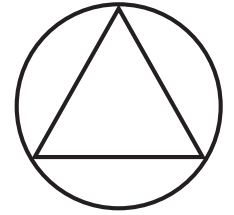




aasandiego.org

The San Diego A.A. Coordinator



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

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

Reprinted from AA Big Book, page 59

May 2024
VOL. LXII NO. 5

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“Carry the AA Message”

Join the fun, submit an article!

June (due 5/22/24)

“Were entirely ready to...”

July (due 6/22/24)

“Humbly asked Him to...”

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

Anonymity: The Spiritual Foundation We Failed Idealists Need Attention

I came from a family that was riddled with alcoholic drinkers and many of them had the problem as bad as I did. I recall the first month, or so, when I got sober, still hanging out with them at our favorite watering hole, drinking ginger ale. I would slip out every night at 8:00pm and go to the AA meeting at 8:30 pm and return at 10:30 pm without telling anyone where I was going. I didn't want anybody to know that I was checking out the AA program. I didn't want to face the ridicule at the time, and I wasn't

sure it was going to work for me. If it didn't work, I wouldn't have put up with their mocking me.



Continued on Page 14

First Things First

Wake up. Get up. Find clean clothes. No clean clothes. O.K. put on dirty clothes. Find coffee. No coffee. Go to morning meeting. Have coffee and donuts. Thank God for AA. Go home. Find food. No food. Tear apart apartment to find change and load bags of aluminum cans and bottles into back of car to take to recycle center. Run out of gas on way to recycle center. Go for walk to gas station with gas can. Walk back to car. Put gas in car then drive to

Continued on Page 14



Lest We Forget

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.**Contributors:** Rick R., Shiela J., and Anonymous**May Theme:** "Admitted to God, to ourselves..."**Newsletter by electronic version only at this time. Please sign up to receive by email.****Send to:** 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 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	Lauren	info@sdhandi.org

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

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](#).





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 aaandiego.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

	April	Total
Website Hits	592,691	11,295,191

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.aaandiego.org/contribute

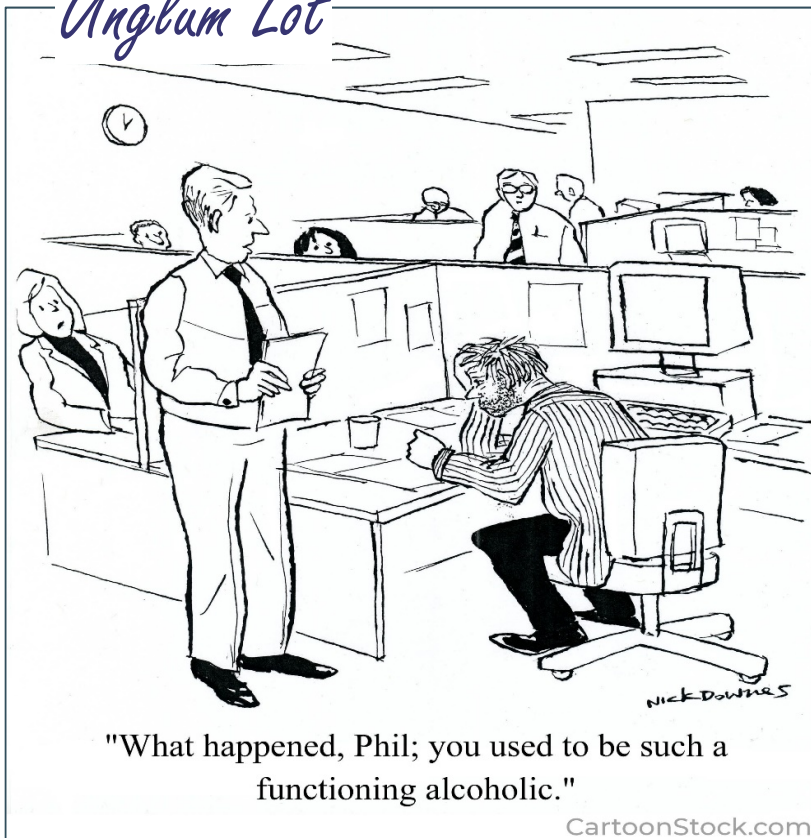
Cash: Come by in person during bookstore hours.

*Please make a note of:

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



Unglam Lot



"What happened, Phil; you used to be such a functioning alcoholic."

CartoonStock.com

Pamphlet OF THE MONTH:

Jack Alexander Article About A.A.



"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."

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

Meetings in Motion

NAME CHANGE

FRIDAY NIGHT FIX **PACIFIC BEACH**
Club-upstairs @ 4861 Cass St
Friday @ 08:00 P
Was "Sobriety Circle"

REACTIVATED

ONE STEP AT A TIME **ONLINE**
Online @ ID #:897 8862 4230; PW: None
Tuesday @ 08:00 P Code(s): *

RELOCATED

EAST COUNTY MENS **CASA DE ORO**
Church @ 9806 San Juan St
Friday @ 07:30 P Code(s): * M
was "Spring Valley"

LUSHES LUNCH TUESDAY **CLAIREMONT**
Restaurant @ 5255 Kearny Villa Rd
Tuesday @ 12:00 N Code(s): *
Was 7061 Clairemont Mesa Blvd.

TIME/DAY CHANGE

CEDAR STREET DAILY ONLINE **ONLINE**
Online @ ID #: 209 812 4709; PW: 42DAY
Daily @ 01:00 P Mo-Fr (No mtg Wed.)
No meetings on Wednesdays

FEAR TO FAITH **EASTLAKE**
Church @ 1227 Eastlake Pkwy
Saturday @ 07:00 P Code(s): *
Was 7:30 PM

NEW

FRIENDS OF BILL W. **NILAND**
RV Park @ 1500 Spa Rd.
Thursday @ 07:00 P

WEDNESDAY NIGHT BIG BK STUDY **EL CENTRO**
Club @ 564 Broadway Ave Wednesday @
07:00 P

CANCELLED

AA BY THE BAY **SHELTER ISLAND**
Fire Rings on Shelter Island
Saturday @ 07:00 P

BIG BOOK STUDY **EL CENTRO**
Club @ 564 Broadway St
Sunday @ 06:30 P Code(s): *

HIS MAJESTY THE BABY **PACIFIC BEACH**
Club @ 4861 Cass St.
Thursday @ 07:00 P Code(s): C M

LANGUAGE OF THE HEART **EL CENTRO**
Club @ 564 Broadway St
Wednesday @ 08:00 P Code(s): * C

SACRED SOBRIETY **ONLINE**
Online @ ID #: 112 118 969; PW: LOVE
Sunday @ 08:00 A Code(s): W LGBTQ

STRAIGHT SHOOTERS **NORTH PARK**
Thrift Store @ 4127 30th St
Sunday @ 11:00 A Code(s): * LGBTQ

THURSDAY NIGHT DISC **PACIFIC BEACH**
Club-upstairs @ 4861 Cass St
Thursday @ 08:00 P

WE BELONG **OCEAN BEACH**
Club @ 2229 Bacon St
Saturday @ 08:00 P Code(s): *

ONLINE INFO CHANGE

TUES NIGHT MENS STEP STUDY **COLLEGE**
Church & Online @ 4540 El Cerrito Dr.
ID#: 923 5181 2654; PW: 215545
Tuesday @ 07:00 P Code(s): C M

OTHER

MEAT & POTATOES **ONLINE**
Online @ ID #: 834 3820 7878;
Daily @ 08:00 A Mo-Su; 11th Step
Moved to North County schedule

ROSE MEETING **ONLINE**
Online @ ID #: 911 8130 9135; PW: ROSE
Tuesday @ 08:00 P Code(s): C W
Moved to North County schedule

MIDNIGHT HOWLERS **NORTH PARK**
Coffee Shop @ 1045 University Ave
Friday @ 11:59 Code(s): C
Now in person only on Fridays

SPIRITUAL AWAKENING **NORTH PARK**
Office & Online @ 2621 University Ave
M-Fr InPers & Onl; Sa 8a & 9:30a, Su 8a
Hybrd; ID #: 936 064 667; PW: @12Tried
Daily @ 07:00 A; ASL Thur Online Mtg Only
Added ASL for Thur. Online Mtg

Minutes of the Coordinating Council

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!

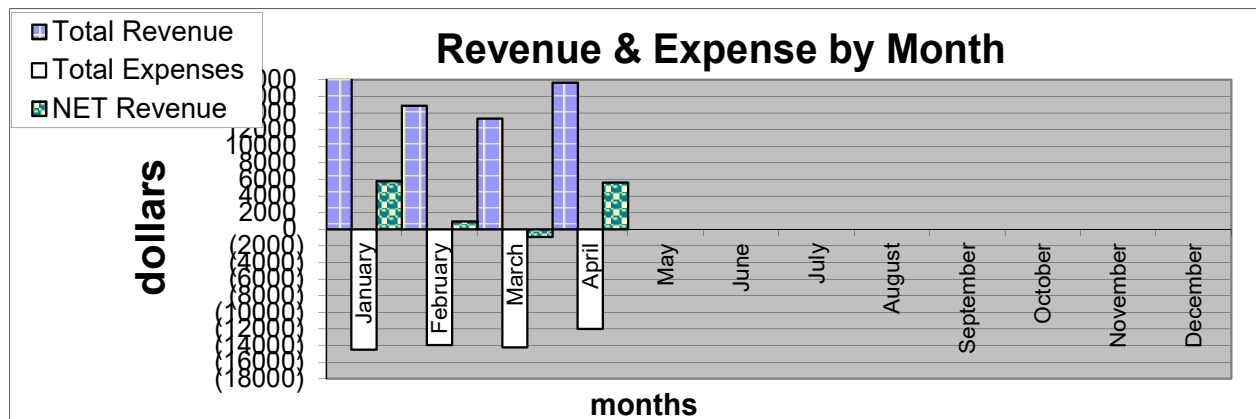
Closed with the "Serenity Prayer"

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 Midday - 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

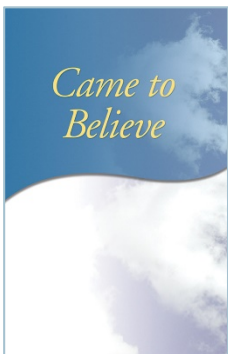
2024 Holidays - Central Office/ Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
May 27	Memorial Day	Monday
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

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 40 representatives at last month's Council meeting (what?!). 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.

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



Conversation

“I **BELIEVE** that the A.A. **PROGRAM** is **SIMPLY** the will of God being put to **PRACTICAL, EVERYDAY** use. And I think that the **SPIRITUAL** awakening is the **REALIZATION** that God will help the **INDIVIDUAL**—if the individual is completely **HONEST** in his efforts.

If God were to **ENTER** my **PRISON** cell for a **BRIEF** talk, our **CONVERSATION** might be as follows:

GOD: “I’ve had My **EYE** on you for a long time, and I’m **GLAD** that you are **FINALLY** trying to **HELP** yourself.”

Myself: ‘I’m trying **HARD**, but, truthfully, I am **SCARED.**’

God: “You **KEEP TRYING**, and **LISTEN** to the people that I have working for Me in A.A., and **HEED** their **ADVICE**. I have to **LEAVE** now, for I have a busy **ITINERARY**. But if you **NEED** Me, I will **ALWAYS** be **NEAR.**” – Page 85, Reprinted with permission from A.A.W.S.

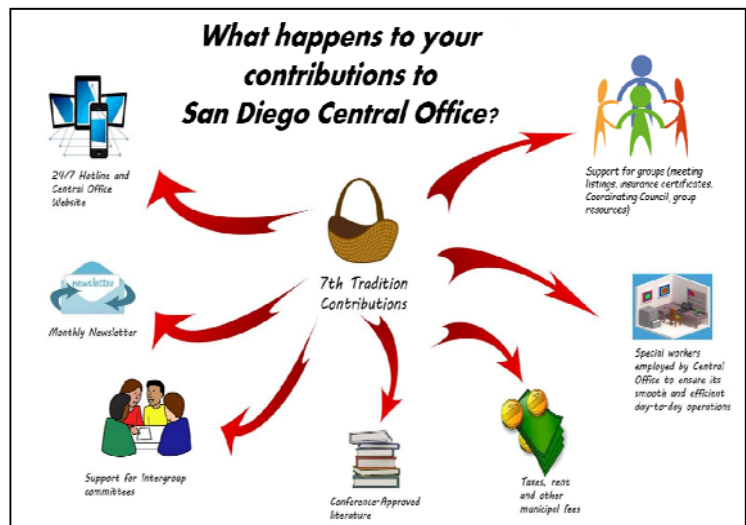


A.A. Economics

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

Woodstock West

When: May 17th- 19th, 2024

Where: Los Angeles, CA

Info: www.woodstockwest.biz

3rd Weekenders Camping Group

When: May 17th- 19th, 2024

Where: Sweetwater County Park (N. Loop)

Info: Call Central Office 619-265-8762

Newsletter Writing Workshop

When: Sat. May 18th, 1 PM to 3 PM

Where: 7075-B Mission Gorge Rd.

Info: Call Central Office 619-265-8762

H&I Spring into Service

When: May 19th, 9:30 AM to 1:30 PM

Where: 5150 Kearny Mesa Rd 92111

Info: www.SDHandl.org

Sunshine of the Spirit

When: May 31st-June 2nd, 2024

Where: Hesperia, CA

sunshineofthespirit-highdesertconvention.com

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 Mildens 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

Coordinating Council Attendance

13

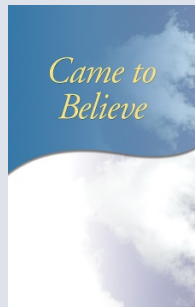
Thank you to the following 39 Groups whose Coordinators attended the March 2024 San Diego Intergroup Coordinating Council.

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

BATTERY CHARGERS
B.Y.O.B
CHEERS
CLAIREMONT MENS
COFFEE CLUTCHERS
DAILY REFLECTIONS ONLINE
DEL CERRO MIXED
DO THE WORK!
DOWNTOWN DISCUSSION
FIRST MIRA MESA MENS
FREEDOM
FRIDAY NIGHT IRREGULARS
FULL MEASURE FRIDAY
GREAT FACT GROUP
I.B. UP
INTO THE 4TH DIMENSION
JUMP START
LA MESA MENS
LA MESA SAT. MORNING WOMENS
MIDDAY MIRACLES

MIRA MESA EARLY RISERS
MISSION HILLS BEGINNERS
MISSION HILLS LATE NIGHT
NORTH PARK MENS
OLD TOWN SPEAKERS
OVER THE BRIDGE
PINE VALLEY THURSDAY OPEN DISC.
RADICAL ACCEPTANCE MEETING
RAINBOW GROUP
RIDING SOBER
SAN CARLOS SINGLE PURPOSE
SCRIPPS RANCH MENS TWO
SKY HIGH WOMEN'S
SISTERS IN SOLUTION
SOBEARITY
THE COMMON SOLUTION
THE WE GROUP
VALLEY GIRLS
WOMEN'S GUT LEVEL

Next Council Meeting: Thursday, May 9th. 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: Came to Believe

"One morning, I came to on the floor in my room, horribly sick, convinced that God was not going to listen to me. More on reflex than anything else, I got to work that morning and attempted to make up a payroll, though it was hard to hold my shaking hands still enough to put the figures in the right place. After a great deal of trouble, I finally completed the job. With a sigh of relief, I looked out the window and noticed a man approaching the hut I was working in. As I recognized him, hate surged into my mind. Seven

months before, he had had the temerity to ask me in front of other men if I was having trouble with my drinking, and I had been deeply insulted by his question. I had not seen him for months, but my hatred of him was alive and vital as he passed by the hut.

Then something happened that has never ceased to amaze me. As he moved out of sight, everything went blank. The next thing I knew, I was standing before him outside the hut, hearing myself ask him whether he would help me to stop drinking. If I had consciously decided to ask any individual for help, he would have been the last man I would have approached! He smiled and said that he would try to help me, and he brought me to the A.A. recovery program.

In thinking all this over, it finally became obvious to me that the God I thought had judged and damned me had done nothing of the sort. He had been listening, and in His own good time His answer came. His answer was threefold: the opportunity for a life of sobriety; Twelve Steps to practice, in order to attain and maintain that life of sobriety; fellowship within the program, ever ready to sustain and help me each twenty-four-hour day.

I hold no illusion that I brought the A.A. program of recovery into my life. I must always consider it as a gift of opportunity. In the use of this opportunity, the onus is on me."

Anonymity: The Spiritual Foundation

We Failed Idealists Need Attention

Continued from Page 1

Since then, one brother, a niece and a nephew have committed suicide. That was among the experiences that gave me hard earned lessons on the respect for the principle of anonymity. Of the rest of my immediate family of ten siblings, only one sister saw something in me that she liked, and she got sober in the program and hasn't had a drink in over forty-eight years.

We are exposed to the discussions in AA meeting as the newer members complain about someone breaking their anonymity, or the ones that want to shout it from the rooftops, like my former self, and that will always be the case in AA as that is one of the symptoms of alcoholism. We are failed idealists that need attention, but as we get more experience, we learn the true value of the spirit of anonymity. We can always come up with some noble reason for tooting our own horn and we can dress it up in the altruistic motive of sacrificing one's own anonymity to save someone's life and that, sometimes, in the long run, destroys the chance of being a good example and often turns out doing just the opposite, and I have personally witnessed that.

In Tradition Twelve it talks of Anonymity as "The spiritual foundation of all our Traditions ever reminding us to place

principles before personalities". There is a difference in the "Spirit of the law", and the "Letter of the law". We who have been diligent with the program have been highly influenced by the Spirit of what the founders learned and introduced us to in the form of the 12 steps and the 12 traditions, and they all come in the form of unselfishness of the spirit. I have yet to find one prayer or principle in the two books that we use as reference guides, that are of a material nature or of selfish motives. This tells me that the things I do, that are as the result of practicing the principles of the program, should be done unselfishly and without fanfare.

So long as I needed the attention that I was seeking — looking for the photo opp., I was still only following the letter of the law, so to speak. When I came to understand the Spirit of Anonymity, I was able to rein in my EGO and my selfish motives. I try to be a good role model and do it quietly. It seems to work better that way.

~ Rick R

First Things First

Continued from Page 1

gas station. Don't have gas money—only laundry money so call sponsor to leave message on machine about how crummy life

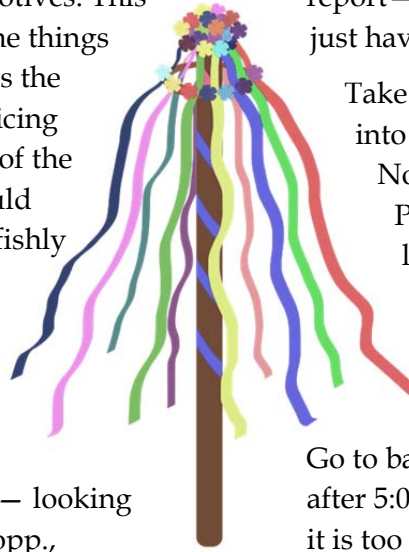
is. Go to noon meeting and eat cookies and drink more coffee. Thank God for AA. Talk to more people about how crummy life is. Manage to borrow \$5.00 from a kind person at meeting. Thank God for AA. Go put \$3.00 worth of gas in car and use \$2.00 to buy cheap hamburger and fries. Go to recycle center and turn in cans and bottles. Go home. Run through bedroom stuffing dirty clothes in a bag. Go to laundromat. Get emotional while waiting for laundry to dry. Call sponsor to report — not sure what is wrong just having a crummy day.

Take laundry home. Take into bedroom. Fall into bed. No! Get Up! Make bed. Put clothing away. Debate looking for a job for several minutes. Pull out clothing to put on to look for a job. Take a shower. Get dressed.

Go to bathroom— fix hair. It's now after 5:00 pm. Accept that it is too late to look for job today. Take off job hunting clothing. Lay clothing out for tomorrow. Put on casual clothing. Call sponsor. Ask if sponsor will be at evening meeting. Decide. Hungry again. Grab VCR and head to pawn shop. Go to grocery store on way home. Buy cheap food and coffee. Watch TV until time for evening meeting. Go to evening meeting. Talk to sponsor. Have cake. Thank God for AA.

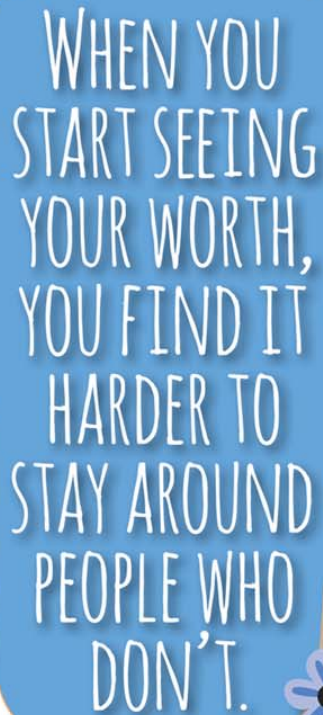
Wake up. Get up. Look over at clean clothes and Thank God I'm sober.

~Anonymous





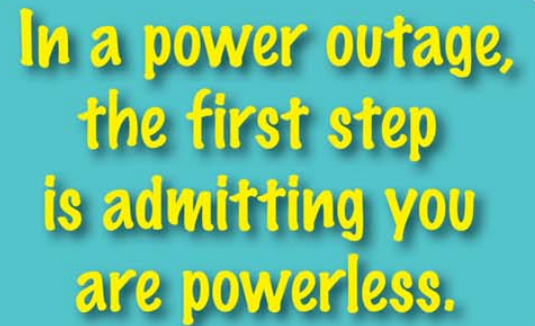
EASY DOES IT!



WHEN YOU
START SEEING
YOUR WORTH,
YOU FIND IT
HARDER TO
STAY AROUND
PEOPLE WHO
DON'T.



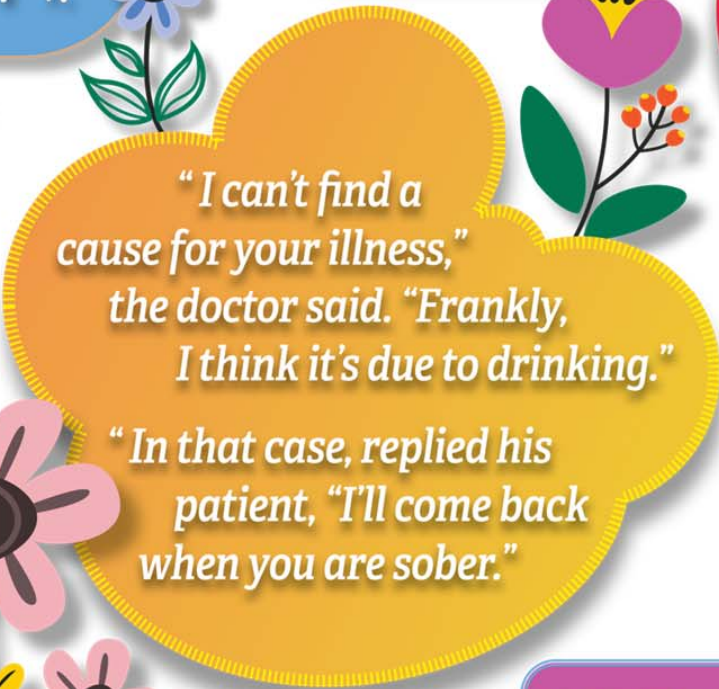
DON'T TALK,
JUST ACT.
DON'T SAY,
JUST SHOW
DON'T PROMISE,
JUST DO.



In a power outage,
the first step
is admitting you
are powerless.



People
reveal
themselves
through their
actions.



*"I can't find a
cause for your illness,"
the doctor said. "Frankly,
I think it's due to drinking."*

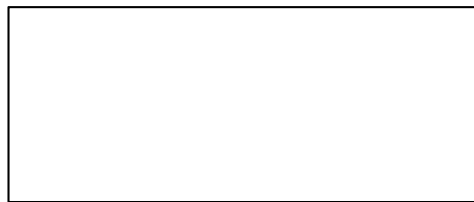
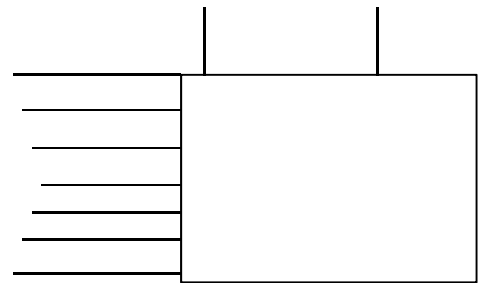
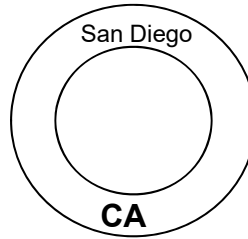
*"In that case, replied his
patient, "I'll come back
when you are sober."*



LIVE AND LET LIVE

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

RETURN SERVICE REQUEST



MAY

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	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	