



# The San Diego AA Coordinator



[aasandiego.org](http://aasandiego.org)

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

“We admitted we were powerless over alcohol -- that our lives had become unmanageable.” *Reprinted from AA Big Book, page 59*

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*“Carry the AA Message”*

Join the fun and submit an article!

**February (due 1/5/22)**

“Trust and humility...”

**March (due 2/6/22)**

“The only requirement...”

**April (due 3/4/22)**

“Fearless and thorough...”

Submit *your* 27 to 1,000-word story through the website at [www.aasandiego.org](http://www.aasandiego.org) using the “Submit” button in the Coordinator Newsletter section or email it to [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

## Step One: Understanding Alcoholism The Road of Happy Destiny

How heart wrenching it is to see newcomers arrive in the meetings of Alcoholics Anonymous (A.A.) after losing families, friends, jobs, relationships, and *hope*, then to watch them struggle through relapse after relapse while they see others around them building happy and resourceful lives.

What makes them different from the rest of us? Why it is that all their efforts to make a happy life for themselves continue to fail? My

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## Step One for Bill W.

**December 11, 1934**, remains one of the important dates in AA history – the day Bill W. guzzled his last drink en route to Towns Hospital. But the events leading up to this fortunate event also provide important reflection.

On a “bleak day in November” (p. 8) Ebby T. carried his Oxford Group message of sobriety to Bill who was extremely impressed, but the gin and pineapple juice cocktail on the kitchen table won the day. Ebby visited again which ignited Bill’s curiosity enough to produce a visit the Calvary Mission where

## Ego Good? Ego Bad? An Ego Dialogue

Here follows a description of the evolution of our ego. This is followed by Sigmund’s Freud’s disclosure of its purpose.

From an evolutionary perspective, ego is surmised to have **evolved from self-awareness**. Self-awareness is particularly advantageous for social animals like us – humans. It gives us an idea about our strengths, weaknesses, our role and position in the society and also to understand other's behavior.

When Freud developed psychoanalytic theory, he used the

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“Recalling Ebby’s success he left a note for Lois explaining he was off to Towns Hospital for yet another treatment (he had been treated there several times previously). The train fare from Brooklyn to south Manhattan was a nickel and, fortunately for us, Bill had six cents left.”

Ebby was a resident. This was on **Friday, December 7<sup>th</sup>**. However, Bill drank on the way and began a drunken “testimony” from the podium.

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**SAN DIEGO CENTRAL OFFICE****24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)**E-MAIL:** [sdaaco@aol.com](mailto: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](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office.

Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Renea	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Tom	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperation with Elderly (CEC) Ad-Hoc	Kenny	<a href="mailto:cec@aasandiego.org">cec@aasandiego.org</a>
Program Committee	Neely	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Sallye	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Lisa Ann	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

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

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

**Contributors:** Rick R., Bob S.**December Theme:** "Honesty..."**To receive an electronic version of the newsletter****Please sign up to receive by email****Send request to:** [sdaaco@aol.com](mailto:sdaaco@aol.com)**Committee Announcement**

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

Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to:

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

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

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

**AAGRAPEVINE.ORG****Submit Your Stories, Photos, Art and More!**

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? The AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use the [upload form](#).





# Excerpts from **Is AA for You?**

January 2022  
Pamphlet of  
the Month

Twelve Questions Only You Can Answer

**Question 1** *"Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?"* Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. A.A. said: *'Just try not to drink today.'* (If you do not drink today, you cannot get drunk today.)"

**Question 2** *"Do you wish people would mind their own business about your drinking - stop telling you what to do?"* In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we got into, and how we stopped. We will be glad to help you, if you want us to."

**Question 3** *"Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?"* We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank anything with alcohol in it, we usually got drunk eventually."

**Question 4** *"Have you had to have an eye-opener upon awakening during the past year?"* Do you need a drink to get started, or to stop shaking? This is a pretty sure sign that you are not drinking 'socially'."

**Question 5** *"Do you envy people who can drink without getting into trouble?"* At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it."

**Question 6** *"Have you had problems connected with drinking during the past year?"* Be honest! Doctors say that if you have a problem with alcohol and keep on drinking, it will get worse -- never better. Eventually, you will die, or end up in an institution for the rest of your life. The only hope is to stop drinking."

**Question 7** *"Has your drinking caused trouble at home?"* Before we came into A.A., most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime."

**Question 8** *"Do you ever try to get 'extra' drinks at a party because you do not get enough?"* Most of us used to have a 'few' before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go someplace else to get more."

**Question 9** *"Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?"* Many of us kidded ourselves into thinking that we drank because we wanted to. After we came into A.A., we found out that once we started to drink, we couldn't stop."

**Question 10** *"Have you missed days of work or school because of drinking?"* Many of us admit now that we 'called in sick' lots of times when the truth was that we were hungover."

**Question 11** *"Do you have 'blackouts'? A 'blackout' is when we have been drinking hours or days that we cannot remember. When we came to A.A., we found out that this is a pretty sure sign of alcoholic drinking."*

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

**Minutes of the Coordinating Council**  
**By Zoom Meeting on Thursday, December 9<sup>th</sup>, 2021 @ 7:00 pm**

Susan G., Council Chair opened the 912<sup>th</sup> with a moment of reflection followed by the "I am Responsible Declaration"

Area 8 Representative: Richard O., Incoming Alternate Area Delegate, shared that the last Area Committee Meeting of the year will be held on Thursday, December 16<sup>th</sup> along with a Potluck. Information and a flyer can be found at [aasandiego.org](http://aasandiego.org).

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](http://aasandiego.com)). If you've already attended orientation, just go to [sdhandi.org](http://sdhandi.org) and download the spreadsheet of panels and email the panel coordinator for the panel that you are interested in.

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.

- Approved November 2021 Meeting Minutes

**Intergroup Standing Committees Reports**

After Hours Phones: Renea, Chair shared that:

1. Thank you to all of the groups that volunteer.
2. We still have 4 open nights – the 3<sup>rd</sup>, 18<sup>th</sup>, 20<sup>th</sup> & 26<sup>th</sup> – please announce at all of your meetings.
3. Renea will be stepping down as Committee Chair in January. The Committee is in need of members and will be electing a new Chair.

Business Committee: Tom M., Business Committee Chair reported:

The Business Committee met on Tuesday, December 7<sup>th</sup>, 2021 at 6:00 pm. Present: Tom, Nick, John, Rae, Susan, Aleksey & Judi  
 Absent: None; There was a quorum.

November 2021 Financial Summary:

Net Revenue is \$1,632. Our 2021 YTD Net Revenue is \$15,633. Group & Individual Contributions were \$12,927. Literature Sales Revenue & CD Bank Interest were \$852 while total office & committee expenses were \$12,146.

**Central Office Manager's Report:**

- December BOOKS OF THE MONTH: All Grapevine Books, Sale \$2 Off Max: 5
- January BOOK OF THE MONTH: Came to Believe, Sale \$3.00, Reg. \$5.00 Max: 5
- Additional Bookstore Specials for the month of December: All Big Books \$2 Off; Mix and Match, Max: 5, Plus an additional 25% off all purchases including tokens for all members of the San Diego Fellowship! This is a Thank You to the Fellowship for its generosity in 2021! This excludes pamphlet racks.
- AAWS is running a Holiday Special Offer on Big Books – 10% off all Big Books. The purchase of a Hardcover Big Book from [aa.org](http://aa.org) with the discount would be \$9.50 discounted to \$8.55, plus shipping. For a Softcover Big Book the cost would be \$9.10 discounted to \$8.19, plus shipping. A Hardcover Big Book purchased from the Central Office Bookstore with the current discounts outlined above costs \$6.06 including tax and a Softcover Big Book costs \$5.73. Purchasing from the Central Office Bookstore not only supports AAWS, who we purchase our inventory from, but it also supports your local Intergroup Office and for that we Thank You!
- Meeting updates continue to be active on our website, but have slowed considerably. Changes to the online meeting schedule continue with daily changes at a rate of approximately 5-8 per week.
- We printed 1,500 updated Meeting Schedules at the end of November, which should last through the end of the year.
- Central Office will be closed on Saturday, December 25 for Christmas & on Saturday, January 1 for New Year's.
- Judi will be taking Friday, 12/24 - Friday 12/31 off. Lisa Ann will cover.
- The Business Committee approved renewing the Zoom account from the Area with an expenditure of up to \$200.00 + tax.

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Newsletter: Lisa Ann shared that

1. Lisa Ann demonstrated the new Coordinator Newsletter Archive Website. There will be a link to it from the [aasandiego.org](http://aasandiego.org) website soon so keep an eye out! Great job to the entire team!
2. The Archive website will be live soon, but there are still many articles to add. There are many, many old articles to go through. It is simply a matter of being able to copy, paste & edit. If interested, please contact Lisa Ann at [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)
3. Lisa Ann will be stepping down as Newsletter Committee Chair in January. This Committee is in need of members and will be electing a new Chair.

CEC (Cooperating with elderly Community) Adhoc Committee: Kenny, Chair, shared that

1. The CEC is continuing to contact Senior Facilities to do contactless delivery of a Literature Rack directed towards Senior Alcoholics with a large print Big Book.
2. 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.com](http://aasandiego.com) under Service Meetings. We will be skipping the December committee meeting & will meet next on Wednesday, January 12, 2022.
3. Jean S. will move into the CEC Chair position starting in January 2022. CEC can always use volunteers to help.

Coordinator Outreach: No Report

Orientation & Guidelines: Tim M., Chair shared that

1. One new Coordinator attended Orientation tonight - Welcome!
2. All Coordinators are always welcome to attend Orientation at 6:15 prior to the Coordinating Council Meeting
3. Tim will be continuing as the chair of this Committee.

Program Committee: No Report

Public Information Committee:

1. The Committee has begun looking at the location of racks and have purchased new racks.
2. Sallye will be continuing as Committee Chair and this Committee needs at least 4 additional members. Please contact Sallye M. at [publicinformation@aasandiego.com](mailto:publicinformation@aasandiego.com) if you are interested.

OLD BUSINESS:

1. The motion of whether or not to allow groups of individuals not associated with groups to adopt open nights on the After Hours Phone Calendar was discussed and the vote was tabled until next month to allow Coordinators to take back to their groups.

NEW BUSINESS:

1. Elections were conducted to elect a new Council Chair and Co-Chair. Congratulations to Aleksey, our new Council Chair and Andrew our new Council Co-Chair for 2022!
2. Susan G., Council Chair, discussed rotation of service commitments that will be happening next month, especially Committee Chairs
3. The Council thanked Susan G. and Aleksey, Outgoing Council Chair and Co-Chair for their service. Thank you!

Reminders:

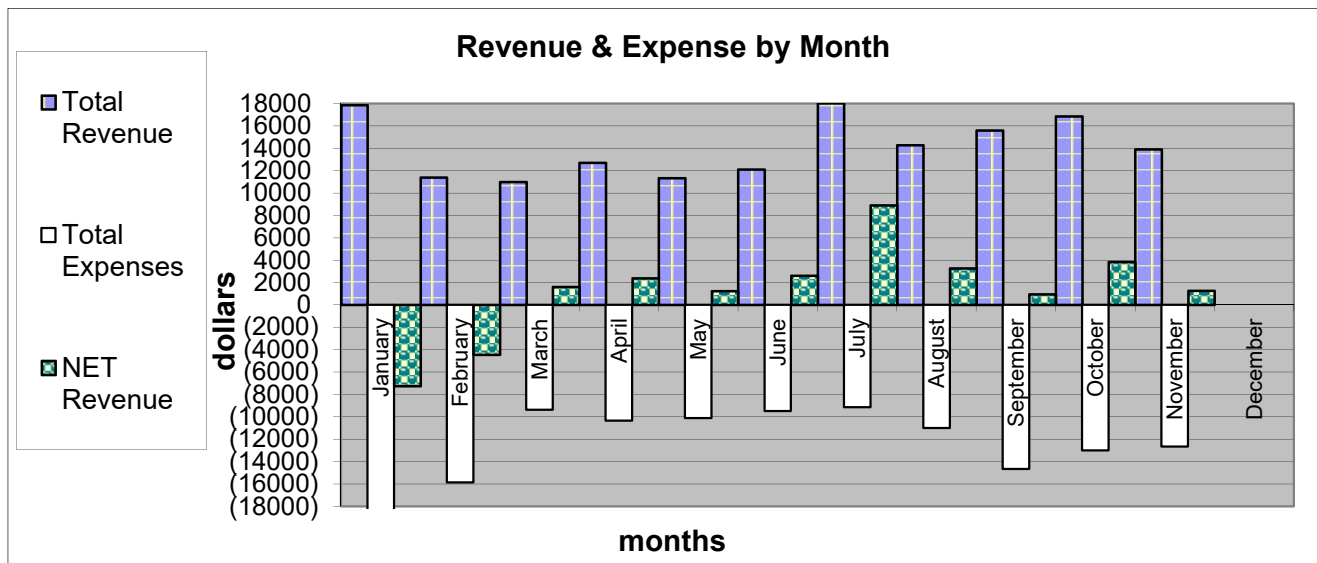
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.com](mailto:councilchair@aasandiego.com) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 1/1/2022.
2. The Coordinating Council will meet on Zoom until new Coordinators vote on the format of the Council Meeting in January, 2022.
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](mailto: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 November 30, 2021**

	November 21	November 20	YTD '21	YTD '20	\$ Change	Budget '21
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	11,557.48	6,847.39	125,639.94	101,151.89	24,488.05	125,000.00
Contributions Individual	1,369.34	1,027.46	21,174.89	24,073.96	(2,899.07)	18,000.00
Contributions SDIAA	-	-	-	305.00	(305.00)	600.00
Interest - Cert of Deposits	36.52	60.47	423.45	1,641.81	(1,218.36)	400.00
Literature Revenue (see schedule)	815.42	473.80	7,642.44	4,961.96	2,680.48	11,830.00
<b>Total Revenue</b>	<b>13,778.76</b>	<b>8,409.12</b>	<b>154,880.72</b>	<b>123,725.50</b>	<b>31,155.22</b>	<b>155,830.00</b>
<b>Expense</b>						
Accounting & Legal	-	-	3,052.40	2,480.00	572.40	2,930.00
Auto/Travel/Seminar	8.00	22.75	122.00	361.46	(239.46)	500.00
Bank Service Charges	(10.00)	-	121.51	114.24	7.27	50.00
Cash (Over) Short	(6.74)	0.16	0.32	169.53	(169.21)	(50.00)
Equipment Maint & Repair	51.36	51.36	606.95	564.96	41.99	750.00
Equipment Purchase	65.50	-	1,099.81	-	1,099.81	500.00
Insurance	103.75	131.02	1,351.40	824.30	527.10	800.00
Office Maint. & Repairs	571.17	-	1,188.08	135.00	1,053.08	500.00
Office Supplies	241.56	75.78	2,486.51	1,565.82	920.69	3,000.00
Rent	1,980.00	1,940.00	21,620.00	21,180.00	440.00	23,600.00
Taxes	-	-	50.00	80.00	(30.00)	80.00
Telephone	(97.60)	217.81	2,419.07	1,592.27	826.80	1,765.00
Utilities-Electricity	262.62	253.80	2,841.03	2,899.13	(58.10)	3,500.00
Website	-	-	168.73	107.30	61.43	750.00
<b>EMPLOYEES</b>			-	-		
Accrued Payroll Taxes	619.03	523.01	8,424.19	6,377.03	2,047.16	7,560.00
Employee Wages	7,432.89	6,836.70	80,698.52	75,858.30	4,840.22	79,999.00
Employee 403B Contribution	-	156.00	155.00	2,222.00	(2,067.00)	155.00
Employee Health Benefit	653.13	800.37	7,367.65	8,804.07	(1,436.42)	7,824.00
Insurance-Worker's Comp	43.16	43.25	469.11	474.58	(5.47)	500.00
<b>Total Office Expense</b>	<b>11,917.83</b>	<b>11,052.01</b>	<b>134,242.28</b>	<b>114,757.98</b>	<b>19,484.30</b>	<b>134,713.00</b>
<b>Standing Committees Expense</b> (see schedule)	<b>228.56</b>	<b>150.17</b>	<b>5,005.64</b>	<b>2,882.39</b>	<b>2,123.25</b>	<b>7,370.00</b>
<b>Total Expense</b>	<b>12,146.39</b>	<b>11,202.18</b>	<b>139,247.92</b>	<b>128,692.38</b>	<b>21,607.55</b>	<b>142,083.00</b>
<b>Net Revenue</b>	<b>1,632.37</b>	<b>(2,793.06)</b>	<b>15,632.80</b>	<b>3,442.24</b>	<b>12,190.56</b>	<b>13,747.00</b>



## Group Contributions November 2021

Group	Nov-21	Ytd 21	Group	Nov-21	Ytd 21
11th Step Journey - 2622	-	2.73	Free At Last - 2888	-	300.00
3 O'Clocker - 2201	-	200.00	Fresh Start Beginners - 2609	502.75	1,460.53
4077 Mash Step 11 - 2027	62.50	535.00	Friday Happy Hour - 2821	75.00	150.00
52 From The Big Blue	-	183.50	Friday Morning Womens - 104	-	190.00
530 Meditation - 3085	-	293.00	Friday Night Irregulars - 2889	-	272.67
830 Every Morning Group	-	516.00	Friday Night Mens - 188	-	610.00
A Sense Of Belonging Womens - 1205	-	107.00	Friday Night Santee - 1754	-	300.00
A Vision For You - 2812	-	436.00	Garnet Group - 1129	-	259.00
A Womens Meeting -1717	-	881.00	Gifts of Grace Womans - 2564	-	92.06
AA By The Bay - 629	-	175.00	Gilman Group - 1988	-	175.59
Adams Avenue Big Book Study - 1892	-	100.00	God Squad Too - 2809	-	319.33
Alpine Group - 6	-	50.00	Good Morning AA - 1888	-	906.00
Alpine Mixed Step Study - 2621	-	50.00	Great Fact Group - 895	-	330.00
Another New Beginning - 144	500.00	500.00	Grupo Gringo - 1305	150.00	700.00
Artists in Sobriety - 2459	-	61.00	GSDYPAA	-	407.77
At One With Each Other - 789	-	83.50	Happy Hour Meeting - 1038	65.00	112.68
B.Y.O.B. (North Park) - 203	84.00	904.00	Harmony Group - 585	405.00	2,970.00
Back Country - 3131	-	45.00	Haul Your Hiney Out Of Bed - 704	-	450.00
Back to Basics - 1026	-	500.00	Hi-Nooners - 673	-	187.80
Back To Basics For Women - 1675	-	400.00	HOW @ Noon - 2998	150.00	435.00
Barefoot - 139	-	100.00	Hwy 80 AA - 2722	-	90.00
Battery Chargers - 98	400.00	400.00	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	-	52.00
Big Bon-Fire Meeting - 1894	-	447.50	Imperial Mens Group - 869	100.00	400.00
Bonita Boozers - 2179	-	153.00	It's In The Book - 2030	250.00	250.00
Bonita Womens Big Book Study - 3112	-	745.00	It's In The Book - 3084	-	190.72
Burning Desire - 3273	-	115.00	Jaywalkers - 3100	-	425.00
BYOB Book Study (Ramona) - 3094	-	25.00	Joy Of Living - 2787	-	129.00
Carrying the Message - 2458	-	150.00	Just Us Girls - 929	-	134.60
Casa De Oro Tradition Five - 503	-	366.50	Kick Start Your Heart - 2430	-	40.00
Casa De Oro Weds Nite - 2049	-	219.49	Knuckleheads - 3182	-	615.00
Cedar Street Mens - 1698	-	631.50	La Jolla Discussion Group - 85	-	310.00
Chula Vista 4 Min Speakers - 1568	-	450.00	La Jolla Mens - 692	-	153.36
Clairemont Mens - 301	-	1,250.00	La Jolla Monday Womens - 87	-	748.00
Clairemont Mixed Discussion - 338	-	100.00	La Jolla Nonsmokers Disc - 88	-	250.00
Clairemont Womens Discussion - 340	-	340.00	La Jolla Pump House Group - 696	-	420.00
Clairemont Womens Step Study - 341	200.00	1,445.00	La Jolla Sunrise - 2684	500.00	2,550.00
Class Acts - 1845	-	116.40	La Mesa 12 X12 - 2588	-	254.00
Coffee Clutchers - 2332	-	750.00	La Mesa Mens - 106	-	1,000.00
Conscious Contact Big Book - 2762	-	20.00	La Mesa Open Discussion - 107	-	300.00
Conscious Contact Meditation - 2834	-	90.00	La Mesa Step Study Workshop - 1621	-	162.16
D.D.G.T.M. - 767	-	125.00	La Mesa Womens Sat. Morning - 416	-	1,697.75
Daily Reflection - 3114	250.00	710.00	Lake Morena Sink or Swim - 2830	-	150.00
Daily Reprieve - 3199	-	50.00	Lake Murray Womens - 572	-	125.00
Dawn Patrol - 263	-	932.00	Late Risers - 473	-	150.00
Descanso Mens Step Study - 3010	65.00	212.66	Lemon Grove Speakers - 2574	-	200.00
Designs For Living - 488	-	355.00	Letting Go Womens - 3189	-	150.00
Dignity Unlimited - 205	350.00	950.00	Linda Vista Mens - 320	-	25.00
Doctors & Lawyers & Professionals-391	-	660.95	Living Free - 477	-	520.00
Downtown Discussion - 1665	-	243.95	Lunchtime Friends - 964	52.40	104.80
Drunks Only - 1605	-	1,167.00	Lushes Lunch Tuesday - 2641	-	197.00
Each Day A New Beginning - 509	-	126.00	Mast Park Meeting	-	733.92
Early Morning Recovery - 2688	-	705.00	Meetin' in the Ladies Room - 2614	-	105.00
Early Risers (Coronado) - 1525	-	10.00	Mens Focused Step Study - 3217	-	883.00
Early Risers (PB) - 264	150.00	395.00	Mens Jelly Donut - 3118	-	24.00
East Co Young People Rule 62 - 2797	-	200.00	Mens Step Study - 965	-	163.00
East Side Group - 101	-	60.00	Mens Structured Step Study - 1469	-	115.75
Eastlake Greens Attitude Adjust - 2712	-	70.00	Mid-Week Mens - 560	-	1,168.00
Eastlake Greens Attitude Adjust - 2691	-	150.00	Mid-Week Mens ZOOM - 3243	75.00	839.01
Eastlake New Beginnings S/S - 2673	-	20.00	Midday Miracles- 3242 <>	100.00	925.00
Easy Does It Riders - 21	-	156.00	Midway Bridge - 2171	-	126.65
Easy Does It Speakers - 114	-	200.00	Mira Mesa Early Risers - 967	-	100.00
Easy Risers - 854	-	60.00	Mira Mesa Sunday Morning Mens - 693	100.00	184.20
Educational Variety Mens - 3244	-	200.00	Miracles on Mondays - 565	-	150.00
El Cajon Beginners - 2876	-	225.75	Mission Bay Speakers - 1692	-	200.00
El Cajon Womens Serenity - 77	-	281.98	Mission Hills Beginners - 1612	-	200.00
Emotional Sobriety (Hillcrest) - 2536	-	229.00	Mission Hills Late Night - 2773	100.00	293.00
Evening Serenity - 2305	-	210.00	Mission Hills Lunch Bunch - 2675	-	300.00
Every Night at Six <> - 3241	-	783.00	Mission Possible - 131	245.00	570.00
Everynighters Online - 2997	-	447.54	Mixed In The Park	-	225.00
First Mira Mesa Mens - 300	-	165.50	Monday At A Time - 2875	-	473.00
Fletcher Hills Smokeless - 59	-	280.00	Monday Night Live - 3219	-	150.00
Forgiveness Friday - 3258	-	130.80	Motivation Monday - 3254	-	94.50



# Group Contributions November 2021

Group	Nov-21	Ytd 21
Mountain Steps - 2822	-	90.00
Mt Soledad Mens - 717	-	2,050.00
Nightly Discussion - 3248	-	171.13
No Matter What Woman's Group - 2325	-	96.88
Noon At The Grove - 628	200.00	600.00
Noon with a View Beginners Meeting-3249	813.00	5,852.60
Nooners Anonymous - 1164	-	250.00
Noontime on the Patio - 2203	-	107.69
North Clairemont - 1102	-	507.00
North Park Mens - 465	42.98	693.41
North Shores Breakfast - 275	-	300.00
Not Alone Speakers Group - 1652	-	100.00
OB Peer Group - 2130	-	140.00
Old Timers Group - 2037	-	50.00
Old Town Speakers - 321	500.00	1,040.00
One Step Ahead - 715	100.00	157.00
Open Minded Mens - 626	-	426.50
Original Anonymous Anonymous - 154	-	150.00
Original Tues Night Step Study - 2124	50.00	50.00
Over The Bridge - 2689	445.25	1,227.00
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
Riding Sober - 3054	250.00	750.00
Rise & Shine - 2170	-	2,844.70
Rule 62 Group - 927	-	100.00
Rule 62 Noon Discussion - 2947	-	275.00
Safe Sane and Sober - 1350	-	388.50
San Carlos Single Purpose - 583	-	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	-	414.89
Saturday A.M. Live - 782	-	50.00
Saturday Morning Sanity - 1989	-	150.00
Scripps Ranch Men's Two - 2776	-	545.60
Scripps Ranch Mens - 3168	-	411.95
Serene-Tea - 2700	49.50	49.50
Serenity @ 5107 - 2976	-	223.05
Serenity at the Cove - 3271	-	135.00
Sisters in Sobriety - 3092	25.00	25.00
Sisters In Sobriety - 3127	-	373.00
Sober Camel Speakers Meeting - 2296	-	56.23
Sober Minded Leather Folk - 1882	500.00	174.59
Sober Nooners - 196	312.50	400.00
Sober On Sat Book Study - 2193	-	30.00
Sober Roses Womens Step Study - 2946	-	40.00
Sobriety At All Cost - 3006	503.00	966.00
Sobriety On State And Date - 2697	-	172.31
Sons of God - 2789	-	1,493.00

Group	Nov-21	Ytd 21
Sorrento Valley Nooner - 544	-	2,010.65
South Park Sobriety - 1015	96.00	321.00
Spiritual Awakening - 2275	-	2,373.56
Spiritual Awakenings Step Study -3174	-	375.00
Spring Valley Men's Zoom	-	50.00
Sunday Beach Sun-Day - 568	-	369.00
Sunday Keep it Simple - 3348	130.64	140.64
Sunday Kind of Love - 429	-	10.00
Sunday Midday - 161	-	200.00
Sunday Morning Sunshine - 407	-	100.00
Sunday Night Discussion - 212	-	16.00
T.G.I.F. - 1658	-	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	-	550.00
The Hole In The Doughnut - 2737	-	290.50
The Huddle in the Park - 3278	1,065.50	2,750.00
The Interstate Meeting	-	50.00
The Language of the Heart - 3066	65.00	112.66
The Notorious M.I.T.P. - 3267	-	681.16
The Other Meeting - 857	100.00	605.00
The Rogue Meeting - 3338	361.21	5,119.96
The We Group Speakers Group - 2739	-	1,401.34
There is a Solution - 2680	-	380.00
Three Legacies Group - 2194	-	60.00
Three Legacies Study Group - 3230	-	56.09
Thursday Nite Mens Big Book Study-1748	-	110.00
Thursday Steps - 646	-	638.70
Tierrasanta Friday Night - 2645	150.00	400.00
Tierrasanta Morning Serenity - 2811	-	60.00
Toes in the Sand - 3282	180.00	580.00
Trust God, Clean House, Help Others	-	28.20
Tues Night Mens Step Study - 1813	243.00	930.00
Tuesday AA Step Study - 937	-	50.00
Tuesday Morning Alpine - 440	-	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	-	225.00
University City Disc.- 368	-	309.25
University City Womens - 369	-	661.78
Valley Girls - 2617	-	95.00
Wake Up Call - 1932	-	975.00
War Fever - 880	30.00	254.80
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
Wholesale Miracle - 2474	326.50	893.00
Womans Gut Level - 1701	-	65.00
Women's Joy Of Living - 2636	253.61	667.86
Women In Harmony - 1807	-	131.00
Womens Attitude of Gratitude - 2751	-	375.50
Womens Meeting - 2903	60.00	60.00
Womens Step Study - 296	-	673.62
Womens Thursday Nite - 514	-	257.40
Womens TLC - 2814	-	67.50
Womens Way To Recovery - 838	-	150.00
Young, Dumb & Full of Fun - 3202	213.51	213.51



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

# Central Office Notes



## 2022 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
January 1	New Year's Day	Saturday
February 21	President's Day	Monday
May 30	Memorial Day	Monday
July 4	Independence Day	Monday
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

November 2021 Group Contributions	\$11,557
Individual Contributions	1,369
Literature & Interest	852
<b>Total Revenue</b>	<b>\$13,779</b>
Central Office Expenses	-11,918
Committee Expenses	-229
<b>Total Expenses</b>	<b>-\$12,146</b>
November 2021 Net Revenue	\$1,632
2021 YTD Revenue	\$15,633

### Did You Know?

All Intergroup Standing  
Committee Chair  
Commitments Rotate in  
January.

All Committees need members  
& several Committees need new  
Chairs.

There has never been a better time to  
get involved in your Intergroup. See  
Page 12 of this newsletter for details!

### Central Office is Grateful for our Phone Volunteers!

#### We Need You!

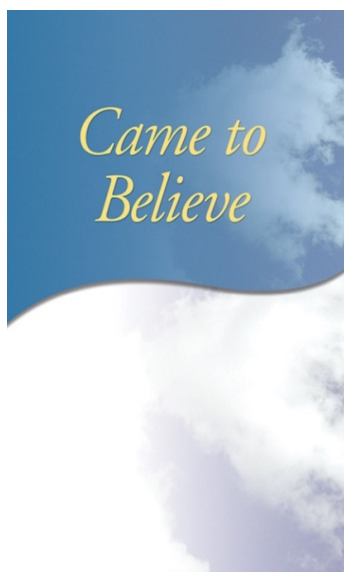
We have Open Nights on the After Hours  
Calendar. Answer phones from home or at  
Central Office. It's a great way to carry the  
message to the still suffering alcoholic

- ◇ 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
- ◇ Call Judi at 619-265-8762 for more information

## Came to Believe

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

From *Came to Believe*, page 83: "Long before nagging and pressures from others concerning my excessive use of alcohol made any impression on me, the nagging voice of conscience - my own inner voice of truth and right - apprised me of the irrevocable fact that I had lost control of alcohol, that I was powerless. I know now that the inner voice was God, as I understand Him, speaking. For, as I had been taught from earliest memory and as A.A. has emphasized, God - or good - emanates from within each of us." *Reprinted with permission from A.A.W.S.*



NAGGING  
PRESSURES  
CONCERNING  
EXCESSIVE  
ALCOHOL  
IMPRESSION  
VOICE  
CONSCIENCE  
INNER  
TRUTH

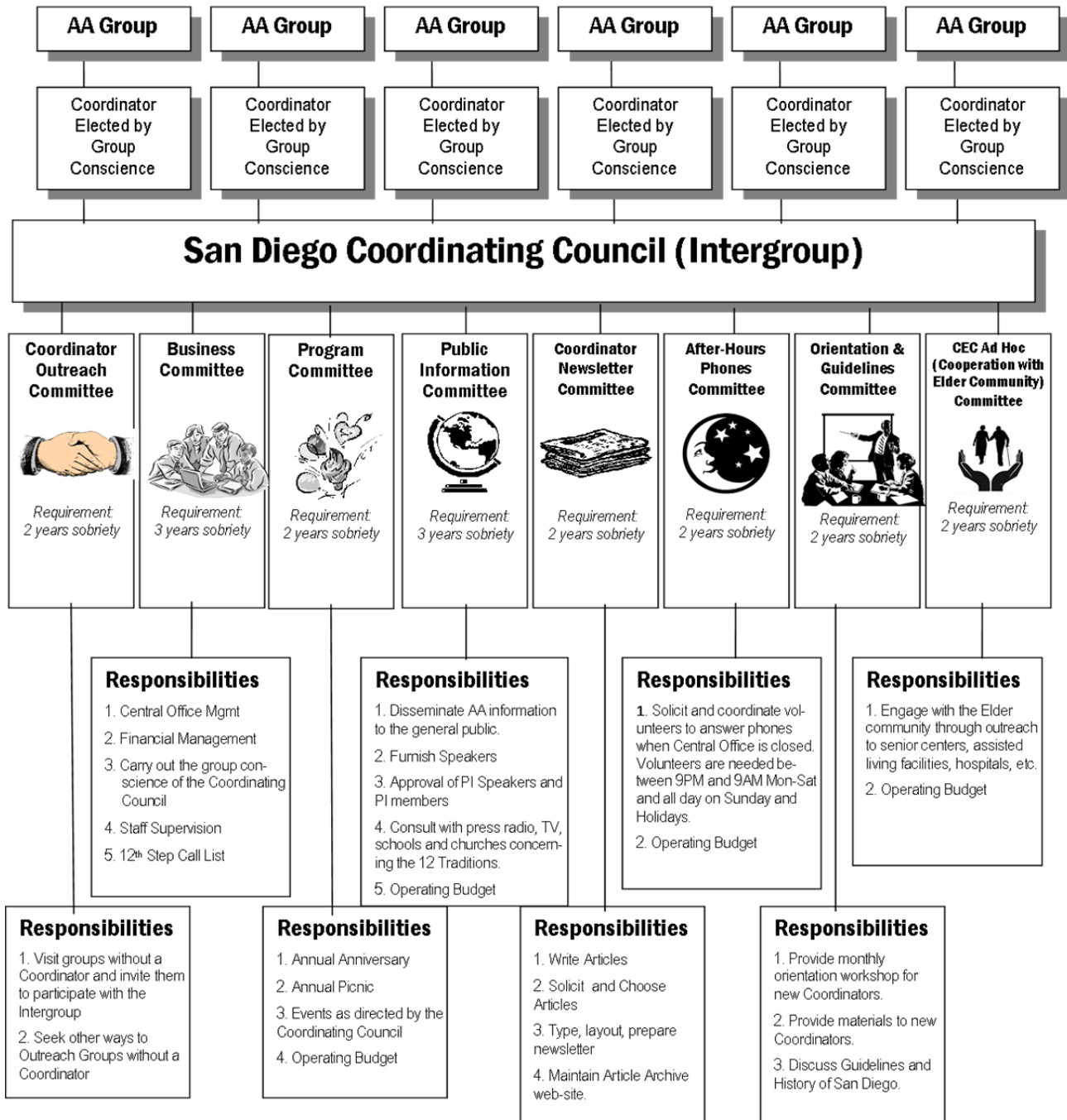
RIGHT  
APPRISED  
IRREVOCABLE  
FACT  
LOST  
CONTROL  
MEMORY  
GOOD  
EMANATES  
WITHIN

EARLIEST  
LONG  
POWERLESS  
KNOW  
GOD  
UNDERSTAND  
SPEAKING  
TAUGHT  
EACH  
OTHERS

# Happy New Year 2022!

## Service Opportunities Opening Up in January

The Coordinating Council Committees rotate positions each year in January. Committees need people to chair and to serve as committee members. If you're willing and able to be on one of these committees, or can serve as a Coordinator for your meeting, now's a good time to start! The following chart shows the Committees and the sobriety requirements:



Get started by coming to the Coordinating Council meeting on Zoom January 13<sup>th</sup> at 7:00 pm (Zoom ID 985 0443 8912; PW: AAsandiego) or contact the Coordinating Council Chair directly by email at [CouncilChair@aasandiego.org](mailto:CouncilChair@aasandiego.org) and let them know you want to be of service in 2022!

## Things to Do, And Places to Go

### South Bay Pioneers 2021 Alcahons

**When:** Christmas 1:30 pm 12/24 - noon 12/25

New Year's 1:30 pm 12/31 - noon 1/1

**Where:** 270 C St, Chula Vista

**Contact Central office:** [619-265-8762](tel:619-265-8762)

### North Shores 2021 Holiday Meetings

**When:** Christmas 11:00 am Potluck afterward

New Year's Day 11:00 am

**Where:** Zoom & 4861 Cass St, Pacific Beach

**Contact Central office:** [619-265-8762](tel: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:** [nyesoeverdance.event@gmail.com](mailto:nyesoeverdance.event@gmail.com)

### 2022 A.A. Alkathon New Years Eve

**When:** 12/31 5:00 pm to 1/1 11:00 am

**Where:** Zoom & 625 Pennsylvania Ave

**Contact:** [DCM\\_19@Area8AA.org](mailto:DCM_19@Area8AA.org)

For more details, see the event flyers on the San Diego AA website [www.AASanDiego.org](http://www.AASanDiego.org)

## Unglum Lot Monthly Cartoon Feature



"I'VE NEVER SEEN TOM ENJOY HIMSELF SO MUCH AT A PARTY, JOAN! WHEN DID HE QUIT DRINKING?"

CartoonStock.com

## Came to Believe

## Excerpt from

### January Book of the Month: *Came to Believe*

"When my days were filled with fears and I was trying desperately to hang on, I discovered that I could take the Third Step and be on firm ground. I have since taken this Step countless times. I actually experience a sense of physical freedom when I give up to the demands of life. 'To leave all and follow Thee' means for me total acceptance, even of that which I would not desire for myself - such as misfortune, poverty, illness and even death. I completely surrender my life and my thinking to my Higher Power. After all, when the world comes to an end some day, it will do so without my permission." (pages 60-61).

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

## Ego Good? Ego Bad?

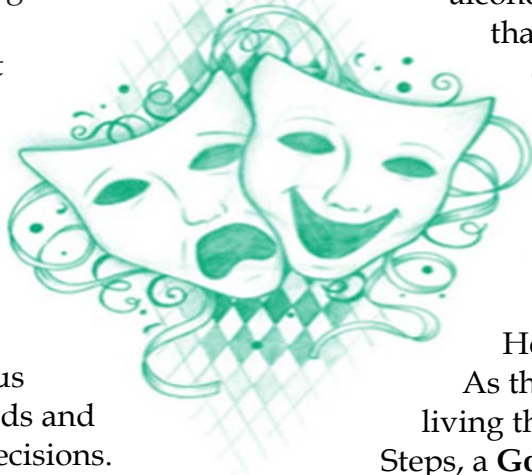
*Continued from page 1*

German word *es* (Ego in English) to describe the part of the self that is responsible for decision making. Consequently, I understand our ego is an inherited filter that protects us from outside hazards and perilous internal decisions.

Without our egos humans could never have survived the slings and arrows of time. Our ego is to be considered a benevolent human psychological component. As Dr. Freud explained, it is a thought filter – a decision making apparatus.

Although this may seem an unusually glowing report for something which is often given an extremely bad rap around the AA tables, we *can* experience a benevolent healthy ego that keeps us *happy, joyous, and free.* (p. 133)

However, our egos sometimes may go out of whack and become disastrous to us and to our fellows, e.g.: the **secular driven ego filter** that lives in deep fear and elevates ordinary situations out of proportion. We begin to consider ourselves big shots (egomaniacs), unable to see another's point of view, often insulting, uncaring of others, self-centered to the max, and all the rest of it.



We can easily see how this dangerous disorder can lead alcoholics to that first drink.

However:  
As the result of living the Twelve Steps, a **God inspired ego filter** takes precedence over the fear and destructive behavior of the **secular driven ego.** Page 85 tells us: "The problem (mental obsession) has been removed. It does not exist for us so long as we remain in a fit spiritual condition."

Ego good? Ego bad? I have a choice – Thank you God!

~ Bob S, Richmond, Indiana

## Step One: Understanding Alcoholism

*Continued from page 1*

heart goes out to them, and I am always trying to find a way to articulate things, in simple terms, that the so-called "newcomer" can understand.

My problems started long before I ever touched a drop of alcohol. I always felt different from the other (normal) kids, but I did not know it at the time. I thought they all felt like I did, but they did not. It may

have been as simple as how I reacted the first time I was humiliated in public, or when I was punished for doing something wrong and learned that it was easier to lie my way out of trouble. I went covert when I violated the rules.

I will never know exactly why, but I do know my mental makeup was different.

Now, what can I do about it?

On a scale of **1** to **10**, let us say that I woke up each morning at an emotional level of **2**, the normal person wakes up at an **8**. When I took my first drink, I went from a **2**, to a **9**, and everything was right with the world. (So, I thought)

The Normy took a drink and went from an **8** to a **9**. **No big deal.** The world had not changed but *my perception* of it had changed and with the euphoria I felt, I thought I had found the solution to my problem.

Later, I discovered that *it only temporarily masked the real problem*, which was much deeper, and when, after a while, *my tolerance for alcohol ran out*, I completely lost control and, in time, lost almost everything that was meaningful in my life. I had unknowingly hit bottom and I had little choice but to try A.A.

"My name is Rick and I'm an alcoholic." *Knowing* that I was an alcoholic got me in to the program, but *knowing it, did not solve my problem.* I started to have success in the program

program, but *knowing it, did not solve my problem*. I started to have success in the program when I came to *understand* the cause and effects of my core issues, such as low self-esteem, fear, guilt, neediness, unworthiness etc. and how they kept driving people away from me. I had to *understand that those symptoms were caused by my faulty self-perception*, and that my mind was lying to me. I had been at a level **2**, since childhood, and that is my problem. *Alcoholism is the symptom of my problem*.

If I woke up this morning with amnesia, I would be just like everyone else, because I would not be dragging my past around with me in my head. Much of my surface behaviors failed, mainly because I was overcompensating for my feelings of inadequacy.

My solutions have been to establish a pattern of behavior that is unselfish in nature, consistent with the suggestions in the Big Book and the 12&12, and *practice it without fanfare*. (Tough order, I know.) But by doing this, *with patience*, in time, others noticed the change, and before too long I was receiving *more than my share of affirmations*.

If you can *understand* that you are not responsible for being emotionally *diverted as a child* and for the *alcoholism* that resulted from it, you can move forward. You contracted a disease and, *with this*

*understanding of its cause and effect*, you can draw a line the sand, start the recovery process today, and join us on the road of happy destiny. We will be waiting for you.

~ Rick R.

## Step One for Bill W.

*Continued from page 1*

Bill spent **Saturday and Sunday, December 8<sup>th</sup> and 9<sup>th</sup>**, in his bedroom tapering off. Amazingly Bill then, temporarily, lost all desire to drink, however, he came home roaring on **Monday, December 10<sup>th</sup>**. This provoked an argument with his wife, Lois who angrily lamented: "*You don't even have the decency to die! You're crazy! You're crazy!*" Upon which Bill picked up her small sewing machine and slammed it against the wall. Lois was, of course, terrified!

Bill rode the subways that night, panhandling funds for a bottle of booze. (Just imagine!) He came back home on **Tuesday morning, December 11<sup>th</sup>** and when he noticed the damaged wall caused by his drinking episode, he fell into deep remorse.

Recalling Ebby's success he left a note for Lois explaining he was off to Towns Hospital for yet another treatment (He had been treated there several times

previously). The train fare from Brooklyn to south Manhattan was a nickel and, fortunately for us, Bill had six cents left. Then he espied a store where he still had credit and departed with four bottles of beer.

Bill arrived at Towns Hospital with a beer in one hand and two philosophy books in the other. He announced to his loyal physician, Dr. William Duncan Silkworth, that he had found an answer. This was Bill's final treatment at Towns Hospital. He never drank again!

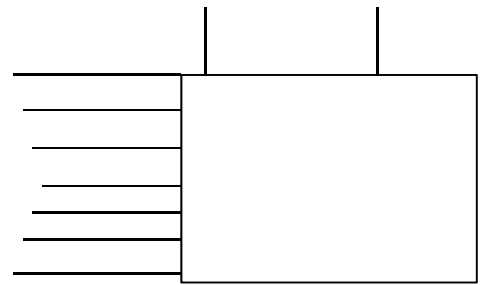
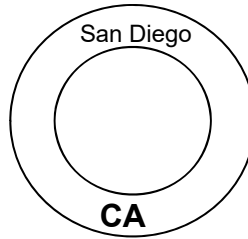


Page 13 of the Big Book explains how, after Ebby's visit, Bill ingested the basic ingredients of what now constitutes our Twelve Steps. This was December 13, 1934, seven days after his first trip to Calvary Mission.

Bill, on that day, had a sudden and profound spiritual experience (Big Book pg. 14). If not for Bill's final surrender to Step One during those seven days in December, AA would not be here today.

~ Bob S, Richmond, Indiana

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



RETURN SERVICE REQUEST



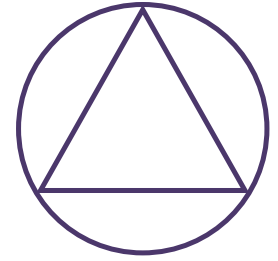
**JANUARY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> SD Intergroup Coordinating Council 7:00 pm	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					





# The San Diego AA Coordinator



[aasandiego.org](http://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 2022  
VOL. LX NO. 2

*INSIDE . . .*

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- **Upcoming Events**..... p. 13

*“Carry the AA Message”*

**Join the fun and  
submit an article!**

**March (due 2/10/22)**

*“The only requirement...”*

**April (due 3/11/22)**

*“Fearless and thorough...”*

Submit *your* 27 to 1,000-word story at [www.aasandiego.org](http://www.aasandiego.org) using the “Submit” button in the Coordinator Newsletter section or email it to [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

*Article Web-Site NEW!*

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

## **Desperation is a Great Motivator**

### **Sincerity Is a Great Healer**

Recovery in Alcoholics Anonymous (A.A.) affects people in many ways. The first and most obvious is their ability to abstain from the use of alcohol for without that there can be no recovery. Next is the willingness to abandon the idea that they can do this on their own and to seek the help of something outside of their own failed way of thinking. Third is the act of surrendering and “buying in” completely (so to speak).

*Continued on Page 14*

## **Big Book Meaning of Insanity**

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

I came into AA after a long nonstop toot with the usual accompanying delirium tremors. During my first meeting I was still hearing “non-existent” music and for several weeks my emotions were a roller coaster. For a normal person that might warrant a diagnosis of a schizophrenia with a bipolar disorder, e.g., INSANE.

*Continued on Page 14*

## **Fake Brews**

The Business Section of the January 1st edition of the San Diego Union Tribune contained an article on local manufacturers of “non-alcoholic” beers (the quotation marks are mine). It was interesting to note that nowhere in the several thousand-word, two-page article was the actual alcohol content of these those

*“I was at a restaurant ordering pizza and saw O’Doul’s on the menu. I figured that I used to like beer with pizza (why I even liked beer without pizza!) so I thought I’d try one.”*

who were unaware, “non-alcoholic” does not mean the absence of alcohol.

*Continued on page 15*

**SAN DIEGO CENTRAL OFFICE****24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)**E-MAIL:** [sdaaco@aol.com](mailto: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](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	TBD	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperation with Elderly (CEC)	Jean S.	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Sallye	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Eddie G.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

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

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

**Contributors:** Rick R., Bob S.**February Theme:** "Trust..."**To receive an electronic version of the newsletter****Please sign up to receive by email****Send request to:** [sdaaco@aol.com](mailto:sdaaco@aol.com)**Committee Announcement**

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

Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to:

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

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

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

**AAGRAPEVINE.ORG****Submit Your Stories, Photos, Art and More!**

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? The AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use the [upload form](#).

# LET IT GOOOO.

When I look back on the way my past has bothered me, through the years, it occurred to me that it was not the places and things that crowded my thinking, it was about the resentments I had with the people in those places and the people that owned those things that need to be resolved. When I heard that we had to stop fighting everything and everyone it took a while for me to bear down on this idea, and when I did, I started to make a list of ways to put this principle into practice and to put these resentments behind me.

Most people have these same problems, to one degree or another, so I learned that had to give them the same latitude that I would like them to extend to me. I call them my default positions. Some came from our literature, and some came as I became aware of other areas that conform to the spirit of the program.

1. Restraint of pen and tongue.
2. They have problems too.
3. Everyone gets amnesty.
4. Take the high road.
5. Do not say something you may regret later.
6. I am no better than him/her.
7. We all have feet of clay.
8. We are all just like kids learning how to do life.
9. Be strong enough to look beneath the surface.
10. I am not in charge of anyone but myself.
11. Detach with love.
12. I have no reason to point out anyone else's faults.
13. I should never act on what I think they are thinking. (No mindreading)
14. Their God is telling them what to do.
15. I am not the Judge.
16. They are a product of their environment. (Mentally and physically)
17. If you are perfect, Disregard 1 through 16.

I could add the Saint Francis prayer. If I still have problems after, all of that, and I want to be at peace with myself and with others, I will just have to learn to just LET IT GO.

~ Rick R.

## Central Office Phone Calls and Website Hits

Central Office is grateful for our Volunteers

After Hours Phone Volunteers can now answer phones from home or at Central Office or both! Call Judi at 619-265-2862 for details

Website Hits	December	Total
	69,001	8,082,007

*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!*

**"Airport" Suzy Z. 1/23/76 46 years**  
**Sunday Midday**  
**(correction from the January 2022 Coordinator)**  
**Barry S. 1/18/83 39 years**  
**La Jolla Sunrise**  
**James B. 16 years**

### Birthday Gratitude

Name \_\_\_\_\_

City/Home Group \_\_\_\_\_

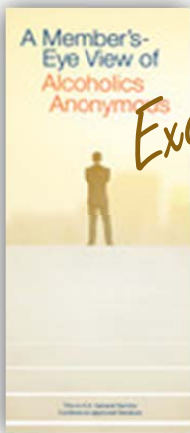
Sobriety Date \_\_\_\_\_

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

## A Member's Eye View of Alcoholics Anonymous

Reprinted with permission from A.A.W.S

February 2022  
Pamphlet of  
the Month  
Pamphlet P-41

"The experiences of alcoholics are essentially the same. While they may differ in circumstances, the theme is always the same: a progressive deterioration of the human personality. And the levels of strength and hope these men and women possess vary from day to day, in both degree and substance. What then is the *constant* factor? What is A.A.'s unique difference?"  
-- pp. 9-10

"Much more important than *what* was said that evening was *who* was saying it. Long before the average alcoholic walks through the doors of his first A.A. meeting, he has sought help from others or help has been offered to him, in some instances even forced upon him... For the first time, [in 1935], an alcoholic suddenly heard a different drummer. Instead of the constant and menacing rat-a-tat-tat of "This is what you should do," he heard an instantly recognizable voice saying, "This is what I did." -- pp. 10-11

"I believe [the difference] lies in *the way the Steps are presented*, rather than what they contain: They are reports of action taken, rather than rules not to be broken under pain of drunkenness. I have often wondered what the course of mankind might have been if the Ten Commandments had been presented in this same manner, rather than as blunt commandments negatively expressed: 'We honored our father and our mother.'... 'We bore no false witness against our neighbors.'" -- pp. 16-17

"It is also apparent by now, I hope, that A.A.'s program of action is not the rushing to and from so often envisioned by the newcomer, nor even the unflagging carrying of the message to other alcoholics. Instead, its action is concentrated for the most part on the inner man, involving his deepest sensibilities and values. Only three Steps - the Fifth, Ninth, and Twelfth - involve other people. The other nine concern themselves with the interior life of the alcoholic. Yet in their observance the ultimate result is to turn the alcoholic inside out - from himself to others." -- p. 20

"In the final analysis, I am convinced that I, as well as so many others, have elected to remain in A.A. because only there can we actually relive the original experience of recovery. Only there can we be an active part of the daily striving on the part of all the members - a striving that is sometimes better, sometimes worse, sometimes strong, sometimes weak - but always the striving to be human beings a little better than we were the day before." -- p. 24

"It occurred to me not long ago that, whenever I am sitting in an A.A. meeting, I am never aware that I am sitting next to another white man, another Catholic, another American, or a Frenchman, Mexican, Jew, Moslem, or Hindu, black man or brown. I am aware only that I am sitting next to another alcoholic. And it seemed deeply significant to me that this feeling of common humanity had been purchased by me at the cost of considerable pain and suffering." -- pp. 25-26

**Minutes of the Coordinating Council**  
**By Zoom Meeting on Thursday, January 13<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 913<sup>th</sup> with a moment of reflection followed by the “I am Responsible Declaration”

Area 8 Representative: Richard O., Alternate Area Delegate, shared that the first assembly of the year was held last Saturday, January 8, 2022 on Zoom and went very well. 2022 PRAASA will be virtual this year on March 4 – 6, 2022 and the General Service Conference will be in person. Monty, our delegate will attend.

H & I Representative: Lauren, H&I Representative shared that H&I will be having an in person Orientation this Sunday, January 16, 2022 at the Machinist’s Hall in Kearney Mesa at Noon. There is a 6 month sobriety requirement to be on a panel but you can still attend orientation. If you are not comfortable attending in person, there is an orientation online on the third Thursday of every month. Information can be found on the Service Meetings page at [aasandiego.com](http://aasandiego.com). If you’ve already attended orientation, just go to [sdhandi.org](http://sdhandi.org) and download the spreadsheet of panels and email the panel coordinator for the panel that you are interested in. Literature pick up for panels will be available on Sunday.

Quorum was conducted by zoom poll function: 31 voted yes to being present as a Group Coordinator. Quorum is 20, so yes we have a quorum to conduct business tonight.

- Approved December 2021 Meeting Minutes
- Prior to Committee Reports, Aleksey, Council Chair read from the Council Guidelines on Electing Committee members at Council meeting and Committees electing their chairs from within their Committees.

**Intergroup Standing Committees Reports**

After Hours Phones: David, Committee Member shared that:

1. Thank you to all of the groups that volunteer.
2. We have 2 open nights – the 3<sup>rd</sup> & 26<sup>th</sup> – please announce at all of your meetings.
3. Position of Chair of After Hours Phones Committee is open.

Business Committee: Nick M., Business Committee Chair reported:

The Business Committee met on Tuesday, January 11<sup>th</sup>, 2022 at 6:00 pm via Zoom. Present: Nick, John, Rae, Tim, Kristen, Aleksey, Andrew & Judi

Absent: None; There was a quorum.

December 2021 Financial Summary:

Net Revenue is \$-3,427. Our 2021 YTD Net Revenue is \$12,478. Group & Individual Contributions were \$11,426. Literature Sales Revenue & CD Bank Interest were \$-836 while total office & committee expenses were \$14,017.

**Central Office Manager’s Report:**

- January BOOK OF THE MONTH: Came to Believe, Sale \$3.00, Reg. \$5.00 Max: 5
- February BOOK OF THE MONTH: Living Sober, Sale \$3.00, Reg. \$5.00 Max: 5
- Meeting updates continue to be active on our website. Changes to the online meeting schedule continue with daily changes at a rate of approximately 8-10 per week.
- We printed 1,500 updated Meeting Schedules at the end of November, and have sold 600 of them in the month of December. There have been approximately 50 changes to the schedule since the last printing. This means we would be looking at another printing around the end of January/beginning of February. If we run 2,000, at our current sales rate, it would last approximately 3 months. Do we want to keep subsidizing meeting schedules? We have to run 4,000 to meet our cost.
- Judi added a link to AAWS’s Daily Reflections to [aasandiego.org](http://aasandiego.org)’s home page
- Judi renewed Alcoholics Anonymous’s Fictitious Business name license which gets renewed every five years
- Judi will be out of the office on January 21, 2022. Lisa Ann will cover.

Newsletter: No Report

CEC (Cooperating with elderly Community) Committee: Jean, Chair, shared that

1. 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.com](http://aasandiego.com) under Service Meetings. Due to the difficulty that the Committee has been having getting into Senior facilities the next meeting will be held in April, 2022.

Continued from Page 5

Coordinator Outreach: Brian, Chair, shared that

1. The Outreach Committee meets prior to the Council Meeting and tonight there were 2 members present.
2. The Outreach Committee reaches out to meetings that do not have Coordinators and needs members to help with this effort.

Orientation & Guidelines: Tim M., Chair shared that

1. We had a full (Virtual) room tonight! We welcomed 13 new Coordinators!
2. One Committee member also attended Orientation – thank you!
3. All Coordinators are always welcome to attend Orientation at 6:15 prior to the Coordinating Council Meeting

Program Committee: No Report

Public Information Committee: Sallye, Chair shared that

1. The Public Information Committee meets on the first Monday of every month at the Central Office at 6 pm
2. The Committee has been focused on its drivers and determining which locations are open.
3. The Committee will begin studying the Traditions at its meetings to determine which apply when visiting with the public
4. The Committee will begin looking into getting literature and posters into High Schools.

OLD BUSINESS:

1. The motion of whether or not to allow groups of individuals not associated with groups to adopt open nights on the After Hours Phone Calendar was voted on and passed with a majority vote.

NEW BUSINESS:

1. A Poll was conducted to determine whether or not the Cooperating with Elderly (CEC) Committee should become a permanent standing Committee. The vote was passed unanimously.
2. An Opinion Poll was taken to understand the Coordinators position on the Council meeting returning to meeting in person. The Business Committee will discuss at the February Business Committee Meeting and bring its recommendations to the February Council Meeting.
3. Elections: The following were unanimously elected to these Committees:
  - a. Coordinator Outreach: Tom M.
  - b. Program Committee: Lauren and Molly
  - c. Cooperating with Elderly (CEC): Blaine and Bruce
  - d. Thank you everyone for your service!

Reminders:

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.com](mailto:councilchair@aasandiego.com) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 2/1/2022.
2. The Coordinating Council will meet on Zoom until addressing it in February, 2022
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](mailto:sdaaco@aol.com)

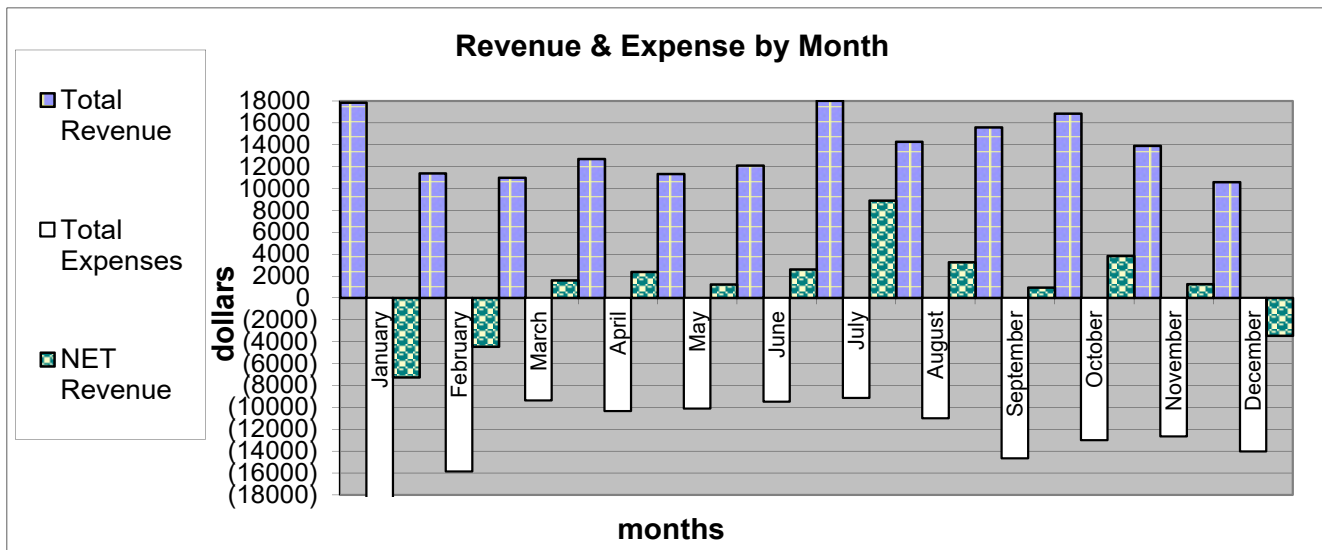
Closed with the Serenity Prayer

Respectfully submitted,

*Judi T.*, Recording Secretary

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

	December 21	December 20	YTD '21	YTD '20	\$ Change	Budget '21
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	8,787.22	12,983.76	134,427.16	114,135.65	20,291.51	125,000.00
Contributions Individual	2,639.00	2,353.00	23,813.89	26,426.96	(2,613.07)	18,000.00
Contributions SDIAA	-	-	-	305.00	(305.00)	600.00
Interest - Cert of Deposits	35.05	59.91	458.50	1,701.72	(1,243.22)	400.00
Literature Revenue (see schedule)	(871.00)	(2,765.43)	6,795.43	2,196.53	4,598.90	11,830.00
<b>Total Revenue</b>	<b>10,590.27</b>	<b>12,631.24</b>	<b>165,494.98</b>	<b>123,725.50</b>	<b>41,769.48</b>	<b>155,830.00</b>
<b>Expense</b>						
Accounting & Legal	42.00	195.00	3,094.40	2,675.00	419.40	2,930.00
Auto/Travel/Seminar	8.00	8.50	130.00	369.96	(239.96)	500.00
Bank Service Charges	-	-	121.51	114.24	7.27	50.00
Cash (Over) Short	(15.44)	0.84	0.84	170.37	(169.53)	(50.00)
Equipment Maint & Repair	51.36	51.36	658.31	616.32	41.99	750.00
Equipment Purchase	1,990.52	-	3,090.33	-	3,090.33	500.00
Insurance	103.75	131.02	1,455.15	955.32	499.83	800.00
Office Maint. & Repairs	132.00	-	755.35	135.00	620.35	500.00
Office Supplies	722.44	417.81	3,208.95	1,983.63	1,225.32	3,000.00
Rent	1,980.00	1,940.00	23,600.00	23,120.00	480.00	23,600.00
Taxes	-	-	50.00	80.00	(30.00)	80.00
Telephone	117.28	215.16	2,536.35	1,807.43	728.92	1,765.00
Utilities-Electricity	230.76	200.09	3,071.79	3,099.22	(27.43)	3,500.00
Website	-	-	168.73	107.30	61.43	750.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	560.62	523.11	8,984.81	6,900.14	2,084.67	7,560.00
Employee Wages	7,328.36	6,838.20	88,026.88	82,696.50	5,330.38	79,999.00
Employee 403B Contribution	-	140.00	155.00	2,362.00	(2,207.00)	155.00
Employee Health Benefit	653.13	800.37	8,020.78	9,604.44	(1,583.66)	7,824.00
Insurance-Worker's Comp	43.16	43.25	512.27	517.83	(5.56)	500.00
<b>Total Office Expense</b>	<b>13,947.94</b>	<b>11,504.71</b>	<b>147,641.45</b>	<b>114,757.98</b>	<b>32,883.47</b>	<b>134,713.00</b>
<b>Standing Committees Expense</b>	<b>69.41</b>	<b>195.08</b>	<b>5,390.05</b>	<b>3,077.47</b>	<b>2,312.58</b>	<b>7,370.00</b>
(see schedule)						
<b>Total Expense</b>	<b>14,017.35</b>	<b>11,699.79</b>	<b>153,274.21</b>	<b>140,392.17</b>	<b>35,196.05</b>	<b>142,083.00</b>
<b>Net Revenue</b>	<b>(3,427.08)</b>	<b>931.45</b>	<b>12,477.52</b>	<b>4,373.69</b>	<b>8,103.83</b>	<b>13,747.00</b>



## Group Contributions December 2021

Group	Dec-21	Ytd 21	Group	Dec-21	Ytd 21
11th Step Journey - 2622	-	2.73	Free At Last - 2888	-	300.00
1207 Mens Stag (Non Publish) - 2687	-	10.00	Fresh Start Beginners - 2609	-	1,460.53
3 O'Clocker - 2201	200.00	400.00	Friday Happy Hour - 2821	-	150.00
4077 Mash Step 11Read-Medita-Share - 2027	-	535.00	Friday Morning Womens - 104	-	190.00
52 From The Big Blue	-	183.50	Friday Night Irregulars - 2889	160.00	432.67
530 Meditation - 3085	-	293.00	Friday Night Mens - 188	-	610.00
830 Every Morning Group	-	516.00	Friday Night Santee - 1754	-	300.00
930 Everynighters	81.73	81.73	Garnet Group - 1129	-	259.00
A Sense Of Belonging Womens - 1205	-	107.00	Gifts of Grace Womans - 2564	-	92.06
A Vision For You - 2812	-	436.00	Gilman Group - 1988	-	175.59
A Womens Meeting -1717	-	881.00	God Squad Too - 2809	-	319.33
AA By The Bay - 629	-	175.00	Good Morning AA - 1888	130.00	1,036.00
Adams Avenue Big Book Study - 1892	-	100.00	Great Fact Group - 895	90.00	420.00
Alpine Group - 6	-	50.00	Grupo Gringo - 1305	-	700.00
Alpine Mixed Step Study - 2621	-	50.00	GSDYPAA	-	407.77
Another New Beginning - 144	-	500.00	Happy Hour Meeting - 1038	-	112.68
Artists in Sobriety - 2459	-	61.00	Harmony Group - 585	530.00	3,500.00
At One With Each Other - 789	-	83.50	Haul Your Hiney Out Of Bed - 704	-	450.00
B.Y.O.B. (North Park) - 203	71.00	975.00	Hi-Nooners - 673	125.00	312.80
Back Country - 3131	-	45.00	HOW @ Noon - 2998	-	435.00
Back to Basics - 1026	-	500.00	Hwy 80 AA - 2722	-	90.00
Back To Basics For Women - 1675	-	400.00	I. B. Steps & Traditions - 3003	-	50.00
Barefoot - 139	-	100.00	I. B. Up - 2565	-	625.00
Battery Chargers - 98	-	400.00	IB Sober - 3161	-	52.00
Bayside Bonfire Group - 1139	-	204.55	Imperial Mens Group - 869	-	400.00
Beautiful Beginnings - 552	-	280.50	It's In The Book - 2030	-	250.00
Big Bon-Fire Meeting - 1894	-	447.50	It's In The Book - 3084	-	190.72
Bonita Boozers - 2179	-	153.00	Jaywalkers - 3100	-	425.00
Bonita Womens Big Book Study - 3112	-	745.00	Joy Of Living - 2787	-	129.00
Burning Desire - 3273	-	115.00	Just Us Girls - 929	-	134.60
BYOB Book Study (Ramona) - 3094	-	25.00	Kick Start Your Heart - 2430	-	40.00
Carrying the Message - 2458	-	150.00	Knuckleheads - 3182	200.00	815.00
Casa De Oro Tradition Five - 503	-	366.50	La Jolla Discussion Group - 85	-	310.00
Casa De Oro Weds Nite - 2049	-	219.49	La Jolla Mens - 692	-	153.36
Cedar Street Mens - 1698	-	631.50	La Jolla Monday Womens - 87	-	748.00
Chula Vista 4 Min Speakers - 1568	-	450.00	La Jolla Nonsmokers Disc - 88	-	250.00
Clairemont Mens - 301	-	1,250.00	La Jolla Pump House Group - 696	-	420.00
Clairemont Mixed Discussion - 338	-	100.00	La Jolla Sunrise - 2684	-	2,550.00
Clairemont Womens Discussion - 340	-	340.00	La Mesa 12 X12 - 2588	-	254.00
Clairemont Womens Step Study - 341	33.00	1,478.00	La Mesa Mens - 106	-	1,000.00
Class Acts - 1845	-	116.40	La Mesa Open Discussion - 107	-	300.00
Coffee Clutchers - 2332	-	750.00	La Mesa Step Study Workshop - 1621	-	162.16
Conscious Contact Big Book - 2762	-	20.00	La Mesa Womens Sat. Morning - 416	-	1,697.75
Conscious Contact Meditation - 2834	-	90.00	Lake Morena Sink or Swim - 2830	-	150.00
D.D.G.T.M. - 767	-	125.00	Lake Murray Womens - 572	-	125.00
Daily Reflection - 3114	-	710.00	Late Risers - 473	-	150.00
Daily Reprieve - 3199	-	50.00	Lemon Grove Speakers - 2574	-	200.00
Dawn Patrol - 263	-	932.00	Letting Go Womens - 3189	-	150.00
Descanso Mens Step Study - 3010	-	212.66	Linda Vista Mens - 320	-	25.00
Designs For Living - 488	500.00	855.00	Living Free - 477	-	520.00
Dignity Unlimited - 205	-	950.00	Lunch With Bill W Bunch - 774	300.00	300.00
Doctors & Lawyers & Professionals - 391	-	660.95	Lunchtime Friends - 964	-	104.80
Downtown Discussion - 1665	-	243.95	Lushes Lunch Tuesday - 2641	-	197.00
Drunks Only - 1605	-	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	279.00	1,162.00
Early Risers (Coronado) - 1525	-	10.00	Mens Jelly Donut - 3118	-	24.00
Early Risers (PB) - 264	-	395.00	Mens Step Study - 965	-	163.00
East County Young People Rule 62 - 2797	-	200.00	Mens Structured Step Study - 1469	-	115.75
East Side Group - 101	-	60.00	Mid-Week Mens - 560	434.00	1,602.00
Eastlake Greens Attitude Adjust(Su - 2712	-	70.00	Mid-Week Mens Online- 3243	100.00	939.01
Eastlake Greens Attitude Adjustmen - 2691	-	150.00	Midday Miracles- 3242 <>	-	925.00
Eastlake New Beginnings S/S - 2673	132.50	152.50	Midway Bridge - 2171	-	126.65
Easy Does It Riders - 21	-	156.00	Mira Mesa Early Risers - 967	-	100.00
Easy Does It Speakers - 114	-	200.00	Mira Mesa Sunday - 376	197.00	197.00
Easy Risers - 854	-	60.00	Mira Mesa Sunday Morning Mens - 693	-	184.20
Educational Variety Mens - 3244	-	200.00	Miracles on Mondays - 565	-	150.00
El Cajon Beginners - 2876	-	225.75	Mission Bay Speakers - 1692	150.00	350.00
El Cajon Womens Serenity - 77	-	281.98	Mission Hills Beginners - 1612	150.00	350.00
Emotional Sobriety (Hillcrest) - 2536	-	229.00	Mission Hills Late Night - 2773	-	293.00
Evening Serenity - 2305	200.00	410.00	Mission Hills Lunch Bunch - 2675	-	300.00
Every Night at Six <> - 3241	-	783.00	Mission Possible - 131	-	570.00
Everynighters Online - 2997	-	447.54	Mixed In The Park	-	225.00
First Mira Mesa Mens - 300	-	165.50	Monday At A Time - 2875	223.20	696.20
Fletcher Hills Smokeless - 59	-	280.00	Monday Night Live - 3219	-	150.00
Forgiveness Friday - 3258	-	130.80	Motivation Monday - 3254	-	94.50
Fourth & Brooks Mixed Speakers - 2750	33.00	33.00	Mountain Steps - 2822	-	90.00
Fourth Dimension Group - 2415	422.00	422.00	Mt Soledad Mens - 717	-	2,050.00




# Group Contributions December 2021

Group	Dec-21	Ytd 21
Nightly Discussion - 3248	-	171.13
No Matter What Woman's Group - 2325	-	96.88
Noon At The Grove - 628	200.00	800.00
Noon with a View Beginners Meeting - 3249	-	5,852.60
Nooners Anonymous - 1164	50.00	300.00
Noontime on the Patio - 2203	125.00	232.69
North Clairemont - 1102	-	507.00
North Park Mens - 465	41.87	735.28
North Shores Breakfast - 275	-	300.00
Not Alone Speakers Group - 1652	-	100.00
O.B. Young Peoples - 2705	60.00	60.00
OB Peer Group - 2130	-	140.00
Old Timers Group - 2037	-	50.00
Old Town Speakers - 321	-	1,040.00
One Step Ahead - 715	-	157.00
Open Minded Mens - 626	-	426.50
Original Anonymous Anonymous - 154	50.00	200.00
Original Tues Night Step Study - 2124	-	50.00
Over The Bridge - 2689	-	1,227.00
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
Riding Sober - 3054	-	750.00
Rise & Shine - 2170	156.80	3,001.50
Rocket Riders - 1730	150.00	150.00
Rule 62 Group - 927	-	100.00
Rule 62 Noon Discussion - 2947	-	275.00
Safe Sane and Sober - 1350	-	388.50
San Carlos Single Purpose - 583	-	187.06
Santee Mens Group - 2972	-	354.00
Santee Saturday Night Speakers - 2656	-	540.00
Santee Serenity - 3040	-	50.00
Santee Serenity Group - 1943	130.00	730.00
Santee Simple Step Study - 2707	-	358.00
Sat Mens Early Awakening - 2209	-	414.89
Saturday A.M. Live - 782	-	50.00
Saturday Morning Sanity - 1989	-	150.00
Scripps Ranch Men's Two - 2776	-	545.60
Scripps Ranch Mens - 3168	-	411.95
Serene-Tea - 2700	-	49.50
Serenity @ 5107 - 2976	-	223.05
Serenity at the Cove - 3271	-	135.00
Sisters in Sobriety - 3092	-	25.00
Sisters In Sobriety - 3127	-	373.00
Sober Camel Speakers Meeting - 2296	-	56.23
Sober Minded Leather Folk - 1882	137.00	311.59
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	-	966.00
Sobriety On State And Date - 2697	-	172.31
Sons of God - 2789	-	1,493.00
Spiritual Awakenings Step Study -3174	-	375.00
Spring Valley Men's Zoom	-	50.00

Group	Dec-21	Ytd 21
Sunday Beach Sun-Day - 568	-	369.00
Sunday Keep it Simple - 3348	-	140.64
Sunday Kind of Love - 429	-	10.00
Sunday Midday - 161	-	200.00
Sunday Morning Sunshine - 407	-	100.00
Sorrento Valley Nooner - 544	145.00	2,155.65
South Park Sobriety - 1015	72.00	393.00
Spiritual Awakening - 2275	263.01	2,636.57
Sunday Night Discussion - 212	-	16.00
T.G.I.F. - 1658	-	578.50
The 1st 164 - 2760	-	76.27
The Common Solution - 3007	-	267.69
The Drunk Tank - 3215	61.05	61.05
The Gathering Of The Goddesses - 2890	264.00	576.00
The Gift - 2954	-	550.00
The Hole In The Doughnut - 2737	-	290.50
The Huddle in the Park - 3278	434.00	3,184.00
The Interstate Meeting	-	50.00
The Language of the Heart - 3066	-	112.66
The Notorious M.I.T.P. - 3267	-	681.16
The Other Meeting - 857	225.00	830.00
The Rogue Meeting - 3338	77.61	5,197.57
The We Group Speakers Group - 2739	200.00	1,601.34
There is a Solution - 2680	-	380.00
Three Legacies Group - 2194	-	60.00
Three Legacies Study Group - 3230	-	56.09
Thursday Nite Mens Big Book Study - 1748	-	110.00
Thursday Steps - 646	-	638.70
Tierrasanta Friday Night - 2645	-	400.00
Tierrasanta Morning Serenity - 2811	-	60.00
Toes in the Sand - 3282	-	580.00
Trust God, Clean House, Help Others	-	28.20
Tues Night Mens Step Study - 1813	-	930.00
Tuesday AA Step Study - 937	50.00	100.00
Tuesday Morning Alpine - 440	-	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	-	225.00
University City Disc.- 368	-	309.25
University City Womens - 369	383.00	1,044.78
Valley Girls - 2617	-	95.00
Wake Up Call - 1932	-	975.00
War Fever - 880	-	254.80
Warm and Friendly - 42	-	250.00
Water Walkers - 5	-	100.00
Water Walkers Too - 1946	-	300.00
Whistling In The Dark Mens - 2943	150.45	410.45
White Flag Outdoors - 2788	-	370.50
Wholesale Miracle - 2474	32.00	925.00
Womans Gut Level - 1701	-	65.00
Womans Let Go and Let God - 446	75.00	75.00
Women's Joy Of Living - 2636	-	667.86
Women In Harmony - 1807	-	131.00
Women In Sobriety - 697	60.00	60.00
Womens Attitude of Gratitude - 2751	-	375.50
Womens Meeting - 2903	-	60.00
Womens Step Study - 296	-	673.62
Womens Thursday Nite - 514	-	257.40
Womens TLC - 2814	-	67.50
Womens Way To Recovery - 838	-	150.00
Young, Dumb & Full of Fun - 3202	-	213.51

Group Secretaries/Treasurers  
 Central Office is no longer able to  
 mail receipts  
 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



## 2022 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
February 21	President's Day	Monday
May 30	Memorial Day	Monday
July 4	Independence Day	Monday
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

December 2021 Group Contributions	<b>\$8,787</b>
Individual Contributions	<b>2,639</b>
Literature & Interest	<b>-871</b>
<b>Total Revenue</b>	<b>\$11,461</b>
Central Office Expenses	<b>-13,948</b>
Committee Expenses	<b>-69</b>
<b>Total Expenses</b>	<b>-\$13,948</b>
December 2021 Net Revenue	<b>-\$3,427.08</b>
2021 YTD Revenue	<b>\$12,478</b>



### Calling All Coordinators

Is Your Group Being Represented?

The Coordinating Council Meets on the second Thursday of Every month at 7 pm.

Make sure your group has a voice.

Standing Committees need members and Chairs. You do not need to be a Coordinator to be on a Committee.

Visit the Intergroup Page at [aasandiego.org](http://aasandiego.org) for more info

### Central Office is Grateful for our Phone Volunteers!

#### We Need You!

We have Open Nights on the After Hours Calendar. Answer phones from home or at 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
- ◇ Call Judi at 619-265-8762 for more information

# Living Sober

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

From *Living Sober*, page 60: "Over the years, we have become strongly convinced that almost no important decisions should be arrived at early in our sobriety, unless they cannot possibly be delayed. This caution particularly applies to decisions about people, decisions with high emotional potential. The first, uncertain weeks of sobriety are no time to rush into major life changes. Another caution: tying our sobriety to someone we are emotionally involved with proves flatly disastrous. 'I'll stay sober if so-and-so does this or that' puts an unhealthy condition on our recovery. We have to stay sober for ourselves, no matter what other people do or fail to do." *Reprinted with permission from A.A.W.S.*

Living  
Sober

LIVING  
 SOBER  
 STRONGLY  
 CONVINCED  
 DECISIONS  
 EARLY  
 CAUTION  
 PEOPLE  
 EMOTIONAL  
 WEEKS

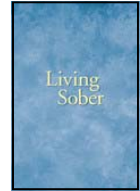
SOBRIETY  
 RUSH  
 MAJOR  
 LIFE  
 CHANGES  
 INVOLVED  
 FLATLY  
 DISASTROUS  
 UNHEALTHY  
 CONDITION

RECOVERY  
 OURSELVES  
 FAIL  
 IMPORTANT  
 POTENTIAL  
 UNCERTAIN  
 TYING  
 PROVES  
 MATTER  
 SO AND SO



## The Central Office Bookstore is Open!

- ◆ February's Book of the Month is **Living Sober** on sale for just \$3, Max 5; Pamphlet of the Month is **A Member's Eye View**, just \$.05
- ◆ March's Book of the Month is the 12x12 soft cover on sale for \$6.25, Max 5; Pamphlet of the Month is **The AA Group**, \$.05
- ◆ We have tokens from 24 hour to 62 years
- ◆ Archive Room is Open Daily
- ◆ New Grapevine Corner



**Hours: Monday—Friday 9:00 am - 5:00 pm,  
Saturday 9:00 am - 1:00 pm**

**Come on by to browse and stock up for your meeting or your home library!**



### FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◆ The Central Office is no longer able to mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◆ Thank you very much to the members who have sent Individual Contributions
- ◆ If you'd like to credit your group, please make a note on the check
- ◆ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!

◆ Send your Contributions to:



# Things to Do, And Places to Go

## 45<sup>th</sup> San Diego Spring Roundup

When: April 14 - 17, 2022

Where: Town & Country Hotel

More Info:

[www.SanDiegoSpringRoundup.com](http://www.SanDiegoSpringRoundup.com)

## Akron Founders' Day 2022

When: June 10 - 12, 2022

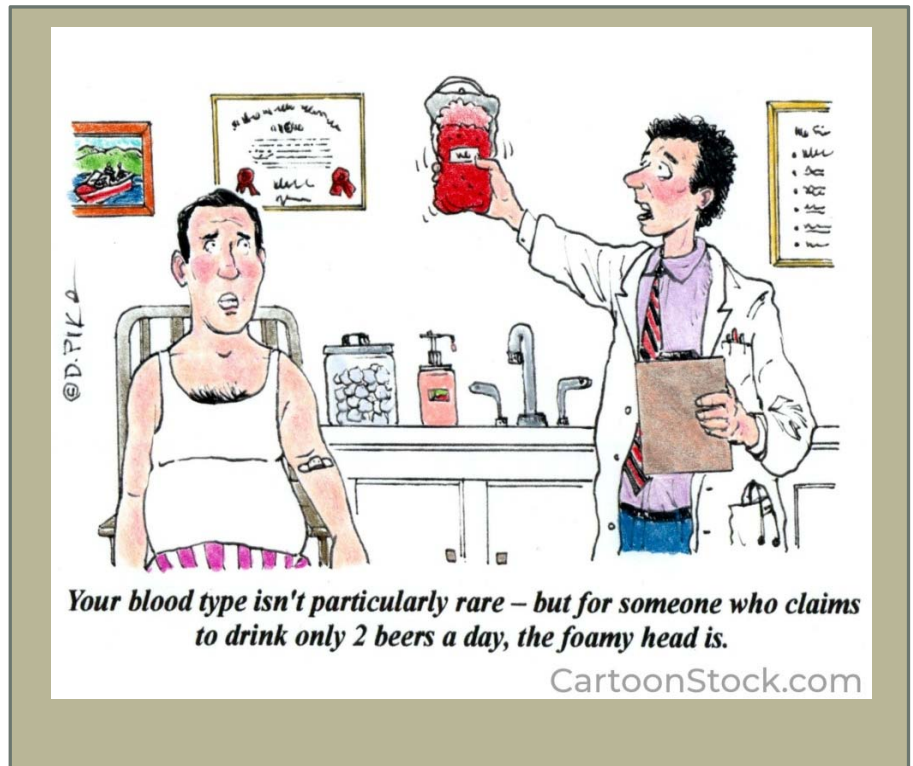
Where: Akron, Ohio

More Info: [www.FoundersDay.org](http://www.FoundersDay.org)

For more details, see the event flyers  
on the San Diego AA website  
[www.AASanDiego.org](http://www.AASanDiego.org)

# Unglum Lot

## Monthly Cartoon Feature



# Excerpt from

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

Living  
Sober

'First Things First' (pp. 31-32) - "Here's an old saying that has special, strong meaning for us. Simply stated, it is this: Above all other concerns, we must remember that we cannot drink. Not drinking is the first order of business for us, anywhere, any time, under any circumstances. . . . Some have asked us, 'Does this mean you rank sobriety ahead of family, job, and the opinion of friends?' When we view alcoholism as the life-or-death matter it is, the answer is plain. If we do not save our health - our lives - then certainly we will have no family, no job, and no friends. If we value family, job and friends, we must *first* save our own lives in order to cherish all three."

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

## Desperation is a Great Motivator

*Continued from page 1*

At this point, the recovery process may differ depending on your age, your gender, your economic situation, your marital status, your legal woes, and other side issues. It is not our role to judge anyone who comes to A. A. seeking help nor is it our job to bail them out of their current situation out of sympathy. That does not mean that we cannot buy a meal for a hungry soul or give them a few bucks for gas.

We are recovering alcoholics and our role is to listen and to try to understand what they need from us consistent with the principles we have learned and relate our experiences with them. Younger arrivals usually are dual addicted and the average long-term alcoholic that has not experienced the drug culture lifestyle may have a difficult time identifying with them. Recovered addicts usually share about their Rip Off mentality as a user, while the average common variety alcoholic talks about the guilt and shame and the need to pay bar-tab.

A high percentage of our membership arrive in their forties in the middle of, or on the cusp of, the threat of a divorce, and without experienced feed-back, make bad decisions where, in some cases, they could have salvaged their marriage and saved the children the damage caused by divorce.

My main question when greeting a newcomer at a meeting is usually "What brings you to A.A.?" Usually, their response comes in the form of a complaint about the situation they are in (divorce papers, DUI, fired from job, etc.) My next question is, "If that hadn't happened, would you be here today?" Their response is usually, "Probably not." I then explain that my first wife could have filed for divorce ten times before she became *desperate* enough to do it and, had she not, I would still be out there circling the drain or worse.

For two years I tried to convince her to take me back, but it did not happen. Desperation brought me to the door of A.A. where I began the life I live today. This type of perspective usually gets his attention, and they often turn out to be more accepting of the need to change. Next, I share the experience that worked for me. It may come in a sincere statement such as, "I know that I have been wrong about what a husband/father's responsibilities are and that I am an alcoholic and I believe that I've found the solution to my drinking problem. You have suffered from all of this, and I have learned greatly from the mistakes I have made, and I intend to do my best to make it right. Whatever the outcome is, I want to minimize the trauma to the children as we move forward."

This type of sincerity sometimes takes the pressure off and gives the newcomer some breathing room and in some cases, opens the door to salvaging the marriage. My question is: Can you live up to these proposed actions?

Another area where sincerity and ownership of past mistakes has an unexpected outcome is in the courtroom. Judges have heard every flimsy excuse in the world and can see right through all the BS of a con artist, and they are not fooled by them. Believe me when I say that I have witnessed more than my share of these two approaches to resolving the damages of alcoholic behavior, and the sincere approach far outweighs the con job, most of the time, and you cannot fake sincerity.

~ Rick R.

## Big Book Meaning of Insanity

*Continued from page 1*

However, I have come to believe that the Big Book use of that word is in the context of something quite different.

I finally realized what the Big Book was trying to get across to me only after studying the Big Book for some time. Two examples:

In Jim's story on pages 35-37, Jim came to the erroneous conclusion that he could safely drink whiskey so long as he mixed it with milk. As foolish as this may sound no

medical professional would clinically declare him insane. Alcoholic, yes. Insane no.

Then later on page 37 I found: *"Whatever the precise definition of the word may be, we call this plain insanity."*

We fellow alcoholics might simply consider this as "Alcological" thinking. I believe this is what Bill meant to get across to us:

*Sane:* When an alcoholic can see and act on the truth in drink.

*Insane:* When an alcoholic cannot see and act on the truth in drink.

~Bob S

## Fake Brews

*Continued from page 1*

I learned my lesson about "non-alcoholic" beer early in my sobriety. I was at a restaurant ordering pizza and saw O'Doul's on the menu. I figured that I used to like beer with pizza (why I even liked beer without pizza!) so I thought I'd try one.

The first swallow made me feel flushed and sweaty. I checked the label and, sure enough, this "non-alcoholic" beer contained a small amount of alcohol. To this date, that was my last O'Doul's. My sponsor advised me not to change my sobriety

date as this was an accidental ingestion, but also gave me his usually sage advice, "Non-alcoholic beer is for non-alcoholics!"

With this background, I recalled reading an article that appeared in the September 27<sup>th</sup> issue of *The New Yorker* magazine entitled "Zero-Proof Therapy, Can an Ex-Drinker Return to the Bar if Non-Alcoholic Beer is on Tap?". The author of the piece, John Seabrook, never claimed to be a member of Alcoholics Anonymous, but admitted to attending meetings, demonstrated a familiarity with the program, and counted his sobriety in days.

It seems his issue was that, after five years of being alcohol free, he claimed not to miss the booze, but to miss the ritual

that went along with

drinking - gathering with friends and having a beverage other than Diet Coke with certain meals.

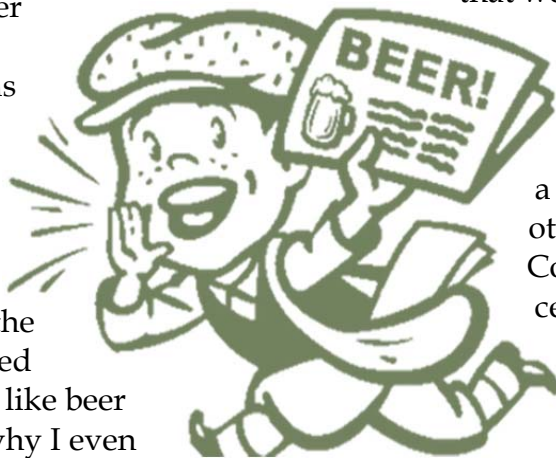
He had previously sampled some non-

alcoholic beverages and found them wanting in flavor, but recently the craft beer industry had begun putting out non-alcoholic products. He found these and even some non-alcoholic wines to his liking and began consuming them on a regular basis.

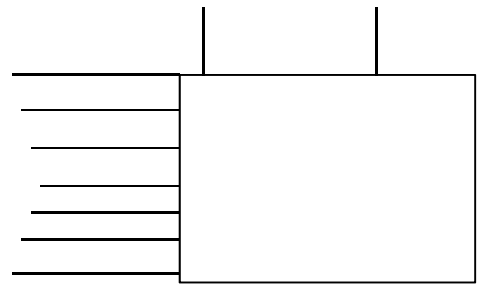
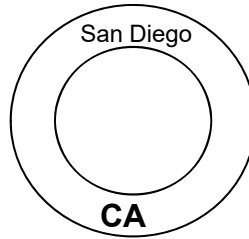
"Non-alcoholic" beers of this type have been around for a long time. The beverage is created by first brewing regular beer (the standard varieties contain 5% alcohol) and then removing the alcohol to a desired level, a process which becomes more difficult the more alcohol that needs to be removed. To achieve "non-alcoholic" status the resulting brew can contain no more than 0.5% alcohol (for the mathematically challenged this is one tenth of the alcohol content of regular beer). The 0.5% level was established when the Volstead Act was enacted, creating the regulations required by passage of the 18<sup>th</sup> Amendment (Prohibition) in 1919. In those days this was called "near-beer", a more fitting and accurate description than "non-alcoholic".

So, how did Mr. Seabrook's journey into the realm of "non-alcoholic" beverages turn out? Not well. After admitting to consuming up to a sixpack of "non-alcoholic" craft beer (the alcohol equivalent of 7oz of regular beer), the end came when he ordered some supposedly "non-alcoholic" wine from a vintner in Germany. He and his wife consumed a bottle before discovering it was actually 12% alcohol and Mr. Seabrook, who has a new sobriety date, realized he was drinking for the effect after all.

~ Blaine H.



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



RETURN SERVICE REQUEST



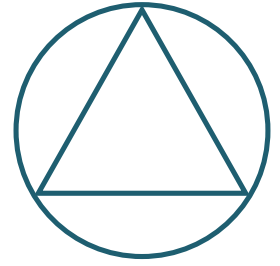
# February 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10 SD Intergroup Coordinating Council 7:00 pm	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						





# The San Diego AA Coordinator



[aasandiego.org](http://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 2022  
VOL. LX NO. 3

## 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
- **Unglum Lot** ..... p. 13
- **Upcoming Events**..... p. 13

## *"Carry the AA Message"*

Join the fun and submit an article!

April (due 3/11/22)

"Fearless and thorough..."

May (due 4/9/22)

"The Fifth Step..."

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

## *Article Web-Site*

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

## **Did Shakespeare Get It Right?**

### **The Dram of Eale**

Since I arrived at the door of Alcoholics Anonymous (A.A.) in 1969, I have had led a highly active life physically and mentally. I faced most of the challenges that I thought to be impossible before I got sober and found them to be much easier than I expected.

*Continued on Page 14*

## **Step Three: God as He May Express Himself**

### **God of Our Own Understanding**

Alcoholics Anonymous (A.A.) came into existence in 1935 when much of our society was centered around the churches in the communities where we lived. As a child in my hometown, on Sunday morning I could look out the window and see a vast majority of my

*Continued on Page 14*

## **All Alcoholics Quit, Eventually.**

All alcoholics quit, eventually.

Sounds hopeful, right? Maybe not so much when you realize we only quit one of two ways. Vertically or horizontally.

The hard facts for me are, I will either die a sober alcoholic or a drunk one. This will never disappear and if I start believing that it will, I'm in trouble. I can't tell you how many times I have seen men and women convince

*"I asked what he meant, and he clarified, "There aren't heroin stores on every corner, heroin ads on tv, social gatherings revolving around heroin, heroin tasting. Just the availability would make it hard, the societal pressures would seem nearly insurmountable!"*

themselves they were cured of their drinking problem only to end up drinking again. And tragically, often they don't make it back.

*Continued on page 15*

**SAN DIEGO CENTRAL OFFICE****24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)**E-MAIL:** [sdaaco@aol.com](mailto: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](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office.

Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	TBD	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly Program	Jean S.	<a href="mailto:cec@aasandiego.org">cec@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Sallye	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

Delegate	Monty	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Richard	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Blaine	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	John	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

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

**Contributors:** Rick R., John M., Ashley C.**March Theme:** "The only requirement..."**To receive an electronic version of the newsletter****Please sign up to receive by email****Send request to:** [sdaaco@aol.com](mailto:sdaaco@aol.com)**Committee Announcement**

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

Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to:

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

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

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

**AAGRAPEVINE.ORG****Submit Your Stories, Photos, Art and More!**

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? The AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use the [upload form](#).

## Home

I'm in a house that floods every time it rains  
The doors are locked from the inside  
I've never seen beyond the windowpanes  
I have always lived here -- this is my life

During a terrible storm, when I lost all light  
A comforting voice said to me  
"If you want a way out of all the strife,  
You are going to have to use this key"

As I walk through the door, everything is new  
And I don't want to go back to the place I left  
But where do I go, and what do I do?  
Then the kind voice says, "Here are the steps"

So, I follow the steps, one at a time  
They navigate me to a beautiful place  
I don't have to tread water, it's a new design  
A beautiful world that holds a safe space

It still rains here, but the water doesn't pool  
And after, there is no picking up pieces  
And I realize I need to use my tools  
To patch things up, until the rain ceases

We will lose our home if we make the choice  
To seek higher ground and hide  
You may not be drowning, but you can't rejoice  
Because you are not living- you are only dry

I need the tools, and the steps that lead  
To my new home, and I take an oath  
I'll face the world, and what will be will be  
And I know that with rain, comes growth.

~ Ashley C.

## Poets Wanted Here

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

## Central Office Phone Calls and Website Hits

Central Office is grateful for our Volunteers

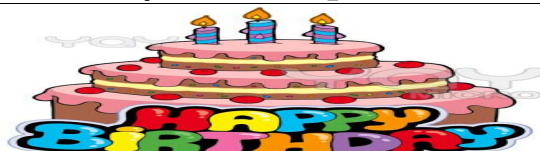
After Hours Phone Volunteers are welcome back at Central Office. Speak with your After Hours Section Leader for details

Website Hits	January	Total
	74,238	8,156,245

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!*

**Bobette D. 12/29/1976 45 years**  
**Easy Does It Speakers**



### 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. Group ...  
 where it all begins –**

**March 2022  
 Pamphlet  
 of the Month  
 Pamphlet P-16**

**How a group functions. How to get started.**

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

**The Principle of Rotation** - "Traditionally, rotation ensures that group tasks, like nearly everything else in A.A., are passed around for all to share. Many groups have alternates to each trusted servant who can step into the service positions if needed . . . Among other things, anonymity in the Fellowship means that we forgo personal prestige for any A.A. work we do to help alcoholics. And, in the spirit of Tradition Twelve, it ever reminds us "to place principles before personalities."  
 - p. 28

**What is an Informed A.A. Group Conscience?** - "The group conscience is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken. This is achieved by the group members through the sharing of full information, individual points of view, and the practice of A.A. principles. To be fully informed requires a willingness to listen to minority opinions with an open mind."  
 - p. 28

**How Can Newcomers Be Reached and Helped?** - "Naturally, alcoholics cannot be helped by A.A. unless they know A.A. exists, and know where to find it. So it is a good idea for groups in smaller towns to communicate their meeting place and times to public agencies. Along with such a notice, it is helpful to distribute the flyer "A.A. at a Glance" or the pamphlet "Alcoholics Anonymous in Your Community." In large urban areas, the central office, intergroup or district meeting list of all groups can be used for this purpose."  
 - pp. 16-17

**A.A. Group Inventory** - "Many groups periodically hold a "group inventory meeting" to evaluate how well they are fulfilling their primary purpose: to help alcoholics recover through A.A.'s suggested Twelve Steps of recovery. Some groups take inventory by examining our Twelve Traditions, one at a time, to determine how well they are living up to these principles." -- p. 29

**Is There a Difference Between a Meeting and a Group?** - "Most A.A. members meet in A.A. Third Tradition. However, some A.A. members hold A.A. meetings that differ from the common understanding of a group. These members simply gather at a set time and place for a meeting, perhaps for convenience or other special situation. The main difference between meetings and groups is that A.A. groups generally continue to exist outside the prescribed meeting hours, ready to provide Twelfth Step help when needed.  
 - pp. 12-13

**Naming an A.A. Group** - "Even the appearance of being linked to any organization, club, or political or religious institution needs to be avoided. Therefore, an A.A. group that meets in a correctional or treatment facility or a church should take care not to use the institution's name, but to call itself something quite different. This makes it clear that the A.A. group is not affiliated with the hospital, church, prison, treatment facility, or whatever, but simply rents space there for meetings." - pp. 17-18

**Minutes of the Coordinating Council  
By Zoom Meeting on Thursday, February 10<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 914<sup>th</sup> with a moment of reflection followed by the "I am Responsible Declaration"

**Guest Reports:**

**Area 8 Representative:** Aleksey, Council Chair, read Richard, Alt. Delegate's report and shared that there will be a virtual DCM & Committee Chair Training Workshop on February 19<sup>th</sup> beginning at 10:00 on Zoom. There will be three pre-conference workshops in March, with the first one on March 12<sup>th</sup> (location TBD). Please go to the area website, [area8aa.org](http://area8aa.org) for more information.

**H & I Representative:** Lauren, H&I Representative shared that H&I will be having an in person Orientation on Sunday, February 20<sup>th</sup>, 2022 at the Machinist's Hall in Kearney Mesa at Noon. Literature will be available. The online orientation will be this Thursday, February 17<sup>th</sup>. Information can be found on the Service Meetings page at [aasandiego.com](http://aasandiego.com). If you've already attended orientation, just go to [sdhandi.org](http://sdhandi.org) and download the spreadsheet of panels and email the panel coordinator for the panel that you are interested in. H&I will have an Information Panel at the Spring Roundup.

Quorum was conducted by zoom poll function: 32 voted yes to being present as a Group Coordinator. Quorum is 20, so yes we have a quorum to conduct business tonight.

- Approved January 2022 Meeting Minutes

**Intergroup Standing Committees Reports**

**After Hours Phones:**

1. Thank you to all of the groups that volunteer.
2. Position of Chair of After Hours Phones Committee is open.

**Business Committee:** Nick M., Business Committee Chair reported:

The Business Committee met on Tuesday, February 8<sup>th</sup>, 2022 at 6:00 pm via Zoom. Present: Nick, John, Rae, Tim, Kristen, Aleksey & Judi

Absent: Andrew; There was a quorum.

**January 2021 Financial Summary:**

Net Revenue is \$7,958. Our 2021 YTD Net Revenue is \$7,958. Group & Individual Contributions were \$18,772. Literature Sales Revenue & CD Bank Interest were \$543 while total office & committee expenses were \$11,357.

**Central Office Manager's Report:**

- February BOOK OF THE MONTH: Living Sober, Sale \$3.00, Reg. \$5.00 Max: 5
- March BOOK OF THE MONTH: 12x12 Soft cover, Sale \$6.25, Reg. \$8.25 Max: 5
- Meeting updates continue to be active on our website. Changes to the online meeting schedule continue with daily changes at a rate of approximately 8-10 per week.
- All documentation has been given to the CPA to begin the 2021 Audit. We are on track for completion in early March.
- Central Office and Bookstore will be closed in observance of President's Day on Monday, February 21, 2022.

**Newsletter:** No Report

**CEC (Cooperating with elderly Community) Committee:**

1. Due to the difficulty that the Committee has been having getting into Senior facilities the next meeting will be held in April, 2022.

Continued on Page 6

Continued from Page 5

**Coordinator Outreach:** Brian, Chair, shared that

1. The Outreach Committee meets prior to the Council Meeting and tonight there were 3 members present.
2. Committee members shared which meetings they have visited since the last meeting. Brian shared a script that he wrote and uses at meetings.
3. A Google doc has been created so that the Committee can keep track of the meetings that they have visited.
4. Brian visited Central Office Bookstore to obtain "Being a Coordinator" Pamphlets

**Orientation & Guidelines:** Amy shared that

1. We welcomed 4 new Coordinators plus one Alt Coordinator tonight.
2. All Coordinators are always welcome to attend Orientation at 6:15 prior to the Coordinating Council Meeting

**Program Committee:** Lauren shared that

1. The Program Committee met and set the date for the Founder's Day/Unity Day Picnic (June 11<sup>th</sup>) and are now looking for locations. If anyone has an idea, please email Lauren at [lowlo619@yahoo.com](mailto:lowlo619@yahoo.com)
2. This Committee is in need of a Committee Chair.

**Public Information Committee:** Sallye, Chair shared that

1. The Public Information Committee meets on the first Monday of every month at the Central Office at 6 pm
2. The Committee has been putting new racks out in the Lakeside area.  
They have started a new program wherein groups can now sponsor Literature racks at a cost of \$20 each. This is a great way to get more literature racks out into the community. In your group is interested, please contact Judi at Central Office, [sdaaco@aol.com](mailto:sdaaco@aol.com) or Sallye, [publicinformation@aaasandiego.org](mailto:publicinformation@aaasandiego.org)
3. The Committee is in need of drivers to distribute and fill literature racks
4. The Committee is looking into PSA's.

**OLD BUSINESS:**

1. Aleksey, Council Chair, made a presentation about the cost and logistics of returning to the Council Meeting returning to meeting in person, along with the results of last month's Opinion Poll. A motion was made to return to In Person Council Meetings. After discussion a vote was taken. The motion was not carried.

**NEW BUSINESS:** None

**Reminders:**

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aaasandiego.com](mailto:councilchair@aaasandiego.com) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 3/1/2022.
2. The Coordinating Council will continue to meet on Zoom.
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](mailto:sdaaco@aol.com)

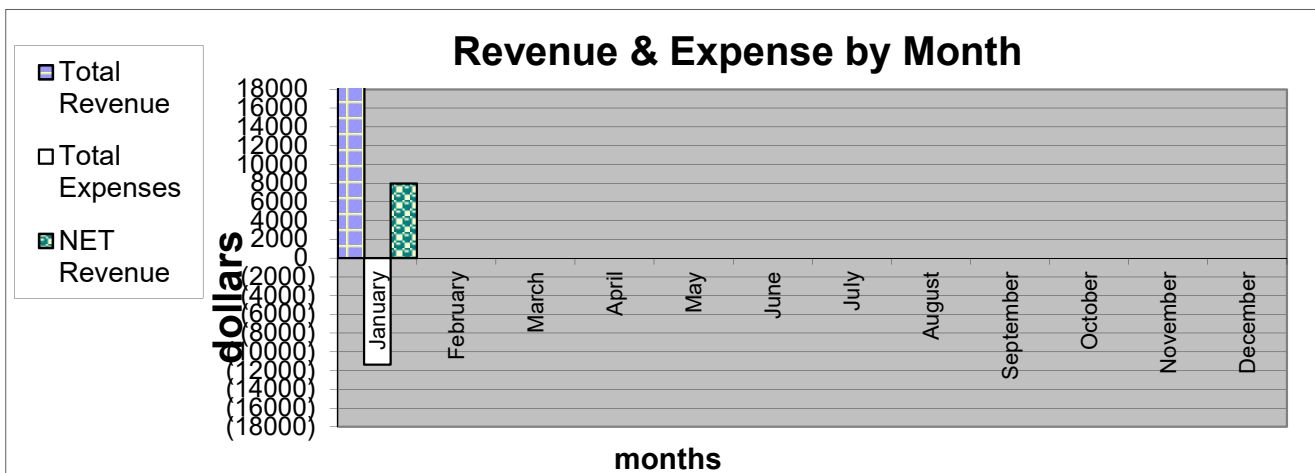
Closed with the Serenity Prayer

Respectfully submitted,

*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of January 31, 2022**

	January 22	January 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
<b>Contributions Group</b>	16,657.63	13,123.00	16,657.63	13,123.00	3,534.63	125,058.00
<b>Contributions Individual</b>	2,114.36	3,496.70	2,114.36	3,496.70	(1,382.34)	15,000.00
<b>Contributions SDIAA</b>	-	-	-	-	-	-
<b>Interest - Cert of Deposits</b>	33.34	39.58	33.34	39.58	(6.24)	500.00
<b>Literature Revenue (see schedule)</b>	510.46	1,188.73	510.46	1,188.73	(678.27)	8,100.00
<b>Total Revenue</b>	<u>19,315.79</u>	<u>17,848.01</u>	<u>19,315.79</u>	<u>17,848.01</u>	<u>1,467.78</u>	<u>148,658.00</u>
<b>Expense</b>						
<b>Accounting &amp; Legal</b>	-	90.00	-	90.00	(90.00)	2,930.00
<b>Auto/Travel/Seminar</b>	8.00	18.00	8.00	18.00	(10.00)	1,500.00
<b>Bank Service Charges</b>	10.00	-	10.00	-	10.00	50.00
<b>Cash (Over) Short</b>	2.18	0.39	2.18	0.39	1.79	10.00
<b>Equipment Maint &amp; Repair</b>	51.36	51.36	51.36	51.36	-	750.00
<b>Equipment Purchase</b>	193.34	-	193.34	-	193.34	1,000.00
<b>Insurance</b>	103.75	131.02	103.75	131.02	(27.27)	1,200.00
<b>Office Maint. &amp; Repairs</b>	45.00	-	45.00	-	45.00	500.00
<b>Office Supplies</b>	241.25	83.95	241.25	83.95	157.30	2,800.00
<b>Rent</b>	1,980.00	1,940.00	1,980.00	1,940.00	40.00	24,080.00
<b>Taxes</b>	-	-	-	-	-	80.00
<b>Telephone</b>	117.07	216.50	117.07	216.50	(99.43)	1,200.00
<b>Utilities-Electricity</b>	413.04	244.09	413.04	244.09	168.95	4,000.00
<b>Website</b>	20.85	70.51	20.85	70.51	(49.66)	110.00
<b>EMPLOYEES</b>						
<b>Accrued Payroll Taxes</b>	649.54	1,792.27	649.54	1,792.27	(1,142.73)	8,970.00
<b>Employee Wages</b>	6,532.86	18,254.76	6,532.86	18,254.76	(11,721.90)	82,278.00
<b>Employee 403B Contribution</b>	-	155.00	-	155.00	(155.00)	-
<b>Employee Health Benefit</b>	641.07	848.41	641.07	848.41	(207.34)	7,840.00
<b>Insurance-Worker's Comp</b>	43.16	43.25	43.16	43.25	(0.09)	500.00
<b>Total Office Expense</b>	<u>11,052.47</u>	<u>23,939.51</u>	<u>11,052.47</u>	<u>23,939.51</u>	<u>(12,887.04)</u>	<u>139,798.00</u>
<b>Standing Committees Expense</b>	<u>304.86</u>	<u>358.35</u>	<u>304.86</u>	<u>358.35</u>	<u>(53.49)</u>	<u>8,860.00</u>
(see schedule)						
<b>Total Expense</b>	<u>11,357.33</u>	<u>24,297.86</u>	<u>11,357.33</u>	<u>24,297.86</u>	<u>(12,940.53)</u>	<u>148,658.00</u>
<b>Net Revenue</b>	<u><u>7,958.46</u></u>	<u><u>(6,449.85)</u></u>	<u><u>7,958.46</u></u>	<u><u>(6,449.85)</u></u>	<u><u>14,408.31</u></u>	<u><u>-</u></u>



## Group Contributions January 2022

Group	Jan-22	Ytd 22	Group	Jan-22	Ytd 22
11th Step Journey - 2622	100.00	100.00	Mission Hills Late Night - 2773	100.00	100.00
52 From The Big Blue	205.00	205.00	Mission Hills Lunch Bunch - 2675	219.00	219.00
3 O'Clocker - 2201	400.00	400.00	Motivation Monday - 3254	240.00	240.00
830 Every Morning Group	414.00	414.00	Noon with a View Beg. Mtg - 3249	591.00	591.00
AA By The Bay - 629	75.00	75.00	Nooner is Backed Mixed - 3287	20.00	20.00
B.Y.O.B. (North Park) - 203	92.00	92.00	North Park Mens - 465	52.97	52.97
Bayside Bonfire Group - 1139	253.75	253.75	Open Minded Mens - 626	313.00	313.00
Beautiful Beginnings - 552	246.01	246.01	Our Daily Reprieve - 3339	165.00	165.00
Chula Vista 4 Min Speakers - 1568	25.50	25.50	Pine Valley Thurs. Open Disc - 3274	62.80	62.80
Clairemont Mixed Discussion - 338	230.00	230.00	Point Loma Mens - 245	484.00	484.00
Clairemont Womens Step Study- 341	200.00	200.00	Primary Purpse Grp(Hillcrest)-3151	278.00	278.00
Class Acts - 1845	233.40	233.40	Progress Rather Than Perfect-2682	100.00	100.00
Coffee Clutchers - 2332	500.00	500.00	Radical Acceptance Meeting - 2961	50.00	50.00
Dawn Patrol - 263	20.00	20.00	RAM-Z - 3323	20.00	20.00
Descanso Mens Step Study - 3010	32.00	32.00	Rise & Shine - 2170	533.96	533.96
East Co. Young People Rule 62- 2797	123.21	123.21	Rule 62 Group - 927	125.00	125.00
East Side Group - 101	90.00	90.00	Santee Serenity - 3040	20.00	20.00
Eastlake Greens Attitude Adj-2712	250.00	250.00	Sat Mens Early Awakening - 2209	100.00	100.00
Easy Does It Riders - 21	120.00	120.00	Saturday A.M. Live - 782	234.13	234.13
El Cajon Nooner - 2638	278.60	278.60	Sober Nooners - 196	200.00	200.00
El Cajon Womens Serenity - 77	146.08	146.08	South Park Sobriety - 1015	64.00	64.00
Emotional Sobriety (Hillcrest)- 2536	53.00	53.00	Spiritual Awakening - 2275	433.32	433.32
Eye Opener Group - 607	200.00	200.00	Spiritual Awakenings Step Stdy-3174	110.00	110.00
Friday Night Irregulars - 2889	76.00	76.00	Sunday Keep it Simple - 3348	20.00	20.00
Friday Zoom 12 x 12 Step Study-3351	230.00	230.00	T.G.I.F. - 1658	221.50	221.50
Gilman Group - 1988	250.00	250.00	The Huddle in the Park - 3278	616.50	616.50
GSDYPAA	294.37	294.37	The Language of the Heart - 3066	42.00	42.00
Happy Hour Meeting - 1038	73.00	73.00	The Other Meeting - 857	100.00	100.00
Harmony Group - 585	530.00	530.00	The Rogue Meeting - 3338	195.00	195.00
HOW @ Noon - 2998	150.00	150.00	There is a Solution - 2680	160.00	160.00
Jump Start - 2174	38.54	38.54	Thursday Steps - 646	92.04	92.04
Just Us Girls - 929	31.40	31.40	Top of The Hill - 41	125.00	125.00
La Jolla Monday Womens - 87	389.00	389.00	Tuesday Morning Alpine - 440	86.00	86.00
La Jolla Nonsmokers Disc - 88	280.00	280.00	Tuesday Morning Group - 3089	87.50	87.50
La Mesa Open Discussion - 107	100.00	100.00	University City Disc.- 368	61.88	61.88
Little Apple Group - 1438	318.00	318.00	War Fever - 880	122.50	122.50
Living Free - 477	905.00	905.00	We Are Not A Glum Lot - 3259	65.00	65.00
Mens Structured Step Study - 1469	75.00	75.00	Wholesale Miracle - 2474	98.00	98.00
Mid-Week Mens Online- 3243	34.89	34.89	Women's Joy Of Living - 2636	182.28	182.28
Midday Miracles- 3242	75.00	75.00	Womens Step Study - 296	156.60	156.60
Midway Bridge - 2171	48.57	48.57	Womens TLC - 2814	178.00	178.00

Group Secretaries/Treasurers  
Central Office is no longer able to  
mail receipts

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

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 is Grateful 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 visit our new After Hours page of [aasandiego.org](http://aasandiego.org) for many helpful documents including Handling 12 Step Calls from Home and New Call Forwarding Instructions (Hint: Email your schedule to [sdaaco@aol.com](mailto:sdaaco@aol.com))



**Daytime Phone Volunteers Needed at Central Office**  
We are in need of a Daytime

Phone Volunteer on alternating Saturdays afternoons from 5:00 pm - 9:00 pm. You can answer the phones from home via call forwarding or from the comfort of Central Office using our brand new laptops, vending machines and Netflix. We are also in need of Volunteers who may be available to come in when one of our Daytime Volunteers calls out sick or goes on vacation.

Please call 619-265-8762 if you are willing and able to serve your Central Office.



**Does Your Meeting Have a Voice?**

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

Thank you to All of our Standing Committees San Diego Intergroup is grateful for your Service! If you are interested in joining an Intergroup Standing Committee, please go to Page 2 of this Newsletter for the Chairs' Contact Information.



They would love to hear from you.

**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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**Did you know?**

The Central Office now accepts Venmo and PayPal for your Contributions. To use PayPal go to the "Contributions" link on the top menu of [aasandiego.org](http://aasandiego.org). For Venmo, our account is @sdaaco as a Business listing.

Any questions? Call 619-265-8762



# Central Office Notes



March 13, 2022

## 2022 Holidays - Central Office/Bookstore Closed

DATE	HOLIDAY	DAY OF WEEK
May 30	Memorial Day	Monday
July 4	Independence Day	Monday
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

January 2022 Group Contributions	\$16,658
Individual Contributions	2,114
Literature & Interest	544
<b>Total Revenue</b>	<b>\$19,316</b>
Central Office Expenses	-11,052
Committee Expenses	-305
<b>Total Expenses</b>	<b>-\$11,357</b>
January 2022 Net Revenue	\$7,959
2022 YTD Revenue	\$7,959

### Have you seen?

It's easier than ever to submit your stories and poems to the Coordinator Newsletter. Look for the

**SUBMIT** 

button on the Coordinator Newsletter page at [aasandiego.org](http://aasandiego.org) to immediately submit your creative work. It's never been easier to contribute. Join the fun and submit an article or poem. Check out Page 1 of this issue for upcoming topics and deadlines.

### Central Office is Grateful for our Phone Volunteers!

**We are ready for Volunteers to come back to Central Office**

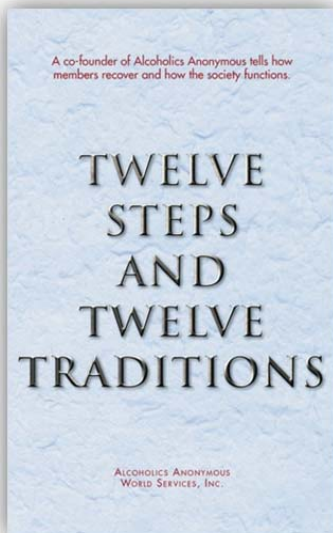
How many times have you heard a newcomer say their life was saved when they called Central Office in the middle of the night?

- ◆ We have brand new laptops.
- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Work on the Steps.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!

# 12 Steps and 12 Traditions

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

From *Twelve Steps and Twelve Traditions*, page 115: "After we come into A.A., if we go on growing, our attitudes and actions toward security - emotional security and financial security - commence to change profoundly. Our demand for emotional security, for our own way, had constantly thrown us into unworkable relations with other people. Though we were sometimes quite unconscious of this, the result always had been the same. Either we had tried to play God and dominate those about us, or we had insisted on being over-dependent upon them. Where people had temporarily let us run their lives as though they were still children, we had felt very happy and secure ourselves. But when they finally resisted or ran away, we were bitterly hurt and disappointed. We blamed them, being quite unable to see that our unreasonable demands had been the cause."  
*Reprinted with permission from A.A.W.S.*



TWELVE  
 TRADITIONS  
 STEPS  
 GROWING  
 ATTITUDES  
 ACTIONS  
 SECURITY  
 EMOTIONAL  
 FINANCIAL  
 PROFOUNDLY

DEMAND  
 UNWORKABLE  
 UNCONSCIOUS  
 RESULT  
 DOMINATE  
 PEOPLE  
 HAPPY  
 RESISTED  
 BITTERLY  
 BLAMED

CAUSE  
 INSISTED  
 COMMENCE  
 CHANGE  
 LIVES  
 UNABLE  
 HURT  
 CONSTANTLY  
 RUN  
 CHILDREN



*If you are a woman in AA who sponsors, is looking for a sponsor, will sponsor in the future, or have questions about sponsorship, this event is for you.*

*Additionally, this event is fun and free!*

**Saturday, March 19, 2022**

**9:00 a.m. - 2:30 p.m.**

**11th ANNUAL - SOUTH BAY**

# WOMEN SPONSORING WOMEN WORKSHOP

## in Alcoholics Anonymous

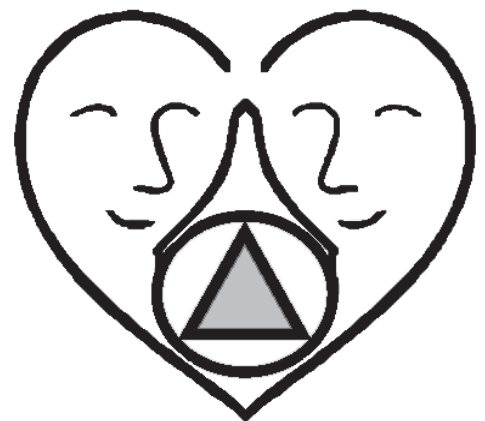
**Must RSVP to [southbaywsw@gmail.com](mailto:southbaywsw@gmail.com)**

**Light breakfast and luncheon provided.**

- Event from 9:00 a.m. to 2:30 p.m.
- Registration (Free) from 9:00 a.m. to 9:30 a.m.
- Guest Speakers
- Sobriety Countdown
- Roundtable Discussion
- Panel Questions/Answers



**FACE MASKS  
REQUIRED**



**SPANISH  
INTERPRETED**

Church

**1200 E. H Street, Chula Vista, CA 91910**

Email us for more information.

# Unglum Lot

## Monthly Cartoon Feature



*"I finally feel I can accept the things I'm too lazy to change."*

CartoonStock.com

# Things to Do, And Places to Go

## **PRAASA 2022**

**When:** March 4-6, 2022

**Where:** Portland, Oregon

**More Info:** Call Central Office 619-265-8762

## **Women Sponsoring Women Workshop**

**When:** March 19, 2022; 9:00 am to 2:30 pm

**Where:** 1200 E. H Street, Chula Vista

**More Info:** Call Central Office 619-265-8762

## **42<sup>nd</sup> Annual N. County Traditions Breakfast**

**When:** March 20, 2022; 9:00 am

**Where:** 340 N Escondido Blvd, Escondido

**More Info:** [www.NCSanDiegoAA.org](http://www.NCSanDiegoAA.org)

## **45<sup>th</sup> San Diego Spring Roundup**

**When:** April 14-17, 2022

**Where:** Town and Country Hotel

**More Info:** [www.SanDiegoSpringRoundup.com](http://www.SanDiegoSpringRoundup.com)

## **37<sup>th</sup> Laguna Mountain May Day Madness**

**When:** May 6-8, 2022

**Where:** Lake Henshaw, Santa Ysabel

**More Info:** Call Central Office 619-265-8762

## **Woodstock West**

**When:** May 13-15, 2022

**Where:** Four Points Sheraton LAX, Los Angeles

**More Info:** [www.WoodstockWest.biz](http://www.WoodstockWest.biz)

## **Founders' Day 2022**

**When:** June 10-12, 2022

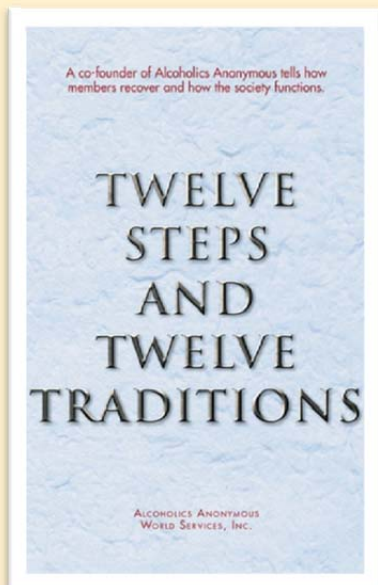
**Where:** Akron, Ohio

**More Info:** [www.FoundersDay.org](http://www.FoundersDay.org)

*Excerpt from*

## **March Book of the Month**

## **Twelve Steps and Twelve Traditions (soft cover)**



"Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us." (Page 21)

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

## Did Shakespeare Get It Right?

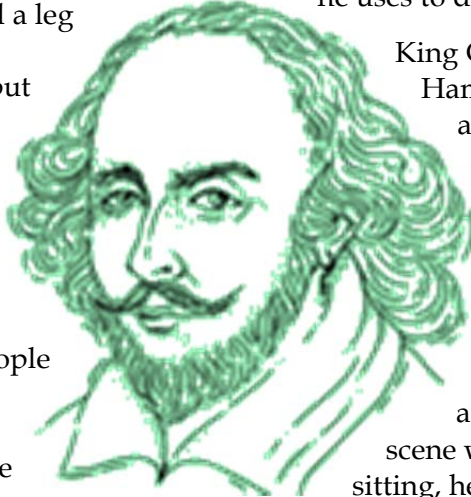
*Continued from Page 1*

As I got older, I had to be a little more calculating when I took physical risks to avoid ending up disabled. Sometime around the age of 65, I suffered a leg injury playing racquetball and it put a stop to most of my physical endeavors and forced me to look elsewhere for my challenges.

I always envied people who could quote classic literature and especially those who could understand Shakespeare. While I was incapacitated with the leg injury, I went to the library and took out books on understanding The Bard.

As the result of many hours of reading all 38 of his plays, I became able to comprehend Middle English. I have read all his plays multiple times, and the more popular plays, as many as 10 times each. I also believe that I have been that diligent about understanding the A.A. program and as the result of that, I believe that I saw a particular scene in Hamlet that the average literary critic would overlook unless they were alcoholics themselves.

Shakespeare developed hundreds of characters between 1588 and 1613 and modern readers marvel at how deeply he understood the human condition. It seemed that he could put himself right inside of the character whether they were Kings, or Fools.



After reading many modern versions of what he was trying to express, I think someone would have to be *an alcoholic and a literary critic* for them to understand what Hamlet was trying to describe in Act 1. Scene 4. Briefly I will try explaining the context of his words he uses to describe the King.

King Claudius is Hamlet's stepfather after murdering the king, (Hamlet's father), and immediately marrying Hamlet's mother, and in almost every scene where he is sitting, he has a cup of wine in his hand and sometimes slurs his words. His dead father's ghost is appearing each night atop the castle platform stuck between this world and the next.

The guards tell Hamlet of this, and he goes there at night to witness it. While they are there waiting, they see the King and his courtiers carousing down below in the courtyard. He tries to explain the shames they bring on Denmark as they are seen as drunkards and low lives. (So to speak.)

Then he tries to explain what he sees in the King: *So oft it chances [happens] in particular men, That for some vicious mole of nature in them As in their birth---wherein they are not guilty, Since nature [life] cannot choose his origin---By the o'ergrowth of some complexion, oft breaking down the pales and forts of reason, Or by some habit that too much o'er-leavens [raises] the form of plausible manners, that these men, Carrying, I say, the stamp of one defect, Being natures [life's] livery, or fortunes star,- Their virtues else--be they as pure as grace,*

*as infinite as man may undergo-- Shall in the general censure take corruption from that particulate fault: The dram [drink] of eale [evil] Doth all the noble substance o'er daub [over paint] to his own scandal.*

If this is not an attempt by Shakespeare's Hamlet to describe Alcoholism long before the term "Alcoholism" was ever coined, I stand corrected. To see this on film, I recorded Hamlet from the TCM channel where they show it about every 2 years, starring Lawrence Olivier where it is plain to me, what he is trying to say.

~ Rick R.

## Step Three: God as He May Express Himself

*Continued from Page 1*

neighbors walking to church. That was the way it was in the early 1940's.

The book, Alcoholics Anonymous was published in 1939, and it was highly influenced by many early members of the program at that time. A.A. could have very easily become a religious program, but fortunately, the elders of that time realized, by the mistakes of the Oxford Group, and the Washingtonians, that they had to make it clear that, *a desire to stop drinking was the only requirement for membership*, and that the individual members could choose their own concept of a power greater than themselves, i.e., God as we understand him.

In Tradition Two it says, "As He may express Himself in our group conscience." When the word God is used in the remainder of the book, it is not always followed by the "as we understand him" qualifier, and I believe that many

members get the idea that somehow, they are trying to push religion on them.

That is understandable. When I was faced with that possibility, I personally found it easy enough to read the black part of the pages in the book and to not let myself become distracted by what I now recognized as a cultural norm at the time. I had no problem setting aside my religious bias and recognizing the parts of the Big Book and the 12x12 that clearly state all the options available when it comes to finding a "Power Greater Than Myself."

I can name 3 right off top.

1) Alcohol itself was my higher power for a long time and still would be if had not gotten into the program.

2) My EGO ran my life for quite a while until I got serious about Real life Issues.

3) The A.A. program itself.

I found myself spiritually lost when I entered the program and when faced with the need to come to terms with the Higher Power issue, I now realize why it took so long to settle this subject. With years of drinking and an underdeveloped thinking process it was hard to get up to speed right away.

As I got more familiar with the Big Book, and the 12x12, I started to uncover all the evidence that debunked the idea that I had to conform to any religious doctrine.

- In the 12x12, I read on page 26, "Alcoholics Anonymous does not demand that you believe anything." On belief, "to acquire it, I had only to

*stop fighting and practice the rest of A.A.'s program as enthusiastically as I could."* (Pg.27)

- Also on page 26 where it states, "Take it easy. The hoop you have to jump through is a lot wider than you think... A one-time vice-president of the American Atheist Society ... got through with room to spare."
- Then on page 33 of the 12x12 it says "Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step."

Today I am comfortable with my own concept of a Higher Power, and I use the word God only to put a name on a concept that has no physical form, and I might say that it expresses itself in *the collective conscience of the world we live in.*

I can assure you that if you read these qualifiers and practice the rest of the principles of the program, as enthusiastically as you can, you will come to terms with a personal concept of a higher power as well as any of us.

~ Rick R.

## All Alcoholics Quit, Eventually.

*Continued from Page 1*

Alcoholism is sneaky. It continually tries to convince me I don't have it. Denial is a powerful defense mechanism, but alcoholism is worse. I have an extreme desire, a *deep need* to be able to drink like normal people -- a red flag that I cannot. My head

tries its best to convince me otherwise.

That and societal pressures. These pressures are not at fault, but they sure don't help. I got sober with a heroin addict who told me "I'm sure glad alcohol is not my issue, you guys have it rough." I asked what he meant, and he clarified, "There aren't heroin stores on every corner, heroin ads on tv, social gatherings revolving around heroin, heroin tasting. Just the availability would make it hard, the societal pressures would seem nearly insurmountable!"

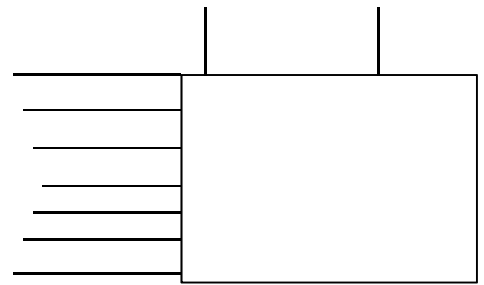
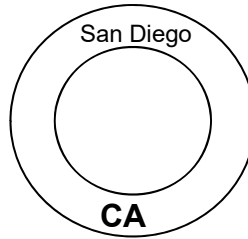
Can you imagine if they were seen as equal? Don't show up to a dinner party without some heroin to share... But really, what's the difference? One is legal, one is not. More people die from alcohol than heroin for sure. Alcohol is involved in more auto accidents, more domestic abuse, more violent crimes... obviously to a large extent because drinking is encouraged, and heroin is not. But still, to feel different is the point, right? That's how I see it anyways.

There's my problem. I *think* I need to feel different. What I've learned through my recovery is that I am fine. If I stay grounded in sobriety, poisoning myself with a mood-altering substance sounds terrible. God gave me this brain, why would I want to mess it up?

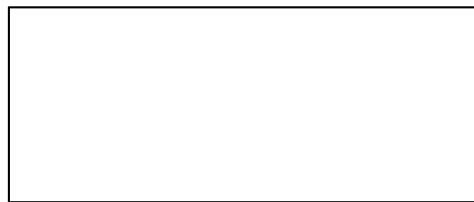
I am an alcoholic who no longer drinks. My intention is to keep doing what has worked for me so far because I know *I will die an alcoholic.* It's up to me if I die with alcoholism or from it.

~ John M

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



RETURN SERVICE REQUEST

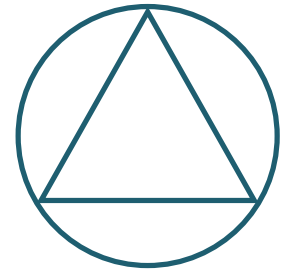


SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10 SD Intergroup Coordinating Council 7:00 pm	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





# The San Diego AA Coordinator



[aasandiego.org](http://aasandiego.org)

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 2022  
VOL. LX NO. 4

## INSIDE . . .

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- **Financial Statements**..... p. 7
- **Group Contributions** . pgs. 8-9
- **Central Office Notes** ..... p. 10
- **Word Search**..... p.11
- **Unglum Lot** ..... p. 13
- **Upcoming Events**..... p. 13

## “Carry the AA Message”

Join the fun, submit an article!

**May (due 4/9/22)**

“The Fifth Step...”

**June (due 5/6/22)**

“Were entirely ready...”

Submit *your* 27 to 1,000-word story at [www.aasandiego.org](http://www.aasandiego.org) using the “Submit” button in the Coordinator Newsletter section or email it to [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

## Article Web-Site

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

## A Life of Principles Rebuilding Our Morality

The twelve steps of the A.A. program are numbered for a reason. Each step is preparatory to the next step and each step requires a certain amount of attention before we can move on to the next step.

*Continued on Page 14*

## Our Primary Purpose Staying the Course

Sometimes I am uncomfortable with the different definitions I hear concerning what our primary purpose is. I can sit in a meeting and hear all kinds of different experiences that members have described, thinking that they are carrying the message of alcoholics anonymous to the new member.

We have the big book, and the twelve and twelve, as our primary texts, which have the message that we are supposed to be carrying to the newcomers. But I see it misrepresented by well-meaning people that think we are supposed to convince a person not to take a drink.

*Continued on page 15*

## Step Four: Thoroughness Ought to be the Watchword

When I attended my first AA meeting, I had no idea what the 12 steps entailed but at that meeting I heard the things that were read, and I heard people sharing about steps and, looking back on it now, I realized that I came away from that meeting a changed man. My life took a 180° turn at that point and I have never been the same since. For the first time in my life I saw a refreshing new approach to living. From that day on, I've had a huge change of perception. I've learned to recognize faulty thinking and to find the answers to life issues as they were articulated by the collective sharing in that meeting. While attending a step study meeting recently, we were on Step 4 and as each person shared their experience with what we had read, it occurred to me that the same thing was happening that happened at my first meeting. People were assimilating, into their thinking, the things we had read and talked about, and that it had influenced them in ways that they probably didn't even realize at the time. I've heard people in the program, when attending structured step study meetings,

*Continued on Page 14*

**SAN DIEGO CENTRAL OFFICE****24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)**E-MAIL:** [sdaaco@aol.com](mailto: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](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC)	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Sallye	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

Delegate	Monty	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Richard	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Blaine	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	John	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

**Contributors:** Rick R. and Blaine H.**April Theme:** "Fearless and thorough..."

**To receive an electronic version of the newsletter Please sign up to receive by email. Send request to: [sdaaco@aol.com](mailto:sdaaco@aol.com)**

**Committee Announcement**

The Newsletter Committee needs members to write articles and poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large! Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to: [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

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

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

**AAGRAPEVINE.ORG****Submit Your Stories, Photos, Art and More!**

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? The AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use the [upload form](#).

## If It Ain't Broke ...

There are some who say A.A. ain't broke  
That it's worked for millions of drunken folk.  
That we don't need to change a thing  
And new ideas to our literature bring.

The Preamble change of just one word  
And, Oh, what a furor that we heard!  
Men and women are people...right?  
"Not for us, without a fight!"

And then there are the 164 pages,  
To be carved in stone for all the ages.  
Good enough for Bill, is good enough for me  
So, what if others disagree

And say old language makes some tarry,  
Well, let them get a dictionary!  
Who said getting sober should be a breeze.  
Looking up words builds character...please.

No, we can't change a single thing!  
It's the word of God that Bill did bring  
As guidance from the Bible that we seek,  
Oh wait, the Bible came to us in Greek.

Our Fifth Tradition would have us believe  
Helping others to sobriety achieve  
It's why we're here, and it makes sense to favor  
Language not requiring an English major!

There will be a book that's coming next,  
With plainer language in its text.  
And twill be a sorrow to behold  
If the new outsells the old!

~ Blaine H.

## 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](https://aasandiego.org/coordinator-newsletter)

## Central Office Phone Calls and Website Hits

Central Office is grateful for our  
Volunteers

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

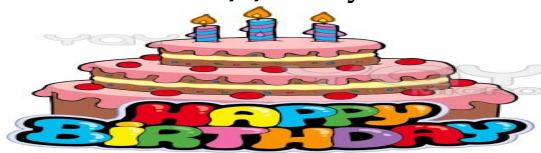
Website Hits	February	Total
	71,151	8,227,396

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 42 years  
Beach Area Beginners

Lee L. 4/5/88 34 years



*In Memory*

Larry N. passed away on 2-27-2022

### Birthday Gratitude

Name \_\_\_\_\_

City/Home Group \_\_\_\_\_

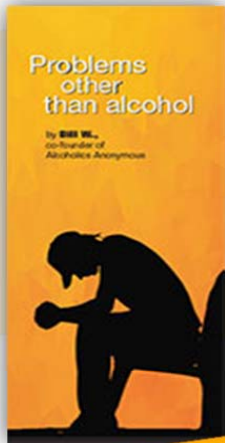
Sobriety Date \_\_\_\_\_

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

# Problems other than alcohol

By Bill W., co-founder of Alcoholics Anonymous

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

April 2022  
Pamphlet  
of the Month  
Pamphlet P-35

Our first duty, as a society, is to insure our own survival. Therefore, we have to avoid distractions and multipurpose activity. An A.A. group, as such, cannot take on *all* the personal problems of its members, let alone the problems of the whole world.

Sobriety — freedom from alcohol — through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that *there is no possible way to make nonalcoholics into A.A. members*. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.

Therefore, I see no way of making nonalcoholic addicts into A.A. members. Experience says loudly that we can admit no exceptions, even though drug users and alcoholics happen to be first cousins of a sort. If we persist in trying this, I'm afraid it will be hard on the drug user himself, as well as on A.A. We must accept the fact that no nonalcoholic, whatever his affliction, can be converted into an alcoholic A.A. member.

Suppose, though, that we are approached by a drug addict who nevertheless has had a genuine alcoholic history. There was a time when such a person would have been rejected. Many early A.A.'s had the almost comical notion that they were pure alcoholics — guzzlers only, no other serious problems at all. When alcoholic ex-cons and drug users first turned up, there was much pious indignation. "What will people think?" chanted the pure alcoholics. Happily, this foolishness has long since evaporated.

One of the best A.A.s I know is a man who had been seven years on the needle before he joined up with us. But prior to that, he had been a terrific alcoholic, and his history proved it. Therefore, he could qualify for A.A., and this he certainly did. Since then, he has helped many A.A.'s and some non-A.A.'s with their pill and drug troubles. Of course, that is strictly his affair and in no way the business of the A.A. group to which he belongs. In his group, he is a member because, in actual fact, he is an alcoholic.

**A.A.** members who are so inclined should be encouraged to band together in groups to deal with sedative and drug problems. But they ought to refrain from calling themselves A.A. groups.

There seems to be no reason why several A.A.s cannot join, if they wish, with a group of straight addicts to solve the alcohol and the drug problem together. But, obviously, such a dual-purpose group should not insist that it be called an A.A. group, nor should it use the A.A. name in its title. Neither should its straight-addict contingent be led to believe that they have become A.A. members by reason of such an association.

In conclusion, I want to say that throughout A.A.'s history, most of our special-purpose groups have accomplished very wonderful things. There is great reason to hope that those A.A.'s who are now working in the grim regions of narcotics addiction will achieve equal success.

In A.A., the group has strict limitations, but the individual has scarcely any. Remembering to observe the Traditions of anonymity and non-endorsement, he can carry A.A.'s message into every troubled area of this very troubled world.

**Minutes of the Coordinating Council**  
**By Zoom Meeting on Thursday, March 10<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 915<sup>th</sup> with a moment of reflection followed by the “I am Responsible Declaration”

**Guest Reports:**

**Area 8 Representative:** Richard, Alt. Delegate shared that the Area hosted the virtual DCM & Committee Chair Training Workshop on February 19<sup>th</sup>. The first of two pre-conference workshops will be this weekend, Saturday March 12 in North County. You can find the Conference agenda items on the Area 8 website at the Delegates Corner. Information on all pre-conference workshops and the Conference agenda can be found on the Area 8 website at [area8aa.org](http://area8aa.org). PRAASA took place on March 4-6. There were over 2,000 registrants and the panels were awesome. There will be a General Service Panel at the Spring Round Up on April 16 at 9:00 am.

**H & I Representative:** Lauren, H&I Representative shared that H&I has Orientations twice monthly, one in person on the 3<sup>rd</sup> Sunday of the month and one on Zoom on the 3<sup>rd</sup> Thursday of the month. Information can be found on the Service Meetings page at [aasandiego.com](http://aasandiego.com) and at [sdhandi.org](http://sdhandi.org). Literature will be available at the In Person Orientation. Additionally, the Women’s treatment facility KIVA has reopened to H&I. H&I is looking for Women’s meetings to sponsor panels on Sundays at 7pm in Lemon Grove.

Quorum was conducted by zoom poll function: 35 voted yes to being present as a Group Coordinator. Quorum is 20, so yes we have a quorum to conduct business tonight.

- Approved February 2022 Meeting Minutes

**Intergroup Standing Committees Reports**

**After Hours Phones:**

1. Thank you to all of the groups that volunteer.
2. The Committee elected Tim as the Committee Chair; Tim accepted and resigned as Chair of the Orientation and Guidelines Committee.
3. All nights have been filled – Thank you to all the groups that have committed to answering phones After Hours!
4. Judi has worked out all of the kinks with the new phone system
5. We strongly encourage all After Hour Phone Volunteers to return to answering phones at Central Office as you did pre-pandemic

**Business Committee:** Nick M., Business Committee Chair reported:

The Business Committee met on Tuesday, March 8<sup>th</sup>, 2022 at 6:00 pm. Present: Nick, John, Rae, Tim, Kristen, Aleksey, Andrew & Judi

Absent: None; There was a quorum.

**February 2022 Financial Summary:**

Net Revenue is \$3,809. Our 2021 YTD Net Revenue is \$11,768. Group & Individual Contributions were \$13,978. Literature Sales Revenue & CD Bank Interest were \$906 while total office & committee expenses were \$11,076.

**Central Office Manager’s Report:**

- March BOOK OF THE MONTH: 12x12 Soft cover, Sale \$6.25, Reg. \$8.25 Max: 5
- April BOOK OF THE MONTH: Daily Reflections, Sale \$8.25, Reg. \$10.25 Max: 5
- The Central Office is in need of a Daytime Phone volunteer on Wednesdays from 9am-1pm immediately and we always need volunteers that can fill in on a day’s notice in the office from 9am-1pm or 1pm-5pm when a Daytime Phone volunteer is out sick or otherwise unable to fill their shift.
- We are in the process of reviewing our 12-Step Call List. If you are a volunteer on this list and get a call from us, please let us know as soon as possible if you wish to remain on the list. Additionally, we need members of the fellowship that are available from 9am-5pm to call suffering alcoholics who have reached out and called the hotline to ask for a sober alcoholic to talk to.
- Judi will be on vacation from March 14-16, 2022. Bobette will cover the Bookstore on Monday, March 14 and Lisa Ann will cover Tuesday and Wednesday, March 15-16. Thanks to both!

**Newsletter:** Amy, Chair shared:

1. Amy has just accepted the position of Newsletter Committee Chair – Thank you Amy! and will begin training with Lisa Ann next week

Continued on Page 6

Continued from Page 5

**CEC (Cooperating with elderly Community) Committee:**

1. Jean, Chair was not present at meeting but wished to share with Council that CEC Committee meetings will resume next month.

**Coordinator Outreach: Brian, Chair, shared that**

1. The Outreach Committee meets prior to the Council Meeting.
2. Committee members continue to attend as many different live and zoom meetings as possible to encourage new coordinators to join the council
3. The Committee asks all coordinators to make an announcement when they give their monthly reports at the meetings they represent that even though that meeting has a Coordinator most meetings do not. Any alcoholic who is looking for a service commitment should consider becoming a Coordinator any meeting they attend regularly.
4. We are currently at capacity with 4 members.
5. We would like a table at Spring Roundup to continue our mission. Lauren reached out during tonight's meeting and provided contact information for Robin the site guru for Spring Roundup.

**Orientation & Guidelines: Amy shared that**

1. Welcome to the new Coordinator that attended this evening's Orientation!
2. All Coordinators are always welcome to attend Orientation at 6:15 prior to the Coordinating Council Meeting

**Program Committee: Molly shared that**

1. The Founder's Day picnic will held on June 11.
2. The Committee is considering a number of locations for the picnic.
3. The Committee will be reaching out to other Committees to see if they would like to have a booth at the picnic.
4. A flyer will be available next month.
5. This Committee is in need of a Committee Chair.

**Public Information Committee: No report**

**OLD BUSINESS:**

1. Aleksey, Council Chair, made an announcement that the church where the Council used to meet in person is still reserving the room for the Council to return to meeting in person.
  - a. A motion was made to return to meeting in person. Motion not carried
  - b. A motion was made to pay one month's rent to reserve the room at the church for one month so that conversation could be held outside of the meeting; The motion was amended to pay the rent if the church does not extend reserving the room for us. M/s/c
  - c. A motion was made to return to meeting in person with hybrid element using a laptop, not the \$1,500 budgeted equipment option that was presented at January's Council Meeting. M/s/c.
  - d. The Coordinating Council Meeting will meet in person and on Zoom in April at 7pm with Orientation at 6:15pm

**NEW BUSINESS:** Aleksey presented the new Multi Media station at Central Office along with the "Show Us Your Meeting" program in which we request that meetings submit pictures of your meeting rooms without members present to include in the presentation at Central Office. Pictures can be submitted via email to [sdaaco@aol.com](mailto:sdaaco@aol.com).

**Reminders:**

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.com](mailto:councilchair@aasandiego.com) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 4/1/2022.
2. The Coordinating Council will meet in person at the Church in Mission Valley, 2111 Camino del Rio South, "The Cove" Room, and on Zoom.
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](mailto:sdaaco@aol.com)

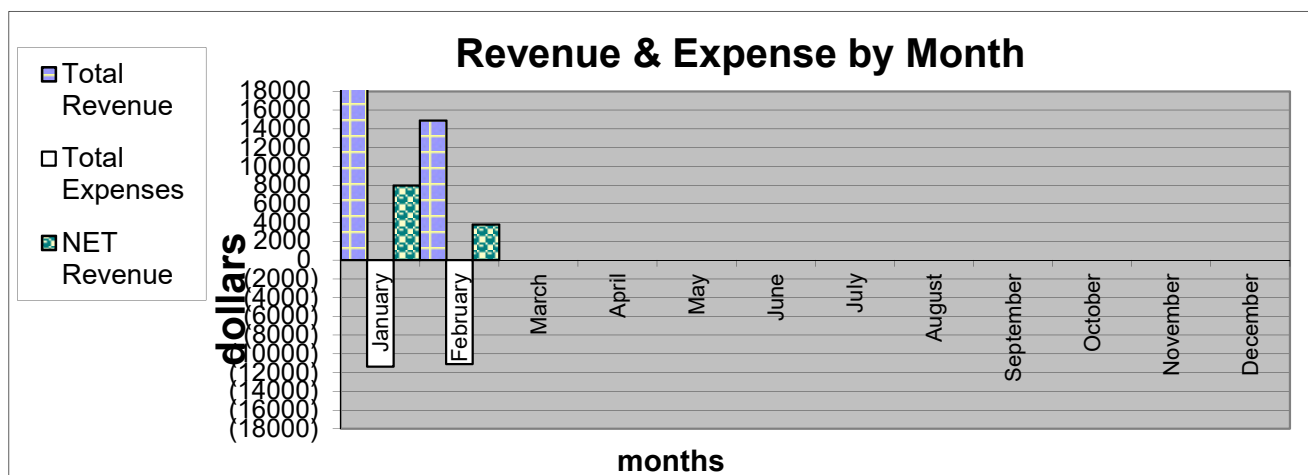
Closed with the Serenity Prayer

Respectfully submitted,

*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Statement of Revenue and Expense**  
**As of February 28, 2022**

	February 22	February 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	12,306.31	9,162.32	28,963.94	22,285.32	6,678.62	125,058.00
Contributions Individual	1,671.90	1,431.32	3,786.26	4,928.02	(1,141.76)	15,000.00
Contributions SDIAA	-	-	-	-	-	-
Interest - Cert of Deposits	30.40	34.95	63.74	74.53	(10.79)	500.00
Literature Revenue (see schedule)	876.09	682.47	1,386.55	1,871.20	(484.65)	8,100.00
<b>Total Revenue</b>	<b>14,884.70</b>	<b>11,311.06</b>	<b>34,200.49</b>	<b>29,159.07</b>	<b>5,041.42</b>	<b>148,658.00</b>
<b>Expense</b>						
Accounting & Legal	105.00	1,900.00	105.00	1,990.00	(1,885.00)	2,930.00
Auto/Travel/Seminar	8.00	8.00	16.00	26.00	(10.00)	1,500.00
Bank Service Charges	-	10.00	10.00	10.00	-	50.00
Cash (Over) Short	(7.31)	(1.97)	(5.13)	(1.58)	(3.55)	10.00
Equipment Maint & Repair	51.36	51.36	102.72	102.72	-	750.00
Equipment Purchase	-	-	193.34	-	193.34	1,000.00
Insurance	103.75	131.02	207.50	262.04	(54.54)	1,200.00
Office Maint. & Repairs	-	25.00	45.00	25.00	20.00	500.00
Office Supplies	230.20	59.73	471.45	143.68	327.77	2,800.00
Rent	1,980.00	1,940.00	3,960.00	3,880.00	80.00	24,080.00
Taxes	-	-	-	-	-	80.00
Telephone	116.07	316.82	233.14	533.32	(300.18)	1,200.00
Utilities-Electricity	518.86	261.48	931.90	505.57	426.33	4,000.00
Website	-	-	20.85	70.51	(49.66)	110.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	541.79	472.16	1,191.33	2,264.43	(1,073.10)	8,970.00
Employee Wages	6,162.87	9,750.01	12,695.73	28,004.77	(15,309.04)	82,278.00
Employee 403B Contribution	-	-	-	155.00	(155.00)	-
Employee Health Benefit	822.00	641.07	1,463.07	1,489.48	(26.41)	7,840.00
Insurance-Worker's Comp	43.16	37.42	86.32	80.67	5.65	500.00
<b>Total Office Expense</b>	<b>10,675.75</b>	<b>15,602.10</b>	<b>21,728.22</b>	<b>39,541.61</b>	<b>(17,813.39)</b>	<b>139,798.00</b>
Standing Committees Expense (see schedule)	399.76	81.40	704.62	439.75	264.87	8,860.00
<b>Total Expense</b>	<b>11,075.51</b>	<b>15,683.50</b>	<b>22,432.84</b>	<b>39,981.36</b>	<b>(17,548.52)</b>	<b>148,658.00</b>
<b>Net Revenue</b>	<b>3,809.19</b>	<b>(4,372.44)</b>	<b>11,767.65</b>	<b>(10,822.29)</b>	<b>22,589.94</b>	<b>-</b>



## Group Contributions February 2022

Group	Feb-22	Ytd 22	Group	Feb-22	Ytd 22
11th Step Journey - 2622	-	100.00	Mission Hills Lunch Bunch - 2675	-	219.00
3 O'Clocker - 2201	-	400.00	Motivation Monday - 3254	-	240.00
52 From The Big Blue	-	205.00	Noon with a View Begs Mtg-3249	80.00	671.00
830 Every Morning Recovery Group	-	414.00	Nooner is Backed Mixed - 3287	-	20.00
92037 Group - 861	200.00	200.00	Nooners Anonymous - 1164	75.00	75.00
A Womens Meeting -1717	20.00	20.00	North Clairemont - 1102	200.00	200.00
AA By The Bay - 629	-	75.00	North Park Mens - 465	61.65	114.62
Alpine Group - 6	170.50	170.50	O.B. Womens Step Study - 2730	92.10	92.10
At Home Mens - 215	164.99	164.99	Open Minded Mens - 626	-	313.00
B.Y.O.B. (North Park) - 203	62.00	154.00	Our Daily Reprieve - 3339	-	165.00
Bayside Bonfire Group - 1139	-	253.75	Over 50 - 840	222.00	222.00
Beautiful Beginnings - 552	-	246.01	Over The Bridge - 2689	201.50	201.50
Cedar Street Mens - 1698	317.00	317.00	Pass It On Big Book Study Grp-860	348.50	348.50
Chula Vista 4 Min Speakers - 1568	-	25.50	Pine Valley Thurs. Open Disc - 3274	-	62.80
Clairemont Fri Night - 375	130.00	130.00	Point Loma Mens - 245	135.00	619.00
Clairemont Mixed Discussion - 338	-	230.00	Primary Purpose Group - 3151	-	278.00
Clairemont Wednesday Group - 303	62.00	62.00	Progress Rather Than Perf - 2682	-	100.00
Clairemont Womens SS - 341	20.00	220.00	Radical Acceptance Meeting - 2961	75.00	125.00
Class Acts - 1845	-	233.40	Rainbow Group - 570	125.00	125.00
Coffee Clutchers - 2332	-	500.00	RAM-Z - 3323	-	20.00
Dawn Patrol - 263	-	20.00	Riding Sober - 3054	231.50	231.50
Dawn Patrol Online- 3275	250.00	250.00	Rise & Shine - 2170	110.73	644.69
Descanso Mens Step Study - 3010	-	32.00	Rule 62 Group - 927	-	125.00
East Co. Young People Rule 62-2797	-	123.21	Santee Serenity - 3040	-	20.00
East Side Group - 101	-	90.00	Sat Mens Early Awakening - 2209	100.00	200.00
Eastlake Greens Attitude Adj - 2712	125.00	375.00	Saturday A.M. Live - 782	-	234.13
Easy Does It Riders - 21	-	120.00	Sober Nooners - 196	-	200.00
El Cajon Nooner - 2638	300.00	578.60	Sober Roses Womens SS - 2946	66.22	66.22
El Cajon Womens Serenity - 77	-	146.08	Sons of God - 2789	270.00	270.00
Emotional Sobriety (Hillcrest) - 2536	-	53.00	Sorrento Valley Nooner - 544	220.00	220.00
Eye Opener Group - 607	-	200.00	South Park Sobriety - 1015	-	64.00
Fishermen In Recovery - 2863	140.00	140.00	Spiritual Awakening - 2275	623.81	1,057.13
Friday Night Irregulars - 2889	-	76.00	Spiritual Awakenings SS -3174	-	110.00
Friday Online 12 x 12 SS - 3351	-	230.00	Sunday Keep it Simple - 3348	-	20.00
Gilman Group - 1988	-	250.00	Sunday Kind of Love - 429	341.00	341.00
God Squad Too - 2809	53.39	53.39	T.G.I.F. - 1658	-	221.50
GSDYPAA	-	294.37	The Hole In The Doughnut - 2737	520.00	520.00
Happy Hour Meeting - 1038	-	73.00	The Huddle in the Park - 3278	514.00	1,130.50
Harmony Group - 585	350.00	880.00	The Language of the Heart - 3066	-	42.00
HOW @ Noon - 2998	-	150.00	The Other Meeting - 857	-	100.00
I. B. Up - 2565	900.00	900.00	The Rogue Meeting - 3338	347.50	542.50
Jump Start - 2174	31.99	70.53	There is a Solution - 2680	-	160.00
Just Us Girls - 929	58.00	89.40	Thursday Steps - 646	-	92.04
Knuckleheads - 3182	200.00	200.00	Toes in the Sand - 3282	558.00	558.00
La Jolla Monday Womens - 87	-	389.00	Top of The Hill - 41	-	125.00
La Jolla Nonsmokers Disc - 88	-	280.00	Tues Night Mens Step Study - 1813	120.00	120.00
La Jolla Sunrise - 2684	500.00	500.00	Tuesday Morning Alpine - 440	-	86.00
La Mesa Open Discussion - 107	-	100.00	Tuesday Morning Group - 3089	-	87.50
La Mesa Step Study Workshop-1621	103.25	103.25	Tuesday Nite Live - 643	400.00	400.00
La Mesa Womens Sat. Morning-416	134.11	134.11	University City Disc.- 368	-	61.88
LAGUNA MOUNTAIN GROUP	210.57	210.57	Wake Up Call - 1932	240.00	240.00
Little Apple Group - 1438	-	318.00	War Fever - 880	-	122.50
Living Free - 477	-	905.00	We Are Not A Glum Lot - 3259	-	65.00
Mens Structured Step Study - 1469	-	75.00	Welcome Home - 2318	100.00	100.00
Mid-Week Mens - 560	180.00	180.00	Wholesale Miracles - 2474	33.00	131.00
Mid-Week Mens Online- 3243	130.00	164.89	Women's Joy Of Living - 2636	-	182.28
Midday Miracles- 3242	-	75.00	Womens Attitude of Gratitude - 2751	232.00	232.00
Midway Bridge - 2171	-	48.57	Womens Step Study - 296	-	156.60
Mira Mesa Early Risers - 967	500.00	500.00	Womens TLC - 2814	-	178.00
Mission Hills Late Night - 2773	-	100.00	Womens Way To Recovery - 838	200.00	200.00



Group Secretaries/Treasurers  
Central Office is no longer able to  
mail receipts  
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

 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!**

 **Daytime Phone Volunteers  
Needed at Central Office**


We have several shifts available to  
answer phones in the office from 9am-1pm and  
1pm-5pm and to fill in when one of our  
volunteers is sick or goes on vacation. If you are  
available during the day and can be of service,  
please the Central Office  
today at 619-265-8762




**Did you know?**

The Central Office now accepts Venmo and  
PayPal for your Contributions. To use PayPal  
go to the "Contributions" link on the top menu  
of [aasandiego.org](http://aasandiego.org). For Venmo, our account is  
**@sdaaco** as a Business listing.

Any questions? Call 619-265-8762



 **Does Your Meeting  
Have a Voice?**

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

**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



## 2022 Holidays - Central Office/Bookstore Closed

DATE	HOLIDAY	DAY OF WEEK
May 30	Memorial Day	Monday
July 4	Independence Day	Monday
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

February 2022 Group Contributions	\$12,306
Individual Contributions	1,672
Literature & Interest	906
<b>Total Revenue</b>	<b>\$14,884</b>
Central Office Expenses	-10,676
Committee Expenses	-400
<b>Total Expenses</b>	<b>-\$11,076</b>
February 2022 Net Revenue	\$3,809
2022 YTD Revenue	\$11,768

### Show Us Your Meeting!

Send us a picture of your meeting room (without members) and we'll add it to our new Multi Media station in the Bookstore. Next time you're visiting you can find your meeting room and see if you can guess what groups meet in the other rooms



### Central Office is Grateful for our Phone Volunteers!

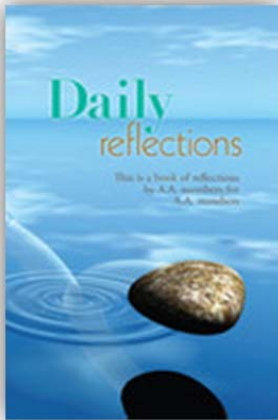
How many times have you heard a newcomer say their life was saved when they called Central Office in the middle of the night?

Did you know pre-pandemic almost all After Hour Phone Volunteers answered phones at Central Office?

Did you know you can now return to Central Office to answer phones?

- ◆ We have brand new laptops.
- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Work on the Steps.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!

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



### Daily Reflections - March 21 - Material and Spiritual Wellbeing

*"Fear ...of economic insecurity will leave us. (Alcoholics Anonymous, p. 84). Having fear reduced or eliminated and having economic circumstances improve, are two different things. When I was new in A.A., I had those two ideas confused. I thought fear would leave me only when I started making money. However, another line from the Big Book jumped off the page one day when I was chewing on my financial difficulties: "For us, material well-being always followed spiritual progress; it never preceded." (p. 127). I suddenly understood that this promise was a guarantee. I saw that it put priorities in the correct order, that spiritual progress would diminish that terrible fear of being destitute, just as it diminished my other fears. Today I try to use the talents God gave me to benefit others. I've found that is what others valued all along. I try to remember that I no longer work for myself. I only get the use of the wealth God created, I never have "owned" it. My life's purpose is much clearer when I just work to help, not to possess." (p. 89). Reprinted with permission from A.A.W.S.*

MATERIAL  
 SPIRITUAL  
 WEALTH  
 ECONOMIC  
 INSECURITY  
 FEAR  
 CIRCUMSTANCES  
 CONFUSED  
 MONEY  
 FINANCIAL

DIFFICULTIES  
 PROGRESS  
 PRECEDED  
 PROMISE  
 GUARANTEE  
 PRIORITIES  
 CORRECT  
 ORDER  
 DIMINISH  
 DESTITUTE

TALENTS  
 BENEFIT  
 VALUED  
 WORK  
 PURPOSE  
 POSSESS  
 HELP  
 CHEWING  
 WELL-BEING  
 JUMPED



# 45th San Diego Spring Roundup

Live from the Town and Country Hotel

April 14-17, 2022

Online reservation and pricing available NOW!!!

[www.SanDiegoSpringRoundup.com](http://www.SanDiegoSpringRoundup.com)



## RESERVE YOUR HOTEL ROOM EARLY

Early Bird Registration \$30 until 04/01/2022 • Registration after 4/1/2022 \$35

You get 4 days of fun and fellowship including the following:

- AA Discussion Meetings
- AA Marathon Meetings
- AA Workshops
- Spanish AA Meetings
- Al-Anon Marathon Mtgs
- Spanish Al-Anon Meetings
- Panels
- Yoga
- Group Meditation
- Archives Room
- Variety Show/Dance

## SPORTING/RECREATION EVENTS

**Comedian and Ice Cream Social \$35**

Thursday, 4-14 : 7:00 PM

Contact: [sdsruentertainment@gmail.com](mailto:sdsruentertainment@gmail.com)

**1/2 Day Deep Sea Fishing Trip \$70**

Friday 4-15: Check in 8:00 AM

Contact: [sdsrufishing@gmail.com](mailto:sdsrufishing@gmail.com)

**Golf Tournament –Riverwalk Golf Club \$120**

Friday 4/15: Check in 7:00 AM, Tee Time

8:00 AM Contact: [sdsrugolfchair@gmail.com](mailto:sdsrugolfchair@gmail.com)

**5K and 10K Fun Run/Walk \$27**

Saturday 4/16: Check in 6:15 AM, Run

7:00 AM Contact: [sdsrurunwalk@gmail.com](mailto:sdsrurunwalk@gmail.com)

**Poker Run – Motorcycle Ride \$27**

Saturday, check in 10:00 AM, Kickstands up 10:30 AM

Contact: [sdsrupokerrun@gmail.com](mailto:sdsrupokerrun@gmail.com)

## Why do I have to pay

Conferences are events, not regular meetings. They require months of planning, preparation and money. Since the event is held in a hotel there are charges for the use of the facility. The hotel also requires the event to purchase food. There are also expenses for travel and lodging for the speakers. Additionally there are other expenses such as printing, supplies and postage. The Round Up is self-supporting, they do not take money from any AA groups and no 7<sup>th</sup> tradition is passed .

## Want to sit together

### PICK UP TICKETS AT PRE-REGISTRATION

IF YOU WANT TO SIT TOGETHER CONSIDER BUYING A TABLE OF 10 SEATS FOR THE BANQUETEVENTS SO YOU CAN SIT WITH YOUR FRIENDS

Tables are assigned by invoice number. Want a great table?  
Register Very Early

## VOLUNTEERS NEEDED

Want to be a VOLUNTEER at the Round Up? Check the "Volunteer" box on your REGISTRATION FORM. .

NOTE: You must be registered to be a volunteer. If you have questions about volunteering, please contact [sdsruvolunteers@gmail.com](mailto:sdsruvolunteers@gmail.com)

Check here if you would like to VOLUNTEER

# Unglum Lot

Monthly Cartoon Feature



# Things to Do, And Places to Go

## Men's Sponsorship Workshop

**When:** Saturday, April 2; 8:30 am - 11:30 am

**Where:** 3821 Adams St, Carlsbad

**More Info:** Call Central Office 619-265-8762

## 45<sup>th</sup> San Diego Spring Roundup

**When:** April 14-17, 2022

**Where:** Town and Country Hotel

**More Info:** [www.SanDiegoSpringRoundup.com](http://www.SanDiegoSpringRoundup.com)

## 37<sup>th</sup> Laguna Mountain May Day Madness

**When:** May 6-8, 2022

**Where:** Lake Henshaw, Santa Ysabel

**More Info:** Call Central Office 619-265-8762

## Woodstock West

**When:** May 13-15, 2022

**Where:** Four Points Sheraton LAX, Los Angeles

**More Info:** [www.WoodstockWest.biz](http://www.WoodstockWest.biz)

## A.A. Desert Pow Wow

**When:** June 9-12, 2022

**Where:** Renaissance Esmeralda Resort & Spa, Indian Wells, CA

**More Info:** [www.DesertPowWow.com](http://www.DesertPowWow.com)

## Founders' Day 2022

**When:** June 10-12, 2022

**Where:** Akron, Ohio

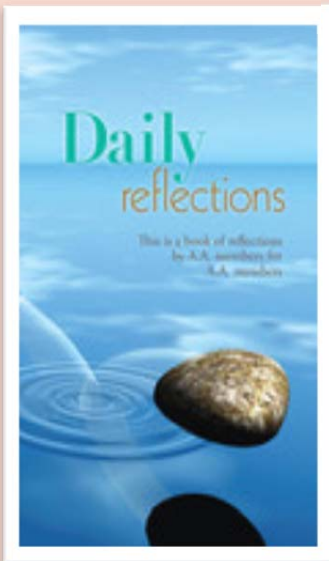
**More Info:** [www.FoundersDay.org](http://www.FoundersDay.org)

Excerpt from

## April Book of the Month

# Daily Reflections

Soft cover edition



## March 20 - Love and Tolerance

*"Love and tolerance of others is our code. (Alcoholics Anonymous, p. 84)*

I have found that I have to forgive others in all situations to maintain any real spiritual progress. The vital importance of forgiving may not be obvious to me at first sight, but my studies tell me that every great spiritual teacher has insisted strongly upon it.

I must forgive injuries, not just in words, or as a matter of form, but in my heart. I do this not for the other person's sake, but for my own sake. Resentment, anger, or a desire to see someone punished, are things that rot my soul. Such things fasten my troubles to me with chains. They tie me to other problems that have nothing to do with my original problem." (Page 88)

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

## A Life of Principles and Purpose

### Rebuilding Our Morality

*Continued from page 1*

Simply put, Step one is acknowledging that we have a problem. Step two is about accepting outside help. Step three is where we surrender to that outside help. (A power greater than ourselves) Step four is the beginning of the action steps where we acknowledge and document the immoral behaviors of our past and those we offended. Step five may be the most difficult step where we must admit to God, to ourselves and to another human being, our faulty deeds and habits.

It was that “other human being” part that I found to be the most difficult – it delayed my progress for a short time. We cannot change one moment of the past, but we can change our habits and behavior as we begin our journey that is where Steps Six and Seven come in. My understanding of these two steps is that most of my faulty behaviors (shortcomings) are the result of my (defective) thinking.

Once I discovered the defect in my motives, it was not too difficult to change my behaviors. On the last page of Step 7 in the 12 Steps and 12 Traditions it says, “The chief activator of our defects has been self-centered fear.” Most of my fears were of the irrational variety as I discovered that they stemmed from experiences in my youth that caused my fears and insecurity and to do things that were morally wrong. Those actions were the Shortcomings that stemmed from my Irrational Fears. Once I recognize the defect(fear), the Shortcomings (Behaviors) were much easier to change.

“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) If, in fact, Selfishness-Self-Centeredness is the root of our problems it is plain to see that Unselfishness just might be solution to my problems. I could not have understood this line of thinking when I was still using alcohol to mask these problems. I do not believe that I would have been strong enough to follow these guidelines had I not completed Step Five and admitted my fault to God, to myself, and to another human being.

The completion of Step Five was the most humbling experience of my life, but it opened the door to the rest of the program. Had I not done that I could never have taken my ego out of the game and the rest of the program may have been a shallow facade.

The only requirement for A. A. membership is a desire to stop drinking. Those words were put in place by the Co-founders of the program Alcoholics Anonymous and it gives each of its members the opportunity to choose their own degree of thoroughness when it comes to practicing the AA principles. I am so thankful that I did not let my ego stand in the way of my spiritual development and all the progress I had made in the program. I have experienced all the promises and I encourage anyone caught up in the Fear of Step Five to take the leap of faith, revisit it, get your ego out of the way and clear your conscience. We only live once, and it would be a shame to waste this precious gift.

~ Rick R.

### Step Four: Thoroughness Ought to be the Watchword

*Continued from Page 1*

say that there may be as many as 50 people at the meeting when they started on Step 1, but by the time they got to Step 4 they might be down to 12 people left in the room.

“Thoroughness ought to be the watchword when taking inventory. “(12&12 pg.54) I use the 4th step to illustrate the things described in Step 4. We cycle through them again; we realize that we have addressed some of these issues without being aware of it. I've heard people who have not taken Step 4 yet using such terms as “Restraint of pen and tongue” or “Remove the word blame from my speech” and, without realizing it, they are reducing their problems as the result of this different mindset. If they are honest, about, not being ready to take Step 4, it leaves the door open for the time when they are more confident, and they will be able to revisit this step and make a clean slate of it without feeling guilty about it. I believe that the main reason why they wrote and published the 12 & 12 was because they did not want to establish a precedent of editing the big book, and they wanted to give amplifying information and examples of how to navigate the 12 steps. We can tell stories and drunkalogues of our drinking days and that's fine, but if we don't go through a meaningful process of addressing the causes and solutions to our problems and “The willingness to move forward “(12&12 pg.54) We will be selling ourselves short, and life is much too precious to waste.

~ Rick R.

## Our Primary Purpose

*Continued from Page 1*

I cringe when I hear someone say, "I just don't pick up today," and that it's all about the alcohol.

It hasn't always been this way. This attitude has only surfaced in the past 25 years. I sometimes think that it's almost sacrilegious to point these things out, but I do it sometimes when someone's chance of sobriety hangs in the balance.

On page 31 in the big book, right after it explains "all of the methods we have tried," it goes on to say "We do not like to pronounce any individual an alcoholic, but you can quickly diagnose yourself. Step over to the nearest bar and try some controlled drinking. Try to drink and stop abruptly. Try it more than once. It will not take long to decide if you are honest with yourself about it. It may be worth a bad case of jitters if you get the full knowledge of your condition."

Now, to be clear, I have never suggested that anyone go over to a bar and drink, but when I refer him to that page in the big book, he understands that he is the only one that can make the decision to stop drinking, and that I will help him to understand his problem but, I will not turn into his (parent) or protector.

The second example of this approach is on page 23 in the *12x12* and it says it this way: "To the doubter we could say, "Perhaps you're not an alcoholic after all. Why don't you try some more controlled drinking, bearing in mind meanwhile what we have told you about alcoholism." This attitude brought immediate and

practical results. It was then discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself. "Maybe those A.A.'s were right. .... After a few of such experiences, often years before the onset of extreme difficulties, he would return to us convinced. He had hit bottom as truly as any of us. John Barleycorn himself had become our best advocate."

I know that a person can get excited, and want to rescue a practicing alcoholic, but if that person understood the message in those two examples, they would be more effective by trying to plant in the mind of their subject the true nature of this malady. He can get past the alcohol and get on with the rebuilding of his life, supported by the principles that the book suggests.

One more example reinforces this approach and disclaims the effort to protect the alcoholic from drinking. On the bottom of page 101 to page 103 of the big book it is explained this way: "In our belief, any scheme of combating alcoholism which proposes to shield a sick man from temptation is doomed to failure. If the alcoholic tries to shield himself, he may succeed for a time, but he usually ends up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed."

On the same page it suggests that if he still has an alcoholic mind, you could put him on the Greenland Ice Cap and even there an Eskimo might turn with a bottle of scotch and ruin everything.

I'm not suggesting that anyone send someone to a bar to test this way of thinking. However, I do want to suggest that our primary purpose is to stay sober and to help other alcoholics to achieve sobriety, and I know that in the past 25 years or so, A.A. has been flooded with people from the REHAB facilities and protecting them from a drink is the purpose of rehab, but when they arrive in A.A. it shouldn't change what we know works in the long term.

I know that this misconception will be with us for a while, but I also know that the Big Book, and the *12x12* will not change, and I also know that we all grow up a little in the program and as we do so patiently realize that the Big Book and *12x12* are wise beyond our comprehension.

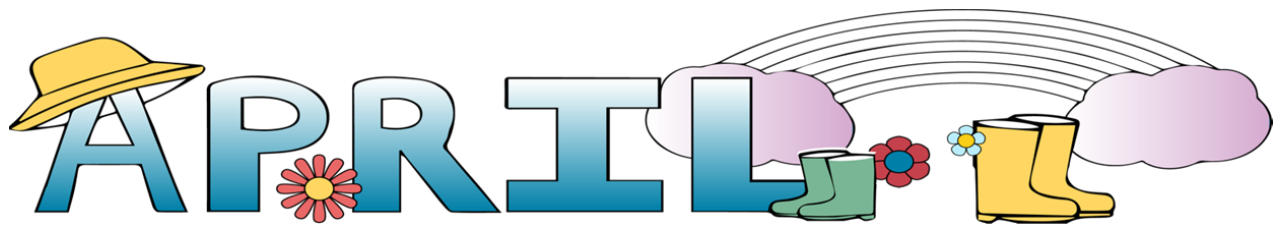
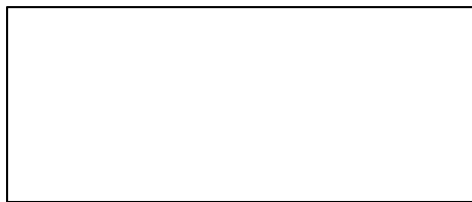
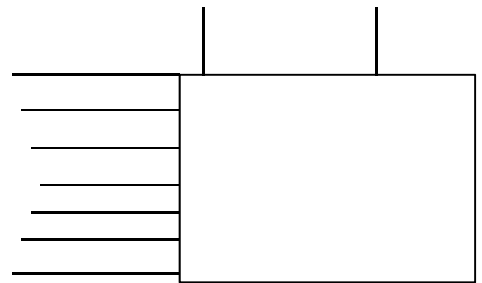
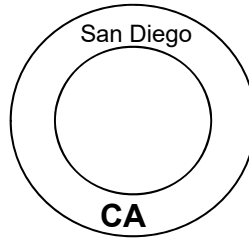


Understanding the message in those excerpts is the more unselfish and mature way to help the alcoholic who suffers. We are not snake salesmen. We can't give away something we haven't got. Reading these pages to a newcomer would be a good way to explain the true nature of his malady.

~ Rick R.

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

RETURN SERVICE REQUEST

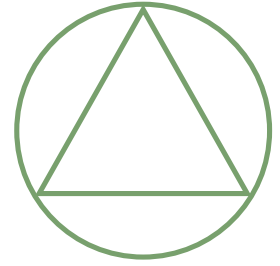


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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30





# The San Diego AA Coordinator



[aasandiego.org](http://aasandiego.org)

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 2022  
VOL. LX NO. 5

## INSIDE . . .

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## *"Carry the AA Message"*

Join the fun, submit an article!

**June (due 5/10/22)**

*"The Sixth Step..."*

**July (due 6/10/22)**

*"Humbly asked him..."*

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

## *Article Web-Site*

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

## Step Five Rewards

### Inner Transformation

My Fourth Step inventory focused the light of truth onto unrealized driving forces of selfishness, dishonesty, resentment, and fear.

The step also provided certain necessary tools to 'face and be rid of' these newly discovered grosser handicaps (Great reward!) but still, countless other destructive little demons, of the grosser variety, lurked in some dark dank space deep inside. They freely frolicked in this invisible environment, happily protected from the Sunlight Of-The-Spirit.

It was as though they were protected under a very opaque umbrella, weaved with the fabric of the Twelve Steps: The grosser handicaps of selfishness, dishonest, resentment and fear.

My sponsor informed me that Step Five was to include a detailed revelation of these grosser defects of character and shortcomings. Those little demons and devils of conceit, jealousy, carelessness, intolerance, ill temper, and all the rest of it were about to be exposed -- not only to my sponsor, but to GOD!

*Continued on Page 14*

## Pink Clouds

### 90 Day Wonder

My early days of sobriety were filled with awe. I was truly sick and tired of being sick and tired. The first few months without alcohol brought back clarity and energy I had longed forgotten. The bliss of this strange, wonderful new world was breath-taking. I had new friends, renewed relationships with family, success at work, friends praised me for my progress, and I loved hang-over free mornings. I wanted to tell the world how great my life was. Later, I learned this period is called the Pink Cloud.

*Continued on page 14*

## The Fifth Principle of Integrity

### Now I tell the truth!

Integrity has always played a key role in my life. Growing up it was something my parents felt was of major importance; honesty should be a major part of my make-up. I was taught to never lie or steal from the time I was old enough to understand this important value.

*Continued on page 15*

**SAN DIEGO CENTRAL OFFICE****24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)**E-MAIL:** [sdaaco@aol.com](mailto: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](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
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Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC)	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Sallye	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

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

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

**Contributors:** Bob S., Rick R., and Thomas K.**April Theme:** "Fearless and thorough..."

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

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

**Committee Announcement**

The Newsletter Committee needs members to write articles and poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large! Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to: [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

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

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

**AAGRAPEVINE.ORG****Submit Your Stories, Photos, Art and More!**

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? The AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use the [upload form](#).

## Heard at Meetings ...

- Treat your mind like a bad neighborhood - don't go there alone.
- Ten out of ten people die, so don't take life too seriously.
- Be profound, funny or quiet.
- After you talk in a meeting, listen to hear if you said anything.
- I don't need your help today. Love God.
- Our sickness is between our ears.
- Want to hear God laugh? Tell Him your plans.
- Don't expect to learn about people from books; a person can't fit in a bookcase.
- Now I can wake up and say, "Good morning, God!" rather than "Good God, it's morning!"
- When I turned myself over to God, I took my life out of the hands of an idiot.
- When the world comes to an end, it will do so without my permission.
- If you pray for a Cadillac and God sends a jackass, ride it.
- The man who sponsors himself has a fool for a sponsor.
- All I wanted was to control you, myself and everything else.
- My disease is an elephant. As long as I can remember it's there, I won't get stepped on.
- Try praying. Nothing pleases God more than to hear a strange voice.
- Reality can be hell when you're only visiting.
- God save me from myself.

## Poets Wanted Here

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

## Central Office Phone Calls and Website Hits

**Central Office is grateful for our Volunteers**

**We welcome After Hours Phone Volunteers back to Central Office. Speak with your After Hours Section Leader for details**

Website Hits	March	Total
	77,273	8,304,669

*Happy Birthday to All!*

**Blaine H. 3/31/86 36 years  
Every Night at Six**



*In Memory*

**Patrick L. passed away on 12/08/2021  
with 37 years  
Porter Hall Group**

*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.*

THE JACK ALEXANDER  
ARTICLE ABOUT A.A.

This is A.A. General Service Conference-approved literature.

THE ARTICLE  
THAT MARKED  
A MILESTONE IN  
THE HISTORY OF A.A.

recovery

Excerpts from

## The Jack Alexander Article about A.A.

The Article that Marked a Milestone in the History of A.A.

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

"In 1941 Jack Alexander reported upon the sense of humility and service that distinguished the A.A. program and those who then practiced it. Alcoholics Anonymous has had a tremendous growth since that time. But the same awareness of our need to continue to serve fellow alcoholics in a spirit of helpfulness and humility remains the cornerstone of our Society.

It is in that spirit that this historic article is reprinted for all those members, old and new, who share a common interest in the early days of Alcoholics Anonymous." - pg. 5

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 with 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. - pgs. 10-11

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. The best he can hope for is to become an arrested case, with drunk-saving as his insulin. At least, the A.A.s say so, and medical opinion tends to support them. All but a few said that they had lost all desire for alcohol. Most serve liquor in their homes when friends drop in, and they still go to bars with companions who drink. The A.A.s tinkle on soft drinks and coffee. - pgs. 13-14

All the time he is drinking, he tells himself and those who butt into his affairs that he can really become a controlled drinker if he wants to. To demonstrate his strength of will, he goes for weeks without taking a drop. He makes a point of calling at his favorite bar at a certain time each day and ostentatiously sipping milk or a carbonated beverage, not realizing that he is indulging in juvenile exhibitionism. Falsely encouraged, he shifts to a routine of one beer a day, and that is the beginning of the end once more. Beer leads inevitably to more beer and then to hard liquor. Hard liquor leads to another first-rate bender. Oddly, the trigger which sets off the explosion is as apt to be a stroke of business success as it is to be a run of bad luck. An alcoholic can stand neither prosperity nor adversity. - pgs. 18-19

In 1936, Sarah Martin decided that if she changed her environment by returning to the United States, she would be able to drink normally. This childish faith in geographical change is a classic delusion which all alcoholics get at one time or another. She was drunk all the way home on the boat. New York frightened her and she drank to escape it. Her money ran out and she borrowed from friends. When the friends cut her, she hung around Third Avenue bars, cadging drinks from strangers. Up to this point, she had diagnosed her trouble as a nervous breakdown. Not until she had committed herself to several sanitariums did she realize, through reading, that she was an alcoholic. On advice of a staff doctor, she got in touch with an Alcoholics Anonymous group. Today, she has another good job and spends many of her nights sitting on hysterical women drinkers to prevent them from diving out of windows. In her late thirties, Sarah Martin is an attractively serene woman. The Paris surgeons did handsomely by her. - pg. 25

**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, April 15<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 916<sup>th</sup> with a moment of reflection followed by the “I am Responsible Declaration”

**Guest Reports:**

**Area 8 Representative:** Richard, Alt. Delegate shared that the Area Pre-Conference Assembly on April 9<sup>th</sup>. The Post-Conference Assembly is tentatively scheduled for May 14<sup>th</sup> but may be pushed to June. The Area will be participating in the General Service Panel this weekend at the Spring RoundUp. A.A.W.S. is asking for submissions for the upcoming 5<sup>th</sup> Edition of the Big Book in English, the 4<sup>th</sup> Edition in Spanish and stories for the Black & African American pamphlet. For more information visit aa.org under “What’s New.”

**H & I Representative:** No Report

**Intergroup Standing Committees Reports**

**After Hours Phones:** Tim, Chair, Shared:

1. Thank you to all volunteers.
2. We have one open night for a Group Commitment – the 21<sup>st</sup> of every month
3. Answering phones via a combination of in person at Central Office using the Lock Box and Call Forwarding is working well.

**Business Committee:** Nick M., Business Committee Chair reported:

The Business Committee met on Tuesday, April 12<sup>th</sup>, 2022 at 6:00 pm. Present: Nick, John, Rae, Tim, Kristen, Aleksey, Andrew & Judi

Absent: None; There was a quorum.

**March 2022 Financial Summary:**

Net Revenue is \$1,173. Our 2021 YTD Net Revenue is \$12,941. Group & Individual Contributions were \$14,129. Literature Sales Revenue & CD Bank Interest were \$991 while total office & committee expenses were \$13,947.

**Central Office Manager’s Report:**

- **April BOOK OF THE MONTH:** Daily Reflections, Sale \$8.25, Reg. \$10.25 Max: 5
- **May BOOK OF THE MONTH:** Dr. Bob & the Good Oldtimers, Sale \$8.50, Reg. \$10.50 Max: 5
- Meeting updates continue to be active on our website. Changes to the online meeting schedule continue with daily changes at a rate of approximately 10-12 per week.
- We are continuing to print new meeting schedules approximately once every 6 weeks based on the number of meeting changes still coming in. We are printing 1,000 per print run. The most recent schedules were printed in early April. There were approximately 75 meeting changes between printings this time.
- AAWS is backordered on 14 different titles of books with various estimated back in stock dates. Our inventory is not an issue on most of these titles, however there are a few that are affected, namely Twelve Concepts for World Service which we have not had in stock for many months and do not sell a great deal of; 12x12 Large Print which is also not a big seller but will not be back in stock until mid-August; As Bill Sees It Hard Cover – we are completely out of stock and have been getting may requests as is also the case with As Bill Sees It Soft Cover. The hard cover is estimated to be back in stock in April while the soft cover will be back in stock in mid-May.
- Here are the results of Lisa Ann’s hard work updating the 12-Step lists:  
50 confirmed; 33 information updated; 10 phone numbers disconnected; 6 asked to be removed; 23 were removed due to being unreachable. Summary: Original list = 122; New list = 89.  
Additionally, Lisa Ann reformatted the list in Access making it much more user friendly for our volunteers answering phones at Central Office. Thank you Lisa Ann!
- The Central Office is in need of a Daytime Phone volunteers on Thursday mornings from 9am-1pm and we continue to have an urgent need for volunteers that can fill in on a day’s notice or less whenever a Daytime Phone volunteer is out sick or otherwise unable to fill their shift.

**Newsletter:** Amy, Chair shared:

1. Amy is putting together a midyear budget update
2. All Sponsees that are working their Steps are encouraged to submit stories about their experiences.
3. Anyone who knows how to draw is welcome to submit A.A. related comics or artwork.
4. Any stories are welcome – it is not required that members write a “manuscript” – just write *something* and submit it using the **“SUBMIT”** button on the Coordinator Newsletter page at aasandiego.org.

Continued on Page 6

Continued from Page 5

**CEC (Cooperating with elderly Community) Committee: No Report**

**Coordinator Outreach: Brian, Chair, shared that**

1. The Outreach Committee continues to attend different meetings around the county to spread the word about Coordinating Council.
2. Nadia will be at the Spring Round Up sharing her experience on the council and asking others to join us.
3. The Outreach Committee has not met since last month, but will be extra vigilant this month about getting together in order to share our experience and work together to be of maximum service.
4. The committee asks all coordinators to spread the word about the council and implore others to make sure that every meeting they attend has a coordinator.

**Orientation & Guidelines: Amy shared that**

1. Welcome to the new Coordinator that attended this evening's Orientation!
2. All Coordinators are always welcome to attend Orientation at 6:15 prior to the Coordinating Council Meeting

**Program Committee: Molly shared that**

1. The Founder's Day picnic will held on June 11.
2. The Committee has chosen Harry Griffen Park in La Mesa for the location this year – flyers are available on the Events page at [aasandiego.org](http://aasandiego.org).
3. Other Committees are encouraged to set up booths at the picnic.
4. The Committee is in need of volunteers to help out at the picnic – *please announce at all of your meetings*
5. This Committee is in need of a Committee Chair.
6. Please contact Central Office for contact information for any of the above.

**Public Information Committee: Sallye, Chair reported:**

1. This committee's focused on making sure all libraries in San Diego have literature racks
2. The committee needs 8 drivers to maintain these racks an currently only have 3
3. Public Information will have a booth at an upcoming Wellness Expo and need members to man the booth
4. If you are interested in joining the Public Information Committee they meet on the 1<sup>st</sup> Monday of every month in person at Central Office at 7pm

Quorum was established: There are 35 Coordinators in attendance; 17 in person and 26 online, so yes we have a quorum.

Approved March 2022 Meeting Minutes

**OLD BUSINESS:**

1. Aleksey, Council Chair, reminded all of the Committee Chairs that Midyear Budget numbers, if they have revised Budget numbers are due tomorrow, April 15<sup>th</sup>. Also, this is a good exercise as these numbers can also be used for your budgets for 2023, as cost of living has increased and Committee Budgets have not been revised in a while.

**NEW BUSINESS:**

1. The Business Committee Treasurer, Kristen E., presented the 2021 Audit. The complete audit is available on the Intergroup page at [aasandiego.org](http://aasandiego.org).
2. An Amendment to Council Guidelines – to add the CEC Committee as Standing Committee, was presented. A motion was made and carried to approve the Amendment. The Coordinators will now take the Amendment back to their groups for a vote to be tallied at next month's Council meeting.
3. A new Coffee Maker was elected – Thank you Kristen E.!

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Nadia, 2 years, Tim, 9 years, Andrew 10 years, John 16 years, George 31 years and Blaine 36 years

**Reminders:**

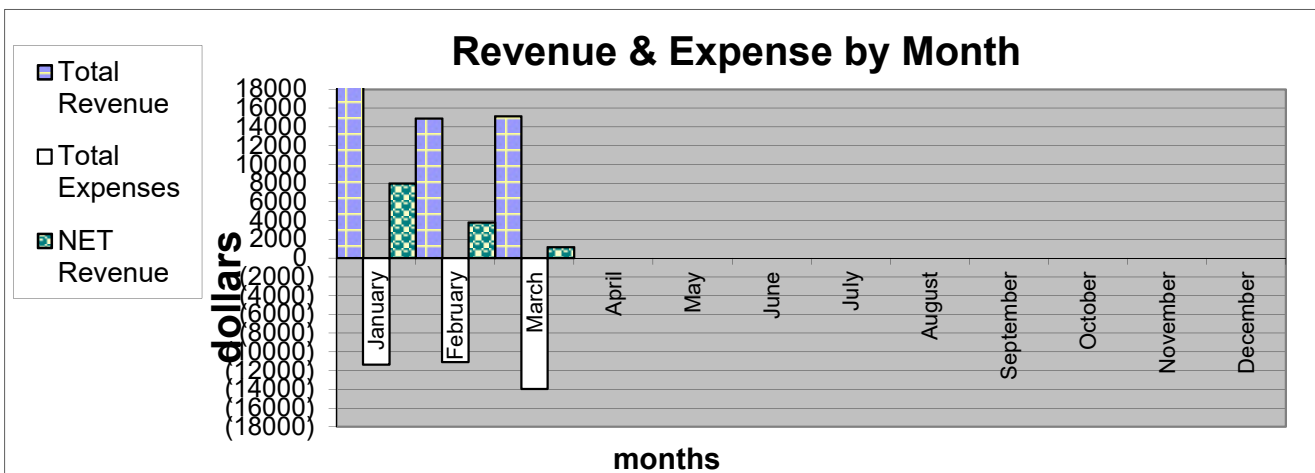
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.org](mailto:councilchair@aasandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 5/1/2022.
2. Council Minutes & Financials are posted on our [aasandiego.org](http://aasandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
3. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Statement of Revenue and Expense**  
**As of March 31, 2022**

	March 22	March 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	12,602.48	9,149.18	41,718.82	31,434.50	10,284.32	125,058.00
Contributions Individual	1,527.00	1,365.00	5,160.86	6,293.02	(1,132.16)	15,000.00
Contributions SDIAA	-	-	-	-	-	-
Interest - Cert of Deposits	34.18	38.37	97.92	112.90	(14.98)	500.00
Literature Revenue (see schedule)	956.80	433.95	2,343.35	2,305.15	38.20	8,100.00
<b>Total Revenue</b>	<b>15,120.46</b>	<b>10,986.50</b>	<b>49,320.95</b>	<b>40,145.57</b>	<b>9,175.38</b>	<b>148,658.00</b>
<b>Expense</b>						
Accounting & Legal	1,900.00	60.00	2,005.00	2,050.00	(45.00)	2,930.00
Auto/Travel/Seminar	8.00	9.00	24.00	35.00	(11.00)	1,500.00
Bank Service Charges	-	30.00	10.00	40.00	(30.00)	50.00
Cash (Over) Short	(8.44)	(2.56)	(13.57)	(4.14)	(9.43)	10.00
Equipment Maint & Repair	51.36	51.36	154.08	154.08	-	750.00
Equipment Purchase	-	-	193.34	-	193.34	1,000.00
Insurance	103.75	131.02	311.25	393.06	(81.81)	1,200.00
Office Maint. & Repairs	177.00	25.00	222.00	50.00	172.00	500.00
Office Supplies	268.06	239.67	739.51	383.35	356.16	2,800.00
Rent	1,980.00	1,940.00	5,940.00	5,820.00	120.00	24,080.00
Taxes	-	-	-	-	-	80.00
Telephone	116.07	103.26	349.21	636.58	(287.37)	1,200.00
Utilities-Electricity	448.42	176.47	1,380.32	682.04	698.28	4,000.00
Website	-	-	20.85	70.51	(49.66)	110.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	575.21	842.20	1,766.54	3,106.63	(1,340.09)	8,970.00
Employee Wages	6,948.88	4,904.54	19,644.61	32,909.31	(13,264.70)	82,278.00
Employee 403B Contribution	-	-	-	155.00	(155.00)	-
Employee Health Benefit	822.35	653.13	2,285.42	2,142.61	142.81	7,840.00
Insurance-Worker's Comp	43.16	43.16	129.48	123.83	5.65	500.00
<b>Total Office Expense</b>	<b>13,433.82</b>	<b>9,206.25</b>	<b>35,162.04</b>	<b>48,747.86</b>	<b>(13,585.82)</b>	<b>139,798.00</b>
Standing Committees Expense (see schedule)	513.23	166.51	1,217.85	606.26	611.59	8,860.00
<b>Total Expense</b>	<b>13,947.05</b>	<b>9,372.76</b>	<b>36,379.89</b>	<b>49,354.12</b>	<b>(12,974.23)</b>	<b>148,658.00</b>
<b>Net Revenue</b>	<b>1,173.41</b>	<b>1,613.74</b>	<b>12,941.06</b>	<b>(9,208.55)</b>	<b>22,149.61</b>	<b>-</b>



## Group Contributions March 2022

Group	Mar-22	Ytd 22	Group	Mar-22	Ytd 22
11th Step Journey - 2622	-	100.00	Just Us Girls - 929	-	89.40
3 O'Clocker - 2201	-	400.00	Knuckleheads - 3182	-	200.00
4077 Mash Step 11 - 2027	135.00	135.00	La Jolla Monday Womens - 87	-	389.00
52 From The Big Blue	-	205.00	La Jolla Nonsmokers Disc - 88	-	280.00
530 Meditation - 3085	300.50	300.50	La Jolla Sunrise - 2684	-	500.00
830 Every Morning Recovery Group	-	414.00	La Mesa Mens - 106	150.00	150.00
92037 Group - 861	-	200.00	La Mesa Open Discussion - 107	-	100.00
930 Everynighters	92.98	92.98	La Mesa Step Study Workshop-1621	-	103.25
A Vision and a View - 3337	26.29	26.29	La Mesa Womens Sat. Morning - 416	122.95	257.06
A Womens Meeting -1717	20.00	40.00	LAGUNA MOUNTAIN GROUP	-	210.57
AA By The Bay - 629	-	75.00	Late Risers - 473	50.00	50.00
Afternoon Delight - 2704	75.00	75.00	Linda Vista Mens - 320	100.00	100.00
Alpine Group - 6	-	170.50	Little Apple Group - 1438	-	318.00
At Home Mens - 215	-	164.99	Living Free - 477	-	905.00
At One With Each Other - 789	58.00	58.00	Mens Jelly Donut - 3118	400.00	400.00
B.Y.O.B. (North Park) - 203	50.00	204.00	Mens Structured Step Study - 1469	75.00	150.00
Barefoot - 139	100.00	100.00	Mid-Week Mens - 560	180.00	360.00
Bayside Bonfire Group - 1139	-	253.75	Mid-Week Mens Online- 3243	-	164.89
Beautiful Beginnings - 552	-	246.01	Midday Miracles- 3242 <>	-	75.00
Bonita Boozers - 2179	50.00	50.00	Midway Bridge - 2171	-	48.57
Carrying the Message - 2458	333.21	333.21	Mira Mesa Early Risers - 967	-	500.00
Casa De Oro Tradition Five - 503	126.00	126.00	Mission Bay Speakers - 1692	100.00	100.00
Cedar Street Mens - 1698	-	317.00	Mission Hills Late Night - 2773	-	100.00
Chula Vista 4 Min Speakers - 1568	-	25.50	Mission Hills Lunch Bunch - 2675	-	219.00
Clairemont Fri Night - 375	-	130.00	Motivation Monday - 3254	-	240.00
Clairemont Mens - 301	618.00	618.00	Noon with a View Beg Mtg-3249	502.00	1,173.00
Clairemont Mixed Discussion - 338	-	230.00	Nooner is Backed Mixed - 3287	-	20.00
Clairemont Wednesday Group - 303	-	62.00	Nooners Anonymous - 1164	-	75.00
Clairemont Womens Discussion-340	183.50	183.50	North Clairemont - 1102	-	200.00
Clairemont Womens Step Study-341	20.00	240.00	North Park Mens - 465	42.00	156.62
Class Acts - 1845	-	233.40	O.B. Womens Step Study - 2730	-	92.10
Coffee Clutchers - 2332	250.00	750.00	Open Minded Mens - 626	-	313.00
Dawn Patrol - 263	-	20.00	Original Tues Night Step Study-2124	50.00	50.00
Dawn Patrol Online- 3275	-	250.00	Our Daily Reprieve - 3339	-	165.00
Descanso Mens Step Study - 3010	-	32.00	Over 50 - 840	-	222.00
Downtown Discussion - 1665	38.71	38.71	Over The Bridge - 2689	-	201.50
East County Mens - 1905	300.00	300.00	Pass It On Big Book Study Grp-2860	-	348.50
East Co Young People Rule 62-2797	-	123.21	Pine Valley Thurs. Open Disc - 3274	-	62.80
East Side Group - 101	-	90.00	Point Loma Mens - 245	-	619.00
Eastlake Greens Attitude Adj-2712	-	375.00	Primary Purpose Group - 3151	-	278.00
Easy Does It Riders - 21	-	120.00	Progress Rather Than Perf - 2682	-	100.00
Easy Does It Speakers - 114	50.00	50.00	Radical Acceptance Meeting - 2961	1,616.51	1,741.51
Educational Variety Mens - 3244	100.00	100.00	Rainbow Group - 570	-	125.00
El Cajon Nooner - 2638	-	578.60	RAM-Z - 3323	-	20.00
El Cajon Womens Serenity - 77	71.50	217.58	Riding Sober - 3054	-	231.50
Emotional Sobriety (Hillcrest) - 2536	-	53.00	Rise & Shine - 2170	483.89	1,128.58
Eye Opener Group - 607	-	200.00	Rule 62 Group - 927	-	125.00
Fishermen In Recovery - 2863	-	140.00	Safe Sane and Sober - 1350	200.00	200.00
Fresh Start Beginners - 2609	278.41	278.41	Santee Serenity - 3040	-	20.00
Friday Night Irregulars - 2889	150.00	226.00	Santee Sunday Morning Mens - 3076	460.99	460.99
Friday Online 12 x 12 SS - 3351	-	230.00	Sat Mens Early Awakening - 2209	-	200.00
Gilman Group - 1988	-	250.00	Saturday A.M. Live - 782	-	234.13
God Squad Too - 2809	-	53.39	Scripps Ranch Men's Two - 2776	152.40	152.40
Good Morning AA - 1888	201.00	201.00	Scripps Ranch Mens - 3168	139.34	139.34
GSDYPAA	-	294.37	Sisters in Solution - 3272	247.00	247.00
Happy Hour Meeting - 1038	-	73.00	So Bay New Womens - 2325	180.00	180.00
Harmony Group - 585	500.00	1,380.00	Sober Nooners - 196	-	200.00
HOW @ Noon - 2998	-	150.00	Sober Roses Womens SS - 2946	-	66.22
I. B. Up - 2565	-	900.00	Sobriety On State And Date - 2697	124.97	124.97
Jump Start - 2174	-	70.53	Sons of God - 2789	-	270.00




## Group Contributions March 2022

Group	Mar-22	Ytd 22
Sorrento Valley Nooner - 544	-	322.50
South Park Sobriety - 1015	80.00	144.00
Spiritual Awakening - 2275	257.70	1,314.83
Spiritual Awakenings SS -3174	-	110.00
Sunday Keep it Simple - 3348	-	20.00
Sunday Kind of Love - 429	-	341.00
Sunday Middy - 161	250.00	250.00
T.G.I.F. - 1658	-	221.50
The 530 - 3266	500.00	500.00
The Hole In The Doughnut - 2737	20.00	540.00
The Huddle in the Park - 3278	429.00	1,559.50
The Language of the Heart - 3066	-	42.00
The Other Meeting - 857	-	100.00
The Rogue Meeting - 3338	180.95	723.45
There is a Solution - 2680	-	160.00
Thursday Steps - 646	-	92.04
Toes in the Sand - 3282	-	558.00
Top of The Hill - 41	-	125.00
Tues Night Mens Step Study - 1813	150.00	270.00

Group	Mar-22	Ytd 22
Tuesday Morning Alpine - 440	-	86.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	-	400.00
Two A's Over Easy - 2106	50.00	50.00
University City Disc.- 368	-	61.88
Valley Girls - 2617	64.73	64.73
Veterans Leave No One Behind-2038	100.00	100.00
Wake Up Call - 1932	-	240.00
War Fever - 880	-	122.50
Water Walkers Too - 1946	300.00	300.00
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	-	100.00
Wholesale Miracles - 2474	33.00	164.00
Women's Joy Of Living - 2636	-	182.28
Women In Harmony - 1807	90.00	90.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Step Study - 296	-	156.60
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	200.00


**Group Secretaries/Treasurers**  
 Central Office is no longer able to  
 mail receipts  
 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!**


**Does Your Meeting**  
**Have a Voice?**


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

Make sure Your group gets heard.

**Did you know?**

The Central Office now accepts Venmo and PayPal for your Contributions. To use PayPal go to the "Contributions" link on the top menu of [aasandiego.org](http://aasandiego.org). For Venmo, our account is @sdaaco as a Business listing. Please be certain, when using Venmo to make contributions that you are on the Business side and it says "San Diego Central Office"; @sdaaco.

Any questions? Call 619-265-8762



# Central Office Notes



## 2022 Holidays - Central Office/Bookstore Closed

DATE	HOLIDAY	DAY OF WEEK
May 30	Memorial Day	Monday
July 4	Independence Day	Monday
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

<b>March 2022 Group Contributions</b>	<b>\$12,602</b>
<b>Individual Contributions</b>	<b>1,527</b>
<b>Literature &amp; Interest</b>	<b>991</b>
<b>Total Revenue</b>	<b>\$15,120</b>
<b>Central Office Expenses</b>	<b>-13,434</b>
<b>Committee Expenses</b>	<b>-513</b>
<b>Total Expenses</b>	<b>-\$13,947</b>
<b>March 2022 Net Revenue</b>	<b>\$1,173</b>
<b>2022 YTD Revenue</b>	<b>\$12,941</b>

Would you like to have the Coordinator Newsletter delivered right to your door every month & read it in the comfort of your own home?

### Join the Buck-a-Month Club today!

- Simply stop by Central Office & for \$12 per year you can sign up & we will begin mailing the Coordinator Newsletter to you beginning with the next issue.
- You can also mail us your address along with a check
- It's a great way to keep current on great articles & everything happening in your Intergroup

## Central Office is Grateful for our Phone Volunteers!

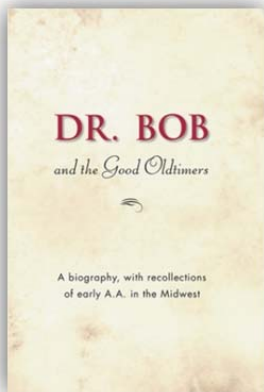
How many times have you heard a newcomer say their life was saved when they called Central Office in the middle of the night?

Did you know pre-pandemic almost all After Hour Phone Volunteers answered phones at Central Office?

Did you know you can now return to Central Office to answer phones?

- ◆ We have brand new laptops.
- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Work on the Steps.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!

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



“...we were taking them upstairs and getting them on their knees to surrender, which I felt was a very important part. The surrender was more than important, it was a must. Bob E., who came into AA in February 1937, recalled that after five or six days in the hospital, when you had indicated that you were serious, they told you to get down on your knees by the bed and say a prayer to God, admitting you were powerless over alcohol and your life was unmanageable. Furthermore, you had to state that you believed in a Higher Power who could return you to sanity... We called that the surrender. They demanded it, you couldn't go to a meeting until you did it. If by accident you didn't make [the surrender] in the hospital, you had to make it in the upstairs bedroom at the Williamses' house.” pg. 101. *Reprinted with permission from A.A.W.S.*

UPSTAIRS  
 KNEES  
 SURRENDER  
 IMPORTANT  
 MUST  
 HOSPITAL  
 SERIOUS  
 BED  
 PRAYER  
 ADMITTING

POWERLESS  
 ALCOHOL  
 UNMANAGEABLE  
 BELIEVED  
 HIGHER  
 POWER  
 RETURN  
 SANITY  
 DEMANDED  
 MEETING

ACCIDENT  
 BEDROOM  
 HOUSE  
 FEBRUARY  
 RECALLED  
 DOWN  
 LIFE  
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 UNTIL

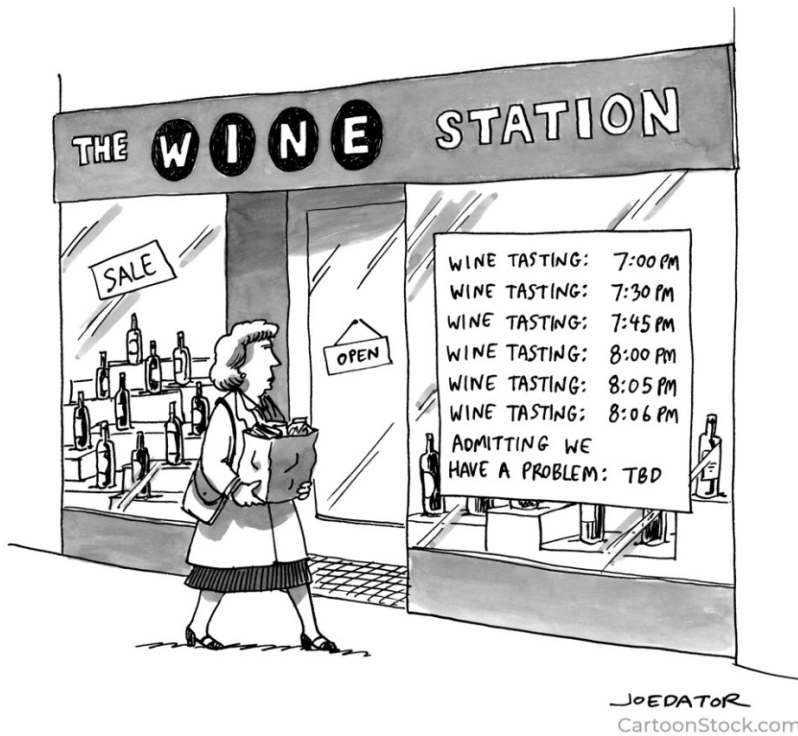
Alcoholics Anonymous of San Diego County  
Balance Sheets  
December 31, 2021 and 2020

	<u>ASSETS</u>	2021	2020
<b>Current Assets:</b>			
Petty Cash		\$250	\$250
Cash in Checking		55,513	64,515
Credit Card Merchant		722	279
Cash in Savings - CD's		120,226	100,129
Prepaid Expenses		3,242	2,183
Inventory		24,059	28,369
Total Current Assets		<u>204,012</u>	<u>195,725</u>
<b>Fixed Assets:</b>			
Furniture, Fixtures & Equipment		28,406	27,740
Leasehold Improvements		14,030	7,306
Less: Accumulated Depreciation		<u>(35,872)</u>	<u>(35,046)</u>
Total Fixed Assets		6,564	0
<b>Total Assets</b>		<b><u><u>\$210,576</u></u></b>	<b><u><u>\$195,725</u></u></b>
<b>Liabilities:</b>			
Accrued Payroll Taxes		1,786	1,376
Accrued Sales Tax		1,352	397
Gift Certificates Outstanding		0	0
Total Liabilities		<u>3,138</u>	<u>1,773</u>
<b>Fund Balance</b>		<u>207,438</u>	<u>193,952</u>
<b>Total Liabilities &amp; Fund Balance</b>		<b><u><u>\$210,576</u></u></b>	<b><u><u>\$195,725</u></u></b>

The Accompanying Notes are an Intergral Part of the Financial Statements

# Unglum Lot

Monthly Cartoon Feature



# Things to Do, And Places to Go

## 37<sup>th</sup> Laguna Mountain May Day Madness

When: May 6-8, 2022

Where: Lake Henshaw, Santa Ysabel

More Info: Call Central Office 619-265-8762

## Woodstock West

When: May 13-15, 2022

Where: Four Points Sheraton LAX, Los Angeles

More Info: [www.WoodstockWest.biz](http://www.WoodstockWest.biz)

## 3<sup>rd</sup> Weekend Camping Group

When: May 20-22, 2022

Where: Potrero County Park

More Info: Call Central Office 619-265-8762

## A.A. Desert Pow Wow

When: June 9-12, 2022

Where: Renaissance Esmeralda Resort & Spa, Indian Wells, CA

More Info: [www.DesertPowWow.com](http://www.DesertPowWow.com)

## Founders' Day 2022

When: June 10-12, 2022

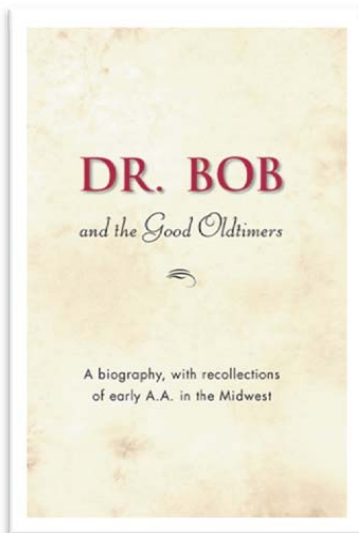
Where: Akron, Ohio

More Info: [www.FoundersDay.org](http://www.FoundersDay.org)

Excerpts from

## May Book of the Month

### *Dr Bob and the Good Oldtimers*



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permission from  
A.A.W.S.

"Remembering his own disastrous trip to Atlantic City and Bill's experiment with keeping liquor on the sideboard to prove it was no longer a temptation, Dr. Bob advocated that members stay in dry places whenever possible. 'You don't ask the Lord not to lead you into temptation, then turn around and walk right into it,' he said". - p. 281

"One problem was that some members wanted no part of the book. They felt it was a commercial venture - which it was, in part. It was meant primarily to publicize the movement, but also to provide income for Bill and Doc and funds for the establishment of an office through which alcoholics in distant places could be reached and helped to recover. John and Elgie R. recalled one guy who claimed he got drunk because of the book (interesting reaction - if only because the chief purpose of the book was to get people sober). 'He got it into his head that Doc and Bill were going to make a fortune, and he wanted his share. Nobody paid any attention, and he got so mad he went off and got drunk.' - p. 153

"Henrietta D. (wife of A.A. number three) recalled Dr. Bob's saying 'if the speaker doesn't say exactly what you think he ought to say, don't criticize. He may be saying exactly what the man in the back row wants to hear.' -- p. 272

## Step Five Rewards

### Inner Transformation

*Continued from page 1*

Although my sponsor had not the power to close that umbrella, the Big Book tells me that God could and would if he were sought! (Those little fiends must have been trembling down there!). The sunlight of the Spirit was about to shine on those little demons – for they cannot survive in the sunlight of God's Truth!

The Fifth Step promises us, on page 75, that we will begin to have a spiritual experience. Well, the realization that God is soon-to-remove the very things that blocked us from seeing and acting on the truth-in-drink indeed speaks to a radical inner transformation! I believe the main goal of this vital step is to allow us (me) to realize exactly what dominant inner forces are blocking the truth-in-drink; only then will I know exactly what imperfections to ask God to remove in Steps Six and Seven.

It was very important that I acted before my mind decided to remember only what it wanted to remember. I believe that the Big Book timetable is very important here! We are told to do Step Four 'at once,' Step Five at 'First opportunity,' review for a short period and 'then' (not later) do Step Six, go right into Step Seven 'when ready.' Steps Five, Six and Seven are often referred to as the "same day steps."

I am very happy that my sponsor, Carl, helped me close that umbrella via the Big Book directions. I haven't had a drink of booze since!

~ Bob S.



## Pink Clouds

### 90 Day Wonder

*Continued from Page 1*

The Pink Cloud is normal. The enthusiasm is normal. Unfortunately, some newcomers believe A.A. is easy or that they're fast learners. Perhaps, they think they are not as sick as others in our rooms.

These are the men and women who attend meetings and immediately start quoting from the book. When they talk, they share the wisdom of long years of sobriety. They'll twelve step anyone who stands still long enough to listen. They're on fire. Sometimes they burn out and return to the bottle. We call them "90 Day Wonders."

There is a difference between "fake it until you make it" and trying to share what you haven't got. They haven't learned yet that the Ego is the source of many of our problems. Ego is not a friend. Yet it's Ego-driven to pretend to be the perfect A.A.er.

With the help of a strong sponsor and the fellowship, these "pink clouders" can learn that they have

to work all of the steps, along with participating in the fellowship and being of service. This is their key to sobriety.

I recently lead a meeting at my home group and made the subject "two-stepping." My meeting has sobriety from less than 30 days to over 30 years. Here a few of the shares:

- *Before you help someone else, you have to help yourself.*
- *One friend described the action of jumping from Step 1 to Step 12 this way: "I admit my life is unmanageable...let me share it with you." I love this saying because it perfectly describes my first few months.*
- *Another reminded us that Bill Wilson was a two-stepper. He had to be. There were no steps, no Big Book. He had to share what he had received to stay sober. Good point. Fortunately, we have the steps.*
- *Finally, there was some advice for the newcomer. If you want what we have, hang with those of us who have done all our steps.*

~ Rick R.

## The Fifth Principle of Integrity

### Now, I just tell the truth!

*Continued from Page 1*

Most of the time, I adhered to this concept even knowing there would be consequences resulting from being truthful. I was looked upon as a young man whose word could be believed, I could be counted on in difficult situations and I was cash register honest. I did stray from time to time, but overall, I was good, having been taught the difference between right and wrong and how to be a plus in society.

Very quickly, this important principle was washed away with the huge amounts of rye whiskey I consumed. My alcoholic behavior rose to the surface like oil does when mix with water. It immediately became a problem. I needed extra money that I didn't have so I sought other ways to fuel my addiction. At first, I would borrow from my parents or friends with no intention of paying them back. Chalk up one mark for lack of integrity. There were occasional situations where the temptation and the opportunity to steal liquor made my honesty take a backseat. My desire for alcohol was greater than what I was morally taught by my parents. Invite me over for a drink and merriment, leave the room, and I would quickly drink from your bottle. Chalk up another one for lack of integrity. At this point I hadn't connected the dots to realize that this behavior was a part of my alcoholism. Even if I had known, I probably wouldn't have cared because I knew I wasn't an alcoholic, because I had no physical consequences. I had watched "The Lost Weekend" and knew what a real alcoholic was all about! I didn't have the shakes or see little things come out of the wall. Even though I had attended

some A.A. meetings those people were different. I didn't identify with anything I heard at the meetings, and nothing turned on the light bulb on by reading the Big Book; other than it was a poorly written piece of literature and I could have certainly done much better!

As time marched on, my integrity became something foreign to me as alcoholism eliminated this part of my personality. I only cared about where my next drink was going to come from and would do anything in order to get it. I lied, cheated and stole to get my daily supply. The only integrity I did have was paying for it when I did have the funds. When things really got tough, I would steal Listerine or Nyquil. They were not my beverage of choice, but they did feed my craving.

I reached the point that I begged, to whoever would listen, for money. I'm ashamed to say I would steal from you and commit burglary to get what I needed. By now, all the things I had seen in "The Lost Weekend" had come true, and more. I didn't care! Sure, I was an alcoholic; but there was no way I was going to quit and be forced to go through the horrible withdrawal I had been given a taste of. The physical part of the disease had completely taken over my life.

When I was finally hospitalized and properly detoxed from the physical addiction, the symptoms subsided. My behavior and spirituality badly needed attention. Even though I came back to A.A., my attitude was still, "You don't understand I'm different!" I still didn't care! My behavior slowly transformed back to the way I used to be, including my integrity. I no longer had to be dishonest as my desire to drink

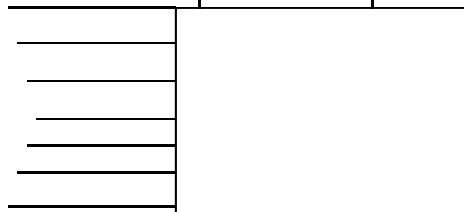
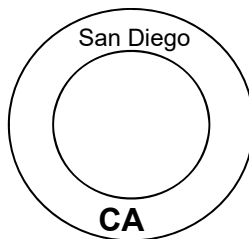
disappeared. I stumbled many times; saying I would do something only not to follow through and I was lying about paying money back. I was still a cheat, con man and crook when I had to be. But progress was being made working the program with my sponsor. I was moving forward despite my chronic complaining about how everything was wrong with A.A. Today the issue of my integrity is not a problem as a direct result of working the program of Alcoholics Anonymous. A.A. has taught me that I have everything I need. Now, I just tell the truth. It's the easier, softer way! I've learned to say no, even though you might be disappointed, a benefit of working the steps. This fine-tuning taught me I can't do everything and even though I want to, I can't make you happy. The program teaches me my limitations. Now, when I tell you I'll do something, my integrity is behind it. I'm depended on to do certain things and I follow through now or let you know in advance if I can't. I'm treasurer of a group and I'm trusted that I'll never disappear with the money.

By practicing the last three steps of A.A. everything is fine, evaluated on a daily basis. Do I falter? I'm not a saint and often times I get off track. The fellowship makes these small detours brief because now a red flag goes up when I share in meetings and certain things will be pointed out to me. The fellowship is truly looking out for my wellbeing. Now I'm at a point in my sobriety where I like going to meetings and am willing to take direction. Integrity is a part of my life. It is a treasured asset I greatly value.

~ Thomas K.

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

RETURN SERVICE REQUEST

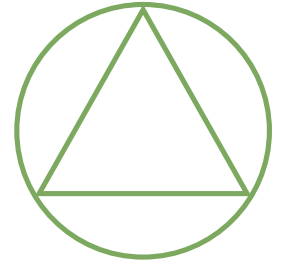


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





# The San Diego AA Coordinator



[aasandiego.org](http://aasandiego.org)

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

“Were entirely ready to have God remove all our defects of character.” *Reprinted from AA Big Book, page 59*

JUNE 2022  
VOL. LXI NO. 6

## INSIDE . . .

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## “Carry the AA Message”

Join the fun, submit an article!

**July (due 6/13/22)**

“The Seventh Step...”

**August (due 7/10/22)**

“Humbly asked him...”

Submit *your* 27 to 1,000-word story at [www.aasandiego.org](http://www.aasandiego.org) using the “Submit” button in the Coordinator Newsletter section or email it to [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

## Article Web-Site

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

## Regaining My Dignity and Self Respect

### I Was Already Getting Relief

In my most desperate days, I was the guy standing around in the parking lot at 5:45 AM, along with one or two other desperate souls, waiting for the bar to open. I was craving a drink and when we heard the keys being inserted in the door from the inside, we knew the agonizing wait was almost over. The door would open, and the bartender would greet us with a patronizing smile; we would exchange jokes and wise cracks, in an attempt, to make *normal*, a scene that was obviously *pathetic*. We then sat down at the bar, the bartender would draw a glass of beer and place it in front of me and I would sit there for about 5 minutes, just staring at the bubbles rising, before drinking it. *I was already getting relief before I even raised the glass to my lips.* Why the delay? If I was so desperate, why didn't I just pick it up and guzzle it down? The answer came to me years after I was sober. It occurred to me that, in those 5 minutes, *I was attempting to regain my dignity.* After all I could not be that desperate, could I?



Continued on Page 14

## Willingness

### The Door to Love And Community

Willingness is a state of being willing. Willing to do what? Willing to change? Willing to comply? Willing to listen? “Willing to agree? Willing to accept new ideas?”



I thought, “What an order I can't go through with it!” I learned nobody works the program of Alcoholics Anonymous perfectly, but many became willing to grow along spiritual lines. Alcoholic Anonymous claims spiritual progress rather than spiritual perfection. Chapter five also states to find a higher power NOW because working the program

*Continued on Page 14*

## Are We Willing To Go to Any Length?

The dictionary definition of willing is doing or done gladly. I can tell you this wasn't in my mind when I came to the program of A.A. If there were another way; I would have taken that road. I can also say without reservation many of us feel exactly the way I did. We

Continued on Page 15

**SAN DIEGO CENTRAL OFFICE****24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)**E-MAIL:** [sdaaco@aol.com](mailto: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](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC) Program	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Sallye	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

Delegate	Monty	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Richard	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Blaine	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	John	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

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

**Contributors:** Barb D., Blaine H., and Rick R.**May Theme:** "Were entirely ready ..."

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

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

**Committee Announcement**

The Newsletter Committee needs members to write articles and poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large! Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to:

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

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

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

**AAGRAPEVINE.ORG****Submit Your Stories, Photos, Art and More!**

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

AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use the [upload form](#).

## Threescore Years and Ten

(Psalm 90:10 KJV)

**“The days of our years are three score and ten...”**

*Threescore years and ten  
Is at that point in life, when  
No matter how fit thou think thou art  
The Bible says it's time to part.*



*But that was written long ago  
Before our docs got in the know  
About good fish oil – Omega 3  
And the benefits of Vitamin D.*

*Those old guys were a sorry bunch,  
Dining on fatted calf for lunch.  
No wonder that so soon they went  
Without the benefit of a stent.*

*And then of course we must reflect  
On the dangerous bugs that do infect.  
A small cut could be the end of you  
Without penicillin and Cipro too.*

*We now have the benefit of surgery  
With anesthesia, it is pain free.  
In old times when something was amiss,  
It was, “Take a drink and bite on this!”*

*Yes, today that age of ten times seven  
Is way too soon to go to heaven.  
And it's not presumptuous to implore,  
The good Lord to grant us one score more.*

HAPPY BIRTHDAY!

~ Blaine H.

## Central Office Phone Calls and Website Hits

**Central Office is grateful for our  
Volunteers**

**We welcome After Hours Phone  
Volunteers back to Central Office.  
Speak with your After Hours Section  
Leader for details**

*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!*

### 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 200 words or less using the “Submit” button at [aasandiego.org/coordinator-newsletter](http://aasandiego.org/coordinator-newsletter)



## Many Paths to Spirituality

*Excerpts from*

# Many Paths to Spirituality

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"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." p. 4

"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 understand him." - pg. 6

"The spirit of tolerance is strong in A.A., and members of all faiths and traditions find common ground in our program of recovery.

"I'm a devout, lifelong Catholic. That is an integral part of my experience, strength and hope. I call my higher power God and do not feel I should have to qualify that every time I speak at a meeting. I'm perfectly okay with others referring to Buddha, Mohammed, Yahweh, or whatever name they call their higher power.

"I'm uncomfortable, though, with anyone citing the Bible, the Koran, the Talmud, or any non-A.A. literature as the truth in an A.A. meeting. But I certainly give them the right to refer to or even quote (briefly) from any of these texts if it's part of their A.A. experience." - pg 7

"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.

"In trying to find something to believe in, I read books about philosophy, spirituality and eastern religions. I listened to people share in meetings and tried to believe in their higher power. I even tried prayer and going back to church. But, in spite of my efforts to 'educate myself' into a higher power, I didn't know what I believed. But I knew that the days I prayed seemed to go better than the days I didn't, even when I thought I was praying to my bedspread." - pg 4

"In working the program, we came to a better understanding of spirituality and the part it plays in our recovery.

"When I first came to A.A., I thought that religion and spirituality were the same thing. But I've come to realize that religion means being committed to a practice of belief, and being spiritual means actively living life through a life-giving force. I believe this is any power greater than myself, whether I choose to call it God, Allah, Higher Power, Creative Intelligence or the Power of Good." - pg 6

**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, May 12<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 917<sup>th</sup> with a moment of reflection followed by the “I am Responsible Declaration”

**Guest Reports:**

**Area 8 Representative:** Richard, Alt. Delegate was unable to attend. In his absence, Aleksey, Council Chair shared that the Area Post-Conference Assembly has been rescheduled June 4<sup>th</sup> in Oceanside. Flyers available at [aasandiego.org](http://aasandiego.org) and [area8aa.org](http://area8aa.org). There will be a general service panel at the upcoming H&I Conference to be held in Big Bear on Memorial weekend, May 27<sup>th</sup> – 29<sup>th</sup>. Flyers also available at [aasandiego.org](http://aasandiego.org) and [area8aa.org](http://area8aa.org).

**H & I Representative:** Lauren, H&I Co-Chair, shared that H&I has Orientations twice monthly, one in person on the 3<sup>rd</sup> Sunday of the month and one on Zoom on the 3<sup>rd</sup> Thursday of the month. Information can be found on the Service Meetings page at [aasandiego.com](http://aasandiego.com) and at [sdhandi.org](http://sdhandi.org).

**Intergroup Standing Committees Reports**

**After Hours Phones:** Tim, Chair, Shared:

1. Thank you to all volunteers.
2. We have one open night for a Group Commitment – the 21<sup>st</sup> of every month
3. We are grateful to have a full committee at this time

**Business Committee:** Rae R., Business Committee Co-Chair reported:

The Business Committee met on Tuesday, May 10<sup>th</sup>, 2022 at 6:00 pm. Present: Rae, Tim, Kristen, Aleksey, Andrew & Judi

Absent: Nick & John; There was a quorum.

**April 2022 Financial Summary:**

Net Revenue is (\$722). Our 2022 YTD Net Revenue is \$12,219. Group & Individual Contributions were \$12,068. Literature Sales Revenue & CD Bank Interest were \$403 while total office & committee expenses were \$13,193.

**Central Office Manager’s Report:**

- May BOOK OF THE MONTH: Dr. Bob & The Good Oldtimers, Sale \$8.50, Reg. \$10.50 Max: 5
- June BOOK OF THE MONTH: Pass It On, Sale \$9.00, Reg. \$11.00 Max: 5
- Meeting updates continue to be active on our website. Changes to the online meeting schedule continue with daily changes at a rate of approximately 8-10 per week.
- The Central Office is in need of a Daytime Phone volunteers on that can fill in on a day’s notice or less whenever a Daytime Phone volunteer is out sick or otherwise unable to fill their shift.
- Lisa Ann will be off May 19-21.
- The Central Office and Bookstore will be closed on Monday, May 30 in recognition of Memorial Day

**Newsletter:** No report

**CEC (Cooperating with elderly Community) Committee:** Jean, Chair shared that:

1. The Committee would like to request their own web page presence so that they can show their literature racks and post requests for presentations similar to Public Information.
2. This committee recently added 4 members and is inviting a bilingual member to join.
3. The committee has connected to an umbrella group of professionals who work with seniors in San Diego and Imperial County in hopes of connecting with more senior care providers.
4. The Committee did one presentation in April and distributed 4 racks in English and 2 in Spanish.
5. Jean is check to find out whether or not “Meetings to Go” is active again as it is a valuable resource for seniors.

**Coordinator Outreach:** Brian, Chair, shared that

1. Outreach continues to visit new meetings each month to spread the word about Coordinating Council. At least 8 meetings were reached since last we met. All coordinators are encouraged to serve as de-facto Outreach Committee members by making announcements at meetings and inviting fellow AAs to come to a meeting to see what we are about and get involved!
2. Nadia reported that Coordinating Council seems to have less appeal to young people’s meetings. Anyone with ideas on how to improve representation from young people’s meetings is encouraged to share.
3. Tom stepped down from Outreach and Kevin was elected to replace him.

Continued from Page 5

Orientation & Guidelines: Amy shared that

1. Welcome to the new Coordinator that attended this evening's Orientation!
2. Beginning in June, Orientation will begin at 6:30 pm just prior to the Coordinating Council Meeting
3. Danny volunteered to back up Amy when she is on vacation.

Program Committee: Lauren shared that

1. The Founder's Day picnic is coming up on June 11. Please see [aasandiego.org](http://aasandiego.org) for flyer
2. The Committee is in need of volunteers to help out at the picnic for setup, breakdown and greeters – please announce at all of your meetings
3. This Committee is in need of a Committee Chair.
4. Please contact Central Office for contact information for any of the above.

Public Information Committee: No report

Quorum was established: There are 35 Coordinators in attendance; 17 in person and 26 online, so yes we have a quorum.

Approved April 2022 Meeting Minutes

#### OLD BUSINESS:

1. An Amendment to Council Guidelines – to add the CEC Committee's Guidelines: Many Coordinators voted via the Google link provided or sent their ballot in ahead of time. For those who had not yet voted, a live vote was taken. M/s/c. Coordinating Council Guidelines Amended as of this date to include the CEC Committee's Guidelines.

#### NEW BUSINESS:

1. Judi T., Central Office Manager presented the Midyear Budget Review and answered questions.
2. Aleksey presented "Bring Your Sponsee to Council" as an idea for to spread the word on the value of service in general and serving on the Coordinating Council specifically. Everyone is invited to bring their Sponsee's to the next Coordinating Council Meeting on June 9.

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Chris, 15 years and Betty, 5 years. Please Aleksey – no more singing

#### Reminders:

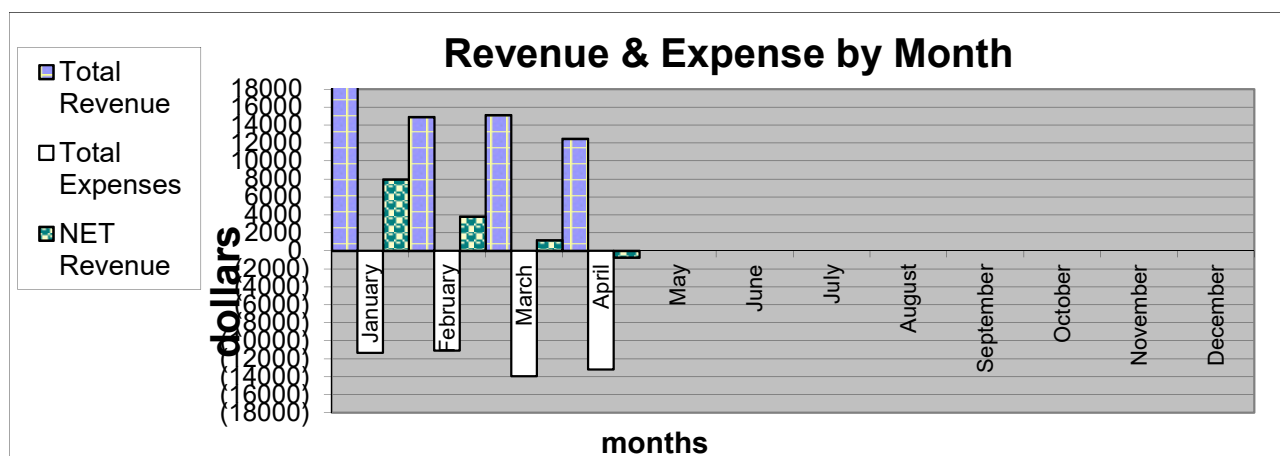
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.org](mailto:councilchair@aasandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 6/1/2022.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that any member of the Council can make a motion.
3. Council Minutes & Financials are posted on our [aasandiego.org](http://aasandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Statement of Revenue and Expense**  
**As of April 30, 2022**

	April 22	April 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
<b>Contributions Group</b>	10,970.81	4,068.13	52,689.63	35,502.63	17,187.00	125,058.00
<b>Contributions Individual</b>	1,097.24	3,016.00	6,258.10	9,309.02	(3,050.92)	15,000.00
<b>Contributions SDIAA</b>	-	-	-	-	-	-
<b>Interest - Cert of Deposits</b>	33.07	192.73	130.99	305.63	(174.64)	500.00
<b>Literature Revenue (see schedule)</b>	369.90	0.39	2,713.25	2,305.54	407.71	8,100.00
<b>Total Revenue</b>	<b>12,471.02</b>	<b>7,277.25</b>	<b>61,791.97</b>	<b>47,422.82</b>	<b>14,369.15</b>	<b>148,658.00</b>
<b>Expense</b>						
<b>Accounting &amp; Legal</b>	60.00	-	2,065.00	2,050.00	15.00	2,930.00
<b>Auto/Travel/Seminar</b>	6.00	19.50	30.00	54.50	(24.50)	1,500.00
<b>Bank Service Charges</b>	10.00	-	20.00	40.00	(20.00)	50.00
<b>Cash (Over) Short</b>	6.58	64.86	(6.99)	60.72	(67.71)	10.00
<b>Equipment Maint &amp; Repair</b>	90.27	51.36	244.35	205.44	38.91	750.00
<b>Equipment Purchase</b>	877.76	-	1,071.10	-	1,071.10	1,000.00
<b>Insurance</b>	103.75	57.06	415.00	450.12	(35.12)	1,200.00
<b>Office Maint. &amp; Repairs</b>	-	-	222.00	50.00	172.00	500.00
<b>Office Supplies</b>	227.71	75.47	967.22	458.82	508.40	2,800.00
<b>Rent</b>	1,980.00	1,900.00	7,920.00	7,720.00	200.00	24,080.00
<b>Taxes</b>	-	-	-	-	-	80.00
<b>Telephone</b>	128.77	-	477.98	636.58	(158.60)	1,200.00
<b>Utilities-Electricity</b>	310.38	211.96	1,690.70	894.00	796.70	4,000.00
<b>Website</b>	34.80	20.85	55.65	91.36	(35.71)	110.00
<b>EMPLOYEES</b>						
<b>Accrued Payroll Taxes</b>	548.55	610.48	2,315.09	3,717.11	(1,402.02)	8,970.00
<b>Employee Wages</b>	6,680.87	7,132.20	26,325.48	40,041.51	(13,716.03)	82,278.00
<b>Employee 403B Contribution</b>	-	159.00	-	314.00	(314.00)	-
<b>Employee Health Benefit</b>	822.35	800.37	3,107.77	2,942.98	164.79	7,840.00
<b>Insurance-Worker's Comp</b>	43.16	43.25	172.64	167.08	5.56	500.00
<b>Total Office Expense</b>	<b>11,930.95</b>	<b>11,146.36</b>	<b>47,092.99</b>	<b>59,894.22</b>	<b>(12,801.23)</b>	<b>139,798.00</b>
<b>Standing Committees Expense</b>	<b>1,262.46</b>	<b>128.76</b>	<b>2,480.31</b>	<b>735.02</b>	<b>1,745.29</b>	<b>8,860.00</b>
(see schedule)						
<b>Total Expense</b>	<b>13,193.41</b>	<b>11,275.12</b>	<b>49,573.30</b>	<b>60,629.24</b>	<b>(11,055.94)</b>	<b>148,658.00</b>
<b>Net Revenue</b>	<b>(722.39)</b>	<b>(3,997.87)</b>	<b>12,218.67</b>	<b>(13,206.42)</b>	<b>25,425.09</b>	<b>-</b>



## Group Contributions April 2022

Group	Apr-22	Ytd 22	Group	Apr-22	Ytd 22
11th Step Journey - 2622	-	100.00	Gilman Group - 1988	-	250.00
12 X 12 AND BB - 2939	110.00	110.00	God Squad Too - 2809	-	53.39
52 From The Big Blue	-	205.00	Good Morning AA - 1888	-	201.00
3 O'Clocker - 2201	-	400.00	Good News Bad News - 2833	52.15	52.15
4077 Mash Step 11 - 2027	-	135.00	GSDYPAA	-	294.37
530 Meditation - 3085	-	300.50	Happy Hour Meeting - 1038	64.75	137.75
830 Every Morning Recovery Group	-	414.00	Harmony Group - 585	485.00	1,865.00
92037 Group - 861	-	200.00	Haul Your Hiney Out Of Bed - 704	80.00	80.00
930 Everynighters	-	92.98	HOW @ Noon - 2998	150.00	300.00
A Vision and a View - 3337	-	26.29	I. B. Up - 2565	-	900.00
A Womens Meeting -1717	-	40.00	Jump Start - 2174	45.01	115.54
AA By The Bay - 629	-	75.00	Just Us Girls - 929	-	89.40
AA Discussion Group - 1991	125.00	125.00	Knuckleheads - 3182	-	200.00
Afternoon Delight - 2704	-	75.00	La Jolla Mens - 692	300.00	300.00
Alpine Group - 6	-	170.50	La Jolla Monday Womens - 87	-	389.00
At Home Mens - 215	-	164.99	La Jolla Nonsmokers Disc - 88	-	280.00
At One With Each Other - 789	-	58.00	La Jolla Sunrise - 2684	-	500.00
B.Y.O.B. (North Park) - 203	-	204.00	La Mesa Mens - 106	-	150.00
Barefoot - 139	-	100.00	La Mesa Open Discussion - 107	-	100.00
Bayside Bonfire Group - 1139	-	253.75	La Mesa Step Study Workshop - 1621	-	103.25
Beautiful Beginnings - 552	-	246.01	La Mesa Womens Sat. Morning - 416	-	257.06
Bonita Boozers - 2179	75.00	125.00	LAGUNA MOUNTAIN GROUP	-	210.57
Carrying the Message - 2458	-	333.21	Late Risers - 473	65.00	115.00
Casa De Oro Tradition Five - 503	-	126.00	Linda Vista Mens - 320	-	100.00
Cedar Street Mens - 1698	299.00	616.00	Little Apple Group - 1438	-	318.00
Chula Vista 4 Min Speakers - 1568	-	25.50	Living Free - 477	2.00	907.00
Clairemont Fri Night - 375	-	130.00	LJ We Are Not A Glum Lot - 3355	120.00	120.00
Clairemont Mens - 301	-	618.00	Mens Jelly Donut - 3118	-	400.00
Clairemont Mixed Discussion - 338	-	230.00	Mens Step Study - 965	80.00	80.00
Clairemont Wednesday Group - 303	-	62.00	Mens Structured Step Study - 1469	-	150.00
Clairemont Womens Discussion - 340	-	183.50	Mid-Week Mens - 560	180.00	540.00
Clairemont Womens Step Study - 341	402.96	642.96	Mid-Week Mens Online- 3243	75.03	239.92
Class Acts - 1845	-	233.40	Midday Miracles- 3242	161.38	236.38
Coffee Clutchers - 2332	-	750.00	Midway Bridge - 2171	-	48.57
Dawn Patrol - 263	-	20.00	Mira Mesa Early Risers - 967	-	500.00
Dawn Patrol Online- 3275	-	250.00	Miracles on Mondays - 565	275.00	275.00
Descanso Mens Step Study - 3010	64.75	96.75	Mission Bay Daily Reflections-1692	-	100.00
Dignity Unlimited - 205	300.00	300.00	Mission Hills Late Night - 2773	100.00	200.00
Downtown Discussion - 1665	-	38.71	Mission Hills Lunch Bunch - 2675	-	219.00
Drunks Only - 1605	300.00	300.00	Motivation Monday - 3254	-	240.00
East County Happy Hour - 3327	3.00	3.00	Mt Soledad Mens - 717	229.00	229.00
East County Mens - 1905	-	300.00	Noon with a View Beginners Mtg-3249	-	1,173.00
East Co. Young People Rule 62 - 2797	-	123.21	Nooner is Backed Mixed - 3287	-	20.00
East Side Group - 101	-	90.00	Nooners Anonymous - 1164	75.00	150.00
Eastlake Greens Attitude Adjust-2712	-	375.00	North Clairemont - 1102	-	200.00
Easy Does It Riders - 21	-	120.00	North Park Mens - 465	33.40	190.02
Easy Does It Speakers - 114	-	50.00	O.B. Womens Step Study - 2730	-	92.10
Educational Variety Mens - 3244	-	100.00	Open Minded Mens - 626	-	313.00
El Cajon Beginners - 2876	50.00	50.00	Original Tues Night Step Study - 2124	-	50.00
El Cajon Nooner - 2638	-	578.60	Our Daily Reprieve - 3339	-	165.00
El Cajon Womens Serenity - 77	-	217.58	Over 50 - 840	-	222.00
Emotional Sobriety (Hillcrest) - 2536	-	53.00	Over The Bridge - 2689	361.00	562.50
Evening Serenity - 2305	200.00	200.00	Pass It On Big Book Sty Group -2860	280.00	628.50
Eye Opener Group - 607	-	200.00	Pine Valley Thurs. Open Disc - 3274	-	62.80
Fishermen In Recovery - 2863	-	140.00	Point Loma Mens - 245	-	619.00
Fletcher Hills Smokeless - 59	100.00	100.00	Primary Purpose Group - 3151	-	278.00
Fresh Start Beginners - 2609	-	278.41	Progress Rather Than Perf - 2682	-	100.00
Friday Happy Hour - 2821	75.00	75.00	Radical Acceptance Meeting - 2961	25.00	1,766.51
Friday Night Irregulars - 2889	-	226.00	Rainbow Group - 570	-	125.00
Friday Online 12 x 12 SS - 3351	-	230.00	RAM-Z - 3323	-	20.00




## Group Contributions April 2022

Group	Apr-22	Ytd 22
Riding Sober - 3054	240.00	471.50
Rise & Shine - 2170	105.67	1,234.25
Rule 62 Group - 927	-	125.00
Safe Sane and Sober - 1350	-	200.00
Santee Serenity - 3040	-	20.00
Santee Sunday Morning Mens - 3076	-	460.99
Sat Mens Early Awakening - 2209	250.00	450.00
Saturday A.M. Live - 782	-	234.13
Saturday Morning Sanity - 1989	375.00	375.00
Scripps Ranch Men's Two - 2776	-	152.40
Scripps Ranch Mens - 3168	-	139.34
Sisters in Solution - 3272	-	247.00
So Bay New Womens - 2325	-	180.00
Sober Nooners - 196	-	200.00
Sober Roses Womens SS - 2946	-	66.22
Sobriety On State And Date - 2697	-	124.97
Sons of God - 2789	-	270.00
Sorrento Valley Nooner - 544	122.50	445.00
SOUTH BAY PIONEERS	100.00	100.00
South Park Sobriety - 1015	-	144.00
Spiritual Awakening - 2275	342.91	1,657.74
Spiritual Awakenings SS -3174	-	110.00
Sunday Keep it Simple - 3348	-	20.00
Sunday Kind of Love - 429	-	341.00
Sunday Middy - 161	-	250.00
T.G.I.F. - 1658	-	221.50
The 530 - 3266	-	500.00
The Gift - 2954	424.63	424.63
The Hole In The Doughnut - 2737	20.00	560.00
The Huddle in the Park - 3278	547.10	2,106.60

Group	Apr-22	Ytd 22
The Language of the Heart - 3066	64.75	106.75
The Other Meeting - 857	137.50	237.50
The Rogue Meeting - 3338	719.50	1,442.95
There is a Solution - 2680	-	160.00
Thursday Steps - 646	193.03	285.07
Toes in the Sand - 3282	325.18	883.18
Top of The Hill - 41	-	125.00
Trudgers Mens Step Study - 3008	550.50	550.50
Tues Night Mens Step Study - 1813	-	270.00
Tuesday Morning Alpine - 440	-	86.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	-	400.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	61.88
University City Womens - 369	420.00	420.00
Valley Girls - 2617	-	64.73
Veterans Leave No One Behind - 2038	-	100.00
Wake Up Call - 1932	-	240.00
War Fever - 880	28.00	150.50
Water Walkers Too - 1946	-	300.00
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	30.00	130.00
Wholesale Miracles - 2474	297.00	461.00
Womans Gut Level - 1701	53.76	53.76
Women's Joy Of Living - 2636	-	182.28
Women In Harmony - 1807	-	90.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Sober Sunday - 731	50.00	50.00
Womens Step Study - 296	164.60	321.20
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	200.00

**Group Secretaries/Treasurers**  
Central Office does not mail receipts  
 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!



**Does Your Meeting Have a Voice?**

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

# Central Office Notes



## 2022 Holidays - Central Office/Bookstore Closed

DATE	HOLIDAY	DAY OF WEEK
July 4	Independence Day	Monday
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

April 2022 Group Contributions	\$10,971
Individual Contributions	1,097
Literature & Interest	403
<b>Total Revenue</b>	<b>\$12,471</b>
Central Office Expenses	-11,931
Committee Expenses	-1,262
<b>Total Expenses</b>	<b>-\$13,193</b>
April 2022 Net Revenue	-\$722
2022 YTD Revenue	\$12,219



Would you like to have the Coordinator Newsletter delivered right to your door every month & read it in the comfort of your own home?

### Join the Buck-a-Month Club today!

- Simply stop by Central Office & for \$12 per year you can sign up & we will begin mailing the Coordinator Newsletter to you beginning with the next issue.
- You can also mail us your address along with a check
- It's a great way to keep current on great articles & everything happening in your Intergroup



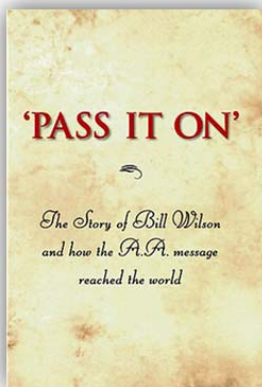
## Calling all Night Owls

Central Office is Grateful for our Phone Volunteers!

How many times have you heard a newcomer say their life was saved when they called Central Office in the middle of the night?

- ◆ We have brand new laptops.
- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Work on the Steps.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!

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



“These words were written by Lois in a moment of despair: ...’In writing this down, I can see that the problem is not about *my* life, of course, for probably the suffering is doing me good, but about his – the frightful harm this resolving and breaking down, resolving and breaking down again, must be doing to him. How can he ever accomplish anything with this frightful handicap? I worry more about the moral effect on him than I do the physical, although goodness knows the terrible stuff he drinks is enough to burn him up completely...We understand each other as well as is possible for radically different temperaments. I admit I cannot understand the craving for liquor, for it has no appeal for me, although several times I have made myself drunk in order to try and find that appeal.”

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

LOIS  
 DESPAIR  
 WRITING  
 PROBLEM  
 SUFFERING  
 FRIGHTFUL  
 HARM  
 RESOLVING  
 BREAKING  
 HANDICAP

MORAL  
 PHYSICAL  
 GOODNESS  
 TERRIBLE  
 DRINKS  
 BURN  
 COMPLETELY  
 UNDERSTAND  
 POSSIBLE  
 RADICALLY

TEMPERAMENTS  
 ADMIT  
 CRAVING  
 LIQUOR  
 APPEAL  
 MYSELF  
 DRUNK  
 FIND  
 WORRY  
 EFFECT

San Diego Intergroup and Area 8 invite you to the

## FOUNDER'S/UNITY DAY FAMILY PICNIC



**Saturday, June 11, 2022**

11:30 – 3:30 pm

Harry Griffin Park – site 2

9550 Mildan Street, La Mesa, 91942

**Fun, fellowship & food for the entire family!**

Volleyball, corn hole, hula hoops and more!

Guest speakers

Burgers, hot dogs and drinks provided

BYOC or B....bring your own chair or blanket

Sunblock and EZ Ups suggested as well

Questions? Want to get your meeting involved? - Email us [sdacco@gmail.com](mailto:sdacco@gmail.com) or

[altdelegate.area8aa@gmail.com](mailto:altdelegate.area8aa@gmail.com)

Or call Central Office 619-265-8762

ASL and Spanish Interpretation Provided!!

# Unblum Lot

Monthly Cartoon Feature



# Things to Do, And Places to Go

## A.A. Desert Pow Wow

When: June 9-12, 2022

Where: Renaissance Esmeralda Resort & Spa, Indian Wells, CA

More Info: [www.DesertPowWow.com](http://www.DesertPowWow.com)

## Founders' Day 2022

When: June 10-12, 2022

Where: Akron, Ohio

More Info: [www.FoundersDay.org](http://www.FoundersDay.org)

## Founder's/Unity Day Family Picnic

When: June 11, 2022

Where: Harry Griffin Park - Site 2

More Info: Call Central Office 619-265-8762

## 3rd Weekend Camping Group

When: June 17-19, 2022

Where: Sweetwater County Park

More Info: Call Central Office 619-265-8762

## 6th Annual Serenity by the Sea Retreat

When: October 14-16

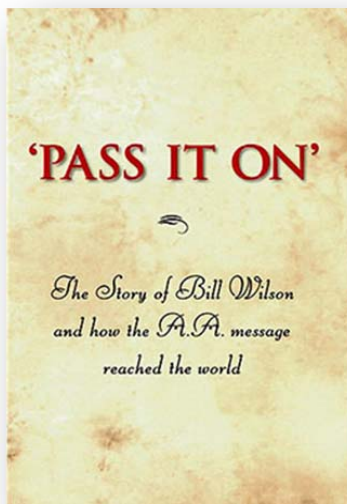
Where: Rosarito Beach Hotel & Resort

More Info: Call Central Office 619-265-8762

Excerpt from

## June Book of the Month

### ***Pass it On – The story of Bill Wilson and how the AA message reached the world***



"[Bill] would, during the writing of the Big Book and the Twelve and Twelve, try out his ideas and his prose on others, polishing and refining and revising according to the reactions of his listeners. When he was working out a new aspect of the Fellowship, such as the Traditions or the General Service Conference, he would become nothing less than monomaniacal, talking (some described it as monologuing) endlessly about the project. It was not only uppermost in his mind, it was the only thing on his mind. Devising ways to make A.A. more effective, workable, and attractive, he whittled, honed, pushed, pulled, and molded – a process that lasted in *toto*, for 15 years, from 1941, when the survival of A.A. seemed finally assured, until 1955, when, at the St. Louis Convention, he declared A.A. officially "of age."

He was enormously popular; within the Fellowship, affection for him spread as A.A. grew. Of those early years, Ruth said, 'I don't remember a meeting when Bill was in town that he didn't have to speak, at least briefly. Bill loved it, and had a terrific rapport with everybody. Even when he had to repeat something, it didn't matter. People still wanted to hear him speak.' – p. 254

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

## Regaining My Dignity and Self Respect

### I Was Already Getting Relief

*Continued from Page*

It took about four more years of drinking to get me to the point where I had lost more than I was willing to lose and was about to lose a lot more. In those four years, in a last-ditch effort to regain some sanity, I reenlisted in the navy, one of the only things I was still qualified for that I had not destroyed. In a short period, of time, I also got married, had a child, and was divorced by correspondence, as I was all over the Pacific, while trying to deal with all of this. I then started to



lose the ability to show up at my ship on Monday mornings and the reality started to set in once again. Without the discipline and structure of the navy,

I would be, once more, standing in front of that bar, before it opened, and that was the last straw.

I called Alcoholics Anonymous. that morning and, in military terms, I did the right about-face, and that part of my life was over. I spent my last thirteen years of my navy career *sober* and being on the cutting edge of the Navy's Alcoholism Program, I was sent to schools to learn about alcoholism in the different cultures in the world and became the Collateral Duty Alcoholism Consultant (CODAC) As I monitored and counseled the different departments aboard concerning the use of Alcohol. I retired in

1982, to continue this wonderful journey as a civilian once again.

I was not much for platitudes when I was in my first year of sobriety and heard a man sharing that, "if I surrendered to this disease, cleared up the wreckage of the past, and practiced these principles in all my affairs,



*I could walk out the door with my dignity and my self-respect".*

He seemed to understand how worthless I was feeling about myself. I knew that I was in the right place, so I took him up on it and things have never been the same. I have learned about character building, respect for everyone around me, compassion, forgiveness, faith, unselfishness, how to be a friend and the list goes on and on. In closing, I would like to quote another old friend, who is no longer with us. He used to close his sharing at the meetings saying: *I am sober today, I will get Weller with time, but I never want to graduate from this wonderful program.*

~ Rick R.

### Overheard in San Diego Meetings

*"They say there are meetings 24 hours a day. But like, ya' know, like, that's not always convenient for me."*

*"If I could drink like a normal person, I'd do it every day"*

## Willingness

### The Door to Love and Inspiration

*Continued from Page 1*

alone is too much for us. It was too much for me, all by myself, alone with my alcoholism and chemical dependency. Therefore, I had to surrender to a higher power and accept defeat. That simple act propelled me into action.

Going to A.A. meetings on a regular basis and being available to listen and help other alcoholics gave me a new freedom. Even the acts of making coffee and cleaning up after the meeting gave me a sense of purpose.

The most surprising feeling I have when I'm willing to accept, change, comply, listen, and love is the inspiration I feel. It feels like when I lost my life to alcoholism... I found my life with all of you who are reading this letter.

I am free to create, love, and laugh again. I forgot to mention fear, it is gone. Not all the time, but it doesn't appear as often. When fear does emerge, I try to be willing to trust my higher power and if that doesn't work, I pray for willingness and wait till I'm free again. "This too shall pass."

This is a program of progress not perfection. I'm glad I don't have to be perfect; I just want to be free and be a person among people.



~ Barb D.

## Are We Willing to Go To Any Length?

**Now, I just tell the truth!**

*Continued from Page 1*

didn't wake up one morning and willingly phone A.A. and then spent the majority of the day looking forward to going to a meeting.

My attitude was one of not being willing to go to any meeting or even hear one more time about A.A. I had tried on numerous occasions and each time I felt that A.A. failed miserably. Still there was this question in my mind: Was there something I wasn't grasping? Was I my own worst memory? It did work for many of the people who attended. They seemed to be happy, helpful, normal people from all walks of life. I was

desperate enough to try it again. The very first meeting I attended shortly after my release

from the hospital I somewhat listened when pages 58-60 were read and heard

**“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.”**

I admitted I was licked. Every stone had been turned over and all my attempts to fix my problem didn't work. I knew that death wasn't an option. I wanted to live. Little did I know at that moment what sort of willingness was necessary and certainly it wasn't an option!

Within a month, the willingness to go to any length concept, was becoming a part of my life. Mind you, I wasn't willing, but I did go to any length to reluctantly taking my sponsor's suggestions. *“You will wash and dry the ceramic coffee cups after the meeting. You will go to a meeting every day for the first three months. You will read the*

*first forty-three pages again and again until you truly grasp the meaning of the first step.”* I wanted to throw up if I ever heard, “it is the only step you must do to perfection 100% of the time.” This was mentioned to me every time we talked. These were just some of the suggestions I went along with. We were talking about the willingness to take direction and at this *okay* didn't enter the picture; it would come later. For now, it was sufficient enough I would do as I was told. For me this is exactly the prescription necessary for survival. I needed to be treated as a prisoner in jail and told exactly what I could or couldn't do. Slowly, acceptance of willingness began to enter my life. The will to survive became stronger that the will to take that first drink, this was only the beginning. Reading of those first forty-three pages did work! Despite my stumbling about, the fact that I admitted to myself I was an alcoholic was working.

Today my life is filled with an overwhelming abundance of willingness! I'm willing to listen to what you have to say from your side of the street. I'm willing to *gladly* take direction. I used to be willing to go to any length to prove I was right and you're wrong. Today I don't have to do that. I can truly say it doesn't matter to me if I'm right or wrong. You have the right to your opinion, and it doesn't matter what I think. Yes, I falter from this lofty branch from time to time, but most of the time my goal is achieved.

I'm willing to get involved and willing to do whatever the group wants me to do. By having practiced this attitude for many years it has become part of my makeup and I have faith when I say it has helped to maintain my sobriety. The granite wall around my brain is thick and major drilling was necessary for me to grasp the concept of willingness. I liken this to taking my daily

medication. If I don't take it, I will become really sick and die. If I take it, I'll be okay, but only for that day because the process begins again the following morning.

Most important is the fact I'm willing to give this program away with an attitude of confidence from the deepest part of my being. I know that it works! Willingness is certainly one of the ingredients. You must give this program away and then you get to keep it. It has taken me years to get to this point in sobriety and I realize how quickly it can vanish if I don't maintain my willingness to take direction and stay involved in the program of A.A. There is no graduation. The disease is only put in check never cured. It progresses and starts where you left off as many have tested the waters after several years and found disaster.

Be willing to listen and take direction. There is hope. Willingness is a major key in sobriety. I *gladly* enjoy going to meetings and sincerely look forward to it. Willingness works! Going to any length has paid major dividends in my life.

~ Thomas K.

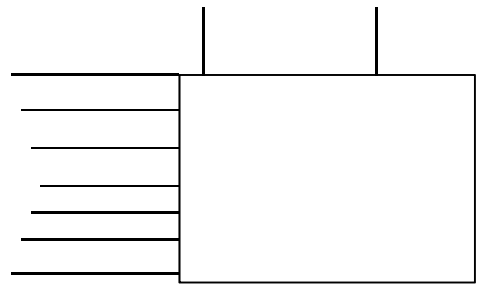
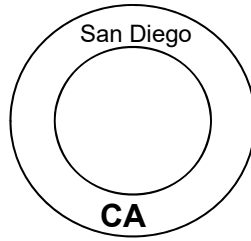


***“All that Step Six asks of me is to become willing to name my defects, claim them as my own, and be willing to discard the ones I can, just for today.”***

*Daily Reflections, page 166*

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

RETURN SERVICE REQUEST

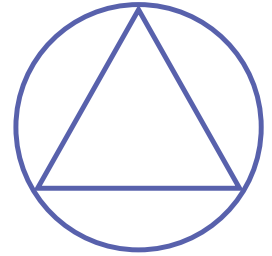


Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2





# The San Diego AA Coordinator



[aasandiego.org](http://aasandiego.org)

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 2022

VOL. LX NO. 7

*INSIDE*

- **Coordinating Council Minutes**..... pgs. 5-6
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- **Unglum Lot** ..... p. 13
- **Upcoming Events**..... p. 13

*"Carry the AA Message"*

Join the fun, submit an article!

**August (due 7/10/22)**

*"The Eighth Step..."*

**September (due 8/12/22)**

*"Made direct amends..."*

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

*Article Web-Site*

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

## Notes on Step Seven

### Ready to Ask God for Help.

There was true humility and deep surrender by asking God to "take all of me," both the "good" and the "bad." This was an 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."

*Continued on Page 14*

## The 7<sup>th</sup> Tradition

### Supporting Alcoholics Anonymous

A few years back (Coordinator Newsletter - September, 2016) I wrote a piece entitled "A Buck in the Basket" decrying the fact that the "standard" 7<sup>th</sup> Tradition contribution at A.A. meetings hadn't increased from the \$1.00 that I saw when I got sober in 1986. This, in spite of the fact that inflation had driven up costs for all of us, including the various entities of Alcoholics Anonymous.

At that time, the value of my 2016 dollar had fallen to 46 cents relative to 1986. The price of gas had risen from 89 cents to a whopping \$2.80! The premise of this piece was that we all needed to step it up and break the custom of the single dollar contribution.

*Continued on Page 14*

## Perspectives on Step 7

### "Will you help me?"

When I think about Step 7, I think about humility, as it tends to be the central theme of this step.

Humility to me means viewing myself with an honest and realistic perspective. It's NOT thinking I'm bigger than my addictions or other people. When I thought I was "all that" and had control over my life, I was living in an alternate reality, because my life – and more specifically my emotional life – was a hot mess.

*Continued on Page 15*

**SAN DIEGO CENTRAL OFFICE**

24 HOUR PHONE: (619) 265-8762

OUR WEB PAGE: [www.aasandiego.org](http://www.aasandiego.org)E-MAIL: [sdaaco@aol.com](mailto: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](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC) Program	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Sallye	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

Delegate	Monty	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Richard	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Blaine	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	John	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

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

**Contributors**

Blaine H., Dominica A., Daniel R., and Bob S.

**July Theme:** "Humbly asked Him ..."

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

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

**Committee Announcement**

The Newsletter Committee needs members to write articles and poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large! Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to:

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

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

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

**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](#).



## One Bad Relapse

*A relapse so bad that I knew  
back to A.A. ...*

*So, I swallowed my pride and  
I started to drive to a place  
where I should've just stayed...*

*A.A. Saved my life so why did  
I leave it's just something that's  
hard to explain...*

*You think things would change  
but it's all still the same as the  
alcohol eats up your brain...*

*This program is real so don't  
make a big deal and listen to  
people you meet...*

*So, if you go out that door and  
don't plan to return you know  
we'll still save you a seat...*

~ Daniel R.

## Poets Wanted Here

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

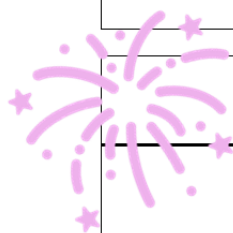
## Central Office Phone Calls and Website Hits

Central Office is grateful for our  
Volunteers

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

Website Hits	May	Total
	67,335	8,439,339

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!*

*In Memory*

Reg (gie) B. passed away on May 10, 2022  
with 38 years

### Birthday Gratitude

Name \_\_\_\_\_

City/Home Group \_\_\_\_\_

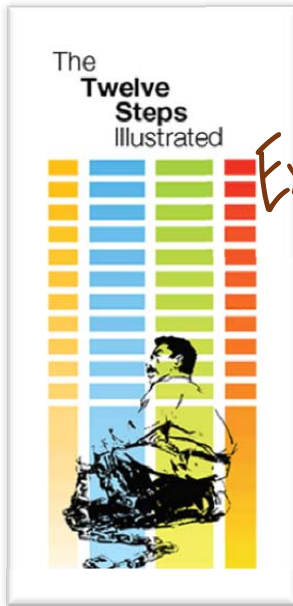
Sobriety Date \_\_\_\_\_

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*

July 2022 Pamphlet of the Month  
Pamphlet P-55

## The Twelve Steps Illustrated

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

This pamphlet illustrates with drawings and brief captions the 12 Steps of Alcoholics Anonymous. Due to copyright, only the captions are reprinted with permission here. Pick up a copy of this pamphlet at Central Office to see the full, powerfully illustrated version.

1. The bottle has me down.  
My life is a mess.

2. There is help.

3. I let a Higher Power take over.

4. I need to look at my life.

5. I admit all I did wrong.

6. I want to be free.

7. I ask a Higher Power to help  
me be free.

8. I ask: Who did I hurt?  
How can I fix it?

9. I try to fix things if I can.

10. I check up on myself.  
I am honest.

11. I ask a Higher Power for  
help to live the right way.

12. I live by these steps and get  
better. I try to help other  
alcoholics.

**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, June 9<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 918<sup>th</sup> with a moment of reflection followed by the "I am Responsible Declaration"

**Guest Reports:**

**Area 8 Representative:** Richard, Alt. Delegate shared that the Area Post-Conference Assembly was held on June 4<sup>th</sup>. Our delegate Monty shared his experience at this year's General Service Conference. Please visit the Delegate's Corner at [area8aa.org](http://area8aa.org) for more information.

**H & I Representative:** Lauren, H&I Co-Chair was unable to attend. Aleksey, Council Chair, shared that H&I has Orientations twice monthly, one in person on the 3<sup>rd</sup> Sunday of the month and one on Zoom on the 3<sup>rd</sup> Thursday of the month. Information can be found on the Service Meetings page at [aasandiego.com](http://aasandiego.com) and at [sdhandi.org](http://sdhandi.org).

**Intergroup Standing Committees Reports**

**After Hours Phones: Tim, Chair, Shared:**

1. Thank you to all volunteers.
2. We still have the 21<sup>st</sup> of every month open for a Group Commitment
3. We are grateful to have a full committee at this time

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

The Business Committee met on Tuesday, June 7<sup>th</sup>, 2022 at 6:18 pm. Present: Nick, Tim, Kristen, Aleksey & Andrew

Absent: Rae, John & Judi; There was a quorum.

**May 2022 Financial Summary:**

Net Revenue is \$1,716. Our 2022 YTD Net Revenue is \$13,935. Group & Individual Contributions were \$12,722. Literature Sales Revenue & CD Bank Interest were \$686 while total office & committee expenses were \$11,691.

**Central Office Manager's Report:**

- June BOOK OF THE MONTH: Pass It On, Sale \$9.00, Reg. \$11.00 Max: 5
  - July BOOK OF THE MONTH: AA Comes of Age, Sale \$8.00, Reg. \$10.00 Max: 5
  - The Central Office is in need of a Daytime Phone volunteer on Alternating Mondays from 1pm-5pm and on Wednesdays from 9am-5pm. We also always need volunteers that can fill in on a day's notice or less whenever a Daytime Phone volunteer is out sick or otherwise unable to fill their shift.
1. The Business Committee approved adding a page to the [aasandiego.org](http://aasandiego.org) website for CEC. The page will mimic the Public Information page in content and purpose.
  2. There are two openings on the Business Committee

**Newsletter: Amy, chair shared that:**

1. This committee has a new contributor

**CEC (Cooperating with elderly Community) Committee: Jean, Chair shared that:**

1. This committee recently added 2 members unopposed by Council and is inviting a bilingual member to join.

**Coordinator Outreach: Brian, Chair, shared that:**

1. Outreach Committee Members continue to attend as many new meetings as possible to raise awareness about Coordinating Council, its activities and the large number of unrepresented meetings at Coordinating Council.
2. Brian, Kevin and Nadia met at 6:30pm on June 9, just before Coordinating Council. The meeting is Hybrid format. Nadia is sad to step away from the committee, but June was her last month of service. Douglas has been MIA for several months. There are currently two seats available on the committee.
3. All Coordinators are asked to spread the word about Coordinating Council at meetings they attend. Our goal is to have a Coordinator for every meeting in San Diego. Imagine what we could accomplish with that kind of commitment to service!

Continued from Page 5

Orientation & Guidelines: Amy shared that:

1. Welcome to the new Coordinator that attended this evening's Orientation!

Program Committee: Lauren shared that:

1. August 20<sup>th</sup> will be the Open House at Central Office
2. This Committee is in need of a Committee Chair.

Public Information Committee: Sallye, Chair shared that:

1. The Public Information Committee is participating at Pride this year
2. Sallye extended an invitation to CEC to share their booth

Quorum was established: There are 35 Coordinators in attendance; 14 in person and 21 online, so yes we have a quorum.

Approved May 2022 Meeting Minutes

**OLD BUSINESS:**

1. Take Your Sponsee to Council was reiterated and encouraged

**NEW BUSINESS:**

1. The Old Town Speakers meeting made a motion which stated that Intergroup treat the excess monthly revenue (which is currently going into the reserve account) and change that so it is treated as a spendable part of the current budget. The motion was seconded and discussed. The motion was amended to have the Business Committee come up with recommendations on how to spend the excess funds. The motion was seconded but did not carry.
2. Gilbert and Gillian were elected to fill the two openings on the Business Committee

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Joseph, 2 years

Reminders:

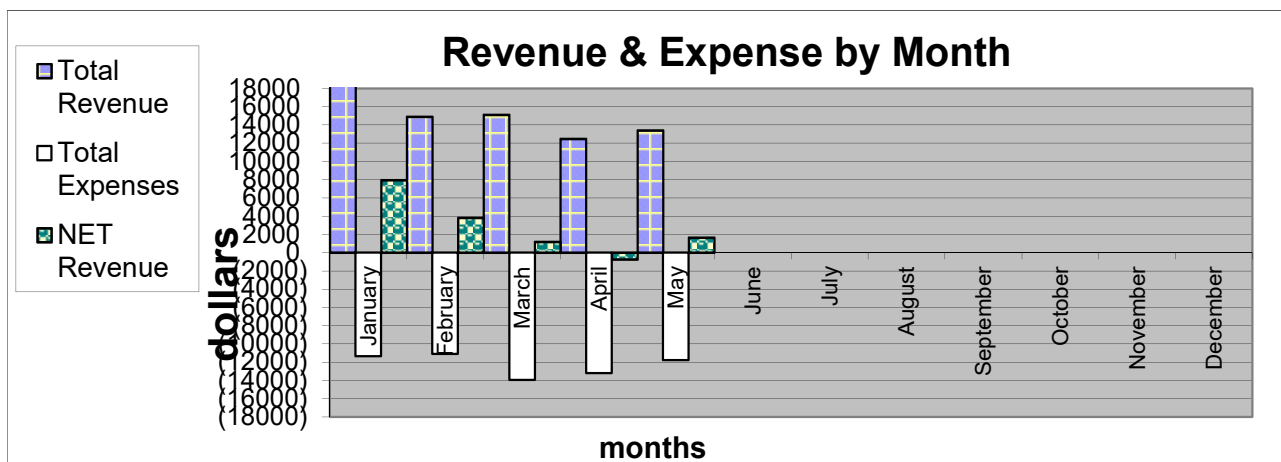
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aaasandiego.org](mailto:councilchair@aaasandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 7/1/2022.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [aaasandiego.org](http://aaasandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of May 31, 2022**

	May 22	May 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	11,827.09	10,220.20	64,516.72	45,722.83	18,793.89	125,058.00
Contributions Individual	894.91	7,485.00	7,153.01	16,794.02	(9,641.01)	15,000.00
Contributions SDIAA	-	(340.00)	-	(340.00)	340.00	-
Interest - Cert of Deposits	34.03	193.80	165.02	499.43	(334.41)	500.00
Literature Revenue (see schedule)	651.57	(9.51)	3,364.82	2,296.03	1,068.79	8,100.00
<b>Total Revenue</b>	<b>13,407.60</b>	<b>17,549.49</b>	<b>75,199.57</b>	<b>64,972.31</b>	<b>10,227.26</b>	<b>148,658.00</b>
<b>Expense</b>						
Accounting & Legal	400.00	400.00	2,465.00	2,450.00	15.00	2,930.00
Auto/Travel/Seminar	88.12	15.75	118.12	70.25	47.87	1,500.00
Bank Service Charges	10.00	-	30.00	40.00	(10.00)	50.00
Cash (Over) Short	(13.48)	-	(20.47)	60.72	(81.19)	10.00
Equipment Maint & Repair	301.35	51.36	545.70	256.80	288.90	750.00
Equipment Purchase	-	-	1,071.10	-	1,071.10	1,000.00
Insurance	103.75	57.06	518.75	507.18	11.57	1,200.00
Office Maint. & Repairs	-	-	222.00	50.00	172.00	500.00
Office Supplies	316.41	227.32	1,283.63	686.14	597.49	2,800.00
Rent	1,980.00	1,940.00	9,900.00	9,660.00	240.00	24,080.00
Taxes	75.00	60.00	75.00	60.00	15.00	80.00
Telephone	-	-	477.98	636.58	(158.60)	1,200.00
Utilities-Electricity	275.59	87.67	1,966.29	981.67	984.62	4,000.00
Website	-	-	55.65	91.36	(35.71)	110.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	519.99	574.71	2,835.08	4,291.82	(1,456.74)	8,970.00
Employee Wages	6,417.87	7,195.20	32,743.35	47,236.71	(14,493.36)	82,278.00
Employee 403B Contribution	-	159.00	-	473.00	(473.00)	-
Employee Health Benefit	822.35	800.37	3,930.12	3,743.35	186.77	7,840.00
Insurance-Worker's Comp	44.61	43.25	217.25	210.33	6.92	500.00
<b>Total Office Expense</b>	<b>11,341.56</b>	<b>11,611.69</b>	<b>58,434.55</b>	<b>71,505.91</b>	<b>(13,071.36)</b>	<b>139,798.00</b>
<b>Standing Committees Expense</b>	<b>349.90</b>	<b>108.85</b>	<b>2,830.21</b>	<b>843.87</b>	<b>1,986.34</b>	<b>8,860.00</b>
(see schedule)						
<b>Total Expense</b>	<b>11,691.46</b>	<b>11,720.54</b>	<b>61,264.76</b>	<b>72,349.78</b>	<b>(11,085.02)</b>	<b>148,658.00</b>
<b>Net Revenue</b>	<b>1,716.14</b>	<b>5,828.95</b>	<b>13,934.81</b>	<b>(7,377.47)</b>	<b>21,312.28</b>	<b>-</b>



## Group Contributions May 2022

Group	May-22	Ytd 22	Group	May-22	Ytd 22
11th Step Journey - 2622	-	100.00	Fishermen In Recovery - 2863	-	140.00
12 X 12 AND BB - 2939	-	110.00	Fletcher Hills Smokeless - 59	-	100.00
3 O'Clocker - 2201	-	400.00	Fresh Start Beginners - 2609	-	278.41
4077 Mash Step 11 - 2027	-	135.00	Friday Happy Hour - 2821	-	75.00
52 From The Big Blue	-	205.00	Friday Night Irregulars - 2889	-	226.00
530 Meditation - 3085	-	300.50	Friday Online 12 x 12 Step Study - 3351	-	230.00
830 Every Morning Recovery Group	-	414.00	Gilman Group - 1988	-	250.00
92037 Group - 861	-	200.00	God Squad Too - 2809	-	53.39
930 Everynighters	-	92.98	Good Morning AA - 1888	-	201.00
A Vision and a View - 3337	-	26.29	Good News Bad News - 2833	-	52.15
A Womens Meeting -1717	20.00	60.00	GSDYPAA	-	294.37
AA By The Bay - 629	-	75.00	Happy Hour Meeting - 1038	-	137.75
AA Discussion Group - 1991	-	125.00	Harmony Group - 585	410.00	2,275.00
Afternoon Delight - 2704	-	75.00	Haul Your Hiney Out Of Bed - 704	-	80.00
Alpine Group - 6	-	170.50	Hi-Nooners - 673	200.00	200.00
At Home Mens - 215	100.00	264.99	HOW @ Noon - 2998	-	300.00
At One With Each Other - 789	-	58.00	I. B. Up - 2565	-	900.00
B.Y.O.B. (North Park) - 203	109.00	313.00	IB Sober - 3161	10.00	10.00
Barefoot - 139	-	100.00	Imperial Beach Group - 79	50.00	50.00
Bayside Big Book Study - 1610	50.00	50.00	Jump Start - 2174	-	115.54
Bayside Bonfire Group - 1139	-	253.75	Just Us Girls - 929	-	89.40
Beautiful Beginnings - 552	-	246.01	Knuckleheads - 3182	200.00	400.00
Big Bon-Fire Meeting - 1894	41.00	41.00	La Jolla Mens - 692	65.00	300.00
Bonita Boozers - 2179	-	125.00	La Jolla Monday Womens - 87	-	389.00
Bonita Womens Big Book Study - 3112	150.00	150.00	La Jolla Nonsmokers Disc - 88	-	280.00
Carrying the Message - 2458	-	333.21	La Jolla Sunrise - 2684	500.00	1,000.00
Casa De Oro Tradition Five - 503	-	126.00	La Mesa Mens - 106	-	150.00
Cedar Street Mens - 1698	-	616.00	La Mesa Open Discussion - 107	100.00	200.00
Chula Vista 4 Min Speakers - 1568	-	25.50	La Mesa Step Study Workshop - 1621	-	103.25
Clairemont Fri Night - 375	-	130.00	La Mesa Womens Sat. Morning - 416	155.48	412.54
Clairemont Mens - 301	-	618.00	LAGUNA MOUNTAIN GROUP	315.26	525.83
Clairemont Mixed Discussion - 338	-	230.00	Late Risers - 473	-	115.00
Clairemont Wednesday Group - 303	-	62.00	Linda Vista Mens - 320	-	100.00
Clairemont Womens Discussion - 340	-	183.50	Linda Vista Thursday Night - 319	50.00	50.00
Clairemont Womens Step Study - 341	20.00	662.96	Little Apple Group - 1438	-	318.00
Class Acts - 1845	-	233.40	Living Free - 477	-	907.00
Coffee Clutchers - 2332	250.00	1,000.00	LJ We Are Not A Glum Lot - 3355	-	120.00
Dawn Patrol - 263	-	20.00	Lushes Lunch Tuesday - 2641	318.00	318.00
Dawn Patrol Online- 3275	-	250.00	Mens Jelly Donut - 3118	-	400.00
Descanso Mens Step Study - 3010	-	96.75	Mens Step Study - 965	-	80.00
Dignity Unlimited - 205	-	300.00	Mens Structured Step Study - 1469	-	150.00
Downtown Discussion - 1665	-	38.71	Mid-Week Mens - 560	-	540.00
Drunks Only - 1605	-	300.00	Mid-Week Mens Online- 3243	50.00	289.92
Early Morning Recovery - 2688	400.00	400.00	Midday Miracles- 3242	76.35	312.73
Early Risers (PB) - 264	615.00	615.00	Midnight Howlers - 1025	80.00	80.00
East County Happy Hour - 3327	-	3.00	Midway Bridge - 2171	-	48.57
East County Mens - 1905	-	300.00	Mira Mesa Early Risers - 967	920.00	1,420.00
East Co Young People Rule 62 - 2797	-	123.21	Miracles on Mondays - 565	-	275.00
East Side Group - 101	-	90.00	Mission Bay Daily Reflections - 1692	-	100.00
Eastlake Greens Attitude Adjust - 2712	-	375.00	Mission Hills Late Night - 2773	100.00	300.00
Eastlake New Beginnings S/S - 2673	70.00	70.00	Mission Hills Lunch Bunch - 2675	-	219.00
Easy Does It Riders - 21	-	120.00	Monday At A Time - 2875	126.00	126.00
Easy Does It Speakers - 114	-	50.00	Motivation Monday - 3254	-	240.00
Educational Variety Mens - 3244	-	100.00	Mt Soledad Mens - 717	-	229.00
El Cajon Beginners - 2876	-	50.00	Noon with a View Beginners Mtg - 3249	714.00	1,887.00
El Cajon Nooner - 2638	-	578.60	Nooner is Backed Mixed - 3287	-	20.00
El Cajon Womens Serenity - 77	-	217.58	Nooners Anonymous - 1164	-	150.00
Emotional Sobriety (Hillcrest) - 2536	40.00	93.00	North Clairemont - 1102	-	200.00
Evening Serenity - 2305	-	200.00	North Park Mens - 465	34.07	224.09
Eye Opener Group - 607	374.40	574.40	North Shores Breakfast - 275	120.00	120.00
O.B. Womens Step Study - 2730	-	92.10	Spiritual Awakening - 2275	516.91	2,174.65
Open Minded Mens - 626	-	313.00	Spiritual Awakenings Step Study - 2601	175.00	175.00
Original Tues Night Step Study - 2124	-	50.00	Spiritual Awakenings Step Study -3174	-	110.00
Our Daily Reprieve - 3339	-	165.00	Sunday Keep it Simple - 3348	-	20.00
Over 50 - 840	-	222.00	Sunday Kind of Love - 429	-	341.00
Over The Bridge - 2689	-	562.50	Sunday Midday - 161	-	250.00
Pacific Beach Weekend Warmup - 725	175.00	175.00	T.G.I.F. - 1658	150.00	371.50
Pass It On Big Book Study Group -2860	-	628.50	The 530 - 3266	-	500.00
Pine Valley Thurs. Open Disc-3274	-	62.80	The Gift - 2954	-	424.63
Point Loma Mens - 245	150.00	769.00	The Hole In The Doughnut - 2737	20.00	580.00
Point Loma Nooners - 1606	100.00	100.00	The Huddle in the Park - 3278	580.00	2,686.60
Primary Purpose Group (Hillcrest) - 3151	-	278.00	The Language of the Heart - 3066	-	106.75
Progress Rather Than Perfection - 2682	-	100.00	The Other Meeting - 857	-	237.50







## Group Contributions May 2022

Group	May-22	Ytd 22
Radical Acceptance Meeting - 2961	-	1,766.51
Rainbow Group - 570	-	125.00
RAM-Z - 3323	-	20.00
Riding Sober - 3054	-	471.50
Right Turn Group - 1900	50.00	50.00
Rise & Shine - 2170	634.36	1,868.61
Rule 62 Group - 927	200.00	325.00
Safe Sane and Sober - 1350	-	200.00
San Carlos Single Purpose - 583	159.91	159.91
Santee Serenity - 3040	-	20.00
Santee Serenity Group - 1943	125.00	125.00
Santee Sunday Morning Mens - 3076	-	460.99
Sat Mens Early Awakening - 2209	-	450.00
Saturday A.M. Live - 782	-	234.13
Saturday Morning Sanity - 1989	-	375.00
Saturday Nite Live - 2192	100.00	100.00
Scripps Ranch Men's Two - 2776	-	152.40
Scripps Ranch Mens - 3168	-	139.34
Serenity Sunday - 3041	47.20	47.20
Sisters in Solution - 3272	-	247.00
So Bay New Womens - 2325	-	180.00
Sobearity - 3129	281.00	281.00
Sober Nooners - 196	-	200.00
Sober Roses Womens Step Study - 2946	-	66.22
Sobriety On State And Date - 2697	-	124.97
Sons of God - 2789	-	270.00
Sorrento Valley Nooner - 544	-	445.00
SOUTH BAY PIONEERS	-	100.00
South Park Sobriety - 1015	-	144.00

Group	May-22	Ytd 22
The Rogue Meeting - 3338	158.00	1,600.95
There is a Solution - 2680	-	160.00
Thursday Steps - 646	-	285.07
Toes in the Sand - 3282	-	883.18
Top of The Hill - 41	200.00	325.00
Trudgers Mens Step Study - 3008	-	550.50
Tues Night Mens Step Study - 1813	-	270.00
Tuesday Morning Alpine - 440	86.00	172.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	-	400.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	61.88
University City Womens - 369	-	420.00
Valley Girls - 2617	-	64.73
Veterans Leave No One Behind - 2038	-	100.00
Wake Up Call - 1932	313.00	553.00
War Fever - 880	-	150.50
Water Walkers Too - 1946	-	300.00
Way Up and Out - 415	159.55	159.55
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	-	130.00
Wholesale Miracles - 2474	33.00	494.00
Womens Gut Level - 1701	-	53.76
Women's Joy Of Living - 2636	233.60	415.88
Women In Harmony - 1807	-	90.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Sober Sunday - 731	-	50.00
Womens Step Study - 296	111.00	432.20
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	200.00


**Group Secretaries/Treasurers**  
**Central Office does not mail receipts**  
**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**


**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!**


**Daytime Phone Volunteers Needed at Central Office**  
**We have shifts available to answer phones in the office from 9am-1pm**  
**& 1pm-5pm & to fill in when one of our volunteers is sick or goes on**  
**vacation. If you are available during the day and can be of service,**  
**please the Central Office today at 619-265-8762**




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

# Central Office Notes



## 2022 Holidays - Central Office/Bookstore Closed

DATE	HOLIDAY	DAY OF WEEK
July 4	Independence Day	Monday
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

May 2022 Group Contributions	\$11,827
Individual Contributions	895
Literature & Interest	886
<b>Total Revenue</b>	<b>\$13,408</b>
Central Office Expenses	-11,342
Committee Expenses	-350
<b>Total Expenses</b>	<b>-\$11,691</b>
May 2022 Net Revenue	\$1,716
2022 YTD Revenue	\$13,935



Would you like to have the Coordinator Newsletter delivered right to your door every month & read it in the comfort of your own home?

### Join the Buck-a-Month Club today!

- Simply stop by Central Office & for \$12 per year you can sign up & we will begin mailing the Coordinator Newsletter to you beginning with the next issue.
- You can also mail us your address along with a check
- It's a great way to keep current on great articles & everything happening in your Intergroup



## Calling all Night Owls

Central Office is Grateful for our Phone Volunteers!

How many times have you heard a newcomer say their life was saved when they called Central Office in the middle of the night?

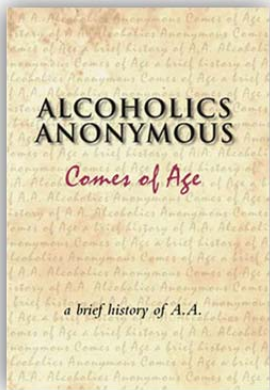
- ◆ We have brand new laptops.
- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Work on the Steps.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!

# Alcoholics Anonymous Comes of Age

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

"Even as early as 1945, . . . letters to metropolitan A.A. centers filled our bulging files. It seemed as if every contestant in every group argument wrote us during this confused and exciting period. The basic idea for the Twelve Traditions of Alcoholics Anonymous came directly out of this vast correspondence. In late 1945 a good A.A. friend suggested that all this mass of experience might be codified into a set of principles which could offer tested solutions to all our world outside. If we had become sure enough of where we really stood on such matters as membership, group autonomy, singleness of purpose, nonendorsement of other enterprises, professionalism, public controversy, and anonymity in its several aspects, then such a set of principles could be written. A code of traditions could not, of course, ever become rule or law. But it might act as a guide for our Trustees, Headquarters people, and especially for A.A. groups with growing pains." - p. 203

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METROPOLITAN  
 BULGING  
 CONTESTANT  
 GROUP  
 TRADITONS  
 VAST  
 CORRESPONDENCE  
 EXPERIENCE  
 PRINCIPLES  
 TESTED

SOLUTIONS  
 MATTERS  
 AUTONOMY  
 SINGLNESS  
 PURPOSE  
 CONTROVERSY  
 ANONYMITY  
 CODE  
 GUIDE  
 TRUSTEES

HEADQUARTERS  
 GROWING  
 PAINS  
 CODIFIED  
 ASPECTS  
 WRITTEN  
 IDEA  
 WORLD  
 SURE  
 ARGUMENT



## A.A.'s Legacy of Service

**“Our Twelfth Step-carrying the message-is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principle; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither an those who haven’t been given the truth may die.” A.A.’s Legacy of Service, pamphlet P-44, Reprinted with permission from A.A.W.S.**

**“Serving as a Coordinator offers you a rewarding opportunity to share in A.A.’s Third Legacy—Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. The purpose of the intergroup association is to help the member groups to carry the message of A.A. in full accord with the 12 Steps, Traditions and Concepts of Alcoholics Anonymous.” Being a Coordinator Pamphlet**

**Call Central Office Today for more information on being of service by serving on the Coordinating Council. We meet on the second Thursday of every month and we can’t wait to see you there!**



## FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ **The Central Office is no longer able to mail receipts. When making a contribution, please include your email address so that we can email you a receipt**
- ◇ **Thank you very much to the members who have sent Individual Contributions**
- ◇ **If you’d like to credit your group, please make a note on the check**
- ◇ **We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!**
- ◇ **Send your Contributions to:**

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



# Things to Do, And Places to Go

## Unglum Lot Monthly Cartoon Feature

### Unity and Service Conference

When: July 8-10, 2022

Where: Concord, CA or on Zoom

Info: [www.unityandserviceconference.org](http://www.unityandserviceconference.org)

### 3rd Weekend Camping Group

When: July 15-17, 2022

Where: William Hiese County Park

More Info: Call Central Office 619-265-8762

### Bridging the Gap Workshop

When: September 30-October 2, 2022

Where: King's Inn San Diego

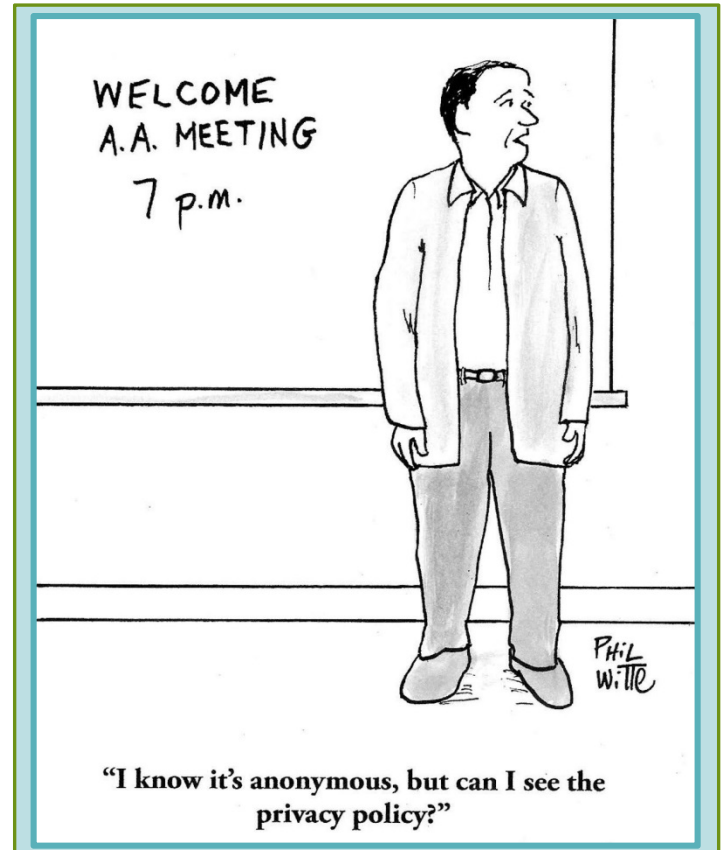
More Info: [www.BTGWW.org](http://www.BTGWW.org)

### Serenity by the Sea Retreat

When: October 14-16, 2022

Where: Rosarito Beach Hotel & Resort

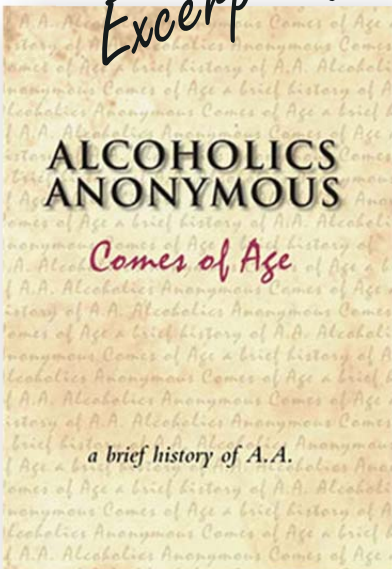
More Info: Call Central Office 619-265-8762



Excerpts from

## July Book of the Month

### ***Alcoholics Anonymous Comes of Age***



“Legend has it that [Johnny] and Kaye compromised. Johnny would continue his lectures to inmates as before. But he and Kaye would try out certain A.A. ideas on some of the parolees. The prospects were told they could try Kaye’s ideas [spirituality-focused] or Johnny’s [psychology-focused], or both. Of course this sort of approach was not exactly orthodox A.A. Nevertheless it produced some results. For example, certain well-known residents of Los Angeles and vicinity because of their drinking had fallen into the hands of the law, and thence into [Kaye and] Johnny’s hands. On parole, some of them began to take notice of the new dispensation as offered by Kaye and Johnny. Hal S. was the very first. He was later to become the founder of the San Diego group.” – p. 92

“This founding trio [Cliff W., Mort J, and Frank R. from Los Angeles] enlarged the Cecil [Hotel] meeting [in Los Angeles]. Mort insisted on a reading from chapter 5 of the A.A. book at the start of every session. This firmly established a custom for which A.A. on the west coast is now notable.” – p. 93

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## Notes on Step Seven

### Ready to Ask God for Help

*Continued from Page 1*

I often hear long dissertations of what Bill W meant by “shortcomings” and “defects of character” in Step Seven. Though it may be impossible to overstate the importance of dictionaries, Bill W uses these words to mean the same thing. Let us look how he came about phrasing Steps Six and Seven:

Page 59, Step Seven: “Humbly asked Him to remove our “shortcomings.”

Page 76, Step Seven: “I pray that you now remove from me every “defect of character” that stands in the way of my usefulness to you and my fellows.” Consequently, it is easy to see that Bill meant for us to absorb these two words as “twins.”

I wondered why the closing word “Amen” was not used in the many prayers of the steps leading up to Step Seven. It was explained to me that this word can be used as a summary of previous connected facts, e.g.:

In Step Three we asked to be relieved of the bondage of self, but we didn’t know what that was. Not complete. No Amen!

In Step Four we only partially realize the nature of said bondage. Not complete. No amen!

In Step Five our sponsor may provide deeper insights of the bondage. Not complete. No Amen!

In Step Six we become willing to ask God to remove this bondage. Not complete. No Amen!



In Step Seven, now that we have a much better insight of our bondage and are willing to be rid of our defects and shortcomings we are now ready to ask God for help. We have completed the necessary prerequisites. The summary has been completed – consequently Bill adds the word, Amen. So be it.

~ Bob S.

### The 7<sup>th</sup> Tradition Supporting Alcoholics Anonymous

*Continued from Page 1*

Well, times have certainly changed in those six short years. Wouldn’t we love to have \$2.80 gas right now! Today’s dollar is worth only 38 cents in 1986 terms. And it is common that our contributions are no longer going into a basket, a hat, or any other physical receptacle. We now have Venmo and PayPal. Is the day of the Crypto-Contribution in our future? We can thank the

pandemic for accelerating many of these changes, but while COVID will most likely fade into endemic status, the new methods of contributing to Alcoholics Anonymous are here to stay.

But I believe the original premise is still valid. We are still self-supporting through our own contributions. Should an outsider decide to give one million dollars to A.A. because that person appreciated the good work that we do, we would say, “No thank you.” He who pays the piper calls the tune, and we, in Alcoholics Anonymous, are beholden only to a higher power as he may express himself in our group conscience. Funds contributed via the 7<sup>th</sup> Tradition in any manner are what keeps A.A. going. You hear people say, “Oh, you can get free books!” There are no “free” books! Somewhere along the line an A.A. member put money into a basket to pay for them.

The pandemic has also significantly changed the financial status of our A.A. entities. Those that received contributions and previously spent money for rent and travel for occasions which were no longer held in person, have realized an accumulation of funds. This would include Districts, Areas, and Committees. However, those operating out of brick-and-mortar spaces (Central Offices and the General Service Office - GSO in New York) continued to have ongoing expenses similar to those previously experienced. In fact, GSO had to dip into its reserve fund in order to remain in the black.

*Continued Page 15*

## The 7<sup>th</sup> Tradition

### Supporting Alcoholics Anonymous

*Continued from Page 14*

Alcoholics Anonymous needs money to operate and its expenses are subject to inflation. Please consider giving what you can afford in whatever form you choose. The funds contributed at your local meeting pay for much more than the meeting expenses. We will close with a quote from our Co-Founder, Bill W., "...when we are generous with the hat, we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who suffer." (The Language of the Heart, p.221.)

~ Blaine H.

## Perspectives on Step 7

### "Will you help me?"

*Continued from Page 1*

Once I entered recovery and lay down my addictions, I still had to contend with some things I wasn't crazy about, such as:

- Anxiety
- Irritability
- Anger
- Depression
- Shame
- Regret
- Judgment
- Envy
- And more...

All of the previous steps led me to the importance of Step 7 and surrendering my will and life over to my Higher Power, asking for help once again.

It's pretty humbling to ask a Higher Power to remove shortcomings. It's telling yourself,

*"You know, I really can't do this on my own. Like, this guilt that plagues my mind is slowly killing me and I can't let go on my own. Will you help me?"*

Honestly, I was ready to live a life of humility. I'd had enough of trying to do it on my own, because on my own I usually ended up in a mess.

For this step, I did ask my Higher Power to remove my shortcomings. Were they all removed at once?

No.

What I did notice, though, was that as I consciously invited my Higher Power to remove my shortcomings each day, they were less and less evident.

For example, one of my shortcomings was anger when things didn't go my way. I would react with anger or pout like a little girl when I didn't get my way. This was not attractive, to say the least.

So, when I began working Step 7, I asked for my Higher Power to remove this anger and help me stay calm, cool, and collected when the universe didn't cater to my every desire.

The result?

I eventually learned how to observe things through a different lens. A lens that was not filtering my life through the perspective of a lonely, disheartened, scared little girl, but rather from a mature, healed, lovable adult.

It's not some magic trick that our Higher Power does to remove our shortcomings (though some are removed miraculously quickly). We gradually learn how to let go, overcome, manage, control, and so on when it comes to shortcomings. It's a journey of self-love and insights on life!

When taking Step 7 partner with your Higher Power and with the intent to give your "stuff" to whatever that power is. You do the legwork and trust your Higher Power for the rest.

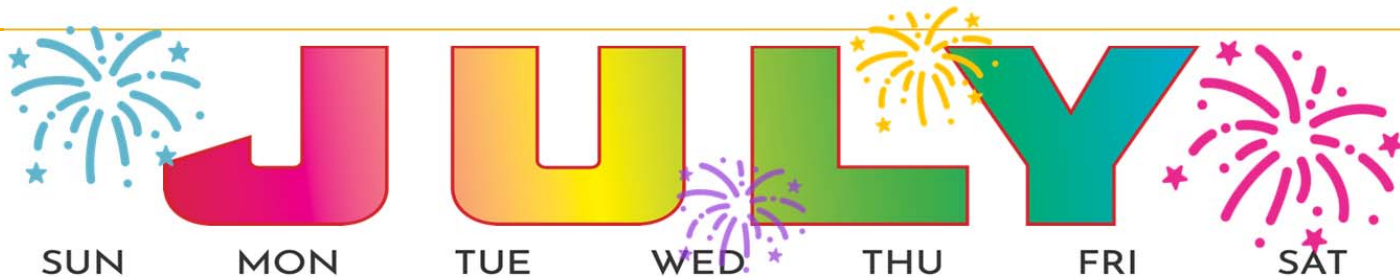
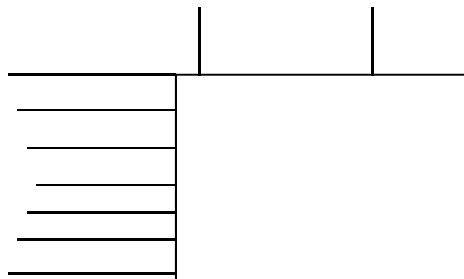
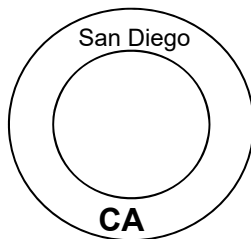
I think you'll see that over time, you'll notice less of your shortcomings (harsh reactions, fear, pride, shame, jealousy, anger, envy, greed, etc.) popping up and more positive things popping up instead, such as love, acceptance, humility, patience, kindness, gentleness, self-control, etc."

~ Dominica A.



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

RETURN SERVICE REQUEST



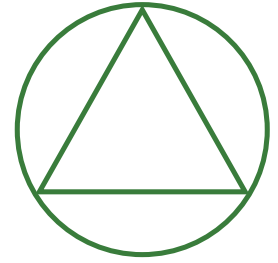
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





[aasandiego.org](http://aasandiego.org)

# The San Diego AA Coordinator



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 2022

VOL. LX NO. 8

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*"Carry the AA Message"*

Join the fun, submit an article!

**September (due 8/9/22)**

*"Made direct amends ..."*

**October (due 9/9/22)**

*"Continued to take ..."*

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

## Article Web-Site

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

## Honesty

### A Vital Part Of Recovery

I was hesitant and puzzled as I began my Eight Step list because of the people whose feelings might be hurt or harmed if I admitted all – my Step Four inventory had several of those. Luckily, my sponsor informed me that Step Eight is not Step Nine, and I should not leave these activities off my list. But obviously, this did not mean that I make these harmful amends while doing Step Nine. This information may be useful when asking God for forgiveness in a later step.

*Continued on Page 14*



## Surprise Me,

### She Asked Her Higher Power

I've learned from doing the process it's rare that I'm stymied. I can listen carefully, I can patiently think, I can ask questions when I don't fully comprehend. I know there's always more than one way to do anything. And, if I don't feel confident about a course of action, I can sleep it. If it is my personal ...

*Continued on Page 14*

## Humbly Asked Him...

### Bye Bye Ego – Adios Self-Will

Here we are already in August. This month brings us to Step 8: Made a list of all persons we had harmed and became willing to make amends to them all. This requires a certain amount of humility. The theme for this month's Coordinator is just that: HUMBLY!

*Continued on Page 14*

## Look Before You Leap

### All The Persons We Had Harmed

In the early days of Alcoholics Anonymous, (A.A.) as they were trying to establish the format for the program, they did not have the resources we have today when it comes to results. The program got its beginning in 1935.

*Continued on Page 15*

## Taking the Steps

I am still a newcomer in the program of AA. After doing steps 4 and 5 the first time, I came away with a whole new understanding of how I moved through the world.

*Continued on Page 15*



**24 HOUR PHONE:** (619) 265-8762  
**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)  
**E-MAIL:** [sdaaco@aol.com](mailto: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 are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (see page 1, bottom left).

Submissions may be emailed to the newsletter chair at [SDAA.newsletter@gmail.com](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC) Program	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Butch M.	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

Delegate	Monty	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Richard	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Blaine	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	John	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

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

**Contributors**

Blaine H., Patricia B., Bob S., Daniel R., Rick R. and Athena G.

**August Theme:** "Made a list of all persons ..."

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

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



**Committee Announcement**

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

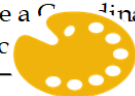
Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to: [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

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

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

I have the suggested sobriety? If there are other suggested qualifications, do I have those qualifications and to the best of my knowledge, do I have no scheduling conflicts to serve in the commitment?" If my answers to all of those questions are yes, I should make myself available and let my Higher Power decide if that is the position I should be in.

"Also, please talk to the members in your group about serving on the Council. Members at large may be elected to positions. It is not required that you are a Coordinator to serve on a cc"



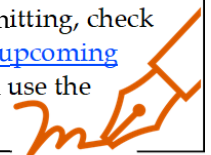
**AAGRAPEVINE.ORG**

**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 TRUE STORY – 8<sup>th</sup> Step Revelation

Once went to a meeting – Live  
Where a newcomer read from Chapter Five  
Being unfamiliar with our lit  
When he read Step 8, cried “Holy S..t!”

Not an unusual way to act,  
When facing the Steps, that is a fact  
With more time here, one will learn more  
About the Steps which come before.

That prepare us for the listing task  
For which a sponsor soon will ask  
And to be brave enough to face  
That which will place us in God’s grace.

We start with those discussed before  
When we encountered them in Four  
Giving us cause on which to reflect  
Upon each and every character defect

Let’s start with family whom we treated bad  
And none the more than Mom and Dad.  
And if by chance we had a spouse  
There were times when we surely were a louse

This list, it might get very long,  
Including all whom we’ve done wrong  
But this poem now comes to an end.  
So don’t forget yourself, my friend.

~ Blaine H.

## 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](https://aasandiego.org/coordinator-newsletter)

Our Apologies to Daniel R. for the typo in his poem, by yours truly, in the 2022 July issue. “One Bad Relapse”, corrected and in complete form.

### One Bad Relapse

A relapse so bad that I knew in my heart  
I had to get back to A.A. ...

So, I swallowed my pride and I started to drive  
to a place where I should’ve just stayed...

A.A. Saved my life so why did I leave it’s just something  
that’s hard to explain...

You think things would change but it’s all still  
the same as the alcohol eats up your brain...

This program is real so don’t make a big deal  
and listen to people you meet...

So, if you go out that door and don’t plan to return  
you know we’ll still save you a seat...

~ Daniel R.



## Central Office Phone Calls and Website Hits

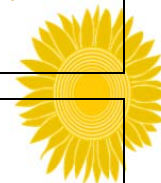
Central Office is grateful for our  
Volunteers

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

Website Hits	July	Total
	80,135	8,519,474

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!



### 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*

August 2022 Pamphlet of the Month  
Pamphlet P-2

## Frequently Asked Questions About A.A.

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

"This pamphlet is designed for those who are interested in A.A. for themselves, for a friend or relative, or simply because they wish to be better informed about this unusual Fellowship. Included on the following pages are answers to many of the specific questions that have been asked about A.A. in the past. They add up to the story of a loosely knit society of men and women who have one great interest in common: the desire to stay sober themselves and to help other alcoholics who seek help for their drinking problem. The thousands of men and women who have come into A.A. in recent years are not altruistic do-gooders. Their eagerness and willingness to help other alcoholics may be termed enlightened self-interest. Members of A.A. appreciate that their own sobriety is largely dependent on continuing contact with alcoholics." - pg. 5

### **"How can I tell if I am really an alcoholic?"**

Only you can make that decision. Many who are now in A.A. have previously been told that they were not alcoholics, that all they needed was more willpower, a change of scenery, more rest, or a few new hobbies in order to straighten out. These same people finally turned to A.A. because they felt, deep down inside, that alcohol had them licked and that they were ready to try anything that would free them from the compulsion to drink." - pgs. 7-8

### **"I can stay sober quite a while between binges; how can I tell whether I need A.A.?"**

Most A.A.s will say that it's how you drink, not how often, that determines whether or not you are an alcoholic. Many problem drinkers can go weeks, months, and occasionally years between their bouts with liquor. During their periods of sobriety, they may not give alcohol a second thought. Without mental or emotional effort, they are able to take it or leave it alone, and they prefer to leave it alone. Then, for some unaccountable reason, or for no reason at all, they go off on a first-class binge." - pg. 9

### **"Why is A.A. interested in problem drinkers?"**

Members of A.A. have a selfish interest in offering a helping hand to other alcoholics who have not yet achieved sobriety. First, they know from experience that this type of activity, usually referred to as "Twelfth Step work," helps them to stay sober. Their lives now have a great and compelling interest. Very likely, reminders of their own previous experience with alcohol help them to avoid the overconfidence that could lead to a relapse. Whatever the explanation, A.A.s who give freely of their time and effort to help other alcoholics seldom have trouble preserving their own sobriety." - pg. 14

### **"Won't everyone know I am an alcoholic if I come into A.A.?"**

Anonymity is and always has been the basis of the A.A. program. Most members, after they have been in A.A. awhile, have no particular objection if the word gets around that they have joined a fellowship that enables them to stay sober. Traditionally, A.A.s never disclose their association with the movement in print, on the air, or through any other public media. And no one has the right to break the anonymity of another member." - pg. 11

**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, July 14<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 919<sup>th</sup> with a moment of reflection followed by the "I am Responsible Declaration"

**Guest Reports:**

Area 8 Representative: No Report

H & I Representative: Lauren, H&I Co-Chair, shared that H&I takes meetings into institutions where alcoholics or those with a drinking problem are unable to leave to get to a meeting. H&I has Orientations twice monthly, one in person on the 3<sup>rd</sup> Sunday of the month and one on Zoom on the 3<sup>rd</sup> Thursday of the month. Information can be found on the Service Meetings page at [aasandiego.com](http://aasandiego.com) and at [sdhandi.org](http://sdhandi.org).

**Intergroup Standing Committees Reports**

**After Hours Phones: Tim, Chair, Shared:**

1. Thank you to all volunteers.
2. We still have the 21<sup>st</sup> of every month open for a Group Commitment.
3. We are grateful to have a full committee at this time and grateful to our Committee members and the work that they do.

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

The Business Committee met on Tuesday, July 12<sup>th</sup>, 2022 at 6:03 pm.

**June 2022 Financial Summary:**

Net Revenue is -\$3,371. Our 2022 YTD Net Revenue is \$10,443. Group & Individual Contributions were \$12,672. Literature Sales Revenue & CD Bank Interest were \$579 while total office & committee expenses were \$16,623.

**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: As Bill Sees It Soft Cover, Sale \$6.60, Reg. \$8.60 Max: 5
- Meeting statistics: currently there are 1,055 meetings in San Diego. Of those, 776 are in person and 353 are online or hybrid (33%).
- A page was added to the website dedicated to the CEC and patterned after the PI page.
- The Central Office Open House planning is in full swing by the Program Committee and is scheduled for Saturday, August 20 from 2-5pm. Flyer is on [aasandiego.org](http://aasandiego.org) website.
- Judi will be out of the office August 3-5. Lisa Ann to cover.

**Newsletter: Amy, chair shared that:**

1. This committee has a new contributors.

**CEC (Cooperating with elderly Community) Committee: Jean, Chair shared that:**

1. Health fairs are beginning to resume.
2. The Committee is contacting Senior Centers to place literature racks.
3. A request was presented for additional funds for \$830.
4. This Committee has an opening for one more member and requests a bilingual member.

**Coordinator Outreach: Brian, Chair, shared that:**

1. The outreach committee visited six new meetings since Coordinating Council met in June.
2. This Committee has one opening for a member
3. Outreach encourages all coordinators to share about the need for more coordinators at any meetings they attend.

**Orientation & Guidelines: Amy shared that:**

1. Welcome to the new Coordinator that attended this evening's Orientation!
2. Welcome to all new Coordinators that did not attend Orientation this evening. We hope that you get a chance to next month.

**Program Committee: Lauren shared that:**

1. There was a great turnout at the Founder's Day picnic. Thank you to all who helped to make this event a success!
2. There will be a Central Office Open House on Saturday, August 20 from 2pm – 5pm with food, speakers and games. Don't miss this opportunity to get to know your way around Central Office, learn about the various Intergroup Committees and hear from some great speakers.
3. The Anniversary Breakfast is scheduled for Saturday, November 5 and will be held in person. Stay tuned for more information on ticket sales.
4. This Committee is in need of members and a Committee Chair

Continued from Page 5

Public Information Committee: Butch, Interim Chair shared that:

1. The Committee met at the Central Office on Monday, July 10
2. Sallye is stepping down as chair due to health reasons. Butch M. will serve as Interim Chair while Committee members reach out to try to fill this service commitment.
3. This Committee needs members

Quorum was established: There are 36 Coordinators in attendance; so yes we have a quorum.

Approved June 2022 Meeting Minutes

**OLD BUSINESS:**

1. A report with suggestions from the Business Committee was presented on ideas to spend down some of the excess net revenue on the Profit and Loss statement as discussed at the June Council Meeting. A motion was made and seconded. Discussion followed. Motion carried.
2. Take Your Sponsee to Council was reiterated and encouraged; a raffle for a 1<sup>st</sup> Edition Big Book Reproduction will be raffled off to Coordinators who bring their Sponsee to Council in future months.

**NEW BUSINESS:**

1. The Central Office Manager reported on a typographical error made by A.A.W.S. on 12x12's.
2. Margie L. was elected to the Outreach Committee as an Online meeting representative

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Danny V., 5 years

Reminders:

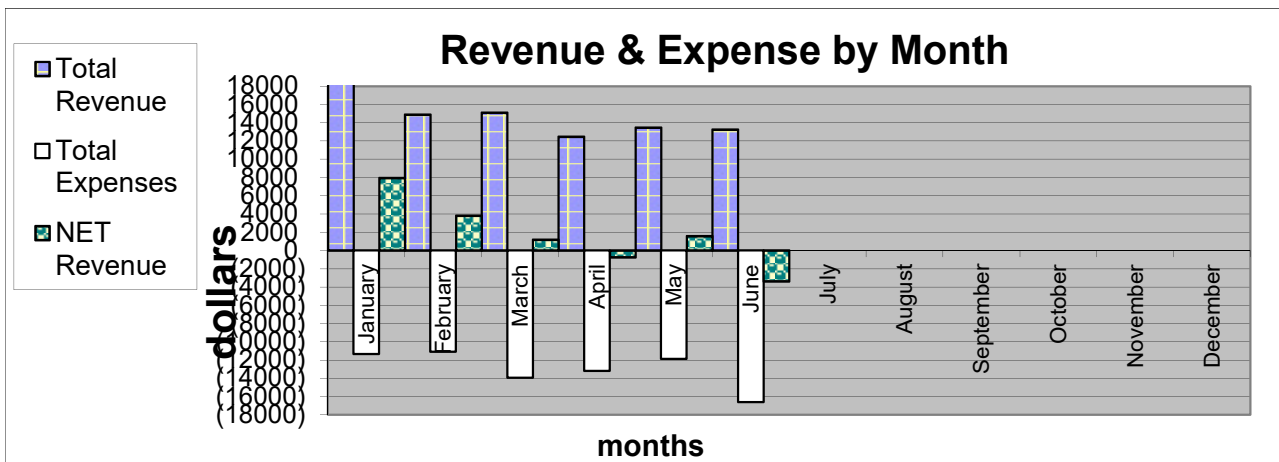
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@asandiego.org](mailto:councilchair@asandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 8/1/2022.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [asandiego.org](http://asandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of June 30, 2022**

	June 22	June 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	11,855.58	10,220.20	76,372.30	54,080.52	22,291.78	150,000.00
Contributions Individual	816.73	7,485.00	8,019.74	14,057.76	(6,038.02)	15,000.00
Contributions SDIAA	-	(340.00)	-	-	-	-
Interest - Cert of Deposits	32.76	193.80	197.78	382.24	(184.46)	500.00
Literature Revenue (see schedule)	546.66	(9.51)	3,911.48	1,600.05	2,311.43	7,050.00
<b>Total Revenue</b>	<b>13,251.73</b>	<b>17,549.49</b>	<b>88,501.30</b>	<b>70,120.57</b>	<b>18,380.73</b>	<b>172,550.00</b>
<b>Expense</b>						
Accounting & Legal	-	400.00	2,465.00	2,287.90	177.10	2,930.00
Auto/Travel/Seminar	624.28	15.75	742.40	70.50	671.90	1,500.00
Bank Service Charges	30.00	-	60.00	70.00	(10.00)	50.00
Cash (Over) Short	(3.38)	-	(23.85)	81.63	(105.48)	10.00
Equipment Maint & Repair	51.36	51.36	597.06	308.16	288.90	750.00
Equipment Purchase	1,277.99	-	2,349.09	-	2,349.09	2,000.00
Insurance	-	57.06	494.87	712.16	(217.29)	1,200.00
Office Maint. & Repairs	45.00	-	267.00	379.91	(112.91)	500.00
Office Supplies	677.64	227.32	2,022.16	921.35	1,100.81	2,800.00
Rent	2,060.00	1,940.00	11,960.00	11,680.00	280.00	24,080.00
Taxes	-	60.00	75.00	60.00	15.00	80.00
Telephone	107.73	-	693.44	1,162.05	(468.61)	1,200.00
Utilities-Electricity	289.97	87.67	2,256.26	1,128.82	1,127.44	5,000.00
Website	-	-	55.65	127.03	(71.38)	35.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	631.18	574.71	3,466.26	5,155.02	(1,688.76)	8,970.00
Employee Wages	8,199.25	7,195.20	40,942.60	49,538.59	(8,595.99)	82,278.00
Employee 403B Contribution	-	159.00	-	314.00	(314.00)	-
Employee Health Benefit	822.35	800.37	4,752.47	4,249.24	503.23	7,840.00
Insurance-Worker's Comp	44.61	43.25	261.86	253.40	8.46	500.00
<b>Total Office Expense</b>	<b>14,857.98</b>	<b>11,611.69</b>	<b>73,437.27</b>	<b>78,499.76</b>	<b>(5,062.49)</b>	<b>141,723.00</b>
<b>Standing Committees Expense</b>	<b>1,764.55</b>	<b>108.85</b>	<b>4,620.86</b>	<b>1,078.12</b>	<b>3,542.74</b>	<b>11,165.00</b>
(see schedule)						
<b>Total Expense</b>	<b>16,622.53</b>	<b>11,720.54</b>	<b>78,058.13</b>	<b>79,577.88</b>	<b>(1,519.75)</b>	<b>152,888.00</b>
<b>Net Revenue</b>	<b>(3,370.80)</b>	<b>5,828.95</b>	<b>10,443.17</b>	<b>(9,457.31)</b>	<b>19,900.48</b>	<b>19,662.00</b>



## Group Contributions June 2022

Group	Jun-22	Ytd 22	Group	Jun-22	Ytd 22
11th Step Journey - 2622	-	100.00	God Squad Too - 2809	-	53.39
12 X 12 AND BB - 2939	-	110.00	Goldmine Speakers - 2613	75.00	75.00
24 Hours a Day - 3262	100.00	100.00	Good Morning AA - 1888	306.00	507.00
3 O'Clocker - 2201	400.00	800.00	Good News Bad News - 2833	-	52.15
4077 Mash Step 11 - 2027	-	135.00	Grape Street Sunrise - 1293	100.00	100.00
52 From The Big Blue	-	205.00	GSDYPAA	-	294.37
530 Meditation - 3085	297.00	597.50	Happy Hour Meeting - 1038	82.91	220.66
830 Every Morning Recovery Group	-	414.00	Harmony Group - 585	550.00	2,825.00
9 AM with a View - 3397	30.00	30.00	Haul Your Hiney Out Of Bed - 704	-	80.00
92037 Group - 861	-	200.00	Hi-Nooners - 673	-	200.00
930 Everynighters	20.00	92.98	HOW @ Noon - 2998	-	300.00
A Vision and a View - 3337	-	26.29	I. B. Up - 2565	-	900.00
A Womens Meeting -1717	20.00	80.00	IB Sober - 3161	-	10.00
AA By The Bay - 629	-	75.00	Imperial Beach Group - 79	-	50.00
AA Discussion Group - 1991	-	125.00	Jump Start - 2174	-	115.54
Afternoon Delight - 2704	-	75.00	Just Us Girls - 929	101.60	191.00
Alpine Group - 6	75.00	245.50	Keep it Simple - 3395	82.91	82.91
At Home Mens - 215	-	264.99	Knuckleheads - 3182	-	400.00
At One With Each Other - 789	-	58.00	La Jolla Discussion Group - 85	48.00	48.00
B.Y.O.B. (North Park) - 203	82.00	395.00	La Jolla Mens - 692	-	300.00
Barefoot - 139	-	100.00	La Jolla Monday Womens - 87	-	389.00
Bayside Big Book Study - 1610	-	50.00	La Jolla Nonsmokers Disc - 88	-	280.00
Bayside Bonfire Group - 1139	-	253.75	La Jolla Sunrise - 2684	-	1,000.00
Beautiful Beginnings - 552	-	246.01	La Mesa Mens - 106	-	150.00
Big Bon-Fire Meeting - 1894	-	41.00	La Mesa Open Discussion - 107	-	200.00
Bonita Boozers - 2179	-	125.00	La Mesa Step Study Workshop - 1621	-	103.25
Bonita Womens Big Book Study - 3112	170.00	320.00	La Mesa Womens Sat. Morning - 416	-	412.54
Carrying the Message - 2458	50.00	383.21	LAGUNA MOUNTAIN GROUP	-	525.83
Casa De Oro Tradition Five - 503	163.00	289.00	Lake Morena Sink or Swim - 2830	300.00	300.00
Cedar Street Mens - 1698	-	616.00	Late Risers - 473	-	115.00
Chula Vista 4 Min Speakers - 1568	-	25.50	Linda Vista Mens - 320	-	100.00
Clairemont Fri Night - 375	-	130.00	Linda Vista Thursday Night - 319	-	50.00
Clairemont Mens - 301	-	618.00	Little Apple Group - 1438	25.00	343.00
Clairemont Mixed Discussion - 338	175.00	405.00	Living Free - 477	5.00	912.00
Clairemont Wednesday Group - 303	144.50	206.50	LJ We Are Not A Glum Lot - 3355	-	120.00
Clairemont Womens Discussion - 340	-	183.50	Lushes Lunch Tuesday - 2641	-	318.00
Clairemont Womens Step Study - 341	20.00	682.96	Mens Jelly Donut - 3118	-	400.00
Class Acts - 1845	-	233.40	Mens Step Study - 965	-	80.00
Coffee Clutchers - 2332	250.00	1,250.00	Mens Structured Step Study - 1469	-	150.00
Dawn Patrol - 263	-	20.00	Mid-Week Mens - 560	180.00	720.00
Dawn Patrol Online- 3275	-	250.00	Mid-Week Mens Online- 3243	-	289.92
Descanso Mens Step Study - 3010	82.91	179.66	Midday Miracles- 3242 <>	155.25	467.98
Dignity Unlimited - 205	-	300.00	Midnight Howlers - 1025	-	80.00
Downtown Discussion - 1665	-	38.71	Midway Bridge - 2171	-	48.57
Drunks Only - 1605	-	300.00	Mira Mesa Early Risers - 967	-	1,420.00
Drunks Only Online - 3370	600.00	600.00	Miracles on Mondays - 565	-	275.00
Each Day A New Beginning - 509	150.00	150.00	Mission Bay Daily Reflections - 1692	100.00	200.00
Early Morning Recovery - 2688	-	400.00	Mission Hills Late Night - 2773	100.00	400.00
Early Risers (PB) - 264	-	615.00	Mission Hills Lunch Bunch - 2675	-	219.00
East County Happy Hour - 3327	-	3.00	Monday At A Time - 2875	-	126.00
East County Mens - 1905	-	300.00	Motivation Monday - 3254	-	240.00
East Co Young People Rule 62 - 2797	-	123.21	Mt Soledad Mens - 717	-	229.00
East Side Group - 101	90.00	180.00	Noon with a View Beginners Mtg - 3249	-	1,887.00
Eastlake Greens Attitude Adj - 2712	-	375.00	Nooner is Backed Mixed - 3287	-	20.00
Eastlake New Beginnings S/S - 2673	-	70.00	Nooners Anonymous - 1164	75.00	225.00
Easy Does It Riders - 21	-	120.00	Normal Hts Young Peoples SS - 3407	400.00	400.00
Easy Does It Speakers - 114	-	50.00	North Clairemont - 1102	175.00	375.00
Educational Variety Mens - 3244	-	100.00	North Park Mens - 465	30.00	254.09
El Cajon Beginners - 2876	-	50.00	North Shores Breakfast - 275	-	120.00
El Cajon Nooner - 2638	-	578.60	O.B. Womens Step Study - 2730	-	92.10
El Cajon Womens Serenity - 77	132.50	350.08	Open Minded Mens - 626	-	313.00
Emotional Sobriety (Hillcrest) - 2536	-	93.00	Original Tues Night Step Study - 2124	-	50.00
Evening Serenity - 2305	200.00	400.00	Our Daily Reprieve - 3339	-	165.00
Every Night at Six <> - 3241	800.00	800.00	Over 50 - 840	-	222.00
Eye Opener Group - 607	-	574.40	Over The Bridge - 2689	-	562.50
Fairmont Park Discussion - 2832	30.00	30.00	Pacific Beach Weekend Warmup - 725	-	175.00
Fishermen In Recovery - 2863	-	140.00	Pass It On Big Book Study Group -2860	228.58	857.08
Fletcher Hills Smokeless - 59	-	100.00	Pine Valley Thurs. Open Disc - 3274	-	62.80
Fresh Start Beginners - 2609	-	278.41	Point Loma Mens - 245	-	769.00
Friday Happy Hour - 2821	-	75.00	Point Loma Nooners - 1606	-	100.00
Friday Night Irregulars - 2889	251.00	477.00	Primary Purpose Group (Hillcrest) - 3151	-	278.00
Friday Online 12 x 12 Step Study - 3351	-	230.00	Progress Rather Than Perfection - 2682	-	100.00
Gilman Group - 1988	-	250.00	Radical Acceptance Meeting - 2961	-	1,766.51



## Group Contributions June 2022

Group	Jun-22	Ytd 22
Rainbow Group - 570	-	125.00
RAM-Z - 3323	-	20.00
Riding Sober - 3054	-	471.50
Right Turn Group - 1900	-	50.00
Rise & Shine - 2170	84.41	1,953.02
Rule 62 Group - 927	-	325.00
Rule 62 Noon Discussion - 2947	175.00	175.00
Safe Sane and Sober - 1350	-	200.00
San Carlos Single Purpose - 583	-	159.91
Santee Saturday Night Speakers - 2656	120.00	120.00
Santee Serenity - 3040	-	20.00
Santee Serenity Group - 1943	-	125.00
Santee Sunday Morning Mens - 3076	-	460.99
Sat Mens Early Awakening - 2209	297.50	747.50
Sat Night Early Discussion - 336	150.00	150.00
Saturday A.M. Live - 782	-	234.13
Saturday Morning Sanity - 1989	-	375.00
Saturday Nite Live - 2192	-	100.00
Scripps Ranch Men's Two - 2776	74.80	227.20
Scripps Ranch Mens - 3168	-	139.34
Serenity Sunday - 3041	-	47.20
Sisters In Sobriety - 3127	401.00	401.00
Sisters in Solution - 3272	-	247.00
So Bay New Womens - 2325	-	180.00
Sobearity - 3129	-	281.00
Sober Nooners - 196	-	200.00
Sober Roses Womens Step Study - 2946	-	66.22
Sobriety On State And Date - 2697	51.52	176.49
Sons of God - 2789	50.00	320.00
Sorrento Valley Nooner - 544	-	445.00
SOUTH BAY PIONEERS	-	100.00
South Park Sobriety - 1015	-	144.00
Spiritual Awakening - 2275	196.38	2,371.03
Spiritual Awakenings Step Study - 2601	-	175.00
Spiritual Awakenings Step Study -3174	-	110.00
Sunday Beach Sun-Day - 568	90.00	90.00
Sunday Keep it Simple - 3348	-	20.00
Sunday Kind of Love - 429	-	341.00
Sunday Middy - 161	-	250.00
T.G.I.F. - 1658	-	371.50
The 530 - 3266	-	500.00
The Gift - 2954	-	424.63

Group	Jun-22	Ytd 22
The Hole In The Doughnut - 2737	20.00	600.00
The Huddle in the Park - 3278	570.00	3,256.60
The Language of the Heart - 3066	82.92	189.67
The Other Meeting - 857	-	237.50
The Rogue Meeting - 3338	228.22	1,829.17
The We Group Speakers Group - 2739	150.00	150.00
There is a Solution - 2680	-	160.00
Thurs Nite Mens Big Book Study - 1748	75.00	75.00
Thursday Steps - 646	-	285.07
Thursday Steps Online - 3361	8.00	8.00
Ticket to Recovery - 3269	364.67	364.67
Tierrasanta Friday Night - 2645	100.00	100.00
Tierrasanta Morning Serenity - 2811	100.00	100.00
Toes in the Sand - 3282	300.00	1,183.18
Top of The Hill - 41	-	325.00
Trudgers Mens Step Study - 3008	-	550.50
Tues Night Mens Step Study - 1813	-	270.00
Tuesday Morning Alpine - 440	-	172.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	-	400.00
Turning It Over - 3196	80.00	80.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	61.88
University City Womens - 369	-	420.00
Valley Girls - 2617	-	64.73
Veterans Leave No One Behind - 2038	-	100.00
Wake Up Call - 1932	-	553.00
War Fever - 880	-	150.50
Water Walkers - 5	200.00	200.00
Water Walkers Too - 1946	300.00	600.00
Way Up and Out - 415	-	159.55
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	-	130.00
Wholesale Miracles - 2474	33.00	527.00
Womans Gut Level - 1701	-	53.76
Women's Joy Of Living - 2636	-	415.88
Women In Harmony - 1807	-	90.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Sober Sunday - 731	-	50.00
Womens Step Study - 296	-	432.20
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	200.00

Group Secretaries/Treasurers  
Central Office does not mail receipts  
 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

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!**



**Daytime Phone Volunteers Needed at Central Office**  
 We have shifts available to answer phones in the office from 9am-1pm  
 & 1pm-5pm & to fill in when one of our volunteers is sick or goes  
 on vacation. If you are available during the day and can be of service,  
 please the Central Office today at 619-265-8762



# Central Office Notes



August 21

## 2022 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

June 2022 Group Contributions	<b>\$11,856</b>
Individual Contributions	<b>817</b>
Literature & Interest	<b>579</b>
<b>Total Revenue</b>	<b>\$13,252</b>
Central Office Expenses	<b>-14,858</b>
Committee Expenses	<b>-1,765</b>
<b>Total Expenses</b>	<b>-\$16,623</b>
June 2022 Net Revenue	<b>-\$3,371</b>
2022 YTD Revenue	<b>\$10,443</b>



Announcing  
 "Christmas in August"  
 at the Central Office Bookstore

All of the fantastic deals that  
 you'll find in December during  
 the month of August!

- ⇒ 25% All Bookstore Purchases
- ⇒ An Extra \$2 Off All Big Book Formats (Max 5 Copies Per Customer)
- ⇒ \$2 Off All Grapevine Books
- ⇒ All in Addition to the Regular Book of the Month

All as a Big Thank You to the Fellowship for  
 your continued support and to show our sup-  
 port as you Continue to  
 Carry the Message

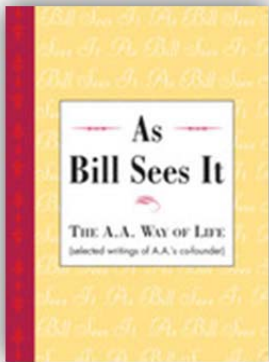


Calling all Night  
 Owls

Central Office is  
 Grateful for our  
 Phone Volunteers!

How many times have you heard a  
 newcomer say their life was saved  
 when they called Central Office in  
 the middle of the night?

- ◆ We have brand new laptops.
- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Work on the Steps.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!



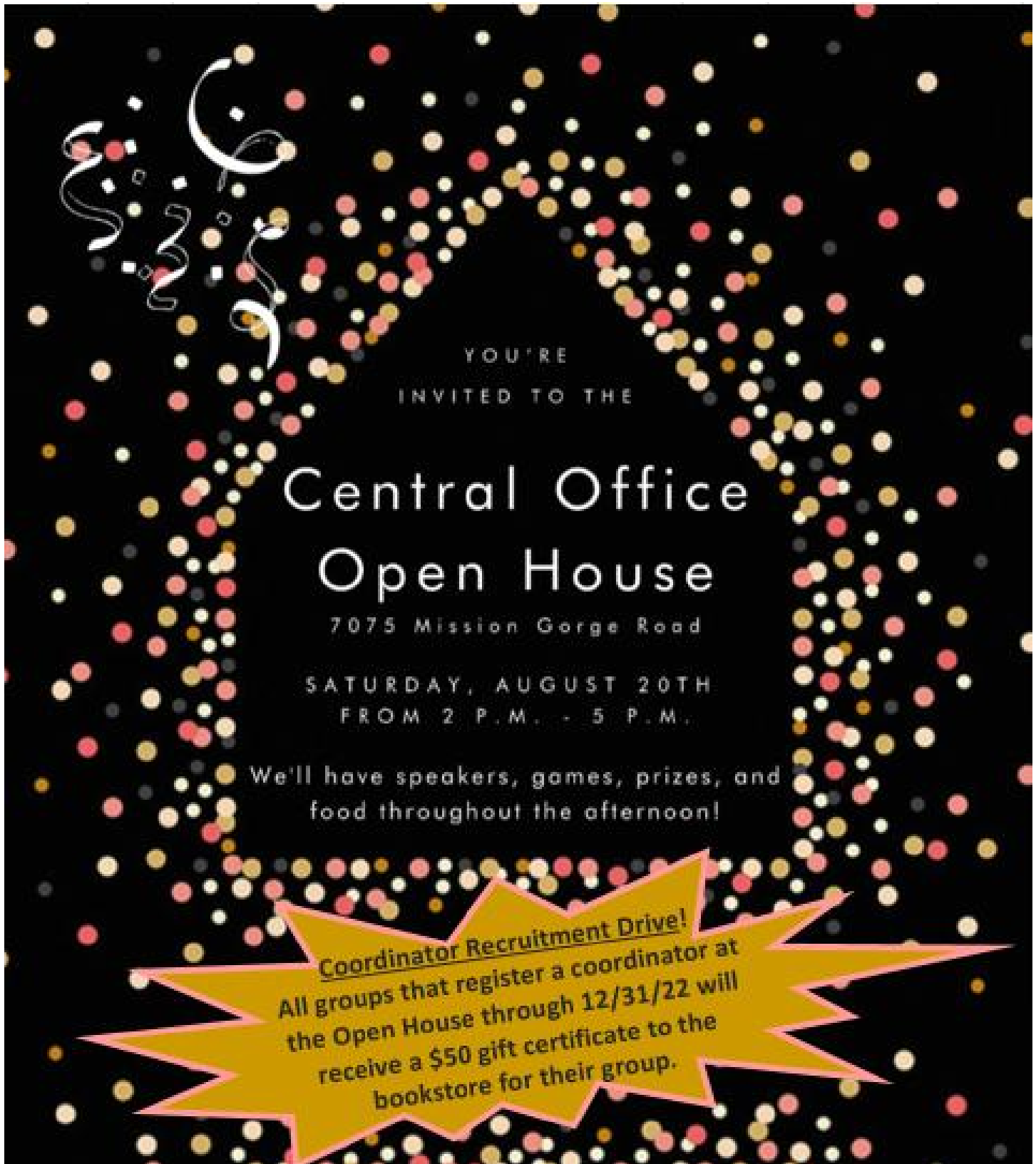
**Day of Homecoming** “As sobriety means long life and happiness for the individual, so does unity mean exactly the same thing to our Society as a whole. Unified we live; disunited we shall perish.” <<<>>> “We must think deeply of all those sick ones still to come to A.A. As they try to make their return to faith and to life, we want them to find everything in A.A. that we have found, and yet more, if that be possible. No care, no vigilance, no effort to preserve A.A.’s constant effectiveness and spiritual strength will ever be too great to hold us in full readiness for the day of their homecoming.”  
 From Letter, 1949, and Talk, 1959 - pg. 229,

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HOMECOMING  
 SOBRIETY  
 HAPPINESS  
 LONG  
 LIFE  
 INDIVIDUAL  
 UNITY  
 SOCIETY  
 WHOLE  
 UNIFIED

PERISH  
 SICK  
 RETURN  
 FAITH  
 VIGILANCE  
 EFFORT  
 PRESERVE  
 CONSTANT  
 SPIRITUAL  
 STRENGTH

READINESS  
 LETTER  
 TALK  
 FOUND  
 MORE  
 POSSIBLE  
 CARE  
 EFFECTIVENESS  
 GREAT  
 DISUNITED



YOU'RE  
INVITED TO THE

# Central Office Open House

7075 Mission Gorge Road

SATURDAY, AUGUST 20TH  
FROM 2 P.M. - 5 P.M.

We'll have speakers, games, prizes, and  
food throughout the afternoon!

**Coordinator Recruitment Drive!**

All groups that register a coordinator at  
the Open House through 12/31/22 will  
receive a \$50 gift certificate to the  
bookstore for their group.

# Things to Do, And Places to Go

## 3rd Weekend Camping Group

When: August 19-21, 2022

Where: Guajome Regional Park

More Info: Call Central Office 619-265-8762

## Central Office Open House

When: Saturday, August 20, 2022, 2pm-5pm

Where: 7075 Mission Gorge Rd, Ste B

More Info: Call Central Office 619-265-8762

## Harvest Moon Kickback

When: September 23-25, 2022

Where: Lake Henshaw, Santa Ysabel, CA

More Info: Call Central Office 619-265-8762

## Bridging the Gap Workshop

When: September 30-October 2, 2022

Where: King's Inn San Diego

More Info: [www.BTGWW.org](http://www.BTGWW.org)

## Serenity by the Sea Retreat

When: October 14-16, 2022

Where: Rosarito Beach Hotel & Resort

More Info: Call Central Office 619-265-8762

## Miracle on the River

When: November 4-6, 2022

Where: Lake Havasu City, AZ

More Info: [www.HavasuAARoundup.org](http://www.HavasuAARoundup.org)

## Sobriety Under the Sun

When:

January 13-15, 2023

Where:

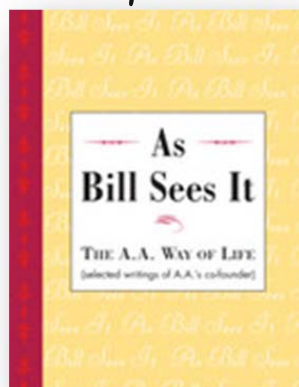
Puerto Vallarta, Mexico

More Info:

Call Central Office

619-265-8762

Excerpts from



# Unglum Lot

13

## Monthly Cartoon Feature



## August Book of the Month *As Bill Sees It (Soft Cover)*

**Who's Inventory?** "We do not relate intimate experiences of another member unless we are sure he would approve. We find it better, when possible, to stick to our own stories. A man may criticize or laugh at himself and it will affect others favorably, but criticism or ridicule aimed at someone else often produces the contrary effect.

<<< >>>

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparring self-survey and criticism." - pg. 161

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## Honesty

### A Vital Piece of Recovery

*Continued from Page 1*

My Eighth Step information came mostly from my Step four inventory, but also my sponsor had me do a spontaneous writing earlier on. This included asking God over and again to reveal where I had been selfish and dishonest – not just from memory, but from my deepest inner self. Spontaneous! This function brought to light many secrets I had kept from myself for many years. They needed to be written down!

I had seldom considered the anguish my wonderful Christian parents must have felt to see their son's name in the newspaper for public intoxication year after year. Or my younger sister who, four years later, attended the same high school where my devil may care reputation still was remembered by the teachers. I had never felt guilty about that loan company I had never paid back or the time when I, as a teen, tried out a motorcycle from a used car lot and wrecked it. I was able to wobble it in and jumped on my bicycle and away I went.

I was tempted to leave out certain misbehaviors because I had been sober for five whole months, and intended never to drink whisky again! I was now in the category of what is called "living amends!" My sponsor pointed out that the Big Book makes no mention of "living amends;" it dispels the idea at the bottom of page 82 – "Ain't it grand the wind stopped blowin?" I believe the honesty revealed in my Eighth Step list was a vital and crucial part of my recovery.

~ Bob S.

## Surprise Me, She asked her higher power each morning. Give me a challenge today.

*Continued from Page 1*

tragedy, I can cry, ask for a hug, talk to a friend. If it's your tragedy I can offer hugs, an ear, cry with you, and offer comforting words.

Such a far cry it is from the drinking days of not really caring, faking empathy, always feeling alone and not knowing why. Wives, children, families, friends, come and gone. What terrible losses! Yet today is wonderful! And I've been able to somewhat restore lost relationships. Practicing the program of AA has taught me how the many AAs' sharings have given me tidbits of guidance when assembled show how a mature adult, the superior man, would live.

As I digested our program, my life became more fulfilling more enjoyable, and daily surprises are welcome opportunities.

~ Anonymous

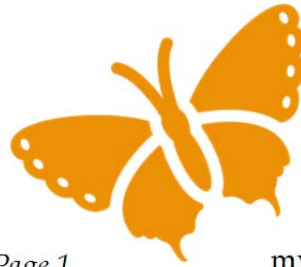
## Humbly asked Him...

### Bye Bye Ego – Adios Self-Will

*Continued from Page 1*

Let's look first at the definition for the word (I don't possess a 1936 dictionary, so I am using Dictionary.com): HUMBLY- 1) Meekness, modesty in behavior, attitude, or spirit, not arrogant or prideful. 2) Showing differential or submissive respect, to cause to have a lower condition or status. (Less EGO, less self-centered), 3) To cause to feel humble, low in rank, quality, or station.

It has taken me a long time to internalize this word and in turn,



be able to put it into action. I believe this is a lifetime process, however I now possess the willingness to die to

myself daily and re-surrender (daily if needed) and put into practice this word.

To me: I can best express humbleness to the likening to a relationship. Have you ever fallen in love? Remember your 1<sup>st</sup> love? Or are you married now? The more I love my HP, the more I love my HP...crazy right? I am "falling in love with Him," whom I choose to label God. This is consistent intentionality; dying to MY wants & needs; letting go; turning it over; and most importantly, learning to live the St Francis prayer (our 11<sup>th</sup> Step prayer).

Do you know it? Oh, I'm sure you have heard it, read it, rolled your eyes when it (yet again is said in a meditation meeting) ...but have you really looked at it and internalized each & every line? It completely goes against what our EGO & self-will tell us is the right thing to do. To me, this prayer is the core of our program of AA. It says everything we are to do to be of service, and how to go about it. It is completely counter-cultural, and yet it is so packed with wisdom, that a lifetime is too short a time to put it into action. Isn't this the nature of our program? Carrying our message and helping another alcoholic?

I intend to practice humility, and make sure the hand of AA continues to be there for the next suffering alcoholic. If you don't know the St. Francis Prayer, please take the time to meditate on it so that your life may be more fulfilled and blessed.

~ Patricia B.



## Look Before You Leap

### All The Persons We Had Harmed

*Continued from Page 1*

The book Alcoholics Anonymous (Big Book) was published in 1939 after only 100 members were sober and much of the communication was stretched between New York City (Bill W.) and Akron, Ohio. (Dr. Bob)

The first printing of the Twelve Steps and Twelve Traditions was in 1953 which gave more amplifying information on the details of how to go about doing the steps in the order that they were presented.

Step One is surrender, Step Two is seeking outside help, and Step Three is buying in completely. Step Four is the beginning of the action steps. If a person does a thorough job on his Fourth and Fifth Steps he/she will have a good foundation for doing the Sixth and Seventh steps where, if you are diligent about abandoning your Selfish habits, and replacing them with Unselfish Principles and actions, you will begin to establish a new track record concerning your past behaviors as a Practicing Alcoholic.

Now, about that list. You could have started it long ago so long as you do not attempt to make the amends while you have not established that track record.

There is no hurry to do it until you are on solid ground. If you were to go around making

apologies to everyone just to get it over with, and the unfortunate relapse happens and all those happy people realize that you are back to your old self again and the next time you try to make those amends, it falls on deaf ears. Their response is usually “yeah-right” Been there and done that.”

It may take ten years to re-establish the trust you had the first time. If there are shameful actions (Tormenting Ghosts of Yesterday) that you are troubled with and you think you will take them to the grave with you, do not let that stop you from dumping the rest of your inventory. Do not deny that they exist, because if you do, it is unlikely that you will enjoy the mental freedom that comes from cleaning the slate. Simply by saying, “There is something I want to tell you but I’m just not ready yet.” This will give you the latitude to move on to the rest of the steps without being in Denial about that issue. Most of the time, as you get stronger you will want to get it off your mind and you will be surprised how well that effort will go.

I recommend that you do not get overwhelmed with all those ships in the night. I believe that you should start with your family. Neglect and not being there for them could start the conversation. Then you can spiral outward to your friends, work acquaintances, fishing friends, and so on.

Finally, when approaching a person to make an amend, I always start the conversation by asking him/her “Have you ever done something you really regretted?” the answer is always the same. “Hell yes, who hasn’t.”

Next, I ask, can we talk? You have just leveled the playing field.

I encourage any person who wants to establish credibility, not to get ahead of yourself. Look before you leap and be thorough with all the steps. An abundance of credibility leads to integrity.

~ Rick R.

## Taking the Steps

### And Living By The Principles

*Continued from Page 1*

I was living under quite an illusion, or should I say delusion of who and what I was.

I thought I wasn't that bad. I thought I just had a problem with alcohol, little did I know alcohol was but a symptom – I was the problem that I was treating it with. As I started doing step 6, I realized just how many character defects I had. I was quite humbled by who I really was and how I treated others.

By working steps six and seven with my sponsor I learned to be kind and patient with myself.

I'm learning as long as I have the Three A's of awareness acceptance and action I can heal and become useful to my fellows.

I turn it over to God and pray that I will learn how to live using the principles of AA. The Spiritual Awakening I have gained as a result of doing the steps are immeasurable.

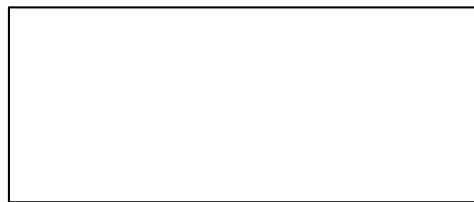
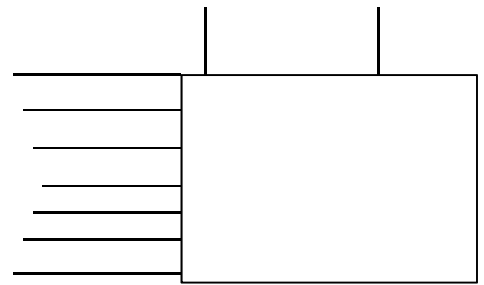
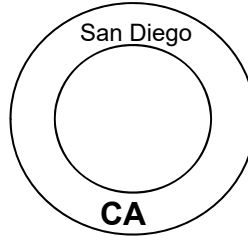
I work my steps and do what is suggested to me, take the advice of people who have gone before me, keep turning it over to God and doing it all one day at a time.

~ Athena G.




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

RETURN SERVICE REQUEST



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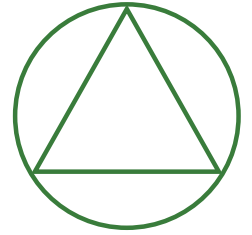
 **august** 

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			





# The San Diego AA Coordinator



[aasandiego.org](http://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*

September 2022  
VOL. LX NO. 9

## INSIDE . . .

- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
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- Central Office Notes ..... p. 10
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- Unglum Lot ..... p. 13
- Upcoming Events..... p. 13

*"Carry the AA Message"*

Join the fun, submit an article!

**October (due 9/9/22)**

*"Made direct amends ..."*

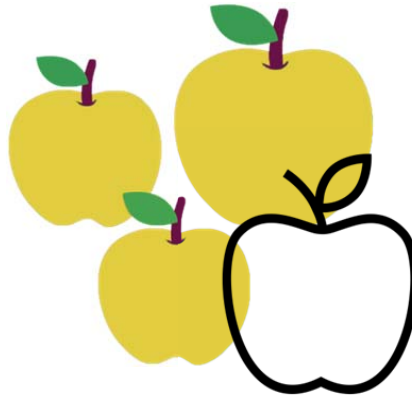
**November (due 10/10/22)**

*"Continued to take ..."*

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

## Article Web-Site

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



## Love, Empathy, and Compassion

### No Criticism or Character Assassination

Hanging on to resentments and criticizing the behavior of others is often a noticeable characteristic of some members of the program that never find the serenity and peace that is mentioned in the promises. For some people it seems impossible to let their guard down. I think that most of us can understand this, simply because we have all had to face this issue and deal with it as we went through the Twelve Step process.

One of the things that I learned when I was faced with this matter was that I had a self-esteem issue and I

overcorrected, by pointing the faults of others, to somehow make myself seem normal.

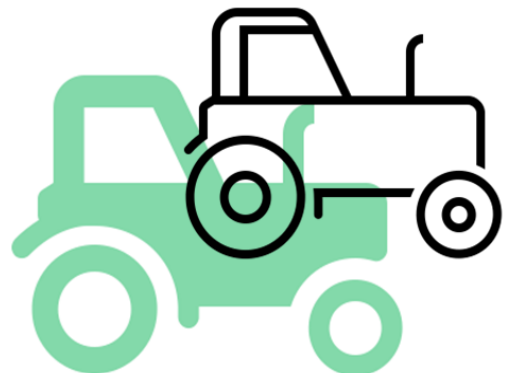
*Continued on Page 14*

## I Cringe

### Traditions versus Customs

The nineteen sixties reminded us that, "Things they are a-changin'." This theme still echoes into today's AA meeting room customs. Some of these alterations have been beneficial, but in my somewhat-humble opinion – not all! Of course, these are only customs, not Traditions, the fourth of which allows groups to do as they choose so long as not affecting other groups or AA as a whole.

*Continued on Page 15*



**24 HOUR PHONE:** (619) 265-8762  
**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)  
**E-MAIL:** [sdaaco@aol.com](mailto: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 are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (see page 1, bottom left).

Submissions may be emailed to the newsletter chair at [SDAA.newsletter@gmail.com](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be - obtained at the Central Office.

#### Coordinating Council Officers:

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC) Program	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info Newsletter	Butch Amy B.	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a> <a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

#### Area Officers:

Delegate	Monty	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Richard	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Blaine	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	John	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

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

#### Contributors

Blaine H., Bob S., and Rick R.

**August Theme:** "Made a list of all persons ..."

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

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

#### Committee Announcement

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

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

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

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

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

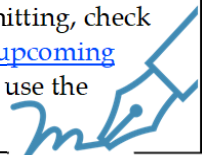
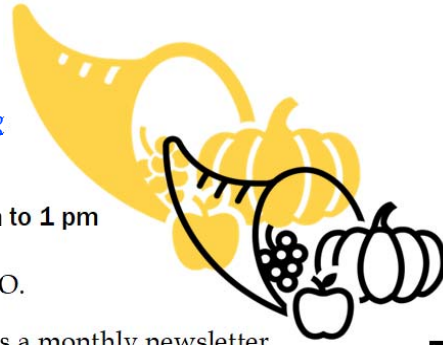
#### AAGRAPEVINE.ORG

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

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

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

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



## Court Card

Feeling down, and oh so blue,  
 Got another five oh two.  
 Pled 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.

## Poets Wanted Here

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

## Central Office Phone Calls and Website Hits

**Central Office is grateful for our Volunteers**

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

Website Hits	August	Total
	74,256	8,593,730

*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!*  
**Jeni, 3/18/12, 10 Years**  
**Women's Joy of Living**



### Birthday Gratitude

Name \_\_\_\_\_

City/Home Group \_\_\_\_\_

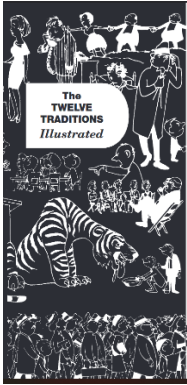
Sobriety Date \_\_\_\_\_

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

September 2022 Pamphlet of the Month Pamphlet P43

## The Twelve Traditions Illustrated

*The Twelve Traditions: A Distillation of A.A. Experience*

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

"As newcomers, many of us say to ourselves, "Let the group officers worry about the Traditions. I'm just an average member. They're rules for running groups, aren't they? And everybody tells me, 'There are no rules in A.A.!' Then we look closer—and find that the Traditions are not rules—and they are not just for officers. They have deep meaning for each one of us, as the Twelve Steps do. . . . '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.'"...

*Tradition One* "Our individual sobriety depends on the group. The group depends on us. We soon learn that unless we curb our individual desire and ambitions, we can damage the group."

*Tradition Two* "Members of A.A. may be chosen to serve in many ways . . . But they always remember that they serve for the good of all, without authority over any."

*Tradition Three* "We've thrown away membership rules and regulations that might keep you out. We want you to have the same chance for sobriety that we have had."

*Tradition Four* "Wherever two or more alcoholics are gathered together to practice A.A. principles, it is an A.A. group if they say it is."

*Tradition Five* "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."

*Tradition Six* "We found that there are all kinds of goals, motives and ambitions ...and the good name of A.A. could be smeared!"

*Tradition Seven* "Passing the basket' at meetings is our way of meeting our responsibility for the work of A.A. Our own contributions support the group, the General Service Office, and all A.A. activities."

*Tradition Eight* "No one could pay me to go out on a night like this...Yeah, okay. I'll be right over!"

*Tradition Nine* "We do set up committees and boards ... But whether they make coffee ... or help organize groups in deepest Africa ... THEY ONLY SERVE."

*Tradition Ten* [as newcomer walks out as group argues over a proposed outside issue] "How could anyone get sober or stay sober in an outfit like that?"

*Tradition Eleven* "Ours is not a secret society...we carry the message anywhere we can – But we must ever be aware that self-appointed messiahs speaking through public media can do us great damage!"

*Tradition Twelve* "Let us always remember that anonymity – not taking credit for our own or others' recovery – is humility at work."

Minutes of the Coordinating Council

In Person and Online Meeting on Thursday, August 11<sup>th</sup>, 2022 @ 7:00 pm

Aleksey, Council Chair opened the 920<sup>th</sup> with a moment of reflection followed by the "I am Responsible Declaration"

Guest Reports:

Area 8 Representative: Richard, Area 8 Alt Delegate shared:

The La Vina event held in Las Vegas last month was well attended and close to 1,500 subscriptions were made. This Saturday, 9/13 there will be a hybrid 4-Area sharing session with Areas 5, 8, 9 & 13. All are welcome to attend. Contact Central Office for more information. There will be a Big Day Assembly on 9/24 in Brawley. The 70<sup>th</sup> Southern California Convention will be in person from 11/4/22 – 11/6/22. Registration is now open. For more information please go to [aasocal.com](http://aasocal.com).

H & I Representative: Aleksey read Lauren's report as follows:

H&I brings meetings to those who can't get out to attend them. If you haven't participated we suggest you attend the orientation. As a reminder, we have the in person orientation on the 3rd Sunday at noon at 5150 Kearny Mesa Rd., with a business meeting that follows. Literature can also be picked up at this time. If you've participated in a panel and have noticed they don't have literature, please talk to your coordinator or let us know through our contact page on [sdhandi.org](http://sdhandi.org) so we can get those facilities literature. Sunday, August 28 we will be hosting the Social H&I Intergroup meeting, so if you're interested in what's happening with H&I throughout Southern California, please come by, also at 5150 Kearny Mesa Road. We also host a zoom orientation on the 3rd Thursday of the month. Information for both of these can be found on our website at [sdhandi.org](http://sdhandi.org).

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair, Shared:

1. Thank you to all volunteers.
2. We still have the 21<sup>st</sup> of every month open for a Group Commitment. We are asking for assistance from Coordinators in spreading the word to get this night covered. We are grateful to everyone on the emergency volunteer list for helping us to cover this night in the interim.

Business Committee: Nick, Business Committee Co-Chair reported:

The Business Committee met on Tuesday, August 9<sup>th</sup>, 2022 at 6:00 pm.

July 2022 Financial Summary:

Net Revenue is \$4,784. Our 2022 YTD Net Revenue is \$15,360. Group & Individual Contributions were \$16,483. Literature Sales Revenue & CD Bank Interest were \$352 while total office & committee expenses were \$12,051.

Central Office Manager's Report:

- August BOOKS OF THE MONTH: All Grapevine Books, \$2.00 off, All Big Books \$2.00 off, Max: 5 with an additional 25% all purchases through 8/31/22 (schedules and literature racks excluded)
- Sept BOOK OF THE MONTH: As Bill Sees It, Soft Cover, Sale \$6.60, Reg. \$8.60 Max: 5
- New meeting schedules were printed at the beginning of August. There were 65 meeting changes, which is down from 75 from the last printing in May, so we will continue with quarterly printings of 1,500.
- Lisa Ann updated our "Group Secretary Handbook" & it is now available to group secretaries at no charge.
- Central Office is grateful to all Daytime Phone Volunteers. We had several shifts turn over this month & are grateful for the new volunteers that stepped in to fill those shifts as well as to all of the volunteers that have been filling in on an emergency basis. We have an immediate need for a volunteer on alternating Tuesday evenings from 5-9pm (this shift can be answered remotely or at Central Office).

New Business:

1. "Passing on that which has been so freely given to us": A new feature, at AA Central Office, is a basket containing used tokens. Members are encouraged to donate used tokens to the basket, and are welcome to help themselves as needed to the tokens, free of charge.
2. 2024 ICOAA bid: When Judi attends this year's conference on Labor Day weekend, they will select a location for the 2024 conference. Judi will be submitting a bid to host the conference that year in San Diego.

Newsletter: Amy, chair shared that:

We have no new contributors this month

CEC (Cooperating with elderly Community) Committee: Jean, Chair shared that:

1. Jean ordered new CEC Business Cards from Amazon.
2. Our new CEC Webpage committee approved last month is now on our [aasandiego.org](http://aasandiego.org) website including CEC forms for speaker and booth requests.
3. This committee needs 3 new members and wishes to invite a Spanish speaking member to join along with volunteers to assist in delivering CEC Pamphlet Racks to facilities.
4. We are participating in the following upcoming events:
  - a. ECSSP at the El Cajon Salvation Army on 11/3/22
  - b. San Diego County Council on Aging on 1/5/23
  - c. Caregiver Coalition every month on the last Thursday of the month.

Continued from Page 5

Coordinator Outreach: No report

Orientation & Guidelines: Amy shared that:

1. Welcome to our new coordinators, Kay, Deborah, and Michael
2. This committee is in need of more members, 1 or 2 more people.
3. Amy needs a backup Committee member to cover Orientation for the next two months – Danny volunteered to cover

Program Committee: Danny shared that:

1. The Central Office Open House is on Saturday, August 20 from 2pm – 5pm with food (a taco truck!), speakers and games. Don't miss this opportunity to get to know your way around Central Office, learn about the various Intergroup Committees and hear from some great speakers. Committees are welcome to set up tables. So far the Orientation Committee has committed to a table. We also need volunteers for set up and clean up.
2. The Anniversary Breakfast is scheduled for Saturday, November 5 and will be held in person. Tickets go on sale Tuesday, September 6 and are only available at the Central Office Bookstore. Tables are available for groups on a first come, first serve basis
3. This Committee is in need of members and a Committee Chair

Public Information Committee: Butch, Interim Chair shared that:

1. The Committee met at the Central Office on Monday, August 1
2. Routes continue to be serviced
3. Review of the PI Workbook is ongoing
4. Efforts are underway to find a permanent PI Committee Chair. This Committee is also seeking up to six additional members
5. A flyer with information on sponsoring a rack and Committee needs was submitted to Central Office and will be available to members

Quorum was established: There are 36 Coordinators in attendance; so yes we have a quorum.

Approved June 2022 Meeting Minutes with a request to include Motion wording in the minutes

OLD BUSINESS: None

NEW BUSINESS:

1. A member from the OB Area, Don L. addressed the committee with concerns about segregated groups & offensive group names. No motion was forthcoming & it was recommended that concerns of this nature be handled at the group level at groups' Business Meetings
2. Aleksey, our ACM liaison reported on GSO finances. There is currently a deficit from 2021 that is expected to be met with overages from 2022. Currently, GSO has a surplus in contributions of over \$50,000 for the year.
3. Joseph, representing La Mesa Mens, made a motion to exclude the gift certificate option from the Excess Spending package that was presented at the July Council meeting. Motion not carried by a vote of 6 in favor, 26 against
4. Peter, representing Old Town Speakers made a motion that all Coordinators return to their groups for suggestions on ideas for spending down the remaining Net Profit of approximately \$8,000. Motion carried by a vote of 17 in favor, 8 against. It is requested that groups submit these ideas via email to either Aleksey, Council Chair or Judi, Central Office Manager.
5. Joseph, representing La Mesa Mens, made a motion to increase the amount of the gift certificates that will be provided to groups upon registering a new Coordinator from \$50 to \$100. Motion not seconded.

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Bill, 29 years, Renea, 10 years, Bruce 8 years and Brenda 6 years.

Reminders:

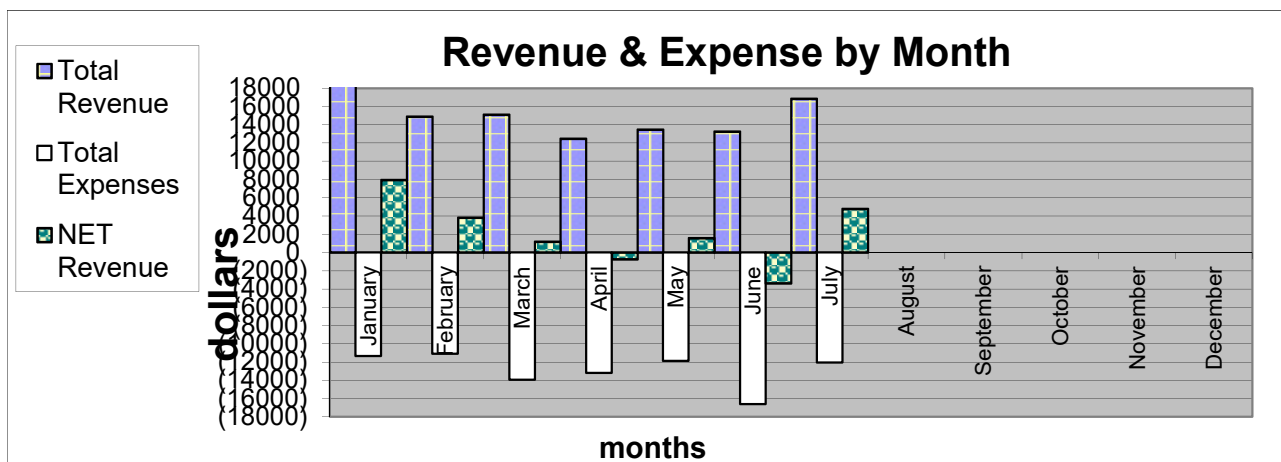
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.org](mailto:councilchair@aasandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 9/1/2022.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [aasandiego.org](http://aasandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of July 31, 2022**

	July 22	July 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	14,935.91	14,857.93	91,308.21	68,938.45	22,369.76	150,000.00
Contributions Individual	1,547.96	1,552.32	9,567.70	15,610.08	(6,042.38)	15,000.00
Contributions SDIAA	-	-	-	-	-	-
Interest - Cert of Deposits	33.96	46.03	231.74	428.27	(196.53)	500.00
Literature Revenue (see schedule)	318.04	1,579.26	4,229.52	3,179.31	1,050.21	7,050.00
<b>Total Revenue</b>	<b>16,835.87</b>	<b>18,035.54</b>	<b>105,337.17</b>	<b>88,156.11</b>	<b>17,181.06</b>	<b>172,550.00</b>
<b>Expense</b>						
Accounting & Legal	60.00	72.00	2,525.00	2,359.90	165.10	2,930.00
Auto/Travel/Seminar	9.85	8.00	752.25	78.50	673.75	1,500.00
Bank Service Charges	-	51.51	60.00	121.51	(61.51)	50.00
Cash (Over) Short	5.64	(2.78)	(18.21)	78.85	(97.06)	10.00
Equipment Maint & Repair	51.36	51.36	648.42	359.52	288.90	750.00
Equipment Purchase	-	254.88	2,349.09	254.88	2,094.21	2,000.00
Insurance	-	131.02	494.87	843.18	(348.31)	1,200.00
Office Maint. & Repairs	-	40.00	267.00	419.91	(152.91)	500.00
Office Supplies	485.58	115.94	2,507.74	1,037.29	1,470.45	2,800.00
Rent	2,020.00	1,980.00	13,980.00	13,660.00	320.00	24,080.00
Taxes	-	-	75.00	60.00	15.00	80.00
Telephone	127.89	238.69	821.33	1,400.74	(579.41)	1,200.00
Utilities-Electricity	480.42	275.43	2,736.68	1,404.25	1,332.43	5,000.00
Website	-	20.85	55.65	147.88	(92.23)	35.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	540.89	380.35	4,007.15	5,535.37	(1,528.22)	8,970.00
Employee Wages	7,052.49	4,532.54	47,995.09	54,071.13	(6,076.04)	82,278.00
Employee 403B Contribution	-	-	-	314.00	(314.00)	-
Employee Health Benefit	822.35	653.13	5,574.82	4,902.37	672.45	7,840.00
Insurance-Worker's Comp	44.61	43.16	306.47	296.56	9.91	500.00
<b>Total Office Expense</b>	<b>11,701.08</b>	<b>8,846.08</b>	<b>85,138.35</b>	<b>87,345.84</b>	<b>(2,207.49)</b>	<b>141,723.00</b>
Standing Committees Expense (see schedule)	350.32	296.01	4,838.63	1,374.13	3,464.50	11,935.00
<b>Total Expense</b>	<b>12,051.40</b>	<b>9,142.09</b>	<b>89,976.98</b>	<b>88,719.97</b>	<b>1,257.01</b>	<b>153,658.00</b>
<b>Net Revenue</b>	<b>4,784.47</b>	<b>8,893.45</b>	<b>15,360.19</b>	<b>(563.86)</b>	<b>15,924.05</b>	<b>18,892.00</b>



## Group Contributions July 2022

Group	Jul-22	Ytd 22	Group	Jul-22	Ytd 22
11th Step Journey - 2622	-	100.00	Fresh Start Beginners - 2609	-	278.41
12 X 12 AND BB - 2939	-	110.00	Friday Happy Hour - 2821	75.00	150.00
24 Hours a Day - 3262	-	100.00	Friday Night Irregulars - 2889	-	477.00
3 O'Clocker - 2201	-	800.00	Friday Online 12 x 12 Step Study - 3351	-	230.00
4077 Mash Step 11 - 2027	-	135.00	Gilman Group - 1988	-	250.00
52 From The Big Blue	-	205.00	God Squad Too - 2809	75.00	128.39
530 Meditation - 3085	-	597.50	Goldmine Speakers - 2613	-	75.00
830 Every Morning Recovery Group	-	414.00	Good Morning AA - 1888	-	507.00
9 AM with a View - 3397	-	30.00	Good News Bad News - 2833	60.81	112.96
92037 Group - 861	-	200.00	Grape Street Sunrise - 1293	-	100.00
930 Everynighters	-	92.98	Great Fact Group - 895	120.00	120.00
A Vision and a View - 3337	-	26.29	GSDYPAA	-	294.37
A Womens Meeting - 1717	20.00	100.00	Happy Hour Meeting - 1038	-	220.66
AA By The Bay - 629	-	75.00	Harmony Group - 585	500.00	3,325.00
AA Discussion Group - 1991	-	125.00	Haul Your Hiney Out Of Bed - 704	-	80.00
Afternoon Delight - 2704	-	75.00	Hi-Nooners - 673	-	200.00
Alpine Group - 6	-	245.50	HOW @ Noon - 2998	300.00	600.00
Alpine Mixed Step Study - 2621	50.00	50.00	I. B. Up - 2565	-	900.00
Another New Beginning - 144	75.00	75.00	IB Sober - 3161	-	10.00
At Home Mens - 215	-	264.99	Imperial Beach Group - 79	-	50.00
At One With Each Other - 789	80.00	138.00	Jump Start - 2174	-	115.54
B.Y.O.B. (North Park) - 203	74.00	469.00	Just Us Girls - 929	-	191.00
Barefoot - 139	-	100.00	Keep it Simple - 3395	-	82.91
Bayside Big Book Study - 1610	-	50.00	Knuckleheads - 3182	200.00	600.00
Bayside Bonfire Group - 1139	-	253.75	La Jolla Discussion Group - 85	-	48.00
Beautiful Beginnings - 552	-	246.01	La Jolla Mens - 692	-	300.00
Big Bon-Fire Meeting - 1894	300.00	341.00	La Jolla Monday Womens - 87	-	389.00
Big Book Awakening - 3387	72.00	72.00	La Jolla Nonsmokers Disc - 88	-	280.00
Bonita Boozers - 2179	-	125.00	La Jolla Sunrise - 2684	500.00	1,500.00
Bonita Womens Big Book Study - 3112	-	320.00	La Mesa Mens - 106	-	150.00
Carrying the Message - 2458	-	383.21	La Mesa Mixed - 2136	140.00	140.00
Casa De Oro Tradition Five - 503	-	289.00	La Mesa Open Discussion - 107	-	200.00
Cedar Street Mens - 1698	203.00	819.00	La Mesa Step Study Workshop - 1621	-	103.25
Chula Vista 4 Min Speakers - 1568	50.00	75.50	La Mesa Womens Sat. Morning - 416	-	412.54
Clairemont Fri Night - 375	-	130.00	LAGUNA MOUNTAIN GROUP	-	525.83
Clairemont Mens - 301	-	618.00	Lake Morena Sink or Swim - 2830	-	300.00
Clairemont Mixed Discussion - 338	-	405.00	Late Risers - 473	80.00	195.00
Clairemont Wednesday Group - 303	-	206.50	Lemon Grove Speakers - 2574	100.00	100.00
Clairemont Womens Discussion - 340	-	183.50	Linda Vista Mens - 320	-	100.00
Clairemont Womens Step Study - 341	439.75	1,122.71	Linda Vista Thursday Night - 319	-	50.00
Class Acts - 1845	203.57	436.97	Little Apple Group - 1438	-	343.00
Coffee Clutchers - 2332	-	1,250.00	Living Free - 477	5.00	917.00
Dawn Patrol - 263	-	20.00	LJ We Are Not A Glum Lot - 3355	-	120.00
Dawn Patrol Online - 3275	-	250.00	Lushes Lunch Tuesday - 2641	-	318.00
Descanso Mens Step Study - 3010	-	179.66	Mens Jelly Donut - 3118	-	400.00
Dignity Unlimited - 205	-	300.00	Mens Step Study - 965	-	80.00
Downtown Discussion - 1665	-	38.71	Mens Structured Step Study - 1469	-	150.00
Drunks Only - 1605	-	300.00	Mid-Week Mens - 560	180.00	900.00
Drunks Only Online - 3370	-	600.00	Mid-Week Mens Online- 3243	-	289.92
Each Day A New Beginning - 509	-	150.00	Midday Miracles - 3242	65.92	533.90
Early Morning Recovery - 2688	100.00	500.00	Midnight Howlers - 1025	-	80.00
Early Risers (PB) - 264	-	615.00	Midway Bridge - 2171	-	48.57
East County Happy Hour - 3327	-	3.00	Mira Mesa Early Risers - 967	-	1,420.00
East County Mens - 1905	300.00	600.00	Miracles on Mondays - 565	-	275.00
East Co Young People Rule 62 - 2797	161.00	284.21	Mission Bay Daily Reflections - 1692	-	200.00
East Side Group - 101	52.00	232.00	Mission Hills Late Night - 2773	100.00	500.00
Eastlake Greens Attitude Adj - 2712	-	375.00	Mission Hills Lunch Bunch - 2675	-	219.00
Eastlake New Beginnings S/S - 2673	-	70.00	Monday At A Time - 2875	121.92	247.92
Easy Does It Riders - 21	-	120.00	Motivation Monday - 3254	-	240.00
Easy Does It Speakers - 114	50.00	100.00	Mt Soledad Mens - 717	-	229.00
Educational Variety Mens - 3244	-	100.00	Noon with a View Beginners Mtg - 3249	500.00	2,387.00
El Cajon Beginners - 2876	-	50.00	Nooner is Backed Mixed - 3287	-	20.00
El Cajon Nooner - 2638	904.68	1,483.28	Nooners Anonymous - 1164	-	225.00
El Cajon Womens Serenity - 77	-	350.08	Normal Hts Young Peoples SS - 3407	-	400.00
Emotional Sobriety (Hillcrest) - 2536	40.00	133.00	North Clairemont - 1102	-	375.00
Evening In Harmony - 2864	100.00	100.00	North Park Mens - 465	81.20	335.29
Evening Serenity - 2305	100.00	500.00	North Shores Breakfast - 275	-	120.00
Every Night at Six - 3241	-	800.00	O.B. Womens Step Study - 2730	-	92.10
Everynighters Online - 2997	237.73	237.73	Open Minded Mens - 626	-	313.00
Eye Opener Group - 607	-	574.40	Original Tues Night Step Study - 2124	-	50.00
Fairmont Park Discussion - 2832	-	30.00	Our Daily Reprieve - 3339	150.00	315.00
Fishermen In Recovery - 2863	-	140.00	Over 50 - 840	-	222.00
Fletcher Hills Smokeless - 59	-	100.00	Over The Bridge - 2689	466.00	1,028.50







# Group Contributions July 2022

Group	Jul-22	Ytd 22
Pacific Beach Weekend Warmup - 725	-	175.00
Pass It On Big Book Study Group - 2860	153.00	1,010.08
Pine Valley Thurs. Open Disc - 3274	-	62.80
Point Loma Mens - 245	-	769.00
Point Loma Nooners - 1606	-	100.00
Primary Purpose Group (Hillcrest) - 3151	403.50	681.50
Progress Rather Than Perfection - 2682	-	100.00
Radical Acceptance Meeting - 2961	-	1,766.51
Rainbow Group - 570	-	125.00
RAM-Z - 3323	-	20.00
Ramona Mens New Vision - 1949	200.00	200.00
Riding Sober - 3054	-	471.50
Right Turn Group - 1900	-	50.00
Rise & Shine - 2170	361.42	2,314.44
Rule 62 Group - 927	100.00	425.00
Rule 62 Noon Discussion - 2947	-	175.00
Safe Sane and Sober - 1350	-	200.00
San Carlos Single Purpose - 583	-	159.91
Santee Mens Group - 2972	225.00	225.00
Santee Saturday Night Speakers - 2656	-	120.00
Santee Serenity - 3040	-	20.00
Santee Serenity Group - 1943	175.00	300.00
Santee Sunday Morning Mens - 3076	-	460.99
Sat Mens Early Awakening - 2209	-	747.50
Sat Night Early Discussion - 336	-	150.00
Saturday A.M. Live - 782	-	234.13
Saturday Morning Sanity - 1989	-	375.00
Saturday Nite Live - 2192	-	100.00
Scripps Ranch Men's Two - 2776	-	227.20
Scripps Ranch Mens - 3168	-	139.34
Serenity Sunday - 3041	-	47.20
Sisters In Sobriety - 3127	-	401.00
Sisters in Solution - 3272	-	247.00
So Bay New Womens - 2325	-	180.00
Sobearity - 3129	-	281.00
Sober Nooners - 196	-	200.00
Sober Roses Womens Step Study - 2946	-	66.22
Sobriety At All Cost - 3006	1,103.00	1,103.00
Sobriety On State and Date - 2697	-	176.49
Sons of God - 2789	-	320.00
Sorrento Valley Nooner - 544	-	445.00
SOUTH BAY PIONEERS	-	100.00
South Park Sobriety - 1015	80.00	224.00
Spiritual Awakening - 2275	128.87	2,499.90
Spiritual Awakenings Step Study - 3174	-	285.00
Sunday Beach Sun-Day - 568	-	90.00
Sunday Keep it Simple - 3348	-	20.00
Sunday Kind of Love - 429	-	341.00
Sunday Middy - 161	225.00	475.00
Sunday Morning Eleventh Step - 1206	200.00	200.00
T.G.I.F. - 1658	250.00	621.50
The 530 - 3266	100.00	600.00
The Gathering Of The Goddesses - 2890	180.00	180.00
The Gift - 2954	-	424.63
The Hole In The Doughnut - 2737	260.00	860.00

Group	Jul-22	Ytd 22
The Huddle in the Park - 3278	523.00	3,779.60
The Language of the Heart - 3066	-	189.67
The Other Meeting - 857	110.00	347.50
The Rogue Meeting - 3338	213.66	2,042.83
The Rogue Women's Meeting - 3404	260.00	260.00
The We Group Speakers Group - 2739	-	150.00
There is a Solution - 2680	200.00	360.00
Three Legacies Group - 2194	330.00	330.00
Thurs Nite Mens Big Book Study - 1748	-	75.00
Thursday Steps - 646	-	285.07
Thursday Steps Online - 3361	-	8.00
Ticket to Recovery - 3269	284.56	649.23
Tierrasanta Friday Night - 2645	-	100.00
Tierrasanta Morning Serenity - 2811	-	100.00
Toes in the Sand - 3282	-	1,183.18
Top of The Hill - 41	-	325.00
Trudgers Mens Step Study - 3008	-	550.50
Tues Night Mens Step Study - 1813	100.00	370.00
Tuesday Morning Alpine - 440	-	172.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	-	400.00
Turning It Over - 3196	-	80.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	61.88
University City Womens - 369	-	420.00
Valley Girls - 2617	-	64.73
Veterans Leave No One Behind - 2038	-	100.00
Wake Up Call - 1932	-	553.00
War Fever - 880	64.25	214.75
Water Walkers - 5	-	200.00
Water Walkers Too - 1946	-	600.00
Way Up and Out - 415	-	159.55
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	90.00	220.00
Whatever It Takes - 3350	344.50	344.50
Wholesale Miracles - 2474	170.00	697.00
Womans Gut Level - 1701	-	53.76
Women's Joy Of Living - 2636	107.73	523.61
Women In Harmony - 1807	-	90.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Sober Sunday - 731	-	50.00
Womens Step Study - 296	101.52	533.72
Womens Thursday Nite - 514	173.69	173.69
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	200.00
Womans Gut Level - 1701	-	53.76
Women's Joy Of Living - 2636	-	523.61
Women In Harmony - 1807	-	90.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Sober Sunday - 731	-	50.00
Womens Step Study - 296	-	533.72
Womens Thursday Nite - 514	-	173.69
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	200.00

Group Secretaries/Treasurers  
Central Office does not mail receipts  
 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.



# Central Office Notes



## 2022 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
September 5	Labor Day	Monday
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

<b>July 2022 Group Contributions</b>	<b>\$14,936</b>
<b>Individual Contributions</b>	<b>1,548</b>
<b>Literature &amp; Interest</b>	<b>352</b>
<b>Total Revenue</b>	<b>\$16,836</b>
<b>Central Office Expenses</b>	<b>-11,701</b>
<b>Committee Expenses</b>	<b>-350</b>
<b>Total Expenses</b>	<b>-\$12,051</b>
<b>June 2022 Net Revenue</b>	<b>\$4,784</b>
<b>2022 YTD Revenue</b>	<b>\$15,360</b>

### Does Your Meeting Have a Voice?

#### Why Your Group Needs a Coordinator

- ⇒ Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service
- ⇒ The Coordinating Council of AA San Diego is our local intergroup association and each individual AA group is entitled to representation
- ⇒ Currently out of over 750 groups only 35 are represented
- ⇒ Bring any issues to the council that may affect AA as a whole
- ⇒ Vote on behalf of your group's conscience on issues set before the council

The Coordinating Council meets once a month on the second Thursday of every month both in person in Mission Valley and online. Call Central Office for more information. Register now to receive a \$50 literature gift certificate for your group.

### Calling all Night Owls



#### Central Office is Grateful for our Phone Volunteers!

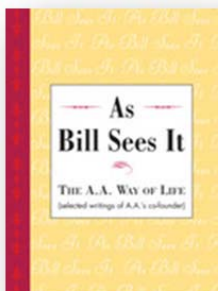
How many times have you heard a newcomer say their life was saved when they called Central Office in the middle of the night?

- ◆ The 21st of the month has not been covered for months... there are 35 opportunities on the calendar & 750 groups in San Diego yet we can't get this one night covered
- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!

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

"Word comes to me that you are making a magnificent stand in adversity -- this adversity being the state of your health. It gives me a chance to express my gratitude for your recovery in A.A. and especially for the demonstration of its principles you are now so inspiringly giving to us all. You will be glad to know that A.A.'s have an almost unflinching record in this respect. This, I think, is because we are so aware that God will not desert us when the chips are down; indeed, He did not when we were drinking. And so it should be with the remainder of life. Certainly, He does not plan to save us from all troubles and adversity. Nor, in the end, does He save us from so-called death - since this is but an opening of a door into a new life, where we shall dwell among His many mansions. Touching these things I know you have a most confident faith."

-- Letter, 1966, pg. 222, Reprinted with permission from A.A.W.S.



MAGNIFICENT  
 ADVERSITY  
 STAND  
 GRATITUDE  
 RECOVERY  
 PRINCIPLES  
 GLAD  
 UNFAILING  
 RECORD  
 AWARE

DESERT  
 CHIPS  
 DRINKING  
 REMAINDER  
 LIFE  
 PLAN  
 TROUBLES  
 OPENING  
 DWELL  
 MANSIONS

TOUCHING  
 CONFIDENT  
 FAITH  
 WORD  
 STATE  
 HEALTH  
 CHANCE  
 RESPECT  
 DEATH  
 THINGS

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Balance Sheet**  
**As of July 31, 2022**

	<b>July 22</b>
<b>ASSETS</b>	
<b>Current Assets</b>	
<b>Checking/Savings</b>	
San Diego Intergroup, Inc 2019	50,353.05
Credit Card Merchant 2019	632.65
PayPal Merchant	362.08
CD #1 - Prudent Reserve-1061	35,064.88
CD #2 - Prudent Reserve-8245	25,126.01
CD #3 - Prudent Reserve -3206	35,050.85
CD #4 - Prudent Reserve-6068	35,059.02
Petty Cash	200.00
Petty Cash/Drawer	50.00
<b>Total Checking/Savings</b>	181,898.54
<b>Other Current Assets</b>	
<b>Total Prepaid Expenses</b>	1,098.63
<b>Inventory - Literature</b>	35,317.72
<b>Total Other Current Assets</b>	36,416.35
<b>Total Current Assets</b>	218,314.89
<b>Fixed Assets</b>	
Archive's Room	4,703.27
Office Equipment	23,702.86
Leasehold Improvement	14,030.01
Less Accumulated Depr.	(35,872.60)
<b>Total Fixed Assets</b>	6,563.54
<b>TOTAL ASSETS</b>	<b>224,878.43</b>
<b>LIABILITIES &amp; EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
<b>Other Current Liabilities</b>	
Payroll Taxes Payable	1,703.41
Sales Tax Payable	411.78
<b>Total Other Current Liabilities</b>	2,115.19
<b>Total Current Liabilities</b>	2,115.19
<b>Equity</b>	
Reserve Fund PI Literature Racks	-
Reserve Fund Program Anniv Break	-
<b>Prudent Reserve</b>	
Cert/Deposit #1	35,000.00
Cert/Deposit #2	25,000.00
Cert/Deposit #3	35,000.00
Cert/Deposit #4	35,000.00
<b>Total Prudent Reserve</b>	130,000.00
Retained Earnings	77,403.05
Net Revenue	15,360.19
<b>Total Equity</b>	222,763.24
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>224,878.43</b>

# Things to Do, And Places to Go

## 3rd Weekend Camping Group

**When:** September 16-18, 2022  
**Where:** Dos Picos County Park  
**More Info:** Call Central Office 619-265-8762

## Harvest Moon Kickback

**When:** September 23-25, 2022  
**Where:** Lake Henshaw, Santa Ysabel, CA  
**More Info:** Call Central Office 619-265-8762

## Bridging the Gap Workshop

**When:** September 30-October 2, 2022  
**Where:** King's Inn San Diego  
**More Info:** [www.BTGWW.org](http://www.BTGWW.org)

## Celebration of Women Conference

**When:** October 7-9, 2022  
**Where:** 595 Hotel Circle South  
**More Info:** [www.ewesandiego.com](http://www.ewesandiego.com)

## Serenity by the Sea Retreat

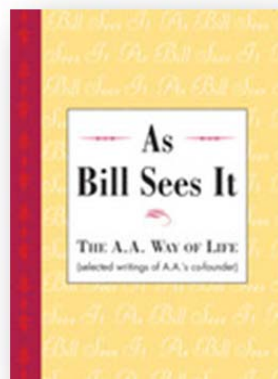
**When:** October 14-16, 2022  
**Where:** Rosarito Beach Hotel & Resort  
**More Info:** Call Central Office 619-265-8762

## Miracle on the River

**When:** November 4-6, 2022  
**Where:** Lake Havasu City, AZ  
**More Info:** [www.HavasuAARoundup.org](http://www.HavasuAARoundup.org)

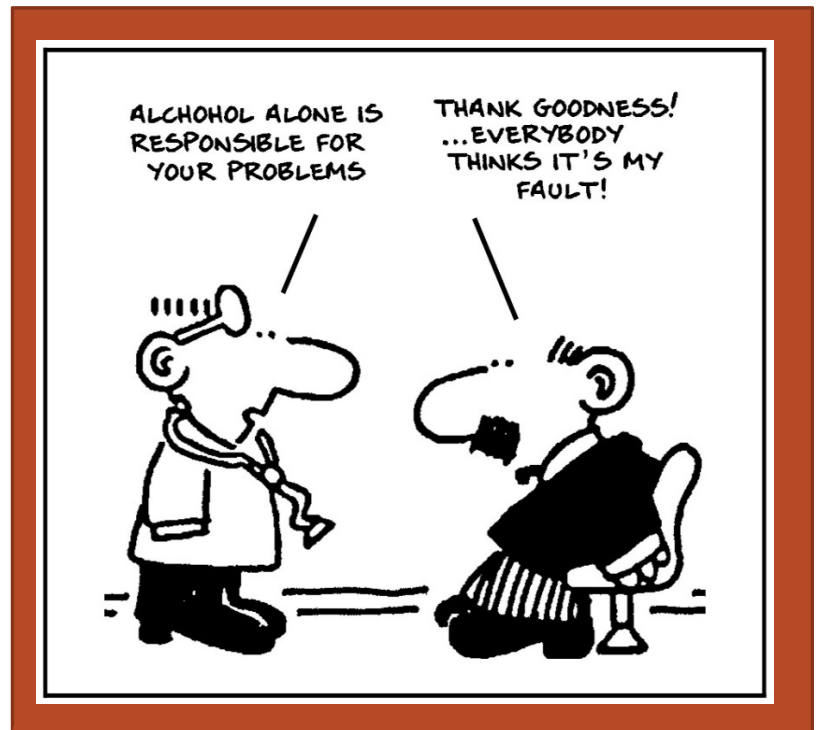
## Sobriety Under the Sun

**When:**  
January 13-15, 2023  
**Where:**  
Puerto Vallarta, Mexico  
**More Info:**  
Call Central  
Office 619-265-8762



# Unglum Lot

## Monthly Cartoon Feature



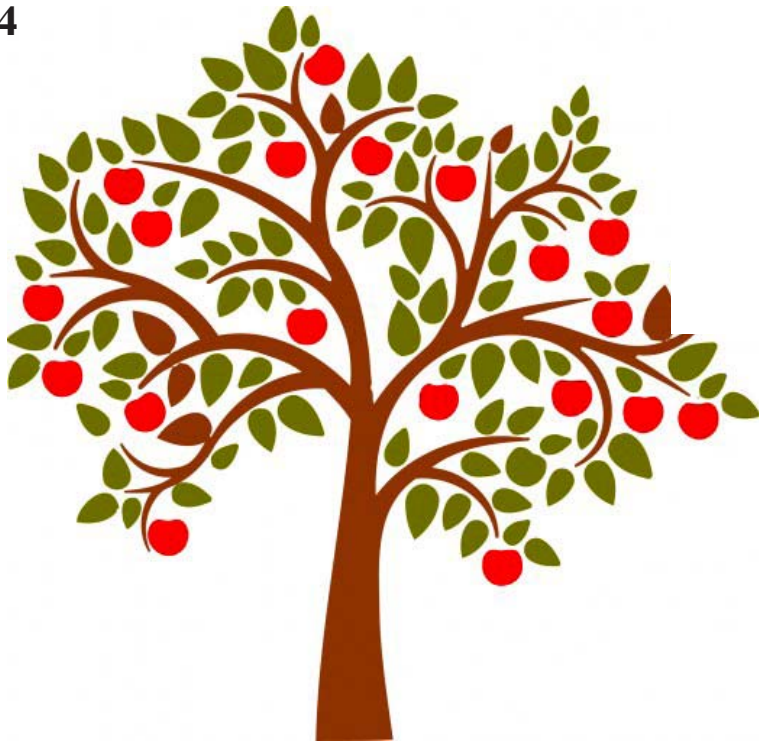
*Excerpt from*

## September Book of the Month *As Bill Sees It (Soft Cover)*

"Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life -- the one that did not work -- for a new life that can and does work under any conditions whatever.

Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of A.A.'s Twelve Steps. GRAPEVINE, DECEMBER 1957" - pg. 9

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



## Love, Empathy, and Compassion

### No Criticism or Character Assassination

*Continued from page 1*

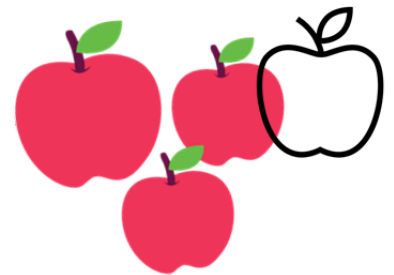
This never worked for me as I could not fool my conscience. Things only got worse. I still worked through the steps and did what I could at the time. No one gets it perfect the first time, but we can make a second effort at it when we have established a record of living by principles. Alcoholics Anonymous (A.A.) meetings are a training ground for how we treat others and if we cannot accept the people there, it is a cinch we will not do it outside of the rooms.

Everyone that comes to A.A. brings with them, their own assortment of mental, emotional, spiritual, and material problems, and none of us are without these concerns. If we did not have them, we

would not need this program. We all feel vulnerable and establish our own firewalls, with the help of our EGO'S, to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might establish hard and fast protective reactions, mentally and verbally to protect our own turf. With so many different personalities brought together in one group, it is extremely hard to let down our guards; we all feel justified when pointing out the faults of others. This is what the alcoholic personality does. With the understanding that most forms of criticism and character assassination stem from low self-esteem, it occurred to me that I was just as guilty of the very things that I was accusing them of. I

likened it to two old men in a convalescent home hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into their motives and understand what caused them to behave the way they did, and not be threatened by their outside behavior. I cannot express in words the mental freedom that this principle has produced in me. When I see someone acting out, my first thought is not judgmental in nature but of empathy and compassion. My next thought is "what I can do to help him or her." In time, I have come to terms with all the people that I inner act with on a day-to-day basis and I conflict with no one. To me, they are all like kids just learning how to do life. They all have problems,

*Continued on page 15*



## Love, Empathy, and Compassion

### No Criticism or Character Assassination

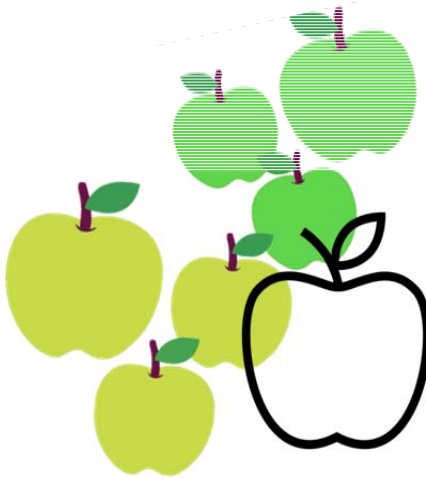
*Continued from page 14*

and I am not going to be one of them. I need to be strong enough to replace words like resentment, judgment, and criticism with empathy, understanding and compassion. Today I have no adversaries that I can think of, and peace of mind is the natural result of this approach. I find no exceptions to this



principle, and I cannot be selective about who I apply it to. Everyone gets amnesty in my book. All those mental gymnastics about “those other people” are a distant memory and I cannot think of a single time that practicing this principle did not serve me well. The only one that is sorry for this profound and life changing transition is my EGO, but about that; who am I to criticize?

~ Rick R.



## I Cringe

### Traditions versus Customs

*Continued from page 1*

Consequently, when old customs are cast aside by the new of which I believe detrimental to recovery, I remain silent. However, if I belong to that particular group, I may discuss my opinion at the next group conscience.

Here follows a few of the newer practices that cause me to cringe:

- *When the chairperson ignores the readers name and instead announces:  
“I have asked a friend to read ...”, etc. How impersonal is that! Are we just impersonal strangers?*
- *During the reading of Chapter Five at the beginning some members “call out.” (What’s the point, etc.). To newcomers the 12 Steps needs to be considered very important; such disruptive joking tends to diminish newcomer respect for the AA program.*

- *I believe the original opening readings are necessary, e.g., the Steps, Traditions and Promises. However, some meetings read, and read! Such over-reading destroys the intended message—too many words become a meaningless blur—besides, how boring!*
- *The practice of announcing as an “alcoholic and-a something else” is becoming increasingly prevalent—well, who isn’t! This practice dilutes our primary purpose. Alcoholic and-a jaywalker, indeed!*
- *Lastly, I cringe at the silly “chicken-dance and chanting” following the Lord’s Prayer. I believe this diminishes sincerity of this special prayer.*

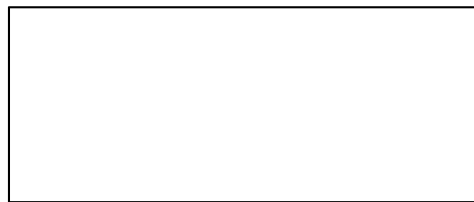
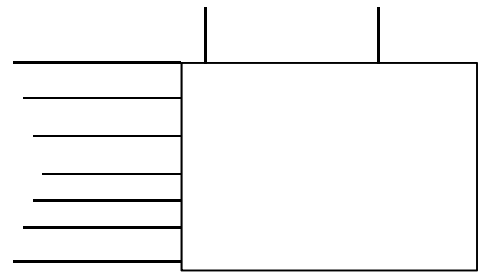
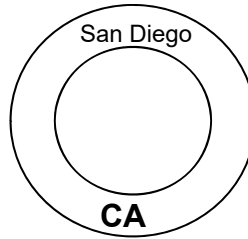
Of course, many groups still hang on to the old tried and successful customs and have not changed one iota. Thank you, God!

~ Bob S..



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

RETURN SERVICE REQUEST



SUN MON TUE WED THU FRI SAT

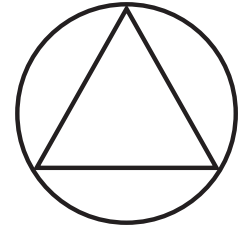
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	





[aasandiego.org](http://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" From the AA Big Book, p. 59*

October 2022  
VOL. LX NO. 10

## INSIDE . . .

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## "Carry the AA Message"

Join the fun, submit an article!

**November (due 10/10/22)**

*"Made direct amends ..."*

**December (due 11/10/22)**

*"Continued to take ..."*

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

## Article Web-Site

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

## The Unselfish Spirit Accepting the World as It Is



Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. The degree that the individual carries out these two goals is not mandated by the A.A. body and the only requirement for membership is a desire to stop drinking. The AA program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of spiritual damage and material wreckage.

*Continued on Page 14*

## The Acid Test

**Daily Reflections, page 284**

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we

commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions? (*Twelve Steps and Twelve Traditions, p. 88*)

*Continued on Page 14*

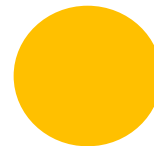
## Adventures in Sobriety

**From the April  
1996 San Diego  
A.A. Coordinator  
Newsletter**



One of the greatest gifts that we can give ourselves is open mindedness. It was easy for me to appear to have an open mind in the beginning of my sobriety. So desperate for relief, from myself and my disease, I eagerly accepted what others told me to do and, not judging too harshly who they were or what they said.

*Continued on Page 15*



24 HOUR PHONE: (619) 265-8762

OUR WEB PAGE: [www.aasandiego.org](http://www.aasandiego.org)

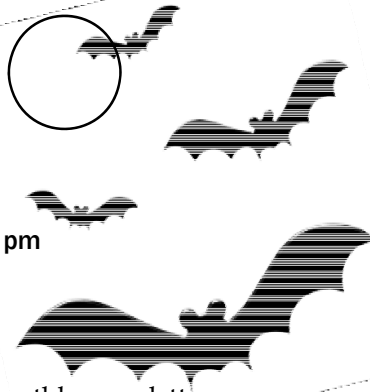
E-MAIL: [sdaaco@aol.com](mailto:sdaaco@aol.com)

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 are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (see page 1, bottom left).

Submissions may be emailed to the newsletter chair at [SDAA.newsletter@gmail.com](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

#### Coordinating Council Officers:

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC) Program	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	Need	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Butch	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

#### Area Officers:

Delegate	Monty	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Richard	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Blaine	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	John	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

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

**Contributors:** Rick R., Daily Reflections, General Service Office, and

**November Theme:** "Sought through prayer ..."

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

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

### Committee Announcement

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

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



### Following Coordinating Council Standing Committees need members.

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

I have the suggested sobriety? If there are other suggested qualifications, do I have those qualifications and to the best of my knowledge, do I have no scheduling conflicts to serve in the commitment?" If my answers to all of those questions are yes, I should make myself available and let my Higher Power decide if that is the position I should be in.

"Also, please talk to the members in your group about serving on the Council. Members at large may be elected to positions. It is not required that you are a Coordinator to serve on a c



## 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 Magnet Pulls

Shaking by three,  
and a wreck by five,  
a magnet pulls you there.

Leaving the job and buying some more,  
a magnet pulls you there.

Being ashamed but doing it again,  
a magnet pulls you there.

Losing all friends, the home, the work,  
a magnet pulls you there.

Remembering nothing of the previous night,  
a magnet pulls you there.

Wanting to change, but not knowing how,  
a magnet pulls you there.

Having no hope, caring nothing for self,  
a magnet pulls you there.

No spirit, no God, no values no dreams,  
a magnet pulls you there

A void in all, a virtual vortex,  
a magnet pulls you there.

A powerful force, like falling from the sky,  
a magnet pulls you there.

Hitting the ground, not caring at all,  
a magnet pulls you there.

A damp and dank confinement horror,  
a magnet pulled me there.

A cheerful, happy and warm hearted lady,  
a magnet pulls me there.

To the rooms of AA, the healing begins,  
this magnet, it pulls me there.

The friendships, the faith, the stories of old,  
the magnet it pulls me there.

Where I belong, having trudged the long road,  
because a magnet it pulls me here.

~ Laurie A.



## Poets Wanted Here

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

## Central Office Phone Calls and Website Hits

Central Office is grateful for our  
Volunteers

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

Website Hits	September	Total
	77,418	8,671,148

*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!*

**Maggie S. 42 Years  
Jerry McC. 39 Years August 8, 1983  
Torrey Pines Discussion**



### Birthday Gratitude

Name \_\_\_\_\_

City/Home Group \_\_\_\_\_

Sobriety Date \_\_\_\_\_

Amt. Enclosed \_\_\_\_\_

Please mail to:

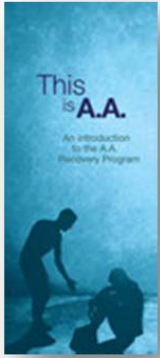
**San Diego Central Office  
7075-B Mission Gorge Rd  
San Diego, CA 92120-2454**

*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.*

Excerpt from

October 2022  
Pamphlet of the Month  
Pamphlet P1

**This is A.A.**



"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... We have but one primary purpose: to stay sober ourselves and to help others who may turn to us for help in achieving sobriety. We are not reformers, and we are not allied with any group, cause, or religious denomination. We have no wish to dry up the world. We do not recruit new members, but we do welcome them. We do not impose our experience with problem drinking on others, but we do share it when we are asked to do so." - P. 7 Reprinted with permission from A.A.W.S.

Unglum Lot  
Monthly Cartoon Feature



Meetings in Motion

NEW	
<b>A.M. 4 WINNERS II</b>	North Park
Church @ 3725 30th St Tuesday @ 10:30 A	
<b>CHANNELING SERENITY</b>	Lakeside
Church @ 9808 Channel Rd Monday @ 06:00 P Meeting Code(s): C W *	
<b>DRY TIME COUNTS</b>	North Park
Office Bldg. @ 2621 University Ave Tuesday @ 07:00 P	
<b>HAND IN HAND BIG BOOK STUDY</b>	Online
ID #: 509 272 8425; PW: 833884 Tuesday @ 07:30 P	
<b>SOBER DRUNKS</b>	Santee
Store @ 8790 Cuyamaca St, Ste D Tuesday @ 05:30 P	
REACTIVATED	
<b>LUSHES LUNCH TUESDAY</b>	Clairemont
Restaurant @ 4280 Clairemont Mesa Blvd Tuesday @ 12 :00 N	
<b>PB PRIMARY PURPOSE</b>	Pacific Beach
Club-upstairs @ 4861 Cass St Saturday @ 06:00 P	
NAME CHANGE	
<b>THE NINE THIRTY</b>	Allied Gardens
Club @ 5107 Waring Rd Daily @ 09:30 P Was: "9:30 Everynighters"	
<b>THIRSTY THURSDAY</b>	Pacific Beach
Club -Upstairs @ 4861 Cass St Thursday @ 06:00 P Was: "Open Discussion"	

ONLINE INFO CHANGE	
<b>A WALK IN SERENITY</b>	Online
ID #:867 5155 5622; PW: 107415 Tuesday @ 06:30 P Published Password	
<b>DESIGNS FOR LIVING</b>	Hillcrest & Online
Church-Great Hall @ 2728 6th Ave ID #: 729 533 906; PW: DFLaaSob3r Friday @ 07:00 P Published Password	
<b>LAKE MURRAY WOMEN'S</b>	Online
ID #: 871 2747 9639; PW: 148793 Monday @ 10:30 A New Login Information	
CANCELLED	
<b>MONDAY MOUNTAIN MADNESS</b>	Campo
Office Bldg @ 31464 Hwy 94 Monday @ 06:30 P	
<b>ROOT OF OUR TROUBLE</b>	North Park
Tea Room @ 1731 University Ave Friday @ 08:00 P	
<b>SOBER CAMEL SPEAKERS MEETING</b>	El Cajon
Church @ 115 Cajon View Dr Sunday @ 06:00 P	
RELOCATED	
<b>FREE THINKERS STEP STUDY</b>	North Park
Church @ 3030 Thorn St Wednesday @ 7:00 P Was: Balboa Park Clubhouse, Golden Hills	
<b>LA JOLLA SPEAKERS</b>	Mission Valley & Online
Church @ 2111 Camino Del Rio S. ID #: 541 660 118; PW: 189384 Saturday @ 07:25 P Was: 3295 Meade Ave, North Park	

RELOCATED (continued)	
<b>TRUDGERS MENS STEP STUDY</b>	Normal Heights
Coffee Shop @ 3343 Adams Ave Tuesday @ 07:00 P Was: 4590 Park Blvd, University Hts.	
<b>TUESDAY AA STEP STUDY</b>	Clairemont
Church @4271 Clairemont Mesa Blvd Tuesday @ 01:00 P Was: 4421 Bannock Ave, Clairemont	
TIME / DAY CHANGE	
<b>AFTERNOON DELIGHT</b>	Pacific Beach
Club-downstairs @ 4861 Cass St Daily @ 02:30 P Mo-Sa Added Saturday Was "Sat. Afternoon Disc."	
<b>DOCTORS, LAWYERS &amp; PROFESSIONALS</b>	La Jolla
Church Hall @ 4323 Eastgate Mall Thursday @ 06:00 P Was: 7:00 PM	
<b>PINE VALLEY THURSDAY</b>	Pine Valley
Club @ 28890 Olde Hwy 80 Thursday @ 06:00 P Was: 6:30 PM	

Is your meeting up to date?  
To make meeting changes, reactivate a meeting, add a new meeting, or cancel a meeting, email Central Office at [sdaaco@aol.com](mailto:sdaaco@aol.com) or call during Bookstore Hours at 619-265-8762

**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, September 8<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 921<sup>st</sup> with a moment of reflection followed by the “I am Responsible Declaration”

**Guest Reports:**

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

We continue to prepare for our September ACM next Thursday and our Big Day Assembly on 9/24 in Brawley. The 70<sup>th</sup> Southern California Convention will be in person from 11/4/22 – 11/6/22. Registration is now open. For more information please go to [aasocal.com](http://aasocal.com). There are many exciting upcoming events. Please visit [area8aa.org](http://area8aa.org) or [aasandiego.org](http://aasandiego.org) for more information. Calls continue to go out for stories for the 5<sup>th</sup> Edition Big Book, the Black & African American pamphlet and the Spanish 4<sup>th</sup> Edition Big Book. Please go to [aa.org](http://aa.org) for more information. The deadline to submit stories is 10/31/22.

**H & I Representative: Bill Twain, H&I representative reported that:**

Please announce at your meetings that H&I has service opportunities to serve on panel openings. Please encourage members to attend one of the two available orientations, either on the 3rd Sunday or every month at noon at 5150 Kearny Mesa Rd. or online on the third Thursday of the month. Information for both of these can be found on our website at [sdhandi.org](http://sdhandi.org). Additionally, we are hosting Bridging the Gap Workshop Weekend on Sept 29 - Oct 2. The 31st Annual Bridging the Gap Workshop Weekend will consist of presentations & discussions. Bridging the Gap helps connect alcoholics on the inside of hospitals & institutions with alcoholics in the communities they will be released to so that they can correspond with one another. Those who attend the workshop are AA's involved or interested in 12th step work through various General Service & Intergroup Committees like Treatment, Corrections, CPC, H&I, etc. WE ARE IN NEED OF VOLUNTEERS for registration, hospitality, etc. If you would like to volunteer please contact Lauren at 619.873.7551. You can also find registration and more information about the weekend on the central office website under Events.

**Intergroup Standing Committees Reports**

**After Hours Phones: Tim, Chair, Shared:**

1. Thank you to all volunteers.
2. We need your help in finding a group to take on the commitment of answering phones on the 21<sup>st</sup> of every month. Please contact Tim at [afterhoursphonesd@gmail.com](mailto:afterhoursphonesd@gmail.com) if your group is available to take on this awesome and very valuable service opportunity.

**Business Committee: Nick, Business Committee Chair reported:**

The Business Committee met on Tuesday, September 6<sup>th</sup>, 2022 at 6:00 pm.

**August 2022 Financial Summary:**

Net Revenue is \$1,869. Our 2022 YTD Net Revenue is \$17,229. Group & Individual Contributions were \$16,889. Literature Sales Revenue & Bank Interest were -\$717 while total office & committee expenses were \$14,304.

**Central Office Manager's Report:**

- Sept BOOK OF THE MONTH: As Bill Sees It, Soft Cover, Sale \$6.60, Reg. \$8.60 Max: 5
- Oct BOOK OF THE MONTH: Experience, Strength & Hope, Sale \$4.00, Reg. \$6.00 Max: 5
- Book Inventory: the only books of interest that are still back ordered at A.A.W.S. are the large print 12x12, back in stock in December. We have received all other previously back ordered books and pamphlets and are fully stocked.
- The Central Office Open House was a huge success with a great turnout. We sold just under \$1,000 but sadly did not register any Coordinators.
- Tickets are now on sale for the Anniversary Breakfast at the Bookstore only for \$10
- Unfortunately, Judi was unable to get any competitive bids from hotels in San Diego to present at ICOAA. The bids were either too high or the hotels were “unavailable”. There was some discussion at the conference that several Southern California offices, including Temecula, Vista, Palm Springs and San Diego, may combine efforts to put together a bid to hold the 2025 Conference in Palm Springs.
- Judi will be off September 14-16 as comp time for the attending the conference over Labor Day weekend. Lisa Ann will cover.

**New Business:**

1. The Business Committee discussed whether or not to list a meeting that trademarked a meeting name as a business. It was M/S/C to not list the meeting in the A.A. San Diego meeting schedule. There will be further information on this during New Business.

**Newsletter: No report**

**CEC (Cooperating with elderly Community) Committee: Jean, Chair shared that:**

1. Thank you to Richard O. for translating the CEC flyer into Spanish.
2. Next steps include putting together Spanish literature racks
3. This committee needs new members and wishes to invite a Spanish speaking member to join along with volunteers to assist in delivering CEC Pamphlet Racks to facilities.

Continued from Page 5

Coordinator Outreach: Brian, Chair shared that:

1. The committee visited one new meeting per week in the month of August.
2. They were also present at the Central Office Open House and continue to look for opportunities to educate members on how the Coordinating Council benefits AA in San Diego and to recruit new Coordinator to serve on the Council.
3. All Coordinators are asked to share their experience with the overwhelming number of unrepresented meetings in San Diego and how it is a tremendous service opportunity.
4. This Committee has two spots available.

Orientation & Guidelines: Joseph, who stepped up to fill in for Amy shared that:

1. Welcome to our new coordinators, Madeline & Philip
2. Joseph enjoyed the experience and will talk to Amy about continuing when she returns

Program Committee: Richard O. shared that:

1. The Open House was fantastic! So many people purchased literature from the August promotion. There was fellowship, food, and fun had by all.
2. The Anniversary Pancake Breakfast is Saturday Nov. 5. Fellowship begins at 9am; Breakfast at 9:30. Tickets available for sale at Central Office ONLY and available now. Tickets are \$10. There are 9 rectangle tables of 10 available and 23 round tables of 8. First come first served.

Public Information Committee: No report

Quorum was established: There are 35 Coordinators in attendance; so yes we have a quorum.

Approved August 2022 Meeting Minutes

OLD BUSINESS:

1. Nine groups announced their concepts for spending down the excess net revenue

NEW BUSINESS:

1. A member from the 9:30 Everynighters group, Garey M. addressed the Council & read a statement to appeal a decision made by the Business Committee not to list the meeting in the A.A. San Diego meeting schedule due to Traditions violations. He stated that if his group were not listed in the schedule he would file a lawsuit against the Central Office. Q&A & discussion followed. A motion was made to perennially ban any group that engages in civil litigation against Central Office. Motion did not carry. A motion was made to affirm the recommendation made by the Business Committee to not list the 9:30 Everynighters group in the A.A. San Diego meeting schedule. M/S/C
2. A motion was made to form an ad-hoc committee to create a timeline, format and a list of the projects with costs based on the ideas presented at tonight's meeting to spend down the excess net revenue. M/S/C
3. Kay, Kristen, Bill, Gilbert and Joseph were elected to serve on the ad-hoc committee and will present their report at the October Council meeting.

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Meredith, 8 years and Kristen 3 years.

Reminders:

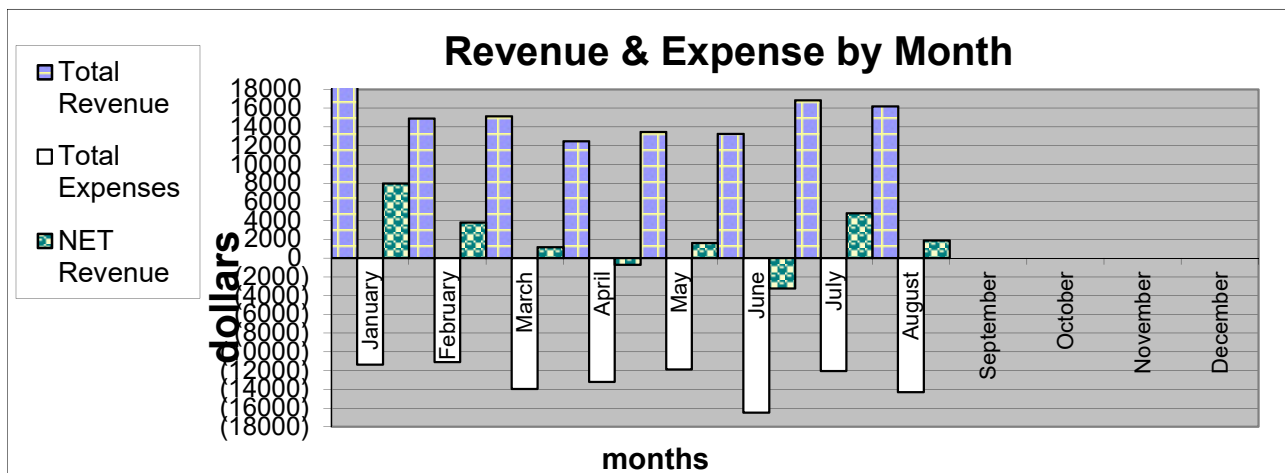
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@asandiego.org](mailto:councilchair@asandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 10/1/2022.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [asandiego.org](http://asandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of August 31, 2022**

	August 22	August 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	15,446.34	11,662.02	107,054.55	80,600.47	26,454.08	150,000.00
Contributions Individual	1,443.47	1,379.67	10,711.17	16,989.75	(6,278.58)	15,000.00
Contributions SDIAA	-	-	-	-	-	-
Interest - Cert of Deposits	41.52	40.47	273.26	468.74	(195.48)	500.00
Literature Revenue (see schedule)	(758.68)	1,191.09	3,470.84	4,370.40	(899.56)	7,050.00
<b>Total Revenue</b>	<b>16,172.65</b>	<b>14,273.25</b>	<b>121,509.82</b>	<b>102,429.36</b>	<b>19,080.46</b>	<b>172,550.00</b>
<b>Expense</b>						
Accounting & Legal	-	135.00	2,525.00	2,494.90	30.10	2,930.00
Auto/Travel/Seminar	39.85	33.00	792.10	111.50	680.60	1,500.00
Bank Service Charges	-	-	60.00	121.51	(61.51)	50.00
Cash (Over) Short	6.58	(10.32)	(11.63)	68.53	(80.16)	10.00
Equipment Maint & Repair	51.36	51.36	699.78	410.88	288.90	750.00
Equipment Purchase	-	779.43	2,349.09	1,034.31	1,314.78	2,000.00
Insurance	88.75	113.38	583.62	956.56	(372.94)	1,200.00
Office Maint. & Repairs	45.00	25.00	312.00	444.91	(132.91)	500.00
Office Supplies	293.92	785.73	2,801.66	1,823.02	978.64	2,800.00
Rent	2,020.00	1,980.00	16,000.00	15,640.00	360.00	24,080.00
Taxes	-	-	75.00	60.00	15.00	80.00
Telephone	127.89	242.20	949.22	1,642.94	(693.72)	1,200.00
Utilities-Electricity	488.82	456.89	3,225.50	1,861.14	1,364.36	5,000.00
Website	-	-	55.65	147.88	(92.23)	35.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	563.29	445.80	4,570.44	5,981.17	(1,410.73)	8,970.00
Employee Wages	7,273.11	5,109.18	55,268.20	59,180.31	(3,912.11)	82,278.00
Employee 403B Contribution	-	-	-	314.00	(314.00)	-
Employee Health Benefit	822.35	653.13	6,397.17	5,555.50	841.67	7,840.00
Insurance-Worker's Comp	44.61	43.16	351.08	339.72	11.36	500.00
<b>Total Office Expense</b>	<b>11,865.53</b>	<b>10,842.94</b>	<b>97,003.88</b>	<b>98,188.78</b>	<b>(1,184.90)</b>	<b>141,723.00</b>
Standing Committees Expense (see schedule)	2,438.32	559.26	7,276.95	1,933.39	5,343.56	11,935.00
<b>Total Expense</b>	<b>14,303.85</b>	<b>11,402.20</b>	<b>104,280.83</b>	<b>100,122.17</b>	<b>4,158.66</b>	<b>153,658.00</b>
<b>Net Revenue</b>	<b>1,868.80</b>	<b>2,871.05</b>	<b>17,228.99</b>	<b>2,307.19</b>	<b>14,921.80</b>	<b>18,892.00</b>



## Group Contributions August 2022

Group	Aug-22	Ytd 22	Group	Aug-22	Ytd 22
11th Step Journey - 2622	100.00	200.00	Evening Serenity - 2305	100.00	600.00
12 X 12 AND BB - 2939	-	110.00	Every Night at Six - 3241	-	800.00
151 Club - 2443	200.00	200.00	Everynighters Online - 2997	-	237.73
24 Hours a Day - 3262	50.00	150.00	Eye Opener Group - 607	-	574.40
3 O'Clocker - 2201	-	800.00	Fairmont Park Discussion - 2832	-	30.00
4077 Mash Step 11 - 2027	-	135.00	First Mira Mesa Mens - 300	76.00	76.00
52 From The Big Blue	-	205.00	Fishermen In Recovery - 2863	87.00	227.00
530 Meditation - 3085	-	597.50	Fletcher Hills Smokeless - 59	-	100.00
830 Every Morning Recovery Group	-	414.00	Fresh Start Beginners - 2609	317.72	596.13
9 AM with a View - 3397	-	30.00	Friday Happy Hour - 2821	-	150.00
92037 Group - 861	-	200.00	Friday Night Gratitude - 2829	140.40	140.40
A Vision and a View - 3337	-	26.29	Friday Night Irregulars - 2889	200.50	677.50
A Womens Meeting - 1717	2,020.00	2,120.00	Friday Online 12 x 12 Step Study - 3351	218.00	448.00
AA By The Bay - 629	-	75.00	Garnet Group - 1129	30.00	30.00
AA Discussion Group - 1991	-	125.00	Gilman Group - 1988	-	250.00
Afternoon Delight - 2704	-	75.00	God Squad Too - 2809	-	128.39
Alpine Group - 6	-	245.50	Goldmine Speakers - 2613	-	75.00
Alpine Mixed Step Study - 2621	100.00	150.00	Good Morning AA - 1888	-	507.00
Another New Beginning - 144	-	75.00	Good News Bad News - 2833	-	112.96
As Bill Sees It Nooner - 2431	120.00	120.00	Grape Street Sunrise - 1293	-	100.00
At Home Mens - 215	-	264.99	Great Fact Group - 895	-	120.00
At One With Each Other - 789	-	138.00	GSDYPAA	105.65	400.02
B.Y.O.B. (North Park) - 203	77.00	546.00	Happy Hour Meeting - 1038	-	220.66
Back to Basics - 1026	200.00	200.00	Harmony Group - 585	290.00	3,615.00
Barefoot - 139	-	100.00	Haul Your Hiney Out Of Bed - 704	86.00	166.00
Bayside Big Book Study - 1610	-	50.00	Hi-Nooners - 673	-	200.00
Bayside Bonfire Group - 1139	-	253.75	HOW @ Noon - 2998	300.00	900.00
Beautiful Beginnings - 552	-	246.01	I. B. Up - 2565	-	900.00
Big Bon-Fire Meeting - 1894	-	341.00	IB Sober - 3161	-	10.00
Big Book Awakening - 3387	-	72.00	Imperial Beach Group - 79	-	50.00
Bonita Boozers - 2179	-	125.00	Jaywalkers - 3100	462.00	462.00
Bonita Womens Big Book Study - 3112	-	320.00	Jump Start - 2174	150.23	265.77
Carrying the Message - 2458	-	383.21	Just Us Girls - 929	-	191.00
Casa De Oro Tradition Five - 503	-	289.00	Keep it Simple - 3395	-	82.91
Cedar Street Mens - 1698	-	819.00	Knuckleheads - 3182	-	600.00
Chula Vista 4 Min Speakers - 1568	-	75.50	La Jolla Discussion Group - 85	-	48.00
Clairemont Fri Night - 375	-	130.00	La Jolla Mens - 692	-	300.00
Clairemont Mens - 301	330.00	948.00	La Jolla Monday Womens - 87	-	389.00
Clairemont Mixed Discussion - 338	-	405.00	La Jolla Nonsmokers Disc - 88	-	280.00
Clairemont Wednesday Group - 303	-	206.50	La Jolla Sunrise - 2684	-	1,500.00
Clairemont Womens Discussion - 340	150.00	333.50	La Mesa Mens - 106	-	150.00
Clairemont Womens Step Study - 341	20.00	1,142.71	La Mesa Mixed - 2136	-	140.00
Class Acts - 1845	-	436.97	La Mesa Open Discussion - 107	100.00	300.00
Coffee Clutchers - 2332	-	1,250.00	La Mesa Step Study Workshop - 1621	-	103.25
Daily Reflection - 3114	100.00	100.00	La Mesa Womens Sat. Morning - 416	-	412.54
Dawn Patrol - 263	-	20.00	LAGUNA MOUNTAIN GROUP	-	525.83
Dawn Patrol Online - 3275	-	250.00	Lake Morena Sink or Swim - 2830	-	300.00
Deerhorn Group - 2063	210.00	210.00	Late Risers - 473	-	195.00
Descanso Mens Step Study - 3010	-	179.66	Lemon Grove Speakers - 2574	-	100.00
Diamond St Mens Step Study - 569	401.00	401.00	Linda Vista Mens - 320	-	100.00
Dignity Unlimited - 205	400.00	700.00	Linda Vista Thursday Night - 319	-	50.00
Downtown Discussion - 1665	-	38.71	Little Apple Group - 1438	-	343.00
Drunks Only - 1605	-	300.00	Living Free - 477	-	917.00
Drunks Only Online - 3370	-	600.00	LJ We Are Not A Glum Lot - 3355	-	120.00
Each Day A New Beginning - 509	108.38	258.38	Lushes Lunch Tuesday - 2641	440.00	758.00
Early Morning Recovery - 2688	100.00	600.00	Mens Jelly Donut - 3118	400.00	800.00
Early Risers (PB) - 264	-	615.00	Mens Step Study - 965	-	80.00
East County Happy Hour - 3327	-	3.00	Mens Structured Step Study - 1469	-	150.00
East County Mens - 1905	-	600.00	Mid-Week Mens - 560	180.00	1,080.00
East Co Young People Rule 62 - 2797	-	284.21	Mid-Week Mens Online- 3243	45.00	334.92
East Side Group - 101	-	232.00	Midday Miracles - 3242	56.24	590.14
Eastlake Greens Attitude Adjust - 2712	-	375.00	Midnight Howlers - 1025	-	80.00
Eastlake New Beginnings S/S - 2673	-	70.00	Midway Bridge - 2171	46.87	95.44
Easy Does It Riders - 21	-	120.00	Mira Mesa Early Risers - 967	-	1,420.00
Easy Does It Speakers - 114	-	100.00	Miracles on Mondays - 565	-	275.00
Educational Variety Mens - 3244	-	100.00	Mission Bay Daily Reflections - 1692	-	200.00
El Cajon Beginners - 2876	-	50.00	Mission Hills Late Night - 2773	100.00	600.00
El Cajon Nooner - 2638	-	1,483.28	Mission Hills Lunch Bunch - 2675	-	219.00
El Cajon Womens Serenity - 77	-	350.08	Monday At A Time - 2875	-	247.92
Emotional Sobriety (Hillcrest) - 2536	-	133.00	Motivation Monday - 3254	80.00	320.00
Evening In Harmony - 2864	-	100.00	Mt Soledad Mens - 717	878.00	1,107.00





## Group Contributions August 2022

Group	Aug-22	Ytd 22
Noon with a View Beginners Mtg - 3249	800.00	3,187.00
Nooner is Backed Mixed - 3287	-	20.00
Nooners Anonymous - 1164	-	225.00
Normal Hts Young Peoples SS - 3407	-	400.00
North Clairemont - 1102	-	375.00
North Park Mens - 465	2.84	338.13
North Shores Breakfast - 275	-	120.00
O.B. Womens Step Study - 2730	60.00	152.10
Open Minded Mens - 626	200.00	513.00
Original Tues Night Step Study - 2124	50.00	100.00
Our Daily Reprieve - 3339	-	315.00
Over 50 - 840	-	222.00
Over The Bridge - 2689	-	1,028.50
Pacific Beach Weekend Warmup - 725	-	175.00
Pass It On Big Book Study Group-2860	-	1,010.08
Pine Valley Thurs. Open Disc - 3274	-	62.80
Point Loma Mens - 245	160.00	929.00
Point Loma Nooners - 1606	-	100.00
Primary Purpose Group (Hillcrest)-3151	-	681.50
Progress Rather Than Perfection-2682	-	100.00
Radical Acceptance Meeting - 2961	50.00	1,816.51
Rainbow Group - 570	-	125.00
RAM-Z - 3323	-	20.00
Ramona Mens New Vision - 1949	-	200.00
Riding Sober - 3054	-	471.50
Right Turn Group - 1900	-	50.00
Rise & Shine - 2170	172.37	2,486.81
Rule 62 Group - 927	-	425.00
Rule 62 Noon Discussion - 2947	-	175.00
Safe Sane and Sober - 1350	-	200.00
San Carlos Single Purpose - 583	-	159.91
Santee Mens Group - 2972	-	225.00
Santee Saturday Night Speakers - 2656	120.00	240.00
Santee Serenity - 3040	-	20.00
Santee Serenity Group - 1943	-	300.00
Santee Sunday Morning Mens - 3076	-	460.99
Sat Mens Early Awakening - 2209	-	747.50
Sat Night Early Discussion - 336	-	150.00
Saturday A.M. Live - 782	-	234.13
Saturday Morning Sanity - 1989	-	375.00
Saturday Nite Live - 2192	-	100.00
Scripps Ranch Men's Two - 2776	-	227.20
Scripps Ranch Mens - 3168	-	139.34
Serenity at the Cove - 3271	75.00	75.00
Serenity Sunday - 3041	-	47.20
Sisters In Sobriety - 3127	-	401.00
Sisters in Solution - 3272	360.60	607.60
So Bay New Womens - 2325	-	180.00
Sobearity - 3129	-	281.00
Sober Nooners - 196	-	200.00
Sober Roses Womens Step Study-2946	-	66.22
Sobriety At All Cost - 3006	-	1,103.00
Sobriety On State and Date - 2697	17.52	194.01
Sons of God - 2789	-	320.00
Sorrento Valley Nooner - 544	-	445.00
SOUTH BAY PIONEERS	100.00	200.00
South Park Sobriety - 1015	-	224.00

Group	Aug-22	Ytd 22
Spiritual Awakening - 2275	229.66	2,729.56
Spiritual Awakenings Step Study - 3174	-	285.00
Sunday Beach Sun-Day - 568	-	90.00
Sunday Keep it Simple - 3348	-	20.00
Sunday Kind of Love - 429	-	341.00
Sunday Middy - 161	-	475.00
Sunday Morning Eleventh Step - 1206	-	200.00
T.G.I.F. - 1658	175.00	796.50
The 530 - 3266	-	600.00
The Gathering Of The Goddesses-2890	-	180.00
The Gift - 2954	-	424.63
The Hole In The Doughnut - 2737	-	860.00
The Huddle in the Park - 3278	539.00	4,318.60
The Language of the Heart - 3066	-	189.67
The Nine Thirty - 2997	111.10	204.08
The Other Meeting - 857	-	347.50
The Rogue Meeting - 3338	315.50	2,358.33
The Rogue Women's Meeting - 3404	-	260.00
The We Group Speakers Group - 2739	-	150.00
There is a Solution - 2680	-	360.00
Three Legacies Group - 2194	-	330.00
Thurs Nite Mens Big Book Study-1748	-	75.00
Thursday Steps - 646	-	285.07
Thursday Steps Online - 3361	-	8.00
Ticket to Recovery - 3269	-	649.23
Tierrasanta Friday Night - 2645	-	100.00
Tierrasanta Morning Serenity - 2811	-	100.00
Toes in the Sand - 3282	304.00	1,487.18
Top of The Hill - 41	-	325.00
Trudgers Mens Step Study - 3008	-	550.50
Tues Night Mens Step Study - 1813	-	370.00
Tuesday Morning Alpine - 440	80.00	252.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	-	400.00
Turning It Over - 3196	-	80.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	61.88
University City Womens - 369	300.00	720.00
Valley Girls - 2617	-	64.73
Veterans Leave No One Behind - 2038	-	100.00
Wake Up Call - 1932	-	553.00
War Fever - 880	-	214.75
Water Walkers - 5	-	200.00
Water Walkers Too - 1946	-	600.00
Way Up and Out - 415	-	159.55
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	-	220.00
Whatever It Takes - 3350	-	344.50
Wholesale Miracles - 2474	38.00	735.00
Womans Gut Level - 1701	-	53.76
Women's Joy Of Living - 2636	-	523.61
Women In Harmony - 1807	90.00	180.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Sober Sunday - 731	-	50.00
Womens Step Study - 296	-	533.72
Womens Thursday Nite - 514	-	173.69
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	200.00

**Group Secretaries/Treasurers**  
Central Office does not mail receipts  
 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



## 2022 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

<b>August 2022 Group Contributions</b>	<b>\$15,446</b>
<b>Individual Contributions</b>	<b>1,443</b>
<b>Literature &amp; Interest</b>	<b>-717</b>
<b>Total Revenue</b>	<b>\$16,173</b>
<b>Central Office Expenses</b>	<b>-11,864</b>
<b>Committee Expenses</b>	<b>-2438</b>
<b>Total Expenses</b>	<b>-\$14,304</b>
<b>August 2022 Net Revenue</b>	<b>\$1,869</b>
<b>2022 YTD Revenue</b>	<b>\$17,229</b>

### Does Your Meeting Have a Voice?

#### Why Your Group Needs a Coordinator

- ⇒ Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service
- ⇒ The Coordinating Council of AA San Diego is our local intergroup association and each individual AA group is entitled to representation
- ⇒ Currently out of over 750 groups only 35 are represented
- ⇒ Bring any issues to the council that may affect AA as a whole
- ⇒ Vote on behalf of your group's conscience on issues set before the council

The Coordinating Council meets once a month on the second Thursday of every month both in person in Mission Valley and online. Call Central Office for more information. Register now to receive a \$50 literature gift certificate for your group.

### Calling all Night Owls

#### Central Office is Grateful for our Phone Volunteers!

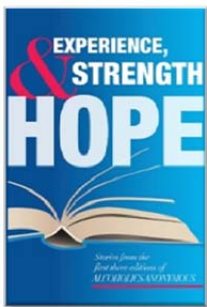


How many times have you heard a newcomer say their life was saved when they called Central Office in the middle of the night?

- ◆ Connect with a Sponsor or a Sponsee.
- ◆ Get to know a fellow group member.
- ◆ Access to the 12 Step Volunteer List
- ◆ Netflix! Popcorn! Vending Machines!
- ◆ Join the 12 Step Call list
- ◆ I am responsible—Whenever anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that I am responsible.

## Experience, Strength & Hope

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

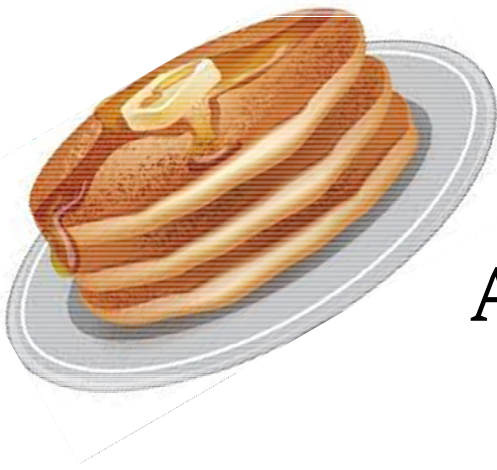


"I felt that while the spiritual aspect of what these men had was not for me, I did believe strongly in the emphasis they put on the need to help others. I felt that if I could have the inspiration of these gatherings and if I could have an opportunity to try to help others that the two together would re-enforce my own willpower and thus be of tremendous assistance. But gradually, in a manner I cannot explain, I began to re-examine the beliefs I had thought beyond criticism. Almost imperceptibly my whole attitude toward life underwent a silent revolution. I lost many worries and gained confidence. I found myself saying and thinking things that a short time ago I would have condemned as platitudes! A belief in the basic spirituality of life has grown and with it belief in a supreme and guiding power for good." - "An Educated Agnostic" - pg. 107, *Reprinted with permission from A.A.W.S.*

SPIRITUAL  
 ASPECT  
 BELIEVE  
 EMPHASIS  
 NEED  
 HELP  
 INSPIRATION  
 GATHERINGS  
 OPPORTUNITY  
 OTHERS

TOGETHER  
 WILLPOWER  
 GRADUALLY  
 MANNER  
 EXPLAIN  
 ATTITUDE  
 LIFE  
 SILENT  
 REVOLUTION  
 WORRIES

GAINED  
 CONFIDENCE  
 THINKING  
 SHORT  
 PLATITUDES  
 BASIC  
 GROWN  
 SUPREME  
 POWER  
 GOOD



Come Celebrate  
82 Years of  
Alcoholics Anonymous  
in San Diego

*Anniversary Pancake Breakfast*

Saturday, November 5, 2022

Church (Linder Hall)  
2111 Camino Del Rio South  
Mission Valley 92108

Tickets: \$10 at Central Office  
No tickets sold at door.

Fellowship begins at 9:00 am  
Breakfast at 9:30 am

**Speakers on the history of AA in San Diego to follow.  
Also, we will have a raffle of Grapevine Books!**

We are putting this on ourselves for the fellowship of Alcoholics Anonymous in San Diego. Come be a part of this event. Help carry the AA message.  
If you would like to be of service to this event please contact Central Office 619.265.8762.  
We need help!

Sponsored by the San Diego Intergroup Coordinating Council Program Committee

## Things to Do, And Places to Go

### Harvest Moon Kickback

**When:** September 23-25, 2022

**Where:** Lake Henshaw, Santa Ysabel, CA

**Info:** Call Central Office 619-265-8762

### Bridging the Gap Workshop

**When:** September 30-October 2, 2022

**Where:** King's Inn San Diego

**Info:** [www.BTGWW.org](http://www.BTGWW.org)

### Celebration of Women Conference

**When:** October 7-9, 2022

**Where:** 595 Hotel Circle South

**Info:** [www.CWCsandiego.com](http://www.CWCsandiego.com)

### Serenity by the Sea Retreat

**When:** October 14-16, 2022

**Where:** Rosarito Beach Hotel & Resort

**Info:** Call Central Office 619-265-8762

### 3rd Weekend Camping Group

**When:** October 21-23, 2022

**Where:** Potrero County Park

**Info:** Call Central Office 619-265-8762

### Miracle on the River

**When:** November 4-6, 2022

**Where:** Lake Havasu City, AZ

**Info:** [www.HavasuAARoundup.org](http://www.HavasuAARoundup.org)

### 82<sup>nd</sup> Anniversary of San Diego AA Pancake Breakfast

**When:** November 5, 2022, 9:00 am

**Where:** 2111 Camino Del Rio S.

**Info:** Call Central Office 619-265-8762

## Coordinating Council Attendance

Thank you to the following 35 Groups who's Coordinators attended the September San Diego Intergroup Coordinating Council.

### There are 635 groups in San Diego: WAS YOUR GROUP THERE?

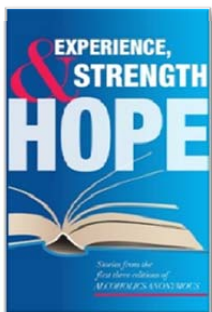
- 4077 MASH STEP 11
- CASA DE ORO TRADITION 5
- CASA DE ORO WEDS NITE
- CEDAR STREET MENS
- DEL CERRO MIXED
- DESIGNS FOR LIVING
- EVERY NIGHT AT SIX
- FIRST MIRA MESA MENS
- FRIDAY MORNING WOMENS
- FRIDAY NIGHT IRREGULARS
- GOD SQUAD TOO
- GREAT FACT GROUP
- HOW @ NOON
- JUST US GIRLS
- LA MESA MENS
- LA MESA STEP STUDY
- LA MESA WOMENS
- SATURDAY MORNING
- MIDDAY MIRACLES
- MIRACLES ON MONDAYS
- MIXED NUTZ
- NORTH PARK MENS
- OLD TOWN SPEAKERS
- OVER THE BRIDGE
- RADICAL ACCEPTANCE MEETING
- RAM-Z
- SCRIPPS RANCH MENS
- SCRIPPS RANCH MENS TWO
- SUNDAY MIDDAY
- THE COMMON SOLUTION
- THE GIFT
- THE NINE THIRTY
- VALLEY GIRLS
- WOMANS GUT LEVEL
- WOMEN IN HARMONY
- WOMEN'S JOY OF LIVING

### Next Council Meeting: October 13

Don't have a Coordinator for your Group? Elect one and they will receive a \$50 Group Bookstore Voucher for your group to purchase literature when they attend their first Council. Vouchers will be given to groups who currently do not have council representation and join before the end of the year. Four groups received vouchers in September!

Excerpts from

### October Book of the Month *Experience, Strength & Hope*



STORIES FROM THE FIRST  
THREE EDITIONS OF  
ALCOHOLICS ANONYMOUS

Through going to meetings and listening, and occasionally speaking, through doing Twelve Step work, whereby in helping others you are both the teacher and the student, by making many wonderful A.A. friends, I have been taught all the things in life that are worth having." – page 350

"I am trying to help other alcoholics. At this writing there are four of us working, all of whom have been kicked around dreadfully. There is no "cocky" feeling about this for me. I know I am an alcoholic and while I used to call on God to help me, my conclusion is that I was simply asking God to help me drink alcohol without its hurting me which is a far different thing than asking him to help me not to drink at all." – page 113

"A.A. taught me how not to drink. And also, on the twenty-four hour plan, it taught me how to live. I know I do not have to be "queen of them all" to salve a frightened ego.

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

## The Unselfish Spirit Accepting the World as It Is

*Continued from page 1*

It seems that our spiritual damage lies in the unseen part of our makeup such as, our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self-esteem, and the like.

Our material wreckage often comes as the result of our spiritual damage and is the residue of our spiritual condition. Selfishness-self -Centeredness! That, we think is the root of our trouble. (pg. 62 BB.) That, being said, isn't it apparent that unselfishness would be the solution to our trouble? That seems to oversimplify the solution but, in my experience, it is so simple that it is usually overlooked.

Most alcoholics have spent their lives taking advantage of everything and everyone around them and as the result, have been plagued by the guilt and shame that only a drink could mask. The program of Alcoholics Anonymous (A.A.) suggests that we live by principles, and I cannot find one selfish principle in the Big Book or the 12&12.

I believe that most of the people that truly have a desire to stop drinking and embrace the A.A. program start to change the behaviors that they recognize as counterproductive simply because they can hear these things that we all share at meetings, and they change the most obvious shortcomings in their day-to-day activities. This is a good start and with time it starts to erode much



of the shameful habits of past that had become commonplace.

Talk of inventories and amends cause us to think at a different level about those material matters. That is usually the only thing that we are aware of in the beginning. When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by "spiritual".

If, for the sake of simplicity, we think of it as our innermost self, such as our ego, conscience, our mind, our heart, or soul, if you like, and realize that this is where our spirit resides and where our emotions live, and that is also where the pain of our past thrives. If we want to achieve the peace of mind that is promised in step nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world. If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all the people that we find fault with and give them the same latitude that we are seeking. To accomplish this, we can stop being judgmental and replace that with an understanding spirit. We will have to replace gossip and character assignation with compassion and empathy. If we can't do that, then how can we expect the world around us to accept us and forgive us for our past mistakes?

This is no time to rest on our laurels, so to speak. It's time to begin cleaning out the attic. This is where we begin to free up that space in our minds that

has been keeping us awake at night. This is truly the path to developing the unselfish spirit, and with it come a peace of mind that's hard to imagine while we were still playing God ourselves.

It costs me nothing to be kind. My wish for those other people is that they can someday find the same peace of mind for themselves that this process has provided for me. What more can I say.

~ Rick R.

## The Acid Test

### Daily Reflections, page 284

*Continued from page 1*

this Step that if I am disturbed, there is something wrong with me. The other person may be wrong too, but I can only deal with my feelings. When I am hurt or upset, I have to continually look for the cause in me, and then I have to admit and correct my mistakes. It isn't easy, but as long as I know I am progressing spiritually, I know that I can mark my effort up as a job well done. I have found that pain is a friend; it lets me know there is something wrong with my emotions, just as a physical pain lets me know there is something wrong with my body. When I take the appropriate action through the Twelve Steps, the pain gradually goes away. ~ Anonymous.





## Adventures in Sobriety

From the April 1996 San Diego  
A.A. Coordinator Newsletter

*Continued from page 1*

This attitude began to change after the obsession to drink had been lifted and my life had become more stable. It was then I began to stagnate.

I won't say it was a downward spiral because it would be untrue, and I'd be selling myself and this program short. But I would be lying if I told you I've always given people and ideas the benefit of the doubt they deserve. I'm human and have as many or more character defects as the next person. Yet the beauty of being a human being is that we can change the parts of ourselves that have caused us, and others pain in the past. I knew it was time for an overhaul of the stagnant ideas and limiting attitudes which had crept back into my life.

It was with this in mind I woke up one Sunday morning a few months ago and decided to go to a Buddhist Temple. I don't believe the decision was mine. I feel it was God's way of kickin' me in the arse. Raised in an Irish Catholic family, my parents didn't exactly shove eastern philosophy down our throats. One can only guess or assume where my attraction to eastern

thought came from. But, if there is one thing I've learned in sobriety, it's to listen to that little voice inside me known as 'intuition'.

I looked up the number of one of the local temples and called. The woman at the other end of the line confirmed that yes indeed they were having a meditation service that day. When I asked more questions, she told me to "just show up." It kind of reminded me of talking to my sponsor. So as any good sponsee would do, I showed up.

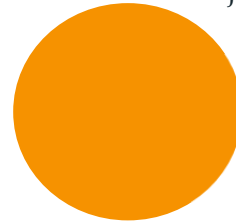
Filled with fear and apprehension, I pulled up to the building. Being alcoholic, I'm used to dealing with that. The word scaring me the most wasn't "Buddhist" or "temple." It was "meditation." This was the one thing I'd been avoiding since I sobered up. I don't know if it's because my brain and body never seem to want to sit still, or because I used to meditate all the time in my room when I was younger. (Of course, my version of meditation involved burning incense, a bottle of Absolut and a bowl or two of hashish.) I knew I was going to have to be still with myself for an extended period, and that was something I knew was going to be tough. I wanted the outcome, but I wasn't too thrilled about doing the work to



get it.

As it turned out, part of the Buddhist service was a half hour of sitting meditation. Let me repeat that. A half hour of sitting meditation! My nose itched, my back muscles spasmed and my right leg fell asleep about ten minutes in. But I made it through without freaking out, or disrupting anyone else. I actually enjoyed the time

alone with



myself.

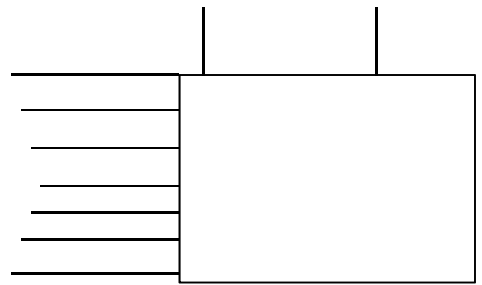
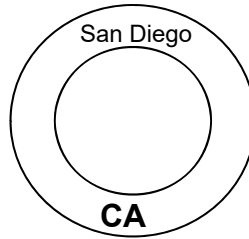
The realization hit me hard that my fear of who I am, who I've been and who I can become was one of the main reasons I hid in alcohol and drugs. I'd actually gotten calm enough during the meditation time to have an insight into my own makeup. It's not really something that hasn't crossed my mind before. Yet this time it was on a different level. It struck my soul. As I left the temple, I found a sense of peace I can't recall having since admitting that I am powerless over alcohol.

I return to temple often. I'm not a Buddhist. I'm not Catholic. I'm an alcoholic who is searching out a spiritual life anywhere I'm led. I find — when I don't get in my own way with fears, doubts and prejudices — I'm shown the most amazing things in the most amazing places. Be true to yourself, be true to your higher power and keep an open mind.

~ John G., San Diego

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

RETURN SERVICE REQUEST



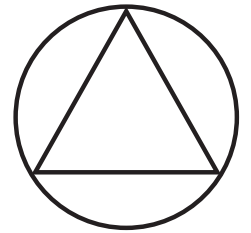
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30	31					





[aasandiego.org](http://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. From the AA Big Book, p. 59*

November 2022

VOL. LX NO. 11

## INSIDE...

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- Unglum Lot ..... p. 13
- Upcoming Events..... p. 13

## "Carry the AA Message"

Join the fun, submit an article!

**December (due 11/10/22)**

"Having had a spiritual awakening ..."

**January (due 12/10/22)**

"We admitted we were ..."

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

## Article Web-Site

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



## We Will Not Regret the Past

### If We are Palinstaking

Unless you were born with a total understanding of alcoholism, had the desire to become an alcoholic, and had the capacity to make the decision to do so at birth, I cannot see how anyone can be held *responsible* for becoming an alcoholic. It would be like saying

*Continued on Page 14*

## Dear Friends

### I am a beginner on the road to recovery.

A few months back, when I first came into an A.A. meeting, I was desolate and very desperate, convinced that I was losing my mind. I was going through know it. The people at that

meeting showed me understanding and acceptance, and by listening to their stories, I slowly began to understand myself. Up until that point, I had felt totally alone in a life-or-death struggle that I did not think I would survive. I had just enough wits left to perceive that there was something

*Continued on Page 14*

## The Principle of Faith

### "This is the way to a faith that works." \*

The twelve principles have always been an important part of my recovery. In the beginning I was told these principles: honesty, faith, courage, willingness, etc., were the building blocks I needed in order to live life on life's terms. Today, they remind me of the gifts I've been given by working the steps and Step Twelve suggests that I practice these principles in all my affairs.

When I first started coming to A.A. I heard a lot about not picking up the first drink. Trying to get through the day or night without doing it was unimaginable for me.

*Continued on Page 15*

*\* From AA's Twelve Steps and Twelve Traditions, p.34*

**24 HOUR PHONE:** (619) 265-8762  
**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)  
**E-MAIL:** [sdaaco@aol.com](mailto: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.



**Contributors:** Rick R., Nancy P., John G., Arlene J.  
**December Theme:** "Having had a spiritual awakening as the result of these steps, ..."

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

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

The San Diego "AA Coordinator" is a monthly newsletter published by the San Diego Central Office of Alcoholics Anonymous. Opinions expressed are not necessarily those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsements by Alcoholics Anonymous or San Diego Central Office, except when Conference approved are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (see page 1, bottom left).

Submissions may be emailed to the newsletter chair at [SDAA.newsletter@gmail.com](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be - obtained at the Central Office.

**Coordinating Council Officers:**

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC) Program	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Butch	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

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



**Committee Announcement**

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

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

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

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



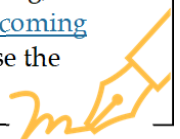
**AAGRAPEVINE.ORG**

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

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

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

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



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

## Things Started Working for Me When



*My Desperation Outweighed My Denial.*  
*My Conscience Outweighed My EGO.*  
*My Compassion Outweighed My Resentments.*  
*My Giving Outweighed My Taking.*  
*My Faith Outweighed My Fear.*  
*My Unselfishness Outweighed My Greed.*  
*My Service Outweighed My Neglect.*  
*My Acceptance Outweighed My Criticism.*  
*My Caring Outweighed My Indifference.*  
*My Empathy Outweighed My Contempt.*  
*My Perspective Outweighed My Opinion.*  
*My Smiles Outweighed My Smirks.*  
*My Calmness Outweighed My Rage.*  
*My Understanding Outweighed My Confusion.*  
*My Virtues Outweighed My Faults.*  
*My Hope Outweighed My Despair.*  
*My Gratitude Outweighed My Dismay.*  
*My Kindness Outweighed My Spite.*  
*My Principles Outweighed My Delusions.*  
*My Happiness Outweighed My Pain.*  
*My Confidence Outweighed My Insecurity*  
*My Maturity Outweighed My Childishness*  
*My Quiet Discipline Outweighed My Gossip.*  
 I Could Go on Forever...

~ Rick R.

## Poets Wanted Here

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



## Central Office Phone Calls and Website Hits

Central Office is grateful for our Volunteers

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

Website Hits	October	Total
	91,323	8,762,471

*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. 23 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.*

# Unglum Lot



Excerpt from

November 2022  
Pamphlet of the Month

Pamphlet P1

## The A.A. Member – Medications & Other Drugs

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



## Meetings in Motion

### NEW

**UPON AWAKENING** Online  
Online @ ID #: 8160 361 8360; PW: 0214  
Daily @ 05:30 A

**DESCANSO WOMEN'S STEP STUDY** Descanso  
Church @ 25153 Viejas Blvd  
Wednesday 6:30 P  
Code(s): C W \*

### CANCELLED

**LIT YOUNG PEOPLES** Downtown  
Office Bldg-4th floor (@ 1446 Front St #400  
Tuesday @ 06:30 P

**THE NOTORIOUS M.I.T.P.** Old Town  
Park/Outdoor @ 4290 Cosoy Way  
Friday @ 06:00 P

**THE PB 45** Pacific Beach  
Church @ 1561 Thomas Ave  
Thursday @ 07:00 P

### NAME CHANGE/OTHER

**WILLING TO GROW** Allied Gardens  
**WOMEN'S MEETING** Club @ 5107 Waring Rd  
Sunday @ 02:30 P  
Was: 5107 Sunday Women's Group  
No Longer Hybrid - In Person Only

### ONLINE INFO CHANGE

**A.M. 4 WINNERS II** North Park  
**STEP STUDY**  
Church & Online @ 3725 30th St  
ID: 374 508 500; PW: 449449  
Tuesday @ 10:30 A

**AM FOR WINNERS** North Park  
Online & Church @ 3725 30th St  
ID#: 374 508 50; PW: 449449  
Friday @ 9:00 A

**CHEERS** South San Diego  
Club & Online @ 5077 Logan Ave, Ste B  
ID #: 991 403 8314; PW: seac5077  
Daily @ 05:30 P *New Login and Password*

**IMPERIAL MENS GROUP** South San Diego  
Club & Online @ 5065 Logan Ave #103  
ID #: 991 403 8314; PW: seac5077  
Sunday @ 10:00 A  
Meeting Code(s): \* C M *New ID and Password*

**LUNCHTIME FRIENDS** South San Diego  
Club & Online @ 5077 Logan Ave, Ste B  
ID #: 991 403 8314; PW: seac5077  
Daily @ 12:00 N *New Login Information*

**MISSION HILLS BEGINNERS** Mission Hills  
Church @ 4044 Lark St Monday @ 06:30 P  
*No Longer Hybrid. In Person Only*

**SUNRISE PROMISES** Online  
Online @ ID #: 890 5473 5365; PW: 1916  
Daily @ 05:30 A *Login ID Changed*

**A WOMANS MEETING** Clairemont  
Online @ ID #: 836 0190 2099; PW: 185063  
Friday @ 06:00 P  
Meeting Code(s): \* C W *Now Online Only*

**AT HOME MENS** Mission Valley  
Church & Online @ 2111 Camino del Rio S.  
ID #: 848 0977 3563; PW: billandbob  
Tuesday @ 08:00 P  
Meeting Code(s): C M LGBTQ \*  
*Now Online Only - New Login Info*

**WE AGNOSTICS** Online  
Online @ ID #: 544 713 050; PW: None  
Sunday @ 04:30 P

*Was Park Blvd Now Online Only - No Password*

### REACTIVATED

**RULE 62** Pacific Beach  
Club @ 4861 Cass St  
Wednesday @ 08:00 P  
Meeting Code(s): M C \* LGBTQ

### RELOCATED

**DOWNTOWN SOBER MENS** Downtown  
Church & Online @ 1420 3<sup>rd</sup> Ave  
ID #: 926 298 926; PW: 002647

**BEAUTIFUL BEGINNINGS** North Park  
Thrift Store & Online @ 4127 30th St  
ID #: 814 6115 8510;  
PW: LLLAC2020 Sunday @ 06:00 P  
Mtg Code: \*LGBTQ *Was 5:45 P 3847 Park Bl.*

**CLEAR SKIES INFINITE GRACE** N. Park  
Church @ 4645 Oregon St. - Upstairs  
Wednesday @ 07:00 P *Was Bungalow Room*

**MIDNIGHT HOWLERS** Online  
Daily @ 11:59 P  
Online & In Person Friday @ 1045 University Ave  
ID #: 666 305 9874; PW: email to  
MidnightHowlersAA@gmail.com  
*Was 3847 Park Blvd*

### TIME/DAY CHANGE

**THE ROGUE MEETING** Pacific Beach  
Park/Outdoor @ 5115 Soledad Rd  
Near flag pole  
Daily @ 07:05 A *Was 7:15 a.m.*

**WAY OF LIFE** Otay Mesa  
Sober Living @ 2885 Coronado Ave  
Thursday @ 06:30 P *Was 6:00 pm*

**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, October 13<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 922<sup>st</sup> with a moment of reflection followed by the “I am Responsible Declaration”

**Guest Reports:**

**Area 8 Representative: No report**

**H & I Representative: Lauren, H&I co-chair reported that:**

The Bridging the Gap Conference was very successful with a lot of great sessions. Panels are up a running and new panels are being added all of the time. Please encourage members to attend one of the two available orientations to be on an open panel. The orientations are on the 3rd Sunday or every month at noon at 5150 Kearny Mesa Rd. & online on the third Thursday of the month. Information for both of these can be found on our website at [sdhandi.org](http://sdhandi.org). Additionally, there is literature available for your H&I commitments. Contributions made to the H&I Green Cans goes towards literature for H&I so we encourage you to take advantage of this & take literature to your facilities.

**Intergroup Standing Committees Reports**

**After Hours Phones: Tim, Chair, Shared:**

1. Thank you to all volunteers.
2. All nights are filled & Groups are doing great in getting their information sent in to Central Office. Thank you to all!

**Business Committee: Nick, Business Committee Chair reported:**

The Business Committee met on Tuesday, October 11<sup>th</sup>, 2022 at 6:00 pm.

September 2022 Financial Summary:

Net Revenue is **-\$1,685**. Our 2022 YTD Net Revenue is \$15,457. Group & Individual Contributions were \$11,894. Literature Sales Revenue & Bank Interest were **-\$224** while total office & committee expenses were \$13,985.

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

- Oct BOOK OF THE MONTH: Experience, Strength & Hope, Sale \$4.00, Reg. \$6.00 Max: 5
- Nov BOOK OF THE MONTH: Large Print Big Book, Sale \$8.30, Reg. \$10.30 Max: 5
- New meeting schedules were printed at the beginning of August. Since that printing there have been 45 meeting changes continuing the trend of meeting changes slowing down. This has allowed us to begin printing meeting changes in the Coordinator Newsletter again. Printing changes in the Newsletter will also allow us to print schedules in higher quantities, less often.
- Big changes in the Volunteer Area! In the past, information for the volunteers was all over the place – literally. Under the glass on the desks, on the bulletin board and in the Volunteer binders making it very confusing for new volunteers as well as veterans. So we created a new information system, with an index, that the volunteers can easily flip through for information while on a call. We then moved the bulletin board to the hallway where customers and visitors can see information on the Intergroup and Intergroup Standing Committees. The bulletin board in the Volunteer area was replaced with a whiteboard which will be used for “important announcements” and a small shelf meant to get the books off of the desk.
- Judi created an internal web page that is a quiz for the phone volunteers that goes along with the new Information booklets as a method of helping volunteers learn how to handle various callers.
- Tickets for the 82<sup>nd</sup> Anniversary of A.A. in San Diego Pancake Breakfast are going fast. Tickets will not be sold at the door and are available only at Central Office Bookstore and only through the end of the month. Buy a table to resell at your meeting to make it a group event or share with your friends. Available now for only \$10 each.

**Newsletter: No report**

**CEC (Cooperating with elderly Community) Committee: Jean, Chair shared that:**

1. This Committee is looking for members to assist in delivering literature racks to facilities & Spanish speaking members.
2. There are several exciting events approaching including the San Diego Council on Aging on November 3.

**Coordinator Outreach: Brian, Chair shared that:**

1. The committee visited six new meetings in the month of September.
2. All Coordinators are asked to share their experience with the overwhelming number of unrepresented meetings in San Diego and how it is a tremendous service opportunity.
3. This Committee has two spots available.

**Orientation & Guidelines: No report:**

1. Welcome to our new coordinator, Cindy

**Public Information Committee: No report**

Continued from Page 5

Program Committee: Kaye shared that:

1. The Anniversary Pancake Breakfast is Saturday Nov. 5. Fellowship begins at 9am; Breakfast at 9:30. Tickets available for sale at Central Office ONLY & available now & only until the end of the month. Tickets are \$10. There are 9 rectangle tables of 10 available and 23 round tables of 8. First come first served. There are 19 round tables still available & only 3 rectangle tables still available.
2. There are only 5 members on the Program Committee & no chair. This Committee needs members & a Chair & Volunteers for the Anniversary Breakfast! To Volunteer, please contact Central Office. Volunteers are required to purchase tickets.

Quorum was established: There are 37 Coordinators in attendance; so yes we have a quorum.

Approved September 2022 Meeting Minutes

**OLD BUSINESS:**

1. Gilbert from the Ad-Hoc Committee gave a report on spending excess funds. The Ad-Hoc Committee determined that there were three ideas that were presented that were valid options for the Fellowship. They are:
  - a. A texting service allowing Central Office to text members reminders of upcoming events and Coordinators of the Council meeting instead of calling every month
  - b. Renting a storage unit to replace wood cabinets & file cabinets at Central Office in service of creating space for a Business Center consisting of a computer, printer and laminator to be available to all groups.
  - c. Further costs on these items will be presented at next month's Council Meeting.

**NEW BUSINESS:**

1. Aleksey, Council Chair reported that he has located a new venue for the 2023 Council Meetings, located in La Mesa. This location meets all of the needs of the Council & the rent is \$40/mo. as opposed to \$100/mo. that we are paying currently. M/s/c
2. Kristen, Business Committee Treasurer gave a report on the former "Retained Earnings Account" & why it was decided that the account needed to be renamed "Unrestricted Net Assets" & how this effects the Fellowship. Q&A followed.
3. Judi, Central Office Manager reported on the rising cost of printing schedules & a recommendation from the Business Committee to increase the price of schedules from .65 to .85, as there have been two increases in printing costs in the last year whereas the price of schedules has not been increased in ten years. M/s/c.
4. Judi, Central Office Manager presented the 2023 Budgets with the following specifics:
  - a. 2023 budgets were created with a possible recession in mind for contributions and inflation in mind for expenses with the understanding of if expenses increase then contributions must also increase.
  - b. Expenses were looked at "realistically" as well as taking in to consideration recent trends in contributions like new outdoor meetings that have just started up that don't pay rent & are well attended & therefore make larger contributions as well as Online meetings that look like they're here to stay that have fewer expenses.
  - c. Expenses where inflation was taken into consideration are marked with asterisks
  - d. Committee budgets are increased as in the past Committees have not had much input into their budgets so their budgets have remained static. This year they were consulted resulting in more "realistic" budgets. There are three committees that added PRAASA to their budgets. The above change in venue & reduced rent for the Council budget is reflected. Events were removed from the Program Committee's budget due to no Program Committee Chair. The storage recommendation from the Ad-Hoc committee affecting the Program committee is reflected, along with a new line item which will be divided among all committees, intended as a Service Event is the new "Final Friday Feast Potluck at Central Office", which is the last line item on the Committee Budget.
  - e. All Groups will take the Budgets back to their groups for a Group Conscience to bring back to Council in November.

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Nick, 9 years.

Reminders:

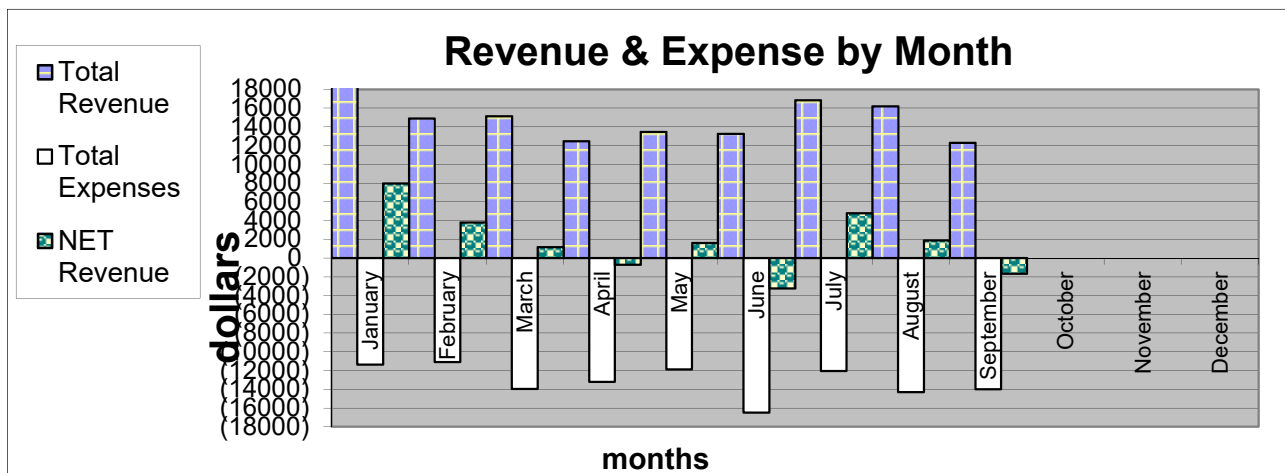
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.org](mailto:councilchair@aasandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 11/1/2022.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [aasandiego.org](http://aasandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of September 30, 2022**

	Sept 22	Sept 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
<b>Contributions Group</b>	10,718.12	12,650.72	117,772.67	93,251.19	24,521.48	150,000.00
<b>Contributions Individual</b>	1,175.72	2,339.00	11,886.89	19,328.75	(7,441.86)	15,000.00
<b>Contributions SDIAA</b>	-	-	-	-	-	-
<b>Interest - Cert of Deposits</b>	90.86	36.02	364.12	504.76	(140.64)	500.00
<b>Literature Revenue (see schedule)</b>	315.37	588.12	3,786.21	4,958.52	(1,172.31)	7,050.00
<b>Total Revenue</b>	<b>12,300.07</b>	<b>15,613.86</b>	<b>133,809.89</b>	<b>118,043.22</b>	<b>15,766.67</b>	<b>172,550.00</b>
<b>Expense</b>						
<b>Accounting &amp; Legal</b>	-	-	2,525.00	2,494.90	30.10	2,930.00
<b>Auto/Travel/Seminar</b>	677.15	8.00	1,469.25	119.50	1,349.75	1,500.00
<b>Bank Service Charges</b>	-	-	60.00	121.51	(61.51)	50.00
<b>Cash (Over) Short</b>	(1.15)	(2.23)	(12.78)	66.30	(79.08)	10.00
<b>Equipment Maint &amp; Repair</b>	51.36	93.35	751.14	504.23	246.91	750.00
<b>Equipment Purchase</b>	-	-	2,349.09	1,034.31	1,314.78	2,000.00
<b>Insurance</b>	86.25	113.38	669.87	1,069.94	(400.07)	1,200.00
<b>Office Maint. &amp; Repairs</b>	-	132.00	312.00	576.91	(264.91)	500.00
<b>Office Supplies</b>	254.56	213.60	3,117.11	2,036.62	1,080.49	2,800.00
<b>Rent</b>	2,020.00	1,980.00	18,020.00	17,620.00	400.00	24,080.00
<b>Taxes</b>	-	-	75.00	60.00	15.00	80.00
<b>Telephone</b>	127.89	442.42	1,077.11	2,085.36	(1,008.25)	1,200.00
<b>Utilities-Electricity</b>	571.46	388.19	3,796.96	2,249.33	1,547.63	5,000.00
<b>Website</b>	-	-	55.65	147.88	(92.23)	35.00
<b>EMPLOYEES</b>						
<b>Accrued Payroll Taxes</b>	589.61	782.29	5,160.05	6,763.46	(1,603.41)	8,970.00
<b>Employee Wages</b>	7,707.47	9,366.82	62,975.67	68,547.13	(5,571.46)	82,278.00
<b>Employee 403B Contribution</b>	-	-	-	314.00	(314.00)	-
<b>Employee Health Benefit</b>	822.35	653.13	7,219.52	6,208.63	1,010.89	7,840.00
<b>Insurance-Worker's Comp</b>	44.61	43.16	395.69	382.88	12.81	500.00
<b>Total Office Expense</b>	<b>12,951.56</b>	<b>14,214.11</b>	<b>110,016.33</b>	<b>112,402.89</b>	<b>(2,386.56)</b>	<b>141,723.00</b>
<b>Standing Committees Expense (see schedule)</b>	<b>1,033.44</b>	<b>451.56</b>	<b>8,336.49</b>	<b>2,384.95</b>	<b>5,951.54</b>	<b>11,935.00</b>
<b>Total Expense</b>	<b>13,985.00</b>	<b>14,665.67</b>	<b>118,352.82</b>	<b>114,787.84</b>	<b>3,564.98</b>	<b>153,658.00</b>
<b>Net Revenue</b>	<b>(1,684.93)</b>	<b>948.19</b>	<b>15,457.07</b>	<b>3,255.38</b>	<b>12,201.69</b>	<b>18,892.00</b>



## Group Contributions September 2022

Group	Sep-22	Ytd 22	Group	Sep-22	Ytd 22
11th Step Journey - 2622	100.00	300.00	Fishermen In Recovery - 2863	-	227.00
12 X 12 AND BB - 2939	-	110.00	Fletcher Hills Smokeless - 59	-	100.00
151 Club - 2443	-	200.00	Fresh Start Beginners - 2609	-	596.13
24 Hours a Day - 3262	-	150.00	Friday Happy Hour - 2821	-	150.00
3 O'Clocker - 2201	-	800.00	Friday Morning Womens - 104	125.00	125.00
4077 Mash Step 11 - 2027	-	135.00	Friday Night Gratitude - 2829	-	140.40
4th Edition Big Book - 2569	42.00	42.00	Friday Night Irregulars - 2889	-	677.50
52 From The Big Blue	205.00	410.00	Friday Online 12 x 12 Step Study - 3351	-	448.00
530 Meditation - 3085	-	597.50	Garnet Group - 1129	-	30.00
830 Every Morning Recovery Group	-	414.00	Gilman Group - 1988	-	250.00
9 AM with a View - 3397	-	30.00	God Squad Too - 2809	-	128.39
92037 Group - 861	-	200.00	Goldmine Speakers - 2613	-	75.00
A Vision and a View - 3337	-	26.29	Good Morning AA - 1888	242.00	749.00
A Womens Meeting - 1717	20.00	2,140.00	Good News Bad News - 2833	-	112.96
AA By The Bay - 629	-	75.00	Grape Street Sunrise - 1293	-	100.00
AA Discussion Group - 1991	-	125.00	Great Fact Group - 895	-	120.00
Adams Avenue Big Book Study - 1892	50.00	50.00	GSDYPAA	-	400.02
Afternoon Delight - 2704	-	75.00	Happy Hour Meeting - 1038	-	220.66
Alpine Group - 6	-	245.50	Harmony Group - 585	455.00	4,070.00
Alpine Mixed Step Study - 2621	-	150.00	Haul Your Hiney Out Of Bed - 704	-	166.00
Another New Beginning - 144	-	75.00	Hi-Nooners - 673	169.00	369.00
As Bill Sees It Nooner - 2431	-	120.00	HOW @ Noon - 2998	150.00	1,050.00
At Home Mens - 215	-	264.99	I. B. Up - 2565	-	900.00
At One With Each Other - 789	-	138.00	IB Sober - 3161	-	10.00
B.Y.O.B. (North Park) - 203	78.00	624.00	Imperial Beach Group - 79	-	50.00
Back Country - 3131	40.00	40.00	Jaywalkers - 3100	-	462.00
Back to Basics - 1026	-	200.00	Jump Start - 2174	-	265.77
Barefoot - 139	100.00	200.00	Just Us Girls - 929	-	191.00
Bayside Big Book Study - 1610	-	50.00	Keep it Simple - 3395	-	82.91
Bayside Bonfire Group - 1139	-	253.75	Knuckleheads - 3182	200.00	800.00
Beautiful Beginnings - 552	-	246.01	La Jolla Discussion Group - 85	-	48.00
Big Bon-Fire Meeting - 1894	-	341.00	La Jolla Mens - 692	-	300.00
Big Book Awakening - 3387	-	72.00	La Jolla Monday Womens - 87	-	389.00
Bonita Boozers - 2179	-	125.00	La Jolla Nonsmokers Disc - 88	400.00	680.00
Bonita Womens Big Book Study - 3112	-	320.00	La Jolla Sunrise - 2684	500.00	2,000.00
Carrying the Message - 2458	-	383.21	La Mesa Mens - 106	-	150.00
Casa De Oro Tradition Five - 503	-	289.00	La Mesa Mixed - 2136	-	140.00
Cedar Street Mens - 1698	295.00	1,114.00	La Mesa Open Discussion - 107	-	300.00
Chula Vista 4 Min Speakers - 1568	50.00	125.50	La Mesa Step Study Workshop - 1621	-	103.25
Clairemont Fri Night - 375	-	130.00	La Mesa Womens Sat. Morning - 416	5.00	417.54
Clairemont Mens - 301	-	948.00	LAGUNA MOUNTAIN GROUP	-	525.83
Clairemont Mixed Discussion - 338	-	405.00	Lake Morena Sink or Swim - 2830	-	300.00
Clairemont Wednesday Group - 303	-	206.50	Lakeside Drunks - 2423	40.00	40.00
Clairemont Womens Discussion - 340	-	333.50	Late Risers - 473	60.00	255.00
Clairemont Womens Step Study - 341	-	1,142.71	Lemon Grove Speakers - 2574	-	100.00
Class Acts - 1845	-	436.97	Linda Vista Mens - 320	150.00	250.00
Coffee Clutchers - 2332	-	1,250.00	Linda Vista Thursday Night - 319	-	50.00
Daily Reflection - 3114	-	100.00	Little Apple Group - 1438	207.91	550.91
Dawn Patrol - 263	-	20.00	Living Free - 477	-	917.00
Dawn Patrol Online - 3275	-	250.00	LJ We Are Not A Glum Lot - 3355	-	120.00
Deerhorn Group - 2063	-	210.00	Lushes Lunch Tuesday - 2641	-	758.00
Descanso Mens Step Study - 3010	-	179.66	Mens Focused Step Study - 3217	273.75	273.75
Diamond St Mens Step Study - 569	-	401.00	Mens Jelly Donut - 3118	-	800.00
Dignity Unlimited - 205	-	700.00	Mens Step Study - 965	-	80.00
Downtown Discussion - 1665	-	38.71	Mens Structured Step Study - 1469	-	150.00
Drunks Only - 1605	-	300.00	Mid-Week Mens - 560	-	1,080.00
Drunks Only Online - 3370	-	600.00	Mid-Week Mens Online- 3243	-	334.92
Each Day A New Beginning - 509	-	258.38	Midday Miracles - 3242	88.45	678.59
Early Morning Recovery - 2688	-	600.00	Midnight Howlers - 1025	-	80.00
Early Risers (PB) - 264	-	615.00	Midway Bridge - 2171	-	95.44
East County Happy Hour - 3327	-	3.00	Mira Mesa Early Risers - 967	-	1,420.00
East County Mens - 1905	-	600.00	Miracles on Mondays - 565	22.18	297.18
East County Young People Rule 62-2797	-	284.21	Mission Bay Daily Reflections - 1692	50.00	250.00
East Side Group - 101	-	232.00	Mission Hills Late Night - 2773	100.00	700.00
Eastlake Greens Attitude Adjust - 2712	-	375.00	Mission Hills Lunch Bunch - 2675	-	219.00
Eastlake New Beginnings S/S - 2673	-	70.00	Mission Possible - 131	160.00	160.00
Easy Does It Riders - 21	-	120.00	Monday At A Time - 2875	-	247.92
Easy Does It Speakers - 114	-	100.00	Motivation Monday - 3254	-	320.00
Educational Variety Mens - 3244	-	100.00	Mt Soledad Mens - 717	-	1,107.00
El Cajon Beginners - 2876	-	50.00	Noon with a View Beginners Mtg - 3249	-	3,187.00
El Cajon Nooner - 2638	-	1,483.28	Nooner is Backed Mixed - 3287	-	20.00
El Cajon Womens Serenity - 77	129.75	479.83	Nooners Anonymous - 1164	75.00	300.00
Emotional Sobriety (Hillcrest) - 2536	-	133.00	Normal Hts Young Peoples SS - 3407	-	400.00
Evening In Harmony - 2864	-	100.00	North Clairemont - 1102	123.00	498.00
Evening Serenity - 2305	100.00	700.00	North Park Mens - 465	29.07	367.20
Every Night at Six - 3241	-	800.00	North Shores Breakfast - 275	-	120.00
Everynighters Online - 2997	22.16	259.89	O.B. Womens Step Study - 2730	-	152.10
Eye Opener Group - 607	317.00	891.40	Old Town Speakers - 321	675.00	675.00
Fairmont Park Discussion - 2832	-	30.00	One Step Ahead - 715	100.00	100.00
First Mira Mesa Mens - 300	-	76.00	One Step At A Time At Mission Bay-1664	54.24	54.24





## Group Contributions September 2022

Group	Sep-22	Ytd 22
Open Minded Mens - 626	-	513.00
Original Tues Night Step Study - 2124	-	100.00
Our Daily Reprieve - 3339	-	315.00
Over 50 - 840	-	222.00
Over The Bridge - 2689	-	1,028.50
Pacific Beach Weekend Warmup - 725	-	175.00
Pass It On Big Book Study Group - 2860	-	1,010.08
Pine Valley Thurs. Open Disc - 3274	-	62.80
Poinsettia Group - 2210	150.00	150.00
Point Loma Mens - 245	-	929.00
Point Loma Nooners - 1606	-	100.00
Primary Purpose Group (Hillcrest)-3151	-	681.50
Progress Rather Than Perfection - 2682	-	100.00
Pt Loma Fri Afternoon 12 & 12 - 244	309.20	309.20
Radical Acceptance Meeting - 2961	50.00	1,866.51
Rainbow Group - 570	-	125.00
RAM-Z - 3323	-	20.00
Ramona Barefoot - 138	100.00	100.00
Ramona High Noon - 2778	40.00	40.00
Ramona Mens New Vision - 1949	-	200.00
Riding Sober - 3054	-	471.50
Right Turn Group - 1900	100.00	150.00
Rise & Shine - 2170	176.27	2,663.08
Rocket Riders - 1730	210.00	210.00
Rule 62 Group - 927	-	425.00
Rule 62 Noon Discussion - 2947	-	175.00
Safe Sane and Sober - 1350	-	200.00
San Carlos Single Purpose - 583	-	159.91
Santee Mens Group - 2972	-	225.00
Santee Saturday Night Speakers - 2656	-	240.00
Santee Serenity - 3040	-	20.00
Santee Serenity Group - 1943	-	300.00
Santee Sunday Morning Mens - 3076	-	460.99
Sat Mens Early Awakening - 2209	175.00	922.50
Sat Night Early Discussion - 336	-	150.00
Saturday A.M. Live - 782	-	234.13
Saturday Morning Sanity - 1989	-	375.00
Saturday Nite Live - 2192	-	100.00
Scripps Ranch Men's Two - 2776	80.00	307.20
Scripps Ranch Mens - 3168	-	139.34
Serenity at the Cove - 3271	-	75.00
Serenity Sunday - 3041	-	47.20
Sisters in Sobriety - 3092	50.00	50.00
Sisters In Sobriety - 3127	-	401.00
Sisters in Solution - 3272	142.50	750.10
Sky Hi Womens - 1633	63.15	63.15
So Bay New Womens - 2325	-	180.00
Sobearity - 3129	-	281.00
Sober Nooners - 196	-	200.00
Sober Roses Womens Step Study-2946	80.00	146.22
Sobriety At All Cost - 3006	-	1,103.00
Sobriety On State and Date - 2697	-	194.01
Sons of God - 2789	-	320.00
Sorrento Valley Nooner - 544	-	445.00
SOUTH BAY PIONEERS	-	200.00
South Park Sobriety - 1015	-	224.00
Spiritual Awakening - 2275	208.51	2,938.07
Spiritual Awakenings Step Study - 2601	-	175.00
Spiritual Awakenings Step Study - 3174	-	110.00

Group	Sep-22	Ytd 22
Sunday Beach Sun-Day - 568	-	90.00
Sunday Discussion Group - 127	65.00	65.00
Sunday Keep it Simple - 3348	-	20.00
Sunday Kind of Love - 429	-	341.00
Sunday Midday - 161	-	475.00
Sunday Morning Eleventh Step - 1206	-	200.00
T.G.I.F. - 1658	-	796.50
The 530 - 3266	-	600.00
The Gathering Of The Goddesses-2890	-	180.00
The Gift - 2954	-	424.63
The Hole In The Doughnut - 2737	-	860.00
The Huddle in the Park - 3278	476.00	4,794.60
The Language of the Heart - 3066	-	189.67
The Nine Thirty - 2997	77.67	281.75
The Other Meeting - 857	-	347.50
The Rogue Meeting - 3338	250.00	2,608.33
The Rogue Women's Meeting - 3404	-	260.00
The We Group Speakers Group - 2739	-	150.00
There is a Solution - 2680	-	360.00
Three Legacies Group - 2194	199.68	529.68
Thurs Nite Mens Big Book Study - 1748	75.00	150.00
Thursday Steps - 646	150.00	435.07
Thursday Steps Online - 3361	-	8.00
Ticket to Recovery - 3269	-	649.23
Tierrasanta Friday Night - 2645	150.00	250.00
Tierrasanta Morning Serenity - 2811	-	100.00
Toes in the Sand - 3282	-	1,487.18
Top of The Hill - 41	200.00	525.00
Torrey Pines Open Disc - 94	408.00	408.00
Trudgers Mens Step Study - 3008	-	550.50
Tues Night Mens Step Study - 1813	-	370.00
Tuesday Morning Alpine - 440	-	252.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	-	400.00
Turning It Over - 3196	-	80.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	61.88
University City Womens - 369	-	720.00
Valley Girls - 2617	-	64.73
Veterans Leave No One Behind - 2038	-	100.00
Wake Up Call - 1932	300.00	853.00
War Fever - 880	-	214.75
Water Walkers - 5	-	200.00
Water Walkers Too - 1946	-	600.00
Way Up and Out - 415	-	159.55
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	-	220.00
Whatever It Takes - 3350	-	344.50
Wholesale Miracles - 2474	33.00	768.00
Womans Gut Level - 1701	-	53.76
Womans Let Go and Let God - 446	150.00	150.00
Women's Joy Of Living - 2636	-	523.61
Women's Online Step Study - 3412	20.00	20.00
Women In Harmony - 1807	-	180.00
Womens Attitude of Gratitude - 2751	-	232.00
Womens Sober Sunday - 731	-	50.00
Womens Step Study - 296	125.63	659.35
Womens Thursday Nite - 514	-	173.69
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	100.00	300.00

**Group Secretaries/Treasurers**  
**Central Office does not mail receipts**  
**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**


**Daytime Phone Volunteers Needed at Central Office**  
**There are now 7 opportunities in October & November, plus the upcoming Holidays, to cover the**  
**Daytime Phones at Central Office when one of our regular volunteers is unable to cover their shift. Come in**  
**& see what it's like to answer phones & offer hope to the still suffering alcoholic. Call today if you're**  
**available M-Sa either 9am-1pm, 1pm-5pm, or 5pm to 9pm.**

# Central Office Notes



## 2022 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
November 14	Veteran's Day Observed	Monday
November 24	Thanksgiving	Thursday
December 26	Christmas Day Observed	Monday

<b>September 2022 Group Contributions</b>	<b>\$10,718</b>
<b>Individual Contributions</b>	<b>1,176</b>
<b>Literature &amp; Interest</b>	<b>406</b>
<b>Total Revenue</b>	<b>\$12,300</b>
<b>Central Office Expenses</b>	<b>-12,952</b>
<b>Committee Expenses</b>	<b>-1,033</b>
<b>Total Expenses</b>	<b>-\$13,985</b>
<b>September 2022 Net Revenue</b>	<b>-\$1,685</b>
<b>2022 YTD Revenue</b>	<b>\$15,457</b>



### Texting is coming to San Diego Central Office Intergroup!

We are very excited to announce that we are adding texting to our methods of communicating with the San Diego Fellowship. Be on the look out for future emails with information on how to sign up to receive texts with reminders for upcoming events and service meetings.

### San Diego Central Office is in immediate need of Daytime Phone Volunteers

- Alternating Friday Mornings from 9am-1pm
  - Fill in Volunteers when regular volunteers are ill or on vacation
    - Upcoming Holidays
- Please call today!**

### Final Friday Feast For Service

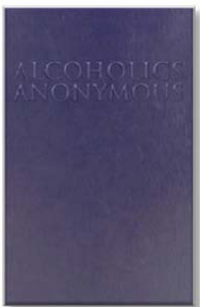
We all know what AA in San Diego has done for you. Have you ever wondered what you can do for the San Diego AA Intergroup & its members?

Find out at the Final Friday Feast for Service at Central Office. Beginning on October 28th at 3:00pm and continuing on every Final Friday of the month San Diego Intergroup Members will have an opportunity to grab some grub and fellowship with Committee Chairs to explore service opportunities .

See you there!

# Alcoholics Anonymous (Large Print edition)

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



"This case contains a powerful lesson. Most of us have believed that if we remained sober for a long stretch, we could thereafter drink normally. But here is a man who at fifty-five years found he was just where he had left off at thirty. We have seen the truth demonstrated again and again: "Once an alcoholic, always an alcoholic." Commencing to drink after a period of sobriety, we are in a short time as bad as ever. If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.." - Page 33 ,  
*Reprinted with permission from A.A.W.S.*

POWERFUL  
 CASE  
 LESSON  
 BELIEVED  
 SOBER  
 REMAINED  
 LONG  
 STRETCH  
 DRINK  
 NORMALLY

LEFT  
 THIRTY  
 TRUTH  
 DEMONSTRATED  
 ALCOHOLIC  
 ALWAYS  
 COMMENCING  
 PERIOD  
 SOBRIETY  
 SHORT

FOUND  
 BAD  
 PLANNING  
 STOP  
 RESERVATION  
 KIND  
 LURKING  
 NOTION  
 SOMEDAY  
 IMMUNE



## A.A.'s Legacy of Service

**“Our Twelfth Step-carrying the message-is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principle; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven’t been given the truth may die.” A.A.’s Legacy of Service, pamphlet P-44, Reprinted with permission from A.A.W.S.**

**“Serving as a Coordinator offers you a rewarding opportunity to share in A.A.’s Third Legacy—Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. The purpose of the intergroup association is to help the member groups to carry the message of A.A. in full accord with the 12 Steps, Traditions and Concepts of Alcoholics Anonymous.” Being a Coordinator Pamphlet**

**Call Central Office Today for more information on being of service by serving on the Coordinating Council. We meet on the second Thursday of every month and we can’t wait to see you there!**



### FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ **The Central Office is no longer able to mail receipts. When making a contribution, please include your email address so that we can email you a receipt**
- ◇ **Thank you very much to the members who have sent Individual Contributions**
- ◇ **If you’d like to credit your group, please make a note on the check**
- ◇ **We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!**
- ◇ **Send your Contributions to:**

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



## Things to Do, And Places to Go

### Miracle on the River

**When:** November 4-6, 2022  
**Where:** Lake Havasu City, AZ  
**Info:** [www.HavasuAARoundup.org](http://www.HavasuAARoundup.org)

### 82<sup>nd</sup> Anniversary of San Diego AA Pancake Breakfast

**When:** November 5, 2022, 9:00 am  
**Where:** 2111 Camino Del Rio S.  
**Info:** Call Central Office 619-265-8762

### Mental Health in A.A. Workshop

**When:** November 5, 2022, 9 am - 2 pm  
**Where:** Seaside Center for Spiritual Living,  
Encinitas and Online  
**Info:** Call Central Office 619-265-8762

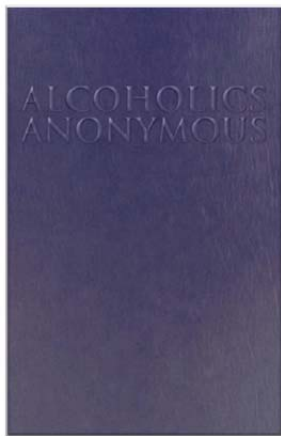
### 3rd Weekend Camping Group

**When:** November 18-20  
**Where:** Agua Caliente  
**Info:** Call Central Office 619-265-8762

*Excerpt from*

November Book of the Month

**Alcoholics Anonymous**  
**Large Print edition**



## Coordinating Council Attendance

Thank you to the following 37 Groups who's Coordinators attended the September San Diego Intergroup Coordinating Council.

**There are 637 groups in San Diego:  
WAS YOUR GROUP THERE?**

- 4077 MASH STEP11
- BATTERY CHARGERS
- CASA DE ORO WEDS NITE
- CEDAR STREET MENS
- CLAIREMONT MENS
- CLAIREMONT WOMENS STEP STUDY
- DEL CERRO MIXED
- EARLY MORNING RECOVERY
- EVERY NIGHT AT SIX
- FIRST MIRA MESA MENS
- FRIDAY MORNING WOMENS
- FRIDAY NIGHT IRREGULARS
- GREAT FACT GROUP
- HARMONY GROUP
- HOW @ NOON
- JUST US GIRLS
- LA MESA MENS
- LA MESA STEP STUDY WORKSHOP
- LA MESA WOMENS SAT MORNING
- MIDDAY MIRACLES
- OLD TOWN SPEAKERS
- OVER THE BRIDGE
- RADICAL ACCEPTANCE MEETING
- ROOM 65
- SCRIPPS RANCH MENS
- SCRIPPS RANCH MENS TWO
- SISTERS IN SOLUTION
- SOBRIETY ON STATE AND DATE
- SUNDAY MIDDAY
- THE COMMON SOLUTION
- THE GIFT
- THE NINE THIRTY
- THREE LEGACIES STUDY GROUP
- VALLEY GIRLS
- WISDOM WEDNESDAY
- WOMEN IN HARMONY
- WOMEN'S JOY OF LIVING

### Next Council Meeting: November 10

Don't have a Coordinator for your Group? Elect one and they will receive a \$50 Group Bookstore Voucher for your group to purchase literature when they attend their first Council. Vouchers will be given to groups who currently do not have council representation and join before the end of the year. Two groups received vouchers in October!

*"There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." -*  
 Page 25      *Reprinted with permission from A.A.W.S.*



## We Will Not Regret the Past If We are Painstaking

*Continued from page 1*

that you had a choice of whether to itch when you have poison ivy. It is a disease. To my knowledge, there is no definite understanding of what causes alcoholism — if there were, we could treat it before it became a problem. We are not responsible for becoming an alcoholic. We are, however, accountable for our behavior, whether we are *drinking or not*. Most alcoholics that I've known have pasts that they wish they could erase or take them to the grave with us. These secrets stand in the way of the *peace of mind* and the *feeling of wellbeing* that we all strive for.

Most of these behaviors can be rectified by making amends and restitution using the 12 steps so we can change the behaviors and no longer do we regret those things/habits.

One of the promises of the A.A. program is that ***"We will not regret the past nor wish to shut the door on it"***. and I believe I have reached that level of growth; however, I do have *deeds* in my past that *I regret having done*. I have discussed those things with trusted advisors over the years, and we conclude that, to admit and to be *accountable for those things is a good start*. They can never be erased, but they can be resolved by replacing old selfish habits with new, unselfish

deeds, spiritual in nature. To repay my debt to people less fortunate than myself that can use a hand up. This can be done *in a spiritual or in a material way, whichever the situation requires*. Doing so, *anonymously and without fanfare*, allows me to balance the scales. I try to be kind and understanding; do my best to be an asset and never a liability; try to bring more to the table than I take away; try always to be honest with myself about my motives. These endeavors will heal the guilt and shame.

I believe I will always have some regrets, but *I will not allow them to plague me*. Today I am right with myself and with the world. I am a grateful alcoholic. I contracted the disease of alcoholism in my youth, suffered desperation, and forced myself to swallow my pride, came to alcoholics anonymous and recognized the value of surrendering to it. Now I try to *go through each day without doing anything I REGRET*. Today I am happy, content, and at peace. I can't imagine ever having found an approach to life that could have come close to the life I live today. *I wouldn't trade places with anyone in the world.*

~ Rick R.

## Dear Friends in the Fellowship,

**I am a beginner on the road to recovery.**

*Continued from page 1*

here that could save me. I talked to many people and read the Big Book. I was totally helpless and incapable of managing my own life. The fact that something sustained me

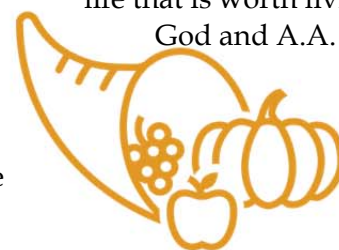
through this intense pain and suffering was evidence enough of a higher power. I began to pray every day, asking for the strength to carry out God's will for me.

As the weeks passed, layers of poison fell from my mind and body. After all, my system was readjusting after many years of addictive drinking. I had to have many things repeated to me many times before I began to truly understand them. And I was still fighting my old thoughts. My entire world view had to be readjusted. I was like a newborn learning how to live.

It seems humorous to me now looking back at those days (mainly hours) when I felt "normal" and healthy again, when my mind tried to revert to old patterns of thought and behavior. I only wanted a drink when I was feeling good, when I was sitting back and egotistically dreaming of all the great things that I would do. Those old patterns do die hard! Inevitably those periods of time would be followed by fear and panic and that going back means death. I take these instances as proof of what a slow learner I am!

But also, I have enough compassion for myself now to accept myself, faults and all, without the need for a drink. For that I am very grateful. Every day I wake up is a good day — another chance to transcend my ego and to learn God's will. For the first time in my life there is room for growth and light and love and acceptance. This is the life that is worth living. I thank God and A.A. for it.

~  
Nancy P.



## The Principle of Faith

**“This is the way to a faith that works.”**

*Continued from page 1*

Each 24-hour period that I didn't drink was torture. It was like trying on a new, tight skin, painful to walk in, unfamiliar and damn uncomfortable. So, I had to attend a lot of meetings.

My first sponsor suggested I attend Step Study meetings so I could

thoroughly understand each one. With each step a principle was introduced. In hindsight, I know now the old timers were trying to get me to focus on something positive rather than the negative of not drinking. If you become honest, you'll sleep better with a clear conscience. When you discover hope, life will look brighter and worthwhile; that was the carrot the old timers were dangling.

But the principle of faith that I struggled with from early on, has become the one I rely upon the most. As with most of my lessons in A.A., it is a slow process. How could I, “let go and let God?” How could I just turn my will and my life over to Him and trust that He would take care of everything? After all, wasn't I the one who kept myself alive all these years before coming into A.A.?

I remember being in therapy and the therapist saying, “Our goal

here is to get you in the driver's seat.” How confusing to hear that when I was supposed to get out of the driver's seat! I remember telling my sponsor over and over, “I don't know how to do this!” She was a patient and wonderful woman who gave me a number of visual representations. I tried and tried but still couldn't do it. We worked together for a long time and slowly but surely, I was able to take the third step. I still didn't have complete faith that all would work out. Even after working all twelve steps, I still had some doubts and fears. I was dubbed a hand-wringer by a few people in the fellowship.

The best definition of faith I ever heard was in a meeting. It really changed my perspective on how to live this principle in my life. God and an alcoholic were standing at the edge of the Grand Canyon. God snapped his fingers and a tightrope appeared over the vast canyon. God asked the alcoholic, “Do you believe I can get to the other side on the tight rope without falling?” “Of course You can, You're God, You can do anything,” the alcoholic answered. Then, a wheelbarrow appeared. God asked the alcoholic, “Do you believe I can push this wheelbarrow to the other side without falling?” Again, the alcoholic answered, Of course You can, You're God, You can do anything.” God replied, “Okay, then get in the wheelbarrow!”

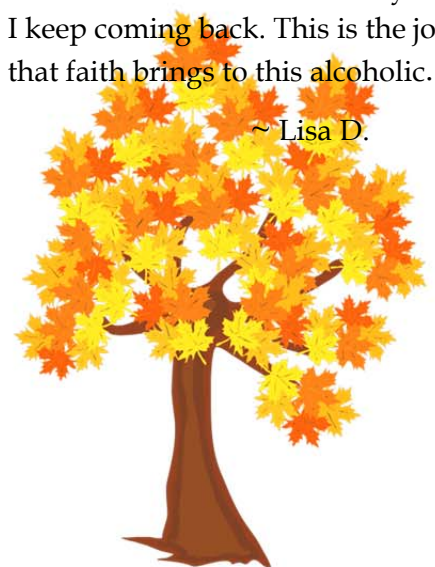
A light bulb came on when I heard that story. Finally, something I could understand! Now, when times get tough

I imagine climbing in that wheelbarrow. My sponsor gives me clear instructions on what to do while God is hard at work. First, get out of His way. In some cases, take action; in others sit on my hands and wait. Always pray, share in meetings, reach out to newcomers and be of service to my club and to others.

Throughout my journey I look back and see the miracles in my life. Why God put me on a certain path, why I needed to be where I was in order to get where I am now, and how faith got me there. But I'm still human and sometimes feel my faith slipping. When this happens, I go to a meeting and hear a miracle in someone's life.

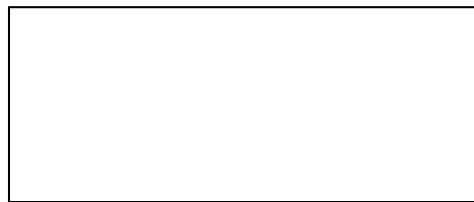
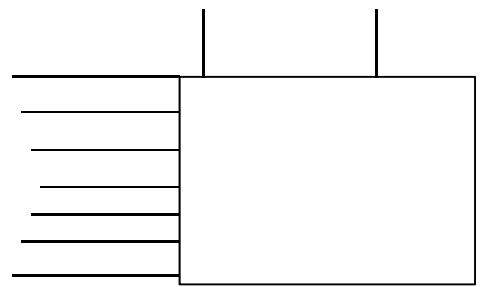
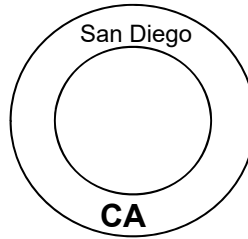
I witness people getting sober; their lives changing before my eyes. I witness people walking through tragedies like divorce, death, loss of jobs and homes and not picking up a drink. I witness second chances, new opportunities, renewed health, relationships, and a reason for living. This is all the proof I need that God exists and this is why I keep coming back. This is the joy that faith brings to this alcoholic.

~ Lisa D.



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

RETURN SERVICE REQUEST



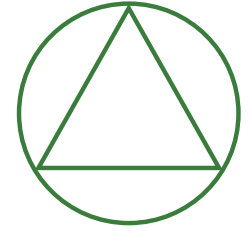
# November

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			





# The San Diego AA Coordinator



[aasandiego.org](http://aasandiego.org)

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.* From the AA Big Book, p. 59

December 2022

VOL. LX NO. 12

## INSIDE . . .

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- Upcoming Events..... p. 13

## "Carry the AA Message"

**Join the fun, submit an article!**

**January (due 12/12/22)**

"We admitted we were ..."

**February (due 01/12/22)**

"Came to believe..."

**Submit your 27 to 1,000-word story at [www.aasandiego.org](http://www.aasandiego.org)**

using the "Submit" button in the Coordinator Newsletter section or email it to [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

## Article Web-Site

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

# Happy Holidays



## Sober Holidays

**Be grateful and don't drink no matter what!**

"Sober holidays." I used to think that was an oxymoron. Heck, my most memorable and forgettable drunks occurred around and during the holidays. I don't remember why or when that dismal trend began, but somewhere in my thirty years of drinking, I began to

*Continued on page 14*

## Mission Statement

"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," is my mission statement for living. Fortunately for me,

*Continued on Page 14*

## A.A. Slogans

**Keep Them In Your Pocket and Mind for the Holidays**

A.A. slogans help us wrap big things in packages we can carry. They help us see through complexities to the basics. Think of A.A. sayings as tricks we use to "keep it simple." When acted on, these tricks become treats that help us focus on what matters in recovery. We can help ourselves to any one of these treats – just by carrying it into action.

**One Day at a Time**

*Continued on Page 15*

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

**OUR WEB PAGE:** [www.aasandiego.org](http://www.aasandiego.org)

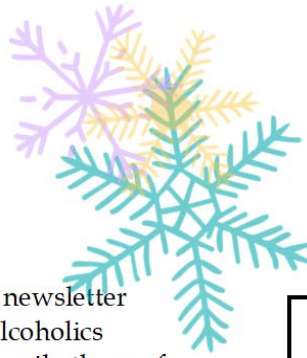
**E-MAIL:** [sdaaco@aol.com](mailto:sdaaco@aol.com)

**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 are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (*see page 1, bottom left*).

Submissions may be emailed to the newsletter chair at [SDAA.newsletter@gmail.com](mailto:SDAA.newsletter@gmail.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be - obtained at the Central Office.

#### Coordinating Council Officers:

Council Chair	Aleksey	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Andrew	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	TBD	<a href="mailto:afterhoursphonesd@aasandiego.org">afterhoursphonesd@aasandiego.org</a>
Business Committee	Nick	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Cooperating with Elderly (CEC) Program	Jean	<a href="mailto:cecchair@aasandiego.org">cecchair@aasandiego.org</a>
Program Committee	TBD	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Butch	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Amy B.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

#### Area Officers:

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

**Contributors:** Susan E., Mike H.

**January Theme:** "Admitted we were ..."

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

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

#### Committee Announcement

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

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



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

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



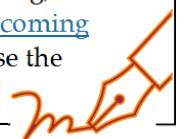
#### AAGRAPEVINE.ORG

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

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

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

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



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

## MUSINGS

*The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do.*

~ Galileo Galilei

*The time is always right to do what is right*

~ Martin Luther King, Jr.

*Hatred does not cease by hatred, but only by love; this is the eternal rule.*

~ Buddha

*The desire of perfection is the worst disease that ever afflicted the human mind.*

~ Louis de Fontanes

*Seize from every moment its unique novelty, and do not prepare your joys.*

~ Andre Gide

*Life is what happens to us while we're making other plans.*

~ Thomas La Mance

*A wise man changes his mind, a fool never will.*

~ 17th century proverb

*A man who has committed a mistake and doesn't correct it is committing another mistake.*

~ Confucius

*The foolish and the dead never change their opinions.*

~ James Russell Lowell

## 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](https://aasandiego.org/coordinator-newsletter)**

## Central Office Phone Calls and Website Hits

**Central Office is grateful for our Volunteers**

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

Website Hits	November	Total
	59,373	8,821,844

*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*

**Paul Timlin  
36 years 6/15/86  
Water Walkers**

### 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.*

# Meetings in Motion

## CANCELLED

**EDUCATIONAL VARIETY MENS** Santee  
Store @ 8790 Cuyamaca St Tuesday @ 07:00 P

**FRESH START BEGINNERS** Online  
Sunday @ 09:30 A

**MUSICIANS ANONYMOUS** Pacific Beach  
Studio @ 4150 Mission Blvd Sunday @ 05:00 P

**THAT GAY CROWD INSIDE** Online  
Wednesday @ 07:00 P

**THURSDAY NIGHT THUGS** El Cajon  
Club @ 938 E Washington St Thursday @ 07:00 P

## NAME CHANGE

**FREE THINKERS A.A. MEETING** N Park  
Church @ 3030 Thorn St  
Wed. @ 07:00 P *Was Free Thinkers Step Study*

**SONGS IN SOBRIETY** Online  
Online @ ID #:647 352 066; PW:641022  
Sunday @ 05:00 p *Was "Songs in Recovery"*

## NEW

**DO IT SOBER** Coronado  
Club @ 950 Orange Ave -rear alley Sun. @ 06:30 P

**GAYS, THEYS, & THEM DRUNKS  
OVER THERE** Pacific Beach  
Crown Point @ 3550 Corona Oriente Rd  
Sat. @ 06:00 P Meeting Code(s): LGBTQ \*

**IT TAKES A VILLAGE** Pacific Beach  
Club @ 4861 Cass St  
Tuesday @ 05:45 P Meeting Code(s): C

**WORLD OF THE SPIRIT** Mission Hills  
Church @ 4044 Lark St Tuesday @ 09:00 P

## ONLINE INFO CHANGE

**BEAUTIFUL BEGINNINGS** North Park  
Thrift Store & Online @ 4127 30th St  
ID #: 816 2860 4032 PW: BigBook22  
Sunday @ 06:00 P Meeting Code(s): \*LGBTQ

## ONLINE INFO CHANGE (cont.)

**FRI NT. BIG BOOK STUDY** Fletcher Hills  
Church & Online @ 2766 Navajo Rd  
ID #: 812 9356 9779; PW: 070543  
Friday @ 07:15 P *Password changed*

**LA MESA STEP STUDY WRKSH** La Mesa  
Church & Online @ 4816 Glen St  
ID #: 895 5173 5150; PW: 128882  
Tuesday @ 07:00 P

**MIDNIGHT HOWLERS** Online  
ID #:666 305 9874; PW: email request to:  
MidnightHowlersAAmeeting@gmail.com  
Fridays: 1045 University Ave  
Daily @ 11:59 P *New email for PW*

**P.B. WEEKEND WARMUP** Pacific Beach  
Church & Online @ 2088 Beryl St  
ID #: 837 3031 8030; PW: 446256 Fri. @ 06:30 P

**THURSDAY STEPS ONLINE**  
Online @ ID #: 830 3256 6181; PW: steps  
Thursday @ 06:15 P *New login information*

## OTHER

**A WALK IN SERENITY** Online  
Tuesday @ 06:30 P *Temporarily Cancelled*

**THUR NITE WOMENS SPKRS** Golden Hill  
Recovery Home & Online @ 1315 25th St  
ID #: 810 9935 5611; PW: 1315  
Thursday @ 06:30 P Meeting Code(s): W  
*Now hybrid. Login Info changed.*

**VETERANS LEAVE NO ONE BEHIND**  
Club @ 6901 Central Ave **Lemon Grove**  
Thursday @ 08:00 P *Now In Person only*

## TIME/DAY CHANGE

**B.Y.O.B.** North Park  
Church @ 3725 30th St & Gunn St  
Mo-We; Fr-Sa @ 12 N *No Meetings Thursdays*

## RELOCATED

**SOBEARITY** North Park  
Church & Online @ 3295 Meade Ave  
ID #: 302 236 4399; PW: T2LA3W  
Saturday @ 06:00 P Meeting Code(s): LGBTQ  
*Was 3847 Park Blvd; Online Info Changed*

**SOBER NOONERS** North Park  
Thrift Store & Online @ 4127 30th St  
ID #: 858 4900 8426; PW: 599278  
Daily @ 11:45 A Meeting Code(s): \* LGBTQ  
*Was 3847 Park Blvd.; Online info changed*

**SOBRIETY ON STATE & DATE** Normal Hts  
Coffee Shop @ 3343 Adams Ave  
Thursday @ 07:15 P *No longer online*

**STRAIGHT SHOOTERS** North Park  
Thrift Store @ 4127 30th St Sunday @ 11:00 A  
Meeting Code(s): \* LGBTQ *Was 3847 Park Blvd*

**THE OTHER MEETING** La Mesa  
Park & Online @ 5870 Jackson Dr  
ID #: 853 4088 1170; PW: 550720  
Sunday @ 09:00 A Meeting Code(s): \*  
*Was 7050 Parkway Dr*

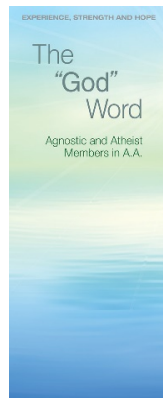
**TICKET TO RECOVERY** Mission Valley  
Church & Online @ 2111 Camino Del Rio S.  
ID #: 875 9615 0474; PW: 208012  
Monday @ 07:00 p Meeting Code(s): \*  
*Was 4747 Soledad Mtn Rd.*

**TUE NITE PARTICIPATION** National City  
Coffee Shop @ 1914 Sweet Water Rd  
Tuesday @ 07:30 P Meeting Code(s): \*  
*Was Home Coffee Bldg*

**WHATEVER IT TAKES** La Jolla  
Church @ 6063 La Jolla Blvd  
Thursday @ 07:00 P Meeting Code(s): CF  
*Was 4747 Soledad Mtn R*

## Excerpt from December Pamphlet of the Month The "God" Word

"Many members believe in some sort of god, and we have members who come from and practice all sorts of religions, but many are also atheist or agnostic. It's important to remember that A.A. is not a religious organization; we have a simple idea that there is a power greater than us as individuals." - p. 5, Pamphlet P-86;  
*Reprinted with permission from A.A.W.S.*



**Minutes of the Coordinating Council**  
**In Person and Online Meeting on Thursday, November 10<sup>th</sup>, 2022 @ 7:00 pm**

Aleksey, Council Chair opened the 923<sup>rd</sup> with a moment of reflection followed by the “I am Responsible Declaration”

**Guest Reports:**

**Area 8 Representative: Richard O., Alt Delegate reported that:**

Richard attended the 70<sup>th</sup> SoCal Convention where there were many great speakers sharing about H&I, service & young people’s meetings. He also shared in an event hosted by the Correction Committee from District 15 on how the six different committees do work in the Hispanic community in carrying the message of A.A. to the still suffering alcoholic.

**H & I Representative: Lauren, H&I co-chair reported that:**

Orientations are on the 3rd Sunday or every month at noon at 5150 Kearny Mesa Rd. & online on the third Thursday of the month. Information for both of these can be found on our website at [sdhandi.org](http://sdhandi.org). Additionally, there is literature available for your H&I commitments. This month we will be holding officer elections. If anyone is interested in standing for a position for a position, please contact H&I & show up. We will also be presenting the 2023 budget, please remind your groups that it is important that the fellowship know about and vote on the budget. We have a new panel starting on Thursdays at 7pm at VA Aspire Center a residential facility in Old Town. If your group is interested in adopting a panel, a week, or any members are looking to join a panel please, please contact me. A men’s panel at the VA on La Jolla Village Drive is looking to transition to in person and needs support. Panels are the 2nd and 4th Mondays at 7pm.

**Intergroup Standing Committees Reports**

**After Hours Phones: Tim, Chair, Shared:**

1. Thank you to all volunteers.
2. All nights are filled & Groups are doing great in getting their information sent in to Central Office. We are very grateful!

**Business Committee: Nick, Business Committee Chair reported:**

The Business Committee met on Tuesday, November 8<sup>th</sup>, 2022 at 6:00 pm.

**October 2022 Financial Summary:**

Net Revenue is \$2,621. Our 2022 YTD Net Revenue is \$18,078. Group & Individual Contributions were \$12,291. Literature Sales Revenue & Bank Interest were \$317 while total office & committee expenses were \$9,987.

**Central Office Manager’s Reports: Judi shared:**

- Nov BOOK OF THE MONTH: Large Print Big Book, Sale \$8.30, Reg. \$10.30 Max: 5
- Dec BOOKS OF THE MONTH: All Big Books & All Grapevine Books \$2 off, Max: 5
- We noticed that the WiFi was very slow, especially on the Admin side of the building. Since there is now a laptop there and all of the phones are on WiFi, Judi asked Steve, our computer volunteer to come take a look. We discovered a better WiFi that was available on our AT&T router and switched all phones and laptops over to it.
- A few changes were made to the website – the “Newcomer Literature” page was changed to “Newcomer Resources” and a couple of quotes were added about the disease of alcoholism from the literature as this is the page that is linked to from the Home Page. The “Group Documents” page was changed to “Group Resources” and several of the forms and links on that page were updated.
- The Anniversary Pancake Breakfast was a huge success. The event was sold out. Thank you to all volunteers and participants. We’ll see you next year!
- October was a huge month for volunteer absences. We had a great many volunteers out on vacation. We are very grateful for all of our fill in volunteers and regular volunteers that came in to cover all of these shifts so that the phones were always answered. We are looking for volunteers for all shifts to cover the phones on the upcoming holidays.
- Central Office will be closed Monday, November 14 in observance of Veteran’s Day and Thursday, November 24 for Thanksgiving.
- Judi will be off Friday, November 25 (Day after Thanksgiving). Lisa Ann to cover

**Newsletter: No report**

**CEC (Cooperating with elderly Community) Committee: Jean, Chair shared that:**

1. Connie is creating a flyer for distribution to A.A. members inviting to participate in the CEC Committee
2. This Committee is looking for members to assist in delivering literature racks to facilities & Spanish speaking members.
3. There are several exciting events approaching including the San Diego Council on Aging on November 3.

**Coordinator Outreach: Brian, Chair shared that:**

1. He will be stepping down as Chair at the end of the year leaving one member on this Committee
2. All Coordinators are asked to share their experience with the overwhelming number of unrepresented meetings in San Diego and how it is a tremendous service opportunity.

**Orientation & Guidelines: No report:**

1. Welcome to 2 new Coordinators this month – Lee from Santee Mens Group & Elizabeth representing World of the Spirit

Continued from Page 5

Public Information Committee: Butch, Chair shared that:

1. All routes have been “renewed” & are now being serviced on a regular basis.
2. There is a current need for 1 new route driver as well as a Driver Coordinator as Ed, long time Driver Coordinator will be stepping down at the end of the year. He will be missed!
3. P.I. participated in the North County Veterans Stand Down event in Vista, collaborating with North County P.I.
4. This Committee is in need of 6 new members
5. The P.I. Committee will be hosting November’s Final Friday Feast on November 25, 2022. Come on out to Central Office at 3:00 for some pizza and info on what the P.I. Committee is all about and how you can be a part of it!

Program Committee: Kaye shared that:

6. The Anniversary Pancake Breakfast was a great success
7. Thank you to all of the Volunteers – we couldn’t have done it without you!

Quorum was established: There are 33 Coordinators in attendance; so yes we have a quorum.

Approved October 2022 Meeting Minutes

**OLD BUSINESS:**

1. Gilbert from the Ad-Hoc Committee gave a report on spending excess funds. The Ad-Hoc Committee met on November 3<sup>rd</sup> and reviewed additional needs for Central Office in addition to pricing for items presented last month:
  - a. Judi & Lisa Ann picked Textedly as the best texting service at a cost of \$39.00 billed monthly or \$468.00 annually (incl. in the 2023 budget); \$80 cost in 2022.
  - b. A 5x10 climate controlled storage unit was selected at a cost of \$983/annually (budgeted for 2023); \$164 cost in 2022
  - c. Additional items include:
    - i. Bookstore discounts = \$2,400.00 (Council voted and approved in July 2022)
    - ii. Coordinator Membership Drive = \$500.00 (Council voted and approved in July 2022)
    - iii. New Volunteer Desks = \$1,397.00 including tax & shipping
    - iv. QuickBooks POS System = \$2,000.00
    - v. “New” Gently used copier for Central Office = \$2,515.00
  - d. Total expenditures = \$9,056.00
  - e. A motion was made to approve all recommended expenditures. M/s/c
2. A Poll was taken to vote on the 2023 Central Office Budget M/s/c

**NEW BUSINESS:**

1. Aleksey, Council Chair reported on the new Service event, Final Friday Feast. This is a new Service Event at which each Committee Chair will take a turn every month at hosting in an aim at building membership in their various committees. He also presented the new Gratitude with Service form and requested that Coordinators take a few to distribute to their group members.
2. Aleksey reminded Coordinators that the Council Chair and Co-Chair positions will be up for elections in December and that Group Coordinators will rotate out according to our Council Guidelines in January.
3. Motion was presented by Nick, the Business Committee Chair to give performance bonuses to the Central Office Staff. After a brief discussion, M/s/c

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

Happy Birthday to everyone who has celebrated a Birthday since the last time we met: Cindy – 2 years, Cara – 5 years & Philip 41 years! Congratulations to you all!

Reminders:

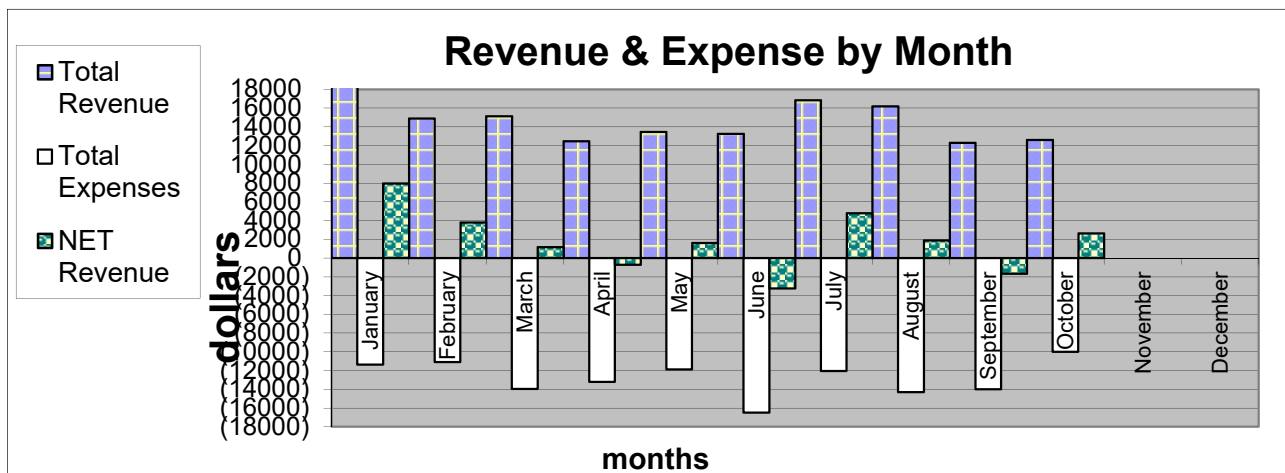
1. If your Group has an agenda item or any suggestions for next month’s meeting, please email Aleksey, Council Chair, at [councilchair@aasandiego.org](mailto:councilchair@aasandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 12/1/2022.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [aasandiego.org](http://aasandiego.org) website. Click on “Intergroup” on the side menu. Minutes from tonight’s meeting will be posted by end of day on the Friday following tonight’s meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight’s meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

Closed with the Serenity Prayer

Respectfully submitted,  
*Judi T.*, Recording Secretary

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Statement of Revenue and Expense**  
**As of October 31, 2022**

	Oct 22	Oct 21	YTD '22	YTD '21	\$ Change	Budget '22
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
<b>Contributions Group</b>	10,880.18	14,115.23	128,652.85	107,366.42	21,286.43	150,000.00
<b>Contributions Individual</b>	1,410.52	2,085.00	13,297.41	21,413.75	(8,116.34)	15,000.00
<b>Contributions SDIAA</b>	-	-	-	-	-	-
<b>Interest - Cert of Deposits</b>	104.24	37.68	468.36	542.44	(74.08)	500.00
<b>Literature Revenue (see schedule)</b>	212.75	619.51	3,998.96	5,578.03	(1,579.07)	7,050.00
<b>Total Revenue</b>	<b>12,607.69</b>	<b>16,857.42</b>	<b>146,417.58</b>	<b>134,900.64</b>	<b>11,516.94</b>	<b>172,550.00</b>
<b>Expense</b>						
<b>Accounting &amp; Legal</b>	60.00	60.00	2,585.00	2,554.90	30.10	2,930.00
<b>Auto/Travel/Seminar</b>	9.00	8.00	1,478.25	127.50	1,350.75	1,500.00
<b>Bank Service Charges</b>	-	10.00	60.00	131.51	(71.51)	50.00
<b>Cash (Over) Short</b>	(32.99)	5.03	(45.77)	71.33	(117.10)	10.00
<b>Equipment Maint &amp; Repair</b>	51.36	51.36	802.50	555.59	246.91	750.00
<b>Equipment Purchase</b>	-	-	2,349.09	1,034.31	1,314.78	2,000.00
<b>Insurance</b>	81.46	103.75	751.33	1,173.69	(422.36)	1,200.00
<b>Office Maint. &amp; Repairs</b>	45.00	40.00	357.00	616.91	134.42	500.00
<b>Office Supplies</b>	315.91	106.05	3,433.02	2,142.67	1,290.35	2,800.00
<b>Rent</b>	2,020.00	1,980.00	20,040.00	19,600.00	440.00	24,080.00
<b>Taxes</b>	-	-	75.00	60.00	15.00	80.00
<b>Telephone</b>	127.03	212.73	1,204.14	2,298.09	(1,093.95)	1,200.00
<b>Utilities-Electricity</b>	592.37	362.37	4,389.33	2,611.70	1,777.63	5,000.00
<b>Website</b>	1.00	20.85	56.65	168.73	(112.08)	35.00
<b>EMPLOYEES</b>						
<b>Accrued Payroll Taxes</b>	541.88	572.37	5,701.93	7,335.83	(1,633.90)	8,970.00
<b>Employee Wages</b>	7,083.50	6,690.11	70,059.17	75,237.24	(5,178.07)	82,278.00
<b>Employee 403B Contribution</b>	-	-	-	314.00	(314.00)	-
<b>Employee Health Benefit</b>	822.35	653.13	8,041.87	6,861.76	1,180.11	7,840.00
<b>Insurance-Worker's Comp</b>	44.61	43.16	440.30	426.04	14.26	500.00
<b>Total Office Expense</b>	<b>11,762.48</b>	<b>10,918.91</b>	<b>121,778.81</b>	<b>123,321.80</b>	<b>(1,542.99)</b>	<b>141,723.00</b>
<b>Standing Committees Expense</b>	<b>(1,775.45)</b>	<b>2,081.70</b>	<b>6,561.04</b>	<b>4,466.65</b>	<b>2,094.39</b>	<b>11,935.00</b>
(see schedule)						
<b>Total Expense</b>	<b>9,987.03</b>	<b>13,000.61</b>	<b>128,339.85</b>	<b>127,788.45</b>	<b>551.40</b>	<b>153,658.00</b>
<b>Net Revenue</b>	<b>2,620.66</b>	<b>3,856.81</b>	<b>18,077.73</b>	<b>7,112.19</b>	<b>10,965.54</b>	<b>18,892.00</b>



## Group Contributions October 2022

Group	Oct-22	Ytd 22	Group	Oct-22	Ytd 22
11th Step Journey - 2622	-	300.00	First Mira Mesa Mens - 300	-	76.00
12 X 12 AND BB - 2939	-	110.00	Fishermen In Recovery - 2863	-	227.00
151 Club - 2443	-	200.00	Fletcher Hills Smokeless - 59	-	100.00
24 Hours a Day - 3262	-	150.00	Fresh Start Beginners - 2609	-	596.13
3 O'Clocker - 2201	-	800.00	Friday Happy Hour - 2821	-	150.00
4077 Mash Step 11 - 2027	182.37	317.37	Friday Morning Womens - 104	-	125.00
4th Edition Big Book - 2569	-	42.00	Friday Night Gratitude - 2829	-	140.40
52 From The Big Blue	-	410.00	Friday Night Irregulars - 2889	165.00	842.50
530 Meditation - 3085	-	597.50	Friday Online 12 x 12 Step Study - 3351	-	448.00
830 Every Morning Recovery Group	-	414.00	Garnet Group - 1129	-	30.00
9 AM with a View - 3397	-	30.00	Gilman Group - 1988	-	250.00
92037 Group - 861	-	200.00	God Squad Too - 2809	45.00	173.39
A Vision and a View - 3337	-	26.29	Goldmine Speakers - 2613	52.50	127.50
A Womens Meeting - 1717	20.00	2,160.00	Good Morning AA - 1888	-	749.00
AA By The Bay - 629	-	75.00	Good News Bad News - 2833	-	112.96
AA Discussion Group - 1991	-	125.00	Grape Street Sunrise - 1293	-	100.00
Adams Avenue Big Book Study - 1892	-	50.00	Great Fact Group - 895	-	120.00
Afternoon Delight - 2704	-	75.00	GSDYPAA	-	400.02
Alpine Group - 6	-	245.50	Happy Hour Meeting - 1038	17.72	238.38
Alpine Mixed Step Study - 2621	-	150.00	Harmony Group - 585	245.00	4,315.00
Another New Beginning - 144	-	75.00	Haul Your Hiney Out Of Bed - 704	-	166.00
As Bill Sees It Nooner (D.T.) - 2431	-	120.00	Hi-Nooners - 673	-	369.00
At Home Mens - 215	-	264.99	HOW @ Noon - 2998	-	1,050.00
At One With Each Other - 789	89.00	227.00	I. B. Up - 2565	-	900.00
B.Y.O.B. (North Park) - 203	78.00	702.00	IB Sober - 3161	-	10.00
Back Country - 3131	-	40.00	Imperial Beach Group - 79	-	50.00
Back to Basics - 1026	-	200.00	Jaywalkers - 3100	-	462.00
Barefoot - 139	-	200.00	Jump Start - 2174	-	265.77
Bayside Big Book Study - 1610	-	50.00	Just Us Girls - 929	-	191.00
Bayside Bonfire Group - 1139	-	253.75	Keep it Simple - 3395	-	82.91
Beautiful Beginnings - 552	-	246.01	Knuckleheads - 3182	-	800.00
Big Bon-Fire Meeting - 1894	-	341.00	La Jolla Discussion Group - 85	-	48.00
Big Book Awakening - 3387	-	72.00	La Jolla Mens - 692	-	300.00
Bonita Boozers - 2179	-	125.00	La Jolla Monday Womens - 87	-	389.00
Bonita Womens Big Book Study - 3112	-	320.00	La Jolla Nonsmokers Disc - 88	-	680.00
Carrying the Message - 2458	-	383.21	La Jolla Sunrise - 2684	-	2,000.00
Casa De Oro Tradition Five - 503	-	289.00	La Mesa Mens - 106	-	150.00
Cedar Street Mens - 1698	-	1,114.00	La Mesa Mixed - 2136	-	140.00
Chula Vista 4 Min Speakers - 1568	-	125.50	La Mesa Open Discussion - 107	-	300.00
Clairemont Fri Night - 375	-	130.00	La Mesa Step Study Workshop - 1621	-	103.25
Clairemont Mens - 301	-	948.00	La Mesa Womens Sat. Morning - 416	250.00	667.54
Clairemont Mixed Discussion - 338	-	405.00	LAGUNA MOUNTAIN GROUP	-	525.83
Clairemont Wednesday Group - 303	100.00	306.50	Lake Morena Sink or Swim - 2830	-	300.00
Clairemont Womens Discussion - 340	-	333.50	Lake Murray Womens - 572	432.50	432.50
Clairemont Womens Step Study - 341	372.78	1,515.49	Lakeside Drunks - 2423	-	40.00
Class Acts - 1845	-	436.97	Late Risers - 473	-	255.00
Coffee Clutchers - 2332	-	1,250.00	Lemon Grove Speakers - 2574	-	100.00
Daily Reflection - 3114	-	100.00	Linda Vista Mens - 320	-	250.00
Dawn Patrol - 263	-	20.00	Linda Vista Thursday Night - 319	-	50.00
Dawn Patrol Online - 3275	-	250.00	Little Apple Group - 1438	-	550.91
Deerhorn Group - 2063	-	210.00	Living Free - 477	2,314.50	3,231.50
Descanso Mens Step Study - 3010	32.36	212.02	LJ We Are Not A Glum Lot - 3355	-	120.00
Descanso Women's Step Study - 3429	12.45	12.45	Lushes Lunch Tuesday - 2641	-	758.00
Diamond St Mens Step Study - 569	-	401.00	Mens Focused Step Study - 3217	234.00	507.75
Dignity Unlimited - 205	-	700.00	Mens Jelly Donut - 3118	200.00	1,000.00
Downtown Discussion - 1665	-	38.71	Mens Step Study - 965	-	80.00
Drunks Only - 1605	-	300.00	Mens Structured Step Study - 1469	-	150.00
Drunks Only Online - 3370	-	600.00	Mid-Week Mens - 560	300.00	1,380.00
Each Day A New Beginning - 509	-	258.38	Mid-Week Mens Online- 3243	52.00	386.92
Early Morning Recovery - 2688	-	600.00	Midday Miracles - 3242	86.69	765.28
Early Risers (PB) - 264	-	615.00	Midnight Howlers - 1025	-	80.00
East County Happy Hour - 3327	-	3.00	Midway Bridge - 2171	-	95.44
East County Mens - 1905	-	600.00	Mira Mesa Early Risers - 967	-	1,420.00
East Co Young People Rule 62 - 2797	-	284.21	Miracles on Mondays - 565	-	297.18
East Side Group - 101	-	232.00	Mission Bay Daily Reflections - 1692	-	250.00
Eastlake Greens Attitude Adj - 2712	-	375.00	Mission Hills Late Night - 2773	-	700.00
Eastlake New Beginnings S/S - 2673	-	70.00	Mission Hills Lunch Bunch - 2675	-	219.00
Easy Does It Riders - 21	-	120.00	Mission Possible - 131	-	160.00
Easy Does It Speakers - 114	-	100.00	Monday At A Time - 2875	-	247.92
Educational Variety Mens - 3244	-	100.00	Motivation Monday - 3254	111.20	431.20
El Cajon Beginners - 2876	-	50.00	Mt Soledad Mens - 717	-	1,107.00
El Cajon Nooner - 2638	-	1,483.28	Noon with a View Beginners Mtg - 3249	-	3,187.00
El Cajon Womens Serenity - 77	-	479.83	Nooner is Backed Mixed - 3287	-	20.00
Emotional Sobriety (Hillcrest) - 2536	-	133.00	Nooners Anonymous - 1164	-	300.00
Evening In Harmony - 2864	-	100.00	Noontime on the Patio - 2203	200.00	200.00
Evening Serenity - 2305	-	700.00	Normal Hts Young Peoples SS - 3407	-	400.00
Every Night at Six - 3241	-	800.00	North Clairemont - 1102	-	498.00
Everynighters Online - 2997	53.80	313.69	North Park Mens - 465	64.40	431.60
Eye Opener Group - 607	-	891.40	North Shores Breakfast - 275	-	120.00
Fairmont Park Discussion - 2832	-	30.00	O.B. Womens Step Study - 2730	-	152.10








## Group Contributions October 2022


Group	Oct-22	Ytd 22
Old Town Speakers - 321	-	675.00
One Step Ahead - 715	-	100.00
One Step At A Time At Mission Bay - 1664	-	54.24
Open Minded Mens - 626	-	513.00
Original Tues Night Step Study - 2124	-	100.00
Our Daily Reprieve - 3339	-	315.00
Over 50 - 840	-	222.00
Over The Bridge - 2689	462.32	1,490.82
Pacific Beach Weekend Warmup - 725	-	175.00
Pass It On Big Book Study Group - 2860	171.50	1,181.58
Pine Valley Thurs. Open Disc - 3274	-	62.80
Poinsettia Group - 2210	-	150.00
Point Loma Mens - 245	-	929.00
Point Loma Nooners - 1606	-	100.00
Primary Purpose Grp (Hillcrest) - 3151	-	681.50
Progress Rather Than Perfection - 2682	-	100.00
Pt Loma Fri Afternoon 12 & 12 - 244	-	309.20
Pt Loma Womens Discussion - 1608	436.25	436.25
Radical Acceptance Meeting - 2961	414.00	2,280.51
Rainbow Group - 570	-	125.00
RAM-Z - 3323	-	20.00
Ramona Barefoot - 138	-	100.00
Ramona High Noon - 2778	-	40.00
Ramona Mens New Vision - 1949	-	200.00
Riding Sober - 3054	-	471.50
Right Turn Group - 1900	-	150.00
Rise & Shine - 2170	118.75	2,781.83
Rocket Riders - 1730	-	210.00
Root Of Our Trouble - 3155	369.11	369.11
Rule 62 Group - 927	-	425.00
Rule 62 Noon Discussion - 2947	-	175.00
Safe Sane and Sober - 1350	-	200.00
San Carlos Single Purpose - 583	-	159.91
Santee Mens Group - 2972	-	225.00
Santee Saturday Night Speakers - 2656	-	240.00
Santee Serenity - 3040	-	20.00
Santee Serenity Group - 1943	200.00	500.00
Santee Sunday Morning Mens - 3076	-	460.99
Sat Mens Early Awakening - 2209	-	922.50
Sat Night Early Discussion - 336	-	150.00
Saturday A.M. Live - 782	-	234.13
Saturday Morning Sanity - 1989	-	375.00
Saturday Nite Live - 2192	-	100.00
Scripps Ranch Men's Two - 2776	-	307.20
Scripps Ranch Mens - 3168	-	139.34
Serenity at the Cove - 3271	-	75.00
Serenity Sunday - 3041	-	47.20
Sisters in Sobriety - 3092	-	50.00
Sisters In Sobriety - 3127	-	401.00
Sisters in Solution - 3272	-	750.10
Sky Hi Womens - 1633	-	63.15
So Bay New Womens - 2325	-	180.00
Sobearity - 3129	-	281.00
Sober Nooners - 196	-	200.00
Sober Roses Womens Step Study - 2946	-	146.22
Sobriety At All Cost - 3006	-	1,103.00
Sobriety On State and Date - 2697	-	194.01
Sons of God - 2789	-	320.00
Sorrento Valley Nooner - 544	-	445.00
SOUTH BAY PIONEERS	-	200.00
South Park Sobriety - 1015	-	224.00
Spiritual Awakening - 2275	159.84	3,097.91

Group	Oct-22	Ytd 22
Spiritual Awakenings Step Study - 2601	-	285.00
Starting Over - 3399	35.00	35.00
Sunday Beach Sun-Day - 568	-	90.00
Sunday Discussion Group - 127	-	65.00
Sunday Keep it Simple - 3348	-	20.00
Sunday Kind of Love - 429	280.00	621.00
Sunday Midday - 161	-	475.00
Sunday Morning Eleventh Step - 1206	-	200.00
T.G.I.F. - 1658	-	796.50
The 530 - 3266	100.00	700.00
The Gathering Of The Goddesses-2890	-	180.00
The Gift - 2954	-	424.63
The Hole In The Doughnut - 2737	-	860.00
The Huddle in the Park - 3278	448.00	5,242.60
The Language of the Heart - 3066	36.00	225.67
The Nine Thirty - 2997	-	281.75
The Other Meeting - 857	-	347.50
The Rogue Meeting - 3338	460.34	3,068.67
The Rogue Women's Meeting - 3404	-	260.00
The We Group Speakers Group - 2739	-	150.00
There is a Solution - 2680	-	360.00
Three Legacies Group - 2194	-	529.68
Thurs Nite Mens Big Book Study - 1748	-	150.00
Thursday Steps - 646	-	435.07
Thursday Steps Online - 3361	-	8.00
Ticket to Recovery - 3269	-	649.23
Tierrasanta Friday Night - 2645	-	250.00
Tierrasanta Morning Serenity - 2811	-	100.00
Toes in the Sand - 3282	-	1,487.18
Top of The Hill - 41	-	525.00
Torrey Pines Open Disc - 94	-	408.00
Trudgers Mens Step Study - 3008	-	550.50
Tues Night Mens Step Study - 1813	-	370.00
Tuesday Morning Alpine - 440	80.00	332.00
Tuesday Morning Group - 3089	-	87.50
Tuesday Nite Live - 643	50.00	450.00
Turning It Over - 3196	-	80.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	61.88
University City Womens - 369	-	720.00
Valley Girls - 2617	147.00	211.73
Veterans Leave No One Behind - 2038	-	100.00
Wake Up Call - 1932	-	853.00
War Fever - 880	55.50	270.25
Water Walkers - 5	-	200.00
Water Walkers Too - 1946	-	600.00
Way Up and Out - 415	-	159.55
We Are Not A Glum Lot - 3259	-	65.00
Welcome Home - 2318	-	220.00
Whatever It Takes - 3350	-	344.50
Wholesale Miracles - 2474	33.00	801.00
Womans Gut Level - 1701	-	53.76
Womans Let Go and Let God - 446	-	150.00
Women's Joy Of Living - 2636	-	523.61
Women's Online Step Study - 3412	-	20.00
Women In Harmony - 1807	-	180.00
Womens Attitude of Gratitude - 2751	217.50	449.50
Womens Sober Sunday - 731	-	50.00
Womens Step Study - 296	-	659.35
Womens Thursday Nite - 514	-	173.69
Womens TLC - 2814	-	178.00
Womens Way To Recovery - 838	-	300.00

**Group Secretaries/Treasurers**  
Central Office does not mail receipts  
 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


**Daytime Phone Volunteers Needed at Central Office**  
 We are scheduling volunteers for Christmas Day & New Year's Day to cover the Daytime Phones at Central  
 Office. Call today if you're available 9am-1pm, 1pm-5pm, or 5pm to 9pm.

# Central Office Notes



## 2022 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
December 26	Christmas Day Observed	Monday

October 2022 Group Contributions	<b>\$10,880</b>
Individual Contributions	<b>1,411</b>
Literature & Interest	<b>317</b>
<b>Total Revenue</b>	<b>\$12,608</b>
Central Office Expenses	<b>-11,762</b>
Committee Expenses	<b>1,775</b>
<b>Total Expenses</b>	<b>-\$9,987</b>
October 2022 Net Revenue	<b>\$2,621</b>
2022 YTD Revenue	<b>\$18,087</b>

### Texting is Here!



We are very excited to announce that we are adding texting to our methods of communicating with the San Diego Fellowship. To opt in to receive texts regarding upcoming events and service opportunities send this text:  
**AAFellowship to  
 833-906-1069**

**San Diego Central Office is in immediate need of Daytime Phone Volunteers who can fill various shifts on Christmas Day & New Year's Day. Please call today!**

### **F**inal **F**riday **F**east **F**or **S**ervice

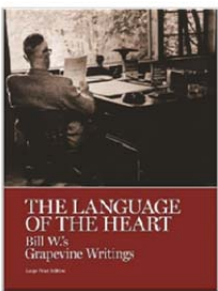
We all know what AA in San Diego has done for you. Have you ever wondered what you can do for the San Diego AA Intergroup & its members?

Find out at the Final Friday Feast for Service at Central Office. The next Final Friday Feast for Service will be hosted by the Public Information Committee who is looking for members and will be held on November 25th 3:00pm.

Come hear what Public Information is all about!

## *Surrender and Self-Examination*

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



“My stability came out of trying to give, not out of demanding that I receive. Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God’s help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.” THE LANGUAGE OF THE HEART, p. 238. *Reprinted with permission from A.A.W.S.*

SURRENDER  
 SELF  
 EXAMINATION  
 STABILITY  
 TRYING  
 GIVE  
 DEMANDING  
 RECEIVE  
 EMOTIONAL  
 SOBRIETY

DISTURBANCE  
 EXAMINE  
 GREAT  
 SMALL  
 ROOT  
 UNHEALTHY  
 DEPENDENCY  
 CONSEQUENT  
 CONTINUALLY  
 HELP

HOBBLING  
 FREE  
 LIVE  
 LOVE  
 TWELFTH  
 STEP  
 OTHERS  
 LANGUAGE  
 HEART  
 THINK



## How to Be a Great Coordinator

Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy—Service. The purpose of the intergroup association is to help the member groups to carry the message of A.A. in full accord with the 12 Steps, Traditions and Concepts of Alcoholics Anonymous.

Attendance at intergroup meetings (held monthly on the second Thursday of every month) is important so that each group has a voice in reviewing the activities of the committees & approving actions.

If you've ever been interested in how the Central Office is run, how you're Seventh Tradition contributions are used or just what does the Program Committee do, stop by the next Intergroup Council meeting or ask your group if they are represented by a Coordinator & encourage electing one. The more groups that participate, the larger, more inclusive representation of our Fellowship there is.

Call Central Office at 619-265-8762 for more information



### FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

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

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



# Things to Do, And Places to Go

## S. Bay Pioneers Alcathons

**When:** Nov. 24, 4:30 pm to 12:00 am  
Dec. 24, 1:30 pm to Dec. 25, noon  
Dec. 31, 1:30 pm to Jan 1, noon  
**Where:** South Bay Pioneers, 270 C St.  
**Info:** Call Central Office 619-265-8762

## Final Friday Feast

**When:** November 25 @ 3:00 PM  
**Where:** Central Office  
7075 Mission Gorge Rd  
**Info:** Call Central Office 619-265-8762  
Hosted by: Public Information Committee

## 3rd Weekend Camping Group

**When:** December 9-11  
**Where:** Potrero Park  
**Info:** Call Central Office 619-265-8762

## Holiday Alcathon & Potluck

**When:** Saturday, Dec. 24, 6 pm  
**Where:** 8118 University Ave, La Mesa  
**Info:** Call Central Office 619-265-8762

## New Year's Eve Alcathon

**When:** 5 pm 12/31 to 11 am 1/1  
**Where:** 625 Pennsylvania Ave and Online  
**Info:** Call Central Office 619-265-8762

# Coordinating Council Attendance

Thank you to the following 33 Groups who's Coordinators attended the November San Diego Intergroup Coordinating Council.

**There are 641 groups in San Diego:**

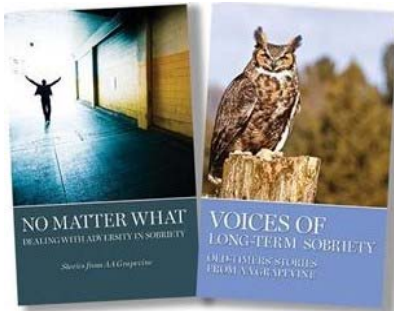
**WAS YOUR GROUP THERE?**

- 4077 MASH STEP 11
- B.Y.O.B
- BATTERY CHARGERS
- CASA DE ORO WEDS NITE
- CEDAR STREET MENS
- DEL CERRO MIXED
- DESIGNS FOR LIVING
- FIRST MIRA MESA MENS
- FRIDAY NIGHT IRREGULARS
- HARMONY GROUP
- HOW @ NOON
- I. B. UP
- JUST US GIRLS
- LA MESA MENS
- LA MESA STEP STUDY WORKSHOP
- MID-WEEK MENS
- MIXED NUTZ
- OLD TOWN SPEAKERS
- OVER THE BRIDGE
- RADICAL ACCEPTANCE MEETING
- RAM-Z
- SANTEE MENS GROUP
- SCRIPPS RANCH MENS
- SKY HI WOMENS
- SOBRIETY ON STATE AND DATE
- SUNDAY MIDDAY
- THE COMMON SOLUTION
- THE GIFT
- THE NINE THIRTY
- THREE LEGACIES STUDY GROUP
- WOMANS GUT LEVEL
- WOMEN IN HARMONY
- WORLD OF THE SPIRIT

## Next Council Meeting: December 8

Don't have a Coordinator for your Group? Elect one and they will receive a \$50 Group Bookstore Voucher for your group to purchase literature when they attend their first Council. Vouchers will be given to groups who currently do not have council representation and join before the end of the year. Two groups received vouchers in November!

# Books of The Month



## Any Grapevine Book

- A Rabbit Walks Into A Bar
- AA in the Military
- Beginners Book
- Best Of Bill
- Daily Quote
- Emotional Sobriety
- Emotional Sobriety II
- Forming True Partnerships
- Free On The Inside
- Fun in Sobriety
- Happy, Joyous & Free
- I am Responsible
- 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
- Spiritual Awakenings II
- Step By Step
- Take Me to Your Sponsor
- Thank You for Sharing
- The Home Group
- Voices Of Long Term Sobriety
- Voices of Women in AA
- Young & Sober

## Sober Holidays

**Be grateful and don't drink no matter what!**

*Continued from page 1*

loathe the holidays. Like the proverbial chicken vs. egg dilemma, I am not sure which came first: my drinking or hating the holidays. But the two eventually melded and became indistinguishable. It was not because I had some horrendous childhood experience at Christmas or because I didn't get a pony when I was 10 years old (I wanted a horse, actually, but that's beside the point). All I can remember is that I dreaded the holidays, and that was as good as an excuse as any to drink. And drink I did usually to a blackout...or two... or three...

I hit my first "bottom" on December 25, 1995, when I had made an ass out of myself, yet again, by drinking too much. The most profound moment of that holiday was not found in family, food, or fun, as I suppose it should have been. Nope the most pronounced part of that day was when I "came to" on my sister's couch with my mother sitting in front of me, sobbing (she never cries) and saying, "You're killing yourself!" Not exactly the *Currier and Ives* holiday portrait. It was that day that I first admitted, blubbered, to be honest - that I had a drinking problem and that I needed help. I went to my first meeting of Alcoholics Anonymous the next morning, shaking from alcohol withdrawal, humiliation, and remorse.

I would like to say that I stayed sober from that day on, but unfortunately, relapse is part of my story. And sadly, I have had a few of them. I don't fault the program of Alcoholics Anonymous for my slips. Nor was it because I suddenly believed that I had been "cured" of alcoholism or because I came to some stark

revelation that I simply was not an alcoholic (a thorough Step One forever sealed that immutable fact). No, the truth is that every time I "went out" it was because I had let up on the spiritual side of the program. I have had the humble privilege of having my sponsor take me through the 12 Steps again during this past year and help me reconnect with my Higher Power.

Alas, I am a "newbie" again, (12/08/08) and if there's anything that I have learned in this past year, it has been to cultivate gratitude. Be grateful and don't drink *no matter what*. I heard an old-timer repeatedly say in my home group, "Life is a series of no matter what's."

I do not have any sage advice about staying sober through the holidays - I respectfully defer to the old-timers for that. And, as a matter of fact, I still dread the holidays. God, with his persistent sense of humor, saw fit to give me two children, both of whom have a feverish fascination with Christmas. Little do they know that they, along with my fiancé, my sponsor, and fellow AA's, help to keep me on the "don't drink and be grateful no matter what" track. God willing, my plan this holiday season is to stay on.

~ Susan E.

*From the 2009 Issue of the San Diego AA Coordinator Newsletter*

## Mission Statement

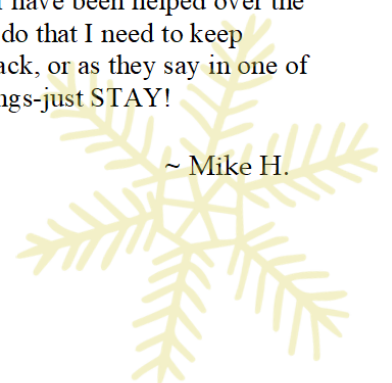
*Continued from page 1*

the notion of progress not perfection helps me to accomplish several things. Most importantly it helps me to stay right sized, and when I have fallen or fallen short, to be kind to myself as a

human being that is prone to missteps.

When I stepped into a meeting on December 28, 1999, I knew I could neither go on as I was with my drinking, nor could I stop. I knew that I was powerless over alcohol, that my life had become almost wholly unmanageable. I needed something or someone more to sort out a path forward. Because this meeting was not my first introduction to AA, I had a general understanding that I was going to have to commit to some type of action. I set on my new path by going to a meeting that day and every day for about the next year until I had a set of meetings I went to on a regular basis. I read and studied the literature, found a sponsor to guide me and made a practice of talking with other alcoholics on a regular basis. I was able to figure out a concept of a higher power that worked for me. For almost 23 years now I have not had a drink of alcohol and I have spent some time everyday connecting with my higher power. Sometimes I have rested on my laurels and been distracted, but I have been able to avoid venturing too far off course and have found the resolve to make sure my participation in AA is a part of my daily life, and part and parcel of my design for living. The 12<sup>th</sup> step is an integral part to living a life worth living; so today, I stay close to the program, go to meetings, take service commitments and make myself available to be of service. A.A. and the people in it gave me back my life and I do my best to remember that, to never lose sight of what gifts A.A. has given and am ready to help others as I have been helped over the years. To do that I need to keep coming back, or as they say in one of my meetings-just STAY!

~ Mike H.



# A. A. Slogans and Catchphrases for the Holidays

Continued from page 1. From the October 1992 San Diego A.A. Coordinator

Keep Them in  
Your Pocket and Mind  
for the Holidays!

Turn it over.

Serenity Isn't  
Freedom From The  
Storm, It's Peace  
Within The Storm

Practice  
an attitude of  
gratitude.

Minds Are Like  
Parachutes:  
They Won't  
Work Unless  
They're Open

You are not alone.

We Can Act  
Ourselves  
into Right  
Thinking

Yesterday Is Gone.  
Forget It.  
Tomorrow Never Comes,  
Don't Worry;  
Today Is Here,  
Get Busy.

Trying To Pray  
Is Praying

If Faith  
Without Works  
Is Dead,  
Then Willingness  
Without Action  
Is Fantasy.

Easier Than  
We Can Think  
Ourselves into  
Right Acting.

If You Turn It  
Over And Don't  
Let Go Of It,  
You'll Get It  
Upside Down.

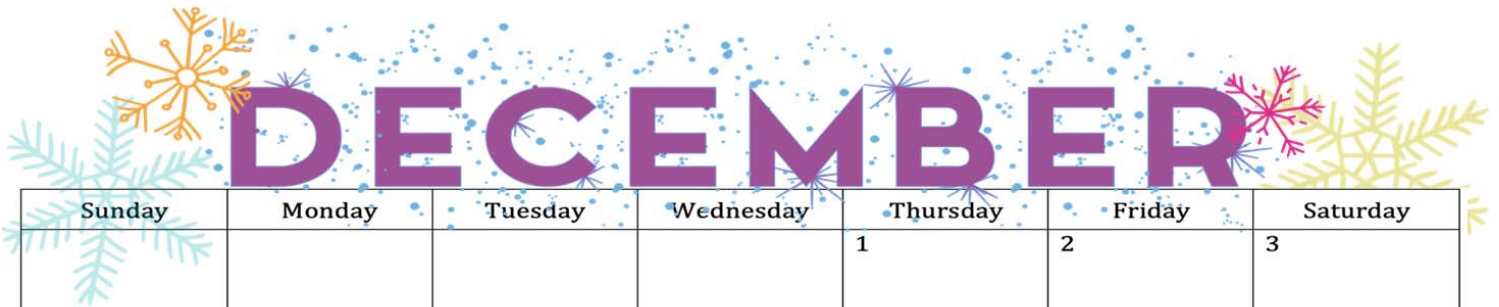
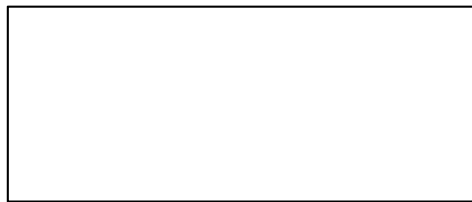
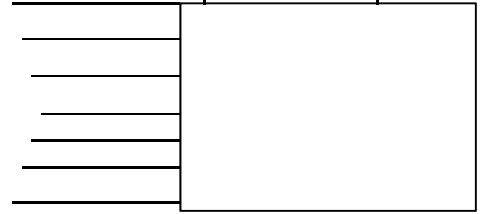
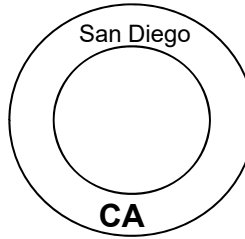
Fear is The Darkroom Where  
Negatives are Developed

The task ahead of  
us is never as great as  
the Power behind us.

HOPE IS THE  
FEELING YOU  
HAVE THAT THE  
FEELING YOU  
HAVE ISN'T  
PERMANENT.

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

RETURN SERVICE REQUEST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31