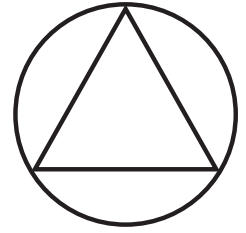




aasandiego.org

# The San Diego AA Coordinator



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

*We admitted we were powerless over alcohol—that our lives had become unmanageable. From the AA Big Book, p. 59*

January 2024  
VOL. LXII NO. 1

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### *"Carry the AA Message"*

Join the fun, submit an article!

**February** (due 01/25/2024)

"Came to believe ..."

**March** (due 02/25/2024)

"Made a decision ..."

Submit *your* 27 to 1,000-word story at [www.aasandiego.org](http://www.aasandiego.org) using the "Submit" button in the Coordinator Newsletter section or email it to

[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

### *Article Web-Site*

Find past articles from the San Diego AA Coordinator at [www.sdaanewsletter.org](http://www.sdaanewsletter.org)

# A Happy New Year

That hurt. Not that he attempted to drink his sorrows away. The fact that he felt the need to keep it to himself. See, my parents divorced when I was nine and my sister was in diapers. Being adults, they had their reasons, and all I knew was that things were changing. And somewhere in between nine and twenty-six,

*Continued on Page 14*

## Understanding Step One

### **Sometimes We Pick the Fruit Before Its Ripe**

I wish I could say that everyone that enters the doors of AA has an equal shot at getting sober and staying that way for the rest of their lives but, depending on the different reasons why each individual decides to give AA a chance, coupled with the degree of desperation that caused that person to delve into what the program has to offer, we get a variety of different results.

When I arrived at my first meeting, I was desperately looking for what I thought was a solution to an impossible situation. I was defeated and absolutely demoralized. Within minutes

*Continued on Page 15*

## Secret Revealed

### **If Only He Had Told Us**

My father died days after my birthday in 2012. He was 53 years old, just a few months shy of his 54<sup>th</sup> birthday. And it was honestly the shock in my life to date. It takes a lot to unnerve me, and his unexpected passing did just that. Never would have imagined that feeling in a million years. I would also have never guessed that he kept some important secrets from me and my sister. Like that he was a closet alcoholic.

**24 HOUR PHONE:** (619) 265-8762

**E-MAIL:** [sdaaco@aol.com](mailto:sdaaco@aol.com)

**OFFICE & BOOKSTORE:**

Mon-Fri 10 am to 6 pm

Sat 9 am to 1 pm

**Central Office Manager:** Judi T.

**Administrative Assistant:** Lisa Ann O.



*Share the Holiday Cheer!*



The San Diego "AA 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 endorsements by Alcoholics Anonymous or San Diego Central Office, except when Conference approved are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (*see page 1, bottom left*).

Submissions may be emailed to the newsletter chair at [SDAA.newsletter@gmail.com](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). 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, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be - obtained at the Central Office.

#### **Coordinating Council Officers:**

Council Chair	Jonathan	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Erik	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	TBD	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Program Committee	Kaye	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Butch	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

#### **Area Officers:**

Delegate	Richard	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Adrian	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	TBD	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	Heidi	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Lauren	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

*Please contact Central Office at 619-265-8762 for Officer's phone numbers.*

**Contributors:** Anka J., Rick R.

**January Theme:** *We admitted we were powerless over alcohol—that our lives had become unmanageable.*

To receive an electronic version of the newsletter *Please sign up to receive by email*

Send request to: [sdaaco@aol.com](mailto:sdaaco@aol.com)

### **Committee Announcement**

The Newsletter Committee needs members to write articles and poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large!

Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to: [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)



### **Following Coordinating Council Standing Committees need members.**

**Are you available to serve Alcoholics Anonymous?** Availability is about: "do

I have the suggested sobriety? If there are other suggested qualifications, do I have those qualifications and to the best of my knowledge, do I have no scheduling conflicts to serve in the commitment?" If my answers to all of those questions are yes, I should make myself available and let my Higher Power decide if that is the position I should be in. "Also, please talk to the members in your group about serving on the Council. Members at large may be elected to positions. It is not required that you are a Coordinator to serve on a committee.



## **AAGRAPEVINE.ORG**

**Submit Your Stories, Photos, Art and More!**

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share?

The AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share.

Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use [upload form](#).





**H.A.L.T.**  
 Don't Get Too  
 Hungry...Angry...  
 Lonely...Tired

*You are not alone.*

*One Day  
 at a Time*

## Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems 200 words or less using the "Submit" button at [aasandiego.org/coordinator-newsletter](http://aasandiego.org/coordinator-newsletter)

### Central Office Phone Calls and Website Hits

**Central Office is grateful for our Volunteers.**

After Hours Phone Volunteers are welcome back at Central Office. Speak with your After Hours Section Leader for details

Website Hits	December	Total
	137,140	9,896,442

*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 below.*

#### "One Year at a Time" Club

Name \_\_\_\_\_  
 City/Home Group \_\_\_\_\_  
 Sobriety Date \_\_\_\_\_  
 Amt. Enclosed \_\_\_\_\_

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

*All birthdays submitted will be published the month following submission. Please contact the newsletter chair if a birthday has not been published for two months following submission.*



# Unglum Lot



## Meetings in Motion

### CANCELLED

- AFTERNOON DELIGHT** **PACIFIC BEACH**  
Club-downstairs @ 4861 Cass St  
Daily @ 02:30 P Mo-Sa
- DEL CERRO MIXED STEP STUDY** **SAN CARLOS**  
Church @ 6556 Park Ridge Blvd  
Thursday @ 06:00 P Code(s): C
- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**  
Centro Carretera @ Mar Mediterraneo  
Thursday @ 10:00 A
- IMPERIAL BCH GROUP** **IMPERIAL BCH**  
Church @ 866 Imperial BCH Blvd Friday  
@ 07:30 P
- PRINCIPLES BEFORE PERSONALITIES**  
**WOMEN'S STEP STUDY** **DESCANSO**  
Church @ 25153 Viejas Blvd.  
Wednesday @ 06:30 P Codes C W \*

### NEW

- BEGINNERS LIVING SOBER** **NORTH PARK**  
Church @ 3725 30th St  
ID #: 374 508 500; PW: 449449  
Friday @ 10:00 A
- CELEBRATING WOMEN'S VOICES**  
Club @ 5107 Waring Rd. **ALLIED GRDNS**  
Tuesday @ 07:00 P Code(s): W
- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**  
Centro Carretera @ Mar Mediterraneo  
Saturday @ 10:00 A (Mens)  
Friday @ 10:00 A (Mixed)
- HIS MAJESTY THE BABY** **PACIFIC BCH**  
Club @ 4861 Cass St.  
Thursday @ 07:00 P Code(s): C M

### NEW (continued)

- RESTORED TO SANITY** **CARMEL VALLEY**  
Recovery Ctr @ 11720 El Camino Real  
Thursday @ 07:00 P Code(s): C W
- RULE 62 LUNCHEON** **PT LOMA**  
Café @ 4865 N. Harbor Dr.  
Wednesday @ 11:30 A
- THY WILL BE DONE NOT MINE** **ONLINE**  
Online @ ID #: 857 2007 2065;  
PW: 623851  
Daily @ 08:00 A Code(s): C W

### ONLINE INFO CHANGE

- SUNDAY KIND OF LOVE** **PACIFIC BEACH**  
Church & Online @ 1050 Thomas Ave  
ID #: 524 6078 732; PW: SKOL  
Sunday @ 07:00 A
- TO THINE OWN SELF BE QUEER** **NORTH PARK**  
Thrift Store & Online @ 4127 30th St  
ID: 837 7375 9366; PW: AAQSDMT23  
Saturday @ 09:30 A Code(s): LGBTQ \*

### OTHER

- DESCANSO STEP STUDY** **DESCANSO**  
Church @ 25153 Viejas Blvd  
Wednesday @ 06:30 P Code(s): \*  
*Now Mixed, Open*
- FRESH START BEGINNERS** **NORMAL HTS**  
Coffee Shop @ 3343 Adams Ave  
Sunday @ 09:00 A Code(s): \* LGBTQ  
*Was at park, was at 9:30 am*
- IB SOBER** **IMPERIAL BCH**  
Church-Center @ 945 18th St  
Sunday @ 07:00 P Code(s): \*  
*Not outside, no need to bring a chair.*

### RELOCATED

- SISTERS IN SOLUTION** **SAN CARLOS**  
Church @ 8350 Lake Murray Blvd  
Tuesday @ 07:00 P Code(s): W  
*Was at 5107 Waring Rd.*
- SKY HI WOMENS** **MISSION HILLS**  
Church & Online @ 4044 Lark St  
ID #: 901 437 0710; PW: 603321  
Wednesday @ 12:00 N Code(s): C W \*  
*Now Hybrid*
- SPIRITUAL AWAKENING** **NORTH PARK**  
Office & Online @ 2621 University Ave ( )  
ID #: 936 064 667; PW: @12Tried  
Daily @ 07:00 A Saturday @ 09:30 A  
ASL Thursday Code(s): LGBTQ \*  
*Was at coffee shop on Park Blvd.*
- STUDENTS IN SOBRIETY** **LA JOLLA**  
The Exchange Bldg @ 4067 Miramar St.  
Thursday @ 05:00 P Code(s): YP  
*Was at 9500 Gilman Dr.*

### REACTIVATED

- SERENITY ON THE SAND** **CORONADO**  
Beach @ Isabella Ave & Ocean Blvd  
Sunday @ 08:30 A  
*Next to 2 story lifeguard tower*

### TIME/DAY CHANGE

- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**  
Centro Carretera & Online ID #: 477 679  
0542; PW: meditation Wednesday @  
12:00 N Was 6:00 PM
- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**  
Centro Carretera @ Mar Mediterraneo  
36-1 Monday @ 12:00 N Was 10:00 AM

## Pamphlet

### OF THE MONTH:

**Is A.A. for You?**  
**12 questions only you**  
**can answer**

**“Question 12. Have you ever felt that your life would be better if you did not drink? Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A., we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.”**  
*Reprinted with permission from A.A.W.S.*

**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, December 14<sup>h</sup>, 2023 @ 7:00 pm**

Andrew, Council Chair opened the 938<sup>th</sup> Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

**Guest Reports:**

**Area 8 Representative: Richard, Area Alt Delegate reported:**

I am pleased to announce that, effective tonight, you will have to see and listen to me at least once a month, for the next two years. My name is Adrian Ontiveros and I am the incoming Area 08 Alternate Delegate and also it's liaison to the Coordinating Council. Thank you to Richard O. for his service in this position. The Area passed it's 2024 Spending Plan at the November 11th Budget Assembly. There were other orders of business surrounding support of the Area's 12th Step work through its Servants & Committees. Our next Assembly is taking place on Saturday, January 13th in Rancho Bernardo. It is our Orientation Assembly & we will hopefully be welcoming many new & some returning GSRs and DCMs. We will be starting the 74th General Service Panel with a slate of new officers and other members of the Area Committee. There will be a training workshop for these new members in February. The General Service Conference agenda items will be front and center soon after that. We will be preparing our incoming Delegate for his trip to the GSC in New York. He will be armed with the informed conscience of our Area on the current topics and affairs surrounding A.A. as a whole.

**H & I Representative: Blaine, H&I Representative reported:**

We continue to take A.A. meetings & literature into places where people cannot get out to meetings. We are always in need of individuals who wish to do this service. We have more requests for panels than people to fill them. A brief orientation and suggested six months of sobriety is all that is needed to participate. **IMPORTANT NOTICE:** The Machinists' Hall is being remodeled and will be closed to us for the months of Dec, Jan, Feb. Our Contact on Release subcommittee, Policy Council, 3<sup>rd</sup> Sunday Orientation and Business Meeting will all take place virtually during this time. Our 3<sup>rd</sup> Thursday virtual orientation will continue as usual. The Zoom information for all this is on our website <sdhandi.org>  
 LITERATURE PICKUP will be available in the Machinists' Hall parking lot at 5150 Kearney Mesa Rd 92111 at the usual time on 12/17/23, 1/21/2024, and 2/18/2024.

**Intergroup Standing Committees Reports**

**After Hours Phones:**

1. Tim, Chair was unable to attend but sent in that everything is going great with the After Hour Phones Committee.

**Business Committee: Bill, Business Committee Co-Chair reported:**

The Business Committee met on Tuesday, December 12<sup>th</sup>, 2023 at 6:00 pm.

**November 2023 Financial Summary:**

Net Revenue is **-\$870**. Our 2023 YTD Net Revenue is \$2,931. Group & Individual Contributions were \$11,948. Literature Sales Revenue & Bank Interest was \$1,683; while total office & committee expenses were **-\$14,641**.

**Central Office Manager's Reports: Judi.**

- December BOOK OF THE MONTH: All Grapevine Books, \$2.00 Off, Max: 5
- January BOOK OF THE MONTH: Living Sober, \$4.00 Regular \$6.00, Max: 5
- Meeting statistics: currently there are 1,025 meeting per week in Central San Diego. 929 of these are in person and 242 are online or hybrid (26%). This compares to July of 2022 when there were 1,055 meetings, with 776 are in person and 353 are online or hybrid (45%).
- The Big Book Initiative is off to a great start. Everyone who has been shopping in the bookstore so far this month has been really excited about the sale.
- We are continuing to get many positive reactions to the new arrangement of the bookstore.
- Central Office is in need of a Daytime Phone Volunteer every other Friday afternoon from 1-5 pm and to fill-in for our regular Volunteers when they are unable to fill their regular shift for whatever reason. Please call Central Office with your availability.
- Central Office is looking for volunteers to cover the phones for all shifts on Christmas Day and New Year's Day. This can be done remotely.
- Central Office will be closed on Monday, December 25 for Christmas Day & Monday January 1 for New Year's Day.
- Judi will be out of the office on December 21-22 & Lisa Ann will be out of the office Dec. 28-30.

**New Business:**

ACYPAA: In anticipation of the ACYPAA Conference in February, our area's Young People's Committee has requested that AA Central donate \$900 to fund 30 scholarship registrations for folks that may not be in a position to afford the registration fee of \$30. M/s/c.

**Newsletter : No report**

Continued from Page 5

**Coordinator Outreach: Grace, member of the Outreach Committee reported:**

1. The Outreach Committee attended 6 meetings this month – way to go!!
2. Members are needed for this committee

**Orientation & Guidelines: No Report**

**Program Committee: Kaye shared that:**

1. New Year's Eve Dance tickets are now on sale at Central Office for \$20 each. Tickets are selling slow so please take flyers to your meetings and spread the word!
2. Coordinators are also encouraged to buy tickets and sell them to their groups
3. This committee needs members

**Public Information Committee: No report**

Quorum was established; 34 Coordinators were present

Approved November 2023 Meeting Minutes

**OLD BUSINESS:**

1. ERC Ad-Hoc Committee Report: Peter reported that any further action on the part of the ERC Ad-Hoc Committee will be delayed until the impact of the Big Book Initiative is established. He also reported that Bill, the former Committee Chair had to step down due to a family emergency and that the Committee elected him as the new Chair.
2. Logo Contest: Judi reported that there haven't been any submissions to date for the Central Office Logo contest and introduced a new flyer that can be distributed to the groups to further publicize the contest.
3. Area Lock Box at Central Office: Judi reported that the Area has installed their lock box at Central Office for the convenience of members to drop off Area and District contributions when bringing in contributions for Central Office. There has been a specific request from the Area to bring checks only – no cash please!

**NEW BUSINESS:**

1. Council Elections: Congratulations to Jonathan, current Council Co-Chair who was elected as the 2024 Council Chair and to Erik M. who was elected as the 2024 Council Co-Chair! We do still need a new Coffee maker for 2024.
2. Shawn T., a member of the Area Young Peoples Committee presented on a Trustees Workshop which will be held on February 10<sup>th</sup>, 2024 from 12-4pm at the Wyndham Bayside Pacific Ballroom in San Diego. His request was for the Intergroup to fund the workshop by donating \$1,000. A motion was made and seconded. There was a Q&A and discussion. Motion carried 23 – Y, 4 – N, 0 – A.

Thank you to our Guests, our Coffee maker and everyone who participated to make this meeting possible this evening. We'd like to welcome all new Coordinators here with us tonight.

Birthdays: Happy Birthday to Tami with 4 years, Grace with 5 years, Adrian with 8 years, Richard with 15 years and Rae with 30 years for a Grand Total of 62 years!!!

**Reminders:**

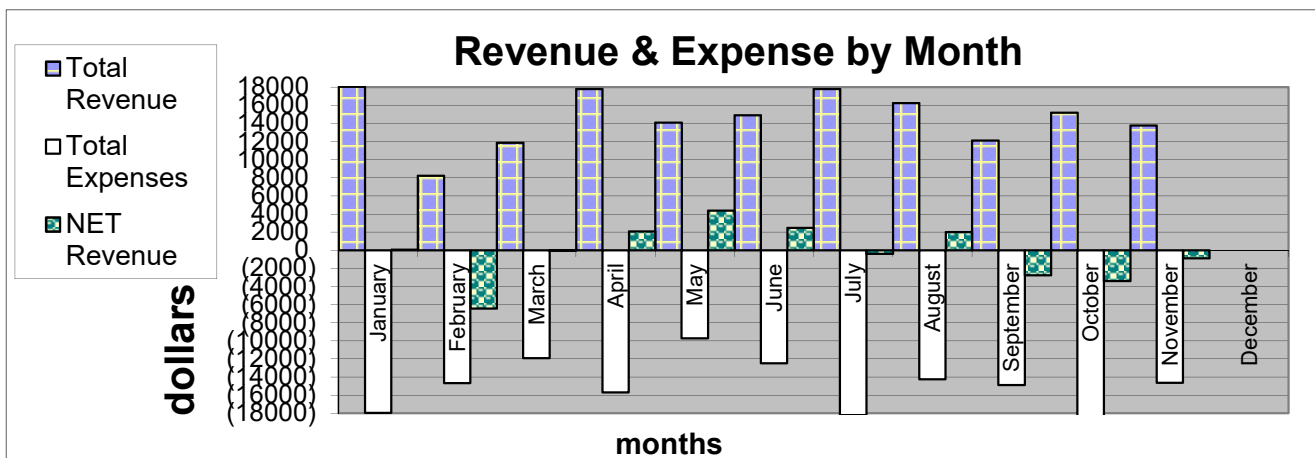
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at [councilchair@asandiego.org](mailto:councilchair@asandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 1/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [asandiego.org](http://asandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the "Serenity Prayer"

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of November 30, 2023**

	Nov 23	Nov 22	YTD '23	YTD '22	\$ Change	Budget '23
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	10,767.59	9,842.62	132,569.90	138,495.47	(5,925.57)	144,450.00
Contributions Individual	1,180.11	492.25	12,059.15	13,789.66	(1,730.51)	8,544.00
Contributions SDIAA	140.00	-	-	-	-	725.00
Interest - Cert of Deposits	459.39	166.79	3,903.80	635.15	3,268.65	3,000.00
Literature Revenue (see schedule)	1,223.81	315.42	10,658.90	2,343.35	8,315.55	9,908.00
<b>Total Revenue</b>	<b>13,770.90</b>	<b>10,817.08</b>	<b>159,331.75</b>	<b>155,263.63</b>	<b>3,928.12</b>	<b>166,627.00</b>
<b>Expense</b>						
Accounting & Legal	70.00	-	8,131.00	2,585.00	5,546.00	8,721.00
Auto/Travel/Seminar	17.00	9.00	2,144.33	1,487.25	657.08	2,500.00
Bank Service Charges	-	-	30.00	60.00	(30.00)	50.00
Cash (Over) Short	(7.85)	(3.14)	8.68	(48.91)	57.59	10.00
Equipment Maint & Repair	55.49	51.36	660.77	853.86	(193.09)	1,000.00
Equipment Purchase	-	3,914.37	1,954.77	6,263.46	(4,308.69)	2,000.00
Insurance	81.46	81.46	862.64	832.79	29.85	900.00
Office Maint. & Repairs	303.00	-	1,395.64	357.00	1,038.64	500.00
Office Supplies	422.87	443.31	3,866.52	3,876.33	(9.81)	3,500.00
Rent	2,060.00	2,020.00	22,500.00	22,060.00	440.00	24,560.00
Taxes	-	-	75.00	75.00	-	80.00
Telephone	555.50	421.03	1,965.69	1,625.17	340.52	1,600.00
Utilities-Electricity	337.69	460.74	6,120.18	4,850.07	1,270.11	6,000.00
Website	58.50	9.00	148.52	65.65	82.87	-
EMPLOYEES						
Accrued Payroll Taxes	631.42	811.73	6,833.70	6,513.66	320.04	9,314.00
Employee Wages	8,237.34	10,610.97	76,809.07	80,670.14	(3,861.07)	90,865.00
Employee 403B Contribution	-	-	-	-	-	-
Employee Health Benefit	937.88	822.35	10,316.68	8,864.22	1,452.46	11,255.00
Insurance Worker's Comp	44.61	44.61	490.71	490.71	-	550.00
<b>Total Office Expense</b>	<b>13,804.91</b>	<b>19,696.79</b>	<b>144,313.90</b>	<b>140,990.69</b>	<b>3,323.21</b>	<b>163,405.00</b>
<b>Standing Committees Expense</b> (see schedule)	<b>835.99</b>	<b>2,061.84</b>	<b>12,087.09</b>	<b>8,596.78</b>	<b>3,490.31</b>	<b>14,403.00</b>
<b>Total Expense</b>	<b>14,640.90</b>	<b>21,758.63</b>	<b>156,400.99</b>	<b>149,587.47</b>	<b>6,813.52</b>	<b>177,808.00</b>
<b>Net Revenue</b>	<b>(870.00)</b>	<b>(10,941.55)</b>	<b>2,930.76</b>	<b>5,676.16</b>	<b>(2,745.40)</b>	<b>(11,181.00)</b>





## Group Contributions November 2023

Group	Nov-23	Ytd 23	Group	Nov-23	Ytd 23
10 AND 11 - 3245	-	25.00	Friday Night Big Book Study - 102	150.00	589.00
11th Step Journey - 2622	-	50.00	Friday Night Gratitude - 2829	-	610.00
3 O'Clocker - 2201	-	400.00	Friday Night Irregulars - 2889	180.12	840.62
4077 Mash Step 11 - 2027	-	225.00	Friday Night Landing Zone - 1722	-	400.00
4th Edition Big Book - 2569	125.00	425.00	Friday Night Mens - 188	-	425.00
52 From The Big Blue	-	335.00	Friday Online 12 x 12 Step Study - 3351	-	457.00
530 Meditation - 3085	-	316.50	Friday Spring Valley Lunch - 2732	-	35.50
9 AM with a View - 3397	-	40.00	Garnet Group - 1129	-	91.00
9 pm Discussion - 3366	-	140.00	Gilman Group - 1988	-	837.00
A Womens Meeting - 1717	-	1,380.00	Girls Gone Mild - 3253	-	150.00
AA By The Bay - 629	-	125.00	God Squad Too - 2809	-	138.90
Alpine Group - 6	-	100.00	Goldmine Speakers - 2613	-	145.00
Alpine Mixed Step Study - 2621	-	114.00	Good Morning AA - 1888	-	948.00
B.Y.O.B. (North Park) - 203	119.77	869.77	Good News Bad News - 2833	-	35.00
Back to Basics - 1026	150.00	150.00	Great Fact Group - 895	-	245.00
Barefoot - 139	-	100.00	Happy Hour Meeting - 1038	-	317.80
Battery Chargers - 98	-	240.00	Harmony Group - 585	216.00	3,153.00
Bayside Big Book Study - 1610	-	75.00	Haul Your Hiney Out Of Bed - 704	-	347.12
Bayside Bonfire Group - 1139	-	200.00	Hi-Nooners - 673	-	350.00
Beach Area Beginners - 272	-	127.00	HOW @ Noon - 2998	-	1,350.00
Beautiful Beginnings - 552	-	70.80	I. B. Up - 2565	170.00	410.00
Big Bon-Fire Meeting - 1894	-	50.00	IB Sober - 3161	-	17.40
Big Book Awakening - 3387	-	175.00	It's In The Book - 2030	-	100.00
Bonita Boozers - 2179	159.00	309.00	Jaywalkers - 3100	-	325.00
Bonita Womens Big Book Study - 3112	100.00	100.00	Jump Start - 2174	-	25.69
Carrying the Message - 2458	-	150.00	Just Us Girls - 929	-	198.77
Casa De Oro Tradition Five - 503	-	250.00	Knuckleheads - 3182	-	1,125.00
Casa De Oro Weds Nite - 2049	-	636.80	La Jolla Beginners Group - 82	-	851.00
Cedar St Daily Online - 3270	-	50.00	La Jolla Discussion Group - 85	-	36.00
Cedar Street Mens - 1698	425.00	1,302.25	La Jolla Monday Womens - 87	-	900.00
Channeling Serenity - 3425	-	411.00	La Jolla Nonsmokers Disc - 88	700.00	700.00
Chula Vista 4 Min Speakers - 1568	-	138.00	La Jolla Pump House Group - 696	-	471.00
Clairemont Mens - 301	-	526.20	La Jolla Sunrise - 2684	-	800.00
Clairemont Mixed Discussion - 338	-	359.00	La Mesa 12 x 12 Study Group - 107	-	200.00
Clairemont Thurs. Brown Bag - 315	-	50.00	La Mesa 12 X12 - 2588	-	80.00
Clairemont Wednesday Group - 303	-	162.00	La Mesa Mens - 106	-	195.37
Clairemont Womens Discussion - 340	200.00	470.00	La Mesa Step Study Workshop - 1621	-	304.56
Clairemont Womens Step Study - 341	-	1,121.50	La Mesa Womens Sat. Morning - 416	340.00	540.00
Class Acts - 1845	-	515.20	LAGUNA MOUNTAIN GROUP	-	404.64
Coffee Clutchers - 2332	100.00	1,050.00	Lakeside Drunks - 2423	-	100.00
Conscious Contact Meditation - 2834	-	500.00	Late Risers - 473	-	156.32
Coronado Mens Meeting - 405	-	112.00	Lemon Grove Speakers - 2574	-	170.90
D.D.G.T.M. - 767	-	150.00	Linda Vista Mens - 320	-	262.64
D.I.R.T.B.A.G.S. - 2410	-	492.00	Little Apple Group - 1438	150.00	200.00
Daily Reflection - 3114	-	900.00	Living Free - 477	-	4,007.43
Daily Reflections - 2097	-	70.00	LJ We Are Not A Glum Lot - 3355	-	260.00
Dawn Patrol Online - 3275	-	424.49	Lunchtime Friends - 964	-	150.00
Deerhorn Group - 2063	-	200.00	Lushes Lunch Tuesday - 2641	386.15	1,018.54
Del Cerro Mixed - 3376	-	882.70	Mens Focused Step Study - 3217	-	419.00
Descanso Step Study - 3010	-	167.80	Mens Jelly Donut - 3118	-	200.00
Designs For Living - 488	-	800.00	Mens Step Study - 965	50.00	125.00
Diamond St Mens Step Study - 569	-	726.80	Mens Structured Step Study - 1469	-	75.00
Dignity Unlimited - 205	-	250.00	Mid-Week Mens - 560	300.00	2,100.00
Don't Be a Dick - 3419	-	200.00	Mid-Week Mens Online- 3243	-	169.00
Downtown Discussion - 1665	-	102.01	Midday Miracles - 3242	23.76	337.74
Downtown Noon Discussion - 1607	-	203.00	Midway Bridge - 2171	-	145.00
Drunks Only - 1605	-	2,400.00	Mira Mesa Early Risers - 967	-	1,350.00
Each Day A New Beginning - 509	-	278.30	Mira Mesa Friday Night AA Disc - 379	-	175.00
Early Risers (PB) - 264	500.00	1,170.00	Mira Mesa Sunday Morning Mens - 693	-	72.00
East Co. Young People Rule 62 - 2797	-	187.00	Miracles on Mondays - 565	-	150.00
East Side Group - 101	-	265.00	Mission Bay Daily Reflections - 1692	-	325.00
Eastlake Grns Attitude Adjustment-2691	100.00	450.00	Mission Hills Beginners - 1612	160.00	160.00
Eastlake New Beginnings S/S - 2673	-	62.50	Mission Hills Late Night - 2773	50.00	675.00
Easy Does It Riders - 21	90.00	246.00	Mission Hills Lunch Bunch - 2675	-	250.00
Easy Risers - 854	100.00	400.00	Mission Possible - 131	-	597.50
El Cajon Beginners - 2876	-	125.00	Monday At A Time - 2875	-	498.00
El Cajon Nooner - 2638	-	1,346.00	Monday Night Live - 3219	-	100.00
El Cajon Womens Serenity - 77	-	213.75	Mt Soledad Mens - 717	-	1,205.00
Emotional Sobriety (Hillcrest) - 2536	-	290.00	No Matter What Woman's Group - 2325	-	100.00
Evening In Harmony - 2864	-	100.00	Noon At The Grove - 628	-	1,625.00
Evening Serenity - 2305	150.00	800.00	Noon w/ a View Beginners Mtg - 3249	1,435.00	4,979.00
Every Night at Six - 3241	-	686.00	Nooners Anonymous - 1164	-	508.00
Everynighters Online - 2997	-	313.36	Noontime on the Patio - 2203	-	600.00
Eye Opener Group - 607	46.87	312.00	Normal Hts Young Peoples SS - 3407	-	217.75
Fairmont Park Discussion - 2832	130.00	34.00	North Clairemont - 1102	-	190.00
Fellowship of the Spirit Candle - 3383	-	46.87	North Park Mens - 465	30.60	405.36
First Mira Mesa Mens - 300	-	533.50	North Shores Breakfast - 275	68.89	155.89
Fishermen In Recovery - 2863	-	126.00	O.B. Womens Step Study - 2730	90.00	167.00
Fletcher Hills Smokeless - 59	150.00	200.00	Old Timers Group - 2037	-	150.00
Free At Last - 2888	-	100.00	On The Corner - 2384	300.00	1,406.00
Freedom - 3447	50.00	150.00	One Step Ahead - 715	-	200.00
Fresh Start Beginners - 2609	-	658.00	Original Anonymous Anonymous - 154	-	150.00
Friday Afternoons - 318	-	50.00	Original Tues Night Step Study - 2124	-	250.00
Friday Morning Step Study - 3216	-	40.00	Our Daily Reprieve - 3339	-	200.00
Friday Morning Womens - 104	249.00	250.00	Over The Bridge - 2689	-	1,642.02



## Group Contributions November 2023

Group	Nov-23	Ytd 23	Group	Nov-23	Ytd 23
Pacific Beach Weekend Warmup - 725	140.00	455.00	T.G.I.F. - 1658	-	250.00
Pass It On Big Book Study Group-2860	-	926.50	The 530 - 3266	-	350.00
Poinsettia Group - 2210	-	170.00	The Common Solution - 3007	-	412.09
Point Loma Mens - 245	-	1,361.40	The Gathering Of Goddesses - 2890	-	346.20
Point Loma Nooners - 1606	-	250.00	The Gift - 2954	-	662.50
Porter Hall Structured S/S - 97	100.00	100.00	The Grapevine - 2794	-	52.00
Principles Before Personalities - 3429	-	72.75	The Hole In The Doughnut - 2737	-	770.00
Progress Rather Than Perfection-2682	-	500.00	The Huddle in the Park - 3278	1,500.00	5,410.18
Pt Loma Fri Afternoon 12 & 12 - 244	-	352.50	The Language of the Heart - 3066	-	167.78
Pt Loma Womens Discussion - 1608	-	404.00	The Nine Thirty - 2997	-	151.17
Radical Acceptance Meeting - 2961	629.16	2,236.52	The Open Book - 3190	-	88.00
Rainbow Group - 570	-	500.00	The Other Meeting - 857	-	402.50
RAM-Z - 3323	10.00	20.00	The Rogue Meeting - 3338	-	2,942.05
Resentment and A Coffee Pot - 2561	-	168.90	The We Group Speakers - 2835	-	300.00
Riding Sober - 3054	-	428.00	There is a Solution - 2680	-	100.00
Rise & Shine - 2170	119.00	2,285.89	Thurs Night Womens Speakers - 183	-	125.00
Rocket Riders - 1730	-	160.00	Thurs. Nite Mens Big Bk Stdy - 1748	-	150.00
Room 65 - 3052	185.35	350.00	Thursday Steps - 646	-	132.00
S.D. Speakers Meeting -152	-	275.00	Tierrasanta Friday Night - 2645	-	350.00
Safe Sane and Sober - 1350	-	235.00	Tierrasanta Morning Serenity - 2811	-	183.00
San Carlos Single Purpose - 583	-	120.50	Toes in the Sand - 3282	-	1,190.14
Santee Mens Group - 2972	-	450.00	Top of The Hill - 41	-	325.00
Santee Serenity Group - 1943	-	931.32	Torrey Pines Open Disc - 94	-	222.00
Santee Sunday Morning Mens - 3076	-	1,086.00	Trudgers Mens Step Study - 3008	-	50.00
Sat Mens Early Awakening - 2209	-	776.00	Tues Night Mens Step Study - 1813	-	250.00
Sat Night Early Discussion - 336	-	275.00	Tuesday Morning Alpine - 440	-	307.38
Saturday A.M. Live - 782	-	369.00	Tuesday Morning Group - 3089	25.00	25.00
Scripps Ranch Men's Two - 2776	120.00	280.00	Tuesday Night Sobriety - 708	-	190.00
Scripps Ranch Mens - 3168	-	326.20	Tuesday Nite Live - 643	-	100.00
Serenity Seekers - 3232	-	1,010.00	Two A's Over Easy - 2106	-	135.00
Sisters in Serenity - 3260	-	99.20	University City Disc.- 368	-	299.75
Sisters In Sobriety - 3127	-	418.60	University City Womens - 369	-	885.00
Sisters in Solution - 3272	-	1,078.92	Valley Girls - 2617	-	460.00
Sky Hi Womens - 1633	-	156.00	Veterans Leave No One Behind - 2038	-	100.00
Sobearity - 3129	18.39	68.39	Wake Up Call - 1932	-	400.00
Sober Minded Leather Folk - 1882	-	150.00	War Fever - 880	-	321.29
Sober Nooners - 196	-	100.00	Warm and Friendly - 42	-	50.00
Sober Roses Womens Step Study-2946	-	80.00	Water Walkers - 5	-	400.00
Sober Saturday - 3051	139.75	139.75	Water Walkers Too - 1946	-	1,200.00
Sober Saturday - 483	-	495.00	Way Up and Out - 415	-	63.57
Sobriety At All Cost - 3006	-	633.79	Wednesday Night Promises - 2167	-	100.00
Sobriety On State and Date - 2697	415.00	1,219.22	Welcome Home - 2318	-	186.00
Sobriety on Sunday - 3367	-	50.00	What is Great - 3286	-	174.63
Sole Purpose Group - 1657	-	210.00	What Now? - 325	-	50.00
Sons of God - 2789	-	700.00	White Flag Outdoors - 2788	-	416.00
South Bay Step Study - 2312	-	100.00	Wholesale Miracles - 2474	34.00	484.50
South Clairemont - 305	150.00	350.00	Why are We Here - 3437	-	100.00
South Park Sobriety - 1015	-	80.00	Womans Gut Level - 1701	-	270.00
Spiritual Awakening - 2275	-	2,357.03	Womans Let Go and Let God - 446	-	75.00
Spiritual Awakenings Step Study - 3174	-	200.00	Women's Joy Of Living - 2636	300.00	300.00
Steps 10 & 11 @ 5 am Online -3023	-	20.00	Women's Step Study/In Between	-	405.50
Strength In Women - 2955	-	50.00	Women In Harmony - 1807	-	233.88
Sunday Beach Sun-Day - 568	-	156.50	Women In Sobriety - 697	-	100.00
Sunday Kind of Love - 429	-	153.00	Womens Attitude of Gratitude - 2751	-	217.00
Sunday Midday - 161	-	337.50	Womens Step Study - 296	-	430.25
Sunday Morning Eleventh Step - 1206	-	300.00	Womens Thursday Nite - 514	-	202.20
Sun Morning Spiritual Meeting - 1700	-	84.00	Womens TLC - 2814	-	69.41
			Womens Way To Recovery - 838	-	75.00



YOUR SAN DIEGO INTERGROUP/CENTRAL OFFICE THANKS  
YOU FOR YOUR CONTINUED SUPPORT.

**Group Secretaries/Treasurers:** If you wish to receive a receipt for your contribution, please write your email address on your check or an insert with your check. Central Office does not mail receipts. Thank you!



**Does Your Meeting Have a Voice?** Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. Each individual group in San Diego County is entitled to representation. Is your group represented? Call 619-265-8762 to find out. The Council meets on the 2nd Thursday of every month. Make sure **YOUR** group gets heard.

# Central Office Notes

2024 Holidays - Central Office/Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
February 19	President's Day	Monday
May 27	Memorial Day	Monday
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

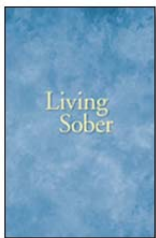
<b>November 2023 Group Contributions</b>	<b>\$10,768</b>
<b>Individual Contributions</b>	<b>\$1,320</b>
<b>Literature &amp; Interest</b>	<b>\$1,683</b>
<b>Total Revenue</b>	<b>\$13,771</b>
<b>Central Office Expenses</b>	<b>-\$13,805</b>
<b>Committee Expenses</b>	<b>-\$836</b>
<b>Total Expenses</b>	<b>-\$14,641</b>
<b>November 2023 Net Revenue</b>	<b>-\$870</b>
<b>2023 YTD Revenue</b>	<b>\$2,931</b>

## Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & *we NEED your support* (& your group's voice & vote!). There are over 650 groups in San Diego & only 38 representatives at last month's Council meeting (what?!). The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens each month before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

# Living Sober

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



“Using the **SERENITY** Prayer – On the walls of **THOUSANDS** of A.A. meeting **ROOMS**, in any of a **VARIETY** of languages, this **INVOCATION** can be seen: ‘God **GRANT** me the serenity to accept the things I cannot **CHANGE**, Courage to change the things I can, And **WISDOM** to know the difference.’ A.A. did not **ORIGINATE** it. **VERSIONS** of it seem to have been used for **CENTURIES** in various **FAITHS**, and it is now widely current outside A.A., as well as within the Fellowship. Whether we belong to this church or that, whether we are humanists, agnostics, or atheists, most of us have found these words a **WONDERFUL** guide in getting **SOBER**, staying sober, and

enjoying our sobriety. Whether we see the Serenity **PRAYER** as an actual prayer or just as a **FERVENT** wish, it offers a **SIMPLE** prescription for a healthy **EMOTIONAL** life. We’ve put one thing right at the head of the list among ‘the things we **CANNOT** change’: our alcoholism. No **MATTER** what we do, we know that **TOMORROW** we won’t suddenly be nonalcoholic—any more than we’ll be ten years **YOUNGER** or six inches **TALLER**. We couldn’t change our alcoholism. But we didn’t say **MEEKLY**, ‘All right, I’m an alcoholic. Guess I’ll just have to drink **MYSELF** to **DEATH**.’ There was something we could change. We didn’t have to be **DRUNK** alcoholics. We could become sober alcoholics. Yes, that did take **COURAGE**. And we needed a **FLASH** of wisdom to see that it was **POSSIBLE**, that we could change ourselves.” Page 18, *Reprinted with permission from A.A.W.S.*

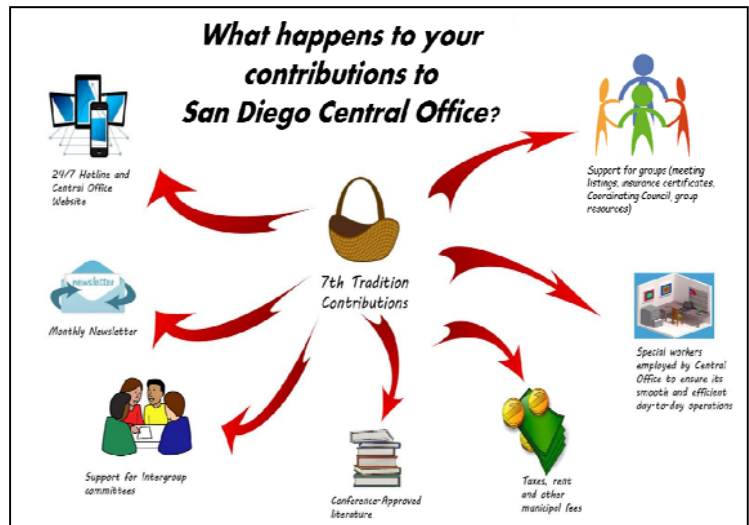


## A.A. Economics

Many are sober today as a direct result of a call made to San Diego A.A. Intergroup, from finding a meeting on the aasandiego.org website and/or by reading A.A. literature purchased from Central Office. To run the phones, publish the schedules and have literature available for sale takes financial resources.

A basic principle of A.A. is that it will always be self-supporting through its own contributions. A dollar contribution in a basket was considered appropriate in the 1960s — a dollar that could buy over \$10 worth of goods today.

A \$2.00 (or more) contribution the next time the 7th Tradition basket goes around will go a long way to ensure that an A.A. meeting will always be there for us when we need one.



## FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

Thank you for supporting your Central Office in carrying the message to the still suffering alcoholic

- ◇ The Central Office cannot mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!
- ◇ Send your Contributions to:

San Diego Central Office  
7075 Mission Gorge Road, Suite B  
San Diego, CA 92120





# Coordinating Council Attendance

## Things to Do, And Places to Go

Thank you to the following 34 Groups whose Coordinators attended the December San Diego Intergroup Coordinating Council.

**There are 628 groups in San Diego:  
WAS YOUR GROUP THERE?**

### Imperial Valley A.A. Roundup

**When:** January 26-28, 2024  
**Where:** Brawley, CA  
**Info:** Call Central Office 619-265-8762

### Inland Empire AA Convention

**When:** April 18-21, 2024  
**Where:** San Jacinto, CA  
**Info:** [www.IEAAC.org](http://www.IEAAC.org)

### Woodstock West

**When:** May 17- May 19, 2024  
**Where:** Los Angeles, CA  
**Info:** [www.woodstockwest.biz](http://www.woodstockwest.biz)

- 4077 MASH STEP11
- B.Y.O.B
- CASA DE ORO TRADITION FIVE
- CLAIREMONT MENS
- COFFEE CLUTCHERS
- DAILY REFLECTIONS ONLINE
- DOWNTOWN DISCUSSION
- EL CAJON WOMEN'S SERENITY
- EVERY NIGHT AT SIX
- EYE OPENER GROUP
- FIRST MIRA MESA MENS
- FRIDAY MORNING WOMENS
- FRIDAY NIGHT IRREGULARS
- FULL MEASURE FRIDAY
- INTO THE 4TH DIMENSION
- JUMP START
- MIDDAY MIRACLES

- MID-WEEK MENS
- MISSION HILLS BEGINNERS
- OLD TOWN SPEAKERS
- ON THE CORNER
- OVER THE BRIDGE
- RADICAL ACCEPTANCE MEETING
- SAN CARLOS SINGLE PURPOSE
- SCRIPPS RANCH MENS
- SCRIPPS RANCH MENS TWO
- SISTERS IN SOLUTION
- SOBRIETY AT ALL COSTS
- SOBRIETY ON STATE AND DATE
- SUNDAY MIDDAY
- THE COMMON SOLUTION
- THE NINE THIRTY
- THE WE GROUP
- VALLEY GIRLS

**Event flyers with more details can be found at [www.aasandiego.org/events](http://www.aasandiego.org/events)**

**Next Council Meeting: Thursday, January 11, 2024.** Council meets at 7:00 pm (Orientation 6:15 pm) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!



## Book of the Month: **Living Sober**

“Making use of ‘telephone therapy’: When we were first trying to achieve sobriety, many of us found ourselves taking a drink without planning to. Sometimes, it seemed to happen practically without our knowing it. There was no conscious decision to drink, and there was no real thought about possible consequences. We had not intended to set off an entire drinking episode. Now we have learned that simply postponing that first drink, putting something else in its place, provides us with a chance to think about our drinking history, to think about the disease of alcoholism, and to think about the probable results of starting to drink. Fortunately, we can do more than just think about it, and we do. We telephone someone.

When we stopped drinking, we were told repeatedly to get A.A. people’s telephone numbers, and instead of drinking, to phone these people. At first, the thought of telephoning a new acquaintance, someone we barely knew, seemed strange, and most of us were reluctant. But the A.A.’s—those with more nondrinking days behind them than we had—kept suggesting it. They said they understood why we hesitated, because they had felt the same way. Nevertheless, they said, just try it, at least once. And so, finally, thousands and thousands of us have. To our relief, it turned out to be an easy, pleasant experience. Best of all, it worked. Maybe the quickest way to understand this, before you try it, is to put yourself mentally in the place of the person being called. It is a rewarding and gratifying thing to be trusted that much. So the person receiving the call is almost invariably nice, even charming, about it—not at all surprised, and even glad to hear from us.” Page 23, *Reprinted with permission from A.A.W.S.*

## Secret Revealed If Only He Had Told Us

*Continued from Page 1*

our father/ daughter relationship went for a roller coaster ride. Whether it was visiting for every other weekend, disappearing for several years without a phone call or letter, surprising his way back into our lives and so forth, the list could go on. But the most important point of this back story is to clarify that after all the ups and downs, we were actually slowly working on rebuilding our relationship. It would never be what it could have been based on in the past, but it was going to be far more than nothing.

In fact, things were going so well in our efforts that we were independently making plans to spend time with him. In January 2012, my conversation with him literally had been, "Hey Dad, I need a vacation, and sis has a break coming up. Guess what? Your princesses are flying over to spend time with you in sunny paradise in March! Get the red carpet ready!" And he joked right back, "Thank God I am bald already, or I would lose all my hair due to financial stress." And I know he was really excited that we wanted to come see him, and about our actual visit! We were talking more frequently and about things like trying to figure out how to bring his favorite pizza frozen on the plane from Chicago or what we were going to do while together. We had just

finished making flight arrangements for my sister over the phone. I was trying to wrap up a big project at work that week so I told him I would call over the weekend since the trip was only 2 weeks away. But not even three days passed when I got the phone call that he had had a heart attack in his sleep and had died overnight. I didn't believe it. I dialed his cell phone and just got his voicemail. How was this happening? It felt like we had JUST gotten off the phone about flight arrangements. I mean, how could he die? We were coming to see him!

But it *was* happening. Flying to California, making arrangements, entering his new apartment for the first time, finding vodka bottles throughout, numbly dealing and trying to make sense of it all while trying to accept that this was the reality. As we were packing, I found paperwork, receipts, and AA newsletters.

My father was an alcoholic. And he was seeking treatment. All those random trips he took that we thought were for training for his vocation? AA rehab. And I never bothered to think otherwise because the stories he told made complete sense. Why would I doubt him at this point in our lives?

We are not the type of kids to judge harshly, or who would have yelled at him over the fibs and the alcoholism. And it would not have changed my perception of my father to be completely frank. It would have simply brought to light that my dad was really not happy with whatever it was that had or was happening in his life. It takes an individual a LOT of courage to admit that s/he needs help. We would have been a mini cheering squad just for him- even if he was having a hard time coping.

I will never know what his reasons were for not sharing, but I forgive him. And I am so proud that despite all of his mistakes, that he was able to find the resolve to admit it to himself and seek support. I only wish he had given himself the chance to experience our encouragement, and to participate in our lives unfolding before us through graduations, weddings, babies, and all the dreams and chapters that make life so beautiful.

~ Anka J.

## Understanding Step One

### Sometimes We Pick the Fruit Before its Ripe

*Continued from Page 1*

of being exposed to the sober members of that group I was convinced that I had found the solution to my hopeless condition and the desire to drink was removed from me on the spot and has never returned. That was on Oct. 15, 1969. I wish every new member could have that type of experience, but we know that many of us are not that receptive in the beginning. Most of the members of that early group were over forty years old and I was only 28 yrs. old but I was the exception at that time.

Meetings were much smaller since there were no rehab facilities intervening in the alcoholic's drinking escapades, so they did not start hitting their bottom till their forties or fifties and it had something to do with midlife crisis or was that just a coincidence. What I do see that is different from my experience is the blurred line when comes to the first requirement for AA membership: "a desire to stop drinking," or employer told me that I had to stop drinking, considering the relief I got from the bottle, I doubt that I would have been as receptive to getting sober, and if I had, I am sure I would have relapses as much as any of those who, unfortunately, struggle with staying sober. It appears that many of the AA members of today have seen a high percentage of relapses

and they attribute that as an abysmal success ratio in AA, but they assume that just because they were sent to AA, from a rehab facility that they should be lumped in with those, like me, who had a desire to stop drinking and came in looking for answers. These relapses are the natural result when the desire to drink is stronger than the desire to stay sober.

In the Foreword to the second edition of the Big Book it says: Of alcoholics who came to AA, and really tried, 50% got sober at once and remained that way: 25% sobered up after some relapses. I often ask a newcomer what caused them to give AA a visit and most of them say that the main reasons were DUI's, Work related requirements, and spouse's ultimatums. Occasionally someone says, "I just ran out of ideas, and I need help". The latter is usually the one in ten that stays sober without relapse. I also believe that if you counted only the ones that came in searching for answers, the same ratio as in the foreword to the Big Book would still apply. Seventy five percent is not bad. The good news is that many of the members that are here as the result of intervention or other motivations often become

what they refer to as the "educational variety" often get sober years before they would have had they not been intervened upon. We treat these brothers and sisters with empathy, compassion and understanding. The awareness in the community has taken away much of the stigma (not all) of being cursed with the disease of alcoholism and where we had meetings totaling ten or twelve members, we now have twenty to forty members attending. Sometimes the fruit gets picked before it is ripe, but it is never discarded.

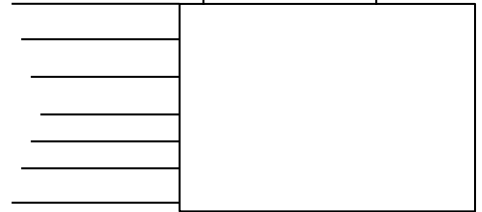
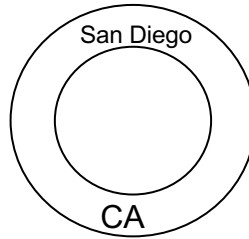
~ Rick R.





7075-B Mission Gorge Road  
San Diego, CA 92120-2454

RETURN SERVICE REQUEST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				