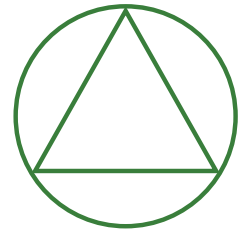




A.A.sandiego.org

The San Diego A.A. Coordinator



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. From the AA Big Book, p. 59

MARCH 2024
VOL. LXII NO. 03

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"Carry the AA Message"

Join the fun and submit an article!

April (due 03/22/24)

"Made a searching and..."

May (due 04/22/24)

"Admitted to God, to ourselves..."

Submit your 27 to 1,000-word story at www.aasandiego.org using the "Submit" button in the Coordinator Newsletter section or email it to sdaa.newsletter@gmail.com.

Article Web-Site

Find past articles from the San Diego A.A. Coordinator at www.sdaanewsletter.org

"If You're Going Through Hell, Keep Going"

"If You're Going Through Hell, Keep Going" is a famous quote attributed to the British politician Winston Churchill.

The circumstances for the quotation are unknown but Winston was a very shrewd individual. It is a saying that is so appropriate to our 12-step program that it is difficult to know where to begin on this topic. It is a useful saying that we can successfully use throughout our entire sobriety. from the very first day to the present.

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Second Chances

I remember feeling helpless, defeated, and alone when I arrived at Alcoholic Anonymous. My last few years of drinking were tainted with unattractive behavior, embarrassing situations, and desperate measures to try and hold my life together. Despite periodic attempts to reach out for help from friends, therapists,

religious affiliations, AA, and inpatient recovery programs. I could not stop drinking. I eventually tried AA again, but one

Continued on Page 14

What Are the 12 Promises of Alcoholics Anonymous?

You may be wondering, 'what are the AA Promises?', 'how are the AA Promises explained?' or 'what page are the Promises on in the [Big Book](#)?' The AA Promises are found on pages 83-84, Chapter 6: Into Action in the Big Book of Alcoholics Anonymous: The story of how more than one hundred men have recovered from alcoholism. The 12 Promises of AA are presented as part of Step 9, which involves making amends. The 9th Step Promises are presented as out-loud readings at the end of AA meetings, usually before the closing prayer.

1. We are going to know a new freedom and a new happiness. People who finish the Steps will experience relief from the suffering of [addiction](#) and feel free to pursue a new life without alcohol.

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SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** www.aasandiego.org**E-MAIL:** sdaaco@aol.com**Mon-Fri 10 am to 6 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.

The San Diego "AA Coordinator" is a monthly newsletter published by the San Diego Central Office of Alcoholics Anonymous. Opinions expressed are not necessarily those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsements by Alcoholics Anonymous or San Diego Central Office, except when Conference approved publications are quoted. Contributions from A.A. members are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (see page 1, bottom left).

Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

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

Coordinating Council Officers

Council Chair	Jonathan	councilchair@aasandiego.org
Council Assistant	Erik	assistantchair@aasandiego.org
After Hours Phones	Tim	afterhoursphones@aasandiego.org
Business Committee	Rae	businesschair@aasandiego.org
Program Committee	Kaye	program@aasandiego.org
Public Info	April	publicinformation@aasandiego.org
Newsletter	Amy	newsletter@aasandiego.org

Intergroup & Area Officers

Delegate	Richard	delegate@area8aa.org
Alternate Delegate	Adrian	alt-delegate@area8aa.org
Area Chair	Carrie	chairarea8@area8aa.org
Archives	Heidi	archives8@area8aa.org
H & I Chair	Lani	info@sdhandi.org



Contributors: Tom K., Mickey W., Anonymous, and Blaine H.

March Theme: "Made a decision to turn our..."

Newsletter by electronic version only at this time. Please sign up to receive by email.

Send to: sdaaco@aol.com

**Committee Announcement**

The Newsletter Committee needs members to write articles and poems. 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: newsletter@aasandiego.org

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 A.I. Wrote Our Stuff

Of late there has been much ado
That rewriting our literature is taboo.
But if a neutral party we were to ask,
Surely A.I. could do that task.

Roman numerals would have to go
As things Gen-Z-ers do not know.
And the suffering would not be wary
Of genders expressed as non-binary.

The Steps, they should remain the same
As basic principles of our game.
But of antiquated references it ought
To eliminate terms like "Juggernaut".

And really, is there anyone to mourn
The loss of Old John Barleycorn?
Using foreign tongues – it could not do
So, to "ad infinitum" we bid adieu.

That A.I. could do this job, I'm sure,
Creating literature that will long endure.
And for recovery, it would be just the trick.
For the artificial alcoholic.

~ 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

Central Office Phone Volunteers

Critical and Urgent Need
Emergency back-up volunteers to answer daytime phones and 12-Step Phone List volunteers!
Call Central Office today at 619-265-8762

Website Hits	February	Total
	114,348	10,133,652

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!
Mark P.
19 years, February 5, 2001



One Year at a Time Club

Name _____

City/Home Group _____

Sobriety Date _____

Amt. Enclosed _____

Please mail to:

San Diego Central Office
7075-B Mission Gorge Rd
San Diego, CA 92120-2454

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

Unglum Lot



"Hi, my name is Hank, and I'm a barkaholic."

Meetings in Motion

NEW

- 11TH STEP MEDITATION** PACIFIC BEACH
Church @ 1050 Thomas Ave
Wednesday @ 06:00 P
- BILL'S 11TH STEP JOURNEY** EL CAJON
Church @ 115 Cajon View Dr
Thursday @ 07:00 P

CANCELLED

- CORONADO SUNDAY NOON** CORONADO
Club @ 950 Orange Ave
Sunday @ 12:00 N
- FRIDAY NIGHT FIX** PACIFIC BEACH
Club-downstairs @ 4861 Cass St
Friday @ 08:00 P
- GOOD NEWS GUT LEVEL** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Tuesday @ 08:00 P
- KEEP YOUR SEATS** PACIFIC BEACH
Club upstairs @ 4861 Cass St
Monday @ 08:00 P
- PB PRIMARY PURPOSE** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Saturday @ 06:00 P
- RULE 62** PACIFIC BEACH
Club @ 4861 Cass St
Wednesday @ 08:00 p Code(s): M C *
- SOBRIETY AT ALL COST** NORTH PARK
Church @ 3725 30th St & Gunn St
Daily @ 02:30 P Mo-Sa
- STUDENTS IN SOBRIETY** LA JOLLA
Thursday @ 05:00 P Code(s): YP
- TALK-O TUESDAY** PACIFIC BEACH
Club -upstairs @ 4861 Cass St
Tuesday @ 06:00 P

CANCELLED (continued)

- THE GONG SHOW** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Friday @ 06:00 P
- THE OPEN BOOK** PACIFIC BEACH
Club-downstairs @ 4861 Cass St
Wednesday @ 08:00 P
- THERE IS A SOLUTION** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Sunday @ 06:00 P
- THIRSTY THURSDAY** PACIFIC BEACH
Club -upstairs @ 4861 Cass St
Thursday @ 06:00 P
- THREE LEGACIES BEGINNERS** ONLINE
Tuesday @ 6:30 P Code(s): *
- YOUNG PEOPLES HAPPY HOUR** PACIFIC BCH
Club-upstairs @ 4861 Cass St
Monday @ 06:00 P
- HOPE RECOVERY** EASTLAKE
Church @ 2726 Olympic Pkwy
Friday @ 07:00 P
- MONDAY MINDFULNESS** ONLINE
Monday @ 06:00 P

REACTIVATED

- AFTERNOON DELIGHT** PACIFIC BEACH
Club-downstairs @ 4861 Cass St
Wednesday @ 02:30 P

RELOCATED

- SOBER NOONERS** NORTH PARK
Office & Online @ 2621 University Ave
ID #: 858 4900 8426; PW: 599278
Daily 11:45 A Mo-Su; Code(s): * LGBTQ
Was on 30th St.; Now on Sundays also
- WORLD OF THE SPIRIT** NORTH PARK
Office @ 2621 University Ave
Tuesday @ 09:01 P Big Book Study
Was on Lark St.

OTHER

- EACH DAY A NEW BEGINNING** HILLCREST
Collective @ 1731 University Ave
Friday @ 06:15 P
Meeting is in art gallery room
Code(s): W LGBTQ Added room info.
- INTO THE 4TH DIMENSION**
- WOMENS STEP STUDY** LA MESA
Church Library @ 4210 Massachusetts
Friday @ 06:30 P
Doors close @ 6:35 per church's request
Code(s): * C W Added comment

ONLINE INFO CHANGE

- MIDWAY BRIDGE** ONLINE
Online @ ID #: 854 1636 4975;
PW: email to: Alan.rock16@gmail.com
Friday @ 06:30 P

TIME/DAY CHANGE

- FLETCHER HILLS SMOKELESS** FLETCHER HLS
Church @ 455 Church Way
Monday @ 07:00 P Code(s): *
Was 7:30 pm
- SOBER IN THE SLABS** NILAND
Club @ 1001 Low Rd Tuesday @ 02:00 P
Was Monday at 1:00 PM

Pamphlet OF THE MONTH: The A.A. Group

"Each group functions independently, except in matters affecting other groups or A.A. as a whole. A.A.'s essential group work is done by alcoholics who are themselves recovering in the Fellowship, and each of us is entitled to do our A.A. service in the way we think best within the spirit of the Traditions. This means that we function as a democracy, with all plans for group action approved by the majority voice. No single individual is appointed to act for the group or for Alcoholics Anonymous as a whole."

Page 10, Reprinted with permission from A.A.W.S.



Minutes of the Coordinating Council
In Person and Online Meeting on Thursday, February 8th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 940th Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Adrian, Area Alt Delegate reported:

The All California Young People Alcoholics Anonymous Conference began tonight in downtown San Diego. Several of the Area's Standing Committees will be represented there, such as Archives and Armed Services. The "A.A. Literature and the Power to Change It" Trustees Workshop is taking place this Saturday between 12-4 in the same hotel as the conference. PRAASA is coming up in three weeks in San Francisco. This is the Conference that many members in General Service look forward to annually. Our Delegate, Richard and I had an opportunity to bond a couple of weeks ago when we attended the Imperial Valley A.A. Round Up a couple of weeks ago. It was great to Fellowship with those on the other side of the mountains that we don't get to see very often.

H & I Representative: Lani, H&I Chair reported:

We meet on the 3rd Sunday of the month and for the month of February we will meet on zoom. Zoom info is at sdhandi.org . Contact on Release/Policy Committee 11:00; Orientation 12:00; and the Business Meeting follows. We expect to be back in person in March. Literature pick up still happens at 5150 Kearny Mesa Road on the 3rd Sunday. Every 3rd Thursday of the month at 7 pm we have a virtual orientation on zoom. Info is also on the website. There are vacancies on panels. We also have many positions available on the committee. Join us! Finally, we will have an H&I panel at the San Diego Spring Round Up on Saturday, March 30 at 11am.

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

1. This committee has room for 1 more members
2. They are blessed at the moment with a full calendar of groups that have volunteered to cover all nights

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, February 6th, 2023 at 6:00 pm.

January 2024 Financial Summary:

Net Revenue is \$5,789. 2024 YTD Net Revenue is \$5,789. Group & Individual Contributions were \$17,485. Literature Sales Revenue & Bank Interest was \$2,798; while total office & committee expenses were **-\$14,504.**

Central Office Manager's Reports: Judi.

- February BOOK OF THE MONTH: Experience, Strength & Hope, \$4.00, Regular \$6.00, Max: 5
- March BOOK OF THE MONTH: Daily Reflections, \$10.50 Regular \$12.50, Max: 5
- The Big Book Initiative has been very popular this month. The totals for December and offset by the ERC account are as follows: \$201.19 for the additional 5% literature discount and \$804.72 for Big Book discounts for a total of \$1,005.91, which was taken out of the ERC Fund.
- Lisa Ann will be off February 21-28, 2024.
- Central Office will be closed on Monday, February 19 in observation of President's Day.

Newsletter : Matt reported:

1. This committee needs members and submissions
2. The committee is working on putting together on a writing workshop

Coordinator Outreach: Grace, Chair reported:

1. Grace communicated with the Outreach Committee in SF/Marin and got a lot of great ideas
2. The Outreach Committee attended 1 meeting this month – way to go!!
3. Grace received reports on meetings without Coordinators from Central Office
4. This Committee meets immediately prior to the Council meeting.

Orientation & Guidelines: Joseph and Heather reported:

1. Joseph resigned as chair
2. Heather reported that there were 4 new Coordinators at orientation this evening: Eric S. from Golden Hill Sunday Night Discussion, Fernando V. from North Park Mens, Nathine from Friday Morning Womens and Karen from La Mesa Womens Saturday Morning

Program Committee: Kaye, Chair shared:

1. The Committee is beginning to plan the Founder's Day/Unity Day picnic and is ready to reserve the park
2. This committee needs members

Continued from Page 5

Public Information Committee: April, Chair reported:

1. The Public Information Committee just attended the MEMO health event at Monroe Clark Middle School on January 27th where we spoke about what AA is and what it isn't.
2. We were contacted by NAMI to bring our table to Imperial High School on February 23rd.
3. Our committee has had key members rotate so we are looking for new.
4. We need a Literature person who will keep track of our literature outlays and keep our event bags topped off.
5. At our monthly meeting on the first Monday of this month we reviewed the pamphlet P-40 "Speaking at Non-AA Meetings". We decided this is an excellent pamphlet to train new members on what to say and what not to say when addressing non-AA members of the public.

Quorum was established; 36 Coordinators were present

Approved January, 2024 Meeting Minutes

OLD BUSINESS: None

NEW BUSINESS:

1. Judi, Central Office Manager, announced that the Central Office Bookstore will begin carrying tri-plate tokens. An announcement will go out when they are in stock and available.
2. The following Coordinators volunteered to serve on committees:
 - a. Nathine & Karen – Outreach Committee
 - b. Joseph – Program Committee
 - c. Rosie – Newsletter Committee
 - d. *Thank you to all!!!*

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

Birthdays: Happy Birthday to Jen with 7 years, Terre with 2 years and Heather with 1 years for a Grand Total of 10 years!!!

Reminders:

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 3/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our 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. Thanks!

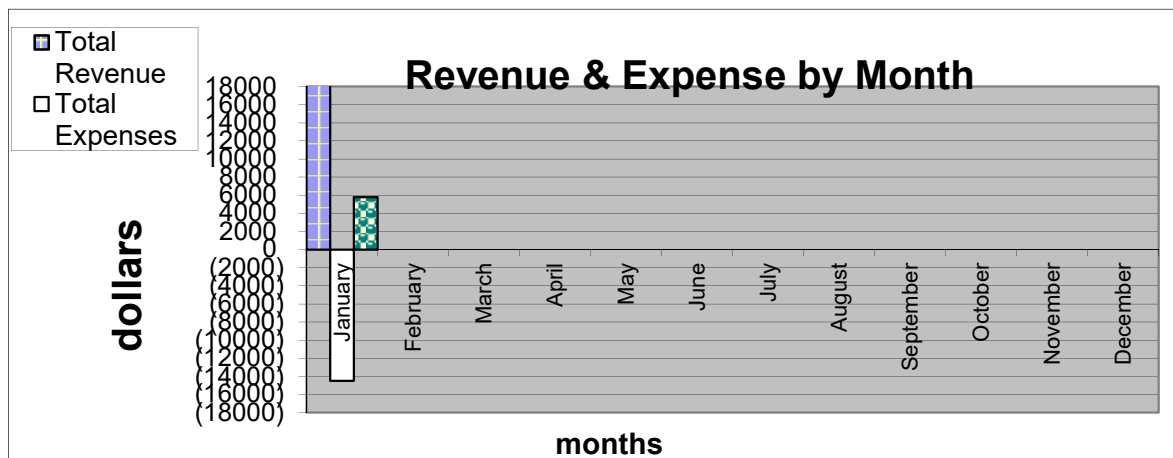
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of December 31, 2023

	Jan 24	January 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	16,504.70	16,779.43	16,504.70	16,779.43	(274.73)	138,492.00
			-			
Contributions Individual	979.95	553.84	979.95	553.84	426.11	22,784.00
Contributions SDIAA	10.00	-	10.00	-	10.00	-
Interest - Cert of Deposits	518.17	170.10	518.17	170.10	348.07	5,000.00
Literature Revenue (see schedule)	2,279.79	531.85	2,279.79	531.85	1,747.94	10,625.00
Total Revenue	20,292.61	18,035.22	20,292.61	18,035.22	2,257.39	176,901.00
Expense						
Accounting & Legal	120.00	2,760.50	120.00	2,760.50	(2,640.50)	2,700.00
Auto/Travel/Seminar	17.00	36.00	17.00	36.00	(19.00)	1,500.00
Bank Service Charges	-	-	-	-	-	-
Cash (Over) Short	(4.47)	9.65	(4.47)	9.65	(14.12)	20.00
Equipment Maint & Repair	51.36	51.36	51.36	51.36	-	650.00
Equipment Purchase	-	1,883.31	-	1,883.31	(1,883.31)	500.00
Event Funding	-	-	1,900.00	-	1,900.00	-
Insurance	81.46	128.46	81.46	128.46	(47.00)	850.00
Office Maint. & Repairs	81.85	202.80	81.85	202.80	(120.95)	500.00
Office Supplies	205.85	395.15	205.85	395.15	(189.30)	3,500.00
Rent	2,060.00	2,020.00	2,060.00	2,020.00	40.00	24,080.00
Taxes	-	-	-	-	-	75.00
Telephone	149.32	134.53	149.32	134.53	14.79	1,700.00
Utilities-Electricity	506.41	552.66	506.41	552.66	(46.25)	7,000.00
Website	26.99	9.00	26.99	9.00	17.99	100.00
EMPLOYEES						
Accrued Payroll Taxes	829.99	679.23	829.99	679.23	150.76	10,000.00
Employee Wages	8,850.35	6,966.48	8,850.35	6,966.48	1,883.87	100,035.00
Employee Health Benefit	1,025.74	937.88	1,025.74	937.88	87.86	12,309.00
Insurance Worker's Comp	44.61	44.61	44.61	490.71	-	528.00
Total Office Expense	14,046.46	16,811.62	14,046.46	16,811.62	(2,765.16)	166,047.00
Standing Committees Expense	457.41	1,148.06	457.41	1,148.06	(690.65)	10,854.00
Total Expense	14,503.87	17,959.68	14,503.87	17,959.68	(3,455.81)	176,901.00
Net Revenue	5,788.74	75.54	5,788.74	75.54	5,713.20	-



Group Contributions January 2024

Group	Jan-24	Ytd 24	Group	Jan-24	Ytd 24
3 O'Clocker - 2201	200.00	200.00	Midnight Howlers - 1025	100.00	100.00
530 Meditation - 3085	139.00	139.00	Midway Bridge - 2171	60.00	60.00
9 pm Discussion - 3366	145.00	145.00	Mira Mesa Early Risers - 967	400.00	400.00
Alpine Group - 6	128.00	128.00	Mission Hills Late Night - 2773	50.00	50.00
As Bill Sees It - 1038	75.00	75.00	Mission Possible - 131	120.00	120.00
B.Y.O.B. (North Park) - 203	110.58	110.58	Monday At A Time - 2875	161.87	161.87
Back Country - 3131	50.00	50.00	Noon At The Grove - 628	900.00	900.00
Battery Chargers - 98	142.00	142.00	Normal Hts Young Peoples SS-3407	100.00	100.00
Bonita Boozers - 2179	85.33	85.33	North Park Mens - 465	1.70	1.70
Casa De Oro Weds Nite - 2049	100.00	100.00	Old Timers Group - 2037	100.00	100.00
Cedar Street Mens - 1698	351.21	351.21	Open Minded Mens - 626	160.00	160.00
Channeling Serenity - 3425	157.20	157.20	Over The Bridge - 2689	349.65	349.65
Clairemont Fri Night - 375	95.00	95.00	Pass It On Big Book Stdy Grp-2860	173.50	173.50
Clairemont Womens Disc - 340	185.40	185.40	Pine Valley Thurs Open Disc-3274	148.90	148.90
Clairemont Womens SS - 341	241.50	241.50	Primary Purpose Group - 3151	377.50	377.50
Class Acts - 1845	150.77	150.77	Radical Acceptance Meeting - 2961	253.72	253.72
Deerhorn Group - 2063	280.00	280.00	Rise & Shine - 2170	112.75	112.75
Designs For Living - 488	250.00	250.00	San Carlos Single Purpose - 583	150.00	150.00
Doctors & Lawyers & Profess.-391	1,250.00	1,250.00	Scripps Ranch Men's Two - 2776	80.00	80.00
East Side Group - 101	100.00	100.00	Sisters in Solution - 3272	148.00	148.00
Easy Does It Riders - 21	60.00	60.00	Sobriety At All Cost - 3006	200.00	200.00
Emotional Sobriety (Hillcrest)-2536	60.00	60.00	Sons of God - 2789	756.00	756.00
Eye Opener Group - 607	300.00	300.00	South Park Sobriety - 1015	80.00	80.00
Fellowship of the Spirit Candle-3383	19.58	19.58	Spiritual Awakening - 2275	287.95	287.95
Former Hot Messes - 1205	71.50	71.50	Spiritual Awakenings SS - 3174	220.00	220.00
Friday Morning Womens - 104	137.52	137.52	Strength In Women - 2955	100.00	100.00
Friday Night Irregulars - 2889	283.00	283.00	Sunday Kind of Love - 429	602.63	602.63
Garnet Group - 1129	200.00	200.00	Sunday Morn Eleventh Step-1206	50.00	50.00
God Squad Too - 2809	90.15	90.15	T.G.I.F. - 1658	250.00	250.00
Grupo Gringo - 1305	50.00	50.00	The Hole In The Doughnut - 2737	168.00	168.00
Harmony Group - 585	273.00	273.00	The Rogue Meeting - 3338	381.75	381.75
Hi-Nooners - 673	100.00	100.00	Three Legacies Group - 2194	120.00	120.00
Jump Start - 2174	100.00	100.00	Thurs. Nite Mens Big Bk Stdy-1748	75.00	75.00
Just Us Girls - 929	60.53	60.53	Thursday Steps - 646	300.00	300.00
La Jolla Beginners Group - 82	105.00	105.00	Toes in the Sand - 3282	118.00	118.00
La Jolla Mens - 692	355.50	355.50	University City Womens - 369	300.00	300.00
Lakeside Drunks - 2423	100.00	100.00	War Fever - 880	33.79	33.79
LJ We Are Not A Glum Lot - 3355	65.00	65.00	Willing to Believe - 3449	136.00	136.00
Mid-Week Mens - 560	180.00	180.00	Womans Gut Level - 1701	75.40	75.40
Middy Miracles - 3242	19.07	19.07	Women's Joy Of Living - 2636	300.00	300.00
			Womens Step Study - 296	227.25	227.25

*Thank
You*

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

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

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

Group Contributions January 2024

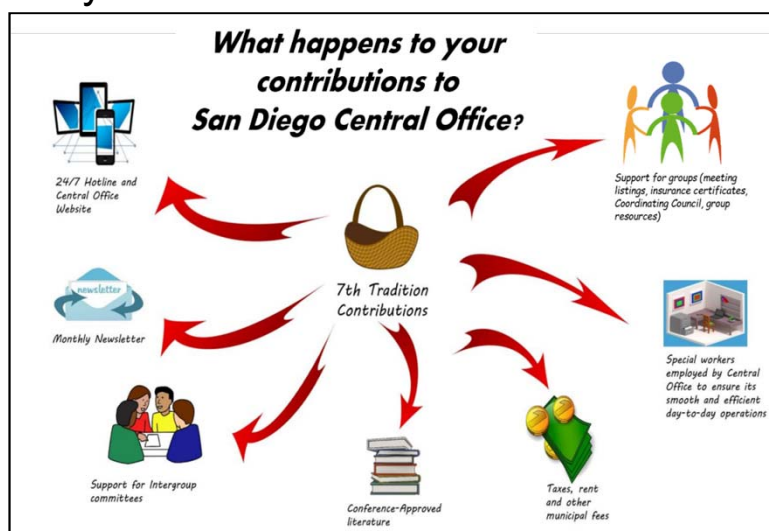


A.A. Economics

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

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

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



“Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money...Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.” Where Money and Spirituality Mix, Pamphlet F-3

If you are unable to contribute financially, carrying the message is still contributing and there are many ways to carry the message at Central Office: We need Daytime Phone Volunteers and members on the 12-step Call list. Please call us today if giving of your time is a way that you'd like to contribute.

Central Office Notes

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

January 2024 Group Contributions	\$16,505
Individual Contributions	\$980
Literature & Interest	\$2,808
Total Revenue	\$20,293
Central Office Expenses	-\$14,046
Committee Expenses	-\$457
Total Expenses	-\$14,504
January 2024 Net Revenue	\$5,789
2024 YTD Revenue	\$5,789

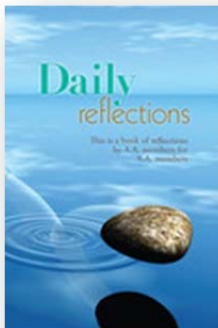
Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & we NEED your support (& your group's voice & vote!). There are over 650 groups in San Diego & only 41 representatives at last month's Council meeting (what?!). The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens each month before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

Daily Reflections

11

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



“One A.A. MIRACLE - February 29: Save for a few brief MOMENTS of TEMPTATION the THOUGHT of drink has NEVER returned; and at such times a great REVULSION has RISEN up in him. SEEMINGLY he could not DRINK even if he would. God had restored his SANITY. *Alcoholics Anonymous*, p. 57

The word "God" was FRIGHTENING to me when I FIRST saw it associated with A.A.'s TWELVE Steps. Having tried all the MEANS I could to STOP drinking, I found that it was not POSSIBLE for me to SUSTAIN that desire over a period of time. Yet, how could I BELIEVE in a "God" that had allowed me to SINK to the deep DESPAIR that engulfed me – whether DRINKING or dry? The ANSWER was in finally admitting that it *might* be possible for me to know the MERCY of a Power greater than MYSELF who could GRANT me SOBRIETY contingent on my willingness to "come to believe." By finally ADMITTING that I was one among many, and by following the example of my SPONSOR and other A.A. members in practicing FAITH I did not have, my LIFE has been given meaning, direction, and PURPOSE.



47th Annual Spring Round Up

Town and Country Resort San Diego

March 28 - 31, 2024



SCAN ME

Online reservations, pricing, and schedules available NOW!

www.SanDiegoSpringRoundup.com

RESERVE YOUR HOTEL ROOM NOW!!!

Early Bird Registration - **\$45 expires 3/14/2024**

Registration - **\$50 starting 3/15/2024**

Event Bundle Special - **\$160 (Savings of \$15)**

(Comedian & Ice Cream Social, AA Spiritual Breakfast, and AA Banquet / Speaker)

- | | | |
|--|--|--|
| <input type="checkbox"/> <i>Speaker Meetings</i> | <input type="checkbox"/> <i>AA Marathons</i> | <input type="checkbox"/> <i>Archives Room</i> |
| <input type="checkbox"/> <i>Al-Anon Marathons</i> | <input type="checkbox"/> <i>Workshops</i> | <input type="checkbox"/> <i>Yoga & Group Meditations</i> |
| <input type="checkbox"/> <i>Spanish AA & Al-Anon</i> | <input type="checkbox"/> <i>Panels</i> | <input type="checkbox"/> <i>Meal Events</i> |

SPORTING / RECREATION EVENTS

Comedian & Ice Cream Social \$35

Thursday: Starts at 7:00 PM

Contact: sdsruentertainment@gmail.com

Deep Sea Fishing Trip (1/2 Day) \$75

Friday: Check in 8:00 AM

Return around 3:00 PM

Contact: sdsrufishing@gmail.com

Riverwalk Golf Tournament \$150

Friday: Check in 7:00 AM at Pro Shop

Tee Time 8:00 AM at Golf Course

Contact: sdsrugolf@gmail.com

5K / 10K Fun Run / Walk \$30

Saturday: Check in 6:15 AM

Run Start Time at 7:00 AM

Contact: sdsru5k10krace@gmail.com

Poker Run / Motorcycle Ride \$30

Saturday: Check in 10:00 AM

Kickstands up 10:30 AM

Contact: sdsrupokerrun@gmail.com

GENERAL INFORMATION

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 7th tradition is passed, they do not take money from any AA groups and no 7th 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 MEAL EVENTS 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**

You must be **registered** to be a **VOLUNTEER**.
If you have questions about **volunteering**, please
Contact: sdsruvolunteers@gmail.com

Check here if you would like to **VOLUNTEER**

Things to Do, And Places to Go

Desert Women's AA Banquet

When: Sunday, March 10th 5 PM-8 PM

Where: Indian Wells, CA

Info: www.DesertWomensBanquet.org

Women Sponsoring Women

When: Sat., March 16, 9 AM-2:30 PM

Where: 270 C Street, 91910

Info: Call Central Office 619-265-8762

3rd Weekend Camping Group

When: March 15-17, 2024

Where: William Hiese County Park

Info: Call Central Office 619-265-8762

No. County Traditions Breakfast

When: Sunday, March 17, 2024

Where: Escondido, CA

Info: www.ncsandiegoaa.org

47th San Diego Spring Roundup

When: March 28-31, 2024

Where: 500 Hotel Circle North, 92108

Info: www.SanDiegoSpringRoundup.com

35th Inland Empire Convention

When: April 18-21, 2024

Where: 22777 Soboba Rd, San Jacinto

Info: www.IEAAC.org

Woodstock West

When: May 17- May 19, 2024

Where: Los Angeles, CA

Info: www.woodstockwest.biz

Sunshine of the Spirit

When: May 31-June 2, 2024

Where: Hesperia, CA

sunshineofthespirit-highdesertconvention.com

A.A. Desert Roundup

When: June 6-9, 2024

Where: Indian Wells, CA

Info: www.desertroundup.com

International Women's Conf.

When: January 30-February 2nd, 2025

Where: 1 Market Pl, San Diego 92101

Info: Call Central Office 619-265-8762

Event flyers with more details can be found at www.aasandiego.org/events

Coordinating Council Attendance

Thank you to the following 36 Groups whose Coordinators attended the February San Diego Intergroup Coordinating Council.

**There are 641 groups in San Diego:
WAS YOUR GROUP THERE?**

CLAIREMONT MENS

COFFEE CLUTCHERS

DEL CERRO MIXED

DO THE WORK!

EL CAJON WOMEN'S SERENITY

FIRST MIRA MESA MENS

FRIDAY MORNING WOMENS

FRIDAY NIGHT IRREGULARS

GOD SQUAD TOO

GOLDEN HILL SUNDAY DISCUSSION

GREAT FACT GROUP

I.B. UP

INTO THE 4TH DIMENSION

JUMP START

JUST US GIRLS

LA MESA MENS

LA MESA SAT. MORNING WOMENS

MIDDAY MIRACLES

MID-WEEK MENS

MISSION HILLS BEGINNERS

NORTH PARK MENS

OLD TOWN SPEAKERS

OVER THE BRIDGE

PINE VALLEY THURSDAY OPEN DISC.

RADICAL ACCEPTANCE MEETING

RIDING SOBER

SANTEE MENS GROUP

SCRIPPS RANCH MENS

SCRIPPS RANCH MENS TWO

SOBRIETY ON STATE AND DATE

SUNDAY MIDDAY

THE COMMON SOLUTION

THE NINE THIRTY

THE WE GROUP

VALLEY GIRLS

WOMEN'S JOY OF LIVING

Next Council Meeting: Thursday, March 14, 2024. Council meets at 7:00 pm (Orientation 6:15 pm) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!



Book of the Month: **Daily Reflections**

**“September 28 - LOVE WITHOUT STRINGS
Practical experience shows that nothing will
so much insure immunity from drinking as
intensive work with other alcoholics. —
ALCOHOLICS ANONYMOUS, p. 89**

Sponsorship held two surprises for me. First, that my sponsees cared about me. What I had thought was gratitude was more like love. They wanted me to be happy, to grow and remain sober. Knowing how they felt kept me from drinking more than once. Second, I discovered that I was able to love someone else responsibly, with respectful and genuine concern for that person's growth. Before that time, I had thought that my ability to care sincerely about another's well-being had atrophied from lack of use. To learn that I can love, without greed or anxiety, has been one of the deepest gifts the program has given me. Gratitude for that gift has kept me sober many times.”

Page 280. Reprinted with permission from A.A.W.S.

“If You're Going Through Hell, Keep Going”

Continued from Page 1

Very early on in our sobriety the above quotation is one that just keeps us away from the that first drink which alcoholics have succumbed to countless times. "I'll start tomorrow", "I don't care, anymore", and "I'll have just one" were just some of the reasons to justify the return to this disease yet again. Chapter 3 provides us with a list of all the ways we tried to stop. We were powerless — and it worsened. Many of us have had to endure a case of the shakes, DT's, night sweats, no sleep, and worse. Finally, you wake up one morning, you don't feel like having a drink, and physically you feel somewhat normal. I've gone through hell. The worst is over. Wrong! This is only the beginning of the long journey. Now the fourth step. A fearless and moral inventory of ourselves wasn't going to be an easy task at all. More going through hell — recalling all the things we should have done differently. Not only did an inventory have to be done but we had to tell someone and when possible, make amends to people we had harmed. Somehow, the basic concept made just enough sense to follow through. The process began to unfold. There was a small light at the end of the tunnel. It also included things like the IRS, possibly jail or probation, paying back stores we might have stolen from, and on and on. When you get to the end you say now the worst is over. Again, wrong answer!

Life goes on regardless of our sobriety and we are faced with an array of situations ranging from sickness, loss of loved ones, divorce, even being homeless. Instead of wallowing in our self-pity we are now armed with tools to deal with these kinds of situations. Don't sit down in your own hell but do your footwork, turn it over to your *higher power*, and accept what the outcome is. We are no longer in control!

As the quote says just keep on going. There are no guarantees save one. You won't get drunk if you don't take the first drink. If you don't get drunk, you can walk through your own hell and there is light at the end of the tunnel. If you do drink, there is also a guarantee. You'll wallow in your own hell, and you won't walk through it.

~ Tom K.

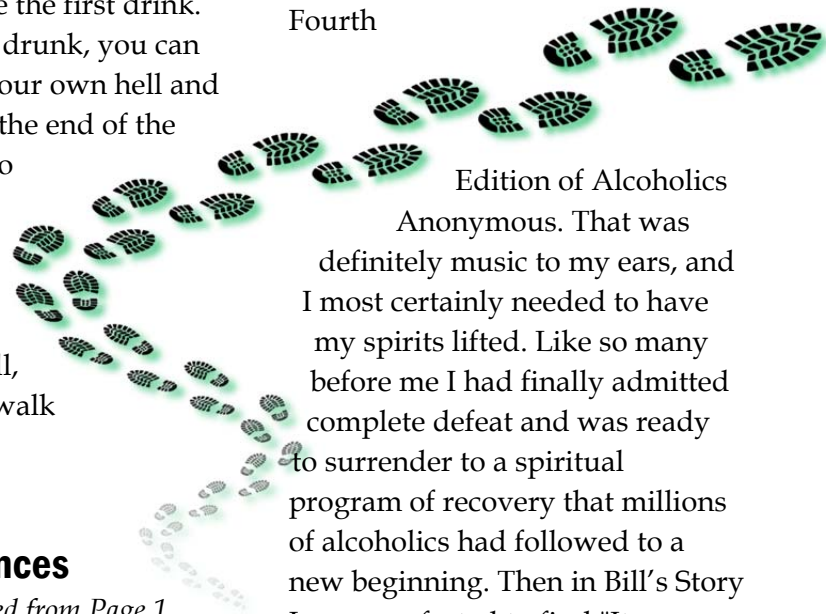
Second Chances

Continued from Page 1

sobriety date led to another. I couldn't get any time together but told my friends, family, coworkers, and fellow alcoholics otherwise. I was the keeper of secrets and lived a double life, not knowing where I fit in or where I belonged. I had one foot precariously in the drinking world and the other unsteadily in Alcoholics Anonymous. In my mind there was absolutely no way of turning my life around

or of wiping the slate clean and getting a fresh start

As one of my AA friends likes to say "No one went to one meeting too many!" and I started to hear the message. I read in our Big Book and heard in meetings that recovery begins when one alcoholic talks with another alcoholic — sharing experience, strength, and hope. My fellow alcoholics lived up to their reputation of speaking "the language of the heart in all its power and simplicity" as described in the Forward to the Fourth



Edition of Alcoholics Anonymous. That was definitely music to my ears, and I most certainly needed to have my spirits lifted. Like so many before me I had finally admitted complete defeat and was ready to surrender to a spiritual program of recovery that millions of alcoholics had followed to a new beginning. Then in Bill's Story I was comforted to find "It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. There is an old Chinese Proverb that says: "A journey of a thousand miles must begin with a single step." If you believe as I do that any first step can prove to be the most difficult then Step One, "We admitted we were powerless over alcohol, that our lives had become unmanageable", may seem to be an insurmountable task.

It was for me at first. Fortunately, our founders were prepared for stubborn cases like me when they wrote in Step One in the Twelve Steps and Twelve

will gain a sense of acceptance that allows

15 many self-centered

behaviors. Helping other people find recovery can bring alcoholics outside of themselves and help them develop a genuine interest in other people.

them to process their experiences, learn from them and move on without guilt.

3. **We will comprehend the word serenity.** Addiction can lead to a constant state of inner turmoil. The AA program helps people find a calmness that is rare during the active use of alcohol and which many alcoholics have never known in their lives.

4. **We will know peace.** The 4th Promise builds on the 3rd Promise, acknowledging that a life of peace and undisturbed tranquility will be experienced.

5. **No matter how far down the scale we have gone, we will see how our experience can benefit others.** Many individuals with a substance use disorder don't believe that other people understand what they've been through but, in Alcoholics Anonymous, they often meet people who can identify with and learn from their experiences.

6. **That feeling of uselessness and self-pity will disappear.** Addiction can make people feel worthless and guilty about their actions. The Steps can help individuals feel that their lives have a meaning and a purpose, particularly through helping others.

7. **We will lose interest in selfish things and gain interest in our fellows.** Addiction can lead to

8. **Self-seeking will slip away.** The tunnel vision of focusing only on oneself and drinking usually begins to fade as people work the Steps.
9. **Our whole attitude and outlook upon life will change.** AA can shift one's perspective from hopelessness to hope. People can begin to imagine a life where they are happy.
10. **Fear of people and of economic insecurity will leave us.** Alcoholics who recover through AA don't feel like they must continue to hide or worry about how to support their addiction and maintain financial security.
11. **We will intuitively know how to handle situations which used to baffle us.** As the AA member gets deeper into the recovery process, they begin to see situations more clearly and can tap into their inner resources.
12. **We will suddenly realize that God is doing for us what we could not do for ourselves.** The concept of a higher power is central to AA. This higher power, be it God or something else, becomes a guiding force in the person's life.

~ Anonymous



Traditions: We know that little good can come to any alcoholic who

joins AA unless he has first accepted his devastating weakness. Until he so humbles himself his sobriety - if any - will be precarious. Of real happiness he will find none at all." Those words caught my attention. I had been humbled into submission. I longed to be free from alcohol. I was ready to try something different. And so it was that I was able to surrender and admit that I was powerless over alcohol and that my life was unmanageable by me alone. And just as I had read in the Twelve Steps and Twelve Traditions it became surprisingly clear to me that it is "only through utter defeat are we able to take our first steps toward liberation and strength." I had my second chance, a new beginning!

~ Mickey W.

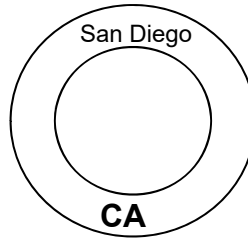
What Are the 12 Promises of Alcoholics Anonymous?

Continued from Page 1

2. **We will not regret the past nor wish to shut the door on it.** Those who work the program

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						