

Lifeline



Experience, Strength, and Hope in Orange County

I Continue to Make Amends

To make amends to someone I have emotionally harmed by my rude attitude when my Higher Power, God, reveals this to me has been a new and freeing revelation to me after decades of sobriety. My recent experience with this was birthed out of self-centered fear, cloaked into unknown resentment of deep-rooted jealousy ([Big Book, p. 62](#)). I did not realize that I was secretly judging a fellow AA member (a man) with my emotions of residue from past relationships. This was a transferred resentment toward this man due to jealousy of his attention to other women while giving no, or very little, attention to me.

It was now becoming more clear to me that my fear of liking him (even feeling love for him in the midst of the resentment) must undergo a whole attitude and outlook change about him ([Big Book, p. 84](#)). I must develop acceptance of his being exactly the way he was supposed to be at the moment. I cannot be happy as long as I am secretly taking his inventory, concentrating not so much on what I think needs to be changed in him as on what needs to be changed in me and my attitudes ([Big Book, p. 417](#)). God is still in the process of changing me, from sitting high up in the chair of a judge to one with a desire to be a humble servant of his, rather than queen of the universe.

This continuous process of changing me and my attitude toward others is beginning to cement a new freedom and a new happiness in me that I have never known at such depth in my decades of sobriety ([Big Book, p. 84](#)). As I continue to make amends from the list of people I had harmed by my attitude or by negative thoughts of them, however small or seemingly insignificant, the miracle of healing my spiritual malady enlarges, with mental and spiritual parts of my being straightening out ([Big Book, p. 64](#)).

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It is clear to me that I could not move forward to make heartfelt amends until I had first let God discipline me, in my self-seeking motives, with rigorous honesty in making the amends. This has (and continues) to create deeper love in my heart, instead of mentally making a list of growing resentments toward myself and others because of my own defects. It is a privilege and a freedom to accept that I know only a little after decades of sobriety ([Big Book, p. 164](#)). I had unknowingly been mentally making a list of the defects of this man, instead of making a list of the harm I had done, by mentally judging him, unconsciously allowing negative thoughts that would eventually root into a resentment.



Photo credit: Heather S.—William R. Mason Regional Park, Irvine

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The Lifeline is published monthly by the Orange County Intergroup Association

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

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

**—CALL BEFORE YOU TAKE
A DRINK—**

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Welcome 2026 SERVICE BOARD

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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.

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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 Nine](#), [Tradition Nine](#), and [Concept IX](#). I hope you'll read our cover story by Effie R., "I Continue to Make Amends." I appreciated this article because I often think of amends as something for newcomers. Effie has been sober forty-six years and is still making new amends, and I needed this lesson in my own life. I also hope you'll read Andrew K.'s amazing poem, "The Initiation," on page 10. The message is beautiful and inspired me. I also hope you'll read "The Bubble" on page 11. Bill F. writes about how sometimes he can feel a little off in sobriety and what he does to get back on the beam. If Bill, who has almost as much time as Effie, has to occasionally work to get his peace of mind back, it makes me feel better that I struggle once in a while, too.

We will be doing a *Lifeline* writing workshop on Thursday, October 1st, by Zoom from 7-9PM. If you've ever wanted to write for the *Lifeline* but weren't sure where to start, this workshop is for you. We'll have members of the *Lifeline* Committee share what works for them, and we'll have time for writing during the workshop. We will give feedback to everyone who attends. Please email lifelinecommittee@oc-aa.org for more information.

I would like to take a moment to congratulate my husband, Bob J., who will be celebrating twenty years of sobriety on September 15. We met at a Sunday night [meeting](#) in Newport Beach. I remember his taking a two-year-chip and was smitten by this handsome, funny guy talking about getting sober for his cat ("She was a housecat, not a car-cat."). As we've moved from friends to partners, spouses, and parents through the years, we've both been committed to our sobriety and service. Neither of us work a perfect program, and our teenage son loves to remind us how imperfect we really are. Sometimes I wonder how two people who are so different manage to make it work, but as Bill W. writes in [Twelve Steps and Twelve Traditions](#) of a marriage between two AAs, "Their common suffering as drinkers, their common interest in AA and spiritual things, often enhance such unions" (p. 119). It's certainly worked for us. I see Bob make an effort to stay connected with [AA in Orange County](#) even when he spends months out of every year in Alaska. His sobriety is the very best thing he does for himself, for our marriage, and for our family.

Thank you as always for reading the *Lifeline*. If you have any questions or comments about the *Lifeline* or an article you've read this month, please send an email to oclifineditor@gmail.com with your first name, last initial, and city. We might feature what you write in an upcoming issue. If you would like to sign up to have the *Lifeline* delivered by email every month, you can subscribe at www.oc-aa.org or use the QR code and scroll down to subscribe to the *Lifeline*. Printed copies are available at Central Office, the satellite office, and our monthly Intergroup meetings. Location information can be found on page 2. If you have any suggestions or would like to submit an article, poem, photo, or original artwork to the *Lifeline*, please email me at oclifineditor@gmail.com.

Jennifer J.
Lifeline Editor



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

Lifeline
Experience, Strength, and Hope in Orange County

*Share Your Experience.
Inspire Hope.*

Learn how to create writing for the *Lifeline*, the newsletter for AA in Orange County.

- Hear from members of our **Lifeline Committee** sharing advice and writing tips.
- Time for participants to write.
- Get supportive feedback in a friendly, welcoming space.

Your experience can help someone else.

Questions? Email lifelinecommittee@oc-aa.org

Date: October 1, 2026
Time: 7-9PM
Zoom ID: 886 0942 7655
Password: lifeline



Share Your Thoughts on Sobriety with the *Lifeline*

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

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



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 Nine: *“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*

Step Nine restores in me a feeling of belonging, not only to the human race but also to the everyday world. First, the Step makes me leave the safety of [AA](#), so that I may deal with non-AA people “out there” on their terms, not mine. It is a frightening but necessary action if I am to get back into life. Second, Step Nine allows me to remove threats to my sobriety by healing past relationships. Step Nine points the way to a more serene sobriety by letting me clear away past wreckage, lest it bring me down ([Daily Reflections](#), p. 258).

Tradition Nine: *“AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”*

The words “Let’s keep it simple” were the last Bill W. heard from his fellow founder of AA, shortly before Dr. Bob’s death in 1950. When Tradition Nine speaks of “AA as such,” it goes to the heart of the AA experience, to the “spiritual simplicity” of one alcoholic saying, silently perhaps, “Help!” and another alcoholic answering, “I know how you feel. We’re here to help you.”

But in “action by groups,” we find that we need some degree of organization. All the way from coffee-brewers to trustees on the General Service Board, those who take part in AA Service are assuming responsibility – not taking on authority. They are all responsible to their groups ([The Twelve Traditions Illustrated](#)).

Concept IX: *“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable*

for our future functioning and safety. The primary world service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”

Due to AA’s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. “No society can function well without able leadership in all its levels; AA can be no exception. Fortunately, our society is blessed with any amount of *real* leadership – the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in.

“A leader in AA service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him and help him with his job. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

“Our leaders do not drive by mandate; they lead by example” ([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?

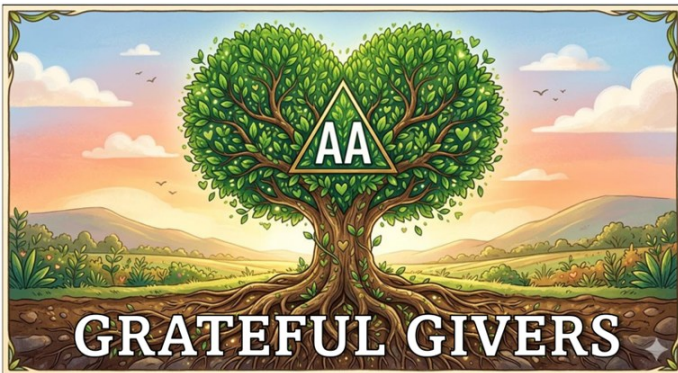
Tradition Nine: *AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn’t every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

(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.	Jennifer J.
Cindy Y.	Ronald B.
Faith B.	Terry M.
Christine L.	Enoch K.
David B.	Robert R.

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

Alexa N.	Irvine	1 year
Sydney E.	Newport Beach	1 year
Terry S.	Huntington Beach	1 year
Meghan R.	Costa Mesa	3 years
Molly N.	Whittier	3 years
Cindy M.	Huntington Beach	4 years
Rachel D.F.	Huntington Beach	5 years
Evelyn S.	Fountain Valley	6 years
Julie B.	Huntington Beach	8 years
Bob J.	Costa Mesa	20 years
Nancy D.	Irvine	25 years
Thomas P.	Huntington Beach	26 years
Kate C.	Laguna Beach	40 years
June L.	Irvine	50 years

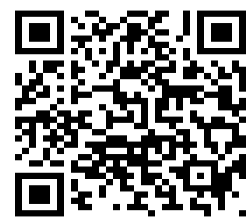
You can celebrate an AA birthday in the *Lifeline* with a donation to Central Office.

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.

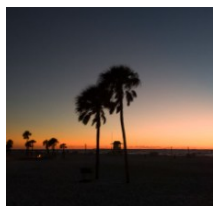
Checks and money orders can be sent to:
ORANGE COUNTY CENTRAL OFFICE
 1526 Brookhollow, Suite 75
 Santa Ana, CA 92705

@OCAAINTERGROUP



OFFICE CALLS TOTAL=347	CENTRAL OFFICE ACTIVITY JULY 2026			
After hour calls not included	General Info	Meeting Info	12 Step Calls	Visitors
Santa Ana Office	134	172	12	107
Laguna Niguel Office	17	11	1	42

And Justice For All



"I'm so sorry."

Throughout my alcoholic life I've lost count of the times I said these words to those I'd harmed. Often I meant them; just as often I was trying to avoid the consequences of my actions. Before I joined AA, regret and shame were my constant companions. But I learned a better way to make up for the damage I caused. Thank goodness for [Step Nine](#).

Saying "I'm sorry," can be a part of making amends for hurting others, but it's only the beginning. If humility right-sizes us in [Step Seven](#), and brotherly love and forgiveness in [Step Eight](#) help us consider others, then Step Nine's principle of justice gives us a conscience as we go about changing our behavior so as to no longer harm others. But we can't do this without preparation.

After I'd finished my Eighth Step, I looked forward to feeling better about myself, so I made an amends to a coworker right away. It went well; she was grateful and understanding. But afterward my sponsor was concerned that I hadn't been fully prepared. And he was right. We agreed my actions were more for myself than the person I'd harmed. Seeking justice without first considering the injured party's needs and well-being can compromise the goals of fairness, appreciation, and the commitment to changing myself and my behavior, the true meaning of amends. Towards these ends, Step Nine adds a few more principles: "good judgement, a careful sense of timing, courage, and prudence" ([Twelve Steps and Twelve Traditions, p. 83](#)).

My judgement was questionable but my timing was okay, having scheduled a private meeting at her convenience. My enthusiasm gave me a sort of courage. But where I really went wrong was my lack of prudence. Prudence is showing care and thought for the future—of myself and others—which means preparation. What if she hadn't accepted or even wanted my amends? Did I confirm that my redress wouldn't cause harm? I should have consulted my sponsor first.

If I ever hope to bring about the justice that can restore trust and repair relationships, I must ensure that my amends in no way creates further harm, and not just to the person to whom I'm making the amends. Step Nine isn't about easing my conscience at the cost of anyone else's well-being. Also, if my amends isn't accepted or isn't possible (was refused, couldn't find the person, or would cause further harm), my response must be acceptance and respect, but also the acknowledgment that I've done my part. Likewise, any elation I may feel for a successful amends must be tempered with humility and gratitude. Our sponsors can help us determine when amends are appropriate and when they're not, while guiding us away from egotism and false pride.

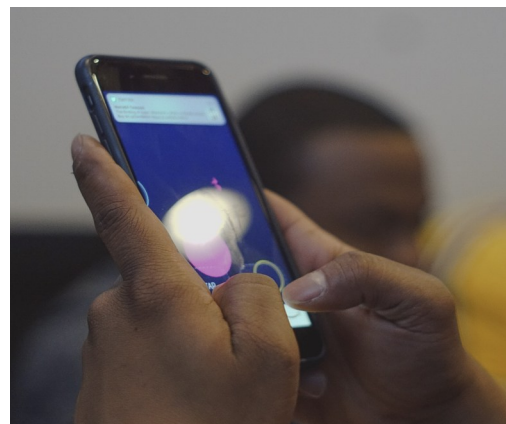
After consulting my sponsor and proceeding with the rest of my amends, I felt a growing sense of humble gratitude as connections were restored, debts paid, and relationships mended. Because of my alcoholism and character defects, my behavior threw many lives out of balance. Making amends went a long way toward easing the pain and reversing the harms I'd caused others while allowing me to restore some of my moral equilibrium and peace.

But as Martin Luther King said, "True peace is not merely the absence of tension: it is the presence of justice." Step Nine is where we separate "the wheat from the chaff" or "the men from the boys." With every amends we gather up the wheat of responsibility, the main ingredient in making the bread of justice, while striving to let go of the chaff of guilt, shame, and remorse. Releasing guilt isn't about erasing my mistakes, but rather, releasing the weight of regret, some of which, was never mine to carry. It's an opportunity for me to finally bid farewell to adolescence and become an adult, take responsibility for my actions and their consequences, and always be mindful of treating others in a just and fair way.

Never again will I just say "I'm sorry" but do my best to make amends to any and all persons I may harm. The benefits of Step Nine are well-documented in the Ninth Step Promises ([Big Book, pp. 83-84](#)) and A Vision for You ([Big Book, p.164](#)). With every amends we make, benefits are also extended to the people in our lives: less conflict, better communication, more trust, and—most importantly—justice for all.

Ron B.

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



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

SHIFTS:

Monday—Friday

•6AM—9AM

•6PM—9PM

•9PM—6AM

Saturday and Holiday:

•6AM—9AM

•1PM—4PM

•4PM—7PM

•7PM—10PM

•10PM—6AM

Sundays

•6AM—10AM

•10AM—2PM

•2PM—6PM

•6PM—10PM

•10PM—6AM

Archives Corner

Stepping Stones

By 1941, Bill and Lois Wilson had been without a home of their own for two years. After leaving Lois's family home in Brooklyn, they lived in more than fifty different places, often staying with friends. At one point they were living at the Twenty-Fourth Street Clubhouse in New York.

In January 1941, Bill and Lois were staying with their friends in Chappaqua. The couple told them about a house in Bedford Hills that they thought would suit them. The house belonged to Helen Griffith, a widow whose husband had died after struggling with alcoholism. She had become interested in AA because someone close to her had found sobriety through the program. Bill and Lois went to see the house. They found an unlocked window at the back and climbed inside. The house had seven rooms, a large fireplace, several bedrooms, a kitchen, a library and surrounding land. Lois was not sure at first. They had no money to buy a house. Mrs. Griffith offered the house to Bill and Lois for \$6,500. There was no down payment. They could pay \$40 a month, with no interest, at least for the first year. Bill worked out that by moving their furniture out of storage, they would save \$20 a month. That meant they only needed another \$20 each month for the house.

They moved in on April 16, 1941. The house was originally called "Bil-Los Break." Later, because of the rough stone steps leading down to the garage, they changed the name to [Stepping Stones](#). The house needed work. There was no proper furnace, so Bill bought an old coal furnace for \$10 and installed it with help from AA friends. Lois worked on the

floors, walls, kitchen, and made improvements to the rooms herself.



Stepping Stones—Katonah, New York

Bill also had to solve a water problem. Water came from a spring and was pumped up to the house, but the pump did not move enough water to the upstairs bedroom and bathroom. Bill bought a large cattle-feeder tank and installed it in the attic. The pump filled the tank, and gravity supplied water to the house. He built a system using a float, a bell and a red light in the kitchen. When the tank filled, the bell rang and the light came on. The system worked until Bill and Lois went out to dinner with some AA friends. Bill forgot to turn it off. While they were away, the tank continued to fill until it overflowed. Water had spread through the house. The parlor furniture was soaked, the kitchen linoleum had curled, and water stains remained on the upstairs ceiling for years.

The house also became a place where Bill and Lois kept a large collection of AA and family history. Lois spent years arranging photographs,

letters, books and other objects. She left notes about many of the items, explaining where they came from and their connection to the Wilsons and to the history of AA. Bill and Lois lived at Stepping Stones for the rest of their lives. Bill died in 1971. Lois died in 1988. She left the house, its contents, and the archives to the Stepping Stones Foundation, which continues to preserve the property and its history.

Mary G.
MSCA 09 Archives

"I politely invited God to spend the day with me (like a visiting relative or friend), and instantly began a mental dialogue with God ... I realized that in the process of introducing myself to God, I was getting a good look at who I really was." Houston, Texas, October 1985, From: "Okay, God...", *Spiritual Awakenings*

I was one of those who had a hard time believing that God could help me get sober and restore my sanity. However, I remained open-minded, and I believed you believed, and it was quite clear that your lives were much better for it.

When I was finally ready to turn my will and life over to the care of God, I still needed to up the ante. I started doing physical things to keep me right-sized and checked in with my Higher Power. I would keep doors open a little longer to let God in, too. I would buckle up the passenger seat for God.

Whenever I found coins, I would pick them up and thank God for my sobriety and everything I have today. When in rooms, I would try to pick out an empty chair for my Higher Power. Lastly, I would cup my hands and visualize putting all my life stressors into my cupped hands, and then I would gently toss them upward to physically give them to God. I recognized that my actions were silly, but they worked for me.

I still do these things today. So yes, I regularly invite God to spend the day with me, and he brings me limitless comfort. I know I am on a spiritual journey, but I am only along for the ride; the direction and destination are not up to me. It is truly a gift to be able to see life through a prism of spiritual gratitude.

Anonymous

Concept IX: We Need Leaders — Wait . . . Who . . . Me? Yes, You!

Before we get into [Concept IX](#), here's the basic idea: Good service leadership at all levels is indispensable to our future safety and well-being. That sounds very official. Basically: [AA](#) needs good leaders, which is slightly terrifying when you realize they're talking about us. Because nobody came into AA saying: "You know what I really need? A two-year service commitment, a committee meeting, forty-seven emails, three conflicting opinions about Robert's Rules, and a discussion about whether we approved something in 2009." And yet . . . here we are.

Concept IX is interesting because AA has a complicated relationship with leadership. We absolutely need leaders. We just don't really want bosses. Because none of us get paid for this work. There's a difference.

A good AA leader isn't the person who walks into the room and says: "Here's what we're going to do." They're more likely to say: "Here's what I'm hearing. Is this where the group wants to go?" That can be frustrating. Especially when you already know the correct answer. Which, coincidentally, is usually *your* answer. Funny how that works. But AA leadership isn't about getting everyone to agree . . . er, agree with me. It's about helping the group conscience emerge—even when the group conscience has the audacity to disagree with me.

Here's where Concept IX gets even more interesting. Leadership doesn't mean being passive. A trusted servant isn't supposed to sit silently waiting for instructions like an AA Roomba. Good leaders bring experience. They bring information. They ask uncomfortable questions. They make recommendations. Sometimes they say: "I don't think this is a good idea." And then—this is the really annoying spiritual part—they remain willing to serve even if everyone votes to do it anyway.

That requires something I haven't always possessed in abundance: humility. For a long time, I thought being responsible meant making sure things happened correctly. And by "correctly," I often meant: the way I thought they should happen. Service has been teaching me something different. Leadership is not controlling the outcome. Leadership is creating the conditions where people can participate, information can be shared, minority opinions can be heard, and eventually a group conscience can form.

Our [Area](#) guidelines and our [AA Concepts](#) actually build these principles into the structure. They explicitly say the [Right of Decision](#), [Right of Participation](#), and [Right of Appeal](#) should always be observed, and that our Assembly seeks substantial unanimity in important decisions. That's not particularly efficient. But neither is democracy. And neither is recovery, for that matter. Apparently spiritual growth wasn't designed by Amazon Prime.

There is another side of Concept IX that I really like. Someone has to go first. Someone has to raise their hand. Someone has to say: "I'll do it." Someone has to make the phone call, organize the workshop, bring the motion, ask the awkward question, drive three hours to an Area meeting, set up the chairs, write

the report, or stay afterward when everyone else has already discovered an urgent need to leave.



Leadership isn't always standing behind a podium. Sometimes leadership is noticing something needs to be done and doing it without needing applause. And sometimes leadership is noticing something needs to be done and realizing: I don't have to be the one who does it. That second one may actually be harder.

AA has taught me that charisma and leadership aren't the same thing. The loudest person isn't necessarily the leader. The person who knows the most parliamentary procedure isn't necessarily the leader. The person with

thirty-five years sober isn't automatically the leader. And the person with the title definitely isn't automatically the leader. Leadership shows up in character.

Can I listen? Can I admit when I'm wrong? Can I change my mind when new information appears? Can I encourage someone newer to service instead of showing everyone how much I know? Can I disagree without becoming disagreeable? Can I make a decision when a decision actually needs to be made? And perhaps most importantly: Can I let someone else lead? Ouch. And this is the ideal...we are still human, we have bad days, weeks, and months . . . but this is what we strive to do.

Concept IX also reminds me that leadership in AA isn't supposed to become permanent. We rotate. That means part of my job isn't simply doing my service position well. Part of my job is making sure someone else can do it after me. Maybe better than me. That's an uncomfortable measurement of leadership. If everything collapses the moment I rotate out, maybe I wasn't indispensable. Maybe I failed to prepare anyone else. A healthy service structure shouldn't need superheroes. It needs trusted servants who teach other trusted servants.

Our own Area structure reflects that idea repeatedly: two-year terms, alternates, schools for GSRs and DCMs, committee structures, and an emphasis on orderly transfer of responsibility. The guidelines, for example, specifically call for officers to help ensure an orderly transfer of responsibilities to their successors.

In other words: If nobody knows your password when you rotate, that's not a legacy. That's a hostage situation.

The more service I do, the more I think leadership in AA comes back to trust. Trust the group. Trust the process. Trust the people we've elected. Trust them enough to let them make decisions. Trust the minority enough to listen when they disagree. Trust the next generation of trusted servants enough to hand them the keys. And trust myself enough to speak when I believe something needs to be said—without believing that my opinion must prevail.

That balance isn't easy. But maybe that's exactly why Concept IX matters. AA doesn't need perfect leaders. Thank God. I am faaarr from perfect. It needs people willing to serve, willing to listen, willing to make decisions, willing to admit mistakes, and willing to eventually step aside.

Sometimes leadership means standing up. Sometimes leadership means speaking up. Sometimes leadership means shutting up. And sometimes the greatest act of leadership is simply saying: "Your turn. I've got your back."

That's Concept IX. And somehow, against all odds, they trusted us with it.

Brian S.

Sometimes leadership means standing up. Sometimes leadership means speaking up. Sometimes leadership means shutting up. And sometimes the greatest act of leadership is simply saying: "Your turn. I've got your back."



JOIN US FOR SOBERFEST UNITY!
ALCOHOLIC FAMILY FEUD
 Hosted by Districts 15 & 5

FUN, GAMES, PRIZES	ARCHIVES TABLE
FELLOWSHIP	PUBLIC INFO TABLE
FOOD (Pizza, Chicken Sandwiches, Desserts & Beverages)	H & I TABLE
AREA 09 YPC TABLE	ROCYPAA TABLE

NO CHARGE – COME AND HAVE FUN – ALL FELLOWSHIP MEMBERS AND THEIR FAMILIES ARE INVITED!

FRIDAY, OCTOBER 2, 2026
 7:30PM – 10:00PM
 COMMUNITY OF CHRIST CHURCH
 395 S. TUSTIN ST
 ORANGE CA 92866
 FOR EVENT DETAILS CALL 714 980-1186

SCAN ME! For Survey Questions

SCAN TO RSVP! PLEASE RSVP

DISCLAIMER: In the spirit of Tradition Six, A.A. is not allied with any sect, denomination, politics, organization or institution.

GSR Districts 15 & 5 Event



OCAA INTERGROUP BOWLING EVENT
Strike up some fun with the fellowship!

SUNDAY, NOVEMBER 1ST, 2026

CHECK-IN AT 12:15 PM
 STARTS 12:30 PM – ENDS 2:00 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

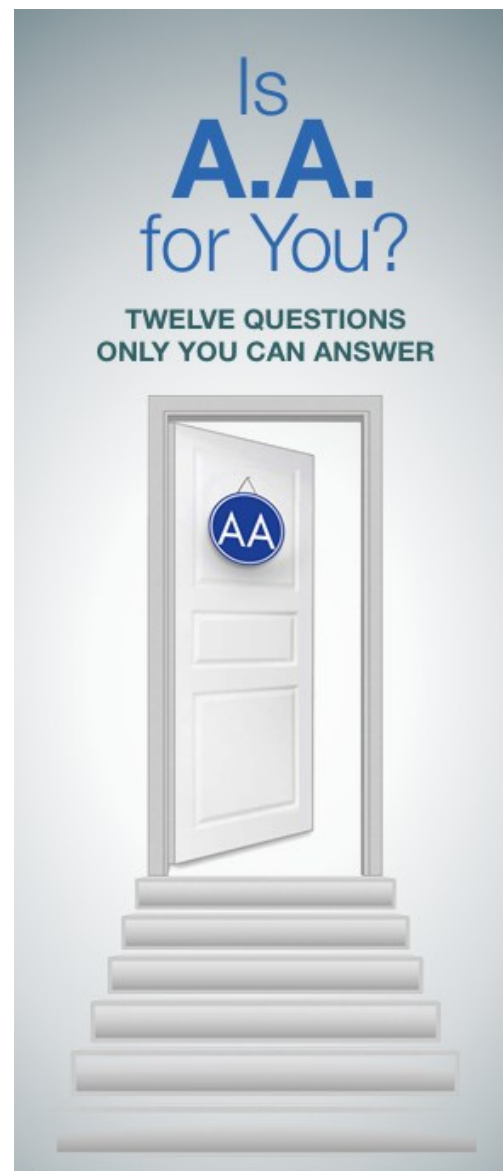
\$25 PER PERSON

CUT OFF FOR RESERVATIONS: SUNDAY, OCTOBER 25TH, 2026

RESERVATIONS
 C.J.D.
 234-380-9304
 Call or Text

ALL ARE WELCOME
 Come bowl, connect, and enjoy fellowship with OCAA Intergroup.
Limited seats available – reserve yours!

September Pamphlet of the Month



This pamphlet ([P-3](#)) is helpful for anyone wondering if they are an alcoholic who could benefit from AA.

[Pamphlets are available for purchase at [Central Office](#) for \$.20 each (**FREE with the purchase of a book**) and on www.aa.org.]

Lifeline 

Intergroup Event

Meeting Spotlight



Virtual AA Meeting
WE AGNOSTICS

This is a secular meeting where all are welcome.

Our only wish is to ensure suffering alcoholics can find sobriety in AA without having to accept anyone else's beliefs, or having to deny any of their own.

We read secular literature and have open discussion.

Join Us Saturdays @ 10:00 AM PST
 ALL ARE WELCOME!


 Zoom: 892 1579 8700
 secularaa@gmail.com

The Initiation

(Inspired by "The Invitation" by Oriah Mountain Dreamer, in the style of Khalil Gibran, as an ode to John G.)



It does not interest me
what, or who, you have conquered
or when, and how brightly, the world has pronounced your name.
I want to know what you do
when the applause fades,
and you are left alone
with the echo of your only breath.

It does not matter to me
how long you have been sober,
how many miles you have traveled from home,
or how many times you have outrun consequence.
I want to know
if you have ever stopped running,
in the last place you ever wanted to stand

I want to know
if you can sit in the stillness
without reaching for a bottle,
a body,
a distraction,
or a story about who you once were, in the now.
Can you remain
when the fire inside you
is no longer burning down the house,
but warming it?

It does not interest me
the color of the pain that was done to you.
I want to know
if you have dared
to forgive fully without forgetting
To give to another without forgetting your own worth.

I want to know
if you can hear your ancestor's whisper

"say your prayers"
To embrace the weight of it
not as obligation, but as orientation.

Can you bow your head
without shrinking your spirit?
Can you say,
"I was reckless,"
and also say,
"I was searching,"
and let both be absolutely true?

It does not interest me
where you are from
though I will hear it
in the rhythm of your intention
and it will carry the essence of your memory.
Do you honor your bloodline
not by defending it,
but by refining it.

Can you command respect
without demanding it?
Can you devote to making things right
when no one is watching?
Can you love the person you were
without excusing them as who you are now?
Can you move forward without pretending you were never lost?

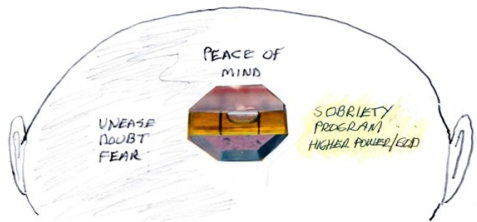
I want to know
if you are willing
to be misunderstood
for the sake of being true.
If you can say,
This is who I am in the now
not as defiance,
but as devotion.
Can you truly meet God
not in spectacle,
but in surrender.
So that you can endure
the breaking open of every pain
that makes the character gentle.
If you can stand in your life
where past and future bow to the present and say,
"I am here, and I mean it."

If you can do these things,
then sit with me.
We will not speak of success.
We will speak of becoming.
And in that quiet exchange of the breath of life
Felt with the same flame of a cleaner burn, real will recognize real.

Andrew K.

THE BUBBLE

I have been feeling off the bubble for over a week—nothing drastic, just off. Perhaps it is the extra physical pain or the allergies that have developed over the last month. Perhaps it is from a death watch last night, watching a brother-in-law die of cancer. Who knows? It's just part of being above ground and sober. Having alcoholism and being human, this feeling of being off the bubble happens from time to time. Fortunately, I have our program and my Higher Power/God to deal with these moments today and bring me back to peace of mind. The question in one of my daily readings, "Have I achieved more peace of mind?", made me think about being off the bubble.



The feeling of being off the bubble is an old one. From childhood on I had felt that way. I just did not seem to belong anywhere, especially in my family. When I began drinking as a teenager, this feeling could be turned off for a while. Over my years of active alcoholism, the feeling of being off the bubble continued and was another excuse to keep drinking. Since I was running off self-will, any doubts or fear needed to be drowned in alcohol. Neither the physical suffering of horrible hangovers (daily) nor the mental anguish of loneliness, remorse, and the inner inferiority that came each morning after was never enough to stop this ever-ongoing cycle of self-destruction. My mind was in constant turmoil between what I was pretending to be and my inner fears, loneliness, and inferiority.

When alcohol was removed from the mix, that feeling of being off the bubble came forward in full force. While the physical suffering from the drinking eased off, the mental anguish increased. The conflict of who I was supposed to be and the inner doubts and fear raged on for quite a while in early sobriety. This affected my work and relationships in a negative way. Just going to meetings and two-stepping did nothing to quell that inner turmoil, although it did keep me sober. Only when I worked the [Steps](#) of our program did it actually begin to bring some peace of mind.

While I worked the Steps, not necessarily in order, it was only after finally taking [Step Three](#) at eighteen months of sobriety that the turmoil between what I was supposed to be and who I was in reality began to clear away. This allowed some peace of mind to creep into the space between my ears. I was no longer in charge of running my life; my Higher Power/God was. As long as I attempt to do His will for me, life seems to go relatively smoothly. On those occasions where I have asserted my own will, life became stressful for me and those around me; however, my Higher Power/God, our program, and our fellowship were always around me. Our program through the Steps provides the directions to get back to the center (on the bubble). This has always ended with peace of mind.

Over the forty-five-plus years on my journey in sobriety, I have experienced periods of feeling off the bubble many times. I never had to pick up a drink. The tools of our program, our fellowship, and my Higher Power/God always return me to that peace of mind. I know that all is as it is supposed to be and that I will be okay. This current period of feeling off the bubble, while bothersome, will pass. In our program, I found sobriety, a loving Higher Power/God, and a deep peace of mind. I wish the same for you on your journey in sobriety,

Trust God, clean house, and help others.

Bill F.

WHAT IS A PANEL?

People who care
Place to share
Power of the program
Possibility for change

Answers to questions
Action in service
Attitude adjustment
Accountability to fellows

Near death experiences
Nervous laughter
Nice tries
New beginnings

Eager listeners
Even more eager speakers
Exploration of addiction
Effects of sobriety

Love from strangers
Looks of hope
Lots to hear
Life to look forward to

Emily B.



Original artwork submitted by Natalie G.

Group Contributions to Central Office, July

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.

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50%—Central Office
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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.			We 10:00A-Over 50 Single	100	200	We 6:00P-Beg Disc, 20456		285	Sa 7:00A-Jumpstart Hybrid 41	443	1,027	
			Sa 10:30A-F-Troop Disc. GG		200	Th 7AM-Attitude Adjustment L		75	Sa 8:00A-Dover Men's Stag, 7		965	
			HUNTINGTON BEACH						Sa 8:00A-E Z Risers, 2046			1,103
			Dly 8:00A-Huggers II, H.B L	150	1,450	Fr 6:00P-Happy Hour Hybrid		190	ORANGE			
			M-Sa 6:00A-Early Birds, How		100	Fr 6:55A-(W)'s Workshop BB	256	256	Su 11:00A-Book Study, 2191		90	
			M-Sa 7:30AM Attitude Modicfi	25	80	Fr 6:00P-Fri Nite Literature Di		513	Su 7:00P-Sunday Night Spkrs		55	
			M-F 7:00A-As Bill Sees it H	84	291	Fr 7:30P-Here and Now (Hybri	50	50	Mo 12:00P-12&12&12, OFC		40	
			Su 6:00A-Cover To Cover,		200	Sa 7:00A-Whale Watchers (M)	196	1,499	Mo 5:30P-Rush Hour Discuss		200	
			Su 9:00A-On/Beach, Lifegrd		120	Sa 12:30P-Into Action 20456	143	256	Tu 12:00P-Discussion, 2191 O		100	
			Su 10:00A-Sober Sharing,	111	361	Sa 8:00P-Living Sober Speaker		300	Tu & Thu 12:00P-Brown Bag	100	400	
			Su 5:00P-How Hall Sunday Ni		50	LAGUNA HILLS						
			Su 5:30P-Conversations With		1,500	Su 4:00P-11th Step Med, 238	60	123	Tu 7:00P-Hard Park Newcom		140	
			Su 6:00P-Sun Night Topic Disc	200	200	Mo 6:30P-Men's BB/Step Stu		138	Tu 7:00P-Orange Tustin Gro		75	
			Mo 12:00P-Discussion		50	Mo 6:30P-W's 12&12 SS,Livin	350	625	Th 12:00P-Discussion, 2191		100	
			Mo 12:00P-(W)'s As Bill Sees	83	419	Tu 7:30P-By the Book, 23802		700	Th 5:30P-Rush Hour Discuss		485	
			Mo 5:30P-Recoverette's Wom	100	236	Sa 7:00A-Warmer-Upper, 238		458	Th 6:30P-Ladies Night Book		49	
			Mo 6:00P-Read n Chat Wom		80				Th 7:00P-Big Book Study, 11			100
			Mo 7:30P-(M) KIS, 1912 Flor		29	Sa 9:00A-Sat Morning (W) Step		140	Th 7:30P-777 (M) Beginner, 3		420	
	ALISO VIEJO			Tu 1:00P-Women's Harmony	50	631	LAGUNA NIGUEL			Fri 12:00P-Quality Serenity, 2		
Tu 9:30A (W) Discussion & Sp		200	Tu 6:00P-(W)'s 12x12 SS,		345	Mo 10:30A-(W) 12 & 12 Study			Th 10:00P-Drop in the Hat OF			100
ANAHEIM			Tu 7:00P-Beginners (M)'s, 19	500	2,455	Mo 5:30P-(M)'s What's the P			Sa 7:00P-Visiting Speakers			300
We 7:30P-Wed Night Gay Men		25	Tu 7:00P-Women's Serenity Bi		120	Tu 6:00P-(W) Emotional Sobri			PLACENTIA			
Fr 6:30P-Trans & Allies 202 W.		153	Tu 7:15P-Tues. Night Women		95	Mo 7:00P-Mon Nite Live Only			RANCHO SANTA MARGARITA			
CORONA DEL MAR			Tu 7:30P-Men's Last Gaspers		210	We 6:00P- BB 12&12 Study, 3			M-F 6:30A-Att & Grat, 30605 A			102 604
Tu 6:00P-(W)'s 12x12, 3233 P		352	Tu 7:30P-Newcomer (M)'s St		194	Fr 7:00A-(M)Back to Basics Ba			Mo 7:00P-Women Staying So			732
Tu 7:00P-CDM (M)'s Stag, 611		450 1,200	Tu 7:45P-Tues. Night Wome		20	Fr 7:00A-Ivy Glenn Men's Stag			Mo 7:30P-Charter (M)'s, 306			450
W 7:30P-Living Sober Dis		125	We 10:30A-Slogan Sisters		490	Sa 9:00A-Friday Morning Wo			Tu 7:30P-Old Time AA, 3032			780
Th 6:00P-Men's Happy Hour, L		100	We 6:30P-(W) Serenity Sister	125	589	Sa 9:00A-Meditation Meeting,			Th 6:00P-Broken Chains, Cal			280
Fr 7:30P-Rebels Group of CD		603	Th 10:00A-(W)'s BB Stdy, 18		75	Sa 6:30P-Candlelight, 24360			Th 7:30P-11th Step Spiritual			222 445
COSTA MESA			Th 7:545P-HB Dry Dock		100	LAGUNA WOODS			Fr 7:30P-Roads End, 30322			150 400
Su 11:30A-Here & Now Heller		180 180	Th 7:00P-11th Step Disc.,	100	400	Dly 7:30A-Do It Sober, 24442			Sa 6:30A-The Straight Pepper			350 350
Su 7:00P-Sun Speaker		100 100	Fr 10:00A-Step Sisters, 1863		252	LA HABRA			SAN CLEMENTE			
Mo 12:00P-Clean & Serene BB		350	Fr 6:00P-(M)Men In The Soluti	100	100	M-F 6:15A Topic Disc 631 N. E			San Clemente Friendship			125 625
Mo 12:30P-Back Bay Men's S		500 1,103	Fr 9:30P-NOCYPAA, 9812 Ha		140	LOS ALAMITOS			Mo 7:00P-N.O.I. (M)'s, 119 E			3,070
Mo 6:00P-As Bill Sees It C		100	Sa 7:00A-As Bill Sees It Hugg		300	Su 5:00P-Happy Hour Topic,			Fr 7:15A-(W)'s BB Study, 355			138 138
Mo 7:00P-2850 Men's Stag		700	Sa 7:30A-(M)'s Book Study,	100	740	Sa 6:00P-Saturday Nite Lite			SAN JUAN CAPISTRANO			
Tu 7:00P-(M)'s CDM Soup Kits		500	Sa 7:30A-Camel Group Men's		400	MISSION VIEJO			Dly 6:00A-Taking a Trip, 31891			1,192
We 12:00P-High Noon Steppe		210	Sa 9:30A-(W)'s BB Study, 1		80	M-F 12:00P-Disc At Elks, 259			Dly Various- San Juan Meeting			2400 4,400
We 8:00P-Recovery Radicals,		410	Sa 10:00A-(W)'s Closed Wo	199	485	Mo 7:00P-AA Way of Life, 26			Su 5:00P-1 Hr Top Disc, 32222			300
Th 7:00P-Airport Landing M		78	Sa 7:00P-Sat Nite Live B		375	Tu 7:30P-By The Book 26001			Mo 5:00P-(W)'s Solutions,			573
Th 7:00P-Thurs Night 1st Step		197	IRVINE			We 9:30A-(W)'s Discussion, 2			Tu 6:00P-Men's Stag Disc/M			530
Th 7:30P-Men's Stag Candle,		200	Dly 6:30A-Sunrise Sobriety, 44		597	Th 9:30A-Women's 12 & 12, S			Th 6:00P-Do the Steps, 32202			1,203
Fr 6:30P-Women in Solution, 2		100	M,T,W,F 6:30A-It's A New Mor	1,224		Th 6:30P-3 G's Meeting, 26872			Th 7:30P-(M)'s Q & A/Gator M			579 957
Fr 7:00A-DW Mtg		188	Dly 7:00A-Solutions Group at	1625	5,575	Th 7:00P-Sober Ladies Candle			Sa 6:30A-Eye Opener, 32202			1,000
Fr 7:30P-Creative Share, 2525		60 180	M & W 12:00P-Alton Noon, 5		0	Sa 7:00P-Orange County Grp			Sa 8:00A-(M) Black Print Only			50
Sa 7:00A-A.R.K. 700 Victoria		50 50	Sa 7:00P-Sunday Night Big		200	NEWPORT BEACH			Sa 7:30P-Saturday Night Open			600
Sa 9:00A-OG Sat Men's Stag		366	Mo 5:00P-(W)'s Mariners Blue	79	408	Dly 6:30A-Round Table Discus			SANTA ANA			
Sa 9:30A-Charle Street Overfl		125	Mo 7:00P-Men's Big Book Stu		250	M-S 6:30A-Jumpstart Disc, 414			Su 5:00P-Two or More, 721 N.			187
Sa 6:00P-Sat. Night Refugees,		207 422	Mo 7:30P-Mon Women's Disc	145	968	M-Th 12:00P-Nooners, 414 E.			We 7:00P-Women's Solution, 1			100 582
DANA POINT			Tu 6:00P-W's Courage To Cha		327	M-F 6:30A-Chicken Coop Rou			Tu 8:00P-Gay Men's Stag, 614			50
Sa-Su 7:00A-Sunrise Group, 2		4 1,871	Tu 7:00P-Men's Keep it Simpl		310	M-F 6:45A-Attitude Adj, Bays			Th 6:30P-Women's Living			18 206
Mo 5:30P-(W)'s Disc, Enseña		117 517	We 12P-Alton Noon Grp Hybr	148	338	M-F 12:15P-Shark @ Aquatic,			SEAL BEACH			
Tu 7:00A-Men's Stag 33501 S		305	We 6:30P-BB & 12x12, 1842	300	300	M-F 5:30P-Fish Out'a Water,			Mo 7:30P-Speakers, 500 Ma			442 1,399
We 7:00A-Men's 10th Step B		1,476	Th 12PM-Mariner's Men's	100	100	Su 9:30A-Sandy Survivors, 15			We 7:30P (W) Step Study, 138			225
We 6P-Pines Park Disc 34941		250	Th 6:30P-Women Wander		150	Su 7P-Speakers NB Alano C			Th 6:00P Seal Beach Women's			56 220
We 6:00P-Sisters of Sobriety 2		280	Fr 12P-Fri Women's As Bill		175	Mo 6:30P Solid Solutions Wo			SILVERADO CANYON			
Th 7:00A-Th Morn Men's Topi		869	Fr 7:00P-Winning Ticket Book		102	Mo 7:00P-Over 40 Disc., 1099			Thu 7:00P-Silverado Canyon			231
Th 7:00A-Men's Stag Gloria D		228	Sa 9:15A-12&12 Step Study		90	Mo 8:30P-Balboa Island Step S			SUNSET BEACH			
Fr 6:00P-The Rabbit Hole,		500	LAGUNA BEACH			Tu 5:30P-Men's Stag St. Andr			Su 7:15A-Sober Sunday Sunri			84
Sa 7:00A-(M)'s 10th Step BS,		298	Dly 7:00A-Canyon Club Attitu		2,288	Tu 7:00P-East Bluff Men's Sta			Su 9:00A-Sober On the Sand,			150
Sa 9:30P-Pines Park Discuss		165	Su 7:00A-Whale Watchers (M)		2,164	Tu 7:30P-Balboa Broads, 600			Su 10:00A-Sunset Beach On			60
FOUNTAIN VALLEY			Su 10:00A Heisler Park Discu		480	We 5:45P-Rigorous Honesty			Su 11:00A-Inner Peace Grou			427
Dly 6:00A-Early Birds Disc., F		210 1,834	Mo 7:00A-164 & More		604	We 6:00P-Castaways, 798 D			Su 7:00A-Sunset Beach Big			86
Dly 8:30A-How it Works FVAC		40	Mo 6:30P-Women's Big Book		432	We 7:30P-Wed Night Men's St			Mo 4:30P-(W)'s Hour of Pow			50 300
M-F 6:00A-Solutions FVAC		50	Tu 12:00P-Tuesday Noon Wo		350	Th 9:30A-Closed Women's 12			Mo 6:00P-12 & 12 Step Stud			50
Sa-2P Women's Big Book Hot		65	Tu 5:30P-South Coast Men's S	842	3,099	Th 7:00P-Over 40 Disc., 414 E.			Tu 7:00A-Attitude Ad			83 310
GARDEN GROVE			Tu 6:30P-Disapproved Literat	115	115	Th 7:00P-Women's Candlelight			Tu 8:00P Nomads Mens Stag,			158
MTh 10:30A-We Are OK Tod		600	We 7AM-6th Sense in Action		55	Th 7:30P-Balboa Speaker Gro			We 12:00P-Noon Promises			45 125
Su 11:00A-Sunshine Pumpers		200	Mo 12:00P-Anything Goes C		250	Fr 12:15P-AA Business Mtg. M			Th 7:00A-Thur at Thursdays			45 125
Tu 7:30A-AA Participation T		25 50										
Tu 6PM-AA Participation GG		150										

Continued on page 14

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

7:30PM, 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

7:00PM, Sunday
IN-PERSON
Legacies Group Speaker Meeting
 24442 Moulton Pkwy.
 (Laguna Country United Methodist
 Church)
 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.

09/05 Shane
 09/12 Gino
 09/19 Aaron
 09/26 Jim G.

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			We 7:00A-Sunset Beach Th			Richard K.			Receipt #2799, Ck 7897, 2/27,		
Th 5:30P-(W)'s Disc, 16865	36	180	We Night Bubba Effect Spe		240	Robert R.		15	105	Venmo, 3/8, Irvine Men's Stag	376
Fr 12:00P-Drunk Busters, 16		400	Fr 7:00P Fishbowl Open Dis		5	Ronald B.		50	252	Venmo, 3/9, BPO Saturday 8	275
Fr 6:00P-I Never Had It So	270	1,506	Fr 8:00P Friday Night Beginn		5	Saai S.			8	Receipt #2814, Ck 147/ 3/9,	125
Fr ?-Sunset Beach Thursdays		142	MISC. DONATIONS			Scott F.			8	Receipt #2815, Ck 1157, 3/9,	114
Sat 5P Sunset Beach Discus		60	Birthday Donations	85	1,497	Stacey C.			2	Venmo, 3/16, Zoom? Topic Pa	100
Sa 7:00P-Rule 62 11th Ste		552	AA's 91st Birthday Celebration		91	Tami S.			50	Receipt #143 Morning Meditat	1
TRABUCO CANYON			Intergroup Body Meeting	209	1,217	Teresa M. Laguna Niguel	100	700	Venmo 6/1 Clay B need info(4		114
Th 7:00P-Silverado Book Stud		100	OCAA Convention May 1-3, 2		60	Thomas P. Huntington Beach			90	Venmo 5/2 Clay B need info(4	128
Sa 10:30A-Womens BB Stud		300	OC H and I, Irvine All Days		28	Tiffany S.			5	Venmo Clay B 488063 - no m	156
TUSTIN			Piggy Bank-Central Office	6	157	Todd B.			100	Venmo Chris B no mtg info 6/8	180
Dly 6:00A-Attitude Modificatio	402	2,469	South Orange County H and I,		27	Tom O			2	Receipt 3159 Kathleen Need	26
Dly 5:30P-Tustin Rush Hour,	1412	2,063	PERSONAL DONATIONS			Tracy H. (which Zoom?)			200	Venmo 7/5 Clay B. need mtg l	240
MWF 12:00P-Tustin Noon M		700				GROUP INFORMATION REQUESTED				Venmo 7/15 Ron W. need mtg	120
MWF 12:00P-Spiritual Expe	312	674	Alison J.	5	5	Receipt #2722, Ck 1632, Date			94	Rct #3138 Ck 1038 need info	150
Su 5:30P-The Other 12 and 12		70	Angie N. Torrance		100	Receipt #2601, Ck 0004, Date			324	Venmo Robin F Which BtoB M	250
Su 7:00P-Sober/Crazy Seap		486	Anna C.		5	Receipt #2600, Cash, 1/2, Ne			50	Venmo Jenn L. Mtg? 7/30	59
Mo 9:00A-Women's Unity Grp	50	150	Anonymous		25	Receipt #2790, Ck 1125 2/19			366	TOTALS	27,976
Mo 6:00P-New Beginning W's	20	126	Anthony G.		30						162,512
Mo 7:00P-(M)'s BYOB, 1201		270	Barbara K. Costa Mesa	25	75						
Tu 7:00P-Tustin BB Stdy, 225	89	594	Belen D.		16						
We 7:30P-Copycats (W) B		169	Bill F. Anaheim	100	100						
Th 9:00A-Women's Step Study,		60	Bethany H.		2						
Th 7:00P-Tustin 12 & 12 Stu		150	Brett A.		125						
Fr 6:30P-It's in the Book, 225		399	Brittany H.		3						
Sa 7:30A-Tustin Acceptance,	1,000		Brian S.		21						
Sa 12:00P-Tustin Brown	400		Byron R. Mission Viejo		50						
VILLA PARK			Carin T.	167	167						
Dly 7:30A-Serenity Sunrise,	124	503	Cathryn F.		1						
WESTMINSTER			Chris O.		20						
Mo 6:00 PM-12x12 Beg., 1		150	Chris W.	25	75						
Fr 6:30P-Women of 5673		200	Christine L. Irvine	50	50						
UNLISTED GROUPS			Cindy Y. Brea	50	150						
Anonymous Meeting		131	Dave Stef.		10						
Charle St. Step House, CM		180	David B. Fullerton	10	70						
Su 7:00P-Men's Stag Disc 2		154	Dawn M. Laguna Hills		32						
Mo 4PM-Magic Patio (M) Big		50	Diana Mcl.		3						
Tu 9:30A-(W) Double Winners	100	100	Ellen S. - Costa Mesa		90						
We 8:00P-Gay Men's LGBTQ		213	Erinn D.		25						
Mo 6:00P-12 & 12 Step Study		45	Esther S. Lowell, Ma		20						
Fr 8:00P-Anaheim House Gar		147	Faith B. Brea	25	105						
Fr 8PM AA/Alanon Sunset Be		192	Geofrey W.	50	350						
Sa 9:30A-Monastery Mtg	275	275	Guy K.		5						
WANDERING GROUPS			Jak H.		40						
We 6:30P Roving Men's Big Bo		450	Jeanette W.		20						
ZOOM MEETINGS			Jeff & Gabriella D.		1,000						
Dly 7:00A Attitude Adjust. Can	1319	3,225	Jennifer J. Costa Mesa	20	61						
Dly (No Tu) 6AM Not Taking a	122	122	Jennifer L.		20						
Back Bay Men's Zoom		147	Jennifer S.		5						
Dly 6:00A-Upon Awakening		221	Jonathan W.		5						
Dly 6:05P-Sunset Meeting	168	626	Joy H.	40	40						
Dly (no Sa) 7:00A-Daily Ref	449	930	June L. Irvine	75	225						
Dly 7:05A-Attitude Adjustment		516	Kevin A.		50						
Dly 12:00P-Noon Time Recov		75	Kim S.		5						
Dly 7:00P-Fishbowl Meetings	200	704	Lee B.		5						
Dly Alkie's Winner Circle		134	Lori S. Huntington Beach	6	6						
Dly 7:00A Early Birds		92	Lynn H.		30						
Mo 7AM Sunset Beach Zoom		60	Marc T.		0						
Mo 6:30P-EZ Does It Big Book		56	Marilyn C. San Clemente	25	150						
Sa 12:00P Tustin AWC (Alkies		113	Mateo D.		4						
Sa 9:30A-12&12 Study		63	Matthew D.		2						
Su 7:00A-Attitude Adjustment		2	Melissa G.		10						
Su 7:00A-Montage Beach		249	Michael O. Santa Ana		100						
Su 7:00A-Whale Watcher's Zo		419	Michelle P.		5						
Su 9:30A Sandy Sobriety 7th		155	Mo Costa Mesa		40						
Su 6:00P Sunday Night As Bill	25	110	Nicole M.		2						
Tu 5:00P-Grit & Grace (W)	100	105	Paige S.		5						
We 5PM- East Meets West		40	Patricia M. Huntington Beach		1,050						
We 5:00P-(W) Closed BB SJC		341	Peter A. Aliso Viejo		50						
We 7:00A Women's Dana Pt.	115	839	Randy U.		2						
We 7:00A-Women's BB Study	244	244	Richard J. Brea	81	81						

I Continue to Make Amends

(continued from page 1)

I have learned, through the thoughts and ways of the God of my understanding, that thoughts toward others as well as toward myself can either bring harm or blessing, not only to them but also to me. So, I now cast down thoughts and imaginations in my mind that are negative and call forth thoughts to line up with what my Higher Power says about them. My experience continues to be that God is love and that He delights Himself in my spiritual development. This understanding allows me to practice love and tolerance of myself, bursting forth with "love and tolerance of others" (our code on [page 84 of the Big Book](#)) as I continue to make direct amends to those I have harmed or injured through a flippant and negative attitude, residue of my own past hurts or disappointments.

This powerful revelation has catapulted me to make direct amends to this man, regardless of the fear (flip side of pride) that was consuming every part of my being. I began that action by praying day and night for God to grant me the sincere desire to make amends for my flippant attitude toward him and that my motive be not dishonest nor self-seeking ([Big Book, p. 86](#)).

The next time I saw this man was at a meeting. I asked if he had a few minutes to privately talk after the meeting. He obliged, I was able to face him, looking into his eyes, and relay that my Higher Power had revealed to me that I had been flippant and rude when he had asked if I was going to a recent fundraiser. I felt tears rise up in my heart for what appeared to me to be healing in his heart, although he did not express such. And I was okay with that because I had no expectations, only a sincere desire to make proper amends to him. And I was overwhelmed with gratitude for the grace and courage God had bestowed upon me to directly make amends to this man. I felt healing flowing like a river, with nothing in the way of the flow, with a new freedom and a new happiness ([Big Book, p. 84](#)). I felt my "whole attitude and outlook upon" him change instantaneously ([Big Book, p. 84](#)). It was definitely a God wink of restoration for my parched soul.

A short addendum: in my understanding of God, there are signs, dreams, and visions that He brings to me which birth encouragement, confirmation, ad infinitum. And in the week following the above experience with this amend, there were three signs and one dream confirming that my amend to this man was healing for the injury I had imposed upon him, even though he did not express such. It was more than just an "I'm sorry." It wasn't a Band-Aid to cover up my guilt. It was a sincere amend for what my defect had attempted to hurt him with, a mending of my torn flesh unknowingly attempting to tear his flesh due to the jealousy mentioned in paragraph one of this article. This experience has allowed me to realize, at a deeper level than ever before in any of my past amends, that I can either bring healing or hurt to myself and others as I practice the value of the miracle which Step Nine affords me: "Made direct amends to such people wherever possible, except when to do so would injure them or others."

Effie R.

UPCOMING EVENTS



Original artwork by Chris E.

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

September 25-27

Easy Does It Weekend

Camp Seely
250 N. Highway 138
Crestline, CA

www.easydoesitweekendinc.org

October 1

Lifeline Writing Workshop

7-9PM
Zoom ID: 886 0942 7655
Password: lifeline

October 2

Soberfest Family Feud

Community of Christ Church
395 S. Tustin St.
Orange, CA
714-980-1186

October 29-November 1

63rd Annual Hawaii Convention

Waikiki Beach Marriott
2552 Kalākaua Ave.
Honolulu, HI

www.annualhawaiiiconvention.com

November 1

OCAA Intergroup Bowling Event

Irvine Lanes
3415 Michelson Dr.
Irvine, CA
234-380-9304

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

ALCOHOLICS ANONYMOUS
ORANGE COUNTY INTERGROUP ASSOCIATION
STATEMENT OF INCOME & EXPENSE
PERIOD ENDING 07/31/2026 UNAUDITED

	Jul 26	Jan - Jul 26
Ordinary Income/Expense		
Income		
Literature Resale	86.00	4,235.84
Bank Adjustments	0.00	0.30
Birthday Donations	91.00	1,635.46
Group Donations	27,289.69	156,381.01
Individual/Fellowship	677.50	4,908.95
Interest Earned	377.03	3,265.19
Literature Sales	5,218.75	40,257.49
Merchandise Sales	0.09	0.10
Shipping and Delivery Income	-7.50	-40.00
Total Income	33,732.56	210,644.34
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	4,402.95	37,167.41
Cost of Literature Sold - Other	0.00	0.00
Total Cost of Literature Sold	4,402.95	37,167.41
Shipping / Misc. Adjustments	-222.00	-776.40
Total COGS	4,180.95	36,391.01
Gross Profit	29,551.61	174,253.33
Expense		
Accounting	5,118.75	8,303.75
Auto Expense (all Mgrs.)	85.19	680.90
Bank Charges	0.00	56.00
Convention & Svs Event Expense	0.00	1,319.33
Copier Expense	256.83	302.29
Credit Card Expense	410.47	2,735.19
Freight and Shipping Costs	0.00	0.00
Insurances	475.30	2,413.40
Intergroup Expense	207.04	3,126.46
Internet Expense	184.21	1,289.47
Lease Expense	284.05	1,988.35
"LIFELINE" Expense	1,910.00	12,995.00
Maintenance & Repairs	160.00	1,421.72
Offices' Supplies & Expenses	1,893.71	3,046.82
Payroll Tax Expense	985.87	6,262.52
Postage	0.00	342.15
Public Info Expense	711.06	968.58
Reconciliation Discrepancies	0.00	0.10
Reimb. Health	1,000.00	6,600.00
Rent Main/Satellite Offices	4,520.54	32,767.36
Returned Checks	0.00	200.75
Salaries	11,018.89	75,988.68
Taxes & Licenses	0.00	21.00
Telephone Answer Service	336.48	1,682.01
Telephone Expense	50.00	1,022.73
Utilities	77.30	420.51
Volunteers Coffee & Water	0.00	309.50
Website Expense	599.97	2,759.91
Total Expense	30,285.66	169,024.48
Net Ordinary Income	-734.05	5,228.85
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	-734.05	5,228.85

** PRUDENT RESERVE INFORMATION:

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: \$139672.36 (71% of Maximum Prudent Reserve).

Note 3. Operating Fund Calculation: ST \$1585.21 + VM \$3188.46 + PP \$99.73 + CID \$50.00 + COH \$100.31 + BOA \$41351.79 = \$46375.52

Lifeline

September Word Search

Name _____

Email address _____
or phone number _____

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

AMENDS
COMMITTEES
CONSENT
OBEDIENCE

JUDGMENT
ATTITUDE
FORTHRIGHT
CONSEQUENCES

REPARATIONS
PEACE
RESPONSIBILITY
ORGANIZED

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 OCTOBER 15th

Congratulations to July's winner, Greg G.!