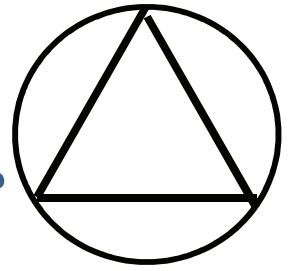


The San Diego AA Coordinator



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

"We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships(including sex) were hurt or threatened."

Reprinted with permission from A.A.W.S. Big Book, page 64-65

January 2013

VOL. XIII NO. 1

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"Carry the AA Message"

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

Monthly Themes

FEBRUARY

Personal Relationships

(due 12/27)

MARCH

Obsession to Drink

(due 1/24)

APRIL

Attraction instead of Promotion

(due 2/28)

Submit 500 to 1000 word story to

Newsletter Chair at:

sdaa.newsletter@gmail.com

For more information, see page 2

Why Don't We Talk About Sex?

AN INTERESTING aspect of our Fellowship is that one of our most serious problems, collectively speaking, is mentioned very little or not at all, either at meetings or in our literature. That problem is sex, in all its various forms and sublimations. It is involved in, if not the prime cause of, as many as seventy-five percent of slips, according to one rehabilitation-center worker I know.

More curious still have been the reactions of various AAs to my rather tentative explorations into the possibility of discussing the subject. While a few have responded in a mature manner, many have reacted either negatively or with smirks and grins reminiscent of a teenage locker room. A few have even branded me as a "sick fiend."

Nevertheless, my basic aim still is to yank the problem of sex out from under the rug and expose it to some light.

Now, you readers who are hoping for some spicy material might as well quit reading. I am not going to record case histories. If you want that sort of thing, you know where the stores are, although if you read the rest of this piece, you may stay out of them.

To begin with, it is not my purpose to espouse any particular code of conduct, morality, or ethics. The only thing I'm going to talk about is sex in relation to staying off the sauce, which is AA's primary purpose.

Whether we like it or not, the sex drive is a powerful force in every human's life, shaping him in many ways, and providing the next main motivation after survival. In its direct form it is responsible for continuing the race, and in its sublimated forms it is the power behind all creative arts. In all these things, it is a good force, and a necessary one.

It is not necessarily good when it is turned in directions which either are impossible of accomplishment or will, if accomplished, be at direct variance with the person's *own* moral code. Such sex is called obsessive sex. It is one kind that is unhealthy enough to get people drunk.

But even healthy sex can be a problem powerful enough to make people slip. For many people (including many AA members) have come to believe that all sex is bad, wrong, dirty, etc. This attitude may be manifested by abhorrence of physical contact or, more subtly, a lessening of regard for one's partner. When this partner is one's spouse, the problem can become acute.

Yet even if a person is free of feelings of sinfulness and guilt, he or she may still be so plagued with a sense of inadequacy or inferiority that drinking becomes a prerequisite for sex.

Compounding these hang-ups is the complication that many of them function chiefly on a subconscious level, making them particularly hard to solve. But solve them we must if we are to stay sober.

It would be wonderful if we all were suddenly able to talk about these problems with one another. If we were, the problems of sex that bug many of us so deeply would immediately be brought out in the open, where they, as with all our other problems, would not long survive. But that isn't likely to happen. The mere fact that we cannot talk about it is one of the main reasons sex is such a problem.

Generally speaking, we are concerned with two categories. First, there is Type A: people whose drives and desires are, by any logical criteria, perfectly normal. Their problem is that somewhere in their early years they were given to believe that sex--any kind of sexual activity--is bad. The moral code that Type A people try to live up to is totally impossible for normal human beings.

(Continued on page 15)

SAN DIEGO CENTRAL OFFICE

24 HOUR PHONE (619) 265-8762

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E-MAIL: sdaaco@aol.com

FAX: (619) 265-2954

OFFICE & BOOKSTORE

Mon-Sat 9am-5pm

Central Office Manager: Connie J.

Administrative Assistant: Kathy M.

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

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

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

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

Coordinating Council Officers:

Council Chair	Ray R.
Council Assistant	Nikki F.
After Hours Phones	Ruben S.
Business Committee	Steve E.
New Coordinators	Winona S.
Outreach Committee	Jennifer K.
Program Committee	Brian B.
Public Info Committee	Sallye M.
Newsletter/Coordinator	Lisa O.

Area Officers:

Delegate	Tom M.
Alternate Delegate	Dean B.
Area Chair	Jane G.
Archives	Carrie E.
H & I Director	Chris S.
Young People's Committee	Morgan

Contributors: Martha J., Marty M., John C., P,S.

Jan. Theme **Public Controversy**

Collate: Wed., Jan. 16th, 2013

5:30 pm, at

Central Office

All are welcome.

Committee **By email this month!**

Meeting: **Call 619-861-4021**

VIEW FROM THE CHAIR

Your Newsletter Committee welcomes the newest member: Amie E.. Her hard work and dedication are already making a fun job even easier.

Did you ever go to a meeting where the leader selected a topic and nobody shared on the topic? That's what happened with this month's newsletter. No one wrote about **Public Controversy**. But everyone had something to say, so we printed it.

The Newsletter Committee continues to need committee members to write articles, paste the newsletter together and to fold and collate the newsletter once a month. We also need articles from the AA population at large! If you have something to say, write it down and email it to the newsletter committee at sdaa.newsletter@gmail.com.

We have professional writers and editors on staff and **we can make you look good in print**. We know you have something to say, so put it in writing!

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

In love and service,
Lisa O.



HELP WANTED

Immediate Openings

The Coordinator Newsletter Committee has immediate openings on the committee for writers, copy editors, artists and creative people. No experience necessary. All that is required is a computer with Internet and word processing software, and a desire to serve.

sdaa.newsletter@gmail.com

AA IN MY TREATMENT

By Martha J.

I am fairly new to Alcoholics Anonymous. At this point, I'm five months and a week sober. I have never carried the message to any hospitals or institutions, but I would like to relate my personal experience.

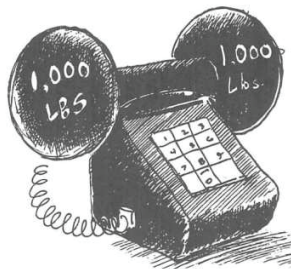
I am enrolled in a six-month outpatient treatment program. Since the beginning of May, this year, I've been attending treatment and education groups in the program three times per week. I also meet with a therapist or therapist intern once every other week. I'm assigned to a counselor who has met with me, one on one, twice during my time here, to discuss my progress and outline treatment plans. When I first enrolled, at orientation, my counselor informed me of the requirement to attend two self-help meetings per week and promptly suggested aasandiego.org to find these. Using this, I found three meetings which I regularly attend each week.

In the treatment groups, I'm with addicts as well as alcoholics. The counselors that lead groups are themselves former addicts and/or alcoholics. Within these groups, we relate our experiences with our sobriety and discuss issues that directly involve our recovery. Counselors/leaders share their experiences as well and all have utilized the 12 Step program in their recovery maintenance. Though they claim that this is not the only program option for recovery, it is usually referred to at every group. The 12 Steps and the 12 Traditions banners are displayed in the treatment group room in which we meet.

From the start of my sobriety, I embraced the Alcoholics Anonymous meetings I attended, but was hesitant to get a sponsor and work the steps. Each week, at my treatment, counselors would inquire hopefully, "Did you get a sponsor, yet?" "Uh, no." "Well, let me know when you start working the steps!" This continued for weeks. Eventually, I recognized the value of this element in my recovery and became willing to go to any lengths to stay sober. I finally found my sponsor and requested that we start the 12 Steps without delay (I'm on Step 8 at this point).

As part of my treatment plan, my counselor assigned three papers for me to write. One was "How Holding Onto Resentments Can Affect My Recovery." Another dealt with forgiveness of self and others. The themes of the third paper were acceptance and powerlessness. I owe a lot of gratitude to AA and the Big Book because I was able to incorporate things I learned from the rooms and literature of Alcoholics Anonymous in my writings. Doing these papers enhanced my program and reinforced the principles, thereby facilitating my recovery even more.

One thing that I've observed, over the duration of my treatment, is that certain people in group, as they progressed in their recovery, shared more and more about their particular experiences in attending AA or NA meetings, working the 12 Steps and how this has worked for them personally. It is so encouraging for all of us to see those who came into this treatment, rather rebellious or extremely self-conscious or however their detoxifying manifested itself, now being so open and willing to help others. To me, this is a direct testament to the simple yet successful principles of the 12 Step program. Of course, "it works if you work it" especially if it's utilized in conjunction with the education and support of a good, solid treatment program.



CRITICAL and URGENT NEED!

New groups needed for after-hours phones!

The 3rd, 16th and 22nd are OPEN nights.

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

Call

Connie at 619-265-8762

call forwarding is available

A.A. Birthdays!

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

Happy Birthday to All!

Terry L. 21 years

Ingeborg B. 28 years

Suzy Z. 37 years

In Memory of:

Jim H. passed with 38 years.

Bob B. passed away with 26 years.

Home group: Sat Night Candlelight

Answered Central Office

12 step calls for 25 years.

Birthday Gratitude

Name _____

City/Home Group _____

Sobriety Date _____

Amt. Enclosed _____

Please mail to:

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

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

MEETINGS IN MOTION

Group and Meeting Changes

****NEW MEETINGS****

Alcoholics BB Study

Diner 28870 Old Highway 80
Tue @ 5:30 pm Pine Valley

New Way Of Life

Club 9940 River St
Sat @ 9:15 am Lakeside

Big Book Speakers Codes: *

Fellowship Hall 3770 Altadena Ave
Sat @ 7 pm City Heights

Another Sober Sunday Meeting

Church (Rm 3) 27521 Old Highway 80
Sun @ 3 pm Guatay

****RELOCATE****

Del Mar Monday Lunch

Restaurant 621 Valley Ave
Mon @ 12 noon Solana Beach
(was 2730 Via De La Valle)

Del Mar Wednesday Lunch

Restaurant 621 Valley Ave
Wed @ 12 noon Solana Beach
(was 2730 Via De La Valle)

We Are Not A Glum Lot BB Study

Church 1074 Loring St
Thu @ 8 pm Pacific Beach
(was 4861 Cass St)

La Mesa Mens Codes: C M

Church 4816 Glen St
Fri @ 8 pm La Mesa
(was 5150 Jackson Dr) **(Begins Jan 4)**

****DAY CHANGE****

Sobriety At All Cost

Church 3725 30th St
Mon-Sun @ 1:30 pm North Park
(was Mon-Fri)

****TIME CHANGE****

Lincoln Speakers

Church 867 S Lincoln Ave
Fri @ 7 pm El Cajon
(was 7:30 pm)

****NAME CHANGE****

3rd Eye Women Meditate Code: C W L

Office Bldg 4535 30th St #108
Wed @ 7 pm University Heights
(was 3rd Eye Ladies Meditate)

Radical Acceptance Meeting

Office Bldg 5107 Waring Rd
Mon-Sun @ 7 am Allied Gardens
(was Radical Acceptance Morning Mtg)

WOULD A DRINK HELP?

By going back in our own drinking histories, we could show that years before we realized it we were out of control, that our drinking even then was no mere habit, that it was indeed the beginning of a fatal progression.

Reprinted with permission from A.A.W.S., Twelve Steps and Twelve Tradition, p.23

Coordinating Council Attendance

The following 53 groups attended November Coordinating Council
There are 760 registered groups in San Diego
WAS YOUR GROUP THERE?

NEXT COUNCIL MEETING IS: THURSDAY, December 13, 2012

THANK YOU FOR YOUR SERVICE TO ALCOHOLICS ANONYMOUS OF SAN DIEGO

11th Step Journey
AA By The Bay
Battery Chargers
Chapter 5
Clairemont Mens
Clairemont Womens
Coffee Clutchers
Daily Reflections
Drunks Only
East Side Group
El Cajon Womens Serenity
Fourth Dimension Group
Free At Last
Fresh Start Beginners
Friday Night Irregulars
God Squad Too
Golden Hill Sun Discussion
Great Fact Group
La Jolla Speakers
La Mesa Beginners
La Mesa Mens
La Mesa Step Study Workshop
La Mesa Womens Sat Morning
Little Apple Group
Midway Bridge
Mid-Week Mens
Mira Mesa Friday Night

Miracles On Monday
Mission Hills Beginners
Mission Possible
Old Town Speakers
Orig Anonymous Anonymous
Over The Bridge
Pacific Beach Young Peoples
Point Loma Mens
Porter Hall Structured S/S
Rainbow Group
San Carlos Single Purpose
Santee Saturday Night Speakers
Santee Serenity Group
Santee Thursday Closed Mixed
Scripps Ranch Mens Two
Sky Hi Womens
Smokefree La Mesa Womens
Sober Nooners
Southern Cal Speakers
The Eye Group
The Joy Of Living Group
The Other Meeting
The We Group
Tues Night Mens Step Study
War Fever
Weekending Step Study

HAPPINESS COMES QUIETLY

“The trouble with us alcoholics was this: We demanded that the world give us happiness and peace of mind in just the particular order we wanted to get it-by the alcohol route. And we weren’t successful. But when we take time to find out some of the spiritual laws, and familiarize ourselves with them, and put them into practice, then we do get happiness and peace of mind... There seem to be some rules that we have to follow, but happiness and peace of mind are always here, open and free to anyone.”

Reprinted with permission from A.A.W.S., Dr. Bob And The Good Oldtimers, p. 308

The simplicity of the A.A. program teaches me that happiness isn’t something I can “demand.” It comes upon me quietly, while I serve others. In offering my hand to the newcomer or to someone who has relapsed, I find that my own sobriety has been recharged with indescribable gratitude and happiness.

Reprinted with permission from A.A.W.S., Daily Reflections, January 17

**Thank You,
Day Time Phone Volunteers
For Carrying The Message!**

Minutes of the Coordinating Council
Thursday, December 13, 2012

Rick W. – Council Chair called the 810th meeting to order at 7:30 pm. Twelve Traditions read by Ruben. Keith read Council Definition and Purpose. There were 5 new Coordinators, 2 visitor and 4 birthdays. 7th Tradition was \$58. Roll Call: Nikki F. reported 53 groups were represented out of 80 registered Coordinators. There was a quorum (36). It was m/s/c to approve the November 2012 Council Minutes.

Area Assembly: No Report Given.

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

We currently have 400 panels. We have more requests to bring a meeting in than we have volunteers, so we are always looking for new members. Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3rd Sunday @ 12:00 pm at Hall 5150 Kearney Mesa Rd 92111 and 3rd Thursday @ 7 pm at Central Office 7075-B Mission Gorge Rd 92120. Contact on Release's purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual to take them to their first few meetings. Go to area8aa.org: H & I tab for info.

AFTER HOURS PHONES: Ruben, Chair shared

- 1) The After-Hours Phones Calendar is in its third month with open nights. The 3rd, 16th, and 22nd of each month continue to be OPEN nights. PLEASE HELP. Please announce to your groups. Call Ruben: 619-888-2091.
- 2) Ben, Paul and Barbara will be rotating off committee, thank you for your service. Crystal F., Andy and Chris wish to be elected tonight for committee vacancies.

BUSINESS COMMITTEE: Steve E., Chair reported Committee met on Tuesday, 12/11/12 at 6:05 pm. Present: Steve E., Gary C., Kate C., Norm S., Jerry C. Gary U., Rick W., Council Chair, Nikki F., Asst Council Chair and Connie J., Central Office Manager. There was a quorum.

- 1) It was m/s/c to approve November minutes.

November 2012 Financial Statements' Summary:

- a) Our November 2012 Net Revenue is \$1,144 Our 2012 YTD Net Revenue is \$12,019. Group and Individual Contributions were \$11,136. Literature Sales Revenue and CD Bank Interest was \$2,050, while total office and committee expenses were \$12,042.
- b) Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager's Report

- 1) **December's Book of the Month:** Any Grapevine Book on sale: \$1 off reg. Price.
- 2) Daytime phone shifts available:
Wednesdays 9 am – 1 pm
Alternate Fridays 1 pm – 5 pm
Alternate Saturdays 9 am – 1 pm.
Always have a need for fill-ins.
- 3) Group Secretaries/Treasurers: please include email address with group contributions, so we may send a receipt. As a result of this process we have reduced our expenses by \$900 this yr.
- 4) Coordinator Newsletter: sign up for a **FREE** subscription electronically by email. Send an email to sdaaco@aol.com or call 619-265-8762.

Committee Member reports:

- 1) Steve E., Chair kept abreast of office activities during the month.
- 2) Gary C. – Vice Chair – reviewed bank deposits and receipts.
- 3) Jerry C., Treasurer – reviewed the monthly financials statements and signed checks. Presented 2013 Budget to Council.
- 4) Norm S. – checked website during month.
- 5) Nikki F. – handed out Coordinator call list and reminding them to let her know if there are changes in phone numbers/emails.

Old Business: There was none.

Continued on page 6.

Continued from page 5.

New Business:

- 1) It was m/s/c to move remainder \$2,500 back into Prudent Reserve CD.
- 2) Year-end Literature Inventory scheduled for Saturday, 12/29/12.
- 3) It was m/s/c to clearance older version of "Living Sober" to \$2.00 with 49 remaining copies. Have new revision in stock as well.
- 4) Tom M., Area Delegate asked about including a link for the Area Assembly Newsletter to our electronic version of our Coordinator Newsletter.
- 5) Thank you to Rick W., Nikki F., Jerry C., Gary U. and Gary C. for their service.

COORDINATOR NEWSLETTER Lisa O., Chair reported committee will begin having their committee meeting at 5:30 pm just prior to the newsletter collating party at 6 pm.

February's Theme: "Personal Relationships". Submissions of 500-1000 words welcome. Send to sdaa.newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120.

Come join in the fun. Committee NEEDS HELP each month to collate your Coordinator Newsletter. Approximate 1 hour of service.

Coordinators announce to your group members that they can receive newsletter via email. Send request to sdaaco@aol.com and reminder about birthday contributions listed in newsletter.

COORDINATOR OUTREACH Terry L., Chair expressed the importance in encouraging other groups to have an Intergroup Coordinator so that they may participate in the group conscience of AA in San Diego. He invited Coordinators to invite other groups they attend without a Coordinator to come participate. There are 760 groups in the schedule and 53 Coordinators present tonight. A new flyer for distribution to groups without Coordinators has been created. Jennifer K. is new Chair.

ORIENTATION & GUIDELINES Winona S. reported committee met tonight at 6:30 pm. Present: Kathi and Winona. There were 5 new Coordinators and 1 new Alternate.

- 1) Read traditions 3 & 4 and History of AA in San Diego. Explained quorum & structure. Discussed duties of the Coordinator and orientation packets and questions.

- 2) If you are a new Coordinator & missed orientation, please come next month at 6:30 pm.

PROGRAM COMMITTEE: Brian shared committee met tonight before Council Meeting. Present: Joan, Dan, Sandi, Nicki and Brian.

- 1) Discussed plans for New Year's Eve Event. Tickets were distributed to Coordinators for their group members to purchase.
- 2) Thank you to outgoing members for their service, Linda, Brian, Joan and David.

PUBLIC INFORMATION COMMITTEE:
No Report Given.

OLD BUSINESS:

- 1) The San Diego Intergroup Budget for 2013 was approved 42 y 5 n.

NEW BUSINESS:

- 1) Elections for 2013

All elected unanimously to serve.

- Council Chair: Ray R. (sob 11/2/91)
- Assistant Council Chair: Nikki F. was elected for 2nd term.
- After-Hours Phone Committee:
- Crystal (1yr), Andy (2yrs) & Chris 14yr)
- Business Committee: Gary U. was elected to serve 2nd term, Lori N. (sob 2-15-87) and Tim B. (sob 2-5-05).
- Orientation Committee: **Need 2 members.**
- Outreach Committee: **Need 1 member.**
- Program Committee: Daniel L. (sob 3-6-11) and Terry L. (sob 11-24-91)
- PA System: Daniel L.
- Coffee Maker: Kate C.

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

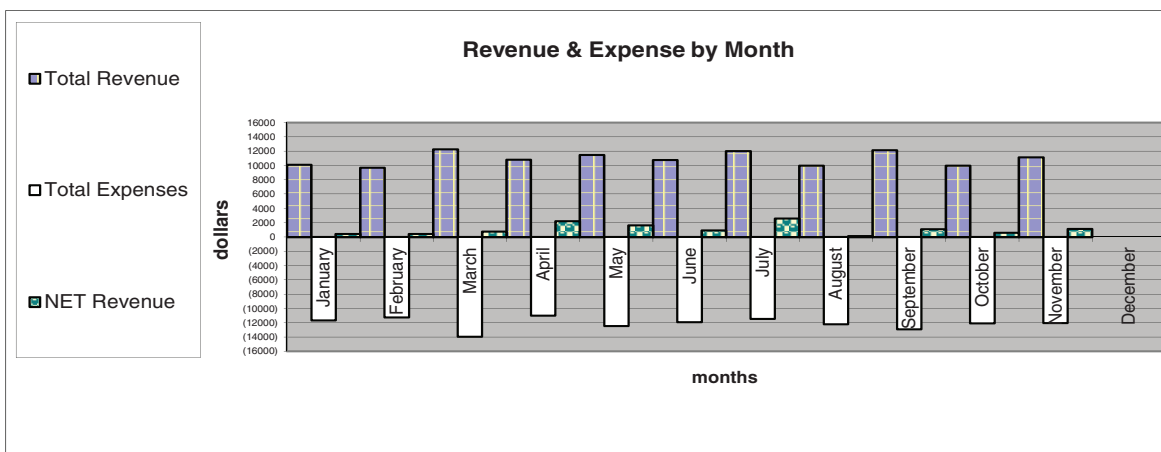
Respectfully submitted,

Connie J.

Connie J., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenues and Expences
As of November 30, 2012

	November 12	November '11	YTD '12	YTD '11	\$ Change	Budget '12
Ordinary Revenue/Expense						
Revenue						
Contributions Group	7,548.83	7,019.29	105,612.05	99,620.50	5,991.55	115,162.00
Contributions Individual	3,587.40	2,978.82	13,496.19	8,639.92	4,856.27	7,360.00
Contributions SDIAA	-	-	1,110.00	1,240.00	(130.00)	1,240.00
Interest - Cert of Deposits	24.02	27.48	272.71	502.66	(229.95)	625.00
Total Revenue	11,160.25	10,025.59	120,490.95	110,003.08	10,487.87	124,387.00
Expense						
Accounting & Legal	-	-	2,480.00	2,540.00	(60.00)	2,650.00
Auto/Travel/Seminar	19.00	16.50	1,332.19	1,119.60	212.59	1,300.00
Bank Service Charges	2.06	2.00	60.06	74.14	(14.08)	125.00
Cash (Over) Short	(7.30)	(7.29)	(51.32)	(38.22)	(13.10)	(50.00)
Equipment Maint & Repair	289.15	35.27	671.85	571.70	100.15	500.00
Equipment Purchase	-	135.93	436.68	1,431.32	(994.64)	500.00
Insurance	70.00	50.00	734.00	550.00	184.00	900.00
Office Maint. & Repairs	7.53	-	277.64	33.00	244.64	500.00
Office Supplies	237.17	48.20	2,454.95	2,500.32	(45.37)	3,500.00
Rent	1,748.00	1,697.00	19,024.00	18,471.00	553.00	20,772.00
Taxes	-	-	125.25	64.45	60.80	80.00
Telephone	172.96	233.45	2,164.07	2,651.00	(486.93)	2,900.00
Utilities-Electricity	236.75	212.08	3,481.58	3,168.17	313.41	3,600.00
Website	20.00	20.00	319.30	319.30	-	500.00
EMPLOYEES						
Accrued Payroll Taxes	539.38	529.90	6,369.27	6,669.37	(300.10)	6,900.00
Employee Wages	7,050.86	6,926.86	76,931.46	81,891.46	(4,960.00)	83,800.00
Employee 403B Contribution	187.14	187.14	2,058.54	2,051.83	6.71	2,100.00
Employee Health Benefit	854.66	817.00	8,829.60	9,023.04	(193.44)	9,875.00
Insurance-Worker's Comp	50.00	50.00	550.00	662.00	(112.00)	650.00
Total Expense	11,477.36	10,954.04	128,249.12	133,753.48	(5,504.36)	141,102.00
Net Ordinary Revenue	(317.11)	(928.45)	(7,758.17)	(23,750.40)	15,992.23	(16,715.00)
Other Revenue/Expense						
Literature Revenue/Expense						
Sales (see schedule)	2,025.80	1,705.56	24,519.05	20,513.43	4,005.62	23,500.00
	2,025.80	1,705.56	24,519.05	20,513.43	4,005.62	23,500.00
Standing Committees Expense						
Committee (see schedule)	564.56	400.36	4,742.02	5,480.73	(738.71)	6,785.00
Total Other Expense	564.56	400.36	4,742.02	5,480.73	(738.71)	6,785.00
Net Other Revenue	1,461.24	1,305.20	19,777.03	15,032.70	4,744.33	16,715.00
Net Revenue	1,144.13	376.75	12,018.86	(8,717.70)	20,736.56	-



Contributions November 2012

Group	Nov-12	Ytd 12	Group	Nov-12	Ytd 12
11th Step Journey - 2622	-	90.00	Faculty Group - 1645	-	150.00
11th Step Meeting - 2322	25.00	60.00	Fairmont Park Discussion - 2832	-	140.00
151 Club - 2443	-	75.00	Fifth Chapter Group - 112	-	20.00
4077 Mash Step 11 Read-Meditate- 2027	-	69.45	First Mira Mesa Mens - 300	-	46.00
4th Edition Big Book - 2569	-	76.00	Fishermen In Recovery - 2863	-	75.00
A New Way To Live - 846	-	218.00	Fourth Dimension Group - 2415	179.68	346.75
A Sense Of Belonging Womens - 1205	-	397.61	Free At Last - 2888	89.00	253.06
A Street Participation - 179	-	65.00	Free On Friday - 760	-	250.00
A Street Speakers - 178	-	71.25	Free Thinkers - 2824	-	280.00
A Womens Meeting - 1717	227.50	431.58	Free To Be - 935	-	140.64
AA By The Bay - 629	-	100.00	Fresh Air Friday - 266	-	700.00
Acceptance is the Answer - 2974	-	55.00	Fresh Start Beginners - 2609	-	1,027.50
Adams Ave Big Book Study - 1892	-	320.17	Fri Noon Living Sober - 2767	-	50.00
Allied Gardens Friday Lunch - 766	-	240.00	Friday Happy Hour - 2821	-	150.00
Allied Gardens Step Study - 1629	-	255.00	Friday Morning Womens - 104	-	624.50
Alpine Mixed Step Study - 2621	60.00	174.00	Friday Night Gratitude - 2829	-	351.00
Anonymous Anonymous - 2716	-	50.00	Friday Night Irregulars - 2889	-	79.63
Another Sober Tuesday - 1952	-	379.00	Friday Night Mens - 188	-	291.00
Artists In Sobriety - 2459	-	50.00	Friday Night Santee - 1754	-	225.00
As Bill Sees It-University Height-1788	-	60.00	Friday Nite Freaks - 2795	180.00	180.00
At Home Mens - 215	-	118.06	Friday Nite Weeks End - 1856	-	80.00
At One With Each Other - 789	-	252.00	Friday Spring Valley Lunch - 2732	-	160.00
B.Y.O.B. (North Park) - 203	25.00	310.00	Garnet Group - 1129	-	124.00
Back To Basics - 1026	-	2,500.00	Gifts of Grace Women - 2564	70.00	150.00
Back To Basics For Women - 1675	-	174.33	Gilman Group - Fri - 1988	-	307.58
Back To Basics Step Study - 1938	-	225.00	Golden Hill Sun Discussion -1706	-	135.00
Bacon St Usual Suspects - 2663	-	200.00	God Squad Too - 2809	-	58.00
Balboa Breakfast - 2721	-	125.00	Good Fortune Hui Group - 491	-	300.00
Barefoot - 139	-	50.00	Good Morning AA - 1888	-	129.15
Battery Chargers - 98	-	468.62	Good News Bad News - 2833	65.00	145.00
Battery Chargers Thanksgiving Alkathoun	-	137.27	Great Fact Group - 895	-	270.00
Bay Park Step Study Group - 299	-	87.00	Harmony Group - 585	227.94	1,306.34
Bayside Big Book Study - 1610	-	340.00	Haul Your Hiney Out Of Bed - 704	-	361.00
Beautiful Beginnings - 552	-	10.00	How It Is Now Speakers - 390	74.54	214.90
Beginners Steps To Sobriety - 1007	-	55.00	How It Is Today - 483	-	400.00
Big Bonfire Meeting - 1894	-	264.00	Hwy 80 AA - 2722	90.00	270.00
Big Book Discussion Founders Grp - 581	-	250.00	I. B. Up - 2565	-	691.00
Bonita Boozers - 2179	100.00	450.00	Imperial Beach Group - 79	-	188.64
Bonita Womens Big Book - 2734	-	74.83	Imperial Mens Group - 869	10.00	20.00
Breakfast Of Champions - 2818	-	1,195.61	International Group - 23	26.13	26.13
Butts Out - 1764	-	55.00	It's In The Book - 2030	90.00	138.00
Cajon View Open Disc - 471	-	200.00	Joy Of Living - 2787	-	450.00
Carrying The Message - 2458	50.00	300.00	Judges Big Book - 2736	-	20.00
Casa De Oro Tradition Five - 503	115.00	547.50	Jump Start - 2174	200.00	320.00
Casa De Oro Weds Nite - 2049	-	75.00	Kearny Mesa- Clairemont Fri Night - 375	-	100.00
Cedar Street Mens - 1698	150.00	975.84	Kelton Ave Big Book Study - 2410	-	400.00
Chapter 5 - 2960	-	143.04	L.G.B.B. Study - 2301	-	81.00
Cheers - 724	5.00	5.00	La Jolla Beginners Group - 82	-	270.00
Chula Vista 4 Min Speakers - 1568	-	450.00	La Jolla Cove Beginners - 1265	-	140.00
Citizens Again - 2658	-	327.55	La Jolla Lunch Bunch - 622	-	360.00
Clairemont Daytime Step Study - 427	-	201.39	La Jolla Monday Womens - 87	-	1,050.00
Clairemont Discussion - 314	-	162.00	La Jolla Nonsmokers Discussion - 88	-	740.00
Clairemont Mens - 301	-	430.09	La Jolla Patio Group - 613	-	350.00
Clairemont Mesa Step Study - 1997	-	50.00	La Jolla Pump House - 696	-	118.00
Clairemont Mixed Discussion - 338	-	125.00	La Jolla Sunrise - 2684	-	500.00
Clairemont Womens - 340	-	300.00	La Mesa Big Book - 1689	-	117.00
Clairemont Womens Step Study - 341	-	529.42	La Mesa Mens - 106	-	144.86
Class Acts - 1845	-	630.00	La Mesa Mid Morning - 2777	-	120.00
Coffee Clutchers - 2332	-	100.00	La Mesa Mixed	-	574.00
Come Get Recovery - 2630	40.00	260.00	La Mesa Womens Sat Morning - 416	-	300.00
Conscious Contact Meditation - 2834	-	50.00	Laguna Mountain Group	-	150.00
Coronado Beginners - 344	-	60.00	Lake Morena Sink or Swim - 2830	-	350.00
Coronado Big Book Study - 1644	54.50	154.50	Lake Murray Lunch Bunch - 2701	-	94.00
Coronado Cays Womens Step Study - 2995	62.50	127.50	Lake Murray Womens - 572	-	160.48
Coronado Nooners - 497	75.00	600.00	Lakeside Drunks - 2423	-	540.00
Coronado Senior & Sober Disc - 1711	-	50.00	Lincoln Ave Speakers - 2914	-	50.00
Coronado Step Study - 1523	-	50.00	Linda Vista Thursday Night - 319	-	261.00
Coronado Sunday Noon - 1830	150.00	550.00	Little Apple Group - 1438	-	406.00
Coronado Sundowners - 1634	-	240.00	Live & Learn Mens Big Book Study - 2885	-	150.00
Courage To Change - 2679	25.00	25.00	Living Free - 477	-	2,510.00
Cowles Mt Smokeless Discussion - 681	-	30.00	Lost & Found - 2907	-	10.00
Cups - 2938	-	740.00	Lunch With Bill W Bunch - 774	600.00	600.00
D.D.G.T.M. - 767	-	318.78	Lunchtime Friends - 964	-	262.00
Dawn Patrol - 263	-	981.26	Lushes Lunch - 2641	-	619.80
Del Mar Friday Lunch Bunch -2951	-	300.00	Men and Womens Monday Night - 95	-	240.00
Designs For Living - 488	-	390.00	Mens Recovery Group - 830	100.00	358.57
Diamond St Mens Step Study - 569	-	212.25	Mens Step Study (CV) - 965	50.00	180.00
Dignity Unlimited - 205	-	850.00	Mens Structured Step Study - 1469	50.00	332.42
Downtown Discussion - 1665	212.85	383.08	Mid-Week Mens - 560	-	150.00
Drunks Only - 1605	-	1,974.31	Midnight Howlers - 1025	100.00	1,100.00
Each Day A New Beginning - 509	250.00	411.50	Midway Bridge - 2171	-	90.00
Early Morning Recovery - 2688	-	618.51	Mira Mesa 12 Step Study - 377	-	25.00
Early Risers (Coronado) - 1525	-	106.00	Mira Mesa Early Risers - 967	-	171.00
Early Risers (PB) - 264	-	470.00	Mira Mesa Friday Night - 379	-	150.00
East County Mens - 1905	-	280.00	Mira Mesa Monday Noon Mixed - 542	-	145.00
East County Young People Rule 62 - 2797	-	80.00	Mira Mesa Sunday - 376	-	33.50
East Side Group - 101	-	179.50	Mira Mesa Sunday Morning Mens - 693	-	150.00
Eastlake Greens 10 on 10 - 2950	-	275.00	Mira Mesa Womens - 411	-	150.00
Eastlake Greens Attitude Adjust - 2691	-	498.00	Misfit Mens - 2486	-	160.00
Eastlake Greens Attitude Adjust - 2712	-	70.00	Mission Hills Beginners - 1612	-	400.00
Eastlake New Beginnings B/B S/S - 2673	82.50	238.50	Mission Hills Lunch Bunch - 2675	-	1,050.00
Easy Does It Riders - 21	-	214.20	Mon Eve Smokeless Dinner - 1723	137.80	187.80
Easy Does It Speakers - 114	-	300.00	Monday At A Time - 2875	-	215.00
El Cajon Daytime - 52	-	600.00	Monday Mens Gut Level Group - 677	-	225.00
El Cajon Womens Serenity - 77	-	222.68	Monday Night Big Book Study 2345	-	20.00
Evening In Harmony - 2864	-	100.00	Monday Night Prospectors - 2897	-	81.30
Evening Serenity - 2305	67.82	927.01	Monday Night Live - 643	-	50.00
Eye Opener Group - 607	360.00	1,121.55	Morning Attitude Adjustment - 768	-	250.00

Group	Nov-12	Ytd 12	Group	Nov-12	Ytd 12
Mountain Steps - 2822	90.00	270.00	Sunrise Promises - 2166	-	106.00
Mt Soledad Mens - 717	-	1,700.00	Sweet Surrender Speakers - 2254	-	20.00
National City Maintenance - 136	60.00	260.00	The 1st 164 - 2760	135.00	135.00
Noon At The Grove - 628	-	500.00	The Gathering Of The Goddesses - 2890	-	123.60
Nooners Anonymous - 1164	-	719.14	The Joy Of Living Group - 2636	-	475.00
Noontime on the Patio - 2203	-	300.00	The Other Meeting - 857	224.00	916.85
North Clairemont - 1102	100.00	240.00	The Video Book Study Group - 2839	-	42.57
North Clairemont Sat Nooners - 2572	-	150.00	The We Group - 2739	120.00	420.00
North Park Mens - 465	-	260.10	There Is A Solution - 2975	-	91.00
North Shores Breakfast - 275	-	79.26	Three Legacies Group - 2194	-	289.46
Not Alone Speakers Group - 1652	-	20.00	Thursday Campus Noon Group - 2387	-	135.00
OB Peer Group - 2130	-	250.00	Thursday Steps - 646	-	310.06
OB Womens Step Study - 2730	-	80.00	Tierrasanta Big Book Study - 1790	-	125.00
Old Timers Breakfast - 2828	-	50.00	Tierrasanta Friday Night - 2645	-	330.00
Old Timers Group - 2037	-	320.00	Tierrasanta Happy, Joyous & Free - 2659	-	75.00
Old Town Speakers - 321	250.00	500.00	Tierrasanta Morning Serenity - 2811	130.00	420.00
On The Corner - 2384	-	50.00	Top Of The Hill - 41	-	200.00
One Step At A Time Runners - 1664	-	116.67	Torrey Pines Open Disc - 94	-	170.78
Original Tues Night Step Study - 2124	-	300.00	Torrey Pines Thurs Nite Disc - 365	20.00	115.00
Over 50 - 840	-	60.00	Tri-Serenity - 836	-	50.00
Over The Bridge - 2689	-	484.59	Tues Morning Breakfast Special - 2761	-	190.00
Pacific Beach Weekend Warmup - 725	-	136.20	Tues Night Mens Step Study - 1813	-	360.80
Pacific Beach Young Peoples - 286	200.00	200.00	Tuesday Campus Noon Group - 2544	-	135.00
Pass It On Big Book Study Group -2860	-	705.88	Tuesday Morning Alpine - 440	-	160.00
Penasquitos 12X12 - 2759	25.00	65.00	Tuesday Night Sobriety - 708	-	90.00
Penasquitos Discussion - 871	15.00	50.00	Tuesday Vision 4 U - 2775	-	20.00
Poinsettia Group - 2210	-	190.00	Two Bit Speakers - 201	-	64.66
Point Loma AA Discussion - 242	-	58.98	University City Discussion - 368	-	87.50
Point Loma Mens - 245	-	388.50	University City Womens - 369	-	550.00
Point Loma Nooners - 1606	-	125.00	Valley Girls - 2617	100.00	352.74
Point Loma Saturday Morning - 1240	-	140.00	Victory Group - 2108	-	100.00
Point Loma Tuesday Night - 2648	-	312.50	Wake Up Call - 1932	35.00	70.00
Porter Hall Structured Step Study - 97	-	100.00	Warm and Friendly - 42	-	275.00
Practical Solutions - 2398	-	137.50	Water Walkers - 5	-	180.00
Progress Rather Than perfection - 2682	175.00	950.00	Water Walkers Too - 1946	-	448.75
Pt Loma Fri Afternoon Step Study - 244	60.00	402.00	Way Up and Out - 1807	-	87.50
Pt Loma Womens Discussion - 1608	-	279.72	We Agnostics - 2096	-	50.00
R.B. Early Birds - 2476	-	345.00	We've Come Along Way - 1616	-	50.00
Radical Acceptance Morning Meeting - 2961	-	150.00	Wednesday Discussion Group - 2431	190.00	294.00
Rainbow Group - 570	-	420.00	Wednesday Night Closed Topic - 165	-	50.00
Ramona High Noon - 2778	-	10.00	Weds Rule 62 Lunch Group - 687	-	294.00
Ramona Way Of Life - 2772	-	20.00	Weekending Step Study - 698	-	32.00
Relax and Recover - 2964	-	50.00	Wholesale Miracle - 2474	-	363.42
Resentment and A Coffee Pot - 2561	-	352.88	Womans Gut Level - 1701	-	80.00
Right Turn Group - 1900	-	134.00	Womans Let Go and Let God - 446	-	332.50
Rise & Shine - 2170	159.50	1,288.04	Women In Harmony - 1807	-	100.00
Rocket Riders - 1730	120.00	540.00	Women In Sobriety - 697	-	120.00
Rule 62 Group - 927	184.15	284.15	Womens Attitude of Gratitude - 2751	-	55.00
S.D. Speakers Meeting - 152	-	340.00	Womens Step Study - 296	81.05	132.26
Safe Sane and Sober - 1350	-	1,465.50	Womens Thursday Nite - 514	-	310.11
San Carlos Single Purpose - 583	-	274.50	Womens TLC - 2814	-	100.00
San Diego Doctors Step Study - 194	-	250.00	Womens Way To Recovery	-	139.97
San Diego Feeling Good	-	370.50			
Santee Mens Group - 2972	-	98.59			
Santee Simple Step Study - 2707	-	65.00			
Santee Thursday Closed Mixed - 145	-	60.00			
Sat Mens Early Awakening - 2209	-	585.00			
Sat Night Early Discussion - 336	-	680.00			
Sat Night Live - 2173	-	145.00			
Saturday A.M. Live - 782	-	214.50			
Saturday Morning Sanity - 1989	-	75.00			
Saturday Night Candlelight - 1914	40.00	80.00			
Saturday Nite Live - 2192	-	48.14			
Scripps Ranch Men's Two	-	239.00			
Searching and Fearless - 308	-	1,400.00			
Serendipity Womens - 1642	-	130.00			
Serene-Tea - 2700	-	100.00			
Serenity Seekers - 209	-	155.00			
Six O'Clock Big Book Study - 507	-	54.00			
Sky Hi Womens - 1633	75.00	450.00			
Smokefree La Mesa Womens - 635	-	253.10			
Smokeless Drunks Luncheon - 1008	-	465.00			
So Bay New Womens - 2325	-	50.00			
Sober Minded Leather Folk - 1882	-	217.88			
Sober Nooners - 196	-	596.84			
Sober On Sat Step Study - 2193	60.00	105.00			
Sober Roses Womens Step Study - 2946	-	40.00			
Sober Serenity Seekers - 887	-	245.00			
Sobriety on State and Date - 2697	-	96.00			
Sobriety Seekers Step Study - 342	-	74.19			
Sole Purpose Group - 1657	-	230.00			
Solutions Not Excuses - 2867	-	189.00			
South Clairemont - 305	-	130.00			
Spiritual Awakening - 2275	285.00	6,397.00			
Spiritual Way Of Life - 2977	-	28.29			
Spring Valley Step Study - 125	-	100.00			
Step Sisters - 2155	-	172.00			
Steps To Recovery Group - 1169	7.37	7.37			
Straight Shooters - 198	-	127.00			
Sunday Beach Sun-Day - 568	-	432.00			
Sunday Evening Big Book Study - 519	-	50.00			
Sunday Kind Of Love - 429	-	150.00			
Sunday Middy - 161	-	190.00			
Sunday Morning Eleventh Step - 1206	100.00	290.00			
Sunday Morning Spiritual Meeting - 1700	-	275.00			
Sunday Morning Sunshine - 407	-	141.94			
Sunday Night Discussion -212	-	50.00			
Sunday Serenity - 47	-	565.67			

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

Thank you to all of the AA members for their individual contributions. Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year or Faithful Fivers Individual Contributions. Individual AA members may contribute to Central Office up to * \$3000 per year.

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




Tokens are available at Central Office:
 24 hr, 30, 60, 90 days, 6 & 9 month Aluminum for 50¢ each
 1 year - 55 year Brass Tokens for \$2.00 each.
 We continue to carry our San Diego Brass rectangular 90 day token for \$2.35 each.

Come visit us on the Web at: www.aasandiego.org




Meeting Schedule, Maps Calendar of Events Contact with Central Office

CENTRAL OFFICE NOTES

2012 Holidays – Central Office Bookstore Closed:

HOLIDAY	DAY OF WEEK	DATE
Christmas	Tuesday	December 25th
New Years	Tuesday	January 1 st , 2013

BOOK OF THE MONTH

December: Any Grapevine Book sale: \$1.00 off regular price

November 2012 Financial Summery

Group Contributions	7,548.83
Individual Contributions	3587.4
Literature & Interest	2,049.82
Total Revenue	13,186.05
Central Office Expenses	-11,477.36
Committee Expenses	-564.56
Total Expenses	-12,041.92
November 2012 Net Revenue	1,144.13
2012 Net Revenue	12,018.86

Tokens are available at Central Office:

24 hr, 30, 60, 90 days, 6 & 9 months Aluminum Tokens for 50¢ each
1 year - 55 year Brass Tokens for \$2.00 each.

We continue to carry our San Diego Brass rectangular **90** day token for \$2.35 each.

Have you checked out the San Diego AA Archive's Room at Central Office? It is open Monday – Saturday 9 am – 5 pm.

Have you been to our aasandiego.org website? You can find San Diego AA meetings with maps, the Coordinator newsletter including our monthly financials, monthly service calendar, calendar of events, or you can submit meeting changes, sign up to be a 12 stepper... lots of stuff on our website...check it out.

When someone calls the Central Office and needs to speak to someone about their problems with alcohol, we then call an AA member on our 12 step lists. You can sign up to be on a daytime or nighttime call list. Contact: Central Office at 619-265-8762

CENTRAL OFFICE
PHONE CALLS *November 2012*

TOTAL CALLS FOR MONTH 1,477	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	930	280	21
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	135	98	13

WEB SITE HITS: *November* = 21,740 Total 1,262,159

January 2013
AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Mission Hills Late Night	Mt Soledad Mens	OPEN	The We Group	Over The Bridge
6	7	8	9	10	11	12
Adams Ave Big Book	Old Town Speakers	La Mesa Mens	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla Speakers
Dawn Patrol						
13	14	15	16	17	18	19
La Mesa Women's Sat Morning	Imperial Mens	Sober Nooners	OPEN	Sat Mens Early Awakening	Pacific Beach Young Peoples	Radical Acceptance
Mission Possible						
20	21	22	23	24	25	26
South Clairemont	Cedar St Mens	OPEN	Downtown Discussion	Imperial Beach Group	La Jolla Beginners	Drunks Only
Rainbow Group						
27	28	29	30	31		
Clairemont Mens	North Park Mens	Harmony Group	Diamond St Mens	Eye Opener	Thank you, After-Hour Phone Volunteers For Carrying The Message!	
Lemon Grove Easy Risers						

January 2013

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University Ave 6:00 pm		New Years Day Central Office Closed Every Tuesday Informacion Publica Oficina Central Hispana 3628 University Ave 7:00 pm	District 4 Church 7111 La Jolla Blvd La Jolla 6:30 pm	Area Archives Committee Varies 6:45 pm District 12 Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm	Every Friday Districto 15 Oficina Central Hispana 3628 University Ave 7:00 pm District 7 Club 1944 30 th St Golden Hill 6:30 pm	
6	7	8	9	10	11	12
	Public Information Committee Central Office 6 pm District 8 Church School Rm 12 760 1 st Ave Chula Vista 7 pm	Business Committee Central Office 6:00 pm Area Newsletter Committee Fudruckers's Restaurant 8285 Mira Mesa Blvd 6:30 pm District 10 Church 490 Farragut Circle El Cajon 5:30 pm District 13 Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00 pm		Coordinating Council Church Krausse Cove Bldg 2111 Camino Del Rio South Mission Valley 92108 New Coordinators 6:30 pm Coordinator Outreach 7 pm Council 7:30 pm Area Agenda Committee Central Office 7:00 pm		
13	14	15	16	17	18	19
Area Grapevine Committee Varies 1:30 pm	Area Finance Committee Central Office 6:30 pm District 6 Denny's Restaurant 1065 Camino Del Rio South Mission Valley 6:30 pm	Area Contact On Release Committee Central Office 6:45 pm	The Coordinator Newsletter Committee Meeting Central Office 5:30 pm The Coordinator Newsletter Collate Party Central Office 6:00 pm Area Information Technology Committee Residents 1738 Old Mill Rd Encinitas 6:45 pm	Area Committee Church 2650 Melbourne Dr Serra Mesa 7:00 pm H&I Committee Orientation Central Office 7:00 pm		
20	21	22	23	24	25	26
H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:00 pm Business Mtg 1:15 pm Greater San Diego Young People's Coffee Shop 3343 Adams Ave Normal Heights 3:00 pm Area Spanish Translation Varies 7 pm	Area Literature Committee Central Office 7:00 pm		District 9 Denny's Restaurant 14455 Ocotillo Dr El Centro 6:00 pm District 14 Church 1475 Catalina Blvd Point Loma 6:30 pm			
27	28	29	30	31		
Program Committee Central Office 6:30 pm	Area C.P.C. Committee Central Office 6:30 pm District 5 Church 5050 Milton St Clairemont 7:00 pm District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm					

Things to Do and Places to Go

Third Weekenders Campout

WHERE: Guajome Regional Park
 I-5 N to Oceanside, Rte 76 east 7 mi, Rt on Guajome
 Lakes Rd, 150 right into Guajome Regional Park
 Sites: 22-31
WHEN: January 18-20, 2012
Wagon Masters:

2012 Holiday Alkathon sponsored by East Side Group, Another Sober Tuesday and District 11

WHERE: Legion Hall 8118 University Ave La Mesa
WHEN: December 24 (noon) – December 25 (noon)
POTLUCK: Dec. 24 @ 6pm, **SPEAKER** @ 7:30p
Contact:

New Year’s Eve Speaker and Dance sponsored by San Diego Intergroup Program Committee

WHERE: Scottish Rite Center – Mission Valley
 1895 Camino Del Rio South
WHEN: Monday, Dec 31 @ 7:30pm –
 12:15am **Contact:**
 Central Office 619.265.8762
TICKETS: \$20 each

Annual South Bay Alkathons

WHERE: 270 C Street, Chula Vista
WHEN: Dec 24 (1:30p) – Dec 25 (noon)
 Dec 31 (1:30p) – Jan 1 (noon)
POTLUCK: 5:30p
Contact: Central Office 619.265.8762

New Year’s Eve Alkathon 39th Annual

WHERE: Church, 625 Pennsylvania Ave 92103
WHEN: December 31 @ 2pm - January 1 @
 7pm **Contact:**

Western Area Conference of Young People in AA (WACYPA)

WHERE: Tucson, AZ
WHEN: Jan 3 – 6, 2013
Contact: <http://wacypaaxvi.org/> or
 Annie 702.505.6411

Hospitals & Institutions (H&I) Orientation

WHERE: Central Office 7075-B Mission Gorge Road
WHEN: 3rd Thursday of month @ 7pm
Contact: Central Office 619.265.8762



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

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

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

What Are You Afraid Of?

By Marty M.

Fear is a primary emotion. Like anger, shame, sorrow, guilt, disgust, even happiness, it is intense and direct. These are easily recognized; easily named. When unresolved emotional pain, like fear shows up in my system, I have two choices, either I resolve the energy of the pain, or I drink.

Fear is an ego-generated energy field that is fed by my mind. I came onto this planet a very angry little human. To this day, if I am careless, I am spring-loaded to anger. In my experience, anger and fear are flip sides of the same coin. I call it fanger. This human condition of fanger is always available to me. My mind nourishes this pain. First, it tells me a story about something that (purportedly) happened in the past, which pissed me off (anger). Then my mind alerts me to some terrible consequences that await me in the future. This generates fear. By the way, the past and future are illusions, mind-driven stories...mind fantasies. Neither exists.

Some years ago, a dear friend noticed that I had the blues. "What's wrong?" she asked.

"I'm afraid."

"What are you afraid of?"

"I am not making enough money."

"What are you afraid of?"

"I'm afraid that I won't be able to pay the bills."

"What are you afraid of?"

"I'm afraid I'll lose the house."

"What are you afraid of?"

"I'm afraid my wife will get really upset. That will affect my love life"

"Marty, what are you afraid of?"

"Dammit! I'm afraid of everything!"

"Now that we are clear on that, what do you intend to do about it?"

I didn't have any real answer for my friend, but that exchange brought a new awareness to me about the function of fear itself. If I am afraid of anything, I'm afraid of everything.

These fears and angers are resentments. Read, if you will, pages 64 & 65 of the book. These deal with step four. On 64, we are told that, "Resentment is the 'number one' offender. It destroys more alcoholics than anything else." AA should know. On 65, the resentment examples are listed.

The word, Resentment derives from the Latin word sentire-to feel, with the prefix re-again. Literally, to resent is to feel again. The fact of my life is that prior to my awakening to the AA program, I rarely really felt any of the emotional pain, opting to use my addictive behaviors to avoid feeling the energy

of the pain; allowing the pain to grow until it was destroying my human life or until my addiction was killing me. Prior to my allowing the AA steps to change my behavior; prior to finding my Power, I did not think I could handle the pain. So I drank.

Because of AA, millions of women and men have been able to find a Power greater than their ego-driven human mind. This Power deletes the viruses of resentment. My mind, in the control of the ego is a unit of force, always blocked by an opposing force (Newton's 3rd Law of Motion). The frustration of the impossibility of my mind to force an outcome, leads me to life-destroying addictive solutions.

When I learned how to turn my will and my life over to the care of a Power greater than my ego-driven mind, when I really took steps four through nine, all happiness and freedom became possible. I came to experience the joy of life.

Now, what is it that you are afraid of, Marty?

Nothing.

AA Meetings, Really?

By John C.

I'm 1 1/2 months short of 13 years sober. I am also an exceptionally lucky man because my God blessed me with the literal "love of my life." This lady is the most caring, considerate, beautiful, loving person anyone could hope to meet.

This lady is also an alcoholic. AA not only saved her life but the fellowship helped her raise her kids.

From 1981 to 1993 after my wake-up cup of coffee, I would grab the first of many imported beers for the day. I thought I never had a drinking problem, right? But, my drinking and substance use took me down a path that ended with me serving a long sentence here in a federal prison.

I promised the love of my life (and myself) that I would do anything I could to ensure her security and sobriety. I always keep my promises.

So when she asked me to go to AA meetings, I told myself since AA saved her life and helped with her kids I should go and see what it's about.

I went to a meeting and was surprised that I related to those alcoholics and their stories. I wondered why their stories were similar to mine.

About a month later my love asked me, "Are you going to AA meetings?"

I said, "Sure, I went to one, it was pretty cool. I'm not a people person yet I felt comfortable at that meeting with those strangers." (*Continued next page*)

AA Meetings, Really? (Continued from previous page)

I could tell by her response that something was amiss. So I asked "Did you want me to go to meetings regularly?" She answered "Yes, I do."

I thought, "*Oh, crap, I don't want to hang out with drunks. I've been sober for more than 12 years! But, if this lets my love feel more secure with "our" love, I will have to do it.*" I promised.

I began attending the meetings three times a month. After the second month I realized that these drunk's stories are my story. Our names and looks are different but that's all. I also realized I really enjoyed those meetings, which is crazy because I am anti-social to a fault. Yet in the meetings I was with people who accepted me and made me feel welcome.

It's funny now. The last meeting I went to, when I got there I was the only one there even after waiting half an hour. I was shocked when I realized that I had been really looking forward to the meeting and felt let down when no one showed.. Then thinking that night I realized something else that just blew me away. When I promised the love of my life that I would do anything for her to ensure we will always have each other and be together, it occurred to me that the few things she has asked me to do for her were actually for my benefit: to help me grow, learn and better myself.

Here I thought I was putting myself out for the love of my life. All the time she was helping me. I'm not easy to get through to; I think I know whatever I need to know. I had never listened to anyone before and it has cost me everything, literally.

I thank God several times a day for working his miracles in my life. I get to be loved by this exceptionally smart beautiful caring lady whom I trust and listen to which is another miracle.

The final miracle is God letting me relate and understand that I am not different from the people who attend the AA meetings. It's funny because the first meeting I went to I said I'm here because AA saved my lady's life and the people helped her raise her kids. I noticed several of the people look at me with a knowing look and told me keep coming back. My lady explained to me that's because they know. Now I know too: I am an alcoholic. I thank God again for blessing me with this lady and for the people at AA. I'm not good with people, don't like being around them. That's what I thought. The people at AA made me feel comfortable welcome and let me discover what I really needed. To be a part of AA and the fellowship. I am extremely hardheaded but not completely stupid.

Thank you all of you in AA to help people realize we are not alone, we don't judge--we just accept people where they are. And smart enough to let hardheaded people like me discover I have a problem and AA is here to help.

Talk About SEX (Continued from page one)

Type B people are different: Their moral codes are normal or nearly normal, but their behavior before, during, or after drinking is anything but normal. Such behavior can vary widely, but it has the common denominator that the person himself or herself condemns his or her own behavior.

It is important to note that, according to my investigations and discussions, the power of the sex drive to get people drunk lies in the divergence between behavior and personal morality, not in specific actions or standards.

In my travels, I have met people who followed some really outlandish practices without shaking their serenity or their sobriety. Those activities are not my bag; if I engaged in them, I would be bothered. And that is the key. According to Dr. Ruth Fox, a prominent New York psychiatrist who treats mainly alcoholics, "Sex is a problem only because it is treated as a problem. If people would just go do whatever they are going to do anyway and stop worrying about it, they'd be a lot better off."

I must hasten to point out that Dr. Fox is in no way advocating behavior at variance with a person's own morality. What she is advocating is putting things in the proper perspective. While sex may be an important drive, the act itself can hardly be called time-consuming, so why spend all the rest of the time worrying and stewing over what you did and didn't do? But that, in a way, is only begging the question. Sex is a problem, and just saying that it shouldn't be is no answer at all.

The answer, or at least the answer for me, was in dragging the whole mess out into the light, where I could look at it, and in giving it the same treatment that had taken care of my other, less demanding problems, to wit: spelling out to myself just what the score was, and then talking to someone else about it. To my intense surprise, my confidant did not look horrified and condemn me. On the contrary, he was most sympathetic and even felt free enough to talk about his own problems, which were bugging him as badly as mine were me.

That was the beginning of my coming to terms with this basic drive. I will not pretend that I am now a 100-percent winner. I'm not, but most of the time I am indeed comfortable. And on those days when desires I'm not fond of rear their ugly little heads, I can usually remember that it is only today. By tomorrow, they will be back in their holes.

As time goes on, the bad days grow farther apart and grow less intense when they do come, and as they fade a bright clean flame of love has begun to burn at home, a flame that was at first just a flicker, but is now a steady, bright light. It is a flame I never expected but am grateful to see again. P. S., Conn, From: Grapevine, Nov. 1969



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