

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

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”
Reprinted from AA Big Book, page 59

September 2024
VOL. LXII NO. 9

INSIDE . . .

- Unglum Lot p. 4
- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions . pgs. 8-9
- Central Office Notes p. 10
- Word Search..... p. 11
- Upcoming Events..... p. 13

“Carry the AA Message”
Join the fun, submit an article!

October (due 9/18/24)

“Continued to take personal inventory...”

November (due 10/18/24)

“Sought through prayer and meditation...”

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 newsletter@aasandiego.org.

Article Web-Site

Dive into and enjoy past articles from the San Diego AA Coordinator Newsletter here:
www.sdaanewsletter.org

A Graceful Partner

As I pass into my first year of sobriety, I reflect on what a gift of grace the program of AA has been. For me, it's the perfect dance partner. I came in wobbly kneed, no rhythm, very rusty, and without a choreographed plan for living. AA changed that for me. It allowed me to step onto the dance floor at my own pace. It didn't ask me to waltz on my first night out. It gave me the room to sway to the music, to get to know the ballroom, to admire the Fred Astaires' and the Ginger Rogers' and to freely absorb the lessons, as I grew stronger.

When I had great enthusiasm and wanted to rock and roll, it stepped up the music to meet me. When I wished to sit out a dance or two, it was courteous and asked another partner. But it always came back and seemed to know exactly what dance number I was on.

When I grew weary and out of breath, it gently slow danced with me, embracing

me and keeping me moving. When I learned to line dance (which involved working in tandem with others), it smiled at me and gave me the hope that I could dance in harmony with other partners.

Continued on Page 14

Painstaking

This past weekend I went to an event at the Rady Shell. It was awesome and best of all...I remembered it and I got to go with a friend! I have been to this venue many times, always alone and I could never remember it the next day...that was...before sobriety. Before, I could never imagine being around a crowd completely sober or that I would want the company of a friend. Having people in my life was just a distraction from focusing on what I really thought I needed-to be completely numb and unconscious to everything going on around me.

Continued on Page 15

SAN DIEGO CENTRAL OFFICE

24 HOUR PHONE: (619) 265-8762

Our Web Page www.aasandiego.orgE-mail: sdaaco@aol.com

Mon-Fri 9:30 am – 5:30 pm and Sat 9 am to 1 pm

Central Office Manager: Judi T.

Administrative Assistant: Lisa Ann O.



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

Submissions may be emailed to the newsletter chair at 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	councilchair@aasandiego.org
Council Assistant	Erik	assistantchair@aasandiego.org
After Hours Phones	Tim	afterhoursphones@aasandiego.org
Business Committee	Rae	businesschair@aasandiego.org
Program Committee	Jen	program@aasandiego.org
Public Info	April	publicinformation@aasandiego.org
Newsletter	Matt	newsletter@aasandiego.org

Intergroup & Area Officers

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

Contributors: Anonymous, Prascilla, Rick R, Tim M

September Theme: "Made direct amends to such people wherever possible, except when to do so would injure them or others."

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

Send to: sdaaco@aol.com

**Committee Announcement**

The Newsletter Committee needs members to write articles and poems. We also need submissions from the AA population at large!

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

Following Coordinating Council Standing Committees need members.

Are you available to serve Alcoholics Anonymous? Availability is about; do I have the suggested sobriety? If there are other suggested qualifications, do I have those qualifications and to the best of my knowledge, do I have no scheduling conflicts to serve in the commitment? If my answers to all of those questions are yes, I should make myself available and let my Higher Power decide if that is the position I should be in." Also, please talk to the members in your group about serving on the Council.

Members at large may be elected to positions. It is not required that you are a Coordinator to serve on a committee.

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

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

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





Visit <http://aasandiego.org>

The Stage of Fear and Insecurity

Shakespeare said the world's a *stage*, and we each *play* our *part*.

My *stage* was in a bar room and that's where I got my start.

It was the place where I felt safe to dream of things to be.

"I think I'll be an astronaut," it all made sense to me.

Where *fear* and *insecurity* were words, you'd never hear.

For they were safely locked away, behind a keg of beer.

In later years I changed my *role* to *acting* like a *clown*.

My drinking used to mask the things, that weighed my conscience down.

But this can only last so long and the Piper we must pay.

The fallacy was ripped away, and I had to face the day.

Continued on Page 15

Poets Wanted Here

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

Central Office Phone Volunteers

Critical and Urgent.

The Central Office has an immediate need for Fill-In Daytime Phone Volunteers to answer daytime phones when our regular volunteers are ill or on vacation and 12-Step Phone List volunteers!

Call Central Office today at
619-265-8762

Website Hits	August	Total
	597,489	13,373,350

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.

One Year at a Time Club

Name _____

City/Home Group _____

Sobriety Date _____

Amt. Enclosed _____

Please mail to:

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

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

Unglum Lot



Meetings Needing Some Support...

The Friday Night Fix meeting in Pacific Beach is struggling to get people to attend and keep the meeting alive. They'd love to have you join them one Friday!

FRIDAY NIGHT FIX

When: Fridays at 8:00 pm

Where: Club, 4861 Cass St, Upstairs

Type: Open-Mixed

If your meeting is new, hasn't bounced back since Covid, or just needs a little boost in attendance, email Sdaaco@aol.com and we'll list it next month.

Pamphlet

OF THE MONTH: The Twelve Steps Illustrated

1. The bottle has me down. My life is a mess.
2. There is help.
3. I let a Higher Power take over.
4. I need to look at my life.
5. I admit all I did wrong.
6. I want to be free.



7. I ask a Higher Power to help me be free.
8. I ask: Who did I hurt? How can I fix it?
9. I try to fix things if I can.
10. I check up on myself. I am honest.
11. I ask a Higher Power for help to live the right way.
12. I live by these steps and get better. I try to help other alcoholics.

Jonathan, Council Chair opened the 946th 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:

The Area Committee will make its final review of the 2025 Area Budget and vote on it at next Thursday's ACM. There is also a motion in the works to change the tax structure of the Area from a 501c4 to a 501c3. Both the budget and this motion will be voted on by GSRs to be forwarded to the Groups at the next Area Assembly. The Big Day Assembly is scheduled for September 21st in Brawley in Imperial County. We will also be hosting an Area Inventory at this event, with the ultimate goal of uncovering how we can best serve the members and Groups of San Diego and Imperial Counties. Personally, I have been working closely with our Policy Committee on finishing a long overdue revision of the GSR Manual that we used as a resource at for GSRs here locally. There are always seemingly tons of projects like this in service that we can work on in "down times" during the year. I am grateful that I have the opportunity to contribute to the Fellowship in ways that will reach far beyond the time that I serve."

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 filing 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

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, August 6th, 2024 at 6:00 pm.

July 2024 Financial Summary:

Net Revenue is -\$5,090. 2024 YTD Net Revenue is \$5,678. Group & Individual Contributions were \$15,932. Literature Sales Revenue & Bank Interest was \$12; while total office & committee expenses were -\$21,034.

Central Office Manager's Reports:

Manager's Report

1. August BOOK OF THE MONTH: Dr. Bob & the Good Old Timers, \$10.00, Regular \$12.00, Max: 5
2. September BOOK OF THE MONTH: Our Great Responsibility, \$10.00 Regular \$12.00, Max: 5
3. We received \$17,427.77 in August from the IRS for the ERC refunds we filed. Peter will be scheduling a meeting of the Ad-Hoc ERC committee soon.
4. We got the carpets cleaned at Central Office
5. We've developed the Business Center Guidelines and opened the Business Center and had our first customer. We are looking forward to this becoming more popular as word spreads through the Fellowship.
6. The new San Diego Intergroup tokens have arrived and to date we have sold 186.
7. The Christmas in July (and August) sale is going gangbusters. The literature discounts of 20% = \$1,528.90 and the token discounts of 15% = \$404.36. This was planned to spend down the excess revenue that we saw heading up towards \$14,000 in May.
8. When the Central Office staff doesn't have volunteers to answer phones they are breaking the spirit of Tradition 8 by getting paid to do 12 step work. This week alone there were 3 shifts without phone volunteers. We need a Daytime Phone Volunteer every other Thursday morning from 9am-1pm & fill in volunteers who are available any time to come in and fill in when volunteers are ill or on vacation. Please call 619-265-8762 today if you're available just twice a month on Thursday mornings

Newsletter: Matt reported:

1. This committee needs members and contributors.
2. There is a new section of the newsletter for meetings that need support. Visit the announcement section of aasandiego.org for more information.

Coordinator Outreach: Grace Chair reported:

1. The Outreach Committee attended one meeting this month.

Continued from Page 5

Orientation & Guidelines: Heather, Chair reported:

1. Diana reported that there are 3 new Coordinators present this evening – Shane from Mid Week Mens, Marsi from Tuesday Alpine Meeting and Launa from God Squad Too. Welcome everyone!!

Program Committee: Jen, Chair shared:

1. The Program Committee is hard at work on the Anniversary Breakfast in November. Flyers will be available soon.
2. The Pancake breakfast is scheduled for November 2 and will be at the Episcopal church in San Carlos.
3. They are also working on the New Year's Eve Dance which will be held at the same location as last year, although they are shopping for a new caterer.
4. This Committee needs members!
5. The Program Committee meets on the last Monday of the month at Central Office.

Public Information Committee: April, Chair reported:

1. I am very pleased to announce we have two new members of the Public Information Committee: Mike L and Paul B. Paul will be the events coordinator, for which I am extremely grateful having done this position in addition to mine for a month.
2. Our Committee goal for the rest of the year is to increase our reach in the community. To that end, I brought our table and literature to the Viejas "Spice of Life" Health Fair on August 1st. There were hundreds of people in attendance and I ran out of some critical pamphlets. The most popular was the "Is there an alcoholic in your life?" Also Spanish speakers were thrilled to see literature in Spanish.
3. We will also bring our literature to the San Diego Veterans Stand Down this Saturday and Sunday with Committee members and volunteers from the Accessibilities Committee and Young Peoples division.
4. Other upcoming events are the Survivors of Suicide Loss Walk and Resource Fair and the Mira Mesa Street Fair.

Quorum was established; 38 Coordinators were present

Approved July, 2024 Meeting Minutes

OLD BUSINESS:

1. Amendment to the Coordinating Council Guidelines Submitted by the Business Committee: Ballots that were distributed last month were collected. Motion passed 31 - Y, 2 - N and 4 – A. The Coordinating Council Guidelines will be amended.

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.

Happy Birthday to Tim who celebrated 5 years - Congratulations!!!

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 9/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our aasandiego.org website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to sdaaco@aol.com. Thanks!

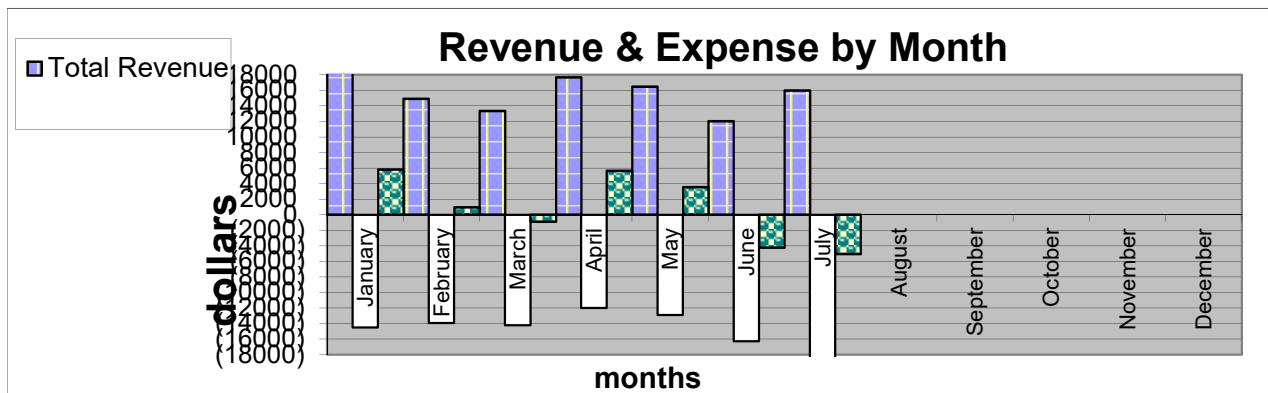
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

**San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of July 31, 2024**

	July 24	July 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	15,247.91	14,735.82	90,900.08	86,118.77	4,781.31	158,000.00
Contributions Individual	683.84	1,010.86	6,895.84	7,495.89	(600.05)	12,000.00
Contributions SDIAA	-	-	70.00	-	70.00	-
Interest - Cert of Deposits	535.56	397.57	3,626.90	2,183.45	1,443.45	6,000.00
Literature Revenue (see schedule)	(523.13)	1,662.24	8,899.26	531.85	8,367.41	20,375.00
Total Revenue	15,944.18	17,806.49	110,392.08	96,329.96	14,062.12	196,375.00
Expense						
Accounting & Legal	2,345.50	70.00	2,850.00	5,400.50	(2,550.50)	600.00
Auto/Travel/Seminar	60.99	13.00	781.11	1,472.19	(691.08)	1,500.00
Bank Service Charges	-	-	40.00	30.00	10.00	-
Cash (Over) Short	0.13	46.01	191.63	34.79	156.84	20.00
Equipment Maint & Repair	71.63	90.39	431.91	451.20	(19.29)	650.00
Equipment Purchase	-	1,775.72	129.29	1,954.77	(1,825.48)	1,100.00
Event Funding	-	-	-	-	-	-
Insurance	-	-	388.06	535.76	(147.70)	500.00
Office Maint. & Repairs	1,502.37	421.00	2,007.83	673.80	1,334.03	1,100.00
Office Supplies	365.51	381.75	3,026.48	2,342.22	684.26	5,000.00
Rent	2,122.00	2,060.00	14,606.00	14,260.00	346.00	25,216.00
Taxes	-	-	-	75.00	(75.00)	75.00
Telephone	148.06	186.56	1,041.08	999.77	41.31	1,700.00
Utilities-Electricity	554.22	430.51	3,332.06	3,827.43	(495.37)	7,000.00
Website	9.00	9.00	98.98	63.00	35.98	100.00
EMPLOYEES						
Accrued Payroll Taxes	802.71	1,137.81	4,766.33	4,436.25	330.08	10,000.00
Employee Wages	10,323.50	6,616.90	57,766.38	45,728.73	12,037.65	100,760.00
Employee Health Benefit	1,025.74	937.88	7,180.18	6,565.16	615.02	12,309.00
Insurance Worker's Comp	44.61	44.61	312.27	490.71	-	528.00
Total Office Expense	19,375.97	14,221.14	98,949.59	89,162.84	9,786.75	168,158.00
Standing Committees Expense	1,658.14	1,317.29	5,764.31	8,616.21	(2,851.90)	9,214.00
Total Expense	21,034.11	15,538.43	104,713.90	97,779.05	6,934.85	177,372.00
Total Net Revenue	(5,089.93)	2,268.06	5,678.18	(1,449.09)	7,127.27	19,003.00



Group Contributions July 2024

Group	Jul-24	Ytd 24	Group	Jul-24	Ytd 24
3 O'Clocker - 2201	-	400.00	Friday Night Gratitude - 2829	-	150.00
4077 Mash Step 11 - 2027	-	270.00	Friday Night Irregulars - 2889	-	555.00
4th Edition Big Book - 2569	-	100.00	Friday Online 12 x 12 Step Sty - 3351	-	340.00
52 From The Big Blue	-	146.75	Friday Spring Valley Lunch - 2732	-	161.00
530 Meditation - 3085	-	139.00	Full Measure Friday - 3363	-	150.00
7 AM Attitude Adjustment	-	300.00	Garnet Group - 1129	150.00	500.00
9 pm Discussion - 3366	-	145.00	Gilman Group - 1988	-	250.00
A Vision and a View - 3337	485.00	485.00	God Squad Too - 2809	105.52	195.67
AA By The Bay - 629	-	200.00	Good Morning AA - 1888	-	1,530.00
AA on A - 3470	-	56.00	Good News Bad News - 2833	50.00	50.00
Alpine Group - 6	-	178.00	Grab God & Go - 3499	-	14.00
As Bill Sees It - 1038	71.84	190.84	Great Fact Group - 895	120.00	240.00
As Bill Sees It (Mira Mesa) - 542	-	100.00	Grupo Gringo - 1305	-	150.00
At Home Mens - 215	-	100.00	GSDYPAA	184.26	184.26
B.Y.O.B. (North Park) - 203	44.25	506.31	Harmony Group - 585	-	1,314.00
Back Country - 3131	-	100.00	Haul Your Hiney Out Of Bed - 704	207.00	207.00
Barefoot - 139	-	200.00	Hi-Nooners - 673	-	200.00
Battery Chargers - 98	-	442.00	HOW @ Noon - 2998	-	600.00
Bayside Bonfire Group - 1139	-	300.00	I. B. Up - 2565	200.00	300.00
Beautiful Beginnings - 552	201.00	201.00	In2 the Solution	600.00	600.00
Bonita Boozers - 2179	-	135.33	International Group - 23	-	100.00
Carrying the Message - 2458	-	100.00	Jaywalkers - 3100	-	105.00
Casa De Oro Weds Nite - 2049	-	324.00	Jump Start - 2174	72.00	172.00
Cedar St Daily Online - 3270	-	50.00	Just Us Girls - 929	-	90.53
Cedar Street Mens - 1698	-	351.21	Knuckleheads - 3182	-	880.00
Channeling Serenity - 3425	-	428.20	La Jolla Beginners Group - 82	-	105.00
Chula Vista 4 Min Speakers - 1568	-	110.00	La Jolla Mens - 692	-	355.50
Clairemont Fri Night - 375	-	95.00	La Jolla Monday Womens - 87	-	400.00
Clairemont Mens - 301	-	649.60	La Jolla Nonsmokers Disc - 88	176.00	176.00
Clairemont Mixed Discussion - 338	268.50	527.50	La Jolla Speakers - 578	-	1,352.12
Clairemont Thurs. Brown Bag - 315	-	50.00	La Jolla Sunrise - 2684	-	150.00
Clairemont Womens Disc - 340	-	367.40	La Mesa 12 X12 - 2588	-	125.00
Clairemont Womens Step Study - 341	-	622.50	La Mesa Step Study Workshop - 1621	-	100.00
Class Acts - 1845	173.00	323.77	La Mesa Womens Sat. Morning - 416	-	450.00
Coffee Clutchers - 2332	-	500.00	Lakeside Drunks - 2423	-	200.00
Coronado Nooners - 3365	-	100.00	Late Risers - 473	-	100.00
Crown Pt Shores Happy,Joyous-3381	150.00	150.00	Linda Vista Mens - 320	-	275.00
D.D.G.T.M. - 767	-	300.00	Living Free - 477	-	2,010.93
Daily Reflection - 3114	-	450.78	LJ We Are Not A Glum Lot - 3355	-	114.00
Daily Reflection Online - 3436	-	48.11	Lushes Lunch Tuesday - 2641	-	677.00
Daily Reflections - 2097	-	120.00	Mens Focused Step Study - 3217	-	557.00
Deerhorn Group - 2063	-	280.00	Mens Jelly Donut - 3118	-	100.00
Del Cerro Mixed Step Study - 3451	-	285.00	Mens Step Study - 965	-	95.00
Descanso Mixed Step Study - 3010	71.83	115.83	Mens Structured Step Study - 1469	75.00	150.00
Designs For Living - 488	-	250.00	Mid-Week Mens - 560	-	1,435.00
Diamond St Mens Step Study - 569	-	108.60	Midday Miracles - 3242	-	19.07
Doctors & Lawyers & Profs - 391	-	1,250.00	Midnight Howlers - 1025	-	200.00
Downtown Discussion - 1665	-	47.03	Midway Bridge - 2171	-	60.00
Downtown Noon Discussion - 1607	-	100.00	Mira Mesa Early Risers - 967	-	1,050.00
Each Day A New Beginning - 509	-	399.05	Mission Hills Late Night - 2773	-	250.00
Early Risers (PB) - 264	-	715.00	Mission Hills Lunch Bunch - 2675	-	78.50
East Side Group - 101	-	100.00	Mission Possible - 131	120.00	410.00
Eastlake Grns Attitude Adjust - 2691	-	270.00	Monday At A Time - 2875	-	304.85
Easy Does It Riders - 21	-	150.00	Monday Night Live - 3219	-	100.00
Easy Risers - 854	-	200.00	Mt Soledad Mens - 717	-	650.00
El Cajon Womens Serenity - 77	17.34	32.34	No Matter What Woman's Grp - 2325	-	100.00
Emotional Sobriety (Hillcrest) - 2536	60.00	200.00	Noon At The Grove - 628	1,600.00	2,500.00
Evening In Harmony - 2864	-	82.80	Noon w/ a View Beginners Mtg - 3249	1,717.90	3,169.90
Evening Serenity - 2305	-	600.00	Nooners Anonymous - 1164	-	350.00
Every Night at Six - 3241	-	667.00	Noontime on the Patio - 2203	-	100.00
Everynighters Online - 2997	-	29.07	Normal Hts Young Peoples SS - 3407	255.00	355.00
Eye Opener Group - 607	150.00	927.00	North Clairemont - 1102	-	210.00
Fellowship of the Spirit Candle - 3383	21.18	89.68	North Park Mens - 465	-	98.20
First Mira Mesa Mens - 300	-	168.85	North Shores Breakfast - 275	114.68	114.68
Fishermen In Recovery - 2863	170.00	170.00	O.B. Womens Step Study - 2730	-	135.15
Former Hot Messes - 1205	-	71.50	Old Timers Group - 2037	-	100.00
Free At Last - 2888	60.00	260.00	On The Corner - 2384	-	360.00
Freedom - 3447	322.71	621.88	One Step at a Time - 3435	-	81.00
Fresh Air Friday - 266	-	600.00	Open Minded Mens - 626	-	160.00
Fresh Start Beginners - 2609	-	540.87	Original Anonymous Anonymous-154	50.00	150.00
Friday Afternooners - 318	-	50.00	Our Daily Reprieve - 3339	-	115.00
Friday Morning Womens - 104	-	137.52	Over The Bridge - 2689	-	692.15

Group Contributions July 2024

Group	Jul-24	Ytd 24	Group	Jul-24	Ytd 24
Pacific Beach Weekend Warmup-725	-	150.00	Sunday Kind of Love - 429	-	717.63
Pass It On Big Book Study Grp - 2860	-	173.50	Sunday Midday - 161	-	150.00
Peace Officer Fellowship - 876	-	150.00	Sunday Morning Eleventh Step - 1206	-	50.00
Pine Valley Thurs Open Disc. - 3274	-	148.90	T.G.I.F. - 1658	-	250.00
Poinsettia Group - 2210	140.00	140.00	The 530 - 3266	775.00	775.00
Point Loma Mens - 245	-	391.00	The Common Solution - 3007	-	211.05
Point Loma Nooners - 1606	53.87	53.87	The Gathering Of Goddesses - 2890	-	155.10
Primary Purpose Grp (Hillcrest)-3151	-	602.50	The Gift - 2954	255.00	507.50
Progress Rather Than Perf - 2682	-	400.00	The Hole In The Doughnut - 2737	168.50	336.50
Pt Loma Fri Afternoon 12 & 12 - 244	-	200.00	The Huddle in the Park - 3278	329.54	1,961.54
Pt Loma Womens Discussion - 1608	-	125.00	The Language of the Heart - 3066	71.83	114.83
Queer Side of Things - 3457	-	97.00	The Nine Thirty - 2997	-	196.67
Radical Acceptance Meeting - 2961	66.01	2,065.96	The Other Meeting - 857	-	370.00
Rainbow Group - 570	-	150.00	The Rogue Meeting - 3338	-	1,188.00
RAM-Z - 3323	10.00	140.00	The We Group - 2739	-	500.00
Ramona Mens New Vision - 1949	-	300.00	There is a Solution - 2680	-	5.00
Resentment and A Coffee Pot - 2561	-	141.00	Three Legacies Group - 2194	-	400.00
Rise & Shine - 2170	80.50	1,491.25	Thurs. Nite Mens Big Bk Stdy - 1748	-	185.00
Rocket Riders - 1730	-	300.00	Thursday Promises Promises - 749	-	215.00
Room 65 - 3052	-	120.00	Thursday Steps - 646	-	300.00
Rule 62 Luncheon - 3474	-	150.00	Tierrasanta Friday Night - 2645	-	150.00
S.D. Speakers Meeting -152	-	275.00	Toes in the Sand - 3282	-	483.50
Safe Sane and Sober - 1350	-	200.00	Top of The Hill - 41	150.00	150.00
San Carlos Single Purpose - 583	-	330.50	Tues Night Mens Step Study - 1813	-	150.00
Santee Mens Group - 2972	-	681.75	Tuesday Morning Alpine - 440	-	96.25
Santee Serenity Group - 1943	-	691.91	Tuesday Morning Group - 3089	-	125.00
Santee Sunday Morning Mens - 3076	350.00	800.00	Two A's Over Easy - 2106	-	50.00
Sat Mens Early Awakening - 2209	-	401.50	University City Disc.- 368	118.63	315.63
Sat Night Early Discussion - 336	250.00	250.00	University City Womens - 369	-	650.00
Saturday A.M. Live - 782	234.00	234.00	Valley Girls - 2617	-	183.10
Scripps Ranch Men's Two - 2776	-	320.00	Wake Up Call - 1932	-	179.13
Scripps Ranch Mens - 3168	-	309.65	War Fever - 880	14.00	83.01
Serenity Seekers - 3232	-	180.00	Warm and Friendly - 42	100.00	100.00
Sisters in Solution - 3272	-	297.00	Water Walkers - 5	-	516.00
Sky Hi Womens - 1633	-	157.50	Water Walkers Too - 1946	357.00	737.00
Sobearity - 3129	76.00	122.00	Way Up and Out - 415	10.00	110.00
Sober Nooners - 196	200.00	700.00	We've Come A Long Way - 1616	-	50.00
Sober Saturday - 483	-	100.00	We Need a Name - 3494	180.00	180.00
Sobriety At All Cost - 3006	-	1,129.00	Wednesday Night Promises - 2167	-	100.00
Sobriety On State and Date - 2697	-	489.64	Weekending Step Study - 698	-	100.00
Solution And Light - 3157	-	100.00	Whistling In The Dark Mens - 2943	290.00	290.00
Sons of God - 2789	909.00	2,165.00	White Flag Outdoors - 2788	260.15	260.15
South Bay Guys & Gals - 35	-	50.00	Wholesale Miracles - 2474	35.00	245.00
South Clairemont - 305	82.00	164.00	Willing to Believe - 3449	-	136.00
South Park Sobriety - 1015	-	176.00	Womans Gut Level - 1701	-	177.55
Spiritual Awakening - 2275	342.57	2,082.42	Womans Let Go and Let God - 446	150.00	425.00
Spiritual Awakening (Sat) - 2607	20.00	20.00	Women's Joy Of Living - 2636	450.00	1,159.00
Spiritual Awakenings Step Stdy-3174	-	220.00	Women in Harmony - 3438	-	34.50
Strength In Women - 2955	-	100.00	Womens Attitude of Gratitude - 2751	183.50	413.00
Sunday Beach Sun-Day - 568	90.00	172.40	Womens Step Study - 296	-	379.65
Sunday Discussion Group - 127	-	300.00	World of the Spirit - 3432	40.00	40.00



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!

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
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

July 2024 Group Contributions	\$15,248
Individual Contributions	\$684
Literature & Interest	\$13
Total Revenue	\$15,944
Central Office Expenses	-\$19,376
Committee Expenses	-\$1,658
Total Expenses	-\$21,034
July 2024 Net Revenue	-\$5,090
2024 YTD Revenue	\$5,678

Daytime Phone Volunteers Needed!!!



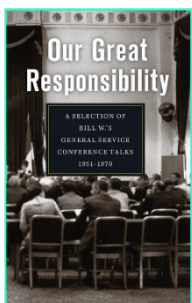
Central Office has an immediate need for a **Daytime Phone Volunteer** every other Thursday & Friday mornings from 9am-1pm at Central Office. We are also in desperate need of fill-in volunteers who are available to cover for our volunteers when they're ill or on vacation. Please call today if you're available for any of these great service opportunities!

**BY APPOINTMENT
ONLY**

New Central Office Group Business Center is now Open & Ready for use: Appointments are now available to Groups needing use of the new Central Office Group Business Center which consists of a computer, printer, scanner & laminator. Call 619-265-8762 for an appointment

Our Great Responsibility

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



“A.A. is not a **RELIGION**, nor is it a **MEDICAL** treatment. Nor does it **PROFESS** expertise in **RESPECT** of unconscious **MOTIVATIONS** for behavior. These are **FACTS** all too often overlooked. **HERE** and **THERE**, we do hear **MEMBERS** proclaiming A.A. as the great new religion. Excepting for **STRICTLY** sobering-up **OPERATIONS**, we are also apt to **UNDERRATE** medical contributions to our **WELFARE**...We are forgetting that to religion and to the medical **ARTS** we **OWE** our very existence. In its **CARDINAL** principles and **ATTITUDE**, A.A. has actually made great use of all such **FRIENDS**. It is **CHIEFLY** they who first gave us the **PRINCIPLES** and attitude that **ENABLE** us to **LIVE** and to **MOVE** today. Therefore, the

CREDIT of all these **VITAL** contributions should stand very high among us. Yes, we **DRUNKS** put A.A. **TOGETHER**, but all of the basic **COMPONENTS** were supplied by **OTHERS**. Here especially our **MAXIM** should be, “Let us be friendly with our friends.” Page 176, Reprinted with permission from A.A.W.S.

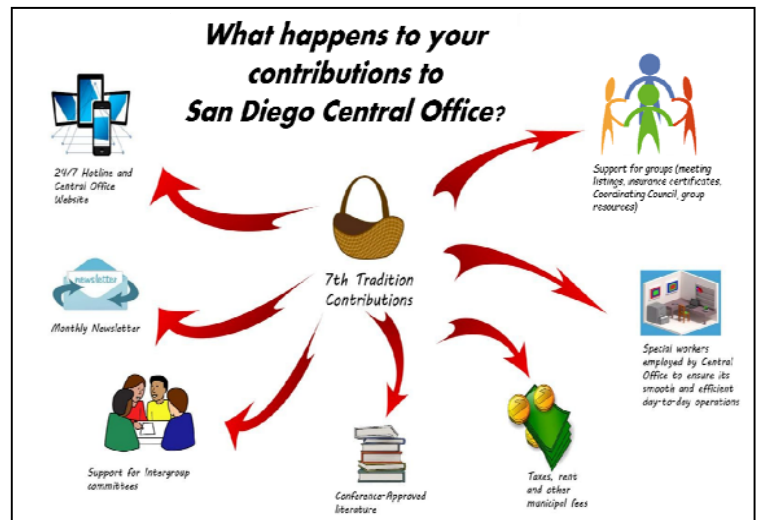


A.A. Economics

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

thankful
AND
grateful

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

2024 Bridging the Gap

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

21st SD County Men's Banquet

When: September 6th
Where: 1980 Gateway Dr., Vista, CA
Info: Call Central Office 619-265-8762

3rd Weekender Camping Group

When: September 20th – 22nd
Where: Sweetwater County Park
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

84th Anniversary of SD AA Pancake Breakfast

When: Saturday, Nov. 2nd, 9am-Noon
Where: 6556 Park Ridge Blvd.
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 2nd, 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 3rd – 6th, 2025
Where: Vancouver, Canada
Info: www.aa.org

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

www.aasandiego.org/events

upon the bad behavior – we learned this same lesson as these Traditions took form. So, the Twelfth Tradition was a teaching by those of us who behaved badly – and that was most of us sometimes. The Tradition was hard learned. It was based upon what not to do, and from there we could proceed on what *to* do.” Page 54, *Reprinted with permission from A.A.W.S.*

Coordinating Council Attendance

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

**There are 651 groups in San Diego:
WAS YOUR GROUP THERE?**

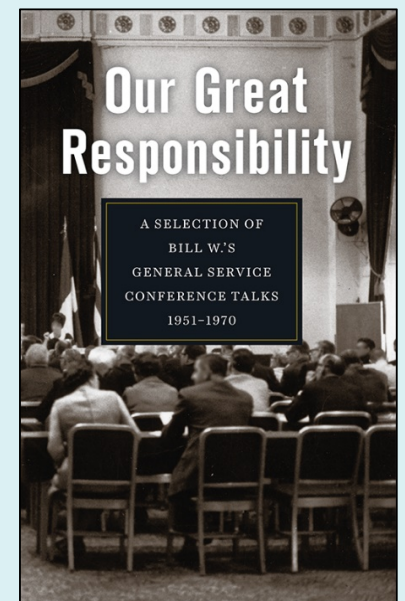
BATTERY CHARGERS	MISSION HILLS BEGINNERS
CEDAR STREET MENS	NORTH PARK MENS
CLAIREMONT MENS	OLD TOWN SPEAKERS
COFFEE CLUTCHERS	OVER THE BRIDGE
DEL CERRO MIXED	PINE VALLEY THURS. OPEN DISC.
DO THE WORK!	PORTER HALL STRUCTURED S/S
DOWNTOWN DISCUSSION	RADICAL ACCEPTANCE MEETING
EVERY NIGHT AT SIX	SANTEE MENS GROUP
FRIDAY MORNING WOMENS	SCRIPPS RANCH MENS
FRIDAY NIGHT IRREGULARS	SISTERS IN SOLUTION
GOD SQUAD TOO	SOBEARITY
GREAT FACT GROUP	SOBRIETY ON STATE AND DATE
IMPERIAL MENS	THE COMMON SOLUTION
JUMP START	THURSDAY STEPS
JUST US GIRLS	THE WE GROUP
LA MESA MENS	TUESDAY MORNING ALPINE
LA MESA SAT. MORNING WOMENS	VALLEY GIRLS
LA MESA STEP STUDY WORKSHOP	WILLING TO BELIEVE
MIDDAY MIRACLES	MISSION HILLS BEGINNERS
MID-WEEK MENS	

Next Council Meeting: Thursday, September 12th. Council meets at 7:00 PM (Orientation 6:30 PM) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; PW: AAsandiego). If your Group doesn't have a Coordinator, choose one today!

Book of the Month:

Our Great Responsibility

“And I say that no longer on the basis of this sort of experience should we ever fear each other. I remember a line from the Big Book: I think it says that fear is the evil, corroding thread that ran through our lives. Now, it is but a step from fear to prudence, from fear to one of the greatest virtues that men know. Prudence is rational concern without worry, and to me that's the meaning of that slogan “principles before personalities.” Now, like many of our Traditions – each of which was not founded upon our good behavior, but



A Graceful Partner

Continued from Page 1

And when I felt like the pimply, gawky teenager that no one would ask to dance, it pulled me onto the floor as if to say "look everybody, I'm with her!" And I felt like staying longer into the night, with the floodlights upon me, terribly exposed and awkward. But happy and sober.

As I started working my "steps", the program was once again patient and gracious. I sometimes zigged and I sometimes zagged. I was clumsy, with two left feet and stepped on its toes a lot. It didn't complain. It didn't punish me. It kept its dignity, so that I might keep mine. It taught me to hold my spins straight and my head high (but not too high). It taught me the right moves to make. It showed me how to avoid twisting my ankle. It showed me grace.

It allowed me to slowly build my confidence so that I gained the courage and strength to dance alone when necessary. So here I am having completed my first year of "dance lessons."

And although I am certainly not a graceful ballerina by any means, I believe that I can walk onto life's stage with a sturdier frame, a kinder heart and a spring in my step. I can waltz today, in time with the music. And if I misstep? It's O.K. AA continues to dance right along with me, never missing a beat; grabbing my hand for support and fellowship.

And all it asks in return is a simple daily request: "Just don't drink", and keep coming to your "lessons." It gives me the promise that I'll be a fine dancer someday - one day at a time and with the Grace of God.

Anonymous San Diego, Reprinted from April 2000 San Diego AA Coordinator



The Stage of Fear and Insecurity

Continued from Page 3

I had to find a different *stage* and play a different *role*,

To face my insecurities and fears would be my goal.

Instinctive fear is not a fault that I need to replace,
for it saves me from recklessness and falling on my face.
Irrational fear is where I falter when I am in doubt,
while doing shameful things I do not like to talk about.

Desperation was the final *role* that brought me to my knees.

My conscience told me "Call AA and deal with your disease."

It's in the program that I learn the habits of right living.

Abandoning the *taking* and replacing it with *giving*.

AA has been the answer and I go there every day,

now *acting* like a grown-up, knowing God *directs* the play.

Rick R.



Painstaking

Continued from page 1

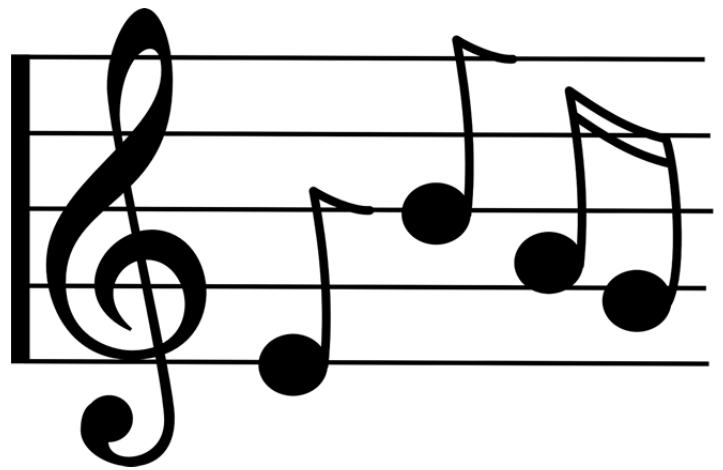
This experience made me think about all of the promises that have come true so far. I really just hoped that maybe AA would help me stop drinking but I didn't realize how much my life had been taken over by my addiction and how much it would change when it was removed. I want to make sure I don't forget about all that God has done for me. I want to really focus on The Promises so I can be in gratitude in every opportunity that is given to me.

There are twelve promises and they are all miracles but I find the most meaningful to me are the first and the last. The first promise states: "if we are painstaking about this phase of OUR development we will be amazed before we are halfway through". I looked up "painstaking" and the definition states, "done with great care and thoroughness". That seems like a pretty accurate description of how it feels working the steps. The promises that have come true for me are always after I have gone through the painstaking process of examining my life thoroughly and finding something that I am still trying to control. In these moments I have to make the decision to let something go to find peace or stay in the bondage of self and remain in anxiety... funny enough sometimes it still takes me a long while to let go and let God.

The last promise states, "we will suddenly realize that God is doing for us what we could not do for ourselves." When I surrender to His will, what follows is always amazing... not necessarily what I want but it is amazing to see His plan unfolding in my life and the serenity I find when I know I am following His will and not mine. I know what my life looks like when I only rely on myself... that is the life that kept me from finding who I really am. It isn't just that God has removed the desire to drink from me; but He has replaced that with a desire to experience life instead of hide from it with alcohol. While I was

sitting at the Rady Shell, I was enjoying the music, the view and breeze of the ocean, the company, I was enjoying just being present in the moment and to be in so much gratitude for the life that God has given me. As the Big Book promises, I am amazed before I am halfway through.

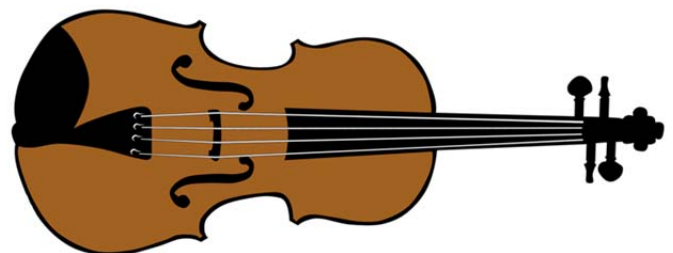
Prascilla



I Became Powerless

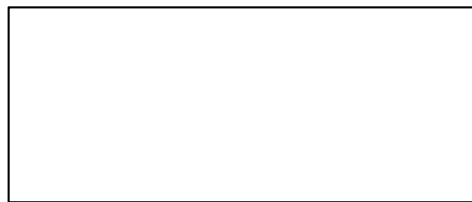
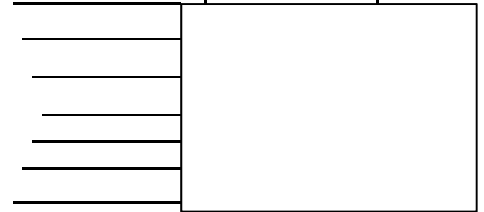
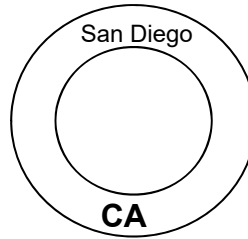
I became powerless
 My life was reckless
 So I got serious with AA
 You said just stay in today
 Now progress is endless

Tim M



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

RETURN SERVICE REQUEST



September 2024

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