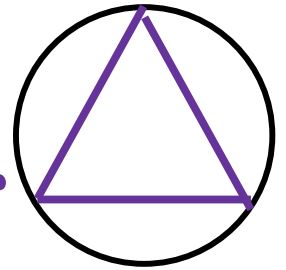


# The San Diego AA Coordinator



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

*"We began to see each adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than of bravado." As Bill Sees It, p.20*

APRIL 2011

VOL. XI NO. 4

## INSIDE...

- **Meetings in Motion, p. 4**
- **Coordinating Council Minutes, pgs. 5-6**
- **Financial Statements, p. 7**
- **Group Contributions, pgs. 8-9**
- **Central Office Notes, p. 10**
- **Calendar of Events, pgs. 11-12**
- **Upcoming Events & Speaker Meetings, p. 13**

## *"Carry the AA Message"*

**Join the fun and submit an article!**

## Monthly Themes

### MAY

Principle of Integrity (due 4/28)

### JUNE

Principle of Willingness (due 5/26)

### JULY

Principle of Humility (due 6/23)

Submit 500 to 1000 word story to Newsletter Chair at:

[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

For more information, see page 2

## The Fourth Principle of Courage

by Lisa O.

When I arrived at the door of Alcoholics Anonymous, I wasn't afraid of anything. Or so I thought. My sponsor asked me to give an example of how I displayed courage. I related some of my exploits: hanging out in the bad parts of town in pursuit of incomprehensible demoralization, shoplifting bottles of vodka, telling people just exactly what I thought of them and stealing money from wallets and purses when no one was looking.

My sponsor set me straight, "That's not courage, that's *bravado*."

Naturally, like any good sponsor would, she had me look up the definitions. Webster defines courage as "mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty." Bravado is defined as "blustering, swaggering conduct; pretense of bravery; the quality or state of being foolhardy." It was easy to discern which definition my behavior resembled. Even when I thought I was fortifying myself with liquid courage, I was really only *pretending* to be brave.

It may be interesting to note that the root of the word courage-coer-means "heart," whereas bravado-bravare-means "show off."

After going over the first three steps with me, my sponsor set me working on a moral inventory of myself. Through this course of action, I discovered many things about myself, some of which I really didn't like. Again, my sponsor helped me to discover what behaviors I engaged in that I wanted to keep and which ones I was willing to give up.

By doing a fear inventory, I realized I have many fears. The program doesn't promise to remove all my fears-just two, fear of people and fear of economic insecurity. Neither does A.A. use the word "courage" in what it *does* promise me. As noted above, courage is not the absence of fear but the ability to persevere in the presence of fear. I have found that courage builds upon itself. By facing fear, courage increases.

When I humbly ask God for His will for me and the power to carry it out, I am able to face my fears and walk through some really tough situations. I gain the courage to stand up in a meeting of Alcoholics Anonymous and tell people

*(Continued on page 3)*

## ALCOHOLICS ANONYMOUS 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)

FAX: (619) 265-2954

OFFICE & BOOKSTORE

Mon-Sat 9am-5pm

**Central Office Manager: Connie J.**

**Administrative Assistant: Kathy M.**

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.com](mailto:SDAA.newsletter.com). They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee on 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, 12<sup>th</sup> Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office. For Committee specific information contact the following Committee Chairs:*

### Coordinating Council Officers:

Council Chair	Nancy N.
Council Assistant	Rick W.
After Hours Phones	Ruben S.
Business Committee	Maggie S.
New Coordinators	Clay K.
Outreach Committee	Kevin H.
Program Committee	Nicki F.
Public Info Committee	Heidi
Newsletter/Coordinator	Chris C.

### Area Officers:

Delegate	Joel C.
Alternate Delegate	Tom M.
Area Chair	Rafael C.
Archives	Carrie E.
H & I Director	Chris S.
Young People's Committee	Morgan

**Contributors:** Lisa O, Barb D, Thomas K

**April Theme:** Courage

**Fold & Label:** Wednesday April 20, 2011  
5:30 pm, at Central Office

**Committee Meeting:** Thursday April 28, 2011  
6:00 pm, at Central Office

### **View from the Chair**

The AA Coordinator Newsletter has received quite a few submissions for the Newsletter this year. The Committee would like to thank all of our San Diego AA Members who are reaching out and submitting articles to help carry the message of AA to the Newsletter readers.

We are still looking for articles on the 12 Principles of AA. You can submit your articles any time of the year for any of the 12 Principles; however, we are trying to keep them coordinated with the months (Principle one for January, two for February, etc). If you have any articles that you are not sure fall under any of the 12 Principles; submit them anyway!!! If it's about AA, it's probably about the Principles!

You can drop off your article at Central Office or you can email your submissions to the committee at [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

**In loving service,  
Chris C**

### **Thank You to our March 2011 Issue Fold and Label Volunteers!**

These kind folks participated in February

<b>Group Represented</b>	<b>Volunteers</b>
We Group	Wes T, Don D
Newsletter Members	Chris C, Christian W, Linda F
The Joy of Living	Maureen B
Carry the Message Committee	Eva G, Kathi M, Karen F, Jessie C
Others	Sober Tom

*(Continued from page 1)*

what is going on with me. If I have neglected or forgotten a responsibility, I can apologize and amend my behavior.

When someone hurts me, whether it's with their words or their actions, I can summon my courage, approach them assertively and carefully speak my truth.

The Serenity Prayer tells us that courage can be granted by God. If I don't believe I have enough courage to change the things I can, the prayer can bolster me.

By working the steps and following the suggestions found in the Big Book of Alcoholics Anonymous, along with the sound advice offered by my sponsor, I realize I do have courage now. It is intrinsic to having personal integrity. At times, it takes all the courage I can muster to do the right thing. But I can always ask God for more.

### *Keeping It Clean...*

A few friends were playing a trivia game one night. It was a very drunk lady's turn and she got a science question: "If you are in a vacuum and someone calls your name, can you hear it?" She thought for a minute or two and then asked,

"Is it on or off?"

*Richard M. from Golden, CO*

### *How Low?*

Sign in cantina in Mexican fishing village: "If our drinks and service don't meet your standards, please lower your standards."

*Douglas P.I. from Cabo San Lucas*

From August 2010 *Grapevine*

### *Things we cannot change...*

Bob H. of the Mid-Week Group.  
Bob had 19 years of sobriety, he will be missed.

**CRITICAL and URGENT NEED!**  
**Emergency back-up volunteers to answer daytime and after-hour phones!**  
**New groups needed for after-hours phones waiting list!**

Call forwarding is available  
Call

**AA Central at 619-265-8762**  
for more information

### *A.A. Birthdays!*

*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!*

*Harry F*

Sun City Group  
Feb. 9, 1970, 41 years

*Lisa O.*

Miracles on Monday  
Feb. 16, 2005, 6 years

### Birthday Gratitude

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.*

## Group and Meeting Changes

**\*\*NEW MEETINGS\*\***

**Dancing Spirit Step Study Codes: C W \***  
 Club 9535 Kearny Villa Rd #104  
 Thu @ 7 pm Mira Mesa

**\*\*RELOCATE\*\***

**Saturday Nite Live**  
 Library (new) 1275 Main St  
 Sat @ 7:30 pm Ramona  
 (was Library (old) 1406 Montecito Rd)

**\*\*TIME CORRECTION\*\***

**Sunday Sober Sisters Codes: W \* CF**  
 Store 4736 Clairemont Mesa Blvd  
 Sun @ 12:30 noon Clairemont  
 (was 12:30 pm)

**\*\*CANCELED\*\***

**I Am Responsible S/S Workshop Codes: C**  
 Church 5940 Kelton Ave  
 Fri @ 7:30 pm La Mesa

### Coordinating Council Attendance

**The following 53 groups attended March Coordinating Council  
 There are 760 registered groups in San Diego**

**WAS YOUR GROUP THERE?**

**NEXT COUNCIL MEETING IS: THURSDAY, April 14, 2011**

11<sup>th</sup> Step Journey  
 Allied Gardens Step Study  
 Big Bon-Fire Meeting  
 Big Book & 12 X 12 Study  
 Cedar Street Mens  
 Clairemont Mens  
 Clairemont Womens Step Study  
 Daily Reflections  
 Downtown Discussion  
 Early Morning Recovery  
 El Cajon Womens Serenity  
 East Side Group  
 Easy Does It Riders  
 Evening Serenity  
 Fourth Dimension  
 Fresh Start Beginners  
 Friday Night Irregulars  
 Friday Night Santee  
 God Squad Too  
 Golden Hill Sun Discussion  
 Great Fact Group  
 Harmony Group  
 I. B. Up  
 Kelton Ave Big Book Study  
 La Mesa Beginners  
 La Mesa Mens  
 La Mesa Mixed

La Mesa Step Study Workshop  
 Little Apple Group  
 Mid-Week Mens  
 Miracles On Monday  
 Monday At A Time  
 Monday Night Young Peoples Steps  
 North Park Mens  
 Old Town Speakers  
 Over The Bridge  
 Point Loma AA Discussion  
 Point Loma Mens  
 Porter Hall Structured S/S  
 Progress Rather Than Perfection  
 Rainbow Group  
 Santee Saturday Night Speakers  
 Santee Thursday Closed Mixed  
 Scripps Ranch Mens Two  
 Sky Hi Women  
 Smokefree La Mesa Womens  
 Southern Cal Speakers  
 Straight Shooters  
 The We Group  
 Thursday Promises Promises  
 Tues Night Big Book Step Study  
 Water Walkers Too  
 Womans Let Go & Let God

### Looking Within

**Made a searching and fearless moral inventory of ourselves.**

Twelve Steps and Twelve Traditions, p.42

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self-awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to resolve them, they become fewer and fewer.

Daily Reflections, April 1

### Giving Up Insanity

**...where alcohol has been involved,  
 we have been strangely insane.**

Alcoholics Anonymous, p. 38

Alcoholism required me to drink, whether I wanted to or not. Insanity dominated my life and was the essence of my disease. It robbed me of the freedom of choice over drinking and, therefore, robbed me of all other choices. When I drank, I was unable to make effective choices in any part of my life and life became unmanageable.

I ask God to help me understand and accept the full meaning of the disease of alcoholism.

Daily Reflections, April 12

*Thank You, Central Office  
 Phone Volunteers For  
 Carrying The Message*

## Minutes of the Coordinating Council

Thursday, March 10, 2011

Nancy N. – Council Chair called the 789<sup>th</sup> meeting to order at 7:30 pm. Trevor read the 12 Traditions. Council Definition and Purpose read by Ray. There were 2 new Coordinators, 0 visitors and 2 birthdays. 7<sup>th</sup> Tradition was \$65.36. Roll Call: Rick W., Assistant Council Chair reported 53 groups were represented out of 90 registered Coordinators. There was a quorum (44) It was m/s/c to approve the minutes of the February 2011 Council Meeting.

Area Assembly – No Report Given.

H & I Representative: Debbie – Shared purpose of H & I (to establish and maintain AA meetings in facilities where people are confined and to bring AA General Service Conference approved literature into those institutions). We have more requests to bring a meeting in than we have volunteers, so we are always looking for new members. Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3<sup>rd</sup> Sunday @ 12:15 pm Hall 5150 Kearney Mesa Rd 92111 and 3<sup>rd</sup> Thursday @ 7 pm Central Office 7075-B Mission Gorge Rd 92120. Contact on Release's purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual and take them to their first few meetings. Go to [area8aa.org](http://area8aa.org) and click on the H & I tab for more details and 2010 financials.

AFTER HOURS PHONES: No Report Given.

BUSINESS COMMITTEE: Maggie S., Chair reported that the committee met on Tuesday 3/8/11 at 6:00 pm. Present: Maggie S., Jerry C., Leonard R., Gary C., Sherry G. Nancy N., Council Chair, Rick W., Asst Council Chair and Connie J., Central Office Manager.

Absent: Ray R., There was a quorum.

- 1) It was m/s/c to approve January 2011 and February 2011 Minutes.

- 2) It was m/s/c to approve January 2011 and February 2011 Financials.

February Financial Statements briefs:

- a) Our February 2011 Net Revenue is (\$1,012.27). Our 2011 YTD Net Revenue is \$721.89. Group and Individual Contributions were \$8,877.53. Literature Sales Revenue and bank interest was \$2,356.16 while total office and committee expenses were \$12,249.96. Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager's Report

- 1) March's Book of the Month: "*Pass it On*" (Bill W.'s story) on sale: \$9.25.
- 2) April's Book of the Month: "*Came to Believe*" on sale: \$3.75.
- 3) Central Office offers Gift Certificates in from \$10.00 - \$25.00 increments.
- 4) Sending contributions receipts by email.
- 5) Coordinator Newsletter – Sign up to receive electronically. Hard copies will continue to be available at Central Office.
- 6) Researched replacement of an office copier

Committee Member reports:

- 1) Maggie S. - led meeting.
- 2) Ray R. – made BC reminder calls.
- 3) Jerry C., Treasurer, signed checks, reviewed February 2011 Bank reconciliation and financials.
- 4) Gary C. – reviewed the bank deposits.
- 5) Rick W. – passed out call reminders.
- 6) Nancy N. – Website working properly.
- 7) Leonard checked 12 step and volunteer meeting books.

Old Business: There was none.

New Business: Discussion on replacing office copier. Connie J., Manager, presented several bids with service contract. It was m/s/c to present Motion to Coordinating Council to replace office copier.

Continued from page 5.

**COORDINATOR NEWSLETTER:** Linda F., reported committee met on 2/24/11 at 6 pm. Present: Linda F., Chris C., Christian W., Maureen B., and Thomas K.

**May's Theme: "Integrity".** Submissions of 500-1000 words welcome (submissions due by March 24th).

Send to SDAA.Newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Come join in the fun at the Fold & Stuff party. NEED groups to adopt a month to collate the newsletter.

**COORDINATOR OUTREACH:** Charlie reported there was no meeting tonight. Help NEEDED in terms of participation and outreach in the areas of City Heights, Rolando, beach areas. We have a new 2011 notebook.

**ORIENTATION & GUIDELINES:** Clay, Chair reported committee met tonight at 6:30 pm present: Mike, Duncan and Clay.

- 1) Orientated 2 new Coordinators. Discussed duties of the Coordinator, handed out orientation packets and answered questions. Read the "History of San Diego", reviewed Robert's rules of order" and a Quorum.

**PROGRAM COMMITTEE:** Les V. shared the committee met on 2/27/11.

- 1) Our 1<sup>st</sup> 2011 event will be the Founders Picnic on Saturday, June 11th with Area Assembly's Unity Day Event. The next planning meeting on Saturday, April 2nd @ 9:00am at Central Office.
- 2) Anniversary Breakfast – is being planned to have at Ramada Inn again this year.
- 3) New Years Eve event – is being planned to have at Scottish Rite Center again this year.

**PUBLIC INFORMATION COMMITTEE:** Heidi. Chair reported that committee met on 3/7/11 at 6 pm. Present: Pat A., Terry L., Kimberly H., Rufus and Joe Steven and Heidi. Absent: Heather C., Linda K.

- 1) Navy 32<sup>nd</sup> St Base would like us to come back; question regarding PI vs H&I panel. Joe and Rufus went on 1/19/11.
- 2) Kimberly reported that the Hearts & Minds event was worthwhile.
- 3) Terry had 4000 approved Public Information DUI Brochure printed for distribution to courts and dui schools. Making contacts of persons to deliver to.
- 4) Presented an idea to the Council around groups sponsoring pamphlet racks at locations in the community like hospitals, schools... There were many questions and Heidi was instructed to bring back an outlined plan for discussion next month.
- 5) Kimberly expressed a need for a new PI AA banner for events.
- 6) Pat will begin sending form letters to schools.
- 7) No Upcoming events:

**OLD BUSINESS:** There was none.

**NEW BUSINESS:**

- 1) Maggie S., Chair presented Motion from the Business Committee to replace the 17 year old office copier. A spreadsheet was presented of research with recommendation. There was discussion. It was m/s/c unanimously to approve.
- 2) Wes T. volunteered for PA System.

Thanks to Debbie for H & I Special Report.  
Thanks to Les V. for PA System Set-up/Tear Down.

Thanks to Mike A. for coffee.

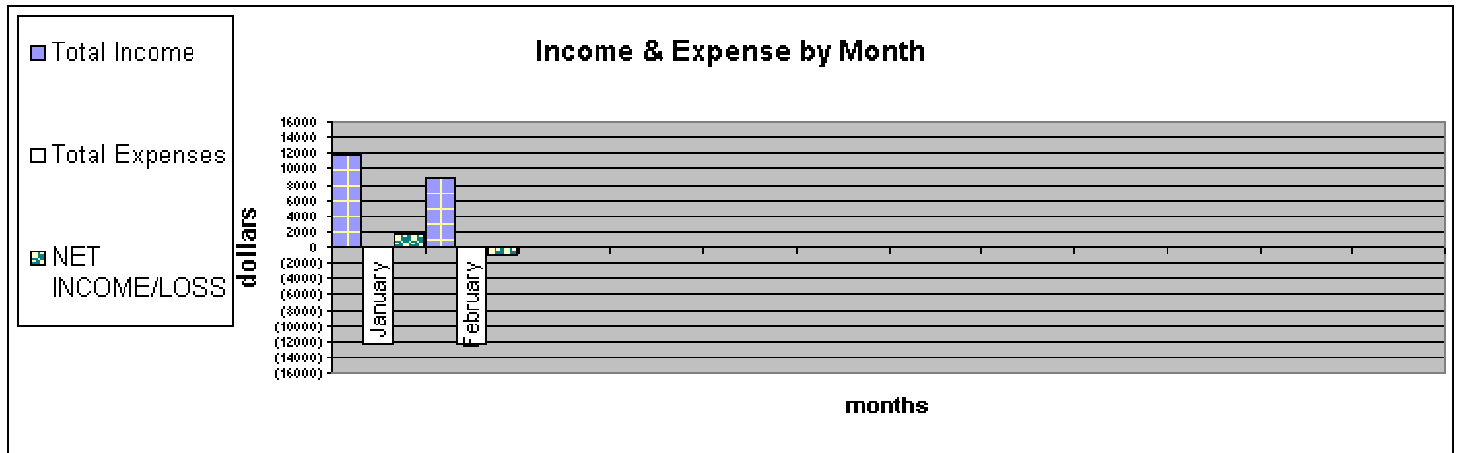
Thanks to those for setup and clean up of the room. Meeting adjourned at 8:55 pm with Serenity Prayer.

Respectfully submitted,

*Connie J.*

Connie J., Recording Secretary

	February 11	February '10	YTD '11	YTD '10	\$ Change	Budget '11
<b>Ordinary Income/Expense</b>						
<b>Income</b>						
<b>Contributions Group</b>	7,961.05	7,708.75	18,914.71	16,287.33	2,627.38	118,384.00
<b>Contributions Individual</b>	916.48	(611.00)	1,576.18	1,515.00	61.18	9,650.00
<b>Contributions SDIAA</b>	-	910.00	240.00	910.00	(670.00)	1,125.00
<b>Interest - Cert of Deposits</b>	51.22	87.01	101.57	190.96	(89.39)	900.00
<b>Total Income</b>	<b>8,928.75</b>	<b>8,094.76</b>	<b>20,832.46</b>	<b>18,903.29</b>	<b>1,929.17</b>	<b>130,059.00</b>
<b>Expense</b>						
<b>Accounting &amp; Legal</b>	60.00	225.00	60.00	450.00	(390.00)	2,650.00
<b>Auto/Travel/Seminar</b>	58.00	56.03	86.50	110.83	(24.33)	1,300.00
<b>Bank Service Charges</b>	2.00	8.00	4.00	10.00	(6.00)	125.00
<b>Cash (Over) Short</b>	(11.67)	(10.97)	7.94	36.51	(28.57)	(50.00)
<b>Checks Returned - Bad Debt</b>	-	-	-	-	-	-
<b>Equipment Maint &amp; Repair</b>	75.00	-	75.00	-	75.00	500.00
<b>Equipment Purchase</b>	-	-	-	-	-	500.00
<b>Insurance</b>	50.00	50.50	100.00	101.00	(1.00)	1,100.00
<b>Office Maint. &amp; Repairs</b>	-	-	-	-	-	500.00
<b>Office Supplies</b>	217.89	72.74	602.39	623.94	(21.55)	3,900.00
<b>Rent</b>	1,648.00	1,600.00	3,296.00	3,200.00	96.00	20,168.00
<b>Taxes</b>	-	83.49	1.05	83.49	(82.44)	80.00
<b>Telephone</b>	232.33	221.85	471.60	445.33	26.27	2,900.00
<b>Utilities-Electricity</b>	249.56	333.71	537.40	648.45	(111.05)	3,600.00
<b>Website</b>	20.00	13.00	76.75	46.85	29.90	500.00
<b>EMPLOYEES</b>			-			
<b>Accrued Payroll Taxes</b>	730.81	730.83	1,573.26	1,587.41	(14.15)	7,400.00
<b>Employee Wages</b>	7,298.86	7,298.86	14,721.72	14,845.72	(124.00)	89,990.00
<b>Employee 403B Contribution</b>	192.57	175.00	367.57	350.00	17.57	2,100.00
<b>Employee Health Benefit</b>	817.00	853.04	1,670.04	1,845.02	(174.98)	10,236.00
<b>Insurance-Worker's Comp</b>	50.00	50.00	100.00	136.50	(36.50)	850.00
<b>Total Expense</b>	<b>11,690.35</b>	<b>11,761.08</b>	<b>23,751.22</b>	<b>24,521.05</b>	<b>(769.83)</b>	<b>148,349.00</b>
<b>Net Ordinary Income</b>	<b>(2,761.60)</b>	<b>(3,666.32)</b>	<b>(2,918.76)</b>	<b>(5,617.76)</b>	<b>2,699.00</b>	<b>(18,290.00)</b>
<b>Other Income/Expense</b>						
<b>Literature Income/Expense</b>						
<b>Sales (see schedule)</b>	2,308.94	2,286.67	4,564.44	4,427.42	137.02	25,540.00
<b>Total Other Income</b>	2,308.94	2,286.67	4,564.44	4,427.42	137.02	25,540.00
<b>Standing Committees Inc/Expense</b>						
<b>Committee (see schedule)</b>	559.61	459.21	923.79	1,310.59	(386.80)	7,250.00
<b>Total Other Expense</b>	559.61	459.21	923.79	1,310.59	(386.80)	7,250.00
<b>Net Other Income</b>	1,749.33	1,827.46	3,640.65	3,116.83	523.82	18,290.00
<b>Net Income</b>	<b>(1,012.27)</b>	<b>(1,838.86)</b>	<b>721.89</b>	<b>(2,500.93)</b>	<b>3,222.82</b>	<b>-</b>



## February 2011 Group Contributions

8

11th Step Journey-2622	125.00	125.00	Lost & Found - 2907	-	12.00
Allied Gardens Friday Lunch - 766	100.00	100.00	Lunchtime Friends - 964	-	52.40
Annual Grateful Meeting - 2461	-	76.00	Midnight Howlers - 1025	100.00	440.00
B.Y.O.B. - 203	100.00	100.00	Mira Mesa Womens - 411	-	52.46
Back to Basics - 1026	250.00	500.00	Mission Bay Sat Night Speakers - 271	-	80.00
Balboa Breakfast - 2721	-	152.55	Mission Hills Lunch Bunch - 2675	-	1,000.00
Battery Chargers Thanksgiving Alkathon	-	8.00	Monday At A Time - 2875	-	60.00
Bayside Big Book Study - 1610	50.00	50.00	Monday Night Big Book Study - 2345	-	10.00
Beginners Steps To Sobriety - 1007	-	20.00	Monday Night Young People's StepStudy-2618	-	73.01
Bonita Womens Big Book - 2734	29.31	29.31	Morning Attitude Adjustment - 768	575.00	575.00
Breakfast Of Champions - 2818	-	300.00	Mother Earth Viejas Rez- 2019	10.00	10.00
Carrying the Message - 2458	-	100.00	National City Maintenance - 136	-	85.00
Cedar Street Mens - 1698	169.35	264.37	Nooners Anonymous - 1164	-	106.25
Chula Vista 4 Min Speakers - 1568	150.00	200.00	O.B. Friday Night Big Book Study - 1316	-	150.00
Clairemont Daytime Step Study - 427	-	60.00	Old Town Speakers - 321	-	250.00
Clairemont Discussion - 314	-	50.00	On The Corner - 2384	-	167.40
Clairemont Mens - 301	-	300.00	Open Minded Mens - 626	-	200.00
Clairemont Mixed Discussion - 338	75.00	75.00	Pacific Beach Weekend Warmup - 725	-	100.80
Clairemont Wednesday Group - 303	-	115.00	Paradise Hills - 392	-	50.00
Clairemont Womens - 340	-	185.79	Pass It On Big Book Study Group -2860	72.11	184.41
Clairemont Womens Step Study - 341	70.00	70.00	Penasquitos 12X12 - 2759	-	20.00
Coffee Clutchers - 2332	-	250.00	Point Loma Nooners - 1606	-	117.77
Class Acts - 1845	240.00	240.00	Pt Loma Fri Afternoon Step Study - 244	188.00	188.00
Coronado Nooners - 497	150.00	150.00	Pt Loma Womens Discussion - 1608	-	75.00
Courage to Change - 2679	100.00	100.00	Rainbow Group - 570	-	125.00
Dawn Patrol - 263	158.94	158.94	Right Turn Group - 1900	50.00	50.00
Diamond St Mens Step Study - 569	-	223.41	Rise & Shine - 2170	167.75	258.25
Downtown Discussion - 1665	122.47	292.87	Rocket Riders - 1730	180.00	180.00
Drunks Only - 1605	-	619.97	Round Table Discussion - 123	-	62.50
Each Day A New Beginning - 509	-	200.00	Safe Sane and Sober - 1350	-	500.00
Early Morning Recovery - 2688	33.84	118.74	Santee Thursday Closed Mixed - 145	50.00	50.00
Eastlake Greens Attitude Adjust(Su - 2712	-	150.00	Sat Mens Early Awakening - 2209	300.00	300.00
Easy Does It Riders - 21	340.10	340.10	Sat Night Early Discussion - 336	191.00	191.00
Easy Does It Speakers - 114	50.00	50.00	Saturday A.M. Live - 782	63.60	63.60
El Cajon Daytime - 52	-	720.00	Scripps Ranch Men's Two - 2776	-	50.00
Eye Opener Group - 607	139.50	139.50	Sky Hi Womens - 1633	-	60.00
Free At Last - 2888	73.49	119.49	Sober Nooners - 196	60.00	60.00
Fresh Air Friday - 266	300.00	300.00	Sober Serenity Seekers - 887	93.50	93.50
Fresh Start Beginners - 2609	-	319.65	Sober Survivors - 2915	-	60.50
Friday Morning Womens - 104	163.00	163.00	South Bay Mixed Discussion - 36	50.00	50.00
Friday Morning Santee - 1754	180.00	180.00	Spiritual Awakenings Step Study -2601	-	50.00
Friday Nite Weeks End - 1856	60.00	60.00	Stadium Group - 372	60.00	60.00
Good Morning AA - 1888	73.95	73.95	Step Sisters - 2155	111.00	111.00
Happy, Joyous & Free - 363	-	75.00	Sunday Middy - 161	-	100.00
I. B. Up - 2565	-	100.00	Sunday Morning Eleventh Step - 1206	-	150.00
Judges Big Book - 2736	10.00	10.00	Sunrise Promises - 2166	150.00	250.00
La Jolla Basic B/B Study - 2154	-	180.00	Sweet Surrender Speakers - 2254	40.00	40.00
La Jolla Beginners Group - 82	-	400.00	Thankful Thursdays - 2542	-	75.00
La Jolla Mens - 692	-	75.00	The Womens Room - 450	6.04	6.04
La Jolla Monday Womens - 87	600.00	600.00	Thursday Campus Noon Group - 2387	80.00	80.00
La Jolla Nonsmokers Disc - 88	250.00	250.00	Tierrasanta Morning Serenity - 2811	36.00	94.00
La Jolla Patio Group - 613	72.00	138.20	Tri-Serenity - 836	-	20.00
La Mesa Mens - 106	-	88.59	Tuesday Campus Noon Group - 2544	80.00	80.00
La Mesa Mid Morning - 2777	-	40.00	Tuesday Morning Alpine - 440	99.60	99.60
La Mesa Mixed - 2136	-	150.00	Tuesday Night Primary Purpose - 130	75.00	75.00
Laguna Mountain Group	60.00	60.00	Tuesday Vision 4 U - 2775	-	20.00
Lake Murray Womens - 572	-	92.50	University City Womens - 369	-	250.00
Linda Vista Thursday Night - 319	100.00	215.00	Wake Up Call - 1932	-	10.00
Little Apple Group - 1438	-	50.00	Wednesday Winners Circle - 496	502.50	502.50
			Womens Attitude of Gratitude - 2751	-	78.79



**February 2011**

Group Contributions	7,961.05
Individual Contributions	916.48
Literature & Interest	2,360.16
Total Revenue	\$11,237.69
Central Office Expenses	11,690.35
Committee Expenses	559.61
Total Expenses	\$12,249.96
February Net Revenue	(\$1,012.27)
2011 YTD Net Revenue	\$721.89

**Central Office accepts  
Visa/Mastercard debit/credit cards.**



Come visit us on the Web at:  
[www.aasandiego.org](http://www.aasandiego.org)



Meeting Schedule, Maps  
Calendar of Events  
Contact with Central Office



**Daytime  
Phone Volunteers**



**Call Connie:  
(619) 265-8762**

**2010 Statistics**

**Big Books Sold: 6,656**

**12 x 12 's: 2,249**

**Newcomer packs: 6,280**

**24 hour hotline:**

**Meeting Info: 19,890**

**General Info: 5,856**

**12 step referrals: 578**

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.

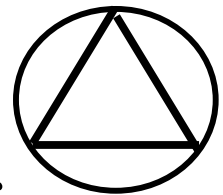
2011 Holidays - Central Office Bookstore Closed		
HOLIDAY	DAY OF WEEK	DATE
Memorial Day	Monday	May 30 <sup>th</sup>
July 4 <sup>th</sup>	Monday	July 4 <sup>th</sup>
Labor Day	Monday	September 5 <sup>th</sup>
Veterans Day	Friday	November 11 <sup>th</sup>
Thanksgiving Day	Thursday	November 24 <sup>th</sup>
Christmas	Monday	December 26 <sup>th</sup>

*BOOK OF THE MONTH*

**March: "Pass It On" sale: \$9.25 reg. \$10.00**

**April: "Came to Believe" sale \$3.75 reg. \$4.25**

# The San Diego AA Coordinator




---

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

---

**The San Diego AA Coordinator Newsletter is available to all AA members.  
Sign-up for the Electronic Coordinator Newsletter email list.**

**Email: [sdaaco@aol.com](mailto:sdaaco@aol.com) Or**

**Central Office 619-265-8762 (sign-up sheet)**

**(Please include name, contact #, and LEGIBLE email)**

**Hard copies will continue to be available at Central Office.**

**Have you checked out the San Diego AA Archive's Room at Central Office?  
It is open Monday – Saturday from 9 am – 5 pm. We will give you a free tour.**

**Have you been to our [aasandiego.org](http://aasandiego.org) website? You can find San Diego AA meetings with maps, the Coordinator newsletter including our monthly financials, monthly service calendar, calendar of events, or you can submit meeting changes, sign up to be a 12 stepper...lots of stuff on our website...check it out.**

**When someone calls the Central Office and needs to speak to someone about their problems with alcohol, we then call an AA member on our 12 step lists. You can sign up to be on a daytime or nighttime call list.**

**CENTRAL OFFICE**  
PHONE CALLS FOR **February 2011**

TOTAL CALLS FOR MONTH  <b>1936</b>	Meeting Info	General Info	XII Step Calls
<b>DAYTIME VOLUNTEERS</b> From 9 am to 9 pm	<b>1270</b>	<b>367</b>	<b>28</b>
<b>NIGHT TIME VOLUNTEERS</b> From 9 pm to 9 am	<b>174</b>	<b>78</b>	<b>19</b>

**WEB SITE HITS: February = 9,896    Total **910,091****

**April 2011**  
**AFTER-HOURS PHONE GROUPS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Mission Hills Late Night	Mt Soledad Mens
3	4	5	6	7	8	9
Adams Ave Big Book	Friday Night Mens	Over The Bridge	Dawn Patrol	Fresh Start Beginners	La Mesa Mens	Water Walkers Too
San Diego Young Peoples						
10	11	12	13	14	15	16
La Mesa Women's Sat Morning	P. B. Early Risers	La Jolla Speakers	Mission Possible	Midnight Howlers	Safe, Sane and Sober	Evening Serenity
East Side Group						
17	18	19	20	21	22	23
Dignity Unlimited	Pacific Beach Young Peoples	Morning Attitude Adjustment	Rainbow Group	Cedar St Mens	Southern Cal Speakers	Downtown Discussion
Fourth Dimension						
24	25	26	27	28	29	30
Clairemont Mens	La Jolla Beginners	Drunks Only	Lemon Grove Easy Risers	North Park Mens	Harmony Group	Diamond Street Mens
Imperial Beach Group						

If your Group wants to answer phones, call:  
Connie at Central Office (619) 265-8762

# April 2011

## A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University 6:00 pm  Every Sunday <u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Normal Heights 1:00 pm		<u>Information Publica</u> Oficina Central Hispana 3628 University 7:00 pm			<u>District 7</u> Club 1944 30 <sup>th</sup> St Golden Hill 6:30 pm Every Friday  <u>Distrito 15</u> Oficina Central Hispana 3628 University 6:30 pm	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<u>Public Information Committee</u> Central Office 6 pm  <u>District 8</u> Office Bldg 755 Emory St Imperial Beach 8:00pm	<u>Area Policy Committee</u> Central Office 6:30pm  <u>District 19</u> Center 3909 Centre St Hillcrest 6:00 pm Every Tuesday	<u>District 4</u> Church 7111 La Jolla Blvd La Jolla 6:30 pm	<u>Archives Committee</u> 6:45 pm Varies  <u>District 9</u> ARC 298 E. Ross Ave El Centro 7pm  <u>District 12</u> Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm		<b>Pre Conference Assembly</b>  <b>Brawley Lions Center</b> <b>225 A St Brawley CA 92227</b>  Orientation 8 am Registration 8:30 am 9 am – 4 pm
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<u>Grapevine Committee</u> Varies	<u>Area Newsletter Committee</u> Keith's Restaurant I-15 & Miramar Rd 6:30 pm  <u>Area Finance Committee</u> Central Office 6:30 pm  <u>District 6</u> Denny's Restaurant 901 Camino Del Rio S Mission Valley 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm  <u>District 10</u> Church 490 Farragut Circle El Cajon 5:30 pm  <u>District 13</u> Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00 pm		<u>Coordinating Council</u> Church 2111 Camino Del Rio South Mission Valley 92108 <u>Orientation Committee</u> 6:00 pm <u>New Coordinators</u> 6:30 pm <u>Coordinator Outreach</u> 7 pm <u>Council</u> 7:30 pm  <u>Area Agenda Committee</u> Central Office 7:00 pm		
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<u>H&amp;I Committee</u> Union Hall 5150 Kearny Mesa Rd <b>Orientation</b> 12:15pm <b>Business Mtg</b> 1:15pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Fold and Label the Coordinator Newsletter Party</u> Central Office 6:00 pm	<u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm  <u>H&amp;I Committee Orientation</u> Central Office 7:00 pm		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C. Committee</u> Varies  <u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm  <u>District 5</u> Church 5050 Milton St Clairemont 7:00 pm	<u>Accessibilities Committee</u> Central Office 7:00 pm	<u>Area Computer Needs Committee</u> Denny's Restaurant 135 Encinitas Blvd, Encinitas 6:00 pm  <u>District 14</u> Church 1475 Catalina Blvd Point Loma 6:30 pm	<u>Coordinator Newsletter Committee</u> Central Office 6:00 pm		

## THINGS TO DO AND PLACES TO GO

### **Third Weekenders Campout**

**Where:** Dos Picos County Park

**When:** April 15-17, 2011

**Wagon Masters:**

### **Pre Conference Assembly**

**Where:** Brawley - Lions Center - 225 A Street

**When:** 4/9/2011 8:30 AM-5pm

**Contact:** [DCM\\_09@area8aa.org](mailto:DCM_09@area8aa.org)

### **H & I Intergroup Conference**

**Where:** Hyatt Valencia 24500 Town Center Drive, Valencia, CA

**When:** 4/15/2011 to 4/17/2011

**Contact:** [www.socalhandi.org](http://www.socalhandi.org) to register

### **San Diego Spring Round Up 2011**

**Where:** Town and Country Hotel  
Mission Valley, CA

**When:** 4/21/2011 - 4/24/2011

**Contact:** Central Office 619-265-8762

## **SPEAKER MEETINGS**

Check your schedule for meeting locations

### **Wednesday**

Coronado Weds Speakers - 8pm

Fireside Speakers - 8pm

### **Thursday**

Not Alone Speakers - 6:15pm

We Group Speakers - 7:30pm

### **Friday**

Easy Does It Speakers - 8pm

### **Saturday**

Goldmine Speakers - 5pm

La Jolla Speakers - 7:25pm

Southern Cal Speakers - 7:30pm

Saturday Night Speakers - 7:30pm

South Bay Speakers - 7:45pm

Mission Bay Sat. Speakers - 8pm

Two Bit Speakers - 8pm

### **Sunday**

Old Town Speakers - 7pm

Sober Camels Speakers - 6pm

Sweet Surrender Speakers - 5:30pm

## **Newsletter Subscription**

*Have the San Diego AA  
Coordinator delivered for  
one year, only \$15.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Mail to: CENTRAL OFFICE

7075-B MISSION GORGE ROAD

SAN DIEGO, CA 92120-2454

A BUCK A MONTH CLUB

The "I AM RESPONSIBLE CLUB" is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The strength and availability of this account is directly related to your support. If you need blood please contact Central Office at (619) 265-8762. If you give blood, be sure to credit the "I AM RESPONSIBLE CLUB" at the time of your donation.



## Courage by Thomas K.

When I wanted to steal your money I had a lot of courage because I needed to put more alcohol into my system. There was nothing close to courage to want to go through withdrawal one more time. I was a coward. My daily focus was getting seven dollars which would buy me a fifth of Kessler rye whiskey, a pack of Camel regular cigarettes and a Banquet meatloaf TV dinner. If you had twenty dollars that would keep me going for three days, I could breathe a small sigh of relief. If I couldn't come up with any money I would steal Listerine from a drug or grocery store. In the seventies it was 20 proof and while it tasted awful it still gave me the effect I was looking for.

When I returned to the program in January of 1977 it wasn't because I had the courage to change. It was fear. My doctor had given me a death sentence and told me your only chance is to return to A.A. and make an effort to do what was asked of you in the program.

My first real test of courage came when I had to do a searching and fearless moral inventory. The ten years of going to any length drinking had to be written down on paper. I didn't want to do it because I had read far enough ahead in the book, listened to people sharing, and talked to my sponsor to know I was going to have to take full responsibility for everything I did. This is where the courage was going to be necessary in my life if I wanted to be successful in A.A. I had to become willing to go to jail/prison for a long time! I didn't want to go to prison which is where I belonged for many of the crimes I committed. Again, this came back to stop running the show, our third step. I didn't believe there was a god but I did admit there was something other than myself and this was the time to put it into action. I put faith to work, did my fourth step, told my sponsor, and began to make amends. The courage to become a different person was beginning to work!

Later in my sobriety journey, courage was tested in yet another way. The serenity prayer asks me to have the courage to change the things I can. There were difficult things going on in my life where this was going to be put to the test. Had I come far enough to be able to have the courage along with the wisdom to make these changes? The answer was yes! The family, job, and my marriage all had to be dealt with. As a result of being able to make those difficult changes I was able to experience growth and a feeling of serenity I had never experienced before. My sponsor encouraged me to accept and change my part in each situation and then let it go. There would be no I told you so. There would be no retaliation saying I was right but I'll admit I'm sorry. In fact there was no I'm sorry but what can I do to maybe make this better.

Later in my sobriety I had a major stroke. This was going to be another test of my courage. My brain damage took away my ability to be able to think clearly. I could no longer multi task. I truly believed I was a victim of a very bad situation and life as I knew it was over. I was doomed to remain in a wheel chair with death lurking in the shadows. I was wrong again. The hospital therapy along with the staff gave me the courage to fight again and win this battle that appeared lost. Was God working again in my life?

Today as you read this article you can see that I did recover, God is working in my life and had a plan for me all along. He certainly got my undivided attention and gave me the courage to change my attitude yet again to tackle this new challenge. The road has been filled with a lot of potholes and through it all my courage to change (despite being a know-it-all and my thirty-plus years of sobriety) has revealed itself. Today, I can be truly grateful that I had the stroke. That was God's way of getting my attention. I'm confident that the next obstacle in the road will be taken on with the courage to do the right thing. We're still working on the wisdom part of the prayer. There is certainly a need for improvement.

## Courage by Barb D.

Courage is an ability to rise above fear. It comes from down deep. But it only came for me when I had to be brave. It felt like I was running up a hill; close to the top I had to summon up the fortitude to push past the pain to reach the summit. It was a do or die decision when I entered this program of Alcoholics Anonymous. Unfortunately and fortunately that is the only reason I wanted to quit drinking and using drugs. I wanted to live. I would do anything to make the pain go away. I didn't want to use alcohol and drugs to accomplish a pain free existence. It would take courage to live life on life terms and be a productive citizen.

I had many demons in my closet when I quit drinking, but first things first. I had to start at the beginning. I needed help and fast; a friend suggested treatment. So, they brought me to treatment. The nice folks at the hospital suggested a halfway house. My parents moved me into a halfway house for recovering women. The old mansion housed forty recovering women of all ages, races and backgrounds. The program at Wayside House made us go to an AA meeting at least once a week. We went to AA and stayed out of trouble. Another requirement was counseling. The counselor suggested dealing with my demons or risk relapse. That is where the real courage had to be summoned. How could I tell my secrets? I did a fourth and fifth step, but this needed more attention. I was marred from childhood. It was a secret I didn't tell anyone and if I did it would change relationships in my life. People might look at me differently. I wanted to stay sober and that meant I had to deal with this demon. I was at the top of the hill and I told my counselor, "I was sexually abused by my brother for years". That took courage. I had to let my parents know and confront my brother. We had a session together and a load was lifted off my shoulders. It didn't end there; I was in a support group with other women with the same issue. We tackled all the hurt together. I believe to this day I am sober because I told my

secret and crushed it in therapy. It was hard work. But if I were to stay sober and learn to make healthy relationships, I had to take these steps. Sometimes I hear that bell ringing from childhood experiences but can now tune it out and remember I worked through that; I am ok. Sometimes I still feel sad but it doesn't last long. It's nothing I have to medicate over anymore.

The twelve steps are wonderful. My brother is also a recovering alcoholic. He has made amends to me for not being the brother he should have been to me, his little sister. I love him for that and we are good friends today. The promises have come true for me and my dreams as well. Courage is deep down there and with the help of friends it is easily summoned to the surface. The summits aren't so hard to reach today with the help of my caring friends in Alcoholics Anonymous.

## Wrong Number?

It's two o'clock in the morning. The phone rings. A very drunk voice asks, "Harry there?" "There's no Harry here," growls the half-asleep owner of the phone. "You've got the wrong number."

Five minutes later the phone rings again.  
"Lemme talk to Harry."  
"You've got the wrong number!"

Another five minutes and the same thing.  
"Harry?"  
"No!"

Five more minutes go by. The phone rings. This time the irate but wise citizen answers,  
"Alcoholics Anonymous!"  
The phone goes dead and stays quiet for the rest of the night.

*Norm D.  
Ypsilanti, Mich.  
November 2010 Grapevine*

**SEE  
FLYERS  
FOLLOWING.**



AREA 8 LITERATURE COMMITTEE  
PRESENTS!

# MOVIE NIGHT

ALLOW US TO BE A PART OF YOUR MEETING OR  
ON A SEPARATE NIGHT, FOR A SHORT TIME! WE  
WILL BRING THE MOVIE AND YOU PROVIDE THE  
PLACE.

ANYTIME, ANYWHERE, ANY MEETING

CONFERENCE APPROVED FILMS:

YOUNG PEOPLE'S VIDEOS

HOPE: ALCOHOLICS ANONYMOUS

IT SURE BEATS SITTING IN A CELL (17 MINS)

MARKINGS ON THE JOURNEY (35 MINS)

BILL'S OWN STORY (60 MINS)

CARRYING THE MESSAGE BEHIND THESE WALLS

BILL DISCUSSES THE TWELVE TRADITIONS (60 MINS)

AA IN CORRECTIONAL FACILITIES

YOUR A.A. GENERAL SERVICE OFFICE, THE GRAPEVINE, AND THE GENERAL  
SERVICE STRUCTURE (22 MINS)

PLEASE CONTACT THE LITERATURE CHAIR,

[Literature@area8aa.org](mailto:Literature@area8aa.org) EMAIL TO SET ARRANGEMENTS

# *SAN DIEGO SPRING ROUND UP 2011*

With Alanon Participation

April 21-24, 2011

**Town and Country Resort Hotel, 500 Hotel Circle N., San Diego, CA 92108**

Book your hotel room early! Your credit card won't be charged until check-in day! Our special room rate is only **\$109**. You can have 4 people per room that's only **\$28** per person per night (plus tax, of course). Get the full Round Up experience by being able to hang out late & roll out of bed and walk a few steps to participate in early morning fellowship.

**Contact Hotel directly to make reservations:**

Town and Country Resort Hotel 500 Hotel Circle North, San Diego, CA 92108 **Telephone**

**Reservation: (619) 291-7131x3810 or (800) 772-8527** Reservations received after **March 31, 2011** subject to availability Parking: Hotel Guests \$5/day, All Others \$10/day

## **Registration Fee Includes What?**

For only \$23 you get to do absolutely everything all weekend long. The only additional costs are for meals, comedian & sporting events. Your registration fee includes 3 1/2 days of fellowship and: • 7 AA Speaker Meetings • 2 Dances + Karaoke • 51 AA Discussion Meetings • 3 Al-Anon Speaker Meetings • 25 Al-Anon Discussion Meetings • 12+ Alateen Meetings/Events • Spanish AA/Al-Anon Meetings • Hospitality Room • Sober Movies • Yoga Class • Group Guided Meditation.

### **Sporting Events:**

#### **3/4 - Day Deep Sea Fishing Trip**

**Friday, 5:30 AM Check-in - \$65** Fishing trip aboard **Chubasco2** leaving Sportsman's Seafood dock, 1617 Quivira Road, San Diego, CA 92109 (619) 599-8290  
Gear rental available. Return at 5:00 pm. Limited to first 40 people.

#### **Golf**

**Friday, 6:30 AM Check-In (sharp) \$75** Riverwalk Golf Club. Shotgun starts at 7:30 a.m. Includes golf, range balls and lunch. Trophies & prize drawings after play.

#### **5K/10K**

**Saturday, 8:00 AM - \$15 5K and 10K Fun Run/Walk**

#### **Tennis Tournament**

**Saturday, 8:00 AM - \$15**

**Friday Night** Ice Cream Social, **Saturday** Alanon Luncheon, **Saturday** Night Banquet and **Sunday** Morning Spiritual Breakfast Additional Fees

**Speaker meetings will have ASL and Spanish Translation**

**[www.SanDiegoSpringRoundUp.com](http://www.SanDiegoSpringRoundUp.com)**

### **VOLUNTEERS NEEDED**

Want to be a VOLUNTEER at the Round-Up? Check the "Volunteer" box on your REGISTRATION FORM. All volunteers will be contacted a week or two prior to the event.

**NOTE: You must be registered to be a volunteer.**

If you have questions about volunteering, please contact Jim R. [jimbosd619@hotmail.com](mailto:jimbosd619@hotmail.com)

### **WHY DO I HAVE TO PAY**

The Spring Round-Up is self-supporting. No group monies are used to pay for it. No baskets are passed. All costs are paid by your registration. This event requires many months of planning, preparation and money to present. We have to pay the hotel for use of the facilities, meals and the reserved block of discounted rooms. Other expenses include travel & lodging for speakers, printed materials, postage & supplies. Our goal is to break even; therefore registration is nominal compared to a weekend's worth of entertainment elsewhere. Attendance is voluntary and as responsible A.A./Al-Anon members, we "pay our own way". Conventions ARE NOT considered regular meetings "for which there are no dues or fees for membership".

You're invited to...

**ALCOHOLICS ANONYMOUS 76<sup>TH</sup>  
BIRTHDAY PARTY  
FOUNDERS DAY / UNITY DAY PICNIC**  
Saturday June 11<sup>th</sup>, 2011 • 10am-4pm  
Admiral Baker Park – Gazebo 6 (new location this year!)  
2400 Admiral Baker Rd. San Diego, CA 92124



**GRAPEVINE / LA VINA CELEBRATION  
CELEBRATING JUNE 10, 1935  
OUR VERY MERRY UNOFFICIAL BIRTHDAY**

**9am:** Set Up COME EARLY TO HELP  
**10-11:45am:** Presentations on our Tradition of Unity  
**12 noon:** Picnic and Potluck  
Please bring a side dish or dessert and extra water to share  
Hot dogs and drinks will be provided  
**After Lunch:** Games and speaker

**Interpretation**



**Provided**

**DON'T FORGET...**

- Please leave pets at home!
- A lawn chair or blanket to sit on
- Sunscreen
- Your sponsor, sponsee and a newcomer!

**Spanish  
Interpretation  
Provided**

---

Sponsored By: San Diego Coordinating Council-North County Intergroup-SDIAC-NCAIC-San Diego/Imperial Area Assembly