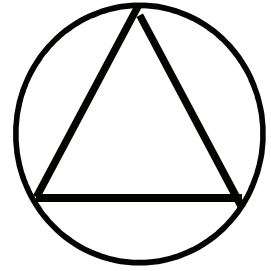




aasandiego.org

# The San Diego AA Coordinator



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

*“Made a list of all persons we have harmed, and become willing to amends to them all”*

*Reprinted from AA Big Book, page 59*

AUGUST 2016  
VOL. LXIV NO.8

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## *“Carry the AA Message”*

Join the fun and  
submit an article!

Monthly Themes

### SEPTEMBER

**We feel a man is unthinking  
when he says that sobriety is  
enough. (due 7/25/16)**

### OCTOBER

**HOW-Honest, Open-minded &  
Willing  
(due 8/26/16)**

### NOVEMBER

**Hope...  
(due 7/24/16)**

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

## Service saved my life...

When I first joined A.A., all I could do was sit in a meeting, clutching a coffee cup with both hands because I shook so badly. But as 24 hours turned into days, and days turned into weeks, I began to feel “a part of.” When I started working with my sponsor at around 60 days, we would stay after our home group meeting on Wednesday night, stack the chairs and clean the coffee pots. I didn’t know it at the time, but my sponsor wasn’t telling me, but rather *showing me*, how to do service work.

Service work can come in all shapes and sizes. There is service work at the group level – showing up on a regular basis and taking any number of commitments that a particular meeting might have. There is service work at the area, district, state or national levels, although I’ve never had the privilege to hold one of these positions due to my work obligations. But that doesn’t mean I can’t contribute in other ways. I have stuffed many an envelope and manned many a phone at the Intergroup office in Houston where I spent 10 years of my sobriety. Service work has given me something to do when I wanted to drink or when I needed to get out of “self” and it’s given me a way to show my undying gratitude for the fellowship. Most importantly, I’m convinced it saved my life.

When I was 6 months sober, I took my first big commitment. At my home group, the coffee person was responsible for not only making the coffee, but for arriving early, unlocking the meeting room, setting up the chairs, setting out the literature and –most importantly – making sure the candy basket was full. Thank goodness my home group understood the need to replace the sugar my body was no longer getting from alcohol. It was, and is to this day, the only meeting that I ever attended where candy was passed around. It was an absolutely brilliant idea.

Continued page 14

## SAN DIEGO CENTRAL OFFICE

24 HOUR PHONE (619) 265-8762

OUR WEB PAGE [www.aasandiego.org](http://www.aasandiego.org)

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

FAX: (619) 265-2954

OFFICE & BOOKSTORE

Mon-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	Precious	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Frank	<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	Lauren	<a href="mailto:businesschair@aasandiego.org">businesschair@aasandiego.org</a>
Program Committee	TBD.	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Curtis	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	TBD	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

### Area Officers:

Delegate	Jane	<a href="mailto:delegate@area8aa.org">delegate@area8aa.org</a>
Alternate Delegate	Roxanne	<a href="mailto:alt-delegate@area8aa.org">alt-delegate@area8aa.org</a>
Area Chair	Emily	<a href="mailto:chairarea8@area8aa.org">chairarea8@area8aa.org</a>
Archives	Anne	<a href="mailto:archives8@area8aa.org">archives8@area8aa.org</a>
H & I Chair	Chris	<a href="mailto:info@sdhandi.org">info@sdhandi.org</a>

**Contributors:** Joey P, Lisa D, Daniel R, Mike SD  
**August Theme:** 'Service has helped me...'  
**Collate:** **Wed., JULY 20, 2016**  
**5:30 pm, at Central Office**  
**All are welcome.**

### Committee Announcement

The Newsletter Committee has openings for members to prepare newsletter pages, 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)



### Following Coordinating Council Standing Committees need members.

- 1) Program Committee – needs 3
- 2) Public Information – needs 4

Are you available to serve Alcoholics Anonymous? Availability is about; do I have the suggested sobriety? If there are other suggested qualifications, do I have those qualifications and to the best of my knowledge, do I have no scheduling conflicts to serve in the commitment? If my answers to all of those questions are yes, I should make myself available and let my Higher Power decide if that is the position I should be in." Also, please talk to the members in your group about serving on the Council. Members at large may be elected to positions. It is not required that you are a Coordinator to serve on a committee.

**Submit Your Stories, Photos, Art and More!** The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? We're always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check our [editorial calendar for upcoming special topics](#), and then use



our [upload form](#).

**AAGRAPEVINE.ORG**

## 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.*

ONE DAY AT A TIME IS HOW THEY SAID  
THIS PROGRAM WILL REALLY WORK...  
SO ONE DAY AT A TIME IS HOW WE'LL  
IGNORE  
THAT LIQUOR STORE CLERK...

GETTING A SPONSOR AND WORKING  
THE STEPS  
IS PROBABLY NEXT FOR ME AND MY  
WIFE...  
CUZ STAYING SOBER ONE DAY AT A  
TIME  
HAS DEFINITELY GIVEN US A BETTER  
LIFE...

MEETINGS AFTER MEETINGS WE STILL  
ATTEND  
MOST EVERY DAY...  
AND BY SHARING IN THESE MEETINGS  
HELPS THE CRAVING STAY AWAY...

ONE DAY COULD LAST FOREVER IF YOU  
THINK  
OF HAVING THAT COLD BEER...  
SO WANTING TO STAY SOBER IS WHAT  
WILL  
KEEP US COMING HERE...

9 MONTHS OF SOBRIETY AND STILL  
FIGHTING  
TO PREVAIL...  
BUT STAYING SOBER ONE DAY AT A  
TIME I'LL  
PRAY TO GOD WE DO NOT FAIL...

RECEIVING THESE TOKENS TOGETHER  
IS A  
BLESSING AND ACTUALLY KIND OF  
FUN...  
SO GET USED TO THESE TWO FACES  
CUZ THIS WON'T BE OUR LAST ONE...

BY: DANIEL R.

## June 2016

Total Calls 1,435	Central Office Phone Calls and Website Hits		
	Meeting	General	12 Step
Daytime	854	239	36
9am-9pm			
Nighttime	216	79	11
9pm-9am			
Website Hits	June 29,754	Total 2,144,854	

*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!*

**Lisa D. 6/10/96 20 years  
Mira Mesa Friday Night**

**John L. 42 years  
Serenity Seekers**

### Birthday Gratitude

Name \_\_\_\_\_

City/Home Group \_\_\_\_\_

Sobriety Date \_\_\_\_\_

Amt. Enclosed \_\_\_\_\_

Please mail to:

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

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

<p align="center"><b><u>Group and Meeting Changes</u></b> ** <b><u>NEW MEETINGS</u></b> **</p> <p>EC1'ers Club - 938 E. Washington  El Cajon Daily @ 1:00 pm</p> <p>Liven It Up Club - 950 Orange Ave  Coronado Sat @ 7:30 pm</p> <p align="center">** <b><u>RELOCATED</u></b> **</p> <p>Three Legacies Group Church - 4044 Lark St Was: 1730 Monroe Ave  Mission Hills Fri @ 7:30 pm Was: 8:00 pm</p> <p align="center">** <b><u>TIME CHANGE</u></b> **</p> <p>Free Thinkers Recv Ctr - 3340 Kemper St Was: 7:15  Loma Portal Thur @ 7:30 pm</p> <p align="center">** <b><u>NAME CHANGE</u></b> **</p> <p>Good News Gut Level Club - 4861 Cass St Was: Young &amp; Free Young Peoples  Pacific Beach Tues @ 8:00 pm</p> <p>Young &amp; Sober Church - 7111 La Jolla Blvd Was: Hip Slick &amp; Sick Young Peoples  La Jolla Sat @ 7:00 pm</p> <p>5107 Sunday Womens Group Office Bldg - 5107 Waring Rd Was: Sunday Womens Group  Allied Gardens Sun @ 2:30 pm</p> <p align="center">** <b><u>CANCELLED</u></b> **</p> <p>Point Loma A.A. Discussion Church - 1475 Catalina Blvd  Point Loma Wed @ 8:15 pm</p> <p>One Moment At A Time Church - 115 Cajon View Dr.  El Cajon Fri @ 5:30 pm</p> <p>A.A. Story Time Church - 4761 Cass St  Pacific Beach Sat @ 7:00 pm</p>	<p align="center"><b><u>Coordinating Council Attendance</u></b></p> <p align="center"><b>The following 48 groups attended July Coordinating Council</b></p> <p align="center"><b>There are 760 groups in San Diego</b></p> <p align="center"><b>WAS YOUR GROUP THERE?</b></p> <p align="center"><b>NEXT COUNCIL MEETING IS: THURSDAY, August 11, 2016</b></p>		
<p align="center">THANK YOU FOR YOUR SERVICE TO ALCOHOLICS ANONYMOUS OF SAN DIEGO</p>	<table border="1"> <tr> <td data-bbox="716 388 1070 1144">                 4077Mash Step 11:Read-Meditate-Share Allied Gardens Step Study Another Sober Tuesday Back To Basic Women Battery Chargers Beach Area Beginners B.Y.O.B Clairemont Mens El Cajon Womens Serenity Eye Opener Group Fisherman In Recovery Fresh Start Beginners Friday Night Gratitude Friday Night Irregulars Friday Nite Weeks End Gifts Of Grace Women God Squad Too Golden Hill Sunday Discussion Great Fact Group I.B.Up Imperial Beach Group Joy Of Living Jump Start Just Us Girls             </td> <td data-bbox="1073 388 1424 1144">                 La Jolla Beginners Group Lake Murray Women's La Mesa Mens La Mesa Step Study Workshop Mid-Week Mens Mission Hills Beginners North Park Mens Old Town Speakers Over The Bridge Pacific Beach Weekend Warm Up Point Loma Mens Saturday Downtown Discussion Sky Hi Womens Sober Minded Leather Folks Southern Cal Speakers Spiritual Awakening The We Group Thursday Steps Valley Girls Womans Gut Level Womans Let Go And Let God Women In Harmony Women In Sobriety Women's Step Study             </td> </tr> </table>	4077Mash Step 11:Read-Meditate-Share Allied Gardens Step Study Another Sober Tuesday Back To Basic Women Battery Chargers Beach Area Beginners B.Y.O.B Clairemont Mens El Cajon Womens Serenity Eye Opener Group Fisherman In Recovery Fresh Start Beginners Friday Night Gratitude Friday Night Irregulars Friday Nite Weeks End Gifts Of Grace Women God Squad Too Golden Hill Sunday Discussion Great Fact Group I.B.Up Imperial Beach Group Joy Of Living Jump Start Just Us Girls	La Jolla Beginners Group Lake Murray Women's La Mesa Mens La Mesa Step Study Workshop Mid-Week Mens Mission Hills Beginners North Park Mens Old Town Speakers Over The Bridge Pacific Beach Weekend Warm Up Point Loma Mens Saturday Downtown Discussion Sky Hi Womens Sober Minded Leather Folks Southern Cal Speakers Spiritual Awakening The We Group Thursday Steps Valley Girls Womans Gut Level Womans Let Go And Let God Women In Harmony Women In Sobriety Women's Step Study
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<p align="center"><b><u>"Is There An Alcoholic In Your Life"</u></b> <b><u>Pamphlet - 30 (page 8)</u></b></p>	<p align="center"><b><u>"Daily Reflection"</u></b> <b><u>June 15 (page 175)</u></b></p>		
<p align="center"><b>The Alcoholic Can Recover</b></p> <p>The Alcoholic is a sick person suffering from a disease for which there is no known cure-that is no cure in the sense that he or she will ever be able to drink moderately, like a nonalcoholic, for any sustained period. Because it is an illness a physical compulsion combined with a mental obsession to drink-the alcoholic must learn to stay away from alcohol completely in order to lead a normal life.</p>	<p align="center"><b><u>MAKING A.A. YOUR HIGHER POWER</u></b></p> <p><i>"...You can... make A.A. itself your 'higher power.' Here's a very large group of people who have solved their alcohol problem... many members... have crossed the threshold just this way....their faith broadened and deepened.... transformed, they came to believe in a Higher Power...."</i></p> <p align="center"><b>TWELVE STEPS AND TWELVE TRADITIONS, pp. 27-28</b></p> <p><i>No one was greater than I, at least in my eyes, when I was drinking. Nevertheless, I couldn't smile at myself in the mirror, so I came to A.A. where, with others, I heard talk of a Higher Power. I couldn't accept the concept of a Higher Power because I believed God was cruel and unloving. In desperation I chose a table, a tree, then my A.A. group, as my Higher Power. Time passed, my life improved, and I began to wonder about this Higher Power. Gradually, with patience, humility and a lot of questions, I came to believe in God. Now my relationship with my Higher Power gives me the strength to live a happy, sober life.</i></p>		
<p align="center"><b>Reprinted with permission from A.A.W.S</b></p>	<p align="center"><b>Reprinted with permission from A.A.W.S</b></p>		



**Minutes of the Coordinating Council**  
**Thursday, July 14, 2016**

Precious P. – Council Chair called the 853<sup>rd</sup> meeting to order at 7:30 pm. Twelve Traditions read by Nancy. Council Definition and Purpose read by Jeremy. There were 17 new Coordinators, 1 Visitor and 7 Birthdays. Roll Call: Frank B., Assistant Council Chair reported 48 groups were represented out of 67 registered Coordinators. There was a quorum (25). June 2016 minutes were approved. 7<sup>th</sup> Tradition: \$66.75

**Area Assembly:** Colin, Area 8 Alternate Chair shared Emily, Area Chair is back. There are upcoming workshops in July. Unity Day will be on August 27<sup>th</sup> from 9 am – 1 pm. For more information: [area8aa.org](http://area8aa.org).

**H & I Representative:** Blaine H. reported: 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. It meets the 3<sup>rd</sup> Tuesday at 6:45 PM at Central Office. Our website is <[sdhandi.org](http://sdhandi.org)>. As a member of the SoCal H&I Intergroup, we participated in their annual conference last month, putting on a panel which included 3 San Diego/Imperial Area speakers.

**REMEMBER TO DONATE YOUR OLD GRAPEVINES. Purple box at Central Office. 1,250 and counting thus far! THANK YOU!**

**Should your group wish to donate a Grapevine subscription to an institution, please go to [www.aagrapevine.org/specialdelivery](http://www.aagrapevine.org/specialdelivery) to get the particulars.**

**AFTER HOURS PHONES:** Renea, Chair

1. Thank you to the groups that answered AA's phones this past month.
2. **The 4<sup>th</sup> is an OPEN night.**
3. Your groups may also sign up on a waiting list and individuals may sign up on an emergency fill-in contact list.
4. Thank you for letting me serve you.

**BUSINESS COMMITTEE:** Lauren L., Chair reported Committee met on Tuesday, 7/12/16 at 6:00 pm. Present: Lauren L., Precious P., Frank B., Jim M., Rudy M., John M., Lorena N., and Connie L. Absent excused: Erica B.

There was a quorum.

It was m/s/c to approve June 2016 Minutes.

It was m/s/c to approve Financials Statements.

**June 2016 Financial Summary:**

June Net Revenue is 366. Our 2016 YTD Net Revenue is 5,883. Group and Individual Contributions were 10,570. Literature Sales Revenue and CD Bank Interest were 962 while total office and committee expenses were 11,166.

**Thank you for supporting your Central Office in carrying the message to the suffering alcoholic. Also, your contributions allow us to continue to sale literature at a reduced price.**

**Manager's Report:**

1. **July's Book of the Month:**  
*"Experience, Strength & Hope"*  
 sale: \$5.00 reg. \$7.00
2. **July's Pamphlet of the Month:**  
*"This is AA"* 50¢ ea.
3. **August's Book of the Month:**
4. *"Daily Reflections"* sale: \$8.25 reg. \$10.25
5. **June's Pamphlet of the Month:**
6. *"Is There an Alcoholic in Your Life?"* 50¢ ea.
7. Daytime phone volunteers shifts:
  - a. Have a need for fill-ins.
8. Secretaries/Treasurers: please include email address w/contributions for receipts.

Continued on page 6.

Continued from page 5.

1. Coordinator Newsletter: FREE subscription electronically by email. Send an email to [sdaaco@aol.com](mailto:sdaaco@aol.com).
2. Coordinator Newsletter 50's, 60's, 70's, 80's, & Jan 2011 - 2016 issues are on our [aasandiego.org](http://aasandiego.org) website.
3. "Calendar of Events" on [aasandiego.org](http://aasandiego.org) website includes downloadable event flyers.

**Business Committee Member reports:**

1. Lauren L. chaired meeting.
2. Rudy contacted members.
3. Frank B. distributed Council lists.
4. Precious P. attended Area Meeting.
5. Jim M. reviewed bank statements and financial statements. Met with Connie.

Old Business: Semi-annual Literature inventory Results: -\$138.27 adjustment.

New Business: Meeting discussed.

**COORDINATOR NEWSLETTER:** Mike Mc. reported 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.

**Monthly Themes:** are on the front page of the Coordinator Newsletter. 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 the Wednesday after Council at Central Office at 5:30 pm.

**COORDINATOR OUTREACH:** Heidi, reported committee needs members to help to make announcements at their meetings and passing out "Being a Coordinator" brochure. Welcome to all of the new Coordinators tonight.

**ORIENTATION & GUIDELINES** Andrew, reported committee met tonight at 6:30 pm. Present: Charlie and Andrew.

1. Orientated 13 new Coordinators.
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 to Church- Krausse Cove Bldg.

**PROGRAM COMMITTEE:** Nicole reported:

1. Founder's Day picnic was a nice time. New faces. Good food and speakers. Lots of Fellowshiping. Came under budget.
2. Anniversary of AA in SD Breakfast will be on Saturday, November 19, 2016. See flyer on our [aasandiego.org](http://aasandiego.org) website.

**PUBLIC INFORMATION COMMITTEE:**

Curtis, Chair not available. Precious, Council Chair shared:

Upcoming Events:

1. July 16-17: San Diego Pride Festival Booth.
2. July 22-24: Veterans Stand Down.

**OLD BUSINESS:** There was none.

**NEW BUSINESS:**

1. Outreach Committee
  - a. Robyn (sob 10/8/12)

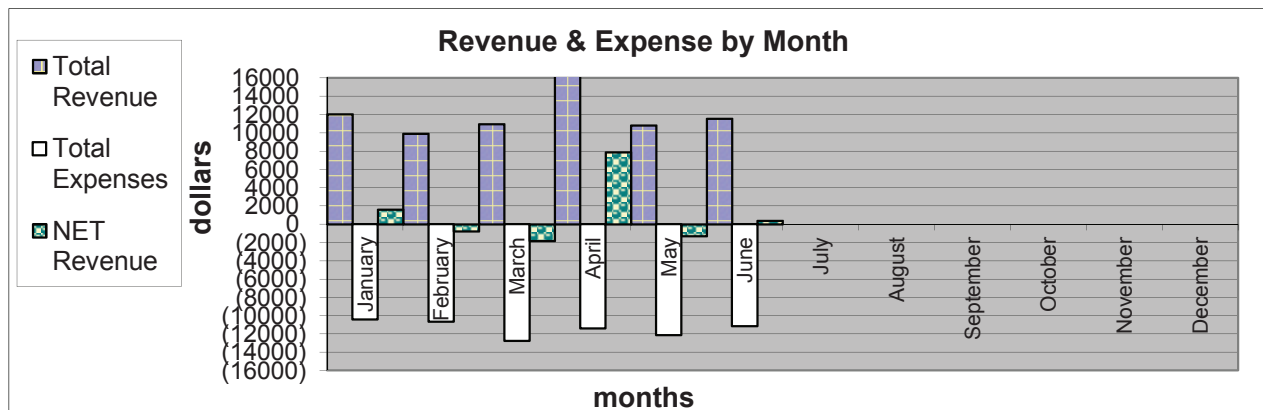
Respectfully submitted,

*Connie L.*

Recording Secretary

**San Diego Intergroup, Inc.**  
**Alcoholics Anonymous of San Diego**  
**Statement of Revenue and Expenses**  
**As of June 30, 2016**

	June 16	June 15	YTD '16	YTD '15	\$ Change	Budget '16
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	10,413.20	8,447.24	60,494.55	59,264.76	1,229.79	112,700.00
Contributions Individual	157.00	205.00	6,788.99	3,916.28	2,872.71	9,344.00
Contributions SDIAA	-	-	1,100.00	1,100.00	-	1,110.00
Interest - Cert of Deposits	9.50	2.97	22.04	18.68	3.36	50.00
Literature Revenue (see schedule)	951.71	1,016.90	6,065.15	8,783.34	(2,718.19)	18,480.00
<b>Total Revenue</b>	<b>11,531.41</b>	<b>9,672.11</b>	<b>74,470.73</b>	<b>73,083.06</b>	<b>1,387.67</b>	<b>141,684.00</b>
<b>Expense</b>						
Accounting & Legal	60.00	60.00	2,420.00	2,420.00	-	2,540.00
Auto/Travel/Seminar	34.25	21.00	176.50	144.66	31.84	1,500.00
Bank Service Charges	2.00	2.00	12.00	(38.00)	50.00	125.00
Cash (Over) Short	11.41	6.85	11.34	26.14	(14.80)	(50.00)
Checks Returned - Bad Debt	-	-	-	-	-	-
Equipment Maint & Repair	51.40	51.40	308.40	308.40	-	750.00
Equipment Purchase	-	-	-	-	-	750.00
Insurance	189.00	76.00	1,000.00	456.00	544.00	1,100.00
Office Maint. & Repairs	-	-	241.25	52.50	188.75	500.00
Office Supplies	32.38	471.05	625.32	1,236.83	(611.51)	3,000.00
Rent	1,853.00	1,808.00	10,538.00	10,672.00	(134.00)	22,056.00
Taxes	-	-	80.00	60.00	20.00	75.00
Telephone	131.59	124.16	854.43	795.67	58.76	1,575.00
Utilities-Electricity	292.88	256.83	1,645.28	1,390.91	254.37	3,500.00
Website	20.00	40.85	202.45	215.40	(12.95)	500.00
<b>EMPLOYEES</b>			-	-		
Accrued Payroll Taxes	526.39	522.55	3,764.16	3,623.51	140.65	6,500.00
Employee Wages	6,284.83	6,093.70	37,644.33	37,655.33	(11.00)	79,999.00
Employee 403B Contribution	205.00	205.00	1,230.00	1,162.14	67.86	2,200.00
Employee Health Benefit	593.40	554.22	3,560.40	3,817.56	(257.16)	6,420.00
Insurance-Worker's Comp	43.00	50.00	347.00	290.00	57.00	600.00
<b>Total Office Expense</b>	<b>10,330.53</b>	<b>10,343.61</b>	<b>64,660.86</b>	<b>64,289.05</b>	<b>371.81</b>	<b>133,640.00</b>
Standing Committees Expense (see schedule)	835.22	1,180.29	3,926.78	4,424.46	(497.68)	8,044.00
<b>Total Expense</b>	<b>11,165.75</b>	<b>11,523.90</b>	<b>68,587.64</b>	<b>68,713.51</b>	<b>(125.87)</b>	<b>141,684.00</b>
<b>Net Revenue</b>	<b>365.66</b>	<b>(1,851.79)</b>	<b>5,883.09</b>	<b>4,369.55</b>	<b>1,513.54</b>	<b>-</b>



## Group Contributions June 2016

Group	Jun-16	Ytd 16	Group	Jun-16	Ytd 16
10 & 11 @ 5107 - 3023	-	176.74	El Cajon Womens Serenity - 77	-	147.51
11th Step Journey - 2622	114.00	266.00	Evening Serenity - 2305	-	79.57
12 X 12 AND BB - 2839	50.00	50.00	Eye Opener Group - 607	250.00	530.00
4077 Mash Step 11Read-Medita-Share - 2027	-	90.00	Fletcher Hills Smokeless - 59	-	100.00
5.45 Meditation - 3085	-	75.00	Free At Last - 2888	-	357.50
6 O'Clock Big Book Study - 507	-	10.00	Free on Friday - 760	40.00	240.00
A New Way To Live - 846	-	144.03	Free Thinkers Step Study - 2945	-	50.00
A Sense Of Belonging Womens - 1205	106.00	106.00	Free to Be - 935	-	88.50
A Womens Meeting -1717	-	125.00	Fresh Air Friday - 266	300.00	300.00
AA By The Bay - 629	-	209.00	Fresh Start Beginners - 2609	-	688.50
Adams Avenue Big Book Study - 1892	-	125.00	Friday Happy Hour - 2821	-	20.00
Ain't Life Grand - 2963	-	300.00	Friday Morning Womens - 104	117.14	276.27
Allied Gardens Friday Lunch - 766	-	100.00	Friday Night Gratitude - 2829	-	335.00
Alpine Mixed Step Study - 2621	40.00	80.00	Friday Night Irregulars - 2889	-	100.00
Annual Grateful Meeting - 2461	-	528.13	Friday Night Santee - 1754	-	123.83
Another New Beginning - 144	-	100.00	Friends In Low Places - 3091	-	150.00
Another Sober Tuesday - 1952	-	175.00	Friends of Bill W.	-	20.00
Artists in Sobriety - 2459	-	40.00	Gifts of Grace Womans - 2564	-	150.00
As Bill Sees It - 1788	-	15.00	Gilman Group-Fri - 1988	-	158.90
At One With Each Other - 789	50.00	180.00	God Squad Too - 2809	-	229.00
B.Y.O.B. (North Park) - 203	80.00	370.00	Good Fortune Hui Group - 491	-	300.00
Back Country Meeting - 1038	-	67.78	Good Morning AA - 1888	80.00	787.00
Back to Basics - 1026	500.00	2,000.00	Grape Street Sunrise - 1293	60.00	60.00
Back To Basics Step Study - 1938	-	50.00	Great Fact Group - 895	96.00	156.00
Barefoot - 139	-	150.00	Grow Or Go Big Book Study - 2978	-	32.34
Battery Chargers - 98	-	150.00	Grupo Gringo - 1305	-	50.00
Bay Park Step Study Group - 299	138.00	288.00	Harmony Group - 585	200.00	1,200.00
Bayside Big Book Study - 1610	-	150.00	Haul Your Hiney Out Of Bed - 704	-	112.00
Beautiful Beginnings - 552	-	40.66	High Bottom Drunks - 3102	-	25.00
Beginners Steps To Sobriety - 1007	-	62.40	Hi-Nooners - 673	66.00	166.00
Bonita Boozers - 2179	70.00	160.00	HOW @ Noon - 2998	-	350.00
Breakfast Of Champions - 2818	-	1,100.00	How It Is Now Speakers - 390	80.00	156.15
BYOB-Ramona Book Study - 3094	20.00	60.00	Hwy 80 AA - 2722	-	240.00
Carrying the Message - 2458	50.00	150.00	Imperial Beach Group - 79	142.01	227.51
Casa De Oro Tradition Five - 503	75.00	369.00	Imperial Mens Group - 869	62.50	134.50
Cedar Street Mens - 1698	150.00	450.00	Imperial Valley Roundup	-	100.00
Chula Vista Friday Night - 837	-	100.00	International Group - 23	-	35.00
Clairemont Daytime Step Study - 427	-	85.00	It's In The Book - 2030	-	50.00
Clairemont Mens - 301	-	707.00	It's In The Book - 3084	-	81.00
Clairemont Mixed Discussion - 338	116.28	116.28	Jamul Open - 63	-	100.00
Clairemont Womens - 340	-	100.00	Jaywalkers - 3100	75.00	75.00
Clairemont Womens Step Study - 341	276.00	572.90	Joy Of Living - 2787	-	200.00
Class Acts - 1845	-	621.05	Jump Start - 2174	-	63.17
Coffee Clutchers - 2332	-	500.00	Just Us Girls - 929	28.57	28.57
Come Get Recovery - 2630	40.00	65.00	Kick Start Your Heart - 2430	-	100.00
Coronado Beginners - 344	-	60.00	La Jolla Beginners Group - 82	-	108.00
Coronado Nooners - 497	-	142.50	La Jolla Lunch Bunch - 622	-	240.00
Coronado Step Study - 1523	-	113.50	La Jolla Monday Womens - 87	-	380.90
Coronado Sundowners - 1634	-	68.00	La Jolla Nonsmokers Disc - 88	-	250.00
Coronado Womens Step Study - 2995	-	135.00	La Jolla Pump House Group - 696	-	170.00
Cups - 2938	-	325.00	La Jolla Sunrise - 2684	150.00	687.50
D.D.G.T.M. - 767	-	180.00	La Mesa Beginners - 2894	-	50.00
Daily Drinkers - 2953	-	72.00	La Mesa Mens - 106	-	180.00
Dawn Patrol - 263	76.17	460.07	La Mesa Mixed - 2136	-	10.00
Descanso Step Study - 3010	49.00	89.00	La Mesa Womens Sat. Morning - 416	-	250.00
Diamond St Mens Step Study - 569	-	20.00	Lakeside Drunks - 2423	-	100.00
Dignity Unlimited - 205	250.00	500.00	Late Risers-473	25.00	25.00
Do Or Die Group -1947	-	40.00	Little Apple Group - 1438	-	45.00
Downtown Sobriety - 1015	-	100.00	Living Free - 477	-	1,200.00
Drunks Only - 1605	1,249.00	3,670.00	Lunchtime Friends - 964	104.00	156.40
Each Day A New Beginning - 509	-	120.00	Lushes Lunch - 2641	129.70	539.93
Early Morning Recovery - 2688	-	141.38	Meetin' in the Ladies Room - 2614	50.00	50.00
East County Mens - 1905	-	200.00	Men and Womens Monday Night - 95	-	120.00
East Side Group - 101	-	150.00	Mens Recovery Group - 830	-	100.00
Eastlake Greens Attitude Adjustmen - 2691	-	273.73	Mens Structured Step Study - 1469	50.00	100.00
Eastlake New Beginnings B/B S/S - 2673	-	75.00	Midnight Howlers - 1025	100.00	400.00
Easy Does It Riders - 21	90.00	180.00	Mid-Week Mens - 560	214.10	910.08
Easy Does It Speakers - 114	-	200.00	Mira Mesa 12 Step Study - 377	-	35.00
Easy Risers - 854	-	200.00	Mira Mesa Early Risers - 967	-	177.86
El Cajon Daytime - 52	-	200.00	Mira Mesa Friday Night - 379	100.00	225.00
El Cajon Happy Hour Group - 61	700.00	823.00	Mira Mesa Sunday Morning Mens - 693	-	28.75
El Cajon Nooner - 2638	-	280.00	Misfit Mens - 2486	58.00	58.00



## Group Contributions June 2016

Group	Jun-16	Ytd 16	Group	Jun-16	Ytd 16
Mission Hills Beginners - 1612	-	50.00	Sunday Kind of Love - 429	-	205.10
Mission Possible - 131	-	100.00	Sunday Midday - 161	-	125.00
Mon Night New Beginnings - 2274	-	60.00	Sunday Morning at the Grove - 117	-	80.00
Monday At A Time - 2875	195.00	625.85	Sunday Morning Eleventh Step - 1206	-	68.00
Monday Meditation Group - 2334	-	68.50	Sunday Morning Spiritual Meeting - 1700	-	200.00
Monday Nite Live- 643	-	137.50	Sunday Morning Sunshine - 407	-	40.00
Morning Attitude Adjustment - 768	150.00	150.00	Sunday Night Discussion - 212	-	50.00
Mountain Steps - 2822	-	120.00	Sunday Nite Alpine Speakers - 3050	-	250.00
Mt Soledad Mens - 717	-	500.00	Sunrise Promises - 2166	-	100.00
National City Maintenance - 136	-	70.00	T G I T - 3082	-	60.00
New Beginnings (Sat) - 2912	-	25.00	The 1st 164 - 2760	31.07	74.85
Newcomers Rise & Shine - 2702	-	175.00	The Gathering Of The Goddesses - 2890	-	45.00
Noon At The Grove - 628	200.00	500.00	The Grapevine - 2794	27.50	27.50
Nooners Anonymous - 1164	-	179.75	The Hole In The Donut - 2737	-	217.00
Noontime on the Patio - 2203	-	100.00	The Language of the Heart - 3066	50.00	50.00
North Shores Breakfast - 275	30.00	80.00	The Other Meeting - 857	66.00	586.00
Not Alone Speakers Group - 1652	-	30.00	The Whole Truth - 3073	-	33.00
OB Peer Group - 2130	120.00	120.00	Three Legacies Group - 2194	-	50.00
Old Timers Group - 2037	-	68.00	Thurs Nite Mens Big Book S/S - 1748	-	39.07
One Step At A Time At Mission Bay - 1664	-	148.20	Thursday Campus Noon Group-2387	-	87.50
Open Minded Mens - 626	-	200.00	Tierrasanta Big Book Study - 1790	50.00	50.00
Over 50 - 840	-	50.00	Tierrasanta Morning Serenity - 2811	44.00	94.00
Pacific Beach Weekend Warmup - 725	-	70.00	Torrey Pines Open Disc - 94	174.16	574.16
Pacific Beach Young Peoples - 286	-	130.00	Torrey Pines Thurs Nite Disc - 365	10.00	20.00
Pass It On Big Book Study Group -2860	-	296.85	Tues Morning Breakfast Special - 2761	-	280.00
PB Young Womens - 2187	-	40.00	Tues Night Mens Step Study - 1813	-	125.00
Point Loma Mens - 245	-	237.00	Tuesday Campus Noon Group - 2544	-	87.50
Point Loma Nooners - 1606	510.00	630.00	Tuesday Morning - 3089	-	50.00
Point Loma Saturday Morning - 1240	-	100.00	Tuesday Morning Alpine - 440	-	40.00
Progress Rather Than Perfection - 2682	-	200.00	Tuesday Night Participation - 905	-	30.00
Pt Loma Fri Afternoon Step Study - 244	-	300.00	Tuesday Night Sobriety - 708	-	100.00
Pt Loma Womens Discussion - 1608	-	183.66	Twelve To Grow On - 541	-	12.00
Radical Acceptance Meeting - 2961	-	867.02	University City Disc.- 368	57.75	57.75
Ramona Mens New Vision - 1949	-	40.00	University City Womens - 369	-	300.00
Ramona Monday Night - 1618	-	65.00	Valley Girls - 2617	-	383.50
Ramona Way Of Life - 2772	-	75.00	Victory Group - 2108	-	52.11
Resentment and A Coffee Pot - 2561	-	150.00	Wake Up Call - 1932	-	45.99
Rez Recovery - 3095	-	12.00	Warm and Friendly - 42	-	100.00
Rise & Shine - 2170	-	932.76	Water Walkers - 5	-	100.00
Rocket Riders - 1730	-	240.00	Water Walkers Too - 1946	-	261.60
S.D. Speakers Meeting -152	-	350.00	We Agnostics - 2096	-	50.00
Safe Sane and Sober - 1350	232.00	659.12	Wednesday Night Closed Topic - 165	-	42.83
Santee Thursday Closed Mixed - 145	50.00	100.00	Weds Nite Step Study - 3014	-	195.00
Sat Mens Early Awakening - 2209	-	406.88	Weds Rule 62 Lunch Group - 687	180.00	360.00
Sat Night Early Discussion - 336	250.00	250.00	We've Come Along Way - 1616	85.18	85.18
Saturday A.M. Live - 782	-	248.90	Whistling In The Dark Mens - 2943	-	100.00
Saturday Night Fervor - 208	-	42.60	White Flag Outdoors - 2788	-	400.00
Scripps Ranch Men's Two - 2776	-	220.00	Wholesale Miracle - 2474	-	25.00
Serene-Tea - 2700	-	22.50	Womans Gut Level - 1701	-	146.00
Serenity @ 5107 - 2976	-	120.00	Women In Harmony - 1807	15.00	45.00
Serenity Seekers - 209	-	110.00	Women In Sobriety - 697	-	40.00
Sisters in Sobriety-Ramona	-	25.00	Womens Attitude of Gratitude - 2751	88.00	88.00
Six Minutes To Sanity - 2647	49.00	129.00	Womens Sober Sunday - 731	-	507.50
Sky Hi Womens - 1633	30.00	159.40	Womens Step Study - 296	-	96.00
Smokefree La Mesa Womens - 635	222.50	349.31	Womens Thursday Nite - 514	-	120.00
Smokeless Drunks Luncheon - 1008	-	220.00	Womens TLC - 2814	-	62.50
So Bay New Womens - 2325	-	100.00	Womens Way To Recovery - 838	-	150.00
Sober Minded Leather Folk - 1882	-	127.77			
Sober Nooners - 196	-	211.00			
Sober On Sat Book Study - 2193	-	104.40			
Sober Serenity Seekers - 887	-	50.00			
Sober Survivors - 2915	-	249.00			
Sobriety At All Cost - 3006	30.00	265.00			
Sobriety On State And Date - 2697	-	136.54			
Sobriety Party - Ramona	-	40.00			
Sons of God - 2789	-	154.25			
South Clairemont - 305	-	142.00			
Spiritual Awakening - 2275	439.82	2,421.29			
Spiritual Awakenings Step Study -2601	-	50.00			
Spiritual Way Of Life - 2977	-	106.80			
Straight Shooters - 198	-	50.00			
Sunday Beach Sun-Day - 568	-	404.30			

**Thank you for supporting your San Diego Intergroup Central Office. Your Group contributions have allowed us to reduce literature prices.**



**Daytime  
Phone Volunteers**

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



**CENTRAL OFFICE NOTES**

2016 Holidays – Central Office Bookstore closed		
HOLIDAY	DAY OF WEEK	DATE
Labor Day	Monday	September 5, 2016
Veteran’s Day	Friday	November 11, 2016
Thanksgiving	Thursday	November 24, 2016
Christmas	Monday	December 26, 2016

**Book and Pamphlet of the Month**

- July’s Book: “Experience, Strength & Hope” on sale: \$5.00 reg. \$7.00**
- July’s Pamphlet: “This is AA”: sale: 5¢ each**
- August’s Book: “Daily Reflections” on sale: \$8.25 reg. \$10.25**
- August’s Pamphlet: “Is There an Alcoholic in your Life?” on sale: 5¢ each**

**The San Diego AA Coordinator Newsletter**

**Back Issues archived on our aasandiego.org website.**

Published by Newsletter Committee - San Diego AA Central Office.

(Contents: Sobriety stories, poems, events, financials, group contributions)

50’s	60’s	70’s	80’s		2011	2012	2013	2014	2015	2016
<a href="#">1952</a>	<a href="#">1960</a>	<a href="#">1970</a>	<a href="#">1980</a>		<a href="#">Jan</a>	<a href="#">Jan</a>	<a href="#">Jan</a>	<a href="#">Jan</a>	<a href="#">Jan</a>	<a href="#">Jan</a>
<a href="#">1953</a>	<a href="#">1961</a>	<a href="#">1971</a>	<a href="#">1981</a>		<a href="#">Feb</a>	<a href="#">Feb</a>	<a href="#">Feb</a>	<a href="#">Feb</a>	<a href="#">Feb</a>	<a href="#">Feb</a>
<a href="#">1954</a>	<a href="#">1962</a>	<a href="#">1972</a>	<a href="#">1982</a>		<a href="#">Mar</a>	<a href="#">Mar</a>	<a href="#">Mar</a>	<a href="#">Mar</a>	<a href="#">Mar</a>	<a href="#">Mar</a>
<a href="#">1955</a>	<a href="#">1963</a>	<a href="#">1973</a>			<a href="#">Apr</a>	<a href="#">Apr</a>	<a href="#">Apr</a>	<a href="#">Apr</a>	<a href="#">Apr</a>	<a href="#">Apr</a>
<a href="#">1956</a>	<a href="#">1964</a>	<a href="#">1974</a>			<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>
<a href="#">1957</a>	<a href="#">1965</a>	<a href="#">1975</a>			<a href="#">Jun</a>	<a href="#">Jun</a>	<a href="#">Jun</a>	<a href="#">Jun</a>	<a href="#">Jun</a>	<a href="#">Jun</a>
<a href="#">1958</a>	<a href="#">1966</a>	<a href="#">1976</a>			<a href="#">Jul</a>	<a href="#">Jul</a>	<a href="#">Jul</a>	<a href="#">Jul</a>	<a href="#">Jul</a>	<a href="#">Jul</a>
<a href="#">1959</a>	<a href="#">1967</a>	<a href="#">1977</a>			<a href="#">Aug</a>	<a href="#">Aug</a>	<a href="#">Aug</a>	<a href="#">Aug</a>	<a href="#">Aug</a>	<a href="#">Aug</a>
	<a href="#">1968</a>	<a href="#">1978</a>			<a href="#">Sep</a>	<a href="#">Sep</a>	<a href="#">Sep</a>	<a href="#">Sep</a>	<a href="#">Sep</a>	<a href="#">Sep</a>
	<a href="#">1969</a>	<a href="#">1979</a>			<a href="#">Oct</a>	<a href="#">Oct</a>	<a href="#">Oct</a>	<a href="#">Oct</a>	<a href="#">Oct</a>	<a href="#">Oct</a>
					<a href="#">Nov</a>	<a href="#">Nov</a>	<a href="#">Nov</a>	<a href="#">Nov</a>	<a href="#">Nov</a>	<a href="#">Nov</a>
					<a href="#">Dec</a>	<a href="#">Dec</a>	<a href="#">Dec</a>	<a href="#">Dec</a>	<a href="#">Dec</a>	<a href="#">Dec</a>

***aasandiego.org***

***“Calendar of Events” page, there is a link to a downloadable Flyer for each event.***

**June 2016 Financial Summary**

Group Contributions	10,413.00
Individual Contributions	157.00
SDIAA Contributions	0.00
Literature & Interest	962.00
<b>Total Revenue</b>	<b>11,532.00</b>
Central Office Expenses	-10,331.00
Committee Expenses	-835.00
<b>Total Expenses</b>	<b>-11,166.00</b>
<b>June 2016 Net Revenue</b>	<b>366.00</b>
<b>2016 YTD Revenue</b>	<b>5,883.00</b>

## Daily Reflections

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

AMENDS  
AWARENESS  
BEST  
CHOICE  
DAILY  
EASY  
EGO  
FAITH  
FEAR  
GROUP  
GUILT

HOPE  
HUMOR  
JOY  
KNOW  
LIVING  
PAST  
PITY  
PRAY  
PRIDE  
PRINCIPLES  
REFLECTIONS

SANITY  
SECRETS  
SELF  
SERVICE  
SLIPS  
STEP  
TIME  
TRUE  
TRUST  
UNITY



**THINGS TO DO AND PLACES TO GO**

**Third Weekenders Camping**

**Where:** Guajome Regional Park  
3000 Guajome Lake Road, Oceanside, CA 92057  
**When:** August 19-21, 2016  
**Contact:** Central Office 619-265-8762

**Annual Sponsorship Workshop**

**Where:** 1936 Quivira Way, San Diego, CA 92109  
**When:** July 31, 2016 - 8:30 am - 1:00 pm  
**Contact:** Central Office 619-265-8762

**42nd Annual Ninth District A.A. Convention**

**Where:** 67967 Vista Chino  
Cathedral City, CA 92234  
**When:** August 5 - 7, 2016  
**Contact:** Central Office 619-265-8762

**District 22 (49th Annual Convention)**

**Where: Church** - 801 Grand Avenue  
San Luis, CA 93401  
**When:** August 26 - 28 2016  
**Contact:** Central Office 619-265-8762

**41st Annual Western Roundup Living Sober**

**Where: Church** - 609 Sutter Street  
San Francisco, CA 94102  
**When:** August 26 - 28 2016  
**Contact:** Central Office 619-265-8762

**10th Annual**

**Seniors In Sobriety Conference**

*"By Alcoholics Anonymous With Al Anon Participation."*  
**Where: Bahia Hotel**, 998 West Mission Bay Dr.  
San Diego, CA 92109  
**When:** November 3-6, 2016  
**Contact:** Central Office 619-265-8762

**Alcoholics Anonymous in San diego**

**76th Year Anniversary Pancake Breakfast and History of AA in San Diego Program**

**Where: Church** (Linder Hall)  
2111 Camino Del Rio South  
Mission Valley, CA 92108  
**When:** Saturday November 19,2016  
**Contact:** Central Office 619-265-8762

**Newsletter  
Subscription**  
Have the San Diego  
AA Coordinator delivered  
for one year  
for only \$15.00

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





Continued from page 1

Anyway, it was a 6 month commitment. I had the key to the meeting room. People depended on me. At 9 months sober, I fell of my pink cloud and I fell hard. Gone was the gratitude for my sobriety, gone was the appreciation for each 24 hours without a drink. I was feeling my feelings, as we say, and I didn't like it one bit. I stopped going to every regular meeting – except that Wednesday night meeting. My home group. I HAD to go. I was the one with the key. I was the one who bought the coffee and the candy. If I didn't go, I was letting the group down. *For 6 weeks, that was the only meeting I attended.* And I am so grateful to that meeting and those people who gave me the key. Because I know, without a shadow of a doubt, I would have relapsed had it not been for that commitment. I owe my life and my early sobriety to the Wednesday Night Big Book Study in Redmond, Washington. I went back to that meeting once, many years after I'd moved away all those years later and they still remembered when I'd taken that commitment.

Service work has also allowed me to practice these principles in all of MY affairs, not YOURS. I've served on boards at AA clubs and I can tell you there's no better place to practice patience, kindness, tolerance, love and understanding! Those years were some of the most rewarding and I'd like to think that I, alongside my fellow alcoholics, made a difference.

Through the years, I have come to understand – and appreciate - the 3 sides of the triangle on our tokens: unity, service and recovery. Unity supports service, service supports recovery and recovery supports service. One side cannot stand without the others.

The first sentence of the chapter “Working with Others” in the Big Book says, “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. *This is our twelfth suggestion.*” The principle behind the 12<sup>th</sup> step is service and I've been honored to work with many women in recovery. Some of them are

still sober today and what's more – they call me! These women have an impeccable sense of timing – calling me at the exact time I need to think about someone other than myself. I've heard it said that A.A. is the only disease alleviated by conversation. Think about that for a moment. What would have happened if Bill had not called the numbers on the church directory back in 1935? What if he not been connected with Dr. Bob? Where would any of us be today? I thank my God every day for the fellowship these two men created. That, and a single meeting room key.

By Lisa D.

### SERVICE SAVED MY....

Let me put it bluntly: service has flat saved my ass. This is one of the truest statements I can utter about my six years of sobriety. Simply put, I am absurdly self-centered, self-seeking, dishonest, resentful and full of fear. OK, maybe not absurdly. I was taught in my Fourth Step to be thorough and honest about my past mistakes; to look solely at my part in things; to ignore the inventory of the “other guy”. These and other things I was taught by my sponsor during the practicing of the Program of A.A. Concurrently, I was being taught something very important by the Fellowship in the meetings I was attending: that it's never too early to get into service! My story is very similar to that of many drunks. My first appearances at A.A. meetings were very timid. That was me, sitting as close to the door as possible so I could leave immediately if I felt uncomfortable. If the room was configured with posts or columns for whatever reason, I'd strategically put myself beside or behind one such that the leader couldn't see me or make eye contact with me. If that obstructed view seat was by the door, so much the better! Gradually, though, I found a meeting that I liked. I began to get drawn in closer to the center of the room. Thank God for those gentle souls who could talk to a newcomer like a horse whisperer! They were very nice but didn't try too hard. That made me feel like they didn't have anything up their sleeve.

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Little did I know, however, that once I got a little comfortable with my fellow meeting goers, they “pulled their Ace card from up their sleeves. Hey! It’s the end of the month. We need a new coffee maker” “I nominate Joey!” Me: “Wha?...” “Great! All in favor? (round of ‘Ayes!’) Alright, let’s thank Joey for being of service!” Me: “Wha?...” “Joey, you can talk to Ryan after the meeting and he’ll show you the ropes!” And, that’s how I was “voluntold” into service. How cool was that? It was cool because I got to get right into the middle of things. I had to make a commitment (!) to show up early and get that coffee brewing. I was expert at shrugging OFF commitments, not taking them on and doing them to the best of my ability. I began to understand that my humble little commitment had its importance and I had to treat it as such. Besides, there were always a lot of nice old timers around to speak to while setting up the pots or urns. I began to get to know people, especially the ones I wanted to emulate. And, the ones I learned I wanted to emulate were the ones being of service to the meeting. I got to see them in action at the business meeting which I learned I had to attend with them. This, naturally, I met with resistance, at first. But, what did I learn there? That an hour-long biz meeting was no time at all in the great scheme of my life. And, they were fun! Sometimes there were disagreements. But, they were never dull. Most importantly, I got to see trusted servants *actually practicing their spirituality*; doing their various commitments to the best of their abilities. This taught me how important service was, not only at the group level, but at the District and Area levels, as well. I have gone on (I hope humbly) to hold many positions in service, including Business Meeting Chairperson, Grapevine Rep, Coordinating Council Rep and a spot on the Spanish Translation Committee. Now, don’t get me wrong. I STILL resist the call to service out of selfishness. I was asked to be the Coordinator of the Spanish Translation Committee recently and turned it down flat. However, it bothered me that I did so quickly and defiantly. I also realized something pretty deep.

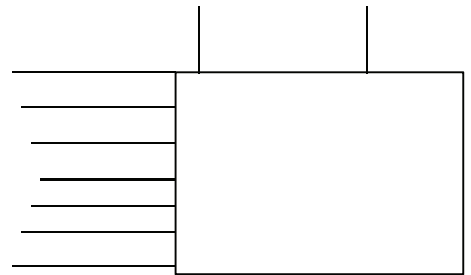
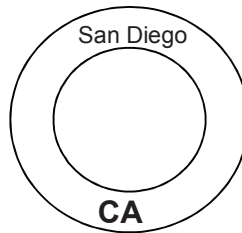
I have been having some family problems recently that have me full of fear and that I can’t solve by myself. However, I had been praying for the ability to *handle the problems by myself instead of turning them over to God*. I didn’t understand in that moment what my service work has been trying to teach me all along: that when “we will intuitively learn how to handle situations which used to baffle us”, it doesn’t necessarily mean that we’ll figure out the answers ourselves. In my case, my Higher Power was telling me, “Hey Pal, you can’t solve this family issue by your finite self. So, here’s some service work to take you out of your worried head.” And, there it is. I had to realize that the close conscious contact with my Higher Power (if my spiritual fitness was maintained) would not always net an intuitive, definitive answer to my problem(s). Sometimes, that intuition would simply be detecting that God was throwing a few bread crumbs in my path and leading me to be of service as my next correct indicated step. And, whaddaya know?? Since taking on a few more service commitments, I have felt so much better. Some of my family situation has gotten better by my leaving it alone; the other situation has gotten worse. However, being in service and practicing principles has continued to help me see (4<sup>th</sup> Step) my part in things and to pray for the sickness of others.

In A.A.,

I have had to learn to do the things I don’t want to do in order to get sober and stay sober. I don’t always do service work as often or as well as I should. But EVERY time I do it to the best of my ability, my life goes great, my ass is saved and I am happy. Be blessed in service, my friends!

By Joey P.

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