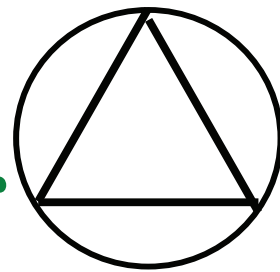


The San Diego AA Coordinator



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

"Some of us sought sordid places, hoping to find understanding companionship and approval. Momentarily we did - then would come oblivion and the awful awakening to face the hideous Four Horsemen - Terror, Bewilderment, Frustration, Despair."

Reprinted with permission from A.A.W.S. Big Book, page 151

December 2012

VOL. XII NO. 12

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"Carry the AA Message"

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

Monthly Themes

JANUARY

Public Controversy
(from Tradition 10)
(due 11/22)

FEBRUARY

Personal Relationships
(from Step Four)
(due 12/27)

COMING SOON...

More topics for 2013

Submit 500 to 1000 word story to
Newsletter Chair at:

sdaa.newsletter@gmail.com

For more information, see page 2

Home Sweet Sewer

By Joey W.

In late January 2006, I moved into a sewer hole. Yes, I had finally arrived! After years of relapses and homelessness, my bottom came up and slammed me. This, I hope, was to be my last physical bottom due to my alcoholism.

I came to my home group in November of 2005 for the coffee and doughnuts, the only food I was getting at the time. Unfortunately, I just was not ready yet for recovery. Either I was going down or a bottom was coming up. Turned out, I was going down. In late January 2006, I moved into a sewer hole. Yes, I had finally arrived!

Two weeks later, I got a staph infection that put me in the hospital for almost a month, until the desire to drink was stronger than my will to stay sober. So out the back door of the hospital I went, in my gown, in search of a drink.

I had no money or friends, but I always had my sewer hole. Sure, it was dark and cold but I had my booze. Then, out of nowhere, for the first time in 39 years, I felt alone and scared. I knew the party was over, but I didn't know what to do.

For a week, I couldn't do much else but cry, shake and sleep. But, I didn't drink. Then, on March 10, I sat up, looked toward the light streaming in from the outside world and prayed.

"God," I cried, "cure me or kill me."

When I awoke the next morning, I went to an AA meeting angry, scared and truly insane.

An old-timer told me to "Keep coming back," so I did. I went to meetings day and night. When I was about ten days sober, I got a sponsor. Then, I heard something that changed my life forever. It was in the chapter "A Vision for You," where the Big Book talks about the "hideous four horsemen," otherwise known as "terror, bewilderment, frustration and despair. Unhappy drinkers who read this," the book claimed, "will understand." I did.

At 45 days of sobriety, someone opened their home to me. He had seen me at my worst, but believed in me and embodied the spirit of love and tolerance.

After a year, I had my first, sober, long-term relationship. But, it was not to be, as at 18 months in my sobriety, my partner passed on. I was able to do the unthinkable. I walked the last miles of his life and was there to hold his hand at the end. The Eleventh Step prayer was my solace, and my friends in Alcoholics Anonymous were there to help me stay sober.

Today I know there is a solution. I have a sponsor who has a sponsor. I sponsor other men. I work the Steps as they are outlined in the book and, oh yes, service, lots of service.

Today, I am not alone in a sewer. I am truly blessed. Sometimes, I walk past that old sewer hole to remind me where I came from and where I could be again, if I ever drink. The relationship I have formed with my Higher Power, who heard me on that day, when I thought no one loved or cared, is making me the man I can be.

Reprinted with permission A.A.W.S., Grapevine, June 2011.

SAN DIEGO CENTRAL OFFICE

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OUR WEB PAGE www.aasandiego.org

E-MAIL: sdaaco@aol.com

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

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

Coordinating Council Officers:

Council Chair	Rick W.
Council Assistant	Nikki F.
After Hours Phones	Ben L.
Business Committee	Steve E.
New Coordinators	Winona S.
Outreach Committee	Terry L.
Program Committee	Brian B.
Public Info Committee	Sallye M.
Newsletter/Coordinator	Lisa O.

Area Officers:

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

Contributors: Terry L., Sarah N., Chris O., Abbott T., Joey W.

Dec. Theme

Collate:

The Four Horsemen

Wed., Dec. 19, 2012

5:30 pm, at

Central Office

All are welcome.

By email this month!

Committee

Meeting:

Don't want to miss out on family time!

VIEW FROM THE CHAIR

Your Newsletter Committee welcomes the newest member: Shar D. Her hard work and dedication are already making a fun job even easier.

This month we have some fantastic articles by contributors and members of the fellowship.

The Newsletter Committee continues to need committee members to write articles, paste the newsletter together and to fold and collate the newsletter once a month. We also need articles from the AA population at large! If you have something to say, write it down and email it to the newsletter committee at sdaa.newsletter@gmail.com.

We have professional writers and editors on staff and **we can make you look good in print.** We know you have something to say, so put it in writing!

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

In love and service,

Lisa O.



Thank you to everyone who assisted with the collating of the Coordinator Newsletter this last month: **Jennifer A., Michelle M., Gary S., Jennifer B., Jim K., Marie B., James P., Sober Tom, Randy G., Art L., Cindy L., Paul W., Jack T., and Rick R.,**

No Exceptions

By Abbott T.

Many A.A. members create an unnecessary mental hazard for themselves over the approach of the Christmas and New Year holidays.

The newcomer, in particular, who has joined an A.A. group since the last holiday season is prone to spend some unhappy moments worrying about how to refuse a drink, and thus avoid a bender, when family and friends are participating in the Yuletide celebration. The problem often seems very real to him despite all he may have heard or learned about the application of the 24-hour plan. Habit is still a strong factor and his custom has been to get cock-eyed, perhaps without intent, on Christmas Eve and then to continue the binge well through New Year's Day, provided his endurance holds out.

No Exceptions

When Pearl Harbor came and, much later, when V-E and V-J days arrived, there were some timid souls who made dire predictions that the effect of such emotional events would be disastrous to the A.A. membership. Their fears were not well-grounded because the majority of members had so completely adopted the 24-hour plan of living. At the start of each of these days our minds, by long habit, had been made up not to drink on that particular day just as they had been for many days previously. Why then should we make any exception over war or peace? And, by the same token, why make any exception of Christmas or New Year's? It is fundamentally as simple as that. In approaching Christmas then, there are, it seems to me, two important ideas to keep constantly before us: (1) We aren't going to have any fun if we take the first drink; and (2) we must make up our minds to refuse that drink before it is even offered to us (preferably at the beginning of each new day). If we adhere to those two simple principles we can have a really magnificent time over the holidays.

Certainly there is no need for us to be grim about our inability to hoist a few. For once, we will know what is going on about us and there are always many holiday parties in our groups or with our closest A.A. friends, where good cheer abounds without the adjunct of the wassail bowl. This year also, it seems, we can look forward to "Peace on earth" and we, who belong to the great company of A.A., should understand better than most the Christmas message, "Good Will Towards Men."

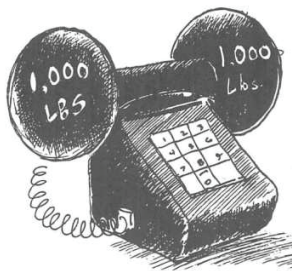
Reprinted with permission A.A.W.S., *Grapevine*, December 1945, Vol. 2 No. 7

HELP WANTED

Immediate Openings

The Coordinator Newsletter Committee has immediate openings on the committee for writers, copy editors, artists and creative people. No experience necessary. All that is required is a computer with Internet and word processing software, and a desire to serve.

sdaa.newsletter@gmail.com



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

AA Central at 619-265-8762

call forwarding is available

A.A. Birthdays!

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

Happy Birthday to All!

<i>Lori J.</i>	<i>23 years</i>	<i>Oct. 25, 1989</i>
<i>Joe L.</i>	<i>20 years</i>	<i>Nov 13, 1992</i>

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.

MEETINGS IN MOTION

Group and Meeting Changes

****RELOCATE****

The Video Book Study Group Code: +
Office Bldg (Ste 208) 4080 Centre St
Tue @ 6:30pm Hillcrest

****NAME / TIME CHANGE****

Show Me How To Live Codes: * CF
Church 404 8th St @ D St
Sun @ 8 pm Ramona
(was Sun Sippers)

Friday Afternooners Codes: *
Store 4736 Clairemont Mesa Blvd
Fri @ 1:15 pm Clairemont
(was Friday Nooners @ 12 noon)

****CANCELED****

Big Book Discussion Founders
USD-Camino Hall (Rm 108)
5998 Marian Way
Mon @ 7:30 pm Linda Vista

Come As You Are
Harvey Mandel Ctr 72 17th St
Fri @ 4pm Downtown

Coordinating Council Attendance

The following 47 groups attended November Coordinating Council
There are 760 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, December 13, 2012

**THANK YOU FOR YOUR SERVICE TO
ALCOHOLICS ANONYMOUS OF SAN DIEGO**

11th Step Journey
A Street Speakers
AA By The Bay
Battery Chargers
Big Bon-Fire Meeting
Chapter 5
Clairemont Mens
Clairemont Womens
Drunks Only
East Side Group
Easy Does It Riders
El Cajon Womens Serenity
Fourth Dimension Group
Friday Night Irregulars
Gifts Of Grace Women
Golden Hill Sun Discussion
Harmony Group
Jump Start
La Jolla Beginners Group
La Mesa Beginners
La Mesa Mens
La Mesa Step Study Workshop
La Mesa Womens Sat Morning

Little Apple Group
Mira Mesa Friday Night
Miracles On Monday
Mission Bay Speakers
Mission Hills Beginners
Monday Night Young Peoples Steps
North Park Mens
Old Town Speakers
Orig Anonymous Anonymous
Over The Bridge
Pacific Beach Young Peoples
Point Loma Mens
Porter Hall Structured S/S
Rainbow Group
San Carlos Single Purpose
Santee Serenity Group
Sat Mens Early Awakening
Scripps Ranch Mens Two
Sky Hi Womens
Southern Cal Speakers
The Joy Of Living Group
The We Group
War Fever
Weekending Step Study

SERVICE

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends- this is an experience you must not miss...Frequent contact with newcomers and with each other is the bright spot of our lives.

Reprinted with permission from A.A.W.S.,
Alcoholics Anonymous, p. 89

It is through service that the greatest rewards are to be found. But to be in a position of offering true, useful and effective service to others, I must first work on myself. This means that I have to abandon myself to God, admitting my faults and clearing away the wreckage of my past. Work on myself has taught me how to find the necessary peace and serenity to successfully merge inspiration and experience. I have learned how to be, in the truest sense, an open channel of sobriety.

Reprinted with permission from A.A.W.S.,
Daily Reflections, December 8

**SO WE THINK CHEERFULNESS
AND LAUGHTER MAKES FOR USEFULNESS.**

Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past.

But why shouldn't we laugh? We have recovered, and have been given the power to help others.

Everybody knows that those in bad health, and those who seldom play, do not laugh much. So let each family play together or separately, as much as their circumstances warrant. We are sure God wants us to be happy, joyous, and free. We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery.

God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.

Reprinted with permission from A.A.W.S., Alcoholic Anonymous, p. 132

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

Minutes of the Coordinating Council
Thursday, November 8, 2012

Rick W. – Council Chair called the 809th meeting to order at 7:30 pm. Twelve Traditions read by Steve. Tony read Council Definition and Purpose. There were 5 new Coordinators, 1 visitor and 7 birthdays. 7th Tradition was \$68.15. Roll Call: Nikki F. reported 47 groups were represented out of 80 registered Coordinators. There was a quorum (36). It was m/s/c 41 y / 1 n to approve the October 2012 Council Minutes.

Area Assembly: No Report Given.

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

We currently have 400 panels. 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 at Hall 5150 Kearney Mesa Rd 92111 and 3rd Thursday @ 7 pm at Central Office 7075-B Mission Gorge Rd 92120. Contact on Release's purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual to take them to their first few meetings. Go to area8aa.org: H & I tab for info.

AFTER HOURS PHONES: Arlene read report for Ben L., Chair. Committee needs a new member to fill a section. Commitment is to check on their sections after-hours groups and assist them in meeting their phone shifts if necessary. The 3rd and 16th of each month continue to be OPEN nights. Please announce to your groups. Some groups answer by call-forwarding during the after-hour shifts.

BUSINESS COMMITTEE: Steve E., Chair reported Committee met on Tuesday, 11/6/12 at 6:13 pm. Present: Steve E., Kate C., Norm S., Jerry C. Gary U., Rick W., Council Chair, Nikki F., Asst Council Chair and Connie J., Central Office Manager. Absent: Gary C.,

There was a quorum.

- 1) September 2012 Minutes were reviewed. M/s/c
- 2) September 2012 Financials were reviewed. M/s/c
- 3) October 2012 Minutes were reviewed. M/s/c

October 2012 Financial Statements' Summary:

- a) Our October 2012 Net Revenue is \$592 Our 2012 YTD Net Revenue is \$10,875. Group and Individual Contributions were \$9,973. Literature Sales Revenue and CD Bank Interest was \$2,722, while total office and committee expenses were \$12,103.
- b) Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager's Report

- 1) November's Book of the Month: "Living Sober" on sale: \$3.25 reg. \$ 4.25
- 2) December's Book of the Month: "Any Grapevine Book" on sale: \$1.00 off reg. Price.
- 3) Daytime phone shifts available:
 - ❖ Alternate Tuesdays & Fridays 1 pm – 5 pm
 - ❖ Wednesday 9 am – 1 pm
 - ❖ Always have a need for fill-ins.
- 4) *Group Secretaries/Treasurers:* please include email address with group contributions, so we may send a receipt. As a result of this process we have reduced our expenses by \$800 this yr.
- 5) *Coordinator Newsletter:* sign up for a **FREE** subscription electronically by email. Send an email to sdaaco@aol.com or call 619-265-8762.

Committee Member reports:

- 1) Steve E., Chair kept abreast of office activities during the month.
- 2) Jerry C., Treasurer – reviewed the monthly financials statements and signed checks. Will present 2013 Budget to Council on 11/8/12.
- 3) Norm S. – checked website throughout the month.
- 4) Nikki F. – handed out Coordinator call list and reminding them to let her know if there are changes in phone numbers/emails.

Old Business: There was none.

New Business:

- 1) After discussion, it M/s/c to approve presenting the 2013 San Diego Intergroup Budget to the Coordinating Council on 11/8/12.

COORDINATOR NEWSLETTER Lisa O., Chair reported committee will be meeting this month on Thursday, November 15th at Starbucks. January's Theme: "Public Controversy" (Tradition 10). Submissions of 500-1000 words welcome. 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. Committee NEEDS HELP each month to collate your Coordinator Newsletter. Approximate 1 hour of service. Coordinators announce to your group members that they can receive newsletter via email. Send request to sdaaco@aol.com and reminder about birthday contributions listed in newsletter.

COORDINATOR OUTREACH Terry L., Chair expressed the importance in encouraging other groups to have an Intergroup Coordinator so that they may participate in the group conscience of AA in San Diego. He invited Coordinators to invite other groups they attend without a Coordinator to come participate. There are 760 groups in the schedule and 47 Coordinators present tonight. A new flyer for distribution to groups without Coordinators has been created. An electronic copy will be sent with Council Minutes and Coordinator Newsletter.

ORIENTATION & GUIDELINES Kathi M. reported committee met tonight at 6:30 pm. Present: Kathi and Jim. There were 3 new Coordinators and 0 new Alternates.

- 1) Read traditions 3 & 4 and History of AA in San Diego. Explained quorum & structure. Discussed duties of the Coordinator and orientation packets and questions.
- 2) If you are a new Coordinator & missed orientation, please come next month at 6:30 pm.

PROGRAM COMMITTEE: Brian shared committee met on Sunday, 10/28/12 at 6:30 pm. Present: Joan, Dan, Donna, and Brian.

- 1) Anniversary of AA in San Diego Breakfast will be on Saturday, November 10th, 9 am– 12 noon at Admiral Baker Clubhouse. Finalized plans for event.
- 2) Brian met with Connie to discuss 2013 Program Committee budget.
- 3) Began discussions for New Year's Eve Event.

PUBLIC INFORMATION COMMITTEE:

Sallye M., Chair reported that the committee met on Monday, 11/5/12 at 6 pm. The Public Information Committee of the San Diego Coordinating Council is responsible for carrying the message of recovery to the still suffering alcoholic by informing the general public about the A.A. program.

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

- 1) Placing of literature racks is ongoing. Racks placed this month: 1) 3 in the East County. Will be contacting the emergency rooms in our area about placing racks in their facilities.
- 2) Finished our discussion regarding the short form of Tradition Eleven as requested by our Area 8 Delegate, Tom M. Will be providing him the highlights and how changes might affect the presentations we bring to the public.
- 3) Had four event requests this month: a) Hope in the Park health fair at Balboa Park was very successful, b) Speaker in El Centro to explain how AA cooperates with the public, c) UPAC (Union of Pan Asian Communities) presentation. Will have a joint effort with Area 8 CPC Committee to continue efforts with the Asian Community.
- 4) Sallye was asked to speak at the Fourth Dimension Group on the Public Information Committee.

OLD BUSINESS: There was none.

NEW BUSINESS:

- 1) Standing Committees budgets were given at time of their reports. See page 6 for itemized committee budgets.
- 2) 2013 San Diego Intergroup Budget was presented by Jerry C., Business Committee Treasurer. There was discussion. The voting on the 2013 San Diego Intergroup will be at the next Coordinating Council on December 13, 2012. Questions on the budget may be directed to Jerry C., Business Committee Treasurer: Steve E., Business Committee Chair: or Connie J., Central Office Manager: 619-265-8762.

Respectfully submitted,

Connie J.

Connie J., Recording Secretary

Continued on page 6.

Continued from page 5.

2013 San Diego Intergroup Proposed Budget.

- 1) See the following for budget itemization.
- 2) Groups will discuss 2013 Budget and Coordinators will bring their group's vote back to the Coordinating Council on December 13, 2012.

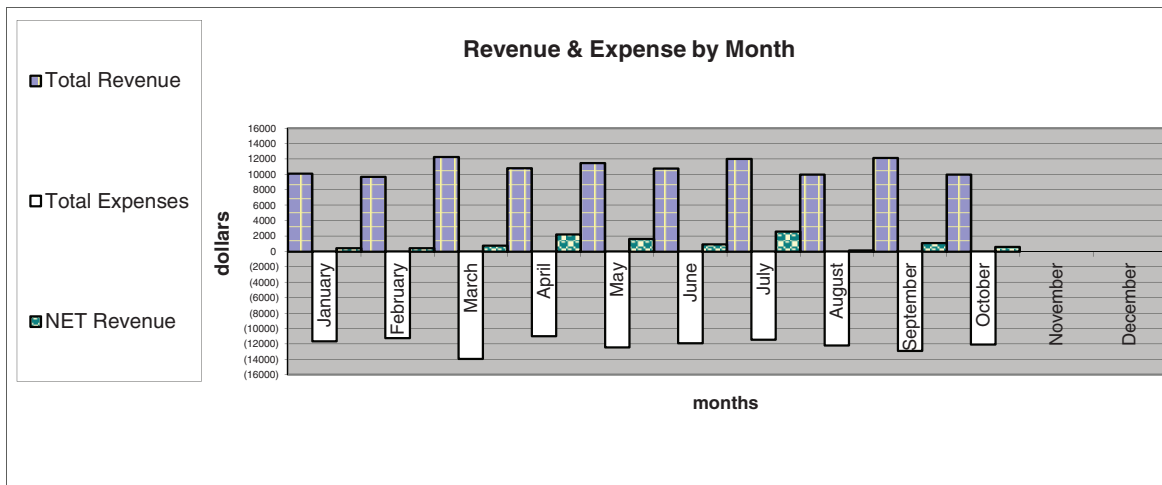
Revenue	
Contributions - Group	115,562.00
Contributions - Individual	8,844.00
Contributions - SDIAA	1,110.00
Interest - CD's	300.00
Literature Sales Revenue	25,650.00
Total Revenue	151,466.00
Expenses	
Accounting & Legal	2,540.00
Auto/Travel/Seminar	1,300.00
Bank Service Charge	125.00
Cash (Over) Short	(50.00)
Check Returned - Bad Debt	0.00
Equipment Maint. & Repair	500.00
Equipment Purchase	500.00
Insurance	1,100.00
Office Maint. & Repair	500.00
Office Supplies	3,500.00
Rent	21,392.00
Taxes	80.00
Telephone	2,100.00
Utilities - Electricity	3,600.00
Website	500.00
EMPLOYEES	
Accrued Payroll Taxes	7,325.00
Employees Wages	86,314.00
Employee 403B Contribution	2,100.00
Insurance - Health	10,380.00
Insurance - Worker's Comp	475.00
Total Expenses	(144,281.00)
Net Revenue before Committees	7,185.00
Council Standing Committees	
(See Schedule attached)	
Coordinating Council	735.00
After Hours Phones	300.00
Business Committee	100.00
Coordinator Newsletter	3,150.00
Coordinator Outreach	100.00
Orientation Committee	100.00
Program Committee	500.00
Public Information	2,200.00
Total Expenses	(7,185.00)
Balanced Budget for 2013	0.00

Schedule for Coordinating Council Standing Committees

<u>After Hours Phones</u>	
Documentation/Cable TV	300.00
Total After Hours Phones	300.00
<u>Business Committee</u>	
Documentation	100.00
Total Business Committee	100.00
<u>Coordinating Council</u>	
7th Tradition Baskets	(675.00)
Coffee & Cookies	300.00
Documentation	250.00
Equipment	60.00
Recording Secretary	360.00
Rent CC	240.00
Unity Day	200.00
Total Coordinating Council	735.00
<u>Newsletter "Coordinator"</u>	
BAM Subscriptions	(500.00)
Flyers	(500.00)
Paper/ Labels	1,400.00
Postage Bulk	250.00
Printers	2,500.00
Total Newsletter "Coordinator"	3,150.00
<u>Coordinator Outreach</u>	
Documentation	100.00
Total Outreach Committee	100.00
<u>Orientation Committee</u>	
Documentation	100.00
Total Orientation Committee	100.00
<u>Program Committee</u>	
<u>Founder's Day Picnic</u>	
Food/Supplies	400.00
Flyer	100.00
Total Founder's Day Picnic	500.00
<u>Anniversary Breakfast</u>	
Decorations	50.00
Food/Drinks	1,525.00
Printing	100.00
Total Anniversary Breakfast	1,675.00
Ticket Revenue	(1,675.00)
	0.00
<u>New Year's Eve Celebration</u>	
Decorations	400.00
Food/Drinks	4,500.00
Hall Rental	2,400.00
Music	700.00
Flyers/Ticket Printing	280.00
Total New Year's Eve Celebration	8,280.00
Ticket Revenue	(8,280.00)
	0.00
<u>Public Info Committee</u>	
Copies/Postage	50.00
Del Mar Fair	150.00
Street Fairs	150.00
Literature	950.00
Literature - Asian	500.00
Schedules	125.00
Speaker Workshop	150.00
PSA's -TV & Radio	125.00
Total Public Info Committee	2,200.00
Total Standing Committee Expenses	7,185.00

**San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenues and Expences
As of October 31, 2012**

	October 12	October '11	YTD '12	YTD '11	\$ Change	Budget '12
Ordinary Revenue/Expense						
Revenue						
Contributions Group	9,182.13	7,459.55	98,063.22	92,601.21	5,462.01	115,162.00
Contributions Individual	791.45	503.40	9,908.79	5,661.10	4,247.69	7,360.00
Contributions SDIAA	-	-	1,110.00	1,240.00	(130.00)	1,240.00
Interest - Cert of Deposits	15.92	27.47	248.69	475.18	(226.49)	625.00
Total Revenue	9,989.50	7,990.42	109,330.70	99,977.49	9,353.21	124,387.00
Expense						
Accounting & Legal	-	-	2,480.00	2,540.00	(60.00)	2,650.00
Auto/Travel/Seminar	185.50	25.75	1,313.19	1,103.10	210.09	1,300.00
Bank Service Charges	2.00	2.00	58.00	72.14	(14.14)	125.00
Cash (Over) Short	(23.10)	(2.74)	(44.02)	(30.93)	(13.09)	(50.00)
Equipment Maint & Repair	35.27	35.27	382.70	536.43	(153.73)	500.00
Equipment Purchase	-	135.93	436.68	1,295.39	(858.71)	500.00
Insurance	66.00	50.00	664.00	500.00	164.00	900.00
Office Maint. & Repairs	-	-	270.11	33.00	237.11	500.00
Office Supplies	144.58	297.63	2,217.78	2,452.12	(234.34)	3,500.00
Rent	1,748.00	1,697.00	17,276.00	16,774.00	502.00	20,772.00
Taxes	-	-	125.25	64.45	60.80	80.00
Telephone	169.68	262.25	1,991.11	2,417.55	(426.44)	2,900.00
Utilities-Electricity	487.70	346.37	3,244.83	2,956.09	288.74	3,600.00
Website	40.85	40.85	299.30	299.30	-	500.00
EMPLOYEES			-			
Accrued Payroll Taxes	548.22	548.87	5,829.89	6,139.47	(309.58)	6,900.00
Employee Wages	7,130.86	7,254.86	69,880.60	74,964.60	(5,084.00)	83,800.00
Employee 403B Contribution	187.14	187.14	1,871.40	1,864.69	6.71	2,100.00
Employee Health Benefit	854.66	817.00	7,974.94	8,206.04	(231.10)	9,875.00
Insurance-Worker's Comp	50.00	50.00	500.00	612.00	(112.00)	650.00
Total Expense	11,627.36	11,748.18	116,771.76	122,799.44	(6,027.68)	141,102.00
Net Ordinary Revenue	(1,637.86)	(3,757.76)	(7,441.06)	(22,821.95)	15,380.89	(16,715.00)
Other Revenue/Expense						
Literature Revenue/Expense						
Sales (see schedule)	2,705.53	1,442.93	22,493.25	18,807.87	3,685.38	23,500.00
	2,705.53	1,442.93	22,493.25	18,807.87	3,685.38	23,500.00
Standing Committees Expense						
Committee (see schedule)	476.27	247.60	4,177.46	5,080.37	(902.91)	6,785.00
Total Other Expense	476.27	247.60	4,177.46	5,080.37	(902.91)	6,785.00
Net Other Revenue	2,229.26	1,195.33	18,315.79	13,727.50	4,588.29	16,715.00
Net Revenue	591.40	(2,562.43)	10,874.73	(9,094.45)	19,969.18	-



Contributions October 2012

Group	Oct-12	Ytd 12	Group	Oct-12	Ytd 12
11th Step Journey - 2622	-	90.00	Eastlake Greens Attitude Adjust - 2712	-	70.00
11th Step Meeting - 2322	-	35.00	Eastlake New Beginnings B/B S/S - 2673	-	156.00
151 Club - 2443	-	75.00	Easy Does It Riders - 21	82.80	214.20
4077 Mash Step 11 Read-Meditate- 2027	-	69.45	Easy Does It Speakers - 114	50.00	300.00
4th Edition Big Book - 2569	-	76.00	El Cajon Daytime - 52	150.00	600.00
A New Way To Live - 846	218.00	218.00	El Cajon Womens Serenity - 77	-	222.68
A Sense Of Belonging Womens - 1205	-	397.61	Evening In Harmony - 2864	-	100.00
A Street Participation - 179	-	65.00	Evening Serenity - 2305	-	859.19
A Street Speakers - 178	-	71.25	Eye Opener Group - 607	-	761.55
A Womens Meeting - 1717	-	204.08	Faculty Group - 1645	-	150.00
AA By The Bay - 629	-	100.00	Fairmont Park Discussion - 2832	-	140.00
Acceptance is the Answer - 2974	-	55.00	Fifth Chapter Group - 112	-	20.00
Adams Ave Big Book Study - 1892	-	320.17	First Mira Mesa Mens - 300	-	46.00
Allied Gardens Friday Lunch - 766	-	240.00	Fishermen In Recovery - 2863	-	75.00
Allied Gardens Step Study - 1629	255.00	255.00	Fourth Dimension Group - 2415	-	167.07
Alpine Mixed Step Study - 2621	-	114.00	Free At Last - 2888	-	164.06
Anonymous Anonymous - 2716	-	50.00	Free On Friday - 760	-	250.00
Another Sober Tuesday - 1952	-	379.00	Free Thinkers - 2824	-	280.00
Artists In Sobriety - 2459	-	50.00	Free To Be - 935	-	140.64
As Bill Sees It-University Height-1788	-	60.00	Fresh Air Friday - 266	-	700.00
At Home Mens - 215	118.06	118.06	Fresh Start Beginners - 2609	192.00	1,027.50
At One With Each Other - 789	-	252.00	Fri Noon Living Sober - 2767	-	50.00
B.Y.O.B. (North Park) - 203	55.00	285.00	Friday Happy Hour - 2821	100.00	150.00
Back To Basics - 1026	-	2,500.00	Friday Morning Womens - 104	-	624.50
Back To Basics For Women - 1675	-	174.33	Friday Night Gratitude - 2829	125.00	351.00
Back To Basics Step Study - 1938	-	225.00	Friday Night Irregulars - 2889	79.63	79.63
Bacon St Usual Suspects - 2663	-	200.00	Friday Night Mens - 188	-	291.00
Balboa Breakfast - 2721	-	125.00	Friday Night Santee - 1754	-	225.00
Barefoot - 139	50.00	50.00	Friday Nite Weeks End - 1856	-	80.00
Battery Chargers - 98	-	468.62	Friday Spring Valley Lunch - 2732	-	160.00
Battery Chargers Thanksgiving Alkathon	-	137.27	Garnet Group - 1129	-	124.00
Bay Park Step Study Group - 299	-	87.00	Gifts of Grace Women - 2564	-	80.00
Bayside Big Book Study - 1610	-	340.00	Gilman Group - Fri - 1988	-	307.58
Beautiful Beginnings - 552	5.00	10.00	Golden Hill Sun Discussion -1706	-	135.00
Beginners Steps To Sobriety - 1007	25.00	55.00	God Squad Too - 2809	-	58.00
Big Book Discussion Founders Grp - 581	-	250.00	Good Fortune Hui Group - 491	-	300.00
Bonita Boozers - 2179	-	350.00	Good Morning AA - 1888	-	129.15
Bonita Womens Big Book - 2734	-	74.83	Good News Bad News - 2833	-	80.00
Breakfast Of Champions - 2818	250.26	1,195.61	Great Fact Group - 895	-	270.00
Butts Out - 1764	-	55.00	Harmony Group - 585	-	1,078.40
Cajon View Open Disc - 471	-	200.00	Haul Your Hiney Out Of Bed - 704	-	361.00
Carrying The Message - 2458	-	250.00	How It Is Now Speakers - 390	-	140.36
Casa De Oro Tradition Five - 503	-	432.50	How It Is Today - 483	300.00	400.00
Casa De Oro Weds Nite - 2049	-	75.00	Hwy 80 AA - 2722	-	180.00
Cedar Street Mens - 1698	-	825.84	I. B. Up - 2565	275.00	691.00
Chapter 5 - 2960	-	143.04	Imperial Beach Group - 79	-	188.64
Chula Vista 4 Min Speakers - 1568	-	450.00	Imperial Mens Group - 869	-	10.00
Citizens Again - 2658	-	327.55	It's In The Book - 2030	-	48.00
Clairemont Daytime Step Study - 427	72.45	201.39	Joy Of Living - 2787	150.00	450.00
Clairemont Discussion - 314	-	162.00	Judges Big Book - 2736	-	20.00
Clairemont Mens - 301	130.09	430.09	Jump Start - 2174	-	120.00
Clairemont Mesa Step Study - 1997	-	50.00	Kearny Mesa- Clairemont Fri Night - 375	-	100.00
Clairemont Mixed Discussion - 338	-	125.00	Kelton Ave Big Book Study - 2410	100.00	400.00
Clairemont Womens - 340	175.00	300.00	L.G.B.B. Study - 2301	-	81.00
Clairemont Womens Step Study - 341	-	529.42	La Jolla Beginners Group - 82	225.00	270.00
Class Acts - 1845	-	630.00	La Jolla Cove Beginners - 1265	-	140.00
Coffee Clutchers - 2332	-	100.00	La Jolla Lunch Bunch - 622	180.00	360.00
Come Get Recovery - 2630	-	220.00	La Jolla Monday Womens - 87	-	1,050.00
Conscious Contact Meditation - 2834	-	50.00	La Jolla Nonsmokers Discussion - 88	100.00	740.00
Coronado Beginners - 344	-	60.00	La Jolla Patio Group - 613	-	350.00
Coronado Big Book Study - 1644	-	100.00	La Jolla Pump House - 696	-	118.00
Coronado Cays Womens Step Study - 2995	-	65.00	La Jolla Sunrise - 2684	100.00	500.00
Coronado Nooners - 497	100.00	525.00	La Mesa Big Book - 1689	-	117.00
Coronado Senior & Sober Disc - 1711	-	50.00	La Mesa Mens - 106	-	144.86
Coronado Step Study - 1523	-	50.00	La Mesa Mid Morning - 2777	-	120.00
Coronado Sunday Noon - 1830	-	400.00	La Mesa Mixed	-	574.00
Coronado Sundowners - 1634	240.00	240.00	La Mesa Womens Sat Morning - 416	-	300.00
Cowles Mt Smokeless Discussion - 681	-	30.00	Laguna Mountain Group	-	150.00
Cups - 2938	-	740.00	Lake Morena Sink or Swim - 2830	100.00	350.00
D.D.G.T.M. - 767	-	318.78	Lake Murray Lunch Bunch - 2701	-	94.00
Dawn Patrol - 263	-	981.26	Lake Murray Womens - 572	-	160.48
Del Mar Friday Lunch Bunch -2951	-	300.00	Lakeside Drunks - 2423	-	540.00
Designs For Living - 488	-	390.00	Lincoln Ave Speakers - 2914	-	50.00
Diamond St Mens Step Study - 569	-	212.25	Linda Vista Thursday Night - 319	-	261.00
Dignity Unlimited - 205	-	950.00	Little Apple Group - 1438	-	406.00
Downtown Discussion - 1665	39.46	170.23	Live & Learn Mens Big Book Study - 2885	-	150.00
Drunks Only - 1605	440.17	1,974.31	Living Free - 477	-	2,510.00
Each Day A New Beginning - 509	-	161.50	Lost & Found - 2907	-	10.00
Early Morning Recovery - 2688	-	618.51	Lunchtime Friends - 964	-	262.00
Early Risers (Coronado) - 1525	-	106.00	Lushes Lunch Thursday - 2807	-	310.80
Early Risers (PB) - 264	-	470.00	Lushes Lunch Tuesday - 2641	-	309.00
East County Mens - 1905	-	280.00	Men and Womens Monday Night - 95	60.00	240.00
East County Young People Rule 62 - 2797	-	80.00	Mens Recovery Group - 830	-	258.57
East Side Group - 101	-	179.50	Mens Step Study (CV) - 965	-	130.00
Eastlake Greens 10 on 10 - 2950	-	275.00	Mens Structured Step Study - 1469	-	282.42
Eastlake Greens Attitude Adjust - 2691	-	498.00	Mid-Week Mens - 560	-	150.00

Contributions October 2012

Group	Oct-12	Ytd 12	Group	Oct-12	Ytd 12
Midnight Howlers - 1025	-	1,000.00	Six O'Clock Big Book Study - 507	-	54.00
Midway Bridge - 2171	-	90.00	Sky Hi Womens - 1633	-	375.00
Mira Mesa 12 Step Study - 377	25.00	25.00	Smokefree La Mesa Womens - 635	-	253.10
Mira Mesa Early Risers - 967	-	171.00	Smokeless Drunks Luncheon - 1008	-	465.00
Mira Mesa Friday Night - 379	-	150.00	So Bay New Womens - 2325	-	50.00
Mira Mesa Monday Noon Mixed - 542	-	145.00	Sober Minded Leather Folk - 1882	-	217.88
Mira Mesa Sunday - 376	-	33.50	Sober Nooners - 196	119.40	596.84
Mira Mesa Sunday Morning Mens - 693	-	150.00	Sober On Sat Step Study - 2193	-	45.00
Mira Mesa Womens - 411	-	150.00	Sober Roses Womens Step Study - 2946	-	40.00
Misfit Mens - 2486	-	160.00	Sober Serenity Seekers - 887	-	319.19
Mission Hills Beginners - 1612	-	400.00	Sobriety on State and Date - 2697	-	96.00
Mission Hills Lunch Bunch - 2675	300.00	1,050.00	Sole Purpose Group - 1657	-	230.00
Mon Eve Smokeless Dinner - 1723	-	50.00	Solutions Not Excuses - 2867	-	189.00
Monday At A Time - 2875	-	215.00	South Clairemont - 305	-	130.00
Monday Mens Gut Level Group - 677	-	225.00	Spiritual Awakening - 2275	512.00	6,111.90
Monday Night Big Book Study 2345	-	20.00	Spiritual Way Of Life - 2977	-	28.29
Monday Night Prospectors - 2897	-	81.30	Spring Valley Step Study - 125	-	100.00
Monday Night Live - 643	-	50.00	Step Sisters - 2155	-	172.00
Morning Attitude Adjustment - 768	-	250.00	Straight Shooters - 198	-	127.00
Mountain Steps - 2822	-	180.00	Sunday Beach Sun-Day - 568	-	432.00
Mt Soledad Mens - 717	-	1,700.00	Sunday Evening Big Book Study - 519	-	50.00
National City Maintenance - 136	-	200.00	Sunday Kind Of Love - 429	-	150.00
Noon At The Grove - 628	50.00	500.00	Sunday Middy - 161	40.00	190.00
Nooners Anonymous - 1164	244.14	694.14	Sunday Morning Eleventh Step - 1206	-	190.00
Noontime on the Patio - 2203	-	300.00	Sunday Morning Spiritual Meeting - 1700	-	275.00
North Clairemont - 1102	-	140.50	Sunday Morning Sunshine - 407	28.00	141.94
North Clairemont Sat Nooners - 2572	50.00	150.00	Sunday Night Discussion -212	-	50.00
North Park Mens - 465	-	260.10	Sunday Serenity - 47	364.26	565.67
North Shores Breakfast - 275	-	79.26	Sunrise Promises - 2166	-	106.00
Not Alone Speakers Group - 1652	20.00	20.00	Sweet Surrender Speakers - 2254	-	20.00
OB Peer Group - 2130	50.00	250.00	The Gathering Of The Goddesses - 2890	-	123.60
OB Womens Step Study - 2730	-	80.00	The Joy Of Living Group - 2636	-	475.00
Old Timers Breakfast - 2828	-	50.00	The Other Meeting - 857	-	692.85
Old Timers Group - 2037	-	320.00	The Video Book Study Group - 2839	-	42.57
Old Town Speakers - 321	-	250.00	The We Group - 2739	-	300.00
On The Corner - 2384	50.00	50.00	There Is A Solution - 2975	-	91.00
One Step At A Time Runners - 1664	-	116.67	Three Legacies Group - 2194	-	289.46
Original Tues Night Step Study - 2124	150.00	300.00	Thursday Campus Noon Group - 2387	-	135.00
Over 50 - 840	-	60.00	Thursday Steps - 646	-	310.06
Over The Bridge - 2689	-	484.59	Tierrasanta Big Book Study - 1790	20.00	125.00
Pacific Beach Weekend Warmup - 725	-	136.20	Tierrasanta Friday Night - 2645	-	330.00
Pass It On Big Book Study Group -2860	56.70	705.88	Tierrasanta Happy, Joyous & Free - 2659	-	75.00
Penasquitos 12X12 - 2759	-	40.00	Tierrasanta Morning Serenity - 2811	30.00	290.00
Penasquitos Discussion - 871	-	35.00	Top of The Hill - 41	-	200.00
Poinsettia Group - 2210	-	190.00	Torrey Pines Open Disc - 94	170.78	170.78
Point Loma AA Discussion - 242	-	58.98	Torrey Pines Thurs Nite Disc - 365	30.00	95.00
Point Loma Mens - 245	-	388.50	Tri-Serenity - 836	10.00	50.00
Point Loma Nooners - 1606	-	125.00	Tues Morning Breakfast Special - 2761	-	190.00
Point Loma Saturday Morning - 1240	-	140.00	Tues Night Big Book Step Study - 1813	-	84.00
Point Loma Tuesday Night - 2648	155.00	312.50	Tues Night Mens Step Study - 1813	-	276.80
Porter Hall Structured Step Study - 97	-	100.00	Tuesday Campus Noon Group - 2544	-	135.00
Practical Solutions - 2398	-	137.50	Tuesday Morning Alpine - 440	40.00	160.00
Progress Rather Than perfection - 2682	-	775.00	Tuesday Night Sobriety - 708	-	90.00
Pt Loma Fri Afternoon Step Study - 244	-	342.00	Tuesday Vision 4 U - 2775	-	20.00
Pt Loma Womens Discussion - 1608	-	279.72	Two Bit Speakers - 201	-	64.66
R.B. Early Birds - 2476	-	345.00	University City Discussion - 368	-	87.50
Radical Acceptance Morning Meeting - 2961	-	150.00	University City Womens - 369	250.00	550.00
Rainbow Group - 570	-	420.00	Valley Girls - 2617	-	252.74
Ramona High Noon - 2778	-	10.00	Victory Group - 2108	100.00	100.00
Ramona Way Of Life - 2772	-	20.00	Wake Up Call - 1932	10.00	35.00
Relax and Recover - 2964	-	50.00	Warm and Friendly - 42	50.00	275.00
Resentment and A Coffee Pot - 2561	137.88	352.88	Water Walkers - 5	-	180.00
Right Turn Group - 1900	20.00	134.00	Water Walkers Too - 1946	124.49	448.75
Rise & Shine - 2170	123.00	1,128.54	Way Up and Out - 1807	-	87.50
Rocket Riders - 1730	-	420.00	We Agnostics - 2096	-	50.00
Rule 62 Group - 927	-	100.00	We've Come Along Way - 1616	-	50.00
S.D. Speakers Meeting - 152	140.00	340.00	Wednesday Discussion Group - 2431	-	104.00
Safe Sane and Sober - 1350	400.00	1,465.50	Wednesday Night Closed Topic - 165	-	50.00
San Carlos Single Purpose - 583	-	274.50	Weds Rule 62 Lunch Group - 687	-	294.00
San Diego Doctors Step Study - 194	250.00	250.00	Weekending Step Study - 698	-	32.00
San Diego Feeling Good	-	370.50	Wholesale Miracle - 2474	-	363.42
Santee Mens Group - 2972	98.59	98.59	Womans Gut Level - 1701	-	80.00
Santee Simple Step Study - 2707	-	65.00	Womans Let Go and Let God - 446	-	332.50
Santee Thursday Closed Mixed - 145	-	60.00	Women In Harmony - 1807	-	100.00
Sat Mens Early Awakening - 2209	-	585.00	Women In Sobriety - 697	-	120.00
Sat Night Early Discussion - 336	-	680.00	Womens Attitude of Gratitude - 2751	-	55.00
Sat Night Live - 2173	-	145.00	Womens Step Study - 296	-	51.21
Saturday A.M. Live - 782	-	214.50	Womens Thursday Nite - 514	-	310.11
Saturday Morning Sanity - 1989	-	75.00	Womens TLC - 2814	50.00	100.00
Saturday Night Candlelight - 1914	-	40.00	Womens Way To Recovery	55.97	139.97
Saturday Nite Live - 2192	-	48.14			
Scripps Ranch Men's Two	64.00	239.00			
Searching and Fearless - 308	200.00	1,400.00			
Serendipity Womens - 1642	-	130.00			
Serene-Tea - 2700	-	100.00			
Serenity Seekers - 209	-	155.00			

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

CENTRAL OFFICE NOTES

2012 Holidays – Central Office Bookstore Closed:

HOLIDAY	DAY OF WEEK	DATE
Veteran's Day	Monday	November 12 th
Thanksgiving	Thursday	November 22 nd
Christmas	Tuesday	December 25 th

BOOK OF THE MONTH

November: "Living Sober" sale: \$3.25 reg. \$4.25

December: Any Grapevine Book sale: \$1.00 off regular price

October 2012 Financial Summary

Group Contributions	9,182.13
Individual Contributions	791.45
Literature & Interest	2,721.45
Total Revenue	12,695.03
Central Office Expenses	-11,627.36
Committee Expenses	-476.27
Total Expenses	-12,103.63
October 2012 Net Revenue	591.40
2012 Net Revenue	10,874.73

Tokens are available at Central Office:

24 hr, 30, 60, 90 days, 6 & 9 months Aluminum Tokens for 50¢ each
1 year - 55 year Brass Tokens for \$2.00 each.

We continue to carry our San Diego Brass rectangular **90** day token for \$2.35 each.

Have you checked out the San Diego AA Archive's Room at Central Office? It is open Monday – Saturday 9 am – 5 pm.

Have you been to our aasandiego.org website? You can find San Diego AA meetings with maps, the Coordinator newsletter including our monthly financials, monthly service calendar, calendar of events, or you can submit meeting changes, sign up to be a 12 stepper... lots of stuff on our website...check it out.

**When someone calls the Central Office and needs to speak to someone about their problems with alcohol, we then call an AA member on our 12 step lists. You can sign up to be on a daytime or nighttime call list.
 Contact: Central Office at 619-265-8762**

CENTRAL OFFICE
PHONE CALLS *October 2012*

TOTAL CALLS FOR MONTH 1,633	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1,079	274	27
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	167	80	6

WEB SITE HITS: *October* = 21,832 Total 1,240,419

December 2012
AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Mission Hills Late Night
2	3	4	5	6	7	8
Adams Ave Big Book	OPEN	The We Group	Over The Bridge	Dawn Patrol	Old Town Speakers	La Mesa Mens
Mt Soledad Mens						
9	10	11	12	13	14	15
La Mesa Women's Sat Morning	East Side Group	P. B. Early Risers	La Jolla Speakers	Mission Possible	Imperial Mens	Sober Nooners
Water Walkers Too						
16	17	18	19	20	21	22
Dignity Unlimited	Sat Mens Early Awakening	Pacific Beach Young Peoples	Radical Acceptance	Rainbow Group	Cedar St Mens	Southern Cal Speakers
OPEN						
23	24	25	26	27	28	29
Clairemont Mens	Imperial Beach Group	La Jolla Beginners	Drunks Only	Lemon Grove Easy Risers	North Park Mens	Harmony Group
Downtown Discussion						
30	31				Thank you, After-Hour Phone Volunteers For Carrying The Message!	
The Other Group	Eye Opener					
Diamond St Mens						

December 2012

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University Ave 6:00 pm		Every Tuesday Informacion Publica Oficina Central Hispana 3628 University Ave 7:00 pm			Every Friday Distrito 15 Oficina Central Hispana 3628 University Ave 7:00 pm	
2	3	4	5	6	7	8
	Public Information Committee Central Office 6 pm District 8 Church School Rm12 760 1 st Ave Chula Vista 7 pm	District 19 Center 3909 Centre St Hillcrest 6:00 pm Area Policy Committee Central Office 7pm	District 4 Church 7111 La Jolla Blvd La Jolla 6:30 pm	Area Archives Committee 6:45 pm Varies District 12 Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm	District 7 Club 1944 30 th St Golden Hill 6:30 pm	
9	10	11	12	13	14	15
Area Grapevine Committee Varies 1:30 pm	Area Finance Committee Central Office 6:30 pm District 6 Denny's Restaurant 1065 Camino Del Rio South Mission Valley 6:30 pm	Business Committee Central Office 6:00 pm Area Newsletter Committee Fudruckers's Restaurant 8285 Mira Mesa Blvd 6:30 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		Coordinating Council Church 2111 Camino Del Rio South Mission Valley 92108 Orientation Committee New Coordinators 6:30 pm Coordinator Outreach 7 pm Council 7:30 pm Area Agenda Committee Central Office 7:00 pm		
16	17	18	19	20	21	22
H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:00 pm Business Mtg 1:15 pm Greater San Diego Young People's Coffee Shop 3343 Adams Ave Normal Heights 3:00 pm Area Spanish Translation Varies Program Committee Central Office 6:30 pm	Area Literature Committee Central Office 7:00 pm Area C.P.C. Committee Central Office 5:30 pm (6:30)	Area Contact On Release Committee Central Office 6:45 pm	Collate The Coordinator Newsletter Party Central Office 6:00 pm Area Information Technology Committee Residents 1738 Old Mill Rd Encinitas 6:45 pm District 14 Church 1475 Catalina Blvd Point Loma 6:30 pm District 5 Church 5050 Milton St Clairemont 7:00 pm	Area Committee Church 2650 Melbourne Dr Serra Mesa 7:00 pm H&I Committee Orientation Central Office 7:00 pm		
23	24	25	26	27	28	29
		<i>Christmas Day Central Office Bookstore Closed</i>	District 9 Denny's Restaurant 14455 Ocotillo Dr El Centro 6:00 pm			
30	31	January 1				
		<i>New Years Day Central Office Bookstore Closed</i>				

Things to Do and Places to Go

Third Weekenders Campout

WHERE: Santee Lakes
WHEN: December 14 – 16, 2012
Wagon Masters:

Battery Chargers Group

12th Annual Thanksgiving Alkathon
WHERE: Church 8086 Broadway Lemon Grove
WHEN: Thursday, November 22 **10am – 9 pm**
Contact:

26th Annual Thanksgiving Grateful Meeting

WHERE: Church 6554 Cowles Mountain Blvd
@ Navajo Road San Carlos **10 am**
WHEN: Thursday, November 22
Contact:

Hospitals & Institutions (H&I) Orientation

WHERE: Central Office 7075-B Mission Gorge Rd
WHEN: 3rd Thursday of month @ 7pm
Contact: Central Office 619.265.8762

2012 Holiday Alcathon sponsored by East Side Group, Another Sober Tuesday and District 11.

WHERE: Legion Hall 8118 University Ave La Mesa
WHEN: Dec 24th –Noon to Dec 25th – Noon
POTLUCK: Dec 24th 6 pm, **SPEAKER:** 7:30 pm
Contact:

New Year’s Eve Speaker and Dance sponsored by San Diego Intergroup Program Committee

WHERE: Scottish Rite Center – Mission Valley
1895 Camino Del Rio South
WHEN: Monday, Dec 31st 7:30 pm – 12:15 am
Contact:
Central Office 619-265-8762
Tickets are \$ 20.00 each



**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.



The Message, Sobriety, Service

By Terry L.

As it turned out, I drank for about twenty years. When I first started drinking it was love at first sight, then it was love/hate, and eventually just hate. At some point I began to experiment with “being on the wagon.” I would abstain from alcohol for a weekend, a week, or a month, and one time even for six months. I was attempting to not drink no matter what. The trouble with that strategy is that I tend to drink no matter what. That strategy always resulted in another drink. At some point it became clear that left to my own devices, I would always drink again.

One night after a bout of heavy drinking I returned home in the usual drunk fog which hours of drinking will produce. I sat on the couch and opened up one more can of beer and began watching some very late night television. It was a show about alcoholism and recovery. The show was somewhat negative about AA, which I knew nothing about then. I remember saying to myself, “*Whatever happens do not go to AA.*” On another occasion I came home in that same drunken fog and did my usual thing which was open one more beer and sit in front of the television. Even though I could barely comprehend what I was watching, something grabbed my attention. During the commercial break there was a short blurb (*later I found out it was a public service announcement about Alcoholics Anonymous*) about drinking for those who were wondering whether alcohol might be a problem. Both of these shows, one negative about AA and the short PSA produced by AA had planted seeds.

Around a year later I finally reached that place where I did not want to drink yet knew I eventually would. While driving on a Sunday afternoon after more horrific events, possibly brought about by drinking, I pulled over to a pay phone, called Information and was connected to our local AA Central Office. I immediately went there and was impressed by the fact that volunteers were there on a Sunday afternoon. I began my journey towards recovery in Alcoholics Anonymous right there and then, not having a clue where it would lead. I somehow knew it could possibly lead me away from where I was with drinking. As it turned out, Alcoholics Anonymous took me on a journey I could not have imagined.

Today I am grateful for those who took the time to produce and distribute the PSA’s for Alcoholics Anonymous and those who sit in Central Offices on a Sunday answering telephones. Those two acts of service along with some other events and AA members all combined to bring the message of Alcoholics Anonymous to me which then led me to the doors of AA on a Sunday afternoon in November 1991. Since coming to Alcoholics Anonymous I have had the opportunity to answer phones at Central Office and serve on the Public Information Committee. I am grateful to have been sober ever since, thanks to the twelve steps, the fellowship, and the vast amount of opportunities to be of service in AA.

Why I Think I'm Different

By Sarah N.

I had the urge to drink tonight and I thought I would use that urge as a catalyst to write why I sometimes think I’m different than everyone else in AA. When I first came into the program I was in denial, just like others who come in. I never got arrested, never got a DWI, never lost any friends or shamed my family, never lost a job, wasn’t a daily drinker and on the outside, I thought, things looked great – because I was good at hiding. My family never saw me “blackout.” I hung out with other heavy drinkers where binge drinking was the norm to conceal my true identity.

On the weekends I’d go into the evening with a set limit of how many drinks I was going to have – and would inevitably cross the line. I would set the intention that I would alternate alcohol with water, would only drink lite beer, would stop at a certain point during the evening to sober up etc. etc. and as I recount the ways in which I would try to control my drinking I find myself sounding like a text that gets read at my Tuesday night meeting. One time I even signed up for a program that promised to teach me how to be a normal drinker. I wish that everyone who signed up for the program realized that, if you need to LEARN how to be a normal drinker, then you AREN’T a normal drinker.

The reality is that I would go into the evening with my limits set and would inevitably cross them. Typically I was the one to get the drunkest the quickest. And so I’d be passed out by midnight while everyone else enjoyed the party. But that’s not an alcoholic, that’s a weekend warrior – I’m young, only 30, so what if I still party like I’m in college? Don’t normal people drink like this?

One day I woke up and realized that my story was how so many other stories started. I found testimonies online of moms who binge drank when they were younger until the stresses of having kids became too much for them and they started hiding their alcohol. I hadn’t gotten a DWI but I sure as hell had driven when I was drunk – I hadn’t ever gotten seriously hurt but I’d passed out in situations where I COULD have been seriously hurt.

By the grace of God I came into this program early. I’m not different, I’m just lucky. I can choose to be different or I can choose to see the similarities between my story and all the other stories I hear in AA. I can go back out and deny that I’m an alcoholic, or I can feel grateful to be in a wonderful program with wonderful people – a program that has brought me closer to God – a program that has given me tools to deal with life’s problems – and a program that keeps me living in the present moment by reminding me to take it “one day at a time.”

The Road Back

By Chris O.

I first got sober when I was 18 as a high school dropout. As with others before me, my drinking was not glamorous. I was a blackout drinker and did most of it alone. I stayed sober for 23 years then relapsed. I think it's important to tell you why I relapsed before I explain how I stay sober today. In the beginning I worked all the 12 Steps of Alcoholics Anonymous. I was very active in the program, leading step workshops, sponsoring, attending AA conventions, etc. I went back to college and got my master's and Ph.D. The rest of my success followed with a prestigious job, car and home. I thought the promises were coming true; I thought material gain was a sign of recovery. I made the fatal mistake of taking personal credit for my sobriety and the blessings in my life. My priorities were not in their proper order.

I cut down on my meetings, started isolating and playing online games. I never left my penthouse, had food delivered and stopped going to work. I have always struggled with sleep and knew my patients were taking "non-narcotic" prescription sleep aids so I proceeded to do the same. At 23 years of sobriety I lost sight of what was really important: my conscious contact with God and my program in AA. I lost all true humility and became truly miserable. I was without meetings and a sponsor so what followed should not have been a surprise.

A lot of the people I got sober with were not taking AA seriously anymore, somehow thinking they could drink again without consequences. One day in late 2007 the thought came to me "*I could probably drink now, I am a different person.*" No fear came with this thought. I bought some high-end beer and drank it. I felt good. I bought some high-end champagne. The delusion of my disease brought me to the conclusion that if I bought expensive booze then I was not drinking as a real alcoholic. It took less than two months before I was in a blackout: driving on a freeway the wrong way I hit a Semi-truck head on going 70 miles an hour. That "accident" convinced me I was not cured of alcoholism. What also convinced me I am still an alcoholic is that once I stopped drinking again all I could think about was drinking again. Many times I would be in an AA meeting and someone would talk about a specific kind of booze and I would find myself walking out the door to the nearest liquor store. I lost my job, car, my self-confidence (which was a good thing since that was killing me), and wound up homeless. I would relapse again and again.

I never stopped going to meetings while I was drinking, sometimes as often as four meetings a day. Then on September 1, 2011 something stuck. I had spent four years as a newcomer trying to get sober. I wondered if God was so disgusted with me that He wouldn't bother helping me again. My friends and family were anxious when their phone rang knowing it could be the coroner. I thought I was doing everything I could to stay sober but denial is a horrible thing that takes us to places we never thought we would visit. For me, it took what it took to bring me back to the rooms of Alcoholics Anonymous.

I was told by members of the program that "People with long term sobriety who relapse never get sober again." I had to ignore what others thought and realize I was doing my best at the time. Today I am able to look back and identify some things that I did wrong in my earlier sobriety: most notably, unfinished financial amends and sexual misconduct that I failed to correct. That being said, I am keenly aware that no matter what mistakes I make, if I stay close to AA, don't lose track of Step One and persistently admit where I am wrong and in this way maintain humility, I have a chance to stay sober and be happy without drinking.

Today, I am happy without a drink. I have a sponsor and I sponsor others. I have worked the steps, have a home group and service commitments. I stay in the middle of AA not on the outside. I no longer want to be the leader of AA but an equal member. The regret of relapse and shame is not gone, but it is improving thanks to all the members who are kind to returnees like me. My situations that got me here have not disappeared but with sober time will improve. The God I have now is the one that lets me be kind and loving to everyone, lets me keep a clear conscience so I sleep well, and gives me a sense that no matter what the outward appearance, things are unfolding according to His plans. Grace is His gift to me. I am sober, more proof that if we stay long enough the miracles will appear.



Heard at meetings:

My mother is even older than I am.

I have to be willing to be uncomfortable to be comfortable.

Do a fourth or drink a fifth.

If I don't do the work, the people around me suffer.

Sleep in peace--God is awake.

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