

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

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Reprinted from AA Big Book, page 59

October 2024
VOL. LXII NO. 10

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“Carry the AA Message”

Join the fun, submit an article!

November (due 10/18/24)

“Sought through prayer and meditation ...”

December (due 11/18/24)

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

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 Desire To Stop Drinking

A desire to stop drinking came upon me a couple years before I actually had the courage to quit. When I finally did stop drinking, I tried to do it the unsuccessful ways that the Big Book talks about. I searched for sanity through Psychiatry, Religion, Self-Help books; and the list went on "ad infinitum." I spent an entire year and a half as a "dry drunk." I was completely unaware of the insanity I was trying to get away from by drinking. Later I found out that the insanity was called feelings.

Completely scared, I spent that first year and a half at San Diego State University. I hated everyone and all the partying that was going on around me because I knew deep down that it didn't work for me anymore. My journey began and I had never felt so alone. I fell into a clinical depression trying to get sober and it continued through my dry drunkenness. I was miserable and no longer understood, not even myself.

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Opposite of Faith

“The opposite of faith is not doubt, but certainty. Certainty is missing the point entirely. Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.” I came across this

quote by Anne Lammott and it reminded me of the journey that life has been in sobriety. It is full of ups



and downs and the gift is that I am able to experience and navigate my way through all of it. I heard someone say in a meeting that alcoholics are the only people that think we deserve to be happy all the time. It made me laugh when I heard this... I think because I could relate to it! In the years before I came to my first AA meeting, I had built a very isolated life for myself; full of emptiness and discomfort, but I was not on a journey... I wasn't seeking a way out. I think that is what alcohol does-it just imprisons you in a stagnant place all alone. I was "certain" that life was pointless and that it would never get better. I thought I deserved to be happy and since all I felt was "incomprehensible demoralization" I felt very justified to hide from the world with alcohol.

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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.

**Contributors:** Leah C., Prascilla, Pat O.**October Theme:** "Continued to take personal inventory and when we were wrong promptly admitted it."**Newsletter by electronic version only at this time. Please sign up to receive by email.****Send to:** sdaaco@aol.com

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

Submissions may be emailed to the newsletter chair at 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
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 Business Committee Rae businesschair@aasandiego.org
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 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

**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>

Ten Little Alcoholics

10 alcoholics, all in a line. One got to thinking - then there were nine.

9 alcoholics, one said "Wait! A near beer can't hurt!" - then there were eight.

8 alcoholics, looking up to heaven. One cut out 'meetings - then there were seven.

7 alcoholics, doing service for kicks. One started grumbling- then there were six.

6 alcoholics, glad to be alive. One smoked pot - then there were five.

5 alcoholics, greeters at the door. One played the big shot - then there were four.

4 alcoholics, for fun and for free. One's case was "different", then there were three.

3 alcoholics, knowing what to do. One rewrote the Big Book - then there were two.

2 alcoholics, having some fun. One started lying - then there was one.

1 alcoholic, talking to HP. "If only one's sober - I'm glad that it's me!"

by Pat O.

Reprinted from October 2001 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	September	Total
	93,023	12,868,884

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!

Maggie S.

44 years, 8/23/80



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

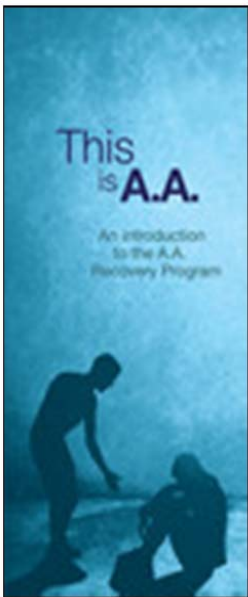


"I hurt a lot of people during my last twelve steps."

Pamphlet OF THE MONTH:

This is A.A.

An introduction to the A.A. Recovery Program



"We were assured from the beginning that no one could tell us we were alcoholics. The admission had to come from us – not from a doctor or a boss or a spouse or a partner. It had to be based on facts that we ourselves knew. Our friends might understand the nature of our problem, but we were the only ones who could tell for sure whether or not our drinking was out of control.

Frequently we asked, "How can I tell if I am really an alcoholic?" We were told that there were no hard and fast rules for determining alcoholism. We learned that there were, however, certain telltale signs. If we got drunk when we had every reason to stay sober, if our drinking had become progressively worse, if we no longer had as much fun drinking as we once had – these, we learned, were apt to be symptoms of the illness we call alcoholism. Reviewing our drinking experiences and their consequences, most of us were able to discover additional reasons for recognizing the truth about ourselves.

Quite naturally, the prospect of a life without alcohol seemed a dreary one. We feared that our new friends in A.A. would be dull or, worse yet, a rabid cult of non-drinkers. But we discovered that they were, instead, human beings like ourselves, but with the special virtue of understanding our problem – sympathetically, without sitting in judgment." *Page 12, Reprinted with permission from A.A. W.S.*

Meetings Needing Some Support...

The World of the Spirit group is now meeting at 8:30 pm every Monday & Tuesday and needs your support. The group meets in person to read the book of Alcoholics Anonymous. Check out this meeting!

WORLD OF THE SPIRIT

When: Monday & Tuesday 8:30 PM

Where: Office, 2621 University Ave in North Park

Type: Big Book Study, 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.

Minutes of the Coordinating Council

In Person and Online Meeting on Thursday, September 12th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 947th 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 new Area GSR Manuals have been completed and are available here tonight and at Central Office. The SoCal A.A. Convention w/ AI-Anon Participation is taking place on Friday 11/8 to Sunday 11/10 in City of Industry, CA. You can register online at : <https://www.aasocal.com/> or pick up registration packets at Central Office. The Area Big Day Assembly is 9 days from now in Brawley. If there are groups that are in need of a Group Inventory, I am available as a resource to help with guidance on where to begin and how to facilitate a Group Inventory. My experience has been that they are very helpful in increasing the effectiveness in carrying out the Group's primary purpose.

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 members' 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: 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. In the spirit of rotation Tim has stepped down as chair of this Committee but will fill the empty spot on the Committee.
3. Tim announced that there will be changes made to the way phones are answered after hours according to a text he received from the Business Committee

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, September 10th, 2024 at 6:00 pm.

August 2024 Financial Summary:

Net Revenue is -\$4,575. 2024 YTD Net Revenue is \$3,351. Group & Individual Contributions were \$11,632. Literature Sales Revenue & Bank Interest was \$1,809; while total office & committee expenses were \$18,016.

Central Office Manager's Reports:

Manager's Report

- September BOOK OF THE MONTH: Our Great Responsibility, \$10.00 Regular \$12.00, Max: 5 – This is a great book containing all of Bill W's General Service Conference talks from the very first General Service Conference until his last. It's a great book about service!
 - October BOOK OF THE MONTH: As Bill Sees It (Hard Cover), \$9.00, Regular \$11.00, Max: 5
 - The Christmas in July (and August) sale has run its course. The total literature discounts of 20% = \$2,902.99 and the total token discounts of 15% = \$916.74 for a two month total of \$3,819.48.
 - Anniversary Breakfast Preparations: We have begun selling tickets as of 9/3 for \$10 ea.
 - We are in need of Daytime Phone Volunteers: Every other Thursday & Friday mornings from 9am-1pm and every other Thursday & Friday afternoons from 1-5pm as well as Fill-in Phone Volunteers who are available any time to come in and fill in when volunteers are ill or on vacation. We also NEED 12 Step Call Volunteers. Please support your Central Office by announcing these service opportunities at your meetings.
 - Judi will be out from September 24 – October 23 for surgery. Lisa Ann will cover M-F. Dates are subject to change.
1. Old Business: Questions were taken from the floor regarding the Business Committees' decision to discontinue call forwarding after hours beginning January 1, 2025. A motion was made to form an Ad-Hoc Committee to further look into the pros and cons of this decision. m/s/c Maren, a member of the Business Committee will Chair the Ad-Hoc Committee.

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.

Continued from Page 5

Orientation & Guidelines: Heather, Chair reported:

1. Heather stepped down as Chair; Diana has taken the position as the new Chair of the committee
2. Diana reported that there was 1 new Coordinator present at orientation this evening – Ron from Every Night at Six – Welcome!

Program Committee: Jen, Chair shared:

1. The Pancake breakfast is scheduled for November 2 and will be at the Episcopal church in San Carlos. Tickets are now on sale at Central Office for \$10 each.
2. 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.
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.
3. 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.

Quorum was established; 39 Coordinators were present

Approved August, 2024 Meeting Minutes

OLD BUSINESS: None

NEW BUSINESS:

1. Judi gave a report on the status of the ERC Fund in lieu of Peter L. The current balance of the ERC Fund is \$20,619.53. Included in his report was a new refrigerator which was requested by the Central Office. It is a full size refrigerator which will replace the mini fridge. The estimated cost is \$1,000. m/s/c to purchase the new refrigerator out of the ERC Fund.
2. Jonathan announced that registration was open for the A.A. International Convention in Vancouver in 2025 and the information packets are included in the Coordinators packets this evening. There is also information in these packets on getting assistance from aa.org on traveling to Canada.

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

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@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!

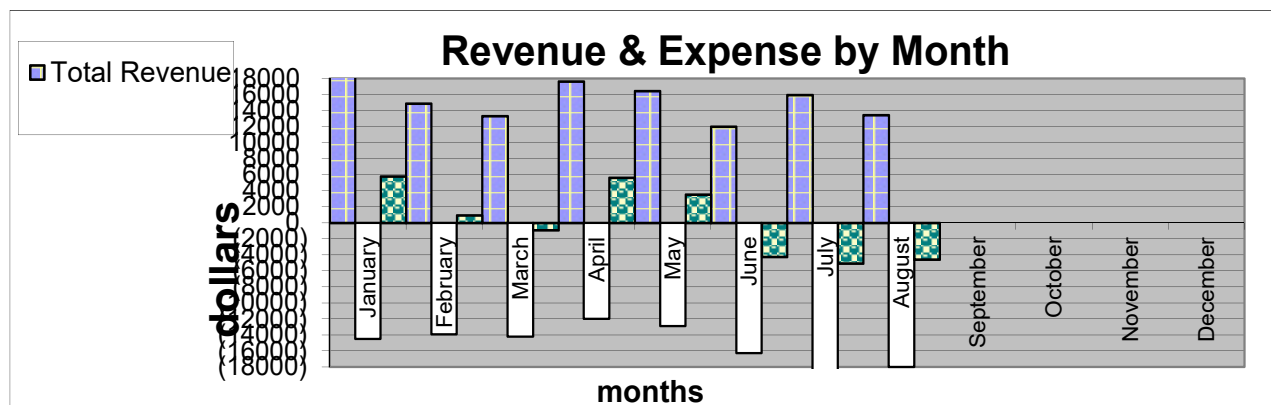
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

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

	August 24	August 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	9,440.17	14,040.96	100,340.25	100,159.73	180.52	158,000.00
			-			
Contributions Individual	2,191.68	1,162.26	9,087.52	8,658.15	429.37	12,000.00
Contributions SDIAA	-	-	70.00	-	70.00	-
Interest - Cert of Deposits	1,082.83	398.76	4,697.59	2,582.21	2,115.38	6,000.00
Literature Revenue (see schedule)	725.62	639.88	9,604.61	531.85	9,072.76	20,375.00
Total Revenue	13,440.30	16,241.86	123,799.97	111,931.94	11,868.03	196,375.00
Expense						
Accounting & Legal	-	-	589.50	5,400.50	(4,811.00)	600.00
Auto/Travel/Seminar	967.17	13.00	1,748.28	1,485.19	263.09	1,500.00
Bank Service Charges	-	-	40.00	30.00	10.00	-
Cash (Over) Short	(6.87)	(5.93)	184.76	28.86	155.90	20.00
Equipment Maint & Repair	51.36	51.36	463.00	502.56	(39.56)	650.00
Equipment Purchase	237.04	-	366.33	1,954.77	(1,588.44)	1,100.00
Insurance	-	82.50	388.06	618.26	(230.20)	500.00
Office Maint. & Repairs	717.42	-	2,725.25	673.80	2,051.45	1,100.00
Office Supplies	444.20	177.55	3,470.68	2,519.77	950.91	5,000.00
Rent	2,122.00	2,060.00	16,728.00	16,320.00	408.00	25,216.00
Taxes	-	-	-	75.00	(75.00)	75.00
Telephone	196.10	136.56	1,237.18	1,136.33	100.85	1,700.00
Utilities-Electricity	861.37	797.97	4,193.43	4,625.40	(431.97)	7,000.00
Website	9.00	9.02	107.98	72.02	35.96	100.00
EMPLOYEES						
Accrued Payroll Taxes	757.47	569.83	5,523.80	5,006.08	517.72	10,000.00
Employee Wages	9,901.57	7,349.88	67,667.95	53,078.61	14,589.34	100,760.00
Employee Health Benefit	1,025.74	937.88	8,205.92	7,503.04	702.88	12,309.00
Insurance Worker's Comp	44.61	44.61	356.88	490.71	-	528.00
Total Office Expense	17,328.18	12,224.23	113,997.00	101,387.07	12,609.93	168,158.00
Standing Committees Expense	687.45	609.51	6,451.76	9,225.72	(2,773.96)	9,214.00
Total Expense	18,015.63	12,833.74	120,448.76	110,612.79	9,835.97	177,372.00
Total Net Revenue	(4,575.33)	3,408.12	3,351.21	1,319.15	2,032.06	19,003.00



Group Contributions August 2024

Group	Aug-24	Ytd 24	Group	Aug-24	Ytd 24
3 O'Clocker - 2201	-	400.00	Free At Last - 2888	-	260.00
4077 Mash Step 11 - 2027	-	270.00	Freedom - 3447	-	621.88
4th Edition Big Book - 2569	-	100.00	Fresh Air Friday - 266	-	600.00
52 From The Big Blue	89.25	236.00	Fresh Start Beginners - 2609	-	540.87
530 Meditation - 3085	-	139.00	Friday Afternooners - 318	-	50.00
7 AM Attitude Adjustment	-	300.00	Friday Morning Womens - 104	-	137.52
9 pm Discussion - 3366	-	145.00	Friday Night Gratitude - 2829	410.00	560.00
A Vision and a View - 3337	-	485.00	Friday Night Irregulars - 2889	10.00	565.00
AA By The Bay - 629	-	200.00	Friday Online 12 x 12 Step Study-3351	-	340.00
AA on A - 3470	-	56.00	Friday Spring Valley Lunch - 2732	-	161.00
Alpine Group - 6	-	178.00	Full Measure Friday - 3363	-	150.00
As Bill Sees It - 1038	-	190.84	Garnet Group - 1129	-	500.00
As Bill Sees It (Mira Mesa) - 542	-	100.00	Gilman Group - 1988	-	250.00
At Home Mens - 215	-	100.00	God Squad Too - 2809	-	195.67
B.Y.O.B. (North Park) - 203	109.42	615.73	Golden Hill Women - 2883	143.41	143.41
Back Country - 3131	-	100.00	Good Morning AA - 1888	-	1,530.00
Barefoot - 139	-	200.00	Good News Bad News - 2833	-	50.00
Battery Chargers - 98	-	442.00	Grab God & Go - 3499	-	14.00
Bayside Big Book Study - 1610	100.00	100.00	Great Fact Group - 895	-	240.00
Bayside Bonfire Group - 1139	-	300.00	Grupo Gringo - 1305	-	150.00
Beautiful Beginnings - 552	-	201.00	GSDYPAA	-	184.26
Bonita Boozers - 2179	-	135.33	Harmony Group - 585	246.00	1,560.00
Bonita Womens 12x12 in Trees-3391	3.74	3.74	Haul Your Hiney Out Of Bed - 704	-	207.00
Carrying the Message - 2458	50.00	150.00	Hi-Nooners - 673	-	200.00
Casa De Oro Weds Nite - 2049	-	324.00	HOW @ Noon - 2998	150.00	750.00
Cedar St Daily Online - 3270	-	50.00	I. B. Up - 2565	-	300.00
Cedar Street Mens - 1698	233.00	584.21	In2 the Solution	-	600.00
Channeling Serenity - 3425	-	428.20	International Group - 23	-	100.00
Chula Vista 4 Min Speakers - 1568	-	110.00	Jaywalkers - 3100	175.00	280.00
Clairemont Fri Night - 375	-	95.00	Jump Start - 2174	-	172.00
Clairemont Mens - 301	240.00	889.60	Just Us Girls - 929	-	90.53
Clairemont Mixed Discussion - 338	-	527.50	Knuckleheads - 3182	-	880.00
Clairemont Thurs. Brown Bag - 315	-	50.00	La Jolla Beginners Group - 82	-	105.00
Clairemont Womens Discussion-340	-	367.40	La Jolla Mens - 692	-	355.50
Clairemont Womens Step Study - 341	-	622.50	La Jolla Monday Womens - 87	-	400.00
Class Acts - 1845	-	323.77	La Jolla Nonsmokers Disc - 88	-	176.00
Coffee Clutchers - 2332	-	500.00	La Jolla Speakers - 578	-	1,352.12
Coronado Nooners - 3365	-	100.00	La Jolla Sunrise - 2684	-	150.00
Crown Pt Shores Happy, Joyous-3381	-	150.00	La Mesa 12 x 12 Study Group - 107	40.00	40.00
D.D.G.T.M. - 767	-	300.00	La Mesa 12 X12 - 2588	-	125.00
Daily Reflection - 3114	-	450.78	La Mesa Mixed - 2136	43.10	43.10
Daily Reflection Online - 3436	-	48.11	La Mesa Step Study Workshop - 1621	-	100.00
Daily Reflections - 2097	-	120.00	La Mesa Womens Sat. Morning - 416	-	450.00
Deerhorn Group - 2063	-	280.00	LAGUNA MOUNTAIN GROUP	303.47	303.47
Del Cerro Mixed Step Study - 3451	-	285.00	Lakeside Drunks - 2423	-	200.00
Descanso Mixed Step Study - 3010	-	115.83	Late Risers - 473	-	100.00
Designs For Living - 488	-	250.00	Linda Vista Mens - 320	100.00	375.00
Diamond St Mens Step Study - 569	-	108.60	Living Free - 477	-	2,010.93
Dignity Unlimited - 205	125.00	125.00	LJ We Are Not A Glum Lot - 3355	-	114.00
Doctors & Lawyers & Pros - 391	-	1,250.00	Lushes Lunch Tuesday - 2641	-	677.00
Downtown Discussion - 1665	-	47.03	Mens Focused Step Study - 3217	-	557.00
Downtown Noon Discussion - 1607	-	100.00	Mens Jelly Donut - 3118	-	100.00
Drunks Only Online - 3370	660.00	660.00	Mens Step Study - 965	-	95.00
Each Day A New Beginning - 509	-	399.05	Mens Structured Step Study - 1469	-	150.00
Early Risers (PB) - 264	-	715.00	Mid-Week Mens - 560	240.00	1,675.00
East Co. Young People Rule 62 - 2797	98.00	98.00	Midday Miracles - 3242	-	19.07
East Side Group - 101	75.00	175.00	Midnight Howlers - 1025	-	200.00
Eastlake Grns Attitude Adjust - 2691	250.00	520.00	Midway Bridge - 2171	50.00	110.00
Easy Does It Riders - 21	-	150.00	Mira Mesa Early Risers - 967	-	1,050.00
Easy Risers - 854	-	200.00	Mission Hills Late Night - 2773	105.00	355.00
El Cajon Nooner - 2638	421.35	421.35	Mission Hills Lunch Bunch - 2675	-	78.50
El Cajon Womens Serenity - 77	-	32.34	Mission Possible - 131	-	410.00
Emotional Sobriety (Hillcrest) - 2536	-	200.00	Monday At A Time - 2875	-	304.85
Evening In Harmony - 2864	-	82.80	Monday Night Live - 3219	-	100.00
Evening Serenity - 2305	-	600.00	Monday Night Speakers Group - 3471	438.50	438.50
Every Night at Six - 3241	-	667.00	Mt Soledad Mens - 717	-	650.00
Everynighters Online - 2997	-	29.07	No Matter What Woman's Grp - 2325	-	100.00
Eye Opener Group - 607	-	927.00	Noon At The Grove - 628	-	2,500.00
Fellowship of the Spirit Candle - 3383	-	89.68	Noon w/ a View Beginners Mtg - 3249	-	3,169.90
First Mira Mesa Mens - 300	-	168.85	Nooners Anonymous - 1164	-	350.00
Fishermen In Recovery - 2863	-	170.00	Noontime on the Patio - 2203	-	100.00
Former Hot Messes - 1205	165.00	236.50	Normal Hts Young Peoples SS - 3407	-	355.00

Group Contributions August 2024

Group	Aug-24	Ytd 24
North Clairemont - 1102	-	210.00
North Park Mens - 465	-	98.20
North Shores Breakfast - 275	-	114.68
O.B. Womens Step Study - 2730	-	135.15
Old Timers Group - 2037	-	100.00
On The Corner - 2384	-	360.00
One Step at a Time - 3435	-	81.00
Open Minded Mens - 626	-	160.00
Original Anonymous Anonymous-154	50.00	200.00
Our Daily Reprieve - 3339	-	115.00
Over The Bridge - 2689	-	692.15
Pacific Beach Weekend Warmup-725	-	150.00
Pass It On Big Book Study Group-2860	-	173.50
Peace Officer Fellowship - 876	-	150.00
Pine Valley Thurs Open Disc. - 3274	-	148.90
Poinsettia Group - 2210	-	140.00
Point Loma Mens - 245	279.00	670.00
Point Loma Nooners - 1606	-	53.87
Primary Purpose Grp (Hillcrest)-3151	-	602.50
Progress Rather Than Perf - 2682	400.00	800.00
Pt Loma Fri Afternoon 12 & 12 - 244	-	200.00
Pt Loma Womens Discussion - 1608	-	125.00
Queer Side of Things - 3457	-	97.00
Radical Acceptance Meeting - 2961	-	2,065.96
Rainbow Group - 570	-	150.00
RAM-Z - 3323	-	140.00
Ramona Mens New Vision - 1949	-	300.00
Resentment and A Coffee Pot - 2561	-	141.00
Rise & Shine - 2170	162.50	1,653.75
Rocket Riders - 1730	-	300.00
Room 65 - 3052	-	120.00
Rule 62 Luncheon - 3474	-	150.00
S.D. Speakers Meeting -152	-	275.00
Safe Sane and Sober - 1350	-	200.00
San Carlos Single Purpose - 583	-	330.50
Santee Mens Group - 2972	-	681.75
Santee Serenity Group - 1943	-	691.91
Santee Sunday Morning Mens - 3076	-	800.00
Sat Mens Early Awakening - 2209	200.00	601.50
Sat Night Early Discussion - 336	-	250.00
Saturday A.M. Live - 782	-	234.00
Scripps Ranch Men's Two - 2776	-	320.00
Scripps Ranch Mens - 3168	-	309.65
Serenity Seekers - 3232	-	180.00
Sisters in Solution - 3272	-	297.00
Sky Hi Womens - 1633	-	157.50
Smokefree La Mesa Womens - 635	150.00	150.00
Sobearity - 3129	-	122.00
Sober Nooners - 196	-	700.00
Sober Saturday - 483	-	100.00
Sobriety At All Cost - 3006	-	1,129.00
Sobriety On State and Date - 2697	318.00	807.64
Solution And Light - 3157	-	100.00
Sons of God - 2789	-	2,165.00
South Bay Guys & Gals - 35	-	50.00
South Clairemont - 305	-	164.00
South Park Sobriety - 1015	80.00	256.00

Group	Aug-24	Ytd 24
Spiritual Awakening - 2275	503.19	2,585.61
Spiritual Awakening (Sat) - 2607	-	20.00
Spiritual Awakenings Step Study-3174	-	220.00
Starting Over - 3399	50.00	50.00
Strength In Women - 2955	-	100.00
Sunday Beach Sun-Day - 568	-	172.40
Sunday Discussion Group - 127	-	300.00
Sunday Kind of Love - 429	-	717.63
Sunday Midday - 161	-	150.00
Sunday Morning Eleventh Step - 1206	-	50.00
T.G.I.F. - 1658	132.00	382.00
The 530 - 3266	-	775.00
The Common Solution - 3007	-	211.05
The Gathering Of Goddesses - 2890	-	155.10
The Gift - 2954	-	507.50
The Hole In The Doughnut - 2737	-	336.50
The Huddle in the Park - 3278	432.53	2,394.07
The Language of the Heart - 3066	-	114.83
The Nine Thirty - 2997	-	196.67
The Other Meeting - 857	-	370.00
The Rogue Meeting - 3338	112.00	1,300.00
The We Group - 2739	-	500.00
There is a Solution - 2680	-	5.00
Three Legacies Group - 2194	-	400.00
Thurs. Nite Mens Big Bk Stdy - 1748	-	185.00
Thursday Promises Promises - 749	-	215.00
Thursday Steps - 646	301.00	601.00
Tierrasanta Friday Night - 2645	-	150.00
Toes in the Sand - 3282	162.00	645.50
Top of The Hill - 41	-	150.00
Tues Night Mens Step Study - 1813	-	150.00
Tuesday Morning Alpine - 440	220.00	316.25
Tuesday Morning Group - 3089	-	125.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	315.63
University City Womens - 369	-	650.00
Valley Girls - 2617	-	183.10
Wake Up Call - 1932	-	179.13
War Fever - 880	-	83.01
Warm and Friendly - 42	-	100.00
Water Walkers - 5	-	516.00
Water Walkers Too - 1946	-	737.00
Way Up and Out - 415	-	110.00
We've Come A Long Way - 1616	-	50.00
We Need a Name - 3494	-	180.00
Wednesday Night Promises - 2167	100.00	200.00
Weekending Step Study - 698	-	100.00
Whistling In The Dark Mens - 2943	-	290.00
White Flag Outdoors - 2788	-	260.15
Wholesale Miracles - 2474	35.00	280.00
Willing to Believe - 3449	-	136.00
Womans Gut Level - 1701	-	177.55
Womans Let Go and Let God - 446	-	425.00
Women's Joy Of Living - 2636	-	1,159.00
Women in Harmony - 3438	-	34.50
Womens Attitude of Gratitude - 2751	-	413.00
Womens Step Study - 296	246.91	626.56
World of the Spirit - 3432	-	40.00

Thank You

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

August 2024 Group Contributions	\$9,440
Individual Contributions	\$2,192
Literature & Interest	\$1,808
Total Revenue	\$13,440
Central Office Expenses	-\$17,328
Committee Expenses	-\$687
Total Expenses	-\$18,015
August 2024 Net Revenue	-\$4,575
2024 YTD Revenue	\$3,351

Daytime Phone Volunteers Needed!!!

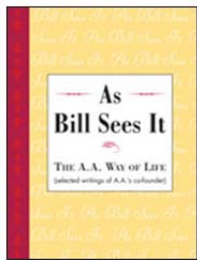


Central Office has an immediate need for a **Daytime Phone Volunteer** every other Thursday afternoon from 1—5pm at Central Office. We also really need fill-in volunteers who are available to cover for our volunteers when they're ill or on vacation. Please call today if you're available for any of these 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

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



MAUDLIN Martyrdom

"**SELF-PITY** is one of the most **UNHAPPY** and consuming **DEFECTS** that we **KNOW**. It is a **BAR** to all **SPIRITUAL** progress and can cut off all **EFFECTIVE** communication with our **FELLOWS** because of its **INORDINATE** demands for **ATTENTION** and **SYMPATHY**. It is a maudlin **FORM** of **MARTYRDOM**, which we can ill **AFFORD**. "The **REMEDY**? Well, let's have a hard **LOOK** at **OURSELVES**, and a still **HARDER** one at A.A.'s **TWELVE** Steps to **RECOVERY**. When we see how

MANY of our **FELLOW** A.A.'s have **USED** the **STEPS** to **TRANSCEND** great **PAIN** and **ADVERSITY**, we shall be **INSPIRED** to try these life-giving **PRINCIPLES** for ourselves."

~ LETTER, 1966 Page 239, Reprinted with permission from A.A.W.S.

**84TH ANNIVERSARY
OF AA IN SAN DIEGO**

Pancake

BREAKFAST

Celebration

**Tickets
\$10 each
or
Buy a Table of
8 for \$80**

Great Speakers!

**PANCAKES
SAUSAGE
EGGS
FRUIT
YOGURT**



**COFFEE
TEA
ORANGE
JUICE**

**Saturday
November 2
9am-12Noon**

Tickets are available at:

San Diego Central Office

7075 Mission Gorge Rd Ste B

No Tickets sold at the door.

Tickets are \$10 each or

buy a table of 8 for \$80 (15 available)

Location:

6556 Park Ridge Blvd

San Diego, CA 92120



**Alcoholics
Anonymous**
San Diego Central Office



Things to Do, And Places to Go

Three Legacies Conference

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

SBAA 2024 Convention

When: October 11th-13th
Where: Santa Barbara
Info: www.sbaaconvention.net

Emotional Sobriety Workshop

When: October 12th, 1 pm-4 pm
Where: 6556 Park Ridge Rd.
Info: Call Central Office 619-265-8762

3rd Weekender Camping Group

When: October 18th-20th
Where: Pinezanita RV Park
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

Mile High Men's Retreat

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

So Cal AA Convention

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

Area 8 2024 Budget Assembly

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

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 37 Groups whose Coordinators attended the September 2024 San Diego Intergroup Coordinating Council.

There are 654 groups in San Diego:

WAS YOUR GROUP THERE?

BATTERY CHARGERS	MIDDAY MIRACLES
CEDAR STREET MENS	MID-WEEK MENS
CLAIREMONT MENS	MISSION HILLS BEGINNERS
COFFEE CLUTCHERS	OLD TOWN SPEAKERS
DAILY REFLECTIONS ONLINE	OVER THE BRIDGE
DEL CERRO MIXED	PINE VALLEY THURS. OPEN DISC.
DO THE WORK!	RIDING SOBER
DOWNTOWN DISCUSSION	SAN CARLOS SINGLE PURPOSE
EVERY NIGHT AT SIX	SANTEE MENS GROUP
FIRST MIRA MESA MENS	SANTEE SPEAKERS
FREEDOM	SISTERS IN SOLUTION
FRIDAY NIGHT GRATITUDE	SOBRIETY ON STATE AND DATE
FULL MEASURE FRIDAY	THE COMMON SOLUTION
GOD SQUAD TOO	THE NINE THIRTY
GREAT FACT GROUP	THE WE GROUP
JUMP START	VALLEY GIRLS
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, October 10th. 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:

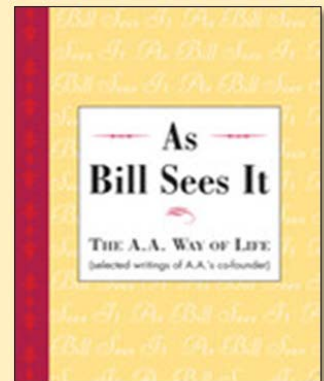
As Bill Sees It (Hardcover)

"Personality Change
It has often been said of A.A. that we are interested only on alcoholism. That is not true. We have to get over drinking in order to stay alive. But anyone who knows the alcoholic personality by firsthand contact knows that no true alky ever stops drinking permanently without undergoing a profound personality change."

<< << << >> >>

We thought "conditions" drove us to drink, and when we tried to correct these conditions and found that we couldn't do so to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were."

1. LETTER, 1940 2. TWELVE AND TWELVE.



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

A Desire To Stop Drinking

Continued from Page 1

I knew I was an alcoholic because psychologists had been telling me so for two years. They also told me to go to an AA meeting, but there was no way I was going to one of those. I wasn't living on the streets panhandling for money so I thought that I was okay. I just had a little obsession with alcohol. I still had a car, a family that loved and cared about me, and an opportunity to go to college. I was only nineteen years old when I truly had the desire to stop drinking.

Today, I thank my Higher Power for allowing me to see myself as He sees me and giving me the strength to make it to AA. Thank God that "The only requirement for AA membership is a desire to stop drinking." I've heard members of AA say that they are grateful to be an alcoholic. I thought they were seriously sick the first time I ever heard that. Now, I say the same thing about myself today. I am lucky to be alive. I am lucky to have been brought to the AA program before I slipped into another drink. I'm grateful for the depression I have gone through and the struggling that came along with not being a member of Alcoholics Anonymous. I was only twenty years old when I attended my first AA meeting. A year and a half dry, I thought I was crazy and didn't fit in.

I went to the Young People's Meeting of Alcoholics Anonymous on a Friday in Pacific Beach. The first person who shared their story made me feel like I was home for the first time in my whole life. They were telling my story. I cried for the entire hour and a half long meeting. Women I didn't know told me to "keep coming back:" and gave me their phone numbers. Finally, I found a safe place.

I was really scared though of what "you people" thought of me. I thought I had to be perfect because I hadn't drank for over a year. I thought that I knew more than any of you did. You listened to me and my story over the next year and then I finally understood why this AA thing had been around for so long. The only requirement to be a member is a desire to stop drinking. Just going to meetings

showed that I had a desire and I knew that I had been through hell and back again.

I fought the ways of A.A. for a while. I wanted to keep some of my old behaviors. They had proven so successful in the past and I tried to make them work NOW. Today I am twenty-three years old; I have been sober for a little over four years and a member of A.A. for a little over two and a half years. By the Grace of God I got here when I did. Not a minute too late or a minute too soon. I was welcomed with open arms because I had a desire to stop drinking. My obsession was finally lifted through step work and I am graduating from San Diego State University this May with a degree in Psychology. None of the things I have in my life today would be possible without the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Today my desire not to have a drink still exists and my life is full of integrity, honesty, and most of all, simplicity. I thank A.A. and the fellow member who heard my story on SDSU campus and knew my desire to stop drinking had earned me a seat along with all of you.

*Leah C., San Diego
Reprinted from
March 2001 San Diego AA Coordinator*



Opposite of Faith

Continued from page 1

On page 84 of the Big Book we are reminded that the ability to be sober is not something we could do on our own but that "God is doing for us what we could not do for ourselves". I was not able to get sober until I turned my will over to my higher power and in sobriety, I find that faith in my higher power is what sustains me. This relationship with and faith in my higher power is full of doubt though. Every day I have to recommit to giving my will over to God and letting go of my character defects so I can be useful to others and to my higher power. Throughout the day I am constantly fighting for control and fighting to take my will back, but this is all just part of the process of living! This is "progress not perfection"-we aren't even supposed to be certain. Faith is like this giant net all around me. A lot can happen inside this net-there are good days and hard days but, as long as I am seeking God's will, treating others with love and staying sober, God's light will always return. I have so much gratitude for the doubt in my

faith because it allows for God to show me over and over again that he will always be there for me. Because of my faith, little miracles occur when I give my will and life over to my higher power. In my faith, I feel full of the peace that only comes when I am living life in His will and not my own.

Prascilla



Getting sober in the Sixties through the Eighties was quite different than it is today.

Just think, no cellphones, no internet, no facebook!

How could it possibly have been achieved?

Well, please join us **Sat, Nov 23, 2024, 12:00pm-2:00pm** for our 39th annual ROOTs speaker event.

3096 Harding St, Carlsbad, CA 92008

Remember Our Old Timers' Stories features 4 speakers with over 40 years of sobriety sharing their experience, strength, and hope about getting sober in the Sixties-Seventies-Eighties and times were quite different back then! Come and hear for yourself.....it can be done!

Doors open at 11:30am to view our Archives Displays and original items on display.

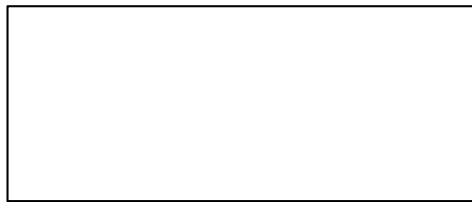
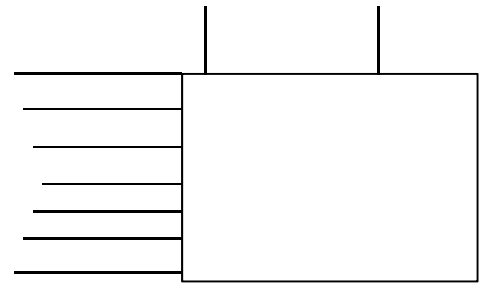
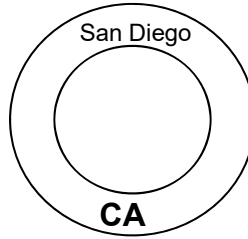
Tea and Coffee provided! And it's a tradition to bring cookies to share.

If you are interested in volunteering for this year's event, please contact Heidi-Archives Chair at

archives.area8@gmail.com

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

RETURN SERVICE REQUEST



October 2024

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