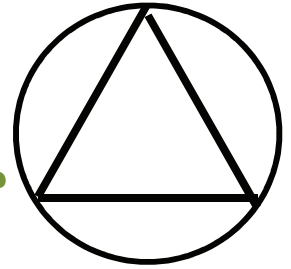


# The San Diego AA Coordinator



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

*"This meant, of course, that we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action."*

*(from Twelve Steps and Twelve Traditions, page 147)*

**April 2015**

VOL. XV NO. 4

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*"Carry the AA Message"*

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

**Monthly Themes**

**MAY**

**Resentments.**

(due 3/15/15)

**JUNE**

**Turning our will and our lives over.**

(due 4/19/15)

**JULY**

**Humility.**

(due 5/17/15)

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

## **I'M LOVIN' IT!**

By Blaine H.

Tradition Four states, "Each group should be autonomous except in matters affecting other groups or A.A. as a whole." (Reprinted with permission from A.A.W.S. "Twelve Steps and Twelve Traditions", p. 146) "Independent" or "self-governing" would be appropriate definitions. Let us look at this concept regarding two successful institutions founded in the last century – McDonald's and A.A.

Ray Kroc opened his first store in Des Plaines, IL in 1955. Today there are more than 35,000 McDonald's in more than 100 countries. Ray has been gone for some time now but he left three legacies (sound familiar?) – "Quality, Cleanliness, Service" which have enabled McDonald's to continue to grow and prosper. The majority of stores are privately owned by franchisees but these stores are certainly not autonomous in regard to the products and services that they offer. The company exercises tight control over much of the operation to the point of being quite specific as to the content of a simple hamburger – 1.6 oz of ground chuck 3 and 5/8 inches in diameter served with ¼ oz onion, a tsp of mustard...you get the idea. The purpose being that the hamburger will taste exactly the same in Tokyo as it does in Tulsa.

Now let's look at Alcoholics Anonymous. The first group was founded in Akron in 1935. Since then we have grown to more than 100,00 groups in 180 countries. We don't make hamburgers but we do offer a product – sobriety. No doubt strict quality controls are needed in order for the groups to be able to produce this valuable commodity. Not so. In the pamphlet "The A.A. Group...Where it All Begins", the lead sentence in the section on suggested A.A. meeting procedures begins, "No one type of format is best for an A.A. meeting..." (Reprinted with permission from A.A.W.S. "The A.A. Group", p.15) Pretty wishy-washy if you ask me! In fact the chapter concerning autonomy in "Twelve Steps and Twelve Traditions" goes even further by saying that deviations from the norm are a good thing and that trial and error are actually keys to our success! Of course there is the caveat regarding not interfering with other groups or damaging A.A. as a whole. How might a group do that? Perhaps by violating one or more of our other Eleven Traditions.

Are our local A.A. groups truly autonomous? Well we certainly have a variety of groups that meet in a wide variety of places and conduct their meetings quite differently from one another. One (Third Tradition – Solana Beach) meets in a tavern while another (Serenity on the Sand – Coronado) meets on the beach. Another's (4077 Mash – Hillcrest) meeting involves long periods of silent meditation while another (The Gong Show – Pacific Beach) is conducted in a game show format. There is even one (Fishermans Group – Campo) whose meeting involves telling fishing stories (as if a bunch of alcoholics need any more practice in lying!). Regardless, all these groups and our fellowship continue to thrive. Perhaps that is because there is but one primary purpose for all these groups. "...to carry the message to the alcoholic who still suffers." (Reprinted with permission from A.A.W.S. "Twelve Steps and Twelve Traditions" p.150.) And that we do quite well, even without the mustard!

**SAN DIEGO CENTRAL OFFICE**

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OFFICE &amp; BOOKSTORE

Mon-Fri 9am-5pm Sat 9 am – 1 pm

Central Office Manager: Connie L.

Administrative Assistant: Denise H.

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.*

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

**Coordinating Council Officers:**

Council Chair	Steve E.	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Precious	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Renea	<a href="mailto:afterhoursphones@aasandiego.org">afterhoursphones@aasandiego.org</a>
Business Committee	TBD	<a href="mailto:businesscommittee@aasandiego.org">businesscommittee@aasandiego.org</a>
Program Committee	Rudy M.	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Curtis T.	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	Chris F.	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

Delegate	Dean	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Jane G.	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Roxanne	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	Linda R.	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Diana A.	Contact Central Office

**Contributors:** Blaine H., Bob S., John B., Peter D.; Joey K., Veronica W., Michael K., Chris F.

**April Theme:** **Tradition Four: how is my Group autonomous?**

**Collate:** Wed., April 15, 2015  
5:30 pm, at Central Office  
**All are welcome.**

**VIEW FROM THE CHAIR**

The theme for this April edition was all about group autonomy and the Fourth Tradition. At the risk of sounding weird, this is my favorite Tradition because it gives every meeting or group the right to be wrong, and yet it works on the largest scale of the A.A. structure as a whole. If you have never been a part of starting a meeting or trying to radically change an existing one, then I hope that someday you do have that experience so you can see this Tradition close up. In the meantime, please enjoy the articles in this edition and experience it through your fellow members' eyes.

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. Please contact Central Office for Chris F. phone number or 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 original poems to:  
[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com) – 200 words or less.

## MY PROTECTIVE EGO

By Bob S.

There exists, in my good-keen-alcoholic-mind, a protective element which influences me to avoid all things not to my liking. When I find myself trapped in a disagreeable situation, it provides a practical pathway into the tempting world of unreality. This often includes daydreaming, AA gossip, TV obsession, winning arguments, allowing fear and anger to shut out whatever is really bothering me, and last, but certainly not least, the notion that the relief provided by just one drink will make everything better.

But this ‘protective false self’ is only one part of my total makeup; I have come to understand that my mind — as important as it is — constitutes only part of my true self: it is not who I am! A distinguished philosopher, Rene Descartes, once stated famously: “I think, therefore I am.” WRONG! When I am deep into meditation, listening for God’s will, I am quite conscious, but I am not thinking. The Big Book speaks of “the Great Reality deep within.” I notice Great Reality is capitalized, meaning God. In other Words I believe that this God-Self is my True Self, and not my mind. My Real Self actually envelops my protective egocentric mind which falsely portends it is in charge of my actions . . . and indeed it was just that, until I found the AA program of action. When I am actually living in the Spirit of Steps Ten, Eleven and Twelve I remain free from the prison of selfishness, dishonesty, resentment and fear mentioned on page 84. When I am not — which is often — I am not!

The cliché goes: “Self cannot rid self of self with self” (or perhaps more to the point: Ego cannot rid ego of ego with ego), so, obviously, I need a power greater-than-self to take charge of my ego-oriented thinking process—and this is, of course, my God Given Identity: The Great Reality deep within.

## February 2014

Total Calls	Central Office Phone Calls and Website Hits		
	Meeting	General	12 Step
Daytime 9am-9pm	635	190	11
Nighttime 9pm-9am	51	32	7
Website Hits	February 27,145	Total 1,755,580	

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!*

*Ken K. 15 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.*



**Minutes of the Coordinating Council**  
**Thursday, March 12, 2015**

Steve E. – Council Chair called the 837<sup>th</sup> meeting to order at 7:30 pm. Twelve Traditions read by Jamie P. Council Definition and Purpose read by Keith M. There were 2 new Coordinators, 0 Visitors and 1 birthday.

Roll Call: Precious, Assistant Council Chair reported 44 groups were represented out of 68 registered Coordinators. There was a quorum (34). February 2015 minutes were approved.

7<sup>th</sup> Tradition: \$46.00

Area Assembly: Peggy R., Alt Registrar:

1. Pre-conference Area Assembly will be on Saturday, April 11. Join us.
2. Please go to Website: [www.area8aa.org](http://www.area8aa.org) for more calendar of events info.

H & I Representative: Blaine H., Alternate Chair shared H&I – Takes AA meetings and AA literature into places where people can't get out to go to meetings – jails, prisons, hospitals, etc. We hold orientation on the 3<sup>rd</sup> Sunday of each month at noon in the Machinists' Hall 5150 Kearny Mesa Rd, and the 3<sup>rd</sup> Thursday of the month 7:00 PM at San Diego AA Central Office. Our subcommittee, Contact on Release, matches people being released from these facilities with AA volunteers who take them to meetings in their local area. We belong to the SoCal H&I Intergroup <[socalhandi.org](http://socalhandi.org)> which will put on its annual Conference May 15 – 17 in La Mirada. Flyer/registration forms are here tonight, at Central Office, or on the Intergroup website. There is a link to same on our website <[sdhandi.org](http://sdhandi.org)>.

AFTER HOURS PHONES: Renea, Chair

1. Thank you to Lee and Larry for sharing as co-chair to open Central Office door when needed.
2. Thank you to the groups that answered AA's phones this past month.
3. All the nights are currently filled.
4. Your groups may also sign up on a waiting list.
5. Individuals may sign up on an emergency fill-in contact list.
6. Thank you for letting me serve you.

BUSINESS COMMITTEE: Natalie F., Chair reported Committee met on Tuesday, 3/10/15 at 6:00 pm. Present: Steve E., Frank B., Jim M., Erica V., Natalie F., Precious P., David B. and Connie L., Manager.

There was a quorum.

It was m/s/c to approve February Minutes.

February 2015 Financials Statements were reviewed. It was m/s/c to approve.

February Financial Statements' Summary:

February Net Revenue is 2,116. Our 2015 YTD Net Revenue is 6,010. Group and Individual Contributions were 9,825. Literature Sales Revenue and CD Bank Interest were 1,665 while total office and committee expenses were 10,233. 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:  
*"Dr Bob & Good Oldtimers"* on sale: \$8.00  
 reg. \$9.50
2. March's Pamphlet of the Month:  
*"A Member's Eye View"* 50¢ ea.
3. April's Book of the Month:  
*"As Bill Sees It"* (soft cover) on sale: \$6.25  
 reg. \$7.60
4. April's Pamphlet of the Month:  
*"12 Steps Illustrated"* 50¢ ea.
5. **Daytime phone shifts available:**
  - a. **Alternate Saturdays 1 pm – 5 pm**
  - b. **Always NEED for fill-ins.**
6. Alcoholics Anonymous World Service increased their Book Prices beginning October 1<sup>st</sup>, 2014. Currently increases are:
  - a. Hard Big Book: \$9.50
  - b. Soft Cover Big Book: \$9.10
  - c. Large Print Big Books: \$10.30
  - d. Daily Reflections: \$10.25
  - e. Large Print Daily Reflections: \$10.75
  - f. Large Print 12 x 12: \$8.25
7. **10% discount to AA Groups and AA Individuals for literature sales for April and May 2015.**

Continued on page 6.

Continued from page 5.

8. Secretaries/Treasurers: please include email address with contributions to receive receipts.
9. Coordinator Newsletter: sign up for a FREE subscription electronically by email. Send an email to [sdaaco@aol.com](mailto:sdaaco@aol.com).
10. NEW on our [aasandiego.org](http://aasandiego.org) website:
  - a) Coordinator Newsletter back issues archives page, Jan 2011 - Current.
  - b) "Calendar of Events" page includes downloadable flyer for each event.

**Business Committee Member reports:**

1. Frank, Treasurer reviewed financial reconciliations and signed checks.
2. Natalie reviewed bank deposits.
3. Steve E. attended Area Committee.

**OLD BUSINESS:** There was none.

**NEW BUSINESS:**

1. It was m/s/c to resume 10% on literature sales to AA Groups and AA Individuals.
2. Reviewed 2014 Annual Financial Audit. 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, 2014 and 2013, and the results of its operations and its cash flow for the year ended in conformity with generally accepted accounting principles."

**COORDINATOR NEWSLETTER:** Chris, Chair shared: We have a full issue of original articles by local members. Thank you to those who submitted their experience, strength and hope for others to read.

**May's Theme:** "Resentments" Submissions of 500-1000 words welcome. Also, Personal Recovery Poems/Limericks 200 words. 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.

**COORDINATOR OUTREACH:** By email.

Distributed the "No Coordinator List" to committee members. 2 groups were visited.

**ORIENTATION & GUIDELINES** Jaime P., reported committee met tonight at 6:30 pm. Present: Susan, Jaime, Renee and Loretta.

1. There were 2 new Coordinators and 0 visitors to be orientated.
2. Read Traditions 3 & 4, San Diego History of AA, Structure of Coordinating Council, Responsibilities what is a Quorum. New Coordinators, please come next month at 6:30pm.

**PROGRAM COMMITTEE:** Rudy, Chair

**Reported:**

1. Founder's Day Picnic/Speaker Event:
  - a). Saturday, June 13<sup>th</sup>, 10am-3pm Eucalyptus Park – 4<sup>th</sup> Ave & C St. in Chula Vista. Join in the fun.
2. Anniversary of AA in SD Breakfast:
  - b). Saturday, November 14<sup>th</sup>, 9:30 am Church – Linder Hall, 2111 Camino Del Rio So. Mission Valley Great AA History Presentation

**PUBLIC INFORMATION COMMITTEE:**

Curtis T., Chair reported committee met on 3/2/15.

1. Public Information Committee Open House to be held on Saturday, Mar 14, 2pm–3 pm at Central Office.
2. Feb 28, Women's Resource Fair - success.
3. Mar 12, UCSD Medical Ctr Presentation.
4. Mar 23, 24, or 27, UPAC Presentation.
5. Mar 29, Mental Health Awareness Day.
6. May 2, 11<sup>th</sup> Annual NAMI walk – booth.
7. Veteran Stand Down Event – July 2015
8. PRAASA report – see page 12 – April Coordinator.

**OLD BUSINESS:** There was none.

**NEW BUSINESS:** There was none.

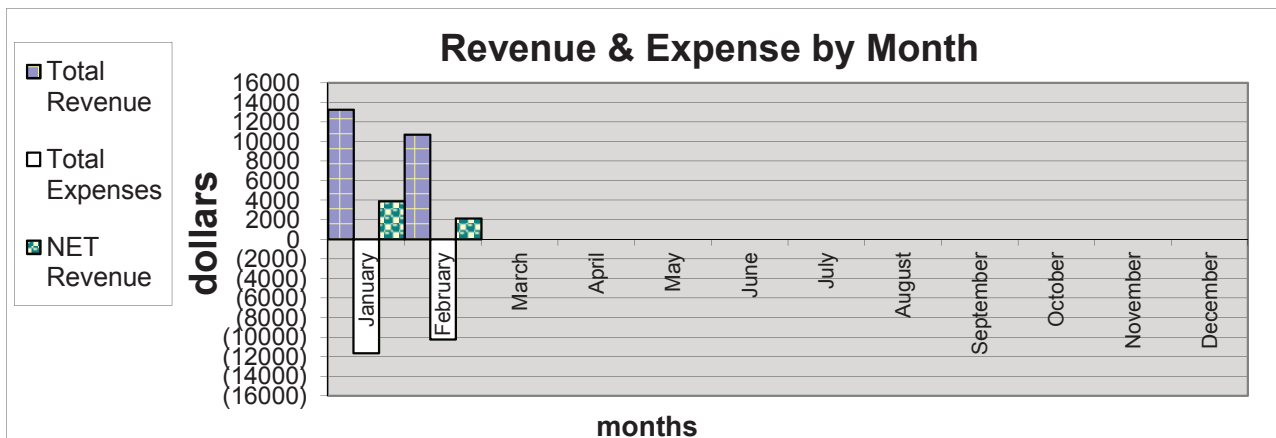
Respectfully submitted,

*Connie L.*

Connie L., Recording Secretary

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Statement of Revenue and Expense**  
**As of February 28, 2015**

	February 15	February 14	YTD '15	YTD '14	\$ Change	Budget '15
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	6,921.46	7,569.77	19,952.69	17,726.16	2,226.53	112,700.00
Contributions Individual	2,903.01	290.15	3,131.26	1,087.15	2,044.11	9,344.00
Contributions SDIAA	860.00	240.00	860.00	1,100.00	(240.00)	1,110.00
Interest - Cert of Deposits	2.56	5.12	5.97	12.11	(6.14)	75.00
<b>Total Revenue</b>	<b>10,687.03</b>	<b>8,105.04</b>	<b>23,949.92</b>	<b>19,925.42</b>	<b>4,024.50</b>	<b>123,229.00</b>
<b>Expense</b>						
Accounting & Legal	-	-	-	-	-	2,540.00
Auto/Travel/Seminar	26.00	24.25	46.41	50.75	(4.34)	1,500.00
Bank Service Charges	2.00	14.00	(46.00)	16.00	(62.00)	125.00
Cash (Over) Short	10.63	2.02	9.75	(2.61)	12.36	(50.00)
Checks Returned - Bad Debt	-	61.18	-	61.18	(61.18)	-
Equipment Maint & Repair	51.40	51.40	102.80	102.80	-	750.00
Equipment Purchase	-	-	-	-	-	750.00
Insurance	76.00	66.00	152.00	132.00	20.00	1,100.00
Office Maint. & Repairs	30.00	-	52.50	-	52.50	500.00
Office Supplies	41.59	233.36	334.06	208.75	125.31	3,500.00
Rent	1,764.00	1,800.00	3,528.00	3,600.00	(72.00)	21,520.00
Taxes	-	-	-	20.00	(20.00)	125.00
Telephone	138.33	197.65	280.65	407.61	(126.96)	2,800.00
Utilities-Electricity	245.62	269.11	469.76	583.93	(114.17)	4,200.00
Website	20.00	20.00	93.70	60.85	32.85	500.00
<b>EMPLOYEES</b>						
Accrued Payroll Taxes	598.49	522.77	1,445.52	1,128.41	317.11	6,500.00
Employee Wages	5,890.20	5,815.95	12,586.15	11,667.65	918.50	79,999.00
Employee 403B Contribution	185.00	177.14	362.14	354.28	7.86	2,200.00
Employee Health Benefit	800.34	529.16	1,600.68	1,087.32	513.36	6,420.00
Insurance-Worker's Comp	50.00	50.00	90.00	100.00	(10.00)	600.00
<b>Total Expense</b>	<b>9,929.60</b>	<b>9,833.99</b>	<b>21,108.12</b>	<b>19,578.92</b>	<b>1,529.20</b>	<b>135,579.00</b>
<b>Net Ordinary Revenue</b>	<b>757.43</b>	<b>(1,728.95)</b>	<b>2,841.80</b>	<b>346.50</b>	<b>2,495.30</b>	<b>(12,350.00)</b>
<b>Other Revenue/Expense</b>						
<b>Literature Revenue/Expense</b>						
Sales (see schedule)	1,662.63	1,887.73	3,929.98	4,031.39	(101.41)	20,394.00
	1,662.63	1,887.73	3,929.98	4,031.39	(101.41)	20,394.00
<b>Standing Committees Expense</b>						
Committee (see schedule)	303.89	(89.54)	761.34	531.07	230.27	8,044.00
<b>Total Other Expense</b>	<b>303.89</b>	<b>(89.54)</b>	<b>761.34</b>	<b>531.07</b>	<b>230.27</b>	<b>8,044.00</b>
<b>Net Other Revenue</b>	<b>1,358.74</b>	<b>1,977.27</b>	<b>3,168.64</b>	<b>3,500.32</b>	<b>(331.68)</b>	<b>12,350.00</b>
<b>Net Revenue</b>	<b>2,116.17</b>	<b>248.32</b>	<b>6,010.44</b>	<b>3,846.82</b>	<b>2,163.62</b>	<b>-</b>



## Group Contributions February 2015

Group	Feb-15	Ytd 15	Group	Feb-15	Ytd 15
6 O'Clock Big Book Study - 507	20.00	20.00	Pt Loma Womens Discussion - 1608	-	120.00
AA By The Bay - 629	-	120.39	Radical Acceptance Meeting - 2961	720.00	720.00
Adams Avenue Big Book Study - 1892	85.00	85.00	Ramona Monday Night - 1618	47.59	47.59
Allied Gardens Step Study - 1629	175.00	175.00	Resentment and A Coffee Pot - 2561	-	150.00
Another Sober Tuesday - 1952	47.00	47.00	Riding Sober - 3054	-	100.00
At One With Each Other - 789	-	50.00	Rise & Shine - 2170	211.50	442.00
B.Y.O.B. (North Park) - 203	-	50.00	Safe Sane and Sober - 1350	825.00	825.00
Back to Basics - 1026	500.00	1,000.00	San Diego Doctors Step Study - 194	200.00	200.00
Back To Basics For Women - 1675	131.00	131.00	Santee Saturday Night Speakers - 2656	-	75.00
Back To Basics Step Study - 1938	-	20.00	Santee Serenity - 3041	-	86.17
Battery Chargers - 98	-	100.00	Santee Thursday Closed Mixed - 145	-	125.00
Beautiful Beginnings - 552	-	20.00	Sat Mens Early Awakening - 2209	-	200.00
Bonita Boozers - 2179	90.00	90.00	Sat Night Early Discussion - 336	270.00	270.00
Breakfast Of Champions - 2818	250.00	250.00	Saturday A.M. Live - 782	151.00	151.00
Butts Out - 1764	80.00	80.00	Serenity Seekers - 209	-	40.00
Carrying the Message - 2458	50.00	100.00	Sky Hi Womens - 1633	37.75	37.75
Casa De Oro Tradition Five - 503	-	147.44	Sober Nooners - 196	-	129.99
Clairemont Womens Step Study - 341	-	367.18	Sober Serenity Seekers - 887	-	80.00
Class Acts - 1845	-	507.20	Sober Survivors - 2915	75.00	75.00
Coffee Clutchers - 2332	250.00	250.00	Sobriety Party - Ramona	20.00	20.00
Coronado Cays Womens S/S - 2995	69.00	105.00	Sons of God - 2789	-	322.00
Coronado Nooners - 497	150.00	350.00	South Clairemont - 305	-	100.00
Coronado Step Study - 1523	-	50.00	Spiritual Awakening - 2275	407.00	407.00
Cups - 2938	-	200.00	Spiritual Awakenings Step Study -2601	-	20.00
Dawn Patrol - 263	-	318.88	Straight Shooters - 198	28.73	28.73
Diamond St Mens Step Study - 569	-	140.00	Strength In Women - 2955	-	35.00
Dignity Unlimited - 205	-	527.00	Sunday Morning Eleventh Step - 1206	90.00	90.00
Each Day A New Beginning - 509	-	140.00	Sunday Serenity - 47	-	86.34
Early Morning Recovery - 2688	240.00	520.00	The Other Meeting - 857	-	182.00
Early Risers (Coronado) - 1525	85.00	85.00	Thursday Campus Noon Group-2387	-	50.00
Early Risers (PB) - 264	-	339.50	Tierrasanta Big Book Study - 1790	70.00	70.00
Easy Does It Speakers - 114	100.00	100.00	Tierrasanta Friday Night - 2645	-	100.00
Easy Risers - 854	-	50.00	Tierrasanta Morning Serenity - 2811	42.00	126.00
El Cajon Happy Hour Group - 61	120.00	120.00	Top of The Hill - 41	-	185.75
Emotional Sobriety - 2536	-	85.00	Torrey Pines Open Disc - 94	-	150.00
Evening In Harmony - 2864	-	20.00	Tri-Serenity - 836	-	20.00
Fairmont Park Discussion - 2832	-	45.44	Tues Morning Breakfast Special - 2761	-	125.00
Free At Last - 2888	177.81	177.81	Tuesday Campus Noon Group - 2544	-	50.00
Free Thinkers Step Study - 2945	64.18	64.18	University City Womens - 369	-	200.00
Free to Be - 935	40.20	40.20	Valley Girls - 2617	-	517.30
Fresh Start Beginners - 2609	250.00	528.00	Victory Group - 2108	-	40.00
Friday Night Big Book Study - 102	-	50.00	Wake Up Call - 1932	6.90	6.90
Garnet Group - 1129	-	271.50	Way Up and Out - 415	-	150.70
God Squad Too Prayer/Meditation - 2892	-	165.35	Weds Rule 62 Lunch Group - 687	-	360.00
Good Morning AA - 1888	270.00	270.00	Womans Gut Level - 1701	-	100.00
Good News Bad News - 2833	-	70.00	Womans Let Go and Let God - 446	-	73.63
Hip Slick & Sick Young Peoples - 762	-	55.00	Womens Meeting - 2903	100.00	100.00
HOW @ Noon - 2998	-	150.00	Womens TLC - 2814	-	50.00
How It Is Now Speakers - 390	-	75.00			
Imperial Beach Group - 79	-	69.93			
Joy Of Living - 2787	-	150.00			
Jump Start - 2174	42.04	42.04			
La Mesa Big Book - 1689	50.00	50.00			
La Mesa Step Study Workshop - 1621	91.50	91.50			
La Jolla Pump House Group - 696	-	100.00			
Lakeside Ladies - 3028	25.00	25.00			
Lunch With Bill W Bunch - 774	-	640.00			
Lushes Lunch - 2641	-	134.60			
Mens Recovery Group - 830	-	200.00			
Midnight Howlers - 1025	-	100.00			
Monday At A Time - 2875	-	108.11			
National City Maintenance - 136	60.00	60.00			
Noon At The Grove - 628	-	100.00			
North Clairemont - 1102	-	100.00			
O.B. Womens Step Study - 2730	-	14.00			
One Moment At A Time - 2942	-	100.00			
One Step Ahead - 715	-	100.00			
One Step At A Time At Mission Bay - 1664	-	161.40			
Open Minded Mens - 626	-	200.00			
Over The Bridge - 2689	66.26	107.19			
Pass It On Big Book Study Group -2860	-	310.00			
Poinsettia Group - 2210	-	275.00			
Progress Rather Than Perfection - 2682	-	100.00			

**Thank you for supporting your  
San Diego Intergroup Central  
Office in carrying the message to  
the newcomer.**

**Thank you to all of the AA members for  
their individual contributions.  
Some choose to contribute \$1 or \$2 on  
their sobriety birthdays for each sober year  
or  
Faithful Fivers Individual Contributions.  
Individual AA members may contribute  
to Central Office up to \* \$3000 per year.  
\*AA Self Support Pamphlet, pg 9 (tax  
deductible)**



Alcoholics Anonymous of San Diego County  
Balance Sheets  
December 31, 2014 and 2013

	<u>ASSETS</u>	<b>2014</b>	<b>2013</b>
<b>Current Assets:</b>			
Petty Cash		\$250	\$250
Cash in Checking		41,641	42,326
Credit Card Merchant		212	756
Cash in Savings - CD's		80,302	80,238
Prepaid Expenses		4,367	1,562
Inventory		36,336	29,337
<b>Total Current Assets</b>		<b>163,108</b>	<b>154,469</b>
 <b>Fixed Assets:</b>			
Furniture, Fixtures & Equipment		27,326	26,298
Leasehold Improvements		7,306	6,226
Less: Accumulated Depreciation		(34,632)	(32,524)
<b>Total Fixed Assets</b>		<b>0</b>	<b>0</b>
 <b>Total Assets</b>		<b>\$163,108</b>	<b>\$154,469</b>
 <b>Liabilities:</b>			
Accrued Payroll Taxes		1,566	1,504
Accrued Sales Tax		1,398	0
Gift Certificates Outstanding		0	0
<b>Total Liabilities</b>		<b>2,964</b>	<b>1,504</b>
 <b>Fund Balance</b>		<b>160,144</b>	<b>152,965</b>
 <b>Total Liabilities &amp; Fund Balance</b>		<b>\$163,108</b>	<b>\$154,469</b>

## CENTRAL OFFICE NOTES

2015 Holidays – Central Office Bookstore closed		
HOLIDAY	DAY OF WEEK	DATE
Memorial Day	Monday	May 25, 2015
July 4th	Saturday	July 4, 2015
Labor Day	Monday	September 7, 2015
Veteran's Day	Wednesday	November 11, 2015
Thanksgiving	Thursday	November 26, 2015
Christmas	Friday	December 25, 2015

### Book and Pamphlet of the Month

<b>March's Book: "Dr Bob &amp; Good Oldtimers" on sale: \$8.00 reg. \$9.50</b>
<b>March's Pamphlet: "A Member's Eye View" sale: 5¢ reg. 30¢</b>
<b>April's Book: "Pass It On" on sale: \$8.50 reg. \$10.00</b>
<b>April's Pamphlet: "This Is AA" sale: 5¢ reg. 15¢</b>

February 2015 Financial Summary		
Group Contributions		6,922.00
Individual Contributions		2,903.00
SDIAA Contributions		860.00
Literature & Interest		1,666.00
<b>Total Revenue</b>		<b>12,351.00</b>
Central Office Expenses		-9,930.00
Committee Expenses		-304.00
<b>Total Expenses</b>		<b>-10,234.00</b>
<b>February 2015 Net Revenue</b>		<b>2,117.00</b>
<b>2015 YTD Revenue</b>		<b>6,011.00</b>

**75<sup>th</sup> Anniversary Edition of the Big Book (April 10, 1939)  
\$12.00 each at San Diego Central Office**

**This new edition is a faithful replica of the original,  
with the famous "circus cover" dust jacket and bulky paper  
(which is why it was initially called the Big Book),  
and is published in the original English-language text only.**

#### April 10

"Finally came April 1939. The book was done. Tales of recovery for its story section had been supplied by Dr. Bob and his Akron brethren. Others were supplied by New Yorkers, New Jerseyites. One came in from Cleveland and another from Maryland. Chapters had been read and discussed at meetings. I had thought myself the author of the text until I discovered I was just the umpire of the differences of opinion. After endless voting on a title for the new work we had decided to call it The Way Out. But inquiry by Fitz M., our Maryland alcoholic, at The Library of Congress disclosed the fact that 12 books already bore that title. Surely we couldn't make our book the 13th. So we named it Alcoholics Anonymous instead! Though we didn't know it, our movement then got its name -- a name which because of the implication of humility and modesty has given us our treasured spiritual principle of anonymity."

AA Co-Founder, Bill W., July 1947  
"Book Publication Proved Discouraging Venture"  
**The Language of the Heart**

## 12 STEPS ILLUSTRATED

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

ADMITTED

BOTTLE

BELIEVE

SANITY

DECISION

UNDERSTOOD

FEARLESS

OURSELVES

EXACT

NATURE

ENTIRELY

DEFECTS

CHARACTER

HUMBLY

HARMED

AMENDS

DIRECT

CONTINUED

PROMPTLY

SOUGHT

MEDITATION

AWAKENING

**2015 PRAASA Report by Curtis T., Public Information Chair**

I was privileged to attend the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) at the Davis Conference Center in Layton, Utah March 6 – 8. PRAASA was attended by trustees and delegates (past and present), area committee members, GSRs, District Officers, Intergroup Reps and AA members. The assembly serves as an opportunity to discuss issues facing the fellowship, learn from one another, and discover insights on service to our fellow alcoholics.

There were 4 major sections to the conference: 10 panels, 2 roundtable sessions, the Business Meeting, and the Trustee's Report. I'll touch on a little of each to give you a flavor of the informative meeting. The panels included updates on other areas in our region- Hawaii will soon complete the digitization of archives and Western Washington is trying out staying in members' homes instead of hotel for assemblies to save on costs. I learned from 2<sup>nd</sup> year delegates and their insights on leadership- Bruce from Area 2 said, "If you want to go fast, go alone. If you want to go far, go with others." Kelley from Area 7 had perspective on the future, "AA will be just fine when I rotate out, but I still take my responsibility seriously".

Tough issues facing the fellowship were covered in panels- How can AA prevent confusion with other fellowships?, Are Transgender and gender non-conforming issues being covered in meetings and literature?, Discuss ways to engage members in Corrections service. The panelists gave excellent talks and there was lively discussion at the microphones. Some take home messages for me were:

When newcomers share, don't expect them to know all about the fellowship.

For Corrections service, there is a serious need for young men. The people who go tend to be older and it can difficult for the youth to relate.

The potential need for resources for the transgender alcoholic will be covered by the literature committee at the next General Service Conference

"I can't get you drunk and I can't get you sober but I'll never give up on you."

The roundtables were a great opportunity to learn what's working and not working for other areas of the West. I attended the website/newsletter and the Public Information workshops.

Technology is becoming more prevalent and is serving a good purpose. There were recommendations on taking it slow when bringing new technology on board. Three themes kept arising at panels and workshops on this topic - 1) Anonymity. I reminded the conference that protection of your electronic anonymity is important and to consider a separate more anonymous email account for your AA life, 2) stick to the traditions, don't rush things (AA takes 2 years to make instant coffee), 3) don't leave people behind- not everyone has e-mail so bringing newsletters to meetings still works.

I learned a great deal at the Public Information workshop, especially strategies for bringing the AA message to schools. I had forgotten that Vice-principals are the disciplinarians and therefore a good choice of contact. I heard some good ideas about ways that PI could serve our elderly and visitors to San Diego.

On the Intergroup side, there was a panel on "Would including Central Offices/Intergroups as a part of the Area Assembly improve communication?" It is clear the functions of Intergroups and Areas can differ by Area. Some Intergroups meet with Area officers but without a vote at the Area Assembly. Themes of mutual respect and collaboration to serve fellow alcoholics dominated the discussion.

The Business Meeting was straightforward- the 2014 PRAASA Financial report was approved and a recommendation for a change to the PRAASA Guidelines to include an electronic mail option when host committee sends second flyer was approved.

The Trustee's Report by our very own Joel (who also gave a beautiful share as the Main Speaker) was informative. The finances are solid; a big purchase by Hazelton to beat price increase caused big book sales numbers. Decreasing subscription rates to the Grapevine and La Vina are similar to the magazine world at large. AA will be giving more talks at conferences through CPC including to the American Academy Physicians Assistants in May. He closed by asking us all the shape of our triangle- how balanced is our recovery, unity and service?

I thank all the groups who made it possible for me to attend the assembly through their generous contributions. I recommend attending PRAASA 2016 in Spokane Washington- I think you'll see me there.

Respectfully, Curtis T. Public Information Chair

**THINGS TO DO AND PLACES TO GO**

**Third Weekenders Campout**

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

**The Grapevine Meeting**

**When:** Every Friday @ 6:00pm  
**Where:** Church - Upstairs in the back  
 2717 University Ave, North Park

**San Diego Spring Round-Up**

**Where:** Town & Country Resort Hotel  
 500 Hotel Circle North  
 Mission Valley, CA 92108  
**When:** April 2 -5, 2015  
**Contact:** [sandiegospringroundup.com](http://sandiegospringroundup.com)

**May Day Madness**

**Where:** Lake Henshaw  
 26439 Highway 76  
 Santa Ysabel, CA  
**When:** May 1-3, 2015  
**Contact:** Central Office 619-265-8762

**Tri-State 31st Annual Round-Up**

**Where:** Riverside Resort Laughlin, Nevada  
**When:** May 14-17  
**Contact:** [www.tristate-roundup.com](http://www.tristate-roundup.com)

**A.A. Desert Pow Wow**

**Where:** Renaissance Indian Wells Resort & Spa  
 Indian Wells, CA  
**When:** June 4-7, 2015  
**Contact:** [www.desertpowwow.com](http://www.desertpowwow.com)

**San Diego Intergroup's Founder's Day Picnic**

**Where:** Eucalyptus Park 4th Ave & C St Chula Vista  
**When:** Saturday, June 13, 10 am - 3 pm  
**Contact:** Central Office 619-265-8762

**2015 International Convention**

**Where:** Atlanta, GA  
**When:** July 2-5, 2015  
**Contact:** [www.aa.org](http://www.aa.org)


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Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
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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.



## THANK GOD FOR GROUP AUTONOMY

By John B.

I wrote recently about one of the greatest attributes of our fellowship, the simplest and most genius idea: nobody is in charge. There is no “supreme” authority with the power to dictate to the membership what we ought to be doing. With this form of informal leadership, there is very little room for scandals and disagreements that could cause our fellowship to self-destruct. This is really the main thrust of the Twelve Traditions: save us from ourselves!

Ponder the principles contained in these brief essays, and you will see that our early membership were true lovers of democracy. They were also pretty darn neurotic about making it clear that no person (or persons) could have the opportunity to mess up a good thing. It is common knowledge that Bill wrote the Traditions in their long form in an article in “The Grapevine” in 1946. The short form that we see hanging now in our meeting halls was adopted in 1950 at the First International Convention. We already had the Steps, and our fellowship had been growing steadily for 10 years, so why the need for anything else?

I encourage you to pick up the pamphlet entitled “The 12 Traditions Illustrated” at your next opportunity. This document provides a nice glimpse into the thinking of our society. The opening essay discusses how the early fellowship applied through trial and error a system of self-government in an informal manner. Needless to say, these early groups were truly blessed by the Divine guidance of a loving God that enabled them to gather together a corporate knowledge of how to protect our fellowship from self-destruction. The A.A. members of those days certainly were cognizant of the fact that certain things had the power to destroy us. In the pamphlet, the things that threaten our fellowship are represented by such items as giant tigers, icebergs and a giant pied piper with dollar signs flying out of his pipe. Our early membership really wanted to drive home the point that there were forces out there that could ruin this fragile and wonderful thing called A.A.

So, considering all the above, notice that the Traditions leave the “governing” of individual groups to the groups themselves. “Each group should be autonomous except in matters affecting other groups or A.A. as a whole”, this brief sentence leaves a lot of wiggle room. It is interesting that the early membership did not put more strict guidelines on what it meant to be an

A.A. group. The reason lies in the sources I quoted above; the early membership had been in existence for over 10 years by 1946, and had through trial and error arrived at the right formula for our continued survival. They had discovered that groups are reflections of their membership and the community in which they exist. They need the flexibility to conform to these regional peculiarities so that they are as inclusive as possible to the local populace.

This is an ingenious way to promote inclusivity; allow each group to govern itself, and to set up the meeting however they see fit. Using this system, A.A. has flowed into every nook and cranny of American society, as well as a good many foreign societies. A.A. members can choose to attend the groups that they feel most comfortable in. They can choose not to attend meetings that they do not like. With little exception, there is a group for everybody. All of this happens without our fellowship issuing directives from on high to ensure that everybody is included, it happens organically. A.A. is truly unique and wonderful in this manner.

I have attended many different groups in my time in A.A., all of them were just a little bit different in the ways they did things. My current home group has a full potluck dinner every year around the holidays, and the members are encouraged to bring their wives and kids to eat, fellowship, and stay for the meeting after. My wife was a regular member of a group some time ago that did not allow you to share unless you had completed, in writing, the homework given at the previous meeting. Try taking that concept to your local Friday night candlelight meeting and try to get it to stick! Another group that I attended for some time refused to provide a non-smoking area for the non-smokers. Needless to say, a resentment was born, along with a brand new non-smoking meeting.

We have an old saying around our fellowship: “All you need to start a new meeting is a resentment and a Big Book.” Possibly this was one early consideration for the wording of the Fourth Tradition before cooler heads prevailed, and we got it handed down to us the way it reads today. More probable is that the will of God was made known to us through our group conscience. As with many things having to do with this wonderful fellowship, what was invented at the hands of many people shows the undeniable marks of the Divine hand. Thank God for our ability to set up our individual groups to best serve their membership.

## THE RIGHT TO BE WRONG

By Peter D.

My name is Peter and I'm an alcoholic. After 35 years of inebriation I concluded that I could not quit drinking or regulate my drinking. My life was miserable and unmanageable. When I beseeched God for help, I was broken and ready to surrender and turn my life over to the God I had condemned and blamed for my self-inflicted suffering. On June 28, 2002 I began a new life of spiritual growth through A.A.

I found a 7:00am meeting in Imperial Beach called IB Up with about 4 regular members which grew in fits and starts. We had to relocate once to a somewhat larger facility. Some attendees stopped coming; but, the meeting survived and found its permanent roots at our current location. Our group grew to number about 15 or so, on a good day. But at this point, we had not really taken the actions to be part of the formal A.A. structure (Seventh Tradition; regular service positions; etc.). So, we got listed in the County Schedule and with the San Diego Central Office; and, also with the General Service Office in New York City. We were going 'legit'!

About this time, we had the opportunity to merge with a group that had lost its meeting facility. We took a group conscience and decided to facilitate a merger of IB Up and the Rise and Shine group. It worked and our new group doubled in size. With new members, we began a journey of undertaking new responsibilities such as having a Coordinating Council representative; a General Service Representative; and, Seventh Tradition contributions for A.A. entities and service providers.

We've been an open meeting of Alcoholics Anonymous, welcoming all since the beginning. Whether someone walked in with a greater involvement in N.A. or S.A. or O.E.A., we never had a problem as it seemed addiction was the same and living life on life's terms was the skill we all lacked—the lack of which presented so many problems for so many character defect-ridden individuals. At one point, some members were upset that we would allow a person with a problem other than alcohol to speak. Well, our meeting leader's format did not specify that

if you did not consider yourself an alcoholic that you refrain from sharing; or, even that you share only about alcohol. Personally, I believed that if their message was about addiction and an obsession of mind and body, I could relate. Would others in our group agree?

We took a group conscience. Well, it kind of died right then and there. Most felt no harm in being an open meeting that was so inclusive. Now, maybe this will be revisited at some point. However, as long as our Primary Purpose is to carry the message of Alcoholics Anonymous and its Twelve Steps, we can help those who suffer.

I suppose that if you get too stringent or too focused on 'dogma' or rules, we run the risk of creating a bigger problem. Sometimes we see those who we are not sure have difficulties with addiction or just mental health issues. I'm sure this phenomenon occurs throughout the Fellowship. We must try to love one another—or, at least act with love toward one another—and realize that only through the Grace of God and the strength of our Fellowship are we given a daily reprieve from drink. If ever I think about keeping anyone out (whatever inventory it is about them that I tabulate), I immediately thank God that there is no one trying to keep me out!

These are but a few observations about inclusion at the group level from a member of the Fellowship. Accepting and tolerating any and all who come to our open meeting doesn't seem to harm our effectiveness at carrying the message, doesn't dampen our experience in the rooms and certainly doesn't detract from our Primary Purpose.

God Bless



7075-B Mission Gorge Road  
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RETURN SERVICE REQUEST

