



Experience, Strength, and Hope in Orange County

The God Thing

I was on the verge of suicide when I went to my first [AA meeting](#), and I bought into the program from the start. I got a sponsor. I worked the [Steps](#). I got into sponsorship and service. I went to meetings daily. But I also came to [AA](#) with a strong aversion to the idea of praying to a God. I thought I was way too smart for that.

So, I maintained physical sobriety for almost twenty years, but since I “failed to enlarge my spiritual life,” I remained an emotional drunk. I was drunk on anger or resentment. I was drunk on self-pity or greed. I was drunk on pride or envy. Finally, when I had wrecked two cars due to road rage and no longer wanted to live in misery, I decided to start praying. What a difference that made!



Photo credit: Heather S. —Balboa Peninsula, Newport Beach

[Appendix II in the Big Book](#) calls it “an unsuspected inner resource.” It has its own voice, and the more I listen, the more faith I have in myself and in life.

For example:

- If I have faith that God will see me through any situation, then I can afford to accept life as it is and surrender in situations beyond my control. If God tells me things always work out and I believe that, there’s really no point in getting agitated, impatient, angry or fearful about them.
- If I believe that my God loves me as I am, then I can afford to be kind to and love others without fear. Even if someone rejects, harms or abuses me, I’ll still be okay (although it could be

Continued on page 11

Instead of going through life outraged, fearful, guilty or harmful, I finally realized that I could learn to be content—profoundly content. My heart is where the peace and contentment lie, because that’s where my God lives. If I connect with my God and believe without reservation that it’s always there (and it is, just as much as our body and mind), then life’s ups and downs are far, far easier to handle. My spirit says, “It’ll be okay,” when I face a challenge or physical pain. My spirit says, “You’re fine,” when I’m anxious about public speaking or going to a gathering where I don’t know anyone. And when I maintain my channel to that inner God voice, I can feel protected and loved no matter where I am or what’s going on. I have found no greater power.

The first requirement in finding my spirit was recognizing that my mind wasn’t it. My mind wants to tell me my God doesn’t exist, or that it’ll make me weak. To overcome the mind’s negative comments, I had to be willing to look elsewhere within and outside of myself.

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The Lifeline is published monthly by the Orange County Intergroup Association

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

Lifeline Editor: Jennifer J.
oclifelineeditor@gmail.com

ORANGE COUNTY CENTRAL OFFICE

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

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

**—CALL BEFORE YOU TAKE
A DRINK—**

E-mail: manager@oc-aa.org

Website: www.oc-aa.org

Office hours: Mon-Fri: 9AM-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, Nichole R.

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

Technology, Ian S.

TechnologyCommittee@oc-aa.org

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

**Like and follow
Orange County Intergroup
on Facebook**



SCAN ME

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

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

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

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

South Orange County H & I meets the **3rd Wednesday of the month at 6:00PM** (new members' orientation) and **6:45PM** (business meeting), Laguna Beach Canyon Club (small room), 20456 Laguna Canyon Road, Laguna Beach. South County H & I's mailing address is SOCHIC, PO Box 2714, Mission Viejo, CA 92690-2714. 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 have focused on [Step Seven](#), [Tradition Seven](#), and [Concept VII](#). Our cover story, "The God Thing" by Charlie R., is both inspiring and full of practical advice. I hope you get as much out of it as I did. I got a lot of feedback last month about Brian S.'s article on Concept VI and how well-written and funny it is. That's high praise for something that's traditionally dry, and Brian has written another great article this month, "Concept VII: The One Where AA Discovers Paperwork, Power, and the Joy of Not Suing Itself." I also hope you'll read Effie R.'s article, "My Ego Continues to Be Deflated," on page 6. It's a good reminder that only God has the power to remove all my character defects.

I was sorry to hear about the passing of Chuck D., who had fifty-two years of sobriety when he passed away. His legacy of love and service will live on through the men he sponsored. There will be a memorial for Grateful Pamela at the Newport Beach Alano Club. The information is below. If you know one of our fellowship who has passed away, please email me with their name and homegroup (or city of residence), or let Central Office know so we can mention them in the *Lifeline*.

As we move towards the United States Semiquincentennial, please take care of yourself. Consider bringing a newcomer to an event to help them stay sober. I was a newcomer on my first sober 4th of July, and I still remember the kindness of a group of women who invited me to a sober event. They made sobriety look so fun, and I thank them to this day.

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



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).

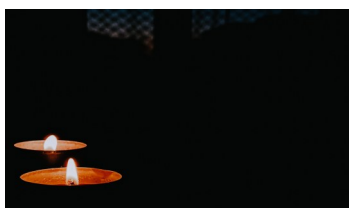
IN MEMORIAM GRATEFUL PAMELA

MEMORIAL AT THE NEWPORT BEACH ALANO CLUB
THURSDAY, JULY 9TH, 2PM
[414 32ND ST. \(DOWNSTAIRS\)](#)



IN MEMORIAM CHUCK D.

THURSDAY NIGHT SAN JUAN CAPISTRANO
MEN'S Q & A (GATOR) MEETING



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

September meeting will be held on the first Wednesday, 9/2

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 Seven: *Humbly asked him to remove our shortcomings.*

True, most of us thought good character was desirable. Obviously, good character was something one needed to get on with the business of being self-satisfied. With a proper display of honesty and morality, we'd stand a better chance of what we really wanted. But whenever we had to choose between character and comfort, character building was lost in the dust of our chase after what we thought was happiness.

Seldom did we look at character-building as something desirable in itself. We never thought of making honesty, tolerance, and true love of man and God the daily basis of living ([Twelve and Twelve](#), pp. 71-72).

Tradition Seven: *Every group ought to be fully self-supporting, declining outside contributions.*

This Tradition explains that all [AA groups](#) must be funded by voluntary contributions from their own members. We think that asking for funds from the public using the name of AA is very dangerous, whether it's done by groups, clubs, hospitals, or other outside agencies. We believe that accepting large gifts of money from anyone is risky. It is important that AA not owe debts or obligations to donors or other organizations. Groups should avoid building up large amounts of money in their treasuries if they don't have plans to spend it. Our experiences have taught us that arguments over property, money, and authority

can destroy the spiritual program we have inherited ([Plain Language Big Book](#), "Seventh Tradition Long Form, Plain Language Explanation," p. 160).

Concept VII: *The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the AA purse for its final effectiveness.*

"If, the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board, and if the trustees... will constantly realize that the Conference is the real seat of ultimate service authority... neither will be seriously tempted to make a "rubber stamp" out of the other... In this way, grave issues will always be resolved and harmonious cooperation will be the general rule" ([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?

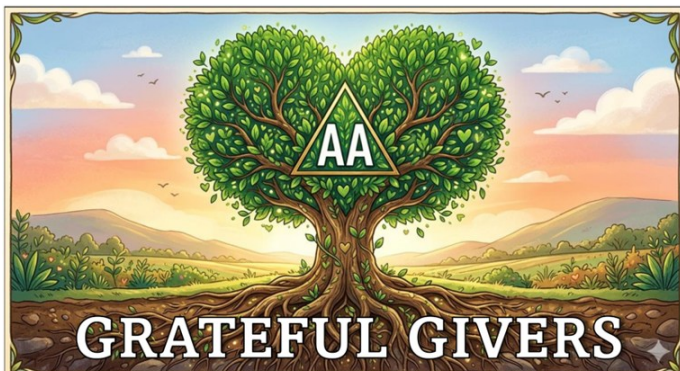
Tradition Seven: *Every AA group ought to be fully self-supporting, declining outside contributions.*

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the *Grapevine* sell advertising space to book publishers and drug companies, so it could become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

(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)



Grateful Givers are those who have a monthly recurring contribution to support Central Office and help Carry the Message.

Barbie K.
Cindy Y.
Faith B.

Jennifer J.
Ronald B.
Terry M.

Please consider becoming a Grateful Giver by visiting our contribution page at:
<https://www.oc-aa.org/online-contributions-2/>
Please let us know if you want your name listed in the *Lifeline*.



AA Birthdays

Tori R.

2 years (6/3/24)

Sam K.	Los Angeles	1 year
Chad T.	Newport Beach	1 year
James M.	Irvine	2 years
Gabriella D.	Newport Beach	3 years
Sharon R.	Irvine	3 years
Amanda A.	Irvine	6 years
Darren B.	Huntington Beach	6 years
Alex R.	Newport Beach	9 years
Sharon H.	Newport Beach	13 years
Ron B.	Costa Mesa	15 years
Jayzee S.	San Clemente	15 years
John S.	Coronadel Mar	34 years
Skip K.	Huntington Beach	35 years

You can celebrate an AA birthday in the *Lifeline* with a donation to Central Office.

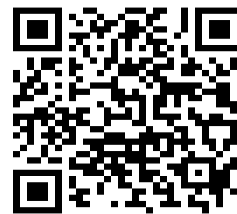
Support Your Central Office

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

@OCAAINTERGROUP



OFFICE CALLS TOTAL = 309	CENTRAL OFFICE ACTIVITY MAY 2026			
After hour calls not included	12 Step	Meeting Info	General Info	Visitors
Santa Ana Office	10	133	126	80
Laguna Niguel Office	1	20	19	48

My Ego Continues to Be Deflated



What an honor, privilege, and gift it is for me to continue to be reminded in [Step Seven](#) that this is about Him (the God of my understanding) removing my shortcomings—not the shortcomings of others.

It is incomprehensible to me that I spent decades desiring for God to remove the shortcomings of others. I was simply ignorant (in denial) of the truth which I was unknowingly in fear(s) of drowning in. I was completely oblivious to what pride was, later learning that pride is ego (easing God out). And then, to later learn that the flip side of pride is fear (of which I was driven by) was a gut-wrenching collision, creating more mental and physical maladies than I had ever experienced, even before sobriety. I often found myself thinking suicide would be better than the misery I was living in, yet I was always guided back to moments of clarity by my Higher Power to the Twelve Steps through various interventions, which I later learned was God doing for me what I could not do for myself ([Big Book, p. 84](#)).

As more continued to be revealed to me, I could barely look anyone in the eye, especially myself ([Big Book, p. 164](#)). I thought that if I looked you in the eye, you would put your fist in my face and kick me out of AA. I would later learn this thought was intertwined with my shortcomings (interchangeable terms for the same internal flaws of defects). These were nothing short of harmful coping attitudes which were hindering my spiritual growth, of which I had no knowledge, for many years into sobriety. I did not think of, simply could not identify, any defects of character until about my eighth or ninth year of sobriety. I was taught, in various church settings, that if you have God in your life and have asked Jesus to come into your heart that you were okay. Perhaps that was my own perception and not at all what was being taught. I honestly don't know. Yet because of AA allowing me to have a God of my understanding, that dark veil of confusion no longer haunts me.

As aforementioned, I thought if everyone and everything would change, I would be okay. I actually felt miserable, except for fleeting moments when I experienced a euphoria from the effects of false illusions, such as alcohol was, before sobriety, or the illusion of happiness which momentarily quieted the insanity and acceptance of false motives which I was blinded by, after sobriety. I thought happiness was found in people, places, or things, until my expectations became an awareness, through hurts and disappointments I had unknowingly set myself up for ([Big Book, p. 62](#)).

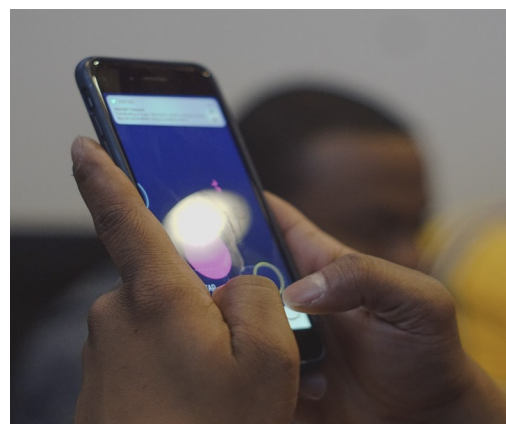
The season for me to learn another truth through continued guidance, back to the [Twelve Steps](#) (always beginning with [Step One](#) and my powerlessness over whatever I was/am hurt or disappointed by) always arrives in God's perfect timing. Following Step One with the remaining Steps has taken me on a daily journey of living IN [Step Eleven](#) and [Step Twelve](#).

Blaming others continues to be less with every phase of my spiritual development. And now, after decades of sobriety, I desire to be transparent. I honestly don't know if I am humbly asking God to remove my shortcomings. But I do know that I repeatedly ASK Him to do so. Alcohol was a great persuader for me to ask Him to remove it decades ago, and now the awareness of pain in my mental and/or physical capacities reminds me of the necessity to be willing for God to remove the shortcomings which once beat me into states of reasonableness ([Big Book, p. 48](#)). Knowing and accepting that the God of my understanding IS God, and I am NOT God, continues to deflate my ego.

As my ego continues to be deflated, the Seventh Step Prayer continues to remind me that there is good in me (in all of us) and that God will remove every single defect of character which stands in the way of my usefulness to Him and my fellows ([Big Book, p. 76](#)). I (we) do not have the power to remove them. Only God has ALL power ([Big Book, p. 59](#)). And as He removes them, I (we) straighten out mentally and physically ([Big Book, p. 64](#)). May we continue to experience ego deflation in Step Seven.

Effie R.

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

Archives Corner

Lillian Roth

Actress and singer Lillian Roth became one of the most well-known public figures connected to [Alcoholics Anonymous](#) during the 1950s. Her story helped many Americans begin to see alcoholism as an illness instead of a moral failure.

Lillian was born in Boston in 1910 and began performing as a child. By the late 1920s she was appearing on Broadway and in Hollywood films. She acted in early talking pictures and worked with major studios during the early years of sound movies. Even while her career was growing, she struggled with alcoholism. Over time, her drinking affected her work, finances, and personal life.

By the 1940s, Lillian's life had become unstable. She went through several marriages, spent time in hospitals, and struggled with depression and alcoholism. In 1947, she joined Alcoholics Anonymous.

AA gave Lillian support and structure during her recovery. Through the fellowship, she met Burt McGuire, another AA member who later became her husband. Roth remained open about the role AA played in helping her stop drinking. Unlike many celebrities of her time, she spoke publicly about alcoholism and recovery.

In 1947, Lillian and Burt traveled on a theater tour through New Zealand. During their time in Auckland, they met with alcoholics who were trying to stay sober and shared their experiences in re-

covery. Their visit helped inspire some of the earliest AA meetings in Auckland and brought attention to the fellowship in New Zealand during its early years. Many early AA members there later remembered the importance of Lillian and Burt's visit and encouragement.



Lillian Roth

In 1953, Lillian appeared on the television program *This Is Your Life*. During the broadcast, she discussed her struggles with alcohol in front of a national audience. The response was enormous. Thousands of viewers wrote letters to her after hearing her story.

The following year, Lillian published her autobiography, *I'll Cry Tomorrow*. The book described her rise to fame, her alcoholism, and her recovery. It became a bestseller and was later made into a successful 1955 film starring Susan Hayward. The book and film brought national attention to alcoholism and to the idea of recovery through AA.

Lillian Roth's connection to Alcoholics Anonymous was important because she helped reduce shame around alcoholism during a time when many people hid addiction in silence. By speaking honestly about her experience, she encouraged others to seek help and showed that recovery was possible.

Mary G.
MSCA 09 Archives

". . . That we are actually to practice a genuine humility. This is to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of God who presides over us all." — [Twelve Steps and Twelve Traditions](#), p. 192

As we get sober and get our lives back, we must never forget where we came from or the complete darkness of our disease. The second we start to take our sobriety for granted, we are on our way to a slip. Part of not taking our program for granted is practicing humility, which is fundamental to our continued growth and recovery in the program. The essence of humility is to stay teachable in all of life; be a student and seeker of truth. If we are truly committed to minimizing our character defects, the practice of humility is essential. However, we must still stand on our own two feet and walk with confidence.

As my sponsor often says, "Humility is not thinking less of yourself, but thinking of yourself less." When I am in faith and demonstrating the virtues of this program, such as care and kindness, humility becomes a natural and welcome outcome. Humility also brings a sense of well-being and gratitude for today.

As our founder once said about humility, "The most we can hope for is patient progress." I hold dear this journey toward humility and faith because I know the benefits are transcendent and unlimited.

Anonymous

Concept VII: The One Where AA Discovers Paperwork, Power, and the Joy of Not Suing Itself

“The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the AA purse for its final effectiveness.”

[Concept VII](#) is one of those Concepts that sounds like it was written by a committee of lawyers, trustees, archivists, and one poor delegate who just wanted to know where lunch was. Here it is in plain English: the General Service Board has the legal authority to run AA's world services, but the General Service Conference has the spiritual and practical authority to guide them. Or, even plainer: the trustees hold the keys to the car, but the Fellowship owns the road.

This is where AA gets delightfully weird. We are a Fellowship that has no bosses, no government, no membership dues, no rulers, and no throne. And yet, somehow, we also have corporations, bylaws, boards, charters, budgets, auditors, committees, delegates, trustees, reports, minutes, and enough acronyms to make a newcomer think they accidentally wandered into a federal agency.

Welcome to General Service. Please grab a badge, a packet, a coffee, and some humility. You will need all four.

Concept VII deals with a tension that exists at the top of [AA's service structure](#). On the legal side, the General Service Board is incorporated. It can hold property, manage funds, sign contracts, oversee AA World Services and [Grapevine](#), and generally do the legal grown-up stuff that a worldwide Fellowship needs done. Someone has to pay the bills, publish the books, protect the trademarks, keep the lights on at GSO, and make sure “good intentions” do not accidentally become “legal disaster with refreshments.”

But on the spiritual side, the General Service Conference represents the conscience of AA as a whole. The delegates come from the areas. The areas are connected to the districts. The districts are connected to the groups. The groups are where the ultimate authority lives. That is very AA. We somehow created a structure where the legal authority is not the final authority. Because apparently, we looked at normal organizational charts and said, “Cute. But what if we turned it upside down and added prayer?”

Concept VII says, in effect, that the trustees need enough legal authority to actually do their jobs. We cannot ask them to be responsible for world services and then tie their hands behind their backs with a roll of red tape and a passive-aggressive group conscience. Authority has to match responsibility. If we ask people to serve, we need to let them serve. Nothing is more exhausting than giving someone a job and then hovering over them like a nervous committee mosquito. Trusted servants need trust. Otherwise, they are not trusted servants. They are hostages with agendas.

At the same time, Concept VII does not give the trustees unlimited power. This is not “The Trustees: Endgame.” They are not sitting in New York on a pile of *Big Books* wearing robes and deciding the fate of AA by candlelight. Their legal authority exists inside a spiritual structure. They serve the Fellowship. They are guided by the Conference. And the Conference is guided by the group conscience.

So yes, the Board has legal power. But the Conference has moral power, traditional power, spiritual power, and, when needed, financial power. Since AA is self-supporting through voluntary contributions, the groups ultimately support the services. That means the Fellowship does not need to storm the castle. It can simply

So, the next time someone says Concept VII is boring, tell them it is actually about power, money, law, trust, humility, and whether AA can avoid becoming either a corporation with a power problem or a committee meeting with no adult supervision. In other words, it is very much about us.

say, “We are not funding that nonsense.” We do not need a hostile takeover. We have a basket. The genius of Concept VII is that it avoids two disasters.

The first disaster would be giving all final authority to the trustees. That would turn AA into a top-down organization where a small group of people could drift away from the Fellowship and start making decisions for everyone. No thank you. We already tried letting alcoholics run things on self-will. There are police reports.

The second disaster would be making the Conference legally responsible for everything. That might sound democratic, but in practice it would be a paperwork swamp. Imagine trying to legally incorporate the entire Conference structure, with delegates, areas, committees, rotations, elections, and all the moving

pieces of AA service. It would be like asking an Area Assembly to approve bylaws for a squirrel.

So, Concept VII gives us balance. The trustees have legal room to function. The Conference has final spiritual influence. The groups remain the foundation. Nobody gets absolute power. Everybody gets responsibility. And somehow, by the grace of God and a terrifying number of committee reports, it works.

This Concept also has a lot to say at the area, district, and group level. In our own service lives, we constantly deal with this same tension: who has the authority, who has the responsibility, and who gets to complain afterward as though complaining were a service position? A treasurer needs authority to pay approved expenses. A secretary needs authority to send out minutes and communications. A committee chair needs authority to run the committee. A registrar needs authority to maintain records. A technology committee needs authority to manage the website. And the body, the group conscience, retains final responsibility.

Healthy service means we do not micromanage every trusted servant into despair. It also means trusted servants do not confuse delegated authority with personal ownership. That last one is important. The position is not ours. The budget is not ours. The committee is not ours. The website is not ours. The agenda is not ours. The microphone is definitely not ours, even though some of us hold it like we are accepting an Oscar for Best Performance in an Unnecessary Amendment.

We are trusted servants. We rotate in. We do the work. We hopefully leave things a little better. We rotate out. Then we sit in the back and practice the spiritual discipline of not saying, “That’s not how we did it when I was chair.”

Concept VII is a safeguard against both chaos and control. It says we need structure, but not domination. We need legal tools, but not legal tyranny. We need trusted servants, but not royalty. We need group conscience, but not mob rule. We need enough authority to get things done and enough humility to remember who we serve. That is the magic trick of AA service. We are not organized in the usual sense, but we are not disorganized either. We are spiritually organized around purpose. Our primary purpose is still to carry the message to the alcoholic who still suffers. The rest of the bylaws, the charters, the committees, the budgets, the motions, the minutes, and the endless discussions about whether the agenda item is old business or new business only matter if it helps us do that.

So, the next time someone says Concept VII is boring, tell them it is actually about power, money, law, trust, humility, and whether AA can avoid becoming either a corporation with a power problem or a committee meeting with no adult supervision. In other words, it is very much about us.

Concept VII is not just legal machinery. It is a spiritual guardrail. It keeps our services functional without making them authoritarian. It gives our trusted servants enough authority to serve while keeping ultimate responsibility where it belongs: with the groups, the conscience of AA, and the Higher Power that somehow keeps showing up even when the motion is poorly worded. Especially when the motion is poorly worded.

Brian S.



GSR District 6 Event



Meeting Spotlight



July Pamphlet of the Month

Questions & Answers on Sponsorship



This pamphlet ([P-15](#)) shares AA experience to answer questions by people seeking sponsors, people wanting to sponsor, and groups planning sponsorship activity.

[Pamphlets are available for purchase at Central Office for \$.30 each (**FREE with the purchase of a book**) and on www.aa.org.]

HUMBLY SOUGHT



Last month I wrote an article sharing how I manage [Step Six](#) as a secular AA member. ([Lifeline, June 2026, "Checkpoint" p. 11](#)). The same issues discussed present themselves again in the next Step. How do I ask something I don't believe in to remove my shortcomings? More importantly, why would I? But whether we're facing these questions as a religious, agnostic, or atheist alcoholic, the answer will always be found in humility. Welcome to Step Seven (*see p. 4*).

The seeds of humility were sown in my [Second Step](#) where I came to believe in a power greater than myself that some call God, others, a Higher Power, and still others, anything that isn't ourselves. All can be found at the core of AA's program of recovery. This was my first opportunity to gain some humility by setting aside my ego and accepting that I needed help with my alcoholism. In fact, there are multiple "humblings" before we reach the [Seventh Step](#): deciding to turn our will and our life over to whatever higher power we've chosen to help us ([Step Three](#)), writing down our defects of character and sharing them ([Steps Four and Five](#)). All are exercises in humility that prepare us to directly and humbly ask for help to remove our character defects in Step Seven.

I'd intensively worked Steps Four through Six with my sponsor and we both agreed I was ready for the next Step. Since I was still figuring out my Higher Power, I defaulted to "fake it till you make it" mode and basically went through the motions of the ritual of Step Seven. I went to a local park, centered myself, reviewed my work so far to make sure I was as prepared as I could be, then recited the Seventh Step Prayer ([Alcoholics Anonymous, p. 76](#)). Since I can choose any higher power I like rather than "God" in which to give up my defects, I replaced the words "My Creator" with "Love." I began working on Step Eight the next day.

I'm a big advocate of rituals in my life and AA is filled with them. They help us focus on our recovery and can be catalysts that help transform us from alcoholics into alcoholics in recovery. They're also a form of communication between us and whatever higher power we choose for guidance. And they don't have to be religious. Steps Three and Seven happen to come with their own prayers but they can be easily adapted into secular ritual pledges. My Seventh Step pledge is essentially a promise to give up running my life on my character defects of dishonesty, anger, fear, selfishness, and self-centeredness.

Now, it's perfectly fine to turn my will and my life over to the care of a Higher Power, but if I turn my electric bill over to it, I'll be sitting in the dark for a long time. Similarly, if I ask to have my character defects removed and then do nothing, they will continue to run my life. But first things first. Asking for help by making a solemn pledge signals that I'm ready—and more importantly, willing—to do the necessary work of staying sober.

For all the decidedly un-humble business of writing about humility, I can only say that I try, as best I can, to honor the principles of the Twelve Steps—honesty, faith, integrity, courage, humility, willingness, perseverance, forgiveness, justice, discipline, brotherly love, and service—because I believe them to be the right way to live. I seek the removal of my shortcomings, an act of humility, while continually trying to forego any thoughts of receiving any reward, gratitude, or even acknowledgment for the work sobriety asks of me. As a secular AA member, my Seventh Step comes down to this: I don't have all the answers to my alcoholism or removing my character defects, but I'm willing to learn.

Humbly sought. Humbly received. Soon to be humbly shared. No matter what I spiritually believe in or don't believe in, humility is the quality that makes sobriety possible for us all.

Ron B.

The Gift (Am I Glad I Did Something with It)



Over the last week in one of my daily readings, the progressive nature of alcoholism was discussed. For most of us, it starts with social drinking, then trouble drinking, and finally merry-go-round drinking. Being a loner due to fear and inferiority, I jumped right into merry-go-round drinking. It was pretty much daily most of the sixteen years I was to drink. Being alcoholic from the start, one drink was never enough.

The reading also discussed reaching that jumping off place where life becomes intolerable. We had to end it or do something about it. In December 1980, I was looking for a way to end it. Then the Higher Power/God I was afraid of and extremely angry at stepped in. On December 24, 1980, sipping that first beer of a long-planned drunk, the words *This will never work again* rang between my ears. The rest of that beer went down the kitchen drain. I became lost in the darkness between my ears. I was mentally, physically, and spiritually bankrupt at that point. I was to spend the next few weeks in that space. On or around January 11, 1981, I found my first Alcoholics Anonymous meeting. While dry, my alcoholism was raging; on one hand fear, anger, and aggression; on the other hand, complete darkness.

I entered the door hopeless, and an hour later walked away with a small glimmer of hope. I was told to keep coming back and not drink between meetings. Although handicapped by an over abundance of self-will, along with fears, anger, and aggression, I slowly began my first journey through the Twelve Steps of our program. I did not approach them in order because of my fear of and anger at this Higher Power/God. Eventually, however, I worked all the Twelve Steps. As each Step was worked in this process, self-will, fears, anger, and aggression began to fade into the background. They have never gone away, but almost never dominate my thinking and actions these days.

Over the years in this journey in sobriety, I have made the trip through our [Twelve Steps](#) several times. Each trip leaves me a better person. My [Step Ten](#) results in having to go through Steps [Five](#) through [Nine](#) every time I am in the wrong.

Working the Steps of our program and carrying the message of hope that was freely shared with me has led to a life of contentment in my own skin and many other blessings. The gift began with my Higher Power/God taking my crutch (alcohol) away. I could no longer bury (for a short period of time) my maladjustment to life. The gift continued when a nurse forced me to accept a *Big Book* and I read the story of the jaywalker in Chapter Three. The gift continued when I walked into that first AA meeting. My part in doing something with the gift was following the directions in our Twelve Steps to the best of my ability. As a result of following the directions, I lost that fearful Higher Power/God and gained a loving Higher Power/God. An unlooked for gift! I had a choice: follow the directions or die in the darkness of alcoholism. Just having the choice was yet another gift.

Alcoholism never goes away. Self-will, fear, anger, and aggression are a part of who I am. Only by working and applying the Twelve Steps of our program on a daily basis do I keep my alcoholism away. Drinking was just a symptom of my disease. Alcohol has been removed from the picture since December 24, 1980, but the "ism's" remain. Alcoholics Anonymous and my Higher Power/God provide the tools to keep the "ism's" in check. The gift is free, but one must do the footwork to keep the gift. I was given the gift and am certainly glad I did something with it. I wish the same for you.

Trust God, clean house, and help others.

Bill F.

The God Thing

Continued from page 1

painful and I'll probably avoid that particular person in the future).

- If I believe I'm okay as I am, then it becomes easier to respect others because I'm not thinking I need to feel better or worse than them.
- If I'm in touch with our spirit, I start to realize that most things I think of as "bad" are only that way because my mind decides they are.

I believe my heart and the God that lives there is where the Real Me lives. With my big, overactive mind and fragile ego, I need God as a counterweight against them. So, I try to nourish and encourage that inner resource every day. Like this:

I Pray. I was raised by militant atheists, and since God was for weaklings, there was no point in praying. By the time I was fifty, I was so exhausted from trying to follow my ego's advice that I decided to try it. To paraphrase Winston Churchill, I eventually did the right thing, but only when everything else had failed. I went to college, got a good job, got married, had a son, bought a dog and two cars, and everything on the outside of my life looked good. But I still went through every day restless, irritable and discontented.

I started with the [Serenity Prayer](#), not sure whether it would help. But gradually, I became less restless and irritable, and more content.

What did I pray for? Prayer is different for everyone, but for me it's not about asking some sky-God for cash and prizes or positive outcomes. I do well to remember [Step Eleven](#) where it says, "knowledge of His will and the power to carry it out." It's a way of reminding myself that God is always there, and remembering how to behave in ways that make me truly content. I started out praying in the morning, and now I pray during the day and at the end of the day. I can do it anywhere—waiting rooms, traffic jams, dicey situations, parties—it doesn't matter.

I Relax. I once saw a movie about the Cold War and a prisoner exchange, and the spy who was to be exchanged was unnaturally calm and relaxed. Whenever something would go wrong, they would ask him why he wasn't scared or upset or angry, and he always answered, "Would it help?" Why should I set my head on fire because things aren't going the way I expect or hope they will? Nobody gets what they want all the time, and my God tells me that's okay. And resenting others is like setting myself on fire and hoping the other person dies from smoke inhalation.

I Surrender. Life is life, and none of us knows how much of it we've got. The only thing I can control is my own reaction to people or situations. No amount of anger, outrage, manipulation, dishonesty, denial, or escape has any effect at all on what happens. It just is. Some people believe God is running the show, and some don't, but it doesn't matter as long as I recognize that a lot of life is beautiful (if I take time to notice), and the many beautiful things are all the better when viewed in contrast to the ugliness.

I Feel the Love. For me, God is an inexhaustible source of unconditional love. If God loves me, then I can learn to love myself, which means I can learn to love others (who are also God's kids), and I want to behave in ways that please God, my heart and myself. Aside from praying, here are some things I do:

- **I Honor the God in Others.** It is much easier for me to believe that there's a God in everyone and act accordingly. When I'm kind or understanding, I feel happier inside and make someone else's day just a tiny bit better. I smile and greet store clerks or receptionists and ask how their day is going. It doesn't cost me anything, and I'm not risking anything by doing it. And when I can't do that, the very least I can do is not make my day or someone else's day worse.
- **I Pause.** If I believe God is always taking care of me, then there's no need to be outraged or anxious. I try to notice what's going on in my mind, and with my heart as an ally, I can sometimes arrest the bad behavior and stay calm. The small voice in my heart is always there to question my bad behavior: "Why set your mind on fire because someone else gets ahead or mistreats you?" "Why make another person's path harder?" "Why manufacture your own guilt or remorse?"

- **I Tell the Truth.** Some people say that we're only as sick as our secrets, and lies are secrets we hope to never reveal. They're like rocks in our shoes - we carry them along, feeling them, and using up energy on guilt or paranoia that we could better spend on positive things. When I'm truthful, the world is much simpler, because I don't have to feel guilty or remember which version of which lie I told which person.

- **I Do What I Say I'll Do.** It's also easier to keep commitments than it is to break them. So, if I say I'll do something, I do it. Obviously, life intrudes sometimes and I can't do something at a certain time, but in that case, I call a trusted friend and ask him or her to help out, and then call the person relying on me and explain the situation. That way, I'm still taking care of the task, even when I can't personally do it.

- **I Help.** I believe today that we're all just trying to get through an unpredictable life, and that we're here to help one another along the way. Helping feels SO much better than raging or isolation, doesn't it?

Life is life. Our job isn't to change it, but to react to it in a positive way that doesn't hurt ourselves or others. Unpleasant situations will always come up, and my mind might offer bad ideas about how to deal with them. But I don't have to be ruled by those ideas or allow them to block the voice of my God. My spirit is as much a part of me as my mind, and it can be just as present if I'm working to nurture it. Here are some other actions I try:

- **I'm grateful.** I start my day by thanking God for another day. I never know how many days I'll get, so I'm grateful for another one.
- **I notice the good things.** For most of us, there's a lot more beauty than ugliness in our lives. Maybe it's a beautiful day, or a tree or flowering plant looks particularly beautiful. Maybe someone smiles at me, or lets me go in front of them through a doorway, at a store, or on a highway.
- **I try to ignore the bad things.** A lot of us get irritated when someone is rude, aggressive or selfish, but I try not to allow others to upset me for long. In nearly all cases, allowing that bad feeling in my head for more than a few seconds is just adding a rock to my shoe. Life doesn't always please me, but the only sane reaction is to accept it as it is and move on.
- **I stay in my lane.** Trying to control, manipulate, or punish selfish people doesn't work, and it can take my bad feelings to a new low where I try to harm others when in fact, I'm only hurting myself.
- **I read something daily that nourishes my spirit.** The spirit is so underdeveloped in most cases that I need constant reminders that it's there. There are lots of daily reading books available; I always read the [Daily Reflections](#) before I leave the house in the morning.
- **I go to meetings.** I go every day, not because I'm afraid I'll drink, but because I like hearing what I hear, and generally leave feeling calmer and better than I did when I got there. I enjoy listening to others and knowing that we're all the same on the inside.
- **I don't stop.** Since my mind is so loud and insistent, it will always try to take over again by telling me I don't need your spirit anymore. "I've got this," it says. "Stop being a wimp." But, I'm going to die an alcoholic, so it makes sense to practice these "antidotes" consistently, every day.

Spirituality is a practice, and none of us are masters. (I'll bet even the Pope or the Dalai Lama curses once in a while.) That's both good and bad. The bad news is that we're never finished, but the good news is that we get to continue seeking a closer relationship with God throughout our lives.

I don't know much, but I know without any doubt that seeking God is much better than leaving my mind in charge.

Charlie R.

Group Contributions to Central Office, May

Suggested Contribution Guide			Su 10:00A-Sober Sharing, 19			250			Sa 6:30P-Candlelight, 24360 Y			100 100			SAN JUAN CAPISTRANO					
			Su 5:00P-How Hall Sunday Ni			50			LAGUNA WOODS						Dly 6:00A-Taking a Trip, 31891			885		
			Su 5:30P-Conversations With a			1,000			Dly 7:30A-Do It Sober, 24442 M			144 2,473			Dly Various- San Juan Meetin			2,000		
			Mo 12:00P-Discussion			50			LA HABRA						Su 5:00P-1 Hr Top Disc, 32222			150		
			Mo 12:00P-(W)'s As Bill Sees			203			M-F 6:15A- Topic Disc, 631 N.			50			Mo 5:00P-(W)'s Solutions, 323			573		
			Mo 5:30P-Recoverette's Wom			136			LOS ALAMITOS						Tu 6:00P-Men's Stag Disc/Mu			530		
50%—Central Office			Mo 6:00P-Read n Chat Wome			80 80			Su 5:00P-Happy Hour Topic, 4			120 120			Th 6:00P-Do the Steps, 32202			882		
30%—General Service Office			Tu 1:00P-Women's Harmony G			481			MISSION VIEJO						Th 7:30P-(M)'s Q & A/Gator M			195 378		
10%—Mid-Southern California			Tu 6:00P-(W)'s 12x12 SS, 190			295			M-F 12:00P-Disc At Elks, 25902			250 1,050			Sa 6:30A-Eye Opener, 32202			1,000		
Area 09			Tu 7:00P-Beginners (M)'s, 19			805 1,555			Mo 7:00P-AA Way of Life, 268			164			Sa 7:30P-Saturday Night Open			400 500		
10%—Local Districts in Area 09			Tu 7:00P-Women's Serenity B			120			Tu 7:30P-By The Book 26001			200 200			SANTA ANA					
			Tu 7:15P-Tues. Night Women's			75 95			We 9:30A-(W)'s Discussion, 26			205			Su 5:00P-Two or More, 721 N.			187		
			Tu 7:30P-Men's Last Gaspers,			110			Th 9:30A-Women's 12 & 12, St			640			We 7:00P-Women's Solution,			123 482		
			Tu 7:30P-Newcomer (M)'s Sta			194			Th 12:00P-MV (W) Big Book St			650			Tu 8:00P-Gay Men's Stag, 614			50		
			Tu 7:45P-Tues. Night Women's			20			Th 6:30P-3 G's Meeting, 26872			750			Th 6:30P-Women's Living			24 147		
			We 10:30A-Slogan Sisters,			80 490			Sa 7:00P-Orange County Grp.			85 638			SEAL BEACH					
			We 6:30P-(W) Serenity Sister			227			NEWPORT BEACH						Mo 7:30P-Speakers, 500 Mari			957		
			Th 10:00A-(W)'s BB Stdy, 1863			35			Dly 6:30A-Round Table Discuss			770			We 7:30P (W) Step Study, 138			93		
			Th 5:45P-HB Dry Dock			100			M-S 6:30A-Jumpstart Disc, 414			1,296			Th 6:00P Seal Beach Women's			100 164		
			Th 7:00P-11th Step Disc., 1912			100 300			M-F 6:30A-Chicken Coop Roun			2,000			SILVERADO CANYON					
			Fr 10:00A-Step Sisters, 18631			88 164			M-F 6:45A-Attitude Adj, Bayside			2,015			Thu 7:00P-Silverado Canyon B			231		
			Fr 9:30P-NOCYPAA, 9812			140			M-F 12:15P-Shark @ Aquatic, 1			953 2,251			SUNSET BEACH					
			Sa 7:00A-As Bill Sees It Hugg			300			M-F 5:30P-Fish Out'a Water, 41			1,595 1,595			Su 7:15A-Sober Sunday Sunris			84 84		
			Sa 7:30A-(M)'s Book Study, H			400			Su 9:30A-Sandy Survivors, 15			200			Su 9:00A-Sober On the Sand,			75		
			Sa 7:30A-Camel Group Men's			400			Mo 6:30P Solid Solutions Wom			167 167			Su 10:00A-Sunset Beach On t			60 60		
			Sa 9:30A-(W)'s BB Study, 190			80			Mo 7:00P-Over 40 Disc., 1099			125			Su 11:00A-Inner Peace Group,			258		
			Sa 10:00A-(W)'s Closed Wom			286			Mo 8:30P-Balboa Island Step St			159			Su 7:00A-Sunset Beach Big B			86		
			Sa 7:00P-Sat Nite Live BB, 1			200			Tu 5:30P-Men's Stag St. And			300 600			Mo 4:30P-(W)'s Hour of Power,			100		
			IRVINE						Tu 7:00P-East Bluff Men's Stag,			260			Mo 6:00P-12 & 12 Step Study			50		
			Dly 6:30A-It's A New Morning,			1,159			Tu 7:30P-Balboa Broads, 600 S			175			Tu 7:00A-Attitude Adjustment			79 227		
			Dly 7:00A-Solutions Group at			3,950			We 6:00P-Castaways, 798 Dov			75			Tu 8:00P Nomads Mens Stag,			158		
			Mo 5:00P-(W)'s Mariners Blue			80 329			We 7:30P-Wed Night Men's St			50 100			We 12:00P-Noon Promises, 16			80		
			Mo 7:00P-Men's Big Book Stud			250			Th 9:30A-Closed Women's 12x			202 202			Th 7:00A-Thur at Thursdays, 1			75		
			Mo 7:30P-Mon Women's Disc			97 666			Th 7:00P-Over 40 Disc., 414 E.			100			Th 5:30P-(W)'s Disc, 16865 PC			84 144		
			Tu 6:00P-W's Courage To Ch			140 327			Th 7:00P-Women's Candlelight			60			Fr 12:00P-Drunk Busters, 1686			100 300		
			Tu 7:00P-Men's Keep it Simple			100 310			Th 7:30P-Balboa Speaker Gro			324			Fr 6:00P-I Never Had It So Goo			334 1,081		
			We 12PM-Alton Noon Group,			190			Fr 12:15P-AA Business Mtg. M			100			Fr ?-Sunset Beach Thursdays			142		
			Th 6:30P-Women Wandering			150			Sa 7:00A-Jumpstart Hybrid 414			584			Sat 5P Sunset Beach Discussi			60 60		
			Fr 7:00P-Winning Ticket Book			102			Sa 8:00A-Dover Men's Stag, 7			965			Sa 7:00P-Rule 62 11th Step Sp			402		
			Sa 9:15A-12&12 Step Study H			90			Sa 8:00A-E Z Risers, 2046 Mar			190 869			TUSTIN					
			LAGUNA BEACH						ORANGE						Dly 6:00A-Attitude Modification,			367 1,753		
			Dly 7:00A-C Club 7AMs Att Ad			1,048 2,220			Su 11:00A-Book Study, 2191 N			90 90			Dly 5:30P-Tustin Rush Hour, 1			651		
			Su 7:00A-Whale Watchers (M)			323 1,954			Su 7:00P-Sunday Night Spkrs o			20 40			MWF 12:00P-Tustin Noon Me			700		
			Su 10:00A Heisler Park Discus			200			Mo 12:00P-12&12&12, OFC			40			MWF 12:00P-Spiritual Experien			362 362		
			Mo 7:00A-164 & More			604			Mo 5:30P-Rush Hour Discussi			100 200			Su 5:30P-The Other 12 and 12			10 70		
			Mo 6:30P-Women's Big Book &			27 361			Tu 12:00P-Discussion, 2191			100			Su 7:00P-Sober/Crazy Speaker			486		
			Tu 12:00P-Tuesday Noon Wo			350			Tu & Thu 12:00P-Brown Bagg			100 300			Mo 9:00A-Women's Unity Grp			100		
			Tu 5:30P-South Coast Men's S			344 1,900			Tu 7:00P-Women's Keep It Si			70 282			Mo 6:00P-New Beginning W's			20 86		
			We 12:00P-Anything Goes C			250			Tu 7:00P-Hart Park Newcomer			90			Mo 7:00P-(M)'s BYOB, 1201 I			10 190		
			Th 7AM-Attitude Adjustment L			75 75			Tu 7:00P-Orange Tustin Group			75			Th 7:00P-Tustin BB Stdy, 225			175 505		
			Th 6:00P-Women's Stag, 204			63			Th 12:00P-Discussion, 2191 Or			100			Th 9:00A-Women's Step Study,			60		
			Fr 6:00P-Fri Nite Literature Dis			213			Th 5:30P-Rush Hour Discussio			285 485			Fr 6:30P-It's in the Book, 225			399		
			Sa 7:00A-Whale Watchers (M)			670			Th 6:30P-Ladies Night Book S			49			Sa 7:30A-Tustin Acceptance, 2			750		
			Sa 12:30P-Into Action 20456 L			113			Th 7:00P-Big Book Study, 1111			100			Sa 12:00P-Tustin Brown Bagge			200		
			Sa 8:00P-Living Sober Speaker			300			Th 7:30P-777 (M) Beginner, 39			270			VILLA PARK					
			LAGUNA HILLS						Fri 12:00P-Quality Serenity, 219			100 100			Dly 7:30A-Serenity Sunrise, 17			379		
			Su 4:00P-11th Step Med, 2380			63			Sa 7:00P-Visiting Speakers, 3			50 300			WESTMINSTER					
			Mo 6:30P-Men's Big Book/Step			138			PLACENTIA						Mo 6:00 PM-12x12 Beg., 1575			100		
			Mo 6:30P-Womens 12 & 12 SS			275			RANCHO SANTA						Fr 6:30P-Women of 5673 Rec			200		
			Tu 7:30P-By the Book, 23802			700			M-F 6:30A-Att & Grat, 30605 A			502			UNLISTED GROUPS					
			Sa 7:00A-Warmer-Upper, 238			341			Mo 7:00P-Women Staying So			517			Anonymous Meeting			131 131		
			LAGUNA NIGUEL						Mo 7:30P-Charter (M)'s, 30605			250 450			Charles St. Step House, CM			180 180		
			Mo 10:30A-(W) 12 & 12 Study			300			Tu 7:30P-Old Time AA, 30322			540			Mo 4PM-Magic Patio (M) Big B			50		
			Mo 5:30P-(M)'s What's the Pur			240			Th 6:00P-Broken Chains, Calv			150			Mo 6:00P-12 & 12 Step Study			45 45		
			Mo 7:00P-Mon Nite Live Only			10			Th 7:30P-11th Step Spiritual D			223			Fr 8:00P-Anaheim House Gara			147		
			We 6:00P- BB 12&12 Study, 3			199			Fr 7:30P-Roads End Part, 3			250			Fr 8PM AA/Alanon Sunset Be			192		
			Fr 7:00A-(M)Back to Basics Ba			864 3,124			SAN CLEMENTE						ZOOM MEETINGS					
			Fr 7:00A-Ivy Glenn Men's Stag			250			San Clemente Friendship Cente			125 375			Dly 7:00A Attitude Adjust. Ca			672 1,801		
			Fr 10:30A-Friday Morning Wo			400			Mo 7:00P-N.O.I. (M)'s, 119 Es			1,902			Back Bay Men's Zoom			55		
			Sa 9:00A-Meditation Meeting, 2			300														

Speaker Meetings

Costa Mesa

6:00PM, Saturday
HYBRID
Saturday Night Refugees
(12X12 Speaker Meeting)
 2144 Thurin St. @ Victoria St.
 (Grange Hall)
 Meeting ID: 813 9669 8169
 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: Matt D. or
 Chris W.

07/04 Adam
 07/11 Teka
 07/18 Allison
 07/25 Kathy, Santa Monica

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

Rancho Santa Margarita

7:30PM, last Friday of the month
IN-PERSON
Roads End Participation
 Via Con Dios at Santa Margarita Pkwy.
 Speaker last Friday of the month

San Clemente

6:00PM, Monday
IN-PERSON
Men's Stag Speaker and
Discussion Meeting
 929 Calle Negocio
 (San Clemente Friendship Center)
 Contact: Tom P.

7:30PM, Friday
IN-PERSON
Friday Night Open Speaker Meeting
 202 Aragon
 (St. Clement's By the Sea Church)
 Contact: Tom P.

Tustin

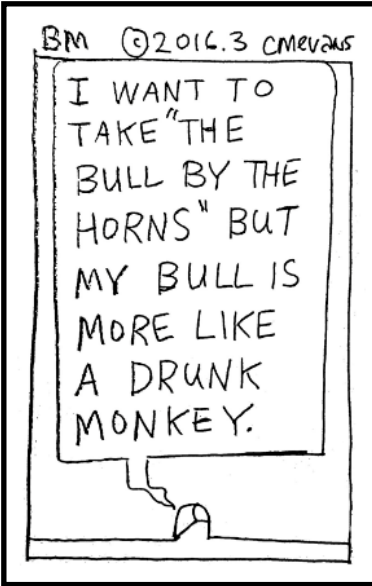
7:00PM, Sunday
IN-PERSON
Sober & Crazy Speaker Meeting
 12881 Newport Ave.
 (Grace Harbor church)
 Contact: Gary C.

Villa Park

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

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

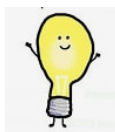
Continued from page 12

Dly 6:00A-Upon Awakening, Y	221	Mo M. Costa Mesa	40
Dly 6:05P-Sunset Meeting	121 458	Paige S.	5 5
Dly 7:00A-Daily Reflecting G	481	Patricia M.	50
Dly 7:05A-Attitude Adjustment	516	Peter A. Aliso Viejo	50
Dly 12:00P-Noon Time Recov	75	Randy U.	2
Dly 7:00P-Fishbowl Meetings	501	Robert R. (recurring)	15 75
Dly Alkie's Winner Circle	134 134	Ronald B. (recurring)	27 127
Dly 7:00A Early Birds	47 92	Saai S.	6 6
Mo 7AM Sunset Beach Zoom	60	Scott F.	2 8
Mo 6:30P-EZ Does It Big Book	56	Stacey C.	2
Sa 12:00P Tustin AWC (Alkies)	113	Tami S.	50 50
Su 7:00A-Montage Beach Mee	249	Teresa M. Laguna Niguel	100 500
Su 7:00A-Whale Watcher's Zo	39 419	Thomas P. Huntington Beach	20 40
Su 9:30A Sandy Sobriety 7th T	155	Tiffany S.	5
Su 6:00P Sunday Night As Bill	50	Tom O.	2
Tu 5:00P-Grit & Grace (W) Ope	5	GROUP INFORMATION REQUESTED	
We 5PM- East Meets West	40 40	Receipt #2722, Ck 1632, Date	94
We 5:00P-(W) Closed BB SJC	341 341	Receipt #2601, Ck 0004, Date	324
We 7A-Zoom Women's Book S	171 495	Receipt #2600, Cash, 1/2, Nee	50
We Night Bubba Effect Speaker	240	Receipt #2790, Ck 1125 2/19 K	366
Fr 7:00P Fishbowl Open Discu	5 5	Receipt #2799, Ck 7897, 2/27,	60
Fr 8:00P Friday Night Beginner	5	Venmo, 3/8, Irvine Men's Stag	376
MISC. DONATIONS		Venmo, 3/9, BPO Saturday 8a	275
Birthday Donations	86 1,043	Receipt #2814, Ck 147/ 3/9, N	125
AA's 91st Birthday Celebration	91 91	Receipt #2815, Ck 1157, 3/9,	114
Intergroup Body Meeting	116 838	Venmo, 3.16, Zoom? Topic Par	100
OCAA Convention May 1-3, 20	60 60	Receipt #143 Morning Meditatio	1
OC H and I, Irvine All Days	28	Tracy H. (which Zoom?)	200
Piggy Bank-Central Office	18 118	Venmo 5/2 Clay B need info 4	128 128
South Orange County H and I,	27	Venmo Clay B for 488063 -no	156
PERSONAL DONATIONS		TOTALS	18,877 110,848
Anonymous	20 195		
Anna C.	5 5		
Anthony G.	10 10		
Barbara K. (recurring)	25 25		
Belen D.	16 16		
Bethany H.	2		
Brett A.	125		
Brittany H.	3		
Brian S.	21		
Byron R. Mission Viejo	50		
Cathryn F.	1		
Chris O.	20		
Chris W.	25 25		
Cindy Y. (recurring)	50 50		
Dave Stef.	10		
David B. (recurring)	10 50		
Dawn M. Laguna Hills	32		
Diana M.	3		
Ellen S. Costa Mesa	90		
Erinn D.	15		
Esther S. Lowell, MA	20		
Faith B. (recurring)	25 55		
Geofrey W.	50 250		
Guy K.	5 5		
Jak H.	40 40		
Jeff and Gabriella D.	1,000		
Jennifer J. (recurring)	5 31		
Jennifer L.	20		
Jennifer S.	5		
Jonathan W.	5		
June L. Irvine	75 150		
Kevin A.	50		
Lee B.	5		
Marc T.	5		
Marilyn C. San Clemente	25 100		
Mateo D.	4		
Matthew D.	2		
Melissa G.	10 10		
Michael O. Santa Ana	100		

Original artwork by Chris E.

How many alcoholics does it take to screw in a lightbulb?

Zero! They simply hold up the lightbulb and let the world revolve around them!



Joke submitted by Jenna K.

My Dearest Fireball, Darling Wine & Dollface Beer,

What a tipsy seesaw it has been.
 Y'all had me wrapped around your handles & stems, literally.
 I thought I had all the power,
 I was wrong.
 Y'all were in charge.
 I was your desperate servant.
 I was obsessed.
 I had to have you.
 I had to know where you were at any given moment.
 I had to be with you.
 I had to know when I would see you.
 I needed you 24/7.
 I depended on you to live.
 Then, I depended on you to not live.
 Neither worked..
 So, this is where we toast to 'Goodbye'.

Please take note that this is an official break-up.
 No 2nd shots.
 No 3rd rounds.
 I now have a 'handle' on my own life.
 I do not need you.
 No more nooner schooners.
 And the only red or white I will be choosing is for
 New England Clam Chowder.
 Farewell libations.
 Don't be expecting any bar tabs on me.

Emily B.



Original artwork by Natalie V.

UPCOMING EVENTS



Original artwork by Chris M.

August 7

**District 7 Presents:
Sponsorship Workshop**
6PM-9PM

Garden Grove Alano Club
9845 Belfast Dr.
Garden Grove, CA
Flyer, p. 9

August 22

**GSR District 6 Presents:
One Love Reggae Sober Event**
12PM-4PM

Lake Park Club House
1035 11th St.
Huntington Beach, CA
Flyer, p. 9

August 28-August 30

**20th Annual Mountain
AA Conference**

A Search for Serenity
Big Bear Performing Arts Center
39707 Big Bear Blvd.
Big Bear Lake, CA
www.MountainAAConference.com

September 18-September 20

Woman to Woman San Diego

The Dana on Mission Bay
1710 W. Mission Bay Dr.
San Diego, CA
877-504-0123
www.womantowomansandiego.com

October 29-November 1

63rd Annual Hawaii Convention

Waikiki Beach Marriott
2552 Kalākaua Ave.
Honolulu, HI
www.annualhawaiiiconvention.com

ALCOHOLICS ANONYMOUS
ORANGE COUNTY INTERGROUP ASSOCIATION
STATEMENT OF INCOME & EXPENSE
PERIOD ENDING 05/31/2026 UNAUDITED

	May 26	Jan - May 26
Ordinary Income/Expense		
Income		
Literature Resale	0.00	3,650.34
Bank Adjustments	0.00	0.30
Birthday Donations	177.00	1,195.46
Group Donations	18,472.73	107,484.13
Individual/Fellowship	581.00	2,616.00
Interest Earned	374.99	2,524.28
Literature Sales	5,991.59	28,994.73
Merchandise Sales	-0.05	-0.05
Shipping and Delivery Income	0.00	-32.50
Total Income	25,597.26	146,432.69
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	5,236.14	27,333.35
Cost of Literature Sold - Other	0.00	0.00
Total Cost of Literature Sold	5,236.14	27,333.35
Shipping / Misc. Adjustments	0.00	-554.40
Total COGS	5,236.14	26,778.95
Gross Profit	20,361.12	119,653.74
Expense		
Accounting	350.00	3,185.00
Auto Expense (all Mgrs.)	89.87	511.17
Bank Charges	0.00	56.00
Convention & Svs Event Expense	1,078.64	1,319.33
Copier Expense	0.00	45.46
Credit Card Expense	313.06	1,871.27
Freight and Shipping Costs	0.00	0.00
Insurances	475.30	1,462.80
Intergroup Expense	207.04	2,712.38
Internet Expense	184.21	921.05
Lease Expense	284.05	1,420.25
"LIFELINE" Expense	1,835.00	9,175.00
Maintenance & Repairs	239.72	959.72
Offices' Supplies & Expenses	149.53	1,067.98
Payroll Tax Expense	860.84	4,416.56
Postage	0.00	342.15
Reconciliation Discrepancies	-0.30	0.10
Reimb. Health	1,000.00	4,600.00
Rent Main/Satellite Offices	4,480.88	22,404.40
Salaries	11,243.01	53,873.53
Taxes & Licenses	0.00	21.00
Telephone Answer Service	336.35	1,009.05
Telephone Expense	50.00	922.73
Utilities	56.80	281.84
Volunteers Coffee & Water	29.25	191.75
Website Expense	359.99	1,799.95
Total Expense	23,623.24	114,570.47
Net Ordinary Income	-3,262.12	5,083.27
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	-3,262.12	5,083.27

** 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

Lifeline

July Word Search

Name _____

Email address _____
or phone number _____

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

HUMILITY
REBELLION
MONEY
USEFULNESS

PROSPEROUS
INTELLIGENCE
SHORTCOMINGS
SPIRITUALITY

CREATOR
WILLING
CONTRIBUTIONS
CHARACTER

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 AUGUST 15th

Congratulations to May's winner, Cari R.!