

The San Diego A.A. Coordinator

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

"Sought through prayer and meditation to improve our conscious contact with God."

Reprinted from AA Big Book, page 59

November 2024
VOL. LXII NO. 11

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"Carry the AA Message"
Join the fun, submit an article!

December (due 11/18/24)

"Having had a spiritual awakening as the result of these steps..."

January (due 12/18/24)

"We admitted we were powerless over alcohol..."

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



Two Salmon

Two salmon were returning home from their perilous sea life in an ocean full of terror and uncertainty, discussing the upcoming convention, after which, they planned to attend the final convention to get a chance to meet Bill, Bob, Lois, Ann and the rest of our fellowship who have died sober. The younger salmon asked the older salmon many questions as they swam the steps and rapids and trudged the river of happy destiny. Older and wiser with many years of experience which he'd acquired one day at a time, the old timer responded with love and patience. The youngster asked one perplexing question after another and finally asked, "I can see all the others ahead of us still swimming and leading us on, but what about the one's behind, I don't see them following?"

Continued on Page 14

A Basic Premise: 'Keep it Simple'

One of the basic slogans of our program is "Keep it Simple." It's one of the themes that Dr. Bob touched on in his farewell message at the First International Convention of Alcoholics Anonymous in Cleveland, Ohio, in 1950. He was very ill at the time, and would pass on just a few months later. There is so much in his farewell message that inspires me that I'd like to quote it at length:

"I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months, and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

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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	Needed	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: James G., Joel C., Ron L.

November Theme: "Sought through prayer and meditation to improve our conscious contact with God..."

Newsletter by electronic version only. Please sign up to receive by email by sending an email 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 <https://aasandiego.org>

At The Turning Point In Old Ideas

Complete abandon is a worthy desire.

As I struggle to let go.

While my old ideas transpire;

Old ideas with no vision of the future at all

*Were central to what I perpetuated with
alcohol.*

*But the call to abandon drinking was finally
heard;*

*For it is the call to abandon the condition
that is so absurd.*

*Which required drinking alcohol for many
years to at last hear the word;*

*The word of hope, the words of sobriety,
recovery and love,*

*And with finding within the message a
power up above*

*Who led me to the turning point barely able
to discern*

*The power those ideas in the lessons I failed
to learn.*

*Learning how to live is humbling for a
middle aged man;*

*Accepting new ideas and a better way or
thinking seems to be part of the plan*

*I find in each step of the Twelve Steps I take
toward my complete abandon.*

by Ron L.

Reprinted from December 2002 San Diego AA Coordinator

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.

Daytime Phone volunteers & Emergency Fill-in Volunteers to answer daytime phones Needed Immediately and 12-Step Phone List volunteers!

**Call Central Office today at
619-265-8762**

Website Hits	October	Total
	802,288	13,671,172

Many A.A. members celebrate their birthday by sending a donation of one or two dollars for each year of sobriety to Central Office. If you would like to carry on this tradition, please fill out the form below.

Happy Birthday to All!

Georgia C. 9/30/84 40 years

Clairemont Women's Step Study

Sharon T. 25 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.

Unglum Lot



Pamphlet OF THE MONTH: The A.A. Member – Medications & Other Drugs



“We recognize that alcoholics are not immune to other diseases. Some of us have had to cope with depressions that can be suicidal; schizophrenia that sometimes requires hospitalization; bipolar disorder, and other mental and biological illnesses. Also among us are diabetics, epileptics, members with heart trouble, cancer, allergies, hypertension, and many other serious physical conditions.

Because of the difficulties that many alcoholics have with drugs, some members have taken the position that no one in A.A. should take any medication. While this position has undoubtedly prevented relapses for some, it has meant disaster for others.” Page 6, Reprinted with permission from A.A.W.S.

Meetings Needing Some Support...

Three new meetings joined the San Diego A.A. family in October:

SERENITY BY THE SEA

English Speaking meeting

When: Mon 6 pm, Open, Discussion
Wed. 6 pm Open, Big Book
Thurs. 10 am, Open, Prayer & Meditation

Where: at Venue, Blvd Popotia 3009, Playa Encantada, Rosarito, Mexico

HIGHER REACH

When: Fridays at Noon

Where: Church, 3094 L Street, Logan Heights

Type: Open, Mixed Discussion

SPIRITUAL AWAKENING ONLINE

When: Mon-Fri at 7 am; Sat & Sun at 8 am. ASL Interpreter on Thurs.

Where: Zoom ID: 936 064 677; PW: 12Tried

Type: Open, Daily Reflections, LGBTQ, Discussion

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.

Minutes of the Coordinating Council
In Person and Online Meeting on Thursday, October 10th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 948th 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 apologize for not being there this evening, but I am in Kauai with my wife and best friend celebrating my wife's completion of her masters program. The Area held it's Big Day Assembly on Septwember 21st. There were several motions that came before the GSRs, three of which were voted by the body to forward to the Groups. One has to do with the conversion of the Area's tax status from a 501c4 to a 501c3. Another had to do with increasing the Area's prudent reserve from the current amount of \$5000 to an amount equal to 3 months operating funds. Lastly, a motion to add a new section to the Area Structure & Guidelines on Special Services. Primarily to address and guarantee access to Area service for those with accessibility issues. Our next assembly is on November 16th, where the Area Budget for 2025 will be presented, discussed, and voted on for adoption. In addition, the three aforementioned motions will also be discussed and voted on for adoption.

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> . 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! We are also beginning the process of beginning a new sponsorship program for incarcerated people. We need committee members to help organize it, and assist with the volunteers to support it. Please pass this on to anyone who might be interested. Anyone who is interested in learning more should come to the business meeting on the 3rd Sunday at 11:30am.

Intergroup Standing Committees Reports

After Hours Phones: This Committee is currently without a Chair.

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.

Business Committee: Kaye, Vice-Chair reported:

The Business Committee met on Wednesday, October 10th, 2024 at 6:00 pm.

September 2024 Financial Summary:

Net Revenue is -\$3,145. 2024 YTD Net Revenue is \$206. Group & Individual Contributions were \$10,033. Literature Sales Revenue & Bank Interest was \$2,361; while total office & committee expenses were \$15,550.

Central Office Manager's Reports:

Manager's Report

- October BOOK OF THE MONTH: As Bill Sees It (Hard Cover), \$9.00, Regular \$11.00, Max: 5
- November BOOK OF THE MONTH: 12X12 (Large Print), \$9.00, Regular \$11.00, Max: 5
- New Year's Eve Dance: I checked costs from last year for the venue. I realized that we had paid \$1,800 for the venue last year compared to \$4,000 this year! I emailed Jen and told her that she might want to look into it. They emailed her back and said it was \$2,800 which was actually correct as I had allocated \$1,000 to the ERC Fund. Jen negotiated them down to \$1,800! Kudos to Jen!!
- The Plain Language Big Books will be available for me to order on November 1. We are getting many inquiries about them. I will be placing an initial order of 500 on 11/1. We expect them to arrive mid-November and be available for sale to the Fellowship then.
- Lisa Ann had the brilliant idea of texting the open Daytime volunteer shifts – I don't know why we weren't doing it all along but the response was excellent and all of the shifts have been filled. Well done Lisa Ann!! We still need fill-ins and 12 step volunteers!

OLD BUSINESS:

1. After Hour Phones: Maren, Committee Chair reported that this Committee had met and had been doing quite a lot of research and will continue to do so.
2. ERC, Peter, Committee Chair reported that the Committee met and approved a list of items to move forward with to spend the ERC Funds on. He will move forward with presenting to the Council at the next Council meeting.

Newsletter: Matt reported:

1. This committee needs members and contributors.
2. Matt thanked everyone for spreading the word as he has received article submissions.

Coordinator Outreach: Grace, Chair reported:

1. The Outreach Committee attended two meetings this month.
2. This Committee has lost members and is seeking new members.

Continued from Page 5

Orientation & Guidelines: Diana, Chair reported:

1. Diana reported that there were 2 new Coordinators present at orientation this evening – Christopher from La Mesa Step Study and David from Scripps Ranch Mens – Welcome!

Program Committee: Jen, Chair shared:

1. There are only 40-50 tickets left for the Pancake breakfast, which is scheduled for November 2 and will be at the Episcopal church in San Carlos. Tickets are available at Central Office for \$10 each.
2. Tickets for the NYE dance will be more expensive this year. They requested money from the ERC Committee but it was not approved.
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. The Public Information Committee has begun planning the next 6 months. We'll be focusing on AA events to recruit more Committee members and in San Diego for opportunities (street fairs, health fairs) to explain what AA does and does not do.
2. This past month we discovered that copies of the Big Book are not returned to the libraries in East County so we're donating 3 copies each of the Big Book and Living Sober.

We're always looking for volunteers to join our fun activities and service work. Interested parties can contact us at sdaapi31459@gmail.com. It's a great way to be of service with lots of contact with the general public. The Committee is a great group of people invested in spreading the word that we have a solution.

Ad-Hoc Committee Reports:

ERC Ad-Hoc Committee: Peter, Chair reported: Four items were brought before the Council for approval:

1. Store Room Expansion, Cost \$8,064
2. New desks for the Central Office Manager and Assistant, Cost \$2,392
3. Bookstore Discount for the months of November, December and January, expected draw \$3,500
4. New Refrigerator for Central Office (voted on and approved at September's Council meeting), Cost \$1,300

A motion was made, seconded and approved to move forward with all of these items. A second motion was made to take this vote back to the groups. That vote was determined to supersede the first vote. It was determined that the refrigerator was already voted on and approved and if the Book Discount were to be sent to the groups, then it could not start in November. Therefore the items to be sent back to the groups would be Items 1 & 2, the Store Room Expansion and the New Desks. Ballots will be sent to the Coordinators.

After Hours Ad Hoc Committee: Maren, Chair reported: Six members of this Committee met and came up with an action plan.

Tim called 15 After Hour groups and asked them if they would be willing to come back to Central Office. 5 out of the 15 said yes. They are scheduled to have another meeting and will continue to research options and solutions.

Quorum was established; 44 Coordinators were present

Approved September, 2024 Meeting Minutes

OLD BUSINESS: None

NEW BUSINESS:

1. Kaye presented the 2025 Central Office Budget. There was some discussion and questions. It was decided that there were a few corrections that needed to be made before taking this budget back to the groups. Judi will make these changes and send back out to the Coordinators to take to their groups for a vote.

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

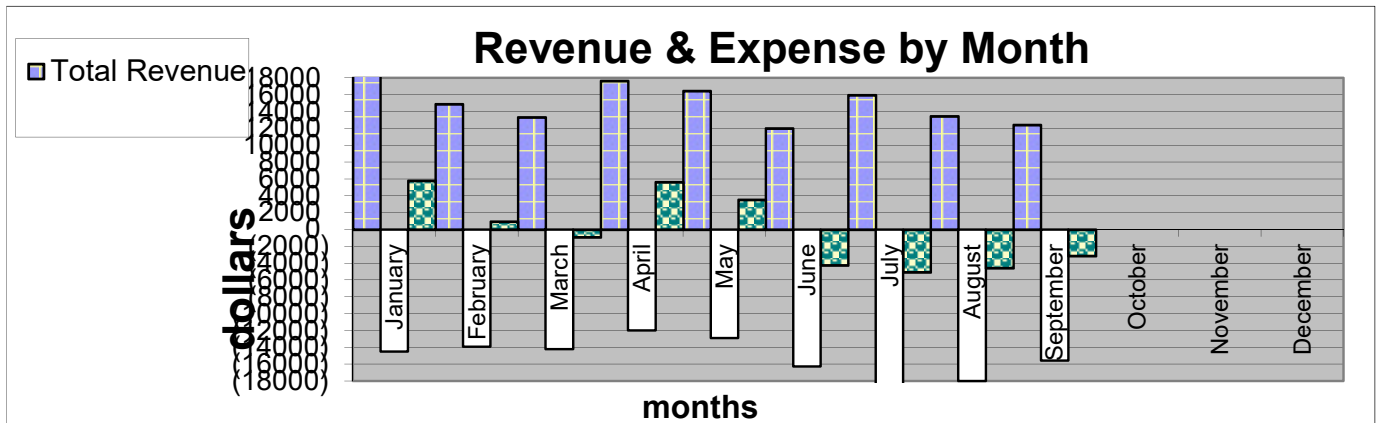
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 11/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the 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 September 30, 2024

	Sept 24	Sept 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	8,697.30	8,930.36	109,037.55	109,090.09	(52.54)	158,000.00
			-			
Contributions Individual	1,336.22	1,513.28	10,423.74	10,171.43	252.31	12,000.00
Contributions SDIAA	10.00	-	80.00	-	80.00	-
Interest - Cert of Deposits	521.89	393.55	5,219.48	2,975.76	2,243.72	6,000.00
Literature Revenue (see schedule)	1,839.35	1,267.35	11,443.96	531.85	10,912.11	20,375.00
Total Revenue	12,404.76	12,104.54	136,204.73	122,769.13	13,435.60	196,375.00
Expense						
Accounting & Legal	-	-	589.50	5,400.50	(4,811.00)	600.00
Auto/Travel/Seminar	17.00	13.00	1,765.28	1,498.19	267.09	1,500.00
Bank Service Charges	-	-	40.00	30.00	10.00	-
Cash (Over) Short	1.77	(4.51)	186.53	24.35	162.18	20.00
Equipment Maint & Repair	51.36	51.36	514.36	553.92	(39.56)	650.00
Equipment Purchase	-	-	366.33	1,954.77	(1,588.44)	1,100.00
Insurance	114.92	81.46	502.98	699.72	(196.74)	500.00
Office Maint. & Repairs	40.00	98.16	2,765.25	771.96	1,993.29	1,100.00
Office Supplies	447.92	623.14	3,918.60	3,142.91	775.69	5,000.00
Rent	2,122.00	2,060.00	18,850.00	18,380.00	470.00	25,216.00
Taxes	-	-	-	75.00	(75.00)	75.00
Telephone	148.06	136.58	1,385.24	1,272.91	112.33	1,700.00
Utilities-Electricity	918.50	632.52	5,111.93	5,257.92	(145.99)	7,000.00
Website	9.00	9.00	116.98	81.02	35.96	100.00
EMPLOYEES						
Accrued Payroll Taxes	717.91	590.14	6,241.71	5,596.22	645.49	10,000.00
Employee Wages	9,162.25	7,570.79	76,830.20	60,649.40	16,180.80	100,760.00
Employee Health Benefit	1,025.74	937.88	9,231.66	8,440.92	790.74	12,309.00
Insurance Worker's Comp	44.61	44.61	401.49	490.71	-	528.00
Total Office Expense	14,821.04	12,844.13	128,818.04	114,231.20	14,586.84	168,158.00
Standing Committees Expense	729.18	(1,343.46)	7,180.94	7,882.26	(701.32)	9,214.00
Total Expense	15,550.22	11,500.67	135,998.98	122,113.46	13,885.52	177,372.00
Total Net Revenue	(3,145.46)	603.87	205.75	655.67	(449.92)	19,003.00



Group Contributions

Group	Sep-24	Ytd 24	Group	Sep-24	Ytd 24
3 O'Clocker - 2201	-	400.00	Fishermen In Recovery - 2863	-	170.00
4077 Mash - 2027	-	270.00	Former Hot Messes - 1205	-	236.50
4th Edition Big Book - 2569	227.00	327.00	Free At Last - 2888	-	260.00
52 From The Big Blue	-	236.00	Freedom - 3447	-	621.88
530 Meditation - 3085	-	139.00	Fresh Air Friday - 266	188.00	788.00
7 AM Attitude Adjustment	-	300.00	Fresh Start Beginners - 2609	-	540.87
9 pm Discussion - 3366	-	145.00	Friday Afternooners - 318	-	50.00
A Vision and a View - 3337	-	485.00	Friday Happy Hour - 2821	75.00	75.00
AA By The Bay - 629	-	200.00	Friday Morning Womens - 104	-	137.52
AA on A - 3470	-	56.00	Friday Night Gratitude - 2829	-	560.00
Alpine Group - 6	-	178.00	Friday Night Irregulars - 2889	-	565.00
As Bill Sees It - 1038	-	190.84	Friday Online 12 x 12 Step Study-3351	-	340.00
As Bill Sees It (Mira Mesa) - 542	-	100.00	Friday Spring Valley Lunch - 2732	-	161.00
At Home Mens - 215	-	100.00	Full Measure Friday - 3363	-	150.00
B.Y.O.B. (North Park) - 203	99.83	715.56	Garnet Group - 1129	200.00	700.00
Back Country - 3131	-	100.00	Gilman Group - 1988	-	250.00
Barefoot - 139	-	200.00	God Squad Too - 2809	-	195.67
Battery Chargers - 98	-	442.00	Golden Hill Women - 2883	-	143.41
Bayside Big Book Study - 1610	-	100.00	Good Morning AA - 1888	-	1,530.00
Bayside Bonfire Group - 1139	-	300.00	Good News Bad News - 2833	-	50.00
Beautiful Beginnings - 552	-	201.00	Grab God & Go - 3499	-	14.00
Bonita Boozers - 2179	60.00	195.33	Great Fact Group - 895	-	240.00
Bonita Womens 12x12 in Trees-3391	-	3.74	Grupo Gringo - 1305	-	150.00
Carrying the Message - 2458	-	150.00	GSDYPAA	-	184.26
Casa De Oro Weds Nite - 2049	-	324.00	Harmony Group - 585	-	1,560.00
Cedar St Daily Online - 3270	-	50.00	Haul Your Hiney Out Of Bed - 704	-	207.00
Cedar Street Mens - 1698	-	584.21	Hi-Nooners - 673	125.00	325.00
Channeling Serenity - 3425	-	428.20	HOW @ Noon - 2998	150.00	900.00
Chula Vista 4 Min Speakers - 1568	-	110.00	I. B. Up - 2565	-	300.00
Clairemont Fri Night - 375	-	95.00	In2 the Solution	-	600.00
Clairemont Mens - 301	-	889.60	International Group - 23	-	100.00
Clairemont Mixed Discussion - 338	-	527.50	Jaywalkers - 3100	-	280.00
Clairemont Thurs. Brown Bag - 315	-	50.00	Jump Start - 2174	-	172.00
Clairemont Wednesday Group - 303	130.00	130.00	Just Us Girls - 929	-	90.53
Clairemont Womens Discussion- 340	-	367.40	Knuckleheads - 3182	450.00	1,330.00
Clairemont Womens Step Study - 341	286.00	908.50	La Jolla Beginners Group - 82	-	105.00
Class Acts - 1845	-	323.77	La Jolla Mens - 692	-	355.50
Coffee Clutchers - 2332	-	500.00	La Jolla Monday Womens - 87	400.00	800.00
Coronado Nooners - 3365	-	100.00	La Jolla Nonsmokers Disc - 88	-	176.00
Crown Pt Shores Happy, Joyous-3381	-	150.00	La Jolla Speakers - 578	-	1,352.12
D.D.G.T.M. - 767	-	300.00	La Jolla Sunrise - 2684	100.00	250.00
Daily Reflection - 3114	-	450.78	La Mesa 12 x 12 Study Group - 107	-	40.00
Daily Reflection Online - 3436	-	48.11	La Mesa 12 X12 - 2588	100.00	225.00
Daily Reflections - 2097	-	120.00	La Mesa Mixed - 2136	-	43.10
Deerhorn Group - 2063	-	280.00	La Mesa Step Study Workshop - 1621	-	100.00
Del Cerro Mixed Step Study - 3451	-	285.00	La Mesa Womens Sat. Morning - 416	-	450.00
Descanso Mixed Step Study - 3010	-	115.83	LAGUNA MOUNTAIN GROUP	-	303.47
Designs For Living - 488	-	250.00	Lakeside Drunks - 2423	-	200.00
Diamond St Mens Step Study - 569	195.00	303.60	Late Risers - 473	-	100.00
Dignity Unlimited - 205	-	125.00	Linda Vista Mens - 320	-	375.00
Doctors & Lawyers & Pros-391	-	1,250.00	Living Free - 477	-	2,010.93
Downtown Discussion - 1665	-	47.03	LJ We Are Not A Glum Lot - 3355	-	114.00
Downtown Noon Discussion - 1607	-	100.00	Lushes Lunch Tuesday - 2641	-	677.00
Drunks Only Online - 3370	-	660.00	Mens Focused Step Study - 3217	277.00	834.00
Each Day A New Beginning - 509	-	399.05	Mens Jelly Donut - 3118	-	100.00
Early Risers (PB) - 264	-	715.00	Mens Step Study - 965	-	95.00
East Co. Young People Rule 62 - 2797	-	98.00	Mens Structured Step Study - 1469	-	150.00
East Side Group - 101	-	175.00	Mid-Week Mens - 560	240.00	1,915.00
Eastlake Grns Attitude Adjust - 2691	-	520.00	Midday Miracles - 3242	-	19.07
Eastlake New Beginnings S/S - 2673	62.50	62.50	Midnight Howlers - 1025	-	200.00
Easy Does It Riders - 21	-	150.00	Midway Bridge - 2171	-	110.00
Easy Risers - 854	-	200.00	Mira Mesa Early Risers - 967	-	1,050.00
El Cajon Nooner - 2638	-	421.35	Mission Bay Daily Reflections - 1692	73.50	73.50
El Cajon Womens Serenity - 77	-	32.34	Mission Hills Late Night - 2773	-	355.00
Emotional Sobriety (Hillcrest) - 2536	-	200.00	Mission Hills Lunch Bunch - 2675	-	78.50
Evening In Harmony - 2864	96.60	179.40	Mission Possible - 131	-	410.00
Evening Serenity - 2305	100.00	700.00	Monday At A Time - 2875	-	304.85
Every Night at Six - 3241	-	667.00	Monday Night Live - 3219	-	100.00
Everynighters Online - 2997	-	29.07	Monday Night Speakers Group - 3471	-	438.50
Eye Opener Group - 607	-	927.00	Mt Soledad Mens - 717	900.00	1,550.00
Fellowship of the Spirit Candle - 3383	-	89.68	No Matter What Woman's Grp-2325	282.01	382.01
First Mira Mesa Mens - 300	-	168.85	Noon At The Grove - 628	-	2,500.00

Group Contributions

Group	Sep-24	Ytd 24	Group	Sep-24	Ytd 24
Noon w/ a View Beginners Mtg - 3249	-	3,169.90	South Bay Step Study - 2312	100.00	100.00
Nooners Anonymous - 1164	-	350.00	South Clairemont - 305	-	164.00
Noontime on the Patio - 2203	-	100.00	South Park Sobriety - 1015	-	256.00
Normal Hts Young Peoples SS - 3407	-	355.00	Spiritual Awakening - 2275, 3515	-	2,585.61
North Clairemont - 1102	-	210.00	Spiritual Awakening (Sat) - 2607	-	20.00
North Park Mens - 465	52.60	150.80	Spiritual Awakenings SS - 3174	-	220.00
North Shores Breakfast - 275	-	114.68	Starting Over - 3399	-	50.00
O.B. Womens Step Study - 2730	44.55	179.70	Strength In Women - 2955	-	100.00
Old Timers Group - 2037	-	100.00	Sunday Beach Sun-Day - 568	-	172.40
On The Corner - 2384	-	360.00	Sunday Discussion Group - 127	-	300.00
One Step at a Time - 3435	-	81.00	Sunday Kind of Love - 429	-	717.63
Open Minded Mens - 626	-	160.00	Sunday Midday - 161	-	150.00
Original Anonymous Anonymous-154	-	200.00	Sunday Morning Eleventh Step-1206	-	50.00
Our Daily Reprieve - 3339	-	115.00	T.G.I.F. - 1658	-	382.00
Over The Bridge - 2689	-	692.15	The 530 - 3266	-	775.00
Pacific Beach Weekend Warmup-725	150.00	300.00	The Common Solution - 3007	-	211.05
Pass It On Big Book Study Grp - 2860	-	173.50	The Gathering Of Goddesses - 2890	-	155.10
Peace Officer Fellowship - 876	-	150.00	The Gift - 2954	-	507.50
Pine Valley Thurs Open Disc. - 3274	-	148.90	The Hole In The Doughnut - 2737	-	336.50
Poinsettia Group - 2210	-	140.00	The Huddle in the Park - 3278	348.00	2,742.07
Point Loma Mens - 245	-	670.00	The Language of the Heart - 3066	-	114.83
Point Loma Nooners - 1606	-	53.87	The Nine Thirty - 2997	-	196.67
Primary Purpose Grp (Hillcrest)-3151	-	602.50	The Other Meeting - 857	120.00	490.00
Prog Rather Then Perfection - 2682	-	800.00	The Rogue Meeting - 3338	-	1,300.00
Pt Loma Fri Afternoon 12 & 12 - 244	150.00	350.00	The We Group - 2739	500.00	1,000.00
Pt Loma Womens Discussion - 1608	-	125.00	There is a Solution - 2680	-	5.00
Queer Side of Things - 3457	-	97.00	Three Legacies Group - 2194	-	400.00
Radical Acceptance Meeting - 2961	-	2,065.96	Thurs. Nite Mens Big Bk Stdy - 1748	-	185.00
Rainbow Group - 570	-	150.00	Thursday Promises Promises - 749	-	215.00
RAM-Z - 3323	-	140.00	Thursday Steps - 646	-	601.00
Ramona Mens New Vision - 1949	-	300.00	Tierrasanta Friday Night - 2645	-	150.00
Resentment and A Coffee Pot - 2561	-	141.00	Toes in the Sand - 3282	186.50	832.00
Rise & Shine - 2170	145.09	1,798.84	Top of The Hill - 41	-	150.00
Rocket Riders - 1730	-	300.00	Tues Night Mens Step Study - 1813	150.00	300.00
Room 65 - 3052	-	120.00	Tuesday Book Study - 3501	125.00	125.00
Rule 62 Luncheon - 3474	-	150.00	Tuesday Morning Alpine - 440	-	316.25
S.D. Speakers Meeting -152	-	275.00	Tuesday Morning Group - 3089	62.50	187.50
Safe Sane and Sober - 1350	-	200.00	Two A's Over Easy - 2106	-	50.00
San Carlos Single Purpose - 583	-	330.50	University City Disc.- 368	-	315.63
Santee Mens Group - 2972	-	681.75	University City Womens - 369	-	650.00
Santee Serenity Group - 1943	260.50	952.41	Valley Girls - 2617	-	183.10
Santee Sunday Morning Mens - 3076	-	800.00	Wake Up Call - 1932	-	179.13
Sat Mens Early Awakening - 2209	-	601.50	War Fever - 880	-	83.01
Sat Night Early Discussion - 336	-	250.00	Warm and Friendly - 42	-	100.00
Saturday A.M. Live - 782	-	234.00	Water Walkers - 5	-	516.00
Saturday Night Live Speakers - 281	150.00	150.00	Water Walkers Too - 1946	-	737.00
Scripps Ranch Men's Two - 2776	200.00	520.00	Way Up and Out - 415	-	110.00
Scripps Ranch Mens - 3168	140.37	450.02	We've Come A Long Way - 1616	150.00	200.00
Serenity Seekers - 3232	-	180.00	We Need a Name - 3494	-	180.00
Sisters in Solution - 3272	302.00	599.00	Wednesday Night Promises - 2167	-	200.00
Sky Hi Womens - 1633	-	157.50	Weekending Step Study - 698	-	100.00
Smokefree La Mesa Womens - 635	-	150.00	Whistling In The Dark Mens - 2943	-	290.00
Sobearity - 3129	-	122.00	White Flag Outdoors - 2788	-	260.15
Sober Minded Leather Folk - 1882	208.75	208.75	Wholesale Miracles - 2474	35.00	315.00
Sober Nooners - 196	-	700.00	Willing to Believe - 3449	-	136.00
Sober Saturday - 483	-	100.00	Womans Gut Level - 1701	-	177.55
Sobriety At All Cost - 3006	-	1,129.00	Womans Let Go and Let God - 446	-	425.00
Sobriety On State and Date - 2697	-	807.64	Women's Joy Of Living - 2636	-	1,159.00
Solution And Light - 3157	100.00	200.00	Women in Harmony - 3438	-	34.50
Sons of God - 2789	-	2,165.00	Womens Attitude of Gratitude - 2751	-	413.00
South Bay Guys & Gals - 35	-	50.00	Womens Step Study - 296	-	626.56
			World of the Spirit - 3432	-	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!

Central Office Notes

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

September 2024 Group Contributions	\$8,697
Individual Contributions	\$1,336
Literature & Interest	\$2,371
Total Revenue	\$12,405
Central Office Expenses	-\$14,821
Committee Expenses	-\$729
Total Expenses	-\$15,550
September 2024 Net Revenue	-\$3,145
2024 YTD Revenue	\$206

Daytime Phone Volunteers Needed!!!

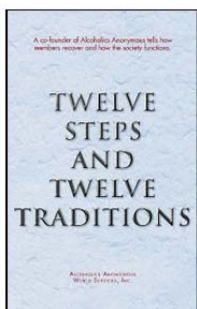


Central Office has an immediate need for fill-in Daytime Phone Volunteers who are available to cover for our volunteers when they're ill or on vacation. We also really need volunteers for our **12-step call list**. Please call today if you're available for any of these great service opportunities!

**BY APPOINTMENT
ONLY**

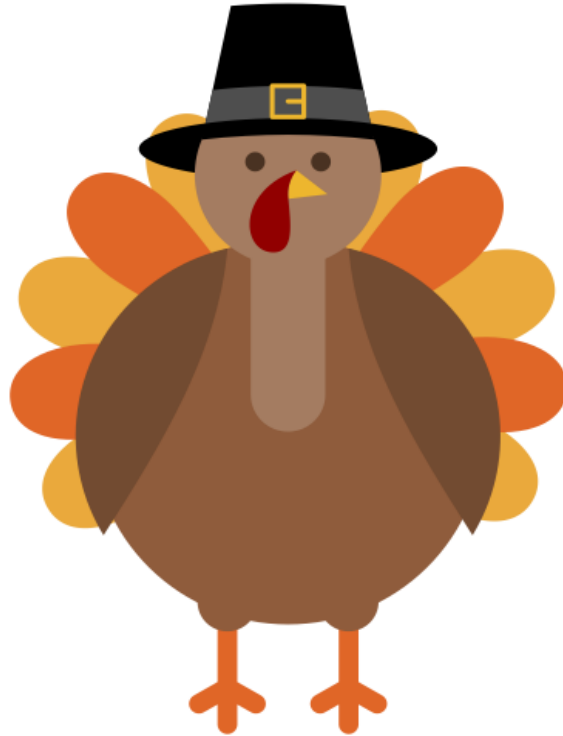
New Central Office Group Business Center is now Open & Ready for use: Appointments are now available to Groups needing use of the new Central Office Group Business Center which consists of a computer, printer, scanner & laminator. Call 619-265-8762 for an appointment

Twelve Steps and Twelve Traditions



“Without its **LEGIONS** of well-**WISHERS**, A.A. could never have **GROWN** as it has. Throughout the **WORLD**, immense and favorable **PUBLICITY** of every description has been the **PRINCIPAL** means of bringing **ALCOHOLICS** into our **FELLOWSHIP**. In A.A. **OFFICES**, clubs, and **HOMES**, telephones ring **CONSTANTLY**. One voice says, “I read a piece in the newspapers...”; another, “We **HEARD** a **RADIO** program...”; and still another, “We saw a **MOVING** picture...” or “We saw something about A.A. on **TELEVISION...**” It is no **EXAGGERATION** to say that half of A.A.’s **MEMBERSHIP** has been led to us through **CHANNELS** like these. The inquiring **VOICES** are not all alcoholics or their **FAMILIES**. **DOCTORS** read **MEDICAL** papers about Alcoholics **ANONYMOUS** and call for more information. **CLERGYMEN** see articles in their **CHURCH** journals and also make **INQUIRIES**. Employers learn that great **CORPORATIONS** have set their **APPROVAL** upon us and wish to **DISCOVER** what can be done about alcoholism in their own **FIRMS**.” Page 183, *Reprinted with permission from A.A.W.S.*

39th Annual
Thanksgiving Day
Grateful Meeting



Open A.A. Meeting

Thursday, November 28, 2024, at 9 A.M.

6554 Cowles Mountain Blvd, San Diego, CA 92119

Put your turkey in and come join us to share in our gratitude for sobriety.

Things to Do, And Places to Go

84th Anniversary of SD AA Pancake Breakfast

When: Saturday, Nov. 2nd, 9 am-Noon
Where: 6556 Park Ridge Blvd.
Info: Call Central Office 619-265-8762

Service Workshop

When: November 2nd, 1 pm-4 pm
Where: 3295 Market St
Info: Call Central Office 619-265-8762

Mile High Men's Retreat

When: November 8th-10th
Where: Wrightwood, CA
Info: www.MileHighMensRetreat.com

ROOTS Speaker Event

When: November 23rd, 12 pm-2 pm
Where: 3096 Harding St, Carlsbad, CA
Info: www.MileHighMensRetreat.com

So Cal AA Convention

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

3rd Weekender Camping Group

When: November 15th-17th
Where: Agua Caliente
Info: Call Central Office 619-265-8762

Area 8 2024 Budget Assembly

When: November 16th, 8 am-4 pm
Where: 170 Calle Magdalena, Encinitas
Info: www.area8aa.org

Thanksgiving Grateful Meeting

When: November 28th, 9 am
Where: Wrightwood, CA
Info: www.MileHighMensRetreat.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 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

Coordinating Council Attendance

Thank you to the following 45 Groups whose Coordinators attended the October 2024 San Diego Intergroup Coordinating Council.

There are 656 groups in San Diego:
WAS YOUR GROUP THERE?

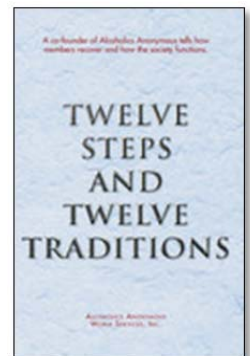
CEDAR STREET MENS	MISSION HILLS BEGINNERS
CLAIREMONT MENS	NORTH PARK MENS
DAILY REFLECTIONS ONLINE	OLD TOWN SPEAKERS
DEL CERRO MIXED	OVER THE BRIDGE
DO THE WORK!	PINE VALLEY THURS. OPEN DISC.
DOWNTOWN DISCUSSION	PORTER HALL STRUCTURED SS
EL CAJON WOMEN'S SERENITY GROUP	RADICAL ACCEPTANCE MEETING
EVERY NIGHT AT SIX	RAINBOW GROUP
FIRST MIRA MESA MENS	SANTEE MENS GROUP
FREEDOM	SANTEE SPEAKERS
FRIDAY MORNING WOMENS	SCRIPPS RANCH MENS
FRIDAY NIGHT GRATITUDE	SISTERS IN SOLUTION
FRIDAY NIGHT IRREGULARS	SKY HIGH WOMEN'S
FULL MEASURE FRIDAY	SOBRIETY ON STATE AND DATE
GOD SQUAD TOO	THE COMMON SOLUTION
GREAT FACT GROUP	THE NINE THIRTY
IMPERIAL MENS	THURSDAY STEPS
JUMP START	THE WE GROUP
JUST US GIRLS	TUESDAY MORNING ALPINE
LA MESA MENS	VALLEY GIRLS
LA MESA STEP STUDY WORKSHOP	WOMEN'S JOY OF LIVING
MID-WEEK MENS	WORLD OF THE SPIRIT
MIRA MESA EARLY RISERS	

Next Council Meeting: Thursday, November 14th. 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:

Twelve Steps and Twelve Traditions (Large Print)

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God's kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our own Creator. As we have seen, self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. It is a step in the development of that kind of humility that makes it possible for us to receive God's help. Yet it is only a step. We will want to go further." Page 99, Reprinted with permission from A.A.W.S.



Two Salmon

Continued from Page 1

The old timer knew the fate of this youngster's future hung in continuing up the steps and rapids to the final convention. As he pondered it over he thought of the others who helped him when he first started to swim home, his many questions, doubts, fears, uncertainties, and most of all the ever present thought that an old timer once told him about swimming just one day at a time. It seemed like hours went by, but really only a few minutes had passed, he gently tilted his head to the side, looked the youngster in his trusting eyes and said in a gruff tone, "You see, son, we are supposed to keep following the ones ahead of us; they know the way there because they're following the ones ahead. But most of all we have to remember, that the ones that keep swimming through the waters will get to the final convention no matter what happens along the way. The ones who stop will be carried away by the current. So let's save our energy for swimming, you can ask me more questions later, Ok?"

"Sure." said the youngster, "I didn't mean to bother you."

"You're not bothering me." said the older salmon, "I swam up here next to you because I saw you were having difficult times over those last rapids and thought you might need some help."

"Thank you." said the youngster.

"My pleasure." said the old timer.

James G.

I hope by sharing my short story, that it can help someone get through another day of walking in the sunlight of the spirit.

*Reprinted from
March 2002 San Diego AA Coordinator*



A Basic Premise: 'Keep it Simple'

Continued from page 1

"There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our Twelve Steps, when simmered down to the last, resolves themselves into the words 'love and 'service.' We understand what love is, and we understand what service is. So let's bear those two things in mind.

"Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

"And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us. Thank you very much." (Dr. Bob and the Good Oldtimers, pp. 337-338.)

His message reminds me to look for the similarities, and not the differences. When I was in my first few months of sobriety, I suffered from terminal uniqueness, and I would often focus on the things that I thought made my case the exception. I'm currently reading the new stories in the Fourth Edition of the Big Book, and I find that over the years my thinking has changed completely.

I have identified in some way with each of the stories I've read so far, even when the writer's circumstances don't match mine closely. I can always identify with the craving for alcohol, the

feelings of helplessness, and the yearning for a way out.

I love the line in Dr. Bob's message that says, "We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness."

Sometimes I pray every morning, practice the tenth step daily, and reach out to the newcomer by rote, without really putting my heart into it. Dr. Bob's message tells me to practice with zeal and enthusiasm! There's a big difference.

He sums up the simplicity of our program in two words: love and service. Then he reminds us that our tongues can get us into trouble on the "love" part, and that our basic obligation on the "service" part is to help each other. When I was drinking I often had a vicious tongue, and I had no interest in helping others, so these two gentle reminders are good ones for me to hear.

These are just some of my reflections on Dr. Bob's message. I hope you'll take the time to reflect on it yourself, and carry its spirit into each new day.

Joel C.

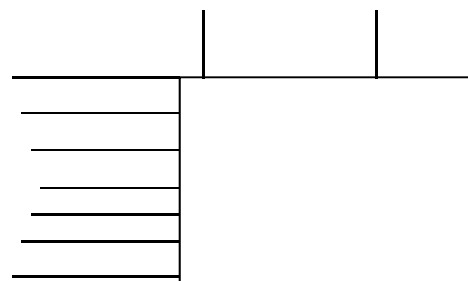
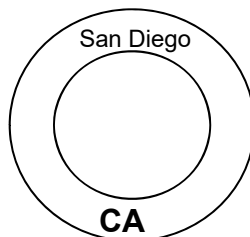
Reprinted from

January 2002 San Diego AA Coordinator



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

RETURN SERVICE REQUEST



November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30