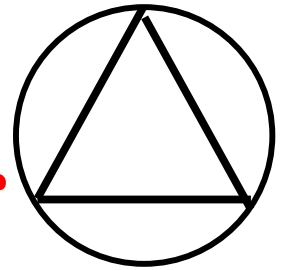


The San Diego AA Coordinator



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

*"Many AA's, especially those who have suffered these particular addictions, are now asking,
'What can we do about drugs--within our Fellowship, and without?'"*

Reprinted with permission from A.A.W.S. P35

FEBRUARY 2012

VOL. XII 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

**Boy Meets Girl on AA
Campus** (due 1/26)

APRIL

Sponsorship (due 2/23)

MAY

Two-Stepping (due 3/22)

Submit 500 to 1000 word story
to Newsletter Chair at:

sdaa.newsletter@gmail.com

For more information, see page 2

Problems Other Than Alcohol

by Thomas K.

Problems Other Than Alcohol is a topic that brings three major issues to the surface for me: doctor approved medication, outside help from doctors, and addiction to drugs other than alcohol. How do we handle these delicate issues? Two pamphlets: P-11, *The A.A. Member- Medication & Other Drugs* and P-35, *Problems Other Than Alcohol*, as well as the 12x12 and our Big Book offer answers to the questions we might have about these matters.

My experience with other drugs came as a result of a stroke. Being a stroke survivor my ability to function in society became dependent upon drugs. The stroke damaged my brain, and my ability to function in social situations was at the very best, difficult. The advice of Doctors and A.A. members was at odds in my gray matter that still functioned. If I took the mind-altering medication would I still be sober? Wasn't A.A. against taking pills? Would I be placed in assisted care for the rest of my life if I didn't? My neurologist and the chief physician kept adding new pills, drugs to my IV, and shots on a regular basis. I quickly found out There was no room for discussion. Refusal meant going against medical advice and grounds for being released from the rehabilitation center. Both doctors said "You do want to get better, don't you?" I stayed and took their advice and the recommended medication as this facility turned out to be my residence for ten weeks. I didn't like the way the medication made me feel but I was alive and recovering.

After I returned home many of the answers became very clear as I started going to A.A. meetings again. I read the pamphlets and found that on Page 4 of the P-11 pamphlet it states that "No A.A. member should 'play doctor'; all medical advice and treatment should come from a qualified physician." I was taking all medication as prescribed--the advice given by my doctors. By informing my primary physician that I am a member of A.A. some adjustments were made with no adverse effects to my health and my sobriety was not threatened. It further says that "active participation in the A.A. program of recovery is a major safeguard against alcoholic relapse," which I was doing.

If you read the experiences others have gone through it is helpful. While I found that at the group level these problems other than alcohol did distract from our primary purpose I quickly learned to confine my comments to the subject of alcoholism. People in the fellowship were very helpful before, after, and on the telephone. The meetings helped me stay focused on the fact that I still have the disease of alcoholism and without sobriety I couldn't function at all; perhaps I could die. *(Continued on page 14)*

ALCOHOLICS ANONYMOUS SAN DIEGO CENTRAL OFFICE

24 HOUR PHONE (619) 265-8762

OUR WEB PAGE www.aasandiego.org

E-MAIL: sdaaco@aol.com

FAX: (619) 265-2954

OFFICE & BOOKSTORE

Mon-Sat 9am-5pm

Central Office Manager: Connie J.

Administrative Assistant: Kathy M.

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

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

Submissions may be emailed to the newsletter chair at SDAA.newsletter@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	Nicki F.
After Hours Phones	Paul B.
Business Committee	Ray R.
New Coordinators	Carrie
Outreach Committee	Paul H.
Program Committee	TBD
Public Info Committee	Sallye M.
Newsletter/Coordinator	Thomas K.

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: Thomas K., Carolyn F. and Lisa O.

February Theme: Problems Other Than Alcohol

Collate: Wed., **January 18, 2012**
5:30 pm, at Central Office

Committee Meeting: Thursday, **Jan. 26, 2012**
6:00 pm, at Central Office

VIEW FROM THE CHAIR: I feel that the topic I've chosen **Problems Other Than Alcohol** for this issue is a sensitive one for many groups today. The majority of newcomers are dual addicted and this is something that we should be well informed about. I urge you to read pamphlet's P11 and P35 which deal with mental illness and medication, as well as dual addiction.

I encourage you to send me your thoughts about our March topic **Boy Meets Girl on A.A. Campus**. This is yet another sensitive issue that needs to be discussed. Articles should be 500-750 words. This is your newsletter so share your experience, strength, and hope with others.

Gratefully,

Thomas K.

Thanks to Our December 14th Collating Volunteers!

Groups Represented	Volunteers
Newsletter Committee	Thomas K.
Phone Volunteer	Ben L.
Alcoholics Anonymous	Sober Tom

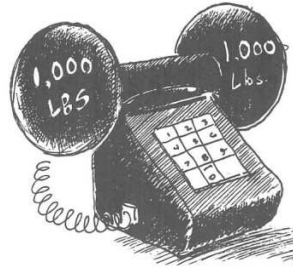
**We Desperately Need
Collating Volunteers for
January 18th**

Heard at Meetings

- Treat your mind like a bad neighborhood - don't go there alone.
- Ten out of ten people die, so don't take life too seriously.
- Be profound, funny or quiet.
- After you talk in a meeting, listen to hear if you said anything.
- I don't need your help today. Love, God.
- Our sickness is between our ears.
- Want to hear God laugh? Tell Him your plans.
- Don't expect to learn about people from books; a person can't fit in a bookcase.
- Now I can wake up and say, "Good morning, God!" rather than "Good God, it's morning!"
- When I turned myself over to God, I took my life out of the hands of an idiot.
- When the world comes to an end, it will do so without my permission.
- If you pray for a Cadillac and God sends a jackass, ride it.
- The man who sponsors himself has a fool for a sponsor.
- All I wanted was to control you, myself and everything else.
- My disease is an elephant. As long as I remember it's there, I won't get stepped on.
- Try praying. Nothing pleases God more than to hear a strange voice.
- Reality can be hell when you're only visiting.
- God save me from myself.

“A close, honest relationship with a Higher Power is the only solid foundation I've found for honesty with self and with others.”

Reprinted with permission from A.A.W.S.,
Daily Reflections, p. 117

***Be of Service.***

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!

Suzy Z.

Sunday Midday Group
January 23, 1976, 36 years

Thomas K.

Sunday Midday Group
January 5, 1977, 35 years

Birthday Gratitude

Name _____

City/Home Group _____

Sobriety Date _____

Amt. Enclosed _____

Please mail to:

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

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

Group and Meeting Changes

NEW MEETING

Relax and Recover

Rehab Ctr (kitchen) 2999 Health Ctr Dr
Wed @ 6:30 pm Linda Vista

RELOCATED

Morning Attitude Adjustment

Church 6301 Birchwood St
Mon-Fri 7 am Allied Garden
(was Med Office 8080 Parkway Dr La Mesa)

Radical Acceptance Morning Mtg

Office Bldg 5107 Waring Rd
Mon-Fri @ 7 am Allied Garden
(was Café 6171 Mission Gorge Rd Granville)

Rise & Shine

Church 3990 Bonita Rd & Willow St
Mon-Fri @ 7 am Bonita
(was 4660 Palm Ave Otay Mesa)

Round Table Discussion

Church 1370 Euclid Ave
Tue @ 7:30 pm Oak Park
(was 4405 Vandever Ave Grantville)

Free Thinkers Step Study

Comm Ctr 4044 Idaho St
Wed @ 6:50 pm North Park
(was Mon@7pm 2525 Bacon St Ocean Beach)

La Mesa Mens Codes: C M

Church 5150 Jackson Dr
Fri @ 8 pm La Mesa
(was 8111 Orange Ave)

Morning Attitude Adjustment (Sat)

Office Bldg 5170 Waring Rd
Sat @ 7 am Allied Gardens
(was Med Office 4405 Vandever Ave Grantville)

Morning Attitude Adjustment (Sun)

Office Bldg 5170 Waring Rd
Sun @ 7 am Allied Gardens
(was Med Office 4405 Vandever Ave Grantville)

REINSTATED

Conscious Contact Meditation

Church (alley-Fireside room) 4690 Palm Ave
Fri @ 7 pm La Mesa

CANCELED

Serendipity Womens Codes: C W

Church 545 E Naples St
Thu @ 12:45 pm Chula Vista

11th Meditate & Share

Med Office (1st Fl Rm 1A)
10990 San Diego Mission Rd
Fri @ 7 pm Grantville

Our Paths Are Our Own

...there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet.
Reprinted with permission from A.A.W.S.,
Alcoholics Anonymous, p.25

Coordinating Council Attendance

The following 58 groups attended January Coordinating Council
There are 760 registered groups in San Diego

WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, February 9, 2012

THANK YOU FOR YOUR SERVICE TO
ALCOHOLICS ANONYMOUS OF SAN DIEGO

13th St Mens
AA By The Bay
Allied Gardens Step Study
Casa De Oro Tradition Five
Cedar Street Mens
Chapter 5
Clairemont Mens
Daily Reflections
Downtown Discussion
Drunks Only
East Side Group
Easy Does It Riders
El Cajon Womens Serenity
Fourth Dimension Group
Free On Friday
Friday Night Irregulars
Gifts Of Grace
God Squad Too
Golden Hill Sun Discussion
Harmony Group
I.B. Up
Imperial Beach Group
Kelton Ave Big Book Study
La Mesa Beginners
La Mesa Mixed
La Mesa Step Study Workshop
La Mesa Womens Sat Morning

Little Apple Group

Mid-Week Mens

Mira Mesa Early Risers
Mira Mesa Friday Night
Miracles On Monday
Mission Hills Beginners
North Park Mens
Over The Bridge
Pacific Beach Young People
Point Loma Mens
Porter Hall Structured S/S
Progress Rather Than Perfection
Rainbow Group
Rule 62
S.D. Speakers Meeting
San Carlos Single Purpose
Santee Saturday Night Speakers
Santee Serenity Group
Santee Thursday Closed Mixed
Saturday A.M. Live
Sat Mens Early Awakening
Scripps Ranch Mens Two
Sky Hi Womens
Smokefree La Mesa Womens
So Bay New Womens
Sunday Midday
The Other Meeting
The We Group
Tues Night Big Book Step Study

Water Walkers Too

Womans Let Go And Let Go

A Glorious Release

“The minute I stopped arguing, I could begin to see and feel. Right there, Step Two gently and very gradually began to infiltrate my life. I can’t say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now. To acquire it, I had only to stop fighting and practice the rest of A.A.’s program as enthusiastically as I could.”

Reprinted with permission from A.A.W.S., Twelve Steps and Twelve Traditions, p. 27

After years of indulging in a “self-will run riot,” Step Two became for me a glorious release from being all alone. Nothing is so painful or insurmountable in my journey now. Someone is always there to share life’s burdens with me. Step two became a reinforcement with God, and I now realize that my insanity and ego were curiously linked. To rid myself of the former, I must give up the latter to one with far broader shoulders than my own.

Reprinted with permission from A.A.W.S., Daily Reflections, February 5

Minutes of the Coordinating Council
Thursday, January 12, 2012

Rick W. – Council Chair called the 799th meeting to order at 7:30 pm. 12 Traditions and Council Definition and Purpose were read. There were 20 new Coordinators, 0 visitors and 7 birthdays. 7th Tradition was \$88.75. Roll Call: Connie J., filling in for Nikki F. reported 58 groups were represented out of 86 registered Coordinators. There was a quorum (36) It was m/s/c to approve the minutes of December 2011 Council Minutes.

Area Assembly Dean B., Area 8, Alternate Delegate shared that the planning of Unity Day is to begin, 1st planning meeting at Central Office, Saturday, February 4th at 9 am. Pre-Conference Workshops will be February 25-27th where our Area Delegate and Alternate Delegate will present General Service Conference Agenda Items for discussion. All are welcome to attend. For information on all Area Events, please visit the area08aa.org website or contact Central Office at 619-265-8762.

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

AFTER HOURS PHONES: Paul B., Chair shared

- 1) All nights are currently filled.
- 2) Thank you to the current groups for your after-hours phone service.
- 3) Need groups to sign up to create a waiting list. Also, need of volunteers to be on "emergency fill-in list".

BUSINESS COMMITTEE: Ray R. Chair reported Committee met on Tuesday 1/10/12 at 6:00 pm. Present: Ray R., Jerry C., Gary C., Steve E., Leonard R., Rick W., Council Chair, and Connie J., Central Office Manager. Excused Absent: Nikki F., Asst Council Chair There was a quorum.

- 1) It was m/s/c to approve December 2011 Minutes.
- 2) It was m/s/c to approve December 2011 Financials.

December 2011 Financial Statements' Summary:

- a) Our December 2011 Net Revenue is \$4,438.48. Our 2011 YTD Net Loss is (\$3,831.08). Group and Individual Contributions were \$15,985.16. Literature Sales Revenue and bank interest was \$1,956.46 while total office and committee expenses were \$13,503.14 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: *Pass It On* (Bill W. Story) on sale: \$9.25 reg: \$10.00
- 2) Will be receiving CA Public Utilities CTF program (50% telephone discount offered to 501C3 organizations.)
- 3) 2011 year-end Literature Inventory-\$330 net loss, old schedules, bad stock, & shrinkage.
- 4) Central Office offers Gift Certificates for \$10-\$25 increments for holiday shopping.
- 5) *Coordinator Newsletter:* sign-up for a FREE subscription electronically by email. Send an email to sdaaco@aol.com or call 619-265-8762. Hard copies will continue to be available at Central Office. Currently emailing 1,350.
- 6) Sending group contributions receipts, with current event flyers by email.

Committee Member reports:

- 1) Ray R. – Kept abreast of Central Office Activities during the month.
- 2) Gary C. – Reviewed Dec bank deposits.
- 3) Jerry C. – signed checks, reviewed bank reconciliations and financial statements.
- 4) Steve E. – Meeting schedules available and distributed Coordinator call reminder lists.
- 5) Leonard. – prepares committee minutes.

Continued on page 6.

Continued from page 5.

Old Business:

- 1) Continued discussion on selling additional tokens at Central Office. It was m/s/c to purchase, using the same provider that the North County Central Office uses.

New Business:

- 1) Discussed upcoming renewal of Prudent Reserve CD. It was m/s/c to renew as is.
- 2) Business Committee needs one more member .

Ray responded to questions on tokens and Faithful Fiver Individual Contributions.

COORDINATOR NEWSLETTER Tom K., Chair reported committee met on Thursday, 12/22/11. Present: Linda F., Carolyn F., and Thomas K. Absent excused: Lisa O.

March's Theme: "Boy Meets Girl on AA campus". Submissions of 500-1000 words welcome. (Submissions due by January 26th) Send to sdaa.newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Come join in the fun. NEED groups to adopt a month to collate the newsletter.

COORDINATOR OUTREACH Paul H., Chair shared Help NEEDED from all current Coordinators in participation and outreach to invite groups to have an Intergroup Coordinator. Have prepared packets for you to take with you. We have a responsibility to the future of Alcoholics Anonymous with our group's voice and activity in service and unity.

ORIENTATION & GUIDELINES Frances reported committee met tonight at 6:30 pm. present: Frances, Jim and Duncan. Absent: Carrie

- 1) Orientated 11 new Coordinators.
- 2) Discussed duties of the Coordinator and orientation packets and questions. Read the "History of San Diego", Traditions 3 & 4, Robert's rules of order" and a Quorum.

PROGRAM COMMITTEE: Les, member shared committee met on 12/18/11 at 6:30 pm to finalize New Year's Eve Event.

- 1) Shared the event was enjoyed by attendees. Tickets sold were 353 and needed 410 to cover expenses. There was a \$986 shortfall. Committee will look at using smaller room.

- 2) Committee plans 3 annual events: Founders Day Picnic, Anniversary of AA in San Diego and New Year's Eve Event.

PUBLIC INFORMATION COMMITTEE:

Sallye M., Chair reported that the committee met on Monday, 1/12/12 at 6 pm.

- 1) Public Information Racks have been placed in
 - a. 11 with the Sweetwater High School District and 11 Young People's Posters.
 - b. 10 with the Grossmont High School District and 10 Young People's Posters.
 - c. 2 with Sharp Medical Rehab Center
 - d. 2 with Chase Medical Clinic
 - e. 2 at Doctor's Offices
 - f. 1 at Osteopathic Center-Midwife Training Class.
 - g. 1 at Iron Workers Local 229.
- 2) Working on placing 22 racks in San Diego High School District, Driving Schools and an Elder Care Medical Facility.
- 3) Received an email from Sweetwater High School facilitator expressing appreciation for the AA Big Books PI provided for their school libraries.
- 4) Approved Brad J. (7/18/04) to serve on committee. To approve at Council.

OLD BUSINESS:

- 1) Motion to amend Council Guidelines Section V paragraph D2, Coordinator Newsletter Committee, to add "*and to ensure that any topic or monthly theme for the newsletter be limited to those subjects addressed in AA Conference approved literature.*" 13 y 14 n Motion fails.
- 2) Carolyn F., Coordinator for Women Let Go Let God Group withdrew motion that the Coordinating Council considers an organized awareness campaign about the 7th Tradition tabled to next month.

NEW BUSINESS:

All approved unanimously to serve.

- 1) Public Information Committee: Brad J. (7/18/04) to serve.
- 2) Business Committee: Gary U. (sob 6-4-70)
- 3) Orientation Committee: Jym V. (11-13-02)

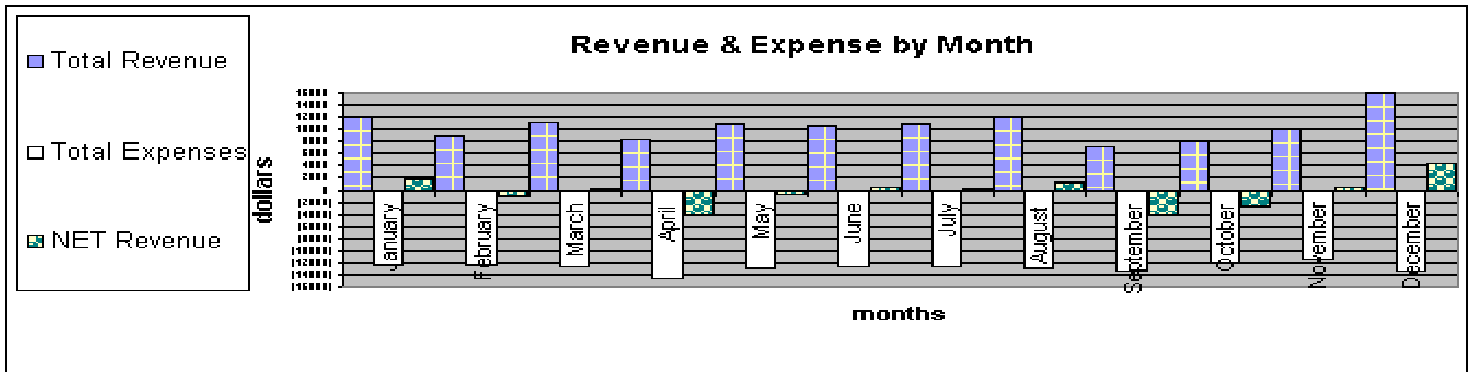
Respectfully submitted,

Connie J.

Connie J., Recording Secretary

December 2011 Statement of Revenue and Expenses

	December '11	December 10	YTD '11	YTD '10	\$ Change	Budget '11
Ordinary Revenue/Expense						
Revenue						
Contributions Group	13,977.30	11,044.07	113,597.80	113,375.58	222.22	118,384.00
Contributions Individual	2,007.86	2,061.51	10,647.78	11,418.95	(771.17)	9,650.00
Contributions SDIAA	-	-	1,240.00	1,030.00	210.00	1,125.00
Interest - Cert of Deposits	28.43	58.31	531.09	837.11	(306.02)	900.00
Total Revenue	16,013.59	13,163.89	126,016.67	126,661.64	(644.97)	130,059.00
Expense						
Accounting & Legal	60.00	125.00	2,600.00	6,050.00	(3,450.00)	2,650.00
Auto/Travel/Seminar	15.50	32.00	1,135.10	1,617.12	(482.02)	1,300.00
Bank Service Charges	2.00	2.00	76.14	122.54	(46.40)	125.00
Cash (Over) Short	(12.83)	(1.66)	(51.05)	63.91	(114.96)	(50.00)
Equipment Maint & Repair	35.27	205.40	606.97	275.40	331.57	500.00
Equipment Purchase	407.88	-	1,839.20	463.92	1,375.28	500.00
Insurance	250.00	50.50	800.00	334.63	465.37	1,100.00
Office Maint. & Repairs	-	-	33.00	77.11	(44.11)	500.00
Office Supplies	336.20	122.06	2,836.52	3,518.27	(681.75)	3,900.00
Rent	1,697.00	1,648.00	20,168.00	19,584.00	584.00	20,168.00
Taxes	-	-	64.45	83.49	(19.04)	80.00
Telephone	240.39	255.45	2,891.39	2,816.73	74.66	2,900.00
Utilities-Electricity	240.51	244.31	3,408.68	3,329.65	79.03	3,600.00
Website	20.00	20.00	339.30	310.30	29.00	500.00
EMPLOYEES			-			
Accrued Payroll Taxes	559.55	586.82	7,228.92	7,412.59	(183.67)	7,400.00
Employee Wages	7,174.86	7,670.85	89,066.32	89,885.85	(819.53)	89,990.00
Employee 403B Contribution	187.14	175.00	2,238.97	2,100.00	138.97	2,100.00
Employee Health Benefit	817.00	853.04	9,840.04	10,375.42	(535.38)	10,236.00
Insurance-Worker's Comp	(150.00)	50.00	512.00	636.50	(124.50)	850.00
Total Expense	11,880.47	12,060.77	145,633.95	149,079.43	(3,445.48)	148,349.00
Net Ordinary Revenue	4,133.12	1,103.12	(19,617.28)	(22,417.79)	2,800.51	(18,290.00)
Other Revenue/Expense						
Literature Revenue/Expense						
Sales (see schedule)	1,928.03	1,752.66	22,889.60	23,287.64	(398.04)	25,540.00
	1,928.03	1,752.66	22,889.60	23,287.64	(398.04)	25,540.00
Standing Committees Expense						
Committee (see schedule)	1,633.35	503.78	7,114.08	7,777.65	(663.57)	7,250.00
Total Other Expense	1,633.35	503.78	7,114.08	7,777.65	(663.57)	7,250.00
Net Other Revenue	294.68	1,248.88	15,775.52	15,509.99	265.53	18,290.00
Net Revenue	4,427.80	2,352.00	(3,841.76)	(6,907.80)	3,066.04	-



December 2011 Group Contributions

Group	Dec-11	Ytd 11	Group	Dec-11	Ytd 11
11th Step Journey-2622	242.00	742.46	Fourth Dimension Group - 2415	236.00	887.75
11th Step Meeting - 2322	-	105.25	Friday Morning Womens - 104	-	400.00
1207 Mens Stag - 2687	91.00	191.00	Friday Night Gratitude - 2829	-	67.50
3rd Eye Ladies Meditate - 2948	-	30.00	Friday Night Irregulars - 2889	-	115.00
4077 Mash Step 11(read-meditate-share) - 2027	-	106.50	Friday Night Santee - 1754	-	360.00
A Sense of Belonging Womens - 1205	-	155.80	Friday Nite Special - 2401	-	80.00
A Womens Meeting - 1717	-	398.75	Friday Nite Weeks End - 1856	-	120.00
Adams Avenue Big Book Study - 1892	75.00	375.00	Friday Spring Valley Lunch - 2732	-	90.00
Allied Gardens Friday Lunch - 766	-	200.00	Gilman Group - Fri 1988	49.44	295.01
Allied Gardens Step Study - 1629	-	250.00	Free At Last - 2888	-	168.26
Alpine Mixed Step Study - 2621	-	97.70	Free on Friday - 760	100.00	280.00
Annual Grateful Meeting - 2461	-	76.00	Free Thinkers - 2824	-	72.00
Another New Beginning - 144	-	50.00	Free To Be - 935	-	67.35
Artists in Sobriety - 2459	-	37.00	Fresh Air Friday - 266	-	700.00
As Bill Sees It (University Heights) - 1788	-	50.00	Fresh Start Beginners - 2609	234.95	1,335.87
As Bill Sees It (Coronado) - 2780	-	150.00	Fri Noon Living Sober - 2767	8.00	38.00
At Home Mens - 215	-	90.00	Friday Happy Hour - 2821	-	100.00
At One With Each Other - 789	-	300.00	God Squad Too - 2809	-	71.31
B.Y.O.B. - 203	-	360.00	Golden Hill Sun Discussion - 1706	149.94	284.94
Back to Basics - 1026	500.00	2,750.00	Goldmine Speakers - 2613	-	44.00
Back to Basics for Women - 1675	-	215.00	Good Fortune Hui Group - 491	-	400.00
Balboa Breakfast - 2721	125.00	527.55	Good Morning AA - 1888	-	104.85
Battery Chargers - 98	-	400.00	Great Fact Group - 895	-	150.00
Battery Chargers Thanksgiving Alkathon	-	8.00	Good News Bad News - 2833	-	56.00
Bay Park Step Study Group - 299	-	60.00	Happy, Joyous & Free - 363	-	75.00
Bayside Big Book Study - 1610	-	150.00	Harmony Group - 585	-	766.26
Beginners Steps To Sobriety - 1007	-	86.88	Haul Your Hiney Out of Bed - 704	-	50.00
Big Bon-Fire Meeting - 1894	-	286.00	Hi-Nooners - 673	-	28.00
Big Book & 12 x 12 Study - 100	20.00	115.00	How It Is - 960	-	150.00
Bonita Boozers - 2179	100.00	200.00	How It Is Now Speakers - 390	-	220.00
Bonita Womens Big Book - 2734	-	86.81	Hwy 80 AA - 2722	-	540.00
Breakfast Of Champions - 2818	100.00	900.00	I. B. Up - 2565	-	450.00
Cajon View Open Disc - 471	-	75.00	Imperial Beach Group - 79	-	224.13
Carrying the Message - 2458	-	366.00	It's in the Book - 2030	-	56.00
Casa De Oro Tradition Five - 503	-	525.00	Jamul Open - 63	-	100.00
Cedar Street Mens - 1698	-	930.92	Judges Big Book - 2736	-	30.00
Chula Vista 4 Min Speakers - 1568	-	500.00	Jump Start - 2174	300.00	500.00
Chula Vista Friday Night - 837	-	50.00	Kearyn Mesa - Clairemont Fri Night - 375	110.43	110.43
Citizens Again - 2658	-	332.50	Kelton Ave Big Book Study - 2410	87.00	289.65
Clairemont Daytime Step Study - 427	75.00	195.00	Kick Start Your Heart - 2430	-	30.00
Clairemont Discussion - 314	-	150.00	L.G.B.B. Study - 2301	2.00	2.00
Clairemont Mens - 301	-	1,200.00	La Jolla Basic B/B Study - 2154	31.00	461.00
Clairemont Mesa Step Study - 1997	-	50.00	La Jolla Beginners Group - 82	-	620.00
Clairemont Mixed Discussion - 338	70.00	195.00	La Jolla Beginners Womens - 83	-	133.00
Clairemont Step & Traditions Study - 482	-	50.00	La Jolla Discussion Group - 85	300.00	900.00
Clairemont Wednesday Group - 303	-	115.00	La Jolla Lunch Bunch - 622	180.00	399.00
Clairemont Womens - 340	-	463.93	La Jolla Mens - 692	-	75.00
Clairemont Womens Step Study - 341	95.00	604.50	La Jolla Monday Womens - 87	-	1,000.00
Class Acts - 1845	-	730.00	La Jolla Nonsmokers Disc - 88	125.00	825.00
Coffee Clutchers - 2332	-	450.00	La Jolla Patio Group - 613	-	440.20
Come As You Are - 2661	-	40.00	La Jolla Speakers - 578	-	381.45
Come Get Recovery - 2630	50.00	100.00	La Mesa Big Book - 1689	-	60.00
Conscious Contact Meditation - 2834	-	65.00	La Mesa Mens - 106	33.24	705.09
Coronado Beginners - 344	-	60.00	La Mesa Mid Morning - 2777	40.00	180.00
Coronado Big Book - 1644	-	50.00	La Mesa Mixed - 2136	-	450.00
Coronado Nooners - 497	150.00	1,721.20	La Mesa Step Study Workshop - 1621	-	82.00
Coronado Step Study - 1523	-	60.00	La Mesa Womens Sat. Morning - 416	50.00	200.00
Coronado Sunday Noon - 1830	-	513.36	Laguna Mountain Group	-	60.00
Coronado Sundowners - 1634	-	116.00	Lake Morena Sink or Swim - 2830	-	250.00
Courage to Change - 2679	-	100.00	Lake Murray Lunch Bunch - 2701	81.20	328.20
Cups - 2938	750.00	1,575.00	Lake Murray Womens - 572	-	184.28
D.D.G.T.M. - 767	115.48	707.19	Lincoln Ave Speakers - 2914	-	50.00
Dawn Patrol - 263	168.42	952.60	Linda Vista Thursday Night - 319	-	215.00
Designs For Living - 488	122.59	358.44	Little Apple Group - 1438	-	370.00
Diamond St Mens Step Study - 569	-	483.91	Living Free - 477	-	2,700.00
Dignity Unlimited - 205	-	304.00	Lost & Found - 2907	-	22.00
Downtown Discussion - 1665	55.40	938.76	Lunch With Bill W. Bunch - 774	-	827.75
Drunks Only - 1605	-	1,782.23	Lunchtime Friends - 964	52.40	262.00
Each Day A New Beginning - 509	183.00	816.32	Lushes Lunch Thursday - 2807	186.00	538.69
Early Morning Recovery - 2688	54.67	1,039.78	Lushes Lunch Tuesday - 2641	133.80	461.37
Early Risers (Coronado) - 1525	75.00	175.00	Medicine Wheel - 1852	-	14.00
Early Risers (PB) - 264	-	500.00	Men and Womens Monday Night - 95	60.00	245.00
East County Mens - 1905	-	50.00	Mens Step Study (CV) - 965	-	60.00
East County Young People Rule 62 - 2797	-	200.00	Mens Structured Step Study - 1469	-	176.00
East Side Group - 101	-	151.00	Mid-Week Mens - 560	-	419.00
Eastlake Greens Attitude Adjust - 2691	129.50	287.50	Midnight Howlers - 1025	100.00	1,340.00
Eastlake Greens Attitude Adjustment-Sun - 2712	-	520.00	Midway Bridge - 2171	-	122.01
Eastlake New Beginnings B/B S/S - 2673	-	180.00	Mira Mesa Beginners - 1827	65.00	65.00
Easy Does It Riders - 21	-	340.10	Mira Mesa Early Risers - 967	130.00	190.00
Easy Does It Speakers - 114	-	250.00	Mira Mesa Friday Night - 379	-	107.50
El Cajon Daytime - 52	-	720.00	Mira Mesa Monday Noon Mixed - 542	-	40.00
El Cajon Happy Hour - 61	-	60.00	Mira Mesa Womens - 411	-	356.46
El Cajon Womens Serenity - 77	65.00	265.00	Miracles on Mondays - 565	-	50.00
Evening in Harmony - 2864	100.00	250.00	Misfit Mens - 2486	100.00	130.00
Evening Serenity - 2305	-	224.89	Mission Bay Sat Night Speakers - 271	-	240.00
Eye Opener Group - 607	-	469.50	Mission Hills Beginners - 1612	-	110.00
Faculty Group - 1645	-	250.20	Mission Hills Late Night - 2773	-	180.00
Fletcher Hills Smokeless - 59	-	30.00	Mission Hills Lunch Bunch - 2675	250.00	2,650.00
Fountain of Youth - 2232	-	13.00	Mission Possible - 131	-	67.50

December 2011 Group Contributions

Group	Dec-11	Ytd 11	Group	Dec-11	Ytd 11
Monday At A Time - 2875	-	315.00	Sole Purpose Group - 1657	-	125.00
Monday Mens Gut Level Group - 677	-	225.00	Solutions Not Excuses - 2857	187.50	387.50
Monday Night Big Book Study - 2345	-	20.00	South Bay Mixed Discussion - 36	-	50.00
Monday Night Young People's StepStudy-2618	-	137.83	South Clairemont - 305	-	184.00
Monday Nite Live - 643	-	225.00	Spiritual Awakening - 2275	-	2,976.00
Morning Attitude Adjustment - 768	1822.14	2,397.14	Spiritual Awakenings Step Study -2601	-	100.00
Mother Earth Viejas Rez- 2019	-	10.00	Spring Valley Step Study - 125	70.00	110.00
Mt Soledad Mens - 717	-	1,050.00	Stadium Group - 372	-	60.00
National City Maintenance - 136	-	170.00	Step Sisters - 2155	-	294.30
New Beginnings (Sat) 2912	-	7.00	Step Up Step Study - 2817	50.00	125.00
Newcomers Rise & Shine - 2702	-	50.00	Steps To Recovery Group - 1169	-	22.00
Noon at the Grove - 628	-	460.00	Straight Shooters - 198	-	110.00
Nooners Anonymous - 1164	-	479.25	Sunday Beach Sun-Day - 568	350.00	1,650.00
Noontime on the Patio - 2203	-	450.00	Sunday Kind Of Love - 429	-	252.00
North Clairemont - 1102	50.00	322.20	Sunday Middy - 161	-	300.00
North Clairemont Sat Nooners - 2572	-	100.00	Sunday Morning at the Grove - 117	100.00	267.50
North Park Mens - 465	-	684.50	Sunday Morning Eleventh Step - 1206	-	345.00
North Shores Breakfast - 275	-	63.00	Sunday Morning Spiritual Meeting - 1700	-	150.00
Not Alone Speakers Group - 1652	-	56.00	Sunday Morning Sunshine - 407	-	40.00
O.B. Friday Night Big Book Study - 1316	-	150.00	Sunday Night Discussion - 212	-	100.00
OB Peer Group - 2130	-	200.00	Sunrise Promises - 2166	131.00	1,161.00
OB Womens Step Study - 2730	-	50.00	Sweet Surrender Speakers - 2254	-	92.92
Ocean Beach Tuesday - 246	-	200.00	Thankful Thursdays - 2542	-	75.00
Old Timers Breakfast - 2828	-	50.00	The Campus Meeting - 2911	-	78.44
Old Timers Group - 2037	100.00	200.00	The Gathering of the Goddesses - 2890	-	81.00
Old Town Speakers - 321	-	750.00	The Grapevine - 2794	-	25.00
On The Corner - 2384	-	167.40	The Hole in the Donut - 2737	-	40.00
One Step Ahead - 715	-	155.00	The Joy of Living Group - 2636	-	597.50
One Step At A Time Runners - 1664	-	159.57	The Other Meeting - 857	-	330.55
Open Minded Mens - 626	-	200.00	The Womens Room - 450	-	18.12
Original Tues Night Step Study - 2124	-	101.65	Three Legacies Group - 2194	-	98.00
Over The Bridge - 2689	244.08	751.84	Thursday Campus Noon Group - 2387	90.00	295.00
Pacific Beach Weekend Warmup - 725	342.46	803.26	Thursday Promises Promises - 749	-	312.50
Paradise Hills - 392	-	50.00	Tierrasanta Big Book Study - 1790	35.00	250.00
Pass It On Big Book Study Group -2860	-	903.88	Tierrasanta Friday Night - 2645	-	210.00
Pass It on Group - 170	-	30.00	Tierrasanta Happy, Joyous & Free - 2659	-	225.00
PB Young Womens - 2187	-	175.00	Tierrasanta Morning Serenity - 2811	40.00	474.00
Penasquitos 12X12 - 2759	-	80.00	Top of the Hill - 41	-	110.00
Penasquitos Discussion - 871	50.00	200.00	Torrey Pines Open Disc - 94	200.00	400.00
Poinsettia Group - 2210	-	200.00	Torrey Pines Thurs Nite Disc - 365	20.00	20.00
Point Loma AA Discussion - 242	-	170.00	Tri-Serenity - 836	-	40.00
Point Loma Mens - 245	-	90.00	Tues Night Big Book Step Study - 1813	-	270.00
Point Loma Nooners - 1606	159.00	417.17	Tues Morning Breakfast Special - 2761	100.00	320.00
Point Loma Saturday Morning - 1240	65.00	230.00	Tuesday Campus Noon Group - 2544	90.00	295.00
Point Loma Tuesdays Night - 2648	-	421.50	Tuesday Morning Alpine - 440	-	252.43
Porter Hall Group - 109	-	100.00	Tuesday Night Mens - 56	-	100.00
Porter Hall Structured S/S - 97	-	290.00	Tuesday Night Participation - 905	-	100.00
Practical Solutions - 2398	-	111.00	Tuesday Night Primary Purpose - 130	100.00	175.00
Progress Rather Than Perfection - 2682	-	384.00	Tuesday Vision 4 U - 2775	-	60.00
Pt Loma Fri Afternoon Step Study - 244	100.00	542.50	Twelve To Grow On - 541	60.00	60.00
Pt Loma Womens Discussion - 1608	-	475.00	Two Bit Speakers - 201	-	112.93
Rainbow Group - 570	-	125.00	University City Discussion - 368	-	50.00
Ramona High Noon - 2778	8.93	8.93	University City Womens - 369	225.00	725.00
Ramona Monday Night - 1618	-	83.00	Valley Girls - 2617	308.30	530.50
Ramona Wednesday Step Study - 141	-	20.00	Wake Up Call - 1932	-	35.00
Resentment and a Coffee Pot - 2561	160.00	410.00	War Fever - 880	-	136.00
Right Turn Group - 1900	-	370.00	Warm and Friendly - 42	40.00	40.00
Rise & Shine - 2170	152.71	923.98	Water Walkers - 5	50.00	100.00
Rocket Riders - 1730	-	464.00	Water Walkers Too - 1946	236.72	888.44
Round Table Discussion - 123	-	257.50	Way Up and Out - 415	-	235.00
Rule 62 Group - 927	-	169.36	We Agnostics - 2096	-	150.00
S.D. Speakers Meeting - 152	150.00	501.48	Wed Nite Traditions Study - 2336	-	40.00
Safe Sane and Sober - 1350	-	1,445.00	Wednesday Discussion Group - 2431	-	603.35
San Carlos Single Purpose - 583	100.00	190.00	Wednesday Night Closed Topic - 165	-	50.00
San Diego Doctors Step Study - 194	-	175.00	Wednesday Night Promises - 2167	-	75.00
San Diego Feeling Good	-	414.42	Wednesday Winners Circle - 496	-	552.50
Santee Big Book Study - 1812	240.00	240.00	Weds Rule 62 Lunch Group - 687	-	423.00
Santee Thursday Closed Mixed - 145	-	150.00	White Flag Outdoors - 2788	-	498.00
Sat Mens Early Awakening - 2209	-	725.00	Wholesale Miracle - 2474	-	83.00
Sat Night Early Discussion - 336	300.00	1,142.51	Womans Let Go and Let God - 446	-	236.75
Sat Night Live - 2173	-	120.00	Women In Harmony - 1807	50.00	365.00
Saturday A.M. Live - 782	200.00	383.60	Womens Attitude of Gratitude - 2751	20.00	266.92
Saturday Night Candlelight - 1914	-	40.00	Womens Sober Sunday - 731	-	153.00
Saturday Night Fervor - 208	-	15.00	Womens Step Study - 296	-	95.16
Saturday Night Live - 2192	-	54.60	Womens Thursday Nite - 514	-	210.92
Scripps Ranch Men's Two - 2776	100.00	300.00	Womens TLC - 2814	-	33.00
Serenity Seekers - 209	-	160.00	Womens Way To Recovery - 838	-	154.20
Singleness of Purpose - 2882	-	470.00			
Sky Hi Womens - 1633	50.00	290.00			
Smokefree La Mesa Womens - 635	120.00	492.72			
So Bay New Womens - 2325	-	175.00			
Sober Camel Speakers Meeting - 2296	-	100.00			
Sober Minded Leather Folk - 1882	-	164.82			
Sober Nooners - 196	-	584.14			
Sober Roses Womens Step Study - 2946	-	40.00			
Sober Serenity Seekers - 887	107.00	485.90			
Sober Survivors - 2915	-	218.50			
Sobriety Party (Ramona)	20.00	45.00			
Sobriety Seekers Step Study - 342	-	40.00			

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

2012 Holidays - Central Office Bookstore Closed		
HOLIDAY	DAY OF WEEK	DATE
Presidents' Day	Monday	February 20 th
Memorial Day	Monday	May 28 th
July 4 th	Wednesday	July 4 th
Labor Day	Monday	September 3 rd
Veterans Day	Monday	November 12 th
Thanksgiving Day	Thursday	November 22 nd
Christmas	Saturday	December 25 th

BOOK OF THE MONTH

January: "Pass it On" Story of Bill W. sale: \$9.25 reg: \$10.00

Revenue and Expense Summary December 2011	
Group Contributions	13,977.30
Individual Contributions	2,007.86
Literature & Interest	1,928.03
Total Revenue	17,913.19
Central Office Expenses	11,869.79
Committee Expenses	1,633.35
Total Expenses	13,503.14
December Net Revenue	4,438.48
2011 YTD Net Revenue	- 3,831.08



Adopt a Literature Rack!

Groups may provide information about AA by sponsoring a literature rack for display at high schools, hospitals, libraries, or churches...

Your AA Group makes a check payable to San Diego Central Office for \$20.00 and the Public Information Committee delivers the filled rack to the location and refills the racks when necessary.

Current Participating Groups and Individuals: North Park Mens, Scripps Ranch Mens Two, Womens Let Go and Let God, Bonita Womens, Casa De Oro Tradition Five, Bonita Boozers, Fresh Start Beginners, Balboa Breakfast, Downtown Discussion, Rancho Bernardo Group, Area 8 District 16 and Individual members.

On our aasandiego.org website Electronic Forms Page AA San Diego Central
Please click any of the following links to find the following forms:

San Diego Group & Meeting Changes	Group Inventory
12 Step Volunteer (phone, email)	Secretary Handbook
Public Information Speaker Request	Secretary Meeting Log Sheet
General Service Office New Group Registration	Suggested Open Meeting Format
General Service Office Group Change Form	Suggested Closed Meeting Format
After-Hours Phones Group Packet	AA Preamble
After-Hours Phones Group Sign-Up Sheets	How It Works
San Diego Coordinating Council Guidelines	AA Twelve Traditions
Bookstore Literature Price List	More About Alcoholism
Contributions Pie Chart with addresses	A Vision For You
Central Office Pamphlet	The Promises

CENTRAL OFFICE

11

PHONE CALLS December 2011

TOTAL CALLS FOR MONTH 1,963	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1,240	405	27
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	176	108	7

WEB SITE HITS: December = 11,097 Total 1,022,450

February 2012 AFTER-HOURS PHONE GROUPS

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

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

February 2012

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University Ave 6:00 pm Every Sunday <u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Ave Normal Heights 1:00 pm		Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University Ave 7:00 pm	<u>District 4</u> Church 7111 La Jolla Blvd La Jolla 6:30 pm	<u>Archives Committee</u> 6:45 pm Varies <u>District 9</u> ARC 298 E. Ross Ave El Centro 7pm <u>District 12</u> Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm	Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University Ave 6:30 pm <u>District 7</u> Club 1944 30 th St Golden Hill 6:30 pm	
5	6	7	8	9	10	11
	<u>Public Information Committee</u> Central Office 6 pm <u>District 8</u> Church School Rm12 760 1 st Ave Chula Vista	<u>Business Committee</u> Central Office 6:00 pm <u>District 19</u> Center 3909 Centre St Hillcrest 6:00 pm		<u>Coordinating Council</u> Church 2111 Camino Del Rio South Mission Valley 92108 <u>Orientation Committee</u> 6:00 pm <u>New Coordinators</u> 6:30 pm <u>Coordinator Outreach</u> 7 pm <u>Council</u> 7:30 pm <u>Area Agenda Committee</u> Central Office 7:00 pm		
12	13	14	15	16	17	18
<u>Grapevine Committee</u> Varies 1:30 pm	<u>Area Newsletter Committee</u> Keith's Restaurant I-15 & Miramar Rd 6:30 pm <u>Area Finance Committee</u> Central Office 6:30 pm <u>District 6</u> Denny's Restaurant 901 Camino Del Rio S Mission Valley 6:30 pm	<u>District 10</u> Church 490 Farragut Circle El Cajon 5:30 pm <u>District 13</u> Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00 pm	<u>Collate</u> <u>The Coordinator Newsletter Party</u> Central Office 6:00 pm	<u>Area Committee</u> Church 2650 Melbourne Dr Serra Mesa 7:00 pm <u>H&I Committee Orientation</u> Central Office 7:00 pm		
19	20	21	22	23	24	25
<u>H&I Committee</u> Union Hall 5150 Kearny Mesa Rd <u>Orientation</u> 12:00 pm <u>Business Mtg</u> 1:15 pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Area Computer Needs Committee</u> Denny's Restaurant 135 Encinitas Blvd, Encinitas 6:00 pm <u>District 14</u> Church 1475 Catalina Blvd Point Loma 6:30 pm	<u>The Coordinator Newsletter Committee</u> Central Office 6:00 pm		
26	27	28	29			
<u>Program Committee</u> Central Office 6:30 pm	<u>C.P.C. Committee</u> Central Office 6:30 pm <u>District 5</u> Church 5050 Milton St Clairemont 7:00 pm <u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm	<u>Accessibilities Committee</u> Central Office 7:00 pm				

Things to Do and Places to Go

Third Weekenders Campout

WHERE: Sweetwater Regional Park
WHEN: Feb. 17-19 (Fri – Sun)
Wagon Masters:

35th Annual San Diego Spring Round-Up

WHERE: Town & Country Resort Hotel
WHEN: April 5 – 8
COST: Advance Registration Discount until Feb. 20
Contact:
sdsrureg@gmail.com

2012 Imperial Valley AA Round-Up

WHERE: Lions Recreation Center
225 “A” Street, Brawley 92227
WHEN: Feb. 10-12 (Fri – Sun)
Contact:

4 Area DCM Sharing Session (5, 8, 9 & 93)

WHERE: Church - 5657 Lindley Avenue
Tarzana, CA 91356
WHEN: Saturday, Feb. 12
Contact:

Hospitals & Institutions (H&I) Orientation

WHERE: Machinists Union Hall
5150 Kearny Mesa Road San Diego, 92111
WHEN: Sunday, Feb. 19 @ Noon
Contact: Central Office 619.265.8762

PRAASA Pacific Region Areas Meeting

WHERE: Area 72 in Western Washington
WHEN: March 2 – 3 (Fri – Sat)
Contact: Central Office 619.265.8762

40th Annual ACYPAA Round-Up


WHERE: Ontario Convention
WHEN: March 15 – 18 (Thurs – Sun)
Contact:
zippo.138@gmail.com



**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.



(Problems Other Than Alcohol From Page 1)

The program reinforced my gratitude for having survived and taught me to be accepting of the stroke as a positive thing. Like my alcoholic drinking I was so very guilty of being a workaholic, doing it to the same extreme. Because I could no longer work I was now available to be of service. Today, several years later I'm able to share my experience through this writing. A stroke is the same as being bipolar; we're both mentally challenged but our outward appearance shows that we're fine. I'm able to accept my limitations without having to explain to the whole world what happened.

How does an A.A. group handle the question of dual addiction, something which is the norm for many people coming into our fellowship today? Our third tradition states that "the only requirement for membership is a desire to stop drinking." If a person is addicted to narcotics or other drugs and also has a history of alcoholic behavior they are most welcome as long as they can honestly answer yes to the question raised by the third tradition. Their comments should be confined to the subject of alcohol but the notion that only 'pure alcoholics' are welcome disappeared in the early days of our fellowship. If you read page 140 in the book *Twelve Steps and Twelve Traditions* this situation is clearly explained.

However, there is no way to make a nonalcoholic into an A.A. member. As a result the pill addict is welcome to attend an open meeting of A.A. but should not participate in it. As long as the group approves, anyone can attend. Our co-founder Bill Wilson in pamphlet P-35 *Problems Other Than Alcohol* makes this point very clear: "We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone." There is no reason why members with common addiction issues can't start their own group as long as it is not called an A.A. group or infer there is any affiliation. There is nothing to prevent the group from using the book *Alcoholics Anonymous* as a textbook.

For those of you who have spent time in the program you've seen and experienced that a spiritual way of living is some of the finest medicine that science can't offer. We are true miracles. However, that doesn't mean that we shouldn't hesitate to seek outside help. On page 133 of *Alcoholics Anonymous* it says "... God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons." My experience involved many hours with a psychiatrist and therapists who helped with my feelings and made me understand that I needed more than the twelve steps of *Alcoholics Anonymous*. I felt that I wasn't applying my program the way it was taught to me and as a result I became depressed. Some medical conditions, both physical and mental can occur such as impotency or brain maladies for which only a doctor can help. We must always remember that in A.A. we're not doctors.

Today when I hear or come up with some opinion about the program I always try to remember what an elder statesman had to say. "Tom, show me in the literature." I encourage you to read pamphlets P11 and P35. These publications will answer many of your questions. Don't be afraid to seek outside help. If medication is prescribed tell your doctor your situation and ask if there is an alternative. In my particular case I was prescribed a tens unit for pain which is an electronic device for pain instead of vicodin which eliminated the need of this addicting medication. Hopefully this article helped to answer your questions.

"We alcoholics see that we must work together and hang together, else most of us will finally die alone."

Reprinted with permission from A.A.W.S.
Big Book of Alcoholics Anonymous, p. 563

Alcoholic-Addicts

by Carolyn F., San Diego

Alcoholics Anonymous was founded and remains dedicated to helping those who have a desire to stop drinking alcohol. Fortunately, since AA's success, many anonymous programs have been created which closely follow our 12 step program. Many of us AAers are members of these other programs.

When I first started AA, I noticed an interesting phenomenon during introductions.

This phenomenon was the individual who announced himself/herself as an "alcoholic-addict". This label was confusing. I never understood it, especially in closed AA meetings. Honestly, many people who sit in the rooms of AA, including myself, have other addiction problems. My thought was, "Why single yourself out?" I thought that perhaps since so many of us think we are terminally unique, the dual label made the individual feel "better than" or "more sick than" others. While trying to figure it out, I actually built resentments these 'sicker than me' members.

Once I brought a close friend to my home group. I was surprised when she introduced herself as "an alcoholic-addict." Afterward, I asked why. She explained that alcohol had always made her violently ill, so after her disastrous youthful drinking experiences, she rarely drank. She promised that had the physical reaction been different, she would have been a raging alcohol just like her parents. Having "failed at alcohol", she turned to pills. After 20 years, she ended up with a severe, costly addiction to prescription pain meds. Her addict story was similar to AAers, living in denial, bargaining, switching from one drug to another, lying to loved ones, hiding her drugs, relapses, etc. During rehab, there were H&I sponsored AA meetings and the occasional trips to outside AA meetings. She got sober with AA as her foundation. After rehab she tried several meetings geared for drug addicts but never found the fellowship she had experienced with AA. So she started attending AA meetings and working the steps with a sponsor. But one night she was asked to leave a closed AA meeting because she introduced herself only as an addict. As a result, she now introduces herself as an "alcoholic-

addict." Occasionally she'll simply call herself "an alcoholic", though it doesn't feel honest to her.

While I still find the "alcoholic-addict" label intriguing, I no longer spend much time thinking about it. I think of my friend who tried, unsuccessfully, to become a drunk like me. She finds serenity in our rooms which is not available elsewhere. We have in common the desire to be sober and that works for me...and her!

By Bill W.

We cannot give A.A. membership to nonalcoholic narcotics addicts. But, like anyone else, they should be able to attend certain open A.A. meetings, provided, of course, that the groups themselves are willing.

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First Things First

Whether the family goes on a spiritual basis or not, the alcoholic member has to if he would recover. The others must be convinced of his new status beyond the shadow of a doubt. Seeing is believing to most families who have lived with a drinker.

Here is a case in point: One of our friends is a heavy smoker and coffee drinker. There was no doubt he over-indulged. Seeing this, and meaning to be helpful, his wife commenced to admonish him about it. He admitted he was overdoing these things, but frankly said that he was not ready to stop. His wife is one of those persons who really feels there is something rather sinful about these commodities, so she nagged, and her intolerance finally threw him into a fit of anger. He got drunk.

Of course our friend was wrong - dead wrong. He had to painfully admit that and mend his spiritual fences. Though he is now a most effective member of Alcoholics Anonymous, he still smokes and drinks coffee, but neither his wife nor anyone else stands in judgment. She sees she was wrong to make a burning issue out of such a matter when his more serious ailments were being rapidly cured.

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