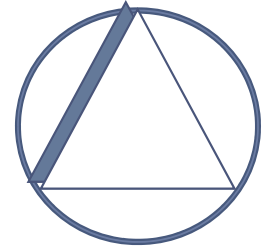




The San Diego AA Coordinator



aasandiego.org

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

"Admitted we were powerless over alcohol and our lives had become unmanageable."

Reprinted from AA Big Book, page 59

JANUARY 2021
VOL. LXIX NO. 1

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
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"Carry the AA Message"

Join the fun and
submit an article!

February (due 12/28/20)

"The sole authority..."

Continued on Page 15

March (due 1/27/21)

"The only requirement for AA membership..."

April (due 2/25/21)

"searching and fearless..."

Submit your 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Choice in Drink?

Further reflection on Step One brought about a different understanding of its context. The first the two parts of this step are separated by a dash—not a hyphen. A dash fulfills both segments of a sentence, e.g.: "We admitted we were powerless over alcohol—that our lives had become unmanageable."

At first, I considered the second part "unmanageable" to mean; drunk tanks, getting fired again, losing friends, etc.—and it sort of does. However, much more prevalent is the "powerlessness"

Why We Do the Things We Do One issue at a time

Alcoholism is an incurable disease contracted by, you might say, 10% of the population. It is an incurable disease, but it can be arrested.

It is no respecter of age, gender, intelligence, religion, or economic status. Why, you might say, 90% of the population can drink with impunity is hard to understand but we who have been in the AA program for a while know that you can adopt a way of life that removes the obsession to drink without the white knuckling

Continued on Page 14

...Bodily and Mentally Different...

When I first got to Alcoholics Anonymous, I found the first 164 pages of the Big Book to be difficult to read, at least to read with understanding.

My mind was still foggy from years of excessive drinking in addition to the fact that the concepts therein were completely foreign to me.

"I have accepted the fact that I am bodily and mentally different from all of those normies out there. Could it be that I am actually of a different species?"

However, I was able to identify with many of the stories printed in the back of my Third Edition. As my mind cleared, the first part

Continued on Page 15

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 CURBSIDE ONLY:****Mon-Fri 11 am to 3 pm and Sat 10 am to 12 pm****Central Office Manager:** Connie L.**Administrative Assistant:** Judi T.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|--------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Alexsey | assistantchair@aasandiego.org |
| After Hours Phones | Mary | afterhoursphones@aasandiego.org |
| Business Committee | TBD | businesschair@aasandiego.org |
| Program Committee | Brianna | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R, Blaine H, Rob S**January Theme:** Admitted we were powerless**Newsletter by electronic version only at this time.****Please sign up to receive by email.****Send to:** 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

**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 the [upload form](#).

Central Office Phone Calls and Website Hits

Our AA Phones continue to be answered 24hrs/7 days via call-forwarding by volunteers.

**Central Office is grateful
for our Volunteers**

**WE STILL NEED help 1st, 10th &
16th 9pm -9am by your group**

| Website Hits | November | Total |
|--------------|----------|-----------|
| | 46,976 | 7,394,108 |

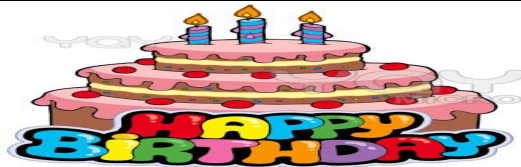
Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems to: sdaa.newsletter@gmail.com - 200 words or less.

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.

Happy Birthday to All!

**John M. 11/21/1987
Friday Night Imperial
Beach Group**



Birthday Gratitude

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.

Our Great Responsibility,

History; The Road to the Conference, page 21

"Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance."

Dr. Bob's Farewell Speech, Cleveland, OH, July, 1950
Reprinted with permission from A.A.W.S.



Our Great Responsibility,

Trust; Gratitude, Trust, Joy, page 136

"The A.A. first walks in the door driven by stark fear. And then he gets a little confidence, and then he gets more. But at no point, if he is wise, does he get a blind faith that God, having got him sober, is necessarily going to keep him that way unless he prudently does his part. So, prudently, our new man looks at the Twelve Steps and he commences their practice. And he begins to grow."

Bill W's 1959 General Service Conference Talk
Reprinted with permission from A.A.W.S.

Our Great Responsibility, Other Voices, page 227

"All of us who have known the suffering and the dread isolation of our days with alcohol and have survived have learned that we cannot deny life. We must be able to take life's venom and its sweetness, its cowardice and its valor, its suspicions and its trusts, its pains and its joys: for that, after all, is what human existence is. A.A. has taught us that we can accept this existence when lived in terms of the life of the spirit. The concepts of A.A. bring a message to this world, if the world will hear us. And that is that the spirit can take hold of our material world and completely transform it. That even in this competitive, material, mechanistic world, man need no longer sleep in the shadows, but illuminated by the flame of faith, can find the light by which to work and function. And by this light will see a world dignified by human friendship, by human decency and by human devotion."

Bernard Smith's 1953 General Service Conference Talk
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Big Book page 76

"Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."

Reprinted with permission from A.A.W.S.

Big Book; Into Action, page 76

"When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding."

Reprinted with permission from A.A.W.S.

Big Book; We Agnostics, page 48

"Faced with alcoholic destruction, we soon became as open minded on spiritual matters as we had tried to be on other questions. In this respect alcohol was a great persuader. It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will be prejudiced for as long as some of us were."

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Big Book; More About Alcoholism, page 34

"For those who are unable to drink moderately the question is how to stop altogether. We are assuming, of course, that the reader desires to stop. Whether such a person can quit upon a nonspiritual basis depends upon the extent to which he has already lost the power to choose whether he will drink or not. Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it - this utter inability to leave it alone, no matter how great the necessity or the wish."

Reprinted with permission from A.A.W.S.

Big Book, "Acceptance Was the Answer", page 420

"Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations of Max and other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my "rights" try to move in, and they too can force my serenity level down. I have to discard my "rights", as well as my expectations, by asking myself, How important is it, really? How important is it compared to my serenity, my emotional sobriety? And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level - at least for the time being."

Reprinted with permission from A.A.W.S.

Big Book, "Dr. Bob's Nightmare", pages 180-181

"It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. My health is good and I have regained my self- respect and the respect of my colleagues. My home life is ideal and my business is as good as can be expected in these uncertain times.

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip.

Unlike most of our crowd, I did not get over my craving for liquor much during the first two and one-half years of abstinence. It was almost always with me. But at no time have I been anywhere near yielding. I used to get terribly upset when I say my friends drink and knew I could not, but I schooled myself to believe that though I had once had the same privilege, I had abused it so frightfully that it was withdrawn. So it doesn't behoove me to squawk about it for, after all, nobody ever had to throw me down and pour liquor down my throat."

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Minutes of the Coordinating Council
By Zoom Meeting on Thursday, December 10th @ 7:30 pm

Pete W., Council Chair opened the 900th with a moment of reflection followed by the “I am Responsible Declaration”

Quorum was conducted by zoom poll function: 36 voted yes to being present as a Group Coordinator. Quorum is 29, so yes we have a quorum to conduct business tonight.

Intergroup Standing Committees Reports

Business Committee – Jerry C., Chair

Jerry C., Chair shared minutes of meeting on Tuesday, December 8, 2020 - 6:00 pm by ZOOM Members present: Jerry, Pete, Tom, Andy, Rich, Wayne and Connie L. Central Office Manager.

Absent: There was a quorum.

- Approved November 2020 meeting minutes with amendment. M/s/c
- Approved November 2020 Financial Statements. M/s/c

| Financial Statement Briefing | Nov-20 | Nov-19 | YTD 20 | YTD 19 | Variance | Budget 20 |
|------------------------------------|----------------|---------|----------------|---------|----------------|-----------------|
| Group Contributions | 6,848 | 8,020 | 101,152 | 116,248 | (15,096) | 102,000 |
| Individual Contributions | 1,027 | 253 | 24,074 | 3,142 | 20,932 | 16,000 |
| Contributions of SDIAA | - | - | 305 | 1,040 | (735) | 700 |
| Interest - Certificate of Deposits | 60 | 217 | 1,642 | 1,135 | 507 | 2,000 |
| Literature Sales Revenue | 474 | 911 | 4,962 | 9,987 | (5,025) | 8,000 |
| Total Revenue | 8,409 | 9,401 | 132,135 | 131,552 | 583 | 128,700 |
| Office Expenses | 11,052 | 10,625 | 125,810 | 123,843 | 1,967 | 135,192 |
| Committee Expenses | 150 | 344 | 2,882 | 6,269 | (3,387) | 5,000 |
| Total Expenses | 11,202 | 10,969 | 128,692 | 130,112 | (1,420) | 140,192 |
| Net Revenue | (2,793) | (1,568) | 3,443 | 1,440 | 2,003 | (11,492) |

Office Manager’s Report from Connie L.

- BOOK OF THE MONTH: Grapevine Books Special: \$2.00 off price. Max: 5
- SPECIAL BOOK SALE: Our Great Responsibility combined with 1st Edition Reproduction Big Book will be priced at \$8.50.
 - For all literature purchases, you may email sdaaco@gmail.com or call Central Office at 619-265-8763 to place order for us to process.
 - We will create a sales receipt and take your Credit/debit card over the phone or you may leave a check at the time of pickup. Scheduled pickups: Mon-Fri between 11 am–3 pm Sat 10 am–12 pm
- Meeting updates are on our website continues to be active w/ongoing daily changes. On Monday, Dec 7th, spoke with County of San Diego County Health Department regarding new “Stay at home orders” with relation to AA meetings. It was clarified that AA Meetings are being considered “essential” and encouraged to meet virtually, but may meet outside or inside. Also that Masks AND 6ft distancing is required for in-person meetings.
- NEW Searchable Meeting Finder has been launched on our aasandiego.org website.
 - Group website addresses may be added to Meeting Finder
 - Group email addresses may be added to the Meeting Finder.
 - Group’s @venmo, square cash or paypal handles may be added to Meeting Finder.

OLD BUSINESS:

- a. There was none.

NEW BUSINESS:

- a. Tom M., Andy S. available to stand for a 2nd term.
- b. Meeting Guide App: Discussed that motion to link to the Meeting Guide App is available to include on Council Agenda since the Meeting Finder Table has now been launched on our aasandiego.org website.
- c. After discussion, it was m/s/c to pursue a Coordinating Council Intergroup Zoom Meeting Account for an annual cost of \$200. Will review additional licenses for Standing Committees as they begin to meet.

Coordinator Outreach Committee: No Report.

Orientation & Guidelines Committee: No Report.

Program Committee: No Report.

After-Hours Phones: Phones are being call-forward 24/7.

- **1st, 10th and 16th of the month are open nights for After Hours Phones. WE NEED HELP.**

6

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair No Report.

- a. Requested assistance with a Word Doc to create an Adobe Panel View. Sending doc to Connie.

Newsletter Committee: Lisa Ann, Chair No Report.

- a. Please submit articles and original poems sharing your experience, strength and hope.

Public Information Committee: James, Chair

- a. Committee will be meeting by zoom.
- b. No current scheduled events.

Area 8 Liaison Report Monty, Alternate Delegate

- a. December 9th, Regional Forum occurring virtually.
- b. January 9th, 2021 will be next Area Assembly
- c. Information available on Area 8 website at area88aa.org

OLD BUSINESS:

1. Vote on 2021 San Diego Intergroup Budget vote was performed by a zoom poll: 34 y 0 n Approved.
2. Motion to rescind the motion @ Jan 2020 Council Meeting to form an Adhoc committee regarding meeting guide app. Need to discard this motion to move forward to the Motion for San Diego Central Office to link to the Meeting Guide App via our new meeting finder table on our aasandiego.org website. Vote was performed by a zoom poll: 34 y 0 n Approved.
3. Motion for San Diego to link to the Meeting Guide App:
Motion presented at December 12, 2019 Coordinating Council Meeting by Lani, Coordinator: The Casa de Oro Tradition 5 group requests the San Diego Intergroup begin publishing San Diego area meeting information currently found in both the print schedules and the aasandiego.org website on the AA Meeting Guide App. Background: Our group read and discussed the Meeting Guide App information available at AA.org and voted unanimously in favor of having San Diego meeting information included on the app. One of the functions of the San Diego Central Office specified in Intergroup Guidelines is to "maintain a schedule of group meeting information in our area" and new information is currently updated on aasandiego.org as it is called in by local groups. AA meeting information has been handled by the Intergroup since its inception. Motion was seconded by Tom M., Three Legacies Group.
 - a. Discussion and questions ensued:
 - i. Meeting Guide App (Blue Chair) is free to download from Google Play Store or Apple Store.
 - ii. Include links for downloading on our aasandiego.org website.
 - iii. Connie will need to communicate with GSO's IT department for the process to link to the app.
 - iv. Vote was performed by a zoom poll: 36 y 0 n Approved.

NEW BUSINESS:

1. November 2020 Council Minutes were m/s/c
2. Coordinating Council Elections: All were approved unanimously.
 - a. Council Chair: Susan G.
 - b. Assistant Chair: Alexsey
 - c. After Hours Phones: John M., David M., Janice
 - d. Business Committee: Tom M., Andy S., Nick M.
 - e. Newsletter Committee: Eddie G.
 - f. Coordinator Outreach: Brian W. and Danny V.
 - g. Orientation Committee: Addison
 - h. Program Committee: Briana
 - i. CEC Adhoc Committee: Kenny and Dixie

Q & A Time for Coordinators to present questions:

1. There were some great questions. I apologize, but I did not capture.

Reminders:

1. We plan on hosting Coordinating Council Meetings on Zoom for the foreseeable future. Please send a) any general questions that you wish to be addressed to Pete, Council Chair, email: councilchair@aasandiego.org or Connie L., Recording Secretary, email: sdaaco@aol.com by 1/1/2021.
2. If your Group has an agenda item or any suggestions for next month's meeting, please email Pete, Council Chair, at councilchair@aasandiego.org or Connie L., Recording Secretary, at sdaaco@aol.com by 1/1/2021.

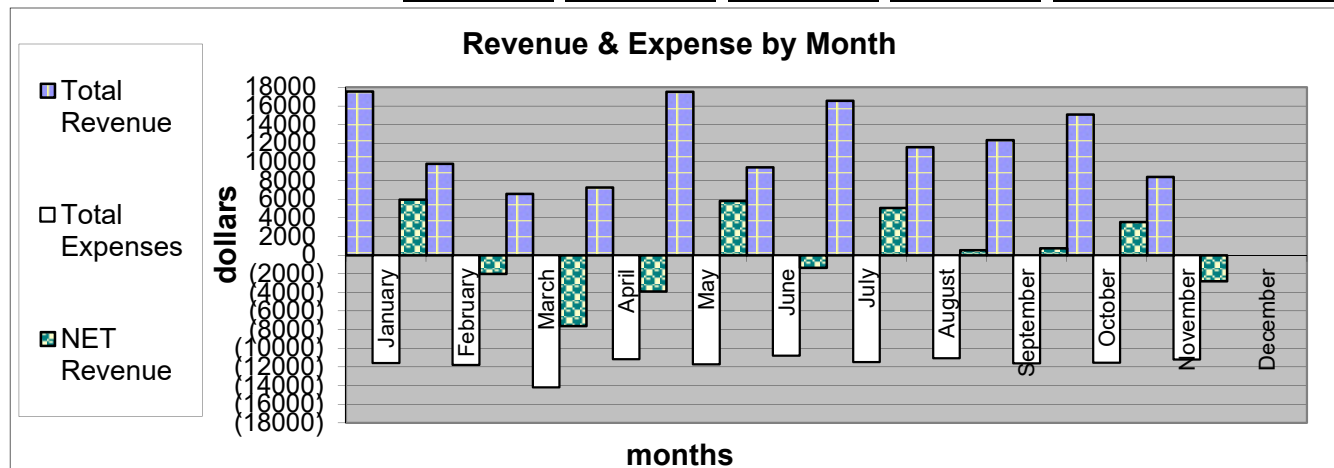
Respectfully Submitted,

Connie L.

Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of November 30, 2020

| | November 20 | November 19 | YTD '20 | YTD '19 | \$ Change | Budget '20 |
|---|-------------------|-------------------|-------------------|-------------------|-------------------|--------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 6,847.39 | 8,020.07 | 101,151.89 | 116,247.93 | (15,096.04) | 102,000.00 |
| Contributions Individual | 1,027.46 | 253.18 | 24,073.96 | 3,144.94 | 20,929.02 | 16,000.00 |
| Contributions SDIAA | - | - | 305.00 | 1,040.00 | (735.00) | 700.00 |
| Interest - Cert of Deposits | 60.47 | 216.29 | 1,641.81 | 1,135.22 | 506.59 | 2,000.00 |
| Literature Revenue (see schedule) | 473.80 | 911.29 | 4,961.96 | 9,987.29 | (5,025.33) | 8,000.00 |
| Total Revenue | 8,409.12 | 9,400.83 | 132,134.62 | 131,555.38 | 579.24 | 128,700.00 |
| Expense | | | | | | |
| Accounting & Legal | - | - | 2,480.00 | 2,490.00 | (10.00) | 2,540.00 |
| Auto/Travel/Seminar | 22.75 | 32.00 | 361.46 | 1,533.31 | (1,171.85) | 500.00 |
| Bank Service Charges | - | - | 114.24 | (16.98) | 131.22 | 50.00 |
| Cash (Over) Short | 0.16 | (21.19) | 169.53 | 12.77 | 156.76 | (50.00) |
| Checks Returned - Bad Debt | - | - | - | - | - | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 564.96 | 745.01 | (180.05) | 750.00 |
| Equipment Purchase | - | - | - | 564.70 | (564.70) | 500.00 |
| Insurance | 131.02 | 57.06 | 824.30 | 599.80 | 224.50 | 900.00 |
| Office Maint. & Repairs | - | - | 135.00 | 322.63 | (187.63) | 500.00 |
| Office Supplies | 75.78 | 269.52 | 1,565.82 | 2,330.11 | (764.29) | 1,500.00 |
| Rent | 1,940.00 | 1,900.00 | 21,180.00 | 21,092.00 | 88.00 | 23,120.00 |
| Taxes | - | - | 80.00 | 63.75 | 16.25 | 80.00 |
| Telephone | 217.81 | 174.86 | 1,592.27 | 1,917.13 | (324.86) | 1,731.00 |
| Utilities-Electricity | 253.80 | 284.31 | 2,899.13 | 4,163.07 | (1,263.94) | 3,500.00 |
| Website | - | - | 107.30 | 83.40 | 23.90 | 200.00 |
| EMPLOYEES | | | | | | |
| Accrued Payroll Taxes | 523.01 | 492.51 | 6,377.03 | 6,243.50 | 133.53 | 6,900.00 |
| Employee Wages | 6,836.70 | 6,438.20 | 75,858.30 | 70,793.70 | 5,064.60 | 79,999.00 |
| Employee 403B Contribution | 156.00 | 156.00 | 2,222.00 | 2,213.00 | 9.00 | 2,372.00 |
| Employee Health Benefit | 800.37 | 746.98 | 8,804.07 | 8,216.78 | 587.29 | 9,600.00 |
| Insurance-Worker's Comp | 43.25 | 43.25 | 474.58 | 475.75 | (1.17) | 500.00 |
| Total Office Expense | 11,052.01 | 10,624.86 | 125,809.99 | 123,843.43 | 1,966.56 | 135,192.00 |
| Standing Committees Expense (see schedule) | 150.17 | 344.03 | 2,882.39 | 6,269.61 | (3,387.22) | 5,000.00 |
| Total Expense | 11,202.18 | 10,968.89 | 128,692.38 | 130,113.04 | (1,420.66) | 140,192.00 |
| Net Revenue | (2,793.06) | (1,568.06) | 3,442.24 | 1,442.34 | 1,999.90 | (11,492.00) |



Group Contributions November 2020

| Group | Nov-20 | Ytd 20 | Group | Nov-20 | Ytd 20 |
|---------------------------------------|--------|----------|------------------------------------|--------|----------|
| 10 & 11 @ 5107 - 3023 | - | 308.00 | Fairmont Park Discussion - 2832 | - | 31.00 |
| 11th Step Journey - 2622 | - | 75.00 | First Mira Mesa Mens - 300 | - | 226.00 |
| 12 X 12 Happy Hour Step Study - 111 | - | 25.00 | Fishermen In Recovery - 2863 | - | 150.00 |
| 3 O'Clocker - 2201 | - | 855.98 | Fletcher Hills Smokeless - 59 | 50.00 | 525.00 |
| 4077 Mash Step 11 - 2027 | - | 405.00 | Fresh Start Beginners - 2609 | 486.00 | 861.00 |
| 449 Mens Open Discussion - 400 | - | 100.00 | Friday Happy Hour - 2821 | - | 99.11 |
| 5107 Sunday Womens Group - 2980 | - | 100.00 | Friday Morning Step Study - 3216 | - | 27.50 |
| 9 30 Everynighters - 2997 | - | 373.75 | Friday Morning Womens - 104 | 50.00 | 237.50 |
| A Sense Of Belonging Womens - 1205 | - | 224.74 | Friday Night Gratitude - 2829 | - | 452.32 |
| A Vision For You - 2812 | - | 268.00 | Friday Night Irregulars - 2889 | - | 71.80 |
| A Womens Meeting -1717 | 25.00 | 826.00 | Friday Sobriety Party - 3078 | - | 75.00 |
| AA By The Bay - 629 | - | 195.00 | Friday Spring Valley Lunch - 2732 | - | 50.00 |
| Afternoon Delight - 2704 | - | 113.50 | Garnet Group - 1129 | - | 307.50 |
| Alpine Group - 6 | - | 100.00 | Gifts of Grace Womans - 2564 | - | 326.00 |
| Alpine Mixed Step Study - 2621 | - | 63.82 | Gilman Group - 1988 | - | 300.00 |
| At Home Mens - 215 | - | 157.90 | God Squad Too - 2809 | - | 359.81 |
| At One With Each Other - 789 | - | 250.00 | Good Morning AA - 1888 | - | 410.00 |
| B.Y.O.B. (North Park) - 203 | 92.00 | 1,089.87 | Good News Bad News - 2833 | - | 162.88 |
| Back to Basics - 1026 | - | 250.00 | Grape Street Sunrise - 1293 | - | 80.00 |
| Battery Chargers - 98 | - | 232.00 | Great Fact Group - 895 | - | 360.00 |
| Bay Park Step Study Group - 299 | - | 60.00 | Grupo Gringo - 1305 | - | 50.00 |
| Bayside Big Book Study - 1610 | - | 242.45 | GSDYPAA | - | 147.42 |
| Beach Area Beginners - 272 | - | 100.00 | Harmony Group - 585 | - | 1,475.00 |
| Bonita Boozers - 2179 | - | 50.00 | Haul Your Hiney Out Of Bed - 704 | - | 518.00 |
| Breakfast Of Champions - 2818 | - | 125.00 | Hi-Nooners - 673 | - | 30.00 |
| Butts Out - 1764 | - | 40.00 | HOW @ Noon - 2998 | - | 496.30 |
| BYOB Book Study (Ramona) - 3094 | - | 23.00 | How It Is Today - 483 | - | 400.00 |
| Cake & Eat It Too | - | 50.00 | Hwy 80 AA - 2722 | - | 120.00 |
| Carrying the Message - 2458 | - | 50.00 | I. B. Steps & Traditions - 3003 | - | 90.00 |
| Casa De Oro Tradition Five - 503 | - | 768.00 | I. B. Up - 2565 | - | 339.05 |
| Casa De Oro Weds Nite - 2049 | - | 315.00 | IB Sober - 3161 | - | 15.00 |
| Cedar Street Mens - 1698 | - | 250.06 | Improving Conscious Contact - 3108 | - | 60.00 |
| Chula Vista 4 Min Speakers - 1568 | - | 200.00 | Jaywalkers - 3100 | - | 217.00 |
| Chula Vista Friday Night - 837 | - | 50.00 | Jump Start - 2174 | 270.06 | 320.59 |
| Clairemont Daytime Step Study - 427 | - | 90.00 | Just Us Girls - 929 | 39.80 | 39.80 |
| Clairemont Mens - 301 | - | 708.00 | Kick Start Your Heart - 2430 | - | 195.00 |
| Clairemont Mixed Discussion - 338 | - | 305.00 | Knuckleheads - 3182 | - | 1,253.50 |
| Clairemont Womens Discussion - 340 | - | 150.00 | La Jolla Mens - 692 | 150.00 | 150.00 |
| Clairemont Womens Step Study - 341 | 25.00 | 661.23 | La Jolla Monday Womens - 87 | - | 809.00 |
| Class Acts - 1845 | - | 666.52 | La Jolla Nonsmokers Disc - 88 | - | 60.00 |
| Coffee Clutchers - 2332 | - | 500.00 | La Jolla Patio Group - 613 | - | 220.00 |
| Conscious Contact Meditation - 2834 | - | 18.00 | La Jolla Pump House Group - 696 | - | 377.00 |
| D.D.G.T.M. - 767 | - | 220.00 | La Jolla Speakers - 578 | - | 31.00 |
| Daily Reflection - 3114 | 310.00 | 1,167.50 | La Jolla Sunrise - 2684 | - | 2,000.00 |
| Dawn Patrol - 263 | - | 1,241.94 | La Jolla Thursday Night - 90 | - | 75.00 |
| Descanso Step Study - 3010 | - | 116.83 | La Mesa Mens - 106 | 400.00 | 1,062.50 |
| Designs For Living - 488 | 120.05 | 334.25 | La Mesa Open Discussion - 107 | - | 300.00 |
| Dignity Unlimited - 205 | - | 297.00 | La Mesa Step Study Workshop - 1621 | - | 191.42 |
| Downtown Discussion - 1665 | - | 57.05 | La Mesa Womens Sat. Morning - 416 | - | 1,294.00 |
| * Drunks in the Park-Women | 76.50 | 76.50 | Lake Murray Womens - 572 | 50.00 | 467.00 |
| Drunks Only - 1605 | - | 955.00 | Linda Vista Mens - 320 | - | 190.00 |
| Each Day A New Beginning - 509 | 42.50 | 117.50 | Little Apple Group - 1438 | - | 465.00 |
| Early Morning Recovery - 2688 | 381.50 | 907.27 | Living Free - 477 | - | 1,550.00 |
| Early Risers (PB) - 264 | - | 60.00 | Lunchtime Friends - 964 | - | 131.00 |
| East Co Young People Rule 62 - 2797 | - | 100.00 | Lushes Lunch Tuesday - 2641 | - | 128.11 |
| East Side Group - 101 | - | 150.00 | * Mast Park Meeting | - | 182.15 |
| Eastlake Greens 10 on 10 - 2950 | - | 60.00 | Meetin' in the Ladies Room - 2614 | - | 50.00 |
| Eastlake New Beginnings S/S - 2673 | - | 212.00 | Mens Focused Step Study - 3217 | - | 865.00 |
| Easy Does It Riders - 21 | - | 314.50 | Mens Jelly Donut - 3118 | - | 351.00 |
| Easy Does It Speakers - 114 | 100.00 | 300.00 | Mens Step Study - 965 | - | 217.44 |
| Easy Risers - 854 | 40.00 | 155.00 | Mens Structured Step Study - 1469 | - | 233.50 |
| El Cajon Beginners - 2876 | 26.50 | 254.17 | Mid-Week Mens - 560 | - | 1,208.00 |
| El Cajon Nooner - 2638 | - | 673.61 | Mid-Week Mens ZOOM - 3243 | 160.00 | 830.00 |
| El Cajon Womens Serenity - 77 | - | 369.87 | Midday Miracles- 3242 <> | - | 32.00 |
| Emotional Sobriety (Hillcrest) - 2536 | - | 114.65 | Midnight Howlers - 1025 | - | 50.00 |
| Evening In Harmony - 2864 | - | 25.00 | * Mixed In The Park | - | 109.00 |
| Eye Opener Group - 607 | - | 559.68 | Midway Bridge - 2171 | - | 99.45 |

Group Contributions November 2020

| Group | Nov-20 | Ytd 20 | Group | Nov-20 | Ytd 20 |
|---|--------|----------|---------------------------------------|--------|----------|
| Mira Mesa Friday Night AA Disc - 379 | - | 60.00 | Sons of God - 2789 | - | 760.00 |
| Mira Mesa Sunday Morning Mens - 693 | - | 58.00 | Sorrento Valley Nooner - 544 | - | 2,660.53 |
| Miracles on Mondays - 565 | - | 366.00 | South Bay Mixed Discussion - 36 | - | 86.80 |
| Misfit Mens - 2486 | - | 100.00 | South Clairemont - 305 | - | 52.87 |
| Mission Bay Speakers - 1692 | - | 300.00 | South Park Sobriety - 1015 | - | 60.00 |
| Mission Hills Beginners - 1612 | - | 250.00 | Spiritual Awakenings - 2275 | 774.76 | 4,917.57 |
| Mission Hills Late Night - 2773 | - | 8.00 | Spiritual Awakenings Step Study -3174 | - | 50.00 |
| Mission Hills Lunch Bunch - 2675 | - | 600.00 | Spring Valley Step Study - 125 | - | 148.50 |
| Mission Possible - 131 | - | 340.00 | Steps To Recovery Group - 1169 | - | 80.00 |
| Monday At A Time - 2875 | - | 229.00 | Straight Shooters - 198 | - | 50.00 |
| Mountain Steps - 2822 | - | 120.00 | Strength In Women - 2955 | - | 50.00 |
| Mt Soledad Mens - 717 | - | 1,521.00 | Sunday Beach Sun-Day - 568 | - | 220.40 |
| National City Maintenance Plus- 136 | - | 200.00 | Sunday Kind of Love - 429 | - | 578.00 |
| Newcomers Rise & Shine - 2702 | 182.50 | 380.50 | Sunday Midday - 161 | - | 320.00 |
| Noon At The Grove - 628 | - | 142.00 | T.G.I.F. - 1658 | - | 200.00 |
| Nooners Anonymous - 1164 | - | 688.00 | The 1st 164 - 2760 | - | 152.47 |
| Noontime on the Patio - 2203 | - | 100.00 | The Common Solution - 3007 | - | 434.19 |
| North Clairemont - 1102 | 263.00 | 1,055.00 | The Gift - 2954 | - | 412.50 |
| North Clairemont Sat Nooners - 2572 | - | 16.00 | The Hole In The Donut - 2737 | 25.00 | 808.93 |
| North Park Mens - 465 | 69.00 | 953.41 | The I-805 at 8.05 Step Study - 377 | 100.00 | 100.00 |
| North Shores Breakfast - 275 | - | 246.08 | The Language of the Heart - 3066 | - | 248.73 |
| Old Town Speakers - 321 | 450.00 | 1,407.10 | The Other Meeting - 857 | - | 237.50 |
| On The Corner - 2384 | - | 120.00 | The Promises - 3058 | - | 258.00 |
| One Step Ahead - 715 | - | 140.00 | * The Rogue Meeting | 295.67 | 1,604.77 |
| One Step At A Time At Mission Bay-1664 | - | 540.00 | There is a Solution - 2680 | - | 100.00 |
| Open Minded Mens - 626 | - | 500.00 | Three Legacies Group - 2194 | - | 150.00 |
| Original Tues Night Step Study - 2124 | - | 75.00 | Thurs Nite Mens Big Book S/S - 1748 | - | 300.00 |
| Over The Bridge - 2689 | - | 857.50 | Thursday Steps - 646 | - | 306.60 |
| Pacific Beach Weekend Warmup - 725 | - | 105.00 | Tierrasanta Friday Night - 2645 | - | 106.00 |
| Pass It On Big Book Study Group -2860 | - | 761.14 | Tierrasanta Morning Serenity - 2811 | - | 251.00 |
| Poinsettia Group - 2210 | - | 131.25 | Torrey Pines Thurs Nite Disc - 365 | - | 20.00 |
| Point Loma Mens - 245 | - | 339.00 | Tues Night Mens - 2123 | - | 40.00 |
| Point Loma Nooners - 1606 | 100.00 | 345.00 | Tues Night Mens Step Study - 1813 | - | 691.75 |
| Porter Hall Structured S/S - 97 | - | 148.74 | Tuesday AA Step Study - 937 | - | 90.00 |
| Primary Purpose Group (Hillcrest)-3151 | - | 514.70 | Tuesday Morning Alpine - 440 | - | 80.00 |
| Pt Loma Fri Afternoon Step Study - 244 | 253.50 | 383.50 | Tuesday Morning Group - 3089 | - | 100.00 |
| Pt Loma Womens Discussion - 1608 | - | 255.00 | Two A's Over Easy - 2106 | - | 150.00 |
| Radical Acceptance Meeting - 2961 | 347.00 | 3,868.00 | Two Bit Speakers - 201 | - | 90.00 |
| Ramona Mens New Vision - 1949 | - | 100.00 | University City Disc.- 368 | 25.00 | 285.00 |
| Resentment and A Coffee Pot - 2561 | - | 135.00 | University City Womens - 369 | - | 448.00 |
| Riding Sober - 3054 | - | 175.00 | Valley Girls - 2617 | - | 85.00 |
| Right Turn Group - 1900 | - | 60.00 | Veterans Leave No One Behind - 2038 | - | 31.00 |
| Rise & Shine - 2170 | - | 1,948.20 | Wake Up Call - 1932 | 114.00 | 159.00 |
| Rule 62 - 2947 | - | 350.00 | War Fever - 880 | - | 100.17 |
| Safe Sane and Sober - 1350 | - | 875.00 | Warm and Friendly - 42 | - | 48.00 |
| Santee Mens Group - 2972 | 135.00 | 247.50 | Water Walkers Too - 1946 | - | 600.00 |
| Santee Saturday Night Speakers - 2656 | 135.00 | 197.40 | We Agnostics - 2096 | - | 154.00 |
| Santee Serenity Group - 1943 | - | 248.50 | Wednesdays Winners Circle - 496 | - | 210.00 |
| Santee Thursday Closed Mixed - 145 | - | 100.93 | Weds Rule 62 Lunch Group - 687 | - | 225.00 |
| Sat Mens Early Awakening - 2209 | - | 332.50 | Welcome Home - 2318 | - | 100.00 |
| Saturday A.M. Live - 782 | - | 394.54 | What's Great - zoom | - | 28.80 |
| Scripps Ranch Men's Two - 2776 | 140.00 | 1,004.00 | White Flag Outdoors - 2788 | - | 69.76 |
| Scripps Ranch Mens - 3168 | - | 493.20 | Wholesale Miracle - 2474 | - | 645.55 |
| Serene-Tea - 2700 | - | 21.18 | Womans Gut Level - 1701 | - | 80.00 |
| Serenity @ 5107 - 2976 | 41.08 | 563.12 | Womans Let Go and Let God - 446 | - | 75.00 |
| Sisters in the Solution Step Study-3204 | - | 102.40 | Women's Joy Of Living - 2636 | - | 1,030.12 |
| Sky Hi Womens - 1633 | 40.00 | 207.25 | Women In Harmony - 1807 | - | 90.20 |
| Smokefree La Mesa Womens - 635 | - | 161.50 | Women In Sobriety - 697 | - | 20.00 |
| Sobearity - 3129 | 50.00 | 180.00 | Womens Attitude of Gratitude - 2751 | - | 386.83 |
| Sober Minded Leather Folk - 1882 | 62.39 | 101.70 | Womens Step Study - 296 | - | 412.00 |
| Sober Nooners - 196 | 30.00 | 602.00 | Womens Thursday Nite - 514 | - | 252.75 |
| Sober Roses Womens Step Study-2946 | - | 20.00 | Womens TLC - 2814 | - | 153.42 |

NEW! "Newcomer Literature" button on our aasandiego.org website. Zoom & Telephone meetings can direct newcomers to 17 different pamphlets plus the Big Book and 12x12.

thank you! for supporting your San Diego Intergroup Central Office in carrying the message to the suffering alcoholic

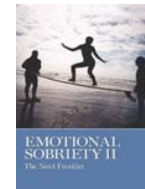
CENTRAL OFFICE NOTES

| 2020 Holidays – Central Office Bookstore closed | | |
|---|-------------|-------------|
| HOLIDAY | DAY OF WEEK | DATE |
| Christmas | Wednesday | December 25 |

Book of the Month for December
Any Grapevine Book - \$2.00 off regular price.
Max. 5



| | Reg. Price |
|-------------------------------|------------|
| Best Of Bill - Soft | \$ 5.25 |
| Best Of Bill - Large Print | \$ 6.50 |
| Language of the Heart - Hard | \$ 14.50 |
| Language of the Heart - Soft | \$ 13.50 |
| Spiritual Awakenings | \$ 10.95 |
| The Home Group | \$ 8.95 |
| Emotional Sobriety | \$ 10.95 |
| Language of the Heart - Large | \$ 15.50 |



| | |
|-------------------------------|----------|
| In Our Own Words-Young People | \$ 10.95 |
| Beginners Book | \$ 10.95 |
| Voices Of Long Term Sobriety | \$ 10.95 |
| A Rabbit Walks Into A Bar | \$ 9.00 |
| Spiritual Awakenings II | \$ 10.95 |
| Step By Step | \$ 10.95 |
| Emotional Sobriety II | \$ 10.95 |
| Young & Sober | \$ 10.95 |
| Into Action | \$ 10.95 |



| | |
|---------------------------|----------|
| Happy, Joyous & Free | \$ 10.95 |
| One On One | \$ 10.95 |
| No Matter What | \$ 10.95 |
| Daily Quote | \$ 10.50 |
| Sober and Out | \$ 10.95 |
| Forming True Partnerships | \$ 10.95 |
| Our Twelve Traditions | \$ 10.95 |
| Making Amends | \$ 10.95 |
| Voices of Women in AA | \$ 10.95 |
| AA in the Military | \$ 10.95 |
| One Big Tent | \$ 10.95 |
| Take Me to Your Sponsor | \$ 10.95 |



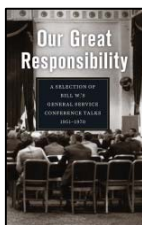
Our Great Responsibility

F M Y D N V E T Y R O W L E M O N E Y
 E S Y Y C C M G H U M A N V Q O M E P
 R V E T I N C L U S I V E I W E H I E
 E R O R I F T S F Z F X W T W L H G K
 B N M F V L N H L J P N T C X N R Q L
 M S A S C I I G G I G T Z E E O B T D
 E O Z N R H C B P I R A V L G I C M P
 M B D D Y E I E I R L E L L I T P E R
 K V I A S O N N J S C R P O T A T V E
 N I S L C D N U D J N G N C S T C I S
 O O T C R K E E A I A O S E E P E S S
 U U I O A F F C X R V U P Q R M P U U
 H S N H M O B G L W E I C S P E S L R
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 L T I I E C Y H E N C E S P A E S E C
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 H I N K H R T S W E I V A A T T A C H
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Our Great Responsibility, Service; What Happened to Those Who Left?, page 178

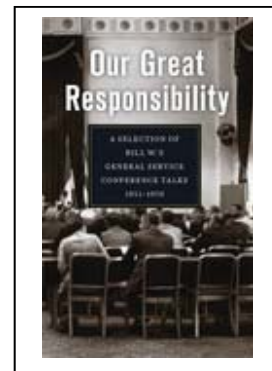
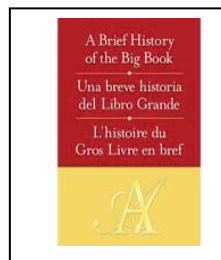
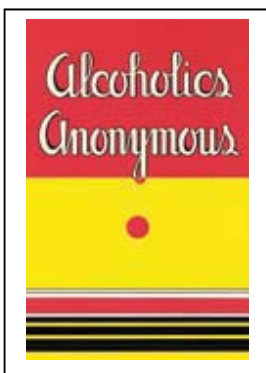
"Hence, let us not pressure anyone with individual or even collective views. Let us instead accord to each other the respect that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive. Let us remember that each alcoholic among us is a member of A.A. so long as he or she so declares. Some of our more obvious perils will always attach to money; to controversies within; to the ever-present temptation to scramble within and without for distinction, prestige, yes, even power. The world around us is today shattered by these untoward forces. As drinkers, we have been more subject to these forms of destruction than most other people. Here, thank God - we do have - and I trust we shall continue to have - a tremendous awareness of our responsibility for improvement."

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| | | |
|-------------|------------|----------------|
| ACCORD | HUMAN | PRESSURE |
| ALCOHOLIC | INCLUSIVE | PRESTIGE |
| ANYONE | INDIVIDUAL | RESPECT |
| ATTACH | INSTEAD | RESPONSIBILITY |
| COLLECTIVE | LIGHT | SCRAMBLE |
| DECLARES | MEMBER | SERVICE |
| DISTINCTION | MONEY | TEMPTATION |
| EXCLUSIVE | OBVIOUS | VIEWS |
| GREAT | PERILS | WITHIN |
| HENCE | POWER | WORLD |

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A Member's Eye View of A.A., P-41, page 18

"The founders of A.A., it is obvious, felt that alcoholics need the help of a Power greater than themselves. But again, whether by accident, design, or divine guidance, they have wisely refrained from strictly defining this Power. While A.A. literature has used and continues to use the personal pronoun which describes the concept of a personal deity, a belief in this concept is by no means required. In fact, I am convinced that the greater a member's years in A.A., the less important the *nature* of this Power becomes. I and most of the members I know seem to progress over the years from a search for a God we can understand to a belief in a God who understands us."

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**A Member's Eye View of A.A., P-41, pages 20-21**

"The house that A.A. helps a man build for himself is different for each occupant, because each occupant is his own architect. For many, A.A. is a kind of going home - a return, like the Prodigal Son's, to the house and the faith of his fathers. To others, it is a never-ending journey into lands they did not dream existed. It does not matter into which group one falls. What is really important is that A.A. has more than demonstrated that the house it builds can accommodate the rebel as well as the conformist, the radical as well as the conservative, the agnostic as well as the believer. The absence of formalized dogma, the lack of rules and commandments, the nonspecific nature of its definitions, and the flexibility of its framework - all things we have thus far considered contribute to this incredible and happy end."

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A Member's Eye View of A.A., P-41, page 27

"More than 16 years ago, four me - my boss, my physician, my pastor, and the one friend I had left - working singly and together, maneuvered me into A.A. Tonight, if they were to ask me, "Tell us, what did you find?" I would say to them what I now say to you:

"I can tell you only what I have heard and seen: It seems the blind do see, the lame do walk, the lepers are cleansed, the deaf hear, the dead rise, and over and over again, in the middle of the longest day or the darkest night, the poor in spirit have the good news told to them."

God grant that it may always be so."

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Twelve Steps and Twelve Traditions, Step Ten, page 93

"Continued to take personal inventory and when we were wrong promptly admitted it."

"We can try to stop making unreasonable demands upon those we love. We can show kindness where we had shown none. With those we dislike we can begin to practice justice and courtesy, perhaps going out of our way to understand and help them."

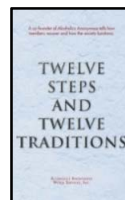
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Twelve Steps and Twelve Traditions, Tradition Three, page 141

"The only requirement for membership is a desire to stop drinking."

"The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared to be judge, jury, and executioner of his own sick brother?"

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**Twelve Steps and Twelve Traditions, Step Two, pg 33**

"Came to believe that a Power greater than ourselves could restore us to sanity."

"Therefore Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A. A., meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

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Twelve Steps and Twelve Traditions, Step Twelve, pages 109 - 110

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

"Even the newest of newcomers finds undreamed rewards as he tries to help his brother alcoholic, the one who is even blinder than he. This is indeed the kind of giving that actually demands nothing. He does not expect his brother sufferer to pay him, or even to love him. And then he discovers that by the divine paradox of this kind of giving he has found his own reward, whether his brother has yet received anything or not. His own character may still be gravely defective, but he somehow knows that God has enabled him to make a might beginning, and he senses that he stands at the edge of new mysteries, joys, and experiences of which he had never even dreamed.

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Why We Do the Things We Do

Continued from page 1

side effects, and you will be comfortable in your own skin without the use of medicine.

The symptoms of alcoholism are a combination of mental, physical, emotional, and spiritual in nature. The alcoholic awakes every morning to face, "The hideous four horsemen, Terror, Bewilderment, Frustration, Despair." (pg. 151 BB.)

Doctors, Counselors, Priests, and Ministers, when afflicted, come to AA to get relief from this horrible disease. When our desperation out-weighs our denial we show up at the doors of Alcoholics Anonymous and discover a road map to a life of peace and happiness that we believed did not exist.

Alcoholism is a progressive disease and Alcoholics Anonymous is a progressive solution and not a quick fix. These desperate alcoholics finds a degree of hope and comfort when first exposed to the AA group and the laughter and lighthearted banter going on between the members before the meeting even starts.

They hear members sharing about Guilt, Shame, Fear and Insecurity and they identified with these symptoms. They hear laughter when a person describes a horrible incident in their life and they think they are laughing at the horror but, in fact, they discover that the laughter

was focused on the absurdity of our alcoholic thinking, at the time, and they all identify with it. If they are fortunate, the long, slow process has just begun, and each day becomes better than the last.

They begin to understand why they did the things they did while under the influence of alcoholism and in the grip of alcoholic thinking.

They begin to understand how their irrational fears influenced their decision-making and discover that the solution to that problem is too Live by unselfish and proven principles.

They begin to understand that guilt, shame, fear, and insecurity were the core issues that could quickly be put to rest by alcohol and halfway through their second drink everything seemed right

with the world.

The world had not changed but their perception of it had. To compensate for the fears and insecurities they had to protect their turf, so they learned how to rationalize those established behavioral patterns they were not proud of.

Family responsibilities took a backseat to the boozing and their family let them know about it so, back to the bar they went. The guilt and shame weighed heavy on their mind and to drink would take care of that temporarily. In the program they come to learn how to admit their mistakes and make restitution for all those faulty behaviors and get on the positive side of the ledger. " — Selfishness — Self-Centeredness! That we think is the root of our troubles. Driven by a hundred

forms of fear, self-delusion self-seeking and self-pity we step on the toes of our fellows and they retaliate". (BB pg.62)

Can you blame them? There are 12 steps in the program of Alcoholics Anonymous and each step is preparatory to the next. If we give due diligence to every one of those 12 Steps, we evolved into the person we always wished we could become.

We can't stop drinking if we can't stop the alcoholic thinking. Again, In the program, each day seems better than the day before. One day at a time. One issue at a time. One solution at a time. I can't explain My AA experience any better than that.

~ Rick R.



Choice in Drink?

Continued from page 1

in the first part which had caused my life to become “unmanageable.” My real powerlessness was when I started drinking, I could not stop, but when I stopped drinking, I could not stop starting. (Physical Allergy and Mental Obsession).

While years of “quitting drinking” failure by use of willpower, I never knew about the allergy-obsession syndrome: I never realized that I was powerless; that I had: “no choice in the matter of drink.” (p. 24 of the BB)

As alcoholic despair deepened throughout the last Twenty-four years of drinking. My efforts were not superficial: No more Lucky Strike cigarettes! High protein milkshakes! Running! Handball! Swimming! Weightlifting! Why I felt wonderful! Who needs booze?

I was like the guy on page 57 of the Big Book (Fitz M): “He couldn’t drink if he would.” But alas, I came to believe that I had to drink whether I chose to or not – it would seem as though “quitting drinking” just got me drunk – and often in short order.

Could I have the same dramatic relief as Fitz? Well, like Fitz, I asked God for help and have not had to drink alcoholic since my very first AA meeting.

Choosing to drink alcohol has been removed from my emotional vocabulary, e.g.: Choosing “to drink” or “not to drink” no longer occurs to me. I certainly hope that “choice in drink” never returns.

~ Bob S.

...Bodily and Mentally Different...

Continued from page 1

of the book became both more understandable and more relatable.

I found myself in two distinct places. The first was the Doctor’s Opinion, specifically when he describes the craving allergy: “...the phenomenon of craving is limited to this class (chronic alcoholics) and never occurs in the average temperate drinker.” (Big Book p. xxvi).

Later in this chapter, the doctor again makes the same assertion: “This phenomenon (craving) ... may be a manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity.” (Big Book p. xxviii).

The second place that I found myself was in Chapter Three, “More About Alcoholism”, and that is where the title of this piece comes from. “No person likes to think he is bodily and mentally different from his fellows.” (Big Book p.30).

I would prefer to think that I was just a normal person, albeit a rather heavy drinker, who had run into a stream of bad luck and unfortunate circumstances.

If I were somehow able to modify my drinking, or even abstain for a period of time, then everything would be fine. I would be just a normal guy with some embarrassing stories to tell and a few minor entries on my rap sheet. But the Book tells me different.

The man who wrote the Doctor’s Opinion, William Silkworth, MD, did so based solely on observations he had made over the course of many years trying to treat patients with alcoholism. His observations and his opinions have stood the test of time.

During the intervening eight decades since his words were first published, medical science has confirmed the existence of that phenomenon of craving and has shown that it can be correlated to observed changes that occur in the alcoholic brain.

Dynamic scans of the brain of an alcoholic who has taken a drink show activity that does not take place in the brain of a non-alcoholic who takes that same drink.

I have accepted the fact that I am bodily and mentally different from all of those normies out there. Could it be that I am actually of a different species?

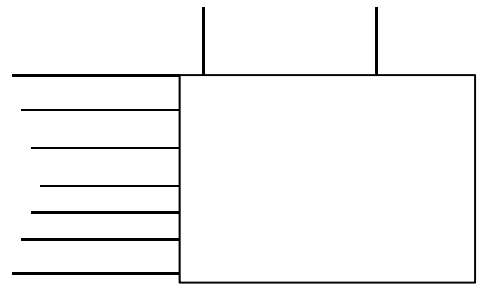
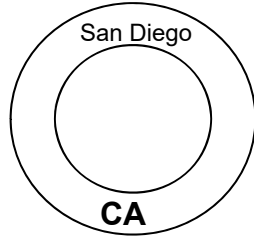
Most likely that would be a subspecies as, alas, the good Lord has allowed us to reproduce with other homo sapiens, ensuring that our kind will not become endangered.

Alcoholism is a lonely condition. Finding A.A. allowed me to mix with my kind of people, people who are equally bodily and mentally different from the normies!

At last I am Home.

~ Blaine H.

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



RETURN SERVICE REQUEST





The San Diego AA Coordinator



aasandiego.org

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

“Came to believe that a power greater than ourselves could restore us to sanity.”

Reprinted from AA Big Book, page 59

FEBRUARY 2021
VOL. LXIX NO. 2

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
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- Word Search..... p.11

“Carry the AA Message”

Join the fun and
submit an article!

March (due 1/27/21)

“The only requirement for AA membership...”

April (due 2/25/21)

“searching and fearless...”

May (due 3/27/21)

“The exact nature of our wrongs”

Submit *your* 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

True Humility and an Open Mind

Step Two is the Rallying Point

When born, most of us come into the world untainted and perfectly innocent. From that time on, we are influenced by everything we experience in life, good and bad.

If we are loved and nurtured, we may develop a feeling of trust and safety, but if, as it sometimes happens, we get our hand slapped when we pick up something from the coffee table, it may trigger an attitude of defiance and resistance.

These two opposites are just examples of the many conflicts we
Continued on Page 14

The Evolution of the Alcoholic

The Jigsaw Process

There’s no way of knowing how the life of a newborn child is going to turn out, and if there was, we could simply make the adjustments to its environment, education, and other similar needs, as it evolved into adulthood.

Providing a safe, loving, and nurturing home life is a good start but even that, is no guarantee of

Choice/No Choice in the Matter of Drink

No Choice in drink: During my drinking years, “quitting drinking forever” just got me drunk, year after year – I had no choice in the matter of drink!

Page 24 of the Big Book states: “We are without defense against the first drink.” I was ‘unrecovered’ in Big Book inference.

Choice in drink: Then, I ingested the Twelve Steps of AA, but the mental obsession continued with a vengeance.

Continued on Page 14

“...When we get to the blue-sky part of the picture, things slow down a bit, and these pieces are less obvious, but the puzzle isn’t finished until all of the pieces are in place...”

success. In the formative years we develop instinctive drives to

Continued on Page 15

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 CURBSIDE ONLY:****Mon-Fri 11 am to 3 pm and Sat 10 am to 12 pm****Central Office Manager:** Judi T.**Administrative Assistant:**

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|---------------------------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | TBD | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperation with Elderly (CEC) Ad-Hoc | Kenny | cdc@aasandiego.org |
| Program Committee | Brianna | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R, Blaine H, Rob S**February Theme:** "The sole authority"**Newsletter by electronic version only at this time.****Please sign up to receive by email.****Send to:** 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

**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 the [upload form](#).

The Speaker Wore No Pants

My home group meets again today,
But certainly not in the same old way.
For now the alkie in the room
Will have to congregate on Zoom.

Acceptance is how it has to be.
Not fighting traffic on the one-six-three.
I wonder who today will show
And fill my screen with sobriety's glow.

First, to sign into the call,
Number and password, is that all?
To get to the place where is share screening,
Getting bombed now has a new meaning.

Here we are for all to see,
Twenty-two drunks in full 2-D!
There is Anne with her menagerie
Two dogs and cats, I now count three.

Proper attire is on the wane,
And grooming standards down the drain.
Giving up on one's hair behaving,
Been four days since I thought of shaving.

Today, there is a speaker from outside,
Pretty snappy, all coat and tied.
But from what I see, I'll be a swearing
That no pants is that man wearing!

~ by Blaine H.

Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature.

Please submit your original poems to:

sdaa.newsletter@gmail.com - 200 words or less.

Central Office Phone Calls and Website Hits

Our AA Phones continue to be answered 24hrs/7 days via call-forwarding by volunteers.

Central Office is grateful
for our Volunteers

**THANK YOU! To ALL Our Phone
Volunteers! We Appreciate You
Now More Than Ever!**

| Website Hits | December | Total |
|--------------|----------|-----------|
| | 41,359 | 7,435,467 |

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.

Happy Birthday to All!

**Ingeborg 12/27/84 26 years
John M. 33 years**



Birthday Gratitude

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.

Twelve Steps and Twelve Traditions, Step Four, pages 49 - 50

"Made a searching a fearless moral inventory of ourselves."

"So when A.A. suggests a fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Both his pride and his fear beat him back every time he tries to look within himself. Pride says, 'You need not pass this way,' and Fear says, 'You dare not look!' But the testimony of A.A.'s who have really tried a moral inventory is that pride and fear of this sort turn out to be bogeymen, nothing else. Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful life falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable. These are the first fruits of Step Four."

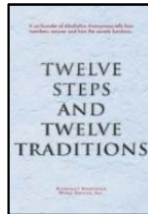
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**Twelve Steps and Twelve Traditions,
Step Twelve, page 124**

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

"Still more wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy. Not many of us can be leaders of prominence, nor do we wish to be. Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things - these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes."

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**Twelve Steps and Twelve Traditions,
Tradition Twelve, page 185**

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

"This phenomenon of contrast really set us thinking. Squarely before us was the question 'How anonymous should an A.A. member be?' Our growth has made it plain that we couldn't be a secret society, but it was equally plain that we couldn't be a vaudeville circuit, either. The charting of a safe path between these extremes took a long time."

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Big Book; "On the Move", page 493

"A.A., and the steps of recovery, have shown me how to look at events in a different way. I can now understand how some things, which once seemed like major disasters, turned out to be blessings. Certainly my alcoholism fits that category. I am truly a grateful alcoholic today. I do not regret the past nor wish to shut the door on it. Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race."

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**Big Book, The Family Afterward, page
135**

**"We have three little mottoes which
are apropos.**

Here they are:

First Things First

Live and Let Live

Easy Does It.

**Reprinted with permission from
A.A.W.S.**



Big Book page 568

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance - that principle is contempt prior to investigation." - Herbert Spencer

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Big Book, "Physician, Heal Thyself!", page 308

"Doctors have been notoriously unsuccessful in helping alcoholics. They have contributed fantastic amounts of time and work to our problem, but they aren't able, it seems, to arrest either your alcoholism or mine. And the clergy have tried hard to help us, but we haven't been helped. And the psychiatrist has had thousands of couches and has put you and me on them many, many times, but he hasn't helped us very much, though he has tried hard; and we owe the clergy and the doctor and the psychiatrist a deep debt of gratitude, but they haven't helped our alcoholism, except in a rare few instances. But - Alcoholics Anonymous has helped.

What is this power that A.A. possesses? This curative power? I don't know what it is. I suppose the doctor might say, 'This is psychosomatic medicine.' I suppose the psychiatrist might say, 'This is benevolent interpersonal relations.' I suppose others would say, 'This is group psychotherapy.'

To me it is God."

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**Minutes of the Coordinating Council
Thursday, January 14th, 2021**

Susan, Council Chair called the 901st meeting to order at 7:30 pm with a moment of silence followed by the “I am Responsible Declaration”.

Quorum was conducted by zoom poll function: 32 voted yes to being present as a Group Coordinator. Quorum is 29, so yes, we have a quorum to conduct business tonight.

December 2020 Minutes were approved. m/s/c

Area 8 Representative: Monty, Alternate Delegate, shared that PRAASA and General Service Conference will both be held virtually. [PRAASA](#) is March 5th thru 7th, 2021. The registration cost is \$15. Please visit [area8aa.org](#) for more info.

H & I Representative: Lauren shared that H&I continue to have orientations monthly via zoom. Please visit [sdhandi.org](#) for more info.

AFTER HOURS PHONES: Sober Tom shared:

1. Phones continue to be call-forwarded 24 hours a day
2. Thank you to the GROUPS for answering phones this month.
3. THANK YOU to everyone who signed up to cover all the open nights during the course of tonight’s meeting!

BUSINESS COMMITTEE: Tom, Business Committee Chair reported committee met on Tuesday, 1/12/2021 at 6:15 pm. Present: Tom, Andy, Nick, Rich, Susan, Aleksey, Connie & Judi. There was a quorum.

December 2020 Minutes were approved.

December 2020 Financial Statements approved

December 2020 Financial Summary:

December Net Revenue is 932. Our 2020 YTD Net Revenue is 4,374. Group and Individual Contributions were 15,337. Literature Sales Revenue and CD Bank Interest were (2,705) while total office and committee expenses were 11,700.

Central Office Manager’s Report:

1. Fellowship needs to use Central Office phone number 619-265-8763 to conduct business and not our personal cell numbers, particularly on our days off.

2. **BOOK OF THE MONTH:** Hardcover 12x12. Sale \$6.90, Reg. \$8.90 Max: 5
3. **Special Sale:** *Our Great Responsibility* combined with *1st Edition Reproduction* combo is available for \$8.50 plus tax.
 - a. For all literature purchases, you may email sdaaco@gmail.com or call Central Office at 619-265-8763 to place order for us to process.
 - b. We will create a sales receipt and take your credit/debit card over the phone or you may leave a check at the time of pickup.
 - c. Scheduled pickups: Mon-Fri between 11 am–3 pm Sat 10 am–12 pm
4. Meeting updates continue to be active on our website with ongoing daily changes, along with groups coming online with their virtual meetings. As noted on our website, Masks AND 6 ft. distancing is required for in-person meetings.
5. Meeting Finder on our [aasandiego.org](#) website.
 - a. Group Website addresses may be added to Meeting Finder
 - b. Group Email may be added to Meeting Finder (currently listing emails to obtain zoom meeting password)
 - c. Group @venmo, square cash or paypal may be added to Meeting Finder.
6. Meeting Guide app: We are linked. Sent out a mass email to the fellowship emails that we are now linked as well as adding links on our website to Google Play store and Apple Apps Store. However, we have discovered snags that need resolutions as will be discussed in the Business Committee report.
7. 2020 Year End Literature Inventory – due to unusable schedules and bad stock and variations in counts, we have -\$3,282 net loss. \$2,000 of that was due to schedules.
8. February 15, - President’s Day Holiday – Central Office Closed.

Continued on page 6.

Continued from page 5.

Business Committee Member reports:

1. Tom presented PowerPoint slides (available for groups on Intergroup Rep page on aasandiego.org) going over the Meeting Guide App.
 - a. It is necessary for all groups to send a link to their zoom meetings with their passcode embedded in the url to sdaaco@aol.com to improve functionality of the app.
 - b. Q&A regarding the Meeting Guide App proceeded

Old Business: There was none.

New Business:

1. Elected new officers: Chair-Tom, Co-Chair-Andy, Treasurer-Nick and Secretary-Rich.
2. Spring Roundup Committee is requesting to take pictures of Central Office Archive's Room for their virtual roundup. Approved: m/s/c

CEC Adhoc Committee (Cooperating w/Elder Community): Kenny shared that he is grateful to Connie for the new digital version of "AA for the Older Alcoholic (P-22), as it helps greatly with carrying the message to the elder community in these times.

COORDINATOR NEWSLETTER: Kenny G., No Report.

1. Please submit articles and original poems sharing your experience, strength and hope.
 - a. Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com

COORDINATOR OUTREACH: No Report.

ORIENTATION & GUIDELINES: Addison

1. 3-4 members attended Orientation tonight
2. Orientation will now be held monthly at 6:30 pm on zoom prior to Council meeting.

PROGRAM COMMITTEE: No Report.

PUBLIC INFORMATION COMMITTEE: James, Chair

1. The PI Committee will now be meeting on zoom

OLD BUSINESS:

1. Kenny, CEC Chair, requested that the CEC remain as an Ad-Hoc standing committee for 2021. M/s/c.

NEW BUSINESS:

1. Coordinating Council Election:

- a. Monica was unanimously elected to serve on the CEC Ad-Hoc Committee

Reminders:

1. We plan on hosting Coordinating Council Meetings on Zoom for the foreseeable future. Please send:

- a. Any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 2/1/2021.

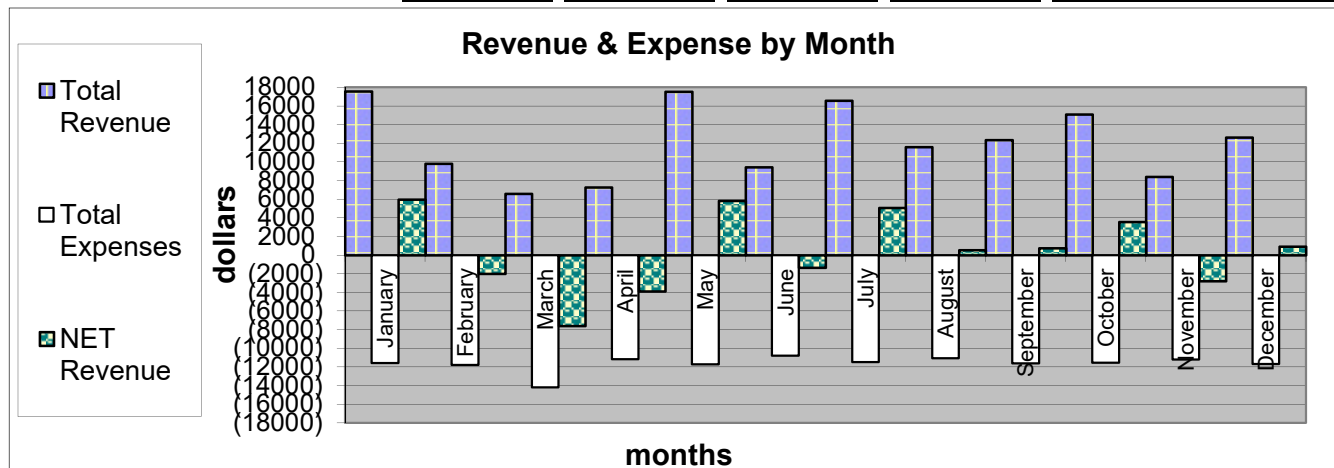
2. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 2/1/2021.

3. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,
Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of December 31, 2020

| | December 20 | December 19 | YTD '20 | YTD '19 | \$ Change | Budget '20 |
|--|------------------|------------------|-------------------|-------------------|-------------------|--------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 12,983.76 | 11,518.80 | 114,135.65 | 127,766.73 | (13,631.08) | 102,000.00 |
| Contributions Individual | 2,353.00 | 28.00 | 26,426.96 | 3,172.94 | 23,254.02 | 16,000.00 |
| Contributions SDIAA | - | - | 305.00 | 1,040.00 | (735.00) | 700.00 |
| Interest - Cert of Deposits | 59.91 | 223.16 | 1,701.72 | 1,358.38 | 343.34 | 2,000.00 |
| Literature Revenue (see schedule) | (2,765.43) | (288.79) | 2,196.53 | 9,698.50 | (7,501.97) | 8,000.00 |
| Total Revenue | 12,631.24 | 11,481.17 | 144,765.86 | 143,036.55 | 1,729.31 | 128,700.00 |
| Expense | | | | | | |
| Accounting & Legal | 195.00 | 60.00 | 2,675.00 | 2,550.00 | 125.00 | 2,540.00 |
| Auto/Travel/Seminar | 8.50 | 38.00 | 369.96 | 1,571.31 | (1,201.35) | 500.00 |
| Bank Service Charges | - | - | 114.24 | (16.98) | 131.22 | 50.00 |
| Cash (Over) Short | 0.84 | (0.03) | 170.37 | 12.74 | 157.63 | (50.00) |
| Checks Returned - Bad Debt | - | - | - | - | - | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 616.32 | 796.37 | (180.05) | 750.00 |
| Equipment Purchase | - | - | - | 564.70 | (564.70) | 500.00 |
| Insurance | 131.02 | 40.00 | 955.32 | 639.80 | 315.52 | 900.00 |
| Office Maint. & Repairs | - | - | 135.00 | 322.63 | (187.63) | 500.00 |
| Office Supplies | 417.81 | 111.87 | 1,983.63 | 2,441.98 | (458.35) | 1,500.00 |
| Rent | 1,940.00 | 1,900.00 | 23,120.00 | 22,992.00 | 128.00 | 23,120.00 |
| Taxes | - | - | 80.00 | 63.75 | 16.25 | 80.00 |
| Telephone | 215.16 | 182.93 | 1,807.43 | 2,100.06 | (292.63) | 1,731.00 |
| Utilities-Electricity | 200.09 | 274.73 | 3,099.22 | 4,437.80 | (1,338.58) | 3,500.00 |
| Website | - | - | 107.30 | 83.40 | 23.90 | 200.00 |
| EMPLOYEES | | | | | | |
| Accrued Payroll Taxes | 523.11 | 477.83 | 6,900.14 | 6,721.33 | 178.81 | 6,900.00 |
| Employee Wages | 6,838.20 | 6,246.20 | 82,696.50 | 77,039.90 | 5,656.60 | 79,999.00 |
| Employee 403B Contribution | 140.00 | 156.00 | 2,362.00 | 2,369.00 | (7.00) | 2,372.00 |
| Employee Health Benefit | 800.37 | 800.37 | 9,604.44 | 9,017.15 | 587.29 | 9,600.00 |
| Insurance-Worker's Comp | 43.25 | 43.25 | 517.83 | 519.00 | (1.17) | 500.00 |
| Total Office Expense | 11,504.71 | 10,382.51 | 137,314.70 | 134,225.94 | 3,088.76 | 135,192.00 |
| Standing Committees Expense (see schedule) | 195.08 | 482.04 | 3,077.47 | 6,751.65 | (3,674.18) | 5,000.00 |
| Total Expense | 11,699.79 | 10,864.55 | 140,392.17 | 140,977.59 | (585.42) | 140,192.00 |
| Net Revenue | 931.45 | 616.62 | 4,373.69 | 2,058.96 | 2,314.73 | (11,492.00) |



Group Contributions December 2020

| Group | Dec-20 | Ytd 20 | Group | Dec-20 | Ytd 20 |
|---------------------------------------|--------|----------|--------------------------------------|--------|----------|
| 10 & 11 @ 5107 - 3023 | - | 308.00 | Friday Morning Womens - 104 | - | 237.50 |
| 11th Step Journey - 2622 | - | 75.00 | Friday Night Gratitude - 2829 | - | 452.32 |
| 12 X 12 Happy Hour Step Study - 111 | - | 25.00 | Friday Night Irregulars - 2889 | - | 71.80 |
| 3 O'Clocker - 2201 | - | 855.98 | Friday Sobriety Party - 3078 | - | 75.00 |
| 4077 Mash Step 11 - 2027 | - | 405.00 | Friday Spring Valley Lunch - 2732 | - | 50.00 |
| 449 Mens Open Discussion - 400 | - | 100.00 | Garnet Group - 1129 | - | 307.50 |
| 5107 Sunday Womens Group - 2980 | - | 100.00 | Gifts of Grace Womens - 2564 | 62.80 | 388.80 |
| 9 30 Everynighters - 2997 | 174.00 | 547.75 | Gilman Group - 1988 | - | 300.00 |
| A Sense Of Belonging Womens - 1205 | - | 224.74 | God Squad Too - 2809 | - | 359.81 |
| A Vision For You - 2812 | 200.00 | 468.00 | Good Morning AA - 1888 | - | 410.00 |
| A Womens Meeting -1717 | - | 826.00 | Good News Bad News - 2833 | - | 162.88 |
| AA By The Bay - 629 | - | 195.00 | Grape Street Sunrise - 1293 | - | 80.00 |
| Afternoon Delight - 2704 | - | 113.50 | Great Fact Group - 895 | - | 360.00 |
| Allied Gardens Friday Lunch - 766 | 430.00 | 430.00 | Grupo Gringo - 1305 | - | 50.00 |
| Alpine Group - 6 | - | 100.00 | GSDYPAA | - | 147.42 |
| Alpine Mixed Step Study - 2621 | - | 63.82 | Happy Hour Meeting - 1038 | 50.00 | 50.00 |
| At Home Mens - 215 | - | 157.90 | Harmony Group - 585 | - | 1,475.00 |
| At One With Each Other - 789 | - | 250.00 | Haul Your Hiney Out Of Bed - 704 | - | 518.00 |
| B.Y.O.B. (North Park) - 203 | 29.00 | 1,118.87 | Hi-Nooners - 673 | - | 30.00 |
| Back to Basics - 1026 | - | 250.00 | HOW @ Noon - 2998 | 150.00 | 646.30 |
| Battery Chargers - 98 | 629.52 | 861.52 | How It Is Today - 483 | - | 400.00 |
| Bay Park Step Study Group - 299 | - | 60.00 | Hwy 80 AA - 2722 | - | 120.00 |
| Bayside Big Book Study - 1610 | - | 242.45 | I. B. Steps & Traditions - 3003 | - | 90.00 |
| Bayside Bonfire Group - 1139 | 266.88 | 266.88 | I. B. Up - 2565 | 350.00 | 689.05 |
| Beach Area Beginners - 272 | - | 100.00 | IB Sober - 3161 | - | 15.00 |
| Big Bon-Fire Meeting - 1894 | 488.50 | 488.50 | Improving Conscious Contact - 3108 | - | 60.00 |
| Bonita Boozers - 2179 | - | 50.00 | Jaywalkers - 3100 | - | 217.00 |
| Breakfast Of Champions - 2818 | - | 125.00 | Jump Start - 2174 | - | 320.59 |
| Butts Out - 1764 | - | 40.00 | Just Us Girls - 929 | - | 39.80 |
| BYOB Book Study (Ramona) - 3094 | - | 23.00 | Kick Start Your Heart - 2430 | 50.00 | 245.00 |
| Cake & Eat It Too | - | 50.00 | Knuckleheads - 3182 | 120.00 | 1,373.50 |
| Carrying the Message - 2458 | - | 50.00 | La Jolla Mens - 692 | - | 150.00 |
| Casa De Oro Tradition Five - 503 | 40.00 | 808.00 | La Jolla Monday Womens - 87 | 305.00 | 1,114.00 |
| Casa De Oro Weds Nite - 2049 | 226.20 | 541.20 | La Jolla Nonsmokers Disc - 88 | - | 60.00 |
| Cedar Street Mens - 1698 | - | 250.06 | La Jolla Patio Group - 613 | - | 220.00 |
| Chula Vista 4 Min Speakers - 1568 | - | 200.00 | La Jolla Pump House Group - 696 | - | 377.00 |
| Chula Vista Friday Night - 837 | - | 50.00 | La Jolla Speakers - 578 | - | 31.00 |
| Clairemont Daytime Step Study - 427 | - | 90.00 | La Jolla Sunrise - 2684 | - | 2,000.00 |
| Clairemont Mens - 301 | - | 708.00 | La Jolla Thursday Night - 90 | - | 75.00 |
| Clairemont Mixed Discussion - 338 | - | 305.00 | La Mesa Mens - 106 | - | 1,062.50 |
| Clairemont Womens Discussion - 340 | - | 150.00 | La Mesa Open Discussion - 107 | 100.00 | 400.00 |
| Clairemont Womens Step Study - 341 | - | 661.23 | La Mesa Step Study Workshop - 1621 | 82.81 | 274.23 |
| Class Acts - 1845 | 220.00 | 886.52 | La Mesa Womens Sat. Morning - 416 | 249.50 | 1,543.50 |
| Coffee Clutchers - 2332 | 500.00 | 1,000.00 | Lake Murray Womens - 572 | - | 467.00 |
| Conscious Contact Meditation - 2834 | - | 18.00 | Linda Vista Mens - 320 | - | 190.00 |
| D.D.G.T.M. - 767 | - | 220.00 | Little Apple Group - 1438 | - | 465.00 |
| Daily Reflection - 3114 | - | 1,167.50 | Living Free - 477 | - | 1,550.00 |
| Dawn Patrol - 263 | - | 1,241.94 | Lunchtime Friends - 964 | - | 131.00 |
| Descanso Step Study - 3010 | - | 116.83 | Lushes Lunch Tuesday - 2641 | - | 128.11 |
| Designs For Living - 488 | 151.20 | 485.45 | * Mast Park Meeting | 220.00 | 402.15 |
| Dignity Unlimited - 205 | - | 297.00 | Meetin' in the Ladies Room - 2614 | - | 50.00 |
| Downtown Discussion - 1665 | - | 57.05 | Mens Focused Step Study - 3217 | - | 865.00 |
| * Drunks in the Park-Women | - | 76.50 | Mens Jelly Donut - 3118 | - | 351.00 |
| Drunks Only - 1605 | 40.00 | 995.00 | Mens Step Study - 965 | 60.00 | 277.44 |
| Each Day A New Beginning - 509 | - | 117.50 | Mens Structured Step Study - 1469 | - | 233.50 |
| Early Morning Recovery - 2688 | 230.00 | 1,137.27 | Mid-Week Mens - 560 | 180.00 | 1,288.00 |
| Early Risers (PB) - 264 | - | 60.00 | Mid-Week Mens ZOOM - 3243 | 80.00 | 910.00 |
| East Co Young People Rule 62 - 2797 | 125.00 | 225.00 | Midday Miracles- 3242 <> | 275.00 | 307.00 |
| East Side Group - 101 | - | 150.00 | Midnight Howlers - 1025 | - | 50.00 |
| Eastlake Greens 10 on 10 - 2950 | - | 60.00 | Midway Bridge - 2171 | - | 99.45 |
| Eastlake New Beginnings S/S - 2673 | - | 212.00 | Mira Mesa Friday Night AA Disc- 379 | - | 60.00 |
| Easy Does It Riders - 21 | 120.00 | 434.50 | Mira Mesa Sunday Morning Mens - 693 | - | 58.00 |
| Easy Does It Speakers - 114 | - | 300.00 | Miracles on Mondays - 565 | 100.00 | 466.00 |
| Easy Risers - 854 | - | 155.00 | Misfit Mens - 2486 | - | 100.00 |
| El Cajon Beginners - 2876 | - | 254.17 | Mission Bay Speakers - 1692 | 100.00 | 400.00 |
| El Cajon Nooner - 2638 | - | 673.61 | Mission Hills Beginners - 1612 | - | 250.00 |
| El Cajon Womens Serenity - 77 | 67.50 | 437.37 | Mission Hills Late Night - 2773 | - | 8.00 |
| Emotional Sobriety (Hillcrest) - 2536 | - | 114.65 | Mission Hills Lunch Bunch - 2675 | - | 600.00 |
| Evening In Harmony - 2864 | - | 25.00 | Mission Possible - 131 | 40.00 | 380.00 |
| Eye Opener Group - 607 | - | 559.68 | * Mixed In The Park | 249.16 | 358.16 |
| Fairmont Park Discussion - 2832 | - | 31.00 | Mon Eve Smokeless Dinner - 1723 | 60.00 | 60.00 |
| First Mira Mesa Mens - 300 | - | 226.00 | Monday At A Time - 2875 | 198.00 | 427.00 |
| Fishermen In Recovery - 2863 | - | 150.00 | * Monday Night Mens - Allied Gardens | 120.00 | 120.00 |
| Fletcher Hills Smokeless - 59 | - | 525.00 | Mountain Steps - 2822 | - | 120.00 |
| Fresh Start Beginners - 2609 | - | 861.00 | Mt Soledad Mens - 717 | - | 1,521.00 |
| Friday Happy Hour - 2821 | - | 99.11 | National City Maintenance Plus- 136 | - | 200.00 |
| Friday Morning Step Study - 3216 | - | 27.50 | Newcomers Rise & Shine - 2702 | - | 380.50 |

Group Contributions December 2020

| Group | Dec-20 | Ytd 20 | Group | Dec-20 | Ytd 20 |
|---|--------|----------|-------------------------------------|--------|----------|
| * No Matter What | 108.00 | 108.00 | Spring Valley Step Study - 125 | - | 148.50 |
| Noon At The Grove - 628 | - | 142.00 | Steps To Recovery Group - 1169 | - | 80.00 |
| Nooners Anonymous - 1164 | - | 688.00 | Straight Shooters - 198 | - | 50.00 |
| Noontime on the Patio - 2203 | - | 100.00 | Strength In Women - 2955 | - | 50.00 |
| North Clairemont - 1102 | - | 1,055.00 | Sunday Beach Sun-Day - 568 | - | 220.40 |
| North Clairemont Sat Nooners - 2572 | - | 16.00 | Sunday Kind of Love - 429 | - | 478.00 |
| North Park Mens - 465 | 145.00 | 1,098.41 | Sunday Midday - 161 | - | 320.00 |
| North Shores Breakfast - 275 | - | 246.08 | T.G.I.F. - 1658 | - | 200.00 |
| Old Town Speakers - 321 | - | 1,407.10 | T.G.I.T. - 3082 | 184.50 | 184.50 |
| On The Corner - 2384 | - | 120.00 | The 1st 164 - 2760 | - | 152.47 |
| One Step Ahead - 715 | - | 140.00 | The Common Solution - 3007 | - | 434.19 |
| One Step At A Time At Mission Bay-1664 | - | 540.00 | The Gift - 2954 | 30.00 | 442.50 |
| Open Minded Mens - 626 | - | 500.00 | The Hole In The Donut - 2737 | - | 808.93 |
| Original Tues Night Step Study - 2124 | - | 75.00 | The I-805 at 8.05 Step Study - 377 | - | 100.00 |
| Over The Bridge - 2689 | - | 857.50 | The Language of the Heart - 3066 | - | 248.73 |
| Pacific Beach Weekend Warmup - 725 | - | 105.00 | The Other Meeting - 857 | - | 237.50 |
| Pass It On Big Book Study Group -2860 | 238.50 | 999.64 | The Promises - 3058 | - | 258.00 |
| Poinsettia Group - 2210 | 180.00 | 311.25 | * The Rogue Meeting | 846.10 | 2,450.87 |
| Point Loma Mens - 245 | - | 339.00 | There is a Solution - 2680 | - | 100.00 |
| Point Loma Nooners - 1606 | - | 345.00 | Three Legacies Group - 2194 | - | 150.00 |
| Porter Hall Structured S/S - 97 | - | 148.74 | Thurs Nite Mens Big Book S/S - 1748 | - | 300.00 |
| Primary Purpose Group (Hillcrest)-3151 | - | 514.70 | Thursday Steps - 646 | - | 306.60 |
| Pt Loma Fri Afternoon Step Study - 244 | - | 383.50 | Tierrasanta Friday Night - 2645 | - | 106.00 |
| Pt Loma Womens Discussion - 1608 | - | 255.00 | Tierrasanta Morning Serenity - 2811 | - | 251.00 |
| Radical Acceptance Meeting - 2961 | 539.00 | 4,407.00 | Torrey Pines Thurs Nite Disc - 365 | - | 20.00 |
| Ramona Mens New Vision - 1949 | - | 100.00 | Tues Night Mens - 2123 | - | 40.00 |
| Resentment and A Coffee Pot - 2561 | - | 135.00 | Tues Night Mens Step Study - 1813 | - | 691.75 |
| Riding Sober - 3054 | - | 175.00 | Tuesday AA Step Study - 937 | - | 90.00 |
| Right Turn Group - 1900 | - | 60.00 | Tuesday Campus Noon Group - 2544 | 20.00 | 20.00 |
| Rise & Shine - 2170 | 450.00 | 2,398.20 | Tuesday Morning Alpine - 440 | 30.00 | 110.00 |
| Rule 62 - 2947 | 300.00 | 650.00 | Tuesday Morning Group - 3089 | - | 100.00 |
| Safe Sane and Sober - 1350 | - | 875.00 | Two A's Over Easy - 2106 | - | 150.00 |
| Santee Mens Group - 2972 | - | 247.50 | Two Bit Speakers - 201 | - | 90.00 |
| Santee Saturday Night Speakers - 2656 | - | 197.40 | University City Disc.- 368 | - | 285.00 |
| Santee Serenity - 3040 | 100.00 | 100.00 | University City Womens - 369 | 390.00 | 838.00 |
| Santee Serenity Group - 1943 | - | 248.50 | Valley Girls - 2617 | - | 85.00 |
| Santee Thursday Closed Mixed - 145 | - | 100.93 | Veterans Leave No One Behind - 2038 | - | 31.00 |
| Sat Mens Early Awakening - 2209 | - | 332.50 | Wake Up Call - 1932 | - | 159.00 |
| Saturday A.M. Live - 782 | - | 394.54 | War Fever - 880 | - | 100.17 |
| Scripps Ranch Men's Two - 2776 | 140.00 | 1,144.00 | Warm and Friendly - 42 | - | 48.00 |
| Scripps Ranch Mens - 3168 | 172.08 | 665.28 | Water Walkers Too - 1946 | 300.00 | 900.00 |
| Serene-Tea - 2700 | - | 21.18 | We Agnostics - 2096 | - | 154.00 |
| Serenity @ 5107 - 2976 | 70.00 | 633.12 | Wednesdays Winners Circle - 496 | - | 210.00 |
| Sisters in the Solution Step Study-3204 | - | 102.40 | Weds Rule 62 Lunch Group - 687 | - | 225.00 |
| Sky Hi Womens - 1633 | - | 207.25 | Welcome Home - 2318 | - | 100.00 |
| Smokefree La Mesa Womens - 635 | - | 161.50 | What's Great - zoom | - | 28.80 |
| Sobearity - 3129 | - | 180.00 | White Flag Outdoors - 2788 | 337.00 | 406.76 |
| Sober Minded Leather Folk - 1882 | - | 101.70 | Wholesale Miracle - 2474 | 125.00 | 770.55 |
| Sober Nooners - 196 | 250.00 | 852.00 | Womans Gut Level - 1701 | 90.00 | 170.00 |
| Sober Roses Womens Step Study-2946 | - | 20.00 | Womans Let Go and Let God - 446 | - | 75.00 |
| Sons of God - 2789 | - | 760.00 | Women's Joy Of Living - 2636 | - | 1,030.12 |
| Sorrento Valley Nooner - 544 | - | 2,660.53 | Women In Harmony - 1807 | - | 90.20 |
| South Bay Mixed Discussion - 36 | - | 86.80 | Women In Sobriety - 697 | - | 20.00 |
| South Clairemont - 305 | - | 52.87 | Womens Attitude of Gratitude - 2751 | - | 386.83 |
| South Park Sobriety - 1015 | - | 60.00 | Womens Step Study - 296 | 78.00 | 490.00 |
| Spiritual Awakening - 2275 | 249.51 | 5,167.08 | Womens Thursday Nite - 514 | - | 252.75 |
| Spiritual Awakenings Step Study -3174 | 110.00 | 160.00 | Womens TLC - 2814 | - | 153.42 |

NEW! "Newcomer Literature" button on our aasandiego.org website. Zoom & Telephone meetings can direct newcomers to 17 different pamphlets plus the Big Book and 12x12.

thank you! for supporting your
San Diego Intergroup Central Office
in carrying the message to the
suffering alcoholic



Thank you to all of the AA members for their individual contributions.
Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year or sending your 7th tradition directly to Central Office.



CENTRAL OFFICE NOTES

| 2021 Holidays – Central Office Bookstore closed | | |
|---|-------------|-------------|
| HOLIDAY | DAY OF WEEK | DATE |
| President's Day | Monday | February 15 |
| Memorial Day | Monday | May 31 |
| Independence Day | Monday | July 5 |
| Labor Day | Monday | September 6 |
| Veteran's Day (Observed) | Monday | November 15 |
| Thanksgiving Day | Thursday | November 25 |
| Christmas Day | Saturday | December 25 |

| | | |
|----------------------------------|--|-------------------|
| Group Contributions | | 12,984.00 |
| Individual Contributions | | 2,353.00 |
| SDIAA Contributions | | 0.00 |
| Literature & Interest | | -2,706.00 |
| Total Revenue | | 12,631.00 |
| Central Office Expenses | | -11,505.00 |
| Committee Expenses | | -195.00 |
| Total Expenses | | -11,700.00 |
| December 2020 Net Revenue | | 931.00 |
| 2020 YTD Revenue | | 4,374.00 |

Central Office Bookstore has "curbside only" literature purchases. NO INSIDE SHOPPING.

· **February's Book of the Month:**

- Hardcover 12x12 Sale Price \$6.60 plus tax Max 5
- *Our Great Responsibility* combined with *1st Edition Reproduction* Combo for the price of \$8.50 plus tax



- **Email or call to place your order—** sdaaco@gmail.com or call 619-265-8763

- **Pick Up Hours are:** Mon—Fri, 11 am—3 pm, or Sat 10 am—12 Noon



- **Pay with credit/debit over the phone** or bring a check
- **It's that easy!**



thank you!

Thank You for Supporting Your San Diego Intergroup Central Office in Carrying the Message to the Still Suffering Alcoholic

- ◇ 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
- ◇ Send your Contributions to:

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



Questions and Answers on Sponsorship



Questions and Answers on Sponsorship, P-15, pages 21 - 22

"Perhaps the sponsor might point out the distinction between the words "spiritual" and "religious." As our Preamble says, A.A. is not allied with any sect or denomination, and no sort of religious belief is required for membership — only "a desire to stop drinking." On the other hand, the help offered by our program is certainly neither material nor physical; we do not offer money or medicine — only ideas and the A.A. love of one alcoholic for another. In this sense, the entire program, rather than just a "side" of it, may be called "spiritual," and almost any newcomer can appreciate a concept so broadly defined."

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| | | |
|--------------|------------|-------------|
| ALLIED | DRINKING | POINT |
| ANSWERS | HELP | PREAMBLE |
| APPRECIATE | IDEAS | PROGRAM |
| BELIEF | LOVE | QUESTIONS |
| BROADLY | MATERIAL | RELIGIOUS |
| CONCEPT | MEDICINE | REQUIRED |
| DEFINED | MEMBERSHIP | SECT |
| DENOMINATION | MONEY | SPIRITUAL |
| DESIRE | NEITHER | SPONSORSHIP |
| DISTINCTION | PHYSICAL | WORDS |

Dear AA Family,

It is a season of change and new beginnings here at San Diego Central Office and in my personal life. I first became your Central Office Assistant on December 2, 1993, your Central Office Manager on March 12, 1998, and now I am retiring on January 31, 2021. Over the course of these years I have been blessed to serve our San Diego Fellowship as your Tradition Eight Special Worker. Alcoholics Anonymous has saved my life and I am forever grateful. For that reason I have focused on giving the best of who I am in my service to Alcoholics Anonymous. Along this journey, I have enjoyed my relationships with all of you. You are my teachers and my friends. I will carry the memories in my heart of our shared experiences; phone volunteers, phone conversations, buying literature or your coming to Central Office to share a moment.

My husband Terry and I are to embark on a new adventure in our lives; to travel the country in our RV. Currently, with zoom we can continue to attend our local meetings with you during our travels. Hopefully, in October when we arrive back in San Diego we might have the opportunity to see you in person at meetings.

Love, Connie L.

Let's welcome our new Central Office Manager, Judi T.

Hello! I have been working with Connie as the Administrative Assistant at AA San Diego Central Office since January, 2019. One of the first things Connie taught me is that everything we do at Central Office, we do with the newcomer in mind. As is often heard in meetings, the newcomer is the most important person in the room and our goal is to assist groups in our primary purpose of carrying the message to the still suffering alcoholic.

I absolutely loved coming in and working with the volunteers and in the bookstore. Helping you find a new book for your literature table or just the right pamphlet was the best job ever! The last year has seen a lot changes for us all. It's been very quiet around here without volunteers or customers. We've faced a lot of challenges head on and I am under no illusion that the future will not be just as challenging and in all honesty, I may stumble on occasion and I will be asking many, many questions. But I can't wait for the day when the bookstore doors will once again be open to all and the "Volunteer Area" is once again filled with volunteers. On that day, or one soon after, I hope that you will stop in, pick up a newsletter or a Big Book and say 'Hello'.

It has been truly an honor to have spent these last two years working with and learning from Connie. I look forward to carrying on her legacy and maintaining all that she has built for our community. I have met many of you already and I look forward to meeting and working with many more of you in the days and weeks and years to come!

Yours in Service, Judi T., Central Office Manager

**Do You Think You're Different?,
P-13, page 22**

"I thank my Higher Power every night for this program that saved my life, a program of "principles before personalities." "The only requirement for A.A. membership is a desire to stop drinking," our Third Tradition says, and there is a place for every person who wants help. There is a place for me. I thought that I was unique, different, that I had nowhere to turn in this world for help. But thanks to A.A., I have found the way to a full and happy life."
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**Do You Think You're Different?,
P-13, page 35**

"We have found it unwise to limit our A.A. circle to folks exactly like ourselves. Segregation gives our "uniqueness" an unhealthy emphasis. We find it more enjoyable, and more healing, to get into the mainstream of A.A. life and mingle with everybody else, not just "different" people. Here we are. We are all different. We are all pretty special people. But we are also all alcoholics and all sober in A.A. together. In this, we are more like each other than different. Here in A.A., we find the shared humanity that enables us to live out our widely differing lives and pursue our separate and individual destinies. You are welcome to join us."

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A.A.W.S.

**Questions and Answers on Sponsorship
P-15, page 9**

"An old A.A. saying suggests, "Stick with the winners." It's only reasonable to seek a sharing of experience with a member who seems to be using the A.A. program successfully in everyday life. There are no specific rules, but a good sponsor probably should be a year or more away from the last drink — and should seem to be enjoying sobriety."

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**Questions and Answers on Sponsorship
P-15, page 8**

"Whether you are a newcomer who is hesitant about "bothering" anyone, or a member who has been around for some time trying to go it alone, sponsorship is yours for the asking. We urge you: Do not delay. Alcoholics recovered in A.A. want to share what they have learned with other alcoholics. We know from experience that our own sobriety is greatly strengthened when we give it away!"

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**Questions and Answers on Sponsorship
P-15, page 15**

"Some sponsors find that reminding the newcomer of the First Step — that they are powerless over alcohol and that their lives had become unmanageable — is key to a successful recovery. Many sponsors make it a point to emphasize that together they can do what they could not do alone — stay away from the first drink."

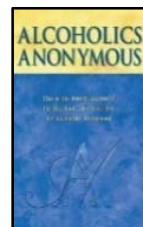
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**Big Book, The Doctor's Opinion,
page xxxii**

"I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray."

- William D. Silkworth, M.D.

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**Big Book, How It Works,
page 67**

"We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kind and tolerant view of each and every one."

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True Humility and an Open Mind

Continued from Page 1

encounter in a lifetime. We are conditioned to think and react in a certain way as the result of the experiences we are exposed to.

Newcomers in Alcoholics Anonymous, and even some seasoned veterans, often find it hard to grasp a concept of “a power greater than ourselves.”

This is probably the biggest hurdle we in AA must face in our search for a happy and meaningful life.

Once we get past all our resistance to the concept of a Higher Power, it becomes much easier to proceed with the rest of the program. What is meant by the word God and what God can do for us, can mean something different to just about everyone that is having difficulty with it, and if God alone was the answer, why do priests and ministers come to AA for treatment; why not just go to church?

Alcoholics Anonymous is here for all alcoholics that want to get sober regardless of their approach to faith. Anyone that thinks that we are trying to convert someone into a religion or out of a religion is simply misguided.

The Big Book and the 12X12 have many comments explaining this, but unfortunately this old conditioning, bolstered by the EGO, seems to block some of us from breaking down the resistance on this subject. Or some members may just fake it to appear to be going along with the program, but never getting the results.

If we denied the possibility of a God of the different religious groups, they could not have AA available to them, and if we made it a requirement that we picked one of those beliefs, atheists would be left out and where would Buddhists stand?

If a person believes that he does not have a higher power, I might remind him/her that alcohol was more powerful or else why would he or she need AA.

With this in mind, I might suggest that he or she may only need to find a power greater than alcohol to begin with. Then, as it says in Step 2 in the 12X12, “To acquire it, I had only to stop fighting and practice the rest of A.A.’s program as enthusiastically as I could.”

As I look back on it now, I realize that that was exactly the way I found my way through this challenge. I find absolutely no conflict in any approach that one discovers on his own, only that he practices the rest of the program with enthusiasm.

What it seems to imply is that if you trust the process and just do the suggestions, you will find a suitable understanding of a power greater than yourself that you can do business with.

I’m still not sure what or who (if you like) I am asking for guidance from but I’m open minded about these things, and I have to let everyone find their own brand of enlightenment, without prejudging anyone else’s approach on this matter.

I believe that changing my perception was what put me firmly on the road to recovery.

The only thing that I have to resist is my EGO, and the way I do that is by living by sound and unselfish principles many of which are discussed in AA meetings, and many are assimilated through osmosis as I continue to put two and two together.

It is not that complicated. If I don’t get caught up in the debate and just follow the simplest suggestions, it all works out fine.

~ By Rick R.

Choice/No Choice in the Matter of Drink

Continued from Page 1

During this period, I had a choice in the matter of drink. I almost did but chose to refrain. I was a recovering-ing-ing alcoholic.

No Choice in drink again:

However, several months later, maybe a year, I realized I had not thought about drinking for a long time. As years passed, I realized that drinking was no longer in my emotional vocabulary or conscious mind! The Big Book elaborates an AA member who “Couldn’t drink if he would. God had restored his sanity.” (p. 57). *

Indeed, page 86 of our basic text promises “The problem has been removed. It does not exist for us.” However, this is only so long as I remain in a fit spiritual condition and God has restored me to sanity, then I cannot choose to drink.

Today, I have no choice in the matter of drink, nor do I want one!

~ By Bob S.

* Fitz Mayo

The Evolution of the Alcoholic

Continued from Page 1

protect ourselves from perceived dangers, and how we control these instincts usually is the measure of how well balanced we turn out emotionally.

So much of the A.A. program involves the



understanding of these instinctive drives and our willingness and our ability to come to terms with these natural impulses when they far exceed their natural purpose.

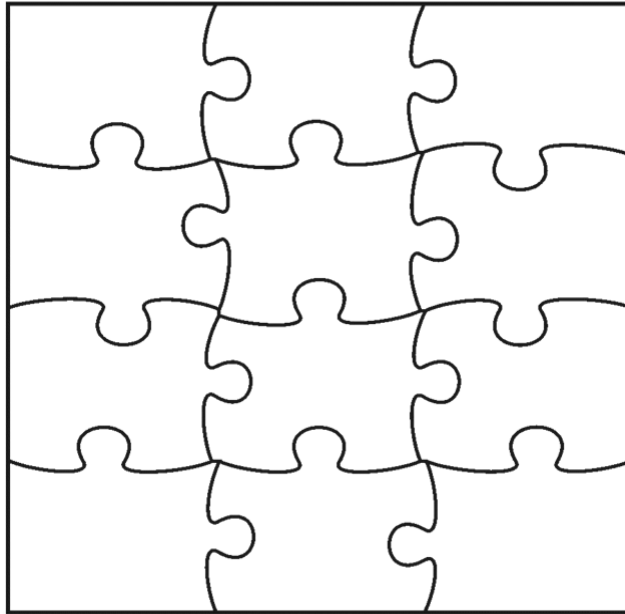
Each year during the winter my wife puts out a puzzle and as the days go by, we find time to sit around the table and chat and spend time together.

As we dump the puzzle out of the box, we first turn all the pieces right side up and spread them out. As we do this, we find some pieces with straight edges that form the perimeter, and they are easy to figure out.

The easiest pieces to figure out are the four corners and that is where we start. These pieces form the framework of the puzzle. Next, we find pieces that have numbers on them or other common characteristics such as colors or

patterns that make it easy to fit them together. Others have different shades that can be compared to each other and reveal the general location of where it will fit in and soon everything starts to develop.

When we get to the blue-sky part of the picture, things slowdown a



bit and these pieces are less obvious, but the puzzle isn't finished until all of the pieces are in place and that may be the day we shuffle off this mortal coil.

To me, all of this is like the way the pieces of Alcoholics Anonymous are pictured in my mind.

The desires to stop drinking and to come to meetings are like the cornerstones that start the whole process moving. Next, getting a sponsor, beginning to take the steps, getting into service, and helping others and so on, are some of the framework pieces that are obvious to most of us.

Next, we start to recognize some of the more obvious defects of character that need to be addressed and they are numerous if we are strong enough to admit

it. If we are not, the picture will never be complete.

As we continue to clear up these issues (wreckage of the past) and put them behind us, it would be easy to rest on our laurels and be satisfied with half measures.

If, however, we are diligent about continuing this process of examining our motives for everything we do, until it becomes second nature, our life will become a rewarding adventure and all of those negative emotions are replaced daily with feelings of wellbeing.

This is the blue-skies portion of the puzzle, as I see it. The part that many of us often miss simply because of indifference, and we may miss

out on the freedom and peace of mind we seek.

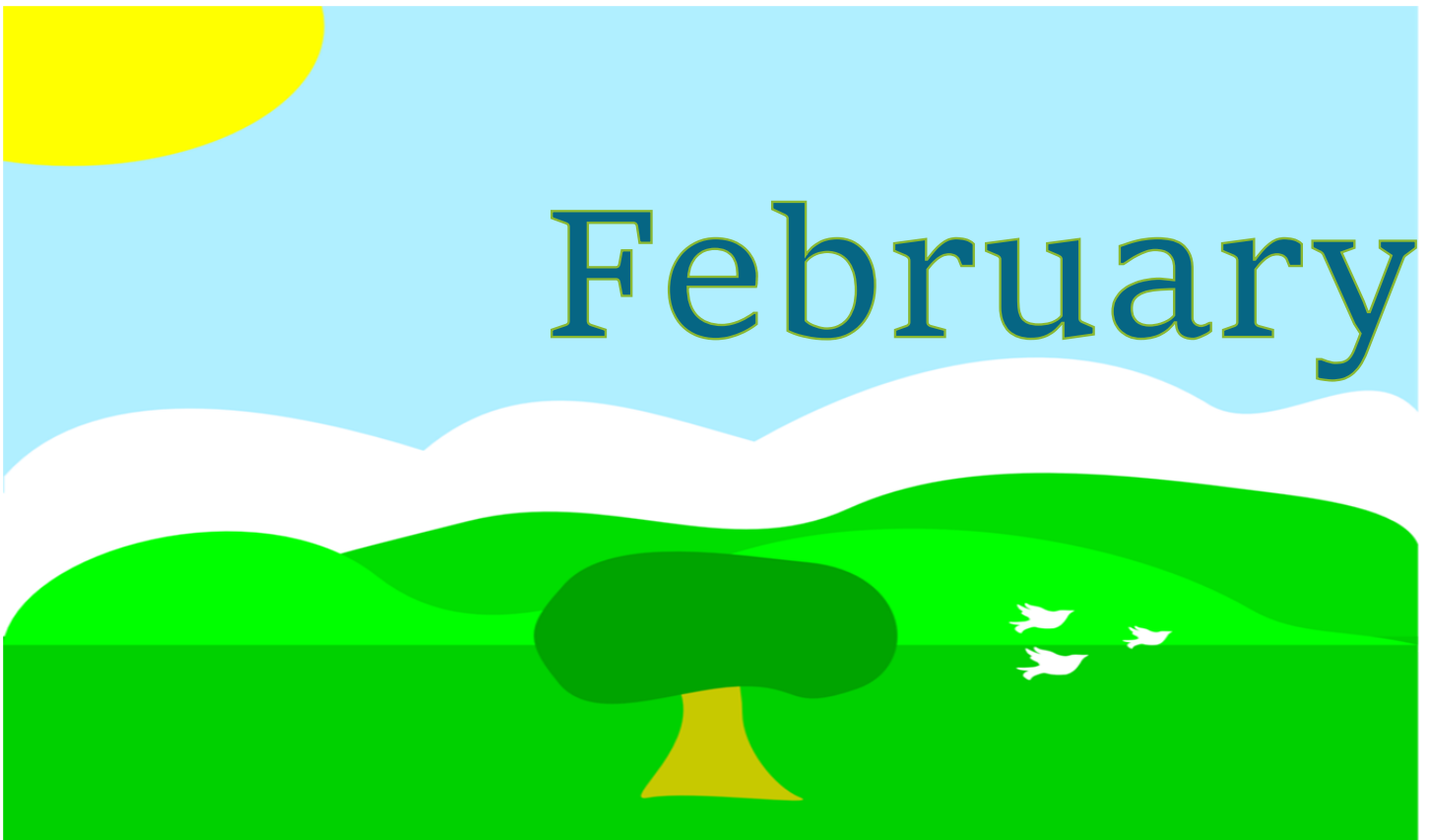
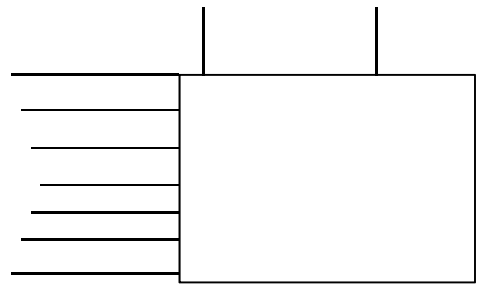
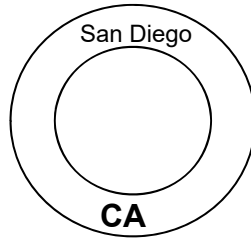
If you are one of those that finds themselves in that malaise, let me encourage you to consider revisiting those items that you skipped over and let your conscience rather than your EGO win this battle. It may be the best decision you have made since you made the decision to come to AA.

Those misguided instincts that fueled those faulty behaviors have had their way far too long. Let's get those pieces of the puzzle into place and see where it takes us. I guarantee that you won't regret it.

~ By Rick R.

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

RETURN SERVICE REQUEST





The San Diego AA Coordinator



aasandiego.org

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

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

Reprinted from AA Big Book, page 59

MARCH 2021
VOL. LXIX NO. 3

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- Group Contributions pgs. 8
- Central Office Notes..... p. 9-10
- Word Search..... p.11

"Carry the AA Message"

Join the fun and submit an article!

April (due 3/25/21)

"searching and fearless..."

May (due 4/27/21)

"The exact nature of our wrongs"

June (due 5/25/21)

"All these defects of character"

Submit *your* 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Step Three (A Decision and a Prayer)

For some years I assumed the decision of turning my will and life over to "God as I understood Him" took place when I prayed the well-known prayer on page 63. But in retrospect, I discovered that my *decision* had already been made! The bottom paragraph of page 62 reminded me: "next we decided in this drama of life that God was going to be our director." The decision was made before the prayer! The Big Book states that

Continued on Page 14

The Delusion Had to be Smashed

Like Men Who Had Lost Their Legs

As a kid approaching adolescence, I had my first encounter with alcohol and it did something for me that I had never experienced before. It brought about a degree of peace and serenity in those first few minutes that I could not dismiss as just another good time. It started me on that road to fantasy land and thank God it only lasted fourteen years. I was quick to burn through

Continued on Page 14

God Leaves the Door Open for Everyone

No Need to Overthink This Issue

The Alcoholics Anonymous (A.A.) program is open to anyone that has a desire to stop drinking. It makes no difference if you are an atheist, agnostic, Buddhist or a member of one of the vast numbers of other religions in the world.

All of us have the same opportunity to get well through the steps. They were fashioned that way to ensure that no

"Who or what do I pray to? I heard about doorknobs and icons, the ocean, and other such things but that way of thinking did not set well with me. I did not want to be too glib about such an important matter."

alcoholic is left out. We embrace everyone that walks through that door. If step two had been written to say, "Came to believe that God", rather than, "a Power greater than

Continued on Page 15

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 CURBSIDE ONLY:****Mon-Fri 11 am to 3 pm and Sat 10 am to 12 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Catherine S.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|---------------------------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Johnny | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperation with Elderly (CEC) Ad-Hoc | Kenny | cec@aasandiego.org |
| Program Committee | TBD | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

Please contact Central Office at 619-265-8763
for Officer's phone numbers.

Contributors: Rick R, Bob M, Rob S**February Theme:** "The only requirement..."**Newsletter by electronic version only at this time.****Please sign up to receive by email.****Send to:** 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:

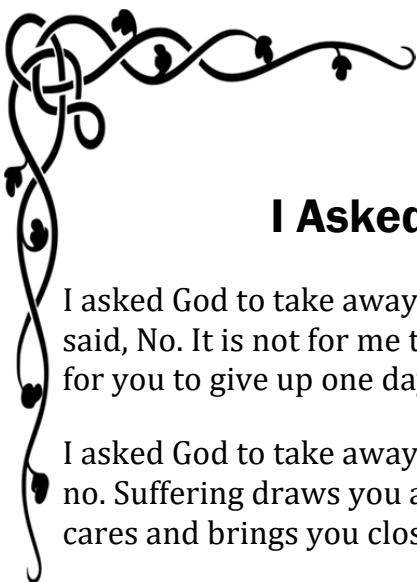
sdaa.newsletter@gmail.com

**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 the [upload form](#).



I Asked God

I asked God to take away my addiction, God said, No. It is not for me to take from you. it is for you to give up one day at a time.

I asked God to take away my pain. God said, no. Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to grant me patience. God said, no. Patience is a by-product of tribulations, it isn't granted, it is earned.

I asked God to give me happiness, God said, no. I give you blessings, happiness is up to you.

I asked God to make me grow spiritually. God said, no. You must grow on your own, but I will prune you to make you fruitful.

I asked for all things that I might enjoy life. God said, no. I will give you life so that you may enjoy all things.

I asked God to help me love others, as much as he loves me. God said... ahhhh, finally you have the idea.

I asked God why I was receiving all of these benefits. My child, simply because I love you.

~ by Bob M.

Central Office Phone Calls and Website Hits

Our AA Phones continue to be answered 24hrs/7 days via call-forwarding by volunteers.

Central Office is grateful for our Volunteers

After Hours Groups:

Please remember to forward calls yourselves at the beginning of your 9:00 pm shift!

| Website Hits | January | Total |
|--------------|---------|-----------|
| | 39,235 | 7,474,702 |

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.

Birthday Gratitude

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.

Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems to:
sdaa.newsletter@gmail.com - 200 words or less.

**Came to Believe,
"Evidence of a Miracle" page 97**

"I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother, and I found all three.' We find our brothers in the Fellowship, and therein lies spiritual strength. Your understanding of God may be quite different from mine, but we may agree, I think, that there is a Holy Spirit pervading A.A. meetings and that the sobriety of each and every one of us is evidence of a miracle.

A miracle is defined as an event that appears unexplainable and so is held to be supernatural in origin - an act of God. This I accept. David Stewart has written: 'A miracle is an astonishing action, emerging from the concerted effort of God and a person.' I agree - and in A.A. 'a person' becomes many people. A.A. succeeds because, one and all, we have a common goal toward which we are working: mental, emotional, and spiritual growth, through love and service. Once we come to believe, we are given the opportunity to work towards this goal.

For me, coming to believe is not a one-time experience. It is an action to be performed daily as long as I live and grow." New York, New York
Reprinted with permission from A.A.W.S.

*Came to
Believe*

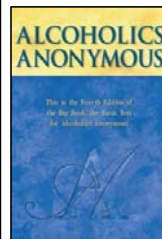
Came to Believe, "Something Was Wrong" page 75

"It is my belief that the feeling of emptiness was my own doing. I had been so elated by that wonderful experience on the road at night that I wanted to stay up in a cloud with God. But this was not to be. It was my place to be down among the suffering alcoholics, not up in a cloud. As long as I keep my feet on the ground, among the suffering, God will come down and remain always with me." Decatur, Georgia
Reprinted with permission from A.A.W.S.

Big Book; Foreward to Second Edition, page xvi

"Prior to his journey to Akron, the broker had worked hard with many alcoholics on the theory that only an alcoholic could help an alcoholic, but he had succeeded only in keeping sober himself. The broker had gone to Akron on a business venture which had collapsed, leaving him greatly in fear that he might start drinking again. He suddenly realized that in order to save himself he must carry his message to another alcoholic. That alcoholic turned out to be the Akron physician."

Reprinted with permission from A.A.W.S.



**Big Book page 49
"People of faith have a
logical idea of what life is all
about."
Reprinted with permission
from A.A.W.S.**

**Big Book, "Winner Takes All",
page 381**

"Today I am doing things that I never dreamed possible. More importantly, it is the peace and serenity I feel inside that keeps me coming back. I have been through hard times in and out of sobriety, but before A.A. it didn't matter how good things got - I always had a feeling that something was wrong. Since A.A., it doesn't matter how bad things get - I always have a feeling that everything is going to be all right."

Reprinted with permission from
A.A.W.S.

Big Book, Into Action, page 87

"If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer."

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Big Book, "It Might Have Been Worse", page 357

"The A.A. way of life is the way we always should have tried to live. 'Grant us the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference.' These thoughts become part of our daily lives. They are not ideas of resignation but of the recognition of certain basic facts of living."

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Minutes of the Coordinating Council
Thursday, February 11th, 2021

Susan, Council Chair called the 902nd meeting to order at 7:30 pm with a moment of silence followed by the “I am Responsible Declaration”.

Quorum was conducted by zoom poll function: 36 voted yes to being present as a Group Coordinator. Quorum is 33, so yes, we have a quorum to conduct business tonight.

January, 2021 Minutes were approved. m/s/c

Area 8 Representative: Monty, Alternate Delegate, shared that the General Service Conference Agenda has been posted to area8aa.org. There will be a DCM/Committee Chair Training Session on February 27th, 2021. All DCM and/or Committee Chair’s are asked to attend. PRAASA and General Service Conference will both be held virtually. **PRAASA** is March 5th thru 7th, 2021. The registration cost is \$15. Please visit area8aa.org for more info.

H & I Representative: Lauren shared that H&I is contacting locations to determine who is open for in-person panels. Recorded panels are now available. If members have relationships with facilities, they can set up an H&I panel. The H&I Committee can assist with this. Please visit sdhandi.org for more info.

AFTER HOURS PHONES: Johnny C., from the 9:30 Everynighters group volunteered and was unanimously approved as new After Hours Committee Chair:

1. Phones continue to be call-forwarded 24 hours a day
2. Thank you to the GROUPS for answering phones this month.
3. All Groups need to forward the calls themselves at the start of their 9:00 pm shift following the Call Forwarding Instructions.

BUSINESS COMMITTEE: Tom, Business Committee Chair reported: The Business Committee met on Tuesday, 2/09/2021 at 6:00 pm.

Present: Tom, Andy, Nick, Rich, Susan, Aleksey & Judi.

There was a quorum.

January, 2021 Minutes were approved.

January, 2021 Financial Statements approved, with a correction

January, 2021 Financial Summary:

January 2021 Net Revenue is \$-6,450. Our 2021 YTD Net Revenue is \$-6,450. Group and Individual Contributions were \$16,620. Literature Sales Revenue and CD Bank Interest were \$1,229 while total office and committee expenses were \$24,298.

Central Office Manager’s Report:

1. Bookstore will be closed Saturday, February 13, 2021 (Until Catherine, new Administrative Assistant, starts).
2. **February BOOK OF THE MONTH:** Hardcover 12x12. Sale \$6.90, Reg. \$8.90 Max: 5
3. **March BOOK OF THE MONTH:** Came to Believe. Sale \$3,00, Reg. \$5.00 Max: 5
4. **Special Sale Continues While Supplies Last:** *Our Great Responsibility* combined with *1st Edition Reproduction* combo is priced at \$8.50 plus tax.
 - a. For all literature purchases, you may email sdaaco@gmail.com or call Central Office at 619-265-8763 to place order for us to process.
 - b. We will create a sales receipt and take your Credit/debit card over the phone or you may leave a check at the time of pickup.
 - c. Scheduled pickups: Mon-Fri between 11 am–3 pm Sat 10 am–12 pm
5. Meeting updates continue to be active on our website with ongoing daily changes, along with groups coming online with their virtual meetings. As noted on our website, Masks AND 6 ft. distancing is required for in-person meetings.
6. Meeting Guide app: I am receiving emails from groups with their passcodes embedded in URL’s daily and making those edits on the website.
7. 2020 Audit was completed and is currently being reviewed by the Business Committee

Continued on page 6

Continued from page 5

8. A new button, "Virtual Visit to Central Office" is now on the home page of the website. Please take a look.
9. January 2021 Financials: Tapes & Misc shows a loss of **\$86.73**: We have a large backlog of Grapevine magazines and sold 200 of them at a loss last month to H&I.
10. February 15, - President's Day Holiday – Central Office Closed

Business Committee Member reports:

Old Business: There was none.

New Business:

1. A virtual group has requested to be added to our meeting schedule. It was decided that as virtual meetings are probably here to stay and ultimately it will best serve the fellowship and help in our primary purpose of carrying the message, we will add this meeting to our online meeting schedule. Additionally, a BC member will audit the meeting.
2. We agree to present a Bonus to our retiring Central Office Manager, Connie L.; with the intention of providing a net amount of \$5,000.00; the gross amount will be \$5,485.47.

CEC Adhoc Committee (Cooperating w/Elder Community): Kenny, Chair, shared that the committee had their first committee meeting on Zoom. Please send an email to Kenny at cec@aaasandiego.org if you would like to join this committee. Additionally, Kenny has requested that their new digitized pamphlet be added to the aaasandiego.org website.

COORDINATOR NEWSLETTER: No Report.

1. Please submit articles and original poems sharing your experience, strength and hope.
 - a. Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com

COORDINATOR OUTREACH: Danny, Chair: Need Committee Members

ORIENTATION & GUIDELINES: Tim M., new Committee Chair, shared:

1. 10 members attended Orientation tonight
 - a. 4 members, 6 new Coordinators
2. Orientation will now be held monthly at 6:45 pm on zoom prior to Council meeting.

PROGRAM COMMITTEE: No Report.

PUBLIC INFORMATION COMMITTEE: No Report

OLD BUSINESS:

Please continue to email your Zoom meeting URL's with passcodes embedded to Judi T. at sdaaco@aol.com in order for your meeting to have the full functionality of the Meeting Guide App.

NEW BUSINESS:

No New Business

Reminders:

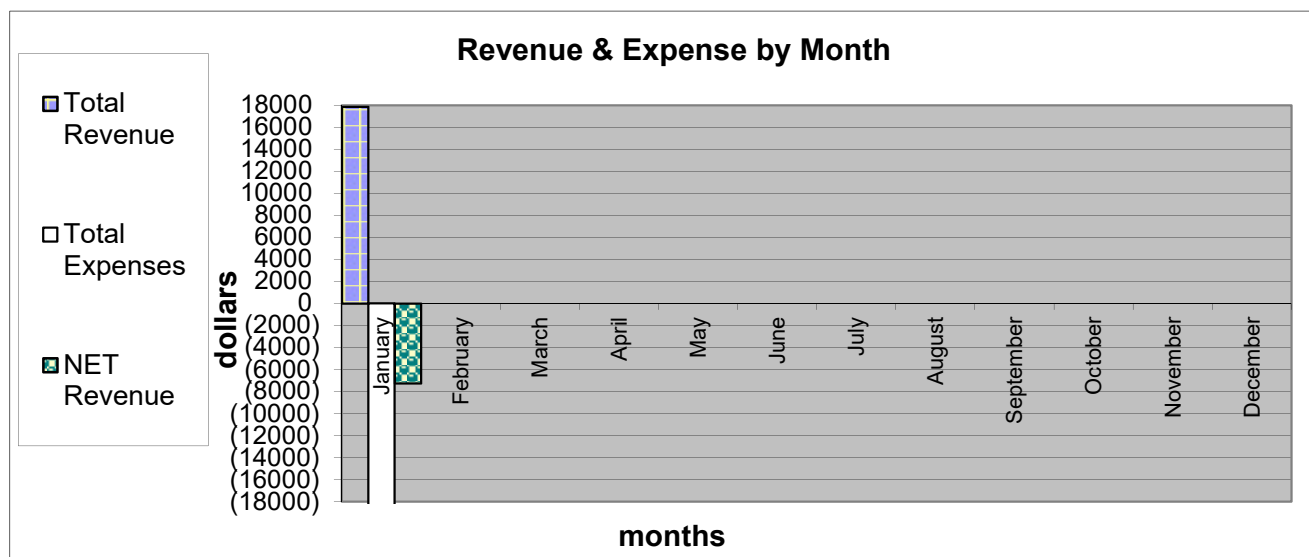
1. We plan on hosting Coordinating Council Meetings on Zoom for the foreseeable future. Please send:
 - a. Any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aaasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 3/1/2021.
2. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aaasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 3/1/2021.
3. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of January 31, 2021

| | January 21 | January 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|--|-------------------|------------------|-------------------|------------------|--------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 13,123.00 | 13,648.55 | 13,123.00 | 13,648.55 | (525.55) | 118,610.00 |
| Contributions Individual | 3,496.70 | 1,189.90 | 3,496.70 | 1,189.90 | 2,306.80 | 14,714.00 |
| Contributions SDIAA | - | 1,100.00 | - | 1,100.00 | (1,100.00) | 700.00 |
| Interest - Cert of Deposits | 39.58 | 221.96 | 39.58 | 221.96 | (182.38) | 1,000.00 |
| Literature Revenue (see schedule) | 1,188.73 | 1,398.46 | 1,188.73 | 1,398.46 | (209.73) | 12,000.00 |
| Total Revenue | 17,848.01 | 17,558.87 | 17,848.01 | 17,558.87 | 289.14 | 147,024.00 |
| Expense | | | | | | |
| Accounting & Legal | 90.00 | - | 90.00 | - | 90.00 | 2,930.00 |
| Auto/Travel/Seminar | 18.00 | 33.25 | 18.00 | 33.25 | (15.25) | 1,500.00 |
| Bank Service Charges | - | - | - | - | - | 50.00 |
| Cash (Over) Short | 0.39 | 2.58 | 0.39 | 2.58 | (2.19) | (50.00) |
| Checks Returned - Bad Debt | - | - | - | - | - | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 51.36 | 51.36 | - | 750.00 |
| Equipment Purchase | - | - | - | - | - | 750.00 |
| Insurance | 131.02 | 57.06 | 131.02 | 57.06 | 73.96 | 1,200.00 |
| Office Maint. & Repairs | - | 40.00 | - | 40.00 | (40.00) | 500.00 |
| Office Supplies | 83.95 | 31.99 | 83.95 | 31.99 | 51.96 | 3,000.00 |
| Rent | 1,940.00 | 1,900.00 | 1,940.00 | 1,900.00 | 40.00 | 23,600.00 |
| Taxes | - | 20.00 | - | 20.00 | (20.00) | 80.00 |
| Telephone | 216.50 | 227.97 | 216.50 | 227.97 | (11.47) | 2,460.00 |
| Utilities-Electricity | 244.09 | 427.49 | 244.09 | 427.49 | (183.40) | 3,500.00 |
| Website | 70.51 | 20.85 | 70.51 | 20.85 | 49.66 | 750.00 |
| EMPLOYEES | | | | | | |
| Accrued Payroll Taxes | 1,792.27 | 778.11 | 1,792.27 | 778.11 | 1,014.16 | 6,900.00 |
| Employee Wages | 18,254.76 | 6,622.20 | 18,254.76 | 6,622.20 | 11,632.56 | 79,999.00 |
| Employee 403B Contribution | 155.00 | 346.00 | 155.00 | 346.00 | (191.00) | 1,405.00 |
| Employee Health Benefit | 848.41 | 800.37 | 848.41 | 800.37 | 48.04 | 9,000.00 |
| Insurance-Worker's Comp | 43.25 | 43.25 | 43.25 | 43.25 | - | 500.00 |
| Total Office Expense | 23,939.51 | 11,402.48 | 23,939.51 | 11,402.48 | 12,537.03 | 138,824.00 |
| Standing Committees Expense | 358.35 | 545.51 | 358.35 | 545.51 | (187.16) | 8,200.00 |
| (see schedule) | | | | | | |
| Total Expense | 24,297.86 | 11,947.99 | 24,297.86 | 11,947.99 | 12,349.87 | 147,024.00 |
| Net Revenue | (6,449.85) | 5,610.88 | (6,449.85) | 5,610.88 | (12,060.73) | - |



Group Contributions January 2021

| Group | Jan-21 | Ytd 21 |
|---------------------------------------|--------|--------|
| 4077 Mash Step 11 - 2027 | 180.00 | 180.00 |
| 5.30 Meditation - 3085 | 293.00 | 293.00 |
| A Sense Of Belonging Womens-1205 | 107.00 | 107.00 |
| A Womans Meeting - 1717 | 500.00 | 500.00 |
| Back to Basics - 1026 | 200.00 | 200.00 |
| Casa De Oro Tradition Five - 503 | 150.00 | 150.00 |
| Clairemont Mens - 301 | 326.00 | 326.00 |
| Clairemont Mixed Discussion - 338 | 100.00 | 100.00 |
| Clairemont Womens Step Study - 341 | 440.50 | 440.50 |
| D.D.G.T.M. - 767 | 100.00 | 100.00 |
| Daily Reflection - 3114 | 275.00 | 275.00 |
| Dignity Unlimited - 205 | 250.00 | 250.00 |
| Early Morning Recovery - 2688 | 148.50 | 148.50 |
| El Cajon Beginners - 2876 | 40.00 | 40.00 |
| Emotional Sobriety (Hillcrest) - 2536 | 25.00 | 25.00 |
| Fletcher Hills Smokeless - 59 | 60.00 | 60.00 |
| Friday Night Irregulars - 2889 | 137.67 | 137.67 |
| Gilman Group - 1988 | 155.59 | 155.59 |
| Haul Your Hiney Out Of Bed - 704 | 150.00 | 150.00 |
| Joy Of Living - 2787 | 129.00 | 129.00 |
| Just Us Girls - 929 | 36.80 | 36.80 |
| Knuckleheads - 3182 | 155.00 | 155.00 |
| La Jolla Sunrise - 2684 | 500.00 | 500.00 |
| Meetin' in the Ladies Room - 2614 | 105.00 | 105.00 |
| Mens Focused Step Study - 3217 | 338.00 | 338.00 |
| Mid-Week Mens ZOOM - 3243 | 100.00 | 100.00 |
| Mission Hills Beginners - 1612 | 200.00 | 200.00 |
| Mission Hills Lunch Bunch - 2675 | 300.00 | 300.00 |
| Mt Soledad Mens - 717 | 500.00 | 500.00 |
| * Nightly Discussion - 3248 | 92.13 | 92.13 |
| No Matter What Womans Group-2325 | 96.88 | 96.88 |

| Group | Jan-21 | Ytd 21 |
|-------------------------------------|--------|--------|
| Noontime on the Patio - 2203 | 57.69 | 57.69 |
| North Clairemont - 1102 | 200.00 | 200.00 |
| North Park Mens - 465 | 158.00 | 158.00 |
| North Shores Breakfast - 275 | 150.00 | 150.00 |
| Over The Bridge - 2689 | 403.75 | 403.75 |
| Radical Acceptance Meeting - 2961 | 520.00 | 520.00 |
| Rise & Shine - 2170 | 300.00 | 300.00 |
| Sat Mens Early Awakening - 2209 | 100.00 | 100.00 |
| Sobriety At All Cost - 3006 | 463.00 | 463.00 |
| Sons of God - 2789 | 660.00 | 660.00 |
| Sorrento Valley Nooner - 544 | 339.50 | 339.50 |
| Spiritual Awakening - 2275 | 223.51 | 223.51 |
| The Common Solution - 3007 | 105.34 | 105.34 |
| The Hole In The Doughnut - 2737 | 258.50 | 258.50 |
| The Other Meeting - 857 | 100.00 | 100.00 |
| * The Rogue Meeting | 452.35 | 452.35 |
| The We Group - 2739 | 350.00 | 350.00 |
| Three Legacies Study Group - 3230 | 56.09 | 56.09 |
| Thursday Steps - 646 | 359.40 | 359.40 |
| * Toes in the Sand | 50.00 | 50.00 |
| *Trust God,Clean House,Help Others | 14.20 | 14.20 |
| Tuesday Night Primary Purpose - 130 | 321.50 | 321.50 |
| University City Disc.- 368 | 106.50 | 106.50 |
| University City Womens - 369 | 200.00 | 200.00 |
| Whistling In The Dark Mens - 2943 | 200.00 | 200.00 |
| Wholesale Miracle - 2474 | 32.00 | 32.00 |
| Women In Harmony - 1807 | 96.00 | 96.00 |
| Womens Step Study - 296 | 231.60 | 231.60 |
| Womens Thursday Nite - 514 | 114.00 | 114.00 |
| Womens TLC - 2814 | 67.50 | 67.50 |



Thank you for supporting
your San Diego Intergroup
Central Office in carrying the
message to the suffering alcoholic.

Group Secretaries/Treasurers


Please include an email address with your Group
Contributions, if you wish to receive a receipt.




"Newcomer Literature"

button  on our aasandiego.org
website. Zoom & Telephone meetings
can direct newcomers to
17 different pamphlets plus
the Big Book and 12x12.



Each day that your Group participates in
the work of our local AA services, whether
through those who
"Contribute their Time" 

or Group Contributions something
wonderful happens in AA. When a
newcomer calls us and finds your meeting,
it is indeed a miracle. Your contributions
show that you care about the services we as
a fellowship provide and continued  for
the newcomer that reaches out for help.

Words cannot fully express the deep
gratitude about the energy that your AA
Group devotes into carrying the message of
hope to the still suffering alcoholic.




Thank you to all of the AA members for their individual contributions.
Some choose to contribute \$1 or \$2 on their **sobriety birthdays** for
each sober year or sending your 7th tradition directly to Central Office.

- ❖ Are You Being Heard?
- ❖ AA needs your Group's opinions, thoughts, comments and VOTE
- ❖ Of the 760 registered groups in San Diego only 63 groups are registered with the Coordinating Council
- ❖ Is your Group one of them?
- ❖ For information about registering call Judi or Catherine at Central Office - 619-265-8763




On March 1, 1941: History was made when the Saturday Evening Post published "Alcoholics Anonymous" by Jack Alexander



NEW! "Virtual Visit to Central Office" button  on our aasandiego.org website. It's been awhile since we've seen you! Come on in and have a look around!

Looking for meetings that are held in-person and outdoors?

Go to our website: aasandiego.org

- Go to the "San Diego Meetings" Icon on the menu bar at the top 
- Select "Outdoor Meeting" from the "Anytype" drop down menu
- COVID-19 Procedures: Masks required, 6 feet social distancing, bring your own coffee and no outside food

Big Book, "A Vision For You", page 164

"Abandon yourself to God as you understand God.

Admit your faults to Him and to your fellows.

Clear away the wreckage of your past.

Give freely of what you find and join us.

We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

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Thank you to all of our Phone Volunteers!

Our Phones continue to be answered 24/7 thanks to you. Your service is a shining example of "Carrying the Message".

Please remember: Call Forwarding

Instructions can be found on the

Group Documents Page 

of our website: aasandiego.org

Your group is responsible for forwarding the phones at the start of every shift



Download the Meeting Guide app to find meetings near you.

You can find an MP4 Video and Written Instructions on using the new Meeting Guide App on the homepage: aasandiego.org

Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| May 31 | Memorial Day | Monday |
| July 5 | Independence Day | Monday |
| September 6 | Labor Day | Monday |
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|----------------------------------|------------------|
| Group Contributions | \$13,123 |
| Individual Contributions | 3,497 |
| SDIAA Contributions | 0 |
| Literature & Interest | 1,228 |
| Total Revenue | \$17,848 |
| Central Office Expenses | -23,940 |
| Committee Expenses | -358 |
| Total Expenses | -\$24,298 |
| January 2021 Net Revenue | -\$6,450 |
| 2021 YTD Revenue | -\$6,450 |

◆ **March's Book of the Month** is "Came to Believe" - on sale for \$3.00 plus tax, max 5



◆ **April's Book of the Month** is "Big Book" - Hard Cover - on sale for 7.50 plus tax, max 5



◆ You can still get ***Our Great Responsibility*** combined with ***1st Edition Reproduction*** Combo for the price of \$8.50 plus tax



◆ **Email or call to place your order—**
sdaaco@gmail.com; call 619-265-8763



◆ **Pick Up Hours are:** Mon—Fri, 11 am—3 pm, or Sat 10 am—12 Noon



◆ **Pay with credit/debit over the phone** or bring a check

◆ **It's that easy!**



Came to Believe



Came to Believe, "Mathematical Miracle" page 74

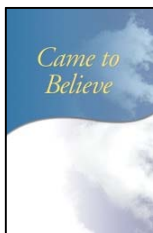
"Finally, he found a basement bar on a quiet side street, practically deserted. He sat down on a bar stool and ordered a double bourbon on the rocks. The bartender said, 'Yes, sir,' and reached for a bottle.

Then the bartender stopped in his tracks, took a long hard look at the customer, leaned over the bar, and said in a low tone, 'I was in Milwaukee about four months ago, and one night I attended an open meeting. You were on the speaking platform, and you gave one of the finest A.A. talks I ever heard.' The bartender turned and walked to the end of the bar

For a few minutes, the customer sat there - probably in a state of shock. Then he picked his money off the bar with trembling hands and walked out, all desire for a drink drained out of him.

It is estimated that there are about 8,000 saloons in Chicago, employing some 25,000 bartenders. This man had entered one saloon in 8,000 where he would encounter the one man in 25,000 who knew that he was a member of A.A. and didn't belong there." Chicago, Illinois

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- | | | |
|-----------|--------------|-------------|
| BARTENDER | ENCOUNTER | PLATFORM |
| BELIEVE | FINALLY | PRACTICALLY |
| BELONG | FINEST | QUIET |
| BOTTLE | HANDS | SALOON |
| BOURBON | MATHEMATICAL | SHOCK |
| CAME | MEETING | SPEAKING |
| CHICAGO | MILWAUKEE | STOPPED |
| DESERTED | MINUTES | TRACKS |
| DRAINED | MIRACLE | TREMBLING |
| DRINK | ORDERED | WALKED |

SERENITY PRAYER

God grant me the serenity to accept the things I cannot change
 The courage to change the things I can
 And Wisdom to know the difference

“This prayer has been credited to almost every theologian, philosopher and saint known to man. It was actually written around 1932 by Dr. Reinhold Niebuhr of the Union Theological Seminary in New York City, as the ending to a longer prayer. In 1934, the doctor’s friend and neighbor, Dr. Howard Robbins, asked permission to use this part of the longer prayer in a compilation he was making at the time. It was published in that year in Dr. Robbin’s book of prayers.

The prayer came to the attention of an early member of A.A. in 1940. He read it in an obituary in the New York Herald Tribune. He liked it so much he brought it to G.S.O., then on Vesey Street, for Bill W. to read. When Bill and the staff read the little prayer they felt that it particularly suited the needs of A.A. Cards were printed and passed around. Thus has this simple little prayer become a part of the A.A. literature.” (From the July, 1961 A.A. Exchange Bulletin)

thank you!

FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ 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
- ◇ Send your Contributions to:



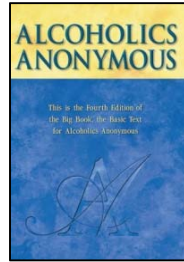
Visit Us at
aasandiego.org

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

**Big Book; "Winner Takes All",
pages 377 - 378**

"It was at this point in my life that I called Alcoholics Anonymous and asked for help. They sent two ladies over to my house. They sat with me, and I told them that I drank because my marriage was bad. One of the ladies held my hand and said, 'That is not why you drink.' I told them I drank because I was part German. She patted my hand and said, 'No, that's not why you drink.' Then I told them I drank because I was legally blind. They said, 'No, that's not why you drink.' and they started to explain to me that alcoholism is a disease. They shared their stories with me and told me how alcohol had taken over their lives."

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Big Book, How It Works, page 68

"The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

Reprinted with permission from A.A.W.S.

Big Book, "It Might Have Been Worse", page 356

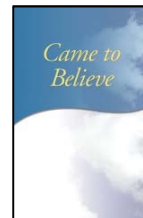
"A spiritual experience to me meant attending meetings and seeing a group of people all there for the purpose of helping each other; hearing the Twelve Steps and the Twelve Traditions read at a meeting; and hearing the Lord's Prayer, which in an A.A. meeting has such great meaning - 'Thy will be done, not mine.' A spiritual awakening soon came to mean trying each day to be a little more thoughtful, more considerate, a little more courteous to those with whom I came in contact."

Reprinted with permission from A.A.W.S.

Big Book page 59

"Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon."

**Reprinted with permission from
A.A.W.S.**



**Came to Believe, "On a Winter's Day"
page 46**

"I knew I had to have a new beginning, and this beginning had to be here. I could not start anywhere else. I had to let go of the past and forget the future. As long as I held on to the past with one hand and grabbed at the future with the other hand, I had nothing to hold on to today with. So I had to begin here, now.

The next time I went back to my A.A. group, the "happy hypocrites" looked different to me, I began to see love in their eyes, a greater warmth than I had ever seen before, I mentioned it to my sponsor, and he said, 'The reason you see love in these people's eyes is because you are beginning to love them. The love that we see in their eyes is the reflection of our own love. We have got to love to be loved.'" Decatur, Georgia

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Came to Believe, "Reason or Conscience?" page 82

"I do not have to be guided to shave each morning, nor to have a bath (however occasionally), nor can I rely on supernatural intervention to help me slosh a golf ball the way it ought to be sloshed. But I have been guided to know that I must make amends for the grief and worry I visited on my loved ones during the dark days. When, in all humanity, I try to pass our message on to other less fortunate alcoholics, I know that the plan of the Higher Power comes to us through the medium of people. To us alcoholics, this does not mean common or garden people, but special people, such as other alcoholics. And I am guided to include among the people from whom I might receive guidance, and to whom I must demonstrate the life of my conscience or Higher Power, those who married me, loved me, befriended me, and stuck by me, as other stuck by other alcoholics.

It matters not whether reason or conscience showed me the way. I came to believe in a Power greater than myself, and that has been my salvation." Bulawayo, Rhodesia

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Step Three (A Decision and a Prayer)

Continued from page 1



the astounding promises on page 63 begin to happen right away (*before the prayer*). My sponsor allowed near-zero time between the decision and the prayer. *Immediately* following Step Two we prayed the Third step prayer together.

Those promises began to manifest shortly thereafter and have continued to this day! I especially appreciate the promise of being reborn. This means to me that I can now see and act on the truth in drink. I have not had to drink alcohol since! I like the saying: *"I can't. God can! I'll ask Him to help me."* And I would like to add: NOW.

The Third Step decision, followed by a prayer-of-askance, does not provide a comprehensive assurance of continuing sobriety. A decision minus action is only an intention. Half measures availed us nothing. Someone said: *"God will help you with the steps, but He won't do them for you."* We are told: *"This was only a beginning."* Then we are told to *launch out* on a course of vigorous action. This, of course, would be to follow the clear-cut Twelve Step directions from our basic text.

My sponsor was adamant concerning the Big Book timetable, not only with for first three, but as prescribed throughout all the

steps. I was so lucky to be afforded a Big Book sponsor. Thank you, God!

~ Bob S.

The Delusion Had to be Smashed

Continued from page 1

those years starting off as lampshade drunkenness. Then the tolerance started to develop to the point that I was pretty good at drinking. That only lasted for a short time, and then I entered into the black-out phase and that wasn't a pretty sight. My first wife left me, and for the next two years I went through the self-pity phase when I hung out in bars and got into fights, got locked up, and cried in my beer a lot.

I spent much of those last few years thinking that one day I would evolve into a responsible adult and put all of it behind me, but that never happened. Then one day I woke up from a black-out drunk and somehow realized that if I didn't do something about my drinking, I was going to die a young and horrible death. I threw in the towel, called AA, and started this wonderful journey.

As I look back on it now, I can understand why alcohol had the effect on me that it didn't have on nine out of ten of the others that I drank with in those early days. We were all partying, and the alcohol masked the differences between them and me. They enjoyed it all right, but they went home and went to work the next morning. I went right back to the bar again and in search of that euphoria I experienced that first time I drank and every time thereafter.

After years of sobriety, it occurred to me that the drink quelled all of those fears and inhibitions that we

alcoholics face each morning upon awakening that the normal drinker never has to face. That is what makes us different. Once our tolerance for alcohol is depleted, it never returns. That is the hardest fact for the alcoholic to face.

In chapter 3 of the Big Book it states, "The delusion that we are like other people, or presently may be, has to be *smashed*. We know that no real alcoholic ever recovers control." In my early days of sobriety at the meetings in Los Angeles, most of the meetings that I attended read a portion of chapter three as well as the portion of chapter five that we do here. That portion of the book drives home the true nature of this disease, but they stopped reading at the words: "ad infinitum."

I suggest that a person read one more paragraph after that that always brought home to me the fact that I was responsible for my own recovery. If I had a desire to stop drinking, AA could help me accomplish that, but by no means will it work for me until I except that devastating fact.

The abnormal fears and inhibitions that I faced in the beginning of my AA journey are no longer a problem now that I have embraced the program in the spirit that is suggested.

All I would need to do to have them return would be to rest on my laurels and ignore the wisdom of those who came before me and that is not going to happen here. I may be sick but I'm not foolish.

We get a daily reprieve based upon the maintenance of our spiritual condition and as long as I have days left, I am not finished.

~ Rick R.

God Leaves the Door Open for Everyone

Continued from page 1

ourselves" could restore me to sanity, I wonder if A.A. would have succeeded in the way that it has, especially when we consider the problems that the Oxford group had with this issue.

I have seen people talking of religion, and others that were irritated with any talk of God, yet we still hold hands at the end of the meeting and say a prayer and everyone leaves the meeting feeling a little better.

I personally know priests and ministers in the program, and they seem to adjust to the diversity of the landscape. I wish that it could be simpler for each person, but there are no two people that are identical in this matter.

Speaking for myself, if I wanted to be freed from the deadly obsession of alcoholism, I had to trust the guidance of the two books that are suggested, and the leadership of the more experienced members of the group, to come to terms with a concept of a power greater than myself. I was the one in the 12&12

that "tried religion and had found it wanting." I also read that, "even the militant atheist got through the hoop with room to spare." I did not believe in the God of the religionist in the same way that I thought, they did, but I did not think I was an atheist either.

The Power Greater than myself

came to me as a *profound Change of Perception* brought about by the Love, Understanding and Compassion I sensed as they welcomed me.

These experiences were a great way for me to start, but NOW, WHAT ABOUT PRAYER? Who or what do I pray to?

I heard about doorknobs and icons, the ocean, and other such things but that way of thinking did not set well with me. I did not want

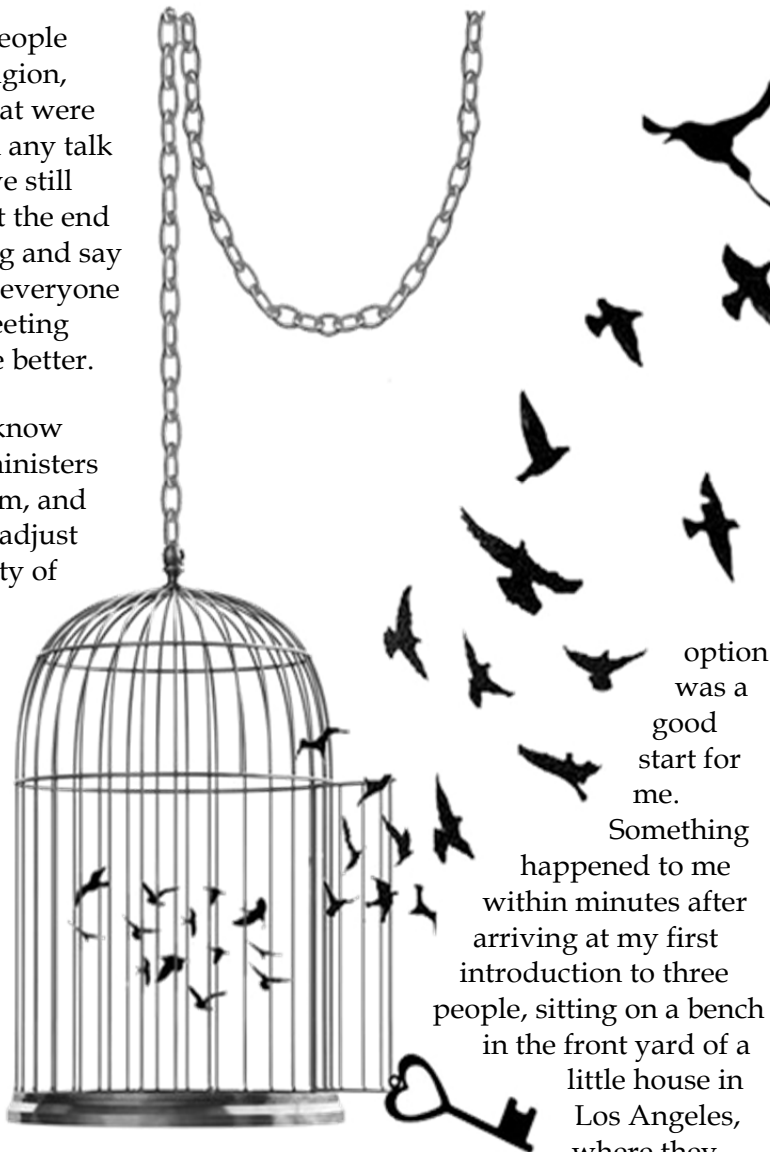
to be too glib about such an important matter. Then I noticed that, in step two, it did not say that I had to believe *in* anything, only that I had to believe *that* a power greater than myself, could restore me to sanity.

The collective wisdom of the AA program and the people in it have been the framework for my faith in a higher power. The experience that I had in that front yard, fifty-one years ago, was all I needed to know to get on with the rest of the program.

I pray to God every day to show me what to do and to give me the strength to do it and I still do not know for sure, who or what God is. I use the word God, only to describe the spiritual influence that A.A. has had on this drunk.

I pray to God as I understand God, and he expresses himself in my consciousness, the only thing left for me to do is to separate the wheat from the chaff.

~ Rick R.



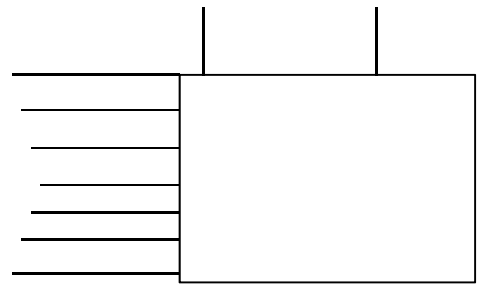
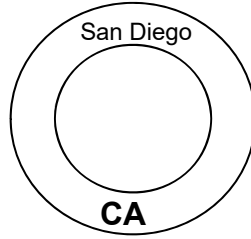
option was a good start for me.

Something happened to me within minutes after arriving at my first introduction to three people, sitting on a bench in the front yard of a little house in Los Angeles, where they

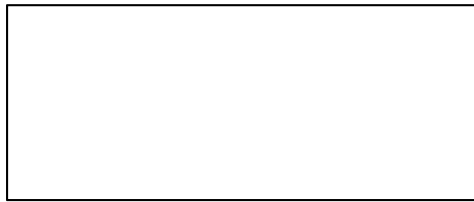
held their meetings: the obsession to drink was gone, and I have not had, nor wanted, a drink since then.

You might call that a miracle, and you might be right, depending on your definition of a miracle, but it

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



RETURN SERVICE REQUEST





aasandiego.org

The San Diego AA Coordinator



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

"Made a searching and fearless moral inventory of ourselves."

Reprinted from AA Big Book, page 59

APRIL 2021
VOL. LXIX NO. 4

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11

"Carry the AA Message"

Join the fun and submit an article!

May (due 4/27/21)

"The exact nature of our wrongs"

June (due 5/25/21)

"All these defects of character"

July (due 6/27/21)

"Humbly..."

Submit your 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Rewards of Step 4

I faced Step Four with some trepidation, but my sponsor did not allow time for irrational fear to take over. He had me begin "Spontaneous writing" immediately after we prayed the Third Step Prayer. I was instructed to ask God to help me write down where I had been selfish, dishonest, resentful, or afraid. This process lasted about a week. At our next meeting we used this list to follow (read and do) the clear-cut Step Four directions from the Big Book. This session took only

Continued on Page 14

Those Friends Thou Hast Friends and Acquaintances

Those friends thou hast, and their adoption tried, Grapple them unto thy soul with hoops of steel.

(William Shakespeare)

Every so often at an Alcoholics Anonymous (A.A.) meeting I hear a newcomer share that most of his old friends stopped coming around and that he thought that he was losing them. Sometimes this may be distressful and may cause a person to question whether the sacrifice is worth the loss of those old acquaintances.

Continued on Page 14

The Enabling Process Can go on Forever if I Thought It Would Help

As a practicing alcoholic, I became *very crafty* when it came to manipulating the people who loved me. I made promise after promise to change the way I did things, but I always *disappointed them*, which only made things worse for them and for me, as I see it now. What they did not know then was that most of the time, when they gave in trying to meet my requests, *they were not helping me*. Well meaning

"When I was turned down, I just went to the next one on my list, until I found someone that could not say no."

as they were, they were, in fact, *enabling me*, and that only *perpetuated my problem*. When I was turned down, I just went to the

Continued on Page 15

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 CURBSIDE ONLY:****Mon-Fri 11 am to 3 pm and Sat 10 am to 12 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Catherine S.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|----------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Johnny | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperating with | Kenny | cec@aasandiego.org |
| Elderly Ad-Hoc (CEC) | | |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R, Rob S**April Theme:** "Searching and Fearless"**Newsletter by electronic version only at this time.****Please sign up to receive by email.****Send to:** 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

**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 the [upload form](#).



Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems to: sdaa.newsletter@gmail.com – 200 words or less.

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.

Birthday Gratitude

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.

Central Office Phone Calls and Website Hits

Our AA Phones continue to be answered 24hrs/7 days via call-forwarding by volunteers.

Central Office is grateful for our Volunteers

**After Hours Groups:
Please remember to forward calls yourselves at the beginning of your 9:00 pm shift!**

| Website Hits | February | Total |
|--------------|----------|-----------|
| | 33,909 | 7,508,611 |

In Memory

Sober Tom passed away on 2/8/21

In Memory of Sober Tom

Sober Tom began his journey in Alcoholics Anonymous on October 1, 1992. As he would tell it, he was resistant when he arrived to AA, but after time he shared that he found a home to thrive in a sober living. Sober Tom was a man of few words with an infectious laugh. He delighted in putting a smile on your face. Tom and I sent emails every year to each other celebrating our AA Anniversaries in October and I know he was doing the same for so many others to touch their day.

It was his desire to serve the Fellowship that saved his life wherever he could. Many have felt his presence in our Fellowship through his carrying the message in his AA Meetings, his service work for H & I, After-Hours Phones and the Coordinator Newsletter Committee and attendance at all AA Events.

Sober Tom served for years with H & I taking panels to "Work Furlough". He invited me to participate on a panel; when hesitant, he said he would pick me up. I believe that experience paved the way for my own participation in panels to Calpatria State Prison. Sober Tom WAS always available to help with Central Office Phones through filling in on a shift or helping the After-Hours Phone Groups. Every month, Sober Tom was at the Coordinator Newsletter Collating Party to socialize and help the newbie.

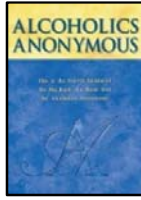
Sober Tom served as Central Office Administrative Assistant for a period. His desire was to help everyone that walked into Central Office. Sober Tom passed away on February 8, 2021. His presence will be forever missed.

Connie L.

Big Book; "Fear of Fear", page 294

"It really wasn't living. Now I feel so very grateful not only for my sobriety, which I try to maintain day by day, but I'm grateful also for the ability to help other people. I never thought I could be useful to anyone except my husband and my children and perhaps a few friends. But A.A. has shown me that I can help other alcoholics."

Reprinted with permission from A.A.W.S.

**Big Book; "The Doctors Opinion", page xxvii**

"We doctors have realized for a long time that some form of moral psychology was of urgent importance to alcoholics, but its application presented difficulties beyond our conception. What with our ultra-modern standards, our scientific approach to everything, we are perhaps not well equipped to apply the powers of good that lie outside our synthetic knowledge."

Reprinted with permission from A.A.W.S.

Big Book; "Tightrope", page 365

"I did not fall in love with A.A. at first glance. The man who took me to my first meeting later became my first sponsor, and he had to put up with objections, arguments, questions, and doubts--everything a trained but very muddled legal mind could throw at him. He was gentle with me. He did not push his opinions on me. He had the sense to see that I was so afraid and so used to being alone that I could not face a "hard sell" approach. He listened to my questions, answered some, and suggested that I could best answer others myself. He refused to argue but was willing to explain and share his own experiences. I had asked him to be my sponsor before I knew what he did for a living and I felt I could not back out of the relationship when I discovered he was a minister."

Reprinted with permission from A.A.W.S.

Big Book; "We Agnostics", page 55

"Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were."

Reprinted with permission from A.A.W.S.

Big Book; "Into Action", page 85

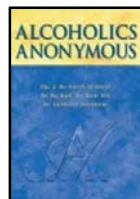
"We are not cured of alcoholism. What we have is a daily reprieve contingent on the maintenance of our spiritual condition."

Reprinted with permission from A.A.W.S.

Big Book; "There Is A Solution", page 17

"We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steeage to Captain's table."

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**Big Book; "Listening To The Wind", page 467**

"The Twelve Steps worked like a crowbar, prying into my dishonesty and fear. I didn't like the things I learned about myself, but I didn't want to go back where I had come from. I found out that there was no substance on the planet that could help me get honest. I would do just about anything to avoid working on myself."

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Big Book; "To Handle Sobriety", page 559

"For example, we are told in A.A. that we cannot afford resentments and self-pity, so we learn to avoid these festering mental attitudes. Similarly, we rid ourselves of guilt and remorse as we "clean out the garbage" from our minds through the Fourth and Fifth Steps of our recovery program. We learn how to level out the emotional swings that got us into trouble both when we were up and when we were down.

We are taught to differentiate between our wants (which are never satisfied) and our needs (which are always provided for). We cast off the burdens of the past and the anxieties of the future, as we begin to live in the present, one day at a time. We are granted "the serenity to accept the things we cannot change"--and thus lose our quickness to anger and our sensitivity to criticism."

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Minutes of the Coordinating Council
Thursday, March 11th, 2021

Susan, Council Chair called the 903rd meeting to order at 7:30 pm with a moment of silence followed by the “I am Responsible Declaration”.

Quorum was conducted by zoom poll function: 35 voted yes to being present as a Group Coordinator. Quorum is 31, so yes, we have a quorum to conduct business tonight.

February, 2021 Minutes were approved. m/s/c

Grapevine Representative: James K. shared a YouTube video from the Grapevine website and shared that he was here tonight to recruit Grapevine Representatives from meetings and Grapevine Committee members. He also shared the variety of ways the Fellowship can digitally access the Grapevine.

Area 8 Representative: Monty, Alternate Delegate, shared that the Pre-Conference workshops are scheduled for March 13-14. The flyer can be found on the calendar section of the area website, area8aa.org. The workshops are open to anyone. The conference agenda can also be found on the area website. The next Area Assembly will be held on April 10th and The General Service Conference will run from April 17-24.

H & I Representative: Lauren shared that Sharp Mesa Vista is now available for in-person panels. H&I has a need for facility coordinators. The H&I Orientation is still happening on the Third Thursday of every month on Zoom. Additionally there will be an H&I panel at the San Diego Spring RoundUp. Please visit sdhandi.org for more info.

AFTER HOURS PHONES: Johnny C., Chair shared:

1. Phones continue to be call-forwarded 24 hours a day
2. Thank you to Midday Miracles group for stepping up to cover the 25th of every month
3. We need 4 Committee members to help with calling groups to remind them of their commitments
4. Thank you to the GROUPS for answering phones this month.
5. All Groups need to forward the calls themselves at the start of their 9:00 pm shift following the Call Forwarding Instructions.

BUSINESS COMMITTEE: Tom, Business Committee Chair reported: The Business Committee met on Tuesday, 3/09/2021 at 6:00 pm.

Present: Tom, Andy, Nick, Rich, Susan, & Judi.

There was a quorum.

February, 2021 Minutes were approved.

February, 2021 Financial Statements were approved

February, 2021 Financial Summary:

February 2021 Net Revenue is \$-4,544. Our 2021 YTD Net Revenue is \$-10,994. Group and Individual Contributions were \$10,694. Literature Sales Revenue and CD Bank Interest were \$717 while total office and committee expenses were \$15,955.

Central Office Manager's Report:

- **March BOOK OF THE MONTH:** Came to Believe. Sale \$3,00, Reg. \$5.00 Max: 5
- **April BOOK OF THE MONTH:** Hardcover Big Book. Sale \$7.50, Reg. \$9.50 Max: 5
- **Special Sale Continues While Supplies Last:** *Our Great Responsibility* combined with *1st Edition Reproduction Big Book* combo is available for \$8.50 plus tax
 - For all literature purchases, please email sdaaco@gmail.com or call Central Office at 619-265-8763 to place your order.
 - We will create a sales receipt and take your credit/debit card over the phone or you may leave a check at the time of pickup.
 - Scheduled pickups: Mon-Fri between 11 am–3 pm Sat 10 am–12 pm
- Meeting updates continue to be active on our website with ongoing daily changes. There are still meetings that are coming online with their virtual meetings. As they do, I am requesting their URL's with their passcode embedded. Additionally, more and more meetings are opening up in-person. Currently, in San Diego, there are:
 - 669 total meetings per week
 - Out of these
 - 425 are online meetings
 - 196 are in person meetings
 - 48 are Hybrid meetings
- Currently there is a large gap in the data that is on the Meeting Finder on the website and the Database. When meetings went down last March we did not anticipate that they would be down for this long so we decided not to alter the data in the database at that time. We did not note that meetings were closed nor did we add any Zoom information. Now, however, in order to anticipate any type of future printed schedule, we must synchronize the data in the database to the Meeting Finder on the website.

Continued on page 6

Continued from page 5

- It has been over a year since we have had a printed schedule. I have been receiving requests, primarily from our call-forwarding volunteers, but also from the fellowship for printed schedules. As a result, I created a PDF Meeting schedule that is available to print from the homepage of the website. As more meetings open up, there will inevitably come a point in time where it will not make sense to continue updating this document, but rather to proceed with returning to a printed schedule booklet. In order to make this financially feasible and not create something that will be out of date in a short amount of time, the Business Committee will need to determine when this will make the most sense, possibly by calculating the percentage of meetings that have reopened (i.e., 75-80%?).
- The Serenity Shop in Clairemont has officially closed. We are keeping track of the number requests we are receiving for items that we would normally refer to the Serenity Shop.

CEC Adhoc Committee (Cooperating w/Elder Community): Kenny, Chair, shared that

1. The CEC Committee meets every 2nd Wednesday at 6:30 pm via Zoom.
2. The "Alcoholism and the Elderly" pamphlet is now posted on the aasandiego.org website.
3. CEC has requested and will mail printed CEC/AA literature to the Lions Club.
4. The CEC was asked to participate/present at the Seniors in Sobriety Conference being held in San Diego in October and accepted the invitation. Details to follow.

COORDINATOR NEWSLETTER: No Report.

1. Please submit articles and original poems sharing your experience, strength and hope.
 - a. Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com

COORDINATOR OUTREACH: Danny, Chair: Need Committee Members

ORIENTATION & GUIDELINES: Tim M., new Committee Chair, shared 3 new Coordinators attended Orientation tonight

PROGRAM COMMITTEE: New Chair, Neely will be in contact with Alt. Delegate Wayne regarding Founders Day/Unity Day picnic

PUBLIC INFORMATION COMMITTEE: James, Chair shared:

1. The PI Committee is responsible for taking requests from schools and other facilities to help spread the message about A.A.
2. We are in need of Committee members

OLD BUSINESS: None

NEW BUSINESS:

Chair's Vision for 2021: Rebuilding our Committees, Recruiting new members, Reviewing and rewriting our Guidelines and procedures in a flexible way that conforms to what we are actually doing and prepares us to move forward in a way that best serves our AA community, regardless of the changes we encounter. Toward that end:

- a) We need All Coordinators to please inform your groups:
 - a. All Committees are in need of members. Committee Members do not need to be Coordinators to join a Committee. They can just come to next month's Council meeting.
 - b) Committee Chairs: Please begin meeting monthly again via Zoom. We have an Intergroup Zoom account that you can use. Contact Aleksey for more information. Once you have begun meeting regularly, please submit your reports in writing the email addresses below no later than 10:00 am on the Friday following the Council meeting. Please also send Judi the Zoom meeting information so that she can update the online Service calendar.
 - c) We need all Committee Chairs to start reviewing and updating their portion of the Guidelines.

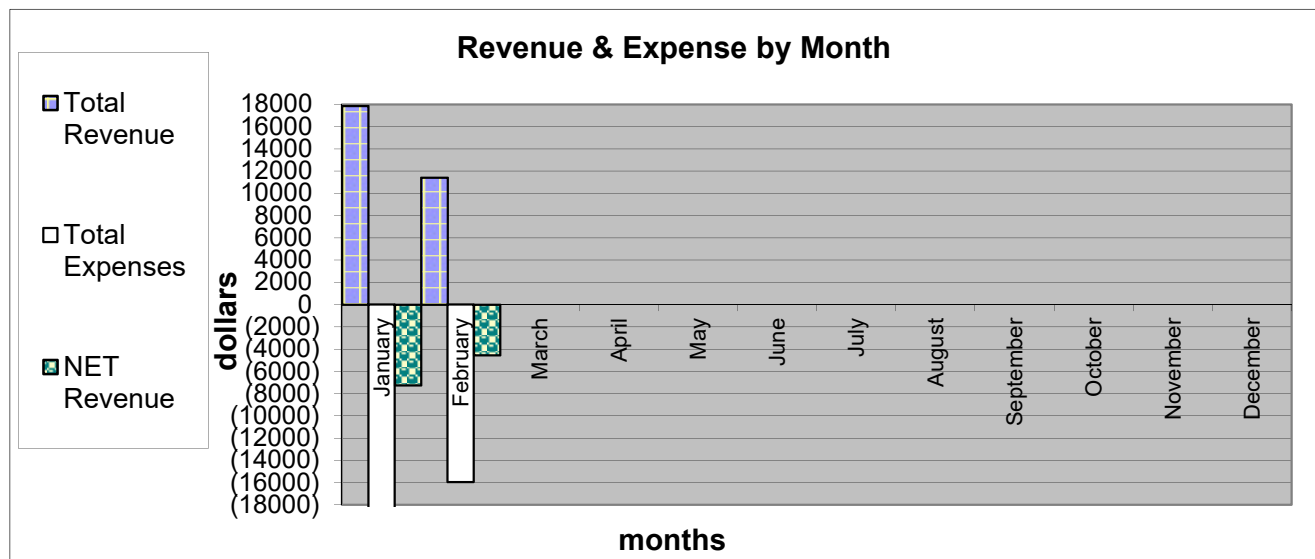
Reminders:

1. We plan on hosting Coordinating Council Meetings on Zoom for the foreseeable future. Please send:
 - a. Any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 4/1/2021.
2. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 4/1/2021.
3. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,
Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of February 28, 2021

| | February 21 | February 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|--|-------------------|-------------------|--------------------|------------------|--------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 9,162.32 | 8,394.05 | 22,285.32 | 22,042.60 | 242.72 | 118,610.00 |
| Contributions Individual | 1,531.32 | 141.76 | 5,028.02 | 1,331.66 | 3,696.36 | 14,714.00 |
| Contributions SDIAA | - | - | - | 1,100.00 | (1,100.00) | 700.00 |
| Interest - Cert of Deposits | 34.95 | 191.76 | 74.53 | 413.72 | (339.19) | 1,000.00 |
| Literature Revenue (see schedule) | 682.47 | 1,067.65 | 1,871.20 | 2,466.11 | (594.91) | 12,000.00 |
| Total Revenue | 11,411.06 | 9,795.22 | 29,259.07 | 27,354.09 | 1,904.98 | 147,024.00 |
| Expense | | | | | | |
| Accounting & Legal | 1,990.00 | - | 2,080.00 | - | 2,080.00 | 2,930.00 |
| Auto/Travel/Seminar | 8.00 | 30.50 | 26.00 | 63.75 | (37.75) | 1,500.00 |
| Bank Service Charges | 10.00 | - | 10.00 | - | 10.00 | 50.00 |
| Cash (Over) Short | (1.97) | 5.09 | (1.58) | 7.67 | (9.25) | (50.00) |
| Checks Returned - Bad Debt | 100.00 | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 102.72 | 102.72 | - | 750.00 |
| Equipment Purchase | - | - | - | - | - | 750.00 |
| Insurance | 131.02 | 57.06 | 262.04 | 114.12 | 147.92 | 1,200.00 |
| Office Maint. & Repairs | 25.00 | - | 25.00 | 40.00 | (15.00) | 500.00 |
| Office Supplies | 100.73 | 343.48 | 184.68 | 375.47 | (190.79) | 3,000.00 |
| Rent | 1,940.00 | 1,900.00 | 3,880.00 | 3,800.00 | 80.00 | 23,600.00 |
| Taxes | - | - | - | 20.00 | (20.00) | 80.00 |
| Telephone | 316.82 | 266.90 | 533.32 | 494.87 | 38.45 | 2,460.00 |
| Utilities-Electricity | 261.48 | 411.97 | 505.57 | 839.46 | (333.89) | 3,500.00 |
| Website | - | 13.95 | 70.51 | 34.80 | 35.71 | 750.00 |
| EMPLOYEES | | | | | | |
| Accrued Payroll Taxes | 472.16 | 648.67 | 2,264.43 | 1,426.78 | 837.65 | 6,900.00 |
| Employee Wages | 9,750.01 | 6,541.20 | 28,004.77 | 13,163.40 | 14,841.37 | 79,999.00 |
| Employee 403B Contribution | - | 346.00 | 155.00 | 692.00 | (537.00) | 1,405.00 |
| Employee Health Benefit | 641.07 | 800.37 | 1,489.48 | 1,600.74 | (111.26) | 9,000.00 |
| Insurance-Worker's Comp | 37.42 | 43.25 | 80.67 | 86.50 | (5.83) | 500.00 |
| Total Office Expense | 15,833.10 | 11,459.80 | 39,772.61 | 22,862.28 | 16,910.33 | 138,824.00 |
| Standing Committees Expense | 122.39 | 343.63 | 480.74 | 889.14 | (408.40) | 8,200.00 |
| (see schedule) | | | | | | |
| Total Expense | 15,955.49 | 11,803.43 | 40,253.35 | 23,751.42 | 16,501.93 | 147,024.00 |
| Net Revenue | (4,544.43) | (2,008.21) | (10,994.28) | 3,602.67 | (14,596.95) | - |



Group Contributions February 2021

| Group | Feb-21 | Ytd 21 |
|---------------------------------------|--------|--------|
| 4077 Mash Step 11 - 2027 | 180.00 | 180.00 |
| 5.30 Meditation - 3085 | 293.00 | 293.00 |
| A Sense Of Belonging Womens - 1205 | 107.00 | 107.00 |
| A Vision For You - 2812 | 115.00 | 115.00 |
| A Womens Meeting -1717 | 500.00 | 500.00 |
| B.Y.O.B. (North Park) - 203 | 187.00 | 187.00 |
| Back to Basics - 1026 | 200.00 | 200.00 |
| Back To Basics For Women - 1675 | 100.00 | 100.00 |
| Casa De Oro Tradition Five - 503 | 150.00 | 150.00 |
| Chula Vista 4 Min Speakers - 1568 | 100.00 | 100.00 |
| Clairemont Mens - 301 | 326.00 | 326.00 |
| Clairemont Mixed Discussion - 338 | 100.00 | 100.00 |
| Clairemont Womens Step Study - 341 | 440.50 | 440.50 |
| Conscious Contact Big Book - 2762 | 20.00 | 20.00 |
| D.D.G.T.M. - 767 | 25.00 | 125.00 |
| Daily Reflection - 3114 | 275.00 | 275.00 |
| Dawn Patrol - 263 | 512.00 | 512.00 |
| Dignity Unlimited - 205 | 250.00 | 250.00 |
| Downtown Discussion - 1665 | 27.46 | 27.46 |
| Early Morning Recovery - 2688 | 148.50 | 148.50 |
| Early Risers (Coronado) - 1525 | 10.00 | 10.00 |
| East Co Young People Rule 62 - 2797 | 100.00 | 100.00 |
| Eastlake Greens Attitude Adjust-2712 | 70.00 | 70.00 |
| El Cajon Beginners - 2876 | 23.25 | 63.25 |
| Emotional Sobriety (Hillcrest) - 2536 | 25.00 | 25.00 |
| Fletcher Hills Smokeless - 59 | 60.00 | 60.00 |
| Friday Morning Womens - 104 | 190.00 | 190.00 |
| Friday Night Irregulars - 2889 | 137.67 | 137.67 |
| Gilman Group - 1988 | 155.59 | 155.59 |
| Haul Your Hiney Out Of Bed - 704 | 150.00 | 150.00 |
| I. B. Steps & Traditions - 3003 | 50.00 | 50.00 |
| Joy Of Living - 2787 | 129.00 | 129.00 |
| Just Us Girls - 929 | 36.80 | 36.80 |
| Kick Start Your Heart - 2430 | 40.00 | 40.00 |
| Knuckleheads - 3182 | 155.00 | 155.00 |
| La Jolla Discussion Group - 85 | 150.00 | 150.00 |
| La Jolla Sunrise - 2684 | 50.00 | 550.00 |
| La Mesa 12 X12 - 2588 | 254.00 | 254.00 |
| La Mesa Mens - 106 | 300.00 | 300.00 |
| La Mesa Womens Sat. Morning - 416 | 363.00 | 363.00 |
| Letting Go Womens - 3189 | 150.00 | 150.00 |
| Linda Vista Mens - 320 | 25.00 | 25.00 |
| Living Free - 477 | 10.00 | 10.00 |
| Meetin' in the Ladies Room - 2614 | 105.00 | 105.00 |
| Mens Focused Step Study - 3217 | 338.00 | 338.00 |
| Mens Jelly Donut - 3118 | 24.00 | 24.00 |
| Mid-Week Mens ZOOM - 3243 | 135.01 | 235.01 |
| Midday Miracles - 3242 <> | 72.00 | 72.00 |
| Mira Mesa Early Risers - 967 | 100.00 | 100.00 |
| Mission Bay Speakers - 1692 | 150.00 | 150.00 |

| Group | Feb-21 | Ytd 21 |
|--------------------------------------|----------|----------|
| Mission Hills Beginners - 1612 | 200.00 | 200.00 |
| Mission Hills Lunch Bunch - 2675 | 300.00 | 300.00 |
| Mission Possible - 131 | 50.00 | 50.00 |
| Mt Soledad Mens - 717 | 500.00 | 500.00 |
| * Nightly Discussion - 3248 | 92.13 | 92.13 |
| No Matter What Woman's Group-2325 | 96.88 | 96.88 |
| Noon with a View Beginners Mtg-3249 | 1,032.60 | 1,032.60 |
| Noontime on the Patio - 2203 | 57.69 | 57.69 |
| North Clairemont - 1102 | 200.00 | 200.00 |
| North Park Mens - 465 | 79.43 | 237.43 |
| North Shores Breakfast - 275 | 150.00 | 150.00 |
| Over The Bridge - 2689 | 403.75 | 403.75 |
| Pass It On BB Study Group-860 | 258.75 | 258.75 |
| Point Loma Nooners - 1606 | 100.00 | 100.00 |
| Pt Loma Womens Discussion - 1608 | 150.00 | 150.00 |
| Radical Acceptance Meeting - 2961 | 572.00 | 1,092.00 |
| Rise & Shine - 2170 | 385.00 | 685.00 |
| Santee Serenity - 3040 | 50.00 | 50.00 |
| Sat Mens Early Awakening - 2209 | 114.89 | 214.89 |
| Saturday A.M. Live - 782 | 50.00 | 50.00 |
| Sobriety At All Cost - 3006 | 463.00 | 463.00 |
| Sons of God - 2789 | 660.00 | 660.00 |
| Sorrento Valley Nooner - 544 | 364.00 | 703.50 |
| Spiritual Awakening - 2275 | 141.01 | 364.52 |
| Sunday Kind of Love - 429 | 10.00 | 10.00 |
| The 1st 164 - 2760 | 76.27 | 76.27 |
| The Common Solution - 3007 | 105.34 | 105.34 |
| The Gathering Of The Goddesses-2890 | 312.00 | 312.00 |
| The Hole In The Doughnut - 2737 | 258.50 | 258.50 |
| The Other Meeting - 857 | 100.00 | 100.00 |
| * The Rogue Meeting | 944.65 | 1,397.00 |
| The We Group - 2739 | 350.00 | 350.00 |
| There is a Solution - 2680 | 200.00 | 200.00 |
| Three Legacies Study Group - 3230 | 56.09 | 56.09 |
| Thursday Steps - 646 | 359.40 | 359.40 |
| *Toes in the sand | 50.00 | 100.00 |
| *Trust God, Clean House, Help Others | 14.20 | 14.20 |
| Tues Night Mens Step Study - 1813 | 265.00 | 265.00 |
| Tuesday Night Primary Purpose-130 | 321.50 | 321.50 |
| University City Disc.- 368 | 106.50 | 106.50 |
| University City Womens - 369 | 200.00 | 200.00 |
| Valley Girls - 2617 | 95.00 | 95.00 |
| Whistling In The Dark Mens - 2943 | 200.00 | 200.00 |
| Wholesale Miracle - 2474 | 32.00 | 64.00 |
| Womans Gut Level - 1701 | 65.00 | 65.00 |
| Women In Harmony - 1807 | 96.00 | 96.00 |
| Womens Step Study - 296 | 231.60 | 231.60 |
| Womens Thursday Nite - 514 | 114.00 | 114.00 |
| Womens TLC - 2814 | 67.50 | 67.50 |
| Womens Way To Recovery - 838 | 150.00 | 150.00 |

Group Secretaries/Treasurers

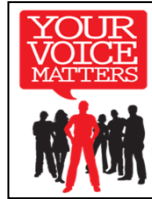
**Please include an email address with your
Group Contributions, if you wish to receive
a receipt**




**Thank
YOU!**


**Thank you for
supporting your
San Diego Intergroup Central Office
in carrying the message to the
suffering alcoholic**

- ❖ Are You Being Heard?
- ❖ AA needs your Group's opinions, thoughts, comments and VOTE
- ❖ Of the 760 registered groups in San Diego only 63 groups are registered with the Coordinating Council
- ❖ Is your Group one of them?
- ❖ For information about registering call Judi or Catherine at Central Office - 619-265-8763



"Newcomer Literature" button  on our aasandiego.org website. Zoom & Telephone meetings can direct newcomers to 17 different pamphlets plus the Big Book and 12x12.



NEW! "Virtual Visit to Central Office" button  on our aasandiego.org website. It's been awhile since we've seen you! Come on in and have a look around!

Looking for meetings that are held in-person and outdoors?

Go to our website: aasandiego.org

- Go to the "San Diego Meetings" Icon on the menu bar 
- Select "Outdoor Meeting" from the "Any type" drop down menu
- COVID-19 Procedures: Masks required, 6 feet social distancing, bring your own coffee and no outside food

Big Book, "A Vision For You", page 164

"Abandon yourself to God as you understand God.

Admit your faults to Him and to your fellows.

Clear away the wreckage of your past.

Give freely of what you find and join us.

We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

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Thank you to all of our Phone Volunteers!

Our Phones continue to be answered 24/7 thanks to you. Your service is a shining example of "Carrying the Message".

Please remember: Call Forwarding

Instructions can be found on the

Group Documents Page 

of our website: aasandiego.org

Your group is responsible for forwarding the phones at the start of every shift



Download the Meeting Guide app to find meetings near you.

You can find an MP4 Video and Written Instructions on using the new Meeting Guide App on the homepage: aasandiego.org

Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| May 31 | Memorial Day | Monday |
| July 5 | Independence Day | Monday |
| September 6 | Labor Day | Monday |
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|----------------------------------|------------------|
| Group Contributions | \$9,162 |
| Individual Contributions | 1,531 |
| SDIAA Contributions | 0 |
| Literature & Interest | 718 |
| Total Revenue | \$11,411 |
| Central Office Expenses | -15,833 |
| Committee Expenses | -122 |
| Total Expenses | -\$15,955 |
| February 2021 Net Revenue | -\$4,544 |
| 2021 YTD Revenue | -\$10,994 |

◆ **March's Book of the Month** is "Come to Believe" - on sale for \$3.00 plus tax, max 5



◆ **April's Book of the Month** is "Big Book" - Hard Cover - on sale for 7.50 plus tax, max 5



◆ You can still get ***Our Great Responsibility*** combined with ***1st Edition Reproduction*** Combo for the price of \$8.50 plus tax



◆ **Email or call to place your order—**
sdaaco@gmail.com; call 619-265-8763



◆ **Pick Up Hours** are: Mon—Fri, 11 am—3 pm, or Sat 10 am—12 Noon



◆ **Pay with credit/debit over the phone** or bring a check

◆ **It's that easy!**



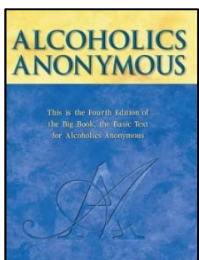
Big Book

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

Big Book; "Foreward to the Fourth Edition", page xxiv

In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face to face, A.A.'s speak the language of the heart in all its power and simplicity.

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- | | | |
|------------|------------|-----------|
| ABSOLUTELY | GROW | PURPOSE |
| BENEVOLENT | JOY | RARELY |
| CEASE | LAURELS | RELAX |
| CHANGE | LOVE | RELY |
| CONCEDE | MEETING | SEEK |
| CONVINCED | NORMAL | TOLERANCE |
| DELUSION | OVERCOME | TRUST |
| ENJOY | PRICELESS | UNIQUE |
| ENTIRELY | PROOF | VICTORY |
| GIVE | PROTECTION | WORK |

AA OLD PREAMBLE 1940

We are gathered here because we are faced with the fact that we are powerless over alcohol and unable to do anything about it without the help of a Power greater than ourselves. We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a Power greater than ourselves regardless of what our individual conception of that Power may be. In order to form a habit of depending upon and referring all we do to that Power, we must at first apply ourselves with some diligence. By often repeating these acts, they become habitual and the help rendered becomes natural to us. We have all come to know that as alcoholics we are suffering from a serious illness for which medicine has no cure. Our condition may be the result of an allergy which makes us different from other people. It has never been by any treatment with which we are familiar, permanently cured. The only relief we have to offer is absolute abstinence, the second meaning of A.A.

There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover.

An Alcoholics Anonymous is an alcoholic who through application and adherence to the A.A. program has forsworn the use of any and all alcoholic beverage in any form. The moment he takes so much as one drop of beer, wine, spirits or any other alcoholic beverage he automatically loses all status as a member of Alcoholics Anonymous. A.A. is not interested in sobering up drunks who are not sincere in their desire to remain sober for all time. Not being reformers, we offer our experience only to those who want it. We have a way out on which we can absolutely agree and on which we can join in harmonious action. Rarely have we seen a person fail who has thoroughly followed our program. Those who do not recover are people who will not or simply cannot give themselves to this simple program. Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover. There is a vast amount of fun in the A.A. fellowship. Some people might be shocked at our seeming worldliness and levity but just underneath there lies a deadly earnestness and a full realization that we must put first things first and with each of us the first thing is our alcoholic problem.

To drink is to die. Faith must work twenty-four hours a day in and through us or we perish. In order to set our tone for this meeting I ask that we bow our heads in a few moments of silent prayer and meditation. I wish to remind you that whatever is said at this meeting expresses our own individual opinion as of today and as of up to this moment. We do not speak for A.A. as a whole and you are free to agree or disagree as you see fit, in fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the A.A. Big Book.

If you don't have a Big Book, it's time you bought you one. Read it, study it, live with it, loan it, scatter it, and then learn from it what it means to be an A.A.

thank you!

FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ 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
- ◇ Send your Contributions to:



Visit Us at
aasandiego.org

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

**As Bill Sees It; "Look Before You Leap",
page 253**

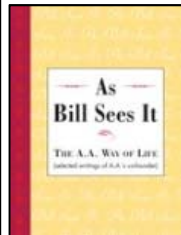
"We lose fear of making decisions, great and small, as we realize that should our choice prove wrong we can, if we will, learn from the experience. Should our decision be the right one, we can thank God for giving us the courage and the grace that caused us so to act."

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**Living Sober, "Being Grateful",
page 48**

When we finally get to visit a place long dreamed of, we can concentrate on the inconveniences of our lodging and the weather, the passing of the good old days, and the fact that we only have a few days or weeks to spare. Or we can be grateful that we finally got there at all, and keep adding to a mental list of the delights we can find if we look for them."

Reprinted with permission from A.A.W.S.



Living Sober; "Remembering that alcoholism is an incurable, progressive, fatal disease", page 9

"We need not be ashamed that we have a disease. It is no disgrace. No one knows exactly why some people become alcoholics while others don't. It is not our fault. We did not *want* to become alcoholics. We did not *try* to get this illness."

Reprinted with permission from A.A.W.S.

**Living Sober; "Eliminating self-pity",
page 58**

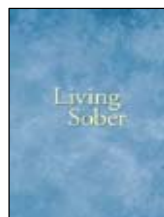
"Another excellent weapon is humor. Some of the biggest belly laughs at A.A. meetings erupt when a member describes his or her own latest orgy of self-pity, and we listeners find ourselves looking into a fun-house mirror. There we are - grown men and women tangled up in the emotional diaper of an infant. It may be a shock, but the shared laughter takes a lot of the pain out of it, and the final effect is salutary."

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**Living Sober; "Finding your own way",
page 86**

"In spite of our serious attitude toward alcoholism, you will find we can usually talk with humor and detachment about our past and our recovery. This is a healthy approach, we think. Certainly, it does not weaken our resolve to get and stay well."

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As Bill Sees It, "Out of the Dark", page 10

"We will want the good that is in us all, even in the worst of us, to flower and to grow. But first of all we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun. "A clear light seems to fall upon us all - when we open our eyes. Since our blindness is caused by our own defects, we must first deeply realize what they are. Constructive meditation is the first requirement for each new step in our spiritual growth."

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As Bill Sees It, "Clearing a Channel", page 78

"During the day, we can pause where situations must be met and the decisions made, and renew the simple request 'Thy will, not mine, be done.'"

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Rewards of Step Four

Continued from Page 1

an hour or so – there was no reason for my previous apprehension.

When finished, I was amazed by the many unsuspected “rewards” I had received! I had learned how to face and be rid of resentment and irrational fear. What Great Rewards!

I also learned (admitted) where I had harmed others through my selfishness and how my dishonesty was more prevalent than realized. Also, I had a list of persons I had harmed for upcoming Steps Eight and Nine.

I had asked God to relieve me of the “bondage of self” in Step Three but had little knowledge of what that bondage was, but Step Four provided the answer!

Not only had I truthful information to share with my sponsor in Step Five, but I then possessed a list of character defects and shortcomings to ask God remove in Steps Six and Seven!

These rewards were not only helpful in my daily living but also paved the path to the many powerful AA promises. The main of which is on page 85: “The problem has been removed. It does not exist for us.” The “problem” was, of course, the mental obsession, not the physical allergy. This release from desire to drink alcohol has been with me for

many years, thanks to the rewards of Step Four.

~ Bob S.

Those Friends Thou Hast

Continued from Page 1

Sometimes the word friend is misunderstood. We often refer to people we are associated with as friends. Others will say that you can count on one hand the true friends you will have in a lifetime. So where do these associate/acquaintances come in?

I played golf for about 35 years and had many so-called golfer friends but when the round of golf was over, we put our clubs in the car and went our separate ways. Fishing was the same. When we finished fishing, we put the rods and tackle box in the car and went home.

With these acquaintances, the common denominator was the golf or the fishing. That is what bound us to each other. I quit playing golf about 15 years ago and when the common denominator was gone, I seldom saw my old golfing friends except in passing where we exchanged pleasantries and again were on our ways.

Most of the, so called, friends I had before I was sober had only one thing in common with me and that was the drinking. Unlike the golf and the fishing, we could drink 24 hours a day if we wanted to. We did not need a boat or even a set of clubs to associate with each other. The bottle was all that

was necessary and without it we had little in common.

When the common denominator was gone, trying to hang out with them became awkward for them and for me. I had to accept the reality and let them be. If we have anything else in common, we will know it and share that association with each other, but that was seldom the case except for family members or work associates.

We, in AA, are fortunate indeed for we have a common denominator that has been likened to the survivors on a sinking ship, in a lifeboat, caring for each other. We associate at such a deep an intimate level that we develop true friendships that the average person seldom is exposed to.

Understanding this can be a great comfort to those new members who may need to be prepared to move on with their lives. If that new member is fortunate enough adopt the AA program for the long haul, he may become the true friend that those old acquaintances in the bar room may need should they become a troubled alcoholic seeking help themselves.

I cannot tell you how many true friends I have developed in the program of Alcoholics Anonymous, but I have been grappling them unto my soul for over 50 years now. Thank you, Mr. Shakespeare.

~ Rick R.

The Enabling Process Can Go on Forever

Continued from Page 1

next one on my list, until I found someone that could not say no.

After I entered Alcoholics Anonymous (A.A.) and got deeper into the program I had to address my behavioral problems of the past and make restitution to those people, I realized how difficult it was for a loved one to say NO to a child or a friend when they appeal to them the way we do.

Then, came the acid test for me.

I received a collect phone call from a divorced relative, (mother of two daughters ages 11 and 13) asking me for, what was, a goodly amount of money at that time. I was aware of her use of drugs and her priorities about her children.

At first, she did not want to say why she needed the money, but after I insisted, she said that she was in jail and need to get bailed out.

Visions of my past came back, and I was now on the receiving end of the enabling process. Writing the check would have been the easy thing to do, but as I now understand, not the right thing.

I asked her why she called me instead of her friends. She replied, "yours was the only

number I could find". I thought about it for moment then said, "if I thought it would help, I would be all over it but, I know your track record and I know that if I bail you out, you will be running again, and your girls need you right now."



That was the best thing I could do for her at that time and I have never regretted it, and neither has she. She has nothing but respect for me today for having the strength to say NO when that was the right answer.

She has been sober for about 30 years.

Every so often a new person shows up at a meeting and is complaining about the bad break that came about that brought them to the program

and when I get a chance to talk to them on a personal level the first question, I ask them is: "If that had not happened would you be here right now?" and their usual response is, "Probably not."

The right decision is not always the most popular one and I may be misunderstood when I make it, but in good conscience I do try to muster up the strength to make it.

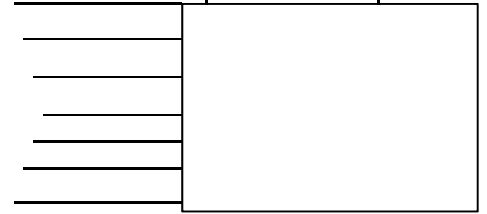
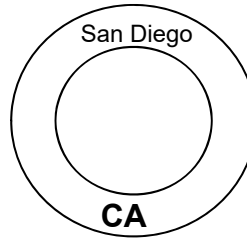
Writing the check would have been the easy way and I may have been applauded for doing it but, for me, it would have been the more selfish thing to do. That single act may have been the turning point in her life, but no one can predict the outcome of any decision we make.

As I look back on it now. If no one ever said NO to me, I may never have changed and could have reached the point of no return and ended badly.

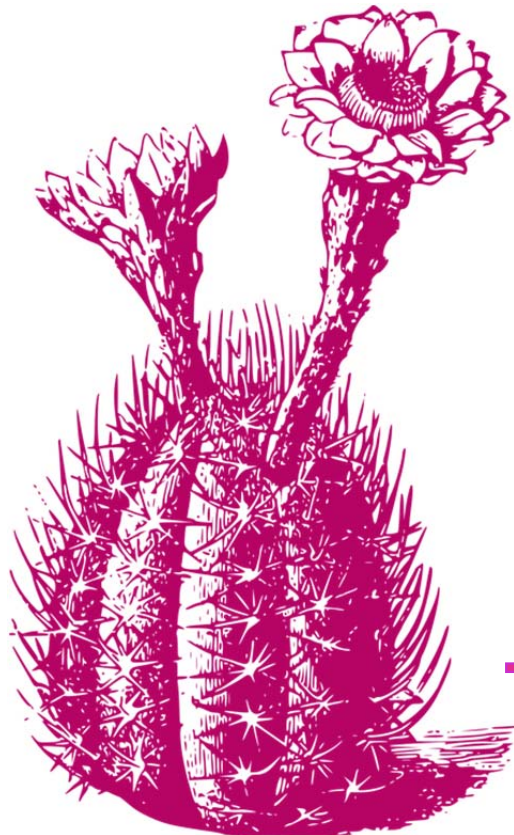
Sometimes I must risk the disapproval of those that do not understand me. I, however, must make sure that my motives are unselfish.

~ Rick R.

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



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The San Diego AA Coordinator



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

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Reprinted from AA Big Book, page 59

MAY. 2021
VOL. LXIX NO. 5

Step Five: A Confirmed Awareness

Fully Recovered Alcoholic What does that mean?

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11

“Carry the AA Message”

Join the fun and submit an article!

When I asked God to relieve me of the “bondage of self” in Step Three, I had only a vague concept of what that might be. But, when my sponsor helped me go through the Step Four directions from the Big Book, I developed a much clearer insight—I began to realize that this bondage was what had been blocking me from the truth in drink.

Someone said: “An alcoholic cannot drink on the truth, only on a lie.” The Big Book suggests that

Continued on Page 14

I am a fully recovered alcoholic. This means if I throw God and AA under the bus tomorrow morning, I could be “boiled as an owl” by midnight. This is because I am helpless and hopeless over drink, save for the grace of God and AA.

You may think: “What an oxymoron! How can an alcoholic be hopeless and helpless, yet claim to be recovered?”

Well, one happy ingredient of my recovered status is that “if I should

Continued on Page 14

June (due 5/25/21)

“All these defects of character”

July (due 6/27/21)

“Humbly...”

August (due 7/27/21)

“Became willing”

Submit your 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

A Realistic Look at Resentments

Reliving Conflicts of the Past

After years of, out of control, drinking in a life of undisciplined behavior, I was circling the drain and I showed up at the doors of Alcoholics Anonymous desperately seeking answers as to how to stop drinking.

The drinking was just the tip of the iceberg as I discovered after a few meetings. I was not proud of most of my past behavioral patterns.

“If you have ever thrown a rock out into a pond and seen the water rings expanding outward, you would know how I feel about just about everyone that I have dealt with in the past, including myself.”

On Pg. 64 in the Big Book, it says: “Resentment is the Number one offender. It destroys more

Continued on Page 15

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 CURBSIDE ONLY:****Mon-Fri 11 am to 3 pm and Sat 10 am to 12 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Catherine S.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|---------------------------------------|----------|--|
| Council Chair | Susan G. | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Johnny | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperation with Elderly (CEC) Ad-Hoc | Kenny | cec@aasandiego.org |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R, Bob S**May Theme:** "The Exact Nature of Our Wrongs"**Newsletter by electronic version only at this time.****Please sign up to receive by email.****Send to:** 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

**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 the [upload form](#).

Please submit your original poems to:
sdaa.newsletter@gmail.com – 200 words or less.

This Precious Gift

They say four billion years ago life
 showed its face on earth.
 And as it happened, man became, the
 product of that birth
 Then grapes appeared upon the vine,
 eight thousand years just past.
 Their juice, when crushed, seemed
 harmless, when enjoyed with repast.
 But like most things that seem so fine,
 and too good to be true,
 A darker side revealed the lure that
 many came to rue.
 When smitten by this patient foe the
 bearers have no shield,
 And when the choice is yea or nay, the
 stricken always yield.
 So shameful was this malady, a moral
 thing they said.
 Their families kept their secret safe, long
 after they were dead.
 Centuries have come and gone, since
 first it got its grip,
 And one in ten would pay the price,
 when venturing one sip.
 Then God saw fit to intervene and
 offer up a choice,
 And Bill and Bob were listening and
 heard his loving voice.
 How fortunate we are today, to be
 among the first,
 to have been chosen, at this time, to
 quell that deadly thirst.
 The wisdom of eight thousand years is
 laid there at our feet.
 I'm blessed to have it waiting, when I
 stumbled in defeat.
 When pondering the suffering crossed,
 that vast expanse of time,
 I would not waste one moment of, His
 precious gift sublime.

Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature.

Central Office Phone Calls and Website Hits

Our AA Phones continue to be answered
 24hrs/7 days via call-forwarding by
 volunteers.

Central Office is grateful for our Volunteers

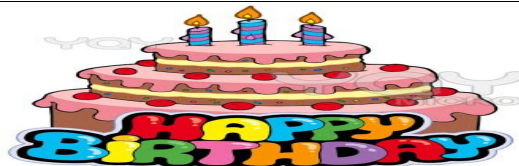
After Hours Groups:
 Please remember to forward calls
 yourselves at the beginning of your
 9:00 pm shift!

| Website Hits | March | Total |
|--------------|--------|-----------|
| | 33,909 | 7,544,855 |

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.

Happy Birthday to All!!

Arlene J. 5/09/69 52 years!!



Birthday Gratitude

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.

**DR. BOB and the Good Oldtimers;
"X. The co-founders face money problems",
page 127**

"Friends saw Dr. Bob as becoming more openly gracious and softer as the years passed. The Dr. Bob of the late 1940's was not the same man who met Bill Wilson in 1935. He was a man in process - growing throughout the rest of his life in the very program of recovery he did so much to help develop."

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**DR. BOB and the Good Oldtimers; "XVII. 'As Dr. Bob said...'
Page 222**

On his desk Dr. Bob had a plaque defining humility: "Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

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DR. BOB and the Good Oldtimers; "XIV. A.A. and St. Thomas Hospital", page 190

"We coasted along slowly and cautiously at first," Sister Ignatia said, "trying to arrange accommodations so patients would have privacy and A.A. visitors might talk with them. Soon, we learned that they did better with other patients in two- or four-bed rooms. The group therapy helps one forget himself in helping others. He soon learns that it is more blessed to give than to receive, and that it is a privilege to help others. The individual is kept so busy assisting others that he does not have time to think of a drink."

"As the number of alcoholics being admitted for treatment increased over the years, accommodations were enlarged to an eight-bed ward. At one end, there was a small lounge and kitchenette equipped with comfortable chairs, sofa, and coffee bar. The corridor served as a larger lounge, where sponsors could visit patients."

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**DR. BOB and the Good Oldtimers;
"XIV. A.A. and St. Thomas Hospital," page 194**

"I feel these people run away from God," Sister Ignatia said, "I tell them, 'We are all God's children. He loves us, or we wouldn't be here. Now, if we will start from where we are and begin to bend our knees instead of our elbows and ask for his help...!'"

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**DR. BOB and the Good Old Timers;
"XVIII. The wives' role in early A.A." page 234**

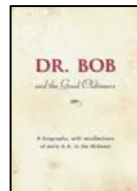
"I was so thrilled at my friends that after every meeting I'd rush up to them and get into these mad conversations. One night, Anne called me over: 'Dorothy, people have been awful good to you, haven't they? You've been pretty lucky, and you made so many friends.' Of course I agreed 100 percent. 'Don't you think you could pass that on, a little bit? There's a new woman sitting over there in the corner, and nobody's talking to her.'"

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**DR. BOB and the Good Oldtimers;
"VI. Two alcoholics meet", page 69**

"In 'Alcoholics Anonymous,' published almost exactly four years after their first meeting, Dr. Bob noted that Bill 'was a man...who had been cured by the very means I had been trying to employ, that is to say, the spiritual approach. He gave me information about the subject of alcoholism which was undoubtedly helpful. *'Of far more importance,'* he continued, *'was the fact that he was the first living human with whom I had ever talked who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language.* He knew all the answers, and certainly not because he had picked them up in his reading."

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**DR. BOB and the Good Oldtimers;
"XV. Sudden growth in Cleveland", page 204**

"As if anticipating the breaking wave, Bill had written Dr. Bob in September, following publication of the article about A.A. in *Liberty Magazine*: 'We are growing at an alarming rate although I have no further fear of large numbers.'" a few weeks later, he reported that "The press of newcomers and inquiries was so great that we have to swing more to the take-it-or-leave-it attitude, which, curiously enough, produces better results than trying to be all things at all times at all places to all men." "

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DR. BOB and the Good Oldtimers; "V. The alcoholic in the Oxford Group," page 54

"(In 1948, Dr. Bob recalled the absolutes as "the only yardsticks" Alcoholics Anonymous had in the early days, before the Twelve Steps. He said he still felt they held good and could be extremely helpful when he wanted to do the right thing and the answer was not obvious. "Almost always, if I measure my decision carefully by the yardsticks of absolute honesty, absolute unselfishness, absolute purity, and absolute love, and it checks up pretty well with those four; then my answer can't be very far out of the way," he said. The absolutes are still published and widely quoted at A.A. meetings in the Akron-Cleveland area.)"

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**Minutes of the Coordinating Council
Thursday, April 8th, 2021**

Susan, Council Chair called the 904th meeting to order at 7:30 pm with a moment of silence followed by the “I am Responsible Declaration”.

Quorum was conducted by zoom poll function: 32 voted yes to being present as a Group Coordinator. Quorum is 29, so yes, we have a quorum to conduct business tonight.

March, 2021 Minutes were approved. m/s/c

Area Delegate: Jerry S. shared about the upcoming General Service Conference and several of the agenda items, specifically, the Finance items pertaining to the pamphlet “Self-Support – Where Money and Spirituality Mix”. A poll was conducted for feedback on some of the agenda items.

Area 8 Representative: Monty, Alternate Delegate, shared that the Pre-Conference assembly is scheduled for Saturday, April 10. Everyone is invited to participate. The General Service Panel at the Spring Round Up was very successful. The speakers discussed several aspects of General Service as it relates to their personal and recovery lives. The General Service Conference will run from April 17-24. Planning for Founders and Unity Day Celebration is beginning. More information on the Pre-Conference Assembly or Agenda items can be found at area8aa.org.

H & I Representative: Lauren shared that panels in person and on Zoom continue to gather steam. The monthly H&I orientation is held on Zoom on the third Thursday of each month at 7PM. Open positions for Policy Council: Alternate Treasurer, Young People’s Liaison, Spanish Liaison, and Policy and Guidelines Chair. H&I Policy Council meetings are held on the third Sunday of every month at 11:00 AM on Zoom. Please visit sdhandi.org for more info.

AFTER HOURS PHONES: Johnny C., Chair shared:

1. Phones continue to be call-forwarded 24 hours a day
2. We currently have 2 Open nights – the 3rd and the 25th of every month
3. Thank you to the GROUPS for answering phones this month.
4. All Groups need to forward the calls themselves at the start of their 9:00 pm shift following the Call Forwarding Instructions.

BUSINESS COMMITTEE: Tom, Business Committee Chair reported: The Business Committee met on Tuesday, 4/06/2021 at 6:00 pm.

Present: Tom, Nick, Aleksey, Susan, & Judi.

There was a quorum.

March, 2021 Minutes were approved.

March, 2021 Financial Statements were approved

March, 2021 Financial Summary:

March 2021 Net Revenue is \$1,613. Our 2021 YTD Net Revenue is \$-9,299. Group and Individual Contributions were \$10,514. Literature Sales Revenue and CD Bank Interest were \$472 while total office and committee expenses were \$9,373.

Central Office Manager’s Report:

- **April BOOK OF THE MONTH:** Hardcover Big Book. Sale \$7.50, Reg. \$9.50 Max: 5
- **May BOOK OF THE MONTH:** Dr. Bob & the Good Oldtimers. Sale \$8.50, Reg. \$10.50 Max: 5
 - For all literature purchases, please email sdaaco@gmail.com or call Central Office at 619-265-8763 to place your order.
 - We will create a sales receipt and take your credit/debit card over the phone or you may leave a check at the time of pickup.
 - Scheduled pickups: Mon-Fri between 11 am–3 pm
Sat 10 am–12 pm
- Meeting updates continue to be active on our website with ongoing daily changes. Currently there are:
 - 689 total meetings per week
 - Out of these:
 - 430 are online meetings
 - 224 are in person
 - 35 are Hybrid
- Judi has begun looking at a timeline for reopening the Bookstore and Volunteers returning in person to Central Office and currently anticipate reopening the Bookstore with limited hours in June.
- Judi has begun the process of updating the aasandiego.org website which will include online contribution options.
- Catherine has requested Saturday, May 15th off so the Bookstore will be closed that day.
- A Quarterly report of Employees’ Vacation and Sick Time accrual was given.
- Central Office will resume providing groups with Liability Insurance Certificates provided that: Groups that request a Liability Insurance Certificate must first provide Central Office with a copy of their facility’s COVID-19 requirements signed by a representative of their group indicating their commitment to comply with said requirements. Upon receipt of signed requirements, along with the standard fee, Central Office will issue the group a General Liability Certificate.

Continued on page 6

Continued from page 5

CEC Adhoc Committee (Cooperating w/Elder Community): Kenny, Chair, shared that

1. The CEC Committee meets every 2nd Wednesday at 6:30 pm via Zoom.
2. The next 3 meeting dates are April 14, May 12 & June 9
3. The direct Zoom link is available on the aasandiego.org website under the Calendar of Events/Service Meetings.

COORDINATOR NEWSLETTER: No Report.

1. Please submit articles and original poems sharing your experience, strength and hope.
 - a. Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com

COORDINATOR OUTREACH: Danny, Chair:

Need Committee Members – we currently only have 2 members on the committee which make outreach difficult. Additionally, everyone here tonight that goes to meetings can assist with outreach by mentioning that Intergroup needs representatives. Brian, the other committee member and myself are planning on going to meetings to conduct outreach.

ORIENTATION & GUIDELINES: Tim M., Chair, shared 3 new Coordinators attended Orientation tonight. Additional Committee members are needed to conduct Orientation when Tim is not available.

PROGRAM COMMITTEE: 2 new members volunteered – Christopher from Sobearity and Lauren from H&I and will work with Monty, Alt. Delegate on the upcoming Founders and Unity Day Celebration planning.

PUBLIC INFORMATION COMMITTEE: No Report

OLD BUSINESS:

- a. How many of you remembered to canvass your meetings for interest in membership on our committees? With no obligation to be a Coordinator, this is a perfect way to be of service to our Intergroup, where there's currently a GREAT need! Remember, ours is a program of PROGRESS, not perfection. We can do always do better. Let's try to do better before the next Council meeting – we have about four opportunities to do that.
- b. Committee Chairs: Please remember when giving your progress report on your current and upcoming activities: let us know how many openings there are on your committee. Ask for help, if you need it – that's what we're all here for after all. Please help our Recording Secretary by emailing her your reports at sdaaco@aol.com no later than 10:00 am on the Friday morning following Council. Extra credit if you've started working on reviewing & updating your

committee's Guidelines. Please go to the Intergroup Rep page at aasandiego.org to access the Guidelines.

NEW BUSINESS:

- a. Greeters: Could we get two volunteers to sign on at 6:30 (arrive at 6:30 when we return to in person meetings) to greet people when they arrive? This will enhance the feelings of fellowship and inclusion that we all want to foster.

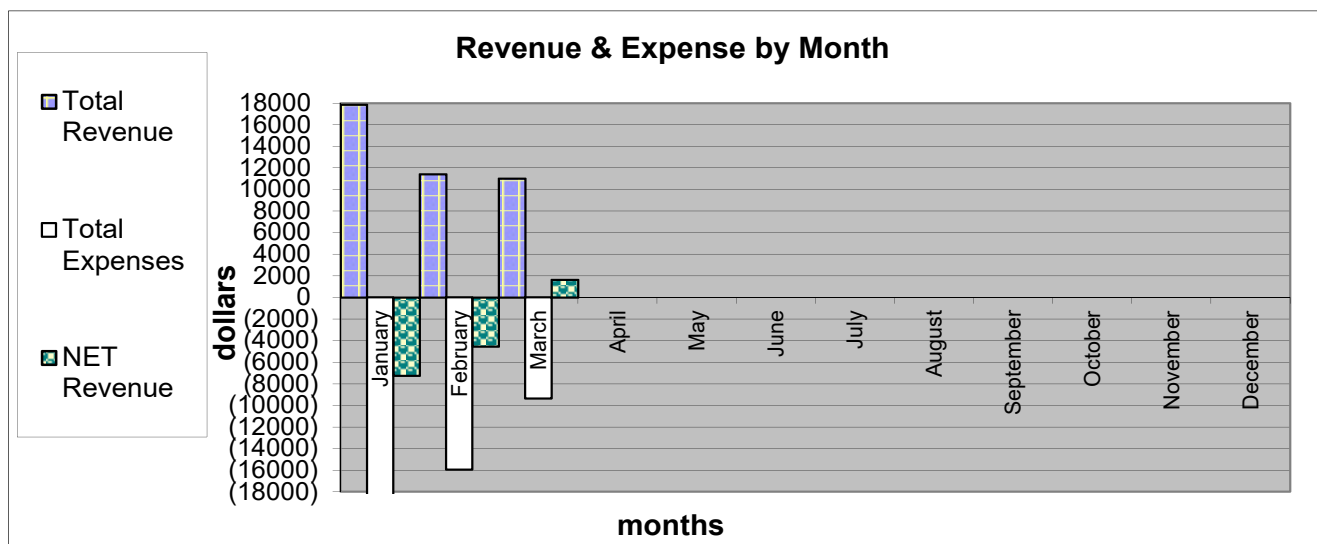
Reminders:

1. We plan on hosting Coordinating Council Meetings on Zoom for the foreseeable future. Please send:
 - a. Any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 5/1/2021.
2. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 5/1/2021.
3. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,
Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of March 31, 2021

| | March 21 | March 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|--|------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 9,149.18 | 5,731.78 | 31,434.50 | 27,774.38 | 3,660.12 | 118,610.00 |
| Contributions Individual | 1,365.00 | 435.00 | 6,393.02 | 1,766.66 | 4,626.36 | 14,714.00 |
| Contributions SDIAA | - | - | - | 1,100.00 | (1,100.00) | 700.00 |
| Interest - Cert of Deposits | 38.37 | 203.68 | 112.90 | 617.40 | (504.50) | 1,000.00 |
| Literature Revenue (see schedule) | 433.95 | 206.68 | 2,305.15 | 2,672.79 | (367.64) | 12,000.00 |
| Total Revenue | 10,986.50 | 6,577.14 | 40,245.57 | 33,931.23 | 6,314.34 | 147,024.00 |
| Expense | | | | | | |
| Accounting & Legal | 60.00 | 1,960.00 | 2,140.00 | 1,960.00 | 180.00 | 2,930.00 |
| Auto/Travel/Seminar | 9.00 | 25.50 | 35.00 | 89.25 | (54.25) | 1,500.00 |
| Bank Service Charges | 30.00 | 84.24 | 40.00 | 84.24 | (44.24) | 50.00 |
| Cash (Over) Short | (2.56) | 87.68 | (4.14) | 95.35 | (99.49) | (50.00) |
| Checks Returned - Bad Debt | - | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 154.08 | 154.08 | - | 750.00 |
| Equipment Purchase | - | - | - | - | - | 750.00 |
| Insurance | 131.02 | 57.06 | 393.06 | 171.18 | 221.88 | 1,200.00 |
| Office Maint. & Repairs | 25.00 | - | 50.00 | 40.00 | 10.00 | 500.00 |
| Office Supplies | 239.67 | 161.78 | 383.35 | 537.25 | (153.90) | 3,000.00 |
| Rent | 1,940.00 | 1,900.00 | 5,820.00 | 5,700.00 | 120.00 | 23,600.00 |
| Taxes | - | - | - | 20.00 | (20.00) | 80.00 |
| Telephone | 103.26 | - | 636.58 | 494.87 | 141.71 | 2,460.00 |
| Utilities-Electricity | 176.47 | 378.47 | 682.04 | 1,217.93 | (535.89) | 3,500.00 |
| Website | - | - | 70.51 | 34.80 | 35.71 | 750.00 |
| EMPLOYEES | | | | | | |
| Accrued Payroll Taxes | 842.20 | 587.96 | 3,106.63 | 2,014.74 | 1,091.89 | 6,900.00 |
| Employee Wages | 4,904.54 | 6,836.70 | 32,909.31 | 20,000.10 | 12,909.21 | 79,999.00 |
| Employee 403B Contribution | - | 273.00 | 155.00 | 965.00 | (810.00) | 1,405.00 |
| Employee Health Benefit | 653.13 | 800.37 | 2,142.61 | 2,401.11 | (258.50) | 9,000.00 |
| Insurance-Worker's Comp | 43.16 | 43.25 | 123.83 | 129.75 | (5.92) | 500.00 |
| Total Office Expense | 9,206.25 | 13,247.37 | 48,937.86 | 36,109.65 | 12,828.21 | 138,824.00 |
| Standing Committees Expense | 166.51 | 932.69 | 606.26 | 1,821.83 | (1,215.57) | 8,200.00 |
| (see schedule) | | | | | | |
| Total Expense | 9,372.76 | 14,180.06 | 49,544.12 | 37,931.48 | 11,612.64 | 147,024.00 |
| Net Revenue | 1,613.74 | (7,602.92) | (9,298.55) | (4,000.25) | (5,298.30) | - |



Group Contributions March 2021

| Group | Mar-21 | Ytd 21 | Group | Mar-21 | Ytd 21 |
|---|--------|--------|---|--------|----------|
| 4077 Mash Step 11 - 2027 | - | 180.00 | Mid-Week Mens ZOOM - 3243 | - | 235.01 |
| *52 From The Big Blue | 183.50 | 183.50 | Midday Miracles- 3242 <> | 90.00 | 162.00 |
| 5.30 Meditation - 3085 | - | 293.00 | Midway Bridge - 2171 | 50.56 | 50.56 |
| 9 30 Everynighters - 2997 | 124.43 | 124.43 | Mira Mesa Early Risers - 967 | - | 100.00 |
| A Sense Of Belonging Womens - 1205 | - | 107.00 | Miracles on Mondays - 565 | 150.00 | 150.00 |
| A Vision For You - 2812 | - | 115.00 | Mission Bay Speakers - 1692 | - | 150.00 |
| A Womens Meeting -1717 | - | 500.00 | Mission Hills Beginners - 1612 | - | 200.00 |
| Alpine Group - 6 | 50.00 | 50.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| B.Y.O.B. (North Park) - 203 | 83.00 | 270.00 | Mission Possible - 131 | 25.00 | 75.00 |
| Back to Basics - 1026 | 100.00 | 300.00 | Mt Soledad Mens - 717 | - | 500.00 |
| Back To Basics For Women - 1675 | - | 100.00 | * Nightly Discussion - 3248 | - | 92.13 |
| Beautiful Beginnings - 552 | 280.50 | 280.50 | No Matter What Woman's Group - 2325 | - | 96.88 |
| Casa De Oro Tradition Five - 503 | 25.00 | 175.00 | Noon with a View Beginners Meeting - 3249 | - | 1,032.60 |
| Chula Vista 4 Min Speakers - 1568 | 100.00 | 200.00 | Nooners Anonymous - 1164 | 100.00 | 100.00 |
| Clairemont Mens - 301 | - | 326.00 | Noontime on the Patio - 2203 | - | 57.69 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | North Clairemont - 1102 | - | 200.00 |
| Clairemont Womens Discussion - 340 | 165.00 | 165.00 | North Park Mens - 465 | 38.58 | 276.01 |
| Clairemont Womens Step Study - 341 | 20.00 | 460.50 | North Shores Breakfast - 275 | - | 150.00 |
| Conscious Contact Big Book - 2762 | - | 20.00 | Over The Bridge - 2689 | - | 403.75 |
| Conscious Contact Meditation - 2834 | 25.00 | 25.00 | Pass It On Big Book Study Group -2860 | - | 258.75 |
| D.D.G.T.M. - 767 | - | 125.00 | Poinsettia Group - 2210 | 75.00 | 75.00 |
| Daily Reflection - 3114 | 185.00 | 460.00 | Point Loma Nooners - 1606 | - | 100.00 |
| Dawn Patrol - 263 | - | 512.00 | Pt Loma Womens Discussion - 1608 | - | 150.00 |
| Designs For Living - 488 | 105.00 | 105.00 | Radical Acceptance Meeting - 2961 | 266.00 | 1,358.00 |
| Dignity Unlimited - 205 | - | 250.00 | Rise & Shine - 2170 | - | 685.00 |
| Downtown Discussion - 1665 | 45.00 | 72.46 | Santee Saturday Night Speakers - 2656 | 160.00 | 160.00 |
| Early Morning Recovery - 2688 | 556.50 | 705.00 | Santee Serenity - 3040 | - | 50.00 |
| Early Risers (Coronado) - 1525 | - | 10.00 | Sat Mens Early Awakening - 2209 | 25.00 | 239.89 |
| East County Young People Rule 62 - 2797 | - | 100.00 | Saturday A.M. Live - 782 | - | 50.00 |
| East Side Group - 101 | 60.00 | 60.00 | Scripps Ranch Mens - 3168 | 201.95 | 201.95 |
| Eastlake Greens Attitude Adjust - 2712 | - | 70.00 | Sober Camel Speakers Meeting - 2296 | 56.23 | 56.23 |
| Eastlake New Beginnings S/S - 2673 | 20.00 | 20.00 | Sober Nooners - 196 | 200.00 | 200.00 |
| El Cajon Beginners - 2876 | 25.50 | 88.75 | Sobriety At All Cost - 3006 | - | 463.00 |
| Emotional Sobriety (Hillcrest) - 2536 | - | 25.00 | Sons of God - 2789 | - | 660.00 |
| Every Night at Six <> - 3241 | 433.00 | 433.00 | Sorrento Valley Nooner - 544 | - | 703.50 |
| First Mira Mesa Mens - 300 | 21.50 | 21.50 | Spiritual Awakening - 2275 | 131.51 | 496.03 |
| Fletcher Hills Smokeless - 59 | 60.00 | 120.00 | Spring Valley Men's Zoom | 25.00 | 25.00 |
| Friday Morning Womens - 104 | - | 190.00 | Sunday Kind of Love - 429 | - | 10.00 |
| Friday Night Irregulars - 2889 | - | 137.67 | The 1st 164 - 2760 | - | 76.27 |
| Gifts of Grace Womans - 2564 | 92.06 | 92.06 | The Common Solution - 3007 | - | 105.34 |
| Gilman Group - 1988 | - | 155.59 | The Gathering Of The Goddesses - 2890 | - | 312.00 |
| God Squad Too - 2809 | 227.03 | 227.03 | The Gift - 2954 | 25.00 | 25.00 |
| Good Morning AA - 1888 | 589.00 | 589.00 | The Hole In The Doughnut - 2737 | - | 258.50 |
| GSDYPAA | 349.86 | 349.86 | * The Interstate Meeting | 25.00 | 25.00 |
| Haul Your Hiney Out Of Bed - 704 | - | 150.00 | The Other Meeting - 857 | 140.00 | 240.00 |
| HOW @ Noon - 2998 | 150.00 | 150.00 | * The Rogue Meeting | 691.00 | 2,088.00 |
| I. B. Steps & Traditions - 3003 | - | 50.00 | The We Group - 2739 | 574.34 | 924.34 |
| I. B. Up - 2565 | 250.00 | 250.00 | There is a Solution - 2680 | - | 200.00 |
| Joy Of Living - 2787 | - | 129.00 | Three Legacies Study Group - 3230 | - | 56.09 |
| Just Us Girls - 929 | 43.40 | 80.20 | Thursday Steps - 646 | - | 359.40 |
| Kick Start Your Heart - 2430 | - | 40.00 | * Toes in the sand | 150.00 | 250.00 |
| Knuckleheads - 3182 | 153.00 | 308.00 | *Trust God, Clean House, Help Others | - | 14.20 |
| La Jolla Discussion Group - 85 | - | 150.00 | Tues Night Mens Step Study - 1813 | 25.00 | 290.00 |
| La Jolla Sunrise - 2684 | - | 550.00 | Tuesday Morning Alpine - 440 | 43.60 | 43.60 |
| La Mesa 12 X12 - 2588 | - | 254.00 | Tuesday Night Primary Purpose - 130 | - | 321.50 |
| La Mesa Mens - 106 | - | 300.00 | University City Disc.- 368 | 20.00 | 126.50 |
| La Mesa Open Discussion - 107 | 110.00 | 110.00 | University City Womens - 369 | 20.00 | 220.00 |
| La Mesa Womens Sat. Morning - 416 | - | 363.00 | Valley Girls - 2617 | - | 95.00 |
| Lake Murray Womens - 572 | 125.00 | 125.00 | Whistling In The Dark Mens - 2943 | - | 200.00 |
| Letting Go Womens - 3189 | - | 150.00 | Wholesale Miracle - 2474 | 200.50 | 264.50 |
| Linda Vista Mens - 320 | - | 25.00 | Womans Gut Level - 1701 | - | 65.00 |
| Living Free - 477 | - | 10.00 | Women In Harmony - 1807 | - | 96.00 |
| * Mast Park Meeting | 208.25 | 208.25 | Womens Step Study - 296 | 73.88 | 305.48 |
| Meetin' in the Ladies Room - 2614 | - | 105.00 | Womens Thursday Nite - 514 | - | 114.00 |
| Mens Focused Step Study - 3217 | - | 338.00 | Womens TLC - 2814 | - | 67.50 |
| Mens Jelly Donut - 3118 | - | 24.00 | Womens Way To Recovery - 838 | - | 150.00 |
| Mens Step Study - 965 | 50.00 | 50.00 | | | |

Group Secretaries/Treasurers

Please include an email address with your
Group Contributions, if you wish to receive
a receipt



Thank You! Thank You
for supporting your
San Diego Intergroup Central Office
in carrying the message to the
suffering alcoholic

Alcoholics Anonymous of San Diego County
Balance Sheets
December 31, 2020 and 2019

| | ASSETS | 2020 | 2019 |
|--------------------------------------|--------|----------------------|----------------------|
| Current Assets: | | | |
| Petty Cash | | \$250 | \$250 |
| Cash in Checking | | 64,515 | 54,248 |
| Credit Card Merchant | | 279 | 1,220 |
| Cash in Savings - CD's | | 100,129 | 101,286 |
| Prepaid Expenses | | 2,183 | 1,265 |
| Inventory | | <u>28,369</u> | <u>33,955</u> |
| Total Current Assets | | 195,725 | 192,224 |
| Fixed Assets: | | | |
| Furniture, Fixtures & Equipment | | 27,740 | 27,740 |
| Leasehold Improvements | | 7,306 | 7,306 |
| Less: Accumulated Depreciation | | <u>(35,046)</u> | <u>(35,046)</u> |
| Total Fixed Assets | | 0 | 0 |
| Total Assets | | <u>\$195,725</u> | <u>\$192,224</u> |
| Liabilities: | | | |
| Accrued Payroll Taxes | | 1,376 | 1,227 |
| Accrued Sales Tax | | 397 | 1,419 |
| Gift Certificates Outstanding | | <u>0</u> | <u>0</u> |
| Total Liabilities | | 1,773 | 2,646 |
| Fund Balance | | <u>193,952</u> | <u>189,578</u> |
| Total Liabilities & Fund Balance | | <u>\$195,725</u> | <u>\$192,224</u> |

The Accompanying Notes are an Integral Part of the Financial Statements

Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| May 31 | Memorial Day | Monday |
| July 5 | Independence Day | Monday |
| September 6 | Labor Day | Monday |
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|----------------------------------|-----------------|
| Group Contributions | \$9,149 |
| Individual Contributions | 1,365 |
| SDIAA Contributions | 0 |
| Literature & Interest | 472 |
| Total Revenue | \$10,986 |
| Central Office Expenses | -9,206 |
| Committee Expenses | -167 |
| Total Expenses | -\$9,373 |
| March 2021 Net Revenue | \$1,613 |
| 2021 YTD Revenue | -\$9,298 |

- ◆ **May's Book of the Month** is "Dr. Bob & the Good Oldtimers" - on sale for \$8.50 plus tax, max 5
- ◆ **June's Book of the Month** is "Pass It On" - on sale for \$9.00 plus tax, max 5
- ◆ You can still get ***Our Great Responsibility*** combined with ***1st Edition Reproduction*** Combo for the price of \$8.50 plus tax
- ◆ **Email or call to place your order—**
sdaaco@gmail.com; call 619-265-8763
- ◆ **Pick Up Hours** are: Mon—Fri, 11 am—3 pm, or Sat 10 am—12 Noon
- ◆ **Pay with credit/debit over the phone** or bring a check
- ◆ **It's that easy!**



Big Book

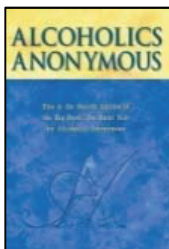


Big Book, "How It Works", page 66

"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 which 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.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it - then you are ready to take certain steps."

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| | | |
|------------------|-----------|--------------|
| AVERAGE | GRAVE | RARELY |
| BORN | HONESTY | RECOVER |
| COMPLETELY | HOW | RIGOROUS |
| CONSTITUTIONALLY | INCAPABLE | SIMPLE |
| DECIDED | LENGTH | STEPS |
| DISCLOSE | MENTAL | STORIES |
| EMOTIONAL | NATURALLY | SUFFER |
| FAIL | PATH | UNFORTUNATES |
| FAULT | PERSON | WILLING |
| FOLLOWED | PROGRAM | WORKS |

The Coordinating Council has various committees in which all A.A. members are encouraged to participate. You do not need to be a Coordinator to join a Committee. All Committees are in need of members—come to the Council meeting to join



Are You Being Heard?

- ♦ AA needs your Group's opinions, thoughts, comments and VOTE
- ♦ Does Your Group have a Coordinator?
- ♦ For information about becoming a Coordinator, contact Central Office by calling 619-265-8763 or emailing sdaaco@aol.com

Business Committee. Oversees and directs the activities of Central Office, provides financial management, prepares operating budget, supervises paid staff, maintains the 12th Step Phone list, oversees meeting schedule production.

Program Committee. Arranges events i.e.: Annual Anniversary in November and Annual Founder's Day Picnic in June.

Public Information Committee. Furnishes speakers for non-A.A. events, consults with the media.

"Coordinator" Newsletter Committee: Publishes the "Coordinator" newsletter monthly, writes and/or solicits articles for publication, types, and folds newsletter.

After Hours Phone Committee: Recruits and coordinates Group volunteers for after hours phones. (9 pm to 9 am + Sunday daytime)

Orientation and Guidelines Committee: Orient new Coordinators; facilitate maintenance of Coordinating Council guidelines.

Coordinator Outreach Committee. Visits groups without Intergroup Coordinators, inviting them to come participate in the fun of being of service

Cooperation with Elder Community (CEC) Ad-Hoc: Engage with Elder community through outreach to senior centers, assisted living facilities, hospitals, etc.

thank you!

FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ♦ 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
- ♦ Send your Contributions to:

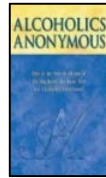
Visit Us at
aasandiego.org

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

**The Jack Alexander Article about A.A., P-12,
pages 10-11**

"There is no specious excuse for drinking which the troubleshooters of Alcoholics Anonymous have not heard or used themselves. When one of their prospects hands them a rationalization for getting soused, they match it with half a dozen out of their own experience. This upsets him a little, and he gets defensive. He looks at their neat clothing and smoothly shaved faces and charges them with being goody-goodies who don't know what it is to struggle to drink. They reply by relating their own stories: the double Scotches and brandies before breakfast; the vague feeling of discomfort which precedes a drinking bout; the awakening from a spree without being able to account for the actions of several days and the haunting fear that possibly they had run down someone with their automobiles."

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Big Book: "How it works", page 67
"Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight."

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**Twelve Step and Twelve Traditions; "Step Five",
page 58**

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

"Another great dividend we may expect from confiding our defects to another human being is humility - a word often misunderstood. To those who have made progress in A.A., it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be."

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**Twelve Steps and Twelve Traditions;
"Step Five", page 56**
"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

"This practice of admitting one's defects to another person is, of course, very ancient. It has been validated in every century, and it characterizes the lives of all spiritually centered and truly religious people."

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**The Jack Alexander Article About A.A., P-12,
page 19**

After many experiences of this kind, the alcoholic begins to realize that he does not understand himself; he wonders whether his power of will, though strong in other fields, isn't defenseless against alcohol. he may go on trying to defeat his obsession and wind up in a sanitarium. He may give up the fight as hopeless and try to kill himself. or he may seek outside help."

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**The Jack Alexander Article About
A.A., P-12, pages 13-14**

"In discussing their work, the A.A.s spoke of their drunk-rescuing as "insurance" for themselves.

Experience within the group has shown, they said, that once a recovered drinker slows up in this work he is likely to go back to drinking himself. There is, they agreed, no such thing as an ex-alcoholic. If one is an alcoholic - that is, a person who is unable to drink normally - one remains an alcoholic until he dies, just as a diabetic remains a diabetic."

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Twelve Steps and Twelve Traditions; "Step Five", page 62
"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

This feeling of being at one with God and man, this emerging from isolation through the open and honest sharing of our terrible burden of guilt, brings us to a resting place where we may prepare ourselves for the following Steps toward a full and meaningful sobriety."

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Step Five:

Continued from page 1

we begin Step Five at “first opportunity” (p. 74) which turned out to be approximately ten minutes after completing Step Four.

My sponsor, Carl, helped me realize, from my Step Four list, where I had been selfish; dishonest; resentful; and fearful to an extent that I had never realized.

As a matter of fact, he pointed out that most all my character defects, etc., would fall under one or more of these four “grosser handicaps” (p. 71).

They were like an **umbrella!** If I improve on these four major items, then the minor ones would become less destructive, or hopefully disappear.

Step Five not only simplified the step process but brought about a **confirmed awareness** of my defects for God to remove in Step Seven. I also learned the necessity of facing up to selfishness, dishonesty, resentment, and fear if I were to live in the spirit of Step Ten.

It was pointed out that these four defects are mentioned in Step Ten (p. 84) and Step Eleven (p. 86).

These four demons were indeed enemies of my sobriety.

This new **awareness** has brought me to realize why going on the wagon or *quitting drinking forever*, year after year, never lasted. My personality problems (bondage of



self) remained active throughout those periods of abstinence.

Although Step Five has not completely removed these dangerous barriers, I have been able to maintain a “*personality change sufficient to bring about recovery from alcoholism*” (p. 567) for many years. Thank God for progress, not perfection.

~ Bob S.

Fully Recovered Alcoholic

Continued from page 1

drink” has not occurred to me for many years—it seems to have been removed from my emotional vocabulary!

But for a better detailed description, here are a few

promises from pages 84 & 85 of the Big Book:

- We will seldom be interested in liquor.
- If tempted, we recoil from it as from a hot flame.
- We will see that our new attitude toward liquor has been given us without any thought or effort on our part.
- We are not fighting it, neither are we avoiding temptation.
- We have not even sworn off. Instead, the problem has been removed (**This means the mental obsession—not the physical allergy**). It does not exist for us.

Not so fast, there is a prerequisite! **“That is how we react so long as we keep in fit spiritual condition.”**

How? By living in the spirit of Steps 10, 11 & 12.

Non-Big Book readers might state: “If I were recovered, I’d start drinking again.”

This is logical thinking using the normal definition of the word “recovered.” However, those who have studied the Big Book can easily see the folly in that sort of thinking because they understand the allergy/obsession syndrome.

The Big Book uses the recovered word in a special and technical sense that readers can easily understand.

I often use the phrase “release from the mental obsession” at meetings to avoid controversy.

~ Bob S.

A Realistic Look at Resentments

Continued from page 1

alcoholics than anything else.” With that in mind, you would think that it would be the first thing on the agenda, but it was not.

As I look back on it now, I had too many other things on my mind to deal with and as a result of the complacency I wasn’t motivated to tackle the resentment issue as a serious matter and apparently many of my A. A. buddies somewhat dismissed it as well.

We spent much of our time pointing out the faults of other members in the form of gossip, especially when they were not present.

When I did start to address the issue, I did not consider the gossip and pointing out their faults to be enough of a problem. Dealing with past relationships was present on my mind and eventually I could not dismiss it and still sleep nights.

I came to understand that all of those people of the past meant something to me, or I wouldn’t be so upset about them and If I wanted to enjoy the Peace of Mind that is promised in the program, I would have to make things right with them. It occurred to me that no one’s perfect and I had to find a way to neutralize my resentments. If you have ever thrown a rock out into a pond and seen the water

rings expanding outward, you would know how I feel about just about everyone that I have dealt with in the past, including myself. My rings of resentment are colliding with their rings and their rings are colliding with everyone else’s rings at the same time.

In the past I was always threatened by their rings and I could simply drink them away but, in the program Alcoholics Anonymous I have come to understand that I am fortunate to have found the solution to my problem, and unfortunately many of them may never find the resolutions.

As a result, with this understanding, I am no longer threatened by what they think of me and I no longer judge them on their behavior since I was in the same boat as they were at one time. I am not the person I was before I discovered the A.A. program and whether they know it or not I can be compassionate and have empathy for those poor souls that continued to struggle the way I struggled prior to entering the program.

stem from low self-esteem.” That one statement changed my whole way of thinking when it comes to judging anyone else on this planet. I am not God.

By understanding and accepting everyone just the way they are, my self-esteem is at a level where I need not judge anyone. This does not mean that I must be a doormat for others to step on. People will sometimes cross my boundaries at one time or another, but I do not have to roll in the mud with them. I can gracefully back away and not engage myself.

I can still treat them with respect and let them be. I can still wish the best for them with the understanding that they may never find the answer to their problems and I am willing to help if I can. It is as simple as that.

~ Rick R.



Bitterness and hatred are no longer part of my vocabulary.

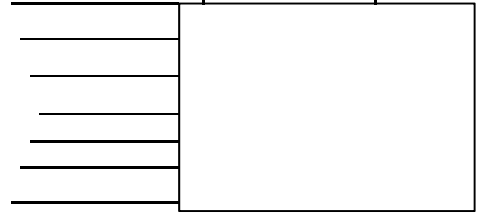
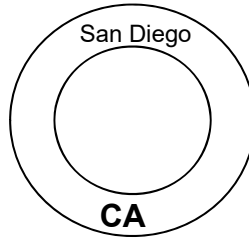


Resentment seemed to be the act of reliving all those unfortunate conflicts of yesterday.

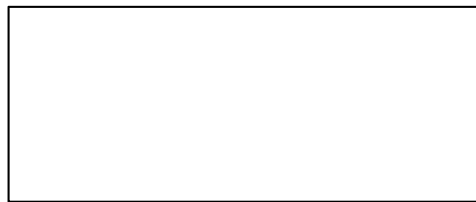


A close friend of mine once said that “all forms of criticism and character assassination

7075-B Mission Gorge Road
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The San Diego AA Coordinator



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

"Were entirely ready to have God remove all these defects of character."

Reprinted from AA Big Book, page 59

JUNE 2021
VOL. LXIX NO. 6

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11

"Carry the AA Message"

Join the fun and submit an article!

July (due 6/27/21)

"Humbly..."

August (due 7/26/21)

"Became willing"

September (due 8/28/21)

"Our side of the street"

Submit *your* 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Tradition Six Protects AA

"An AA Group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

I find it tempting to praise all sorts of political and, religious activities that I have been involved with through the years. I believe it does not violate the spirit of Tradition Six to mention them – even by name – during an AA meeting.

Continued on Page 14

This Time it Will be Different.

It Gets Worse. Never Better

I came from a family environment heavily laced with alcoholic drinking. I was one of ten siblings and seven out the of the ten drank heavily. Both parents, uncles, and aunts that I knew spent much of their time in bars.

In that environment, if you did not drink you were the oddball. I started drinking at the age of 13 and by the time I was 17 years old I was drinking as heavy as any of them.

Continued on Page 15

The First Drunk

Travelers visiting Rome for the first time will often have the Vatican on their itinerary. It has obvious religious and historical significance as well as a fabulous art museum.

A tour of the Vatican will include the Sistine Chapel, where election for Pope takes place, and the location of the famous ceiling painted by Michelangelo in the early 16th Century.

The tour will allow one only a few short minutes to appreciate what

"Was Noah an alcoholic? Probably not. After this incident he lived happily for another 300 years and there is no record of him ever receiving an AUI (Arking Under the Influence)."

took the painter four years to complete.

Upon entering the Chapel and looking up, one is confronted with nine scenes from the Book of Genesis. Working backward

Continued on Page 14

SAN DIEGO CENTRAL OFFICE

24 HOUR PHONE: (619) 265-8762

OUR WEB PAGE: www.aasandiego.orgE-MAIL: sdaaco@aol.com

FAX: (619) 265-2954

OFFICE & BOOKSTORE:

Mon-Fri 9 am to 5 pm and Sat 9 am to 1 pm

Central Office Manager: Judi T.

Administrative Assistant: Catherine S.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|---------------------------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Johnny | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperation with Elderly (CEC) Ad-Hoc | Kenny | cec@aasandiego.org |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|-----------|--|
| Delegate | Roxanne | delegate@area8aa.org |
| Alternate Delegate | Jerry | alt-delegate@area8aa.org |
| Area Chair | Monty | chairarea8@area8aa.org |
| Archives | Mackensie | archives8@area8aa.org |
| H & I Chair | Blaine | info@sdhandi.org |

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

Contributors: Rick R, Bob S, Blaine H

June Theme: "All these defects of character"

Newsletter by electronic version only at this time.

Please sign up to receive by email.

Send to: 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

**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 the [upload form](#).

Five Forty-Five: a.m.

By Rick R.

I've had my share of memories,
of the way life used to be
Before I found my answers,
and it's called sobriety

While driving down the boulevard,
before the break of day
The outside air was cold enough,
to take your breath away

In the doorway of a tavern,
to avoid the bitter wind
Three ragtag men were shivering,
just waiting to get in

I knew their desperation,
for I'd been there before
Soon the keys would jingle,
and open up the door

The barkeep wasn't new at this,
he'd been around awhile
He'd greet us all with sympathy,
and a patronizing smile

The craving at Five Forty Five,
teeth chattering from the clime
The clock not ticking fast enough,
six a.m. is serving time

Bartenders move so slow at dawn,
you'd think they'd get a clue
That guys like me, in misery,
have got to have that brew

He grabs a glass, draws a beer,
and puts it in my reach
And you would think I'd snatch it up,
and guzzle like a leech

But something strange then happened,
before I touched the glass
I'm already getting that relief,
as I watched the minutes pass

After some five minutes more,
I take two tiny sips
And re-collect my dignity as,
I lower it from my lips.

See that! I say, I have control,
there is no problem here.
Bartender please, when you get time,
I'll have another beer.

Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems to: sdaa.newsletter@gmail.com -200 words or less.

Central Office Phone Calls and Website Hits

Our AA Phones continue to be answered 24hrs/7 days via call-forwarding by volunteers.

Central Office is grateful for our Volunteers

| Website Hits | April | Total |
|--------------|--------|-----------|
| | 33,400 | 7,578,255 |

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.

Happy Birthday to All!

**Dave F. 3/13/80 41 years!
Beach Area Beginners**

In Memory

Jim B.

In Memory

Sylvia S.

Friday Morning Womens

On May 17, 2021 long time member Sylvia S. went to the "Big Meeting". Born in September, 1934, sober May 16, 1976, staying sober and helping others, especially women, achieve sobriety was Sylvia's purpose. She touched countless lives through sponsoring, reaching out her hand to newcomers and to those in pain.

She strongly adhered and advocated the Traditions as she wanted AA to continue to be a safe harbor for all alcoholics. She passed with 45 years and a day – one day at a time!!

Birthday Gratitude

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.

"PASS IT ON"; Chapter Nine, page 177

"Bill did understand, almost immediately, that this work could be done for love only, never for money. He declined Charlie's offer. When Bill described the incident later, he portrayed himself as the impulsive, self-seeking opportunist who might have wrecked a fledgling movement had it not been for the wise and timely advice of others. Both Bill and Lois remembered the incident as an early example of the group conscience in action."

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**'PASS IT ON'; Chapter Eight, page 155**

"Young Bob confirmed the unusual harmony: "Dad often told me that, although he and Bill saw things from different angles, they never had an argument and their two minds seemed to mesh in developing an intelligent program which they could present to alcoholics.""

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'PASS IT ON'; Chapter Nineteen, page 308

"He would write, in his essay on the Twelve Traditions: 'The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize the sacrificial spirit - well symbolized by anonymity - is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.'"

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Many Paths to Spirituality, P-84, page 10

"Spiritual experience in A.A. is broad and varied, and for those members who struggle with spiritual concepts, ongoing sobriety often brings the realization that - in some remarkable and unforeseen way - they have indeed experienced a spiritual change."

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'PASS IT ON'; Chapter Fifteen, page 266-267

"As Bill had once predicted, a single copy of the Big Book or a single enthusiastic member was all that was really required to start a group. In November 1941, on the eve of Pearl Harbor, A.A. had 200 groups and a membership of 6,000 - most of whom had never seen Bill. He would spend most of the next three years, 1941-44, on the road, out in groups, getting to know the members, making himself available to the individuals, talking, listening, counseling, sharing, and above all, giving of himself to nurture this being, this embodiment of his compelling vision."

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Many Paths to Spirituality, P-84, pages 6-7

"Recognizing, first of all, that we needed to stay sober, many of us began to discover that we could utilize the A.A. program without conforming to religious or spiritual concepts we either disagreed with or didn't have. As we became more familiar with A.A., we began to realize the deep significance in the phrasing of A.A.'s Twelve Steps, which emphasize "a Power greater than ourselves," and "God, as we understood him." These words and A.A.'s traditional commitment to inclusivity provided comfort to many of us, leaving the door to spirituality open for alcoholics of all faiths, beliefs and practices, and allowing each of us to determine for himself or herself just what to believe."

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**Many Paths to Spirituality, P-84, page 4**

"A misconception about Alcoholics Anonymous is that it is a religious organization. Since A.A. groups often rent space in churches, attending an A.A. meeting in a church basement can reinforce that impression, and the possibility of hearing a prayer at the end of a meeting can further cement the idea for some.

Yet A.A.'s pioneering members realized from the beginning that their sole purpose was to help people gain sobriety, and they went to great lengths to ensure the broadest membership among all who suffer from alcoholism. A.A. is a fellowship, a community of like-minded sufferers who have found a way out of a hopeless condition."

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'PASS IT ON'; Chapter Six, page 126

"At this point, my excitement became boundless. A chain reaction could be set in motion, forming an ever-growing fellowship of alcoholics, whose mission it would be to visit the caves of still other sufferers and set them free. As each dedicated himself to carrying the message to still another, and those released to still others, such a society could pyramid to tremendous proportions. Why, it could reach every single alcoholic in the world capable of being honest enough to admit his own defeat.' Visionary words, those, and prophetic."

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Minutes of the Coordinating Council
Thursday, May 13th, 2021

Susan, Council Chair called the 905th meeting to order at 7:30 pm with a moment of silence followed by the “I am Responsible Declaration”.

Quorum was conducted by zoom poll function: 30 voted yes to being present as a Group Coordinator. Quorum is 29, so yes, we have a quorum to conduct business tonight.

April, 2021 Minutes were approved. m/s/c

Area 8 Representative: Monty, Alternate Delegate, shared that the Delegate attended the General Service Conference virtually this year. As the Area traditionally sends the Delegate a gift of appreciation to New York, this year a crate of snacks was sent to his home to enjoy during the conference. Everyone is invited to attend the upcoming Area Assembly/GSR School Saturday, May 15. GSR begins at 8 am and the Assembly starts at 9 am. Information can be found at area8aa.org.

H & I Representative: Lauren shared that there are H&I panels in person and on Zoom at this time. The monthly H&I orientation is held on Zoom on the third Thursday of each month at 7PM. Please visit sdhandi.org for more info.

AFTER HOURS PHONES: Johnny C., Chair shared:

1. Phones continue to be call-forwarded 24 hours a day
2. We appreciate ALL of the groups that currently have commitments but at this time we are seeking responsible individuals to take commitments for 9 pm – 9 am shifts until we are able to go back in person again at Central Office. There have been too many mishaps lately with groups not forwarding the phones correctly to their own volunteers during their overnight shifts.
3. Thank you to the GROUPS for answering phones this month.
4. Please, if you have trouble during your shift or the day before or after, contact Johnny C. Do Not contact Judi T. You can reach Johnny at afterhoursphones@aasandiego.org.

BUSINESS COMMITTEE: Tom, Business Committee Chair reported: The Business Committee met on Tuesday, 5/11/2021 at 6:00 pm.

Present: Tom, Nick, Rich, Andy, Susan, & Judi.

There was a quorum.

April, 2021 Minutes were approved.

April, 2021 Financial Statements were approved

April, 2021 Financial Summary:

April 2021 Net Revenue is \$2,386. Our 2021 YTD Net Revenue is \$-6,913. Group and Individual Contributions were \$12,192. Literature Sales Revenue and CD Bank Interest were \$427 while total office and committee expenses were \$10,333.

Central Office Manager’s Report:

- **May BOOK OF THE MONTH:** Dr. Bob & the Good Oldtimers. Sale \$8.50, Reg. \$10.50 Max: 5
 - For all literature purchases, please email sdaaco@gmail.com or call Central Office at 619-265-8763 to place your order.
 - We will create a sales receipt and take your Credit/debit card over the phone or you may leave a check at the time of pickup.
 - Scheduled pickups: Mon-Fri between 11 am–3 pm
Sat 10 am–12 pm
- **June BOOK OF THE MONTH:** Pass It On. Sale \$9.00, Reg. \$11.00 Max: 5
- **Bookstore Reopening June 3rd:**
 - Reopening “weekend” (June 3-5) will include:
 - Complimentary coffee with flavored creamers
 - Free raffle ticket with a chance to win either a Grapevine subscription or a Book of your choice (winner will be drawn by volunteer on following Monday)
 - We will no longer be accepting phone or email orders
- Daytime volunteers returning to Central Office 6/1
- Meeting updates continue to be active on our website with ongoing daily changes. In Person meetings are beginning to flourish (there are 115 more this month, not including the Spanish meetings). **Spanish meetings reopened.** Currently there are:
 - 1,023 total meetings per week
 - Out of these:
 - 434 are online meetings
 - 550 are in person, including 211 Spanish meetings
 - 39 are Hybrid
- Website renovation completed and will launch by the end of May
- Price has increased on San Diego 90 tokens from \$2.50/ea to \$2.75 ea.

Continued on page 6

Continued from page 5

- o **Reminder:** Bookstore will be closed Saturday, May 15th due to staffing.
- o Central Office/Bookstore closed Monday, May 31 for Memorial Day

CEC Adhoc Committee (Cooperating w/Elder Community): Kenny, Chair, shared that

1. CEC is cold calling San Diego Senior Facilities to introduce them to the CEC of AA and emailed the digital copy of the CEC pamphlet. Offered to mail printed copies by request and that provide literature racks and a large print Big Book for their library. Informed them that, as things open up, we are available for presentations.
2. CEC will participate/present at the Seniors in Sobriety Convention October 23-26, 2021 at the Bahia on Mission Bay.
3. The CEC Committee meets every 2nd Wednesday at 6:30pm via Zoom. The direct Zoom link is available at aasandiego.org under the Calendar of Events/Service Meetings.

COORDINATOR NEWSLETTER: Lisa Ann, Chair reported:

1. The Newsletter Committee is seeking members.
2. Currently one committee member, Eddie G. and herself have met and are discussing ways that the Newsletter can move into the digital ways and can better move the information from the Newsletter Committee to the Central Office to the Printer. They plan to meet again and will report to the Council again next month.
3. Please submit articles and original poems sharing your experience, strength and hope.
 - a. Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com

COORDINATOR OUTREACH: Danny, Chair: Need Committee Members – we will begin meeting in June as many meetings are beginning to meet in person so there will be a lot of meetings that we can start visiting – but we need help!

ORIENTATION & GUIDELINES: Nadia, stepping in for Tim tonight (Thank you!) shared that there were 5 new Coordinators at Orientation tonight! Welcome!

PROGRAM COMMITTEE: No report

PUBLIC INFORMATION COMMITTEE: No Report

OLD BUSINESS:

- a. **Greeters:** We still need two volunteers to sign on at 6:30 (arrive at 6:30 when we return to in person meetings) to greet people when they arrive. This will enhance the feelings of fellowship and inclusion that we all want to foster.

- b. Our committees are still in need of members. Remember, there is no obligation to be a Coordinator to serve on a committee. Please continue to bring this up at ALL of your meetings!
- c. **Committee Chairs:** Please remember when giving your progress report on your current and upcoming activities: let us know how many openings there are on your committee. Please email our Recording Secretary your reports at sdaaco@aol.com no later than 10:00 am on the Friday morning following Council. Please include a list of all of your committee members' names and contact information. Please, if you have not already started, go to the Intergroup Rep page at aasandiego.org to access the Guidelines, and work on reading and updating your Guidelines.

NEW BUSINESS:

- a. Nick M., presented the 2021 Budget Review
- b. Judi T. presented the new Website
- c. Joan K., Chair of the 2021 Seniors in Sobriety spoke about the upcoming conference and said that they are seeking donations for the raffle.

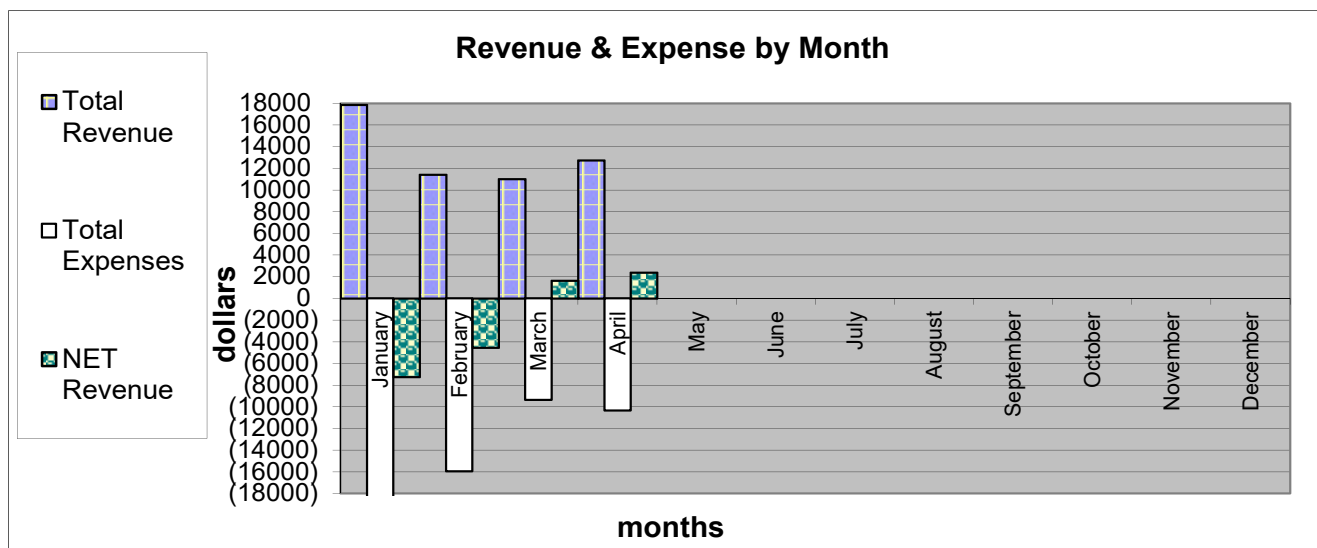
Reminders:

1. We plan on hosting Coordinating Council Meetings on Zoom through July. We are working on a plan on how to safely begin meeting in person beginning in August. Please send a) any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 6/1/2021.
2. Please send:
 - a. Any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 5/1/2021.
3. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 5/1/2021.
4. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,
Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of April 30, 2021

| | April 21 | April 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|--|------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 10,784.18 | 4,068.13 | 42,218.68 | 31,842.51 | 10,376.17 | 118,610.00 |
| Contributions Individual | 1,407.80 | 3,016.00 | 7,800.82 | 4,782.66 | 3,018.16 | 14,714.00 |
| Contributions SDIAA | - | - | - | 1,100.00 | (1,100.00) | 700.00 |
| Interest - Cert of Deposits | 37.22 | 192.73 | 150.12 | 810.13 | (660.01) | 1,000.00 |
| Literature Revenue (see schedule) | 489.71 | 0.39 | 2,794.86 | 2,673.18 | 121.68 | 12,000.00 |
| Total Revenue | 12,718.91 | 7,277.25 | 52,964.48 | 41,208.48 | 11,756.00 | 147,024.00 |
| Expense | | | | | | |
| Accounting & Legal | 497.50 | - | 2,637.50 | 1,960.00 | 677.50 | 2,930.00 |
| Auto/Travel/Seminar | 6.00 | 19.50 | 41.00 | 108.75 | (67.75) | 1,500.00 |
| Bank Service Charges | - | - | 40.00 | 84.24 | (44.24) | 50.00 |
| Cash (Over) Short | 0.59 | 64.86 | (3.55) | 160.21 | (163.76) | (50.00) |
| Checks Returned - Bad Debt | - | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 205.44 | 205.44 | - | 750.00 |
| Equipment Purchase | - | - | - | - | - | 750.00 |
| Insurance | 131.02 | 57.06 | 524.08 | 228.24 | 295.84 | 1,200.00 |
| Office Maint. & Repairs | - | - | 50.00 | 40.00 | 10.00 | 500.00 |
| Office Supplies | 177.75 | 75.47 | 561.10 | 612.72 | (51.62) | 3,000.00 |
| Rent | 1,940.00 | 1,900.00 | 7,760.00 | 7,600.00 | 160.00 | 23,600.00 |
| Taxes | 50.00 | - | 50.00 | 20.00 | 30.00 | 80.00 |
| Telephone | 218.58 | - | 855.16 | 494.87 | 360.29 | 2,460.00 |
| Utilities-Electricity | 178.67 | 211.96 | 860.71 | 1,429.89 | (569.18) | 3,500.00 |
| Website | 20.85 | 20.85 | 91.36 | 55.65 | 35.71 | 750.00 |
| EMPLOYEES | | | - | - | | |
| Accrued Payroll Taxes | 1,079.81 | 610.48 | 4,186.44 | 2,625.22 | 1,561.22 | 6,900.00 |
| Employee Wages | 5,160.56 | 7,132.20 | 38,069.87 | 27,132.30 | 10,937.57 | 79,999.00 |
| Employee 403B Contribution | - | 159.00 | 155.00 | 1,124.00 | (969.00) | 1,405.00 |
| Employee Health Benefit | 653.13 | 800.37 | 2,795.74 | 3,201.48 | (405.74) | 9,000.00 |
| Insurance-Worker's Comp | 43.16 | 43.25 | 166.99 | 173.00 | (6.01) | 500.00 |
| Total Office Expense | 10,208.98 | 11,146.36 | 59,146.84 | 47,256.01 | 11,890.83 | 138,824.00 |
| Standing Committees Expense | 124.26 | 128.76 | 730.52 | 1,950.59 | (1,220.07) | 8,200.00 |
| (see schedule) | | | | | | |
| Total Expense | 10,333.24 | 11,275.12 | 59,877.36 | 49,206.60 | 10,670.76 | 147,024.00 |
| Net Revenue | 2,385.67 | (3,997.87) | (6,912.88) | (7,998.12) | 1,085.24 | - |



Group Contributions April 2021

| Group | Apr-21 | Ytd 21 | Group | Apr-21 | Ytd 21 |
|-------------------------------------|--------|--------|------------------------------------|----------|----------|
| 4077 Mash Step 11 - 2027 | - | 180.00 | La Mesa Womens Sat. Morn-416 | 252.50 | 615.50 |
| *52 From The Big Blue | - | 183.50 | Lake Murray Womens - 572 | - | 125.00 |
| 5.30 Meditation - 3085 | - | 293.00 | Late Risers - 473 | 150.00 | 150.00 |
| 9 30 Everynighters - 2997 | - | 124.43 | Letting Go Womens - 3189 | - | 150.00 |
| A Sense Of Belonging Womens | - | 107.00 | Linda Vista Mens - 320 | - | 25.00 |
| A Vision For You - 2812 | 111.00 | 226.00 | Living Free - 477 | 500.00 | 510.00 |
| A Womens Meeting -1717 | 20.00 | 520.00 | * Mast Park Meeting | 174.67 | 382.92 |
| Alpine Group - 6 | - | 50.00 | Meetin' in the Ladies Room - 2614 | - | 105.00 |
| B.Y.O.B. (North Park) - 203 | 122.00 | 392.00 | Mens Focused Step Study - 3217 | - | 338.00 |
| Back to Basics - 1026 | 200.00 | 500.00 | Mens Jelly Donut - 3118 | - | 24.00 |
| Back To Basics For Women - 1675 | - | 100.00 | Mens Step Study - 965 | - | 50.00 |
| Beautiful Beginnings - 552 | - | 280.50 | Mid-Week Mens - 560 | 263.00 | 263.00 |
| BYOB Book Study (Ramona)-3094 | 25.00 | 25.00 | Mid-Week Mens ZOOM - 3243 | 135.00 | 370.01 |
| Carrying the Message - 2458 | 50.00 | 50.00 | Midday Miracles- 3242 <> | 75.00 | 237.00 |
| Casa De Oro Tradition Five - 503 | - | 175.00 | Midway Bridge - 2171 | - | 50.56 |
| Chula Vista 4 Min Speakers - 1568 | - | 200.00 | Mira Mesa Early Risers - 967 | - | 100.00 |
| Clairemont Mens - 301 | 384.00 | 710.00 | Mira Mesa Sun Morning Mens - 693 | 84.20 | 84.20 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | Miracles on Mondays - 565 | - | 150.00 |
| Clairemont Womens Disc - 340 | - | 165.00 | Mission Bay Speakers - 1692 | - | 150.00 |
| Clairemont Womens S/S - 341 | 20.00 | 480.50 | Mission Hills Beginners - 1612 | - | 200.00 |
| Conscious Contact Big Book-2762 | - | 20.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| Conscious Contact Meditat-2834 | - | 25.00 | Mission Possible - 131 | 225.00 | 300.00 |
| D.D.G.T.M. - 767 | - | 125.00 | Monday At A Time - 2875 | 180.00 | 180.00 |
| Daily Reflection - 3114 | - | 460.00 | Mt Soledad Mens - 717 | 300.00 | 800.00 |
| Dawn Patrol - 263 | - | 512.00 | * Nightly Discussion - 3248 | - | 92.13 |
| Designs For Living - 488 | - | 105.00 | No Matter What Womans Grp-2325 | - | 96.88 |
| Dignity Unlimited - 205 | - | 250.00 | Noon with View Beg Mtg-3249 | 1,101.00 | 2,133.60 |
| Doctors&Lawyers&Professionals | 660.95 | 660.95 | Nooners Anonymous - 1164 | - | 100.00 |
| Downtown Discussion - 1665 | - | 72.46 | Noontime on the Patio - 2203 | - | 57.69 |
| Early Morning Recovery - 2688 | - | 705.00 | North Clairemont - 1102 | - | 200.00 |
| Early Risers (Coronado) - 1525 | - | 10.00 | North Park Mens - 465 | 56.55 | 332.56 |
| East Co Young People Rule 62 | - | 100.00 | North Shores Breakfast - 275 | - | 150.00 |
| East Side Group - 101 | - | 60.00 | Over The Bridge - 2689 | - | 403.75 |
| Eastlake Greens Attitude Adj-2712 | - | 70.00 | Pass It On Big Book Study Grp-2860 | 232.75 | 491.50 |
| Eastlake New Beg S/S-2673 | - | 20.00 | * Phone at the Grove | 40.00 | 40.00 |
| Easy Does It Speakers - 114 | 100.00 | 100.00 | Poinsettia Group - 2210 | - | 75.00 |
| El Cajon Beginners - 2876 | 40.00 | 128.75 | Point Loma Nooners - 1606 | - | 100.00 |
| El Cajon Womens Serenity - 77 | 75.39 | 75.39 | Progress Rather Than Perfect-2682 | 400.00 | 400.00 |
| Emotional Sobriety (Hillcrest)-2536 | - | 25.00 | Pt Loma Womens Discussion-1608 | - | 150.00 |
| Every Night at Six <> - 3241 | - | 433.00 | Radical Acceptance Meeting - 2961 | 406.80 | 1,764.80 |
| First Mira Mesa Mens - 300 | - | 21.50 | Rise & Shine - 2170 | - | 685.00 |
| Fletcher Hills Smokeless - 59 | 60.00 | 180.00 | San Carlos Single Purpose - 583 | 50.00 | 50.00 |
| Friday Morning Womens - 104 | - | 190.00 | Santee Sat Night Speakers - 2656 | - | 160.00 |
| Friday Night Irregulars - 2889 | - | 137.67 | Santee Serenity - 3040 | - | 50.00 |
| Gifts of Grace Womans - 2564 | - | 92.06 | Sat Mens Early Awakening - 2209 | - | 239.89 |
| Gilman Group - 1988 | 20.00 | 175.59 | Saturday A.M. Live - 782 | - | 50.00 |
| God Squad Too - 2809 | - | 227.03 | Scripps Ranch Men's Two - 2776 | 100.00 | 100.00 |
| Good Morning AA - 1888 | - | 589.00 | Scripps Ranch Mens - 3168 | - | 201.95 |
| Grupo Gringo - 1305 | 250.00 | 250.00 | Serenity @ 5107 - 2976 | 152.03 | 152.03 |
| GSDYPAA | 57.91 | 407.77 | Sober Camel Speakers Mtg-2296 | - | 56.23 |
| Harmony Group - 585 | 235.00 | 235.00 | Sober Nooners - 196 | - | 200.00 |
| Haul Your Hiney Out Of Bed - 704 | - | 150.00 | Sobriety At All Cost - 3006 | - | 463.00 |
| HOW @ Noon - 2998 | - | 150.00 | Sons of God - 2789 | - | 660.00 |
| I. B. Steps & Traditions - 3003 | - | 50.00 | Sorrento Valley Nooner - 544 | 250.00 | 953.50 |
| I. B. Up - 2565 | - | 250.00 | Spiritual Awakening - 2275 | 106.01 | 602.04 |
| Imperial Mens Group - 869 | 100.00 | 100.00 | Spiritual Awakenings S/S-3174 | 200.00 | 200.00 |
| Jaywalkers - 3100 | 125.00 | 125.00 | Spring Valley Men's Zoom | - | 25.00 |
| Joy Of Living - 2787 | - | 129.00 | Sunday Kind of Love - 429 | - | 10.00 |
| Just Us Girls - 929 | - | 80.20 | The 1st 164 - 2760 | - | 76.27 |
| Kick Start Your Heart - 2430 | - | 40.00 | The Common Solution - 3007 | - | 105.34 |
| Knuckleheads - 3182 | - | 308.00 | The Gathering Of Goddesses-2890 | - | 312.00 |
| La Jolla Discussion Group - 85 | - | 150.00 | The Gift - 2954 | - | 25.00 |
| La Jolla Monday Womens - 87 | 368.00 | 368.00 | The Hole In The Doughnut - 2737 | - | 258.50 |
| La Jolla Sunrise - 2684 | - | 550.00 | * The Interstate Meeting | - | 25.00 |
| La Mesa 12 X12 - 2588 | - | 254.00 | The Other Meeting - 857 | - | 240.00 |
| La Mesa Mens - 106 | 350.00 | 650.00 | * The Rogue Meeting | 431.12 | 2,519.12 |
| La Mesa Open Discussion - 107 | - | 110.00 | The We Group - 2739 | - | 924.34 |

Group Contributions April 2021


| Group | Apr-21 | Ytd 21 | Group | Apr-21 | Ytd 21 |
|------------------------------------|--------|--------|-----------------------------------|--------|--------|
| There is a Solution - 2680 | - | 200.00 | Warm and Friendly - 42 | 100.00 | 100.00 |
| Three Legacies Study Group-3230 | - | 56.09 | Whistling In The Dark Mens - 2943 | - | 200.00 |
| Thursday Steps - 646 | - | 359.40 | Wholesale Miracle - 2474 | 32.00 | 296.50 |
| * Toes in the sand | - | 250.00 | Womans Gut Level - 1701 | - | 65.00 |
| *Trust God,Clean House,Help Others | - | 14.20 | Women's Joy Of Living - 2636 | 270.00 | 270.00 |
| Tues Night Mens Step Study-1813 | - | 290.00 | Women In Harmony - 1807 | - | 96.00 |
| Tuesday Morning Alpine - 440 | - | 43.60 | Womens Attitude of Gratitude-2751 | 375.50 | 375.50 |
| Tuesday Night Primary Purp-130 | - | 321.50 | Womens Step Study - 296 | 31.80 | 337.28 |
| University City Disc.- 368 | - | 126.50 | Womens Thursday Nite - 514 | - | 114.00 |
| University City Womens - 369 | 20.00 | 240.00 | Womens TLC - 2814 | - | 67.50 |
| Valley Girls - 2617 | - | 95.00 | Womens Way To Recovery - 838 | - | 150.00 |

Group Secretaries/Treasurers
Please include an email address with your
Group Contributions, if you wish to receive
a receipt






Thank You
for supporting your
San Diego Intergroup Central Office
in carrying the message to the
suffering alcoholic




Thank you to all of the AA members for their individual contributions.
Some choose to contribute \$1 or \$2 on their sobriety birthdays for
each sober year or sending your 7th tradition directly to
Central Office.






The Central Office and Bookstore
are Reopening!!!
Join us for Reopening Weekend
Thursday, June 3 - Saturday, June 5
Complimentary Coffee with flavored
creamers and Raffle ticket worth winner's
choice of a Grapevine Subscription or Book
of their choice (winner will be picked at
random by a volunteer on the following
Monday). It's been a looooong time! We
look forward to seeing you!

Beginning June 3 we will no longer be accepting
Book orders by phone or email. We appreciate
your patience over the last year and look forward
to seeing you in person!



Thank you to all of our Phone Volunteers!
Our Phones continue to be answered 24/7 thanks
to you. Your service is a shining example of
"Carrying the Message".
Please remember: Call Forwarding Instructions
can be found on the
Group Documents Page
of our website: aasandiego.org
Your group is responsible for forwarding the
phones at the start of every shift



Big Book, "A Vision For You", page 164
"Abandon yourself to God as
you understand God.
Admit your faults to Him and to your fellows.
Clear away the wreckage of your past.
Give freely of what you find and join us.
We shall be with you in the Fellowship of the
Spirit, and you will surely meet some of us as you
trudge the Road of Happy Destiny."
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Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| May 31 | Memorial Day | Monday |
| July 5 | Independence Day | Monday |
| September 6 | Labor Day | Monday |
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|--------------------------|------------------|
| Group Contributions | \$10,784 |
| Individual Contributions | 1,408 |
| SDIAA Contributions | 0 |
| Literature & Interest | 527 |
| Total Revenue | \$12,719 |
| Central Office Expenses | -10209 |
| Committee Expenses | -124 |
| Total Expenses | -\$10,333 |
| April 2021 Net Revenue | \$2,386 |
| 2021 YTD Revenue | -\$6,913 |

WE'RE BACK!

The Central Office Bookstore is Reopening on June 3, 2021!

Stop in for a cup of coffee! Pick up the June Book of the Month or just come by to say "Hello"!

We'll be back to our usual hours—Mon—Fri 9:00 am—5:00 pm, Sat 9:00 am—1:00 pm, masks and social distancing will be required



- ◆ **June's Book of the Month** is "Pass It On" - on sale for \$9.00 plus tax, max 5; Pamphlet of the Month is "Many Paths to Spirituality"—on sale for \$.05, limit 5



- ◆ **July's Book of the Month** is "AA Comes of Age" - on sale for \$8.00 plus tax, max 5, Pamphlet of the Month is "Frequently Asked Questions"—on sale for \$.05, limit 5



'PASS IT ON'

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

'PASS IT ON'; Chapter Fifteen, page 265-266

"The infant was already demonstrating its personality. It had many of its father's traits: sociability, democracy, fairness, humor, warmth, optimism, and a sort of down-home funniness - some might even call it corniness. Now began the long, slow evolution of its character and integrity; as the fledgling Fellowship grew and strengthened, it needed guidelines by which to conduct itself. Bill now began the shaping of A.A. in terms of its ethics and values."

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BEGAN
 CHARACTER
 CONDUCT
 CORNINESS
 DEMOCRACY
 DEMONSTRATING
 ETHICS
 EVOLUTION
 FAIRNESS
 FATHER

FELLOWSHIP
 FLEDGLING
 FUNNINESS
 GREW
 GUIDELINES
 HUMOR
 INFANT
 INTEGRITY
 MANY
 MIGHT

NOW
 OPTIMISM
 PERSONALITY
 SHAPING
 SLOW
 SOCIABILITY
 STRENGTHENED
 TRAITS
 VALUES
 WARMTH

Answering Phones at Central Office

"Each group has but one primary purpose...to carry its message to the alcoholic who still suffers."

- ◆ Daytime Phone Volunteers are back in the Office on June 1!
- ◆ We have Shifts available – Wed 1-5pm; Fri 9am-1pm; Sat 1-5pm; and M-F 5-9pm – call Central Office and speak to Judi or Catherine – 619-265-8763
- ◆ After Hours phones continue to be answered through the help of volunteers using call-forwarding – please remember you are responsible for forwarding the phones to your 9 pm volunteer and each shift afterwards – Instructions on the website under Group Documents
- ◆ Central Office is grateful for all of the phone volunteers that continue to answer calls



thank you!

FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ 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 use the Bill Pay service through your Online Banking App
- ◇ Send your Contributions to:

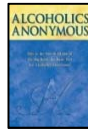


A Brief Guide to A.A.; P--42, page 7

"How does A.A. help the alcoholic?"

Through the example and friendship of the recovered alcoholics in A.A., new members are encouraged to stay away from a drink "one day at a time," as the A.A.'s do. Instead of "swearing off forever" or worrying about whether they will be sober tomorrow, A.A.'s concentrate on not drinking right now - today. By keeping alcohol out of their systems, newcomers take care of one part of their illness - their bodies have a chance to get well. But remember, there is another part. If they are going to *stay* sober, they need healthy minds and healthy emotions, too. So they begin to straighten out confused thinking and unhappy feelings by following A.A.'s "Twelve Steps" to recover. These Steps *suggest* ideas and actions that can guide alcoholics toward happy and useful lives."

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**Understanding Anonymity; P-47, page 7**

"The spiritual significance of anonymity.

In stressing the equality of all A.A. members - and unity in the common bond of their recovery from alcoholism - anonymity serves as the spiritual foundation of the Fellowship. Back in 1948, Bill W., our co-founder, wrote: 'one may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. true consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest - such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.'"

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Big Book; Into Action, page 84

"We have entered into the world of the Spirit. Our next function is to grow in understanding and effectiveness."

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Big Book; There is a Solution, page 23

"Therefore, the main problem of the alcoholic centers in the mind rather than the body."

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Understanding Anonymity; P-47, page 6

"Over the years, anonymity has proved one of the greatest gifts that A.A. offers the suffering alcoholic. Without it, many would never attend their first meeting. Although the stigma has lessened to some degree, most newcomers still find admission of their alcoholism so painful that it is possible only in a protected environment. Anonymity is essential for this atmosphere of trust and openness."

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**Big Book; We Agnostics, page 49**

"We have learned that whatever the human frailties of various faiths may be, those faiths have given purpose and direction to millions. People of faith have a logical idea of what life is all about."

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A Brief Guide to A.A.; P-42, pages 8-9

"Does an alcoholic have to go "all the way down" before A.A. can help?"

A.A. was started in 1935 by a New York stockbroker and an Ohio surgeon, who had both been "hopeless" drunks. At first, most A.A. members also had been seriously ill; their drinking had sent them to hospitals, sanitariums, or jails. But more and more people began to hear about A.A., and soon many alcoholics found they did not have to let their illness do that much damage. They could recover in A.A. *before* their health had been totally wrecked, while they still had their jobs and their families."

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Tradition Six Protects AA

Continued from Page 1

However, if I find myself trying to convince other AA members that they should join my church or political party, I have then gone a bridge too far. The same goes for a treatment center where I once worked. I believe competition is fine in the outside world, but it does not belong in AA rooms. Such is sure to provoke friction.

As for finances, I believe all money placed in the AA basket belongs to AA and nowhere else! Donations should support only the Intergroup; District; Area or GSO. Recovery clubs are considered as "outside enterprises" as well as detox centers and hospitals. Of course, according to Tradition Eight, a group can pay for services rendered, such as printing informational flyers, and like that.

I also believe finances from the group's prudent reserves are approved for group picnics, conferences, and gas money for out-of-town speakers, etc. What if the treasurer of a group donates the group's funds to outside enterprises? Well, is there no retribution? Page xix from the Foreword To The Second Edition, states: "None of these principles have the force of rules or laws."

Of course, there will be rotation and elections. But what if the entire group decides to donate some of its prudent reserve funds to an outside enterprise? This violates the First, Fourth and Sixth Tradition. What to do? Maybe nothing. However, I have seen one instance where the Intergroup Office refrained from listing an AA group that stood in violation of Tradition Three.

Tradition Six allows AA to remain autonomously free from outside influence or domination, but we must remain aware of consequences if not followed.

~ Bob S, Richmond, Indiana

The First Drunk

Continued from Page 1

toward Creation, the first panel depicts the post-Flood Noah naked, and in a stuporous state.

Quoting from (KJV) Chapter 9:20-23, "And Noah became a husbandman, and he planted a vineyard: And he drank of the wine, and was drunken: and he was uncovered within his tent. And Ham, the father of Canaan, saw the nakedness of his father, and told his two brethren without. And Shem and Japheth took a garment, and laid it upon both their shoulders, and went backward, and covered the nakedness of their father; and their faces were backward, and they saw not their father's nakedness." The story continues that when Noah awoke and realized what had happened, he cursed Ham and his descendants (Canaanites) saying that they would be forever servants to the houses of Shem and Japheth.

It is interesting that the earliest mention of alcohol in the Bible is accompanied by a description of someone getting wasted. Also of note is the fact that, at least in this case, the enablers were rewarded, and tough love was punished.

Was Noah an alcoholic? Probably not. After this incident he lived happily for another 300 years and there is no record of him ever receiving an AUI (Arking Under the Influence).

Alcohol in the form of wine is mentioned frequently in the Bible and there are multiple admonitions regarding its use to excess, however responsible drinking is not frowned upon.

The first public miracle performed by Jesus was turning water into wine for the wedding at Cana in Galilee (John: 2:1-11). Wine was served at the Last Supper and that has served as the basis for its use in the Eucharist or Holy Communion which is a sacrament of several denominations within the



Christian faith.

While Noah may have been the first person to get drunk, he was certainly not the last, and there are many out there who are alcoholics and are drinking themselves to death. We have work to do, carrying the message of Alcoholics Anonymous to those who still suffer.

~ Blaine H.

This Time it Will be Different.

Continued from Page 1

In my early days in Church and in the Boy Scouts I was taught how to behave. I tried living by the principles I learned in those organizations and I was the oddball.

At that young age I was calling my family out on what I now understand to be alcoholic behaviors. Their response to that was "That little S.O.B. is going to turn out to be a lawyer," and everybody got a



laugh out of that.

At the age of seventeen I enlisted in the U.S. Navy and discovered a disciplined environment where I could do my job well and still drink every night and on weekends and not worry about rent payments, food, and shelter.

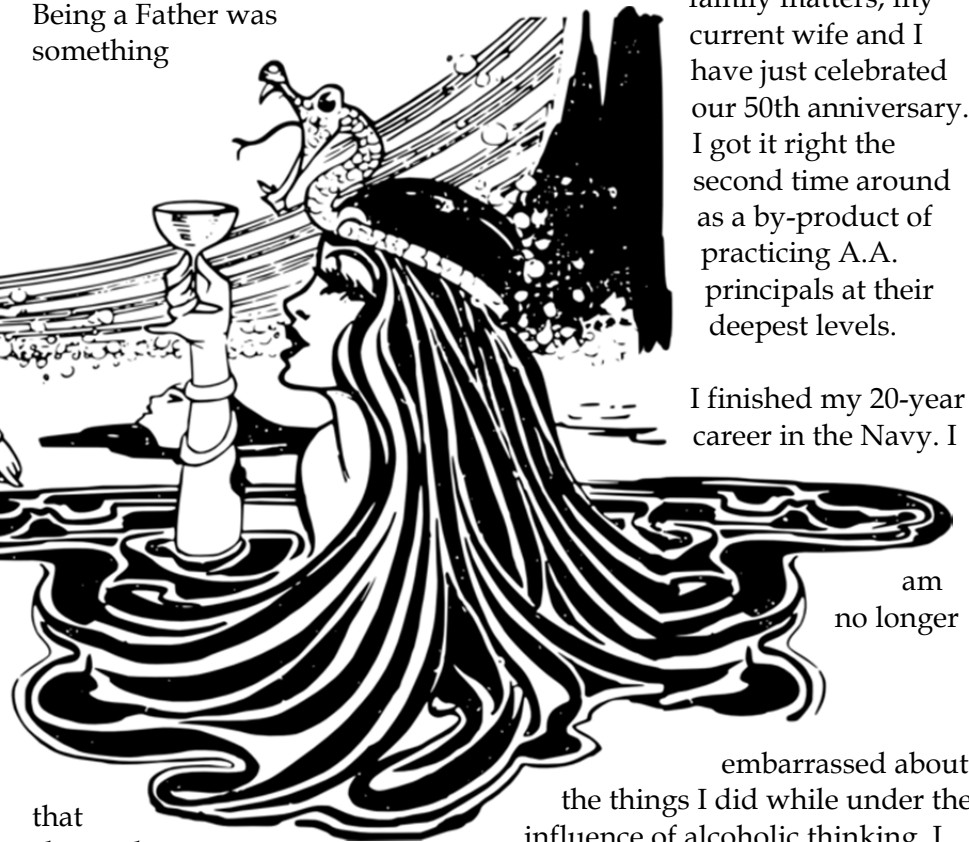
At the end of my hitch in the navy I went back to my home environment and without the discipline, I was back to my old self again: could not hold a job for long, got into bar room brawls, got two DUIs, broken knuckles, nights in the drunk tank etc.

I tried everything to stop drinking but nothing worked. I tried going on the wagon and after thirty days I would think I could go back to

drinking and "This time it would be different" but it only got worse, never better.

At the age of twenty-five I remembered those disciplined days in the navy and I re-enlisted. Again, I did my job very well and advanced in rate rapidly. During the next four years I was married, became a father, and was divorced and had to deal with all those issues as I was all over the Pacific during the Vietnam war.

Being a Father was something



that changed everything. I had become accountable, and it was something I could not simply dismiss. The divorce threw me into turmoil and after two years of crying in my beer I woke up on Oct. 15, 1969 in desperation and called Alcoholics Anonymous, attended my first A.A. meeting and have never had, nor wanted a drink since that day. It was like walking through the mirror in the Alice in Wonderland movie.

It seemed that everything I heard talked about at that meeting was 180 degrees opposite to my past thinking. I immediately began adopting new habits on every issue in my life starting with my responsibilities to my first wife and my son making sure that she understood that she was right to leave me and if that had not have happened, I may not be alive today.

Having gone 180 degrees about family matters, my current wife and I have just celebrated our 50th anniversary. I got it right the second time around as a by-product of practicing A.A. principals at their deepest levels.

I finished my 20-year career in the Navy. I

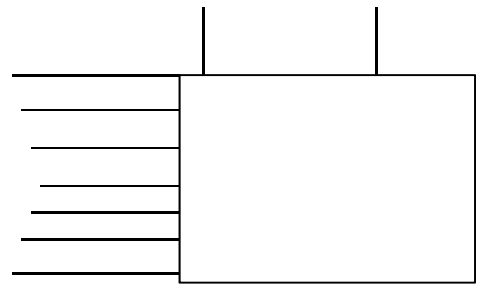
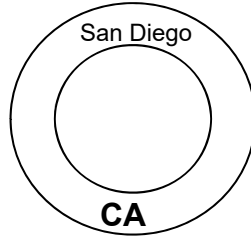
am no longer

embarrassed about the things I did while under the influence of alcoholic thinking. I became accountable and have made restitution for those actions and deeds many times over and as I live my life on the unselfish side of the ledger, I have nothing to be ashamed of and I live a life of contentment. "Happiness is a by-product of a life well lived and not an end in itself." (Eleanor Roosevelt)

~ Rick R.

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

RETURN SERVICE REQUEST



June



aasandiego.org

The San Diego AA Coordinator



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

“Humbly asked Him to remove our shortcomings.”

Reprinted from AA Big Book, page 59

JULY 2021
VOL. LXIX NO. 7

We're Hiring Part-Time Administrative Assistant Position at SD AA Central Office

San Diego Alcoholics Anonymous Central Office is accepting applications for a part-time administrative assistant. The work schedule is Thursday-Friday, 8:30 am - 5:00 pm and Saturdays, 9:00 am - 1:00 pm, plus occasional fill-in days when the Manager is scheduled to be out of the office.

The Assistant provides general clerical support to the Central Office Manager and is also responsible for daily bookstore operations, assistance in training Phone Volunteers, and answering phones when needed. *More information on salary, job requirements, and applying can be found on page 12.*

Double, Double, Toil and Trouble

My Mind was a Cauldron

The topic of mental freedom occasionally comes up in our A.A. Step Study meetings. My mind was rife with negative self-esteem issues such as: Guilt, Shame, Regrets, Self-loathing, Fear, etc.

As an alcoholic, I ran from life issues and responsibilities and the weight upon my mind, was ponderous. Alcohol gave me temporary relief from those issues but as the disease progressed it got worse and when I finally ran out of options, my desperation led me to the doors of Alcoholics Anonymous where I found the answers.

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"Carry the AA Message"

Join the fun and
submit an article!

August (due 7/26/21)

"Became willing"

September (due 8/28/21)

"Our side of the street"

October (due 9/28/21)

"Continued to take personal inventory..."

Submit your 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Step Seven is a Conclusion

Step Seven Prayer from p. 76 of the Big Book: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

"... the Seventh Step prayer concludes with the word 'Amen,' meaning 'so be it,' or indicating a conclusion; however, there is no 'Amen' following the Third Step Prayer, or those in Steps Four, Five and Six! Why?"

There was true humility and deep surrender by asking God to "take all of me," both the "good" and the "bad." This was an

Continued on Page 14

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-Fri 9 am to 5 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:**

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|---------------------------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Johnny | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperating with Elderly (CEC) Ad-Hoc | Kenny | cec@aasandiego.org |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R, Bob S, Lisa Ann O**July Theme:** "Humbly..."**Please sign up to receive by email.****Send to:** 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

**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 the [upload form](#).

A Journey of Hope

By Rick R.

Getting right with this world is a wonderful quest,

When you've been to the gates of hell.

For we who used liquor, to soften the pain,

Know it usually doesn't end well.

We relied on our EGOs, to bolster our pride,

And support our old way of thinking.

Then slowly but surely, as things went awry,

We began to rely on our drinking.

Failures at life, loss of family and friends,

What a horrible price to pay.

When all else had failed, desperation stepped in,

And we entered the gates of A.A.

Surrounded by people, who'd been there before

And the help of Gods gentle sway,

A new life emerged, that we knew nothing of,

And our problems started waning away.

From the gates of hell, to the gates of A.A,

To a journey you don't want to miss.

From the pain of the past to the hope of today,

Could it possibly all end in bliss?

If we practice the program, one step at a time,

Leaving nothing out from the start.

The final result will be happiness,

Peace of mind, and a quiet heart.

Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems to: sdaa.newsletter@gmail.com -200 words or less.

Central Office Phone Calls and Website Hits

Beginning in June our phone volunteers are back in Central Office! In May they continued to be answered 24hrs/7 days via call-forwarding by volunteers and for that, we are grateful! Central Office is grateful for our Volunteers

| Website Hits | May | Total |
|--------------|--------|-----------|
| | 24,222 | 7,602,477 |

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.

Birthday Gratitude

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.

**Alcoholics Anonymous Comes of Age;
Unity: The Second Legacy, page 79**

"Ours is not the usual success story; rather it is the story of how, under God's grace, an unsuspected strength has arisen out of great weakness; of how, under threats of disunity and collapse, world-wide unity and brotherhood have been forged. In the course of this experience we have evolved a set of traditional principles by which we live and work together and relate ourselves as a fellowship to the world around us. These principles are called the Twelve Traditions of Alcoholics Anonymous."
Reprinted with permission from A.A.W.S.

**Alcoholics Anonymous Comes of Age; When A.A. Came of Age,
page 45**

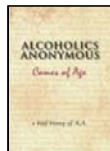
"We A.A.'s had tried out a radical and old-time formula, one rather out of fashion nowadays, and it had worked. "We admitted that we were powerless - that our lives had become unmanageable" and "we made a decision to turn our wills and our lives over to God *as we understood Him.*" Every one of us who could make and fairly well maintain this humbling admission and sweeping decision had found relief from obsession and had begun to grow into a totally and wonderfully different mental, physical and spiritual existence."
Reprinted with permission from A.A.W.S.

Alcoholics Anonymous Comes of Age; When A.A. Came of Age, page 34

"In the Family Groups we see men and women, even those with active alcoholics on their hands, shake off their miseries and begin to live serenely, without blame or recrimination. We have seen many a partner, whose mate was sober in A.A. but still hard to live with, completely alter his or her thinking. Finally we have seen badly bent children straighten around and begin to respect and love their parents once more. We have seen many kinds of pride and fear and domination and nagging and maddening possessiveness just melted away by the Twelve Steps as we practice them in the home. Like our A.A. partners, we Family Groupers are now getting the tremendous dividend which comes from the practice of Step Twelve, 'carrying the message.' And the message of our Family Group is this: 'You can have more than an alcoholic sobriety in your own family; you can have emotional sobriety, too. Even if the rest of the family about you hasn't yet found stability, you can still have *yours.* And your own emotional sobriety often can hasten the happy day of change for them.'"
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**Alcoholics Anonymous Comes of Age;
When A.A. Came of Age, page 46**

"Such is the paradox of A.A. regeneration: strength arising out of complete defeat and weakness, the loss of one's old life as a condition for finding a new one. But we of A.A. do not have to understand this paradox; we only have to be grateful for it."
Reprinted with permission from A.A.W.S.



**Alcoholics Anonymous Comes of Age;
When A.A. Came Of Age, page 22**

"The Cleveland Pioneers had proved three essential things: the value of personal sponsorship; the worth of the A.A. book in indoctrinating newcomers, and finally the tremendous fact that A.A., when the word really got around, could now soundly grow to great size."
Reprinted with permission from A.A.W.S.

**Alcoholics Anonymous Comes of Age; The
Three Legacies of Alcoholics Anonymous,
page 134**

"These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere."
Reprinted with permission from A.A.W.S.

**Alcoholics Anonymous Comes of Age;
The Three Legacies of Alcoholics Anonymous, page 64**

"My thoughts began to race as I envisioned a chain reaction among alcoholics, one carrying this message and these principles to the next. More than I could ever want anything else, I now knew that I wanted to work with other alcoholics."
Reprinted with permission from A.A.W.S.

Alcoholics Anonymous Comes of Age; The Three Legacies of Alcoholics Anonymous, page 63

"Suddenly the room lit up with a great white light. I was caught up into an ecstasy which there are no words to describe. It seemed to me, in the mind's eye, that I was on a mountain and that a wind not of air but of spirit was blowing. And then it burst upon me that I was a free man. Slowly the ecstasy subsided. I lay on the bed, but now for a time I was in another world, a new world of consciousness. All about me and through me there was a wonderful feeling of Presence, and I thought to myself, 'So this is the God of the preachers!' A great peace stole over me and I thought, 'No matter how wrong things seem to be, they are still all right. Things are all right with God and His world.'"
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Minutes of the Coordinating Council
By Zoom Meeting on Thursday, June 10th, 2021 @ 7:30 pm

Susan G., Council Chair opened the 906th with a moment of reflection followed by the "I am Responsible Declaration"

Quorum was conducted by zoom poll function: 31 voted yes to being present as a Group Coordinator. Quorum is 29, so yes we have a quorum to conduct business tonight.

May, 2021 Minutes were approved. m/s/c

Area 8 Representative: Monty, Alternate Delegate, shared that this year's Founder's Day/Unity Day event will be hosted virtually on Zoom jointly along with San Diego Intergroup, San Diego H&I, and North County H&I. He also reviewed the highlights from the General Service Conference which can be found under the Delegate's Corner on the Area 8 website. On Saturday, July 31, there will be a DCM Sharing Session. Visit area8aa.org for more information.

H & I Representative: Lauren shared that there are H&I panels in person and on Zoom at this time. The monthly H&I orientation is held on Zoom on the third Thursday of each month at 7PM. Please visit sdhandi.org for more info.

Intergroup Standing Committees Reports

After Hours Phones: Johnny C., Chair shared:

1. The After Hours Phones Committee has two openings for all levels of commitment. Please contact Johnny C. for more information at afterhoursphones@aasandiego.org.

Business Committee: Tom M., Business Committee Chair reported:

The Business Committee met on Tuesday, June 8, 2021 at 6:00 pm. Present: Tom, Nick, Andy, Aleksey and Judi

Absent: Susan, Rich; There was a quorum.

One member, Rich rotated out this month and the Business Committee now has three openings.

John T. and Rae R. volunteered to join the Business Committee

- o Approved May 2021 Meeting Minutes
- o Approved May 2021 Financial Statements.

May 2021 Financial Summary:

Net Revenue is \$1,246. Our 2021 YTD Net Revenue is -5,667. Group and Individual Contributions were \$10,463. Literature Sales Revenue and CD Bank Interest were \$893 while total office and committee expenses were \$10,111.

Central Office Manager's Report:

- o June BOOK OF THE MONTH: Pass It On. Sale \$9.00, Reg. \$11.00 Max: 5
- o July BOOK OF THE MONTH: AA Comes of Age. Sale \$8.00, Reg. \$10.00 Max: 5
- o Bookstore Reopened
 - Now accepting PayPal as payment option in Bookstore
- o Meeting updates continue to be active on our website with ongoing daily changes. Meetings are reopening at a rate of approximately 8 - 10 per week. Additionally, all of El Centro, Brawley and Borrego Springs are now open. 414 meetings remain closed.
 - Currently there are:
 - 1,086 total meetings per week
 - o Out of these:
 - 390 are online meetings
 - 641 are in person
 - 55 are Hybrid
- o Website launched successfully
 - It has been very well received by the Fellowship
 - \$212 Online contributions to date
- o Daytime phone volunteers have returned to Central Office
- o Catherine gave notice on 5/28
 - Last day will be 6/11
 - Bobette, long-time volunteer, will work in bookstore on Saturdays in June
- o Judi on vacation 6/24-25
 - Ruben, long-time volunteer, will work in bookstore

OLD BUSINESS: None

NEW BUSINESS:

- a. It was m/s/c for Judi to spend approx. \$175 on HVAC system to clean grates and blower motors and assess the system for functionality as recommended by the CDC.
- b. It was m/s/c that a Waiver and Release of Liability will be put into immediate use so that all volunteers, phone and committee, vaccinated and unvaccinated, are able to return to Central Office.
- c. It was m/s/c that the Hiring procedures as stated in the Business Committee Guidelines will be overridden as follows: The Guidelines state that the "Coordinator" Newsletter Committee will print the job requirements and

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run them for at least two months in the "Coordinator". Due to the urgent need to fill this position, it will run for one month only.

- d. It was m/s/c that Judi will implement a new procedure with a lock box and a dedicated key that opens the door to the Volunteer area so that After Hours phone volunteers that wish to continue answering phones via remote call forwarding may continue to do so and volunteers that wish to return to Central Office will have access regardless of whether or not the shift prior to theirs is present to give them access. Judi was authorized to spend approx. \$150 on a locksmith and to purchase a lock box.
- e. The report submitted by the HR Consulting firm was reviewed.
- f. Changes to the Business Committee Guidelines based on the above referenced report were reviewed and it was m/s/c to advance the changes to the Coordinating Council.
- g. The Committee discussed that at next month's meeting there would be three openings for the Business Committee and that these openings will be announced at this week's Coordinating Council meeting. It was m/s/c to override the sobriety requirements from three years to one year if necessary.

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair, shared that

1. CEC is continuing to cold call San Diego Senior Facilities to introduce them to the CEC and email them the digital copy of the CEC pamphlet to generate interest and provide information on AA and possibility of a CEC presentation once the Covid-19 restrictions ease at senior centers.
2. CEC was contacted by a social worker at Sharp Mesa Vista thru the Central Office email to provide information on AA meetings for seniors. The interaction generated interest for a possible CEC presentation in the future at SMV.
3. The CEC Committee meets every 2nd Wednesday at 6:30pm via Zoom. The next 3 meetings are: July 14, Aug. 11, and Sept. 8. The direct Zoom link is available at aasandiego.org under the Calendar of Events/Service Meetings.

Coordinator Newsletter Committee: Eddie G. shared that

1. The Newsletter Committee is working on engaging the Fellowship and needs Contributors and Committee Members!
2. Contact Lisa Ann, Newsletter Chair at newsletter@aasandiego.org

Coordinator Outreach: Brian V. shared that

1. Due to technology constraints they have been struggling with outreach to online meetings and are looking forward to starting outreach to in person meetings

Orientation & Guidelines: Tim M., Chair shared that

1. There were two new Coordinators at tonight's Orientation and one Coordinator who had never attended an Orientation
2. All Coordinators are always welcome to attend Orientation at 6:45 prior to the Coordinating Council Meeting

Program Committee: Lauren shared that

1. The annual Founder's Day/Unity Day Event is coming up on June 12 on Zoom from 9 am – 12 noon. There will be 4 speakers. Additional information can be found under Events at aasandiego.org

Public Information Committee: James, Chair

1. At this time, we have not received any requests for Public Information to participate in our community, but we are ready to become more active as more of the restrictions are lifted.

OLD BUSINESS:

1. Susan G., Council Chair shared on what it means to be a Coordinator and the various ways that Coordinators can be of service

NEW BUSINESS:

1. Judi, Central Office Manager presented on phone volunteers and committee member returning to Central Office. There will be a lock box available. Group After Hour Phone Coordinators ONLY must contact Judi 48 hrs. in advance to request the lock box code. All volunteers will be required to sign a Waiver and Release of Liability upon returning to Central Office.
2. Tom M., Business Committee Chair, presented proposed changes to the Business Committee Guidelines. The changes were reviewed and simple majority votes were conducted to determine if the Ballots would be taken back to the Groups to be considered for adoption next month. Both changes to the guidelines passed simple majority meaning Coordinators will be taking both ballots to their groups and bringing them back to next month's Coordinating Council meeting.

Reminders:

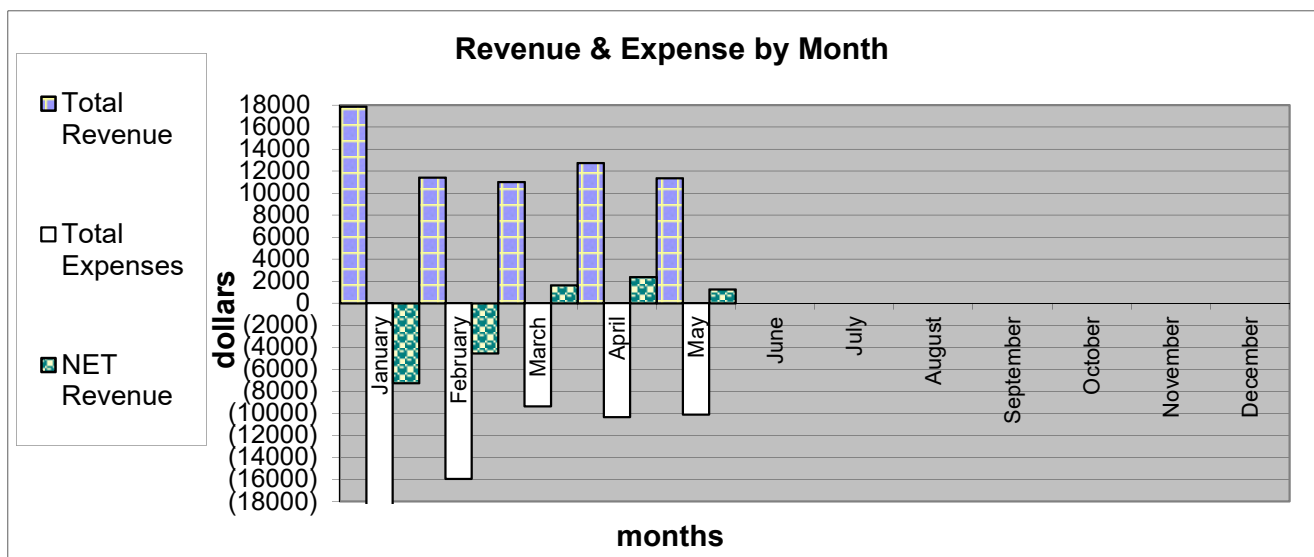
1. We plan on hosting Coordinating Council Meetings on Zoom through July. We are working on a plan on how to safely begin meeting in person beginning in August. Please send any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 7/1/2021.
2. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 7/1/2021.
3. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of May 31, 2021

| | May 21 | May 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|--|------------------|------------------|-------------------|-------------------|-------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 7,251.67 | 10,220.20 | 49,470.35 | 42,062.71 | 7,407.64 | 125,000.00 |
| Contributions Individual | 3,211.53 | 7,485.00 | 11,012.35 | 12,267.66 | (1,255.31) | 18,000.00 |
| Contributions SDIAA | - | (340.00) | - | 760.00 | (760.00) | 600.00 |
| Interest - Cert of Deposits | 43.48 | 193.80 | 193.60 | 1,003.93 | (810.33) | 400.00 |
| Literature Revenue (see schedule) | 850.00 | (9.51) | 3,644.86 | 2,663.67 | 981.19 | 11,830.00 |
| Total Revenue | 11,356.68 | 17,549.49 | 64,321.16 | 58,757.97 | 5,563.19 | 155,830.00 |
| Expense | | | | | | |
| Accounting & Legal | 237.90 | 400.00 | 2,875.40 | 2,360.00 | 515.40 | 2,930.00 |
| Auto/Travel/Seminar | 8.00 | 15.75 | 49.00 | 124.50 | (75.50) | 500.00 |
| Bank Service Charges | - | - | 40.00 | 84.24 | (44.24) | 50.00 |
| Cash (Over) Short | 0.41 | - | (3.14) | 160.21 | (163.35) | (50.00) |
| Checks Returned - Bad Debt | - | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 256.80 | 256.80 | - | 750.00 |
| Equipment Purchase | - | - | - | - | - | 500.00 |
| Insurance | 131.02 | 57.06 | 655.10 | 285.30 | 369.80 | 800.00 |
| Office Maint. & Repairs | 25.00 | - | 75.00 | 40.00 | 35.00 | 500.00 |
| Office Supplies | 262.83 | 227.32 | 823.93 | 840.04 | (16.11) | 3,000.00 |
| Rent | 1,980.00 | 1,940.00 | 9,740.00 | 9,540.00 | 200.00 | 23,600.00 |
| Taxes | - | 60.00 | 50.00 | 80.00 | (30.00) | 80.00 |
| Telephone | 261.82 | - | 1,116.98 | 494.87 | 622.11 | 1,765.00 |
| Utilities-Electricity | 130.41 | 87.67 | 991.12 | 1,517.56 | (526.44) | 3,500.00 |
| Website | - | - | 91.36 | 55.65 | 35.71 | 750.00 |
| EMPLOYEES | | | - | - | | |
| Accrued Payroll Taxes | 1,050.75 | 574.71 | 5,237.19 | 3,199.93 | 2,037.26 | 7,560.00 |
| Employee Wages | 4,904.54 | 7,195.20 | 42,974.41 | 34,327.50 | 8,646.91 | 79,999.00 |
| Employee 403B Contribution | - | 159.00 | 155.00 | 1,283.00 | (1,128.00) | 155.00 |
| Employee Health Benefit | 653.13 | 800.37 | 3,448.87 | 4,001.85 | (552.98) | 7,824.00 |
| Insurance-Worker's Comp | 43.16 | 43.25 | 210.15 | 216.25 | (6.10) | 500.00 |
| Total Office Expense | 9,740.33 | 11,611.69 | 68,887.17 | 58,867.70 | 10,019.47 | 134,713.00 |
| Standing Committees Expense | 370.29 | 108.85 | 1,100.81 | 2,059.44 | (958.63) | 7,370.00 |
| (see schedule) | | | | | | |
| Total Expense | 10,110.62 | 11,720.54 | 69,987.98 | 60,927.14 | 9,060.84 | 142,083.00 |
| Net Revenue | 1,246.06 | 5,828.95 | (5,666.82) | (2,169.17) | (3,497.65) | 13,747.00 |



Group Contributions May 2021

| Group | May-21 | Ytd 21 | Group | May-21 | Ytd 21 |
|---------------------------------------|--------|--------|-----------------------------------|----------|----------|
| 11th Step Journey - 2622 | 2.73 | 2.73 | La Jolla Monday Womens - 87 | - | 368.00 |
| 4077 Mash Step 11 - 2027 | - | 180.00 | La Jolla Sunrise - 2684 | - | 550.00 |
| *52 From The Big Blue | - | 183.50 | La Mesa 12 X12 - 2588 | - | 254.00 |
| 5.30 Meditation - 3085 | - | 293.00 | La Mesa Mens - 106 | - | 650.00 |
| 9 30 Everynighters - 2997 | - | 124.43 | La Mesa Open Discussion - 107 | - | 110.00 |
| A Sense Of Belonging Womens-1205 | - | 107.00 | La Mesa Womens Sat. Morning - 416 | - | 615.50 |
| A Vision For You - 2812 | - | 226.00 | Lake Murray Womens - 572 | - | 125.00 |
| A Womens Meeting -1717 | - | 520.00 | Late Risers - 473 | - | 150.00 |
| Alpine Group - 6 | - | 50.00 | Letting Go Womens - 3189 | - | 150.00 |
| B.Y.O.B. (North Park) - 203 | - | 392.00 | Linda Vista Mens - 320 | - | 25.00 |
| Back to Basics - 1026 | - | 500.00 | Living Free - 477 | - | 510.00 |
| Back To Basics For Women - 1675 | - | 100.00 | Lunchtime Friends - 964 | 52.40 | 52.40 |
| Beautiful Beginnings - 552 | - | 280.50 | * Mast Park Meeting | - | 382.92 |
| Bonita Womens Big Book Study - 3112 | 285.00 | 285.00 | Meetin' in the Ladies Room - 2614 | - | 105.00 |
| BYOB Book Study (Ramona) - 3094 | - | 25.00 | Mens Focused Step Study - 3217 | - | 338.00 |
| Carrying the Message - 2458 | - | 50.00 | Mens Jelly Donut - 3118 | - | 24.00 |
| Casa De Oro Tradition Five - 503 | 191.50 | 366.50 | Mens Step Study - 965 | - | 50.00 |
| Chula Vista 4 Min Speakers - 1568 | 100.00 | 300.00 | Mens Structured Step Study - 1469 | 115.75 | 115.75 |
| Clairemont Mens - 301 | - | 710.00 | Mid-Week Mens - 560 | 100.00 | 363.00 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | Mid-Week Mens ZOOM - 3243 | 110.00 | 480.01 |
| Clairemont Womens Discussion - 340 | - | 165.00 | Midday Miracles- 3242 <> | 125.00 | 362.00 |
| Clairemont Womens Step Study - 341 | 326.00 | 806.50 | Midway Bridge - 2171 | - | 50.56 |
| Conscious Contact Big Book - 2762 | - | 20.00 | Mira Mesa Early Risers - 967 | - | 100.00 |
| Conscious Contact Meditation - 2834 | 25.00 | 50.00 | Mira Mesa Sunday Morning Mens-693 | - | 84.20 |
| D.D.G.T.M. - 767 | - | 125.00 | Miracles on Mondays - 565 | - | 150.00 |
| Daily Reflection - 3114 | - | 460.00 | Mission Bay Speakers - 1692 | - | 150.00 |
| Dawn Patrol - 263 | - | 512.00 | Mission Hills Beginners - 1612 | - | 200.00 |
| Designs For Living - 488 | - | 105.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| Dignity Unlimited - 205 | - | 250.00 | Mission Possible - 131 | 25.00 | 325.00 |
| Doctors & Lawyers & Profess - 391 | - | 660.95 | * Mixed In The Park | 225.00 | 225.00 |
| Downtown Discussion - 1665 | - | 72.46 | Monday At A Time - 2875 | - | 180.00 |
| Early Morning Recovery - 2688 | - | 705.00 | Mt Soledad Mens - 717 | - | 800.00 |
| Early Risers (Coronado) - 1525 | - | 10.00 | * Nightly Discussion - 3248 | - | 92.13 |
| East Co Young People Rule 62 - 2797 | - | 100.00 | No Matter What Womans Group-2325 | - | 96.88 |
| East Side Group - 101 | - | 60.00 | Noon with View Beginners Mtg-3249 | 1,006.00 | 3,139.60 |
| Eastlake Greens Attitude Adjust-2712 | - | 70.00 | Nooners Anonymous - 1164 | - | 100.00 |
| Eastlake New Beginnings S/S - 2673 | - | 20.00 | Noontime on the Patio - 2203 | - | 57.69 |
| Easy Does It Riders - 21 | 156.00 | 156.00 | North Clairemont - 1102 | 57.00 | 257.00 |
| Easy Does It Speakers - 114 | - | 100.00 | North Park Mens - 465 | 57.33 | 389.89 |
| Educational Variety Mens - 3244 | 100.00 | 100.00 | North Shores Breakfast - 275 | - | 150.00 |
| El Cajon Beginners - 2876 | 47.00 | 175.75 | Over The Bridge - 2689 | - | 403.75 |
| El Cajon Womens Serenity - 77 | - | 75.39 | Pass It On BB Study Group-2860 | 188.80 | 680.30 |
| Emotional Sobriety (Hillcrest) - 2536 | - | 25.00 | * Phone at the Grove | - | 40.00 |
| Every Night at Six <> - 3241 | - | 433.00 | Poinsettia Group - 2210 | - | 75.00 |
| First Mira Mesa Mens - 300 | - | 21.50 | Point Loma Nooners - 1606 | - | 100.00 |
| Fletcher Hills Smokeless - 59 | - | 180.00 | Prog Rather Then Perfection-2682 | - | 400.00 |
| Fresh Start Beginners - 2609 | 652.00 | 652.00 | Pt Loma Womens Discussion - 1608 | - | 150.00 |
| Friday Morning Womens - 104 | - | 190.00 | Radical Acceptance Meeting - 2961 | - | 1,764.80 |
| Friday Night Irregulars - 2889 | 135.00 | 272.67 | Rise & Shine - 2170 | 50.00 | 735.00 |
| Gifts of Grace Womans - 2564 | - | 92.06 | San Carlos Single Purpose - 583 | - | 50.00 |
| Gilman Group - 1988 | - | 175.59 | Santee Sat Night Speakers-2656 | 120.00 | 280.00 |
| God Squad Too - 2809 | - | 227.03 | Santee Serenity - 3040 | - | 50.00 |
| Good Morning AA - 1888 | - | 589.00 | Sat Mens Early Awakening - 2209 | 25.00 | 264.89 |
| Great Fact Group - 895 | 120.00 | 120.00 | Saturday A.M. Live - 782 | - | 50.00 |
| Grupo Gringo - 1305 | - | 250.00 | Scripps Ranch Men's Two - 2776 | - | 100.00 |
| GSDYPAA | - | 407.77 | Scripps Ranch Mens - 3168 | 95.90 | 297.85 |
| Harmony Group - 585 | 190.00 | 425.00 | Serenity @ 5107 - 2976 | - | 152.03 |
| Haul Your Hiney Out Of Bed - 704 | - | 150.00 | Sober Camel Speakers Meeting-2296 | - | 56.23 |
| HOW @ Noon - 2998 | - | 150.00 | Sober Minded Leather Folk - 1882 | 174.59 | 174.59 |
| I. B. Steps & Traditions - 3003 | - | 50.00 | Sober Nooners - 196 | - | 200.00 |
| I. B. Up - 2565 | - | 250.00 | Sobriety At All Cost - 3006 | - | 463.00 |
| Imperial Mens Group - 869 | - | 100.00 | Sons of God - 2789 | - | 660.00 |
| Jaywalkers - 3100 | - | 125.00 | Sorrento Valley Nooner - 544 | 213.50 | 1,167.00 |
| Joy Of Living - 2787 | - | 129.00 | Spiritual Awakening - 2275 | 255.01 | 857.05 |
| Just Us Girls - 929 | - | 80.20 | Spiritual Awakenings SS-3174 | - | 200.00 |
| Kick Start Your Heart - 2430 | - | 40.00 | Spring Valley Men's Zoom | 25.00 | 50.00 |
| Knuckleheads - 3182 | 182.00 | 490.00 | Sunday Kind of Love - 429 | - | 10.00 |
| La Jolla Discussion Group - 85 | 100.00 | 250.00 | The 1st 164 - 2760 | - | 76.27 |

Group Contributions May 2021


| Group | May-21 | Ytd 21 |
|-------------------------------------|--------|----------|
| The Common Solution - 3007 | - | 105.34 |
| The Gathering Of Goddesses-2890 | - | 312.00 |
| The Gift - 2954 | 25.00 | 50.00 |
| The Hole In The Doughnut - 2737 | 16.00 | 274.50 |
| * The Interstate Meeting | 25.00 | 50.00 |
| The Other Meeting - 857 | 165.00 | 405.00 |
| * The Rogue Meeting | - | 2,519.12 |
| The We Group - 2739 | - | 924.34 |
| There is a Solution - 2680 | - | 200.00 |
| Three Legacies Study Group - 3230 | - | 56.09 |
| Thursday Steps - 646 | - | 359.40 |
| * Toes in the sand | 150.00 | 400.00 |
| *Trust God,Clean House,Help Others | 8.00 | 22.20 |
| Tues Night Mens Step Study - 1813 | 164.00 | 454.00 |
| Tuesday Morning Alpine - 440 | 48.28 | 91.88 |
| Tuesday Night Primary Purpose - 130 | - | 321.50 |

| Group | May-21 | Ytd 21 |
|-------------------------------------|--------|--------|
| University City Disc.- 368 | 97.75 | 224.25 |
| University City Womens - 369 | 310.78 | 550.78 |
| Valley Girls - 2617 | - | 95.00 |
| War Fever - 880 | 224.80 | 224.80 |
| Warm and Friendly - 42 | - | 100.00 |
| Whistling In The Dark Mens - 2943 | - | 200.00 |
| Wholesale Miracle - 2474 | 32.00 | 328.50 |
| Womans Gut Level - 1701 | - | 65.00 |
| Women's Joy Of Living - 2636 | - | 270.00 |
| Women In Harmony - 1807 | - | 96.00 |
| Womens Attitude of Gratitude - 2751 | - | 375.50 |
| Womens Step Study - 296 | 52.80 | 390.08 |
| Womens Thursday Nite - 514 | 143.40 | 257.40 |
| Womens TLC - 2814 | - | 67.50 |
| Womens Way To Recovery - 838 | - | 150.00 |


Group Secretaries/Treasurers
Please include an email address with your Group Contributions, if you wish to receive a receipt




Thank You
for supporting your San Diego Intergroup Central Office in carrying the message to the suffering alcoholic


Thank you to all of the AA members for their individual contributions. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year or sending your 7th tradition directly to Central Office.

HAPPY BIRTHDAY!



Thank you to all of the AA members for supporting your Central Office in carrying the message to the still suffering alcoholic

- ❖ Now there are more ways than ever to make your Group and Individual Contributions
- ❖ In addition to sending us your personal checks, we now accept PayPal and Venmo
- ❖ Go to aasandiego.org and click on "Contribute" to go to our PayPal page
- ❖ Our Venmo address is @sdaaco
- ❖ Please include your email address if you would like us to send you a receipt

Big Book, "A Vision For You", page 164
"Abandon yourself to God as you understand God.
Admit your faults to Him and to your fellows.
Clear away the wreckage of your past.
Give freely of what you find and join us.
We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."
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Subscribe to have the Coordinator Newsletter mailed to your home every month! Join the BAM Club for \$15/year and get a full year of original stories and poems, the latest information on what's happening at Central Office and so much more! Contact Judi at Central Office at 619-265-8762



Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| July 5 | Independence Day | Monday |
| September 6 | Labor Day | Monday |
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|----------------------------------|------------------|
| Group Contributions | \$7,252 |
| Individual Contributions | 3,212 |
| SDIAA Contributions | 0 |
| Literature & Interest | 893 |
| Total Revenue | \$11,357 |
| Central Office Expenses | -9,740 |
| Committee Expenses | -370 |
| Total Expenses | -\$10,111 |
| May 2021 Net Revenue | \$1,246 |
| 2021 YTD Revenue | -\$5,667 |



The Central Office Bookstore is Open!

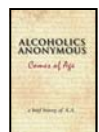
Is your meeting back to meeting in person?

Is your literature table looking a little bare?

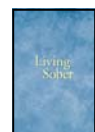
Come by and browse around—we're fully stocked and can't wait to meet you!

We're here Mon—Fri 9:00 am—5:00 pm, Sat 9:00 am—1:00 pm

- ◆ **July's Book of the Month** is "AA Comes of Age" - on sale for \$8.00 plus tax, max 5, Pamphlet of the Month is "Frequently Asked Questions"—on sale for \$.05, limit 5



- ◆ **August's Book of the Month** is "Living Sober" - on sale for \$3.00 plus tax, max 5, Pamphlet of the Month is "12 Steps Illustrated"—on sale for \$.05, limit 5



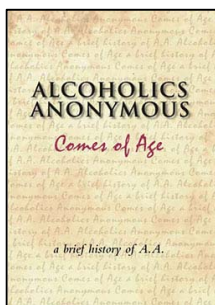
Alcoholics Anonymous Comes of Age

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

Alcoholics Anonymous Comes of Age; The Three Legacies of Alcoholics Anonymous, pages 131-132

"In my belief, the entire future of our fellowship hangs upon this vital principle. If we continue to be filled with the spirit and practice of anonymity, no shoal or reef can wreck us. If we forget this principle, the lid to Pandora's box will be off and the spirits of Money, Power, and Prestige will be loosed among us. Obsessed by these evil genii, we might well founder and break up. I devoutly believe this will never happen. No A.A. principle merits more study and application than this one. I am positive that A.A.'s anonymity is the key to long-time survival."

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ANONYMITY
 APPLICATION
 BECAME
 BELIEF
 DEVOUTLY
 ENTIRE
 FELLOWSHIP
 FILLED
 FUTURE
 GENII

HANGS
 KEY
 LID
 MERITS
 MONEY
 OBSESSED
 ONE
 PANDORA
 POSITIVE
 POWER

PRACTICE
 PRESTIGE
 PRINCIPLE
 REEF
 SHOAL
 SPIRIT
 STUDY
 SURVIVAL
 UPON
 VITAL



We're
Hiring

Accepting Applications until June 30, 2021
for the position of
ADMINISTRATIVE ASSISTANT
at San Diego Alcoholics Anonymous Central Office

This is a Part-time position with a work schedule of Thursday-Friday,
8:30 am - 5:00 pm and Saturdays, 9:00 am - 1:00 pm,
plus occasional fill-in days when Manager is scheduled out of the office.
Go to aasandiego.org to download application



Beginning Salary: \$17.50 - \$19.00 per hour

**Benefits: Four sick days and Five paid holidays per year;
plus two 20 hour week paid vacation after one year**



Job Responsibilities:

- Provide general office and clerical support to the Central Office Manager
- Be responsible for customer service for the Bookstore, including operations of the cash register & daily reconciliations of the sales deposits
- Assist in training Phone Volunteers & fill in on answering phones when needed

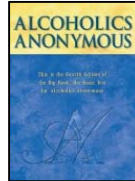
Key Skills & Experience:

- Experience working in QuickBooks, MS Word, Excel & Access
- Excellent organizational skills
- Administrative Assistant experience
- Retail experience
- Strong background in customer service, data entry and attention to detail
- Some lifting of boxes & light janitorial duties required

Big Book; Tightrope, page 368

"When I first came to this Fellowship, I had lost my health and sanity, my friends, much of my family, my self-respect, and my God. In the years since, all of these have been restored to me. I no longer have the sense of impending doom. I no longer wish for death or stare at myself in the mirror with loathing. I was able to join a religious group and have now become active in that organization. I have a full, happy life, with friends and loving family."

Reprinted with permission from A.A.W.S.

**Big Book; Acceptance Was The Answer, page 416**

"It helped me a great deal to become convinced that alcoholism was a disease, not a moral issue; that I had been drinking as a result of a compulsion, even though I had not been aware of the compulsion at the time; and that sobriety was not a matter of willpower."

Reprinted with permission from A.A.W.S.

Big Book; The Missing Link, page 288

"Life is exponentially better than it ever was before. I'm living out the life I used to fantasize about, and I have a whole lot of work still in front of me. I have hope to share and love to give, and I just keep going one day at a time, living this adventure called life."

Reprinted with permission from A.A.W.S.

Big Book,**The Housewife Who Drank at Home, page 300**

"A.A. gives us alcoholics direction into a way of life without the need for alcohol. That life for me is lived one day at a time, letting the problems of the future rest with the future. When the time comes to solve them, God will give me strength for that day."

Reprinted with permission from A.A.W.S.

Big Book; On The Move, page 493

"The tools of sobriety and recovery in A.A. are there for me to use in all aspects of my life, and all I ever need is the willingness to do what is in front of me."

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Big Book, Twice Gifted, page 475

"I have found rooms full of wonderful people, and for me each and every one of the Big Book's promises have come true. The things that I have learned from my own experience, from the Big Book, and from my friends in A.A. - patience, acceptance, honesty, humility, and true faith in a Power greater than myself - are tools I use today to live my life, this precious life."

Reprinted with permission from A.A.W.S.

Big Book; To Handle Sobriety, page 559

"I lived in a dream world. A.A. led me gently from this fantasizing to embrace reality with open arms. And I found it beautiful! For, at last, I was at peace with myself. And with others. And with God."

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Step Seven is a Conclusion

Continued from page 1

admission that I could not trust myself to differentiate between the two.

I almost drank after five months sobriety before going into the 12-step process with my sponsor. He wisely pointed out the obvious fact that my mind lied to me—It was not to be trusted! I needed a higher power (God) to see the truth about myself.

What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery. Someone said: “*Self cannot rid self of self with self.*”

I had asked God to remove the “*bondage of self*” in Step Three with only a scant idea of what that was, but Steps Four and Five provided a better view of my *defects of character* and *shortcomings*. (By the bye, Bill W. stated that these words were to be used simultaneously or in the same context—please note that Step Seven on page 58 uses the word “*shortcomings*” rather than “*defects of character*” as in the prayer above).

It is important to notice that the Seventh Step prayer concludes with the word “Amen,” meaning, “So be it” or indicating a conclusion; however, there is no “Amen” following the Third Step Prayer, or those in Steps Four, Five and Six! Why?

I think because Step Seven finally concludes the process.

For example, in Step Three we asked to be relieved of the bondage of self, but we did not know what that was till we did Steps Four and Five. But now—in Step Seven—we know more precisely what we are asking God to remove from us as we go out to do his bidding.

The process has concluded; however, more will be revealed.

~Bob S, Richmond, IN

Seventh Step Prayer

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

~Alcoholics Anonymous,
pg. 76.

Double, Double, Toil and Trouble

Continued from page 1

The story that exemplified freedom in my life happened to me in my twenty-second year of sobriety when I received a phone call from the current husband of my first wife. He was reading me the riot act about an incident which involved my son and his mother and at the time he erroneously thought that I was involved in it as well.

I tried to be patient and not say anything to provoke him. After he ran out of things to throw into the verbal sparring ring, he finally took one final shot by saying, "Well, I have heard stories about you, and you are no Angel."

My response to this was, "I have done a lot of things in my life that I am not proud of, but I am not ashamed of anything that I have done in the last twenty-two years."

The conversation ended peacefully.

Freedom from guilt and shame was what I became aware of because of that conversation. Then, as I started to look back at all the other negative things on the list of maladjustments, I realized that most of them have been reduced to the point of irrelevance.

Practicing these principles in all my affairs, I do not make as many mistakes, and I

never do anything to intentionally hurt anyone.

We cannot change one single event that happened in the past, but we can learn from them, and we can certainly do better in the present with only an occasional stumble.

One of the most important ingredients for me is being totally honest about my motives for things I do on any given day. They are pure and unselfish. Living by principles takes most of the decision-making out of my hands.

That, I think, is what they meant when they wrote the second step. We depend on help outside of ourselves. By getting in the habit of doing it that way the turmoil between my ears slowly diminished and somewhere along the way my head has cleared up and most of the conflicts have subsided.

What a blessing it is to fall asleep each night without all the endless, garbled calculations repeating themselves

over and over in my mind until I fell asleep from pure mental exhaustion.

You cannot put a price on Peace of Mind, and a person like me could not have come as far as I have in that Department without the program and the dedicated people around me in the fellowship.

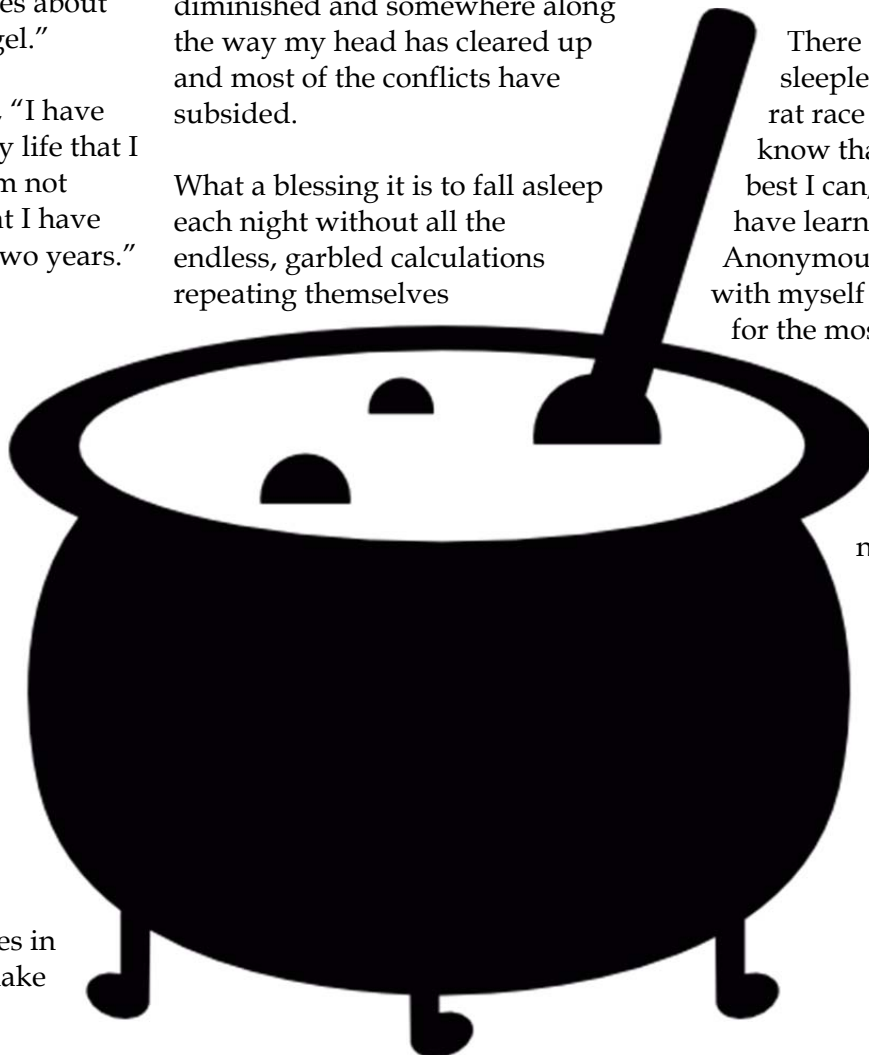
If I had to sum it all up, I would have to say that freedom from that Cauldron, that used to be my thinking, would be first on the list. After years of trial and error, I seem to have settled into a pattern of thinking which is based on principles that I have come to embrace, and which have taken most of the guesswork out of what I do.

There are no more sleepless nights due to the rat race in my head. I know that I am doing the best I can, based on what I have learned in Alcoholics Anonymous. I am at peace with myself and with others, for the most part.

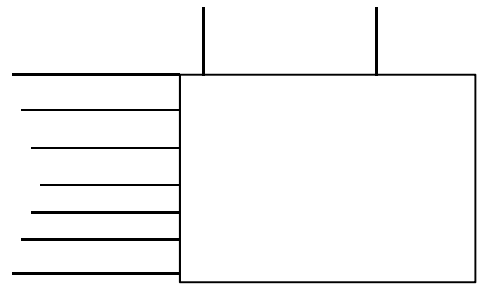
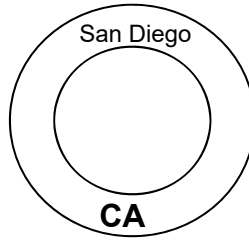
What more could a person ask for?

The Cauldron is no longer Bubbling between my ears. Now to me, that is freedom.

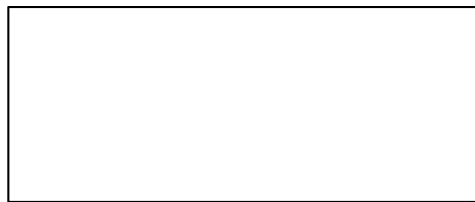
~ By Rick R.



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



RETURN SERVICE REQUEST

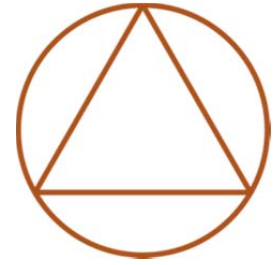


July

| Mo | Tu | We | Th | Fr | Sa | Su |
|----|----|----|----|----|----|----|
| | | | 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 | |



The San Diego AA Coordinator



aasandiego.org

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

"Made a list of all persons we had harmed and became willing to make amends to them all."

Reprinted from AA Big Book, page 59

AUGUST 2021

VOL. LXIX

NO. 8

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11

"Carry the AA Message"

Join the fun and submit an article!

September (due 7/28/21)

"Our side of the street"

October (due 8/28/21)

"Continued to take personal inventory..."

November (due 9/27/21)

"Prayer and meditation..."

Submit *your* 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Your Newsletter

Take the Survey!

The Newsletter Committee is looking for ideas to bring the newsletter into the 21st Century yet maintain its long traditions in the San Diego AA community.

The Newsletter Committee would like your feedback on what you like, what you'd like to see added, and how you'd like to read the newsletter. Look for a survey at www.aasandiego.org this month (from July 18th to August 18th) and add your input. The survey will also be emailed to those who have signed up for the email version of the newsletter.

Continued on Page 14

Step Eight:

Making a List

How I Levelled the Playing Field

Like most of the steps, when I first surrendered and came to Alcoholics Anonymous (A.A.) I did not have a clue about the depth I would have to delve into my past behaviors to free myself from all the guilt and shame that resulted from them. I thought that all I would be talking about was my drinking habits.

When faced with the 12 steps I had my own way of being selective about what part of the suggestions I would embrace and which

Continued on Page 14

Resentment

The Biggest Killer

Bitterness, indignation, irritation, pique, dissatisfaction, disgruntlement, discontentment, bad feelings, ill will, acrimony, vexation, rancor, animosity, and jaundice -- don't get me started!

In my early months of sobriety, I was asked, a few days in advance, to lead one of my first meetings. At that time, My EGO was already

"When I finished my sentence, she leaned over and shouted in my right ear, loud enough for everyone in the room to hear. "YOU'RE FULL OF S---, RESENTMENTS ARE THE BIGGEST KILLER IN A.A." and she was right. She gave me a resentment and I wanted to kill her."

taking control of this new phase of my life, and of course, I immediately wanted to let everyone know just how enlightened I had become in such a short period of time.

Continued on Page 15

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 HOURS:****Mon-Fri 9 am to 5 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:**

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|---------------------------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | TBD | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperating with Elderly (CEC) Ad-Hoc | Kenny | cec@aasandiego.org |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | James | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R, Bob S, Lisa Ann O**July Theme:** "Became willing..."**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

**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 the [upload form](#).



HUGS

Tis been too long since we've been free
To meet in a place where we can be
Able to enjoy what we speak of
Non-verbal expression of our love

Some tout the many benefits of Zoom
Sharing sobriety with people in Cancun
Yet often that 2-D picture stuff
Doesn't cut it, it is not enough

Social isolation is all wrong
No one's arms are six feet long!
And even there within that space
There is no smile with mask in place

We are bound together in God's grace
Off the booze and in its place
A spiritual tie which is no less
Than words alone cannot express

And how to exit from this funk?
I need to hold another drunk!
Newcomer or an old timer be,
Man, woman, or non-binary.

Sixteen months without a touch
For me that just is way too much
And so right now let it be said
Lots of hugs in the months ahead!

~ Blaine H.

Central Office Phone Calls and Website Hits

**Central Office is grateful for
our Volunteers**

**Phone volunteers are slowly
returning to Central Office and
for that we are grateful!**

| Website Hits | June | Total |
|-----------------|--------|-----------|
| | 59,125 | 7,661,602 |

*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.*

Happy Birthday to All!

**Trent S. 7/15/88 33 years
Midnight Howlers**

Birthday Gratitude

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.*

Poets Wanted Here

Your Newsletter Committee invites you to
participate in a monthly AA Poem feature.
Please submit your original poems to:
sdaa.newsletter@gmail.com -200 words or less.

Living Sober,

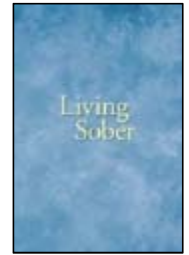
"1. Using this booklet: A. Keep an open mind" page 2

"Perhaps some of the suggestions offered here will not appeal to you. If that is the case, we have found that, instead of rejecting them forever, it's a better idea to just set them aside for the time being. If we don't close our minds to them permanently, we can always go back to them later on and try out ideas we didn't like before - if we want to.

For instance, some of us found that, in our initial nondrinking days, the suggestions and comradeship offered by an A.A. sponsor helped us greatly to stay sober. Others of us waited until we had visited many groups and met many A.A.'s before we finally called on a sponsor's help.

Some of us found formal prayer a strong aid in not drinking, while others fled from anything that suggested religion. But all of us are free to change our minds on these ideas later if we choose."

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Living Sober, "Why 'not drinking'?", Forward

"We members of Alcoholics Anonymous see the answer to that question when we look honestly at our own past lives. Our experience clearly proves that any drinking at all leads to serious trouble for the alcoholic, or problem drinker. In the words of the American Medical Association::

'Alcohol, aside from its addictive qualities, also has a psychological effect that modifies thinking and reasoning. One drink can change the thinking of an alcoholic so that he feels he can tolerate another, and then another, and another....

The alcoholic can learn to completely control his disease, but the affliction cannot be cured so that he can return to alcohol without adverse consequences.*'

And we repeat: Somewhat to our surprise, staying sober turns out not to be the grim, wet-blanket experience we had expected! While we were drinking, a life without alcohol seemed like no life at all. But for most members of A.A., living sober is *really* living - a joyous experience. We much prefer it to the troubles we had with drinking.

One more note: anyone can *get* sober. We have all done it lots of times. The trick is to stay and *live* sober. That is what this booklet is about.

**From an official statement issued July 31, 1964*

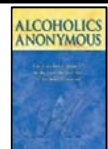
Reprinted with permission from A.A.W.S.

Twelve Steps and Twelve Traditions, Tradition One, page 129

"Our common welfare should come first; personal recovery depends upon A.A. unity."

"The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, 'What a great thing A.A. might have been!'"

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***Big Book page 43
"The alcoholic at certain times has no effective mental defense against the first drink."***

***"His defense must come from a Higher Power."
Reprinted with permission***

Twelve Steps and Twelve Traditions, "Step Three", page 40

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

"It is when we try to make our will conform with God's that we begin to use it rightly. To all of us, this was a most wonderful revelation. Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us. To make this increasingly possible is the purpose of A.A.'s Twelve Steps, and Step Three opens the door."

Reprinted with permission from A.A.W.S.

Susan G., Council Chair opened the 907th with a moment of reflection followed by the "I am Responsible Declaration"

Quorum was conducted by zoom poll function: 29 voted yes to being present as a Group Coordinator. Quorum is 21, so yes we have a quorum to conduct business tonight.

June, 2021 Minutes were approved. m/s/c

Area 8 Representative: Monty, Alternate Delegate, shared that the annual DCM Sharing Session is Saturday, July 31st from 9am to 12pm. Information can be found at aasandiego.org. AA Grapevine announced their new Instagram account, their address is [@alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv). Visit area8aa.org for more information.

H & I Representative: Lauren shared that Detox and Crisis Houses are reopening. Panels are opening. Different facilities have different requirements so please attend the monthly H&I orientation, which is held on Zoom on the third Thursday of each month at 7PM. Please visit sdhandi.org for more info.

Intergroup Standing Committees Reports

After Hours Phones: Tim shared:

1. Tim M., will be calling every After Hours Group Coordinator to confirm their groups commitment and make sure that their group is call-forwarding the phones to their 9pm shift or will be coming in to Central Office.

Business Committee: Tom M., Business Committee Chair reported:

The Business Committee met on Tuesday, July 6th, 2021 at 6:00 pm. Present: Tom, Nick, John, Rae, Susan and Judi

Absent: Aleksey; There was a quorum.

- Approved June 2021 Meeting Minutes
- Approved June 2021 Financial Statements.

June 2021 Financial Summary:

Net Revenue is \$2,646. Our 2021 YTD Net Revenue is -\$3,020. Group and Individual Contributions were \$12,863. Literature Sales Revenue and CD Bank Interest were -\$758 while total office and committee expenses were \$9,459.

Central Office Manager's Report:

- July BOOK OF THE MONTH: AA Comes of Age. Sale \$8.00, Reg. \$10.00 Max: 5
- August BOOK OF THE MONTH: Living Sober. Sale \$3.00, Reg. \$5.00 Max: 5
- Meeting updates continue to be active on our website with ongoing daily changes. Meetings are reopening at a rate of approximately 20 per week.
Currently there are:
 - 959 total meetings per week
 - Out of these:
 - 343 are online meetings
 - 525 are in person
 - 91 are Hybrid
- \$2,227 Online contributions in the month of June

OLD BUSINESS: None

NEW BUSINESS:

- a) Inventory security: Judi submitted a new Inventory Security Policy that was reviewed and approved.
- b) Credit/Debit card machine: Judi reviewed proposal to upgrade the Credit/Debit card machine from one that uses a phone line to one that uses WiFi along with a new processor company, the costs and fees.
M/s/c

Continued on Page 6

Continued from Page 5

- c) **Printer/scanner for manager's office:** A new printer/scanner for the Manager's Office was approved.
- d) **Hiring Process:** Judi reviewed the Hiring process as outlined in the Business Committee Guidelines and reviewed the upcoming schedule for interviewing and hiring a new Administrative Assistant for Central Office.

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair, shared that

- 1. The CEC (Cooperation with the Elder Community) Committee meets every 2nd Wednesday at 6:30pm via Zoom. The next 3 meetings are: July 14, Aug. 11 and Sept. 8. Zoom ID: 84746097919 PW: SDCEC or the direct Zoom link is available at aasandiego.org under Service Meetings.

Coordinator Outreach: Brian V., Chair shared that

- 1. Danny V. stepped down as chair – thank you for your service! Brian V., new chair, will reach out to the Central Office to get a report of the groups that currently have Coordinators that are regularly attending the Coordinating Council meeting so that he can begin his outreach to other groups

Orientation & Guidelines: Tim M., Chair shared that

- 1. There was one new Coordinator at tonight's Orientation
- 2. All Coordinators are always welcome to attend Orientation at 6:45 prior to the Coordinating Council Meeting
- 3. Additionally, Tim, with the help of his Committee member, Amy, is contacting each Committee Chair and sending them their section of the Coordinating Council Guidelines with a request that they review it to ensure that it is accurate.

Program Committee: Lauren shared that

- 1. The Program Committee will hold its first meeting this Sunday at 6:00 pm at Central Office

Public Information Committee: No report

OLD BUSINESS:

- 1. A poll was conducted for all groups that had not yet returned their ballots reflecting their group's decision on the Business Committee Guideline changes that were distributed last month.

NEW BUSINESS:

- 1. Lisa Ann, Newsletter Chair presented on an "Article Archive" project that she and Eddie, Newsletter Committee member have begun. It is a valuable and ambitious project and they are actively seeking volunteers to assist with reading through past Coordinator Newsletters looking for articles to add to the new Archives. Contact Lisa Ann at sdaa.newsletter@gmail.com if interested.
- 2. A discussion was held and polls were taken on whether or not the Coordinating Council Meeting should return to In Person in August or Hybrid. A group conscience was taken and it was decided that the meeting will remain on Zoom until commitments rotate at the end of the year.

Reminders:

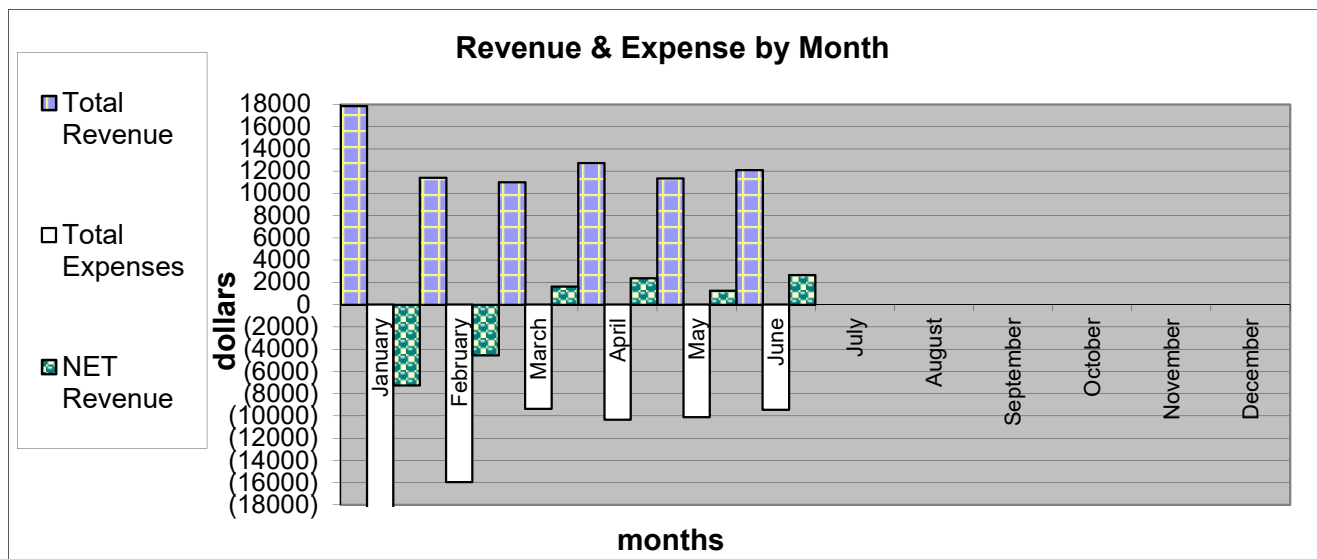
- 1. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 8/1/2021.
- 2. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of June 30, 2021

| | June 21 | June 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|------------------------------------|------------------|-------------------|-------------------|-------------------|-----------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 11,326.22 | 6,785.28 | 60,796.57 | 48,847.99 | 11,948.58 | 125,000.00 |
| Contributions Individual | 1,537.21 | 2,211.50 | 12,549.56 | 14,479.16 | (1,929.60) | 18,000.00 |
| Contributions SDIAA | - | - | - | 760.00 | (760.00) | 600.00 |
| Interest - Cert of Deposits | 37.72 | 151.11 | 231.32 | 1,155.04 | (923.72) | 400.00 |
| Literature Revenue (see schedule) | (795.82) | 215.17 | 2,849.04 | 2,878.84 | (29.80) | 11,830.00 |
| Total Revenue | 12,105.33 | 9,363.06 | 76,426.49 | 68,121.03 | 8,305.46 | 155,830.00 |
| Expense | | | | | | |
| Accounting & Legal | - | 60.00 | 2,875.40 | 2,420.00 | 455.40 | 2,930.00 |
| Auto/Travel/Seminar | 8.00 | 13.00 | 57.00 | 137.50 | (80.50) | 500.00 |
| Bank Service Charges | 30.00 | 30.00 | 70.00 | 114.24 | (44.24) | 50.00 |
| Cash (Over) Short | 3.74 | (0.82) | 0.60 | 159.39 | (158.79) | (50.00) |
| Checks Returned - Bad Debt | - | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 308.16 | 308.16 | - | 750.00 |
| Equipment Purchase | - | - | - | - | - | 500.00 |
| Insurance | 131.02 | 57.06 | 786.12 | 342.36 | 443.76 | 800.00 |
| Office Maint. & Repairs | 304.91 | 20.00 | 379.91 | 60.00 | 319.91 | 500.00 |
| Office Supplies | 240.70 | 156.82 | 1,064.63 | 996.86 | 67.77 | 3,000.00 |
| Rent | 1,980.00 | 1,940.00 | 11,720.00 | 11,480.00 | 240.00 | 23,600.00 |
| Taxes | - | - | 50.00 | 80.00 | (30.00) | 80.00 |
| Telephone | 279.36 | 33.91 | 1,396.34 | 528.78 | 867.56 | 1,765.00 |
| Utilities-Electricity | 104.41 | 95.79 | 1,095.53 | 1,613.35 | (517.82) | 3,500.00 |
| Website | 35.67 | 9.95 | 127.03 | 65.60 | 61.43 | 750.00 |
| EMPLOYEES | | | | | | |
| Accrued Payroll Taxes | 387.16 | 516.37 | 5,624.35 | 3,716.30 | 1,908.05 | 7,560.00 |
| Employee Wages | 4,592.54 | 6,750.00 | 47,566.95 | 41,077.50 | 6,489.45 | 79,999.00 |
| Employee 403B Contribution | - | 159.00 | 155.00 | 1,442.00 | (1,287.00) | 155.00 |
| Employee Health Benefit | 653.13 | 800.37 | 4,102.00 | 4,802.22 | (700.22) | 7,824.00 |
| Insurance-Worker's Comp | 43.16 | 43.25 | 253.31 | 259.50 | (6.19) | 500.00 |
| Total Office Expense | 8,845.16 | 10,736.06 | 77,732.33 | 69,603.76 | 8,128.57 | 134,713.00 |
| Standing Committees Expense | 613.73 | 107.63 | 1,714.54 | 2,167.07 | (452.53) | 7,370.00 |
| (see schedule) | | | | | | |
| Total Expense | 9,458.89 | 10,843.69 | 79,446.87 | 71,770.83 | 7,676.04 | 142,083.00 |
| Net Revenue | 2,646.44 | (1,480.63) | (3,020.38) | (3,649.80) | 629.42 | 13,747.00 |



Group Contributions June 2021

| Group | Jun-21 | Ytd 21 | Group | Jun-21 | Ytd 21 |
|---------------------------------------|--------|--------|---------------------------------------|--------|----------|
| 11th Step Journey - 2622 | - | 2.73 | HOW @ Noon - 2998 | - | 150.00 |
| 4077 Mash Step 11 - 2027 | - | 180.00 | I. B. Steps & Traditions - 3003 | - | 50.00 |
| *52 From The Big Blue | - | 183.50 | I. B. Up - 2565 | - | 250.00 |
| 5.30 Meditation - 3085 | - | 293.00 | Imperial Mens Group - 869 | - | 100.00 |
| 830 Every Morning Group | 116.00 | 116.00 | Jaywalkers - 3100 | 125.00 | 250.00 |
| 9 30 Everynighters - 2997 | - | 124.43 | Joy Of Living - 2787 | - | 129.00 |
| A Sense Of Belonging Womens- 1205 | - | 107.00 | Just Us Girls - 929 | - | 80.20 |
| A Vision For You - 2812 | 200.00 | 426.00 | Kick Start Your Heart - 2430 | - | 40.00 |
| A Womens Meeting -1717 | - | 520.00 | Knuckleheads - 3182 | - | 490.00 |
| Alpine Group - 6 | - | 50.00 | La Jolla Discussion Group - 85 | - | 250.00 |
| B.Y.O.B. (North Park) - 203 | 144.00 | 536.00 | La Jolla Monday Womens - 87 | - | 368.00 |
| Back Country - 3131 | 25.00 | 25.00 | La Jolla Pump House Group - 696 | 420.00 | 420.00 |
| Back to Basics - 1026 | - | 500.00 | La Jolla Sunrise - 2684 | 500.00 | 1,050.00 |
| Back To Basics For Women - 1675 | - | 100.00 | La Mesa 12 X12 - 2588 | - | 254.00 |
| Beautiful Beginnings - 552 | - | 280.50 | La Mesa Mens - 106 | - | 650.00 |
| Bonita Womens Big Book Study-3112 | - | 285.00 | La Mesa Open Discussion - 107 | - | 110.00 |
| BYOB Book Study (Ramona) - 3094 | - | 25.00 | La Mesa Womens Sat. Morning - 416 | - | 615.50 |
| Carrying the Message - 2458 | - | 50.00 | Lake Murray Womens - 572 | - | 125.00 |
| Casa De Oro Tradition Five - 503 | - | 366.50 | Late Risers - 473 | - | 150.00 |
| Cedar Street Mens - 1698 | 631.50 | 631.50 | Letting Go Womens - 3189 | - | 150.00 |
| Chula Vista 4 Min Speakers - 1568 | 100.00 | 400.00 | Linda Vista Mens - 320 | - | 25.00 |
| Clairemont Mens - 301 | - | 710.00 | Living Free - 477 | - | 510.00 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | Lunchtime Friends - 964 | - | 52.40 |
| Clairemont Womens Discussion - 340 | - | 165.00 | * Mast Park Meeting | - | 382.92 |
| Clairemont Womens Step Study - 341 | - | 806.50 | Meetin' in the Ladies Room - 2614 | - | 105.00 |
| Coffee Clutchers - 2332 | 500.00 | 500.00 | Mens Focused Step Study - 3217 | - | 338.00 |
| Conscious Contact Big Book - 2762 | - | 20.00 | Mens Jelly Donut - 3118 | - | 24.00 |
| Conscious Contact Meditation - 2834 | 30.00 | 80.00 | Mens Step Study - 965 | - | 50.00 |
| D.D.G.T.M. - 767 | - | 125.00 | Mens Structured Step Study - 1469 | - | 115.75 |
| Daily Reflection - 3114 | - | 460.00 | Mid-Week Mens - 560 | - | 363.00 |
| Daily Reprieve - 3199 | 50.00 | 50.00 | Mid-Week Mens ZOOM - 3243 | - | 480.01 |
| Dawn Patrol - 263 | - | 512.00 | Midday Miracles- 3242 <> | - | 362.00 |
| Descanso Step Study - 3010 | 100.00 | 100.00 | Midway Bridge - 2171 | - | 50.56 |
| Designs For Living - 488 | - | 105.00 | Mira Mesa Early Risers - 967 | - | 100.00 |
| Dignity Unlimited - 205 | - | 250.00 | Mira Mesa Sunday Morning Mens-693 | - | 84.20 |
| Doctors & Lawyers & Professionals | - | 660.95 | Miracles on Mondays - 565 | - | 150.00 |
| Downtown Discussion - 1665 | 100.36 | 172.82 | Mission Bay Speakers - 1692 | - | 150.00 |
| Early Morning Recovery - 2688 | - | 705.00 | Mission Hills Beginners - 1612 | - | 200.00 |
| Early Risers (Coronado) - 1525 | - | 10.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| East County Young People Rule 62 | 100.00 | 200.00 | Mission Possible - 131 | - | 325.00 |
| East Side Group - 101 | - | 60.00 | * Mixed In The Park | - | 225.00 |
| Eastlake Greens Attitude Adjust(Sun) | - | 70.00 | Monday At A Time - 2875 | 183.00 | 363.00 |
| Eastlake Greens Attitude Adjustment | 150.00 | 150.00 | Mt Soledad Mens - 717 | - | 800.00 |
| Eastlake New Beginnings S/S - 2673 | - | 20.00 | * Nightly Discussion - 3248 | - | 92.13 |
| Easy Does It Riders - 21 | - | 156.00 | No Matter What Woman's Group | - | 96.88 |
| Easy Does It Speakers - 114 | - | 100.00 | Noon At The Grove - 628 | 100.00 | 100.00 |
| Educational Variety Mens - 3244 | - | 100.00 | Noon with a View Beginners Meeting | - | 3,139.60 |
| El Cajon Beginners - 2876 | - | 175.75 | Nooners Anonymous - 1164 | - | 100.00 |
| El Cajon Womens Serenity - 77 | - | 75.39 | Noontime on the Patio - 2203 | - | 57.69 |
| Emotional Sobriety (Hillcrest) - 2536 | 90.00 | 115.00 | North Clairemont - 1102 | - | 257.00 |
| Every Night at Six <> - 3241 | - | 433.00 | North Park Mens - 465 | 29.40 | 419.29 |
| First Mira Mesa Mens - 300 | - | 21.50 | North Shores Breakfast - 275 | - | 150.00 |
| Fletcher Hills Smokeless - 59 | - | 180.00 | Old Town Speakers - 321 | 540.00 | 540.00 |
| Free At Last - 2888 | 300.00 | 300.00 | Over The Bridge - 2689 | - | 403.75 |
| Fresh Start Beginners - 2609 | - | 652.00 | Pass It On Big Book Study Grp -2860 | - | 680.30 |
| Friday Happy Hour - 2821 | 75.00 | 75.00 | * Phone at the Grove | - | 40.00 |
| Friday Morning Womens - 104 | - | 190.00 | Poinsettia Group - 2210 | - | 75.00 |
| Friday Night Irregulars - 2889 | - | 272.67 | Point Loma Mens - 245 | 228.00 | 228.00 |
| Gifts of Grace Womans - 2564 | - | 92.06 | Point Loma Nooners - 1606 | - | 100.00 |
| Gilman Group - 1988 | - | 175.59 | Primary Purpose Grp (Hillcrest)- 3151 | 280.00 | 280.00 |
| God Squad Too - 2809 | - | 227.03 | Progress Rather Than Perfection | - | 400.00 |
| Good Morning AA - 1888 | - | 589.00 | Pt Loma Womens Discussion - 1608 | - | 150.00 |
| Great Fact Group - 895 | - | 120.00 | Radical Acceptance Meeting - 2961 | - | 1,764.80 |
| Grupo Gringo - 1305 | 300.00 | 550.00 | Rise & Shine - 2170 | 564.09 | 1,299.09 |
| GSDYPAA | - | 407.77 | San Carlos Single Purpose - 583 | - | 50.00 |
| Harmony Group - 585 | 320.00 | 745.00 | Santee Saturday Night Speakers-2656 | - | 280.00 |
| Haul Your Hiney Out Of Bed - 704 | - | 150.00 | Santee Serenity - 3040 | - | 50.00 |

Group Contributions June 2021


| Group | Jun-21 | Ytd 21 |
|------------------------------------|--------|----------|
| Sat Mens Early Awakening - 2209 | - | 264.89 |
| Saturday A.M. Live - 782 | - | 50.00 |
| Scripps Ranch Mens - 3168 | 95.90 | 297.85 |
| Scripps Ranch Men's Two - 2776 | - | 100.00 |
| Serenity @ 5107 - 2976 | - | 152.03 |
| Sober Camel Speakers Meeting- 2296 | - | 56.23 |
| Sober Minded Leather Folk - 1882 | - | 174.59 |
| Sober Nooners - 196 | - | 200.00 |
| Sober Roses Womens SS - 2946 | 40.00 | 40.00 |
| Sobriety At All Cost - 3006 | - | 463.00 |
| Sons of God - 2789 | - | 660.00 |
| Sorrento Valley Nooner - 544 | - | 1,167.00 |
| Spiritual Awakening - 2275 | 326.39 | 1,183.44 |
| Spiritual Awakenings SS -3174 | - | 200.00 |
| Spring Valley Men's Zoom | - | 50.00 |
| Sunday Kind of Love - 429 | - | 10.00 |
| The 1st 164 - 2760 | - | 76.27 |
| The Common Solution - 3007 | 89.89 | 195.23 |
| The Gathering Of The Goddesses | - | 312.00 |
| The Gift - 2954 | - | 50.00 |
| The Hole In The Doughnut - 2737 | - | 274.50 |
| * The Interstate Meeting | - | 50.00 |
| The Notorious M.I.T.P. - 3267 | 415.50 | 415.50 |
| The Other Meeting - 857 | - | 405.00 |
| * The Rogue Meeting | 855.19 | 3,374.31 |

| Group | Jun-21 | Ytd 21 |
|-------------------------------------|--------|----------|
| The We Group - 2739 | 329.00 | 1,251.34 |
| There is a Solution - 2680 | - | 200.00 |
| Three Legacies Study Group - 3230 | - | 56.09 |
| Thursday Steps - 646 | - | 359.40 |
| * Toes in the sand | - | 400.00 |
| Trust God, Clean House, Help Others | - | 22.20 |
| Tues Night Mens Step Study - 1813 | - | 454.00 |
| Tuesday Morning Alpine - 440 | - | 91.88 |
| Tuesday Night Primary Purpose - 130 | - | 321.50 |
| Tuesday Nite Live - 643 | 200.00 | 200.00 |
| University City Disc.- 368 | - | 224.25 |
| University City Womens - 369 | - | 550.78 |
| Valley Girls - 2617 | - | 95.00 |
| War Fever - 880 | - | 224.80 |
| Warm and Friendly - 42 | - | 100.00 |
| Whistling In The Dark Mens - 2943 | 60.00 | 260.00 |
| Wholesale Miracle - 2474 | 32.00 | 360.50 |
| Womans Gut Level - 1701 | - | 65.00 |
| Women's Joy Of Living - 2636 | - | 270.00 |
| Women In Harmony - 1807 | - | 96.00 |
| Womens Attitude of Gratitude - 2751 | - | 375.50 |
| Womens Step Study - 296 | - | 390.08 |
| Womens Thursday Nite - 514 | - | 257.40 |
| Womens TLC - 2814 | - | 67.50 |
| Womens Way To Recovery - 838 | - | 150.00 |

Group Secretaries/Treasurers
Please include an email address with your Group Contributions, if you wish to receive a receipt



 **Thank You**
for supporting your
San Diego Intergroup Central Office
in carrying the message to the
suffering alcoholic

 **Thank you to all of the AA members for their individual contributions.**
Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year or sending your 7th tradition directly to Central Office.
HAPPY BIRTHDAY!

Thank you to all of our Phone Volunteers!
After Hours Phone Volunteers are back at Central Office! It's a great way to Carry the Message to the Still Suffering Alcoholic and we have nights available.
Please call Judi at  **619-265-8762 for**

Big Book, "A Vision For You", page 164
"Abandon yourself to God as you understand God.
Admit your faults to Him and to your fellows.
Clear away the wreckage of your past.
Give freely of what you find and join us.
We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."
Reprinted with permission from A.A.W.S.



Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| September 6 | Labor Day | Monday |
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|--------------------------|-----------------|
| Group Contributions | \$11,326 |
| Individual Contributions | 1,537 |
| SDIAA Contributions | 0 |
| Literature & Interest | -758 |
| Total Revenue | \$12,105 |
| Central Office Expenses | -8,845 |
| Committee Expenses | -614 |
| Total Expenses | -\$9,459 |
| June 2021 Net Revenue | \$2,646 |
| 2021 YTD Revenue | -\$3,020 |

The Central Office Bookstore is Open!



Is your meeting back to meeting in person?

Is your literature table looking a little bare?

Come by and browse around—we're fully stocked and can't wait to meet you!

We're here Mon—Fri 9:00 am—5:00 pm, Sat 9:00 am—1:00 pm

- ◆ August's Book of the Month is "Living Sober" - on sale for \$3.00 plus tax, max 5



Central Office is Grateful for our Phone Volunteers!

All After Hours Phone Volunteers are welcome to return to Central Office! It's a great way to carry the message to the still suffering alcoholic

- ◇ Easier access to the Meeting Schedule on the website
- ◇ Access to the 12 Step Volunteer List
- ◇ Netflix!
- ◇ Partner with a Sponsor/Sponsee—excellent opportunity to do step work

We have nights available! Call Judi at 619-265-8762 for more information



Living Sober

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

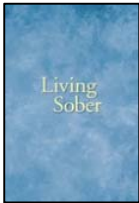
Living Sober, "19 Being grateful", page 46

"When we get the last molecules of alcohol out of the system, a lot of the gloom disappears along with it. But the habit of thinking in such neurotically depressed ways can stay with some of us, we have found, until we learn to spot it and carefully root it out.

This is no prescription for mindless Pollyanna-ism. We do not pretend that hardships are meaningless, nor deny that everyone has mountains to climb from time to time. Grief really hurts, and so do other kinds of pain.

However, now that we are free of alcohol, we have much more control over our thinking. We have a broader range of thoughts, in minds that are no longer so blurred. The thoughts we choose to spend time on in any given 24 hours can strongly influence the complexion of our feeling for that day - bright and healthy, or murky and disheartened."

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- | | | |
|--------------|-----------|--------------|
| ALCOHOL | GLOOM | MOUNTAINS |
| BLURRED | GRATEFUL | MURKY |
| BRIGHT | GRIEF | NEUROTICALLY |
| BROADER | HABIT | PRESCRIPTION |
| COMPLEXION | HARDSHIPS | PRETEND |
| CONTROL | HEALTHY | RANGE |
| DEPRESSED | INFLUENCE | ROOT |
| DISAPPEARS | LIVING | SOBER |
| DISHEARTENED | MINDLESS | SYSTEM |
| FEELING | MOLECULES | THINKING |

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Balance Sheet
As of June 30, 2021

| | <u>June 21</u> |
|---------------------------------------|--------------------------|
| ASSETS | |
| Current Assets | |
| Checking/Savings | |
| San Diego Intergroup, Inc 2019 | 61,126.12 |
| Credit Card Merchant 2019 | 621.45 |
| PayPal Merchant | 234.35 |
| CD #1 - Prudent Reserve-1061 | 25,092.52 |
| CD #2 - Prudent Reserve-8245 | 25,017.49 |
| CD #3 - Prudent Reserve -3206 | 25,075.53 |
| CD #4 - Prudent Reserve-6068 | 25,050.60 |
| Petty Cash | 200.00 |
| Petty Cash/Drawer | 50.00 |
| Total Checking/Savings | <u>162,468.06</u> |
| Other Current Assets | |
| Prepaid Expenses | |
| Prepaid Insurance | 1,197.95 |
| Total Prepaid Expenses | <u>1,197.95</u> |
| Inventory - Literature | <u>30,474.15</u> |
| Total Other Current Assets | <u>31,672.10</u> |
| Total Current Assets | <u>194,140.16</u> |
| Fixed Assets | |
| Archive's Room | 4,703.27 |
| Office Equipment | 23,037.00 |
| Leasehold Improvement | 7,306.47 |
| Less Accumulated Depr. | (35,046.74) |
| Total Fixed Assets | <u>-</u> |
| TOTAL ASSETS | <u><u>194,140.16</u></u> |
| LIABILITIES & EQUITY | |
| Liabilities | |
| Current Liabilities | |
| Other Current Liabilities | |
| Payroll Taxes Payable | 2,327.82 |
| Sales Tax Payable | 851.49 |
| Total Current Liabilities | <u>3,179.31</u> |
| Equity | |
| Reserve Fund PI Literature Racks | 118.97 |
| Reserve Fund Program Anniv Break | 458.77 |
| Prudent Reserve | |
| Cert/Deposit #1 | 25,000.00 |
| Cert/Deposit #2 | 25,000.00 |
| Cert/Deposit #3 | 25,000.00 |
| Cert/Deposit #4 | 25,000.00 |
| Total Prudent Reserve | <u>100,000.00</u> |
| Retained Earnings | 93,403.49 |
| Net Revenue | (3,020.38) |
| Total Equity | <u>190,960.85</u> |
| TOTAL LIABILITIES & EQUITY | <u><u>194,140.16</u></u> |

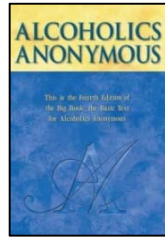
**Big Book; "Winner Takes All",
pages 381**

"Today I am doing things that I never dreamed possible. More importantly, it is the peace and serenity I feel inside that keeps me coming back. I have been through hard times in and out of sobriety, but before A.A.

it didn't matter how good things got - I always had a feeling that something was wrong. Since A.A., it doesn't matter how bad things get - I always have a feeling that everything is going to be all right.

In working the Twelve Steps, my life and my old way of thinking have changed. I have no control over some of the things that happen in my life, but with the help of God I can now choose how I will respond. Today I choose to be happy, and when I'm not, I have the tools of the program to put me back on the right track."

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Big Book, Into Action, page 88

"It works - it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.

But this is not all. There is action and more action. 'Faith without works is dead.'"

Reprinted with permission from A.A.W.S.

Big Book, "Gratitude in Action", page 199

"I know the Fellowship of A.A. doesn't offer any guarantees, but I also know that in the future I do not have to drink. I want to keep this life of peace, serenity and tranquility that I have found. Today I have found again the home I left and the woman I married when she was still so young. We have two more children, and they think their dad is an important man. I have all these wonderful things - people who mean more to me than anything in the world. I shall keep all that, and I won't have to drink, if I remember one simple thing: to keep my hand in the hand of God."

Reprinted with permission from A.A.W.S.

Big Book, page 60

"The first requirement is that we be convinced that any life run on self-will can hardly be a success."

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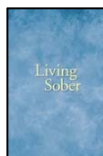
Living Sober, "11 Availing yourself of a sponsor," page 29

"H. You are under no obligation ever to repay your sponsor in any way for helping you. He or she does so because helping others helps us maintain our own sobriety.

You are free to accept or reject help. If you accept it, you have no debt to repay. Sponsors are kind - and tough - not for credit, and not because they like to 'do good works'. A good sponsor is as much helped as the person being sponsored. You'll find this to be true the first time you sponsor someone.

Some day, you may want to pass such help on to someone else. That's the only thanks you need give."

Reprinted with permission from A.A.W.S.



**Living Sober, "14 Fending off loneliness",
Page 33**

"The lonely road ahead looked bleak, dark and unending. It was too painful to talk about; and to avoid thinking about it, we soon drank again. Although some of us were lone drinkers, it can hardly be said that we completely lacked companionship during our drinking days. People were all around us. We saw, heard, and touched them. But most of our important dialogues were entirely interior, held with ourselves. We were sure nobody else would understand. Besides, considering our opinion of ourselves, we were not sure that we *wanted* anybody to understand.

No wonder, then, that when we first listen to recovered alcoholics in A.A. talking freely and honestly about themselves, we are stunned. Their tales of their own drinking escapades, of their own secret fears and loneliness, jar us like a thunderbolt.

We discover - but can hardly dare to believe right at first - that *we are not alone*. We are *not* totally unlike *everybody*, after all."

Reprinted with permission from A.A.W.S.

Your Newsletter

Continued from Page 1

The Newsletter began in the late 1940s and has a long history in San Diego. (You can check out old copies as far back as 1952 on www.aasandiego.org.)



Today's San Diego AA member can obtain an electronic PDF copy of the newsletter via e-mail or get a paper copy at Central Office or through the BAM (Buck A Month) Program which mails them directly to the home for \$15 a year.

As always, the San Diego AA Coordinator

Newsletter needs you to share **your** experience, strength and hope with others via short, shorter or really short articles, poems, or cartoons by submitting them via email (until we come up with an even easier way!) to sdaa.newsletter@gmail.com.

~ Lisa Ann O.

Step 8: Making a List

Continued from Page 1

suggestions I would simply dismiss as, *ok for you but not necessary for me*. I did not think my problems were about mental, emotional, and spiritual matters. If I could just stop drinking things would be just fine.

It didn't take long for me to realize what they were explaining to me about the wreckage of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years. I was

THE COORDINATOR

PUBLISHED MONTHLY BY THE COORDINATING COMMITTEE
OF THE SAN DIEGO COUNTY GROUPS OF ALCOHOLICS
ANONYMOUS

JUNE 4, 1952

Good news for us all. We are privileged to have Bill's wife, Lois, and Helen B. from New York visit us June 27th. Lois W. who needs no introduction to us in A.A., will speak to our A.A. Associates Friday night, June 27th at the Congregational Church, 6th & A Streets. Lois, our number One Associate will be gratefully received -and has a tremendous message for our own dear associates. Helen B. who is the General Secretary of our New York office, will be our guest speaker the same night, June 27th, at Craftsman's Hall. Helen B. Helen has been in A.A. for eight years and is a sincere and strenuous worker as is shown by the job she holds down at New York headquarters.

~Reprinted from the June 1952 edition.

one of the fortunate ones that lost the obsession to drink from the very first day so that was never a problem for me. I had taken step one, I dismissed steps two and three as being ok for the religious folks, but I could do without them.

Steps four, five, eight and nine were the ones that I did not want to face but by the time I was sober for about two years I finally let down my guard and did steps four and five. The relief I got from being fearless and thorough about those two steps gave me the desire and courage to proceed through steps six and seven and those steps will never be finished as they are basically about spiritual growth concerning my thoughts and actions.

Then came *step eight* and the need to identify those people that I had harmed in the past, and I would have to make amends to. *Can they be*

serious? I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless.

With that thought in mind, I delayed doing it until I settled down and came up with an understanding that I could start my list and see where it would lead to. I began with the people I let down the most such as my first wife, my son, my siblings, my mother, and my closest friends that were like family to me. Then I spiraled outward to the people I worked with or played with, such as golfing and fishing, etc. Then, as I started to remember all of those drinking buddies, bar tenders and girlfriends through all those years and I had to be realistic about it. To do this, I could spend the rest of my life chasing people down to apologize and that is when I had to step on the brakes.

Thinking that I would need to chase down all of those ships in the night, was what held me back from doing it. What I finally did was first, to be sure that I no longer did those regrettable deeds of yesterday so that I was not being hypocritical about it. Then I handled the ones that were renting room in the front of my brain box, then as I said, I spiraled outward and handled the ones that were closest to me, and as time went on I found the occasion when I would run into an old friend and if I had anything left undone, I would ask him, *"Have you ever done something that you really regretted?"* His answer is usually, *"Hell yes, who hasn't? Then I say. Can we talk?"* This leveled the playing field.

Who can fault a person who, like him, has made mistakes, but then corrected them, made restitution and lives an honest unselfish life?

Continued on Page 15

Step 8: Making a List

Continued from Page 14

None of us are perfect. Do not be bogged down by over thinking this step, but on the other hand, be prepared to jump at the opportunity when it arrives.

~ Rick R.

Resentment

Continued from page 1

In our little meeting room, we didn't have a lot of upper end furniture. Someone donated two rows of old theatre seats and they were arranged one behind the other. I seated myself in the center of the front row. This was in 1960.

I went through all of the preliminaries we go through and when it came time to select a topic, I decided to impress everyone and announced the topic to be SELF PITY, for we all know that it is, as stated in the Big Book, the biggest Killer in A.A. We had a lady named Helen B. who always announced herself as "a tough old broad", and she was.

Unfortunately for me, she was seated in the row behind me, one seat to the right. When I finished my sentence, she leaned over and shouted in my right ear, loud enough for everyone in the room to hear. "YOU'RE FULL OF S---, RESENTMENTS ARE THE BIGGEST KILLER IN A.A." and she was right. She gave me a resentment and I wanted to kill her. It was humiliating and humbling at the same time. I grew to love Helen for she did to my ego, what I couldn't do to it myself at the time.

One of the things I took away from that little embarrassing experience was that I better know what I'm talking about before I open my mouth. Another thing that came with that, and other little course

corrections, was a drive to understand why I do the things I do. I can hear all of the superficial discussions about the topics we talk about, but I am always inclined to look at the deeper motives that drive me and probably most of us.

Most of the progress that I've experienced in the A.A. program wasn't really as difficult as it seemed, when I was going through it, but it took a lot longer to have the structure in place, such as, honesty, patience, understanding, unselfishness, and so on, to support each level growth.

Intellectually, resentment was one of the things that I could understand, to a degree, but with all of the complicated mental defenses I had bouncing around in my head, my best efforts only produced a slow but steady progress. Most of the resentment issues I had while I was still drinking were usually more of the façade I created with my sick mind. When I got sober, my relationships were real and even then, I, with the help of my ego, had a hard time accepting the day-to-day interfacing with other people.

Much of my attention in the area of resentment seems to revolve around the practice of acceptance. When I am faced with a conflict with, what I consider an unreasonable person or situation, my first instinct is to protect myself. When I examine my motives a little deeper, I find that it's more about defending my ego, and if I am strong enough to, gracefully, back off and defuse the situation, I realize that it works out better. As long as I can remove myself from the situation, I don't have to defend myself or my ego.

Does all this mean that I must take abuse from others in my circle of friends? I always thought there was a conflict of values, like "turn the other cheek" or something like that. Well, I found out through trial and

error that we, in the A.A. program, are closely related to more people than the average person out there, and we come to know the personality traits at a much deeper level.

Most people, it is said, can count their friends, in their lifetime, on one hand. We in A.A. probably exceed that standard by a few, but we can't be that kind of friend to everyone. We don't have the amount of energy it takes to sustain that strong a relation.

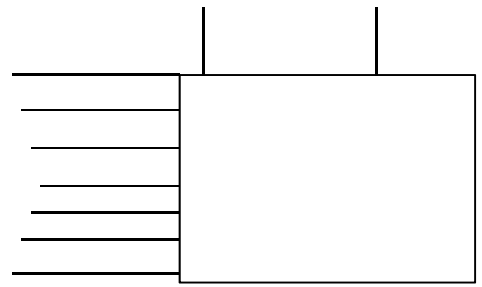
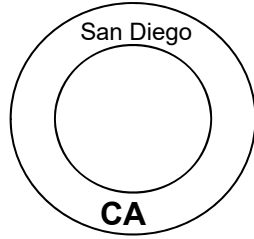
We can, however, be a friend to everyone by being kind and understanding to them, even when they, themselves, don't reciprocate. Am I going to let my ego stand in the way of my peace of mind? Love is "caring and nurturing another person." I can do that even if they still haven't evolved enough to love me back. I can have compassion for them knowing that I was once in their shoes.

I don't claim I have resolved all of the issues that we are encouraged to tackle, and I don't have all the answers to, even my own questions, but I never stop searching. There are some people that cross my boundaries yet, and all I can do about them is treat them with respect and continue to love and nurture them. They are never the topic of gossip and I refrain from pointing out their (so called) faults. Seldom do I have resentments to the degree that I can recognize them when looking from the inside out, and I am always open to outside suggestions from my true friends on these matters.

And it all started with a loving kick in the butt from a "tough old broad" named Helen B. God bless her. To this day, I thank Helen for setting me straight.

~Rick R.

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



RETURN SERVICE REQUEST



August

| 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 | 1 | 2 | 3 | 4 |



aasandiego.org

The San Diego AA Coordinator



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

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

Reprinted from AA Big Book, page 59

SEPTEMBER 2021
VOL. LXIX NO. 9

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11
- Upcoming Events..... p. 13

“Carry the AA Message”

Join the fun and submit an article!

October (due 8/28/21)

“Continued to take personal inventory...”

November (due 9/27/21)

“Prayer and meditation...”

December (due 10/29/21)

“Anonymity...”

Submit your 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Step Nine: The Promise Of Intuition We Will Know Peace

We will intuitively know how to handle situations which used to baffle us (Big Book, pg. 84). How many times in your life have you been faced with a decision, and you did not know what to do about it, then a day and a half later, you awakened in the middle of the night, sat up in bed, and said to your-self, A-HAH, and went right back to sleep? Somehow the answer came to you without having to go through days of research.

Continued on Page 15

Perception

“I hate my life,” I thought to myself as I awakened. I was so angry that I woke up. I prayed again the night before to a God who I didn’t know, or even knew existed. I prayed and pleaded that I wouldn’t wake up.

My life sucked and if there was a God, it was a cruel God that laughed and mocked my pain. My life had become a series of obligations and reactions – just enough to get by and “maintain” a somewhat normal appearance.

Design Details

Our literature describes the A.A. Program, specifically the Twelve Steps, as a design for living. Many of us believe that design takes the place of the playbook which was issued at birth to all those normies out there, but was somehow omitted from our backpacks.

That design, if followed, allows us to become God’s humble servants, living happy, joyous, and free and carrying the message of Alcoholics Anonymous to those who still suffer.

Continued on Page 14

“The excruciating pain I felt permeated every cell of my body. I wholeheartedly wanted to die. I knew I had a drinking problem, or just a life problem, but Alcoholic? Hmmm . . . I had serious doubts.”

Alcohol and other substances were no longer working to reduce the pain of living my useless life. I would be drunk and stoned and in a pathetic mass of tears. I was

Continued on Page 14

SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** www.aasandiego.org**E-MAIL:** sdaaco@aol.com**OFFICE & BOOKSTORE:****Mon-Fri 9 am to 5 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|--|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Renea | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperating with Elderly (CEC) Program | Kenny | cecchair@aasandiego.org |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | Sallye | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | newsletter@aasandiego.org |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Linda U., Rick R., Blaine H.**September Theme:** "Our side of the street..."**To receive an electronic version of the newsletter****Please sign up to receive by email****Send to:** 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

**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 the [upload form](#).

The Scale of Right Living

Terror, Bewilderment, Frustration, Despair, greeted me upon waking each day.

The hideous four horsemen would plague me until; my first drink quickly drove them away.

That seemed not the case for most normal souls, and it caused me to look deep inside.

And what I discovered has made sense to me and has been the rule I've applied.

I considered a **scale** from **one** to **ten**, when measuring my emotional state.

I awaken each morning at a level of **two** while the Normie wakes up at an **eight**.

When I take that first drink, I go straight to a **nine** and everything seems to be fun.

If I stayed at a **nine** everything would be fine, but I awake the next day at a **one**.

The answer for me has been taking the steps and principles of unselfishness.

And as a result I have **balanced the scale** and wake up at **eight**, more or less.

A bad day for me is no longer a **two**; it is closer to being a **seven**.

A good day's a **nine** and anything more, would be almost like being in heaven.

I never get lazy when working on self and doing the things that I should.

For if I get down to a **five** or a **four**, a cocktail might start looking good.

If this is too hard to understand and if it seems somewhat confusing,

Just take the steps and never give up. It is better than boozing or using.

~ Rick R.

Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems to:

sdaa.newsletter@gmail.com -200 words or less.

Central Office Phone Calls and Website Hits

Central Office is grateful for our Volunteers

Phone volunteers are returning to Central Office and for that we are grateful!

| Website Hits | July | Total |
|--------------|--------|-----------|
| | 67,336 | 7,728,938 |

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.

In Memory

Leslie T.
James T.
Earl Lee W.

Birthday Gratitude

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.



excerpts from
The Twelve Traditions Illustrated
 September 2021
 Pamphlet of the Month

The First Tradition

"Our brother the noisy drunk affords the simplest illustration of this Tradition. If he insists on disrupting the meeting, we "invite" him to leave, and we bring him back when he's in better shape to hear the message. We are putting the 'common welfare' first. But it is in his welfare, too: if he's ever going to get sober, the group must go on functioning, ready for him."

Reprinted with permission from A.A.W.S.

The Second Tradition

"A.A. is both a democracy and, in Bill W.'s words, "a benign anarchy." A group elects its own officers -- who have no power to order anybody to do anything. "

Reprinted with permission from A.A.W.S.

The Third Tradition

"We've thrown away all membership rules and regulations that might keep you out. We want you to have the same chance for sobriety that we have had." *Reprinted with permission from A.A.W.S.*

The Fourth Tradition

"In a way, the Fourth tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, "would this break any Tradition?"

Reprinted with permission from A.A.W.S.

The Fifth Tradition

"No matter how different our own personal concerns, we are all bound together by one common **RESPONSIBILITY**...to carry the message to the suffering alcoholic."

Reprinted with permission from A.A.W.S.

The Sixth Tradition

"We found that there are all kinds of goals, motives and ambitions...and the good name of A.A. could be smeared!"

Reprinted with permission from A.A.W.S.

The Seventh Tradition

"As active alcoholics we were always looking for a handout -- in one way of another...Part of our personal recovery came in making ourselves into responsible human beings."

Reprinted with permission from A.A.W.S.

The Eighth Tradition

"Spiritual as it is, A.A. remains very much of this world. The Eighth Tradition, like the Seventh, focuses on a vulgar five-letter word that isn't actually mentioned in either: money."

Reprinted with permission from A.A.W.S.

The Ninth Tradition

"We do set up committees and boards...but whether they make coffee...or help groups in deepest Africa...THEY ONLY SERVE."

Reprinted with permission from A.A.W.S.

The Tenth Tradition

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

Reprinted with permission from A.A.W.S.

The Eleventh Tradition

"Ours is not a secret society...we carry the message anywhere we can -- but we must ever be aware that self-appointed messiahs speaking for A.A. through public media can do us great damage!"

Reprinted with permission from A.A.W.S.

The Twelfth Tradition

"Let us always remember that anonymity -- not taking credit for our own or others' recovery-- is humility at work."

Reprinted with permission from A.A.W.S.

**Minutes of the Coordinating Council
By Zoom Meeting on Thursday, August 12th, 2021 @ 7:30 pm**

Susan G., Council Chair opened the 908th with a moment of reflection followed by the “I am Responsible Declaration”

Quorum was conducted by zoom poll function: 33 voted yes to being present as a Group Coordinator. Quorum is 21, so yes we have a quorum to conduct business tonight.

July, 2021 Minutes were approved. m/s/c

Area 8 Representative: Monty, Alternate Delegate, shared that there is a Grapevine Writers Workshop on August 28th and a Step 11 workshop on September 19th, information for these can be found at aasandiego.org. The Election Assembly will be held on September 25th via Zoom and will be assisted by Area 5. Visit area8aa.org for more information.

H & I Representative: Lauren shared that Orientation is still being held on Zoom on the third Thursday of the month. Many panels are open in person and on Zoom. A lot of treatment centers are ready for panels. Please announce in your groups that H&I needs groups to take commitments to take panels into these facilities. Please visit sdhandi.org for more info.

Intergroup Standing Committees Reports

After Hours Phones: Renea, new Chair shared:

1. After hours phone committee wants to thank Tim M for stepping up and keeping the after hours phones going when there was no one to keep things in order.
2. We still have 2 open nights – the 3rd and the 21st of every month – please announce at your meetings!
3. We are looking for people or groups to fill in as an emergency position. Please contact Renea at afterhoursphones@aasandiego.org if available.

Business Committee: Tom M., Business Committee Chair reported:

The Business Committee met on Tuesday, August 10th, 2021 at 6:00 pm. Present: Tom, Nick, John, Rae, Susan and Judi
Absent: Aleksey; There was a quorum.

- Approved July 2021 Meeting Minutes
- Approved July 2021 Financial Statements.

July 2021 Financial Summary:

Net Revenue is \$8,904. Our 2021 YTD Net Revenue is \$6,253. Group and Individual Contributions were \$16,425. Literature Sales Revenue and CD Bank Interest were \$1,621 while total office and committee expenses were \$9,142.

Central Office Manager’s Report:

- August BOOK OF THE MONTH: Living Sober, Sale \$3.00, Reg. \$5.00 Max: 5
- September BOOK OF THE MONTH: Big Book, Soft Cover. Sale \$7.10, Reg. \$9.10 Max: 5
- Meeting updates continue to be active on our website with ongoing daily changes. Changes to the Meeting Schedule are occurring at a rate of approximately 15-20 per week. There are 214 meetings that are still closed.

Currently there are:

- 1,015 total meetings per week
 - Out of these:
 - 302 are online meetings
 - 601 are in person
 - 112 are Hybrid
- A new Administrative Assistant, Lisa Ann, was hired – Welcome!
- CD Acct#1061 renews end of August and the Business Committee voted to add \$10,000 to it as part of our Prudent Reserve.
- Holiday: Central Office will be closed on Monday, September 6th in observation of Labor Day.
- **Daytime phone volunteer shifts:**
 - Always have a need for fill-ins. Please call Judi or Lisa Ann at 619-265-8762 if available.

Continued on Page 6

Continued from Page 5

OLD BUSINESS: None

NEW BUSINESS:

1. New Phone System Proposal – a motion was made, seconded and carried that a new VoIP phone system will replace our very outdated phone system at Central Office
2. Clearance/Reduced Price on Grapevine Magazines – the Business Committee approved selling back issues of the Grapevine magazine to H&I at a reduced rate and putting older issues on sale at the Bookstore.
3. Meeting Schedules – Meeting Schedules will be printed with a target date of September 1. We ask your patience since meetings are changing so rapidly, meeting schedules will likely be out of date soon after they are printed.

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair, shared that

1. CEC will participate as 1 of 4 panels in a hybrid workshop hosted by Area 8, Districts 19 & 6 on Underserved Communities - September 18, 2021 - 9:30am to 1:30pm.
2. CEC will present at the hybrid Seniors in Sobriety Convention October 24-27, 2021 at the Bahia on Mission Bay.
3. The CEC Committee meets via Zoom every 2nd Wednesday at 6:30pm - ID: 847 4609 7919 - Passcode: SDCEC. The direct Zoom link is available at aasandiego.org under Service Meetings.

Coordinator Outreach: Brian V., Chair shared that

1. The Outreach Committee is making great progress & added four new Coordinators this month. They now have a list of the meetings in San Diego & are excited to continue to reach out to meetings that do not have Coordinators but they need more committee members to help with this effort. Please contact Brian at outreach@aasandiego.org if you are available!

Orientation & Guidelines: Tim M., Chair shared that

1. Thanks to the great work of the Outreach Committee there were 4 new Coordinators at Orientation this evening.
2. All Coordinators are always welcome to attend Orientation at 6:45 prior to the Coordinating Council Meeting
3. Additionally, Tim, with the help of his Committee member, Amy, are continuing to work on updating the Guidelines but they need help. Please contact Tim at orientation@aasandiego.org if you are available to join this valuable effort!

Program Committee: Lauren shared that

1. The Program Committee is excited to announce Unity Day 2.0. The flyer can be found at aasandiego.org. Groups can reach out to the contact info on the flyer if they would like to help. Also, Monty will be reaching out to the Area committee chairs and Lauren will be reaching out to the Intergroup committee chairs to see if they would like to have information tables at the event.

Public Information Committee: Sallye M. stepped up as the new PI Committee Chair – Thank you!

1. Sallye shared all of the valuable things the Public Information Committee is responsible for and that it cannot do all of these things without committee members. Please contact Sallye at publicinformation@aasandiego.org if you are available.

OLD BUSINESS: None

NEW BUSINESS:

1. Susan G., Council Chair presented on the new Preamble that was approved at this year's General Service Conference. It has been updated on the aasandiego.org website and on the Group Documents page. As all groups are autonomous, it is their group's conscious to decide whether to change to the new Preamble or continue to use the old one.

Reminders:

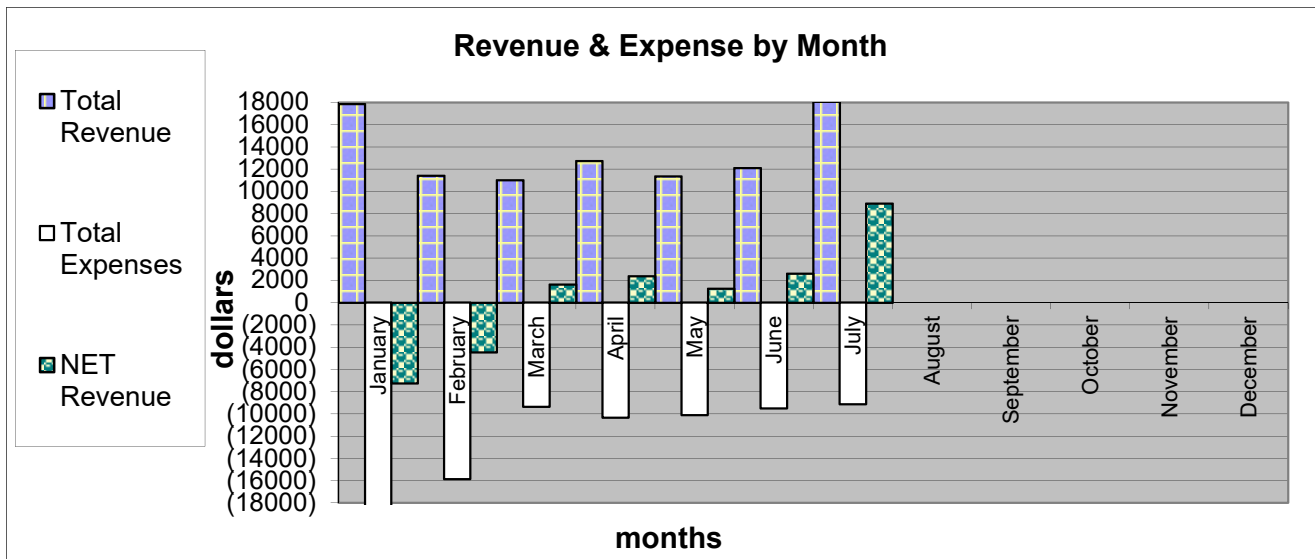
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 9/1/2021.
2. The Coordinating Council will meet on Zoom through the end on the year
3. If you are a new Coordinator tonight please email your name, phone number and the group that you are representing to Judi, Central Office Manager at sdaaco@aol.com
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. Thanks!

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of July 31, 2021

| | July 21 | July 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|------------------------------------|------------------|------------------|------------------|------------------|-----------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 14,857.93 | 13,109.15 | 75,654.50 | 61,957.14 | 13,697.36 | 125,000.00 |
| Contributions Individual | 1,567.32 | 3,393.00 | 14,116.88 | 17,872.16 | (3,755.28) | 18,000.00 |
| Contributions SDIAA | - | (455.00) | - | 305.00 | (305.00) | 600.00 |
| Interest - Cert of Deposits | 46.03 | 150.57 | 272.76 | 1,305.61 | (1,032.85) | 400.00 |
| Literature Revenue (see schedule) | 1,574.63 | 379.53 | 4,423.67 | 3,258.37 | 1,165.30 | 11,830.00 |
| Total Revenue | 18,045.91 | 16,577.25 | 94,467.81 | 84,698.28 | 9,769.53 | 155,830.00 |
| Expense | | | | | | |
| Accounting & Legal | 72.00 | - | 2,857.40 | 2,420.00 | 437.40 | 2,930.00 |
| Auto/Travel/Seminar | 8.00 | 13.25 | 65.00 | 150.75 | (85.75) | 500.00 |
| Bank Service Charges | 51.51 | - | 121.51 | 114.24 | 7.27 | 50.00 |
| Cash (Over) Short | (2.78) | (3.51) | 14.58 | 155.88 | (141.30) | (50.00) |
| Checks Returned - Bad Debt | - | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 359.52 | 359.52 | - | 750.00 |
| Equipment Purchase | 254.88 | - | 254.88 | - | 254.88 | 500.00 |
| Insurance | 131.02 | 27.06 | 917.14 | 369.42 | 547.72 | 800.00 |
| Office Maint. & Repairs | 40.00 | 20.00 | 419.91 | 80.00 | 339.91 | 500.00 |
| Office Supplies | 115.94 | 64.17 | 1,180.57 | 1,061.03 | 119.54 | 3,000.00 |
| Rent | 1,980.00 | 1,940.00 | 13,700.00 | 13,420.00 | 280.00 | 23,600.00 |
| Taxes | - | - | 50.00 | 80.00 | (30.00) | 80.00 |
| Telephone | 238.69 | 208.29 | 1,619.32 | 737.07 | 882.25 | 1,765.00 |
| Utilities-Electricity | 275.43 | 109.11 | 1,370.96 | 1,722.46 | (351.50) | 3,500.00 |
| Website | 20.85 | 20.85 | 147.88 | 86.45 | 61.43 | 750.00 |
| EMPLOYEES | | | - | - | | |
| Accrued Payroll Taxes | 380.35 | 560.44 | 6,004.70 | 4,276.74 | 1,727.96 | 7,560.00 |
| Employee Wages | 4,532.54 | 7,326.00 | 52,099.49 | 48,403.50 | 3,695.99 | 79,999.00 |
| Employee 403B Contribution | - | 159.00 | 155.00 | 1,601.00 | (1,446.00) | 155.00 |
| Employee Health Benefit | 653.13 | 800.37 | 4,755.13 | 5,602.59 | (847.46) | 7,824.00 |
| Insurance-Worker's Comp | 43.16 | 43.25 | 296.47 | 302.75 | (6.28) | 500.00 |
| Total Office Expense | 8,846.08 | 11,339.64 | 86,489.46 | 80,943.40 | 5,546.06 | 134,713.00 |
| Standing Committees Expense | 296.01 | 155.16 | 1,725.55 | 2,322.23 | (596.68) | 7,370.00 |
| (see schedule) | | | | | | |
| Total Expense | 9,142.09 | 11,494.80 | 88,215.01 | 83,265.63 | 4,949.38 | 142,083.00 |
| Net Revenue | 8,903.82 | 5,082.45 | 6,252.80 | 1,432.65 | 4,820.15 | 13,747.00 |



Group Contributions July 2021

| Group | Jul-21 | Ytd 21 | Group | Jul-21 | Ytd 21 |
|---|--------|----------|---|--------|----------|
| 11th Step Journey - 2622 | - | 2.73 | Jaywalkers - 3100 | - | 250.00 |
| 4077 Mash Step 11 - 2027 | 112.50 | 292.50 | Joy Of Living - 2787 | - | 129.00 |
| *52 From The Big Blue | - | 183.50 | Just Us Girls - 929 | 54.40 | 134.60 |
| 5.30 Meditation - 3085 | - | 293.00 | Kick Start Your Heart - 2430 | - | 40.00 |
| 830 Every Mornign Group | - | 116.00 | Knuckleheads - 3182 | 125.00 | 615.00 |
| 9 30 Everynighters - 2997 | 211.51 | 335.94 | La Jolla Discussion Group - 85 | - | 250.00 |
| A Sense Of Belonging Womens - 1205 | - | 107.00 | La Jolla Mens - 692 | 153.36 | 153.36 |
| A Vision For You - 2812 | - | 426.00 | La Jolla Monday Womens - 87 | 380.00 | 748.00 |
| A Womens Meeting -1717 | 345.00 | 865.00 | La Jolla Pump House Group - 696 | - | 420.00 |
| Adams Avenue Big Book Study - 1892 | 50.00 | 50.00 | La Jolla Sunrise - 2684 | 500.00 | 1,550.00 |
| Alpine Group - 6 | - | 50.00 | La Mesa 12 X12 - 2588 | - | 254.00 |
| Artists in Sobriety - 2459 | 61.00 | 61.00 | La Mesa Mens - 106 | 350.00 | 1,000.00 |
| At One With Each Other - 789 | 83.50 | 83.50 | La Mesa Open Discussion - 107 | 90.00 | 200.00 |
| B.Y.O.B. (North Park) - 203 | - | 536.00 | La Mesa Step Study Workshop - 1621 | 162.16 | 162.16 |
| Back Country - 3131 | - | 25.00 | La Mesa Womens Sat. Morning - 416 | - | 615.50 |
| Back to Basics - 1026 | - | 500.00 | Lake Murray Womens - 572 | - | 125.00 |
| Back To Basics For Women - 1675 | 300.00 | 400.00 | Late Risers - 473 | - | 150.00 |
| Beautiful Beginnings - 552 | - | 280.50 | Letting Go Womens - 3189 | - | 150.00 |
| Bonita Womens Big Book Study - 3112 | - | 285.00 | Linda Vista Mens - 320 | - | 25.00 |
| BYOB Book Study (Ramona) - 3094 | - | 25.00 | Living Free - 477 | - | 510.00 |
| Carrying the Message - 2458 | - | 50.00 | Lunchtime Friends - 964 | - | 52.40 |
| Casa De Oro Tradition Five - 503 | - | 366.50 | * Mast Park Meeting | 351.00 | 733.92 |
| Cedar Street Mens - 1698 | - | 631.50 | Meetin' in the Ladies Room - 2614 | - | 105.00 |
| Chula Vista 4 Min Speakers - 1568 | - | 400.00 | Mens Focused Step Study - 3217 | 224.00 | 562.00 |
| Clairemont Mens - 301 | - | 710.00 | Mens Jelly Donut - 3118 | - | 24.00 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | Mens Step Study - 965 | - | 50.00 |
| Clairemont Womens Discussion - 340 | - | 165.00 | Mens Structured Step Study - 1469 | - | 115.75 |
| Clairemont Womens Step Study - 341 | - | 806.50 | Mid-Week Mens - 560 | - | 363.00 |
| Class Acts - 1845 | 116.40 | 116.40 | Mid-Week Mens ZOOM - 3243 | 100.00 | 580.01 |
| Coffee Clutchers - 2332 | 250.00 | 750.00 | Midday Miracles- 3242 <> | 110.00 | 472.00 |
| Conscious Contact Big Book - 2762 | - | 20.00 | Midway Bridge - 2171 | - | 50.56 |
| Conscious Contact Meditation - 2834 | - | 80.00 | Mira Mesa Early Risers - 967 | - | 100.00 |
| D.D.G.T.M. - 767 | - | 125.00 | Mira Mesa Sunday Morning Mens - 693 | - | 84.20 |
| Daily Reflection - 3114 | - | 460.00 | Miracles on Mondays - 565 | - | 150.00 |
| Daily Reprieve - 3199 | - | 50.00 | Mission Bay Speakers - 1692 | - | 150.00 |
| Dawn Patrol - 263 | - | 512.00 | Mission Hills Beginners - 1612 | - | 200.00 |
| Descanso Mens Step Study - 3010 | - | 100.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| Designs For Living - 488 | - | 105.00 | Mission Possible - 131 | - | 325.00 |
| Dignity Unlimited - 205 | 350.00 | 600.00 | * Mixed In The Park | - | 225.00 |
| Doctors & Lawyers & Professionals - 391 | - | 660.95 | Monday At A Time - 2875 | - | 363.00 |
| Downtown Discussion - 1665 | - | 172.82 | Mountain Steps - 2822 | 90.00 | 90.00 |
| Early Morning Recovery - 2688 | - | 705.00 | Mt Soledad Mens - 717 | - | 800.00 |
| Early Risers (Coronado) - 1525 | - | 10.00 | * Nightly Discussion - 3248 | - | 92.13 |
| East County Young People Rule 62 - 2797 | - | 200.00 | No Matter What Woman's Group - 2325 | - | 96.88 |
| East Side Group - 101 | - | 60.00 | Noon At The Grove - 628 | - | 100.00 |
| Eastlake Greens Attitude Adjust(Su - 2712 | - | 70.00 | Noon with a View Beginners Meeting - 3249 | 900.00 | 4,039.60 |
| Eastlake Greens Attitude Adjustmen - 2691 | - | 150.00 | Nooners Anonymous - 1164 | - | 100.00 |
| Eastlake New Beginnings S/S - 2673 | - | 20.00 | Noontime on the Patio - 2203 | 50.00 | 107.69 |
| Easy Does It Riders - 21 | - | 156.00 | North Clairemont - 1102 | - | 257.00 |
| Easy Does It Speakers - 114 | - | 100.00 | North Park Mens - 465 | 73.40 | 492.69 |
| Educational Variety Mens - 3244 | - | 100.00 | North Shores Breakfast - 275 | - | 150.00 |
| El Cajon Beginners - 2876 | - | 175.75 | Old Timers Group - 2037 | 50.00 | 50.00 |
| El Cajon Womens Serenity - 77 | 83.99 | 159.38 | Old Town Speakers - 321 | - | 540.00 |
| Emotional Sobriety (Hillcrest) - 2536 | 64.00 | 179.00 | One Step Ahead - 715 | 57.00 | 57.00 |
| Every Night at Six <> - 3241 | - | 433.00 | Open Minded Mens - 626 | 426.50 | 426.50 |
| First Mira Mesa Mens - 300 | - | 21.50 | Original Anonymous Anonymous - 154 | 150.00 | 150.00 |
| Fletcher Hills Smokeless - 59 | 100.00 | 280.00 | Over The Bridge - 2689 | - | 403.75 |
| Free At Last - 2888 | - | 300.00 | Pacific Beach Weekend Warmup - 725 | 175.00 | 175.00 |
| Fresh Start Beginners - 2609 | - | 652.00 | Pass It On Big Book Study Group -2860 | 240.50 | 920.80 |
| Friday Happy Hour - 2821 | - | 75.00 | * Phone at the Grove | - | 40.00 |
| Friday Morning Womens - 104 | - | 190.00 | Poinsettia Group - 2210 | - | 75.00 |
| Friday Night Irregulars - 2889 | - | 272.67 | Point Loma Mens - 245 | - | 228.00 |
| Gifts of Grace Womens - 2564 | - | 92.06 | Point Loma Nooners - 1606 | - | 100.00 |
| Gilman Group - 1988 | - | 175.59 | Primary Purpose Group (Hillcrest) - 3151 | - | 280.00 |
| God Squad Too - 2809 | - | 227.03 | Progress Rather Than Perfection - 2682 | - | 400.00 |
| Good Morning AA - 1888 | 317.00 | 906.00 | Pt Loma Womens Discussion - 1608 | - | 150.00 |
| Great Fact Group - 895 | - | 120.00 | Radical Acceptance Meeting - 2961 | - | 1,764.80 |
| Grupo Gringo - 1305 | - | 550.00 | Riding Sober - 3054 | 250.00 | 250.00 |
| GSDYPAA | - | 407.77 | Rise & Shine - 2170 | 167.16 | 1,466.25 |
| Harmony Group - 585 | 445.00 | 1,190.00 | Rule 62 Noon Discussion - 2947 | 275.00 | 275.00 |
| Haul Your Hiney Out Of Bed - 704 | 300.00 | 450.00 | San Carlos Single Purpose - 583 | - | 50.00 |
| HOW @ Noon - 2998 | - | 150.00 | Santee Saturday Night Speakers - 2656 | 120.00 | 400.00 |
| Hwy 80 AA - 2722 | 90.00 | 90.00 | Santee Serenity - 3040 | - | 50.00 |
| I. B. Steps & Traditions - 3003 | - | 50.00 | Santee Serenity Group - 1943 | 400.00 | 400.00 |
| I. B. Up - 2565 | - | 250.00 | Sat Mens Early Awakening - 2209 | - | 264.89 |
| IB Sober - 3161 | 42.00 | 42.00 | Saturday A.M. Live - 782 | - | 50.00 |
| Imperial Mens Group - 869 | 100.00 | 200.00 | Scripps Ranch Men's Two - 2776 | - | 100.00 |

Group Contributions July 2021

| Group | Jul-21 | Ytd 21 |
|---------------------------------------|--------|----------|
| Scripps Ranch Mens - 3168 | - | 297.85 |
| Serenity @ 5107 - 2976 | 50.00 | 202.03 |
| Serenity at the Cove - 3271 | 135.00 | 135.00 |
| Sober Camel Speakers Meeting - 2296 | - | 56.23 |
| Sober Minded Leather Folk - 1882 | - | 174.59 |
| Sober Nooners - 196 | - | 200.00 |
| Sober Roses Womens Step Study - 2946 | - | 40.00 |
| Sobriety At All Cost - 3006 | - | 463.00 |
| Sons of God - 2789 | 333.00 | 993.00 |
| Sorrento Valley Nooner - 544 | 531.15 | 1,698.15 |
| South Park Sobriety - 1015 | 125.00 | 125.00 |
| Spiritual Awakening - 2275 | 145.01 | 1,328.45 |
| Spiritual Awakenings Step Study -3174 | 175.00 | 375.00 |
| Spring Valley Men's Zoom | - | 50.00 |
| Sunday Beach Sun-Day - 568 | 219.00 | 219.00 |
| Sunday Kind of Love - 429 | - | 10.00 |
| T.G.I.F. - 1658 | 373.00 | 373.00 |
| The 1st 164 - 2760 | - | 76.27 |
| The Common Solution - 3007 | 72.46 | 267.69 |
| The Gathering Of The Goddesses - 2890 | - | 312.00 |
| The Gift - 2954 | 300.00 | 350.00 |
| The Hole In The Doughnut - 2737 | - | 274.50 |
| * The Interstate Meeting | - | 50.00 |
| The Notorious M.I.T.P. - 3267 | - | 415.50 |
| The Other Meeting - 857 | - | 405.00 |
| * The Rogue Meeting | 160.41 | 3,534.72 |
| The We Group Speakers Group - 2739 | 150.00 | 1,401.34 |
| There is a Solution - 2680 | 180.00 | 380.00 |

| Group | Jul-21 | Ytd 21 |
|--------------------------------------|--------|--------|
| Three Legacies Study Group - 3230 | - | 56.09 |
| Thursday Steps - 646 | - | 359.40 |
| Tierrasanta Friday Night - 2645 | 250.00 | 250.00 |
| Tierrasanta Morning Serenity - 2811 | 60.00 | 60.00 |
| * Toes in the sand | - | 400.00 |
| *Trust God, Clean House, Help Others | 6.00 | 28.20 |
| Tues Night Mens Step Study - 1813 | - | 454.00 |
| Tuesday Morning Alpine - 440 | - | 91.88 |
| Tuesday Night Primary Purpose - 130 | - | 321.50 |
| Tuesday Night Sobriety - 708 | 20.00 | 20.00 |
| Tuesday Nite Live - 643 | - | 200.00 |
| Two A's Over Easy - 2106 | 125.00 | 125.00 |
| University City Disc.- 368 | - | 224.25 |
| University City Womens - 369 | - | 550.78 |
| Valley Girls - 2617 | - | 95.00 |
| Wake Up Call - 1932 | 500.00 | 500.00 |
| War Fever - 880 | - | 224.80 |
| Warm and Friendly - 42 | - | 100.00 |
| Whistling In The Dark Mens - 2943 | - | 260.00 |
| Wholesale Miracle - 2474 | 32.00 | 392.50 |
| Womans Gut Level - 1701 | - | 65.00 |
| Women's Joy Of Living - 2636 | 144.25 | 414.25 |
| Women In Harmony - 1807 | 35.00 | 131.00 |
| Womens Attitude of Gratitude - 2751 | - | 375.50 |
| Womens Step Study - 296 | 92.17 | 482.25 |
| Womens Thursday Nite - 514 | - | 257.40 |
| Womens TLC - 2814 | - | 67.50 |
| Womens Way To Recovery - 838 | - | 150.00 |

Group Secretaries/Treasurers
Please include an email address with your Group Contributions, if you wish to receive a receipt



 **Thank You**
for supporting your
San Diego Intergroup Central Office
in carrying the message to the
suffering alcoholic

 **Thank you to all of our
Phone Volunteers!**

**Groups: We need you! After Hours
Phone Volunteers are back at Central
Office! It's a great way to Carry the
Message to the Still Suffering Alcoholic
and We have nights available. Please
call Judi or Lisa Ann at 619-265-8762
for more information**

Big Book, "A Vision For You", page 164
**"Abandon yourself to God as
you understand God.**

**Admit your faults to Him and to your fellows.
Clear away the wreckage of your past.
Give freely of what you find and join us.
We shall be with you in the Fellowship of the
Spirit, and you will surely meet some of us as you
trudge the Road of Happy Destiny."**

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**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.**



Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| September 6 | Labor Day | Monday |
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|--------------------------------------|-----------------|
| Group Contributions July 2021 | \$14,858 |
| Individual Contributions | 1,567 |
| SDIAA Contributions | 0 |
| Literature & Interest | 1,621 |
| Total Revenue | \$18,046 |
| Central Office Expenses | -8,846 |
| Committee Expenses | -296 |
| Total Expenses | -\$9,142 |
| July 2021 Net Revenue | \$8,904 |
| 2021 YTD Revenue | \$6,253 |



The Central Office Bookstore is Open!

Is your meeting back to meeting in person?

Is your literature table looking a little bare?

Come by and browse around—we're fully stocked and can't wait to meet you!

We're here Mon—Fri 9:00 am—5:00 pm, Sat 9:00 am—1:00 pm

September's Book of the Month is "Big Book-Soft Cover" - on sale for \$7.10 plus tax, max 5



Central Office is Grateful for our Phone Volunteers!

All After Hours Phone Volunteers are welcome to return to Central Office! It's a great way to carry the message to the still suffering alcoholic

- ◇ Easier access to the Meeting Schedule on the website
- ◇ Access to the 12 Step Volunteer List
- ◇ Netflix!
- ◇ Partner with a Sponsor/Sponsee—excellent opportunity to do step work

We have nights available! Call Judi at 619-265-8762 for more information



The Twelve Traditions Illustrated

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

The Twelve Traditions Illustrated

"The Twelve Traditions: A Distillation of A.A. Experience."

"Like the Steps, the Traditions were not figured out in advance, as courses of action against future problems. The action came first. Pioneer A.A. groups, with nothing to go on except the trial-and-error-and-try-again method, soon discovered: 'Well, that way didn't work. But the other one did. And this one works even better!' 'Our traditions are a guide to better ways of working and living,' co-founder Bill W. said. 'And they are to group survival what A.A.'s Twelve Steps are to each member's sobriety and peace of mind... Most individuals cannot recover unless there is a group. The group must survive or the individual will not.'..."

Reprinted with permission from A.A.W.S.



- | | | |
|--------------|---------------|-----------------|
| ACTION | FUTURE | PROBLEMS |
| ADVANCE | GROUP | RECOVER |
| BETTER | GUIDE | SOBRIETY |
| BILL W | ILLUSTRATED | STEPS |
| CO-FOUNDER | INDIVIDUALS | SURVIVAL |
| COURSES | LIVING | TRADITIONS |
| DISCOVERED | MEMBERS | TRIAL AND ERROR |
| DISTILLATION | METHOD | TWELVE |
| EXPERIENCE | PEACE OF MIND | WORKING |
| FIGURED | PIONEER | WORKS |



Are You Being Heard?

- ◆ AA needs your Group's opinions, thoughts, comments and VOTE
- ◆ Is your Group represented at the monthly Council meeting?
- ◆ For information about registering call Central Office

Contribute to A.A. by joining a Standing Committee!

Experience the fun of Service in A.A.

Business Committee. Oversees and directs the activities of Central Office, provides financial management, prepares operating budget, supervises paid staff, maintains the 12th Step Phone list, oversees meeting schedule production.

Program Committee. Arranges events i.e.: Annual Anniversary in November and Annual Founder's Day Picnic in June.

Public Information Committee. Furnishes speakers for non-A.A. events, consults with the media.

"Coordinator" Newsletter Committee: Publishes the "Coordinator" newsletter monthly, writes and/or solicits articles for publication, types, prints, folds and mails newsletter.

After Hours Phone Committee: Recruits and coordinates Group volunteers for after hours phones. (9 pm to 9 am + Sunday daytime)

Orientation and Guidelines Committee: Orient new Coordinators; facilitate maintenance of Coordinating Council guidelines.

Coordinator Outreach Committee. Visits groups without Intergroup Coordinators, inviting them to come participate in the fun of being of service

Cooperation with Elder Community (CEC) Ad-Hoc: Engage with Elder community through outreach to senior centers, assisted living facilities, hospitals, etc.



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ 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



Things to Do, And Places to Go

AA District 7 Step Eleven Workshop

When: Sunday, September 19; 2:00 pm to 4:00 pm
Where: Club, 1944 30th St, South Park
Contact: DCM_07@Area8AA.org

37th Annual Laguna Mountain Harvest Moon Kickback

When: Friday-Sunday, September 24-26
Where: Lake Henshaw, 26439 Hwy 76, Santa Ysabel
Contact: Central Office 619-265-8762

Step 1 Workshop

When: Friday, September 24, 6:00 pm – 7:15 pm
Where: Aquatic Center, 100 Park Ave, Lake Havasu
Contact: AACommonSolution@gmail.com

Unity Day 2.0! The Family Picnic Edition

When: Saturday, October 2; 11:00 am to 3:00 pm
Where: Camino Ruiz Park, 11498 Camino Ruiz, Mira Mesa
Contact: FellowshipAndFun@gmail.com

13th Annual Seniors in Sobriety International Hybrid Conference

When: Sunday-Wednesday, October 24-27
Where: Zoom and In Person at Hotel, 998 West Mission Bay Dr., San Diego
Contact : Info@seniorsinsobriety.com

33rd Annual Miracle on the River Lake Havasu City Roundup

When: Friday-Sunday, October 29-31
Where: Aquatic Center, 100 Park Ave, Lake Havasu
Contact: Central Office 619-265-8762

Anniversary Breakfast

When: Tuesday, November 16
Where: Church, 2111 Camino del Rio S.
Contact: Central Office 619-265-8762

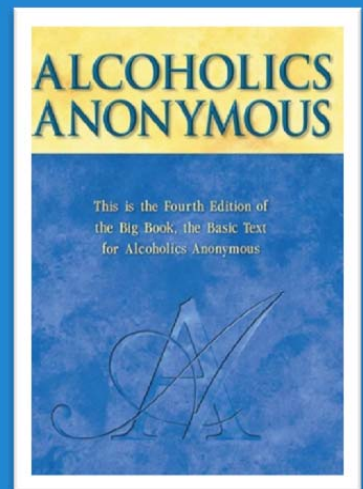
Excerpt from

September Book of the Month: Alcoholics Anonymous Soft Cover

page 164

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."

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Big Book, There is a Solution 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."
Reprinted with permission from A.A.W.S.

Perception

Continued from page 1

lonely, frustrated, angry, sad... lost. I knew a couple of people in A.A. and even went to a few meetings with "Him." "He" was another obsession of mine, (besides the mind-altering substances) and He was trying to get sober. Eventually, I also learned that he was my "hostage." I was grateful that I didn't get called on to share at those meetings I attended with Him, since "I wasn't an alcoholic." I was just there to support him. When he broke up with me, I was devastated. Everything I did was for "Him." Being with Him, I drank less, you know, "for Him." I had no life, no identity, without Him. I drank myself into sweet oblivion – You would drink too. Anyone would, right? So, I was truly alone, and my life was lonely, empty and painful. But also, nothing worked anymore to dull my pain. The excruciating pain I felt permeated every cell of my body. I wholeheartedly wanted to die. I knew I had a drinking problem, or just a life problem, but Alcoholic? Hmm... I had serious doubts.

I had another friend, Joe, who was in A.A. and while I was in the weak spot of desperation, provided by my Higher Power, I called him to see if he could take me to a meeting. I had nothing left to lose and maybe I could find out some answers to my "life problems." He took me to a meeting where I saw someone taking a token and sharing about feelings, really DEEP feelings that up until that moment, I thought were exclusive to me. I knew at that point, someone felt as I did.

EXACTLY how I felt. When they asked for Newcomers, before I knew what happened, I stepped forward, said my name and added, "and I'm an alcoholic." My knees felt weak, and I thought I would collapse, and I was completely dumbfounded as to how I made that statement aloud in such a crowded room of strangers. Fear of public speaking is REAL. Joe and I went out for coffee after the meeting, and I told him that I was stunned by my own admission in the meeting. He told me that he was stunned too... but grateful.

I had to learn how to do my Steps. The "God-thing" was hard for me to grasp, but fortunately it is a "God of my understanding," so it could be anything that I could rely on and be in touch with at any time. The important thing was to have an open-mind. They also told me to "act as if," and I could also "borrow" someone else's Higher Power if I didn't have my own yet. Really?

Immediately I got a sponsor. She helped me find a Higher Power and also realize some of my issues, like codependence. The meeting where I met her was hard for me to attend, and I got another sponsor with whom I worked the 12 Steps. I did a 4th and 5th Step. This is where "the rubber really meets the road." I completed the rest of the steps with that sponsor. My life started getting better – not like I won a lottery or anything immediately earth-shattering. I did realize that I wasn't a victim. I learned that I was my own worst enemy – but, I could also be my own best friend.

~ Linda U.

Design Details

Continued from page 1

That Program is outlined in our Big Book – *Alcoholics Anonymous*, first published in 1939. And while all the particulars are included in that volume, many find difficulty with the language and some of the concepts printed therein. This is why it is universally accepted that one should have a sponsor or spiritual advisor to lead them through those Twelve Steps.

I have had both, a copy of the book and an able and experienced sponsor to work with. However, at least in my case, I am not sure that was enough for me to truly grasp that design for living I was seeking. I needed more in the way of instruction.

The other day I needed to replace the cabin air filter on my Toyota Camry. Sure, I could let the dealer do it for a hundred bucks a hour, or... I looked in the owner's manual for my vehicle and realized that no special tools were required - and there was even a picture presented to help guide me. The instructions were printed clearly in plain English, unlike the tiny font, blurrily-printed instructions in eight languages that accompanied my IKEA entertainment center!

Anyway, even with this guidance, I was having some trouble. A friend suggested that I check to see if there were any YouTube videos on the process. Shazam! There were several, showing the process step-by-step with the protagonists describing what they were doing as they went along. Piece of cake! Done and done.

Continued Page 15

Design Details

Continued from page 1

Then I came to realize that there is an analogy here. The Big Book and my sponsor are like the owner's manual for my car. Great information, but I need to see it in action. That is where my A.A. meetings and the Fellowship come in.

Every day I get to witness my fellow alcoholics in recovery utilizing this design (applying the Steps) in their daily lives. They are my YouTube videos! And they are always current, 21st Century problems with 21st Century solutions! Trouble with a difficult amend? I watched George do it. And Carole gave me step-by-step instructions on reconnecting with my Higher Power. Thank you all!

Could I get all the benefits of the design for living with just the guidance of the Book and a sponsor? I sure would not want to try. Experiencing the pure joy of the Fellowship of Alcoholics Anonymous is a great part of being sober. And I do love those instructional videos! Of course, hugs are nice too.

~ Blaine H.

Step Nine: The Promise Of Intuition

Continued from page 1

In the early days of 1970, I was going through a course on human behavior and the instructor was trying to describe how the brain functions. He explained that the human brain has approximately ten billion cells and we only use

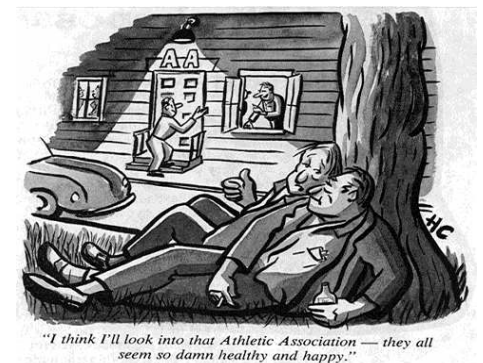
about one billion of them. He then explained that these cells store everything we experience in our lifetime. The more current events are easier to remember than the things that are off in the distant past, but they are all in there somewhere. He then likened it to a file system where, if you ask a question, the more current answers come immediately, but for those more distant memories, the brain starts searching the files and it may take a while eventually the answer will come.

With all the mental chaos that we bring with us when we enter the Alcoholics Anonymous (A.A.) program, we have lot of, what I refer to as, *unlearning* to do. We go through the process of trying to rid ourselves of alcoholic thinking and to replace it with sound principles and values. If we are fortunate enough to buy in completely, and do a thorough job of house-cleaning, so to speak, we can start using the ideas that we hear of, and others used successfully, and we get a surprisingly good result. We may hear as many as twenty or thirty people share at any given meeting. Can we remember everything we hear? To me, the answer is yes. I could come up with a dozen boilerplate A.A. cliches about how the answers come to me but it does not get any simpler than the mental file cabinet theory. Sometimes it seems to me that I am learning when I am not even listening, and it is like getting it through osmosis. If you have ever heard of the police trying to get a witness to remember a license plate number by hypnotizing that person, you understand what I mean. It is in the sub-conscious and there is a curtain-like screen between the

conscious and subconscious mind. This is what keeps us from going mad due to the busyness of it all.

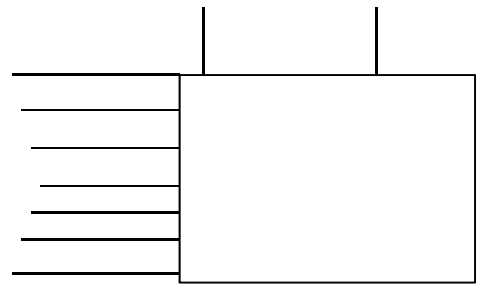
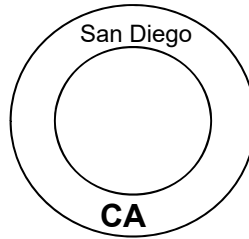
I never underestimate the capacity of my mind when it comes to problem solving. Attending A.A. meetings on a regular basis and interacting with the people who have had similar experiences and have found similar solutions to their problems gives me a very encouraging outlook for the future. Many of the answers that I am seeking are right in front of my face and some are deeper in the file cabinet. Most of the time, when faced with the dilemma that is causing me any kind of distress, I can refer to my simple request of my higher power. God, please show me what to do and please give me the strength to do it. I do not do well on my own. It is surprising how often I awake in the middle of the night, say A-HAH, and go back to sleep again. It seems that intuitively the answers come.

~ Rick R.

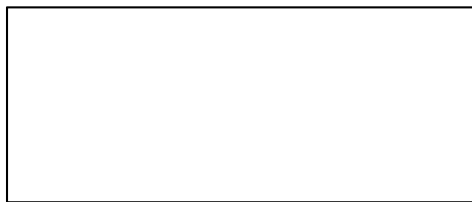


"I think I'll look into that Athletic Association — they all seem so damn healthy and happy."

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



RETURN SERVICE REQUEST



September

| 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 | | |



aasandiego.org

The San Diego AA Coordinator



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

"Continued to take personal inventory and when we were wrong promptly admitted it."

Reprinted from AA Big Book, page 59

OCTOBER 2021
VOL. LXIX NO. 10

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11
- Upcoming Events..... p. 13

"Carry the AA Message"

Join the fun and submit an article!

- November **due 9/27/21**
"Prayer and meditation..."
- December **due 10/28/21**
"12 Steps, 12 Traditions..."
- January **due 11/27/21**
"Honesty..."

NEW! Submit *your* 27 to 1,000-word story through the website at www.aasandiego.org using the "Submit" button in the Coordinator Newsletter section.

Step Ten: Continued to Take Personal Inventory **Examine My Motives for All That I Do**

If someone were to ask me what brought me to the doors of the Alcoholics Anonymous (A.A.) my answer would be: "Alcohol had got the best of me, I was desperately circling the drain, and I didn't want to die young."

Not everyone that comes to A.A. has that degree of desperation. I got sober on October 15th, 1969 and that was just before Alcoholics were being offered Rehabilitation

Continued on Page 14

Step Ten in Action **How I Levelled the Playing Field**

As a Los Angeles taxi driver during the 1980s, many "adventures" took place calling for the immediate use of Step Ten.

Drunks vomiting in the back seat, and passengers who take off running to avoid paying, for instance. One mentally ill guy announced he had no money but just wanted to go for a ride which cost me about ten dollars on the meter; a rich family after a thirty-mile trip to LAX which included heavy luggage handling left no tip.

Continued on Page 14

The Co\$ of \$obriety

There exist several histories of the early days in Alcoholics Anonymous. The first, *A.A. Comes of Age*, was published in 1957. Those familiar with this volume may recall that the original 1939 published price of the Big Book was \$3.50.

The actual cost of printing was a fraction of that but there was a profit motive. Financing for the book included the sale of shares of stock (\$25 par value) in Works Publishing, a company founded by Bill W. and Hank P., another early member,

"That \$3.50 was a significant investment in a new book which touted a spiritual solution for what was thought to be a moral failing. One could take that money to the grocery store and almost feed a family for a month!"

and a prime mover behind the Big Book. It was considered important to supply the investors with a

Continued on Page 15

SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** www.aasandiego.org**E-MAIL:** sdaaco@aol.com**OFFICE & BOOKSTORE:****Mon-Fri 9 am to 5 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|--|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Renea | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperating with Elderly (CEC) Program | Kenny | cecchair@aasandiego.org |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | Sallye | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | sdaa.newsletter@gmail.com |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Bob S., Rick R., Blaine H.**October Theme:** "Promptly admitted..."**To receive an electronic version of the newsletter
Please sign up to receive by email****Send to:** 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

**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 the [upload form](#).

Court Card

Feeling down, and oh so blue
Got another five oh two.

Pleaded down to a reckless wet,
To A.A. meetings the judge said get.

Filled with irritability and discontent,
I've got this card to prove I went.

Just bad luck was what it was,
And I will tell you why, because...

Were not the cop from the Dunkins leaving
He never would have seen me weaving.

Really, I was driving home just fine,
And I only blew a point oh nine!

On myself this sentence I did bring,
Now I've got to do this A.A. thing.

Off to a meeting I now go,
Sure hope that I see no one I know!

A church! Oh no, not if I had my say,
No way they're going to make me pray!

Just here to get the damn card signed,
Hope I find someone tall to sit behind.

Heard my story told, not once, but twice,
And that guy Joe seemed very nice.

Told me to call if what he has I seek. I hope
to meet him there again next week!

~ Blaine H.

(Reprinted from the January 2020 San Diego A.A. Coordinator)

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

Central Office Phone Calls and Website Hits

Central Office is grateful for our Volunteers

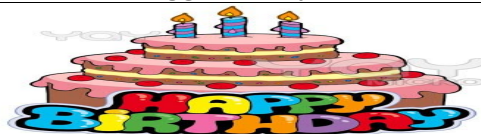
Phone volunteers are returning to Central Office and for that we are grateful!

| Website Hits | August | Total |
|--------------|--------|-----------|
| | 70,342 | 7,799,280 |

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.

Happy Birthday to All!

Joni B. 9/05/85 36 years
El Cajon Women's Serenity Group
Maggie S. 41 years



In Memory

**Judith J. passed away on 5-25-2021
with 43 years.**

**Linda G. passed away on 9-02-2021
with 34 years.**

Birthday Gratitude

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.

Excerpts from



This is A.A

An introduction to the A.A. Recovery Program (P-1)

October 2021
Pamphlet of
the Month

Slogans

"We were also guided by the experience of the many A.A.s who have given new meaning to three time-worn sayings or slogans. 'First Things First' is one of the slogans, reminding us that, much as we would like to try, we cannot do everything at once, that we have to remember the prior importance of sobriety in any attempt to rebuild our lives.

'Easy Does It' is another old slogan with new meaning for alcoholics who are frequently guilty of working too feverishly at whatever they are doing. Experience shows that alcoholics should, and can, learn to pace themselves. "Live and Let Live" is the third slogan, a recurring suggestion that alcoholics, no matter how many years of sobriety they have, cannot afford to let themselves become intolerant of others." -- Page 15

Who we are

"We in A.A. are men and women who have discovered, and admitted, that we cannot control alcohol. We have learned that we must live without it if we are to avoid disaster for ourselves and those close to us." -- Page 1

Staying sober

"How then, do we manage to stay sober in such an informal, loosely knit fellowship? The answer is that, once having achieved sobriety, we try to preserve it by observing and following the successful experience of those who have preceded us in A.A." -- Page 13

'A new dimension'

"There was a time when many of us believed that alcohol was the only thing that made life bearable. We could not even dream of a life without drinking. Today, through the A.A. program, we do not feel that we have been *deprived* of anything. Rather, we have been freed and find that a new dimension has been added to our lives.

We have new friends, new horizons, and new attitudes. After years of despair and frustration, many of us feel that we have really begun to live for the first time. We enjoy sharing that new life with anyone who is still suffering from alcoholism, as we once suffered, and who seeks a way out of the darkness and into the light."

-- Pages 16-17

We made a decision

"All of us now in A.A. had to make one crucial decision before we felt secure in the new program of life without alcohol. We had to face the facts about ourselves and our drinking realistically and honestly. *We had to admit* that we were powerless over alcohol. For some of us, this was the toughest proposition we had ever faced."

-- Page 11

Minutes of the Coordinating Council
By Zoom Meeting on Thursday, September 9th, 2021 @ 7:30 pm

Aleksey, Council Co-Chair opened the 909th with a moment of reflection followed by the “I am Responsible Declaration”

Quorum was conducted by zoom poll function: 35 voted yes to being present as a Group Coordinator. Quorum is 21, so yes we have a quorum to conduct business tonight.

August, 2021 Minutes were approved. m/s/c

Area 8 Representative: Monty, Alternate Delegate, shared that the Grapevine Writers Workshop was a success. On September 18th, Districts 6 & 19 will host a workshop on Underserved Communities which will be a Hybrid event. On September 19th District 7 will host a Step 11 Workshop. Flyers for both events are on aasandiego.org's Events page. The Election Assembly will be held on September 25th via Zoom and will be assisted by Area 5. Visit area8aa.org for more information.

H & I Representative: Lauren shared that H&I is becoming more active. They are looking for panelists & facility coordinators. The H&I Fall Into Service event is scheduled for October 17 and will be in person at the Machinist's Hall in Kearny Mesa. This Event will be a great opportunity to learn more about what it means to be on a panel and what a facility coordinator does and will be the first time the H&I Orientation will be back in person. Orientation is still being held on Zoom on the third Thursday of the month. The Event Flyer can be found on the aasandiego.org Event page. Please visit sdhandi.org for more info.

Intergroup Standing Committees Reports

After Hours Phones: Tim, filling in for Renea, shared that:

1. Renea has filled a solid committee that has met twice.
2. We have 4 open nights – the 1st, 3rd, 21st, and the 26th of every month – please announce at your meetings!
3. We are looking for people or groups to fill in as an emergency position. Please contact Renea at afterhoursphones@aasandiego.org if available.

Business Committee: Tom M., Business Committee Chair reported:

The Business Committee met on Tuesday, September 7th, 2021 at 6:00 pm. Present: Tom, Nick, John, Rae, Aleksey and Judi
 Absent: Susan; There was a quorum.

- Approved August 2021 Meeting Minutes
- Approved August 2021 Financial Statements.

August 2021 Financial Summary:

Net Revenue is \$3,276. Our 2021 YTD Net Revenue is \$9,518. Group and Individual Contributions were \$13,042. Literature Sales Revenue and CD Bank Interest were \$1,231 while total office and committee expenses were \$10,997.

Central Office Manager's Report:

- September BOOK OF THE MONTH: Big Book, Soft Cover. Sale \$7.10, Reg. \$9.10 Max: 5
- October BOOK OF THE MONTH: As Bill Sees It, Hard Cover. Sale \$7.00, Reg. \$9.00 Max: 5
- Meeting updates continue to be active on our website with ongoing daily changes. Changes to the Meeting Schedule are occurring at a rate of approximately 10-15 per week.
- We have Meeting Schedules! We are tracking sales and meeting changes to determine when we will be printing new schedules. We have sold over 200 schedules since 3:00 pm Friday afternoon, not including Newcomer packets.
- With the database up-to-date the next big project was getting the Volunteer Binders back. This is one more reason why it's a good idea for After Hours volunteers to return to Central Office.
- ICOAA Managers Seminar: The ICOAA Managers Seminar is virtual again this year and is scheduled for September 29 – October 2 from 9:00 am – 5:00 pm. Lisa Ann will be working on Wednesday, September 29 so that I can attend the conference.
- Daytime Phone Volunteers
 - Always need fill in volunteers

Continued on Page 6

Continued from Page 5

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair, shared that

1. CEC will participate in a hybrid workshop hosted by Area 8, Districts 19 & 6 on Underserved Communities - September 18, 2021 - 10am - 1pm.
2. CEC will present at the hybrid Seniors in Sobriety Convention October 24-27, 2021 at the Bahia on Mission Bay.
3. The CEC Committee meets via Zoom every 2nd Wednesday at 6:30pm - ID: 847 4609 7919 - Passcode: SDCEC. The direct Zoom link is available at aasandiego.org under Service Meetings. We will be skipping our October 2021 meeting but will meet again on Wednesday, November 10, 2021.

Coordinator Outreach: Brian V., Chair shared that

1. The Outreach Committee met & shared their progress. They have been attending meetings based on lists of meetings that do not have Coordinators that they received from Judi at Central Office.
2. This Committee needs more committee members to help with this effort. Please contact Brian at outreach@aasandiego.org if you are available!

Orientation & Guidelines: Tim M., Chair shared that

1. Two new Coordinators attended Orientation this evening and will be providing their contact information to Judi at Central Office.
2. All Coordinators are always welcome to attend Orientation at 6:45 prior to the Coordinating Council Meeting
3. Additionally, Tim, with the help of his Committee member, Amy, are continuing to work on updating the Guidelines but they need help. Please contact Tim at orientation@aasandiego.org if you are available to join this valuable effort!

Program Committee: Lauren shared that

1. Unity Day 2.0 is happening on Saturday, October 2nd from 10:30 am – 2:00 pm in Mira Mesa. The flyer can be found at aasandiego.org. Groups can reach out to the contact info on the flyer if they would like to help. Families are welcome!

Public Information Committee: No Report

OLD BUSINESS:

1. Lisa Ann, Newsletter Chair, shared the results from the recent Newsletter Survey that was posted on the website from Mid-July – Mid-August.
2. The top responses were
 - a. 50% prefer to read the Coordinator Newsletter through a PDF emailed to them
 - b. 18% look forward to reading about upcoming Events in the Coordinator
 - c. Some ideas for the newsletter committee were:
 - i. Articles containing the clear-cut directions from the Big Book
 - ii. Clean up the formatting to make it more easy and attractive to read
 - iii. Make it easier to submit articles

NEW BUSINESS: None

During Q&A the following was discussed:

1. The sobriety requirement for Coordinators
 - a. Sobriety requirements are listed on the page following the agenda that is emailed out every month

Reminders:

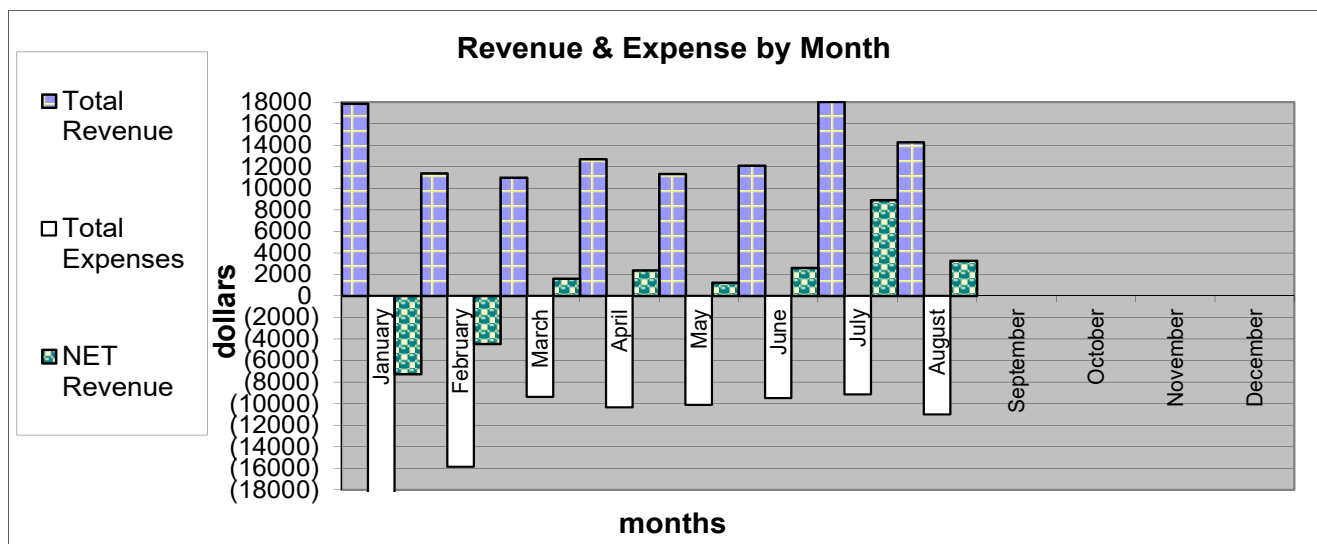
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 10/1/2021.
2. The Coordinating Council will meet on Zoom through the end on the year
3. If you are a new Coordinator tonight please email your name, phone number and the group that you are representing to Judi, Central Office Manager at sdaaco@aol.com
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. 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 August 31, 2021

| | August 21 | August 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|------------------------------------|------------------|------------------|-------------------|------------------|------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 11,662.02 | 9,280.27 | 87,316.52 | 71,237.41 | 16,079.11 | 125,000.00 |
| Contributions Individual | 1,379.67 | 1,776.00 | 15,481.55 | 19,648.16 | (4,166.61) | 18,000.00 |
| Contributions SDIAA | - | - | - | 305.00 | (305.00) | 600.00 |
| Interest - Cert of Deposits | 40.47 | 110.70 | 313.23 | 1,416.31 | (1,103.08) | 400.00 |
| Literature Revenue (see schedule) | 1,191.12 | 438.34 | 5,619.42 | 3,696.71 | 1,922.71 | 11,830.00 |
| Total Revenue | 14,273.28 | 11,605.31 | 108,730.72 | 96,303.59 | 12,427.13 | 155,830.00 |
| Expense | | | | | | |
| Accounting & Legal | 45.00 | - | 2,902.40 | 2,420.00 | 482.40 | 2,930.00 |
| Auto/Travel/Seminar | 33.00 | 83.98 | 98.00 | 234.73 | (136.73) | 500.00 |
| Bank Service Charges | 90.00 | - | 211.51 | 114.24 | 97.27 | 50.00 |
| Cash (Over) Short | (10.32) | (0.76) | 14.58 | 155.12 | (140.54) | (50.00) |
| Checks Returned - Bad Debt | - | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 51.36 | 51.36 | 410.88 | 410.88 | - | 750.00 |
| Equipment Purchase | 779.43 | - | 1,034.31 | - | 1,034.31 | 500.00 |
| Insurance | 113.38 | 57.06 | 1,030.52 | 426.48 | 604.04 | 800.00 |
| Office Maint. & Repairs | 25.00 | - | 444.91 | 80.00 | 364.91 | 500.00 |
| Office Supplies | 687.33 | 112.38 | 1,867.90 | 1,173.41 | 694.49 | 3,000.00 |
| Rent | 1,980.00 | 1,940.00 | 15,680.00 | 15,360.00 | 320.00 | 23,600.00 |
| Taxes | - | - | 50.00 | 80.00 | (30.00) | 80.00 |
| Telephone | 242.20 | 213.95 | 1,861.52 | 951.02 | 910.50 | 1,765.00 |
| Utilities-Electricity | 456.89 | 221.84 | 1,827.85 | 1,944.30 | (116.45) | 3,500.00 |
| Website | - | - | 147.88 | 86.45 | 61.43 | 750.00 |
| EMPLOYEES | | | - | - | | |
| Accrued Payroll Taxes | 445.80 | 517.49 | 6,450.50 | 4,794.23 | 1,656.27 | 7,560.00 |
| Employee Wages | 5,109.18 | 6,764.70 | 57,208.67 | 55,168.20 | 2,040.47 | 79,999.00 |
| Employee 403B Contribution | - | 153.00 | 155.00 | 1,754.00 | (1,599.00) | 155.00 |
| Employee Health Benefit | 653.13 | 800.37 | 5,408.26 | 6,402.96 | (994.70) | 7,824.00 |
| Insurance-Worker's Comp | 43.16 | 43.25 | 339.63 | 346.00 | (6.37) | 500.00 |
| Total Office Expense | 10,744.54 | 10,958.62 | 97,234.00 | 91,902.02 | 5,331.98 | 134,713.00 |
| Standing Committees Expense | 252.68 | 125.16 | 1,978.23 | 2,447.39 | (469.16) | 7,370.00 |
| (see schedule) | | | | | | |
| Total Expense | 10,997.22 | 11,083.78 | 99,212.23 | 94,349.41 | 4,862.82 | 142,083.00 |
| Net Revenue | 3,276.06 | 521.53 | 9,518.49 | 1,954.18 | 7,564.31 | 13,747.00 |



Group Contributions August 2021

| Group | Aug-21 | Ytd 21 | Group | Aug-21 | Ytd 21 |
|---------------------------------------|--------|--------|---------------------------------------|----------|----------|
| 11th Step Journey - 2622 | - | 2.73 | Harmony Group - 585 | - | 1,190.00 |
| 4077 Mash Step 11 - 2027 | 180.00 | 472.50 | Haul Your Hiney Out Of Bed - 704 | - | 450.00 |
| *52 From The Big Blue | - | 183.50 | Hi-Nooners - 673 | 187.80 | 187.80 |
| 5.30 Meditation - 3085 | - | 293.00 | HOW @ Noon - 2998 | - | 150.00 |
| 830 Every Morning Group | - | 116.00 | Hwy 80 AA - 2722 | - | 90.00 |
| 9 30 Everynighters - 2997 | - | 335.94 | I. B. Steps & Traditions - 3003 | - | 50.00 |
| A Sense Of Belonging Womens - 1205 | - | 107.00 | I. B. Up - 2565 | 375.00 | 625.00 |
| A Vision For You - 2812 | - | 426.00 | IB Sober - 3161 | - | 42.00 |
| A Womens Meeting -1717 | 16.00 | 881.00 | Imperial Mens Group - 869 | 100.00 | 300.00 |
| AA By The Bay - 629 | 100.00 | 100.00 | It's In The Book - 3084 | 190.72 | 190.72 |
| Adams Avenue Big Book Study - 1892 | - | 50.00 | Jaywalkers - 3100 | 175.00 | 425.00 |
| Alpine Group - 6 | - | 50.00 | Joy Of Living - 2787 | - | 129.00 |
| Artists in Sobriety - 2459 | - | 61.00 | Just Us Girls - 929 | - | 134.60 |
| At One With Each Other - 789 | - | 83.50 | Kick Start Your Heart - 2430 | - | 40.00 |
| B.Y.O.B. (North Park) - 203 | 114.00 | 650.00 | Knuckleheads - 3182 | - | 615.00 |
| Back Country - 3131 | 20.00 | 45.00 | La Jolla Discussion Group - 85 | - | 250.00 |
| Back to Basics - 1026 | - | 500.00 | La Jolla Mens - 692 | - | 153.36 |
| Back To Basics For Women - 1675 | - | 400.00 | La Jolla Monday Womens - 87 | - | 748.00 |
| Beautiful Beginnings - 552 | - | 280.50 | La Jolla Nonsmokers Disc - 88 | 250.00 | 250.00 |
| Big Bon-Fire Meeting - 1894 | 447.50 | 447.50 | La Jolla Pump House Group - 696 | - | 420.00 |
| Bonita Boozers - 2179 | 70.00 | 70.00 | La Jolla Sunrise - 2684 | - | 1,550.00 |
| Bonita Womens Big Book Study - 3112 | - | 285.00 | La Mesa 12 X12 - 2588 | - | 254.00 |
| BYOB Book Study (Ramona) - 3094 | - | 25.00 | La Mesa Mens - 106 | - | 1,000.00 |
| Carrying the Message - 2458 | - | 50.00 | La Mesa Open Discussion - 107 | - | 200.00 |
| Casa De Oro Tradition Five - 503 | - | 366.50 | La Mesa Step Study Workshop - 1621 | - | 162.16 |
| Cedar Street Mens - 1698 | - | 631.50 | La Mesa Womens Sat. Morning - 416 | 1,082.25 | 1,697.75 |
| Chula Vista 4 Min Speakers - 1568 | - | 400.00 | Lake Morena Sink or Swim - 2830 | 150.00 | 150.00 |
| Clairemont Mens - 301 | - | 710.00 | Lake Murray Womens - 572 | - | 125.00 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | Late Risers - 473 | - | 150.00 |
| Clairemont Womens Discussion - 340 | - | 165.00 | Lemon Grove Speakers - 2574 | 200.00 | 200.00 |
| Clairemont Womens Step Study - 341 | 16.00 | 822.50 | Letting Go Womens - 3189 | - | 150.00 |
| Class Acts - 1845 | - | 116.40 | Linda Vista Mens - 320 | - | 25.00 |
| Coffee Clutchers - 2332 | - | 750.00 | Living Free - 477 | - | 510.00 |
| Conscious Contact Big Book - 2762 | - | 20.00 | Lunchtime Friends - 964 | - | 52.40 |
| Conscious Contact Meditation - 2834 | - | 80.00 | * Mast Park Meeting | - | 733.92 |
| D.D.G.T.M. - 767 | - | 125.00 | Meetin' in the Ladies Room - 2614 | - | 105.00 |
| Daily Reflection - 3114 | - | 460.00 | Mens Focused Step Study - 3217 | - | 562.00 |
| Daily Reprieve - 3199 | - | 50.00 | Mens Jelly Donut - 3118 | - | 24.00 |
| Dawn Patrol - 263 | 400.00 | 912.00 | Mens Step Study - 965 | 113.00 | 163.00 |
| Descanso Mens Step Study - 3010 | - | 100.00 | Mens Structured Step Study - 1469 | - | 115.75 |
| Designs For Living - 488 | - | 105.00 | Mid-Week Mens - 560 | 600.00 | 963.00 |
| Dignity Unlimited - 205 | - | 600.00 | Mid-Week Mens ZOOM - 3243 | 59.00 | 639.01 |
| Doctors & Lawyers & Professionals-391 | - | 660.95 | Midday Miracles- 3242 <> | 100.00 | 572.00 |
| Downtown Discussion - 1665 | - | 172.82 | Midway Bridge - 2171 | 76.09 | 126.65 |
| Each Day A New Beginning - 509 | 126.00 | 126.00 | Mira Mesa Early Risers - 967 | - | 100.00 |
| Early Morning Recovery - 2688 | - | 705.00 | Mira Mesa Sunday Morning Mens - 693 | - | 84.20 |
| Early Risers (Coronado) - 1525 | - | 10.00 | Miracles on Mondays - 565 | - | 150.00 |
| East County Young People Rule 62-2797 | - | 200.00 | Mission Bay Speakers - 1692 | - | 150.00 |
| East Side Group - 101 | - | 60.00 | Mission Hills Beginners - 1612 | - | 200.00 |
| Eastlake Greens Attitude Adjust | - | 70.00 | Mission Hills Late Night - 2773 | 193.00 | 193.00 |
| Eastlake Greens Attitude Adjustment | - | 150.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| Eastlake New Beginnings S/S - 2673 | - | 20.00 | Mission Possible - 131 | - | 325.00 |
| Easy Does It Riders - 21 | - | 156.00 | * Mixed In The Park | - | 225.00 |
| Easy Does It Speakers - 114 | - | 100.00 | Monday At A Time - 2875 | 110.00 | 473.00 |
| Easy Risers - 854 | 60.00 | 60.00 | Motivation Monday - 3254 | 94.50 | 94.50 |
| Educational Variety Mens - 3244 | - | 100.00 | Mountain Steps - 2822 | - | 90.00 |
| El Cajon Beginners - 2876 | - | 175.75 | Mt Soledad Mens - 717 | 900.00 | 1,700.00 |
| El Cajon Womens Serenity - 77 | - | 159.38 | * Nightly Discussion - 3248 | - | 92.13 |
| Emotional Sobriety (Hillcrest) - 2536 | - | 179.00 | No Matter What Woman's Group - 2325 | - | 96.88 |
| Every Night at Six <> - 3241 | - | 433.00 | Noon At The Grove - 628 | 200.00 | 300.00 |
| First Mira Mesa Mens - 300 | - | 21.50 | Noon with a View Beginners Meeting | - | 4,039.60 |
| Fletcher Hills Smokeless - 59 | - | 280.00 | Nooners Anonymous - 1164 | - | 100.00 |
| Free At Last - 2888 | - | 300.00 | Noontime on the Patio - 2203 | - | 107.69 |
| Fresh Start Beginners - 2609 | 305.78 | 957.78 | North Clairemont - 1102 | 100.00 | 357.00 |
| Friday Happy Hour - 2821 | - | 75.00 | North Park Mens - 465 | 88.03 | 580.72 |
| Friday Morning Womens - 104 | - | 190.00 | North Shores Breakfast - 275 | - | 150.00 |
| Friday Night Irregulars - 2889 | - | 272.67 | Old Timers Group - 2037 | - | 50.00 |
| Gifts of Grace Womens - 2564 | - | 92.06 | Old Town Speakers - 321 | - | 540.00 |
| Gilman Group - 1988 | - | 175.59 | One Step Ahead - 715 | - | 57.00 |
| God Squad Too - 2809 | - | 227.03 | Open Minded Mens - 626 | - | 426.50 |
| Good Morning AA - 1888 | - | 906.00 | Original Anonymous Anonymous - 154 | - | 150.00 |
| Great Fact Group - 895 | 120.00 | 240.00 | Over The Bridge - 2689 | 378.00 | 781.75 |
| Grupo Gringo - 1305 | - | 550.00 | Pacific Beach Weekend Warmup - 725 | - | 175.00 |
| GSDYPAA | - | 407.77 | Pass It On Big Book Study Group -2860 | - | 920.80 |

Group Contributions August 2021

| Group | Aug-21 | Ytd 21 |
|--|--------|----------|
| * Phone at the Grove | - | 40.00 |
| Pointsettia Group - 2210 | - | 75.00 |
| Point Loma Mens - 245 | - | 228.00 |
| Point Loma Nooners - 1606 | - | 100.00 |
| Primary Purpose Group (Hillcrest)-3151 | - | 280.00 |
| Progress Rather Than Perfection - 2682 | - | 400.00 |
| Pt Loma Womens Discussion - 1608 | 325.00 | 475.00 |
| Radical Acceptance Meeting - 2961 | - | 1,764.80 |
| RAM-Z | 50.00 | 50.00 |
| Riding Sober - 3054 | 250.00 | 500.00 |
| Rise & Shine - 2170 | 472.39 | 1,938.64 |
| Rule 62 Noon Discussion - 2947 | - | 275.00 |
| San Carlos Single Purpose - 583 | - | 50.00 |
| Santee Saturday Night Speakers - 2656 | - | 400.00 |
| Santee Serenity - 3040 | - | 50.00 |
| Santee Serenity Group - 1943 | - | 400.00 |
| Sat Mens Early Awakening - 2209 | - | 264.89 |
| Saturday A.M. Live - 782 | - | 50.00 |
| Scripps Ranch Men's Two - 2776 | - | 100.00 |
| Scripps Ranch Mens - 3168 | 114.10 | 411.95 |
| Serenity @ 5107 - 2976 | 21.02 | 223.05 |
| Serenity at the Cove - 3271 | - | 135.00 |
| Sober Camel Speakers Meeting - 2296 | - | 56.23 |
| Sober Minded Leather Folk - 1882 | - | 174.59 |
| Sober Nooners - 196 | 200.00 | 400.00 |
| Sober Roses Womens Step Study - 2946 | - | 40.00 |
| Sobriety At All Cost - 3006 | - | 463.00 |
| Sobriety On State And Date - 2697 | 172.31 | 172.31 |
| Sons of God - 2789 | - | 993.00 |
| Sorrento Valley Nooner - 544 | - | 1,698.15 |
| South Park Sobriety - 1015 | - | 125.00 |
| Spiritual Awakening - 2275 | 315.01 | 1,643.46 |
| Spiritual Awakenings Step Study -3174 | - | 375.00 |
| Spring Valley Men's Zoom | - | 50.00 |
| Sunday Beach Sun-Day - 568 | - | 219.00 |
| Sunday Kind of Love - 429 | - | 10.00 |
| Sunday Midday - 161 | 200.00 | 200.00 |
| Sunday Night Discussion - 212 | 16.00 | 16.00 |
| T.G.I.F. - 1658 | - | 373.00 |
| The 1st 164 - 2760 | - | 76.27 |

| Group | Aug-21 | Ytd 21 |
|--------------------------------------|--------|----------|
| The Common Solution - 3007 | - | 267.69 |
| The Gathering Of The Goddesses-2890 | - | 312.00 |
| The Gift - 2954 | - | 350.00 |
| The Hole In The Doughnut - 2737 | 16.00 | 290.50 |
| The Huddle in the Park - 3278 | 589.00 | 589.00 |
| * The Interstate Meeting | - | 50.00 |
| The Notorious M.I.T.P. - 3267 | - | 415.50 |
| The Other Meeting - 857 | 100.00 | 505.00 |
| The Rogue Meeting - 3338 | 215.62 | 3,750.34 |
| The We Group Speakers Group - 2739 | - | 1,401.34 |
| There is a Solution - 2680 | - | 380.00 |
| Three Legacies Study Group - 3230 | - | 56.09 |
| Thursday Steps - 646 | 279.30 | 638.70 |
| Tierrasanta Friday Night - 2645 | - | 250.00 |
| Tierrasanta Morning Serenity - 2811 | - | 60.00 |
| * Toes in the sand | - | 400.00 |
| *Trust God, Clean House, Help Others | - | 28.20 |
| Tues Night Mens Step Study - 1813 | - | 454.00 |
| Tuesday Morning Alpine - 440 | 91.50 | 183.38 |
| Tuesday Night Primary Purpose - 130 | - | 321.50 |
| Tuesday Night Sobriety - 708 | - | 20.00 |
| Tuesday Nite Live - 643 | - | 200.00 |
| Two A's Over Easy - 2106 | - | 125.00 |
| University City Disc.- 368 | - | 224.25 |
| University City Womens - 369 | 16.00 | 566.78 |
| Valley Girls - 2617 | 0.00 | 95.00 |
| Wake Up Call - 1932 | - | 500.00 |
| War Fever - 880 | - | 224.80 |
| Warm and Friendly - 42 | - | 100.00 |
| Water Walkers - 5 | 100.00 | 100.00 |
| Whistling In The Dark Mens - 2943 | - | 260.00 |
| Wholesale Miracle - 2474 | 32.00 | 424.50 |
| Womans Gut Level - 1701 | - | 65.00 |
| Women's Joy Of Living - 2636 | - | 414.25 |
| Women In Harmony - 1807 | - | 131.00 |
| Womens Attitude of Gratitude - 2751 | - | 375.50 |
| Womens Step Study - 296 | 66.60 | 548.85 |
| Womens Thursday Nite - 514 | - | 257.40 |
| Womens TLC - 2814 | - | 67.50 |
| Womens Way To Recovery - 838 | - | 150.00 |


Group Secretaries/Treasurers
Please include an email address with your Group Contributions, if you wish to receive a receipt



 **Thank You**
for supporting your
San Diego Intergroup Central Office
in carrying the message to the
suffering alcoholic

 **Thank you to all of our Phone Volunteers!**

Groups: We need you! After Hours Phone Volunteers are back at Central Office! It's a great way to Carry the Message to the Still Suffering Alcoholic and We have nights available. Please call Judi or Lisa Ann at 619-265-8762 for more information

 **Thank you to all of the AA members for their individual contributions.**

Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year or sending your 7th tradition directly to Central Office.

HAPPY BIRTHDAY!

Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|--|------------------|
| Group Contributions August 2021 | \$11,662 |
| Individual Contributions | 1,380 |
| SDIAA Contributions | 0 |
| Literature & Interest | 1,231 |
| Total Revenue | \$14,273 |
| Central Office Expenses | -10,745 |
| Committee Expenses | -253 |
| Total Expenses | -\$10,997 |
| August 2021 Net Revenue | \$3,276 |
| 2021 YTD Revenue | \$9,518 |

Schedules are Back!

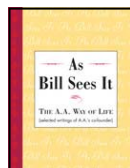
The Central Office
Bookstore has
Schedules!

Stop in and get yours today

Still just \$0.65

We're here Mon—Fri 9:00 am—
5:00 pm, Sat 9:00 am—1:00 pm

October's Book of the
Month is "As Bill Sees It,
Hard Cover", on sale for
\$7.00; plus tax, max 5



Central Office is Grateful for our Phone Volunteers! We Need You!

All After Hours Phone Volunteers are
welcome to return to Central Office!
It's a great way to carry the message
to the still suffering alcoholic

- ◇ Easier access to the Meeting Schedule on the website
- ◇ Access to the 12 Step Volunteer List
- ◇ Netflix!
- ◇ Partner with a Sponsor/Sponsee—excellent opportunity to do step work

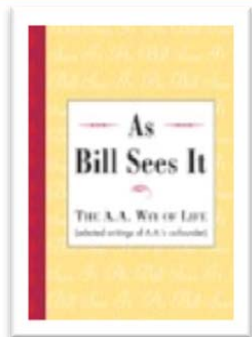
We have nights available! Call Judi at
619-265-8762 for more information





As Bill Sees It, Page 214: "Arrogance and Its Opposite"

"A very tough-minded prospect was taken to his first A.A. meeting, where two speakers (or maybe lecturers) themed their talks on "God as I understand Him." Their attitude oozed arrogance. In fact, the final speaker got far overboard on his personal theological convictions. Both were repeating my performance of years before. Implicit in everything they said was the same idea: "Folks, listen to us. We have the only true brand of A.A. - and you'd better get it! The new prospect said he'd had it - and he had. His sponsor protested that this wasn't real A.A. But it was too late; nobody could touch him after that. I see 'humility for today' as a safe and secure stance midway between violent emotional extremes. It is a quiet place where I can keep enough perspective and enough balance to take my next small step up the clearly marked road that points toward eternal values." *Reprinted w/ permission from A.A.W.S.*



ARROGANCE
 OPPOSITE
 REPEATING
 HUMILITY
 ETERNAL
 VALUES
 OVERBOARD
 PROSPECT
 TALKS
 OOZED

CONVICTIONS
 THEOLOGICAL
 SPONSOR
 TODAY
 SAFE
 SECURE
 MIDWAY
 EXTREMES
 QUIET
 BALANCE

ROAD
 POINTS
 PERSONAL
 REAL AA
 TOO LATE
 FOLKS
 ATTITUDE
 THEMED
 SPEAKERS
 LECTURERS



Are You Being Heard?

- ◆ AA needs your Group's opinions, thoughts, comments and VOTE
- ◆ Is your Group represented at the monthly Council meeting?
- ◆ For information about registering call Central Office

Contribute to A.A. by joining a Standing Committee!

Experience the fun of Service in A.A.

Business Committee. Oversees and directs the activities of Central Office, provides financial management, prepares operating budget, supervises paid staff, maintains the 12th Step Phone list, oversees meeting schedule production.

Program Committee. Arranges events i.e.: Annual Anniversary in November and Annual Founder's Day Picnic in June.

Public Information Committee. Furnishes speakers for non-A.A. events, consults with the media.

"Coordinator" Newsletter Committee: Publishes the "Coordinator" newsletter monthly, writes and/or solicits articles for publication, types, prints, folds and mails newsletter.

After Hours Phone Committee: Recruits and coordinates Group volunteers for after hours phones. (9 pm to 9 am + Sunday daytime)

Orientation and Guidelines Committee: Orient new Coordinators; facilitate maintenance of Coordinating Council guidelines.

Coordinator Outreach Committee. Visits groups without Intergroup Coordinators, inviting them to come participate in the fun of being of service

Cooperation with Elder Community (CEC) Ad-Hoc: Engage with Elder community through outreach to senior centers, assisted living facilities, hospitals, etc.



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ 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



Things to Do, And Places to Go

Laguna Mountain Harvest Moon Kickback

When: Friday-Sunday, September 24, 25, 26
Where: Lake Henshaw, Santa Ysabel
Contact: Central Office 619-265-8762

Step One Workshop

When: Friday, September 24; 6:00 pm to 7:15 pm
Where: 3295 Meade Ave, San Diego
Contact: AACommonSolution@gmail.com

Unity Day 2.0! The Family Picnic Edition

When: Saturday, October 2; 10:30 am to 2:00 pm
Where: 11498 Camino Ruiz, Mira Mesa
Contact: FellowshipAndFun@gmail.com

Minding Our Money Area 8 AA Workshop

When: Saturday, October 9; 10:00 am to 1:00 pm
Where: 2083 Sunset Cliffs Blvd, San Diego
Contact: Finance@area8aa.org

H&I – Fall into Service Event

When: Sunday, October 17; 9:30 am to 1:30 pm
Where: 5150 Kearny Mesa Rd, Kearny Mesa
Contact: ChairSanDiegoH&I@gmail.com

13th Annual Seniors in Sobriety International Hybrid Conference

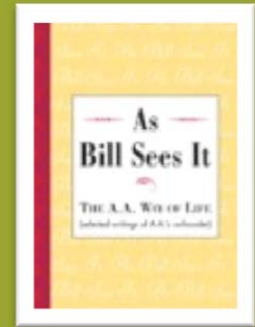
When: Sunday-Wednesday, October 24-27
Where: Zoom & 998 West Mission Bay Dr.
Contact: Info@SeniorsInSobriety.com

Anniversary Breakfast

When: Tuesday, November 16
Where: 2111 Camino del Rio S., San Diego
Contact: Central Office 619-265-8762

Excerpt from October Book of the Month: As Bill Sees It

page 81



“Selfish?”

"I can see why you are disturbed to hear some A.A. speakers say, 'A.A. is a selfish program.' The word 'selfish' ordinarily implies that one is acquisitive, demanding, and thoughtless of the welfare of others. Of course, the A.A. way of life does not at all imply such undesirable traits. What do the speakers mean? Well, any theologian will tell you that the salvation of his own soul is the highest vocation that a man can have. Without salvation – however we may define this – he will have little or nothing. For us of A.A., there is even more urgency. If we cannot or will not achieve sobriety, then we become truly lost, right in the here and now. We are of no value to anyone, including ourselves, until we find salvation from alcohol. Therefore, our own recovery and spiritual growth have to come first – a right and necessary kind of self-concern.

Reprinted with permission from A.A.W.S.

Step Ten: Continued to Take Personal Inventory

Continued from page 1

clinics. Up to that point most of our members came here looking for answers. The success rate at that time, according to the foreword to the second edition of (the Big Book) *Alcoholics Anonymous* says that 50% of those who came here looking for answers got sober and never drank again; 25% got sober after a few relapses and stayed that way; and the other 25% showed improvement. To me, 75% sounds like a surprisingly good ratio of success.

The only requirement for A.A. membership is a desire to stop drinking (Tradition Three). Not everyone who comes to A.A. from the Court System or from a Rehab environment has the same amount of desperation as those original members had. This does not mean that they are not invited, for we treat them with respect, but a large percentage of them do relapse. We welcome them back with open arms so as not to be considered an A.A. failure and eventually many of them do stay sober.

The depth of the desperation is often consistent with the depth of thoroughness a person is willing to go through as he takes the steps and when I was faced with this suggestion - that I do a Fearless and Thorough Moral Inventory in the fourth step, I began to resist. I did what I would call a shallow facade just to get my ticket punched.

Being in the Navy at the time, I was abruptly flown out to the western Pacific during the

Vietnam War and assigned to a tanker replenishing the fuel on ships in the Tonkin Gulf Fleet and I had four months to think about what I was going to do on my return home. My conscience told me to discard my original inventory and do it right the second time around.

That I think, is what made the rest of this program easy for me. Being willing to take responsibility for all those disgusting behaviors of yesterday and to make restitution has been the answer to all those alcoholic behaviors in the past.

If we have completed a good 4th and 5th step and again on the 8th and 9th step, how do we approach the 10th step which suggests that we continue to take personal inventory and when we were wrong promptly admitted it.

Early in my sobriety, my wife came home from an Al-Anon meeting excited about the topic they shared. She said that "We should examine our motives for all the things we do" and that made perfect sense to me. I have been living a life based on Unselfish Principles and I am never done examining my motives. All my out-side behaviors (short-comings) are the result of my thinking (motives) and so long as I am willing to continue this path it has taken all the fight out of me.

"Selfishness--self-Centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity we step on the toes of our fellows, and they retaliate." (BB pg. 62, emphasis added) What a Profound statement! Living a life based upon Unselfish Motives has restored my

self-esteem and the final and most important result is peace of mind. Never thought that would happen!!! This is my understanding of Step Ten.

~ Rick R.

Step Ten in Action

Continued from page 1

After these sorts of "adventures" I was naturally experiencing anger. Maybe worse! Luckily, AA had taught me that repeated thoughts of anger (resentment) could threaten my sobriety – but what to do?

This is where page 84 from the Big Book came in handy. It said to ask God, at once, to remove my anger and then to discuss my defect/shortcoming with someone (LA has clubhouses galore so "at once" was no problem). Lastly it suggests: *"We resolutely turned our thoughts to someone we can help."* I think this could be a prayer for someone, or even planning a birthday gift. Bill Wilson's Oxford Group mentor, Reverend Sam Shoemaker, summed up AA as: *"Out of self, into God, into others."*

AA has provided the ability to control my mind, to some degree – at least better than before. I like to **think before I think!** When I feel thoughts of selfishness, dishonest, resentment or fear coming to consciousness, I go to God for help. A simple statement such as, *"Be still and know that I am God,"* seems to calm me down enough to stymie destructive thoughts. What freedom!

I have learned that when negative emotions begin to take over, Step Ten has taught me what to do.

Continued from page 14

Step Ten is indeed an all-day-long step! Its rewards are beyond belief: “*The problem (mental Obsession) has been removed. It does not exist for us.*” (p. 85) That is, so long as I remain in a fit spiritual condition – Step Ten allows this to happen.

Of course, the clear-cut directions mentioned on page 29, are *not* laid out on pages 59 and 60 of the Big Book, or on the pull-down “window shades” on the wall. These are only a preview, or a table of contents, if you will, of the Twelve Step process that is explained on the following pages of the Big Book. Bill Wilson tells you what he is going to tell you, then he tells you, then he tells you what he told you.

It was pointed out that there are five clear-cut directions on page 84, and I believe it is important to be aware how I learned how to live them in my life: “Watch for selfishness, dishonesty resentment and fear” was learned in Step Four, “When these crop up, we asked God at once to remove them” was learned in steps Six and Seven; “We discuss them with someone immediately” was learned in Step Five; “Make amends quickly if we have harmed anyone” was learned in Steps Eight and Nine; “Then we resolutely turn our thoughts to someone we can help” was learned in step Twelve.

Following all this is progress – not perfection – for yours truly, and sometimes I don’t even come close, yet, God has not allowed me to drink since my first AA meeting. For this I remain eternally grateful.

~ Bob S

The Co\$T of \$obriety

Continued from page 1

significant return on their money, and to compensate Hank, and especially Bill, for the work they had put into the book. I have heard it said that the reason the first Big Book was so . . . big (2.6 pounds vs today’s 1.9 pounds with 100 more pages than the original) was because the thick paper pages were more easily turned by a newcomer with the shakes. History says otherwise; that Bill and Hank wanted the buyer to think they got their money’s worth!

Let us get back to that \$3.50 price tag. You probably dropped more than that on your last trip to Starbucks. But in 1939 that was a substantial sum of money. In 1939 the average wage was 30 cents per hour, the average new car cost \$700 and gas to fuel it was 11 cents per gallon.

Depending upon your generation, your parents, grandparents, or great grandparents could purchase a house for \$4,000 or rent one for \$30 per month. That \$3.50 was a significant investment in a new book which touted a spiritual solution for what was thought to be a moral failing. One could take that money to the grocery store and almost feed a family for a month! For \$3.50 one could buy 75 loaves of bread, 175 pounds of potatoes, or 50 cans of Campbells tomato soup!

So, at \$3.50 was the Big Book a rip-off? Actually, it was not -- that price was in line with similar volumes of its kind. Most other substantial hardbacks cost several dollars in 1939. Using an inflation calculator, \$3.50 in 1939 is

equivalent to \$68.75 in today’s dollars.

Fortunately, today, one can purchase a hardback copy of the 4th edition of *Alcoholics Anonymous* for \$9.50. It is relatively much less costly to purchase one now than it was when the book was first published.

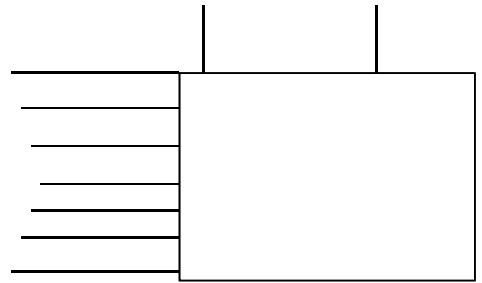
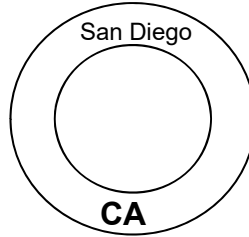
On a completely different note, much to my sponsor’s chagrin, even after decades of sobriety, I am drawn to read the liquor ads which appear in supplements to the Sunday newspaper. For some reason I want to know what my brand (cheap vodka) goes for in today’s market.

I got sober during the Reagan administration and in those days, one could purchase a half gallon (64 oz) of the stuff for \$8.00 or so. Today we are metric, at least for jugs of hooch, and that “handle” contains 1.75 liters which, if you were counting (and I am!), is only 59.2 oz. Come on liquor people, did you really think our appetite for the stuff decreased? Sounds like another resentment for another Fourth Step. Anyway, my weekly study of the liquor ads reveals that one can still buy a handle of the stuff for less than \$10.00. By the way, that \$8.00 price tag in 1986 would be \$19.93 today. I was a cheap drunk then and would be a relatively cheaper one today.

So, what have we learned from all this? That, while the cost of ruining one’s life has not kept pace with inflation, the cost of saving it is, in many ways, a much better deal!

~ Blaine H.

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



RETURN SERVICE REQUEST



October

| 2021 OCTOBER | | | | | | |
|--------------|-----|-----|-----|-----|-----|-----|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | | | 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 | | | | | | |



aasandiego.org

The San Diego AA Coordinator



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

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." Reprinted from AA Big Book, page 59

NOVEMBER 2021
VOL. LXIX NO. 11

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11
- NEW! Unglum Lot p. 13
- Upcoming Events..... p. 13

"Carry the AA Message"

Join the fun and submit an article!

December (due 11/2/21)

"12 Steps, 12 Traditions..."

January (due 12/4/21)

"Honesty..."

February (due 1/5/22)

"Trust and humility..."

Submit your 27 to 1,000-word story through the website at www.aasandiego.org using the "Submit" button in the Coordinator Newsletter section.

I Do Not Understand Thermodynamics Where Is All This Warmth Coming From?

I came to Alcoholics Anonymous bankrupt in every department. When I started to take the steps, my first big challenge was to find a power greater than myself that could solve my problems.

What an order for a guy who they describe in step two in the *Twelve Steps and Twelve Traditions* (12 x 12) as the one who "had tried religion and found it wanting." I could see the examples of people around me

Continued on Page 14

I Am Just Learning How to Do Life. Right Back at You Grand-Pa

When my grandson was in preschool, I spent many hours with him, talking about everything from stars and space to bugs and animals, and trying to give him the best perspective I could about how to respond to life issues at a level that he could understand.

He came home from school one day and told me that one of the boys in his class was being bad and had gotten into trouble. I tried to explain to him that the boy was not bad, he was just misbehaving

Continued on Page 14

There's No Place Like Om

The Eleventh Step concerns itself with meditation and prayer. I have heard it said that prayer is asking God and meditation is waiting for an answer. Well, I don't have that much difficulty with prayer, as I am sure God has call waiting, call forwarding, and mega gigs of recording potential.

I, on the other hand...well, let's just say that patience has never been one of my virtues. And who, after all, would let the Creator go to voice mail?

"'Lord, make me a channel...' Oh my God, I almost forgot to set the DVR to record the Padres game!"

My sponsor has recognized my meditation malady and has insisted (we are WAY past suggestion here) that I do something about it. He has recommended that I follow the guideline outlined in the

Continued on Page 15

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-Fri 9 am to 5 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.

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 publications are quoted.

Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|-----------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Renea | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperating with | Kenny | cecchair@aasandiego.org |
| Elderly (CEC) Program | | |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | Sallye | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | sdaa.newsletter@gmail.com |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R., Blaine H., Jenny R.**November Theme:** "Prayer and meditation..."**To receive an electronic version of the newsletter****Please sign up to receive by email****Send request to:** 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

**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 the [upload form](#).

What Is A.A. To Me?

A.A. is not a program of "don'ts"

Instead it's all the "do's" that fill me with hope.

Do go to meetings, do call your sponsor
and do keep yourself in line

Then with every new day remember, rewind!

A.A. is not a program of "I can't's"

Rather it's a promise of "I can's"
and the freedom they grant.

I can get a job, I can pay bills and
I can be a good parent

Most important, I inspire others for
which there is countless merit.

A.A. is not guilt over my sloppy
indiscretions of the past

Its freedom not remorse
and salvation that lasts.

A.A. is not a cure-all in life for everything

It's a recipe for sobriety and the
new spiritual health it brings.

A.A. is my altered attitude and
the many blessings abound

A Higher Power that has my back

And new friends who are always around.

~ Jenny R.

(Reprinted from the June 2015 San Diego A.A. Coordinator)

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

Central Office Phone Calls and Website Hits

Central Office is grateful for our Volunteers

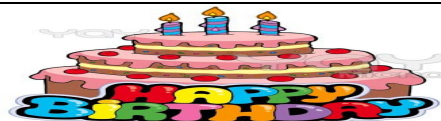
Phone volunteers: We want YOU back at Central Office

| Website Hits | September | Total |
|--------------|-----------|-----------|
| | 70,479 | 7,869,759 |

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.

Happy Birthday to All!

Sharon T. 22 years



In Memory

Rachel M. passed away on 9-24-2021

With 26 years.

Renee S. passed away on 10-15-2021

With 31 years.

Birthday Gratitude

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.



Excerpts from

The A.A. Member -- Medications & Other Drugs (P-11)

November 2021
Pamphlet of
the Month

Some alcoholics require medication.

"We recognize that alcoholics are not immune to other diseases. Some of us have had to cope with depressions that can be suicidal; schizophrenia that sometimes requires hospitalization; bipolar disorder, and other mental and biological illnesses. Also among us are diabetics, epileptics, members with heart trouble, cancer, allergies, hypertension, and many other serious physical conditions." -- Page 6

AA does not offer medical advice.

"I went for 13 years without any medication at all, and I suffered a great deal. Now I take a prescription medication for a mental illness, and I take it as prescribed. My life is much better. I feel it is a blessing to be able to share my story with others. And it is important for newer members to know that A.A. does not offer medical advice."

-- Page 15

Affect the alcoholic in a different way.

"Experience suggests that while some prescribed medications may be safe for most nonalcoholics when taken according to a doctor's instructions, it is possible that they may affect the alcoholic in a different way. It is often true that these substances create dependence as devastating as dependence on alcohol. It is well known that many sedatives have an action in the body similar to the action of alcohol. When these drugs are used without medical supervision, dependence can readily develop."

-- Page 5

No different and not alone

"I can see now that when I first came into A.A., the first thing I did was to start telling myself that I was different. 'Maybe they can't smoke grass, but I can.' 'What do they know about drugs? They never used them.' and slowly, but surely, the pot pulled me back into the very pit of isolation I had seen briefly beyond. Like the alcohol, which at first promised to end my isolation but ultimately turned against me, marijuana led me back into a desolate landscape. But today, I'm no different and I'm not alone." -- Page 18

Additional help

"After I'd been on this medication for four years, I talked to an old-timer. I told him that I felt guilty and inadequate because I took medicine. He opened the Big Book, *Alcoholics Anonymous*, to the Doctor's Opinion and told me to read it. Even when the Big Book was written, the founders recognized that alcoholics with mental illness needed additional help." -- Page 15

Note to medical professionals

"...some A.A. members must take prescribed medications. However, our experience indicates that the misuse of prescription medication can threaten the achievement and maintenance of sobriety. The suggestions provided in our introduction are offered to help the A.A. member find the right balance and minimize the risk of relapse." -- Page 5

Minutes of the Coordinating Council
By Zoom Meeting on Thursday, October 14th 2021 @ 7:30 pm

Susan G., Council Chair opened the 910th with a moment of reflection followed by the “I am Responsible Declaration”

Area 8 Representative: Jerry, Area Delegate, shared that the Grapevine has a new podcast with a new episode every Monday morning. Go to aagrapevine.org/podcast. The CPC (Cooperation with Professional Committee) Desk at GSO is asking for your experience with sharing the message into professional communities. If you have experience with judges, lawyers, etc. contact them at cpc@aa.org. Area finances report (Jan-June 2021): Gross Literature Sales: \$5.7M (65% of 2021 Budget); Contributions: \$5M (51% of 2021 Budget); Total Revenue: \$10.9M; Total Operating Expenses: \$7.6M (53% of 2021 Budget). Please consider rotating to a GSR position for your group and spread the word: remember that and our Area, our Intergroup and AA as a whole needs your help. Our Area held it election assembly and Monty C. was elected as the Area Delegate. Visit area8aa.org for more information.

H & I Representative: Lauren shared that H&I is looking for panel leaders & facility coordinators. They ask for 6 mos. Sobriety but you can always go in as a guest. Please come to an orientation which is held every 3rd Sunday at the Machinist’s Hall in Kearny Mesa on Zoom on the third Thursday of the month. Go to sdhandi.org for more info.

Quorum was conducted by zoom poll function: 35 voted yes to being present as a Group Coordinator. Quorum is 21, so yes we have a quorum to conduct business tonight.

- Approved September 2021 Meeting Minutes

Intergroup Standing Committees Reports

After Hours Phones: Renea, Chair shared that:

1. Thank you to Judi for getting the new phone system up and running. The new phone system eliminates the need for After hours volunteers to call a number to transfer phones. Now the volunteers’ number is put into the system and it does all the work. Calls will be transferred automatically and taken off automatically. We ask that groups send your volunteer list to sdaaco@aol.com and afterhoursphonesd@gmail.com.
2. Thanks to everyone on the after hours phone committee. Our committee is working to communicate with all group leaders & keep them up to date on what’s new & any changes.
3. Thank you to all of the groups that volunteer. We still have 4 open nights – the 3rd, 18th, 20th & 26th – please announce at all of your meetings.
4. All groups that answer phones, please let your volunteers know we are requesting that they return to answering phones live & in person at Central Office.
5. We are looking for people or groups to fill in as an emergency position. Please contact Renea at afterhoursphones@aasandiego.org if available.

Business Committee: Tom M., Business Committee Chair reported:

The Business Committee met on Tuesday, September 7th, 2021 at 6:00 pm. Present: Tom, Nick, John, Rae, Susan, Aleksey & Judi
 Absent: None; There was a quorum.

September 2021 Financial Summary:

Net Revenue is \$948. Our 2021 YTD Net Revenue is \$10,144. Group and Individual Contributions were \$14,990. Literature Sales Revenue and CD Bank Interest were \$624 while total office and committee expenses were \$14,666.

There is an open position on the committee from Jul–Jun, 2022. Tim from Radical Acceptance Group volunteered – thank you!

Thank you to Judi for working nights and weekends on the new phone system which will not only function better but will also save the Fellowship money.

Central Office Manager’s Report:

- October BOOK OF THE MONTH: As Bill Sees It, Hard Cover. Sale \$7.00, Reg. \$9.00 Max: 5
- November BOOK OF THE MONTH: Daily Reflections, Sale \$8.25, Reg. \$10.25 Max: 5
- Meeting updates continue to be active on our website with ongoing daily changes. Changes to the Meeting Schedule are occurring at a rate of approximately 10 per week.

Continued from Page 5

- We are in the process of printing the second run of Meeting Schedules, and should receive the new schedules by mid-October. There have been over 80 meeting changes since the first printing and we anticipate that we will be sold out by the time we receive the new schedules.
- Judi reported that Lisa Ann was invaluable in the printing of the new schedules and the new phone system. Thank you!
- The Anniversary Breakfast has been cancelled due to venue cancellation. Lisa Ann had a great idea to have an Open House at Central Office instead since it would be very sad not to commemorate the Anniversary of AA in San Diego 2 years in a row.
- Judi will be on vacation October 21 – 22. Lisa Ann to cover
- Daytime Phone Volunteers
 - Need a phone volunteer Thursday afternoons from 1:00 pm – 5:00 pm & we are scheduling Holiday volunteers for Thanksgiving, Christmas Day and New Year's Day.

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair, shared that

1. CEC to present at the Hybrid Seniors in Sobriety Convention at the Bahia on Mission Bay on the morning of October 25, 2021.
2. CEC will do an information presentation at District 6 committee meeting on Monday, November 8, 2021 at 6:00pm via Zoom. If any Districts are interested in a CEC presentation at their monthly meetings, please email us at CECchair@aaasandiego.org.
3. CEC is looking for someone to move into the Chair position starting in January 2022, please attend our next committee meeting if interested.
4. The CEC Committee meets via Zoom every 2nd Wednesday at 6:30pm - ID: 847 4609 7919 - Passcode: SDCEC. The direct Zoom link is available at aaasandiego.org under Service Meetings. The next committee meeting will be on Wednesday, November 10, 2021.

Coordinator Outreach: Brian V., Chair shared that

1. The Outreach Committee met & shared their progress. They have been trying to get to as many meetings as possible weekly and can use help.
2. This Committee needs more committee members to help with this effort. Please contact Brian at outreach@aaasandiego.org if you are available!

Orientation & Guidelines: Tim M., Chair shared that

1. Welcome to George from Cedar St. Mens. Thank you to Dave M. who attended tonight to back Tim up in the future.
2. All Coordinators are always welcome to attend Orientation at 6:15 prior to the Coordinating Council Meeting

Program Committee: Lauren shared that

1. Unity Day 2.0 was a great opportunity to get together & gather momentum for the future

Public Information Committee:

1. The committee met this month and has purchased new literature racks

OLD BUSINESS: None

NEW BUSINESS:

1. A motion was made by Lisa Ann, from Thursday Night Steps to change the Council Meeting time to 6:30 pm. After discussion it was amended to 7:00 pm. Motion carried
2. Nick, Business Committee Treasurer, presented the Central Office 2022 Proposed Budget. The Coordinators will take them to their groups for voting and return their ballots at November's Council Meeting.
3. Susan G., Council Chair, discussed spending of excess funds, the budget of which will be presented at November's Council Meeting.
4. Judi T., Central Office Manager, presented plans for the 81st Anniversary Celebration Open House to be held at Central Office on Saturday, November 6, 2021. Watch the [events page](#) for updates or contact Central Office.

Reminders:

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aaasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 11/1/2021.
2. The Coordinating Council will meet on Zoom through the end on the year
3. If you are a new Coordinator tonight please email your name, phone number and the group that you are representing to Judi, Central Office Manager at sdaaco@aol.com
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. Thanks!

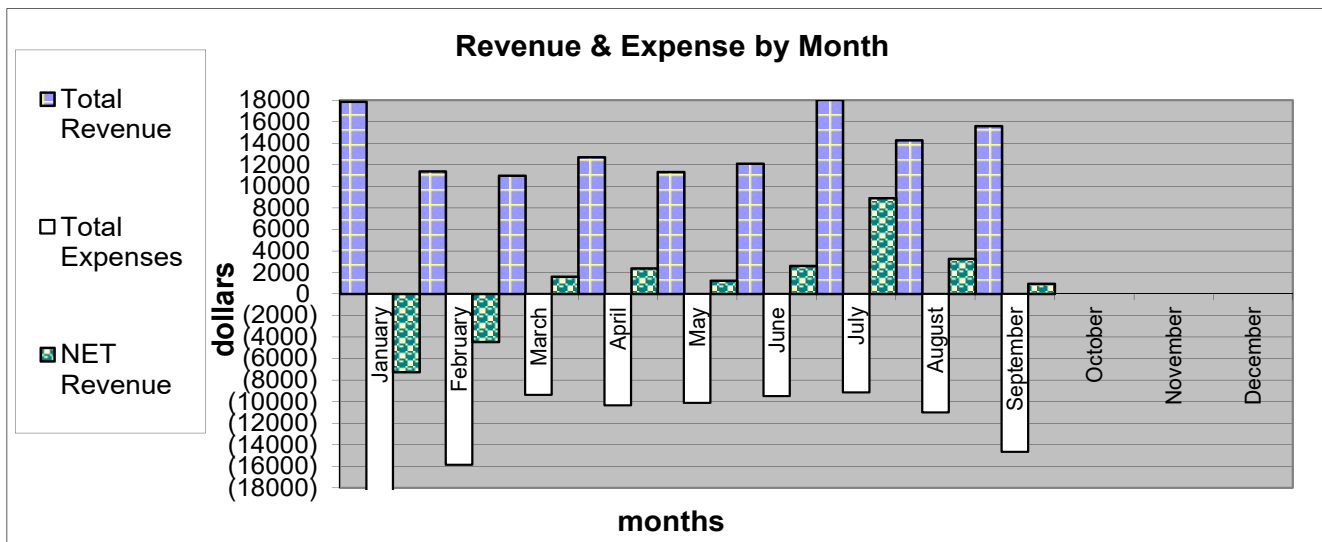
Closed with the Serenity Prayer

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of September 30, 2021

| | September 21 | September 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|------------------------------------|------------------|------------------|-------------------|-------------------|------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 12,650.71 | 10,678.78 | 99,967.23 | 81,916.19 | 18,051.04 | 125,000.00 |
| Contributions Individual | 2,339.00 | 1,108.00 | 17,820.55 | 20,756.16 | (2,935.61) | 18,000.00 |
| Contributions SDIAA | - | - | - | 305.00 | (305.00) | 600.00 |
| Interest - Cert of Deposits | 36.02 | 102.55 | 349.25 | 1,518.86 | (1,169.61) | 400.00 |
| Literature Revenue (see schedule) | 588.12 | 451.66 | 6,207.51 | 4,148.37 | 2,059.14 | 11,830.00 |
| Total Revenue | 15,613.85 | 12,340.99 | 124,344.54 | 108,644.58 | 15,699.96 | 155,830.00 |
| Expense | | | | | | |
| Accounting & Legal | - | 60.00 | 2,992.40 | 2,480.00 | 512.40 | 2,930.00 |
| Auto/Travel/Seminar | 8.00 | 75.23 | 106.00 | 309.96 | (203.96) | 500.00 |
| Bank Service Charges | - | - | 121.51 | 114.24 | 7.27 | 50.00 |
| Cash (Over) Short | (2.23) | 0.17 | 2.03 | 155.29 | (153.26) | (50.00) |
| Checks Returned - Bad Debt | - | - | 100.00 | - | 100.00 | - |
| Equipment Maint & Repair | 93.35 | 51.36 | 504.23 | 462.24 | 41.99 | 750.00 |
| Equipment Purchase | - | - | 1,034.31 | - | 1,034.31 | 500.00 |
| Insurance | 113.38 | 133.40 | 1,143.90 | 559.88 | 584.02 | 800.00 |
| Office Maint. & Repairs | 132.00 | 30.00 | 576.91 | 110.00 | 466.91 | 500.00 |
| Office Supplies | 213.60 | 237.05 | 2,138.90 | 1,410.46 | 728.44 | 3,000.00 |
| Rent | 1,980.00 | 1,940.00 | 17,660.00 | 17,300.00 | 360.00 | 23,600.00 |
| Taxes | - | - | 50.00 | 80.00 | (30.00) | 80.00 |
| Telephone | 442.42 | 211.72 | 2,303.94 | 1,162.74 | 1,141.20 | 1,765.00 |
| Utilities-Electricity | 388.19 | 425.50 | 2,216.04 | 2,369.80 | (153.76) | 3,500.00 |
| Website | - | - | 147.88 | 86.45 | 61.43 | 750.00 |
| EMPLOYEES | | | | | | |
| Accrued Payroll Taxes | 782.29 | 520.26 | 7,232.79 | 5,314.49 | 1,918.30 | 7,560.00 |
| Employee Wages | 9,366.85 | 6,800.70 | 66,575.52 | 61,968.90 | 4,606.62 | 79,999.00 |
| Employee 403B Contribution | - | 156.00 | 155.00 | 1,910.00 | (1,755.00) | 155.00 |
| Employee Health Benefit | 653.13 | 800.37 | 6,061.39 | 7,203.33 | (1,141.94) | 7,824.00 |
| Insurance-Worker's Comp | 43.16 | 42.08 | 382.79 | 388.08 | (5.29) | 500.00 |
| Total Office Expense | 14,214.14 | 11,483.84 | 111,505.54 | 103,385.86 | 8,119.68 | 134,713.00 |
| Standing Committees Expense | 451.56 | 125.16 | 2,695.38 | 2,572.55 | 122.83 | 7,370.00 |
| (see schedule) | | | | | | |
| Total Expense | 14,665.70 | 11,609.00 | 114,200.92 | 105,958.41 | 8,242.51 | 142,083.00 |
| Net Revenue | 948.15 | 731.99 | 10,143.62 | 2,686.17 | 7,457.45 | 13,747.00 |



Group Contributions September 2021


| Group | Sep-21 | Ytd 21 | Group | Sep-21 | Ytd 21 |
|--|--------|----------|--------------------------------------|----------|----------|
| 11th Step Journey - 2622 | - | 2.73 | Gilman Group - 1988 | - | 175.59 |
| 3 O'Clocker - 2201 | 200.00 | 200.00 | God Squad Too - 2809 | - | 227.03 |
| 4077 Mash Step 11 - 2027 | - | 472.50 | Good Morning AA - 1888 | - | 906.00 |
| 52 From The Big Blue | - | 183.50 | Great Fact Group - 895 | 90.00 | 330.00 |
| 5.30 Meditation - 3085 | - | 293.00 | Grupo Gringo - 1305 | - | 550.00 |
| 830 Every Morning Group | 400.00 | 516.00 | GSDYPAA | - | 407.77 |
| A Sense Of Belonging Womens - 1205 | - | 107.00 | Harmony Group - 585 | 405.00 | 1,595.00 |
| A Vision For You - 2812 | - | 426.00 | Haul Your Hiney Out Of Bed - 704 | - | 450.00 |
| A Womens Meeting -1717 | - | 881.00 | Hi-Nooners - 673 | - | 187.80 |
| AA By The Bay - 629 | - | 100.00 | HOW @ Noon - 2998 | 135.00 | 285.00 |
| Adams Avenue Big Book Study - 1892 | 50.00 | 100.00 | Hwy 80 AA - 2722 | - | 90.00 |
| Alpine Group - 6 | - | 50.00 | I. B. Steps & Traditions - 3003 | - | 50.00 |
| Artists in Sobriety - 2459 | - | 61.00 | I. B. Up - 2565 | - | 625.00 |
| At One With Each Other - 789 | - | 83.50 | IB Sober - 3161 | - | 42.00 |
| B.Y.O.B. (North Park) - 203 | 96.00 | 746.00 | Imperial Mens Group - 869 | - | 300.00 |
| Back Country - 3131 | - | 45.00 | It's In The Book - 3084 | - | 190.72 |
| Back to Basics - 1026 | - | 500.00 | Jaywalkers - 3100 | - | 425.00 |
| Back To Basics For Women - 1675 | - | 400.00 | Joy Of Living - 2787 | - | 129.00 |
| Bayside Bonfire Group - 1139 | 204.55 | 204.55 | Just Us Girls - 929 | - | 134.60 |
| Beautiful Beginnings - 552 | - | 280.50 | Kick Start Your Heart - 2430 | - | 40.00 |
| Big Bon-Fire Meeting - 1894 | - | 447.50 | Knuckleheads - 3182 | - | 615.00 |
| Bonita Boozers - 2179 | - | 70.00 | La Jolla Discussion Group - 85 | - | 250.00 |
| Bonita Womens Big Book Study - 3112 | - | 285.00 | La Jolla Mens - 692 | - | 153.36 |
| BYOB Book Study (Ramona) - 3094 | - | 25.00 | La Jolla Monday Womens - 87 | - | 748.00 |
| Carrying the Message - 2458 | - | 50.00 | La Jolla Nonsmokers Disc - 88 | - | 250.00 |
| Casa De Oro Tradition Five - 503 | - | 366.50 | La Jolla Pump House Group - 696 | - | 420.00 |
| Casa De Oro Weds Nite - 2049 | 219.49 | 219.49 | La Jolla Sunrise - 2684 | 500.00 | 2,050.00 |
| Cedar Street Mens - 1698 | - | 631.50 | La Mesa 12 X12 - 2588 | - | 254.00 |
| Chula Vista 4 Min Speakers - 1568 | 50.00 | 450.00 | La Mesa Mens - 106 | - | 1,000.00 |
| Clairemont Mens - 301 | - | 710.00 | La Mesa Open Discussion - 107 | - | 200.00 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | La Mesa Step Study Workshop - 1621 | - | 162.16 |
| Clairemont Womens Discussion - 340 | 175.00 | 340.00 | La Mesa Womens Sat. Morning - 416 | - | 1,697.75 |
| Clairemont Womens Step Study - 341 | 422.50 | 1,245.00 | Lake Morena Sink or Swim - 2830 | - | 150.00 |
| Class Acts - 1845 | - | 116.40 | Lake Murray Womens - 572 | - | 125.00 |
| Coffee Clutchers - 2332 | - | 750.00 | Late Risers - 473 | - | 150.00 |
| Conscious Contact Big Book - 2762 | - | 20.00 | Lemon Grove Speakers - 2574 | - | 200.00 |
| Conscious Contact Meditation - 2834 | - | 80.00 | Letting Go Womens - 3189 | - | 150.00 |
| D.D.G.T.M. - 767 | - | 125.00 | Linda Vista Mens - 320 | - | 25.00 |
| Daily Reflection - 3114 | - | 460.00 | Living Free - 477 | - | 510.00 |
| Daily Reprieve - 3199 | - | 50.00 | Lunchtime Friends - 964 | - | 52.40 |
| Dawn Patrol - 263 | - | 912.00 | Lushes Lunch Tuesday - 2641 | 1997.00 | 197.00 |
| Descanso Mens Step Study - 3010 | - | 100.00 | * Mast Park Meeting | - | 733.92 |
| Designs For Living - 488 | - | 105.00 | Meetin' in the Ladies Room - 2614 | - | 105.00 |
| Dignity Unlimited - 205 | - | 600.00 | Mens Focused Step Study - 3217 | - | 562.00 |
| Doctors & Lawyers & Professionals-391 | - | 660.95 | Mens Jelly Donut - 3118 | - | 24.00 |
| Downtown Discussion - 1665 | 71.13 | 243.95 | Mens Step Study - 965 | - | 163.00 |
| Each Day A New Beginning - 509 | - | 126.00 | Mens Structured Step Study - 1469 | - | 115.75 |
| Early Morning Recovery - 2688 | - | 705.00 | Mid-Week Mens - 560 | - | 963.00 |
| Early Risers (Coronado) - 1525 | - | 10.00 | Mid-Week Mens ZOOM - 3243 | - | 639.01 |
| East County Young People Rule 62-2797 | - | 200.00 | Midday Miracles - 3242 <> | 175.00 | 747.00 |
| East Side Group - 101 | - | 60.00 | Midway Bridge - 2171 | - | 126.65 |
| Eastlake Greens Attitude Adjust - 2712 | - | 70.00 | Mira Mesa Early Risers - 967 | - | 100.00 |
| Eastlake Greens Attitude Adjust - 2691 | - | 150.00 | Mira Mesa Sunday Morning Mens - 693 | - | 84.20 |
| Eastlake New Beginnings S/S - 2673 | - | 20.00 | Miracles on Mondays - 565 | - | 150.00 |
| Easy Does It Riders - 21 | - | 156.00 | Mission Bay Speakers - 1692 | 50.00 | 200.00 |
| Easy Does It Speakers - 114 | - | 100.00 | Mission Hills Beginners - 1612 | - | 200.00 |
| Easy Risers - 854 | - | 60.00 | Mission Hills Late Night - 2773 | - | 193.00 |
| Educational Variety Mens - 3244 | - | 100.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| El Cajon Beginners - 2876 | 50.00 | 225.75 | Mission Possible - 131 | - | 325.00 |
| El Cajon Womens Serenity - 77 | 122.60 | 281.98 | * Mixed In The Park | - | 225.00 |
| Emotional Sobriety (Hillcrest) - 2536 | - | 179.00 | Monday At A Time - 2875 | - | 473.00 |
| Every Night at Six <> - 3241 | 350.00 | 783.00 | Monday Night Live - 3219 | 150.00 | 150.00 |
| Everynighters Online - 2997 | 111.60 | 447.54 | Motivation Monday - 3254 | - | 94.50 |
| First Mira Mesa Mens - 300 | - | 21.50 | Mountain Steps - 2822 | - | 90.00 |
| Fletcher Hills Smokeless - 59 | - | 280.00 | Mt Soledad Mens - 717 | - | 1,700.00 |
| Forgiveness Friday - 3258 | 130.80 | 130.80 | * Nightly Discussion - 3248 | - | 92.13 |
| Free At Last - 2888 | - | 300.00 | No Matter What Woman's Group - 2325 | - | 96.88 |
| Fresh Start Beginners - 2609 | - | 957.78 | Noon At The Grove - 628 | 100.00 | 400.00 |
| Friday Happy Hour - 2821 | - | 75.00 | Noon with a View Beginners Mtg- 3249 | 1,000.00 | 5,039.60 |
| Friday Morning Womens - 104 | - | 190.00 | Nooners Anonymous - 1164 | 150.00 | 250.00 |
| Friday Night Irregulars - 2889 | - | 272.67 | Noontime on the Patio - 2203 | - | 107.69 |
| Friday Night Mens - 188 | 610.00 | 610.00 | North Clairemont - 1102 | - | 357.00 |
| Friday Night Santee - 1754 | 300.00 | 300.00 | North Park Mens - 465 | 31.51 | 612.23 |
| Gifts of Grace Womans - 2564 | - | 92.06 | North Shores Breakfast - 275 | - | 150.00 |

Group Contributions September 2021

| Group | Sep-21 | Ytd 21 |
|--|----------|----------|
| Old Timers Group - 2037 | - | 50.00 |
| Old Town Speakers - 321 | - | 540.00 |
| One Step Ahead - 715 | - | 57.00 |
| Open Minded Mens - 626 | - | 426.50 |
| Original Anonymous Anonymous - 154 | - | 150.00 |
| Over The Bridge - 2689 | - | 781.75 |
| Pacific Beach Weekend Warmup - 725 | - | 175.00 |
| Pass It On Big Book Study Group -2860 | - | 920.80 |
| * Phone at the Grove | - | 40.00 |
| Poinsettia Group - 2210 | - | 75.00 |
| Point Loma Mens - 245 | - | 228.00 |
| Point Loma Nooners - 1606 | 100.00 | 200.00 |
| Primary Purpose Group (Hillcrest)-3151 | - | 280.00 |
| Progress Rather Than Perfection - 2682 | - | 400.00 |
| Pt Loma Womens Discussion - 1608 | - | 475.00 |
| Radical Acceptance Meeting - 2961 | 1,651.00 | 3,415.80 |
| RAM-Z | - | 50.00 |
| Riding Sober - 3054 | - | 500.00 |
| Rise & Shine - 2170 | 118.83 | 2,057.47 |
| Rule 62 Noon Discussion - 2947 | - | 275.00 |
| San Carlos Single Purpose - 583 | - | 50.00 |
| Santee Mens Group - 2972 | 354.00 | 354.00 |
| Santee Saturday Night Speakers - 2656 | 140.00 | 540.00 |
| Santee Serenity - 3040 | - | 50.00 |
| Santee Serenity Group - 1943 | 200.00 | 600.00 |
| Santee Simple Step Study - 2707 | 358.00 | 358.00 |
| Sat Mens Early Awakening - 2209 | - | 264.89 |
| Saturday A.M. Live - 782 | - | 50.00 |
| Scripps Ranch Men's Two - 2776 | - | 100.00 |
| Scripps Ranch Mens - 3168 | - | 411.95 |
| Serenity @ 5107 - 2976 | - | 223.05 |
| Serenity at the Cove - 3271 | - | 135.00 |
| Sisters In Sobriety - 3127 | 373.00 | 373.00 |
| Sober Camel Speakers Meeting - 2296 | - | 56.23 |
| Sober Minded Leather Folk - 1882 | - | 174.59 |
| Sober Nooners - 196 | - | 400.00 |
| Sober On Sat Book Study - 2193 | 30.00 | 30.00 |
| Sober Roses Womens Step Study-2946 | - | 40.00 |
| Sobriety At All Cost - 3006 | - | 463.00 |
| Sobriety On State And Date - 2697 | - | 172.31 |
| Sons of God - 2789 | - | 993.00 |
| Sorrento Valley Nooner - 544 | - | 1,698.15 |
| South Park Sobriety - 1015 | 100.00 | 225.00 |
| Spiritual Awakening - 2275 | 240.49 | 1,883.95 |
| Spiritual Awakenings Step Study -3174 | - | 375.00 |
| Spring Valley Men's Zoom | - | 50.00 |
| Sunday Beach Sun-Day - 568 | - | 219.00 |


| Group | Sep-21 | Ytd 21 |
|--------------------------------------|--------|----------|
| Sunday Kind of Love - 429 | - | 10.00 |
| Sunday Midday - 161 | - | 200.00 |
| Sunday Night Discussion - 212 | - | 16.00 |
| T.G.I.F. - 1658 | - | 373.00 |
| The 1st 164 - 2760 | - | 76.27 |
| The Common Solution - 3007 | - | 267.69 |
| The Gathering Of The Goddesses-2890 | - | 312.00 |
| The Gift - 2954 | - | 350.00 |
| The Hole In The Doughnut - 2737 | - | 290.50 |
| The Huddle in the Park - 3278 | 568.50 | 1,157.50 |
| * The Interstate Meeting | - | 50.00 |
| The Notorious M.I.T.P. - 3267 | - | 415.50 |
| The Other Meeting - 857 | - | 505.00 |
| The Rogue Meeting - 3338 | 730.41 | 4,480.75 |
| The We Group Speakers Group - 2739 | - | 1,401.34 |
| There is a Solution - 2680 | - | 380.00 |
| Three Legacies Study Group - 3230 | - | 56.09 |
| Thursday Steps - 646 | - | 638.70 |
| Tierrasanta Friday Night - 2645 | - | 250.00 |
| Tierrasanta Morning Serenity - 2811 | - | 60.00 |
| * Toes in the sand | - | 400.00 |
| *Trust God, Clean House, Help Others | - | 28.20 |
| Tues Night Mens Step Study - 1813 | 233.00 | 687.00 |
| Tuesday Morning Alpine - 440 | - | 183.38 |
| Tuesday Night Primary Purpose - 130 | - | 321.50 |
| Tuesday Night Sobriety - 708 | - | 20.00 |
| Tuesday Nite Live - 643 | - | 200.00 |
| Two A's Over Easy - 2106 | 50.00 | 175.00 |
| University City Disc.- 368 | 85.00 | 309.25 |
| University City Womens - 369 | - | 566.78 |
| Valley Girls - 2617 | - | 95.00 |
| Wake Up Call - 1932 | - | 500.00 |
| War Fever - 880 | - | 224.80 |
| Warm and Friendly - 42 | 150.00 | 250.00 |
| Water Walkers - 5 | - | 100.00 |
| Water Walkers Too - 1946 | 300.00 | 300.00 |
| Whistling In The Dark Mens - 2943 | - | 260.00 |
| Wholesale Miracle - 2474 | 110.00 | 534.50 |
| Womans Gut Level - 1701 | - | 65.00 |
| Women's Joy Of Living - 2636 | - | 414.25 |
| Women In Harmony - 1807 | - | 131.00 |
| Womens Attitude of Gratitude - 2751 | - | 375.50 |
| Womens Step Study - 296 | - | 548.85 |
| Womens Thursday Nite - 514 | - | 257.40 |
| Womens TLC - 2814 | - | 67.50 |
| Womens Way To Recovery - 838 | - | 150.00 |


Group Secretaries/Treasurers
Please include an email address with
your Group Contributions, if you
wish to receive a receipt





Thank You
 for supporting your
San Diego
Intergroup Central Office
 in carrying the message to the
 suffering alcoholic



Thank you to all of our Phone Volunteers!


We need you! After Hours Phone Volunteers are back at Central Office! It's a great way to
Carry the Message to the Still Suffering Alcoholic and We have nights available. Please call Judi or Lisa Ann at
619-265-8762 for more information

Central Office Notes



2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|--------------------------|--------------------|
| November 15 | Veteran's Day (Observed) | Monday |
| November 25 | Thanksgiving Day | Thursday |
| December 25 | Christmas Day | Saturday |

| | |
|------------------------------------|------------------|
| Group Contributions September 2021 | \$12,651 |
| Individual Contributions | 2,339 |
| SDIAA Contributions | 0 |
| Literature & Interest | 624 |
| Total Revenue | \$15,614 |
| Central Office Expenses | -14,214 |
| Committee Expenses | -452 |
| Total Expenses | -\$14,666 |
| September 2021 Net Revenue | \$948 |
| 2021 YTD Revenue | \$10,144 |

Schedules are Back!

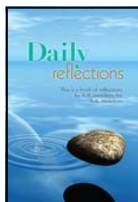
The Central Office Bookstore
has Schedules!

Stop in and get yours today

Still just \$0.65

We're here Mon—Fri 9:00 am—
5:00 pm, Sat 9:00 am—1:00 pm

November's Book of the Month
is "Daily Reflections", on sale for
\$8.25; plus tax, max 5



Central Office is Grateful for our Phone Volunteers!

We Need You!

All After Hours Phone Volunteers are
welcome to return to Central Office!
It's a great way to carry the message
to the still suffering alcoholic

- ◇ Easier access to the Meeting Schedule on the website
- ◇ Access to the 12 Step Volunteer List
- ◇ Netflix!
- ◇ Partner with a Sponsor/Sponsee—excellent opportunity to do step work

We have nights available! Call Judi at
619-265-8762 for more information

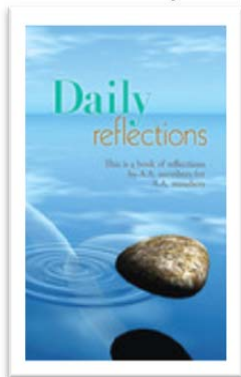


Daily Reflections

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

Daily Reflections, August 7, Page 228 "A 'Design for Living:'"

We in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, "a design for living" that really works. ALCOHOLICS ANONYMOUS, p. 28. I try each day to raise my heart and hands in thanks to God for showing me a "design for living" that really works through our beautiful Fellowship. But what, exactly, is this "design for living" that "really works"? For me, it is the practice of the Twelve Steps to the best of my ability, the continued awareness of a God who loves me unconditionally, and the hope that, in each new day, there is a purpose for my being. I am truly, truly blessed in the Fellowship. *Reprinted w/permission from A.A.W.S.*



SOUGHT
 DESPERATION
 DROWNING
 FLIMSY
 POWERFUL
 DESIGN
 LIVING
 HEART
 FELLOWSHIP
 WORKS

REALLY
 PRACTICE
 TWELVE
 STEPS
 AWARENESS
 HOPE
 UNCONDITIONALLY
 NEW DAY
 PURPOSE
 BLESSED

REED
 RAISE
 PROVED
 LOVING
 CONTINUED
 BEING
 HANDS
 ESCAPE
 GIVEN
 EXACTLY

81st Anniversary of AA in San Diego Open House

JOIN US TO CELEBRATE

AT SAN DIEGO
CENTRAL OFFICE
7075 MISSION GORGE RD

FOR MORE INFORMATION CALL
619-265-8762



SATURDAY, NOVEMBER 6, 2021

OPEN HOUSE BETWEEN 10 AM AND 1 PM

- CONTINENTAL BREAKFAST
- 15 MINUTE SPEAKERS ON SAN DIEGO AA HISTORY
 - 10:30 AM GARY U.
 - 11:30 AM SUZIE Z.
 - 12:30 PM SALLYE M.
- GUIDED TOURS OF THE ARCHIVE ROOM, BOOKSTORE AND VOLUNTEER AREA
- RAFFLES FOR PRIZES EVERY HOUR
- AA HISTORY SCAVENGER HUNTS

Unglum Lot

New! Monthly
Cartoon Feature



CartoonStock.com

Things to Do, And Places to Go

13th Annual Seniors in Sobriety International Hybrid Conference

When: Sunday-Wednesday, October 24-27

Where: Zoom & 998 West Mission Bay Dr.

Contact: Info@SeniorsInSobriety.com

San Diego AA 81st Anniversary Breakfast Open House

When: Saturday, November 6, 10:00 am-1:00 pm

Where: 7075 Mission Gorge Rd

Contact: Central Office 619-265-8762

Area 8

Structures & Guidelines Workshop

When: Saturday, October 30; 9:00 am to 11:00 am

Where: Zoom ID: 537 774 514; PW: 5890211

Contact: Central Office 619-265-8762

36th Annual ROOTS Event

Remember Our Old Timers' Stories

When: Sunday, November 28; 1:00 pm - 3:00 pm

Where: 3096 Harding St., Carlsbad

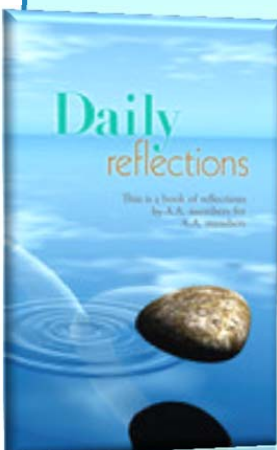
Contact: archives@area8aa.org

Excerpt from November Book of the Month:

Daily Reflections "Living It" Page 222

"The Spiritual life is not a theory. We have to live it. ~ ALCOHOLICS ANONYMOUS, p. 83 When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the whys that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear."

Reprinted with permission from A.A.W.S.



back to those old behaviors. I should never let my **emotions, or my ego draw me into conflict** with other troubled people. I must always try to take the high road in these situations. But what about when other people cross my boundaries in a negative way, do I have to be a doormat? No, I do not have to participate in it with them, if there is a way to remove myself from the situation, but I should not be judgmental either. I must refrain from pointing out that other person's faults.

To me, they are like my grandson's little classmate. They are all like, **KIDS LEARNING HOW TO DO LIFE**, and for me to engage in criticism in that situation would be like two old men in a care facility hitting each other with their canes because one was not walking fast enough for the other.

It sounds funny, but we do it every day. I am no better or worse than the next man. I may be further along the path than him, but no better. I pray for understanding and compassion in these situations. I must never judge a man on his surface behavior, I must have the strength to look deeper. We are *all just like those KIDS LEARNING HOW TO DO LIFE*.

A few months after that discussion with my grandson we were running a little late taking him to his Taekwondo class and he was in his child seat behind us in the car and I was bickering with my wife about getting there on time when he interrupted us saying "Guys, I can hear you." I responded by saying, "you should have been ready yourself" and he responded, "Grandpa, I am not a bad boy, I am just a kid learning how to do life." My wife and I broke out in laughter. God, I love that kid.

~ Rick R.

There's No Place Like Om

Continued from page 1

chapter on the Eleventh Step in *Twelve Steps and Twelve Traditions*. This suggests using the prayer of Saint Francis as a focus. "As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea...let us relax and breathe deeply of the spiritual atmosphere with which the grace of this prayer surrounds us." (12x12 pp. 99-100). This sounds doable, right?

My sponsor said to try this for half an hour. Let's begin, "Lord, make me a channel of thy peace..." Wait, how will I know when 30 minutes are up? I have heard of people going into a trance or falling asleep while meditating. I best set an alarm lest I go overtime and end up being late for my 8 o'clock meeting. The last time I was late I had to park on the street and that guy in the red pickup boxed me in! I couldn't leave until he had finished talking to some newcomer - took his own sweet time about it too.

All right, let me set my phone for 30 minutes...oh wait, there is a text from Phyllis. I really should get to this, might be something important about tonight's meeting...OK, not that important, I'll answer it later.

"Lord, make me a channel..." You know, I really need more focus here. Perhaps just sitting here on the sofa won't do it. I have seen others get into that Yoga position (Locust maybe?) while they meditate. Shouldn't be a problem, I'm

pretty fit, always do my stretches after going to the gym. Perhaps this will help me focus. OK, I'm sitting on the floor, and I'll just bend one leg this way, and put the other heel...Oh, Oh, Ow! OK that's not happening today. Note to self - warm up before meditating.

Back to Saint Francis, "Lord, make me a channel..." Oh my God, I almost forgot to set the DVR to record the Padres game! Going to miss part of it because of the H&I commitment. I certainly hope those folks on the psych ward appreciate the sacrifices we make to carry the message to them!

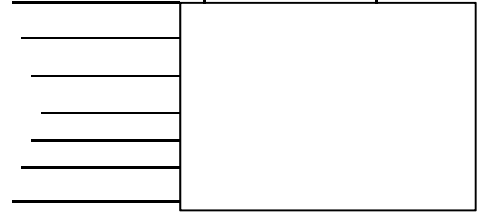
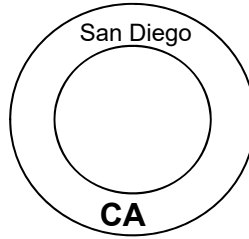
OK, DVR set to include possible extra innings. "...that where there is hatred, I may bring love - that where there is wrong, I may bring the spirit of forgiveness..." Damn! What a time for Fred next door to start using his leaf blower! I can't even begin to concentrate with all that noise. HEY! LET'S HAVE A LITTLE PEACE AND QUIET PLEASE! WE'RE TRYING TO MEDITATE IN HERE!

Uh Oh. There goes my phone. Wow, has it really been a half hour? I've heard people say that time just flies by when you meditate. Guess they are right. Can't wait to tell my sponsor that I really meditated! Maybe I can go a little longer the next time he tells me to do it.

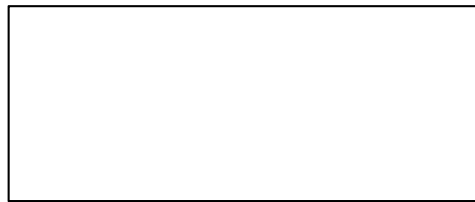
~ Blaine H.



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



RETURN SERVICE REQUEST



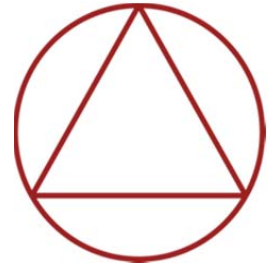
November

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | 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 | | | | |



aasandiego.org

The San Diego AA Coordinator



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

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.” *Reprinted from AA Big Book, page 60*

DECEMBER 2021
VOL. LXIX NO. 12

INSIDE...

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions pgs. 8-9
- Central Office Notes..... p. 10
- Word Search..... p.11
- NEW! Unglum Lot p. 13
- Upcoming Events..... p. 13

“Carry the AA Message”

Join the fun and submit an article!

January (due 12/4/21)

“Honesty...”

February (due 1/5/22)

“Trust and humility...”

March (due 2/6/21)

“The only requirement...”

Submit *your* 27 to 1,000-word story through the website at www.aasandiego.org using the “Submit” button in the Coordinator Newsletter section or email it to sdaa.newsletter@gmail.com.

The Values I Learned as a Child

An All-Encompassing Spiritual Roadmap

As I navigate my way through the program of Alcoholics Anonymous (A.A.), with only a limited education but a desire to learn all I can about life as it unfolds, it occurs to me that most of the things that the program teaches me are things I’ve have been taught before.

I learned the Ten Commandments in church. In the Boy Scouts, I learned that a scout is

Continued on Page 14

Step 12 in Action

Step 12. “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.”

Only a few weeks sober, I marched into my favorite bar in Santa Monica, California, and commenced to announce that I was attending AA meetings. I also pointed out to my imbibing friends that they were probably alcoholics and that they needed to join me, el pronto! Not only did my bar room popularity go south

Step Twelve

Freedom from all Unresolved Mental Issues

In chapter 11 in The Big Book (A VISION FOR YOU) it starts off by reminiscing about the early days of an alcoholic’s drinking and how it gave us the feeling that life was good, but not so in the later times.

It then talks about the hideous four horsemen, *Terror, Bewilderment, Frustration, and Despair*, and then the next line is: “*Unhappy drinkers who read this page will understand.*”

When I read that Chapter I knew that I was qualified, as it was the blueprint of my life, up to that

Continued on Page 3

“I also pointed out to my imbibing friends that they were probably alcoholics and that they needed to join me, el pronto!”

at that point, but so did our Eleventh Tradition of “attraction rather than promotion.”

Of course, I was ill prepared to carry the AA message. I had little notion what the Twelve Steps

Continued on Page 15

SAN DIEGO CENTRAL OFFICE

24 HOUR PHONE: (619) 265-8762

OUR WEB PAGE: www.aasandiego.orgE-MAIL: sdaaco@aol.com**OFFICE & BOOKSTORE:**

Mon-Fri 9 am to 5 pm and Sat 9 am to 1 pm

Central Office Manager: Judi T.

Administrative Assistant: Lisa Ann O.

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 publications are quoted. Contributions from A.A. members 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. 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, 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.

Coordinating Council Officers:

| | | |
|--------------------------------|----------|--|
| Council Chair | Susan | councilchair@aasandiego.org |
| Council Assistant | Aleksey | assistantchair@aasandiego.org |
| After Hours Phones | Renea | afterhoursphones@aasandiego.org |
| Business Committee | Tom | businesschair@aasandiego.org |
| Cooperation with Elderly (CEC) | Kenny | cecchair@aasandiego.org |
| Program Committee | Neely | program@aasandiego.org |
| Public Info | Sallye | publicinformation@aasandiego.org |
| Newsletter | Lisa Ann | sdaa.newsletter@gmail.com |

Area Officers:

| | | |
|--------------------|--------|--|
| Delegate | Jerry | delegate@area8aa.org |
| Alternate Delegate | Monty | alt-delegate@area8aa.org |
| Area Chair | Blaine | chairarea8@area8aa.org |
| Archives | John | archives8@area8aa.org |
| H & I Chair | Gerry | info@sdhandi.org |

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

Contributors: Rick R., Bob S.

December Theme: "12 Steps, 12 Traditions..."

To receive an electronic version of the newsletter

Please sign up to receive by email

Send request to: 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

**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 the [upload form](#).

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



The Importance of Step Twelve

Continued from page 1

moment. *What I didn't understand* was that drinking was but a symptom of a much deeper-rooted *emotional problem* and after many years of sobriety, I still had trouble articulating how one caused the other.

In the first paragraph of *Step Twelve* in the Twelve Steps and Twelve Traditions (12&12) it talks about finding *emotional sobriety*. What emotions are we talking about, that's what I wanted to know? As a child, I had very little supervision and I grew up in a dysfunctional environment. I did a lot of things that I was ashamed of, but I never knew how these things would come back to haunt me later in life. As I started drinking, it *immediately relieved me of the guilt and shame*, and it even gave me license to continue acting badly as long as I could rationalize and lie about my behavior. The only thing that I hadn't considered was that *I couldn't hide from my Conscience, and it plagued me* until I couldn't sleep at night without drinking myself into oblivion.

I had been a taker all my life. I never got enough of what I thought I needed. I was insecure. I had no self-esteem. No one had any respect for me except for the *(want to be)* losers like myself. *Guilt and shame, brought on by a hundred forms of fear ruled my mind.* Not a happy way to live!

Continued on page 14

Central Office Phone Calls and Website Hits

Central Office is grateful for our Volunteers

Phone volunteers: We want YOU back at Central Office

| Website Hits | October | Total |
|--------------|---------|-----------|
| | 71,436 | 7,941,195 |

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.

Happy Birthday to All!

Rex B. 5/27/84 37 years

Dignity Unlimited

Georgia C. 9/30/84 37 years

Clairemont Women's Step Study

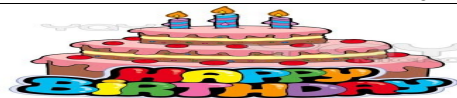
Alyce U. 10/23/86 35 years

La Mesa

Monte U. 11/22/81 40 years

EDIR

Stan "Bubba" M. 11/27/86 35 years



Birthday Gratitude

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.

Excerpts from **The "God" Word**
Agnostic and Atheist Members in A.A.

December 2021
Pamphlet of
the Month

Introduction

"A.A. is not a religious organization. Alcoholics Anonymous has only one requirement for membership, and that is the desire to stop drinking. There is room in A.A. for people of all shades of belief and non-belief." -- Page 5

Mikey's Story

"My character defects and shortcomings were all tied up with the urges and impulses of my former alcoholic life. The more I aligned my life with the principles of the Steps, the more clearly I was able to see the world, and the less frequently I found myself at the mercy of urges and impulses, anger and resentments; of guilt from harm done to others; or of just plain fears. I was being set free!"

-- Page 11

Sheila's Story

"I did realize, however, that I had a faith all along - not in a magic man in the sky, but in the power of nature. If I cut my hand, the cut will heal all by itself as long as I keep it clean. My body has been busy healing, recovering from the damage caused by alcohol. I believe that this also applies to my psychological well-being. With the help of the human power of compassion and unconditional support I get from the members of this Fellowship and the tools of the Twelve Step program, I can give this healing process a chance. It is certainly a power greater than myself." -- Page 12

The universe is my higher power

"Like everyone else, I am indebted to Bill W. and Dr. Bob, but I am also grateful to the part that Jimmy B. played in the Big Book. It is many years since my last drink. I am happy and contented. It's all down to the Fellowship." -- Page 16

Dean's Story

"After all this, I thought that I had wasted my time. My A.A. friends and sponsor didn't agree with me and pointed out that I had spent a year finding out what God *wasn't* for me. After sitting and sleeping on this for a while it dawned on me: out of everything that I had seen and learned in the past year, *it was OK to be an atheist in A.A.* My higher power is very much the love and wisdom I find in the rooms of A.A., and the beautiful things I see while walking in nature. I have no problem in using the word "God" with or without a capital G. My role now in A.A. is to carry the A.A. message to the still-suffering alcoholic, and that includes my journey in finding a God that works for me." --Page 13

Johnny's Story

"I believe that there is a place in the world and in A.A. for people who do not have the capacity to believe, and that we are no more or not greater oddities than those people who do believe. After all, faith is not something that you can buy ready for sale at a supermarket. You either believe or you don't believe, and if you don't, stop worrying about it. You can still stay sober." -- Page 17

Susan G., Council Chair opened the 911th with a moment of reflection followed by the "I am Responsible Declaration"

Area 8 Representative: Monty, Alternate Area Delegate, shared that on Saturday, November 13th there will be a Budget Assembly. It will be the last Budget Assembly of the year. It will be a hybrid event & a flyer can be found at aasandiego.org. Masks are required. On November 28th R.O.O.T.S, which stands for Remember Our Old Timers Stories will be held & information can be found on the Events page of the aasandiego.com website. Monty will have a new email next year as our Area 8 Delegate, Area8delegate72@gmail.com. Please visit area8aa.org for more information.

H & I Representative: Bill Twain G. that H&I there are many treatment facilities that are eager for panels but they do not have enough panel leaders or groups to fill them. Please encourage your group members to attend one of the two H&I Orientations: the third Thursday of every month online & the third Sunday of every month at Machinist's Hall in Kearny Mesa (information can be found on the Service Meetings page at aasandiego.com). Please go to sdhandi.org for more info.

Quorum was conducted by zoom poll function: 30 voted yes to being present as a Group Coordinator. Quorum is 21, so yes we have a quorum to conduct business tonight.

- Approved October 2021 Meeting Minutes

Intergroup Standing Committees Reports

After Hours Phones: Renea, Chair shared that:

1. There is a new sign-up sheet at Central Office for individuals to volunteer to answer phones in shifts on open nights when there is not a group committed to answer phones. Or you can email sdaaco@aol.com.
2. Thank you to all of the groups that volunteer. We still have 4 open nights – the 3rd, 18th, 20th & 26th – please announce at all of your meetings.
3. All groups that answer phones please let your volunteers know we are requesting that they return to answering phones live & in person at Central Office.
4. Our new phone system is up & running. All After Hour Group Coordinators please do not forget to email your volunteers' shifts & phone numbers to sdaaco@aol.com at least 24 hours in advance & by noon on Friday for the weekend shifts.
5. There is a new dedicated webpage on aasandiego.com which contains many helpful packets & documents, including the New Call Forwarding Instructions.

Business Committee: Tom M., Business Committee Chair reported:

The Business Committee met on Tuesday, November 9th, 2021 at 6:00 pm. Present: Tom, Nick, John, Susan, Aleksey & Judi
Absent: Rae; There was a quorum.

October 2021 Financial Summary:

Net Revenue is \$3,857. Our 2021 YTD Net Revenue is \$14,000. Group & Individual Contributions were \$16,200. Literature Sales Revenue & CD Bank Interest were \$658 while total office & committee expenses were \$13,001.

Central Office Manager's Report:

- November BOOK OF THE MONTH: 12x12, Soft Cover, Sale \$6.25, Reg. \$8.25 Max: 5
- December BOOK OF THE MONTH: All Grapevine Books, \$2 off, Mix & Match; Max: 5
- Meeting updates continue to be active on our website with ongoing daily changes. Changes to the Meeting Schedule are occurring at a rate of approximately 10 per week.
- We printed 1,000 Meeting Schedules in October & will be printing one more update in November for 2021.
- A new link for GSDYPAA was added to the website & a dedicated page for After Hours phones was added to the website.
- Anniversary Breakfast Open House was a great success! Thank you to everyone that volunteered to help out & especially to Lisa Ann for all of her assistance.
- Central Office will be closed on Monday, November 15 in observance of Veteran's Day & on Thursday, November 25 for Thanksgiving.
- Judi will be taking Friday, November 26 off. Lisa Ann will cover.
- Daytime Phone Volunteers
 - Need phone volunteers to fill in for sick time & vacations.
- The Business Committee approved an expenditure of \$269.00 plus tax for a new vacuum cleaner for Central Office.

Continued from Page 5

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair, shared that

1. The CEC presentation at the Seniors in Sobriety Convention at the Bahia October 25, 2021 was a great success & well received.
2. The CEC did a presentation for District 6 committee meeting on November 8, 2021. Please Note: If any Districts are interested in a CEC presentation at their monthly meetings, please email us at CECchair@asandiego.com.
3. Jean S. will move into the CEC Chair position starting in January 2022. CEC can always use volunteers to help.
4. The CEC Committee meets via Zoom every 2nd Wednesday at 6:30pm - ID: 847 4609 7919 - Passcode: SDCEC. The direct Zoom link is available at asandiego.com under Service Meetings. We will be skipping the December committee meeting & will meet next on Wednesday, January 12, 2022.

Coordinator Outreach: Brian V., Chair shared that

1. The Outreach Committee met & shared their progress. They have been trying to get to as many meetings as possible weekly & can use help.
2. This Committee needs more committee members to help with this effort. Please contact Brian at outreach@asandiego.com if you are available!

Orientation & Guidelines: Tim M., Chair shared that

1. Three Coordinators attended Orientation tonight at its new time.
2. All Coordinators are always welcome to attend Orientation at 6:15 prior to the Coordinating Council Meeting

Program Committee: No Report

Public Information Committee:

1. At next month's Committee Meeting the Committee will begin looking at the route's to determine which need service.
2. It has been a journey putting the Committee back in action post-pandemic & they could use help & more members! Please contact Sally M. at publicinformation@asandiego.com

Newsletter: Lisa Ann shared that

1. There is a new "Submit" button on the Coordinator Newsletter page on the asandiego.com website for all of the writers & poets out there to submit your stories & poems more easily.
2. There is a new featured cartoon now included in the newsletter called "Unglum Lot"
3. The Committee is actively working on putting together a page for the website of old articles from past Coordinator Newsletters but need help. It is simply a matter of being able to copy, paste & edit. If interested, please contact Lisa Ann at sdaa.newsletter@gmail.com
4. There are many ways that you can receive the monthly Coordinator Newsletter:
 - a. Email – simply email sdaaco@aol.com to receive the newsletter monthly by email or sign up at the Bookstore
 - b. Pick up a copy at the Bookstore – one or up to five per meeting
 - c. Read online every month on the Coordinator Newsletter page of the asandiego.com website
 - d. Sign up to join the "Buck a Month Club" – for \$15.00 per year you can have the Coordinator Newsletter mailed to your home.

OLD BUSINESS:

1. A poll was conducted to vote on the 2022 Central Office Budget. It was passed.

NEW BUSINESS:

1. Renea, After Hours Chair & Judi discussed the issue of groups not volunteering to answer phones & requested that Coordinators return to their groups with the idea of opening nights up to groups of individuals. This will be discussed further & voted on at next month's meeting.
2. Susan G., Council Chair, shared that the Central Office is in need of Bi-lingual members to be added to the 12-Step Call list. If you are available, please contact Judi at 619-265-8762 or email sdaaco@aol.com.
3. Susan G., Council Chair, shared on the importance of service & as commitments are rotating, suggested that meetings elect new Coordinators a month early & both outgoing & incoming Coordinators attend the December Council meeting.
4. Susan G., Council Chair, presented the budget for the Excess funds according the October 2021 Financials. A vote was taken via poll & the spending plan was passed.

Reminders:

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@asandiego.com or Judi T., Recording Secretary, at sdaaco@aol.com by 12/1/2021.
2. The Coordinating Council will meet on Zoom through the end on the year
3. If you are a new Coordinator tonight please email your name, phone number & the group that you are representing to Judi, Central Office Manager at sdaaco@aol.com

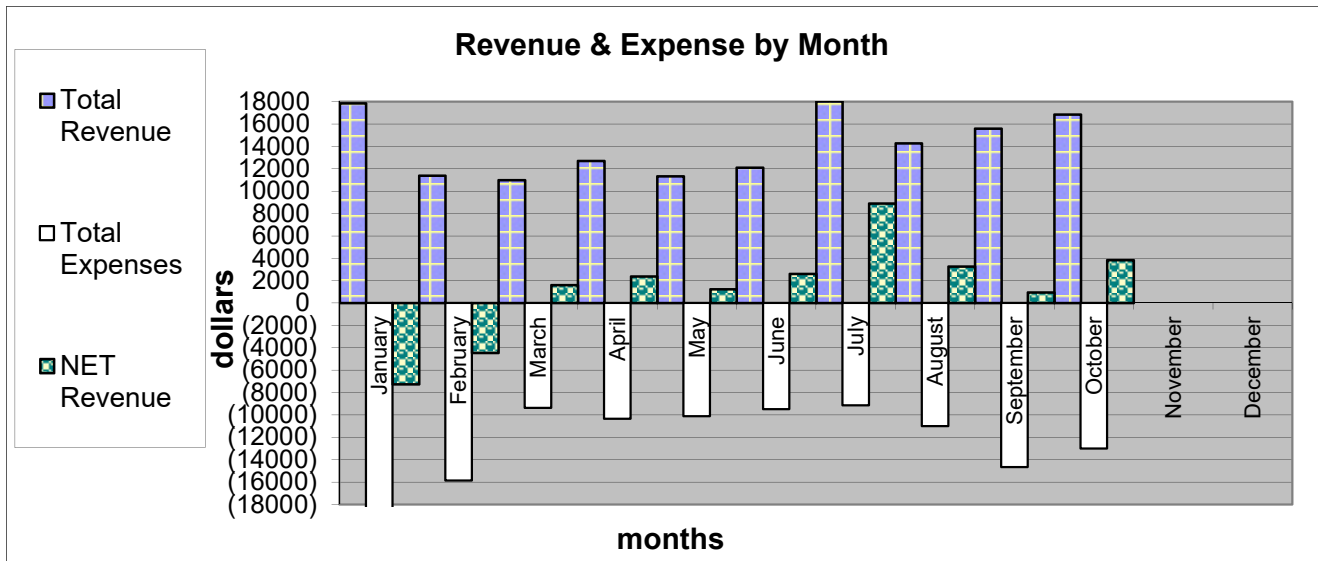
Closed with the Serenity Prayer

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of October 31, 2021

| | October 21 | October 20 | YTD '21 | YTD '20 | \$ Change | Budget '21 |
|------------------------------------|------------------|------------------|-------------------|-------------------|------------------|-------------------|
| Ordinary Revenue/Expense | | | | | | |
| Revenue | | | | | | |
| Contributions Group | 14,115.23 | 12,388.31 | 114,082.46 | 94,304.50 | 19,777.96 | 125,000.00 |
| Contributions Individual | 2,085.00 | 2,290.34 | 19,805.55 | 23,046.50 | (3,240.95) | 18,000.00 |
| Contributions SDIAA | - | - | - | 305.00 | (305.00) | 600.00 |
| Interest - Cert of Deposits | 37.68 | 62.48 | 386.93 | 1,581.34 | (1,194.41) | 400.00 |
| Literature Revenue (see schedule) | 619.51 | 339.79 | 6,827.02 | 4,488.16 | 2,338.86 | 11,830.00 |
| Total Revenue | 16,857.42 | 15,080.92 | 141,101.96 | 123,725.50 | 17,376.46 | 155,830.00 |
| Expense | | | | | | |
| Accounting & Legal | 60.00 | - | 3,052.40 | 2,480.00 | 572.40 | 2,930.00 |
| Auto/Travel/Seminar | 8.00 | 28.75 | 114.00 | 338.71 | (224.71) | 500.00 |
| Bank Service Charges | 10.00 | - | 131.51 | 114.24 | 17.27 | 50.00 |
| Cash (Over) Short | 5.03 | 14.08 | 7.06 | 169.37 | (162.31) | (50.00) |
| Equipment Maint & Repair | 51.36 | 51.36 | 555.59 | 513.60 | 41.99 | 750.00 |
| Equipment Purchase | - | - | 1,034.31 | - | 1,034.31 | 500.00 |
| Insurance | 103.75 | 133.40 | 1,247.65 | 693.28 | 554.37 | 800.00 |
| Office Maint. & Repairs | 40.00 | 25.00 | 616.91 | 135.00 | 481.91 | 500.00 |
| Office Supplies | 106.05 | 79.58 | 2,244.95 | 1,490.04 | 754.91 | 3,000.00 |
| Rent | 1,980.00 | 1,940.00 | 19,640.00 | 19,240.00 | 400.00 | 23,600.00 |
| Taxes | - | - | 50.00 | 80.00 | (30.00) | 80.00 |
| Telephone | 212.73 | 211.72 | 2,516.67 | 1,374.46 | 1,142.21 | 1,765.00 |
| Utilities-Electricity | 362.37 | 275.53 | 2,578.41 | 2,645.33 | (66.92) | 3,500.00 |
| Website | 20.85 | 20.85 | 168.73 | 107.30 | 61.43 | 750.00 |
| EMPLOYEES | | | - | - | | |
| Accrued Payroll Taxes | 572.37 | 539.53 | 7,805.16 | 5,854.02 | 1,951.14 | 7,560.00 |
| Employee Wages | 6,690.11 | 7,052.70 | 73,265.63 | 69,021.60 | 4,244.03 | 79,999.00 |
| Employee 403B Contribution | - | 156.00 | 155.00 | 2,066.00 | (1,911.00) | 155.00 |
| Employee Health Benefit | 653.13 | 800.37 | 6,714.52 | 8,003.70 | (1,289.18) | 7,824.00 |
| Insurance-Worker's Comp | 43.16 | 43.25 | 425.95 | 431.33 | (5.38) | 500.00 |
| Total Office Expense | 10,918.91 | 11,372.12 | 122,324.45 | 114,757.98 | 7,566.47 | 134,713.00 |
| Standing Committees Expense | 2,081.70 | 159.67 | 4,777.08 | 2,732.22 | 2,044.86 | 7,370.00 |
| (see schedule) | | | | | | |
| Total Expense | 13,000.61 | 11,531.79 | 127,101.53 | 117,490.20 | 9,611.33 | 142,083.00 |
| Net Revenue | 3,856.81 | 3,549.13 | 14,000.43 | 6,235.30 | 7,765.13 | 13,747.00 |



Group Contributions October 2021

| Group | Oct-21 | Ytd 21 | Group | Oct-21 | Ytd 21 |
|---------------------------------------|----------|----------|-------------------------------------|--------|----------|
| 11th Step Journey - 2622 | - | 2.73 | Friday Happy Hour - 2821 | - | 75.00 |
| 3 O'Clocker - 2201 | - | 200.00 | Friday Morning Womens - 104 | - | 190.00 |
| 4077 Mash Step 11 - 2027 | - | 472.50 | Friday Night Irregulars - 2889 | - | 272.67 |
| 52 From The Big Blue | - | 183.50 | Friday Night Mens - 188 | - | 610.00 |
| 5.30 Meditation - 3085 | - | 293.00 | Friday Night Santee - 1754 | - | 300.00 |
| 830 Every Morning Group | - | 516.00 | Garnet Group - 1129 | 259.00 | 259.00 |
| A Sense Of Belonging Womens - 1205 | - | 107.00 | Gifts of Grace Womens - 2564 | - | 92.06 |
| A Vision For You - 2812 | 10.00 | 436.00 | Gilman Group - 1988 | - | 175.59 |
| A Womens Meeting -1717 | - | 881.00 | God Squad Too - 2809 | 92.30 | 319.33 |
| AA By The Bay - 629 | 75.00 | 175.00 | Good Morning AA - 1888 | - | 906.00 |
| Adams Avenue Big Book Study - 1892 | - | 100.00 | Great Fact Group - 895 | - | 330.00 |
| Alpine Group - 6 | - | 50.00 | Grupo Gringo - 1305 | - | 550.00 |
| Alpine Mixed Step Study - 2621 | 50.00 | 50.00 | GSDYPAA | - | 407.77 |
| Artists in Sobriety - 2459 | - | 61.00 | Happy Hour Meeting - 1038 | 47.68 | 47.68 |
| At One With Each Other - 789 | - | 83.50 | Harmony Group - 585 | 970.00 | 2,565.00 |
| B.Y.O.B. (North Park) - 203 | 74.00 | 820.00 | Haul Your Hiney Out Of Bed - 704 | - | 450.00 |
| Back Country - 3131 | - | 45.00 | Hi-Nooners - 673 | - | 187.80 |
| Back to Basics - 1026 | - | 500.00 | HOW @ Noon - 2998 | - | 285.00 |
| Back To Basics For Women - 1675 | - | 400.00 | Hwy 80 AA - 2722 | - | 90.00 |
| Barefoot - 139 | 100.00 | 100.00 | I. B. Steps & Traditions - 3003 | - | 50.00 |
| Bayside Bonfire Group - 1139 | - | 204.55 | I. B. Up - 2565 | - | 625.00 |
| Beautiful Beginnings - 552 | - | 280.50 | IB Sober - 3161 | 10.00 | 52.00 |
| Big Bon-Fire Meeting - 1894 | - | 447.50 | Imperial Mens Group - 869 | - | 300.00 |
| Bonita Boozers - 2179 | 83.00 | 153.00 | It's In The Book - 3084 | - | 190.72 |
| Bonita Womens Big Book Study - 3112 | 460.00 | 745.00 | Jaywalkers - 3100 | - | 425.00 |
| Burning Desire - 3273 | 115.00 | 115.00 | Joy Of Living - 2787 | - | 129.00 |
| BYOB Book Study (Ramona) - 3094 | - | 25.00 | Just Us Girls - 929 | - | 134.60 |
| Carrying the Message - 2458 | 100.00 | 150.00 | Kick Start Your Heart - 2430 | - | 40.00 |
| Casa De Oro Tradition Five - 503 | - | 366.50 | Knuckleheads - 3182 | - | 615.00 |
| Casa De Oro Weds Nite - 2049 | - | 219.49 | La Jolla Discussion Group - 85 | 60.00 | 310.00 |
| Cedar Street Mens - 1698 | - | 631.50 | La Jolla Mens - 692 | - | 153.36 |
| Chula Vista 4 Min Speakers - 1568 | - | 450.00 | La Jolla Monday Womens - 87 | - | 748.00 |
| Clairemont Mens - 301 | 540.00 | 1,250.00 | La Jolla Nonsmokers Disc - 88 | - | 250.00 |
| Clairemont Mixed Discussion - 338 | - | 100.00 | La Jolla Pump House Group - 696 | - | 420.00 |
| Clairemont Womens Discussion - 340 | - | 340.00 | La Jolla Sunrise - 2684 | - | 2,050.00 |
| Clairemont Womens Step Study - 341 | - | 1,245.00 | La Mesa 12 X12 - 2588 | - | 254.00 |
| Class Acts - 1845 | - | 116.40 | La Mesa Mens - 106 | - | 1,000.00 |
| Coffee Clutchers - 2332 | - | 750.00 | La Mesa Open Discussion - 107 | 100.00 | 300.00 |
| Conscious Contact Big Book - 2762 | - | 20.00 | La Mesa Step Study Workshop - 1621 | - | 162.16 |
| Conscious Contact Meditation - 2834 | 10.00 | 90.00 | La Mesa Womens Sat. Morning - 416 | 0.00 | 1,697.75 |
| D.D.G.T.M. - 767 | - | 125.00 | Lake Morena Sink or Swim - 2830 | - | 150.00 |
| Daily Reflection - 3114 | - | 460.00 | Lake Murray Womens - 572 | - | 125.00 |
| Daily Reprieve - 3199 | - | 50.00 | Late Risers - 473 | - | 150.00 |
| Dawn Patrol - 263 | 20.00 | 932.00 | Lemon Grove Speakers - 2574 | - | 200.00 |
| Descanso Mens Step Study - 3010 | 47.66 | 147.66 | Letting Go Womens - 3189 | - | 150.00 |
| Designs For Living - 488 | 250.00 | 355.00 | Linda Vista Mens - 320 | - | 25.00 |
| Dignity Unlimited - 205 | - | 600.00 | Living Free - 477 | 10.00 | 520.00 |
| Doctors&Lawyers & Professionals - 391 | - | 660.95 | Lunchtime Friends - 964 | - | 52.40 |
| Downtown Discussion - 1665 | - | 243.95 | Lushes Lunch Tuesday - 2641 | 0.00 | 197.00 |
| Drunks Only - 1605 | 1,167.00 | 1,167.00 | Mast Park Meeting | - | 733.92 |
| Each Day A New Beginning - 509 | - | 126.00 | Meetin' in the Ladies Room - 2614 | - | 105.00 |
| Early Morning Recovery - 2688 | - | 705.00 | Mens Focused Step Study - 3217 | 321.00 | 883.00 |
| Early Risers (Coronado) - 1525 | - | 10.00 | Mens Jelly Donut - 3118 | - | 24.00 |
| Early Risers (PB) - 264 | 245.00 | 245.00 | Mens Step Study - 965 | 0.00 | 163.00 |
| East Co. Young People Rule 62 - 2797 | - | 200.00 | Mens Structured Step Study - 1469 | - | 115.75 |
| East Side Group - 101 | - | 60.00 | Mid-Week Mens - 560 | 205.00 | 1,168.00 |
| Eastlake Greens Attitude Adj. - 2712 | - | 70.00 | Mid-Week Mens ZOOM - 3243 | 125.00 | 764.01 |
| Eastlake Greens Attitude Adj. - 2691 | - | 150.00 | Midday Miracles- 3242 | 78.00 | 825.00 |
| Eastlake New Beginnings S/S - 2673 | - | 20.00 | Midway Bridge - 2171 | - | 126.65 |
| Easy Does It Riders - 21 | - | 156.00 | Mira Mesa Early Risers - 967 | - | 100.00 |
| Easy Does It Speakers - 114 | 100.00 | 200.00 | Mira Mesa Sunday Morning Mens - 693 | - | 84.20 |
| Easy Risers - 854 | - | 60.00 | Miracles on Mondays - 565 | - | 150.00 |
| Educational Variety Mens - 3244 | 100.00 | 200.00 | Mission Bay Speakers - 1692 | - | 200.00 |
| El Cajon Beginners - 2876 | - | 225.75 | Mission Hills Beginners - 1612 | - | 200.00 |
| El Cajon Womens Serenity - 77 | - | 281.98 | Mission Hills Late Night - 2773 | - | 193.00 |
| Emotional Sobriety (Hillcrest) - 2536 | 50.00 | 229.00 | Mission Hills Lunch Bunch - 2675 | - | 300.00 |
| Evening Serenity - 2305 | 210.00 | 210.00 | Mission Possible - 131 | - | 325.00 |
| Every Night at Six - 3241 | - | 783.00 | Mixed In The Park | - | 225.00 |
| Everynighters Online - 2997 | - | 447.54 | Monday At A Time - 2875 | - | 473.00 |
| First Mira Mesa Mens - 300 | 144.00 | 165.50 | Monday Night Live - 3219 | - | 150.00 |
| Fletcher Hills Smokeless - 59 | - | 280.00 | Motivation Monday - 3254 | - | 94.50 |
| Forgiveness Friday - 3258 | - | 130.80 | Mountain Steps - 2822 | - | 90.00 |
| Free At Last - 2888 | - | 300.00 | Mt Soledad Mens - 717 | 350.00 | 2,050.00 |
| Fresh Start Beginners - 2609 | - | 957.78 | Nightly Discussion - 3248 | - | 171.13 |

Group Contributions October 2021

| Group | Oct-21 | Ytd 21 |
|--|--------|----------|
| No Matter What Woman's Group - 2325 | - | 96.88 |
| Noon At The Grove - 628 | - | 400.00 |
| Noon with a View Beginners Meeting | - | 5,039.60 |
| Nooners Anonymous - 1164 | - | 250.00 |
| Noontime on the Patio - 2203 | - | 107.69 |
| North Clairemont - 1102 | 150.00 | 507.00 |
| North Park Mens - 465 | 38.20 | 650.43 |
| North Shores Breakfast - 275 | 150.00 | 300.00 |
| Not Alone Speakers Group - 1652 | 100.00 | 100.00 |
| OB Peer Group - 2130 | 140.00 | 140.00 |
| Old Timers Group - 2037 | - | 50.00 |
| Old Town Speakers - 321 | - | 540.00 |
| One Step Ahead - 715 | - | 57.00 |
| Open Minded Mens - 626 | - | 426.50 |
| Original Anonymous Anonymous - 154 | - | 150.00 |
| Over The Bridge - 2689 | - | 781.75 |
| Pacific Beach Weekend Warmup - 725 | - | 175.00 |
| Pass It On Big Book Study Group -2860 | - | 920.80 |
| Phone at the Grove | - | 40.00 |
| Poinsettia Group - 2210 | - | 75.00 |
| Point Loma Mens - 245 | - | 228.00 |
| Point Loma Nooners - 1606 | - | 200.00 |
| Primary Purpose Group (Hillcrest)-3151 | - | 280.00 |
| Progress Rather Than Perfection - 2682 | - | 400.00 |
| Pt Loma Womens Discussion - 1608 | - | 475.00 |
| Radical Acceptance Meeting - 2961 | - | 3,415.80 |
| RAM-Z | - | 50.00 |
| Resentment and A Coffee Pot - 2561 | 207.00 | 207.00 |
| Riding Sober - 3054 | - | 500.00 |
| Rise & Shine - 2170 | 787.23 | 2,844.70 |
| Rule 62 Group - 927 | 100.00 | 100.00 |
| Rule 62 Noon Discussion - 2947 | - | 275.00 |
| Safe Sane and Sober - 1350 | 388.50 | 388.50 |
| San Carlos Single Purpose - 583 | 137.06 | 187.06 |
| Santee Mens Group - 2972 | - | 354.00 |
| Santee Saturday Night Speakers - 2656 | - | 540.00 |
| Santee Serenity - 3040 | - | 50.00 |
| Santee Serenity Group - 1943 | - | 600.00 |
| Santee Simple Step Study - 2707 | - | 358.00 |
| Sat Mens Early Awakening - 2209 | 150.00 | 414.89 |
| Saturday A.M. Live - 782 | - | 50.00 |
| Saturday Morning Sanity - 1989 | 150.00 | 150.00 |
| Scripps Ranch Men's Two - 2776 | 445.60 | 545.60 |
| Scripps Ranch Mens - 3168 | - | 411.95 |
| Serenity @ 5107 - 2976 | - | 223.05 |
| Serenity at the Cove - 3271 | - | 135.00 |
| Sisters In Sobriety - 3127 | - | 373.00 |
| Sober Camel Speakers Meeting - 2296 | - | 56.23 |
| Sober Minded Leather Folk - 1882 | - | 174.59 |
| Sober Nooners - 196 | - | 400.00 |
| Sober On Sat Book Study - 2193 | - | 30.00 |
| Sober Roses Womens Step Study-2946 | - | 40.00 |
| Sobriety At All Cost - 3006 | - | 463.00 |
| Sobriety On State And Date - 2697 | - | 172.31 |
| Sons of God - 2789 | 500.00 | 1,493.00 |
| Sorrento Valley Nooner - 544 | 312.50 | 2,010.65 |
| South Park Sobriety - 1015 | - | 225.00 |

| Group | Oct-21 | Ytd 21 |
|---------------------------------------|----------|----------|
| Spiritual Awakening - 2275 | 4,898.61 | 2,373.56 |
| Spiritual Awakenings Step Study -3174 | - | 375.00 |
| Spring Valley Men's Zoom | - | 50.00 |
| Sunday Beach Sun-Day - 568 | 150.00 | 369.00 |
| Sunday Keep it Simple - 3348 | 10.00 | 10.00 |
| Sunday Kind of Love - 429 | - | 10.00 |
| Sunday Midday - 161 | - | 200.00 |
| Sunday Morning Sunshine - 407 | 100.00 | 100.00 |
| Sunday Night Discussion - 212 | - | 16.00 |
| T.G.I.F. - 1658 | 205.50 | 578.50 |
| The 1st 164 - 2760 | - | 76.27 |
| The Common Solution - 3007 | - | 267.69 |
| The Gathering Of The Goddesses-2890 | - | 312.00 |
| The Gift - 2954 | 200.00 | 550.00 |
| The Hole In The Doughnut - 2737 | - | 290.50 |
| The Huddle in the Park - 3278 | 527.00 | 1,684.50 |
| The Interstate Meeting | - | 50.00 |
| The Language of the Heart - 3066 | 47.66 | 47.66 |
| The Notorious M.I.T.P. - 3267 | 265.66 | 681.16 |
| The Other Meeting - 857 | - | 505.00 |
| The Rogue Meeting - 3338 | 278.00 | 4,758.75 |
| The We Group Speakers Group - 2739 | - | 1,401.34 |
| There is a Solution - 2680 | - | 380.00 |
| Three Legacies Group - 2194 | 60.00 | 60.00 |
| Three Legacies Study Group - 3230 | - | 56.09 |
| Thurs Nite Mens Big Book Study - 1748 | 110.00 | 110.00 |
| Thursday Steps - 646 | - | 638.70 |
| Tierrasanta Friday Night - 2645 | - | 250.00 |
| Tierrasanta Morning Serenity - 2811 | - | 60.00 |
| Toes in the sand | - | 400.00 |
| Trust God, Clean House, Help Others | - | 28.20 |
| Tues Night Mens Step Study - 1813 | - | 687.00 |
| Tuesday AA Step Study - 937 | 50.00 | 50.00 |
| Tuesday Morning Alpine - 440 | 101.00 | 284.38 |
| Tuesday Night Primary Purpose - 130 | - | 321.50 |
| Tuesday Night Sobriety - 708 | - | 20.00 |
| Tuesday Nite Live - 643 | - | 200.00 |
| Two A's Over Easy - 2106 | 50.00 | 225.00 |
| University City Disc.- 368 | - | 309.25 |
| University City Womens - 369 | 95.00 | 661.78 |
| Valley Girls - 2617 | - | 95.00 |
| Wake Up Call - 1932 | 475.00 | 975.00 |
| War Fever - 880 | - | 224.80 |
| Warm and Friendly - 42 | - | 250.00 |
| Water Walkers - 5 | - | 100.00 |
| Water Walkers Too - 1946 | - | 300.00 |
| Whistling In The Dark Mens - 2943 | - | 260.00 |
| White Flag Outdoors - 2788 | 370.50 | 370.50 |
| Wholesale Miracle - 2474 | 32.00 | 566.50 |
| Womans Gut Level - 1701 | - | 65.00 |
| Women's Joy Of Living - 2636 | - | 414.25 |
| Women In Harmony - 1807 | - | 131.00 |
| Womens Attitude of Gratitude - 2751 | - | 375.50 |
| Womens Step Study - 296 | 124.77 | 673.62 |
| Womens Thursday Nite - 514 | - | 257.40 |
| Womens TLC - 2814 | - | 67.50 |
| Womens Way To Recovery - 838 | - | 150.00 |

Group Secretaries/Treasurers
 Please include an email address with
 your Group Contributions, if you
 wish to receive a receipt



Thank You
 for supporting your
 San Diego
 Intergroup Central Office
 in carrying the message to the
 suffering alcoholic

Central Office Notes



2021 Holidays - Central Office/Bookstore Closed

| <u>DATE</u> | <u>HOLIDAY</u> | <u>DAY OF WEEK</u> |
|-------------|----------------|--------------------|
| December 25 | Christmas Day | Saturday |

| | |
|----------------------------------|------------------|
| October 2021 Group Contributions | \$14,115 |
| Individual Contributions | 2,085 |
| Literature & Interest | 657 |
| Total Revenue | \$16,857 |
| Central Office Expenses | -10,919 |
| Committee Expenses | -2,081 |
| Total Expenses | -\$13,000 |
| October 2021 Net Revenue | \$3,857 |
| 2021 YTD Revenue | \$14,000 |

The San Diego Intergroup has been very generous in 2021 and to show our appreciation from now until the end of the year all members will receive 25% off all bookstore purchases*. Plus All Big Books—any format—are an additional \$2 off! Now until the end of the year. It's our way of saying Thank you San Diego!



*except pamphlet racks

Central Office is Grateful for our Phone Volunteers! We Need You!

All After Hours Phone Volunteers are welcome to return to Central Office! It's a great way to carry the message to the still suffering alcoholic

- ◇ Easier access to the Meeting Schedule on the website
- ◇ Access to the 12 Step Volunteer List
- ◇ Netflix!
- ◇ Partner with a Sponsor/Sponsee—excellent opportunity to do step work

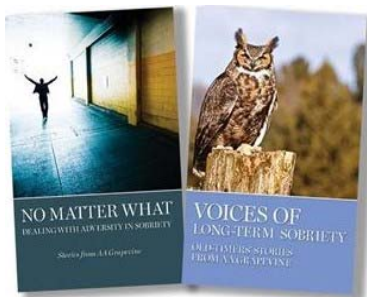
We have nights available! Call Judi at 619-265-8762 for more information



Grapevine Book Titles



AA Grapevine books are selected stories on various topics from the AA Grapevine magazine. All Grapevine books are on sale in December for \$2.00 off! Titles include: *A Rabbit Walks into a Bar*; *AA in the Military*; *Beginners Book*; *Daily Quotes*; *Emotional Sobriety*; *Forming True Partnerships*; *Free On The Inside*; *Happy Joyous & Free*; *I am Responsible: The Hand of AA*; *In our Own Words: Young People*; *Into Action*; *Language of the Heart*; *Making Amends*; *No Matter What*; *One Big Tent*; *One on One*; *Our Twelve Traditions*; *Prayer and Meditation*; *Sober and Out*; *Spiritual Awakenings*; *Step by Step*; *Take Me to Your Sponsor*; *The Home Group*; *Voices of Long Term Sobriety*; *Voices of Women in AA*; *Young and Sober*



EMOTIONAL
 SOBRIETY
 SOBER
 OUT
 RABBIT
 LANGUAGE
 AMENDS
 TENT
 PRAYER
 MEDITATION

WOMEN
 LONG TERM
 YOUNG
 HAND
 ONE ON ONE
 SPONSOR
 PARTNERSHIPS
 QUOTES
 MILITARY
 VOICES

HAPPY
 JOYOUS
 FREE
 BEGINNERS
 RESPONSIBLE
 INSIDE
 SPIRITUAL
 AWAKENINGS
 STEP
 HEART

NEW YEAR'S EVE 2021 SPEAKER MEETING and DANCE



7:00 p.m. Speaker Meeting

Open Meeting - - - All are welcome!

9:00 p.m. Sober Dance

Music by DJ Alan Walker

\$15.00

Get Your Dance Tickets Early!

Occupancy Limited to 280 Persons..

For Tickets

Email: nyesoberdance.event@gmail.com

1936 Quivira Way, San Diego, CA 92109

Conference Center - Free Parking

*In compliance with Covid-19 safety mandates
snacks will not be available - only bottled water*

Things to Do, And Places to Go

For more details, see the event flyers on the San Diego AA website www.AASanDiego.org

36th Annual ROOTS Event Remember Our Old Timers' Stories

When: Sunday, November 28; 1:00 pm - 3:00 pm

Where: 3096 Harding St., Carlsbad

Contact: archives@area8aa.org

6th Hispanic Women's Workshop

When: Saturday, December 4; 7:30 am - 5:00 pm

Where: Zoom and 220 S. Fair Lane, Tempe, AZ

Contact: aatallermujerhispana@gmail.com

South Bay Pioneers 2021 Alcathons

When: Christmas 1:30 pm 12/24 to 12:00 pm 12/25

New Year's 1:30 pm 12/31 to 12:00 pm 1/1

Where: 270 C St, Chula Vista

Contact Central office: 619-265-8762

New Year's Eve Speaker Meeting and Dance

When: 12/31; 7:00 pm (speaker) 9:00 pm (dance)

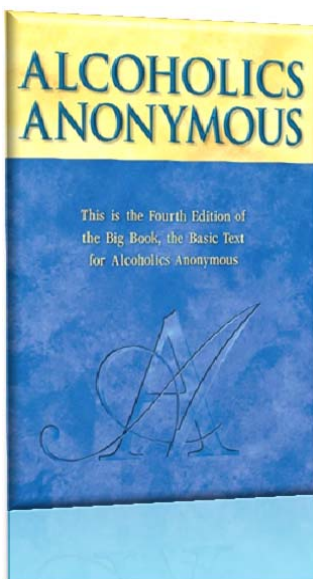
Where: 1936 Quivira Way, San Diego

Contact: nyesoberdance.event@gmail.com

For more details, see the event flyers on the San Diego AA website www.AASanDiego.org

Unglum Lot

Monthly Cartoon Feature



December Book of the Month: Any Grapevine Book, Plus ALL Big Book formats \$2.00 off

Excerpt from *Alcoholics Anonymous*, p. 87-88

"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 burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."

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The Values I Learned as a Child

Continued from page 1

Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent. In sports I learned of Teamwork and of Disappointment. In kindergarten, I learned to play fair in the sand box, and I also heard of the Golden Rule.

These things have been around long before me and even before A.A; so, where did I go wrong?

I, like most of us that come into the program, had a myriad of personal problems, and at first, I believed that those life issues including Marital, Legal, Economic, Physical, etc.; were the cause of my drinking the way I did.

At that time, I was not sophisticated enough to understand the ins and

outs of these things. I am not sure that anyone can just drop what they have been conditioned to do just because they quit drinking.

There must be more to it than that. If, at first, we are fortunate enough to envision the wonderful life we can experience as the result of fully embracing this program, we will first want to clear up the wreckage of the past.

This we can do by thoroughly going through the steps in the

spirit that they were intended, being careful not to hold back anything. As we approach the twelfth step, we are introduced to the Saint Francis prayer in the 12&12.

Francis was not a saint when he wrote this prayer, but he expresses that these virtues were the answer to all the misguided thinking of the past. Note that not one of his requests is for help with things that are of a selfish or material nature.

I am not affiliated with any religious organization, but I am not threatened by religious doctrines, and I agree with the statement on pg. 87 of the Big

TREAT Others
as YOU want
TO BE TREATED



Book: "Be quick to see where religious people are right. Make use of what they offer."

I am sometimes honored when a newer member of the program asks for some guidance and I will usually suggest that he/she write out this prayer in long-hand, paste

it on his/her mirror and read it every day for a minimum of 30 days, and I guarantee that it will influence your thinking for the rest of your life. It did for me.

I do not know of a more practical thing to set the tone for a person's interactions with others. Thinking back on it, I always knew the right thing to do, but was not always strong enough to do it. I dismissed these things, not realizing the pain that would result as I lost my direction in life. The Saint Francis prayer is one of the ways in which the program suggests we revisit our early value system. It gives us some spiritual direction that deals with the change in our inner self, which, if we heal in that area, the material world will take care of itself.

When faced with a sticky situation, I have a choice whether to escalate it or to back off and withdraw with love and understanding. After years of trying my best to live in the spirit of this prayer, it occurred to me that, as the result, I qualify in all those things I learned as a child, in church, in the Boy Scouts, in Kindergarten, The Golden Rule, and in childhood sports. To me, it is an ALL-ENCOMPASSING SPIRITUAL roadmap.

~ Rick R.

The Importance of Step Twelve

Continued from page 3

When they ask me what freedom I cherish the most as the result of practicing the program, most of my fellow members would expect me to say freedom from Alcohol but, they would be mistaken. I would reply that the *freedom from*

all those unresolved mental issues that plagued me to the point that only a drink would quiet my mind.

The hope that I experienced the minute I embraced this program, at the level of my innermost self, removed the obsession to drink alcohol and it has never returned. I no longer have any fear of alcohol. Having cleaned up the wreckage of the past by thoroughly taking the steps and ridding myself of selfish motives, my conscience is clear. My self-esteem is High, and the feeling of wellbeing is my constant companion.

I'm so glad that I didn't fall into that category that become complacent and think that I could rest on my laurels (as they say) at any point, as I understand the meaning of Step Twelve suggests, *Practicing These Principles in all our Affairs*. I try always to be an asset and never a liability. I am neither a victim nor perpetrator. I am always willing to make things right as best I can. I can be trusted and relied upon. I feel that I am on the positive side of the ledger.

Peace of mind and a quiet heart have been my goal ever since I entered A.A. and I am happy to say that I haven't been disappointed. One of my favorite prayers is: *Thank You God; it's everything you promised it would be.*

~ Rick R

Step 12 in Action

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were, save from my own vague interpretations from the club house pull-down shades. My honeymoon enthusiasm did not qualify me as having had a "spiritual experience (or awakening) as the result of these steps." (Spiritual Experience

means suddenly. Spiritual Awakening means slowly – p. 567)

Eventually, after absorbing the clear-cut directions from the Big Book, I busily began sharing my newfound sobriety with other members, but when some of them relapsed I was disappointed. However, I took solace in that Step Twelve tells us only that: "we tried."

However, I believe that it is vitally important that I continue to keep on trying regardless of results:

"Nothing will so much insure immunity from drinking than intensive work with other alcoholics." (P. 89). Vital means lifesaving – that means me!

I have found it best **not** to dwell on the steps when making my first visit to a newcomer, but to casually drift the conversation into some of my drinking experience, good and bad; happy and sad; but explain why I needed to stay sober. Then explain how the AA fellowship helped me to obtain my period of sobriety. Of course, never mention that he or she is an alcoholic – this is best for them to ascertain!

I believe it is best to bring out the aspects of AA that will dispel any preconceived fear, such as: "The only requirement for membership is a desire to stop drinking;" explaining our principle of anonymity; that we have no dues or fees; that we have no rules or laws; that AA is not affiliated with any religion or outside organization. Explain that we are

not a treatment center, although we sometimes cooperate with treatment facilities. I believe it is important to tell how we have grown to over two-million members around the world in the last eighty-plus years. The point is to replace newcomer doubt with hope! Then I like to share about my personal sobriety. The point

that the new person will have hopeful expectations before his or her first meeting.

Upon leaving This "first meeting" I

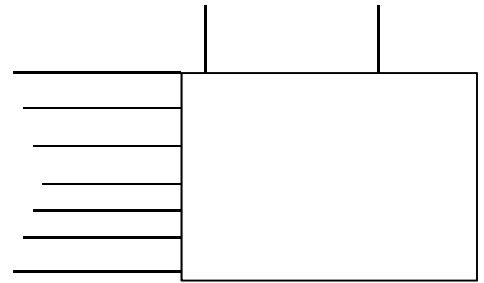
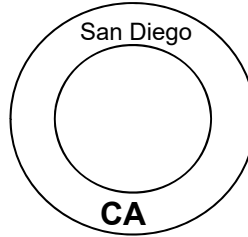
believe it is paramount that the new person leaves with appropriate literature from the meeting rack, but not too much – just three or four. The titles make it obvious what ones are appropriate. If the new person leaves with a Big Book, I never tell them to read the first 164 pages – maybe just THE DOCTORS OPINION, along with some of the personal stories. A farmer once told me: "You don't feed a newborn calf a bale of hay, but just a little milk."

Of course, point out from the meeting directory where the next meeting might be best and exchange phone numbers or email addresses. If time allows, I like to have a meeting- after-the-meeting to provide a welcome and happy atmosphere. First impressions are very important for a lost and lonesome new AA member. Just my thoughts.

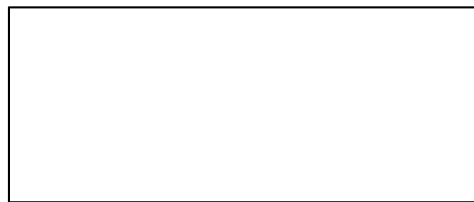
~ Bob S.



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RETURN SERVICE REQUEST



December

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