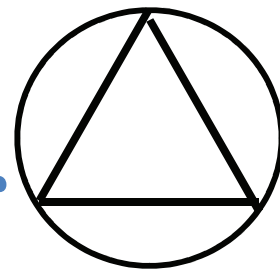


The San Diego AA Coordinator



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

"You can conquer others with power, but it takes true strength to conquer yourself." – Lao Tzu

June 2013

VOL. XIII NO. 6

INSIDE...

- **Meetings in Motion, p. 4**
- **Coordinating Council Minutes, pgs. 5-6**
- **Financial Statements, p. 7**
- **Group Contributions, pgs. 8-9**
- **Central Office Notes, p. 10**
- **Calendar of Events, pgs. 11-12**
- **Upcoming Events & Speaker Meetings, p. 13**

"Carry the AA Message"

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

Monthly Themes

JULY

Our Primary Purpose

(due 5/19)

AUGUST

God, as we understand Him

(due 6/16)

SEPTEMBER

The Employer

(due 7/21)

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

For more information, see page 2

EMOTIONAL SOBRIETY

By Rick R.

It would be nice if all we had to do when we came to A.A. was stop drinking and then just consider ourselves sober. The Oxford American Dictionary defines "sober" as *not affected by alcohol*. However, other definitions describe sober emotions, such as moderate, well-balanced, tranquil, and sedate. I have never heard of, and I hope I never do hear of, a person being refused the RITE of receiving an anniversary token because he or she wasn't "tranquil enough" or "well balanced enough." Abstaining from alcohol is our first requirement and nothing else can be accomplished until we surrender to this fact.

The 12X12 (p. 21) explains it clearly, "We know that little good can come to any alcoholic who joins A.A. unless he first accepts his devastating weakness and all its consequences, until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness, he will find none at all." Let's face it, if we can't find happiness, what's the point?

For a time in my career, I administered an aptitude test in order to see what occupations best suited people. I was amazed to discover how little I understood people, and how different they were from what I would have guessed. I had the luxury of bringing that experience with me when I got sober. It translated into being careful not to judge a person based on his/her surface behavior. Most people come to us with a myriad of problems and few, if any, can be considered emotionally sober. Some people exhibit behaviors that are considered unacceptable and often are criticized for it. Both the perpetrator and the critic are displaying symptoms of alcoholism, but if you questioned either of them about the matter, they would have a perfectly valid and justified reason for doing what they do.

A few years back, a man showed up from out of town and started attending our well established A.A. meeting. It didn't take long before he started throwing his weight around. He was very intimidating to many in our group. He even got physical a time or two. He started telling us how the meeting should be run. He became the topic of conversation for some of the members before and after the meetings, and it seemed perfectly justified to point out his faults. You get the picture. I wasn't intimidated by him, but rather looked at him as a project. So at every meeting, when given the opportunity, I would share openly that I never judge a person by their surface behavior alone, but I try to have the strength to look for the deeper rooted problems. And when I discover what those are, I can only feel empathy for that person, as he is still plagued by those demons. I would also refer to the line in the St. Francis prayer "to understand rather than to be understood." When all else failed, I would throw in the "kill them with kindness" kicker. It worked. The bully eventually turned into a teddy bear. (Well almost).

I don't claim to be the solver of those kinds of problems, but I do know that the words I use mean something, so I try to give the perpetrator and the critic alike, a gentle and mature way to accept one another and to relax their adversarial postures. Emotional sobriety, to me, is just handling things in an adult manner. We cannot be selective about these things; we must stop fighting everyone and everything.

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

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

Coordinating Council Officers:

Council Chair	Jerry C.
Council Assistant	Nikki F.
After Hours Phones	Ruben S.
Business Committee	Steve E.
New Coordinators	Winona S.
Outreach Committee	Jennifer
Program Committee	Nicki V.
Public Info Committee	Jim M.
Newsletter/Coordinator	Carolyn F.

Area Officers:

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

Contributors: Carolyn F., Michael, Chris, Suzanne, Amie, Anderson

June Theme: **Emotional Sobriety**

Collate: Wed., **June 19, 2013**

5:30 pm, at Central Office

All are welcome.

Committee Meeting: **Weds. June 19 right after the Collate @ Central Office**

VIEW FROM THE CHAIR

I'm very proud of this month's Coordinator. Our new volunteers, Suzanne, Michael and Chris, did a fantastic job on their first issue. I also appreciate the help of the committee's "old-timers."

This month's topic is **Emotional Sobriety**. I refer to Emotional Sobriety as Amends-Avoidance. I try to live my life according to page 86. I continually check myself to keep my side of the street clean. I try hard to think first, act second.

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.**

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

Thank you for allowing me to serve,
Carolyn F.



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

My ES Checklist

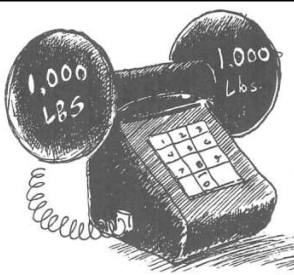
By Michael

My small checklist for emotional sobriety; your answers to these may help you learn more about Emotional Sobriety.

- Do you often discount others' compliments and acknowledgements?
- Do you have a hard time remembering and feeling you are a worthwhile person?
- Do negative thoughts fill your thinking?
- Do the comments or actions of others rule your day to day emotions?
- Do you seek approval and comfort from others to feel better and it just doesn't seem to work?
- Are you a people pleaser?
- Does fear of change and the unknown stop you from living fully?
- Do your thinking and feelings often end up in a doom and gloom hopeless place?
- Do you often feel less about yourself than the facts of your life show you?
- Do you often return to feelings of insecurity, fear, and self-hate?
- Are you repeatedly seeking out relationships to fill your needs?
- Do you struggle with other, less obvious addictions or obsessive behaviors that cause you shame, fear, or anxiety?
- Are there areas of your life that you can't fix, but excuse them by saying "well at least I'm not drinking...?"
- Do you notice destructive patterns or negative automatic behaviors in your life that you just can't seem to shake?
- Do you seem to drive away the people nearest to you?

Please see Michael's article *Emotional Sobriety* – *Is this what I signed up for?* On page 15





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

Call
AA Central at 619-265-8762
 call forwarding is available

A.A. Birthdays!

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

Happy Birthday to All!

<i>Corie S.</i>	<i>May 18th</i>	<i>3 years</i>
<i>Steven E.</i>	<i>May 7th</i>	<i>15 years</i>
<i>Barbara F.</i>	<i>May 21st</i>	<i>40 years</i>

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		
<p style="text-align: center;">**NEW**</p> <p>10 & 11 at 5107 Office Bldg. 5107 Waring Rd Daily Mo-Fr @ 5:00 am Allied Gardens</p> <p style="text-align: center;">**CANCELED**</p> <p>Friday Nite Special Med Bldg (room 107) 1460 E. Main St Fri @ 7 pm El Cajon</p>	<p>Coordinating Council Attendance The following 44 groups attended May Coordinating Council There are 760 registered groups in San Diego WAS YOUR GROUP THERE? NEXT COUNCIL MEETING IS: THURSDAY, June 13, 2013</p>	
	<p>THANK YOU FOR YOUR SERVICE TO ALCOHOLICS ANONYMOUS OF SAN DIEGO</p>	
<p>Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. <small>Reprinted with permission from A.A.W.S., Alcoholics Anonymous, p. 84</small></p>	<p>3rd Eye Women Meditate AA By The Bay Allied Gardens Step Study Back To Basics For Women Battery Chargers Clairemont Mens Daily Reflections Downtown Discussion Eye Opener Fourth Dimension Group Friday Nite Weeks End Gifts Of Grace Women God Squad Too Great Fact Group I.B. Up Imperial Beach Group Jump Start La Mesa Mens La Mesa Step Study Workshop Midway Bridge Miracles on Monday Mission Bay Speakers</p>	<p>Mission Hills Beginners Mission Possible North Park Mens Old Town Speakers Over the Bridge Porter Hall Structured S/S Safe Sane And Sober San Carlos Single Purpose Sat Mens Early Awakening Scripps Ranch Mens Two Sky Hi Womens Sober Nooners Sobriety On State & Date Southern Cal Speakers Sunday Midday The Gift The Other Meeting The We Group Tues Night Mens Step Study War Fever Weekending Step Study Womans Let Go And Let God</p>
<p>Know God; Know Peace. No God; No Peace.</p> <p><small>Reprinted with permission from A.A.W.S., Daily Reflections, May 15</small></p>		
<p style="text-align: center;">SPIRITUAL HEALTH When the spiritual malady is overcome, we straighten out mentally and physically. <small>Reprinted with permission from A.A.W.S., Alcoholics Anonymous, p64</small></p> <p>It is very difficult to me to come to terms with my spiritual illness because of my great pride, disguised by material successes and my intellectual power. Intelligence is not incompatible with humility, provided I put humility first. To seek prestige and wealth is the ultimate goal for many in the modern world. To be fashionable and to seem better than I really am is a spiritual illness. To recognize and to admit my weaknesses is the beginning of good spiritual health. It is a sign of spiritual health to be able to ask God every day to enlighten me, to recognize His will, and to have the strength to execute it. My spiritual health is excellent when I realize that the better I get, the more I discover how much help I need from others. <small>Reprinted with permission from A.A.W.S., Daily Reflections, May 23</small></p>	<p>The Gift of Bonding Relieve me of the bondage of self, that I may better do Thy will. <small>Reprinted with permission from A.A.W.S., Alcoholics Anonymous, p63</small></p>	
	<p>WILLINGNESS TO GROW <i>If more gifts are to be received, our awakening has to go on.</i> <small>Reprinted with permission from A.A.W.S., As Bill Sees It, p 8</small></p> <p>Sobriety fills the “painful hole in the soul” that my alcoholism created. Often I feel so physically well that I believe my work is done. However, joy is not just the absence of pain; it is the gift of continued spiritual awakening. Joy comes from ongoing and active study, as well as application of the principles of recovery in my everyday life, and from sharing that experience with others. My Higher Power presents many opportunities for deeper spiritual awakening. I need only to bring into my recovery the willingness to grow. Today I am ready to grow. <small>Reprinted with permission from A.A.W.S., Daily Reflections, September 1</small></p>	
	<p>Thank You, Day Time Phone Volunteers For Carrying The Message!</p>	

Minutes of the Coordinating Council
Thursday, May 9, 2013

Jerry C. – Council Chair called the 815th meeting to order at 7:30 pm. Twelve Traditions read by Carolyn F. Council Definition and Purpose read by Norm S. There were 4 new Coordinators, and 1 birthday.

7th Tradition was \$63.50

Roll Call: Kate C., fill-in for Nikki F. reported 44 groups were represented out of 92 registered Coordinators. There was a quorum (41). It was m/s/c to approve April 2013 Council Minutes.

Area Assembly: Dean – Alt. Delegate announced the Area's Unity Day/Intergroup's Founders Day Picnic on Saturday, June 8. Post Conference Area Assembly will be held on May 18th. Our Area Delegate, Tom M. will be sharing on the General Service Conference. H & I Representative: Diana A. 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.

AFTER HOURS PHONES: Jerry C. read report. Thanks to the AA community for your support. Presently, all nights are filled. We still need to orchestrate a group waiting list willing to man the phones. **Have an urgent need for three new committee members.**

BUSINESS COMMITTEE: Steve E., Chair reported Committee met on Tuesday, 5/7/13 at 6:02 pm. Present: Steve E., Kate C., Lori N., Norm S., Gary U., Tim B., Jerry C., Council Chair, Nikki F., Asst Council Chair and Connie J., Central Office Manager.

There was a quorum.

M/s/c to approve March / April 2013 Minutes.

M/s/c to approve March 2013 & April 2013

Financial Statements' Summary:

Our April 2013 Net Revenue is \$476. Our 2013 YTD Net Revenue is \$934. Group and Individual Contributions were \$10,305. Literature Sales Revenue and CD Bank Interest was \$1,756, while total office and committee expenses were \$11,585.

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

Manager's Report

1. **May's Book of the Month: Dr Bob & Good Oldtimers sale: \$8.50 reg. \$9.50.**
2. **June's Book of the Month: Living Sober sale: \$3.75 reg. \$4.25**
3. **July's Book of the Month: Came to Believe sale: \$3.75 reg. \$4.25**
4. **Daytime phone shifts available: NEED**
 - a. Tuesdays 9 am – 1 pm
 - b. Thursdays 1 pm – 5 pm
 - c. Always have a need for fill-ins.
5. **Group Secretaries/Treasurers:** please include email address with group contributions, so we may send a receipt. As a result of this process we have reduced our expenses.
6. **Coordinator Newsletter:** sign up for a **FREE** subscription electronically by email. Send an email to sdaaco@aol.com or call 619-265-8762.
7. Central Office now has Internet Wi-Fi for phone volunteers.

Continued on page 6.

Continued from page 5.

Committee Member reports:

1. Steve E. - Chair kept abreast of office activities during the month
2. Lori N. – Thank you for your service.
3. Nikki F. – handed out Coordinator call list and reminding them to let her know if there are changes in phone numbers/emails.
4. Kate C. – Signed checks and reviewed April financial reconciliations.

Old Business: There was none.

New Business:

1. Will need to elect new member at Coordinating Council.
2. It was m/s/c to approve up to \$750 to replace computer CPU tower.

COORDINATOR NEWSLETTER Carolyn F., Chair thanked Michael, Chris, Suzanne and Amie for outstanding job with newsletter. Thank you to all of the stories received for inclusion in our newsletter.

July's Theme: "Our Primary Purpose"

August's Theme: "God, As We Understand Him"

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.

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

ORIENTATION & GUIDELINES Winona reported committee met tonight at 6:30 pm. Present: Winona, John and Blaine. There were 3 new Coordinators and 1 visitor.

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: Terry L. shared all of our program events are opportunities to carry the message to newcomers.

1. Discussed Founder's Day Picnic.
2. Researching some locations for possible pancake breakfast for Anniversary of AA in November.
3. New Year's Eve –planning stages.

PUBLIC INFORMATION COMMITTEE: Jim M., Chair reported committee met on Monday, 5/6/13. Present: 7 members and Jaime, Spanish District 15 Public Info.

1. 4/23/13 – Presentation at Naval Base Coronado
2. 4/27/13 – Center City health fair
3. 4/25/13 – Presentation at UPAC.
4. 4/27/13 – Native American Alpine Spring Gathering Fair.
5. 5/5/13 – Chula Vista health Fair.
6. Delivered 28 PI Literature Racks to be distributed in high school counseling.
7. Discussed El Cajon health fair on 5/11/13.
8. Discussed presentation to seniors on 5/28/13.
9. Del Mar Fair Booth: Beginning 6/8/13, we have even days and North County Intergroup has odd days. If your group wishes to signup, please contact: Gary S. 831-420-7172.

OLD BUSINESS: There was none.

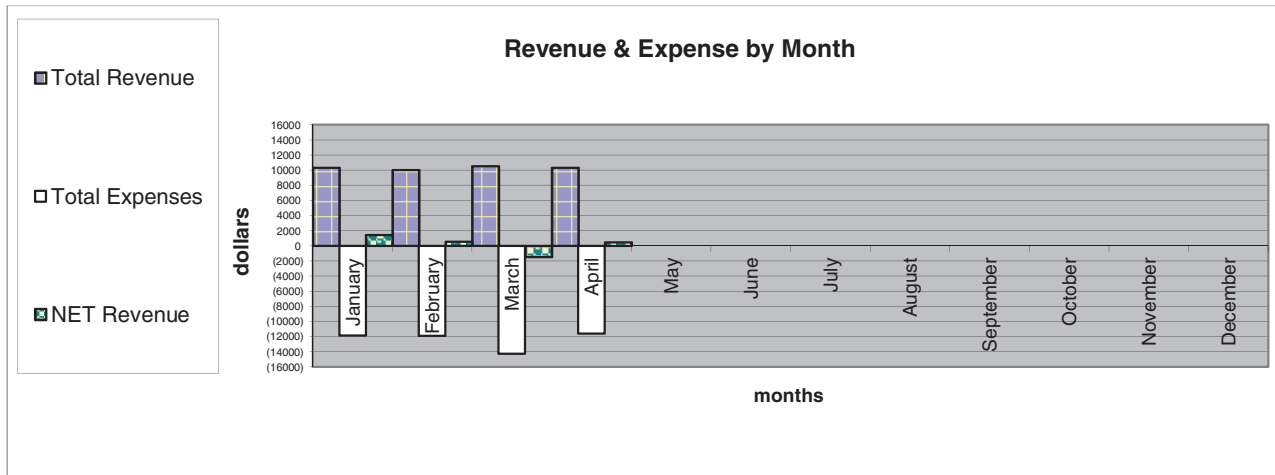
NEW BUSINESS: All elected unanimously.

- 1) Program Committee:
John (3/27/81) and Suzanne (4/1/98).
- 2) Business Committee: Andrea (12/15/04)

Respectfully submitted,
Connie J. Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of April 30, 2013

	April 13	April '12	YTD '13	YTD '12	\$ Change	Budget '13
Ordinary Revenue/Expense						
Revenue						
Contributions Group	8,991.62	8,487.40	37,172.81	36,127.25	1,045.56	115,562.00
Contributions Individual	1,313.06	2,322.24	2,855.43	5,585.56	(2,730.13)	8,844.00
Contributions SDIAA	-	-	1,100.00	1,110.00	(10.00)	1,110.00
Interest - Cert of Deposits	21.90	20.41	79.40	105.69	(26.29)	300.00
Total Revenue	10,326.58	10,830.05	41,207.64	42,928.50	(1,720.86)	125,816.00
Expense						
Accounting & Legal	-	-	1,960.00	1,960.00	-	2,540.00
Auto/Travel/Seminar	15.50	27.25	87.50	147.25	(59.75)	1,300.00
Bank Service Charges	2.00	2.00	8.00	8.00	-	125.00
Cash (Over) Short	36.25	(6.36)	33.35	(16.96)	50.31	(50.00)
Equipment Maint & Repair	94.59	35.27	231.66	141.08	90.58	500.00
Equipment Purchase	-	161.00	45.00	233.19	(188.19)	500.00
Insurance	66.00	66.00	264.00	264.00	-	1,100.00
Office Maint. & Repairs	24.79	-	24.79	71.11	(46.32)	500.00
Office Supplies	247.59	219.74	827.49	765.66	61.83	3,500.00
Rent	1,748.00	1,697.00	6,992.00	6,788.00	204.00	21,392.00
Taxes	-	-	-	63.10	(63.10)	80.00
Telephone	185.38	252.76	788.67	827.33	(38.66)	2,100.00
Utilities-Electricity	217.64	209.05	1,067.79	1,012.11	55.68	3,600.00
Website	40.85	40.85	139.60	121.70	17.90	500.00
EMPLOYEES						
Accrued Payroll Taxes	568.71	543.38	2,622.89	2,586.05	36.84	7,325.00
Employee Wages	7,014.20	6,802.86	28,148.45	27,583.44	565.01	86,314.00
Employee 403B Contribution	187.14	187.14	748.56	748.56	-	2,100.00
Employee Health Benefit	906.32	698.34	3,573.62	3,113.98	459.64	10,380.00
Insurance-Worker's Comp	50.00	50.00	210.00	200.00	10.00	475.00
Total Expense	11,404.96	10,986.28	47,773.37	46,617.60	1,155.77	144,281.00
Net Ordinary Revenue	(1,078.38)	(156.23)	(6,565.73)	(3,689.10)	(2,876.63)	(18,465.00)
Other Revenue/Expense						
Literature Revenue/Expense						
Sales (see schedule)	1,734.39	2,395.68	9,345.44	8,775.12	570.32	25,650.00
	1,734.39	2,395.68	9,345.44	8,775.12	570.32	25,650.00
Standing Committees Expense						
Committee (see schedule)	180.00	16.43	1,845.49	1,237.41	608.08	7,185.00
Total Other Expense	180.00	16.43	1,845.49	1,237.41	608.08	7,185.00
Net Other Revenue	1,554.39	2,379.25	7,499.95	7,537.71	(37.76)	18,465.00
Net Revenue	476.01	2,223.02	934.22	3,848.61	(2,914.39)	-



Contributions April 2013

Group	Apr-13	Ytd 13	Group	Apr-13	Ytd 13
4077 Mash Step 11 Meditate&Share-2027	-	50.00	Friday Morning Womens - 104	-	144.60
A Sense of Belongng Womens - 1205	-	269.54	Friday Night Gratitude - 2829	100.00	100.00
AA By The Bay - 629	135.02	135.02	Friday Night Irregulars - 2889	-	80.03
AA Comes Of Age Big Book - 2800	-	87.94	Friday Nite Weeks End - 1856	-	100.00
Acceptance is the Answer - 2974	-	80.00	Garnet Group - 1129	-	140.00
Adams Avenue Big Book Study - 1892	150.00	150.00	Gifts of Grace Womans - 2564	-	50.00
Alpine Mixed Step Study - 2621	-	50.00	Gilman Group - Fri - 1988	-	189.83
As Bill Sees It - 1788	-	50.00	God Squad Too - 2809	-	120.00
At Home Mens - 215	-	29.67	God Squad 2 Prayer&Meditation-2892	-	34.48
At One With Each Other - 789	-	250.00	Golden Hill Sun Discussion - 1706	-	135.00
B.Y.O.B. (North Park) - 203	-	110.00	Good News Bad News - 2833	-	80.00
Back to Basics - 1026	500.00	1,000.00	Good Fortune Hui Group - 491	280.00	280.00
Back to Basics For Women- 1675	-	57.00	Good Morning AA - 1888	35.72	35.72
Bay Park Step Study Group - 299	-	60.00	Grape Street Sunrise - 1293	-	60.00
Back to Basics Step Study - 1938	50.00	50.00	Great Fact Group - 895	60.00	120.00
Battery Chargers - 98	250.00	250.00	Hand & Hand Closed Steps - 2854	-	25.00
Bayside Big Book Study - 1610	-	185.00	Happy, Joyous & Free - 363	-	125.00
Beautiful Beginnings - 552	-	25.00	Harmony Group - 585	152.00	223.14
Beginners Steps To Sobriety - 1007	-	35.00	His Majesty the Baby - 2427	-	200.25
Big Book & 12 x 12 Study - 100	-	50.00	HOW @ Noon - 2998	-	20.00
Bonita Boozers - 2179	-	100.00	How It Is Now Speakers - 390	-	64.00
Breakfast of Champions - 2818	-	500.00	Hwy 80 AA - 2722	-	75.00
Butts Out - 1764	-	80.00	I.B. Up - 2565	-	200.00
Carrying the Message - 2458	50.00	100.00	Imperial Group - 1013	-	40.00
Casa De Oro Weds Nite - 2049	-	120.00	Imperial Mens Group - 869	-	15.00
Cedar Street Mens - 1698	150.00	450.00	International Group - 23	-	23.55
Chapter 5 - 2960	-	100.00	Jump Start - 2174	40.00	440.00
Citizens Again - 2658	-	90.00	Kearny Mesa-Clairemont Fri Night - 375	-	100.00
Clairemont Daytime Step Study - 427	-	71.18	Kelton Ave Big Book Study - 2410	-	100.00
Clairemont Discussion - 314	-	70.00	La Jolla Basic B/B Study - 2154	20.00	20.00
Clairemont Mens - 301	-	292.80	La Jolla Monday Womens - 87	-	200.00
Clairemont Mesa Step Study - 1997	-	65.00	La Jolla Nonsmokers Disc - 88	-	450.00
Clairemont Mixed Discussion - 338	-	135.00	La Jolla Sunrise - 2684	-	100.00
Clairemont Womens - 340	-	128.35	La Mesa Mixed - 2136	10.00	10.00
Clairemont Womens Step Study - 341	100.84	248.46	Lake Morena Sink or Swim - 2830	100.00	200.00
Class Acts - 1845	240.00	240.00	Lake Murray Lunch Bunch -2701	-	153.73
Coffee Clutchers - 2332	40.00	40.00	Lincoln Ave Speakers/Discussion - 2914	10.00	10.00
Come Get Recovery - 2630	-	80.00	Little Apple Group - 1438	210.00	210.00
Conscious Contact Study - 2282	-	20.00	Living Free - 477	1,150.00	1,150.00
Coronado Cays Womens Steps -2995	-	75.00	Lost & Found - 2907	-	20.00
Coronado Nooners - 497	-	200.00	Love and Truth 12 x 12 - 1617	-	18.00
Coronado Sunday Noon - 1830	150.00	150.00	Lunchtime Friends - 964	-	104.80
Courage to Change - 2679	-	50.00	Lushes Lunch - 2641	-	231.00
Cups - 2938	-	150.00	Men and Womens Monday Night - 95	-	120.00
D.D.G.T.M. - 767	-	145.80	Mens Step Study (CV) 965	50.00	50.00
Dawn Patrol - 263	-	485.18	Mid-Week Mens - 560	-	124.15
Designs For Living - 488	-	179.00	Midnight Howlers - 1025	-	500.00
Dignity Unlimited - 205	343.46	343.46	Midway Bridge - 2171	66.00	146.00
Doctors and Lawyers Group - 391	-	46.50	Mira Mesa 12 Step Study - 377	-	12.00
Drunks Only - 1605	350.00	779.76	Mira Mesa Early Risers - 967	60.00	60.00
Early Morning Recovery - 2688	-	630.00	Mira Mesa Monday Noon Mixed - 542	40.00	40.00
Early Risers (Coronado) 1525	-	50.00	Mission Hills Beginners - 1612	50.00	100.00
East County Young People-2797	-	23.73	Mission Hills Lunch Bunch - 2675	-	300.00
Eastlake Greens 10 on 10 - 2950	-	150.00	Monday At A Time - 2875	150.00	270.00
Eastlake Greens Attititude Adjust-2691	200.00	434.31	Monday Mens Gut Level Group - 677	-	100.00
Eastlake New Beginnings B/B S/S - 2673	100.00	100.00	Morning Attitude Adjustment - 768	-	500.00
Easy Does It Riders - 21	-	162.00	Mountain Steps - 2822	-	75.00
Easy Does It Speakers - 114	-	50.00	Mt Soledad Mens - 717	-	1,542.00
Easy Risers - 854	-	100.00	National City Maintenance - 136	90.00	90.00
El Cajon Daytime - 52	-	250.00	Noon At The Grove - 628	10.00	210.00
El Cajon Womens Serenity - 77	-	164.24	North Clairemont Sat Nooners - 2572	-	50.00
Emotional Sobriety - 2536	60.00	110.00	Not Alone Speakers Group - 1652	-	25.00
Evening Serenity - 2305	-	200.00	O B Sunday Candlelite - 2168	-	65.33
Eye Opener Group - 607	304.00	666.56	O B Womens Step Study - 2730	-	50.00
Faculty Group - 1645	-	150.00	Old Timers Group - 2037	-	100.00
Free At Last - 2888	50.00	50.00	One Moment At A Time - 2942	100.00	100.00
Free Thinkers - 2824	-	62.37	Original Tues Night Step Study - 2124	50.00	50.00
Fresh Start Begnners - 2609	430.50	430.50	Over 50 - 840	116.33	116.33
Fri Noon Living Sober - 2767	-	18.75	Over The Bridge - 2689	54.46	116.46
Friday Happy Hour - 2821	-	100.00	Pacific Beach Weekend Warmup - 725	-	171.00

Group	Apr-13	Ytd 13
Pass It On Big Book Study Group - 2860	373.50	373.50
Penasquitos 12 x 12 - 2759	-	15.00
Poinsettia Group - 2210	-	300.00
Point Loma AA Discussion - 242	40.00	40.00
Point Loma Nooners - 1606	-	200.00
Point Loma Saturday Morning - 1240	-	45.00
Practical Solutions - 2398	-	240.00
Progress Rather Than Perfection - 2682	-	162.50
Pt Loma Fri Afternoon Step Study-244	90.00	390.00
Radical Acceptance Meeting - 2961	-	333.00
Ramona Way of Life - 2772	20.00	20.00
Resentment and A Coffee Pot - 2561	-	187.42
Right Turn Group - 1900	30.00	90.00
Rise & Shine - 2170	-	547.00
Rule 62 Group - 927	-	100.00
San Carlos Single Purpose - 583	-	120.00
Santee Mens Group - 2972	-	85.50
Santee Thursday Closed Mixed - 145	-	80.00
Sat Night Early Discussion - 336	195.00	195.00
Sat Open Discussion - 322	200.00	200.00
Saturday Night Candlelight - 1914	-	40.00
Saturday Nite Live - 2192	-	75.00
Scripps Ranch Men's Two - 2776	80.00	80.00
Searching and Fearless - 308	-	200.00
Serenity Seekers - 209	-	23.00
Sky Hi Womens - 1633	60.00	120.00
Smokefree La Mesa Womens - 635	-	309.91
So Bay New Womens - 2325	-	100.00
Sober Nooners - 196	172.01	327.12
Sober On Sat Book Study - 2193	-	50.00
Sober Serenity Seekers - 887	85.58	85.58
Sole Purpose Group - 1657	-	350.00
Solutions Not Excuses - 2857	100.00	100.00
Southern Cal Speakers - 2779	-	200.00
Spiritual Awakening - 2275	-	1,390.00
Step Sisters - Residence	-	111.00
Straight Shooters - 198	-	75.37
Sunday Beach Sun-Day - 568	-	382.00
Sunday Kind of Love - 429	100.00	230.00
Sunday Morning Sunshine - 407	-	35.60
Sunday Night Discussion - 212	30.00	30.00
Sunday Serenity - 47	-	100.00
The Joy Of Living Group - 2636	153.00	303.00
The Video Book Study Group - 2839	-	14.95
The We Group - 2739	-	112.24
There Is A Solution - 2975	-	25.00
Thursday Promises Promises - 749	100.00	100.00
Tierrasanta Big Book Study - 1790	-	50.00
Tierrasanta Friday Night - 2645	100.00	100.00
Tierrasanta Morning Serenity - 2811	50.00	130.00
Top of the Hill - 41	-	50.00
Torrey Pines Thurs Nite Disc - 365	-	25.00
Tri-Serenity - 836	10.00	22.00
Tues Morning Breakfast Special - 2761	50.00	125.00
Tuesday Morning Alpine - 440	-	90.00
Tuesday Night Mens - 56	-	50.00
Two A's Over Easy - 2106	-	100.00
University City Disc - 368	-	65.00
University City Womens - 369	-	200.00
Wake Up Call - 1932	25.00	50.00
War Fever - 880	-	100.00
Warm and Friendly - 42	-	175.00
Water Walkers - 5	120.00	120.00
Water Walkers Too - 1946	-	134.72
Way Up and Out - 415	-	90.00
We've Come A Long Way -1616	-	75.00
We Agnostics - 2096	-	95.50
Wednesday Discussion Group - 2431	-	106.50
Wednesday Night Closed Topic - 165	-	50.00
Weds Rule 62 Lunch Group - 687	-	174.60

Group	Apr-13	Ytd 13
White Flag Outdoors - 2788	-	355.00
Wholesale Miracle - 2474	-	100.00
Womans Let Go and Let God - 446	-	50.00
Women in Harmony - 1807	-	75.86
Womens Sober Sunday - 731	-	140.42
Womens TLC - 2814	75.00	75.00

Thank you for supporting YOUR San Diego Intergroup Central Office in Carrying the message of Alcoholics Anonymous.

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

Faithful Fivers is an expression of our 7th Tradition which is "Every A.A. Group ought to be fully self-supporting, declining outside contributions."

Some members have chosen to participate by contributing \$5 per month to Central Office as an individual contribution in its efforts to carry the A.A. message of hope and recovery to alcoholics who still suffer in the San Diego area.

Thank you for your individual contributions.

*Contributions are limited to \$3,000.00 per member, per year *AA Self Support Pamphlet, pg 9 and are tax deductible as we are a 501C3. For further information contact Connie J. at Central Office at 619.265.8762*

"Suggested methods of financing a central office:
 2) A.A. members may make individual contributions, on a pledge or voluntary basis, directly to the service office."

Reprinted from A.A. Guidelines - Central or Intergroup Offices from

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




CENTRAL OFFICE NOTES

2013 Holidays – Central Office Bookstore closed		
HOLIDAY	DAY OF WEEK	DATE
July 4 th	Thursday	July 4 th
Labor Day	Monday	September 2 nd
Veterans Day	Monday	November 11 th
Thanksgiving	Thursday	November 28 th
Christmas	Wednesday	December 25 th

BOOK OF THE MONTH

May: *Dr Bob and Good Oldtimers* on sale: \$8.50 reg. \$9.50

June: *Living Sober* on sale: \$3.75 reg. \$4.25

July: *Came to Believe* on sale: \$3.75 reg. \$4.25

April 2013 Financial Summary

Group Contributions	8,991.62
Individual Contributions	1,313.06
SDIAA Contributions	0.00
Literature & Interest	1,756.29
Total Revenue	12,060.97
Central Office Expenses	-11,404.96
Committee Expenses	\$ (180.00)
Total Expenses	-11,584.96
April 2013 Net Revenue	476.01
2013 YTD Revenue	934.22

Grapevine Books (all soft covers unless designated)

A Rabbit Walks Into A Bar	Into Action
AA Around the World	Language of the Heart (soft, hard, & large print)
Beginners Book	Spiritual Awakenings (& CD)
Best of Bill (soft, hard & large print& CD)	Spiritual Awakenings II
Emotional Sobriety (& CD)	Step by Step
Emotional Sobriety II	Thank You For Sharing
Happy, Joyous & Free	The Home Group (& CD)
I Am Responsible	Voices of Long Term Sobriety
In Our Own Words – Young People	Young & Sober

**On our aasandiego.org website Electronic Forms Page AA San Diego Central
Please click any of the following links to find the following forms:**

San Diego Group & Meeting Changes	Group Inventory
12 Step Volunteer (phone, email)	Secretary Handbook
Public Information Speaker Request	Secretary Meeting Log Sheet
General Service Office New Group Registration	Suggested Open Meeting Format
General Service Office Group Change Form	Suggested Closed Meeting Format
After-Hours Phones Group Packet	AA Preamble
After-Hours Phones Group Sign-Up Sheets	How It Works
San Diego Coordinating Council Guidelines	AA Twelve Traditions
Bookstore Literature Price List	More About Alcoholism
Contributions Pie Chart with addresses	A Vision For You
Central Office Pamphlet	The Promises

CENTRAL OFFICE
PHONE CALLS *APRIL 2013*

TOTAL CALLS FOR MONTH 1,595	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1,047	270	19
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	182	70	7

WEB SITE HITS: April = 23,751 Total 1,380,394

June 2013
AFTER-HOURS PHONE GROUPS

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

June 2013

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Every Sunday Comite de Instituciones Oficina Central Hispana 3628 University Ave 6:00 pm		Every Tuesday Information Publica Oficina Central Hispana 3628 University Ave 7:00 pm			Every Friday Distrito 15 Oficina Central Hispana 3628 University Ave 7:00 pm	
2	3	4	5	6	7	8
	Public Information Committee Central Office 6 pm District 8 Church School Rm12 760 1st Ave Chula Vista 7 pm	District 19 Church 2717 University Ave North Park 6 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	District 7 Club 1944 30 th St Golden Hill 6:30 pm	Area Unity Day 10 – 11:45 am San Diego Intergroup Founder's Day Picnic 12 noon – 4 pm At Admiral Baker Park 2400 Admiral Baker Park Gazebo #4 92124
9	10	11	12	13	14	15
Area Grapevine Committee Varies 1:30 pm	Area Finance Committee Central Office 6:30 pm District 6 Denny's Restaurant 1065 Camino Del Rio South Mission Valley 6:30 pm	Business Committee Central Office 6:00 pm Area Newsletter Committee Fudruckers's Restaurant 8285 Mira Mesa Blvd 6:30 pm District 10 Church 490 Farragut Circle El Cajon 5:30 pm District 13 Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00 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		
16	17	18	19	20	21	22
H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:00 pm Business Mtg 1:15 pm Greater San Diego Young People's Coffee Shop 3343 Adams Ave Normal Heights 3:00 pm Area Spanish Translation Varies 7 pm	Area Literature Committee Central Office 7:00 pm	Area Contact On Release Committee Central Office 6:45 pm	Coordinator Newsletter Committee Meeting & Collate Party Central Office 6:00 pm Area Information Technology Committee Residents 1738 Old Mill Rd Encinitas 6:45 pm	Area Committee Church 2650 Melbourne Dr Serra Mesa 7:00 pm H&I Committee Orientation Central Office 7:00 pm		
23	24	25	26	27	28	29
Program Committee Central Office 6:30 pm	District 5 Church 5050 Milton St Clairemont 7:00 pm District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm	Area Accessibilities Committee Central Office 7 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			
30						

Things to Do and Places to Go

Third Weekenders Campout

WHERE: Pinezanita Campgrounds & RV Park

WHEN: June 21 -23

Wagon Masters:

AA Desert Pow Wow

WHERE: Indian Wells, California

WHEN: June 6 – 9

Contact: www.desertpowwow.com

AA 78th Birthday/Unity Day/Founder’s Day Picnic

WHERE: Admiral Baker Park

WHEN: June 8

Contact: Central Office 619.265.8762

29th Annual South Bay Family Roundup

WHERE: Torrance, CA 90503

WHEN: July 4 - 7

Contact: 310.354.7660 www.southbayroundup.org

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
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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.



EMOTIONAL SOBRIETY

By Chris

At 10 years of sobriety, I started working with a new sponsor because I wanted a new perspective on my own program and I felt that the best path to this was through the eyes of someone whom I had admired (inside and outside the rooms) for quite some time. As with any new sponsor-sponsee relationship, it all began by sitting down and reading the Big Book together. On about our fourth opportunity to sit together in this exercise we came to the top of page 47 and he told me that this was one of his most beloved passages in the book:

“When, therefore, we speak to you of God, we mean your own concept of God. This applies, too, to other spiritual expressions which you find in this book.”

Reprinted with permission from A.A.W.S., Alcoholics Anonymous, page 47.

We talked at length about how this gives to me the permission and opportunity to define my own concept of God, prayer, meditation, and, yes, even Emotional Sobriety. After all, what is Emotional Sobriety except for a concept related to (or a result of) my own spiritual wellbeing? What are commonly referred to as The Promises do not say “You will achieve Emotional Sobriety.” Nor is this idea of Emotional Sobriety discussed in one of the Appendices of our book. Yet the idea of Emotional Sobriety is something which most of us have a concept of and frequently it can be a topic of meeting sharing.

You can search the Conference approved literature and writings of our Cofounders on the topic and form a pretty good idea of what they meant by Emotional Sobriety. As I had discussed with my sponsor, however, I can choose my own concept of it. So, what then is Emotional Sobriety to me and how does it benefit my recovery? A simple definition which I came up with is that it is fortitude when faced with upsetting circumstances. It is being in acceptance of things not going my way and not simply lashing out in a tantrum. It is humility to accept that my desired outcome is not always in alignment with God’s will in a particular situation. And, above all else, it is an

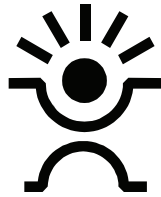
expression of all of this outwardly and also a releasing of any negativity on these topics which does not serve me. In other words, not just saying and doing the mature and positive things in response to people-places-things, but also not retaining any negative feelings or emotions which could potentially be expelled at some innocent person or circumstance later on.

Given that definition, and given my experience in working The Steps, I generally find it easy to express my Emotional Sobriety in regards to my fellowship and within my meetings. After all, we are all playing off of the same sheet music and if I have a “relapse” in my Emotional Sobriety around my fellow AA’s, it seems relatively easy for me to admit to them my shortcomings. My sober friends, my sponsor, and even my written step work are all capable of holding up a mirror for me to see when my Emotional Sobriety isn’t at its strongest. But what about OUTSIDE the rooms? Isn’t that the real test?

I am forever thankful of the phrase “progress, not perfection” when it comes to practicing the principles of AA in all my affairs. In my everyday life, stress-inducing situations at work or elsewhere can bring opportunities for me to practice Emotional Sobriety; but, often, I can know ahead of time that those stressful situations are coming and I’m generally prepared to just do my best. This does not mean that I don’t have bad days or get my feathers ruffled; rather, it means that I try to see it for what it is in that situation and to not carry that over to other parts of my day. What I struggle with even more, however, are the times that I am not prepared for my ego to pop-up and when I’m not living in the present. If I am focused on more than the thing in front of me or when I am trying to be the actor who wants to run the whole show...times like those are when I am apt to react out of negative emotions or at the very least to generate those emotions and store them up for later use against someone who is innocently in my path. This is why I need to be diligent about my program. As I alluded to, though, I am not perfect in this regard and I have had to make amends to people as a result of my lack of Emotional Sobriety at times.

(Continued from Page 14)

After generating this concept of Emotional Sobriety and after reflecting on times when I have been both good and bad at exhibiting my own version of Emotional Sobriety, what can I do with this self-knowledge? What can I do to better my state and frequency of Emotional Sobriety? For me it is the same answer that comes to me frequently: A) take some action, and B) give it away to keep it. Silly? Perhaps. However, for over 10 years now, this twofold prescription has served me well. I already took my action by writing this mini-treatise, so I thank you for the opportunity to better know myself. And by you reading it, I feel that I have given it away. Now I hope that it has inspired some contemplation of your own and that you will share your concept of Emotional Sobriety when it is the subject in a meeting...I may even be there to listen.



“Emotional Sobriety- Is this what I signed up for?”

By Anderson S.

After some length of sobriety (and after a bit of stability) comes back into our lives we can start to feel a sense of imbalance. Some of the restlessness, irritability, and discontentedness can begin to resurface in our lives. Am I about to get drunk? Maybe not; but, it is a sure sign that more work is ahead. Bill W. indicated that if we are going to have lasting sobriety, *and* a real maturity, balance and humility then further our work towards emotional sobriety.

I can speak of emotional sobriety in terms of my own recovery. I’ve been sober a few years and have a sponsor, work the steps, attend regular meetings AND still I have days when my emotions run riot though me. I’ve often wondered- am I not doing this right? Where’s my *road of happy destiny*, my *promises*? It seems my lack of emotional sobriety gets in the way of me seeing the promises everywhere in my life.

My emotional “inebriety” is active when I ignore the many gifts and grace in my life and focus on the negative. Or, when I give little or no weight to the things I am grateful for, instead focusing and

amplifying the perceived negatives. I have noticed when I am emotionally inebriated I am ruled by the opinions, actions and attitudes of others. I get stuck in an old problem of my selfish, self-centeredness found on pages 60, 61, 62 - the root of my troubles *is* selfishness, self-centeredness. I see it in my life as self-absorption; I cannot see the world as it is or live in the present, when, “it’s all about me and my ego is the center of the known universe.”

Take away the alcohol, take away my desire to control, take away my desire for things to be different than they really are *and* I am still left with my obsession of self. I go to a meeting, speak clearly or from the heart (or sometimes both), and then drive and home with a useless, defeated feeling. “I could have done better. I misspoke. I jumbled my words or I forgot the whole point of my share.”

When I am not practicing emotional sobriety, I can experience overly critical self-talk, negating all the positive feedback I may have received. I walk away from a social event or meeting ruminating in self-loathing and negative criticism where my peers might have thought it went quite well. My “perceived” criticism and negative feedback is often not consistent with the actual feedback and praise I have received. That is how emotional inebriety shows up in my life.

Another way it shows up in my life is counting on other people’s opinions or attitudes towards me for my own self-worth. I can be overly concerned with others’ opinions of me. I catch myself chasing a relationship for my own fulfillment, rather than a truthful connection to a partner. I over-schedule myself just to look good or with the intent that people will like me, thereby people pleasing. Ultimately all these misguided attempts at fixing me backfire, oftentimes getting me the negative effects I was trying to avoid in the first place. This painful pattern must be stopped. I don’t have any one solution; but, I have found that it comes from inside not externally. I have to change my behavior first and, paradoxically, my thinking follows along afterwards. I started using the St. Francis of Assisi Prayer as a basis for my new behaviors with a lot of great results. More and more I am catching myself in these negative patterns and beginning to move into the solution by getting into action. I have to teach myself to immediately counter negative thoughts with the truth: I, too, am one of God’s children and deserve happiness.



7075-B Mission Gorge Road
San Diego, CA 92120-2454

RETURN SERVICE REQUEST

