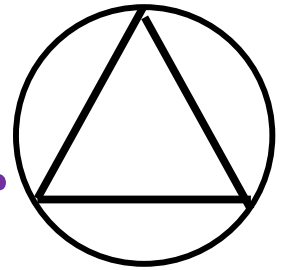


The San Diego AA Coordinator



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

"You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!"

Reprinted with permission from A.A.W.S. Questions and Answers on Sponsorship (P-15) page 7

APRIL 2012

VOL. XII NO. 4

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"Carry the AA Message"

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

Monthly Themes

MAY Two-Stepping

(due 3/22)

JUNE Rule 62

(due 4/26)

JULY Is AA for You?

(Pamphlet 3) (due 5/24)

Submit *500 to 1000* word story
to Newsletter Chair at:

sdaa.newsletter@gmail.com

For more information, see page 2

On the Necessity of Sponsorship

by Lisa O.

A long time ago, in an AA meeting far, far away, a friend of mine named Bob would raise his hand when they asked for announcements.

"The man who is sponsoring himself has a fool for a sponsor," he'd declare.

Although I believe the quote was adapted from the admonition against a lawyer representing himself, the sentiment is certainly appropriate.

At my very first AA meeting, in a hospital in Glendale in 1987, the speaker told us why he has a sponsor. He said that he had a computer brain, but he programmed it all wrong for himself. He'd have difficulties with someone, and run the problem through his head, and the solution would come out: *"Kill the son of a bi%\$!"* Somehow he realized he should run that by his sponsor. Now his sponsor had a computer brain also, and he too programmed it wrong for himself. *But it works okay for someone else.* The sponsor's advice? "Call the guy up, and tell him you love him." That first AA speaker made quite an impression on me and I learned that there just might be something wrong with my own thinking too.

In the 12 & 12 it says "it's worth noting that people of very high spiritual development almost always insist on checking with friends or spiritual advisers." (page 60) My sponsor is both of these. She is a fantastic friend and a very loving spiritual advisor. She gives solid advice like "Every relationship is an assignment from God" and "If it's not good for one person it's not good for anyone" and my favorite: "The one who is closest to God apologizes first."

The 12 & 12 also states that "psychiatrists and psychologists point out the deep need every human being has for practical insight and knowledge of his personality flaws and for a discussion of them with an understanding and trustworthy person." (page 56) When we share ourselves with our sponsor, we discover that we are not alone, and we are not crazy. Someone else has been through what we're going through, and made it out the other side. We are going to be okay, if we follow a few suggestions.

But I've also seen and heard stories about abuse by sponsors who were less than ethical. One woman I knew had her sponsees cleaning her house. A friend I brought to meetings once ended up with an overly religious sponsor who insisted my friend was a terrible sinner who needed an exorcism. My poor friend needed therapy for the damage caused by that relationship. So it's important to choose wisely when selecting a sponsor. As I've heard it said, "AA is not Well People's Anonymous. There are some sick people in here."

To me a sponsor is someone who has worked the steps, lives a good program and has a sponsor herself. Since the early days of my sobriety I've known the importance of being accountable to someone. I used to be a very sneaky and untrustworthy person who lived in chaos. It took a long time for me to be able to trust myself, and it was a sponsor who taught me that the way to have self-esteem was to perform esteem-able acts. It is my sponsor who always directs me to God, and that's the way I believe it should be.

ALCOHOLICS ANONYMOUS SAN DIEGO CENTRAL OFFICE

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OUR WEB PAGE www.aasandiego.org

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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. 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, 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. For Committee specific information contact the following Committee Chairs:

Coordinating Council Officers:

Council Chair	Rick W.
Council Assistant	Nicki F.
After Hours Phones	Paul B.
Business Committee	Ray R.
New Coordinators	Carrie
Outreach Committee	Paul H.
Program Committee	Brian
Public Info Committee	Sallye M.
Newsletter/Coordinator	Thomas K.

Area Officers:

Delegate	Tom M.
Alternate Delegate	Dean B.
Area Chair	Jane G.
Archives	Carrie E.
H & I Director	Chris S.
Young People's Committee	Morgan

Contributors: Lisa O., Thomas K., and Carolyn J.

April Theme: Sponsorship

Collate: Wed., **March 14, 2012**
5:30 pm, at Central Office

Committee Meeting: Thursday, **March 22, 2012**
6:00 pm, at Central Office

VIEW FROM THE CHAIR

The newsletter offers three articles on sponsorship as well part two on a history of alcohol. In addition I've included a summary of the original brochure on sponsorship from 1944 written by Clarence S. We also have a chart from Dr. B. Rush called a moral and physical thermometer. This material was from 1790. Seems like he had the right idea over 200 years ago! Please don't arrive for collating before 5:30. I appreciate the help but there was a bit of confusion because of early arrival.

In Service,

Thomas K.

Thanks to Our February 15th Collating Volunteers!

Newsletter	Thomas K.
We Group	Wes T.
A.A. Member	Sober Tom
Spring Round Up	Eva G., Elliot, Linda F. Jenn M., Beth C
WSW	Mary B., Georgene N., Donna B.
H&I	Debbie and Blaine

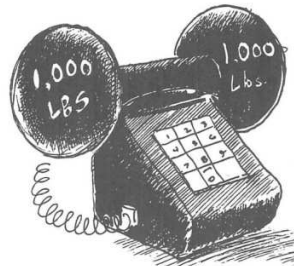
A History of Alcoholism Part II

"We whose names are annexed, desirous of forming a society for our mutual benefit, and to guard against a pernicious practice which is injurious to our health, standing, and families, do pledge ourselves as gentlemen that we will not drink any spirituous or malt liquors, wine or cider."

The above quote was the pledge signed by the original six members of the Washingtonian Movement in April 1840. Their original meeting place was Chase's Tavern in Baltimore, a location they were soon asked to leave by the owner due to loss of business, because in a short period of time some of the best customers joined the movement. By August they had grown to 90 members and in November 1840 they held their first public meeting in the Masonic Hall in Baltimore which attracted further attention to their cause. They were willing to share the experience of their drunkenness and how good they felt as a result of no longer drinking. The word alcoholic/alcoholism wasn't used at the time. Instead words such as *sots*, *drunkards*, and *inebriates* were used. Instead of being treated as outcasts of society they were fed, clothed, and loved by the movement. Sound familiar? The group had a singleness of purpose: not involving itself in politics, religion, or current issues of the day. Sound familiar? This definitely set themselves apart from the "Temperance Society" which preached the evil of the drunkard and the burden they placed upon the family.

The growth of the movement was rapid. They held a parade in Baltimore on their first anniversary, April 1841, boasting 1,000 reformed drunkards and an additional 5000 members who included family and friends. This parade brought national attention to the movement and additional chapters began to form in Boston, New York, Philadelphia, and Chicago where Abraham Lincoln (*answer to the question posed last month in Part I of this series*) became a member and gave a speech promoting their cause. In New York the interest was so great the movement attracted 4000 people, 1000 of whom signed the pledge. John W. Hawkins, one of the early members who was a motivational speaker, went on the road in 1841 and started groups in 160 New England towns. The growth was phenomenal! Statistics are vague and differ from source to source but by the year 1843 they claimed as many as five million members, keeping in mind that membership wasn't limited to the drunkard. The famous alcoholism researcher E. M. Jellenik disputed these figures because estimated alcohol use was down only 15% from 1840-1850. Another statistic worth mentioning was the large number of children under age 15 who had signed the pledge.

Does the society exist today and if so where is it? Answer to the question in next month's coordinator. Part III will deal with the decline and disappearance of the movement.



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

Call Connie at 619-265-8762

call forwarding is available

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!

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

A New Outlook Big Book Code: C

Restaurant 4023 Goldfinch St
Wed @ 6:30 pm Mission Hills

** DAY CHANGE**

Radical Acceptance Morning Mtg

Office Bldg 5107 Waring Rd
Mo-Su @ 7 am Allied Gardens
(was Mo-Fr)

RELOCATE

Round Table Discussion

Office Bldg 5107 Waring Rd
Tu @ 7:30 pm Allied Gardens
(was 1370 N Euclid Oak Park)

La Jolla Basic B/B Study Code: C

Church-upstairs (Rm 3) 4321 Eastgate Mall
Th @ 6:30 pm University City
(was 9595 La Jolla Shores Dr)

CANCELED

Dancing Spirit Step Study

Club 9535 Kearny Villa Rd #104
Th @ 7 pm Mira Mesa

Bonita Womens Reflections Codes: * C W

Church 3990 Bonita Rd & Willow St
Fr @ 9:15 am Bonita

Morning Attitude Adjustment Sat & Sun

Office Bldg 5107 Waring Rd
Sat & Sun @ 7 am Allied Gardens
(Is now Radical Acceptance Morning Mtg)

A Lifetime Process

We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people....

Reprinted with permission from A.A.W.S.,
Alcoholics Anonymous, p.52

These words remind me that I have more problems than alcohol, that alcohol is only a symptom of a more pervasive disease. When I stopped drinking I began a lifetime process of recovery from unruly emotions, painful relationships, and unmanageable situations. This process is too much for most of us without help from a Higher Power and our friends in the Fellowship. When I began working the Steps of the A.A. program, many of these tangled threads unraveled but, little by little, the most broken places of my life straightened out. One day at a time, almost imperceptibly, I healed. Like a thermostat being turned down, my fears diminished. I began to experience moments of contentment. My emotions became less volatile. I am now once again a part of the human family.

Reprinted with permission from A.A.W.S.,
Daily Reflections, April 6

Coordinating Council Attendance

The following 63 groups attended March Coordinating Council
There are 760 registered groups in San Diego
WAS YOUR GROUP THERE?
NEXT COUNCIL MEETING IS: THURSDAY, April 12, 2012

THANK YOU FOR YOUR SERVICE TO
ALCOHOLICS ANONYMOUS OF SAN DIEGO

13th St Mens
AA By The Bay
Allied Gardens Step Study
Casa De Oro Tradition Five
Cedar Street Mens
Chapter 5
Clairemont Mens
Clairemont Womens
Daily Reflections
Downtown Discussion
Drunks Only
Early Morning Recovery
East Side Group
Easy Does It Riders
First Mira Mesa Mens
Fourth Dimension Group
Free On Friday
Fresh Start Beginners
Friday Night Mens
Gifts Of Grace Women
God Squad Too
Golden Hill Sun Discussion
Harmony Group
I. B. Up
Kelton Ave Big Book Study
La Mesa Mens
La Mesa Mixed
La Mesa Step Study Workshop
La Mesa Womens Sat Morning
Little Apple Group
Mira Mesa Early Risers
Mira Mesa Friday Night

Miracles On Monday
Mission Hills Beginners
Mission Possible
Monday Night Young Peoples Steps
North Park Mens
Old Town Speakers
Over The Bridge
Point Loma Mens
Porter Hall Structured S/S
Progress Rather Than Perfection
Rainbow Group
S.D. Speakers Meeting
San Carlos Single Purpose
Santee Saturday Night Speakers
Santee Serenity Group
Santee Thursday Closed Mixed
Sat Mens Early Awakening
Sat Night Early Discussion
Scripps Ranch Mens Two
Sky Hi Womens
So Bay New Womens
Southern Cal Speakers
Sunday Midday
The Joy Of Living Group
The Other Meeting
The We Group
Tues Night Mens Step Study
Two-Bit Speakers
Water Walkers Too
Weekending Step Study
Womans Let Go and Let God

ANGER: A "DUBIOUS LUXURY"

If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of the normal men, but for alcoholics these things are poison.

Reprinted with permission from A.A.W.S.,
Alcoholics Anonymous, p.66

**Thank you,
Day Time Phone Volunteers For
Carrying The Message!**

**Minutes of the Coordinating Council
Thursday, March 8, 2012**

Rick W. – Council Chair called the 801st meeting to order at 7:30 pm. 12 Traditions read by Duncan and Council Definition and Purpose were read by Zak. There were 5 new Coordinators, 1 visitor and 8 birthdays. 7th Tradition was \$81.00. Roll Call: Nikki F., Assistant Council Chair reported 63 groups were represented out of 81 registered Coordinators. There was a quorum (36) It was m/s/c to approve the minutes of February 2011 Council Minutes.

Area Assembly No Report Given.

For information on all Area Events, please visit the area08aa.org website or contact Central Office at 619-265-8762.

H & I Representative: Debbie, Co-Director shared the 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: 3rd Sunday @ 12:15 pm Hall 5150 Kearney Mesa Rd 92111 and 3rd 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 and click on the H & I tab for more info.

AFTER HOURS PHONES: Paul B., Chair reported all nights are currently filled and thank you to the current groups for your service. Still need groups to sign up for waiting list and individuals for emergency fill-in list. Will ask participating groups to contact committee if after-hours volunteer is unable to show for shift.

BUSINESS COMMITTEE: Ray R. Chair reported

Committee met on Tuesday 3/6/12 at 6:09 pm.
Present: Jerry C., Gary C., Steve E., Leonard R., Gary U., Rick W., Council Chair, Nikki F., Asst Council Chair and Connie J., Central Office Manager. Absent: Ray R., There was a quorum.

- 1) It was m/s/c to approve February 2012 Minutes.
- 2) It was m/s/c to approve February 2012 Financials.

February 2012 Financial Statements' Summary:

- a) Our February 2012 Net Revenue is \$417.95. Our 2012 YTD Net Revenue is \$838.84. Group and Individual Contributions were \$9,671.22. Literature Sales Revenue and bank interest was \$2,003.78 while total office and committee expenses were \$11,257.08 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: "*Experience, Strength & Hope*" (stories from 1st, 2nd & 3rd Editions Big Book) sale: \$6.00 reg. \$7.00
- 2) April's Book of the Month: "*AA Comes of Age*" (*history of AA*) on sale: \$7.50 reg. \$8.50
- 3) Daytime phone shifts available:
 - ❖ Alternate Mondays 5pm–9 pm (need 2)
 - ❖ Tuesdays 1 pm – 5 pm
 - ❖ Wednesdays 1 pm – 5 pm
 - ❖ Saturday, March 31st 5pm-9pm (need 2)
- 4) 2011 Audit completed by our Independent Auditor, Suzanne Davis, CPA. Balance Sheet will be reported in April Coordinator Newsletter, may obtain a paper copy at Central Office or a PDF file will be available upon request.
- 5) Central Office offers Gift Certificates for \$10-\$25 increments.
- 6) *Coordinator Newsletter*: sign-up for a FREE subscription electronically by email. Send an email to sdaaco@aol.com or call 619-265-8762. Hard copies will continue to be available at Central Office.

Committee Member reports:

- 1) Gary C. – Reviewed February bank deposits.
- 2) Jerry C. – signed checks, reviewed bank reconciliations and financial statements.
- 3) Steve E. – Meeting schedules available.
- 4) Nikki F. – handed out Coordinator reminder call lists to members.
- 5) Leonard R. – prepared committee minutes.

Continued on page 6.

Continued from page 5.

Old Business: There was none.

New Business:

- 1) Reviewed 2011 Year-End Audit performed by Suzanne Davis, CPA (outside consultant) reported that in her opinion, the financial statements present fairly in all material respects, the financial position of Alcoholics Anonymous of San Diego County as of December 31, 2011 and 2010, and the results of its operations and its cash flows for the year ended in conformity with generally accepted accounting principles.

COORDINATOR NEWSLETTER Tom K., Chair reported committee met by email this month. Present: Lisa O. Carolyn F., and Thomas K.

May's Theme: "Two Stepping". Submissions of 500-1000 words welcome.

(Submissions due by March 22nd) 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. NEED groups to adopt a month to collate the newsletter.

COORDINATOR OUTREACH No Report Given.
ORIENTATION & GUIDELINES Frances

reported committee met tonight at 6:30 pm. Present: Frances, Jym V., Jim R. and Duncan.

Absent: Carrie, Orientated 1 new Coordinator.

- 1) Discussed duties of the Coordinator and orientation packets and questions.

PROGRAM COMMITTEE: Brian shared committee met on 2/26/12 at 6:30 pm.

- 1) Planning stages of Founders Day Picnic for either Saturday June 9th or 16th at Admiral Baker Field in Gazebo.
- 2) Committee plans 3 annual events: Founders Day Picnic, Anniversary of AA in San Diego and New Year's Eve Event.
- 3) Discussion around having a pancake breakfast instead of catered at Ramada Inn. Possible to decrease cost of tickets so more members may attend. Council members raised their hands that they would be available to assist.
- 4) Looking for woman speaker for breakfast and male for New Year's Eve event.

PUBLIC INFORMATION COMMITTEE:

Sallye M., Chair reported that the committee met on Monday, 3/5/12 at 6 pm. The Public Information Committee of the San Diego Coordinating Council is responsible for carrying the message of recovery to the still suffering alcoholic by informing the general public about the A.A. program.

This month some of the activities of the committee and its volunteers are as follows:

- 1) Beth has researched flip charts to host a *power point* program to assist when we speak to the public. Will put the *power point* on USB drive.
- 2) Will put an AA *Public Service Announcement* in the Reader and City Beat Publications.
- 3) Steven working with Derrick, North County Intergroup Public Information Chair for the booth at the Del Mar Fair. We will have the even days. More information coming.
- 4) Beth, Jim and Gary will be sending out letters to Senior Citizens Facilities along with a reply post card.
- 5) Our placing of literature racks, Big Books and posters in the SD City High Schools is ongoing. We ask that more groups volunteer an amount of \$20.00 to help purchase racks to ensure we have enough for all schools.
- 6) We have several requests for booths and one request for a speaker in the upcoming months.

OLD BUSINESS: There was none.

NEW BUSINESS:

- 1) Program Committee: Lori N. (sob 2/16/87) and Dan W. (sob 3/1/07) were elected unanimously.
- 2) Motion from East Side Group presented by Lori N., Coordinator "To have a review and thorough discussion of the Faithful Fivers pledge idea by the Coordinating Council after discussing the matter with their respective groups. The discussion would include the practice of publishing the names in the Coordinator Newsletter" Motion was second. Point of clarity. Names were published in only one Newsletter and that will not be the continued practice. There was discussion. Question was called.

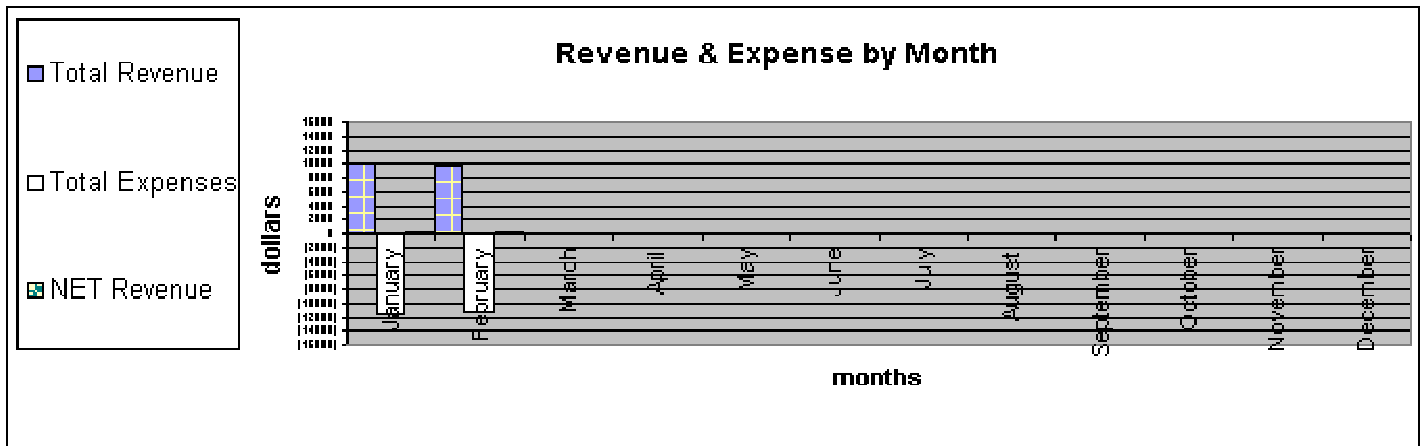
Vote taken: 5 yes – 58 no. Motion fails.

Respectfully submitted,

Connie J. . . Recording Secretary

February 2012 Statement of Revenue and Expenses

	February '12	February 11	YTD '12	YTD '11	\$ Change	Budget '12
Ordinary Revenue/Expense						
Revenue						
Contributions Group	8,162.27	7,961.05	17,223.60	18,914.71	(1,691.11)	115,162.00
Contributions Individual	638.95	916.48	1,428.11	1,576.18	(148.07)	7,360.00
Contributions SDIAA	870.00	-	1,110.00	240.00	870.00	1,240.00
Interest - Cert of Deposits	24.18	51.22	54.78	101.57	(46.79)	625.00
Total Revenue	9,695.40	8,928.75	19,816.49	20,832.46	(1,015.97)	124,387.00
Expense						
Accounting & Legal	-	60.00	-	60.00	(60.00)	2,650.00
Auto/Travel/Seminar	16.25	58.00	107.00	86.50	20.50	1,300.00
Bank Service Charges	2.00	2.00	4.00	4.00	-	125.00
Cash (Over) Short	(9.34)	(11.67)	(4.07)	7.94	(12.01)	(50.00)
Equipment Maint & Repair	35.27	75.00	70.54	75.00	(4.46)	500.00
Equipment Purchase	-	-	-	-	-	500.00
Insurance	66.00	50.00	132.00	100.00	32.00	900.00
Office Maint. & Repairs	-	-	16.13	-	16.13	500.00
Office Supplies	226.29	217.89	404.27	602.39	(198.12)	3,500.00
Rent	1,697.00	1,648.00	3,394.00	3,296.00	98.00	20,772.00
Taxes	-	-	63.10	1.05	62.05	80.00
Telephone	131.76	232.33	372.83	471.60	(98.77)	2,900.00
Utilities-Electricity	253.07	249.56	569.03	537.40	31.63	3,600.00
Website	20.00	20.00	60.85	76.75	(15.90)	500.00
EMPLOYEES	-					
Accrued Payroll Taxes	662.01	730.81	1,413.71	1,573.26	(159.55)	6,900.00
Employee Wages	6,802.86	7,298.86	13,605.72	14,721.72	(1,116.00)	83,800.00
Employee 403B Contribution	187.14	192.57	374.28	367.57	6.71	2,100.00
Employee Health Benefit	887.66	817.00	1,704.66	1,670.04	34.62	9,875.00
Insurance-Worker's Comp	50.00	50.00	100.00	100.00	-	650.00
Total Expense	11,027.97	11,690.35	22,388.05	23,751.22	(1,363.17)	141,102.00
Net Ordinary Revenue	(1,332.57)	(2,761.60)	(2,571.56)	(2,918.76)	347.20	(16,715.00)
Other Revenue/Expense						
Literature Revenue/Expense						
Sales (see schedule)	1,979.60	2,308.94	3,930.81	4,116.30	(185.49)	23,500.00
	1,979.60	2,308.94	3,930.81	4,116.30	(185.49)	23,500.00
Standing Committees Expense						
Committee (see schedule)	229.08	559.61	520.41	923.79	(403.38)	6,785.00
Total Other Expense	229.08	559.61	520.41	923.79	(403.38)	6,785.00
Net Other Revenue	1,750.52	1,749.33	3,410.40	3,192.51	217.89	16,715.00
Net Revenue	417.95	(1,012.27)	838.84	273.75	565.09	-



February 2012 Group Contributions

8

Group	Feb-12	YTD 12	Group	Feb-12	YTD 12
1207 Mens Stag - 2687	100.00	100.00	Lunchtime Friends - 964	52.40	52.40
4077 Mash Step 11Read-Medita-Share - 2027	-	25.00	Men and Womens Monday Night - 95	60.00	60.00
A Sense Of Belonging Womens - 1205	150.90	150.90	Mens Recovery Group - 830	-	100.00
Adams Ave Big Big Book Study - 1892	100.00	100.00	Mens Structured Step Study - 1469	-	67.42
Alpine Mixed Step Study - 2621	-	50.00	Midnight Howlers - 1025	100.00	200.00
Another Sober Tuesday - 1952	180.00	180.00	Mira Mesa Early Risers - 967	171.00	171.00
Artists In Sobriety - 2459	50.00	50.00	Mira Mesa Monday Noon Mixed - 542	-	45.00
As Bill Sees It-University Height-1788	-	30.00	Mira Mesa Sunday - 376	-	33.50
B.Y.O.B. (North Park) - 203	60.00	120.00	Mira Mesa Womens - 411	-	100.00
Back To Basics - 1026	500.00	500.00	Monday Mens Gut Level Group - 677	50.00	50.00
Back To Basics For Women - 1675	-	59.13	Monday Night Prospectors - 2897	-	81.30
Battery Chargers - 98	-	468.62	National City Maintenance - 136	80.00	80.00
Battery Chargers Thanksgiving Alkathon	-	137.27	Noon At The Grove - 628	-	100.00
Bayside Big Book Study - 1610	100.00	100.00	Nooners Anonymous - 1164	300.00	300.00
Breakfast Of Champions - 2818	70.00	245.00	Noontime on the Patio - 2203	100.00	200.00
Casa De Oro Tradition Five - 503	137.50	137.50	North Clairemont - 1102	50.00	50.00
Casa De Oro Weds Nite - 2049	75.00	75.00	North Park Mens - 465	-	113.60
Cedar Street Mens - 1698	-	185.00	One Step At A Time Runners - 1664	-	116.67
Chula Vista 4 Min Speakers - 1568	150.00	150.00	Pass It On Big Book Study Group -2860	68.25	225.24
Clairemont Mixed Discussion - 338	50.00	50.00	Penasquitos 12X12 - 2759	-	10.00
Come Get Recovery - 2630	-	35.00	Point Loma Mens - 245	110.00	110.00
Conscious Contact Meditation - 2834	-	50.00	Progress Rather Than perfection - 2682	775.00	775.00
Coronado Sunday Noon - 1830	-	250.00	Rise & Shine - 2170	100.00	100.00
D.D.G.T.M. - 767	178.00	178.00	Rocket Riders - 1730	180.00	180.00
Dawn Patrol - 263	-	122.63	S.D. Speakers Meeting - 152	100.00	100.00
Downtown Discussion - 1665	-	73.18	Safe Sane and Sober - 1350	-	615.50
Early Morning Recovery - 2688	31.79	76.88	San Carlos Single Purpose - 583	90.00	90.00
Early Risers (PB) - 264	-	120.00	Sat Mens Early Awakening - 2209	-	125.00
Eastlake Greens Attitude Adjustmen - 2691	-	48.00	Saturday Night Candlelight - 1914	40.00	40.00
Eastlake New Beginnings B/B S/S - 2673	-	80.00	Serendipity Womens - 1642	-	130.00
Easy Does It Speakers - 114	50.00	100.00	Serenity Seekers - 209	80.00	80.00
El Cajon Daytime - 52	-	300.00	Sky Hi Womens - 1633	50.00	50.00
Fairmont Park Discussion - 2832	-	70.00	Smokeless Drunks Luncheon - 1008	-	240.00
Fifth Chapter Group - 112	20.00	20.00	Sober Nooners - 196	-	136.42
First Mira Mesa Mens - 300	46.00	46.00	Sober On Sat Step Study - 2193	-	45.00
Fishermen In Recovery - 2863	-	75.00	Sole Purpose Group - 1657	-	30.00
Free At Last - 2888	-	77.00	South Clairemont - 305	75.00	75.00
Free Thinkers - 2824	-	100.00	Spiritual Awakening - 2275	684.80	2,361.60
Fresh Air Friday - 266	-	100.00	Spring Valley Step Study - 125	100.00	100.00
Fresh Start Beginners - 2609	196.00	196.00	Step Sisters - 2155	172.00	172.00
Friday Morning Womens - 104	172.00	172.00	Sunday Morning Eleventh Step - 1206	-	90.00
Garnet Group - 1129	124.00	124.00	Sunday Night Discussion -212	50.00	50.00
Gilman Group - Fri - 1988	36.00	36.00	The Joy Of Living Group - 2636	-	150.00
God Squad Too - 2809	58.00	58.00	The Other Meeting - 857	-	308.10
Good Morning AA - 1888	32.55	77.55	Thursday Steps - 646	221.74	221.74
Haul Your Hiney Out Of Bed - 704	300.00	300.00	Tierrasanta Morning Serenity - 2811	-	30.00
How It Is Now Speakers - 390	-	20.00	Top of The Hill - 41	-	50.00
I. B. Up - 2565	-	175.00	Tri-Serenity - 836	-	10.00
Joy Of Living - 2787	-	200.00	Tues Night Big Book Step Study - 1813	-	84.00
L.G.B.B. Study - 2301	81.00	81.00	University City Discussion - 368	37.50	37.50
La Jolla Monday Womens - 87	600.00	600.00	Warm and Friendly - 42	75.00	75.00
La Mesa Mens - 106	68.97	68.97	Water Walkers - 5	60.00	60.00
La Mesa Mixed	200.00	200.00	Weds Rule 62 Lunch Group - 687	-	114.00
Lake Morena Sink or Swim - 2830	-	50.00	Wholesale Miracle - 2474	201.87	201.87
Lake Murray Womens - 572	-	60.00	Womens Attitude of Gratitude - 2751	-	55.00
Lakeside Drunks - 2423	-	120.00	Womens Thursday Nite - 514	-	111.11
Live & Learn Mens Big Book Study - 2885	-	100.00	Womens TLC - 2814	-	50.00

Adopt a Literature Rack!

Groups may provide information about AA by sponsoring a literature rack for display at hospitals, libraries, or churches...



How Literature Adoption Works:

- 1) Your AA Group makes a check payable to San Diego Central Office for \$20.00.
- 2) Public Information Committee delivers the filled rack to the location and refills the racks when necessary.

For more information: Central Office 619-265-8762.

Racks currently placed:

4 health clinics, 2 doctors offices, 6 public libraries, 1 local Union Hall, and 22 high schools.

Contributed by: North Park Mens Group, Area 8 District 16, Scripps Ranch Mens Two, Womens Let Go and Let God, Downtown Discussion, Bonita Boozers, Casa De Oro Tradition Five, Balboa Breakfast, Fresh Start Beginners, Harmony Group, Sober Roses Women and Individuals.

2012 Holidays – Central Office Bookstore Closed:

HOLIDAY	DAY OF WEEK	DATE
Memorial Day	Monday	May 28 th
July 4 th	Wednesday	July 4 th
Labor Day	Monday	September 3 rd
Veteran's Day	Wednesday	November 12 th
Thanksgiving	Thursday	November 22 nd
Christmas	Saturday	December 25 th

BOOK OF THE MONTH

March: "Experience, Strength & Hope" sale: \$6.00 reg. \$7.00

April: "AA Comes Of Age" sale: \$7.50 reg. \$8.50

Year-end Audit performed by Suzanne Davis, CPA (outside consultant) reported that in her opinion, the financial statements present fairly in all material respects, the financial position of Alcoholics Anonymous of San Diego County as of December 31, 2011 and 2010, and the results of its operations and its cash flows for the year ended in conformity with generally accepted accounting principles.

**Alcoholics Anonymous of San Diego
Balance Sheets
December 31, 2011 and 2010**

	<u>2011</u>	<u>2010</u>
Current Assets:		
Petty Cash	\$250	\$250
Cash in Checking	35,142	38,379
Credit Card Merchant	981	283
Cash in Savings – CD's	72,701	77,283
Prepaid Expenses (Insurances)	705	788
Inventory	24,987	24,286
<u>Total Current Assets</u>	134,766	141,269
Fixed Assets:		
Furniture, Fixtures & Equipment	24,752	29,881
Leasehold Improvements	6,226	6,226
Less; Accumulated Depreciation	(30,978)	(36,107)
<u>Total Fixed Assets</u>	0	0
<u>Total Assets</u>	\$134,766	\$141,269
Liabilities:		
Accrued Payroll Taxes	\$2,100	\$2,586
Accrued Sales Tax	0	1,908
<u>Gift Certificates Outstanding</u>	20	20
<u>Total Liabilities</u>	2,120	4,514
Fund Balances	132,646	136,755
<u>Total Liabilities & Fund Balance</u>	\$134,766	\$141,269

CENTRAL OFFICEPHONE CALLS **February 2012**

TOTAL CALLS FOR MONTH 1,757	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1,167	319	24
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	139	96	12

WEB SITE HITS: February = 19,569 Total 1,064,002

April 2012
AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Adams Ave Big Book	Mt Soledad Mens	San Diego Young Peoples	Early Risers (Coronado)	Over The Bridge	Dawn Patrol	Old Town Speakers
Mission Hills Late Night						
8	9	10	11	12	13	14
La Mesa Women's Sat Morning	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers	Mission Possible	Imperial Mens
La Mesa Mens						
15	16	17	18	19	20	21
Dignity Unlimited	Spiritual Awakening	Rule 62	Pacific Beach Young Peoples	Morning Attitude Adjustment	Rainbow Group	Cedar St Mens
Safe, Sane and Sober						
22	23	24	25	26	27	28
Clairemont Mens	Downtown Discussion	Imperial Beach Group	La Jolla Beginners	Drunks Only	Lemon Grove Easy Risers	North Park Mens
Southern Cal Speakers						
29	30					
The Other Group	Diamond St Mens			Thank you, After- Hours Phone Volunteers For Carrying The Message!!		
Harmony Group						

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

April 2012

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<p>Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University Ave 6:00 pm</p>	<p>Public Information Committee Central Office 6 pm</p> <p>District 8 Church School Rm12 760 1st Ave Chula Vista 7 pm</p>	<p>Every Tuesday Information Publica Oficina Central Hispana 3628 University Ave 7:00 pm</p> <p>Area Policy Central Office 6:30 pm</p> <p>District 19 Center 3909 Centre St Hillcrest 6:00 pm</p>	<p>District 4 Church 7111 La Jolla Blvd La Jolla 6:30 pm</p>	<p>Area Archives Committee 6:45 pm Varies</p> <p>District 12 Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm</p>	<p>Every Friday Districto 15 Oficina Central Hispana 3628 University Ave 7:00 pm</p> <p>District 7 Club 1944 30th St Golden Hill 6:30 pm</p>	
8	9	10	11	12	13	14
<p>Area Grapevine Committee Varies 1:30 pm</p>	<p>Area Finance Committee Central Office 6:30 pm</p> <p>District 6 Denny's Restaurant 1065 Camino Del Rio South Mission Valley 6:30 pm</p>	<p>Business Committee Central Office 6:00 pm</p> <p>Area Newsletter Committee Denny's Restaurant 9898 Mira Mesa Blvd 6:30 pm</p> <p>District 10 Church 490 Farragut Circle El Cajon 5:30 pm</p> <p>District 13 Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00 pm</p>		<p>Coordinating Council Church 2111 Camino Del Rio South Mission Valley 92108</p> <p>Orientation Committee New Coordinators 6:30 pm</p> <p>Coordinator Outreach 7 pm</p> <p>Council 7:30 pm</p> <p>Area Agenda Committee Central Office 7:00 pm</p>		<p>31st Annual Southern CA H & I Conference Resort 998 West Mission Bay Dr April 13, 14 & 15</p>
15	16	17	18	19	20	21
<p>H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:00 pm Business Mtg 1:15 pm</p> <p>Greater San Diego Young People's Coffee Shop 3343 Adams Ave Normal Heights 3:00 pm</p> <p>Area Spanish Translation Oficina Central Hispana 9855 Santa Fe #5 Vista 7:00 pm</p>	<p>Area Literature Committee Central Office 7:00 pm</p>	<p>Area Contact On Release Committee Central Office 6:45 pm</p>	<p>Collate The Coordinator Newsletter Party Central Office 6:00 pm</p> <p>Area Information Technology Committee Residents 1738 Old Mill Rd Encinitas 6:45 pm</p>	<p>Area Committee Church 2650 Melbourne Dr Serra Mesa 7:00 pm</p> <p>H&I Committee Orientation Central Office 7:00 pm</p>		
22	23	24	25	26	27	28
<p>Program Committee Central Office 6:30 pm</p>	<p>District 5 Church 5050 Milton St Clairemont 7:00 pm</p>	<p>Area Accessibilities Committee Central Office 7:00 pm</p>	<p>District 14 Church 1475 Catalina Blvd Point Loma 6:30 pm</p>	<p>The Coordinator Newsletter Committee Central Office 6:00 pm</p>		
29	30					
<p>District 9 Denny's Restaurant 14455 Ocotillo Dr El Centro 6:30 pm</p>	<p>Area C.P.C. Committee Central Office 7:30 pm</p> <p>District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm</p>					

Things to Do and Places to Go

Third Weekenders Campout

WHERE: Dos Picos County Park
WHEN: April 20 - 22
Wagon Masters:

35th Annual San Diego Spring Round-Up

WHERE: Town & Country Resort Hotel
WHEN: April 5 – 8
Cost: \$23.00
Contact:

sdsrureg@gmail.com

2012 International Men’s Conference

WHERE: Orleans Hotel & Casino
Las Vegas, NV
WHEN: April 19 – 22
Contact: www.iaamclasvegas.org

Easy Does It Weekend @ Camp Seely

WHERE: Near Crestline/Lake Gregory – Santa Barbara Mountains
WHEN: April 27 - 29
Contact:

Hospitals & Institutions (H&I) Conference

WHERE: San Diego - Bahia Resort
WHEN: April 13 - 15
Contact: Central Office 619.265.8762

Sober ‘n Crazy - May Day Madness (camping)

WHERE: Lake Henshaw
WHEN: May 4 - 6
Contact:

30th Annual Las Hermanas Women’s Retreat

WHERE: Julian, CA (Camp Cedar Glen)
WHEN: May 18 - 20
Contact: sd_lashermanas@yahoo.com



**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

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.



A.A. SPONSORSHIP...
IT'S OPPORTUNITIES AND
ITS RESPONSIBILITIES

Highlights from the first
A.A. Sponsorship Pamphlet

Written in 1944 by Clarence S.

from Cleveland Ohio

PREFACE: Happiness, Health, Security, Sanity, and Life of human beings are the things we hold in balance when we sponsor an alcoholic. Listed below are the suggested steps for presenting the A.A. plan to a prospect.

1... QUALIFY AS AN ALCOHOLIC: Tell him your only reason for believing yourself able to help him is because you yourself are an alcoholic and have had experiences and problems that might be similar to his.

2... TELL YOUR STORY: Telling your personal drinking story is a means of gaining the confidence and co-operation of the prospect.

3... INSPIRE CONFIDENCE IN A.A.: Point out your series of unsuccessful efforts to control drinking... their absolute fruitless results and yet that you were able to stop drinking through the application of A.A. principles.

4... TALK ABOUT "PLUS" VALUES: Tell him of the happiness, peace of mind, health, and in many cases, material benefits which are possible through understanding and application of the A.A. way of life.

5... SHOW IMPORTANCE OF READING BOOK: This is a good time to emphasize the importance of the twelve steps and the four absolutes.

6... QUALITIES REQUIRED FOR SUCCESS IN A.A.: Convey to the prospect that the objectives of A.A. are to provide the ways and means for an alcoholic to regain his normal place in life.

7... INTRODUCE FAITH: Frequently this can be done by the sponsor relating his own difficulty in grasping a spiritual understanding and the methods he used to overcome his difficulties.

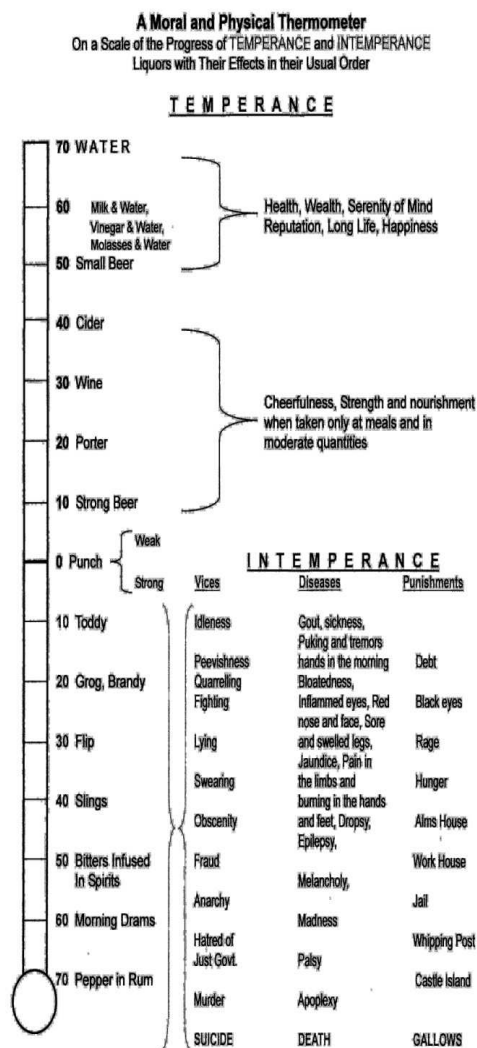
8... LISTEN TO HIS STORY: While talking to the newcomer, take time to listen and study his reactions in order that you can present your information in a more effective manner. Let him talk too.

9... TAKE TO SEVERAL MEETINGS: Attending several meetings gives a new man a chance to select a group in which he will be most happy and comfortable.

10... EXPLAIN A.A. TO PROSPECT'S FAMILY: The sponsor sees that these people are invited to meetings, and keeps them in touch with the current situation regarding the prospect at all times.

11... HELP PROSPECT ANTICIPATE HOSPITAL EXPERIENCE: A prospect will gain more benefit from a hospitalization period if the sponsor describes the experience and helps him anticipate it, paving the way for those members who will call on him.

An often-reprinted feature of temperance literature, Dr. Benjamin Rush's illustration (below) differentiated distilled spirits from beer and wine. Detail is from Benjamin Rush's "Moral and Physical Thermometer." from 1789



MY FIRST EXPERIENCE WITH SPONSORSHIP

Sponsorship began in 1934 when Ebby T., a friend of Bill W., introduced him to the program of the Oxford Group a spiritual organization he had been introduced to. Bill W. in turn became the sponsor of the other co-founder of A.A. Dr. Bob when they met in Akron in June of 1935. Our co-founders sponsored many in the early days and this was a foundation block for A.A.

At my third meeting and having less than 30 days of sobriety I approached a very dapper looking man, Alex, and asked him if he would be willing to sponsor me. Quick to say no he came back with the following proposition. "Read the first 164 pages of the Big Book and using a highlighter make a notation of where it talks about sponsorship. After you've read that we'll sit down and talk about it. Okay?" During the following week I read the chapters not once but twice and when I found nothing I was very irritated. When I asked him the purpose of this assignment, which seemed like a waste of time to me because the word is never mentioned he replied, "I got you to read the book didn't I?" He then proceeded to give me the pamphlet on Sponsorship (P15), published by A.A., which I was told would answer my questions and we went on to have a 14 year relationship that only ended with his passing in 1991. This is something I encourage all to read as the literature is very clear and concise. It is available to read on line http://www.aa.org/pdf/products/p-15_Q&AonSpon.pdf or can be purchased for 25 cents at our Central Office or most meetings and is the major source of information.

Let's start with what a sponsor isn't responsible for. He is not a taxi service, bank, doctor, lawyer, and should never be put on a pedestal. In the fellowship we are all equal. He isn't given a salary or commission by our Central Office or GSO in New York. He doesn't offer you for membership nor do you need to go through a probationary time frame. You're not expected to wash his car, cut his lawn, or clean out his garage. On page 7 of the P15 pamphlet it clearly defines sponsorship as "An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A." He'll be your guide through the twelve steps and traditions and to aid you during the rough beginning where emotions aren't exactly stable. You will have to have faith in him and be willing to take direction even though

some of what you'll be told makes no sense. You'll also notice that it never states that a sponsor has to have more time in the program than the sponsee. In the beginning of your journey this isn't important but later on if you decide to choose another sponsor keep that important fact in mind.

One of the many paradoxes in Alcoholics Anonymous is the issue of sponsorship in the program. Since you have to give away this program in order to keep it, the mentor in many cases gets more from sponsorship than the one asking for help. I'm convinced that because it doesn't make sense we as alcoholics can't figure it out and it keeps us around the program!

SELF-SPONSORING

By Carolyn F.

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

Being a college graduate and having years of experience managing projects and people, I decided to attack the steps with the same discipline I did any course or project. Always being a good student and fast learner, I decided I didn't really need a sponsor to show me how to do the steps. I would figure it out on my own.

So, I went to a local store and purchased several 12 Step workbooks. I diligently did the assigned reading, answered questions, wrote in my journal and in no time I was at Step 4. I must admit I kinda skipped through 2 and 3 as I wasn't into the "God thing."

About this time, my good friend asked me what step I was on. She had relapsed but now had the same sobriety days as me – about 30 days. I told her I was on Step 4. She was very surprised and asked about my sponsor. "I don't need a sponsor...I don't have any questions yet," I replied. Curious, she asked how I had done my steps. "I'm using a very good Step Workbook." At that, she laughed in my face.

It was at that point I learned that I **needed** a sponsor. It was not optional if I intended to stay sober. I suddenly understood something that was read at every meeting, "We thought we could find an easier, softer way. But we could not."

I've had the same sponsor for over 5 years, worked the steps a few times and sponsor others. No workbook could have ever given me what I was given and can share with others.