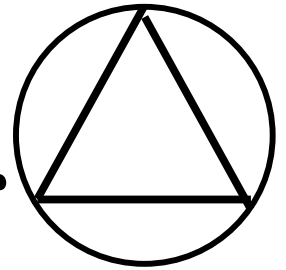


The San Diego AA Coordinator



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

“Willingness, honesty and open mindedness are the essentials of recovery.”

Big Book of AA, p.570 (Appendix II)

JANUARY 2011
VOL. XI NO.1

INSIDE . . .

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“Carry the AA Message”

**Join the fun and
submit an article**

Monthly Themes

February

Principle of Hope (due 1/27)

March

Principle of Faith (due 2/24)

April

Principle of Courage (due 3/24)

Submit 500 to 1000 word story to Newsletter Chair at:
sd.aa.newsletter@gmail.com

For more information, see page 2

Honesty

by
Thomas K

One of the major parts of the foundation we must include in the building blocks of our sobriety is honesty. Without it we're greatly lowering our odds of making this program of A.A. a successful part of our life. A bottle of our favorite alcoholic beverage is waiting for our failure in the program. It is extremely patient and will win the battle if we're not willing to be honest in this program. How early on I remember hearing honesty is the best policy. Years of active alcoholism took that idea away from me. Be as dishonest as you have to be to get that next bottle. Say you'll pay back the \$10 when you've no intention of doing so. Say you didn't hear the phone when you really did and were too drunk to answer it.

The first three pages (58-60) of the chapter “How It Works” is read at the beginning of many meetings and it is no surprise to this alcoholic that the word honesty is mentioned three times in the first paragraph emphasizing that most don't recover unless they can be honest with themselves and others. This program demands “a manner of living that demands rigorous honesty...,” “many of them do recover if they have the capacity to be honest...” and “constitutionally incapable of being honest with themselves...” I had spent the last 10 years of my life lying, cheating, and stealing as far as my drinking was concerned. It had become a way of life. There were things in my life that being honest about were out of the question. As I read the steps on pages 59 and 60 and began to figure out that the steps had a whole lot to do with honesty my foggy alcoholic brain came to the conclusion I had to come clean with a whole lot of unpleasant situations. Lying had become such a way of life for me that I didn't know what the truth was anymore.

To the rescue came my sponsor who simply began with first things first. By admitting I was powerless over alcohol, which I had done, the first step in honesty had been taken. A second statement of honesty came about by admitting that this program didn't fail something I believed, but that I failed. If I became willing to have honesty, an open mind, and become willing (HOW) I would change.

(Continued on page 3)

**ALCOHOLICS ANONYMOUS
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 Central Office Manager: Connie J.
 Administrative Assistant: Kathy M.

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

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

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

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

Coordinating Council Officers:

Council Chair Nancy N.
 Council Assistant Rick W.
 After Hours Phones Ruben S.
 Business Committee Maggie S.
 New Coordinators Clay K.
 Outreach Committee Kevin H.
 Program Committee Nicki F.
 Public Info Committee Heidi
 Newsletter/Coordinator Chris C.

Area Officers:

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

Contributors: Thomas K, Perry W and Bud G

January Theme: Honesty

Fold and Label Party: Wed. January 19, 2011
5:30 pm, Central Office

Newsletter Committee Meeting: Thur. January 27, 2011
6:00 pm, Central Office

View from the Chair :

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

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

In loving service,
Chris C

**Thank You to our December 2010 Issue
Fold and Label Volunteers!**

These kind folks participated in November

Group Represented	Volunteers
District 8	Jane G, Jim G
East Side Group	Lorelei, Bobbie C, Alena
We Group	Wes T, Don D, Tom G, Amanda G
Another Sober Tuesday	Bill G
Newsletter Members	Chris C, Maureen B, Linda F, Thomas K
Others	Sober Tom, Bob

As time marched on for me and I began to truly listen, I observed those members of the program who had some time, we're honest and it was working for them in their lives. I looked up to them in awe that they were able to practice this honesty in all parts of their lives. What I thought impossible was not only possible but an easier way to live life. I didn't have to remember what I told to whom. Very slowly as the fog was lifted from the brain their way of living became what I wanted in my life too. This was the simpler easier way to live. Yes being honest meant putting me in some uncomfortable situations. It is better to pull the weed out and get the entire root as opposed to only pulling out the plant. It might make the yard better for awhile but the weed will grow back bigger than ever. Telling a person what they want to hear might get them off your back for awhile but the situation is going to come back and haunt you until you step up to the plate and tell it all. Again, this is yet another situation for your sponsor to help. He can wisely advise what to do in situations that baffle us. Take direction and you won't be disappointed. Look up to other members of your group and do what they do. This is a time to be a clone and not be creative. Our thinking was getting us nowhere and it was time to do a 180 degree turnabout in our lives.

As we accumulate more time in the program we learn when we need to be rigorously honest and when to hold back our tongue and say nothing. Experience will teach us not to run out and bear our soul to the world but to slowly let this way of life evolve. We can look forward to the day when we've become like the people we look up to and we can in turn pass along what was given to us. Give this program a real chance and you too will find out that you can be honest in your life too. I'm grateful that this program has become a part of my life and honored to write an article about honesty. Honest.

AA Birthdays

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



Happy Birthday to All!

Carlos R
11/10/2008
Not Alone Speakers
2 Years

Kathy M
12/3/2000
10 Years

Steve K
9/12/1960
50 Years

Birthday Gratitude:

Name _____

City/Home Group _____

Sobriety Date _____

Amt. Enclosed _____

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

Group and Meeting Changes

****NEW MEETINGS****

Serene Solutions Young Peoples

Shopping Ctr 1009 C Ave
 Fri @ 5:15 pm Coronado

****RELOCATE****

11TH Step Meditate & Share

Med Office (2nd Fl Rm 1) 4405 Vandever Ave
 Fri @ 7 pm Grantville
 (was Hospital 7050 Parkway Dr)

Little Apple Group

Church (Guild Rm) 2728 6th Ave
 Sun @ 7 pm Hillcrest
 (was Serv Ctr 3969 4th Ave)

****RELOCATE & NAME CHANGE****

Singleness of Purpose

Church (Garage) 4800 Block of Cass St
 Sun @ 8pm Pacific Beach
 (was P.B. Beginners Workshop 2088 Beryl St)

****NAME CHANGE****

Sick With It

Park- Rec Ctr 326 Harbinson Canyon Rd
 Mon @ 7 pm Harbinson Canyon
 (was Stick With It)

Wed Nite Traditions Study

Church 6556 Park Ridge Blvd/Wandermere Dr
 Wed @ 6:30 pm San Carlos
 (was Traditions Study)

Open Minds-Big Book Study

Club 9535 Kearny Villa Rd #104
 Sat @ 7 pm Mira Mesa
 (was The Word- Big Book Study)

****CODES CHANGE****

Free To Be Codes: G L (+ Thu)

Club 1730 Monroe Ave
 Mon-Fri @ 5:45 pm University Heights
 (was G L (+ Mon))

****TIME CHANGE****

San Diego Doctors Step Study Codes: C

Church 625 Pennsylvania Ave
 Mon @ 7 pm Hillcrest
 (was 8 pm **effective Jan 3, 2011**)

****CANCELED****

Gotta' Get Honest

Coffee House 457 El Cajon Blvd
 Wed @ 7 pm El Cajon

Design For Living Codes: C *

Hospital 10666 N Torrey Pines Rd
 Wed @ 8 pm La Jolla

Coordinating Council Attendance

The following 56 groups attended December Coordinating Council
 There are 798 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, January 13, 2011

11th Step Journey
 AA By The Bay
 Allied Gardens Step Study
 Back To Basics For Women
 Battery Chargers
 Big Book & 12 X 12 Study
 Cedar Street Mens
 Clairemont Womens Step Study
 Coffee Clutchers
 Coronado Womens
 D.D.G.T.
 Daily Reflections
 Downtown Discussion
 Early Risers (PB)
 Easy Does It Riders
 El Cajon Womens Serenity
 Free At Last
 Fresh Start Beginners
 Friday Morning Womens
 Friday Night Irregulars
 Friday Night Mens
 Friday Night Santee
 God Squad Too
 Golden Hill Sun Discussion
 Great Fact
 Haul Your Hiney Out Of Bed
 I. B. Up
 Imperial Beach

Kelton Ave Big Book Study
 L.G. B. B.
 La Mesa Mixed
 La Mesa Open Discussion
 La Mesa Step Study Workshop
 Mid-Week Mens
 Mira Mesa Friday Night
 Monday Nite Live
 Morning Attitude Adjustment
 North Park Mens
 O.B. Young Peoples
 Ocean Beach Tuesday
 Old Town Speakers
 Over The Bridge
 Pass It On
 Porter Hall Structured S/S
 Rainbow
 Santee Saturday Night Speakers
 Scripps Ranch Mens Two
 Sky Hi Womens
 Smokefree La Mesa Womens
 Sunrise Promises
 The Joy Of Living
 The Other Group
 The We Group
 Womans Gut Level
 Womans Let Go & Let God
 Womens In Harmony

"I AM A MIRACLE"

The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way, which is indeed miraculous. He has commenced to accomplish those things for us, which we could never do by ourselves.

Alcoholics Anonymous, p. 25

This truly is a fact in my life today, and a real miracle. I always believed in God, but could never put that belief meaningfully into my life. Today, because of Alcoholics Anonymous, I now trust and rely on God, as I understand Him; I am sober today because of that! Learning to trust and rely on God was something I could never have done alone. I now believe in miracles because I am one!

Daily Reflections, January 1

AT THE TURNING POINT

Half measures availed us nothing.
 We stood at the turning point. We asked His protection and care with complete abandon.

Alcoholics Anonymous, p. 59

Thank You, Volunteers For Carrying The Message

Minutes of the Coordinating Council

Thursday, December 9, 2010

Rudy M. – Council Chair called the 786th meeting to order at 7:30 pm. Larry read the 12 Traditions. Council Definition and Purpose read by Debbie. There were 6 new Coordinators, 0 visitors and 3 birthdays. 7th Tradition was \$69.00. Roll Call: Leah M., Assistant Council Chair reported 56 groups were represented out of 83 registered Coordinators. There was a quorum (43) It was m/s/c to approve the minutes of the November 2010 Council Meeting.

Area Assembly – Joel C., Area Delegate – shared that the next Area Assembly is on Saturday, January 8th at Church 2111 Camino Del Rio So. Mission Valley in Linder Hall. Check Area website at area8aa.org for details. The General Service Office is requesting stories on “Spirituality”, ”7th Tradition” and AA members of “Armed Services” to be received by February 2011.

H & I Representative: Chris – Shared purpose of H & I (to establish and maintain AA meetings in facilities where people are confined and to bring AA General Service Conference approved literature into those institutions). We have more requests to bring a meeting in than we have volunteers, so we are always looking for new members. Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3rd Sunday @ 12:15 pm Hall 5150 Kearney Mesa Rd 92111 and 3rd Thursday @ 7 pm Central Office 7075-B Mission Gorge Rd 92120.

Contact on Release’s purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual and take them to their first few meetings. Go to area8aa.org and click on the H & I tab for more details and 2010 financials.

AFTER HOURS PHONES: Ben, Co-Chair: all slots are filled. In need of groups to sign up for standby list. Committee needs 3 new members. Trying to establish a list of individuals available for emergency phone coverage.

BUSINESS COMMITTEE: Maggie S., Chair reported that the committee met on Tuesday 12/7/10 at 6:00 pm. Present: Mark V., Rick W., Maggie S., Rudy M., Council Chair, Leah M., Assistant Council Chair and Connie J., Manager. Absent excused: Ray R., John D. and Leonard. There was a quorum.

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

November Financial Statements briefs:

- a) Our November 2010 Net Revenue is (\$2,686.21. Our 2010 YTD Net Revenue is (\$9,259.80) Group and Individual Contributions were \$7,391.35. Literature Sales Revenue and bank interest was \$1,909.14 while total office and committee expenses were \$11,986.70. Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager’s Report

- 1) December Book of the Month is any Grapevine BOOK - \$1.00 off regular price.
- 2) Central Office now offers Gift Certificates in from \$10.00 - \$25.00
- 3) Coordinator Newsletter – New subscription by email to begin in 2011. Currently collecting emails for database and re-doing the format to create PDF file. Hard copies will still available at Central Office.

Committee Member reports:

- 1) Maggie S. chaired the meeting/signed checks.
 - 2) Mark V. – signed checks and reviewed bank reconciliation.
 - 3) Rudy M. – Website working properly.
 - 4) Leah M. – Distributed Coordinator call sheets prepared BC minutes.
 - 5) Rick W. checked volunteer books.
- Old Business: There was none.

Continued on page 6.

Continued from page 5.

New Business:

- 1) Year-end literature inventory on 12/18/10.
- 2) Central Office will be accepting credit card for all transactions at Central Office.
- 3) El Centro/Imperial Valley will be call-forwarding their Intergroup phone # to our San Diego Central Office # and agree to be responsible for any charges incurred. It was approved to assist their need of help.

COORDINATOR NEWSLETTER: Linda H., reported committee met on 11/17/10 at 6 pm. Present: Linda F., Chris C., and Maureen B. and Thomas K. Excused: Christian W.,

February's Theme: "Hope". Submissions of 500-1000 words welcome (February submission due by December 23rd). Send to Chris C. at SDAA.Newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Come join in the fun at the Fold & Label party. NEED groups to adopt a month to fold – label the newsletter.

COORDINATOR OUTREACH: Kevin, Chair shared committee met tonight at 7 pm. Present were: Kevin and Charlie. Help NEEDED in terms of participation and outreach.

ORIENTATION & GUIDELINES: Clay, Chair reported committee met tonight at 6:30 pm present: Mike and Clay. Excused: Duncan. Committee needs 1 new member.

- 1) Orientated 3 new Coordinators. Discussed duties of the Coordinator, handed out orientation packets and answered questions. Read the "History of San Diego", reviewed Robert's rules of order" and a Quorum.

PROGRAM COMMITTEE: Les, Chair:

- 1) New Years Eve event – is scheduled again to be at Scottish Rite Center in Mission Valley with tickets to again be \$20.00 for event. Tickets are available at Central Office, may purchase a table of 10, and tickets available at door if not sold out. Room capacity: 500.

PUBLIC INFORMATION COMMITTEE: Heidi. Chair reported that committee met on 12/6/10 at 6 pm. Present: Judy B., Terry, Kimberly, Pat, Heidi and Kathy. Visitors:

Steven and Melissa. Absent: Andrea and Heather.

- 1) Kathy still will work on completing list re: sending letters to Senior Centers
- 2) Kathy to follow up putting "Public Service Announcements" into Newsletters.
- 3) Discussed letters to schools for new semester, making cold calls and hand delivery.
- 4) December 13 at 2 pm – Navy 32nd street.
- 5) Del Mar Boys Group.

OLD BUSINESS: There was none.

NEW BUSINESS:

- 1) Public Information Committee: Melissa L. (sob 6-3-09) and Steven W. (sob 3-22-08) were approved unanimously to serve.
- 2) Coffee Maker: Mike.
- 3) PA System: Rudy M.

December Elections:

All elected unanimously to serve.

- 1) Council Chair: Nancy N. (sob 6-20-08)
- 2) Council Chair Assistant: Rick W. (2-3-75)
- 3) After-Hours Phone Committee: Crystal volunteered to serve a second term. Rudy M. and Eric (sob 912-09) elected to serve.
- 4) Business Committee: John D. volunteered to serve a second term. Gary C. (sob 2-20-84) and Jerry C. (sob 8-2-94) were elected to serve.
- 5) Orientation Committee: Duncan volunteered to serve a second term. Larry (sob 5-19-10) elected to serve.
- 6) Program Committee: Karen P. (2 yrs), Laurie W. (sob 2/11/09) and Brian B. elected to serve.

Thank you very much to those rotating off for your service to Alcoholics Anonymous of San Diego.

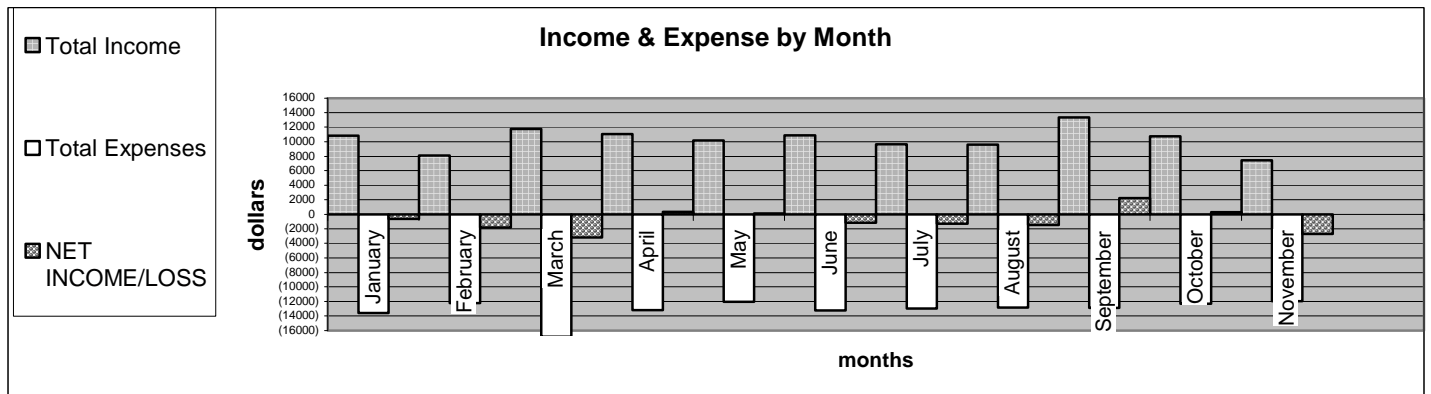
Thanks to those for setup and clean up of the room. Meeting adjourned at 8:50 pm with Serenity Prayer.

Respectfully submitted,

Connie J., Recording Secretary

Statement of Revenue and Expenses as of November 30, 2010

	November '10	November 09	YTD '10	YTD '09	\$ Change	Budget '10
Revenue						
Contributions Group	7,032.46	6,518.47	102,331.51	107,050.88	(4,719.37)	125,676.00
Contributions Individual	358.89	321.35	9,357.44	9,517.41	(159.97)	7,650.00
Contributions SDIAA	-	-	1,030.00	1,200.00	(170.00)	1,200.00
Interest - Cert of Deposits	50.73	90.68	778.80	1,803.43	(1,024.63)	2,500.00
Total Revenue	7,442.08	6,930.50	113,497.75	119,571.72	(6,073.97)	137,026.00
Expense						
Accounting & Legal	225.00	225.00	5,925.00	5,930.00	(5.00)	6,200.00
Auto/Travel/Seminar	36.75	96.91	1,585.12	1,204.33	100.00	1,500.00
Bank Service Charges	2.00	2.00	120.54	88.33	32.21	100.00
Cash (Over) Short	(4.75)	(27.47)	65.57	(44.69)	110.26	(50.00)
Equipment Maint & Repair	-	-	70.00	26.90	43.10	500.00
Equipment Purchase	-	-	463.92	746.62	(282.70)	500.00
Insurance	50.50	80.00	284.13	621.00	(336.87)	1,100.00
Office Maint. & Repairs	-	-	77.11	-	77.11	500.00
Office Supplies	283.20	381.23	3,396.21	3,953.24	(557.03)	4,269.00
Rent	1,648.00	1,600.00	17,936.00	18,132.00	(196.00)	19,584.00
Taxes	-	-	83.49	69.75	13.74	80.00
Telephone	244.09	349.41	2,561.28	3,574.65	(1,013.37)	3,500.00
Utilities-Electricity	197.66	11.44	3,085.34	4,383.92	(1,298.58)	4,632.00
Website	20.00	13.00	290.30	265.20	25.10	500.00
EMPLOYEES						
Accrued Payroll Taxes	561.75	558.37	6,825.77	6,780.33	45.44	7,400.00
Employee Wages	7,343.04	7,298.87	82,215.00	81,225.31	989.69	89,990.00
Employee 403B Contribution	175.00	175.00	1,925.00	1,925.00	-	2,100.00
Employee Health Benefit	853.04	991.98	9,522.38	10,821.28	(1,298.90)	9,900.00
Insurance-Worker's Comp	50.00	50.00	586.50	591.50	(5.00)	1,000.00
Total Expense	11,685.28	11,805.74	137,018.66	140,294.67	(3,276.01)	153,305.00
	(4,243.20)	(4,875.24)	(23,520.91)	(20,722.95)	(2,797.96)	(16,279.00)
Literature Revenue/Expense						
Sales (see schedule)	1,858.41	1,247.06	21,534.98	25,398.60	(3,863.62)	25,879.00
Total Other Revenue	1,858.41	1,247.06	21,534.98	25,398.60	(3,863.62)	25,879.00
Standing Committees Inc/Expense						
Committee (see schedule)	301.42	631.94	7,273.87	7,256.53	17.34	9,600.00
Total Other Expense	301.42	631.94	7,273.87	7,256.53	17.34	9,600.00
Net Other Income	1,556.99	615.12	14,261.11	18,142.07	(3,880.96)	16,279.00
Net Revenue	(2,686.21)	(4,260.12)	(9,259.80)	(2,580.88)	(6,678.92)	-



Group Contributions	Nov '10	Ytd 10	Group Contributions	Nov '10	Ytd 10
11th Step Journey - 2622	-	316.29	Eastlake Greens Attitude Adjustment-2691	-	434.36
11th Step Meditate & Share - 2748	45.00	45.00	Eastlake New Beginnings B/B S/S - 2673	-	215.00
11th Step Meeting - 2322	40.00	79.00	Easy Does It Riders - 21	-	100.00
4077 Mash 11th Step - 2027	-	94.22	Easy Does It Speakers - 114	-	140.00
4th Edition Big Book - 2569	20.00	20.00	El Cajon Womens Serenity - 77	-	182.17
A Sense of Belonging Womens - 1205	-	250.00	Emotional Sobriety - 2536	-	50.00
A Street Participation - 179	-	50.00	Evening In Harmony - 2864	100.00	200.00
A Street Speakers - 178	-	45.00	Evening Serenity - 2305	-	122.80
A Womens Meeting - 1717	-	553.60	Eye Opener Group - 607	135.00	830.00
AA By The Bay - 629	-	125.00	Faculty Group - 1645	90.00	390.00
ACYPAA	-	283.00	Fifth Chapter Group - 112	-	60.00
Adams Avenue Big Book Study - 1892	50.00	200.00	Fireside Step Study -NP	-	20.00
Afternoon Delight - 2704	-	29.00	Fourth Dimension Group - 2415	-	75.00
Allied Gardens Friday Lunch - 766	-	475.00	Free At Last - 2888	40.00	120.00
Allied Garden Step Study - 1629	-	400.00	Free on Friday - 760	50.00	106.33
Alpine Mixed Step Study - 2621	-	120.00	Free to Be - 935	138.07	288.44
Annual Grateful Meeting - 2461	-	200.00	Fresh Start Beginners - 2609	-	863.81
Another New Beginning - 144	-	150.00	Fri Noon Living Sober - 2767	-	78.00
Another Sober Tuesday - 1952	-	300.00	Friday Happy Hour - 2821	-	50.00
Artists in sobriety - 2459	-	110.00	Friday Morning Womens - 104	-	401.04
As Bill Sees It - Univ Heights - 1788	-	50.00	Friday Night Irregulars - 2889	88.00	213.00
As Bill Sees It - Coronado - 2780	-	100.00	Friday Night Mens - 188	-	91.80
At Home Mens - 215	-	219.25	Friday Night Santee - 1754	-	50.00
At One With Each Other - 789	-	293.00	Friday Nite Weeks End - 1856	-	128.25
B.Y.O.B. (North Park) 203	-	300.00	Gifts of Grace Womans - 2564	-	50.00
Back to Basics - 1026	-	1,500.00	Gilman Group - 1988	67.50	556.87
Back To Basics For Women - 1675	-	104.00	God Squad Too - 2809	-	49.89
Back to Basics Step Study - 1938	-	108.00	Golden Hill Sun Discussion - 1706	-	452.03
Bacon St Usual Suspects - 2663	-	50.00	Good Fortune Hui Group - 491	-	300.00
Balboa Breakfast - 2721	-	473.84	Good Morning AA - 1888	-	666.43
Barefoot - 139	-	20.00	Great Fact Group - 895	-	300.00
Battery Chargers - 98	-	459.71	Harmony Group - 585	-	473.26
Battery Chargers Thanksgiving Alkathon - 98	-	123.00	Haul Your Hiney Out of Bed - 704	-	50.00
Bay Park Step Study Group - 299	-	110.00	How It Is Today - 483	-	100.00
Bayside Big Book Study - 1610	50.00	125.00	Hwy 80 AA - 2722	-	594.80
Beginners Steps to Sobriety - 1007	20.00	80.00	I.B. Up - 2565	-	93.50
Big Bonfire Meeting - 1894	-	500.00	Imperial Beach Group - 79	-	232.00
Big Book & 12 x 12 Study - 100	-	148.31	Imperial Mens Group - 869	-	20.00
Big Book Discussion Founders Group - 581	-	180.00	Jamul Open - 63	-	135.00
Bonita Boozers - 2179	-	200.00	Joy Of Living - 2787	-	100.00
Breakfast of Champions - 2818	100.00	850.00	Judges Big Book - 2736	30.00	30.00
Butts Out - 1764	-	107.27	Jump Start - 2174	540.00	540.00
Cajon View Open Discussion - 471	-	100.00	Kelton Ave Big Book Study - 2410	-	155.11
Cajon View Step Study - 458	-	20.00	Kick Start Your Heart - 2430	-	100.00
Carrying the Message - 2458	-	250.00	Know A New Freedom - 2340	-	12.00
Casa De Oro Tradition Five - 503	-	372.93	La Jolla Basic B/B Study - 2154	-	339.83
Casa De Oro Weds Nite - 2049	-	185.00	La Jolla Beginners Group - 82	-	438.58
Cedar Street Mens - 1698	135.58	1,020.04	La Jolla Big Book - 84	-	112.00
Chula Vista 4 Min Speakers - 1568	-	450.00	La Jolla Discussion Group - 85	-	500.00
Citizens Again - 2658	-	501.80	La Jolla Lunch Bunch - 622	-	240.00
Clairemont Daytime Step Study - 427	-	65.00	La Jolla Monday Womens - 87	-	1,300.00
Clairemont Discussion - 314	-	225.00	La Jolla Nonsmokers Disc - 88	-	700.00
Clairemont Mens - 301	-	1,200.00	La Jolla Patio Group - 613	-	372.00
Clairemont Mesa Step Study - 1997	-	80.00	La Jolla Pump House - 696	-	136.00
Clairemont Mixed Discussion - 338	-	265.77	La Jolla Speakers - 578	-	507.37
Clairemont Womens - 340	-	494.00	La Jolla Thursday Night - 90	-	38.13
Clairemont Womens Step Study - 341	70.00	570.00	La Mesa Big Book - 1689	-	75.00
Class Acts - 1845	480.00	980.99	La Mesa Mens - 106	71.69	871.58
Coffee Clutchers - 2332	-	685.00	La Mesa Mid Morning - 2777	-	80.00
Come Get Recovery - 2630	-	145.00	La Mesa Mixed - 2136	-	750.00
Conscious Contact Meditation - 2834	-	90.00	La Mesa Step Study Workshop - 1621	-	300.00
Conscious Contact Study Grp - 2282	-	48.00	La Mesa Womens Sat Morning - 416	-	77.97
Convoy Thurs Night Discussion - 216	-	52.25	Laguna Mountain Group	-	500.00
Coronado Beginners - 344	-	60.00	Lake Morena Sink or Swim - 2830	-	100.00
Coronado Big Book Study - 1644	-	75.00	Lake Murray Lunch Bunch - 2701	-	150.00
Coronado Nooners - 497	150.00	1,029.14	Lake Murray Womens - 572	-	247.52
Coronado Step Study - 1523	-	50.00	Learn To Listen Group - 2782	-	30.00
Coronado Sunday Noon - 1830	-	90.00	Linda Vista Mens - 320	-	40.00
Coronado Sundowners - 1634	-	325.28	Linda Vista Thursday Night - 319	-	100.00
Courage To Change - 2679	-	41.48	Little Apple Group - 1438	-	350.00

D.D.G.T.M. - 767	-	180.00	Living Free - 477	-	2,100.00
Dawn Patrol - 263	299.15	1,641.42	Lost & Found - 2907	-	26.50
Deerhorn Valley Group - 2063	-	35.00	Love and Truth 12 x 12 - 1617	-	112.50
Del Mar Monday Lunch Bunch - 2084	-	325.00	Lunchtime Friends - 964	-	262.00
Designs For Living - 488	-	777.12	Lushes Lunch Thursday - 2807	162.20	549.80
Diamond St Mens Step Study - 569	-	404.50	Lushes Lunch Tuesday - 2641	140.31	446.91
Dignity Unlimited - 205	-	141.60	Medicine Wheel - 1852	-	14.81
Doctors and Lawyers Group - 391	-	243.05	Men and Womens Monday Night - 95	120.00	360.00
Downtown Discussion - 1665	43.15	702.08	Mens Recovery Group - 830	-	100.00
Downtown Noon Discussion - 1607	-	80.00	Mens Step Study (CV) - 965	-	50.00
Drunks Only - 1605	-	1,916.61	Mens Structured Step Study - 1469	-	148.00
Each Day A New Beginning - 509	-	173.50	Mid-Week Mens - 560	-	480.00
Early Morning Recovery - 2688	-	704.53	Midnight Howlers - 1025	-	540.00
Early Risers (Coronado) - 1525	220.00	520.00	Midway Bridge - 2171	-	198.00
Early Risers (PB) - 264	-	250.00	Mira Mesa Early Risers - 967	-	20.00
East County Mens - 1905	50.00	200.00	Mira Mesa Monday Noon Mixed - 542	-	10.00
East County Young People Rule 62 - 2797	-	238.00	Mira Mesa Sunday Morning Mens - 693	-	100.00
East Side Group - 101	-	205.00	Mira Mesa Womens - 411	-	166.13
Eastlake Greens Attitude Adjustment-2712	-	450.00	Mission Bay Sat Night Speakers - 271	-	80.00
Mission Hills Beginners - 1612	-	260.00	Spring Valley Step Study - 125	-	194.00
Mission Hills Lunch Bunch - 2675	-	1,380.00	Stadium Group - 372	-	60.00
Monday At A Time - 2875	-	276.00	Step By Step - 1486	-	33.50
Monday Mens Gut Level Group - 677	-	150.00	Step Sisters - 2155	-	165.30
Monday Nite Live - 643	-	148.00	Step Up Step Study - 2817	-	95.00
Morning Attitude Adjustment - 768	275.00	3,025.00	Straight Shooters - 198	-	110.27
Mt Soledad Mens - 717	-	950.00	Sunday Beach Sun-Day - 568	300.00	480.00
Newcomers Rise & Shine - 2702	-	91.00	Sunday Kind of Love - 429	-	212.00
Noon at the Grove - 628	-	500.00	Sunday Middy - 161	-	90.00
Nooners Anonymous - 1164	-	196.50	Sunday Morning Eleventh Step - 1206	-	50.00
Noontime on the Patio - 2203	50.00	50.00	Sunday Morning Spiritual Meeting - 1700	225.00	330.00
North Clairemont - 1102	-	50.00	Sunday Morning Sunshine - 407	-	179.00
North Clairemont Sat Nooners - 2572	50.00	200.00	Sunday Night Discussion - 212	25.00	55.00
North Park Mens - 465	-	732.64	Sunday Serenity - 47	-	279.00
North Shores Breakfast - 275	-	40.00	Sunrise Promises - 2166	140.00	540.00
O.B. Womens Step Study - 2730	50.00	50.00	Sweet Surrender Speakers - 2254	-	36.00
OB Peer Group - 2130	-	100.00	T.G.I.F. - 1658	-	40.00
Ocean Beach Step Study - 247	-	120.00	Take Five - 1323	-	300.00
Old Timers Breakfast 2828	-	100.00	The Grapevine - 2794	-	22.00
Old Town Speakers - 321	-	750.00	The Hole In The Donut - 2737	188.00	512.00
On The Corner - 2384	-	60.00	The Joy of Living Group - 2636	-	72.73
One Step Ahead - 715	-	69.00	The Other Meeting - 857	-	616.24
One Step At A Time Runners - 1664	-	106.80	The We Group - 2739	-	378.20
Original Tues Night Step Study - 2124	-	150.00	The We Group Speakers - 2835	-	233.94
Out of the Woods - 2793	-	255.00	The Womens Room - 450	-	80.00
Over 50 - 840	-	25.00	Three Gegacies Group - 2194	-	100.00
Over The Bridge - 2689	29.01	1,279.77	Thurs Pamphlet Disc - 2845	-	105.00
Pacific Beach Weekend Warmup - 725	-	383.40	Thursday Campus Noon Group - 2387	-	225.00
Paradise Hills - 392	200.00	346.56	Thursday Night Sobriety - 475	50.00	50.00
Pass It On Big Book Study Group - 2860	80.50	954.59	Thursday Night Womens Speakers - 183	-	100.00
Pass It On Group - 170	-	24.00	Thursday Promises Promises - 749	-	282.05
Patterns in Sobriety - 669	-	150.00	Thursday Steps - 646	120.00	325.00
Pb Young Womens - 2187	-	100.00	Tierrasanta Big Book Study - 1790	-	125.00
Penasquitos 12 x 12 - 2769	-	140.00	Tierrasanta Friday Night - 2645	-	210.00
Poinsettia Group - 2210	-	400.00	Tierrasanta Morning Serenity - 2811	150.00	477.60
Point Loma AA Discussion - 242	-	219.81	Top of The Hill - 41	-	300.00
Point Loma Tuesday Night - 2648	-	194.33	Torrey Pines Open Discussion - 94	-	370.10
Practical Solutions - 2398	-	216.09	Torrey Pines Thurs Nite Disc - 365	-	105.00
Progress Rather Than Perfection - 2682	-	286.20	Traditions West - 2713	-	7.71
Pt Loma Fri Afternoon Step Study - 244	100.00	300.00	Tri-Serenity - 836	20.00	120.00
Pt Loma Womens Discussion - 1608	-	250.00	Tues Night Big Book Step Study - 1813	-	180.00
Rainbow Bridge - 817	-	20.00	Tues Night Mens - 2123	-	134.00
Rainbow Group - 570	-	129.50	Tuesday Campus Noon Group - 2544	-	225.00
Ramona High Noon - 2778	-	75.03	Tuesday Morning Alpine - 440	49.20	111.20
Ramona Men's New Vision - 1949	-	16.00	Tuesday Morning Breakfast Special - 2761	-	180.00
Ramona Monday Night - 1618	24.00	49.00	Tuesday Night Participation - 905	-	50.00
Ramona Way Of Life - 2772	-	80.00	Tuesday Vision 4 U - 2775	-	40.00
Resentment and A Coffee Pot - 2561	-	402.66	Two A's Over Easy - 2106	-	170.00
Right Turn Group - 1900	-	245.00	University City Disc. - 368	-	131.25
Rise & Shine - 2170	132.50	1,176.29	University City Womens - 369	-	750.00
Rocket Riders - 1730	-	576.00	Valley Girls - 2617	-	413.53
Round Table Discussion - 123	-	110.00	Victory Group - 2108	-	120.00
Rule 62 Group - 927	50.00	187.50	Wake Up Call - 1932	-	40.00
S.D. Speakers Meeting - 152	207.00	307.00	Wandering Women - 2298	-	25.00

Safe, Sane and Sober - 1350	-	1,000.00	War Fever - 880	-	287.00
San Carlos Single Purpose - 583	-	200.00	Warm and Friendly - 42	50.00	100.00
San Diego Doctors Step Study - 194	-	225.00	Water Walkers - 5	-	100.00
Santee Big Book Study - 1812	-	87.65	Water Walkers Too - 1946	-	847.24
Santee Sunday Nite Smokeless - 1705	-	90.00	We Agnostics - 2096	-	215.00
Santee Thursday Closed Mixed - 145	50.00	72.50	We've Come Along Way - 1616	-	120.00
Sat Mens Early Awakening - 2209	-	348.00	Wed Nite Traditions Study - 2336	-	96.00
Sat Night Early Discussion - 336	-	721.65	Wednesday Discussion Group - 2431	-	415.00
Saturday A.M. Live - 782	-	160.00	Wednesday Night Closed Topic - 165	-	75.00
Saturday Night Candlelight - 1914	-	120.00	Wednesday Night Promises - 2167	50.00	50.00
Saturday Night Fervor - 208	40.00	80.00	Weds Rule 62 Lunch Group - 687	-	210.00
Saturday Nite Live - 2192	-	26.00	White Flag Outdoors - 2788	-	526.81
Scripps Ranch Men's Two - 2776	-	370.00	Wholesale Miracle (Thurs) 2474	-	255.07
Searching and Fearless - 308	-	561.00	Womans Let Go and Let God - 446	-	561.49
Senior Serenity Meeting - 209	-	100.00	Women In Harmony - 1807	50.00	350.00
Serendipity Womens - 1642	-	25.00	Womens Attitude of Gratitude - 2751	-	230.55
Serene-Tea - 2700	-	83.00	Womens Step Study - 296	-	177.57
Six Minutes To Sanity Meditation - 2647	-	50.00	Womens Thursday Nite - 514	-	446.52
Six O'Clock Big Book Study 507	-	50.00	Womens TLC - 2814	-	33.00
Sky Hi Womens - 1633	-	325.00	Womens Way To Recovery - 838	-	40.00
Smokefree La Mesa Womens - 635	-	684.00			
Smokeless Drunks Luncheon - 1008	-	240.00			
So Bay New Womens - 2325	-	236.00			
Sober Minded Leather Folk - 1882	-	178.06			
Sober Nooners - 196	-	326.89			
Sober Serenity Seekers - 887	-	550.60			
Sobriety On State And Date - 2697	-	535.88			
Sobriety Seekers Step Study - 342	-	100.00			
Sole Purpose Group - 1657	-	257.50			
Solutions Not Excuses - 2857	-	189.50			
Sorrento Valley Nooner - 544	71.50	71.50			
South Bay Mixed Discussion - 36	-	45.00			
South Clairemont - 305	-	265.69			
Spiritual Awakening - 2275	371.20	4,371.20			
Spiritual Awakenings Step Study - 2601	-	150.00			

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

Central Office is sending contribution receipts by email. Please include an email address when sending in contributions to Central Office.

November Individual Contributions
Carlos, Ingeborg B., Daniel Y. Kathy Mc. Anonymous Nick C. Michelle M.

Central Office Bookstore hours are: Mon – Sat 9 am – 5 pm

Master card & Visa debit /credit cards are accepted as a form of payment for literature purchases

Revenue and Expense Statement November 2010	
Group Contributions	7,032.46
Individual Contributions	358.89
Literature & Interest	<u>1,909.14</u>
Total Revenue	9,300.49
Central Office Expenses	11,685.28
Committee Expenses	<u>301.42</u>
Total Expenses	11,959.70
November Net Revenue	(2,686.21)
2010 YTD Net Revenue	(9,259.80)

CENTRAL OFFICE

PHONE CALLS FOR **November 2010**

TOTAL CALLS FOR MONTH 2076	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1436	339	35
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	182	70	14

WEB SITE HITS: November = 9,827 Total **879,772**

January 2011 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Mission Hills Late Night
2	3	4	5	6	7	8
Adams Ave Big Book	San Diego Young Peoples	The We Group	Over The Bridge	Dawn Patrol	Fresh Start Beginners	La Mesa Men's
Mt Soledad Men's						
9	10	11	12	13	14	15
La Mesa Women's Sat Morning	East Side Group	P. B. Early Risers	La Jolla Speakers	Mission Possible	Midnight Howlers	Safe, Sane and Sober
Water Walkers Too						
16	17	18	19	20	21	22
Dignity Unlimited	Fourth Dimension	Pacific Beach Young Peoples	Morning Attitude Adjustment	Rainbow Group	Cedar St Men's	Southern Cal Speakers
Evening Serenity						
23	24	25	26	27	28	
Clairemont Mens	Imperial Beach Group	La Jolla Beginners	Drunks Only	Lemon Grove Easy Risers	North Park Men's	Harmony Group
Downtown Discussion						
30	31					
The Other Meeting	Eye Opener	If your Group wants to answer phones, call: Connie at Central Office (619) 265-8762				
Diamond Street Mens						

January 2011

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University 6:00 pm</p> <p>Every Sunday Greater San Diego Young People's Coffee Shop 3343 Adams Normal Heights 1:00 pm</p>		<p>Every Tuesday Information Publica Oficina Central Hispana 3628 University 7:00 pm</p>			<p>Every Friday Distrito 15 Oficina Central Hispana 3628 University 6:30 pm</p>	<p>1</p> <p>Happy New Year!</p> <p>Central Office Closed</p>
2	3	4	5	6	7	8
	<p>Public Information Committee Central Office 6:00 pm</p> <p>District 8 Office Bldg 755 Emory St Imperial Beach 8:00pm</p>	<p>Area Policy Committee Club 9535 Keamy Villa Rd #104 6:30 pm</p> <p>District 19 Center 3909 Centre St Hillcrest 6:00 pm</p>	<p>District 4 Church 7111 La Jolla Bl. La Jolla 6:30 pm</p>	<p>Archives Committee 6:45 pm Varies</p> <p>District 9 ARC 298 E. Ross Ave El Centro 7pm</p> <p>District 12 Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm</p>	<p>District 7 Club 1944 30th St Golden Hill 6:30 pm</p>	
9	10	11	12	13	14	15
<p>Grapevine Committee Varies</p>	<p>Area Newsletter Committee "Keith" Restaurant I-15 & Miramar Rd 6:30 pm</p> <p>Area Finance Committee Central Office 6:30 pm</p> <p>District 6 Residents 4633 Bancroft St #5 Normal Heights 6:30 pm</p>	<p>Business Committee Central Office 6:00 pm</p> <p>District 10 Church 490 Farragut Circle El Cajon 5:30 pm</p> <p>District 13 Club 9535 Keamy Villa Rd #104 Mira Mesa 7:00 pm</p>		<p>Coordinating Council Church 2111 Camino Del Rio South Mission Valley 92108</p> <p>Orientation Committee 6:00 pm</p> <p>New Coordinators 6:30 pm</p> <p>Coordinator Outreach 7 pm</p> <p>Council 7:30 pm</p> <p>Area Agenda Committee Central Office 7:00 pm</p>		
16	17	18	19	20	21	22
<p>H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:15pm Business Mtg 1:15pm</p>	<p>Area Literature Committee Central Office 7:00 pm</p>	<p>Contact On Release Committee Central Office 6:45 pm</p>	<p>Fold the Coordinator Newsletter Party Central Office 6:00 pm</p>	<p>Area Committee Church 2650 Melbourne Serra Mesa 7:00 pm</p> <p>H&I Committee Orientation Central Office 7:00 pm</p>		
23	24	25	26	27	28	29
<p>Program Committee Central Office 6:30 pm</p>	<p>District 5 Church 5050 Milton Clairemont 7:00 pm</p>	<p>Accessibilities Committee Central Office 7:00 pm</p>	<p>Area Computer Needs Committee Denny's 135 Encinitas Blvd, Encinitas 6:00 pm</p> <p>District 14 Church 1475 Catalina Blvd Point Loma 6:30 pm</p>	<p>Coordinator Newsletter Committee Central Office 6:00 pm</p>		
30	31					
	<p>C.P.C. Committee Varies</p> <p>District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm</p>					

THINGS TO DO AND PLACES TO GO

ORIENTATION ASSEMBLY

At: Mission Valley - First United Methodist Main Hall
When: January 8, 8:30AM – 4:30PM
Contact : DCM_13@area8aa.org

DCM and Committee Chair Workshop

At: Mission Valley - First United Methodist Lounge
When: Saturday, January 15, 8AM – 12PM
Contact: See www.area8aa.org for more info

Keeping AA Safe Event

At: Carlsbad Senior Center, 799 Pine Ave, Carlsbad
When: January 22, 10AM – 12PM
Contact:

2011 Imperial Valley Roundup

At: Brawley Recreation Center, 225 A St, Brawley
When: February 11 - 13, 2011
Contact: Central Office at 619-265-8762 for more info

SPEAKER MEETINGS

Check your Meeting Schedule for locations

Wednesday

Coronado Weds Speakers - 8pm
 Fireside Speakers - 8pm

Thursday

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

Friday

Easy Does It Speakers - 8pm

Saturday

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

Sunday

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

Buck a Month Club

**Have the San Diego AA
 Coordinator delivered for one
 year, only \$15.**

Name _____


Address _____

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

A BUCK A MONTH CLUB

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

If you give blood, be sure to credit the "I AM RESPONSIBLE CLUB" at the time of your donation.



The Fly in the Ointment
An Atheist Comes to Terms with the Steps

By Perry W

From December 2005 Grapevine, Vol. 62 No. 7

I have read many pieces in the Grapevine from agnostics, but not many from bona fide atheists. As an atheist, I have found over fifteen years of rewarding growth in AA, but the absence of agreement on religious issues has been a challenge in relating with some members in the Fellowship.

Once I started to take AA's suggestions, confusion gave way to clarity and AA's gifts of happiness, serenity, and gratitude (the big three) slowly made their way into my life.

But there was a fly in the ointment for me back in those early days. At meeting after meeting, I heard that I would have to turn my back on the evidence of my own eyes if I expected lasting sobriety: that I'd have to somehow "come to believe" that a supernatural force was in charge of my life, that I'd have to "turn my will" over to this supernatural force, and even seek to discover "his will for me." I was horrified to think that such a denial of reality would be the price of sobriety for me.

I found it ironic that just as the cloud of insanity was finally lifting from my life, and just as I was getting my own mind back after years of alcoholic insanity, AA was now telling me that I'd have to do with my mind in sobriety exactly what alcohol forced me to do with my mind while I was drunk—abdicate its use. I would have to renounce my rational convictions. The idea that a God controls the universe still holds remarkable sway in today's AA community. I was in despair, my sobriety would be short-lived.

Then I found a sponsor, and he showed me the ropes. He guided me through my First Step inventory and taught me that sobriety was even possible for an alcoholic who was unable to pretend that reality was something it wasn't. In fact, he told me, honesty required *not pretending* about anything; and honesty, he told me, was a non-negotiable requirement for sobriety.

But to be honest, I would have to examine myself carefully; I would have to embrace a power that would let me see myself for what I was. After two decades drunk, I would have to make cognitive contact with the world again; I would have to turn my life over to the power of reason if I were to be "restored to sanity." After all, the essence of my alcoholic insanity was a cognitive break with reality. And the last thing I needed

now was a brand-new break with reality—pretending to believe in the supernatural.

When I "turned my life over" to the higher power of reason, the insanity began to dissolve away. As it says on page 48 of our Big Book, "It finally beat us into a state of reasonableness."

Drawn to reason and away from mysticism, I discovered that a life can be driven by the principles of the Steps rather than by my impulses and urges. As I "turned my life over" to the principle of the Steps, my former alcoholic behaviors began to take back seat.

My character defects and shortcomings were all tied up with the urges and whims axis of my former alcoholic life. The more I aligned myself with the principles of the Steps the more clearly I was able to see the world, and less frequently I found myself at the mercy of urges and impulses, anger and resentments, guilt from harm done to others, or just plain fears. I was being set free!

It could have never happened drunk; it could have never happened without discovering the principles of the Steps; it could have never happened with a mind paralyzed by superstitious belief in the supernatural. It happened when the principles of the Steps were put into practice by a mind set free by the highest power of reason. It is a blessing for which I shall be forever grateful.

STEP ONE, and TRADITION ONE: THE
CASCADE EFFECT

By Bud G.

They are at the top of their respective lists for a reason, and cascade their influence over the other eleven. I am referring to Step One and Tradition One. They provide the foundation for the other steps and traditions. Specifically, Step One's root principle, *honesty*, is vital in every other Step. In Tradition One, *humility*, the quality of harmony within oneself, and unity with others is the core principal. It, too, is necessary in some measure in each of the other eleven traditions.

Step One –“We admitted we were powerless over alcohol-that our lives had become unmanageable”.

As a newcomer I struggled with admitting anything, let alone being "powerless over alcohol." I denied my

Continued on page 15.

alcoholism. I was indestructible until the craving and compulsion for alcohol became an obsession. I could not stop drinking. My self-deception was so strong that it became a cerebral rip tide dragging me under. And yet I continued to drink. Then came isolation; I was tethered to a bottle. I planned daily routines to ensure the next drink. I thought of quitting, but that idea was washed away by the next drink. I can “handle things” was my mantra. I was drowning in a fantasy that I would gain control of my drinking. That was not going to happen without help. I was self-destructing, losing the m el ee to stop.

I must have been nuts to keep ignoring the signs, and yet I was, and drank anyway. The obsession never satisfied. More was never enough. There was powerlessness. I ignored it, admitting nothing. Back in my head the voices of alcohol would argue with one another ...”I’m right, you’re wrong...” I would listen to the voice that said “It’s ok to drink, have another!” That’s the truth of the lie I believed. Today I have turned that debate over to God, Who helps me listen to the voice that says, “Today, just don’t drink.”

I failed at managing my alcohol intake. That failure had its predictable outcome. I was flunking out of life. My health was tanking, my thinking confused, and I was in a state of spiritual emptiness. Life management was ruled by self-interest, or just neglected. Once again at the junction of honesty and fallacy I had to choose a path.

Defeated by the relentless enemy - alcohol, and with the aid of an intervention, I finally admitted: Yes, I am powerless over alcohol. I further acknowledged that life had become unmanageable. What a great relief to finally admit the **truth** and find a path and solution through the

AA Program. There is a whole new life without alcohol, that I could not have foreseen drunk. By swallowing my pride and accepting my alcoholism, the journey of recovery began. So far it’s working. It’s a miracle, the obsession to drink has been lifted, and my listening skills are improving.

Today without the influence of alcohol, managing life’s travails has been more enjoyable, and sometimes even successful. Because I ask for help from my Higher Power I am not alone in the quest for a better life.

Tradition One-“Our common welfare should come first; personal recovery depends upon A.A. Unity.”

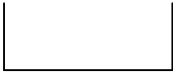
The first time I heard Tradition One at a meeting I thought, what does that mean? Bill W. in his 1947 Memphis address said, “Without permanent **unity** there can be little lasting recovery for anyone. Hence, our future absolutely depends upon creation and observance of a sound group Tradition. First things will always need to be first: humility before success and unity before fame.” It seems that Bill is saying we must stick together no matter what, helping one another. In doing so, we all have a chance for a lasting recovery with Unity at the core. If my recovery depends on AA Unity- I better do all I can for the harmony of AA. If it fails because I did not contribute to group cohesion, what will happen to me and my sobriety? Where will I go to find understanding and help? I do not want to hear a voice say “sorry, those rooms are closed for lack of unity.”

How do I contribute to unity? By surrendering conceit long enough for the greater good of the A.A. fellowship seems to work for me. Being human, humility does not come easily. It keeps eluding me except when doing God’s will. Prayer and meditation help me focus on the “next right thing”. It is the humble who are serene.

My character defects have long tentacles that can reach out into the group and agitate unity. Do I have to give up pride, self-centeredness, and the correct answers to everything to help unity survive? Do I have to become “a small part of a great whole”? Yes to both. It seems a fair price to pay. It’s something I need to do for my preservation, for the safeguarding of the Program, and for the next newcomer who reaches out for help.

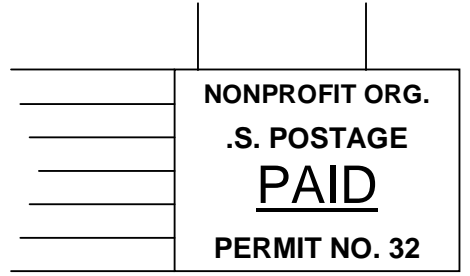
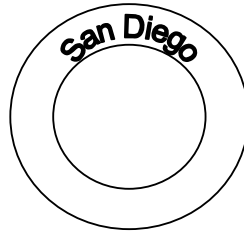
The **humility** necessary for me to harmonize with God comes from God. It simply comes from seeking His will. Conversely when I am seeking my will humility and unity is nowhere to be found. Whatever I am giving up for the Unity of the Group is being replaced. It’s in the Promises. Giving up Pride for humility, resentments for acceptance and self will for tolerance are good trades. I need my Higher Power to achieve these trades. Progress happens slowly when I remember to follow the Program, work the steps, go to meetings, and ask for eternal guidance. I stop the progress, or make it difficult by forgetting that I am not in charge of the universe. God is.

I have accepted that I will always be under some phase of character redevelopment. But, as long as I am moving from discord to harmony, towards tolerance and love I don’t care how long the process takes, because **Unity** is at work through a Power Greater than myself.



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