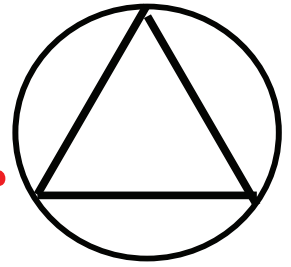


The San Diego AA Coordinator



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

"Our Liquor was but a symptom. So we had to get down to causes and conditions." (from Big Book page 64)

February 2014
VOL. XIV 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

Connecting with a High Power
(due 1/19/14)

APRIL

Why do I have to do an inventory?
(due 2/16/14)

MAY

Resentments
(due 3/16/14)

Submit a 500 to 1,000 word story
to Newsletter Chair at:
sdaa.newsletter@gmail.com

I JUST DON'T PICK UP TODAY

By Rick R.

There was a time in recent years that it was not uncommon to hear people in A.A. meetings, with their fist held up as a symbol of triumph, stating that, "I JUST DON'T PICK UP TODAY," and that became their mantra. I wondered if they were reading out of the same two books that I was. When I decided to give the A.A. way of life a try, I, too, thought that it was all about the drinking and I was under the impression that they were going to help me to stay on the wagon or something like that. I try not to offend people who think that it's all about not drinking, and I don't judge them for it either. I do, however, sincerely wish the best for them and I pray that they will, eventually, want more than just the absence of alcohol (and drugs).

I seldom hear people that are married and have families that are satisfied with just being dry. Once I became a father, I was faced with the reality that it was not just all about "me" and "just not drinking today," and that's where the rest of the Steps came in. It is important that we put the bottle down and don't pick up in our early days of sobriety as none of the rest of the Steps can be taken short of total abstinence. We must be very vigilant in the beginning, but there comes a time when, if we are fortunate enough to recognize the possibilities that lay before us as the result of embracing the program in its entirety, we settle into the process of resolving all of those failed beliefs that brought us to our knees in the first place. If I were single and had no one else depending on me, I could do it any way I saw fit; but, that's just not the case. I have a family that needs more than a sober horse thief (so to speak). They require my full attention.

Is the Big Book wrong when it says the following?

"We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself. Step over to the nearest barroom and try some controlled drinking. Try to drink and stop abruptly. Try it more than once. It will not take long for you to decide, if you are honest with yourself about it. It may be worth a bad case of the jitters if you get the full knowledge of your condition." Reprinted with permission from A.A.W.S., Alcoholics Anonymous, pages 30 and 31.

The main point is that you get full knowledge of your condition.

Step One in the 12X12 is only four pages long (short and to the point). On the third of those four pages, it says the following:

"To the doubter we could say, "Perhaps you're not an alcoholic after all. Why don't you try some more controlled drinking, bearing in mind meanwhile what we have told you about alcoholism?" This attitude brought immediate and practical results. It was then discovered that when one alcoholic planted in the mind of another the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself, "Maybe those A.A.s were right. . . " After a few such experiences, often years before the onset of extreme difficulties, he would return to us convinced. He had hit bottom as truly as any of us. John Barleycorn had become our best advocate. Reprinted with permission from A.A.W.S., Twelve Steps and Twelve Traditions, pages 23 and 24.

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-Fri 9am-5pm Sat 9 am-1pm

Central Office Manager: Connie J.

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 before the fourth Thursday of the month at 6PM, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 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	Jim M.
Council Assistant	Steve E.
After Hours Phones	
Business Committee	Kate C.
New Coordinators	Blaine H.
Outreach Committee	NEED ONE
Program Committee	NEED ONE
Public Info Committee	Matt Mc
Newsletter/Coordinator	Chris F.

Area Officers:

Delegate	Dean B.
Alternate Delegate	Jane G.
Area Chair	Roxanne R.
Archives	Linda R.
H & I Director	Diana A.
Young People's Committee	TBD

Contributors: Bob S., Suzanne, Michael, Rick R., Chris F.

Feb. Theme: **I thought Sobriety Meant Just Not Drinking**

Collate: Wed., February 19, 2014
5:30 pm, at Central Office

Committee Meeting: **All are welcome.**
Wed. 2/19 right after
the Collate @ Central Office

VIEW FROM THE CHAIR

This month we discuss the idea that Sobriety Meant Just Not Drinking.

This theme takes many shapes, as shown in the enclosed articles; and, I personally take this theme in the spirit of being of service. It is one reason why it is appropriate for me to take on my new duties as the Chair of the Newsletter Committee, effective this issue. As I am handed the torch by outgoing Chair Carolyn, I thank her for her service and hope that I can continue to meet the high standards she set for this publication.

Remember, we have a new section on page 3 for your poems, songs, or your wisdom.

The Newsletter Committee continues to need members to write articles, write poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large! Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to: sdaa.newsletter@gmail.com.

We have professional writers and editors on staff and **we can make you look good in print.**

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

Thank you for allowing me to serve,
Chris F.



HELP WANTED

The Coordinator Newsletter Committee has immediate openings on the committee for writers. No experience necessary. Email your submission to sdaa.newsletter@gmail.com

Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your own original poem and help make Page 3 our poetry page each month.

Please submit your poems to:
sdaa.newsletter@gmail.com – 200 words or less.

~ § ~

IT REALLY WAS THAT SIMPLE

By Chris F.

My first Sponsor set me to work not long after our first meeting. As is his custom, he did not try to reinvent the Program as it was given to him. He literally did for me EXACTLY as his Sponsor had done for him. We quickly got through Steps 1, 2 and 3, and then he gave me the “packet.” I know now that this “packet” does not exist anywhere in our literature. It was just a simple way to introduce me to the Program precisely as he had been introduced to it. What the “packet” is made of is 11 pages and contains a recipe for sobriety which I have used and given to my Sponsees over the years:

- ❖ 1 Inspirational Quote
- ❖ 12 Daily Actions To Be Happy, Joyful, and Free
- ❖ 4 Morning Prayers
- ❖ 20 Quotations from the Big Book to meditate upon
- ❖ Instructions for Steps 4 though 10

All of the contents are inspired by, or even directly taken from, AA literature. Nowhere does it say “do not drink.” What my Program is about is about living Happy, Joyous and Free without alcohol. It is really just that simple.





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

Call Connie at
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!

Joe C. 1/1/1989 25 years
4th Dimension Group

Suzy Z. 1/23/1976 38 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.

MEETINGS IN MOTION

<p align="center"><u>Group and Meeting Changes</u></p> <p align="center">**REACTIVATED**</p> <p>Women Surviving Together Alano Club 6901 Central Ave Codes: *CW Saturday @ 2:00 pm Lemon Grove</p> <p align="center">**RELOCATED**</p> <p>Warm And Friendly Church 545 E Naples St Codes: * Wednesday @ 7:15pm Chula Vista Was: 760 1st Ave</p> <p>Chula Vista 4 Min Speaker Church (Lower Level) 580 Hilltop Dr Codes: *C Friday @ 6:30 pm Chula Vista Was: 760 1st Ave</p> <p>Friday Happy Hour Church 393 H St Codes: *CF Friday @ 7:30 pm Chula Vista Was: 760 1st Ave</p> <p align="center">**NEW**</p> <p>Thirsty For AA Codes: * Store 8790 Cuyamaca St # D Santee Daily @ 5:30 pm</p>	<p align="center">Coordinating Council Attendance</p> <p align="center">The following 44 groups attended December Coordinating Council</p> <p align="center">There are 760 groups in San Diego</p> <p align="center">WAS YOUR GROUP THERE?</p> <p align="center">NEXT COUNCIL MEETING IS: THURSDAY, FEBRUARY 13, 2014</p>			
<p align="center">Membership Rules:</p> <p>Around 1943 or 1944, the Central Office asked the groups to list their membership rules and send them in. After they arrived we set them all down. A little reflection upon these many rules brought us to an astonishing conclusion. If all of these edicts had been in force everywhere at once it would have been practically impossible for any alcoholic to have joined A.A. About nine-tenths of our oldest and best members could never have got by! At last experience taught us that to take away any alcoholic's full chance for sobriety in A.A. was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared to be judge, jury, and executioner of his own sick brother?</p> <p align="center">Reprinted with permission from As Bill Sees It, p. 41</p>	<p align="center">THANK YOU FOR YOUR SERVICE TO ALCOHOLICS ANONYMOUS OF SAN DIEGO</p> <table border="1"> <tr> <td data-bbox="683 604 1068 1318"> <ul style="list-style-type: none"> 11th Step Journey 3rd Eye Women Meditate AA By The Bay Allied Gardens Step Study Alpine Group Back To Basics For Women Battery Chargers Cedar Street Mens Chapter 5 How It Works Clairemont Mens Clairemont Women's Step Study Drunks Only El Cajon Serenity Eye Opener Group Fourth Dimension Group Free At Last Fresh Start Beginners Friday Night Irregular Group Friday Nite Weeks End God Squad Too Golden Hill Sun Discussion Harmony Group </td> <td data-bbox="1068 604 1453 1318"> <ul style="list-style-type: none"> I.B. Up Jump Start La Jolla Speakers La Mesa Mens La Mesa Step Study Workshop Midway Bridge Mid-Week Mens Monday @ A Time North Park Mens Old Town Speakers Over The Bridge Point Loma Mens Rule 62 Sat Mens Early Awakening Scripps Ranch Mens Two Sky Hi Womens Sobriety On State And Date Southern Cal Speakers The We Group We Are Not A Glum Lot Big Book Weekending Step Study War Fever </td> </tr> </table>		<ul style="list-style-type: none"> 11th Step Journey 3rd Eye Women Meditate AA By The Bay Allied Gardens Step Study Alpine Group Back To Basics For Women Battery Chargers Cedar Street Mens Chapter 5 How It Works Clairemont Mens Clairemont Women's Step Study Drunks Only El Cajon Serenity Eye Opener Group Fourth Dimension Group Free At Last Fresh Start Beginners Friday Night Irregular Group Friday Nite Weeks End God Squad Too Golden Hill Sun Discussion Harmony Group 	<ul style="list-style-type: none"> I.B. Up Jump Start La Jolla Speakers La Mesa Mens La Mesa Step Study Workshop Midway Bridge Mid-Week Mens Monday @ A Time North Park Mens Old Town Speakers Over The Bridge Point Loma Mens Rule 62 Sat Mens Early Awakening Scripps Ranch Mens Two Sky Hi Womens Sobriety On State And Date Southern Cal Speakers The We Group We Are Not A Glum Lot Big Book Weekending Step Study War Fever
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<p align="center">"The Belief Will Come"</p> <p>I no longer find it necessary, as I did for years, to prove my disbelief in God by my every thought and deed. Nor do I find it necessary to prove myself to others. No-the only accounting and the only proving I have to do is to myself and to God, as I understand Him (or don't understand Him). I'm sure that I shall err from time to time, but I must learn to forgive myself, as God has forgiven me for my past. I think I have had a spiritual awakening, as undramatic as it may have been, and that it will go on and on as long as I continue to practice this program in my daily affairs. To me, there is no "spiritual side" to the program of Alcoholics Anonymous; the entire program is spiritual.</p> <p align="center">Reprinted with permission from Came to Believe, pgs. 47 & 48</p>	<p align="center"><u>Alcoholics Anonymous p. 33</u></p> <p><i>Several of our crowd, men of thirty or less, had been drinking only a few years, but they found themselves as helpless as those who had been drinking twenty years. To be gravely affected, one does not necessarily have to drink a long time nor take the quantities some of us have. This is particularly true of women. Potential female alcoholics often turn into the real thing and are gone beyond recall in a few years. Certain drinkers, who would be greatly insulted if called alcoholics, are astonished at their inability to stop. We, who are familiar with the symptoms, see large numbers of potential alcoholics among young people everywhere. But try and get them to see it!</i></p> <p align="center"><i>Reprinted with permission from Alcoholics Anonymous pgs. 33 & 34</i></p>			
<p align="center">Thank you Day Time Phone Volunteers For Carrying The Message!</p>				

Minutes of the Coordinating Council
Thursday, January 9th, 2014

Jerry C. – Council Chair called the 823rd meeting to order at 7:30 pm. Twelve Traditions read by Peggy Rose. Council Definition and Purpose read by Mike. There were 16 new Coordinators and 4 birthdays. 7th Tradition was \$58.13

Roll Call: Nikki F., Assistant Council Chair reported 44 groups were represented out of 56 registered Coordinators. There was a quorum (27). November and December minutes were approved.

Area Assembly: Peggy Rose, Alt Area Registrar shared Orientation Area Assembly will be this Saturday, Jan 11th. PRAASA will be on the first weekend here in San Diego on the 1st weekend in March. Come see service.

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

We currently have 300 panels. We have more requests to bring a meeting in than we have volunteers, so we are always looking for new members. Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3rd Sunday @ 12:00 pm at Hall 5150 Kearney Mesa Rd 92111 and 3rd Thursday @ 7 pm at Central Office 7075-B Mission Gorge Rd 92120.

Contact on Release's purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual to take them to their first few meetings. NEW WEBSITE: sdhandi.org

AFTER HOURS PHONES:

**The 25th of each month is an
 OPEN NIGHT.**

BUSINESS COMMITTEE: Steve E., Chair reported Committee met on Tuesday, 1/7/14 at 6:00 pm. Present: Steve E., Kate C., Frank B., Andrea K., Nikki F., Jerry C., Council Chair, and Connie J., Central Office Manager.

There was a quorum.

October, November and December Minutes were reviewed. M/s/c to approve.

October, November and December's Financials Statements were reviewed.

M/s/c to approve.

December Financial Statements' Summary:

December's 2013 Net Revenue is \$5,640. Our 2013 YTD Net Revenue is \$8,133. Group and Individual Contributions were \$15,970. Literature Sales Revenue and CD Bank Interest was \$1,384, while total office and committee expenses were \$11,714. 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: \$6.60
2. February's Book of the Month: "*Pass It On*" on sale: \$9.00
3. Daytime phone shifts available:
 - a. Alternate Fridays 1 pm – 5 pm.
 - b. Need for fill-ins.
4. Central Office has Wi-Fi for phone volunteers.
5. Group Secretaries/Treasurers: please include email address with group contributions, so we may send a receipt. As a result of this process we have reduced our expenses.
6. Coordinator Newsletter: sign up for a FREE subscription electronically by email. Send an email to sdaaco@aol.com or call 619-265-8762.

Continued on page 6.

Continued from page 5.

Committee Member reports:

1. Steve E. – kept abreast of Central Office during month.
2. Kate C. – Signed checks and reviewed monthly financial reconciliations.
3. Andrea K. – prepared minutes.
4. Nikki F. – distributed call lists.
5. Jerry C. – attended Area Committee.

Old Business: There was none.

New Business:

1. Elected Chair: Kate, Treasurer: Frank.
2. Arranged to go to bank to change signature cards.

COORDINATOR NEWSLETTER Chris F., Thank you to all of the stories received for inclusion in our newsletter.

NEW is a section for AA recovery poems. Please submit your poems. Even a limerick is acceptable. Please keep under 200 words.

March's Theme: "Connecting With A Higher Power" Submissions of 500-1000 words welcome. Send to sdaa.newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Committee NEEDS HELP each month to collate your Coordinator Newsletter. Approximate 1 hour of service. Come join in the fun.

COORDINATOR OUTREACH Jennifer, Chair expressed the importance in encouraging other groups to have an Intergroup Coordinator so that they may participate in the group conscience of AA in San Diego. Invited Coordinators to invite other groups they attend without a Coordinator to come participate.

ORIENTATION & GUIDELINES John C. reported committee met tonight at 6:30 pm. Present: John and Blaine.

There were 14 new Coordinators.

1. Read traditions 4 & 5 and History of AA in San Diego. Explained quorum and reviewed Roberts Rules of Order. Discussed duties of the Coordinator and orientation packets and questions.

PROGRAM COMMITTEE: Terry L., Chair New Year's Eve Event went well. Everyone seemed to be enjoying themselves including newcomers that this was their first sober New Year's Eve. **All members are rotating off of this committee. No 2014 events will be planned until committee has new members.**

PUBLIC INFORMATION COMMITTEE: Matt., Chair reported committee met on 1/6/14.

1. P.I. workshop on Saturday, January 18th – Speaker -Terry L.
2. Libraries – refill Big Books
3. Colleges – Pamphlet racks.
4. E.R.'s and Doctor's Offices – Racks
5. Upcoming Community Fair, Womens Fair, and Health and Safety Fair.

OLD BUSINESS: There was none.

NEW BUSINESS:

1) Elections for 2014

All elected unanimously to serve.

- Council Chair: Jim M. (sob 7/17/92)
- Assistant Chair: Steve E. (sob 5/7/98)
- After-Hours Phone Committee:
Tony (sob 12/29/01) and Sallye M. (sob 5/16/83)
- Business Committee: Dan (sob 3-6-07)
- Coordinator Newsletter: Jeri (sob 1/21/80)
- Orientation Committee: **Need 2 members.**
- Outreach Committee: Matt (sob 8/5/2011).
- Program Committee: **Need 6 members.**
- Coffee Maker: Steve E.

Thank you to everyone rotating off for your service to Alcoholics Anonymous and welcome to newly elected committee members.

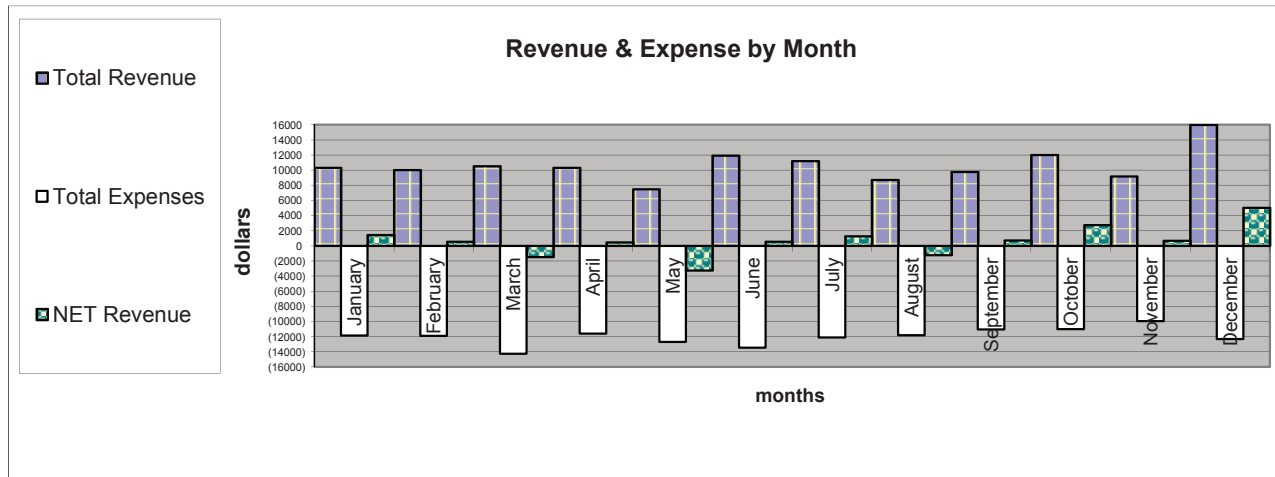
Respectfully submitted,

Connie L.

Connie L, Recording Secretary

**San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of December 31, 2013**

	December 13	December 12	YTD '13	YTD '12	\$ Change	Budget '13
Ordinary Revenue/Expense						
Revenue						
Contributions Group	9,201.53	8,385.44	108,626.90	113,997.49	(5,370.59)	115,562.00
Contributions Individual	6,768.81	2,529.54	17,556.45	16,025.73	1,530.72	8,844.00
Contributions SDIAA	-	-	1,100.00	1,110.00	(10.00)	1,110.00
Interest - Cert of Deposits	7.75	24.38	202.65	297.09	(94.44)	300.00
Total Revenue	15,978.09	10,939.36	127,486.00	131,430.31	(3,944.31)	125,816.00
Expense						
Accounting & Legal	60.00	60.00	2,540.00	2,540.00	-	2,540.00
Auto/Travel/Seminar	27.75	35.25	964.81	1,367.44	(402.63)	1,300.00
Bank Service Charges	2.00	2.00	24.00	62.06	(38.06)	125.00
Cash (Over) Short	0.72	0.69	6.13	(50.63)	56.76	(50.00)
Equipment Maint & Repair	51.40	35.27	642.86	707.12	(64.26)	500.00
Equipment Purchase	215.33	-	1,097.52	436.68	660.84	500.00
Insurance	66.00	66.00	801.00	800.00	1.00	1,100.00
Office Maint. & Repairs	50.00	-	154.79	277.64	(122.85)	500.00
Office Supplies	511.31	544.56	3,180.94	2,999.51	181.43	3,500.00
Rent	1,800.00	1,748.00	21,392.00	20,772.00	620.00	21,392.00
Taxes	-	-	60.00	125.25	(65.25)	80.00
Telephone	208.24	207.76	2,438.46	2,371.83	66.63	2,100.00
Utilities-Electricity	210.63	204.70	3,731.78	3,686.28	45.50	3,600.00
Website	20.00	20.00	341.30	339.30	2.00	500.00
EMPLOYEES						
Accrued Payroll Taxes	477.60	532.11	6,763.55	6,901.38	(137.83)	7,325.00
Employee Wages	5,866.70	6,946.86	81,154.23	83,878.32	(2,724.09)	86,314.00
Employee 403B Contribution	177.14	187.14	2,215.68	2,245.68	(30.00)	2,100.00
Employee Health Benefit	500.16	854.66	9,199.54	9,684.26	(484.72)	10,380.00
Insurance-Worker's Comp	50.00	50.00	600.00	600.00	-	475.00
Total Expense	10,294.98	11,495.00	137,308.59	139,744.12	(2,435.53)	144,281.00
Net Ordinary Revenue	5,683.11	(555.64)	(9,822.59)	(8,313.81)	(1,508.78)	(18,465.00)
Other Revenue/Expense						
Literature Revenue/Expense						
Sales (see schedule)	1,376.34	1,315.69	23,969.16	25,834.74	(1,865.58)	25,650.00
	1,376.34	1,315.69	23,969.16	25,834.74	(1,865.58)	25,650.00
Standing Committees Expense						
Committee (see schedule)	1,419.35	524.09	6,013.85	5,266.11	747.74	7,185.00
Total Other Expense	1,419.35	524.09	6,013.85	5,266.11	747.74	7,185.00
Net Other Revenue	(43.01)	791.60	17,955.31	20,568.63	(2,613.32)	18,465.00
Net Revenue	5,640.10	235.96	8,132.72	12,254.82	(4,122.10)	-



Contributions December 2013

Group	Dec-13	Ytd 13	Group	Dec-13	Ytd 13
11th Step Meeting - 2322	-	110.00	Evening Serenity - 2305	-	747.48
11th Step Journey - 2622	379.00	379.00	Eye Opener Group - 607	-	1,232.96
12 x 12 and BB - 2839	-	100.00	Faculty Group - 1645	-	446.40
24 Hour Mixed - 370	-	40.00	Fairmont Park Discussion - 2832	100.00	100.00
3rd Eye Womens Meditate - 2948	-	70.00	First Mira Mens - 300	-	180.00
4077 Mash Step 11 Meditate&Share-2027	-	80.00	Fishermans Group -9	-	100.00
A Sense of Belongng Womens - 1205	-	407.44	Fourth Dimension Group - 2415	-	403.76
A Womens Meeting - 1717	-	362.50	Free At Last - 2888	-	280.50
AA By The Bay - 629	125.57	596.39	Free on Friday - 760	-	300.00
AA Comes Of Age Big Book - 2800	-	87.94	Free Thinkers - 2824	107.08	259.82
Acceptance is the Answer - 2974	-	80.00	Free to Be - 935	-	62.34
Adams Avenue Big Book Study - 1892	-	215.00	Fresh Air Friday - 266	300.00	1,050.00
Allied Gardens Friday Lunch - 766	-	50.00	Fresh Start Beginners - 2609	120.00	1,146.00
Allied Gardens Step Study - 1629	-	245.00	Fri Noon Living Sober - 2767	-	63.93
Alpine Mixed Step Study - 2621	-	105.00	Friday Happy Hour - 2821	-	267.00
Another Sober Tuesday - 1952	-	79.32	Friday Morning Womens - 104	-	408.10
As Bill Sees It - 1788	-	50.00	Friday Night Big Book Study - 102	-	50.00
As Bill Sees It (Mira Mesa) - 542	-	40.00	Friday Night Gratitude - 2829	-	167.50
At Home Mens - 215	-	99.67	Friday Night Irregulars - 2889	-	181.16
At One With Each Other - 789	240.00	540.00	Friday Nite Weeks End - 1856	-	165.00
B.Y.O.B. (North Park) - 203	-	435.00	Garnet Group - 1129	-	140.00
Back to Basics - 1026	-	3,000.00	Gifts of Grace Womans - 2564	56.69	106.69
Back to Basics For Women- 1675	-	177.00	Gilman Group - Fri - 1988	100.00	583.83
Back to Basics Step Study - 1938	-	50.00	God Squad Too - 2809	30.00	234.00
Balboa Breakfast - 2721	-	250.00	God Squad 2 Prayer&Meditation-2892	-	126.33
Battery Chargers - 98	-	250.00	Golden Hill Sun Discussion - 1706	52.78	621.38
Bay Park Step Study Group - 299	-	120.00	Good Fortune Hui Group - 491	-	280.00
Bayside Big Book Study - 1610	-	365.00	Good Morning AA - 1888	82.00	200.72
Beach Area Beginners - 272	-	125.00	Good News Bad News - 2833	-	140.00
Beautiful Beginnings - 552	-	47.93	Grape Street Sunrise - 1293	-	60.00
Beginners Steps To Sobriety - 1007	-	35.00	Great Fact Group - 895	-	300.00
Big Book & 12 x 12 Study - 100	-	125.00	Hand & Hand Closed Steps - 2854	-	25.00
Bonita Boozers - 2179	150.00	400.00	Happy, Joyous & Free - 363	-	175.00
Breakfast of Champions - 2818	250.00	1,521.25	Harmony Group - 585	348.00	1,237.94
Butts Out - 1764	-	80.00	Haul Your Hiney Out Of Bed - 704	-	144.00
Cajon View Open Disc. - 471	-	150.00	Hi-Nooners - 673	-	100.00
Carrying the Message - 2458	-	200.00	Hip Slick & Sick Young Peoples - 762	44.00	44.00
Casa De Oro Tradition Five - 503	-	496.40	His Majesty the Baby - 2427	-	200.25
Casa De Oro Weds Nite - 2049	-	375.00	HOW @ Noon - 2998	30.00	50.00
Cedar Street Mens - 1698	-	900.00	How It Is - 960	-	50.00
Chapter 5 - 2960	-	100.00	How It Is Now Speakers - 390	75.00	214.00
Chula Vista 4 Min Speakers - 1568	-	250.00	Hwy 80 AA - 2722	-	262.50
Chula Vista Friday Night - 837	-	351.00	L.B. Up - 2565	-	450.00
Citizens Again - 2658	-	90.00	Imperial Group - 1013	-	40.00
Clairemont Daytime Step Study - 427	-	134.54	Imperial Mens Group - 869	15.00	45.00
Clairemont Discussion - 314	-	170.00	International Group - 23	-	33.55
Clairemont Mens - 301	-	876.25	Jamul Open - 63	-	100.00
Clairemont Mesa Step Study - 1997	-	65.00	Joy of Living - 2787	150.00	150.00
Clairemont Mixed Discussion - 338	-	267.13	Judges Big Book - 2736	-	40.00
Clairemont Womens - 340	-	409.34	Jump Start - 2174	-	500.00
Clairemont Womens Step Study - 341	-	391.46	Kearny Mesa-Clairemont Fri Night - 375	100.00	300.00
Class Acts - 1845	-	810.00	Kelton Ave Big Book Study - 2410	-	250.00
Coffee Clutchers - 2332	-	40.00	Kick Start Your Heart - 2430	-	42.00
Come Get Recovery - 2630	-	160.00	La Jolla Basic B/B Study - 2154	-	40.00
Conscious Contact Study - 2282	-	20.00	La Jolla Beginners Group - 82	-	310.00
Coronado Beginners - 344	-	60.00	La Jolla Lunch Bunch - 622	-	180.00
Coronado Cays Womens Steps -2995	-	170.00	La Jolla Monday Womens - 87	-	200.00
Coronado Nooners - 497	-	1,437.50	La Jolla Nonsmokers Disc - 88	61.20	948.70
Coronado Senior and Sober - 1711	-	100.00	La Jolla Sunrise - 2684	-	550.00
Coronado Step Study - 1523	-	50.00	La Mesa Ladies of the Lake Group - 2710	-	26.25
Coronado Sunday Noon - 1830	-	150.00	La Mesa Mens - 106	207.05	207.05
Courage to Change - 2679	-	70.00	La Mesa Mixed - 2136	-	10.00
Cups - 2938	-	550.00	La Mesa Womens Sat Morning - 416	-	200.00
D.D.G.T.M. - 767	-	390.60	Laguna Mountain Group	-	150.00
Daily Drinkers - 2953	45.00	95.00	Lake Morena Sink or Swim - 2830	-	270.00
Dawn Patrol - 263	346.00	1,534.02	Lake Murray Lunch Bunch -2701	-	254.34
Designs For Living - 488	-	287.42	Lakeside Drunks - 2423	-	250.00
Diamond St Mens Step Study - 569	-	225.00	Lincoln Ave Speakers/Discussion - 2914	-	10.00
Dignity Unlimited - 205	286.75	1,151.21	Linda Vista Mens - 320	-	50.00
Doctors and Lawyers Group - 391	-	296.50	Linda Vista Thursday Night - 319	-	100.00
Downtown Discussion - 1665	47.00	429.68	Little Apple Group - 1438	-	435.05
Drunks Only - 1605	360.00	1,739.76	Live & Learn Mens Big Book Study - 2885	-	50.00
Each Day A New Beginning - 509	-	195.00	Living Free - 477	-	2,600.00
Early Morning Recovery - 2688	-	1,358.60	Lost & Found - 2907	-	60.00
Early Risers (Coronado) 1525	-	50.00	Love and Truth 12 x 12 - 1617	-	18.00
Early Risers (PB) - 264	450.00	950.00	Lunch With Bill W Bunch - 774	-	300.00
East County Mens - 1905	-	100.00	Lunchtime Friends - 964	-	262.00
East County Young People-2797	-	39.40	Lushes Lunch - 2641	195.92	1,194.60
East Side Group - 101	-	208.00	Men and Womens Monday Night - 95	120.00	360.00
Eastlake Greens 10 on 10 - 2950	-	190.00	Mens Recovery Group - 830	100.00	410.00
Eastlake Greens Attititude Adjust-2691	100.00	784.31	Mens Step Study (CV) 965	80.00	205.00
Eastlake New Beginnings B/B S/S - 2673	-	200.00	Mens Structured Step Study - 1469	-	50.00
Easy Does It Riders - 21	-	162.00	Mid-Week Mens - 560	-	457.59
Easy Does It Speakers - 114	50.00	250.00	Midnight Howlers - 1025	-	1,000.00
Easy Risers - 854	50.00	597.00	Midway Bridge - 2171	-	306.00
El Cajon Daytime - 52	-	250.00	Mira Mesa 12 Step Study - 377	-	12.00
El Cajon Womens Serenity - 77	101.00	470.19	Mira Mesa Early Risers - 967	-	60.00
Emotional Sobriety - 2536	-	110.00	Misfit Mens - 2486	-	360.00
Evening In Harmony - 2864	-	62.50	Mission Hills Beginners - 1612	50.00	300.00

Contributions December 2013

Group	Dec-13	Ytd 13	Group	Dec-13	Ytd 13
Mission Hills Lunch Bunch - 2675	300.00	900.00	Step Sisters - 2155	-	112.00
Mission Possible - 131	-	87.08	Step Sisters - Residence	-	111.00
Monday At A Time - 2875	-	475.50	Straight Shooters - 198	-	163.37
Monday Mens Gut Level Group - 677	-	250.00	Sunday Beach Sun-Day - 568	220.00	1,003.00
Monday Nite Live - 643	-	100.00	Sunday Kind of Love - 429	-	310.00
Morning Attitude Adjustment - 768	-	1,400.00	Sunday Midday - 161	-	100.00
Mountain Steps - 2822	-	262.50	Sunday Morning at the Grove - 117	-	90.00
Mt Soledad Mens - 717	1,464.00	3,006.00	Sunday Morning Eleventh Step - 1206	50.00	113.00
National City Maintenance - 136	-	165.00	Sunday Morning Spiritual - 1700	-	100.00
New Beginnings (Sat) - 2912	-	20.00	Sunday Morning Sunshine - 407	-	35.60
No Matter What - 411	250.00	250.00	Sunday Night Discussion - 212	-	30.00
Noon At The Grove - 628	-	560.00	Sunday Serenity - 47	-	300.00
Nooners Anonymous - 1164	-	321.00	Sunrise Promises - 2166	100.00	420.00
North Clairemont - 1102	-	441.54	The 1st 164 - 2760	-	146.02
North Clairemont Sat Nooners - 2572	-	50.00	The Campus Meeting - 2911	-	60.00
North Park Mens - 465	-	479.00	The Common Solution - 3007	-	50.00
Not Alone Speakers Group - 1652	-	75.00	The Gift - 2954	-	100.00
O B Sunday Candlelite - 2168	-	65.33	The Hole in the Donut - 2737	-	262.50
O B Womens Step Study - 2730	-	100.00	The Joy Of Living Group - 2636	-	453.00
Old Timers Breakfast - 2828	-	167.00	The Other Meeting - 857	-	649.50
Old Timers Group - 2037	-	100.00	The Video Book Study Group - 2839	-	14.95
Old Town Speakers - 321	-	850.00	The We Group - 2739	-	378.95
One Moment At A Time - 2942	-	400.00	There Is A Solution - 2975	-	25.00
One Step At A Time-Mission Bay - 1664	-	153.60	Three Legacies Group - 2194	-	52.00
Original Tues Night Step Study - 2124	-	100.00	Thursday Promises Promises - 749	-	150.00
Over 50 - 840	-	166.33	Thursday Steps - 646	-	102.00
Over The Bridge - 2689	-	370.02	Tierrasanta Big Book Study - 1790	-	230.00
Pacific Beach Weekend Warmup - 725	-	351.00	Tierrasanta Friday Night - 2645	-	100.00
Pass It On Big Book Study Group - 2860	90.33	608.56	Tierrasanta Morning Serenity - 2811	60.00	455.00
Patterns in Sobriety - 669	-	48.00	Top of the Hill - 41	-	100.00
Penasquitos 12 x 12 - 2759	-	50.00	Torrey Pines Open Disc - 94	-	72.00
Penasquitos Discussion 871	-	25.00	Torrey Pines Thurs Nite Disc - 365	30.00	170.00
Poinsettia Group - 2210	-	470.02	Tri-Serenity - 836	-	46.00
Point Loma AA Discussion - 242	-	40.00	Tues Morning Breakfast Special - 2761	-	397.00
Point Loma Mens - 245	-	387.50	Tues Night Mens Step Study - 1813	-	157.00
Point Loma Nooners - 1606	-	680.00	Tuesday Morning Alpine - 440	80.00	290.00
Point Loma Saturday Morning - 1240	50.00	185.00	Tuesday Night Mens - 56	-	100.00
Porter Hall Group - 109	-	75.00	Tuesday Night Sobriety - 708	-	50.00
Practical Solutions - 2398	-	385.06	Two A's Over Easy - 2106	-	100.00
Progress Rather Than Perfection - 2682	-	325.25	University City Disc - 368	-	160.00
Pt Loma Fri Afternoon Step Study-244	-	720.00	University City Womens - 369	-	500.00
Pt Loma Womens Discussion - 1608	130.00	330.00	Valley Girls - 2617	-	541.41
Radical Acceptance Meeting - 2961	-	1,186.00	Wake Up Call - 1932	-	120.30
Rainbow Group - 570	-	400.00	War Fever - 880	-	100.00
Ramona High Noon - 2778	-	10.00	Warm and Friendly - 42	-	355.00
Ramona Monday Night - 1618	-	35.00	Water Walkers - 5	-	240.00
Ramona Mens New Vision - 1949	-	115.00	Water Walkers Too - 1946	-	288.22
Ramona Way of Life - 2772	20.00	60.00	Way Up and Out - 415	-	90.00
Ramona Young People - 2764	-	30.75	We've Come A Long Way -1616	-	75.00
Resentment and A Coffee Pot - 2561	-	337.42	We Agnostics - 2096	50.00	245.00
Right Turn Group - 1900	-	140.00	Wednesday Discussion Group - 2431	-	283.50
Rise & Shine - 2170	-	1,417.16	Wednesday Night Closed Topic - 165	-	50.00
Rocket Riders - 1730	-	350.00	Weds Rule 62 Lunch Group - 687	-	174.60
Rule 62 Group - 927	-	330.00	Whistling in the Dark - 2943	-	100.00
S.D. Speakers Meeting - 152	-	200.00	White Flag Outdoors - 2788	-	355.00
Safe Sane and Sober - 1350	-	545.50	Wholesale Miracle - 2474	-	195.14
San Carlos Single Purpose - 583	-	324.80	Womans Gut Level - 1701	-	194.00
Santee Mens Group - 2972	-	239.40	Womans Let Go and Let God - 446	-	123.91
Santee Thursday Closed Mixed - 145	-	180.00	Women in Harmony - 1807	25.38	256.71
Santee Saturday Night Speakers - 2656	-	139.50	Womens Attitude of Gratitude - 2751	-	127.50
San Diego Doctors Step Study - 194	-	200.00	Womens Sober Sunday - 731	-	140.42
Sat Mens Early Awakening - 2209	-	585.75	Womens Thursday Nite - 514	-	180.00
Sat Night Early Discussion - 336	175.00	471.00	Womens TLC - 2814	-	75.00
Sat Open Discussion - 322	-	200.00	Womens Way To Recovery - 838	-	140.00
Saturday A.M. Live - 782	-	250.00			
Saturday Night Candlelight - 1914	40.00	160.00			
Saturday Nite Live - 2192	-	75.00			
Scripps Ranch Men's Two - 2776	-	154.00			
Searching and Fearless - 308	-	200.00			
Serenity @ 5107 - 2976	76.51	142.51			
Serenity Seekers - 209	68.92	166.92			
Sky Hi Womens - 1633	-	240.00			
Smokefree La Mesa Womens - 635	-	618.91			
Smokeless Drunks Luncheon - 1008	-	143.50			
So Bay New Womens - 2325	-	150.00			
Sober Minded Leather Folk - 1882	-	427.98			
Sober Nooners - 196	-	708.78			
Sober On Sat Book Study - 2193	-	100.00			
Sober Roses Womens Step Study-2946	20.00	60.00			
Sober Serenity Seekers - 887	-	185.58			
Sobriety on State and Date - 2697	-	319.17			
Sole Purpose Group - 1657	-	656.00			
Solutions Not Excuses - 2857	-	100.00			
Sons of God - 2789	-	200.00			
South Clairemont - 305	100.00	150.00			
Southern Cal Speakers - 2779	-	600.00			
Spiritual Awakening - 2275	-	4,087.50			
Spiritual Awakenings Step Study - 2601	-	30.00			
Spiritual Way of Life - 2977	-	111.97			

Thank you for supporting your San Diego Intergroup Central Office in carrying the message to the alcoholic that still suffers.

Thank you to all of the AA members for their individual contributions. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year or Faithful Fivers Individual Contributions. Individual AA members may contribute to Central Office up to * \$3000 per year. *AA Self Support Pamphlet, pg 9 (tax deductible)

Daytime Phone Volunteers Call Connie: (619) 265-8762



CENTRAL OFFICE NOTES

2014 Holidays – Central Office Bookstore closed		
HOLIDAY	DAY OF WEEK	DATE
President's Day	Monday	February 17, 2014
Memorial Day	Monday	May 26, 2014
July 4 th	Friday	July 4, 2014
Labor Day	Monday	September 1, 2014
Veteran's Day	Monday	November 10, 2014
Thanksgiving	Thursday	November 27, 2014
Christmas	Thursday	December 25, 2014

BOOK OF THE MONTH

January: "As Bill Sees It" (soft cover) on sale: \$6.60

February: "Pass it On" on sale: \$9.00

December 2013 Financial Summary

Group Contributions	9,202.00
Individual Contributions	6,769.00
SDIAA Contributions	0.00
Literature & Interest	1,384.00
Total Revenue	17,355.00
Central Office Expenses	-10,295.00
Committee Expenses	-1,419.00
Total Expenses	-11,714.00
December 2013 Net Revenue	5,641.00
2013 YTD Revenue	8,133.00

HELP NEEDED For STANDING COMMITTEES

1. **After-Hours Phones Committee: NEEDS 2 members to assist with AA Central to assure our phones are answered 24/7 by groups. Currently, the 25th of each month is open.**
2. **Coordinator Outreach Committee: Needs 2 members.**
3. **Coordinator Orientation Committee: Needs 2 members.**
4. **Program Committee: Needs 6 members. At this time no events will be planned until a committee forms.**
5. ***If you have a desire to be of service to Alcoholics Anonymous of San Diego, you may contact Jim M., Council Chair or Connie L., Central Office Manager at 619-265-8762 for more information.***

CENTRAL OFFICE PHONE CALLS

DECEMBER 2013

TOTAL CALLS FOR MONTH 1,478	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	942	312	13
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	151	55	5

WEBSITE HITS: December = 27,294 Total = 1,584,246

FEBRUARY 2014 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						I.B. Up
2	3	4	5	6	7	8
Friends of Bill W. Soledad Mens	Sat Noght Early Disc.	The We Group	Over the Bridge	Dawn Patrol	Old Town Speakers	La Mesa Mens
9	10	11	12	13	14	15
La Mesa Women's Sat Morning Water Walkers too	East Side Group	P.B. Early Risers	La Jolla Speakers	Mission Possible	Imperial Mens	The Common Solutions
16	17	18	19	20	21	22
South Clairemont Faculty Group	Project Smiles	So Cal Speakers	Radical Acceptance	Rainbow Group	Cedar Street Mens	Coronado Nooners
23	24	25	26	27	28	
Clairemont Mens Fresh Start Beginners	Imperial Beach Group	OPEN NIGHT	Drunks Only	Lemon Grove Early Risers	North Park Mens	
If your Group wants to answer phones call: Connie at Central Office (619) 265-8762					Thank you After-Hours Phone Volunteers for Carrying the Message!	

February 2014

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University Ave 6:00 PM		Every Tuesday Information Publica Oficina Central Hispana 3628 University Ave 7:00 PM			Every Friday Distrito 15 Oficina Central Hispana 3628 University Ave 7:00 PM	
2	3	4	5	6	7	8
Greater San Diego Young People's Committee Coffee Shop 3343 Adams Ave Normal Heights 1:00 PM	Public Information Committee Central Office 6:00 PM District 8 Church School Rm12 760 1st Ave Chula Vista 7:00 PM	District 19 Church 2717 University Ave North Park -	District 4 Church 7111 La Jolla Blvd La Jolla 6:30 PM	Area Archives Committee Varies 6:45 PM District 12 Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 PM	District 7 Club 1944 30 th St Golden Hill 6:30 PM	
9	10	11	12	13	14	15
Area Grapevine Committee Varies 1:30 PM	Area Finance Committee Central Office 6:30 PM District 6 Denny's Restaurant 1065 Camino Del Rio Mission Valley 6:30 PM	Business Committee Central Office 6:00 PM Area Newsletter Committee Fudruckers's Restaurant 8285 Mira Mesa Blvd 6:30 PM District 10 Church 490 Farragut Circle El Cajon 5:30 PM District 13 Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00PM		Coordinating Council Church Krausse Cove Bldg 2111 Camino Del Rio S Mission Valley 92108 New Coordinators 6:30 PM Coordinator Outreach 7:00 PM Council 7:30 PM Area Agenda Committee Central Office 7:00 PM		
16	17	18	19	20	21	22
H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:00 PM Business Mtg 1:15 PM Greater San Diego Young People's Coffee Shop 3343 Adams Ave Normal Heights 1:00 PM	Area Literature Committee Central Office 7:00 PM	Area Contact On Release Committee Central Office 6:45 PM	Coordinator Newsletter Committee Meeting & Collate Party Central Office 6:00 PM Area Information Technology Committee Residents 1738 Old Mill Rd Encinitas 6:45PM	Area Committee Church 2650 Melbourne Dr Serra Mesa 7:00 PM H&I Committee Orientation Central Office 7:00 PM 7:00 PM		
23	24	25	26	27	28	
Program Committee Central Office 6:30 PM	District 5 Church 5050 Milton St Clairemont 7:00 pm District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm Area CPC Committee Central Office 6:30 PM	Accessibilities Committee Central Office 7:00 PM	District 9 Denny's Restaurant 14455 Ocotillo Dr El Centro 6:00 PM District 14 Church 1475 Catalina Blvd Point Loma 6:30 PM			

Things to Do and Places to Go

Third Weekenders Campout

WHERE: Lake Morena County Park

WHEN: February 21 - 23

Wagon Masters:

2014 Sacramento Spring Fling

WHERE: 2001 Point West Way
Sacramento, CA

WHEN: February 14 - 16, 2014

Contact: sacspringfling.org

PRASSA

WHERE: 500 Hotel Circle North
San Diego, CA

WHEN: March 7 - 9, 2014

Contact: area8aa.org

Pre-Conference Workshop

WHERE: 500 Hotel Circle North
San Marcos, CA

WHEN: April 5, 2014

Contact: area8aa.org

37th Annual San Diego Spring Round Up

WHERE: 500 Hotel Circle North
San Diego, CA

WHEN: April 17 - 20, 2014

Contact: sandiegospringroundup.com

Hospitals & Institutions (H&I) Orientation

WHERE: Central Office 7075-B Mission Gorge Road

WHEN: 3rd Thursday of month @ 7pm


Contact: Central Office 619.265.8762



**Newsletter
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Mail to: CENTRAL OFFICE
7075-B MISSION GORGE ROAD
SAN DIEGO, CA 92120-2454

The **“I AM RESPONSIBLE CLUB”** is a reserve fund maintained by the Blood Banks for the use of members of Alcoholics Anonymous and their families in time of need. The strength and availability of this account is directly related to your support. If you need blood please contact Central Office at (619) 265-8762. If you give blood, be sure to credit the **“I AM RESPONSIBLE CLUB”** at the time of your donation.



(Continued from page 1)

I know that in today's A.A. environment, these two paragraphs are almost never discussed unless you are in a Step study or a Big Book study and I believe it is because most people are still of the opinion that it's all about "Not Drinking." I don't think that I can stop a person from drinking if he wants to; and, I don't think I can talk someone into drinking if he doesn't want to. This would be plain arrogance on my part. I do, however, feel somewhat responsible when I hear of a person who has a relapse after years of hanging out at meetings and, over and over saying, "I JUST DON'T PICK UP TODAY" and then one day he JUST PICKS UP. I can only think of all those years he kept himself away from the real message we learn by taking the steps and all of the intimate discussions he could have had about the things that really matter. I know that some will be offended by this frame of thought; but, I don't think we can rewrite the Big Book, can we? We can take the Steps, or we can JUST NOT PICK UP TODAY, or we can do BOTH.

I could also refer you to another area of the Big Book that addresses this issue to some degree. Starting at the bottom of page 100 (and continuing through page 103) it stresses that the idea of trying to protect an alcoholic from a drink is doomed to failure and the reasons why this is so. It also says that those methods have always failed.

While I'm at it I would also like to express my appreciation to the staff of The Coordinator for adding this, sometimes misunderstood, theme for our monthly offerings. I hope that it is accepted in the spirit that it was intended and I hope that it stimulates more discussion of this issue at a personnel level. One voice in the (so called) wilderness sometimes goes unnoticed, but a news letter article can't be unwritten. Thank You.



Two types of Mental Obsession

By Bob S., Richmond, IN

I have come to believe that the mental obsession to drink presented itself in two quite different forms during my drinking years:

One – Thought and consideration: During my many dry spells, I would consider the many good reasons to never again sample the devil's brew. So, my confidence would grow, day by day, week by week. Happiness and joy flourished in my new-found freedom. Although AA was not on the radar screen, I busied myself by shooting pool or otherwise gambling at my favorite sports bar. Also, the Lucky Strikes hit the dust and I became a regular on the handball court at the local YMCA. I knew better than to ever drink again – my new-found reasonable thinking – supported by logical fear – seemed to render me safe and protected. But alas, some good-natured joker staggered up to my local sports bar and shouted: "Set up the bar! Whiskey for everyone!" Of course, that included yours truly. My good-keen-intellectual-alcoholic mind thought the situation over and decided on the seemingly obvious conclusion that one drink couldn't hurt anybody. My very best thought and consideration allowed me to start off on another drunken spree. 'Jim's Story,' on page 35 of the Big Book provides another relevant example of alcoholic thinking. Thought and consideration allowed him to drink whisky so long as it was mixed with milk. There was definitely something missing in Jim's noodle with which I can certainly identify!

Two – No Thought or consideration: Then there were other drunken sprees when my ability to decide waxed completely nonexistent. As Red Skelton (some of you will remember) used to say when performing his little child act: "If I dood it I get a whippin' . . . If I dood it I get a whippin' . . . I dood it!" Fred's Big Book story on page 41 (first full paragraph) illustrates as how Fred just dood it . . . and practically without thinking!

So, I maintain that a practicing, real alcoholic, such as I, had no choice to 'not drink,' because there was something bad wrong with my decision-making apparatus. Self-will and self-knowledge could not provide adequate prevention for a real alcoholic such as I. Page 43 tells us: "The alcoholic at certain times has no effective mental defense against the first drink. . . . His defense must come from a higher power."

So, think before you think. Oops! . . . err . . . err . . . I mean: Pray before you think!

I JUST WANTED TO STOP DRINKING

By Mark L.

I crawled into our fellowship really just so I could stay alive one more day without getting locked up. I came to my first AA meeting under medical direction. I had been dry for nearly 90 days and thought, "Wow this sober thing isn't half bad." Until one afternoon about 80 or so days with no drink, something didn't feel right. That night I couldn't sleep. The next day was worse. My third day of wanting to crawl out of my skin, I went to my therapist. I explained to him the best way I could, that I felt like a crazy person must feel right before they lose all touch with reality. When he asked how many meetings I was attending to help me stay sober, I told him none. I thought meetings were for people who couldn't stop drinking and I surely wasn't one of them — I had not had a drop since he told me to stop!

What a revelation it was when he told me I was supposed to go to AA meetings not simply so I didn't pick up alcohol again; but, just as importantly, so I would have a life without drinking and a bit of sanity to survive losing my only coping mechanism for life: alcohol! As desperate as I was, I really didn't think twice about it. I was sure if AA didn't work I was going to have to get locked up in an asylum anyway. So, I gave AA a try. Terrified of what I might face walking into my first meeting (but even more terrified of an asylum and losing my family and job), I walked in the door.

Laughter? Smiles? There were a few people sharing my alcoholic story up at the podium and a few handshakes after the first meeting. That's all I remember. I knew when I left, however, that I had a place to come back to tomorrow and I knew I could make it until then. I know my Higher Power was with me that day and later I came to realize He was with me all along. I became a regular at the Noon meeting and was introduced to a men's meeting and evening meetings. I also needed more outside help along the way; but, the biggest growth in my recovered life was in the rooms of AA.

I walked in simply looking for another day alive; but, the man who sponsored me put me into the book. I went from a bare start of reading the 12 Steps off the wall and thinking the "Big Book" must be the Bible, to reading and learning from our Big Book and working the 12 Steps out of that book. My outlook on life began to change during my first three Steps and my entire life changed after Steps four and five. That was enough to push me through all twelve. My first imperfect attempt at the Steps kept me alive and in our program without a drink for several years.

Our book warns of failing to enlarge our spiritual life and I became complacent, satisfied after a few years that maybe not drinking *was* enough. I might not need to work so hard at this. I began to coast in our Program, missing meetings and making other priorities. It was then that I was faced with the challenge of what I found out was 'emotional sobriety.' I was working with my Sponsor, whining and complaining about how my life was still dissatisfying. After several attempts he convinced me that I was still living in the bedevilmments on page 52 of our Big Book and needed more Step work. To really get over my drinking would require "a transformation of thoughts and attitudes" and it was clear I "had to place recovery above everything" as it says in the Big Book. (Reprinted with permission from A.A.W.S., Alcoholics Anonymous, page 143.)

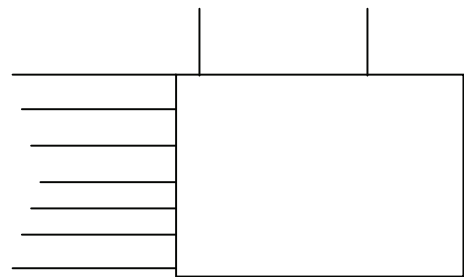
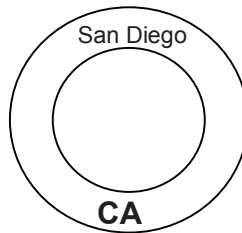
I rediscovered for myself there was no middle of the road solution. I needed AA, the 12 Steps, and a Sponsor to find a real relationship with the Power that keeps me sober, sane, and happy. So I joined a Step Workshop and began our 12 Steps again on the first page of our Big Book. I had seen what the 12 Steps had given me so far and was completely willing to once again throw out old ideas and "lifelong conceptions out of the window." Our workshop walked through our Big Book in a way I hadn't before and I saw myself and my recovery with new eyes.

All this for a guy like me, a drunk who couldn't stop, and when I did stop, I couldn't survive with my sanity. I found things in our book that seemed all new and written only for me. If I'm a real alcoholic that wants to straighten out mentally and physically I must work our steps to overcome the spiritual malady I found in Step 1. Along the way, I have found that working with others, whether in workshops or as a Sponsor, is the way for me to stay in the heart of the 12 Steps. Learning, living, and sharing them. What a surprise when I'm reminded that I only came here to stay stopped drinking. I really got so much more.

Today, I have a life of bounty and grace provided to me daily by my higher power. Of course I can tap into this every day based on my connection to that power and my actions to foster that connection. This is a spiritual remedy to the problem of my powerlessness and unmanageable life. My AA recovery has been defined by a real change in my life based on the idea that either I could "go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help." (Reprinted with permission from A.A.W.S., Alcoholics Anonymous, page 25.)

Thank God that several years ago I accepted that spiritual help!

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RETURN SERVICE REQUEST

