The San Diego AA Coordinator

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

"This is the way to a faith that works."

Twelve Steps and Twelve Traditions, p.34

MARCH 2011 VOL. XI NO. 3

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

APRIL

Principle of Courage (due 3/24)

MAY

Principle of Integrity (due 4/28)

JUNE

Principle of Willingness (due 5/26)

Submit 500 to 1000 word story to Newsletter Chair at:

sdaa.newsletter@gmail.com

For more information, see page 2

The Principle of Faith by Lisa D.

The twelve principles have always been an important part of my recovery. In the beginning I was told these principles: honesty, faith courage, willingness, etc., were the building blocks I needed in order to live life on life's terms. Today, they remind me of the gifts I've been given by working the steps and Step Twelve suggests that I practice these principles in all my affairs.

When I first started coming to A.A. I heard a lot about not picking up the first drink. Trying to get through the day or night without doing it was unimaginable for me. Each 24-hour period that I didn't drink was torture. It was like trying on new, tight skin, painful to walk in, unfamiliar and damn uncomfortable. So, I had to attend a lot of meetings. My first sponsor suggested I attend Step Study meetings so I could thoroughly understand each one. With each step a principle was introduced. In hindsight, I know now the old timers were trying to get me to focus on something positive rather than the negative of not drinking. If you become honest, you'll sleep better with a clear conscience. When you discover hope, life will look brighter and worthwhile; that was the carrot they were dangling.

But the principle of faith, that I struggled with from early on, has become the one I rely upon the most. As with most of my lessons in A.A., it is a slow process. How could I, "let go and let God?" How could I just turn my will and my life over to Him and trust He would take care of everything? After all, wasn't I the one who kept myself alive all these years before coming into A.A.? I remember being in therapy and the therapist saying, "Our goal here is to get you in the driver's seat." How confusing to hear that when I was supposed to get out of the driver's seat! I remember telling my sponsor over and over, "I don't know how to do this!" She was a patient and wonderful woman who gave me a number of visual representations. I tried and tried but still couldn't do it. We worked together for a long time and slowly but surely, I was able to take the third step. I still didn't have complete faith that all would work out. Even after working all twelve steps I still had some doubts and fears. I was dubbed a hand-wringer by a few people in the fellowship.

Webster defines faith as "belief and trust in the loyalty to God." The best definition of faith I ever heard was in a meeting. It really changed my perspective on how to live this principle in my life. God and an alcoholic

(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:

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

Area Officers:

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

Contributors: Lisa D, Lisa O, Barb D, Thomas K

March Theme: Faith

Fold and Label Party: Wed. March 16, 2011

5:30 pm, Central Office

Newsletter Committee Thur. March 24, 2011

Meeting:

6:00 pm, Central Office

View from the Chair &:

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

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

In loving service, Chris C

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

These kind folks participated in January

Group Represented	Volunteers
We Group	James H, Wes T, Eric G
Newsletter Members	Chris C, Christian W,
	Linda F, Thomas K
The Joy of Living	Maureen
Sky-Hi Women's	Mimi R
Others	Sober Tom

(Continued from page 1)

were standing at the edge of the Grand Canyon. God snapped his fingers and a tightrope appeared over the vast canyon. God asked the alcoholic, "Do you believe I can get to the other side on the tight rope without falling?" "Of course You can, You're God, You can do anything," the alcoholic answered. Then, a wheelbarrow appeared. God asked the alcoholic, "Do you believe I can push this wheelbarrow to the other side without falling?" Again the alcoholic answered, Of course You can, You're God, You can do anything." Then God replied, "Okay, then get in the wheelbarrow!" A light bulb came on when I heard that story. Finally, something I could understand! Now, when times get tough I imagine climbing in that wheelbarrow. My sponsor gives me clear instructions on what to do while God is hard at work. First, get out of His way. In some cases, take action; in others sit on my hands and wait. Always pray, share in meetings, reach out to newcomers and be of service to my club and to others.

Another definition of faith is "a firm belief in something for which there is no proof." This is the one I'd been taught growing up. I feel it doesn't apply to me anymore in recovery. Perhaps it did early on when I looked across a room full of alcoholics and had to rely on faith when they said they hadn't had a drink in two weeks or two years. Throughout my journey I look back and see the miracles in my life. Why God put me on a certain path, why I needed to where I was in order to get where I am now, and how faith got me there. But I'm still human and sometimes feel my faith slipping. When this happens I go to a meeting and hear a miracle in someone's life. I witness people getting sober; their lives changing before my eyes. I witness people walking through tragedies like divorce, death, loss of jobs and homes and not picking up a drink. I witness second chances, new opportunities, renewed health, relationships and a reason for living. This is all the proof I need that God exists and this is why I keep coming back. This is the joy that faith brings to this alcoholic.

Things we cannot change...

"Trucker" Ed V. recently passed away at the age of 87. He had 48 years of sobriety and will be dearly missed.

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 forwarding is available
Call **AA Central** at **619-265-8762** for more
information

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!

Ingeborg B.

12/27/84 26 years

Maureen B.

3/5/05 6 years

Ski A.

1964 41 years

Birthday Gratitude

San Diego Central Office 7075-B Mission Gorge Rd.
Please mail to:
Amt. Enclosed
Sobriety Date
City/Home Group
Name

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

San Diego, CA 92120-2454

Group and Meeting Changes

TIME CHANGE

Wed 1:15 AA Meeting Codes: *

Store 4736 Clairemont Mesa Blvd

Wed @ 1:15 pm

Clairemont

(was 1:45 pm)

Golden Hill Sun Discussion

Recv Hm 2980 Cedar St

Sun @ 7:30 pm Golden Hill

(was 8:15 pm)

ROOM CHANGE

Big Book Discussion Founders

USD-Camino Hall (Rm 108)

5998 Marian Way

Mon @ 7:30 pm Linda Vista

(was Rm 102)

CANCELED

Book @ Noon

Club 938 E Washington St

Wed @ 12 noon

El Cajon

Sober Sunday

Club 938 E Washington St

Sun @ 2 pm

El Cajon

Bill on Sunday

Club 6901 Central Ave

Sun @ 7:30 pm

Lemon Grove

Bill W. Group

Office Bldg 7454 University Ave

Sun @ 1:30 pm

La Mesa

A WORLD OF THE SPIRIT

We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.

Alcoholics Anonymous, p. 84

The word "entered".... And the phrases "entered into the world of the Spirit" are very significant. They imply action, a beginning, getting into, a prerequisite to maintaining my spiritual growth, the "Spirit" being the immaterial part of me. Barriers to my spiritual growth are selfcenteredness and a materialistic focus on wordly things. Spirituality means devotion to spiritual instead of wordly things, it means obedience to God's will for me. I understand spiritual things to be: unconditional love, joy, patience, kindness, goodness, faithfulness, self-control and humility. Any time I allow selfishness, dishonesty, resentment, and fear to be a part of me, I block out spiritual things. As I maintain my sobriety, growing spiritually becomes a lifelong process. My goal is spiritual growth, accepting that I'll never have spiritual perfection.

Coordinating Council Attendance

The following 62 groups attended February Coordinating Council
There are 760 registered groups in San Diego

WAS YOUR GROUP THERE?
NEXT COUNCIL MEETING IS: THURSDAY, March 10, 2011

11th Step Journey

AA By The Bay

Allied Gardens Step Study

Battery Chargers

Big Bon-Fire Meeting

Casa De Oro Tradition Five

Cedar Street Mens

Clairemont Mens

Clairemont Womens Step Study

Coffee Clutchers

Daily Reflections

Downtown Discussion

Early Morning Recovery

East Side Group

El Cajon Womens Serenity

Evening Serenity

First Mira Mesa Mens

Fourth Dimension

Free At Last

Free On Friday

Fresh Start Beginners

Friday Night Santee

God Squad Too

Golden Hill Sun Discussion

Great Fact Group

Harmony Group

Imperial Beach Group

Kelton Ave Big Book Study

L.G. B. B. Study

La Mesa Mens La Mesa Mixed

sa Mens

La Mesa Open Discussion
La Mesa Step Study Workshop
Little Apple Group
Miracles On Monday
Monday Night Big Book Study

Monday Night Big Book Study Monday Night Young Peoples Steps Morning Attitude Adjustment

North Park Mens

Ocean Beach Tuesday Old Town Speakers

Over The Bridge

Point Loma AA Discussion

Point Loma Mens

Porter Hall Structured S/S

Progress Rather Than Perfection

Rule 62 Group

San Carlos Single Purpose

Santee Thursday Closed Mixed

Scripps Ranch Mens Two

Smokefree La Mesa Womens

Sober Nooners

Southern Cal Speakers

Straight Shooters

Sunrise Promises

The Joy of Living Group

inc Joy of Living Of

The Other Meeting

The We Group

Tues Night Big Book Step Study Womans Gut Level Womans Let Go & Let God Womens In Harmony

THE TEACHING IS NEVER OVER

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you-until then.

Alcoholics Anonymous, p. 164

These words put a lump in my throat each time I read them. In the beginning it was because I felt, "Oh no! The teaching is over. Now I'm on my own. It will never be this new again. "Today I feel deep affection for our A.A. pioneers when I read this passage, realizing that it sums up all of what I believe in, and strive for, and that-with God's blessing-the teaching is never over, I'm never on my own and every day is brand new.

Daily Reflections, March 26

Thank You, Volunteers For Carrying The Message

Minutes of the Coordinating Council Thursday, February 10, 2011

Nancy N. – Council Chair called the 788th meeting to order at 7:30 pm. Wes T. read the 12 Traditions. Council Definition and Purpose read by Sallye M. There were 12 new Coordinators, 0 visitors and 5 birthdays. 7th Tradition was \$65.00. Roll Call: Rick W., Assistant Council Chair reported 62 groups were represented out of 90 registered Coordinators. There was a quorum (44) It was m/s/c to approve the minutes of the January 2011 Council Meeting.

Area Assembly - Tom M., Area Alternate Delegate shared that the General Service Office is requesting stories on "Spirituality", "7th Tradition" and AA members of "Armed Services" to be received by February 15, 2011. 500-800 **Submissions** should be **Planning** meetings beginning for Area Assembly Unity Day along with SD Intergroup Founders Day Picnic to be held on June 11th. All are welcome to help plan.

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 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. area8aa.org and click on the H & I tab for more details and 2010 financials.

AFTER HOURS PHONES: Rudy, member shared all slots are filled. Thank you to all of the groups for your service to AA. In need of groups to sign up for standby list. Establishing a list of individuals for emergency phone coverage. Important: New group phone Coordinators, please call Central Office with your contact info.

BUSINESS COMMITTEE: Maggie S., Chair reported that the committee met on Tuesday 2/8/11 at 6:12 pm. Present: Maggie S., Jerry C., Nancy N., Council Chair, Rick W., Asst Council Chair and Connie J., Central Office Manager. Absent: Ray R., Leonard R., Gary C., and Sherry G. There was no quorum to approve Minutes/Financials, will be approved in March.

- 1) Reviewed January 2011 Minutes.
- 2) Reviewed January 2011 Financials. January Financial Statements briefs:
 - a) Our January 2011 Net Revenue is \$1,734.16. Our 2011 YTD Net Revenue is \$1,734.16. Group and Individual Contributions were \$11,853.36. Literature Sales Revenue and bank interest was \$2,305.85 while total office and committee expenses were \$12,425.05. Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager's Report

- 1) February's Book of the Month: "Daily Reflections" large print on sale: \$7.85.
- 2) March's Book of the Month: "Pass it On" (Bill W.'s story) on sale: \$9.25.
- 3) Central Office offers Gift Certificates in from \$10.00 \$25.00 increments.
- 4) Sending contributions receipts by email.
- 5) Coordinator Newsletter Sign up to receive electronically. Hard copies will continue to be available at Central Office.

Continued on page 6.

Continued from page 5.

Committee Member reports:

- 1) Maggie S. Went to bank/signed checks.
- 2) Ray R. made BC reminder calls.
- 3) Jerry C., Treasurer went to bank, signed checks, reviewed Quickbooks Accounting database along with January 2011 Bank reconciliation and financials.
- 4) Rick W. passed out call reminders.
- 5) Nancy N. Website working properly.

Old Business: There was none. New Business: There was none.

COORDINATOR NEWSLETTER: Chris C., Chair reported committee met on 1/27/11 at 6 pm. Present: Linda F., Chris C., Christian W., Maureen B., and Thomas K.

April's Theme: "Principles of Courage". Submissions of 500-1000 words welcome (March submission due by February 24th). 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 at the Fold & Stuff party. NEED groups to adopt a month to fold – Stuff the newsletter.

COORDINATOR OUTREACH: Kevin, Chair shared committee met tonight at 7 pm. Present was: Kevin, Paul and Charlie. Help NEEDED in terms of participation and outreach in the areas of City Heights, Rolando, beach areas. We have volunteers visiting groups in Mira Mesa and South Bay. We have a new 2011 notebook.

ORIENTATION & GUIDELINES: Clay, Chair reported committee met tonight at 6:30 pm present: Mike, Duncan, Frances and Clay.

1) Orientated 8 new Coordinators. Discussed duties of the Coordinator, handed out orientation packets and answered questions. Read the "History of San Diego", reviewed Robert's rules of order" and a Quorum.

PROGRAM COMMITTEE: Nick F. shared the committee met on 1/30/11. We will begin with our planning for our "Founders Day Picnic" to be held on June 11th.

PUBLIC INFORMATION COMMITTEE:

Heidi. Chair reported that committee met on 2/7/11 at 6 pm. Present: Heather C., Linda K., Pat A., Terry L., Kimberly H., Steven and Heidi. Absent: Rufus and Joe. Kathy and Melissa have resigned.

- 1) Tabled sending letters to Senior Centers
- 2) Pat delivered letters to school by hand and will compile emails for follow-up.
- 3) Navy 32nd St Base would like us to come back; question regarding PI vs H&I panel. Will discuss again next month.
- 4) Inviting Sallye M., past PI Chair to attend next month fro clarification.
- 5) Will be printing PI DUI Brochure for distribution to courts.
- 6) Upcoming events:
 - a) 2/23/2011-NAHMI Luncheon.
 - b) Miramar Marine Base Panel.
 - c) 3/5/2011-Women's Resource Fair

OLD BUSINESS: There was none.

NEW BUSINESS: There was none.

Thanks to Area Representative and H & I Special Reports.

Thanks to Rudy M. for PA System Setup/Tear Down.

Thanks to Mike A. for coffee.

Thanks to those for setup and clean up of the room. Meeting adjourned at 8:30 pm with Serenity Prayer.

Respectfully submitted,

Connie J., Recording Secretary



🛾 Does Your Group Have a Voice!

Become a member of the Coordinating Council of Alcoholics Anonymous!!!

What is it?

• The Coordinating Council of AA San Diego is our local Intergroup association

Why should I become a Coordinator?

• Each individual AA group is entitled to representation in the Coordinating Council yet of the 757 registered groups in San Diego less than 80 have a coordinator

What are my responsibilities as a coordinator?

- Attend One Monthly Council Meeting!! Second Thursday of each month at 7:30 in Mission Valley.
- 2. **Keep Your Group Informed!!** Report actions and plans of the council back to your group
- 3. Have A Voice!! Bring any issues to the council that may affect AA as a whole Are there specific issues that your group's conscience feels needs attention?
- 4. Have A Vote!! Vote on behalf of your group's conscience on issues set before the council Did you know there was recently on vote to allocate funds to establish an Archives Room at Central Office? Did your group have a vote?
- 5. **Get Involved!! Vote in the election of the officers and members of the standing committees** Program Committee, Business Committee, Public Information Committee, After Hours Phone Committee and others!!

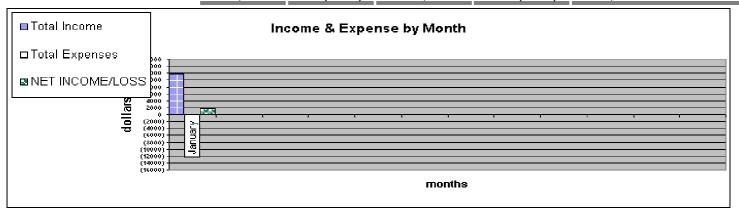
Bring this back to your home group and get representation!!!!

We meet the 2nd Thurs. of every month at the Church located at 2111 Camino Del Rio South, Mission Valley

Call Central Office for more info. 619-265-8762

PRELIMINARY FINANCIAL STATEMENTS TO BE APPROVED AT MARCH 2011 BUSINESS COMMITTEE MEETING

•	January 11	January '10	YTD '11	YTD '10	\$ Change	Budget '11
Ordinary Income/Expense	canaary 11	canaary re		112 10	ψ Gridings	Daaget !!
Income						
Contributions Group	10,953.66	8,578.58	10,953.66	8,578.58	2,375.08	118,384.00
Contributions Individual	659.70	2,126.00	659.70	2,126.00	(1,466.30)	9,650.00
Contributions SDIAA	240.00	_,	240.00	-, -20.00	240.00	1,125.00
Interest - Cert of Deposits	50.35	103.95	50.35	103.95	(53.60)	900.00
Total Income	11,903.71	10,808.53	11,903.71	10,808.53	1,095.18	130,059.00
Expense	,000	. 0,000.00	,	. 0,000.00	.,0000	.00,000.00
Accounting & Legal	_	225.00	-	225.00	(225.00)	2,650.00
Auto/Travel/Seminar	28.50	54.80	28.50	54.80	(26.30)	1,300.00
Bank Service Charges	2.00	2.00	2.00	2.00	-	125.00
Cash (Over) Short	19.61	47.48	19.61	47.48	(27.87)	(50.00)
Checks Returned - Bad Debt	-	-	-	-	` <u>-</u>	-
Equipment Maint & Repair	-	-	-	-	-	500.00
Equipment Purchase	-	-	-	-	-	500.00
Insurance	50.00	50.50	50.00	50.50	(0.50)	1,100.00
Office Maint. & Repairs	-		-	-	-	500.00
Office Supplies	384.50	551.20	384.50	551.20	(166.70)	3,900.00
Rent	1,648.00	1,600.00	1,648.00	1,600.00	48.00	20,168.00
Taxes	1.05	-	1.05	-	1.05	80.00
Telephone	239.27	223.48	239.27	223.48	15.79	2,900.00
Utilities-Electricity	287.84	314.74	287.84	314.74	(26.90)	3,600.00
Website	56.75	33.85	56.75	33.85	22.90	500.00
EMPLOYEES			-			
Accrued Payroll Taxes	842.45	856.58	842.45	856.58	(14.13)	7,400.00
Employee Wages	7,422.86	7,546.86	7,422.86	7,546.86	(124.00)	89,990.00
Employee 403B Contribution	175.00	175.00	175.00	175.00	-	2,100.00
Employee Health Benefit	853.04	991.98	853.04	991.98	(138.94)	10,236.00
Insurance-Worker's Comp	50.00	86.50	50.00	86.50	(36.50)	850.00
Total Expense	12,060.87	12,759.97	12,060.87	12,759.97	(699.10)	148,349.00
Net Ordinary Income	(157.16)	(1,951.44)	(157.16)	(1,951.44)	1,794.28	(18,290.00)
Other Income/Expense						
Literature Income/Expense						
Sales (see schedule)	2,255.50	2,140.75	2,255.50	2,140.75	114.75	25,540.00
Total Other Income	2,255.50	2,140.75	2,255.50	2,140.75	114.75	25,540.00
Standing Committees Inc/Expense	•					
Committee (see schedule)	364.18	851.38	364.18	851.38	(487.20)	7,250.00
Total Other Expense	364.18	851.38	364.18	851.38	(487.20)	7,250.00
Net Other Income	1,891.32	1,289.37	1,891.32	1,289.37	601.95	18,290.00
Net Income	1,734.16	(662.07)	1,734.16	(662.07)	2,396.23	



January Group Contributions

Group	Jan '11	V+d 11
Group		Ytd 11
Annual Grateful Meeting - 2461	76.00	76.00
Back to Basics - 1026	250.00	250.00
Balboa Breakfast - 2721	152.55	152.55
Battery Chargers Thanksgiving Alkathon	8.00	8.00
Beginners Steps To Sobriety - 1007	20.00	20.00
Breakfast Of Champions - 2818	300.00	300.00
Carrying the Message - 2458	100.00	100.00
Cedar Street Mens - 1698	95.02	95.02
Chula Vista 4 Min Speakers - 1568	50.00	50.00
Clairemont Daytime Step Study - 427	60.00	60.00
Clairemont Discussion - 314	50.00	50.00
Clairemont Mens - 301	300.00	300.00
Clairemont Wednesday Group - 303	115.00	115.00
Clairemont Womens - 340	185.79	185.79
Coffee Clutchers - 2332	250.00	250.00
Diamond St Mens Step Study - 569	223.41	223.41
Downtown Discussion - 1665	170.40	170.40
Drunks Only - 1605	619.97	619.97
Each Day A New Beginning - 509	200.00	200.00
Early Morning Recovery - 2688	84.90	84.90
Eastlake Greens Attitude Adjust(Su - 2712	150.00	150.00
El Cajon Daytime - 52	720.00	720.00
Free At Last - 2888	46.00	46.00
Fresh Start Beginners - 2609	319.65	319.65
Happy, Joyous & Free - 363	75.00	75.00
I. B. Up - 2565	100.00	100.00
La Jolla Basic B/B Study - 2154	180.00	180.00
La Jolla Beginners Group - 82	400.00	400.00
La Jolla Mens - 692	75.00	75.00
La Jolla Patio Group - 613	66.20	66.20
La Mesa Mens - 106	88.59	88.59
La Mesa Mid Morning - 2777	40.00	40.00
La Mesa Mixed - 2136	150.00	150.00
Lake Murray Womens - 572	92.50	92.50
Linda Vista Thursday Night - 319	115.00	115.00
Little Apple Group - 1438	50.00	50.00
Lost & Found - 2907	12.00	12.00
Lunchtime Friends - 964	52.40	52.40
Midnight Howlers - 1025	340.00	340.00
Mira Mesa Womens - 411	52.46	52.46
Mission Bay Sat Night Speakers - 271	80.00	80.00
Mission Hills Lunch Bunch - 2675	1,000.00	1,000.00
Monday At A Time - 2875	60.00	60.00
Monday Night Big Book Study - 2345	10.00	10.00
Monday Night Young People's StepStudy-2618	73.01	73.01
National City Maintenance - 136	85.00	85.00
Nooners Anonymous - 1164	106.25	106.25
O.B. Friday Night Big Book Study - 1316	150.00	150.00
Old Town Speakers - 321	250.00	250.00
On The Corner - 2384	167.40	167.40
Open Minded Mens - 626	200.00	200.00
Pacific Beach Weekend Warmup - 725	100.80	100.80
Paradise Hills - 392	50.00	50.00
Pass It On Big Book Study Group -2860	112.30	112.30
Penasquitos 12X12 - 2759	20.00	20.00
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	Group	Jan '11	Ytd 11
)	Point Loma Nooners - 1606	117.77	117.77
)	Pt Loma Womens Discussion - 1608	75.00	75.00
,	Rainbow Group - 570	125.00	125.00
)	Rise & Shine - 2170	90.50	90.50
)	Round Table Discussion - 123	62.50	62.50
)	Safe Sane and Sober - 1350	500.00	500.00
)	Scripps Ranch Men's Two - 2776	50.00	50.00
2	Sky Hi Womens - 1633	60.00	60.00
)	Sober Survivors - 2915	60.50	60.50
)	Spiritual Awakenings Step Study -2601	50.00	50.00
)	Sunday Midday - 161	100.00	100.00
)	Sunday Morning Eleventh Step - 1206	150.00	150.00
)	Sunrise Promises - 2166	100.00	100.00
)	Thankful Thursdays - 2542	75.00	75.00
)	Tierrasanta Morning Serenity - 2811	58.00	58.00
	Tri-Serenity - 836	20.00	20.00
)	Tuesday Vision 4 U - 2775	20.00	20.00
•	University City Womens - 369	250.00	250.00
)	Wake Up Call - 1932	10.00	10.00
)	Womens Attitude of Gratitude - 2751	78.79	78.79

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

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 year.

January Individual Contributions Jon H., Meghan W., Daniel Y., Jack Robert H., Maureen B., Ski A., Lynn T. Lisa O., Nick C.



Central Office accepts Visa/Mastercard debit/credit cards

Daytime Phone Volunteen

Call Connie: (619) 265-8762

2011 Holidays - Central Office Bookstore Closed					
HOLIDAY	DATE				
Memorial Day	Monday	May 30 th			
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	Saturday	December 25 th			

BOOK OF THE MONTH

February: "Daily Reflections" (large print) \$7.75 reg. \$8.75

March: "Pass It On" sale: \$9.25 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.

Have you checked out the San Diego AA Archive's Room at Central Office? It is open Monday – Saturday from 9 am – 5 pm. We will give you a free tour.

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

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

CENTRAL OFFICE PHONE CALLS FOR January 2011

TOTAL CALLS FOR MONTH 2135	Meeting Info	General Info	XII Step Calls
DAYTIME VOLUNTEERS From 9 am to 9 pm	1411	418	27
NIGHT TIME VOLUNTEERS From 9 pm to 9 am	173	93	13

WEB SITE HITS: January = 10,101 Total 900,195

March 2011AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Mission Hills Late Night	Mt Soledad Mens	San Diego Young Peoples	The We Group	Over The Bridge
6	7	8	9	10	11	12
Adams Ave Big Book	Fresh Start	La Mesa Mens	Water Walkers	East Side	P. B. Early	La Jolla
Dawn Patrol	Beginners	La Mesa Mens	Too	Group	Risers	Speakers
13	14	15	16	17	18	19
La Mesa Women's Sat Morning	Midnight	Safe, Sane and	Evening	Fourth	Pacific Beach	Morning Attitude
Mission Possible Howlers		Sober	Serenity	Dimension	Young Peoples	Adjustment
20	21	22	23	24	25	26
South Clairemont	Cedar St	Southern Cal	Downtown	Imperial Beach	La Jolla	Drunks Only
Rainbow Group	Mens	Speakers	Discussion	Group	Beginners	
27	28	29	30	31		
Clairemont Mens		Harmony Group	Diamond Street	Eva Omanan		
Lemon Grove Easy Risers	North Park Mens		Mens	Eye Opener		

If your Group wants to answer phones, call: Ruben S. – After Hours Phone Chair – (619) 888-2091 Or Connie at Central Office (619) 265-8762

March 2011

A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Every Sunday Conite de Institutiones Oficina Central Hispana 3628 University 6:00 pm Every Sunday Greater San Diego Young People's Coffee Shop 3343 Adams Normal Heights 1:00 pm		Area Policy Committee Central Office 6:30 pm District 19 Center 3909 Centre St Hillcrest 6:00 pm Every Tuesday Information Publica Officina Central Hispana 3628 University 7:00 pm	<u>District 4</u> 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	District 7 Club 1944 30 th St Golden Hill 6:30 pm Every Friday Distrito 15 Oficina Central Hispana 3628 University 6:30 pm	
6	7	8	9	10	11	12
	Public Information Committee Central Office 6 pm District 8 Office Bldg 755 Emory St Imperial Beach 8:00pm	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		
13	14	15	16	17	18	19
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	Contact On Release Committee Central Office 6:45 pm	Fold and Label 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		
20	21	22	23	24	25	26
32 nd Traditions Breakfast Staff NCO Club Camp Pendleton Oceanside Breakfast 9:30am Speaker 10:30am H&I Committee Union Hall 5150 Kearny Mesa Rd Orientation 12:15pm Business Mtg 1:15pm	Area Literature Committee Central Office 7:00 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		
27	28	29	30	31		
Program Committee Central Office 6:30 pm	C.P.C. Committee Varies District 11 Church 8350 Lake Murray Blvd San Carlos 6:30 pm District 5 Church 5050 Milton St Clairemont 7:00 pm					

THINGS TO DO AND PLACES TO GO

Third Weekenders Campout

Where: Potrero County Park

When: March 18-20 Wagon Masters:

South Bay Women Sponsoring Women Workshop

At: 2720 Olympic Pkwy. Chula Vista, CA 91910

When: March 26, 2011 9am-2pm Contact: contact Jane M jmga@cox.net

General Service Workshop

At: La mesa, CA - St Andrews Church

When: March 26 9am-noon

Contact: DCM for more details. Al - Spudboy04@gmail.com.

Pre Conference Assembly

Where: Brawley - Lions Center **When:** 4/9/2011 8:30 AM-5pm Contact: DCM_09@area8aa.org

H & I Intergroup Conference

Where: Hyatt Valencia 24500 Town Center Drive

Valencia, CA

When: 4/15/2011 to 4/17/2011

Contact: www.socalhandi.org to register

San Diego Spring Round Up 2011

Where: Town & Country Hotel in Mission Valley

When: 4/21/2011 - 4/24/2011

Contact: Central Office 619.265.8762

SPEAKER MEETINGS

Check your Meeting Schedule for locations

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

Newsletter Subscription

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

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



Faith By Barb D.

When I first came into the program I had been relying only on myself. I believed in God but what God would want me? I was everything God did not want a person to be. I was dishonest, dirty and I did not go to church. At this time in my life that is what I thought God was like. One of the very first suggestions I heard when I quit drinking was "just be honest". Ok, I thought and I felt afraid. Be honest? Let others know what I am about, who I am? I instantly thought "is that ok"? I didn't know it was ok to share things you were feeling. I drank away any feelings I didn't like. I think that is where I first found faith. I found faith in AA. I was allowed to talk about how I was feeling, what happened and what it is like now. But I had to trust my group. The anonymity piece created the trust I had with my group. Then I was able to let go and to intuitively know, I was going to be ok. It started just a minute at a time at first, but then an hour at a time and then a day at a time. That to me is faith. To trust everything will be ok. But that was only achieved by working the 12 steps and believing in a higher power. I do not rely on myself anymore. I rely on my higher power and believe everything will be ok. I am not God.

Ok, so that is where I started in my faith journey. Faith isn't just something that comes all at once, but for me it has changed through the years. I gained faith a little at a time. I gained faith when someone new kept coming back. When they started to open up and share after a few meetings, I gained faith. When they started being interested in others, I gained faith. When they started to volunteer in meetings, I gained faith. So, by watching others it gave me proof this program works and it helped me believe and have faith.

Life isn't always smooth just because you are sober. When problems arose, I kept my faith and believed everything will be ok. I did my best and asked God for guidance. The outcome may not be what I want, but acceptance and faith helped those situations. There is no "I" in this "We" program. When I mention keeping the faith that also means being prepared and asking for help when needed. I believe the God of my understanding works through others and what I hear in meetings is usually just what I need. And the times I had little faith, I prayed for the willingness to believe.

It's humbling to admit, after 27 years, "I'm Barb and I'm an alcoholic". I've felt like I have been giving lip service in the program these past few years. It's not new to me anymore. I wanted it to be new again. I wasn't going to drink. I just needed something else. So, I started going to more meetings. I've heard what I needed to hear. It's still "A Day at a Time". I still need to do steps one through

twelve. I want to keep growing. These sentences all start with me, so I got a new sponsor. I'm not going to go this alone. The hand of AA was there for me 27 years ago; I want it to be there for the next person. I went back to my old Alano club for more meetings; my faith was increased again. My old friends, who helped me so long ago, were still in the same meetings. This program works and the proof is in the meetings. Last night we honored 14 alcoholics who have one year of sobriety. My faith increased by fourteen. They are members new and old in the program. This is how it works.

Faith By Thomas K.

Faith, an unquestioning belief, was something totally foreign in my life. I spent eleven years of off and on meetings which showed me the A.A. program was a dismal failure. Praying to something I couldn't see, hear, touch, or smell and then having this physical/mental obsession for alcohol removed didn't work. I tried and if anything the desire to drink increased by going to meetings because talking about it made it worse. As a result of the failed attempts I had no faith at all; in fact I believed that A.A. didn't work for me. I could see past my nose and admitted that A.A. did work for some people. However, what I saw was a group of clones who all spoke the same thing. Push a button and one would say, "keep coming back". Press another button and I heard, "one day at a time". A third responded, "ninety meetings in ninety days". A fourth said, "read the book". Honestly, I wanted to throw up. Disagree and you're a candidate for going out and getting drunk. What, if any, was the solution?

My opinion was that success was measured by my will. Nothing was going to control my life. If I didn't do it myself who would? As I look back, page 60 described me perfectly, "each person is like an actor who wants to run the whole show." This was a major crossroad very early in my sobriety. I didn't want to admit there was something other than me. My sponsor asked me one thing. "Can you admit that you're not God and there is something else in this universe? This is all you need to do to get your start on the recovery road. You admitted praying to this God you didn't believe in during the darkest moments of your drinking to help get you through the shakes and withdrawal one more time."

The light bulb suddenly went on and for the first time in eleven years I could see. It was at this point faith slowly entered my life. I could admit to a higher power, having prayed to it and I could accept there was something other than myself running the show. I was still top billing and the

Continued on page 15.

Continued from Page 14 (Thomas K.)

show wouldn't go forward without me but I needed a little bit of help from the group or these "clones" as I called them. They succeeded where I failed. I pondered that for a long time and made an effort to find out why.

By doing my research I found myself accepting direction. Suddenly I had blind faith in my sponsor and home group. Nothing happened overnight. Slowly, a faith in the program, this experience and direction filtered through the concrete wall to my brain. There was still no belief in God but there was a strong faith in the program and its members; there was something to this entire concept.

Thirty four years later I have a faith in a higher power that I don't question. I do my footwork, my job, and I leave the outcome alone. I know things will turn out exactly the way they're suppose to.

I've become a clone because I say, "keep coming back, one day at a time, easy does it, and 90 meetings in 90 days". It works because I know something is out there greater than me. I achieved sobriety, something I couldn't do on my own. I got help by merely admitting there was something else. I was given enough faith to open my brain. Today I would argue, why it does work and how it won't fail if you just have faith. I now believe. Can you?

Faith By Lisa O.

Back in the day, when I was abusing my mind, my body and the people around me, I took up residence in a pit of despair. Life seemed hopeless, empty and meaningless. Trouble and suffering engulfed me daily. The futility of it all overwhelmed me. All my friends had forsaken me, including my best buddy John Barleycorn. My boyfriend at the time attempted to comfort me by telling me "You've got to have faith!" "Faith in what?" was my response. In my despondent condition, I would not even entertain the idea that there was any kind of benevolent power in the world, something I could believe in and depend on as a source of strength.

I had spent my life debunking organized religion and whining about the hypocrisy of people who said they were religious. I wanted no part of the mainstream that ordered me to "Do as we say, not as we do."

The Big Book describes the condition I was in: "Besides a seeming inability to accept much on faith, we found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice. Many of us have been so touchy that even casual reference to spiritual things made us

bristle with antagonism." (Alcoholics Anonymous, 3rd & 4th Eds. Bill Wilson, Page 47 and 48.)

The Big Book goes on and outlines the solution for my situation: "This sort of thinking had to be abandoned. Though some of us resisted, we found no great difficulty in casting aside such feelings. Faced with alcoholic destruction, we soon became as open minded on spiritual matters as we tried to be on other questions. In this respect alcohol was a great persuader. It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will be prejudiced for as long as some of us were."

The Big Book emphasizes what my ex-boyfriend said; I've got to have faith. But how do I get faith if I think I don't have any? How is faith acquired? Does it come after trial and error, by observation or by experimentation? Is faith something that comes suddenly? Or is faith something that grows and prospers? Do I need to declare "I have faith" and then sit back and wait for faith to show itself in my life?

The 12 & 12 says that I already have faith. Don't I believe that the sun will rise every morning and set every night, even if the day is cloudy and I can't see it? But faith is a reliance on something that I can't see, like electricity. I have faith that if I flip the switch, the light turns on.

Likewise, in AA, I can see other people living by the principles of the program, and my faith grows. I too, can *not* drink one day at a time. I can believe, I can *know* that if I follow the same principles, my life will get better and I will grow in the sunlight of the spirit.

My friend, Claudia, has a deep and abiding faith; in times of trouble, she reminds me, "Everything everywhere is already all right." In the beginning, I *hope* that everything will be okay, but over time, hope becomes faith that, if I stay sober, work the steps, and practice the principles of the program in all my affairs, I become convinced that life has meaning. I have a place in the world. The promises will come true for me, as they have for countless others.

Faith is an internal notion I have that not only is everything okay, but it will continue to be okay; that life may bring storms and challenges and possibly even tragedies, but I will be able to face life on life's terms because of my faith in my ability to do so.

As the Big Book says, "Imagine life without faith! Were nothing left but pure reason, it wouldn't be life." (AA, 3rd & 4th Eds. Page 54.)

2nd Annual – South Bay Women Sponsoring Women Workshop

Hosted by AA District 8

If you are a woman who sponsors, is looking for a sponsor, will sponsor in the future or has questions about sponsorship, this event is for you! Additionally, this event is fun and free. Potluck Style – Feel free to bring a dish to share.

Saturday, March 26, 2011 9:00 a.m. to 2:00 p.m. Registration 9:00 to 9:30

Guest Speakers Sobriety Countdown Round Table Discussion



Church at 2720 Olympic Pky, Chula Vista, CA 91915 The meeting facility is located **near**, not in, The Olympic Training Center in Chula Vista.

Coming to Chula Vista from 805 North or South: Exit at Olympic Parkway/Orange Avenue and go **east** about 6.3 miles. Turn right into the first driveway after passing Olympic Vista Road. There is a traffic light at Olympic Vista Road.

Coming to Chula Vista from the East County:

Toll Road Directions: Take the 8 West Freeway to the 125 South. This is a toll road that will cost about \$4.00 to go one way. Exit the 125 South at Olympic Parkway and turn left to head east. Turn right into the first driveway after passing Olympic Vista Road. There is a traffic light at Olympic Vista Road.

<u>To Avoid the Toll Road</u>: Take the 8 West Freeway to the 54 West. Exit at Briarwood Road. Go right at the end of the Briarwood off ramp. Go right onto Sweetwater Road. Take a left at the traffic light at Central Avenue. Turn right onto Bonita Road. Turn left onto Otay Lakes Road. Go about 5 miles and take a left onto Olympic Parkway. Turn right into the first driveway after passing Olympic Vista Road. There is a traffic light at Olympic Vista Road.

For more information, e-mail southbaywsw@gmail.com

GENERAL SERVICE

Everything You Wanted To Know About Being Of Service-BUT were Afraid To Ask

Saturday March 26th, 2011 8:30 am to 12:00 Noon

Church @ 8350 Lake Murray Blvd. San Diego 92119

BreakfastMovie

Speakers

Q & A

Sponsored by District 11

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,

<u>Literature@area8aa.org</u> EMAIL TO SET ARRANGEMENTS