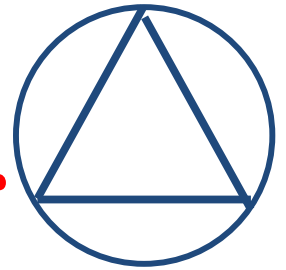


The San Diego AA Coordinator



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

"Humility brings me closer to the actual spirit of togetherness and oneness, without which I could not stay sober."

Daily Reflections, p. 342

JULY 2011
VOL. XI NO. 7

INSIDE...

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"Carry the AA Message"

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

Monthly Themes

AUGUST

Principle of Brotherly Love
(due 6/23)

SEPTEMBER

Principle of Justice (due 7/28)

OCTOBER

Perseverance (due 8/25)

Submit 500 to 1000 word story to
Newsletter Chair at:

sdaa.newsletter@gmail.com

For more information, see page 2

The Quest for Spirituality

by Earle M.

A good number of years ago, I found myself bewildered and uncertain about the meaning of spirituality and how one achieves it. After a rather frantic search, I fell upon an idea that presented a solution. I realized that by combining Step Twelve, Tradition Twelve, and the last sentence of the book Twelve Steps and Twelve Traditions, I had discovered my answer. Let me explain. Step Twelve says: *"Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."*

To me, Step Twelve says that a thorough digestion of the previous eleven Steps constitutes a concept that could be considered "spiritual." I reviewed each step and indeed, found that by embracing all of these Twelve Steps, I obtained a feeling which I call spiritual. The last part of Step Twelve adds additional clout. It includes two vital points which make spirituality ring loud and clear within me. By carrying the message to others and practicing the principles of the AA program in all our affairs, Step Twelve rounds itself out for me into a full concept of spirituality.

However, there still seemed to be something missing. Very shortly thereafter I reread Tradition Twelve, which was of enormous help to me in my search for spirituality. Tradition Twelve says: *"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."* It became abundantly clear to me that anonymity was a spiritual foundation not only of Tradition Twelve, but of sobriety itself. When I grasped this concept, it became easy for me to place principles before personalities. As a matter of fact, once anonymity was embraced, the phrase *"placing principles before personalities"* became unnecessary—it had already happened.

One day, while I was reading the book, Twelve Steps and Twelve Traditions, its last sentence jumped out at me and entered my awareness as I read: *"We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have."* It followed that humility, as expressed through anonymity, was the greatest safeguard I could ever have. Thus, anonymity and humility were the core of spirituality—and of Step Twelve and Tradition Twelve. The AA program suggested that we carry this message

(Continued on Page 3)

**ALCOHOLICS ANONYMOUS
SAN DIEGO CENTRAL OFFICE**

24 HOUR PHONE (619) 265-8762

OUR WEB PAGE www.aasandiego.org

E-MAIL: sdaaco@aol.com

FAX: (619) 265-2954

OFFICE & BOOKSTORE

Mon-Sat 9am-5pm

Central Office Manager: Connie J.

Administrative Assistant: Kathy M.

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

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

Submissions may be emailed to the newsletter chair at SDAA.newsletter.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	Ray R.
New Coordinators	Carrie
Outreach Committee	Paul H.
Program Committee	Nicki F.
Public Info Committee	Heidi H.
Newsletter/Coordinator	Linda F.

Area Officers:

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

Contributors: Earle M., Lynn T.,
Lisa O. and Bill W.

July Theme: Humility

Fold & Label: Wednesday, July 20, 2011
5:30 pm, at Central Office

Committee Meeting: Thursday, July 28, 2011

6:00 pm, at Central Office

View from the Chair 

There's a great little booklet available at Central Office titled, [The History of Alcoholics Anonymous in San Diego and Imperial Counties](#) and it costs only \$1.00! If you're new or old to the program you'll find a wealth of information and perhaps answers for many of your questions within those 33 pages.

We are still 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. 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's probably about the Principles!

Remember you can drop off your article at Central Office or email your submissions to the committee at sdaa.newsletter@gmail.com.

We are in dire need of groups to adopt a Collating evening (formerly known as "Fold-n-Label") 3rd Wednesday of the month. It's fun, fast service!!!

Gratefully,
Linda F.

**Thank You to our June 2011 Issue
Fold and Label Volunteers!**

Groups Represented	Volunteers
We Group	Wes T.
Newsletter Members	Linda F., Thomas K.
H and I	Sober Tom
The Joy of Living Group	Maureen B.

We Need More Volunteers!

(Continued from page 1)

to other alcoholics and practice these principles in all our affairs. The latter is a big order, but in the light of anonymity, humility, and spirituality, it became easy to work with others both inside and outside of AA. Now spirituality took on a real, true meaning for me.

Many ask, "What is anonymity?" and "What is humility?" To me, they are almost the same thing. They are devoid of prestige; they demand nothing, they don't ask to be "right"; they simply suggest that the icy egocentric elements in all of us retire into the background and that we wear the warm cloak of anonymity and humility and therefore, spirituality.

-Grapevine, March, 2000

What Humility Means to Me

by Lynn T.

The best description of humility I've heard in the rooms of Alcoholics Anonymous: Humility is remaining teachable.

I have come to believe that in any situation I truly do not know what is best. What I have come to believe in is the conviction that in this very moment God is present. The Big Book says, "God alone can judge our situation". What that means for me is simply, I do not have the same picture as God. All I need is the willingness, the willingness to let go of my idea, my picture, in any situation and to ask for his loving guidance.

That is an act of remaining teachable.

The acknowledgement of not knowing opens me for the miracle to happen.

There is a place in you where the strength of God abides. Within each of us there is a place where all knowledge, all love and all peace reside. That is where God resides in each of us.

Humility is living from that place.

CRITICAL and URGENT NEED for YOUR SERVICE!

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

**New groups needed for after-hours
phones waiting list!**

**Call AA Central at 619-265-8762
for more information.**

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!

Mari Jo C.

The Other Meeting
May 29, 1990, 21 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.

Group and Meeting Changes

NEW MEETINGS	Coordinating Council Attendance	
<p><u>Sober Roses Codes: C W</u> Recv Hm 2236 Citrus Ave Mon @ 7 pm Imperial Beach</p> <p><u>Rule 62 Codes: C</u> Church (basement) 1535 3rd Ave (enter on Beech) Thu @ 12 noon Downtown</p> <p style="text-align: center;">**RELOCATE**</p> <p><u>Monday Night North Park AA</u> Church 3585 30th & Dwight St Mon @ 8:15 pm North Park (was 4011 Ohio St)</p> <p style="text-align: center;">**TIME CHANGE**</p> <p><u>San Diego Doctors Step Study Codes: C</u> Church 625 Pennsylvania Ave Mon @ 7:30 pm Hillcrest (was 7pm)</p> <p><u>The Other Meeting Codes: *</u> Hospital 7050 Parkway Dr Sun @ 9 am La Mesa (was 8:45am)</p> <p style="text-align: center;">**CODE CHANGE**</p> <p><u>Monday Night North Park AA Codes: *</u> Church 3585 30th St & Dwight St Mon @ 8:15 pm North Park (was Codes: * +)</p> <p style="text-align: center;">**CANCELED**</p> <p><u>Check In So We Don't Check Out</u> Restaurant 8046 Clairemont Mesa Blvd Sun @ 1 pm Clairemont Mesa</p>	<p>The following 53 groups attended June Coordinating Council There are 760 registered groups in San Diego WAS YOUR GROUP THERE? NEXT COUNCIL MEETING IS: THURSDAY, July 14, 2011</p>	
	<p>11th Step Journey Allied Gardens Step Study Battery Chargers Big Bon-Fire Meeting Casa De Oro Tradition Five Cedar Street Mens Clairemont Mens Clairemont Women Clairemont Womens Step Study D.D.G.T.M. Daily Reflections Downtown Discussion Early Morning Recovery East Side Group Easy Does It Riders El Cajon Womens Serenity Evening Serenity Free At Last Free On Friday Fresh Start Beginners Friday Morning Womens Friday Night Irregulars Friday Night Santee Great Fact Group Harmony Group Imperial Beach Group</p>	<p>La Mesa Beginners La Mesa Mens La Mesa Mixed La Mesa Step Study Workshop Mira Mesa Friday Night Miracles On Monday Mission Hills Beginners Monday At A Time Monday Nite Live North Park Mens Old Town Speakers Over The Bridge Porter Hall Structured S/S Progress Rather Than Perfection Santee Thursday Closed Mixed Scripps Ranch Mens Two Sky Hi Women Smokefree La Mesa Womens Sobriety Seekers Step Study Southern Cal Speakers Straight Shooters The Joy Of Living Group The Other Meeting Thursday Promises Promises Water Walkers Too Womans Let Go And Let God Women In Harmony</p>

AN EVER-GROWING FREEDOM

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God.

Twelve Steps and Twelve Traditions, p. 76

When I finally asked God to remove those things blocking me from Him and the sunlight of the Spirit, I embarked on a journey more glorious than I ever imagined. I experienced a freedom from those characteristics that had me wrapped up in myself. Because of this humbling Step, I feel clean.

I am especially aware of this Step because I'm now able to be useful to God and to my fellows. I know that He has granted me strength to do His bidding and has prepared me for anyone, and anything, that comes my way today. I am truly in His hands, and I give thanks for the joy that I can be useful today.

Daily Reflections, July 8

Surrender and Self-Examination

My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

The Language Of the Heart, p.238

Years of dependency on alcohol as a chemical mood-changer deprived me of the capability to interact emotionally with my fellows. I thought I had to be self-sufficient, self-reliant, and self-motivated in a world of unreliable people. Finally I lost my self-respect and was left with dependency, lacking any ability to trust myself or to believe in anything. Surrender and self-examination while sharing with newcomers helped me to ask humbly for help.

Daily Reflections, July 17

Thank you, Day Time Phone Volunteers For
Carrying The Message!

Minutes of the Coordinating Council
Thursday, June 9th, 2011

Nancy N. – Council Chair called the 792nd meeting to order at 7:30 pm. Trevor. read the 12 Traditions. Council Definition and Purpose read by Bonnie T. There were 6 new Coordinators, 2 visitors and 5 birthdays. 7th Tradition was \$71.50. Roll Call: Rick W., Assistant Council Chair reported 53 groups were represented out of 83 registered Coordinators. There was a quorum (44) It was m/s/c to approve the minutes of the May 2011 Council Meeting.

Area Assembly – Joel C. Area 8 Delegate shared some General Service Conference Action highlights. 1)Grapevine. Org website has re-launched with new features. Grapevine Digital Annual Subscription is \$19.97. Pamphlet revisions:F3 *Self-Support: Where Money And Spirituality Mix* – Pie Charts, AA and Medications – New Stories included, and *Understanding Anonymity* – anonymity online. NEW pamphlet on *Alcoholics with Special Needs*. For those that wish to receive an electronic version of Joel's Full Conference Report, he can be emailed at delegate@area8aa.org.

H & I Representative: Debbie – 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 2011 financials.

AFTER HOURS PHONES: No Report.

If you're interested or need more information: contact. Thank you to the current groups for your after-hours phone service.

BUSINESS COMMITTEE: Maggie S., Chair reported committee met on Tuesday 6/7/11 at 6:00 pm. Present: Maggie S., Ray R., Jerry C., Leonard R., Gary C., Nancy N., Council Chair, Rick W., Asst Council Chair and Connie J., Central Office Manager. Absent: Sherry G. There was a quorum.

- 1) It was m/s/c to approve May 2011 Minutes.

- 2) It was m/s/c to approve May 2011 Financials.
May Financial Statements briefs:

- a) Our May 2011 Net Revenue is -\$727.70. Our 2011 YTD Net Revenue is -\$3,873.82. Group and Individual Contributions were \$10,881.72. Literature Sales Revenue and bank interest was \$1,178.12 while total office and committee expenses were \$12,787.54.

Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager's Report

- 1) June's Book of the Month: "*As Bill Sees It*" on sale: \$7.00.
- 2) July's Book of the Month: "*Pass It On*" on sale: \$9.00.
- 3) aasandiego.org website: on "electronic forms page" – added various group docs in pdf format, example: *literature price list, contributions pie chart, secretary meeting log and handbook, big book meeting readings ...*
- 4) Performed annual audit of aasandiego.org website for AA meeting accuracy and map address functions.
- 5) 2010 501C3 informational tax filings sent .
- 6) Central Office offers Gift Certificates in from \$10.00 - \$25.00 increments.
- 7) Sending contributions receipts, along with current event flyers by email.
- 8) Coordinator Newsletter – Sign up to receive electronically. Hard copies will continue to be available at Central Office.

Committee Member reports:

- 1) Maggie S. - led meeting.
- 2) Ray R. – made BC reminder calls.
- 3) Jerry C., Treasurer, signed checks, reviewed bank reconciliation and financials.
- 4) Gary C. – reviewed the bank deposits.
- 5) Rick W. – passed out call reminders.
- 6) Nancy N. – Website working properly.
- 7) Leonard checked volunteer meeting books.

Old Business: There was none.

New Business:

- 1) Ray R. and Leonard R. available for 2nd term. Thank you to Maggie S. for service.
- 2) Elected Ray R. -Chair & Gary C. as Co-Chair.
- 3) Semi-Annual Literature on Saturday, 6/25/11.
- 4) Had discussion on use of prudent reserve for temporary "cash flow". It was m/s/c to present motion to Council for approval.

Continued on page 6.

Continued from page 5.

COORDINATOR NEWSLETTER: Linda, Chair reported committee met on 5/26/11 at 6 pm. Present: Linda F., Christian W., Maureen B., Lisa O., Absent: Thomas K.

August's Theme: "Principle of Brotherly Love". Submissions of 500-1000 words welcome (August submissions due by June 23rd). Send to SDAA.Newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Come join in the fun. NEED groups to adopt a month to collate the newsletter.

COORDINATOR OUTREACH: Kevin, Chair expressed: Help NEEDED from all current Coordinators in participation and outreach to invite groups to have an Intergroup Coordinator. **ORIENTATION & GUIDELINES:** Carrie Chair reported committee met tonight at 6:30 pm present: David, Carrie and Frances. Absent: Duncan.

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

PROGRAM COMMITTEE: No Report given.

- 1) Anniversary Breakfast – is being planned to have at Ramada Inn again this year.
- 2) New Years Eve event – is being planned to have at Scottish Rite Center again this year.

PUBLIC INFORMATION COMMITTEE: Heidi. Chair reported that committee met on 6/6/11 at 6 pm. Present: Heidi, Steven, Terry, Heather, Sallye, Linda, Pat and Kimberly. Absent: Joe, Rufus and Tom.

- 1) June 2nd: Miramar Marines – over 100 in attendance for speaker panel.
- 2) 1st United Health Fair booth was well utilized.
- 3) Optim Fair booth was well utilized.
- 4) Unity Day/Founders Day will have a PI table.
- 5) Del Mar Fair: Kimberly has all slots filled, along with Spanish Intergroup participation.
- 6) June 23rd – Alpine DD Group: Sallye to attend.
- 7) July 15-17: Stand Down event with PI table and panel meetings 9-12, 12-3, and 3-6.
- 8) Remote Communities: Sallye will request PowerPoint presentation & collaborate with CPC.
- 9) Kimberly will begin online search & create a calendar of health fair dates for K-12 schools.
- 10) No PI Committee meeting on Monday, July 4th Holiday.

OLD BUSINESS: There was none.

NEW BUSINESS:

- 1) June Committee Elections:

After-Hours Phone: Bonnie T., Mona, and Jamie were elected unanimously. **Business Committee:** Jane (sob 5-12-08) and Steve (sob 5-7-98) were elected unanimously.

Coordinator Orientation: Trevor (sob 17 months) was elected unanimously.

Coordinator Outreach: Raleigh (sob 6-92) and John L. (sob 7-15-89) were elected unanimously.

Program Committee: Still needs members.

- 2) Motion presented by Business Committee Chair, Maggie S. "To transfer \$7,500 from prudent reserve CD to general checking account to be replenished when the current difficult economic times improve and there are funds available that are not needed for normal operations." Motion was seconded, followed by much discussion, questions and answers. Question was called. Vote was 40 y 4 no. Motion passed and minority was asked if they wish to speak. Council was then asked if anyone in the majority wished to change their vote? There were none.

Thanks to Joel C., Area 8 Delegate and Debbie, H & I Co-Director for Special Reports.

Thanks to Wes T. and Tom T. for PA System Set-up and Mike C. for coffee.

Thanks to those for setup and clean up of the room. Meeting adjourned at 9:28 pm with Serenity Prayer.

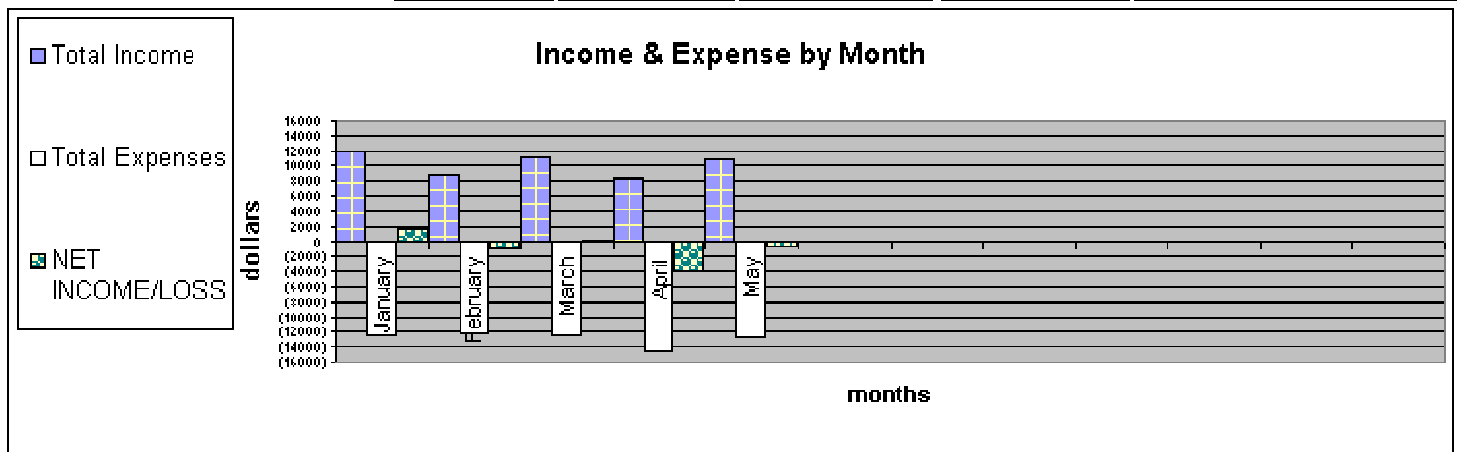
Respectfully submitted,

Connie J.

Connie J., Recording Secretary

MAY 2011 REVENUE AND EXPENSES

	May 11	May '10	YTD '11	YTD '10	\$ Change	Budget '11
Ordinary Income/Expense						
Income						
Contributions Group	10,107.26	8,790.62	46,383.88	44,404.68	1,979.20	118,384.00
Contributions Individual	774.46	1,207.85	3,389.67	6,035.32	(2,645.65)	9,650.00
Contributions SDIAA	-	120.00	1,240.00	1,030.00	210.00	1,125.00
Interest - Cert of Deposits	48.72	66.93	254.36	420.24	(165.88)	900.00
Total Income	10,930.44	10,185.40	51,267.91	51,890.24	(622.33)	130,059.00
Expense						
Accounting & Legal	400.00	225.00	2,420.00	4,575.00	(2,155.00)	2,650.00
Auto/Travel/Seminar	31.75	39.75	215.08	309.33	(94.25)	1,300.00
Bank Service Charges	42.97	42.54	50.97	108.54	(57.57)	125.00
Cash (Over) Short	(13.98)	(1.89)	(24.04)	56.95	(80.99)	(50.00)
Checks Returned - Bad Debt	-	-	-	-	-	-
Equipment Maint & Repair	-	-	360.00	-	360.00	500.00
Equipment Purchase	135.93	146.48	444.74	199.04	245.70	500.00
Insurance	50.00	50.50	250.00	252.50	(2.50)	1,100.00
Office Maint. & Repairs	-	-	-	-	-	500.00
Office Supplies	226.03	127.40	1,352.11	1,874.72	(522.61)	3,900.00
Rent	1,697.00	1,648.00	8,289.00	8,048.00	241.00	20,168.00
Taxes	63.40	-	64.45	83.49	(19.04)	80.00
Telephone	254.70	224.25	1,196.77	1,123.41	73.36	2,900.00
Utilities-Electricity	214.22	233.99	1,212.38	1,372.56	(160.18)	3,600.00
Website	20.00	28.90	157.60	122.60	35.00	500.00
EMPLOYEES			-			
Accrued Payroll Taxes	576.92	552.01	3,272.23	3,350.33	(78.10)	7,400.00
Employee Wages	7,502.86	7,216.18	37,442.30	36,981.52	460.78	89,990.00
Employee 403B Contribution	187.14	175.00	928.99	875.00	53.99	2,100.00
Employee Health Benefit	817.00	853.04	4,121.04	4,404.14	(283.10)	10,236.00
Insurance-Worker's Comp	66.00	50.00	298.00	286.50	11.50	850.00
Total Expense	12,271.94	11,611.15	62,051.62	64,023.63	(1,972.01)	148,349.00
Net Ordinary Income	(1,341.50)	(1,425.75)	(10,783.71)	(12,133.39)	1,349.68	(18,290.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	1,129.40	2,008.17	9,377.29	10,874.79	(1,497.50)	25,540.00
Total Other Income	1,129.40	2,008.17	9,377.29	10,874.79	(1,497.50)	25,540.00
Standing Committees Inc/Expense						
Committee (see schedule)	515.60	441.80	2,467.40	3,916.90	(1,449.50)	7,250.00
Total Other Expense	515.60	441.80	2,467.40	3,916.90	(1,449.50)	7,250.00
Net Other Income	613.80	1,566.37	6,909.89	6,957.89	(48.00)	18,290.00
Net Income	(727.70)	140.62	(3,873.82)	(5,175.50)	1,301.68	-



MAY GROUP CONTRIBUTIONS

8

Group	May '11	Ytd 11	Group	May '11	Ytd 11
11th Step Journey-2622	75.00	275.00	Fresh Air Friday - 266	200.00	500.00
Adams Avenue Big Book Study - 1892	50.00	100.00	Fresh Start Beginners - 2609	-	632.65
Allied Gardens Friday Lunch - 766	-	200.00	Fri Noon Living Sober - 2767	-	25.00
Allied Gardens Step Study - 1629	250.00	250.00	Friday Happy Hour - 2821	-	50.00
Annual Grateful Meeting - 2461	-	76.00	Friday Morning Womens - 104	125.00	288.00
Another New Beginning - 144	-	50.00	Friday Night Irregulars - 2889	-	65.00
Artists in Sobriety - 2459	37.00	37.00	Friday Night Santee - 1754	150.00	330.00
As Bill Sees It (Coronado) - 2780	-	100.00	Friday Nite Weeks End - 1856	-	60.00
As Bill Sees It (University Heights) - 1788	50.00	50.00	Gilman Group - Fri 1988	-	87.60
B.Y.O.B. - 203	100.00	200.00	Good Morning AA - 1888	-	73.95
Back to Basics - 1026	250.00	1,000.00	Happy, Joyous & Free - 363	-	75.00
Balboa Breakfast - 2721	100.00	252.55	Harmony Group - 585	-	145.21
Battery Chargers Thanksgiving Alkathon	-	8.00	Hi-Nooners - 673	-	28.00
Bayside Big Book Study - 1610	-	50.00	How It Is Now Speakers - 390	-	100.00
Beginners Steps To Sobriety - 1007	-	40.00	Hwy 80 AA - 2722	-	240.00
Big Bon-Fire Meeting - 1894	-	286.00	I. B. Up - 2565	-	100.00
Big Book & 12 x 12 Study - 100	-	20.00	Imperial Beach Group - 79	-	164.13
Bonita Boozers - 2179	-	100.00	Judges Big Book - 2736	-	10.00
Bonita Womens Big Book - 2734	-	29.31	La Jolla Basic B/B Study - 2154	-	180.00
Breakfast Of Champions - 2818	-	600.00	La Jolla Beginners Group - 82	-	400.00
Cajon View Open Disc - 471	-	75.00	La Jolla Lunch Bunch - 622	219.00	219.00
Carrying the Message - 2458	116.00	216.00	La Jolla Mens - 692	-	75.00
Casa De Oro Tradition Five - 503	200.00	200.00	La Jolla Monday Womens - 87	-	600.00
Cedar Street Mens - 1698	166.55	430.92	La Jolla Nonsmokers Disc - 88	250.00	500.00
Chula Vista 4 Min Speakers - 1568	-	200.00	La Jolla Patio Group - 613	-	192.20
Citizens Again - 2658	-	182.50	La Jolla Speakers - 578	313.39	313.39
Clairemont Daytime Step Study - 427	60.00	120.00	La Mesa Mens - 106	-	204.70
Clairemont Discussion - 314	50.00	150.00	La Mesa Mid Morning - 2777	20.00	60.00
Clairemont Mens - 301	-	600.00	La Mesa Mixed - 2136	150.00	300.00
Clairemont Mesa Step Study - 1997	50.00	50.00	La Mesa Womens Sat. Morning - 416	-	150.00
Clairemont Mixed Discussion - 338	-	75.00	Laguna Mountain Group	-	60.00
Clairemont Wednesday Group - 303	-	115.00	Lake Morena Sink or Swim - 2830	-	50.00
Clairemont Womens - 340	150.00	335.79	Lake Murray Lunch Bunch - 2701	-	120.50
Clairemont Womens Step Study - 341	-	70.00	Lake Murray Womens - 572	-	92.50
Class Acts - 1845	-	420.00	Linda Vista Thursday Night - 319	-	215.00
Coffee Clutchers - 2332	-	450.00	Little Apple Group - 1438	100.00	150.00
Coronado Big Book - 1644	-	50.00	Living Free - 477	-	1,400.00
Coronado Nooners - 497	40.00	971.20	Lost & Found - 2907	-	12.00
Coronado Step Study - 1523	-	60.00	Lunchtime Friends - 964	-	157.20
Courage to Change - 2679	-	100.00	Lushes Lunch Thursday - 2807	-	195.41
Dawn Patrol - 263	69.85	397.36	Lushes Lunch Tuesday - 2641	-	150.02
Diamond St Mens Step Study - 569	171.50	394.91	Mens Structured Step Study - 1469	-	176.00
Downtown Discussion - 1665	100.41	492.73	Midnight Howlers - 1025	100.00	640.00
Dunks Only - 1605	-	619.97	Mira Mesa Monday Noon Mixed - 542	-	20.00
Each Day A New Beginning - 509	-	400.00	Mira Mesa Womens - 411	-	52.46
Early Morning Recovery - 2688	64.67	466.65	Miracles on Mondays - 565	50.00	50.00
Early Risers(PB) -264	250.00	250.00	Mission Bay Sat Night Speakers - 271	80.00	160.00
East Side Group - 101	110.00	110.00	Mission Hills Late Night - 2773	120.00	180.00
Eastlake Greens Attitude Adjust(Su - 2712	-	420.00	Mission Hills Lunch Bunch - 2675	250.00	1,650.00
Eastlake New Beginnings B/B S/S - 2673	-	90.00	Monday At A Time - 2875	120.00	180.00
Easy Does It Riders - 21	-	340.10	Monday Mens Gut Level Group - 677	-	50.00
Easy Does It Speakers - 114	50.00	100.00	Monday Night Big Book Study - 2345	-	10.00
El Cajon Daytime - 52	-	720.00	Monday Night Young People's StepStudy-2618	-	73.01
Evening in Harmony - 2864	-	50.00	Monday Nite Live - 643	-	100.00
Eye Opener Group - 607	90.00	229.50	Morning Attitude Adjustment - 768	-	575.00
Faculty Group - 1645	70.20	70.20	Mother Earth Viejas Rez- 2019	-	10.00
Fourth Dimension Group - 2415	-	377.25	Mt Soledad Mens - 717	450.00	700.00
Free At Last - 2888	-	119.49	National City Maintenance - 136	-	85.00
Fee on Friday - 760	-	67.00	Newcomers Rise & Shine - 2702	50.00	50.00

MAY GROUP CONTRIBUTIONS

Group	May '11	Ytd 11	Group	May '11	Ytd 11
Noon at the Grove - 628	-	200.00	Step Sisters - 2155	-	111.00
Nooners Anonymous - 1164	-	106.25	Sunday Beach Sun-Day - 568	-	500.00
Noontime on the Patio - 2203	-	50.00	Sunday Middy - 161	-	200.00
North Clairemont - 1102	152.20	152.20	Sunday Morning at the Grove - 117	-	50.00
North Clairemont Sat Nooners - 2572	-	50.00	Sunday Morning Eleventh Step - 1206	50.00	270.00
North Park Mens - 465	-	460.50	Sunday Morning Spiritual Meeting - 1700	150.00	150.00
O.B. Friday Night Big Book Study - 1316	-	150.00	Sunrise Promises - 2166	120.00	500.00
OB Peer Group - 2130	50.00	100.00	Sweet Surrender Speakers - 2254	-	40.00
Old Town Speakers - 321	-	500.00	Thankful Thursdays - 2542	-	75.00
On The Corner - 2384	-	167.40	The Campus Meeting - 2911	-	78.44
One Step At A Time Runners - 1664	-	159.57	The Joy of Living Group - 2636	-	197.50
Open Minded Mens - 626	-	200.00	The Other Meeting - 857	-	104.50
Over The Bridge - 2689	380.71	380.71	The Womens Room - 450	12.08	18.12
Pacific Beach Weekend Warmup - 725	-	100.80	Thursday Campus Noon Group - 2387	75.00	155.00
Paradise Hills - 392	-	50.00	Thursday Promises Promises - 749	-	164.00
Pass It On Big Book Study Group -2860	185.78	574.20	Tierrasanta Big Book Study - 1790	125.00	125.00
Pass It on Group - 170	-	30.00	Tierrasanta Friday Night - 2645	105.00	105.00
PB Young Womens - 2187	-	175.00	Tierrasanta Happy, Joyous & Free - 2659	125.00	125.00
Penasquitos 12X12 - 2759	-	20.00	Tierrasanta Morning Serenity - 2811	28.00	174.00
Poinsettia Group - 2210	200.00	200.00	Top of the Hill - 41	-	50.00
Point Loma AA Discussion - 242	-	170.00	Tri-Serenity - 836	-	20.00
Point Loma Nooners - 1606	-	117.77	Tues Night Big Book Step Study - 1813	-	150.00
Point Loma Saturday Morning - 1240	-	40.00	Tuesday Campus Noon Group - 2544	75.00	155.00
Point Loma Tuesdays Night - 2648	271.50	271.50	Tuesday Morning Alpine - 440	-	99.60
Porter Hall Structured S/S - 97	-	90.00	Tuesday Morning Breakfast Special - 2761	-	60.00
Practical Solutions - 2398	111.00	111.00	Tuesday Night Participation - 905	50.00	50.00
Pt Loma Fri Afternoon Step Study - 244	-	188.00	Tuesday Night Primary Purpose - 130	-	75.00
Pt Loma Womens Discussion - 1608	-	275.00	Tuesday Vision 4 U - 2775	20.00	40.00
Rainbow Group - 570	-	125.00	University City Womens - 369	-	250.00
Ramona Wednesday Step Study - 141	-	20.00	Valley Girls - 2617	222.20	222.20
Resentment and a Coffee Pot - 2561	50.00	100.00	Wake Up Call - 1932	-	10.00
Right Turn Group - 1900	-	140.00	War Fever - 880	-	136.00
Rise & Shine - 2170	80.82	428.07	Water Walkers Too - 1946	-	228.00
Rocket Riders - 1730	-	180.00	Way Up and Out - 415	-	50.00
Round Table Discussion - 123	-	142.50	Wed Nite Traditions Study - 2336	-	40.00
Rule 62 Group - 927	-	100.00	Wednesday Discussion Group - 2431	-	275.00
S.D. Speakers Meeting - 152	-	250.00	Wednesday Winners Circle - 496	-	502.50
Safe Sane and Sober - 1350	-	1,000.00	Weds Rule 62 Lunch Group - 687	-	219.00
San Diego Doctors Step Study - 194	175.00	175.00	Wholesale Miracle - 2474	-	83.09
Santee Thursday Closed Mixed - 145	-	110.00	Women In Harmony - 1807	75.00	150.00
Sat Mens Early Awakening - 2209	-	300.00	Womens Attitude of Gratitude - 2751	-	78.79
Sat Night Early Discussion - 336	-	486.11	Womens Step Study - 296	50.40	50.40
Sat Night Live - 2173	-	120.00	Womens Thursday Nite - 514	-	103.00
Saturday A.M. Live - 782	-	63.60	Womens TLC - 2814	-	33.00
Scripps Ranch Men's Two - 2776	50.00	100.00	Womens Way To Recovery - 838	-	104.20
Senior Serenity Meeting - 209	-	100.00			
Singleness of Purpose - 2882	70.00	70.00			
Sky Hi Womens - 1633	40.00	140.00			
So Bay New Womens - 2325	75.00	175.00			
Sober Nooners - 196	110.00	280.00			
Sober Serenity Seekers - 887	185.00	278.50			
Sober Survivors - 2915	100.00	160.50			
Solutions Not Excuses - 2857	-	100.00			
South Bay Mixed Discussion - 36	-	50.00			
South Clairemont - 305	-	84.00			
Spiritual Awakening - 2275	1,024.00	1,024.00			
Spiritual Awakenings Step Study -2601	-	100.00			
Spring Valley Step Study - 125	-	40.00			
Stadium Group - 372	-	60.00			

Thank you for supporting your Central Office.

Individual members may also make contributions
to Central Office up to \$3000 per year.
Some choose to contribute \$1 or \$2 on their
sobriety birthdays for each sober.

May Individual Contributions

**Daniel Y., Anonymous, Linda F., Mari Jo,
Sandra F., Nick C.,**

Daytime Phone Volunteers, Call
Connie at Central Office
at 619-265-8762.



2011 Holidays - Central Office Bookstore Closed		
HOLIDAY	DAY OF WEEK	DATE
July 4 th	Monday	July 4 th
Labor Day	Monday	September 5 th
Veterans Day	Friday	November 11 th
Thanksgiving Day	Thursday	November 24 th
Christmas	Monday	December 26 th

BOOK OF THE MONTH

June: "As Bill Sees It" (hard copy) sale: \$7.00 reg. \$8.00

July: "Pass It On" sale: \$9.00 reg. \$10.00

The San Diego AA Coordinator

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

**The San Diego AA Coordinator Newsletter is available to all AA members.
Sign-up for the Electronic Coordinator Newsletter email list.**

Email: sdaaco@aol.com Or

Central Office 619-265-8762 (sign-up sheet)

(Please include name, contact #, and LEGIBLE email)

Hard copies will continue to be available at Central Office.

On our aasandiego.org website

Electronic Forms Page AA San Diego Central

Please click any of the following links to find the following forms:

[Group & Meeting Changes](#)

[12 Step Volunteer](#) (phone, email)

[Public Information Speaker Request](#) (non AA function)

These documents are also now available on our aasandiego.org website in PDF format.

[Bookstore Literature Price List](#)

[Contributions Pie Chart Flyer with addresses](#)

[Central Office Pamphlet](#)

[Secretary Handbook](#)

[Secretary Meeting Log Sheet](#)

[Group Inventory](#)

[Suggested Open Meeting Format](#)

[Suggested Closed Meeting Format](#)

[AA Preamble](#)

[How It Works](#)

[AA Twelve Traditions](#)

[More About Alcoholism](#)

[A Vision For You](#)

[The Promises](#)

CENTRAL OFFICE
PHONE CALLS FOR **May 2011**

TOTAL CALLS FOR MONTH 2,003	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1,331	374	38
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	149	95	16

WEB SITE HITS: May = 8,979 Total 938,825

July 2011
AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Mission Hills Late Night	Mt Soledad Mens
3	4	5	6	7	8	9
Adams Ave Big Book	The We Group	Over The Bridge	Dawn Patrol	Fresh Start Beginners	La Mesa Mens	Water Walkers Too
San Diego Young Peoples						
10	11	12	13	14	15	16
La Mesa Women's Sat Morning	P. B. Early Risers	La Jolla Speakers	Mission Possible	Imperial Mens	Safe, Sane and Sober	Spiritual Awakening
East Side Group						
17	18	19	20	21	22	23
Dignity Unlimited	Pacific Beach Young Peoples	Morning Attitude Adjustment	Rainbow Group	Cedar St Mens	Southern Cal Speakers	Downtown Discussion
Fourth Dimension						
24	25	26	27	28	29	30
Clairemont Mens	La Jolla Beginners	Drunks Only	Lemon Grove Easy Risers	North Park Mens	Harmony Group	Diamond Street Mens
Imperial Beach Group						
31	If your Group wants to answer phones, Call: Connie at Central Office (619) 265-8762				Thank You, Night Time Phone Volunteers For Carrying The Message!	
The Other Group						
Eye Opener						

July 2011

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University Ave 6:00 pm Every Sunday Greater San Diego Young People's Coffee Shop 3343 Adams Ave Normal Heights 1:00 pm		Every Tuesday Information Publica Oficina Central Hispana 3628 University Ave 7:00 pm			Every Friday Distrto 15 Oficina Central Hispana 3628 University Ave 6:30 pm District 7 Club 1944 30 th St Golden Hill 6:30 pm	
3	4	5	6	7	8	9
	4th of July Holiday Central Office Closed District 8 Office Bldg 755 Emory St Imperial Beach 8:00pm	Area Policy 6:30 pm Varies District 19 Center 3909 Centre St Hillcrest 6:00 pm	District 4 Church 7111 La Jolla Blvd La Jolla 6:30 pm	Archives Committee 6:45 pm Varies District 9 ARC 298 E. Ross Ave El Centro 7pm District 12 Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm		
10	11	12	13	14	15	16
Grapevine Committee Varies	Area Newsletter Committee Keith's Restaurant I-15 & Miramar Rd 6:30 pm Area Finance Committee Central Office 6:30 pm District 6 Denny's Restaurant 901 Camino Del Rio S Mission Valley 6:30 pm	Business Committee Central Office 6:00 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 2111 Camino Del Rio South Mission Valley 92108 Orientation Committee 6:00 pm New Coordinators 6:30 pm Coordinator Outreach 7 pm Council 7:30 pm Area Agenda Committee Central Office 7:00 pm		
17	18	19	20	21	22	23
H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:15pm Business Mtg 1:15pm	Area Literature Committee Central Office 7:00 pm	Contact On Release Committee Central Office 6:45 pm	Collate The Coordinator Newsletter Party Central Office 6:00 pm	Area Committee Church 2650 Melbourne Serra Mesa 7:00 pm H&I Committee Orientation Central Office 7:00 pm		
24	25	26	27	28	29	30
Program Committee Central Office 6:30 pm	C.P.C. Committee Varies District 5 Church 5050 Milton St Clairemont 7:00 pm District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm	Accessibilities Committee Central Office 7:00 pm	Area Computer Needs Committee Denny's Restaurant 135 Encinitas Blvd, Encinitas 6:00 pm District 14 Church 1475 Catalina Blvd Point Loma 6:30 pm	Coordinator Newsletter Committee Central Office 6:00 pm		
31						

Things To Do & Places To Go in 2011

THIRD WEEKENDERS CAMPOUT

Where: Santee Lakes, www.santeelakes.com

When: July 15-17

Wagon Masters:

BAJA KAMPVENTION, 17th annual "Serenity by the Sea"

Where: Rancho Packard, Baja, Mexico

When: July 15-17

Contact: ,

2011 MAAD DOG DAZE 37th Annual 9th Dist. Convention

Where: Doral Desert Princess Resort, Cathedral City, CA

When: Aug. 5-7

Contact:

2011 Southern California Young People in AA Convention

"Rescue from Shipwreck"

Where: Renaissance Palm Springs

When: Nov. 24-27

Contact: www.socalypaa3.org

Speaker Meetings

Check your schedule for meeting 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

*"Anonymity, as we observe it in A.A., is at root a simple expression of humility. When we use the Twelve Steps to recover from alcoholism, we are **each** trying to achieve real humility, to put our self-respect on a solid base of truth, rather than the fantasies about ourselves. When we use the Twelve Traditions to work together in A.A., we are **all** trying to achieve humility; as individual members, by recognizing our true place in A.A. ..."*

– The Twelve Traditions Illustrated

Buck a Month Club

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

Just fill out the form and mail with your check to Central Office!

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.



A Lesson in Humility

by Lisa O.

I had to make an amends last week. A couple of my homegroup members want to bring the tickets back to our meeting. You know the kind I mean: when you enter the meeting someone hands you a raffle ticket, and if the leader calls your number, you are invited to come up and share. I have an issue with the tickets. For some reason, God gave me a systems-analyst brain. I encounter a situation, say a school performance, and my brain goes into overdrive, thinking, *If they did it this way, it would work better!* My brain is constantly assessing conditions and issuing modifications. With the tickets, when the leader calls the number of someone who doesn't respond, my brain shrieks, *You're wasting time! Someone (me for instance) could be sharing right now!* So when they brought the issue up at the business meeting, I lost all sense of humility and letting go and lapsed into know-it-all, alcoholic behavior. I urged other members to vote against the tickets. I spoke vehemently about the waste of time, and the uncomfortable feeling of the poor newcomer who doesn't want to be put on the spot to share. I even interrupted another homegroup member while she was speaking her point. Someone else had to tell me "Be Quiet, Lisa!"

I knew my disruption was uncalled for, so I called the woman I had interrupted and apologized. But I still felt uncomfortable. Something wasn't right. After all, the stupid tickets had already been voted out of our meeting. The battle of the tickets is still waging, and I don't like to lose, especially when I am right.

So I did what my sponsor tells me to do in these situations, when I am stirred up, and seething with righteousness: take it to God, and write about it. I asked God to help me out, and figure out a way that together God and I could make these other women see the light and the futility of those stupid tickets. I began to think about tickets, and thought back to the week before when I received a different kind of ticket, you know, the traffic variety.

I had been driving and talking to my passenger. I slowed down for the stop sign, not seeing any cars in the intersection; I was going to do my usual rolling-stop-and-go. After all, it is a serious waste of gas to keep braking and accelerating, especially when no one is there. I glanced over to my right, and my old police-alarm slammed my foot onto the brake when I saw the motorcycle cop. Good thing I stopped in time, before I was in the intersection. The cop saw me, flipped his lights on and indicated to me to pull over. *Whaaa? I stopped!* As he gleefully wrote my

ticket for being over the limit line, he looked me in the eye and said, "You weren't even going to stop until you saw me." At the time, my brain went on the defensive. *You can't*

give me a ticket for what you thought I might do! Good thing I've learned to keep my mouth shut when something clicked. My thinking was causing me to act in ways that were creating problems for me. The realization came that my cop alarm only activated because my conscience—my direct link to God—knew I was doing something wrong! Full of alcoholic ego and an attitude of "my way is the best way," I was puffed up with pride and arrogance. I was overly attached to the outcome at my homegroup, assuming the meeting should be conducted the way I believed was best for everybody. I was out-thinking traffic engineers: Stop signs at empty intersections should be construed as Yield signs instead. I was completely shutting God out and trying to run the show myself. I was not being humble.

What if there is supposed to be an uncomfortable silence in the meeting when someone doesn't respond to their number being called? And why do I think that pause is uncomfortable? Maybe God is giving us some extra quiet time, so we can listen for that still small voice that He speaks to us in. Maybe God is telling me to slow down, be still, let it be. Relax, God is in charge. As it is written, whenever I am uncomfortable, there is something going on with me. Yeah, I was not being humble. When the vote comes up next month, I think I'd better abstain and let God's will be done. That'll show them.

65 Years Ago...

The Coordinating Council Of Alcoholics Anonymous in San Diego County whose primary function is to act as a service board for the common welfare of our individual groups, and to receive ideas, suggestions and recommendations from groups pertaining to the welfare and general improvement of our local membership was established circa 1946. The North County office came into existence 1979 and Oficina Central Hispana (Spanish Central Office) in 1985.

- from *The History of Alcoholics Anonymous in San Diego and Imperial Counties*, October 2006

Overheard at Meetings

“I always isolate alone.”

“The softest pillow to lay your head on at night is a clean conscious.”

“If you don’t know where you are going then any road will take you there.”

The AA group gave the old-timer a pin recognizing her outstanding humility. And the first time she wore it, they took it back.

A Rabbit Walks into a Bar, page 58
- J.C., California, April 2008

Get Involved with Public Information!

Our public information committee is responsible for carrying the message in many ways. These are a few of the projects they are working on and another way for us to be of service to those still suffering.

Your group can sponsor an **A.A. literature rack** to be displayed at medical facilities, libraries or churches. Make a check payable to Central Office for \$66.00. The money covers a 4-slot rack, filled with literature and replacement literature provided as needed. Put your secretary/treasurer information on the back of the check and they will be contacted for refills. The Public Information Committee does all the legwork to deliver and restock the rack your group sponsors!

The Del Mar Fair is happening, June 10th to July 3rd!!! We have volunteer positions open on the odd number calendar days. Sign-up for a shift at the A.A. booth and you receive free admission to fair, parking fee is *not* included. A fun day of carrying the message!!!

The Public Information Committee has **numerous requests for A.A. panels, speaking to non-A.A. groups and for information booths** throughout the year. We are looking for members to be of service for a few hours, once in a while.

Humility for Today June 1961

by Bill W.

There can be no absolute humility for us humans. At best, we can only glimpse the meaning and splendor of such a perfect ideal. As the book Alcoholics Anonymous says: “*We are not saints...we claim spiritual progress rather than spiritual perfection.*” Only God himself can manifest in the absolute, we human beings must live and grow in the domain of the relative. We seek humility for today.

Therefore our practical question is this: “Just what do we mean by ‘humility for today’ and how do we know when we have found it?”

We scarcely need be reminded that excessive guilt or rebellion leads to spiritual poverty. But it was a very long time before we knew we could go even more broke on spiritual pride. When we early AAs got our first glimmer of how spiritually prideful we

“We need only investigate ourselves.”

could be, we coined the expression: “Don’t try to get too damned good by Thursday!” That old-time admonition may look like another of those handy alibis that can excuse us from trying our best. Yet a closer view reveals just the contrary. This is our AA way of warning against pride-blindness, and the imaginary perfections that we do not possess.

. . . .

The alarming thing about such pride-blindness is the ease with which it is justified. But we need not look far to see that this deceptive brand of self-justification is a universal destroyer of harmony and love. It sets person against person, nation against nation. By it, every form of folly and violence can be made to look right, and even respectable. Of course it is not for us to condemn. We need only investigate ourselves.

from The Best of Bill, pages 38-40

AREA 8 LITERATURE COMMITTEE
PRESENTS!

MOVIE NIGHT

ALLOW US TO BE A PART OF YOUR MEETING OR
ON A SEPARATE NIGHT, FOR A SHORT TIME! WE
WILL BRING THE MOVIE AND YOU PROVIDE THE
PLACE.

ANYTIME, ANYWHERE, ANY MEETING

CONFERENCE APPROVED FILMS:

YOUNG PEOPLE'S VIDEOS

HOPE: ALCOHOLICS ANONYMOUS

IT SURE BEATS SITTING IN A CELL (17 MINS)

MARKINGS ON THE JOURNEY (35 MINS)

BILL'S OWN STORY (60 MINS)

CARRYING THE MESSAGE BEHIND THESE WALLS

BILL DISCUSSES THE TWELVE TRADITIONS (60 MINS)

AA IN CORRECTIONAL FACILITIES

YOUR A.A. GENERAL SERVICE OFFICE, THE GRAPEVINE, AND THE GENERAL
SERVICE STRUCTURE (22 MINS)

PLEASE CONTACT THE LITERATURE CHAIR,

Literature@area8aa.org EMAIL TO SET ARRANGEMENTS

EXPERIENCE STRENGTH & HOPE WANTED

The General Service Board is now accepting submissions to update the pamphlet **AA and the Armed Services**. Let your story reach out to the still suffering alcoholic!



If your experience includes recent active duty, please consider submitting your story to be included in this AA pamphlet. The revised pamphlet will include a section focusing on veterans of the armed services.

- **Length and format:** 500-800 words, double-spaced. Please attach your name and address on a separate piece of paper. The anonymity of all authors will be observed, whether or not their story is selected for publication.
- **Where to send your submissions:** You can send any of them electronically to literature@aa.org. If you prefer to send via postal mail, send to General Service Office, P.O. Box 459, Grand Central Station, New York, NY 10163. For the Spirituality and the "A.A. and the Armed Services" submissions, send to the attention of the Literature Coordinator. For the Seventh Tradition submissions, send to the attention of the CFO.



Deadline Extended! Submission Deadline: July 2011

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

*Alcoholics Anonymous
Page 89*

Sponsorship Workshop

Find out how to get a sponsor, work with a sponsor, be a sponsor . . .



*I am responsible . . .
When anyone, anywhere
Reaches out for help, I
want the hand of AA
always to be there, and
for that: I am responsible*

From Freeways 805,163 and 15

Take 8 West to Hotel Circle North
Turn left at stop sign
Turn right into the Handlery Hotel at
the Resort parking

From Freeway 5

Take 8 East to 2nd Hotel Circle North Exit
Turn left at stop sign
Follow road back under freeway to North Side
Go through two signals and one stop sign
Turn right into the Handlery Hotel and
Resort parking

PARKING WILL BE VALIDATED

FOR MORE INFORMATION CONTACT:

**Sunday
July 17, 2011**

9:30 A.M. to 1 P.M.

***Registration and Continental Breakfast at
8:30 a.m.***

**HANDLERY HOTEL
Crystal Ballroom
950 Hotel Circle North
Mission Valley**

This FREE workshop includes:

Speakers

Round Table Discussion

Coffee, Juice, Deluxe Continental Breakfast

Parking will be validated

Registration begins at 830am

ASL Interpretation will be provided upon request

**Hosted by Districts 4,5,
6,14 & 19**