

Lifeline

Experience, Strength, and Hope in Orange County

MY GOD CONNECTION

My name is Chuck, and I am an alcoholic. I have a deadly disease called alcoholism. It is a disease now recognized by the AMA for which there is no cure. There is a solution, but not a cure. The solution appears to be spiritual in nature—a power greater than the disease.

I had no apparent problem with alcohol until about age forty. After sixteen years married, the drinking slowly but steadily became worse until I had become a daily drunk, what is referred to as a functional alcoholic. There was still a house, a wife, a car, a job and a complete loss of self-respect, a total loss of human spirit. I had destroyed a long-term marriage, alienated the affections of a daughter, and become a marginal employee. A daily drunk.

On April 19th, 1984, I had what I call a spiritual intervention. At 10:30AM, in the middle of a business meeting, wearing a three-piece suit, I had a thought go through my mind that if I took one more drink I would die. It would not be a quick death, but a slow descent into an alleyway and a cardboard box. I got up and went looking for a guy I knew, an active member of AA. I have not had a drink since.

At the age of thirteen, I had an experience that turned me away from any so-called God, away from my church, and eventually away from any organized religion. I was on the way home from catechism classes that I hated beyond all reason. The church had me memorize words and phrases that had absolutely no meaning to me, and no one explained what the words meant.

I was riding my bike home on a curve in the road when a large dog

When I entered a twenty-eight-day hospital program, I was locked up for three days. The first evening, I probably said the most profound prayer of my life. "God, please help me."



Photo credit: Leslie G.—Dog Beach, Huntington Beach

started to chase me. I turned to the dog and rode over a ten-foot cliff. Hitting a concrete path ten feet down resulted in the back of my skull caved in and split down the side. I was confirmed by the bishop of my church, as they did not know if I would live or die. I have never trusted organized religion since that day. Religion is man-made; spirituality is God made.

When I entered a twenty-eight-day hospital program, I was locked up for three days. The first evening, I probably said the most profound prayer of my life. "God, please help me."

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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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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—

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 Website: www.oc-aa.org

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 Saturday & Holidays: 9AM-1PM

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 Office hours: Mon-Fri: 10AM-5PM

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1661 E. Chapman Ave., #1H
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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

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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



SCAN ME

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

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

Lifeline Committee meets the **1st Thursday of the month at 7:00PM** via Zoom (ID: 886 0942 7655, Password: lifeline) *See page 3 for more details.*

Special Events Committee meets the **3rd Thursday of the month at 6:00PM** via Zoom (ID: 913 4366 3535, Password: ocaa).

South Orange County H & I meets the **3rd Wednesday of the month at 6:00PM** (new members' orientation) and **6:45PM** (business meeting), Laguna Beach Canyon Club (small room), 20456 Laguna Canyon Road, Laguna Beach. South County H & I's mailing address is 27068 La Paz Rd., #706, Aliso Viejo, 92656. For more information, go to www.sochic.club.

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

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

The OCAA Technology Committee meets the **1st Monday of the month at 6:00PM** via Zoom (ID: 933 6844 2432, Password: ocaatech).

The Orange County Intergroup Assoc. meets the **2nd Wednesday of the month at 7PM (6:30** new rep orientation) at Norma Hertzog Community Center, 1845 Park Ave., Costa Mesa.

—IN PERSON ONLY—

For information about **General Service** meetings, please go to the Area 09 website, www.msca09aa.org

Thank you to our board and committee members.



Letter from the Editor

This month, we focused on [Step Four](#) and [Tradition Four](#). I hope you'll read our cover story by Chuck H., "My God Connection." I always get so much out of Chuck's writing, but what stuck with me this time was his definition of love (p. 14): "Love is the ability to do something for someone else and not requiring, nor wanting, anything in return." I also related to Bill F.'s article on page 8, "Blooming Through the Program." I could picture his wife's orchids that wouldn't bloom because they needed some TLC. With patience, love, and hard work, she made the orchids bloom, just like Bill has bloomed in recovery. I also hope you'll read Akeem A.'s article on page 10, "Spring Cleaning as a Newcomer." This is Akeem's first article in the *Lifeline*, and I appreciate the writing and perspective.

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 oclifelineeditor@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 oclifelineeditor@gmail.com.

Jennifer J.
Lifeline Editor

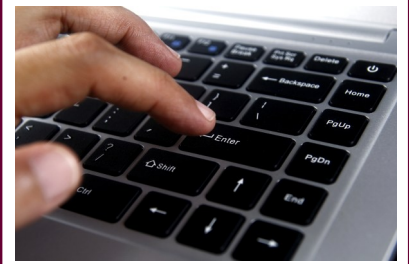
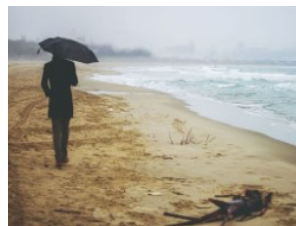


Orange County Intergroup Association - of Alcohol...
www.oc-aa.org

Better and New Man

I want to be a Sober Man; Not a Liquor-Logged Man with a Neon Tan.
I want to be a walking- talking For Real Man; Not a slurring tongue Con Man.
I want to be a Loving-Caring Genuine Man; Not a what's in it for-me do it My-Way Man.
I want to be a Father all-the-time Man; Not a I'm-to-busy to Give-You- Time Man.
I want to be a Trusted Friend Man; Not a gift me some Money to Show-you're a Big Man.
I want to be a Loving Husband Man; Not a straying Lying Eyes Man.
I want to be a Kind Generous Man; Not a Stingy Crusty Alone Man.
I want to be a Contented Man: Not an Angry Pitiful feel sorry-for-yourself Man.
I want to be a courageous fearless Man; Not an intoxicated afraid of your Shadow Man.
I want to be a humbler Man; Not an EGO Hardened Make-Believe Man
WHERE DO I GO MAN; WHERE DO I GO FOR HELP MAN ?
Why not go to AA Man; And be a Fellowship 12 Step Man!
There you will find a New Freedom Man; And find out who you are Man.
Then you find what you want to become Man; And how to get there Man.
Now the Journey has Begun Man; To be a Better and New Man.

John G.



Share Your Thoughts on Sobriety with the *Lifeline*

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

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

Welcome aboard to our new Assistant Manager, Heather S.!

She is now part of the Orange County Central Office team of special workers.

Please come by the Santa Ana office and meet her.



VOLUNTEERS ARE NEEDED AT CENTRAL OFFICE

PLEASE CONTACT CENTRAL OFFICE TO FIND OUT ABOUT SERVICE OPPORTUNITIES.

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

Our Principles

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

This Step is all about a rigorous and honest self-examination. We realize at this point that alcoholism is not just a physical problem but involves our “instincts gone astray” (*Twelve Steps and Twelve Traditions*, p. 50). Alcoholics especially should be able to see that “instinct run wild in themselves is the underlying cause of their destructive drinking” (12 & 12, p. 44). The goal of the inventory process is to identify exactly how, when, and where our natural desires have become distorted and squarely face the harm our drinking has caused ourselves and others. In making our list of character defects, we may utilize the universally recognized list of major human failings—the Seven Deadly Sins of pride, greed, lust, anger, gluttony, envy, and sloth.

Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Working with our sponsor during the inventory process, we find that our case is not strange or different, that our character defects are no more numerous or worse than those of anyone else in AA.

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

With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that may greatly affect AA as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount ([Long form of Tradition Four](#)).

In a way, the Fourth Tradition is like the Fourth Step: It suggests that the AA group should take honest inventory of itself, asking about each of its independently planned actions: “Would this break any Tradition?” The wise group recognizes that the Traditions are not hindering technicalities – they are proved guides toward the chief objective of all AA groups (*The Twelve Traditions Illustrated*). When in doubt, groups should always consider “Rule 62” (12 & 12, p. 149).

Concept IV: Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

The principle of “Right of Participation” is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also trustees, directors, and staff members of AA World Servies, i.e., GSO, and the AA Grapevine. There are no “superiors,” no “inferiors,” and no “advisors.” Finally, there is a spiritual reason for the “Right of Participation.” All of us desire to belong. In AA, no members are “second class.” The “Right of Participation” therefore reinforces [Tradition Two](#), that no member is placed in “ultimate authority” over another. We perform our service tasks better “when we are sure we belong—when our ‘participation’ assures us we are truly the ‘trusted servants’ described in Tradition Two” (*The Twelve Concepts Illustrated*).

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

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

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

(Traditions Checklist available from Central Office)

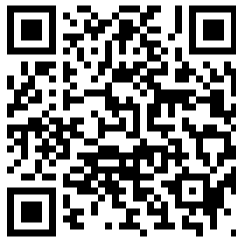
(SMF-131 Traditions Checklist is available from the [AA Grapevine](#) on [www.aa.org](#))

Support Your Central Office

@OCAINTERGROUP



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.

******COMING SOON: A NEW WAY TO SUPPORT CENTRAL OFFICE BY SETTING UP RECURRING CONTRIBUTIONS******

Checks and money orders can be sent to:

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



AA Birthdays

Jess S.	Newport Beach	1 year
Cindy P.	Huntington Beach	2 years
Sonya L.	Newport Beach	4 years
Julie B.	Huntington Beach	7 years
Deanna K.	San Juan Capistrano	10 years
Jamie T.,	Huntington Beach	17 years
Shea B.	Laguna Beach	18 years
Amy L.	Costa Mesa	18 years
Carol A.	Long Beach	32 years
Honey T.	Newport Beach	33 years
Lisa F.	San Juan Capistrano	33 years
Bill D.	San Juan Capistrano	34 years
Holly O.	Dana Point	42 years
Judy S.	Huntington Beach	50 years



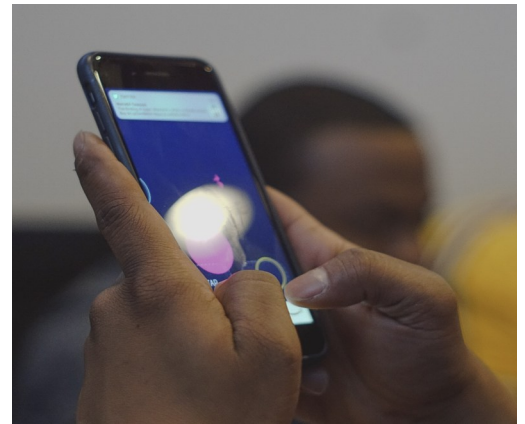
Located at the end of the 55 freeway in Costa Mesa next to the Donald Dungan branch of the Costa Mesa Public Library

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.](http://www.oc-aa.org)
Costa Mesa

OFFICE CALLS TOTAL = 285	CENTRAL OFFICE ACTIVITY			
	12 Step Calls	Meeting Info	General Info	Visitors
After hour calls not included				
Santa Ana Office	0	80	114	88
Laguna Niguel Office	0	4	22	42

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

Carl Jung

Carl Gustav Jung (1875–1961), the Swiss psychiatrist and founder of analytical psychology, played an indirect but historically significant role in the development of [Alcoholics Anonymous](#). Although Jung was not involved in the organization itself and never treated alcoholism as a primary specialty, one clinical encounter in the early 20th century helped shape AA's spiritual foundations.

In the early 1920s, Jung treated an American patient named Rowland Hazard, a wealthy businessman struggling with chronic alcoholism. Hazard sought help in Zurich after repeated failures to stop drinking. Jung worked with him extensively but eventually concluded that medical and psychological treatment alone would not provide a lasting solution. According to later accounts, Jung told Hazard that his alcoholism represented a condition of "hopelessness" from a clinical standpoint.

Jung believed that Hazard's drinking stemmed from a deep spiritual malaise rather than a problem that could be resolved solely through therapy or willpower. He reportedly told Hazard that recovery might only be possible through a profound spiritual or religious experience, what Jung referred to as a "vital spiritual awakening." This perspective reflected Jung's broader belief that meaning, purpose, and connection to something greater than the ego were essential to psychological healing.

Hazard took Jung's advice seriously. After returning to the United

States, he became involved with the Oxford Group, a Christian fellowship that emphasized confession, moral self-examination, restitution, and reliance on God. Through this group, Hazard achieved sobriety and later shared his experience with others suffering from alcoholism.



Carl Jung

One of the people influenced by this chain of events was Ebby Thacher, a friend of Bill Wilson, who would later co-found Alcoholics Anonymous in 1935. Thacher introduced Wilson to the Oxford Group's spiritual principles, which became a foundation for AA's Twelve Steps. Bill W. eventually experienced the type of spiritual awakening Jung had described, leading to his long-term sobriety.

Years later, in 1961, Bill W. wrote directly to Jung to acknowledge his influence. Jung replied, confirming that he had viewed alcoholism as a spiritual disease and explaining that the Latin word *spiritus* could mean both "spirit" and "alcohol." Jung suggested that the destructive craving for alcohol could be transformed into a healthy longing for spiritual wholeness.

Although Jung never endorsed AA formally, his ideas helped shape its core emphasis on humility, surrender, and spiritual transformation. His encounter with Rowland Hazard remains a notable example of how psychological insight contributed to one of the most influential recovery movements of the 20th century.

Mary G.
MSCA 09 Archives

"And we have ceased fighting anything or anyone — even alcohol." *Big Book*, p. 84

Before the program, most of our default reactions were to arch up at every little conflict or confrontation. It didn't matter how big or small the issue was; we had to be right. After taking the [Steps](#), especially Steps [Four](#) and [Five](#), we learned that we usually had a part in the issue, and our reactions were often completely overblown.

How refreshing it was to find out that I didn't have to show up for every fight I was invited! If we refuse to engage, the issue is usually diffused quickly, and the other person is left astonished by a lack of response. If I'm honest with myself, those who anger me conquer me, and I've let them hijack my emotional well-being. Instead of inciting confrontation, what we have learned is to hit the pause button and then ask God to direct our thoughts and actions.

Life becomes infinitely easier when we find an outlet for our anger, an anger that usually originates from deeper emotional issues, past trauma, or fear. Anger and fear lurk within, usually stemming from our insecurities, but we are hesitant to accept this reality.

As our frustrations grow from the circumstances we face today, we would be wise to reach deep into our spiritual toolbox, lean back into our faith, and trust that God didn't take us this far to abandon us. How blessed we are to have a program that heals our damaged spirits and guides us to a healthier and happier way to live.

Anonymous

Blooming Through The Program

Recently, I snapped a picture of my wife's orchids. About half of them are in full bloom already. They were eye-catching. She had inherited them from a neighbor in one crowded large pot.

For the longest time, they would not bloom at all. Then one day, she decided to transplant them into several smaller pots. When she started digging them out, she found black, dead dirt. The roots were so tangled together they were like a large knot. There were very little nutrients feeding these plants. It took a lot of work, but when she finally had all of the orchids transplanted in good nutrient-filled dirt, they all bloomed the next spring.

As I snapped that picture, it occurred to me this was much like when I began my journey in sobriety. That space between my ears was filled with fears, anger, envy, remorse, and inferiority. All tangled together in a tight knot. I was desperate, as my physical and mental health were spiraling downward. There was no spiritual activity in my life, so there was absolutely no hope that life would change.

When I walked into my first [meeting](#) of [Alcoholics Anonymous](#), that desperation allowed me to take and follow some simple directions: go to the two meetings a week that were in my area, and do not drink between those meetings. However, little else of our program could get through the darkness and tangle of negative feelings between my ears. Yet, watching the men in that group I came to realize they had something I wanted.

They seemed to be at peace with their past and really care about each other and even myself staying sober. They could laugh at themselves. Somewhere during that first ninety days of sobriety, my sponsor and these men strongly insisted I should work the [Twelve Steps](#) of our program. [Step Two](#) I got, for after all, the group had become the Higher Power that was returning



Author's photo of his wife's orchids

me slowly to sanity. Step Three was problematic for me, so I basically skipped it and moved into [Step Four](#) as it made sense to me.

The first iteration and a redo after a consultation with my sponsor brought about some changes in my thinking and behavior. Much like my wife digging out that large pot of orchids, what I found was darkness, fears, anger, envy, remorse, and inferiority. There was no room for any new thinking (nutrients) to exist. So, each of these feelings had to be faced, explored, and uprooted.

Though not a pleasant experience, at the end of the process I came to understand how each of these feelings (whether real or not) had driven my behavior. Drinking had only dulled these feelings for a short while. In sobriety, they were always at full force. Now I had a choice, give in to those old feelings and behaviors, or to make better choices. Our program allowed me to make better choices and stay sober.

Step Four did not excise these feelings but did bring them down to manageable levels. My first reaction to any situation where I am uncomfortable comes from those old feelings (alcoholic thinking), but our program and members of the fellowship have taught me to recognize this. Therefore, I have been able to make better decisions for me and those around me.

Steps Five through Ten have allowed me to bloom spiritually and mentally on the journey in sobriety. I did [Step Three](#) sometime after taking [Step Five](#). This allowed me to work [Steps Six](#) through [Ten](#) in a consistent manner. After all, how can one ask for help with those pesky old feelings if you do not make the surrender to a Higher Power of your understanding?

It's funny how seeing those flowers could make me think of our program and its gifts. But perhaps not, as our program is a living thing that keeps us sober as long as we apply it to all our affairs. For this alcoholic, program is in everything around me. May your journey be as freeing and rewarding as mine has been. Keep going to meetings and do not drink between them.

Trust God, clean house, and help others,

Bill F.

It's funny how seeing those flowers could make me think of our program and its gifts. But perhaps not, as our program is a living thing that keeps us sober as long as we apply it to all our affairs.

41st
Annual OCAA Convention
 with Al-Anon Participation
 May 1st, 2nd and 3rd, 2026
 Hilton Orange County Costa Mesa, CA

All Registrations are online at OCAAC.org.



You can also register at the convention (Price list on back)



Room Rates: \$156
 Book your Room EARLY!
 714-540-7000
 Hotel Parking: \$15.00 overnight
 \$10 In & Out.
 No Charges till You Check-in



Website Registration opens on December 1st, 2025




Meeting Spotlight

OVER 40 MEETING

THURSDAY, 7:00PM

NEWPORT BEACH ALANO CLUB
 414 32ND ST.
 NEWPORT BEACH
 (UPSTAIRS)

April Pamphlet of the Month

EXPERIENCE, STRENGTH AND HOPE

The
 "God"
 Word

Agnostic and Atheist
 Members in A.A.

This [pamphlet](#) (P-86) has the stories of ten agnostic/atheist members and how they found recovery in AA.

[Pamphlets are available for purchase at [Central Office](#) for \$.55 each (FREE with the purchase of a book) and on www.aa.org.]



Four Liberation



The truth will set you free—but first it'll piss you off. Welcome to Step Four (p. 4).

Completing the first three [Steps](#) was just the beginning of my sober journey. I soon learned that drinking alcoholically was merely a symptom. Exploring the causes and conditions behind my behavior was needed. This would require vigorous action: a personal inventory of my character defects, which usually means writing.

I feared the [Fourth Step](#) for years before I got to AA, not because of the writing itself, but what I'd be writing about. I'd been using alcohol and drugs to hide from the dark, sordid, ugly parts of myself. The prospect of setting them down on paper made me want to crawl into a hole.

However, my sponsor reassured me this wasn't going to be some lurid pulp fiction novel wallowing in the shame of my past wrongs. Instead, I'd simply create an inventory (essentially a list) identifying my negative behaviors and personality traits known in AA as "shortcomings" or "defects of character." My ultimate goal would be to rid myself of them.

I wrote my first entry together with my sponsor as he patiently helped me organize my inventory into columns as described in the [Big Book \(p. 65\)](#). With a better understanding of the process, I then took these instructions home and began writing in earnest.

I find sanctuary in the simple act of writing, having journaled since my first day of rehab. My journal, like my sponsor, has been both confessor and confidant—absorbing the weight of my secrets, my struggles, my rawest emotions. Our Fourth Step is a kind of alchemy: it transmutes pain into understanding, confusion into clarity. As I penned my inventory, I felt a curious lightness as I laid down my burdens. With each entry, my character defects unfurled and spilled down my arm, through hand and pen, the ink blooming onto paper like a river finally freed from its winter ice—carrying fragments of fear and hope alike, and in their flow, I glimpsed the shape of my truest self.

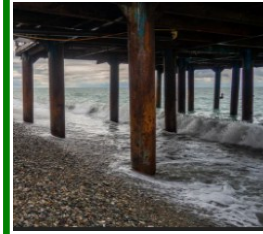
At times during my self-assessment, revisiting the pain of the harm I'd caused made me angry and ashamed. But my sponsor told me that if I stuck with it, I'd one day be able to make amends for those wrongs. He also reminded me that the ability to face my emotions without drinking is another goal of our AA program.

For years, ignorance of my true nature trapped me in a self-built prison of defects and denial. The haze of drinking and drugging only intensified these flaws. Yet, when I finally summoned the courage to do a searching and honest personal inventory, it was as if a new dawn broke through the fog and shone through the barred window of my cell. Each line I wrote became a shaft of light, illuminating the contours of my hidden self. And in that light I saw, glittering on my cell floor, a key of simple honest self-awareness that would unlock my cell door, a blazing epiphany revealing that the answer to my character defects would start within me.

To vanquish my shortcomings, I first need to know myself and not fear my emotions. Reconciling them and any feelings that arise—even painful ones like anger—fosters empathy and fellowship as we work together to relieve our alcoholism. Instead of returning to the oblivion of drinking, we can now ask our Higher Power/God for courage to face our true selves. Fearless self-examination is our Step Four liberation from the chains of our character defects. Initially, the truths we discover about ourselves may indeed piss us off, but they will also promote personal growth, accountability, and will prepare us for the upcoming Steps in our recovery journey.

Ron B.

Spring Cleaning as a Newcomer



The [Fourth Step](#) was and continues to remain one of my most important [Steps](#) and an assessment of myself. Before the gift of sobriety, I was

unaware about anything pertaining to a fearless and searching moral inventory of myself. The only thing that was counted as inventory was the number of drinks I drank. If I exceeded that limit, would I have enough for tomorrow when I sobered up?

This is the strange of obsession of my own mind. As I was writing this, I decided to research the word April in my Latin Dictionary. It translated the word to mean "to open." Honesty, open-mindedness, and willingness were going to be my keys to growth. My experience with the Fourth Step was exactly as defined.

As a newcomer, it took a lot of humility and honesty to be open for a moral inventory. April in the season of spring this month signifies renewal, growth and new beginnings. For years of my alcoholism, I suppressed my own freedom from fear. I was afraid of the "What ifs." What if I reveal my secrets and the truth comes and hurts me? Another part of the delusion is that secrets are meant to be kept secret, which was not true.

The truth was that I revealed my deepest and sometimes darkest secrets. The promises specified in [pages 64-70](#) in the *Big Book* that I would be given the reward of experiencing emotional and mental change. My perspective would change, and I would gain freedom from fear. While counting the months and days of my sobriety, I can honestly and openly say that my God of my understanding has given me this.

Along with the gift of experiencing these Twelve Steps, the Fourth Step has given me a gift as a newcomer of newfound freedom from fear and me another day of renewed growth. The Fourth Step was my "spring cleaning."

Akeem A.

When We Arrive at Step Four



[Step Four](#) would not be a reality in my journey from the state of mind and being I was in denial of until around my eighth year of sobriety. Although my earlier sobriety years had removed the *hopeless* state of mind and being, I was in denial, unbeknownst to me, that I had any defects or resentments. And I definitely could not identify that I was, and had been, living in paralyzing fear(s) since birth, and even while being developed in Momma's womb due to the effects of her alcoholic consumption.

In rehab, it was required that we do the first five [Steps](#) before being released. However, I could not fearlessly and thoroughly search for something that unknown pride whispered I didn't have. One more traumatic experience of fear was that I might be in rehab for the rest of my life. I had not yet learned to live the one-day-at-a-time philosophy which later became a valuable tool for me to adopt and live by; thus, projecting into the future was my only option to escape the present at that time.

My rehab counselor suggested that I write down my present and former husband's names on a simple inventory as outlined on [page 65](#) in the *Big Book of Alcoholics Anonymous*. She very compassionately relayed to me that clarity would come later and for me not to worry about it, that it was more important for me to concentrate on staying sober than to focus on my inability to identify defects and resentments at that particular time. I am very grateful for her wisdom, compassion, and acceptance of me for the state of being I was in.

I have learned all these years later the value of overcoming this spiritual malady step by step, by doing repeated Fourth Step inventories as suggested in [Twelve Steps and Twelve Traditions, page 50](#): "Since Step Four is but the beginning of a lifetime practice, it can be suggested that he first have a look at those personal flaws which are acutely troublesome and fairly obvious. Using his best judgment of what has been right and what has been wrong, he might make a rough survey of his conduct with respect to his primary instincts for sex, security, and society. Looking back over his life, he can readily get underway by consideration of questions such as these."

The following paragraphs bring revelations of the hidden selfishness and self-centeredness we had the inability to see and accept until God would "disclose more to us" ([Big Book, p. 164](#)). The suggestions in our *Big Book* and the *Twelve and Twelve*, when applied to our lives, connect us to the "Fellowship of the Spirit" ([Big Book, p. 164](#)). And in my perception, this is a miracle, for most of us lived in isolation when in the throes of active addiction. We were, as the [Twelve and Twelve, page 53](#), is so simply written: "We have not once sought to be one in a family, to be a friend among friends, to be a worker among workers, to be a useful member of society. Always we tried to struggle to the top of the heap or to hide underneath it. This self-centered behavior blocked a partnership relation with any one of those about us. Of true brotherhood we had small comprehension."

Steps [One](#), [Two](#), and [Three](#) have led us to Step Four. The Steps are in order, and when worked through in that order, when we arrive at Step Four, we have begun to experience true brotherhood via the love for God, for ourselves, and for one another. This grows in us as we continue to clearly see and ask God to remove our defects and resentments on Fourth Step inventories. And we learn that love is the greatest gift of all, for it covers the multitude of the defects in us which created resentments toward others.

Effie R.

I USED TO ONLY DRINK ON DAYS THAT END IN 'Y'... NOW I...

Move
cOok
uNclutter
Drive
call A friend
play

tasTe
brUsh teeth
rEad
study Steps
Do chores
IAugh
Yawn

Wake-up
listEn
Decide
lauNdry
Eat
uSe soap
Dance
relAx
saY hi

give Thanks
Have fun
slUrp
afterRcare
Strut
Date
shAve
buY gifts

Flirt
decoRate
hIke
Devotion
pAint
staY put

Smile
pAy bills
sTretch
snUggle
Reflect
aDore
mAke bed
Yoddle

Shower
hUg
Nothing
walk Dogs
gArden
dailY routine

Emily B.

Group Contributions to Central Office, February

Suggested Contribution Guide

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

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

	FEB	YTD
CORONA DEL MAR		
Tu 6:00P-(W)'s 12x12, 3233	173	173
Tu 7:00P-CDM (M)'s Stag, 61		300
W 7:30P-Living Sober Disc.6		125
COSTA MESA		
Mo 12:00P-Clean & Serene B	180	180
Mo 7:00p-2850 Men's Stag		700
We 12:00P-High Noon Step,		60
Th 7:30P-Men's Stag Candle,		200
Fr 6:30P-Women in Solution,		100
Sa 9:00A-OG Sat Men's Stag		196
Sa 9:30A-Charle Street Over		125
DANA POINT		
Sa-Su 7:00A-Sunrise Group,	400	500
We 7:00A-(M)'s Gloria Dei B		261
Th 7:00A-Th Morn Men's Top		448
Sa 7:00A-(M)'s 10th Step B		53
Sa 9:30P-Pines Park Discuss		165
FOUNTAIN VALLEY		
Dly 6:00A-Early Birds Disc.,	400	650
Dly 8:30a-How it Works FVA	40	40
GARDEN GROVE		
MTh 10:30A-We Are OK Tod	300	300
Su 11:00A-Sunshine Pump	100	100
Tu 7:30A-AA Participation To	25	25
We 10:00A-Over 50 Single	100	100
HUNTINGTON BEACH		
M-F 7:00A-As Bill Sees it Hug	101	193
Dly 8:00A-Huggers II, H.B Lif	200	400
Su 10:00A-Sober Sharing, 1	150	150
Su 5:00P-How Hall Sunday N		50
Su 5:30P-Conversations With		500
M-S 7:30A-Attitude Mod, How		100
Mo 12:00P-Discussion		50
Mo 12:00P-(W)'s Bill Sees It,	118	118
Tu 1:00P-(W)'s Harmony, B	46	331
Tu 6:00P-(W)'s 12x12 SS, 1	75	75
Tu 7:00P-Beginners (M)'s, 1		500
Tu 7:00P-Women's Serenity		120
Tu 7:30P-Men's Last Gasper		110
Tu 7:30P-Newcomer (M)'s S	194	194
We 10:30A-Slogan Sisters, 9	60	210
We 6:30P-(W) Serenity Sister		127
Th 10:00A-(W)'s BB Stdy, 18	35	35
Fr 10:00A-Step Sisters, 18	76	76
Sa 7:30A-(M)'s Book Study,		150
Sa 7:30A-Camel (M)'s Disc		250
Sa 9:30A-(W)'s BB Study, 19	80	80
Sa 10:00A-(W)'s Closed	100	286
Sa 7:00P-Sat Nite Live BB, 1	100	150
IRVINE		
Dly 6:30A-It's A New Morning,	1,099	1,133
Dly 7:00A-Solutions Group at		3,250

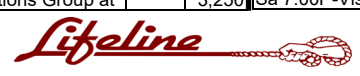
Su 7:00P-Sunday Night Big	200	200
Mo 5:00P-(W)'s Mariners Blue		117
Mo 7:00P-Men's BB Study 49	50	50
Mo 7:30P-(W)'s Disc., Hybrid,		174
Tu 6:00P-W's Courage To Ch	187	187
Tu 7:00P-Men's Keep it Simpl		210
We 12PM-Alton Noon Group,		56
Th 6:30P-Women Wandering	150	150
Fr 7:00P-Winning Ticket Book		102
Sa 9:15A-12&12 Step Study	55	67
LAGUNA BEACH		
Dly 7:00A-C Club 7AMs Att A		1,172
Su 7:00A-Whale Watchers (M	547	1,015
Su 10:00A Heisler Park Discu		200
Mo 7:00A-164 & More		289
Mo 6:30P-(W)'s BB + 12 & 12	27	225
Tu 12:00P-Tuesday Noon		350
Tu 5:30P-South Coast Men's		558
Th 6:00P-Women's Stag, 204		63
Fr 6:00P-Fri Nite Literature Di	213	213
Sa 12:30P-Into Action 20456		113
LAGUNA HILLS		
Su 4:00P-11th Step Med, 238		63
Mo 6:30P-Men's Big Book/St		138
Sa 7:00A-Warmer-Upper, 238		196
LAGUNA NIGUEL		
Mo 5:30P-(M)'s What's the Pu	120	120
Mo 7:00P-Mon Nite Live Only	5	5
Fr 7:00A-Back to Basics Men	535	1,480
Fr 7:00A-Ivy Glenn Men's Sta	250	250
Sa 9:00A-Meditation Meeting,	100	100
LAGUNA WOODS		
Dly 7:30A-Do It Sober, 24442		601
LA HABRA		
M-F 6:15A- Topic Disc, 631 N		50
MISSION VIEJO		
M-F 12:00P-Disc At Elks, 25	400	600
Mo 7:00P-AA Way of Life, 26	77	77
Th 9:30A-Women's 12 & 12,	40	640
Th 12:00P-MV (W) Big Book	250	250
Th 6:30P-3 G's Meeting, 2687		423
Sa 7:00P-Orange County Gr	220	220
NEWPORT BEACH		
Dly 6:30A-Round Table Disc.,		770
M-S 6:30A-Jumpstart Disc, 41		585
M-F 6:45A-Attitude Adj, Baysi	515	515
M-F 12:15P-Shark@Aquatic,	1,298	1,298
Su 9:30A-Sandy Survivors, 1	200	200
Tu 7:30P-Balboa Broads, 600	175	175
We 6:00P-Castaways, 798 D		75
Th 7:00P-Over 40 Disc., 414	100	100
Th 7:00P-Women's Candleli	60	60
Th 7:30P-Balboa Spkr Grp, 4	30	30
Fr 12:15P-AA Business Mtg,	100	100
Sa 8:00A-Dover Men's Stag,		500
Sa 8:00A-EZ Risers, 2046 M	259	444
ORANGE		
Su 7:00P-Sunday Night Spkrs	10	10
Mo 12:00P-12&12&12, OFC		40
Mo 5:30P-Rush Hour Discuss	100	100
Tu & Thu 12:00P-Brown Bag	100	100
Tu 7:00P-(W)'s Keep It Simp	52	116
Tu 7:00P-Hart Park Newcom	40	90
Tu 7:00P-Orange Tustin Gro	75	75
Th 12:00P-Discussion, 2191	100	100
Th 5:30P-Rush Hour Discussi		200
Th 6:30P-Ladies Night Book	29	29
Th 7:00P-Big Book Study,	100	100
Th 7:30P-777 (M) Beginner, 3		120
Sa 7:00P-Visiting Spkrs, 395	100	200

Bethany H.		2
Brian S.	3	21
Byron R., Mission Viejo		50
Cathryn F.		1
Chris O.	20	20
David B., Fullerton	10	20
Diana Mcl.		3
Erinn D.	10	15
Esther S. Lowell, Ma	10	20
Geoffrey W.	100	100
Jeff and Gabriella D.		1,000
Jennifer J., Costa Mesa	10	10
Jennifer L.	15	20
Jonathan W.		5
June L. - Irvine	75	75
Lee B.		5
Marc T.		5
Marilyn C., San Clemente	25	50
Mateo D.		2
Matthew D. T.	2	2
Michael O.		50
Mo, Costa MESA		40
Peter A. - Aliso Viejo	50	50
Randy U.		2
Robert R.	15	30
Ronald B.	25	50
Scott F.	4	6
Stacey C.		2
Teresa M. Laguna Niguel	100	200
Tiffany S.	5	5
Tom O		2
Tracy H.		100
GROUP INFORMATION REQUESTED		
Receipt #2722, Ck 1632, Date		94
Receipt #2601, Ck 0004, Date		324
Receipt #2600, Cash, 1/2, Ne		50
Receipt #2790, Ck 1125 2/19	366	366
Receipt #2799, Ck 7897, 2/2	60	60
TOTALS	19,360	47,284

Going to the Orange County AA Convention?

We want to hear from you!

Tell us about your experience in a couple of paragraphs. We'll be compiling responses for an upcoming article about the convention. Please submit responses to Jennifer at oclifelineeditor@gmail.com before May 15.



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

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.

Garden Grove

8:00PM, Thursday
IN-PERSON
AA Speaker Meeting
 (Garden Grove Alano Club)
 9845 Belfast Dr.

8:00PM, Saturday
IN-PERSON
Saturday Night Live Speaker Meeting
 (Garden Grove Alano Club)
 9845 Belfast Dr.

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.

Huntington Beach

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
CC Sat Nite
 20456 Laguna Cyn. Rd.
 (The Canyon Club)
 Meeting ID: 402 531 7183,
 Password: canyon
 Contact: Tim A.

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 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

Mission Viejo

7:00PM, Saturday
IN-PERSON
Orange County Group
 26051 Marguerite Pkwy.
 (Presbyterian Church of the Master)
 Contact: Jason B.

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.

04/04 George M., El Sereno
 04/11 Nancy
 04/18 Kandria R., Glendale
 04/25 Kaveh, Los Angeles

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

04/05 Chris W., Orange
 04/12 Russell W., Costa Mesa
 04/19 Jayson
 04/26 Stephen B., Orange

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.

MY GOD CONNECTION

Continued from page 1

The man who carried the message from [AA](#) came down to visit me, and I told him, "Howard, I can't find God." To which he chuckled and said, "Don't worry about it, Chuck. God ain't lost." Then he added, "Maybe if you quit looking for God, God will find you." I knew that Alcoholics Anonymous had something to do with God as a solution to alcoholism, and I did not have a God.

I got a sponsor, and he did not care whether I believed in God or not. He said I was to say my prayers to God, that I had to say "Please" in the morning and "Thank you" at night. I had to keep my prayers down to less than twenty seconds or I would start to pray for selfish things. I prayed each morning, "God, please help me not drink today." I discovered that I was not able to do ninety [meetings](#) in ninety days, but I was able to do "today" ninety times.

At six months sober, the marriage was still a disaster. I got a new sponsor, and we talked about God. He said, "Chuck I would rather go through life believing in God, dying and finding out there wasn't one, than to go through life not believing in God and find out there was one." For some reason, that made sense. He also added, "What was worse, going out and living in a gutter, or going out, getting a gutter, and running it right down the middle of a nice living room and dragging your loved ones with you?" That made sense to me, too.

At nine months of being sober, I discovered sobriety. There is a difference. Being sober is not drinking; sobriety is the ability to live comfortably and peacefully with me most of the time. At about this time, I discovered unconditional love. I had become suicidal as I did not know how to change, how to let go of old ideas. I ended up in a hospital for a day, and my sponsor came down and walked me through that day. I had what I call a spiritual awakening. My sponsor would always end our conversations with, "I love you, man." For some unexplained reason (unless there really is a God), I believed him. He loved me when I could not love myself. I came up with my own definition of love, which I still have thirty-six years later. "Love is the ability to do something for someone else and not requiring, nor wanting, anything in return."

I had two spiritual experiences at ten months sober. I call a spiritual experience a change in perception, a change in attitude, and a change in living. I was driving home from a beginners' meeting, and

I had a thought go through my mind that tomorrow was none of my business, that tomorrow belonged to God. I simply turned my tomorrows over to the care of God. The weight of life was lifted from my shoulders. I have that feeling most of the time, not all the time, just most of the time. It is a wonderful way to live.

Two weeks later, I had another spiritual awakening. The thought went through my mind that I could not fix my marriage. I could not make it work. So, I literally gave my marriage to God. I could contribute to my marriage, but I could not fix it or make it work. That was God's business. I quit worrying about when we would get a divorce. About two weeks before my one year of sobriety, my marriage just changed. The anger was gone, the past was gone, and the marriage became one of God's miracles. That marriage lasted a total of fifty-one years before God decided to take her home.

Now for the end of my conception of God. I was thirteen months sober, became a model employee, a good husband, a responsible father, and was sitting in my living room trying to work the [Sixth Step](#) when I had a thought go through my mind. *I had an incurable disease called alcoholism.* I did not like that word "incurable," and I got angry with God. I told God in four-letter words exactly what I thought of Him, and right in the middle of this tirade, I got to laughing. Thirteen months earlier, I did not have a God to get mad at. How can you get mad at something you do not believe in?

From that day to this day, I have a God of my very own. Where I am, He is. I have never felt alone to this day, not even when God took my wife home.

I do not have a God that is described in religious documents or preached about by men. This a spiritual God who allows me to be human, to make mistakes, allows me to learn, and is always there when I ask for help. God is most pleased when I am helping others. It is much easier to see God by looking back; my life makes no sense unless you add God to the equation. With God, my life makes perfect sense.

No matter where I am, no matter what I am doing, I am never alone. Where I am, God is.

Chuck H.





Mark Your Calendar

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

April 25

MSCA Archives Open House
"Slogans and Sayings in AA"
 10AM-3PM
 7111 Arlington Ave. #B
 Riverside, CA
 Call for more info:
 951-785-0845

May 1-3, 2026

41st Annual OCAA Convention
(with AI-Anon Participation)
 Hilton Orange County
 3050 Bristol St.
 Costa Mesa, CA
 Registration open
www.ocaac.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 oclifelineeditor@gmail.com.

ALCOHOLICS ANONYMOUS ORANGE COUNTY INTERGROUP ASSOCIATION STATEMENT OF INCOME & EXPENSE PERIOD ENDING 02/28/2026 UNAUDITED

	Feb 26	Jan - Feb 26
Ordinary Income/Expense		
Income		
Literature Resale	581.35	1,736.19
Birthday Donations	465.00	548.00
Group Donations	17,021.78	44,945.01
Individual/Fellowship	400.00	767.00
Interest Earned	28.88	176.62
Literature Sales	5,632.18	12,017.26
Shipping and Delivery Income	0.00	-25.00
Total Income	24,129.19	60,165.08
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	5,157.23	11,415.37
Cost of Literature Sold - Other	0.00	0.00
Total Cost of Literature Sold	5,157.23	11,415.37
Shipping / Misc. Adjustments	0.00	-340.80
Total COGS	5,157.23	11,074.57
Gross Profit	18,971.96	49,090.51
Expense		
Accounting	1,810.00	1,810.00
Auto Expense (all Mgrs.)	107.53	201.73
Bank Charges	26.00	56.00
Convention & Svs Event Expense	0.00	30.00
Copier Expense	0.00	45.46
Credit Card Expense	276.03	779.22
Freight and Shipping Costs	0.00	0.00
Insurances	0.00	462.60
Intergroup Expense	207.04	2,091.26
Internet Expense	184.21	368.42
Lease Expense	284.05	568.10
"LIFELINE" Expense	1,835.00	3,670.00
Maintenance & Repairs	160.00	320.00
Offices' Supplies & Expenses	144.51	371.07
Payroll Tax Expense	777.72	1,593.88
Postage	10.00	20.15
Reconciliation Discrepancies	-0.01	0.39
Reimb. Health	800.00	1,600.00
Rent Main/Satellite Offices	4,559.88	8,961.76
Salaries	9,996.25	20,162.50
Telephone Expense	386.35	772.73
Utilities	60.79	126.81
Volunteers Coffee & Water	31.25	58.75
Website Expense	359.99	719.98
Total Expense	22,016.59	44,790.81
Net Ordinary Income	-3,044.63	4,299.70
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	-3,044.63	4,299.70

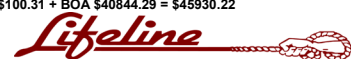
** Prudent Reserve consists of Bus. Int. Maximizer account.

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



April Word Search

Name _____

Email address _____
or phone number _____

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

BROWN
 DESIRE
 AUTONOMOUS
 INSTINCT

GROUP
 RULE
 SEARCHING
 PROMOTER

INVENTORY
 LIST
 RESENTMENT
 FEARLESS

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DEADLINE IS MAY 15th

Congratulations to February's winner, Damian P.!