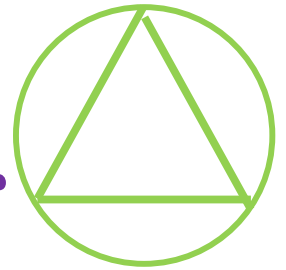


The San Diego AA Coordinator



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

“As I’ve grown in the fellowship, I’ve learned to love everyone just from listening to what they had to say.”

Daily Reflections, p. 365

AUGUST 2011
VOL. XI NO. 8

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“Carry the AA Message”

Join the fun and
submit an article!

Monthly Themes

SEPTEMBER

Principle of Justice (due 7/28)

OCTOBER

Perseverance (due 8/25)

NOVEMBER

Spiritual Awareness (due 9/22)

Submit 500 to 1000 word story to
Newsletter Chair at:
sdaa.newsletter@gmail.com

For more information, see page 2

The Principle of Brotherly and Sisterly Love

“Every act is either an expression of love or a cry for love.”

by Susan D.

When I heard the above at my home group, I felt annoyed because it wasn't in AA vocabulary. I intended to throw it into the trashcan of “Leave the rest” but what happened after that meeting changed my plans. My sponsor and I listened politely. When the complaining stopped, my sponsor said, “They probably don't know any better.” I said, “Or they're just jerks!” My sponsor's eyes met mine and he gently shook his head “no”.

My sponsor's gentle disagreement, combined with the annoying quote gave me a moment of clarity and reminded me of a Zen story about enlightenment. The student of a Zen master sat and sat and sat and meditated and meditated and meditated, waiting for enlightenment. The Zen master watched. Days and weeks and months and years and nothing changed. At last the Zen master took his ivory-headed cane and whacked the student over the head, causing the student to exclaim, “Now I see!”

My Zen whack opened my mind to a new way of seeing psychopaths and sociopaths. Maybe they seek love by performing inhuman crimes. Because their brains are disordered, love is not available to them. But they still seek it with inhuman crimes. Even when they are loved it's an answer they don't recognize. It occurred to me that the words “cries” and “crimes” are differentiated by only a single letter of the alphabet. Great! I thought. How to apply this to my recovery and share it with others?

This is how I'm applying it. When I was a practicing alcoholic, I cried out for love. The power of alcohol turned my cries into crimes. It made my brain unable to recognize love when it was available. I was a liar, a cheat and a thief. I broke the law. I was violent. I treated people like objects and things, not like brothers and sisters. I cried for love but I committed crimes. As a recovering person I want to treat people differently. Adjusting to this new perception, I looked for times I had treated others as brothers or sisters.

Here's an example of brother and sisterly love. Yesterday an AA friend and I went to a quilt shop by way of some SoCal freeways. As a Southerner, I can't drive worth a hoot on California freeways, being as we don't have California freeways in Arkansas. I'd rather take a whupping than drive on them at any time and this was three on a Friday afternoon; yet I hopped right onto the 163 North and the 8 East and drove to the quilt shop. Sisterly love.

Here is how he showed brotherly love. My friend sat in my car 18 inches away from a side-view mirror covered in spider silk which I haven't cleaned off because of the web's iridescence in the sunlight. He said, “I'm trying to imagine what kind of spider lives in your mirror to make that kind of web.” Then he told a story revealing his fear of tarantulas. He believed that a spider was within jumping distance of him, yet he sat next to me. Bravely and without complaining. Brotherly love. This is certainly an expression of AA love, given his terror of spiders.

(Continued on page 3)

ALCOHOLICS ANONYMOUS
 SAN DIEGO CENTRAL OFFICE
 24 HOUR PHONE (619) 265-8762
 OUR WEB PAGE www.aasandiego.org
 E-MAIL: sdaaco@aol.com
 FAX: (619) 265-2954
 OFFICE & BOOKSTORE
 Mon-Sat 9am-5pm
 Central Office Manager: Connie J.
 Administrative Assistant: Kathy M.

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

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

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

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

Coordinating Council Officers:

Council Chair	Nancy N.
Council Assistant	Rick W.
After Hours Phones	Ruben S.
Business Committee	Ray R.
New Coordinators	Carrie
Outreach Committee	Paul H.
Program Committee	Nicki F.
Public Info Committee	TBD
Newsletter/Coordinator	Linda F.

Area Officers:

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

Contributors: Susan D., Lisa O., Tim P., C.J.K. Jr.
August Theme: **Brotherly Love**
Fold & Label: **Wednesday**, Aug. 17, 2011
 5:30 pm, at Central Office
Committee Meeting: **Thursday**, Aug. 25, 2011
 6:00 pm, at Central Office

View from the Chair ☺:

Beat the heat this summer by sipping on a tall, cool, refreshing, root beer float and writing an article on the remaining principles for 2011: justice, perseverance, spiritual awareness and service. If you have any articles that you are not sure fall under any of the principles; submit them anyway!!! If it's about AA, it's probably about our principles!

Remember you can drop off your article at Central Office or email your submissions to the committee at sdaa.newsletter@gmail.com.

We are in dire need of groups to adopt a Collating evening on the (formerly known as "Fold-n-Label") 3rd Wednesday of the month (see dates below). It's fun, fast service and we are grateful for your fellowship!!!

**Gratefully,
 Linda F.**

**Thank You to Our July 2011
 Fold and Label Volunteers!**

Groups Represented	Volunteers
We Group	Wes T., & Mimi R.
Newsletter Members	Linda F., Thomas K., Christian W.
A.A. Members	Sober Tom & Marieka S.
The Joy of Living Group	Maureen B.

**We Need Volunteers for
 August 17th, Sept. 14th, Oct. 19th,
 Nov.16th and Dec.17th!!!**

(Continued from page 1)

I said, "I'm not afraid of spiders."

He asked, "What is your Achilles' heel? Skunks or something like that?"

I couldn't think of any wild animals I feared. Skunks, no. Rats, no. Snakes, no.

Then I knew, with a shock like stepping into a cold shower that takes your breath away. "People," I said.

It was another Zen moment. His brotherly love, program style, helped me recognize that I am afraid of people as he is of spiders.

Despite my fear, I do my sober best to practice the principle of brotherly and sisterly love, one day at a time.

I've practiced it clumsily and messily at times. Not alcohol, but a spiritual principle decides my actions for me today.

With a spiritual principle to practice, I don't cry out for love, I do my best to express love. Regarding brotherly and sisterly love, the type of love that makes sense to me is *agape*, a Greek word meaning love requiring a will that has moral intent and follows the intent with action. This is radically different than my view when drinking. When drinking I perceived people as things to be used for personal gratification as my self-will dictated.

Step Eight, gets us willing to make amends for the pain we've caused. I can pray to see people as brothers and sisters whom I've injured and who deserve first aid. If this perception doesn't come, I can "act myself into right thinking" by making amends.

Tradition Eight is also about brotherly and sisterly love. In the Twelve and Twelve, Dr. Bob states Tradition Eight is about the necessity for twelve-step work to remain forever non-professional. A non-professional approach protects us from seeing each other as "clients" or "patients" or "customers". By insisting that we approach each other as one drunk to another, Tradition Eight gives us our best chance at staying sober.

As always the steps and traditions lead me to the practice of spiritual principles. The principle of brotherly and sisterly love is usually the biggest challenge for me because of my fears. I do know that if I keep practicing spiritual principles, I'll stay sober, even if I stay afraid.

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

Call forwarding is available
 Call **AA Central at 619-265-8762**
 for more information

A.A. Birthdays!

Many A.A. members celebrate their birthday by sending a donation of one or two dollars for each year of sobriety to Central Office. If you would like to carry on this tradition, please fill out the form below.

Happy Birthday to All!!

Bud B.

Chula Vista 4 Minute Speakers

June 15, 1972, 39 years

Gail N.

Imperial Beach Group, 39 years

Mark T.

June 10 1996, 15 years

Christian W.

La Mesa Mens

August 25, 2007, 4 years

Birthday Gratitude

Name _____

City/Home Group _____

Sobriety Date _____

Amt. Enclosed _____

Please mail to:

San Diego Central Office
7075-B Mission Gorge Rd
San Diego, CA 92120-2454

All birthdays submitted will be published the month following submission. Please contact the newsletter chair if a birthday has not been published for two months following submission.

Group and Meeting Changes

****NEW MEETINGS****

3rd Eye Ladies Meditate Codes: C L *

Office Bldg 4535 30th St #108
Wed @ 7 pm University Heights

****RELOCATE****

Monday Night Prospectors

Church 2814 B St Julian
Mon @ 7 pm
(was 1921 Main St)

Learn to Listen

Church 1465 E Madison Ave El Cajon
Thu @ 6:30 pm
(was 728 Pepper Dr @ 7 pm)

Saturday Night Fervor

Church-upstairs rear 2717 University Ave North Park
Sat @ 7 pm
(was 4011 Ohio St)

****CODE CHANGE****

El Cajon Early Risers Codes: M

Club 938 E Washington St El Cajon
Mon-Fri @ 10 am
(was Codes:)

Conscious Contact Meditation

Church 4690 Palm Ave La Mesa
Fri @ 7 pm
(was Codes: C)

****CANCELED****

No Show Monday

Church 9595 La Jolla Shores Dr La Jolla
Mon @ 6:30 am

No Show Wednesday

Church 9595 La Jolla Shores Dr La Jolla
Wed @ 6:30 am

H.O.W. Candlelight

Club 938 E Washington St
Fri @ 9:30 pm

Family Afterwards Codes: *

Church 1111 5th St & Orange Ave Coronado
Sun @ 6:30 pm

Coordinating Council Attendance

The following 48 groups attended July Coordinating Council
There are 760 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, August 11, 2011

- 11th Step Journey
- Battery Chargers
- Big Book & 12 X 12 Study
- Cedar Street Mens
- Clairemont Mens
- Daily Reflections
- Downtown Discussion
- East Side Group
- El Cajon Womens Serenity
- Fourth Dimension Group
- Free At Last
- Fresh Start Beginners
- Friday Night Irregulars
- Golden Hill Sun Discussion
- Great Fact Group
- I. B. Up
- Imperial Beach Group
- Kelton Ave Big Book Study
- La Mesa Mens
- La Mesa Mixed
- La Mesa Open Discussion
- Mira Mesa Friday Night
- Mission Hills Beginners
- Monday At A Time

- Monday Night Young People Steps
- Monday Nite Live
- Noon At The Grove
- North Park Mens
- Ocean Beach Tuesday
- Old Town Speakers
- Over The Bridge
- Point Loma Mens
- Progress Rather Than Perfection
- Rule 62 Group
- San Carlos Single Purpose
- Santee Saturday Night Speakers
- Santee Thursday Closed Mixed
- Scripps Ranch Mens Two
- Sky Hi Women
- Smokefree La Mesa Womens
- Sober Nooners
- Sobriety Seekers Step Study
- Straight Shooters
- The Joy Of Living Group
- The Other Meeting
- Thursday Promises Promises
- Two- Bit Speakers
- Women In Harmony

THE ONLY REQUIREMENT

“At one time...every A.A. group had many membership rules. Everybody was scared witless that something or somebody would capsize the boat... The total list was a mile long. If all those rules had been in effect everywhere, nobody could have possibly joined A.A. at all...”

Twelve Steps and Twelve Traditions, pp. 139-40

I'm grateful that the Third Tradition only requires of me a desire to stop drinking. I had been breaking promises for years. In the Fellowship I didn't have to make promises, I didn't have to concentrate. It only required my attending one meeting, in a foggy condition, to know I was *home*. I didn't have to pledge undying love. Here, strangers hugged me. "It gets better," they said, and "One day at a time, you can do it." They were no longer strangers, but caring friends. I ask God to help me to reach out to people desiring sobriety, and to, please, keep me grateful!

Daily Reflections, August 30

The Gift Of Bonding

Relieve me of the bondage of self, that I may better do Thy will.

Alcoholics Anonymous, p. 63

Many times in my alcoholic state, I drank to establish a bond between myself and others, but I succeeded only in establishing the bondage of alcoholic loneliness. Through the A.A. way of life, I have received the gift of bonding—with those who were there before me, with those who are there now, and with those yet to come. For this gracious gift from God, I am forever grateful.

Daily Reflections, August 25

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

Minutes of the Coordinating Council
Thursday, July 14th, 2011

Nancy N. – Council Chair called the 793rd meeting to order at 7:30 pm. Linda F. read the 12 Traditions. Council Definition and Purpose read by Gary C. There were 6 new Coordinators, 1 visitor and 3 birthdays. 7th Tradition was \$56.00. Roll Call: Rick W., Assistant Council Chair reported 48 groups were represented out of 82 registered Coordinators. There was a quorum (38) It was m/s/c to approve the minutes of the June 2011 Council Meeting.

Area Assembly – Tom M. Area 8 Alternate Delegate.

- 1) Thanked the Coordinating Council for their participation in Unity Day and the hard work of the Program Committee with the picnic.
- 2) aagrapevine.org website has re-launched with new features. New Grapevine Digital Annual Subscription is \$19.97.
- 3) For more information on Area 08, please visit the website area8aa.org.

H & I Representative: Debbie – Shared purpose of H & I (to establish and maintain AA meetings in facilities where people are confined and to bring AA General Service Conference approved literature into those institutions). We have more requests to bring a meeting in than we have volunteers, so we are always looking for new members. Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3rd Sunday @ 12:15 pm Hall 5150 Kearney Mesa Rd 92111 and 3rd Thursday @ 7 pm Central Office 7075-B Mission Gorge Rd 92120. Contact on Release's purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual and take them to their first few meetings. Go to area8aa.org and click on the H & I tab for more details and 2011 financials.

AFTER HOURS PHONES: Mona, committee member reported:

- 1) At present all after-hour slots are filled.
- 2) Thank you to the current groups for your after-hours phone service.
- 3) Still soliciting groups to sign up on the waiting list. Also, in need of volunteers to be on "emergency fill-in list". If you're interested or need more information: contact Ruben, Chair at 619-888-2091 or Connie at 619-265-8762.

BUSINESS COMMITTEE: Ray R., Chair reported committee met on Tuesday 7/12/11 at 6:10 pm. Present: Ray R., Jerry C., Leonard R., Gary C., Steve E., Nancy N., Council Chair, Rick W., Asst Council Chair and Connie J., Central Office Manager. Absent: Jane G. There was a quorum.

- 1) It was m/s/c to approve June 2011 Minutes.

- 2) It was m/s/c to approve June 2011 Financials.
June 2011 Financial Statements' Summary:
 - a) Our June 2011 Net Revenue is \$370.91. Our 2011 YTD Net Revenue is (\$3,502.91). Group and Individual Contributions were \$10,622.72. Literature Sales Revenue and bank interest was \$2,234.57 while total office and committee expenses were \$12,486.38.

Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager's Report

- 1) July's Book of the Month: "*Pass It On*" on sale: \$9.00.
- 2) August's Book of the Month: "*Daily Reflections*" on sale: \$7.50.
- 3) Daytime phone volunteer shift available:
 - a. Alternate Saturdays: 9 am – 1 pm (need 2)
- 4) Thank you to the Business Committee for their assistance with semi-annual literature inventory. There was a \$205 or .012% shrinkage recorded due to bad stock, prior miscounts, and entries in database.
- 5) Quarterly payroll and sales taxes have been filed. Sales tax has been reduced to 7.75% beginning in July.
- 6) aasandiego.org website: on "electronic forms page" – added various group docs in pdf format, example: *literature price list, contributions pie chart, secretary meeting log and handbook, big book meeting readings ...*
- 7) Central Office offers Gift Certificates in amounts from \$10.00 - \$25.00 increments.
- 8) Sending contributions receipts, along with current event flyers by email. (*Note: Office supplies have been reduced by \$528 YTD*)
- 1) Coordinator Newsletter – Sign up to receive electronically. Hard copies will continue to be available at Central Office. Currently emailing 1,200 newsletters. (*Note: Coordinator Newsletter expenses have been reduced by \$2,000 YTD*)

Committee Member reports:

- 1) Ray R. -chaired meeting/made reminder calls.
- 2) Gary C. – reviewed the bank deposits.
- 3) Jerry C. - signed checks, reviewed bank reconciliation and Financial Statements.
- 4) Rick W. – passed out call reminders.
- 5) Nancy N. – Website working properly.
- 6) Leonard - checked volunteer meeting books.
- 7) Steve E. – assigned year-end inventory.

Continued on page 6.

Continued from page 5.

Old Business: There was none.

New Business: There was none.

COORDINATOR NEWSLETTER: Linda F., Chair reported committee met on 6/23/11 at 6 pm. Present: Linda F., Christian W., Maureen B., Lisa O., Absent excused: Thomas K.

September's Theme: "Principle of Justice". Submissions of 500-1000 words welcome (September submissions due by July 28th). Send to SDAA.Newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Come join in the fun. NEED groups to adopt a month to collate the newsletter.

COORDINATOR OUTREACH: Paul H., Chair reported committee meeting began in car with Raleigh on the way to Council. Excused: John L.

- 1) John L. visited 2 groups this past month, Mission Bay Speakers and Tuesday Breakfast Meeting and both expressed a willingness to have a Coordinator. Paul visited meetings at Coronado Alano Club and Lemon Grove Alano Club.
- 2) Help NEEDED from all current Coordinators in participation and outreach to invite groups to have an Intergroup Coordinator. Raleigh handed out a brochure to each Coordinator present to leave with groups without a current Coordinator.
- 3) We have a responsibility to the future of Alcoholics Anonymous with our group's voice and activity in service and unity.

ORIENTATION & GUIDELINES: Carrie Chair reported committee met tonight at 6:30 pm present: David, Carrie and Frances. Absent: Trevor

- 1) Orientated 6 new Coordinators.
- 2) Discussed duties of the Coordinator and orientation packets and questions. Read the "History of San Diego", Traditions 3 & 4, Robert's rules of order" and a Quorum.

PROGRAM COMMITTEE: Nikki F., Chair reported committee met on Sunday, 6/26/11 at 6:30 pm. Present: Les, Brian, Karen and Nikki.

- 1) Thank you to all who helped and those who came to the Founder's Day Picnic. It went well and came under budget.
- 2) Anniversary Breakfast – is being planned to have at Ramada Inn again this year on Saturday, November 5th.
- 3) New Years Eve event – is being planned to have at Scottish Rite Center again this year.

PUBLIC INFORMATION COMMITTEE: Heidi. Chair reported committee did not meet on July 4th.

- 1) Del Mar Fair: AA Information Booth went well, all slots were filled.
- 2) June 23rd – Alpine DD Group: went well.
- 3) July 15-17: Stand Down event with PI table and panel meetings 9-12, 12-3, and 3-6.
- 4) Harmonium Health Fair on July 28th.
- 5) "Adopt a Literature Rack" will be going to places like libraries, hospitals ... call Steven 619-471-5530 if your group wishes to participate.
- 6) Heidi will be rotating out and Terry is alternate Chair to step up. (*Thank you Heidi for your service.*)

OLD BUSINESS: There was none.

NEW BUSINESS: There was none.

Thanks to Tom M., Area 8 Alternate Delegate and Debbie, H & I Co-Director for Special Reports.

Thanks to Wes T. for PA System Set-up and Mike C. for coffee.

Thanks to those for setup and clean up of the room. Meeting adjourned at 8:28 pm with Serenity Prayer.

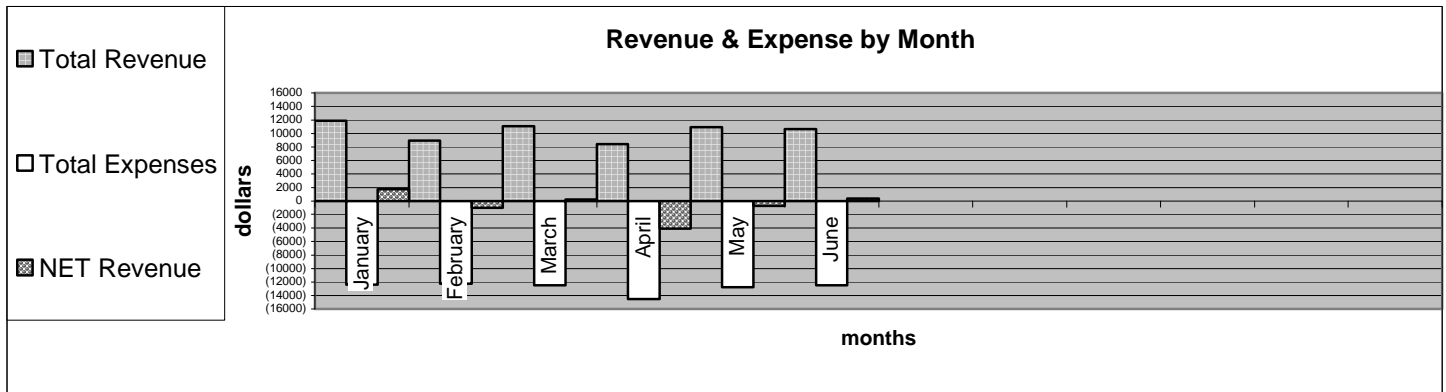
Respectfully submitted,

Connie J.

Connie J., Recording Secretary

June 2011 Revenue and Expense Statement

	June 11	June '10	YTD '11	YTD '10	\$ Change	Budget '11
Ordinary Revenue/Expense						
Revenue						
Contributions Group	9,899.46	10,348.97	56,283.34	54,753.65	1,529.69	118,384.00
Contributions Individual	723.26	424.00	4,112.93	6,459.32	(2,346.39)	9,650.00
Contributions SDIAA	-	-	1,240.00	1,030.00	210.00	1,125.00
Interest - Cert of Deposits	51.01	67.86	305.37	488.10	(182.73)	900.00
Total Revenue	10,673.73	10,840.83	61,941.64	62,731.07	(789.43)	130,059.00
Expense						
Accounting & Legal	60.00	225.00	2,480.00	4,800.00	(2,320.00)	2,650.00
Auto/Travel/Seminar	34.25	31.25	249.33	340.58	(91.25)	1,300.00
Bank Service Charges	13.17	2.00	64.14	110.54	(46.40)	125.00
Cash (Over) Short	(3.03)	4.99	(27.07)	61.94	(89.01)	(50.00)
Checks Returned - Bad Debt	-	-	-	-	-	-
Equipment Maint & Repair	35.31	-	395.31	-	395.31	500.00
Equipment Purchase	135.93	217.49	580.67	416.53	164.14	500.00
Insurance	50.00	50.50	300.00	303.00	(3.00)	1,100.00
Office Maint. & Repairs	-	-	-	-	-	500.00
Office Supplies	182.68	368.83	1,534.79	2,243.55	(708.76)	3,900.00
Rent	1,697.00	1,648.00	9,986.00	9,696.00	290.00	20,168.00
Taxes	-	-	64.45	83.49	(19.04)	80.00
Telephone	239.20	223.23	1,435.97	1,346.64	89.33	2,900.00
Utilities-Electricity	247.47	279.84	1,459.85	1,652.40	(192.55)	3,600.00
Website	20.00	13.00	177.60	135.60	42.00	500.00
EMPLOYEES						
Accrued Payroll Taxes	586.41	577.33	3,858.64	3,927.66	(69.02)	7,400.00
Employee Wages	7,626.86	7,546.86	45,069.16	44,528.38	540.78	89,990.00
Employee 403B Contribution	187.14	175.00	1,116.13	1,050.00	66.13	2,100.00
Employee Health Benefit	817.00	853.04	4,938.04	5,257.18	(319.14)	10,236.00
Insurance-Worker's Comp	66.00	50.00	364.00	336.50	27.50	850.00
Total Expense	11,995.39	12,266.36	74,047.01	76,289.99	(2,242.98)	148,349.00
Net Ordinary Revenue	(1,321.66)	(1,425.53)	(12,105.37)	(13,558.92)	1,453.55	(18,290.00)
Other Revenue/Expense						
Literature Revenue/Expense						
Sales (see schedule)	2,183.56	1,258.12	11,560.85	12,132.91	(572.06)	25,540.00
	2,183.56	1,258.12	11,560.85	12,132.91	(572.06)	25,540.00
Standing Committees Expense						
Committee (see schedule)	490.99	994.20	2,958.39	4,911.10	(1,952.71)	7,250.00
Total Other Expense	490.99	994.20	2,958.39	4,911.10	(1,952.71)	7,250.00
Net Other Revenue	1,692.57	263.92	8,602.46	7,221.81	1,380.65	18,290.00
Net Revenue	370.91	(1,161.61)	(3,502.91)	(6,337.11)	2,834.20	-



June 2011 Group Contributions

Group	June '11	Ytd 11	Group	June '11	Ytd 11
11th Step Journey-2622	50.00	325.00	Free To Be - 935	67.35	67.35
11th Step Meeting - 2322	50.00	50.00	Fresh Air Friday - 266	-	500.00
4077 Mash Step 11(read-meditate-share)	41.50	41.50	Fresh Start Beginners - 2609	-	632.65
A Womens Meeting - 1717	232.69	232.69	Fri Noon Living Sober - 2767	-	25.00
Adams Avenue Big Book Study - 1892	-	100.00	Friday Happy Hour - 2821	-	50.00
Allied Gardens Friday Lunch - 766	-	200.00	Friday Morning Womens - 104	-	288.00
Allied Gardens Step Study - 1629	-	250.00	Friday Night Irregulars - 2889	-	65.00
Annual Grateful Meeting - 2461	-	76.00	Friday Night Santee - 1754	-	330.00
Another New Beginning - 144	-	50.00	Friday Nite Weeks End - 1856	-	60.00
Artists in Sobriety - 2459	-	37.00	Gilman Group - Fri 1988	-	87.60
As Bill Sees It (University Heights) - 1788	-	50.00	Golden Hill Sun Discussion - 1706	135.00	135.00
As Bill Sees It (Coronado) - 2780	-	100.00	Goldmine Speakers - 2613	44.00	44.00
B.Y.O.B. - 203	-	200.00	Good Fortune Hui Group - 491	400.00	400.00
Back to Basics - 1026	250.00	1,250.00	Good Morning AA - 1888	-	73.95
Back to Basics for Women - 1675	50.00	50.00	Great Fact Group - 895	60.00	60.00
Balboa Breakfast - 2721	-	252.55	Happy, Joyous & Free - 363	-	75.00
Battery Chargers - 98	400.00	400.00	Harmony Group - 585	-	145.21
Battery Chargers Thanksgiving Alkathon	-	8.00	Haul Your Hiney Out of Bed - 704	50.00	50.00
Bayside Big Book Study - 1610	50.00	100.00	Hi-Nooners - 673	-	28.00
Beginners Steps To Sobriety - 1007	20.00	60.00	How It Is Now Speakers - 390	40.00	140.00
Big Bon-Fire Meeting - 1894	-	286.00	Hwy 80 AA - 2722	180.00	420.00
Big Book & 12 x 12 Study - 100	-	20.00	I. B. Up - 2565	-	100.00
Bonita Boozers - 2179	-	100.00	Imperial Beach Group - 79	-	164.13
Bonita Womens Big Book - 2734	-	29.31	Jamul Open - 63	100.00	100.00
Breakfast Of Champions - 2818	-	600.00	Judges Big Book - 2736	-	10.00
Cajon View Open Disc - 471	-	75.00	Jump Start - 2174	200.00	200.00
Carrying the Message - 2458	-	216.00	Kelton Ave Big Book Study - 2410	86.35	86.35
Casa De Oro Tradition Five - 503	-	200.00	La Jolla Basic B/B Study - 2154	-	180.00
Cedar Street Mens - 1698	-	430.92	La Jolla Beginners Group - 82	-	400.00
Chula Vista 4 Min Speakers - 1568	150.00	350.00	La Jolla Lunch Bunch - 622	-	219.00
Citizens Again - 2658	-	182.50	La Jolla Mens - 692	-	75.00
Clairemont Daytime Step Study - 427	-	120.00	La Jolla Monday Womens - 87	-	600.00
Clairemont Discussion - 314	-	150.00	La Jolla Nonsmokers Disc - 88	-	500.00
Clairemont Mens - 301	-	600.00	La Jolla Patio Group - 613	68.00	260.20
Clairemont Mesa Step Study - 1997	-	50.00	La Jolla Speakers - 578	-	313.39
Clairemont Mixed Discussion - 338	50.00	125.00	La Mesa Mens - 106	57.60	262.30
Clairemont Wednesday Group - 303	-	115.00	La Mesa Mid Morning - 2777	-	60.00
Clairemont Womens - 340	-	335.79	La Mesa Mixed - 2136	-	300.00
Clairemont Womens Step Study - 341	-	70.00	La Mesa Step Study Workshop - 1621	82.00	82.00
Class Acts - 1845	-	420.00	La Mesa Womens Sat. Morning - 416	-	150.00
Coffee Clutchers - 2332	-	450.00	Laguna Mountain Group	-	60.00
Come As You Are - 2661	40.00	40.00	Lake Morena Sink or Swim - 2830	50.00	100.00
Come Get Recovery - 2630	50.00	50.00	Lake Murray Lunch Bunch - 2701	-	120.50
Conscious Contact Meditation - 2834	25.00	25.00	Lake Murray Womens - 572	-	92.50
Coronado Beginners - 344	60.00	60.00	Linda Vista Thursday Night - 319	-	215.00
Coronado Big Book - 1644	-	50.00	Little Apple Group - 1438	-	150.00
Coronado Nooners - 497	125.00	1,096.20	Living Free - 477	-	1,400.00
Coronado Step Study - 1523	-	60.00	Lost & Found - 2907	-	12.00
Courage to Change - 2679	-	100.00	Lunchtime Friends - 964	-	157.20
Cups - 2938	825.00	825.00	Lushes Lunch Thursday - 2807	-	195.41
Dawn Patrol - 263	-	397.36	Lushes Lunch Tuesday - 2641	-	150.02
Diamond St Mens Step Study - 569	-	394.91	Men and Womens Monday Night - 95	120.00	120.00
Downtown Discussion - 1665	96.04	588.77	Mens Structured Step Study - 1469	-	176.00
Drunks Only - 1605	-	619.97	Midnight Howlers - 1025	200.00	840.00
Each Day A New Beginning - 509	-	400.00	Mira Mesa Monday Noon Mixed - 542	20.00	40.00
Early Morning Recovery - 2688	65.00	531.65	Mira Mesa Womens - 411	220.00	272.46
Early Risers(PB) -264	-	250.00	Miracles on Mondays - 565	-	50.00
East Side Group - 101	-	110.00	Mission Bay Sat Night Speakers - 271	-	160.00
Eastlake Greens Attitude Adjust(Su - 2712	-	420.00	Mission Hills Late Night - 2773	-	180.00
Eastlake New Beginnings B/B S/S - 2673	-	90.00	Mission Hills Lunch Bunch - 2675	-	1,650.00
Easy Does It Riders - 21	-	340.10	Monday At A Time - 2875	-	180.00
Easy Does It Speakers - 114	50.00	150.00	Monday Mens Gut Level Group - 677	50.00	100.00
El Cajon Daytime - 52	-	720.00	Monday Night Big Book Study - 2345	10.00	20.00
Evening in Harmony - 2864	100.00	150.00	Monday Night Young People's S/s-2618	-	73.01
Eye Opener Group - 607	60.00	289.50	Monday Nite Live - 643	50.00	150.00
Faculty Group - 1645	-	70.20	Morning Attitude Adjustment - 768	-	575.00
Fletcher Hills Smokeless - 59	30.00	30.00	Mother Earth Viejas Rez- 2019	-	10.00
Fourth Dimension Group - 2415	124.50	501.75	Mt Soledad Mens - 717	-	700.00
Free At Last - 2888	-	119.49	National City Maintenance - 136	-	85.00
Free on Friday - 760	-	67.00	Newcomers Rise & Shine - 2702	-	50.00

June 2011 Group Contributions

Group	June '11	Ytd 11	Group	June '11	Ytd 11
Noon at the Grove - 628	100.00	300.00	Sunday Beach Sun-Day - 568	500.00	1,000.00
Nooners Anonymous - 1164	123.00	229.25	Sunday Midday - 161	-	200.00
Noontime on the Patio - 2203	-	50.00	Sunday Morning at the Grove - 117	-	50.00
North Clairemont - 1102	-	152.20	Sunday Morning Eleventh Step - 1206	-	270.00
North Clairemont Sat Nooners - 2572	-	50.00	Sunday Morning Spiritual Meeting - 1700	-	150.00
North Park Mens - 465	-	460.50	Sunrise Promises - 2166	130.00	630.00
O.B. Friday Night Big Book Study - 1316	-	150.00	Sweet Surrender Speakers - 2254	30.00	70.00
OB Peer Group - 2130	-	100.00	Thankful Thursdays - 2542	-	75.00
Ocean Beach Tuesday - 246	100.00	100.00	The Campus Meeting - 2911	-	78.44
Old Timers Breakfast - 2828	50.00	50.00	The Joy of Living Group - 2636	200.00	397.50
Old Timers Group - 2037	100.00	100.00	The Other Meeting - 857	-	104.50
Old Town Speakers - 321	-	500.00	The Womens Room - 450	-	18.12
On The Corner - 2384	-	167.40	Thursday Campus Noon Group - 2387	-	155.00
One Step At A Time Runners - 1664	-	159.57	Thursday Promises Promises - 749	-	164.00
Open Minded Mens - 626	-	200.00	Tierrasanta Big Book Study - 1790	-	125.00
Over The Bridge - 2689	-	380.71	Tierrasanta Friday Night - 2645	-	105.00
Pacific Beach Weekend Warmup - 725	360.00	460.80	Tierrasanta Happy, Joyous & Free - 2659	-	125.00
Paradise Hills - 392	-	50.00	Tierrasanta Morning Serenity - 2811	80.00	254.00
Pass It On Big Book Study Group -2860	-	574.20	Top of the Hill - 41	-	50.00
Pass It on Group - 170	-	30.00	Torrey Pines Open Disc - 94	200.00	200.00
PB Young Womens - 2187	-	175.00	Tri-Serenity - 836	-	20.00
Penasquitos 12X12 - 2759	50.00	70.00	Tues Night Big Book Step Study - 1813	-	150.00
Penasquitos Discussion - 871	50.00	50.00	Tuesday Campus Noon Group - 2544	-	155.00
Poinsettia Group - 2210	-	200.00	Tuesday Morning Alpine - 440	-	99.60
Point Loma AA Discussion - 242	-	170.00	Tuesday Morning Breakfast Special - 2761	60.00	120.00
Point Loma Nooners - 1606	140.40	258.17	Tuesday Night Participation - 905	-	50.00
Point Loma Saturday Morning - 1240	50.00	90.00	Tuesday Night Primary Purpose - 130	-	75.00
Point Loma Tuesdays Night - 2648	-	271.50	Tuesday Vision 4 U - 2775	-	40.00
Porter Hall Structured S/S - 97	-	90.00	University City Womens - 369	-	250.00
Practical Solutions - 2398	-	111.00	Valley Girls - 2617	-	222.20
Pt Loma Fri Afternoon Step Study - 244	104.50	292.50	Wake Up Call - 1932	-	10.00
Pt Loma Womens Discussion - 1608	-	275.00	War Fever - 880	-	136.00
Rainbow Group - 570	-	125.00	Water Walkers Too - 1946	240.00	468.00
Ramona Wednesday Step Study - 141	-	20.00	Way Up and Out - 415	-	50.00
Resentment and a Coffee Pot - 2561	-	100.00	We Agnostics - 2096	50.00	50.00
Right Turn Group - 1900	50.00	190.00	Wed Nite Traditions Study - 2336	-	40.00
Rise & Shine - 2170	117.50	545.57	Wednesday Discussion Group - 2431	-	275.00
Rocket Riders - 1730	-	180.00	Wednesday Winners Circle - 496	-	502.50
Round Table Discussion - 123	-	142.50	Weds Rule 62 Lunch Group - 687	-	219.00
Rule 62 Group - 927	50.00	150.00	Wholesale Miracle - 2474	-	83.09
S.D. Speakers Meeting - 152	19.91	269.91	Womans Let Go and Let God - 446	120.00	120.00
Safe Sane and Sober - 1350	-	1,000.00	Women In Harmony - 1807	-	150.00
San Diego Doctors Step Study - 194	-	175.00	Womens Attitude of Gratitude - 2751	-	78.79
Santee Thursday Closed Mixed - 145	-	110.00	Womens Sober Sunday - 731	153.00	153.00
Sat Mens Early Awakening - 2209	-	300.00	Womens Step Study - 296	-	50.40
Sat Night Early Discussion - 336	156.40	642.51	Womens Thursday Nite - 514	-	103.00
Sat Night Live - 2173	-	120.00	Womens TLC - 2814	-	33.00
Saturday A.M. Live - 782	120.00	183.60	Womens Way To Recovery - 838	-	104.20
Saturday Night Candlelight - 1914	40.00	40.00			
Scripps Ranch Men's Two - 2776	50.00	150.00			
Senior Serenity Meeting - 209	-	100.00			
Singleness of Purpose - 2882	-	70.00			
Sky Hi Womens - 1633	-	140.00			
So Bay New Womens - 2325	-	175.00			
Sober Minded Leather Folk - 1882	164.82	164.82			
Sober Nooners - 196	126.44	406.44			
Sober Serenity Seekers - 887	100.40	378.90			
Sober Survivors - 2915	-	160.50			
Sole Purpose Group - 1657	95.00	95.00			
Solutions Not Excuses - 2857	-	100.00			
South Bay Mixed Discussion - 36	-	50.00			
South Clairemont - 305	-	84.00			
Spiritual Awakening - 2275	-	1,024.00			
Spiritual Awakenings Step Study -2601	-	100.00			
Spring Valley Step Study - 125	-	40.00			
Stadium Group - 372	-	60.00			
Step Sisters - 2155	85.00	196.00			

Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Each day that your Group participates in the work of our local AA services, whether through Group Contributions, Individual Contributions or Sobriety Birthday Contributions or those who "contribute their time" something wonderful happens in AA. When a newcomer calls us and finds your meeting, it is indeed a miracle. Your group's contributions show that you care about the services we as a fellowship provide and continued hope for the newcomer that reaches out for help. Words cannot fully express the deep gratitude about the energy that your AA Group devotes into carrying the message of hope to the still suffering alcoholic.

2011 Holidays - Central Office Bookstore Closed		
HOLIDAY	DAY OF WEEK	DATE
Labor Day	Monday	September 5 th
Veterans Day	Friday	November 11 th
Thanksgiving Day	Thursday	November 24 th
Christmas	Monday	December 26 th

BOOK OF THE MONTH

August: "Daily Reflections" sale: \$7.50 reg. \$8.25

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

Revenue and Expense Summary June 2011	
Group Contributions	9,899.46
Individual Contributions	723.26
Literature & Interest	<u>2,234.57</u>
Total Revenue	12,857.29
Central Office Expenses	11,995.39
Committee Expenses	490.99
Total Expenses	12,486.38
June Net Revenue	370.91
2011 YTD Net Revenue	(3,502.91)

San Diego Intergroup Balance Sheet as of June 30, 2011

Current Assets:	
Cash in Checking	29,257.03
Credit Card Merchant	705.10
Cash in Savings – CD's	72,913.92
Petty Cash	\$250
Prepaid Expenses (Insurances, Program Events, Seminar)	2,552.45
Literature Inventory	26,410.88
<u>Total Current Assets</u>	<u>132,089.38</u>
Fixed Assets:	
Furniture, Fixtures & Equipment	31,511.77
Leasehold Improvements	6,226
Less; Accumulated Depreciation	<u>(36,650.71)</u>
<u>Total Fixed Assets</u>	<u>1,087.53</u>
<u>Total Assets</u>	<u>\$133,176.91</u>
Liabilities:	
Accrued Payroll Taxes	\$2,225.82
Accrued Sales Tax	0.00
<u>Gift Certificates Outstanding</u>	<u>20.00</u>
<u>Total Liabilities</u>	<u>2,245.82</u>
Fund Balances	<u>130,931.09</u>
<u>Total Liabilities & Fund Balance</u>	<u>\$133,176.91</u>

CENTRAL OFFICE

PHONE CALLS FOR **June 2011**

TOTAL CALLS FOR MONTH 2,105	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1,419	406	30
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	171	71	8

WEB SITE HITS: June = 8,871 Total 947,696

August 2011 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Mission Hills Late Night	Mt Soledad Mens	San Diego Young Peoples	Early Risers (Coronado)	Over The Bridge	Dawn Patrol
7	8	9	10	11	12	13
Adams Ave Big Book	La Mesa Mens	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers	Mission Possible
Fresh Start Beginners						
14	15	16	17	18	19	20
La Mesa Women's Sat Morning	Safe, Sane and Sober	Spiritual Awakening	Rule 62	Pacific Beach Young Peoples	Morning Attitude Adjustment	Rainbow Group
Imperial Mens						
21	22	23	24	25	26	27
Dignity Unlimited	Southern Cal Speakers	Downtown Discussion	Imperial Beach Group	La Jolla Beginners	Drunks Only	Lemon Grove Easy Risers
Cedar St Mens						
28	29	30	31			
Clairemont Mens	Harmony Group	Diamond Street Mens	Eye Opener	Thank You, Night Time Phone Volunteers For Carrying The Message!		
North Park Mens						

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

August 2011

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University Ave 6:00 pm Every Sunday Greater San Diego Young People's Coffee Shop 3343 Adams Ave Normal Heights 1:00 pm	<u>Public Information Committee</u> Central Office 6pm District 8 Office Bldg 755 Emory St Imperial Beach 8:00pm	Every Tuesday Information Publica Oficina Central Hispana 3628 University Ave 7:00 pm <u>Area Policy</u> 6:30 pm Varies District 19 Center 3909 Centre St Hillcrest 6:00 pm	District 4 Church 7111 La Jolla Blvd La Jolla 6:30 pm	<u>Archives Committee</u> 6:45 pm Varies District 9 ARC 298 E. Ross Ave El Centro 7pm District 12 Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm	Every Friday Distrto 15 Oficina Central Hispana 3628 University Ave 6:30 pm District 7 Club 1944 30 th St Golden Hill 6:30 pm	
7	8	9	10	11	12	13
	<u>Area Newsletter Committee</u> Keith's Restaurant I-15 & Miramar Rd 6:30 pm <u>Area Finance Committee</u> Central Office 6:30 pm District 6 Denny's Restaurant 901 Camino Del Rio S Mission Valley 6:30 pm	<u>Business Committee</u> Central Office 6:00 pm District 10 Church 490 Farragut Circle El Cajon 5:30 pm District 13 Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00 pm		<u>Coordinating Council</u> Church 2111 Camino Del Rio South Mission Valley 92108 <u>Orientation Committee</u> 6:00 pm <u>New Coordinators</u> 6:30 pm <u>Coordinator Outreach</u> 7 pm <u>Council</u> 7:30 pm <u>Area Agenda Committee</u> Central Office 7:00 pm		
14	15	16	17	18	19	20
<u>Grapevine Committee</u> Varies 1:30 pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Collate</u> <u>The Coordinator</u> <u>Newsletter Party</u> Central Office 6:00 pm	<u>Area Committee</u> Church 2650 Melbourne Serra Mesa 7:00 pm <u>H&I Committee</u> <u>Orientation</u> Central Office 7:00 pm		
21	22	23	24	25	26	27
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd Orientation 12:15pm Business Mtg 1:15pm	District 5 Church 5050 Milton St Clairemont 7:00 pm	<u>Accessibilities Committee</u> Central Office 7:00 pm	<u>Area Computer Needs Committee</u> Denny's Restaurant 135 Encinitas Blvd, Encinitas 6:00 pm District 14 Church 1475 Catalina Blvd Point Loma 6:30 pm	<u>Coordinator Newsletter Committee</u> Central Office 6:00 pm		
28	29	30	31			
<u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C. Committee</u> Central Office 6:30 pm District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm					

Things to Do and Places to Go

Third Weekenders Campout

Where: Guajome
When: August 19-21, 2011
Wagon Masters:

Pacific Regional Forum 2011

Where: Warner Center Marriott
 21850 Oxnard St.
 Woodland Hills, CA
When: August 19-21, 2011
Contact: www.aa.org/pacific2011

Women Sponsoring Women

Where: Encinitas Community and Senior Center
When: Aug. 20, 2011 9:00 AM-4:00 PM
Contact:

**Woman to Woman San Diego: 37th Conference
 for Recovering Alcoholic Women**

Where: The Dana on Mission Bay
When: Sept. 23-25, 2011
Contact:

New! Submit your event online to:
sdaa.newsletter@gmail.com

Please provide contact information for verification purposes.

Speaker Meetings

Check your schedule for meeting locations

Wednesday

Coronado Weds Speakers - 8pm
 Fireside Speakers - 8pm

Thursday

Not Alone Speakers - 6:15pm
 We Group Speakers - 7:30pm

Friday

Easy Does It Speakers - 8pm

Saturday

Goldmine Speakers - 5pm
 La Jolla Speakers - 7:25pm
 Southern Cal Speakers - 7:30pm
 Saturday Night Speakers - 7:30pm
 South Bay Speakers - 7:45pm
 Mission Bay Sat. Speakers - 8pm
 Two Bit Speakers - 8pm

Sunday

Old Town Speakers - 7pm
 Sober Camels Speakers - 6pm
 Sweet Surrender Speakers - 5:30pm

**Newsletter
 Subscription**

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

Name _____
 Address _____
 Mail to: CENTRAL OFFICE
 7075-B MISSION GORGE ROAD
 SAN DIEGO, CA 92120-2454

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.



No Matter What You Call It

by Lisa O.

Many alcoholics are known for their charm; in fact it's one of the traits that keep us going for so long. People take a genuine liking to us and will bend over backward if they think it will "help" us. Many of us used to take undue advantage of this ability we have to persuade others to do things for us.

Years ago a charming man swept into my home group meeting. He described his early sobriety: the days when he was alcohol-free but still learning new behaviors. Less fortunate members would ask him for a ride since he still had a car. He would think to himself, "*Eww, you scroungy, ugly excuse for a human being, why don't you take a bath? Who would want YOU in their car?*" But, he would pause a moment and then say, "*Ahh, sure! Where would you like to go?*" Pretty, young, newcomer women would come into AA, and he wanted to love them until they could love themselves. Fortunately his sponsor set him straight about how we love newcomers and others. Many of us have to learn the difference between romantic love, brotherly love and lust.

Often people in this world do not experience pure love. Even love from our parents sometimes has/had strings attached. Parents may set conditions for behavior or career choices or even for whom we should love, and if these are not followed, our own parents withhold their love from us. Many people are not raised by parents, and often the caregiver's love is sorely lacking. So if we don't receive love from the very people we are supposed to learn it from, how then can we love one another?

Somewhere inside each of us there is a wellspring of love. We have a universal spiritual connection with each other. There is love for others and love for ourselves. Often a lifetime of betrayal and broken promises will cause us to withdraw in order to protect ourselves from unscrupulous people who take advantage of our innocence. Often, as mentioned above, we become that corrupt person ourselves, and believe we are not worthy or capable of love.

When we come to Alcoholics Anonymous, we are often surprised at the love extended to us. We think there must be a catch. Someone offers us a cup of coffee, a ride, or their phone number and we wonder, "*Why are they doing this? What do they want from me? What's in it for them?*"

I was at the eye doctor the other day and the physician was well past retirement age. I asked him why he was still practicing instead of enjoying the golf course. He asked me, "*What is the one thing people can do to make themselves feel good?*" I thought of several inappropriate responses before I answered, "*Have integrity?*"

"*No, not always,*" he told me. "*Help someone! Everyone feels good when they're helping someone! I get to help people see better!*"

He was right. We do feel better when we are helping someone. I tell my sponsees they need to call me because if they don't, they're depriving me of a chance to feel good. This appeals to them and sometimes they call! Helping someone is just another way of demonstrating love for them, showing them that they are worthy of our efforts on their behalf.

As a woman in recovery, I am leery of brotherly love. I prefer human love or sisterly love. Psychologists call it unconditional positive regard. And it feels good, no matter if you're giving it or receiving it, no matter what you call it.

"Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important – in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual."

Dr. Bob, Akron, Ohio

Overheard at Meetings

I live in the prison of what I think you think of me.

Page 52...spiritual malady, I didn't wanna pray cuz God would find out where I was.

A quick prayer: God help me to be helpful to some and harmful to none.

Southern AA

A member of one of the Jacksonville groups, in conversation with a fellow AA member, dropped a remark which, to me, stresses one of the most valuable phases of AA.

"I shall never forget," he declared, "the first time I had a slip. I felt as if I had broken faith with everybody in AA." That man had acquired the most that AA has to offer its membership in the way of fellowship and brotherly love.

The comradeships that are born of membership in AA are as strong as any that life can produce. They are the sturdiest mooring posts to which we can tie our sobriety. All of us should make this fraternalistic aspect of AA work for us in such a way that we can get the most out of it...

C.J.K. Jr. – Jacksonville, Florida, August 1950, *Grapevine*, Vol. 7 No. 3

A.A. Time Machine

1941 - 70 years ago...

AA membership reaches 2,000. Jack Alexander article published in March issue of Saturday Evening Post. *Hal S., the man who brought A.A. to San Diego in 1940, moves from the city.*

1951 - 60 years ago...

In January, Bernard Smith was elected chairman of the General Service Board and in April the FIRST A.A. General Service Conference was held in New York City. *San Diego Area Assembly comes into being and Tom B. was elected as San Diego's first New York delegate.*

1961 - 50 years ago...

In April Big Book sales reach 500,000 copies and is translated into three languages. Also in April, John L. Norris, M.D., was elected chairman of the General Service Board.

1971 - 40 years ago...

On January 24th Bill W. passes away, having 36 years of sobriety.

1981 - 30 years ago...

First Spanish-speaking A.A. group, Grupo Nuevo Sendero, formed by Juan E. and Raymundo V.

The History of Alcoholics Anonymous in San Diego and Imperial Counties, (italic only), October 2006

Tim P.'s Travel Checklist

Here's some due diligence that has proven successful for me:

PLANNING

I copy down intergroup phone numbers and pack my travel-size Big Book and 12 and 12. I let my home group know I'll be traveling and I maintain contact with my sponsor. Visualize my trip to anticipate where triggers might be. Make sure I'm not dependent on anyone for transportation, so I can get to and away from any place I go.

PLANES AND TRAINS

I stay as far away as possible from the booze in the frequent flier lounge. If I travel first class, I tell the flight attendant not to serve me alcohol and I don't sit in the train's bar car.

HOTELS

I don't use the key to the mini bar, return it to the front desk. I eat in the hotel restaurant, not the bar and I bring a book to read to occupy my time.

RECEPTIONS

I don't arrive early, instead I show up in the middle or near the end of a particular event. I stick with diet soda by always having one in my hand.

RESTAURANTS

I have the wait staff remove the wine glasses if they are present on the table. If there is alcohol used in the food preparation I ask if they could prepare mine without, as I have allergies. You'd be surprised how many non-alcoholics diners ask for meticulously prepared food. Instead of an after dinner drink I reward myself with vanilla ice cream and chocolate sauce.

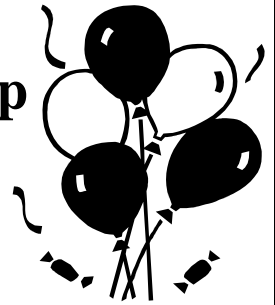
LATE NIGHT ENTERTAINING

I finally figured out I don't have to do it! Watching people late at night after lots of "entertaining" sends a chill up my back and strengthens my resolve. That so many of us have been able to return to good lives is a tribute to the "WE" of the program, wherever WE may roam. Thanks AA.

-Edited for length

Tim P., Saint Paul, Minn. *Grapevine*, June 2011

Participate in the San Diego Intergroup Birthday Club.



In grateful celebration of their sobriety birthdays, A.A. members contribute one or more dollars for each year of sobriety.

**“Yes, we AAs were once a burden on everybody. We were ‘takers’.
Now that we are sober, and by the grace of God have become
responsible citizens of the world, why shouldn’t we now
about-face and become ‘thankful givers’!
Yes, it is high time we did.”**

Bill W., *Language of the Heart*, p 86,
Originally published in the April 1958 Grapevine
Reprinted with permission of The A.A. Grapevine, Inc.

Your sobriety is worth celebration!

Name: _____

Home Group: _____

Sobriety Date: _____

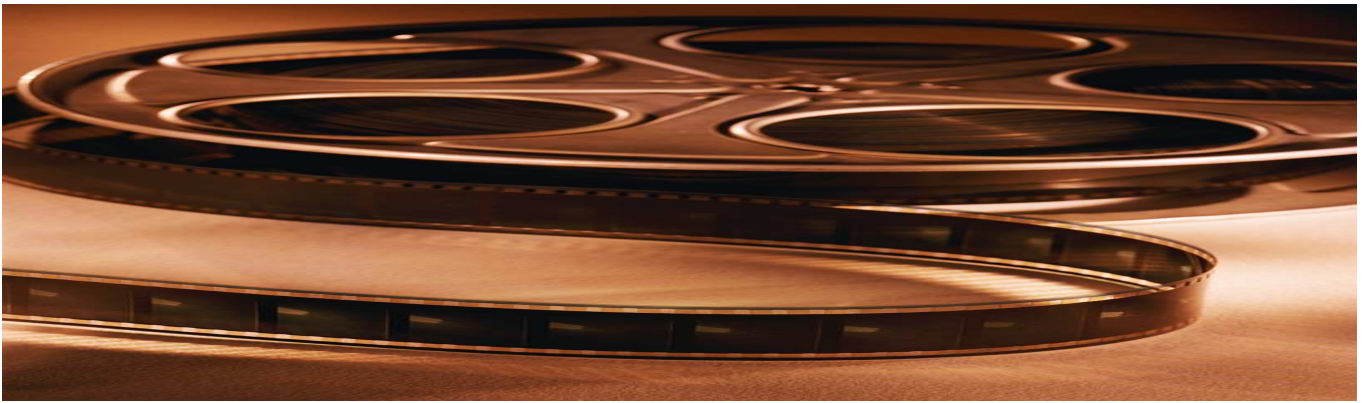
Birthday Club Donation: _____

Mail checks payable to:
San Diego Intergroup
7075-B Mission Gorge Rd
San Diego, CA 92120

OR you may use your Visa/Mastercard at Central Office.

* Contributions are limited to \$3,000 per member per year and is tax deductible as we are a 501C3 organization with IRS.

* F3– Self Support: Where Money And Spirituality Mix Pamphlet Page 9



AREA 8 LITERATURE COMMITTEE PRESENTS!

MOVIE NIGHT

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

ANYTIME, ANYWHERE, ANY MEETING

CONFERENCE APPROVED FILMS:

YOUNG PEOPLE'S VIDEOS

HOPE: ALCOHOLICS ANONYMOUS

IT SURE BEATS SITTING IN A CELL (17 MINS)

MARKINGS ON THE JOURNEY (35 MINS)

BILL'S OWN STORY (60 MINS)

CARRYING THE MESSAGE BEHIND THESE WALLS

BILL DISCUSSES THE TWELVE TRADITIONS (60 MINS)

AA IN CORRECTIONAL FACILITIES

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

PLEASE CONTACT THE LITERATURE CHAIR,

Literature@area8aa.org TO
SET ARRANGEMENTS.