

# The San Diego A.A. 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.”

*Reprinted from AA Big Book, page 59*

January 2025  
VOL. LXIII NO. 1

## 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!

**February (due 1/18/25)**

“Came to believe that a Power greater than ourselves...”

**March (due 2/18/25)**

“Made a decision to turn our will and our lives...”

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

## Article Web-Site

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



## Reboot

One thing I have noticed in people that have a lot of time is there is a lightness to them. They seem to have mastered the “flow” and silliness of the everyday. It is the quality that attracted me to the program... I wanted to find a way to sit in my feelings as myself and to be excited to be me regardless of the external circumstances. Recently I just came out of a few months of a kind of dark period. I know that sounds so dramatic but I just had this dark cloud hanging over me that left me feeling kind of hopeless. On the positive side I did not have the desire to drink but I also did not feel any closer to finding peace in the “flow”. I decided I had to examine if there was something I was doing differently...

*Continued on Page 14*

## The Ultimate Authority?

Coming from my shady past, the idea of an ultimate authority sounded more like something you should run away from or something that would exact revenge instead of forgiveness for all the hurt I had caused when I was drinking. It had everything to do with punishment and nothing to do with miracles.

This idea began to change when I was two weeks sober. I found myself standing at a pay phone outside my favorite bar in North Park. As soon as I got off of the phone, I had every intention of going in and having a beer.

It didn't matter that two short weeks earlier, I found myself crying in an AA meeting, finally convinced that I was an alcoholic and that my life was unmanageable. It didn't matter that it felt like I was hanging over a cliff by a thread. I went to meetings and listened to what people said, but nothing seemed to click.

*Continued on Page 15*

**SAN DIEGO CENTRAL OFFICE**

24 HOUR PHONE: (619) 265-8762

Our Web Page [www.aasandiego.org](http://www.aasandiego.org)E-mail: [sdaaco@aol.com](mailto:sdaaco@aol.com)

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

Central Office Manager: Judi J.

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

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

**Coordinating Council Officers**

Council Chair	Anne	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Jen	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	TBD	<a href="mailto:afterhoursphones@aasandiego.org">afterhoursphones@aasandiego.org</a>
Business Committee	TBD	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Program Committee	Jen	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	April	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Matt	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Intergroup & Area Officers**

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

Contributors: Anonymous, and Prascilla

January Theme: "We admitted we were powerless over alcohol..."

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

Send to: [sdaaco@aol.com](mailto: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](mailto:newsletter@aasandiego.org)

**Following Coordinating Council Standing Committees need members.**

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

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


**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>

## Help

A man was walking one day and fell into a hole. The hole was dark and too deep to climb out of. He began to yell for help.

A holy-man walked by. The man in the hole shouted for help. The holy-man stopped, wrote a prayer, tossed it to the man and walked away.

A little while later a doctor walked by. The man in the hole shouted for help again. The doctor stopped, wrote a prescription, tossed it to the man and walked away.

The man in the hole began to despair just as a group of strangers walked by. He shouted for help. The strangers stopped.

"I'm stuck in a hole!" the man yelled to the strangers.  
"Please help me out."

One-by-one, the strangers all jumped in the hole.

"What are you doing? Are you all crazy?" demanded the man. "Now we're all stuck in this hole."

"It's okay," said one of the strangers. "We've been in this hole before. We know the way out."

*By Anonymous*

*Reprinted from February 2004 San Diego 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](https://aasandiego.org/coordinator-newsletter)

## Central Office Phone Volunteers

### Critical and Urgent.

**Daytime Phone 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	December	Total
	643,120	14,967,352

*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.*

*In Memory*

*Daniel Logan III*

## 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...

### DOWNTOWN DISCUSSION

Downtown Discussion Group has been going since 1962 and needs some support right now. The attendance has shrunk from over 50 in attendance to a very small average of 3 to 7 people.

**When:** 6:30 pm Saturday Hybrid  
6:30 pm Sunday Zoom only

**Where:** 320 Date St (entrance is on 3rd between Date and Elm)

Zoom info: 477 471 148  
passcode 030472

### ORIGINAL ANONYMOUS ANONYMOUS GROUP

**When:** Tuesdays 8 p.m.

**Where:** Church, 11240 Clairemont Mesa Blvd, Tierrasanta, 92124

**Type:** Closed, Men's, Discussion

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

## Pamphlet OF THE MONTH:

### Is A.A. for You?

### 12 questions only you can answer



#### "Is A.A. for You?"

Only you can decide whether you want to give A.A. a try – whether you think it can help you. We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.

We decided to try to face up to what alcohol had done to us. Here are some of the questions we tried to answer honestly. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem."

*Reprinted with permission from A.A.W.S.*



Jonathan, Council Chair opened the 950<sup>th</sup> Coordinating Council Meeting with a moment of reflection followed by the “Responsibility Pledge”

#### Guest Reports:

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

The Area is hosting one of two Group Inventory sessions this evening on Zoom. The sessions are 90 minutes and includes all who are serving or interested in serving in the Area General Service Structure. We will be holding a second session next Tuesday 12/15 at 7 pm as well. We are having our annual Holiday Potluck Area Committee Meeting next Thursday 12/19. All are welcome to attend and witness the inner workings of the Area in real time. We typically have food left over, so there will be enough for everyone. I am fairly certain that your outgoing Coordinating Council Chair should be there, so you will know of at least two people. The Potluck begins at 6:00 PM and the address is: 4545 Viewridge Ave, San Diego, CA 92123. I am personally getting ready to welcome several new GSRs at the school I am responsible for hosting prior to each Area Assembly. Our Orientation Assembly is less than one month from today on Saturday, January 11<sup>th</sup> in Fallbrook. I am looking forward to embarking on my second year as Alternate Delegate, hopefully a little wiser and more prepared. I do want to thank all of those Coordinators and others who are rotating out of their positions as the year comes to an end. You have been of service in a very valuable capacity and it deserves acknowledgement.

##### H & I Representative: Lani, H&I Alt 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 3<sup>rd</sup> Sunday of each month at noon at the Machinists Hall – 5150 Kearny Mesa Rd, and also online at 7:00 PM on the 3<sup>rd</sup> Thursday of each month (Zoom info at <sdhanid.org>).

#### 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.
2. This Committee Needs Members!

##### Business Committee: Rae, Chair reported:

The Business Committee met on Tuesday, December 10<sup>th</sup>, 2024 at 6:00 pm.

##### November 2024 Financial Summary:

Net Revenue is **-\$10,585**. 2024 YTD Net Revenue is \$245. Group & Individual Contributions were \$8,241. Literature Sales Revenue & Bank Interest was \$2,502; while total office & committee expenses were \$21,328.

#### Central Office Manager's Reports:

##### Manager's Report

- a) December BOOK OF THE MONTH: All Grapevine Books \$2.00 off, Max: 5
  - b) January BOOK OF THE MONTH: Living Sober, \$4.00, Regular \$6.00, Max: 5
  - c) Well the biggest news this month is, of course, the arrival of the Plain Language Big Book. They arrived at 12:30pm on November 13 and we had barely sent the text out and posted the news on the website when the phone started ringing and customers started flooding in. We sold over 100 in the first 48 hours and sold out of our initial order of 500 in the first two weeks. We received a reorder of 300 and have approximately 80 left of these. AAWS has these books backordered due to a second reprinting.
  - d) We had a decent response to the request for 12 Step Volunteers last month. We had 7 new volunteers sign up.
  - e) AAWS has put out a call to Central Offices for suggestions for Speaker suggestions for the hundreds of meetings that will be held at the International Conference next year. I suggest we bring it to Council and ask them to bring it back to their groups and ask that anyone who is registered to attend and is willing to lead a meeting, send an email to Central Office so that I can compile a list to submit to AAWS.
  - f) Ticket sales for the NYE dance are not going great.
  - g) Central Office will be closed on Wednesday, December 25 in observance of Christmas & Wednesday, January 1 for New Year's Day. Judi will also be off on Tuesday, December 24 & Thursday-Friday, December 26-27. Lisa Ann will be out December 20-27. Lisa Ann & Jo will cover.
1. New Website Pages: There is a new webpage called “New to A.A.?” with additional pages linked to it: “What to Expect at Your First Meeting”, “Order to Attend?” and “Common Questions”. These will be very helpful, not only for newcomers visiting the site, but also for our phone volunteers to refer callers to. Please take a moment to visit the site and take a look at these new pages.
  2. Grateful Givers Pamphlet: There is a new pamphlet which is available over on the sign in table, called “Grateful Givers”. This is a new and updated version of our old “Faithful Fivers” pamphlet and is meant to encourage recurring individual contributions. One exciting new feature is that with any new recurring contribution of \$10 or more, we will include a free subscription to home mailed Coordinator Newsletter. Please take several to take back to your meetings.

Continued from Page 5

3. **New Volunteer Laptop:** One of our volunteer laptops broke and needed to be replaced. Judi found a nice HP on sale for Black Friday and the purchase was approved.
4. **NYE AA Sober Dance:** There is a Sober AA Dance the weekend before New Year's on December 28 – the Business Committee approved the posting of this flyer on the [aasandiego.org](http://aasandiego.org) Events page.
5. **Increase Bookstore Clerk Hours:** Due to increased bookstore traffic and sales, the Bookstore Clerk, Jo's, hours were increased from Saturdays only, 4 hours a week to 12 hours a week.
6. A new phone for the extra desk in the Admin area was approved.

**Newsletter: Matt reported:**

1. This committee needs members and contributors. Please spread the word
2. Contributors are needed to submit articles and poems. Please see the Coordinator Newsletter page on [aasandiego.org](http://aasandiego.org) or the first page of the latest newsletter for more information.

**Coordinator Outreach: No Report**

**Orientation & Guidelines: Diana, Chair reported:**

1. Diana reported that there were no new Coordinators tonight.

**Program Committee: Jen, Chair shared:**

1. The NYE Dance tickets are on sale. For additional convenience a form has been added to the Event Listing to purchase tickets and have them waiting at Will Call on the night of the event.

**Public Information Committee: No Report**

**Ad-Hoc Committee Reports:**

**ERC Ad-Hoc Committee: Peter, Chair reported:**

1. The Stock Room expansion is almost complete and came in at \$2,994 under budget
2. New desks have been ordered and came in at \$1,156.92 under budget
3. \$1,560.50 was charged against the ERC Fund account for Bookstore discounts in November.
4. Thanks to being under budget, the fund balance stands at approximately \$9,000 with one more return outstanding in the amount of \$8,000. Peter thanked the Central Office Manager for her fiscal management of the fund.

Quorum was established; 35 Coordinators were present

Approved November, 2024 Meeting Minutes

OLD BUSINESS: None

NEW BUSINESS:

1. Elections were held for a new Coordinating Council Chair and Vice Chair. Anne C. was unanimously elected Chair and Jen was unanimously elected Vice Chair.
2. Elections were held for a new Coffee maker and for the new IT Commitment to assist the Chair and Vice Chair with setting up the Hybrid meeting. Fernando volunteered as Coffee maker and Paul B. volunteered for the IT Commitment. Thank you both!
3. Many thanks to Jonathan, Erik and Steve for their service in 2024.

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@aasandiego.org](mailto:councilchair@aasandiego.org) or Judi, Recording Secretary, at [sdaaco@aol.com](mailto:sdaaco@aol.com) by 1/1/2025.
2. According to the Guidelines of the Coordinating Council, the Chair is to conduct the meetings of the Council using reasonable parliamentary procedures, which state that *any member of the Council can make a motion*.
3. Council Minutes & Financials are posted on our [aasandiego.org](http://aasandiego.org) website. Click on "Intergroup" on the side menu. Minutes from tonight's meeting will be posted by end of day on the Friday following tonight's meeting.
4. All Committee Chairs must submit their written reports to Judi, Central Office Manager no later than 10:00 am on the Friday following tonight's meeting. Email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Thanks!

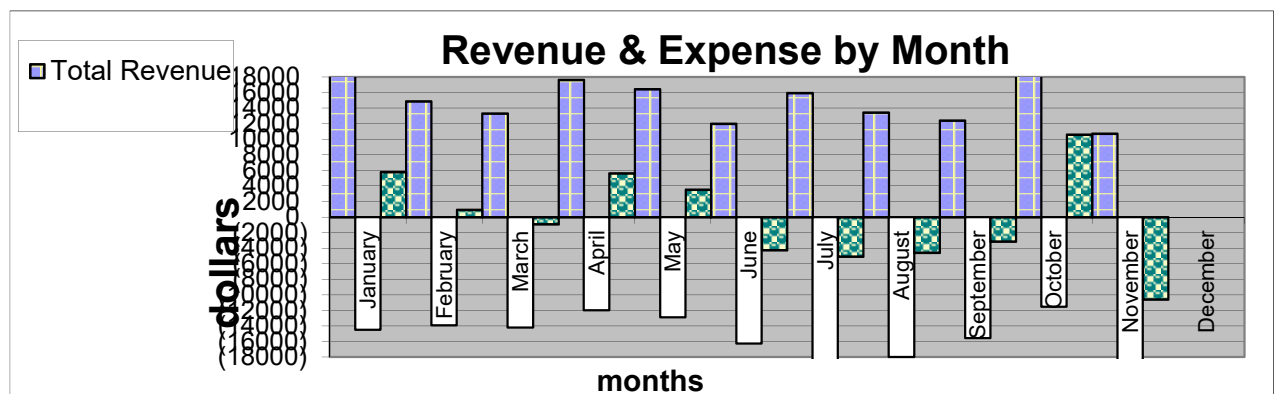
Closed with the "Serenity Prayer"

Respectfully submitted,

*Judi*, Recording Secretary

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

	Nov 24	Nov 23	YTD '24	YTD '23	\$ Change	Budget '24
<b>Contributions Group</b>	6,808.57	10,767.59	129,350.45	132,569.90	(3,219.45)	158,000.00
			-			
Contributions Individual	1,422.32	1,180.11	18,561.72	12,059.15	6,502.57	12,000.00
Contributions SDIAA	10.00	140.00	100.00	-	100.00	-
Interest - Cert of Deposits	531.45	459.39	6,289.24	3,903.80	2,385.44	6,000.00
Literature Revenue (see schedule)	1,971.11	1,199.92	14,747.07	531.85	14,215.22	20,375.00
<b>Total Revenue</b>	<b>10,743.45</b>	<b>13,747.01</b>	<b>169,048.48</b>	<b>149,064.70</b>	<b>19,983.78</b>	<b>196,375.00</b>
<b>Expense</b>						
Accounting & Legal	2,765.00	70.00	3,354.50	5,470.50	(2,116.00)	600.00
Auto/Travel/Seminar	17.00	17.00	1,784.28	2,144.33	(360.05)	1,500.00
Bank Service Charges	-	-	40.00	30.00	10.00	-
Cash (Over) Short	3.10	(7.85)	187.02	8.68	178.34	20.00
Equipment Maint & Repair	51.36	55.49	617.54	660.77	(43.23)	650.00
Equipment Purchase	-	-	366.33	1,954.77	(1,588.44)	1,100.00
Insurance	114.92	81.46	732.82	862.64	(129.82)	500.00
Office Maint. & Repairs	-	303.00	2,920.25	1,395.64	1,524.61	1,100.00
Office Supplies	872.03	422.87	5,116.34	3,866.52	1,249.82	5,000.00
Rent	2,122.00	2,060.00	23,094.00	22,500.00	594.00	25,216.00
Taxes	75.00	-	75.00	75.00	-	75.00
Telephone	159.18	555.50	1,692.66	1,965.69	(273.03)	1,700.00
Utilities-Electricity	494.05	337.69	6,436.88	6,120.18	316.70	7,000.00
Website	80.00	58.50	205.98	148.52	57.46	100.00
EMPLOYEES						
Accrued Payroll Taxes	816.10	631.42	7,603.44	6,833.70	769.74	10,000.00
Employee Wages	10,428.23	8,237.34	93,978.25	76,809.07	17,169.18	100,760.00
Employee Health Benefit	1,025.74	937.88	11,283.14	10,316.68	966.46	12,309.00
Insurance Worker's Comp	44.61	44.61	490.71	490.71	-	528.00
<b>Total Office Expense</b>	<b>19,068.32</b>	<b>13,804.91</b>	<b>159,979.14</b>	<b>141,653.40</b>	<b>18,325.74</b>	<b>168,158.00</b>
<b>Standing Committees Expense</b>	<b>2,259.98</b>	<b>835.99</b>	<b>8,823.91</b>	<b>12,087.09</b>	<b>(3,263.18)</b>	<b>9,214.00</b>
<b>Total Expense</b>	<b>21,328.30</b>	<b>14,640.90</b>	<b>168,803.05</b>	<b>153,740.49</b>	<b>15,062.56</b>	<b>177,372.00</b>
<b>Total Net Revenue</b>	<b>(10,584.85)</b>	<b>(893.89)</b>	<b>245.43</b>	<b>(4,675.79)</b>	<b>4,921.22</b>	<b>19,003.00</b>



## Group Contributions

Group	Nov-24	Ytd 24	Group	Nov-24	Ytd 24
3 O'Clocker - 2201	-	400.00	Friday Night Gratitude - 2829	-	560.00
4077 Mash Step 11 - 2027	-	270.00	Friday Night Irregulars - 2889	28.20	565.00
4th Edition Big Book - 2569	-	327.00	Friday Online 12 x 12 Step Study - 3351	-	340.00
52 From The Big Blue	-	236.00	Friday Spring Valley Lunch - 2732	-	161.00
530 Meditation - 3085	-	139.00	Full Measure Friday - 3363	-	150.00
7 AM Attitude Adjustment	-	450.00	Garnet Group - 1129	-	700.00
9 pm Discussion - 3366	-	145.00	Gilman Group - 1988	-	250.00
A Vision and a View - 3337	-	943.19	God Squad Too - 2809	-	300.67
A Vision For You - 2812	10.00	10.00	Golden Hill Women - 2883	-	143.41
AA By The Bay - 629	-	200.00	Good Morning AA - 1888	-	1,930.00
AA on A - 3470	-	56.00	Good News Bad News - 2833	-	50.00
Alpine Group - 6	-	328.00	Grab God & Go - 3499	-	14.00
As Bill Sees It - 1038	-	265.84	Great Fact Group - 895	90.00	330.00
As Bill Sees It (Mira Mesa) - 542	-	100.00	Grupo Gringo - 1305	-	150.00
At Home Mens - 215	-	100.00	GSDYPAA	-	184.26
B.Y.O.B. (North Park) - 203	189.12	1,070.35	Harmony Group - 585	267.00	2,301.00
Back Country - 3131	-	100.00	Haul Your Hiney Out Of Bed - 704	-	207.00
Back To Basics For Women - 1675	-	125.00	Hi-Nooners - 673	150.00	475.00
Barefoot - 139	-	300.00	HOW @ Noon - 2998	50.00	950.00
Battery Chargers - 98	-	802.00	I. B. Up - 2565	-	400.00
Bayside Big Book Study - 1610	-	100.00	In2 the Solution	-	600.00
Bayside Bonfire Group - 1139	-	300.00	International Group - 23	-	100.00
Beach Area Beginners	-	75.00	Jaywalkers - 3100	-	280.00
Beautiful Beginnings - 552	-	201.00	Jump Start - 2174	-	172.00
Big Book Babes - 3413	84.00	84.00	Just Us Girls - 929	-	116.87
Bonita Boozers - 2179	-	195.33	Knuckleheads - 3182	-	1,530.00
Bonita Womens 12x12 in Trees - 3391	-	3.74	La Jolla Beginners Group - 82	-	105.00
Carrying the Message - 2458	-	150.00	La Jolla Mens - 692	-	355.50
Casa De Oro Weds Nite - 2049	-	504.00	La Jolla Monday Womens - 87	-	800.00
Cedar St Daily Online - 3270	-	50.00	La Jolla Nonsmokers Disc - 88	-	176.00
Cedar Street Mens - 1698	-	584.21	La Jolla Pump House Group - 696	300.00	300.00
Channeling Serenity - 3425	-	428.20	La Jolla Speakers - 578	-	1,352.12
Chula Vista 4 Min Speakers - 1568	-	110.00	La Jolla Sunrise - 2684	1,042.00	1,292.00
Clairemont Fri Night - 375	-	95.00	La Mesa 12 x 12 Study Group - 107	-	40.00
Clairemont Mens - 301	240.00	1,129.60	La Mesa 12 X12 - 2588	-	225.00
Clairemont Mixed Discussion - 338	-	527.50	La Mesa Mixed - 2136	-	43.10
Clairemont Thurs. Brown Bag - 315	-	50.00	La Mesa Step Study Workshop - 1621	-	200.00
Clairemont Wednesday Group - 303	-	130.00	La Mesa Womens Sat. Morning - 416	-	700.00
Clairemont Womens Discussion - 340	-	367.40	LAGUNA MOUNTAIN GROUP	-	303.47
Clairemont Womens Step Study - 341	-	908.50	Lakeside Drunks - 2423	-	200.00
Class Acts - 1845	-	323.77	Late Risers - 473	-	100.00
Coffee Clutchers - 2332	100.00	1,100.00	Linda Vista Mens - 320	-	375.00
Coronado Nooners - 3365	-	100.00	Living Free - 477	-	3,967.04
Crown Pt Shores Happy, Joyous-3381	-	150.00	LJ We Are Not A Glum Lot - 3355	-	246.40
D.D.G.T.M. - 767	-	300.00	Lunchtime Friends - 964	-	150.00
Daily Reflection - 3114	-	950.78	Lushes Lunch Tuesday - 2641	-	677.00
Daily Reflection Online - 3436	-	78.11	Mens Focused Step Study - 3217	-	834.00
Daily Reflections - 2097	-	120.00	Mens Jelly Donut - 3118	-	100.00
Deerhorn Group - 2063	-	280.00	Mens Step Study - 965	-	95.00
Del Cerro Mixed - 3376	300.00	300.00	Mens Structured Step Study - 1469	-	150.00
Del Cerro Mixed Step Study - 3451	-	285.00	Mid-Week Mens - 560	240.00	2,155.00
Descanso Mixed Step Study - 3010	-	190.83	Midday Miracles - 3242	-	19.07
Designs For Living - 488	-	752.50	Midnight Howlers - 1025	-	200.00
Diamond St Mens Step Study - 569	-	303.60	Midway Bridge - 2171	-	110.00
Dignity Unlimited - 205	-	125.00	Mira Mesa Early Risers - 967	-	1,050.00
Doctors & Lawyers & Pros - 391	-	1,250.00	Mission Bay Daily Reflections - 1692	-	73.50
Downtown Discussion - 1665	218.23	265.26	Mission Hills Late Night - 2773	25.00	440.00
Downtown Noon Discussion - 1607	-	100.00	Mission Hills Lunch Bunch - 2675	-	78.50
Drunks Only - 1605	2.00	2.00	Mission Possible - 131	-	410.00
Drunks Only Online - 3370	-	660.00	Monday At A Time - 2875	201.00	505.85
Each Day A New Beginning - 509	-	399.05	Monday Night Live - 3219	-	100.00
Early Risers (PB) - 264	-	715.00	Monday Night Speakers Group - 3471	-	438.50
East Co. Young People Rule 62 - 2797	-	98.00	Mt Soledad Mens - 717	-	1,550.00
East Side Group - 101	-	175.00	No Matter What Woman's Group - 2325	-	382.01
Eastlake Grns Attitude Adjust - 2691	-	520.00	Noon At The Grove - 628	-	2,500.00
Eastlake New Beginnings S/S - 2673	50.00	112.50	Noon w/ a View Beginners Mtg - 3249	-	3,169.90
Easy Does It Riders - 21	-	270.00	Nooners Anonymous - 1164	-	350.00
Easy Risers - 854	-	200.00	Noontime on the Patio - 2203	75.00	175.00
El Cajon Nooner - 2638	-	421.35	Normal Hts Young Peoples SS - 3407	-	355.00
El Cajon Womens Serenity - 77	-	32.34	North Clairemont - 1102	329.00	539.00
Emotional Sobriety (Hillcrest) - 2536	-	285.00	North Park Mens - 465	8.48	168.28
Equanimity at Noon - 3500	98.50	98.50	North Shores Breakfast - 275	-	114.68
Evening In Harmony - 2864	-	179.40	O.B. Womens Step Study - 2730	-	179.70
Evening Serenity - 2305	100.00	850.00	Old Timers Group - 2037	-	100.00
Every Night at Six - 3241	-	667.00	On The Corner - 2384	-	708.00
Everynighters Online - 2997	-	29.07	One Step Ahead - 715	-	250.00
Experience, Strength & Hope - 3374	300.00	300.00	One Step at a Time - 3299	-	63.60
Eye Opener Group - 607	-	1,327.00	One Step at a Time - 3435	-	81.00
Fairmont Park Discussion - 2832	50.00	50.00	Open Minded Mens - 626	-	160.00
Fellowship of the Spirit Candle - 3383	-	117.88	Original Anonymous Anonymous - 154	-	250.00
First Mira Mesa Mens - 300	-	168.85	Our Daily Reprieve - 3339	-	115.00
Fishermen In Recovery - 2863	-	170.00	Over The Bridge - 2689	-	837.66
Former Hot Messes - 1205	-	236.50	Pacific Beach Weekend Warmup - 725	-	300.00
Free At Last - 2888	-	260.00	Pass It On Big Book Study Group - 2860	-	173.50
Freedom - 3447	-	920.38	Peace Officer Fellowship - 876	-	150.00
Fresh Air Friday - 266	-	788.00	Pine Valley Thurs Open Disc. - 3274	-	148.90
Fresh Start Beginners - 2609	-	540.87	Poinsettia Group - 2210	-	140.00
Friday Afternooners - 318	-	50.00	Point Loma Mens - 245	189.50	859.50
Friday Happy Hour - 2821	-	75.00	Point Loma Nooners - 1606	-	229.06
Friday Morning Womens - 104	-	137.52	Primary Purpose Grp (Hillcrest) - 3151	-	602.50



## Group Contributions

Group	Nov-24	Ytd 24	Group	Nov-24	Ytd 24
Progress Rather Than Perf - 2682	-	800.00	Sunday Morning Eleventh Step - 1206	-	50.00
Pt Loma Fri Afternoon 12 & 12 - 244	-	350.00	Sun Morning Spiritual Meeting - 1700	116.00	116.00
Pt Loma Womens Discussion - 1608	-	250.00	T.G.I.F. - 1658	-	382.00
Queer Side of Things - 3457	-	97.00	The 530 - 3266	-	775.00
Radical Acceptance Meeting - 2961	-	2,065.96	The Common Solution - 3007	-	211.05
Rainbow Group - 570	-	150.00	The Gathering Of Goddesses - 2890	-	155.10
RAM-Z - 3323	-	140.00	The Gift - 2954	-	812.50
Ramona Mens New Vision - 1949	-	300.00	The Hole In The Doughnut - 2737	-	336.50
Resentment and A Coffee Pot - 2561	-	141.00	The Huddle in the Park - 3278	-	3,467.19
Rise & Shine - 2170	83.67	1,882.51	The Language of the Heart - 3066	-	189.83
Rocket Riders - 1730	-	300.00	The Nine Thirty - 2997	-	196.67
Room 65 - 3052	-	120.00	The Other Meeting - 857	-	490.00
Rule 62 Luncheon - 3474	-	150.00	The Rogue Meeting - 3338	158.00	1,458.00
S.D. Speakers Meeting -152	-	275.00	The We Group - 2739	-	1,000.00
Safe Sane and Sober - 1350	-	200.00	There is a Solution - 2680	-	5.00
San Carlos Single Purpose - 583	-	330.50	Three Legacies Group - 2194	-	400.00
Santee Mens Group - 2972	-	681.75	Thurs. Nite Mens Big Bk Stdy - 1748	-	260.00
Santee Serenity Group - 1943	212.50	1,164.91	Thursday Promises Promises - 749	-	215.00
Santee Sunday Morning Mens - 3076	-	800.00	Thursday Steps - 646	-	601.00
Sat Mens Early Awakening - 2209	270.00	871.50	Tierrasanta Friday Night - 2645	-	300.00
Sat Night Early Discussion - 336	-	250.00	Tierrasanta Morning Serenity - 2811	-	165.00
Saturday A.M. Live - 782	-	234.00	Toes in the Sand - 3282	101.50	1,128.00
Saturday Night Live Speakers - 281	-	150.00	Top of The Hill - 41	-	150.00
Scripps Ranch Men's Two - 2776	-	520.00	Tues Night Mens Step Study - 1813	-	300.00
Scripps Ranch Mens - 3168	-	450.02	Tuesday Book Study - 3501	-	125.00
Serenity On The Sand - 3030	200.00	200.00	Tuesday Morning Alpine - 440	-	316.25
Serenity Seekers - 3232	-	330.00	Tuesday Morning Group - 3089	-	187.50
Serenity Seekers Women - 3496	-	180.00	Two A's Over Easy - 2106	-	50.00
Sisters in Solution - 3272	-	599.00	University City Disc.- 368	-	315.63
Sky Hi Womens - 1633	-	157.50	University City Womens - 369	-	650.00
Smokefree La Mesa Womens - 635	-	150.00	Valley Girls - 2617	55.00	238.10
Sobearity - 3129	-	122.00	Wake Up Call - 1932	-	179.13
Sober Minded Leather Folk - 1882	-	208.75	War Fever - 880	-	83.01
Sober Nooners - 196	-	900.00	Warm and Friendly - 42	-	100.00
Sober Saturday - 483	-	100.00	Water Walkers - 5	-	516.00
Sobriety At All Cost - 3006	-	1,129.00	Water Walkers Too - 1946	360.50	1,097.50
Sobriety On State and Date - 2697	-	807.64	Way Up and Out - 415	-	110.00
Solution And Light - 3157	-	300.00	We've Come A Long Way - 1616	-	200.00
Sons of God - 2789	-	2,165.00	We Need a Name - 3494	-	180.00
South Bay Guys & Gals - 35	-	50.00	Wednesday Night Promises - 2167	-	200.00
South Bay Step Study - 2312	-	100.00	Weekending Step Study - 698	-	100.00
South Clairemont - 305	-	233.00	Whistling In The Dark Mens - 2943	-	290.00
South Park Sobriety - 1015	120.00	376.00	White Flag Outdoors - 2788	-	260.15
Spiritual Awakening - 2275, 3515	161.57	3,694.68	Wholesale Miracles - 2474	35.00	385.00
Spiritual Awakening (Sat) - 2607	-	20.00	Willing to Believe - 3449	-	136.00
Spiritual Awakenings Step Study - 3174	-	220.00	Womans Gut Level - 1701	-	177.55
Starting Over - 3399	-	50.00	Womans Let Go and Let God - 446	-	650.00
Strength In Women - 2955	-	100.00	Women's Joy Of Living - 2636	-	1,159.00
Sunday Beach Sun-Day - 568	-	172.40	Women in Harmony - 3438	-	34.50
Sunday Discussion Group - 127	-	300.00	Womens Attitude of Gratitude - 2751	-	413.00
Sunday Kind of Love - 429	226.00	943.63	Womens Step Study - 296	-	626.56
Sunday Middy - 161	-	400.00	Womens Thursday Nite - 514	-	110.00
			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!

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

***I am responsible.  
When anyone, anywhere reaches out for help,  
I want the hand of AA  
always to be there.  
And for that I am responsible.***

## Central Office Notes

2025 Holidays - Central Office/Bookstore Closed		
DATE	HOLIDAY	DAY OF WEEK
January 20	Martin Luther King, Jr. Day	Monday
February 17	President's Day	Monday
May 26	Memorial Day	Monday
June 19	Juneteenth	Thursday
July 4	Independence Day	Friday
September 1	Labor Day	Monday
October 13	Columbus Day/Indigenous People's Day	Monday
November 10	Observance of Veteran's Day	Monday
November 27	Thanksgiving Day	Thursday
December 25	Christmas Day	Thursday

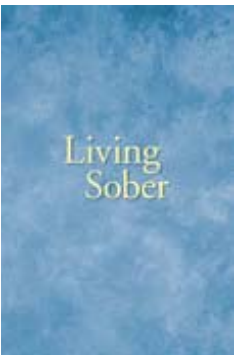
November 2024 Group Contributions	\$6,809
Individual Contributions	\$1,422
Literature & Interest	\$2,503
<b>Total Revenue</b>	<b>\$10,734</b>
Central Office Expenses	-\$19,068
Committee Expenses	-\$2,260
<b>Total Expenses</b>	<b>-\$21,328</b>
November 2024 Net Revenue	-\$10,585
2024 YTD Revenue	\$245

### 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!

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

“It may be that **PROBLEM** drinking is, **INDEED**, as some psychological **EXPERTS** say, an **AILMENT** characterized **ESPECIALLY** by **EGOCENTRICITY**. Not all **ALCOHOLICS** are **EGOTISTICAL**, although many of



us have **LEARNED** to see that **TENDENCY** in **OURSELVES**. Others of us felt **INFERIOR** most of the time; we felt **EQUAL** or **SUPERIOR** to other people only when **DRINKING**. No **MATTER** which type we were, we realize now that we were excessively **SELF-CENTERED**, chiefly **CONCERNED** about our **FEELINGS**, our **PROBLEMS**, other people's **REACTIONS** to us, and our own **PAST** and **FUTURE**. Therefore, trying to get into **COMMUNICATION** with and to help other **PEOPLE** is a **RECOVERY** measure for us, because it helps take us out of ourselves. Trying to **HEAL** ourselves by **HELPING** others **WORKS**, even when it is an **INSINCERE** gesture. Try it some time.” Page 57. Reprinted with permission from A.A.W.S.



## IN PERSON & ONLINE PROGRAM



**61<sup>ST</sup> INTERNATIONAL WOMEN'S CONFERENCE**  
**SAN DIEGO, CA | JANUARY 30<sup>TH</sup> - FEBRUARY 2<sup>ND</sup>, 2025**

*You can register here: In person, \$70.00 (USD)  
and online, \$15.00 (USD)*

<https://internationalwomensconference.org/registration-form-2025/>

***Speaker, Marathon, and Panel Meetings!!  
Hospitality Room – Fun, Games, Yoga, Meditation***

**Questions – [onlineiwc61@gmail.com](mailto:onlineiwc61@gmail.com)**



## Things to Do, And Places to Go

### 35<sup>th</sup> Annual River Roundup

**When:** January 9<sup>th</sup>-11<sup>th</sup>, 2025

**Where:** Laughlin, Nevada

**Info:** [www.rcco-aa.org/events](http://www.rcco-aa.org/events)

### 2025 Orientation Assembly

**When:** Saturday, Jan 11<sup>th</sup> 9 am-4 pm

**Where:** 221 N. Pico Ave, Fallbrook, CA

**Info:** [www.area8aa.org](http://www.area8aa.org)

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

Jan 17-19 Guajome; Feb 14-16 Dos Picos; Mar 21-23 William Hiese; April 18-20 Agua Caliente. Parks fill up - reserve early (3+ months ahead if possible). More dates call Central Off.

### International Women's Conf.

**When:** January 30-February 2<sup>nd</sup>, 2025

**Where:** 1 Market Pl, San Diego 92101

**Info:** Call Central Office 619-265-8762

### Men's Sponsorship Workshop

**When:** Sat., Feb. 8<sup>th</sup> 9:30am-12:30pm

**Where:** 3096 Harding St, Carlsbad, CA

**Info:** Call Central Office 619-265-8762

### 11<sup>th</sup> Annual Yuma Roundup

**When:** Feb 7<sup>th</sup>-9<sup>th</sup>, 2025

**Where:** Yuma Civic Center

**Info:** Call Central Office 619-265-8762

### PRAASA 2025

**When:** March 7<sup>th</sup>-9<sup>th</sup>, 2025

**Where:** Anchorage, AK

**Info:** [www.praasa.org](http://www.praasa.org)

### Old Town Speakers Anniversary

**When:** April 27, 5pm Potluck, 7pm Mtg Linder Hall, 2111 Camino del Rio S.

**Info:** Call Central Office 619-265-8762

### SD Spring Roundup Fishing Trip

**When:** Friday, April 18, 8am-3pm

**Where:** leaves from Point Loma

**Info:** Call Central Office 619-265-8762

### 48TH SD Spring Roundup

**When:** April 17-20

**Where:** 500 Hotel Circle N

**Info:** [www.SanDiegoSpringRoundup.com](http://www.SanDiegoSpringRoundup.com)

### 2025 International Convention

**When:** July 3<sup>rd</sup> - 6<sup>th</sup>, 2025

**Where:** Vancouver, Canada

**Info:** [www.aa.org](http://www.aa.org)

**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 38 Groups whose Coordinators attended the December 2024 San Diego Intergroup Coordinating Council.

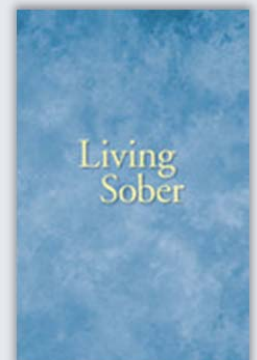
**There are 713 groups in San Diego:  
WAS YOUR GROUP THERE?**

BATTERY CHARGERS	NORTH PARK MENS
CEDAR STREET MENS	OLD TOWN SPEAKERS
CLAIREMONT MENS	OVER THE BRIDGE
COFFEE CLUTCHERS	PINE VALLEY THURSDAY OPEN DISC.
DEL CERRO MIXED	PORTER HALL STRUCTURED STP STDY
DO THE WORK!	RADICAL ACCEPTANCE MEETING
DOWNTOWN DISCUSSION	RAINBOW GROUP
EL CAJON WOMEN'S SERENITY GROUP	RIDING SOBER
EVERY NIGHT AT SIX	SANTEE MENS GROUP
FRIDAY NIGHT IRREGULARS	SANTEE SPEAKERS
FULL MEASURE FRIDAY	SCRIPPS RANCH MENS
I.B. UP	SISTERS IN SOLUTION
JUMP START	SOBEARITY
LA MESA MENS	SUNDAY MIDDAY
LA MESA SAT. MORNING WOMENS	THE COMMON SOLUTION
LA MESA STEP STUDY WORKSHOP	THE NINE THIRTY
MIDDAY MIRACLES	THE WE GROUP
MID-WEEK MENS	TUESDAY MORNING ALPINE
MISSION HILLS BEGINNERS	WOMEN'S JOY OF LIVING

**Next Council Meeting: Thursday, January 9<sup>th</sup>.** Council meets at 7:00 PM (Orientation 6:30 PM) at 4816 Glen St in La Mesa, or on Zoom (ID# 823 3106 8854; PW: AAsandiego). If your Group doesn't have a Coordinator, choose one today!

## Book of the Month: *Living Sober*

"This booklet does not offer a plan for recovery from alcoholism. The Alcoholics Anonymous Steps that summarize its program of recovery are set forth in detail in the books *Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions*. Those Steps are not interpreted here, nor are the processes they cover discussed in this booklet. Here, we tell only some methods we have used for living without drinking. You are welcome to all of them, whether you are interested in Alcoholics Anonymous or not. Our drinking was connected with many habits—big and little. Some of them were thinking habits, or things we felt inside ourselves. Others were doing habits—things we did, actions we took. In getting used to not drinking, we have found that we needed new habits to take the place of those old ones. . . After we spent a few months practicing these new, sober habits or ways of acting and thinking, they became almost second nature to most of us, as drinking used to be. Not drinking has become natural and easy, not a long, dreary struggle." Page 4 *Reprinted with permission from A.A.W.S.*



# 14

## Reboot

*Continued from Page 1*

The first AA meeting I went to I was told to get a commitment, go to meetings, get on my knees and pray, get a sponsor and send gratitude lists. For my first year that is what I focused on: I had several commitments, went to at least one meeting nearly every day, I finished my steps, met with my sponsor, surrendered on my knees and sent a gratitude list almost every day. I felt connected to people in the program and full of hope. It was a year of doing A LOT of opposite action. There were months where I just wanted to isolate and take a break from so many meetings, I was tired of meeting with my sponsor and even sending gratitude lists seemed way more vulnerable than I ever wanted to be. I reminded myself though that it made sense to do the opposite of what I wanted since my alcoholic way of thinking was not going to lead me towards a solution.

After I got my year, I just wanted to take a little break. I felt tired of the routines and tired of being so open. The desire to drink had been removed so I thought as long as I prayed, met with my sponsor and stayed close to my higher power, I would be ok.

For the next few months I only went to about 2 meetings a week, I had no meeting commitments, and I stopped sending gratitude lists. I still met with my sponsor and prayed but within a few weeks, my depression got worse, and I was filled with feelings of fear and uselessness. I didn't have a desire to drink but the peace that I had found... even peace on a bad day was being replaced by hopelessness.

Then I was at a meeting where we read the 12 and 12 pg. 99 "For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life." This made me reflect on the differences between my first year and my last few months. Could it really just be that not sending gratitude lists, not going to as many meetings and not fellowshiping made that much of a difference? I decided to test it out.

The next day I sent a gratitude list and reached out to some people in the program and promised myself that I would go to at least 4 meetings a week. Within a week, I felt joy and peace again. It has been about a month and the peace has stayed! I still have bad days but instead of sitting in self, I go to a meeting, help someone else or remember all I have to be thankful for. I forgot how nourishing and essential connection is... even when I think I don't want it. It wasn't a big change but it was just connection and being there for others that changed everything inside. It seems that the more I forget myself the more I like myself and the more of myself I want to share with others. So, I am going to keep doing the things I did my first year and see what happens.

*By Prascilla*



## The Ultimate Authority?

*Continued from page 1*

I felt sad because I seemed to know that AA was the last house on the block and may have been my only chance for recovery. I decided then and there that I would just have to figure out how to live and drink because I could not stop and AA didn't work. As I stood there on the phone, a woman walked by, whom I had seen at several of the AA meetings I had been to in the last couple of weeks. She didn't stop and talk, she just smiled, waved and said, "Hi!"

A shiver went down my spine. I thought that it was an odd coincidence that she would show up right then as I was about to go in and have a drink. I looked up at the sky and wondered if she had been sent there to encourage me not to give up, that I didn't have to do it alone, and perhaps I should give AA another try. I hung up the phone and walked away from the bar. Since that moment, I have not had the same intention to drink as I had had up until that point. The desire was suddenly lifted.

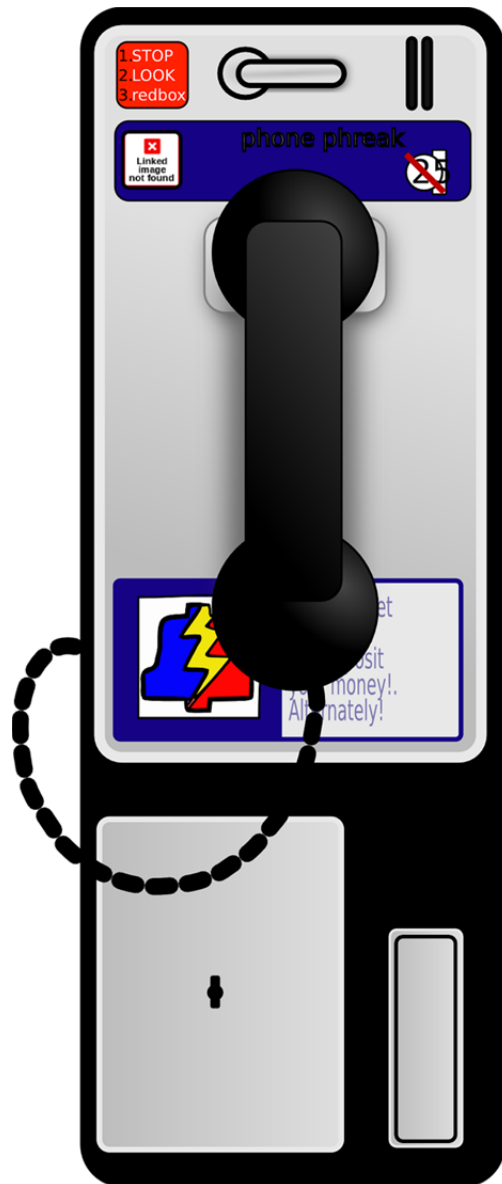
It is said that there are no coincidences and I believe this is true. When I tell this story to the woman who walked by, she laughs at how her mere presence that day could have had the effect on me that it did; she was just walking home. In fact, it has changed the course of my life for the past sixteen years.

There was no sinister higher power waiting for me to fall as I had imagined an ultimate authority to be. The word, "ultimate," comes from a Latin word meaning "on the other side." One definition of authority is "permission." This makes sense to me: I have been given permission to live on the other side, to move out of the darkness and into

the light. I remembered this tonight as I walked into work, free from a hangover and all the other garbage that comes when I drink. It reminded me to be grateful for giant miracles wrapped up as tiny coincidences.

*By Anonymous*

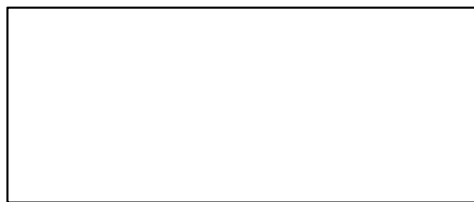
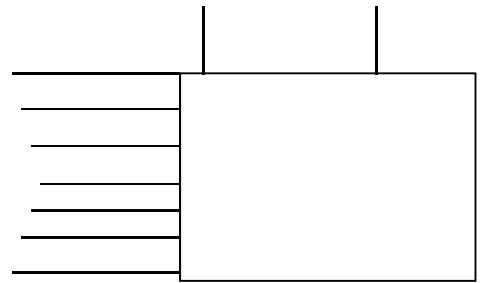
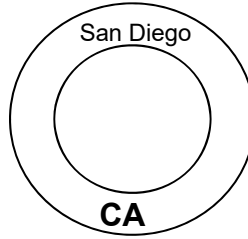
*Reprinted from February 2003 San Diego Coordinator*





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

RETURN SERVICE REQUEST



# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1