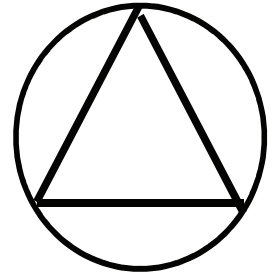




aasandiego.org

# The San Diego AA Coordinator



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

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

*Reprinted with permission, AA Big Book, page 59*

**FEBRUARY 2016**

VOL. XVI NO.2

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*“Carry the AA Message”*

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

**Monthly Themes**

**MARCH**

**God as YOU understand him.**

(due 1/24/16)

**APRIL**

**What does autonomy mean to your group?**

(due 2/21/16)

Submit a 500 to 1,000 word story to  
Newsletter Chair at:

[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

## **Came to Believe...**

By Blaine H.

The word “could” in Step Two is an important one, at least for me. I’m not sure I could have swallowed “will” as I was unsure about a lot of things when I first attempted sobriety. Simply allowing for the possibility was a big step. And, having read ahead and seen the word GOD in the succeeding step, I was gratified to see the “as we understood him” part, reassured that I was not going to be asked to immediately enter a cathedral and begin genuflecting or for that matter join any other organized religion.

In retrospect the journey through the second step began with a few simple words. They were some, if not the, most important words I have ever uttered in my life. I say this because they were words of my own choosing, although I would not quibble if you suggested that God had something to do with it. Other important utterances were responses to questions, such as, “Will you take this woman...” or the affirmation of an oath, “...do solemnly swear that I will support and defend the Constitution of the United States against all enemies...” No, in this instance the words were spoken by a man for whom life had become more than unmanageable, it had become unlivable.

The words spoken into that telephone one night in 1986 were, “I’m an alcoholic, and I need help.” Some might say that acknowledgement of my alcoholism was most important, but for me the asking for help was really the key. You see, that wasn’t the way I was raised. Real men didn’t ask for help. To do so would be a sign of weakness. I can’t say that anyone actually said that to me, but it certainly was the impression I received growing up in my alcoholic family.

At this point some readers might say that this sounds like Step One stuff, and this piece is supposed to be about “coming to believe”. Well you see, the second step is a postrequisite (new word) of the first! If we truly admit to being powerless over alcohol, then we are doomed unless we can find another power. This is the logical conclusion. And this alcoholic, if he can recognize anything at all, recognizes logic. Now if that power, whatever form it takes, can do something which we cannot – enable us to stop drinking (and to stay stopped) – then it is indeed a higher power, at least as far as alcohol is concerned. And that is all that is necessary for the miracle of Step Two to begin.

The belief that this power could restore me to sanity came as I sat in the rooms of Alcoholics Anonymous. I heard men and women share my story, all or parts of it. I, who had thought that I was unique, and that no one could possibly have my problems, heard people describe that they drank like I did, did the crazy things that I did, and what was most alarming (but also gratifying) that they actually thought like I did! Their shares were the lure cast in the direction of this previously hopeless drunken soul. The hook was set when they later said that they had not had a drink in 30 days, or 90 days, or some multiple of years! Although this possibility seemed utterly fantastic to me, I believed them. I believed them because I had looked into their eyes and seen veracity and compassion. If it had worded for them, it COULD work for me.

**SAN DIEGO CENTRAL OFFICE**

24 HOUR PHONE (619) 265-8762

OUR WEB PAGE [www.aasandiego.org](http://www.aasandiego.org)E-MAIL: [sdaaco@aol.com](mailto:sdaaco@aol.com)

FAX: (619) 265-2954

OFFICE &amp; BOOKSTORE

Mon-Fri 9am-5pm Sat 9 am – 1 pm

Central Office Manager: Connie L.

Administrative Assistant: Denise H.

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

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

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

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

**Please contact Central Office at 619-265-8762 for Officer's phone numbers.**

**Coordinating Council Officers:**

Council Chair	Precious	<a href="mailto:councilchair@aasandiego.org">councilchair@aasandiego.org</a>
Council Assistant	Frank	<a href="mailto:assistantchair@aasandiego.org">assistantchair@aasandiego.org</a>
After Hours Phones	Renea	<a href="mailto:afterhoursphones@aasandiego.org">afterhoursphones@aasandiego.org</a>
Business Committee	TBD	<a href="mailto:businesscommittee@aasandiego.org">businesscommittee@aasandiego.org</a>
Program Committee	TBD.	<a href="mailto:program@aasandiego.org">program@aasandiego.org</a>
Public Info	Curtis	<a href="mailto:publicinformation@aasandiego.org">publicinformation@aasandiego.org</a>
Newsletter	TBD	<a href="mailto:newsletter@aasandiego.org">newsletter@aasandiego.org</a>

**Area Officers:**

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

**Contributors:** Anonymous, Blaine H., Rick R., Elry P., Mike Mc

**Feb. Theme:** **How Did You Come to Believe?**

**Collate:** Wed., **January 20th, 2016**  
**5:30 pm**, at Central Office  
**All are welcome.**

**Committee Announcement** 

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

[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

**Following Coordinating Council Standing Committees need members.**

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

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

**DONATE Old Grapevine Magazines!!!**  
**Old copies of the Grapevine are needed by AA's confined in correctional institutions.**  
**Please give!**  
**There is a purple box at San Diego Central Office to drop off.**  
**Thank you very much!**

## Poets Wanted Here

*Your Newsletter Committee invites you to participate in a monthly AA Poem feature.*

*Please submit your original poems to: [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com) – 200 words or less.*

**Here is a poem  
I wrote for my AA meeting.  
by: Michael Mc**

Like a little seed that needed  
All the weight of winter's snow  
To put a crack into its shell  
So a tiny root could grow

A little bit of sunshine  
A little bit of rain  
All in moderation  
There is so much to gain

I poured out all my alcohol  
And threw away my drugs  
Each day I'm growing stronger  
Replacing them with hugs

I love to share His story  
I feel His presence in this room  
Just like the flowers in the garden  
A new life begins to bloom

As I read the twelve steps  
And on my knees I pray  
That God will work a miracle  
And in my heart He'll stay

## December 2015

Total Calls 1,128	Central Office Phone Calls and Website Hits		
	Meeting	General	12 Step
Daytime 9am-9pm	634	195	21
Nighttime 9pm-9am	183	75	10
Website Hits	December 26,556	Total 1,962,468	

*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!*

*Gene K. 2/1/91 25 years  
Come Get Recovery*

### 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.*

<b><u>Group and Meeting Changes</u></b>		<b>Coordinating Council Attendance</b>	
<b>**CANCELLED**</b>		<b>The following 37 groups attended January Coordinating Council</b>	
<b>La Jolla Big Book</b> Church - 7715 Draper Ave	<b>La Jolla</b> Fri @ 7:30 pm	<b>There are 760 groups in San Diego</b>	
<b>The Womens Room</b> Club - 1730 Monroe Ave	<b>University Heights</b> Sat @ 10:00 am	<b>WAS YOUR GROUP THERE?</b>	
<b>**RELOCATED**</b>		<b>NEXT COUNCIL MEETING IS: THURSDAY, February 11, 2016</b>	
<b>La Jolla Lunch Bunch</b> Restaurant - 4280 Clairemont Mesa Blvd Was : 4280 Nobel Dr.	<b>La Jolla</b> Mon @ 12 noon	<b>THANK YOU FOR YOUR SERVICE</b>	
<b>Keep It Simple</b> Church - 8999 Activity Rd Was: 8460 Mira Mesa Blvd	<b>Mira Mesa</b> Wed @ 7:30 pm	<b>TO ALCOHOLICS ANONYMOUS OF SAN DIEGO</b>	
<b>The Common Solution</b> Church - 33rd Meade Ave Was: 4144 Campus Ave	<b>North Park</b> Fri @ 7:00pm	4077 Mash Step 11 : Read Meditate	Imperial Beach Group
<b>**TIME CHANGE**</b>		Allied Gardens Step Study	La Jolla Beginners Group
<b>Clairemont Womes Step Study</b> Church - 3502 Clairemont Dr. Was: Mon @ 7:15 pm	<b>Clairemont</b> Mon @ 6:45 pm	Another Sober Tuesday	La Mesa Mens
<b>Wet Behind The Ears</b> Church - 3725 30th Street & Gunn Was: Wed @ 7:00 pm	<b>North Park</b> Wed @ 5:00 pm	Back To Basics For Women	La Mesa Step Study Workshop
<b>The Common Solution</b> Church - 33rd Meade Ave Was: Wed @ 7:30 pm	<b>North Park</b> Fri @ 7:00 pm	Battery Chargers	North Park Mens
<b>Sunday Morning Sunshine</b> Recovery Home - 270 C St. Was: Sun @ 9:15 am	<b>Chula Vista</b> Sun @ 9:30 am	Casa De Oro Tradition Five	Over The Bridge
<b>"Many Paths To Spirituality"</b>		Cedar Street Mens	Pacific Beach Young People
<b>Pamphlet 84 (Pages 5)</b>		Clairemont Mens	Pacific Beach Young Womens
<b>We need help</b>		Clairemont Womens Step Study	Poter Hall Stuctured Step Study
<p>Alcoholism can be a lonely affair. Often we drank to keep the pain of life at arm's length, and then, when the pain over ran us, we drank to wash it away. For some of us, things didn't seem so bleak. We felt we could control our drinking-except when we couldn't. We recognized that our lives would be a lot less chaotic if we could stop drinking, but we didn't know how. We tried strategies-drinking beer only, not drinking on an empty stomach, having just two drinks a night-but sooner or later we ended up drunk wondering what went wrong. And it wasn't just ourselves we were hurting....</p>		Downtown Discussion	Rainbow Group
		Drunks Only	Serene Tea
		El Cajon Womens Serenity	Sky Hi Womens
		Freash Start Beginners	Southern Cal Speakers
		Friday Night Gratitude	Sunday Middyay
		Friday Night Irregulars	The Other Meeting
		Friday Nite Weeks End	The We Group
		Gift Of Grace Women	Thursday Steps
		God Squad Too	Valley Girls
		Golden Hill Sun Discussion	
		<b>"As Bill Sees It"</b>	
		<b>"Praying for Others" (Page 206)</b>	
		<p>While praying sincerely, we still may fall into temptation. We form ideas as to what we think God's will is for other people. We say to ourselves, "This one ought to be cured of his fatal malady" or " That one ought to be relieved of his emotional pain," and we pray for these specific things. Such prayers, of course, are fundamentally good acts, but often they are based upon a supposition that we know God's will for the person for whom we pray. This means that side by side with an earnest prayer there can be a certain amount of presumption and conceit in us. It is A.A.'s experience that particularly in these cases we ought to pray that God's will, whatever it is, be done for others as well as for ourselves.</p>	
		<b>"As Bill Sees It"</b>	
		<b>"Everyday Living" (Page 233)</b>	
		<p>The A.A. emphasis on personal inventory is heavy because a great many of us have never really acquired the habit of accurate self-appraisal. Once this heathly practice has become a habit, it will prove so interesting and profitable that the time it takes won't be missed. For these minutes and often hours spent in self-examination are bound to make all the other hours of our day better and happier. At length, our inventories become a necessity of everyday living, rather than something unusual or set apart.</p>	
<b>Reprinted with permission from A.A.W.S</b>		<b>Reprinted with permission from A.A.W.S</b>	

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

Precious P. – Council Chair called the 847<sup>th</sup> meeting to order at 7:30 pm. Twelve Traditions read by Annie. Council Definition and Purpose read by Christine. There were 10 new Coordinators, 0 Visitors and 3 Birthdays. Roll Call: Frank B., Assistant Council Chair reported 37 groups were represented out of 71 registered Coordinators. There was a quorum (36). December 2015 minutes were approved. 7<sup>th</sup> Tradition: \$44.00

Area Assembly: No Report Given.

H & I Representative: Blaine H., shared H&I – Takes AA meetings and AA literature into places where people can't get out to go to meetings – jails, prisons, hospitals, etc. We hold orientation on the 3<sup>rd</sup> Sunday of each month at noon in the Machinists' Hall 5150 Kearny Mesa Rd, and the 3<sup>rd</sup> Thursday of the month 7:00 PM at San Diego AA Central Office. Our subcommittee, Contact on Release, matches people being released from these facilities with AA volunteers who take them to meetings in their local area. It meets the 3<sup>rd</sup> Tuesday at 6:45 PM at Central Office. Our website is <sdhandi.org>. The SoCal H&I Conference will be held April 8-10 in La Mirada (Orange County).

**H & I NEEDS**  
**OLD GRAPEVINE MAGAZINES**

**Those confined are starving for AA Grapevines. Donate your old issues by giving them to your Coordinator to bring to Coordinating Council or drop them off in the purple box at Central Office. Thank you.**

AFTER HOURS PHONES: Renea, Chair

1. Thank you to the groups that answered AA's phones this past month.
2. All nights are currently filled.
3. Your groups may also sign up on a waiting list and individuals may sign up on an emergency fill-in contact list.
4. Thank you for letting me serve you.

BUSINESS COMMITTEE: Lauren L., Chair reported Committee met on Tuesday, 1/12/16 at 6:10 pm. Present: Lauren L., Erica B., Precious P., Jim M. and Connie L.

Absent Excused: Frank B.

There was a quorum.

It was m/s/c to approve December 2015 Minutes.

It was m/s/c to approve December 2015 Financials Statements.

December 2015 Financial Statements' Summary:

December Net Revenue is 566. Our 2015 YTD Net Revenue is 9,731. Group and Individual Contributions were 11,225. Literature Sales Revenue and CD Bank Interest were 249 while total office and committee expenses were 10,908. 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" (hard) sale: \$6 reg. \$8*
2. January's Pamphlet of the Month:  
*"Many Paths to Spirituality" 50¢ ea.*
3. **10% discount to AA Groups & AA members for literature sales for January 2016.**
4. Secretaries/Treasurers: please include email address w/contributions for receipts.

Continued on page 6.

Continued from page 5.

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

**Business Committee Member reports:**

1. Frank B. reviewed financial statements.
2. Precious P. distributed Council lists.
3. Erica B. prepared committee minutes.

**OLD BUSINESS:**

1. Tabled floor tile in volunteer area.

**NEW BUSINESS:**

1. Elected Officers: Chair-Lauren L., Treasurer- Jim M., & Secretary-Erica B.

**COORDINATOR NEWSLETTER:** Mike Mc. reported the committee needs members. We have a full issue of original articles by local members. Thank you to those who submitted their experience, strength and hope for others to read.

**March's Theme:** "God as you understand him" Submissions of 500-1000 words welcome. Also, Personal Recovery Poems/Limericks 200 words. Send to [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com) or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Committee NEEDS HELP each month to collate your Coordinator Newsletter. Approximate 1 hour of service. Come join in the fun the Wednesday after Council at Central Office at 5:30 pm.

**COORDINATOR OUTREACH:** Heidi, reported committee has new volunteers to help to make announcements at their meetings and passing out "Being a Coordinator" brochure. There are 10 new Coordinators here tonight.

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

1. 5 new Coordinators were orientated.
2. Read Traditions 3 & 4, San Diego History of AA, Structure of Coordinating Council, Responsibilities, what is a Quorum. New Coordinators, please come next month at 6:30pm.

**PROGRAM COMMITTEE:** No report tonight. January 24<sup>th</sup> is 1<sup>st</sup> committee meeting.

1. Founder's Day picnic will be either Saturday, June 11<sup>th</sup> or 18<sup>th</sup>. Rotation of park location this year: Clairemont/Mira Mesa area.
2. Anniversary of AA in SD Breakfast will be on Saturday, November 19, 2016. See flyer on our [aasandiego.org](http://aasandiego.org) website.

**PUBLIC INFORMATION COMMITTEE:** Parker reported committee met on 1/4/16.

1. Upcoming Events:
  - Project Homeless Connect 1/27/16, 9am- 3pm
  - UCSD Health Fair 1/30/16, 11am-3pm
2. Literature Pamphlet Racks: continue to be refilled. For 2015, 5,000 pamphlets.
3. Thank you to the assistance with rack refills in La Jolla, Miramar, Hillcrest and VVSD. We are still recruiting drivers.
4. Committee needs a secretary.

**OLD BUSINESS:**

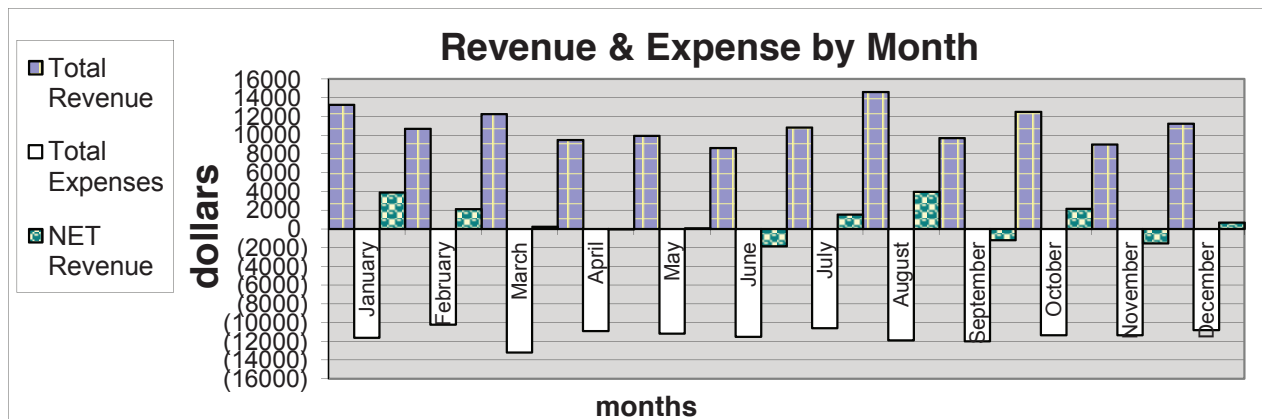
1. Business Committee: Needs 3 members.
2. Program Committee: Needs 3 members.
3. Public Information: Needs 3 members.

**NEW BUSINESS:** There was none.

Respectfully submitted,  
Connie L. Recording Secretary

**San Diego Intergroup, Inc.  
Alcoholics Anonymous of San Diego  
Statement of Revenue and Expense  
As of December 31, 2015**

	December 15	December 14	YTD '15	YTD '14	\$ Change	Budget '15
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	9,998.54	9,353.22	119,261.83	114,576.22	4,685.61	112,700.00
Contributions Individual	1,226.30	1,187.37	11,869.87	10,116.26	1,753.61	9,344.00
Contributions SDIAA	-	-	1,100.00	1,100.00	-	1,110.00
Interest - Cert of Deposits	3.47	4.16	35.61	63.77	(28.16)	75.00
<b>Total Revenue</b>	<b>11,228.31</b>	<b>10,544.75</b>	<b>132,267.31</b>	<b>125,856.25</b>	<b>6,411.06</b>	<b>123,229.00</b>
<b>Expense</b>						
Accounting & Legal	60.00	60.00	2,540.00	2,540.00	-	2,540.00
Auto/Travel/Seminar	35.50	23.50	1,549.62	1,488.77	60.85	1,500.00
Bank Service Charges	2.00	40.00	(26.00)	74.30	(100.30)	125.00
Cash (Over) Short	4.05	14.45	51.50	(46.04)	97.54	(50.00)
Checks Returned - Bad Debt	-	-	-	6.00	(6.00)	-
Equipment Maint & Repair	51.40	60.97	646.80	671.37	(24.57)	750.00
Equipment Purchase	-	67.33	1,254.00	2,445.97	(1,191.97)	750.00
Insurance	76.00	76.00	1,786.00	852.00	934.00	1,100.00
Office Maint. & Repairs	132.27	1,102.00	184.77	1,393.75	(1,208.98)	500.00
Office Supplies	515.63	189.76	2,801.66	2,879.27	(77.61)	3,500.00
Rent	1,808.00	1,764.00	21,520.00	21,312.00	208.00	21,520.00
Taxes	-	-	60.00	80.00	(20.00)	125.00
Telephone	154.52	(1,138.02)	1,610.35	1,439.45	170.90	2,800.00
Utilities-Electricity	(190.08)	203.26	3,366.56	4,744.76	(1,378.20)	4,200.00
Website	20.00	20.00	356.25	339.30	16.95	500.00
EMPLOYEES						
Accrued Payroll Taxes	472.48	475.98	6,593.12	6,151.38	441.74	6,500.00
Employee Wages	6,176.20	6,286.20	75,350.53	75,225.90	124.63	79,999.00
Employee 403B Contribution	205.00	177.14	2,392.14	2,125.68	266.46	2,200.00
Employee Health Benefit	593.40	782.02	7,182.06	6,631.78	550.28	6,420.00
Insurance-Worker's Comp	70.00	40.00	700.00	520.00	180.00	600.00
<b>Total Expense</b>	<b>10,186.37</b>	<b>10,244.59</b>	<b>129,919.36</b>	<b>130,875.64</b>	<b>(956.28)</b>	<b>135,579.00</b>
<b>Net Ordinary Revenue</b>	<b>1,041.94</b>	<b>300.16</b>	<b>2,347.95</b>	<b>(5,019.39)</b>	<b>7,367.34</b>	<b>(12,350.00)</b>
<b>Other Revenue/Expense</b>						
Literature Revenue/Expense						
Sales (see schedule)	245.63	696.57	14,498.76	19,344.69	(4,845.93)	20,394.00
	245.63	696.79	14,498.76	19,344.69	(4,845.93)	20,394.00
Standing Committees Expense						
Committee (see schedule)	621.69	1,221.26	7,016.20	7,166.01	(149.81)	8,044.00
<b>Total Other Expense</b>	<b>621.69</b>	<b>1,221.26</b>	<b>7,016.20</b>	<b>7,166.01</b>	<b>(149.81)</b>	<b>8,044.00</b>
<b>Net Other Revenue</b>	<b>(376.06)</b>	<b>(524.47)</b>	<b>7,482.56</b>	<b>12,178.68</b>	<b>(4,696.12)</b>	<b>12,350.00</b>
<b>Net Revenue</b>	<b>665.88</b>	<b>(224.31)</b>	<b>9,830.51</b>	<b>7,159.29</b>	<b>2,671.22</b>	<b>-</b>



## Group Contributions December 2015

Group	Dec-15	Ytd 15	Group	Dec-15	Ytd 15
Monday Meditation Group - 2334	-	75.77	Fishermen In Recovery - 2863	-	150.00
10 & 11 @ 5107 - 3023	206.18	511.55	Fletcher Hills Smokeless - 59	120.00	170.00
11th Step Journey - 2622	-	180.00	Fourth Dimension Group - 2415	275.00	275.00
12 X 12 AND BB - 2839	-	175.00	Free At Last - 2888	-	359.05
4077 Mash Step 11Read-Medita-Share - 2027	-	180.00	Free on Friday - 760	-	250.00
5.45 Meditation - 3085	-	75.00	Free Thinkers - 2824	-	333.44
6 O'Clock Big Book Study - 507	-	20.00	Free Thinkers Step Study - 2945	-	164.18
A New Way To Live - 846	-	241.09	Free to Be - 935	81.00	199.06
AA By The Bay - 629	-	370.39	Fresh Air Friday - 266	-	650.00
Adams Avenue Big Book Study - 1892	-	295.00	Fresh Start Beginners - 2609	-	1,378.00
Ain't Life Grand - 2963	-	150.00	Friday Happy Hour - 2821	-	40.00
Allied Gardens Friday Lunch - 766	-	230.00	Friday Morning Womens - 104	-	405.00
Allied Gardens Step Study - 1629	-	375.00	Friday Night Big Book Study - 102	-	50.00
Alpine Mixed Step Study - 2621	100.00	150.00	Friday Night Gratitude - 2829	-	281.63
Another New Beginning - 144	-	100.00	Friday Night Irregulars - 2889	-	369.43
Another Sober Tuesday - 1952	-	387.00	Friday Night Santee - 1754	-	384.00
As Bill Sees It - 1788	-	15.00	Garnet Group - 1129	-	271.50
At One With Each Other - 789	-	270.00	Gifts of Grace Womans - 2564	-	250.00
B.Y.O.B. (North Park) - 203	160.00	640.00	Gilman Group-Fri - 1988	-	110.39
Back Country Meeting - 1038	-	72.50	God Squad Too - 2809	-	124.00
Back to Basics - 1026	-	3,500.00	God Squad Too Prayer & Meditation - 2892	-	165.35
Back To Basics For Women - 1675	-	221.00	Golden Hill Sun Discussion - 1706	-	153.45
Back To Basics Step Study - 1938	-	126.00	Good Fortune Hui Group - 491	-	300.00
Balboa Breakfast - 2721	-	120.00	Good Morning AA - 1888	105.00	1,836.81
Battery Chargers - 98	-	350.00	Good News Bad News - 2833	-	113.38
Battery Chargers Thanksgiving Alkathon	-	246.00	Grape Street Sunrise - 1293	-	50.00
Bay Park Step Study Group - 299	-	360.00	Great Fact Group - 895	-	270.00
Bayside Big Book Study - 1610	-	450.00	Grupo Gringo - 1305	-	50.00
Beach Area Beginners - 272	-	250.00	Hand & Hand Closed Step Study - 2854	-	150.00
Beautiful Beginnings - 552	-	20.00	Harmony Group - 585	90.00	1,984.00
Beginners Steps To Sobriety - 1007	-	20.00	Haul Your Hiney Out Of Bed - 704	-	192.60
Big Bon-Fire Meeting - 1894	-	80.00	Hi-Nooners - 673	-	316.00
Big Book & 12 x 12 Study - 100	-	252.00	High Bottom Drunks - 3102	25.00	35.00
Bonita Boozers - 2179	100.00	395.00	Hip Slick & Sick Young Peoples - 762	-	190.00
Breakfast Of Champions - 2818	-	2,211.27	HOW @ Noon - 2998	200.00	867.00
Butts Out - 1764	-	80.00	How It Is Now Speakers - 390	100.00	332.75
Carrying the Message - 2458	50.00	200.00	How It Is Today - 483	-	200.00
Casa De Oro Tradition Five - 503	50.00	630.25	Hwy 80 AA - 2722	-	120.00
Casa De Oro Weds Nite - 2049	145.00	385.00	I. B. Up - 2565	-	250.00
Cedar Street Mens - 1698	-	450.00	Imperial Beach Group - 79	-	403.50
Chula Vista 4 Min Speakers - 1568	-	240.00	Imperial Mens Group - 869	225.00	225.00
Chula Vista Friday Night - 837	50.00	150.00	International Group - 23	35.00	140.00
Clairemont Mens - 301	-	998.00	It's In The Book - 2030	-	118.00
Clairemont Mixed Discussion - 338	100.00	180.00	It's In The Book - 3084	-	50.00
Clairemont Womens - 340	60.25	114.03	Joy Of Living - 2787	50.00	200.00
Clairemont Womens Step Study - 341	-	1,042.67	Judges Big Book - 2736	-	57.50
Class Acts - 1845	-	966.09	Jump Start - 2174	-	416.34
Coffee Clutchers - 2332	250.00	1,250.00	Kelton Ave Big Book Study - 2410	-	190.00
Come Get Recovery - 2630	25.00	50.00	Kick Start Your Heart - 2430	-	120.00
Coronado Beginners - 344	-	60.00	La Jolla Beginners Group - 82	-	200.00
Coronado Cays Womens Step Study - 2995	-	266.50	La Jolla Lunch Bunch - 622	189.00	489.00
Coronado Nooners - 497	-	800.00	La Jolla Monday Womens - 87	-	1,488.50
Coronado Step Study - 1523	-	80.00	La Jolla Nonsmokers Disc - 88	-	500.00
Coronado Sunday Noon - 1830	-	300.00	La Jolla Pump House Group - 696	168.69	981.55
Courage To Change - 2679	-	20.00	La Jolla Sunrise - 2684	150.00	750.00
Cups - 2938	-	730.00	La Jolla Tuesday Step Study	150.00	150.00
D.D.G.T.M. - 767	-	286.00	La Mesa 12 X12 - 2588	-	173.00
Daily Drinkers - 2953	60.00	215.00	La Mesa Beginners - 2894	-	100.00
Dawn Patrol - 263	-	1,736.95	La Mesa Big Book - 1689	-	50.00
Diamond St Mens Step Study - 569	-	328.28	La Mesa Mens - 106	-	180.00
Dignity Unlimited - 205	200.00	1,527.00	La Mesa Mid Morning - 2777	-	50.00
Do Or Die Group -1947	-	20.00	La Mesa Mixed - 2136	-	10.00
Downtown Discussion - 1665	-	289.94	La Mesa Step Study Workshop - 1621	-	162.56
Downtown Sobriety - 1015	100.00	100.00	La Mesa Womens Sat. Morning - 416	-	272.42
Drunks Only - 1605	-	950.00	Lake Murray Lunch Bunch -2701	-	97.00
Each Day A New Beginning - 509	-	140.00	Lake Murray Womens - 572	113.47	284.59
Early Morning Recovery - 2688	114.57	1,463.64	Lakeside Drunks - 2423	-	100.00
Early Risers (Coronado) - 1525	-	85.00	Lakeside Ladies - 3028	-	45.00
Early Risers (PB) - 264	-	814.50	Linda Vista Mens - 320	-	177.00
East Side Group - 101	-	45.00	Little Apple Group - 1438	-	192.32
Eastlake Greens 10 on 10 - 2950	-	176.00	Living Free - 477	-	2,310.00
Eastlake Greens Attitude Adjust(Su - 2712	-	900.00	Love and Truth 12x12 - 1617	-	75.00
Eastlake Greens Attitude Adjustmen - 2691	63.00	857.36	Lunch With Bill W Bunch - 774	-	640.00
Eastlake New Beginnings B/B S/S - 2673	-	198.00	Lunchtime Friends - 964	-	262.00
Easy Does It Riders - 21	-	240.00	Lushes Lunch - 2641	135.00	891.82
Easy Does It Speakers - 114	-	450.00	Men and Womens Monday Night - 95	-	120.00
Easy Risers - 854	100.00	483.00	Mens Recovery Group - 830	-	470.00
El Cajon Daytime - 52	-	200.00	Mens Step Study (CV)- 965	-	100.00
El Cajon Happy Hour Group - 61	-	274.00	Mens Structured Step Study - 1469	50.00	150.00
El Cajon Nooner - 2638	-	160.00	Mid-Week Mens - 560	772.20	1,867.20
El Cajon Womens Serenity - 77	117.22	424.12	Midnight Howlers - 1025	-	800.00
Emotional Sobriety - 2536	-	85.00	Midway Bridge - 2171	-	221.87
Evening In Harmony - 2864	100.00	271.00	Mira Mesa 12 Step Study - 377	-	28.00
Evening Serenity - 2305	207.47	558.78	Mira Mesa Friday Night - 379	-	210.00
Eye Opener Group - 607	220.22	1,130.61	Mission Hills Beginners - 1612	-	250.00
Faculty Group - 1645	-	180.00	Mission Possible - 131	-	222.00
Fairmont Park Discussion - 2832	-	45.44	Mon Eve Smokeless Dinner - 1723	-	66.00
First Mira Mesa Mens - 300	48.00	125.10	Monday At A Time - 2875	206.40	478.60



# Group Contributions December 2015

Group	Dec-15	Ytd 15	Group	Dec-15	Ytd 15
Monday Medication Group - 2334	75.77	75.77	Sorrento Valley Nooner - 544	100.72	120.72
Monday Mens Gut Level Group - 677	-	150.00	South Clairemont - 305	-	100.00
Monday Nite Live- 643	-	100.00	Spiritual Awakening - 2275	343.30	3,216.68
Morning Attitude Adjustment - 768	-	1,389.53	Spiritual Awakenings Step Study -2601	-	90.00
Mountain Steps - 2822	-	120.00	Spiritual Way Of Life - 2977	-	67.08
Mt Soledad Mens - 717	-	1,517.00	Step Sisters - Residence	-	223.25
National City Maintenance - 136	-	190.00	Straight Shooters - 198	-	109.23
Newcomers Rise & Shine - 2702	-	130.00	Strength In Women - 2955	50.00	85.00
Noon At The Grove - 628	-	700.00	Sunday Beach Sun-Day - 568	-	518.47
Nooners Anonymous - 1164	200.00	400.00	Sunday Kind of Love - 429	-	209.00
Noontime on the Patio - 2203	-	200.00	Sunday Midday - 161	75.00	150.00
North Clairemont - 1102	-	225.00	Sunday Morning at the Grove - 117	-	100.00
North Clairemont Sat Nooners - 2572	-	30.00	Sunday Morning Eleventh Step - 1206	-	190.00
North Shores Breakfast - 275	75.00	155.00	Sunday Morning Spiritual Meeting - 1700	-	300.00
Not Alone Speakers Group - 1652	-	85.00	Sunday Night Discussion - 212	-	117.25
O B Sunday Candlelite - 2168	-	40.00	Sunday Nite Alpine Speakers - 3050	-	600.00
O.B. Womens Step Study - 2730	-	72.92	Sunday Serenity - 47	-	86.34
OB Peer Group - 2130	143.35	389.92	Sunday Womens Group - 2980	-	40.00
Old Timers Group - 2037	-	50.00	Sunrise Promises - 2166	-	100.00
Old Town Speakers - 321	-	900.00	Sweet Surrender Speakers - 2254	-	30.00
On The Corner - 2384	-	100.00	T.G.I.F. - 1658	-	100.00
One Moment At A Time - 2942	-	100.00	Thankful Thursdays - 2542	-	62.50
One Step Ahead - 715	-	200.00	The 1st 164 - 2760	48.15	185.86
One Step At A Time At Mission Bay - 1664	-	161.40	The Campus Meeting - 2911	-	25.00
Open Minded Mens - 626	-	200.00	The Common Solution - 3007	-	160.00
Original Tues Night Step Study - 2124	-	100.00	The Gift - 2954	-	100.00
Over 50 - 840	70.00	120.00	The Hole In The Donut - 2737	-	250.00
Over The Bridge - 2689	-	565.04	The Other Meeting - 857	85.00	839.40
Pacific Beach Weekend Warmup - 725	-	175.00	The We Group - 2739	-	218.58
Pass It On Big Book Study Group -2860	255.28	1,293.16	The We Group Speakers - 2835	-	200.00
PB-In the Solution	200.00	200.00	The Whole Truth - 3073	-	60.00
PB Young Womens - 2187	30.00	30.00	There Is A Solution - 2975	-	624.00
Poinsettia Group - 2210	120.59	493.09	Thursday Campus Noon Group-2387	-	205.00
Point Loma AA Discussion - 242	-	3.45	Thursday Promises Promises - 749	-	75.00
Point Loma Mens - 245	-	50.00	Tierrasanta Big Book Study - 1790	-	120.00
Point Loma Nooners - 1606	-	400.00	Tierrasanta Friday Night - 2645	-	150.00
Point Loma Saturday Morning - 1240	-	145.00	Tierrasanta Morning Serenity - 2811	30.00	478.00
Primary Purpose Group (PB) - 287	-	250.00	Top of The Hill - 41	-	355.75
Progress Rather Than Perfection - 2682	-	450.00	Torrey Pines Open Disc - 94	-	555.16
Pt Loma Fri Afternoon Step Study - 244	100.00	664.00	Torrey Pines Thurs Nite Disc - 365	-	40.00
Pt Loma Womens Discussion - 1608	-	520.00	Tri-Serenity - 836	-	20.00
Radical Acceptance Meeting - 2961	395.00	2,075.00	Tues Morning Breakfast Special - 2761	-	490.00
Rainbow Bridge - 817	-	100.00	Tues Night Mens Step Study - 1813	100.00	350.00
Ramona BYOB	20.00	20.00	Tuesday Campus Noon Group - 2544	-	205.00
Ramona High Noon - 2778	-	30.00	Tuesday Morning Alpine - 440	80.00	280.00
Ramona Mens New Vision - 1949	20.00	45.00	Two Bit Speakers - 201	-	192.52
Ramona Monday Night - 1618	-	47.59	University City Disc.- 368	50.00	100.00
Ramona Sisters in Sobriety	-	25.00	University City Womens - 369	200.00	1,000.00
Ramona Way Of Life - 2772	-	70.00	Valley Girls - 2617	-	1,117.30
Resentment and A Coffee Pot - 2561	-	460.00	Victory Group - 2108	-	148.50
Rez Recovery - 3095	-	25.00	Wake Up Call - 1932	20.00	351.29
Riding Sober - 3054	-	100.00	War Fever - 880	-	40.00
Rise & Shine - 2170	540.00	3,015.95	Water Walkers - 5	-	210.00
Rocket Riders - 1730	-	530.00	Water Walkers Too - 1946	-	610.20
Rule 62 - 2947	-	150.00	Way Up and Out - 415	-	150.70
Rule 62 Group - 927	-	248.04	We've Come Along Way - 1616	44.56	82.06
Safe Sane and Sober - 1350	-	1,403.60	We Agnostics - 2096	-	100.00
San Carlos Single Purpose - 583	99.76	218.56	We Are Not A Glum Lot BB Study - 2841	-	75.20
San Diego Doctors Step Study - 194	-	475.00	Wednesday Night Closed Topic - 165	-	60.00
San Diego Feeling Good	-	275.38	Weds Rule 62 Lunch Group - 687	-	822.60
Santee Mens Group - 2972	-	158.00	Whistling In The Dark Mens - 2943	-	250.00
Santee Saturday Night Speakers - 2656	-	75.00	Wholesale Miracle - 2474	-	240.00
Santee Serenity - 3041	-	86.17	Womans Gut Level - 1701	-	100.00
Santee Serenity Group - 1943	-	160.00	Womans Let Go and Let God - 446	-	143.63
Santee Thursday Closed Mixed - 145	-	225.00	Women's Joy Of Living - 2636	-	159.00
Sat Mens Early Awakening - 2209	-	200.00	Women In Harmony - 1807	-	32.50
Sat Night Early Discussion - 336	-	470.00	Women In Sobriety - 697	-	64.00
Saturday A.M. Live - 782	-	491.22	Womens Meeting - 2903	-	100.00
Saturday Morning Sanity - 1989	-	135.00	Womens Thursday Nite - 514	-	200.00
Saturday Night Fervor - 208	-	28.80	Womens TLC - 2814	-	112.50
Scripps Ranch Men's Two - 2776	-	375.00	Womens Way To Recovery - 838	-	50.00
Serene-Tea - 2700	-	90.00			
Serenity @ 5107 - 2976	-	60.00			
Serenity Seekers - 209	-	140.00			
Sky Hi Womens - 1633	25.00	249.95			
Smokefree La Mesa Womens - 635	94.76	94.79			
Smokeless Drunks Luncheon - 1008	-	303.00			
So Bay New Womens - 2325	-	170.00			
Sober Minded Leather Folk - 1882	-	208.10			
Sober Nooners - 196	-	544.99			
Sober On Sat Book Study - 2193	-	50.00			
Sober Roses Womens Step Study - 2946	-	50.00			
Sober Serenity Seekers - 887	-	80.00			
Sober Survivors - 2915	-	175.00			
Sobriety At All Cost - 3006	-	88.00			
Sobriety On State And Date - 2697	162.94	528.01			
Sobriety Party - Ramona	20.00	80.00			
Sole Purpose Group - 1657	-	420.00			
Solutions Not Excuses - 2857	-	50.00			
Sons of God - 2789	146.66	1,047.16			

Thank you for supporting your San Diego Intergroup Central Office in carrying the message to the suffering alcoholic. Your Group Contributions have allowed us to reduce literature prices.

Each day that your Group participates in the work of our local AA services, whether through those who "Contribute their Time" or Group Contributions, or Sobriety Contributions, something wonderful happens in AA. When a newcomer calls us and finds your meeting, it is indeed a miracle. Your contributions show that you care about the services we as a fellowship provide and continued hope for the newcomer that reaches out for help. Words cannot fully express the deep gratitude about the energy that your AA Group devotes into carrying the message of hope to the still suffering alcoholic.

**CENTRAL OFFICE NOTES**

2016 Holidays – Central Office Bookstore closed		
HOLIDAY	DAY OF WEEK	DATE
Presidents Day	Monday	February 15, 2016
Memorial Day	Monday	May 30, 2016
July 4th	Monday	July 4, 2016
Labor Day	Monday	September 5, 2016
Veteran’s Day	Friday	November 11, 2016
Thanksgiving	Thursday	November 24, 2016
Christmas	Monday	December 26, 2016

**Book and Pamphlet of the Month**

**January’s Book: “As Bill Sees It” hard copy on sale: \$6.00 reg. \$8.00**

**“Many Paths to Spirituality”: sale: 5¢ each**

**The San Diego AA Coordinator Newsletter**

**Back Issues archived on our [aasandiego.org](http://aasandiego.org) website.**

Published by Newsletter Committee - San Diego AA Central Office.

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

50’s	60’s	70’s	80’s	2011	2012	2013	2014	2015	2015
<a href="#">1952</a>	<a href="#">1960</a>	<a href="#">1970</a>	<a href="#">1980</a>	<a href="#">January</a>	<a href="#">January</a>	<a href="#">January</a>	<a href="#">January</a>	<a href="#">January</a>	<a href="#">January</a>
<a href="#">1953</a>	<a href="#">1961</a>	<a href="#">1971</a>	<a href="#">1981</a>	<a href="#">February</a>	<a href="#">February</a>	<a href="#">February</a>	<a href="#">February</a>	<a href="#">February</a>	<a href="#">February</a>
<a href="#">1954</a>	<a href="#">1962</a>	<a href="#">1972</a>	<a href="#">1982</a>	<a href="#">March</a>	<a href="#">March</a>	<a href="#">March</a>	<a href="#">March</a>	<a href="#">March</a>	<a href="#">March</a>
<a href="#">1955</a>	<a href="#">1963</a>	<a href="#">1973</a>		<a href="#">April</a>	<a href="#">April</a>	<a href="#">April</a>	<a href="#">April</a>	<a href="#">April</a>	<a href="#">April</a>
<a href="#">1956</a>	<a href="#">1964</a>	<a href="#">1974</a>		<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>	<a href="#">May</a>
<a href="#">1957</a>	<a href="#">1965</a>	<a href="#">1975</a>		<a href="#">June</a>	<a href="#">June</a>	<a href="#">June</a>	<a href="#">June</a>	<a href="#">June</a>	<a href="#">June</a>
<a href="#">1958</a>	<a href="#">1966</a>	<a href="#">1976</a>		<a href="#">July</a>	<a href="#">July</a>	<a href="#">July</a>	<a href="#">July</a>	<a href="#">July</a>	<a href="#">July</a>
<a href="#">1959</a>	<a href="#">1967</a>	<a href="#">1977</a>		<a href="#">August</a>	<a href="#">August</a>	<a href="#">August</a>	<a href="#">August</a>	<a href="#">August</a>	<a href="#">August</a>
	<a href="#">1968</a>	<a href="#">1978</a>		<a href="#">September</a>	<a href="#">September</a>	<a href="#">September</a>	<a href="#">September</a>	<a href="#">September</a>	<a href="#">September</a>
	<a href="#">1969</a>	<a href="#">1979</a>		<a href="#">October</a>	<a href="#">October</a>	<a href="#">October</a>	<a href="#">October</a>	<a href="#">October</a>	<a href="#">October</a>
				<a href="#">November</a>	<a href="#">November</a>	<a href="#">November</a>	<a href="#">November</a>	<a href="#">November</a>	<a href="#">November</a>
				<a href="#">December</a>	<a href="#">December</a>	<a href="#">December</a>	<a href="#">December</a>	<a href="#">December</a>	<a href="#">December</a>

[aasandiego.org](http://aasandiego.org)

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

**December 2015 Financial Summary**

Group Contributions	9,999.00
Individual Contributions	1,226.00
SDIAA Contributions	0.00
Literature & Interest	249.00
<b>Total Revenue</b>	<b>11,474.00</b>
Central Office Expenses	-10,186.00
Committee Expenses	-722.00
<b>Total Expenses</b>	<b>-10,908.00</b>
<b>December 2015 Net Revenue</b>	<b>566.00</b>
<b>2015 YTD Revenue</b>	<b>9,730.00</b>



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

## AS BILL SEES IT

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

ALONE  
AMENDS  
ANGER  
COURAGE  
DISEASE  
DRY  
ENVY  
FAITH  
FEAR  
FORGIVE

GROWTH  
GUILT  
HONESTY  
HUMILITY  
LOVE  
PEACE  
PRIDE  
PROGRESS  
SANITY

SELFISH  
SERVICE  
SPIRITUAL  
SUCCESS  
TOLERANCE  
TRUST  
UNITY  
WILL  
WORRY

## 2015 San Diego Intergroup ANNUAL SUMMARY

### Phone Volunteer Hours

Under the direction of your Central Office Staff and the After-Hours Phone Committee, our telephone lines are answered 365 days a year by AA members in San Diego 24 hours a day, which is 8,760 hours per year. Thank you to all of the volunteers who shared their time to carry the message of Alcoholics Anonymous.

### Phone Calls

Meeting/ General Info: 19,981  
12 Step Calls: 396

### Website

Our website aasandiego.org received 352,628 visits in 2015, an average of 966 per day. There were 52 12 Step emails that were responded to by our AA members. Also, we have included Archives of Coordinator newsletters for 1950, 1960, 1970, 1980, 2011-2015. Scanning and uploading the 1990 and 2000-2010 coming soon..

### Coordinator Newsletter

In 2015, 7,500 newsletters were printed this year with local AA members sharing their experience, strength and hope in their recovery. And each month 1,425 were emailed out for FREE for members. Each month there is a collating volunteer party of the printed version, a chance to be of service and to share around the tables with each other.

### Sales of Literature

Big Books: 5,112  
12 x 12's: 2,275  
Newcomer Packs: 5,788  
Schedules: 34,000

### Archives Room

In April 2005, our Intergroup along with San Diego/Imperial Area Assembly and North County Intergroup joined together to create an Archive's Room located here at San Diego Central Office. In 2015, there were 316 visitors.

### Founders Day Picnic June 13, 2015

We had a wonderful celebration of AA's 80th birthday in South Bay. Everyone got plenty to eat and had great fellowship and fun. There were games for the little kids and volleyball teams were arranged for the big kids! There were many, many compliments on the event. People who had never attended before loved it and committed to helping next year!! Keeping with the tradition of moving around our San Diego Intergroup area, in 2016, looking to be at a park in Clairemont/Mira Mesa.

### San Diego AA 75<sup>th</sup> Anniversary

75 years of Alcoholics Anonymous in San Diego. Our very first San Diego AA meeting was on November 7, 1940 in an apartment at 3229 Adams Ave. This is the 3<sup>rd</sup> year that we have had a pancake breakfast and a presentation by our Archivist, Joe C. keeping our ticket price to \$10 on Saturday, November 14th. In attendance were 238 San Diego AA members.

### Group Coordinator Outreach

Committee recruits members to visit AA meetings that are not represented at our local Intergroup and invite them to join us in local AA activities and decisions. In 2015, 29 new groups were visited. Coordinators are also bringing guests to the Council to see what we do as an Intergroup and how much fun we can have with laughter.

### Public Information Committee

AA members give presentations of the story of Alcoholics Anonymous. In 2015, the activities were: Colleges, Event Literature Booths

Del Mar Fair booth,  
Big Books & 12 x12's in each of the San Diego Libraries Project.

5,000 pamphlets delivered to public pamphlet racks and 2,000 pamphlets given out at events.

### Become a member of the Coordinating Council of AA What is it?

- The Coordinating Council of AA San Diego is our local intergroup association

### Why should I become a Coordinator?

- Each individual AA group is entitled to representation in the Coordinating Council yet of the 760 registered groups in San Diego less than 60 have a coordinator

### What are my responsibilities as a coordinator?

1. **Attend Monthly Council Meetings!!** -
  - a. We meet the 2<sup>nd</sup> Thurs. of every month at Church 2111 Camino Del Rio South, Mission Valley
  - b. Call Central Office for more info. 619-265-8762
2. **Keep Your Group Informed!!** - Report actions and plans of the council back to your group
3. **Have A Vote!! - Vote on behalf of your group's conscience on issues set before the council** - Did you know there was recently on vote to allocate funds to establish an Archives Room at Central Office? Did your group have a vote?
4. **Get Involved!! - Vote in the election of the officers and members of the standing committees** - Program Committee, Business Committee, Public Information Committee, After Hours Phone Committee and others!!

**THINGS TO DO AND PLACES TO GO**

**2016 Imperial Valley AA Round-Up**

**Where:** Lions Recreation Center - 225 "A" Street  
Brawley, CA 92227

**When:** January 29,30,& 31, 2016

**Contact:** Central Office 619-265-8762

**"Pass It On"**

**Alcoholics Anonymous (Round - Up)**

**Where:** Yuma, Arizona

**When:** February 19, 20 & 21, 2016

**Contact:** Central Office 619-265-8762

**Women Sponsoring Women Workshop**

**Where:** Church - 1200 E. H Street  
Chula Vista, CA 91910

**When:** March 19, 2016

**Contact:** Carolyn - southbaywsw@gmail.com

**San Diego Spring Round Up**

**Where:** San Diego Town & Country Resort  
San Diego, CA 92108

**When:** March 24 - 27, 2016

**Contact:** Central Office 619-265-8762

**35 Annual H & I Conference**

**Where:** Holiday Inn - 14299 Firestone Blvd  
La Mirada, CA 90638

**When:** April 8, 9, and 10, 2016

**Contact:** Central Office 619-265-8762

**44th ACYPAA Round-up**

**"All California Young People in Alcoholic Anonymous"**

**Where:** Hyatt Regency Orange County  
11999 Harbor Blvd - Garden Grove, CA 92840

**When:** April 21 - 24 2016

**Contact:** Central Office 619-265-8762

**10th Annual**

**Seniors In Sobriety Conference**

**Where:** Bahia Hotel, 998 West Mission Bay Dr.  
San Diego, CA 92109

**When:** November 3-6, 2016

**Contact:** Central Office 619-265-8762

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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.



## CHOOSE YOUR OWN PATH

By Rick R.

The main reason that I ever drank alcohol was because of the way it made me feel, otherwise, why would I, or anybody, pour a chemical onto their brain cells that is closer to gasoline or lighter fluid, than any of that romantic thing we see on the screen. It seemed to arrest all of my fears and inhibitions and, for a while, I'd get relief from the stresses of daily life. It is often referred to as a social lubricant which may be ok for normal people. (normys) For those of us that are alcoholics, it goes far beyond that gentle relief it afforded the normal drinker. It, somehow sidetracks us into a way of thinking, that is so flawed, that our lives become unmanageable and we get so invested in this way of thinking until the world starts closing in on us and, as a last ditch effort, we decide to give Alcoholics Anonymous a try.

With our preconceived ideas of what we are getting in to, one of the first challenges we face is, what our concept of a higher power is. To some this comes easy, to others it may be difficult but in time they find a way to clear the hurdle; and for others it is a real struggle. They seem to have a bias against any talk of a God, and just using the term *Higher Power* seems, to them, to be some kind sales pitch to get them into believe in the God of some form of religion. They seem blinded to all of the references in The Big Book and the 12X12 to the contrary. Alcoholics Anonymous is all inclusive and welcomes everyone that has a desire to stop drinking and "*does not require you to believe anything*".(see pg.26 in the 12X12) There is no hidden agenda here. I've heard A.A. referred to it as *An education in the art of living*, and that is very close to what I have found it to be. It seems to help us to revisit all of our old ideas that were tainted by our alcoholic thinking. It also help us, over a period of time, to get back to a fundamental set of principles that work for everyone who, actually does them.

For the first person, the often referred to as the believer, that is on the path of a religious affiliation, the A.A. guiding principle is expressed on page 98 of the 12X12, when addressing meditation, "*It is hoped that every A.A. who has a religious connection which emphasizes meditation will return to the practice of that devotion as never before*". To me this illustrates the inclusiveness of the program.

They could have, just as well been talking about a carpenter, as opposed to a plumber or computer programmers. None are excluded.

The agnostic, on the other hand, is somewhat adrift and isn't attached to one side or the other, and if only he/she can be patient, over a period of time they will usually find their niche and come to terms with a power greater than themselves that they can do business with.

The, so-called atheist who becomes an alcoholic, may have a real struggle with this issue, but he/she really has the same chance, as anyone else, to live a sober and happy life. Those who doubt this can open the 12X12 to page 26 where it states "Take it easy. The hoop you have to jump through is a lot wider than you think..... a one-time vice-president of the American atheist Society .... got through with room to spare". Just don't assume that every time someone who mentions a bible verse at a meeting, is trying to convert you, and in return, they will not assume that you are not trying to debunk their religious beliefs when you say you can prove the nonexistence of God.

The simplest form of a higher power to me, is *alcohol*. If we all had power over it, none of us would need A.A., but that not the case; is it? The simplest form of a power over alcohol, to me, is the program of Alcoholics Anonymous. As stated on page 27 in the 12X12 "You can, if you wish, make A.A. itself your higher power". I have one last reference on the subject of a, Higher Power, and it is on page 27 also, "*To acquire it, I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could*". If you simply do that, I believe that, in time, you will come to terms with a *concept* of a higher power as well as any of us. *Faith* is not synonymous with *religion*, but it is synonymous with *trust*. If you can just put aside your prejudices about how the next alcoholic finds his way to enlightenment, you should be fine. I recommend you read the entire article, and not just the headline, and you will have a chance. You can be an atheist and still work the program, you can be agnostic and still work the program, and you can be a religious believer and still work the program. I can't put it any simpler than that. Trust the program, it work for everyone that actually does it.

### “Same Seat. Same God”

By: Elry P.

There I was. Sitting in the same seat, in the same room that I had been sitting in everyday for two weeks. You all know the one. The one in the farthest corner in the back of the room where no one will notice you. I was not an alcoholic and I didn't want to be here. The only reason I was sitting in a room among people who obviously couldn't control or even enjoy their drinking was because I had made a commitment with my spouse to do 90 meetings in 90 days if I ever got behind the wheel of my car within 12 hours of having a drink. Alcoholics. Always thinking that just because you enjoy your drinking you have a problem.

Yes. I enjoyed my drinking; each and every drink. They always did exactly what they were supposed to do. They got me drunk. Wasn't that the purpose of drinking? Yet here I sat. Hearing stories of how you pitiful people drank when you didn't want to. How it encompassed every part of your day. How it took over your lives. Two weeks of the same old whining and complaining about how hard it was to go without a drink. How miserable it was making you. How miserable it was making your families. THAT caught my attention. I love my spouse. My marriage is the greatest thing to ever happen to me. If drinking was instilling enough fear in him to have me sign a contract to do the 90 in 90 two years earlier, what was I doing to my marriage? I enjoyed drinking; but not enough to sacrifice my marriage. So, right there, in that seat, I decided to never have another drink again. Why? Because I didn't want to be like the miserable saps around me in this room. Little did I know..... I already was.

The fact that when I wasn't drinking, I was thinking about it, planning it. The fact that I had accepted all the memory and time lapses, wrecked cars, bad decisions and toilet hugging as part of a good time, the fact that I had spent 6 year in AA's sister program Alanon complaining about how the drinking of alcoholics was ruining my own fun drinking along with the fact that I couldn't refrain from drinking and driving when I lived within a few blocks walking distance of all of the bars where I drank, had all eluded me. However, when I made the decision to never have another drink, I was hit with something undeniable; cravings. You see, for 26 years prior, I had never resisted the urge to drink. As a matter of fact, I didn't even recognize my desire to drink as urges. When I wanted a drink, I had a drink.

It didn't matter the time of day. First thing in the morning, afternoon or late or night, whenever and where ever I wanted one, a drink was always appropriate. Now, these urges were the worst thing I had ever felt. Wanting a drink and not wanting a drink at the same time...unbearable.

Recognizing I was undoubtedly an alcoholic, I did everything I heard in the rooms to do, I surrounded myself with those who had about the same sobriety, or lack thereof, as myself and got a sponsor. I continued to go to meeting daily, sometimes multiples meetings in a day, and worked my butt off. But not matter what I did, the cravings were keeping me up at night. I lived in fear that I would lose control and walk into any one of the 7 liquor selling establishments and 3 bars between my home and my meetings. Yes I counted.

Then we got to Step 3. Now I grew up in church. So there has never been a time in my life where I did not believe in God. However, alcohol had taken my faith away. I knew God was there, I just didn't know how to believe. So much had happened since that last time God was active in my heart. I say heart because I now know that I have always known that God had an active part in my life, I just had no emotional connection to it. That was the key. It came to me in that same seat that I had been sitting for about 60 days now. If God had been active all this time without me knowing, how much more so if I just let him do it all for me? What if I let God handle these cravings for me? It was becoming obvious that I wasn't going to win this battle. I was extremely emotionally fatigued. So why not let go of my illusion of power and turn all of it, including my desire to stop drinking over to He who had ALL power? It worked. When I started doing what I could, go to meetings, be of service, work with other alcoholics, and left the outcome of these actions up to God, it got easier. No. The craving didn't just go away. That took time. But they were no longer my problem. They were God's. No. I did not pray constantly for God to remove my obsession. I chose a God whom I knew would answer that prayer in His time. I just had to do the footwork.

Today, I still sit in the same seat. You know the one. The one in the farthest corner in the back where everybody notices you.

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