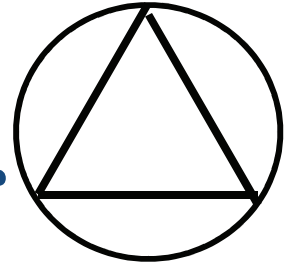


# The San Diego AA Coordinator



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

*"Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are."* (from "Twelve Steps and Twelve Traditions" page 42)

**April 2014**

VOL. XIV NO. 4

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*"Carry the AA Message"*

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

**Monthly Themes**

**MAY**

**Resentments**

(due 3/16/14)

**JUNE**

**The Wisdom of Our Founders**

(due 4/20/14)

**JULY**

**Freedom**

(due 5/18/14)

Submit a 500 to 1,000 word story to Newsletter Chair at:  
[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

For more information, see page 2

## FEARLESS AND THOROUGH

By Chris F.

Not to start off on a negative tone, but I absolutely abhor the sentiment that I hear in meetings and around A.A. that the Fourth Step is "difficult". Or even that it is time consuming. In my experiences in doing a Fourth Step, not only is the writing something which comes fairly easily if I give it my whole heart, but it is also something which seems to flow out of me in less time than I always think it will. But in the interest of full disclosure, I have to admit that my first Fourth Step took me many, many weeks to write...but that was more about procrastination and fear of putting down on paper all those ugly and shameful things, than it was about time consumption or difficulty in remembering those details. I am quite sure that if I added up all the time spent actually doing the writing, it amounted to only a few dozen hours and each session was done with minimal mental effort. Why is that? Because the truths of my resentments, fears, grudges and misconducts were never really far from the front of my mind in that first year of sobriety. To a much lesser degree, the new character defects too are never deep below the surface nowadays and are thankfully dispensed with more regularly and tend not to build up.

But the topic of this edition is not "how" to do the inventory, for even our own Big Book only goes as far as suggesting a format. The topic for this month is "why" we do an inventory. More specifically, it is "Why do I HAVE TO do an Inventory?" and in my experience, you HAVE TO do one because you are the only one who can honestly disclose the nature of your defects and shortcomings, and you can't address (and hopefully fix) a problem until you know the real root cause. I had family members and friends and even employers try to tell me of behaviors that I was doing which they found objectionable, but those behaviors were not exactly the root problem for me. Those were manifestations of my alcoholic thinking and acting which were trying to avoid the deeper truths and the underlying problems. But how could I even begin to address those underlying defects of character and shortcomings if I did not take the effort to identify them. In other words, if I did not do a fearless and thorough examination of myself, my actions and my motivations, then I would not have the right building blocks for the remainder of the Steps. It would be like given a recipe written out for you to do Steps Five through Seven, but you not being willing to go shopping via the Fourth Step in search of the ingredients. If you put in the effort, and you do the work to the best of your ability (at the time), then the results will be that you have all the ingredients on hand for Steps Five through Seven. Some would even argue that you can do Steps Eight and Nine based on the foundation of the Fourth Step.

As I eluded to above, I have done more than one Fourth Step and each has been done differently and with unique but equally valuable results. I imagine that I will do yet more Fourth Step inventories if I continue to live my life sober because I know that I am not done discovering all my defects and shortcomings. Do I dread them any longer? No. Do they take more time than I am able to put towards them? No. But if I am honest, I have to say that I may procrastinate on starting them...just a little. But, hey, I guess that just means I have that still to work on that flaw.

## SAN DIEGO CENTRAL OFFICE

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E-MAIL: [sdaaco@aol.com](mailto:sdaaco@aol.com)

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OFFICE & BOOKSTORE

Mon-Fri 9am-5pm

Sat 9 am – 1 pm

Central Office Manager: Connie J.

The San Diego “AA Coordinator” is a monthly newsletter published by the San Diego Central Office of Alcoholics Anonymous. Opinions expressed are not necessarily those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsements by Alcoholics Anonymous or San Diego Central Office, except when Conference approved publications are quoted.

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

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

*Phone Volunteers, 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	Jim M.
Council Assistant	Steve E.
After Hours Phones	Tony W.
Business Committee	Kate C.
New Coordinators	
Outreach Committee	
Program Committee	
Public Info Committee	Matt Mc
Newsletter/Coordinator	Chris F.

### Area Officers:

Delegate	Dean B.
Alternate Delegate	Jane G.
Area Chair	Roxanne R.
Archives	Linda R.
H & I Director	Diana A.
Young People's Committee	TBD

**Contributors:** Betty H., Rick R., Suzanne G., Michael K., Chris F.,

**April Theme:** **Why do I have to do an Inventory?**

**Collate:** Wed., March 19, 2014  
**5:30 pm**, at Central Office  
**All are welcome.**

**Committee Meeting:** Virtual meeting or monthly after Coordinating Council

## VIEW FROM THE CHAIR

This month we discuss “[Why do I have to do an Inventory?](#)” and were pleased to get some great submissions. A Fourth Step is a very personal and extremely honest admission of things which most of us had thought we would never put on paper. So although the writers this month did not go so far as to tell us what was IN their inventories, I hope you will share my gratitude to them for opening up about the process and about what results they found by doing the work.

This month we got also have a great poem the page 3 format: poems, songs, or your wisdom.

The Newsletter Committee continues to need members to write articles, write poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large! Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to: [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com).

We have professional writers and editors on staff and **we can make you look good in print.**

I welcome your input and constructive criticism. Till next month when we again meet between the covers.

Thank you for allowing me to serve,  
Chris F.



## HELP WANTED

The Coordinator Newsletter Committee has immediate openings on the committee for writers. No experience necessary. Email your submission to  
[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

### Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your own original poem and help make Page 3 our poetry page each month.

Please submit your poems to:  
[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com) – 200 words or less.

~ § ~

### **THROUGH THE LOOKING GLASS**

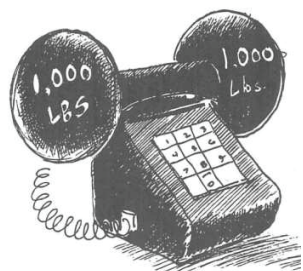
By Betty H.

Through the Looking Glass  
 There are no truths in the world today.  
 We all see things in our own way.  
 We can run and we can hide.  
 It takes great strength to see the other side  
 Of Life

But, WOW, that's so hard to do!  
 To see the demons inside of you.  
 You have to face the ghostly past,  
 And look into your looking glass.  
 You have to throw away false pride  
 And step on through to the other side  
 Of Life

But let me tell you, I'm here to say,  
 You gain so much to look that way.  
 Life is so easy when you make it through.  
 'cause you can find the real you.  
 Remember how it was back then?  
 Well, it can be that way again.  
 Just take a step. Forget false pride.  
 Step on through to the other side  
 Of life

Go out in the world and learn to live!  
 Go out in the world and learn to give!  
 Not the things you thought were true,  
 But learn to share the real you!



### **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 Connie at  
 AA Central 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!*

Lynn T.	2/15/1984	30 years
Sherry G.	3/29/2007	7 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.

<p align="center"><b><u>Group and Meeting Changes</u></b></p> <p align="center">**<u>NEW</u>**</p> <p><b>Fired Up For Friday</b> Fri @ 6:00 pm Hospital 7850 Vista Hill Ave Linda Vista</p> <p><b>Wednesday Big Book Discussion</b> Wed @ 12:00 pm Church (basement) Downtown 1535 3rd Ave (enter Beach St) Codes: C *</p> <p><b>Trust &amp; Believe</b> Sun @ 12:00 pm Store 8790 Cuyamaca St, #D Santee</p> <p align="center">**<u>RELOCATED</u>**</p> <p><b>Cups</b> Wed @ 7:00 pm Church (old gift shop) La Jolla 734 Prospect St Codes: C Was: Bakery 7857 Girard Ave La Jolla</p> <p><b>Monday Night Big Book Study</b> Mon @ 7:30 pm Church 2660 Hardy Dr Lemon Grove Was: 521 E 8th St National City</p> <p><b>Rule 62 Group</b> Mon @ 8:00 pm Church 1370 Euclid Ave Oak Park Was: Church 4590 Palm Ave La Mesa</p> <p><b>Thankful Thursdays</b> Thurs @ 5:00 pm Coffee Shop 4590 Park Blvd University Heights Was: Church 3967 Park Blvd Thurs @ 6:30 Hillcrest</p> <p align="center">*<u>DAY CHANGE</u>*</p> <p><b>Wednesday Evening Big Book</b> Wed @ 5:30 pm Recovery Home 73 N 2nd Ave Chula Vista Was: Sunday Codes: C</p> <p align="center">**<u>REACTIVATED</u>**</p> <p><b>92037 Group</b> Sun @ 7:00 pm Church (old gift shop) La Jolla 734 Prospect St</p> <p align="center">*<u>CANCELED</u>*</p> <p><b>Patterns In Sobriety</b> Fri @ 6:00 pm Was: Hospital Cafeteria La Jolla 10666 North Torrey Pines Rd</p> <p align="center">*<u>DAILY MEETING</u>*</p> <p><b>10 &amp; 11 @ 5107</b> Mon-Sun @ 5:00 am Office Building 5107 Waring Rd Allied Gardens Was: Mon-Fri</p>	<p align="center"><b>Coordinating Council Attendance</b> The following 35 groups attended February Coordinating Council There are 760 groups in San Diego <b>WAS YOUR GROUP THERE?</b> <b>NEXT COUNCIL MEETING IS: THURSDAY, April 10, 2014</b></p>		
<p align="center"><b>THANK YOU FOR YOUR SERVICE TO ALCOHOLICS ANONYMOUS OF SAN DIEGO</b></p>	<table border="1"> <tr> <td data-bbox="709 449 1091 1031">                 Battery Chargers                  Clairemont Mens                  Clairemont Womens Step Study                  Drunks Only                  El Cajon Womens Serenity                  Evening Serenity                  Fourth Dimension Group                  Free At Last                  Fresh Start Beginners                  Friday Nite Weeks End                  Gifts of Grace Women                  Golden Hill Sun Discussion                  Great Fact Group                  Harmony Group                  I.B. Up                  Laguna Mountain Group                  La Mesa Mens             </td> <td data-bbox="1091 449 1472 1031">                 North Park Mens                  Old Town Speakers                  Over The Bridge                  Porter Hall Structered S/S                  Rainbow Group                  Rocket Riders                  Safe, Sane and Sober                  San Carlos Single Purpose                  Sat Mens Early Awakening                  Scripps Ranch Mens Two                  Sobriety On State And Date                  Southern Cal Speakers                  Tues Night Mens Step Study                  We Are Not A Glum Lot Big Book                  Wednesday Rule 62                  We Are Not A Glum Lot Big Book                  Womans Gut Level                  Womens Sober Sunday             </td> </tr> </table>	Battery Chargers Clairemont Mens Clairemont Womens Step Study Drunks Only El Cajon Womens Serenity Evening Serenity Fourth Dimension Group Free At Last Fresh Start Beginners Friday Nite Weeks End Gifts of Grace Women Golden Hill Sun Discussion Great Fact Group Harmony Group I.B. Up Laguna Mountain Group La Mesa Mens	North Park Mens Old Town Speakers Over The Bridge Porter Hall Structered S/S Rainbow Group Rocket Riders Safe, Sane and Sober San Carlos Single Purpose Sat Mens Early Awakening Scripps Ranch Mens Two Sobriety On State And Date Southern Cal Speakers Tues Night Mens Step Study We Are Not A Glum Lot Big Book Wednesday Rule 62 We Are Not A Glum Lot Big Book Womans Gut Level Womens Sober Sunday
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<p align="center"><b>Thank you Day Time Phone Volunteers For Carrying The Message!</b></p>	<p align="center"><b><u>This Matter of Fear</u></b></p> <p>For all its usual destructiveness, we have found that fear can be the starting point for better things. Fear can be a stepping-stone to prudence and to a decent respect for others. It can point the path to justice, as well as to hate. And the more we have of respect and justice, the more we shall begin to find the love which can suffer much, and yet be freely given. So fear need not always be destructive, because the lessons of its consequences can lead us to positive values.</p> <p>The achievement of freedom from fear is a lifetime undertaking, one that can never be wholly completed. When under heavy attack, acute illness, or in other conditions of serious insecurity, we shall all react, well or badly, as the case may be. Only the vainglorious claim perfect freedom from fear, though their very grandiosity is really rooted in the fears they have temporarily forgotten.</p> <p>Therefore the problem of resolving fear has two aspects. We shall have to try for all the freedom from fear that is possible for us to attain. Then we shall need to find both the courage and the grace to deal constructively with whatever fears remain. Trying to understand our fears, and the fears of others, is but a first step. The larger question is how, and where, we go from there.</p> <p align="right"><i>Reprinted with permission from Grapevine., "The Language of The Heart" p. 265</i></p>		



**Minutes of the Coordinating Council  
Thursday, March 13<sup>th</sup>, 2014**

Jim M. – Council Chair called the 825<sup>th</sup> meeting to order at 7:30 pm. Twelve Traditions read by Rae. Council Definition and Purpose read by John. There were 3 new Coordinators and 0 birthdays. 7<sup>th</sup> Tradition was \$41.00 Roll Call: Steve E., Assistant Council Chair reported 35 groups were represented out of 60 registered Coordinators. There was a quorum (28). February 2014 minutes were approved.

**PRAASA Report:** Jim M., Council Chair shared his experience at the Pacific Regional Alcoholics Anonymous Service Assembly this past weekend. The attendance was approx. 1,850 from eleven states in the Pacific Region, including Hawaii and Alaska. There were 30 Roundtable discussions with shared experience used in their different areas. There were several panel presentations relating to General Service Conference Agenda items. At the banquet, Jim shared with another Intergroup Chair. It was a weekend of AA members sharing on how to make AA better.

**Area Assembly:** Peggy Rose, Alternate Registrar shared 1) Informational Area Assembly will be on Saturday, April 5, in Brawley. Everyone is welcome. 2) 12 x 12 Workshop hosted by District 11 and Over the Bridge group will be on Saturday, April 26, from 8:30 am – 11 am. Come join us.

**H & I Representative:** Blaine H. shared the purpose of H & I (to maintain AA meetings in facilities where people are confined and to bring AA General Service Conference approved literature into those institutions).

Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3<sup>rd</sup> Sunday @ 12:00 pm at Hall 5150 Kearney Mesa Rd 92111 and 3<sup>rd</sup> Thursday @ 7 pm at 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 to take them to their first few meetings.

**Website:** [sdhandi.org](http://sdhandi.org)

H & I Annual Conference will be April 25-27, 2014 in La Mirada (Orange County)

May register at [socalhandi.org](http://socalhandi.org).

**AFTER HOURS PHONES:** Tony W., Chair

- 1) Thank you to all of the groups that answered AA's phones this past month.
- 2) Currently, all nights are filled. Thank you to La Jolla Beginners for taking the 25<sup>th</sup> again.
- 3) If any groups or individuals would like to sign up on our waiting list, contact Connie at Central Office 619-265-8762.

**BUSINESS COMMITTEE:** Kate C., Chair reported Committee met on Tuesday, 3/11/14 at 6:00 pm. Present: Steve E., Kate C., Frank B., Dan L., Jim M., Council Chair, and Connie L., Office Manager. Excused: Andrea K.

There was a quorum. February Minutes were reviewed. M/s/c to approve.

February 2014 Financials Statements were reviewed. M/s/c to approve.

**February Financial Statements' Summary:**

February Net Revenue is \$249. Our 2014 YTD Net Revenue is \$3,847. Group and Individual Contributions were \$7,860. Literature Sales Revenue and CD Bank Interest was \$1,893, while total office and committee expenses were \$9,744. 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: "*Came to Believe*" on sale: \$3.50
2. March's Pamphlet of the Month: "*Do you think your different?*" 15 cents ea.
3. April's Book of the Month: "*Living Sober*" on sale: \$3.50
4. April's Pamphlet of the Month: "*AA Member-Medications & Other Drugs*" for 15 cents ea.
5. **Daytime phone shifts available:**
  - a. ALWAYS have need for fill-ins.
6. Wi-Fi available for phone volunteers.
7. **Group Secretaries/Treasurers:** please include email address with contributions.
8. **Coordinator Newsletter:** sign up for a FREE subscription electronically by email. Send an email to [sdaaco@aol.com](mailto:sdaaco@aol.com) or call 619-265-8762.

Continued on page 6.

Continued from page 5.

**Business Committee Member reports:**

1. Kate C. – kept abreast of Central Office during month.
2. Frank B. – Signed checks and reviewed monthly financial reconciliations.
3. Steve E. – distributed call lists.
4. Jim M. – PRAASA/Area Committee.

Old Business: There was none.

**New Business:**

Reviewed 2013 Annual Financial Audit presented by CPA. M/s/c to approve. Suzanne Davis, CPA (independent outside Auditor) expressed that in her opinion, “The financial statements present fairly in all material respects, the position of Alcoholics Anonymous of San Diego County as of December 31, 2013 and 2012, and the results of its operations and its cash flow for the year ended in conformity with generally accepted accounting principles.”

**COORDINATOR NEWSLETTER** Chris F., Thank you to all of the stories received for inclusion in our newsletter.

NEW is a section for AA recovery poems. Please submit your poems. Even a limerick is acceptable. Please keep under 200 words.

**May's Theme:** “Resentments” Submissions of 500-1000 words welcome. Send to [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com) or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Committee NEEDS HELP each month to collate your Coordinator Newsletter. Approximate 1 hour of service. Come join in the fun.

**COORDINATORS OUTREACH** No Report.

**ORIENTATION & GUIDELINES** Blaine H. reported committee met tonight at 6:30 pm. Present: Blaine and Joel.

There were 3 new Coordinators.

1. Read traditions 3 & 4 and History of AA in San Diego. Explained quorum and reviewed Roberts Rules of Order. Discussed duties of the Coordinator and orientation packets and questions.

**PROGRAM COMMITTEE:** No Report.

**PUBLIC INFORMATION COMMITTEE:**

Matt., Chair reported committee met on 3/3/14.

1. New members for approval: Bill K., Mike B., Jim G., Duncan M., and Karen H.
2. Library Racks: 7 locations restocked.
3. Duncan restocking libraries with Big Books and 12 x 12's.
4. Fairs: April 17<sup>th</sup> – Maundy Thursday and April 26<sup>th</sup> – Native American Spring Gathering.
5. Matt and 3 other PI members attended PRAASA Public Information Roundtable.

**OLD BUSINESS:** Elected unanimously.

1. Orientation Committee: Michele (sob 12/11/10)
2. Outreach Committee: Mike (sob 3/21/02)

**NEW BUSINESS:**

1. It was M/s/c to approve Bill K., Mike B., Jim G., Duncan M., and Karen H to serve on the Public Information Committee.

Respectfully submitted,

*Connie L.*

Connie L, Recording Secretary

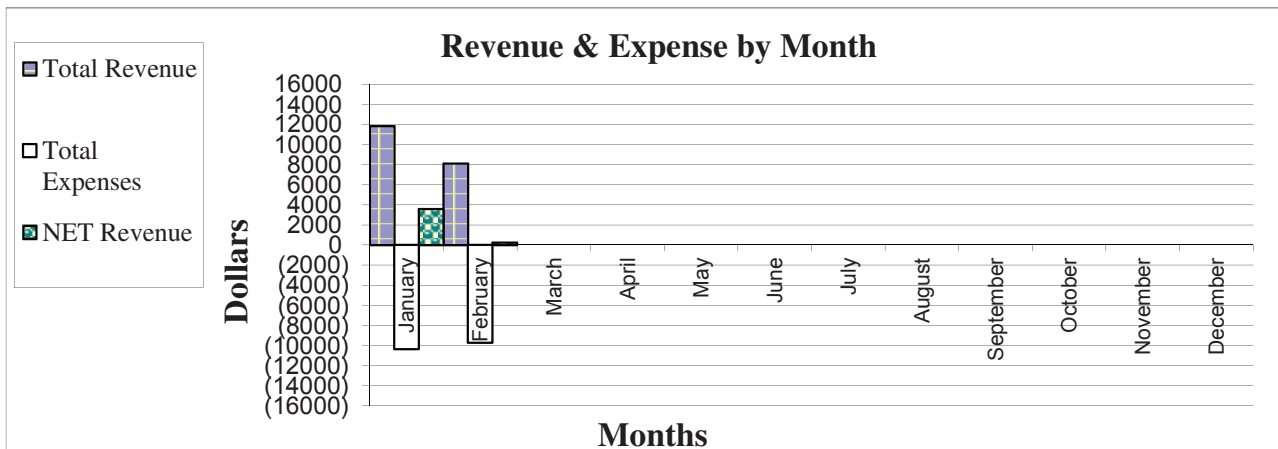
Alcoholics Anonymous of San Diego County  
Balance Sheets  
December 31, 2013 and 2012

	<u>ASSETS</u>	<b>2013</b>	<b>2012</b>
<b>Current Assets:</b>			
Petty Cash		\$250	\$250
Cash in Checking		42,326	31,289
Credit Card Merchant		756	547
Cash in Savings - CD's		80,238	80,126
Prepaid Expenses		1,562	738
Inventory		29,337	33,943
Total Current Assets		<u>154,469</u>	<u>146,893</u>
<b>Fixed Assets:</b>			
Furniture, Fixtures & Equipment		26,298	24,752
Leasehold Improvements		6,226	6,226
Less: Accumulated Depreciation		<u>(32,524)</u>	<u>(30,978)</u>
Total Fixed Assets		0	0
<b>Total Assets</b>		<b><u><u>\$154,469</u></u></b>	<b><u><u>\$146,893</u></u></b>
<b>Liabilities:</b>			
Accrued Payroll Taxes		1,504	1,992
Accrued Sales Tax		0	0
Gift Certificates Outstanding		<u>0</u>	<u>0</u>
Total Liabilities		1,504	1,992
<b>Fund Balance</b>		<u>152,965</u>	<u>144,901</u>
<b>Total Liabilities &amp; Fund Balance</b>		<b><u><u>\$154,469</u></u></b>	<b><u><u>\$146,893</u></u></b>

Balance Sheet from 2013 Audit performed by CPA.

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Statement of Revenue and Expense**  
**As of February 28, 2014**

	February 14	February 13	YTD '14	YTD '13	\$ Change	Budget '14
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	7,569.77	8,400.31	17,726.16	18,350.94	(624.78)	110,000.00
Contributions Individual	290.15	518.74	1,087.15	850.96	236.19	9,344.00
Contributions SDIAA	240.00	1,100.00	1,100.00	1,100.00	-	1,110.00
Interest - Cert of Deposits	5.12	19.62	12.11	42.58	(30.47)	200.00
<b>Total Revenue</b>	<b>8,105.04</b>	<b>10,038.67</b>	<b>19,925.42</b>	<b>20,344.48</b>	<b>(419.06)</b>	<b>120,654.00</b>
<b>Expense</b>						
Accounting & Legal	-	-	-	-	-	2,540.00
Auto/Travel/Seminar	24.25	23.00	50.75	49.00	1.75	1,300.00
Bank Service Charges	14.00	2.00	16.00	4.00	12.00	125.00
Cash (Over) Short	2.02	(3.02)	(2.61)	(5.43)	2.82	(50.00)
Checks Returned - Bad Debt	61.18	-	61.18	-	61.18	-
Equipment Maint & Repair	51.40	50.40	102.80	85.67	17.13	750.00
Equipment Purchase	-	-	-	-	-	750.00
Insurance	66.00	66.00	132.00	132.00	-	1,100.00
Office Maint. & Repairs	-	-	-	-	-	500.00
Office Supplies	233.36	206.79	208.75	436.76	(228.01)	3,500.00
Rent	1,800.00	1,748.00	3,600.00	3,496.00	104.00	21,392.00
Taxes	-	-	20.00	-	20.00	125.00
Telephone	197.65	212.60	407.61	411.51	(3.90)	2,400.00
Utilities-Electricity	269.11	303.32	583.93	566.94	16.99	3,900.00
Website	20.00	20.00	60.85	78.75	(17.90)	500.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	522.77	658.03	1,128.41	1,423.03	(294.62)	7,000.00
Employee Wages	5,815.95	6,842.86	11,667.65	13,893.72	(2,226.07)	79,500.00
Employee 403B Contribution	177.14	187.14	354.28	374.28	(20.00)	2,200.00
Employee Health Benefit	529.16	906.32	1,087.32	1,760.98	(673.66)	9,000.00
Insurance-Worker's Comp	50.00	50.00	100.00	100.00	-	600.00
<b>Total Expense</b>	<b>9,833.99</b>	<b>11,273.44</b>	<b>19,578.92</b>	<b>22,807.21</b>	<b>(3,228.29)</b>	<b>137,132.00</b>
<b>Net Ordinary Revenue</b>	<b>(1,728.95)</b>	<b>(1,234.77)</b>	<b>346.50</b>	<b>(2,462.73)</b>	<b>2,809.23</b>	<b>(16,478.00)</b>
<b>Other Revenue/Expense</b>						
<b>Literature Revenue/Expense</b>						
Sales (see schedule)	1,887.73	2,389.63	4,031.39	5,372.97	(1,341.58)	23,663.00
	1,887.73	2,389.63	4,031.39	5,372.97	(1,341.58)	23,663.00
<b>Standing Committees Expense</b>						
Committee (see schedule)	(89.54)	624.09	531.07	961.36	(430.29)	7,185.00
<b>Total Other Expense</b>	<b>(89.54)</b>	<b>624.09</b>	<b>531.07</b>	<b>961.36</b>	<b>(430.29)</b>	<b>7,185.00</b>
<b>Net Other Revenue</b>	<b>1,977.27</b>	<b>1,765.54</b>	<b>3,500.32</b>	<b>4,411.61</b>	<b>(911.29)</b>	<b>16,478.00</b>
<b>Net Revenue</b>	<b>248.32</b>	<b>530.77</b>	<b>3,846.82</b>	<b>1,948.88</b>	<b>1,897.94</b>	<b>-</b>





## Contributions February 2014

Group	Feb-14	Ytd 14	Group	Feb-14	Ytd 14
12 x 12 and BB - 2839	100.00	100.00	Pacific Beach Weekend Warmup - 725	-	90.00
4077 Mash Step 11 Read-Meditate-Share - 2027	16.50	16.50	Poinsettia Group - 2210	-	222.00
9:30 Everynighters - 2997	-	1,000.00	Point Loma Mens - 245	50.00	100.00
A Sense of Belonging - 1205	50.00	50.00	Practical Solutions - 2398	-	318.57
A Vision For You - 2812	-	25.00	Radical Acceptance Meeting - 2961	323.00	323.00
AA By The Bay - 629	154.14	154.14	Ramona Barefoot - 138	20.00	20.00
Alpine Mixed Step Study - 2621	-	50.00	Right Turn Group - 1900	30.00	30.00
Annual Grateful Meeting - 2461	-	77.29	Rise & Shine - 2170	192.00	388.33
Another Sober Tuesday - 1952	-	117.32	Santee Thursday Closed Mixed - 145	50.00	50.00
B.Y.O.B. (North Park) - 203	60.00	120.00	Sat Mens Early Awakening - 2209	-	75.00
Back to Basics - 1026	-	500.00	Saturday A.M. Live - 782	-	180.75
Bay Park Step Study - 299	102.00	102.00	Saturday Nite Live - 2192	-	20.00
Bayside Big Book Study - 1610	-	100.00	Serene-Tea	250.00	250.00
Beach Area Beginners - 272	-	75.00	Six O'Clock Big Book Study - 507	-	20.00
Beautiful Beginnings - 552	-	31.44	Sky Hi Womens - 1633	-	60.00
Breakfast Of Champions - 2818	-	250.00	So Bay New Womens - 2325	-	50.00
Carrying The Message - 2458	50.00	50.00	Sober Nooners - 196	-	77.22
Cedar Street Mens - 1698	-	187.00	Sober Roses Womens Step Study - 2946	-	20.00
Clairemont Discussion - 314	-	25.00	Sober Survivors - 2915	130.00	130.00
Clairemont Mens - 301	-	268.00	Spiritual Awakening - 2275	415.00	785.00
Clairemont Womens Step Study - 341	-	80.00	Spiritual Way Of Life - 2977	-	33.00
Class Acts - 1845	300.00	300.00	Sunday Beach Sun-Day - 568	198.00	198.00
Come Get Recovery - 2630	-	10.00	Sunday Discussion Group - 127	60.00	60.00
Coronado Sunday Noon - 1830	150.00	150.00	The Gathering Of The Goddesses - 2890	-	92.45
Courage to Change - 2679	25.00	25.00	The Other Meeting - 857	-	137.50
Crest Group - 529	0.36	0.36	Three Legacies Group - 2194	-	32.00
Cups - 2938	-	290.00	Thursday Promises Promises - 749	175.00	175.00
Dawn Patrol - 263	305.82	262.54	Tierrasanta Friday Night - 2645	75.00	75.00
Doctors and Lawyers Group - 391	-	160.00	Tierrasanta Morning Serenity - 2811	60.00	120.00
Downtown Discussion - 1665	113.63	113.63	Top of The Hill - 41	-	150.00
Each Day A New Beginning - 509	-	194.50	Torrey Pines Open Disc - 94	-	161.00
Early Morning Recovery - 2688	140.00	140.00	Tri-Serenity - 836	-	12.00
Eastlake New Beginnings B/B S/S - 2673	111.00	111.00	Tuesday AA Step Study - 937	-	55.15
Easy Risers - 854	50.00	50.00	Tues Morning Breakfast Special-2761	87.00	87.00
El Cajon Daytime - 52	-	250.00	Tuesday Morning Alpine - 440	70.00	70.00
El Cajon Happy Hour Group - 61	291.50	291.50	Tuesday Night Primary Purpose - 130	40.00	40.00
Eye Opener Group - 607	-	240.00	Twelve To Grow On - 541	12.00	12.00
Faculty Group - 1645	120.00	120.00	University Discussion - 368	72.50	72.50
Free to Be - 935	-	60.00	Up The Street Big Book - 2338	15.00	15.00
Fresh Start Beginners - 2609	-	200.00	Wake Up Call - 1932	3.75	14.52
Friday Morning Womens - 104	-	100.00	Way Up and Out - 415	161.57	161.57
Friday Night Irregulars - 2889	-	58.53	Wednesday Discussion Group - 2431	201.50	201.50
Friday Nite Weeks End - 1856	-	120.00	Weds Rule 62 Lunch Group - 687	180.00	180.00
Friday Spring Valley Lunch - 2732	-	100.00	Wet behind the Ears - 214	15.00	15.00
Golden Hill Sun Discussion - 1706	224.00	224.00	We've Come Along Way - 1616	-	114.60
Good News Bad News - 2833	-	72.00	Wholesale Miracle - 2474	77.55	77.55
HOW @ Noon - 2998	-	30.00	Womans Gut Level - 1701	-	74.43
Hwy 80 AA - 2722	-	90.00	Womens Attitude of Gratitude - 2751	147.50	147.50
Imperial Mens Group - 869	25.00	25.00	Womens Thursday Nite - 514	120.00	120.00
International Group - 23	25.00	25.00	Womens TLC - 2814	-	75.00
Jump Start - 2174	35.11	35.11	Womens Way to Recovery - 838	62.50	62.50
Kick Start Your Heart - 2430	-	40.00			
La Jolla Lunch Bunch - 622	-	180.00			
La Jolla Monday Womens - 87	-	600.00			
La Jolla Nonsmokers Discussion - 88	202.17	202.17			
La Jolla Sunrise - 2684	-	150.00			
La Mesa Mixed - 2136	-	20.00			
La Mesa Womens Sat Morning - 416	205.00	205.00			
Lake Morena Sink or Swim - 2830	-	50.00			
Little Apple Group - 1438	60.00	158.64			
Lunchtime Friends - 964	-	52.40			
Lushes Lunch - 2641	154.00	154.00			
Mid-Week Mens - 560	-	243.59			
Midnight Howlers - 1025	100.00	200.00			
Midway Bridge - 2171	200.00	200.00			
Monday At A Time - 2875	-	101.80			
Monday Mens Gut Level Group - 677	100.00	100.00			
Mountain Steps - 2822	-	90.00			
Noon At The Grove - 628	100.00	200.00			
Nooners Anonymous - 1164	292.56	292.56			
North Clairemont Sat Nooners - 2572	6.00	15.00			
Over The Bridge - 2689	175.76	175.76			

Thank you for supporting your San Diego  
Intergroup Central Office in Carrying the  
Message of Alcoholics Anonymous to the  
suffering alcoholic.



Daytime  
Phone Volunteers

Call Connie:  
(619) 265-8762



## CENTRAL OFFICE NOTES

2014 Holidays – Central Office Bookstore closed		
HOLIDAY	DAY OF WEEK	DATE
Memorial Day	Monday	May 26, 2014
July 4 <sup>th</sup>	Friday	July 4, 2014
Labor Day	Monday	September 1, 2014
Veteran's Day	Monday	November 10, 2014
Thanksgiving	Thursday	November 27, 2014
Christmas	Thursday	December 25, 2014

### Book and Pamphlet of the Month

<b>March: “<i>Came to Believe</i>” on sale: \$3.50</b>
<b>March’s Pamphlet of the Month: “<i>Do you think you are different?</i>” 15¢</b>
<b>April’s: “<i>Living Sober</i>” on sale: \$3.50</b>
<b>April’s Pamphlet of the Month: “<i>AA Member Medications &amp; Other Drugs</i>” 15¢</b>

<b>Group Contributions</b>		7,570.00
<b>Individual Contributions</b>		290.00
<b>SDIAA Contributions</b>		240.00
<b>Literature &amp; Interest</b>		1,893.00
<b>Total Revenue</b>		<b>9,993.00</b>
<b>Central Office Expenses</b>		-9,834.00
<b>Committee Expenses</b>		89.00
<b>Total Expenses</b>		<b>-9,745.00</b>
<b>February 2014 Net Revenue</b>		<b>248.00</b>
<b>2014 YTD Revenue</b>		<b>3,847.00</b>

**San Diego Intergroup and North County Intergroup Public Information Committees  
are co-hosting an AA Information Booth  
at the Del Mar Fair in the San Diego Pavilion.**

**June 7<sup>th</sup> through July 6<sup>th</sup>, 2014 (Fair is closed on Mondays)**

#### Your Group Can Help.

- We need volunteer groups to staff the booth on even days numbered throughout the fair from 10:00 A.M. to 7:00 P.M., starting Saturday, June 8<sup>th</sup>.
- Each shift will be 3 hours with 2-3 volunteers.
- Passes are available each day for parking and admittance.
- Literature and meeting schedules provided by the PI Committee of the San Diego Coordinating Council.

## CENTRAL OFFICE PHONE CALLS FEBRUARY 2014

<b>TOTAL CALLS FOR MONTH</b> 1,152	<b>Meeting Info</b>	<b>General Info</b>	<b>XII Step Calls</b>
<b>DAYTIME VOLUNTEERS</b> From 9 am to 9 pm	754	268	13
<b>NIGHT TIME VOLUNTEERS</b> From 9 pm to 9 am	61	49	7

**WEBSITE HITS:      February = 27,110                      Total = 1,641,777**

## APRIL 2014 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		I.B. Up	Mt Soledad Mens	Sat Night Early Disc.	The We Group	Over The Bridge
6	7	8	9	10	11	12
Friends of Bill W. Dawn Patrol	Old Town Speakers	La Mesa Mens	Water Walkers Too	East Side Group	P.B. Early Risers	La Jolla Speakers
13	14	15	16	17	18	19
La Mesa Women's Sat Morning Mission Possible	Imperial Mens	The Common Solutions	Faculty Group	Project Smiles	So Cal Speakers	Radical Acceptance
20	21	22	23	24	25	26
Dignity Unlimited Rainbow Group	Cedar Street Mens	Coronado Nooners	Fresh Start Beginners	Imperial Beach Group	La Jolla Beginners	Drunks Only
27	28	29	30			
Clairemont Mens Lemon Grove Early Risers	North Park Mens	Harmony Group	Diamond Street Mens			
<b>If your Group wants to answer phones please call: Connie at Central Office (619) 265-8762</b>					<b>Thank you After-Hours phone volunteers Carrying the Message!</b>	

# April 2014

## A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Every Sunday <b>Comite de Instituciones</b> Oficina Central Hispana 3628 University Ave 6:00 PM		Every Tuesday <b>Information Publica</b> Oficina Central Hispana 3628 University Ave 7:00 PM <b>District 19</b> Church 2717 University Ave North Park 6:00 PM	<b>District 4</b> Church 7111 La Jolla Blvd La Jolla 6:30 PM	<b>Area Archives Committee</b> Varies 6:45 PM  <b>District 12</b> Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 PM	Every Friday <b>Distrito 15</b> Oficina Central Hispana 3628 University 7:00 PM <b>District 7</b> Club 1944 30 <sup>th</sup> St Golden Hill 6:30 PM	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Greater S.D. Young People's Committee</b> Coffee Shop 3343 Adams Ave Normal Heights 1:00 PM	<b>Public Info. Committee</b> Central Office 6:00 PM  <b>District 8</b> Church School Rm 12 760 1st Ave Chula Vista 7:00 PM	<b>Business Comm</b> Central Office 6:00 PM <b>Area Newsletter Committee</b> Fudruckers's 8285 Mira Mesa Blvd 6:30 PM <b>District 10: Church</b> 490 Farragut Circle El Cajon 5:30 PM <b>District 13: Club</b> 9535 Kearny Villa Rd Mira Mesa 7:00PM		<b>Coordinating Council</b> Church Krausse Cove Bldg 2111 Camino Del Rio S Mission Valley 92108 <b>New Coordinators</b> 6:30 PM <b>Coord. Outreach Council</b> 7:00 PM 7:30 PM <b>Area Agenda Committee</b> Central Office 7:00 PM		
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Area Grapevine Committee</b> Location Varies 1:30 PM	<b>Area Finance Committee</b> Central Office 6:30 PM  <b>District 6</b> Denny's 1065 Camino Del Rio Mission Valley 6:30 PM	<b>Area Contact On Release Committee</b> Central Office 6:45 PM	<b>Coordinator Newsletter Committee Meeting &amp; Collate Party</b> Central Office 6:00 PM <b>Area Information Technology Committee</b> Residents 1738 Old Mill Rd Encinitas 6:45 PM	<b>Area Committee</b> Church 2650 Melbourne Dr Serra Mesa 7:00 PM  <b>H&amp;I Committee Orientation</b> Central Office 7:00 PM		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>H&amp;I Committee</b> Union Hall 5150 Kearny Mesa Rd <b>Orientation: 12 PM</b> <b>Business Mtg: 1:15</b>  <b>Greater S.D. Young People's</b> Coffee Shop 3343 Adams Ave Normal Heights 1:00 PM	<b>Area Literature Committee</b> Central Office 7:00 PM	<b>Accessibilities Committee</b> Central Office 7:00 PM	<b>District 9</b> Denny's 14455 Ocotillo Dr El Centro 6:00 PM  <b>District 14</b> Church 1475 Catalina Blvd Pt. Loma 6:30 PM			
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
<b>Program Committee</b> Central Office 6:30 PM	<b>District 5: Church</b> 5050 Milton St Clairemont 7:00PM <b>District 11: Church</b> 8350 Lake Murray Blvd San Carlos 6:30 pm <b>Area CPC Committee</b> Central Office 6:30 PM					

**Things to Do and Places to Go**

**Third Weekenders Campout**

**WHERE:** Dos Picos County Park

**WHEN:** April 18 - 20

**Wagon Masters:**

**Southern California H & I Conference**

**WHERE:** 14299 Firestone Boulevard

La Mirada, CA

**WHEN:** April 25 - 27, 2014

**Contact:** [socalhandi.org/H\\_I\\_Conference.html](http://socalhandi.org/H_I_Conference.html)

**12 Steps & 12 Traditions Workshop**

**WHERE:** 8350 Lake Murray Boulevard

San Diego, CA

**WHEN:** April 26, 2014

**Contact:** [area8aa.org/Calendar](http://area8aa.org/Calendar)

**The Joy of Living Sober and Free 2014**

**WHERE:** 300 South Alameda Boulevard

San Jose, CA

**WHEN:** May 2 - 4, 2014

**Contact:** [soberandfree.org](http://soberandfree.org)

**Woodstock West Roundup**

**WHERE:** 9750 Airport Boulevard

Los Angeles, CA

**WHEN:** May 9 - 11, 2014

**Contact:** [woodstockwest.org](http://woodstockwest.org)

**30<sup>TH</sup> Annual Tri-State Round Up**

**WHERE:** 1650 Casino Drive

Laughlin, NV

**WHEN:** May 15 - 18, 2014

**Contact:** [tristate-roundup.com](http://tristate-roundup.com)

**34<sup>th</sup> Woman to Woman Conference**

**WHERE:** 5321 Date Avenue

Sacramento, CA

**WHEN:** May 16 - 18, 2014

**Contact:** [aasacramento.org/events](http://aasacramento.org/events)

**AALA 2014 Roundup**

**WHERE:** 333 South Figueroa Street

Los Angeles, CA

**WHEN:** May 23 - 26, 2014

**Contact:** [aalaroundup.org](http://aalaroundup.org)

**Hospitals & Institutions (H&I) Orientation**

**WHERE:** Central Office 7075-B Mission Gorge Road

**WHEN:** 3rd Thursday of month @ 7pm

**Contact:** Central Office 619.265.8762

**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.





## WHY AN INVENTORY?

By Rick R.

Few people who come to us can lay claim to having soundness of mind, but, between their ears, they have nothing to compare their thinking to, simply because they can't put themselves inside the mind of someone else. They often arrive somewhat defiant if, in fact, it wasn't their own idea to come to A.A. in the first place. They may think that their own thinking was pretty good and it is hard to convince them that it wasn't, considering that they would have to admit that their whole existence was based on a faulty perception and their brain has been lying to them for all these years.

Those of us who came into the program of our own free will have a much easier time of it simply because we are no longer in denial and we are searching for answers to our drinking problem. After we arrive we are quick to recognize the difference in the way seasoned A.A. members think and they begin to trust in someone else's input concerning their thinking. They find a sponsor and begin taking the steps. Things go pretty good considering the new found friends they find in the fellowship, then they often hit a brick wall when they approach Step Four. We lose many of them upon their first attempt at the program, but we know that they will usually return when faced with the inevitable.

When it is explained to them that no one can solve their deeper rooted emotional problem until we first understand them and the process of going through the fourth step inventory is our first attempt at discovering where our thinking had been flawed. That doesn't make them a bad person, it only mean that, like us, they were just misguided, and these things can be corrected if they are willing. Understanding is the key.

My first attempt at doing a Forth Step inventory came as I was approaching my first year of being sober. I now realize that I was rushing into it before I understood what the objective was and after scribbling down a number of superficial deeds that I had done during my drinking days, my project was abruptly interrupted by a flight to Asia and a four month vacation aboard a tanker in the Tonkin Gulf Yacht Club, (being in the navy at the time.) I didn't have the opportunity to get to a single meeting during that time but I did have a lot of quiet nights at sea where I contemplated my life before A.A., and what I was going to do with the rest of my life. It was during that time that I decided, by God; I wasn't going to mess this thing up. I was going to do it by the

book. I longed to be back in the safety of that very loving group that I left four months earlier. I knew that with their love and support I could get right.

I realized, as I was studying Steps Six it says "we were entirely ready to have God remove all THESE defects of character and in Seven, it says "humbly ask him to remove my shortcomings." To me that means, in Step Four I should be trying to identify my defects of character and my shortcomings. The example of this Step in the Big Book shows a chart which shows WHAT WE DID, WHY WE DID IT (fear of something), and WHO WE DID IT TO. It occurred to me that if I could identify the root cause of my problems (defects/fears) that I could change the behavior that resulted from them (shortcomings). To explain this, I came up with the following scenario that anyone could understand.

Let's say that I purchased a large SUV off the showroom floor, drove away and at the first signal light I hit the brakes and it didn't stop until I was out into the cross traffic. I drove back to the dealer and explained what happened. They checked it out and discovered that they had put the Pinto brakes on it by mistake, they changed them to the correct brakes and I drove away again. This time when I came to the signal light, the SUV stopped and it stopped at all the other stop lights also.

The defect (root cause) was that the brakes were the wrong size. The shortcoming (behavior) was that the vehicle didn't stop properly. Once the defect was corrected, the shortcoming went away. For instance, when a friend of mine said that "All forms of criticism and character assassination stem from low self esteem," it occurred to me that, low self esteem was the defect, and criticism and character assassination was the shortcoming. With a little self restraint, I could slowly refrain from that behavior. Once I identify my defects of character, it seems to take all the power out of them. For instance, if I could find any value in criticizing another person, I might still be doing it but there is no value in it, except to feed my ego, and that only shows weakness of character. I used this approach on all of the behaviors that I'm not proud of and I feel stronger all the time.

Why an inventory? As I look back on the Program in its entirety, I don't see how I could have taken the rest of the Steps knowing that I was skimping on Steps Four and Five. To me, it would have been like a house of cards. I look at Step Four as the corner stone of the rest of the Program. It made the rest of the Steps much easier, as I see it; the result of this approach is the peace of mind that is promised.

## I PUT PEN TO PAPER

By Steve L.

I learned that a lack of power is my dilemma, and I must remove the things that are blocking me off from a power that will keep me sober, happy and free. When I walked into A.A. I had a lot of emotional baggage and habits that were not going to work for me in the long term. These habits were ingrained in me from years of my own alcoholic reactions to life. Instead of facing life, dealing with life and maturing, instead I hid from it. Years of running from consequences and manipulating situations to avoid them kept me in a state where I was always on the defensive, always reacting from that fearful self-centered place. All along the way I created wreckage and that is what I brought with me after I was removed from my active alcoholic life and found AA. However, I found that if I only removed the alcohol, I am still stuck with my self-will run riot. If I was to be sober for long I would have to put this problem to pen and paper.

For many years I knew and could list a series of my defects, problems and bad habits. Looking back on them, I would inevitably include all the reasons (excuses) that I had to react and behave that way. It wasn't my fault, you see. If the rest of the world would straighten up, my life (and behaviors) would just be fine. I was stuck in the blame game going on in my head. Even after working the Steps and doing an inventory, I can sometimes still repeat that blame-game in the *bad neighborhood* which is my head and get lost in resentments. But it is when I put it to paper, do the work, writing out my resentments, that I can then begin to see my part in it. Had I really "made decisions based on self which later placed me in a position to be hurt?" Once I can start to see that, I can also see that I am the one who needs to change. Normally, this happens when I'm working with my sponsor or spiritual advisor.

For me, the purpose of doing the inventory is to see at the bulk of what and who I am, at least at that one point in time of the inventory. I can get a pragmatic look at the things that are working (good stock) and the things I find objectionable (non saleable

goods) in my self-centered self-seeking life. The life that I can now see, on paper at least, has been driven by fear. When I see how I have been running the show and the resulting problems, conflicts and resentments I am reminded of Step Three. In Step Three I give the care of my life over to the power I have discovered will keep me sober. I need the inventory to see how the nature of my defects has been driving my life and my alcoholism. Once I get to fully see these, admit them to God and share them with another person, I have cleared a path to have God remove them in Steps Six and Seven.

So often we hear about the "daunting challenge" of completing the Fourth Step. I think most of this fear comes when a newcomer tries to look at a Fourth Step attempt without the benefit of some other person supporting the process; ideally that someone will be a Sponsor or someone who will hear their Fifth Step. I too have experienced a painful Fourth Step – one in which I was stuck in the inventory process without the concluding relief found by doing my Fifth Step. A solitary Fourth Step is like the trash bin of my past (and present) which is filled up as a result of the process of writing the Fourth Step. But it is only in my Fifth Step that I get to really review that garbage bin and attempt to dispense with the real trash but to keep the good stuff. If I get stuck in a Fourth Step, it is like dumping a trashcan in my house and leaving it strewn everywhere for me to wade thru and trip over - that is a pretty miserable place to be in.

There is a great gift of freedom which comes from a strong effort in my Fourth Step writing, but only if that writing is shared as my Fifth Step. The inventory process, as I have experienced it, has always been a point of freedom in my life. I have to look at Step One as "I can't"; at Step Two as "there's a Power that can"; and at Step Three as "I surrender" to the care of that Power. Then I work Steps Four and Five to see what has been blocking me from a real connection to that Higher Power. A connection to that Power which I never experienced while drinking *and in my case-* a connection I never felt even before my drinking. I begin to live my life filled with that newfound Power instead of my very limited self-propulsion. Why wouldn't I want this kind of power and freedom working in my life?

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

RETURN SERVICE REQUEST

