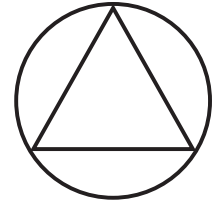




The San Diego A.A. Coordinator



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 these defects of character.”

Reprinted from AA Big Book, page 59

June 2024
VOL. LXII NO. 6

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“Carry the AA Message”

Join the fun, submit an article!

July (due 6/22/24)

“Humbly asked Him to...”

August (due 7/22/24)

“Made a list of all persons...”

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

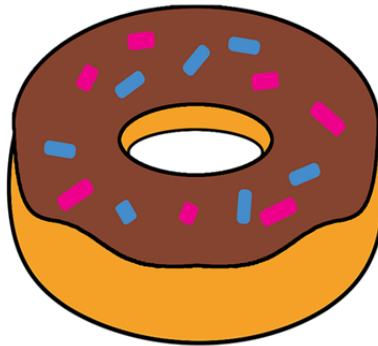
Dive into and enjoy past articles from the San Diego AA Coordinator Newsletter here:

www.sdaanewsletter.org

The Road to Mental Freedom

Understanding Steps Six and Seven

Since the day I entered the AA program, I have had an insatiable appetite for learning all I could about the disease of alcoholism and having completed a very



thorough fourth and fifth steps, and examining my motives for everything I did, in steps sixth and seven, it occurred to me that most of my problems in life involved my interfacing with, “Those Other People.” As I got further into the steps and started to process every one of these interactions, it became apparent to me that the basic cause of my discontent was low self-esteem

and that, until I resolved that, there would be very little peace of mind. I had to get right with everyone.

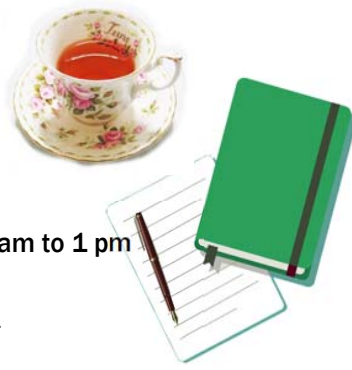
Continued on Page 14

Paying Forward a Debt of Gratitude to AA

To pay forward my debt of gratitude to Alcoholics Anonymous for 36 years of sobriety, I launched the “AA Recovery Interviews” podcast in December 2020. Since then, over 150 AA members from around the world have shared with me their stories of experience, strength, and hope to help other alcoholics achieve sobriety. Each hour-long interview focuses on what it was like, what happened, and what it’s like now.

Continued on Page 15



SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**Our Web Page** www.aasandiego.org**E-mail:** sdaaco@aol.com**Mon-Fri 9:30 am – 5:30 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 Matt	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 Lauren	info@sdhandi.org

Contributors: Rick R., and Howard L.**June Theme:** "Were entirely ready to have..."**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.


AAGRAPE VINE.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](#).





Today, just for today

I pray that the past is somewhere
in our hearts

To draw from when we feel apart

The winds carry us through each day

Drawing more love to our spirit in many ways

Speaking of love, we know it is an emotion

Which helps us through all the commotion

Fear is only an illusion, which is all you see
in all the confusion

But there is always light inside the storm

Waiting to be released when we are most torn

God is the solution to all this pollution

The earth spins, while we spin, sometimes
out of control

Letting us believe that we've lost our soul

However, we may see only the dark,
until love strikes a spark

We wake up to see, open our eyes and we can believe

No matter what is going on we see the leaves
of the trees

Falling faster than we can see, until the
leaves leave

We sit and wonder where we will be after the storm

We come to believe that love is life and
life is love

With god to help us, our god inside and above

Don't lose hope, there are many ways
to survive this day

Just for today, we can pray

~ Sheila J.

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.

Emergency back-up volunteers
to answer daytime phones
and 12-Step Phone List volunteers!

Call Central Office today at
619-265-8762

Website Hits	June	Total
	468,981	11,764,172

Happy Birthday to All!

Lauren R., 20 years



One Year at a Time

In grateful celebration of their sobriety birthdays, many A.A. members contribute one dollar or more for each year of sobriety to the local Intergroup. The birthday will be listed in the San Diego AA Coordinator newsletter and the contribution goes toward helping San Diego Intergroup.

Yes! Let's Celebrate My Sobriety Birthday!

By Check*: San Diego Intergroup
7075-B Mission Gorge Rd
San Diego, CA 92120

Online*: Venmo (Business Tab) @sdaaco

PayPal go to: www.aasandiego.org/contribute

Cash: Come by in person during bookstore hours.

***Please make a note of:**

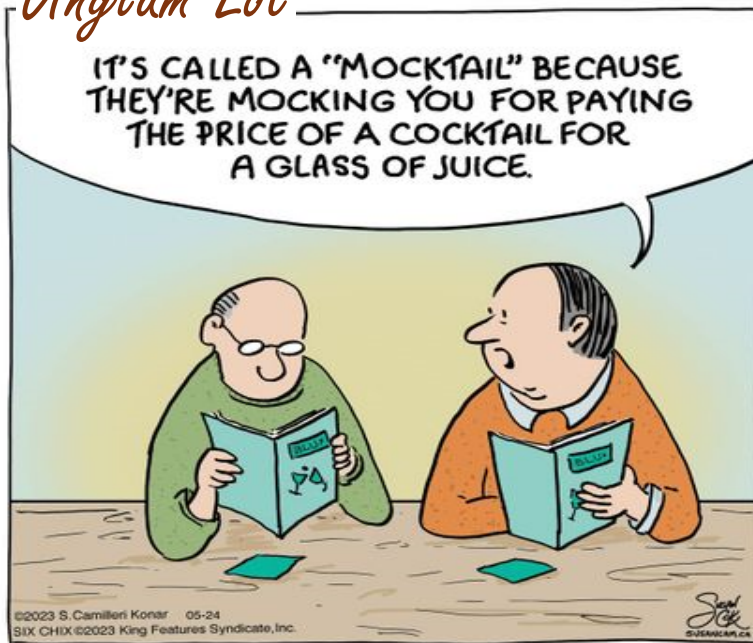
- ✓ Your sobriety date including the year
- ✓ First name and last initial
- ✓ Home Group (optional)

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



NAME CHANGE

FRIDAY NIGHT FIX PACIFIC BEACH

Club-upstairs @ 4861 Cass St
Friday @ 08:00 P
Was "Sobriety Circle"

CANCELLED

MEN'S STAG EL CENTRO

Club @ 564 Broadway St
Tuesday @ 07:00 P Code(s): * M

THE FOUL MOUTHS ONLINE

Online @ ID #: 226 736 6771;
PW: foulmouth Monday @ 07:30 P

NAME CHANGE

SPIRITUAL SISTERS EL CENTRO

Club @ 564 Broadway Ave.
Thursday @ 07:00 P Code(s): W
Was "AA Woman's Meeting"; Was at 6:45 PM on Waterman Ave.

TASTY TUESDAY EL CENTRO

Service Ctr @ 485 Broadway St #E
Tuesday @ 06:00 P Code(s): * C
Was "AA Meeting"

NEW

EARLY BIRD MEETING EL CENTRO

Club @ 485 Broadway
Sunday @ 08:00 A Code(s): C

EQUANIMITY AT NOON SPRING VALLEY

Church @ 3310 Bancroft Dr
Wednesday @ 12:00 N

GRAB GOD & GO EL CAJON

Church & Online @ 115 Cajon View Dr
online:
www.meet.goto.com/ChristianCWille/grabgodandgo Sunday @ 06:15 A

NEW (continued)

TUESDAY BIG BOOK STUDY EL CAJON

Church @ 115 Cajon View Drive
Tuesday @ 06:00 P Code(s): C

OTHER

LA MESA WOMENS SAT MORNING LA MESA

Adult Ctr & Online @ 8450 La Mesa Blvd
Child under 12-OK Babysitting
ID: 845 4362 5506; PW: 431494
Saturday @ 09:30 A Code(s): * CW CF BS
Added Child Care

NORTH SHORES BREAKFAST PACIFIC BEACH

Club-upstairs @ 4861 Cass St
ID: 530 368 981; Passcode: 006350
Sunday @ 11:00 A

THURS NIGHT WOMENS SPKRS GOLDEN HILL

Recovery Home & Online @ 1315 25th St
Thursday @ 06:30 P Code(s): W
Now in person only

RELOCATED

MONDAY NIGHT SPEAKERS GROUP LA MESA

Church @ 5150 Wilson St
Monday @ 07:00 P
Was on Tommy Drive

TIME/DAY CHANGE

IMPERIAL GROUP SOUTH SAN DIEGO

Online @ ID #: 583 301 3837;
PW: 475121
Friday @ 07:00 P Code(s): * C
Was 8 PM

TO THINE OWN SELF BE QUEER NORTH PARK

Thrift Store & Online @ 4127 30th St
enter thru alley off Ohio St.
ID: 837 7375 9366; PW: AAQSDMT23
Saturday @ 10:30 A Code(s): LGBTQ *
Was 9:30 AM

Pamphlet

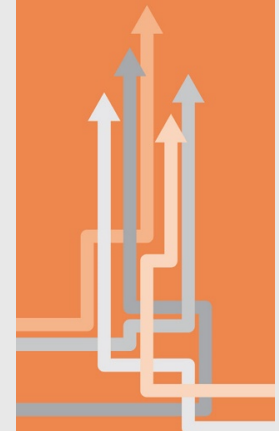
OF THE MONTH: Many Paths to Spirituality

"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."

Page 8 Reprinted with permission from A.A.W.S.

Many Paths to Spirituality



In Person and Online Meeting on Thursday, May 9th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 943rd Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Adrian, Area Alt Delegate reported:

Our Delegate Richard O. Attended the General Service Conference in mid-April and he will be reporting on the happenings and results of the Conference at the Area 08 Assembly on Saturday, May 18th. All are welcome to attend. I have added the Assembly location and time at the end of my report and will be happy to share it with anyone interested who is in attendance tonight. I personally attended my first H&I Intergroup Conference in Bakersfield this past weekend. I won't step on the SD H&I Liaison's toes, but H&I Committees need more participation. Much like many other service committees, it is the same members playing musical chairs with service positions over and over. Finally, if you plan on attending the Unity Day / Founder's Day Picnic on Saturday, June 8th, please take a moment to stop by our Area Standing Committee tables. **Area 08 Post Conference Assembly: Saturday 05.18.2024 @ 9:00 AM - 4:00 PM; Seven Oaks Community Center; 16789 Bernardo Oaks Drive San Diego, CA 92128; Zoom ID: 863 9194 1442 ~ Password: a8assembly"**

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

We continue to take A.A. meetings and literature into places where people can't get out to meetings. Orientation on the third Sunday of every month has returned to Machinists' Hall in Kearny Mesa. Zoom information for our always virtual 3rd Thursday 7:00 PM Orientation can be found at <sdhandi.org>. "Spring Into Service" takes place on May 19, from 9:30am-1:30pm at Machinist's Hall in Kearny Mesa. For more information go to <sdhandi.org> or the Events page at aasandiego.org.

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

1. This committee has room for 1 more member
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, May 7th, 2024 at 6:00 pm.

April 2024 Financial Summary:

Net Revenue is \$5,640. 2024 YTD Net Revenue is \$11,355. Group & Individual Contributions were \$15,373. Literature Sales Revenue & Bank Interest was \$2,261; while total office & committee expenses were -\$11,995.

Central Office Manager's Reports: Judi.

- May BOOK OF THE MONTH: Came to Believe, \$4.00 Regular \$6.00, Max: 5
- June BOOK OF THE MONTH: Pass It On, \$10.00, Regular \$12.00, Max: 5

The mid-year Budget will be delayed one month. Judi will be requesting updated budget numbers from Standing Committee Chairs and presenting the Budget review in June.

Newsletter: Matt reported:

1. This committee needs members and contributors.
2. The Newsletter writing workshop will be held at Central Office on Saturday, May 25 from 1:00-3:00pm. For more information see the Events Page at aasandiego.org

Coordinator Outreach: Grace Chair reported:

1. The Outreach Committee attended 4 meetings this month and got one commitment for a new Coordinator. Great work!!

Orientation & Guidelines: Heather, Chair reported:

1. Heather reported that there was 1 new Coordinator at orientation this evening: James A from Cedar St. Mens. Welcome!!

Program Committee: Kaye, Chair shared:

1. The planning for the Founder's Day Picnic is well under way. The Picnic is on June 8 from 11-3. There will be hamburgers, hotdogs, carne asada and chips provided and the committee is asking members to bring salads that will keep in the sun.
2. The Committee needs volunteers to help with set up and tear down. Please contact Kaye or Adrian if available.
3. The next Program Committee meeting will be on the last Monday of the month.

Continued from Page 5

Public Information Committee: April, Chair reported:

1. Our May meeting was attended by all committee members. We reviewed the next events coming up: the Assembly, Founders' Day picnic, San Diego Veterans Stand Down and PRIDE.
2. We can always use more committee members. If you like answering questions and explaining what AA is to strangers, join us.
3. We meet the first Monday of the month at 7 pm at Central Office or online.
4. G and I recently sorted our literature cabinets so we can take a proper inventory. We lost our Literature person when she rotated, but while we were at Central Office a woman called and asked if she could help with this! Thank you for your willingness, Elyce! See you Tuesday.

Quorum was established; 40 Coordinators were present

Approved April, 2024 Meeting Minutes

OLD BUSINESS: Rae, Business Committee Chair, brought to Council the Amended pages of the Council Guidelines that were presented at the April, 2024 Council meeting for a vote. A motion was made to approve and seconded. The motion carried 25 Y, 10 N. The minority spoke along with additional information. A motion was made and seconded to reconsider. Motion carried. Second vote to amend the Council Guidelines did not carry with 22 Y, 14 N.

NEW BUSINESS: None

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.

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@asandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 6/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our asandiego.org 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!

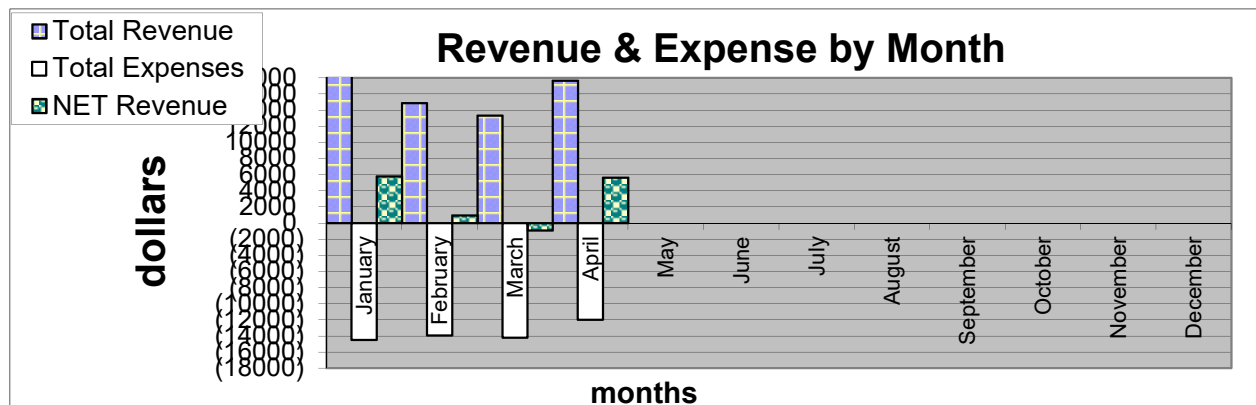
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

**San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of April 30, 2024**

	April 24	April 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	14,924.76	15,583.64	52,348.95	48,388.36	3,960.59	138,492.00
Contributions Individual	448.55	953.26	4,368.18	2,847.67	1,520.51	22,784.00
Contributions SDIAA	-	-	50.00	-	50.00	-
Interest - Cert of Deposits	503.35	381.46	2,031.16	1,006.93	1,024.23	5,000.00
Literature Revenue (see schedule)	1,758.29	873.05	7,207.30	531.85	6,675.45	10,625.00
Total Revenue	17,634.95	17,791.41	66,005.59	52,774.81	13,230.78	176,901.00
Expense						
Accounting & Legal	-	2,000.00	145.00	4,760.50	(4,615.50)	2,700.00
Auto/Travel/Seminar	13.00	13.00	699.12	937.43	(238.31)	1,500.00
Bank Service Charges	-	-	10.00	-	10.00	-
Cash (Over) Short	7.80	(8.59)	141.10	7.67	133.43	20.00
Equipment Maint & Repair	58.95	104.01	200.02	258.09	(58.07)	650.00
Equipment Purchase	-	-	129.29	179.05	(49.76)	500.00
Event Funding	-	-	1,900.00	-	1,900.00	-
Insurance	81.46	81.46	325.84	372.84	(47.00)	850.00
Office Maint. & Repairs	30.00	-	455.46	202.80	252.66	500.00
Office Supplies	232.72	372.36	1,400.43	1,479.71	(79.28)	3,500.00
Rent	2,060.00	2,020.00	8,240.00	8,080.00	160.00	24,080.00
Taxes	-	-	-	-	-	75.00
Telephone	147.87	136.54	595.98	540.13	55.85	1,700.00
Utilities-Electricity	383.03	451.82	1,911.61	2,778.20	(866.59)	7,000.00
Website	9.00	9.00	53.99	36.00	17.99	100.00
EMPLOYEES						
Accrued Payroll Taxes	499.10	598.47	2,661.74	2,528.07	133.67	10,000.00
Employee Wages	5,937.62	7,410.69	30,765.98	29,187.62	1,578.36	100,035.00
Employee Health Benefit	1,025.74	937.88	4,102.96	3,751.52	351.44	12,309.00
Insurance Worker's Comp	44.61	44.61	178.44	490.71	-	528.00
Total Office Expense	10,530.90	14,171.25	52,016.96	55,278.07	(3,261.11)	166,047.00
Standing Committees Expense	1,464.26	1,622.42	6,710.67	4,746.26	1,964.41	10,854.00
Total Expense	11,995.16	15,793.67	54,650.13	60,024.33	(1,296.70)	176,901.00
Total Net Revenue	5,639.79	1,997.74	11,355.46	(7,249.52)	18,604.98	-



Group Contributions April 2024

Group	Apr-24	Ytd 24	Group	Apr-24	Ytd 24
3 O'Clocker - 2201	200.00	400.00	Just Us Girls - 929	30.00	90.53
4th Edition Big Book - 2569	100.00	100.00	Knuckleheads - 3182	630.00	630.00
52 From The Big Blue	-	146.75	La Jolla Beginners Group - 82	-	105.00
530 Meditation - 3085	-	139.00	La Jolla Mens - 692	-	355.50
7 AM Attitude Adjustment	300.00	300.00	La Jolla Monday Womens - 87	-	400.00
9 pm Discussion - 3366	-	145.00	La Jolla Speakers - 578	-	1,352.12
AA By The Bay - 629	-	200.00	La Jolla Sunrise - 2684	50.00	100.00
Alpine Group - 6	-	178.00	La Mesa SS Workshop - 1621	100.00	100.00
As Bill Sees It - 1038	44.00	119.00	La Mesa Womens Sat. Morn - 416	250.00	450.00
At Home Mens - 215	100.00	100.00	Lakeside Drunks - 2423	-	100.00
B.Y.O.B. (North Park) - 203	-	142.14	Late Risers - 473	50.00	100.00
Back Country - 3131	50.00	100.00	Linda Vista Mens - 320	-	175.00
Barefoot - 139	100.00	100.00	Living Free - 477	2,010.93	2,010.93
Battery Chargers - 98	-	442.00	LJ We Are Not A Glum Lot - 3355	-	65.00
Bayside Bonfire Group - 1139	300.00	300.00	Lushes Lunch Tuesday - 2641	300.00	300.00
Bonita Boozers - 2179	-	85.33	Mens Focused Step Study - 3217	-	264.00
Carrying the Message - 2458	-	50.00	Mens Step Study - 965	-	65.00
Casa De Oro Weds Nite - 2049	-	100.00	Mens Structured Step Study-1469	-	75.00
Cedar St Daily Online - 3270	50.00	50.00	Mid-Week Mens - 560	-	955.00
Cedar Street Mens - 1698	-	351.21	Midday Miracles - 3242	-	19.07
Channeling Serenity - 3425	-	157.20	Midnight Howlers - 1025	-	100.00
Chula Vista 4 Min Speakers-1568	50.00	110.00	Midway Bridge - 2171	-	60.00
Clairemont Fri Night - 375	-	95.00	Mira Mesa Early Risers - 967	650.00	1,050.00
Clairemont Mens - 301	148.00	649.60	Mission Hills Late Night - 2773	75.00	225.00
Clairemont Mixed Disc - 338	-	259.00	Mission Hills Lunch Bunch - 2675	-	78.50
Clairemont Thurs. Brown Bag-315	50.00	50.00	Mission Possible - 131	-	120.00
Clairemont Womens Disc - 340	182.00	367.40	Monday At A Time - 2875	-	161.87
Clairemont Womens SS - 341	-	241.50	Monday Night Live - 3219	100.00	100.00
Class Acts - 1845	-	150.77	Mt Soledad Mens - 717	650.00	650.00
Coffee Clutchers - 2332	-	200.00	No Matter What Wmn's Grp-2325	100.00	100.00
Daily Reflection - 3114	-	200.78	Noon At The Grove - 628	-	900.00
Daily Reflection Online - 3436	24.07	24.07	Noon w/ a View Begs Mtg - 3249	1,452.00	1,452.00
Daily Reflections - 2097	120.00	120.00	Nooners Anonymous - 1164	-	150.00
Deerhorn Group - 2063	-	280.00	Noontime on the Patio - 2203	-	100.00
Descanso Mixed SS - 3010	44.00	44.00	Normal Hts Yng Peoples SS-3407	-	100.00
Designs For Living - 488	-	250.00	North Clairemont - 1102	-	100.00
Diamond St Mens SS - 569	108.60	108.60	North Park Mens - 465	16.50	58.60
Doctors & Lawyers & Pros - 391	-	1,250.00	O.B. Womens Step Study - 2730	-	93.30
Downtown Discussion - 1665	47.03	47.03	Old Timers Group - 2037	-	100.00
Downtown Noon Discussion-1607	-	50.00	Open Minded Mens - 626	-	160.00
Each Day A New Beginning - 509	-	175.00	Orig Anonymous Anonymous-154	50.00	100.00
Early Risers (PB) - 264	-	300.00	Over The Bridge - 2689	342.50	692.15
East Side Group - 101	-	100.00	PB Weekend Warmup - 725	150.00	150.00
Easy Does It Riders - 21	90.00	150.00	Pass It On BB Study Grp - 2860	-	173.50
Easy Risers - 854	-	100.00	Peace Officer Fellowship - 876	-	150.00
El Cajon Womens Serenity - 77	15.00	15.00	Pine Valley Thurs Open Disc-3274	-	148.90
Emotional Sobriety - 2536	80.00	140.00	Point Loma Mens - 245	-	231.00
Evening Serenity - 2305	200.00	400.00	Primary Purpose Group - 3151	-	377.50
Everynighters Online - 2997	-	29.07	Progress Rather Than Perf - 2682	-	400.00
Eye Opener Group - 607	-	550.00	Pt Loma Womens Disc - 1608	-	125.00
Fellowship of Spirit Candle - 3383	48.92	68.50	Radical Acceptance Mtg - 2961	544.51	798.23
Former Hot Messes - 1205	-	71.50	Rainbow Group - 570	-	150.00
Free At Last - 2888	-	200.00	RAM-Z - 3323	5.00	5.00
Freedom - 3447	299.17	299.17	Ramona Mens New Vision - 1949	300.00	300.00
Fresh Air Friday - 266	-	600.00	Resentment & A Coffee Pot-2561	-	141.00
Friday Afternooners - 318	50.00	50.00	Rise & Shine - 2170	164.50	551.75
Friday Morning Womens - 104	-	137.52	S.D. Speakers Meeting -152	-	275.00
Friday Night Gratitude - 2829	-	150.00	San Carlos Single Purpose - 583	-	150.00
Friday Night Irregulars - 2889	-	283.00	Santee Mens Group - 2972	-	524.25
Friday Spring Valley Lunch - 2732	-	161.00	Santee Serenity Group - 1943	250.25	441.78
Full Measure Friday - 3363	-	150.00	Scripps Ranch Men's Two - 2776	-	320.00
Garnet Group - 1129	-	350.00	Scripps Ranch Mens - 3168	-	204.41
God Squad Too - 2809	-	90.15	Sisters in Solution - 3272	-	201.12
Good Morning AA - 1888	-	945.00	Sky Hi Womens - 1633	-	75.00
Great Fact Group - 895	120.00	120.00	Sobearity - 3129	46.00	46.00
Grupo Gringo - 1305	-	50.00	Sobriety At All Cost - 3006	-	1,129.00
Harmony Group - 585	435.00	1,041.00	Sobriety On State and Date - 2697	489.64	489.64
Hi-Nooners - 673	-	100.00	Sons of God - 2789	-	756.00
HOW @ Noon - 2998	-	450.00	South Bay Guys & Gals - 35	50.00	50.00
I. B. Up - 2565	-	100.00	South Clairemont - 305	82.00	82.00
Jaywalkers - 3100	-	105.00	South Park Sobriety - 1015	-	80.00
Jump Start - 2174	-	100.00	Spiritual Awakening - 2275	52.20	1271.59

Group Contributions April 2024

Group	Apr-24	Ytd 24	Group	Apr-24	Ytd 24
Spiritual Awakenings SS - 3174	-	220.00	Tierrasanta Friday Night - 2645	-	150.00
Strength In Women - 2955	-	100.00	Toes in the Sand - 3282	171.50	289.50
Sunday Beach Sun-Day - 568	-	82.40	Tues Night Mens Step Study-1813	150.00	150.00
Sunday Kind of Love - 429	-	602.63	Tuesday Morning Alpine - 440	-	96.25
Sunday Middy - 161	-	150.00	Tuesday Morning Group - 3089	-	50.00
Sun Morning Eleventh Step - 1206	-	50.00	Two A's Over Easy - 2106	-	50.00
T.G.I.F. - 1658	-	250.00	University City Disc.- 368	-	197.00
Gathering Of The Goddesses-2890	-	155.10	University City Womens - 369	-	300.00
The Gift - 2954	-	252.50	War Fever - 880	35.22	69.01
The Hole In The Doughnut - 2737	-	168.00	Water Walkers - 5	200.00	200.00
The Huddle in the Park - 3278	-	300.00	Water Walkers Too - 1946	-	380.00
The Language of the Heart - 3066	43.00	43.00	Way Up and Out - 415	-	100.00
The Nine Thirty - 2997	196.67	196.67	Wednesday Night Promises - 2167	-	100.00
The Other Meeting - 857	-	220.00	Weekending Step Study - 698	-	100.00
The Rogue Meeting - 3338	263.00	974.75	Wholesale Miracles - 2474	35.00	140.00
The We Group - 2739	-	500.00	Willing to Believe - 3449	-	136.00
There is a Solution - 2680	-	5.00	Womans Gut Level - 1701	102.15	177.55
Three Legacies Group - 2194	120.00	300.00	Womans Let Go & Let God - 446	-	275.00
Thurs. Nite Mens BB Stdy - 1748	-	185.00	Women's Joy Of Living - 2636	209.00	709.00
Thurs Promises Promises - 749	-	215.00	Womens Attitude Gratitude-2751	-	229.50
Thursday Steps - 646	-	300.00	Womens Step Study - 296	152.40	379.65



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.

“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.

What is "Gratitude with Service"? We believe Service is a way of showing Gratitude for the program that saved our lives. It's also our Third Legacy. There are lots of ways to volunteer for Service within The San Diego Intergroup and Central Office. To find a way in which you can be of service, go to aasandiego.org/group-documents and look for the "Gratitude with Service" form on the left hand side. Or stop by the Central Office M-F 9:30am-5:30pm or Sat 9am-1pm and we'll be more than happy to discuss these opportunities with you!

Central Office Notes

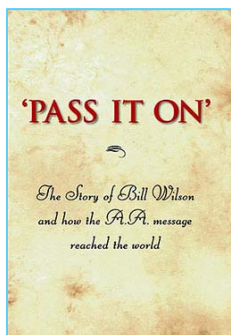
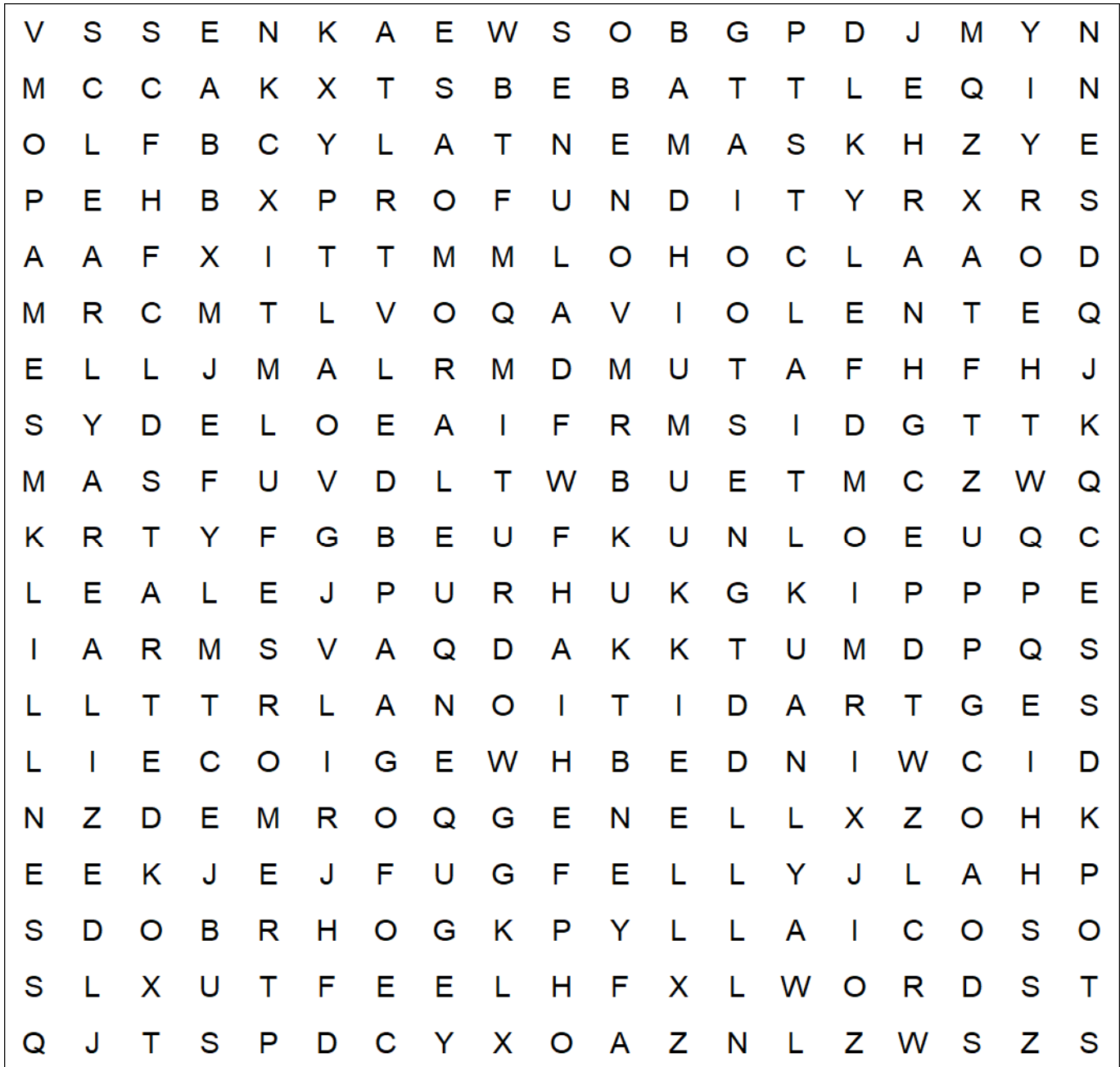
2024 Holidays - Central Office/ Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

April 2024 Group Contributions	\$14,925
Individual Contributions	\$448
Literature & Interest	\$2,261
Total Revenue	\$17,635
Central Office Expenses	-\$10,531
Committee Expenses	-\$1,464
Total Expenses	-\$11,995
April 2024 Net Revenue	\$5,640
2024 YTD Revenue	\$11,355

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 39 representatives at last month's Council meeting. The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens quarterly 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.

Pass It On



“**LOIS** described the **PROFUNDITY** of their **DILEMMA** in these **WORDS**: ‘**BILL** rarely drank **SOCIALLY** or **MODERATELY**. Once he **STARTED**, he seldom **STOPPED** until he became so **DRUNK** he **FELL** inert. He was not **VIOLENT** when in his **CUPS** and was **DEEPLY REMORSEFUL** afterward. When he finally **REALIZED** he couldn’t **STOP**, he **BEGGED** me to help him, and we **FOUGHT** the **ALCOHOL BATTLE** together. We did not know at the **TIME** he had a physical, **MENTAL** and spiritual **ILLNESS**. The **TRADITIONAL THEORY** that drunkenness was only a **MORAL WEAKNESS** kept us both from thinking **CLEARLY** on the **SUBJECT.**” -- Page 82, Reprinted with permission from A.A.W.S.

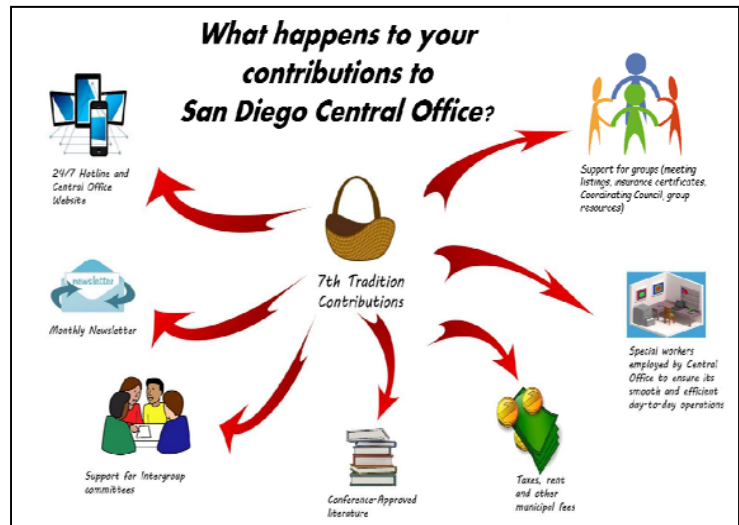


A.A. Economics

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

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

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



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

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

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



Things to Do, And Places to Go

A.A. Desert Roundup

When: June 6th-9th, 2024
Where: Indian Wells, CA
Info: www.desertroundup.com

Founder's Day Akron, OH

When: June 7th-9th, 2024
Where: Akron, OH
Info: www.foundersday.org

AA Unity / Founder's Day Picnic

When: June 8th, 11 AM to 3 PM
Where: 9550 Milden St., Site 2, 91942
Info: Call Central Office 619-265-8762

3rd Weekender Camping Group

When: June 8th, 11 AM to 3 PM
Where: 9550 Milden St., Site 2, 91942
Info: Call Central Office 619-265-8762

Three Legacies Conference

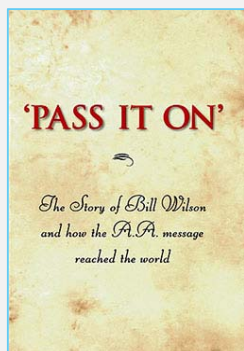
When: October 11th -12th
Where: Pleasant Hill, CA
Info: Call Central Office 619-265-8762

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](http://www.aasandiego.org/events)



Coordinating Council Attendance

Thank you to the following 40 Groups whose Coordinators attended the May 2024 San Diego Intergroup Coordinating Council.

There are 648 groups in San Diego: WAS YOUR GROUP THERE?

BATTERY CHARGERS	MISSION HILLS BEGINNERS
B.Y.O.B.	MISSION HILLS LATE NIGHT
CEDAR STREET MENS	NORTH PARK MENS
CLAIREMONT MENS	OLD TOWN SPEAKERS
CLAIREMONT WOMENS STEP STUDY	OVER THE BRIDGE
DEL CERRO MIXED	PINE VALLEY THURSDAY OPEN DISC.
DO THE WORK!	RAINBOW GROUP
DOWNTOWN DISCUSSION	RIDING SOBER
EL CAJON WOMEN'S SERENITY	SAN CARLOS SINGLE PURPOSE
FREEDOM	SCRIPPS RANCH MENS
FRIDAY MORNING WOMENS	SKY HIGH WOMEN'S
FRIDAY NIGHT IRREGULARS	SISTERS IN SOLUTION
FULL MEASURE FRIDAY	SOBEARITY
GOD SQUAD TOO	SOBRIETY ON STATE AND DATE
I.B. UP	THE COMMON SOLUTION
INTO THE 4TH DIMENSION	THE WE GROUP
JUMP START	UNIVERSITY CITY WOMENS
LA MESA MENS	VALLEY GIRLS
LA MESA SAT. MORNING WOMENS	WOMEN'S JOY OF LIVING
MIDDAY MIRACLES	WORLD OF THE SPIRIT

Next Council Meeting: Thursday, June 13th. Council meets at 7:00 PM (Orientation 6:30 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:

'Pass it On' -- The story of Bill Wilson and how the A.A. message reached the world

"Among other book titles suggested were 'One Hundred Men,' 'The Empty Glass,' 'The Dry Way,' 'The Dry Life,' 'Dry Frontiers,' and 'The Way Out.' In a jab at his own egotism, Bill said that he had even proposed calling it 'The Bill W. Movement'!"

The name 'One Hundred Men' fell by the wayside because of the objections of Florence R., at that time the only female member. (Her story in the first edition was 'A Feminine Victory.' She later returned to drinking and died of an apparent suicide in

Washington D.C.) . . .

'One Hundred Men' was still the working title in a letter from Frank Amos to Rockefeller associates dated January 6, 1939. But 'Alcoholics Anonymous' headlined the letter, indicating that this had by now become an informal way, at least in New York, of identifying the movement. Also, a pamphlet prepared as a fund-raising presentation early in 1939 was titled 'Alcoholics Anonymous.'"

Pages 202-203, Reprinted with permission by A.A.W.S.

The Road to Mental Freedom

Understanding Steps Six and Seven

Continued from Page 1

They say that understanding is the key to right living, and I read just about anything I can get my hands on, about these issues, that reinforce the principles we learn in the AA program such as; Emmet Fox's Sermon on The Mount, and others including, Scott Peck's, *The Road Less Traveled*, Ernest Kurtz and Kathleen's Ketchum's *The Spirituality of Imperfection*, Max Ehrmann's poem, *Desiderata*, and the like.

This kind of reference material helps me to get a better perspective on how to reduce the obstacles that stand in the way of my ability to solve these problems. I should be willing to get right with "every human being I know" as suggested in step eight. (12&12) Scott Peck describes the word Love as: Caring for and nurturing another person's soul. I now look at Love as a verb and not a noun. You can love someone that doesn't love you back when you use this definition and as the result, I truly wish the best for every human being I know and offer help and guidance when I can. I became



their best advocate. If I want to heal, I must look deeper and try to understand that other person and be strong enough to, first, reign in my ego, then to realize that the other person may be reacting to my adversarial position.

Finding ways of removing my own judgmental attitudes opens the door to love and compassion. Today, I can love everyone by simply giving them the respect and acceptance that I would want for myself. After doing my best to adopt this plan of action over the years, I can only say that nothing that I have ever done, with respect to Those Other People, has been more rewarding than this approach. I have, to the best of my understanding, stopped judging others by their outside behavior and have the strength to look deeper.

When I do that, I usually find a person, not too different from myself, trying to protect himself from his fears, and I just can't bring myself to pile on and compound his pain. My heart goes out to him, and I don't have to deal with regrets later. My ego is neutralized as I come to understand his troubles.

The greatest gift I receive from all of this is that, as I apply this to all Those Other People, I seem to allow myself the same latitude without even expecting it since at one time, I was That Other Person. Self-forgiveness and peace of mind seems to be the natural result of my efforts. I can accept everyone just as they are and not mess with God's work.

~ Rick R



Paying Forward a Debt of Gratitude to AA

Continued from Page 1

Most importantly, my guests share what it's been like during their years or decades in recovery. We discuss the challenges and gifts, as well as the tragedies and triumphs experienced during sobriety. Each story is a beacon of hope and proof-positive that AA really works.

In creating the "AA Recovery Interviews" podcast, extraordinary care was taken to adhere to AA's Twelve Traditions and all General Service Office guidelines for maintaining anonymity on-line. No videos or images are shown, and all names are anonymized using the initial of each guest's last name. Further steps are taken to edit out the names of treatment centers, hospitals, sober living houses, and AA club and/or meeting names. Assurance that no guest can be identified by name, job, or other affiliation allows each AA member to speak frankly about their own journey in sobriety.

Since there is no online promotion of the "AA Recovery Interviews" podcast, growth in listenership has been mostly word-of-mouth. Nevertheless, there have been over 350,000

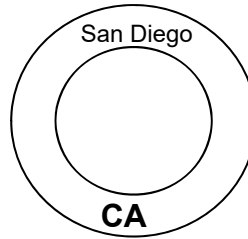
downloads, a reasonable indication that the podcast is touching many lives around the world. People in meetings tell me that they regularly listen in their cars, on walks, during workouts, and whenever they want to be uplifted and inspired. Occasionally, I hear about someone who decided to try AA, or return to the Program after a relapse, as the result of hearing the podcast. When I hear that this weekly podcast is integral to anyone's program, I am grateful to my higher power for letting me be of service to others.

~Howard L.



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

RETURN SERVICE REQUEST



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	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	1	2	3	4	5	6