

Lifeline

Experience, Strength, and Hope in Orange County

ADVENTUROUS PERSISTENT PERSEVERANCE (APP)

According to [Twelve Steps and Twelve Traditions \(12 & 12\)](#), “the adventure of a new life” in sobriety begins after we’ve completed Step Nine ([p. 88](#)). By then, my compulsion to drink was greatly reduced and I was well into experiencing the Ninth Step Promises ([Big Book, pp. 83-84](#)). I was ready to learn how to maintain what I’d gained, beginning with Step Ten (*see p. 4*). Adventure, indeed.

An AA principle aligned with the [Tenth Step](#) is perseverance: steadfastly pursuing a goal despite challenges or delays. Lifelong sobriety also requires persistence to create, develop, and maintain self-awareness, principles, and spiritual growth. We persevere by using AA’s tools and practicing Step Ten’s inventory.

“Oh no! Not another inventory!” you say. Chillax. Having already done Steps [Four](#) and [Eight](#), we know how to take inventory and which character defects to watch for. Step Ten is a simple daily review of my behavior, looking for times I was selfish, inconsiderate, angry, self-centered, or fearful, then promptly admitting when I was wrong.

Step Ten is a spiritual application, or “app.” Digital apps track health, improve communication, and facilitate daily tasks. Step Ten helps us track spiritual health, improve communication and connection with our Higher Power, and monitor character defects so we can reduce the harmful patterns that contribute to drinking and damaged relationships.



Photo credit: Heather S.—Pumpkin City, Laguna Hills

AA now has its own digital app: [Everything AA](#). It not only offers free access to Conference-approved literature, including the [Big Book](#), [12 & 12](#), and [Living Sober](#), and a meeting finder, but a way to complete my Tenth Step. Its “Nightly Review” tab lets me document my daily inventory and track missed days, which helps me avoid complacency and procrastination.

Still, whether I do my daily inventory on an app, on paper, in my head, or on my knees, it’s not just another AA to-do item. Whatever method I choose, *how* I do it matters as much as doing it.

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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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Santa Ana, CA 92705
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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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Website: www.oc-aa.org

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

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

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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.

**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 focused on [Step Ten](#), [Tradition Ten](#), and [Concept X](#). I hope you'll read our cover story by Ron B., "Adventurous Persistent Perseverance (APP)." Ron writes about Step Ten, including a way to do a nightly review on the [Everything AA](#) app. It's worth checking out if you haven't tried it before. I also hope you'll read Effie R.'s article, "We Continue to Take Personal Inventory" on page 8. She writes about Step Ten and the importance of not just saying "I'm sorry." There are also a lot of AA events coming up, so please take a look at the flyers on page 9 as well as the flyer on page 6 for the Central Office Open House coming up in November.

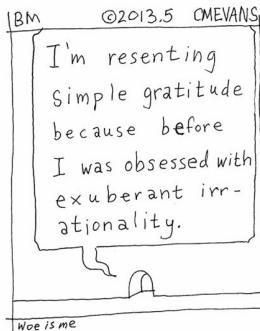
When I think of Step Ten, I remember how I would talk about my day with my husband when we were newly dating. We would talk about highs and lows, and he would say when he acted out of love or acted out of fear. I asked him, "Wait, are we doing a Tenth Step together?" It's amazing how simple a Tenth Step can be. It's harder, of course, to recognize when I'm wrong AND to admit it promptly. My husband and I occasionally argue. Sometimes I wait for my husband to inevitably recognize that he was wrong and apologize first, but I am regularly at fault as well. These are the times I am grateful to be in an AA marriage. We both apologize, recognize our part in the disagreement, and vow to make changes going forward. It's more difficult in the outside world when I get frustrated that other people don't work a program. It is of no importance. I continue to take inventory and make amends for my sobriety.

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

Jennifer J.
Lifeline Editor



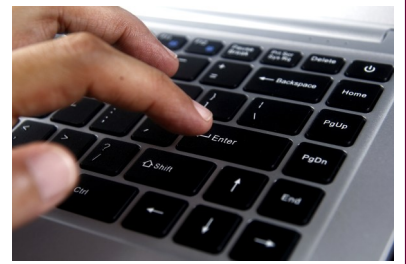
Orange County Intergroup Association –
of Alcoholics Anonymous
www.oc-aa.org



Original artwork submitted by Chris E.



Submitted by Nick S. from the Thursday night "To the Steps" meeting in San Juan Capistrano, in honor of Joe Q.



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).



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

November meeting will be held on the third Wednesday, 11/18

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 Ten: *“Continued to take personal inventory and when we were wrong promptly admitted it.”*

Although all inventories are alike in principle, the time factor does distinguish one from another. There’s the spot-check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There’s the one we take at day’s end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due. Then there are those occasions when alone, or in the company of our sponsor or spiritual advisor, we make a careful review of our progress since the last time. Many AA’s go in for annual or semi-annual house-cleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation ([Twelve Steps and Twelve Traditions](#), p. 89).

Tradition Ten: *Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.*

This Tradition states that no AA group should ever express opinions on behalf of AA. This includes opinions on risky or controversial issues like politics, policies about the sale or use of alcohol, or religion. Alcoholics Anonymous has no argument with anyone. And because of this, groups should not express views on difficult subjects. ([Plain Language Big Book](#), p. 163).

Concept X: *Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.*

“It is perfectly clear,” says Bill, “that when *delegate authority* is operating well, it should not be constantly interfered with.” Otherwise, he warns, “those charged with operating responsibility will be demoralized.” For example, the General Service Board owns the two operating corporations and its authority over them is absolute. “Nevertheless, so long as things go well, it is highly important that the trustees do not unnecessarily interfere with or usurp the operating authority of these entities.”

“To sum up; Let us always be sure that there is an abundance of final or ultimate authority to correct or reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.” ([Concepts Illustrated](#), p. 21).

[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?

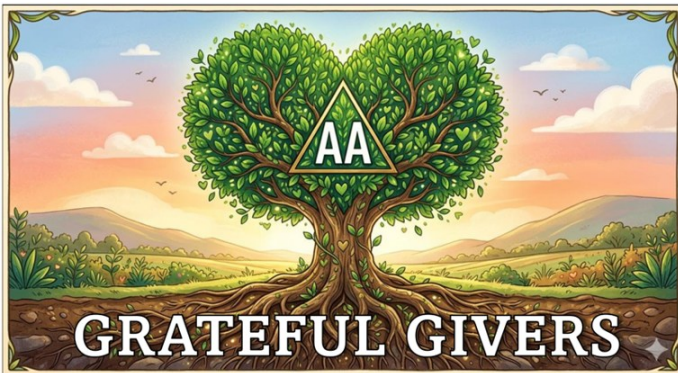
Tradition Ten: *Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.*

1. Do I ever give the impression that there really is an “AA opinion” on Anabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

(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.
Christine L.
David B.

Jennifer J.
Ronald B.
Terry M.
Enoch K.
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

Milan K.	Newport Beach	1 year
Adam C.	Costa Mesa	2 years
Adam E.	Tustin	5 years
Darren J.	Costa Mesa	10 years
Julie M.	Costa Mesa	11 years
Nancy D.	Irvine	25 years

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

In keeping with AA's Seventh Tradition, we only accept contributions from AA members or groups.

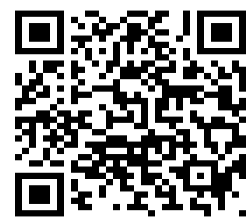
Support Your Central Office

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:

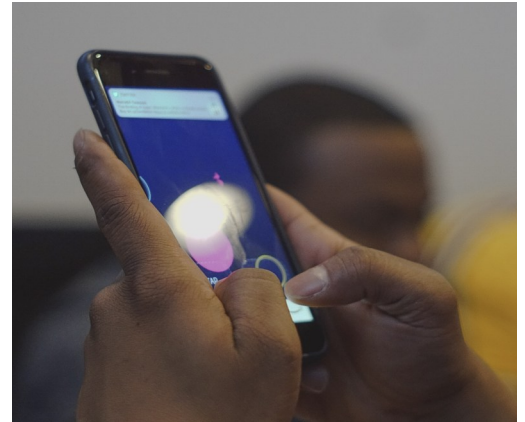
ORANGE COUNTY CENTRAL OFFICE
1526 Brookhollow, Suite 75
Santa Ana, CA 92705

@OCAAINTERGROUP



OFFICE CALLS TOTAL=292	CENTRAL OFFICE ACTIVITY AUGUST 2026			
After hour calls not included	General Info	Meeting Info	12 Step Calls	Visitors
CENTRAL/SATELLITE	130	155	7	148

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



Orange County Central Office

Open House

Sat. Nov. 14th, 11am-3pm

Cider & Doughnuts, Chili & Cheese
50/50 Raffle

Gratitude Tree, Games, Fun & Fellowship
You're welcome to bring a newcomer or a dish to pass

1526 Brookhollow Suite 75 Santa Ana, CA 92705

Archives Corner

"The Shack"

When Bill and Lois Wilson moved to [Stepping Stones](#) in Bedford Hills, New York, in April 1941, they finally had a home of their own after spending about two years moving from place to place. Stepping Stones became an important part of the history of [Alcoholics Anonymous](#). It was also where Bill did much of his writing.

Up the hill from the main house is a small cinder block building that Bill used as his writing studio. Bill called it "The Shack." Lois jokingly called it "Wit's End." The name came from times when people would call looking for Bill. Lois would tell them that Bill was not home because he was at his "Wit's End."

Bill had the studio built with help from an AA friend because he needed a quiet place away from the activity in the house. Stepping Stones was often a busy place, with AA members and friends visiting, so the studio gave Bill a private place where he could think and write.

Inside the studio is Bill's large writing desk. The desk originally came from Newark, New Jersey, where Bill worked on much of the first 164 pages of [Alcoholics Anonymous](#). The desk was later

moved to Stepping Stones. It still has cigarette burns on it, a reminder of the years Bill spent working there.



"The Shack"—Stepping Stones

At Stepping Stones, Bill wrote several important AA books and writings. Among them were [Twelve Steps and Twelve Traditions](#), [AA Comes of Age](#), and [As Bill Sees It](#). He also wrote many letters and speeches and more than 100 articles for the AA *Grapevine*.

The small studio contains other reminders of Bill's life and AA history. There are photographs, documents, several versions of the [Serenity Prayer](#) in different languages, and items belonging to Bill's spiritual adviser, Father Ed Dowling.

Today, Bill's writing studio remains one of the most meaningful places at Stepping Stones. It is a simple little building, but the work done inside it had a lasting effect on Alcoholics Anonymous and millions of people who have found recovery through the Twelve Steps. Sitting at Bill's desk makes it easy to imagine him working quietly on the words that would become part of AA history.

Mary G.
MSCA 09 Archives

"Joy of life seems to arise from a sense of being where one belongs . . . All the discontented people I know are trying sedulously (actively) to be something they are not, to do something they cannot do." -David Grayson

All too often in life, we become discontented with our conditions, and then the futile search for something to fix us begins. We get so busy complaining about the storm that we forget to look up and see the rainbow that's been there the entire time. As newcomers, we were agitated and lost, so trying to "find ourselves" was understandable.

We hated ourselves, and we knew we wanted to be anything but what we had become. Even in recovery, as we gained time, careers, relationships, and other aspects of life, our old, agitated thought patterns would rear their ugly head.

Instead of looking inward, which can be an uncomfortable proposition, we sought materialistic or other ego-driven pursuits. I tried looking in my wallet for happiness, but I didn't find it until I opened my heart. Only after becoming immersed in self-pity do we find the willingness to truly examine ourselves and how our behaviors can lead to uneasiness. Realizing that self is the foundation of all my anxiety or distress was liberating.

This epiphany freed me to process deep-seated issues that I had suppressed for so long. By facing myself and releasing those things that disabled me, I was able to become who I was always meant to be. Accepting yourself is one of the greatest gifts this program gives us, but it is up to us to take the necessary action. If it's important to you, you'll find a way; if it's not, you'll find an excuse.

Anonymous

We Continue to Take Personal Inventory

The first half of [Step Ten](#): “Continued to take personal inventory” has a more gentle meaning to me each time I am practicing it than it did in decades of my sobriety journey. One of The Promises in our [Big Book \(p. 84\)](#), “our whole attitude and outlook upon life will change,” continues to be a new, refreshing spiritual experience for me. Other people's lives and problems seem to leave me with no clear direction from my own life, until I continued to take my personal inventory instead of unconsciously taking inventory of others. I also took on false responsibilities for others and was not identifying what I wanted or needed. But as I continued to pay more attention to the mental and physical maladies I was encountering, it became clear that a spiritual solution could straighten out those mental and physical maladies ([Big Book, p. 64](#)).



I can only “continue” to take personal inventory by working my way to Step Ten through the preceding nine Steps. And this must become an intuitive part of my faith journey in order to increase and maintain self-esteem. I cannot ignore what is right and good in me when taking personal inventory, and yet, that is exactly what I had been doing for decades of my sobriety. I had unconsciously been holding on to guilt and shame from past relationships, and I could not move forward out of tiring so easily and burning up energy foolishly ([Big Book, p. 88](#)). I was ignoring what was right in my life, even though I was practicing the principles in all my affairs (Step Twelve), taking the Steps on a regular basis, and keeping busy with numerous service commitments.

I finally realized that guilt and shame were holding me hostage, and I could not accept the good in me, even though I offered the good and bad to my Higher Power, God, in my daily Seventh Step Prayer ([Big Book, p. 76](#)). I have developed a wonderful, trusting relationship with the God of my understanding and experienced miracles akin to grains of sand: too many to count. Yet I was so laden with undergirding guilt and shame that it periodically sunk in and felt real. It propelled me into not being able to accept what others wanted to bless me with by saying, “Oh, you don't have to do that.”

Step Ten is allowing me different options to stop the mental and physical pain of avoiding the view I had about compulsive behaviors being the

answer to how I felt about myself. And those options are found in the

Twelve Steps of AA's Principles and the release, freedom, and healing that come from continuing to take personal inventory, not only of the bad in myself, but also learning to focus on the good in me and the people about me.

No longer am I compelled to have an ongoing monologue of negativity which says, “I'm sorry.” The first part of Step Ten continues to remove me from that false responsibility, as well as from another layer of pride which deludes me into thinking I had admitted it when I was wrong by using the Band-Aid of “I'm sorry.” Experience continues to remove

Band-Aids which covered up fear(s) of admitting I was wrong as I continue to take Step Ten.

And courage to change the things I can (part of our Serenity Prayer) continues to allow me to experience energy changes in myself, the environment, and the people about me. “This is not an overnight matter; it should continue for a lifetime” ([Big Book, p. 84](#)). This page also reminds us that “love and tolerance is our code” and that “we have ceased fighting anything or anyone” ([Big Book, p. 84](#)). The more I do the Tenth Step, the less I fight accepting the good in me. And the less I find myself drifting into worry, remorse, or morbid reflection, I am able to employ my mental faculties with assurance with the brains God gave us (me) to use ([Big Book, p. 86](#)).

This knowledge has allowed me to admit, without shame, that I suffered from grave emotional and mental disorders ([Big Book, p. 58](#)). And it guided me to the truth that I am an alcoholic who could be relieved of alcoholism if God were sought ([Big Book, p. 59](#)).

I am forever grateful for the years of grave emotional and mental disorders which propelled me to seek God for the relief of alcoholism and for the continuing bonus of release, freedom, and healing from undergirding shame and guilt. New doors of opportunity for the good in me to see, accept, and take action on are giving me a vision to see the good in everyone and everything. And as I do, the “I” in me vanishes, being replaced with “we.”

And as we continue to take personal inventory of ourselves, we gain a clearer view of the hidden talents that await to blossom as we learn to focus on the good. This doesn't mean ignoring the bad, nor the wrong. It simply means, in my perspective, to embrace the good and admit it when we are wrong, without the Band-Aid of a meaningless “I'm sorry.” May we continue to take personal inventory, and when we are wrong, promptly admit it.

Effie R.

And as we continue to take personal inventory of ourselves, we gain a clearer view of the hidden talents that await to blossom as we learn to focus on the good. This doesn't mean ignoring the bad, nor the wrong. It simply means, in my perspective, to embrace the good and admit it when we are wrong, without the Band-Aid of a meaningless “I'm sorry.”

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
CJ D.
234-380-9304
Call or Text

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

Intergroup Event

Meeting Spotlight

Monday Night Dana Point Women's Closed Discussion Meeting

5:30–6:30 pm Mondays

Dana Point Harbor
At the OC Sailing & Events Center

24451 Ensenada Place, Dana Point
Right by Baby Beach!

Newcomers Welcome!

October Pamphlet of the Month

EXPERIENCE, STRENGTH AND HOPE

Hispanic Women in A.A.



This [pamphlet](#) (P-90) features Hispanic women sharing their experience, strength, and hope.

[Pamphlets are available for purchase at [Central Office](#) for \$.60 each (**FREE with the purchase of a book**) and on www.aa.org.]

Lifeline

Concept X: Congratulations! You're Responsible—Good Luck with That

Concept X says that every service responsibility should be matched by equal service authority, with the scope of that authority clearly defined. In normal human language, that means if you give somebody a job, you should probably also give them enough authority to actually do it. Revolutionary, I know.

We have all seen the alternative. Someone is told, "Congratulations, you're responsible for this." Great. Can they make the decisions necessary to accomplish it? Not exactly. Can they use the money already approved for it? Maybe, but perhaps we should check with three other people first. Can they update the thing they are specifically responsible for? Well, has the Chair seen it? Has the committee discussed it?

Has the Board weighed in? Has anyone contacted the person who held the position three panels ago? At some point you start wondering whether the trusted servant was actually given a service position or sentenced to an elaborate scavenger hunt.

That is the problem Concept X is trying to prevent. Responsibility without enough authority is a recipe for confusion, frustration, and eventually a very long email thread nobody wants to read.

Think of it this way. Imagine being told you are responsible for making dinner, but you cannot choose the recipe, buy the groceries, or use the stove without approval. Three people would also like input on the potatoes. Dinner is still expected by six o'clock, of course, and at 6:15 somebody wants to know why you are behind schedule. Concept X quietly looks around the room and suggests that maybe the problem is not the cook.

AA loves the phrase "trusted servant." Sometimes, however, we seem slightly less enthusiastic about the trusted part. We elect someone, give them a service responsibility, tell them we have confidence in them, and then occasionally hover over their shoulder asking why they are doing something that way, whether they asked permission, and who told them they could make that decision. The awkward answer, of course, is often: you did, when you gave them the responsibility.

Concept X does not mean unlimited authority. It is not a spiritual hall pass to say, "I'm the Chair, therefore I can do whatever I want." That is not Concept X. That is how you end up scheduling an emergency inventory. The Concept specifically emphasizes that authority needs to be clearly defined. Our structures, guidelines, bylaws, job descriptions, policies, and group conscience should tell us what a trusted servant is responsible for and what decisions belong within that responsibility.

That clarity matters because one of the fastest ways to make service miserable is to give several people overlapping responsibility without clearly defining who has authority. Suddenly everyone is involved, everyone is confused, everyone has an opinion, and somehow there are forty-seven emails about a flyer. Nobody is quite sure who was supposed to make the final decision, but everybody is very certain that somebody else did it wrong.

Concept X asks us to define the lane and then allow the trusted servant to drive in it. That does not mean there is no accountability. It means we know where accountability belongs. What am I responsible for? What decisions may I make? What requires committee approval? What requires Assembly approval? What belongs to another trusted servant entirely? Those questions may not be exciting, but answering them saves an incredible amount of service drama.

There is also a spiritual lesson buried underneath all this organizational language. Giving someone appropriate authority requires us to let go of control. Ugh. We can establish policy, set boundaries, define responsibilities, and hold trusted servants accountable. But after we have done all of that, at some point we have to let them serve.

They may not write the email exactly the way I would. They may organize the event differently. They may choose a different format. They may even select a different font. Somehow, Alcoholics Anonymous will probably survive. Although if they choose Comic Sans, perhaps a loving group conscience is warranted.

The useful Concept X question is really pretty simple: Who is responsible, what authority have we actually given them, and do those two things reasonably match? If someone has authority without responsibility, we may have a control problem. If someone has responsibility without authority, we may have a structure problem. If nobody knows who has either one, congratulations — we have successfully created an AA committee.

Concept X reminds us that effective service does not require one person controlling everything. It requires clearly defined responsibility, clearly defined authority, accountability, communication, and enough trust to let trusted servants actually be trusted.

It sounds simple. Then again, so does "don't drink and go to meetings," and look how much literature we needed for that.

Brian S.

Lifeline

What's Going Down?

Times, they are a-changing. Self-will run riot, they say! I sought my Soul I could not see; I sought my God he eluded me; I sought my brother and found all three. Que cera, cera, whatever will be will be; the future will be what we strive to be.

*There's something happening there
People drawn seeking self-care
Ears hear echoes of crumbling clay
Their feet tread ashes of EGO decay.*

*Dusty remains of falsehoods powered by rage
Self-wills stagnant inside a hardened cage.
People tweaking their self-righteous minds
Hurling misguided thoughts at hapless Mimes.*

*It's time we stop
Hey, what's that sound?
Everybody look, what's going down!*

*It's come time for a spiritual retreat.
People gutter shuffling in the street.
Looking for that last house on the beat*

*Saying prayers and looking for signs
Spotted one on the last incline.
A scarlet red warning, NOW Is The TIME.*

*Hey, what's that welcome sound?
Everybody's friendly with laughter raining down.
Paranoia losing its paralyzing grip
When merriment oozes its golden drip.*

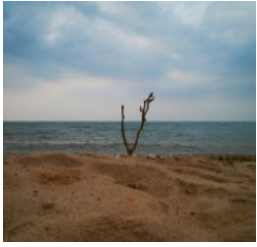
*Fear dissolves slowly and wilts away.
While hope triumphs for another day
It's time to be reborn and take a fervent stand.
And join the challenge to become human again.*

*Hey, what was that sound?
It was Old You crumbling down
And a New You breaking ground.
Hey People, what's that sound?
Everybody look, who's turned around?*

John G.



A Good Question



When doing my morning reading the other day, this question jumped out at me from the morning prayer section. “Do I live each day as though it were my last?” It was quite a question, one that I had to reflect on for a while.

In my youth and drinking days, in that space between my ears I was always going to be a hero or do something great before I died. These days, my day usually starts at 6:30AM, as it has since my time in the

Marine Corps. I get up and put last evening’s dishes away, feed the cat, check on the birds, then collect the solar lights and put them outside where the sun will hit them. In this process, while walking off the physical pain, I thank my Higher Power/God for another day of sobriety and ask that I do His will for me and not mine. From that point on until 11:30PM, when I lie down, I just do the next indicated thing.

I know my Higher Power/God does not want me to drink, be dishonest, be fearful, be resentful and angry, or be selfish. So, I immediately have a list of things I need to attend to through the next twenty-four hours. Our program allows me to deal with any of these issues that pop up to the surface. Our program allows me to deal with these issues while still having a purpose and being useful to those around me, alcoholic or non-alcoholic. Our program allows me to live a sober, useful life.

It was certainly not that way as a practicing alcoholic. I lived in constant fear and anger. Selfishness dominated my being. The problem, however, was that the more I fed that selfishness, using drink to make it okay, the emptier I became until there was a vast hole in my soul. In the end, alcohol could not take that emptiness away.

This is what I brought to the table when I came to [Alcoholics Anonymous](#) 16,699 days ago (according to this app on my phone). Due to the fellowship accepting me as I was and working the [Steps](#) of our program, change came—slowly, but steadily, over the years of sobriety as I continued to work these Steps.

Our program has allowed me to become honest, way less fearful, more tolerant, forgiving, less angry, to do no harm, and be useful to others. Our program gave me a loving Higher Power/God who helps me to be a better human being each day. All I have to do is not pick up a drink. In order to do that for each twenty-four-hour period, for this alcoholic, that means turning my will over to my Higher Power/God and trying to do His will. The Steps of our program provide the directions to be able to do this. The number of days sober is nice, but the only day that counts is today, this twenty-four-hour period!

So, in answer to that question, “Do I live each day as though it were my last?”, yes, I do because of our program and my Higher Power/God. I live by my Higher Power’s/God’s will, not mine. I have been on borrowed time since December 24, 1980. I hope your answer to the question is yes also. Attend meetings, don’t drink between them, and work the Steps.

Trust God, clean house, and help others.

Bill F.

TOOLBOX TIME

Without AA

I would be starting over today.

Relapse is a state of mind

That can escalate in a short time.

In a split second

On the turn of a dime

Stinking thinking got in my way.

I faced an obstacle

A question

A choice

A decision needed to be made.

I could not change the reality

I could change my reaction

It was toolbox time.

I connected with my sponsor.

I told the truth to my partner.

I stacked my hours with meetings.

I prayed.

I played the tape.

I wrote about my urge to escape.

I caught my intrusive thoughts.

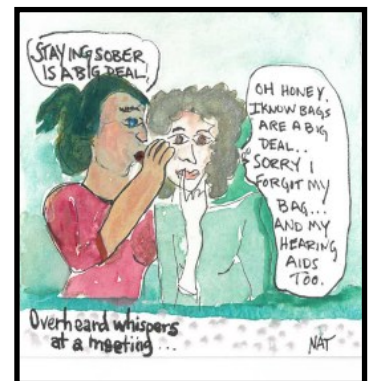
I checked my intentions.

I changed my actions.

I did not succumb to my addiction.

Thank you, Alcoholics Anonymous
For giving me the tools for relapse prevention.

Emily B.



Original artwork submitted by Natalie G.

Group Contributions to Central Office, August

Suggested Contribution Guide			Tu 7:30A-AA Participation Topic			50			Mo 6:30P-Women's BB & 12&12			432			We 5:45P-Rigorous Honesty Ga			180		
			Tu 6PM-AA Participation GG			150			Tu 12:00P-Tuesday Nodn Wome			350			We 6:00P-Castaways, 798 Dov			75		
50%—Central Office			We 10:00A-Over 50 Singleness			200			Tu 5:30P-South Coast Men's			3099			We 7:30P-Wed Night Men's Sta			175		
30%—General Service Office			Sa 9:15A-12&12 Book Study 9			40 40			Tu 6:30P-Disapproved Literature			115			Th 9:30A-Closed Women's 12x			202		
10%—Mid-Southern California			Sa 10:30A-F-Troop Disc. GGAC			200			We 7AM-6th Sense in Action LB			55			Th 7:00P-Over 40 Disc 414 E. 3			200		
Area 09			HUNTINGTON BEACH						We 12:00P-Anything Goes Cany			250			Th 7:00P-Women's Candlelight			60		
10%—Local Districts in Area 09			Dly 8:00A-Huggers II, H.B Lifeg			1450			We 6:00P-Beg Disc, 20456 LCR			285			Th 7:30P-Balboa Speaker Group			124 742		
			M-Sa 6:00A-Early Birds, How H			100			We 7:30P-SC Speaker Mtg, 286			1580 1580			Fr 12:15P-AA Business Mtg. Me			100		
			M-Sa 7:30AM Attitude Modifica			80			Th 7AM-Attitude Adjustment LB			75			Sa 7:00A-Jumpstart Hybrid 414			1027		
			M-F 7:00A-As Bill Sees it Hugg			133 424			Th 6:00P-Women's Stag, 20456			63			Sa 8:00A-Dover Men's Stag, 798			322 1287		
			Su 6:00A-Cover To Cover, 8121			200			Fr 6:00P-Happy Hour Hybrid			190			Sa 8:00A-E Z Risers, 2046 Mar			221 1324		
			Su 9:00A-On/Beach, Lifegrd T			120			Fr 6:55A-(W)'s Workshop BB,			256			ORANGE					
			Su 10:00A-Sober Sharing, 190			361			Fr 6:00P-Fri Nite Literature Disc.,			513			Su 11:00A-Book Study, 2191 N			90		
			Su 5:00P-How Hall Sunday Nig			50 100			Fr 7:30P-Here and Now (Hybrid),			50			Su 7:00P-Sunday Night Spkrs of			55		
			Su 5:30P-Conversations With a			1500			Sa 7:00A-Whale Watchers (M)'s,			253 1752			Mo 12:00P-12&12&12, OFC			40		
			Su 6:00P-Sun Night Topic Disc			180 380			Sa 12:30P-Into Action 20456 La			256			Mo 5:30P-Rush Hour Discussio			200		
			Mo 12:00P-Discussion			50			Sa 8:00P-Living Sober Speakers			300			Tu 12:00P-Discussion, 2191 Or			100		
			Mo 12:00P-(W)'s As Bill Sees It,			419			LAGUNA HILLS						Tu & Thu 12:00P-Brown Bagge			400		
			Mo 5:30P-Recoverette's Women			236			Su 4:00P-11th Step Med, 23802			123			Tu 7:00P-Women's Keep It Sim			91 372		
			Mo 6:00P-Read n Chat Women			80			Mo 6:30P-Men's BB/Step Study,			138			Tu 7:00P-Hart Park Newcomers,			140		
			Mo 7:30P-(M) KIS, 1912 Florida			29			Mo 6:30P-W's 12&12 SS,Living			625			Tu 7:00P-Orange Tustin Group 1			75		
			Tu 1:00P-Women's Harmony G			75 706			Tu 7:30P-By the Book, 23802			700			Th 12:00P-Discussion, 2191 Or			100		
			Tu 6:00P-(W)'s 12x12 SS, 19			130 475			Sa 7:00A-Warmer-Upper, 23802			458			Th 5:30P-Rush Hour Discussion			485		
			Tu 7:00P-Beginners (M)'s, 1912			500 2955			Sa 9:00A-Sat Morning (W) Step			140			Th 6:30P-Ladies Night Book Stu			49		
			Tu 7:00P-Women's Serenity BB			120			LAGUNA NIGUEL						Th 7:00 P-Men's BB Study, 2400			100 100		
			Tu 7:15P-Tues. Night Women's			95			Mo 10:30A-(W) 12 & 12 Study			300			Th 7:00P-Th Night BB Study, 11			100		
			Tu 7:30P-Men's Last Gasps,			210			Mo 5:30P-(M)'s What's the Purpo			360			Th 7:30P-777 (M) Beginner, 395			420		
			Tu 7:30P-Newcomer (M)'s Stag,			194			Tu 6:00P-(W) Emotional Sobriety			150			Fri 12:00P-Quality Serenity, 21			100		
			Tu 7:45P-Tues. Night Women's			20			Mo 7:00P-Mon Nite Live Only Cl			10			Fri 10:00P-Drop in the Hat OFC			100		
			We 10:30A-Slogan Sisters, 9812			490			We 6:00P- BB 12&12 Study, 3			319			Sa 7:00P-Visiting Speakers, 395			100 400		
			We 6:30P-(W) Serenity Sisters,			589			Fr 7:00A-(M)Back to Basics Ball			908 4913			PLACENTIA					
			Th 10:00A-(W)'s BB Stdy, 18631			50 125			Fr 7:00A-Ivy Glenn Men's Stag 3			250			RANCHO SANTA MARGARITA					
			Th 5:45P-HB Dry Dock			100			Fr 10:30A-Friday Morning Wome			400			M-F 6:30A-Att & Grat, 30605 A			604		
			Th 7:00P-11th Step Disc., 1912			400			Sa 9:00A-Meditation Mtg, 29102			400			Mo 7:00P-Women Staying Sobe			732		
			Th 7:30PM-Triangle Group BB S			1 1			Sa 6:30P-Candlelight, 24360 Yo			169 269			Mo 7:30P-Charter (M)'s, 30605			450		
			Fr 10:00A-Step Sisters, 18631			252			LAGUNA WOODS						Tu 7:30P-Old Time AA, 30322 V			238 1018		
			Fr 6:00P-Big Book Study, 16400			900 900			Dly 7:30A-Do It Sober, 24442			473 3567			Th 6:00P-Broken Chains, Calva			280		
			Fr 6:00P-Men in the Solution 1			100			LA HABRA						Th 7:30P-11th Step Spiritual Dis			445		
			Fr 9:30P-NOCYPAA, 9812 Ham			140			M-F 6:15A Topic Disc 631 N. E			170			Th 7:30P-Roads End, 30322			400		
			Sa 7:00A-As Bill Sees It Huggle			300			LOS ALAMITOS						Sa 6:30A-The Straight Pepper D			350		
			Th 7:45P-(M)'s Book Study, H.			135 875			Su 5:00P-Happy Hour Top			120			SAN CLEMENTE					
			Sa 7:30A-Camel Group Men's D			400			Sa 6:00P-Saturday Nite Lite (SN			150			San Clemente Friendship Center			125 750		
			Sa 9:30A-(W)'s BB Study, 19092			80			MISSION VIEJO						Mo 7:00P-N.O.I. (M)'s, 119 Estr			3070		
			Sa 10:00A-(W)'s Closed Wome			485			M-F 12:00P-Disc At Elks, 25902			1650			Fr 7:15A-(W)'s BB Study, 35522			138		
			Sa 7:00P-Sat Nite Live BB, 186			375			Mo 7:00P-AA Way of Life, 26872			392			SAN JUAN CAPISTRANO					
			IRVINE						Tu 7:30P-By The Book 26001			200			Dly 6:00A-Taking a Trip, 31891			1192		
			Dly 6:30A-Sunrise Sobriety, 44			597			We 9:30A-(W)'s Disc, 26051 Mar			362			Dly Various- San Juan Meetings			4400		
			M,T,W,F 6:30A-It's A New Morni			1224			Th 9:30A-Women's 12 & 12, St			760			Su 5:00P-One Hour Topic Disc			123 423		
			Tu 7:00A-Solutions Group 5001			5575			Th 12:00P-MV (W) BB Study, 26			1400			Mo 5:00P-(W)'s Solutions, 3238			573		
			M-F 12:00P-Take the Steps UCI			10			Th 6:30P-3 G's Meeting, 26872			750			Tu 6:00P-Men's Stag Disc/Mun			220 750		
			Su 7:00P-Sunday Night Big Bo			200			Th 7:00P-Sober Ladies Candlel			100			Th 6:00P-Do the Steps, 32202			1203		
			Mo 5:00P-(W)'s Mariners Blue B			50 457			Sa 7:00P-Orange County Grp			934			Th 7:30P-(M)'s Q & A/Gator Mtg			140 1097		
			Mo 7:00P-Men's Big Book Study			250			NEWPORT BEACH						Sa 6:30A-Eye Opener, 32202			1000		
			Mo 7:30P-Mon Women's Disc H			136 1104			Dly 6:30A-Round Table Discussi			1521			Sa 8:00A-(M) Black Print Only			50		
			Tu 6:00P-W's Courage To Cha			327			M-S 6:30A-Jumpstart Disc, 414			1370			Sa 7:30P-Saturday Night Open			600		
			Tu 7:00P-Men's Keep it Simple,			310			M-Th 12:00P-Nooners, 414 E. 32			480			SANTA ANA					
			Tu 7:30P-(M)'s of Irvine, 4949 A			371 371			M-F 6:30A-Chicken Coop Round			4000			Su 5:00P-Two or More, 721 N.			187		
			We 12P-Alton Noon Grp Hybrid			338			M-F 6:45A-Attitude Adj, Bayside			2690			Mo 6:30P-Women's 12&12 Step			113 113		
			We 6:30P-BB & 12x12, 18422 C			300			M-F 12:15P-Shark @ Aquatic, 1			2251			We 7:00P-Women's Solution,			150 732		
			Th 12PM-Mariner's Men's Meet			100			M-F 5:30P-Fish Out'a Water, 414			896 2491			Tu 8:00P-Gay Men's Stag, 614			50		
			Th 6:30P-Women Wandering No			150			Su 7:15A-(M)'s Early Risers, 2			518 518			Th 6:30P-W's Living Sober BB			28 234		
			Fr 12P-Fri Women's As Bill Sees			175			Su 7:30A-Sandy Survivors, 15th			375			SEAL BEACH					
			Fr 7:00P-Winning Ticket Book S			102			Su 7P-Speakers NB Alano Club			909			Mo 7:30P-Speakers, 500 Marina			1399		
			Sa 9:15A-12&12 Step Study Hy			90			Mo 6:30P Solid Solutions (W)			389			We 7:30P (W) Step Study, 138			225		
			LAGUNA BEACH						Mo 7:00P-Over 40 Disc., 1099 B			275			Th 6:00P Seal Beach Women			220		
			Dly 7:00A-Canyon Club Attitude			2288			Mo 8:30P-Balboa Island Step			159			SILVERADO CANYON					
			Su 7:00A-Whale Watchers (M)'s,			212 2376			Tu 5:30P-Men's Stag St. Andrew			600			Thu 7:00P-Silverado Canyon			231		
			Su 10:00A Heisler Park Discus			480			Tu 6:30P-Men's Big Book Study,			73 73			SUNSET BEACH					
			Mo 7:00A-164 & More			148 752			Tu 7:00P-East Bluff Men's Stag			725			Su 7:15A-Sober Sunday Sunrise			84 168		
			Mo 6:00P-2 Sides of the Same			225			Tu 7:30P-Balboa Broads, 600 S			175								

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.

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.

10/03 Sharon
 10/10 Tim, Anaheim
 10/17 Nikki
 10/24 Jeff B., Murietta
 10/31 Tony F., Garden Grove

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

Su 9:00A-Sober On the Sand,	150	Mo 7AM Sunset Beach Zoom	60	Kim S.	5
Su 10:00A-Sunset Beach On t	79 139	Mo 6:30P-EZ Does It Big Book	56	King D. Tustin	10 10
Su 11:00A-Inner Peace Group,	427	Sa 12:00P Tustin AWC (Alkies	113	Lee B.	5
Su 7:00A-Sunset Beach Big B	86	Sa 9:30A-12&12 Study	63	Lori S. Huntington Beach	6
Mo 7:00A-Morning Book Study,	107 107	Su 7:00A-Attitude Adjustment	2	Lynn H.	30
Mo 4:30P-(W)'s Hour of Powe	300	Su 7:00A-Montage Beach Meet	249	Marilyn C. San Clemente	25 175
Mo 6:00P-12 & 12 Step Study	50	Su 7:00A-Whale Watcher's Zo	90 509	Mateo D.	4
Tu 7:00A-Attitude Adj. @ Thur	310	Su 9:30A Sandy Sobriety 7th T	155	Matthew D.	2
Tu 8:00P Nomads Mens Stag,	158	Su 6:00P Sunday Night As Bill	25 135	Melissa G.	10
We 12:00P-Noon Promises, 16	125	Tu 5:00P-Grit & Grace (W) Open	105	Michael O. Santa Ana	100
Th 7:00A-Thur at Thursdays, 1	120	We 5PM- East Meets West	40	Michelle P.	5
Th 5:30P-(W)'s Disc, 16865 PCH	120 300	We 5:00P-(W) Closed BB SJC	341	Mo Costa Mesa	40
Fr 12:00P-Drunk Busters, 16865	100 500	We 7:00A Women's Dana Pt. Bi	171 1010	Nicole M.	2
Fr 6:00P-I Never Had it So Goo	1506	We 7:00A-Women's BB Study	244	Paige S.	5
Fr ?-Sunset Beach Thursdays	142	We 7:00A-Sunset Beach Thurs	60	Patricia M. Huntington Beach	1050
Sat 5P Sunset Beach Discussio	60	We Night Bubba Effect Speaker	240	Patrick I.	20 20
Sa 7:00P-Rule 62 11th Step Sp	552	Fr 7AM Ballpark Zoom Mtg. (La	17 17	Peter A. Aliso Viejo	50
TRABUCO CANYON		Fr 7:00P Fishbowl Open Discus	5	Randy U.	2
Th 7:00P-Silverado Book Study	100	Fr 8:00P Friday Night Beginners	5	Richard J. Brea	81
Sa 10:30A-Womens BB Study,	146 446	MISC. DONATIONS		Richard K.	5
TUSTIN		Birthday Donations	108 1605	Robert R.	15 120
Dly 6:00A-Attitude Modification	357 2825	AA's 91st Birthday Celebration	91	Ronald B.	50 302
Dly 5:30P-Tustin Rush Hour, 19	212 2275	Intergroup Body Meeting	196 1413	Saai S.	8
MWF 12:00P-Tustin Noon Mee	700	OCAA Convention May 1-3, 20	60	Scott F.	8
MWF 12:00P-Spiritual Experien	674	OC H and I, Irvine All Days	28	Stacey C.	2
Su 5:30P-The Other 12 and 12	70	Piggy Bank-Central Office	23 180	Tami S.	50
Su 7:00P-Sober & Crazy Speak	123 609	South Orange County H and I,	27	Teresa M. Laguna Niguel	700
Mo 9:00A-W's Unity Grp Topic	150	PERSONAL DONATIONS		Thomas P. Huntington Beach	20 110
Mo 6:00P-W's New Beginning,	25 151	Alison G.	50 50	Tiffany S.	5
Mo 7:00P-(M)'s BYOB, 1201 Irv	80 350	Alison J.	5	Todd B.	100
Tu 7:00P-Tustin BB Stdy, 225	594	Angie N. Torrance	100 200	Tom O	2
We 7:30P-Copycats (W) Book	169	Anna C.	5	Tracy H. (which Zoom?)	200
Th 9:00A-Women's Step Study,	60	Anonymous	450 475	GROUP INFORMATION REQUESTED	
Th 7:00P-Tustin 12 & 12 Study	150	Anthony G.	30	Receipt #2722, Ck 1632, Date	94
Fr 6:30P-It's in the Book, 225 W.	412 810	Barbara K. Costa Mesa	25 100	Receipt #2601, Ck 0004, Date	324
Sa 7:30A-Tustin Acceptance, 2	250 1250	Belen D.	16	Receipt #2600, Cash, 1/2, Need	50
Sa 12:00P-Tustin Brown Bagge	400	Bill F. Anaheim	100	Receipt #2790, Ck 1125 2/19	366
VILLA PARK		Bethany H.	2	Receipt #2799, Ck 7897, 2/27,	60
Dly 7:30A-Serenity Sunrise, 17	503	Brett A.	125	Venmo, 3/8, Irvine Men's Stag	376
WESTMINSTER		Brittany H.	3	Venmo, 3/9, BPO Saturday 8am	275
Mo 6:00 PM-12x12 Beg., 15750	150	Brian S.	21	Receipt #2814, Ck 147/ 3/9,	125
Fr 6:30P-Women of 5673 Reco	200	Byron R. Mission Viejo	50	Receipt #2815, Ck 1157, 3/9,	114
WHITTIER		Carin T.	167	Venmo, 3/16, Zoom? Topic Par	100
Sa 8:00AM 12 & 12 Book Study	20 20	Cathryn F.	1	Receipt #143 Morning Medita	1
UNLISTED GROUPS		Chris O.	20	Venmo 6/1 Clay B need info(4	114
Anonymous Meeting	131	Chris W.	75	Venmo 5/2 Clay B need info(48	128
Charle St. Step House, CM	180	Christine L. Irvine	50 100	Venmo Clay B 488063 - no mtg	156
Su 7:00P-Men's Stag Disc 2015	154	Cindy Y. Brea	50 200	Venmo Chris B no mtg info 6/8	180
Mo 4PM-Magic Patio (M) Big B	50	Dave Stef.	10	Receipt 3159 Kathleen Need	26
Mo 7:00P Women Staying Sobe	229 229	David B. Fullerton	10 80	Venmo 7/5 Clay B. need mtg	240
Tu 9:30A-(W) Double Winners	100	Dawn M. Laguna Hills	32	Venmo 7/15 Ron W. need mtg	120
We 8:00P-Gay Men's LGBTQ	213	Diana Mcl.	3	Rct #3138 Ck 1038 need info 7	150
Mo 6:00P-12 & 12 Step Study	75 120	Enoch K. Tustin	15 15	Rct #3136 Ck 1989 need info 7	20
Fr 8:00P-Anaheim House Gar	147	Ellen S. - Costa Mesa	90	Venmo Robin F Which BtoB Mt	250
Fr 8PM AA/Alanon Sunset Be	192	Erinn D.	25	Venmo Jenn L. Mtg? 7/30	59
Sa 9:30A-Monastery Mtg (Trab	275	Esther S. Lowell, Ma	20	Step Sisters Ch#3150 VOID 8/	0
WANDERING GROUPS		Faith B. Brea	25 130	Huggers II Ch#1876 VOID 8/13	0
We 6:30P Roving Men's Big Bo	450	Gabe S. Laguna Hills	3 3	Venmo 8/25/26 Deborah S. mt	500 500
ZOOM MEETINGS		Geoffrey W.	50 400	TOTALS	17,473 179,984
Dly 7:00A Attitude Adjust. Cany	381 3606	Guy K.	5		
Dly (No Tu) 6AM Not Taking a	122	Jak H.	40		
Dly 12:00P Men's Back Bay On	20 167	Jeanette W.	20		
Dly 6:00A-Upon Awakening, Yo	221	Jeff & Gabriella D.	1000		
Dly 6:05P-Sunset Meeting	626	Jennifer J. Costa Mesa	15 76		
Dly (no Sa) 7:00A-Daily Reflecti	930	Jennifer L.	20		
Dly 7:05A-Attitude Adjustment	516	Jennifer S.	5		
Dly 12:00P-Noon Time Recovery	75	John S. Laguna Beach	100 100		
Dly 7:00P-Fishbowl Meetings	704	Jonathan W.	5		
Dly Alkie's Winner Circle	235 369	Joy H.	40		
Dly 7:00A Early Birds	92	June L. Irvine	225		
		Kevin A.	50 100		

ADVENTUROUS PERSISTENT PERSEVERANCE (APP)

Continued from page 1

For instance, my health app counts steps and tracks exercise. A high step count feels good, but it does not give me permission to abandon my health goals by overeating.

The same is true of Step Ten. Inventory is research, but simply admitting my wrongs isn't enough. It must be followed by actions that help me move away from defects and toward character assets. After promptly making amends to anyone I've harmed, I dedicate myself to not repeating the behavior through prayer, calling my sponsor or another alcoholic, reading AA literature, or going to a meeting.

Removing shortcomings is not a one-and-done deal. Many of my defects are entrenched from decades of repetition and are unlikely to vanish overnight or completely. But doing Step Ten daily, repeatedly and diligently, can reduce my reactivity and foster resilience by pointing me toward actions that are the opposite of my defects. With practice, patience, tolerance, and faith can eventually become my habitual responses instead of anger or fear.

The Tenth Step is how I renew my commitment to the sobriety I worked so hard to obtain. It's not just a failure monitor; it's training in self-awareness, applying the [Steps](#), and developing the determination necessary to recover from alcoholism.

Persistent, mindful self-examination and spiritual growth through daily inventory help keep my character defects in check and grant me another day of sobriety. Recovering from alcoholism is an ongoing process of growing and healing that requires a lifetime. Like water hollowing stone through persistence rather than force, daily Tenth Step efforts can, over time, wear away the seemingly impenetrable defects behind our alcoholism.

The adventure of our new sober life—whose quality is directly proportional to the quality of our daily maintenance—is the sum of the Steps we take, repeated day in and day out, one day at a time.

Ron B.



UPCOMING EVENTS



Original artwork by Chris E.

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

Flyer, p. 9

October 16-18**74th Southern California AA Convention**

Westin Rancho Mirage Golf Resort & Spa

71333 Dinah Shore Dr.

Rancho Mirage, CA

www.aasocal.com

October 29-November 1**63rd Annual Hawaii Convention**

Waikiki Beach Marriott

2552 Kalākaua Ave.

Honolulu, HI

www.annualhawaiiConvention.com

November 1**OCAA Intergroup Bowling Event**

Irvine Lanes

3415 Michelson Dr.

Irvine, CA

234-380-9304

Flyer, p. 9

November 14**Orange County Central Office**

Open House

11AM-3PM

1526 Brookhollow, Ste. 75

Santa Ana, CA

Flyer, p. 6

ALCOHOLICS ANONYMOUS
ORANGE COUNTY INTERGROUP ASSOCIATION
STATEMENT OF INCOME & EXPENSE
PERIOD ENDING 08/31/2026 UNAUDITED

	Aug 26	Jan - Aug 26
Ordinary Income/Expense		
Income		
Literature Resale	0.00	4,235.84
Bank Adjustments	0.00	0.30
Birthday Donations	83.00	1,718.46
Group Donations	16,853.09	173,234.10
Individual/Fellowship	1,088.00	5,996.95
Interest Earned	378.07	3,643.26
Literature Sales	4,831.32	45,088.81
Merchandise Sales	-0.02	0.08
Shipping and Delivery Income	-30.00	-70.00
Total Income	23,203.46	233,847.80
Cost of Goods Sold		
Cost of Literature Sold		
Cost of Goods Sold	4,673.73	41,841.14
Cost of Literature Sold - Other	0.00	0.00
Total Cost of Literature Sold	4,673.73	41,841.14
Shipping / Misc. Adjustments	-109.84	-886.24
Total COGS	4,563.89	40,954.90
Gross Profit	18,639.57	192,892.90
Expense		
Accounting	6,143.75	14,447.50
Auto Expense (all Mgrs.)	122.72	803.62
Bank Charges	0.00	56.00
Convention & Svs Event Expense	0.00	1,319.33
Copier Expense	0.00	302.29
Credit Card Expense	280.96	3,016.15
Freight and Shipping Costs	0.00	0.00
Insurances	514.16	2,927.56
Intergroup Expense	207.47	3,333.93
Internet Expense	185.16	1,474.63
Lease Expense	284.05	2,272.40
"LIFELINE" Expense	1,910.00	14,905.00
Maintenance & Repairs	320.00	1,741.72
Offices' Supplies & Expenses	434.88	3,481.70
Payroll Tax Expense	842.94	7,105.46
Postage	246.00	588.15
Public Info Expense	123.96	1,092.54
Reconciliation Discrepancies	0.00	0.10
Reimb. Health	1,000.00	7,600.00
Rent Main/Satellite Offices	4,520.54	37,287.90
Returned Checks	0.00	200.75
Salaries	10,269.76	86,258.44
Taxes & Licenses	0.00	21.00
Telephone Answer Service	336.35	2,018.36
Telephone Expense	25.00	1,047.73
Utilities	85.73	506.24
Volunteers Coffee & Water	35.25	344.75
Website Expense	683.87	3,443.78
Total Expense	28,572.55	197,597.03
Net Ordinary Income	-9,932.98	-4,704.13
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	-9,932.98	-4,704.13

** 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 \$3188.48 + PP \$99.73 + CID \$50.00 + COH \$100.31 + BOA \$41351.79 = \$46375.52

Lifeline

October Word Search

Name _____

Email address _____
or phone number _____

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

INVENTORY
OPINION
ASSETS
LIABILITIES

ARGUMENT
PROMPTLY
CONTROVERSY
PUBLIC

DISHONESTY
RESENTMENT
SELFISHNESS
FEAR

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 NOVEMBER 15th

Congratulations to August's winner, Cat C.!