

# The San Diego A.A. Coordinator

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

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

*Reprinted from AA Big Book, page 59*

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## “Carry the AA Message”

Join the fun, submit an article!

September (due 8/18/24)

“Made direct amends...”

October (due 9/18/24)

“Continued to take personal inventory...”

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

## Article Web-Site

Dive into and enjoy past articles from the San Diego AA Coordinator Newsletter here:  
[www.sdaanewsletter.org](http://www.sdaanewsletter.org)

## Neglect, The Elephant In The Room

When we are satisfied that we have given steps one through five our best effort and have identified the most glaring defects of character and shortcomings, it is now time to affect the changes in the most obvious of our faulty thoughts and the behaviors that stem from those thoughts by addressing them in *steps six and seven*. To be successful in this endeavor, we must first get honest with ourselves and begin to *establish some credibility* and by that, I mean *always doing the things we say we are going to do. We bring most of the basic flaws out in the open* as we become aware of them. Then, if we are sure that we are committed to the program, we will want to set in place principles to live by that cut off our own escape when we stumble and want to revert to that old way of thinking. Most of us do this with the help of a sponsor or a mentor,

if you like, and go by the book as best we can.

*Continued on Page 14*



## Nothing Happens By Accident

Perhaps one of the greatest gifts so far in my sobriety, although also the presenter of most challenges, is the opportunity to feel feelings, think thoughts and begin to find myself. I have decades of numbing to sift through, to make sense of my life, and recently I came across some readings from different sources that have worked together to provide me some clarity. So I wanted to share these with you all...

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**SAN DIEGO CENTRAL OFFICE****24 HOUR PHONE:** (619) 265-8762**Our Web Page** [www.aasandiego.org](http://www.aasandiego.org)**E-mail:** [sdaaco@aol.com](mailto:sdaaco@aol.com)**Mon-Fri 9:30 am — 5:30 pm;****Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.**Contributors:** Rick R., and Prascilla**August Theme:** "Made a list of all persons we had harmed, and became willing to make amends to them all."**Newsletter by electronic version only at this time. Please sign up to receive by email.****Send to:** [sdaaco@aol.com](mailto:sdaaco@aol.com)

The San Diego "AA Coordinator" is a monthly newsletter published by the San Diego Central Office of Alcoholics Anonymous. Opinions expressed are not necessarily those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsements by Alcoholics Anonymous or San Diego Central Office, except when Conference approved 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 [newsletter@aasandiego.org](mailto:newsletter@aasandiego.org). 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 initial 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	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Erik	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Tim	<a href="mailto:afterhoursphones@aasandiego.org">afterhoursphones@aasandiego.org</a>
Business Committee	Rae	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Program Committee	Jen	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	April	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Matt	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Intergroup & Area Officers**

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

**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](mailto: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](#).





Visit <http://aasandiego.org>

## One Sip of Beer

A sip of beer at six years old  
began a life of shame.

I didn't like the taste of beer  
but drank it just the same.

Adults would let me have a sip  
of what was in their stein.

And then I started tasting whiskey  
at the age of nine

It all seemed harmless in those days  
and no one had a clue.

Of the path my life would take  
and the damage it would do

At age thirteen I amped it up  
and drank it by the bottle

The feelings were reward enough  
so I pressed down on the throttle.

At sixteen I was driving,  
and you know what that would mean.

I ran into a parked car drunk  
and quickly fled the scene.

Bar room brawls and nights in jail became  
a common thing.

And staying drunk would cover up  
the pain that it would bring.

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## Poets Wanted Here

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

## Central Office Phone Volunteers

### Critical and Urgent.

The Central Office has an immediate need for a Daytime Phone Volunteer every other Thursday morning from 9am-1pm and Emergency back-up volunteers to answer daytime phones and 12-Step Phone List volunteers!

Call Central Office today at  
619-265-8762

Website Hits	July	Total
	421,496	12,775,861

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!*

*Bill G., 3 Years*



## One Year at a Time Club

Name \_\_\_\_\_

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

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

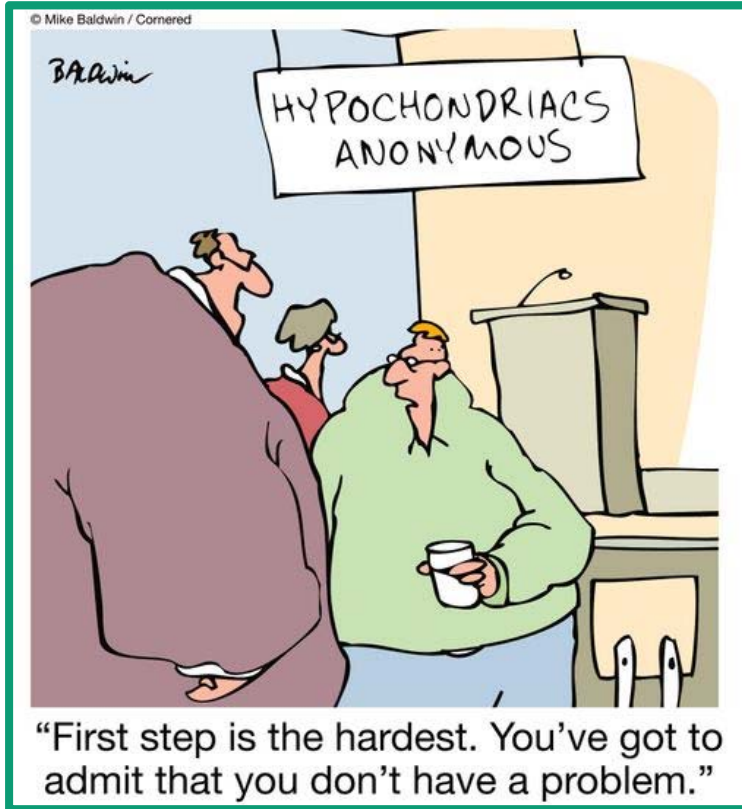
Amt. Enclosed \_\_\_\_\_

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.

## 4 Unglum Lot



## Pamphlet

### OF THE MONTH: The Twelve Traditions Illustrated

"As newcomers, many of us say to ourselves, "Let the group officers worry about the Traditions. I'm just an average member. They're rules for running groups, aren't they? And everybody tells me, 'There are no rules in A.A.!' " Then we look closer — and find that the Traditions are not rules — and they are not just for officers. They have deep meaning for each one of us, as the Twelve Steps do. Like the Steps, the Traditions were not figured out in advance, as courses of action against future problems. The action came first. Pioneer A.A. groups, with nothing to go on except the trial-and-error-and-try-again method, soon discovered: "Well, that way didn't work. But the other one did. And this one works even better!" Both successes and failures were reported in letters to A.A. headquarters (eventually to become the General Service Office). In went these shared experiences of A.A.'s first 10 years, and out came the Twelve Traditions. In 1946, then in the "long form," they were published in the A.A. Grapevine. By 1950, they had been condensed to their present form and were adopted by A.A.'s First International Convention."

Page 1 Reprinted with permission from A.A.W.S.

## Meetings Needing Support

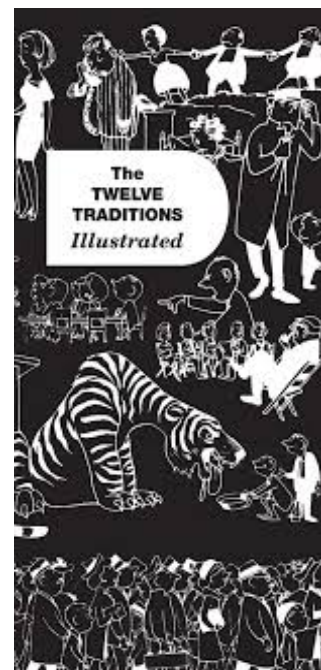
### The Original Anonymous Anonymous Meeting

**When:** Tuesdays at 8:00 pm

**Where:** Church, 11240 Clairemont Mesa Blvd., Tierrasanta

**Info:** This meeting started in 1963 and has a good mix of long-term sobriety and newcomers. It is an Open Men's Discussion meeting. If you're looking for a new Men's meeting on Tuesdays, give it a try — they could use your support!

We will be publishing meetings requesting support from the San Diego A.A. community. If your meeting is new, hasn't bounced back since Covid, or just needs a little boost in attendance, email [Sdaaco@aol.com](mailto:Sdaaco@aol.com) and we'll list it next month!



**Minutes of the Coordinating Council**

In Person and Online Meeting on Thursday, July 11<sup>th</sup>, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 945<sup>th</sup> Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

**Guest Reports:**

**Area 8 Representative: Adrian, Area Alt Delegate submitted his report remotely:**

I am sorry that I could not be with you all tonight. I am currently in Las Vegas through Sunday 7/14 for the Pacific Regional Forum. For those not familiar, a Regional Forum is where members from the General Service Board, A.A.W.S., and A.A. Grapevine Inc. come to the region that is hosting the event to make Panel presentations and interact with the A.A. members in that region. My first Forum experience really brought everything that takes place in New York into full focus for me. The Area is working on finalizing it's 2025 Budget. This budget will be presented at the Big Day Assembly on September 28th for the GSRs to obtain a Group Conscience on to be voted on at the November Budget Assembly. I am personally working on an Agenda Item for next years General Service Conference, which I will inform you more on when I see you in August.

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

H&I continues to take A.A. meetings and literature into places where people can't get out to meetings. We meet on the 3rd Sunday of every month, at the Machinist Hall located at 5150 Kearny Mesa Road. The Contact on Release/Policy Committee is at 11:00 am; Orientation is at 12:00pm; and the Business Meeting follows. Every 3rd Thursday of the month at 7 pm we have a virtual orientation on Zoom, and that information can be found at <sdhandi.org> There is a \*NEW\* meeting ID for the Zoom online orientation, it is 957 3540 3328 and the password is sdiaic. H&I Panels are up and running strong again, and we need our San Diego AA member's assistance in filling our treatment and corrections panels. Please help us get the word out!! We also have positions available on the committee. Come join us!

**Intergroup Standing Committees Reports**

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

1. The After Hours Phones Committee is responsible for answering the Central Office phone lines from 9pm-9am daily and on Sundays from 9am-9pm to insure that the phones are answered 24 hours a day. Groups are committed to schedule their group members one night every month and the After Hours Committee members help coordinate this.
2. This committee has room for 1 more member
3. The night of the 16<sup>th</sup> of the month is open for a Group to take on. Very few Coordinators' groups have a commitment to answer phones after hours – please take this open day of the month back to your groups so we can make sure to get the phones answered.

**Business Committee: Rae, Chair reported:**

The Business Committee met on Tuesday, July 9<sup>th</sup>, 2024 at 6:00 pm.

**June 2024 Financial Summary:**

Net Revenue is -\$4,250. 2024 YTD Net Revenue is \$10,757. Group & Individual Contributions were \$10,802. Literature Sales Revenue & Bank Interest was \$1,196; while total office & committee expenses were -\$16,249.

**Central Office Manager's Reports:**

**1) Manager's Report**

- July BOOK OF THE MONTH: AA Comes of Age, \$10.00 Regular \$12.00, Max: 5
- August BOOK OF THE MONTH: Dr. Bob & the Good Old Timers, \$10.00, Regular \$12.00, Max: 5
- The new schedules are now available. Yes, they are bigger for now. This is due to ease of production as they are flying out the door. These are all Lisa Ann's idea from start to finish & she did an excellent job. Not only are these schedules free to the Fellowship, we can keep them updated; they eliminate the need for multiple data entry points; eliminating the database made room for the "Group Business Center"; they eliminated the need for the "Meetings in Motion" section in the Coordinator Newsletter which enabled us to create a new section in the newsletter. Congratulations to Lisa Ann for such great work!!
- The new section in the newsletter will be for meetings needing support. Meetings that haven't bounced back from Covid or are new & struggling to get going can submit their information to be printed in this new section of the newsletter.
- The A/C has been out of commission in half of the building for most of June and July. The cost to repair was \$1,360.00. Rae approved the repair since there have been extreme heat warnings, and the work was just completed today.
- Our new San Diego tokens will be shipped on Friday, 7/12.

This Committee still has one opening

**Newsletter: Arianna reported:**

1. This committee needs members and contributors.

**Coordinator Outreach: Grace Chair reported:**

1. The Outreach Committee was unable to attend any meetings this month.

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Orientation & Guidelines: Heather, Chair reported:

1. Heather reported that there are 4 new Coordinators present this evening – David from Willing to Believe, Paul B. from La Mesa Step Study, Keenan F. from First Mira Mesa Mens and Basheer from B.Y.O.B. Welcome all!!

Program Committee: Jen, Chair shared:

1. The Program Committee is hard at work on the Anniversary Breakfast in November.
2. The Pancake breakfast is scheduled for November 2 and will be at the Episcopal church in San Carlos.
3. This Committee needs members!
4. The Program Committee meets on the last Monday of the month at Central Office.

Public Information Committee: April, Chair reported:

1. Public Information Committee met the first Monday of the month at their new time - 6:00 pm in Central Office and online.
2. Their next event is PRIDE, followed by the San Diego Veterans Stand Down in National City.
3. They've received such an influx of volunteers for PRIDE – thanks everyone!
4. There are 5 openings for committee members. You do not have to be a Coordinator to join any Standing Committee.

Quorum was established; 38 Coordinators were present

Approved June, 2024 Meeting Minutes

**OLD BUSINESS:**

1. Amendment to the Coordinating Council Guidelines Submitted by the Business Committee: Rae presented an amended copy of the Coordinating Council Guidelines consisting of changes made by the Business Committee to the Business Committee section. These Guidelines were made current according to Officer's duties and updated language. Coordinators were asked to please review with their groups and return next month ready to vote on whether or not to accept these amendments. A ballot was also presented to the Coordinators to return to Council with their Groups' Conscience at or by the next Council meeting.

**NEW BUSINESS:**

1. Committee Elections: Paul was elected as the new Event Coordinator for the Public Information Committee; Maren volunteered for the Business Committee and will be vetted by Rae and Judi after the meeting.

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

Happy Birthday to Kaye who celebrated 3 years; Jonathan with 7 years, Paul with 8 year and Jim A. with 21 years! Congratulations to you all!!!

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](mailto:councilchair@aasandiego.org) or Judi T., Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 8/1/2024.
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](http://aasandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

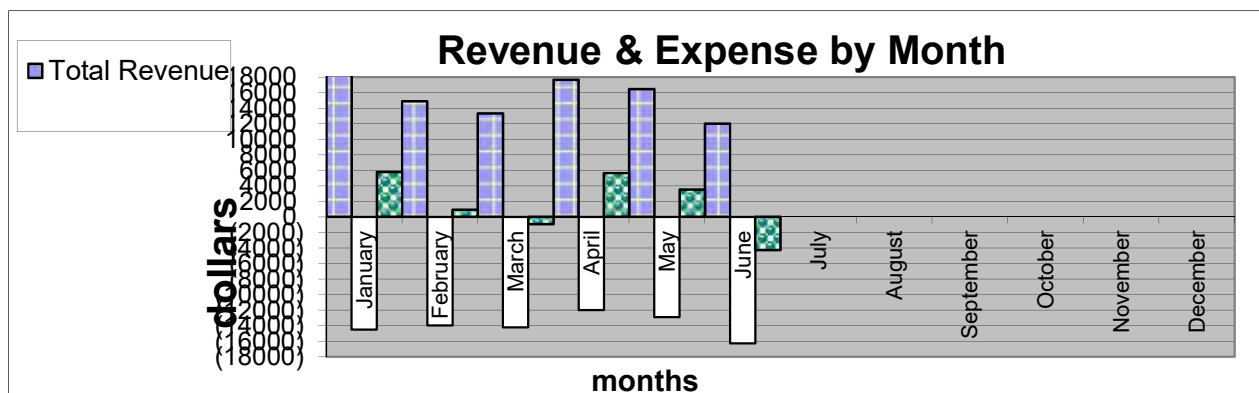
Closed with the "Serenity Prayer"

Respectfully submitted,

*Judi T.*, Recording Secretary

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

	June 24	June 23	YTD '24	YTD '23	\$ Change	Budget '24
<b>Contributions Group</b>	9,771.10	11,122.79	75,652.17	71,382.95	4,269.22	158,000.00
Contributions Individual	1,031.40	2,568.44	6,212.00	6,485.03	(273.03)	12,000.00
Contributions SDIAA	-	-	70.00	-	70.00	-
Interest - Cert of Deposits	516.42	383.66	3,079.20	1,785.88	1,293.32	6,000.00
Literature Revenue (see schedule)	680.27	841.95	9,422.97	531.85	8,891.12	20,375.00
<b>Total Revenue</b>	<b>11,999.19</b>	<b>14,916.84</b>	<b>94,436.34</b>	<b>80,185.71</b>	<b>14,250.63</b>	<b>196,375.00</b>
<b>Expense</b>						
Accounting & Legal	274.50	-	504.50	5,330.50	(4,826.00)	600.00
Auto/Travel/Seminar	17.00	52.00	720.12	1,459.19	(739.07)	1,500.00
Bank Service Charges	30.00	30.00	40.00	30.00	10.00	-
Cash (Over) Short	52.22	(17.97)	191.50	(11.22)	202.72	20.00
Equipment Maint & Repair	108.90	51.36	360.28	360.81	(0.53)	650.00
Equipment Purchase	-	-	129.29	179.05	(49.76)	1,100.00
Event Funding	-	-	-	-	-	-
Insurance	31.11	81.46	388.06	535.76	(147.70)	500.00
Office Maint. & Repairs	50.00	50.00	505.46	252.80	252.66	1,100.00
Office Supplies	655.90	315.27	2,715.97	1,960.47	755.50	5,000.00
Rent	2,122.00	2,060.00	12,484.00	12,200.00	284.00	25,216.00
Taxes	-	-	-	75.00	(75.00)	75.00
Telephone	147.87	136.54	893.02	813.21	79.81	1,700.00
Utilities-Electricity	575.30	512.05	2,777.84	3,396.92	(619.08)	7,000.00
Website	9.00	9.00	89.98	54.00	35.98	100.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	741.44	472.60	3,963.62	3,298.44	665.18	10,000.00
Employee Wages	9,675.50	6,111.98	47,442.88	39,111.83	8,331.05	100,760.00
Employee Health Benefit	1,025.74	937.88	6,154.44	5,627.28	527.16	12,309.00
Insurance Worker's Comp	44.61	44.61	267.66	490.71	-	528.00
<b>Total Office Expense</b>	<b>15,561.09</b>	<b>10,846.78</b>	<b>79,628.62</b>	<b>74,941.70</b>	<b>4,686.92</b>	<b>168,158.00</b>
<b>Standing Committees Expense</b>	<b>688.25</b>	<b>1,613.98</b>	<b>4,051.17</b>	<b>7,298.92</b>	<b>(3,247.75)</b>	<b>9,214.00</b>
<b>Total Expense</b>	<b>16,249.34</b>	<b>(772.03)</b>	<b>83,679.79</b>	<b>82,240.62</b>	<b>1,439.17</b>	<b>177,372.00</b>
<b>Total Net Revenue</b>	<b>(4,250.15)</b>	<b>2,456.08</b>	<b>10,756.55</b>	<b>(2,054.91)</b>	<b>12,811.46</b>	<b>19,003.00</b>



## Group Contributions June 2024

Group	Jun-24	Ytd 24	Group	Jun-24	Ytd 24
3 O'Clocker - 2201	-	400.00	Full Measure Friday - 3363	-	150.00
4077 Mash Step 11 - 2027	270.00	270.00	Garnet Group - 1129	-	350.00
4th Edition Big Book - 2569	-	100.00	Gilman Group - 1988	250.00	250.00
52 From The Big Blue	-	146.75	God Squad Too - 2809	-	90.15
530 Meditation - 3085	-	139.00	Good Morning AA - 1888	585.00	1,530.00
7 AM Attitude Adjustment	-	300.00	Grab God & Go - 3499	14.00	14.00
9 pm Discussion - 3366	-	145.00	Great Fact Group - 895	-	120.00
AA By The Bay - 629	-	200.00	Grupo Gringo - 1305	-	150.00
AA on A - 3470	56.00	56.00	Harmony Group - 585	273.00	1,314.00
Alpine Group - 6	-	178.00	Hi-Nooners - 673	-	200.00
As Bill Sees It - 1038	-	119.00	HOW @ Noon - 2998	-	600.00
As Bill Sees It (Mira Mesa) - 542	100.00	100.00	I. B. Up - 2565	-	100.00
At Home Mens - 215	-	100.00	International Group - 23	-	100.00
B.Y.O.B. (North Park) - 203	57.99	462.06	Jaywalkers - 3100	-	105.00
Back Country - 3131	-	100.00	Jump Start - 2174	-	100.00
Barefoot - 139	100.00	200.00	Just Us Girls - 929	-	90.53
Battery Chargers - 98	-	442.00	Knuckleheads - 3182	250.00	880.00
Bayside Bonfire Group - 1139	-	300.00	La Jolla Beginners Group - 82	-	105.00
Bonita Boozers - 2179	50.00	135.33	La Jolla Mens - 692	-	355.50
Carrying the Message - 2458	50.00	100.00	La Jolla Monday Womens - 87	-	400.00
Casa De Oro Weds Nite - 2049	-	324.00	La Jolla Speakers - 578	-	1,352.12
Cedar St Daily Online - 3270	-	50.00	La Jolla Sunrise - 2684	50.00	150.00
Cedar Street Mens - 1698	-	351.21	La Mesa 12 X12 - 2588	-	125.00
Channeling Serenity - 3425	-	428.20	La Mesa Step Study Workshop - 1621	-	100.00
Chula Vista 4 Min Speakers - 1568	-	110.00	La Mesa Womens Sat. Morning - 416	-	450.00
Clairemont Fri Night - 375	-	95.00	Lakeside Drunks - 2423	100.00	200.00
Clairemont Mens - 301	-	649.60	Late Risers - 473	-	100.00
Clairemont Mixed Discussion - 338	-	259.00	Linda Vista Mens - 320	100.00	275.00
Clairemont Thurs. Brown Bag - 315	-	50.00	Living Free - 477	-	2,010.93
Clairemont Womens Discussion - 340	-	367.40	LJ We Are Not A Glum Lot - 3355	-	114.00
Clairemont Womens Step Study - 341	381.00	622.50	Lushes Lunch Tuesday - 2641	202.00	677.00
Class Acts - 1845	-	150.77	Mens Focused Step Study - 3217	293.00	557.00
Coffee Clutchers - 2332	-	500.00	Mens Jelly Donut - 3118	100.00	100.00
Coronado Nooners - 3365	-	100.00	Mens Step Study - 965	30.00	95.00
D.D.G.T.M. - 767	-	300.00	Mens Structured Step Study - 1469	-	75.00
Daily Reflection - 3114	-	450.78	Mid-Week Mens - 560	240.00	1,435.00
Daily Reflection Online - 3436	-	48.11	Midday Miracles - 3242	-	19.07
Daily Reflections - 2097	-	120.00	Midnight Howlers - 1025	-	200.00
Deerhorn Group - 2063	-	280.00	Midway Bridge - 2171	-	60.00
Del Cerro Mixed Step Study - 3451	-	285.00	Mira Mesa Early Risers - 967	-	1,050.00
Descanso Mixed Step Study - 3010	-	44.00	Mission Hills Late Night - 2773	25.00	250.00
Designs For Living - 488	-	250.00	Mission Hills Lunch Bunch - 2675	-	78.50
Diamond St Mens Step Study - 569	-	108.60	Mission Possible - 131	-	290.00
Doctors & Lawyers & Profs - 391	-	1,250.00	Monday At A Time - 2875	142.98	304.85
Downtown Discussion - 1665	-	47.03	Monday Night Live - 3219	-	100.00
Downtown Noon Discussion - 1607	-	100.00	Mt Soledad Mens - 717	-	650.00
Each Day A New Beginning - 509	224.05	399.05	No Matter What Woman's Grp - 2325	-	100.00
Early Risers (PB) - 264	-	715.00	Noon At The Grove - 628	-	900.00
East Side Group - 101	-	100.00	Noon w/ a View Beginners Mtg - 3249	-	1,452.00
Eastlake Grns Attitude Adjusts - 2691	270.00	270.00	Nooners Anonymous - 1164	-	350.00
Easy Does It Riders - 21	-	150.00	Noontime on the Patio - 2203	-	100.00
Easy Risers - 854	-	200.00	Normal Hts Young Peoples SS - 3407	-	100.00
El Cajon Womens Serenity - 77	-	15.00	North Clairemont - 1102	-	210.00
Emotional Sobriety (Hillcrest) - 2536	-	140.00	North Park Mens - 465	32.40	98.20
Evening In Harmony - 2864	-	82.80	O.B. Womens Step Study - 2730	41.85	135.15
Evening Serenity - 2305	200.00	600.00	Old Timers Group - 2037	-	100.00
Every Night at Six - 3241	-	667.00	On The Corner - 2384	-	360.00
Everynighters Online - 2997	-	29.07	One Step at a Time - 3435	-	81.00
Eye Opener Group - 607	227.00	777.00	Open Minded Mens - 626	-	160.00
Fellowship of the Spirit Candle - 3383	-	68.50	Orig Anonymous Anonymous - 154	-	100.00
First Mira Mesa Mens - 300	-	168.85	Our Daily Reprieve - 3339	115.00	115.00
Former Hot Messes - 1205	-	71.50	Over The Bridge - 2689	-	692.15
Free At Last - 2888	-	200.00	Pacific Bch Weekend Warmup - 725	-	150.00
Freedom - 3447	-	299.17	Pass It On Big Book Study Grp - 2860	-	173.50
Fresh Air Friday - 266	-	600.00	Peace Officer Fellowship - 876	-	150.00
Fresh Start Beginners - 2609	-	540.87	Pine Valley Thurs Open Disc. - 3274	-	148.90
Friday Afternooners - 318	-	50.00	Point Loma Mens - 245	160.00	391.00
Friday Morning Womens - 104	-	137.52	Primary Purpose Grp (Hillcrest)-3151	225.00	602.50
Friday Night Gratitude - 2829	-	150.00	Progress Rather Than Perf - 2682	-	400.00
Friday Night Irregulars - 2889	272.00	555.00	Pt Loma Fri Afternoon 12 & 12 - 244	-	200.00
Friday Online 12 x 12 Step Study-3351	-	340.00	Pt Loma Womens Discussion - 1608	-	125.00
Friday Spring Valley Lunch - 2732	-	161.00	Queer Side of Things - 3457	-	97.00



## Group Contributions June 2024

Group	Jun-24	Ytd 24	Group	Jun-24	Ytd 24
Radical Acceptance Meeting - 2961	907.76	1,999.95	The Common Solution - 3007	211.05	211.05
Rainbow Group - 570	-	150.00	The Gathering Of Goddesses-2890	-	155.10
RAM-Z - 3323	5.00	130.00	The Gift - 2954	-	252.50
Ramona Mens New Vision - 1949	-	300.00	The Hole In The Doughnut - 2737	-	168.00
Resentment and A Coffee Pot - 2561	-	141.00	The Huddle in the Park - 3278	322.00	1,632.00
Rise & Shine - 2170	178.50	1,410.75	The Language of the Heart - 3066	-	43.00
Rocket Riders - 1730	300.00	300.00	The Nine Thirty - 2997	-	196.67
Room 65 - 3052	-	120.00	The Other Meeting - 857	150.00	370.00
Rule 62 Luncheon - 3474	150.00	150.00	The Rogue Meeting - 3338	-	1,188.00
S.D. Speakers Meeting -152	-	275.00	The We Group - 2739	-	500.00
Safe Sane and Sober - 1350	-	200.00	There is a Solution - 2680	-	5.00
San Carlos Single Purpose - 583	180.50	330.50	Three Legacies Group - 2194	100.00	400.00
Santee Mens Group - 2972	-	681.75	Thurs. Nite Mens Big Bk Stdy - 1748	-	185.00
Santee Serenity Group - 1943	250.13	691.91	Thursday Promises Promises - 749	-	215.00
Santee Sunday Morning Mens - 3076	-	450.00	Thursday Steps - 646	-	300.00
Sat Mens Early Awakening - 2209	-	401.50	Tierrasanta Friday Night - 2645	-	150.00
Scripps Ranch Men's Two - 2776	-	320.00	Toes in the Sand - 3282	-	483.50
Scripps Ranch Mens - 3168	-	309.65	Tues Night Mens Step Study - 1813	-	150.00
Serenity Seekers - 3232	-	180.00	Tuesday Morning Alpine - 440	-	96.25
Sisters in Solution - 3272	95.88	297.00	Tuesday Morning Group - 3089	75.00	125.00
Sky Hi Womens - 1633	82.50	157.50	Two A's Over Easy - 2106	-	50.00
Sobearity - 3129	-	46.00	University City Disc.- 368	-	197.00
Sober Nooners - 196	-	500.00	University City Womens - 369	-	650.00
Sober Saturday - 483	-	100.00	Valley Girls - 2617	183.10	183.10
Sobriety At All Cost - 3006	-	1,129.00	Wake Up Call - 1932	179.13	179.13
Sobriety On State and Date - 2697	-	489.64	War Fever - 880	-	69.01
Solution And Light - 3157	100.00	100.00	Water Walkers - 5	-	516.00
Sons of God - 2789	-	1,256.00	Water Walkers Too - 1946	-	380.00
South Bay Guys & Gals - 35	-	50.00	Way Up and Out - 415	-	100.00
South Clairemont - 305	-	82.00	We've Come A Long Way - 1616	50.00	50.00
South Park Sobriety - 1015	-	176.00	Wednesday Night Promises - 2167	-	100.00
Spiritual Awakening - 2275	388.28	1,739.85	Weekending Step Study - 698	-	100.00
Spiritual Awakenings Step Stdy-3174	-	220.00	Wholesale Miracles - 2474	35.00	210.00
Strength In Women - 2955	-	100.00	Willing to Believe - 3449	-	136.00
Sunday Beach Sun-Day - 568	-	82.40	Womans Gut Level - 1701	-	177.55
Sunday Discussion Group - 127	-	300.00	Womans Let Go and Let God - 446	-	275.00
Sunday Kind of Love - 429	115.00	717.63	Women's Joy Of Living - 2636	-	709.00
Sunday Middy - 161	-	150.00	Women in Harmony - 3438	-	34.50
Sunday Morning Eleventh Step - 1206	-	50.00	Womens Attitude of Gratitude - 2751	-	229.50
T.G.I.F. - 1658	-	250.00	Womens Step Study - 296	-	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!

**“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.

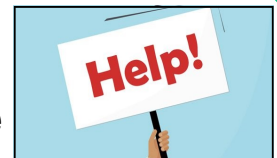
**What is "Gratitude with Service"?** We believe Service is a way of showing Gratitude for the program that saved our lives. It's also our Third Legacy. There are lots of ways to volunteer for Service within The San Diego Intergroup and Central Office. To find a way in which you can be of service, go to [aasandiego.org/group-documents](http://aasandiego.org/group-documents) and look for the "Gratitude withService" 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
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

June 2024 Group Contributions	\$9,771
Individual Contributions	\$1,031
Literature & Interest	\$1,197
<b>Total Revenue</b>	<b>\$11,999</b>
Central Office Expenses	-\$15,561
Committee Expenses	-\$688
<b>Total Expenses</b>	<b>-\$16,249</b>
June 2024 Net Revenue	-\$4,250
2024 YTD Revenue	\$10,757

### Daytime Phone Volunteers Needed!!!



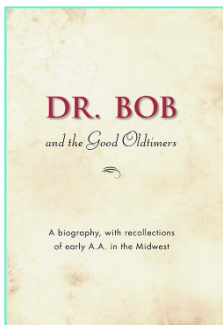
Central Office has an immediate need for a Daytime Phone Volunteer every other Thursday morning from

9am-1pm at Central Office. If you're the first person to call 619-265-8762, you'll have the opportunity to help suffering alcoholics find meetings & connect with sober alcoholics & hang out in one of the coolest places in San Diego. So what're you waiting for?

Call us today!

We are also in desperate need of fill-in volunteers, especially for the 1pm-5pm shift, covering for our volunteers when they're ill or on vacation. Please call today if you're available with one or two days notice for the occasional afternoon spent at Central Office helping out on the phones.

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



“Dr. Bob **CITED** another **POINT** of identification, the **ASSOCIATION** of both with the **OXFORD** Group, ‘**BILL** in New York, for five **MONTHS**, and I in **AKRON**, for two and a half **YEARS**.’ But there was a **SIGNIFICANT** difference: ‘Bill had **ACQUIRED** their idea of **SERVICE**. I had not.’ This idea, which Bill **BROUGHT** and Dr. **BOB** never **FORGOT**, was put into **ACTION** immediately. They **STARTED** trying to help **VET** another **DRUNK**. In a **LETTER** to Lois, Bill noted that he was **WRITING** from the **OFFICE** of “one of my new **FRIENDS**,” Dr. Smith, who “had my **TROUBLE**.” He said **TOGETHER** they were **WORKING** to “**CHANGE**” a once-prominent **SURGEON** who had developed into a “terrific **RAKE** and drunk.” . . . Bill’s letter was dated May 1935, and thus shows they

had started carrying the **MESSAGE** together at least within two **WEEKS** or so of their first meeting.” Page 70, Reprinted with permission from A.A.W.S.

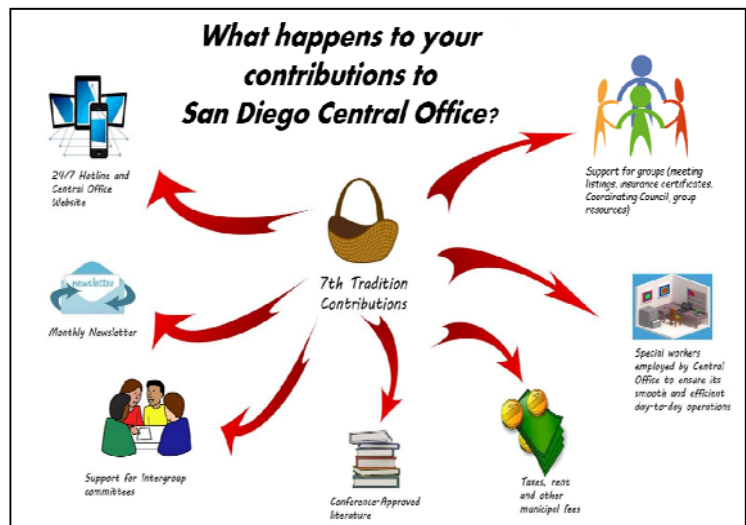


## A.A. Economics

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](http://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

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

**When:** August 16-18  
**Where:** Guajome Regional Park  
**Info:** Call Central Office 619-265-8762

### Mountain A.A. Conference

**When:** August 16-18  
**Where:** Big Bear, CA  
**Info:** www.MountainAAConference.com

### Monterey Bay Area Roundup

**When:** August 31-September 1  
**Where:** Monterey, CA  
**Info:** www.MontereyBayAreaRoundup.com

### 2024 Bridging the Gap

**When:** September 6-8  
**Where:** Missoula, MT  
**Info:** www.BTGWW.org

### Three Legacies Conference

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

### So Cal AA Convention

**When:** November 8th-10th  
**Where:** City of Industry, CA  
**Info:** www.aasocal.com

### International Women's Conf.

**When:** January 30-February 2<sup>nd</sup>, 2025  
**Where:** 1 Market Pl, San Diego 92101  
**Info:** Call Central Office 619-265-8762

### 2025 Sobriety Under the Sun

**When:** January 24-26, 2025  
**Where:** Puerto Vallarta, Mexico  
**Info:** www.aapvconvention.com

### 2025 International Convention

**When:** July 3<sup>rd</sup> - 6<sup>th</sup>, 2025  
**Where:** Vancouver, Canada  
**Info:** www.aa.org

**Event flyers with more details  
can be found at:**

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

this American who was putting flowers on a friend's grave while a Chinese man was putting food on his friend's grave. The American thought that was funny. 'When do you expect your friend to come up and eat that food?' he asks. And the Chinese guy says, 'When your friend comes up to smell those flowers.' That was to show we all have our way, and sometimes one way of doing things makes just as much sense as another." *Page 150, Reprinted with permission from A.A.W.S.*

## Coordinating Council Attendance

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

**There are 648 groups in San Diego:**

**WAS YOUR GROUP THERE?**

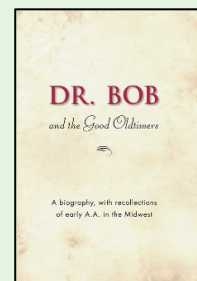
BATTERY CHARGERS	MID-WEEK MENS
B.Y.O.B	MIRA MESA EARLY RISERS
CLAIREMONT MENS	NORTH PARK MENS
DEL CERRO MIXED	OVER THE BRIDGE
DO THE WORK!	PINE VALLEY THURS OPEN DISC.
DOWNTOWN DISCUSSION	PORTER HALL STEP STUDY
EL CAJON WOMEN'S SERENITY GROUP	RADICAL ACCEPTANCE MEETING
FIRST MIRA MESA MENS	RAINBOW GROUP
FREEDOM	RIDING SOBER
FRIDAY NIGHT GRATITUDE	SANTEE MENS GROUP
FRIDAY NIGHT IRREGULARS	SCRIPPS RANCH MENS
FULL MEASURE FRIDAY	SISTERS IN SOLUTION
GREAT FACT GROUP	THE COMMON SOLUTION
I.B. UP	THE NINE THIRTY
INTO THE 4TH DIMENSION	THE WE GROUP
JUMP START	VALLEY GIRLS
JUST US GIRLS	WILLING TO BELIEVE
LA MESA MENS	WOMEN'S JOY OF LIVING
LA MESA SAT. MORNING WOMENS	WORLD OF THE SPIRIT
LA MESA STEP STUDY WORKSHOP	

**Next Council Meeting: Thursday, August 8th.** 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:

### **Dr. Bob and The Good Oldtimers**

"This shows, not only how emphasis differed from one area to another, but how groups were beginning to adopt customs that gave them a distinctly local flavor. Years later, Eastern A.A.'s would be just as "shook up" when Los Angeles members responded to their identification at a meeting with a loud "Hi, Joe!" Ed B. recalled that Dr. Bob, always the accomplished storyteller, had a tale to fit every occasion, including this topic of local variations. "You know," Ed said, "you go to another part of the country, and they operate in a different way, and you come back and say, 'If I had to go by their kind of A.A., I could never stay sober.' Well, that happened to an Akron member when Dr. Bob was alive," said Ed. "I remember Dr. Bob told the fellow the story of



## Neglect, The Elephant In The Room

*Continued from Page 1*

I did what I thought was a thorough job of it, then one day, about thirty years ago, I was trying to park my car in a somewhat crowded parking lot and as I found the spot, I wanted there was a shopping cart blocking my way. I got out of my car and moved the cart aside, then parked my car. I then got that shopping cart and pushed it back to the store entrance, then went about my business. From that day on, when parking at any market, I search for a stray shopping cart and take it back to the store just to make up for all the times I shoved one into the flower bed and drove away. After telling that story at meetings over the years, I hear people telling how it is uncomfortable for them to leave the cart adrift in the parking lot, and we all get a big laugh out of it. Neglect, I can tell, the word *neglect* is only mentioned two times in the Big Book (pg. 97 and pg. 129) and two times in the 12&12. (pg. 81 and pg. 151) And seldom, if ever, has it been the topic of a meeting that I can recall.

It is like the proverbial *elephant in the room*. As I started to catch myself shirking my responsibilities it became obvious to me that if I wanted to regain some form of self-respect and dignity, I was going to have to put the word *Neglect* on my list of shortcomings and *question my integrity*. Do I do what is right even when there is no one watching? If credibility is *always doing what I say I am going to do, then Integrity*, to me, is *a whole bunch of credibility*. To cut off my own escape I do routine things every day, that cost me nothing and the result of that is a clear conscience.

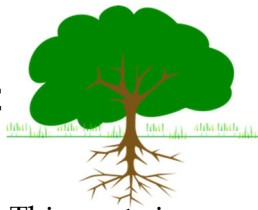
If I am doing the little things that I should, I find it much easier to give the big things

that same sort of attention. I never throw trash out of the car window, I pick up after myself, I never walk away from my bed in the morning without making it, and I liken that to being an unspoken prayer saying, I will be responsible, I will be orderly, I will be neat, and I will not be neglectful, I will be respectful, I will stay on the unselfish side of the ledger in all of my decisions, I sometimes revisit those pages in the Big Book and the 12&12 and I try my best not to ignore *the elephant in the room*.

~ Rick R.



## Nothing Happens By Accident



*Continued from page 1*

“The root of suffering is attachment.” This quote is attributed to The Buddha and I did not understand the meaning of this or how to apply this concept to my life. Then I recalled the reading from the Big Book on page 417 which states, “...I can find no serenity until I accept that person, place or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God’s world by mistake.” I prayed to my Higher Power to help me understand how these concepts could help me and I was led to this verse in Ecclesiastes 3:11. This verse was a song I used to sing in Sunday school as a child and it goes like this “He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”

It is in the combining of these three concepts that I began to feel a peace and calm in me. A clarity in the importance of getting freed from the bondage of self and giving control to God. I pictured certain elements of nature- the vastness, depth and power of the ocean, the infiniteness of the night sky, the life that the forests and deserts hold...all of these segments of nature that the Creator has made all show us no attachment-the ocean ebbs and flows, is calm and storms; the constellations that light up the night sky change their position in the sky as the earth rotates and as the seasons change; the trees and grass go from frozen to green to brown over and over again and the desert air can be as hot as fire to cold as ice to dry as sand to pouring rain.

But nature does not attach to this...it does not dwell on the past or future. It knows this moment right now is all there is and it must be accepted for this moment too will pass and the next moment needs to be accepted. Nature shows us reliance on its Maker as we must also rely. We are also creations of this Designer of the Universe and we also are not mistakes. Perhaps nature was made to be so beautiful so we would observe it, be captivated by it and maybe follow its lead. The mountain does not tell its Creator when it is time to be covered in snow, it stands there majestically, accepting each season as it

## One Sip of Beer

*Continued from Page 3*

At twenty-six I married  
and that lasted not one year

I then spent two years brooding  
and crying in my beer.

At twenty-eight I woke up  
with reality in my head

If I can’t stop this way of life  
that I would soon be dead

I grabbed the phone and called AA  
and showed up at the door.

I haven’t had a sip since then,  
and who could ask for more.

The guidance of the man upstairs  
and the program of AA

Has given me a way of life  
and there’s no regrets today.

A life of meaning has replaced  
the way I used to think.

And rendered me devoid of any  
need to have a drink.

~ Rick R.

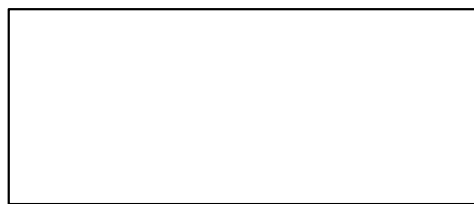
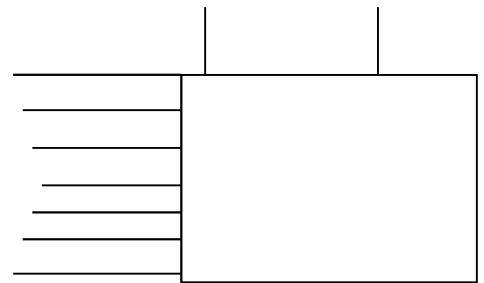
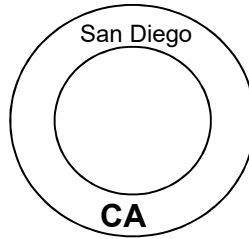
comes and as it goes, it knows that it does not need to attach to anything, it needs only to rely the Creator’s timing and trust that the snow will come when it is supposed to. The ocean flows from one moment to the next-the tide will rise and fall but it just flows. It is just ready to go where the tide is pulled.

In sobriety I do not get to numb out and just float, clinging desperately to whatever I can that would allow to me stay still and rot...now I get to observe the thoughts as they flow in and out, ride the good waves and the bad and go through the mountains and trust my Creator to keep my on the trail. I think I only get to find this flow when I let go of attachment, accept what is right now, and trust in the timing and plan of my Higher Power. Maybe the words we hear so often in AA are what nature has been showing us all along: Let go and let God.

~ Prascilla

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

RETURN SERVICE REQUEST



# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	31