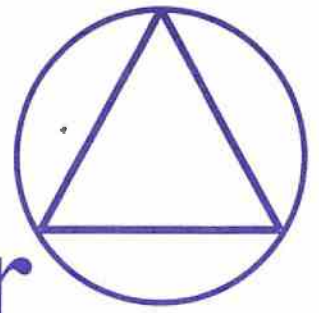


The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

“Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world.” (Alcoholics Anonymous page XXIV.)

January 2005
VOL. VI, NO. I

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AA online.net has been sending out The Daily Thoughts, a meditation medium of AA excerpts and shares from the aonline.net room, since September 1996. All shares are reproduced with the kind permission of the person sharing in the intention of carrying the message.

Hi, I'm Andy, an alcoholic. I don't know who is responsible for the Daily Thoughts but they are incredibly important to me, and my recovery. One day, I thought I'd check on the Internet about AA. I found the chat room where someone encouraged me to go to a "f2f" (face-to-face) meeting. I didn't know what f2f was, and didn't know there were Steps, either. I only knew that my butt was kicked and I had to do something, having tried everything else.

By the grace of God and you, I have been sober for seventeen months. I don't know who you are, but you saved my life and my marriage of thirty years. I would like to give you a hug someday. I forward the Daily Thought to my wife each day. It helps educate her about our life's concepts and has sparked a spiritual awakening in her as well. Because of the Daily Thought, she relates to me better since she knows and reads about the path I am on. I understand that lots of marriages break up once one starts going to AA meetings because of the spiritual path that the alcoholic takes sometimes leaves their spouse in the dust. Because of your Daily Thoughts, my wife has begun the spiritual journey as well. Our thirty-year marriage seems intact and progressing.

I don't know who does this work but it has helped me dramatically in my recovery. It reminds me each day of who I am... an alcoholic! My memory is short and I can soon forget the misery alcohol brought me for thirty years. I used to drink because I was trying to find freedom. Who would have guessed that drinking sent me in the completely opposite direction? I don't make many meetings online anymore, but am very active locally with service work in my home group. But it all started here online! From the depths of my heart and soul I thank you. There is no way to appropriately express it so I will try to "pass it on." With my warmest regard Andy.

Happy Birthday!!!!!!

Andrea M.	3 yrs.	Back to Basics
Bill McC.	12yrs.	Harmony Group
Patrick L.	20yrs.	

Our Common Welfare

I went to dinner with friends in the program, on a recent Friday, to an excellent Vietnamese Restaurant in Linda Vista. Together we shared egg rolls, duck, chicken, hot tea, and conversation filled with openness, honesty and laughter. Halfway into dinner, with our elbows bent and our mouths running, I noticed that I felt comforted. The comfort reminded me of what I think a close family would have between them.

For another moment in sobriety, I felt like I was home. This is where I belong, in AA, in San Diego, in the restaurant, in the moment.

I don't believe that I would have felt that way if my sponsees had not been desperate for help, if my sponsor had not said "yes, I'll help you", if Bill W. had not sought out Dr. Bob, if God had not entered my heart and mind, if Jeff had not stuck his hand out to me at a meeting in Coronado, if I had not been willing for that one moment in August of 1996, to do something different.

I hear it said in meetings about people who drink and die "that some have to die so that I can live." I don't believe that. I believe that others had to want me to live, so that I may want others to live.

Together we live, alone I die.

Brian

Attitude

When I was drinking, my attitude was totally selfish, totally self-centered; my pleasure and my comfort came first. Now that I am sober, self-seeking has started to slip away. My whole attitude toward life and other people is changing. For me, the first "A" in our name stands for attitude.

1990 AAWS Daily Reflections, p.161,
Alcoholics Anonymous World Services, Inc.

Attraction, Not Promotion

While I was drinking I reacted with anger, self-pity and defiance against anyone who wanted to change me. All I wanted then was to be accepted by another human simply as I was and, curiously, that is what I found in AA. I became the custodian of this concept of attraction, which is the principle of our Fellowship's public relations. It is by attraction that I can best reach the alcoholic who still suffers.

I thank God for having given me the attraction of a well-planned and established program of Steps and Traditions. Through humility and the support of my fellow sober members, I have been able to practice the A.A. way of life through attraction, not promotion.

1990 AAWS Daily Reflections, p.341,
Alcoholics Anonymous World Services, Inc.

Unity

The survival of AA depends upon unity. What would happen if a group decided to become an employment agency, a treatment center or a social service agency? Too much specialization leads to no specialization, to frittering of efforts and finally, to decline. I have the qualifications to share my suffering and my way of recovery with the newcomer. Conformity to A.A.'s primary purpose insures the safety of the wonderful gift of sobriety, so my responsibility is enormous. The life of millions of alcoholics is closely tied to my competence in "carrying the message to the still-suffering Alcoholic."

1990 AAWS Daily Reflections, 305, Alcoholics Anonymous World Services, Inc

Pondering Point

Attitudes are contagious. Is yours worth catching?

MEETINGS IN MOTION

Group and Meeting Changes

CANCELED

Sandpiper Group
866 Imperial Beach Blvd @ Church
Wednesday @ 7:30 PM Imperial Beach

Campo Four Corners Group
36190 Church Rd @ Tribal Hall
Thursday @ 6:30 PM Campo

RELOCATE

La Mesa Open Discussion
4910 Memorial Dr @ Porter Hall
(was 8450 La Mesa Blvd @ Senior Center)
Tuesday @ 8 PM La Mesa

Friday Night Santee
9225 Carlton Oaks Dr @ Church
(was 8964 Magnolia Ave)
Friday @ 7:30 PM Santee

NAME CHANGE

La Mesa Womans Discussion
(was Ladies Literature Study Group)
6244 El Cajon Blvd # 15
Sunday @ 10:30 AM College

TIME CHANGE

Serendipity Womans
545 E Naples St @ Church Chula Vista
Thursday @ 12:45 PM (was 12:30)

I AM RESPONSIBLE

***WHEN ANYONE,
ANYWHERE,
REACHES OUT FOR HELP,
I WANT THE HAND OF A.A.
ALWAYS TO BE THERE.
AND FOR THAT:
I AM RESPONSIBLE***

Coordinating Council Attendance

The following 41 groups attended December's Coordinating Council
There are 749 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, January 13th, 2005

AA By The Bay
Allied Gardens Step Study
Back To Basics For Women
Battery Chargers
Bay Park Step Study
Cedar Street Mens
Clairemont Mens
Clairemont Womens Step Study
Conscious Contact Study Group
Coronado Senior and Sober Disc
Coronado Womens Meeting
Downtown Discussion
Drunks Only
Early Risers (PB)
El Cajon Daytime
El Cajon Womens Serenity
Evening Serenity
Eye Opener
Fourth Dimension Group
Great Fact

Harmony Group
Haul Your Hiney Out Of Bed
Hump Night Gratitude
Imperial Beach Group
Lake Murray Womens
Midway Bridge
Mira Mesa Early Risers
Mira Mesa Friday Night
Mission Bay Sat Night Speakers
Mission Hills Beginners
Morning Attitude Adjustment
North Park Mens
Ocean Beach Tuesday
Original Tues Night Step Study
Rise & Shine
S.D. Speakers Meeting
San Carlos Single Purpose
Santee Saturday Night Speakers
Sunday Middy
The Other Meeting
Womans Gut Level

Attention Group Secretaries

**CALL CENTRAL OFFICE AND REGISTER AS SECRETARY OF YOUR GROUP
AND WE WILL MAIL YOU THE MONTHLY COORDINATOR NEWSLETTER
AND OUR "NEW" SECRETARY HANDBOOK FOR YOUR GROUP OR BETTER
YET. COME VISIT US AT CENTRAL OFFICE**

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm	Robert Arthur	Bobette OPEN
Tuesday	5pm- 9pm 9am-1pm 1pm-5pm	Terry / Bob John Howard	Chris / Pam Richard Patrick
Wednesday	5pm- 9pm 9am-1pm 1pm-5pm	Michael Richard Bob	Jeff Ann Mary
Thursday	5pm- 9pm 9am-1pm 1pm-5pm	William Ted Larry	Steve Jan / Paul Becky
Friday	5pm- 9pm 9am-1pm 1pm-5pm	Terry / Roy William Tim / Howard	Joel / Dana Robert Earl / Dan
Saturday	5pm-9pm 9am-1pm 1pm-5pm 5pm- 9pm	Claudia / Friend Dominic Bob Kathy / Friend	Joe / Diane Geff David Kathi / Paul

Minutes of the Coordinating Council Thursday, December 9th, 2004

Veronica A. - Coordinating Council Assistant Chair, called the 713th meeting to order at 7:30 pm. Tommy A. read the 12 Traditions. Council Definition and Purpose read by Malinda. There were 3 new Coordinators and 3 visitors. There were 3 birthdays. 7th Tradition was \$34.59. Roll Call: Janet K., Assistant Chair reported 41 groups were represented, a quorum (27). There are 55 active groups. A new quorum was established for January-June 2005 as (28). It was M/S/C to approve the minutes of the November meeting.

Area Assembly – Jeff, Alt Area Treasurer shared about the upcoming GSR Orientation Area Assembly on Saturday, January 8th at USD at 2nd entrance to university. Area Assembly passed their 2005 budget of \$33,550. DCM sharing meeting will be February 26th.

Outreach to the Indian Reservations by having groups sponsor an AA meeting at reservations.

AFTER HOURS PHONE COMMITTEE:

Colby, Chair reported:

- 1) The 16th is an OPEN night.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Allison S., Chair reported that the committee met on Tuesday 12/7/04 at 6:00 pm. Present: Allison S., Robert H., Pat F., Steve T., Janet K., Assistant Council Chair, Veronica A., Council Chair and Connie J., Manager. Excused: Barbara F. There was a quorum.

- 1) It was M/S/C to approve the minutes of the November meeting.
- 2) It was M/S/C to approve the Financial Statements for November.
 - a. Our November YTD Net Loss is (\$5,651.32) – after adjustments for archive room contributions (\$2700) and prepaid expenses for New Year's

Eve \$765. Our budget for the year is a Net Loss (\$4432). Our income results are on trend towards achieving our 2004 budget \$113,680, although individual contributions need to increase. Expenses are in-line with our 2004 budget except for Insurance & Electric increases.

Manager's Report

- 1) December's Book of the Month: "Comes of Age" on sale for \$5.75 each.
- 2) Daytime phone volunteer shifts are currently filled. However, we always need fill-ins.
- 3) New 2005 Grapevine Calendar's and Pocket Planners are here, just in time for great Christmas presents.
- 4) Wheel Chair & Facility Accessibilities Forms will be used to audit current groups and use as a guide for new groups. Will work with Area's Special Needs Committee.

Committee Member Reports:

Old Business:

- 1) It was M/S/C to approve Letter of Understanding for Archive's Room with modification to the insurance coverage paragraph.
- 2) Year-end literature inventory will be Saturday, December 18th at 9 am.

New Business:

- 1) Motion to establish 2005 contributions committee. m/s/c
- 2) Motion to have a disclaimer re: the validity of wheel chair accessible meetings information in our meetings list. m/s/nc
- 3) Motion to have Program Committee review with the Business Committee their event plans with timelines, m/s/c.
- 4) Many Thanks to Allison S., Pat F., Veronica A and Janet K.

Continued from Page 5

COORDINATOR NEWSLETTER: Diane V., Chair reported that the committee met on Thursday, 12/9/04. Present were: Diane, Brian, Andrea and Georgia. Guests: Laura & Ben
FLYERS: None presented.

- 1) February's Issue: "Service". Submissions need to be in by Thursday, December 30th.
- 2) *We NEED 6 new members and a Chair for next year or we won't have a Coordinator Newsletter.*
- 3) Stories may be submitted at any time – they do not have to be on the current topic. We need personal stories of experience, strength and hope in regards to alcoholism.

COORDINATOR OUTREACH COMMITTEE:

Bob S., Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

- 1) A few groups were visited this past month.
- 2) Anyone willing to visit groups let Bob know. Also report back if you have recently visited a group. Thank you to everyone who continues to help out.

ORIENTATION & GUIDELINES: Sterling, Chair reported that no committee met on Thursday, 12/10/04. Had Council's year-end potluck

- 1) Larry L. will serve as new chair.
- 2) Next orientation is Thursday, 1/13/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 11/21/04. Present were: Dave R., Les, Laura, Patti, Rhonda & Teresa.

- 1) Upcoming event is our annual New Year's Eve Event at San Diego State. The tickets are on sale for \$15.00 each at Central Office. Plans are in place.

PUBLIC INFORMATION COMMITTEE: Tim L., Chair reported that the committee met on Monday, 12/6/04 at 6:30 pm. PRESENT: Tim L, Michelle M. and Greg S. Also Sterling, CPC.

- 1) Review of previous months commitments. Attended health fair in Imperial Beach, 2 classes at Mesa College – 40 students.
- 2) Greg to Inventory pamphlet stock.
- 3) Elected Greg as new Chair.
- 4) School Outreach – Anna to coordinate new mailing in January to schools.
- 5) Volunteer speaker workshop in April 2005.
- 6) PRAASA Tucson: March 11, 2005

OLD BUSINESS: None

NEW BUSINESS: None

ELECTIONS:

For those rotating off committees, a big thank you for your willingness to be of service to AA.

Council Chair: Diane V.

Asst Council Chair: Malinda (7-22-2001)

After Hours Phones: Colby (11/22/2001), Peter (2/2/88) and Jamie (6/10/2002)

Business Committee: Robert H. (9/8/66), Tim (2/82) and Casey (6/5/2002)

Coordinator Newsletter: Ben L. (6/10/90), Steven (2/15/99), James (7/5/96) and Allison (2/14/00)

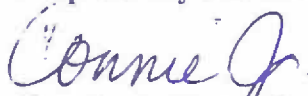
Coordinator Outreach: Dave R. (12/25/85) and Shane (4/24/02)

Orientation & Guidelines: Winona (6/15/01)

Program Committee: Laura (6/13/01), Felice (9/4/02) and Lisa (20 yrs)

Meeting adjourned at 9:10 pm with the Serenity Prayer.

Respectfully submitted,



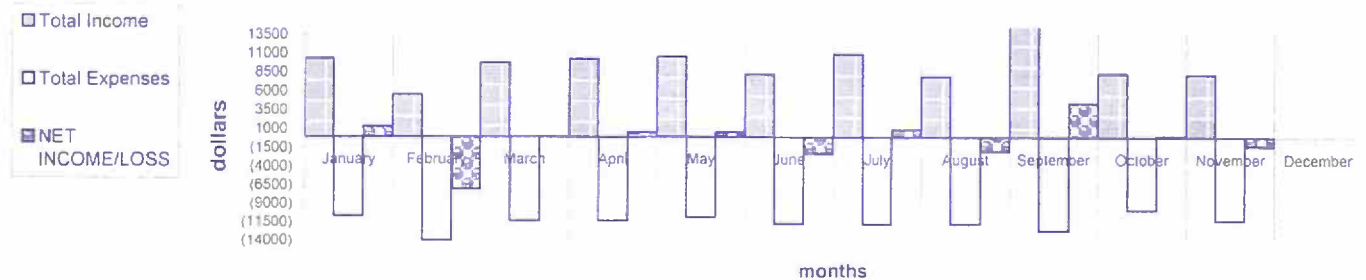
Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses

November 30, 2004

	November '04	% of Income	YTD 2004	YTD 2003	\$ Change	Budget 2004
Ordinary Income/Expense						
Income						
Archives Room	-	0.00%	2,700.00	-	2,700.00	-
2003 CO / Intergroup Seminar	-	0.00%	-	7,014.41	(7,014.41)	-
Contributions Group	8,011.38	97.26%	98,811.88	90,641.80	8,170.08	106,000.00
Contributions Individual	100.74	1.22%	2,033.98	3,292.52	(1,258.54)	5,000.00
Contributions SDIAA	30.00	0.36%	1,280.00	1,040.00	240.00	1,080.00
Interest - Checking	2.75	0.03%	29.75	35.06	(5.31)	100.00
Interest - Cert of Deposits	92.23	1.12%	847.22	1,302.50	(455.28)	1,500.00
Total Income	8,237.10	100.00%	105,702.83	103,326.29	2,376.54	113,680.00
Expense						
2003 CO / Intergroup Seminar	-	0.00%	-	6,114.15	(6,114.15)	-
Accounting & Legal	225.00	2.73%	5,135.00	5,758.00	(623.00)	5,500.00
Auto/Travel/Seminar	32.54	0.40%	1,476.58	1,940.96	(464.38)	1,500.00
Bank Service Charges	7.00	0.08%	77.00	123.67	(46.67)	200.00
Cash (Over) Short	(1.42)	-0.02%	(34.19)	(224.07)	189.88	(100.00)
Checks Returned - Bad Debt	29.56	0.36%	34.56	(0.03)	34.59	150.00
Depreciation	160.00	1.94%	1,760.00	1,760.00	-	1,920.00
Equipment Maint & Repair	66.11	0.80%	701.39	1,484.86	(783.47)	1,200.00
Equipment Purchase	-	0.00%	-	81.00	(81.00)	500.00
Insurance	125.83	1.53%	1,705.11	1,765.40	(60.29)	1,862.00
Office Maint. & Repairs	-	0.00%	585.91	2,479.24	(1,893.33)	500.00
Office Supplies	299.54	3.64%	3,436.61	3,601.58	(164.97)	4,000.00
Postage - Return Mail	-	0.00%	60.54	424.00	(363.46)	250.00
Rent	1,540.00	18.70%	17,192.00	17,449.00	(257.00)	18,732.00
Taxes	-	0.00%	55.00	74.54	(19.54)	45.00
Telephone	234.78	2.85%	2,473.61	2,787.04	(313.43)	2,700.00
Utilities-Electricity	220.95	2.68%	3,798.34	3,201.26	597.08	3,250.00
Website	12.00	0.15%	391.35	395.40	(4.05)	500.00
EMPLOYEES						
Accrued Payroll Taxes	448.17	5.44%	4,984.79	4,657.79	327.00	5,500.00
Employee Wages	5,858.38	71.12%	64,242.14	58,192.64	6,049.50	68,500.00
Employee 403B Contribution	25.00	0.30%	737.50	-	737.50	1,000.00
Employee Health Benefit	667.37	8.10%	6,864.05	5,104.71	1,759.34	7,000.00
Insurance-Worker's Comp	132.01	1.60%	1,862.36	599.46	1,262.90	1,558.00
Total Expense	10,082.82	122.41%	117,539.65	117,770.60	(230.95)	126,267.00
Net Ordinary Income	(1,845.72)	-22.41%	(11,836.82)	(14,444.31)	2,607.49	(12,587.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,811.19	21.99%	16,741.22	6,258.45	10,482.77	17,500.00
Total Other Income	1,811.19	21.99%	16,741.22	6,258.45	10,482.77	17,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	1,101.35	13.37%	8,620.72	12,974.85	(4,354.13)	9,345.00
Total Other Expense	1,101.35	13.37%	8,620.72	12,974.85	(4,354.13)	9,345.00
Net Other Income	709.84	8.62%	8,120.50	(6,716.40)	14,836.90	8,155.00
Net Income	(1,135.88)	-13.79%	(3,716.32)	(21,160.71)	17,444.39	(4,432.00)

Income & Expense by Month



November 2004 Contributions

Group Name	Nov 04	Ytd 04	Group Name	Nov 04	Ytd 04
11th Step Journey -2622	-----	395.00	Early Risers (PB) - 264	222.50	222.50
12 x 12 Happy Hour Step Study - 111	-----	125.00	East Side Group - 101	-----	183.00
24 Hour Group Mixed - 370	-----	25.00	Easy Does It Riders-21	-----	513.46
4077 Mash 11th Step - 2027	-----	70.71	Easy Does It Speakers - 114	-----	160.00
92037 Group - 861	-----	898.78	Easy Risers - 854	-----	850.00
A Chance to Live Speakers - 2650	-----	50.00	El Cajon Daytime - 52	-----	675.00
A New Way To Live - 846	-----	60.00	El Cajon Happy Hour Group -61	-----	103.66
A Sense Of Belonging Womens - 1205	-----	150.00	El Cajon Navajo Road Group - 102	-----	305.50
A Street Participation - 179	-----	75.00	El Cajon Nooner - 2638	-----	30.00
A Womens Meeting - 1717	-----	375.00	El Cajon Womens Serenity - 77	75.50	380.50
Adams Avenue Big Book Study - 1892	-----	50.00	Evening Serenity - 2305	-----	1,500.00
Allied Gardens Friday Lunch - 766	68.21	247.21	Eye Opener Group - 607	-----	1,161.00
Allied Gardens Step Study - 1629	-----	400.00	Faculty Group - 1645	-----	60.00
Alpine Group -6	130.00	130.00	Fireside Speakers Group - 116	-----	120.00
Alpine Mixed Step Study- 2621	79.96	273.27	Fireside Step Study	-----	832.00
Annual Christmas Meeting - 2460	-----	50.09	First Mira Mesa Mens - 300	-----	90.00
Annual Grateful Meeting - 2461	-----	50.09	Fletcher Hills Smokeless - 59	-----	200.00
Another New Beginning - 144	-----	810.00	Free on Friday - 760	-----	537.50
Another Sober Tuesday - 1952	-----	772.20	Free to Be - 935	-----	240.00
Aragon Sober Mens - 2598	-----	45.00	Fresh Air Friday - 266	-----	1,178.80
As Bill Sees It - 324	-----	45.10	Fresh Start Beginners - 1614	-----	32.50
At One With Each Other - 789	59.00	244.00	Fri Nite Cedar St - 1662	-----	117.90
B.Y.O.B. (North Park) - 203	28.60	209.00	Friday Morning Womens - 104	-----	210.00
Back to Basics - 1026	300.00	1,500.00	Friday Night Santee - 1754	-----	180.00
Back to Basics Step Study - 1938	-----	100.00	Friday Nite Weeks End - 1856	-----	160.00
Battery Chargers - 98	125.00	555.00	Friday Nooners - 318	-----	125.00
Bay Park Step Study Group - 299	-----	210.00	Gifts Of Grace Womens - 2564	-----	50.00
Bayside Big Book Study - 1610	75.00	212.50	Gilman Group - Tues - 1987	-----	95.00
Beach Area Beginners One - 272	-----	100.00	Gilman Group - Fri -1988	-----	95.00
Beautiful Beginnings - 552	-----	300.00	Golden Hill Sun Discussion - 1706	-----	279.17
Beginners Steps To Sobriety - 1007	-----	90.00	Good Fortune Hui Group - 491	75.00	342.50
Big Bon-fire Meeting - 1894	195.00	195.00	Good Morning AA - 1888	-----	700.00
Big Book & 12 x 12 Study - 100	90.00	460.00	Great Fact Group - 895	139.05	530.95
Big Book Discussion Founders Grp-581	-----	177.90	Happy Destiny - 2436	-----	350.00
Bonita Boozers - 2179	-----	250.00	Happy, Joyous & Free - 363	-----	285.00
Butterfly Group - 48	50.00	50.00	Harmony Group - 585	180.00	820.00
Butts Out Smokeless - 1764	-----	39.00	Hi-Nooners - 673	-----	80.00
Cajon View Open Disc. - 471	-----	335.75	Hip Slick & Sick Young Peoples-762	-----	574.12
Carrying the Message - 2458	-----	200.00	His Majesty The Baby - 2427	-----	250.00
Casa De Oro Tradition Five - 503	122.00	337.00	House on the Hill - 2554	-----	100.00
Casa De Oro Weds Nite - 2049	-----	75.00	How It Is Now Speakers - 390	-----	50.00
Cedar Street Mens - 1698	145.60	1,210.27	How it is Today - 483	-----	1,001.00
Chula Vista 4 Min Speakers -1568	-----	260.00	I.B. Experience, Strength & Hope - 2652	-----	166.35
Chula Vista Friday Night - 837	-----	220.00	I. B. Sober Steps & Traditions - 1519	-----	114.80
Citizens Again - 2658	-----	45.00	Imperial Beach Group - 79	-----	426.57
Clairemont Daytime Step Study - 427	-----	170.00	Imperial Group - 1013	-----	155.22
Clairemont Discussion - 314	-----	300.00	Imperial Mens Group - 869	33.24	117.24
Clairemont Mens - 301	-----	1,045.00	International Group - 23	-----	90.00
Clairemont Mesa Step Study - 1997	-----	49.00	Jamul Open - 63	-----	30.00
Clairemont Mixed Discussion - 338	-----	183.00	Jump Start - 2174	-----	192.68
Clairemont Open Discussion - 308	-----	200.00	Just Us Girls - 929	-----	40.00
Clairemont Step Study - 482	-----	80.00	La Jolla Basic B/B Study - 2154	-----	75.00
Clairemont Thurs Brown Bag - 315	-----	70.00	La Jolla Beginners Group - 82	-----	310.00
Clairemont Womens - 340	-----	195.25	La Jolla Big Book - 84	-----	100.00
Clairemont Womens Step Study - 341	120.00	713.00	La Jolla Discussion Group - 85	-----	300.00
Class Acts - 1845	-----	149.76	La Jolla Lunch Bunch - 622	-----	240.00
Coffee Clutchers - 2332	-----	300.00	La Jolla Monday Womens - 87	-----	545.00
Come Get Recovery - 2630	50.00	50.00	La Jolla Nonsmokers Disc - 88	-----	600.00
Conscious Contact Study Group - 2282	-----	80.00	La Jolla Patio Group-Fri - 758	-----	40.00
Coronado Beginners - 344	-----	90.00	La Jolla Patio Group - Weds - 613	40.00	80.00
Coronado Big Book Study - 1644	-----	100.00	La Jolla Pump House Group - 696	-----	385.49
Coronado Nooners - 497	50.00	596.00	La Jolla Soledad Mens - 717	-----	1,000.00
Coronado Senior & Sober Discuss - 1711	-----	120.00	La Jolla Speakers - 578	-----	1,452.00
Coronado Step Study - 1523	-----	58.00	La Jolla Thursday Night - 90	-----	205.00
Coronado Sunday Noon - 1830	-----	175.00	La Mesa 12 x 12 - 2588	-----	78.78
Coronado Sundowners - 1634	-----	720.00	La Mesa Mens - 105	-----	527.50
Coronado Womens Meeting - 1656	-----	157.00	La Mesa Open Discussion - 107	-----	400.00
Coronado Wednesday Speakers - 354	-----	40.00	La Mesa Step Study Workshop - 1621	103.40	327.72
Coronado Young Peoples - 405	-----	622.00	La Mesa Womens Sat Morning - 416	-----	627.33
Cowies Mt Smokeless Discussion - 681	-----	145.00	Lake Murray Womens - 572	-----	250.00
Cowles Mt Step by Step-2473	-----	58.50	Lakeside Happy Hour - 2285	-----	50.00
Crest Group - 529	-----	86.24	Lakeside Thursday Night - 96	-----	104.10
D.D.G.T.M. - 767	185.00	465.60	Linda Vista Mens - 320	50.00	190.00
Daily Reflections - 2097	-----	10.00	Linda Vista Thursday Night - 319	-----	204.00
Dawn Patrol - 263	-----	1,721.71	Little Apple Group - 1438	-----	400.00
Deerhorn Group - 2063	-----	70.00	Living Free - 477	-----	1,200.00
Designs for Living - 488	-----	501.93	Lotus Womens Step Study - 1647	50.00	187.50
Diamond St Mens Step Study - 569	-----	250.00	Love and Truth 12 x 12 -1617	-----	200.60
Dignity Unlimited - 205	-----	314.39	Lunch With Bill W Bunch - 774	-----	360.00
Doctors and Lawyers Group - 391	-----	327.50	Lunchtime Friends - 964	-----	78.60
Downtown Discussion - 1665	109.30	698.04	Lushes Lunch - 2641	-----	401.00
Downtown Noon Discussion - 1607	-----	222.00	Meetin in the Ladies Room - 2614	-----	50.00
Downtown Noon Womens - 1186	-----	50.00	Men and Womens Monday Night - 95	-----	120.00
Downtown Sobriety - 1015	-----	5.00	Mens Recovery Group - 830	100.00	100.00
Drunks Only - 1605	455.00	3,251.90	Mens Step Study (CV) - 965	-----	100.00
Each Day A New Beginning -509	-----	77.00	Mid City Monday Night Beginners - 2577	-----	20.00

November 2004 Contributions

Group Name	Nov 04	Ytd 04	Group Name	Nov 04	Ytd 04
Midway Bridge - 2171	-----	55 00	Sole Purpose Group - 1657	-----	60 00
Mid-Week Mens - 560	-----	680 00	Sorrento Valley Nooner - 544	-----	209.18
Mira Mesa Early Risers - 967	100.00	450 00	South Bay Guys & Gals Disc - 35	-----	90 00
Mira Mesa Womens - 411	-----	181 40	South Bay Mixed Discussion - 36	-----	30 00
Miracle Big Book - 2474	-----	187 50	South Clairemont - 305	-----	229 65
Miracle Literature - 2635	121.44	218 19	Spiritual Awakening - 2275	600 00	3,360 00
Miracles on Mondays - 565	-----	198 34	Spiritual Awakenings Step Study - 2601	25 00	100 00
Mission Bay Sat Night Speakers - 271	-----	160 00	Spring Valley Step Study - 125	-----	277 67
Mission Bay Speakers - 1692	217 50	547 67	Step By Step - 1486	-----	27 55
Mission Hills Beginners - 1612	-----	600 00	Step Sisters - 2155	-----	90 00
Mission Hills Fri Night Group - 2576	60 00	401 37	Straight Shooters - 198	-----	50 00
Mission Hills Tues Lunch Bunch - 2590	-----	180 00	Sunday at Six-Thirty Big Book Study - 519	-----	50 00
Mission Hills Weds Lunch Bunch - 2675	100 00	268 00	Sunday Beach Sun-Day - 568	-----	345 63
Mon Eve Smokeless Dinner - 1723	-----	100 00	Sunday Knid Of Love - 429	-----	140 00
Monday Meditation - 2334	60 00	60 00	Sunday Middy - 161	-----	180 13
Monday Mens Gut Level Group - 677	-----	37 50	Sunday Morning at the Grove - 117	40 00	220 00
Monday Night Big Book Study - 2345	-----	60 00	Sunday Morning Eleventh Step - 1206	-----	300 00
Monday Nite Live- 643	60 00	370 00	Sunday Morning Spiritual Mtg - 1700	-----	235 00
Monday Step Study - 316	-----	30 00	Sunday Morning Sunshine - 407	-----	60 00
Morning Attitude Adjustment - 768	-----	1,605 00	Sunday Night Sober - 2178	-----	60 00
Morning Glorys Womens Step Study - 543	-----	30 00	Sunday Night Speakers - 1704	-----	265 00
National City Maintenance - 136	-----	30 00	Sunday Nite Closed Womens - 175	-----	30 00
No Holds Barred - 1035	-----	75 00	Sunday On The Pier - 2130	-----	293 80
Noon At The Grove - 628	250 00	2,267 28	Sunday Serenity - 47	60 00	280 00
Noon to One AA - 2029	-----	1,700 00	Sweet Grass - 1789	-----	10 00
Nooners Anonymous - 1164	-----	350 00	T G I.F. - 1658	-----	100 00
Noontime on the Patio - 2203	75 00	225 00	The Boulevard Desperados - 2262	-----	107 50
North Clairemont - 1102	-----	180 00	The Freedom Meeting - 408	-----	100 00
North Clairemont Sat Nooners - 2572	-----	92 00	The Other Meeting - 857	-----	1,100 00
North Park Mens - 465	-----	100 00	Thursday Campus Noon Group - 2387	-----	100 00
North Shores Breakfast - 275	-----	196 19	Thursday Promises Promises - 749	235 00	669 00
North Shores Breakfast Disc - 276	-----	153 00	Thursday Step Study - 2025	30 00	230 00
Ocean Beach Tuesday - 246	-----	100 00	Thursday Steps - 646	-----	197 45
Old Timers Group - 2037	-----	150 00	Tierrasanta Big Book Study - 1790	-----	250 00
Old Town Speakers - 321	-----	250 00	Tierrasanta Friday Night - 2645	-----	303 00
One Day At A Time Beginners - 745	-----	125 00	Top of The Hill - 41	-----	225 00
One Step Ahead - 715	-----	150 00	Torrey Pines Opne Disc - 94	50 00	185 00
One Step At A Time Runners - 1664	-----	213 00	Torrey Pines Thurs Nite Disc - 365	-----	50 00
Original Anonymous Anonymous - 154	-----	1 00	Tri-Serenity - 836	-----	40 00
Original Tues Night Step Study - 2124	-----	203 80	Tues Night Big Book Step Study - 1813	-----	324 81
Over 50 - 840	-----	20 00	Tues Rule 62 Lunch Group - 590	120 00	270 00
Pacific Beach Weekend Warmup - 725	-----	808 15	Tues Night Mens - 2123	-----	75 00
Paradise Hills - 392	-----	50 00	Tuesday Morning Alpine - 440	-----	140 00
Pass It On - 170	67 26	165 26	Tuesday Night Mens - 56	-----	203 39
Patterns In Sobriety - 669	-----	87 00	Tuesday Night Participation - 905	50 00	300 00
Penasquitos Discussion - 871	-----	50 00	Turkey Group - 1653	57 82	107 82
Point Loma Mens - 245	270 00	620 00	Two AA's Over Easy - 2106	-----	250 00
Point Loma Nooners - 1606	-----	100 00	Two Bit Speakers-201	-----	237 75
Point Loma Saturday Morning - 1240	-----	195 90	University City Disc - 368	-----	122 50
Practical Solutions - 2398	-----	67 50	University City Womens - 369	-----	471 00
Primary Purpose Group - 287	60 00	160 00	Wandering Women - 2298	-----	250 00
Pt Loma Fri Afternoon Step Study - 244	-----	344 63	Warm & Friendly - 42	-----	175 00
Pt Loma Womens Discussion - 1608	-----	135 00	Water Walkers Too - 1946	-----	261 00
Resentment and a Coffee Pot - 2561	45 00	45 00	Way Up and Out - 415	-----	256 50
Right Turn Group - 1900	-----	105 00	Wed Night Open Discussion - 930	-----	70 00
Rise & Shine - 2170	160 00	1,330 00	Wednesday Discussion Group - 2431	-----	50 00
Round Table Discussion - 123	-----	50 00	Wednesday Night Closed Topic - 165	-----	60 00
Safe Sane and Sober - 1350	-----	1,004 50	Wednesday Night Islanders - 1636	-----	60 00
San Carlos Single Purpose - 583	-----	104 00	Wednesday Night Promises- 2167	-----	187 44
San Diego Doctors Step Study - 194	-----	200 00	Wednesday Winners Circle - 496	90 00	360 00
Santee Big Book Study - 1812	-----	134 45	Weds Rule 62 Lunch Group - 687	-----	300 00
Santee Serenity Group - 1943	-----	133 50	We've Come A Long Way - 1616	-----	25 00
Santee Sunday Nite Smokeless - 1705	-----	250 00	What Now - 325	100 00	155 30
Santee Thursday Closed Mixed - 145	-----	50 00	Wholesale Miracle -2474	-----	371 46
Sat Mens Early Awakening - 2209	-----	234 67	Women in Harmony - 1807	80 00	130 00
Sat Night Early Discussion -336	-----	450 00	Women To Women - 2066	-----	95 00
Sat Night Live - 2173	-----	168 00	Womens Sober Sunday - 731	-----	230 40
Sat Night Speakers - 120	-----	240 00	Womens Step Study - 296	25 00	255 71
Saturday Mens - 1730	-----	100 00	Womens Thursday Nite - 514	-----	186 00
Saturday Night Candlelight - 1914	-----	150 00	Womens Way to Recovery - 836	-----	55 00
Scripps Ranch Mens - 1924	-----	56 00			
Search for Serenity - 974	-----	46 00			
Senior Serenity Meeting - 209	-----	100 00			
Six Minutes To Sanity Medication - 2647	50 00	100 00			
Six O'Clock Big Book Study - 507	-----	42 00			
Sky Hi Womens - 1633	-----	60 00			
Smokefree La Mesa Womens - 635	-----	200 00			
Smokeless Drunks Luncheon - 1008	-----	200 00			
So Bay New Womens - 2325	-----	100 00			
Sober Camel Speakers Meeting - 2296	-----	223 67			
Sober Minded Leather Folk - 1882	-----	214 00			
Sober Nooners - 196	-----	331 82			
Sober Serenity Seekers - 887	-----	142 50			

Thank you for supporting
YOUR Central Office.

Schedules to Statement of Revenue and Expenses

	November 30, 2004					
	November '04	% of Income	YTD '04	YTD '03	\$ Change	Budget 2004
Income from Sales						
Book Net Sales						
Books	7,220.50	87.66%	71,145.35	65,240.73	5,904.62	75,970.00
Books Cost	(5,982.11)	-72.62%	(58,985.45)	(63,090.34)	4,104.89	(63,000.00)
Total Book Net Sales	1,238.39	15.03%	12,159.90	2,150.39	10,009.51	12,970.00
Pamphlet Net Sales						
Pamphlets	914.60	11.10%	8,913.60	8,721.95	191.65	9,000.00
Pamphlets Cost	(722.42)	-8.77%	(7,612.04)	(7,963.36)	351.32	(7,800.00)
Total Pamphlet Net Sales	192.18	2.33%	1,301.56	758.59	542.97	1,200.00
Schedule Net Sales						
Schedules	568.11	6.90%	7,612.39	7,401.12	211.27	8,280.00
Schedules Cost	(561.02)	-6.81%	(8,047.27)	(7,854.13)	(193.14)	(9,000.00)
Total Schedule Net Sales	7.09	0.09%	(434.88)	(453.01)	18.13	(720.00)
Tape & Misc. Net Sales						
Tapes & Misc	891.04	10.82%	7,363.03	4,671.65	2,691.38	6,200.00
Tapes & Misc Cost	(749.64)	-9.10%	(6,295.42)	(4,006.56)	(2,288.86)	(5,200.00)
Total Tape & Misc. Net Sales	141.40	1.72%	1,067.61	665.09	402.52	1,000.00
Token Net Sales						
Tokens	183.00	2.22%	1,992.00	1,947.88	44.12	2,050.00
Tokens Cost	(109.95)	-1.33%	(1,209.87)	(1,353.81)	143.94	(1,250.00)
Total Token Net Sales	73.05	0.89%	782.13	594.07	188.06	800.00
Inventory adjustment	159.08	1.93%	1,864.90	2,543.32	(678.42)	2,250.00
Total Sales Income	1,811.19	21.99%	16,741.22	6,258.45	10,482.77	17,500.00
Income/Expense from Standing Committees						
After Hours Phones	21.49	0.26%	235.89	220.45	15.44	300.00
Business Committee	-	0.00%	-	568.00	(568.00)	-
Coordinating Council						
7th Tradition Income	(40.75)	-0.49%	(409.55)	(436.51)	26.96	(400.00)
Coffee & Donuts	18.15	0.22%	255.22	324.30	(69.08)	300.00
Documentation	-	0.00%	120.00	301.57	(181.57)	350.00
Equipment	-	0.00%	-	-	-	60.00
Recording Secretary	-	0.00%	300.00	330.00	(30.00)	360.00
Rent CC	-	0.00%	720.00	720.00	-	720.00
Unity Day	-	0.00%	112.50	113.42	(0.92)	150.00
PRAASA for CC Chair	-	0.00%	284.80	448.09	(163.29)	300.00
Total Coordinating Council	(22.60)	-0.27%	1,382.97	1,800.87	(417.90)	1,840.00
Coordinator Outreach	-	0.00%	-	-	-	50.00
Newsletter "Coordinator"						
Rent	-	0.00%	-	40.00	(40.00)	-
Printer	443.00	5.38%	4,149.00	3,382.00	767.00	3,675.00
BAM	(60.00)	-0.73%	(820.00)	(707.00)	(113.00)	(1,000.00)
Flyers	(140.00)	-1.70%	(710.00)	(389.88)	(320.12)	(600.00)
Paper/ Labels	135.00	1.64%	1,241.78	1,604.01	(362.23)	2,100.00
Postage Bulk	100.50	1.22%	1,287.01	1,294.45	(7.44)	1,400.00
Refreshments	-	0.00%	-	540.75	(540.75)	-
Total Newsletter "Coordinator"	478.50	5.81%	5,147.79	5,764.33	(616.54)	5,575.00
Outreach Committee	(20.00)	-0.24%	(20.00)	160.00	(180.00)	180.00
Program Committee						
Founder's Day Picnic						
7th Tradition Income	-	0.00%	-	-	-	-
Food/Supplies	-	0.00%	290.12	503.67	(213.55)	250.00
Total Founder's Day Picnic	-	0.00%	290.12	503.67	(213.55)	250.00
Anniversary Breakfast						
Decorations	31.96	0.39%	80.35	87.75	(7.40)	100.00
Food/Drinks	785.00	9.53%	2,860.00	3,194.96	(334.96)	5,000.00
Printing	-	0.00%	172.40	37.00	135.40	280.00
Ticket Income	(938.00)	-11.39%	(3,038.00)	(3,199.50)	161.50	(5,380.00)
Total Anniversary Breakfast	(121.04)	-1.47%	74.75	120.21	(45.46)	-
New Year's Eve						
Food/Drinks	-	0.00%	-	1,136.47	(1,136.47)	2,000.00
Hall Rental	500.00	6.07%	500.00	1,160.00	(660.00)	1,170.00
Music	139.00	1.69%	139.00	200.00	(61.00)	900.00
Printing	156.00	1.89%	156.00	96.94	59.06	280.00
Prior Yr NYE Event	-	0.00%	-	140.00	(140.00)	-
Ticket Income	(30.00)	-0.36%	(30.00)	-	(30.00)	(4,750.00)
Total New Year's Eve	765.00	9.29%	765.00	2,733.41	(1,968.41)	-
Total Program Committee	643.96	7.82%	1,129.87	3,357.29	(2,227.42)	250.00
Public Info Committee						
Del Mar Fair	-	0.00%	139.82	169.30	(29.48)	200.00
Literature	-	0.00%	229.40	274.64	(45.24)	500.00
Speaker Workshop	-	0.00%	39.00	-	39.00	100.00
PRAASA for Chair	-	0.00%	300.00	625.00	(325.00)	300.00
Copies/Postage	-	0.00%	35.98	34.97	1.01	50.00
Total Public Info Committee	-	0.00%	744.20	1,103.91	(359.71)	1,150.00
Total Committee/Program Expense	1,101.35	13.37%	8,620.72	12,974.85	(4,354.13)	9,345.00

CENTRAL OFFICE

PHONE CALLS FOR November 2004

TOTAL CALLS FOR MONTH 2923	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2020	528	33
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	211	118	13

WEB SITE HITS: Sept. = 5,540 Total 179,716

January 2005 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Mission Hills Beginners
2	3	4	5	6	7	8
Adams Ave Big Book La Jolla Soledad Men's	Unconditional AA	Mira Mesa Early Risers	GSDYPAA	Dawn Patrol	Scripps Ranch Men's	La Mesa Men's
9		10	11	12	13	14
La Mesa Women's Sat Morning Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers	La Jolla Beginners	El Cajon Daytime	Old Town Speakers
16		17	18	19	20	21
South Clairemont OPEN	Fourth Dimension	Mon Night North Park AA	Smokeless Drunks	The Blvd Desperados	Cedar St Men's	Just Us Girls
23		24	25	26	27	28
Clairemont Men's Fireside Step Study	Imperial Beach Group	Downtown Discussion	Drunks Only	Easy Risers	North Park Men's	Harmony Group
30		31	If your Group wants to answer phones, call: Julie J. – After Hours Phone Chair (619) 994-1533 Or Connie at Central Office (619) 265-8762			
Diamond Street Men's Butterfly Group	Easy Does It Riders					

January 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1 / 8
<p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p> <p>Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm</p>	<p><u>District 8</u> Center 115 Spruce Rd Chula Vista 7:00 pm</p> <p><u>Public Information Committee</u> Central Office 6:30 pm</p>	<p><u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm</p> <p>Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3528 University 7:00 pm</p>	<p><u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm</p>	<p><u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm</p> <p><u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm</p>	<p>Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm</p> <p><u>District 7</u> Club 1944 30th St Golden Hill 6:30 pm</p>	<p>Holiday CENTRAL OFFICE CLOSED</p>
9	10	11	12	13	14	15
<p><u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 2:00 pm</p> <p><u>Grapevine Committee</u> Central Office 4:00 pm</p>	<p><u>District 6</u> Serv Ctr 3425 5th Ave Hillcrest 6:00 pm</p> <p><u>Area Finance Committee</u> Central Office 6:00 pm</p>	<p><u>Business Committee</u> Central Office 6:00 pm</p> <p><u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm</p> <p><u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm</p> <p><u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm</p>	<p><u>Archives Committee</u> Central Office 6:30 pm</p> <p><u>Audio/Visual Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm</p>	<p><u>Coordinating Council</u> Church 6th & Nutmeg Orientation Committee 6:00 pm (2nd floor) New Coordinators 6:30 pm (2nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting</p> <p><u>Area Agenda Committee</u> Central Office 7:00 pm</p>		
16	17	18	19	20	21	22
<p><u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>Area Literature Committee</u> Central Office 7:00 pm</p>	<p><u>Contact On Release Committee</u> Central Office 6:45 pm</p>	<p><u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm</p>	<p><u>H&I Committee Orientation</u> Central Office 7:00 pm</p> <p><u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm</p>		
23	24	25	26	27	28	29
<p><u>Program Committee</u> Central Office 6:30 pm</p>	<p><u>District 5</u> Church 5050 Milton Clairemont 7:00 pm</p>	<p><u>After-Hours Phone Committee</u> Central Office 6:30 pm</p> <p><u>Special Needs Committee</u> Central Office 7:30 pm</p> <p><u>District 11</u> Church 8350 Lake Murray Blvd San Diego 6:30 pm</p>	<p><u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm</p> <p><u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm</p>	<p><u>Coordinator Newsletter Committee</u> Central Office 6:00 pm</p>		
30	31					
	<p><u>C.P.C Committee</u> Central Office 7:30 pm</p>					

SPEAKER MEETINGS

Old Town Speaker Meeting

123 Camino de la Reina, Mission Valley

Time: Sunday at 7:00 pm

January 2	Joe C.	San Diego
January 9	Patti N.	Lakeside
January 16	Jim M.	San Diego
January 23	Wally P.	Oceanside

South Bay Speakers Opened Mixed

270 "C" St., Chula Vista

Time: Saturday at 7:45 pm

January 1	Jerry P.	San Diego
January 8	Carl T.	San Bernadino
January 15	Kim R.	San Diego
January 22	Jewel J.	New Orleans
January 29	Cecilia M.	San Diego

Mission Bay Saturday Speakers Meeting

USD Campus, Marion Way

Founders Hall Room #124

Time: Saturday at 8:00 pm

January 1	Mike H.	San Diego
January 8	Doug O.	San Diego
January 15	To Be Announced	
January 22	Patrick C.	San Diego
January 29	Kristin C.	San Diego

Coronado Wednesday Speakers

700 D Ave., Coronado

Time: Wednesday at 8:00

January 5	Kathy S.	San Diego
January 12	Darby F.	Bonita
January 19	Stephen D.	San Diego
January 26	Joe C.	San Diego

Saturday Night Speakers

9140 Akard St., Spring Valley

Time: Saturday at 7:00 pm

January 1	Jerry S.	Spring Valley
January 8	Nancy T.	Santec
January 15	Todd W.	San Diego
January 22	Aaron A.	El Cajon
January 29	Steve H.	Lakeside

Happy New Year
from the Newsletter Committee

THINGS TO DO & PLACES TO GO

THIRD WEEKENDERS

AA GROUP CAMPING SCHEDULE

Feb. 18, 19, & 20

Lake Jennings County Park
I-8 E 21 mi. from San Diego,
Lake Jennings Rd. N. 1 mi.

Jerry & Beth (619) 670-6832

30th ANNUAL SAN FERNANDO VALLEY

AA CONVENTION

Jan. 28, 29, & 30

www.sfvaaconvention.org

info-line (818) 734-0383

15th ANNUAL AA

IMPERIAL VALLEY ROUND-UP

Feb. 11, 12, & 13

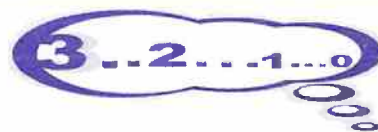
info-line (760)353-9965

2nd ANNUAL WAIKIKI HUKILAU

HAWAII

March 25, 26, & 27

info-line (808) 921-3459



DON'T SPEND NEW YEAR'S EVE ALONE! 31ST ANNUAL NEW YEAR'S EVE ALKATHON

Dec. 31 - 9 a.m. until Jan. 1 - 9p.m.

625 Pennsylvania Ave. San Diego

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

Archivist Wanted

**Area Archivist
Custodian
of the**

Area's Archives

**Collect, Organize, Preserve
Materials of AA's
Historic Interest
4 yr. service commitment**

Suggested:

**Service experience in Area Assembly
or Intergroup
10 yrs. Sobriety
Contact Thom H. Archives Chair
Phone (619) 575-3200**

My name is Bonnie, and I am an alcoholic. Alcohol is such an unrelenting tyrant. I certainly remember the bondage of alcohol and what it "made me do." Keeping the supply safe and plentiful, hiding the evidence of my drinking, lying, denying, and dying. Justifying it, explaining it away, blaming others, on and on. I think it was Nietzsche who said, "What doesn't kill us, makes us strong." Well, we are tough strong people, then. Alcohol pretty near won, though. When sobriety hit me between the ear lobes, and my brain woke up, I found many other little bondages that had to be burned out, pried loose, shaken off. That meant freeing myself from all that negative thinking ... old tapes, guilt, shame, humiliation, too. And while my Higher Power gifted me with freedom from the obsession, I had to work for the rest of it. There is no way freedom can be free. It always costs. Putting my shoulder to the grindstone of the Steps was my way out and into the freedom to live. Being just dry simply isn't enough. AA has given me tools to practice every day, just as I drank every day ... those Twelve Steps and powerful gifts of prayer you have taught me. I can't thank you and AA enough.

My name is Ben, I'm an Alcoholic. I had been sober 12 years and 364 days on June 9th 2003 when I heard Gail N. talk at the Annual Unity/ Founders Day Celebration. She said: "personal recovery depends upon AA Unity". Of course, she was quoting the First Tradition, but I swear I had not heard that message until that day! To me, the most spiritual and mystic word in the English language is "Oh," and I said it that day. It has taken me a lot of work to achieve enough humility to say "Oh" when I hear something precious. I know now that service in the Coordinating Council or the Area Assembly will help keep me sober. I used to do it because I was told to, but now I understand why.

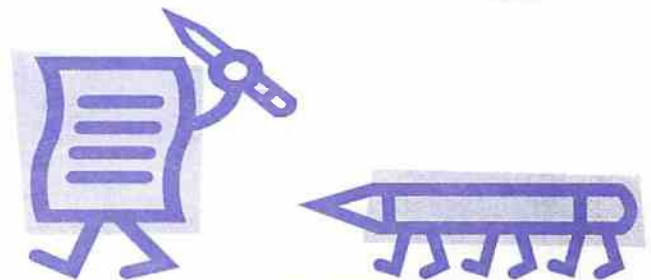
The Steps and the Preamble do not mention "Unity." They use the words "us" and "our" a lot and I suppose reasonable people would assume that those words would imply "unity." Not me. I didn't get it. Maybe if the First Tradition would say "personal sobriety depends upon AA unity" I might've gotten it, but I doubt it.

What is the difference between "recovery" and "sobriety", you ask? I don't know. But I do know that I'm very grateful that so many Alcoholics do service for the Unity of AA so that I can hear the same message anywhere I go.

I've recently finished reading the Final Report of the 54th Annual AA Conference in New York and I'm always awestruck by the mighty effort that a lot of people make in order to keep us unified throughout the country and the world. Sadly, our own Delegate had to report that there is a lot of apathy here in San Diego. In fact, this may be the last issue of "The Coordinator" unless someone wants to serve.

When I came to AA 14 years ago, they asked me if I was willing to go to any lengths to stay sober. I guess they don't ask that question anymore. Like the song says: "United we stand-divided we fall..."

Ben



THE NEWSLETTER COMMITTEE

Needs Your Support

You can send in a story or even join the committee. You do not have to be a Coordinator to serve on the committee. Call Central Office for more information.

I'm Kerri, an alcoholic. When I found AA, I was on the computer. I was a scared little 18-year old and I had no idea which way to go. I thought that a bunch of online people could keep me sober, but I was wrong. I had to take their suggestions about going to meetings. But one thing I did learn from those people on the computer, the ones who took time out to share their experience, strength and hope with me, they never made demands on me. They shared with me how their life was, how AA changed it for them, and how good they felt about going to meetings. I learned a lot, and when I was ready and willing to go to my first face-to-face meeting, I found the people there did the same thing for me. I got a sponsor who never told me what to do. She taught me with kindness and her own experience. I had some things in my past my sponsor had never experienced, so she sent me to someone who had. Today, I do that with my sponsees. If I have never been through a situation they are going through, I help them find someone who has. Because I can't share something I don't have. I can research, I can read all the books, but I will never know that feeling. I have been through many things in my short life, and when I was 'out there' they all brought me down. I was full of the "Why me!" But when I came to this program I found my Higher Power had given me a gift... the gift of experience, the experience of getting through it, and the experience of using it to help others. I was told AA made no demands and would not chastise you for what you are doing. All we can do is share our experience, strength, and hope with each other and learn slowly as we trudge this sometimes bumpy road to our happy destiny. Life isn't always going to be perfect, but with every curve I learn something new. Telling someone to just forget and let go of it isn't much help, because I know for me, I have to live it, feel it, and learn from it, before my Higher Power will take it away. And He will only do that when I have learned what I needed to learn, so I can pass it on to the next person. Thanks for letting me share.

SUBSCRIBE TODAY!

Have the San Diego AA Coordinator delivered to your home for 1 year.

For only \$12

That's only a BUCK A MONTH!

	Name _____	
	Address _____	
Mail to: CENTRAL OFFICE SAN DIEGO, CA 92120-2454	7075-B MISSION GORGE ROAD	BUCK A MONTH CLUB

Sobriety Jumble

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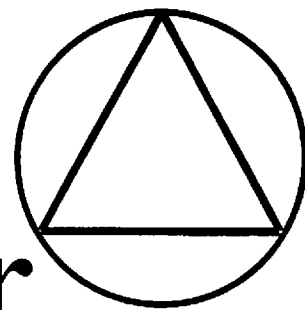
1	2	3	4	5	6	7	8	9	10											

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

Fourth Edition Tidbits

Alcoholics Anonymous Page 345
I found that now I could do many things without a drink-write, answer the telephone, eat out, go to parties, make love, get through the day and the evenings. Sleep at night and get up the next morning ready to begin another day. I was amazed and proud to have gone a week without a drink, then a month. Then I lived an entire year sober, through my birthday, Christmas, problems, successes, the mixture that makes up life.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry the message to other alcoholics!” (Alcoholics Anonymous page 89.)

February 2005
VOL. VI, NO. II

INSIDE...

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HEED THE CALL

Jym V.

Although I am, for the most part serene, nothing gets my goat more than an open service commitment that doesn't get filled.

I have multiple service commitments. Why? Service commitments keep me sober.

I got sober with help. I spent almost two years under the safe haven of a rehabilitation center and their sober living house. One thing they stressed was to get service commitments. I'm glad I listened. When it became time to live on my own for the first time in many years, a lot of things changed for me. I no longer needed to get those "get well cards" signed at meetings. I didn't have a case manager keeping track of what step I was working. In short, "on my own" really meant "on my own."

It was a scary time for me. I think what saved me was my service commitments. I felt responsible to the groups I attended. I had to be there every week. For the first time in a very long time, I felt needed. I really got the idea that they needed me! As a result of that, I attended the meetings I needed in order to stay sober, even when I didn't feel like going. The Big Book tells us that service work will help us more than it helps the groups that need the service work done. The group benefits, but more important, I benefit

Service keeps me attending the same meetings every week. That's the best way to stay in the middle of AA, the safest place for this alcoholic. I've seen so many people hanging on the fringes. All too often they fall back into the behaviors that ruined their lives. I've found that by going to the same meeting over and over, the people there begin to know me. They miss me when I don't attend and ask me about it when I return. They can tell when I'm not feeling good, almost before I know it myself! Then there's the meeting after the meeting. I pity the employees that work where we go for coffee after the meeting. Our table is usually the loudest, with laughter being the chief offender. I go home feeling full.

So do yourself and the entire AA community a favor. When you see there is an open service commitment, **HEED THE CALL!**

Happy Birthday!!!!!!

Ski	41 yrs.	Rule 62 Group
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The Kid

By Anonymous

A Kid in the fellowship recently shamed me unintentionally. On Thanksgiving Day he didn't have anyone to share the holiday with. No family in town and no friends had invited him to share their feast. At first he felt sorry for himself but then remembered that the local detox was having Thanksgiving dinner for their clients. The Kid decided to go down there and see how he could help others feel good on a day in which he felt so alone.

It worked. He came away feeling content, at ease and happy.

The funny thing is, I've sat in judgement of this very Kid. I practiced "contempt prior to investigation" and I was fooled. I personally am guilty of the very things I thought of him and others.

Thankfully I have a loving God who gently teaches me humbling lessons. Thank God there are people in this world like The Kid who believe it is

better to give than to receive. What a great example.

I once read on the inside of a CD cover, the difference between Grace and Mercy:

Grace is when God gives us the things we DON'T deserve and Mercy is when God doesn't give us what we DO deserve!

Pondering Point

*Excerpt from the 54th Annual Meeting of the
General Service Conference of Alcoholics
Anonymous 2004 Final Report*

Area 8 has over 1,200 groups in 23 districts. We have 11 standing committees, including two H&I committees covering north and south county. We have two English and two Spanish-speaking central offices, also in north and south county. We have supportive relationships with our local Intergroups and H&I committees and unity has been increasing between Spanish and English-speaking districts. We have many of the same problems other areas have and **there seems to be a general apathy amongst our members toward involvement in any service beyond sponsorship.**

MEETINGS IN MOTION

Group and Meeting Changes

Coordinating Council Attendance

The following 45 groups attended January's Coordinating Council
There are 749 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, February 10th, 2005

NEW MEETINGS

La Jolla Sunrise (Code: C)
7111 La Jolla Bl (enter thru courtyard)
Daily (Mo-Fr) @ 7 AM La Jolla

Thurs B/B Workshop
755 Emory St @ Office Bldg
Thursday @ 1:30 PM Imperial Beach

Womans Happy Hour (Codes: C W)
2400 Doubletree Rd @ Residence
Friday @ 5:30 PM Spring Valley

Journey Into Faith (Code: CF)
8086 Lemon Grove Way @ Recv Hm
Sunday @ 6 PM Lemon Grove

CANCELED

Deaf Sober AA
Howard & Oregon @ Park
Wednesday @ 6 PM North Park

Traditions West
350 Prescott @ Church
Sunday @ 10 AM El Cajon

La Mesa Womens Discussion
6244 El Cajon Blvd # 15 @ Recv Ctr
Sunday @ 10:30 AM College

Open Heart
3889 Midway Dr @ Club
Sunday @ 6 PM Loma Portal

Sunday Night Speakers
3350 La Jolla Village Dr (Rm 2011)
Sunday @ 7 PM La Jolla

CODE CHANGE

SoberMinded Leatherfolk @ Club
1730 Monroe Ave University Heights
Friday @ 8 PM is now 'OPEN'

NAME CHANGE

12 Steps 12 Traditions Workshop
(was Step Study Workshop)
30th & Gunn @ Church
Tuesday @ 6:30 PM North Park

Allied Gardens Step Study
Back To Basics For Women
Battery Chargers
Cedar Street Mens
Clairemont Womens Step Study
Conscious Contact Study Group
Coronado Senior and Sober Disc
Coronado Womens Meeting
Downtown Discussion
Drunks Only
Easy Does It Riders
El Cajon Daytime
Evening Serenity
Fourth Dimension Group
Golden Hill Sunday Discussion
Great Fact
Harmony Group
Haul Your Hiney Out Of Bed
Imperial Beach Group
Imperial Mens Group
La Jolla Beginners Group
La Jolla Speakers
La Mesa Mens

La Mesa Womens Sat Morning
Lakeside Drunks
Midway Bridge
Mid-Week Mens
Mira Mesa Early Risers
Mira Mesa Friday Night
Miracles On Monday
Mission Hills Beginners
Mission Possible
Morning Attitude Adjustment
Ocean Beach Tuesday
Old Town Speakers
Rise & Shine
Santee Saturday Night Speakers
Scripps Ranch Mens
South Clairemont
Sunday Middy
The Blvd Desperados
The Other Meeting
Torrey Pines Open Disc
Warm And Friendly
Water Warkers Too

Attention Group Secretaries

**CALL CENTRAL OFFICE AND REGISTER AS SECRETARY OF YOUR GROUP
AND WE WILL MAIL YOU THE MONTHLY COORDINATOR NEWSLETTER
AND OUR "NEW" SECRETARY HANDBOOK FOR YOUR GROUP OR BETTER
YET, COME VISIT US AT CENTRAL OFFICE**

TIME CHANGE

Mothers In Sobriety City Heights
3770 Altadena Ave @ Church
Tuesday @ 9:30 AM (was 10:30)

13th St. Mens Group (Codes: C M)
1104 Florence St @ Residence
Thursday @ 7 PM (was 8) Imperial Beach

I AM RESPONSIBLE

**WHEN ANYONE, ANYWHERE,
REACHES OUT FOR HELP, I WANT THE
HAND OF A.A. ALWAYS TO BE THERE.
AND FOR THAT: I AM RESPONSIBLE**

RELOCATE

Happy, Joyous & Free
6556 Park Ridge Bl @ Church
(was 6536 Estrella Ave)
Thursday @ 8 PM San Carlos

University City Discussion
4330 Moraga Ave @ Church
(was 4321 Eastgate Mall)
Sunday @ 7 PM Clairemont

RELOCATE & TIME CHANGE

University City Womens
5055 Governor Dr @ Church
(was 4321 Eastgate Mall) University City
Tuesday @ Noon (was 1 PM)

Minutes of the Coordinating Council Thursday, January 13th, 2005

Diane V. - Coordinating Council Chair, called the 714th meeting to order at 7:30 pm. Winona read the 12 Traditions. Council Definition and Purpose read by Michael. There were 18 new Coordinators. There were 5 birthdays. 7th Tradition was \$38.00. Roll Call: Janet K., Assistant Chair reported 42 groups were represented, a quorum (28). It was M/S/C to approve the minutes of the December meeting.

Area Assembly – No Report Given.

AFTER HOURS PHONE COMMITTEE:

Larry, Co-Chair reported the committee met on Tuesday 12/28/04.

- 1) The 16th & 22nd are OPEN nights.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 1/11/05 at 6:00 pm. Present: Robert H., Steve T., Barbara F., Tim L., Diane V., Council Chair and Connie J., Manager. Excused: Casey and Malinda. Visitor: Les. There was a quorum.

- 1) It was M/S/C to approve the minutes of the December meeting.
- 2) It was M/S/C to approve the Financial Statements for December.

Our preliminary December YTD Net Loss is (\$4,333.77) essentially on budget for the year at a Net Loss of (\$4,432). We do not expect any significant changes to these preliminary results other than to New Year's Eve event and Archive's Room. Our income results \$114,755.27 were slightly higher than our 2004 budget of \$113,680 reflecting higher group contributions partially offset by lower individual contributions.

Most of our expenses were in-line with the 2004 budget.

Manager's Report

- 1) January's Book of the Month: "12 x 12 gift

edition" on sale for \$4.75 each.

- 2) Daytime phone volunteer shifts are currently filled. However, we always need fill-ins.
- 3) New 2005 Grapevine Calendar's and Pocket Planners are here.
- 4) Archive's Room is coming along. Look for Open House Flyer soon.
- 5) New Year's Eve event had a loss of \$1200 due to rain and reduced attendance.
- 6) Connie will speak at the Congreso Hispano de A.A. on Tradition 5 on January 28th.

Committee Member Reports:

- 1) Robert H., Chair acknowledged the excellent work done on the December year-end literature inventory.

Old Business: There was none.

New Business:

- 1) It was M/S/C to elect Barbara F., Vice-Chair, Tim L., Treasurer and Steve T., Secretary.
- 2) It was M/S/C to elect Tim L. to head up the 2005 Individual Contributions Ad-hoc Committee.
- 3) It was M/S/C to continue to have George Samuels, CPA audit our 2004 books.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on Thursday, 12/30/04. Present were: Jym and Georgia.

FLYERS: None presented.

- 1) March's Issue: "Willingness". Submissions need to be in by Thursday, January 27th.
- 2) April's Issue: "Open Mindedness"
- 3) May's Issue: "Honesty"
- 4) We NEED 1-2 new committee members Coordinator Newsletter.
- 5) Stories may be submitted at any time - they do not have to be on the current topic. We need personal stories of recovery.

Continued on Page 6.

Continued from Page 5

COORDINATOR OUTREACH COMMITTEE:

Dave R., Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

- 1) A few groups were visited this past month.
- 2) Discussed having posters at future Coordinating Council events.
- 3) Anyone willing to visit groups let Dave know. Also report back if you have recently visited a group. Thank you to everyone who continues to help out.

ORIENTATION & GUIDELINES: Larry L, Chair reported that committee met on Thursday, 1/13/05.

- 1) Orientated 13 new Coordinators.
- 2) Explained the structure of the Council proceedings. Shared the history of San Diego.
- 3) Next orientation is Thursday, 2/10/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 12/19/04. Present were: Dave R., Les, Laura, Patti & Rhonda.

- 1) Finalized New Year's Eve Celebration.
- 2) Due to rain our attendance was down at the event. However, everyone in attendance enjoyed themselves.
- 3) Our next event will be our Founder's Day Picnic in June.

PUBLIC INFORMATION COMMITTEE:

Greg S., Chair reported that the committee met on Monday, 1/3/05 at 6:30 pm. PRESENT: Tim L, Michelle M., Marco R., Anna S. and Greg S. Guests: Danny B. and Felice G.

- 1) It was M/S/C to accept Danny as volunteer for commitments and Felice as new committee member.
- 2) Review of previous months commitments were 5 classes at Monte Vista High School.

- 3) School Outreach – Anna to coordinate new mailing in January to schools.
- 4) Volunteer speaker workshop in April 2005.
- 5) PRAASA Tucson: March 11, 2005

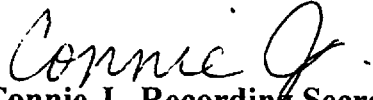
OLD BUSINESS:

- 1) Need a female Business Committee member. Please announce.
- 2) It was M/S/C to elect Joel (3/1/02) to Newsletter Committee.
- 3) It was M/S/C to elect Dixie (10/30/96) as Council Assistant Chair, but she later declined due to schedule conflict. Larry T. has stepped up to accept position.
- 4) It was M/S/C to elect Natasha (12/16/02) to Orientation Committee.
- 5) It was M/S/C to approve Felice to Public Information Committee

NEW BUSINESS: None

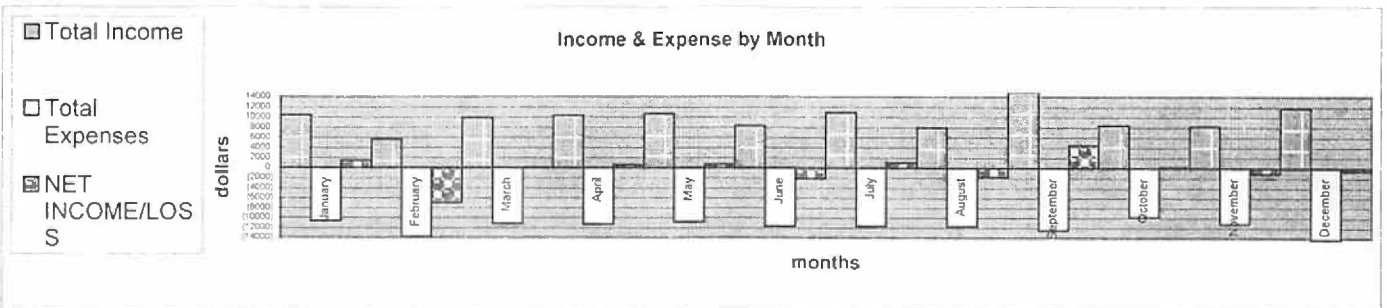
Meeting adjourned at 8:30 pm with the Lord's Prayer.

Respectfully submitted,


Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
December 31, 2004

	December '04	% of Income	YTD 2004	YTD 2003	\$ Change	Budget 2004
Ordinary Income/Expense						
Income						
Archives Room	-	0.00%	2,700.00	-	2,700.00	-
2003 CO / Intergroup Seminar	-	0.00%	-	7,014.49	(7,014.49)	-
Contributions Group	9,453.41	80.44%	108,265.29	101,048.88	7,216.41	106,000.00
Contributions Individual	2,187.90	18.62%	4,221.88	7,909.67	(3,687.79)	5,000.00
Contributions SDIAA	-	0.00%	1,280.00	1,060.00	220.00	1,080.00
Interest - Checking	2.84	0.02%	32.59	37.65	(5.06)	100.00
Interest - Cert of Deposits	108.29	0.92%	955.51	1,420.61	(465.10)	1,500.00
Total Income	11,752.44	100.00%	117,455.27	118,491.30	(1,036.03)	113,680.00
Expense						
2003 CO / Intergroup Seminar	-	0.00%	-	7,011.69	(7,011.69)	-
Archives Room	2,700.00	22.97%	2,700.00	-	2,700.00	-
Accounting & Legal	225.00	1.91%	5,360.00	5,758.00	(398.00)	5,500.00
Auto/Travel/Seminar	30.55	0.26%	1,507.13	2,027.26	(520.13)	1,500.00
Bank Service Charges	26.90	0.23%	103.90	125.64	(21.74)	200.00
Cash (Over) Short	4.18	0.04%	(30.01)	(238.78)	208.77	(100.00)
Checks Returned - Bad Debt	(34.56)	-0.29%	-	(0.00)	-	150.00
Depreciation	160.00	1.36%	1,920.00	1,920.00	-	1,920.00
Equipment Maint & Repair	66.11	0.56%	767.50	1,527.86	(760.36)	1,200.00
Equipment Purchase	-	0.00%	-	81.00	(81.00)	500.00
Insurance	125.83	1.07%	1,830.94	1,902.40	(71.46)	1,862.00
Office Maint. & Repairs	-	0.00%	585.91	2,479.24	(1,893.33)	500.00
Office Supplies	122.95	1.05%	3,559.56	3,963.18	(403.62)	4,000.00
Postage - Return Mail	0.70	0.01%	61.24	449.00	(387.76)	250.00
Rent	1,540.00	13.10%	18,732.00	19,052.00	(320.00)	18,732.00
Taxes	-	0.00%	55.00	74.54	(19.54)	45.00
Telephone	238.47	2.03%	2,712.08	3,062.41	(350.33)	2,700.00
Utilities-Electricity	311.60	2.65%	4,109.94	3,443.02	666.92	3,250.00
Website	12.00	0.10%	403.35	407.40	(4.05)	500.00
EMPLOYEES						
Accrued Payroll Taxes	464.18	3.95%	5,448.97	5,104.20	344.77	5,500.00
Employee Wages	6,067.66	51.63%	70,309.80	63,632.76	6,677.04	68,500.00
Employee 403B Contribution	25.00	0.21%	762.50	-	762.50	1,000.00
Employee Health Benefit	667.37	5.68%	7,531.42	5,591.49	1,939.93	7,000.00
Insurance-Worker's Comp	132.01	1.12%	1,994.37	728.38	1,265.99	1,558.00
Total Expense	12,885.95	86.67%	130,425.60	128,102.69	2,322.91	126,267.00
Net Ordinary Income	(1,133.51)	-9.64%	(12,970.33)	(9,611.39)	(3,358.94)	(12,587.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,916.98	16.31%	18,658.20	6,140.72	12,517.48	17,500.00
Total Other Income	1,916.98	16.31%	18,658.20	6,140.72	12,517.48	17,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	1,400.92	11.92%	10,021.64	12,185.86	(2,164.22)	9,345.00
Total Other Expense	1,400.92	11.92%	10,021.64	12,185.86	(2,164.22)	9,345.00
Net Other Income	516.06	4.39%	8,636.56	(6,045.14)	14,681.70	8,155.00
Net Income	(617.45)	-5.25%	(4,333.77)	(15,656.53)	11,322.76	(4,432.00)



December 2004 Contributions

Group Name	Dec 04	Ytd 04	Group Name	Dec 04	Ytd 04
11th Step Journey -2622	----	395.00	Drunks Only - 1605	280.00	3,531.90
12 x 12 Happy Hour Step Study - 111	----	125.00	Each Day A New Beginning -509	----	77.00
24 Hour Group Mixed - 370	----	25.00	Early Risers (PB) - 264	----	222.50
4077 Mash 11th Step - 2027	----	70.71	East County Mens - 1905	140.00	140.00
92037 Group - 861	----	898.78	East Side Group - 101	----	183.00
A Chance to Live Speakers - 2650	----	50.00	Easy Does It Riders-21	----	513.46
A New Way To Live - 846	----	60.00	Easy Does It Speakers - 114	----	160.00
A Sense Of Belonging Womens - 1205	----	150.00	Easy Risers - 854	125.00	975.00
A Street Participation - 179	----	75.00	El Cajon Daytime - 52	----	675.00
A Street Speakers - 178	342.00	342.50	El Cajon Happy Hour Group -61	----	103.66
A Womens Meeting - 1717	----	375.00	El Cajon Navajo Road Group - 102	----	305.50
Adams Avenue Big Book Study - 1892	----	50.00	El Cajon Nooners - 2638	----	30.00
Allied Gardens Friday Lunch - 766	----	247.21	El Cajon Womens Serenity - 77	----	380.50
Allied Gardens Step Study - 1629	----	400.00	Evening Serenity - 2305	390.00	1,890.00
Alpine Group - 6	----	130.00	Eye Opener Group - 607	----	1,161.00
Alpine Mixed Step Study- 2621	----	273.27	Faculty Group - 1645	60.00	120.00
Alpine Saturday Nite Special - 891	120.00	120.00	Fireside Speakers Group - 116	----	120.00
Annual Christmas Meeting - 2460	----	50.09	Fireside Step Study	----	832.00
Annual Grateful Meeting - 2461	----	50.09	First Mira Mesa Mens - 300	----	90.00
Another New Beginning - 144	200.00	1,010.00	Fletcher Hills Smokeless - 59	----	200.00
Another Sober Tuesday - 1952	----	772.20	Free on Friday - 760	----	537.50
Aragon Sober Mens - 2598	----	45.00	Free to Be - 935	----	240.00
As Bill Sees It - 324	----	45.10	Fresh Air Friday - 266	----	1,178.80
At One With Each Other - 789	----	244.00	Fresh Start Beginners - 1614	30.72	63.22
B.Y.O.B. (North Park) - 203	12.94	221.94	Fri Nite Cedar St - 1662	----	117.90
Back to Basics - 1026	----	1,500.00	Friday Morning Womens - 104	----	210.00
Back to Basics Step Study - 1938	100.00	200.00	Friday Night Santee - 1754	----	180.00
Battery Chargers - 98	----	555.00	Friday Nite Weeks End - 1856	----	160.00
Bay Park Step Study Group - 299	----	210.00	Friday Nooners - 318	140.00	265.00
Bayside Big Book Study - 1610	50.00	262.50	Gifts Of Grace Womens - 2564	----	50.00
Beach Area Beginners One - 272	----	100.00	Gilman Group - Tues - 1987	----	95.00
Beautiful Beginnings - 552	----	300.00	Gilman Group - Fri-1988	----	95.00
Beginners Steps To Sobriety - 1007	----	90.00	Golden Hill Sun Discussion - 1706	----	279.17
Big Bon-fire Meeting - 1894	----	195.00	Goldmine Speakers - 2613	52.00	52.00
Big Book & 12 x 12 Study - 100	----	480.00	Good Fortune Hui Group - 491	----	342.50
Big Book Discussion Founders Grp-581	----	177.90	Good Morning AA - 1888	----	700.00
Bonita Boozers - 2179	----	250.00	Great Fact Group - 895	----	530.95
Butterfly Group - 48	----	50.00	Happy Destiny - 2436	----	350.00
Butts Out Smokeless - 1764	----	39.00	Happy, Joyous & Free - 363	----	285.00
Cajon View Open Disc. - 471	----	335.75	Harmony Group - 585	----	820.00
Carrying the Message - 2458	----	200.00	Hi-Nooners - 673	----	80.00
Casa De Oro Tradition Five - 503	----	337.00	Hip Slick & Sick Young Peoples-762	91.61	665.73
Casa De Oro Weds Nite - 2049	----	75.00	His Majesty The Baby - 2427	----	250.00
Cedar Street Mens - 1698	159.25	1,369.52	House on the Hill - 2554	----	100.00
Chula Vista 4 Min Speakers -1568	----	260.00	How It Is Now Speakers - 390	----	50.00
Chula Vista Friday Night - 837	----	220.00	How it is Today - 483	----	1,001.00
Citizens Again - 2658	----	45.00	I B. Experience, Strength & Hope - 2652	40.00	206.35
Clairemont Daytime Step Study - 427	----	170.00	I. B. Sober Steps & Traditions - 1519	----	114.80
Clairemont Discussion - 314	----	300.00	Imperial Beach Group - 79	113.21	539.78
Clairemont Mens - 301	----	1,045.00	Imperial Group - 1013	----	155.22
Clairemont Mesa Step Study - 1997	----	49.00	Imperial Mens Group - 869	----	117.24
Clairemont Mixed Discussion - 338	----	183.00	International Group - 23	----	90.00
Clairemont Open Discussion - 308	----	200.00	Jamul Open - 63	----	30.00
Clairemont Step Study - 482	----	80.00	Jump Start - 2174	----	192.68
Clairemont Thurs Brown Bag - 315	50.00	120.00	Just Us Girls - 929	----	40.00
Clairemont Womens - 340	----	195.25	La Jolla Basic B/B Study - 2154	----	75.00
Clairemont Womens Step Study - 341	----	713.00	La Jolla Beginners Group - 82	406.25	716.25
Class Acts - 1845	180.00	329.76	La Jolla Big Book - 84	----	100.00
Coffee Clutchers - 2332	----	300.00	La Jolla Discussion Group - 85	----	300.00
Come Get Recovery - 2630	----	50.00	La Jolla Lunch Bunch - 622	----	240.00
Conscious Contact Study Group - 2282	----	80.00	La Jolla Monday Womens - 87	----	545.00
Coronado Beginners - 344	----	90.00	La Jolla Nonsmokers Disc - 88	----	600.00
Coronado Big Book Study - 1644	----	100.00	La Jolla Patio Group-Fri - 758	----	40.00
Coronado Nooners - 497	50.00	646.00	La Jolla Patio Group - Weds - 613	----	80.00
Coronado Senior & Sober Discuss - 1711	----	120.00	La Jolla Pump House Group - 696	----	385.49
Coronado Step Study - 1523	----	58.00	La Jolla Soledad Mens - 717	----	1,000.00
Coronado Sunday Noon - 1830	----	175.00	La Jolla Speakers - 578	118.00	1,570.00
Coronado Sundowners - 1634	----	720.00	La Jolla Thursday Night - 90	----	205.00
Coronado Womens Meeting - 1656	----	157.00	La Mesa 12 x 12 - 2588	----	78.78
Coronado Wednesday Speakers - 354	----	40.00	La Mesa Mens - 106	----	527.50
Coronado Young Peoples - 405	----	622.00	La Mesa Open Discussion - 107	----	400.00
Cowles Mt Smokeless Discussion - 681	----	145.00	La Mesa Step Study Workshop - 1621	----	327.72
Cowles Mt Step by Step-2473	----	58.50	La Mesa Womens Sat. Morning - 416	----	627.33
Crest Group - 529	----	86.24	Lake Murray Womens - 572	100.00	350.00
D.D.G.T.M. - 767	----	465.60	Lakeside Happy Hour - 2285	----	50.00
Daily Reflections - 2097	----	10.00	Lakeside Thursday Night - 96	----	104.10
Dawn Patrol - 263	331.29	2,053.00	Linda Vista Mens - 320	----	190.00
Deerhorn Group - 2063	----	70.00	Linda Vista Thursday Night - 319	----	204.00
Designs for Living - 488	----	501.93	Little Apple Group - 1438	100.00	500.00
Diamond St Mens Step Study - 569	----	250.00	Living Free - 477	----	1,200.00
Dignity Unlimited - 205	238.46	552.85	Lotus Womens Step Study - 1647	----	187.50
Doctors and Lawyers Group - 391	----	327.50	Love and Truth 12 x 12-1617	127.00	3,276.00
Downtown Discussion - 1665	212.00	910.04	Lunch With Bill W Bunch - 774	250.00	610.00
Downtown Noon Discussion - 1607	----	222.00	Lunchtime Friends - 964	----	78.60
Downtown Noon Womens - 1186	10.00	60.00	Lushes Lunch - 2641	----	401.00
Downtown Sobriety - 1015	----	5.00	Meelin in the Ladies Room - 2614	----	50.00

December 2004 Contributions

Group Name	Dec 04	Ytd 04	Group Name	Dec 04	Ytd 04
Men and Womens Monday Night - 95	50.00	170.00	Smokeless Drunks Luncheon - 1008	-----	200.00
Mens Recovery Group - 830	-----	100.00	So Bay New Womens - 2325	50.00	150.00
Mens Step Study (CV) - 965	-----	100.00	Sober Camel Speakers Meeting - 2296	-----	223.67
Mid City Monday Night Beginners - 2577	-----	20.00	Sober Minded Leather Folk - 1882	-----	214.00
Midway Bridge - 2171	-----	55.00	Sober Nooners - 196	-----	331.82
Mid-Week Mens - 560	150.00	830.00	Sober Serenity Seekers - 887	-----	142.50
Mira Mesa Early Risers - 967	-----	450.00	Sole Purpose Group - 1657	-----	60.00
Mira Mesa Womens - 411	48.00	229.40	Sorrento Valley Nooner - 544	-----	209.18
Miracle Big Book - 2474	-----	187.50	South Bay Guys & Gals Disc - 35	-----	90.00
Miracle Literature - 2635	-----	218.19	South Bay Mixed Discussion - 36	-----	30.00
Miracles on Mondays - 565	-----	198.34	South Clairemont - 305	-----	229.65
Mission Bay Sat Night Speakers - 271	-----	160.00	Spiritual Awakening - 2275	840.00	4,200.00
Mission Bay Speakers - 1692	-----	547.67	Spiritual Awakenings Step Study - 2601	-----	100.00
Mission Hills Beginners - 1612	-----	600.00	Spring Valley Step Study - 125	-----	277.67
Mission Hills Fri Night Group - 2576	60.00	461.37	Step By Step - 1486	-----	27.55
Mission Hills Tues Lunch Bunch - 2590	-----	180.00	Step Sisters - 2155	-----	90.00
Mission Hills Weds Lunch Bunch - 2675	-----	268.00	Straight Shooters - 198	-----	50.00
Mon Eve Smokeless Dinner - 1723	-----	100.00	Sunday at Six-Thirty Big Book Study - 519	-----	50.00
Monday Meditation - 2334	-----	60.00	Sunday Beach Sun-Day - 568	-----	345.63
Monday Mens Gut Level Group - 677	5.00	42.50	Sunday Knid Of Love - 429	-----	140.00
Monday Night Big Book Study - 2345	-----	60.00	Sunday Midday - 161	160.00	340.13
Monday Nite Live- 643	-----	370.00	Sunday Morning at the Grove - 117	-----	220.00
Monday Step Study - 316	-----	30.00	Sunday Morning Eleventh Step - 1206	-----	300.00
Morning Attitude Adjustment - 768	-----	1,605.00	Sunday Morning Spiritual Mtg - 1700	-----	235.00
Morning Glorys Womens Step Study - 543	-----	30.00	Sunday Morning Sunshine - 407	-----	60.00
National City Maintenance - 136	-----	30.00	Sunday Night Sober - 2178	-----	60.00
No Holds Barred - 1035	-----	75.00	Sunday Night Speakers - 1704	-----	265.00
Noon At The Grove - 628	216.00	2,483.28	Sunday Nite Closed Womens - 175	-----	30.00
Noon to One AA - 2029	-----	1,700.00	Sunday On The Pier - 2130	-----	293.80
Nooners Anonymous - 1164	89.00	439.00	Sunday Serenity - 47	-----	280.00
Noontime on the Patio - 2203	75.00	300.00	Sweet Grass - 1789	-----	10.00
North Clairemont - 1102	-----	180.00	T. G. I. F. - 1658	-----	100.00
North Clairemont Sat Nooners - 2572	50.50	142.50	The Boulevard Desperados - 2262	-----	107.50
North Park Mens - 465	-----	100.00	The Freedom Meeting - 408	-----	100.00
North Shores Breakfast - 275	-----	196.19	The Other Meeting - 857	-----	1,100.00
North Shores Breakfast Disc. - 276	-----	153.00	Thursday Campus Noon Group - 2387	200.00	300.00
OB Peer Group - 2130	180.00	180.00	Thursday Promises Promises - 749	-----	669.00
Ocean Beach Tuesday - 246	-----	100.00	Thursday Step Study - 2025	-----	230.00
Old Timers Group - 2037	-----	150.00	Thursday Steps - 646	-----	197.45
Old Town Speakers - 321	250.00	500.00	Tierrasanta Big Book Study - 1790	-----	250.00
One Day At A Time Beginners - 745	-----	125.00	Tierrasanta Friday Night - 2645	156.43	459.43
One Step Ahead - 715	50.00	200.00	Top of The Hill - 41	-----	225.00
One Step At A Time Runners - 1664	-----	213.00	Torrey Pines Opne Disc - 94	-----	185.00
Original Anonymous Anonymous - 154	-----	1.00	Torrey Pines Thurs Nite Disc - 365	-----	50.00
Original Tues Night Step Study - 2124	-----	203.80	Tri-Serenity - 836	-----	40.00
Over 50 - 840	-----	20.00	Tues Night Big Book Step Study - 1813	-----	324.81
Pacific Beach Weekend Warmup - 725	-----	808.15	Tues Rule 62 Lunch Group - 590	-----	270.00
Paradise Hills - 392	-----	50.00	Tues Night Mens - 2123	-----	75.00
Pass It On - 170	-----	165.26	Tuesday Morning Alpine - 440	-----	140.00
Patterns In Sobriety - 669	-----	87.00	Tuesday Night Mens - 56	-----	203.39
Penasquitos Discussion - 871	-----	50.00	Tuesday Night Participation - 905	-----	300.00
Poinsettia Group - 2210	168.00	168.00	Turkey Group - 1653	-----	107.82
Point Loma Mens - 245	-----	620.00	Two AA's Over Easy - 2106	50.00	300.00
Point Loma Nooners - 1606	125.00	225.00	Two Bit Speakers-201	119.70	357.45
Point Loma Saturday Morning - 1240	320.00	515.90	University City Disc - 368	-----	122.50
Practical Solutions - 2398	37.50	105.00	University City Womens - 369	-----	471.00
Primary Purpose Group - 287	-----	160.00	Wandering Women - 2298	-----	250.00
Pt Loma Fri Afternoon Step Study - 244	-----	344.63	Warm & Friendly - 42	-----	175.00
Pt Loma Womens Discussion - 1608	-----	135.00	Water Walkers Too - 1946	-----	261.00
Resentment and a Coffee Pot - 2561	-----	45.00	Way Up and Out - 415	-----	256.50
Right Turn Group - 1900	-----	105.00	Wed Night Open Discussion - 930	-----	70.00
Rise & Shine - 2170	-----	1,330.00	Wednesday Discussion Group - 2431	-----	50.00
Round Table Discussion - 123	-----	50.00	Wednesday Night Closed Topic - 165	-----	60.00
Safe Sane and Sober - 1350	-----	1,004.50	Wednesday Night Islanders - 1636	-----	60.00
San Carlos Single Purpose - 583	61.00	165.00	Wednesday Night Promises- 2167	-----	187.44
San Diego Doctors Step Study - 194	-----	200.00	Wednesday Night Winners Circle - 496	-----	360.00
Santee Big Book Study - 1812	100.00	234.45	Weds Rule 62 Lunch Group - 687	300.00	600.00
Santee Serenity Group - 1943	-----	133.50	We've Come A Long Way - 1616	-----	25.00
Santee Sunday Nite Smokeless - 1705	-----	250.00	What Now - 325	-----	155.30
Santee Thursday Closed Mixed - 145	-----	50.00	Wholesale Miracle -2474	208.00	579.46
Sat Mens Early Awakening - 2209	-----	234.67	Womans Let Go and Let God -446	172.58	172.58
Sat Night Early Discussion -336	125.00	575.00	Women in Harmony - 1807	-----	130.00
Sat Night Live - 2173	34.00	202.00	Women To Women - 2066	-----	95.00
Sat Night Speakers - 120	-----	240.00	Womens Sober Sunday - 731	50.00	280.40
Saturday Mens - 1730	144.00	244.00	Womens Step Study - 296	25.00	280.71
Saturday Night Candlelight - 1914	-----	150.00	Womens Thursday Nite - 514	-----	186.00
Scripps Ranch Mens - 1924	30.00	86.00	Womens Way to Recovery - 838	-----	55.00
Search for Serenity - 974	-----	46.00			
Senior Serenity Meeting - 209	-----	100.00			
Six Minutes To Sanity Medication - 2647	-----	100.00			
Six O'Clock Big Book Study - 507	-----	42.00			
Sky Hi Womens - 1633	-----	60.00			
Smokefree La Mesa Womens - 635	-----	200.00			

Thank you for supporting
YOUR Central Office.

San Diego Intergroup, Inc. Alcoholics Anonymous of San Diego
Schedules to Statement of Revenue and Expenses

December 31, 2004

	<u>December '04</u>	<u>% of Income</u>	<u>YTD '04</u>	<u>YTD '03</u>	<u>\$ Change</u>	<u>Budget 2004</u>
Income from Sales						
Book Net Sales						
Books	8,478.10	72.14%	79,623.45	71,143.83	8,479.62	75,970.00
Books Cost	(7,093.48)	-60.36%	(66,078.93)	(68,587.35)	2,508.42	(63,000.00)
Total Book Net Sales	<u>1,384.62</u>	<u>11.78%</u>	<u>13,544.52</u>	<u>2,556.48</u>	<u>10,988.04</u>	<u>12,970.00</u>
Pamphlet Net Sales						
Pamphlets	1,081.25	9.20%	9,994.85	9,523.60	471.25	9,000.00
Pamphlets Cost	(870.15)	-7.40%	(8,482.19)	(8,688.88)	206.69	(7,800.00)
Total Pamphlet Net Sales	<u>211.10</u>	<u>1.80%</u>	<u>1,512.66</u>	<u>834.72</u>	<u>677.94</u>	<u>1,200.00</u>
Schedule Net Sales						
Schedules	364.31	3.10%	7,976.70	7,799.48	177.22	8,280.00
Schedules Cost	(359.79)	-3.06%	(8,407.06)	(8,284.53)	(122.53)	(9,000.00)
Total Schedule Net Sales	<u>4.52</u>	<u>0.04%</u>	<u>(430.36)</u>	<u>(485.05)</u>	<u>54.69</u>	<u>(720.00)</u>
Tape & Misc. Net Sales						
Tapes & Misc	801.08	6.82%	8,164.11	5,534.50	2,629.61	6,200.00
Tapes & Misc Cost	(672.75)	-5.72%	(6,968.17)	(4,763.85)	(2,204.32)	(5,200.00)
Total Tape & Misc. Net Sales	<u>128.33</u>	<u>1.09%</u>	<u>1,195.94</u>	<u>770.65</u>	<u>425.29</u>	<u>1,000.00</u>
Token Net Sales						
Tokens	120.00	1.02%	2,112.00	2,084.63	27.37	2,050.00
Tokens Cost	(72.02)	-0.61%	(1,281.89)	(1,437.42)	155.53	(1,250.00)
Total Token Net Sales	<u>47.98</u>	<u>0.41%</u>	<u>830.11</u>	<u>647.21</u>	<u>182.90</u>	<u>800.00</u>
Inventory adjustment	140.43	1.19%	2,005.33	1,816.71	188.62	2,250.00
Total Sales Income	<u>1,916.98</u>	<u>16.31%</u>	<u>18,658.20</u>	<u>6,140.72</u>	<u>12,517.48</u>	<u>17,500.00</u>
Income/Expense from Standing Committees						
Committee						
After Hours Phones	21.49	0.18%	257.38	241.94	15.44	300.00
Business Committee	6.08	0.05%	6.08	568.00	(561.92)	-
Coordinating Council						
7th Tradition Income	(34.59)	-0.29%	(444.14)	(475.30)	31.16	(400.00)
Coffee & Donuts	37.00	0.31%	292.22	324.30	(32.08)	300.00
Documentation	40.00	0.34%	160.00	309.70	(149.70)	350.00
Equipment	-	0.00%	-	-	-	60.00
Recording Secretary	30.00	0.26%	330.00	360.00	(30.00)	360.00
Rent CC	-	0.00%	720.00	720.00	-	720.00
Unity Day	-	0.00%	112.50	113.42	(0.92)	150.00
PRAASA for CC Chair	-	0.00%	284.80	448.09	(163.29)	300.00
Total Coordinating Council	<u>72.41</u>	<u>0.62%</u>	<u>1,455.38</u>	<u>1,800.21</u>	<u>(344.83)</u>	<u>1,840.00</u>
Coordinator Outreach	-	0.00%	-	-	-	50.00
Newsletter "Coordinator"						
Rent	-	0.00%	-	40.00	(40.00)	-
Printer	326.00	2.77%	4,475.00	3,708.00	767.00	3,675.00
BAM	(84.00)	-0.71%	(904.00)	(779.00)	(125.00)	(1,000.00)
Flyers	-	0.00%	(710.00)	(389.88)	(320.12)	(600.00)
Paper/ Labels	85.00	0.72%	1,326.78	1,604.01	(277.23)	2,100.00
Postage Bulk	100.50	0.86%	1,387.51	1,384.45	3.06	1,400.00
Refreshments	-	0.00%	-	601.05	(601.05)	-
Total Newsletter "Coordinator"	<u>427.50</u>	<u>3.64%</u>	<u>5,575.29</u>	<u>6,168.63</u>	<u>(593.34)</u>	<u>5,575.00</u>
Orientation Committee	-	0.00%	(20.00)	210.00	(230.00)	180.00
Program Committee						
Founder's Day Picnic						
Food/Supplies	70.00	0.60%	360.12	503.67	(143.55)	250.00
Total Founder's Day Picnic	<u>70.00</u>	<u>0.60%</u>	<u>360.12</u>	<u>503.67</u>	<u>(143.55)</u>	<u>250.00</u>
Anniversary Breakfast						
Decorations	-	0.00%	80.35	87.75	(7.40)	100.00
Food/Drinks	-	0.00%	2,860.00	3,194.96	(334.96)	5,000.00
Printing	-	0.00%	172.40	37.00	135.40	280.00
Ticket Income	-	0.00%	(3,038.00)	(3,199.50)	161.50	(5,380.00)
Total Anniversary Breakfast	<u>-</u>	<u>0.00%</u>	<u>74.75</u>	<u>120.21</u>	<u>(45.46)</u>	<u>-</u>
New Year's Eve						
Decorations	125.00	1.06%	125.00	382.47	(257.47)	400.00
Food/Drinks	2,634.60	22.42%	2,634.60	3,132.94	(498.34)	2,000.00
Hall Rental	-	0.00%	500.00	1,160.00	(660.00)	1,170.00
Music	450.00	3.83%	589.00	937.50	(348.50)	900.00
Printing	-	0.00%	156.00	96.94	59.06	280.00
Prior Yr NYE Event	-	0.00%	-	140.00	(140.00)	-
Ticket Income	(2,619.72)	-22.29%	(2,649.72)	(4,501.45)	1,851.73	(4,750.00)
Total New Year's Eve	<u>589.88</u>	<u>5.02%</u>	<u>1,354.88</u>	<u>1,348.40</u>	<u>6.48</u>	<u>-</u>
Total Program Committee	<u>659.88</u>	<u>5.61%</u>	<u>1,789.75</u>	<u>1,972.28</u>	<u>(182.53)</u>	<u>250.00</u>
Public Info Committee						
Del Mar Fair	-	0.00%	139.82	169.30	(29.48)	200.00
Literature	213.56	1.82%	442.96	395.53	47.43	500.00
Speaker Workshop	-	0.00%	39.00	-	39.00	100.00
PRAASA for Chair	-	0.00%	300.00	625.00	(325.00)	300.00
Copies/Postage	-	1.82%	35.98	34.97	1.01	50.00
Total Public Info Committee	<u>213.56</u>	<u>1.82%</u>	<u>957.76</u>	<u>1,224.80</u>	<u>(267.04)</u>	<u>1,150.00</u>
Total Committee/Program Expense	<u>1,400.92</u>	<u>11.92%</u>	<u>10,021.64</u>	<u>12,185.86</u>	<u>(2,164.22)</u>	<u>9,345.00</u>

CENTRAL OFFICE

PHONE CALLS FOR December 2004

TOTAL CALLS FOR MONTH 2986	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2083	501	29
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	253	103	17

WEB SITE HITS: Dec. = 5,306 Total 185,022

February 2005 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Mission Hills Beginners	La Jolla Soledad Men's	Unconditional AA	Mira Mesa Early Risers	GSDYPAA
6	7	8	9	10	11	12
Adams Ave Big Book	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers
Dawn Patrol						
13	14	15	16	17	18	19
La Mesa Women's Sat Morning	El Cajon Daytime	Old Town Speakers	OPEN	Fourth Dimension	Mon Night North Park AA	Smokeless Drunks
La Jolla Beginners						
20	21	22	23	24	25	26
Gamet Group	Cedar St Men's	OPEN	Fireside Step Study	Imperial Beach Group	Downtown Discussion	Drunks Only
The Blvd Desperados						
27	28					
Clairemont Men's	North Park Men's					
Easy Risers						

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - H (619) 269-0218 C (619) 549-5106
Or Connie at Central Office (619) 265-8762

February 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm		<u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm	<u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm	<u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm <u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm	Every Friday <u>Distrto 15</u> Oficina Central Hispana 3628 University 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	
6	7	8	9	10	11	12
<u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>District 8</u> Center 115 Spruce Rd Chula Vista 7:00 pm <u>Public Information Committee</u> Central Office 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm <u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm <u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm <u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm	<u>Archives Committee</u> Central Office 6:30 pm <u>Audio/Visual Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm	<u>Coordinating Council</u> Church 6 th & Nutmeg Orientation Committee 6:00 pm (2 nd floor) New Coordinators 6:30 pm (2 nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting <u>Area Agenda Committee</u> Central Office 7:00 pm		
13	14	15	16	17	18	19
<u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 2:00 pm <u>Grapevine Committee</u> Central Office 4:00 pm	<u>District 6</u> Serv Ctr 3425 5 th Ave Hillcrest 6:00 pm <u>Area Finance Committee</u> Central Office 6:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm	<u>H&I Committee</u> <u>Orientation</u> Central Office 7:00 pm <u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm		
20	21	22	23	24	25	26
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm <u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	HOLIDAY CENTRAL OFFICE CLOSED <u>Area Literature Committee</u> Central Office 7:00 pm	<u>After-Hours Phone Committee</u> Central Office 6:30 pm <u>Special Needs Committee</u> Central Office 7:00 pm <u>District 11</u> Church 8350 Lake Murray Blvd San Diego 6:30 pm	<u>District 14</u> Church 1475 Calalina Bl Point Loma 6:30 pm <u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm	<u>Coordinator Newsletter Committee</u> Central Office 6:00 pm		
27	28					
<u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C Committee</u> Central Office 7:30 pm <u>District 5</u> Church 5050 Milton Clairemont 7:00 pm					

SPEAKER MEETINGS

Old Town Speaker Meeting
123 Camino de la Reina, Mission Valley
Time: Sunday at 7:00 pm

February 6	?	?
February 13	?	?
February 20	?	?
February 27	?	?

South Bay Speakers Opened Mixed
270 "C" St., Chula Vista
Time: Saturday at 7:45 pm

February 5	?	?
February 12	?	?
February 19	?	?
February 26	?	?

Mission Bay Saturday Speakers Meeting
USD Campus, Marion Way
Founders Hall Room #124
Time: Saturday at 8:00 pm

February 5	April W.	San Diego
February 12	Kim R.	San Diego
February 19	Dave S.	San Diego
February 26	John N.	San Diego

Coronado Wednesday Speakers
700 D Ave., Coronado
Time: Wednesday at 8:00

February 2	Diana L.	San Diego
February 9	Eileen I.	Bonita
February 16	Whitey A.	Omaha, NB
February 23	Ralph D	La Mesa

Saturday Night Speakers
9140 Akard St., Spring Valley
Time: Saturday at 7:00 pm

February 5	Jerry S.	Spring Valley
February 12	Nancy T.	Santee
February 19	Todd W.	San Diego
February 26	Aaron A.	El Cajon

Happy Valentine's Day
from the Newsletter Committee

THINGS TO DO & PLACES TO GO

THIRD WEEKENDERS
AA GROUP CAMPING SCHEDULE

Mar. 18, 19, & 20
Dos Picos County Park
I-8 E to Hwy 67 N 15 mi to Mussy Grade
Rd. Ramona, Rt. 1 mi. to Dos Picos Park Rd.
Rt. 1 mile into the Park

Tom and Robin (619) 441-7919

24th Annual Southern California H&I Conference
of Alcoholics Anonymous
with Al-Anon & Spanish Language Participation
April 29, April 30 & May 1, 2005
Doubletree Hotel, Orange, Ca.
(714) 979-8524 (AA)
(714) 545-7810 (Al-Anon)

15th ANNUAL AA
IMPERIAL VALLEY ROUND-UP
Feb. 11, 12, & 13

info-line (760)353-9965

2nd ANNUAL WAIKIKI HUKILAU
HONOLULU, HAWAII
March 25, 26, & 27

info-line (808) 921-3459

ALL CALIFORNIA YOUNG PEOPLE IN
ALCOHOLICS ANONYMOUS XXXIII
March 11, 12 & 13

www.acypaa2005.org

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

Archivist Wanted

**Area Archivist
Custodian
of the**

Area's Archives

**Collect, Organize, Preserve
Materials of AA's
Historic Interest
4 yr. service commitment**

Suggested:

**Service experience in Area Assembly
or Intergroup
10 yrs. Sobriety
Contact Thom H. Archives Chair
Phone (619) 575-3200**

Hi, I'm Carol, an alcoholic. My sponsor told me that anything I think about constantly is my Higher Power for that day. Although I still have to work on not having regrets, I have some good tools from this program to do it ... the Steps, the literature, and working with others. At times in early sobriety, I thought, "If it hadn't been for those circumstances, those people, places, and things ... would I still be an alcoholic?" Well, of course, yes! Because I am one, and it's not the people, places or things that caused it. Actually, I am now grateful to all those people, places and things, because they brought me closer to my alcoholism so that I could be beaten down by it ... surrender ... and get into AA. I'm able to recycle my past and work through it with newcomers, to show them how to recycle their past so that they can help others in the future. Our literature says that we are not to have "morbid remorse." That is what regret is, and I don't want morbid remorse to be my god today. It sounds like a monster, and it is ... and can be. Think of those

words and say them out loud slowly with a growl. I'm so grateful to my Higher Power, those before us, the program, and all of you.

THE NEWSLETTER COMMITTEE Needs Your Support

You can send in a story or even join the committee. You do not have to be a Coordinator to serve on the committee. Call Central Office for more information.

Attitude

When I was drinking, my attitude was totally selfish, totally self-centered; my pleasure and my comfort came first. Now that I am sober, self-seeking has started to slip away.

My whole attitude toward life and other people is changing.

For me, the first "A" in our name stands for attitude.

Daily Reflections, p. 161

With permission, Alcoholics Anonymous World Services, Inc

Pride

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so.

Above everything, we alcoholics must be rid of this selfishness.

We must, or it kills us!

God makes that possible.

Alcoholics Anonymous, p. 62

With permission, Alcoholics Anonymous World Services, Inc

An AAonline Member Shares:

I'm Jill, an alcoholic. Today, a few other AA'ers and I will start a new beginners' meeting at our town Alano Club. I have a desire to do this because I remember what it was like when I first walked in and later when I'd had a slip. If it wasn't for you all helping me through my stuff, reminding me to get on my knees, have God in my life and to give back when I was able, I wouldn't have a thing. That is why, when a beginner walks through the door they are the ones who help me most. They are the ones who need understanding and the ones who also need to understand. That is how I work my program today. I have been online for six years and it has helped me so much. When I felt I might drink at two in the morning, I came online instead and sure enough, there was someone there to listen.

I get on my knees each morning to ask God to help me. I pray to "practice these principles in all my affairs." At night I get on my knees and pray on my inventory. I also need to promptly admit my mistakes all the time. Thanks, all! - Jill

SUBSCRIBE TODAY!
Have the San Diego AA Coordinator delivered to your home for 1 year.
For only \$12
That's only a BUCK A MONTH!

Mail to: CENTRAL OFFICE SAN DIEGO, CA 92120-2454 7075-13 MISSION GORGE ROAD BUCK A MONTH CLUB	Name _____ Address _____
--	-----------------------------

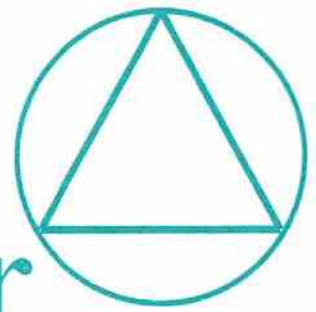
Sobriety Search

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

- | | |
|----------|----------------|
| GRATEFUL | GROWTH |
| HAPPY | JOYFUL |
| PROMISE | RESPONSIBILITY |
| SANITY | TOLERANCE |
| USEFUL | WHOLE |

Fourth Edition Tidbits
Alcoholics Anonymous Page 85
It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee – Thy will (not mine) be done."

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"We need to ask ourselves but one short question. 'Do I now believe, or am I even willing to believe, that there is a Power greater than myself?' As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way" (Alcoholics Anonymous page 47.)

March 2005
VOL. VI, NO. III

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Freedom means CHOICE

And THAT'S the Problem - But there IS a solution

By Eddie B.

In an article about choice and freedom (Utne magazine, May-June 2003, pg. 65) tells a story about how too many choices can affect us:

"It was a bit like the scene from Moscow-on-the-Hudson, a 1984 movie about a Russian saxophonist who defects to the United States. One day he goes into a supermarket to buy coffee, and finds dozens and dozens of varieties. His head begins to spin; he hyperventilates, and ends up in the hospital."

When I drank I didn't have to worry about choices – life was real simple – get it NOW. Through the years of my alcoholism this feeling grew and grew and grew. My choices, my options, the utilization of my potential became more and more limited. My priorities in life changed. I thought I wanted to be this or that but with so many choices I wasn't sure. When I drank I relaxed. The problem of CHOOSING was eliminated. "I need time to think," I'd say to myself while downing another 'brew-ski,' and then I quit thinking (but not drinking).

I wouldn't be surprised if a major relapse "trigger" is having too many decisions and not knowing what to do (fear of success). In fact I have known several friends to have gone back out because of "success." As they got more and more successful, they got more and more things, which resulted in more and more decisions. Then they got married (most of them), got a house, etc. Pretty soon they were all stressed out, didn't know what to do and sobriety lost its priority (S.L.I.P.). Or they got tired of recovery and got resentful. Next thing I know – they're drinking again.

There are still times I wish for the simple life – you know – where the only decisions I had to make was to find more booze. That was pretty much it. The rest of my decisions were made for me – where I was sleeping that night (if at all), when I'd eat again and so forth.

In my 17th year I now have many MANY decisions I never had to make before: pay **all** my bills, get insurance for my bike, deal with a traffic ticket. *(Continue on Page 15)*

Happy Birthday !!!!!

Larry N.	33 yrs	Downtown Disc.
Maureen	20 yrs.	Fri. Morn. Women's
Kristen T	1 yr.	

Bill's Story

A found poem
by Renee S.

Liquor ceased to be a luxury
It became a necessity.
Mental fog settled - - oblivion
Cursing myself for a weakling
Where had been my high resolve?
Was I Crazy?

The Answer – self-knowledge?
Abilities - - Capacity to surmount obstacles

Grim jest
Devastating blow to my pride

Quicksand
Plunge into the dark
Endless procession
I had been overwhelmed
Physical and mental torture so hellish I
feared I would burst through my
window.

Give me over to the undertaker or the
asylum

Alcohol was my master

Vast laws and forces at work
Catapulted into - - the fourth dimension of
existence
Spirit of the Universe, who knew neither
time nor limitation.
An oasis in this dreary desert of futility

There was something about his eyes - -
Melted the icy intellectual mountain
At work in a human heart
Taken from the scrap heap to a level of life
better than the best

Musty past - -on a different footing
Roots grasped a new soil upon a
foundation of complete willingness

I might build

I ruthlessly faced my sins
Take them away root and branch
Destruction of self-centeredness
Willingness, honesty and humility - - was
my master

Victory followed by such a peace and
serenity

Widening circle of peace
Utopia - -right here and now

Memorial

Margaret S.	Seniors Serenity
Sobriety Date :	1959 (45 yrs.)
Passed Away :	December 31, 2004
You will surely be missed Margaret !!	

HAVE YOU READ THIS?
See if you can find this in your Big Book!

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, ‘Thy will be done’. We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. We become much more efficient. We do not tire so easily, for we are not trying to arrange life to suit ourselves. It works – it really does.

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Early Morning Recovery Clairemont
4736 Clairemont Mesa Blvd @ Store
Daily (Mo-Sa) 8:30 AM (Sat 9 AM)

AA Meeting (Codes: * C)
8800 Grossmont College Dr Rm 524
Monday @ 11 AM El Cajon

Ad Infinitum
3340 Kemper St # 105 @ Recv Ctr
Thursday @ 7 PM Point Loma

Eastlake Greens Early Risers
1227 Eastlake Pky @ Church
Saturday @ 6:30 AM Chula Vista

CANCELED

Fleet ASW
Gate 1 Harbor Dr Bldg 30
Tuesday @ 4:30 PM Point Loma

Thurs B/B Workshop
755 Emory St @ Office Bldg
Thursday @ 1:30 PM Imperial Beach

Aragon Sober Mens
4534 Aragon Dr @ Recv Hm
Friday @ 6 PM College

Friday Night Live Big Book
8350 Lake Murray Bl @ Church
Friday @ 8:15 PM San Carlos

Greater San Diego Young Peoples
950 Orange Ave @ Club

RELOCATE

I. B. Up Imperial Beach
755 Emory St @ Office Bldg
(was 800 Seacoast Dr)
Daily (Mo-Fr Only) @ 7 AM

CODE CHANGE

La Jolla Sunrise Is now OPEN
7111 La Jolla Blvd @ Church
Daily (Mo-Fr) @ 7 AM La Jolla

I AM RESPONSIBLE

**WHEN ANYONE, ANYWHERE,
REACHES OUT FOR HELP, I WANT THE
HAND OF A.A. ALWAYS TO BE THERE.
AND FOR THAT: I AM RESPONSIBLE**

Coordinating Council Attendance

The following 49 groups attended February's Coordinating Council
There are 745 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, March 10th

Adams Ave Big Book Study
Allied Gardens Step Study
Back To Basics
Back To Basics For Women
Battery Chargers
Cedar Street Mens
Clairemont Mens
Clairemont Womens Step Study
Conscious Contact Study Group
Coronado Senior and Sober Disc
Coronado Womens Meeting
Downtown Discussion
Drunks Only
Early Risers (PB)
Easy Does It Riders
Evening Serenity
Fourth Dimension Group
Friday Night Womens
Golden Hill Sunday Discussion
Goldmine Speakers
Great Fact
Harmony Group
Haul Your Hiney Out Of Bed
Imperial Beach Group

La Jolla Soledad Mens
Lake Murray Womens
Lakeside Drunks
Midway Bridge
Mid-Week Mens
Mira Mesa Early Risers
Miracles On Monday
Mission Bay Sat Night Speakers
Mission Possible
Morning Attitude Adjustment
Noontime On The Patio
North Park Mens
OB Peer Group
Original Tues Night Step Study
Rise & Shine
San Carlos Single Purpose
Santee Saturday Night Speakers
Scripps Ranch Mens
South Clairemont
Sunday Midday
The Blvd Desperados
The Other Meeting
Tues Night Big Book Step Study
Water Walkers Too
Womans Gut Level

Attention Group Secretaries

**CALL CENTRAL OFFICE AND REGISTER AS SECRETARY OF YOUR GROUP
AND WE WILL MAIL YOU THE MONTHLY COORDINATOR NEWSLETTER
AND OUR "NEW" SECRETARY HANDBOOK FOR YOUR GROUP OR BETTER
YET, COME VISIT US AT CENTRAL OFFICE**

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm 5pm- 9pm	Tamara Robert Terry / Bob	Elke John Chris / Pam
Tuesday	9am-1pm 1pm-5pm 5pm- 9pm	John Howard Mike Richard	Richard Janean Jeff Ann
Wednesday	9am-1pm 1pm-5pm 5pm- 9pm	Bob William Jim	Mary Steve Jan / Paul
Thursday	9am-1pm 1pm-5pm 5pm- 9pm	Larry Terry / Roy William	Becky Joel / Dana Robert
Friday	9am-1pm 1pm-5pm 5pm-9pm	Tim / Howard Judy / Friend	Earl / Dan Joe / Diane
Saturday	9am-1pm 1pm-5pm 5pm- 9pm	Stan Bob Kathy / Friend	Geff David Kathi / Paul

Minutes of the Coordinating Council Thursday, January 13th, 2005

Diane V. - Coordinating Council Chair, called the 715th meeting to order at 7:30 pm. Joe read the 12 Traditions. Council Definition and Purpose read by Dixie. There were 7 new Coordinators. There were 4 birthdays. 7th Tradition was \$42.66. Roll Call: Larry T., Assistant Chair reported 49 groups were represented, a quorum (28). It was M/S/C to approve the minutes of the January meeting.

Area Assembly – Carrie, Area Secretary shared that the area recently had their new GSR orientation in January. PRAASA will be held March 11-13 in Tucson, AZ. The Delegates Informational Area Assembly will be held on April 2 in Imperial County. Look for flyer.

AFTER HOURS PHONE COMMITTEE: Colby, Chair reported the committee met on Tuesday 1/25/05.

- 1) The 5th, 20th, 22nd are OPEN nights.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.
- 3) Need 3 new members.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 2/8/05 at 6:00 pm. Present: Robert H., Steve T., Barbara F., Tim L., Casey, Diane V., Council Chair, Larry T., Assistant Council Chair and Connie J., Manager. There was a quorum.

- 1) It was M/S/C to approve the minutes of the January meeting.
- 2) It was M/S/C to approve the January Financial Statements.
 - a) Our January Net Income was \$978.19 essentially on our budget for the year of \$0.00 Net Income/Loss.
 - b) Our January total income was \$10,425.52 essentially on our budget for the year of \$122,568. We need to focus on Group contributions and Individual contributions as we proceed through the year.

Manager's Report

- 1) February's Book of the Month: "Experience, Strength & Hope" on sale for \$7.25 each.
- 2) March's Book of the Month: "As Bill Sees It" – hard copy on sale for \$5.25.
- 3) Daytime phone volunteer shift available is Saturdays 9am – 1 pm. Also, we always have a need fill-in volunteers.
- 4) Archive's Room is coming along. Look for Open House Flyer soon.
- 5) Continuing to investigate combining our electrical meters at Central Office to create one billing thus reducing our charges.
- 6) Awaiting quotes for Workman's Comp Insurance for comparison prior to renewal.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks & went to bank for new signature cards.
- 2) Tim L. discussed next steps for 2005 Individual Contributions Ad Hoc Committee.
- 3) Casey who was on both the Outreach Committee and the Business Committee was advised that individuals could only be on one committee at a time. She will work on the Outreach Committee.
- 4) Diane V. checked on the web site.

Old Business: There was none.

New Business:

- 1) George Samuels, CPA presented his 2004 audit of our financial statements and processes. All financial statements and processes are in conformity with generally accepted accounting principles and present fairly our financial position. Any AA member may request a copy from Connie at Central Office.

Continued on Page 6.

Continued from Page 5

- 2) A new accounting database was created as of January 1, 2005. 2000-2004 backup will be secured in our safety deposit box.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on Thursday, 1/27/05. Present were: Jym, Allison, Ben, Georgia, Joel and Bryan.

FLYERS: Spring Roundup and Public Information Workshop.

- 1) April's Issue: "Open Mindedness". Submissions need to be in by Thursday, February 24th.
- 2) May's Issue: "Honesty"
- 3) Stories may be submitted at any time - they do not have to be on the current topic. We need personal stories of recovery.

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

- 1) Anyone willing to visit groups let the committee know. Also report back if you have recently visited a group. Thank you to everyone who continues to help out.
- 2) Considering a flyer for newsletter.

ORIENTATION & GUIDELINES: Larry L, Chair reported that committee met on Thursday, 2/10/05. Present: Larry, Winona, Natasha and Linda.

- 1) Orientated 4 new Coordinators.
- 2) Explained the structure of the Council proceedings. Shared the history of San Diego.
- 3) Next orientation is Thursday, 3/10/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 1/23/04. Present were: Les, Laura, Patti & Rhonda. Visitors: Joan, Dave & Larry.

- 1) Date for Unity Day/ Founders Day picnic has been changed to Saturday, June 11th.
- 2) Preparing a flyer for a newsletter approval.
- 3) Searching a site that will provide us with: ample parking, space for Unity Day activities and picnic area with accessories.
- 4) Also need 4 new members.

1) PUBLIC INFORMATION COMMITTEE:
No Report Given.

OLD BUSINESS:

- 1) Need 2 female Business Committee members. Please announce.
- 2) It was M/S/C to elect Larry T. (4/12/91) to serve as Council Assistant Chair.
- 3) It was M/S/C to elect Bill (3/12/98), Roger C. (4/17/00) to serve on the After-Hours Phone Committee.
- 4) It was M/S/C to elect Linda to serve on the Orientation Committee.
- 5) It was M/S/C to elect Shannon (2/26/02), Andrea (12/2/01), David (6/15/93) and Joe (3/6/81) to serve on the Program Committee.
- 6) Thank you for your willingness to be of service to Alcoholics Anonymous.

NEW BUSINESS:

- 1) Tony and Amanda from GSDYPAA (Greater San Diego Young People of AA) requested a letter of support of their presenting a bid to host the ACYPAA Conference in San Diego in 2006. It was M/S/C unanimous.

Meeting adjourned at 8:37 pm with the Lord's Prayer.

Respectfully submitted,

Connie J., Recording Secretary

Alcoholics Anonymous of San Diego County
Balance Sheets
December 31, 2004 and 2003

	ASSETS	
	2004	2003
Current Assets:		
Petty Cash	\$250	\$250
Cash in Checking	32,550	33,754
Cash in Savings - CD's	80,613	80,546
Prepaid Expenses	1,396	2,254
Inventory	25,932	25,416
Total Current Assets	140,741	142,220
Fixed Assets:		
Furniture, Fixtures & Equipment	33,192	33,430
Leasehold Improvements	6,226	6,226
Less: Accumulated Depreciation	(36,985)	(36,519)
Total Fixed Assets	2,433	3,137
 Total Assets	 \$143,174	 \$145,357

LIABILITIES & FUND BALANCE

Liabilities:		
Accrued Payroll Taxes	\$1,568	\$1,464
Accrued Sales Tax	1,870	
Total Liabilities	3,438	1,464
 Fund Balances	 139,736	 143,893
 Total Liabilities & Fund Balance	 \$143,174	 \$145,357

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
January 31, 2005

	January '05	% of Income	YTD 2005	YTD 2004	\$ Change	Budget 2005
Ordinary Income/Expense						
Income						
Archives Room	-	0.00%	-	-	-	-
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Contributions Group	9,884.34	94.81%	9,884.34	9,895.39	(11.05)	112,000.00
Contributions Individual	205.69	1.97%	205.69	70.83	134.86	8,548.00
Contributions SDIAA	240.00	2.30%	240.00	420.00	(180.00)	1,020.00
Interest - Checking	2.80	0.03%	2.80	2.90	(0.10)	50.00
Interest - Cert of Deposits	92.69	0.89%	92.69	34.41	58.28	950.00
Total Income	10,425.52	100.00%	10,425.52	10,423.53	1.99	122,568.00
Expense						
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Archives Room	101.31	0.97%	101.31	-	101.31	-
Accounting & Legal	225.00	2.16%	225.00	-	225.00	5,500.00
Auto/Travel/Seminar	19.95	0.19%	19.95	82.40	(62.45)	1,500.00
Bank Service Charges	2.00	0.02%	2.00	7.00	(5.00)	100.00
Cash (Over) Short	(1.07)	-0.01%	(1.07)	(13.61)	12.54	(100.00)
Checks Returned - Bad Debt	-	0.00%	-	30.00	(30.00)	50.00
Depreciation	160.00	1.53%	160.00	160.00	-	2,050.00
Equipment Maint & Repair	66.11	0.63%	66.11	43.00	23.11	800.00
Equipment Purchase	-	0.00%	-	-	-	500.00
Insurance	125.83	1.21%	125.83	176.68	(50.85)	2,000.00
Office Maint. & Repairs	-	0.00%	-	-	-	500.00
Office Supplies	396.72	3.81%	396.72	496.82	(100.10)	4,000.00
Postage - Return Mail	(9.33)	-0.09%	(9.33)	4.85	(14.18)	100.00
Rent	1,540.00	14.77%	1,540.00	1,603.00	(63.00)	18,848.00
Taxes	-	0.00%	-	20.00	(20.00)	45.00
Telephone	193.76	1.86%	193.76	203.13	(9.37)	2,700.00
Utilities-Electricity	396.52	3.80%	396.52	334.08	62.44	4,000.00
Website	88.80	0.85%	88.80	88.80	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	448.16	4.30%	448.16	478.88	(30.72)	6,000.00
Employee Wages	5,858.38	56.19%	5,858.38	5,536.12	322.26	73,980.00
Employee 403B Contribution	75.00	0.72%	75.00	37.50	37.50	1,000.00
Employee Health Benefit	667.37	6.40%	667.37	486.77	180.60	8,000.00
Insurance-Worker's Comp	132.01	1.27%	132.01	93.68	38.33	1,750.00
Total Expense	10,486.52	99.61%	10,486.52	9,869.10	617.42	133,823.00
Net Ordinary Income	(61.00)	-0.59%	(61.00)	554.43	(615.43)	(11,255.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,812.18	17.38%	1,812.18	1,588.08	224.10	20,500.00
Total Other Income	1,812.18	17.38%	1,812.18	1,588.08	224.10	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	772.99	7.41%	772.99	727.49	45.50	9,245.00
Total Other Expense	772.99	7.41%	772.99	727.49	45.50	9,245.00
Net Other Income	1,039.19	9.97%	1,039.19	860.59	178.60	11,255.00
Net Income	978.19	9.38%	978.19	1,415.02	(436.83)	-

Income & Expense by Month



	January '05	% of Income	YTD '05	YTD '04	\$ Change	Budget 2005
Income from Sales						
Book Net Sales						
Books	6,939.40	66.56%	6,939.40	7,233.10	(293.70)	79,970.00
Books Cost	(5,761.61)	-55.26%	(5,761.61)	(6,115.15)	353.54	(65,000.00)
Total Book Net Sales	1,177.79	11.30%	1,177.79	1,117.95	59.84	14,970.00
Pamphlet Net Sales						
Pamphlets	1,020.65	9.79%	1,020.65	735.15	285.50	10,000.00
Pamphlets Cost	(797.70)	-7.65%	(797.70)	(637.78)	(159.92)	(8,800.00)
Total Pamphlet Net Sales	222.95	2.14%	222.95	97.37	125.58	1,200.00
Schedule Net Sales						
Schedules	1,166.78	11.19%	1,166.78	829.45	337.33	11,000.00
Schedules Cost	(1,153.07)	-11.06%	(1,153.07)	(897.12)	(255.95)	(10,770.00)
Total Schedule Net Sales	13.71	0.13%	13.71	(67.67)	81.38	230.00
Tape & Misc. Net Sales						
Tapes & Misc	555.45	5.33%	555.45	596.55	(41.10)	6,300.00
Tapes & Misc Cost	(470.36)	-4.51%	(470.36)	(500.23)	29.87	(5,250.00)
Total Tape & Misc. Net Sales	85.09	0.82%	85.09	96.32	(11.23)	1,050.00
Token Net Sales						
Tokens	258.00	2.47%	258.00	127.50	130.50	2,050.00
Tokens Cost	(156.87)	-1.50%	(156.87)	(77.32)	(79.55)	(1,250.00)
Total Token Net Sales	101.13	0.97%	101.13	50.18	50.95	800.00
Inventory adjustment	211.51	2.03%	211.51	293.93	(82.42)	2,250.00
Total Sales Income	1,812.18	17.38%	1,812.18	1,588.08	224.10	20,500.00
Income/Expense from Standing Committees						
After Hours Phones	21.49	0.21%	21.49	21.49	-	300.00
Business Committee	-	0.00%	-	-	-	-
Coordinating Council						
7th Tradition Income	(38.00)	-0.36%	(38.00)	(37.98)	(0.02)	(400.00)
Coffee & Donuts	38.00	0.36%	38.00	-	38.00	300.00
Documentation	-	0.00%	-	-	-	250.00
Equipment	-	0.00%	-	-	-	60.00
Recording Secretary	30.00	0.29%	30.00	30.00	-	360.00
Rent CC	240.00	2.30%	240.00	-	240.00	720.00
Unity Day	-	0.00%	-	-	-	150.00
PRAASA for CC Chair	-	0.00%	-	-	-	500.00
Total Coordinating Council	270.00	2.59%	270.00	(7.98)	277.98	1,940.00
Coordinator Outreach	15.00	0.14%	15.00	-	15.00	50.00
Newsletter "Coordinator"						
Printer	326.00	3.13%	326.00	326.00	-	4,100.00
BAM	(90.00)	-0.86%	(90.00)	(144.00)	54.00	(1,000.00)
Flyers	(75.00)	-0.72%	(75.00)	(30.00)	(45.00)	(600.00)
Paper/ Labels	85.00	0.82%	85.00	238.00	(153.00)	1,300.00
Postage Bulk	250.50	2.40%	250.50	271.00	(20.50)	1,400.00
Total Newsletter "Coordinator"	496.50	4.76%	496.50	661.00	(164.50)	5,200.00
Orientation Committee	-	0.00%	-	-	-	180.00
Program Committee						
Total Founder's Day Picnic	-	0.00%	-	-	-	250.00
Total Anniversary Breakfast	-	0.00%	-	-	-	-
New Year's Eve						
Prior Yr NYE Event	(30.00)	-0.29%	(30.00)	-	(30.00)	-
Total New Year's Eve	(30.00)	-0.29%	(30.00)	-	(30.00)	-
Total Program Committee	(30.00)	-0.29%	(30.00)	-	(30.00)	250.00
Public Info Committee						
Del Mar Fair	-	0.00%	-	-	-	175.00
Literature	-	0.00%	-	10.00	(10.00)	500.00
Speaker Workshop	-	0.00%	-	39.00	(39.00)	125.00
PRAASA for Chair	-	0.00%	-	-	-	500.00
Copies/Postage	-	0.00%	-	3.98	(3.98)	25.00
Total Public Info Committee	-	0.00%	-	52.98	(52.98)	1,325.00
Total Committee/Program Expense	772.99	7.41%	772.99	727.49	45.50	9,245.00

Contributions January 2005

Group Name	Jan 05	Ytd 05	Group Name	Jan 05	Ytd 05
12 X 12 Happy Hour Step Study - 111	26.00	26.00	Porter Hall Structured S/S - 97	100.00	100.00
4077 Mash 11th Step - 2027	80.00	80.00	Pt Loma Womens Discussion - 1608	245.55	245.55
92037 Group - 861	240.00	240.00	Rise & Shine - 2170	400.00	400.00
A Sense Of Belonging Womens - 1205	120.00	120.00	San Diego Doctors Step Study - 194	100.00	100.00
A Womens Meeting -1717	300.00	300.00	Santee Serenity Group - 1943	125.00	125.00
Adams Avenue Big Book Study - 1892	50.00	50.00	Saturday Night Candlelight - 1914	40.00	40.00
Allied Gardens Friday Lunch - 766	40.00	40.00	Sober Nooners - 196	111.78	111.78
Allied Gardens Step Study - 1629	200.00	200.00	Sober Serenity Seekers - 887	66.00	66.00
Alpine Womens Candlelight - 1684	46.72	46.72	Sole Purpose Group - 1657	120.00	120.00
Another New Beginning - 144	100.00	100.00	Straight Shooters - 198	50.00	50.00
Bayside Big Book Study - 1610	50.00	50.00	Thursday Night Sobriety - 475	50.00	50.00
Beach Area Beginners One-272	120.00	120.00	Thursday Steps - 646	69.94	69.94
Cajon View Open Disc - 471	60.00	60.00	Two A's Over Easy - 2106	50.00	50.00
Casa De Oro Tradition Five - 503	88.50	88.50	Water Walkers Too - 1946	396.00	396.00
Casa De Oro Weds Nite - 2049	40.00	40.00	We've Come Along Way - 1616	58.56	58.56
Clairemont Step Study - 482	25.00	25.00	Wednesday Womens Study - 2281	20.00	20.00
Clairemont Thurs Brown Bag - 315	50.00	50.00	Women In Harmony - 1807	80.00	80.00
Coffee Clutchers - 2332	125.00	125.00	Women To Women - 2066	120.00	120.00
Coronado Beginners - 344	45.00	45.00			
Coronado Prospect Discussion #1 - 350	10.81	10.81			
D.D.G.T.M. - 767	60.00	60.00			
Dawn Patrol - 263	294.57	294.57			
Downtown Discussion - 1665	33.00	33.00			
Downtown Noon Discussion - 1607	45.00	45.00			
Drunks Only - 1605	385.00	385.00			
Early Risers (PB) - 264	127.50	127.50			
Easy Does It Speakers - 114	60.00	60.00			
El Cajon Daytime - 52	350.00	350.00			
El Cajon Navajo Road Group - 102	100.00	100.00			
Eye Opener Group - 607	398.00	398.00			
Fresh Air Friday - 266	354.68	354.68			
Friday Nite Weeks End - 1856	200.00	200.00			
Great Fact Group - 895	110.56	110.56			
Happy Destiny - 2436	200.00	200.00			
Hip Slick & Sick Young Peoples - 762	120.65	120.65			
Imperial Beach Group - 79	94.58	94.58			
La Jolla Basic B/B Study - 2154	30.00	30.00			
La Jolla Beginners Group - 82	400.00	400.00			
La Jolla Discussion Group - 85	132.00	132.00			
La Jolla Nonsmokers Disc - 88	150.00	150.00			
La Mesa Mens - 106	135.00	135.00			
La Mesa Step Study Workshop - 1621	75.61	75.61			
Lake Murray Womens - 572	105.00	105.00			
Lakeside Happy Hour - 2285	60.00	60.00			
Lunchtime Friends - 964	26.20	26.20			
Meetin' In The Ladies Room - 2614	30.00	30.00			
Mens Step Study (LJ) - 2643	273.00	273.00			
Mens Structured Step Study - 1469	85.00	85.00			
Midway Bridge - 2171	50.00	50.00			
Mira Mesa Early Risers - 967	100.00	100.00			
Mission Hills Beginners - 1612	238.00	238.00			
Mission Hills Weds Lunch Bunch-2675	95.00	95.00			
Monday Night Big Book Study - 2345	50.00	50.00			
Mt Step Study - 2578	60.00	60.00			
Noon At The Grove - 628	150.00	150.00			
Noontime on the Patio - 2203	75.00	75.00			
Old Timers Group - 2037	50.00	50.00			
Over 50 - 840	25.00	25.00			
Pacific Beach Weekend Warmup - 725	384.00	384.00			
Point Loma Mens - 245	150.00	150.00			
Point Loma Tuesday Night - 2648	2.13	2.13			

*Thank you for supporting
YOUR Central Office.*

Individual members may also make contributions to Central Office up to \$2000 per year. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year.



**Daytime
Phone Volunteers**
Come be of
service.



**Call Connie:
(619) 265-8762**

Come visit us on the Web at:
www.aasandiego.org



**Meeting Schedule, Maps
Calendar of Events
Contact with Central Office**

February's Book of the Month
"Experience, Strength & Hope"

Sale: \$7.25

March's Book of the Month

"As Bill Sees It"

Sale: \$5.25

CENTRAL OFFICE

PHONE CALLS FOR January 2005

TOTAL CALLS FOR MONTH 3184	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2161	631	41
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	219	103	29

WEB SITE HITS: Jan. = 6,387 Total 191,409

March 2005

AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Mission Hills Beginners	La Jolla Soledad Men's	Unconditional AA	Mira Mesa Early Risers	OPEN
6	7	8	9	10	11	12
Adams Ave Big Book	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers
Dawn Patrol						
13	14	15	16	17	18	19
La Mesa Women's Sat Morning	El Cajon Daytime	Old Town Speakers	Evening Serenity	Fourth Dimension	Mon Night North Park AA	Smokeless Drunks
La Jolla Beginners						
20	21	22	23	24	25	26
South Clairemont	Cedar St Men's	OPEN	Fireside Step Study	Imperial Beach Group	Downtown Discussion	Drunks Only
OPEN						
27	28	29	30	31		
Clairemont Men's	North Park Men's	Harmony Group	Diamond Street Mens	Easy Does It Riders		
Easy Risers						

If your Group wants to answer phones, call:
 Colby – After Hours Phone Chair - H (619) 269-0218 C (619) 549-5106
 Or Connie at Central Office (619) 265-8762

March 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Every Sunday <u>Comité de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm		<u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm	<u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm	<u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm <u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm	Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	
6	7	8	9	10	11	12
<u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>District 8</u> Center 115 Spruce Rd Chula Vista 7:00 pm <u>Public Information Committee</u> Central Office 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm <u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm <u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm <u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm	<u>Archives Committee</u> Central Office 6:30 pm <u>Audio/Visual Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm	<u>Coordinating Council</u> Church 6 th & Nulmeg Orientation Committee 6:00 pm (2 nd floor) New Coordinators 6:30 pm (2 nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting <u>Area Agenda Committee</u> Central Office 7:00 pm		
13	14	15	16	17	18	19
<u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 2:00 pm <u>Grapevine Committee</u> Central Office 4:00 pm	<u>District 6</u> Serv Ctr 3425 5 th Ave Hillcrest 6:00 pm <u>Area Finance Committee</u> Central Office 6:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm	<u>H&I Committee Orientation</u> Central Office 7:00 pm <u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm		
20	21	22	23	24	25	26
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm <u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>After-Hours Phone Committee</u> Central Office 6:30 pm <u>Special Needs Committee</u> Central Office 7:00 pm	<u>District 14</u> Church 1475 Calafina Bl Point Loma 6:30 pm <u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm			<u>Archives Committee Open House</u> Central Office 1:00 pm – 4:00 pm
27	28	29	30	31		
<u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C Committee</u> Central Office 7:30 pm <u>District 5</u> Church 5050 Milton Clairemont 7:00 pm	<u>District 11</u> Church 8350 Lake Murray Blvd San Diego 6:30 pm		<u>Coordinator Newsletter Committee</u> Central Office 6:00 pm		

SPEAKER MEETINGS

Old Town Speaker Meeting
123 Camino de la Reina, Mission Valley
Time: Sunday at 7:00 pm

There is a great line-up for March, come early to get a seat!

South Bay Speakers Opened Mixed
270 "C" St., Chula Vista
Time: Saturday at 7:45 pm

March 5	Willie D.
March 12	Andre B.
March 19	Keith D.
March 26	Lucy B.

Mission Bay Saturday Speakers Meeting
USD Campus, Marion Way
Founders Hall Room #124
Time: Saturday at 8:00 pm

March 5	Mike L.	San Diego
March 12	Diana L.	San Diego
March 19	David M.	San Diego
March 26	Sandy R.	San Diego

Coronado Wednesday Speakers
700 D Ave., Coronado
Time: Wednesday at 8:00

We have lots of newcomers and great speakers, come on out!

Saturday Night Speakers
9140 Akard St., Spring Valley
Time: Saturday at 7:00 pm

A great way to stay sober on a Saturday night!

"Willingness, honesty and open mindedness are the essentials of recovery." The spiritual experience – Alcoholics Anonymous

THINGS TO DO & PLACES TO GO

THIRD WEEKENDERS AA GROUP CAMPING SCHEDULE

April 15, 16, & 17

Outdoor World

I-8 E 30 mi. past Alpine to Crestwood.

R. to Tierra Del Sol Rd. R. to Hwy. 94 R.

2 ½ mi. to Outdoor World sign. L. ½ mi. on left.

Full Hookups

Earl & Diane (619) 334-4813

24th Annual Southern California H&I Conference of Alcoholics Anonymous

with Al-Anon & Spanish Language Participation

April 29, April 30 & May 1, 2005

Doubletree Hotel, Orange, Ca.

(714) 979-8524 (AA)

(714) 545-7810 (Al-Anon)

"Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness." Step 3- Twelve Steps & Twelve Traditions



"We would go to any lengths for victory over alcohol" Into Action –Alcoholics Anonymous

The **"I AM RESPONSIBLE CLUB"** is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the **"I AM RESPONSIBLE CLUB"** when making donations.

WILLINGNESS

"...Someday he will be unable to imagine life either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping off place. He will wish for the end.

We have shown how we got out from under. You say, "Yes, I'm WILLING, but am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how I? Have you a sufficient substitute?"

Yes, there is a substitute and it is vastly more than that. It is the fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

"How is that to come about?" you ask. "Where am I to find these people?"

You are going to meet these new friends in your own community. Near you, alcoholics are dying helplessly like people in a sinking ship. If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make life long friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence, shoulder to shoulder, your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the meaning of "Love thy neighbor as thyself."

It may seem incredible that these men as to become happy, respected, and useful once more. How can they rise out of such misery, bad repute and hopelessness? The practical answer is that

since these things have happened among us, they can happen with you. Should you wish them above all else, and be WILLING to make use of our experience, we are sure they will come. The age of miracles is still with us. Our own recovery proves that!"

Alcoholics Anonymous, A Vision For You, pages 152-153

THE NEWSLETTER COMMITTEE NEEDS YOUR SUPPORT!

You can send in a story, article or poem.
Call Central Office for more
information.

Grapevine / La Vina Hands-On Writing Workshop Sponsored by SDICAA's Grapevine / La Vina Committee

Have you ever thought of writing an article for the AA Grapevine/La Vina, "Our Meeting in Print"? Come and attend our 4th Annual Writing Workshop. Bring your ideas. We'll help you get started writing.

Members who have been published in the Grapevine/La Vina will tell us how they did it. We will sit at round tables and actually put pen to paper. We'll go over the "Guidelines for Writing and Submitting Work to the Grapevine and La Vina". Other writers and editors will be circulating to help facilitate the writing. We'll help each other brainstorm ideas. There will also be a joke writing presentation.

WHEN: Sunday, April 17, 2005
2pm - 4pm

WHERE: Spanish Language Central Office
3628 University Ave.
San Diego, CA 92126
(619) 280-7224

CONTACT:

English: Eileen E. (760) 943-0778
Spanish: Alicia H. (619) 424-8897

decide where to eat with my girlfriend (and what to eat) – DECISIONS, DECISIONS, DECISIONS. Sometimes I just want to end it all and go back to the simple life (drinking). However I've got some tools and I actually use them: meetings, Steps, talk to newcomers, call my sponsor, Higher Power, etc.

When I get to the point where I am tired of making decisions and dealing with life on life's terms I now have learned a solution. TAKE A VACATION. Maybe just a meditative cruise down the freeway to the ocean or a ride on my motorcycle. I've learned that sometimes I just need to unwind, breathe deeply and do something relaxing. Meditation is a great tool for clearing the mind, relieving most of my anxiety and feelings of being overwhelmed.

Fear of success I believe is based on feeling overwhelmed with too much responsibility and all the decisions that comes with that. Probably what comes to mind is Keep it Simple Stupid – K.I.S.S. Of course this probably means (at least for me) is to pray for guidance, for help, from Higher Power. The solution is always Higher Power for me, and then I have to follow with positive concrete action.

Bill Wilson, in a letter, addressed the problem of decision-making and the solution:

"First, think through every situation pro and con, praying meanwhile that I not be influenced by ego considerations. Then, having turned the problem over in this fashion and getting no conclusive or compelling answers, I wait for further guidance, which may come into the mind directly or through other people or through circumstances. If I feel I can't wait, and still get no definite indication, I repeat the first measure several times, trying to pick out the best course, and then proceed to act; I know if I am wrong, the heavens won't fail. A lesson will be learned in any case." – Pg. 55, As Bill Sees It, Letter, 1950.

Sobriety Search

M S Y E K O E S C W S F H S S
 O T S R W C P U O S T E O G P
 T E Q E I S N E E B L F N N I
 T P H V U N F E N X Z E V E L R
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| BAFFLING | BOTTOM | CRAVING |
| CREATOR | CUNNING | FREE |
| HAPPY | HONESTY | HUMILITY |
| JOYOUS | KEY | MEETINGS |
| OPENMINDED | SOBER | POWERFUL |
| SHORTCOMING | SPIRITUAL | STEPS |

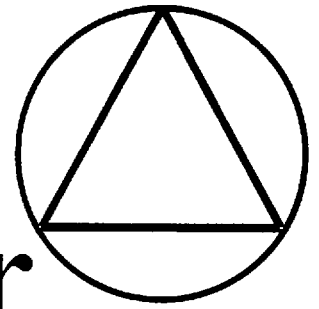
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Mail to: CENTRAL OFFICE SAN DIEGO, CA 92120-2454	7075-B MISSION GORGE ROAD BUCK A MONTH CLUB	Name _____ Address _____
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Fourth Edition Tidbits
Alcoholics Anonymous Page 25
The great fact is just this and nothing less: that we have had deep and effective spiritual experiences, which have revolutionized our whole attitude toward life, toward our fellows and toward God's Universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"Of course, we finally did experiment, and when unexpected results followed, we felt different; in fact, we knew different; and so we were sold on meditation and prayer. And that, we have found, can happen to anybody who tries. (Twelve Steps and Twelve Traditions, page 97)"

April 2005
VOL. VI, NO. III

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Roses and Horses

By Mike G.

No matter what I tried, my roses kept withering and dying, and so, out of desperation I went to my neighbor, whose roses were magnificent and asked his advice.

"What do you do to your roses to make them so beautiful?" I asked. He pointed to the ground around the bushes and said, "I put that on them." Well, I studied the stuff and smelled the stuff, and decided to go for it. "Ok, Great!" I said. "How do I make that stuff?" He replied, "You don't. I feed my horses and my horse makes the stuff. Get it?" And I said, "Yeah, I got it. Thanks. See you later," and trudged home chanting to myself, "Feed the horse and the roses get better. Feed the horse and the roses get better. Feed the horse and the roses get better..." I didn't get it.

And so I continued to try and figure it out while doing all I could to save my roses. I over-watered them. I under-watered them. I gave them artificial sunlight at night and shaded them during the day. I even switched from well water to distilled water but nothing was working.

Finally, once again out of desperation, I decided to just follow my good neighbor's advice and I fed my horse. And after a few days of this an amazing thing happened. My horse started to like me better. He began to nuzzle me when I came up. So I started treating him to a carrot now and again in addition to his normal feed because, after all, he was a pretty great horse.

Soon I was brushing him every day and going for rides on him around the town site. The neighbor kids came running to see the horse and go for supervised rides and the kids' parents came over to see what was going on. Someone broke out the barbecues and someone brought out the steaks. Guitars started playing. We were all singing and laughing and having a great time. We started doing this every weekend and all planned outings together and celebrated birthdays and anniversaries together and shared grief and joy together.

And all the time my roses were getting better.

(Continue on Page 15)

A Newcomer Writes

Anonymous

I received an email recently from someone I've never met before. With his permission I am printing it here. – Editor

I was watching Oprah yesterday. They had a segment on how you looked ten years ago and how do you look now, better or worse. I had to look, just like, I am sure, others did. I looked like hell. I have been drinking more than ever. I think things are doing pretty well, at least better than they have been. I get up this morning and I am fifty-two years old today. I have always done pretty well for myself, except this morning something was different.

I usually try to wake up my partner, but today it didn't matter. I mean, I just didn't want to. Instead I woke up, took a shower and was ready to start my day. I just kept saying, as I do most mornings, today I am going to stop drinking. Well, that usually works until about 4 or 5 pm, when I have my first of many drinks for the day.

I started to get dressed and I got a call from one of my oldest and dearest friends, Brian, who has been working the AA program for many years now. We grew up as neighbors and were separated by a tragic death in his family. Although we have kept in touch for these many years, we only talk about once or twice a year. Well, I told him I had a problem and we talked, I am sure much longer than he had planned. He told me if I was there, he would take me to an AA meeting. I said, "I would like that".

He said the best Birthday gift I can give myself is a meeting and sobriety. Well, I am looking for a meeting as I am writing this.

Later, I got another email from this man the next day. This is what he had to say:

This is a day that I can't even believe. I got done writing you and get a letter from a friend. He is stating that his partner is mad at him because he is always drunk. He wants him to stop drinking. WOW, what a day. More messages than I asked for, but great to see them.

Since I received his initial email, he and I have been corresponding via email. As this edition goes to print, he has over a week sober. I have been praying that God would put a newcomer into my life to work with. I had no idea how God would do that. When I asked this man how he came upon my email address, he told me he had been to the San Diego AA website and mine was the first email address he saw. I see that as I open my heart and turn my will and DAILY life over to my creator, amazing things happen to me and to those around me. – Ed.

HAVE YOU READ THIS?

See if you can find this in your Big Book!

"Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served, we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all. Our experience shows that this is not necessarily so.

We meet these conditions every day. An alcoholic who cannot meet them still has an alcoholic mind; there is something the matter with his spiritual status.

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Downtowners Brown Bag (Code: *)
299 17th St @ Day Center Downtown
Monday, Wednesday, & Friday @ Noon

Tuesday Eve Womens (Codes: C W)
7841 El Cajon Blvd @ Office Bldg
Tuesday @ 6:30 PM La Mesa

We Care Womans Spiritual
Avenida Mar Mediterraneo #36 B
2 Blocks E. of Las Brisas Hotel
Wednesday @ 10 AM Rosarito Beach

Sobriety On State And Date
1668 State St (Enter on Columbia) Church
Thursday @ 7:15 PM Little Italy

Sunday Night Awakenings
2465 Main St @ Recv Hm
Sunday @ 7 PM Chula Vista

CANCELED

Together We Can
930 10th Ave @ Church
Monday @ 11 AM Downtown

Sobriety By The Sea
Avenida Mar Mediterraneo #36 B
2 Blocks E. of Las Brisas Hotel
Monday @ 8 PM Rosarito Beach

Together We Can
930 10th Ave @ Church
Wednesday @ 11 AM Downtown

Daily Reprieve Group
4125 Wilson Ave @ Recv Hm
Thursday @ 7 PM North Park

Sobriety By The Sea
Avenida Mar Mediterraneo #36 B
2 Blocks E. of Las Brisas Hotel
Thursday @ 8 PM Rosarito Beach

Third Weekenders Womens Closed AA
3rd Sat of month @ 10 AM

Pacific Beach Miracles Group
1050 Thomas Ave @ Church
Saturday @ 8:30 PM Pacific Beach

CODE CHANGE

Tues Night Mens Is Now **CLOSED**
940 Hilltop Dr @ Church
Tuesday @ 7 PM Chula Vista

Coordinating Council Attendance

The following 45 groups attended March's Coordinating Council
There are 744 registered groups in San Diego
WAS YOUR GROUP THERE?
NEXT COUNCIL MEETING IS: THURSDAY, April 14th

Adams Ave Big Book Study
Back To Basics
Back To Basics For Women
Battery Chargers
Clairemont Womens Step Study
Coronado Womens Meeting
Downtown Discussion
Early Risers (PB)
El Cajon Womens Serenity
Eye Opener Group
Fourth Dimension Group
Friday Night Womens
Golden Hill Sunday Discussion
Harmony Group
Haul Your Hincy Out Of Bed
Imperial Beach Group
La Jolla Speakers
La Mesa Mens
La Mesa Step Study Workshop
La Mesa Womens Sat Morning
Lake Murray Womens
Midway Bridge

Mid-Week Mens
Mira Mesa Early Risers
Mission Bay Sat Night Speakers
Mission Hills Beginners
Mission Possible
Monday Night Big Book Study
Morning Attitude Adjustment
Noontime On The Patio
North Park Mens
OB Peer Group
Original Tues Night Step Study
Over The Bridge
Poinsettia Group
Rainbow Group
Rise & Shine
San Carlos Single Purpose
Santee Saturday Night Speakers
Scripps Ranch Mens
South Clairemont
Sunday Midday
The Other Meeting
Water Walkers Too
Womans Gut Level

Attention Group Secretaries

**CALL CENTRAL OFFICE AND REGISTER AS SECRETARY OF YOUR GROUP
AND WE WILL MAIL YOU THE MONTHLY COORDINATOR NEWSLETTER
AND OUR "NEW" SECRETARY HANDBOOK FOR YOUR GROUP OR BETTER
YET, COME VISIT US AT CENTRAL OFFICE**

RELOCATE

449 Mens Open Discussion
5960 El Cajon Blvd @ Coffee Shop
(was 33rd & Meade)
Thursday @ 7:45 PM College

Sunday Morning Eleventh Step
4731 Clairemont Dr @ Comm. Rm
(was 4736 Clairemont Mesa Blvd)
Sunday @ 9 AM Clairemont

Women In The Solution
753 Emory St @ Office Bldg
(was 136 Donax St)
Sunday @ 6 PM Imperial Beach

TIME CHANGE

El Cajon Womens Serenity
10842 Fury Ln @ Church (was 8 PM)
Wednesday @ 7:30 PM Rancho San Diego

NAME & TIME CHANGE

Beginners Book Study
(was No Holds Barred)
1465 E Madison Ave @ Church
Tuesday @ 6:30 PM (was 7 PM) El Cajon

RELOCATE, DAY & TIME CHANGE

A Chance To Live Speakers
2770 Glebe Rd @ Church Lemon Grove
(was 9467 Jamacha Blvd)
Monday @ 7 PM (was Tuesday @ 6 PM)

NAME CHANGE

Wheel Of Fortune (was AA Discussion)
4861 Cass St @ Club
Saturday @ 6 PM Pacific Beach

Minutes of the Coordinating Council Thursday, March 10th, 2005

Diane V. - Coordinating Council Chair, called the 716th meeting to order at 7:30 pm. Jo Ann read the 12 Traditions. Council Definition and Purpose read by Tim. There were 7 new Coordinators. There were 6 birthdays. 7th Tradition was \$38.00. Roll Call: Larry T., Assistant Chair reported 46 groups were represented, a quorum (28). It was M/S/C to approve the minutes of the February meeting.

Area Assembly –Mauren, Area Alt. Secretary shared that the Delegates Informational Area Assembly will be held on April 2 in Imperial County. Look for flyer. There are 6 agenda items currently being discussed at district level. PRAASA held March 11-13 in Tucson, AZ. Grapevine/La Vina Writing Workshop coming up on Sunday 4-17-05.

AFTER HOURS PHONE COMMITTEE: Colby, Chair reported the committee met on Tuesday 1/25/05.

- 1) The 22nd is an OPEN night.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.
- 3) All committee member positions filled.

BUSINESS COMMITTEE: Connie J., Central Office Manager reported that the committee met on Tuesday 3/8/05 at 6:00 pm. Present: Robert H., Steve T., Tim L., Diane V., Council Chair, Larry T., Assistant Council Chair and Connie J., Manager. Absent Excused: Barbara F. There was a quorum.

- 1) It was M/S/C to approve the minutes of the February meeting.
- 2) It was M/S/C to approve the February Financial Statements.
 - a) Our February Net Income was \$212.02 essentially on our budget for the year of \$0.00 Net Income/Loss.
 - b) Our February total income was \$9,887.60 essentially on our budget for the year of \$122,568. We need to

focus on Group contributions and Individual contributions as we proceed through the year.

Manager's Report

- 1) March's Book of the Month: "As Bill Sees It" – hard copy on sale for \$5.25.
- 2) April's Book of the Month: "Daily Reflections" on sale for \$5.50.
- 3) Daytime phone volunteer shift available is Tuesdays 1 pm – 5 pm. Also, we always have a need fill-in volunteers.
- 4) Archive's Room GRAND OPENING is on Sunday, April 3rd at 1 pm – 3:30 pm.
- 5) Worker's Comp Insurance has been renewed with a new carrier for a yearly savings of \$437.
- 6) It was m/s/c to approve funds to combine our electrical meters to one meter at Central Office to create one billing thus reducing our charges.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks & went to bank to put archive accounting files in safety deposit box.
- 2) Tim L. discussed next steps for 2005 Individual Contributions Ad Hoc Committee.
- 3) Diane V. checked on the web site.

Old Business:

- 1) Committee needs two female members to fill the positions.

New Business:

- 1) Employee performance and salary reviews completed.

Continued from Page 5

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on Thursday, 2/24/05. Present were: Jym, Allison, Ben and Georgia.

FLYERS: None submitted.

- 1) May's Issue: "Honesty" Submissions need to be in by Thursday, March 31st.
- 2) Stories may be submitted at any time - they do not have to be on the current topic. We need personal stories of recovery.

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

- 1) 4 new groups were visited this past month. The committee really needs the help of others to visit the groups without Coordinators.
- 2) Anyone willing to visit groups let the committee know. Also report back if you have recently visited a group. Thank you to everyone who continues to help out.

ORIENTATION & GUIDELINES: Larry L, Chair reported that committee met on Thursday, 3/10/05. Present: Larry, Winona, Natasha and Linda.

- 1) Orientated 4 new Coordinators.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) Next orientation is Thursday, 4/14/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 2/27/04. Present were: Les, Laura, Patti, Joe, David & Rhonda. Absent: Andrea & Shanda. Visitors: Larry, Dennis, Robin and Mary, Alt Delegate.

- 1) Date for Unity Day/ Founders Day picnic has been changed to Saturday, June 11th.
- 2) Preparing a flyer for a newsletter approval.
- 3) Searching a site that will provide us with: ample parking, space for Unity Day activities and picnic area with accessories.
- 4) Working together with Area's Unity Day.

PUBLIC INFORMATION COMMITTEE:

Felice, committee member reported that there are only 2 members on the committee, herself and Anna. Greg S., Chair needed to resign his position. NEED members to serve on the committee. PLEASE announce at your meetings. There are several upcoming commitments to make presentations at schools.

OLD BUSINESS:

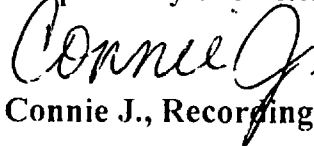
- 1) Need 2 female Business Committee members. PLEASE ANNOUNCE.
- 2) Thank you for your willingness to be of service to Alcoholics Anonymous.

NEW BUSINESS:

- 1) There was none.

Meeting adjourned at 8:08 pm with the Serenity Prayer.

Respectfully submitted,



Connie J., Recording Secretary

San Diego Intergroup, Inc.
 Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
 February 28, 2005

	February '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Ordinary Income/Expense						
Income						
Archives Room	-	0.00%	-	-	-	-
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Contributions Group	8,554.33	86.52%	18,438.67	15,402.21	3,036.46	112,000.00
Contributions Individual	594.04	6.01%	799.73	149.54	650.19	8,548.00
Contributions SDIAA	630.00	6.37%	870.00	420.00	450.00	1,020.00
Interest - Checking	2.50	0.03%	5.30	5.88	(0.58)	50.00
Interest - Cert of Deposits	106.73	1.08%	199.42	63.62	135.80	950.00
Total Income	9,887.60	100.00%	20,313.12	16,041.25	4,271.87	122,568.00
Expense						
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Archives Room	107.11	1.08%	208.42	-	208.42	-
Accounting & Legal	325.00	3.29%	550.00	3,110.00	(2,560.00)	5,500.00
Auto/Travel/Seminar	123.60	1.25%	143.55	118.94	24.61	1,500.00
Bank Service Charges	48.04	0.49%	50.04	9.00	41.04	100.00
Cash (Over) Short	(1.62)	-0.02%	(2.69)	(38.66)	35.97	(100.00)
Checks Returned - Bad Debt	68.08	0.69%	68.08	30.00	38.08	50.00
Depreciation	160.00	1.62%	320.00	320.00	-	2,050.00
Equipment Maint & Repair	66.11	0.67%	132.22	85.97	46.25	800.00
Equipment Purchase	-	0.00%	-	-	-	500.00
Insurance	125.83	1.27%	251.66	326.10	(74.44)	2,000.00
Office Maint. & Repairs	-	0.00%	-	-	-	500.00
Office Supplies	297.98	3.01%	694.70	1,273.17	(578.47)	4,000.00
Postage - Return Mail	6.65	0.07%	(2.68)	4.85	(7.53)	100.00
Rent	1,540.00	15.58%	3,080.00	3,206.00	(126.00)	18,848.00
Taxes	-	0.00%	-	55.00	(55.00)	45.00
Telephone	221.45	2.24%	415.21	425.67	(10.46)	2,700.00
Utilities-Electricity	591.66	5.98%	988.18	657.89	330.29	4,000.00
Website	12.00	0.12%	100.80	100.80	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	440.17	4.45%	888.33	947.55	(59.22)	6,000.00
Employee Wages	5,753.74	58.19%	11,612.12	10,784.24	827.88	73,980.00
Employee 403B Contribution	75.00	0.76%	150.00	112.50	37.50	1,000.00
Employee Health Benefit	706.23	7.14%	1,373.60	1,055.32	318.28	8,000.00
Insurance-Worker's Comp	132.01	1.34%	264.02	187.36	76.66	1,750.00
Total Expense	10,799.04	108.13%	21,285.56	22,771.70	(1,486.14)	133,823.00
Net Ordinary Income	(911.44)	-9.22%	(972.44)	(6,730.45)	5,758.01	(11,255.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,573.79	15.92%	3,385.97	2,925.63	460.34	20,500.00
Total Other Income	1,573.79	15.92%	3,385.97	2,925.63	460.34	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	450.33	4.55%	1,223.32	1,702.19	(478.87)	9,245.00
Total Other Expense	450.33	4.55%	1,223.32	1,702.19	(478.87)	9,245.00
Net Other Income	1,123.46	11.36%	2,162.65	1,223.44	939.21	11,255.00
Net Income	212.02	2.14%	1,190.21	(5,507.01)	6,697.22	-



Contributions February 2005

Group Name	Feb 05	Ytd 05	Group Name	Feb 05	Ytd 05
12 X 12 Happy Hour Step Study - 111	-	26.00	His Majesty The Baby - 2427	150.00	150.00
4077 Mash 11th Step - 2027	-	80.00	I.B. Sober Steps & Traditions - 1519	34.00	34.00
92037 Group - 861	-	240.00	I.B. Experience, Strength & Hope 2652	40.00	40.00
AA By The Bay - 629	180.00	180.00	Imperial Beach Group - 79	46.19	140.77
A Sense Of Belonging Womens - 1205	-	120.00	International Group - 23	40.00	40.00
A Womens Meeting -1717	-	300.00	La Jolla Basic B/B Study - 2154	-	30.00
Adams Avenue Big Book Study - 1892	-	50.00	La Jolla Beginners Group - 82	-	400.00
Allied Gardens Friday Lunch - 766	-	40.00	La Jolla Discussion Group - 85	-	132.00
Allied Gardens Step Study - 1629	-	200.00	La Jolla Monday Womens - 87	180.00	180.00
Alpine Mixed Step Study - 2621	52.80	52.80	La Jolla Nonsmokers Disc - 88	-	150.00
Alpine Womens Candlelight - 1684	-	46.72	La Jolla Patio Group - Wed - 613	6.00	6.00
Another New Beginning - 144	-	100.00	La Jolla Patio Group - Fri - 758	24.00	24.00
Arragon Sober Mens - 2598	5.00	5.00	La Jolla Speakers - 578	260.00	260.00
B.Y.O.B. (North Park) 203	40.00	40.00	La Mesa Mens - 106	-	135.00
Back To Basics - 1026	300.00	300.00	La Mesa Step Study Workshop - 1621	-	75.61
Barefoot - 139	60.00	60.00	Lake Murray Womens - 572	-	105.00
Bayside Big Book Study - 1610	-	50.00	Lakeside Happy Hour - 2285	-	60.00
Beach Area Beginners One-272	-	120.00	Love and Truth 12 x 12 - 1617	63.00	63.00
Bonita Boozers - 2179	72.00	72.00	Lunchtime Friends - 964	-	26.20
Butts Out Smokeless - 1764	36.00	36.00	Meetin' In The Ladies Room - 2614	-	30.00
Cajon View Open Disc - 471	-	60.00	Mens Step Study (LJ) - 2643	-	273.00
Carrying The Message - 2458	50.00	50.00	Mens Structured Step Study - 1469	-	85.00
Casa De Oro Tradition Five - 503	-	88.50	Midway Bridge - 2171	-	50.00
Casa De Oro Weds Nite - 2049	-	40.00	Mira Mesa Early Risers - 967	-	100.00
Chula Vista 4 Min Speakers - 1568	75.00	75.00	Mission Bay Sat Night Speakers - 271	80.00	80.00
Citizens Again - 2658	45.00	45.00	Mission Bay Speakers - 1692	115.00	115.00
Clairemont Daytime Step Study - 427	50.00	50.00	Mission Hills Beginners - 1612	-	238.00
Clairemont Mens - 301	175.00	175.00	Mission Hills Fri. Night Group - 2576	60.00	60.00
Clairemont Open Discussion - 308	100.00	100.00	Mission Hills Weds Lunch Bunch-2675	-	95.00
Clairemont Step Study - 482	-	25.00	Monday Night Big Book Study - 2345	-	50.00
Clairemont Thurs Brown Bag - 315	-	50.00	Monday Nite Live - 643	80.00	80.00
Clairemont Womens Step Study - 341	100.00	100.00	Morning Attitude Adjustment - 768	417.50	417.50
Coffee Clutchers - 2332	-	125.00	Mt Step Study - 2578	-	60.00
Coronado Beginners - 344	-	45.00	Noon At The Grove - 628	180.00	330.00
Coronado Prospect Discussion #1 - 350	-	10.81	Noontime on the Patio - 2203	50.00	125.00
Coronado Sunday Noon - 1830	80.00	80.00	North Shores Breakfast Disc. - 276	170.00	170.00
D.D.G.T.M. - 767	-	60.00	Old Timers Group - 2037	-	50.00
Dawn Patrol - 263	271.87	566.44	Original Tues Night Step Study - 2124	60.00	60.00
Deerhorn Group - 2063	25.00	25.00	Over 50 - 840	-	25.00
Diamond St Mens Step Study - 569	330.00	330.00	Pacific Beach Weekend Warmup - 725	-	384.00
Docotrs abd Lawyers Group - 391	230.00	230.00	Pass It On Group - 170	50.00	50.00
Downtown Discussion - 1665	-	33.00	Point Loma Mens - 245	-	150.00
Downtown Noon Discussion - 1607	45.00	90.00	Point Loma Tuesday Night - 2648	-	2.13
Drunks Only - 1605	385.00	770.00	Porter Hall Structured S/S - 97	-	100.00
Early Risers (PB) - 264	-	127.50	Pt Loma Womens Discussion - 1608	-	245.55
East Side Group - 101	150.00	150.00	Rise & Shine - 2170	-	400.00
Easy Does It Riders - 21	212.40	212.40	San Diego Doctors Step Study - 194	-	100.00
Easy Does It Speakers - 114	100.00	160.00	Santee Serenity Group - 1943	-	125.00
El Cajon Daytime - 52	-	350.00	Santee Sunday Nite Smokeless - 1705	100.00	100.00
El Cajon Navajo Road Group - 102	-	100.00	Sat Night Early Discussion - 336	135.00	135.00
El Cajon Nooner - 2638	100.00	100.00	Sat Open Discussion - 322	53.00	53.00
El Cajon Womens Serenity - 77	110.50	110.50	Saturday Night Candlelight - 1914	-	40.00
Eye Opener Group - 607	-	398.00	Scripps Ranch Mens - 1924	20.00	20.00
Free To Be - 935	60.00	60.00	Smokeless Drunks Luncheon - 1008	240.00	240.00
Fresh Air Friday - 266	-	354.68	Sober Nooners - 196	-	111.78
Friday Nite Weeks End - 1856	-	200.00	Sober Serenity Seekers - 887	-	66.00
Golden Hill Sun Discussion - 1706	60.77	60.77	Sole Purpose Group - 1657	-	120.00
Great Fact Group - 895	-	110.56	Spiritual Awakening - 2275	600.00	600.00
Happy Destiny - 2436	-	200.00	Spiritual Awakenings Step Study - 2601	50.00	50.00
Hi-Nooners - 673	40.00	40.00	Step Sisters - 2155	60.00	60.00
Hip Slick & Sick Young Peoples - 762	-	120.65	Straight Shooters - 198	-	50.00

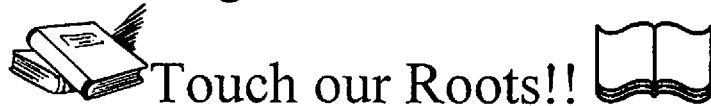
Archives Display Room Grand Opening

San Diego/Imperial Area 08 and the San Diego Intergroup are Proud to announce the Grand Opening of your new Archives Display Room!!

Sunday, April 3rd
1 pm - 3:30 pm

AT: San Diego Central Office
7075 Mission Gorge Rd Suite B
San Diego, Ca. 92120

Witness our history in San Diego and Imperial Counties through our Archives!!



Touch our Roots!!



Read about how our branches have spread!!

Enjoy ancient cake! NO!! But you can look. We will have fresher refreshments!



Additional information contact:

Harry S. - 619-696-7517 - MrHERR@PACBELL.NET or Connie J. - 619-265-8762

Group Name	Feb 05	Ytd 05
Sunday Midday - 161	48.00	48.00
Sunday Morning At the Grove - 117	40.00	40.00
Sunday Morning Spitiual Meeting - 1700	105.00	105.00
Sunday Serenity - 47	120.00	120.00
The Gong Show - 267	100.00	100.00
Thursday Night Sobriety - 475	-	50.00
Thursday Steps - 646	-	69.94
Tierrasanta Big Book Study - 1790	100.00	100.00
Tierrasanta Friday Night - 2645	82.30	82.30
Tues Night Big Book Step Study - 1813	100.00	100.00
Tuesday Night Participation - 905	50.00	50.00
Two A's Over Easy - 2106	50.00	100.00
War Fever -880	64.00	64.00
Water Walkers Too - 1946	500.00	896.00
We've Come Along Way - 1616	-	58.56
Wednesday Womens Study - 2281	-	20.00
What Now - 325	100.00	100.00
Women In Harmony - 1807	-	80.00
Women To Women - 2066	-	120.00

Come visit us on the Web at:
www.aasandiego.org





Meeting Schedule, Maps
 Calendar of Events
 Contact with Central Office

April's Book of the Month
 "Daily Reflections"
 Sale: \$5.50

May's Book of the Month
 "12 x 12 gift edition"
 Sale: \$4.75

Daytime
 Phone Volunteers




Call Connie:
 (619) 265-8762

2004 STATISTICS

Big Books Sold: 7,496
 12 x 12's: 3,588
 Meeting Schedules: 36,919
 Newcomer Packets: 5,760

HOT-LINE CALLS

Meeting Info: 29,275
 General Info: 8,382
 12 Step Referrals: 658

OPEN HOUSE

**SAN DIEGO AREA ARCHIVES
 ROOM AT CENTRAL OFFICE ON
 SUNDAY, APRIL 3, AT 1 PM.**

**ALSO, MAYBE YOU HAVE
 ARCHIVES YOU WOULD LIKE TO
 DONATE TO THE AREA FOR
 DISPLAY.**

**Thank you for supporting
 YOUR Central Office.**

February Group Contributions: \$9,184.33
 Individual Contributions: \$594.04
 Literature & Interest Income: \$1683.02
 Total Income: \$11,461.39

Central Office Expenses: \$10,799.04
 Committee Expenses: \$450.33
 Total Expenses: \$11,249.37

Individual members may also make contributions to Central Office up to \$2000 per year. Some choose to contribute \$1 or \$2 on their sobriety Birthdays for each sober year.

Dear Group Secretaries,

We have over 753 groups in our AA meeting database here at Central Office and only 150 group secretaries are registered with Central Office. If you call us with your address information we will mail you a monthly **COORDINATOR** newsletter for your group.

Sincercly, Connie J., Manager

**THERE ARE NO PASSENGERS IN
 A.A. WE ARE ALL CREW. PUBLIC
 INFORMATION COMMITTEE NEEDS
 MEMBERS TO CARRY THE MESSAGE
 TO FACILITIES LIKE HIGH SCHOOL,
 HEALTH FAIRS.. THERE ARE
 CURRENTLY 2 MEMBERS ON
 COMMITTEE.**

San Diego Intergroup, Inc. Alcoholics Anonymous of San Diego
Schedules to Statement of Revenue and Expenses
February 28, 2005

	February '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Income from Sales						
Book Net Sales						
Books	6,463.85	65.37%	13,403.25	12,599.90	803.35	79,970.00
Books Cost	(5,396.09)	-54.57%	(11,157.70)	(10,648.38)	(509.32)	(65,000.00)
Total Book Net Sales	1,067.76	10.80%	2,245.55	1,951.52	294.03	14,970.00
Pamphlet Net Sales						
Pamphlets	891.50	9.02%	1,912.15	1,549.40	362.75	10,000.00
Pamphlets Cost	(700.51)	-7.08%	(1,498.21)	(1,338.09)	(160.12)	(8,800.00)
Total Pamphlet Net Sales	190.99	1.93%	413.94	211.31	202.63	1,200.00
Schedule Net Sales						
Schedules	634.25	6.41%	1,801.03	1,384.20	416.83	11,000.00
Schedules Cost	(626.98)	-6.34%	(1,780.05)	(1,497.14)	(282.91)	(10,770.00)
Total Schedule Net Sales	7.27	0.07%	20.98	(112.94)	133.92	230.00
Tape & Misc. Net Sales						
Tapes & Misc	665.21	6.73%	1,220.66	1,136.70	83.96	6,300.00
Tapes & Misc Cost	(557.52)	-5.64%	(1,027.88)	(954.78)	(73.10)	(5,250.00)
Total Tape & Misc. Net Sales	107.69	1.09%	192.78	181.92	10.86	1,050.00
Token Net Sales						
Tokens	172.50	1.74%	430.50	291.00	139.50	2,050.00
Tokens Cost	(106.26)	-1.07%	(263.13)	(175.65)	(87.48)	(1,250.00)
Total Token Net Sales	66.24	0.67%	167.37	115.35	52.02	800.00
Inventory adjustment	133.84	1.35%	345.35	578.47	(233.12)	2,250.00
Total Sales Income	1,573.79	15.92%	3,385.97	2,925.63	460.34	20,500.00
Income/Expense from Standing Committees						
After Hours Phones	21.49	0.22%	42.98	42.98	-	300.00
Business Committee	-	0.00%	-	-	-	-
Coordinating Council						
7th Tradition Income	(42.66)	-0.43%	(80.66)	(73.99)	(6.67)	(400.00)
Coffee & Donuts	-	0.00%	38.00	18.72	19.28	300.00
Documentation	-	0.00%	-	-	-	250.00
Equipment	-	0.00%	-	-	-	60.00
PRAASA for CC Chair	-	0.00%	-	-	-	500.00
Recording Secretary	30.00	0.30%	60.00	60.00	-	360.00
Rent CC	-	0.00%	240.00	240.00	-	720.00
Unity Day	-	0.00%	-	-	-	150.00
Total Coordinating Council	(12.66)	-0.13%	257.34	244.73	12.61	1,940.00
Coordinator Outreach	-	0.00%	15.00	-	15.00	50.00
Newsletter "Coordinator"						
BAM	(48.00)	-0.49%	(138.00)	(180.00)	42.00	(1,000.00)
Flyers	-	0.00%	(75.00)	(30.00)	(45.00)	(600.00)
Paper/ Labels	85.00	0.86%	170.00	238.00	(68.00)	1,300.00
Postage Bulk	100.50	1.02%	351.00	381.50	(30.50)	1,400.00
Printer	326.00	3.30%	652.00	652.00	-	4,100.00
Total Newsletter "Coordinator"	463.50	4.69%	960.00	1,061.50	(101.50)	5,200.00
Orientation Committee	-	0.00%	-	-	-	180.00
Program Committee						
Total Founder's Day Picnic	-	0.00%	-	-	-	250.00
Total Anniversary Breakfast	-	0.00%	-	-	-	-
New Year's Eve						
Prior Yr NYE Event	(75.00)	-0.76%	(105.00)	-	(105.00)	-
Total New Year's Eve	(75.00)	-0.76%	(105.00)	-	(105.00)	-
Total Program Committee	(75.00)	-0.76%	(105.00)	-	(105.00)	250.00
Public Info Committee						
Copies/Postage	-	0.54%	-	3.98	(3.98)	25.00
Del Mar Fair	-	0.00%	-	-	-	175.00
Literature	-	0.00%	-	10.00	(10.00)	500.00
Speaker Workshop	53.00	0.54%	53.00	39.00	14.00	125.00
PRAASA for Chair	-	0.00%	-	-	-	500.00
Total Public Info Committee	53.00	0.54%	53.00	52.98	0.02	1,325.00
Total Committee/Program Expense	450.33	4.55%	1,223.32	1,402.19	(178.87)	9,245.00

CENTRAL OFFICE

PHONE CALLS FOR February 2005

TOTAL CALLS FOR MONTH 2804	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1942	510	39
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	211	84	18

WEB SITE HITS: Feb. = 5,810 Total 197,210

April 2005

AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Mission Hills Beginners	La Jolla Soledad Men's
3	4	5	6	7	8	9
Adams Ave Big Book Unconditional AA	Mira Mesa Early Risers	Over The Bridge	Dawn Patrol	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too
10	11	12	13	14	15	16
La Mesa Women's Sat Morning East Side Group	P. B. Early Risers	La Jolla Speakers	La Jolla Beginners	El Cajon Daytime	Old Town Speakers	Evening Serenity
17	18	19	20	21	22	23
Gamet Group Fourth Dimension	Mon Night North Park AA	Smokeless Drunks	Lake Murray Womens	Cedar St Men's	OPEN	Fireside Step Study
24	25	26	27	28	29	30
Clairemont Men's Imperial Beach Group	Downtown Discussion	Drunks Only	Easy Risers	North Park Men's	Harmony Group	Diamond Street Mens

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - H (619) 269-0218 C (619) 549-5106
Or Connie at Central Office (619) 265-8762

April 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm		Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm			Every Friday <u>Distrto 15</u> Oficina Central Hispana 3628 University 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	<u>Area Assembly</u> Imperial Valley 8:30 AM
3	4	5	6	7	8	9
<u>Archives Room</u> <u>Open House</u> 1 - 3:30 PM Central Office <u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>District 8</u> Center 115 Spruce Rd Chula Vista 7:00 pm <u>Public Information</u> <u>Committee</u> Central Office 6:30 pm	<u>Area Policy</u> <u>Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm	<u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm	<u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm <u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm		
10	11	12	13	14	15	16
<u>Public Information</u> <u>Committee Volunteer</u> <u>Workshop</u> Central Office 1:30 pm - 3:00 pm <u>Area Newsletter</u> <u>Committee</u> "Keith" Restaurant I-15 & Miramar Rd 2:00 pm <u>Grapevine Committee</u> Central Office 4:00 pm	<u>District 6</u> Serv Ctr 3425 5 th Ave Hillcrest 6:00 pm <u>Area Finance</u> <u>Committee</u> Central Office 6:00 pm	<u>Business Committee</u> Central Office 6:00 pm <u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm <u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm <u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm	<u>Archives Committee</u> Central Office 6:30 pm <u>Audio/Visual</u> <u>Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm	<u>Coordinating Council</u> Church 6 th & Nulmeg Orientation Committee 6:00 pm (2 nd floor) New Coordinators 6:30 pm (2 nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting <u>Area Agenda</u> <u>Committee</u> Central Office 7:00 pm		
17	18	19	20	21	22	23
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm <u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>Area Literature</u> <u>Committee</u> Central Office 7:00 pm	<u>Contact On Release</u> <u>Committee</u> Central Office 6:45 pm	<u>Fold and Label the</u> <u>Coordinator Party</u> Central Office 6:00 pm	<u>H&I Committee</u> <u>Orientation</u> Central Office 7:00 pm <u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm		<u>Archives Committee</u> <u>Open House</u> Central Office 1:00 pm - 4:00 pm
24	25	26	27	28	29	30
<u>Spanish Translation</u> <u>Committee</u> Central Office 11:00 AM <u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C Committee</u> Central Office 7:30 pm <u>District 5</u> Church 5050 Milton Clairemont 7:00 pm	<u>After-Hours Phone</u> <u>Committee</u> Central Office 6:30 pm <u>District 11</u> Church 8350 Lake Murray Blvd San Diego 6:30 pm <u>Special Needs</u> <u>Committee</u> Central Office 7:00 pm	<u>Area Computer</u> <u>Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm <u>District 14</u> Church 1475 Calalina Bl Point Loma 6:30 pm	<u>Coordinator</u> <u>Newsletter</u> <u>Committee</u> Central Office 6:00 pm		

SPEAKER MEETINGS

Old Town Speaker Meeting
123 Camino de la Reina, Mission Valley
Time: Sunday at 7:00 pm

Come early to get a seat!

South Bay Speakers Opened Mixed
270 "C" St., Chula Vista
Time: Saturday at 7:45 pm

April 2	Danny B.	Lakeside
April 9	Michel Z.	San Diego
April 16	Melody B.	Lakeside
April 23	Dan E.	Del. Mar
April 30	Giuseppe	Montebello, CA

Mission Bay Saturday Speakers Meeting
USD Campus, Marion Way
Founders Hall Room #124
Time: Saturday at 8:00 pm

April 2	Mike B.	San Diego
April 9	Larry T.	San Diego
April 16	Julianna H.	San Diego
April 23	Doug O.	San Diego
April 30	Dave S.	San Diego

Coronado Wednesday Speakers
700 D Ave., Coronado
Time: Wednesday at 8:00

April 6	Mike M.	La Jolla
April 13	Roy W.	Chula Vista
April 20	Jeff P.	Spring Valley
April 27	Ben M.	Chula Vista

Saturday Night Speakers
9140 Akard St., Spring Valley
Time: Saturday at 7:00 pm

Come and see our great speakers!

"Willingness, honesty & open mindedness are the essentials of recovery." The spiritual experience-Alcoholics Anonymous

THINGS TO DO & PLACES TO GO

THIRD WEEKENDERS
AA GROUP CAMPING SCHEDULE
May 20, 21, & 22
Potrero County Park
Rte. 94 E. to Potrero Valley Rd. into park
Partial Hook-ups

George & Eddy (619) 582-7715

24th Annual Southern California H&I Conference
of Alcoholics Anonymous
with Al-Anon & Spanish Language Participation
April 29, April 30 & May 1, 2005
Doubletree Hotel, Orange, Ca.
(714) 979-8524 (AA)
(714) 545-7810 (Al-Anon)

Tri-State 21st Annual Round-up
May 20, 21, & 22
Riverside Resort Hotel & Casino
Laughlin, NV
www.tristate-roundup.com

Registration question – call Leslie (928) 692-9744



Happy April Fools Day!

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

OPEN-MINDEDNESS

"Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer? No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect - unless he has to do these things in order to stay alive himself.

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as *open minded* to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us." page 24, 12x12

A CLOSED MIND

By Bo

I did not drink for nearly 4 months after my first encounter with Alcoholics Anonymous. I had sought out AA because I was being pressured into it. My drinking was affecting my marriage and my job. AA worked well as far as abstinence was concerned, but I just did not get into the program. My mind was closed. I had no respect for religion and could not grasp the spirituality of the AA program either.

Another reason why I failed is that I could not believe I was an alcoholic. I was 22 years old. At that age, with the limited amount of drinking experience I had compared myself to the older members of our group. I felt out of place, even though I was told that the amount I drank didn't mean a thing if I was an alcoholic.

I went to meetings, discussed my problems and listened to others discuss theirs. I learned what booze does to you mentally and physically and what symptoms to look for in a potential alcoholic. "Potential". Yes, I admitted that. So I learned as much as I could about alcoholism, which I thought

was fascinating. But I could not identify, and I did not understand the 12 steps and the 12 traditions. My closed mind took in what it wanted, and to hell with the rest of it...

The next night, I got completely bombed. The next morning, I was hung over. Little did I know that was my day of reckoning, the day my alcoholic world exploded.

If I had not gone back to AA with an open mind and started to live the 12 steps and the 12 traditions, I'd be either 6 feet under or in a mental institution. My wife has not taken me back, but I have hope. I just say, "Thy will be done". I live 24 hours a day without a drink and thank God for it.

Many A.A. Members celebrate their birthday by sending a donation of one or two dollars for each year of sobriety to Central Office.

If you would like to carry on this tradition, please fill out the form provided in this column.

All Birthdays submitted will be published in this section the month following the birthday.

Birthdays



*Dennis J. Downtown Discussion
2/17/92 13 years*

*Richard "Dick" S. Dignity Unlimited
3/8/99 6 years*

*Paula F. Noon at the Grove
2/28/73 32 years*

*Stan H Resentment and Coffee Pot
12/19/72 32 years*

Birthday Gratitude For:

Name _____

City _____

Sobriety Date _____

Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

This is not to say I didn't have anything to do with my roses getting better. I still had to do the necessary everyday toils and still had to work up a sweat when needed. I still had to spray for bugs and I still got an occasional scratch from the thorns. However, it was by following the suggestions, whether I understood the reasoning behind the suggestions or not, of someone who had what I wanted and was willing to share his solution with me, that produced the roses I wanted.

That has been my journey in Alcoholics Anonymous. I just didn't get it. I kept fighting alcohol even though I was powerless. I kept trying to figure out why what you were telling me would work instead of simply following the suggestions as laid out. I kept waiting for you to give me the **power back to deal with my problem**. I just...didn't...get...it. Finally, out of desperation, I became willing to follow the formula that has worked so well for countless numbers of alcoholics. And it worked for me. Today, I don't need to understand why it works-just that it does. A fellowship of sober, recovering alcoholics has formed around me and protects me from those times when I insist on returning to manufacture my own manure. And when my neighbor knocks on my door and asks me how it is that my roses are doing so magnificently, I have a message that works to pass on to him or her and to those similarly afflicted. I have a life today that is worth living and I owe it all to the willingness to try something my mind couldn't accept as a solution to a problem I couldn't solve.

I just keep feeding the horse.

Sobriety Search

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

- | | | |
|------------|----------|------------|
| actor | agent | director |
| fearless | forgive | inventory |
| merriment | moral | obsession |
| openminded | promises | searching |
| spiritual | steps | traditions |

SUBSCRIBE TODAY!
 Have the San Diego AA Coordinator delivered to your home for 1 year.

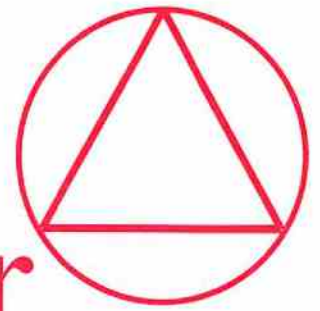
Mail to: CENTRAL OFFICE SAN DIEGO, CA 92120-2454	7075-B MISSION GORGE ROAD	Name _____ Address _____
BUCK A MONTH CLUB		

**For only \$12
 That's only a
 BUCK A MONTH!**

*Fourth Edition Tidbits
 Alcoholics Anonymous Page 132*

So we think that cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. (Alcoholics Anonymous, page 75)

May 2005
VOL. VI, NO. V

INSIDE...

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Honesty

By Anonymous

"Only God can fully know what absolute honesty is. Therefore, each of us has to conceive what this great ideal may be—to the best of our ability . . . Sometimes we need to place love ahead of indiscriminate 'factual honesty.' We cannot, under the guise of 'perfect honesty,' cruelly and unnecessarily hurt others." – Letter, 1966, "As Bill Sees It," pg. 172

I can honestly state that I'm not always very honest but I'm getting better at it. With the 10th Step I'm catching some of my lies, or more accurately, my exaggerations. I used to think I didn't lie, I just told interesting stories with a few exaggerations.

In my past I was not the worst liar. I was cash-register honest for the most part and didn't like stealing from my buddies or family. Outside of that I figured anything goes.

In the Marines we were told that we don't steal – we "appropriate for a higher priority need" which meant me. I remember once telling a story to some friends of mine. My wife overheard me and said, "But honey, that's not quite the same story you told me." I answered, "Yea, but didn't they laugh?" When I drank I usually envisioned myself as the "Great Entertainer," the laugh of the party, the guy with the lampshade on his head.

But in recovery I gradually learned the importance of honesty – particularly with myself. I had to fight my natural desire to lie because being too honest might turn me into a sucker. Only those naïve souls believed that the best policy was honesty, I thought. But if I work a pretty good 10th Step I eventually catch my lies and distortions.

I learned the hard way about gossip and lies of omission, but usually only after I was the brunt end of dishonesty. One time I heard a rumor that I had stole money from a softball league. It was a lie – I had the receipts and records – but it ruined my reputation for a while. It hurt and I was reminded of a song that said the next time someone passes a rumor "shoot to kill." As I've heard share, the softer and easier way is to be honest – then you don't have to remember your lies. My honesty today is a lot better but I still have a tendency to tell stories, to exaggerate or omit things. *(Continue on Page 15)*

HONESTY

Melissa M.

Honesty was not an adjective, noun or verb I was capable of when I was out there drinking. Over the years as my disease progressed, I was pulled further and further away from what honesty was, or what it meant. Eventually, I was so caught up in the life I had created that I was rarely honest with myself or anyone else.

I continued in my early sobriety to struggle with the concepts of honesty and truth. Many times I wanted to be honest with my sponsor and yet my fear of revealing myself would halt me more often than not. I believe what brought me to real honesty was the moment I surrendered my entire sober, wounded, fearful soul to my higher power. I had a moment of tears and clarity and I knelt down and said to my higher power, "ok, you are in charge, I leave my will and my "self" and everything that comes with it at your feet... to do with me as you wish. I am all of what I am and not one thing more or less."

In that moment I felt a sense of peace unlike anything I had ever known before. I was already six years sober but this was my moment of truth. I believe with every ounce of my being that my higher power took hold of me that day and I became free to live honestly...being exactly all of who and what I am...no more hiding... As long as I maintain my relationship with my higher power ...I am free to be as honest as any one person can be... If I take my will back and lose contact with my higher power, my ability to seek honesty and be honest with others diminishes quickly.

Meetings, steps and service work keep me grounded in the places and practices that feed my relationship with my higher power and allow for honest living. In


living honestly I have peace, serenity and joy more often than I have anxiety, stress and anger. I am truly free.

SPONSOR A FOLD AND LABEL PARTY

We need 12 home groups to commit to ONE fold and label party PER YEAR. Commit 10 or 12 people in your home group coming to help us fold and label this newsletter. This is a 2 hour commitment for 12 people ONCE A YEAR.

*Please contact Jym V. at 619-887-4793
Thank you for helping us be of service!*

*Many A.A. Members celebrate their birthday by sending a donation of one or two dollars for each year of sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form provided in this column.
All Birthdays submitted will be published in this section the month following the birthday.*

Birthdays	
	<p><i>Mardi N., Search 4 Serenity 2/26/86 19 years</i></p> <p><i>Nolin, Search 4 Serenity 4/1/77 28 years</i></p>

Birthday Gratitude For:

Name _____
City _____
Sobriety Date _____
Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Serene-Tea (Code: *)
1475 University Ave @ Tea Shop
Monday @ 7 PM Hillcrest

Afternoon Delight (Code: *)
3766 5th Ave @ Coffee Shop
Tuesday @ 1:30 PM Hillcrest

Newcomers Rise & Shine (Code: *)
3900 Cleveland Ave @ Church
Wednesday @ 7 AM Hillcrest

Lake Murray Lunch Bunch (Code: *)
5504 Kiowa Dr @ L.M. Concession Stand
Wednesday @ Noon San Carlos

Allied Gardens Meeting (Code: *)
5150 Waring Rd @ Restaurant
Wednesday @ 6 PM Allied Gardens

Over The Bridge (Codes: * C)
8350 Lake Murray Blvd @ Church
Thursday @ 8 PM San Carlos

NAME CHANGE

Happy Destiny College
Daily (Mo-Fr) @ Noon (Tu, Th 12:30)
(was) Monday Noon Campus Group
Monday @ Noon
(was) Tuesday Campus Group
Tuesday @ 12:30
(was) Sobriety From The Neck Up
Wednesday @ Noon
(was) Thursday Campus Group
Thursday @ 12:30
All at 5716 Hardy Ave @ Wesley Bldg

RELOCATE

El Cajon Nooners
1013 Broadway @ Church (Codes: * C)
(was 592 Broadway)
Daily (Mo-Fr) @ Noon El Cajon

TIME CHANGE

Beach Luncheon Group
Wednesday @ Noon (was 12:30)
12:30 Open Discussion
Thursday @ Noon (was 12:30)
Open Discussion
Friday @ Noon (was 12:30)
All at: 4861 Cass St @ Club Pacific Beach

CANCELED

Womens Happy Hour
2400 Doubletree Rd @ Residence
Friday @ 5:30 PM Spring Valley

Coordinating Council Attendance

The following 45 groups attended April's Coordinating Council
There are 745 registered groups in San Diego

WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, May 12th

AA By The Bay
Adams Ave Big Book Study
Back To Basics
Back To Basics For Women
Clairemont Womens Step Study
Conscious Contact Study Group
Coronado Womens Meeting
Drunks Only
Early Risers (PB)
El Cajon Nooners
Evening Serenity
Fourth Dimension Group
Friday Night Womens
Golden Hill Sunday Discussion
Great Fact Group
Haul Your Hiney Out Of Bed
Imperial Beach Group
La Mesa Step Study Workshop
Lake Murray Womens
Lakeside Drunks
Meeting In The Ladies Room
Midway Bridge
Mid-Week Mens

Mira Mesa Early Risers
Miracles On Monday
Mission Bay Sat Night Speakers
Monday Night Big Book Study
Morning Attitude Adjustment
Noontime On The Patio
North Park Mens
OB Peer Group
Original Tues Night Step Study
Over The Bridge
Poinsettia Group
Rise & Shine
Rule 62 Group
San Carlos Single Purpose
Santee Saturday Night Speakers
Scripps Ranch Mens
South Clairemont
Sunday Middy
The Blvd Desperados
Two A's Over Easy
Womans Gut Level
Womans Way To Recovery

Attention Group Secretaries

**CALL CENTRAL OFFICE AND REGISTER AS SECRETARY OF YOUR GROUP
AND WE WILL MAIL YOU THE MONTHLY COORDINATOR NEWSLETTER
AND OUR "NEW" SECRETARY HANDBOOK FOR YOUR GROUP OR BETTER
YET. COME VISIT US AT CENTRAL OFFICE**

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm 5pm- 9pm	Robert John Terry / Bob	Bobette Candy Chris / Pam
Tuesday	9am-1pm 1pm-5pm 5pm- 9pm	John Howard Mike	Dick OPEN Jeff
Wednesday	9am-1pm 1pm-5pm 5pm- 9pm	Richard Bob William	Ann Mary Steve
Thursday	9am-1pm 1pm-5pm 5pm- 9pm	Ted Larry Terry / Roy	Jan / Paul Becky Joel / Dana
Friday	9am-1pm 1pm-5pm 5pm-9pm	William Tim / Howard Judy / Friend	Angel Earl / Dan Joe / Diane
Saturday	9am-1pm 1pm-5pm 5pm- 9pm	Geff David Kathy / Friend	David Mark / Sarah Kathi / Debra

Minutes of the Coordinating Council
Thursday, April 14th, 2005

Diane V. - Coordinating Council Chair, called the 717th meeting to order at 7:30 pm. John read the 12 Traditions. Council Definition and Purpose read by Winona. There were 8 new Coordinators. There were 6 birthdays. 7th Tradition was \$43.33. Roll Call: Larry T., Assistant Chair reported 44 groups were represented, a quorum (28). It was M/S/C to approve the minutes of the March meeting.

Area Assembly –

- 1) Our Area 08 Delegate, Marc J. has left to go to New York to attend the annual General Service Conference. His Delegate's Report Assembly is scheduled for Saturday, May 21st in Lemon Grove. Everyone is welcome to attend. Contact: Joel C. 619-987-9895.
- 2) Traditions Workshop hosted by districts 4,5 & 14 on Sunday, June 5th from 9:30 am – 12:30 pm at the Handlery Hotel. Contact: Dorothy 619-224-1580.

PRAASA Report– Diane V. shared on her experience attending the Pacific Region Alcoholics Anonymous Service Assembly in Tucson, AZ this past month. She left at 3:30 am on Friday, hoping to arrive for the opening meeting. She had forgot about the time difference. When someone wanted to share they had a time-person. A green light would begin, then yellow & finally red, when the time-person would hold up a "Thank-you" sign and everyone would start clapping. It was very orderly, so I made a "Thank You" sign for Coordinating Council. We heard on topics such as: group inventories, unity between Intergroup and Area, reaching out to remote areas, age related pamphlets and service sponsorship. It was interesting to hear about the dedication that people in remote areas have toward this fellowship. People from Alaska will go by dogsled or fly just to meet with one or two so that they can have a meeting. Also people taking advantage of technology to take meetings to places that they cannot go to in person. Also attended the Round Table on Intergroups/Central Offices. There was much talk about the lack of Unity.

AFTER HOURS PHONE COMMITTEE: Kit reported committee met on Tuesday 3/22/05.

- 1) The 22nd is an OPEN night.

- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 4/10/05 at 6:00 pm. Present: Robert H., Barbara F., Tim L., Diane V., Council Chair, Larry T., Assistant Council Chair and Connie J., Manager. Absent Excused: Steve T. There was a quorum.

- 1) It was M/S/C to approve the minutes of the March meeting.
- 2) It was M/S/C to approve the March Financial Statements.
 - a) Our March net loss was (2,798.41).
 - b) Currently Group Contributions are not in line with our approved 2005 budget, approximately \$3000 less.
 - c) Individual members may also contribute to Central Office. There are some who do so on a regular monthly basis, while others choose to celebrate their sobriety birthday with one or two dollars for each year of sobriety.
 - d) Our expenses are in-line with 2005 budget.

Manager's Report

- 1) April's Book of the Month: "Daily Reflections" on sale for \$5.50.
- 2) May's Book of the Month: "12 x 12 Gift edition" – on sale for \$4.75.
- 3) Daytime phone volunteer shift available is Tuesdays 1 pm – 5 pm. Also, we always have a need fill-in volunteers.
- 4) Archive's Room is now OPEN Monday-Saturday 9 am – 5 pm.
- 5) Our SDG&E meters have been combined to reduce utility costs.
- 6) Literature price increases on July 1st
 - Schedules – 35 cents
 - All books will increase \$1.00 except for big books per GSO price increases.

Continued on Page 6.

Continued from Page 5

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks.
- 2) Tim L. reviewed financials.
- 3) Diane V. checked volunteer & 12 step books and daily logs.

Old Business:

- 1) Committee needs two female members to fill the positions.

New Business:

- 1) It was m/s/c to approve weekly janitorial services.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on Thursday, 3/31/05. Present were: Jym and Georgia.

FLYERS: Traditions workshop & Unity Day/Founders Day Picnic.

- 1) June's Issue: "Into Action" Submissions need to be in by Thursday, April 28th.
- 2) Stories may be submitted at any time - they do not have to be on the current topic. We need personal stories of recovery.

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

- 1) 3 new groups were visited this past month. We have 2 new Coordinators from our visits. The committee really needs the help of others to visit the groups without Coordinators.
- 2) Anyone willing to visit groups let the committee know. Also report back if you have recently visited a group. Thank you to everyone who continues to help out.

ORIENTATION & GUIDELINES: Larry L, Chair reported that committee met on Thursday, 4/14/05. Present: Larry, Winona, and Linda.

- 1) Orientated 7 new Coordinators.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.

- 3) Next orientation is Thursday, 5/12/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 4/3/04. Present were: Les, Laura, Andrea, Shanda, Joe, & Rhonda. Absent: Patti & David. Visitors: Robin.

- 1) Unity Day/ Founders Day picnic will be on Sunday, June 12th at Admiral Baker Park – Gazebo 1 from 9 am – 4 pm. There will be surprise play, speakers, fellowship, continental breakfast, volleyball, softball, games, hot dogs & sodas. Bring a potluck dish to share. See the flyer in this May Coordinator or call Central Office 619-265-8762 for more info.

PUBLIC INFORMATION COMMITTEE: Felice, reported the committee met on Monday, April 4th. PRESENT: Felice & Anna Visitors: Tim L., Diane V., Jimmy P., Sterling and Ruby K.

- 1) *NEED MEMBERS TO SERVE ON THE COMMITTEE. PLEASE ANNOUNCE AT YOUR MEETINGS. THERE ARE SEVERAL UPCOMING COMMITMENTS TO MAKE PRESENTATIONS AT SCHOOLS AND HEALTH FAIR. WE MAY HAVE TO DECLINE COMMITMENTS TO CARRY THE MESSAGE TO THE PUBLIC WITHOUT MORE HELP.*

- 2) Had 6 in attendance at our PI Speaker Orientation Workshop on Sunday, April 10th.

OLD BUSINESS:

- 1) There was none.

ELECTIONS:

- 1) Need 2 female Business Committee members.
- 2) Need 6 members for Public Information.
- 3) Elysa (3-29-04) – Newsletter Committee.
- 4) Ruby – PI Committee
- 5) Les - PA System
- 6) Thank you for your willingness to be of service to Alcoholics Anonymous.

NEW BUSINESS:

- 1) There was none.

Meeting adjourned at 8:12 pm with the Serenity Prayer.

Respectfully submitted,

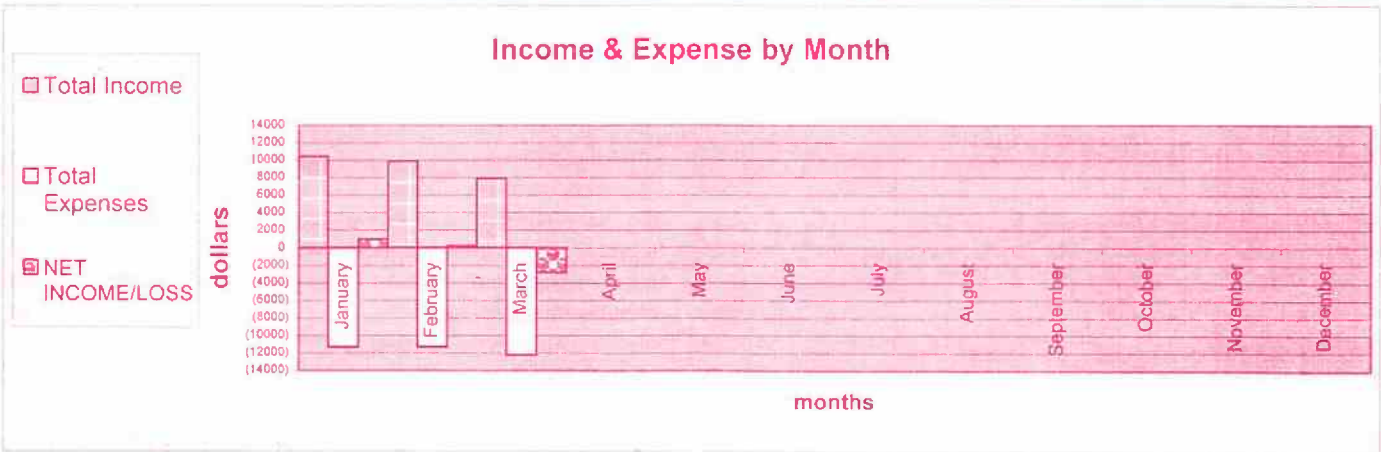
Connie J.

Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses

March 31, 2005

	March '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Ordinary Income/Expense						
Income						
Archives Room	-	0.00%	-	-	-	-
Contributions Group	7,466.25	95.06%	25,904.92	24,658.96	1,245.96	112,000.00
Contributions Individual	258.50	3.29%	1,058.23	252.25	805.98	8,548.00
Contributions SDIAA	-	0.00%	870.00	780.00	90.00	1,020.00
Interest - Checking	3.51	0.04%	8.81	8.93	(0.12)	50.00
Interest - Cert of Deposits	125.90	1.60%	325.32	208.14	117.18	950.00
Total Income	7,854.16	100.00%	28,167.28	25,908.28	2,259.00	122,568.00
Expense						
Archives Room	123.78	1.58%	332.20	-	332.20	-
Accounting & Legal	225.00	2.86%	775.00	3,335.00	(2,560.00)	5,500.00
Auto/Travel/Seminar	71.05	0.90%	214.60	141.34	73.26	1,500.00
Bank Service Charges	(34.04)	-0.43%	16.00	6.00	10.00	100.00
Cash (Over) Short	2.37	0.03%	(0.32)	(47.80)	47.48	(100.00)
Checks Returned - Bad Debt	-	0.00%	68.08	-	68.08	50.00
Depreciation	160.00	2.04%	480.00	480.00	-	2,050.00
Equipment Maint & Repair	11.12	0.14%	143.34	128.97	14.37	800.00
Equipment Purchase	-	0.00%	-	-	-	500.00
Insurance	125.83	1.60%	377.49	476.02	(98.53)	2,000.00
Office Maint. & Repairs	-	0.00%	-	72.91	(72.91)	500.00
Office Supplies	361.40	4.60%	1,056.10	1,567.89	(511.79)	4,000.00
Postage - Return Mail	6.64	0.08%	3.96	4.85	(0.89)	100.00
Rent	1,540.00	19.61%	4,620.00	4,809.00	(189.00)	18,848.00
Taxes	-	0.00%	-	55.00	(55.00)	45.00
Telephone	208.51	2.65%	623.72	635.67	(11.95)	2,700.00
Utilities-Electricity	343.40	4.37%	1,331.58	1,106.77	224.81	4,000.00
Website	12.00	0.15%	112.80	112.80	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	723.83	9.22%	1,612.16	1,342.32	269.84	6,000.00
Employee Wages	6,557.16	83.49%	18,169.28	16,747.26	1,422.02	73,980.00
Employee 403B Contribution	80.00	1.02%	230.00	187.50	42.50	1,000.00
Employee Health Benefit	706.23	8.99%	2,079.83	1,623.89	455.94	8,000.00
Insurance-Worker's Comp	132.01	1.68%	396.03	394.39	1.64	1,750.00
Total Expense	11,356.29	143.01%	32,641.85	33,179.78	(537.93)	133,823.00
Net Ordinary Income	(3,502.13)	-44.59%	(4,474.57)	(7,271.50)	2,796.93	(11,255.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,574.67	20.05%	4,960.64	4,275.43	685.21	20,500.00
Total Other Income	1,574.67	20.05%	4,960.64	4,275.43	685.21	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	870.95	11.09%	2,094.27	2,496.22	(401.95)	9,245.00
Total Other Expense	870.95	11.09%	2,094.27	2,496.22	(401.95)	9,245.00
Net Other Income	703.72	8.96%	2,866.37	1,779.21	1,087.16	11,255.00
Net Income	(2,798.41)	-35.63%	(1,608.20)	(5,492.29)	3,884.09	-



Contributions March 2005

<u>Group Name</u>	<u>Mar 05</u>	<u>Ytd 05</u>	<u>Group Name</u>	<u>Mar 05</u>	<u>Ytd 05</u>
11th Step Journey	100.00	100.00	Easy Does It Speakers - 114	-	160.00
12 X 12 Happy Hour Step Study - 111	-	26.00	El Cajon Daytime - 52	-	350.00
4th Edition Big Book - 2569	35.00	35.00	El Cajon Navajo Road Group - 102	-	100.00
4077 Mash 11th Step - 2027	-	80.00	El Cajon Nooner - 2638	-	100.00
92037 Group - 861	-	240.00	El Cajon Womens Serenity - 77	-	110.50
AA By The Bay - 629	-	180.00	Evening Serenity - 2305	420.00	420.00
A Sense Of Belonging Womens - 1205	-	120.00	Eye Opener Group - 607	452.00	850.00
A Womens Meeting -1717	-	300.00	Free To Be - 935	-	60.00
Adams Avenue Big Book Study - 1892	-	50.00	Fresh Air Friday - 266	-	354.68
Allied Gardens Friday Lunch - 766	72.81	112.81	Friday Morning Womens - 104	175.00	175.00
Allied Gardens Step Study - 1629	-	200.00	Friday Nite Weeks End - 1856	-	200.00
Alpine Mixed Step Study - 2621	-	52.80	Golden Hill Sun Discussion - 1706	-	60.77
Alpine Womens Candlelight - 1684	-	46.72	Great Fact Group - 895	120.00	230.56
Another New Beginning - 144	100.00	200.00	Happy Destiny - 2436	-	200.00
Arragon Sober Mens - 2598	-	5.00	Happy, Joyous & Free - 363	50.00	50.00
At One With Each Other - 789	70.00	70.00	Harmony Group - 585	320.00	320.00
B.Y.O.B. (North Park) 203	30.00	70.00	Hi-Nooners - 673	-	40.00
Back To Basics - 1026	-	300.00	Hip Slick & Sick Young Peoples - 762	-	120.65
Barefoot - 139	-	60.00	His Majesty The Baby - 2427	-	150.00
Bayside Big Book Study - 1610	50.00	100.00	I.B. Sober Steps & Traditions - 1519	-	34.00
Beach Area Beginners One-272	-	120.00	I.B. Experience, Strength & Hope 2652	-	40.00
Beginners Big Book Study - 1680	10.00	10.00	Imperial Beach Group - 79	68.52	209.29
Bonita Boozers - 2179	-	72.00	International Group - 23	-	40.00
Butts Out Smokeless - 1764	-	36.00	Jamul Open - 63	48.00	48.00
Cajon View Open Disc - 471	-	60.00	La Jolla Basic B/B Study - 2154	-	30.00
Carrying The Message - 2458	-	50.00	La Jolla Beginners Group - 82	-	400.00
Casa De Oro Tradition Five - 503	100.00	188.50	La Jolla Discussion Group - 85	-	132.00
Casa De Oro Weds Nite - 2049	-	40.00	La Jolla Mens - 692	275.00	275.00
Cedar St Mens - 1698	206.50	206.50	La Jolla Monday Womens - 87	-	180.00
Chula Vista 4 Min Speakers - 1568	-	75.00	La Jolla Nonsmokers Disc - 88	-	150.00
Chula Vista Friday Night - 837	60.00	60.00	La Jolla Patio Group - Wed - 613	-	6.00
Citizens Again - 2658	-	45.00	La Jolla Patio Group - Fri - 758	-	24.00
Clairemont Daytime Step Study - 427	-	50.00	La Jolla Speakers - 578	-	260.00
Clairemont Discussion - 314	158.88	158.88	La Mesa Mens - 106	-	135.00
Clairemont Mens - 301	-	175.00	La Mesa Step Study Workshop - 1621	-	75.61
Clairemont Open Discussion - 308	-	100.00	La Mesa Womens Sat. Morning - 416	210.00	210.00
Clairemont Step Study - 482	-	25.00	Lake Murray Lunch Bunch - 2701	68.00	68.00
Clairemont Thurs Brown Bag - 315	-	50.00	Lake Murray Womens - 572	-	105.00
Clairemont Womens Step Study - 341	-	100.00	Lakeside Happy Hour - 2285	-	60.00
Class Acts - 1845	66.00	66.00	Love and Truth 12 x 12 - 1617	-	63.00
Coffee Clutchers - 2332	100.00	225.00	Lunchtime Friends - 964	-	26.20
Conscious Contact Study Grp - 2282	60.00	60.00	Meetin' In The Ladies Room - 2614	-	30.00
Coronado Beginners - 344	-	45.00	Mens Step Study (LJ) - 2643	-	273.00
Coronado Nooners - 497	150.00	150.00	Mens Structured Step Study - 1469	-	85.00
Coronado Prospect Discussion #1 - 350	9.50	20.31	Midway Bridge - 2171	-	50.00
Coronado Senior and Sober Disc. - 1711	80.00	80.00	Mira Mesa Early Risers - 967	-	100.00
Coronado Step Study - 1523	50.00	50.00	Mission Bay Sat Night Speakers - 271	-	80.00
Coronado Sunday Noon - 1830	-	80.00	Mission Bay Speakers - 1692	-	115.00
Coronado Sundowners - 1634	80.00	80.00	Mission Hills Beginners - 1612	-	238.00
D.D.G.T.M. - 767	-	60.00	Mission Hills Fri. Night Group - 2576	60.00	120.00
Dawn Patrol - 263	71.12	637.56	Mission Hills Weds Lunch Bunch-2675	-	95.00
Deerhorn Group - 2063	-	25.00	Mission Possible - 131	50.00	50.00
Designs for Living - 488	259.00	259.00	Mon Eve Smokeless Dinner - 1723	108.00	108.00
Diamond St Mens Step Study - 569	-	330.00	Monday Mens Gut Level Group - 677	45.00	45.00
Doctors and Lawyers Group - 391	-	230.00	Monday Night Big Book Study - 2345	-	50.00
Downtown Discussion - 1665	282.00	315.00	Monday Night North Park AA - 222	85.00	85.00
Downtown Noon Discussion - 1607	-	90.00	Monday Nite Live - 643	-	80.00
Drunks Only - 1605	385.00	1,155.00	Morning Attitude Adjustment - 768	-	417.50
Early Risers (PB) - 264	-	127.50	Mt Step Study - 2578	-	60.00
East Side Group - 101	-	150.00	No B.S. Mens - 1972	50.00	50.00
Easy Does It Riders - 21	-	212.40	Noon At The Grove - 628	225.00	555.00

Group Name	Mar 05	Ytd 05
Noontime on the Patio - 2203	60.00	185.00
North Clairemont Sat Nooners - 2572	40.00	40.00
North Shores Breakfast Disc. - 276	-	170.00
Old Timers Group - 2037	-	50.00
Original Tues Night Step Study - 2124	-	60.00
Over 50 - 840	-	25.00
Pacific Beach Weekend Warmup - 725	-	384.00
Pass It On Group - 170	-	50.00
Point Loma Mens - 245	170.00	220.00
Point Loma Tuesday Night - 2648	-	2.13
Porter Hall Group - 109	111.00	111.00
Porter Hall Structured S/S - 97	-	100.00
Practical Solutions - 2398	33.00	33.00
Progress Rather Than Perfection - 26	50.00	50.00
Pt Loma Fri Afternoon Step Study - 244	95.00	95.00
Pt Loma Womens Discussion - 1608	-	245.55
Resentment and A Coffee Pot - 2561	50.00	50.00
Right Turn Group - 1900	75.00	75.00
Rise & Shine - 2170	-	400.00
San Diego Doctors Step Study - 194	-	100.00
Santee Serenity Group - 1943	-	125.00
Santee Sunday Nite Smokeless - 1705	-	100.00
Sat Night Early Discussion - 336	-	135.00
Sat Open Discussion - 322	-	53.00
Saturday Night Candlelight - 1914	40.00	80.00
Scripps Ranch Mens - 1924	-	20.00
Sky Hi Womens - 1633	90.00	90.00
Smokeless Drunks Luncheon - 1008	-	240.00
Sober Nooners - 196	-	111.78
Sober Serenity Seekers - 887	-	66.00
Sole Purpose Group - 1657	-	120.00
South Bay Guys & Gals Disc - 35	20.00	20.00
Spiritual Awakening - 2275	600.00	1,200.00
Spiritual Awakenings Step Study - 2601	-	50.00
Step Sisters - 2155	-	60.00
Straight Shooters - 198	-	50.00
Sunday Kind Of Love - 429	198.41	198.41
Sunday Midday - 161	-	48.00
Sunday Morning At the Grove - 117	-	40.00
Sunday Morning Spitiual Meeting - 1700	-	105.00
Sunday Serenity - 47	-	120.00
The Gong Show - 267	-	100.00
Thursday Night Sobriety - 475	50.00	100.00
Thursday Steps - 646	-	69.94
Tierrasanta Big Book Study - 1790	-	100.00
Tierrasanta Friday Night - 2645	-	82.30
Torrey Pines Thurs Nite Disc. - 365	5.00	5.00
Tues Night Big Book Step Study - 1813	-	100.00
Tuesday Night Participation - 905	50.00	100.00
Two A's Over Easy - 2106	-	100.00
University City Womens - 369	75.00	75.00
Victory Group - 2108	20.00	20.00
War Fever -880	-	64.00
Water Walkers Too - 1946	-	896.00
We've Come Along Way - 1616	-	58.56
Wednesday Womens Study - 2281	14.00	34.00
What Now - 325	-	100.00
Women In Harmony - 1807	-	80.00
Women To Women - 2066	-	120.00
Womens Step Study - 296	73.85	73.85

**Thank you for supporting
YOUR Central Office.
March 2005**

Group Contributions: \$7,466.25
 Individual Contributions: \$258.50
 Literature & Interest Income: \$1704.08

Total Income: \$9428.83

Central Office Expenses: \$11,356.29
 Committee Expenses: \$870.95

Total Expenses: \$12,227.24

March Net Loss: (\$2,791.41)

March Individual Contributions

**Dick S., Robert H., John S.,
Dennis J. and Candra S.**

Individual members may also make contributions to Central Office up to \$2000 per year. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year.

**April's Book of the Month
"Daily Reflections"**

Sale: \$5.50

**May's Book of the Month
"12 x 12 gift edition"**

Sale: \$4.75



**Daytime
Phone Volunteers**



**Call Connie:
(619) 265-8762**

Come visit us on the Web at:
www.aasandiego.org



**Meeting Schedule, Maps
Calendar of Events
Contact with Central Office**

San Diego Intergroup, Inc. Alcoholics Anonymous of San Diego
Schedules to Statement of Revenue and Expenses

March 31, 2005

	March '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Income from Sales						
Book Net Sales						
Books	6,931.00	88.25%	20,334.25	19,815.85	518.40	79,970.00
Books Cost	(5,792.19)	-73.75%	(16,949.89)	(16,668.94)	(280.95)	(65,000.00)
Total Book Net Sales	1,138.81	14.50%	3,384.36	3,146.91	237.45	14,970.00
Pamphlet Net Sales						
Pamphlets	1,010.70	12.87%	2,922.85	2,016.50	906.35	10,000.00
Pamphlets Cost	(791.51)	-10.08%	(2,289.72)	(1,738.69)	(551.03)	(8,800.00)
Total Pamphlet Net Sales	219.19	2.79%	633.13	277.81	355.32	1,200.00
Schedule Net Sales						
Schedules	658.90	8.39%	2,459.93	1,814.83	645.10	11,000.00
Schedules Cost	(650.96)	-8.29%	(2,431.01)	(1,992.10)	(438.91)	(10,770.00)
Total Schedule Net Sales	7.94	0.10%	28.92	(177.27)	206.19	230.00
Tape & Misc. Net Sales						
Tapes & Misc	750.41	9.55%	1,971.07	1,770.90	200.17	6,300.00
Tapes & Misc Cost	(631.04)	-8.03%	(1,658.92)	(1,491.33)	(167.59)	(5,250.00)
Total Tape & Misc. Net Sales	119.37	1.52%	312.15	279.57	32.58	1,050.00
Token Net Sales						
Tokens	231.00	2.94%	661.50	441.00	220.50	2,050.00
Tokens Cost	(142.26)	-1.81%	(405.39)	(267.22)	(138.17)	(1,250.00)
Total Token Net Sales	88.74	1.13%	256.11	173.78	82.33	800.00
Inventory adjustment	0.62	0.01%	345.97	574.63	(228.66)	2,250.00
Total Sales Income	1,574.67	20.05%	4,960.64	4,275.43	685.21	20,500.00
Income/Expense from Standing Committees						
After Hours Phones	21.49	0.27%	64.47	64.47	-	300.00
Business Committee	-	0.00%	-	-	-	-
Coordinating Council						
7th Tradition Income	(38.50)	-0.49%	(119.16)	(109.99)	(9.17)	(400.00)
Coffee & Donuts	13.77	0.18%	51.77	37.68	14.09	300.00
Documentation	-	0.00%	-	-	-	250.00
Equipment	-	0.00%	-	-	-	60.00
PRAASA for CC Chair	344.69	4.39%	344.69	284.80	59.89	500.00
Recording Secretary	30.00	0.38%	90.00	90.00	-	360.00
Rent CC	-	0.00%	240.00	240.00	-	720.00
Unity Day	-	0.00%	-	-	-	150.00
Total Coordinating Council	349.96	4.46%	607.30	542.49	64.81	1,940.00
Coordinator Outreach	-	0.00%	15.00	-	15.00	50.00
Newsletter "Coordinator"						
BAM	(12.00)	-0.15%	(150.00)	(360.00)	210.00	(1,000.00)
Flyers	-	0.00%	(75.00)	(80.00)	5.00	(600.00)
Paper/ Labels	85.00	1.08%	255.00	523.60	(268.60)	1,300.00
Postage Bulk	100.50	1.28%	451.50	482.00	(30.50)	1,400.00
Printer	326.00	4.15%	978.00	978.00	-	4,100.00
Total Newsletter "Coordinator"	499.50	6.36%	1,459.50	1,543.60	(84.10)	5,200.00
Orientation Committee	-	0.00%	-	-	-	180.00
Program Committee						
Total Founder's Day Picnic	-	0.00%	-	-	-	250.00
Total Anniversary Breakfast	-	0.00%	-	-	-	-
New Year's Eve						
Prior Yr NYE Event	-	0.00%	(105.00)	-	(105.00)	-
Total New Year's Eve	-	0.00%	(105.00)	-	(105.00)	-
Total Program Committee	-	0.00%	(105.00)	-	(105.00)	250.00
Public Info Committee						
Copies/Postage	-	0.00%	-	3.98	(3.98)	25.00
Del Mar Fair	-	0.00%	-	-	-	175.00
Literature	-	0.00%	-	10.00	(10.00)	500.00
Speaker Workshop	-	0.00%	53.00	39.00	14.00	125.00
PRAASA for Chair	-	0.00%	-	292.68	(292.68)	500.00
Total Public Info Committee	-	0.00%	53.00	345.66	(292.66)	1,325.00
Total Committee/Program Expense	870.95	11.09%	2,094.27	2,496.22	(401.95)	9,245.00

CENTRAL OFFICE

PHONE CALLS FOR March 2005

TOTAL CALLS FOR MONTH 3403	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2235	662	45
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	264	179	18

WEB SITE HITS: March = 6,727 Total 204,137

May 2005 AFTER-HOURS PHONE GROUPS

SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
Adams Ave Big Book	La Jolla Soledad Men's	Unconditional AA	Mira Mesa Early Risers	Over The Bridge	Dawn Patrol	Scripps Ranch Men's
Mission Hills Beginners						
8	9	10	11	12	13	14
La Mesa Women's Sat Morning	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers	La Jolla Beginners	El Cajon Daytime
La Mesa Men's						
15	16	17	18	19	20	21
South Clairemont	Evening Serenity	Fourth Dimension	Mon Night North Park AA	Smokeless Drunks	Lake Murray Womens	Cedar St Men's
Old Town Speakers						
22	23	24	25	26	27	28
Clairemont Men's	Fireside Step Study	Imperial Beach Group	Downtown Discussion	Drunks Only	Easy Risers	North Park Men's
OPEN						
29	30	31				
The Other Meeting	Diamond Street Mens	Easy Does It Riders				
Harmony Group						

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - C (619) 549-5106 H (619) 269-0218
Or Connie at Central Office (619) 265-8762

May 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p> <p>Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm</p>	<p><u>District 8</u> Center 115 Spruce Rd Chula Vista 7:00 pm</p> <p><u>Public Information Committee</u> Central Office 6:30 pm</p>	<p><u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm</p> <p>Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm</p>	<p><u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm</p>	<p><u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm</p> <p><u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm</p>	<p>Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm</p> <p><u>District 7</u> Club 1944 30th St Golden Hill 6:30 pm</p>	
8	9	10	11	12	13	14
<p><u>Grapevine Committee</u> Central Office 4:00 pm</p>	<p><u>District 6</u> Serv Ctr 3425 5th Ave Hillcrest 6:00 pm</p> <p><u>Area Finance Committee</u> Central Office 6:00 pm</p> <p><u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 6:30 pm</p>	<p><u>Business Committee</u> Central Office 6:00 pm</p> <p><u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm</p> <p><u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm</p> <p><u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm</p>	<p><u>Archives Committee</u> Central Office 6:30 pm</p> <p><u>Audio/Visual Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm</p>	<p><u>Coordinating Council</u> Church 6th & Nulmeg Orientation Committee 6:00 pm (2nd floor) New Coordinators 6:30 pm (2nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting</p> <p><u>Area Agenda Committee</u> Central Office 7:00 pm</p>		
15	16	17	18	19	20	21
<p><u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>Area Literature Committee</u> Central Office 7:00 pm</p>	<p><u>Contact On Release Committee</u> Central Office 6:45 pm</p>	<p><u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm</p>	<p><u>H&I Committee Orientation</u> Central Office 7:00 pm</p> <p><u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm</p>		<p><u>Delegate's Report Back Assembly</u> Middle School 8425 Palm St Lemon Grove GSR Orientation 8 AM Registration 8:30 AM Assembly Starts 9 AM</p>
22	23	24	25	26	27	28
<p><u>Spanish Translation Committee</u> Central Office 11:00 AM</p> <p><u>Program Committee</u> Central Office 6:30 pm</p>	<p><u>District 5</u> Church 5050 Milton Clairemont 7:00 pm</p>	<p><u>After-Hours Phone Committee</u> Central Office 6:30 pm</p> <p><u>Accessibilities Committee</u> Central Office 7:00 pm</p>	<p><u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm</p> <p><u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm</p>	<p><u>Coordinator Newsletter Committee</u> Central Office 6:00 pm</p>		<p><u>Archives Committee Open House</u> Central Office 1:00 pm – 4:00 pm</p>
29	30	31				
	<p>Holiday Central Office CLOSED</p> <p><u>C.P.C Committee</u> Central Office 7:30 pm</p>	<p><u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm</p>				

SPEAKER MEETINGS

Old Town Speaker Meeting

123 Camino de la Reina, Mission Valley

Time: Sunday at 7:00 pm

May 1	Betty B.	Laguna Hills
May 8	Ted P.	Washington
May 15	Kellsey O.	San Diego
May 22	Kevin P.	San Diego
May 29	Connie S.	San Diego

South Bay Speakers Opened Mixed

270 "C" St., Chula Vista

Time: Saturday at 7:45 pm

May 7	Patricia O.	Valley Village
May 14	Lynn W.	Yucaipa
May 21	Jack K.	Redondo Beach
May 28	Tim L.	San Diego

Mission Bay Saturday Speakers Meeting

USD Campus, Marion Way

Founders Hall Room #124

Time: Saturday at 8:00 pm

May 14	Sandy R.	San Diego
May 21	Randy R.	San Diego
	May 7 & 28	TBA

Don't miss these other great speaker meetings in the San Diego Area!

Coronado Wednesday Speakers

700 D Ave., Coronado

Time: Wednesday at 8:00

Saturday Night Speakers

9140 Akard St., Spring Valley

Time: Saturday at 7:00 pm

Do you have historical AA documents? The Archives Committee accepts all historical documents and memorabilia relevant to the fellowship. Please contact the Archives Committee: Thom H. 619-575-3200
Thom.Able2@cox.net

"Willingness, honesty & open mindedness are the essentials of recovery."

The spiritual experience-Alcoholics Anonymous

THINGS TO DO & PLACES TO GO

Flagstaff 2005 Roundup

June 3rd - 5th 2005

Fort Tuthill Fairgrounds - Flagstaff AZ

For information call Rick D. (928) 853-7192

15th Annual June Lake Kampvention

with AA open meetings, speaker meetings, and Al-Anon

June 17th - 19th 2005

Register online www.junelakekampvention.org

For more information contact
(760) 246-5176 Joe & Gabriella C.

Tri-State 21st Annual Round-up

May 20th - 22nd

Riverside Resort Hotel & Casino

Laughlin, NV

www.tristate-roundup.com

Registration question - call Leslie (928) 692-9744

3rd Annual Roundup - Pahrump, NV

May 20th - 22nd

Saddle West Hotel & Casino

For more information call Dan E (775) 537-1492

Maui Fest - The Aloha Spirit in Action

June 1st-5th Wailea Marriott

Wailea, Maui

www.mauifest.org

(808) 891-1808

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support.**

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

THE BIG BOOK LOOKS AT HONESTY

By Ben L.

P 58: "Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being HONEST with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living that demands rigorous HONESTY. Their chances are less than average. There are those too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be HONEST..."

P44: "If, when you HONESTLY want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you drink, you are probably alcoholic...."

P55: "We can only clear the ground a little bit. If our testimony helps sweep away prejudice, enables you to think HONESTLY, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway..."

P73: But they had had not learned enough of humility, fearlessness and HONESTY, in the sense that we find it necessary, until they told someone else all their life story... Psychologists are inclined to agree with us... We have seldom told them the whole truth... Unwilling to be HONEST with these sympathetic men, we were HONEST with no one else..."

P83: "There may be some wrongs we can never fully right. We don't worry about them if we can HONESTLY say to ourselves that we would right them if we could. Some people cannot be seen--we send them an HONEST letter..."

P147: To employers; "Your man may be trusted...for he knows he must be HONEST if he would live at all..."

P481: "There is no cure for alcoholism, but it can be arrested in the program of AA. We can have this

new way of life-learning to live with our sickness and to be happy and content-if we are willing to change our way of thinking and be HONEST, first with ourselves, then with others..."

P47: "Do not let any prejudice you may have against Spiritual terms deter you from HONESTLY asking yourself what they mean to you..."

P507: I learn more of that foundation stone of character, which is HONESTY. I learn that when we act upon the highest conception of HONESTY which is given us, our sense of HONESTY becomes more acute. I learn that HONESTY is truth, and that truth shall make us free...."

THE AA COORDINATOR NEWSLETTER COMMITTEE NEEDS YOUR HELP!

Have your Home Group sponsor a Fold and Label party *once a year!*

Grab 10 or 12 Home Group members to help us deliver the *AA COORDINATOR*. This commitment will only take about 2 hours **ONCE A YEAR**

Please contact Jym V. at 619-887-4793

IN MEMORY OF

Paul G.

Sobriety Date: 5/14/95
Home Group: La Mesa Men's
Born: 1/11/65
Died: 3/12/05

In Love and Service
He touched so many
He is and will be truly
Missed by us all.

Harry S.

Home Group: North County

Tommie T.

Sobriety Date: 11/14/67
Home Group: Clairemont Men's
Died: 3/13/05

This is where the 6th and 7th Step really comes into play for me in keeping me honest and on the straight and narrow. Recently I caught myself in a lie – I told a friend I had to do some 12th Step work when really I just didn't want to be around anyone. I wanted to chill at home, get some rest, etc. The funny thing to me is I'm sure if he was a good friend I could tell him the truth. Still, today, I often times catch myself lying for no good reason. But I've made progress because today I often catch my lies in my head before saying it.

I know today I appreciate honesty from others more than I used to. As the actor Jack Nicholson once said in a movie, "You can't handle the truth." And that used to be me. I didn't want the truth, I wanted to live the life of the lie. I did not want to admit that I had a problem with alcohol and I went to dire straights to believe that illusion.

Integrity has become an important part of my life – to be a man who is 'straight up,' honest in his dealings with others, someone who does what they say they are going to do. I know I'm not perfect but I can see that I am a lot more honest than I was years ago.

Bottom Line for me: I had to be honest with myself, to admit I had an alcohol problem, that I was powerless over alcohol and that my life was unmanageable. I had to surrender and then make a decision to follow through. As a result of being honest with myself first I was able to be honest with others and most importantly, with my Higher Power.

Sobriety Search

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

admitted	amends	awakening
demoralization	honesty	humbly
inventory	meditation	moral
shortcomings	willingness	
personal	powerless	sanity

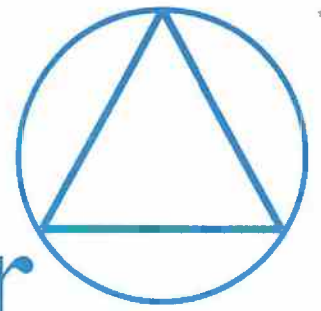
SUBSCRIBE TODAY!
Have the San Diego AA Coordinator delivered to your home for 1 year.
For only \$12
That's only a BUCK A MONTH!

Mail to: CENTRAL OFFICE SAN DIEGO, CA 92120-2434	7075-B MISSION GORGE ROAD BUCK A MONTH CLUB
Name	Address

Fourth Edition Tidbits
Alcoholics Anonymous Page 86

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. (From Alcoholics Anonymous, page 89 reprinted with permission)

June 2005
VOL. VI, NO. VI

INSIDE...

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Into Action

By Anonymous

When I think about getting into action, many things come to mind. The most important being service work. Being of service has become a vital aspect of my life, inside and outside the program.

I have learned that what I do in A.A. and how I serve others permeates into my daily life. When I help clean up after a meeting, volunteer at A.A. functions, do service for my home group and sponsor newcomers, I learn how to be a functioning member of society. It's almost as if A.A. is a course of study on how to become human and a member of the human race.

I find a freedom in this kind of service. Service work gives me the ability to let go of my needs and wants. When I help another person who is suffering from alcoholism get through one more day without feeling alone, scared, or confused, it makes me feel that I am a useful and valuable part of life. I feel good about who I am and have a purpose for living. A.A. has taught me that I have a lot to give and share. I especially have experience with the struggles and suffering that we as alcoholics endure. This has opened my heart and allowed me to love myself and others more, through working the steps with my sponsor, other woman, and letting members of A.A. into my life.

My greatest gift is the ability to help another person and give them my unconditional love and attention. I have found that by working the steps and taking the actions A.A. suggests, I can get through anything without being alone or drinking.

In a sense I don't have to be scared anymore. I have tools that have been given to me so that I can live a happier life. I share these tools for living with others who want to learn, grow and change their lives.

I am so blessed to be a member of Alcoholics Anonymous and to give what I have been given. Everyday I say the Third Step Prayer and turn my will and life over to God. I ask to be shown how I can be of service. I trust that everyday my higher power will put an alcoholic who is in need in my life so that I can help free them from the addiction and disease of alcoholism.

I hope you trust this journey. I believe that if you are an alcoholic like me, this program can work for you if you work it.

ACTION, NOT WORDS

Eddie B.

As the Twelve Steps and Twelve Traditions state in step three (pg. 34), "There is only one key and it is called willingness." I must be willing to do what it takes to be sober; to take the action necessary to maintain my sobriety, and to sometimes do what I don't want to.

The famous football coach Jimmy Johnson said something I found helpful in my early recovery. He said, "Losers do what they want to do. Winners do what they have to do." When I was in treatment (for the third time), I looked at the steps written on the wall and thought, "Oh no, I don't want to do that", but my own ways hadn't worked, so I figured "Why not?" I had nothing to lose, and I certainly couldn't get much lower.

While I wasn't sure I was an alcoholic, I *could* admit that alcohol *might* be a problem. I could certainly see that my life was unmanageable. Here I was, in my third treatment program, and each time I relapsed it got worse! This time (Aug. 1987), I had lost everything and burnt my bridges. Family and friends wanted nothing to do with me.

I believe my willingness came from being beaten into submission. I was sick and tired of being sick and tired. Drinking wasn't as fun any more. The cost was too high and I couldn't find the solution. Since I hadn't done the steps in my previous treatments, I became willing to do something different. I was told this is a program of action, and one of the largest chapters in the Big Book is entitled "Into Action", *not words!* I had to quit saying what I was going to do, *and just do it.*

SPONSOR A FOLD AND LABEL PARTY

We need 12 home groups to commit to ONE fold and label party PER YEAR.

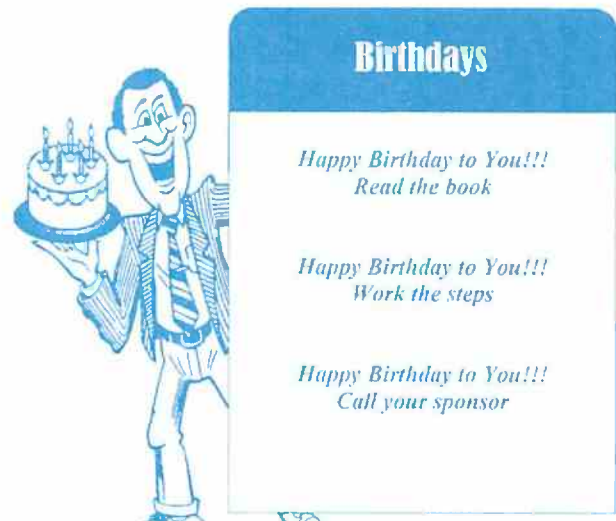
Commit 10 or 12 people in your home group coming to help us fold and label this newsletter. This is a 2 hour commitment for 12 people ONCE A YEAR.

*Please contact Jym V. at 619-887-4793
Thank you for helping us be of service!*

First, I had to admit I had a problem and get into the solution. As page 45 of the Big Book states, "Its main objective [reading the book] is to enable you to find a power greater than yourself which will solve your problem." I became willing to read the book, get a sponsor, go to meetings, and to take the 12 steps of Alcoholics Anonymous.

Over time I found myself freed from the bondage of self. It did not happen overnight, but it did happen. I had to learn to substitute short term gain (immediate gratification) and long-term pain, for short term pain and long term gain. For me that meant growing up and living the 7th tradition. I was becoming totally self-supporting through my own contributions.

*Many A.A. Members celebrate their birthday by sending a donation of one or two dollars for each year of sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form provided in this column.
All Birthdays submitted will be published in this section the month following the birthday.*



Birthday Gratitude For:

Name _____

City _____

Sobriety Date _____

Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

<u>NEW MEETING</u>		<u>Coordinating Council Attendance</u>	
<p>O.B. Young Peoples 2229 Bacon St @ Club Saturday @ 8 PM Ocean Beach</p>		<p>The following 48 groups attended May's Coordinating Council There are 743 registered groups in San Diego WAS YOUR GROUP THERE? NEXT COUNCIL MEETING IS: THURSDAY, June 9th</p>	
<u>RELOCATE</u>			
<p>Rise & Shine 4660 Palm Ave (Bldg A,Rm1) @ Med Bdg (was 115 Spruce Rd @ Cntr, Chula Vista) Daily (Mo-Fr) @ 7 AM Otay Mesa</p>		<p>A Womans Meeting AA By The Bay Adams Ave Big Book Study Allied Gardens Step Study Back To Basics Back To Basics For Women Battery Chargers Clairemont Womens Step Study Conscious Contact Study Group Coronado Womens Meeting Coronado Young Peoples Drunks Only Early Risers (PB) Fourth Dimension Group Golden Hill Sunday Discussion Goldmine Speakers Great Fact Group Harmony Group Imperial Mens Group La Jolla Soledad Mens La Jolla Speakers La Mesa Step Study Workshop Mid-Week Mens Mira Mesa Early Risers</p>	
<p>Santee Serenity 9225 Carlton Hills Blvd @ Church-Shopping Cent (was 9735 Halberns Blvd) Wednesday @ 7 PM Santee</p>		<p>Miracles On Monday Mission Hills Beginners Mission Possible Monday Night Big Book Study Morning Attitude Adjustment North Clairemont North Park Mens OB Peer Group Original Tues Night Step Study Over The Bridge Pacific Beach Young Peoples Rule 62 Group San Carlos Single Purpose Santee Saturday Night Speakers South Clairemont The Blvd Desperados The Other Meeting Tues Night Big Book Step Study Tuesday Night Participation Two A's Over Easy Water Walkers Too Wednesday Winners Circle Womans Gut Level Womans Way To Recovery</p>	
<p>Warm & Friendly 4660 Palm Ave (Bldg A,Rm6) @ Med Bdg (was 115 Spruce Rd @ Cntr, Chula Vista) Wednesday @ 7:15 PM Otay Mesa</p>			
<p>449 Mens Open Discussion 4080 Centre St Rm 205 @ Serv Ctr (was 5960 El Cajon Blvd @ Coffee Shop) Thursday @ 7:45 PM Hillcrest</p>			
<p>Spiritual Awakenings Step Study (C W) 760 1st Ave @ Church (was 260½ 3rd Ave) Sunday @ 7:30 AM Chula Vista</p>			
<u>CANCELED</u>			
<p>Wed Night Open Discussion 4627 Pocahontas Ave @ Residence Wednesday @ 7 PM Clairemont</p>		<p>Thanks to our Daytime Phone Volunteers Robert, Bobette, John, Candy, Chris, Pam, Bob, Terry, Dick, John, Howard, Mike, Jeff, Richard, Ann, Bob, Mary, Steve, William, Ted, Jan, Paul, Larry, Becky, Dana, Joel, Terry, Roy, Carol, Tim, Tim, Earl, Dan, Joe, Diane, Judy, Joy, Geff, Dave, Sharon, Mark, Kathy, Kathi, & Debra</p>	
<p>Fresh Start Speakers 72 17th St @ Office Bldg Thursday @ 6 PM Downtown</p>			
<p>Lakeside Thursday Night 9908 Channel Rd @ Church Thursday @ 7:30 PM Lakeside</p>			
<p>Crest Group 2005 Crest Dr @ Church Friday @ 8 PM Crest</p>		<u>NAME & TIME CHANGE</u>	
<p>B.Y.O.B. (Chula Vista) 260½ 3rd Ave @ Store Saturday @ 9 AM Chula Vista</p>		<p>Students Staying Sober (was No Show Wednesday) UCSD Muir College in Half Dome Lounge Wednesday @ 1 PM (was Noon) La Jolla</p>	
<p>63rd St Speakers 4722 63rd St @ Recv Hm Sunday @ 7 PM College</p>		<u>DAY CHANGE</u>	
		<p>Easy Risers 6901 Central Ave @ Club Daily (Mo-Sa) (was Mo-Fr) Lemon Grove</p>	
		<u>TIME CHANGE</u>	
		<p>Tuesday Eve Womans 7841 El Cajon Blvd @ Office Bldg Tuesday @ 6 PM (was 6:30) La Mesa</p>	
		<p>Eastlake Greens Early Risers 1227 Eastlake Parkway @ Church Saturday @ 7 AM (was 6:30) Chula Vista</p>	
		<p>Mission Bay Speakers Pacific Beach 1050 Thomas Ave @ Church Sunday @ 10:30 AM (was 9:30)</p>	

Minutes of the Coordinating Council
Thursday, May 12th, 2005

Diane V. - Coordinating Council Chair, called the 718th meeting to order at 7:30 pm. Joe read the 12 Traditions. Council Definition and Purpose read by Rachel. There were 10 new Coordinators. There were 3 birthdays. 7th Tradition was \$55.32. Roll Call: Larry T., Assistant Chair reported 48 groups were represented, a quorum (28). It was M/S/C to approve the minutes of the April meeting.

Area Assembly – Jeff – Area 08 Alt. Treasurer shared Delegate's General Service Conference Report Back Assembly is scheduled for Saturday, May 21st in Lemon Grove. Everyone is welcome to attend. Flyers at Central Office.

- 1) Remote Nations – Participation has been generated from some Area 8 groups in attending reservation meetings to share.
- 2) Traditions Workshop hosted by districts 4,5 & 14 on Sunday, June 5th from 9:30 am – 12:30 pm at the Handlery Hotel. Contact: Dorothy 619-224-1580.

AFTER HOURS PHONE COMMITTEE:

No Report given.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 5/10/05 at 6:00 pm. Present: Robert H., Barbara F., Tim L., Steve T. and Connie J., Manager. Absent Excused: Diane V. and Larry T. Visitor: Shanda R. There was a quorum.

- 1) It was M/S/C to approve the minutes of the April meeting.
- 2) It was M/S/C to approve the April Financial Statements.
 - a) Our April net loss was (1,228.16).
 - b) Currently Group Contributions are approximately \$3150 less than our 2005 Budget approved by the fellowship.
 - c) Individual members may also contribute to Central Office. There are some who do so on a regular monthly basis, while others choose to celebrate their sobriety birthday with one or two dollars for each year of sobriety.
 - d) Our expenses are in-line with 2005 budget.

Manager's Report

- 1) May's Book of the Month: "12 x 12 Gift edition" – on sale for \$4.75.
- 2) June's Book of the Month: "AA Comes of Age" on sale for \$6.00.
- 3) Daytime phone volunteer shift available is Tuesdays 1 pm – 5 pm. Also, we always have a need fill-in volunteers.
- 4) Archive's Room is now OPEN Monday-Saturday 9 am – 5 pm.
- 5) Will be using Page 10 of Coordinator newsletter to provide communications from Central Office. The previous detailed literature and committee itemized expenses will be available at the Coordinating Council, Central Office and on the website.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks.
- 2) Tim L. reviewed financials. Discussed status of 2005 Individual Contributions Ad Hoc Committee.

Old Business:

- 1) Committee needs two female members to fill the positions. Shanda R. wishes to serve on the committee and will stand for election.

New Business:

- 1) Reviewed and approved slight changes the 2005 Budget, m/s/c.
- 2) Agreed to have a Business Committee table at Unity Day on Sunday, June 12th.
- 3) Discussed raising the price of meeting schedules back to 50 cents to offset income shortfall. It was m/s/c to bring to Council.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on Thursday, 4/28/05. Present were: Jym Allison, Ben and Alyssa.

FLYERS: None were submitted.

- 1) July's Issue: "7th Tradition" Submissions need to be in by Thursday, April 28th.
- 2) Stories may be submitted at any time – they do not have to be on the current topic. We need personal stories of recovery.

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Continued from Page 5

3) HOME GROUP SPONSORSHIP OF A FOLD AND LABEL PARTY. IT'S FUN AND FELLOWSHIP. SO FAR, WE HAVE 3 WOMEN'S GROUPS SIGNED UP, WHERE ARE THE MEN?

4) Anyone wishing to submit a flyer to be inserted in the Coordinator Newsletter needs to come to our committee meeting for approval.

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

1) 7 new groups were visited this past month. We have 3 new Coordinators from our visits. Enlisted a new approach when visiting the groups. Asking to elect a new Coordinator right after presentation given.

2) THE COMMITTEE REALLY NEEDS THE HELP OF OTHERS TO VISIT THE GROUPS WITHOUT COORDINATORS.

3) Anyone willing to visit groups let the committee know. Also report back if you have recently visited a group. Thank you to everyone who continues to help out.

ORIENTATION & GUIDELINES: Larry L, Chair reported that committee met on Thursday, 5/12/05.

Present: Larry, Winona, and Linda.

- 1) Orientated 3 new Coordinators.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) Next orientation is Thursday, 6/9/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 4/24/04. Present were: Les, Laura, Dave, Andrea, Joe & Patti. Absent: Rhonda

- 1) Unity Day/ Founders Day picnic will be on Sunday, June 12th at Admiral Baker Park – Gazebo 1 from 9 am – 4 pm. There will be surprise play, speakers, fellowship, continental breakfast, volleyball, softball, games, hot dogs

& sodas. Bring a potluck dish to share. Look flyer or call Central Office 619-265-8762 for more info.

PUBLIC INFORMATION COMMITTEE: Felice, reported the committee met on Monday, 5/2/05. PRESENT: Felice, Ruby & Anna Visitors: Lindsey, David, Allison, and Bob.

1) NEED MEMBERS TO SERVE ON THE COMMITTEE. PLEASE ANNOUNCE AT YOUR MEETINGS. THERE ARE SEVERAL UPCOMING COMMITMENTS TO MAKE PRESENTATIONS AT SCHOOLS AND HEALTH FAIR. WE MAY HAVE TO DECLINE COMMITMENTS TO CARRY THE MESSAGE TO THE PUBLIC WITHOUT MORE HELP.

2) Were able to make one presentation this month to Westview High School speaking to 26 student mentors to share with other students in time of need.

3) In May, NEED volunteer help at Otay High School and Valhalla High School.

4) DEL MAR FAIR is here again, June 10th-July 4th. Our Intergroup and North County's share staffing of a public information booth at the fair. Our area has the odd days. If your group is interested in signing up for a day, please call Felice at 619-231-1530.

OLD BUSINESS:

1) There was none.

ELECTIONS:

- 1) Shanda R. was elected unanimously to serve on the Business Committee.
- 2) Standing Committee elections are in June, so please members of the fellowship that might be available to serve.

NEW BUSINESS:

- 1) It was m/s/c to return the price of the meeting schedules to 50 cents to help defray expenses. 31 yes – 13 no.

Meeting adjourned at 8:35 pm with the Serenity Prayer.

Respectfully submitted,



Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
 April 30, 2005

	April '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Ordinary Income/Expense						
Income						
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Contributions Group	8,341.03	91.62%	34,245.95	34,769.33	(523.38)	112,000.00
Contributions Individual	492.55	5.41%	1,550.78	416.05	1,134.73	8,548.00
Contributions SDIAA	120.00	1.32%	990.00	780.00	210.00	1,020.00
Interest - Checking	2.81	0.03%	11.62	11.26	0.36	50.00
Interest - Cert of Deposits	147.50	1.62%	472.82	249.02	223.80	950.00
Total Income	9,103.89	100.00%	37,271.17	36,225.66	1,045.51	122,568.00
Expense						
Archives Room	125.95	1.38%	458.15	-	458.15	-
Accounting & Legal	225.00	2.47%	1,000.00	3,560.00	(2,560.00)	5,500.00
Auto/Travel/Seminar	125.09	1.37%	339.69	294.81	44.88	1,500.00
Bank Service Charges	47.00	0.52%	63.00	53.00	10.00	100.00
Cash (Over) Short	(3.60)	-0.04%	(3.92)	(14.25)	10.33	(100.00)
Checks Returned - Bad Debt	-	0.00%	68.08	-	68.08	50.00
Depreciation	86.48	0.95%	566.48	640.00	(73.52)	2,050.00
Equipment Maint & Repair	63.61	0.70%	206.95	171.97	34.98	800.00
Equipment Purchase	-	0.00%	-	-	-	500.00
Insurance	111.16	1.22%	488.65	625.94	(137.29)	2,000.00
Office Maint. & Repairs	-	0.00%	-	247.91	(247.91)	500.00
Office Supplies	228.96	2.51%	1,285.06	1,795.02	(509.96)	4,000.00
Postage - Return Mail	0.70	0.01%	4.66	10.54	(5.88)	100.00
Rent	1,540.00	16.92%	6,160.00	6,412.00	(252.00)	18,848.00
Taxes	-	0.00%	-	55.00	(55.00)	45.00
Telephone	257.90	2.83%	881.62	853.76	27.86	2,700.00
Utilities-Electricity	715.51	7.86%	2,047.09	1,345.65	701.44	4,000.00
Website	12.00	0.13%	124.80	190.65	(65.85)	500.00
EMPLOYEES						
Accrued Payroll Taxes	492.97	5.41%	2,105.13	1,807.60	297.53	6,000.00
Employee Wages	6,444.20	70.79%	24,613.48	22,710.28	1,903.20	73,980.00
Employee 403B Contribution	80.00	0.88%	310.00	262.50	47.50	1,000.00
Employee Health Benefit	706.23	7.76%	2,786.06	2,192.46	593.60	8,000.00
Insurance-Worker's Comp	63.41	0.92%	479.44	601.42	(121.98)	1,750.00
Total Expense	11,342.57	123.21%	43,984.42	43,816.26	168.16	133,823.00
Net Ordinary Income	(2,238.68)	-24.59%	(6,713.25)	(7,590.60)	877.35	(11,255.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,602.14	17.60%	6,562.78	5,806.62	756.16	20,500.00
Total Other Income	1,602.14	17.60%	6,562.78	5,806.62	756.16	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	591.62	6.50%	2,685.89	3,119.15	(433.26)	9,245.00
Total Other Expense	591.62	6.50%	2,685.89	3,119.15	(433.26)	9,245.00
Net Other Income	1,010.52	11.10%	3,876.89	2,687.47	1,189.42	11,255.00
Net Income	(1,228.16)	-13.49%	(2,836.36)	(4,903.13)	2,066.77	-

Income & Expense by Month

- Total Income
- Total Expenses
- NET INCOME/LOSS



Contributions April 2005

Group Name	Apr-05	Ytd 05	Group Name	Apr-05	Ytd 05
11th Step Journey	-	100.00	Downtown Noon Discussion - 1607	-	90.00
12 X 12 Happy Hour Step Study - 111	-	26.00	Drunks Only - 1605	280.00	1,435.00
24 Hour Group Mixed - 370	30.00	30.00	Early Risers (PB) - 264	-	127.50
4th Edition Big Book - 2569	-	35.00	East Side Group - 101	-	150.00
4077 Mash 11th Step - 2027	-	80.00	Easy Does It Riders - 21	-	212.40
92037 Group - 861	-	240.00	Easy Does It Speakers - 114	60.00	220.00
AA By The Bay - 629	-	180.00	Easy Risers - 854	200.00	200.00
A Sense Of Belonging Womens - 1205	-	120.00	EI Cajon Daytime - 52	-	350.00
A Womens Meeting -1717	-	300.00	EI Cajon Navajo Road Group - 102	-	100.00
Adams Avenue Big Book Study - 1892	50.00	100.00	EI Cajon Nooner - 2638	100.00	200.00
Allied Gardens Friday Lunch - 766	-	112.81	EI Cajon Womens Serenity - 77	-	110.50
Allied Gardens Step Study - 1629	-	200.00	Evening Serenity - 2305	420.00	840.00
Alpine Mixed Step Study - 2621	54.00	106.80	Eye Opener Group - 607	-	850.00
Alpine Womens Candlelight - 1684	-	46.72	Free To Be - 935	120.00	180.00
Another New Beginning - 144	100.00	300.00	Fresh Air Friday - 266	-	354.68
Arragon Sober Mens - 2598	-	5.00	Fresh Start Beginners - 1614	17.02	17.02
As Bill Sees It - 324	40.00	40.00	Friday Morning Womens - 104	-	175.00
At One With Each Other - 789	-	70.00	Friday Nite Special - 2401	200.00	200.00
B.Y.O.B. (North Park) 203	30.00	100.00	Friday Nite Weeks End - 1856	-	200.00
Back To Basics - 1026	-	300.00	Golden Hill Sun Discussion - 1706	52.25	113.02
Barefoot - 139	-	60.00	Good Morning AA - 1888	200.00	200.00
Bayside Big Book Study - 1610	50.00	150.00	Great Fact Group - 895	-	230.56
Beach Area Beginners One-272	-	120.00	Happy Destiny - 2436	200.00	400.00
Beginners Big Book Study - 1680	-	10.00	Happy, Joyous & Free - 363	-	50.00
Big Book & 12 x 12 Study - 100	60.00	60.00	Harmony Group - 585	-	320.00
Bonita Boozers - 2179	100.00	172.00	Hi-Nooners - 673	-	40.00
Butts Out Smokeless - 1764	-	36.00	Hip Slick & Sick Young Peoples - 762	175.00	295.65
Cajon View Open Disc - 471	-	60.00	His Majesty The Baby - 2427	-	150.00
Carrying The Message - 2458	60.00	110.00	I.B. Sober Steps & Traditions - 1519	28.00	62.00
Casa De Oro Tradition Five - 503	200.00	388.50	I.B. Experience, Strength & Hope 2652	40.00	80.00
Casa De Oro Weds Nite - 2049	-	40.00	Imperial Beach Group - 79	42.88	252.17
Cedar St Mens - 1698	-	206.50	International Group - 23	-	40.00
Chula Vista 4 Min Speakers - 1568	-	75.00	Jamul Open - 63	-	48.00
Chula Vista Friday Night - 837	-	60.00	Kick Start Your Heart - 2430	20.00	20.00
Citizens Again - 2658	-	45.00	La Jolla Basic B/B Study - 2154	55.00	85.00
Clairemont Daytime Step Study - 427	-	50.00	La Jolla Beginners Group - 82	-	400.00
Clairemont Discussion - 314	-	158.88	La Jolla Discussion Group - 85	-	132.00
Clairemont Mens - 301	-	175.00	La Jolla Mens - 692	-	275.00
Clairemont Open Discussion - 308	-	100.00	La Jolla Monday Womens - 87	-	180.00
Clairemont Step Study - 482	-	25.00	La Jolla Nonsmokers Disc - 88	200.00	350.00
Clairemont Thurs Brown Bag - 315	-	50.00	La Jolla Patio Group - Wed - 613	-	6.00
Clairemont Womens Step Study - 341	150.00	250.00	La Jolla Patio Group - Fri - 758	-	24.00
Class Acts - 1845	-	66.00	La Jolla Soledad Mens - 717	791.50	791.50
Coffee Clutchers - 2332	-	225.00	La Jolla Speakers - 578	-	260.00
Conscious Contact Study Grp - 2282	-	60.00	La Mesa Mens - 106	-	135.00
Coronado Beginners - 344	-	45.00	La Mesa Step Study Workshop - 1621	-	75.61
Coronado Nooners - 497	100.00	250.00	La Mesa Womens Sat. Morning - 416	-	210.00
Coronado Prospect Discussion #1 - 350	-	20.31	Lake Murray Lunch Bunch - 2701	-	68.00
Coronado Senior and Sober Disc. - 1711	-	80.00	Lake Murray Womens - 572	125.00	230.00
Coronado Step Study - 1523	-	50.00	Lakeside Happy Hour - 2285	60.00	120.00
Coronado Sunday Noon - 1830	-	80.00	Little Apple Group - 1438	150.00	150.00
Coronado Sundowners - 1634	-	80.00	Love and Truth 12 x 12 - 1617	-	63.00
Coronado Young Peoples - 405	140.00	140.00	Lunchtime Friends - 964	26.20	52.40
D.D.G.T.M. - 767	-	60.00	Meetin' In The Ladies Room - 2614	-	30.00
Dawn Patrol - 263	435.87	1,073.43	Mens Step Study (LJ) - 2643	-	273.00
Deerhorn Group - 2063	25.00	50.00	Mens Structured Step Study - 1469	-	85.00
Designs for Living - 488	-	259.00	Midway Bridge - 2171	-	50.00
Diamond St Mens Step Study - 569	-	330.00	Mira Mesa Early Risers - 967	120.00	220.00
Dignity Unlimited - 205	97.00	97.00	Mission Bay Sat Night Speakers - 271	-	80.00
Doctors and Lawyers Group - 391	-	230.00	Mission Bay Speakers - 1692	95.00	210.00
Downtown Discussion - 1665	-	315.00	Mission Hills Beginners - 1612	-	238.00

Contributions April 2005

Group Name	Apr-05	Ytd 05
Mission Hills Fri. Night Group - 2576	-	120.00
Mission Hills Weds Lunch Bunch-2675	80.00	175.00
Mission Possible - 131	50.00	100.00
Mon Eve Smokeless Dinner - 1723	-	108.00
Monday Mens Gut Level Group - 677	-	45.00
Monday Night Big Book Study - 2345	-	50.00
Monday Night North Park AA - 222	-	85.00
Monday Nite Live - 643	-	80.00
Morning Attitude Adjustment - 768	350.00	767.50
Morning Glorys Womens S/S - 543	36.00	36.00
Mother Earth Viejas Rez - 2019	30.00	30.00
Mt Step Study - 2578	-	60.00
No B.S. Mens - 1972	-	50.00
Noon At The Grove - 628	175.00	730.00
Noontime on the Patio - 2203	-	185.00
North Clairemont Sat Nooners - 2572	-	40.00
North Shores Breakfast - 275	150.00	150.00
North Shores Breakfast Disc. - 276	-	170.00
OB Peer Group - 2130	120.00	120.00
Old Timers Group - 2037	-	50.00
Original Tues Night Step Study - 2124	-	60.00
Over 50 - 840	-	25.00
Over The Bridge - 2689	134.13	134.13
Pacific Beach Weekend Warmup - 725	-	384.00
Pass It On Group - 170	-	50.00
Point Loma Mens - 245	-	220.00
Point Loma Tuesday Night - 2648	-	2.13
Porter Hall Group - 109	-	111.00
Porter Hall Structured S/S - 97	-	100.00
Practical Solutions - 2398	-	33.00
Progress Rather Than Perfection - 26	-	50.00
Pt Loma Fri Afternoon Step Study - 244	-	95.00
Pt Loma Womens Discussion - 1608	-	245.55
Resentment and A Coffee Pot - 2561	-	50.00
Right Turn Group - 1900	-	75.00
Rise & Shine - 2170	200.00	600.00
San Diego Doctors Step Study - 194	-	100.00
Santee Saturday Night Speakers - 2656	75.00	75.00
Santee Serenity Group - 1943	-	125.00
Santee Sunday Nite Smokeless - 1705	-	100.00
Sat Mens Early Awakening - 2209	100.00	100.00
Sat Night Early Discussion - 336	135.00	270.00
Sat Open Discussion - 322	-	53.00
Saturday Mens - 1730	60.00	60.00
Saturday Night Candlelight - 1914	-	80.00
Scripps Ranch Mens - 1924	20.00	40.00
Senior Serenity Meeting - 209	50.00	50.00
Serendipity Womens - 1642	50.00	50.00
Sky Hi Womens - 1633	-	90.00
Smokeless Drunks Luncheon - 1008	-	240.00
Sober Nooners - 196	-	111.78
Sober Serenity Seekers - 887	-	66.00
Sole Purpose Group - 1657	-	120.00
South Bay Guys & Gals Disc - 35	-	20.00
Spiritual Awakening - 2275	-	1,200.00
Spiritual Awakenings Step Study - 2601	-	50.00
Step by Step - 1486	60.00	60.00
Step Sisters - 2155	-	60.00
Straight Shooters - 198	-	50.00
Sunday Kind Of Love - 429	-	198.41
Sunday Middy - 161	-	48.00

Group Name	Apr-05	Ytd 05
Sunday Morning At the Grove - 117	-	40.00
Sunday Morning Spitiual Meeting - 1700	-	105.00
Sunday Serenity - 47	-	120.00
The Gong Show - 267	-	100.00
Three Legacies Group - 2194	150.00	150.00
Thursday Night Sobriety - 475	50.00	150.00
Thursday Steps - 646	85.20	155.14
Tierrasanta Big Book Study - 1790	-	100.00
Tierrasanta Friday Night - 2645	-	82.30
Torrey Pines Thurs Nite Disc. - 365	-	5.00
Tues Night Big Book Step Study - 1813	-	100.00
Tues Night Mens - 2123	140.00	140.00
Tuesday Night Participation - 905	-	100.00
Two A's Over Easy - 2106	50.00	150.00
University City Disc. - 368	50.00	50.00
University City Womens - 369	-	75.00
Victory Group - 2108	-	20.00
Wandering Women - 2298	60.00	60.00
War Fever -880	-	64.00
Water Walkers - 5	60.00	60.00
Water Walkers Too - 1946	198.00	1,094.00
We've Come Along Way - 1616	-	58.56
Wednesday Winners Circle - 496	47.88	47.88
Wednesday Womens Study - 2281	-	34.00
What Now - 325	-	100.00
Women In Harmony - 1807	-	80.00
Women To Women - 2066	-	120.00
Womens Step Study - 296	35.10	108.95

Thank you for supporting YOUR Central Office. April 2005

Group Contributions: \$8461.03
Individual Contributions: \$492.55
Literature & Interest Income: \$1752.45
***Total Income:* \$10,706.03**

Central Office Expenses: \$11,342.57
Committee Expenses: \$591.62
***Total Expenses:* \$11,934.19**

***April Net Loss:* (\$1,228.16)**

***YTD Net Loss:* (\$2,836.36)**

April Individual Contributions

Debbie G.
Robert H.
Connie J.
John S.
Daniel Y.
Joey C.

Individual members may also make contributions to Central Office up to \$2000 per year. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year.

We are going to begin using this page in the *Coordinator* as a communication page from Central Office. The prior breakdown schedules for literature and standing committees shown on this page will be available at Coordinating Council and Central Office. Otherwise, on page 7 on the bottom of the “Statement of Revenue and Expenses” you can view the monthly sum total for literature and committees.

CENTRAL OFFICE NOTES

- May’s Book of the Month: 12 x 12 gift edition on sale for \$4.75 reg. \$5.25
- June’s Book of the Month: “AA Comes of Age” on sale for \$6.00 reg. \$6.50.
- Did you know that there is now a San Diego Area AA Archives Room at Central Office. It is a collective effort of San Diego and North County Intergroups, along with San Diego/Imperial Area Assembly. In the display cases, you can learn about the very first meeting in San Diego in 1941, read about the Central Meeting, the only meeting on Wednesday nights in the early days. There is a 1 year cake presented to someone in 1947, history of the first meetings in jails and display of when the International AA Convention was in San Diego in 1995. The displays are filled with bits of our AA history. The room is open Monday-Saturday 9 am – 5 pm. Stop by and we will give you a tour.
- Summer is coming and our regular daytime volunteers will be scheduling their vacations so there will be available opportunities for fill-ins. Call Connie at 619-265-8762. Currently, we still have a Tuesday afternoon shift from 1 pm – 5 pm.
- Call Central Office and register as Secretary of your Group and we will mail you the monthly *Coordinator* Newsletter and Our “NEW” Secretary Handbook for your group or better yet, come visit us at central office.
- Literature price increases on July 5th:
 - Schedules – 50 cents
 - All books will increase \$1.00 except for big books per GSO price increases.
 - There will be no change in pamphlet prices.

CENTRAL OFFICE

PHONE CALLS FOR April 2005

TOTAL CALLS FOR MONTH 3009	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2071	554	43
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	238	90	13

WEB SITE HITS: April = 6,626 Total 210,763

June 2005

AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Mission Hills Beginners	La Jolla Soledad Men's	Unconditional AA	Mira Mesa Early Risers
5	6	7	8	9	10	11
Adams Ave Big Book Over The Bridge	Dawn Patrol	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too	East Side Group	P. B. Early Risers
12	13	14	15	16	17	18
La Mesa Women's Sat Morning La Jolla Speakers	La Jolla Beginners	El Cajon Daytime	Old Town Speakers	Evening Serenity	Fourth Dimension	Mon Night North Park AA
19	20	21	22	23	24	25
Gamet Group Smokeless Dunks	Lake Murray Womens	Cedar St Men's	North Shores Breakfast (Sunday)	Fireside Step Study	Imperial Beach Group	Downtown Discussion
26	27	28	29	30		
Clairemont Men's Dunks Only	Easy Risers	North Park Men's	Harmony Group	Diamond Street Mens		

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - (619) 549-5106
Or Connie at Central Office (619) 265-8762

June 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<p>Every Sunday <u>Comité de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm</p>		<p>Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm</p>	<p><u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm</p>	<p><u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm</p> <p><u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm</p>	<p>Every Friday <u>Distrto 15</u> Oficina Central Hispana 3628 University 6:30 pm</p> <p><u>District 7</u> Club 1944 30th St Golden Hill 6:30 pm</p>	
5	6	7	8	9	10	11
<p><u>Traditions Workshop</u> Crystal Ballroom Handlery Hotel Mission Valley 9:30 AM – 12:30 PM</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>District 8</u> Office Bldg 755 Emory St Chula Vista 8:00 pm</p> <p><u>Public Information Committee</u> Central Office 6:30 pm</p>	<p><u>Business Committee</u> Central Office 6:00 pm</p> <p><u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm</p>	<p><u>Archives Committee</u> Central Office 6:30 pm</p> <p><u>Audio/Visual Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm</p>	<p><u>Coordinating Council</u> Church 6th & Nutmeg <u>Orientation Committee</u> 6:00 pm (2nd floor) <u>New Coordinators</u> 6:30 pm (2nd floor) <u>Council</u> 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting</p> <p><u>Area Agenda Committee</u> Central Office 7:00 pm</p>		
12	13	14	15	16	17	18
<p><u>Unity Day / Founders Day Picnic</u> Admiral Baker Park 2400 Admiral Baker Rd 9 AM – 4 PM</p> <p><u>Grapevine Committee</u> Central Office 4:00 pm</p>	<p><u>District 6</u> Serv Ctr 3425 5th Ave Hillcrest 6:00 pm</p> <p><u>Area Finance Committee</u> Central Office 6:00 pm</p> <p><u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 6:30 pm</p>	<p><u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm</p> <p><u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm</p> <p><u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm</p>	<p><u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm</p>	<p><u>H&I Committee Orientation</u> Central Office 7:00 pm</p> <p><u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm</p>		
19	20	21	22	23	24	25
<p><u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>Area Literature Committee</u> Central Office 7:00 pm</p>	<p><u>Contact On Release Committee</u> Central Office 6:45 pm</p>	<p><u>Area Computer Needs Committee</u> Denny's 135 Encinilas Blvd, Encinilas 6:00 pm</p> <p><u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm</p>	<p><u>Coordinator Newsletter Committee</u> Central Office 6:00 pm</p>		<p><u>Archives Committee Open House</u> Central Office 1:00 pm – 4:00 pm</p>
26	27	28	29	30		
<p><u>Spanish Translation Committee</u> Central Office 11:00 AM</p> <p><u>Program Committee</u> Central Office 6:30 pm</p>	<p><u>C.P.C Committee</u> Central Office 7:30 pm</p> <p><u>District 5</u> Church 5050 Milton Clairemont 7:00 pm</p>	<p><u>After-Hours Phone Committee</u> Central Office 6:30 pm</p> <p><u>Accessibilities Committee</u> Central Office 7:00 pm</p> <p><u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm</p>				

SPEAKER MEETINGS

South Bay Speakers Opened Mixed
 270 "C" St., Chula Vista
 Time: Saturday at 7:45 pm

June 4	Sheila F.	Long Beach
June 11	Carolyn P.	Seal Beach
June 18	Chuck J.	Las Vegas
June 25	Emile B.	San Diego

Saturday Night Speakers
 9140 Akard St., Spring Valley
 Time: Saturday at 7:00 pm

June 4	John P.	El Cajon
June 11	TBA	
June 18	Dean M.	San Diego
June 25	Neil D.	La Mesa

Don't miss these other great speaker meetings in the San Diego Area!

Mission Bay Saturday Speakers Meeting
 USD Campus, Marion Way
 Founders Hall Room #124
 Time: Saturday at 8:00 pm

Coronado Wednesday Speakers
 700 D Ave., Coronado
 Time: Wednesday at 8:00

Old Town Speaker Meeting
 123 Camino de la Reina, Mission Valley
 Time: Sunday at 7:00 pm

Do you have historical AA documents? The Archives Committee accepts all historical documents and memorabilia relevant to the fellowship. Please contact the Archives Committee: Thom H. 619-575-3200 Thom.Able2@cox.net

THINGS TO DO & PLACES TO GO

Flagstaff 2005 Roundup
 June 3rd – 5th 2005
 Fort Tuthill Fairgrounds – Flagstaff AZ
 For information call Rick D. (928) 853-7192

15th Annual June Lake Kampvention
 with AA open meetings, speaker meetings, and Al-Anon
 June 17th - 19th 2005
 Register online www.junelakekampvention.org
 For more information contact
 (760) 246-5176 Joe & Gabriella C.

Annual Sequoia Campout
 Sequoia National Forrest-Cove Campground
 June 30th – July 5th
 For more information contact
 (949) 225-9317 Gordon

11th Annual Baja Kampvention
 Serenity by the Sea
 July 22nd – July 24th
 For more information contact
www.bajakampvention.org

Maui Fest – The Aloha Spirit in Action
 June 1st-5th Wailea Marriott
 Wailea, Maui
www.mauifest.org
 (808) 891-1808

"Willingness, honesty & open mindedness are the essentials of recovery." The spiritual experience- Alcoholics Anonymous

The "**I AM RESPONSIBLE CLUB**" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**. If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "**I AM RESPONSIBLE CLUB**" when making donations.

Freedom Under God: The Choice is Ours

Reprinted with permission from AA Grapevine, November 1960

The immediate object of our quest is sobriety - Freedom from alcohol and from all its baleful consequences. Without this freedom, we have nothing at all.

Paradoxically, though, we can achieve no liberation from the alcohol obsession until we become willing to deal with those character defects which have landed us in that helpless condition. Even to gain sobriety only, we must attain some freedom from fear, anger and pride; from rebellion and self-righteousness; from laziness and irresponsibility; from foolish rationalization and outright dishonesty; from wrong dependencies and destructive power-driving.

In this freedom quest, we are always given three choices. A rebellious refusal to work upon our glaring defects can be a ticket to destruction. Or, for a time, we can stay sober with a minimum of self-improvement and settle ourselves into a comfortable but often dangerous mediocrity. Or we can continuously try hard for those sterling qualities that can add up to greatness of spirit and action--true and lasting freedom under God, the freedom to find and do His will.

For most of us this last choice is really ours; we must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and our surroundings--that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose.

Similarly, our whole society, and every group in it, will constantly face these identical decisions. Shall we settle for destruction? Shall we try only for the temporary comforts of a complacent mediocrity? Or shall we consistently face the disciplines, make the sacrifices and endure the discomforts that will qualify us to walk the path that invariably leads toward true greatness of spirit and action?

THE AA COORDINATOR NEWSLETTER COMMITTEE NEEDS YOUR HELP!

Have your Home Group sponsor a Fold and
Label party *once a year!*

Please contact Jym V. at 619-887-4793

Freedom By Laura L.

I didn't drink today
I didn't escape or run away
I felt free like a butterfly
Rather than empty and not knowing why

Alcohol never made me free
It blurred the truth awhile so that I wouldn't have to
see
But I've learned Spirit can't be healed by spirits of
any kind
This is the battle, as an alcoholic, I must win in my
mind

I'm working my way through the fog
I now see alcohol like a bullfrog
And the barstool is just a hollow stump
A dangerous place for me to ever jump

At AA, I hear sweet words of grace
I hear whispers of love towards all in the human
race
I'm seeing the beauty on every single face
I'm praying for the world to be a peaceful place

I now imagine myself as an angel up above
Smiling on the earth with a heart full of love
Now I'm spreading my wings and feeling so free
Sharing joy and laughter with all that I meet

I'm through with living my life feeling surrounded
by weeds
Love is all that I really need
Time unravels all mystery
And life is a journey full of endless possibilities

We know what you are thinking. You are saying to yourself: "I'm jittery and alone. I couldn't do that." But you can. You forget that you have just now tapped a source of power much greater than yourself. To duplicate, with such backing, what we have accomplished is only a matter of willingness, patience and labor. - Alcoholics Anonymous P. 163

Sharing Those Horror Stories

By Anonymous

"It took me the first ten years of coming and going to finally get this program", I heard myself say to the newcomer. My mind immediately seized upon this statement, spoken so casually. Was that supposed to be encouraging? It certainly wasn't sharing experience, strength, and hope! Hadn't I forgotten to mention that I had almost lost my life, that I had caused emotional damage to my family, that I had lost my self-respect, that I had lost all my material belongings? Then I could have shared about the miracle of how I arrived back in Alcoholics Anonymous. I take no credit for returning to Alcoholics Anonymous. On my own I would have never found my way back!

My job in Alcoholics Anonymous is to tell other alcoholics about the pain and tragedy of those ten years when I wasn't able to accept the first step. I held on to that obsession that someday, somehow I would be able to take a drink without losing control. If I could just drink to relieve the pain; that was all I wanted. People talk about the bottom coming up to hit them. These are the people that listen to the stories of others that have done the drinking for them.

"Few people will sincerely try to practice the A.A. program unless they "hit bottom," for practicing A.A.'s Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. The average alcoholic, self-centered in the extreme, doesn't care for this prospect - unless he has to do these things in order to stay alive himself." Twelve Steps and Twelve Traditions, p. 24

When I find myself reluctant to share my horror stories, that is, my drunkalog, with the fellowship I am being selfish. It is these stories that remind others what it used to be like. These are the stories that the newcomer can relate to. These stories remind others what it used to be like. I don't want to just share that everything is happy, joyous, and free today. That is not reality. That would not be the whole truth. The truth is that life can be difficult at times but it is 100% easier when I am not drinking.

So I share about my nightmares. I share about losing the children, about giving them away, and about not taking care of them because I was too busy drinking. I share about the driving accidents, the DUI with the fines, jail, and such. I share about being picked up by a total stranger and not remembering what happened that night. I share about those suicide attempts. Then I share about the angels that were placed along my path. The angels that led me to Alcoholics Anonymous. I share in hopes that even one person will read my story and say, "Yes, I am like that."

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SAN DIEGO, CA 92120-2454	
	BUCK A MONTH CLUB

*Fourth Edition Tidbits
Alcoholics Anonymous Page 89*

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"Every AA group ought to be fully self-supporting, declining outside contributions. (From Twelve Steps and Twelve Traditions, page 160)

July 2005
VOL. VI, NO. VII

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Self Supporting

By Brian R.

Our 7th Tradition states that "Every AA group ought to be fully self supporting declining outside contributions." We hear these words at almost every AA meeting throughout our fellowship. Most of us picture baskets being passed from person to person collecting monetary contributions from members that pay the rent, buy coffee supplies, cakes, keep the meeting going in it's current location and provide literature and other attractive creature comforts for the groups members and potential members.

The money tradition is what I used to think the 7th was. After serving on the "Greater San Diego Young Peoples in Alcoholics Anonymous" committee for five years I have quite a different picture of the 7th Tradition. Groups need coffee makers, secretaries, treasurers, people to arrive early and set up our meetings, people to stay late and clean up after our meetings, GSR's, etc, etc, etc...

AA needs money in order to keep the groups going and to pay for the general services of AA overall. More than money, AA needs participation from its members in all levels of service. But without participation, the money has little or no value. For me putting a buck or two in the basket is the easiest form of contributing to AA I can do.

With in the Young Peoples committee we had a small group called the Ten Percenters. Meaning 10% of the people do 100% of the work.

In the discussion of Concept I in the book *Twelve Concepts of World Service*, Bill W. wrote: "In many self governing countries we are seeing the inroads of ignorance, apathy and powerseeking upon democratic systems. Their spiritual resources of right purpose and collective intelligence are waning. Consequently many a land has already become so helpless that the only answer is dictatorship. Happily for us there seems little prospect for such a calamity in AA. The life of each individual and group is built around the Twelve Steps and Twelve Traditions."

Personally I don't think that AA will die from ignorance and apathy though I see a lot of both in many people in AA. I do believe

Continued on page 15

THE 7TH TRADITION

By ANONYMOUS

I am personally very glad that the AA meetings pass the basket and say, "We are self-supporting through our own contributions". It has helped me a lot to deal with my selfishness and self-centeredness. I didn't really understand just how important the 7th Tradition was, but common sense told me that there are no free rides in this world and what little Honor I had when I arrived at the AA doorstep persuaded me to put my buck in the basket.

The act of putting my precious dollar in the basket began to crack the door of Willingness for me and that willingness, although not completely open yet to this day, has saved my life. I have become willing to trust and take directions and to be of service.

Putting my dollar in the basket is something I must do for myself. That dollar for the AA basket comes before anything else; cigarettes, candy, Pepsi, or what have you. I am very aware of the gift I've been given and supporting AA is the first priority of my life. I have never been to a meeting of Alcoholics Anonymous without putting my buck in. Never. That's not bragging; that's just a fact of my sobriety. That doesn't mean that my budget hasn't been tight at times, because it has, but I do it anyway.

When I attend the Area Assemblies, I get to hear from our delegate about how our donations have enabled AA to send literature to places throughout the world where AA is starting up and that warms my heart. Our delegate brings back to us the emotions of the GSO convention in New York, and that has changed me from a taker to a giver. They do all the work, but I know my dollars help, and that knowledge fulfills me because I'm a participating member of AA.

I go to meetings and I see people who have cigarettes in their pocket, or a coke in their hand, cavalierly pass the basket without putting something in. My Webster's tells me that cavalier is an adjective that means to be casual or indifferent to something important. What could be more important? My putting my dollar in the basket might not save AA, but it sure as hell saves me from being the loser I was.

Thanks for letting me share.

IN LOVING MEMORY OF DICK S. 01/23/1955-05/18/2005 SOBRIETY MARCH 18, 1999

Dick S. had a passion for AA that anyone could see by the way he carried the message. From ten years underneath bushes and bridges to the podium, his experience, strength and hope inspired us all. Dick had over 6 years of sobriety, but he would say that he had 2264 days, all by the **Grace of God.**
*Always in our hearts and spirits, we will never forget Dick S.
With love and gratitude,
Shawn H., Pathfinders Recovery Home, and all who knew him.
Dick reminded us to never forget where we come from.*

*Many A.A. Members celebrate their birthday by sending a donation of one or two dollars for each year of sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form provided in this column.
All Birthdays submitted will be published in this section the month following the birthday.*



Birthdays	
<i>John S., Alcoholics Anonymous</i>	<i>06/01/96 9 years</i>
<i>Barbara F., AA By The Bay</i>	<i>04/27/86 19 years</i>
<i>Harold MC, Alcoholics Anonymous</i>	<i>07/02/82 23 years</i>

Birthday Gratitude For:

Name _____
 City _____
 Sobriety Date _____
 Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Straight From The Hip
555 69th St @ Recv Hm
Wednesday @ 8:30 PM Encanto

CANCELED

Mothers In Sobriety
3770 Altadena Ave @ Church
Tuesday @ 9:30 AM City Heights

Tues Rule 62 Lunch Group
3821 Sports Arena Bl @ Restaurant
Tuesday @ Noon Loma Portal

University Heights BB & Step Study
3909 Centre St @ Serv Ctr
Friday @ 5 PM Hillcrest

Saturday Morning Big Book Study
3455 Atlas St @ Church
Saturday @ 10 AM Linda Vista

RELOCATE

Barefoot
276 F St (upstairs) @ Church
(was 260 ½ 3rd Ave)
Monday @ 7:15 PM Chula Vista

Sunday Morning Sunshine
760 1st Ave (Rm 9) @ Church
(was 260 ½ 3rd Ave)
Sunday @ 9:15 AM Chula Vista

Sunday Back To Basics
760 1st Ave (Rm 9) @ Church
(was 260 ½ 3rd Ave)
Sunday @ Noon Chula Vista

NAME CHANGE

Crash Test Dummies
(was North Shores Sunday Nights)
4861 Cass St @ Club
Sunday @ 8 PM Pacific Beach

CODE CHANGE

Fourth Dimension Group
33rd & Meade Ave @ Church
Wednesday @ 7 PM North Park
Add CODE '+' (Hearing Impaired – ASL)

TIME CHANGE

Know A New Freedom
1944 30th St @ Club
Saturday @ 2:30 PM(was 3:30)Golden Hill

Coordinating Council Attendance

The following 55 groups attended June's Coordinating Council
There are 738 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, July 14th

92037 Group
A Womans Meeting
AA By The Bay
Adams Ave Big Book Study
Allied Gardens Step Study
Back To Basics
Back To Basics For Women
Battery Chargers
Clairemont Mens
Clairemont Womens
Clairemont Womens Step Study
Conscious Contact Study Group
Coronado Womens Meeting
Downtown Discussion
Drinks Only
Early Risers (PB)
East Side Group
El Cajon Nooner
El Cajon Womens Serenity
Friday Night Womens
Golden Hill Sunday Discussion
Goldmine Speakers
Harmony Group
Haul Your Hincy Out Of Bed
Hip Slick & Sick Young Peoples
Imperial Beach Group
Imperial Mens Group

La Jolla Speakers
La Mesa Step Study Workshop
Lakeside Drunks
Meetin' In The Ladies Room
Midway Bridge
Mira Mesa Early Risers
Miracles On Monday
Mission Possible
Monday Night Big Book Study
Morning Attitude Adjustment
Noontime On The Patio
North Clairemont
North Park Mens
OB Peer Group
Old Town Speakers
Over The Bridge
Point Loma Mens
Rule 62 Group
San Carlos Single Purpose
South Clairemont
Sunday Morning At The Grove
The Blvd Desperados
Tues Night Big Book Step Study
Tuesday Night Participation
Two A's Over Easy
Water Walkers Too
Womans Gut Level
Womans Way To Recovery

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm 5pm- 9pm	Lily John Terry / Bob	Bobette Candy Chris / Pam
Tuesday	9am-1pm 1pm-5pm 5pm- 9pm	John Howard Mike	Dick Matt Jeff
Wednesday	9am-1pm 1pm-5pm 5pm- 9pm	Richard Bob William	Ann Mary Steve
Thursday	9am-1pm 1pm-5pm 5pm- 9pm	Ted Larry Terry / Roy	Jan / Paul Becky Joel / Dana
Friday	9am-1pm 1pm-5pm 5pm-9pm	Frank Tim / Debra Judy / Joy	Carol Earl / Dan Joe / Diane
Saturday	9am-1pm 1pm-5pm 5pm- 9pm	George David Kathy / Friend	David Mark / Sharon Kathi / Friend

Minutes of the Coordinating Council
Thursday, June 9th, 2005

Diane V. - Coordinating Council Chair, called the 719th meeting to order at 7:30 pm. Chad read the 12 Traditions. Council Definition and Purpose read by Deanna. There were 9 new Coordinators and 3 visitors. There were 5 birthdays. 7th Tradition was \$61.29. Roll Call: Larry T., Assistant Chair reported 55 groups were represented. As per the guidelines a new quorum is established in June as being 50% of the active groups at the Coordinating Council, which is 66. The new quorum is (33). It was M/S/C to approve the minutes of the May meeting.

H & I Committee: Brian-Co Director gave a presentation on hospitals & Institutions Committee. He shared about first being on an H & I panel and encouraged others to participate on H & I panels to carry the message of AA into hospitals & institutions. Brian answered many questions posed to him about panels, clearances and contributions. He brought copies of H & I panel meetings and copies of H & I financials. Brian is available to answer questions at 619-224-2561.

Area Assembly – No Report.

AFTER HOURS PHONE COMMITTEE:

Colby reported committee met on Tuesday 5/24/05.

- 1) The 4th is an OPEN night.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 6/7/05 at 6:00 pm. Present: Robert H., Barbara F., Steve T. Larry T., Diane V. and Connie J., Manager. Absent Excused: Shanda R. and Tim L. There was a quorum.

- 1) It was M/S/C to approve the minutes of the May meeting.
- 2) It was M/S/C to approve the May Financial Statements.
 - a) Our May YTD net loss was (5,420.60) which represents a significant shortfall to our budget for the year of 0 profits.
 - b) Currently Group Contributions are approximately \$3050 less than our 2005 Budget approved by the fellowship.
 - c) Individual members may also contribute to Central Office. Some contribute on a regular monthly basis, while others choose to celebrate their sobriety birthday with one or two dollars for each year of sobriety.

Our individual contributions are \$1500 less than our 2005 Budget approved by the fellowship.

d) Our expenses are in-line with 2005 budget.

Manager's Report

- 1) June's Book of the Month: "AA Comes of Age" on sale for \$6.00.
- 2) July's Book of the Month: "Dr Bob & Good Old Timers" on sale for \$8.00.
- 3) Daytime phone volunteer shifts are filled. We need summertime fill-in volunteers.
- 4) Archive's Room is now OPEN Monday - Saturday 9 am – 5 pm.
- 5) Formatted financial pages for website in the *Coordinator* newsletter link.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks.

- 2) Diane V. reviewed logs and volunteer books.

Old Business:

- 1) Literature Inventory on June 25th @ 9am.

New Business:

- 1) Need 3 new committee members.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on Thursday, 5/26/05. Present were: Jym, Allison, Ben, Georgia and Alyssa. Visitors: Robert H. & Brian R. FLYERS: It was M/S/C to approve Young People's AA Reunion meeting.

- 1) August's Issue: "San Diego AA History" Submissions need to be in by Thursday, June 30th.
- 2) Stories may be submitted at any time – they do not have to be on the current topic. We need personal stories of recovery.

3) HOME GROUP SPONSORSHIP OF A FOLD AND LABEL PARTY. IT'S FUN AND FELLOWSHIP. SO FAR, WE HAVE 3 WOMEN'S GROUPS SIGNED UP, WHERE ARE THE MEN?

- 4) Anyone wishing to submit a flyer to be inserted in the Coordinator Newsletter needs to come to our committee meeting for approval.

Continued on Page 6.

Continued from Page 5

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

1) 3 new groups were visited this past month. We have 2 new Coordinators from our visits. Enlisted a new approach when visiting the groups. Asking to elect a new Coordinator right after presentation given.

2) **THE COMMITTEE REALLY NEEDS THE HELP OF OTHERS TO VISIT THE GROUPS WITHOUT COORDINATORS.**

3) Anyone willing to visit groups let the committee know or call Casey at 858-922-0003. Also report back if you have recently visited a group. Thank you to everyone who continues to help out.

ORIENTATION & GUIDELINES: Larry L, Chair reported that committee met on Thursday, 6/10/05. Present: Larry, Winona, and Linda.

- 1) Orientated 6 new Coordinators.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) Next orientation is Thursday, 7/14/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 5/29/04. Present were: Les, Laura, David, Joe & Patti. Absent: Rhonda

- 1) Unity Day/ Founders Day – final preparations have been made.
- 2) The committee approved having the AA in San Diego Anniversary Breakfast on November 5th at Anchors & Spurs again.
- 3) Committee in need of one new member.

PUBLIC INFORMATION COMMITTEE: Felice, reported the committee met on Monday, 6/6/05. PRESENT: Felice, Ruby & Anna Visitor: Cathy R.

NEED MEMBERS TO SERVE ON THE PUBLIC INFORMATION COMMITTEE. PLEASE ANNOUNCE AT YOUR MEETINGS. THERE ARE SEVERAL UPCOMING COMMITMENTS TO MAKE PRESENTATIONS AT SCHOOLS AND HEALTH FAIR. WE MAY HAVE TO DECLINE COMMITMENTS TO CARRY THE MESSAGE TO THE PUBLIC WITHOUT MORE HELP.

1) Public Information Presentations: May 16th, Eastlake High School and May 26th at Otay Ranch High School to approximately 190 students. UPCOMING: El Cajon Valley High School and Family Health Center. If you can assist the PI Committee, please call Anna @ 619-261-8984 or Felice @ 619-231-1530.

2) DEL MAR FAIR is here again, June 10th-July 4th. Our Intergroup and North County's share staffing of a public information booth at the fair. Our area has the odd days. There are still some individual slots that need filling, please call Felice at 619-231-1530.

OLD BUSINESS:

1) There was none.

ELECTIONS:

It was m/s/c to conduct elections by show of hands rather than paper ballot.

- 1) Business Committee - NEEDS 3 members.
- 2) Newsletter Committee NEEDS 2 members.
- 3) Orientation & Guidelines Committee: Dave (SOB: 3-84) was elected unanimously.
- 4) Program Committee: Brian R. (5 yrs) was elected unanimously.
- 5) Public Information Committee NEEDS 3 members. The Public Information Committee must first approve members for this committee.

NEW BUSINESS:

- 1) Joe V., Coordinator for "Back to Basics" group presented a motion from his group "That before returning the price of the AA meeting schedules to 50 cents, that it be sent back to the groups for a vote." The motion was seconded and discussion ensued. After much discussion, the motion was voted upon. 13 yes – 27 no. Motion failed.
- 2) Diane V. opened the floor for elections for a new Coordinating Council Chair. She felt it necessary for herself to resign her position. Mark 12-98 and Rigel 12-99 presented themselves as being available to serve. It was then m/s/c to have Larry T., Assistant Council Chair to conduct July's meeting and table election of a new chair until July's meeting.

Meeting adjourned at 9:40 pm with the Serenity Prayer.

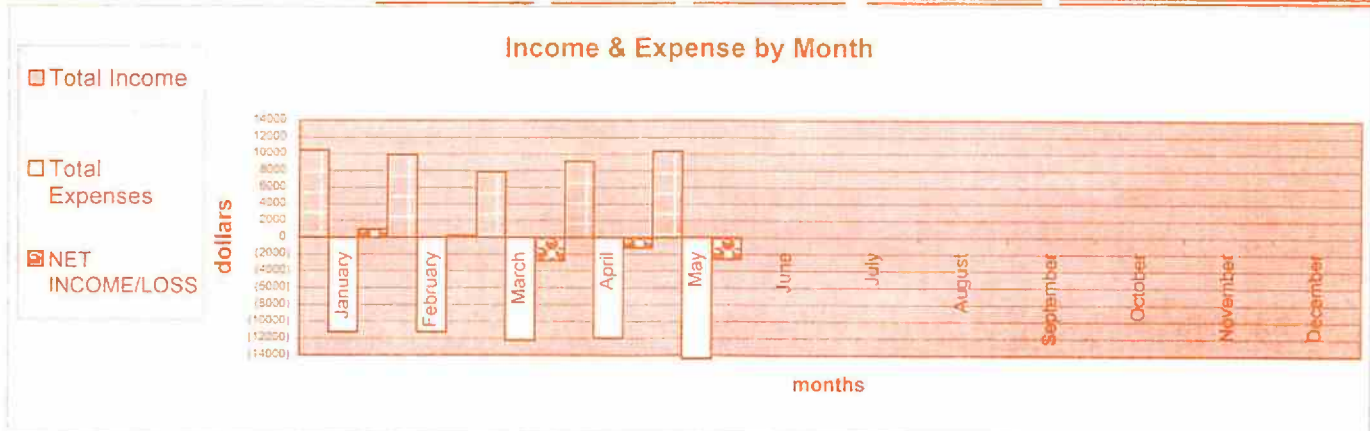
Respectfully submitted,

Connie J.

Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
May 31, 2005

	May '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Income						
Archives Room	-	0.00%	-	-	-	-
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Contributions Group	9,370.63	91.25%	43,616.58	44,712.88	(1,096.30)	112,000.00
Contributions Individual	506.89	4.94%	2,057.67	1,042.38	1,015.29	8,548.00
Contributions SDIAA	240.00	2.34%	1,230.00	780.00	450.00	1,230.00
Interest - Checking	2.56	0.02%	14.18	13.71	0.47	50.00
Interest - Cert of Deposits	149.24	1.45%	622.06	282.03	340.03	1,130.00
Total Income	10,269.32	100.00%	47,540.49	46,831.00	709.49	122,958.00
Expense						
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Archives Room	177.89	1.73%	636.04	-	636.04	1,450.00
Accounting & Legal	3,140.00	30.58%	4,140.00	3,785.00	355.00	5,500.00
Auto/Travel/Seminar	27.10	0.26%	366.79	311.71	55.08	1,500.00
Bank Service Charges	7.00	0.07%	70.00	55.00	15.00	100.00
Cash (Over) Short	(8.30)	-0.08%	(12.22)	(19.98)	7.76	(100.00)
Checks Returned - Bad Debt	10.00	0.10%	78.08	-	78.08	50.00
Depreciation	86.44	0.84%	652.92	800.00	(147.08)	1,258.00
Equipment Maint & Repair	63.55	0.62%	270.50	214.97	55.53	900.00
Equipment Purchase	96.81	0.94%	96.81	-	96.81	500.00
Insurance	111.15	1.08%	599.80	775.86	(176.06)	1,413.00
Office Maint. & Repairs	107.00	1.04%	107.00	247.91	(140.91)	1,000.00
Office Supplies	117.84	1.15%	1,402.90	1,850.82	(447.92)	4,000.00
Postage - Return Mail	10.77	0.10%	15.43	10.54	4.89	100.00
Rent	1,586.00	15.44%	7,746.00	7,952.00	(206.00)	18,848.00
Taxes	35.00	0.34%	35.00	55.00	(20.00)	35.00
Telephone	208.84	2.03%	1,090.46	1,076.92	13.54	2,700.00
Utilities-Electricity	245.48	2.39%	2,292.57	1,573.27	719.30	4,000.00
Website	77.85	0.76%	202.65	202.65	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	486.15	4.73%	2,591.28	2,255.78	335.50	6,286.00
Employee Wages	6,331.24	61.65%	30,944.72	28,568.66	2,376.06	73,980.00
Employee 403B Contribution	80.00	0.78%	390.00	337.50	52.50	1,000.00
Employee Health Benefit	706.23	6.88%	3,492.29	2,859.83	632.46	8,350.00
Insurance-Worker's Comp	83.36	0.81%	562.80	808.45	(245.65)	1,343.00
Total Expense	13,787.40	132.53%	57,771.82	53,721.89	4,049.93	134,713.00
Net Ordinary Income	(3,518.08)	-34.26%	(10,231.33)	(6,890.89)	(3,340.44)	(11,755.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,534.88	14.95%	8,097.66	6,709.61	1,388.05	20,500.00
Total Other Income	1,534.88	14.95%	8,097.66	6,709.61	1,388.05	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	601.04	5.85%	3,286.93	4,054.78	(767.85)	8,745.00
Total Other Expense	601.04	5.85%	3,286.93	4,054.78	(767.85)	8,745.00
Net Other Income	933.84	9.09%	4,810.73	2,654.83	2,155.90	11,755.00
Net Income	(2,584.24)	-25.16%	(5,420.60)	(4,236.06)	(1,184.54)	-



Contributions May 2005

Group Name	May-05	Ytd 05	Group Name	May-05	Ytd 05
11th Step Journey	-	100.00	El Cajon Daytime - 52	-	350.00
12 X 12 Happy Hour Step Study - 111	-	26.00	El Cajon Navajo Road Group - 102	-	100.00
24 Hour Group Mixed - 370	-	30.00	El Cajon Nooners - 2638	-	200.00
4th Edition Big Book - 2569	-	35.00	El Cajon Womens Serenity - 77	-	110.50
4077 Mash 11th Step - 2027	-	80.00	Evening Serenity - 2305	-	840.00
92037 Group - 861	-	240.00	Eye Opener Group - 607	399.00	1,249.00
AA By The Bay - 629	140.00	320.00	Faculty Group - 1645	60.00	60.00
A Sense Of Belonging Womens - 1205	-	120.00	Free To Be - 935	-	180.00
A Womens Meeting -1717	-	300.00	Fresh Air Friday - 266	-	354.68
Adams Avenue Big Book Study - 1892	-	100.00	Fresh Start Beginners - 1614	-	17.02
Allied Gardens Friday Lunch - 766	-	112.81	Friday Morning Womens - 104	-	175.00
Allied Gardens Step Study - 1629	-	200.00	Friday Nite Special - 2401	-	200.00
Alpine Mixed Step Study - 2621	72.00	178.80	Friday Nite Weeks End - 1856	-	200.00
Alpine Womens Candlelight - 1684	-	46.72	Golden Hill Sun Discussion - 1706	-	113.02
Another New Beginning - 144	150.00	450.00	Goldmine Speakers - 2613	79.80	79.80
Another Sober Tuesday - 1952	420.00	420.00	Good Morning AA - 1888	-	200.00
Arragon Sober Mens - 2598	-	5.00	Great Fact Group - 895	144.00	374.56
As Bill Sees It - 324	-	40.00	Happy Destiny - 2436	-	400.00
At One With Each Other - 789	-	70.00	Happy, Joyous & Free - 363	-	50.00
B.Y.O.B. (North Park) 203	30.00	130.00	Harmony Group - 585	-	320.00
Back To Basics - 1026	300.00	600.00	Hi-Nooners - 673	-	40.00
Barefoot - 139	-	60.00	Hip Slick & Sick Young Peoples - 762	-	295.65
Battery Chargers - 98	150.00	150.00	His Majesty The Baby - 2427	40.00	190.00
Bayside Big Book Study - 1610	-	150.00	I.B. Sober Steps & Traditions - 1519	-	62.00
Beach Area Beginners One-272	-	120.00	I.B. Experience, Strength & Hope 2652	-	80.00
Beautiful Beginnings - 552	85.00	85.00	Imperial Beach Group - 79	66.68	318.85
Beginners Big Book Study - 1680	-	10.00	Imperial Mens Group - 869	20.00	20.00
Big Bon-Fire Meeting - 1894	310.20	310.20	International Group - 23	20.00	60.00
Big Book & 12 x 12 Study - 100	-	60.00	Jamul Open - 63	-	48.00
Bonita Boozers - 2179	-	172.00	Kick Start Your Heart - 2430	-	20.00
Butterfly Group - 48	40.00	40.00	La Jolla Basic B/B Study - 2154	-	85.00
Butts Out Smokeless - 1764	-	36.00	La Jolla Beginners Group - 82	-	400.00
Cajon View Open Disc - 471	-	60.00	La Jolla Discussion Group - 85	-	132.00
Carrying The Message - 2458	-	110.00	La Jolla Lunch Bunch - 622	150.00	150.00
Casa De Oro Tradition Five - 503	-	388.50	La Jolla Mens - 692	-	275.00
Casa De Oro Weds Nite - 2049	50.00	90.00	La Jolla Monday Womens - 87	-	180.00
Cedar St Mens - 1698	-	206.50	La Jolla Nonsmokers Disc - 88	-	350.00
Chula Vista 4 Min Speakers - 1568	-	75.00	La Jolla Patio Group - Wed - 613	-	6.00
Chula Vista Friday Night - 837	-	60.00	La Jolla Patio Group - Fri - 758	-	24.00
Citizens Again - 2658	-	45.00	La Jolla Pump House Group - 696	169.18	169.18
Clairemont Daytime Step Study - 427	-	50.00	La Jolla Soledad Mens - 717	-	791.50
Clairemont Discussion - 314	-	158.88	La Jolla Speakers - 578	-	260.00
Clairemont Mens - 301	420.00	595.00	La Mesa Mens - 106	180.00	315.00
Clairemont Open Discussion - 308	-	100.00	La Mesa Step Study Workshop - 1621	-	75.61
Clairemont Step Study - 482	-	25.00	La Mesa Womens Sat. Morning - 416	-	210.00
Clairemont Thurs Brown Bag - 315	-	50.00	Lake Murray Lunch Bunch - 2701	-	68.00
Clairemont Womens - 340	96.34	96.34	Lake Murray Womens - 572	-	230.00
Clairemont Womens Step Study - 341	-	250.00	Lakeside Happy Hour - 2285	-	120.00
Class Acts - 1845	65.53	131.53	Linda Vista Mens - 106	25.00	25.00
Coffee Clutchers - 2332	-	225.00	Little Apple Group - 1438	-	150.00
Conscious Contact Study Grp - 2282	60.00	120.00	Living Free - 477	610.00	610.00
Coronado Beginners - 344	-	45.00	Loma Portal Discussion - 1628	33.00	33.00
Coronado Big Book Study - 1644	50.00	50.00	Love and Truth 12 x 12 - 1617	-	63.00
Coronado Nooners - 497	117.00	367.00	Lunch With Bill W Bunch - 774	150.00	150.00
Coronado Prospect Discussion #1 - 350	-	20.31	Lunchtime Friends - 964	-	52.40
Coronado Senior and Sober Disc. - 1711	-	80.00	Meetin' In The Ladies Room - 2614	-	30.00
Coronado Step Study - 1523	-	50.00	Men and Womens Monday Night - 95	150.00	150.00
Coronado Sunday Noon - 1830	-	80.00	Mens Step Study (CV) - 965	50.00	50.00
Coronado Sundowners - 1634	-	80.00	Mens Step Study (LJ) - 2643	-	273.00
Coronado Young Peoples - 405	-	140.00	Mens Structured Step Study - 1469	-	85.00
D.D.G.T.M. - 767	60.00	120.00	Midway Bridge - 2171	113.00	163.00
Dawn Patrol - 263	314.12	1,387.55	Mid-Week Mens - 560	128.50	128.50
Deerhorn Group - 2063	-	50.00	Mira Mesa Early Risers - 967	-	220.00
Designs for Living - 488	-	259.00	Mira Mesa Womens - 411	80.00	80.00
Diamond St Mens Step Study - 569	-	330.00	Misfit Mens - 2486	175.00	175.00
Dignity Unlimited - 205	-	97.00	Mission Bay Sat Night Speakers - 271	-	80.00
Doctors and Lawyers Group - 391	-	230.00	Mission Bay Speakers - 1692	-	210.00
Downtown Discussion - 1665	-	315.00	Mission Hills Beginners - 1612	-	238.00
Downtown Noon Discussion - 1607	-	90.00	Mission Hills Fri. Night Group - 2576	-	120.00
Drunks Only - 1605	131.25	1,566.25	Mission Hills Weds Lunch Bunch-2675	-	175.00
Early Risers (PB) - 264	-	127.50	Mission Possible - 131	-	100.00
East Side Group - 101	-	150.00	Mon Eve Smokeless Dinner - 1723	-	108.00
Easy Does It Riders - 21	-	212.40	Monday Mens Gut Level Group - 677	-	45.00
Easy Does It Speakers - 114	-	220.00	Monday Night Big Book Study - 2345	-	50.00
Easy Risers - 854	-	200.00	Monday Night North Park AA - 222	-	85.00

Contributions May 2005

Group Name	May-05	Ytd 05
Monday Nite Live - 643	-	80.00
Morning Attitude Adjustment - 768	-	767.50
Morning Glorys Womens S/S - 543	-	36.00
Mother Earth Viejas Rez - 2019	-	30.00
Mt Step Study - 2578	-	60.00
No B.S. Mens - 1972	-	50.00
Noon At The Grove - 628	-	730.00
Noontime on the Patio - 2203	-	185.00
North Clairemont Sat Nooners - 2572	-	40.00
North Shores Breakfast - 275	-	150.00
North Shores Breakfast Disc. - 276	-	170.00
OB Peer Group - 2130	-	120.00
Old Timers Group - 2037	40.00	90.00
Original Tues Night Step Study - 2124	-	60.00
Over 50 - 840	-	25.00
Over The Bridge - 2689	-	134.13
Pacific Beach Weekend Warmup - 725	-	384.00
Pass It On Group - 170	-	50.00
Point Loma Mens - 245	-	220.00
Point Loma Tuesday Night - 2648	-	2.13
Point Loma Nooners - 1606	75.00	75.00
Porter Hall Group - 109	-	111.00
Porter Hall Structured S/S - 97	-	100.00
Practical Solutions - 2398	-	33.00
Progress Rather Than Perfection - 26	30.00	80.00
Pt Loma Fri Afternoon Step Study - 244	-	95.00
Pt Loma Womens Discussion - 1608	-	245.55
Resentment and A Coffee Pot - 2561	-	50.00
Right Turn Group - 1900	-	75.00
Rise & Shine - 2170	300.00	900.00
Round Table Discussion - 123	50.00	50.00
San Diego Doctors Step Study - 194	-	100.00
Santee Saturday Night Speakers - 2656	-	75.00
Santee Thursday Closed Mixed - 145	24.00	24.00
Santee Serenity Group - 1943	-	125.00
Santee Sunday Nite Smokeless - 1705	-	100.00
Sat Mens Early Awakening - 2209	-	100.00
Sat Night Early Discussion - 336	-	270.00
Sat Night Live - 2173	200.00	200.00
Sat Open Discussion - 322	-	53.00
Saturday Mens - 1730	-	60.00
Saturday Night Candlelight - 1914	-	80.00
Scripps Ranch Mens - 1924	-	40.00
Senior Serenity Meeting - 209	-	50.00
Serendipity Womens - 1642	-	50.00
Sky Hi Womens - 1633	75.00	165.00
Smokeless Drunks Luncheon - 1008	-	240.00
Sober Nooners - 196	106.72	218.50
Sober Serenity Seekers - 887	-	66.00
Sole Purpose Group - 1657	-	120.00
South Bay Guys & Gals Disc - 35	-	20.00
Spiritual Awakening - 2275	360.00	1,560.00
Spiritual Awakenings Step Study - 2601	-	50.00
Step by Step - 1486	-	60.00
Step Sisters - 2155	-	60.00
Straight Shooters - 198	-	50.00
Sunday Kind Of Love - 429	-	198.41
Sunday Middy - 161	60.00	108.00
Sunday Morning At the Grove - 117	-	40.00
Sunday Morning Eleveth Step - 1206	100.00	100.00
Sunday Morning Spitiual Meeting - 1700	-	105.00
Sunday Serenity - 47	-	120.00
The Boulevard Desparados - 2262	70.00	70.00
The Gong Show - 267	-	100.00
The Other Meeting - 857	1,000.00	1,000.00
Three Legacies Group - 2194	-	150.00
Thursday Night Sobriety - 475	-	150.00
Thursday Promises Promises - 749	210.00	210.00
Thursday Step Study - 2025	90.00	90.00
Thursday Steps - 646	-	155.14
Tierrasanta Big Book Study - 1790	-	100.00
Tierrasanta Friday Night - 2645	95.96	178.26
Top of the Hill - 41	100.00	100.00
Torrey Pines Thurs Nite Disc. - 365	-	5.00
Tues Night Big Book Step Study - 1813	-	100.00

Group Name	May-05	Ytd 05
Tues Night Mens - 2123	-	140.00
Tues Rule 62 Lunch Group - 590	240.00	240.00
Tuesday Night Participation - 905	-	100.00
Two A's Over Easy - 2106	-	150.00
University City Disc. - 368	-	50.00
University City Womens - 369	-	75.00
Victory Group - 2108	-	20.00
Wandering Women - 2298	-	60.00
War Fever -880	-	64.00
Water Walkers - 5	-	60.00
Water Walkers Too - 1946	-	1,094.00
We've Come Along Way - 1616	-	58.56
Wednesday Winners Circle - 496	-	47.88
Wednesday Womens Study - 2281	-	34.00
Weds Rule 62 Lunch Group -687	150.00	150.00
What Now - 325	-	100.00
Women In Harmony - 1807	-	80.00
Women To Women - 2066	-	120.00
Womens Step Study - 296	39.66	148.61
Womens Way to Recovery -838	20.00	20.00

**Thank you for supporting
YOUR Central Office.
May 2005**

Group Contributions: **\$9370.63**
Individual Contributions: **\$506.89**
Literature & Interest Income: **\$1686.68**
Total Income: \$11,564.20

Central Office Expenses: **\$13,787.40**
Committee Expenses: **\$601.04**
Total Expenses: \$14,388.44

May Net Loss: (\$2,584.24)

YTD Net Loss: (\$5,420.60)

May Individual Contributions

Barbara F.	Debbie G.
Elana G.	Robert H.
Tom R.	Connie J.
Walt	John S.
Harold Mc.	Daniel Y.

Individual members may also make contributions to Central Office up to \$2000 per year. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year.

We are going to begin using this page in the *Coordinator* as a communication page from Central Office. The prior breakdown schedules for literature and standing committees shown on this page will be available at Coordinating Council, Central Office and on our website in the *Coordinator* newsletter pages. Otherwise, on page 7 on the bottom of the "Statement of Revenue and Expenses" you can view the monthly sum total for literature and committees.

CENTRAL OFFICE NOTES

- June's Book of the Month: "AA Comes of Age" on sale for \$6.00 reg. \$6.50.
- July's Book of the Month: "Dr Bob and Good Oldtimers" sale: \$8.00 reg \$8.50
- FREE tours of the new San Diego Area Archive's Room at Central Office. It is a joint effort between San Diego & North County Intergroups, along with San Diego/Imperial Area Assembly. The room is open Monday-Saturday 9 am – 5 pm.
- Summer is coming and our regular daytime volunteers will be scheduling their vacations so there will be available opportunities for fill-ins. Call Connie at 619-265-8762.
- *"I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible."* Central Office is looking for AA members to sign up on our 12 Step daytime and night time lists. When someone calls the office and needs to speak to someone about their problems with alcohol, then we call a member on our 12 step lists.
- Call Central Office and register as Secretary of your Group and we will mail you the monthly *Coordinator* Newsletter and Our "NEW" Secretary Handbook for your group or better yet, come visit us at central office.
- CENTRAL OFFICE will be closed on Monday, July 4th for the holiday.
- Literature price increases on July 5th:
 - Schedules – 50 cents
 - All books will increase \$1.00 except for big books per GSO price increases.
 - There will be no change in pamphlet prices.

CENTRAL OFFICE

PHONE CALLS FOR May 2005

TOTAL CALLS FOR MONTH 3065	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2147	533	38
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	234	100	13

WEB SITE HITS: May = 6,664 Total 217,427

July 2005 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Mission Hills Beginners	La Jolla Soledad Men's
3	4	5	6	7	8	9
Adams Ave Big Book Unconditional AA	OPEN	Over The Bridge	Dawn Patrol	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too
10	11	12	13	14	15	16
La Mesa Women's Sat Morning East Side Group	P. B. Early Risers	La Jolla Speakers	La Jolla Beginners	El Cajon Daytime	Old Town Speakers	Evening Serenity
17	18	19	20	21	22	23
Gamet Group Fourth Dimension	Mon Night North Park AA	Smokeless Drunks	Lake Murray Womens	Cedar St Men's	North Shores Breakfast (Sunday)	Fireside Step Study
24	25	26	27	28	29	30
Clairemont Men's Imperial Beach Group	Downtown Discussion	Drunks Only	Easy Risers	North Park Men's	Harmony Group	Diamond Street Mens
31	If your Group wants to answer phones, call: Colby – After Hours Phone Chair - (619) 549-5106 Or Connie at Central Office (619) 265-8762					
The Other Meeting						
Easy Does It Riders						

July 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm		Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm			Every Friday <u>Districto 15</u> Oficina Central Hispana 3628 University 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	
3	4	5	6	7	8	9
<u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	HOLIDAY Central Office CLOSED <u>District 8</u> Office Bldg 755 Emory St Chula Vista 8:00 pm <u>Public Information Committee</u> Central Office 6:30 pm	<u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm	<u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm	<u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm <u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm		
10	11	12	13	14	15	16
<u>Grapevine Committee</u> Central Office 4:00 pm	<u>District 6</u> Serv Ctr 3425 5 th Ave Hillcrest 6:00 pm <u>Area Finance Committee</u> Central Office 6:00 pm <u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm <u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm <u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm <u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm	<u>Archives Committee</u> Central Office 6:30 pm <u>Audio/Visual Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm	<u>Coordinating Council</u> Church 6 th & Nulmeg Orientation Committee 6:00 pm (2 nd floor) New Coordinators 6:30 pm (2 nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting <u>Area Agenda Committee</u> Central Office 7:00 pm		
17	18	19	20	21	22	23
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm <u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm	<u>H&I Committee Orientation</u> Central Office 7:00 pm <u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm		<u>Archives Committee Open House</u> Central Office 1:00 pm – 4:00 pm
24	25	26	27	28	29	30
<u>Spanish Translation Committee</u> Central Office 11:00 AM <u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C Committee</u> Central Office 7:30 pm <u>District 5</u> Church 5050 Milton Clairemont 7:00 pm	<u>After-Hours Phone Committee</u> Central Office 6:30 pm <u>Accessibilities Committee</u> Central Office 7:00 pm <u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm	<u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd. Encinitas 6:00 pm <u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm	<u>Coordinator Newsletter Committee</u> Central Office 6:00 pm		
31						

SPEAKER MEETINGS

South Bay Speakers Opened Mixed

270 "C" St., Chula Vista

Time: Saturday at 7:45 pm

July 2	Brian C.	National City
July 9	Francine B.	San Diego
July 16	Clancy O.	Torrance
July 23	Richard R.	Big Pine
July 30	Art I.	Laguna Beach

Saturday Night Speakers

9140 Akard St., Spring Valley

Time: Saturday at 7:00 pm

July 2	Hobi T.	San Diego
July 9	Rich N.	San Diego
July 16	Pat G.	San Diego
July 23	Jym V.	San Diego
July 30	Freddy G.	Temecula

Easy Does It Speakers

2770 Glebe Rd., Lemon Grove

Time: Fridays at 8:00pm

July 1	Erika
July 8	Nick C.
July 15	Mike G.
July 22	Ed. T
July 29	TBA

Mission Bay Saturday Speakers Meeting

USD Campus, Marion Way

Founders Hall Room #124

Time: Saturday at 8:00 pm

July 2	David F.	San Diego
July 9	Chimene T.	San Diego
July 16	Glenn P.	San Diego
July 23	Jericka D.	San Diego
July 30	Dennis H.	San Diego

Don't miss these other great speaker meetings in the San Diego Area!

Old Town Speaker Meeting

123 Camino de la Reina, Mission Valley

Time: Sunday at 7:00 pm

Coronado Wednesday Speakers

700 D Ave., Coronado

Time: Wednesday at 8:00

THINGS TO DO & PLACES TO GO

Third Weekenders Camping

July 15th - 17th

Pechanga RV Resort

I-15 No. To CA 79 So. Exit towards Indio,

L. @ 1st light approx 1 mi

Right on Pechanga Pkwy. 1mi to Resort

11th Annual Baja Kampvention

Serenity by the Sea

July 22nd - July 24th

For more information contact

www.bajakampvention.org

"Willingness, honesty & open mindedness are the essentials of recovery." The spiritual experience-Alcoholics Anonymous

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

Do you have historical AA documents?

The Archives Committee accepts all historical documents and memorabilia relevant to the fellowship. Please contact the Archives Committee: Thom H. 619-575-3200 Thom.Able2@cox.net

The Birthday Plan

By W. C.

Winterhaven, Fla.

When I started in AA (September 2, 1958) one dollar was the usual drop in the collection. Despite shortfalls in the areas and at GSO, the drop remains at one buck, even though inflation has reduced the real value of that buck to a fraction.

For several months I put a two dollar bill in the collection, hoping it would be noticed and done by others; it was noted and comments were made, but that was it.

Another practice I read about is sending a donation to GSO on one's anniversary, say one dollar for each year of sobriety. I have been doing this for three years and hope this nice idea will spread. How about a little publicity to plant the seed? Your home group's central office may also need this extra help.

The Pleasure of Giving

By T. P.

Auckland, New Zealand

To the best of my knowledge, there is only one source of finances for this worldwide AA Fellowship – the AA member who plays his part by his plate donations, subscriptions, purchase of literature, and voluntary contributions. It may sound like a lot, but really its only a fraction of what used to be the alcohol budget.

I don't give any more than I can afford, and that's more than some and less than others. But it's given promptly and regularly, with the thought that it will help AA as a whole to function as a solvent entity.

I feel that "self-supporting through our own contributions" applies to effort as well as money. We support AA when we carry out the program in action and example. Gratitude alone should be sufficient reason for me to be a self-starter in giving, whether it be money, twelfth-stepping, sponsoring, attending meetings or involvement in group, local and national AA activity.

The reward for giving, in my experience, is the wonderful warm glow that comes from giving willingly and quietly. The pleasure of giving, which is such a help in achieving contentment and self-respect, will perhaps one day at a time result in complete serenity.

More on the 7th Tradition

By K.A.M.

Costa Mesa, CA.

The seventh tradition states that we are self-supporting through our own contributions. When I first got sober, my sponsor told me to put a buck in the basket, before any other selfish whims. So I did, and have every since. I'm very grateful for that direction in early sobriety. I have learned to not take AA for granted. I want AA to be there for the next person who needs it, like it was there for me. I was also taught never say no to an AA request, I believe the seventh tradition is an AA request not to be ignored. Now that I have been sober for awhile I have had many different commitments at meetings. I have participated in the process of giving money collected at meetings to central office, GSO in New York, Area, District, and H and I. I have purchased literature that went to help many newcomers get the Big Book free. I have also heard that with so much inflation why doesn't our buck go up to two, so next time put two bucks to keep up

With the realization that A.A. must steer clear of outside contributions in order to maintain its autonomy and independence came the understanding that the money necessary for A.A.'s survival would have to come from individual A.A. members and groups. As Bill W. put it in 1957, "Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility — one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid.

"When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who still suffer.

— *Language of the Heart*, p. 221

Continued from page 1

that people who contribute to AA through service and self sacrifice are far more likely to stay sober and happy than those who don't. After all, they are doing themselves and AA a huge service by giving back to the fellowship and program that is saving their lives.

DID YOU KNOW?

Any member of Alcoholics Anonymous can donate money directly to the San Diego Central office! Please note that there is a limit of \$2,000 per person to any donations.

Headquarters Highlights

AA Grapevine May 1950

The following is a condensation of a bulletin recently sent to all groups. We reprint it here, believing that it deals with a matter so important that AAs everywhere will want to read it over--and think it over:

As the Alcoholics Anonymous movement grows in size and importance, the scope and the cost of our necessary services also increases. It is an AA tradition that there be no dues, no fees. *It is also an AA tradition that we pay our own way.* We neither solicit nor accept outside contributions. AA is humbly grateful for the ability to support itself and its own essential activities.

Contributions to the Foundation in the past have averaged a dollar per year per member. Last year, however, contributions fell considerably short of this traditional amount. *The result was that our expenses were greater than our income. It was necessary to dip into our slender reserves.* Obviously, we cannot go on doing this.

Whether or not Alcoholics Anonymous continues to be self-supporting depends directly upon whether or not the Groups keep their contributions up at least to the minimum which has become traditional. Indeed, one of our most important traditions is at stake.

Surely, it cannot be that as we grow bigger and stronger in membership, we are becoming less able and less willing to pay our own way. It may be that, in deference to our tradition of "no dues, no fees," we have not sufficiently stressed our equally important tradition of voluntary self-support.

We ask the serious consideration and cooperation of each Group in solving this problem. We feel sure it can be solved and will be solved by just a little extra effort on the part of individual AAs and Groups everywhere.

In asking for this extra effort, we at the Foundation and in the General Service Office are gratefully aware of past support, and confident that we shall be able to go ahead without permanent difficulty.

All excerpts from AA approved literature are reprinted by permission of AA World Services

SUBSCRIBE

TODAY!

Have the San Diego AA Coordinator delivered to your home for 1 year.

For only \$12

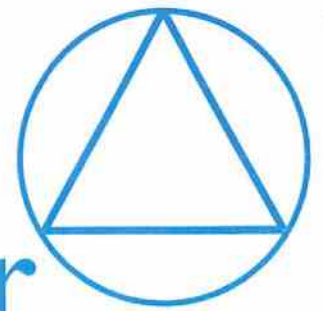
That's only a BUCK A MONTH!

Mail to: CENTRAL OFFICE 7075-B MISSION GORGE ROAD SAN DIEGO, CA 92120-2454	Address	Name
BUCK A MONTH CLUB		

Seventh Tradition Long Form
Alcoholics Anonymous Page 564

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"The spiritual life is not a theory. We have to live it." (From Alcoholics Anonymous, page 83)

August 2005
VOL. VI, NO. VIII

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Invisible No More

By Bill M.

In the early days of San Diego's AA history, we had only one meeting a week, at the War Memorial building in Balboa Park. If you wanted to get sober, that's where you went. It didn't matter who or what you were, if you wanted to get sober, that's where you went. It was tough, though, for African American alcoholics back then. The integration laws of the late sixties hadn't been enacted and there was still a lot of misunderstanding between people, alcoholic or not. We didn't really feel very comfortable there. We went though, because we wanted to stay sober.

It was during the 1950's that the Imperial Group of Alcoholics Anonymous formed. The meetings were held in a senior citizens' center on Oceanview Drive. It gave African Americans a meeting where we could get sober without having to "feel our race". A place where we were called upon because of who we were, not what color we were. Don't get me wrong. We had always been welcome at the War Memorial; we just didn't feel much of "a part of", somehow. It's ironic, really. It seems that in forming the Imperial Group, we had pretty much segregated ourselves.

That's not entirely true, however. Even though the Imperial Group was attended by between 70 and 80 African Americans, we had our share of whites coming to the meetings. Some came from as far away as Oceanside. And it was THE place to get a cake if you were African American. At most other meetings, cakes were only given for 1, 5, 10 or 20 years of sobriety. We began giving them out for yearly "birthdays". Many of the members of the group held parties and dances and get-togethers for our community. We certainly weren't a glum lot!

As time went on, the Imperial Group got busy doing service in many different ways. Members of the group got involved with sponsorship, put on social events and other things. The Imperial Group was instrumental in the beginnings of two entities that remain active and are of great importance to the recovery community to this day.

The first is the Tradition One recovery home. The beginning of that recovery home came right around the time that the Twelve Traditions (*Continue on Page 15*)

From the Archives:

The Mission Hills Group of Alcoholics Anonymous
(Excerpt for the minutes of the 54th Anniversary Meeting)

Ours was not the original meeting in the area. The very first meeting in San Diego County had been held on November 7, 1940. Five years later there were four groups active in town: in downtown, North Park, Old Town and La Mesa. The Main Meeting, as the original meeting was called, was held on Wednesday nights. It was understood that no other group would meet then so that everyone in the area could attend. But after such a strong start, something occurred to interrupt or end the regularity of those earliest meetings. We date our proud heritage, as San Diego's longest continuously convening group to that "organization meeting" in the fall of 1948.

The Mission Hills group met at the Florence School annex, at First Avenue and University until 1960, when it moved to the First Congregational Church at Jackdaw Street and Ft. Stockton Drive. In July 1989 we moved to the United Methodist Church at Fr. Stockton Drive and Lark Street.

Some things haven't changed. The record shows that Mission Hills was conceived as a closed meeting – for alcoholics only. It also seems to have been a topic meeting from the start and from its inception the group was deeply committed to welcoming the newcomer and helping to make new arrivals feel a "part of" the fellowship. Our official beginners' meeting was founded in June 1985 and the temporary sponsorship program began shortly thereafter. But from the earliest years Mission Hills was a meeting at which newcomers quickly became trusted servants and beloved group members. A woman who got sober in the 1960s remembers being amazed that she was trusted to make coffee at Mission Hills. She credits this first bit of service work with helping her rebuild her shattered self-esteem.

Not everyone like the capacity crowds and the wreaths of smoke that were features of the meeting in the year or so before we moved to our present location. In 1988 some members began a small meeting in a classroom down the hall. The "Little Meeting" was smoke free and relatively small. The chairs-in-a-circle format encouraged intimacy and ease, and the meeting soon became a cherished alternative to the big and boisterous main event. Still, for many people, the huge regular meeting had its charms. The "wraparound" effect of people sitting on the floor and the cupboards and packing the doorways and halls made for a great-usually joyous-concentration of sober energy. In 2009 a visitor from Russia described the spirit in the meeting room as like that in a "big kitchen."


Sometime between 1992 and 1995 attendance at the main meeting began to dwindle and the crowds at the beginners meeting increased threefold. Perhaps AAs drink less coffee these days and don't stay up as late. Or maybe Monday Night Football created a scheduling conflict for some sober fans. In July 1995 the main meeting held a group conscience and

elected to disband. But HP always arranges for things to work out gracefully. The "Little Meeting" which had been using an upstairs room was asked by the church to vacate the space. Without missing a beat they were able to come downstairs and occupy the time slot the main meeting had just made available.

We treasure our group legacy as passed down from our founding members through their friends and sponsors. It's an honor to know that we, too, are creating Mission Hills Group history – one day at a time.

The SDIAA Archives Committee is interested in preserving our group history. Come see the complete transcript of the 54th Anniversary Meeting in the Archives Display room at San Diego Central Office.

*Many A.A. Members celebrate their birthday
By sending a donation of one or two dollars for each year of
sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form
provided in this column.
All Birthdays submitted will be published in this
Section the month following the birthday.*

Birthdays	
	<p><i>Jack L. /Clairmont Step Study</i> 06/09/74 31 years</p> <p><i>Harold M. /San Diego</i> 07/02/82 23 Years</p> <p><i>John s. / Alcoholics Anonymous</i> 06/01/96 9 years</p>

Birthday Gratitude For:

Name _____

City _____

Sobriety Date _____

Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Santee Simple Step Study
9225 Carlton Oaks Dr @ Church
Monday @ 6 PM Santee

CANCELED

Gods Grace
5077 Logan Ave @ Club
Monday @ 7 AM South San Diego

There Is A Solution
Comer of Campo Rd & El Centro @ Residence
Monday @ 6:30 PM Jacumba

There Is A Solution
Potrero Valley Rd @ Library
Tuesday @ 7 PM Potrero

Midday Park
9125 Carlton Hills Blvd @ Park
Friday @ Noon Santee

RELOCATE

Mission Hills Friday Night Group
3766 5th Ave @ Coffee Shop
(was 711 University Ave)
Friday @ 5:30 PM Hillcrest

RELOCATE & TIME CHANGE

Crest Group
120 N Park Dr @ Resource Ctr
(was 2005 Crest Dr)
Friday @ 7 PM (was 8 PM) Crest

TIME CHANGE

Senior Serenity
1944 30th St @ Club (was 2 PM)
Tuesday @ 1:30 PM Golden Hill

Santee Thursday Closed Mixed
8964 Magnolia Ave @ Church
Thursday @ 7:30 PM (was 8:15) Santee

ROOM CHANGE

Big Book Discussion Founders Group
Marian Way - Olin Hall Rm 125 @ USD
(was 5998 Alcalá Park Camino Hall # 118)
Monday @ 7:30 PM Linda Vista
(Change For Summer Only)

Coordinating Council Attendance
57 groups attended July's Coordinating Council
There are 737 registered groups in San Diego
WAS YOUR GROUP THERE?
NEXT COUNCIL MEETING IS: THURSDAY, August 11th

There were 57 coordinators in attendance out of 66 registered. And four NEW coordinators.

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm 5pm- 9pm	Betsy John Terry / Bob	Bobette Candy Chris / Pam
Tuesday	9am-1pm 1pm-5pm 5pm- 9pm	John Howard Mike	Dick OPEN Jeff
Wednesday	9am-1pm 1pm-5pm 5pm- 9pm	Richard Bob William	Ann Mary Steve
Thursday	9am-1pm 1pm-5pm 5pm- 9pm	Ted Larry Terry / Roy	Jan / Paul Becky Joel / Dana
Friday	9am-1pm 1pm-5pm 5pm-9pm	Frank Tim / Debra Judy / Joy	Carol Earl / Dan Joe / Diane
Saturday	9am-1pm 1pm-5pm 5pm- 9pm	George David Kathy / Friend	David Mark / Sharon Kathi / Friend

Minutes of the Coordinating Council
Thursday, July 14th, 2005

Larry T. - Coordinating Council Chair, called the 720th meeting to order at 7:30 pm. David read the 12 Traditions. Council Definition and Purpose read by Peter. There were 3 new Coordinators and 2 visitors. There were 6 birthdays. 7th Tradition was \$62.56. Roll Call: Shanda R., Acting Assistant Chair reported 57 groups were represented. There was a quorum (33). It was M/S/C to approve the minutes of the June meeting.

Area Assembly – Marc J. Area 08 Delegate shared briefly on General Service Conference Committee topics with respect to pamphlets and videos being revised for future approval. The General Service Conference Report will be coming out soon for review by the fellowship. Marc also shared about the recent International AA Convention held in Toronto.

AFTER HOURS PHONE COMMITTEE:

Kit reported:

- 1) The 4th & 13th is an OPEN night.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 7/12/05 at 6:06 pm. Present: Robert H., Tim L., Steve T. Larry T., Shanda R. and Connie J., Manager. Visitor: Peter A. There was a quorum.

- 1) It was M/S/C to approve the minutes of the June meeting.
- 2) It was M/S/C to approve the June Financial Statements.
 - a) Our June YTD net loss was (\$1,389.26) which represents a significant improvement over last month reflecting increased contributions in June.
 - b) Our June YTD total Income was \$62,283.56 on plan for the year. Our June Contributions were \$14,278.64 – about \$5000 higher than May. A Big Thank You to all the Groups who responded to our message for financial support for Central Office/Intergroup.
 - c) Semi-Annual Literature Inventory – Thank you to everyone who assisted with

the counting. The results were a net loss of \$389 due to loss, defects and beginning of the year 2005 accounting database.

- d) Our expenses are in-line with 2005 budget.

Manager's Report

- 1) July's Book of the Month: "Dr Bob & Good Old Timers" on sale for \$8.00.
- 2) August's Book of the Month is: "As Bill Sees It" (soft cover) on sale for \$5.75.
- 3) New SUMMER schedules are here.
- 4) We NEED summertime fill-ins volunteers.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks. The literature inventory was fantastic.

Old Business:

- 1) Need 1 woman committee member.

New Business:

- 1) It was M/S/C to elect Shanda R. as new Vice-Chair.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on Thursday, 6/30/05. Present were: Jym, Allison, Ben, and Alyssa. Visitors: Don R. and Brian R. FLYERS: It was M/S/C to approve District 8 Picnic.

- 1) September's Issue: "Heard Around the Rooms" Submissions need to be in by Thursday, July 28th.
- 2) Stories may be submitted at any time – they do not have to be on the current topic. We need personal stories of recovery.

3) HOME GROUP SPONSORSHIP OF A FOLD AND LABEL PARTY. IT'S FUN AND FELLOWSHIP. SO FAR, WE HAVE 3 WOMEN'S GROUPS SIGNED UP, WHERE ARE THE MEN?

- 4) Anyone wishing to submit a flyer to be inserted in the Coordinator Newsletter needs to come to our committee meeting for approval.

Continued on Page 6.

Continued from Page 5

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

1) 2 new groups were visited this past month.

2) THE COMMITTEE REALLY NEEDS THE HELP OF OTHERS TO VISIT THE GROUPS WITHOUT COORDINATORS.

ORIENTATION & GUIDELINES: Winona, member reported that committee met on Thursday, 7/14/05. Present: Larry, Winona, and Linda.

- 1) Orientated 4 new Coordinators.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) Next orientation is Thursday, 8/11/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 6/24/04. Present were: Les and Laura Absent: Rhonda, David, Joe and Patti.

- 1) Unity Day/ Founders Day – was a great event and well attended. Thank you to Area Assembly for their sense of Unity.
- 2) Next upcoming event will be the AA in San Diego Anniversary Breakfast on November 5th at Anchors & Spurs.
- 3) Committee in need of two new members.

PUBLIC INFORMATION COMMITTEE: Felice, reported the committee met on Monday, 7/11/05. PRESENT: Felice, Ruby & Anna.

- 1) Public Information Commitments: June 15th – Bonita Vista High School and July 1st – El Cajon High School. June 18th – Community Health Fair. Del Mar Fair was successful again this year.
- 2) Volunteer Speaker List was updated. Have A strong need for Young People to attend High School Presentations as peer group to share.

OLD BUSINESS:

- 1) There was none.

NEW BUSINESS:

- 1) There was none.

ELECTIONS:

Elections were conducted by a show of hands than paper ballot and all were approved unanimously.

- 1) Council Chair: Larry T. 4/12/91
- 2) Council Assistant Chair: Rigel 12/19/99
- 3) Business Committee: Peter 3/24/00

- 4) Newsletter Committee: Gabe 10/24/03
- 5) Outreach Committee: Danny 5/13/04, Dina 5/17/04 and Dennis 8/30/02.
- 6) Public Information Committee NEEDS 3 members. The Public Information Committee must first approve members for this committee.

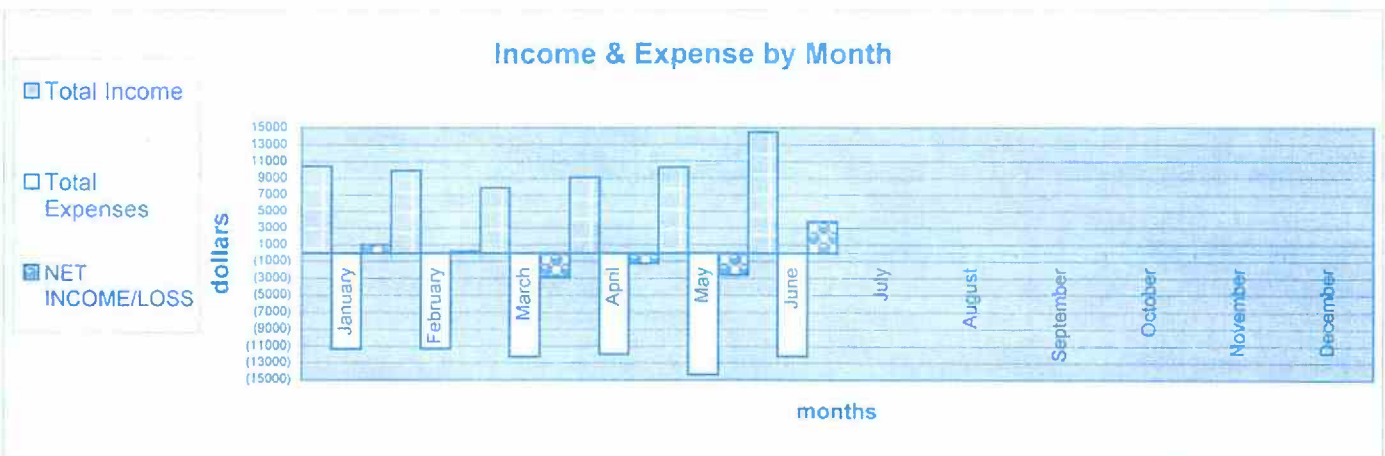
Meeting adjourned at 9:15 pm with the Serenity Prayer.

Respectfully submitted,

Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
 June 30, 2005

	June '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Income						
Contributions Group	14,278.64	96.85%	57,895.22	52,528.77	5,366.45	112,000.00
Contributions Individual	302.04	2.05%	2,359.71	1,290.28	1,069.43	8,548.00
Contributions SDIAA	-	0.00%	1,230.00	840.00	390.00	1,230.00
Interest - Checking	2.52	0.02%	16.70	16.35	0.35	50.00
Interest - Cert of Deposits	159.87	1.08%	781.93	415.05	366.88	1,130.00
Total Income	14,743.07	100.00%	62,283.56	55,090.45	7,193.11	122,958.00
Expense						
Archives Room	177.89	1.21%	813.93	-	813.93	1,450.00
Accounting & Legal	225.00	1.53%	4,365.00	4,010.00	355.00	5,500.00
Auto/Travel/Seminar	275.84	1.87%	642.63	328.66	313.97	1,500.00
Bank Service Charges	7.00	0.05%	77.00	57.00	20.00	100.00
Cash (Over) Short	13.21	0.09%	0.99	(26.24)	27.23	(100.00)
Checks Returned - Bad Debt	-	0.00%	78.08	-	78.08	50.00
Depreciation	86.44	0.59%	739.36	960.00	(220.64)	1,258.00
Equipment Maint & Repair	63.55	0.43%	334.05	257.97	76.08	900.00
Equipment Purchase	5.38	0.04%	102.19	-	102.19	500.00
Insurance	111.15	0.75%	710.95	925.78	(214.83)	1,413.00
Office Maint. & Repairs	107.00	0.73%	214.00	247.91	(33.91)	1,000.00
Office Supplies	234.82	1.59%	1,637.72	2,267.82	(630.10)	4,000.00
Postage - Return Mail	7.45	0.05%	22.88	10.54	12.34	100.00
Rent	1,586.00	10.76%	9,332.00	9,492.00	(160.00)	18,848.00
Taxes	-	0.00%	35.00	55.00	(20.00)	35.00
Telephone	305.88	2.07%	1,396.34	1,297.45	98.89	2,700.00
Utilities-Electricity	490.01	3.32%	2,782.58	1,969.21	813.37	4,000.00
Website	12.00	0.08%	214.65	214.65	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	492.97	3.34%	3,084.25	2,711.94	372.31	6,286.00
Employee Wages	6,444.20	43.71%	37,388.92	34,531.68	2,857.24	73,980.00
Employee 403B Contribution	80.00	0.54%	470.00	412.50	57.50	1,000.00
Employee Health Benefit	706.23	4.79%	4,198.52	3,527.20	671.32	8,350.00
Insurance-Worker's Comp	83.36	0.57%	646.16	1,015.48	(369.32)	1,343.00
Total Expense	11,515.38	76.90%	69,287.20	64,266.55	5,020.65	134,713.00
Net Ordinary Income	3,227.69	21.89%	(7,003.64)	(9,176.10)	2,172.46	(11,755.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,419.56	9.63%	9,517.22	7,920.68	1,596.54	20,500.00
Total Other Income	1,419.56	9.63%	9,517.22	7,920.68	1,596.54	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	615.93	4.18%	3,902.86	5,129.53	(1,226.67)	8,745.00
Total Other Expense	615.93	4.18%	3,902.86	5,129.53	(1,226.67)	8,745.00
Net Other Income	803.63	5.45%	5,614.36	2,791.15	2,823.21	11,755.00
Net Income	4,031.32	27.34%	(1,389.28)	(6,384.95)	4,995.67	-



Contributions June 2005

Group Name	Jun-05	Ytd 05	Group Name	Jun-05	Ytd 05
11th Step Journey -2622	-	100.00	El Cajon Navajo Road Group - 102	-	100.00
11th Step Meeting - 2322	21.00	21.00	El Cajon Nooners - 2638	-	200.00
12 X 12 Happy Hour Step Study - 111	-	26.00	El Cajon Womens Serenity - 77	81.30	191.80
24 Hour Group Mixed - 370	-	30.00	Evening Serenity - 2305	-	840.00
4th Edition Big Book - 2569	20.00	55.00	Eye Opener Group - 607	185.00	1,434.00
4077 Mash 11th Step - 2027	-	80.00	Faculty Group - 1645	-	60.00
92037 Group - 861	-	240.00	Fireside Step Study -	423.00	423.00
AA By The Bay - 629	-	320.00	Free To Be - 935	45.00	225.00
A Sense Of Belonging Womens - 1205	-	120.00	Fresh Air Friday - 266	-	354.68
A Womens Meeting -1717	240.00	540.00	Fresh Start Beginners - 1614	-	17.02
Adams Avenue Big Book Study - 1892	-	100.00	Fri Nite Cedar St - 1662	189.11	189.11
Allied Gardens Friday Lunch - 766	-	112.81	Friday Morning Womens - 104	100.00	275.00
Allied Gardens Step Study - 1629	-	200.00	Friday Nite Special - 2401	-	200.00
Alpine Mixed Step Study - 2621	-	178.80	Friday Nite Weeks End - 1856	-	200.00
Alpine Womens Candlelight - 1684	-	46.72	Golden Hill Sun Discussion - 1706	-	113.02
Another New Beginning - 144	-	450.00	Goldmine Speakers - 2613	-	79.80
Another Sober Tuesday - 1952	125.87	545.87	Good Fortune Hui Group - 491	240.00	240.00
Arragon Sober Mens - 2598	-	5.00	Good Morning AA - 1888	-	200.00
As Bill Sees It - 324	-	40.00	Great Fact Group - 895	-	374.56
At One With Each Other - 789	-	70.00	Happy Destiny - 2436	-	400.00
B.Y.O.B. (North Park) 203	30.00	160.00	Happy, Joyous & Free - 363	-	50.00
Back To Basics - 1026	300.00	900.00	Harmony Group - 585	-	320.00
Barefoot - 139	131.80	191.80	Haul Your Hiney Out of Bed - 704	90.00	90.00
Battery Chargers - 98	-	150.00	Here and Now Progressive - 1667	30.00	30.00
Bay Park Step Study Group - 299	130.00	130.00	Hi-Nooners - 673	-	40.00
Bayside Big Book Study - 1610	-	150.00	Hip Slick & Sick Young Peoples - 762	250.00	545.65
Beach Area Beginners One-272	-	120.00	His Majesty The Baby - 2427	-	190.00
Beautiful Beginnings - 552	-	85.00	I.B. Sober Steps & Traditions - 1519	-	62.00
Beginners Big Book Study - 1680	-	10.00	I.B. Experience, Strength & Hope 2652	40.00	120.00
Beginners Steps to Sobriety - 1007	50.00	50.00	Imperial Beach Group - 79	55.32	374.17
Big Bon-Fire Meeting - 1894	-	310.20	Imperial Mens Group - 869	-	20.00
Big Book & 12 x 12 Study - 100	-	60.00	International Group - 23	-	60.00
Bonita Boozers - 2179	-	172.00	Jamul Open - 63	-	48.00
Butterfly Group - 48	-	40.00	Kick Start Your Heart - 2430	20.00	40.00
Butts Out Smokeless - 1764	-	36.00	La Jolla Basic B/B Study - 2154	38.00	123.00
Cajon View Open Disc - 471	200.00	260.00	La Jolla Beginners Group - 82	-	400.00
Carrying The Message - 2458	-	110.00	La Jolla Big Book - 84	174.00	174.00
Casa De Oro Tradition Five - 503	97.00	485.50	La Jolla Discussion Group - 85	420.07	552.07
Casa De Oro Weds Nite - 2049	50.00	140.00	La Jolla Lunch Bunch - 622	-	150.00
Cedar St Mens - 1698	259.00	465.50	La Jolla Mens - 692	-	275.00
Chula Vista 4 Min Speakers - 1568	140.00	215.00	La Jolla Monday Womens - 87	-	180.00
Chula Vista Friday Night - 837	40.00	100.00	La Jolla Nonsmokers Disc - 88	250.00	600.00
Citizens Again - 2658	-	45.00	La Jolla Patio Group - Wed - 613	-	6.00
Clairemont Daytime Step Study - 427	38.00	88.00	La Jolla Patio Group - Fri - 758	-	24.00
Clairemont Discussion - 314	70.00	228.88	La Jolla Pump House Group - 696	-	169.18
Clairemont Mens - 301	-	595.00	La Jolla Soledad Mens - 717	-	791.50
Clairemont Open Discussion - 308	-	100.00	La Jolla Speakers - 578	-	260.00
Clairemont Step Study - 482	25.00	50.00	La Mesa Mens - 106	135.00	450.00
Clairemont Thurs Brown Bag - 315	-	50.00	La Mesa Step Study Workshop - 1621	273.50	349.11
Clairemont Womens - 340	-	96.34	La Mesa Womens Sat. Morning - 416	-	210.00
Clairemont Womens Step Study - 341	100.00	350.00	Lake Murray Lunch Bunch - 2701	75.65	143.65
Class Acts - 1845	-	131.53	Lake Murray Womens - 572	132.50	362.50
Coffee Clutchers - 2332	-	225.00	Lakeside Happy Hour - 2285	60.00	180.00
Conscious Contact Study Grp - 2282	-	120.00	Lemon Grove Speakers - 257	25.00	25.00
Coronado Beginners - 344	-	45.00	Linda Vista Mens - 106	-	25.00
Coronado Big Book Study - 1644	-	50.00	Linda Vista Thursday Night - 319	200.00	200.00
Coronado Nooners - 497	-	367.00	Little Apple Group - 1438	-	150.00
Coronado Prospect Discussion #1 - 350	-	20.31	Living Free - 477	-	610.00
Coronado Senior and Sober Disc. - 1711	50.33	130.33	Loma Portal Discussion - 1628	-	33.00
Coronado Step Study - 1523	-	50.00	Lotus Womens Step Study - 1647	50.00	50.00
Coronado Sunday Noon - 1830	-	80.00	Love and Truth 12 x 12 - 1617	-	63.00
Coronado Sundowners - 1634	125.00	205.00	Lunch With Bill W Bunch - 774	-	150.00
Coronado Womens Meeting - 1656	117.00	117.00	Lunchtime Friends - 964	-	52.40
Coronado Young Peoples - 405	100.00	240.00	Meetin' In The Ladies Room - 2614	-	30.00
Cowles Mt Smokeless Discussion - 681	95.85	95.85	Men and Womens Monday Night - 95	-	150.00
D.D.G.T.M. - 767	80.00	200.00	Mens Step Study (CV) - 965	-	50.00
Dawn Patrol - 263	408.82	1,796.37	Mens Step Study (LJ) - 2643	-	273.00
Deerhorn Group - 2063	-	50.00	Mens Structured Step Study - 1469	37.50	122.50
Designs for Living - 488	-	259.00	Midway Bridge - 2171	-	163.00
Diamond St Mens Step Study - 569	300.00	630.00	Mid-Week Mens - 560	131.50	260.00
Dignity Unlimited - 205	50.00	147.00	Mira Mesa Early Risers - 967	-	220.00
Doctors and Lawyers Group - 391	229.00	459.00	Mira Mesa Womens - 411	-	80.00
Downtown Discussion - 1665	355.26	670.26	Miracle Literature - 2635	108.50	108.50
Downtown Noon Discussion - 1607	-	90.00	Miracles On Mondays - 565	174.56	174.56
Drunks Only - 1605	-	1,566.25	Misfit Mens - 2486	-	175.00
Early Birds - 1666	50.00	50.00	Mission Bay Sat Night Speakers - 271	-	80.00
Early Risers (PB) - 264	-	127.50	Mission Bay Speakers - 1692	-	210.00
Early Morning Recovery - 2688	21.00	21.00	Mission Hills Beginners - 1612	-	238.00
East County Mens - 1905	69.00	69.00	Mission Hills Fri. Night Group - 2576	-	120.00
East Side Group - 101	-	150.00	Mission Hills Weds Lunch Bunch-2675	375.00	550.00
Easy Does It Riders - 21	-	212.40	Mission Possible - 131	66.21	166.21
Easy Does It Speakers - 114	40.00	260.00	Mon Eve Smokeless Dinner - 1723	-	108.00
Easy Risers - 854	200.00	400.00	Monday Mens Gut Level Group - 677	-	45.00
El Cajon Daytime - 52	-	350.00	Monday Night Big Book Study - 2345	-	50.00

Contributions June 2005

Group Name	Jun-05	Ytd 05	Group Name	Jun-05	Ytd 05
Monday Night North Park AA - 222	94.50	179.50	Tues Night Big Book Step Study - 1813	-	100.00
Monday Nite Live - 643	-	80.00	Tues Night Mens - 2123	-	140.00
Morning Attitude Adjustment - 768	-	767.50	Tues Rule 62 Lunch Group - 590	54.00	294.00
Morning Glorys Womens S/S - 543	30.00	66.00	Tuesday Morning Alpine - 440	169.77	169.77
Mother Earth Viejas Rez - 2019	-	30.00	Tuesday Night Participation - 905	-	100.00
Mt Step Study - 2578	-	60.00	Two A's Over Easy - 2106	50.00	200.00
No B.S. Mens - 1972	-	50.00	University City Disc. - 368	-	50.00
Noon At The Grove - 628	390.00	1,120.00	University City Womens - 369	-	75.00
Nooners Anonymous - 1164	180.00	180.00	Victory Group - 2108	-	20.00
Noontime on the Patio - 2203	-	185.00	Wandering Women - 2298	-	60.00
North Clairemont Sat Nooners - 2572	-	40.00	War Fever -880	-	64.00
North Shores Breakfast - 275	-	150.00	Water Walkers - 5	-	60.00
North Shores Breakfast Disc. - 276	-	170.00	Water Walkers Too - 1946	-	1,094.00
OB Peer Group - 2130	-	120.00	We've Come Along Way - 1616	-	58.56
Old Timers Group - 2037	-	90.00	Wednesday Winners Circle - 496	-	47.88
Original Tues Night Step Study - 2124	100.00	160.00	Wednesday Womens Study - 2281	-	34.00
Over 50 - 840	-	25.00	Weds Rule 62 Lunch Group -687	-	150.00
Over The Bridge - 2689	-	134.13	What Now - 325	-	100.00
Pacific Beach Weekend Warmup - 725	300.00	684.00	Womans Let Go and Let God - 446	290.00	290.00
Pass It On Group - 170	-	50.00	Women In Harmony - 1807	50.00	130.00
Point Loma Mens - 245	-	220.00	Women To Women - 2066	-	120.00
Point Loma Saturday Morning - 1240	271.00	271.00	Womens Step Study - 296	-	148.61
Point Loma Tuesday Night - 2648	-	2.13	Womens Way to Recovery -838	-	20.00
Point Loma Nooners - 1606	-	75.00			
Porter Hall Group - 109	-	111.00			
Porter Hall Structured S/S - 97	-	100.00			
Practical Solutions - 2398	-	33.00			
Progress Rather Than Perfection - 26	-	80.00			
Pt Loma Fri Afternoon Step Study - 244	-	95.00			
Pt Loma Womens Discussion - 1608	197.74	443.29			
Resentment and A Coffee Pot - 2561	125.00	175.00			
Right Turn Group - 1900	-	75.00			
Rise & Shine - 2170	-	900.00			
Round Table Discussion - 123	-	50.00			
Safe Sane and Sober - 1350	433.00	433.00			
San Carlos Single Purpose - 583	40.00	40.00			
San Diego Doctors Step Study - 194	100.00	200.00			
Santee Saturday Night Speakers - 2656	-	75.00			
Santee Thursday Closed Mixed - 145	-	24.00			
Santee Serenity Group - 1943	-	125.00			
Santee Sunday Nite Smokeless - 1705	-	100.00			
Sat Mens Early Awakening - 2209	100.00	200.00			
Sat Night Early Discussion - 336	135.00	405.00			
Sat Night Live - 2173	-	200.00			
Sat Open Discussion - 322	-	53.00			
Saturday A.M. Live - 782	142.23	142.23			
Saturday Mens - 1730	-	60.00			
Saturday Night Candlelight - 1914	40.00	120.00			
Scripps Ranch Mens - 1924	40.00	80.00			
Senior Serenity Meeting - 209	-	50.00			
Serendipity Womens - 1642	-	50.00			
Sky Hi Womens - 1633	-	165.00			
Smokeless Drunks Luncheon - 1008	-	240.00			
Smokefree La Mesa Womens - 635	137.50	137.50			
Sober Camels Speakers Meeting - 2296	200.00	200.00			
Sober Nooners - 196	-	218.50			
Sober Serenity Seekers - 887	75.00	141.00			
Sole Purpose Group - 1657	120.00	240.00			
South Bay Guys & Gals Disc - 35	-	20.00			
Spiritual Awakening - 2275	808.00	2,368.00			
Spiritual Awakenings Step Study - 2601	-	50.00			
Step by Step - 1486	-	60.00			
Step Sisters - 2155	-	60.00			
Straight Shooters - 198	27.25	77.25			
Sunday Beach Sun - Day - 568	235.00	235.00			
Sunday Kind Of Love - 429	-	198.41			
Sunday Midday - 161	-	108.00			
Sunday Morning At the Grove - 117	40.00	80.00			
Sunday Morning Eleveth Step - 1206	-	100.00			
Sunday Morning Spitiual Meeting - 1700	-	105.00			
Sunday Serenity - 47	-	120.00			
Take Five - 1323	337.00	337.00			
The Boulevard Desparados - 2262	-	70.00			
The Gong Show - 267	-	100.00			
The Other Meeting - 857	-	1,000.00			
Three Legacies Group - 2194	-	150.00			
Thursday Night Sobriety - 475	50.00	200.00			
Thursday Promises Promises - 749	-	210.00			
Thursday Step Study - 2025	-	90.00			
Thursday Steps - 646	-	155.14			
Tierrasanta Big Book Study - 1790	-	100.00			
Tierrasanta Friday Night - 2645	-	178.26			
Top of the Hill - 41	-	100.00			
Torrey Pines Thurs Nite Disc. - 365	-	5.00			

**Thank you for supporting
YOUR Central Office.
June 2005**

Group Contributions: \$14,238.64
Individual Contributions: \$3,42.04
Literature & Interest Income: \$1,581.95
Total Income: \$16,162.63

Central Office Expenses: \$11,515.38
Committee Expenses: \$615.93
Total Expenses: (\$12,131.31)

June Net Income: \$4,031.32

YTD Net Loss: (\$1,389.28)

June Individual Contributions

Tom R. Daniel Y.
Jack L. Connie J.
Robert H. Ann

Individual members may also make contributions to Central Office up to \$2000 per year. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year.

CENTRAL OFFICE NOTES

C ome on down and see what's happening,
 E veryone is welcome here.
 N o one will say "Don't enter.",
 T ake a seat and have no fear.
 R elax and have a cup of coffee
 A nd tell us what you need,
 L ook at all the literature.

O r just sit around and share an experience.
 F or your group's needs or your own,
 F or those things you need to know,
 I t's the place for information
 C oncerning things you need to grow.
 E veryone is here to help you and meet you face to face.

Reprinted from "Sun-Dry" newsletter, El Paso, Tx Intergroup

- July's Book of the Month: "Dr Bob and Good Oldtimers" sale: \$8.00 reg \$8.50
- FREE tours of the new San Diego Area Archive's Room at Central Office. It is a joint effort between San Diego & North County Intergroups, along with San Diego/Imperial Area Assembly. The room is open Monday-Saturday 9 am – 5 pm.
- Summer is coming and our regular daytime volunteers will be scheduling their vacations so there will be available opportunities for fill-ins. Call Connie at 619-265-8762.
- *"I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible."* Central Office is looking for AA members to sign up on our 12 Step daytime and night time lists. When someone calls the office and needs to speak to someone about their problems with alcohol, then we call a member on our 12 step lists.
- Call Central Office and register as Secretary of your Group and we will mail you the monthly *Coordinator* Newsletter and Our "NEW" Secretary Handbook for your group or better yet, come visit us at central office.

CENTRAL OFFICE

PHONE CALLS FOR June 2005

TOTAL CALLS FOR MONTH 2938	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2024	513	39
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	226	118	18

WEB SITE HITS: May = 6,797 Total 224,224

August 2005 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Mission Hills Beginners	La Jolla Soledad Men's	Unconditional AA	OPEN	Over The Bridge	Dawn Patrol
7	8	9	10	11	12	13
Adams Ave Big Book Scripps Ranch Men's	La Mesa Men's	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers	OPEN
14	15	16	17	18	19	20
La Mesa Women's Sat Morning El Cajon Daytime	Old Town Speakers	Evening Serenity	Fourth Dimension	Mon Night North Park AA	Smokeless Drunks	Lake Murray Womens
21	22	23	24	25	26	27
Gamet Group Cedar St Men's	North Shores Breakfast (Sunday)	Fireside Step Study	Imperial Beach Group	Downtown Discussion	Drunks Only	Easy Risers
28	29	30	31			
Clairemont Men's North Park Men's	Harmony Group	Diamond Street Mens	Easy Does It Riders			

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - (619) 549-5106
Or Connie at Central Office (619) 265-8762

August 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm	<u>District 8</u> Office Bldg 755 Emory St Chula Vista 8:00 pm <u>Public Information</u> <u>Committee</u> Central Office 6:30 pm	<u>Area Policy</u> <u>Committee</u> Ckib 9535 Kearny Villa Rd # 104 6:30 pm Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm	<u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm	<u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm <u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm	Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	
7	8	9	10	11	12	13
<u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>District 6</u> Serv Ctr 3425 5 th Ave Hillcrest 6:00 pm <u>Area Finance</u> <u>Committee</u> Central Office 6:00 pm <u>Area Newsletter</u> <u>Committee</u> "Keith" Restaurant I-15 & Miramar Rd 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm <u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm <u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm <u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm	<u>Archives Committee</u> Central Office 6:30 pm <u>Audio/Visual</u> <u>Committee</u> "IHOP" Restaurant Rancho Penasquillos Bl 6:00 pm	<u>Coordinating Council</u> Church 6 th & Nulmeg Orientation Committee 6:00 pm (2 nd floor) New Coordinators 6:30 pm (2 nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting <u>Area Agenda</u> <u>Committee</u> Central Office 7:00 pm		
14	15	16	17	18	19	20
<u>Grapevine Committee</u> Central Office 4:00 pm	<u>Area Literature</u> <u>Committee</u> Central Office 7:00 pm	<u>Contact On Release</u> <u>Committee</u> Central Office 6:45 pm	<u>Fold and Label the</u> <u>Coordinator Party</u> Central Office 6:00 pm	<u>H&I Committee</u> <u>Orientation</u> Central Office 7:00 pm <u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm		
21	22	23	24	25	26	27
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm <u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>District 5</u> Church 5050 Milton Clairemont 7:00 pm	<u>After-Hours Phone</u> <u>Committee</u> Central Office 6:30 pm <u>Accessibilities</u> <u>Committee</u> Central Office 7:00 pm	<u>Area Computer</u> <u>Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm <u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm	<u>Coordinator</u> <u>Newsletter</u> <u>Committee</u> Central Office 6:00 pm		<u>Archives Committee</u> <u>Open House</u> Central Office 1:00 pm – 4:00 pm
28	29	30	31			
<u>Spanish Translation</u> <u>Committee</u> Central Office 11:00 AM <u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C Committee</u> Central Office 7:30 pm	<u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm				

SPEAKER MEETINGS**South Bay Speakers Opened Mixed**

270 "C" St., Chula Vista

Time: Saturday at 7:45 pm

Aug. 4	Jimmy T.	El Cajon
Aug. 13	Andy A.	Mission Viejo
Aug. 20	Dock O'B.	Fallbrook
Aug. 27	Tom W.	Dana Point

Saturday Night Speakers

9140 Akard St., Spring Valley

Time: Saturday at 7:00 pm

Aug 6	Kim N.	El Cajon
Aug. 13	Leiha K.	North City
Aug. 20	Wade E.	San Diego
Aug. 27	Dina M.	San Diego

Easy Does It Speakers Meeting

Church 2770 Glebe Road

Lemon Grove, CA 91945

Aug 5	Jason E.
Aug. 13	Kate C
Aug. 20	Cliff P.
Aug. 27	TBA

Mission Bay Saturday Speakers Meeting

USD Campus, Marion Way

Founders Hall Room #124

Time: Saturday at 8:00 pm

Aug 6	Carol K.	San Diego
Aug 13	John L.	San Diego
Aug 20	Randy H.	San Diego
Aug 27	July R.	San Diego

Don't miss these other great speaker meetings in the San Diego Area!

Old Town Speaker Meeting

123 Camino de la Reina, Mission Valley

Time: Sunday at 7:00 pm**Coronado Wednesday Speakers**

700 D Ave., Coronado

Time: Wednesday at 8:00

"Willingness, honesty & open mindedness are the essentials of recovery." The spiritual experience-Alcoholics Anonymous

THINGS TO DO & PLACES TO GO**Third Weekenders Camping**August 19th-21st**Outdoor World**

Hwy 8 E 30mi. past Alpine to Crestwood.
Right to Tierra Del Sol Rd. Right to Hwy 94
Right 2 ½ mi to Outdoor World sign. Left ½
mi on the left.

54th Southern California AA Convention

(With Al-Anon participation)

Sept 30th – Oct 2nd

Riverside, CA

Http://www.aasocal.com

P.O. Box 16295, Encino, CA 91416-6295

(949) 929-7007

11th Annual Sober Sailors**Big Book Study in the Caribbean!**

The Big Book Comes Alive with Joe & Charlie

January 16th – 21st

www.sobersailors.com

(866) 678-8785

27th Annual Ventura County AA ConventionSeptember 9th – 11th

www.vcaac.org

Do you have historical AA documents? The Archives Committee accepts all historical documents and memorabilia relevant to the fellowship. Please contact the Archives Committee: Thom H. 619-575-3200
Thom.Able2@cox.net

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

A SAN DIEGO OLD-TIMER'S STORY

My name is Chuck C., and I'm an Alcoholic. I was born in Buffalo, Wyoming on September 28, 1922. I got myself a Bachelor's Degree at the University of New Hampshire, and another one at Dartmouth U. Then I became an officer in the Army and fought in WWII.

I was discharged in San Diego on November 11, 1952. Then I bummed around San Diego for 3 years-drinking, of course, until one day I got in a bad jam and before the judge could send me away, Jim B., who wrote "We Agnostics", came and rescued me. He took me to my first meeting at 6th and Penn. I attended that Friday night meeting for a long time, but I didn't stay sober. I was in and out for 7 months. My sponsor asked me what my problem was and I answered "alcohol, of course". I soon learned that alcohol was NOT my problem. I was the problem and still am. I landed in the Pathfinders* on March 11, 1956. I consider that my sobriety date. At that time, it was located at 1223 12th Ave, Downtown San Diego. I stayed there 60 days. The night before I was to go into the Pathfinders, the bartender at Turf Club on 25th street gave me a drink and said that it was my last one because he knew where I was going. I don't remember if I drank that drink, but it doesn't matter.

Because of my past, I became a taxi driver. I drove that cab for the first 20 years of my sobriety. A man that I 12th stepped stayed sober and later on became a judge. One day he called me in and put me to work and we started the first alternative sentencing project.

One day I picked up a man at the Airport and took him to the Sanford Hotel. He seemed to know a lot about AA in San Diego. When I told my sponsor about him, my sponsor asked me if I had gotten his name and I said "no". My sponsor said if I should ever see him again, ask for his name. About a month later that same man got into my cab again and this time I got his name. It was Bill Wilson. Well, the name didn't mean anything to me. When I told my sponsor who my passenger was, he said: "You stupid b*****d- he's the cofounder of AA".

When I left the Pathfinders, God, in his infinite wisdom, put me in an apartment between the Way back* and the Turning Point*, so no matter where I was going, I had to walk in front of one of those places! Also, I was fortunate to have an Agnostic for a sponsor. I had lost my Catholic faith and it took an agnostic to bring me back and find out who my God really is. The God that I have today is exactly the God I grew up with. The only difference is my attitude. I mention that because attitude is the most important thing in AA. Your attitude got you here and your change of attitude keeps you here.

Jim B. also told me that it was very important to work with others and I've been doing that ever since. By working with others, it keeps you from thinking too much about yourself. I have a couple plaques in my closet presented to me by the El Cajon Court, signed by all the judges, thanking me for the many years of service. The Attorney General of the United States called me a couple years ago and said that the Alternative Sentencing Program that I designed really improved the success rate of problem drinkers.

On my hat I wear a token that was given to me for speaking at the International Convention in 1985 at Akron. I've sponsored over 100 men. I sponsored one woman who got 51 years of sobriety. I also worked 5 years at the Veteran's Administration Hospital. I now see men in meetings that I worked with over the years. I am very pleased with my work in the court system. I've been blessed, except for the time I chose my 2nd wife from out of the Turning Point Recovery home. It lasted one week! I have 49 years of sobriety and I'm grateful.

Thank you for listening. Chuck C.

* indicates the name of a Recovery Home.

THE AA COORDINATOR NEWSLETTER COMMITTEE NEEDS YOUR HELP!

Have your Home Group sponsor a Fold and
Label party *once a year!*

Please contact Jym V. at 619-887-4793

had been published and there was some controversy surrounding it, but all concerned parties have come through that difficult time. I believe Tradition One was very much worth the trouble we all went through. That organization is still helping alcoholics stay sober to this day.

The second entity is the Southeast Alano Club. The Alano club was established in November of 1985. By then, the race issue wasn't felt as strongly as it had been in the fifties. Other issues were felt more deeply. Around this time, crack cocaine use was becoming epidemic in the African American community. The Imperial Group began to see people with cocaine addiction coming to the meeting because at the time there simply was nowhere else for them to go. The old timers of the Imperial Group realized the importance of keeping the focus of AA meetings on alcohol, yet they saw the need for a place where other types of twelve step meetings could be held. A number of Imperial Group members got together and began the process that birthed the Southeast Alano Club. By that time they knew that having the Group itself get involved was a bad idea. Nevertheless, without the members of the Imperial Group, the Southeast Alano Club wouldn't exist.

So the Imperial Group of Alcoholics Anonymous is as much a part of San Diego AA History as pretty much anything can be. Thanks to the Grace of God, it continues to be a vibrant, thriving meeting, extending the hand of AA to alcoholics every day.

Excerpt From The Story of "A Way Out"

So I went to my first AA meeting.

I was amazed to find cheerful, animated, well-groomed men and women in a clublike atmosphere. I listened to a visiting speaker tell simply his spectacular story of release from alcohol by following the "TWELVE STEPS" laid down in the AA program. I was introduced to many people and some of them told me briefly how they had successfully come back. There was something immeasurably consoling in realizing that I was a sick man, not a bad man; that I had a disease, not a vice; that I suffered from an allergy, just as another has an allergy to strawberries. I was comforted most of all because here was proof that there was a cure. If others could do it, I could.

To answer the inevitable "wise guy," who sees a racket in all human endeavor, let us point out that the modest organization maintained by AA is financed through the voluntary contributions of recovered alcoholics. There are no dues or fees. At our meetings we contribute to the "kitty" the price of one drink or one bottle, depending on how flush we are at the moment. No newcomer pays a nickel. Each of the groups is completely autonomous. The Alcoholic Foundation, Inc. New York, is the central clearing-house for information and advice, and helps each individual unit.

This pamphlet was written by members of the Corpus Christi Group, the original group of Corpus Christi, Texas. The stories in the pamphlet were first published in 1945 (one year after their formation) and we have a 1947 edition in our files. The SDIAA archives committee must help determine whether or not to keep this piece of AA history. If you would like to help, come join us at 6:30pm on the 2nd Wednesday of every month in the San Diego Central Office. For more information email the Archives Committee Chair, Harry S. at MrHerr@pacbell.net.

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Have the San Diego AA Coordinator delivered to your home for 1 year. For only \$12 That's only a BUCK A MONTH!

Mail to: CENTRAL OFFICE 7075-B MISSION GORGE ROAD SAN DIEGO, CA 92120-2454	Name _____	Address _____ _____ _____
BUCK A MONTH CLUB		



The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

*"What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."
Alcoholics Anonymous, page 85*

September 2005
VOL. VI, NO. IX

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Heard Around The Rooms

Keep Coming Back:

If an alcoholic does not hear what they need to at a meeting (especially a newcomer), this saying is telling us not to give up hope, to keep an open mind and to have willingness, two of the principles of the program. It is telling us to come back to a meeting the next day to hear what we need to on that particular day. If, on that next day, we still do not hear a message, which resonates with us, we need to remember this slogan, and "keep coming back", until we do hear what we need. This perseverance is an essential trait of the alcoholic who has gotten and remained sober.

90 Meetings in 90 Days:

When a newcomer first arrives into the arms of this program of Alcoholics Anonymous, it is recommended to attend 90 meetings in 90 days. This is suggested for a number of reasons, among them, to establish a solid foundation of recovery. This includes fellowship, of course, but more important is to get a strong sponsor to take the newcomer through the steps of recovery. This also helps establish a routine meeting schedule, where they can start to share their experience, strength and hope with others.

Attitude of Gratitude:

Above all, for us alcoholics, it is important to remain focused on the positive aspects of life. We cannot afford negativity and as it says in the book, resentment is the number one offender. We must keep our state of mind focused on what we have in our life that is good, and be grateful for it and our sobriety.

(Continue on Page 3)

Heard Around The Rooms

First Things First:

This particular saying focuses on the point that we alcoholics need to put our sobriety in front of all else in order to remain sober. We need to see what is important in our lives, yet keep one thing, sobriety, first. If we want to keep all else that is important to us; family, job, house, etc, all of that needs to stay behind the front lines of our sobriety. Whatever we put in front of our sobriety, we will lose no matter how much we cherish it. That is the nature of our disease.

There, But For The Grace Of God, Go I:

Our sobriety is a gift from God and this saying reinforces that sacred knowledge. If we as alcoholics, who are prone to slipping into the negative recesses of our minds, can remember this saying on a daily basis, we can keep our thoughts and actions away from our self-centered and self-seeking habits and focus on helping others. This will help us to continue our daily reprieve from alcoholism.

It's The First Drink That Get's You Drunk

For us alcoholics, once we take that first sip of alcohol, we are through. We have an allergy of the body, which then triggers an obsession of the mind. So there is no one drink for most of us. That is why it is the first drink that gets us! We get the alcohol into our bloodstream and then rationalize drinking more because the obsession takes over. Then we are through. That is why the Big Book tells people who aren't sure if they are truly an alcoholic to go to a bar and try to have just one drink and then stop. If they are an alcoholic, the book says that they won't be able to stop after one drink.

Think, Think, Think

Think before you take that first drink. Think to call your sponsor. Think to call someone you know or central office if you have no one person to call. Go to a meeting. Think about your condition on a daily basis. Before we alcoholics get to the point of taking a drink, there are, usually, signs. We start to feel restless, irritable and discontent. Those feelings are signs that we need some thing or to take some action. Maybe go to a meeting, or to get some resentment off our chest, anything. We must remain vigilant. It is our only hope for long-term sobriety.

F.E.A.R.

Some in the program think this stands for false emotions appearing real. Others think it means face everything and recover. I believe once you realize your false emotions appear real, you can face everything and recover.

Fake It Till You Make It.

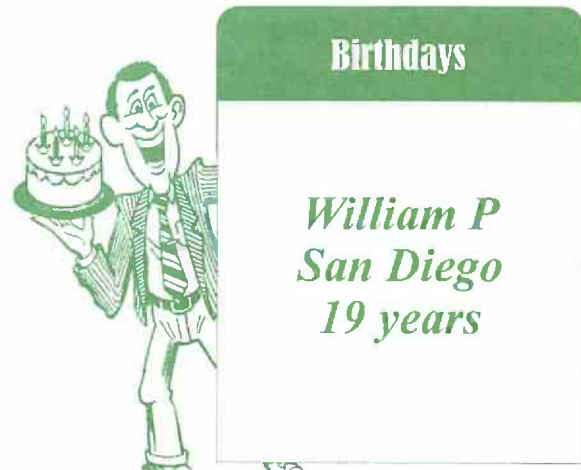
Pretend you are doing the deal if you don't quite yet get it. Eventually the fog will lift and you will get it. Just going through the motions enough times will help you.

H.A.L.T.

This represents Hungry, Angry, Lonely and Tired. People in the program refer to halt if you are hungry, angry, lonely or tired. Supposedly, there is no reason you should ever be any of these things in this program. There are enough people to reach your hand out to avoid these troubles.

(Continued on page 15.)

*Many A.A. Members celebrate their birthday
By sending a donation of one or two dollars for each year of
sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form
provided in this column.
All Birthdays submitted will be published in this
Section the month following the birthday.*



Birthday Gratitude For:

Name _____

City _____

Sobriety Date _____

Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Wholesale Miracles (Wed) (Codes: G L)
3900 Cleveland Ave @ Church
Wednesday @ 7 PM Hillcrest

Sorrento Step Study (Code *)
5703 Oberlin Dr # 101 @ Office Bldg
Friday @ Noon Sorrento Valley

RELOCATE

Del Mar Tues Lunch Bunch
2710 Via De La Valle @ Restaurant
(was 667 San Rodolfo Dr #133)
Tuesday @ Noon Del Mar

Meetin' In The Ladies Room
2621 Ingulf St (2nd Fl, Rm B) @ Store
(was 2633 Denver St)
Tuesday @ 6 PM

La Mesa Open Discussion
8450 La Mesa Blvd @ Senior Ctr
(was 4910 Memorial Dr)
Tuesday @ 8 PM La Mesa

Santee Serenity Group
9230 Prospect Ave @ Church
(was 9225 Carlton Hills Blvd)
Wednesday @ 7 PM Santee

Del Mar Thur Lunch Bunch
2710 Via De La Valle @ Restaurant
(was 667 San Rodolfo Dr #133)
Thursday @ Noon Del Mar

Simple Step Workshop For Women
7776 Eads Ave @ Church (St James Hall)
(was 743 Prospect St)
Thursday @ 6 PM La Jolla

NAME CHANGE

Wholesale Miracles (Tues)
(was Miracle Literature) (Codes: G L)
3909 Centre St Rm #2 @ Serv Ctr
Tuesday @ 7 PM Hillcrest

CODE CHANGE

Fishermen In Recovery (Code: *)
9940 River St @ Club
Tuesday @ 6:30 PM Lakeside
NO LONGER 'MENS'

Lake Murray Lunch Bunch (Code: * W)
5504 Kiowa Dr @ L.M. Concession Stand
Wednesday @ Noon San Carlos
IS NOW A 'WOMENS' MEETING

Coordinating Council Attendance

The following 47 groups attended August's Coordinating Council
There are 737 registered groups in San Diego
WAS YOUR GROUP THERE?
NEXT COUNCIL MEETING IS: THURSDAY, September 8th, 2005

92037 Group
Allied Gardens Step Study
Back To Basics
Back To Basics For Women
Cedar St Mens
Clairemont Mens
Downtown Discussion
Early Morning Recovery
Early Risers (PB)
Easy Does It Riders
El Cajon Nooner
Evening Serenity
Fourth Dimension
Friday Night Womens
Great Fact Group
Harmony Group
Haul Your Hiney Out Of Bed
Hip Slick & Sick Young Peoples
Imperial Beach Group
Imperial Mens Group
La Jolla Monday Womens
La Jolla Soledad Mens
La Jolla Thursday Night
La Mesa Step Study Workshop

La Mesa Womans Sat Morning
Lake Murray Womans
Lakeside Drunks
Midway Bridge
Mid-Week Mens
Mira Mesa Early Risers
Mission Hills Beginners
Mission Possible
Monday Night Big Book Study
Morning Attitude Adjustment
OB Peer Group
Old Town Speakers
Rise & Shine
Rule 62 Group
San Carlos Single Purpose
Santee Saturday Night Speakers
Scripps Ranch Mens
South Clairemont
Sunday Midday
Sunday Morning At The Grove
The Blvd Desperados
Tuesday Night Participation
Womans Gut Level

DAY ADDED

Early Morning Recovery Clairemont
4736 Clairemont Mesa Bl @ Store
Daily Mo-Su @ 8:30 AM (Sat 9 AM)

RELOCATE & TIME CHANGE

Mission Bay Speakers
3740 Sports Arena Blvd Rm 2 @ Serv Ctr
(was 1050 Thomas Ave)
Sunday @ 10 AM (was 10:30)Loma Portal

CANCELED

The Way To Go Group
Calle Abelardo L Rodriguez #111 @Home
Wednesday @ 10 AM Ensenada, MX

Eyes Wide Open
End Of Rockaway Ct @ Beach
Sunday @ 6 PM

Thanks to our Daytime Volunteers

Robert, Bobette, John, Candy, Terry, Bob, Chris, Pam, John, Dick,
Howard, Mike, Jeff, Richard, Ann, Bob, Mary, William, Steve, Ted, Jan,
Paul, Larry, Becky, Terry, Roy, Joel, Dana, Frank, Carol, Earl, Dan,
Tim, Debra, Judy, Joy, Joe, Diane, David, George, David, Sharon,
Kathy, & Kathi

Minutes of the Coordinating Council
Thursday, August 11th, 2005

Larry T. - Coordinating Council Chair, called the 721st meeting to order at 7:35 pm. Kelly read the 12 Traditions. Council Definition and Purpose read by Danny. There were 7 new Coordinators. There was 1 birthday. 7th Tradition was \$69.50. Roll Call: Rigel, Assistant Council Chair reported 47 groups were represented. There was a quorum (33). It was M/S/C to approve the minutes of the July meeting. H & I Representative: Brian – H & I Co-Director invited members to participate on H & I panels and shared about H & I literature “green cans” for groups to pass around at their meetings for literature to go into jails & treatment centers. Brian shared of his intention to help lines of communication between H & I and the fellowship at large. There is currently an ad-hoc committee reviewing guidelines. His contact phone number is: 619-224-2561 and email is: BrianK@modernpostcard.com.

Area Assembly – NO REPORT.

AFTER HOURS PHONE COMMITTEE:

Bill, committee member reported:

- 1) There are currently no OPEN nights.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 8/9/05 at 6:010 pm. Present: Robert H., Tim L., Steve T. Larry T., Rigel, Shanda R. and Connie J., Manager. Excused Absent: Peter A. There was a quorum.

- 1) It was M/S/C to approve the minutes of the July meeting.
- 2) It was M/S/C to approve the July Financial Statements.
 - a) Our July YTD net income was \$2,799.46, which represents a significant improvement over last month reflecting increased contributions in July.
 - b) Our July YTD total Income was \$75,282.93 on plan for the year. Our July Contributions were \$10,454.18. *A Big Thank You* to all the Groups who responded to our message for financial support for Central Office/Intergroup.

c) Our expenses are in-line with 2005 budget.

Manager's Report

- 1) August's Book of the Month is: “As Bill Sees It” (soft cover) on sale for \$5.75.
- 2) September's Book of the Month is: “Pass It On” on sale for \$8.00.
- 3) TORONTO AA Int'l Convention SOUVENIR Books are available at Central Office for \$10.00.
- 4) Alternate Saturday Daytime volunteer phone shift is available: 1 pm – 5 pm.
- 5) Working with Thom H., Area Archivist to create an Archives Cataloging Database for local San Diego/Imperial Area Archives.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks.

Old Business:

- 1) Need 1 woman committee member.

New Business:

- 1) Made new assignments for the BC members.
- 2) It was m/s/c to increase to \$30 for our monthly website updates by Webmaster.
- 3) It was m/s/c to bring forward Amendment of the *Guidelines and Procedures of the Business Committee* to the Coordinating Council.

COORDINATOR NEWSLETTER: Connie J. reported for Jym V. who was unavailable.

- 1) October's Issue: “Spirituality” Submissions need to be in by Thursday, August 25th.
- 2) Stories may be submitted at any time – they do not have to be on the current topic. We need personal stories of recovery.

3) HOME GROUP SPONSORSHIP OF A FOLD AND LABEL PARTY. IT'S FUN AND FELLOWSHIP. SO FAR, WE HAVE 3 WOMEN'S GROUPS SIGNED UP, WHERE ARE THE MEN?

- 4) Anyone wishing to submit a flyer to be inserted in the Coordinator Newsletter needs to come to our committee meeting for approval.

Continued on Page 6.

Continued from Page 5

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

1) The committee visited eight NEW groups this past month and there are two new Coordinators here tonight.

2) THE COMMITTEE REALLY NEEDS THE HELP OF OTHERS TO VISIT THE GROUPS WITHOUT COORDINATORS.

ORIENTATION & GUIDELINES: Winona, member reported that committee met on Thursday, 8/11/05. Present: Larry, Winona, and Linda.

- 1) Orientated 3 new Coordinators and 3 new Alternates.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) Next orientation is Thursday, 9/8/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 7/24/05. Present were: Les, Joe, David and Laura Absent: Andrea & Brian.

- 1) Next upcoming event will be the AA in San Diego Anniversary Breakfast on November 5th at Anchors & Spurs from 9 am-12 noon. If anyone is available to help make centerpieces, please contact Les at 858-560-5752.
- 2) Committee in need of two new members.

PUBLIC INFORMATION COMMITTEE: Connie J. reported for Felice who was unavailable.

- 1) There are no P.I. Commitments the month of August. Summer – Schools are out.
- 2) Volunteer Speaker List was updated. Have A strong need for Young People to attend High School Presentations as peer group to share.
- 3) AA members interested in being a speaker, please come to PI Committee meeting on the 1st Monday of the month at Central Office at 6 pm.

4) Will be sending announcement letters to schools at beginning of school year to inform teachers of our availability to come share with their classes.

5) Committee approved two PI members to be forward to Council for approval. Erica-3 yrs and Jill – 11 ½ years.

OLD BUSINESS:

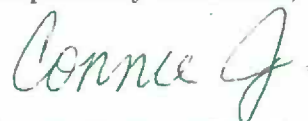
- 1) Kelly (SOB 3/2/01) was approved to serve on the Business Committee.
- 2) Program Committee needs 2 new members.
- 3) Public Information Committee NEEDS 3 members. The Public Information Committee must first approve members for this committee.

NEW BUSINESS:

- 1) Robert H., Business Committee Chair presented a proposed amendment to the *Guidelines and Procedures of the Business Committee* “to amend the current salary ranges to reflect the current market based upon research of California Central Offices and an Outside Consultant of San Diego Compensation Surveys”. Discussion was held.
- 2) Reminder announcement to Standing Committees that committee budgets will be presented to Council at October meeting for approval in November.

Meeting adjourned at 9:00 pm with the Serenity Prayer.

Respectfully submitted,

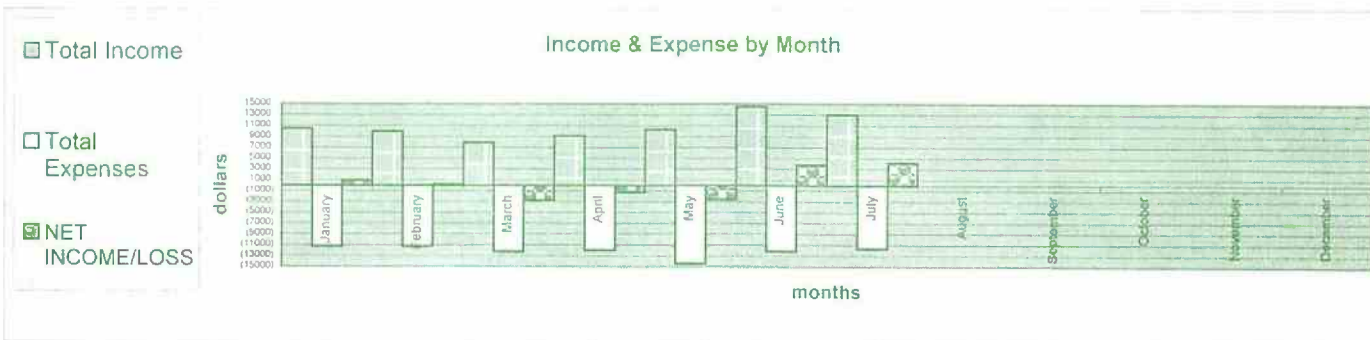


Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses

July 31, 2005

	July '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Ordinary Income/Expense						
Income						
Contributions Group	10,454.18	80.42%	68,349.40	63,316.18	5,033.22	112,000.00
Contributions Individual	2,371.78	18.25%	4,731.49	1,399.49	3,332.00	8,548.00
Contributions SDIAA	-	0.00%	1,230.00	840.00	390.00	1,230.00
Interest - Checking	2.54	0.02%	19.24	18.79	0.45	50.00
Interest - Cert of Deposits	170.87	1.31%	952.80	495.77	457.03	1,130.00
Total Income	12,999.37	100.00%	75,282.93	66,070.23	9,212.70	122,958.00
Expense						
2003 CO / Intergroup Seminar	-	0.00%	-	-	-	-
Archives Room	177.89	1.37%	991.82	-	991.82	1,450.00
Accounting & Legal	225.00	1.73%	4,590.00	4,235.00	355.00	5,500.00
Auto/Travel/Seminar	86.97	0.67%	729.60	742.46	(12.86)	1,500.00
Bank Service Charges	2.00	0.02%	79.00	64.00	15.00	100.00
Cash (Over) Short	(12.46)	-0.10%	(11.47)	(44.10)	32.63	(100.00)
Checks Returned - Bad Debt	-	0.00%	78.08	5.00	73.08	50.00
Depreciation	86.44	0.66%	825.80	1,120.00	(294.20)	1,258.00
Equipment Maint & Repair	63.55	0.49%	397.60	388.93	8.67	900.00
Equipment Purchase	-	0.00%	102.19	-	102.19	500.00
Insurance	111.15	0.86%	822.10	1,126.70	(304.60)	1,413.00
Office Maint. & Repairs	107.00	0.82%	321.00	247.91	73.09	1,000.00
Office Supplies	393.29	3.03%	2,031.01	2,562.70	(531.69)	4,000.00
Postage - Return Mail	1.30	0.01%	24.18	60.54	(36.36)	100.00
Rent	1,586.00	12.20%	10,918.00	11,032.00	(114.00)	18,848.00
Taxes	-	0.00%	35.00	55.00	(20.00)	35.00
Telephone	233.93	1.80%	1,630.27	1,507.97	122.30	2,700.00
Utilities-Electricity	295.71	2.27%	3,078.29	2,289.92	788.37	4,000.00
Website	12.00	0.09%	226.65	226.65	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	492.98	3.79%	3,577.23	3,176.12	401.11	6,286.00
Employee Wages	6,444.20	49.57%	43,833.12	40,599.34	3,233.78	73,980.00
Employee 403B Contribution	80.00	0.62%	550.00	487.50	62.50	1,000.00
Employee Health Benefit	706.23	5.43%	4,904.75	4,194.57	710.18	8,350.00
Insurance-Worker's Comp	83.36	0.64%	729.52	1,222.51	(492.99)	1,343.00
Total Expense	11,176.54	84.61%	80,463.74	75,300.72	5,163.02	134,713.00
Net Ordinary Income	1,822.83	14.02%	(5,180.81)	(9,230.49)	4,049.68	(11,755.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	2,833.11	21.79%	12,350.33	9,575.50	2,774.83	20,500.00
Total Other Income	2,833.11	21.79%	12,350.33	9,575.50	2,774.83	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	467.20	3.59%	4,370.06	5,756.11	(1,386.05)	8,745.00
Total Other Expense	467.20	3.59%	4,370.06	5,756.11	(1,386.05)	8,745.00
Net Other Income	2,365.91	18.20%	7,980.27	3,819.39	4,160.88	11,755.00
Net Income	4,188.74	32.22%	2,799.46	(5,411.10)	8,210.56	-



Contributions July 2005

Group Name	Jul-05	Ytd 05	Group Name	Jul-05	Ytd 05
11th Step Journey -2622	-	100.00	Easy Risers - 854	-	400.00
11th Step Meeting - 2322	-	21.00	El Cajon Daytime - 52	175.00	525.00
12 X 12 Happy Hour Step Study - 111	-	26.00	El Cajon Navajo Road Group - 102	-	100.00
24 Hour Group Mixed - 370	-	30.00	El Cajon Nooner - 2638	-	200.00
4th Edition Big Book - 2569	-	55.00	El Cajon Womens Serenity - 77	-	191.80
4077 Mash 11th Step - 2027	-	80.00	Evening Serenity - 2305	-	840.00
92037 Group - 861	200.00	440.00	Eye Opener Group - 607	-	1,434.00
AA By The Bay - 629	-	320.00	Faculty Group - 1645	62.98	122.98
A New Way To Live - 846	200.00	200.00	Fifth Chapter Group - 112	90.00	90.00
A Sense Of Belonging Womens - 1205	-	120.00	Fireside Step Study -	-	423.00
A Womens Meeting -1717	-	540.00	Free To Be - 935	-	225.00
Adams Avenue Big Book Study - 1892	-	100.00	Fresh Air Friday - 266	365.21	719.89
Ailled Gardens Friday Lunch - 766	-	112.81	Fresh Start Beginners - 1614	-	17.02
Allied Gardens Step Study - 1629	-	200.00	Fri Nite Cedar St - 1662	-	189.11
Alpine Mixed Step Study - 2621	100.00	278.80	Friday Morning Womens - 104	-	275.00
Alpine Womens Candlelight - 1684	-	46.72	Friday Nite Special - 2401	-	200.00
Another New Beginning - 144	-	450.00	Friday Nite Weeks End - 1856	125.00	325.00
Another Sober Tuesday - 1952	-	545.87	Golden Hill Sun Discussion - 1706	-	113.02
Arragon Sober Mens - 2598	-	5.00	Goldmine Speakers - 2613	-	79.80
As Bill Sees It - 324	-	40.00	Good Fortune Hui Group - 491	-	240.00
At One With Each Other - 789	-	70.00	Good Morning AA - 1888	-	200.00
B.Y.O.B. (North Park) 203	30.00	190.00	Great Fact Group - 895	150.00	524.56
Back To Basics - 1026	-	900.00	Happy Destiny - 2436	50.00	450.00
Barefoot - 139	-	191.80	Happy, Joyous & Free - 363	-	50.00
Battery Chargers - 98	150.00	300.00	Harmony Group - 585	-	320.00
Bay Park Step Study Group - 299	-	130.00	Haul Your Hiney Out of Bed - 704	-	90.00
Bayside Big Book Study - 1610	-	150.00	Here and Now Progressive - 1667	-	30.00
Beach Area Beglnners One-272	100.00	220.00	HI-Nooners - 673	-	40.00
Beautiful Beginnings - 552	-	85.00	Hip Slick & Sick Young Peoples - 762	-	545.65
Beginners Big Book Study - 1680	-	10.00	His Majesty The Baby - 2427	20.00	210.00
Beginners Steps to Sobriety - 1007	-	50.00	I.B. Sober Steps & Traditions - 1519	-	62.00
Big Bon-Fire Meeting - 1894	-	310.20	I.B. Experience, Strength & Hope 2652	-	120.00
Big Book & 12 x 12 Study - 100	40.00	100.00	Imperial Beach Group - 79	63.82	437.99
Bonita Boozers - 2179	-	172.00	Imperial Mens Group - 869	20.00	40.00
Butterfly Group - 48	-	40.00	International Group - 23	-	60.00
Butts Out Smokeless - 1764	-	36.00	Jamul Open - 63	-	48.00
Cajon View Open Disc - 471	40.00	300.00	Kick Start Your Heart - 2430	40.00	80.00
Carrying The Message - 2458	-	110.00	La Jolla Basic B/B Study - 2154	-	123.00
Casa De Oro Tradition Five - 503	-	485.50	La Jolla Beginners Group - 82	350.00	750.00
Casa De Oro Weds Nite - 2049	-	140.00	La Jolla Big Book - 84	-	174.00
Cedar St Mens - 1698	-	465.50	La Cove Beginners - 1265	550.00	550.00
Chula Vista 4 Min Speakers - 1568	-	215.00	La Jolla Discussion Group - 85	-	552.07
Chula Vista Friday Night - 837	-	100.00	La Jolla Lunch Bunch - 622	-	150.00
Citizens Again - 2658	-	45.00	La Jolla Mens - 692	-	275.00
Clairemont Daytime Step Study - 427	-	88.00	La Jolla Monday Womens - 87	-	180.00
Clairemont Discussion - 314	-	228.88	La Jolla Nonsmokers Disc - 88	-	600.00
Clairemont Mens - 301	225.00	820.00	La Jolla Patio Group - Wed - 613	-	6.00
Clairemont Mixed Discussion - 338	107.25	107.25	La Jolla Patio Group - Fri - 758	-	24.00
Clairemont Open Discussion - 308	-	100.00	La Jolla Pump House Group - 696	-	169.18
Clairemont Step Study - 482	-	50.00	La Jolla Soledad Mens - 717	-	791.50
Clairemont Thurs Brown Bag - 315	120.00	170.00	La Jolla Speakers - 578	-	260.00
Clairemont Womens - 340	-	96.34	La Mesa Mens - 106	-	450.00
Clairemont Womens Step Study - 341	60.00	410.00	La Mesa Step Study Workshop - 1621	-	349.11
Class Acts - 1845	78.00	209.53	La Mesa Womens Sat. Morning - 416	145.26	355.26
Coffee Clutchers - 2332	-	225.00	Lake Murray Lunch Bunch - 2701	-	143.65
Conscious Contact Study Grp - 2282	60.00	180.00	Lake Murray Womens - 572	-	362.50
Coronado Beginners - 344	-	45.00	Lakeside Happy Hour - 2285	-	180.00
Coronado Big Book Study - 1644	-	50.00	Lemon Grove Speakers - 257	20.00	45.00
Coronado Nooners - 497	125.00	492.00	Linda Vista Mens - 106	50.00	75.00
Coronado Prospect Discussion #1 - 350	-	20.31	Linda Vista Thursday Night - 319	-	200.00
Coronado Senlor and Sober Disc. - 1711	32.00	162.33	Little Apple Group - 1438	100.00	250.00
Coronado Step Study - 1523	-	50.00	Living Free - 477	-	610.00
Coronado Sunday Noon - 1830	80.00	160.00	Loma Portal Discussion - 1628	-	33.00
Coronado Sundowners - 1634	-	205.00	Lotus Womens Step Study - 1647	-	50.00
Coronado Womens Meeting - 1656	-	117.00	Love and Truth 12 x 12 - 1617	102.00	165.00
Coronado Young Peoples - 405	-	240.00	Lunch With Bill W Bunch - 774	-	150.00
Cowles Mt Smokeless Discussion - 681	40.00	135.85	Lunchtime Friends - 964	26.20	78.60
D.D.G.T.M. - 767	-	200.00	Meetin' In The Ladies Room - 2614	-	30.00
Dawn Patrol - 263	443.77	2,240.14	Men and Womens Monday Night - 95	-	150.00
Deerhorn Group - 2063	50.00	100.00	Mens Step Study (CV) - 965	-	50.00
Designs for Living - 488	-	259.00	Mens Step Study (LJ) - 2643	-	273.00
Diamond St Mens Step Study - 569	-	630.00	Mens Structured Step Study - 1469	37.50	160.00
Dignity Unlimited - 205	-	147.00	Midway Bridge - 2171	-	163.00
Doctors and Lawyers Group - 391	-	459.00	Mid-Week Mens - 560	172.36	432.36
Downtown Discussion - 1665	-	670.26	Mira Mesa 12 Step Study - 377	20.00	20.00
Downtown Noon Discussion - 1607	-	90.00	Mira Mesa Early Risers - 967	-	220.00
Drunks Only - 1605	424.90	1,991.15	Mira Mesa Womens - 411	-	80.00
Early Birds - 1666	-	50.00	Miracle Literature - 2635	-	108.50
Early Risers (PB) - 264	250.00	377.50	Miracles On Mondays - 565	-	174.56
Early Morning Recovery - 2688	-	21.00	Misfit Mens - 2486	-	175.00
East County Mens - 1905	-	69.00	Mission Bay Sat Night Speakers - 271	-	80.00
East Side Group - 101	35.00	185.00	Mission Bay Speakers - 1692	-	210.00
Easy Does It Riders - 21	145.24	357.64	Mission Hills Beginners - 1612	-	238.00
Easy Does It Speakers - 114	100.00	360.00	Mission Hills Fri. Night Group - 2576	-	120.00

Contributions July 2005

Group Name	Jul-05	Ytd 05	Group Name	Jul-05	Ytd 05
Mission Hills Weds Lunch Bunch-2675	-	550.00	The Boulevard Desparados - 2262	-	70.00
Mission Possible - 131	-	166.21	The Gong Show - 267	-	100.00
Mon Eve Smokeless Dinner - 1723	-	108.00	The Other Meeting - 857	-	1,000.00
Monday Mens Gut Level Group - 677	-	45.00	Three Legacies Group - 2194	-	150.00
Monday Night Big Book Study - 2345	-	50.00	Thursday Night Sobriety - 475	-	200.00
Monday Night North Park AA - 222	-	179.50	Thursday Promises Promises - 749	-	210.00
Monday Nite Live - 643	100.00	180.00	Thursday Step Study - 2025	-	90.00
Morning Attitude Adjustment - 768	-	767.50	Thursday Steps - 646	-	155.14
Morning Glories Womens S/S - 543	-	66.00	Tierrasanta Big Book Study - 1790	-	100.00
Mother Earth Viejas Rez - 2019	-	30.00	Tierrasanta Friday Night - 2645	-	178.26
Mt Step Study - 2578	-	60.00	Top of the Hill - 41	-	100.00
No B.S. Mens - 1972	-	50.00	Torrey Pines Open Discussion - 94	150.00	150.00
Noon At The Grove - 628	265.00	1,385.00	Torrey Pines Thurs Nite Disc. - 365	-	5.00
Noon to One AA - 2029	600.00	600.00	Traditions Study - 2336	120.00	120.00
Nooners Anonymous - 1164	-	180.00	Tues Night Big Book Step Study - 1813	120.00	220.00
Noontime on the Patio - 2203	-	185.00	Tues Night Mens - 2123	-	140.00
North Clairemont Sat Nooners - 2572	-	40.00	Tues Rule 62 Lunch Group - 590	-	294.00
North Shores Breakfast - 275	-	150.00	Tuesday Morning Alpine - 440	66.14	235.91
North Shores Breakfast Disc. - 276	-	170.00	Tuesday Night Participation - 905	50.00	150.00
OB Peer Group - 2130	-	120.00	Two A's Over Easy - 2106	75.00	275.00
Old Timers Group - 2037	-	90.00	University City Disc. - 368	50.00	100.00
One Step at a Time Runners - 1664	121.20	121.20	University City Womens - 369	-	75.00
Original Tues Night Step Study - 2124	-	160.00	Victory Group - 2108	75.00	95.00
Over 50 - 840	-	25.00	Wandering Women - 2298	-	60.00
Over The Bridge - 2689	189.36	323.49	War Fever -880	-	64.00
Pacific Beach Weekend Warmup - 725	-	684.00	Warm and Friendly - 42	60.00	60.00
Pass It On Group - 170	-	50.00	Water Walkers - 5	-	60.00
Point Loma Mens - 245	-	220.00	Water Walkers Too - 1946	210.00	1,304.00
Point Loma Saturday Morning - 1240	-	271.00	We've Come Along Way - 1616	-	58.56
Point Loma Tuesday Night - 2648	-	2.13	Wednesday Night Promises -2167	25.00	25.00
Point Loma Nooners - 1606	-	75.00	Wednesday Winners Circle - 496	-	47.88
Porter Hall Group - 109	100.00	211.00	Wednesday Womens Study - 2281	-	34.00
Porter Hall Structured S/S - 97	175.00	275.00	Weds Rule 62 Lunch Group -687	-	150.00
Practical Solutions - 2398	-	33.00	What Now - 325	50.00	150.00
Primary Purpose - 287	60.00	60.00	Womans Let Go and Let God - 445	-	290.00
Progress Rather Than Perfection - 26	-	80.00	Women In Harmony - 1807	60.00	190.00
Pt Loma Fri Afternoon Step Study - 244	-	95.00	Women To Women - 2066	-	120.00
Pt Loma Womens Discussion - 1608	-	443.29	Womens Step Study - 296	65.96	214.57
Resentment and A Coffee Pot - 2561	-	175.00	Womens Way to Recovery -838	-	20.00
Right Turn Group - 1900	100.00	175.00			
Rise & Shine - 2170	-	900.00			
Round Table Discussion - 123	-	50.00			
Safe Sane and Sober - 1350	-	433.00			
San Carlos Single Purpose - 583	-	40.00			
San Diego Doctors Step Study - 194	-	200.00			
Santee Saturday Night Speakers - 2656	-	75.00			
Santee Thursday Closed Mixed - 145	-	24.00			
Santee Serenity Group - 1943	-	125.00			
Santee Sunday Nite Smokeless - 1705	-	100.00			
Sat Mens Early Awakening - 2209	-	200.00			
Sat Night Early Discussion - 336	-	405.00			
Sat Night Live - 2173	-	200.00			
Sat Open Discussion - 322	-	53.00			
Saturday A.M. Live - 782	-	142.23			
Saturday Mens - 1730	-	60.00			
Saturday Night Candlelight - 1914	40.00	160.00			
Scripps Ranch Mens - 1924	-	80.00			
Senior Serenity Meeting - 209	-	50.00			
Serendipity Womens - 1642	-	50.00			
Sky Hi Womens - 1633	-	165.00			
Smokeless Drunks Luncheon - 1008	260.00	500.00			
Smokefree La Mesa Womens - 635	-	137.50			
Sober Camels Speakers Meeting - 2296	97.00	297.00			
Sober Nooners - 196	53.03	271.53			
Sober Serenity Seekers - 887	-	141.00			
Sole Purpose Group - 1657	-	240.00			
South Bay Guys & Gals Disc - 35	-	20.00			
Spiritual Awakening - 2275	448.00	2,816.00			
Spiritual Awakenings Step Study - 2601	50.00	100.00			
Spring Valley Step Study - 125	40.00	40.00			
Stadium Group - 372	50.00	50.00			
Step by Step - 1486	-	60.00			
Step Sisters - 2155	-	60.00			
Straight Shooters - 198	-	77.25			
Sunday Beach Sun - Day - 568	-	235.00			
Sunday Kind Of Love - 429	-	198.41			
Sunday Midday - 161	-	108.00			
Sunday Morning At the Grove - 117	50.00	130.00			
Sunday Morning Eleveth Step - 1206	-	100.00			
Sunday Morning Spitiual Meeting - 1700	-	105.00			
Sunday Serenity - 47	200.00	320.00			
T.G.I.F. -1658	100.00	100.00			
Take Five - 1323	-	337.00			
Thankful Thursdays - 2542	100.00	100.00			

**Thank you for supporting
YOUR Central Office.
July 2005**

Group Contributions:	\$10,454.18
Individual Contributions:	\$2371.78
Literature & Interest Income:	\$3006.52
Total Income:	\$15,832.48
Central Office Expenses:	\$11,176.54
Committee Expenses:	\$467.20
Total Expenses:	(\$11,643.74)
July Net Income:	\$4,188.74
YTD Net Income:	\$2,799.46

July Individual Contributions = \$2371.78

Tom R. Daniel Y.
Brent H.. Connie J.
Robert H. William P
Brian S

**Individual members may also make
 contributions to Central Office up to \$2000
 per year. Some choose to contribute \$1 or
 \$2 on their sobriety birthdays for each sober
 year.**

CENTRAL OFFICE NOTES

- August's Book of the Month: "As Bill Sees It" soft cover sale: \$5.75 reg \$6.60
 - September's Book of the Month: "Pass It On" – Sale: \$8.00 (reg. \$9.00)
 - There are **TWO NEW Grapevine Book** items:
 - 1) The Homegroup-Heartbeat of AA (revised with more stories) and
 - 2) I Am Responsible – The Hand of AA.
 - 3) Will be available at Central Office latter part of August.
 - 2005 AA International Convention in Toronto Souvenir Books for anyone who didn't have a chance to go. It's a great collection of short excerpts of our AA history for 70 years along with a DVD featuring recordings of Henrietta Sieberling, Sister Ignatia, Ebby, Bill W, Dr Bob..... 18 in all. On sale for \$10.00 each.
 - FREE tours of the new San Diego Area Archive's Room at Central Office. It is a joint effort between San Diego & North County Intergroups , along with San Diego/Imperial Area Assembly. The room is open Monday-Saturday 9 am – 5 pm.
- NEW FALL SCHEDULE will be going to print on September 9th, so if your group has a meeting change, please get it to Central Office before then.
- *"I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible."* Central Office is looking for AA members to sign up on our 12 Step daytime and night time lists. When someone calls the office and needs to speak to someone about their problems with alcohol, then we call a member on our 12 step lists.
 - Call Central Office and register as Secretary of your Group and we will mail you the monthly *Coordinator* Newsletter and Our "NEW" Secretary Handbook for your group or better yet, come visit us at central office.

CENTRAL OFFICE

PHONE CALLS FOR July 2005

TOTAL CALLS FOR MONTH 3034	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2049	563	43
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	254	102	23

WEB SITE HITS: July = 6,581 Total 230,805

September 2005 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Mission Hills Beginners	La Jolla Soledad Men's	Unconditional AA
4	5	6	7	8	9	10
Adams Ave Big Book La Mesa Open Discussion	Over The Bridge	Dawn Patrol	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too	East Side Group
11	12	13	14	15	16	17
La Mesa Women's Sat Morning P. B. Early Risers	La Jolla Speakers	Mission Possible	El Cajon Daytime	Old Town Speakers	Evening Serenity	Fourth Dimension
18	19	20	21	22	23	24
South Clairemont Mon Night North Park AA	Smokeless Drunks	Lake Murray Womens	Cedar St Men's	North Shores Breakfast (Sunday)	Fireside Step Study	Imperial Beach Group
25	26	27	28	29	30	
Clairemont Men's Downtown Discussion	Drunks Only	Easy Risers	North Park Men's	Harmony Group	Diamond Street Mens	

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - (619) 549-5106
Or Connie at Central Office (619) 265-8762

September 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm		Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm		<u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm <u>District 9</u> Serv Cir 485 Broadway #E El Centro 7:00 pm	Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	
4	5	6	7	8	9	10
<u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	HOLIDAY CENTRAL OFFICE CLOSED <u>District 8</u> Office Bldg 755 Emory St Chula Vista 8:00 pm <u>Public Information Committee</u> Central Office 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm <u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm	<u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm	<u>Coordinating Council</u> Church 6 th & Nutmeg Orientation Committee 6:00 pm (2 nd floor) New Coordinators 6:30 pm (2 nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting <u>Area Agenda Committee</u> Central Office 7:00 pm		
11	12	13	14	15	16	17
<u>Grapevine Committee</u> Central Office 4:00 pm	<u>District 6</u> Serv Cir 3425 5 th Ave Hillcrest 6:00 pm <u>Area Finance Committee</u> Central Office 6:00 pm <u>Area Newsletter Committee</u> "Keith" Restaurant 1-15 & Miramar Rd 6:30 pm	<u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm <u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm <u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm	<u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm <u>Archives Committee</u> Central Office 6:30 pm <u>Audio/Visual Committee</u> "IHOP" Restaurant Rancho Penasquitos Bl 6:00 pm			<u>BIG DAY</u> <u>Area Assembly</u> Escondido
18	19	20	21	22	23	24
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm <u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm		<u>H&I Committee Orientation</u> Central Office 7:00 pm <u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm		<u>Archives Committee</u> <u>Open House</u> Central Office 1:00 pm - 4:00 pm
25	26	27	28	29	30	
<u>Program Committee</u> Central Office 6:30 pm	<u>District 5</u> Church 5050 Milton Clairemont 7:00 pm <u>C.P.C Committee</u> Central Office 7:30 pm	<u>After-Hours Phone Committee</u> Central Office 6:30 pm <u>Accessibilities Committee</u> Central Office 7:00 pm <u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm	<u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm <u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm	<u>Coordinator Newsletter Committee</u> Central Office 6:00 pm		

SPEAKER MEETINGS

South Bay Speakers Opened Mixed
270 "C" St., Chula Vista
Time: Saturday at 7:45 pm

Saturday Night Speakers
Church 9140 Akard St., Spring Valley
Time: Saturday at 7:00 pm

Easy Does It Speakers Meeting
Church 2770 Glebe Road
Lemon Grove, CA 91945

Sept 2	Rick M	San Diego
Sept 9	Ray	San Diego
Sept 16	Ralph	San Diego
Sept 23	Darwin	San Diego
Sept 30	Victoria	San Diego

Mission Bay Saturday Speakers Meeting
USD Campus, Marion Way
Founders Hall Room #124
Time: Saturday at 8:00 pm

Old Town Speaker Meeting
123 Camino de la Reina, Mission Valley
Time: Sunday at 7:00 pm

Sept 4	Mark H.	Dana Point
Sept 11	Norma Jean	Riverside
Sept 18	Larry L.	Pacific Beach
Sept 25	Jim H.	Rancho Santa Marguerite

Coronado Wednesday Speakers
Church 700 D Ave., Coronado
Time: Wednesday at 8:00

"Willingness, honesty & open mindedness are the essentials of recovery." The spiritual experience-Alcoholics Anonymous

THINGS TO DO & PLACES TO GO

Third Weekenders Camping
September 16th-18th

Lake Jennings County Park
1-8 E. 21 miles from San Diego. Exit on
Lake Jennings Rd. Go North 1 mile.
For info: 619-443-7669

54th Southern California AA Convention
(With Al-Anon participation)
Sept 30th – Oct 2nd
Riverside, CA
[Http://www.aasocal.com](http://www.aasocal.com)
P.O. Box 16295, Encino, CA 91416-6295
(949) 929-7007

2nd Annual Fellowship & Freedom Picnic
Speaker Meeting & Potluck
Sunday, September 11th 10am-2pm
Admiral Baker Park
2400 Admiral Baker Way
Contact: Don R. 619-426-2429

27th Annual Ventura County AA Convention
September 9th – 11th
www.vcaac.org

Do you have historical AA documents? The Archives Committee accepts all historical documents and memorabilia relevant to the fellowship. Please contact the Archives Committee: Thom H. 619-575-3200
Thom.Able2@cox.net

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.
If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

Break The Chains

Life is not a game
So no more
I won't be played
I'm not on any board

It's over now
Look and see
Yet to come
Is the best of me

No more poisons
Only the truth
The time is now
I'm starting brand new

I paid my dues
I'm ready to let go
I'm breaking the chains
It's time to go with the flow

Let Go, Let God
Surrendering I am
No more war
Only Peace in my Land

In this Kingdom
It starts with me
If I don't throw any rocks
I will be set free

Laura L.

Freedom The Gift

Freedom can not be given
By master, parent or Gurus
Freedom can only always
Be claimed of my spirit
My soul... from within
Even if I tried to give
Freedom

Part of owning my reality (in the moment)
To my friends
This could not be given
To newcomers or oldtimers
The freedom to be fully
Who I am....

Is a fire (Energy Light)
That burns (Energy) and
Guides of my spirit
And rests in my soul
Not one that can be given or
Granted by pseudo authority
Sponsors, or friends...

...D.A. Fitch

Second Time Around

Driving round and round
The road is going nowhere
My head is spinning in the clouds
Between my ears is thunder

Before the cliff was found
I had to slow down
My bottom hit the ground
The mountain became a mound

Second time around
The view is getting clearer
My heart is open now
The voices sound much sweeter

I'm driving nice and slow
Now I see the roses
Mindful of the windy road
I'm careful while it leads us

Second time around
I look and listen and feel
My journey has led me home
Now I know that this is real.

Laura L.

**THE AA COORDINATOR NEWSLETTER
COMMITTEE NEEDS YOUR HELP!**

Have your Home Group sponsor a Fold and
Label party *once a year!*

Please contact Jym V. at 619-887-4793

(Continued from page 3)

Principles before Personalities

If you have two alcoholics in a room and ask their opinion as to the meaning of this particular saying, it is my experience that you tend to get three answers. In "As Bill Sees It", it refers to the "Leadership In AA". And the balance needed between power hungry people, and "meek" order takers who do not exercise any judgment of their own.

Do I want to be Right or do I want to be Happy?

This is a good saying for anyone to remember whether they have twenty days or twenty years in the program of Alcoholics Anonymous. Again, it is telling us to stay in a positive frame of mind, in sense, because resentment is our number one offender. In order for us to be happy, we need to recognize that whether we are right or wrong about some person, place or thing that is making us unhappy, we need to accept it, hard as that may be. We can do this by writing out a fourth step with our sponsor, or a tenth step, or just talking to another alcoholic, but the main thing is not to let our resentments eat us alive.

Progress Not Perfection:

This is a wonderful statement that sticks with the alcoholic throughout his/her sobriety. What it means is, don't beat yourself up. Be proud of yourself for what you have done, and not for what you failed to do. We, as alcoholics tend to be perfectionists, all or nothing type of people, so this is a very important saying to memorize and repeat.

Surrender To Win:

Again, this concept is a simple and important one, but probably one of the most difficult for many of us. It applies to many of the steps, to meetings, to the program, and to life in general. We definitely have to surrender ourselves, our will and our lives, over to the care of a power greater than ourselves and then we can win.

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15

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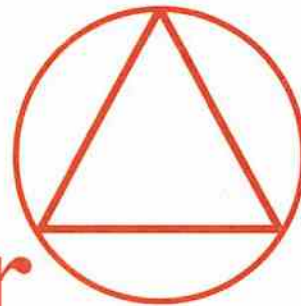
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The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"On one proposition, however, these men and women are strikingly agreed. Every one of them has gained access to, and believes in, a Power greater than himself. This Power has in each case accomplished the miraculous, the humanly impossible. (The Big Book of Alcoholics Anonymous, page 50)

October 2005
VOL. VI, NO. X

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Spiritual Kindergarten

By Eddie B.

"We are only operating a spiritual kindergarten in which people are enabled to get over drinking and find the grace to go on living to better effect. Each man's theology has to be his own quest, his own affair."

-- As Bill Sees It, pg. 95

"When the Big Book was being planned, some members thought that it ought to be Christian in the doctrinal sense. Others had no objection to the use of the word "God," but wanted to avoid doctrinal issues. Spirituality, yes. Religion, no. Still others wanted a psychological book, to lure the alcoholic in. Once in, he could take God or leave Him alone as he wished.

"To the rest of us this was shocking, but happily we listened. Our group conscience was at work to construct the most acceptable and effective book possible.

"Every voice was playing its appointed part. Our atheists and agnostics widened our gateway so that all who suffer might pass through, regardless of their belief or lack of belief."

-- As Bill Sees It, pg. 95

"Spiritual Kindergarten" reminds me of that book that says – and I paraphrase – "All we need to know we were taught in kindergarten, how to nap, learn, share, and be considerate of others."

From what I've read (few selections above) and from what I've been told and what I've heard, spirituality is really simple too – but not easy. Spirituality is something you can't hold, scam, buy or get over on. For some spirituality can be God, for others the Group and still others things like truth or unconditional ACCEPTING love (agape; from the Greek). It is said that the best prayer is a simple prayer, one that doesn't ask for specifics – "Thy will, not mine" is as simple as it gets.

As a Buddhist I was afraid that A.A. was a religious cult – after all, I heard the Lord's Prayer (which comes from the New Testament) recited at the end of the meeting by the group. I assumed that I didn't belong – until I read the Big Book. Even though some individuals were not so tolerant of my beliefs, I knew from reading the Big Book and other A.A. literature that I do belong. Many times I felt some were trying to convert me to a particular religion and it almost drove me away from A.A. Although I choose NOT to call my Higher Power God, I do know that I am not God.

As I heard once: If I can at least admit today I'm not God – I'm in the solution."
(Continued on Page 15)

The Irishman:

By Forrest

I was in Dublin from Boxing Day (Dec. 26th) to New Years Eve 2004. I stayed at my cousin's house while she was away. With no one to talk to except the occasional shop clerk, I began to feel lonely. I had not realized how expensive the whole trip was going to be. I had not thought about being in a foreign country on my own for 5 days. The dollar is so weak and capital cities normally being more expensive than average, everything cost 40% more than at home in San Diego. In soon I found every meal, or the thought of buying anything the source of anxiety. I am an advocate of the HALT (hungry, angry, lonely, tired) chick. I found myself at the end of each day lonely and tired, and too often hungry.

The pub life is the dominant social situation there, and if my cousin had been in town I would have gone to her pub and drank a soda and talked. I don't enjoy the company of people drinking in general, but I can enjoy myself if there is a reason to be there. I could find none. I needed a meeting so I called Dublin Central Office. I found a meeting that night and got a schedule and a little relief.

The next day after wandering around town finding a lot of things to see were still closed for the holidays and feeling spent financially, physically, and mentally, I began to feel the need for another meeting. I still couldn't shake the anxiety of paying so much for a simple sandwich and coffee or a short bus ride. I still felt alone.

It was dark when I started out from Trinity College around the city center. I walked up O'Connell Street over the river Liffy past the GPO, up into Northern Dublin. As I walked, I could see I was getting into the rougher part of town. I put on my "I've been in tougher places" swagger and proceeded down the street. This wasn't East Oakland after all, but I know that a man can lose all anywhere at any time if he doesn't take care of himself. After a long walk, I turned down Sherard Street and walked half a block along a stone fence bordering a church, in the dark where I came upon the address "28 Sherard St.". I was an hour early, it was dark and cold, and I was hungry and needed a meeting.

I stood there looking up a small stairway at a bright orange door. To the right and down there was a basement window with two large A's on a placard. I started to pace in front of the small row house. A woman walked up smiling and passed me by going toward a door beneath and to the right of the short stairway that led to the orange door. "AA" I called out. "Yes" she said.

I followed her into the room. Chairs were set out in rows just like any AA meeting. I started to feel safe. She said she got there early to open the door because it was a rough neighborhood, and her husband was parking the car. As people began to show up I recognized Johnny who had lead the night before. We said hello and remembered each other's names. As it turned out he would lead again that night.

The secretary didn't show up so a gentleman stepped in and asked Johnny to lead. The meeting was a book study, and this evening was on Tradition 5. I have been sober for 11 years and in that time various parts of the program have become personal to me. Now Tradition 5 has a new meaning to me. I read the preamble and there after sat and heard the rest of the meeting in an Irish Brogue. My heart felt good when we got to the part where Dr. Silkworth told Bill he might have one prospect for him, a tough old Irishman. And as Johnny read on, I listen to Bill

speaking through the Irish. I hear Bill out loud saying "Says I" with an Irish brogue.

After the reading, Johnny shared and then called on people. He called on a woman sitting near me to share. She said that she thought "There were just Americans in them their books", and it was nice to hear that there was some Irishman in them. He called on me to share and I declined saying I wanted to hear the Irishman. A big man looked over at me and with a crooked smile, he wagged a big old thumb at me in a thumbs' up sign. I sat contented. At the end we retreated to the edges while everyone cupped their hands to themselves and looked down. Everyone said the Lord's Prayer so fast it made me dizzy.

After smiles and handshakes all around, I walked back the way I had come. I had no need for the tough guy swagger I used on the way up. I had indeed been in tougher places, but with eyes open I felt as if I was a different person. That night on that walk home I walked with God.

Many A.A. Members celebrate their birthday
By sending a donation of one or two dollars for each year of
sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form
provided in this column.
All Birthdays submitted will be published in this
Section the month following the birthday.



Birthdays

Eric B./ Soledad Mt.
08/19/04
1 year

John S./ His Majesty The Baby
06/01/96
9 years

Holli/A Womens Meeting
04/16/92
13 years

Birthday Gratitude For:

Name _____

City _____

Sobriety Date _____

Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Eastlake Greens Attitude Adjust. (Su)
 1227 Eastlake Parkway @ Church
 Sunday @ 7 AM Chula Vista

Traditions West
 350 Prescott Ave (Rm 2) @ Church Hall
 Sunday @ 2 PM El Cajon

CANCELED

Mon Night New Beginnings
 1019 10th Ave @ Store Front
 Monday @ 6:30 PM Downtown

RELOCATED

D.D.G.T.M.
 8450 La Mesa Blvd @ Senior Cent
 (was 4910 Memorial Dr)
 Sunday @ 7:30 AM La Mesa

ROOM CHANGE

Monday Meditation (was # 101)
 5703 Oberlin Dr Rm # 208 @ Office Bldg
 Monday @ Noon Sorrento Valley

Big Book Discussion Founders Group
 Marian Way - Camino Hall Rm 117
 (was Olin Hall Rm 125) @ USD
 Monday @ 7:30 PM Linda Vista

Six Minutes To Sanity Meditation
 5703 Oberlin Dr Rm # 208 (was # 101)
 Tuesday @ Noon Sorrento Valley

Sorrento Step Study (was # 101)
 5703 Oberlin Dr Rm # 208 @ Office Bldg
 Friday @ Noon Sorrento Valley

NAME CHANGE

Eastlake Greens Attitude Adjustment
 (was Eastlake Greens Early Risers)
 1227 Eastlake Parkway @ Church
 Saturday @ 7 AM Chula Vista

CODE CHANGE

Sunday Sisters (Codes: * W CF)
 9940 River St @ Club Lakeside
 Sunday @ 3 PM No longer 'Baby Sitting'

TIME CHANGE

Lakeside Speakers
 9940 River St @ Club
 Sunday @ 6:30 PM (was 7 PM) Lakeside

Coordinating Council Attendance

The following 57 groups attended September's Coordinating Council
 There are 740 registered groups in San Diego
WAS YOUR GROUP THERE?
NEXT COUNCIL MEETING IS: THURSDAY, October 13th, 2005

92037 Group
 A Womans Meeting
 AA By The Bay
 Allied Gardens Step Study
 Back To Basics
 Back To Basics For Women
 Cedar St Mens
 Clairemont Mens
 Clairemont Womens Step Study
 Conscious Contact Study Grp
 Coronado Senior And Sober Disc
 Coronado Womens Meeting
 Downtown Discussion
 Early Morning Recovery
 Early Risers (PB)
 East Side Group
 El Cajon Nooners
 El Cajon Womans Serenity
 Evening Serenity
 Fourth Dimension
 Great Fact Group
 Harmony Group
 Haul Your Hiney Out Of Bed
 Imperial Beach Group
 Imperial Mens Group
 La Jolla Monday Womans
 La Jolla Soledad Mens
 La Jolla Thursday Night
 La Mesa Step Study Workshop

La Mesa Womans Sat Morning
 Lake Murray Womans
 Lakeside Drunks
 Midway Bridge
 Miracles On Monday
 Mission Hills Beginners
 Mission Possible
 Monday Night Big Book Study
 Morning Attitude Adjustment
 Noontime On The Patio
 North Park Mens
 OB Peer Group
 Old Town Speakers
 Rule 62 Group
 San Carlos Single Purpose
 Santee Saturday Night Speakers
 Scripps Ranch Mens
 Sunday Midday
 Sunday Morning At The Grove
 The Blvd Desperados
 The Joy Of Living
 The Other Meeting
 Tues Night Big Book Step Study
 Tuesday Night Participation
 Two A's Over Easy
 Water Walkers Too
 Womans Gut Level
 Womans Way To Recovery

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm 5pm- 9pm	Robert John Terry / Bob	Bobette Candy Chris / Pam
Tuesday	9am-1pm 1pm-5pm 5pm- 9pm	John Howard Ben	Dick Jean Jeff
Wednesday	9am-1pm 1pm-5pm 5pm- 9pm	Richard Bob William	Ann Mary Steve
Thursday	9am-1pm 1pm-5pm 5pm- 9pm	Ted Larry Terry / Roy	Jan / Paul Becky Joel / Dana
Friday	9am-1pm 1pm-5pm 5pm-9pm	Frank Earl / Dan Judy / Friend	Carol Tim / Debra Joe / Diane
Saturday	9am-1pm 1pm-5pm 5pm- 9pm	David David Kathy / Friend	George Sharon / Susie Kathi / Nikki

Minutes of the Coordinating Council
Thursday, September 8th, 2005

Larry T. - Coordinating Council Chair, called the 722nd meeting to order at 7:30 pm. Rachel read the 12 Traditions. Council Definition and Purpose read by. There were 5 new Coordinators and 3 visitors. There were 3 birthdays. 7th Tradition was \$63.85. Roll Call: Rigel, Assistant Council Chair reported 56 groups were represented. There was a quorum (33). It was M/S/C to approve the minutes of the August meeting.

H & I Representative: Brian – H & I Co-Director invited members to participate on H & I panels and shared about H & I literature “green cans” for groups to pass around at their meetings for literature to go into jails & treatment centers. Brian shared of his intention to help lines of communication between H & I and the fellowship at large. There is currently an ad-hoc committee reviewing guidelines. His contact phone number is: 619-224-2561 and email is: BrianK@modernpostcard.com. Brian brought copies of H & I outside audit for year.

Area Assembly – Carrie, Area Secretary shared Area Assembly Big Day is coming up on Saturday, September 17th in Escondido. They will be electing an Pacific Regional Trustee submission, Area’s 2006 Budget approval process and motions re: Ad-Hoc committees to Standing committees.

AFTER HOURS PHONE COMMITTEE:

Kit, committee member reported:

- 1) The 18th of the month is OPEN.
- 2) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 9/6/05 at 6:010 pm. Present: Robert H., Tim L., Larry T., Rigel, Shanda R. and Connie J., Manager. Excused Absent: Steve T. Unexcused Absent: Peter A. There was a quorum.

- 1) It was M/S/C to approve the minutes of the August meeting.
- 2) It was M/S/C to approve the August Financial Statements.
 - a) Our August YTD net income was \$6,383.75.

- b) Our August YTD total Income was \$81,516.09. *A Big Thank You* to all the Groups who responded to our message for financial support for Central Office/Intergroup.
- c) Our expenses continue to be in-line with our 2005 budget.

Manager’s Report

- 1) September’s Book of the Month is: “*Pass It On*” on sale for \$8.00, (reg. \$9.00)
- 2) October’s Book of the Month is: “*Dr Bob & The Good Old-timers*” on sale for \$7.50 (reg. \$8.50)
- 3) NEW Grapevine Book Items: “*I Am Responsible*” and revised “*The Home Group*”
- 4) *TORONTO AA Int’l Convention SOUVENIR Books* are available at Central Office for \$10.00.
- 5) Prepared 2006 budget for Business Committee review. Will contact standing committee chairs for their budgets.
- 6) Purchased a larger hard drive for Manager’s computer and reinstalled software.
- 7) Continue to work with Archivist on “Archives Catalog Database”.
- 8) Spoke at “Feeling Good Convention” September 2nd on Central Office.
- 9) Will be attending annual Central Office Managers’ Seminar the last week of September.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks. Reviewed budget.
- 2) Rigel reported that the Council Coordinator’s Attendance book is up to date.

Old Business:

- 1) It was m/s/c to have current janitorial service come 2 times a week for \$189 a month.

New Business:

- 1) Welcomed our new member Kellie K. who filled in as secretary at first meeting. Thank you.

Continued on Page 6.

Continued from Page 5

- 2) Increased employee mileage from .35 to .405 in-line with the 2005 Standard Mileage Rates Set by IRS.
- 3) Robert H., Chair, Shanda R., Vice-Chair, Tim L., Treasurer and Connie J. met at close of the regular meeting to review the 2006 Budget.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on 8/25/05.

- 1) November's Issue: "Thoughts from Old Timers" Submissions need to be in by Thursday, September 29th.
- 2) Stories may be submitted at any time – they do not have to be on the current topic. We need personal stories of recovery.
- 3) HOME GROUP SPONSORSHIP OF A FOLD AND LABEL PARTY. IT'S FUN AND FELLOWSHIP.
- 4) Anyone wishing to submit a flyer to be inserted in the Coordinator Newsletter needs to come to our committee meeting for approval.

COORDINATOR OUTREACH COMMITTEE:

Casey, Chair reported that the committee meets on the 2nd Thursday before and during the Council Meeting. The function of the committee is organizing the visiting of groups that do not have a Coordinator and to invite these groups to participate. In addition the committee will seek other ways to reach out to groups.

- 1) The committee visited new groups this past month and there are new Coordinators here tonight.

2) THE COMMITTEE REALLY NEEDS THE HELP OF OTHERS TO VISIT THE GROUPS WITHOUT COORDINATORS.

ORIENTATION & GUIDELINES: Larry, Chair reported that committee met on Thursday, 9/8/05. Present: Larry, Winona, and Linda.

- 1) Orientated 2 new Coordinators and 1 visitor.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) Next orientation is Thursday, 10/13/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 8/28/05. Present: Les, Laura and Andrea.

- 1) Next upcoming event will be the AA in San Diego Anniversary Breakfast on November 5th at Anchors & Spurs from 9 am-12 noon. If anyone is available to help make centerpieces, please contact Les at 858-560-5752. Tickets are on sale for \$14.50 through your group Coordinator, Program Committee or Central Office. No tickets sold at door. We are required to give the facility a head count 3 days prior to the event.

- 2) Committee in need of two new members.

PUBLIC INFORMATION COMMITTEE: Felice, member reported:

- 1) There are no P.I. Commitments the month of August. Summer – Schools are out. PI Committee sent out letters to High Schools and Middle Schools for the new school year. Will be compiling a list of colleges to also send letters too.
- 2) Volunteer Speaker List was updated. Have A strong need for Young People to attend High School Presentations as peer group to share.
- 3) AA members interested in being a speaker, please come to PI Committee meeting on the 1st Monday of the month at Central Office at 6 pm.

OLD BUSINESS:

- 1) Motion to amend the salary ranges in the Business Committee Guidelines. The results of the vote are 36 yes and 8 no. Motion passes.
- 2) Program Committee needs 2 new members.
- 3) Public Information Committee NEEDS 3 members. The Public Information Committee must first approve members for this committee.

NEW BUSINESS:

- 1) An email was read from the Baton Rouge Central Office Intergroup of their need of AA books to take to the shelters of the evacuees. It was m/s/c to order \$1000 of AA books & have GSO deliver directly. Kathy & friend added an additional \$325 to that amount. Books have been ordered and are on their way to Louisiana. 3 local San Diego groups have also sent Big Books & 12 x12's to Louisiana.

Meeting adjourned at 9:00 pm with the Serenity Prayer.

Respectfully submitted,


Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses

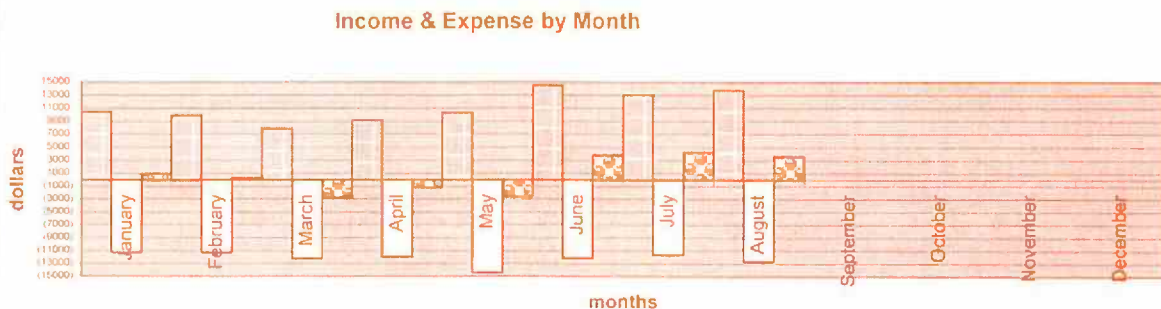
August 31, 2005

	August '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Ordinary Income/Expense						
Income						
Contributions Group	13,166.69	95.94%	81,516.09	71,075.68	10,440.41	112,000.00
Contributions Individual	369.79	2.69%	5,101.28	1,474.04	3,627.24	8,548.00
Contributions SDIAA	-	0.00%	1,230.00	920.00	310.00	1,230.00
Interest - Checking	3.25	0.02%	22.49	21.69	0.80	50.00
Interest - Cert of Deposits	184.21	1.34%	1,137.01	577.44	559.57	1,130.00
Total Income	13,723.94	100.00%	89,006.87	74,068.85	14,938.02	122,958.00
Expense						
Archives Room	188.28	1.37%	1,180.10	-	1,180.10	1,450.00
Accounting & Legal	225.00	1.64%	4,815.00	4,460.00	355.00	5,500.00
Auto/Travel/Seminar	423.07	3.08%	1,152.67	764.66	388.01	1,500.00
Bank Service Charges	1.78	0.01%	80.78	66.00	14.78	100.00
Cash (Over) Short	7.14	0.05%	(4.33)	(42.26)	37.93	(100.00)
Checks Returned - Bad Debt	-	0.00%	78.08	5.00	73.08	50.00
Depreciation	86.44	0.63%	912.24	1,280.00	(367.76)	1,258.00
Equipment Maint & Repair	102.50	0.75%	500.10	466.06	34.04	900.00
Equipment Purchase	344.80	2.51%	446.99	-	446.99	500.00
Insurance	84.74	0.62%	906.84	1,327.62	(420.78)	1,413.00
Office Maint. & Repairs	107.00	0.78%	428.00	247.91	180.09	1,000.00
Office Supplies	447.80	3.26%	2,478.81	2,695.82	(217.01)	4,000.00
Postage - Return Mail	1.40	0.01%	25.58	60.54	(34.96)	100.00
Rent	1,586.00	11.56%	12,504.00	12,572.00	(68.00)	18,848.00
Taxes	-	0.00%	35.00	55.00	(20.00)	35.00
Telephone	241.29	1.76%	1,871.56	1,732.99	138.57	2,700.00
Utilities-Electricity	384.39	2.80%	3,462.68	2,752.23	710.45	4,000.00
Website	77.85	0.57%	304.50	304.50	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	492.98	3.59%	4,070.21	3,624.29	445.92	6,286.00
Employee Wages	6,444.20	46.96%	50,277.32	46,457.72	3,819.60	73,980.00
Employee 403B Contribution	80.00	0.58%	630.00	562.50	67.50	1,000.00
Employee Health Benefit	706.23	5.15%	5,610.98	4,861.94	749.04	8,350.00
Insurance-Worker's Comp	87.42	0.64%	816.94	1,466.33	(649.39)	1,343.00
Total Expense	12,120.31	86.94%	92,584.05	85,720.85	6,863.20	134,713.00
Net Ordinary Income	1,603.63	11.68%	(3,577.18)	(11,652.00)	8,074.82	(11,755.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	2,486.47	18.12%	14,836.80	11,378.77	3,458.03	20,500.00
Total Other Income	2,486.47	18.12%	14,836.80	11,378.77	3,458.03	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	505.81	3.69%	4,875.87	6,963.74	(2,087.87)	8,745.00
Total Other Expense	505.81	3.69%	4,875.87	6,963.74	(2,087.87)	8,745.00
Net Other Income	1,980.66	14.43%	9,960.93	4,415.03	5,545.90	11,755.00
Net Income	3,584.29	26.12%	6,383.75	(7,236.97)	13,620.72	-

☐ Total Income

☐ Total Expenses

■ NET INCOME/LOSS



Contributions August 2005

Group Name	Aug-05	Ytd 05	Group Name	Aug-05	Ytd 05
11th Step Journey -2622	-	100.00	East Lake New Beginnings B/B S/S - 2673	100.00	100.00
11th Step Meeting - 2322	29.00	50.00	East Lake Greens Early Risers - 2691	50.00	50.00
12 X 12 Happy Hour Step Study - 111	-	26.00	East Side Group - 101	90.00	275.00
24 Hour Group Mixed - 370	-	30.00	Easy Does It Riders - 21	-	357.64
4th Edition Big Book - 2569	-	55.00	Easy Does It Speakers - 114	-	360.00
4077 Mash 11th Step - 2027	51.00	131.00	Easy Risers - 854	-	400.00
92037 Group - 861	-	440.00	El Cajon Daytime - 52	-	525.00
AA By The Bay - 629	175.00	320.00	El Cajon Navajo Road Group - 102	-	100.00
A New Way To Live - 846	-	200.00	El Cajon Nooners - 2638	100.00	300.00
A Sense Of Belonging Womens - 1205	-	120.00	El Cajon Womens Serenity - 77	56.12	247.92
A Womens Meeting -1717	165.00	705.00	Evening Serenity - 2305	420.00	1,260.00
Adams Avenue Big Book Study - 1892	-	100.00	Eye Opener Group - 607	-	1,434.00
Allied Gardens Friday Lunch - 766	72.00	184.81	Faculty Group - 1645	-	122.98
Allied Gardens Step Study - 1629	-	200.00	Fifth Chapter Group - 112	-	90.00
Alpine Mixed Step Study - 2621	-	278.80	Fireside Step Study -	-	423.00
Alpine Saturday Nite Special - 891	95.00	95.00	Free To Be - 935	-	225.00
Alpine Womens Candlelight - 1684	-	46.72	Fresh Air Friday - 266	-	719.89
Another New Beginning - 144	150.00	600.00	Fresh Start Beginners - 1614	-	17.02
Another Sober Tuesday - 1952	-	545.87	Fri Nite Cedar St - 1662	-	189.11
Arragon Sober Mens - 2598	-	5.00	Friday Morning Womens - 104	-	275.00
As Bill Sees It - 324	-	40.00	Friday Night Santee - 1754	246.00	246.00
At One With Each Other - 789	-	70.00	Friday Nite Special - 2401	-	200.00
B.Y.O.B. (North Park) 203	30.00	220.00	Friday Nite Weeks End - 1856	-	325.00
Back To Basics - 1026	250.00	1,150.00	Gilman Group - Fri - 1988	50.00	50.00
Bacon St Usual Suspects - 2663	50.00	50.00	Gilman Group - Tues - 1987	50.00	50.00
Barefoot - 139	-	191.80	Golden Hill Sun Discussion - 1706	-	113.02
Battery Chargers - 98	150.00	450.00	Goldmine Speakers - 2613	20.00	99.80
Bay Park Step Study Group - 299	-	130.00	Good Fortune Hui Group - 491	-	240.00
Bayside Big Book Study - 1610	-	150.00	Good Morning AA - 1888	200.00	400.00
Beach Area Beginners One-272	-	220.00	Great Fact Group - 895	154.10	678.66
Beautiful Beginnings - 552	120.00	205.00	Happy Destiny - 2436	-	450.00
Beginners Big Book Study - 1680	-	10.00	Happy, Joyous & Free - 363	-	50.00
Beginners Steps to Sobriety - 1007	-	50.00	Harmony Group - 585	300.00	620.00
Big Bon-Fire Meeting - 1894	-	310.20	Haul Your Hiney Out of Bed - 704	-	90.00
Big Book & 12 x 12 Study - 100	-	100.00	Here and Now Progressive - 1667	-	30.00
Bonita Boozers - 2179	113.88	285.88	Hi-Nooners - 673	-	40.00
Butterfly Group - 48	-	40.00	Hip Slick & Sick Young Peoples - 762	-	545.65
Butts Out Smokeless - 1764	-	36.00	His Majesty The Baby - 2427	-	210.00
Cajon View Open Disc - 471	264.15	564.15	How It Is Today - 483	309.00	309.00
Carrying The Message - 2458	50.00	160.00	I.B. Sober Steps & Traditions - 1519	-	62.00
Casa De Oro Tradition Five - 503	113.63	599.13	I.B. Experience, Strength & Hope 2652	40.00	160.00
Casa De Oro Weds Nite - 2049	-	140.00	Imperial Beach Group - 79	77.35	515.34
Cedar St Mens - 1698	150.00	615.50	Imperial Mens Group - 869	-	40.00
Chula Vista 4 Min Speakers - 1568	-	215.00	International Group - 23	28.00	88.00
Chula Vista Friday Night - 837	60.00	160.00	Jamul Open - 63	-	48.00
Citizens Again - 2658	-	45.00	Kick Start Your Heart - 2430	-	80.00
Clairemont Daytime Step Study - 427	-	88.00	La Jolla Basic B/B Study - 2154	-	123.00
Clairemont Discussion - 314	-	228.88	La Jolla Beginners Group - 82	95.00	845.00
Clairemont Mens - 301	-	820.00	La Jolla Big Book - 84	-	174.00
Clairemont Mixed Discussion - 338	-	107.25	La Cove Beginners - 1265	-	550.00
Clairemont Open Discussion - 308	100.00	200.00	La Jolla Discussion Group - 85	-	552.07
Clairemont Step Study - 482	20.00	70.00	La Jolla Lunch Bunch - 622	-	150.00
Clairemont Thurs Brown Bag - 315	-	170.00	La Jolla Mens - 692	124.00	399.00
Clairemont Womens - 340	-	96.34	La Jolla Monday Womens - 87	180.00	360.00
Clairemont Womens Step Study - 341	-	410.00	La Jolla Nonsmokers Disc - 88	-	600.00
Class Acts - 1845	-	209.53	La Jolla Patio Group - Wed - 613	55.00	61.00
Coffee Clutchers - 2332	75.00	300.00	La Jolla Patio Group - Fri - 758	-	24.00
Conscious Contact Study Grp - 2282	-	180.00	La Jolla Pump House Group - 696	-	169.18
Coronado Beginners - 344	-	45.00	La Jolla Soledad Mens - 717	486.50	1,278.00
Coronado Big Book Study - 1644	-	50.00	La Jolla Speakers - 578	-	260.00
Coronado Nooners - 497	72.00	564.00	La Mesa Ladies of the Lake Group - 2710	36.00	36.00
Coronado Prospect Discussion #1 - 350	-	20.31	La Mesa Mens - 106	-	450.00
Coronado Senior and Sober Disc. - 1711	-	162.33	La Mesa Step Study Workshop - 1621	-	349.11
Coronado Step Study - 1523	-	50.00	La Mesa Womens Sat. Morning - 416	115.00	470.26
Coronado Sunday Noon - 1830	-	160.00	Lake Murray Lunch Bunch - 2701	-	143.65
Coronado Sundowners - 1634	-	205.00	Lake Murray Womens - 572	-	362.50
Coronado Womens Meeting - 1656	-	117.00	Lakeside Happy Hour - 2285	-	180.00
Coronado Young Peoples - 405	-	240.00	Lemon Grove Speakers - 257	-	45.00
Cowles Mt Smokeless Discussion - 681	-	135.85	Linda Vista Mens - 106	-	75.00
D.D.G.T.M. - 767	-	200.00	Linda Vista Thursday Night - 319	120.00	320.00
Dawn Patrol - 263	217.53	2,457.67	Little Apple Group - 1438	-	250.00
Deerhorn Group - 2063	-	100.00	Living Free - 477	-	610.00
Designs for Living - 488	194.00	453.00	Loma Portal Discussion - 1628	51.62	84.62
Diamond St Mens Step Study - 569	-	630.00	Lotus Womens Step Study - 1647	-	50.00
Dignity Unlimited - 205	-	147.00	Love and Truth 12 x 12 - 1617	-	165.00
Doctors and Lawyers Group - 391	-	459.00	Lunch With Bill W Bunch - 774	-	150.00
Downtown Discussion - 1665	38.85	709.11	Lunchtime Friends - 964	-	78.60
Downtown Noon Discussion - 1607	-	90.00	Meetin' In The Ladies Room - 2614	-	30.00
Drunks Only - 1605	700.00	2,691.15	Men and Womens Monday Night - 95	-	150.00
Early Birds - 1666	-	50.00	Mens Recovery Group - 830	50.00	50.00
Early Risers (Coronado) - 1525	1,616.40	1,616.40	Mens Step Study (CV) - 965	-	50.00
Early Risers (PB) - 264	-	377.50	Mens Step Study (LJ) - 2643	-	273.00
Early Morning Recovery - 2688	50.00	71.00	Mens Structured Step Study - 1469	-	160.00
East County Mens - 1905	-	69.00	Midway Bridge - 2171	-	163.00

Contributions August 2005

Group Name	Aug-05	Ytd 05	Group Name	Aug-05	Ytd 05
Mid-Week Mens - 560	-	432.36	Spiritual Awakening - 2275	704.00	3,520.00
Mira Mesa 12 Step Study - 377	-	20.00	Spiritual Awakenings Step Study - 2601	-	100.00
Mira Mesa Early Risers - 967	102.94	322.94	Spring Valley Step Study - 125	60.00	100.00
MiraMesa Monday Noon Mixed - 542	67.20	67.20	Stadium Group - 372	-	50.00
Mira Mesa Womens - 411	-	80.00	Step by Step - 1486	-	60.00
Miracle Literature - 2635	-	108.50	Step Sisters - 2155	-	60.00
Miracles On Mondays - 565	-	174.56	Straight Shooters - 198	-	77.25
Misfit Mens - 2486	-	175.00	Sunday Beach Sun - Day - 568	-	235.00
Mission Bay Sat Night Speakers - 271	-	80.00	Sunday Kind Of Love - 429	-	198.41
Mission Bay Speakers - 1692	-	210.00	Sunday Middy - 161	-	108.00
Mission Hills Beginners - 1612	270.00	508.00	Sunday Morning At the Grove - 117	-	130.00
Mission Hills Fri. Night Group - 2576	-	120.00	Sunday Morning Eleventh Step - 1206	-	100.00
Mission Hills Weds Lunch Bunch-2675	-	550.00	Sunday Morning Spiritual Meeting - 1700	148.00	253.00
Mission Possible - 131	-	166.21	Sunday Serenity - 47	83.50	403.50
Mon Eve Smokeless Dinner - 1723	-	108.00	T.G.I.F. -1658	-	100.00
Monday Mens Gut Level Group - 677	-	45.00	Take Five - 1323	-	337.00
Monday Morning Womens Step Study	56.00	56.00	Thankful Thursdays - 2542	-	100.00
Monday Night Big Book Study - 2345	-	50.00	The Boulevard Desparados - 2262	-	70.00
Monday Night North Park AA - 222	-	179.50	The Gong Show - 267	-	100.00
Monday Nite Live - 643	-	180.00	The Other Meeting - 857	-	1,000.00
Monday Step Study - 316	344.79	344.79	Three Legacies Group - 2194	-	150.00
Morning Attitude Adjustment - 768	425.00	1,192.50	Thursday Night Sobriety - 475	50.00	250.00
Morning Glorys Womens S/S - 543	-	66.00	Thursday Promises Promises - 749	-	210.00
Mother Earth Viejas Rez - 2019	-	30.00	Thursday Step Study - 2025	-	90.00
Mt Step Study - 2578	-	60.00	Thursday Steps - 646	-	155.14
No B.S. Mens - 1972	-	50.00	Tierrasanta Big Book Study - 1790	-	100.00
Noon At The Grove - 628	423.00	1,808.00	Tierrasanta Friday Night - 2645	-	178.26
Noon to One AA - 2029	-	600.00	Top of the Hill - 41	75.00	175.00
Nooners Anonymous - 1164	-	180.00	Torrey Pines Open Discussion - 94	-	150.00
Noontime on the Patio - 2203	-	185.00	Torrey Pines Thurs Nite Disc. - 365	-	5.00
North Clairemont Sat Nooners - 2572	-	40.00	Traditions Study - 2336	-	120.00
North Park Mens - 465	422.65	422.65	Tues Night Big Book Step Study - 1813	-	220.00
North Shores Breakfast - 275	-	150.00	Tues Night Mens - 2123	-	140.00
North Shores Breakfast Disc. - 276	-	170.00	Tues Rule 62 Lunch Group - 590	-	294.00
OB Peer Group - 2130	120.00	240.00	Tuesday Morning Alpine - 440	-	235.91
Old Timers Group - 2037	-	90.00	Tuesday Night Mens - 56	61.31	61.31
One Step at a Time Runners - 1664	-	121.20	Tuesday Night Participation - 905	-	150.00
Original Tues Night Step Study - 2124	-	160.00	Two A's Over Easy - 2106	-	275.00
Over 50 - 840	20.00	45.00	Two Bit Speakers - 201	185.55	185.55
Over The Bridge - 2689	182.70	506.19	University City Disc. - 368	-	100.00
Pacific Beach Weekend Warmup - 725	-	684.00	University City Womens - 369	-	75.00
Pass It On Group - 170	60.57	110.57	Victory Group - 2108	-	95.00
Penasquitos Discussion - 871	36.25	36.25	Wandering Women - 2298	-	60.00
Point Loma Mens - 245	-	220.00	War Fever -880	-	64.00
Point Loma Saturday Morning - 1240	-	271.00	Warm and Friendly - 42	-	60.00
Point Loma Tuesday Night - 2648	-	2.13	Water Walkers - 5	-	60.00
Point Loma Nooners - 1606	-	75.00	Water Walkers Too - 1946	-	1,304.00
Porter Hall Group - 109	-	211.00	We've Come Along Way - 1616	-	58.56
Porter Hall Structured S/S - 97	-	275.00	Wednesday Night Promises -2167	-	25.00
Practical Solutions - 2398	-	33.00	Wednesday Winners Circle - 496	-	47.88
Primary Purpose - 287	-	60.00	Wednesday Womens Study - 2281	5.27	39.27
Progress Rather Than Perfection - 26	26.00	106.00	Weds Rule 62 Lunch Group -687	-	150.00
Pt Loma Fri Afternoon Step Study - 244	-	95.00	What Now - 325	-	150.00
Pt Loma Womens Discussion - 1608	-	443.29	Womans Let Go and Let God - 446	-	290.00
R.B. Early Birds - 2476	58.00	58.00	Women In Harmony - 1807	-	190.00
Resentment and A Coffee Pot - 2561	-	175.00	Women To Women - 2066	-	120.00
Right Turn Group - 1900	-	175.00	Womens Step Study - 296	-	214.57
Rise & Shine - 2170	-	900.00	Womens Way to Recovery -838	35.00	55.00
Round Table Discussion - 123	-	50.00			
Safe Sane and Sober - 1350	-	433.00			
San Carlos Single Purpose - 583	40.00	80.00			
San Diego Doctors Step Study - 194	-	200.00			
Santee Saturday Night Speakers - 2656	-	75.00			
Santee Thursday Closed Mixed - 145	-	24.00			
Santee Serenity Group - 1943	-	125.00			
Santee Sunday Nite Smokeless - 1705	-	100.00			
Sat Mens Early Awakening - 2209	80.00	280.00			
Sat Night Early Discussion - 336	124.93	529.93			
Sat Night Live - 2173	-	200.00			
Sat Open Discussion - 322	-	53.00			
Saturday A.M. Live - 782	-	142.23			
Saturday Mens - 1730	84.00	144.00			
Saturday Night Candlelight - 1914	-	160.00			
Scripps Ranch Mens - 1924	-	80.00			
Senior Serenity Meeting - 209	-	50.00			
Serendipity Womens - 1642	-	50.00			
Sky Hi Womens - 1633	-	165.00			
Smokeless Drunks Luncheon - 1008	-	500.00			
Smokefree La Mesa Womens - 635	-	137.50			
Sober Camels Speakers Meeting - 2296	-	297.00			
Sober Nooners - 196	-	271.53			
Sober Serenity Seekers - 887	-	141.00			
Sole Purpose Group - 1657	-	240.00			
South Bay Guys & Gals Disc - 35	-	20.00			

*Thank you for supporting YOUR Central Office.
August 2005*

<i>Group Contributions:</i>	<i>\$13,166.69</i>
<i>Individual Contributions:</i>	<i>\$369.79</i>
<i>Literature & Interest Income:</i>	<i>\$2673.93</i>
<i>Total Income:</i>	<i>\$16210.41</i>
<i>Central Office Expenses:</i>	<i>(\$12,120.31)</i>
<i>Committee Expenses:</i>	<i>(\$505.81)</i>
<i>Total Expenses:</i>	<i>(\$12,626.12)</i>

*August Net Income: \$3,584.29
YTD Net Income: \$6,383.75*

August Individual Contributions = \$369.79

Tom R. Daniel Y. John S.
Connie J. Catherine H. Eric
Robert H. Laura T. Kathryn T.

Individual members may also make contributions to
Central Office up to \$2000 per year. Some choose to
contribute \$1 or \$2 on their sobriety birthdays for each
sober year.

CENTRAL OFFICE NOTES

- September's Book of the Month: "Pass It On" – Sale: \$8.00 (reg. \$9.00)
- October's Book of the Month: "Dr Bob & The Good OldTimers" – Sale: \$7.50 (reg. \$8.50)
- There are **TWO NEW Grapevine Book** items:
 - 1) The Homegroup-Heartbeat of AA (revised with more stories) and
 - 2) I Am Responsible – The Hand of AA.
- 2005 AA International Convention in Toronto Souvenir Books for anyone who didn't have a chance to go. It's a great collection of short excerpts of our AA history for 70 years along with a DVD featuring recordings of Henrietta Sieberling, Sister Ignatia, Ebby, Bill W, Dr Bob..... 18 in all. On sale for \$10.00 each.
- FREE tours of the new San Diego Area Archive's Room at Central Office. It is a joint effort between San Diego & North County Intergroups , along with San Diego/Imperial Area Assembly. The room is open Monday-Saturday 9 am – 5 pm.
- Our Central Office phone lines are answered 24/7 by recovering alcoholics. There are opportunities to serve as daytime volunteers or as a group answering the nighttime phones. Currently the 18th of the month is an open night for a group.
- When someone calls the Central Office and needs to speak to someone about their problems with alcohol, we then call an AA member on our 12 step lists. You can sign up to be on a daytime or nighttime call list. Also, available is communicating with someone via email.
- Call Central Office and register as Secretary of your Group and we will mail you the monthly *Coordinator* Newsletter and Our "NEW" Secretary Handbook for your group or better yet, come visit us at central office.
- PAINT JOB for the phone volunteer & kitchen areas at Central Office. If you might be available to help paint these rooms on a Saturday morning, call Connie at 619-265-8762.

CENTRAL OFFICE

PHONE CALLS FOR August 2005

TOTAL CALLS FOR MONTH 3222	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2187	615	34
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	235	132	19

WEB SITE HITS: August = 6,825 Total 237,630

October 2005 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Mission Hills Beginners
2	3	4	5	6	7	8
Adams Ave Big Book	Unconditional AA	La Mesa Open Discussion	Over The Bridge	Dawn Patrol	Scripps Ranch Men's	La Mesa Men's
La Jolla Soledad Men's						
9	10	11	12	13	14	15
La Mesa Women's Sat Morning	East Side Group	P. B. Early Risers	La Jolla Speakers	Mission Possible	El Cajon Daytime	Old Town Speakers
Water Walkers Too						
16	17	18	19	20	21	22
Gamet Group	Fourth Dimension	OPEN	Smokeless Drunks	Lake Murray Womens	Cedar St Men's	North Shores Breakfast (Sunday)
Evening Serenity						
23	24	25	26	27	28	29
Clairemont Men's	Imperial Beach Group	Downtown Discussion	Drunks Only	Easy Risers	North Park Men's	Harmony Group
Fireside Step Study						
30	31	If your Group wants to answer phones, call: Colby – After Hours Phone Chair - (619) 549-5106 Or Connie at Central Office (619) 265-8762				
The Other Meeting	Easy Does It Riders					
Diamond Street Mens						

October 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1 / 8
<p>Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>District 8</u> Office Bldg 755 Emory St Chula Vista 8:00 pm</p> <p><u>Public Information Committee</u> Central Office 6:30 pm</p>	<p>Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm</p> <p><u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm</p>	<p><u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm</p>	<p><u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm</p> <p><u>District 9</u> Serv Clr 485 Broadway #E El Centro 7:00 pm</p>	<p>Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm</p> <p><u>District 7</u> Club 1944 30th St Golden Hill 6:30 pm</p>	
9	10	11	12	13	14	15
<p><u>Grapevine Committee</u> Central Office 4:00 pm</p>	<p><u>District 6</u> Serv Clr 3425 5th Ave Hillcrest 6:00 pm</p> <p><u>Area Finance Committee</u> Central Office 6:00 pm</p> <p><u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 6:30 pm</p>	<p><u>Business Committee</u> Central Office 6:00 pm</p> <p><u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm</p> <p><u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm</p> <p><u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm</p>	<p><u>Archives Committee</u> Central Office 6:30 pm</p>	<p><u>Coordinating Council</u> Church 6th & Nutmeg <u>Orientation Committee</u> 6:00 pm (2nd floor) New Coordinators 6:30 pm (2nd floor) <u>Council</u> 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting</p> <p><u>Area Agenda Committee</u> Central Office 7:00 pm</p>		
16	17	18	19	20	21	22
<p><u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>Area Literature Committee</u> Central Office 7:00 pm</p>	<p><u>Contact On Release Committee</u> Central Office 6:45 pm</p>	<p><u>Fold and Label the Coordinator Party</u> Central Office 6:00 pm</p>	<p><u>H&I Committee Orientation</u> Central Office 7:00 pm</p> <p><u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm</p>		<p><u>Archives Committee Open House</u> Central Office 1:00 pm – 4:00 pm</p>
23	24	25	26	27	28	29
<p><u>Spanish Translation Committee</u> Central Office 11:00 AM</p> <p><u>Program Committee</u> Central Office 6:30 pm</p>	<p><u>District 5</u> Church 5050 Milton Clairemont 7:00 pm</p>	<p><u>After-Hours Phone Committee</u> Central Office 6:30 pm</p> <p><u>Accessibilities Committee</u> Central Office 7:00 pm</p> <p><u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm</p>	<p><u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm</p> <p><u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm</p>	<p><u>Coordinator Newsletter Committee</u> Central Office 6:00 pm</p>		
30	31					
	<p><u>C.P.C Committee</u> Central Office 7:30 pm</p>					

SPEAKER MEETINGS

A Chance To Live Speakers
Church 2770 Glebe Road
Lemon Grove, CA 91945
Monday at 7:00 pm

Oct 3	Roseanne B
Oct 10	Bryan M
Oct 17	Michael R
Oct 24	Glen A
Oct 31	Marty M

Easy Does It Speakers Meeting
Church 2770 Glebe Road
Lemon Grove, CA 91945
Time: Friday at 8:00 pm

Oct. 7	Glen A.
Oct. 14	Rosie
Oct. 21	Virgil C.
Oct. 28	Darwin

Mission Bay Saturday Speakers Meeting
USD Campus, Marion Way
Founders Hall Room #124
Time: Saturday at 8:00 pm

Oct. 1	Michelle Z.	San Diego
Oct 8	Joyce T.	San Diego
Oct 15	Earl R.	San Diego
Oct 22	Frank B.	San Diego
Oct 29	Melissa B.	San Diego

South Bay Speakers Opened Mixed
270 "C" St., Chula Vista
Time: Saturday at 7:45 pm

Oct 1	Dodie G.	Long Beach
Oct 8	Tony M.	Glendora
Oct 15	Shamus O'C	Oceanside
Oct 22	Silvia S.	El Cajon
Oct 29	Chuck J.	Chula Vista

Old Town Speaker Meeting
123 Camino de la Reina, Mission Valley
Time: Sunday at 7:00 pm

Oct 2	Cathy M.	San Diego
Oct 9	Jason B.	La Mesa
Oct 16	Julia B	La Mesa
Oct 23	Bob M	La Mesa
Oct 30	Rick Z	La Mesa

Don't miss these other great speaker meetings in the San Diego Area!

Coronado Wednesday Speakers
700 D Ave., Coronado
Time: Wednesday at 8:00

Saturday Night Speakers
9140 Akard St., Spring Valley
Time: Saturday at 7:00 pm

THINGS TO DO & PLACES TO GO

Third Weekenders Camping
Oct. 21, 22, 23 Potrero County Park
Rte 94 E. 42mi. Potrero Valley rd. into park
For more information contact
Gary & Jan 858-271-1368

El Carmelo Mens AA Retreat
November 4-6, 2005
Redlands California
For more information:
www.elcarmello.com

39th Annual Las Vegas Roundup
November 24th-27th
<http://lasvegasroundup.com>

11th Annual Sober Sailors
Big Book Study in the Caribbean!
The Big Book Comes Alive with Joe & Charlie
January 16th – 21st
www.sobersailors.com
(866) 678-8785

"Willingness, honesty & open mindedness are the essentials of recovery." The spiritual experience-Alcoholics Anymous

Do you have historical AA documents? The Archives Committee accepts all historical documents and memorabilia relevant to the fellowship. Please contact the Archives Committee: Thom H. 619-575-3200
Thom.Able2@cox.net

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support.**

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

A FEW WORDS ABOUT SPIRITUALITY

by Anonymous

Spirituality is the life principle in human beings, as opposed to the material or the corporeal. It is a pervading animating principle or characteristic in mankind.

The Big Book talks a lot about Spirituality. It is the key for understanding what Alcoholics Anonymous is all about. Dr. Carl Jung knew it when he talked about the Human Spirit defeating the Spirits that come out of the bottle. The Big Book is very clear about this. On page 98 it says "The men who cry for money and shelter before conquering alcohol are on the wrong track".

In my younger years, I often wondered what drove people like Albert Schweitzer and Mother Teresa and others like them. While I ushered at the Padre Stadium for 10 years, I very often saw some people pushing severely disabled people into the Park to watch the game and tend to them even though many of them were hardly cognizant of what was going on and I would wonder what was their motivation.

Once I saw a man taking care of several persons with Down's syndrome at the ballpark. They kept him so busy that the poor man hardly got to watch the game at all! I got very upset worrying about that "poor" man, but he wasn't upset at all. In fact, he looked like he was having a good time. I wasn't. Again, I was wondering what made people like that be so kind.

Well, after I got fired from that stadium job for drinking, I continued to wonder about those people who seemed so willing to help others and receive little or no recognition for it. I found the answer in Alcoholics Anonymous. The answer is Spirituality. A lot of men helped me and I finally began to see the light. As I began to be of service to Alcoholics Anonymous or simply making coffee or taking some guy to a meeting, that "okayness" began to grow in me and the desire to drink and continue to destroy myself was lifted out of me. The tough thing is, my sponsor never pats me on my back.

By the way, I got to "usher" one more time at the stadium -- for the International Convention.

An old friend of mine shared at the Southern California Roundup Marathon Meeting about an old Indian that was drunk and walking around in the

rain and he fell. He saw his reflection in a puddle of water and knew that his Spirit was gone. He got up on his knees and asked God to give him his Spirit back.

I want to thank all of you for giving me my spirit back

SPIRITUAL AWAKENING

by Anonymous

I have, for quite some time, avoided making a financial amends to a bank I stole from many years ago.

This weekend, at my sponsor's house, we were reading the tenth step and I told her that I wanted to talk to her about an idea that came to me regarding this amends. The money was just part of it. I was never willing to see the whole picture.

I told my sponsor about the women I had really hurt by taking the money. I remembered, as I told her this story, how I felt when the little old lady teller cried when she found she was short the five hundred bucks. I didn't give a care how she felt, because I did not get caught and I did not like her. All of a sudden the feeling of wanting to make amends to those ladies was overwhelming.

If I would have made "just" the financial part of that amends before it was time, I might not have ever gotten to the "others" I had hurt. Now I am willing to make the complete amends. So, here's what happened.

I called to find the address and phone number of the bank in the small town where I lived. It had gone out of business...

It just so happened this last Tuesday (when I found out that the bank was no longer in business) that the fire department was out collecting money in their boots for charity. I could not find a fireman, so I went to the station and handed them five hundred dollars for the charity and walked away.

This was cool for two reasons. The first was that the five hundred dollars was the entire first paycheck from my new job. The second was that I used to drink and go on 911 calls when I was a volunteer fire fighter in another small town in the same county! That thought did not occur to me until after I did it. "Having had a spiritual awakening as the result of these steps": ABSOLUTELY AWESOME!

As long as I know I'm not all powerful and can't predict the future, then I'm open-minded enough to allow Higher Power to work in my life. In the process of coming to believe, in the beginning, I could easily admit there was a power greater than me. In that case, it was the police. But I was told it had to be a power that wasn't human (i.e. "... no human power can save us") and one that was caring and loving.

I was talking to my sponsor who is Jewish. I asked him if the Lord's Prayer (that comes from the New Testament) was a problem for him. He said at first it was and while he still doesn't care for a group to end a meeting with it, he has come to accept (not like) it. He added, "For me to end with a Jewish prayer or you a Buddhist one, is just as wrong as ending it with the Lord's Prayer. I believe we should keep it a spiritual program as much as possible, particularly when it comes to what a whole A.A. group does."

While studying the Traditions I noticed the 6th Tradition states that we shouldn't "endorse" anything outside of A.A. Was saying the Lord's Prayer or a prayer from any religion AS A GROUP, endorsing a particular entity? At one meeting it was determined to be, so they'd end with the 3rd Tradition, saying that this meeting didn't endorse any particular religion or spiritual belief and that if you wish to pray, do so, but as a group we won't (which is why we have the 4th Tradition which states "each group is autonomous" – allowing one group to use the Lord's Prayer if they wish or another to use something else).

As I grew in recovery, in maturity, and open-mindedness I had to let go of these petty complaints. Each of us has the right to be wrong and the freedom to say what we want, whether I or another agrees, as long as it doesn't affect "A.A. as a whole." I am reminded of the 4th Concept of Service, which says "minority opinion will be heard." (As someone once told me, we must guard ourselves from the dictatorship of the majority, – and that we must respect minority views.).

As a rule now I try not to mention I'm a Buddhist or my spiritual beliefs while I'm sharing at a meeting. If someone wants to talk about it after the meeting, fine, but as my sponsor said, "Spiritual beliefs are rather personal and probably no one else's business." All I need to know is I'm NOT God, that there is a Higher Power – and it isn't human, evil or cruel. At the end of our readings it states that "No human power can save us."

For me spirituality comes down to action, not words. Compared to what Higher Power knows, I'm but a child in kindergarten. The longer I'm sober the less I know – and that means my understanding of Higher Power's will for me comes down to – not understanding. If I understood, I would indeed be God. I understand that I won't understand – and that's understanding. I try to do It's Will, not mine. But how do I know that? Being human, I'm fallible. Bill Wilson warned of thinking that one has a direct infallible connection to God. So when I do Good I know it's God's will for me. How do I know Good? As a guru might say, "You'll know when you there."

It all comes down to helping the other alcoholic. Giving a hand up and not a hand out. For it is through another human being that I see the essence of God, of a Power Greater than Me. I also know that God's will for me is to stay sober, for without sobriety, nothing else is possible for me. Once I turn to the bottle I shy away from the spirit of the light and drown myself in that deep, dark cesspool of alcoholism.

Father Martin once said, "Jesus said with faith we could move mountains – and he gave us the shovel to do it." I remember from my childhood that vocation isn't just a career or job; it is also defined as a spiritual calling to do God's work. I believe everyone has that spiritual calling.

If I stay teachable, if I remain as a child (for as Jesus said, being like a little child is a way to get to heaven), and never think I know it ("I got a handle on this recovery now").

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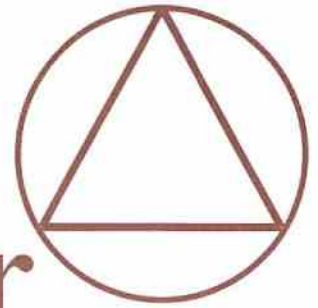
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Name	
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Mail to: CENTRAL OFFICE SAN DIEGO, CA 92120-2454	7075-B MISSION GORGE ROAD BUCK A MONTH CLUB

*Fourth Edition Tidbits
Alcoholics Anonymous Page 47*

When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"They become the real and permanent leadership of AA. Theirs is the quiet opinion, the sure knowledge and humble example that resolve a crisis. They become the voice of the group conscious; in fact, these are the true voice of Alcoholics Anonymous. (Twelve Steps and Twelve Traditions, page 135)

November 2005
VOL. VI, NO. X

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The La Jolla Ladies Speak Out

An interview by Jym V.

Recently I had the opportunity to talk with three wonderful ladies, Eva, Anamae and Marilyn, about what AA was like back when they got sober. They were happy to oblige. I was quite surprised at what I heard!

Anamae and Marilyn each have thirty four years of sobriety, with Eva being the "baby" at only 25 years without a drink! That makes, let's see....five and four and four, carry the one...ninety three years of sobriety between the three of them.

Eva first got sober in 1969. She was sent by her doctor to AA. Eva went, but it took a few months before she sobered up. She was passed out one evening and one of the other ladies, a very strong woman named Kay, forced open a window and climbed through it to make sure Eva was alright. She woke Eva, got her up and dressed, and took her to a meeting, much against Eva's own will. Yes, Kay took a passed out drunk woman to a meeting. In those days it wasn't uncommon to see drunk people in AA meetings.

Anamae got sober that same year. She had a friend who was in AA. One night, when Anamae had been drinking, her thirteen year old daughter was so afraid that she called 911. There were no treatment centers in those days. If you were a female drunk, you went to the hospital. If you were a drunken man, you went to jail. So Anamae was taken to Scripps where she was 12th stepped by her friend and Kay. They took Anamae to the La Jolla Thursday night meeting. She asked Kay if she had to say she was an alcoholic. Kay told her that there wasn't a rule that said she had to, but she suggested that Anamae do that. Anamae told me, "The first time I said 'I'm an alcoholic', it was like a huge stone came off my back.

Marilyn was brought in by Rosa Burwell and four other ladies who, in June of 1970, took her to the Alano club. There wasn't a meeting going at that moment, but they sat with her and talked. Marilyn said that she went to work the next day and went to a meeting at noon, where she watched Eva get her first year birthday cake from Eva's sponsor, Jeanette.

These women began hanging around with each other, and with other women who sobered up in that same time period. They would go to meetings together and have their "meeting after the meeting" at Denny's. They spent time together and had fun together. If there was a round-up or other big AA convention, they went together. "There weren't a lot of meetings to go to back in those days", Eva told me, "so we all went to the same meetings and got to know each other."

Their sponsors got them involved in 12th step calls right away. They would take orange juice and honey with them to feed their prospects so they didn't go into DT's. They also brought Big Books and other literature with them.

One lady they 12th stepped, who became a member of their infamous gang, was Margie. Flygirl Margie, they called her. *(Continued on Page 15)*

Letter from Bill W. to Jim B. :

Dated August 23rd 1949

The Big Book of Alcoholics Anonymous includes personal stories, sharing experience, strength and hope. "A vicious Cycle" by San Diego's own Jim B. highlights one member's journey to finding a power greater than himself, by which he could live, one day at a time. Jim B. and Bill W. formed a close relationship which would last to the end of their days.

Jim B. and Bill W. corresponded and visited with one another for over three decades. Highlights for the development of a "General Service Conference", "Board of Trustees", "12 Concepts", and other key principles were discussed between the two old-timers.

Here is a brief sampling of the correspondence kept in the SDIAA Archives Room at the San Diego Central Office.

August 23, 1949-Bill W. to Jim B.

"I note with a lot of interest that you saw Dick S. What you say is not surprising for we old timers, nearly all of us, are getting frightfully stale. I know that's very true of me. I have lived and worked far too long in the trouble department of AA. Anybody who does enough of that will finally go sour or crack up entirely. It is so everywhere. The old timer situation is getting to be a real problem. In a sense it means we all have to start all over again and get back to first principles. I am glad to see at the group and inter-group levels that our service affairs are in the hands of two to five year old people. Moreover these folks were not so badly burned as we oldsters. As a class they are not so screwy.

As you have probably gathered from Dick, neither he nor Dr. Bob are for a conference. They seem sincerely persuaded that it would cause more trouble than cure. Naturally this puts me in a hard spot. It is most difficult to oppose Smithy under any circumstances and especially now on account of his health. Therefore I suppose I expect I shall just have to wait until experience makes it painfully clear to everybody that the groups must participate or the Foundation, the Office, and the Grapevine will go under. We always learn the hard way anyway. Even if a conference proved a flop, and I could know that beforehand, I would still be for trying out the idea. Basically these central assets belong to the AA movement. Nobody has the right to withhold from the group their opportunity to participate in the management to their own affairs. However, time will tell the story.


Meanwhile I'm withdrawing as much as possible from any special activity hoping to be able to put some of the last ten years experience on paper. Whether I shall find the energy and enthusiasm to see the job through, I frankly don't know, but at least I can try"

With that spirit, AA has truly come of age. Today, as AA members, we can carry on the commitment to our collective welfare. At least we can try.

If you have articles, collections or letters that cover the history of AA and you would like to lend or donate these items to AA, please contact the Archives Committee c/o San Diego Central Office, 7075 Mission Gorge Rd., Ste. B, San Diego, CA 92120. Thank You

*Many A.A. Members celebrate their birthday
By sending a donation of one or two dollars for each year of
sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form
provided in this column.
All Birthdays submitted will be published in this
Section the month following the birthday.*

Birthdays



Steve K./ Santee, La Mesa
09/12/60
45 years

SoberTom/San Diego AA
10/01/92
13 years

Larry W./Fri. Night Weeks End
10/13/93
12 years

Birthday Gratitude For:

Name _____

City _____

Sobriety Date _____

Amount Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

I Work Nights
1730 Monroe Ave @ Club (Codes: * G L)
Monday @ 2 PM University Heights

I Work Nights
1730 Monroe Ave @ Club (Codes: * G L)
Wednesday @ 2 PM University Heights

Anonymous Anonymous
3036 Chamoune Ave @ Garage
Tuesday @ 6 PM City Heights

Deaf Thursday AA
1944 30th St @ Club (Code: +)
Thursday @ 6 PM Golden Hill

Girls Nite Out (Code: W)
6150 Mission Gorge Rd # 120 @ Recv Hm
Friday @ 7 PM Grantville

Coronado Womens Step Study
950 Orange Ave (rear alley) @ Club
Sunday @ 6:30 PM (Codes: C W) Coronado

CANCELED

Serenity By The Sea
32nd St Naval Station @ Chapel Annex
Daily (M-F) @ 11:30AM South San Diego

Coronado Number One Group
950 Orange Ave @ Club
Monday @ 8:15 PM Coronado

Backwoods Meeting
25153 Vicjas Bl @ Church
Tuesday @ 8 PM Descanso

RELOCATED

Porter Hall Structured S/S
8063 Lemon Ave @ Church
(was 4910 Memorial Dr)
Thursday @ 5:30 PM La Mesa

Pacific Beach Weekend Warmup
1675 Garnet Ave @ Church
(was Diamond & Gresham, Rec Ctr)
Friday @ 6:30 PM Pacific Beach

ROOM CHANGE

Serene-Tea
1469 University Ave (in Alley) @ Garden
Monday @ 7 PM Hillcrest

DAY CHANGE

Back Country Meeting
25153 Vicjas Bl @ Church
Friday @ 7 PM (was Thursday) Descanso

Coordinating Council Attendance

The following 49 groups attended October's Coordinating Council
There are 744 registered groups in San Diego

WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, November 10th, 2005

- AA By The Bay
- Cedar St Mens
- Clairemont Womens Step Study
- Coronado Senior And Sober Disc
- Coronado Womens Meeting
- Downtown Discussion
- Early Morning Recovery
- East Side Group
- Evening Serenity
- Fourth Dimension
- Golden Hill Sun Discussion
- GoldMine Speakers Meeting
- Great Fact Group
- Harmony Group
- Island Drop-in Group
- Just Us Girls
- Imperial Mens Group
- La Jolla Monday Womans
- La Jolla Soledad Mens
- La Jolla Speakers
- La Jolla Thursday Night
- La Mesa Step Study Workshop
- La Mesa Womans Sat Morning
- Lakeside Drunks
- Midway Bridge

NAME CHANGE

Sisters In Recovery (was Sober Sisters)
9940 River St @ Club
Sunday @ 3 PM Lakeside
NO LONGER SPEAKER ON 3rd SUNDAY

- Mid-Week Mens
- Mira Mesa Early Risers
- Mission Hills Beginners
- Mission Possible
- Monday Night Big Book Study
- Morning Attitude Adjustment
- North Park Mens
- OB Peer Group
- Old Town Speakers
- Original Tues Night Step Study
- Over The Bridge
- Point Loma Mens
- San Carlos Single Purpose
- Santee Saturday Night Speakers
- Scripps Ranch Mens
- South Clairemont
- Sunday Middy
- The Blvd Desperados
- Tues Night Big Book Step Study
- Tuesday Night Participation
- Two A's Over Easy
- Water Walkers Too
- Womans Gut Level
- Womans Way To Recovery

CODE CHANGE

Sunday Morning Sunshine
760 1st Ave Rm 9 @ Church
Sunday @ 9:15 AM Chula Vista
Is now an 'OPEN' Meeting

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm 5pm- 9pm	Robert John Terry / Bob	Bobette Candy Chris / Pam
Tuesday	9am-1pm 1pm-5pm 5pm- 9pm	John Howard Ben	Dick Jean Jeff
Wednesday	9am-1pm 1pm-5pm 5pm- 9pm	Richard Bob William	Ann Mary Steve
Thursday	9am-1pm 1pm-5pm 5pm- 9pm	Ted Larry Terry / Roy	Jan / Paul Becky Joel / Dana
Friday	9am-1pm 1pm-5pm 5pm-9pm	Frank Earl / Dan Judy / Friend	Carol Tim / Debra Joe / Diane
Saturday	9am-1pm 1pm-5pm 5pm- 9pm	David David Kathy / Greg	George Sharon / OPEN Kathi / Nikki

Minutes of the Coordinating Council
Thursday, October 13th, 2005

Larry T. - Coordinating Council Chair, called the 723rd meeting to order at 7:30 pm. Mark read the 12 Traditions. Council Definition and Purpose read by Debbie. There were 12 new Coordinators and 2 visitors. There were 3 birthdays. 7th Tradition was \$47.00. Roll Call: Rigel, Assistant Council Chair reported 55 groups were represented. There was a quorum (33). It was M/S/C to approve the minutes of the September meeting.

H & I Representative: Brian - H & I Co-Director shared on the status of the ad-hoc reviewing the Area Assembly guidelines in reference to H & I. He invited members to participate on H & I panels and shared about H & I literature "green cans" for groups to pass around at their meetings for literature to go into jails & treatment centers. Brian shared of his intention to help lines of communication between H & I and the fellowship at large. Brian brought copies of H & I September financial report.

Area Assembly - Maran, Area Alt. Secretary shared Area Assembly had their Big Day Assembly. They approved their 2006 budget. November 12th in Vista will be the Area Elections Assembly. Everyone is invited to attend.

AFTER HOURS PHONE COMMITTEE:

Colby, committee member reported:

- 1) The 18th of the month is OPEN.
- 2) Committees 2006 budget, expenses are \$270 for share of cable and office supplies.
- 3) Call Colby at (619) 549-5106 to sign up your group or if you are available to be added to the emergency phone list.

BUSINESS COMMITTEE: Shanda, Vice Chair reported that the committee met on Tuesday 10/11/05 at 6:010 pm. Present: Robert H., Tim L., Larry T., Rigel, Kelly, Peter, Steve, Shanda R. and Connie J., Manager. There was a quorum.

- 1) It was M/S/C to approve the minutes of the September meeting.
- 2) It was M/S/C to approve the September Financial Statements.
 - a) Our September YTD net income was \$6,130.26.
 - b) Our September YTD total Income was \$99,134.83. *A Big Thank You* to all the Groups who responded to our message for financial support for Central Office/Intergroup.
 - c) Our expenses continue to be in-line with our 2005 budget.

Manager's Report

- 1) October's Book of the Month is: "*Dr Bob & The Good Old-timers*" on sale for \$7.50 (reg. \$8.50)
- 2) November's Book of the Month is: "*Experience, Strength & Hope*" on sale for \$8.00, (reg. \$9.00)
- 3) December's Book of the Month is: "*As Bill Sees It*" (soft cover) on sale for \$5.50, (reg. \$6.60)
- 4) NEW Grapevine Book Items: "*I Am Responsible*" and revised "*The Home Group*"
- 5) TORONTO AA Int'l Convention SOUVENIR Books are available at Central Office for \$10.00.
- 6) Contacted standing committee chairs for their budgets.
- 7) Attended Area Assembly on Saturday, September 17th, 2005
- 8) Attended annual Central Office Managers' Seminar the last week of September and came back some great ideas other Central Offices use. Look for the new "Birthday Club" brochure.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks.

Old Business:

- 1) There was none.

New Business:

- 1) It was m/s/c to approve the 2006 Budget for presentation to the Council by Treasurer, Tim L.
- 2) Approved distributing Birthday Club brochure to fellowship.
- 3) Central Office/Intergroup service piece - It was m/s/c to forward to Coordinating Council to forward proposal to Area Committee and Area Assembly for consideration to request to be a General Service Conference Agenda Item in 2006.
- 4) Committees 2006 budget, expenses are \$150. for document copy cost.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on 9/29/05.

- 1) December's Issue: "Staying Sober Through The Holidays" Submissions need to be in by Thursday, October 27th.
- 2) Stories may be submitted at any time - they do not have to be on the current topic. We need personal stories of recovery.
- 3) HOME GROUP SPONSORSHIP OF A FOLD AND LABEL PARTY. IT'S FUN AND FELLOWSHIP.
- 4) Anyone wishing to submit a flyer to be inserted in the Coordinator Newsletter needs to come to our committee meeting for approval.
- 5) Committees 2006 budget, expenses are \$5200 for Coordinator printing costs.

COORDINATOR OUTREACH COMMITTEE:

No Report Given.

ORIENTATION & GUIDELINES: Larry, Chair reported that committee met on Thursday, 10/13/05. Present: Larry, Winona, Mike C. and Linda.

- 1) Orientated 7 new Coordinators.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) Next orientation is Thursday, 11/10/05 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 9/25/05. Present: Les, Laura and Andrea.

- 1) Next upcoming event will be the AA in San Diego Anniversary Breakfast on November 5th at Anclors & Spurs from 9 am-12 noon. Tickets are on sale for \$14.50 through your group Coordinator, Program Committee or Central Office. No tickets sold at door. Committee in need of two new members. Tickets on sale until October 31st.
- 2) Committee 2006 budget, Founders Day Picnic was increased to \$500 instead of \$250 which did not cover the expense of supplies.

PUBLIC INFORMATION COMMITTEE: Felice, member reported:

- 1) Upcoming P.I. Commitments for the month are Grossmont College Health Fair on 10/24/05, the SD Sheriff dept on 11/8/05, San Diego Marriott Hotel Marina Health & Safety on 11/8/05, Teen Challenge in Golden Hills, Southwestern College on 10/26/05 (need help for this event and Naval Medical Center on 10/27/05).

- 2) AA members interested in being a speaker, please come to PI Committee meeting on the 1st Monday of the month at Central Office at 6 pm. NEED HELP, PLEASE.

- 3) Our committee budget has an increase of \$500 from last year to include PRASSA. Our budget total for Literature, Postage, Del Mar Fair, Speaker Workshop...is \$1350.

Continued on Page 6.

Continued from Page 5

Schedule for Coordinating Council Standing CommitteesOLD BUSINESS:

- 1) There was none.

NEW BUSINESS:

- 1) Presentation of 2006 San Diego Intergroup Budget by Tim L., Business Committee Treasurer reviewed the changes comparable to 2005 budget and reported 2006 was again planned as a Balanced Budget. See the following for budget itemization.
- 2) Central/Intergroup Pamphlet Service presented by Connie J. After presentation and discussion, it was m/s/c to send a motion forward to Area Committee for submission of service piece to be included on the 2006 General Service Conference Agenda.

Income	
Contributions - Group	117,500.00
Contributions - Individual	8,775.00
Contributions - SDIAA	1,300.00
Interest - Checking	100.00
Interest - CD's	2,427.00
Literature Sales Income	23,775.00
Total Income	153,877.00
Expenses	
Archives Room	566.00
Accounting & Legal	6,000.00
Auto/Travel/Seminar	2,000.00
Bank Service Charge	100.00
Cash (Over) Short	(100.00)
Check Returned - Bad Debt	0.00
Equipment Maint. & Repair	900.00
Equipment Purchase	1,300.00
Insurance	1,500.00
Office Maint. & Repair	3,000.00
Office Supplies	4,000.00
Postage - Return Mail	100.00
Rent	19,416.00
Taxes	35.00
Telephone	3,000.00
Utilities - Electricity	3,750.00
Website	750.00
EMPLOYEES	
Accrued Payroll Taxes	6,790.00
Employees Wages	79,900.00
Employee 403B Contribution	1,000.00
Insurance - Health	8,850.00
Insurance - Worker's Comp	1,350.00
Total Expenses	(144,207.00)
Net Income before Committees	9,670.00
Council Standing Committees	
(See Schedule below)	
Coordinating Council	1940.00
After Hours Phones	300.00
Business Committee	150.00
Coordinator Newsletter	5200.00
Coordinator Outreach	50.00
Orientation/Policy Committee	180.00
Program Committee	500.00
Public Information	1350.00
Total Expenses	(9245.00)
Net Loss for 2006	0.00

After Hours Phones

Cable TV	270.00
Office Supplies/Postage	30.00
Total After Hours Phones	300.00

Coordinating Council

7th Tradition Income	(400.00)
Coffee & Donuts	300.00
Documentation	250.00
Equipment	60.00
Recording Secretary	360.00
Rent CC	720.00
Unity Day	150.00
PRASSA fund for Council Chair	500.00
Total Coordinating Council	1,940.00

Newsletter "Coordinator"

BAM Subscriptions	-800.00
Flyers	-600.00
Paper/ Labels	1,200.00
Postage Bulk	1,300.00
Printers	4,100.00
Total Newsletter "Coordinator"	5,200.00

Coordinator Outreach

	50.00
--	-------

Orientation Committee

Documentation/Office Supplies	130.00
Year-end party	50.00
Total Orientation Committee	180.00

Program Committee

Founder's Day Picnic	
Food/Supplies	400.00
Flyer	60.00
Signs	40.00

Total Founder's Day Picnic 250.00Anniversary Breakfast

Decorations	75.00
Food/Drinks	3,000.00
Printing	75.00

Total Anniversary Breakfast 3,150.00Ticket Income 3,150.00
0.00New Year's Eve Celebration

Decorations	400.00
Food/Drinks	2,000.00
Hall Rental	1,170.00
Music	900.00
Flyers/Ticket Printing	280.00

Total New Year's Eve Celebration 4,750.00Ticket Income 4,750.00
0.00Public Info Committee

Del Mar Fair	125.00
Literature	500.00
Speaker Workshop	75.00
Copies/Postage	50.00
PRASSA for PI Chair	500.00

Total Public Info Committee 1,350.00**Total Standing Committee Expense 9670.00**

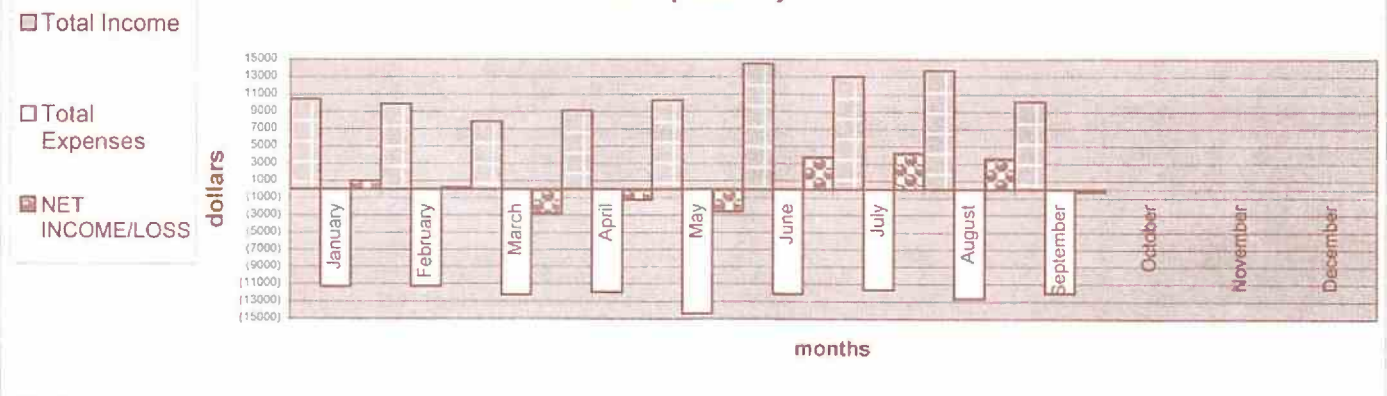
Meeting adjourned at 9:25 pm with the Serenity Prayer.

Respectfully submitted, Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
September 30, 2005

	September '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Ordinary Income/Expense						
Income						
Archives Room	-	0.00%	-	2,700.00	(2,700.00)	-
Contributions Group	8,805.46	86.94%	90,321.55	82,811.34	7,510.21	112,000.00
Contributions Individual	1,128.68	11.14%	6,229.96	1,626.80	4,603.16	8,548.00
Contributions SDIAA	-	0.00%	1,230.00	1,250.00	(20.00)	1,230.00
Interest - Checking	3.21	0.03%	25.70	24.47	1.23	50.00
Interest - Cert of Deposits	190.61	1.88%	1,327.62	659.19	668.43	1,130.00
Total Income	10,127.96	100.00%	99,134.83	89,071.80	10,063.03	122,958.00
Expense						
Archives Room	253.11	2.50%	1,433.21	-	1,433.21	1,450.00
Accounting & Legal	225.00	2.22%	5,040.00	4,685.00	355.00	5,500.00
Auto/Travel/Seminar	338.00	3.34%	1,490.67	1,414.04	76.63	1,500.00
Bank Service Charges	2.00	0.02%	82.78	68.00	14.78	100.00
Cash (Over) Short	4.30	0.04%	(0.03)	(56.85)	56.82	(100.00)
Checks Returned - Bad Debt	-	0.00%	78.08	5.00	73.08	50.00
Depreciation	86.44	0.85%	998.68	1,440.00	(441.32)	1,258.00
Equipment Maint & Repair	171.58	1.69%	671.68	569.17	102.51	900.00
Equipment Purchase	-	0.00%	446.99	-	446.99	500.00
Insurance	134.75	1.33%	1,041.59	1,453.45	(411.86)	1,413.00
Office Maint. & Repairs	107.00	1.06%	535.00	247.91	287.09	1,000.00
Office Supplies	464.78	4.59%	2,943.59	2,958.61	(15.02)	4,000.00
Postage - Return Mail	31.93	0.32%	57.51	60.54	(3.03)	100.00
Rent	1,586.00	15.66%	14,090.00	14,112.00	(22.00)	18,848.00
Taxes	-	0.00%	35.00	55.00	(20.00)	35.00
Telephone	233.90	2.31%	2,105.46	2,001.60	103.86	2,700.00
Utilities-Electricity	354.99	3.51%	3,817.67	3,177.35	640.32	4,000.00
Website	12.00	0.12%	316.50	316.50	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	492.99	4.87%	4,563.20	4,080.45	482.75	6,286.00
Employee Wages	6,444.20	63.63%	56,721.52	52,420.74	4,300.78	73,980.00
Employee 403B Contribution	80.00	0.79%	710.00	637.50	72.50	1,000.00
Employee Health Benefit	706.23	6.97%	6,317.21	5,529.31	787.90	8,350.00
Insurance-Worker's Comp	83.36	0.82%	900.30	1,598.34	(698.04)	1,343.00
Total Expense	11,812.56	114.13%	104,396.61	96,773.66	7,622.95	134,713.00
Net Ordinary Income	(1,684.60)	-16.63%	(5,261.78)	(7,701.86)	2,440.08	(11,755.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,622.22	16.02%	16,459.02	13,382.93	3,076.09	20,500.00
Total Other Income	1,622.22	16.02%	16,459.02	13,382.93	3,076.09	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	191.11	1.89%	5,066.98	8,415.99	(3,349.01)	8,745.00
Total Other Expense	191.11	1.89%	5,066.98	8,415.99	(3,349.01)	8,745.00
Net Other Income	1,431.11	14.13%	11,392.04	4,966.94	6,425.10	11,755.00
Net Income	(253.49)	-2.50%	6,130.26	(2,734.92)	8,865.18	-

Income & Expense by Month



Contributions September 2005

Group Name	Sep-05	Ytd 05	Group Name	Sep-05	Ytd 05
11th Step Journey -2622	-	100.00	El Cajon Navajo Road Group - 102	-	100.00
11th Step Meeting - 2322	-	50.00	El Cajon Nooner - 2638	-	300.00
12 X 12 Happy Hour Step Study - 111	-	26.00	El Cajon Womens Serenity - 77	-	247.92
24 Hour Group Mixed - 370	-	30.00	Encanto Group - 115	25.00	25.00
4th Edition Big Book - 2569	-	55.00	Evening Serenity - 2305	480.00	1,740.00
4077 Mash 11th Step - 2027	-	131.00	Eye Opener Group - 607	548.00	1,982.00
92037 Group - 861	-	440.00	Faculty Group - 1645	-	122.98
AA By The Bay - 629	-	320.00	Faith With Works - 364	20.00	20.00
A New Way To Live - 846	-	200.00	Fifth Chapter Group - 112	-	90.00
A Sense Of Belonging Womens - 1205	-	120.00	Fireside Step Study -	-	423.00
A Womens Meeting -1717	-	705.00	Free To Be - 935	60.00	285.00
Adams Avenue Big Book Study - 1892	-	100.00	Fresh Air Friday - 266	-	719.89
Allied Gardens Friday Lunch - 766	50.00	234.81	Fresh Start Beginners - 1614	-	17.02
Allied Gardens Step Study - 1629	-	200.00	Fri Nite Cedar St - 1662	-	189.11
Alpine Mixed Step Study - 2621	-	278.80	Friday Morning Womens - 104	130.00	405.00
Alpine Saturday Nite Special - 891	-	95.00	Friday Night Santee - 1754	-	246.00
Alpine Womens Candlelight - 1684	40.00	86.72	Friday Nite Special - 2401	-	200.00
Another New Beginning - 144	-	600.00	Friday Nite Weeks End - 1856	-	325.00
Another Sober Tuesday - 1952	-	545.87	Gilman Group - Fri - 1988	-	50.00
Arragon Sober Mens - 2598	-	5.00	Gilman Group - Tues - 1987	-	50.00
As Bill Sees It - 324	-	40.00	Golden Hill Sun Discussion - 1706	88.20	201.22
At One With Each Other - 789	-	70.00	Goldmine Speakers - 2613	-	99.80
B.Y.O.B. (North Park) 203	30.00	250.00	Good Fortune Hui Group - 491	-	240.00
Back To Basics - 1026	-	1,150.00	Good Morning AA - 1888	-	400.00
Back To Basics Step Study - 1938	60.00	60.00	Great Fact Group - 895	-	678.66
Bacon St Usual Suspects - 2663	-	50.00	Happy Destiny - 2436	-	450.00
Barefoot - 139	-	191.80	Happy, Joyous & Free - 363	-	50.00
Battery Chargers - 98	-	450.00	Harmony Group - 585	-	620.00
Bay Park Step Study Group - 299	-	130.00	Haul Your Hiney Out of Bed - 704	-	90.00
Bayside Big Book Study - 1610	-	150.00	Here and Now Progressive - 1667	-	30.00
Beach Area Beginners One-272	-	220.00	Hi-Nooners - 673	-	40.00
Beautiful Beginnings - 652	-	205.00	Hip Slick & Sick Young Peoples - 762	-	545.65
Beginners Big Book Study - 1680	-	10.00	His Majesty The Baby - 2427	-	210.00
Beginners Steps to Sobriety - 1007	50.00	100.00	How It Is Today - 483	-	309.00
Big Bon-Fire Meeting - 1894	-	310.20	I.B. Sober Steps & Traditlons - 1519	-	62.00
Big Book & 12 x 12 Study - 100	-	100.00	I.B. Experience, Strength & Hope 2652	-	160.00
Bonita Boozers - 2179	-	285.88	Imperial Beach Group - 79	66.60	581.94
Butterfly Group - 48	-	40.00	Imperial Mens Group - 869	-	40.00
Butts Out Smokeless - 1764	-	36.00	International Group - 23	40.00	128.00
Cajon View Open Disc - 471	-	564.15	Jamul Open - 63	-	48.00
Carrying The Message - 2458	-	160.00	Kick Start Your Heart - 2430	40.00	120.00
Casa De Oro Tradition Five - 503	-	599.13	La Jolla Basic B/B Study - 2154	-	123.00
Casa De Oro Weds Nite - 2049	-	140.00	La Jolla Beginners Group - 82	-	845.00
Cedar St Mens - 1698	78.00	693.50	La Jolla Big Book - 84	-	174.00
Chula Vista 4 Min Speakers - 1568	-	215.00	La Cove Beginners - 1265	-	550.00
Chula Vista Friday Night - 837	-	160.00	La Jolla Discussion Group - 85	-	552.07
Citizens Again - 2658	-	45.00	La Jolla Lunch Bunch - 622	-	150.00
Clairemont Daytime Step Study - 427	-	88.00	La Jolla Mens - 692	-	399.00
Clairemont Discussion - 314	50.00	278.88	La Jolla Monday Womens - 87	-	360.00
Clairemont Mens - 301	-	820.00	La Jolla Nonsmokers Disc - 88	-	600.00
Clairemont Mixed Discussion - 338	-	107.25	La Jolla Patio Group - Wed - 613	-	61.00
Clairemont Open Discussion - 308	-	200.00	La Jolla Patio Group - Fri - 758	-	24.00
Clairemont Step Study - 482	-	70.00	La Jolla Pump House Group - 696	-	169.18
Clairemont Thurs Brown Bag - 315	150.00	320.00	La Jolla Soledad Mens - 717	-	1,278.00
Clairemont Womens - 340	69.80	166.14	La Jolla Speakers - 578	-	260.00
Clairemont Womens Step Study - 341	80.00	490.00	La Mesa Big Book - 1689	331.20	331.20
Class Acts - 1845	-	209.53	La Mesa Ladies of the Lake Group - 2710	-	36.00
Coffee Clutchers - 2332	-	300.00	La Mesa Mens - 106	-	450.00
Conscious Contact Study Grp - 2282	-	180.00	La Mesa Step Study Workshop - 1621	-	349.11
Coronado Beginners - 344	50.00	95.00	La Mesa Womens Sat. Morning - 416	-	470.26
Coronado Big Book Study - 1644	-	50.00	Lake Murray Lunch Bunch - 2701	-	143.65
Coronado Nooners - 497	99.15	663.15	Lake Murray Womens - 572	-	362.50
Coronado Prospect Discussion #1 - 350	-	20.31	Lakeside Happy Hour - 2285	-	180.00
Coronado Senior and Sober Disc. - 1711	31.00	193.33	Lemon Grove Speakers - 257	-	45.00
Coronado Step Study - 1523	-	50.00	Linda Vista Mens - 106	-	75.00
Coronado Sunday Noon - 1830	-	160.00	Linda Vista Thursday Night - 319	-	320.00
Coronado Sundowners - 1634	-	205.00	Little Apple Group - 1438	100.00	350.00
Coronado Womens Meeting - 1656	-	117.00	Living Free - 477	-	610.00
Coronado Young Peoples - 405	-	240.00	Loma Portal Discussion - 1628	-	84.62
Cowles Mt Smokeless Discussion - 681	-	135.85	Lotus Womens Step Study - 1647	-	50.00
D.D.G.T.M. - 767	-	200.00	Love and Truth 12 x 12 - 1617	-	165.00
Dawn Patrol - 263	318.49	2,776.16	Lunch With Bill W Bunch - 774	-	150.00
Deerhorn Group - 2063	-	100.00	Lunchtime Friends - 964	-	78.60
Designs for Living - 488	-	453.00	Meetin' In The Ladies Room - 2614	-	30.00
Diamond St Mens Step Study - 569	300.00	930.00	Men and Womens Monday Night - 95	60.00	210.00
Dignity Unlimited - 205	-	147.00	Mens Recovery Group - 830	-	50.00
Doctors and Lawyers Group - 391	-	459.00	Mens Step Study (CV) - 965	-	50.00
Downtown Discussion - 1665	-	709.11	Mens Step Study (LJ) - 2643	-	273.00
Downtown Noon Discussion - 1607	-	90.00	Mens Structured Step Study - 1469	-	160.00
Drunks Only - 1605	200.55	2,891.70	Midway Bridge - 2171	-	163.00
Early Birds - 1666	-	50.00	Mid-Week Mens - 560	-	432.36
Early Risers (Coronado) - 1525	262.53	1,878.93	Mira Mesa 12 Step Study - 377	-	20.00
Early Risers (PB) - 264	-	377.50	Mira Mesa Early Risers - 967	-	322.94
Early Morning Recovery - 2688	150.00	221.00	MiraMesa Monday Noon Mixed - 542	-	67.20
East County Mens - 1905	-	69.00	Mira Mesa Womens - 411	-	80.00
East Lake New Beginnings B/B S/S - 2673	-	100.00	Miracle Literature - 2635	-	108.50
East Lake Greens Early Risers - 2691	-	50.00	Miracles On Mondays - 565	-	174.56
East Side Group - 101	-	275.00	Misfit Mens - 2486	-	175.00
Easy Does It Riders - 21	-	357.64	Mission Bay Sat Night Speakers - 271	-	80.00
Easy Does It Speakers - 114	60.00	420.00	Mission Bay Speakers - 1692	-	210.00
Easy Risers - 854	200.00	600.00	Mission Hills Beginners - 1612	-	508.00
El Cajon Daytime - 52	175.00	700.00	Mission Hills Fri. Night Group - 2576	-	120.00

Contributions September 2005

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Group Name	Sep-05	Ytd 05	Group Name	Sep-05	Ytd 05
Mission Hills Weds Lunch Bunch-2675	-	550.00	The Gong Show - 267	-	100.00
Mission Possible - 131	-	166.21	The Other Meeting - 857	-	1,000.00
Mon Eve Smokeless Dinner - 1723	-	108.00	The Womens Room - 450	60.19	60.19
Monday Mens Gut Level Group - 677	-	45.00	Three Legacies Group - 2194	-	150.00
Monday Morning Womens Step Study	-	56.00	Thursday Night Sobriety - 475	-	250.00
Monday Night Big Book Study - 2345	30.00	80.00	Thursday Promises Promises - 749	-	210.00
Monday Night North Park AA - 222	-	179.50	Thursday Step Study - 2025	-	90.00
Monday Nite Live - 643	-	180.00	Thursday Steps - 646	45.00	200.14
Monday Step Study - 316	-	344.79	Tierrasanta Big Book Study - 1790	-	100.00
Morning Attitude Adjustment - 768	-	1,192.50	Tierrasanta Friday Night - 2645	-	178.26
Morning Glorys Womens S/S - 543	30.00	96.00	Tierrasanta Happy, Joyous & Free - 2659	100.00	100.00
Mother Earth Viejas Rez - 2019	-	30.00	Top of the Hill - 41	-	175.00
Mt Step Study - 2578	-	60.00	Torrey Pines Open Discussion - 94	-	150.00
No B.S. Mens - 1972	-	50.00	Torrey Pines Thurs Nite Disc. - 365	-	5.00
Noon At The Grove - 628	349.00	2,157.00	Traditions Study - 2336	-	120.00
Noon to One AA - 2029	-	600.00	Tues Night Big Book Step Study - 1813	-	220.00
Nooners Anonymous - 1164	-	180.00	Tues Night Mens - 2123	-	140.00
Noontime on the Patio - 2203	-	185.00	Tues Rule 62 Lunch Group - 590	-	294.00
North Clairemont - 1102	100.00	100.00	Tuesday AA Step Study - 937	60.00	60.00
North Clairemont Sat Nooners - 2572	-	40.00	Tuesday Morning Alpine - 440	114.61	350.52
North Park Mens - 465	-	422.65	Tuesday Night Mens - 56	-	61.31
North Shores Breakfast - 275	-	150.00	Tuesday Night Participation - 905	-	150.00
North Shores Breakfast Disc. - 276	100.00	270.00	Two A's Over Easy - 2106	50.00	325.00
OB Peer Group - 2130	-	240.00	Two Bit Speakers - 201	-	185.55
Old Timers Group - 2037	50.00	140.00	University City Disc. - 368	-	100.00
One Step at a Time Runners - 1664	-	121.20	University City Womens - 369	52.75	127.75
Original Tues Night Step Study - 2124	164.75	324.75	Victory Group - 2108	-	95.00
Over 50 - 840	-	45.00	Wandering Women - 2298	-	60.00
Over The Bridge - 2689	106.03	612.22	War Fever -880	-	64.00
Pacific Beach Weekend Warmup - 725	-	684.00	Warm and Friendly - 42	-	60.00
Pass It On Group - 170	-	110.57	Water Walkers - 5	-	60.00
Penasquitos Discussion - 871	-	36.25	Water Walkers Too - 1946	-	1,304.00
Point Loma AA Discussion - 242	50.00	50.00	We've Come Along Way - 1616	-	58.56
Point Loma Mens - 245	180.00	400.00	Wednesday Discussion Group - 2431	246.00	246.00
Point Loma Saturday Morning - 1240	-	271.00	Wednesday Night Promises -2167	-	25.00
Point Loma Tuesday Night - 2648	-	2.13	Wednesday Winners Circle - 496	-	47.88
Point Loma Nooners - 1606	-	75.00	Wednesday Womens Study - 2281	-	39.27
Porter Hall Group - 109	-	211.00	Weds Nite Group - 2328	25.21	25.21
Porter Hall Structured S/S - 97	-	275.00	Weds Rule 62 Lunch Group -687	-	150.00
Practical Solutions - 2398	117.50	150.50	What Now - 325	-	150.00
Primary Purpose - 287	-	60.00	Wholesale Miracle (Thur) - 2474	245.40	245.40
Progress Rather Than Perfection - 26	-	106.00	Womans Let Go and Let God - 446	-	290.00
Pt Loma Fri Afternoon Step Study - 244	100.00	195.00	Women In Harmony - 1807	60.00	250.00
Pt Loma Womens Discussion - 1608	-	443.29	Women To Women - 2066	-	120.00
R.B. Early Birds - 2476	-	58.00	Womens Step Study - 296	-	214.57
Resentment and A Coffee Pot - 2561	-	175.00	Womens Way to Recovery -838	-	55.00
Right Turn Group - 1900	-	175.00			
Rise & Shine - 2170	865.00	1,765.00			
Round Table Discussion - 123	-	50.00			
Safe Sane and Sober - 1350	270.00	703.00			
San Carlos Single Purpose - 583	-	80.00			
San Diego Doctors Step Study - 194	-	200.00			
Santee Saturday Night Speakers - 2656	-	75.00			
Santee Thursday Closed Mixed - 145	-	24.00			
Santee Serenity Group - 1943	-	125.00			
Santee Sunday Nite Smokeless - 1705	-	100.00			
Sat Mens Early Awakening - 2209	-	280.00			
Sat Night Early Discussion - 336	-	529.93			
Sat Night Live - 2173	-	200.00			
Sat Open Discussion - 322	-	53.00			
Saturday A.M. Live - 782	-	142.23			
Saturday Mens - 1730	-	144.00			
Saturday Night Candlelight - 1914	40.00	200.00			
Scripps Ranch Mens - 1924	20.00	100.00			
Senior Serenity Meeting - 209	50.00	100.00			
Serendipity Womens - 1642	50.00	100.00			
Sky Hi Womens - 1633	-	165.00			
Smokeless Drunks Luncheon - 1008	-	500.00			
Smokefree La Mesa Womens - 635	-	137.50			
Sober Camels Speakers Meeting - 2296	-	297.00			
Sober Nooners - 196	-	271.53			
Sober Serenity Seekers - 887	-	141.00			
Sole Purpose Group - 1657	-	240.00			
South Bay Guys & Gals Disc - 35	-	20.00			
Spiritual Awakening - 2275	-	3,520.00			
Spiritual Awakenings Step Study - 2601	320.00	420.00			
Spring Valley Step Study - 125	-	100.00			
Stadium Group - 372	-	50.00			
Step by Step - 1486	-	60.00			
Step Sisters - 2155	-	60.00			
Straight Shooters - 198	-	77.25			
Sunday Beach Sun - Day - 568	-	235.00			
Sunday Kind Of Love - 429	-	198.41			
Sunday MIDDAY - 161	-	108.00			
Sunday Morning At the Grove - 117	-	130.00			
Sunday Morning Eleventh Step - 1206	-	100.00			
Sunday Morning Spiritual Meeting - 1700	-	253.00			
Sunday Serenity - 47	-	403.50			
T.G.I.F. -1658	-	100.00			
Take Five - 1323	-	337.00			
Thankful Thursdays - 2542	-	100.00			
The Boulevard Desparados - 2262	-	70.00			

Thank you for supporting YOUR Central Office.

September 2005

Group Contributions: \$8,805.46
Individual Contributions: \$1,128.68
Literature & Interest Income: \$1,816.04
Total Income: \$11,750.18

Central Office Expenses: - \$11,812.56
Committee Expenses: - \$191.11
Total Expenses: - \$12,003.67

September Net Income: - \$253.49

YTD Net Income: \$6,130.26

September Individual Contributions

= \$1,128.68

**Pat Mc, Hart, Mich, Robert H., Kathy G.,
 Carolyn I., Connie J., Tom B., Michael B.,
 Tom R., Daniel Y., Nancy F., Larry W.,
 Stephen K., Patrick V., John S. Yvonne C.**

Individual members may also make contributions to
 Central Office up to \$2000 per year. Some choose to
 contribute \$1 or \$2 on their sobriety birthdays for each
 sober year.

CENTRAL OFFICE NOTES

- October's Book of the Month: "Dr Bob & The Good OldTimers" –
Sale: \$7.50 (reg. \$8.50)
 - November's Book of the Month: "Experience, Strength & Hope" –
Sale: \$8.00 (reg. \$9.00)
 - December's Book of the Month: : "As Bill Sees It" (soft cover) –
Sale: \$5.50 (reg. \$6.60)
- Central Office needs an every other Saturday Daytime Phone Volunteer for 1pm – to 5pm.
- Our Central Office phone lines are answered 24/7 by recovering alcoholics. There are opportunities to serve as daytime volunteers or as a group answering the nighttime phones. Currently the 18th of the month is an open night for a group.
 - Have you been to our AASandiego.org website? You can find San Diego AA meetings with maps, the *Coordinator* newsletter including our monthly financials, monthly service calendar, or you can submit meeting changes, sign up to be a 12 stepper... lots of stuff on our website... check it out.
 - 2005 AA International Convention in Toronto Souvenir Books for anyone who didn't have a chance to go. It's a great collection of short excerpts of our AA history for 70 years along with a DVD featuring recordings of Henrietta Sieberling, Sister Ignatia, Ebby, Bill W, Dr Bob..... 18 in all. On sale for \$10.00 each.
 - FREE tours of the new San Diego Area Archive's Room at Central Office. It is a joint effort between San Diego & North County Intergroups , along with San Diego/Imperial Area Assembly. The room is open Monday-Saturday 9 am – 5 pm.
 - When someone calls the Central Office and needs to speak to someone about their problems with alcohol, we then call an AA member on our 12 step lists. You can sign up to be on a daytime or nighttime call list. Also, available is communicating with someone via email.
 - PAINT JOB for the phone volunteer & kitchen areas at Central Office. If you might be available to help paint these rooms on a Saturday morning, call Connie at 619-265-8762.

CENTRAL OFFICE

PHONE CALLS FOR September 2005

TOTAL CALLS FOR MONTH 2985	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	2020	602	43
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	197	90	33

WEB SITE HITS: Sept. = 6,630 Total 244,260

November 2005

AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Mission Hills Beginners	La Jolla Soledad Men's	Unconditional AA	La Mesa Open Discussion	Over The Bridge
6	7	8	9	10	11	12
Adams Ave Big Book	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers
Dawn Patrol						
13	14	15	16	17	18	19
La Mesa Women's Sat Morning	El Cajon Daytime	Old Town Speakers	Evening Serenity	Fourth Dimension	OPEN	Smokeless Drunks
Mission Possible						
20	21	22	23	24	25	26
South Clairemont	Cedar St Men's	North Shores Breakfast (Sunday)	Fireside Step Study	Imperial Beach Group	Downtown Discussion	Drunks Only
Lake Murray Womens						
27	28	29	30			
Clairemont Men's	North Park Men's	Harmony Group	Diamond Street Mens			
Easy Risers						

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - (619) 549-5106
Or Connie at Central Office (619) 265-8762

November 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Every Sunday <u>Comité de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm		Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm <u>Area Policy</u> <u>Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm	<u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm	<u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm <u>District 9</u> Serv Cir 485 Broadway #E El Centro 7:00 pm	Every Friday <u>Distrto 15</u> Oficina Central Hispana 3628 University 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	<u>65th Anniversary</u> <u>Breakfast</u> 32 nd St Naval Station 2375 Recreation Way National City 9 AM – Noon (No Tickets At The Door) See Flyer or Call Central Office
6	7	8	9	10	11	12
<u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>District 8</u> Office Bldg 755 Emory St Chula Vista 8:00 pm <u>Public Information</u> <u>Committee</u> Central Office 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm <u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm <u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm <u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm	<u>Archives Committee</u> Central Office 6:30 pm	<u>Coordinating Council</u> Church 6 th & Nutmeg Orientation Committee 6:00 pm (2 nd floor) New Coordinators 6:30 pm (2 nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting <u>Area Agenda</u> <u>Committee</u> Central Office 7:00 pm	HOLIDAY CENTRAL OFFICE CLOSED	<u>AREA ASSEMBLY</u> <u>ELECTIONS</u> Visla 8:30 AM
13	14	15	16	17	18	19
<u>20th ANNUAL</u> <u>"ROOTS"</u> War Memorial Bldg Balboa Park 1:00 PM <u>Grapevine Committee</u> Central Office 4:00 pm	<u>District 6</u> Serv Cir 3425 5 th Ave Hillcrest 6:00 pm <u>Area Finance</u> <u>Committee</u> Central Office 6:00 pm <u>Area Newsletter</u> <u>Committee</u> "Keith" Restaurant I-15 & Miramar Rd 6:30 pm	<u>Contact On Release</u> <u>Committee</u> Central Office 6:45 pm	<u>Fold and Label the</u> <u>Coordinator</u> <u>Newsletter Party</u> Central Office 6:00 pm	<u>Coordinator</u> <u>Newsletter</u> <u>Committee</u> Central Office 6:00 pm <u>H&I Committee</u> <u>Orientation</u> Central Office 7:00 pm <u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm		
20	21	22	23	24	25	26
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm <u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm	<u>Area Literature</u> <u>Committee</u> Central Office 7:00 pm	<u>After-Hours Phone</u> <u>Committee</u> Central Office 6:30 pm <u>Accessibilities</u> <u>Committee</u> Central Office 7:00 pm	<u>Area Computer</u> <u>Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm <u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm	HOLIDAY CENTRAL OFFICE CLOSED		<u>Archives Committee</u> <u>Open House</u> Central Office 1:00 pm – 4:00 pm
27	28	29	30			
<u>Spanish Translation</u> <u>Committee</u> Central Office 11:00 AM <u>Program Committee</u> Central Office 6:30 pm	<u>District 5</u> Church 5050 Milton Clairemont 7:00 pm <u>C.P.C Committee</u> Central Office 7:30 pm	<u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm				

SPEAKER MEETINGS

Old Town Speaker Meeting
 123 Camino de la Reina, Mission Valley
 Time: Sunday at 7:00 pm

Nov. 6	Robert C.	Encinitas
Nov. 13	JoAnn Z.	La Mesa
Nov. 20	Jim H.	Rancho Santa Margarita
Nov. 27	Letitia M.	San Diego

Easy Does It Speakers Meeting
 Church 2770 Glebe Road
 Lemon Grove, CA 91945
 Time: Friday at 8:00 pm

Nov. 4	Jimmy T.
Nov. 11	Tyrone
Nov. 18	Judy
Nov. 25	Dave

South Bay Speakers Opened Mixed
 270 "C" St., Chula Vista
 Time: Saturday at 7:45 pm

Nov. 5	Steve S	Long Beach
Nov 12	George M	San Diego
Nov 19	John A	Laguna Woods
Nov. 26	Gloria T	Long Beach

Mission Bay Saturday Speakers Meeting
 USD Campus, Marion Way
 Founders Hall Room #124
 Time: Saturday at 8:00 pm

Coronado Wednesday Speakers
 700 D Ave., Coronado
 Time: Wednesday at 8:00

Saturday Night Speakers
 9140 Akard St., Spring Valley
 Time: Saturday at 7:00 pm

"Willingness, honesty & open mindedness are the essentials of recovery." The spiritual experience-
 Alcoholics Anonymous

THINGS TO DO & PLACES TO GO

Third Weekenders Camping
 November 18-20

Sweetwater Summit Co. Park
 I-805 to Bonita Rd (becomes San Miguel) to Summit
 Meadows Rd, left into park
 Partial Hookups
 Make your own reservations with county
 858-565-3600

El Carmelo Mens AA Retreat

November 4-6, 2005
 Redlands California
 For more information:
www.elcarmello.com

39th Annual Las Vegas Roundup

November 24th-27th
<http://lasvegasroundup.com>

Sponsorship by the Book

November 19th 10am – 2 pm
 Church 8350 Lake Murray Dr La Mesa
 Sponsored by District 11

11th Annual Sober Sailors

Big Book Study in the Caribbean!
 The Big Book Comes Alive with Joe & Charlie
 January 16th – 21st
www.sobersailors.com
 (866) 678-8785

Do you have historical AA documents? The Archives Committee accepts all historical documents and memorabilia relevant to the fellowship. Please contact the Archives Committee: Thom H. 619-575-3200
Thom.Able2@cox.net

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.
 If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

A SAN DIEGO OLD-TIMER'S STORY

Johnny R.

"I got sober in a town outside of Boston. My sobriety date is October 6, 1948...When I got sober, I didn't have a car. I'd work all day driving a truck, then park the truck and walk home. Then I'd walk to the meeting or someone would pick me up and take me to the meeting. There were two other new people in that meeting and we became friends. When I finally got a car after a little while, I would pick up my two friends and we'd go to meetings together. We were having a good time. It was the Central Square Group in Summersville. That whole area is gone. Last time I was there, I didn't recognize anything...I was sober about 30 years when I moved to Chula Vista and I got my first 'Token' here. They just didn't give tokens back there in those days. The thing that remained the same between back East and here is that I've always showed up at my meetings so I can talk to anybody that needs to talk. It don't matter how long I've been sober, we just stay sober one day at a time. I never got involved in the office at the Pioneers. I never was a GSR or anything like that I just went to meetings and tried to help the new man...Every year at the San Diego Roundup, I usually have the most sobriety and I get to talk and give the Book to the newest person. Last year, some young fellow was giving me a ride to the Sunday Meeting and his car broke down. By the time we got there, a lady named Kathy had already given the Book to the newcomer. This year, I made damned sure I was there early. And I'll be there early next year too!"

"I've been playing Cribbage at the Pioneers for many years before the Saturday Night Speaker Meeting with my buddy Dave who spent 20 years in the Navy and would always play with me when he was home. Dave retired recently and he has moved back to Chicago. Maybe I'll find another playing partner. I just got a call from a buddy in Summersville. He's got the same sobriety date as I do. He also spent 20 years in the Navy. I never went in the service. The day I went to enlist, I was drunk and some Sergeant told me to get the hell out. I threatened to beat the hell out of him, but he had two big buddies and they made me leave. I never heard from the Military after that."

"If you're going to print this...just tell everyone that we do it one day at a time."

How Ken D Remembers It

Gabe G

When Ken D arrived from New York to Sunny San Diego in the mid 70's he recalls AA as "A lot of Navy, people talked in code. I couldn't understand them. The only way I could relate was from the boy scouts in Brooklyn! What did Bob and Bill have to do with this?" More would be revealed...Soon Kenny discovered the Sunday, Balboa Park, meeting which attracted 300-400 AA's from all over San Diego. "People went there for the cakes and speaker, no singing as I recall, great sobriety, no outside issues. The meetin' gave focus to AA, it didn't matter where you lived in San Diego, everyone went to this meetin'." It reminded Ken of solid centralized meetings in New York.

The 80's brought the first Alkathon during a Christmas/ New Year stretch of 10 days over 4,000 people came to marathon meetings at an elementary school. AA's made sure the place was cleaned up for when the kids returned. "The Late 80's and Early 90's outside issues became more talked about in meetings, you kinda heard feelings come out more in shares." Compared to hoe Ken describes a men's meeting 2 decades ago as a smoked filled room, with military bravado "I mean 5'5 alki's were fighting in the worst bar brawls all over the world... guys were practically sayin dey helped bill and bob write the book...and this stuff would go all night long." In 1995, the world convention came and Ken was of service. He talks of this event as an indescribable feeling of "fun, positive energy...The Tribune reported the cops saying the biggest problem were too many people huggin' in the middle of the street and stoppin' traffic. I mean they only had somethin' like 10 cops for an event that held 55,000 people. Eh, compare that to cops at Raider/Charger game!" He tells the story of a man selling literature who left his stand unattended, in downtown, to use the bathroom. When he returned the literature was gone...but there was money left. "When the guy counted it all up there was more than what he would of made."

THE AA COORDINATOR NEWSLETTER COMMITTEE NEEDS YOUR HELP!

Have your Home Group sponsor a Fold and
Label party *once a year!*

Please contact Jym V. at 619-887-4793

They had given each other nicknames by this time so they could keep track of who was who. In fact, that was Marilyn's nickname. "Marilyn Who". And remember Kay, who had 12th stepped both Eva and Anamae? Well they called her "Yacht Kay" when she was in earshot. Out of sight, they called her "The Little General".

This "Little General" was quite a driving force in these women's lives. In 1972, she told them "You have to start a Women's Meeting". So they started the La Jolla Monday Women's Meeting on Draper Ave. One of the gals was so excited about it that she put an advertisement for the meeting in the La Jolla Light newspaper! It started out small, with about twelve people, but quickly grew out of the little room they had at the Presbyterian Church. That meeting is still going strong to this day, although in a bigger room. At a recent meeting, one hundred and one total years of sobriety were celebrated.

Yacht Kay as well as other women, made the suggestions and the girls took the action. I think Anamae said it best: "We did what we were told to do. We were willing to go to any length." Eva was more specific. "In those days everybody smoked. We cleaned ash trays, washed coffee cups, mopped floors and baked cookies. Oh, I wish I had a penny for every cookie I baked! Once I asked my sponsor, 'what does sweeping and mopping have to do with staying sober?' She told me, 'Well, you're not drinking, are you? You can't drink while you're mopping a floor, now, can you?' I thought to myself, 'I bet I could!'"

Old time AA did have its drawbacks. Anamae told me that when they got sober, they were told to take the cotton out of their ears and put it in their mouths, because they had nothing that was worth hearing. The problem with that was, nobody told them when they could start talking! Eva, at two years sober, got a suggestion from her sponsor, "Baby Jeanette", to speak at a speaker's meeting at Pathfinders. Eva was in a panic because she didn't know what to say to those men. Her sponsor told her to talk about the way she felt. She told me that advice worked very well, because no matter how we look on the outside, we feel the same inside. It's one alcoholic relating to another.

Marilyn has her own ideas about why she was willing to go to any length. "The more I drank, the more I did. I was protecting my right to drink", she said, "I was a drunken Den Mother, a drunken Girl Scout leader and a drunken member of the Women's Club. I ran myself ragged to protect my right to drink. Of course, I didn't know that at the time. I only learned that when I got sober and I had all these wise women to teach me."

I asked them what else might be important for me to include. The one thing they agreed upon was the importance of the Home Group. "When we got sober, you were lucky if there were two meetings a week that you could go to. Not like it is today. So we went to those meetings and we began to trust each other, to rely on each other. It was a place where you share fun things together and share tragedies together. Nowadays you can go to a different meeting every night for a month. That's why a home group is so important. We need a place where people get to know us well, as well as a place of strong support and wisdom. So we know that we don't have to do this alone. I came in here thinking I was the worst person in the world. I soon found out that I was just like the other people in my group."

As I came away from our time together, I think the thing that impressed me the most about these women is the close bond that they have with each other. One of these ladies lost her husband this last year and she said that her AA friends held her up and supported her through this tragedy. She said she didn't know what she would have done without them.

I think this is the truth of it. We're only as alone as we make ourselves be. Caring, loving friends are all around us, at meetings, at conventions, on the other end of the phone. This fact hasn't changed since Bill W. and Dr. Bob first met.

I thank Eva, Marilyn and Anamae for one of the loveliest afternoons in recent memory. I'd do it again in a heartbeat!

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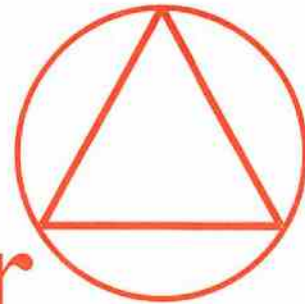
That's only a
BUCK A MONTH!

	Name		Address		Mail to:
					CENTRAL OFFICE
					7075-JB MISSION GORGE ROAD
					SAN DIEGO, CA 92120-2454
					BUCK A MONTH CLUB

*Fourth Edition Tidbits
Alcoholics Anonymous Page 47*

Life will take on a new meaning. To watch other people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot in our lives.

The San Diego AA[®] Coordinator



Published Monthly by the Central Office of the San Diego County Groups of Alcoholics Anonymous

"Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. (Big Book of Alcoholics Anonymous, page 89)

December 2005
VOL. VI, NO. XI

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Holiday Symptoms – Causes and Cures by Jym V.

Sure, everybody knows the holidays are a stressful time, for alcoholics and “normies” alike. Normies can roll with the flow by having a couple of drinks or, God forbid, pouring a drink and forgetting to drink it (how do they DO that?). But we garden variety alcoholics need different solutions. Lasting solutions. Spiritual solutions. In the spirit of the twelfth step, I offer these thoughts. The names have been changed to protect the guilty.

Loneliness: Willy is still early in sobriety. While he was drinking, his wife took his kids and left, this time for good. His parents still don't believe he's changed and refuse to speak with him. He remembers back to the good Christmas's before his drinking got out of hand. Every Christmas carol he hears just makes him that much lonelier. What can be done for him?

Service, service and more service. Too early in sobriety to work with another alcoholic? Nonsense. The Big Book is full of examples of people with nothing more than weeks of sobriety working with others. Besides, service isn't just twelfth step calls. Willy can introduce himself to the newcomers, making them feel welcome. He can clean coffee pots or volunteer to help with answering phones at Central Office. Being a greeter at a meeting is a great way for him to feel a part of the group. And he can always call his sponsor. He's sure to get great ideas there!

Anger: Katie feels as if she has to find the perfect gift for everybody she knows. So she spends her free time at the mall, waiting. Waiting to find a parking space, waiting in long checkout lines and waiting in traffic so she can finally come home. Once she gets home, she sees that her roommate hasn't done the chores she said she would do. And when she sees that she's got to clean the cat box again, Katie loses it. This sort of thing happens more and more often until the holiday season is over. How does she make it without drinking?
(Continued on Page 15)

ALCOHOLICS ANONYMOUS SAN DIEGO CENTRAL OFFICE

24 HOUR PHONE (619) 265-8762

OUR WEB PAGE: www.aasandiego.org

E-MAIL: sdaaco@aol.com

FAX: (619) 265-2954

OFFICE & BOOKSTORE

Mon-Sat 9am-5pm

Manager Connie J

Assistant Tom B

The San Diego "A.A. Coordinator" is a monthly newsletter published by the San Diego Central Office of Alcoholics Anonymous. Opinions expressed are not necessarily those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by Alcoholics Anonymous or San Diego Central Office, except when Conference approved publications are quoted.

Contributions from A.A. members are welcome and will be printed as space allows. Submissions must be typed or neatly handwritten with contact numbers and signed (your name and last initials only, or "Anonymous" when requested with signature, will be published). The editors reserve the right to edit contents for length, clarity and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office. For Committee specific information contact the following Committee Chairs:

Coordinating Council Officers:

Council Chair	Larry T.	(619) 281-3523
Council Assistant	Rigel	(619) 602-3213
After Hours Phones	Colby J.	(619) 549-5106
Business Committee	Robert H.	(619) 584-0055
New Coordinators	Larry L.	(619) 531-8936
Outreach Committee	Casey K.	(858) 922-0003
Program Committee	Les	(858) 560-5752
Public Information Committee	Anna S.	(619) 261-8984
Newsletter	Jym V.	(619) 887-4793
<u>Area Officers:</u>		
Delegate	Marc J.	(619) 990-6010
Alternate Delegate	Mary M.	(619) 276-1588
Area Chair	Jerry C.	(858) 271-0586
Archives	Thom H.	(619) 575-3200
II & I Director	Janice L.	(858) 272-8365
Young Peoples Committee	Emily B.	(619) 517-1805

Contributing Editors

Allison S., Ben L., Georgia C., Gabe G., Jym V.
 December's Theme Staying Sober Through the Holidays
 Newsletter Committee Thursday December 29, 2005
 6:00 pm, Central Office
 Fold and Label Party Wednesday, December 14, 2005
 6:00 pm Central Office

Hi Family,

What a wild ride this year has been! This month, the Coordinating Council will be having elections for new committee members, which means I'll be rotating out as Newsletter chair. I want to take this opportunity to thank my committee members for their dedication, creativity and support.

While I'm at it I would like to once again thank each meeting that has sponsored a Fold and Label Party this year. Please consider providing your service to our committee in 2006?

And as always, we'd love to publish your stories!

Yours in love and service,

Jym V.

(619) 887-4793

jymvee@yahoo.com

December's Fold and Label will be sponsored by
The Great Fact Group

November Issue Fold and Label Volunteers Great Job Everyone!!

Group Represented	Volunteers
AA By the Bay	Jym V.
AA Member	Sober Tom
Adams Ave. Big Book Study	Kathy L.
Archives Committee	Jack G., Kathy S., Thom H., Virginia G.
Battery Chargers	Ben L., Candra, Dave S., John B., Leslie B., Letitia, Linda L., Nick W., Paul W., Sam I., Victor
Clairemont Women's Step Study	Georgia C.
District 7	Bill P., Butch M., Jim M.
Mission Hills Beginners	Jeffrey H., Robyn G.
North Shores Alano Club	Mary
Old Town Speakers	Katie B.
Original Tues Night Step Study	Carol W., Harv J., Hope, Pat B., Pattie D., Sherry C.

Was Your Group There?

The Newsletter Committee would like to thank all for their wonderful support. If your name was missed, be assured that your service was much appreciated.

*Coordinating Council meets at 2728 6th Ave. at 7:30 pm on
 Thursday December 8th

* New Coordinator Orientation at 6:30 pm

HOW AA KEPT ME SOBER ONE CHRISTMAS NIGHT

El Anonimo

I was in my first year of sobriety in 1991 and Christmas fell on a Saturday that year. I was in a self-righteous funk. My wife was working the swing shift that Christmas Eve, and I was not going to go to no damned AA meeting and listen to a bunch of pious people tell me what Christmas meant to them! After all, I had to listen to that Spiritual stuff every night and I couldn't bear it with Christmas added on.

And so there I was, comfortably miserable on my couch watching TV when the phone rang about 7pm. It was Robert, a friend from one of my AA groups. He wanted to sell me his lawn mower. One day when I was picking him up for a meeting, I mentioned that his new mower looked real nice and he remembered that on this Christmas Eve. He said he was broke and that it was Christmas and that he would give me a real good deal on his new mower. I felt awkward and told him that I didn't want to leave him without a lawnmower because I knew he made a few bucks with it now and then.

While Robert and I were discussing this dilemma of the lawnmower, another call came in and I put Robert on hold. It was Mike, a guy I was sponsoring. Mike said to come over to Ernie's place because Ernie was making Gumbo. We would have a nice feast and then go to a meeting. I had a better idea; I told Mike to get Ernie's car and go get Robert and feed him and take him to the meeting because Robert was broke and feeling bad. Mike said no. He said he couldn't ask Ernie for his car. Then I ordered him to do it and he still wouldn't. Ernie yells into the phone "we ain't no taxi service!" I screamed "both of you *##*^'s have borrowed my car!"

I slammed down the phone and got off the couch and went and got Robert and took him to a meeting in Imperial Beach because I knew my sponsor would be there and I did not want to be in AA that night. Well, as you probably might know, the meeting and the fellowship was great and there was plenty of food. I felt pretty good as I drove Robert

home that night. We stopped by an all-night grocery store and we bought a few things and then I dropped Robert off. A mile down the road to my house, I had to pull over because I couldn't see to drive with all them damn tears in my eyes. How do these things happen?

The epilogue to this story is that shortly after, Mike got drunk again and Ernie's car caught on fire!

*Many A.A. Members celebrate their birthday
By sending a donation of one or two dollars for each year of
sobriety to Central Office.
If you would like to carry on this tradition, please fill out the form
provided in this column.
All Birthdays submitted will be published in this
Section the month following the birthday.*



Birthdays

Georgia C	09/30/84	21 yrs
Bobbie C	08/11/69	36 yrs
Robert H	09/08/66	39 yrs
Yvonne C	10/07/75	30 yrs
Connie J	10/28/92	13 yrs
Lennox B	10/08/96	9 yrs
Mark B	11/19/04	1 yr
Gabe G	10/24/03	2 yrs
David G	10/24/01	4 yrs
Jym V	11/13/02	3 yrs
Shannon	10/21/03	2 yrs

Birthday Gratitude For:

Name _____

City _____

Sobriety Date _____

Amount
Enclosed _____

Please mail to:
San Diego Central Office
7075-B Mission Gorge Rd.
San Diego, CA 92120-2454

MEETINGS IN MOTION

Group and Meeting Changes

NEW MEETINGS

Friday Night Big Book Study
3725 30th St @ Church Codes: * C CF
Friday @ 8 PM North Park

RELOCATED

La Jolla Lunch Bunch
8861 Villa La Jolla Dr @ Restaurant
(was 4282 Esplanade Ct)
Monday @ Noon La Jolla

Barefoot
760 1st Ave Rm #7 @ Church
(was 276 F St)
Monday @ 7:15 PM Chula Vista

At Home Mens
3900 Cleveland Ave Rm 205 @ Church
(was 3425 5th Ave)
Tuesday @ 8 PM Hillcrest

Serenity Seekers Step Study
1465 Madison Ace @ Church
(was 1430 Melody Lane)
Thursday @ 6 PM El Cajon

Porter Hall Group
8450 La Mesa Blvd @ Senior Ctr
(was 4910 Memorial Dr)
Thursday @ 8 PM La Mesa

TIME CHANGE

Sweet Surrender Speakers
323 Hunter St @ Recv Ctr
Sunday @ 5:30 PM (was 6 PM) Ramona

CODE CHANGE

Women Surviving Together
6901 Central Ave @ Club
Saturday @ 2 PM Lemon Grove
Is Now An OPEN Meeting

I AM RESPONSIBLE

When anyone, anywhere,
reaches out for help, I want the
hand of A.A. always to be
there.

And for that:

I AM RESPONSIBLE

Coordinating Council Attendance

The following 52 groups attended November's Coordinating Council
There are 745 registered groups in San Diego

WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, December 8th, 2005

A Womans Meeting
AA By The Bay
Allied Gardens Step Study
Back To Basics For Women
Battery Chargers
Cedar St Mens
Clairemont Mens
Clairemont Womens Step Study
Conscious Contact Step Study
Coronado Senior And Sober Disc
Coronado Womens Meeting
Coronado Young Peoples
Downtown Discussion
Early Morning Recovery
East Side Group
Easy Does It Riders
El Cajons Womens Serenity
Evening Serenity
Friday Night Womens
GoldMine Speakers Meeting
Great Fact Group
I.B. Up Group
Imperial Beach Group
Just Us Girls
La Jolla Soledad Mens
La Jolla Thursday Night

La Mesa Mens
La Mesa Step Study Workshop
La Mesa Womans Sat Morning
Lake Murray Womens
Lakeside Drunks
Midway Bridge
Mid-Week Mens
Mira Mesa Early Risers
Mission Hills Beginners
Mission Possible
Monday Night Big Book Study
Morning Attitude Adjustment
North Park Mens
OB Peer Group
Old Town Speakers
Original Tues Night Step Study
Over The Bridge
Rule 62 Group
Santee Saturday Night Speakers
Sunday Midday
The Blvd Desperados
Tues Night Big Book Step Study
Tuesday Night Participation
Two A's Over Easy
Water Walkers Too
Womans Gut Level

Thanks to our Daytime Volunteers

Monday	9am-1pm 1pm-5pm 5pm- 9pm	Robert John Terry / Bob	Bobette Candy Chris / Pam
Tuesday	9am-1pm 1pm-5pm 5pm- 9pm	John Howard Ben	Dick Jean Jeff
Wednesday	9am-1pm 1pm-5pm 5pm- 9pm	Richard Bob Rueben	Ann Mary Steve
Thursday	9am-1pm 1pm-5pm 5pm- 9pm	Ted Larry Terry / Roy	Jan / Tim Becky Joel / Dana
Friday	9am-1pm 1pm-5pm 5pm-9pm	Frank Earl / Dan Judy / Friend	Carol Anna / Debra Joe / Diane
Saturday	9am-1pm 1pm-5pm 5pm- 9pm	David David Kathy / Greg	George Sharon / Norma Kathi / Nikki

Minutes of the Coordinating Council
Thursday, November 10th, 2005

Larry T. - Coordinating Council Chair, called the 724th meeting to order at 7:30 pm. Kit read the 12 Traditions. Council Definition and Purpose read by Mark. There were 2 new Coordinators and 1 visitor. There were birthdays. 7th Tradition was \$48.47. Roll Call: Rigel, Assistant Council Chair reported 51 groups were represented. There was a quorum (33). It was M/S/C to approve the minutes of the October meeting.

H & I Representative: Brian – H & I Co-Director shared about the functions of H & I. He brought an informational flyer for the Coordinators to take back to their groups. He spoke briefly on the ad-hoc committee who is currently finalizing their guidelines. Brian has been elected to serve as the new H & I Director as of the beginning of January 1st and he introduced the new Co-Director Dennis K.

Area Assembly – No report given.

AFTER HOURS PHONE COMMITTEE:
 No Report Given.

BUSINESS COMMITTEE: Robert H., Chair reported that the committee met on Tuesday 11/08/05 at 6:06 pm. Present: Robert H., Tim L., Larry T., Rigel, Kelly, Peter, Shanda R. and Connie J., Manager. Absent excused: Steve T. There was a quorum.

- 1) It was M/S/C to approve the minutes of the October meeting.
- 2) It was M/S/C to approve the October Financial Statements.
 - a) Our October YTD total Income was \$126,803.63.
 - b) Our October YTD total expense was \$121,649.75. Our expenses continue to be in-line with our 2005 budget.
 - c) Our October YTD net income was \$5,153.88.

Manager's Report

- 1) November's Book of the Month is: "Experience, Strength & Hope" on sale for \$8.00, (reg. \$9.00)
- 2) December's Book of the Month is: "As Bill Sees It" (soft cover) on sale for \$5.50, (reg. \$6.60)

3) TORONTO AA Int'l Convention SOUVENIR Books are available at Central Office for \$10.00.

- 4) Attended Area Assembly on Saturday, November 12th, 2005
- 5) Larry T., Coordinating Council Chair & I will attend Area Committee on November 17th to present Intergroup Motion for a 2006 Conference Agenda Item.
- 6) Attending So CA Central Office Manager's meeting on November 17th.

Committee Member Reports:

- 1) Robert H., Chair communicated with Connie during month to keep abreast of Central Office activities. Signed checks.
- 2) Peter A. checked the aasandiego.org website.

Old Business:

- 1) Discussed revising business committee guidelines to clarify the use of the current Standard IRS mileage for business reimbursement for Central Office employees' use of their vehicles. It was m/s/c to table this item for next Business Committee Meeting.

New Business: There was none.

COORDINATOR NEWSLETTER: Jym V., Chair reported that the committee met on 10/27/05.

- 1) January's Issue: "Step 1" Submissions need to be in by Thursday, November 17th.

Continue on page 6.

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- 2) Stories may be submitted at any time – they do not have to be on the current topic. We need personal stories of recovery.
- 3) Home group sponsorship of a fold and label party. It's fun and fellowship.
- 4) Anyone wishing to submit a flyer to be inserted in the Coordinator Newsletter needs to come to our committee meeting for approval.

COORDINATOR OUTREACH

COMMITTEE: No Report Given.

ORIENTATION & GUIDELINES: Larry, Chair reported that committee met on Thursday, 11/10/05. Present: Larry, Winona and Mike C.

- 1) Orientated 1 new Coordinators.
- 2) Read the traditions and shared the history of San Diego. Explained the structure of the Council proceedings and responsibilities as a Coordinator. Explained what a quorum was.
- 3) In December, there will be our year-end potluck at 6:30 pm – 7:30 pm.
- 4) Next orientation is Thursday, 1/12/06 in the Fireside Room on the 3rd floor.

PROGRAM COMMITTEE Les, Chair reported that the committee met on Sunday, 9/25/05. Present: Les, Laura and Andrea.

- 1) The AA 65th Anniversary Breakfast was an enjoyable celebration.
- 2) Next upcoming event will be the AA in San Diego New Year's Eve event on Saturday, December 31st, 2005 at SDSU East Commons. Look for upcoming flyers & tickets. Speaker, Dance and Appetizers. Tickets are \$15 each or \$20 at the door. Children under 12 years with an adult are half price.

PUBLIC INFORMATION COMMITTEE:

Felice, member reported:

- 1) October was a very busy month for committee.
- 2) P.I. Commitments for the month:
Grossmont College Health Fair
SD Sheriff dept
San Diego Marriott Hotel Marina
Teen Challenge in Golden Hills
Southwestern College
Naval Medical Center
Johnson Elementary School
- 3) On Sunday, December 4th, we are Public Information SPEAKER workshop at Central Office from 11 am – 1 pm. See flyer inside of Coordinator.

AA members interested in being a speaker, please come to PI Committee meeting on the 1st Monday of the month at Central Office at 6 pm.

NEED HELP, PLEASE.

OLD BUSINESS:

- 1) Vote on 2006 budget for San Diego Intergroup. 33 yes 1 No. Minority was asked to speak. They had questions about how many employees were covered under the salary expense and how many hours they worked. If the increase included cost of living and merit. Larry T. asked if anyone wish to change their vote. The response was no.

NEW BUSINESS:

- 1) There was none.

Meeting adjourned at 9:00 pm with the Serenity Prayer.

Thank you to Kellie K., for assistance with the minutes taken.

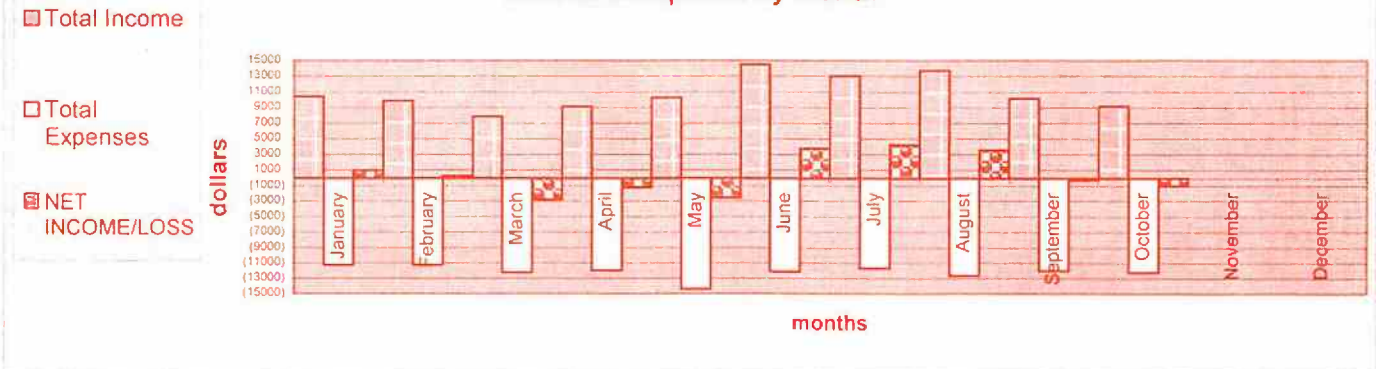
Respectfully submitted,

Connie R. Gole
Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expenses
October 31, 2005

	October '05	% of Income	YTD '05	YTD '04	\$ Change	Budget '05
Ordinary Income/Expense						
Income						
Contributions Group	8,629.88	94.39%	98,951.43	90,800.50	8,150.93	112,000.00
Contributions Individual	335.00	3.66%	6,564.96	1,933.24	4,631.72	8,548.00
Contributions SDIAA	-	0.00%	1,230.00	1,250.00	(20.00)	1,230.00
Interest - Checking	3.18	0.03%	28.88	27.00	1.88	50.00
Interest - Cert of Deposits	174.52	1.91%	1,502.14	754.99	747.15	1,130.00
Total Income	9,142.58	100.00%	108,277.41	97,465.73	10,811.68	122,958.00
Expense						
Archives Room	177.89	1.95%	1,611.10	-	1,611.10	1,450.00
Accounting & Legal	225.00	2.46%	5,265.00	4,910.00	355.00	5,500.00
Auto/Travel/Seminar	24.52	0.27%	1,515.19	1,444.04	71.15	1,500.00
Bank Service Charges	2.00	0.02%	84.78	70.00	14.78	100.00
Cash (Over) Short	(13.58)	-0.15%	(13.61)	(32.77)	19.16	(100.00)
Checks Returned - Bad Debt	-	0.00%	78.08	5.00	73.08	50.00
Depreciation	86.44	0.95%	1,085.12	1,600.00	(514.88)	1,258.00
Equipment Maint & Repair	63.55	0.70%	735.23	635.28	99.95	900.00
Equipment Purchase	-	0.00%	446.99	-	446.99	500.00
Insurance	134.00	1.47%	1,175.59	1,579.28	(403.69)	1,413.00
Office Maint. & Repairs	189.00	2.07%	724.00	585.91	138.09	1,000.00
Office Supplies	371.21	4.06%	3,314.80	3,137.07	177.73	4,000.00
Postage - Return Mail	0.92	0.01%	58.43	60.54	(2.11)	100.00
Rent	1,586.00	17.35%	15,676.00	15,652.00	24.00	18,848.00
Taxes	-	0.00%	35.00	55.00	(20.00)	35.00
Telephone	274.53	3.00%	2,379.99	2,238.83	141.16	2,700.00
Utilities-Electricity	287.30	3.14%	4,104.97	3,577.39	527.58	4,000.00
Website	122.85	1.34%	439.35	379.35	60.00	500.00
EMPLOYEES						
Accrued Payroll Taxes	484.33	5.30%	5,047.53	4,536.62	510.91	6,286.00
Employee Wages	6,331.24	69.25%	63,052.76	58,383.76	4,669.00	73,980.00
Employee 403B Contribution	80.00	0.88%	790.00	712.50	77.50	1,000.00
Employee Health Benefit	706.23	7.72%	7,023.44	6,196.68	826.76	8,350.00
Insurance-Worker's Comp	83.36	0.91%	983.66	1,730.35	(746.69)	1,343.00
Total Expense	11,216.79	120.74%	115,613.40	107,456.83	8,156.57	134,713.00
Net Ordinary Income	(2,074.21)	-22.69%	(7,335.99)	(9,991.10)	2,655.11	(11,755.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	2,067.20	22.61%	18,526.22	14,930.03	3,596.19	20,500.00
Total Other Income	2,067.20	22.61%	18,526.22	14,930.03	3,596.19	20,500.00
Standing Committees Inc/Expense						
Committee (see schedule)	969.37	10.60%	6,036.35	7,519.37	(1,483.02)	8,745.00
Total Other Expense	969.37	10.60%	6,036.35	7,519.37	(1,483.02)	8,745.00
Net Other Income	1,097.83	12.01%	12,489.87	7,410.66	5,079.21	11,755.00
Net Income	(976.38)	-10.68%	5,153.88	(2,580.44)	7,734.32	-

Income & Expense by Month



Contributions October 2005

Group Name	Oct-05	Ytd 05	Group Name	Oct-05	Ytd 05
11th Step Journey -2622	170.00	270.00	El Cajon Navajo Road Group - 102	-	100.00
11th Step Meeting - 2322	-	50.00	El Cajon Nooners - 2638	-	300.00
12 X 12 Happy Hour Step Study - 111	-	26.00	El Cajon Womens Serenity - 77	-	247.92
24 Hour Group Mixed - 370	-	30.00	Encanto Group - 115	-	25.00
4th Edition Big Book - 2569	38.00	93.00	Evening Serenity - 2305	-	1,740.00
4077 Mash 11th Step - 2027	-	131.00	Eye Opener Group - 607	196.00	2,178.00
92037 Group - 861	-	440.00	Faculty Group - 1645	-	122.98
AA By The Bay - 629	-	320.00	Faith With Works - 364	-	20.00
A New Way To Live - 846	-	200.00	Fifth Chapter Group - 112	-	90.00
A Sense Of Belonging Womens - 1205	-	120.00	Fireside Step Study -	-	423.00
A Womens Meeting -1717	-	705.00	Free on Friday - 760	155.50	155.50
Adams Avenue Big Book Study - 1892	-	100.00	Free To Be - 935	75.00	360.00
Allied Gardens Friday Lunch - 766	-	234.81	Fresh Air Friday - 266	-	719.89
Allied Gardens Step Study - 1629	-	200.00	Fresh Start Beginners - 1614	-	17.02
Alpine Mixed Step Study - 2621	70.16	348.96	Fri Nite Cedar St - 1662	-	189.11
Alpine Saturday Nite Special - 891	-	95.00	Friday Morning Womens - 104	-	405.00
Alpine Womens Candlelight - 1684	-	86.72	Friday Night Santee - 1754	-	246.00
Another New Beginning - 144	150.00	750.00	Friday Nite Special - 2401	-	200.00
Another Sober Tuesday - 1952	-	545.87	Friday Nite Weeks End - 1856	-	325.00
Arragon Sober Mens - 2598	-	5.00	Gilman Group - Fri - 1988	50.00	100.00
As Bill Sees It - 324	-	40.00	Gilman Group - Tues - 1987	50.00	100.00
At One With Each Other - 789	-	70.00	Golden Hill Sun Discussion - 1706	-	201.22
B.Y.O.B. (North Park) 203	-	250.00	Goldmine Speakers - 2613	-	99.80
Back To Basics - 1026	-	1,150.00	Good Fortune Hui Group - 491	-	240.00
Back To Basics Step Study - 1938	-	60.00	Good Morning AA - 1888	-	400.00
Bacon St Usual Suspects - 2663	-	50.00	Great Fact Group - 895	123.11	801.77
Barefoot - 139	-	191.80	Happy Destiny - 2436	50.00	500.00
Battery Chargers - 98	-	450.00	Happy, Joyous & Free - 363	-	50.00
Bay Park Step Study Group - 299	-	130.00	Harmony Group - 585	-	620.00
Bayside Big Book Study - 1610	-	150.00	Haul Your Hiney Out of Bed - 704	-	90.00
Beach Area Beginners One-272	-	220.00	Here and Now Progressive - 1667	100.00	130.00
Beautiful Beginnings - 552	-	205.00	Hi-Nooners - 673	-	40.00
Beginners Big Book Study - 1680	-	10.00	Hip Slick & Sick Young Peoples - 762	-	545.65
Beginners Steps to Sobriety - 1007	50.00	150.00	His Majesty The Baby - 2427	-	210.00
Big Bon-Fire Meeting - 1894	250.79	560.99	How It Is Today - 483	221.94	530.94
Big Book & 12 x 12 Study - 100	-	100.00	I.B. Sober Steps & Traditions - 1519	16.28	78.28
Bonita Boozers - 2179	-	285.88	I.B. Experience, Strength & Hope 2652	-	160.00
Butterfly Group - 48	-	40.00	Imperial Beach Group - 79	51.44	633.38
Butts Out Smokeless - 1764	-	36.00	Imperial Mens Group - 869	20.00	40.00
Cajon View Open Disc - 471	-	564.15	International Group - 23	-	128.00
Carrying The Message - 2458	-	160.00	Jamul Open - 63	-	48.00
Casa De Oro Tradition Five - 503	115.50	714.63	Kick Start Your Heart - 2430	30.00	150.00
Casa De Oro Weds Nite - 2049	-	140.00	La Jolla Basic B/B Study - 2154	-	123.00
Cedar St Mens - 1698	170.00	863.50	La Jolla Beginners Group - 82	-	845.00
Chula Vista 4 Min Speakers - 1568	-	215.00	La Jolla Big Book - 84	-	174.00
Chula Vista Friday Night - 837	60.00	220.00	La Cove Beginners - 1265	-	550.00
Citizens Again - 2658	-	45.00	La Jolla Discussion Group - 85	-	552.07
Clairemont Daytime Step Study - 427	-	88.00	La Jolla Lunch Bunch - 622	-	150.00
Clairemont Discussion - 314	-	278.88	La Jolla Mens - 692	-	399.00
Clairemont Mens - 301	463.00	1,283.00	La Jolla Monday Womens - 87	-	360.00
Clairemont Mixed Discussion - 338	-	107.25	La Jolla Nonsmokers Disc - 88	200.00	800.00
Clairemont Open Discussion - 308	-	200.00	La Jolla Patio Group - Wed - 613	-	61.00
Clairemont Step Study - 482	-	70.00	La Jolla Patio Group - Fri - 758	-	24.00
Clairemont Thurs Brown Bag - 315	-	320.00	La Jolla Pump House Group - 696	-	169.18
Clairemont Womens - 340	-	166.14	La Jolla Soledad Mens - 717	-	1,278.00
Clairemont Womens Step Study - 341	-	490.00	La Jolla Speakers - 578	-	260.00
Class Acts - 1845	67.20	276.73	La Mesa Big Book - 1689	-	331.20
Coffee Clutchers - 2332	75.00	375.00	La Mesa Ladies of the Lake Group - 2710	-	36.00
Conscious Contact Study Grp - 2282	-	180.00	La Mesa Mens - 106	-	450.00
Coronado Beginners - 344	-	95.00	La Mesa Step Study Workshop - 1621	-	349.11
Coronado Big Book Study - 1644	150.00	200.00	La Mesa Womens Sat. Morning - 416	-	470.26
Coronado Nooners - 497	-	663.15	Lake Murray Lunch Bunch - 2701	85.28	228.93
Coronado Prospect Discussion #1 - 350	-	20.31	Lake Murray Womens - 572	-	362.50
Coronado Senior and Sober Disc. - 1711	-	193.33	Lakeside Happy Hour - 2285	-	180.00
Coronado Step Study - 1523	-	50.00	Lemon Grove Speakers - 257	180.00	225.00
Coronado Sunday Noon - 1830	60.00	220.00	Linda Vista Mens - 106	75.00	150.00
Coronado Sundowners - 1634	-	205.00	Linda Vista Thursday Night - 319	-	320.00
Coronado Womens Meeting - 1656	-	117.00	Little Apple Group - 1438	-	350.00
Coronado Young Peoples - 405	-	240.00	Living Free - 477	-	610.00
Cowles Mt Smokeless Discussion - 681	-	135.85	Loma Portal Discussion - 1628	-	84.62
D.D.G.T.M. - 767	-	200.00	Lotus Womens Step Study - 1647	-	50.00
Dawn Patrol - 263	442.96	3,219.12	Love and Truth 12 x 12 - 1617	-	165.00
Deerhorn Group - 2063	-	100.00	Lunch With Bill W Bunch - 774	150.00	300.00
Designs for Living - 488	-	453.00	Lunchtime Friends - 964	26.20	104.80
Diamond St Mens Step Study - 569	-	930.00	Lushes Lunch - 2641	336.60	336.60
Dignity Unlimited - 205	116.00	263.00	Meetin' In The Ladies Room - 2614	-	30.00
Doctors and Lawyers Group - 391	-	459.00	Men and Womens Monday Night - 95	-	210.00
Downtown Discussion - 1665	84.52	793.63	Mens Recovery Group - 830	-	50.00
Downtown Noon Discussion - 1607	-	90.00	Mens Step Study (CV) - 965	-	50.00
Drunks Only - 1605	-	2,891.70	Mens Step Study (LJ) - 2643	-	273.00
Early Birds - 1666	-	50.00	Mens Structured Step Study - 1469	37.50	197.50
Early Risers (Coronado) - 1525	-	1,878.93	Midway Bridge - 2171	85.00	248.00
Early Risers (PB) - 264	-	377.50	Mid-Week Mens - 560	96.35	528.71
Early Morning Recovery - 2688	-	221.00	Midnight Howlers - 1025	10.00	10.00
East County Mens - 1905	-	69.00	Mira Mesa 12 Step Study - 377	-	20.00
East Lake New Beginnings B/B S/S - 2673	-	100.00	Mira Mesa Early Risers - 967	-	322.94
East Lake Greens Attitude Adjustment - 2691	41.92	91.92	MiraMesa Monday Noon Mixed - 542	13.10	80.30
East Side Group - 101	-	275.00	Mira Mesa Womens - 411	-	80.00
Easy Does It Riders - 21	-	357.64	Miracle Literature - 2635	-	108.50
Easy Does It Speakers - 114	75.00	495.00	Miracles On Mondays - 565	-	174.56
Easy Risers - 854	-	600.00	Misfit Mens - 2486	-	175.00
El Cajon Daytime - 52	-	700.00	Mission Bay Sat Night Speakers - 271	-	80.00

Contributions October 2005

Group Name	Oct-05	Ytd 05	Group Name	Oct-05	Ytd 05
Mission Bay Speakers - 1692	-	210.00	Sunday Morning Spiritual Meeting - 1700	-	253.00
Mission Hills Beginners - 1612	-	508.00	Sunday Serenity - 47	152.00	555.50
Mission Hills Fri. Night Group - 2576	-	120.00	Sweet Grass - 1789	50.00	50.00
Mission Hills Weds Lunch Bunch-2675	-	550.00	Sweet Surrender Speakers - 2254	30.00	30.00
Mission Possible - 131	-	166.21	T.G.I.F. -1658	-	100.00
Mon Eve Smokeless Dinner - 1723	-	108.00	Take Five - 1323	-	337.00
Monday Mens Gut Level Group - 677	37.50	82.50	Thankful Thursdays - 2542	-	100.00
Monday Morning Womens Step Study	-	56.00	The Boulevard Desparados - 2262	-	70.00
Monday Night Big Book Study - 2345	-	80.00	The Capacity To Be Honest - 2321	48.00	48.00
Monday Night North Park AA - 222	-	179.50	The Gong Show - 267	-	100.00
Monday Nite Live - 643	156.00	336.00	The Other Meeting - 857	-	1,000.00
Monday Step Study - 316	-	344.79	The Womens Room - 450	-	60.19
Morning Attitude Adjustment - 768	190.00	1,382.50	Three Legacies Group - 2194	100.00	250.00
Morning Glorys Womens S/S - 543	-	96.00	Thursday Night Sobriety - 475	-	250.00
Mother Earth Viejas Rez - 2019	-	30.00	Thursday Promises - 749	-	210.00
Mt Step Study - 2578	-	60.00	Thursday Step Study - 2025	-	90.00
No B.S. Mens - 1972	-	50.00	Thursday Steps - 646	66.60	266.74
Noon At The Grove - 628	200.00	2,357.00	Tierrasanta Big Book Study - 1790	-	100.00
Noon to One AA - 2029	400.00	1,000.00	Tierrasanta Friday Night - 2645	159.38	337.64
Nooners Anonymous - 1164	-	180.00	Tierrasanta Happy, Joyous & Free - 2659	-	100.00
Noontime on the Patio - 2203	-	185.00	Top of the Hill - 41	-	175.00
North Clairemont - 1102	-	100.00	Torrey Pines Open Discussion - 94	-	150.00
North Clairemont Sat Nooners - 2572	30.00	70.00	Torrey Pines Thurs Nite Disc. - 365	-	5.00
North Park Mens - 465	-	422.65	Traditions Study - 2336	-	120.00
North Shores Breakfast - 275	-	150.00	Tues Night Big Book Step Study - 1813	-	220.00
North Shores Breakfast Disc. - 276	-	270.00	Tues Night Mens - 2123	-	140.00
OB Peer Group - 2130	-	240.00	Tues Rule 62 Lunch Group - 590	-	294.00
Old Timers Group - 2037	-	140.00	Tuesday AA Step Study - 937	-	60.00
Old Town Speakers - 321	250.00	250.00	Tuesday Morning Alpine - 440	-	350.52
One Step at a Time Runners - 1664	-	121.20	Tuesday Night Mens - 56	-	61.31
Original Tues Night Step Study - 2124	-	324.75	Tuesday Night Participation - 905	-	150.00
Over 50 - 840	-	45.00	Two A's Over Easy - 2106	50.00	375.00
Over The Bridge - 2689	170.85	783.07	Two Bit Speakers - 201	-	185.55
Pacific Beach Weekend Warmup - 725	-	684.00	University City Disc. - 368	50.00	150.00
Pass It On Group - 170	-	110.57	University City Womens - 369	-	127.75
Penasquitos Discussion - 871	-	36.25	Victory Group - 2108	-	95.00
Point Loma AA Discussion - 242	-	50.00	Wandering Women - 2298	-	60.00
Point Loma Mens - 245	-	400.00	War Fever -880	-	64.00
Point Loma Saturday Morning - 1240	-	271.00	Warm and Friendly - 42	-	60.00
Point Loma Tuesday Night - 2648	-	2.13	Water Walkers - 5	-	60.00
Point Loma Nooners - 1606	-	75.00	Water Walkers Too - 1946	186.00	1,490.00
Porter Hall Group - 109	-	211.00	We've Come Along Way - 1616	-	58.56
Porter Hall Structured S/S - 97	200.00	475.00	Wednesday Discussion Group - 2431	-	246.00
Practical Solutions - 2398	-	150.50	Wednesday Night Promises -2167	60.00	85.00
Primary Purpose - 287	-	60.00	Wednesday Winners Circle - 496	-	47.88
Progress Rather Than Perfection - 26	-	106.00	Wednesday Womens Study - 2281	-	39.27
Pt Loma Fri Afternoon Step Study - 244	50.00	245.00	Weds Nite Group - 2328	-	25.21
Pt Loma Womens Discussion - 1608	-	443.29	Weds Rule 62 Lunch Group -687	-	150.00
R.B. Early Birds - 2476	-	58.00	What Now - 325	-	150.00
Resentment and A Coffee Pot - 2561	-	175.00	Wholesale Miracle (Thur) - 2474	-	245.40
Right Turn Group - 1900	-	175.00	Womens Let Go and Let God - 446	-	290.00
Rise & Shine - 2170	-	1,765.00	Women In Harmony - 1807	-	250.00
Round Table Discussion - 123	-	50.00	Women To Women - 2066	-	120.00
Safe Sane and Sober - 1350	-	703.00	Womens Step Study - 296	-	214.57
San Carlos Single Purpose - 583	-	80.00	Womens Way to Recovery -838	-	55.00
San Diego Doctors Step Study - 194	-	200.00			
San Diego Feeling Good	386.60	386.60			
Santee Saturday Night Speakers - 2656	-	75.00			
Santee Thursday Closed Mixed - 145	-	24.00			
Santee Serenity Group - 1943	-	125.00			
Santee Sunday Nite Smokeless - 1705	-	100.00			
Sat Mens Early Awakening - 2209	110.00	390.00			
Sat Night Early Discussion - 336	-	529.93			
Sat Night Live - 2173	-	200.00			
Sat Open Discussion - 322	140.00	193.00			
Saturday A.M. Live - 782	-	142.23			
Saturday Mens - 1730	-	144.00			
Saturday Night Candlelight - 1914	-	200.00			
Scripps Ranch Mens - 1924	-	100.00			
Senior Serenity Meeting - 209	-	100.00			
Serendipity Womens - 1642	-	100.00			
Sky Hi Womens - 1633	-	165.00			
Smokeless Drunks Luncheon - 1008	-	500.00			
Smokefree La Mesa Womens - 635	-	137.50			
Sober Camels Speakers Meeting - 2296	-	297.00			
Sober Minded Leather Folk - 1882	56.10	56.10			
Sober Nooners - 196	-	271.53			
Sober Serenity Seekers - 887	71.00	212.00			
Sole Purpose Group - 1657	-	240.00			
South Bay Guys & Gals Disc - 35	-	20.00			
Spiritual Awakening - 2275	-	3,520.00			
Spiritual Awakenings Step Study - 2601	-	420.00			
Spring Valley Step Study - 125	-	100.00			
Stadium Group - 372	-	50.00			
Step by Step - 1486	-	60.00			
Step Sisters - 2155	-	60.00			
Straight Shooters - 198	-	77.25			
Sunday Beach Sun - Day - 568	-	235.00			
Sunday Kind Of Love - 429	-	198.41			
Sunday Middy - 161	-	108.00			
Sunday Morning At the Grove - 117	50.00	180.00			
Sunday Morning Eleventh Step - 1206	-	100.00			

Thank you for supporting YOUR Central Office.

October 2005

Group Contributions:	\$8,629.88
Individual Contributions:	\$335.00
Literature & Interest Income:	\$2,244.90
Total Income:	\$11,209.78

Central Office Expenses:	- \$11,216.79
Committee Expenses:	- \$969.37
Total Expenses:	- \$12,186.16

October Net Income: - \$976.38
YTD Net Income: \$5,153.88

October Individual Contributions = \$335.00

- | | | |
|-----------|------------|---------------|
| Bobbie C. | Lennox B. | Anna K. |
| Connie J. | Georgia C. | Mark B. |
| David G. | John S. | Tom R. Dan Y. |
| Jym V. | Robert H. | Brian K. |

Individual members may also make contributions to Central Office up to \$2000 per year. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year.

CENTRAL OFFICE NOTES

- November's Book of the Month: "Experience, Strength & Hope" –
Sale: \$8.00 (reg. \$9.00)
- December's Book of the Month: : "As Bill Sees It" (soft cover) –
Sale: \$5.50 (reg. \$6.60)
- PAINT JOB for the phone volunteer & kitchen areas at Central Office.
If you might be available to help paint these rooms on a Saturday morning,
Call Connie at 619-265-8762.

➤ **Available to be of Service answering daytime phones on Thanksgiving Day, call Connie at 619-265-8762.**

- Have you been to our AASandiego.org website? You can find San Diego AA meetings with maps, the *Coordinator* newsletter including our monthly financials, monthly service calendar, or you can submit meeting changes, sign up to be a 12 stepper... lots of stuff on our website... check it out.
- There are **ONLY** 18 left in stock of the 2005 AA International Convention Toronto Souvenir Books for anyone who didn't have a chance to go. It's a great collection of short excerpts of our AA history for 70 years along with a DVD featuring recordings of Henrietta Sieberling, Sister Ignatia, Ebby, Bill W, Dr Bob..... 18 in all. On sale for \$10.00 each.
- FREE tours of the new San Diego Area Archive's Room at Central Office. It is a joint effort between San Diego & North County Intergroups , along with San Diego/Imperial Area Assembly. The room is open Monday-Saturday 9 am – 5 pm.
- When someone calls the Central Office and needs to speak to someone about their problems with alcohol, we then call an AA member on our 12 step lists. You can sign up to be on a daytime or nighttime call list. Also, available is communicating with someone via email.

CENTRAL OFFICE

PHONE CALLS FOR October 2005

TOTAL CALLS FOR MONTH 2856	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1969	521	31
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	212	104	19

WEB SITE HITS: Oct. = 6,966 Total 251,126

December 2005

AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Mission Hills Beginners	La Jolla Soledad Men's	Unconditional AA
4	5	6	7	8	9	10
Adams Ave Big Book La Mesa Open Discussion	Over The Bridge	Dawn Patrol	Scripps Ranch Men's	La Mesa Men's	Water Walkers Too	East Side Group
11	12	13	14	15	16	17
La Mesa Women's Sat Morning P. B. Early Risers	La Jolla Speakers	Mission Possible	Mid-Week Mens	Old Town Speakers	Evening Serenity	Fourth Dimension
18	19	20	21	22	23	24
Gamet Group 13th Street Mens	Smokeless Drunks	Lake Murray Womens	Cedar St Men's	North Shores Breakfast (Sunday)	Fireside Step Study	Imperial Beach Group
25	26	27	28	29	30	31
Clairemont Men's Downtown Discussion	Drunks Only	Easy Risers	North Park Men's	Harmony Group	Diamond Street Mens	Battery Chargers

If your Group wants to answer phones, call:
Colby – After Hours Phone Chair - (619) 549-5106
Or Connie at Central Office (619) 265-8762

December 2005

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<p>Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm</p>		<p>Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm</p> <p><u>Area Policy Committee</u> Club 9535 Kearny Villa Rd # 104 6:30 pm</p>		<p><u>District 12</u> Church 2770 Glebe Lemon Grove 6:30 pm</p> <p><u>District 9</u> Serv Ctr 485 Broadway #E El Centro 7:00 pm</p>	<p>Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm</p> <p><u>District 7</u> Club 1944 30th St Golden Hill 6:30 pm</p>	<p><u>Finance Committee Workshop</u> Mira Mesa</p>
4	5	6	7	8	9	10
<p><u>How To Work With A Wet One Workshop</u> Hotel 2270 North Hotel Circle San Diego 1 PM – 4 PM</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>District 8</u> Office Bldg 755 Emory St Chula Vista 8:00 pm</p> <p><u>Public Information Committee</u> Central Office 6:30 pm</p>	<p><u>Business Committee</u> Central Office 6:00 pm</p>	<p><u>District 4</u> Church 7111 La Jolla Bl. La Jolla 6:00 pm</p>	<p><u>Coordinating Council</u> Church 6th & Nutmeg Orientation Committee 6:00 pm (2nd floor) New Coordinators 6:30 pm (2nd floor) Council 7:30 pm <u>Coordinator Outreach</u> Before and During Council Meeting</p> <p><u>Area Agenda Committee</u> Central Office 7:00 pm</p>		
11	12	13	14	15	16	17
<p><u>Grapevine Committee</u> Central Office 4:00 pm</p>	<p><u>District 6</u> Serv Ctr 3425 5th Ave Hillcrest 6:00 pm</p> <p><u>Area Finance Committee</u> Central Office 6:00 pm</p> <p><u>Area Newsletter Committee</u> "Keith" Restaurant I-15 & Miramar Rd 6:30 pm</p>	<p><u>District 19</u> Club 1730 Monroe Univ Heights 6:00 pm</p> <p><u>District 10</u> Church 490 Farragut Cir El Cajon 6:00 pm</p> <p><u>District 13</u> Club 9535 Kearny Villa Rd Mira Mesa 7:00 pm</p>	<p><u>Fold and Label the Coordinator Newsletter Party</u> Central Office 6:00 pm</p> <p><u>Archives Committee</u> Central Office 6:30 pm</p>	<p><u>H&I Committee Orientation</u> Central Office 7:00 pm</p> <p><u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm</p>		
18	19	20	21	22	23	24
<p><u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15 pm Business Mtg 1:15 pm</p> <p><u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 3:00 pm</p>	<p><u>Area Literature Committee</u> Central Office 7:00 pm</p>	<p><u>Contact On Release Committee</u> Central Office 6:45 pm</p>				<p><u>Archives Committee Open House</u> Central Office 1:00 pm – 4:00 pm</p>
25	26	27	28	29	30	31
<p><u>Spanish Translation Committee</u> Central Office 11:00 AM</p> <p><u>Program Committee</u> Central Office 6:30 pm</p>	<p>HOLIDAY CENTRAL OFFICE CLOSED</p> <p><u>District 5</u> Church 5050 Milton Clairemont 7:00 pm</p> <p><u>C.P.C Committee</u> Central Office 7:30 pm</p>	<p><u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm</p> <p><u>After-Hours Phone Committee</u> Central Office 6:30 pm</p> <p><u>Accessibilities Committee</u> Central Office 7:00 pm</p>	<p><u>Area Computer Needs Committee</u> Denny's 135 Encinitas Blvd, Encinitas 6:00 pm</p> <p><u>District 14</u> Church 1475 Catalina Bl Point Loma 6:30 pm</p>	<p><u>Coordinator Newsletter Committee</u> Central Office 6:00 pm</p>		<p><u>NEW YEAR'S EVE PARTY & DANCE</u> SDSU 7:30 PM to 12:15 AM See Flyer</p> <p><u>New Year's Eve Alkathon</u> Union Hall 1717 Morena Blvd 11 AM 12/31 to 9 PM 01/01 See Flyer</p>

SPEAKER MEETINGS

Old Town Speaker Meeting

123 Camino de la Reina, Mission Valley

Time: Sunday at 7:00 pm

December 4	Matthew M.	Long Beach
December 11	Ira F.	Torrance
December 18	Peter F.	San Diego
December 25	Kimberly M.	San Diego

Mission Bay Saturday Speakers Meeting

USD Campus, Marion Way

Founders Hall Room #124

Time: Saturday at 8:00 pm

Dec 3	Earl R.	San Diego
Dec 10	Linda M.	San Diego
Dec 17	Stefan M.	San Diego
Dec 24	Efrem	San Diego
Dec 31	Bobbie K.	San Diego

Easy Does It Speakers

Church 2770 Glebe Rd. Lemon Grove

Time: Friday at 8:00 PM

Dec 2	Pat D.
Dec 9	Michael
Dec 15	Colin W.
Dec 23	David M.
Dec 30	Bob

ALSO CHECK OUT THESE GREAT SPEAKER MEETINGS!

Coronado Wednesday Speakers

700 D Ave., Coronado

Time: Wednesday at 8:00

Saturday Night Speakers

9140 Akard St., Spring Valley

Time: Saturday at 7:00 pm

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The Strength and Availability of this account is directly related to **Your Support**.

If you need blood please contact Central Office at 619-265-8762 and be sure to credit the "I AM RESPONSIBLE CLUB" when making donations.

THINGS TO DO & PLACES TO GO

19TH ANNUAL CHRISTMAS DAY AA MTG

1:00 pm

Outdoor World

Located at the Church on the corner of Cowles
Mtn. & Navajo in San Carlos
Carolyn I. (619) 466-0849

ACCESSIBILITIES WORKSHOP

Find out how to carry the message to alcoholics with special needs

Saturday, December 10

10:00 am - Noon

Mira Mesa Alano Club – 9535 Kearny Villa Rd.
(858) 735-8688 (Don)

HOW TO WORK WITH A WET ONE

December 4, 2005

1:00 – 4:00pm

The Red Lion Hanalei Hotel
2270 North Hotel Circle – San Diego, 92108
(619) 280-0005 (Peggy Rose L.)

THE BIG BOOK COMES ALIVE WITH JOE & CHARLIE

11th Annual Sober Sailors Big Book Study in the Caribbean

January 16 – 21st, 2006

www.soberSailors.org

Toll Free: (866) 678-8785

32ND ANNUAL NEW YEARS EVE ALKATHON

December 31, 2005, 11:00 am to

January 1, 2005 9pm

Union Hall at 1717 Morena Blvd, San Diego
(619) 223-1367 (Suzanne A)



Holiday Secrets to Becoming Accountable

Hamish W.

My friend Bill describes his experience at Christmas time. He says there were several added pluses to the Noel season:

"Secrets became the norm." he told me "I could smuggle in large bottles of Vodka in with the bundles of Christmas parcels. Cocaine could be out in the open in my bedroom mirror and the bedroom door could be locked because yes I was hiding something but everyone thought - well hoped - that I simply needed privacy to wrap 'their' gifts."

He went on to say, "It was great for a drunk. I could go out on a moments notice to 'get some ribbon' only to return later much later with a wonderful excuse on how I had just met my old pal Steve who was in town for the season and so we just had to 'catch up'".

He said it was much easier to get away and drink... "I could be absent for long periods without too much interrogation. Normally I had to account for my whereabouts to my skeptical and suspicious family but I could book three or four hours to 'Christmas shop.' Shop for 45 minutes at Shoppers or Grand and Toy and spend the rest my liberty with my cronies at the Pilot. Only to stagger home with glazed eyes and a complicated tale about my shopping exploits."

He says that because of his long history of drinking and lying about it "sneaking and creeping" as he puts it he was always "under observation". But during the holiday season he could buy some time under the guise of normal seasonal activities.

Sober holidays for those of us in recovery can also present some problems. Thoughts can creep in like, "maybe I can just have one eggnog", or "what a happy time. I know how to make it better". Or, "I feel lonely a drink would sure pick me up.

There are several techniques that I and others have found very helpful in maintaining sobriety and recovery during these sometime tempting and difficult times. Recently sober people are often confronted with drinking situations for the first time

since they began their recoveries. There are solutions.

Plan your days. Let your sponsor or friend in recovery know where you will be and have that persons number with you just in case.

Plan B

If you must attend a party or gathering where alcohol is being served, then have a Plan B; an escape route.

If you are with a friend or spouse then tell them before you go that you may feel uncomfortable around alcohol and that you need to be able to leave the party on a moments notice without having to explain why. In fact you can always have an alternative place to go -- like for a coffee or out to a movie.

With this arrangement negotiated when you arrive at the gathering tell your host or hosts that you can probably only stay for a short time but that you will know more in a while after you make a telephone call.

Then you are not obliged to stay and what usually happens is that you have a great time because the pressure to stay is off. If you are on your own, make sure you have your sponsor's or a sober friend's phone number and that you know they will be home so that you can call or even meet with them if you feel the need. That's "Plan B."

Helping Others

Carol

The best and most rewarding holiday I have spent sober was the first one. I volunteered to help cook and serve Christmas dinner to the homeless. They got a super dinner and I got the joy of sharing in the true spirit of this time of year.

This year I am spending Christmas with program friends in Washington D.C. It's a miracle to see many of us who began our recovery together still active in AA, still sober years later.

Happy Holidays!!

THE AA COORDINATOR NEWSLETTER COMMITTEE NEEDS YOUR HELP!

Have your Home Group sponsor a Fold and
Label party *once a year!*

Please contact Jym V. at 619-887-4793

In chapter five of the Big Book, we are told that the grouch and the brainstorm are the dubious luxuries of normal people, but for us alcoholics they are deadly. Katie can ask herself the question, "Who's in charge here?" The answer, of course, should be her Higher Power. Talking with her sponsor, she can start to discover the motives she has for running herself ragged. And of course, this is the prime time to recite the Serenity Prayer, over and over if necessary.

Depression: Horace is feeling down again. Is it clinical depression, Seasonal Affectation Disorder, a case of the blues, or is it self pity? Since the Big Book tells us that God has provided doctors and psychologists aplenty to help us with these issues, Horace should probably check with a professional. If the problem is either of the last two, he should try a double helping of service and gratitude.

Writing a gratitude list can go a long way towards helping Horace be more realistic about the quality of his life. Chances are good Horace has a place to live, a bed to sleep in and a job to get worked up over. There are many people who don't have these three basic things. If he thinks a little harder, he can increase his gratitude list ad infinitum. Volunteering at Detox will help him to see that his life isn't nearly as bad as it could be.

Cynicism: My personal favorite. My cynicism starts the day after Halloween; the same day the stores all trot out their gaudy Christmas decorations. Shortly thereafter begins the Muzak. Christmas music that I'll be sick of well before the first of December. I don't watch television, so thankfully I am spared all those moronic commercials begging me to buy more and more junk that I either don't need or isn't made to last or is downright ridiculous. See how easy it is for me to get started? Well, since I'm still not all that good at figuring things out for myself, I brought out the big guns; I called my sponsor.

"This time of year is going to happen whether you like it or not," he said, "so you have to be clear with yourself. You can chose to not participate without raining on anyone else's parade. You make it a non-issue. Understand to yourself that you'd rather not participate and that choice is perfectly alright. Bless and release". He also reminded me to ask myself who's in charge! The nerve....

So in closing, I try to remember that millions of alcoholics have made it through decades of holiday seasons happily and gracefully. If they can rely on God to get them through, so can I. I wish you all a joyous fall and winter season, filled with patience, kindness, tolerance and love. And I leave you with the following quote from the Big Book: "As we go through our day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done". We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."

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Have the San Diego AA Coordinator delivered to your home for 1 year.

For only \$12

That's only a BUCK A MONTH!

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		CENTRAL OFFICE	7075-B MISSION GORGE ROAD		
		SAN DIEGO, CA 92120-2454			
					BUCK A MONTH CLUB

*Fourth Edition Tidbits
Alcoholics Anonymous Page 55*

...for deep down in every man, woman and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as Man himself.