for the loss of her husband of thirty-plus years with twenty-eight years of sobriety who had passed a mere six months earlier.

When we left the theater, I was overwhelmed with understanding and a deep love for this exceptionally strong woman warrior. With a divine palm on my back, I embraced this proud formidable lady and whispered into her ear, "This movie must have been a heart stretcher for you based on the timing and party expectation." I then told the story recited above and she smiled and bounced back from her momentary despair knowing she was not alone in her feelings. And that is how our program works: a listening ear, a shared experience, our love for each other, and a warm hug from another for being there to share an overwhelming encounter. Another magic moment on the roadway-of-life!

Thank you, God, for your elegant and masterful plans over my lifetime of sobriety. What a wonderful life it has been!

John G.

And that is how our program works: a listening ear, a shared experience, our love for each other, and a warm hug from another for being there to share an overwhelming encounter. Another magic moment on the roadway-of-life!



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

April 12

OCAA Intergroup Bowling Event

Irvine Lanes
3415 Michelson Dr.
Irvine, CA
Reservations: Call or text CJ D.
234-380-9304
Flyer, p. 6

April 17-19

37th Inland Empire AA Convention

Soboba Casino Resort Event Center
22777 Soboba Rd.
San Jacinto, CA
www.IEAAC.org

April 17-19

Easy Does It Weekend

47 Years of Magic in the Mountains
Camp Seely
250 N. Highway 138
Crestline, CA
www.easydoesitweekend.org

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

Check out the events section on
www.oc-aa.org for more events
(www.oc-aa.org/events/).

To have your event listed in the
Lifeline, please email
ocliflineeditor@gmail.com.

ALCOHOLICS ANONYMOUS
ORANGE COUNTY INTERGROUP ASSOCIATION
STATEMENT OF INCOME & EXPENSE
PERIOD ENDING 01/31/2026 UNAUDITED

	Jan 26	Jan 26
Ordinary Income/Expense		
Income		
Literature Resale	1,154.84	1,154.84
Birthday Donations	83.00	83.00
Group Donations	27,923.23	27,923.23
Individual/Fellowship	367.00	367.00
Interest Earned	147.74	147.74
Literature Sales	6,385.08	6,385.08
Shipping and Delivery Income	-25.00	-25.00
Total Income	36,035.89	36,035.89
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	6,258.14	6,258.14
Cost of Literature Sold - Other	0.00	0.00
Total Cost of Literature Sold	6,258.14	6,258.14
Shipping / Misc. Adjustments	-340.80	-340.80
Total COGS	5,917.34	5,917.34
Gross Profit	30,118.55	30,118.55
Expense		
Auto Expense (all Mgrs.)	94.20	94.20
Bank Charges	30.00	30.00
Convention & Svs Event Expense	30.00	30.00
Copier Expense	45.46	45.46
Credit Card Expense	503.19	503.19
Freight and Shipping Costs	0.00	0.00
Insurances	462.60	462.60
Intergroup Expense	1,884.22	1,884.22
Internet Expense	184.21	184.21
Lease Expense	284.05	284.05
"LIFELINE" Expense	1,835.00	1,835.00
Maintenance & Repairs	160.00	160.00
Offices' Supplies & Expenses	226.56	226.56
Payroll Tax Expense	816.16	816.16
Postage	10.15	10.15
Reconciliation Discrepancies	0.40	0.40
Reimb. Health	800.00	800.00
Rent Main/Satellite Offices	4,401.88	4,401.88
Salaries	10,166.25	10,166.25
Telephone Expense	386.38	386.38
Utilities	66.02	66.02
Volunteers Coffee & Water	27.50	27.50
Website Expense	359.99	359.99
Total Expense	22,774.22	22,774.22
Net Ordinary Income	7,344.33	7,344.33
Other Income/Expense		
Other Income		
Purchase Discounts	0.00	0.00
Total Other Income	0.00	0.00
Net Other Income	0.00	0.00
Net Income	7,344.33	7,344.33

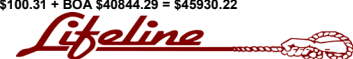
** Prudent Reserve consists of Bus. Int. Maximizer account.

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



March Word Search

Name _____

Email address _____
or phone number _____

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

DEPENDENCE
TELEGRAM
UNDERSTOOD
SIMPLICITY

DECISION
WILLINGNESS
DESIRE
MEMBERSHIP

BAFFLING
REQUIREMENT
CUNNING
POWERFUL

WIN A FREE BOOK OF YOUR CHOICE!

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

DEADLINE IS APRIL 15th

Congratulations to January's winner, Danella D.!