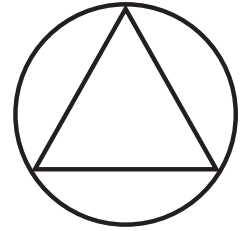




aasandiego.org

The San Diego AA Coordinator



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

We admitted we were powerless over alcohol—that our lives had become unmanageable. From the AA Big Book, p. 59

January 2024
VOL. LXII NO. 1

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"Carry the AA Message"

Join the fun, submit an article!

February (due 01/25/2024)

"Came to believe ..."

March (due 02/25/2024)

"Made a decision ..."

Submit *your* 27 to 1,000-word story at www.aasandiego.org using the "Submit" button in the Coordinator Newsletter section or email it to

sdaa.newsletter@gmail.com.

Article Web-Site

Find past articles from the San Diego AA Coordinator at www.sdaanewsletter.org

A Happy New Year

That hurt. Not that he attempted to drink his sorrows away. The fact that he felt the need to keep it to himself. See, my parents divorced when I was nine and my sister was in diapers. Being adults, they had their reasons, and all I knew was that things were changing. And somewhere in between nine and twenty-six,

Continued on Page 14

Understanding Step One

Sometimes We Pick the Fruit Before Its Ripe

I wish I could say that everyone that enters the doors of AA has an equal shot at getting sober and staying that way for the rest of their lives but, depending on the different reasons why each individual decides to give AA a chance, coupled with the degree of desperation that caused that person to delve into what the program has to offer, we get a variety of different results.

When I arrived at my first meeting, I was desperately looking for what I thought was a solution to an impossible situation. I was defeated and absolutely demoralized. Within minutes

Continued on Page 15

Secret Revealed

If Only He Had Told Us

My father died days after my birthday in 2012. He was 53 years old, just a few months shy of his 54th birthday. And it was honestly the shock in my life to date. It takes a lot to unnerve me, and his unexpected passing did just that. Never would have imagined that feeling in a million years. I would also have never guessed that he kept some important secrets from me and my sister. Like that he was a closet alcoholic.

24 HOUR PHONE: (619) 265-8762

E-MAIL: sdaaco@aol.com

OFFICE & BOOKSTORE:

Mon-Fri 10 am to 6 pm

Sat 9 am to 1 pm

Central Office Manager: Judi T.

Administrative Assistant: Lisa Ann O.



Share the Holiday Cheer!



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 are welcome and will be printed as space allows and as they are relevant to the upcoming topic(s) (*see page 1, bottom left*).

Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be - obtained at the Central Office.

Coordinating Council Officers:

Council Chair	Jonathan	councilchair@aasandiego.org
Council Assistant	Erik	assistantchair@aasandiego.org
After Hours Phones	Tim	afterhoursphonesd@aasandiego.org
Business Committee	TBD	businesschair@aasandiego.org
Program Committee	Kaye	program@aasandiego.org
Public Info	Butch	publicinformation@aasandiego.org
Newsletter	Amy B.	newsletter@aasandiego.org

Area Officers:

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

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

Contributors: Anka J., Rick R.

January Theme: *We admitted we were powerless over alcohol—that our lives had become unmanageable.*

To receive an electronic version of the newsletter *Please sign up to receive by email*

Send request to: sdaaco@aol.com

Committee Announcement

The Newsletter Committee needs members to write articles and poems, and to fold and collate the newsletter once a month. 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: sdaa.newsletter@gmail.com



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 [upload form](#).





H.A.L.T.
 Don't Get Too
 Hungry...Angry...
 Lonely...Tired

You are not alone.

*One Day
 at a Time*

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 Calls and Website Hits

Central Office is grateful for our Volunteers.

After Hours Phone Volunteers are welcome back at Central Office. Speak with your After Hours Section Leader for details

Website Hits	December	Total
	137,140	9,896,442

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 in Motion

CANCELLED

- AFTERNOON DELIGHT** **PACIFIC BEACH**
Club-downstairs @ 4861 Cass St
Daily @ 02:30 P Mo-Sa
- DEL CERRO MIXED STEP STUDY** **SAN CARLOS**
Church @ 6556 Park Ridge Blvd
Thursday @ 06:00 P Code(s): C
- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**
Centro Carretera @ Mar Mediterraneo
Thursday @ 10:00 A
- IMPERIAL BCH GROUP** **IMPERIAL BCH**
Church @ 866 Imperial BCH Blvd Friday
@ 07:30 P
- PRINCIPLES BEFORE PERSONALITIES**
WOMEN'S STEP STUDY **DESCANSO**
Church @ 25153 Viejas Blvd.
Wednesday @ 06:30 P Codes C W *

NEW

- BEGINNERS LIVING SOBER** **NORTH PARK**
Church @ 3725 30th St
ID #: 374 508 500; PW: 449449
Friday @ 10:00 A
- CELEBRATING WOMEN'S VOICES**
Club @ 5107 Waring Rd. **ALLIED GRDNS**
Tuesday @ 07:00 P Code(s): W
- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**
Centro Carretera @ Mar Mediterraneo
Saturday @ 10:00 A (Mens)
Friday @ 10:00 A (Mixed)
- HIS MAJESTY THE BABY** **PACIFIC BCH**
Club @ 4861 Cass St.
Thursday @ 07:00 P Code(s): C M

NEW (continued)

- RESTORED TO SANITY** **CARMEL VALLEY**
Recovery Ctr @ 11720 El Camino Real
Thursday @ 07:00 P Code(s): C W
- RULE 62 LUNCHEON** **PT LOMA**
Café @ 4865 N. Harbor Dr.
Wednesday @ 11:30 A
- THY WILL BE DONE NOT MINE** **ONLINE**
Online @ ID #: 857 2007 2065;
PW: 623851
Daily @ 08:00 A Code(s): C W

ONLINE INFO CHANGE

- SUNDAY KIND OF LOVE** **PACIFIC BEACH**
Church & Online @ 1050 Thomas Ave
ID #: 524 6078 732; PW: SKOL
Sunday @ 07:00 A
- TO THINE OWN SELF BE QUEER** **NORTH PARK**
Thrift Store & Online @ 4127 30th St
ID: 837 7375 9366; PW: AAQSDMT23
Saturday @ 09:30 A Code(s): LGBTQ *

OTHER

- DESCANSO STEP STUDY** **DESCANSO**
Church @ 25153 Viejas Blvd
Wednesday @ 06:30 P Code(s): *
Now Mixed, Open
- FRESH START BEGINNERS** **NORMAL HTS**
Coffee Shop @ 3343 Adams Ave
Sunday @ 09:00 A Code(s): * LGBTQ
Was at park, was at 9:30 am
- IB SOBER** **IMPERIAL BCH**
Church-Center @ 945 18th St
Sunday @ 07:00 P Code(s): *
Not outside, no need to bring a chair.

RELOCATED

- SISTERS IN SOLUTION** **SAN CARLOS**
Church @ 8350 Lake Murray Blvd
Tuesday @ 07:00 P Code(s): W
Was at 5107 Waring Rd.
- SKY HI WOMENS** **MISSION HILLS**
Church & Online @ 4044 Lark St
ID #: 901 437 0710; PW: 603321
Wednesday @ 12:00 N Code(s): C W *
Now Hybrid
- SPIRITUAL AWAKENING** **NORTH PARK**
Office & Online @ 2621 University Ave ()
ID #: 936 064 667; PW: @12Tried
Daily @ 07:00 A Saturday @ 09:30 A
ASL Thursday Code(s): LGBTQ *
Was at coffee shop on Park Blvd.
- STUDENTS IN SOBRIETY** **LA JOLLA**
The Exchange Bldg @ 4067 Miramar St.
Thursday @ 05:00 P Code(s): YP
Was at 9500 Gilman Dr.

REACTIVATED

- SERENITY ON THE SAND** **CORONADO**
Beach @ Isabella Ave & Ocean Blvd
Sunday @ 08:30 A
Next to 2 story lifeguard tower

TIME/DAY CHANGE

- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**
Centro Carretera & Online ID #: 477 679
0542; PW: meditation Wednesday @
12:00 N Was 6:00 PM
- GRUPO GRINGO (ENGLISH)** **ROSARITO BCH**
Centro Carretera @ Mar Mediterraneo
36-1 Monday @ 12:00 N Was 10:00 AM

Pamphlet

OF THE MONTH:

Is A.A. for You?
12 questions only you
can answer

“Question 12. Have you ever felt that your life would be better if you did not drink? Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A., we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.”
Reprinted with permission from A.A.W.S.

Minutes of the Coordinating Council
In Person and Online Meeting on Thursday, December 14^h, 2023 @ 7:00 pm

Andrew, Council Chair opened the 938th Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Richard, Area Alt Delegate reported:

I am pleased to announce that, effective tonight, you will have to see and listen to me at least once a month, for the next two years. My name is Adrian Ontiveros and I am the incoming Area 08 Alternate Delegate and also it's liaison to the Coordinating Council. Thank you to Richard O. for his service in this position. The Area passed it's 2024 Spending Plan at the November 11th Budget Assembly. There were other orders of business surrounding support of the Area's 12th Step work through its Servants & Committees. Our next Assembly is taking place on Saturday, January 13th in Rancho Bernardo. It is our Orientation Assembly & we will hopefully be welcoming many new & some returning GSRs and DCMs. We will be starting the 74th General Service Panel with a slate of new officers and other members of the Area Committee. There will be a training workshop for these new members in February. The General Service Conference agenda items will be front and center soon after that. We will be preparing our incoming Delegate for his trip to the GSC in New York. He will be armed with the informed conscience of our Area on the current topics and affairs surrounding A.A. as a whole.

H & I Representative: Blaine, H&I Representative reported:

We continue to take A.A. meetings & literature into places where people cannot get out to meetings. We are always in need of individuals who wish to do this service. We have more requests for panels than people to fill them. A brief orientation and suggested six months of sobriety is all that is needed to participate. **IMPORTANT NOTICE:** The Machinists' Hall is being remodeled and will be closed to us for the months of Dec, Jan, Feb. Our Contact on Release subcommittee, Policy Council, 3rd Sunday Orientation and Business Meeting will all take place virtually during this time. Our 3rd Thursday virtual orientation will continue as usual. The Zoom information for all this is on our website <sdhandi.org>
 LITERATURE PICKUP will be available in the Machinists' Hall parking lot at 5150 Kearney Mesa Rd 92111 at the usual time on 12/17/23, 1/21/2024, and 2/18/2024.

Intergroup Standing Committees Reports

After Hours Phones:

1. Tim, Chair was unable to attend but sent in that everything is going great with the After Hour Phones Committee.

Business Committee: Bill, Business Committee Co-Chair reported:

The Business Committee met on Tuesday, December 12th, 2023 at 6:00 pm.

November 2023 Financial Summary:

Net Revenue is **-\$870**. Our 2023 YTD Net Revenue is \$2,931. Group & Individual Contributions were \$11,948. Literature Sales Revenue & Bank Interest was \$1,683; while total office & committee expenses were **-\$14,641**.

Central Office Manager's Reports: Judi.

- December BOOK OF THE MONTH: All Grapevine Books, \$2.00 Off, Max: 5
- January BOOK OF THE MONTH: Living Sober, \$4.00 Regular \$6.00, Max: 5
- Meeting statistics: currently there are 1,025 meeting per week in Central San Diego. 929 of these are in person and 242 are online or hybrid (26%). This compares to July of 2022 when there were 1,055 meetings, with 776 are in person and 353 are online or hybrid (45%).
- The Big Book Initiative is off to a great start. Everyone who has been shopping in the bookstore so far this month has been really excited about the sale.
- We are continuing to get many positive reactions to the new arrangement of the bookstore.
- Central Office is in need of a Daytime Phone Volunteer every other Friday afternoon from 1-5 pm and to fill-in for our regular Volunteers when they are unable to fill their regular shift for whatever reason. Please call Central Office with your availability.
- Central Office is looking for volunteers to cover the phones for all shifts on Christmas Day and New Year's Day. This can be done remotely.
- Central Office will be closed on Monday, December 25 for Christmas Day & Monday January 1 for New Year's Day.
- Judi will be out of the office on December 21-22 & Lisa Ann will be out of the office Dec. 28-30.

New Business:

ACYPAA: In anticipation of the ACYPAA Conference in February, our area's Young People's Committee has requested that AA Central donate \$900 to fund 30 scholarship registrations for folks that may not be in a position to afford the registration fee of \$30. M/s/c.

Newsletter : No report

Continued from Page 5

Coordinator Outreach: Grace, member of the Outreach Committee reported:

1. The Outreach Committee attended 6 meetings this month – way to go!!
2. Members are needed for this committee

Orientation & Guidelines: No Report

Program Committee: Kaye shared that:

1. New Year's Eve Dance tickets are now on sale at Central Office for \$20 each. Tickets are selling slow so please take flyers to your meetings and spread the word!
2. Coordinators are also encouraged to buy tickets and sell them to their groups
3. This committee needs members

Public Information Committee: No report

Quorum was established; 34 Coordinators were present

Approved November 2023 Meeting Minutes

OLD BUSINESS:

1. ERC Ad-Hoc Committee Report: Peter reported that any further action on the part of the ERC Ad-Hoc Committee will be delayed until the impact of the Big Book Initiative is established. He also reported that Bill, the former Committee Chair had to step down due to a family emergency and that the Committee elected him as the new Chair.
2. Logo Contest: Judi reported that there haven't been any submissions to date for the Central Office Logo contest and introduced a new flyer that can be distributed to the groups to further publicize the contest.
3. Area Lock Box at Central Office: Judi reported that the Area has installed their lock box at Central Office for the convenience of members to drop off Area and District contributions when bringing in contributions for Central Office. There has been a specific request from the Area to bring checks only – no cash please!

NEW BUSINESS:

1. Council Elections: Congratulations to Jonathan, current Council Co-Chair who was elected as the 2024 Council Chair and to Erik M. who was elected as the 2024 Council Co-Chair! We do still need a new Coffee maker for 2024.
2. Shawn T., a member of the Area Young Peoples Committee presented on a Trustees Workshop which will be held on February 10th, 2024 from 12-4pm at the Wyndham Bayside Pacific Ballroom in San Diego. His request was for the Intergroup to fund the workshop by donating \$1,000. A motion was made and seconded. There was a Q&A and discussion. Motion carried 23 – Y, 4 – N, 0 – A.

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.

Birthdays: Happy Birthday to Tami with 4 years, Grace with 5 years, Adrian with 8 years, Richard with 15 years and Rae with 30 years for a Grand Total of 62 years!!!

Reminders:

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

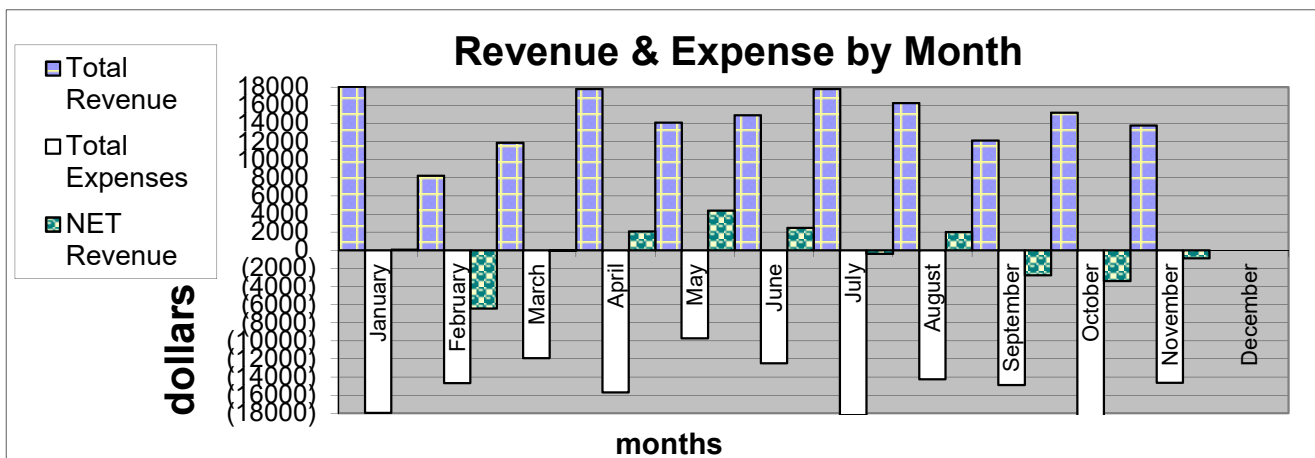
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

**San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of November 30, 2023**

	Nov 23	Nov 22	YTD '23	YTD '22	\$ Change	Budget '23
Ordinary Revenue/Expense						
Revenue						
Contributions Group	10,767.59	9,842.62	132,569.90	138,495.47	(5,925.57)	144,450.00
Contributions Individual	1,180.11	492.25	12,059.15	13,789.66	(1,730.51)	8,544.00
Contributions SDIAA	140.00	-	-	-	-	725.00
Interest - Cert of Deposits	459.39	166.79	3,903.80	635.15	3,268.65	3,000.00
Literature Revenue (see schedule)	1,223.81	315.42	10,658.90	2,343.35	8,315.55	9,908.00
Total Revenue	13,770.90	10,817.08	159,331.75	155,263.63	3,928.12	166,627.00
Expense						
Accounting & Legal	70.00	-	8,131.00	2,585.00	5,546.00	8,721.00
Auto/Travel/Seminar	17.00	9.00	2,144.33	1,487.25	657.08	2,500.00
Bank Service Charges	-	-	30.00	60.00	(30.00)	50.00
Cash (Over) Short	(7.85)	(3.14)	8.68	(48.91)	57.59	10.00
Equipment Maint & Repair	55.49	51.36	660.77	853.86	(193.09)	1,000.00
Equipment Purchase	-	3,914.37	1,954.77	6,263.46	(4,308.69)	2,000.00
Insurance	81.46	81.46	862.64	832.79	29.85	900.00
Office Maint. & Repairs	303.00	-	1,395.64	357.00	1,038.64	500.00
Office Supplies	422.87	443.31	3,866.52	3,876.33	(9.81)	3,500.00
Rent	2,060.00	2,020.00	22,500.00	22,060.00	440.00	24,560.00
Taxes	-	-	75.00	75.00	-	80.00
Telephone	555.50	421.03	1,965.69	1,625.17	340.52	1,600.00
Utilities-Electricity	337.69	460.74	6,120.18	4,850.07	1,270.11	6,000.00
Website	58.50	9.00	148.52	65.65	82.87	-
EMPLOYEES						
Accrued Payroll Taxes	631.42	811.73	6,833.70	6,513.66	320.04	9,314.00
Employee Wages	8,237.34	10,610.97	76,809.07	80,670.14	(3,861.07)	90,865.00
Employee 403B Contribution	-	-	-	-	-	-
Employee Health Benefit	937.88	822.35	10,316.68	8,864.22	1,452.46	11,255.00
Insurance Worker's Comp	44.61	44.61	490.71	490.71	-	550.00
Total Office Expense	13,804.91	19,696.79	144,313.90	140,990.69	3,323.21	163,405.00
Standing Committees Expense (see schedule)	835.99	2,061.84	12,087.09	8,596.78	3,490.31	14,403.00
Total Expense	14,640.90	21,758.63	156,400.99	149,587.47	6,813.52	177,808.00
Net Revenue	(870.00)	(10,941.55)	2,930.76	5,676.16	(2,745.40)	(11,181.00)



Group Contributions November 2023

Group	Nov-23	Ytd 23	Group	Nov-23	Ytd 23
10 AND 11 - 3245	-	25.00	Friday Night Big Book Study - 102	150.00	589.00
11th Step Journey - 2622	-	50.00	Friday Night Gratitude - 2829	-	610.00
3 O'Clocker - 2201	-	400.00	Friday Night Irregulars - 2889	180.12	840.62
4077 Mash Step 11 - 2027	-	225.00	Friday Night Landing Zone - 1722	-	400.00
4th Edition Big Book - 2569	125.00	425.00	Friday Night Mens - 188	-	425.00
52 From The Big Blue	-	335.00	Friday Online 12 x 12 Step Study - 3351	-	457.00
530 Meditation - 3085	-	316.50	Friday Spring Valley Lunch - 2732	-	35.50
9 AM with a View - 3397	-	40.00	Garnet Group - 1129	-	91.00
9 pm Discussion - 3366	-	140.00	Gilman Group - 1988	-	837.00
A Womens Meeting - 1717	-	1,380.00	Girls Gone Mild - 3253	-	150.00
AA By The Bay - 629	-	125.00	God Squad Too - 2809	-	138.90
Alpine Group - 6	-	100.00	Goldmine Speakers - 2613	-	145.00
Alpine Mixed Step Study - 2621	-	114.00	Good Morning AA - 1888	-	948.00
B.Y.O.B. (North Park) - 203	119.77	869.77	Good News Bad News - 2833	-	35.00
Back to Basics - 1026	150.00	150.00	Great Fact Group - 895	-	245.00
Barefoot - 139	-	100.00	Happy Hour Meeting - 1038	-	317.80
Battery Chargers - 98	-	240.00	Harmony Group - 585	216.00	3,153.00
Bayside Big Book Study - 1610	-	75.00	Haul Your Hiney Out Of Bed - 704	-	347.12
Bayside Bonfire Group - 1139	-	200.00	Hi-Nooners - 673	-	350.00
Beach Area Beginners - 272	-	127.00	HOW @ Noon - 2998	-	1,350.00
Beautiful Beginnings - 552	-	70.80	I. B. Up - 2565	170.00	410.00
Big Bon-Fire Meeting - 1894	-	50.00	IB Sober - 3161	-	17.40
Big Book Awakening - 3387	-	175.00	It's In The Book - 2030	-	100.00
Bonita Boozers - 2179	159.00	309.00	Jaywalkers - 3100	-	325.00
Bonita Womens Big Book Study - 3112	100.00	100.00	Jump Start - 2174	-	25.69
Carrying the Message - 2458	-	150.00	Just Us Girls - 929	-	198.77
Casa De Oro Tradition Five - 503	-	250.00	Knuckleheads - 3182	-	1,125.00
Casa De Oro Weds Nite - 2049	-	636.80	La Jolla Beginners Group - 82	-	851.00
Cedar St Daily Online - 3270	-	50.00	La Jolla Discussion Group - 85	-	36.00
Cedar Street Mens - 1698	425.00	1,302.25	La Jolla Monday Womens - 87	-	900.00
Channeling Serenity - 3425	-	411.00	La Jolla Nonsmokers Disc - 88	700.00	700.00
Chula Vista 4 Min Speakers - 1568	-	138.00	La Jolla Pump House Group - 696	-	471.00
Clairemont Mens - 301	-	526.20	La Jolla Sunrise - 2684	-	800.00
Clairemont Mixed Discussion - 338	-	359.00	La Mesa 12 x 12 Study Group - 107	-	200.00
Clairemont Thurs. Brown Bag - 315	-	50.00	La Mesa 12 X12 - 2588	-	80.00
Clairemont Wednesday Group - 303	-	162.00	La Mesa Mens - 106	-	195.37
Clairemont Womens Discussion - 340	200.00	470.00	La Mesa Step Study Workshop - 1621	-	304.56
Clairemont Womens Step Study - 341	-	1,121.50	La Mesa Womens Sat. Morning - 416	340.00	540.00
Class Acts - 1845	-	515.20	LAGUNA MOUNTAIN GROUP	-	404.64
Coffee Clutchers - 2332	100.00	1,050.00	Lakeside Drunks - 2423	-	100.00
Conscious Contact Meditation - 2834	-	500.00	Late Risers - 473	-	156.32
Coronado Mens Meeting - 405	-	112.00	Lemon Grove Speakers - 2574	-	170.90
D.D.G.T.M. - 767	-	150.00	Linda Vista Mens - 320	-	262.64
D.I.R.T.B.A.G.S. - 2410	-	492.00	Little Apple Group - 1438	150.00	200.00
Daily Reflection - 3114	-	900.00	Living Free - 477	-	4,007.43
Daily Reflections - 2097	-	70.00	LJ We Are Not A Glum Lot - 3355	-	260.00
Dawn Patrol Online - 3275	-	424.49	Lunchtime Friends - 964	-	150.00
Deerhorn Group - 2063	-	200.00	Lushes Lunch Tuesday - 2641	386.15	1,018.54
Del Cerro Mixed - 3376	-	882.70	Mens Focused Step Study - 3217	-	419.00
Descanso Step Study - 3010	-	167.80	Mens Jelly Donut - 3118	-	200.00
Designs For Living - 488	-	800.00	Mens Step Study - 965	50.00	125.00
Diamond St Mens Step Study - 569	-	726.80	Mens Structured Step Study - 1469	-	75.00
Dignity Unlimited - 205	-	250.00	Mid-Week Mens - 560	300.00	2,100.00
Don't Be a Dick - 3419	-	200.00	Mid-Week Mens Online- 3243	-	169.00
Downtown Discussion - 1665	-	102.01	Midday Miracles - 3242	23.76	337.74
Downtown Noon Discussion - 1607	-	203.00	Midway Bridge - 2171	-	145.00
Drunks Only - 1605	-	2,400.00	Mira Mesa Early Risers - 967	-	1,350.00
Each Day A New Beginning - 509	-	278.30	Mira Mesa Friday Night AA Disc - 379	-	175.00
Early Risers (PB) - 264	500.00	1,170.00	Mira Mesa Sunday Morning Mens - 693	-	72.00
East Co. Young People Rule 62 - 2797	-	187.00	Miracles on Mondays - 565	-	150.00
East Side Group - 101	-	265.00	Mission Bay Daily Reflections - 1692	-	325.00
Eastlake Grns Attitude Adjustment-2691	100.00	450.00	Mission Hills Beginners - 1612	160.00	160.00
Eastlake New Beginnings S/S - 2673	-	62.50	Mission Hills Late Night - 2773	50.00	675.00
Easy Does It Riders - 21	90.00	246.00	Mission Hills Lunch Bunch - 2675	-	250.00
Easy Risers - 854	100.00	400.00	Mission Possible - 131	-	597.50
El Cajon Beginners - 2876	-	125.00	Monday At A Time - 2875	-	498.00
El Cajon Nooner - 2638	-	1,346.00	Monday Night Live - 3219	-	100.00
El Cajon Womens Serenity - 77	-	213.75	Mt Soledad Mens - 717	-	1,205.00
Emotional Sobriety (Hillcrest) - 2536	-	290.00	No Matter What Woman's Group - 2325	-	100.00
Evening In Harmony - 2864	-	100.00	Noon At The Grove - 628	-	1,625.00
Evening Serenity - 2305	150.00	800.00	Noon w/ a View Beginners Mtg - 3249	1,435.00	4,979.00
Every Night at Six - 3241	-	686.00	Nooners Anonymous - 1164	-	508.00
Everynighters Online - 2997	-	313.36	Noontime on the Patio - 2203	-	600.00
Eye Opener Group - 607	46.87	312.00	Normal Hts Young Peoples SS - 3407	-	217.75
Fairmont Park Discussion - 2832	130.00	34.00	North Clairemont - 1102	-	190.00
Fellowship of the Spirit Candle - 3383	-	46.87	North Park Mens - 465	30.60	405.36
First Mira Mesa Mens - 300	-	533.50	North Shores Breakfast - 275	68.89	155.89
Fishermen In Recovery - 2863	-	126.00	O.B. Womens Step Study - 2730	90.00	167.00
Fletcher Hills Smokeless - 59	150.00	200.00	Old Timers Group - 2037	-	150.00
Free At Last - 2888	-	100.00	On The Corner - 2384	300.00	1,406.00
Freedom - 3447	50.00	150.00	One Step Ahead - 715	-	200.00
Fresh Start Beginners - 2609	-	658.00	Original Anonymous Anonymous - 154	-	150.00
Friday Afternoons - 318	-	50.00	Original Tues Night Step Study - 2124	-	250.00
Friday Morning Step Study - 3216	-	40.00	Our Daily Reprieve - 3339	-	200.00
Friday Morning Womens - 104	249.00	250.00	Over The Bridge - 2689	-	1,642.02

Group Contributions November 2023

Group	Nov-23	Ytd 23	Group	Nov-23	Ytd 23
Pacific Beach Weekend Warmup - 725	140.00	455.00	T.G.I.F. - 1658	-	250.00
Pass It On Big Book Study Group-2860	-	926.50	The 530 - 3266	-	350.00
Poinsettia Group - 2210	-	170.00	The Common Solution - 3007	-	412.09
Point Loma Mens - 245	-	1,361.40	The Gathering Of Goddesses - 2890	-	346.20
Point Loma Nooners - 1606	-	250.00	The Gift - 2954	-	662.50
Porter Hall Structured S/S - 97	100.00	100.00	The Grapevine - 2794	-	52.00
Principles Before Personalities - 3429	-	72.75	The Hole In The Doughnut - 2737	-	770.00
Progress Rather Than Perfection-2682	-	500.00	The Huddle in the Park - 3278	1,500.00	5,410.18
Pt Loma Fri Afternoon 12 & 12 - 244	-	352.50	The Language of the Heart - 3066	-	167.78
Pt Loma Womens Discussion - 1608	-	404.00	The Nine Thirty - 2997	-	151.17
Radical Acceptance Meeting - 2961	629.16	2,236.52	The Open Book - 3190	-	88.00
Rainbow Group - 570	-	500.00	The Other Meeting - 857	-	402.50
RAM-Z - 3323	10.00	20.00	The Rogue Meeting - 3338	-	2,942.05
Resentment and A Coffee Pot - 2561	-	168.90	The We Group Speakers - 2835	-	300.00
Riding Sober - 3054	-	428.00	There is a Solution - 2680	-	100.00
Rise & Shine - 2170	119.00	2,285.89	Thurs Night Womens Speakers - 183	-	125.00
Rocket Riders - 1730	-	160.00	Thurs. Nite Mens Big Bk Stdy - 1748	-	150.00
Room 65 - 3052	185.35	350.00	Thursday Steps - 646	-	132.00
S.D. Speakers Meeting -152	-	275.00	Tierrasanta Friday Night - 2645	-	350.00
Safe Sane and Sober - 1350	-	235.00	Tierrasanta Morning Serenity - 2811	-	183.00
San Carlos Single Purpose - 583	-	120.50	Toes in the Sand - 3282	-	1,190.14
Santee Mens Group - 2972	-	450.00	Top of The Hill - 41	-	325.00
Santee Serenity Group - 1943	-	931.32	Torrey Pines Open Disc - 94	-	222.00
Santee Sunday Morning Mens - 3076	-	1,086.00	Trudgers Mens Step Study - 3008	-	50.00
Sat Mens Early Awakening - 2209	-	776.00	Tues Night Mens Step Study - 1813	-	250.00
Sat Night Early Discussion - 336	-	275.00	Tuesday Morning Alpine - 440	-	307.38
Saturday A.M. Live - 782	-	369.00	Tuesday Morning Group - 3089	25.00	25.00
Scripps Ranch Men's Two - 2776	120.00	280.00	Tuesday Night Sobriety - 708	-	190.00
Scripps Ranch Mens - 3168	-	326.20	Tuesday Nite Live - 643	-	100.00
Serenity Seekers - 3232	-	1,010.00	Two A's Over Easy - 2106	-	135.00
Sisters in Serenity - 3260	-	99.20	University City Disc.- 368	-	299.75
Sisters In Sobriety - 3127	-	418.60	University City Womens - 369	-	885.00
Sisters in Solution - 3272	-	1,078.92	Valley Girls - 2617	-	460.00
Sky Hi Womens - 1633	-	156.00	Veterans Leave No One Behind - 2038	-	100.00
Sobearity - 3129	18.39	68.39	Wake Up Call - 1932	-	400.00
Sober Minded Leather Folk - 1882	-	150.00	War Fever - 880	-	321.29
Sober Nooners - 196	-	100.00	Warm and Friendly - 42	-	50.00
Sober Roses Womens Step Study-2946	-	80.00	Water Walkers - 5	-	400.00
Sober Saturday - 3051	139.75	139.75	Water Walkers Too - 1946	-	1,200.00
Sober Saturday - 483	-	495.00	Way Up and Out - 415	-	63.57
Sobriety At All Cost - 3006	-	633.79	Wednesday Night Promises - 2167	-	100.00
Sobriety On State and Date - 2697	415.00	1,219.22	Welcome Home - 2318	-	186.00
Sobriety on Sunday - 3367	-	50.00	What is Great - 3286	-	174.63
Sole Purpose Group - 1657	-	210.00	What Now? - 325	-	50.00
Sons of God - 2789	-	700.00	White Flag Outdoors - 2788	-	416.00
South Bay Step Study - 2312	-	100.00	Wholesale Miracles - 2474	34.00	484.50
South Clairemont - 305	150.00	350.00	Why are We Here - 3437	-	100.00
South Park Sobriety - 1015	-	80.00	Womans Gut Level - 1701	-	270.00
Spiritual Awakening - 2275	-	2,357.03	Womans Let Go and Let God - 446	-	75.00
Spiritual Awakenings Step Study - 3174	-	200.00	Women's Joy Of Living - 2636	300.00	300.00
Steps 10 & 11 @ 5 am Online -3023	-	20.00	Women's Step Study/In Between	-	405.50
Strength In Women - 2955	-	50.00	Women In Harmony - 1807	-	233.88
Sunday Beach Sun-Day - 568	-	156.50	Women In Sobriety - 697	-	100.00
Sunday Kind of Love - 429	-	153.00	Womens Attitude of Gratitude - 2751	-	217.00
Sunday Midday - 161	-	337.50	Womens Step Study - 296	-	430.25
Sunday Morning Eleventh Step - 1206	-	300.00	Womens Thursday Nite - 514	-	202.20
Sun Morning Spiritual Meeting - 1700	-	84.00	Womens TLC - 2814	-	69.41
			Womens Way To Recovery - 838	-	75.00



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!



Does Your Meeting Have a Voice? Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. Each individual group in San Diego County is entitled to representation. Is your group represented? Call 619-265-8762 to find out. The Council meets on the 2nd Thursday of every month. Make sure YOUR group gets heard.

Central Office Notes

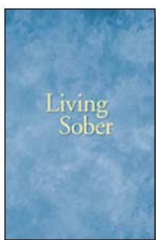
2024 Holidays - Central Office/Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
February 19	President's Day	Monday
May 27	Memorial Day	Monday
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

November 2023 Group Contributions	\$10,768
Individual Contributions	\$1,320
Literature & Interest	\$1,683
Total Revenue	\$13,771
Central Office Expenses	-\$13,805
Committee Expenses	-\$836
Total Expenses	-\$14,641
November 2023 Net Revenue	-\$870
2023 YTD Revenue	\$2,931

Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & *we NEED your support* (& your group's voice & vote!). There are over 650 groups in San Diego & only 38 representatives at last month's Council meeting (what?!). The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens each month before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

Living Sober



“Using the **SERENITY** Prayer – On the walls of **THOUSANDS** of A.A. meeting **ROOMS**, in any of a **VARIETY** of languages, this **INVOCATION** can be seen: ‘God **GRANT** me the serenity to accept the things I cannot **CHANGE**, Courage to change the things I can, And **WISDOM** to know the difference.’ A.A. did not **ORIGINATE** it. **VERSIONS** of it seem to have been used for **CENTURIES** in various **FAITHS**, and it is now widely current outside A.A., as well as within the Fellowship. Whether we belong to this church or that, whether we are humanists, agnostics, or atheists, most of us have found these words a **WONDERFUL** guide in getting **SOBER**, staying sober, and

enjoying our sobriety. Whether we see the Serenity **PRAYER** as an actual prayer or just as a **FERVENT** wish, it offers a **SIMPLE** prescription for a healthy **EMOTIONAL** life. We’ve put one thing right at the head of the list among ‘the things we **CANNOT** change’: our alcoholism. No **MATTER** what we do, we know that **TOMORROW** we won’t suddenly be nonalcoholic—any more than we’ll be ten years **YOUNGER** or six inches **TALLER**. We couldn’t change our alcoholism. But we didn’t say **MEEKLY**, ‘All right, I’m an alcoholic. Guess I’ll just have to drink **MYSELF** to **DEATH**.’ There was something we could change. We didn’t have to be **DRUNK** alcoholics. We could become sober alcoholics. Yes, that did take **COURAGE**. And we needed a **FLASH** of wisdom to see that it was **POSSIBLE**, that we could change ourselves.” Page 18, *Reprinted with permission from A.A.W.S.*

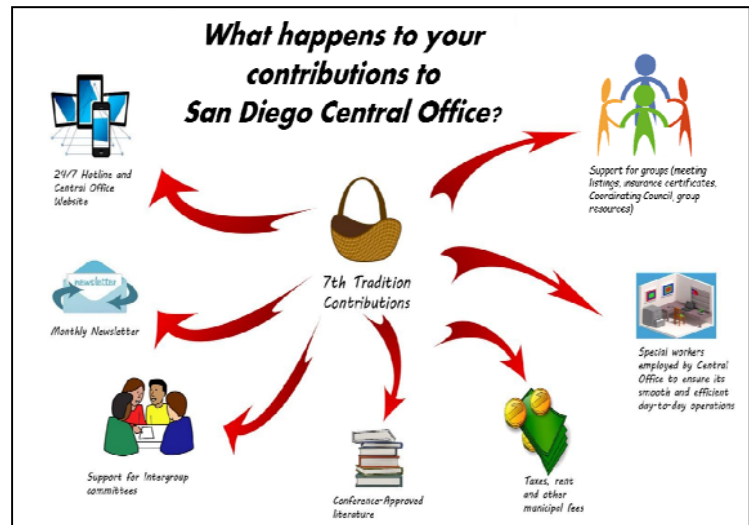


A.A. Economics

Many are sober today as a direct result of a call made to San Diego A.A. Intergroup, from finding a meeting on the aasandiego.org website and/or by reading A.A. literature purchased from Central Office. To run the phones, publish the schedules and have literature available for sale takes financial resources.

A basic principle of A.A. is that it will always be self-supporting through its own contributions. A dollar contribution in a basket was considered appropriate in the 1960s — a dollar that could buy over \$10 worth of goods today.

A \$2.00 (or more) contribution the next time the 7th Tradition basket goes around will go a long way to ensure that an A.A. meeting will always be there for us when we need one.



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

Thank you for supporting your Central Office in carrying the message to the still suffering alcoholic

- ◇ The Central Office cannot mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!
- ◇ Send your Contributions to:

San Diego Central Office
7075 Mission Gorge Road, Suite B
San Diego, CA 92120



Coordinating Council Attendance

Things to Do, And Places to Go

Thank you to the following 34 Groups whose Coordinators attended the December San Diego Intergroup Coordinating Council.

**There are 628 groups in San Diego:
WAS YOUR GROUP THERE?**

Imperial Valley A.A. Roundup

When: January 26-28, 2024
Where: Brawley, CA
Info: Call Central Office 619-265-8762

Inland Empire AA Convention

When: April 18-21, 2024
Where: San Jacinto, CA
Info: www.IEAAC.org

Woodstock West

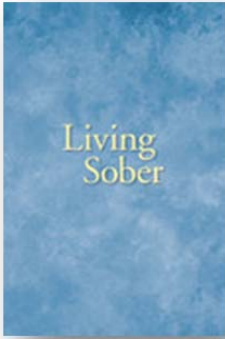
When: May 17- May 19, 2024
Where: Los Angeles, CA
Info: www.woodstockwest.biz

- 4077 MASH STEP11
- B.Y.O.B
- CASA DE ORO TRADITION FIVE
- CLAIREMONT MENS
- COFFEE CLUTCHERS
- DAILY REFLECTIONS ONLINE
- DOWNTOWN DISCUSSION
- EL CAJON WOMEN'S SERENITY
- EVERY NIGHT AT SIX
- EYE OPENER GROUP
- FIRST MIRA MESA MENS
- FRIDAY MORNING WOMENS
- FRIDAY NIGHT IRREGULARS
- FULL MEASURE FRIDAY
- INTO THE 4TH DIMENSION
- JUMP START
- MIDDAY MIRACLES

- MID-WEEK MENS
- MISSION HILLS BEGINNERS
- OLD TOWN SPEAKERS
- ON THE CORNER
- OVER THE BRIDGE
- RADICAL ACCEPTANCE MEETING
- SAN CARLOS SINGLE PURPOSE
- SCRIPPS RANCH MENS
- SCRIPPS RANCH MENS TWO
- SISTERS IN SOLUTION
- SOBRIETY AT ALL COSTS
- SOBRIETY ON STATE AND DATE
- SUNDAY MIDDAY
- THE COMMON SOLUTION
- THE NINE THIRTY
- THE WE GROUP
- VALLEY GIRLS

Event flyers with more details can be found at www.aasandiego.org/events

Next Council Meeting: Thursday, January 11, 2024. Council meets at 7:00 pm (Orientation 6:15 pm) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!



Book of the Month: **Living Sober**

“Making use of ‘telephone therapy’: When we were first trying to achieve sobriety, many of us found ourselves taking a drink without planning to. Sometimes, it seemed to happen practically without our knowing it. There was no conscious decision to drink, and there was no real thought about possible consequences. We had not intended to set off an entire drinking episode. Now we have learned that simply postponing that first drink, putting something else in its place, provides us with a chance to think about our drinking history, to think about the disease of alcoholism, and to think about the probable results of starting to drink. Fortunately, we can do more than just think about it, and we do. We telephone someone.

When we stopped drinking, we were told repeatedly to get A.A. people’s telephone numbers, and instead of drinking, to phone these people. At first, the thought of telephoning a new acquaintance, someone we barely knew, seemed strange, and most of us were reluctant. But the A.A.’s—those with more nondrinking days behind them than we had—kept suggesting it. They said they understood why we hesitated, because they had felt the same way. Nevertheless, they said, just try it, at least once. And so, finally, thousands and thousands of us have. To our relief, it turned out to be an easy, pleasant experience. Best of all, it worked. Maybe the quickest way to understand this, before you try it, is to put yourself mentally in the place of the person being called. It is a rewarding and gratifying thing to be trusted that much. So the person receiving the call is almost invariably nice, even charming, about it—not at all surprised, and even glad to hear from us.” Page 23, *Reprinted with permission from A.A.W.S.*

Secret Revealed

If Only He Had Told Us

Continued from Page 1

our father/ daughter relationship went for a roller coaster ride. Whether it was visiting for every other weekend, disappearing for several years without a phone call or letter, surprising his way back into our lives and so forth, the list could go on. But the most important point of this back story is to clarify that after all the ups and downs, we were actually slowly working on rebuilding our relationship. It would never be what it could have been based on in the past, but it was going to be far more than nothing.

In fact, things were going so well in our efforts that we were independently making plans to spend time with him. In January 2012, my conversation with him literally had been, "Hey Dad, I need a vacation, and sis has a break coming up. Guess what? Your princesses are flying over to spend time with you in sunny paradise in March! Get the red carpet ready!" And he joked right back, "Thank God I am bald already, or I would lose all my hair due to financial stress." And I know he was really excited that we wanted to come see him, and about our actual visit! We were talking more frequently and about things like trying to figure out how to bring his favorite pizza frozen on the plane from Chicago or what we were going to do while together. We had just

finished making flight arrangements for my sister over the phone. I was trying to wrap up a big project at work that week so I told him I would call over the weekend since the trip was only 2 weeks away. But not even three days passed when I got the phone call that he had had a heart attack in his sleep and had died overnight. I didn't believe it. I dialed his cell phone and just got his voicemail. How was this happening? It felt like we had JUST gotten off the phone about flight arrangements. I mean, how could he die? We were coming to see him!

But it *was* happening. Flying to California, making arrangements, entering his new apartment for the first time, finding vodka bottles throughout, numbly dealing and trying to make sense of it all while trying to accept that this was the reality. As we were packing, I found paperwork, receipts, and AA newsletters.

My father was an alcoholic. And he was seeking treatment. All those random trips he took that we thought were for training for his vocation? AA rehab. And I never bothered to think otherwise because the stories he told made complete sense. Why would I doubt him at this point in our lives?

We are not the type of kids to judge harshly, or who would have yelled at him over the fibs and the alcoholism. And it would not have changed my perception of my father to be completely frank. It would have simply brought to light that my dad was really not happy with whatever it was that had or was happening in his life. It takes an individual a LOT of courage to admit that s/he needs help. We would have been a mini cheering squad just for him- even if he was having a hard time coping.

I will never know what his reasons were for not sharing, but I forgive him. And I am so proud that despite all of his mistakes, that he was able to find the resolve to admit it to himself and seek support. I only wish he had given himself the chance to experience our encouragement, and to participate in our lives unfolding before us through graduations, weddings, babies, and all the dreams and chapters that make life so beautiful.

~ Anka J.

Understanding Step One

Sometimes We Pick the Fruit Before its Ripe

Continued from Page 1

of being exposed to the sober members of that group I was convinced that I had found the solution to my hopeless condition and the desire to drink was removed from me on the spot and has never returned. That was on Oct. 15, 1969. I wish every new member could have that type of experience, but we know that many of us are not that receptive in the beginning. Most of the members of that early group were over forty years old and I was only 28 yrs. old but I was the exception at that time.

Meetings were much smaller since there were no rehab facilities intervening in the alcoholic's drinking escapades, so they did not start hitting their bottom till their forties or fifties and it had something to do with midlife crisis or was that just a coincidence. What I do see that is different from my experience is the blurred line when comes to the first requirement for AA membership: "a desire to stop drinking," or employer told me that I had to stop drinking, considering the relief I got from the bottle, I doubt that I would have been as receptive to getting sober, and if I had, I am sure I would have relapses as much as any of those who, unfortunately, struggle with staying sober. It appears that many of the AA members of today have seen a high percentage of relapses

and they attribute that as an abysmal success ratio in AA, but they assume that just because they were sent to AA, from a rehab facility that they should be lumped in with those, like me, who had a desire to stop drinking and came in looking for answers. These relapses are the natural result when the desire to drink is stronger than the desire to stay sober.

In the Foreword to the second edition of the Big Book it says: Of alcoholics who came to AA, and really tried, 50% got sober at once and remained that way: 25% sobered up after some relapses. I often ask a newcomer what caused them to give AA a visit and most of them say that the main reasons were DUI's, Work related requirements, and spouse's ultimatums. Occasionally someone says, "I just ran out of ideas, and I need help". The latter is usually the one in ten that stays sober without relapse. I also believe that if you counted only the ones that came in searching for answers, the same ratio as in the foreword to the Big Book would still apply. Seventy five percent is not bad. The good news is that many of the members that are here as the result of intervention or other motivations often become

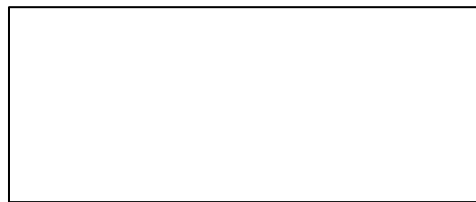
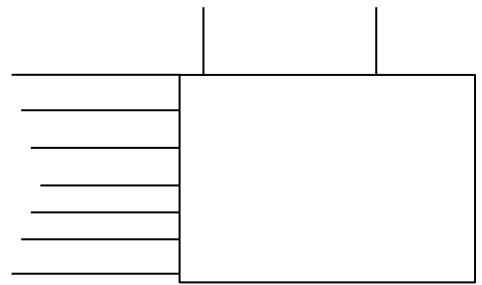
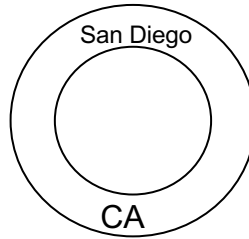
what they refer to as the "educational variety" often get sober years before they would have had they not been intervened upon. We treat these brothers and sisters with empathy, compassion and understanding. The awareness in the community has taken away much of the stigma (not all) of being cursed with the disease of alcoholism and where we had meetings totaling ten or twelve members, we now have twenty to forty members attending. Sometimes the fruit gets picked before it is ripe, but it is never discarded.

~ Rick R.



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

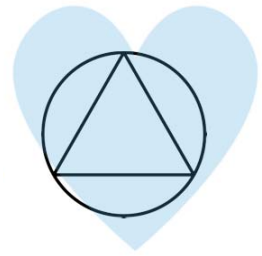
RETURN SERVICE REQUEST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1					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						



The San Diego AA Coordinator



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

Came to believe that a power greater than ourselves could restore us to sanity. From the AA Big Book, p. 59

FEBRUARY 2024
VOL. LXII NO. 02

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- Word Search..... p.11
- Upcoming Events..... p. 13

"Carry the AA Message"

Join the fun and submit an article!

March (due 02/23/24)

"Made a decision ..."

April (due 03/23/24)

"Made a searching and..."

Submit your 27 to 1,000-word story at www.aasandiego.org using the "Submit" button in the Coordinator Newsletter section or email it to sdaa.newsletter@gmail.com.

Article Web-Site

Find past articles from the San Diego AA Coordinator at www.sdaanewsletter.org



Being Honest with Myself

The Denial Within Me Was Gone

Years before I came to AA, I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try AA. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves and others.

Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options, I came to AA looking for answers.

The denial within me was gone. My mind was open and for the first

Continued on Page 14



The Prayer of St. Francis

From the smallest seeds of hope I began a journey in AA that would bring me to a power that could not only keep me sober but also teach me a spiritual solution for all my problems.

I only came to these rooms (and this fellowship) to get a few days of sobriety and to make some of my more urgent problems go away. I walked in out of desperation – I believed I was

Continued on Page 14

Self-Sponsoring

Until I walked into the rooms of AA, I had never met another alcoholic in recovery. I did not know what the twelve steps were, nor did I understand the concept of a sponsor. But I was eager to stay sober and thought I was willing.

Being a college graduate and having years of experience managing projects and people, I decided to attack the steps with the same discipline I did any

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SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** www.aasandiego.org**E-MAIL:** sdaaco@aol.com**Mon-Fri 10 am to 6 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 SDAA.newsletter@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

Coordinating Council Officers:

Council Chair	Jonathan	councilchair@aasandiego.org
Council Assistant	Erik	assistantchair@aasandiego.org
After Hours Phones	Tim	afterhoursphones@aasandiego.org
Business Committee	Rae	businesschair@aasandiego.org
Program Committee	Kaye	program@aasandiego.org
Public Info	April	publicinformation@aasandiego.org
Newsletter	Amy	newsletter@aasandiego.org

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:** Rick R, Frank L., and Carolyn F**February Theme:** "Came to believe..."**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, and to fold and collate the newsletter once a month. 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: sdaa.newsletter@gmail.com

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](#).



Heard at Meetings



- *Treat your mind like a bad neighborhood – don't go there alone.*
- *Ten out of ten people die, so don't take life too seriously.*
- *Be profound, funny, or quiet.*
- *After you talk in a meeting, listen to hear if you said anything.*
- *I don't need your help today. Love, God.*
- *Our sickness is between our ears.*
- *Want to hear God laugh? Don't expect to learn about people from books; a person can't fit in a bookcase.*
- *Now I can wake up and say, "Good morning, God!" rather than "Good God, it's morning!"*
- *When I turned myself over to God, I took my life out of the hands of an idiot.*
- *When the world comes to an end, it will do so without my permission.*
- *If you pray for a Cadillac and God sends a jackass, ride it.*
- *The man who sponsors himself has a fool for a sponsor.*
- *All I wanted was to control you, myself and everything else.*
- *My disease is an elephant. If I remember it's there, I won't get stepped on.*
- *Try praying. Nothing pleases God more than to hear a strange voice.*
- *Reality can be hell when you're only visiting.*
- *God save me from myself.*

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 Calls and Website Hits

Central Office is grateful for our Volunteers.

After Hours Phone Volunteers are welcome back at Central Office. Speak with your After Hours Section Leader for details

Website Hits	January	Total
	122,862	10,019,304

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!
Paul Cleary, 50 Years!!*



"One Year at a Time" Club

Name _____

City/Home Group _____

Sobriety Date _____

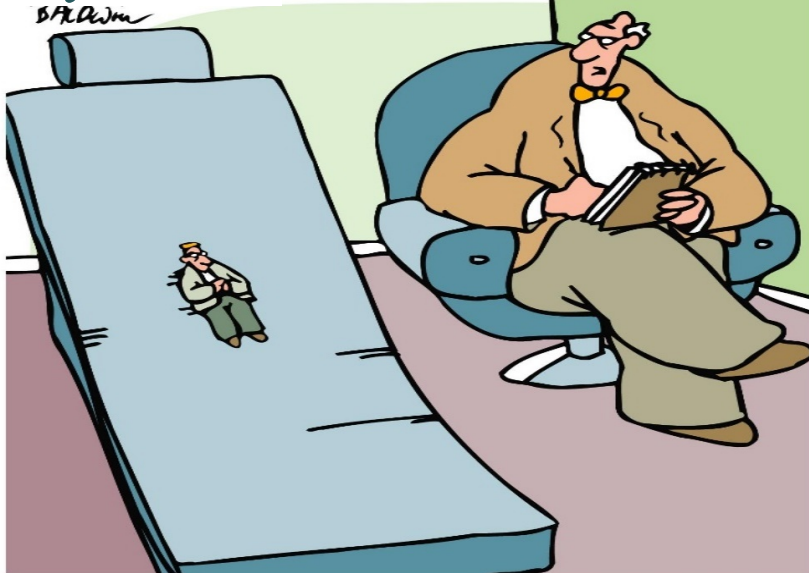
Amt. Enclosed _____

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



"It helps to believe in something bigger than yourself. God, nature, anything. Just as long as it's over eight inches."

SOUTHEAST ALANO CLUB RELOCATED (was on Logan Ave)

CHEERS **SOUTH SAN DIEGO**
Club & Online @ 3295 Market St.
ID #: 991 403 8314; PW: seac5077
Daily Mo-Fr @ 05:30 P Code(s): *

IMPERIAL MENS GROUP **SOUTH SAN DIEGO**
Club & Online @ 3295 Market St
ID #: 991 403 8314; PW: seac5077
Sunday @ 10:00 A Code(s): * C M

LUNCHTIME FRIENDS **SOUTH SAN DIEGO**
Club & Online @ 3295 Market St
ID#: 991 403 8314; PW: seac5077
Mo-Fr, Daily @ 12:00 N Code(s): *

SATURDAY NOONERS **SOUTH SAN DIEGO**
Club & Online @ 3295 Market St.
ID #: 583 301 3837; PW: 475121
Saturday @ 12:00 N Code(s): *

SEARCH FOR SERENITY **SOUTH SAN DIEGO**
Club & Online @ 3295 Market St.
ID #: 991 403 8314; PW: seac5077
Sunday @ 03:00 P Code(s): * W CF

RELOCATED

BEAUTIFUL BEGINNINGS **NORTH PARK**
Office & Online @ 2621 University Ave
ID #: 816 2860 4032 PW: BigBook23!
Sunday @ 06:00 P Code(s): LGBTQ
Was on 30th St.

KNUCKLEHEADS **LINDA VISTA**
USD and Online @ Serra Hall - Room 215
ID #: 850 6097 2191; PW: None
Wednesday @ 07:00 P Code(s): * M C
Now in room 215

Meetings in Motion

CANCELLED

AM 4 WINNERS **NORTH PARK**
Church & Online @ 3725 30th St
ID #: 374 508 500; PW: 449449
Friday @ 09:00 A Code(s):

OTAY SUN. NIGHT SPEAKERS **SAN YSIDRO**
Recvry Hm @ 7425 Otay Mesa Rd
Sunday @ 07:30 P Code(s): M

TAKE ME TO CHURCH **MIRA MESA**
Office Bldg @ 6305 Lusk Blvd
Sunday @ 09:00 A Code(s): CW

ONLINE INFO CHANGE

SUNDAY KEEP IT SIMPLE **ONLINE**
ID #: 891 8203 5560; PW: smiles
Sunday @ 07:00 A

TUES NIGHT MENS STEP STUDY **COLLEGE**
Church & Online @ 4540 El Cerrito Dr.
ID#: 951 8388 2097; PW: 833377
Tuesday @ 07:00 P Code(s): C M

TIME/DAY CHANGE

EL CAJON WOMENS SERENITY **RANCHO SD**
Church @ 10842 Fury Ln
Wednesday @ 07:00 P Code(s): * C W
Was 7:30 P

GOLDEN HILL SUN DISC. **GOLDEN HILL**
Recvry Hm & Online @ 2980 Cedar St
ID #: 731 949 351; PW: 189384
Sunday @ 08:00 P Was 7:30 PM

OTHER

LANGUAGE OF THE HEART DISC. **DESCANSO**
Church @ 25153 Viejas Blvd
Tuesday @ 06:30 P Now Open meeting

NEW

FRIDAY NIGHT LIVE **BAY PARK**
Church @ 5050 Milton St
Friday @ 06:00 P Code(s): C W *

WHAT IS THE POINT? **LAKESIDE**
Church @ 9908 Channel Rd
Wednesday @ 06:00P

NAME CHANGE

AS BILL SEES IT **DESCANSO**
Church @ 25153 Viejas Blvd
Friday @ 06:30 P Code(s): *

Was "Happy Hour Meeting"

DESCANSO MIXED STEP STUDY **DESCANSO**
Church @ 25153 Viejas Blvd
Wednesday @ 06:30 P Code(s): *

was "Descanso Step Study"

FRIDAY NIGHT CEDAR STREET **GOLDEN HILL**
Recvry Hm @ 2980 Cedar St
Friday @ 08:00 P
Was "Friday Night Open Discussion"

NEWCOMERS LIVING SOBER **NORTH PARK**
Church @ 3725 30th St Friday
ID #: 374 508 500; PW: 449449 Friday
@ 10:00 A
Was "Beginners Living Sober"

3 LEGACIES BEGINNERS GROUP **ONLINE**
ID #:861 1562 6182; PW: ConCepts22
Tuesday @ 6:30 P Code(s): *

Was "Three Legacies Study Group"

RELOCATED/TIME CHANGE

AT HOME MENS **NORTH PARK**
Office & Online @ 2621 University Ave
ID #: 848 0977 3563; PW: billandbob
Thursday @ 07:00 P Code(s): C M LGBTQ
Was Tuesday 8 PM in Mission Valley

Pamphlet

OF THE MONTH: A Member's Eye View of Alcoholics Anonymous

"In A.A., the reporting is clear and unmistakable. "Here are the steps we took," say those who have gone before. The newcomer finally sees that he, too, must take these Steps before he is entitled to report on them."

Page 17, Reprinted with permission from A.A.W.S.



Minutes of the Coordinating Council

In Person and Online Meeting on Thursday, January 11^h, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 939th Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:Area 8 Representative: Richard, Area Alt Delegate reported:

It's full steam ahead towards the 74th General Service Conference for the San Diego Imperial Area Assembly. We get rolling with our Orientation Assembly this Saturday, January 13th. Over the next month or so, members from the Area will be visiting and/or participating in the Imperial County Roundup and ACYPAA 51. The 14 Standing Committees in the local General Service Structure will be hopefully filling up with volunteer members and getting to work on how they can best support 12th Step work in our own backyard. Anyone can participate in these Committees. You do not have to be a GSR or involved in General Service. In closing, I may often mention things that sound foreign to some of you or use perplexing acronyms. I welcome any questions or discussion on anything that you may have for me or would like to share with me. Thank you for welcoming me and I look forward to our time together.

H & I Representative: Blaine, H&I Representative reported:

We continue to take A.A. meetings and literature into places where people can't get out to meetings. We have need for panel members in both Corrections and Treatment facilities. While the Machinists' Hall in Kearny Mesa is being renovated, our 3rd Sunday Contact on Release subcommittee, our Policy Council, our 12:00 noon Orientation and Business meeting are being held virtually. COR will begin at 11:00 AM. Zoom information for that as well as our always virtual 3rd Thursday 7:00 PM Orientation can be found at <sdhandi.org>. SDIAC as well as our sister, North County H&I, belong to the Southern California H&I Intergroup – a collection of about 25 H&I committees in SoCal. There is a similar Intergroup in Northern California and this year, for the first time, we will combine our yearly conferences into one fabulous event May 3rd – 5th at The Doubletree Tree by Hilton in Bakersfield. More information to come.

Intergroup Standing Committees ReportsAfter Hours Phones: Tim, Chair reported:

1. This committee has room for 2 more members
2. They are blessed at the moment with a full calendar of groups that have volunteered to cover all nights

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, January 9th, 2023 at 6:00 pm.

December 2023 Financial Summary:

Net Revenue is \$465. Our 2023 YTD Net Revenue is \$6,032. Group & Individual Contributions were \$12,367. Literature Sales Revenue & Bank Interest was \$1,581; while total office & committee expenses were **-\$13,483**.

Central Office Manager's Reports: Judi.

- January BOOK OF THE MONTH: Living Sober, \$4.00 Regular \$6.00, Max: 5
- February BOOK OF THE MONTH: Experience, Strength & Hope, \$4.00, Regular \$6.00, Max: 5
- The Big Book Initiative has been very popular this month. The totals for December and offset by the ERC account are as follows: \$94.83 for the additional 5% literature discount and \$485.60 for Big Book discounts for a total of \$580.43, which was taken out of the ERC Fund.
- 2024 January-June Meeting Schedules have arrived.
- Central Office is in need of a Daytime Phone Volunteer every other Monday afternoon from 1-5 pm and every Tuesday morning from 9am-1pm and as always, fill-in Volunteers who are available to come in whenever our regular volunteers are unable to fill their regular shifts. Please call Central Office with your availability.
- Judi will be out of the office on January 16-22 on vacation. Lisa Ann to cover.

Old Business:

1. POS System:

- a. Judi reported that in order to get the POS system up and running she first needs to complete the migration from QuickBooks Desktop to QuickBooks Online and that entails time on the phone with tech support.
- b. She requested adding a day to Lisa Ann's schedule to make this happen and that this was budgeted for in 2024.
- c. This will also be necessary when we begin to develop and run an online store.
- d. Other reasons for needing Lisa Ann an extra day include increased traffic in the bookstore, along with the loss of one of the volunteers in recent months that was trained in the bookstore both putting added strain on Judi's time to work on extra projects such as the POS system.
- e. There are many other Central Offices that either have additional full time staff or who, like North County pay for jobs like bookkeeping and web services, all of which are done at Central Office by Judi alone.
- f. Central Office has been short on volunteers for the last several months, which requires that Judi spend a great deal of time on the phone trying to find fill in volunteers or alone in the office answering phones, managing the front desk and attempting to get day-to-day work done.
- g. The Business Committee approved adding an extra day to Lisa Ann's schedule permanently in order to get the POS up and running and later to get an online store up and running.

Continued from Page 5

Newsletter : Matt reported:

1. This committee needs members and submissions
2. The committee is working on putting together on a writing workshop

Coordinator Outreach: Grace, Chair reported:

1. The Outreach Committee attended 3 meetings this month – way to go!!
2. Members are needed for this committee

Orientation & Guidelines: Heather reported:

1. This committee needs members
2. There were 8 new Coordinators present at tonight's orientation

Program Committee: Kaye shared that:

1. The New Year's Eve Dance was a success with a final total of 305 tickets out of 350 sold.
2. A big thank you to Nikki F. and all of the many volunteers that showed up on the day of to help decorate.
3. Next up – Founder's Day Picnic in June
4. This committee needs members

Public Information Committee: No report

Quorum was established; 41 Coordinators were present

Approved December 2023 Meeting Minutes

OLD BUSINESS: None

NEW BUSINESS:

1. Steve volunteered as the coffee maker for 2024 – Thank you!
2. The following Coordinators volunteered to serve on committees:
 - a. Diana – Orientation & Guidelines Committee
 - b. Steve – Business Committee
 - c. Jen, Sheila & Mike – Program Committee
 - d. Marco, Kenny & Missy – Outreach Committee
 - e. Arianna – After Hour Phones Committee & Coordinator Newsletter Committee
 - f. Thank you to all!!!
3. Tom M. presented on Concept IV

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.

Birthdays: Happy Birthday to Sheila with 4 years, Mike D. with 17 years and Gilbert with 44 years for a Grand Total of 65 years!!!

Reminders:

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 2/1/2024.
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!

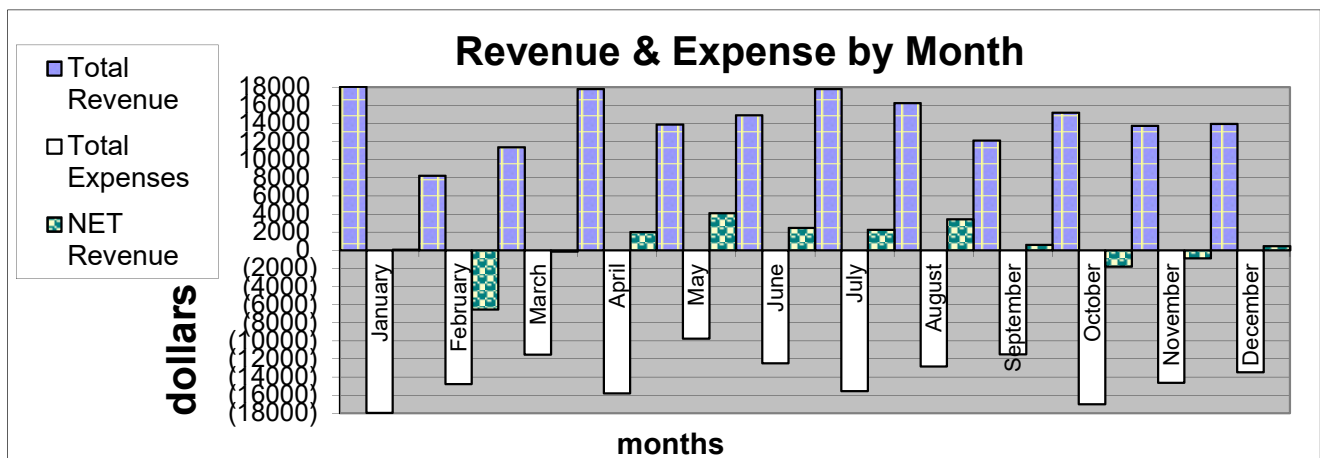
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

**San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of December 31, 2023**

	Dec 23	Dec 22	YTD '23	YTD '22	\$ Change	Budget '23
Ordinary Revenue/Expense						
Revenue						
Contributions Group	11,230.94	12,652.95	143,800.84	151,148.42	(7,347.58)	144,450.00
Contributions Individual	1,136.50	12,279.51	13,195.65	26,069.17	(12,873.52)	8,544.00
Contributions SDIAA	-	-	140.00	-	140.00	725.00
Interest - Cert of Deposits	516.30	172.62	4,420.10	807.77	3,612.33	3,000.00
Literature Revenue (see schedule)	1,064.61	(884.61)	11,699.62	2,343.35	9,356.27	9,908.00
Total Revenue	13,948.35	24,220.47	173,256.21	180,368.71	(7,112.50)	166,627.00
Expense						
Accounting & Legal	-	-	5,470.50	2,585.00	2,885.50	8,721.00
Auto/Travel/Seminar	17.00	9.00	2,161.33	1,496.25	665.08	2,500.00
Bank Service Charges	-	-	30.00	60.00	(30.00)	50.00
Cash (Over) Short	19.69	6.90	28.37	(42.01)	70.38	10.00
Equipment Maint & Repair	51.36	51.36	712.13	905.22	(193.09)	1,000.00
Equipment Purchase	-	-	1,954.77	6,263.46	(4,308.69)	2,000.00
Event Funding	1,900.00	-	1,900.00	-	1,900.00	-
Insurance	81.46	81.46	944.10	914.25	29.85	900.00
Office Maint. & Repairs	-	-	1,395.64	357.00	1,038.64	500.00
Office Supplies	207.24	168.56	4,073.76	4,044.89	28.87	3,500.00
Rent	2,060.00	2,020.00	24,560.00	24,080.00	480.00	24,560.00
Taxes	-	-	75.00	75.00	-	80.00
Telephone	147.50	133.03	2,113.19	1,758.20	354.99	1,600.00
Utilities-Electricity	383.94	400.05	6,504.12	5,250.12	1,254.00	6,000.00
Website	9.00	9.00	157.52	74.65	82.87	-
EMPLOYEES						
Accrued Payroll Taxes	588.18	574.70	7,421.88	7,088.36	333.52	9,314.00
Employee Wages	7,688.56	7,377.11	84,497.63	88,047.25	(3,549.62)	90,865.00
Employee 401K Contribution	-	-	-	-	-	-
Employee Health Benefit	937.88	822.35	11,254.56	9,686.57	1,567.99	11,255.00
Insurance Worker's Comp	44.61	-	535.32	490.71	-	550.00
Total Office Expense	14,136.42	11,653.52	155,789.82	152,644.21	3,145.61	163,405.00
Standing Committees Expense	(653.18)	1,107.97	11,433.91	9,704.75	1,729.16	14,403.00
(see schedule)						
Total Expense	13,483.24	12,761.49	153,990.94	162,348.96	4,874.77	177,808.00
Net Revenue	465.11	11,458.98	6,032.48	18,019.75	(11,987.27)	(11,181.00)



Group Contributions December 2023

Group	Dec-23	Ytd 23	Group	Dec-23	Ytd 23
10 AND 11 - 3245	-	25.00	Friday Afternooners - 318	-	50.00
11th Step Journey - 2622	-	50.00	Friday Morning Step Study - 3216	-	40.00
3 O'Clocker - 2201	-	400.00	Friday Morning Womens - 104	-	250.00
4077 Mash Step 11 - 2027	-	225.00	Friday Night Big Book Study - 102	-	589.00
4th Edition Big Book - 2569	-	425.00	Friday Night Gratitude - 2829	-	610.00
52 From The Big Blue	-	335.00	Friday Night Irregulars - 2889	-	840.62
530 Meditation - 3085	-	316.50	Friday Night Landing Zone - 1722	-	400.00
9 AM with a View - 3397	-	40.00	Friday Night Mens - 188	-	425.00
9 pm Discussion - 3366	-	140.00	Friday Online 12 x 12 Step Study - 3351	-	457.00
A Womens Meeting - 1717	-	1,380.00	Friday Spring Valley Lunch - 2732	-	35.50
AA By The Bay - 629	-	125.00	Garnet Group - 1129	-	91.00
Alpine Group - 6	-	100.00	Gilman Group - 1988	-	837.00
Alpine Mixed Step Study - 2621	-	114.00	Girls Gone Mild - 3253	-	150.00
As Bill Sees It - 1038	24.00	341.80	God Squad Too - 2809	-	138.90
B.Y.O.B. (North Park) - 203	46.33	916.10	Goldmine Speakers - 2613	-	145.00
Back to Basics - 1026	-	150.00	Good Morning AA - 1888	300.00	1,248.00
Barefoot - 139	-	100.00	Good News Bad News - 2833	60.85	95.85
Battery Chargers - 98	-	240.00	Great Fact Group - 895	-	245.00
Bayside Big Book Study - 1610	-	75.00	Harmony Group - 585	-	3,153.00
Bayside Bonfire Group - 1139	-	200.00	Haul Your Hiney Out Of Bed - 704	-	347.12
Beach Area Beginners - 272	-	127.00	Hi-Nooners - 673	-	350.00
Beautiful Beginnings - 552	70.00	140.80	HOW @ Noon - 2998	300.00	1,650.00
Big Bon-Fire Meeting - 1894	-	50.00	I. B. Up - 2565	-	410.00
Big Book Awakening - 3387	200.00	375.00	IB Sober - 3161	-	17.40
Bonita Boozers - 2179	-	309.00	It's In The Book - 2030	-	100.00
Bonita Womens Big Book Study - 3112	-	100.00	Jaywalkers - 3100	120.00	445.00
Carrying the Message - 2458	-	150.00	Jump Start - 2174	-	25.69
Casa De Oro Tradition Five - 503	-	250.00	Just Us Girls - 929	-	198.77
Casa De Oro Weds Nite - 2049	-	636.80	Knuckleheads - 3182	-	1,125.00
Cedar St Daily Online - 3270	-	50.00	La Jolla Beginners Group - 82	-	851.00
Cedar Street Mens - 1698	-	1,302.25	La Jolla Discussion Group - 85	-	36.00
Channeling Serenity - 3425	-	411.00	La Jolla Monday Womens - 87	-	900.00
Chula Vista 4 Min Speakers - 1568	50.00	188.00	La Jolla Nonsmokers Disc - 88	-	700.00
Clairemont Mens - 301	-	526.20	La Jolla Pump House Group - 696	-	471.00
Clairemont Mixed Discussion - 338	-	359.00	La Jolla Sunrise - 2684	50.00	850.00
Clairemont Thurs. Brown Bag - 315	-	50.00	La Mesa 12 x 12 Study Group - 107	-	200.00
Clairemont Wednesday Group - 303	-	162.00	La Mesa 12 X12 - 2588	-	80.00
Clairemont Womens Discussion - 340	-	470.00	La Mesa Mens - 106	-	195.37
Clairemont Womens Step Study - 341	-	1,121.50	La Mesa Step Study Workshop - 1621	-	304.56
Class Acts - 1845	-	515.20	La Mesa Womens Sat. Morning - 416	-	540.00
Coffee Clutchers - 2332	100.00	1,150.00	LAGUNA MOUNTAIN GROUP	-	404.64
Conscious Contact Meditation - 2834	-	500.00	Lakeside Drunks - 2423	-	100.00
Coronado Mens Meeting - 405	-	112.00	Late Risers - 473	150.00	156.32
D.D.G.T.M. - 767	-	150.00	Lemon Grove Speakers - 2574	-	170.90
D.I.R.T.B.A.G.S. - 2410	-	492.00	Linda Vista Mens - 320	-	262.64
Daily Reflection - 3114	-	900.00	Little Apple Group - 1438	-	200.00
Daily Reflections - 2097	-	70.00	Living Free - 477	-	4,007.43
Dawn Patrol Online - 3275	-	424.49	LJ We Are Not A Glum Lot - 3355	-	260.00
Deerhorn Group - 2063	-	200.00	Lunchtime Friends - 964	-	150.00
Del Cerro Mixed - 3376	-	882.70	Lushes Lunch Tuesday - 2641	-	1,018.54
Descanso Mixed Step Study - 3010	135.00	302.80	Mens Focused Step Study - 3217	272.00	691.00
Designs For Living - 488	-	800.00	Mens Jelly Donut - 3118	100.00	300.00
Diamond St Mens Step Study - 569	-	726.80	Mens Step Study - 965	67.00	192.00
Dignity Unlimited - 205	100.00	350.00	Mens Structured Step Study - 1469	-	75.00
Don't Be a Dick - 3419	-	200.00	Mid-Week Mens - 560	-	2,100.00
Downtown Discussion - 1665	-	102.01	Mid-Week Mens Online- 3243	-	169.00
Downtown Noon Discussion - 1607	-	203.00	Midday Miracles - 3242	-	337.74
Drunks Only - 1605	-	2,400.00	Midway Bridge - 2171	-	145.00
Drunks Only Online - 3370	660.00	660.00	Mira Mesa Early Risers - 967	-	1,350.00
Each Day A New Beginning - 509	-	278.30	Mira Mesa Friday Night AA Disc - 379	-	175.00
Early Risers (PB) - 264	-	1,170.00	Mira Mesa Sunday Morning Mens - 693	-	72.00
East Co. Young People Rule 62 - 2797	-	187.00	Miracles on Mondays - 565	-	150.00
East Side Group - 101	-	265.00	Mission Bay Daily Reflections - 1692	-	325.00
Eastlake Greens 10 on 10 - 2950	67.20	67.20	Mission Hills Beginners - 1612	-	160.00
Eastlake Grns Attitude Adjustmen-2691	-	450.00	Mission Hills Late Night - 2773	50.00	725.00
Eastlake New Beginnings S/S - 2673	-	62.50	Mission Hills Lunch Bunch - 2675	-	250.00
Easy Does It Riders - 21	-	246.00	Mission Possible - 131	-	597.50
Easy Risers - 854	100.00	500.00	Monday At A Time - 2875	-	498.00
El Cajon Beginners - 2876	-	125.00	Monday Night Live - 3219	-	100.00
El Cajon Nooner - 2638	-	1,346.00	Mt Soledad Mens - 717	1,400.00	2,605.00
El Cajon Womens Serenity - 77	18.52	232.27	No Matter What Woman's Group - 2325	-	100.00
Emotional Sobriety (Hillcrest) - 2536	-	290.00	Noon At The Grove - 628	-	1,625.00
Evening In Harmony - 2864	117.40	217.40	Noon w/ a View Beginners Mtg - 3249	-	4,979.00
Evening Serenity - 2305	-	800.00	Nooners Anonymous - 1164	196.50	704.50
Every Night at Six - 3241	-	686.00	Noontime on the Patio - 2203	-	600.00
Everynighters Online - 2997	-	313.36	Normal Hts Young Peoples SS - 3407	-	217.75
Eye Opener Group - 607	-	312.00	North Clairemont - 1102	-	190.00
Fairmont Park Discussion - 2832	-	34.00	North Park Mens - 465	23.60	428.96
Fellowship of the Spirit Candle - 3383	-	46.87	North Shores Breakfast - 275	106.25	262.14
First Mira Mesa Mens - 300	-	533.50	O.B. Womens Step Study - 2730	-	167.00
Fishermen In Recovery - 2863	-	126.00	Old Timers Group - 2037	-	150.00
Fletcher Hills Smokeless - 59	-	200.00	On The Corner - 2384	-	1,406.00
Free At Last - 2888	-	100.00	One Step Ahead - 715	-	200.00
Freedom - 3447	-	150.00	One Step at a Time - 3435	145.00	145.00
Fresh Start Beginners - 2609	371.00	1,029.00	Original Anonymous Anonymous - 154	150.00	300.00

Group Contributions December 2023

Group	Dec-23	Ytd 23	Group	Dec-23	Ytd 23
Original Tues Night Step Study - 2124	-	250.00	Sunday Morning Spiritual Meeting-1700	-	84.00
Our Daily Reprieve - 3339	200.00	400.00	T.G.I.F. - 1658	-	250.00
Over The Bridge - 2689	-	1,642.02	The 530 - 3266	400.00	750.00
Pacific Beach Weekend Warmup - 725	-	455.00	The Common Solution - 3007	-	412.09
Pass It On Big Book Study Group-2860	-	926.50	The Gathering Of The Goddesses-2890	-	346.20
Poinsettia Group - 2210	-	170.00	The Gift - 2954	325.00	987.50
Point Loma Mens - 245	-	1,361.40	The Grapevine - 2794	-	52.00
Point Loma Nooners - 1606	-	250.00	The Hole In The Doughnut - 2737	-	770.00
Porter Hall Structured S/S - 97	-	100.00	The Huddle in the Park - 3278	-	5,410.18
Principles Before Personalities - 3429	-	72.75	The Language of the Heart - 3066	36.00	203.78
Progress Rather Than Perfection-2682	-	500.00	The Nine Thirty - 2997	-	151.17
Pt Loma Fri Afternoon 12 & 12 - 244	138.75	491.25	The Open Book - 3190	-	88.00
Pt Loma Womens Discussion - 1608	-	404.00	The Other Meeting - 857	-	402.50
Radical Acceptance Meeting - 2961	-	2,236.52	The Rogue Meeting - 3338	276.00	3,218.05
Rainbow Group - 570	-	500.00	The We Group Speakers - 2835	-	300.00
RAM-Z - 3323	20.00	40.00	There is a Solution - 2680	-	100.00
Resentment and A Coffee Pot - 2561	-	168.90	Thurs Night Womens Speakers - 183	-	125.00
Riding Sober - 3054	300.00	728.00	Thurs. Nite Mens Big Bk Stdy - 1748	-	150.00
Rise & Shine - 2170	102.75	2,388.64	Thursday Steps - 646	-	132.00
Rocket Riders - 1730	-	160.00	Tierrasanta Friday Night - 2645	-	350.00
Room 65 - 3052	-	350.00	Tierrasanta Morning Serenity - 2811	-	183.00
S.D. Speakers Meeting -152	-	275.00	Toes in the Sand - 3282	-	1,190.14
Safe Sane and Sober - 1350	100.00	335.00	Top of The Hill - 41	-	325.00
San Carlos Single Purpose - 583	-	120.50	Torrey Pines Open Disc - 94	-	222.00
Santee Mens Group - 2972	-	450.00	Trudgers Mens Step Study - 3008	-	50.00
Santee Serenity Group - 1943	200.65	1,131.97	Tues Night Mens Step Study - 1813	-	250.00
Santee Sunday Morning Mens - 3076	540.00	1,626.00	Tuesday Morning Alpine - 440	-	307.38
Sat Mens Early Awakening - 2209	440.00	1,216.00	Tuesday Morning Group - 3089	-	25.00
Sat Night Early Discussion - 336	281.00	556.00	Tuesday Night Sobriety - 708	-	190.00
Saturday A.M. Live - 782	-	369.00	Tuesday Nite Live - 643	-	100.00
Scripps Ranch Men's Two - 2776	-	280.00	Two A's Over Easy - 2106	-	135.00
Scripps Ranch Mens - 3168	280.00	606.20	University City Disc.- 368	-	299.75
Serenity Seekers - 3232	180.00	1,190.00	University City Womens - 369	-	885.00
Sisters in Serenity - 3260	-	99.20	Valley Girls - 2617	293.50	753.50
Sisters In Sobriety - 3127	-	418.60	Veterans Leave No One Behind - 2038	-	100.00
Sisters in Solution - 3272	-	1,078.92	Wake Up Call - 1932	-	400.00
Sky Hi Womens - 1633	-	156.00	War Fever - 880	-	321.29
Sobearity - 3129	-	68.39	Warm and Friendly - 42	-	50.00
Sober Minded Leather Folk - 1882	-	150.00	Water Walkers - 5	-	400.00
Sober Nooners - 196	-	100.00	Water Walkers Too - 1946	-	1,200.00
Sober Roses Womens Step Study-2946	-	80.00	Way Up and Out - 415	-	63.57
Sober Saturday - 3051	-	139.75	Wednesday Night Promises - 2167	-	100.00
Sober Saturday - 483	-	495.00	Welcome Home - 2318	-	186.00
Sobriety At All Cost - 3006	-	633.79	What is Great - 3286	-	174.63
Sobriety On State and Date - 2697	-	1,219.22	What Now? - 325	-	50.00
Sobriety on Sunday - 3367	-	50.00	White Flag Outdoors - 2788	406.00	822.00
Sole Purpose Group - 1657	-	210.00	Wholesale Miracles - 2474	212.00	696.50
Sons of God - 2789	-	700.00	Why are We Here - 3437	-	100.00
South Bay Step Study - 2312	-	100.00	Womans Gut Level - 1701	-	270.00
South Clairemont - 305	-	350.00	Womans Let Go and Let God - 446	-	75.00
South Park Sobriety - 1015	-	80.00	Women's Joy Of Living - 2636	-	300.00
Spiritual Awakening - 2275	965.44	3,322.47	Women's Step Study/In Between	-	405.50
Spiritual Awakenings Step Study - 3174	-	200.00	Women In Harmony - 1807	-	233.88
Steps 10 & 11 @ 5 am Online -3023	-	20.00	Women In Sobriety - 697	-	100.00
Strength In Women - 2955	-	50.00	Womens Attitude of Gratitude - 2751	-	217.00
Sunday Beach Sun-Day - 568	-	156.50	Womens Step Study - 296	-	430.25
Sunday Kind of Love - 429	-	153.00	Womens Thursday Nite - 514	-	202.20
Sunday Midday - 161	-	337.50	Womens TLC - 2814	-	69.41
Sunday Morning Eleventh Step - 1206	-	300.00	Womens Way To Recovery - 838	-	75.00



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 withService" form on the left hand side. Or stop by the Central Office M-F 10am-6pm 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
February 19	President's Day	Monday
May 27	Memorial Day	Monday
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

December 2023 Group Contributions	\$11,231
Individual Contributions	\$1,136
Literature & Interest	\$1,581
Total Revenue	\$13,948
Central Office Expenses	-\$14,136
Committee Expenses	\$653
Total Expenses	-\$13,483
December 2023 Net Revenue	\$465
2023 YTD Revenue	\$6,032

Coordinators Wanted!

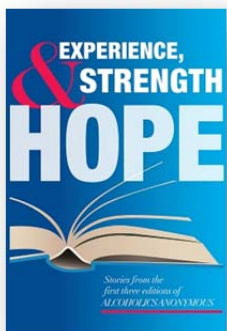
There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & *we NEED your support* (& your group's voice & vote!). There are over 650 groups in San Diego & only 41 representatives at last month's Council meeting (what?!). The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens each month before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

Experience, Strength & Hope



“In **MEETING** me **CASUALLY**, I don’t **THINK** my **STRONG** belief in “The man **UPSTAIRS**” shows, but I have no other **EXPLANATION** for the many **GOOD** things that have happened to me since I have been in A.A.—they came to me from a **GREATER** Power. These **WORDS** may be **DIFFICULT** for you to understand now but be **PATIENT** and you’ll **KNOW** what I mean.

If I were asked what in my **OPINION** was on the most important **FACTOR** in being successful in this **PROGRAM**, besides **FOLLOWING** the **TWELVE** Steps, I would say **HONESTY**. And the most important **PERSON** to be honest with is **YOURSELF**. If there is something in my **STORY** that **RINGS** a **BELL** with you, then *do* something—now! I **REPEAT**, I am one of the **FORTUNATE** members of A.A.—a **LUCKY** guy who is very **GRATEFUL**.”



From “**RUM, RADIO and REBELLION**,” page 315, *Reprinted with permission from A.A.W.S.*



If you are a woman in AA who sponsors, is looking for a sponsor, will sponsor in the future, or have questions about sponsorship, this event is for you.

Additionally, this event is fun and free!

Saturday, March 16, 2024

9:00 a.m. - 2:30 p.m.

13th ANNUAL - SOUTH BAY

WOMEN SPONSORING WOMEN WORKSHOP

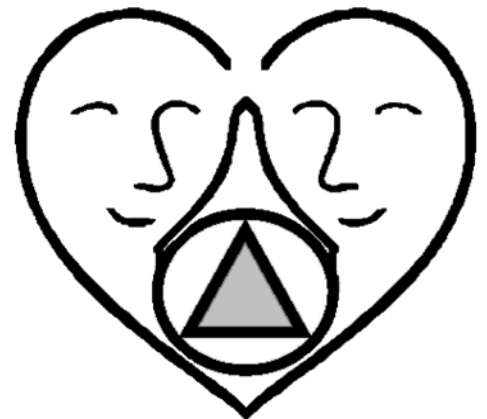
in Alcoholics Anonymous

Light breakfast and luncheon provided.

- Event from 9:00 a.m. to 2:30 p.m.
- Registration (Free) from 9:00 a.m. to 9:30 a.m.
- Guest Speakers
- Sobriety Countdown
- Roundtable Discussion
- Panel Questions/Answers

Recovery Home
270 C Street, Chula Vista, CA 91910

southbaywsw@gmail.com



**SPANISH
INTERPRETED**

Things to Do, And Places to Go

All California Young People in A.A. (ACYPA) 51st Convention

When: February 8-11, 2024

Where: 1355 North Harbor Dr. 92101

Info: www.2024.acypaa.org

A.A. Literature & The Power to Change It Workshop

When: Saturday, February 10, 2024

Where: 1355 North Harbor Dr. 92101

Info: Call Central Office 619-265-8762

10th Annual Yuma Roundup

When: February 9-11, 2024

Where: Yuma, AZ

Info: www.YumaRoundup.com

Men's Sponsorship Workshop

When: Saturday, February 17, 2024

Where: 3821 Adams St, Carlsbad, CA

Info: Call Central Office 619-265-8762

PRAASA

When: March 1-3, 2024

Where: San Francisco, CA

Info: www.PRAASA.org

Women Sponsoring Women Workshop

When: Saturday, March 16, 2024

Where: 270 C Street, 91910

Info: Call Central Office 619-265-8762

47th San Diego Spring Roundup

When: March 28-31, 2024

Where: 500 Hotel Circle North, 92108

Info: www.SanDiegoSpringRoundup.com

35th Inland Empire AA Convention

When: April 18-21, 2024

Where: 22777 Soboba Rd, San Jacinto

Info: www.IEAAC.org

Woodstock West

When: May 17- May 19, 2024

Where: Los Angeles, CA

Info: www.woodstockwest.biz

**Event flyers with more
details can be found at**
www.aasandiego.org/events

Coordinating Council Attendance

Thank you to the following 41 Groups whose Coordinators attended the November San Diego Intergroup Coordinating Council.

There are 631 groups in San Diego:

WAS YOUR GROUP THERE?

CLAIREMONT MENS

COFFEE CLUTCHERS

DEL CERRO MIXED

DO THE WORK!

DOWNTOWN DISCUSSION

EL CAJON WOMEN'S SERENITY

EVERY NIGHT AT SIX

FIRST MIRA MESA MENS

FRIDAY MORNING WOMENS

FRIDAY NIGHT IRREGULARS

FULL MEASURE FRIDAY

GOD SQUAD TOO

GREAT FACT GROUP

INTO THE 4TH DIMENSION

JUMP START

LA MESA MENS

LATE RISERS

MIDDAY MIRACLES

MID-WEEK MENS

MISSION HILLS BEGINNERS

NORTH PARK MENS

OLD TOWN SPEAKERS

OVER THE BRIDGE

PINE VALLEY THURSDAY OPEN DISCUSSION

RADICAL ACCEPTANCE MEETING

RIDING SOBER

SAN CARLOS SINGLE PURPOSE

SANTEE MENS GROUP

SCRIPPS RANCH MENS

SISTERS IN SOLUTION

SOBEARITY

SOBRIETY AT ALL COSTS

SOBRIETY ON STATE AND DATE

SUNDAY MIDDAY

THE COMMON SOLUTION

THE NINE THIRTY

THE WE GROUP

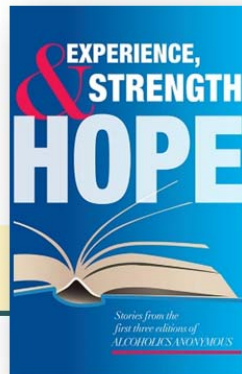
THREE LEGACIES BEGINNERS GROUP

VALLEY GIRLS

WOMEN'S GUT LEVEL

WOMEN'S JOY OF LIVING

Next Council Meeting: Thursday, February 8, 2024. Council meets at 7:00 pm (Orientation 6:15 pm) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!



Book of the Month: **Experience, Strength & Hope**

**Stories From the First Three
Editions of Alcoholics Anonymous**

“A.A. does not function in a way which people normally expect it to. For example, instead of using our “will power,” as everyone outside A.A. seems to think we do, we give up our wills to a Higher Power, place our lives in hands— invisible hands—stronger than ours. Another example: If twenty or thirty of us real drunks get away from home and meet in a clubroom downtown on Saturday night, the normal expectation is that all thirty of us will surely get roaring drunk, but it doesn't work out that way, does it? Or talking about whiskey and old drinking days (one would normally think) is sure to raise a thirst, but it doesn't work that way either, does it? Our program and procedures seem to be in many ways contrary to normal opinion.” *From “The Professor and the Paradox,” Page 155, Reprinted with permission from A.A.W.S.*

Being Honest with Myself

The Denial Within Me Was Gone

Continued from Page 1

time in my life I was desperate, and I was listening.

At my first AA meeting I was moved by what I heard. It was different than anything I had experienced before. The people were being honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could finally discuss those things openly.

Prior to that, everything in my life was a façade. At that moment on October 15, 1969, my perception of the world changed, and I have not wanted a drink since. Call it a Spiritual Awakening if you like, and it was for me, but it came in the form of a Profound Change in Perception. In appendices 2, in the Big Book, (Alcoholics Anonymous) it describes a man who had “undergone a profound alteration in his reaction to life”.

I began to question the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware that the values system that I had learned as a child, at church and at the Boy Scout meetings etc. was lost in the dust and replaced with guilt and shame. I was in trouble when

I violated my own value system. I now realize that I was not a bad kid, but I was a child that was not strong enough to do the things I knew to be right. The more I broke the rules, the easier it became – moral standards were meaningless.

Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of AA. Once I knew what to do once I had that change of perception. It may be as simple as “trying to stop doing the things that I regret” but the key to it all is “Being honest with myself,” and never going back to my old way of thinking.

I was fortunate to have survived those last few years of drinking and that I came to AA looking for answers. Being desperate enough to ask for help was the most important part of that experience. I do not believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have surrendered to the degree necessary to have that change of perception and therefore no spiritual awakening.

Getting off in the right direction from the start was especially important to any success I have had in AA. I know that I only live once, and I do not want to waste one moment of the precious life

God gave me. Today, as I continue to practice all the things I have learned in the Program, it has resulted in a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous and, for that, I am extremely grateful.

The Prayer of St. Francis

Continued from Page 1

going insane. When I stopped drinking, my mind and body revolted. I couldn't focus, I shook and had panic attacks; I lived in fear of suicide and worse. But I found AA by the grace of God and help from doctors and family.

AA meetings showed me a group of people who talked like me, did the same crazy alcohol driven things I did, including a complete inability to stay stopped on their own! But here they had a solution – if I was to believe the laughter, smiles, handshakes, and even hugs, this was the place for me.

As I began to dry out, I gained experience in AA by regularly attending meetings, working with a sponsor and a men's weekly step study. I felt good about my ability to keep the “plug in the jug!” It seemed I was a new man with a new life and then real life and its problems interrupted my pink cloud. Financial troubles caught up with me, problems with my children, work put me on notice, and then to top it off she asked me for a divorce.

How could this happen when I was doing the right things? I was a good sober member living right.



How and why me?
Now I didn't drink
while all this
happened to me –

but frequently I would stop and scream at the world, "I got sober for this? Why? Why? Why?" Luckily, during prayer and meditation, I consistently heard the message, "I could have ALL these problems AND be drunk right now." The realization, every time I landed there, was that I would rather have all these problems today and be sober, instead of the alternative – having the same problems and waking up hung-over and unable to face my life, family, or my problems.

The gift of all these problems was that I was introduced to the Prayer of St. Francis by an old timer who was sick of hearing me complain. The prayer he gave me was from page 99 of the 12&12. He made me a deal – I was to write the prayer down and carry it with me. Then I was to say it in my morning prayers and read it again anytime I was faced with resentment or overwhelmed by my problems. If I agreed to use the prayer daily, I could continue to take up the groups' time with my problems. He also assured me that if I used the prayer consistently, I would get immediate results. I wrote out the prayer as small as I could to carry with me and started using it.

By the end of the week, I had made several photocopies with one above the visor of my truck, a couple in the glove box, a few tucked in my wallet. My desk at work had one and several more

as bookmarks in my Big Book to give out to people in meetings. It was the one thing I could have with me all day. It became the basis for my connection to my Higher Power. The results of daily prayer in my life are real and powerful, I pray 3rd step and 7th prayers daily. The outcomes are generally far better than I would have dared ask for. The best thing I have found is that I have learned to carry the St. Francis Prayer with me throughout my day. "Lord, make me a channel of thy peace" is one of the great gifts AA has shared with me – my commitment to the St. Francis Prayer. I don't know if my prayer changes those people, places, and things I may be in conflict with; but, when I live in this prayer, I change. God uses it to change me. What more powerful place can I come from to take on the challenges of my day, than from this spirit of love, forgiveness, faith, hope, understanding, and harmony?

~ Frank L.

Self-Sponsoring

Continued from Page 1

course or project. Always being a good student and fast learner, I decided I didn't really need a sponsor to show me how to do the steps. I would figure it out on my own.

So, I went to a local store and purchased

several 12 Step workbooks. I diligently did the assigned reading, answered questions, wrote in my journal and in no time, I was at Step 4.

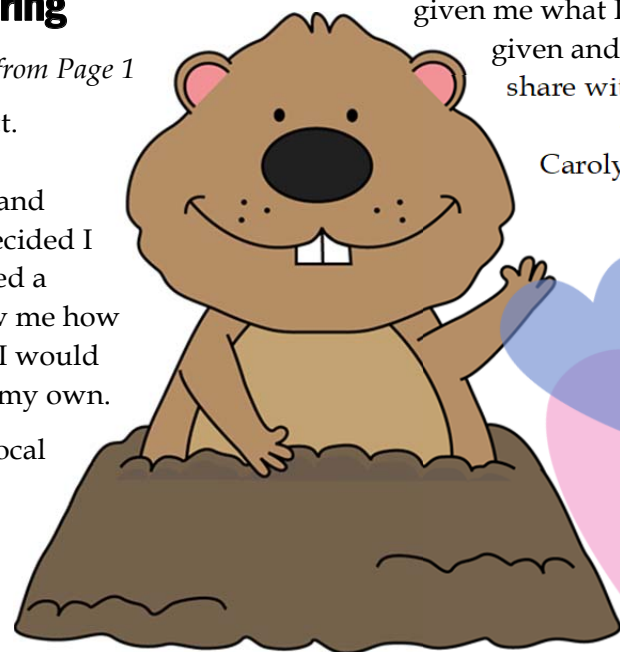
I must admit that I kinda skipped through 2 and 3 as I wasn't into the "God thing."

About this time, my good friend asked me what step I was on. She had relapsed but now had the same sobriety days as me – about 30 days. I told her I was on Step 4. She was very surprised and asked about my sponsor. "I don't need a sponsor... I don't have any questions yet," I replied. Curious, she asked how I had done my steps. "I'm using a very good Step Workbook." At that, she laughed in my face. It was at that point I learned that I needed a sponsor. It was not optional if I intended to stay sober. Suddenly I understood the reading at every meeting, "We thought we could find an easier, softer way. But we could not."

I've had the same sponsor for over 5 years, worked the steps a few times and sponsor others. No workbook could have ever

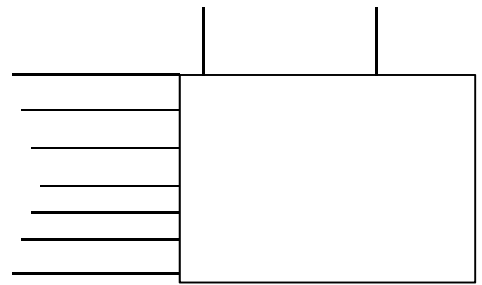
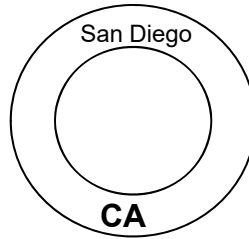
given me what I was given and can share with others.

~ Carolyn F.



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

RETURN SERVICE REQUEST

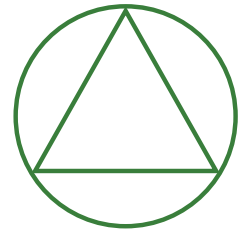


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2



A.A.sandiego.org

The San Diego A.A. Coordinator



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

Made a decision to turn our will and our lives over to the care of God as we understood Him. From the AA Big Book, p. 59

MARCH 2024
VOL. LXII NO. 03

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"Carry the AA Message"

Join the fun and submit an article!

April (due 03/22/24)

"Made a searching and..."

May (due 04/22/24)

"Admitted to God, to ourselves..."

Submit your 27 to 1,000-word story at www.aasandiego.org using the "Submit" button in the Coordinator Newsletter section or email it to sdaa.newsletter@gmail.com.

Article Web-Site

Find past articles from the San Diego A.A. Coordinator at www.sdaanewsletter.org

"If You're Going Through Hell, Keep Going"

"If You're Going Through Hell, Keep Going" is a famous quote attributed to the British politician Winston Churchill.

The circumstances for the quotation are unknown but Winston was a very shrewd individual. It is a saying that is so appropriate to our 12-step program that it is difficult to know where to begin on this topic. It is a useful saying that we can successfully use throughout our entire sobriety. from the very first day to the present.

Continued on Page 14

Second Chances

I remember feeling helpless, defeated, and alone when I arrived at Alcoholic Anonymous. My last few years of drinking were tainted with unattractive behavior, embarrassing situations, and desperate measures to try and hold my life together. Despite periodic attempts to reach out for help from friends, therapists,

religious affiliations, AA, and inpatient recovery programs. I could not stop drinking. I eventually tried AA again, but one

Continued on Page 14

What Are the 12 Promises of Alcoholics Anonymous?

You may be wondering, 'what are the AA Promises?', 'how are the AA Promises explained?' or 'what page are the Promises on in the [Big Book](#)?' The AA Promises are found on pages 83-84, Chapter 6: Into Action in the Big Book of Alcoholics Anonymous: The story of how more than one hundred men have recovered from alcoholism. The 12 Promises of AA are presented as part of Step 9, which involves making amends. The 9th Step Promises are presented as out-loud readings at the end of AA meetings, usually before the closing prayer.

1. We are going to know a new freedom and a new happiness. People who finish the Steps will experience relief from the suffering of [addiction](#) and feel free to pursue a new life without alcohol.

Continued on Page 15

SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** www.aasandiego.org**E-MAIL:** sdaaco@aol.com**Mon-Fri 10 am to 6 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 SDAA.newsletter@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

Coordinating Council Officers

Council Chair	Jonathan	councilchair@aasandiego.org
Council Assistant	Erik	assistantchair@aasandiego.org
After Hours Phones	Tim	afterhoursphones@aasandiego.org
Business Committee	Rae	businesschair@aasandiego.org
Program Committee	Kaye	program@aasandiego.org
Public Info	April	publicinformation@aasandiego.org
Newsletter	Amy	newsletter@aasandiego.org

Intergroup & Area Officers

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



Contributors: Tom K., Mickey W., Anonymous, and Blaine H.

March Theme: "Made a decision to turn our..."

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](#).



If A.I. Wrote Our Stuff

Of late there has been much ado
That rewriting our literature is taboo.
But if a neutral party we were to ask,
Surely A.I. could do that task.

Roman numerals would have to go
As things Gen-Z-ers do not know.
And the suffering would not be wary
Of genders expressed as non-binary.

The Steps, they should remain the same
As basic principles of our game.
But of antiquated references it ought
To eliminate terms like "Juggernaut".

And really, is there anyone to mourn
The loss of Old John Barleycorn?
Using foreign tongues – it could not do
So, to "ad infinitum" we bid adieu.

That A.I. could do this job, I'm sure,
Creating literature that will long endure.
And for recovery, it would be just the trick.
For the artificial alcoholic.

~ Blaine H.



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 Need
Emergency back-up volunteers to answer daytime phones and 12-Step Phone List volunteers!
Call Central Office today at
619-265-8762

Website Hits	February	Total
	114,348	10,133,652

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!
Mark P.
19 years, February 5, 2001



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



"Hi, my name is Hank, and I'm a barkaholic."

Meetings in Motion

NEW

- 11TH STEP MEDITATION** PACIFIC BEACH
Church @ 1050 Thomas Ave
Wednesday @ 06:00 P
- BILL'S 11TH STEP JOURNEY** EL CAJON
Church @ 115 Cajon View Dr
Thursday @ 07:00 P

CANCELLED

- CORONADO SUNDAY NOON** CORONADO
Club @ 950 Orange Ave
Sunday @ 12:00 N
- FRIDAY NIGHT FIX** PACIFIC BEACH
Club-downstairs @ 4861 Cass St
Friday @ 08:00 P
- GOOD NEWS GUT LEVEL** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Tuesday @ 08:00 P
- KEEP YOUR SEATS** PACIFIC BEACH
Club upstairs @ 4861 Cass St
Monday @ 08:00 P
- PB PRIMARY PURPOSE** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Saturday @ 06:00 P
- RULE 62** PACIFIC BEACH
Club @ 4861 Cass St
Wednesday @ 08:00 p Code(s): M C *
- SOBRIETY AT ALL COST** NORTH PARK
Church @ 3725 30th St & Gunn St
Daily @ 02:30 P Mo-Sa
- STUDENTS IN SOBRIETY** LA JOLLA
Thursday @ 05:00 P Code(s): YP
- TALK-O TUESDAY** PACIFIC BEACH
Club -upstairs @ 4861 Cass St
Tuesday @ 06:00 P

CANCELLED (continued)

- THE GONG SHOW** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Friday @ 06:00 P
- THE OPEN BOOK** PACIFIC BEACH
Club-downstairs @ 4861 Cass St
Wednesday @ 08:00 P
- THERE IS A SOLUTION** PACIFIC BEACH
Club-upstairs @ 4861 Cass St
Sunday @ 06:00 P
- THIRSTY THURSDAY** PACIFIC BEACH
Club -upstairs @ 4861 Cass St
Thursday @ 06:00 P
- THREE LEGACIES BEGINNERS** ONLINE
Tuesday @ 6:30 P Code(s): *
- YOUNG PEOPLES HAPPY HOUR** PACIFIC BCH
Club-upstairs @ 4861 Cass St
Monday @ 06:00 P
- HOPE RECOVERY** EASTLAKE
Church @ 2726 Olympic Pkwy
Friday @ 07:00 P
- MONDAY MINDFULNESS** ONLINE
Monday @ 06:00 P

REACTIVATED

- AFTERNOON DELIGHT** PACIFIC BEACH
Club-downstairs @ 4861 Cass St
Wednesday @ 02:30 P

RELOCATED

- SOBER NOONERS** NORTH PARK
Office & Online @ 2621 University Ave
ID #: 858 4900 8426; PW: 599278
Daily 11:45 A Mo-Su; Code(s): * LGBTQ
Was on 30th St.; Now on Sundays also
- WORLD OF THE SPIRIT** NORTH PARK
Office @ 2621 University Ave
Tuesday @ 09:01 P Big Book Study
Was on Lark St.

OTHER

- EACH DAY A NEW BEGINNING** HILLCREST
Collective @ 1731 University Ave
Friday @ 06:15 P
Meeting is in art gallery room
Code(s): W LGBTQ Added room info.
- INTO THE 4TH DIMENSION**
- WOMENS STEP STUDY** LA MESA
Church Library @ 4210 Massachusetts
Friday @ 06:30 P
Doors close @ 6:35 per church's request
Code(s): * C W Added comment

ONLINE INFO CHANGE

- MIDWAY BRIDGE** ONLINE
Online @ ID #: 854 1636 4975;
PW: email to: Alan.rock16@gmail.com
Friday @ 06:30 P

TIME/DAY CHANGE

- FLETCHER HILLS SMOKELESS** FLETCHER HLS
Church @ 455 Church Way
Monday @ 07:00 P Code(s): *
Was 7:30 pm
- SOBER IN THE SLABS** NILAND
Club @ 1001 Low Rd Tuesday @ 02:00 P
Was Monday at 1:00 PM

Pamphlet OF THE MONTH: The A.A. Group

"Each group functions independently, except in matters affecting other groups or A.A. as a whole. A.A.'s essential group work is done by alcoholics who are themselves recovering in the Fellowship, and each of us is entitled to do our A.A. service in the way we think best within the spirit of the Traditions. This means that we function as a democracy, with all plans for group action approved by the majority voice. No single individual is appointed to act for the group or for Alcoholics Anonymous as a whole."

Page 10, Reprinted with permission from A.A.W.S.



Minutes of the Coordinating Council
In Person and Online Meeting on Thursday, February 8th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 940th Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Adrian, Area Alt Delegate reported:

The All California Young People Alcoholics Anonymous Conference began tonight in downtown San Diego. Several of the Area's Standing Committees will be represented there, such as Archives and Armed Services. The "A.A. Literature and the Power to Change It" Trustees Workshop is taking place this Saturday between 12-4 in the same hotel as the conference. PRAASA is coming up in three weeks in San Francisco. This is the Conference that many members in General Service look forward to annually. Our Delegate, Richard and I had an opportunity to bond a couple of weeks ago when we attended the Imperial Valley A.A. Round Up a couple of weeks ago. It was great to Fellowship with those on the other side of the mountains that we don't get to see very often.

H & I Representative: Lani, H&I Chair reported:

We meet on the 3rd Sunday of the month and for the month of February we will meet on zoom. Zoom info is at sdhandi.org . Contact on Release/Policy Committee 11:00; Orientation 12:00; and the Business Meeting follows. We expect to be back in person in March. Literature pick up still happens at 5150 Kearny Mesa Road on the 3rd Sunday. Every 3rd Thursday of the month at 7 pm we have a virtual orientation on zoom. Info is also on the website. There are vacancies on panels. We also have many positions available on the committee. Join us! Finally, we will have an H&I panel at the San Diego Spring Round Up on Saturday, March 30 at 11am.

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

1. This committee has room for 1 more members
2. They are blessed at the moment with a full calendar of groups that have volunteered to cover all nights

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, February 6th, 2023 at 6:00 pm.

January 2024 Financial Summary:

Net Revenue is \$5,789. 2024 YTD Net Revenue is \$5,789. Group & Individual Contributions were \$17,485. Literature Sales Revenue & Bank Interest was \$2,798; while total office & committee expenses were **-\$14,504**.

Central Office Manager's Reports: Judi.

- February BOOK OF THE MONTH: Experience, Strength & Hope, \$4.00, Regular \$6.00, Max: 5
- March BOOK OF THE MONTH: Daily Reflections, \$10.50 Regular \$12.50, Max: 5
- The Big Book Initiative has been very popular this month. The totals for December and offset by the ERC account are as follows: \$201.19 for the additional 5% literature discount and \$804.72 for Big Book discounts for a total of \$1,005.91, which was taken out of the ERC Fund.
- Lisa Ann will be off February 21-28, 2024.
- Central Office will be closed on Monday, February 19 in observation of President's Day.

Newsletter : Matt reported:

1. This committee needs members and submissions
2. The committee is working on putting together on a writing workshop

Coordinator Outreach: Grace, Chair reported:

1. Grace communicated with the Outreach Committee in SF/Marin and got a lot of great ideas
2. The Outreach Committee attended 1 meeting this month – way to go!!
3. Grace received reports on meetings without Coordinators from Central Office
4. This Committee meets immediately prior to the Council meeting.

Orientation & Guidelines: Joseph and Heather reported:

1. Joseph resigned as chair
2. Heather reported that there were 4 new Coordinators at orientation this evening: Eric S. from Golden Hill Sunday Night Discussion, Fernando V. from North Park Mens, Nathine from Friday Morning Womens and Karen from La Mesa Womens Saturday Morning

Program Committee: Kaye, Chair shared:

1. The Committee is beginning to plan the Founder's Day/Unity Day picnic and is ready to reserve the park
2. This committee needs members

Continued from Page 5

Public Information Committee: April, Chair reported:

1. The Public Information Committee just attended the MEMO health event at Monroe Clark Middle School on January 27th where we spoke about what AA is and what it isn't.
2. We were contacted by NAMI to bring our table to Imperial High School on February 23rd.
3. Our committee has had key members rotate so we are looking for new.
4. We need a Literature person who will keep track of our literature outlays and keep our event bags topped off.
5. At our monthly meeting on the first Monday of this month we reviewed the pamphlet P-40 "Speaking at Non-AA Meetings". We decided this is an excellent pamphlet to train new members on what to say and what not to say when addressing non-AA members of the public.

Quorum was established; 36 Coordinators were present

Approved January, 2024 Meeting Minutes

OLD BUSINESS: None

NEW BUSINESS:

1. Judi, Central Office Manager, announced that the Central Office Bookstore will begin carrying tri-plate tokens. An announcement will go out when they are in stock and available.
2. The following Coordinators volunteered to serve on committees:
 - a. Nathine & Karen – Outreach Committee
 - b. Joseph – Program Committee
 - c. Rosie – Newsletter Committee
 - d. *Thank you to all!!!*

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.

Birthdays: Happy Birthday to Jen with 7 years, Terre with 2 years and Heather with 1 years for a Grand Total of 10 years!!!

Reminders:

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 3/1/2024.
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!

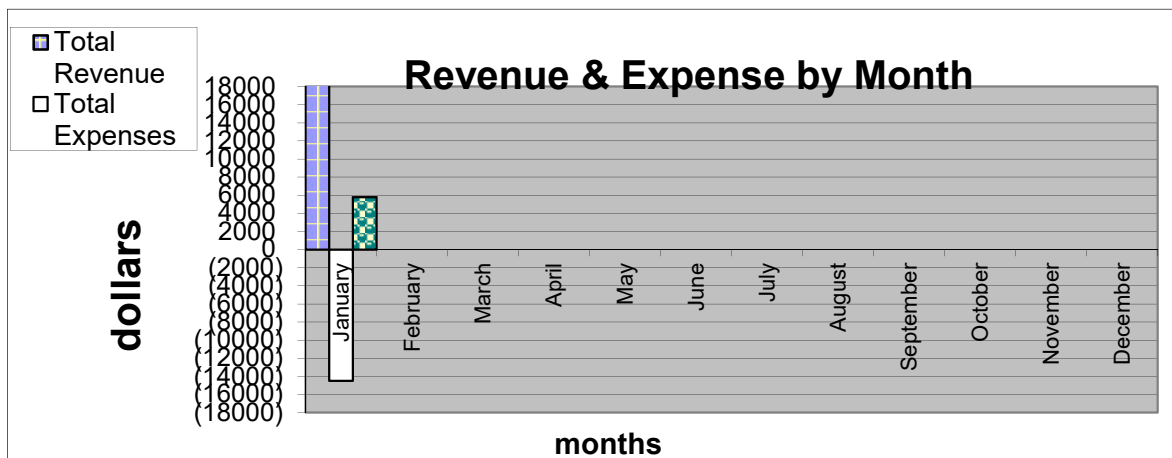
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of December 31, 2023

	Jan 24	January 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	16,504.70	16,779.43	16,504.70	16,779.43	(274.73)	138,492.00
			-			
Contributions Individual	979.95	553.84	979.95	553.84	426.11	22,784.00
Contributions SDIAA	10.00	-	10.00	-	10.00	-
Interest - Cert of Deposits	518.17	170.10	518.17	170.10	348.07	5,000.00
Literature Revenue (see schedule)	2,279.79	531.85	2,279.79	531.85	1,747.94	10,625.00
Total Revenue	20,292.61	18,035.22	20,292.61	18,035.22	2,257.39	176,901.00
Expense						
Accounting & Legal	120.00	2,760.50	120.00	2,760.50	(2,640.50)	2,700.00
Auto/Travel/Seminar	17.00	36.00	17.00	36.00	(19.00)	1,500.00
Bank Service Charges	-	-	-	-	-	-
Cash (Over) Short	(4.47)	9.65	(4.47)	9.65	(14.12)	20.00
Equipment Maint & Repair	51.36	51.36	51.36	51.36	-	650.00
Equipment Purchase	-	1,883.31	-	1,883.31	(1,883.31)	500.00
Event Funding	-	-	1,900.00	-	1,900.00	-
Insurance	81.46	128.46	81.46	128.46	(47.00)	850.00
Office Maint. & Repairs	81.85	202.80	81.85	202.80	(120.95)	500.00
Office Supplies	205.85	395.15	205.85	395.15	(189.30)	3,500.00
Rent	2,060.00	2,020.00	2,060.00	2,020.00	40.00	24,080.00
Taxes	-	-	-	-	-	75.00
Telephone	149.32	134.53	149.32	134.53	14.79	1,700.00
Utilities-Electricity	506.41	552.66	506.41	552.66	(46.25)	7,000.00
Website	26.99	9.00	26.99	9.00	17.99	100.00
EMPLOYEES						
Accrued Payroll Taxes	829.99	679.23	829.99	679.23	150.76	10,000.00
Employee Wages	8,850.35	6,966.48	8,850.35	6,966.48	1,883.87	100,035.00
Employee Health Benefit	1,025.74	937.88	1,025.74	937.88	87.86	12,309.00
Insurance Worker's Comp	44.61	44.61	44.61	490.71	-	528.00
Total Office Expense	14,046.46	16,811.62	14,046.46	16,811.62	(2,765.16)	166,047.00
Standing Committees Expense	457.41	1,148.06	457.41	1,148.06	(690.65)	10,854.00
Total Expense	14,503.87	17,959.68	14,503.87	17,959.68	(3,455.81)	176,901.00
Net Revenue	5,788.74	75.54	5,788.74	75.54	5,713.20	-



Group Contributions January 2024

Group	Jan-24	Ytd 24	Group	Jan-24	Ytd 24
3 O'Clocker - 2201	200.00	200.00	Midnight Howlers - 1025	100.00	100.00
530 Meditation - 3085	139.00	139.00	Midway Bridge - 2171	60.00	60.00
9 pm Discussion - 3366	145.00	145.00	Mira Mesa Early Risers - 967	400.00	400.00
Alpine Group - 6	128.00	128.00	Mission Hills Late Night - 2773	50.00	50.00
As Bill Sees It - 1038	75.00	75.00	Mission Possible - 131	120.00	120.00
B.Y.O.B. (North Park) - 203	110.58	110.58	Monday At A Time - 2875	161.87	161.87
Back Country - 3131	50.00	50.00	Noon At The Grove - 628	900.00	900.00
Battery Chargers - 98	142.00	142.00	Normal Hts Young Peoples SS-3407	100.00	100.00
Bonita Boozers - 2179	85.33	85.33	North Park Mens - 465	1.70	1.70
Casa De Oro Weds Nite - 2049	100.00	100.00	Old Timers Group - 2037	100.00	100.00
Cedar Street Mens - 1698	351.21	351.21	Open Minded Mens - 626	160.00	160.00
Channeling Serenity - 3425	157.20	157.20	Over The Bridge - 2689	349.65	349.65
Clairemont Fri Night - 375	95.00	95.00	Pass It On Big Book Stdy Grp-2860	173.50	173.50
Clairemont Womens Disc - 340	185.40	185.40	Pine Valley Thurs Open Disc-3274	148.90	148.90
Clairemont Womens SS - 341	241.50	241.50	Primary Purpose Group - 3151	377.50	377.50
Class Acts - 1845	150.77	150.77	Radical Acceptance Meeting - 2961	253.72	253.72
Deerhorn Group - 2063	280.00	280.00	Rise & Shine - 2170	112.75	112.75
Designs For Living - 488	250.00	250.00	San Carlos Single Purpose - 583	150.00	150.00
Doctors & Lawyers & Profess.-391	1,250.00	1,250.00	Scripps Ranch Men's Two - 2776	80.00	80.00
East Side Group - 101	100.00	100.00	Sisters in Solution - 3272	148.00	148.00
Easy Does It Riders - 21	60.00	60.00	Sobriety At All Cost - 3006	200.00	200.00
Emotional Sobriety (Hillcrest)-2536	60.00	60.00	Sons of God - 2789	756.00	756.00
Eye Opener Group - 607	300.00	300.00	South Park Sobriety - 1015	80.00	80.00
Fellowship of the Spirit Candle-3383	19.58	19.58	Spiritual Awakening - 2275	287.95	287.95
Former Hot Messes - 1205	71.50	71.50	Spiritual Awakenings SS - 3174	220.00	220.00
Friday Morning Womens - 104	137.52	137.52	Strength In Women - 2955	100.00	100.00
Friday Night Irregulars - 2889	283.00	283.00	Sunday Kind of Love - 429	602.63	602.63
Garnet Group - 1129	200.00	200.00	Sunday Morn Eleventh Step-1206	50.00	50.00
God Squad Too - 2809	90.15	90.15	T.G.I.F. - 1658	250.00	250.00
Grupo Gringo - 1305	50.00	50.00	The Hole In The Doughnut - 2737	168.00	168.00
Harmony Group - 585	273.00	273.00	The Rogue Meeting - 3338	381.75	381.75
Hi-Nooners - 673	100.00	100.00	Three Legacies Group - 2194	120.00	120.00
Jump Start - 2174	100.00	100.00	Thurs. Nite Mens Big Bk Stdy-1748	75.00	75.00
Just Us Girls - 929	60.53	60.53	Thursday Steps - 646	300.00	300.00
La Jolla Beginners Group - 82	105.00	105.00	Toes in the Sand - 3282	118.00	118.00
La Jolla Mens - 692	355.50	355.50	University City Womens - 369	300.00	300.00
Lakeside Drunks - 2423	100.00	100.00	War Fever - 880	33.79	33.79
LJ We Are Not A Glum Lot - 3355	65.00	65.00	Willing to Believe - 3449	136.00	136.00
Mid-Week Mens - 560	180.00	180.00	Womans Gut Level - 1701	75.40	75.40
Middy Miracles - 3242	19.07	19.07	Women's Joy Of Living - 2636	300.00	300.00
			Womens Step Study - 296	227.25	227.25

*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!

Does Your Meeting Have a Voice? Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. Each individual group in San Diego County is entitled to representation. Is your group represented? Call 619-265-8762 to find out. The Council meets on the 2nd Thursday of every month. Make sure YOUR group gets heard.

Group Contributions January 2024

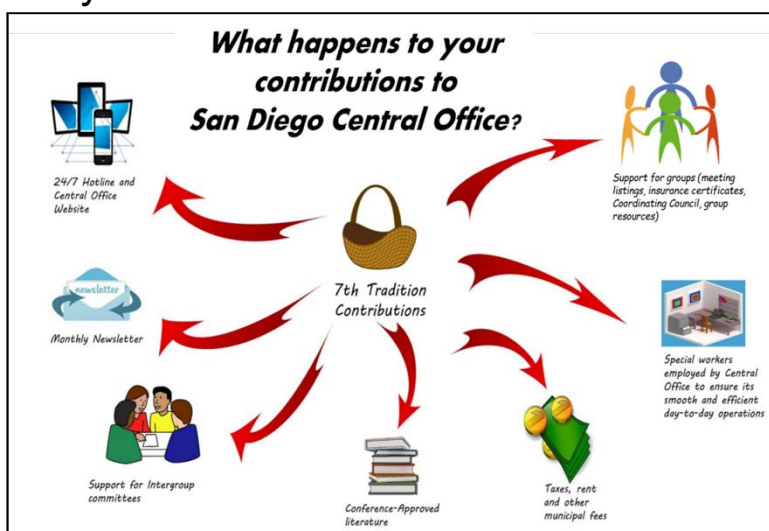


A.A. Economics

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.



“Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money...Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.” Where Money and Spirituality Mix, Pamphlet F-3

If you are unable to contribute financially, carrying the message is still contributing and there are many ways to carry the message at Central Office: We need Daytime Phone Volunteers and members on the 12-step Call list. Please call us today if giving of your time is a way that you'd like to contribute.

Central Office Notes

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

January 2024 Group Contributions	\$16,505
Individual Contributions	\$980
Literature & Interest	\$2,808
Total Revenue	\$20,293
Central Office Expenses	-\$14,046
Committee Expenses	-\$457
Total Expenses	-\$14,504
January 2024 Net Revenue	\$5,789
2024 YTD Revenue	\$5,789

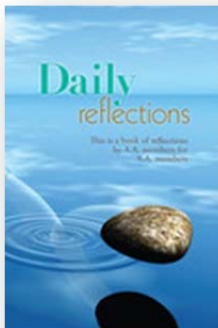
Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & we NEED your support (& your group's voice & vote!). There are over 650 groups in San Diego & only 41 representatives at last month's Council meeting (what?!). The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens each month before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

Daily Reflections

11

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



“One A.A. MIRACLE - February 29: Save for a few brief MOMENTS of TEMPTATION the THOUGHT of drink has NEVER returned; and at such times a great REVULSION has RISEN up in him. SEEMINGLY he could not DRINK even if he would. God had restored his SANITY. *Alcoholics Anonymous*, p. 57

The word "God" was FRIGHTENING to me when I FIRST saw it associated with A.A.'s TWELVE Steps. Having tried all the MEANS I could to STOP drinking, I found that it was not POSSIBLE for me to SUSTAIN that desire over a period of time. Yet, how could I BELIEVE in a "God" that had allowed me to SINK to the deep DESPAIR that engulfed me – whether DRINKING or dry? The ANSWER was in finally admitting that it *might* be possible for me to know the MERCY of a Power greater than MYSELF who could GRANT me SOBRIETY contingent on my willingness to "come to believe." By finally ADMITTING that I was one among many, and by following the example of my SPONSOR and other A.A. members in practicing FAITH I did not have, my LIFE has been given meaning, direction, and PURPOSE.



47th Annual Spring Round Up

Town and Country Resort San Diego

March 28 - 31, 2024



SCAN ME

Online reservations, pricing, and schedules available NOW!

www.SanDiegoSpringRoundup.com

RESERVE YOUR HOTEL ROOM NOW!!!

Early Bird Registration - **\$45 expires 3/14/2024**

Registration - **\$50 starting 3/15/2024**

Event Bundle Special - **\$160 (Savings of \$15)**

(Comedian & Ice Cream Social, AA Spiritual Breakfast, and AA Banquet / Speaker)

- | | | |
|--|--|--|
| <input type="checkbox"/> <i>Speaker Meetings</i> | <input type="checkbox"/> <i>AA Marathons</i> | <input type="checkbox"/> <i>Archives Room</i> |
| <input type="checkbox"/> <i>Al-Anon Marathons</i> | <input type="checkbox"/> <i>Workshops</i> | <input type="checkbox"/> <i>Yoga & Group Meditations</i> |
| <input type="checkbox"/> <i>Spanish AA & Al-Anon</i> | <input type="checkbox"/> <i>Panels</i> | <input type="checkbox"/> <i>Meal Events</i> |

SPORTING / RECREATION EVENTS

Comedian & Ice Cream Social **\$35**

Thursday: Starts at 7:00 PM

Contact: sdsruentertainment@gmail.com

Deep Sea Fishing Trip (½ Day) **\$75**

Friday: Check in 8:00 AM

Return around 3:00 PM

Contact: sdsrufishing@gmail.com

Riverwalk Golf Tournament **\$150**

Friday: Check in 7:00 AM at Pro Shop

Tee Time 8:00 AM at Golf Course

Contact: sdsrugolf@gmail.com

5K / 10K Fun Run / Walk **\$30**

Saturday: Check in 6:15 AM

Run Start Time at 7:00 AM

Contact: sdsru5k10krace@gmail.com

Poker Run / Motorcycle Ride **\$30**

Saturday: Check in 10:00 AM

Kickstands up 10:30 AM

Contact: sdsrupokerrun@gmail.com

GENERAL INFORMATION

Why do I have to pay?

Conferences are events, not regular meetings. They require months of planning, preparation and money. Since the event is held in a hotel there are charges for the use of the facility. The hotel also requires the event to purchase food. There are also expenses for travel and lodging for the speakers. Additionally there are other expenses such as printing, supplies and postage. The Round Up is self-supporting, they do not take money from any AA groups and no 7th tradition is passed, they do not take money from any AA groups and no 7th tradition is passed.

Want to sit together?

PICK UP TICKETS AT PRE-REGISTRATION

IF YOU WANT TO SIT TOGETHER CONSIDER BUYING A TABLE OF 10 SEATS FOR THE MEAL EVENTS SO YOU CAN SIT WITH YOUR FRIENDS

Tables are assigned by invoice number. Want a great table?
Register Very Early!

VOLUNTEERS Needed!

Want to be a **VOLUNTEER** at the Round Up?
Check the "**VOLUNTEER**" box on your **REGISTRATION FORM**

You must be **registered** to be a **VOLUNTEER**.
If you have questions about **volunteering**, please
Contact: sdsruvolunteers@gmail.com

Check here if you would like to **VOLUNTEER**

Things to Do, And Places to Go

Desert Women's AA Banquet

When: Sunday, March 10th 5 PM-8 PM

Where: Indian Wells, CA

Info: www.DesertWomensBanquet.org

Women Sponsoring Women

When: Sat., March 16, 9 AM-2:30 PM

Where: 270 C Street, 91910

Info: Call Central Office 619-265-8762

3rd Weekend Camping Group

When: March 15-17, 2024

Where: William Hiese County Park

Info: Call Central Office 619-265-8762

No. County Traditions Breakfast

When: Sunday, March 17, 2024

Where: Escondido, CA

Info: www.ncsandiegoaaa.org

47th San Diego Spring Roundup

When: March 28-31, 2024

Where: 500 Hotel Circle North, 92108

Info: www.SanDiegoSpringRoundup.com

35th Inland Empire Convention

When: April 18-21, 2024

Where: 22777 Soboba Rd, San Jacinto

Info: www.IEAAC.org

Woodstock West

When: May 17- May 19, 2024

Where: Los Angeles, CA

Info: www.woodstockwest.biz

Sunshine of the Spirit

When: May 31-June 2, 2024

Where: Hesperia, CA

sunshineofthespirit-highdesertconvention.com

A.A. Desert Roundup

When: June 6-9, 2024

Where: Indian Wells, CA

Info: www.desertroundup.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

Event flyers with more details can be found at www.aasandiego.org/events

Coordinating Council Attendance

Thank you to the following 36 Groups whose Coordinators attended the February San Diego Intergroup Coordinating Council.

**There are 641 groups in San Diego:
WAS YOUR GROUP THERE?**

CLAIREMONT MENS

COFFEE CLUTCHERS

DEL CERRO MIXED

DO THE WORK!

EL CAJON WOMEN'S SERENITY

FIRST MIRA MESA MENS

FRIDAY MORNING WOMENS

FRIDAY NIGHT IRREGULARS

GOD SQUAD TOO

GOLDEN HILL SUNDAY DISCUSSION

GREAT FACT GROUP

I.B. UP

INTO THE 4TH DIMENSION

JUMP START

JUST US GIRLS

LA MESA MENS

LA MESA SAT. MORNING WOMENS

MIDDAY MIRACLES

MID-WEEK MENS

MISSION HILLS BEGINNERS

NORTH PARK MENS

OLD TOWN SPEAKERS

OVER THE BRIDGE

PINE VALLEY THURSDAY OPEN DISC.

RADICAL ACCEPTANCE MEETING

RIDING SOBER

SANTEE MENS GROUP

SCRIPPS RANCH MENS

SCRIPPS RANCH MENS TWO

SOBRIETY ON STATE AND DATE

SUNDAY MIDDAY

THE COMMON SOLUTION

THE NINE THIRTY

THE WE GROUP

VALLEY GIRLS

WOMEN'S JOY OF LIVING

Next Council Meeting: Thursday, March 14, 2024. Council meets at 7:00 pm (Orientation 6:15 pm) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!



Book of the Month: **Daily Reflections**

**“September 28 - LOVE WITHOUT STRINGS
Practical experience shows that nothing will
so much insure immunity from drinking as
intensive work with other alcoholics. —
ALCOHOLICS ANONYMOUS, p. 89**

Sponsorship held two surprises for me. First, that my sponsees cared about me. What I had thought was gratitude was more like love. They wanted me to be happy, to grow and remain sober. Knowing how they felt kept me from drinking more than once. Second, I discovered that I was able to love someone else responsibly, with respectful and genuine concern for that person's growth. Before that time, I had thought that my ability to care sincerely about another's well-being had atrophied from lack of use. To learn that I can love, without greed or anxiety, has been one of the deepest gifts the program has given me. Gratitude for that gift has kept me sober many times.”

Page 280. Reprinted with permission from A.A.W.S.

“If You're Going Through Hell, Keep Going”

Continued from Page 1

Very early on in our sobriety the above quotation is one that just keeps us away from the that first drink which alcoholics have succumbed to countless times. "I'll start tomorrow", "I don't care, anymore", and "I'll have just one" were just some of the reasons to justify the return to this disease yet again. Chapter 3 provides us with a list of all the ways we tried to stop. We were powerless — and it worsened. Many of us have had to endure a case of the shakes, DT's, night sweats, no sleep, and worse. Finally, you wake up one morning, you don't feel like having a drink, and physically you feel somewhat normal. I've gone through hell. The worst is over. Wrong! This is only the beginning of the long journey. Now the fourth step. A fearless and moral inventory of ourselves wasn't going to be an easy task at all. More going through hell — recalling all the things we should have done differently. Not only did an inventory have to be done but we had to tell someone and when possible, make amends to people we had harmed. Somehow, the basic concept made just enough sense to follow through. The process began to unfold. There was a small light at the end of the tunnel. It also included things like the IRS, possibly jail or probation, paying back stores we might have stolen from, and on and on. When you get to the end you say now the worst is over. Again, wrong answer!

Life goes on regardless of our sobriety and we are faced with an array of situations ranging from sickness, loss of loved ones, divorce, even being homeless. Instead of wallowing in our self-pity we are now armed with tools to deal with these kinds of situations. Don't sit down in your own hell but do your footwork, turn it over to your *higher power*, and accept what the outcome is. We are no longer in control!

As the quote says just keep on going. There are no guarantees save one. You won't get drunk if you don't take the first drink. If you don't get drunk, you can walk through your own hell and there is light at the end of the tunnel. If you do drink, there is also a guarantee. You'll wallow in your own hell, and you won't walk through it.

~ Tom K.

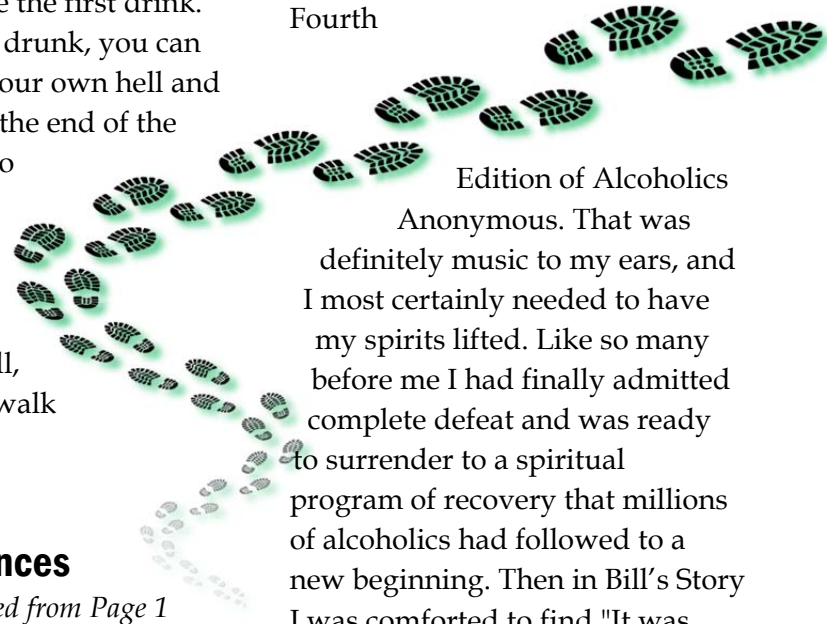
Second Chances

Continued from Page 1

sobriety date led to another. I couldn't get any time together but told my friends, family, coworkers, and fellow alcoholics otherwise. I was the keeper of secrets and lived a double life, not knowing where I fit in or where I belonged. I had one foot precariously in the drinking world and the other unsteadily in Alcoholics Anonymous. In my mind there was absolutely no way of turning my life around

or of wiping the slate clean and getting a fresh start

As one of my AA friends likes to say "No one went to one meeting too many!" and I started to hear the message. I read in our Big Book and heard in meetings that recovery begins when one alcoholic talks with another alcoholic — sharing experience, strength, and hope. My fellow alcoholics lived up to their reputation of speaking "the language of the heart in all its power and simplicity" as described in the Forward to the Fourth



Edition of Alcoholics Anonymous. That was definitely music to my ears, and I most certainly needed to have my spirits lifted. Like so many before me I had finally admitted complete defeat and was ready to surrender to a spiritual program of recovery that millions of alcoholics had followed to a new beginning. Then in Bill's Story I was comforted to find "It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. There is an old Chinese Proverb that says: "A journey of a thousand miles must begin with a single step." If you believe as I do that any first step can prove to be the most difficult then Step One, "We admitted we were powerless over alcohol, that our lives had become unmanageable", may seem to be an insurmountable task.

It was for me at first. Fortunately, our founders were prepared for stubborn cases like me when they wrote in Step One in the Twelve Steps and Twelve

will gain a sense of acceptance that allows

15 many self-centered

behaviors. Helping other people find recovery can bring alcoholics outside of themselves and help them develop a genuine interest in other people.

them to process their experiences, learn from them and move on without guilt.

3. **We will comprehend the word serenity.** Addiction can lead to a constant state of inner turmoil. The AA program helps people find a calmness that is rare during the active use of alcohol and which many alcoholics have never known in their lives.

4. **We will know peace.** The 4th Promise builds on the 3rd Promise, acknowledging that a life of peace and undisturbed tranquility will be experienced.

5. **No matter how far down the scale we have gone, we will see how our experience can benefit others.** Many individuals with a substance use disorder don't believe that other people understand what they've been through but, in Alcoholics Anonymous, they often meet people who can identify with and learn from their experiences.

6. **That feeling of uselessness and self-pity will disappear.** Addiction can make people feel worthless and guilty about their actions. The Steps can help individuals feel that their lives have a meaning and a purpose, particularly through helping others.

7. **We will lose interest in selfish things and gain interest in our fellows.** Addiction can lead to

8. **Self-seeking will slip away.** The tunnel vision of focusing only on oneself and drinking usually begins to fade as people work the Steps.
9. **Our whole attitude and outlook upon life will change.** AA can shift one's perspective from hopelessness to hope. People can begin to imagine a life where they are happy.
10. **Fear of people and of economic insecurity will leave us.** Alcoholics who recover through AA don't feel like they must continue to hide or worry about how to support their addiction and maintain financial security.
11. **We will intuitively know how to handle situations which used to baffle us.** As the AA member gets deeper into the recovery process, they begin to see situations more clearly and can tap into their inner resources.
12. **We will suddenly realize that God is doing for us what we could not do for ourselves.** The concept of a higher power is central to AA. This higher power, be it God or something else, becomes a guiding force in the person's life.

~ Anonymous

Traditions: We know that little good can come to any alcoholic who

joins AA unless he has first accepted his devastating weakness. Until he so humbles himself his sobriety - if any - will be precarious. Of real happiness he will find none at all." Those words caught my attention. I had been humbled into submission. I longed to be free from alcohol. I was ready to try something different. And so it was that I was able to surrender and admit that I was powerless over alcohol and that my life was unmanageable by me alone. And just as I had read in the Twelve Steps and Twelve Traditions it became surprisingly clear to me that it is "only through utter defeat are we able to take our first steps toward liberation and strength." I had my second chance, a new beginning!

~ Mickey W.

What Are the 12 Promises of Alcoholics Anonymous?

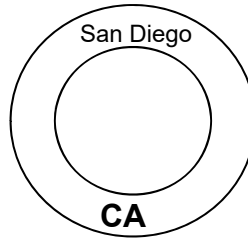
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2. **We will not regret the past nor wish to shut the door on it.** Those who work the program



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

RETURN SERVICE REQUEST



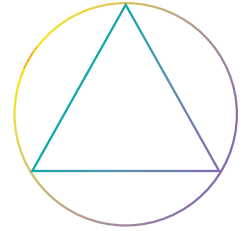


SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					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
31						



The San Diego A.A. Coordinator



aasandiego.org

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

“Made a searching and fearless moral inventory of ourselves.” *Reprinted from AA Big Book, page 59*

April 2024
VOL. LXII NO. 4

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- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions . pgs. 8-9
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- Word Search..... p.11
- Upcoming Events..... p. 13

“Carry the AA Message”

Join the fun, submit an article!

May (due 4/22/24)

“The Fifth Step... ”

June (due 5/22/24)

“Were entirely ready...”

Submit *your* 27 to 1,000-word story at www.aasandiego.org using the “Submit” button in the Coordinator Newsletter section or email it to sdaa.newsletter@gmail.com.

Article Web-Site

Find past articles from the San Diego AA Coordinator at www.sdaanewsletter.org

The Fall and the Rise of Alcoholics

We Surrender and Become Teachable

The disease of Alcoholism is usually misunderstood by the public at large and, sorry to say, often misunderstood by the people who were sent to AA in the past to fulfill a legal requirement. We had such an influx of these cases that the actual message of the original spirit of the program is often watered down and misrepresented. This didn't seem to affect those of us that come to AA defeated and looking for solutions, nearly as much.

Continued on Page 14

Full and Thankful Heart

An old-timer friend of mine, Chuck B. - now gone on to "the big meeting", taught me that the highest form of prayer is the prayer of a grateful heart. His own life demonstrated real gratitude translated into effective action. As Bill W. would say,

“Our gratitude must go forward!” The recovered lives, the spiritual experiences, the new brightness to our eyes and the love in our hearts find its most effective expression through service and “A full and thankful heart” is carrying the AA message - and for us in the Coordinating Council this includes:

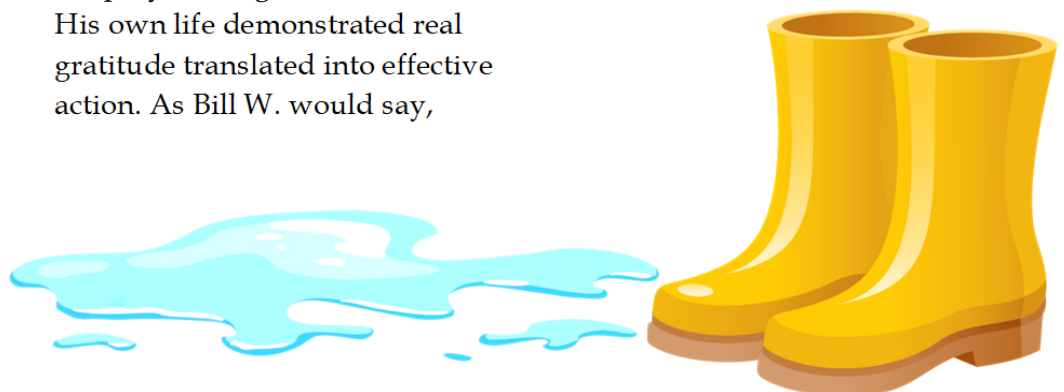
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The Illusion of Immunity

Face to face with reality, we refuse to accept the fact that it could happen to us

The Webster Dictionary defines "illusion" as "state or fact of being deceived." "Immunity" is defined as "state of being protected, as against a disease." One evening, in a talk before a Pittsburgh AA group, these two words came

Continued on Page 15



SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**Our Web Page** www.aasandiego.org**E-mail:** sdaaco@aol.com**Mon-Fri 10 am – 6 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.**Contributors:** Rick R., Gail N., and Anonymous**March Theme:** "Made a decision to turn our..."**Newsletter by electronic version only at this time. Please sign up to receive by email.****Send to:** sdaaco@aol.com

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

Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

Coordinating Council Officers

Council Chair	Jonathan	councilchair@aasandiego.org
Council Assistant	Erik	assistantchair@aasandiego.org
After Hours Phones	Tim	afterhoursphones@aasandiego.org
Business Committee	Rae	businesschair@aasandiego.org
Program Committee	Kaye	program@aasandiego.org
Public Info	April	publicinformation@aasandiego.org
Newsletter	Amy	newsletter@aasandiego.org

Intergroup & Area Officers

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

**Please contact Central Office at 619-265-8762
for Office9r's phone numbers**

Committee Announcement

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

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

Following Coordinating Council Standing Committees need members.

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

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


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

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

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





Central Office Phone Volunteers

Critical and Urgent.

The Central Office is in Immediate Need of a Daytime Phone Volunteer every other Thursday Afternoon from 1:00-5:00 PM. Emergency back-up volunteers to answer daytime phones and 12-Step Phone List volunteers also needed!

Call Central Office today at 619-265-8762

Website Hits	March	Total
	568,848	10,702,500

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.

The San Diego AA COORDINATOR Newsletter Writing Workshop

When: Saturday, May 18th, 2024
Time: 1:00 pm - 3:00 pm

Feel free to come earlier to check out our books, pamphlets, tokens, and archive

Where: San Diego Central Office

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



Paper pads, pencils and pens will be available.

Feel free to bring your journal and laptop.

Refreshments provided.



★ You don't have to have writing experience – just a little willingness, curiosity, and the desire to share.

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



Unglam Lot

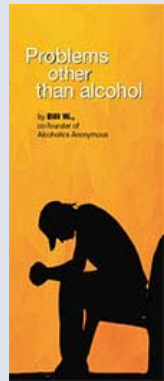


Meetings in Motion

CANCELLED		NEW		TIME/DAY CHANGE	
AFTERNOON DELIGHT Club-downstairs @ 4861 Cass St Wednesday @ 02:30 P	PACIFIC BEACH	SERENITY NOW Church @ 8999 Activity Rd, Rm 204 Wednesday @ 10:00 A Promises discussion	MIRA MESA Code(s): *	THE GATHERERS Phone @ PH #: 1-978-990-5000; Code: 522655# Wed. & Fri. @ 06:00 p Was daily meeting	PHONE MEETING Code(s): *
LIVEN IT UP Club @ 950 Orange Ave -rear alley Saturday @ 07:30 P	CORONADO	STEP STUDY Club @ 950 Orange Ave Monday @ 02:00 P (entrance in rear alley)	CORONADO Code(s): *	VETERANS LEAVE NO ONE BEHIND Club @ 6901 Central Ave Thursday @ 07:30 P Was at 8 PM	LEMON GROVE
ONE STEP AT A TIME Online @ ID #:897 8862 4230; PW: None Tuesday @ 08:00 P	ONLINE Code(s): *	WE NEED A NAME Church @ 5940 Kelton Ave Friday @ 06:00 P	LA MESA (Code(s): * CF)	WORLD OF THE SPIRIT Office Bldg @ 2621 University Ave (enter in back) Monday @ 09:01 P Added Monday. Mtg is Mon. and Tues.	NORTH PARK
WINNER WINNER CHICKEN DINNER Online @ ID #: 824 3327 1604 Saturday @ 10:00 A	ONLINE Code(s): W	RELOCATED			
WOMAN OF GRACE Church @ 6063 La Jolla Blvd Thursday @ 07:00 P	LA JOLLA Code(s): * W	SOBER MINDED LEATHER FOLK Church & Online @ 3030 Thorn St. (enter off Grim) ID #: 579 099 0479; PW: leather Friday @ 08:00 P Was on 30th St.	NORTH PARK Code(s): * LGBTQ	NAME CHANGE	
ONLINE INFO CHANGE					
DIAMOND ST MENS SS Church & Online @ 1074 Loring St ID #: 825 6839 5349; PW: None Monday @ 07:00 P	PACIFIC BEACH Code(s): * C M			4TH DIMENSION BY CANDLELIGHT Club @ 4861 Cass St Tuesday @ 08:00 P Was named "Just the Tip"	PACIFIC BEACH

Pamphlet OF THE MONTH: Problems Other Than Alcohol

“Sobriety – freedom from alcohol – through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that there is no possible way to make nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don’t stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.” Reprinted with permission from A.A.W.S.



Minutes of the Coordinating Council

In Person and Online Meeting on Thursday, March 14th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 941st Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Adrian, Area Alt Delegate reported:

Many Area members attended the Pacific Region A.A. Service Assembly on the first weekend of March in San Francisco. I was able to meet and spend time with my counterpart Alternate Delegates from the 13 other Areas in the Pacific Region. There were several presentations and robust discussions on the current state of affairs in A.A. concerning topics from the upcoming General Service Conference; ranging from proposed literature & pamphlet additions to how the Fellowship is showing up to accessibility issues and remote communities. The Area kicked off three straight weekends of Pre-Conference Workshops this past Sunday, with the purpose to inform GSRs on what the Delegate needs from the Groups' Conscience to take with him to the Conference. I will be polling Coordinating Council members in April on how many of you were asked to contribute to this process. If your Group does not have a GSR or a point of contact for the Area, please connect with me so that I can help point your Group in the right direction. There will be a General Service Panel taking place at 9 am on Saturday, March 30th at the Spring Round Up. If General Service bores you, show up to this one if you are there. I have planned this panel so it should be the best ever!

H & I Representative: Lani, H&I Chair reported:

Our 3rd Sunday monthly meeting will again be virtual on 3/17 as the Machinists' Hall remains closed for repairs. Zoom information is available at <sdhandi.org>. Literature pickup WILL be available in the parking lot of the Machinists' Hall – 5150 Kearny Mesa Rd – beginning at 11:00 AM. We always need people as the demand for panels far exceeds the available volunteers. H&I Orientation will be virtual at noon on 3/17 and at 7:00 PM on Thursday 3/21. Info at <sdhandi.org> The combined NorCal & SoCal H&I conference will take place May 3rd – 5th in Bakersfield. Information and registration information can be found at <socalhandi.com>.

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

1. This committee has room for 1 more members
2. They are blessed at the moment with a full calendar of groups that have volunteered to cover all nights

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, March 12th, 2023 at 6:00 pm.

February 2024 Financial Summary:

Net Revenue is \$922. 2024 YTD Net Revenue is \$6,711. Group & Individual Contributions were \$12,599. Literature Sales Revenue & Bank Interest was \$2,255; while total office & committee expenses were -\$13,942.

Central Office Manager's Reports: Judi.

- March BOOK OF THE MONTH: Daily Reflections, \$10.50 Regular \$12.50, Max: 5
- April BOOK OF THE MONTH: As Bill Sees It, \$9.00 Regular \$11.00, Max: 5
- The Big Book Initiative's final month's totals are as follows: \$132.65 for the additional 5% literature discount and \$454.06 for Big Book discounts for a total of \$586.71, which was taken out of the ERC Fund. The total amount for this item as a benefit of the ERC was \$2,173.05
- Central Office received tri-plate tokens as follows: annual tokens in five primary colors (red, blue, green, purple and black) for years 1-50 and "Bill and Bob" annual tokens in the same colors for the same years and the sales for February 20-March 11 were \$905.40
- A new webpage was added to the page of the aasandiego.org website "How to List and Update Meetings" called How to Start a Meeting.
- Lisa Ann will be out of the office from March 19-April 16, 2024.
- Central Office has an urgent and critical need for Daytime Phone Volunteers. In the office every other Friday afternoon from 1-5pm and either in the office or remotely every other Saturday afternoon, also from 1-5pm.

Newsletter : Matt reported:

1. This committee needs members and submissions
2. The committee is working on putting together on a writing workshop at Central Office. The Business Committee approved a budget of \$200 and they are aiming for a date in April.

Continued from Page 5

Coordinator Outreach: Grace, Chair reported:

1. The Outreach Committee attended 15 meetings this month!!!
2. Grace created a chart so that members of the committee can select the meetings that they want to go to and not repeat attending meetings.
3. This Committee meets immediately prior to the Council meeting.

Orientation & Guidelines: Heather reported:

1. Heather reported that there were 3 new Coordinators at orientation this evening: Barbara B. from Sky High Woman's Toni O'C. from University City Women's Meeting & Eileen from Porter Hall Structured Step Study. Welcome all!!

Program Committee: Kaye, Chair shared:

1. The form and check were sent to the City of La Mesa and the park has been reserved for the Founder's Day Picnic.
2. The next Program Committee meeting will be postponed from the last Monday of the month to the next Monday.

Public Information Committee: April, Chair reported:

1. Our Committee has dwindled and we need more help.
2. We especially need a Literature person who can keep our literature event bags full and track inventory.
3. We haven't had any recent events and our last meeting had technical difficulties because we lost our tech wizard chair.

Quorum was established; 36 Coordinators were present

Approved February, 2024 Meeting Minutes

OLD BUSINESS:

1. Peter L, Chair of the ERC Ad-Hoc Committee reported that after the book discounts ending in February there remains a balance of \$5,867.39. Questions were posed as to the spending of the rest of the fund and he committed to providing a list at the next Council meeting
2. Judi presented all of the Logos that were presented for the Central Office Logo Contest. The Coordinators then voted for their top three choices and then their top choice out of those three. A winner was selected and that logo will now be used on all in-house printed material as well as on the website.

NEW BUSINESS:

1. Judi, Central Office Manager, distributed new Coordinator packets to all Coordinators present in person and reviewed the contents. There are many helpful pamphlets and a lot of indispensable information inside accordion folders that the Coordinators can use to hold their monthly minutes, agendas, etc. and share information with their groups. Online attendees can pick their packets up at Central Office. These packets will now be handed out at Orientation.
2. Steve, a Coordinator presented his agenda item requesting that all members present that have celebrated a sobriety birthday since the last meeting line up at the podium, announce their birthday and then the room sings "Happy Birthday" to them. A vote was taken by acclamation and passed.

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.

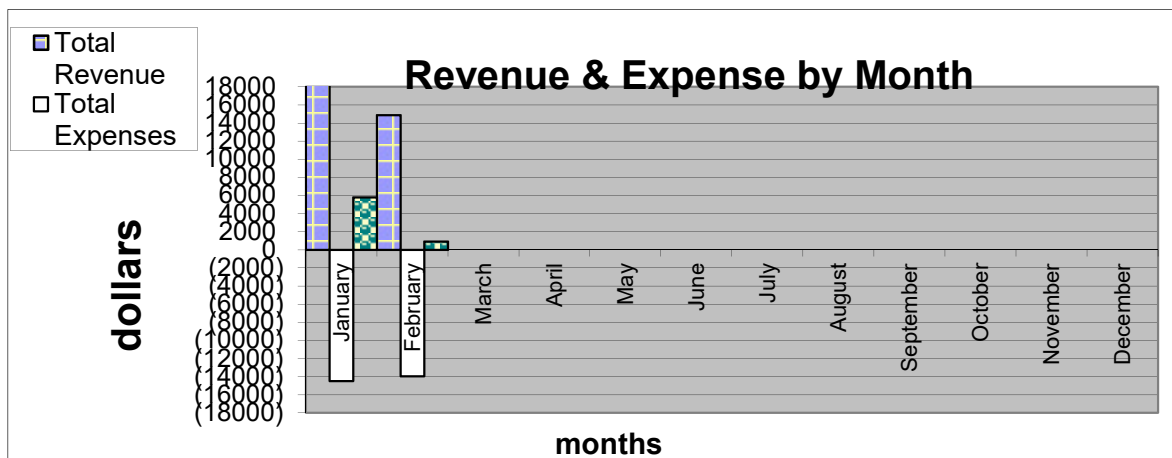
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 4/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the 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 February 29, 2024**

	February 24	February 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	11,647.97	6,495.55	28,152.67	23,274.98	4,877.69	138,492.00
			-			
Contributions Individual	951.28	767.00	1,931.23	1,320.84	610.39	22,784.00
Contributions SDIAA	10.00	-	20.00	-	20.00	-
Interest - Cert of Deposits	486.51	153.68	1,004.68	323.78	680.90	5,000.00
Literature Revenue (see schedule)	1,768.50	814.38	4,048.29	531.85	3,516.44	10,625.00
Total Revenue	14,864.26	8,230.61	35,156.87	25,451.45	9,705.42	176,901.00
Expense						
Accounting & Legal	25.00	-	145.00	2,760.50	(2,615.50)	2,700.00
Auto/Travel/Seminar	57.00	232.50	74.00	268.50	(194.50)	1,500.00
Bank Service Charges	-	-	-	-	-	-
Cash (Over) Short	18.62	0.71	14.15	10.36	3.79	20.00
Equipment Maint & Repair	51.36	51.36	102.72	102.72	-	650.00
Equipment Purchase	129.29	179.05	129.29	2,062.36	(1,933.07)	500.00
Event Funding	-	-	1,900.00	-	1,900.00	-
Insurance	81.46	81.46	162.92	209.92	(47.00)	850.00
Office Maint. & Repairs	73.68	-	155.53	202.80	(47.27)	500.00
Office Supplies	765.29	486.58	971.14	881.73	89.41	3,500.00
Rent	2,060.00	2,020.00	4,120.00	4,040.00	80.00	24,080.00
Taxes	-	-	-	-	-	75.00
Telephone	149.32	134.53	298.64	269.06	29.58	1,700.00
Utilities-Electricity	556.48	1,134.70	1,062.89	1,687.36	(624.47)	7,000.00
Website	9.00	9.00	35.99	18.00	17.99	100.00
EMPLOYEES				-		
Accrued Payroll Taxes	683.27	614.34	1,513.26	1,293.57	219.69	10,000.00
Employee Wages	8,121.82	7,122.47	16,972.17	14,088.95	2,883.22	100,035.00
Employee Health Benefit	1,025.74	937.88	2,051.48	1,875.76	175.72	12,309.00
Insurance Worker's Comp	44.61	44.61	89.22	490.71	-	528.00
Total Office Expense	13,851.94	13,049.19	29,798.40	29,860.81	(62.41)	166,047.00
Standing Committees Expense	90.39	1,709.36	6,710.67	2,857.42	3,853.25	10,854.00
Total Expense	13,942.33	14,758.55	28,446.20	32,718.23	3,790.84	176,901.00
Total Net Revenue	921.93	(6,527.94)	6,710.67	(7,266.78)	13,977.45	-



Group Contributions February 2024

Group	Feb-24	Ytd 24	Group	Feb-24	Ytd 24
3 O'Clocker - 2201	-	200.00	Mid-Week Mens - 560	285.00	465.00
52 From The Big Blue	146.75	146.75	Midday Miracles - 3242	-	19.07
530 Meditation - 3085	-	139.00	Midnight Howlers - 1025	-	100.00
9 pm Discussion - 3366	-	145.00	Midway Bridge - 2171	-	60.00
AA By The Bay - 629	200.00	200.00	Mira Mesa Early Risers - 967	-	400.00
Alpine Group - 6	50.00	178.00	Mission Hills Late Night - 2773	50.00	100.00
As Bill Sees It - 1038	-	75.00	Mission Hills Lunch Bunch - 2675	78.50	78.50
B.Y.O.B. (North Park) - 203	31.56	142.14	Mission Possible - 131	-	120.00
Back Country - 3131	-	50.00	Monday At A Time - 2875	-	161.87
Battery Chargers - 98	300.00	442.00	Noon At The Grove - 628	-	900.00
Bonita Boozers - 2179	-	85.33	Nooners Anonymous - 1164	150.00	150.00
Casa De Oro Weds Nite - 2049	-	100.00	Normal Hts Young Pples SS-3407	-	100.00
Cedar Street Mens - 1698	-	351.21	North Clairemont - 1102	100.00	100.00
Channeling Serenity - 3425	-	157.20	North Park Mens - 465	20.20	21.90
Chula Vista 4 Min Speakers- 1568	60.00	60.00	Old Timers Group - 2037	-	100.00
Clairemont Fri Night - 375	-	95.00	Open Minded Mens - 626	-	160.00
Clairemont Mens - 301	501.60	501.60	Orig Anonymous Anonymous- 154	50.00	50.00
Clairemont Mixed Discussion-338	259.00	259.00	Over The Bridge - 2689	-	349.65
Clairemont Womens Disc - 340	-	185.40	Pass It On Big Bk Stdy Grp-2860	-	173.50
Clairemont Womens SS - 341	-	241.50	Pine Valley Thu Open Disc.-3274	-	148.90
Class Acts - 1845	-	150.77	Point Loma Mens - 245	231.00	231.00
Coffee Clutchers - 2332	200.00	200.00	Primary Purpose Group - 3151	-	377.50
Daily Reflection - 3114	200.78	200.78	Progress Rather Than Perf - 2682	400.00	400.00
Deerhorn Group - 2063	-	280.00	Radical Acceptance Mt - 2961	-	253.72
Designs For Living - 488	-	250.00	Rise & Shine - 2170	-	112.75
Doctors & Lawyers & Profs - 391	-	1,250.00	S.D. Speakers Meeting -152	275.00	275.00
Downtown Noon Discussion-1607	50.00	50.00	San Carlos Single Purpose - 583	-	150.00
Early Risers (PB) - 264	300.00	300.00	Santee Serenity Group - 1943	191.53	191.53
East Side Group - 101	-	100.00	Scripps Ranch Men's Two - 2776	-	80.00
Easy Does It Riders - 21	-	60.00	Sisters in Solution - 3272	-	148.00
Easy Risers - 854	100.00	100.00	Sky Hi Womens - 1633	75.00	75.00
Emotional Sobriety - 2536	-	60.00	Sobriety At All Cost - 3006	929.00	1,129.00
Evening Serenity - 2305	200.00	200.00	Sons of God - 2789	-	756.00
Everynighters Online - 2997	29.07	29.07	South Park Sobriety - 1015	-	80.00
Eye Opener Group - 607	-	300.00	Spiritual Awakening - 2275	454.02	741.97
Fellowship of Spirit Candle - 3383	-	19.58	Spiritual Awakenings SS - 3174	-	220.00
Former Hot Messes - 1205	-	71.50	Strength In Women - 2955	-	100.00
Fresh Air Friday - 266	600.00	600.00	Sunday Beach Sun-Day - 568	82.40	82.40
Friday Morning Womens - 104	-	137.52	Sunday Kind of Love - 429	-	602.63
Friday Night Irregulars - 2889	-	283.00	Sunday Middy - 161	150.00	150.00
Friday Spring Valley Lunch-2732	161.00	161.00	Sunday Morn Eleventh Step-1206	-	50.00
Full Measure Friday - 3363	150.00	150.00	T.G.I.F. - 1658	-	250.00
Garnet Group - 1129	-	200.00	The Gathering Of Goddesses-2890	155.10	155.10
God Squad Too - 2809	-	90.15	The Hole In The Doughnut - 2737	-	168.00
Grupo Gringo - 1305	-	50.00	The Huddle in the Park - 3278	300.00	300.00
Harmony Group - 585	333.00	606.00	The Other Meeting - 857	100.00	100.00
Hi-Nooners - 673	-	100.00	The Rogue Meeting - 3338	330.00	711.75
HOW @ Noon - 2998	150.00	150.00	There is a Solution - 2680	5.00	5.00
I. B. Up - 2565	100.00	100.00	Three Legacies Group - 2194	-	120.00
Jump Start - 2174	-	100.00	Thurs. Nite Mens Big Bk Stdy-1748	-	75.00
Just Us Girls - 929	-	60.53	Thursday Steps - 646	-	300.00
La Jolla Beginners Group - 82	-	105.00	Toes in the Sand - 3282	-	118.00
La Jolla Mens - 692	-	355.50	Tuesday Morning Alpine - 440	96.25	96.25
La Jolla Speakers - 578	1,200.00	1,200.00	University City Womens - 369	-	300.00
La Jolla Sunrise - 2684	50.00	50.00	War Fever - 880	-	33.79
La Mesa Holiday Alkathon	181.71	181.71	Water Walkers Too - 1946	380.00	380.00
La Mesa Womens Sat. Morn - 416	200.00	200.00	Wholesale Miracles - 2474	70.00	70.00
Lakeside Drunks - 2423	-	100.00	Willing to Believe - 3449	-	136.00
Late Risers - 473	50.00	50.00	Womans Gut Level - 1701	-	75.40
Linda Vista Mens - 320	175.00	175.00	Women's Joy Of Living - 2636	200.00	500.00
LJ We Are Not A Glum Lot - 3355	-	65.00	Womens Step Study - 296	-	227.25

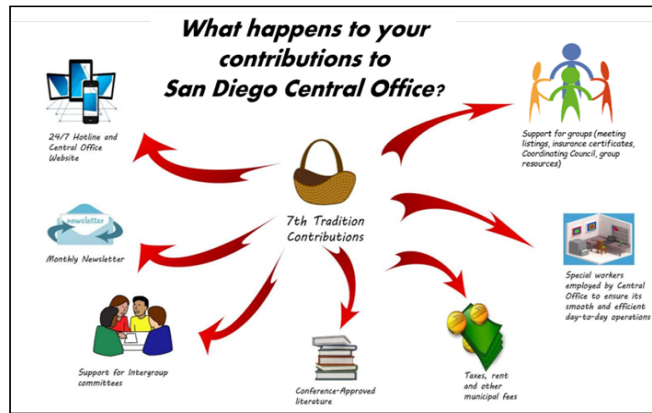
YOUR SAN DIEGO INTERGROUP/CENTRAL OFFICE THANKS
YOU FOR YOUR CONTINUED SUPPORT.

Group Secretaries/Treasurers: If you wish to receive a receipt for your contribution, please write your email address on your check or an insert with your check. Central Office does not mail receipts. Thank you!

Does Your Meeting Have a Voice? Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. Each individual group in San Diego County is entitled to representation. Is your group represented? Call 619-265-8762 to find out.



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.

“Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money...Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.”

Where Money and Spirituality Mix, Pamphlet F-3

If you are unable to contribute financially, carrying the message is still contributing and there are many ways to carry the message at Central Office: We need Daytime Phone Volunteers and members on the 12-step Call list. Please call us today if giving of your time is a way that you'd like to contribute.

What is "Gratitude with Service"? We believe Service is a way of showing Gratitude for the program that saved our lives. It's also our Third Legacy. There are lots of ways to volunteer for Service within The San Diego Intergroup and Central Office. To find a way in which you can be of service, go to aasandiego.org/group-documents and look for the "Gratitude with Service" form on the left hand side. Or stop by the Central Office M-F 10am-6pm or Sat 9am-1pm and we'll be more than happy to discuss these opportunities with you!

Central Office Notes

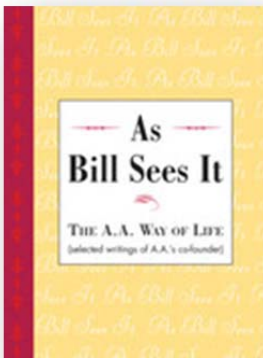
2024 Holidays - Central Office/ Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
May 27	Memorial Day	Monday
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

February 2024 Group Contributions	\$11,648
Individual Contributions	\$951
Literature & Interest	\$2,266
Total Revenue	\$14,864
Central Office Expenses	-\$13,852
Committee Expenses	-\$90
Total Expenses	-\$13,942
February 2024 Net Revenue	\$922
2024 YTD Revenue	\$6,711

Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & *we NEED your support* (& your group's voice & vote!). There are over 650 groups in San Diego & only 41 representatives at last month's Council meeting (what?!). The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens each month before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

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



“Maintenance and GROWTH:

It is **PLAIN** that a **LIFE** which includes deep **RESENTMENT** leads only to **FUTILITY** and **UNHAPPINESS**. To the **PRECISE** extent that we **PERMIT** these, do we **SQUANDER** the **HOURS** that might have been worthwhile. But with the **ALCOHOLIC**, whose hope is the **MAINTENANCE** and growth of a **SPIRITUAL** experience, this **BUSINESS** of resentment is infinitely **GRAVE**. We found that it is **FATAL**. For when **HARBORING** such **FEELINGS** we **SHUT** ourselves off from the **SUNLIGHT** of the **SPIRIT**. The **INSANITY** of alcohol returns and we **DRINK** again.

And with us, to drink is to **DIE**. If we were to **LIVE**, we had to be **FREE** of anger. The **GROUCH** and the **BRAINSTORM** were not for us. They may be the dubious **LUXURY** of normal men, but for alcoholics these things are **POISON**. – *Alcoholics Anonymous, P. 66.*
 Page 6, Reprinted with permission from A.A.W.S.



A.A. Economics

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FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

Thank you for supporting your Central Office in carrying the message to the still suffering alcoholic

- ◇ The Central Office cannot mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!
- ◇ Send your Contributions to:

San Diego Central Office
7075 Mission Gorge Road, Suite B
San Diego, CA 92120



Things to Do, And Places to Go

35th Inland Empire Convention

When: April 18-21, 2024

Where: 22777 Soboba Rd, San Jacinto

Info: www.IEAAC.org

Meditation Workshop

When: April 27th, 9 AM – 1 PM

Where: 3598 Talbot St.

Info: Call Central Office 619-265-8762

39th May Day Madness

When: May 3-5, 2024

Where: Lake Henshaw

Info: Call Central Office 619-265-8762

2024 H&I Conference

When: May 3-5, 2024

Where: Bakersfield, CA

Info: www.socalhandi.com

Woodstock West

When: May 17- May 19, 2024

Where: Los Angeles, CA

Info: www.woodstockwest.biz

Sunshine of the Spirit

When: May 31-June 2, 2024

Where: Hesperia, CA

sunshineofthespirit-highdesertconvention.com

A.A. Desert Roundup

When: June 6-9, 2024

Where: Indian Wells, CA

Info: www.desertroundup.com

Founder's Day Akron, OH

When: June 7 – June 9

Where: Akron, OH

Info: www.foundersday.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

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

www.aasandiego.org/events

Coordinating Council Attendance

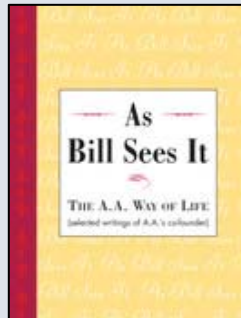
Thank you to the following 39 Groups whose Coordinators attended the March 2024 San Diego Intergroup Coordinating Council.

There are 642 groups in San Diego:

WAS YOUR GROUP THERE?

4077 MASH STEP 11	MISSION HILLS LATE NIGHT
CLAIREMONT MENS	NORTH PARK MENS
CLAIREMONT WOMENS STEP STUDY	OLD TOWN SPEAKERS
COFFEE CLUTCHERS	OVER THE BRIDGE
DEL CERRO MIXED	PINE VALLEY THURSDAY OPEN DISC.
DO THE WORK!	PORTER HALL STEP STUDY
DOWNTOWN DISCUSSION	RAINBOW GROUP
FIRST MIRA MESA MENS	RIDING SOBER
FREEDOM	SANTEE MENS GROUP
FRIDAY MORNING WOMENS	SCRIPPS RANCH MENS TWO
FRIDAY NIGHT IRREGULARS	SKY HIGH WOMEN'S
GOD SQUAD TOO	SOBEARITY
GREAT FACT GROUP	SOBRIETY ON STATE AND DATE
INTO THE 4TH DIMENSION	SUNDAY MIDDAY
JUST US GIRLS	THE NINE THIRTY
LA JOLLA COVE BEGINNERS	UNIVERSITY CITY WOMENS
LA MESA MENS	VALLEY GIRLS
LA MESA SAT. MORNING WOMENS	WOMEN'S GUT LEVEL
MIDDAY MIRACLES	WOMEN'S JOY OF LIVING
MISSION HILLS BEGINNERS	

Next Council Meeting: Thursday, April 11, 2024. Council meets at 7:00 pm (Orientation 6:30 pm) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!



Book of the Month: **As Bill Sees It** (soft cover)

A DIFFERENT SWINGING DOOR

"When a drunk shows up among us and says that he doesn't like the A.A. principles, people, or service management, when he declares that he can do better elsewhere – we are not worried. We simply say, "Maybe your case really is different. Why don't you try something else?"

If an A.A. member says he doesn't like his own group, we are not disturbed. We simply say, "Why don't you try another one? Or start one of your own."

To those who wish to secede from A.A. altogether, we extend a cheerful invitation to do just that. If they can do better by other means, we are glad. If after a trial they cannot do better, we know they face a choice: They can go mad or die or they return to A.A. The decision is wholly theirs. (As a matter of fact, most of them do come back.) – TWELVE CONCEPTS, PP. 74-75."

Page 63. Reprinted with permission from A.A.W.S.

The Fall and the Rise of Alcoholics

Surrender and Become Teachable

Continued from Page 1

if your motive for coming to AA is a Desire to Stop Drinking and find a way to live a happy and meaningful life, your chances are very high. If you came here for any other reason, it may take a lot longer.

The degree of desperation and surrender seems to set the pace of the recovery process. Most of the alcoholics that I have observed, over the years, have similar track records when it comes to the evolution of this disease in each



individual. No two people are identical when it comes to the combination of the mental, emotional, physical, and spiritual issues that we are faced with. When these things start to turn on us as the drinking problems start, that original feeling of conviviality, when drinking, is replaced with guilt, shame and self-loathing when awakening in

the morning. The drinking was but a symptom of a real problem which is usually the damage done as the result of living an unprincipled lifestyle. Sooner or later, we run out of excuses and the world starts to close in on us. Left to our own devices, our options are limited, and we Fall to the depths of depression and if we are lucky, we surrender and become teachable.

The first thing that is important to learn is that our tolerance for successfully drinking alcohol is gone and, to my knowledge, there has never been a case on record where a person has regained control of his alcohol intake and become a normal drinker. Until we understand and accept this reality, we are unlikely to have success with the program. Self-deception concerning this matter is fruitless. The fact is that we are done drinking successfully, so where do we go from here?

For starters, we may need to recognize is that our Ego has been running the show, up to this point and it doesn't want you to buy into this new approach to life, which suggests that you ought to stop relying on your old ideas and become open to accepting guidance from outside sources i.e., Alcoholics Anonymous. Once that has become a habit, bad decisions will diminish and you will learn the value of living by sound, proven principles. The healing process is set into motion as each of your faulty (selfish) decisions are replaced by honest (unselfish) principles. If a person recognizes a flaw in

his character, owns it, and corrects it, what more can be expected of him? If you take a bad habit and replace it with a good habit, you double your rate of recovery by removing the negative weight from one side of the scale and add the positive buoyancy to the other side of the scale. When you can say, "I've done a lot of things in my life that I'm not proud of, but I'm not ashamed of anything that I've done since I've come to AA."

I can assure you all those negative emotions will be replaced by a loving spirit, and you will be lifted, and you will rise above all the superficial thinking of the past. If we do these things without fanfare, the program of Alcoholics Anonymous will guide us in the right direction, and we will rise-up and be at peace with our-selves and with the world around us.

~ Rick R.

Full and Thankful Heart

Continued from Page 1

- Providing speakers for schools. Manning AA Public Information booths at fairs.
- Assuring that our Central Office phones are adequately staffed by AA members and groups 24 hours a day.
- Arriving early to the Coordinating Council meeting to share our experience, strength, and hope with new Coordinators.
- Preparing the Coordinator newsletter that carries the minutes of the Council meeting and a lot of great AA information to every registered Coordinator and group secretary,



- Caring for all the operations of our Central Office, and supporting the staff and volunteers as they do service for us and the still suffering alcoholic
- Hosting our anniversary breakfast and other events that celebrate our lives and the many gifts of God's grace among us.

Humility and self-giving are rooted deeply in each of our Steps and Traditions. The gifts and expressions of God's grace resulting from my attempts to serve AA far beyond the sacrifices I have made in the effort.

April 13, 1946 was the first Coordinating Council meeting. For over 54 years the Council, its committees, and Central Office have led countless numbers of us to sobriety and usefulness. I hope and pray that God's Grace will sustain us in our efforts to carry the message in all we do - our response to a full and thankful heart.

~ Gail N.

The Illusion of Immunity

Continued from Page 1

out as I tried to explain why, although I was a full-blown and admitted alcoholic in 1953 when I attended my first AA meeting, then I ran away and never returned until 1959.

I have given much thought to this phenomenon in the past ten years of wonderful sobriety.

During these years, I have seen hundreds of intelligent, apparently otherwise normal human beings repeat this same insanity: reject the one thing that offers the only hope in a seemingly hopeless life; run from the only people who are willing and able to help; refuse to see that this Fellowship, by proven record, is the one agency most likely to restore them to a happy, productive life.

If I could understand why *I* did it, I believed, perhaps I could better understand them. My thinking took me back to World War II when I flew thirty combat missions as a B-17 pilot. I recalled the three AM briefings, where the announcement of targets like Bremen and Berlin was greeted by sharp breath intakes and feelings of vague dread and fear. This was 1944, and losses in the Eighth Air Force were heavy. We all knew that from some raids as many as ten percent would not return. But there was a saving factor: To a man, we all knew that we would not be part of that

ten percent. We knew that other men would be killed- but not us. The other man. This is "the illusion of immunity." The men hitting the beaches of the Pacific and Normandy also had this protective illusion. Without it, the strain and fear would no doubt have become intolerable.

Now, how did I apply this to myself as an alcoholic? In 1953, under pressure, I was driven to Alcoholics Anonymous. I was forced to attend some meetings until I could regain my position, recoup my losses, pacify my family, and con my friends. In the process of doing this I heard many AA speakers. I heard men who had lost their jobs, but I knew I never would. I heard men who had lost their families, but I knew I never would. I heard men and women who had lost their health, but this could never happen to me. I heard of people who had



lost their reason, but I knew this could never happen to a smart guy like me. I heard M's talk about the terminal victims of chronic alcoholism, but I scoffed at this ridiculous possibility.

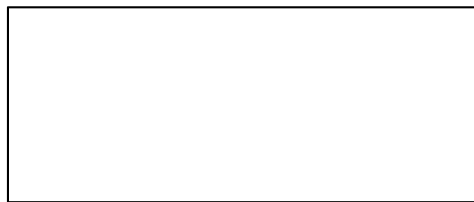
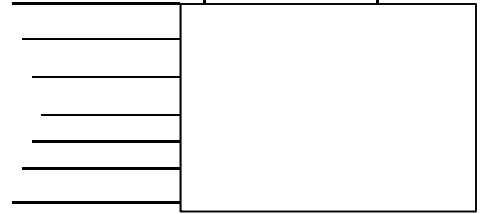
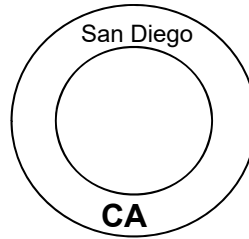
In short, as you already know, I hid safe and untouchable behind the illusion of immunity.

~ Anonymous



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

RETURN SERVICE REQUEST



APRIL 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

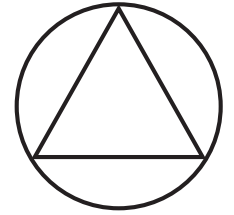
SATURDAY

	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				



aasandiego.org

The San Diego A.A. Coordinator



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

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

Reprinted from AA Big Book, page 59

May 2024
VOL. LXII NO. 5

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“Carry the AA Message”

Join the fun, submit an article!

June (due 5/22/24)

“Were entirely ready to...”

July (due 6/22/24)

“Humbly asked Him to...”

Submit your 27 to 1,000-word story at www.aasandiego.org using the “Submit” button in the Coordinator Newsletter section or email it to sdaa.newsletter@gmail.com.

Article Web-Site

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

Anonymity: The Spiritual Foundation We Failed Idealists Need Attention

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

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



Continued on Page 14

First Things First

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

Continued on Page 14



SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**Our Web Page** www.aasandiego.org**E-mail:** sdaaco@aol.com**Mon-Fri 9:30 am – 5:30 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.**Contributors:** Rick R., Shiela J., and Anonymous**May Theme:** "Admitted to God, to ourselves..."**Newsletter by electronic version only at this time. Please sign up to receive by email.****Send to:** sdaaco@aol.com

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

Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

Coordinating Council Officers

Council Chair Jonathan	councilchair@aasandiego.org
Council Assistant Erik	assistantchair@aasandiego.org
After Hours Phones Tim	afterhoursphones@aasandiego.org
Business Committee Rae	businesschair@aasandiego.org
Program Committee Kaye	program@aasandiego.org
Public Info April	publicinformation@aasandiego.org
Newsletter Amy	newsletter@aasandiego.org

Intergroup & Area Officers

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

**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](#).

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



Today, just for today

I pray that the past is somewhere
in our hearts

To draw from when we feel apart

The winds carry us through each day

Drawing more love to our spirit in many ways

Speaking of love, we know it is an emotion

Which helps us through all the commotion

Fear is only an illusion, which is all you see
in all the confusion

But there is always light inside the storm

Waiting to be released when we are most torn

God is the solution to all this pollution

The earth spins, while we spin, sometimes
out of control

Letting us believe that we've lost our soul

However, we may see only the dark,
until love strikes a spark

We wake up to see, open our eyes and we can believe

No matter what is going on we see the leaves
of the trees

Falling faster than we can see, until the
leaves leave

We sit and wonder where we will be after the storm

We come to believe that love is life and
life is love

With god to help us, our god inside and above

Don't lose hope, there are many ways
to survive this day

Just for today, we can pray

~ Sheila J.



Poets Wanted Here

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



Central Office Phone Volunteers

Critical and Urgent.
Emergency back-up volunteers
to answer daytime phones
and 12-Step Phone List volunteers!

Call Central Office today at
619-265-8762

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

One Year at a Time

In grateful celebration of their sobriety birthdays, many A.A. members contribute one dollar or more for each year of sobriety to the local Intergroup. The birthday will be listed in the San Diego AA Coordinator newsletter and the contribution goes toward helping San Diego Intergroup.

Yes! Let's Celebrate My Sobriety Birthday!

By Check*: San Diego Intergroup
7075-B Mission Gorge Rd
San Diego, CA 92120

Online*: Venmo (Business Tab) @sdaaco

PayPal go to: www.aasandiego.org/contribute

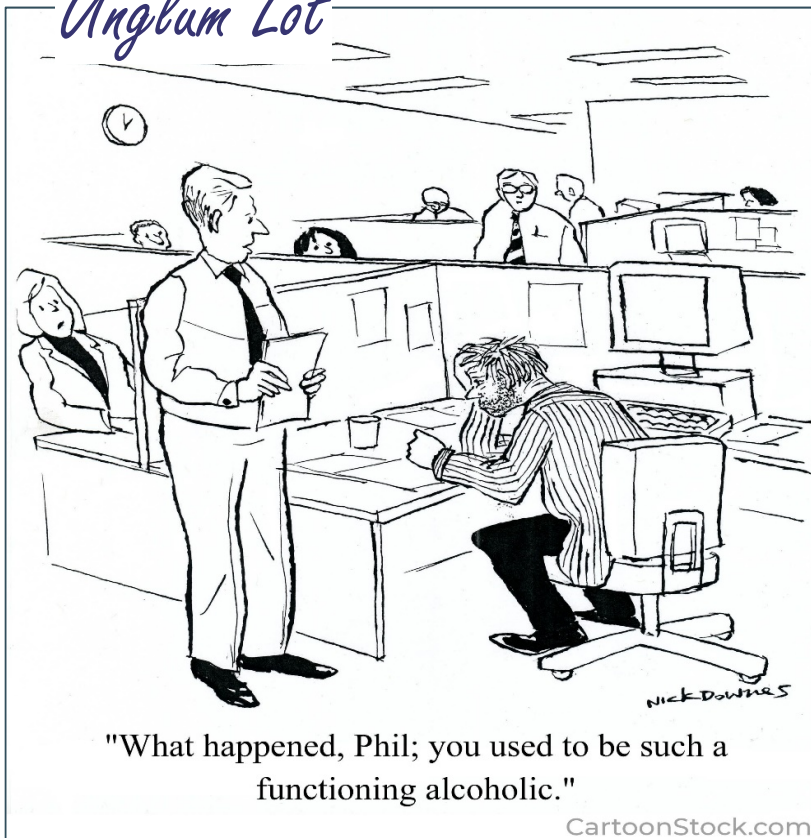
Cash: Come by in person during bookstore hours.

*Please make a note of:

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



Unglam Lot



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

CartoonStock.com

Pamphlet OF THE MONTH:

Jack Alexander Article About A.A.



"In 1941 Jack Alexander reported upon the sense of humility and service that distinguished the A.A. program and those who then practiced it.

Alcoholics Anonymous has had a tremendous growth since that time. But the same awareness of our need to continue to serve fellow alcoholics in a spirit of helpfulness and humility remains the cornerstone of our Society."

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Meetings in Motion

NAME CHANGE

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

REACTIVATED

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

RELOCATED

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

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

TIME/DAY CHANGE

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

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

NEW

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

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

CANCELLED

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

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

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

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

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

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

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

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

ONLINE INFO CHANGE

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

OTHER

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

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

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

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

Minutes of the Coordinating Council

In Person and Online Meeting on Thursday, May 9th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 943rd Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Adrian, Area Alt Delegate reported:

Our Delegate Richard O. Attended the General Service Conference in mid-April and he will be reporting on the happenings and results of the Conference at the Area 08 Assembly on Saturday, May 18th. All are welcome to attend. I have added the Assembly location and time at the end of my report and will be happy to share it with anyone interested who is in attendance tonight. I personally attended my first H&I Intergroup Conference in Bakersfield this past weekend. I won't step on the SD H&I Liaison's toes, but H&I Committees need more participation. Much like many other service committees, it is the same members playing musical chairs with service positions over and over. Finally, if you plan on attending the Unity Day / Founder's Day Picnic on Saturday, June 8th, please take a moment to stop by our Area Standing Committee tables. **Area 08 Post Conference Assembly: Saturday 05.18.2024 @ 9:00 AM - 4:00 PM; Seven Oaks Community Center; 16789 Bernardo Oaks Drive San Diego, CA 92128; Zoom ID: 863 9194 1442 ~ Password: a8assembly"**

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

We continue to take A.A. meetings and literature into places where people can't get out to meetings. Orientation on the third Sunday of every month has returned to Machinists' Hall in Kearny Mesa. Zoom information for our always virtual 3rd Thursday 7:00 PM Orientation can be found at <sdhandi.org>. "Spring Into Service" takes place on May 19, from 9:30am-1:30pm at Machinist's Hall in Kearny Mesa. For more information go to <sdhandi.org> or the Events page at aasandiego.org.

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

1. This committee has room for 1 more member
2. They are blessed at the moment with a full calendar of groups that have volunteered to cover all nights

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, May 7th, 2024 at 6:00 pm.

April 2024 Financial Summary:

Net Revenue is \$5,640. 2024 YTD Net Revenue is \$11,355. Group & Individual Contributions were \$15,373. Literature Sales Revenue & Bank Interest was \$2,261; while total office & committee expenses were -\$11,995.

Central Office Manager's Reports: Judi.

- May BOOK OF THE MONTH: Came to Believe, \$4.00 Regular \$6.00, Max: 5
- June BOOK OF THE MONTH: Pass It On, \$10.00, Regular \$12.00, Max: 5

The mid-year Budget will be delayed one month. Judi will be requesting updated budget numbers from Standing Committee Chairs and presenting the Budget review in June.

Newsletter: Matt reported:

1. This committee needs members and contributors.
2. The Newsletter writing workshop will be held at Central Office on Saturday, May 25 from 1:00-3:00pm. For more information see the Events Page at aasandiego.org

Coordinator Outreach: Grace Chair reported:

1. The Outreach Committee attended 4 meetings this month and got one commitment for a new Coordinator. Great work!!

Orientation & Guidelines: Heather, Chair reported:

1. Heather reported that there was 1 new Coordinator at orientation this evening: James A from Cedar St. Mens. Welcome!!

Program Committee: Kaye, Chair shared:

1. The planning for the Founder's Day Picnic is well under way. The Picnic is on June 8 from 11-3. There will be hamburgers, hotdogs, carne asada and chips provided and the committee is asking members to bring salads that will keep in the sun.
2. The Committee needs volunteers to help with set up and tear down. Please contact Kaye or Adrian if available.
3. The next Program Committee meeting will be on the last Monday of the month.

Continued from Page 5

Public Information Committee: April, Chair reported:

1. Our May meeting was attended by all committee members. We reviewed the next events coming up: the Assembly, Founders' Day picnic, San Diego Veterans Stand Down and PRIDE.
2. We can always use more committee members. If you like answering questions and explaining what AA is to strangers, join us.
3. We meet the first Monday of the month at 7 pm at Central Office or online.
4. G and I recently sorted our literature cabinets so we can take a proper inventory. We lost our Literature person when she rotated, but while we were at Central Office a woman called and asked if she could help with this! Thank you for your willingness, Elyce! See you Tuesday.

Quorum was established; 40 Coordinators were present

Approved April, 2024 Meeting Minutes

OLD BUSINESS: Rae, Business Committee Chair, brought to Council the Amended pages of the Council Guidelines that were presented at the April, 2024 Council meeting for a vote. A motion was made to approve and seconded. The motion carried 25 Y, 10 N. The minority spoke along with additional information. A motion was made and seconded to reconsider. Motion carried. Second vote to amend the Council Guidelines did not carry with 22 Y, 14 N.

NEW BUSINESS: None

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

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@asandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 6/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our asandiego.org website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to sdaaco@aol.com. Thanks!

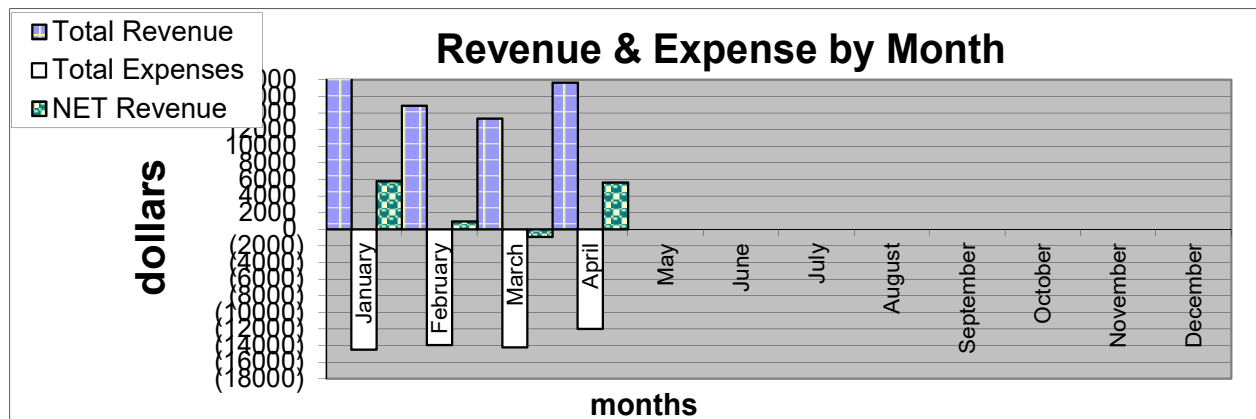
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

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

	April 24	April 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	14,924.76	15,583.64	52,348.95	48,388.36	3,960.59	138,492.00
Contributions Individual	448.55	953.26	4,368.18	2,847.67	1,520.51	22,784.00
Contributions SDIAA	-	-	50.00	-	50.00	-
Interest - Cert of Deposits	503.35	381.46	2,031.16	1,006.93	1,024.23	5,000.00
Literature Revenue (see schedule)	1,758.29	873.05	7,207.30	531.85	6,675.45	10,625.00
Total Revenue	17,634.95	17,791.41	66,005.59	52,774.81	13,230.78	176,901.00
Expense						
Accounting & Legal	-	2,000.00	145.00	4,760.50	(4,615.50)	2,700.00
Auto/Travel/Seminar	13.00	13.00	699.12	937.43	(238.31)	1,500.00
Bank Service Charges	-	-	10.00	-	10.00	-
Cash (Over) Short	7.80	(8.59)	141.10	7.67	133.43	20.00
Equipment Maint & Repair	58.95	104.01	200.02	258.09	(58.07)	650.00
Equipment Purchase	-	-	129.29	179.05	(49.76)	500.00
Event Funding	-	-	1,900.00	-	1,900.00	-
Insurance	81.46	81.46	325.84	372.84	(47.00)	850.00
Office Maint. & Repairs	30.00	-	455.46	202.80	252.66	500.00
Office Supplies	232.72	372.36	1,400.43	1,479.71	(79.28)	3,500.00
Rent	2,060.00	2,020.00	8,240.00	8,080.00	160.00	24,080.00
Taxes	-	-	-	-	-	75.00
Telephone	147.87	136.54	595.98	540.13	55.85	1,700.00
Utilities-Electricity	383.03	451.82	1,911.61	2,778.20	(866.59)	7,000.00
Website	9.00	9.00	53.99	36.00	17.99	100.00
EMPLOYEES						
Accrued Payroll Taxes	499.10	598.47	2,661.74	2,528.07	133.67	10,000.00
Employee Wages	5,937.62	7,410.69	30,765.98	29,187.62	1,578.36	100,035.00
Employee Health Benefit	1,025.74	937.88	4,102.96	3,751.52	351.44	12,309.00
Insurance Worker's Comp	44.61	44.61	178.44	490.71	-	528.00
Total Office Expense	10,530.90	14,171.25	52,016.96	55,278.07	(3,261.11)	166,047.00
Standing Committees Expense	1,464.26	1,622.42	6,710.67	4,746.26	1,964.41	10,854.00
Total Expense	11,995.16	15,793.67	54,650.13	60,024.33	(1,296.70)	176,901.00
Total Net Revenue	5,639.79	1,997.74	11,355.46	(7,249.52)	18,604.98	-



Group Contributions April 2024

Group	Apr-24	Ytd 24	Group	Apr-24	Ytd 24
3 O'Clocker - 2201	200.00	400.00	Just Us Girls - 929	30.00	90.53
4th Edition Big Book - 2569	100.00	100.00	Knuckleheads - 3182	630.00	630.00
52 From The Big Blue	-	146.75	La Jolla Beginners Group - 82	-	105.00
530 Meditation - 3085	-	139.00	La Jolla Mens - 692	-	355.50
7 AM Attitude Adjustment	300.00	300.00	La Jolla Monday Womens - 87	-	400.00
9 pm Discussion - 3366	-	145.00	La Jolla Speakers - 578	-	1,352.12
AA By The Bay - 629	-	200.00	La Jolla Sunrise - 2684	50.00	100.00
Alpine Group - 6	-	178.00	La Mesa SS Workshop - 1621	100.00	100.00
As Bill Sees It - 1038	44.00	119.00	La Mesa Womens Sat. Morn - 416	250.00	450.00
At Home Mens - 215	100.00	100.00	Lakeside Drunks - 2423	-	100.00
B.Y.O.B. (North Park) - 203	-	142.14	Late Risers - 473	50.00	100.00
Back Country - 3131	50.00	100.00	Linda Vista Mens - 320	-	175.00
Barefoot - 139	100.00	100.00	Living Free - 477	2,010.93	2,010.93
Battery Chargers - 98	-	442.00	LJ We Are Not A Glum Lot - 3355	-	65.00
Bayside Bonfire Group - 1139	300.00	300.00	Lushes Lunch Tuesday - 2641	300.00	300.00
Bonita Boozers - 2179	-	85.33	Mens Focused Step Study - 3217	-	264.00
Carrying the Message - 2458	-	50.00	Mens Step Study - 965	-	65.00
Casa De Oro Weds Nite - 2049	-	100.00	Mens Structured Step Study-1469	-	75.00
Cedar St Daily Online - 3270	50.00	50.00	Mid-Week Mens - 560	-	955.00
Cedar Street Mens - 1698	-	351.21	Midday Miracles - 3242	-	19.07
Channeling Serenity - 3425	-	157.20	Midnight Howlers - 1025	-	100.00
Chula Vista 4 Min Speakers-1568	50.00	110.00	Midway Bridge - 2171	-	60.00
Clairemont Fri Night - 375	-	95.00	Mira Mesa Early Risers - 967	650.00	1,050.00
Clairemont Mens - 301	148.00	649.60	Mission Hills Late Night - 2773	75.00	225.00
Clairemont Mixed Disc - 338	-	259.00	Mission Hills Lunch Bunch - 2675	-	78.50
Clairemont Thurs. Brown Bag-315	50.00	50.00	Mission Possible - 131	-	120.00
Clairemont Womens Disc - 340	182.00	367.40	Monday At A Time - 2875	-	161.87
Clairemont Womens SS - 341	-	241.50	Monday Night Live - 3219	100.00	100.00
Class Acts - 1845	-	150.77	Mt Soledad Mens - 717	650.00	650.00
Coffee Clutchers - 2332	-	200.00	No Matter What Wmn's Grp-2325	100.00	100.00
Daily Reflection - 3114	-	200.78	Noon At The Grove - 628	-	900.00
Daily Reflection Online - 3436	24.07	24.07	Noon w/ a View Begs Mtg - 3249	1,452.00	1,452.00
Daily Reflections - 2097	120.00	120.00	Nooners Anonymous - 1164	-	150.00
Deerhorn Group - 2063	-	280.00	Noontime on the Patio - 2203	-	100.00
Descanso Mixed SS - 3010	44.00	44.00	Normal Hts Yng Peoples SS-3407	-	100.00
Designs For Living - 488	-	250.00	North Clairemont - 1102	-	100.00
Diamond St Mens SS - 569	108.60	108.60	North Park Mens - 465	16.50	58.60
Doctors & Lawyers & Pros - 391	-	1,250.00	O.B. Womens Step Study - 2730	-	93.30
Downtown Discussion - 1665	47.03	47.03	Old Timers Group - 2037	-	100.00
Downtown Noon Discussion-1607	-	50.00	Open Minded Mens - 626	-	160.00
Each Day A New Beginning - 509	-	175.00	Orig Anonymous Anonymous-154	50.00	100.00
Early Risers (PB) - 264	-	300.00	Over The Bridge - 2689	342.50	692.15
East Side Group - 101	-	100.00	PB Weekend Warmup - 725	150.00	150.00
Easy Does It Riders - 21	90.00	150.00	Pass It On BB Study Grp - 2860	-	173.50
Easy Risers - 854	-	100.00	Peace Officer Fellowship - 876	-	150.00
El Cajon Womens Serenity - 77	15.00	15.00	Pine Valley Thurs Open Disc-3274	-	148.90
Emotional Sobriety - 2536	80.00	140.00	Point Loma Mens - 245	-	231.00
Evening Serenity - 2305	200.00	400.00	Primary Purpose Group - 3151	-	377.50
Everynighters Online - 2997	-	29.07	Progress Rather Than Perf - 2682	-	400.00
Eye Opener Group - 607	-	550.00	Pt Loma Womens Disc - 1608	-	125.00
Fellowship of Spirit Candle - 3383	48.92	68.50	Radical Acceptance Mtg - 2961	544.51	798.23
Former Hot Messes - 1205	-	71.50	Rainbow Group - 570	-	150.00
Free At Last - 2888	-	200.00	RAM-Z - 3323	5.00	5.00
Freedom - 3447	299.17	299.17	Ramona Mens New Vision - 1949	300.00	300.00
Fresh Air Friday - 266	-	600.00	Resentment & A Coffee Pot-2561	-	141.00
Friday Afternooners - 318	50.00	50.00	Rise & Shine - 2170	164.50	551.75
Friday Morning Womens - 104	-	137.52	S.D. Speakers Meeting -152	-	275.00
Friday Night Gratitude - 2829	-	150.00	San Carlos Single Purpose - 583	-	150.00
Friday Night Irregulars - 2889	-	283.00	Santee Mens Group - 2972	-	524.25
Friday Spring Valley Lunch - 2732	-	161.00	Santee Serenity Group - 1943	250.25	441.78
Full Measure Friday - 3363	-	150.00	Scripps Ranch Men's Two - 2776	-	320.00
Garnet Group - 1129	-	350.00	Scripps Ranch Mens - 3168	-	204.41
God Squad Too - 2809	-	90.15	Sisters in Solution - 3272	-	201.12
Good Morning AA - 1888	-	945.00	Sky Hi Womens - 1633	-	75.00
Great Fact Group - 895	120.00	120.00	Sobearity - 3129	46.00	46.00
Grupo Gringo - 1305	-	50.00	Sobriety At All Cost - 3006	-	1,129.00
Harmony Group - 585	435.00	1,041.00	Sobriety On State and Date - 2697	489.64	489.64
Hi-Nooners - 673	-	100.00	Sons of God - 2789	-	756.00
HOW @ Noon - 2998	-	450.00	South Bay Guys & Gals - 35	50.00	50.00
I. B. Up - 2565	-	100.00	South Clairemont - 305	82.00	82.00
Jaywalkers - 3100	-	105.00	South Park Sobriety - 1015	-	80.00
Jump Start - 2174	-	100.00	Spiritual Awakening - 2275	52.20	1271.59

Group Contributions April 2024

Group	Apr-24	Ytd 24	Group	Apr-24	Ytd 24
Spiritual Awakenings SS - 3174	-	220.00	Tierrasanta Friday Night - 2645	-	150.00
Strength In Women - 2955	-	100.00	Toes in the Sand - 3282	171.50	289.50
Sunday Beach Sun-Day - 568	-	82.40	Tues Night Mens Step Study-1813	150.00	150.00
Sunday Kind of Love - 429	-	602.63	Tuesday Morning Alpine - 440	-	96.25
Sunday Midday - 161	-	150.00	Tuesday Morning Group - 3089	-	50.00
Sun Morning Eleventh Step - 1206	-	50.00	Two A's Over Easy - 2106	-	50.00
T.G.I.F. - 1658	-	250.00	University City Disc.- 368	-	197.00
Gathering Of The Goddesses-2890	-	155.10	University City Womens - 369	-	300.00
The Gift - 2954	-	252.50	War Fever - 880	35.22	69.01
The Hole In The Doughnut - 2737	-	168.00	Water Walkers - 5	200.00	200.00
The Huddle in the Park - 3278	-	300.00	Water Walkers Too - 1946	-	380.00
The Language of the Heart - 3066	43.00	43.00	Way Up and Out - 415	-	100.00
The Nine Thirty - 2997	196.67	196.67	Wednesday Night Promises - 2167	-	100.00
The Other Meeting - 857	-	220.00	Weekending Step Study - 698	-	100.00
The Rogue Meeting - 3338	263.00	974.75	Wholesale Miracles - 2474	35.00	140.00
The We Group - 2739	-	500.00	Willing to Believe - 3449	-	136.00
There is a Solution - 2680	-	5.00	Womans Gut Level - 1701	102.15	177.55
Three Legacies Group - 2194	120.00	300.00	Womans Let Go & Let God - 446	-	275.00
Thurs. Nite Mens BB Stdy - 1748	-	185.00	Women's Joy Of Living - 2636	209.00	709.00
Thurs Promises Promises - 749	-	215.00	Womens Attitude Gratitude-2751	-	229.50
Thursday Steps - 646	-	300.00	Womens Step Study - 296	152.40	379.65



YOUR SAN DIEGO INTERGROUP/CENTRAL OFFICE THANKS YOU FOR YOUR CONTINUED SUPPORT.

Group Secretaries/Treasurers: If you wish to receive a receipt for your contribution, please write your email address on your check or an insert with your check. Central Office does not mail receipts. Thank you!

Does Your Meeting Have a Voice? Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. Each individual group in San Diego County is entitled to representation. Is your group represented? Call 619-265-8762 to find out. The Council meets on the 2nd Thursday of every month. Make sure YOUR group gets heard.

“Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money...Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.”

Where Money and Spirituality Mix, Pamphlet F-3

If you are unable to contribute financially, carrying the message is still contributing and there are many ways to carry the message at Central Office: We need Daytime Phone Volunteers and members on the 12-step Call list. Please call us today if giving of your time is a way that you'd like to contribute.

What is "Gratitude with Service"? We believe Service is a way of showing Gratitude for the program that saved our lives. It's also our Third Legacy. There are lots of ways to volunteer for Service within The San Diego Intergroup and Central Office. To find a way in which you can be of service, go to aasandiego.org/group-documents and look for the "Gratitude withService" form on the left hand side. Or stop by the Central Office M-F 9:30am-5:30pm or Sat 9am-1pm and we'll be more than happy to discuss these opportunities with you!

Central Office Notes

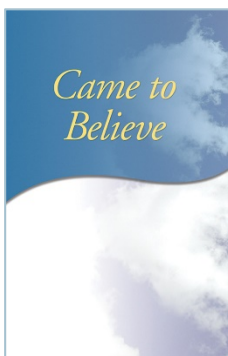
2024 Holidays - Central Office/ Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
May 27	Memorial Day	Monday
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

April 2024 Group Contributions	\$14,925
Individual Contributions	\$448
Literature & Interest	\$2,261
Total Revenue	\$17,635
Central Office Expenses	-\$10,531
Committee Expenses	-\$1,464
Total Expenses	-\$11,995
April 2024 Net Revenue	\$5,640
2024 YTD Revenue	\$11,355

Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & *we NEED your support* (& your group's voice & vote!). There are over 650 groups in San Diego & only 40 representatives at last month's Council meeting (what?!). The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens quarterly before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

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



Conversation

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

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

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

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

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

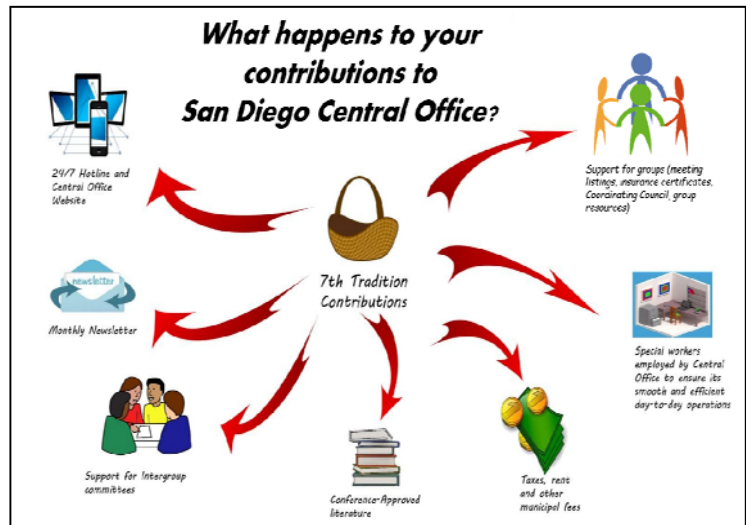


A.A. Economics

Many are sober today as a direct result of a call made to San Diego A.A. Intergroup, from finding a meeting on the aasandiego.org website and/or by reading A.A. literature purchased from Central Office. To run the phones, publish the schedules and have literature available for sale takes financial resources.

A basic principle of A.A. is that it will always be self-supporting through its own contributions. A dollar contribution in a basket was considered appropriate in the 1960s — a dollar that could buy over \$10 worth of goods today.

A \$2.00 (or more) contribution the next time the 7th Tradition basket goes around will go a long way to ensure that an A.A. meeting will always be there for us when we need one.



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

Thank you for supporting your Central Office in carrying the message to the still suffering alcoholic

- ◇ The Central Office cannot mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!
- ◇ Send your Contributions to:

San Diego Central Office
7075 Mission Gorge Road, Suite B
San Diego, CA 92120



Things to Do, And Places to Go

Woodstock West

When: May 17th- 19th, 2024

Where: Los Angeles, CA

Info: www.woodstockwest.biz

3rd Weekenders Camping Group

When: May 17th- 19th, 2024

Where: Sweetwater County Park (N. Loop)

Info: Call Central Office 619-265-8762

Newsletter Writing Workshop

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

Where: 7075-B Mission Gorge Rd.

Info: Call Central Office 619-265-8762

H&I Spring into Service

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

Where: 5150 Kearny Mesa Rd 92111

Info: www.SDHandl.org

Sunshine of the Spirit

When: May 31st-June 2nd, 2024

Where: Hesperia, CA

sunshineofthespirit-highdesertconvention.com

A.A. Desert Roundup

When: June 6th-9th, 2024

Where: Indian Wells, CA

Info: www.desertroundup.com

Founder's Day Akron, OH

When: June 7th-9th, 2024

Where: Akron, OH

Info: www.foundersday.org

AA Unity / Founder's Day Picnic

When: June 8th, 11 AM to 3 PM

Where: 9550 Mildens St., Site 2, 91942

Info: Call Central Office 619-265-8762

Three Legacies Conference

When: October 11th -12th

Where: Pleasant Hill, CA

Info: Call Central Office 619-265-8762

International Women's Conf.

When: January 30-February 2nd, 2025

Where: 1 Market Pl, San Diego 92101

Info: Call Central Office 619-265-8762

Event flyers with more details can be found at:
www.aasandiego.org/events

Coordinating Council Attendance

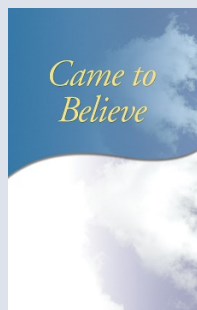
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Thank you to the following 39 Groups whose Coordinators attended the March 2024 San Diego Intergroup Coordinating Council.

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

BATTERY CHARGERS	MIRA MESA EARLY RISERS
B.Y.O.B	MISSION HILLS BEGINNERS
CHEERS	MISSION HILLS LATE NIGHT
CLAIREMONT MENS	NORTH PARK MENS
COFFEE CLUTCHERS	OLD TOWN SPEAKERS
DAILY REFLECTIONS ONLINE	OVER THE BRIDGE
DEL CERRO MIXED	PINE VALLEY THURSDAY OPEN DISC.
DO THE WORK!	RADICAL ACCEPTANCE MEETING
DOWNTOWN DISCUSSION	RAINBOW GROUP
FIRST MIRA MESA MENS	RIDING SOBER
FREEDOM	SAN CARLOS SINGLE PURPOSE
FRIDAY NIGHT IRREGULARS	SCRIPPS RANCH MENS TWO
FULL MEASURE FRIDAY	SKY HIGH WOMEN'S
GREAT FACT GROUP	SISTERS IN SOLUTION
I.B. UP	SOBEARITY
INTO THE 4TH DIMENSION	THE COMMON SOLUTION
JUMP START	THE WE GROUP
LA MESA MENS	VALLEY GIRLS
LA MESA SAT. MORNING WOMENS	WOMEN'S GUT LEVEL
MIDDAY MIRACLES	

Next Council Meeting: Thursday, May 9th. Council meets at 7:00 PM (Orientation 6:30 PM) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!



Book of the Month: Came to Believe

"One morning, I came to on the floor in my room, horribly sick, convinced that God was not going to listen to me. More on reflex than anything else, I got to work that morning and attempted to make up a payroll, though it was hard to hold my shaking hands still enough to put the figures in the right place. After a great deal of trouble, I finally completed the job. With a sigh of relief, I looked out the window and noticed a man approaching the hut I was working in. As I recognized him, hate surged into my mind. Seven months before, he had had the temerity to ask me in front of other men if I was having trouble with my drinking, and I had been deeply insulted by his question. I had not seen him for months, but my hatred of him was alive and vital as he passed by the hut.

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

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

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

Anonymity: The Spiritual Foundation

We Failed Idealists Need Attention

Continued from Page 1

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

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

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

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

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

~ Rick R

First Things First

Continued from Page 1

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

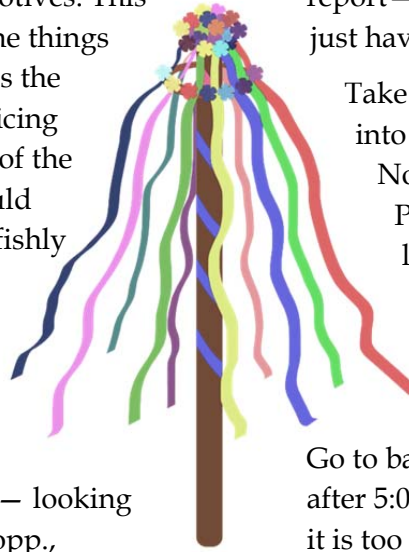
is. Go to noon meeting and eat cookies and drink more coffee. Thank God for AA. Talk to more people about how crummy life is. Manage to borrow \$5.00 from a kind person at meeting. Thank God for AA. Go put \$3.00 worth of gas in car and use \$2.00 to buy cheap hamburger and fries. Go to recycle center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

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

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

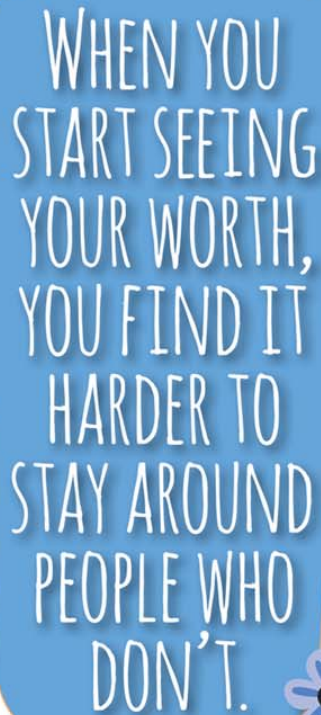
Wake up. Get up. Look over at clean clothes and Thank God I'm sober.

~Anonymous





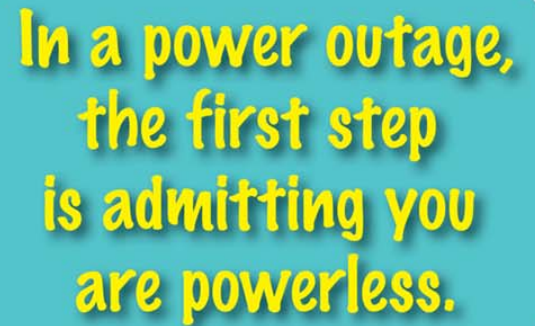
EASY DOES IT!



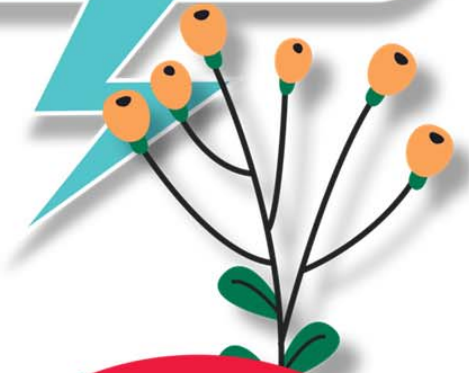
WHEN YOU
START SEEING
YOUR WORTH,
YOU FIND IT
HARDER TO
STAY AROUND
PEOPLE WHO
DON'T.



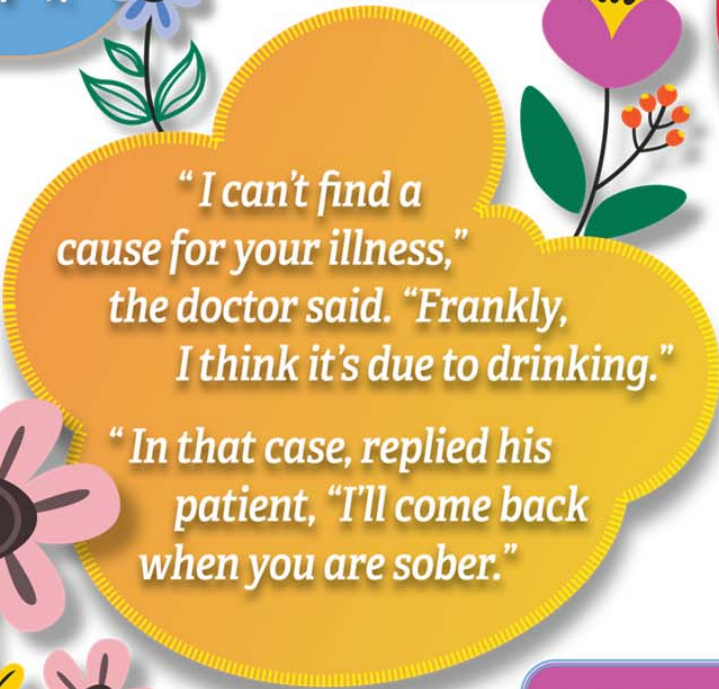

DON'T TALK,
JUST ACT.
DON'T SAY,
JUST SHOW
DON'T PROMISE,
JUST DO.



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




People
reveal
themselves
through their
actions.



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

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

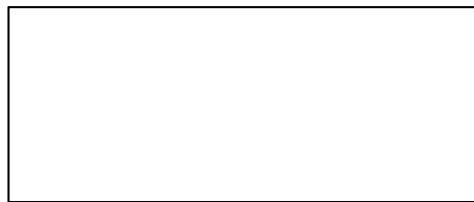
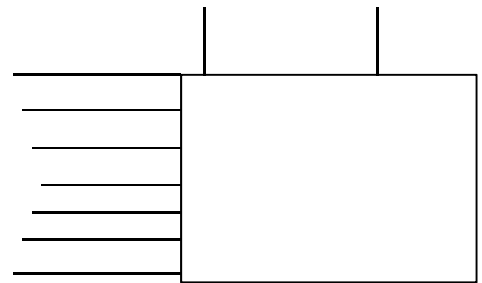
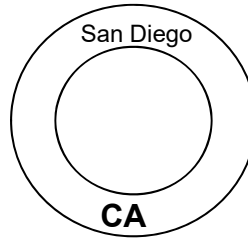




LIVE AND LET LIVE

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

RETURN SERVICE REQUEST

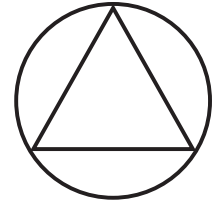


MAY

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



The San Diego A.A. Coordinator



aasandiego.org

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

“Were entirely ready to have God remove all these defects of character.”

Reprinted from AA Big Book, page 59

June 2024
VOL. LXII NO. 6

INSIDE . . .

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- Coordinating Council Minutes..... pgs. 5-6
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“Carry the AA Message”

Join the fun, submit an article!

July (due 6/22/24)

“Humbly asked Him to... ”

August (due 7/22/24)

“Made a list of all persons... ”

Submit your 27 to 1,000-word story at www.aasandiego.org using the “Submit” button in the Coordinator Newsletter section or email it to sdaa.newsletter@gmail.com.

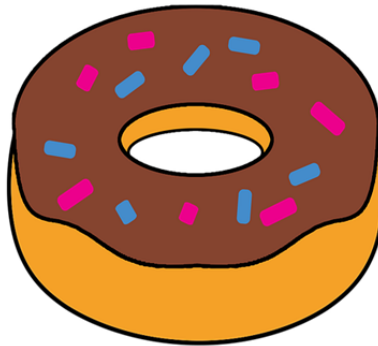
Article Web-Site

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

The Road to Mental Freedom

Understanding Steps Six and Seven

Since the day I entered the AA program, I have had an insatiable appetite for learning all I could about the disease of alcoholism and having completed a very



thorough fourth and fifth steps, and examining my motives for everything I did, in steps sixth and seven, it occurred to me that most of my problems in life involved my interfacing with, “Those Other People.” As I got further into the steps and started to process every one of these interactions, it became apparent to me that the basic cause of my discontent was low self-esteem

and that, until I resolved that, there would be very little peace of mind. I had to get right with everyone.

Continued on Page 14

Paying Forward a Debt of Gratitude to AA

To pay forward my debt of gratitude to Alcoholics Anonymous for 36 years of sobriety, I launched the “AA Recovery Interviews” podcast in December 2020. Since then, over 150 AA members from around the world have shared with me their stories of experience, strength, and hope to help other alcoholics achieve sobriety. Each hour-long interview focuses on what it was like, what happened, and what it’s like now.

Continued on Page 15



SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**Our Web Page** www.aasandiego.org**E-mail:** sdaaco@aol.com**Mon-Fri 9:30 am – 5:30 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.

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

Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

Coordinating Council Officers

Council Chair	Jonathan	councilchair@aasandiego.org
Council Assistant	Erik	assistantchair@aasandiego.org
After Hours Phones	Tim	afterhoursphones@aasandiego.org
Business Committee	Rae	businesschair@aasandiego.org
Program Committee	Kaye	program@aasandiego.org
Public Info	April	publicinformation@aasandiego.org
Newsletter	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: Rick R., and Howard L.**June Theme:** "Were entirely ready to have..."**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.

AAGRAPE VINE.ORG

Submit Your Stories, Photos, Art and More!

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

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





Today, just for today

I pray that the past is somewhere
in our hearts

To draw from when we feel apart

The winds carry us through each day

Drawing more love to our spirit in many ways

Speaking of love, we know it is an emotion

Which helps us through all the commotion

Fear is only an illusion, which is all you see
in all the confusion

But there is always light inside the storm

Waiting to be released when we are most torn

God is the solution to all this pollution

The earth spins, while we spin, sometimes
out of control

Letting us believe that we've lost our soul

However, we may see only the dark,
until love strikes a spark

We wake up to see, open our eyes and we can believe

No matter what is going on we see the leaves
of the trees

Falling faster than we can see, until the
leaves leave

We sit and wonder where we will be after the storm

We come to believe that love is life and
life is love

With god to help us, our god inside and above

Don't lose hope, there are many ways
to survive this day

Just for today, we can pray

~ Sheila J.

Poets Wanted Here

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

Central Office Phone Volunteers

Critical and Urgent.

Emergency back-up volunteers
to answer daytime phones
and 12-Step Phone List volunteers!

Call Central Office today at
619-265-8762

Website Hits	June	Total
	468,981	11,764,172

Happy Birthday to All!

Lauren R., 20 years



One Year at a Time

In grateful celebration of their sobriety birthdays, many A.A. members contribute one dollar or more for each year of sobriety to the local Intergroup. The birthday will be listed in the San Diego AA Coordinator newsletter and the contribution goes toward helping San Diego Intergroup.

Yes! Let's Celebrate My Sobriety Birthday!

By Check*: San Diego Intergroup
7075-B Mission Gorge Rd
San Diego, CA 92120

Online*: Venmo (Business Tab) @sdaaco

PayPal go to: www.aasandiego.org/contribute

Cash: Come by in person during bookstore hours.

***Please make a note of:**

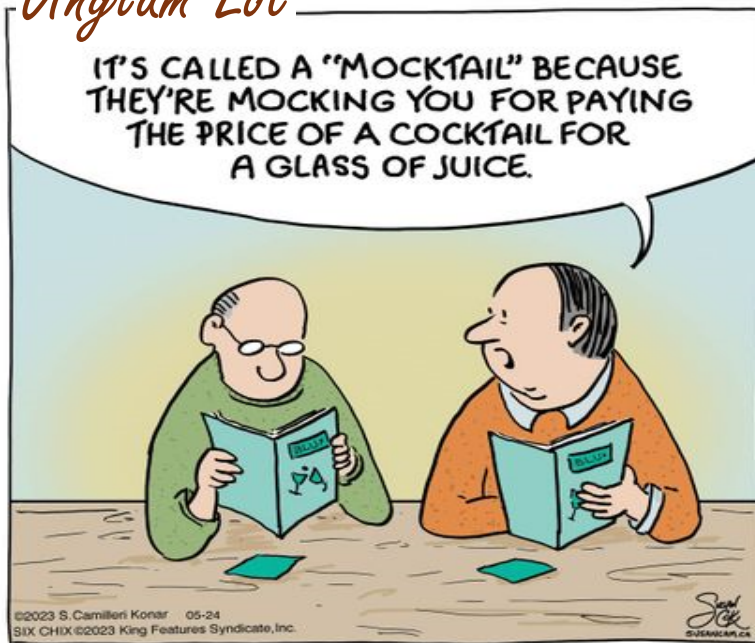
- ✓ Your sobriety date including the year
- ✓ First name and last initial
- ✓ Home Group (optional)

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



NAME CHANGE

FRIDAY NIGHT FIX PACIFIC BEACH

Club-upstairs @ 4861 Cass St
Friday @ 08:00 P
Was "Sobriety Circle"

CANCELLED

MEN'S STAG EL CENTRO

Club @ 564 Broadway St
Tuesday @ 07:00 P Code(s): * M

THE FOUL MOUTHS ONLINE

Online @ ID #: 226 736 6771;
PW: foulmouth Monday @ 07:30 P

NAME CHANGE

SPIRITUAL SISTERS EL CENTRO

Club @ 564 Broadway Ave.
Thursday @ 07:00 P Code(s): W
Was "AA Woman's Meeting"; Was at 6:45 PM on Waterman Ave.

TASTY TUESDAY EL CENTRO

Service Ctr @ 485 Broadway St #E
Tuesday @ 06:00 P Code(s): * C
Was "AA Meeting"

NEW

EARLY BIRD MEETING EL CENTRO

Club @ 485 Broadway
Sunday @ 08:00 A Code(s): C

EQUANIMITY AT NOON SPRING VALLEY

Church @ 3310 Bancroft Dr
Wednesday @ 12:00 N

GRAB GOD & GO EL CAJON

Church & Online @ 115 Cajon View Dr
online:
www.meet.goto.com/ChristianCWille/grabgodandgo Sunday @ 06:15 A

NEW (continued)

TUESDAY BIG BOOK STUDY EL CAJON

Church @ 115 Cajon View Drive
Tuesday @ 06:00 P Code(s): C

OTHER

LA MESA WOMENS SAT MORNING LA MESA

Adult Ctr & Online @ 8450 La Mesa Blvd
Child under 12-OK Babysitting
ID: 845 4362 5506; PW: 431494
Saturday @ 09:30 A Code(s): * CW CF BS
Added Child Care

NORTH SHORES BREAKFAST PACIFIC BEACH

Club-upstairs @ 4861 Cass St
ID: 530 368 981; Passcode: 006350
Sunday @ 11:00 A

THURS NIGHT WOMENS SPKRS GOLDEN HILL

Recovery Home & Online @ 1315 25th St
Thursday @ 06:30 P Code(s): W
Now in person only

RELOCATED

MONDAY NIGHT SPEAKERS GROUP LA MESA

Church @ 5150 Wilson St
Monday @ 07:00 P
Was on Tommy Drive

TIME/DAY CHANGE

IMPERIAL GROUP SOUTH SAN DIEGO

Online @ ID #: 583 301 3837;
PW: 475121
Friday @ 07:00 P Code(s): * C
Was 8 PM

TO THINE OWN SELF BE QUEER NORTH PARK

Thrift Store & Online @ 4127 30th St
enter thru alley off Ohio St.
ID: 837 7375 9366; PW: AAQSDMT23
Saturday @ 10:30 A Code(s): LGBTQ *
Was 9:30 AM

Pamphlet

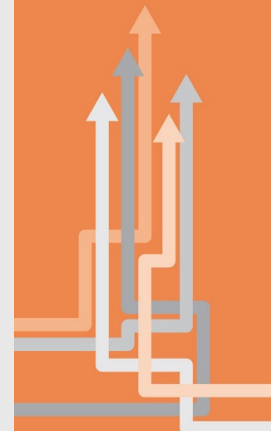
OF THE MONTH: Many Paths to Spirituality

"The spirit of tolerance is strong in A.A., and members of all faiths and traditions find common ground in our program of recovery.

I'm a devout, lifelong Catholic. That is an integral part of my experience, strength and hope. I call my higher power God and do not feel I should have to qualify that every time I speak at a meeting. I'm perfectly okay with others referring to Buddha, Mohammed, Yahweh, or whatever name they call their higher power. "I'm uncomfortable, though, with anyone citing the Bible, the Koran, the Talmud, or any non-A.A. literature as the truth in an A.A. meeting. But I certainly give them the right to refer to or even quote (briefly) from any of these texts if it's part of their A.A. experience."

Page 8 Reprinted with permission from A.A.W.S.

Many Paths to Spirituality



In Person and Online Meeting on Thursday, May 9th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 943rd Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Adrian, Area Alt Delegate reported:

Our Delegate Richard O. Attended the General Service Conference in mid-April and he will be reporting on the happenings and results of the Conference at the Area 08 Assembly on Saturday, May 18th. All are welcome to attend. I have added the Assembly location and time at the end of my report and will be happy to share it with anyone interested who is in attendance tonight. I personally attended my first H&I Intergroup Conference in Bakersfield this past weekend. I won't step on the SD H&I Liaison's toes, but H&I Committees need more participation. Much like many other service committees, it is the same members playing musical chairs with service positions over and over. Finally, if you plan on attending the Unity Day / Founder's Day Picnic on Saturday, June 8th, please take a moment to stop by our Area Standing Committee tables. **Area 08 Post Conference Assembly: Saturday 05.18.2024 @ 9:00 AM - 4:00 PM; Seven Oaks Community Center; 16789 Bernardo Oaks Drive San Diego, CA 92128; Zoom ID: 863 9194 1442 ~ Password: a8assembly"**

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

We continue to take A.A. meetings and literature into places where people can't get out to meetings. Orientation on the third Sunday of every month has returned to Machinists' Hall in Kearny Mesa. Zoom information for our always virtual 3rd Thursday 7:00 PM Orientation can be found at <sdhandi.org>. "Spring Into Service" takes place on May 19, from 9:30am-1:30pm at Machinist's Hall in Kearny Mesa. For more information go to <sdhandi.org> or the Events page at aasandiego.org.

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

1. This committee has room for 1 more member
2. They are blessed at the moment with a full calendar of groups that have volunteered to cover all nights

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, May 7th, 2024 at 6:00 pm.

April 2024 Financial Summary:

Net Revenue is \$5,640. 2024 YTD Net Revenue is \$11,355. Group & Individual Contributions were \$15,373. Literature Sales Revenue & Bank Interest was \$2,261; while total office & committee expenses were -\$11,995.

Central Office Manager's Reports: Judi.

- May BOOK OF THE MONTH: Came to Believe, \$4.00 Regular \$6.00, Max: 5
- June BOOK OF THE MONTH: Pass It On, \$10.00, Regular \$12.00, Max: 5

The mid-year Budget will be delayed one month. Judi will be requesting updated budget numbers from Standing Committee Chairs and presenting the Budget review in June.

Newsletter: Matt reported:

1. This committee needs members and contributors.
2. The Newsletter writing workshop will be held at Central Office on Saturday, May 25 from 1:00-3:00pm. For more information see the Events Page at aasandiego.org

Coordinator Outreach: Grace Chair reported:

1. The Outreach Committee attended 4 meetings this month and got one commitment for a new Coordinator. Great work!!

Orientation & Guidelines: Heather, Chair reported:

1. Heather reported that there was 1 new Coordinator at orientation this evening: James A from Cedar St. Mens. Welcome!!

Program Committee: Kaye, Chair shared:

1. The planning for the Founder's Day Picnic is well under way. The Picnic is on June 8 from 11-3. There will be hamburgers, hotdogs, carne asada and chips provided and the committee is asking members to bring salads that will keep in the sun.
2. The Committee needs volunteers to help with set up and tear down. Please contact Kaye or Adrian if available.
3. The next Program Committee meeting will be on the last Monday of the month.

Continued from Page 5

Public Information Committee: April, Chair reported:

1. Our May meeting was attended by all committee members. We reviewed the next events coming up: the Assembly, Founders' Day picnic, San Diego Veterans Stand Down and PRIDE.
2. We can always use more committee members. If you like answering questions and explaining what AA is to strangers, join us.
3. We meet the first Monday of the month at 7 pm at Central Office or online.
4. G and I recently sorted our literature cabinets so we can take a proper inventory. We lost our Literature person when she rotated, but while we were at Central Office a woman called and asked if she could help with this! Thank you for your willingness, Elyce! See you Tuesday.

Quorum was established; 40 Coordinators were present

Approved April, 2024 Meeting Minutes

OLD BUSINESS: Rae, Business Committee Chair, brought to Council the Amended pages of the Council Guidelines that were presented at the April, 2024 Council meeting for a vote. A motion was made to approve and seconded. The motion carried 25 Y, 10 N. The minority spoke along with additional information. A motion was made and seconded to reconsider. Motion carried. Second vote to amend the Council Guidelines did not carry with 22 Y, 14 N.

NEW BUSINESS: None

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

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@asandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 6/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our asandiego.org website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to sdaaco@aol.com. Thanks!

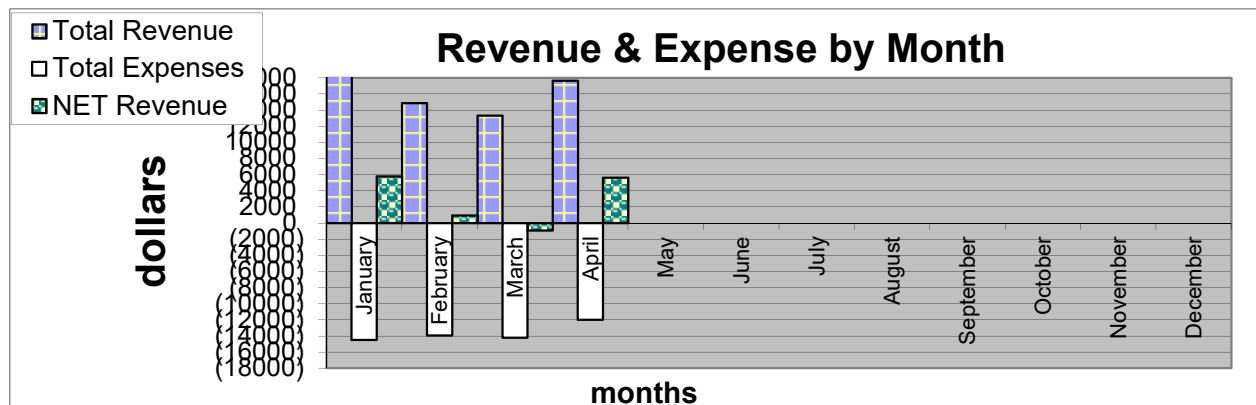
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

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

	April 24	April 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	14,924.76	15,583.64	52,348.95	48,388.36	3,960.59	138,492.00
Contributions Individual	448.55	953.26	4,368.18	2,847.67	1,520.51	22,784.00
Contributions SDIAA	-	-	50.00	-	50.00	-
Interest - Cert of Deposits	503.35	381.46	2,031.16	1,006.93	1,024.23	5,000.00
Literature Revenue (see schedule)	1,758.29	873.05	7,207.30	531.85	6,675.45	10,625.00
Total Revenue	17,634.95	17,791.41	66,005.59	52,774.81	13,230.78	176,901.00
Expense						
Accounting & Legal	-	2,000.00	145.00	4,760.50	(4,615.50)	2,700.00
Auto/Travel/Seminar	13.00	13.00	699.12	937.43	(238.31)	1,500.00
Bank Service Charges	-	-	10.00	-	10.00	-
Cash (Over) Short	7.80	(8.59)	141.10	7.67	133.43	20.00
Equipment Maint & Repair	58.95	104.01	200.02	258.09	(58.07)	650.00
Equipment Purchase	-	-	129.29	179.05	(49.76)	500.00
Event Funding	-	-	1,900.00	-	1,900.00	-
Insurance	81.46	81.46	325.84	372.84	(47.00)	850.00
Office Maint. & Repairs	30.00	-	455.46	202.80	252.66	500.00
Office Supplies	232.72	372.36	1,400.43	1,479.71	(79.28)	3,500.00
Rent	2,060.00	2,020.00	8,240.00	8,080.00	160.00	24,080.00
Taxes	-	-	-	-	-	75.00
Telephone	147.87	136.54	595.98	540.13	55.85	1,700.00
Utilities-Electricity	383.03	451.82	1,911.61	2,778.20	(866.59)	7,000.00
Website	9.00	9.00	53.99	36.00	17.99	100.00
EMPLOYEES						
Accrued Payroll Taxes	499.10	598.47	2,661.74	2,528.07	133.67	10,000.00
Employee Wages	5,937.62	7,410.69	30,765.98	29,187.62	1,578.36	100,035.00
Employee Health Benefit	1,025.74	937.88	4,102.96	3,751.52	351.44	12,309.00
Insurance Worker's Comp	44.61	44.61	178.44	490.71	-	528.00
Total Office Expense	10,530.90	14,171.25	52,016.96	55,278.07	(3,261.11)	166,047.00
Standing Committees Expense	1,464.26	1,622.42	6,710.67	4,746.26	1,964.41	10,854.00
Total Expense	11,995.16	15,793.67	54,650.13	60,024.33	(1,296.70)	176,901.00
Total Net Revenue	5,639.79	1,997.74	11,355.46	(7,249.52)	18,604.98	-



Group Contributions April 2024

Group	Apr-24	Ytd 24	Group	Apr-24	Ytd 24
3 O'Clocker - 2201	200.00	400.00	Just Us Girls - 929	30.00	90.53
4th Edition Big Book - 2569	100.00	100.00	Knuckleheads - 3182	630.00	630.00
52 From The Big Blue	-	146.75	La Jolla Beginners Group - 82	-	105.00
530 Meditation - 3085	-	139.00	La Jolla Mens - 692	-	355.50
7 AM Attitude Adjustment	300.00	300.00	La Jolla Monday Womens - 87	-	400.00
9 pm Discussion - 3366	-	145.00	La Jolla Speakers - 578	-	1,352.12
AA By The Bay - 629	-	200.00	La Jolla Sunrise - 2684	50.00	100.00
Alpine Group - 6	-	178.00	La Mesa SS Workshop - 1621	100.00	100.00
As Bill Sees It - 1038	44.00	119.00	La Mesa Womens Sat. Morn - 416	250.00	450.00
At Home Mens - 215	100.00	100.00	Lakeside Drunks - 2423	-	100.00
B.Y.O.B. (North Park) - 203	-	142.14	Late Risers - 473	50.00	100.00
Back Country - 3131	50.00	100.00	Linda Vista Mens - 320	-	175.00
Barefoot - 139	100.00	100.00	Living Free - 477	2,010.93	2,010.93
Battery Chargers - 98	-	442.00	LJ We Are Not A Glum Lot - 3355	-	65.00
Bayside Bonfire Group - 1139	300.00	300.00	Lushes Lunch Tuesday - 2641	300.00	300.00
Bonita Boozers - 2179	-	85.33	Mens Focused Step Study - 3217	-	264.00
Carrying the Message - 2458	-	50.00	Mens Step Study - 965	-	65.00
Casa De Oro Weds Nite - 2049	-	100.00	Mens Structured Step Study-1469	-	75.00
Cedar St Daily Online - 3270	50.00	50.00	Mid-Week Mens - 560	-	955.00
Cedar Street Mens - 1698	-	351.21	Midday Miracles - 3242	-	19.07
Channeling Serenity - 3425	-	157.20	Midnight Howlers - 1025	-	100.00
Chula Vista 4 Min Speakers-1568	50.00	110.00	Midway Bridge - 2171	-	60.00
Clairemont Fri Night - 375	-	95.00	Mira Mesa Early Risers - 967	650.00	1,050.00
Clairemont Mens - 301	148.00	649.60	Mission Hills Late Night - 2773	75.00	225.00
Clairemont Mixed Disc - 338	-	259.00	Mission Hills Lunch Bunch - 2675	-	78.50
Clairemont Thurs. Brown Bag-315	50.00	50.00	Mission Possible - 131	-	120.00
Clairemont Womens Disc - 340	182.00	367.40	Monday At A Time - 2875	-	161.87
Clairemont Womens SS - 341	-	241.50	Monday Night Live - 3219	100.00	100.00
Class Acts - 1845	-	150.77	Mt Soledad Mens - 717	650.00	650.00
Coffee Clutchers - 2332	-	200.00	No Matter What Wmn's Grp-2325	100.00	100.00
Daily Reflection - 3114	-	200.78	Noon At The Grove - 628	-	900.00
Daily Reflection Online - 3436	24.07	24.07	Noon w/ a View Begs Mtg - 3249	1,452.00	1,452.00
Daily Reflections - 2097	120.00	120.00	Nooners Anonymous - 1164	-	150.00
Deerhorn Group - 2063	-	280.00	Noontime on the Patio - 2203	-	100.00
Descanso Mixed SS - 3010	44.00	44.00	Normal Hts Yng Peoples SS-3407	-	100.00
Designs For Living - 488	-	250.00	North Clairemont - 1102	-	100.00
Diamond St Mens SS - 569	108.60	108.60	North Park Mens - 465	16.50	58.60
Doctors & Lawyers & Pros - 391	-	1,250.00	O.B. Womens Step Study - 2730	-	93.30
Downtown Discussion - 1665	47.03	47.03	Old Timers Group - 2037	-	100.00
Downtown Noon Discussion-1607	-	50.00	Open Minded Mens - 626	-	160.00
Each Day A New Beginning - 509	-	175.00	Orig Anonymous Anonymous-154	50.00	100.00
Early Risers (PB) - 264	-	300.00	Over The Bridge - 2689	342.50	692.15
East Side Group - 101	-	100.00	PB Weekend Warmup - 725	150.00	150.00
Easy Does It Riders - 21	90.00	150.00	Pass It On BB Study Grp - 2860	-	173.50
Easy Risers - 854	-	100.00	Peace Officer Fellowship - 876	-	150.00
El Cajon Womens Serenity - 77	15.00	15.00	Pine Valley Thurs Open Disc-3274	-	148.90
Emotional Sobriety - 2536	80.00	140.00	Point Loma Mens - 245	-	231.00
Evening Serenity - 2305	200.00	400.00	Primary Purpose Group - 3151	-	377.50
Everynighters Online - 2997	-	29.07	Progress Rather Than Perf - 2682	-	400.00
Eye Opener Group - 607	-	550.00	Pt Loma Womens Disc - 1608	-	125.00
Fellowship of Spirit Candle - 3383	48.92	68.50	Radical Acceptance Mtg - 2961	544.51	798.23
Former Hot Messes - 1205	-	71.50	Rainbow Group - 570	-	150.00
Free At Last - 2888	-	200.00	RAM-Z - 3323	5.00	5.00
Freedom - 3447	299.17	299.17	Ramona Mens New Vision - 1949	300.00	300.00
Fresh Air Friday - 266	-	600.00	Resentment & A Coffee Pot-2561	-	141.00
Friday Afternooners - 318	50.00	50.00	Rise & Shine - 2170	164.50	551.75
Friday Morning Womens - 104	-	137.52	S.D. Speakers Meeting -152	-	275.00
Friday Night Gratitude - 2829	-	150.00	San Carlos Single Purpose - 583	-	150.00
Friday Night Irregulars - 2889	-	283.00	Santee Mens Group - 2972	-	524.25
Friday Spring Valley Lunch - 2732	-	161.00	Santee Serenity Group - 1943	250.25	441.78
Full Measure Friday - 3363	-	150.00	Scripps Ranch Men's Two - 2776	-	320.00
Garnet Group - 1129	-	350.00	Scripps Ranch Mens - 3168	-	204.41
God Squad Too - 2809	-	90.15	Sisters in Solution - 3272	-	201.12
Good Morning AA - 1888	-	945.00	Sky Hi Womens - 1633	-	75.00
Great Fact Group - 895	120.00	120.00	Sobearity - 3129	46.00	46.00
Grupo Gringo - 1305	-	50.00	Sobriety At All Cost - 3006	-	1,129.00
Harmony Group - 585	435.00	1,041.00	Sobriety On State and Date - 2697	489.64	489.64
Hi-Nooners - 673	-	100.00	Sons of God - 2789	-	756.00
HOW @ Noon - 2998	-	450.00	South Bay Guys & Gals - 35	50.00	50.00
I. B. Up - 2565	-	100.00	South Clairemont - 305	82.00	82.00
Jaywalkers - 3100	-	105.00	South Park Sobriety - 1015	-	80.00
Jump Start - 2174	-	100.00	Spiritual Awakening - 2275	52.20	1271.59

Group Contributions April 2024

Group	Apr-24	Ytd 24	Group	Apr-24	Ytd 24
Spiritual Awakenings SS - 3174	-	220.00	Tierrasanta Friday Night - 2645	-	150.00
Strength In Women - 2955	-	100.00	Toes in the Sand - 3282	171.50	289.50
Sunday Beach Sun-Day - 568	-	82.40	Tues Night Mens Step Study-1813	150.00	150.00
Sunday Kind of Love - 429	-	602.63	Tuesday Morning Alpine - 440	-	96.25
Sunday Midday - 161	-	150.00	Tuesday Morning Group - 3089	-	50.00
Sun Morning Eleventh Step - 1206	-	50.00	Two A's Over Easy - 2106	-	50.00
T.G.I.F. - 1658	-	250.00	University City Disc.- 368	-	197.00
Gathering Of The Goddesses-2890	-	155.10	University City Womens - 369	-	300.00
The Gift - 2954	-	252.50	War Fever - 880	35.22	69.01
The Hole In The Doughnut - 2737	-	168.00	Water Walkers - 5	200.00	200.00
The Huddle in the Park - 3278	-	300.00	Water Walkers Too - 1946	-	380.00
The Language of the Heart - 3066	43.00	43.00	Way Up and Out - 415	-	100.00
The Nine Thirty - 2997	196.67	196.67	Wednesday Night Promises - 2167	-	100.00
The Other Meeting - 857	-	220.00	Weekending Step Study - 698	-	100.00
The Rogue Meeting - 3338	263.00	974.75	Wholesale Miracles - 2474	35.00	140.00
The We Group - 2739	-	500.00	Willing to Believe - 3449	-	136.00
There is a Solution - 2680	-	5.00	Womans Gut Level - 1701	102.15	177.55
Three Legacies Group - 2194	120.00	300.00	Womans Let Go & Let God - 446	-	275.00
Thurs. Nite Mens BB Stdy - 1748	-	185.00	Women's Joy Of Living - 2636	209.00	709.00
Thurs Promises Promises - 749	-	215.00	Womens Attitude Gratitude-2751	-	229.50
Thursday Steps - 646	-	300.00	Womens Step Study - 296	152.40	379.65



YOUR SAN DIEGO INTERGROUP/CENTRAL OFFICE THANKS YOU FOR YOUR CONTINUED SUPPORT.

Group Secretaries/Treasurers: If you wish to receive a receipt for your contribution, please write your email address on your check or an insert with your check. Central Office does not mail receipts. Thank you!

Does Your Meeting Have a Voice? Serving as a Coordinator offers you a rewarding opportunity to share in A.A.'s Third Legacy - Service. The Coordinating Council of Alcoholics Anonymous in San Diego County is our local intergroup association. Each individual group in San Diego County is entitled to representation. Is your group represented? Call 619-265-8762 to find out. The Council meets on the 2nd Thursday of every month. Make sure YOUR group gets heard.

“Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money...Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.”

Where Money and Spirituality Mix, Pamphlet F-3

If you are unable to contribute financially, carrying the message is still contributing and there are many ways to carry the message at Central Office: We need Daytime Phone Volunteers and members on the 12-step Call list. Please call us today if giving of your time is a way that you'd like to contribute.

What is "Gratitude with Service"? We believe Service is a way of showing Gratitude for the program that saved our lives. It's also our Third Legacy. There are lots of ways to volunteer for Service within The San Diego Intergroup and Central Office. To find a way in which you can be of service, go to aasandiego.org/group-documents and look for the "Gratitude with Service" form on the left hand side. Or stop by the Central Office M-F 9:30am-5:30pm or Sat 9am-1pm and we'll be more than happy to discuss these opportunities with you!

Central Office Notes

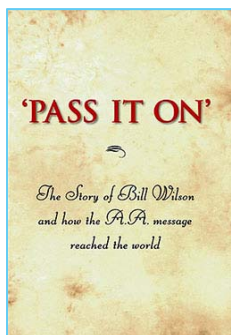
2024 Holidays - Central Office/ Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
July 4	Independence Day	Monday
September 2	Labor Day	Monday
November 11	Veteran's Day	Monday
November 28	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

April 2024 Group Contributions	\$14,925
Individual Contributions	\$448
Literature & Interest	\$2,261
Total Revenue	\$17,635
Central Office Expenses	-\$10,531
Committee Expenses	-\$1,464
Total Expenses	-\$11,995
April 2024 Net Revenue	\$5,640
2024 YTD Revenue	\$11,355

Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & *we NEED your support* (& your group's voice & vote!). There are over 650 groups in San Diego & only 39 representatives at last month's Council meeting. The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens quarterly before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aasandiego.org website for more information.

Pass It On



“**LOIS** described the **PROFUNDITY** of their **DILEMMA** in these **WORDS**: ‘**BILL** rarely drank **SOCIALLY** or **MODERATELY**. Once he **STARTED**, he seldom **STOPPED** until he became so **DRUNK** he **FELL** inert. He was not **VIOLENT** when in his **CUPS** and was **DEEPLY REMORSEFUL** afterward. When he finally **REALIZED** he couldn’t **STOP**, he **BEGGED** me to help him, and we **FOUGHT** the **ALCOHOL BATTLE** together. We did not know at the **TIME** he had a physical, **MENTAL** and spiritual **ILLNESS**. The **TRADITIONAL THEORY** that drunkenness was only a **MORAL WEAKNESS** kept us both from thinking **CLEARLY** on the **SUBJECT.**” -- Page 82, Reprinted with permission from A.A.W.S.

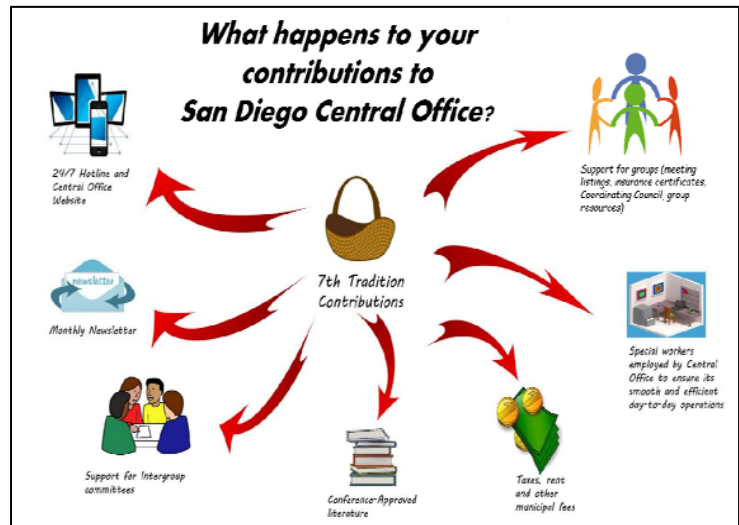


A.A. Economics

Many are sober today as a direct result of a call made to San Diego A.A. Intergroup, from finding a meeting on the aasandiego.org website and/or by reading A.A. literature purchased from Central Office. To run the phones, publish the schedules and have literature available for sale takes financial resources.

A basic principle of A.A. is that it will always be self-supporting through its own contributions. A dollar contribution in a basket was considered appropriate in the 1960s — a dollar that could buy over \$10 worth of goods today.

A \$2.00 (or more) contribution the next time the 7th Tradition basket goes around will go a long way to ensure that an A.A. meeting will always be there for us when we need one.



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

Thank you for supporting your Central Office in carrying the message to the still suffering alcoholic

- ◇ The Central Office cannot mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!
- ◇ Send your Contributions to:

San Diego Central Office
7075 Mission Gorge Road, Suite B
San Diego, CA 92120



Things to Do, And Places to Go

A.A. Desert Roundup

When: June 6th-9th, 2024
Where: Indian Wells, CA
Info: www.desertroundup.com

Founder's Day Akron, OH

When: June 7th-9th, 2024
Where: Akron, OH
Info: www.foundersday.org

AA Unity / Founder's Day Picnic

When: June 8th, 11 AM to 3 PM
Where: 9550 Milden St., Site 2, 91942
Info: Call Central Office 619-265-8762

3rd Weekender Camping Group

When: June 8th, 11 AM to 3 PM
Where: 9550 Milden St., Site 2, 91942
Info: Call Central Office 619-265-8762

Three Legacies Conference

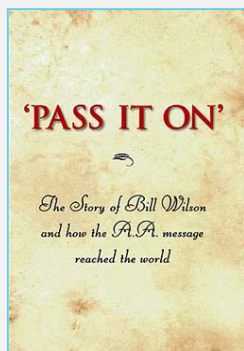
When: October 11th -12th
Where: Pleasant Hill, CA
Info: Call Central Office 619-265-8762

International Women's Conf.

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

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

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



Coordinating Council Attendance

Thank you to the following 40 Groups whose Coordinators attended the May 2024 San Diego Intergroup Coordinating Council.

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

BATTERY CHARGERS	MISSION HILLS BEGINNERS
B.Y.O.B.	MISSION HILLS LATE NIGHT
CEDAR STREET MENS	NORTH PARK MENS
CLAIREMONT MENS	OLD TOWN SPEAKERS
CLAIREMONT WOMENS STEP STUDY	OVER THE BRIDGE
DEL CERRO MIXED	PINE VALLEY THURSDAY OPEN DISC.
DO THE WORK!	RAINBOW GROUP
DOWNTOWN DISCUSSION	RIDING SOBER
EL CAJON WOMEN'S SERENITY	SAN CARLOS SINGLE PURPOSE
FREEDOM	SCRIPPS RANCH MENS
FRIDAY MORNING WOMENS	SKY HIGH WOMEN'S
FRIDAY NIGHT IRREGULARS	SISTERS IN SOLUTION
FULL MEASURE FRIDAY	SOBEARITY
GOD SQUAD TOO	SOBRIETY ON STATE AND DATE
I.B. UP	THE COMMON SOLUTION
INTO THE 4TH DIMENSION	THE WE GROUP
JUMP START	UNIVERSITY CITY WOMENS
LA MESA MENS	VALLEY GIRLS
LA MESA SAT. MORNING WOMENS	WOMEN'S JOY OF LIVING
MIDDAY MIRACLES	WORLD OF THE SPIRIT

Next Council Meeting: Thursday, June 13th. Council meets at 7:00 PM (Orientation 6:30 PM) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!

Book of the Month:

'Pass it On' -- The story of Bill Wilson and how the A.A. message reached the world

"Among other book titles suggested were 'One Hundred Men,' 'The Empty Glass,' 'The Dry Way,' 'The Dry Life,' 'Dry Frontiers,' and 'The Way Out.' In a jab at his own egotism, Bill said that he had even proposed calling it 'The Bill W. Movement'!"

The name 'One Hundred Men' fell by the wayside because of the objections of Florence R., at that time the only female member. (Her story in the first edition was 'A Feminine Victory.' She later returned to drinking and died of an apparent suicide in

Washington D.C.) . . .

'One Hundred Men' was still the working title in a letter from Frank Amos to Rockefeller associates dated January 6, 1939. But 'Alcoholics Anonymous' headlined the letter, indicating that this had by now become an informal way, at least in New York, of identifying the movement. Also, a pamphlet prepared as a fund-raising presentation early in 1939 was titled 'Alcoholics Anonymous.'"

Pages 202-203, Reprinted with permission by A.A.W.S.

The Road to Mental Freedom

Understanding Steps Six and Seven

Continued from Page 1

They say that understanding is the key to right living, and I read just about anything I can get my hands on, about these issues, that reinforce the principles we learn in the AA program such as; Emmet Fox's Sermon on The Mount, and others including, Scott Peck's, *The Road Less Traveled*, Ernest Kurtz and Kathleen's Ketchum's *The Spirituality of Imperfection*, Max Ehrmann's poem, *Desiderata*, and the like.

This kind of reference material helps me to get a better perspective on how to reduce the obstacles that stand in the way of my ability to solve these problems. I should be willing to get right with "every human being I know" as suggested in step eight. (12&12) Scott Peck describes the word Love as: Caring for and nurturing another person's soul. I now look at Love as a verb and not a noun. You can love someone that doesn't love you back when you use this definition and as the result, I truly wish the best for every human being I know and offer help and guidance when I can. I became



their best advocate. If I want to heal, I must look deeper and try to understand that other person and be strong enough to, first, reign in my ego, then to realize that the other person may be reacting to my adversarial position.

Finding ways of removing my own judgmental attitudes opens the door to love and compassion. Today, I can love everyone by simply giving them the respect and acceptance that I would want for myself. After doing my best to adopt this plan of action over the years, I can only say that nothing that I have ever done, with respect to Those Other People, has been more rewarding than this approach. I have, to the best of my understanding, stopped judging others by their outside behavior and have the strength to look deeper.

When I do that, I usually find a person, not too different from myself, trying to protect himself from his fears, and I just can't bring myself to pile on and compound his pain. My heart goes out to him, and I don't have to deal with regrets later. My ego is neutralized as I come to understand his troubles.

The greatest gift I receive from all of this is that, as I apply this to all Those Other People, I seem to allow myself the same latitude without even expecting it since at one time, I was That Other Person. Self-forgiveness and peace of mind seems to be the natural result of my efforts. I can accept everyone just as they are and not mess with God's work.

~ Rick R



Paying Forward a Debt of Gratitude to AA

Continued from Page 1

Most importantly, my guests share what it's been like during their years or decades in recovery. We discuss the challenges and gifts, as well as the tragedies and triumphs experienced during sobriety. Each story is a beacon of hope and proof-positive that AA really works.

In creating the "AA Recovery Interviews" podcast, extraordinary care was taken to adhere to AA's Twelve Traditions and all General Service Office guidelines for maintaining anonymity on-line. No videos or images are shown, and all names are anonymized using the initial of each guest's last name. Further steps are taken to edit out the names of treatment centers, hospitals, sober living houses, and AA club and/or meeting names. Assurance that no guest can be identified by name, job, or other affiliation allows each AA member to speak frankly about their own journey in sobriety.

Since there is no online promotion of the "AA Recovery Interviews" podcast, growth in listenership has been mostly word-of-mouth. Nevertheless, there have been over 350,000

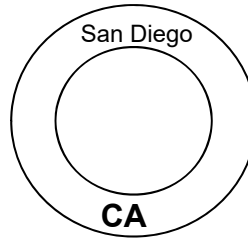
downloads, a reasonable indication that the podcast is touching many lives around the world. People in meetings tell me that they regularly listen in their cars, on walks, during workouts, and whenever they want to be uplifted and inspired. Occasionally, I hear about someone who decided to try AA, or return to the Program after a relapse, as the result of hearing the podcast. When I hear that this weekly podcast is integral to anyone's program, I am grateful to my higher power for letting me be of service to others.

~Howard L.



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

RETURN SERVICE REQUEST



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	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	1	2	3	4	5	6



The San Diego A.A. Coordinator

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

“Humbly asked Him to remove our shortcomings.”

Reprinted from AA Big Book, page 59

July 2024
VOL. LXII NO. 7

INSIDE . . .

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- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions . pgs. 8-9
- Central Office Notes p. 10
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- Upcoming Events..... p. 13

“Carry the AA Message”

Join the fun, submit an article!

August (due 7/18/24)

“Made a list of all persons...”

September (due 8/18/24)

“Made direct amends...”

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

One Year

One year ago I went to my first meeting of Alcoholics Anonymous. This was definitely the “last house on the block” for me as I had no idea what would be asked of me but I was willing to try anything if it meant I could find some way to stop drinking. I was at the point that I soon learned was called “incomprehensible demoralization”. I didn’t know what I was searching for but I thought at least maybe I could find a way to be happy if I could just stop drinking. The people at this meeting seemed very “happy” and oddly friendly...someone even shared that they were “happy, joyous and free”...so I got a sponsor and came back the next day determined to find a way to get what these people had.

Looking back now I don’t even think I understood what happiness was because what I have now far surpasses what I used to call “happiness”.

Continued on Page 14

We Suffer To Get Well

I was at the doctor's office the other day for blood work. While I waited to be called, I saw a mom

and her young son head into the back. He was very concerned for his immediate future. He kept asking his Mom what was going to happen. She wouldn't tell him. That just got him more upset. Moments later I heard a shriek followed by heartfelt sobbing. Poor little fellow had no idea that what he was experiencing was actually good for him.

When I first heard someone mention "We suffer to get well", I was confused. Like that little fellow in the lab, I couldn't grasp the idea that painful things could help me. It wasn't until I had been sober for a while that I was able to reflect back on my life and see the truth in that statement.

The most obvious way I understand the idea of suffering to get well is through my sordid past. Not just the hangovers, the financial messes and the broken relationships, but the feelings I was trying to block with my drinking in the first place. By the time I had gotten to the point where I could no longer control and enjoy my drinking, I wasn't able to block out the pain anymore. I was living to drink and wishing I would die.

Continued on Page 14

SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**Our Web Page** www.aasandiego.org**E-mail:** sdaaco@aol.com**Mon-Fri 9:30 am – 5:30 pm and Sat 9 am to 1 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Lisa Ann O.

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: Prascilla, and Jym**July Theme:** "Humbly asked Him to remove our shortcomings."**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>

Some Clarity

When you go to Nothing land,
It's nothing you expect.

There's nothing work for you to do,
And nothing to protect.

Nothing places for you to go,
And nothing pain to feel,
Nothing sorrows for you to know,
Because nothing here is real!

Nothing sand on a nothing beach,
And nothing tears to cry.

Nothing stars in the nothing sky,
Where the nothing birds all fly.

Nothing smiles to warm your soul,
And nothing food to eat,
With nothing friends to help you laugh,
At your nothing places to meet.

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.
Emergency back-up volunteers
to answer daytime phones
and 12-Step Phone List volunteers!

Call Central Office today at
619-265-8762

Website Hits	June	Total
	590,193	12,354,365

Happy Birthday to All!

*Rex B. 5/29/84 Dignity Unlimited
40 Years!*

*J. Marie O. 6/85
39 Years!*



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.

Unglam Lot



'I use my mind to constantly calculate and recalculate the number of grudges I'm holding with the hope that this will help ward off alzheimer's.'

Does your meeting need support?

Starting with the August issue, we will be publishing a list of meetings requesting support from the San Diego A.A. community. If your meeting is new, hasn't bounced back since Covid, or just needs a little boost in attendance, email Sdaaco@aol.com and we'll list it next month!

Pamphlet

OF THE MONTH: Frequently Asked Questions about A.A.

"Can an alcoholic ever drink 'normally' again? So far as can be determined, no one who has become an alcoholic has ever ceased to be an alcoholic. The mere fact of abstaining from alcohol for months or even years has never qualified an alcoholic to drink "normally" or socially. Once the individual has crossed the borderline from heavy drinking to irresponsible alcoholic drinking, there seems to be no retreat. Few alcoholics deliberately try to drink themselves into trouble, but trouble seems to be the inevitable consequence of an alcoholic's drinking. After quitting for a period, the alcoholic may feel it is safe to try a few beers or a few glasses of light wine. This can mislead the person into drinking only with meals. But it is not too long before the alcoholic is back in the old pattern of too-heavy drinking – in spite of all efforts to set limits for only moderate, social drinking. The answer, based on A.A. experience, is that if you are an alcoholic, you will never be able to control your drinking for any length of time. That leaves two paths open: to let your drinking become worse and worse with all the damaging results that follow, or to quit completely and to develop a new pattern of sober, constructive living." Page 8 Reprinted with permission from A.A.W.S.

Frequently Asked Questions About A.A.



Jonathan, Council Chair opened the 944th Coordinating Council Meeting with a moment of reflection followed by the "Responsibility Pledge"

Guest Reports:

Area 8 Representative: Adrian, Area Alt Delegate reported:

The Area held its annual Post Conference Assembly on Saturday, May 18th. The main purpose of the Assembly was to receive our Delegate Richard O.'s report back from this year's General Service Conference. It was a busy Conference week, with the approval of a couple of new pamphlets, service document revisions, financial reports, and a decision on the hotly contested Plain Language Big Book. Your Group GSRs should be available to provide more information upon request. A new Alternate Treasurer was also elected and motion on adding Area policy as it relates to continuing to provide a hybrid component to our Area Meetings and Assemblies was passed. We also hosted an annual Four Area Sharing Session on the Pala Indian Reservation on Saturday, June 1st. This event is planned and participated in conjunction with the 3 other Areas in Southern California, 5, 9, and 93. The event centered around General Service at the Area level & how to attract the next generation of Servants. Lastly, a shout out to the local Fellowship for showing out at the Unity/Founder's Day Picnic this past weekend. It was a great success in my opinion. The Area was represented with tables and displays by 10 of our 14 Standing Committees. A special thanks to the Program Committee for their hard work. We will miss Kaye as Chair, but are excited to hopefully welcome Jen as the new Chair.

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 are vacancies on our panels, and we also have positions available on the committee. Come join us!

We had our "Spring into Service" Event sponsored by San Diego and North County H&I on May 19th. AA members attended and the speakers were amazing!!! H&I also had a table at the Founders Day picnic on June 8th where we were able to fellowship and answer many questions that AA members had about H&I.

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

1. This committee has room for 1 more member
2. The night of the 16th of the month is open for a Group to take on. Very few Coordinators' groups have a commitment to answer phones after hours – please take this open day of the month back to your groups so we can make sure to get the phones answered.

Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, June 11th, 2024 at 6:00 pm.

May 2024 Financial Summary:

Net Revenue is \$3,552. 2024 YTD Net Revenue is \$14,907. Group & Individual Contributions were \$14,344. Literature Sales Revenue & Bank Interest was \$2,087; while total office & committee expenses were -\$12,880.

Central Office Manager's Reports:

1. Manager's Report

- June BOOK OF THE MONTH: Pass It On, \$10.00, Regular \$12.00, Max: 5
- July BOOK OF THE MONTH: AA Comes of Age, \$10.00 Regular \$12.00, Max: 5
- Judi will be out of the office June 21-July 1, 2024. Lisa Ann will cover.
 - a. "Christmas in July" Sale: literature discount for July & August of 20%, and 15% for tokens, which currently are not discounted.
 - b. Group Business Center Equipment: a sort of "Business Center" computer to be available for meetings and committee members to use for AA purposes, such as printing group phone lists, along with a printer for this use and a Laminator. There will be guidelines for use such as the number of copies that may be printed

Newsletter: Matt reported:

1. Matt is the new Committee Chair – thank you and congratulations!
2. This committee needs members and contributors.
3. The Newsletter writing workshop has been postponed
4. The Committee is working on a template for submitting articles to put on the Newsletter page on the aasandiego.org website.

Coordinator Outreach: Grace Chair reported:

1. The Outreach Committee attended 4 meetings this month and got one commitment for a new Coordinator. Great work!!

Continued from Page 5

Orientation & Guidelines: Heather, Chair reported:

1. Heather reported that there are 2 new Coordinators present this evening – Maren from Freedom and Hopeso from Friday Night Gratitude. Welcome!!

Program Committee: Kaye, Chair shared:

1. Thank you to all of the volunteers that helped make the Founder's Day/Unity Day Picnic such a huge success. It was our best in a long time! Over 200 people attended. A special Thank you to Area 8 and the Spanish Central Office for contributing interpreters and the carne asada!
2. The next event for the Program Committee is the Anniversary Breakfast in November.
3. This Committee needs members!
4. Thank you Kaye for your service over the last two years and Welcome to Jen as the new Program Committee Chair
5. The next Program Committee meeting will be on the last Monday of the month.

Public Information Committee: April, Chair reported:

1. Public Information Committee met the first Monday of the month at 7:00 pm in Central Office and online.
2. We discussed upcoming events: Founders Day Picnic, PRIDE, and the San Diego Veterans Stand Down. April R volunteered to cover our booth at Founders Day.
3. Scheduling coverage for the next two events is being compiled.
4. We are still short committee members and are asking for volunteers to help cover the booth for the next two events. Accessibilities Committee has already offered to help. Former committee members have also offered their time.
5. We need an Events Coordinator: someone who likes planning parties would be an excellent candidate!

Quorum was established; 34 Coordinators were present

Approved May, 2024 Meeting Minutes

OLD BUSINESS: None

NEW BUSINESS:

1. Amendment to the Coordinating Council Guidelines Submitted by the Business Committee: Rae presented an amended copy of the Coordinating Council Guidelines consisting of changes made by the Business Committee to the Business Committee section. These Guidelines were made current according to Officer's duties and updated language. Coordinators were asked to please review with their groups and return next month ready to vote on whether or not to accept these amendments.
2. Mid-Year Budget Review: Judi presented the Mid-Year Budget review and answered a few questions.
3. San Diego Intergroup Commemorative Token: Judi presented the Council with an idea to create a "San Diego Intergroup Commemorative" token with our new logo on one side and a saying on the other side. The Council was presented with two sayings to choose from and selected "Stay in the Sunlight of the Spirit".
4. Business Committee Elections: The Business Committee consists of six members elected from the Fellowship at large; three to be elected to serve from July-June and three to serve from January-December. The Committee will greatly miss Gilbert V. who will be stepping down at the end of June after have served two terms. The Committee seeks two new members. Kaye D. stood to be elected for the Committee and was approved.

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 Erik who celebrated 8 years; April with 24 years and Reno with 31 years! Congratulations to you all!!!

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 6/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our 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!

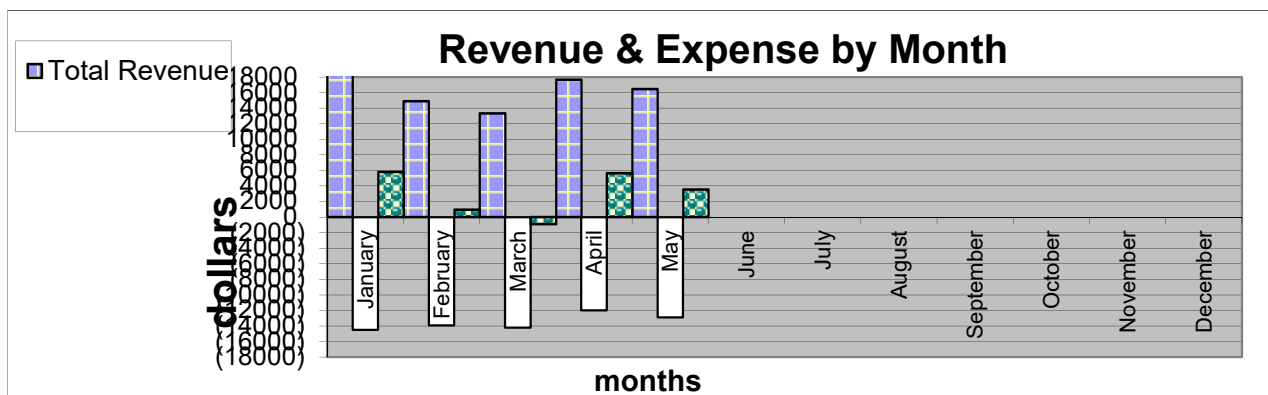
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

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

	May 24	May 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	13,532.12	11,871.80	65,881.07	60,260.16	5,620.91	158,000.00
Contributions Individual	812.42	1,068.92	5,180.60	3,916.59	1,264.01	12,000.00
Contributions SDIAA	20.00	-	70.00	-	70.00	-
Interest - Cert of Deposits	531.62	395.29	2,562.78	1,402.22	1,160.56	6,000.00
Literature Revenue (see schedule)	1,535.40	530.17	8,742.70	531.85	8,210.85	20,375.00
Total Revenue	16,431.56	13,866.18	82,437.15	66,110.82	16,326.33	196,375.00
Expense						
Accounting & Legal	85.00	570.00	230.00	5,330.50	(5,100.50)	600.00
Auto/Travel/Seminar	4.00	469.76	703.12	1,407.19	(704.07)	1,500.00
Bank Service Charges	-	-	10.00	-	10.00	-
Cash (Over) Short	(1.82)	(0.92)	139.28	6.75	132.53	20.00
Equipment Maint & Repair	51.36	51.36	251.38	309.45	(58.07)	650.00
Equipment Purchase	-	-	129.29	179.05	(49.76)	1,100.00
Event Funding	-	-	1,900.00	-	1,900.00	-
Insurance	31.11	81.46	356.95	454.30	(97.35)	500.00
Office Maint. & Repairs	-	-	455.46	202.80	252.66	1,100.00
Office Supplies	734.07	165.49	2,134.50	1,645.20	489.30	5,000.00
Rent	2,122.00	2,060.00	10,362.00	10,140.00	222.00	25,216.00
Taxes	-	75.00	-	75.00	(75.00)	75.00
Telephone	149.17	136.54	745.15	676.67	68.48	1,700.00
Utilities-Electricity	290.93	106.67	2,202.54	2,884.87	(682.33)	7,000.00
Website	26.99	9.00	80.98	45.00	35.98	100.00
EMPLOYEES						
Accrued Payroll Taxes	560.44	297.77	3,222.18	2,825.84	396.34	10,000.00
Employee Wages	7,001.40	3,812.23	37,767.38	32,999.85	4,767.53	100,760.00
Employee Health Benefit	1,025.74	937.88	5,128.70	4,689.40	439.30	12,309.00
Insurance Worker's Comp	44.61	44.61	223.05	490.71	-	528.00
Total Office Expense	12,125.00	8,816.85	64,141.96	64,094.92	47.04	168,158.00
Standing Committees Expense	754.56	938.68	6,710.67	5,684.94	1,025.73	9,214.00
Total Expense	12,879.56	9,755.53	67,529.69	69,779.86	1,072.77	177,372.00
Total Net Revenue	3,552.00	4,110.65	14,907.46	(3,669.04)	18,576.50	19,003.00



Group Contributions May 2024

Group	May-24	Ytd 24	Group	May-24	Ytd 24
3 O'Clocker - 2201	-	400.00	Great Fact Group - 895	-	120.00
4th Edition Big Book - 2569	-	100.00	Grupo Gringo - 1305	100.00	150.00
52 From The Big Blue	-	146.75	Harmony Group - 585	-	1,041.00
530 Meditation - 3085	-	139.00	Hi-Nooners - 673	100.00	200.00
7 AM Attitude Adjustment	-	300.00	HOW @ Noon - 2998	150.00	600.00
9 pm Discussion - 3366	-	145.00	I. B. Up - 2565	-	100.00
AA By The Bay - 629	-	200.00	International Group - 23	100.00	100.00
Alpine Group - 6	-	178.00	Jaywalkers - 3100	-	105.00
As Bill Sees It - 1038	-	119.00	Jump Start - 2174	-	100.00
At Home Mens - 215	-	100.00	Just Us Girls - 929	-	90.53
B.Y.O.B. (North Park) - 203	261.93	404.07	Knuckleheads - 3182	-	630.00
Back Country - 3131	-	100.00	La Jolla Beginners Group - 82	-	105.00
Barefoot - 139	-	100.00	La Jolla Mens - 692	-	355.50
Battery Chargers - 98	-	442.00	La Jolla Monday Womens - 87	-	400.00
Bayside Bonfire Group - 1139	-	300.00	La Jolla Speakers - 578	-	1,352.12
Bonita Boozers - 2179	-	85.33	La Jolla Sunrise - 2684	-	100.00
Carrying the Message - 2458	-	50.00	La Mesa 12 X12 - 2588	125.00	125.00
Casa De Oro Weds Nite - 2049	224.00	324.00	La Mesa Step Study Workshop - 1621	-	100.00
Cedar St Daily Online - 3270	-	50.00	La Mesa Womens Sat. Morning - 416	-	450.00
Cedar Street Mens - 1698	-	351.21	Lakeside Drunks - 2423	-	100.00
Channeling Serenity - 3425	271.00	428.20	Late Risers - 473	-	100.00
Chula Vista 4 Min Speakers - 1568	-	110.00	Linda Vista Mens - 320	-	175.00
Clairemont Fri Night - 375	-	95.00	Living Free - 477	-	2,010.93
Clairemont Mens - 301	-	649.60	LJ We Are Not A Glum Lot - 3355	49.00	114.00
Clairemont Mixed Discussion - 338	-	259.00	Lushes Lunch Tuesday - 2641	175.00	475.00
Clairemont Thurs. Brown Bag - 315	-	50.00	Mens Focused Step Study - 3217	-	264.00
Clairemont Womens Disc - 340	-	367.40	Mens Step Study - 965	-	65.00
Clairemont Womens Step Study - 341	-	241.50	Mens Structured Step Study - 1469	-	75.00
Class Acts - 1845	-	150.77	Mid-Week Mens - 560	240.00	1,195.00
Coffee Clutchers - 2332	300.00	500.00	Midday Miracles - 3242	-	19.07
Coronado Nooners - 3365	100.00	100.00	Midnight Howlers - 1025	100.00	200.00
D.D.G.T.M. - 767	300.00	300.00	Midway Bridge - 2171	-	60.00
Daily Reflection - 3114	250.00	450.78	Mira Mesa Early Risers - 967	-	1,050.00
Daily Reflection Online - 3436	24.04	48.11	Mission Hills Late Night - 2773	-	225.00
Daily Reflections - 2097	-	120.00	Mission Hills Lunch Bunch - 2675	-	78.50
Deerhorn Group - 2063	-	280.00	Mission Possible - 131	170.00	290.00
Del Cerro Mixed Step Study - 3451	285.00	285.00	Monday At A Time - 2875	-	161.87
Descanso Mixed Step Study - 3010	-	44.00	Monday Night Live - 3219	-	100.00
Designs For Living - 488	-	250.00	Mt Soledad Mens - 717	-	650.00
Diamond St Mens Step Study - 569	-	108.60	No Matter What Woman's Group-2325	-	100.00
Doctors & Lawyers & Profs - 391	-	1,250.00	Noon At The Grove - 628	-	900.00
Downtown Discussion - 1665	-	47.03	Noon w/ a View Beginners Mtg - 3249	-	1,452.00
Downtown Noon Discussion - 1607	50.00	100.00	Nooners Anonymous - 1164	200.00	350.00
Each Day A New Beginning - 509	-	175.00	Noontime on the Patio - 2203	-	100.00
Early Risers (PB) - 264	415.00	715.00	Normal Hts Young Peoples SS - 3407	-	100.00
East Side Group - 101	-	100.00	North Clairemont - 1102	110.00	210.00
Easy Does It Riders - 21	-	150.00	North Park Mens - 465	7.20	65.80
Easy Risers - 854	100.00	200.00	O.B. Womens Step Study - 2730	-	93.30
El Cajon Womens Serenity - 77	-	15.00	Old Timers Group - 2037	-	100.00
Emotional Sobriety (Hillcrest) - 2536	-	140.00	On The Corner - 2384	360.00	360.00
Evening In Harmony - 2864	82.80	82.80	One Step at a Time - 3435	81.00	81.00
Evening Serenity - 2305	-	400.00	Open Minded Mens - 626	-	160.00
Every Night at Six - 3241	667.00	667.00	Original Anonymous Anonymous-154	-	100.00
Everynighters Online - 2997	-	29.07	Over The Bridge - 2689	-	692.15
Eye Opener Group - 607	-	550.00	Pacific Bch Weekend Warmup - 725	-	150.00
Fellowship of the Spirit Candle - 3383	-	68.50	Pass It On Big Book Study Grp - 2860	-	173.50
First Mira Mesa Mens - 300	168.85	168.85	Peace Officer Fellowship - 876	-	150.00
Former Hot Messes - 1205	-	71.50	Pine Valley Thurs Open Disc. - 3274	-	148.90
Free At Last - 2888	-	200.00	Point Loma Mens - 245	-	231.00
Freedom - 3447	-	299.17	Primary Purpose Grp (Hillcrest)-3151	-	377.50
Fresh Air Friday - 266	-	600.00	Progress Rather Than Perf - 2682	-	400.00
Fresh Start Beginners - 2609	540.87	540.87	Pt Loma Fri Afternoon 12 & 12 - 244	200.00	200.00
Friday Afternooners - 318	-	50.00	Pt Loma Womens Discussion - 1608	-	125.00
Friday Morning Womens - 104	-	137.52	Queer Side of Things - 3457	97.00	97.00
Friday Night Gratitude - 2829	-	150.00	Radical Acceptance Meeting - 2961	293.96	1,092.19
Friday Night Irregulars - 2889	-	283.00	Rainbow Group - 570	-	150.00
Friday Online 12 x 12 Step Study-3351	340.00	340.00	RAM-Z - 3323	120.00	125.00
Friday Spring Valley Lunch - 2732	-	161.00	Ramona Mens New Vision - 1949	-	300.00
Full Measure Friday - 3363	-	150.00	Resentment and A Coffee Pot - 2561	-	141.00
Garnet Group - 1129	-	350.00	Rise & Shine - 2170	680.50	1,232.25
God Squad Too - 2809	-	90.15	Room 65 - 3052	120.00	120.00
Good Morning AA - 1888	-	945.00	S.D. Speakers Meeting -152	-	275.00

Group Contributions May 2024

Group	May-24	Ytd 24
Safe Sane and Sober - 1350	200.00	200.00
San Carlos Single Purpose - 583	-	150.00
Santee Mens Group - 2972	157.50	681.75
Santee Serenity Group - 1943	-	441.78
Santee Sunday Morning Mens - 3076	450.00	450.00
Sat Mens Early Awakening - 2209	401.50	401.50
Scripps Ranch Men's Two - 2776	-	320.00
Scripps Ranch Mens - 3168	105.24	309.65
Serenity Seekers - 3232	180.00	180.00
Sisters in Solution - 3272	-	201.12
Sky Hi Womens - 1633	-	75.00
Sobearity - 3129	-	46.00
Sober Nooners - 196	500.00	500.00
Sober Saturday - 483	100.00	100.00
Sobriety At All Cost - 3006	-	1,129.00
Sobriety On State and Date - 2697	-	489.64
Sons of God - 2789	500.00	1,256.00
South Bay Guys & Gals - 35	-	50.00
South Clairemont - 305	-	82.00
South Park Sobriety - 1015	96.00	176.00
Spiritual Awakening - 2275	79.98	1,351.57
Spiritual Awakenings SS - 3174	-	220.00
Strength In Women - 2955	-	100.00
Sunday Beach Sun-Day - 568	-	82.40
Sunday Discussion Group - 127	300.00	300.00
Sunday Kind of Love - 429	-	602.63
Sunday Middy - 161	-	150.00
Sunday Morning Eleventh Step - 1206	-	50.00
T.G.I.F. - 1658	-	250.00
The Gathering Of Goddesses - 2890	-	155.10
The Gift - 2954	-	252.50
The Hole In The Doughnut - 2737	-	168.00

Group	May-24	Ytd 24
The Huddle in the Park - 3278	1,010.00	1,310.00
The Language of the Heart - 3066	-	43.00
The Nine Thirty - 2997	-	196.67
The Other Meeting - 857	-	220.00
The Rogue Meeting - 3338	213.25	1,188.00
The We Group - 2739	-	500.00
There is a Solution - 2680	-	5.00
Three Legacies Group - 2194	-	300.00
Thurs. Nite Mens Big Bk Stdy - 1748	-	185.00
Thursday Promises Promises - 749	-	215.00
Thursday Steps - 646	-	300.00
Tierrasanta Friday Night - 2645	-	150.00
Toes in the Sand - 3282	194.00	483.50
Tues Night Mens Step Study - 1813	-	150.00
Tuesday Morning Alpine - 440	-	96.25
Tuesday Morning Group - 3089	-	50.00
Two A's Over Easy - 2106	-	50.00
University City Disc.- 368	-	197.00
University City Womens - 369	350.00	650.00
War Fever - 880	-	69.01
Water Walkers - 5	316.00	516.00
Water Walkers Too - 1946	-	380.00
Way Up and Out - 415	-	100.00
Wednesday Night Promises - 2167	-	100.00
Weekending Step Study - 698	-	100.00
Wholesale Miracles - 2474	35.00	175.00
Willing to Believe - 3449	-	136.00
Womans Gut Level - 1701	-	177.55
Womans Let Go and Let God - 446	-	275.00
Women's Joy Of Living - 2636	-	709.00
Women in Harmony - 3438	34.50	34.50
Womens Attitude of Gratitude - 2751	-	229.50
Womens Step Study - 296	-	379.65



YOUR SAN DIEGO INTERGROUP/CENTRAL OFFICE THANKS YOU FOR YOUR CONTINUED SUPPORT.

Group Secretaries/Treasurers: If you wish to receive a receipt for your contribution, please write your email address on your check or an insert with your check. Central Office does not mail receipts. Thank you!

“Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money...Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.”

Where Money and Spirituality Mix, Pamphlet F-3

If you are unable to contribute financially, carrying the message is still contributing and there are many ways to carry the message at Central Office: We need Daytime Phone Volunteers and members on the 12-step Call list. Please call us today if giving of your time is a way that you'd like to contribute.

What is "Gratitude with Service"? We believe Service is a way of showing Gratitude for the program that saved our lives. It's also our Third Legacy. There are lots of ways to volunteer for Service within The San Diego Intergroup and Central Office. To find a way in which you can be of service, go to aasandiego.org/group-documents and look for the "Gratitude withService" form on the left hand side. Or stop by the Central Office M-F 9:30am-5:30pm or Sat 9am-1pm and we'll be more than happy to discuss these opportunities with you!

Central Office Notes

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

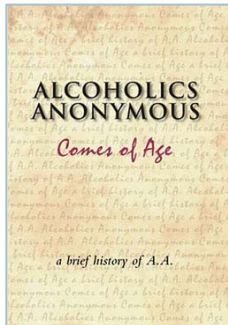
May 2024 Group Contributions	\$13,532
Individual Contributions	\$812
Literature & Interest	\$2,087
Total Revenue	\$16,431
Central Office Expenses	-\$12,125
Committee Expenses	-\$755
Total Expenses	-\$12,880
May 2024 Net Revenue	\$3,552
2024 YTD Revenue	\$14,907

Coordinators Wanted!

There's always something exciting around the corner your Central Office & with your Intergroup Standing Committees & we NEED your support (& your group's voice & vote!). There are over 650 groups in San Diego & only 39 representatives at last month's Council meeting. The meetings take just 1 hour a month (not including the fun fellowship & potluck that happens quarterly before the meeting!). So if your group has not elected a representative to vote on issues that come before the council what are you waiting for? Visit the [Intergroup page](#) of the aa-sandiego.org website for more information.

Alcoholics Anonymous Comes of Age

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



“It was **DIFFICULT** for a **WOMAN** to approach A.A. in the **LATE** '30's or **EARLY** '40's, and more difficult still to be **ACCEPTED** in an A.A. **GROUP**. It was generally felt by **MALE MEMBERS** that **WOMEN** had no **PLACE** in an A.A. **MEETING** where their **PRESENCE** was considered by **MANY** to be a **DISTURBING** factor. Since much of the **SUCCESS** of the A.A. **PROGRAM** centered **AROUND** a one-to-one **RELATIONSHIP** (especially in the **BEGINNING** years of the **FELLOWSHIP**), there was a **PERHAPS** justifiable **CONCERN** that a side **EFFECT** of **SHARING** and practicing the program

TOGETHER might **RESULT** in some **HANKY-PANKY**.” . . . As more women **CAME** in, they were **ACTIVELY** encouraged to **FORM** their own groups.” – Page 199, Reprinted with permission from A.A.W.S.

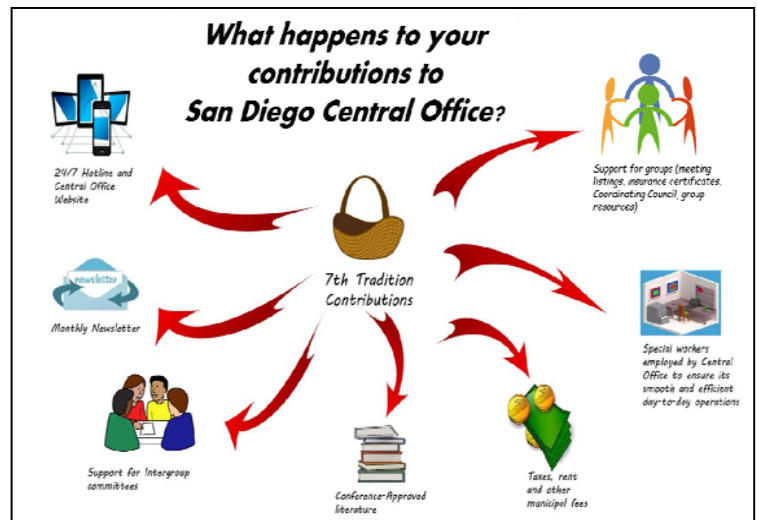


A.A. Economics

Many are sober today as a direct result of a call made to San Diego A.A. Intergroup, from finding a meeting on the aasandiego.org website and/or by reading A.A. literature purchased from Central Office. To run the phones, publish the schedules and have literature available for sale takes financial resources.

A basic principle of A.A. is that it will always be self-supporting through its own contributions. A dollar contribution in a basket was considered appropriate in the 1960s — a dollar that could buy over \$10 worth of goods today.

A \$2.00 (or more) contribution the next time the 7th Tradition basket goes around will go a long way to ensure that an A.A. meeting will always be there for us when we need one.



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

Thank you for supporting your Central Office in carrying the message to the still suffering alcoholic

- ◇ The Central Office cannot mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!
- ◇ Send your Contributions to:

San Diego Central Office
7075 Mission Gorge Road, Suite B
San Diego, CA 92120



Things to Do, And Places to Go

3rd Weekender Camping Group

When: July 19th-21st,
Where: Dos Picos 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

Mountain A.A. Conference

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

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: Toronto, Canada
Info: www.aa.org

Event flyers with more details can be found at:

www.aasandiego.org/events

clique, of course, that all that's needed for a new A.A. group is a resentment and a coffeepot and, indeed, countless groups began just that way. Another reason was the real need for a new group in a more convenient location. Downtown groups spawned suburban groups. If the existing meeting was on the east side of town, the west siders would decide to start one of their own. A third reason was a group's need for another kind of meeting. For example, a group holding a regular weekly closed meeting would decide to have an open speaker meeting on another night; and then to precede the speaker meeting with a beginner's meeting at an earlier hour. In Minnesota, it is not unusual for a single group to have from 15 to 30 meetings a week; in Los Angeles, every meeting is a separate group (or, to put it the other way, every group has but one meeting.) Under the Fourth Tradition, variety is the spice of life." Page 108, *Reprinted with permission from A.A.W.S.*

Coordinating Council Attendance

Thank you to the following 32 Groups whose Coordinators attended the June 2024 San Diego Intergroup Coordinating Council.

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

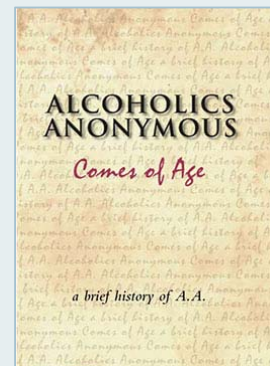
BATTERY CHARGERS
CEDAR STREET MENS
CLAIREMONT MENS
DAILY REFLECTIONS ONLINE
DEL CERRO MIXED
DO THE WORK!
DOWNTOWN DISCUSSION
EL CAJON WOMEN'S SERENITY
FIRST MIRA MESA MENS
FREEDOM
FRIDAY NIGHT GRATITUDE
GOLDEN HILL SUNDAY
INTO THE 4TH DIMENSION
JUMP START
JUST US GIRLS
LA MESA MENS

MIDDAY MIRACLES
MIRA MESA EARLY RISERS
MISSION HILLS BEGINNERS
NORTH PARK MENS
OVER THE BRIDGE
PINE VALLEY THURSDAY OPEN DISC.
RADICAL ACCEPTANCE MEETING
SANTEE MENS GROUP
SCRIPPS RANCH MENS
SKY HIGH WOMEN'S
SISTERS IN SOLUTION
SOBEARITY
SUNDAY MIDDAY
UNIVERSITY CITY WOMENS
VALLEY GIRLS
WOMEN'S JOY OF LIVING

Next Council Meeting: Thursday, July 11th. Council meets at 7:00 PM (Orientation 6:30 PM) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!

Book of the Month: A.A. Comes of Age

"Especially in the early days, personality conflicts developed in groups—rising out of resentment of a dominating leader or disagreement over some issue or a rebellious desire to do things one's own way. It's an old



clique, of course, that all that's needed for a new A.A. group is a resentment and a coffeepot and, indeed, countless groups began just that way. Another reason was the real need for a new group in a more convenient location. Downtown groups spawned suburban groups. If the existing meeting was on the east side of town, the west siders would decide to start one of their own. A third reason was a group's need for another kind of meeting. For example, a group holding a regular weekly closed meeting would decide to have an open speaker meeting on another night; and then to precede the speaker meeting with a beginner's meeting at an earlier hour. In Minnesota, it is not unusual for a single group to have from 15 to 30 meetings a week; in Los Angeles, every meeting is a separate group (or, to put it the other way, every group has but one meeting.) Under the Fourth Tradition, variety is the spice of life." Page 108, *Reprinted with permission from A.A.W.S.*

Continued from Page 1

The “new happiness” does not really feel like a feeling but instead a consequence of a choice I make everyday to surrender my will to God, ask for His will not mine to be done and for the courage to show others the love that God shows me everyday. I have days all the time that do not feel “happy” but the “new happiness” ...that has not left me for even a moment. Feeling the presence of God in me fills me with the essence of what my God is: love.

The love that is described in 1 Corinthians 13 as “love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered. It keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” The “new happiness” is this God of love filling the emptiness in me so that I do not even have the desire to drink or use a substance but instead I have the desire to live. LIVING a life that I can remember, a life that involves connection with other humans, emotional and spiritual growth, thinking of others before myself (obviously not all the time!), a life where I am filled with gratitude for all that I have instead of thoughts of all I don't and hope. Hope instead of dread for what each new day may bring, hope in God's plan, hope to continue to see the good in others, hope that God created me for a reason and hope that God can use me for his plan.

Page 116 of the 12 and 12 states “...we discovered the best possible source of emotional stability to be God Himself...These were the new attitudes that finally brought many of us an inner strength and peace...”. God's peace is my “new happiness” and it never leaves me. This new happiness is more than just one of the promises...it is a reminder that I am a creation of God, a child of God and a being deserving of love as I am. This was more than I ever imagined I would find in a meeting of Alcoholics Anonymous...but here I am.

~ Prascilla

We Suffer To Get Well

Continued from Page 1

It is just this kind of pain that got me to make that first phone call to Alcoholics Anonymous. It is just this kind of pain that helped me to relate to other alcoholics. That feeling of belonging was my first glimmer of hope.



There are many places in the Big Book, which caution us that our newly chosen journey toward sobriety might not be all fun and games. Sure, our book tells us "we absolutely insist on having fun". But it also tells us, in regards to Step 5 for instance; "This is perhaps difficult - especially discussing our defects with another person". And what about Step 9? I suspect quite a few sober alcoholics have begun this step with nothing short of abject fear!

I think fear is the biggest source of pain in my life. The dream of a life with less fear is the best motivator for my continued efforts in sobriety. Fear, according to the Big Book, is "an evil and corroding thread; the fabric of our existence was shot through with it." It goes on to tell us that our fear based actions and decisions caused us most of our suffering in the first place.

A big step in growing away from pain is Step 7, "Humbly asked God to remove our shortcomings". I began there. I looked up the definition of "fear" in hopes of some insight. Dictionary.com defines fear as "a distressing emotion aroused by impending danger: evil, pain, etc. whether the threat is real or imagined". The knowledge that the feeling of fear is real even if the threat is NOT real was crucial for me. I learned that a mighty lot of my fears have nothing whatsoever to do with my here-and-now reality. Most of my fear lives in the future of things which haven't happened yet. More importantly, things, which may never happen. If I can keep my eye on today, I spend less time dwelling on an imaginary future.

Some Clarity

Continued from Page 3

Nothing to hear you scream in pain,
Nothing to help you through,
Nothing sanity to obtain,
And there's nothing you can do.

When you forget to see, forget to hear,
Forget to taste and smell.

You begin to know, begin to fear,
You're in a nothing Hell.

While wasting away in the nothing sun,
Choking on nothing air,
You suddenly hold to the hope,
There is Something out there!

You rise upon your something feet,
And something makes you run.

With all of nothing to make you stop,
Your journey has begun!

As the nothing trees all start to fade,
In their "nothing" sort of way,
A something sun dawns a something sky,
Beginning a something day.

The nothing takes time, but will soon be filled,
Allowing you to feel,
Happy and sad, the good and the bad,
And everything that's real.

By Mathew S., 2018

Can I really get rid of all my fears? Perhaps not. The good news is a different word. Courage. Once again I turned to Dictionary.com for the definition. There I found: "The state or quality of mind or spirit that enables one to face fear with self-possession, confidence, and resolution." So what I'm reading here is that without fear there is no need for courage. Yet the alcoholics I see with long-term, contented sobriety almost reek of courage.

Over the years people have remarked on the courage they see in me. For a very long time I didn't understand that at all. It seemed to me that I was only doing what I needed to do in order to stay happy. It didn't occur to me that I was doing things, which were out of character for the man I used to be. How did that happen?

I was told by my sponsor, by the Big Book and by others surrounding me in sobriety that I needed a reliance on God. Rely on God for what? For EVERYTHING. The Big Book says, "When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him..." In the process of taking the 12 steps. I got closer and closer to God. That relationship with God - a conscious contact, if you will - did begin to provide what I needed. This included the courage to take the next indicated step in the face of my fear. I began to become responsible. I became trustworthy. I began to appreciate and develop integrity in my life.

That didn't happen all at once. It started with little things. Like telling the police officer. "I know I was speeding. I'm sorry. I was in a hurry," instead of my usual "No. I don't know how fast I was going" when I really DID know. Slowly. One situation at a time, I discovered that being honest actually was EASIER than lying. I quit having to watch over my shoulder. And at my age, trying to remember what I had told to whom was becoming more and more difficult anyway.

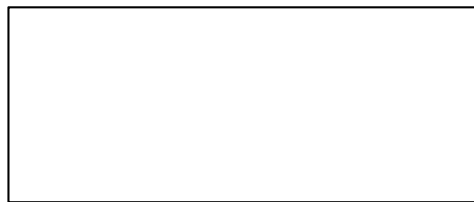
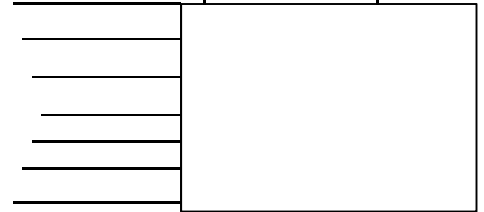
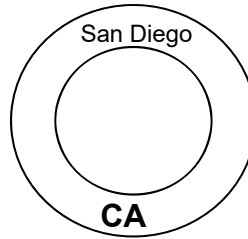
I found that there is a correlation to my life in all this. The more I suffered, the more I wanted to get well. More importantly, the more I get well, the less I suffer. And hasn't that been the goal all along?

~ Jym



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

RETURN SERVICE REQUEST



July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	3
4	5	6	7	8	9	10

The San Diego A.A. Coordinator

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

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

Reprinted from AA Big Book, page 59

August 2024
VOL. LXII NO. 8

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!

September (due 8/18/24)

“Made direct amends...”

October (due 9/18/24)

“Continued to take personal inventory...”

Submit your 27 to 1,000-word story at www.aasandiego.org using the “Submit” button in the Coordinator Newsletter section or email it to newsletter@aasandiego.org.

Article Web-Site

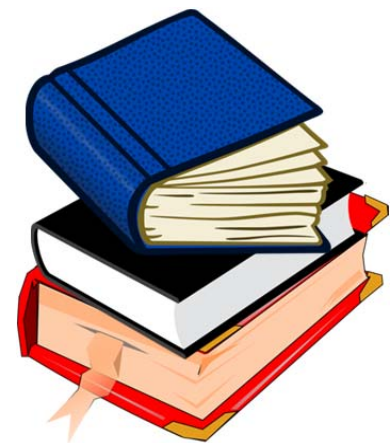
Dive into and enjoy past articles from the San Diego AA Coordinator Newsletter here: www.sdaanewsletter.org

Neglect, The Elephant In The Room

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

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

Continued on Page 14



Nothing Happens By Accident

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

Continued on Page 15

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

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

**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>

One Sip of Beer

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

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

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

And then I started tasting whiskey
at the age of nine

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

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

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

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

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

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

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

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

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 a Daytime Phone Volunteer every other Thursday morning from 9am-1pm and Emergency back-up volunteers to answer daytime phones and 12-Step Phone List volunteers!

Call Central Office today at
619-265-8762

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

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

Happy Birthday!

Bill G., 3 Years



One Year at a Time Club

Name _____

City/Home Group _____

Sobriety Date _____

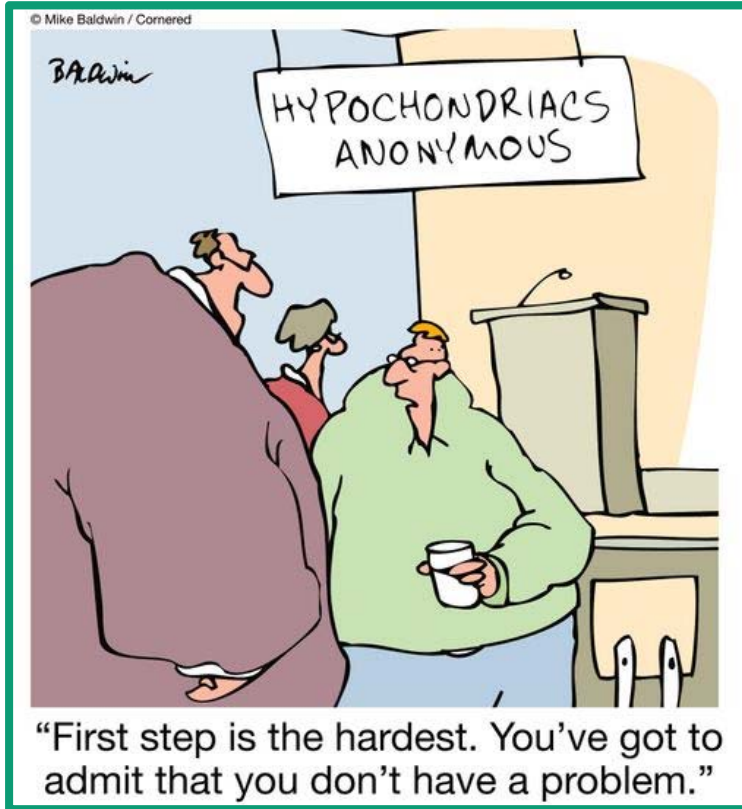
Amt. Enclosed _____

Please mail to:

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

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

4 Unglum Lot



Pamphlet

OF THE MONTH: The Twelve Traditions Illustrated

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

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

Meetings Needing Support

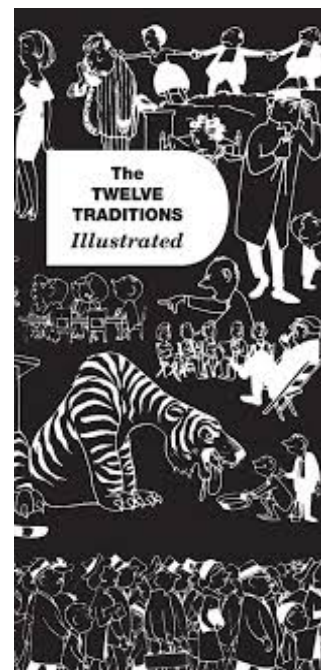
The Original Anonymous Anonymous Meeting

When: Tuesdays at 8:00 pm

Where: Church, 11240 Clairemont Mesa Blvd., Tierrasanta

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

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



Minutes of the Coordinating Council

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

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

Guest Reports:

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

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

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

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

Intergroup Standing Committees Reports

After Hours Phones: Tim, Chair reported:

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

Business Committee: Rae, Chair reported:

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

June 2024 Financial Summary:

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

Central Office Manager's Reports:

1) Manager's Report

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

This Committee still has one opening

Newsletter: Arianna reported:

1. This committee needs members and contributors.

Coordinator Outreach: Grace Chair reported:

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

Continued from Page 5

Orientation & Guidelines: Heather, Chair reported:

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

Program Committee: Jen, Chair shared:

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

Public Information Committee: April, Chair reported:

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

Quorum was established; 38 Coordinators were present

Approved June, 2024 Meeting Minutes

OLD BUSINESS:

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

NEW BUSINESS:

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

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

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

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 8/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our aasandiego.org 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!

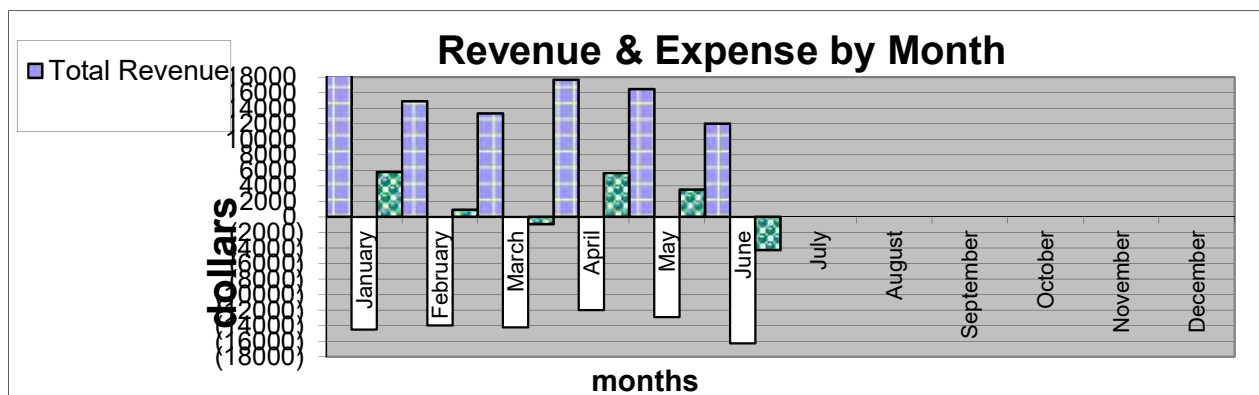
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi T., Recording Secretary

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

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



Group Contributions June 2024

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

Group Contributions June 2024

Group	Jun-24	Ytd 24	Group	Jun-24	Ytd 24
Radical Acceptance Meeting - 2961	907.76	1,999.95	The Common Solution - 3007	211.05	211.05
Rainbow Group - 570	-	150.00	The Gathering Of Goddesses-2890	-	155.10
RAM-Z - 3323	5.00	130.00	The Gift - 2954	-	252.50
Ramona Mens New Vision - 1949	-	300.00	The Hole In The Doughnut - 2737	-	168.00
Resentment and A Coffee Pot - 2561	-	141.00	The Huddle in the Park - 3278	322.00	1,632.00
Rise & Shine - 2170	178.50	1,410.75	The Language of the Heart - 3066	-	43.00
Rocket Riders - 1730	300.00	300.00	The Nine Thirty - 2997	-	196.67
Room 65 - 3052	-	120.00	The Other Meeting - 857	150.00	370.00
Rule 62 Luncheon - 3474	150.00	150.00	The Rogue Meeting - 3338	-	1,188.00
S.D. Speakers Meeting -152	-	275.00	The We Group - 2739	-	500.00
Safe Sane and Sober - 1350	-	200.00	There is a Solution - 2680	-	5.00
San Carlos Single Purpose - 583	180.50	330.50	Three Legacies Group - 2194	100.00	400.00
Santee Mens Group - 2972	-	681.75	Thurs. Nite Mens Big Bk Stdy - 1748	-	185.00
Santee Serenity Group - 1943	250.13	691.91	Thursday Promises Promises - 749	-	215.00
Santee Sunday Morning Mens - 3076	-	450.00	Thursday Steps - 646	-	300.00
Sat Mens Early Awakening - 2209	-	401.50	Tierrasanta Friday Night - 2645	-	150.00
Scripps Ranch Men's Two - 2776	-	320.00	Toes in the Sand - 3282	-	483.50
Scripps Ranch Mens - 3168	-	309.65	Tues Night Mens Step Study - 1813	-	150.00
Serenity Seekers - 3232	-	180.00	Tuesday Morning Alpine - 440	-	96.25
Sisters in Solution - 3272	95.88	297.00	Tuesday Morning Group - 3089	75.00	125.00
Sky Hi Womens - 1633	82.50	157.50	Two A's Over Easy - 2106	-	50.00
Sobearity - 3129	-	46.00	University City Disc.- 368	-	197.00
Sober Nooners - 196	-	500.00	University City Womens - 369	-	650.00
Sober Saturday - 483	-	100.00	Valley Girls - 2617	183.10	183.10
Sobriety At All Cost - 3006	-	1,129.00	Wake Up Call - 1932	179.13	179.13
Sobriety On State and Date - 2697	-	489.64	War Fever - 880	-	69.01
Solution And Light - 3157	100.00	100.00	Water Walkers - 5	-	516.00
Sons of God - 2789	-	1,256.00	Water Walkers Too - 1946	-	380.00
South Bay Guys & Gals - 35	-	50.00	Way Up and Out - 415	-	100.00
South Clairemont - 305	-	82.00	We've Come A Long Way - 1616	50.00	50.00
South Park Sobriety - 1015	-	176.00	Wednesday Night Promises - 2167	-	100.00
Spiritual Awakening - 2275	388.28	1,739.85	Weekending Step Study - 698	-	100.00
Spiritual Awakenings Step Stdy-3174	-	220.00	Wholesale Miracles - 2474	35.00	210.00
Strength In Women - 2955	-	100.00	Willing to Believe - 3449	-	136.00
Sunday Beach Sun-Day - 568	-	82.40	Womans Gut Level - 1701	-	177.55
Sunday Discussion Group - 127	-	300.00	Womans Let Go and Let God - 446	-	275.00
Sunday Kind of Love - 429	115.00	717.63	Women's Joy Of Living - 2636	-	709.00
Sunday Middy - 161	-	150.00	Women in Harmony - 3438	-	34.50
Sunday Morning Eleventh Step - 1206	-	50.00	Womens Attitude of Gratitude - 2751	-	229.50
T.G.I.F. - 1658	-	250.00	Womens Step Study - 296	-	379.65



YOUR SAN DIEGO INTERGROUP/CENTRAL OFFICE THANKS YOU FOR YOUR CONTINUED SUPPORT.

Group Secretaries/Treasurers: If you wish to receive a receipt for your contribution, please write your email address on your check or an insert with your check. Central Office does not mail receipts. Thank you!

“Twelfth Step work is the lifeblood of Alcoholics Anonymous — carrying the message to the next suffering alcoholic. Without it, the Fellowship would wither and die. Yet, even at its simplest level this vital contact between one alcoholic and another involves an investment of time and money...Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.”

Where Money and Spirituality Mix, Pamphlet F-3

If you are unable to contribute financially, carrying the message is still contributing and there are many ways to carry the message at Central Office: We need Daytime Phone Volunteers and members on the 12-step Call list. Please call us today if giving of your time is a way that you'd like to contribute.

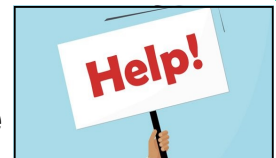
What is "Gratitude with Service"? We believe Service is a way of showing Gratitude for the program that saved our lives. It's also our Third Legacy. There are lots of ways to volunteer for Service within The San Diego Intergroup and Central Office. To find a way in which you can be of service, go to aasandiego.org/group-documents and look for the "Gratitude withService" form on the left hand side. Or stop by the Central Office M-F 9:30am-5:30pm or Sat 9am-1pm and we'll be more than happy to discuss these opportunities with you!

Central Office Notes

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

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

Daytime Phone Volunteers Needed!!!



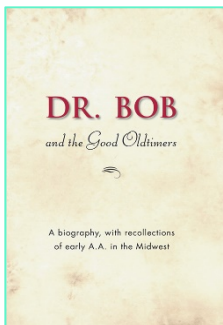
Central Office has an immediate need for a Daytime Phone Volunteer every other Thursday morning from

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

Call us today!

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

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



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

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

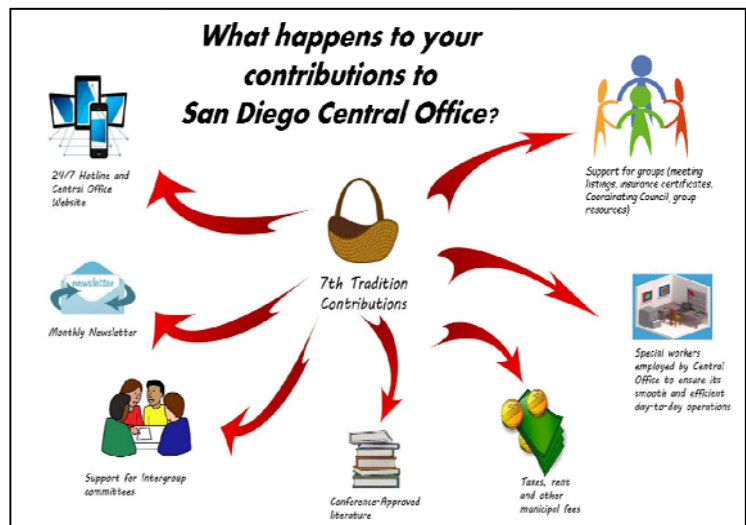


A.A. Economics

Many are sober today as a direct result of a call made to San Diego A.A. Intergroup, from finding a meeting on the aasandiego.org website and/or by reading A.A. literature purchased from Central Office. To run the phones, publish the schedules and have literature available for sale takes financial resources.

A basic principle of A.A. is that it will always be self-supporting through its own contributions. A dollar contribution in a basket was considered appropriate in the 1960s — a dollar that could buy over \$10 worth of goods today.

A \$2.00 (or more) contribution the next time the 7th Tradition basket goes around will go a long way to ensure that an A.A. meeting will always be there for us when we need one.



FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

Thank you for supporting your Central Office in carrying the message to the still suffering alcoholic

- ◇ The Central Office cannot mail receipts. When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank. We now accept PayPal & Venmo!
- ◇ Send your Contributions to:

San Diego Central Office
7075 Mission Gorge Road, Suite B
San Diego, CA 92120



Things to Do, And Places to Go

3rd Weekender Camping Group

When: August 16-18

Where: Guajome Regional Park

Info: Call Central Office 619-265-8762

Mountain A.A. Conference

When: August 16-18

Where: Big Bear, CA

Info: www.MountainAAConference.com

Monterey Bay Area Roundup

When: August 31-September 1

Where: Monterey, CA

Info: www.MontereyBayAreaRoundup.com

2024 Bridging the Gap

When: September 6-8

Where: Missoula, MT

Info: www.BTGWW.org

Three Legacies Conference

When: October 11th - 12th

Where: Pleasant Hill, CA

Info: Call Central Office 619-265-8762

So Cal AA Convention

When: November 8th-10th

Where: City of Industry, CA

Info: www.aasocal.com

International Women's Conf.

When: January 30-February 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

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

Coordinating Council Attendance

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

There are 648 groups in San Diego:

WAS YOUR GROUP THERE?

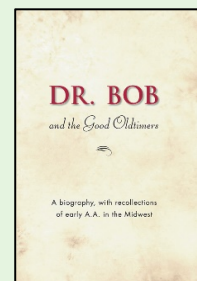
BATTERY CHARGERS	MID-WEEK MENS
B.Y.O.B	MIRA MESA EARLY RISERS
CLAIREMONT MENS	NORTH PARK MENS
DEL CERRO MIXED	OVER THE BRIDGE
DO THE WORK!	PINE VALLEY THURS OPEN DISC.
DOWNTOWN DISCUSSION	PORTER HALL STEP STUDY
EL CAJON WOMEN'S SERENITY GROUP	RADICAL ACCEPTANCE MEETING
FIRST MIRA MESA MENS	RAINBOW GROUP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

Next Council Meeting: Thursday, August 8th. Council meets at 7:00 PM (Orientation 6:30 PM) at 4816 Glen St in La Mesa, or on Zoom (ID# 985 0443 8912; Password: AAsandiego). If your Group doesn't have a Coordinator, choose one today!

Book of the Month:

Dr. Bob and The Good Oldtimers

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



Neglect, The Elephant In The Room

Continued from Page 1

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

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

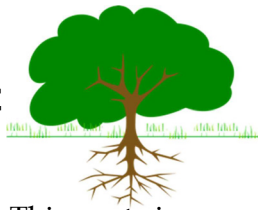
If I am doing the little things that I should, I find it much easier to give the big things

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

~ Rick R.



Nothing Happens By Accident



Continued from page 1

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

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

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

One Sip of Beer

Continued from Page 3

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

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

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

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

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

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

The guidance of the man upstairs
and the program of AA

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

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

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

~ Rick R.

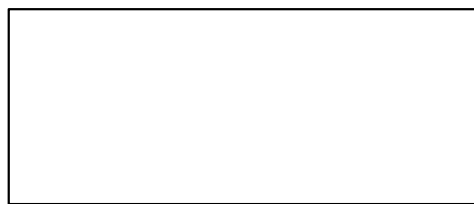
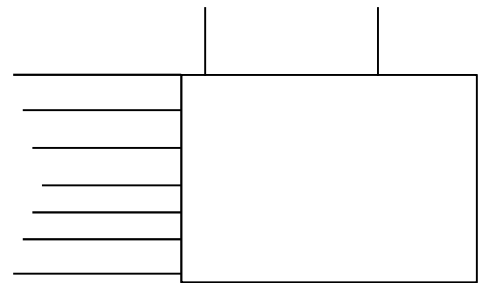
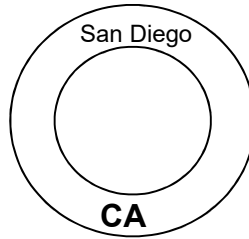
comes and as it goes, it knows that it does not need to attach to anything, it needs only to rely the Creator’s timing and trust that the snow will come when it is supposed to. The ocean flows from one moment to the next-the tide will rise and fall but it just flows. It is just ready to go where the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

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

~ Prascilla

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

RETURN SERVICE REQUEST



August 2024

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

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 . . .

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- Coordinating Council Minutes..... pgs. 5-6
- Financial Statements..... p. 7
- Group Contributions . pgs. 8-9
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- 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.

Excerpts reprinted with permission from A.A.W.S.

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!

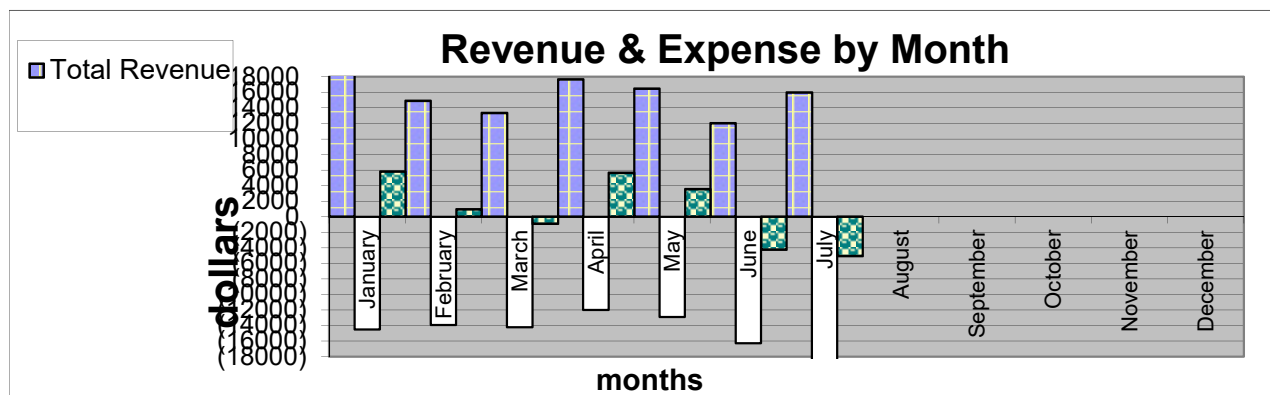
Closed with the "Serenity Prayer"

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!!!



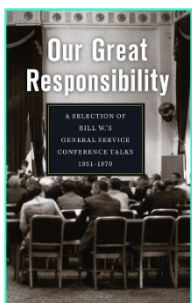
Central Office has an immediate need for a **Daytime Phone Volunteer** every other Thursday & Friday mornings from 9am-1pm at Central Office. We are also in desperate need of fill-in volunteers who are available to cover for our volunteers when they're ill or on vacation. Please call today if you're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

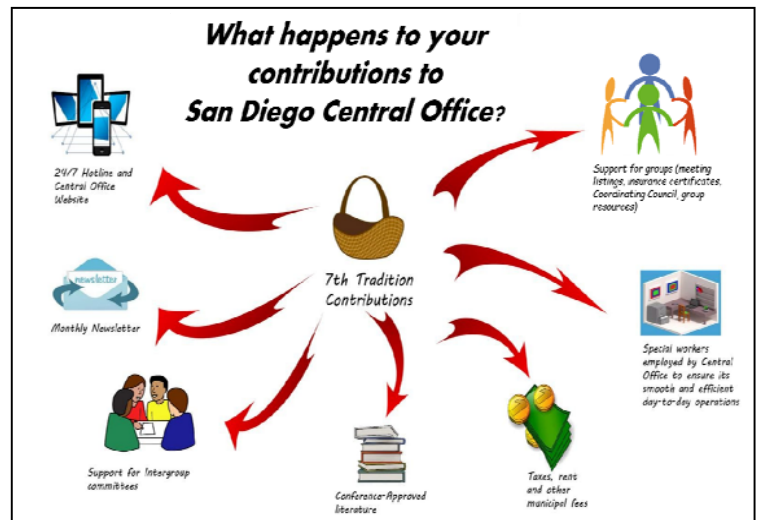


A.A. Economics

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?**

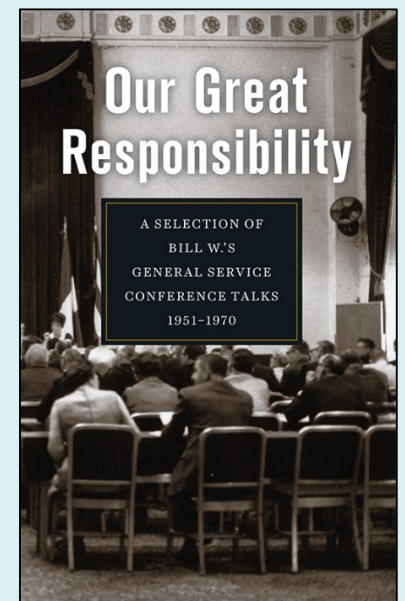
BATTERY CHARGERS	MISSION HILLS BEGINNERS
CEDAR STREET MENS	NORTH PARK MENS
CLAIREMONT MENS	OLD TOWN SPEAKERS
COFFEE CLUTCHERS	OVER THE BRIDGE
DEL CERRO MIXED	PINE VALLEY THURS. OPEN DISC.
DO THE WORK!	PORTER HALL STRUCTURED S/S
DOWNTOWN DISCUSSION	RADICAL ACCEPTANCE MEETING
EVERY NIGHT AT SIX	SANTEE 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

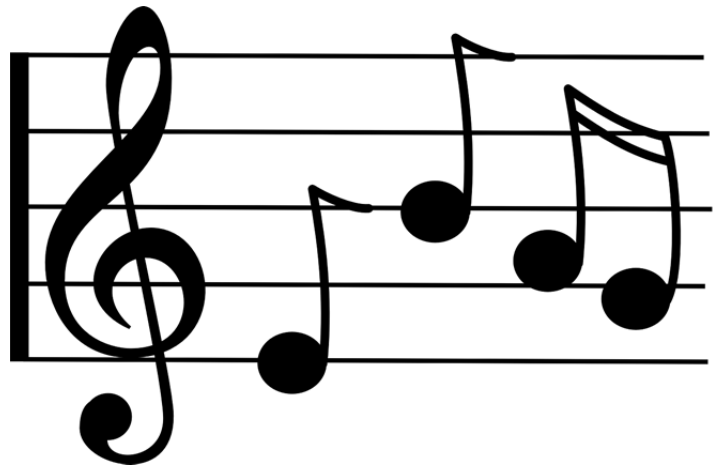
This experience made me think about all of the promises that have come true so far. I really just hoped that maybe AA would help me stop drinking but I didn't realize how much my life had been taken over by my addiction and how much it would change when it was removed. I want to make sure I don't forget 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.

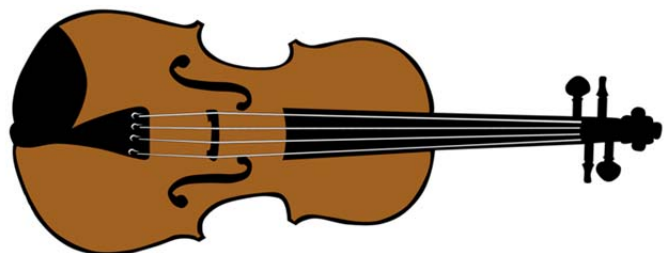
Prascilla



I Became Powerless

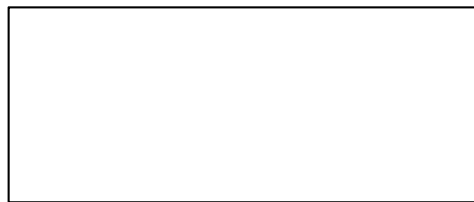
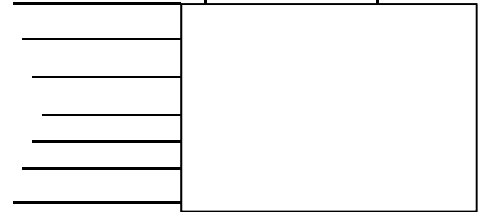
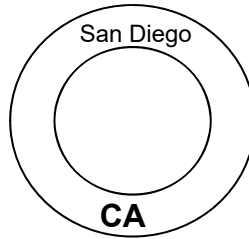
I became powerless
 My life was reckless
 So I got serious with AA
 You said just stay in today
 Now progress is endless

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

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.

Continued on Page 14

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.

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.

**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
 After Hours Phones TBD 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

**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

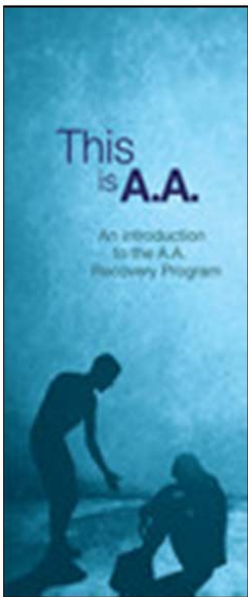


"I hurt a lot of people during my last twelve steps."

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@aaasandiego.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 aaasandiego.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!

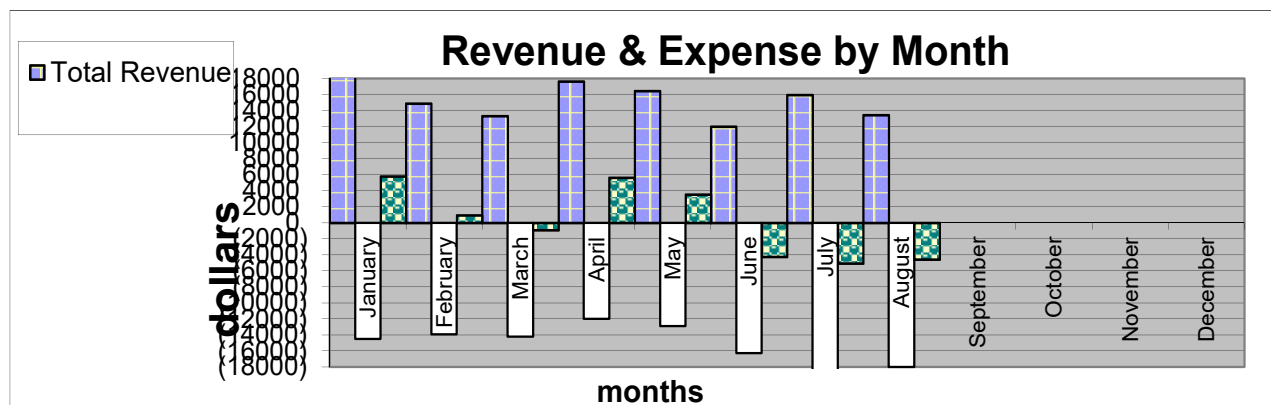
Closed with the "Serenity Prayer"

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 Study - 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!!!

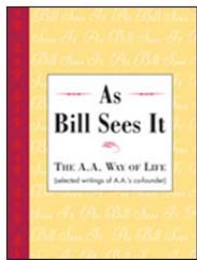


Central Office has an immediate need for a **Daytime Phone Volunteer** every other Thursday afternoon from 1—5pm at Central Office. We also really need fill-in volunteers who are available to cover for our volunteers when they're ill or on vacation. Please call today if you're available for any of these 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
 P L N L Y V Y E F Y G C J M N M U D U
 A D A E E S R A N X F W T O S D R V Q
 I U F S Z N Q U S O L O O K P X S E R
 N A A M L A U T I R I P S N I Q E R O
 F M U H M K N O W N M T Y T R Q L S G
 E C C A Y T I P F L E S N D E A V I A
 L U D R O F F A W H I V Q E D F E T A
 L W E D E F E C T S K S P E T S S Y X
 O L K E Z Y U R E M E D Y B M T G L K
 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)

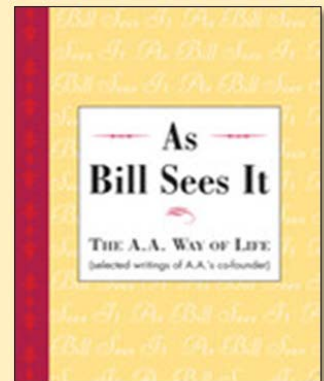
"Personality Change
It has often been said of A.A. that we are interested only on alcoholism. That is not true. We have to get over drinking in order to stay alive. But anyone who knows the alcoholic personality by firsthand contact knows that no true alky ever stops drinking permanently without undergoing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

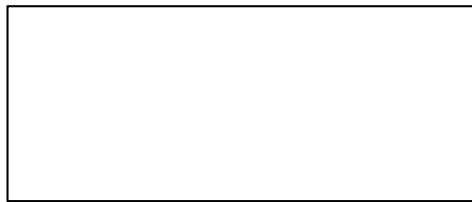
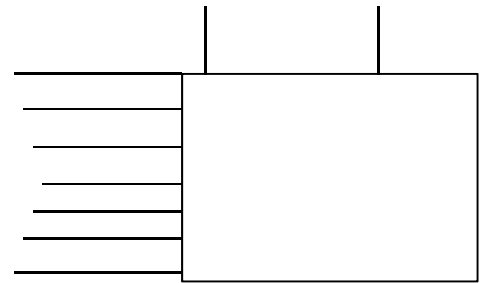
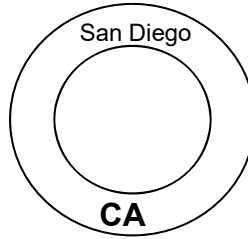
Tea and Coffee provided! And it's a tradition to bring cookies to share.

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

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

INSIDE . . .

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- 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!

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.

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	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.

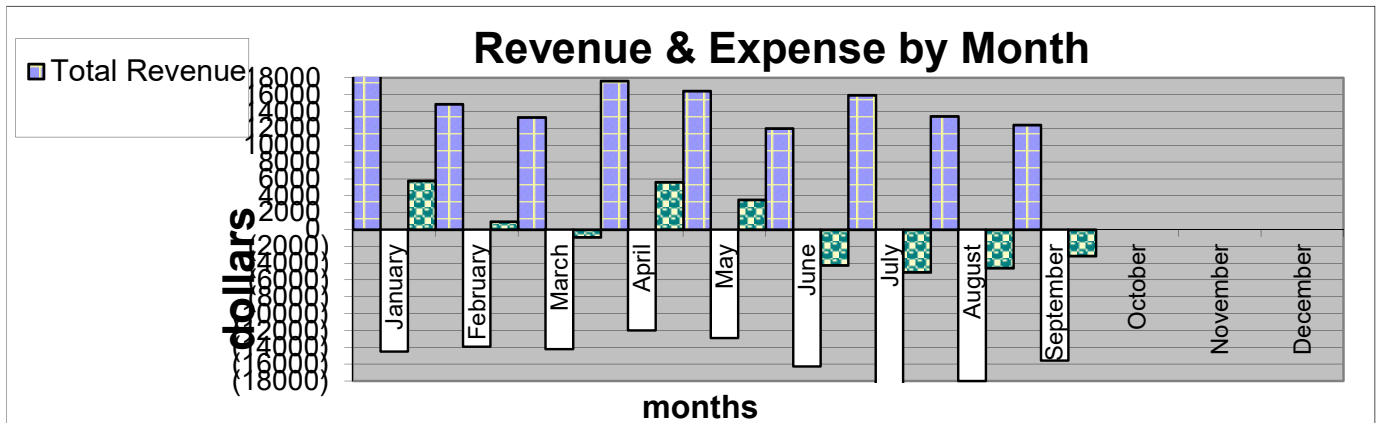
1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 11/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the 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
Noon w/ a View Beginners Mtg - 3249	-	3,169.90
Nooners Anonymous - 1164	-	350.00
Noontime on the Patio - 2203	-	100.00
Normal Hts Young Peoples SS - 3407	-	355.00
North Clairemont - 1102	-	210.00
North Park Mens - 465	52.60	150.80
North Shores Breakfast - 275	-	114.68
O.B. Womens Step Study - 2730	44.55	179.70
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	-	200.00
Our Daily Reprieve - 3339	-	115.00
Over The Bridge - 2689	-	692.15
Pacific Beach Weekend Warmup-725	150.00	300.00
Pass It On Big Book Study Grp - 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	-	670.00
Point Loma Nooners - 1606	-	53.87
Primary Purpose Grp (Hillcrest)-3151	-	602.50
Prog Rather Than Perfection - 2682	-	800.00
Pt Loma Fri Afternoon 12 & 12 - 244	150.00	350.00
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	145.09	1,798.84
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	260.50	952.41
Santee Sunday Morning Mens - 3076	-	800.00
Sat Mens Early Awakening - 2209	-	601.50
Sat Night Early Discussion - 336	-	250.00
Saturday A.M. Live - 782	-	234.00
Saturday Night Live Speakers - 281	150.00	150.00
Scripps Ranch Men's Two - 2776	200.00	520.00
Scripps Ranch Mens - 3168	140.37	450.02
Serenity Seekers - 3232	-	180.00
Sisters in Solution - 3272	302.00	599.00
Sky Hi Womens - 1633	-	157.50
Smokefree La Mesa Womens - 635	-	150.00
Sobearity - 3129	-	122.00
Sober Minded Leather Folk - 1882	208.75	208.75
Sober Nooners - 196	-	700.00
Sober Saturday - 483	-	100.00
Sobriety At All Cost - 3006	-	1,129.00
Sobriety On State and Date - 2697	-	807.64
Solution And Light - 3157	100.00	200.00
Sons of God - 2789	-	2,165.00
South Bay Guys & Gals - 35	-	50.00

Group	Sep-24	Ytd 24
South Bay Step Study - 2312	100.00	100.00
South Clairemont - 305	-	164.00
South Park Sobriety - 1015	-	256.00
Spiritual Awakening - 2275, 3515	-	2,585.61
Spiritual Awakening (Sat) - 2607	-	20.00
Spiritual Awakenings SS - 3174	-	220.00
Starting Over - 3399	-	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	-	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	348.00	2,742.07
The Language of the Heart - 3066	-	114.83
The Nine Thirty - 2997	-	196.67
The Other Meeting - 857	120.00	490.00
The Rogue Meeting - 3338	-	1,300.00
The We Group - 2739	500.00	1,000.00
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	-	601.00
Tierrasanta Friday Night - 2645	-	150.00
Toes in the Sand - 3282	186.50	832.00
Top of The Hill - 41	-	150.00
Tues Night Mens Step Study - 1813	150.00	300.00
Tuesday Book Study - 3501	125.00	125.00
Tuesday Morning Alpine - 440	-	316.25
Tuesday Morning Group - 3089	62.50	187.50
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	150.00	200.00
We Need a Name - 3494	-	180.00
Wednesday Night Promises - 2167	-	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	315.00
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	-	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!!!

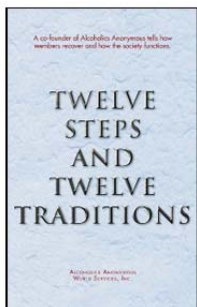


Central Office has an immediate need for fill-in Daytime Phone Volunteers who are available to cover for our volunteers when they're ill or on vacation. We also really need volunteers for our **12-step call list**. Please call today if you're available for any of these great service opportunities!

**BY APPOINTMENT
ONLY**

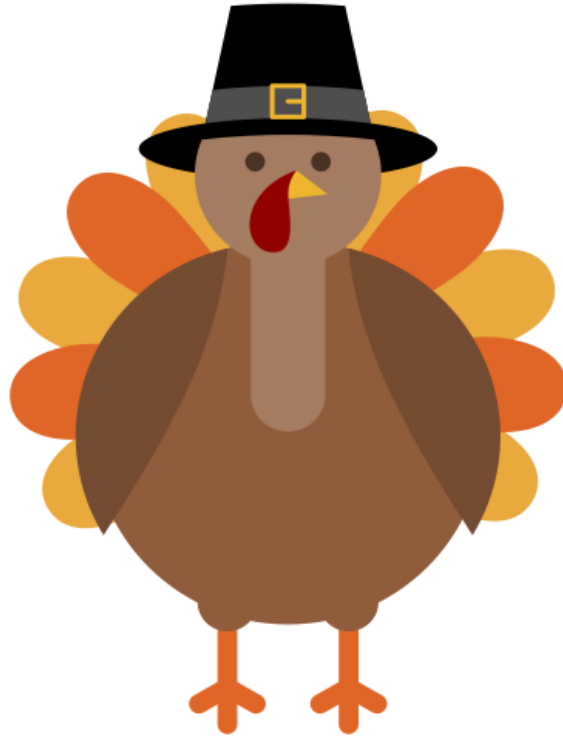
New Central Office Group Business Center is now Open & Ready for use: Appointments are now available to Groups needing use of the new Central Office Group Business Center which consists of a computer, printer, scanner & laminator. Call 619-265-8762 for an appointment

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?

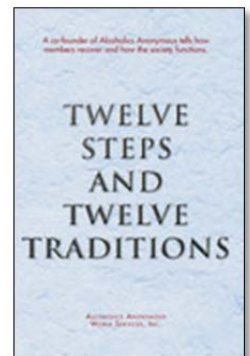
CEDAR STREET MENS	MISSION HILLS BEGINNERS
CLAIREMONT MENS	NORTH PARK MENS
DAILY REFLECTIONS ONLINE	OLD TOWN SPEAKERS
DEL CERRO MIXED	OVER THE BRIDGE
DO THE WORK!	PINE VALLEY THURS. OPEN DISC.
DOWNTOWN DISCUSSION	PORTER HALL STRUCTURED SS
EL CAJON WOMEN'S SERENITY GROUP	RADICAL ACCEPTANCE MEETING
EVERY 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.

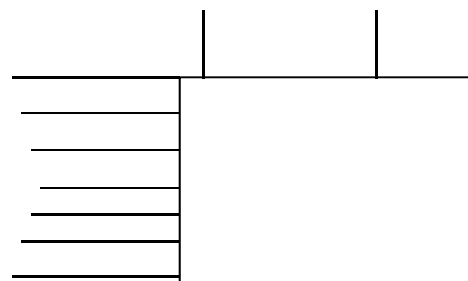
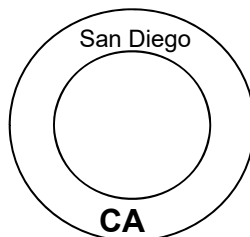
Reprinted from

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

The San Diego A.A. Coordinator

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

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Reprinted from AA Big Book, page 60

December 2024
VOL. LXII NO. 12

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!

January (due 1/18/25)

“We admitted we were powerless over alcohol...”

February (due 2/18/25)

“Came to believe that a Power greater than ourselves...”

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.

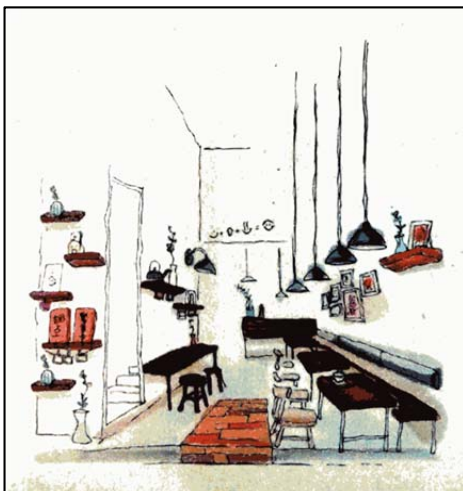
Article Web-Site

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

Christmas in a Bar

I drank socially until I was 9 years old. I sipped the beers of adults at parties and enjoyed small tastes of my mom’s whiskey sours – they were liquid candy! Alcohol made me feel a part of; but mostly I just liked the effect.

At age 9, I made that conscious decision to get drunk: I slipped through the jail bars securing the room that “protected” my father’s wine and liquor from his four resourceful sons, then I chose a bottle of wine and finished it off. In short order, I ended up in the hospital in the tiny little town where I lived. The perplexed doctors smelled alcohol but couldn’t believe this little kid was drunk (they probably thought it was my parents).



Continued on Page 14



H.O.W.

“We feel that elimination of our drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs.” (Big Book, pg.19)

I was reading the Big Book with my sponsor the other day and this passage stuck out to me. The Big Book is funny that way; depending on what you need, different passages seem important...anyways. With the end of the year coming up, I have been reflecting about wreckage in my life left from decades spent avoiding life with alcohol and how my life has changed. That has been the biggest challenge I have encountered so far in sobriety: learning how to do LIFE. The first step to living for me really was “elimination of drinking” but this year I have had to “practice these principles in all our affairs”. Now is the time to figure out to go through life rather than around it...the question for me has been HOW?

Continued on Page 15

SAN DIEGO CENTRAL OFFICE

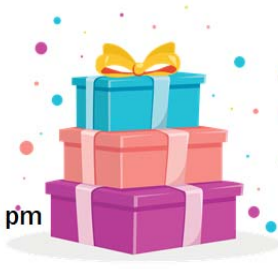
24 HOUR PHONE: (619) 265-8762

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.

**Contributors:** Anonymous, Mike H., and Prascilla**December Theme:** "Having had a spiritual awakening as the result of these steps..."**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
After Hours Phones	TBD	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

**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.

AAGRAPE VINE.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>

Second Time Around

I came Driving round and round
The road is going nowhere
My head is spinning in the clouds
Between my ears is thunder

Before the cliff was found
I had to slow down
My bottom hit the ground
The mountain became a mound

Second time around
The view is getting clearer
My heart is open now
The voices sound much sweeter

I'm driving nice and slow

Now I see the roses
Mindful of the windy road
I'm careful while it leads us

Second time around
I look and listen and feel
My journey has led me home
Now I know that this is real.

By Laura L.

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	November	Total
	653,060	14,324,232

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**

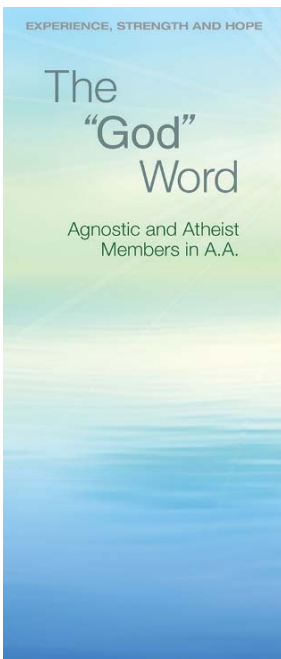
All birthdays submitted will be published the month following submission. Please contact the newsletter chair if a birthday has not been published for two months following submission.

Unglum Lot



Pamphlet OF THE MONTH:

The "God" Word: Agnostic and Atheist Members in A.A.



"This power may lie within some person's religious beliefs, or it can be completely separate from any religion. For example, one member looks at the sea and accepts that it is a power greater than him. We could ask ourselves, "Do I believe that somehow there is a power greater than myself?"

As A.A. co-founder Bill W. wrote in 1965:

We have atheists and agnostics. We have people of nearly every race, culture and religion. In A.A. we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of A.A., so long as he or she declares. Whatever you do, please don't let someone else's religious beliefs prevent you from finding the solution that is available to you through Alcoholics Anonymous."

Page 5, Reprinted with permission from A.A.W.S.

Meetings Needing Some Support...

Four new meetings joined the San Diego A.A. family in November:

THE SWEETGRASS MEETING

When: Thursdays at 7:00 PM
Where: Clinic, 2630 First Ave, Bankers Hill
Type: Open, Mixed Discussion

THURSDAY NIGHT A.A.

When: Thursdays at 7:00 PM
Where: Church, 5305 Sweetwater Rd. Bonita
Type: Open, Mixed Discussion

P.B. IN THE SOLUTION MEETING

When: Thursdays at 7:00 AM
Where: Church, 1074 Loring St. Pacific Beach
Type: Men's, Open Discussion,

LGBTQ&A

When: Sundays at 7:00 PM
Where: Candy Store, 1295 Univ. Ave #1B Hillcrest
Type: LGBTQ, Mixed Discussion, Open

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.

In Person and Online Meeting on Thursday, November 14th, 2024 @ 7:00 pm

Jonathan, Council Chair opened the 949th 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 is holding its annual Budget Assembly this Saturday in Encinitas. Aside from discussion, possible amendment, and vote on the 2025 Budget, we are entertaining two other financial motions pertaining to Area tax status and the allocation of leftover 7th Tradition contributions at the end of each calendar year. The Delegate and I will begin preparing soon for the next General Service Conference that takes place in April of 2025. We have created a Pre-Conference plan for the Area's GSRs that will help our Delegate be best informed on the Area's Conscience, and hopefully promote more participation in the local Area Standing Committees throughout the year.

H & I Representative: Blaine, H&I Chair reported:

We continue to take A.A. literature and meeting into places where people cannot get out to go to meetings – Hospitals, Treatment Centers, Jails, Prisons, etc. Right now we have a need for volunteers to participate on panels and, for individuals with previous H&I experience, to serve as Coordinators for facilities which are opening up. We have Orientation on the 3rd Sunday of each month at noon at the Machinists Hall – 5150 Kearny Mesa Rd, and also online at 7:00 PM on the 3rd Thursday of each month (Zoom info at <sdhanid.org>). This coming Saturday (11/16) we are supporting our sister committee, North County H&I in their Fall service event, a Chili Cook Off, at STEPS VISTA, 1717 East Vista Way in Vista at 1:30 PM. Judge Chili and sign up for an H&I panel.

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: Rae, Chair reported:

The Business Committee met on Tuesday, November 12th, 2024 at 6:00 pm.

October 2024 Financial Summary:

Net Revenue is \$10,620. 2024 YTD Net Revenue is \$10,830. Group & Individual Contributions were \$20,230. Literature Sales Revenue & Bank Interest was \$1,923; while total office & committee expenses were \$11,533.

Central Office Manager's Reports:

Manager's Report

- November BOOK OF THE MONTH: 12X12 (Large Print), \$9.00, Regular \$11.00, Max: 5
- December BOOK OF THE MONTH: All Grapevine Books \$2.00 off, Max: 5
- Lisa Ann and Jo did a fantastic job of rearranging the bookstore and adding new signage.
- Central Office will be closed on Thursday, November 28 in observance of Thanksgiving. Judi & Lisa Ann will also be off on Wednesday November 27 & Friday, November 29. Jo will cover.
- The ERC Fund Sale started on November 1 and will continue through 1/31/25 consisting of 20% of all literature and 15% off tokens.

NEW BUSINESS:

1. 2023 Audit. Audit successful, nothing unusual to report.
2. Plain Language Big Book: Should arrive tomorrow to Central Office. If it does, Judi will bring 100 or so copies to make available for sale after Council Meeting on Thursday

Newsletter: Matt reported:

1. This committee needs members and contributors. Please spread the word
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.

Orientation & Guidelines: Diana, Chair reported:

1. Diana reported that there were no new Coordinators tonight.

Program Committee: Jen, Chair shared:

1. The Program Committee put on a great Anniversary Breakfast and wishes to thank all of the fantastic Volunteers
2. The NYE Dance tickets will go on sale at Central Office on 11/25 and will cost \$25 ea.

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Public Information Committee: April, Chair reported:

1. On October 12th, the Committee attended the Emotional Sobriety Workshop and recruited two volunteers to man future tables with us. Others expressed interest but were not ready to commit.
2. 11/2/24 PI Committee had a table at the Pancake Breakfast to recruit additional committee members. We got two volunteers to man tables at future events.
3. That afternoon, the Chair spoke at the Service Workshop at the Alano Club on Market and 32nd on what Intergroup is and how it works and the service opportunities it offers. I also spoke about how Intergroup Service has affected my recovery. I also made a new friend.
4. Future events include the Area Budget Assembly, the Turkey Alcathon in La Mesa and the Aztec Home Game on November 30th.
5. We continue to look for more committee members. If you like explaining what Alcoholics Anonymous does and doesn't do to complete strangers, join us! Our monthly meeting is the first Monday of the month at 6 pm at Central Office with a Zoom option as well. Providing our Chair can find out what the new Wi-Fi password at Central Office is.

Ad-Hoc Committee Reports:

After Hours Ad Hoc Committee: Maren, Chair reported:

1. Members of the Ad-Hoc Committee polled the After Hours Groups and determined that a large majority does not want to answer phones in the office
2. Ad hoc committee will produce a training video for volunteers answering via call forwarding, to include instructions on how to remove any call blocking that may be blocking calls.
3. The After Hours Phone Committee needs a Chair in order to see any of these initiatives through.

Quorum was established; 40 Coordinators were present

Approved October, 2024 Meeting Minutes

OLD BUSINESS:

1. 2025 Central Office Budget Vote – Vote was returned from the groups and passed 42 Y 2 N
2. ERC Fund Vote – Vote was returned from the groups and passed 41 Y 5 N

NEW BUSINESS:

1. Judi, Central Office Manager presented on the duties of 12 Step Volunteers and asked all Coordinators to please spread the word that the Central Office is in immediate need of Daytime 12 Step Volunteers.

Happy Birthday to Diana, celebrating 2 years, Kenny, 18 years and Rae, 31 years.

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

1. If your Group has an agenda item or any suggestions for next month's meeting, please email Jonathan, Council Chair, at councilchair@asandiego.org or Judi, Recording Secretary, at sdaaco@aol.com by 12/1/2024.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our asandiego.org website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to sdaaco@aol.com. Thanks!

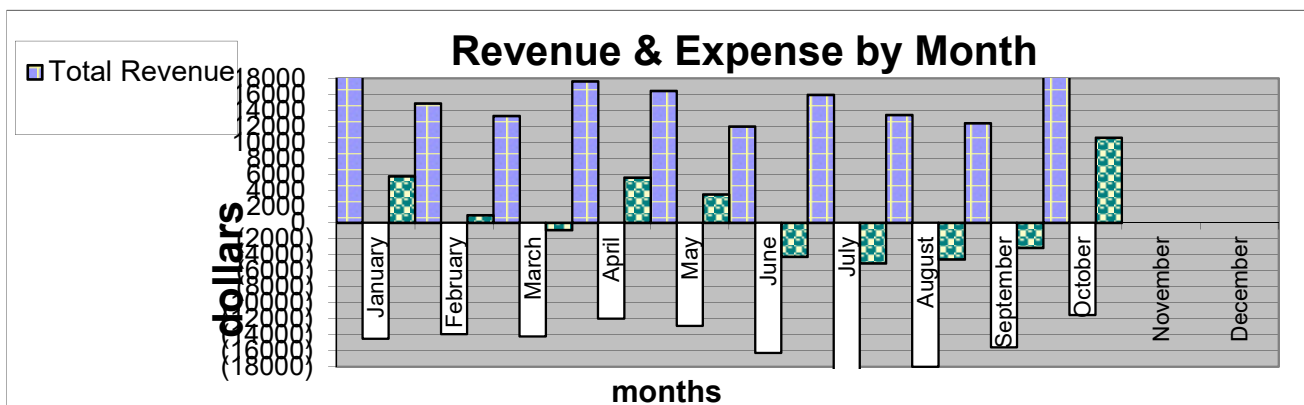
Closed with the "Serenity Prayer"

Respectfully submitted,

Judi, Recording Secretary

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

	Oct 24	Oct 23	YTD '24	YTD '23	\$ Change	Budget '24
Contributions Group	13,504.33	12,712.22	122,541.88	121,802.31	739.57	158,000.00
Contributions Individual	6,715.66	707.61	17,139.40	10,879.04	6,260.36	12,000.00
Contributions SDIAA	10.00	-	90.00	-	90.00	-
Interest - Cert of Deposits	538.31	468.65	5,757.79	3,444.41	2,313.38	6,000.00
Literature Revenue (see schedule)	1,385.30	1,299.75	12,775.96	531.85	12,244.11	20,375.00
Total Revenue	22,153.60	15,188.23	158,305.03	136,657.61	21,647.42	196,375.00
Expense						
Accounting & Legal	-	-	589.50	5,400.50	(4,811.00)	600.00
Auto/Travel/Seminar	2.00	629.14	1,767.28	2,127.33	(360.05)	1,500.00
Bank Service Charges	-	-	40.00	30.00	10.00	-
Cash (Over) Short	(2.61)	(7.82)	183.92	16.53	167.39	20.00
Equipment Maint & Repair	109.36	51.36	566.18	605.28	(39.10)	650.00
Equipment Purchase	-	-	366.33	1,954.77	(1,588.44)	1,100.00
Insurance	114.92	81.46	617.90	781.18	(163.28)	500.00
Office Maint. & Repairs	155.00	320.68	2,920.25	1,092.64	1,827.61	1,100.00
Office Supplies	325.71	300.74	4,244.31	3,443.65	800.66	5,000.00
Rent	2,122.00	2,060.00	20,972.00	20,440.00	532.00	25,216.00
Taxes	-	-	-	75.00	(75.00)	75.00
Telephone	148.24	137.28	1,533.48	1,410.19	123.29	1,700.00
Utilities-Electricity	830.90	524.57	5,942.83	5,782.49	160.34	7,000.00
Website	9.00	9.00	125.98	90.02	35.96	100.00
EMPLOYEES						
Accrued Payroll Taxes	545.63	606.06	6,787.34	6,202.28	585.06	10,000.00
Employee Wages	6,719.82	7,922.33	83,550.02	68,571.73	14,978.29	100,760.00
Employee Health Benefit	1,025.74	937.88	10,257.40	9,378.80	878.60	12,309.00
Insurance Worker's Comp	44.61	44.61	446.10	490.71	-	528.00
Total Office Expense	12,150.32	13,617.29	140,910.82	127,848.49	13,062.33	168,158.00
Standing Committees Expense	(617.01)	3,368.84	6,563.93	11,251.10	(4,687.17)	9,214.00
Total Expense	11,533.31	16,986.13	147,474.75	139,099.59	8,375.16	177,372.00
Total Net Revenue	10,620.29	(1,797.90)	10,830.28	(2,441.98)	13,272.26	19,003.00



Group Contributions

Group	Oct-24	Ytd 24	Group	Oct-24	Ytd 24
3 O'Clocker - 2201	-	400.00	Fellowship of the Spirit Candle - 3383	28.20	117.88
4077 Mash Step 11 - 2027	-	270.00	First Mira Mesa Mens - 300	-	168.85
4th Edition Big Book - 2569	150.00	327.00	Fishermen In Recovery - 2863	-	170.00
52 From The Big Blue	-	236.00	Former Hot Messes - 1205	-	236.50
530 Meditation - 3085	-	139.00	Free At Last - 2888	-	260.00
7 AM Attitude Adjustment	-	450.00	Freedom - 3447	298.50	920.38
9 pm Discussion - 3366	-	145.00	Fresh Air Friday - 266	-	788.00
A Vision and a View - 3337	458.19	943.19	Fresh Start Beginners - 2609	-	540.87
AA By The Bay - 629	-	200.00	Friday Afternooners - 318	-	50.00
AA on A - 3470	-	56.00	Friday Happy Hour - 2821	-	75.00
Alpine Group - 6	150.00	328.00	Friday Morning Womens - 104	-	137.52
As Bill Sees It - 1038	75.00	265.84	Friday Night Gratitude - 2829	-	560.00
As Bill Sees It (Mira Mesa) - 542	-	100.00	Friday Night Irregulars - 2889	-	565.00
At Home Mens - 215	-	100.00	Friday Online 12 x 12 Step Study - 3351	-	340.00
B.Y.O.B. (North Park) - 203	165.67	881.23	Friday Spring Valley Lunch - 2732	-	161.00
Back Country - 3131	-	100.00	Full Measure Friday - 3363	-	150.00
Back To Basics For Women - 1675	125.00	125.00	Garnet Group - 1129	-	700.00
Barefoot - 139	100.00	300.00	Gilman Group - 1988	-	250.00
Battery Chargers - 98	360.00	802.00	God Squad Too - 2809	105.00	300.67
Bayside Big Book Study - 1610	-	100.00	Golden Hill Women - 2883	-	143.41
Bayside Bonfire Group - 1139	-	300.00	Good Morning AA - 1888	400.00	1,930.00
Beach Area Beginners	75.00	75.00	Good News Bad News - 2833	-	50.00
Beautiful Beginnings - 552	-	201.00	Grab God & Go - 3499	-	14.00
Bonita Boozers - 2179	-	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	180.00	504.00	Harmony Group - 585	474.00	2,034.00
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	-	325.00
Channeling Serenity - 3425	-	428.20	HOW @ Noon - 2998	-	900.00
Chula Vista 4 Min Speakers - 1568	-	110.00	I. B. Up - 2565	100.00	400.00
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	Just Us Girls - 929	26.34	116.87
Clairemont Womens Discussion-340	-	367.40	Knuckleheads - 3182	200.00	1,530.00
Clairemont Womens Step Study - 341	-	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	1,000.00	La Jolla Monday Womens - 87	-	800.00
Coronado Nooners - 3365	-	100.00	La Jolla Nonsmokers Disc - 88	-	176.00
Crown Pt Shores Happy, Joy -3381	-	150.00	La Jolla Speakers - 578	-	1,352.12
D.D.G.T.M. - 767	-	300.00	La Jolla Sunrise - 2684	-	250.00
Daily Reflection - 3114	500.00	950.78	La Mesa 12 x 12 Study Group - 107	-	40.00
Daily Reflection Online - 3436	30.00	78.11	La Mesa 12 X12 - 2588	-	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	200.00
Del Cerro Mixed Step Study - 3451	-	285.00	La Mesa Womens Sat. Morning - 416	250.00	700.00
Descanso Mixed Step Study - 3010	75.00	190.83	LAGUNA MOUNTAIN GROUP	-	303.47
Designs For Living - 488	502.50	752.50	Lakeside Drunks - 2423	-	200.00
Diamond St Mens Step Study - 569	-	303.60	Late Risers - 473	-	100.00
Dignity Unlimited - 205	-	125.00	Linda Vista Mens - 320	-	375.00
Doctors & Lawyers & Profs - 391	-	1,250.00	Living Free - 477	1,956.11	3,967.04
Downtown Discussion - 1665	-	47.03	LJ We Are Not A Glum Lot - 3355	132.40	246.40
Downtown Noon Discussion - 1607	-	100.00	Lunchtime Friends - 964	150.00	150.00
Drunks Only Online - 3370	-	660.00	Lushes Lunch Tuesday - 2641	-	677.00
Each Day A New Beginning - 509	-	399.05	Mens Focused Step Study - 3217	-	834.00
Early Risers (PB) - 264	-	715.00	Mens Jelly Donut - 3118	-	100.00
East Co. Young People Rule 62 - 2797	-	98.00	Mens Step Study - 965	-	95.00
East Side Group - 101	-	175.00	Mens Structured Step Study - 1469	-	150.00
Eastlake Grns Attitude Adjust - 2691	-	520.00	Mid-Week Mens - 560	-	1,915.00
Eastlake New Beginnings S/S - 2673	-	62.50	Midday Miracles - 3242	-	19.07
Easy Does It Riders - 21	120.00	270.00	Midnight Howlers - 1025	-	200.00
Easy Risers - 854	-	200.00	Midway Bridge - 2171	-	110.00
El Cajon Nooner - 2638	-	421.35	Mira Mesa Early Risers - 967	-	1,050.00
El Cajon Womens Serenity - 77	-	32.34	Mission Bay Daily Reflections - 1692	-	73.50
Emotional Sobriety (Hillcrest) - 2536	85.00	285.00	Mission Hills Late Night - 2773	60.00	415.00
Evening In Harmony - 2864	-	179.40	Mission Hills Lunch Bunch - 2675	-	78.50
Evening Serenity - 2305	50.00	750.00	Mission Possible - 131	-	410.00
Every Night at Six - 3241	-	667.00	Monday At A Time - 2875	-	304.85
Everynighters Online - 2997	-	29.07	Monday Night Live - 3219	-	100.00
Eye Opener Group - 607	400.00	1,327.00	Monday Night Speakers Group - 3471	-	438.50

Group Contributions

Group	Oct-24	Ytd 24
Mt Soledad Mens - 717	-	1,550.00
No Matter What Woman's Grp - 2325	-	382.01
Noon At The Grove - 628	-	2,500.00
Noon w/ a View Beginners Mtg - 3249	-	3,169.90
Nooners Anonymous - 1164	-	350.00
Noontime on the Patio - 2203	-	100.00
Normal Hts Young Peoples SS - 3407	-	355.00
North Clairemont - 1102	-	210.00
North Park Mens - 465	9.00	159.80
North Shores Breakfast - 275	-	114.68
O.B. Womens Step Study - 2730	-	179.70
Old Timers Group - 2037	-	100.00
On The Corner - 2384	348.00	708.00
One Step Ahead - 715	250.00	250.00
One Step at a Time - 3299	63.60	63.60
One Step at a Time - 3435	-	81.00
Open Minded Mens - 626	-	160.00
Original Anonymous Anonymous-154	50.00	250.00
Our Daily Reprieve - 3339	-	115.00
Over The Bridge - 2689	145.51	837.66
Pacific Beach Weekend Warmup-725	-	300.00
Pass It On Big Book Study Grp - 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	-	670.00
Point Loma Nooners - 1606	175.19	229.06
Primary Purpose Grp (Hillcrest)-3151	-	602.50
Progress Rather Than Perf - 2682	-	800.00
Pt Loma Fri Afternoon 12 & 12 - 244	-	350.00
Pt Loma Womens Discussion - 1608	125.00	250.00
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	-	1,798.84
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	-	952.41
Santee Sunday Morning Mens - 3076	-	800.00
Sat Mens Early Awakening - 2209	-	601.50
Sat Night Early Discussion - 336	-	250.00
Saturday A.M. Live - 782	-	234.00
Saturday Night Live Speakers - 281	-	150.00
Scripps Ranch Men's Two - 2776	-	520.00
Scripps Ranch Mens - 3168	-	450.02
Serenity Seekers - 3232	150.00	330.00
Serenity Seekers Women - 3496	180.00	180.00
Sisters in Solution - 3272	-	599.00
Sky Hi Womens - 1633	-	157.50
Smokefree La Mesa Womens - 635	-	150.00
Sobearity - 3129	-	122.00
Sober Minded Leather Folk - 1882	-	208.75
Sober Nooners - 196	200.00	900.00
Sober Saturday - 483	-	100.00
Sobriety At All Cost - 3006	-	1,129.00
Sobriety On State and Date - 2697	-	807.64
Solution And Light - 3157	100.00	300.00

Group	Oct-24	Ytd 24
Sons of God - 2789	-	2,165.00
South Bay Guys & Gals - 35	-	50.00
South Bay Step Study - 2312	-	100.00
South Clairemont - 305	69.00	233.00
South Park Sobriety - 1015	-	256.00
Spiritual Awakening - 2275, 3515	947.50	3,533.11
Spiritual Awakening (Sat) - 2607	-	20.00
Spiritual Awakenings Step Study-3174	-	220.00
Starting Over - 3399	-	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	250.00	400.00
Sunday Morning Eleventh Step - 1206	-	50.00
T.G.I.F. - 1658	-	382.00
The 530 - 3266	-	775.00
The Common Solution - 3007	-	211.05
The Gathering Of Goddesses - 2890	-	155.10
The Gift - 2954	305.00	812.50
The Hole In The Doughnut - 2737	-	336.50
The Huddle in the Park - 3278	725.12	3,467.19
The Language of the Heart - 3066	75.00	189.83
The Nine Thirty - 2997	-	196.67
The Other Meeting - 857	-	490.00
The Rogue Meeting - 3338	-	1,300.00
The We Group - 2739	-	1,000.00
There is a Solution - 2680	-	5.00
Three Legacies Group - 2194	-	400.00
Thurs. Nite Mens Big Bk Stdy - 1748	75.00	260.00
Thursday Promises Promises - 749	-	215.00
Thursday Steps - 646	-	601.00
Tierrasanta Friday Night - 2645	150.00	300.00
Tierrasanta Morning Serenity - 2811	165.00	165.00
Toes in the Sand - 3282	194.50	1,026.50
Top of The Hill - 41	-	150.00
Tues Night Mens Step Study - 1813	-	300.00
Tuesday Book Study - 3501	-	125.00
Tuesday Morning Alpine - 440	-	316.25
Tuesday Morning Group - 3089	-	187.50
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	-	200.00
We Need a Name - 3494	-	180.00
Wednesday Night Promises - 2167	-	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	350.00
Willing to Believe - 3449	-	136.00
Womans Gut Level - 1701	-	177.55
Womans Let Go and Let God - 446	225.00	650.00
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	-	626.56
Womens Thursday Nite - 514	110.00	110.00
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

2024-25 Holidays - Central Office/Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
December 25	Christmas Day	Wednesday
January 1	New Year's Day	Wednesday

October 2024 Group Contributions	\$13,,504
Individual Contributions	\$6,726
Literature & Interest	\$1,923
Total Revenue	\$22,153
Central Office Expenses	-\$12,150
Committee Expenses	\$617
Total Expenses	-\$11,533
October 2024 Net Revenue	\$10,620
2024 YTD Revenue	\$10,830

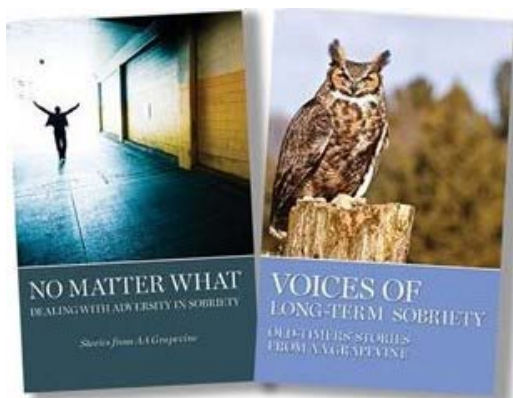
Daytime Phone Volunteers Needed!!!



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



“EXPERIENCE shows, all too OFTEN, that even the ‘CONTROLLED’ PILL-TAKER may get out of CONTROL. The same CRAZY RATIONALIZATIONS that once CHARACTERIZED his DRINKING begin to BLIGHT his EXISTENCE. He THINKS that if PILLS can cure INSOMNIA so may they CURE his WORRY. Our FRIENDS the DOCTORS are SELDOM directly to BLAME for the DIRE RESULTS we so often experience. It is much too EASY for ALCOHOLICS to buy these DANGEROUS drugs, and once POSSESSED of them the DRINKER is often LIKELY to use

them without any JUDGEMENT whatever.” Bill W., GRAPEVINE, November 1945, from *As Bill Sees It*, Page 198. Reprinted with permission from A.A.W.S.

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Open 9:30 am to 5:30 pm Mon.-Fri.
And 9:00 am to 1:00 pm Sat.

Things to Do, And Places to Go

3rd Weekend Camping Group

When: December 13th-15th
Where: Potrero County Park
Info: Call Central Office 619-265-8762

New Year's Eve Dance

When: Tuesday, December 31st
Where: 1936 Quivira Way – Baja Room
Tickets: \$25. On sale at Central Office
Info: Call Central Office 619-265-8762

35th Annual River Roundup

When: January 9th-11th, 2025
Where: Laughlin, Nevada
Info: www.rcco-aa.org/events

PRAASA 2025

When: March 7th-9th, 2025
Where: Anchorage, AK
Info: www.praasa.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

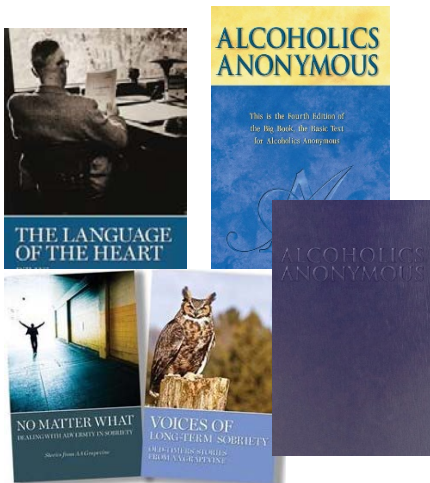
2025 International Convention

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

Sign up for text messages of upcoming events and announcements by texting "AAfellowship" (no spaces) to 833-906-1069.



Coordinating Council Attendance

Thank you to the following 42 Groups whose Coordinators attended the November 2024 San Diego Intergroup Coordinating Council.

**There are 659 groups in San Diego:
WAS YOUR GROUP THERE?**

- | | |
|---------------------------------|---------------------------------|
| BATTERY CHARGERS | NORTH PARK MENS |
| B.Y.O.B | OLD TOWN SPEAKERS |
| CEDAR STREET MENS | OVER THE BRIDGE |
| CLAIREMONT MENS | PINE VALLEY THURSDAY OPEN DISC. |
| DEL CERRO MIXED | PORTER HALL STRUCTURED SS |
| DO THE WORK! | RADICAL ACCEPTANCE MEETING |
| DOWNTOWN DISCUSSION | RAINBOW GROUP |
| EL CAJON WOMEN'S SERENITY GROUP | RIDING SOBER |
| FIRST MIRA MESA MENS | SAN CARLOS SINGLE PURPOSE |
| FREEDOM | SANTEE MENS GROUP |
| FRIDAY MORNING WOMENS | SANTEE SPEAKERS |
| FULL MEASURE FRIDAY | SCRIPPS RANCH MENS |
| GOD SQUAD TOO | SISTERS IN SOLUTION |
| GREAT FACT GROUP | SKY HIGH WOMEN'S |
| IMPERIAL MENS | SOBEARITY |
| JUMP START | THE COMMON SOLUTION |
| LA MESA MENS | THE NINE THIRTY |
| LA MESA STEP STUDY WORKSHOP | TUESDAY MORNING ALPINE |
| MIDDAY MIRACLES | VALLEY GIRLS |
| MIRA MESA EARLY RISERS | WOMEN'S JOY OF LIVING |
| MISSION HILLS BEGINNERS | WORLD OF THE SPIRIT |

Next Council Meeting: Thursday, December 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(s) of the Month:

Any Grapevine Book and All Big Books

"Whenever I find myself under acute tensions, I lengthen my daily walks and slowly repeat our Serenity Prayer in rhythm to my steps and breathing. If I feel that my pain has in part been occasioned by others, I try to repeat,

**"God grant me the serenity to love their best,
and never fear their worst."**

This benign healing process of repetition, sometimes necessary to persist with for days, has seldom failed to restore me to at least a workable emotional balance and perspective. Bill W., GRAPEVINE, MARCH 1962, Page 251

As faith grows, so does inner security. The vast underlying fear of nothingness commences to subside. We of A.A. find that our basic antidote for fear is a spiritual awakening. Bill W., GRAPEVINE, JANUARY 1962, Page 197

Excerpts from As Bill Sees It, Reprinted with permission from A.A.W.S.

Christmas in a Bar

Continued from Page 1

That's exactly how I drank for the next 30 years: I went to any length to drink or use, and only did things to excess. You would think that drinking myself into a hospital at 9 would have scared me, but it was just the beginning. In fact, the next day I smoked marijuana—for the first time—to smooth out my quivering stomach, so that I could drink again, of course. Somehow, I made it through grade school, high school, and college. Then I got married and had a child, all the while drinking. I took a couple of breaks to appease my wife or the courts, even spent a little time in treatment and in a halfway house in my early 20s, but all these times were short-lived. Drinking had become a way of life; I was good at it.

Over time my drinking increased, and it began to stop helping me cope with life. I passed the point where I felt better when I was drunk. I slipped into that place where I could not feel anything good, and the best I could hope for were blackouts and numbness. During my last six months of drinking, I would take pain killers for my bad back, drink, and lie in my bed staring at the closet where my pistol was tucked into a cabinet. I would try to muster the courage to just be done with it, but I couldn't. I wished so badly that I could just close my eyes and go away from life. I was so tired and so sad. I couldn't end it, and I couldn't go on. Even though I was breathing, and my heart was still beating, I was dead.

Around Christmas 1999, I had a job that I had kept for 10 years, a family that I tortured emotionally and a home. I was the walking dead. I wanted life to be different, but just couldn't figure out how. I was sitting in a bar on Christmas Eve when my phone rang. I answered to hear my 12-year-old son ask in a pained voice, "Are you coming home for Christmas Eve, Dad?" His despair pierced what was left of my soul. I answered that I was on my way home. Though I was barely this side of a blackout, I made it in time for church. After church we went home, put the kids to bed and passed out.

Christmas Day was everything I promised it would never be. My wife was at her end. She told me she couldn't watch me die, and she refused to let the kids witness it as well. I heard pain and anger in her voice and saw the look on her face. The years of my drinking and neglect had taken their toll. She wanted a partner, or at least a person to participate in life with. I said, "Fine, I'll find an apartment."

I set off looking for a place. On Dec. 28, right before I signed a lease, my wife requested we see a psychologist. I agreed, because I was sure he would point out how unreasonable she was being and that she had issues she needed to deal with that were wholly unrelated to my drinking. Well, you can probably guess that the session didn't go as I had envisioned. In fact, the psychologist suggested that we could only get to the bottom of our relationship issues if I first stopped drinking. What on earth was he talking about?

When we walked out of the office, I commented on how we had wasted our money and made some remark intended to hurt my wife. That was it. When we got home, I picked up the phone and called the AA Central Office. There was a meeting in ten minutes, five minutes from my house. I went and I didn't drink that day, or the next. I got enough sober time to clear my head to make a decision to stop drinking and using, and to turn my life over to a power greater than myself.

I went to about a hundred AA meetings over the next three months. I read the Big Book, got a sponsor, worked the Steps and took on service commitments. I found a Higher Power I could connect with, and I have been sober since that day. I work this program imperfectly, and some weeks I go to more meetings than others. I notice that the behavior of those around me gets better or deteriorates in direct relation to the number of meetings I attend. I still behave badly sometimes, and on certain days my only success is that I didn't drink. The one thing I've done to perfection is not drink, one day at a time—for more than 9000 days in a row.

Life is hard, AA hasn't changed that, but I have hope and faith. I am not the model AA, but I am sober, and I've experienced many moments of peace and serenity. And although there may be other ways for others, AA saved my life and the life of my family. Of that I'm convinced.

By Mike H.



H.O.W.

Continued from page 1

I asked that same question in the very beginning of my sobriety journey except in relation to how to stay sober and my sponsor told me the this: "HOW: Honesty Open-mindedness and Willingness." I wondered, could I apply the same principles to my question on HOW to go through life? So far, I think the answer is "yes," I am learning everyday but I thought I would share what I have learned so far...

Honesty has been crucial. I was not even conscious of how dishonest I was while I was using. I put my own needs before every person in my life, and as a consequence, I was unable to maintain connection with any of the people in my life. Slowly I have been able to find a few people that I can trust and that I can be honest with. With these people, I am able to tell them things I am struggling with, things that bring me joy or things that I am working on. Not only have I learned to open up to others but that has left room for me to be there for others as well. Honesty has allowed for vulnerability which has allowed for connection. The few connections I have made upon the foundation of honesty are connections I treasure more than I knew was possible.

To attempt to be Openminded I really had to let go of an old way of thinking. I think the Big Book said it best on page 568; "There is a principal which...cannot fail to keep a man in everlasting ignorance-...contempt prior to investigation". I was so sure that all the world could bring me was pain so I was convinced I wanted to avoid being a part of it-the disease loved me in isolation. I am learning to be openminded to a new way of thinking about the world, myself and others. I also had to be open to giving control over to my higher power; taking myself out of the director seat and trusting that the creator has a plan for me. This was a decision for me and

what I pray for everyday. Luckily I have PLENTY of proof of the disaster my life was in with me in control, so it made sense to give it up. I wrestle with this sometimes but the peace that comes by just being open to a different way of thinking reminds me that God has a better plan for me.

Willingness meant being willing to take opposite action and to do whatever is needed to maintain my sobriety before anything else. Willingness to follow the example of my higher power in how I treat myself and others. I have a hard time convincing myself that I deserved another chance at life-but God chose me, God allowed me to live and brought me to the rooms... so how do I give back? My Higher Power provided the example of a life lived in love and a life in service to others. The first thing I had to do was be willing to see all the people around me as his children. By placing others before myself and choosing love instead of indifference I am doing this for His children...and I just had to be willing.

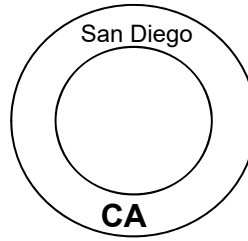
Honesty has brought vulnerability and connection, Open-mindedness has allowed me to let go and let God, and Willingness has allowed me to try and live by the example of my God and put others before myself. This is HOW I am getting through life so far. I still sometimes doubt that I am worthy of this gift but who am I to question God's plan? So, I will just be forever grateful.

By Prascilla



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

RETURN SERVICE REQUEST



December 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	31	1	2	3	4