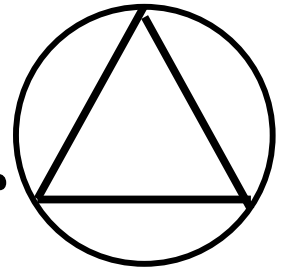


# The San Diego AA Coordinator



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

*"Came to believe that a Power greater than ourselves could restore us to sanity."*

Big Book of AA, p.59

FEBRUARY 2011  
VOL. XI NO.2

## INSIDE . . .

- **Meetings in Motion, p. 4**
- **Coordinating Council Minutes, pgs. 5-6**
- **Financial Statements, p. 7**
- **Group Contributions, pgs. 8-9**
- **Central Office Notes, p. 10**
- **Calendar of Events, pgs. 11-12**
- **Upcoming Events & Speaker Meetings, p. 13**

## *"Carry the AA Message"*

**Join the fun and  
submit an article**

## **Monthly Themes**

### **March**

Principle of Faith (due 2/24)

### **April**

Principle of Courage (due 3/24)

### **May**

Principle of Integrity (due 4/28)

Submit 500 to 1000 word story to Newsletter Chair at:  
[sd.aa.newsletter@gmail.com](mailto:sd.aa.newsletter@gmail.com)

For more information, see page 2

## **Hope**

by  
Thomas K

The definition of hope is desire accompanied by expectation and after listening to my doctor upon release from University Hospital in San Diego I had none. My doctor's opinion went something like this, you have little chance of survival. You have cirrhosis of the liver, ulcers, irritable bowel syndrome; you're 40 pounds underweight, anemic, you suffer from chronic coughing and no interest in a recovery program of any sort. Your only chance is A.A. When I explained to him yet again I had tried this program on more than one occasion, gone to a lot of meetings, done the reading and got a sponsor and each time it failed; my conclusion was it's not for me. My doctor then said something that has stayed with me my entire journey of sobriety. The program didn't fail at all, you did. If you have a strong enough desire not to return to the bottle I've seen miracles. Hopeless cases like yours have turned around as a result of A.A. Go, go, go!

It was close enough to the hospital, so I stopped at our old central office on Hawthorne and got a schedule of meetings. As I looked I came upon a meeting in the La Mesa area called Survivors. The only thing that intrigued me was the name. Although I had been doomed to looking up at the flowers, the name gave me hope. It met at a shuffleboard club on Saturday night. The doctor, along with the name of the group, provided me with enough hope to give it one more try. Could it really be true the program worked and I was the problem? Keep in mind that between 1966 and 1976 I had gone to a whole lot of meetings and as I look back today I can see that conditions always got in the way. I would stay sober if I could get a job. I would stay sober if my girlfriend would come back to me. I would stay sober if physically I would feel better. I would stay sober if I no longer had to take the bus to get around. When these things didn't come to pass the obvious conclusion in my mind was the program didn't work for me. Why I thought this was a program affiliated with the social services of the state of California was beyond my wet brain. The physical addiction would take over and I would return to the bottle to satisfy the cravings. A world where I could be oblivious to what was happening around me and didn't have to look at the dark, dirty world around me. However, I didn't want to die, what the doctor had told me was on my mind, and even though I didn't want to; I was going to go to that meeting.

*(Continued on page 3)*

## 2

ALCOHOLICS ANONYMOUS  
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-Sat 9am-5pm  
Central Office Manager: Connie J.  
Administrative Assistant: Kathy M.

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

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

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

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

### Coordinating Council Officers:

Council Chair	Rudy M.
Council Assistant	Leah M.
After Hours Phones	Ruben S.
Business Committee	Maggie S.
New Coordinators	Clay K.
Outreach Committee	Kevin H.
Program Committee	Les V.
Public Info Committee	Judy B.
Newsletter/Coordinator	Chris C.

### Area Officers:

Delegate	Joel C.
Alternate Delegate	Tom M.
Area Chair	Rafael C.
Archives	Doug F.
H & I Director	Blaine H.
Young People's Committee	Casey

<b>Contributors:</b>	Thomas K, Theodor L, W.H.
<b>February Theme:</b>	Hope
<b>Fold and Label Party:</b>	Wed. February 16, 2011 5:30 pm, Central Office
<b>Newsletter Committee Meeting:</b>	Thur. February 24, 2011 6:00 pm, Central Office

### **View from the Chair**

We at the AA Coordinator Newsletter are asking for submissions for the 2011 AA Coordinator Newsletter. It's a new year and all new topics for our Newsletter. We are looking for articles on the 12 Principles of AA. You can submit your articles any time of the year for any of the 12 Principles; however, we are trying to keep them coordinated with the months (Principle one for January, two for February, etc). If you have any articles that you are not sure fall under any of the 12 Principles; submit them anyway!!! If it's about AA, it will most certainly fall under one of the Principles!

You can drop off your article at Central Office or you can email your submissions to the committee at [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com). If you would like to be contacted regarding your article, please leave us your phone number or email address so that we may contact you!

In loving service,  
Chris C

**Thank You to our January 2011 Issue  
Fold and Label Volunteers!**  
These kind folks participated in December

<b>Group Represented</b>	<b>Volunteers</b>
Pathfinders	Thank you for all of the last-minute Pathfinder volunteers and thank you Reuben for requesting them!
Newsletter Members	Chris C, Christian W, Linda F, Thomas K
Others	Sober Tom, Kirk H, Travis S, Scottie B, Forrest M, Mike R, and Nathan V.

(Continued from page 1)

Survivors turned out to be the key to unlock the door to the world of sobriety. At first it was anything but a pleasant experience. Why did I, this genius of a man, have to wash coffee cups? Why was I told to sit in the front row and not to speak but only listen? As a result of doing this, a combination of things happened to me. It was pounded into my head over and over, the only guarantee of sobriety would be if I was willing to do certain things. While jobs and girlfriends could happen as a result of the program, A.A. was not Manpower or a dating service. I was told I needed to become willing to take direction without constantly questioning why. I did believe my way wasn't the answer and that was enough. The program gave me hope in the right way. In spite of my meddling in my own life, the program proved that it worked. The obsession to drink was removed over time. The physical craving remained for a long period of time but the mental and spiritual part of my life took over when necessary. Over time the craving went away but not because I snapped my fingers and willed it. Survivors had given me enough hope that I could stop drinking.

As I look back today on my effort with the Survivors group it puts a smile of gratitude on my face. In the simple, uncomplicated way that the program works, it instilled in me the tools that hope will work. As time went on, more and more of the promises did come to pass. Not only on my timetable and not everything I wanted, but everything I needed was given to me. This reward is the greatest gift in life; simply by changing my attitude. Hope does come with a great deal of expectation, but the gifts I received are far more than I could have ever dreamed for. My outlook on life changed because I take direction and let this program into my life.

**CRITICAL & URGENT NEED**

Emergency back-up volunteers to answer daytime and after-hour phones!

New groups needed for after-hours phones!

***Phone Committee Section Leaders also Needed***

Call forwarding is available

Calr AA Central at **619-265-8762** for more information

**AA 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 provided in this column.*



*Happy Birthday to All!*

**Gene K**

2/1/1991

Come Get Recovery Group  
20 Years

**Larry N**

12/31/1971

Imperial Beach Group  
40 Years

**Suzy Z**

1/23/1976

35 Years

Fri Nite Gratitude

**Thomas K**

1/5/1977

34 Years

Sunday Mid Day

***Birthday Gratitude:***

Name \_\_\_\_\_

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

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

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

Please mail to:  
 San Diego Central Office  
 7075-B Mission Gorge Rd.  
 San Diego, CA 92120-2454

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

## Group and Meeting Changes

**\*\*NEW MEETINGS\*\***

**12 X 12 And BB Codes: \***

Church 3725 30<sup>th</sup> St  
 Tue @ 10:30 am North Park

**Cups**

Bakery (rear entrance only) 7857 Girard Ave  
 Wed @ 7pm La Jolla

**\*\*RELOCATE & TIME CHANGES\*\***

**Not Alone Speakers Codes: \***

Apt Community Rm 640 16<sup>th</sup> St  
 Thu @ 6:30 pm Downtown  
 (was 1944 30<sup>th</sup> St, Golden Hills @ 6:15 pm)

**Easy Does It Speakers**

Church 6970 San Miguel Ave  
 Fri @ 7:30 pm Lemon Grove  
 (was 3850 Westgate Pl, City Heights 8pm)

**\*\*CANCELED\*\***

12 Steps In 12 Months  
 Church 4271 - D Clairemont Mesa Blvd  
 Sat @ 6:30 pm Clairemont

### MYSTERIOUS PARADOXES

Such is the paradox of A.A. regeneration: strength arising out of complete defeat and weakness, the loss of one's old life as a condition for finding a new one.

A.A. Comes Of Age, p. 46

What glorious mysteries paradoxes are! They do not compute, yet when recognized and accepted, they reaffirm something in the universe beyond human logic. When I face a fear, I am given courage; when I support a brother or sister, my capacity to love myself is increased; when I accept pain as part of the growing experience of life, I realize a greater happiness; when I look at my dark side, I am brought into new light; when I accept my vulnerabilities and surrender to a

### Coordinating Council Attendance

The following 65 groups attended January Coordinating Council  
 There are 798 registered groups in San Diego  
**WAS YOUR GROUP THERE?**

**NEXT COUNCIL MEETING IS: THURSDAY, February 10, 2010**

- |   |  |
|---|--|
| Allied Gardens Step Study<br>Back To Basics For Women<br>Battery Chargers<br>Big Bon-Fire Meeting<br>Big Book & 12 X 12 Study<br>Bonita Womens Reflex ions<br>Casa De Oro Tradition Five<br>Cedar Street Mens<br>Clairemont Mens<br>Clairemont Womens<br>Clairemont Womens Step Study<br>Coffee Clutchers<br>Downtown Discussion<br>Early Risers (PB)<br>East Side<br>Easy Does It Riders<br>Free On Friday<br>Fourth Dimension<br>Fresh Start Beginners<br>Friday Morning Womens<br>Friday Night Irregulars<br>Friday Night Mens<br>Gifts Of Grace Women<br>God Squad Too<br>Golden Hill Sun Discussion<br>Great Fact<br>Harmony<br>Haul Your Hiney Out Of Bed<br>Imperial Beach<br>Kelton Ave Big Book Study<br>L.G. B. B.<br>La Mesa Beginners | La Mesa Mens<br>La Mesa Mixed<br>La Mesa Step Study Workshop<br>Little Apple<br>Mira Mesa Friday Night<br>Miracles On Monday<br>Mission Hills Beginners<br>Monday Night Big Book Study<br>Monday Night Young People<br>Monday Nite Live<br>North Park Mens<br>O.B. Young Peoples<br>Ocean Beach Tuesday<br>Old Town Speakers<br>Over The Bridge<br>Point Loma AA Discussion<br>Point Loma Mens<br>Porter Hall Structured S/S<br>Progress Rather Than Perfection<br>Santee Saturday Night Speakers<br>Scripps Ranch Mens Two<br>Sky Hi Womens<br>Smokefree La Mesa Womens<br>Sober Nooners<br>Southern Cal Speakers<br>Sunrise Promises<br>The Other Meeting<br>The We Group<br>Thursday Promises Promises<br>Tues Night Big Book Step Study<br>Water Walkers Too<br>Womans Let Go & Let God<br>Womens In Harmony |
|---|--|

### WHEN FAITH IS MISSING

Sometimes A.A. comes harder to those who have lost or rejected faith than to those who never had any faith at all, for they think they have tried faith and found it wanting. They have tried the way of faith and the way of no faith.

Twelve steps and Twelve Traditions, p. 28

*Thank You, Volunteers For  
 Carrying The Message*

**Minutes of the Coordinating Council  
Thursday, January 13, 2011**

Nancy N. – Council Chair called the 787<sup>th</sup> meeting to order at 7:30 pm. Diana B. read the 12 Traditions. Council Definition and Purpose read by Gary B. There were 23 new Coordinators, 0 visitors and 3 birthdays. 7<sup>th</sup> Tradition was \$78.18. Roll Call: Rick W., Assistant Council Chair reported 66 groups were represented out of 90 registered Coordinators. There was a quorum (44) It was m/s/c to approve the minutes of the December 2010 Council Meeting.

Area Assembly – Tom M., Area Alternate Delegate shared that the General Service Office is requesting stories on “Spirituality”, ”7<sup>th</sup> Tradition” and AA members of “Armed Services” to be received by February 2011. Submissions should be 500-800 words. Planning meetings will begin on Saturday, February 5<sup>th</sup> at 9 am at Central Office for Area Assembly Unity Day along SD Intergroup Founders Day Picnic to be held in June. All are welcome to help plan.

H & I Representative: Debbie – Shared purpose of H & I (to establish and maintain AA meetings in facilities where people are confined and to bring AA General Service Conference approved literature into those institutions). We have more requests to bring a meeting in than we have volunteers, so we are always looking for new members. Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3<sup>rd</sup> Sunday @ 12:15 pm Hall 5150 Kearney Mesa Rd 92111 and 3<sup>rd</sup> Thursday @ 7 pm Central Office 7075-B Mission Gorge Rd 92120. Contact on Release’s purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual and take them to their first few meetings. Go to [area8aa.org](http://area8aa.org) and click on the H & I tab for more details and 2010 financials.

AFTER HOURS PHONES: Rudy, member shared all slots are filled. Thank you to all of the groups for your service to AA. In need of groups to sign up for standby list. Establishing a list of individuals for emergency phone coverage.

BUSINESS COMMITTEE: Maggie S., Chair reported that the committee met on Tuesday 1/11/10 at 6:00 pm. Present: Maggie S., Ray R., Leonard R., Gary C., Jerry C., Nancy N., Council Chair, Rick W., Asst Council Chair and Connie J., Central Office Manager. There was a quorum.

- 1) M/s/c to approve December Minutes.
- 2) M/s/c to approve December 2010 Financials.

December Financial Statements briefs:

- a) Our December 2010 Net Revenue is \$2,352.00. Our 2010 YTD Net Revenue is (\$6,907.80) Group and Individual Contributions were \$13,105.58. Literature Sales Revenue and bank interest was \$1,810.97 while total office and committee expenses were \$12,564.55. Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager’s Report

- 1) January’s Book of the Month: “As Bill Sees It” soft cover on Sale: \$6.65.
- 2) February’s Book of the Month: “Daily Reflections” large print on Sale: \$7.85.
- 3) Central Office offers Gift Certificates in from \$10.00 - \$25.00
- 4) Sending Group Contributions by email.
- 5) Coordinator Newsletter – Sign up to receive electronically. Hard copies will still available at Central Office.

Committee Member reports:

- 1) Maggie S. chaired meeting/signed checks.
- 2) Ray R. – made BC reminder calls.
- 3) Rudy M. – Website working properly.

Rick W. – Distributed Coordinator call sheets and checked volunteer books. Continued on page 6.

Continued from page 5.

**Old Business:** There was none.

**New Business:**

- 1) Yearend literature inventory was - \$109.76.
- 2) Officers elected: Jerry C., Treasurer, Gary C., Financial Oversight and Leonard R., Secretary.
- 3) Maggie S., Jerry C. and Connie J. will go to the bank for new signatory cards.

**COORDINATOR NEWSLETTER:** Linda H., reported committee met on 12/15/10 at 6 pm. Present: Linda F., Chris C., Christian W., and Thomas K. Excused: Maureen B.

**March's Theme:** "Principles of Faith". Submissions of 500-1000 words welcome (March submission due by January 27<sup>th</sup>). Send to Chris C. at SDAA.Newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Come join in the fun at the Fold & Stuff party. NEED groups to adopt a month to fold – Stuff the newsletter.

**COORDINATOR OUTREACH:** Kevin, Chair shared committee met tonight at 7 pm. Present was: Kevin and Charlie. Help NEEDED in terms of participation and outreach. We have volunteers visiting groups in Mira Mesa and South Bay. We have a new 2011 notebook.

**ORIENTATION & GUIDELINES:** Clay, Chair reported committee met tonight at 6:30 pm present: Duncan, Frances and Clay. Excused: Mike.

- 1) Orientated 9 new Coordinators. Discussed duties of the Coordinator, handed out orientation packets and answered questions. Read the "History of San Diego", reviewed Robert's rules of order" and a Quorum.

**PROGRAM COMMITTEE:** Les V. shared that the New Years Eve event was a huge success. Speaker meeting had 200 in attendance and the dance floor was never empty from 9pm-12: 30 am.

Needed 430 tickets to clear, 431 were sold. 2011 will begin with our planning for our "Founders Day Picnic" to be held in June.

**PUBLIC INFORMATION COMMITTEE:**

Heidi. Chair reported that committee met on 1/3/10 at 6 pm. Present: Heidi, Terry, Heather, Steven and Kathy. Visitors: Rufus and Joe. Absent: Melissa, Linda, Kimberly and Pat.

- 1) Kathy still will working on completing list re: sending letters to Senior Centers
- 2) Kathy to follow up putting "Public Service Announcements" into Newsletters.
- 3) Discussed letters to schools for new semester, making cold calls and hand delivery.
- 4) December 13 at 2 pm – Navy 32<sup>nd</sup> street.
- 5) Rufus and Joe were approved to serve on Public Information Committee.
- 6) Upcoming events:
  - a. 1/16/2011-Wellness Fair
  - b. 3/5/2011-Women's Resource Fair

**OLD BUSINESS:** There was none.

**NEW BUSINESS:**

- 1) Public Information Committee: Rufus (sob 6-1980) and Joe (sob 1982) were approved unanimously to serve.
- 2) Business Committee: Sherry G. (sob 3/29/2007) elected unanimously to serve.

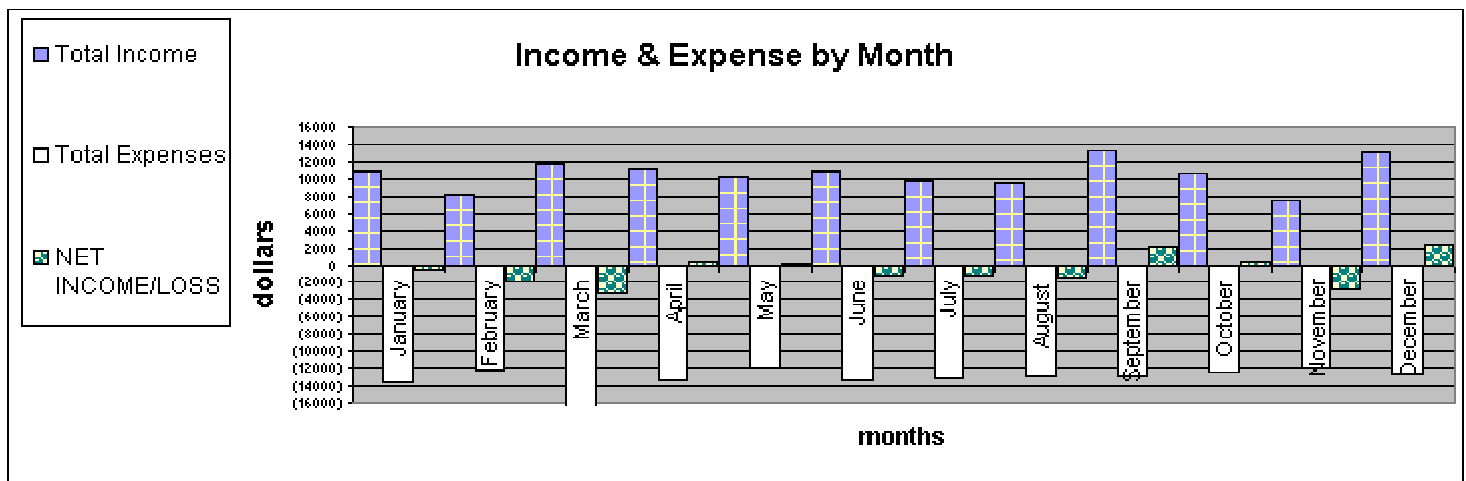
Thanks to Area Representative and H & I Special Reports.

Thanks to Rudy for PA System Set-up/Tear Down.

Thanks to those for setup and clean up of the room. Meeting adjourned at 8:50 pm with Serenity Prayer.

Respectfully submitted,  
Connie J., Recording Secretary

	December 10	December '09	YTD '10	YTD '09	\$ Change	Budget '10
<b>Ordinary Income/Expense</b>						
<b>Income</b>						
<b>Contributions Group</b>	11,044.07	11,261.73	113,375.58	118,312.61	(4,937.03)	125,676.00
<b>Contributions Individual</b>	2,061.51	848.57	11,418.95	10,365.98	1,052.97	7,650.00
<b>Contributions SDIAA</b>	-	-	1,030.00	1,200.00	(170.00)	1,200.00
<b>Interest - Cert of Deposits</b>	58.31	100.63	837.11	1,904.06	(1,066.95)	2,500.00
<b>Total Income</b>	<b>13,163.89</b>	<b>12,210.93</b>	<b>126,661.64</b>	<b>131,782.65</b>	<b>(5,121.01)</b>	<b>137,026.00</b>
<b>Expense</b>						
<b>Accounting &amp; Legal</b>	125.00	225.00	6,050.00	6,155.00	(105.00)	6,200.00
<b>Auto/Travel/Seminar</b>	32.00	25.50	1,617.12	1,229.83	100.00	1,500.00
<b>Bank Service Charges</b>	2.00	2.00	122.54	90.33	32.21	100.00
<b>Cash (Over) Short</b>	(1.66)	7.54	63.91	(37.15)	101.06	(50.00)
<b>Checks Returned - Bad Debt</b>	22.00	-	22.00	-	22.00	-
<b>Equipment Maint &amp; Repair</b>	205.40	-	275.40	26.90	248.50	500.00
<b>Equipment Purchase</b>	-	-	463.92	746.62	(282.70)	500.00
<b>Insurance</b>	50.50	86.50	334.63	707.50	(372.87)	1,100.00
<b>Office Maint. &amp; Repairs</b>	-	-	77.11	-	77.11	500.00
<b>Office Supplies</b>	122.06	252.83	3,518.27	4,206.07	(687.80)	4,269.00
<b>Rent</b>	1,648.00	1,600.00	19,584.00	19,732.00	(148.00)	19,584.00
<b>Taxes</b>	-	-	83.49	69.75	13.74	80.00
<b>Telephone</b>	255.45	216.41	2,816.73	3,791.06	(974.33)	3,500.00
<b>Utilities-Electricity</b>	244.31	164.74	3,329.65	4,548.66	(1,219.01)	4,632.00
<b>Website</b>	20.00	13.00	310.30	278.20	32.10	500.00
<b>EMPLOYEES</b>			-			
<b>Accrued Payroll Taxes</b>	586.82	586.82	7,412.59	7,367.15	45.44	7,400.00
<b>Employee Wages</b>	7,670.85	7,670.86	89,885.85	88,896.17	989.68	89,990.00
<b>Employee 403B Contribution</b>	175.00	175.00	2,100.00	2,100.00	-	2,100.00
<b>Employee Health Benefit</b>	853.04	991.98	10,375.42	11,813.26	(1,437.84)	9,900.00
<b>Insurance-Worker's Comp</b>	50.00	50.00	636.50	641.50	(5.00)	1,000.00
<b>Total Expense</b>	<b>12,060.77</b>	<b>12,068.18</b>	<b>149,079.43</b>	<b>152,362.85</b>	<b>(3,283.42)</b>	<b>153,305.00</b>
<b>Net Ordinary Income</b>	<b>1,103.12</b>	<b>142.75</b>	<b>(22,417.79)</b>	<b>(20,580.20)</b>	<b>(1,837.59)</b>	<b>(16,279.00)</b>
<b>Other Income/Expense</b>						
<b>Literature Income/Expense</b>						
<b>Sales (see schedule)</b>	1,752.66	2,806.71	23,287.64	28,205.31	(4,917.67)	25,879.00
<b>Total Other Income</b>	<b>1,752.66</b>	<b>2,806.71</b>	<b>23,287.64</b>	<b>28,205.31</b>	<b>(4,917.67)</b>	<b>25,879.00</b>
<b>Standing Committees Inc/Expense</b>						
<b>Committee (see schedule)</b>	503.78	135.45	7,777.65	7,391.98	385.67	9,600.00
<b>Total Other Expense</b>	<b>503.78</b>	<b>135.45</b>	<b>7,777.65</b>	<b>7,391.98</b>	<b>385.67</b>	<b>9,600.00</b>
<b>Net Other Income</b>	<b>1,248.88</b>	<b>2,671.26</b>	<b>15,509.99</b>	<b>20,813.33</b>	<b>(5,303.34)</b>	<b>16,279.00</b>
<b>Net Income</b>	<b>2,352.00</b>	<b>2,814.01</b>	<b>(6,907.80)</b>	<b>233.13</b>	<b>(7,140.93)</b>	<b>-</b>



Group Contributions	Dec '10	Ytd 10	Group Contributions	Dec '10	Ytd 10
11th Step Journey - 2622	100.00	416.29	Emotional Sobriety - 2536	-	50.00
11th Step Meditate & Share - 2748	-	45.00	Evening In Harmony - 2864	-	200.00
11th Step Meeting - 2322	-	79.00	Evening Serenity - 2305	-	122.80
4077 Mash 11th Step - 2027	-	94.22	Eye Opener Group - 607	120.00	950.00
4th Edition Big Book - 2569	-	20.00	Faculty Group - 1645	-	390.00
A Sense of Belonging Womens - 1205	-	250.00	Fifth Chapter Group - 112	-	60.00
A Street Participation - 179	-	50.00	Fireside Step Study -NP	-	20.00
A Street Speakers - 178	-	45.00	Fourth Dimension Group - 2415	-	75.00
A Womens Meeting - 1717	-	553.60	Free At Last - 2888	-	120.00
AA By The Bay - 629	-	125.00	Free on Friday - 760	-	106.33
ACYPAA	-	283.00	Free to Be - 935	-	288.44
Adams Avenue Big Book Study - 1892	-	200.00	Fresh Start Beginners - 2609	-	863.81
Afternoon Delight - 2704	-	29.00	Fri Noon Living Sober - 2767	-	78.00
Allied Gardens Friday Lunch - 766	100.00	575.00	Friday Happy Hour - 2821	-	50.00
Allied Garden Step Study - 1629	-	400.00	Friday Morning Womens - 104	218.50	619.54
Alpine Mixed Step Study - 2621	-	120.00	Friday Night Irregulars - 2889	-	213.00
Annual Grateful Meeting - 2461	-	200.00	Friday Night Mens - 188	80.00	171.80
Another New Beginning - 144	-	150.00	Friday Night Santee - 1754	-	50.00
Another Sober Tuesday - 1952	-	300.00	Friday Nite Weeks End - 1856	-	128.25
Artists in sobriety - 2459	-	110.00	Friday Spring Valley Lunch - 2732	100.00	100.00
As Bill Sees It - Univ Heights - 1788	-	50.00	Gifts of Grace Womens - 2564	-	50.00
As Bill Sees It - Coronado - 2780	-	100.00	Gilman Group - 1988	-	556.87
At Home Mens - 215	-	219.25	God Squad Too - 2809	-	49.89
At One With Each Other - 789	-	293.00	Golden Hill Sun Discussion - 1706	-	452.03
B.Y.O.B. (North Park) 203	-	300.00	Good Fortune Hui Group - 491	-	300.00
Back to Basics - 1026	-	1,500.00	Good Morning AA - 1888	285.37	951.80
Back To Basics For Women - 1675	-	104.00	Great Fact Group - 895	-	300.00
Back to Basics Step Study - 1938	-	108.00	Harmony Group - 585	-	473.26
Bacon St Usual Suspects - 2663	-	50.00	Haul Your Hiney Out of Bed - 704	-	50.00
Balboa Breakfast - 2721	-	473.84	How It Is Today - 483	-	100.00
Barefoot - 139	-	20.00	Hwy 80 AA - 2722	-	594.80
Battery Chargers - 98	276.98	736.69	I.B. Up - 2565	-	93.50
Battery Chargers Thanksgiving Alkathon - 98	73.00	196.00	Imperial Beach Group - 79	-	232.00
Bay Park Step Study Group - 299	-	110.00	Imperial Mens Group - 869	-	20.00
Bayside Big Book Study - 1610	-	125.00	Jamul Open - 63	100.00	235.00
Beach Area Beginners - 272	62.40	62.40	Joy Of Living - 2787	-	100.00
Beginners Steps to Sobriety - 1007	-	80.00	Judges Big Book - 2736	-	30.00
Big Bonfire Meeting - 1894	-	500.00	Jump Start - 2174	-	540.00
Big Book & 12 x 12 Study - 100	-	148.31	Kelton Ave Big Book Study - 2410	-	155.11
Big Book Discussion Founders Group - 581	-	180.00	Kick Start Your Heart - 2430	-	100.00
Bonita Boozers - 2179	100.00	300.00	Know A New Freedom - 2340	-	12.00
Bonita Womens Big Book - 2734	25.00	25.00	La Jolla Basic B/B Study - 2154	-	339.83
Breakfast of Champions - 2818	200.00	1,050.00	La Jolla Beginners Group - 82	436.50	875.08
Butts Out - 1764	-	107.27	La Jolla Big Book - 84	-	112.00
Cajon View Open Discussion - 471	-	100.00	La Jolla Discussion Group - 85	-	500.00
Cajon View Step Study - 458	-	20.00	La Jolla Lunch Bunch - 622	-	240.00
Carrying the Message - 2458	-	250.00	La Jolla Monday Womens - 87	-	1,300.00
Casa De Oro Tradition Five - 503	250.00	622.93	La Jolla Nonsmokers Disc - 88	200.00	900.00
Casa De Oro Weds Nite - 2049	200.00	385.00	La Jolla Patio Group - 613	-	372.00
Cedar Street Mens - 1698	-	1,020.04	La Jolla Pump House - 696	-	136.00
Chula Vista 4 Min Speakers - 1568	-	450.00	La Jolla Speakers - 578	-	507.37
Citizens Again - 2658	96.50	598.30	La Jolla Thursday Night - 90	-	38.13
Clairemont Daytime Step Study - 427	-	65.00	La Mesa Big Book - 1689	-	75.00
Clairemont Discussion - 314	-	225.00	La Mesa Mens - 106	87.52	959.10
Clairemont Mens - 301	-	1,200.00	La Mesa Mid Morning - 2777	-	80.00
Clairemont Mesa Step Study - 1997	-	80.00	La Mesa Mixed - 2136	-	750.00
Clairemont Mixed Discussion - 338	-	265.77	La Mesa Step Study Workshop - 1621	-	300.00
Clairemont Step & Traditions Study - 482	27.16	27.16	La Mesa Womens Sat Morning - 416	240.89	318.86
Clairemont Womens - 340	-	494.70	Laguna Mountain Group	-	500.00
Clairemont Womens Step Study - 341	-	570.00	Lake Morena Sink or Swim - 2830	30.00	130.00
Class Acts - 1845	-	980.99	Lake Murray Lunch Bunch - 2701	-	150.00
Coffee Clutchers - 2332	-	685.00	Lake Murray Womens - 572	-	247.52
Come As You Are - 2661	40.00	40.00	Learn To Listen Group - 2782	-	30.00
Come Get Recovery - 2630	-	145.00	Linda Vista Mens - 320	-	40.00
Conscious Contact Meditation - 2834	-	90.00	Linda Vista Thursday Night - 319	-	100.00
Conscious Contact Study Grp - 2282	-	48.00	Little Apple Group - 1438	-	350.00
Convoy Thurs Night Discussion - 216	-	52.25	Living Free - 477	-	2,100.00
Coronado Beginners - 344	-	60.00	Lost & Found - 2907	-	26.50
Coronado Big Book Study - 1644	-	75.00	Love and Truth 12 x 12 - 1617	-	112.50
Coronado Nooners - 497	-	1,029.14	Lunchtime Friends - 964	-	262.00
Coronado Step Study - 1523	-	50.00	Lushes Lunch Thursday - 2807	-	549.80
Coronado Sunday Noon - 1830	-	90.00	Lushes Lunch Tuesday - 2641	-	446.91
Coronado Sundowners - 1634	109.28	434.56	Medicine Wheel - 1852	-	14.81
Courage To Change - 2679	-	41.48	Men and Womens Monday Night - 95	-	360.00
D.D.G.T.M. - 767	-	180.00	Mens Recovery Group - 830	100.00	200.00
Dawn Patrol - 263	259.02	1,900.44	Mens Step Study (CV) - 965	80.00	130.00
Deerhorn Valley Group - 2063	-	35.00	Mens Structured Step Study - 1469	-	148.00
Del Mar Monday Lunch Bunch - 2084	-	325.00	Mid-Week Mens - 560	-	480.00
Designs For Living - 488	-	777.12	Midnight Howlers - 1025	100.00	640.00



Diamond St Mens Step Study - 569	-	404.50	Midway Bridge - 2171	-	198.00
Dignity Unlimited - 205	-	141.60	Mira Mesa Early Risers - 967	-	20.00
Doctors and Lawyers Group - 391	651.10	894.15	Mira Mesa Monday Noon Mixed - 542	20.00	30.00
Downtown Discussion - 1665	75.62	777.70	Mira Mesa Sunday Morning Mens - 693	60.00	160.00
Downtown Noon Discussion - 1607	-	80.00	Mira Mesa Womens - 411	-	166.13
Drunks Only - 1605	-	1,916.61	Misfit Mens - 2486	100.00	100.00
Each Day A New Beginning - 509	-	173.50	Mission Bay Sat Night Speakers - 271	-	80.00
Early Morning Recovery - 2688	101.13	805.66	Mission Hills Beginners - 1612	-	260.00
Early Risers (Coronado) - 1525	-	520.00	Mission Hills Lunch Bunch - 2675	-	1,380.00
Early Risers (PB) - 264	-	250.00	Mission Possible - 131	36.82	36.82
East County Mens - 1905	-	200.00	Monday At A Time - 2875	-	276.00
East County Young People Rule 62 - 2797	-	238.00	Monday Mens Gut Level Group - 677	-	150.00
East Side Group - 101	-	205.00	Monday Nite Live - 643	-	148.00
Eastlake Greens Attitude Adjustment-2712	-	450.00	Morning Attitude Adjustment - 768	250.00	3,275.00
Eastlake Greens Attitude Adjustment-2691	-	434.36	Mt Soledad Mens - 717	250.00	1,200.00
Eastlake New Beginnings B/B S/S - 2673	-	215.00	Newcomers Rise & Shine - 2702	-	91.00
Easy Does It Riders - 21	-	100.00	Noon at the Grove - 628	100.00	600.00
Easy Does It Speakers - 114	-	140.00	Nooners Anonymous - 1164	-	196.50
El Cajon Womens Serenity - 77	165.00	347.17	Noontime on the Patio - 2203	-	50.00
North Clairemont - 1102	-	50.00	Spiritual Awakening - 2275	781.60	5,152.80
North Clairemont Sat Nooners - 2572	-	200.00	Spiritual Awakenings Step Study - 2601	-	150.00
North Park Mens - 465	-	732.64	Spring Valley Step Study - 125	-	194.00
North Shores Breakfast - 275	-	40.00	Stadium Group - 372	-	60.00
O.B. Womens Step Study - 2730	-	50.00	Step By Step - 1486	-	33.50
OB Peer Group - 2130	-	100.00	Step Sisters - 2155	73.96	239.26
Ocean Beach Step Study - 247	-	120.00	Step Up Step Study - 2817	-	95.00
Ocean Beach Tuesday - 246	150.00	150.00	Steps to Recovery Group - 1169	25.00	25.00
Old Timers Breakfast 2828	-	100.00	Straight Shooters - 198	-	110.27
Old Town Speakers - 321	500.00	1,250.00	Sunday Beach Sun-Day - 568	-	480.00
On The Corner - 2384	-	60.00	Sunday Evening Big Book Study - 519	50.00	50.00
One Step Ahead - 715	50.00	119.00	Sunday Kind of Love - 429	428.00	640.00
One Step At A Time Runners - 1664	-	106.80	Sunday Midday - 161	-	90.00
Original Tues Night Step Study - 2124	-	150.00	Sunday Morning Eleventh Step - 1206	-	50.00
Out of the Woods - 2793	-	255.00	Sunday Morning Spiritual Meeting - 1700	-	330.00
Over 50 - 840	-	25.00	Sunday Morning Sunshine - 407	-	179.00
Over The Bridge - 2689	96.41	1,376.18	Sunday Night Discussion - 212	-	55.00
Pacific Beach Weekend Warmup - 725	-	383.40	Sunday Serenity - 47	-	279.00
Paradise Hills - 392	-	346.56	Sunrise Promises - 2166	-	540.00
Pass It On Big Book Study Group - 2860	-	954.59	Sweet Surrender Speakers - 2254	-	36.00
Pass It On Group - 170	-	24.00	T.G.I.F. - 1658	-	40.00
Patterns in Sobriety - 669	-	150.00	Take Five - 1323	-	300.00
Pb Young Womens - 2187	-	100.00	The Grapevine - 2794	-	22.00
Penasquitos 12 x 12 - 2769	20.00	160.00	The Hole In The Donut - 2737	-	512.00
Penasquitos Discussion - 871	20.00	20.00	The Joy of Living Group - 2636	270.00	342.73
Poinsettia Group - 2210	-	400.00	The Other Meeting - 857	316.80	933.04
Point Loma AA Discussion - 242	-	219.81	The We Group - 2739	-	378.20
Point Loma Mens - 245	50.00	50.00	The We Group Speakers - 2835	-	233.94
Point Loma Saturday Morning - 1240	75.00	75.00	The Womens Room - 450	-	80.00
Point Loma Tuesday Night - 2648	-	194.33	Three Gegacies Group - 2194	-	100.00
Practical Solutions - 2398	69.51	285.60	Thurs Pamphlet Disc - 2845	-	105.00
Progress Rather Than Perfection - 2682	-	286.20	Thursday Campus Noon Group - 2387	-	225.00
Pt Loma Fri Afternoon Step Study - 244	-	300.00	Thursday Night Sobriety - 475	-	50.00
Pt Loma Womens Discussion - 1608	-	250.00	Thursday Night Womens Speakers - 183	-	100.00
Rainbow Bridge - 817	20.00	40.00	Thursday Promises Promises - 749	-	282.05
Rainbow Group - 570	-	129.50	Thursday Steps - 646	-	325.00
Ramona High Noon - 2778	-	75.03	Tierrasanta Big Book Study - 1790	-	125.00
Ramona Men's New Vision - 1949	-	16.00	Tierrasanta Friday Night - 2645	105.00	315.00
Ramona Monday Night - 1618	-	49.00	Tierrasanta Morning Serenity - 2811	-	477.60
Ramona Way Of Life - 2772	-	80.00	Top of The Hill - 41	-	300.00
Resentment and A Coffee Pot - 2561	-	402.66	Torrey Pines Open Discussion - 94	-	370.10
Right Turn Group - 1900	60.00	305.00	Torrey Pines Thurs Nite Disc - 365	-	105.00
Rise & Shine - 2170	-	1,176.29	Traditions West - 2713	-	7.71
Rocket Riders - 1730	-	576.00	Tri-Serenity - 836	-	120.00
Round Table Discussion - 123	-	110.00	Tues Night Big Book Step Study - 1813	120.00	300.00
Rule 62 Group - 927	-	187.50	Tues Night Mens - 2123	-	134.00
S.D. Speakers Meeting - 152	-	307.00	Tuesday Campus Noon Group - 2544	-	225.00
Safe, Sane and Sober - 1350	-	1,000.00	Tuesday Morning Alpine - 440	-	111.20
San Carlos Single Purpose - 583	120.00	320.00	Tuesday Morning Breakfast Special - 2761	-	180.00
San Diego Doctors Step Study - 194	-	225.00	Tuesday Night Participation - 905	50.00	100.00
Santee Big Book Study - 1812	42.00	129.65	Tuesday Vision 4 U - 2775	-	40.00
Santee Sunday Nite Smokeless - 1705	-	90.00	Two A's Over Easy - 2106	-	170.00
Santee Thursday Closed Mixed - 145	-	72.50	University City Disc. - 368	-	131.25
Sat Mens Early Awakening - 2209	-	348.00	University City Womens - 369	-	750.00
Sat Night Early Discussion - 336	-	721.65	Valley Girls - 2617	-	413.53
Saturday A.M. Live - 782	-	160.00	Victory Group - 2108	-	120.00
Saturday Night Candlelight - 1914	40.00	160.00	Wake Up Call - 1932	-	40.00
Saturday Night Fervor - 208	-	80.00	Wandering Women - 2298	-	25.00
Saturday Nite Live - 2192	-	26.00	War Fever - 880	-	287.00
Scripps Ranch Men's Two - 2776	30.00	400.00	Warm and Friendly - 42	-	100.00
Searching and Fearless - 308	-	561.00	Water Walkers - 5	-	100.00

Senior Serenity Meeting - 209	-	100.00	Water Walkers Too - 1946	180.00	1,027.24
Serendipity Womens - 1642	-	25.00	We Agnostics - 2096	-	215.00
Serene-Tea - 2700	-	83.00	We've Come Along Way - 1616	-	120.00
Six Minutes To Sanity Meditation - 2647	-	50.00	Wed Nite Traditions Study - 2336	40.00	136.00
Six O'Clock Big Book Study 507	-	50.00	Wednesday Discussion Group - 2431	-	415.00
Sky Hi Womens - 1633	-	325.00	Wednesday Night Closed Topic - 165	-	75.00
Smokefree La Mesa Womens - 635	168.00	852.00	Wednesday Night Promises - 2167	-	50.00
Smokeless Drunks Luncheon - 1008	-	240.00	Weds Rule 62 Lunch Group - 687	-	210.00
So Bay New Womens - 2325	-	236.00	White Flag Outdoors - 2788	-	526.81
Sober Minded Leather Folk - 1882	-	178.06	Wholesale Miracle (Thurs) 2474	-	255.07
Sober Nooners - 196	-	326.89	Womans Gut Level - 1701	50.00	50.00
Sober Serenity Seekers - 887	-	550.60	Womans Let Go and Let God - 446	-	561.49
Sobriety On State And Date - 2697	-	535.88	Women In Harmony - 1807	-	350.00
Sobriety Seekers Step Study - 342	85.00	185.00	Womens Attitude of Gratitude - 2751	-	230.55
Sole Purpose Group - 1657	110.00	367.50	Womens Sober Sunday - 731	100.00	100.00
Solutions Not Excuses - 2857	-	189.50	Womens Step Study - 296	90.00	267.57
Sorrento Valley Nooner - 544	-	71.50	Womens Thursday Nite - 514	-	446.52
South Bay Mixed Discussion - 36	-	45.00	Womens TLC - 2814	-	33.00
South Clairemont - 305	-	265.69	Womens Way To Recovery - 838	-	40.00

### December Individual Contributions

Mark, Tom R. Nick C. Ingeborg B.  
 Jeff, Steve, Martin L., Larry N., Gail N.,  
 Thomas F. Gene K., Daniel Y., Bill M.,  
 Suzy Z., Julie S., Anonymous

2011 Holidays - Central Office Bookstore Closed		
HOLIDAY	DAY OF WEEK	DATE
Presidents' Day	Monday	February 21 <sup>st</sup>
Memorial Day	Monday	May 30 <sup>th</sup>
July 4 <sup>th</sup>	Monday	July 4 <sup>th</sup>
Labor Day	Monday	September 5 <sup>th</sup>
Veterans Day	Friday	November 11 <sup>th</sup>
Thanksgiving Day	Thursday	November 24 <sup>th</sup>
Christmas	Saturday	December 25 <sup>th</sup>

Revenue and Expense Statement December 2010	
Group Contributions	11,044.07
Individual Contributions	2,061.51
Literature & Interest	<u>1,810.97</u>
<b>Total Revenue</b>	14,916.55
Central Office Expenses	12,060.77
Committee Expenses	<u>503.78</u>
<b>Total Expenses</b>	12,564.55
December Net Revenue	2,352.00
2010 YTD Net Revenue	(6,907.80)

**CENTRAL OFFICE**  
 PHONE CALLS FOR **December 2010**

TOTAL CALLS FOR MONTH <b>2261</b>	<b>Meeting Info</b>	<b>General Info</b>	<b>XII Step Calls</b>
<b>DAYTIME VOLUNTEERS</b> From 9 am to 9 pm	<b>1441</b>	<b>520</b>	<b>26</b>
<b>NIGHT TIME VOLUNTEERS</b> From 9 pm to 9 am	<b>156</b>	<b>112</b>	<b>6</b>

**WEB SITE HITS: December = 10,322 Total 890,094**

**February 2011**  
**AFTER-HOURS PHONE GROUPS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Mission Hills Late Night	Mt Soledad Men's	San Diego Young Peoples	Friday Night Mens	Over The Bridge
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Adams Ave Big Book	Fresh Start Beginners	La Mesa Men's	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers
Dawn Patrol						
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
La Mesa Women's Sat Morning	Midnight Howlers	Safe, Sane and Sober	Evening Serenity	Fourth Dimension	Pacific Beach Young Peoples	Morning Attitude Adjustment
Mission Possible						
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Dignity Unlimited	Cedar St Men's	Southern Cal Speakers	Downtown Discussion	Imperial Beach Group	La Jolla Beginners	Drunks Only
Rainbow Group						
<b>27</b>	<b>28</b>					
Clairemont Mens	North Park Men's					
Lemon Grove Easy Risers						

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

# February 2011

## A.A. SERVICE EVENTS IN SAN DIEGO

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

## THINGS TO DO AND PLACES TO GO

### **IMPERIAL VALLEY ROUNDUP**

**At:** 225 A St, Brawley, CA - Lions Recreation Center  
**When:** February 11-14, 2011  
**Contact :**

### **Living Sober Workshop - District 20**

**At:** Fallbrook Public Utilities District Bldg  
**When:** Saturday February 12, 2011  
**Contact:** PAUL / [DCM\\_20@area8aa.org](mailto:DCM_20@area8aa.org)

### **7th Annual Congresso - Oficina Central Hispana**

**At:** San Diego Concourse Building - 202 C Street  
**When:** Friday February 18-20  
**Contact:**

### **South Bay Women Sponsoring Women Workshop**

**At:** 2720 Olympic Pkwy. Chula Vista, CA 91910  
**When:** March 26, 2011 9am-2pm  
**Contact:** contact Jane M [jmga@cox.net](mailto:jmga@cox.net)

### **General Service Workshop**

**At:** La mesa, CA - St Andrews Church  
**When:** March 26 9am-noon  
**Contact:** DCM for more details. Al - [Spudboy04@gmail.com](mailto:Spudboy04@gmail.com).

## SPEAKER MEETINGS

Check your Meeting Schedule for locations

### **Wednesday**

Coronado Weds Speakers - 8pm  
Fireside Speakers - 8pm

### **Thursday**

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

### **Friday**

Easy Does It Speakers - 8pm

### **Saturday**

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

### **Sunday**

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

### **Buck a Month Club**

**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  
  
A BUCK A MONTH CLUB

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.



### Seeds Of Hope

by Theodor L. Torrance, CA

If I wanted to inventory my program to date, I wouldn't judge it by its quantity—my length of sobriety. Not today. Today I'd gauge it by quality, which is deeper today than it was yesterday and not as deep as it will be tomorrow—if I keep coming back.

When I meditate upon this quality of sobriety, which is a free gift ever unfolding, I see that my journey is marked by certain and unfailing signposts: slogans, stories and principles, in that order.

For example, when I got sober, the very first slogan I heard was “Keep Coming Back,” so I kept coming back. Then I heard “Easy Does It” and “One Day at a Time,” and I discovered that just for today I could go without a drink. The next slogan to penetrate my fog was “Let Go and Let God.” In time I connected this one with the important message on page 449 of the Big Book and I found myself living soberly with unresolved problems, with less and less need to change or perfect people, places, and things.

And then there were the stories. My first sponsor was (and is) famous for the stories he told; short, pithy tales that packed a wallop for me and many others. Two stories in particular are uppermost in my mind and dearest to my heart, and I pass them on at every timely opportunity.

The first is an Eastern tale which goes something like this: a monk was walking along when he heard a loud noise behind him. He turned and saw two tigers bearing down on him. He ran as fast as he could, but came to the edge of a cliff. He saw a vine hanging down the side of the cliff, and he grabbed onto it and started down. About halfway down, he heard a terrible noise below him. He looked down and saw that two more tigers were waiting for him. Looking up, he saw the tigers at the edge of the cliff. He also saw that a rat was gnawing on his vine. Then, right at that moment, right in front of his face, he saw a big, ripe, juicy strawberry growing out of the side of the cliff. So he picked it and ate it with great delight. And that's called “living in the now.”

This story saves the day for me whenever I find myself fearing the past or worrying about the future.

It also reinforces the truth that “yesterday is a canceled check, tomorrow is a promissory note, and today is cash.”

Then there are those times (usually when I'm hungry, angry, lonely, or tired) when I let people, places, or things get to me, and my hard-earned serenity is threatened. That's when I think of the following story:

Two sober alcoholics were sharing the same room in a recovery home. One was tall, the other short. One night the tall one had to relieve himself, but he didn't want to walk down the hall to the bathroom, so he went over to the sink and relieved himself. The short man, partially awake, saw this, and his adrenaline soared. Early next morning he barged into the manager's office, purple with rage. He jumped up and down shouting: “What kind of place is this? That guy used the sink! I have to shave in that sink!” He was so mad that he stormed out of the office and raced down the street to the nearest bar and got drunk. Two weeks later he was dead, just because a man relieved himself in a sink.

End of story, but not end of message. My sponsor added this: “Sometimes we carry a sink around with us, just waiting for somebody to use it so we can get mad. Keep coming back and AA will show you how to throw away your sink.”

As far as I'm concerned, it was stories like these which prepared the soil of my alcoholic mind to receive the seeds of hope in the form of principles. I'm not prepared to claim that these are the principles referred to in the last part of the Twelfth Step, but they were presented to me by wiser men than I in this way:

By practicing Step One, I transform the character defect of dishonesty into the principle of honesty. By practicing Step Two, I transform the character defect of despair into the principle of hope. By practicing Step Three, I transform the character defect of fear into the principle of faith. By practicing Steps Four, Five and Six, I transform the character defect of cowardice into the principle of courage. By practicing Step Seven, I transform the character defect of arrogance into the principle of humility. By practicing Steps Eight, Nine, and Ten, I transform the character defect of irresponsibility into the principle of responsibility.

*(continued on next page)*

*(continued from page 14)*

By practicing Step Eleven, I transform the character defect of impatience into the principle of patience. By practicing Step Twelve, I transform the character defect of selfishness and self-centeredness into the principle of love.

When all is said and done, these essential ingredients in my personal recipe for living sober are not bricks of a building, but rather more like drops of water in a living stream in which I try to bathe at least once a day.

*Reprinted: Grapevine, July 1996, Vol. 53 No. 2*

### **The Tremendous Fact**

by W. H. Pittsfield, Mass.

Recently, my willingness to practice our principles was put to the test as I went down the job-hunting trail. The experience made me review Step Twelve. I remembered how unwilling I was to deal with the Steps at the beginning of my new life in Alcoholics Anonymous, how I'd fallen into the "two-stepping" illusion, as it is called in Twelve Steps and Twelve Traditions, and imagined I could get by on parts of the First and Twelfth. I remembered too, my difficulties with the Twelfth: what is the message? Must I have a spiritual awakening before I can carry the message? How long before I am able to practice these principles in all (or any of) my affairs? The message of Alcoholics Anonymous is simple. But since I was used to the company of my complexities I found it too difficult to grasp. I was not reading too well either and missed what it says on page 17 of the Big Book: "The tremendous fact for every one of us is that we have discovered a common solution. We have a way out...This is the great news this book carries to those who suffer from alcoholism."

Two very useful tools in the practice of the Twelfth Step are prayer and meditation. They help me keep the channels of communication open between me and Alcoholics Anonymous and between me and God as I understand him. As I have come forward in sobriety, trying to do my best a day at a time, I have awakened to such spiritual values as hope, trust, courage, patience, tolerance—yes, even happiness. I try to live up to this wide variety of freedoms, that I may further clean up my environment of open-mindedness. But, on that old job-hunting trail, I was under daily attack from one of my gravest defects, fear. It showed itself in two

chief ways and had to be dealt with by counterattack.

The first fear was the fear of ineptitude. Despair told me I had nothing to bring to the job market, and my self-esteem plummeted to an all-time low. With the help of sponsor and friends, I admitted I was powerless over the job market—that a job would not materialize with the snap of the fingers. Each day I renewed my decision to take action and to place my trust in the Power greater than myself (greater even than employment agencies). A day at a time, I reassured myself that I had not been brought this far in my AA way of life only to be abandoned. Taking a job-inventory was essential. What skills did I have? Was I willing to learn new ones? That, followed by a Fifth Step on work, left me hopeful again and even looking forward to the challenge.

The second fear was the fear of interviews. My old arrogance kept telling me I was above job-hunting and that personnel interviewers were notoriously unintelligent. By shining the light of restored sanity on those old attitudes, I was able to dispel them. While on the subject, let me pass along a tip that an AA friend shared with me. Job interviews work two ways. I am being interviewed to see if I will fit the job, but I am also interviewing to see if the job will fit me.

The job I finally landed brought me into contact with a supervisor whose inventory need taking—and I was just the one to do it! After a few days, it seemed that twelfth-stepping would be more in order. A few more days, and it became apparent that I was the one in need of twelfth-stepping. Thanks be for the Serenity Prayer, the guardian of my mind and the protector of my feelings. It is still the beacon that helps identify both my shortcomings and my strengths, my capabilities and my limitations.

"The point is," it says in the Big Book's chapter five, "that we are willing to grow along spiritual line. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection."

*Reprinted from: Grapevine, issue December 1998, Vol. 55 No. 7*

**SEE  
FLYERS  
FOLLOWING.**



# 2<sup>nd</sup> Annual – South Bay Women Sponsoring Women Workshop

Hosted by AA District 8

If you are a woman who sponsors, is looking for a sponsor, will sponsor in the future or has questions about sponsorship, this event is for you! Additionally, this event is fun and free. Potluck Style – Feel free to bring a dish to share.

**Saturday, March 26, 2011**

**9:00 a.m. to 2:00 p.m.**

**Registration 9:00 to 9:30**

**Guest Speakers  
Sobriety Countdown  
Round Table Discussion**



**Church at 2720 Olympic Pky, Chula Vista, CA 91915**

The meeting facility is located **near**, not in, The Olympic Training Center in Chula Vista.

**Coming to Chula Vista from 805 North or South:** Exit at Olympic Parkway/Orange Avenue and go **east** about 6.3 miles. Turn right into the first driveway after passing Olympic Vista Road. There is a traffic light at Olympic Vista Road.

**Coming to Chula Vista from the East County:**

**Toll Road Directions:** Take the 8 West Freeway to the 125 South. This is a toll road that will cost about \$4.00 to go one way. Exit the 125 South at Olympic Parkway and turn left to head east. Turn right into the first driveway after passing Olympic Vista Road. There is a traffic light at Olympic Vista Road.

**To Avoid the Toll Road:** Take the 8 West Freeway to the 54 West. Exit at Briarwood Road. Go right at the end of the Briarwood off ramp. Go right onto Sweetwater Road. Take a left at the traffic light at Central Avenue. Turn right onto Bonita Road. Turn left onto Otay Lakes Road. Go about 5 miles and take a left onto Olympic Parkway. Turn right into the first driveway after passing Olympic Vista Road. There is a traffic light at Olympic Vista Road.

For more information, e-mail [southbaywsw@gmail.com](mailto:southbaywsw@gmail.com) or contact Mary B. @ 619-420-4381 or Jane G. at 619-271-3063.