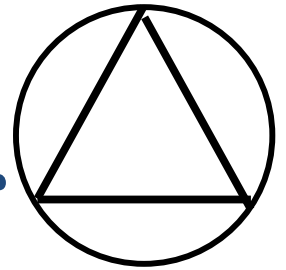


# The San Diego AA Coordinator



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

*"It is only where boy meets girl on A.A. campus, and love follows at first sight, that difficulties may develop."*

Reprinted with permission from A.A.W.S. Twelve Steps & Twelve Traditions, page 119

**MARCH 2012**

VOL. XII 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**

**Sponsorship** (due 2/23)

**MAY**

**Two-Stepping** (due 3/22)

**JUNE**

**Rule 62** (due 4/26)

Submit 500 to 1000 word  
story to Newsletter Chair at:  
[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

For more information, see page 2

## **Girl Meets Boy on AA Campus**

by Lisa O.

Many of us arrive here wounded. Life's circumstances, other people and our own behavior have damaged us. It is only human to seek comfort. Before we got to AA we sought solace in a bottle, in a bag or in someone's bed.

I hear people say, "Don't drink no matter what." They also say "No relationships for the first year." With my keen alcoholic thinking, I knew the latter command *couldn't* be true because they also told me to get a sponsor. What did my sponsor and I have but a relationship? Therefore the admonition, no relationships for the first year, had to be false.

I waited, though. I got busy in the fellowship, attended lots of meetings, took commitments and socialized. A group of us used to go bowling, and it was in that bunch of drunks, at the tender age of 14 months sober, that I met Mr. Right. I convinced myself it was a mere technicality that he only had eight months. Using alcoholic arithmetic, I deduced that I was two months past a year. If I added that two months to his eight months, that would give him 10 months and that's almost a year, isn't it?

Within a very short time we moved in together. I conned myself into thinking I was practicing different behavior because it took us three weeks to set up house versus the couple days it would've taken when I was still drinking. It wasn't long at all before he relapsed. The funny thing is I didn't think so! All the signs and symptoms of active alcoholism were there and I denied each one, lying to myself. I don't know whether love is blind, but lust is not only blind it's deaf and dumb. I couldn't accept the idea that he would do that to me. One day I opened my eyes to the truth and confronted him. As a result of our argument I was in such emotional pain that my only solution was to drink with him. A short time later I lost my job and we were getting evicted. Thank God I got to detox and got back on the road to recovery.

Some of the lessons I learned were immediate, others became apparent later. One, he didn't do that *to me*, he was an alcoholic just like me. Neither of us had the emotional maturity to enter into a healthy relationship. When confronted with a conflict, we resorted to old solutions (drinking) that only brought on more problems. Two, as the "older" sober person, I had a responsibility to *not* hook up with him. I took advantage of his vulnerability. When it was time to make amends, I owed him one.

*(Continued on page 14)*

**ALCOHOLICS ANONYMOUS  
SAN DIEGO CENTRAL OFFICE**

24 HOUR PHONE (619) 265-8762  
 OUR WEB PAGE [www.aasandiego.org](http://www.aasandiego.org)  
 E-MAIL: [sdaaco@aol.com](mailto: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](mailto: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, 12<sup>th</sup> 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 Rick W.  
 Council Assistant Nicki F.  
 After Hours Phones Paul B.  
 Business Committee Ray R.  
 New Coordinators Carrie  
 Outreach Committee Paul H.  
 Program Committee Brian  
 Public Info Committee Sallye M.  
 Newsletter/Coordinator Thomas K.

**Area Officers:**

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

**Contributors:** Lisa O.

**February Theme:** Boy Meets Girl On AA Campus

**Collate:** Wed., February 15, 2012  
 5:30 pm, at Central Office

**Committee Meeting:** Thursday, Feb. 23, 2012  
 6:00 pm, at Central Office

**VIEW FROM THE CHAIR**

In addition to three articles on our topic of Boy Meets Girl on A.A. Campus we've started a new column on the History of Alcoholism I hope that you will find of interest. Each month we will move forward a little in time and discuss the various programs and opinions of doctors before A.A. began in 1935. Some of the information will surprise you. Our next monthly theme is Sponsorship and I welcome any of you would be writers who would like to submit an article. Remember this is your newsletter.

In service  
 Thomas K.

**Thanks to Our  
January 18th  
Collating Volunteers!**

Groups Represented	Volunteer
Newsletter Chair	Thomas K.
We Group	Wes T.
Harmony Group	Robbie T Sandy A Jim M Joel R Eva G Heike G
AA Member	Sober Tom

## A History of Alcoholism

*Every culture with sugar seems to have developed some kind of alcoholic drink*

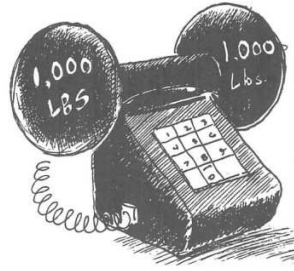
*such as honey mead or fermented grapes. Once developed laws had to be created to control it.*

Alcohol use in the United States began as early as the **Mayflower** voyage in 1621, as beer was the liquid of choice, not water. At that time beer was considered a safer beverage to drink than water which became contaminated in the wooden barrels on the voyage from England to the United States. As a result of running short of spirits on the first voyage, the **Arbella**, the second voyage in 1630, carried three times as much beer as water as well as 10,000 gallons of wine. Rum, the beverage for the sailors and not the passengers, was also carried in abundance. As early as 1746 Maine seeing the need for reform became the first state to ban the sale of alcohol. The problems had already begun!

Benjamin Rush (1746-1813), a signer of the declaration of independence and respected physician, recognized that drunkenness was not being sinful and a matter of choice which was the opinion of society. Rush believed the alcoholic loses control over himself because of the properties of alcohol, the first step toward recognizing the disease concept. He proposed alcoholics should be weaned from their addiction via less potent substances and further recommended cold baths and abstinence from any further alcohol use. He sent 1000 copies of his findings *Inquiry* to the first temperance reform gathering in 1811. Rush knew any cause preached from the pulpit would be a cause to be reckoned with.

Lyman Becher (1775-1863) who became part of history with his 6 Sermons on intemperance in 1825 which basically said that intemperance was not only drunkenness but the daily use of ardent spirits. With Justin Edwards it lead to the formation of the American Society for the Promotion of Temperance in 1826. Within three years there were 1000 societies with 100,000 members and by 1834 there were 5000 societies with 500,000 members. The society was for total abstinence from all that can intoxicate including wine and beer which initially had been excluded. Dr. Rush and his *Inquiry* article were ignored. The prevailing opinion was alcohol was the cause of alcoholism and nothing can be done for him. "Keep temperate people temperate, the drunkards will soon die, and the land will be free.

[Next month look forward to the Washington Temperance Society of Baltimore \(1840\). What famous American was a member of the Washingtonian's? Answer in next months Coordinator.](#)



## Phone Volunteers

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

Call **Connie J.** 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!

<b>Ingeborg B.</b>	<b>12/27/84</b>	<b>27 years</b>
<b>Nancy F.</b>	<b>1/1/08</b>	<b>4 years</b>
<b>Cheryl L.</b>	<b>1/9/08</b>	<b>4 years</b>
<b>Gene K.</b>	<b>2/1/91</b>	<b>21 years</b>
<b>Michelle S.</b>	<b>2/4/09</b>	<b>3 years</b>
<b>Ski A.</b>	<b>2/5/64</b>	<b>48 years</b>
<b>Denise L.</b>	<b>2/15/10</b>	<b>1 year</b>
<b>Lynn T.</b>	<b>2/15/84</b>	<b>28 years!</b>
<b>Lisa O.</b>	<b>2/16/05</b>	<b>7 years</b>
<b>Mishele S.</b>	<b>2/18/08</b>	<b>4 years</b>

### Birthday Gratitude

Name \_\_\_\_\_

City/Home Group \_\_\_\_\_

Sobriety Date \_\_\_\_\_

Amt. Enclosed \_\_\_\_\_

Please mail to:

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

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

## Group and Meeting Changes

**\*\*NEW MEETINGS\*\***

**Santee Mens Group Codes: M \***

City Hall 10601 Magnolia Ave  
Wed @ 7:30 pm Santee

**13<sup>th</sup> Mens Codes: C M**

Office Bldg 755 Emory St (park in rear)  
Thu @ 8 pm Imperial Beach

**\*\*NEW MEETINGS AT\*\***

5107 Waring Rd

**Acceptance Is The Answer**

Mon @ 5:30 pm Allied Gardens

**There Is A Solution**

Tue @ 5:30 pm Allied Gardens

**Serenity @ 5107**

Wed @ 5:30 pm Allied Gardens

**Spiritual Way Of Life Code: C**

Thu @ 5:30 pm Allied Gardens

**Grow Or Go**

Fri @ 5:30 pm Allied Gardens

**\*\*TIME CHANGE\*\***

**Free Thinkers**

Comm Ctr 4044 Idaho St  
Wed @ 6:30 pm North Park  
(was 6:50 pm)

**Tues Morning Breakfast Special Code: \***

Restaurant 8910 Troy St  
Tue @ 8 am Spring Valley  
(was 8:15 am)

**\*\*CODE CHANGE\*\***

**3<sup>RD</sup> Eye Ladies Meditate Codes: C W \***

Office Bldg - Rm 108 4535 30<sup>th</sup> St  
Wed @ 7 pm University Heights  
(was Codes: C L \*)

**\*\*ROOM CHANGE\*\***

**Womens Attitude Of Gratitude Code: C**

Health Occupation Ctr - Rm 7  
9368 Oakbourne Rd  
Wed @ 6:30 pm Santee  
(was Rm 12)

**\*\*CANCELED\*\***

**Serene Solutions Young People B/B**

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

**Women In Sobriety Code: W**

Recv Hm 759 8<sup>th</sup> Ave  
Tue @ 8 am Downtown

### The God Idea

**When we saw others solve their problems by a simple reliance upon the Sprit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did.**

Reprinted with permission from A.A.W.S.,  
Alcoholics Anonymous, p.52

### Coordinating Council Attendance

**The following 60 groups attended February Coordinating Council  
There are 760 registered groups in San Diego  
WAS YOUR GROUP THERE?**

**NEXT COUNCIL MEETING IS: THURSDAY, March 8, 2012**

### THANK YOU FOR YOUR SERVICE TO ALCOHOLICS ANONYMOUS OF SAN DIEGO

<p>3<sup>rd</sup> Eye Ladies Meditate 11<sup>th</sup> Step Journey 13<sup>th</sup> St Mens AA By The Bay Big Book &amp; 12 X 12 Casa De Oro Tradition Five Cedar Street Mens Chapter 5 Clairemont Mens Clairemont Womens Daily Reflections Downtown Discussion Drunks Only Early Morning Recovery East Side Group El Cajon Womens Serenity Fresh Start Beginners Friday Night Irregulars Gifts Of Grace God Squad Too Golden Hill Sun Discussion Great Fact Group Harmony Group Kelton Ave Big Book Study La Mesa Beginners La Mesa Mens La Mesa Step Study Workshop La Mesa Womens Sat Morning Little Apple Group Mira Mesa Friday Night</p>	<p>Miracles On Monday Mission Hills Late Night Monday At A Time North Park Mens Old Town Speakers Over The Bridge Pacific Beach Young People Point Loma Mens Porter Hall Structured S/S Progress Rather Than Perfection Rainbow Group Rule 62 S.D. Speakers Meeting Santee Saturday Night Speakers Santee Thursday Closed Mixed Sat Mens Early Awakening Sat Night Early Discussion Saturday A.M. Live Scripps Ranch Mens Two Smokefree La Mesa Womens Sober Nooners Southern Cal Speakers Straight Shooters Sunday Midday The Other Meeting The We Group Tues Night Big Book Step Study Two-Bit Speakers Water Walkers Too Womans Let Go And Let Go</p>
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### Turning It Over

Every man and woman who has joined A.A. and intends to stick has, without realizing it, made a beginning on Step Three. Isn't it true that in all matters touching upon alcohol, each of them has decided to turn his or her life over to the care, protection, and guidance of Alcoholics Anonymous?... Any willing newcomer feels sure A.A. is the only safe harbor for the foundering vessel he has become. Now if this is not turning one's will and life over to a newfound Providence, then what is it?

Reprinted with permission from A.A.W.S., Twelve Steps and Twelve Traditions, p. 35

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

**Minutes of the Coordinating Council**  
**Thursday, February 9, 2012**

Rick W. – Council Chair called the 800<sup>th</sup> meeting to order at 7:30 pm. 12 Traditions and Council Definition and Purpose were read. There were 13 new Coordinators, 0 visitors and 5 birthdays. 7<sup>th</sup> Tradition was \$74.08. Roll Call: Nikki F., Assistant Council Chair reported 59 groups were represented out of 87 registered Coordinators. There was a quorum (36) It was m/s/c to approve the minutes of January 2011 Council Minutes.

Area Assembly No Report Given.

For information on all Area Events, please visit the [area08aa.org](http://area08aa.org) website or contact Central Office at 619-265-8762.

H & I Representative: Debbie, Co-Director shared the purpose of H & I (to establish and maintain AA meetings in facilities where people are confined and to bring AA General Service Conference approved literature into those institutions). We have more requests to bring a meeting in than we have volunteers, so we are always looking for new members. Individuals or groups may adopt a meeting. We have two Orientation Meetings each month: 3<sup>rd</sup> Sunday @ 12:15 pm Hall 5150 Kearney Mesa Rd 92111 and 3<sup>rd</sup> Thursday @ 7 pm Central Office 7075-B Mission Gorge Rd 92120. Contact on Release's purpose is to introduce alcoholics being released from confined facilities to AA in San Diego. When notified of a release in San Diego County, volunteers contact the individual and take them to their first few meetings. Go to [area8aa.org](http://area8aa.org) and click on the H & I tab for more info.

AFTER HOURS PHONES: Zak S., committee member shared: All nights are currently filled and thank you to the current groups for your service.

BUSINESS COMMITTEE: Ray R. Chair reported

Committee met on Tuesday 2/7/12 at 6:08 pm.

Present: Ray R., Jerry C., Gary C., Steve E., Leonard R., Gary U., Rick W., Council Chair, Nikki F., Asst Council Chair and Connie J., Central Office Manager. There was a quorum.

- 1) It was m/s/c to approve January 2012 Minutes.
- 2) It was m/s/c to approve January 2012 Financials.

January 2012 Financial Statements' Summary:

- a) Our January 2012 Net Revenue is \$420.89. Our 2012 YTD Net Revenue is \$420.89.
- b) Group and Individual Contributions were \$10,090.49. Literature Sales Revenue and bank interest was \$1,981.81 while total office and committee expenses were \$11,651.41 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: *Dr Bob & Good Old-timers* on sale: \$8.50 reg: \$9.50
- 2) March's Book of the Month: "Experience, Strength & Hope" (stories from 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Editions Big Book) sale: \$6.00 reg. \$7.00
- 3) Processed our 501C3 CA Public Utilities Approval Letter with AT & T to receive 50% off our phone bill on Jan 9<sup>th</sup>. Previous bills have been an average of \$240, the reduced bill received in February was \$131.
- 4) Quarterly & Year-end Payroll Tax Forms filed & Quarterly Sales Tax Filed.
- 5) Filed our CA Corporation Information Form (2 yr)&Fictitious Business Name (5yr).
- 6) Central Office offers Gift Certificates for \$10-\$25 increments for holiday shopping.
- 7) *Coordinator Newsletter*: sign-up for a FREE subscription electronically by email. Send an email to [sdaaco@aol.com](mailto:sdaaco@aol.com) or call 619-265-8762. Hard copies will continue to be available at Central Office. Currently emailing 1,400.

Committee Member reports:

- 1) Ray R. – Kept abreast of Central Office Activities during the month.
- 2) Gary C. – Reviewed January bank deposits.
- 3) Jerry C. – signed checks and tax filing forms, reviewed bank reconciliations and financial statements.
- 4) Steve E. – Meeting schedules available and reviewed [aasandiego.org](http://aasandiego.org) website.
- 5) Nikki F. – handed out Coordinator reminder call lists to members.
- 6) Leonard R. – prepares committee minutes.

Continued on page 6.

Continued from page 5.

**Old Business:**

- 1) There was discussion on Faithful Fivers.  
Reprinted from A.A. Guidelines (MG2) on  
Central Office/Intergroups from General  
Service Office, New York

“Suggested Methods of financing  
at Central Office:

- 2.) A.A. members may make individual  
contributions, on a pledge or voluntary  
basis, directly to the service office.”
- 2) Tokens: 226 purchased Jan 18-31, 2012 by  
AA Groups and individuals.

New Business: There was none.

COORDINATOR NEWSLETTER Tom K.,  
Chair reported committee met on Thursday,  
1/26/12. Present: Lisa O. Carolyn F., and  
Thomas K.

April’s Theme: “Sponsorship”. Submissions of  
500-1000 words welcome.

(Submissions due by February 23<sup>rd</sup>) Send to  
[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com) or mail to Central  
Office at 7075-B Mission Gorge Rd San Diego,  
CA 92120. Come join in the fun. NEED groups  
to adopt a month to collate the newsletter.

COORDINATOR OUTREACH Terry L.,  
member shared that there are 750 groups in our  
meeting schedule and there are 59 Coordinators  
present tonight. He invited present  
Coordinators to visit groups without a  
Coordinator and ask how the Council can be of  
service to their groups. He made a list available  
for members to visit.

ORIENTATION & GUIDELINES Carrie  
reported committee met tonight at 6:30 pm.  
present: Carrie, Jym and Duncan. Absent: Jim R.

- 1) Orientated 3 new Coordinators.
- 2) Discussed duties of the Coordinator and  
orientation packets and questions. Read the  
“History of San Diego”, Traditions 2 & 4,  
Robert’s rules of order” and a Quorum.

PROGRAM COMMITTEE: Brian shared  
committee met on 1/22/12 at 6:30 pm and 2/5/12.

- 1) Planning stages of Founders Day Picnic for  
either Saturday June 9<sup>th</sup> or 16<sup>th</sup> at Admiral  
Baker Field in Gazebo or other location?
- 2) Committee plans 3 annual events: Founders  
Day Picnic, Anniversary of AA in San Diego  
and New Year’s Eve Event.

PUBLIC INFORMATION COMMITTEE:

Sallye M., Chair reported that the committee  
met on Monday, 2/6/12 at 6 pm. The Public  
Information Committee of the San Diego  
Coordinating Council is responsible for carrying  
the message of recovery to the still suffering  
alcoholic by informing the general public about  
the A.A. program.

This month some of the activities of the  
committee and its volunteers are as follows:

- 1) We have placed a rack of literature in the  
Senior Center at 4<sup>th</sup> & Ash, 3 in libraries in  
the University Heights Neighborhood and 1  
library in Oak Park.
- 2) We have sponsored a booth at the Homeless  
Outreach Connect.

Projects we are currently working on are:

- 1) Request to speak at Downtown Detention  
Center in March.
- 2) A booth at the SD County Probation  
Juvenile Hall Open House in May.
- 3) Working on a Power Point Presentation for  
a 5 min, 15 min or 30 min presentation.
- 4) Committee member will visit all the  
currently placed racks to refill pamphlets if  
necessary.
- 5) Committee member creating a volunteer list  
who will be available for presentations or  
booth participation. Will also visit Young  
Peoples Service Meetings to recruit younger  
speakers for schools.
- 6) PI member visited the Area 08 CPC  
Committee as liaison for our joint project on  
our outreach to the Asian Community.
- 7) We are down to 3 PI literature racks. Please  
inform groups if they are available to help  
fund with a \$20. We are looking to putting  
22 racks in the San Diego City High Schools.

OLD BUSINESS: There was none.

NEW BUSINESS:

- 1) Motion from East Side Group presented by  
Lori N., Coordinator “Reconsider the selling  
of tokens at Central Office” Motion was  
second. There was discussion.  
Vote taken: 15 yes – 39 no. Motion fails.

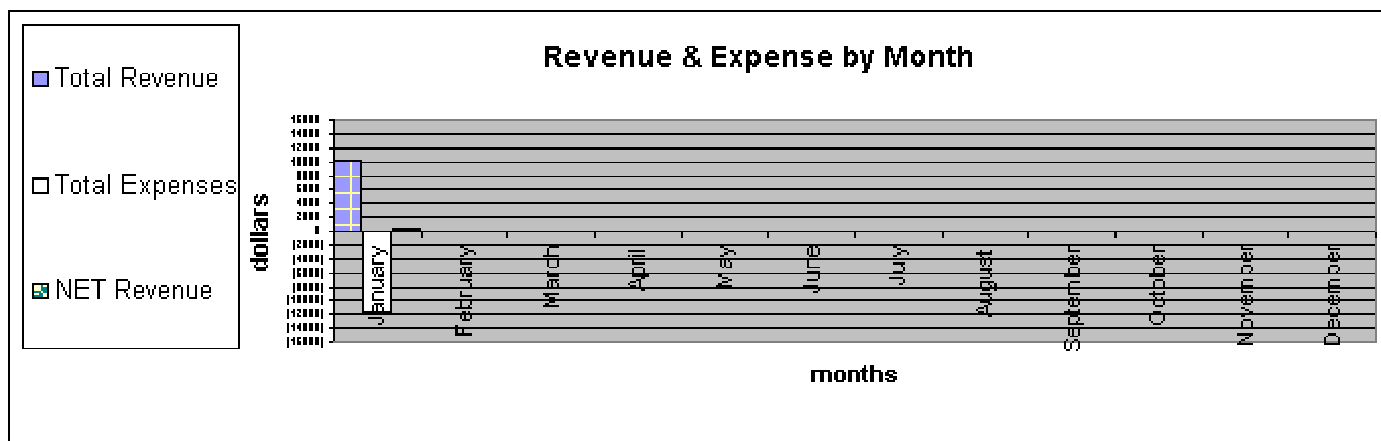
Respectfully submitted,

*Connie J.*

Connie J., Recording Secretary

## January 2012 Statement of Revenue and Expenses

	January '12	January '11	YTD '12	YTD '11	\$ Change	Budget '12
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	9,061.33	10,953.66	9,061.33	10,953.66	(1,892.33)	115,162.00
Contributions Individual	789.16	659.70	789.16	659.70	129.46	7,360.00
Contributions SDIAA	240.00	240.00	240.00	240.00	-	1,240.00
Interest - Cert of Deposits	30.60	50.35	30.60	50.35	(19.75)	625.00
<b>Total Revenue</b>	<b>10,121.09</b>	<b>11,903.71</b>	<b>10,121.09</b>	<b>11,903.71</b>	<b>(1,782.62)</b>	<b>124,387.00</b>
<b>Expense</b>						
Accounting & Legal	-	-	-	-	-	2,650.00
Auto/Travel/Seminar	90.75	28.50	90.75	28.50	62.25	1,300.00
Bank Service Charges	2.00	2.00	2.00	2.00	-	125.00
Cash (Over) Short	5.27	19.61	5.27	19.61	(14.34)	(50.00)
Equipment Maint & Repair	35.27	-	35.27	-	35.27	500.00
Equipment Purchase	-	-	-	-	-	500.00
Insurance	66.00	50.00	66.00	50.00	16.00	900.00
Office Maint. & Repairs	16.13	-	16.13	-	16.13	500.00
Office Supplies	177.98	384.50	177.98	384.50	(206.52)	3,500.00
Rent	1,697.00	1,648.00	1,697.00	1,648.00	49.00	20,772.00
Taxes	63.10	1.05	63.10	1.05	62.05	80.00
Telephone	241.07	239.27	241.07	239.27	1.80	2,900.00
Utilities-Electricity	315.96	287.84	315.96	287.84	28.12	3,600.00
Website	40.85	56.75	40.85	56.75	(15.90)	500.00
EMPLOYEES			-			
Accrued Payroll Taxes	751.70	842.45	751.70	842.45	(90.75)	6,900.00
Employee Wages	6,802.86	7,422.86	6,802.86	7,422.86	(620.00)	83,800.00
Employee 403B Contribution	187.14	175.00	187.14	175.00	12.14	2,100.00
Employee Health Benefit	817.00	853.04	817.00	853.04	(36.04)	9,875.00
Insurance-Worker's Comp	50.00	50.00	50.00	50.00	-	650.00
<b>Total Expense</b>	<b>11,360.08</b>	<b>12,060.87</b>	<b>11,360.08</b>	<b>12,060.87</b>	<b>(700.79)</b>	<b>141,102.00</b>
<b>Net Ordinary Revenue</b>	<b>(1,238.99)</b>	<b>(157.16)</b>	<b>(1,238.99)</b>	<b>(157.16)</b>	<b>(1,081.83)</b>	<b>(16,715.00)</b>
<b>Other Revenue/Expense</b>						
<b>Literature Revenue/Expense</b>						
Sales (see schedule)	1,951.21	2,255.50	1,951.21	2,255.50	(304.29)	23,500.00
	1,951.21	2,255.50	1,951.21	2,255.50	(304.29)	23,500.00
<b>Standing Committees Expense</b>						
Committee (see schedule)	291.33	364.18	291.33	364.18	(72.85)	6,785.00
<b>Total Other Expense</b>	<b>291.33</b>	<b>364.18</b>	<b>291.33</b>	<b>364.18</b>	<b>(72.85)</b>	<b>6,785.00</b>
<b>Net Other Revenue</b>	<b>1,659.88</b>	<b>1,891.32</b>	<b>1,659.88</b>	<b>1,891.32</b>	<b>(231.44)</b>	<b>16,715.00</b>
<b>Net Revenue</b>	<b>420.89</b>	<b>1,734.16</b>	<b>420.89</b>	<b>1,734.16</b>	<b>(1,313.27)</b>	-



Group	Jan-12	Ytd 12
4077 Mash Step 11Read-Medita-Share - 2027	25.00	25.00
Alpine Mixed Step Study - 2621	50.00	50.00
As Bill Sees It-University Height-1788	30.00	30.00
B.Y.O.B. (North Park) - 203	60.00	60.00
Back To Basics For Women - 1675	59.13	59.13
Battery Chargers - 98	468.62	468.62
Battery Chargers Thanksgiving Alkathon	137.27	137.27
Breakfast Of Champions - 2818	175.00	175.00
Cedar Street Mens - 1698	185.00	185.00
Come Get Recovery - 2630	35.00	35.00
Conscious Contact Meditation - 2834	50.00	50.00
Coronado Sunday Noon - 1830	250.00	250.00
Dawn Patrol - 263	122.63	122.63
Downtown Discussion - 1665	73.18	73.18
Early Morning Recovery - 2688	45.09	45.09
Early Risers (PB) - 264	120.00	120.00
Eastlake Greens Attitude Adjustment - 2691	48.00	48.00
Eastlake New Beginnings B/B S/S - 2673	80.00	80.00
Easy Does It Speakers - 114	50.00	50.00
El Cajon Daytime - 52	300.00	300.00
Fairmont Park Discussion - 2832	70.00	70.00
Fishermen In Recovery - 2863	75.00	75.00
Free At Last - 2888	77.00	77.00
Free Thinkers - 2824	100.00	100.00
Fresh Air Friday - 266	100.00	100.00
Good Morning AA - 1888	45.00	45.00
How It Is Now Speakers - 390	20.00	20.00
I. B. Up - 2565	175.00	175.00
Joy Of Living - 2787	200.00	200.00
Lake Morena Sink or Swim - 2830	50.00	50.00
Lake Murray Womens - 572	60.00	60.00
Lakeside Drunks - 2423	120.00	120.00
Live & Learn Mens Big Book Study - 2885	100.00	100.00
Mens Recovery Group - 830	100.00	100.00
Mens Structured Step Study - 1469	67.42	67.42
Midnight Howlers - 1025	100.00	100.00
Mira Mesa Monday Noon Mixed - 542	45.00	45.00
Mira Mesa Sunday - 376	33.50	33.50
Mira Mesa Womens - 411	100.00	100.00
Monday Night Prospectors - 2897	81.30	81.30
Noon At The Grove - 628	100.00	100.00
Noontime on the Patio - 2203	100.00	100.00
North Park Mens - 465	113.60	113.60
One Step At A Time Runners - 1664	116.67	116.67
Pass It On Big Book Study Group -2860	156.99	156.99
Penasquitos 12X12 - 2759	10.00	10.00
Safe Sane and Sober - 1350	615.50	615.50
Sat Mens Early Awakening - 2209	125.00	125.00
Serendipity Womens - 1642	130.00	130.00
Smokeless Drunks Luncheon - 1008	240.00	240.00
Sober Nooners - 196	136.42	136.42
Sober On Sat Step Study - 2193	45.00	45.00
Sole Purpose Group - 1657	30.00	30.00
Spiritual Awakening - 2275	1,676.80	1,676.80
Sunday Morning Eleventh Step - 1206	90.00	90.00
The Joy Of Living Group - 2636	150.00	150.00
The Other Meeting - 857	308.10	308.10
Tierrasanta Morning Serenity - 2811	30.00	30.00
Top of The Hill - 41	50.00	50.00
Tri-Serenity - 836	10.00	10.00
Tues Night Big Book Step Study - 1813	84.00	84.00
Weds Rule 62 Lunch Group - 687	114.00	114.00
Womens Attitude of Gratitude - 2751	55.00	55.00
Womens Thursday Nite - 514	111.11	111.11
Womens TLC - 2814	50.00	50.00

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, 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 hope to the still suffering alcoholic.



Individual AA members may also make contributions to Central Office up to \$3000 per year.

\*AA Self Support Pamphlet, pg 9  
Some choose to contribute \$1 or \$2 on their sobriety birthdays for each sober year.

January Individual Contributions  
Thomas K., Cheryl L., Mishele S.,  
Lisa O., Martin B., Robert H.,  
Denise L., Lynn T., Michelle S.

**January 2012**

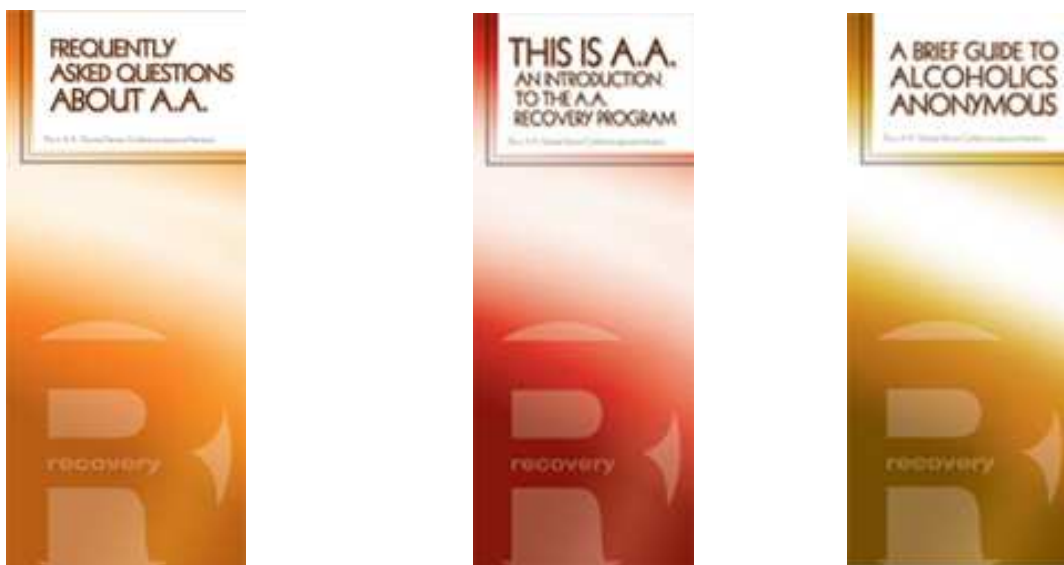
Group Contributions:	9,061.33
Individual Contributions:	789.16
SDIAA Contributions:	240.00
Literature & Interest :	<u>1,981.81</u>
<b>Total Revenue:</b>	<b>\$12,072.30</b>

Central Office Expenses:	-11,360.08
Committee Expenses:	<u>-291.33</u>
<b>Total Expenses:</b>	<b>-\$11,651.41</b>
January Net Revenue:	\$420.89
<b>2012 YTD Net Revenue:</b>	<b>\$420.89</b>



## Adopt a Literature Rack!

Groups may provide information about AA by sponsoring a literature rack for display at high schools, hospitals, libraries, or churches...



### How Literature Adoption Works:

- 1) Your AA Group makes a check payable to San Diego Central Office for \$20.00.
- 2) Public Information Committee delivers the filled rack to the location and refills the racks when necessary.

**For more information:**

**Central Office 619-265-8762.**

**Racks currently placed:**

**2 health clinics, 2 Doctor's Offices, 5 public libraries,  
1 Senior Center and 22 high schools.**

**Participating Groups and Individuals:** North Park Mens, Scripps Ranch Mens Two, Womens Let Go and Let God, Bonita Womens, Casa De Oro Tradition Five, Balboa Breakfast, Bonita Boozers, Fresh Start Beginners, Downtown Discussion, Rancho Bernardo Group, Area 8 District 16, Harmony Group and Individual members.

Sponsored by the Public Information Committee of the Coordinating Council.

## Central Office Notes

2012 Holidays - Central Office Bookstore Closed		
HOLIDAY	DAY OF WEEK	DATE
Memorial Day	Monday	May 28 <sup>th</sup>
July 4 <sup>th</sup>	Wednesday	July 4 <sup>th</sup>
Labor Day	Monday	September 3 <sup>rd</sup>
Veterans Day	Monday	November 12 <sup>th</sup>
Thanksgiving Day	Thursday	November 22 <sup>nd</sup>
Christmas	Saturday	December 25 <sup>th</sup>

### BOOK OF THE MONTH

<b>February: "Dr Bob &amp; Good Oldtimers" sale: \$8.50 reg: \$9.50</b>
<b>March: "Experience, Strength &amp; Hope" sale: \$6.00 reg: \$7.00</b>

# Tokens are available at Central Office.

## Faithful Fivers

Reprinted from A.A. Guidelines (MG2) on Central or Intergroup Offices  
from General Service Office, New York

*"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."*

AA members may choose 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.

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

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

# CENTRAL OFFICE

PHONE CALLS **January 2012**

TOTAL CALLS FOR MONTH <b>2,036</b>	Meeting Info	General Info	XII Step Calls
<b>DAYTIME VOLUNTEERS</b> From 9 am to 9 pm	<b>1,313</b>	<b>396</b>	<b>48</b>
<b>NIGHT TIME VOLUNTEERS</b> From 9 pm to 9 am	<b>155</b>	<b>97</b>	<b>27</b>

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**WEB SITE HITS: January = 21,983    Total 1,044,433**

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## March 2012 AFTER-HOURS PHONE GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
				Mission Hills Late Night	Mt Soledad Mens	San Diego Young Peoples
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Adams Ave Big Book  The We Group	Over The Bridge	Dawn Patrol	Old Town Speakers	La Mesa Mens	Water Walkers Too	East Side Group
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
La Mesa Women's Sat Morning  P. B. Early Risers	La Jolla Speakers	Mission Possible	Imperial Mens	Safe, Sane and Sober	Spiritual Awakening	Rule 62
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
South Clairemont  Pacific Beach Young Peoples	Morning Attitude Adjustment	Rainbow Group	Cedar St Mens	Southern Cal Speakers	Downtown Discussion	Imperial Beach Group
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Clairemont Mens  La Jolla Beginners	Drunks Only	Lemon Grove Easy Risers	North Park Mens	Harmony Group	Diamond St Mens	Eye Opener

**If your Group wants to answer phones,  
Call: Connie at Central Office (619) 265-8762**

**Thank you,  
After- Hours Phone  
Volunteers  
For Carrying The  
Message!!**

# March 2012

## A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University Ave 6:00 pm		Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University Ave 7:00 pm		<u>Archives Committee</u> 6:45 pm Varies  <u>District 12</u> Church Fireside Rm (alley) 4690 Palm Ave La Mesa 6:30 pm	Every Friday <u>Distrito 15</u> Oficina Central Hispana 3628 University Ave 7:00 pm  <u>District 7</u> Club 1944 30 <sup>th</sup> St Golden Hill 6:30 pm	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<u>Public Information Committee</u> Central Office 6 pm  <u>District 8</u> Church School Rm12 760 1 <sup>st</sup> Ave Chula Vista 7:00 pm	<u>Business Committee</u> Central Office 6:00 pm  <u>District 19</u> Center 3909 Centre St Hillcrest 6:00 pm	<u>District 4</u> Church 7111 La Jolla Blvd La Jolla 6:30 pm	<u>Coordinating Council</u> Church 2111 Camino Del Rio S. Mission Valley 92108 <u>Orientation Committee</u> <u>New Coordinators</u> 6:30 pm <u>Coordinator Outreach</u> 7 pm <u>Council</u> 7:30 pm  <u>Area Agenda Committee</u> Central Office 7:00 pm		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<u>Grapevine Committee</u> Varies 1:30 pm	<u>Area Finance Committee</u> Central Office 6:30 pm  <u>District 6</u> Denny's Restaurant 1065 Camino Del Rio S Mission Valley 6:30 pm	<u>Area Newsletter Committee</u> Denny's Restaurant 9898 Mira Mesa Bl 6:30 pm <u>District 10</u> Church 490 Farragut Circle El Cajon 5:30 pm  <u>District 13</u> Club 9535 Kearny Villa Rd #104 Mira Mesa 7:00 pm	<u>Collate</u> <u>The Coordinator</u> <u>Newsletter Party</u> Central Office 6:00 pm	<u>Area Committee</u> Church 2650 Melbourne Dr Serra Mesa 7:00 pm  <u>H&amp;I Committee</u> <u>Orientation</u> Central Office 7:00 pm		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<u>H&amp;I Committee</u> Union Hall 5150 Kearny Mesa Rd <u>Orientation</u> 12:00 pm <u>Business Mtg</u> 1:15 pm  <u>Greater San Diego</u> <u>Young People's</u> Coffee Shop 3343 Adams Ave Normal Heights 3:00 pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Area Information Technology Committee</u> Residence 1738 Old Mill Rd Encinitas 6:45 pm	<u>The Coordinator Newsletter Committee</u> Central Office 6:00 pm		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<u>Program Committee</u> Central Office 6:30 pm  <u>District 9</u> Denny's Restaurant 14455 Ocotillo Dr El Centro 6:30 pm	<u>C.P.C. Committee</u> Central Office 6:30 pm  <u>District 5</u> Church 5050 Milton St Clairemont 7:00 pm  <u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm	<u>Accessibilities Committee</u> Central Office 7:00 pm	<u>District 14</u> Church 1475 Catalina Blvd Point Loma 6:30 pm			<u>Pre-Conference Area Assy</u>  El Cajon Reagan Comm Ctr  195 E Douglas Ave 92020  8am-5pm

**Things to Do and Places to Go**

Third Weekenders Campout  
**WHERE:** Potrero County Park  
**WHEN:** March 16-18 (Fri – Sun) Wagon  
**Masters:**

35<sup>th</sup> Annual San Diego Spring Round-Up  
**WHERE:** Town & Country Resort Hotel  
**WHEN:** April 5 – 8  
**COST:** \$23.00  
**Contact:**  
[sdsrureg@gmail.com](mailto:sdsrureg@gmail.com)

**3<sup>rd</sup> Annual South Bay Women Sponsoring Women Workshop**  
**WHERE:** Swiss Park  
 2001 Main Street, Chula Vista 91911  
**WHEN:** Saturday, March 17 @ 9am – 2:30pm  
**Contact:** southbaywsw@gmail.com

**Meditation Workshop**  
**WHERE:** Center – 3909 Centre Street, SD 92103  
**WHEN:** Saturday, March 10 @ 9:30am – 12:30pm  
**Contact:**

**H&I Countdown to Blast Off (Pre-Conference)**  
**WHERE:** 5150 Kearny Mesa Road (Union Hall)  
**WHEN:** Sunday, March 19 @ 11am  
**Contact:**

**Seniors in Sobriety**  
**WHERE:** Hilton Garden Inn, Yuma, AZ  
**WHEN:** March 14 - 17  
**Contact:**


**40th Annual ACYPAA Round-Up**  
**WHERE:** Ontario Convention  
**WHEN:** March 15 – 18 (Thurs – Sun)  
**Contact:**  
[zippo138@gmail.com](mailto:zippo138@gmail.com)

**31<sup>st</sup> H&I Southern California Conference**  
**WHERE:** Bahia Resort, San Diego  
**WHEN:** April 13-15  
**CONTACT:**

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

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

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



*(Girl Meets Boy From Page 1)*

I've discovered that I can only attract potential mates at my current level of emotional health. If he is sicker than I am, I won't want him, and if he is healthier, he won't want me. I won't meet Mr. Right, but I will meet Mr. Right Now.

There are many couples that meet in AA and build relationships which are healthy, longstanding and worth emulating. Each individual works their own program: a Higher Power, the steps, meetings and a sponsor. Hopefully, their personal recovery is strong enough that when inevitable disputes arise, they have the tools and the ability to work things out, without resorting to former harmful actions. When necessary, they seek outside help for conflicts within their relationship. People around them observe mutual respect and admiration. They act with integrity, individually and together.

So what I've concluded from my experience is that I get to learn and grow from my "mistakes." I can use my single hood as a time for healing and emotional development. It may be that my Higher Power has someone in store for me, or not. But for now, I get to bloom where I am planted, and trust that what's meant to be will happen.

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### True Love? Or A Recipe For Relapse

Of all of the many suggestions made to them by their Sponsors, Newcomers to AA often struggle mightily over the one that they not get into a relationship in their first year of sobriety.

After all, aren't they meeting wonderful, attractive new people, who are claiming they will "Love them until can love themselves?" Aren't they going to meetings and finding new friends, who smile at them, hug them, and are interested in them, sometimes for the first time in years?

It can be a heady experience, and the temptation to fall in love can be overwhelming. Why in the world would their Sponsor want them to deny themselves the pleasure of such happiness?

It may seem to the Newcomer that being in love would enhance their sobriety, not inhibit it, or, endanger it, as their Sponsor suggests. The Newcomer starts to think that their Sponsor might know a thing or two, but, being old, has forgotten what Love is, and doesn't understand how great it would be to have another person by their side, helping them through the tough times of their First Year.

The truth is that there is only one relationship that can keep AAs sober, and it is not a human relationship but one with a Higher Power, as each of us understands it. And unless our First Year is spent finding and fully developing that relationship, forming a firm grounding with our Higher Power, our sobriety may be on shaky ground from the start. Trying to maintain a separate relationship with another person is a dangerous distraction to sobriety that has led to many a relapse. We might all try to remember the acronym that Mickey B created for relationship.

#### RELATIONSHIP

*Really Exciting Love Affair*

*Turns Into Nightmare*

*Sobriety Hangs In Peril*

*Mickey B.*

### No Relationship in the First Year?

There is a reason we **suggest** you get a sponsor, home group, commitment, read the book and do the steps, and avoid getting involved in a relationship during the first year of your sobriety. Following these suggestions improves our chances of staying sober. All of these suggestions have been broken over and over. I've heard, so and so met in treatment and have stayed together for twenty five years. Later on hearing, do you remember so and so, both of them are no longer in the program." Our suggestions are based on what we've seen work for many people with long-term sobriety. It has been said that we don't grow emotionally during our active years of drinking.

Take my case as an example. I began drinking at the age of seventeen and stopped at twenty nine. At twenty nine I had the emotional maturity of a seventeen year old. This is something I firmly believe to be true. During the last three years of my alcoholism I had little or no contact with anyone other than liquor store clerks who fed my habit of wanting to be in a constant state of being numb 24-7.

When my journey began in the A.A. way of life a sponsor was part of the package; one of the few suggestions I took at the time. As he watched me show more than a passing interest in females he suggested that I read page 119 of the Twelve Steps and Twelve Traditions where it clearly states "It is only where boy meets girl on A.A. campus and love follows at first sight that difficulties may develop." Having a solid six months in the program and already graduating to the level of expert, plus my case being different, gave me permission in my mind to get involved with her. She had a similar amount of time in the program and absolutely fawned over what I shared in meetings, feeding my ego about how I was able to grasp the program so quickly. She convinced me that I was spiritual and really worked a solid program. Once the sexual tension had been relieved the relationship ended in disaster. It was truly a miracle that both of us had a higher power who guided us through the hurricane. Being in a huge amount of emotional pain I went to my sponsor who repeated, this is why we suggest no major changes our first year and a relationship was definitely considered a major change! Still running the show, I was convinced I had done something wrong, would figure out what it was, and do much better the second time around. Most of us know how that plan turned out.

At six months I had only opened the door a crack as far as any spiritual program was concerned. Although I still didn't believe it, my mental age was still seventeen, or even less. I really had no clue what to do or say in a relationship. My emotions were a series of incredible highs and lows with no predictability what person would surface on any given day. Was there be help for me? What was the solution, if any? Perhaps permanent brain damage had been done and I was doomed to be this way for the rest of my life? The solution was in the first 164 pages of the Big Book as well as the 12x12. The first thing I discovered in the 12x12 on page 119 was "prospective partners need to be solid A.A.'s and long enough acquainted to know that their compatibility at spiritual, mental, and emotional levels is a fact and not wishful thinking. They need to be as sure as possible that no deep-lying emotional handicap in either will be likely to rise up under later pressures to cripple them." The second thing I found on page 60 in the Big Book was "the first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody even though our motives are good." Since I was still running the show and had a small amount of spirituality in my life; spirituality was my answer. Having a little spirituality does not equal success in a relationship. Riding my emotional rollercoaster and still mentally immature were the second and third strike against me. Would four years in the program solve my problems? Feeling cured, I got married and it ended in failure. Neither of us had much of a relationship with a higher power. Page 83 in the Big Book is crystal clear when it says "The spiritual life is not a theory. We have to live it." I was still in control and until I turned my life over 100% without reservation, my insane behavior continued. Every time I tried, the results ended in failure. Would I ever learn from my mistakes? The key is being partnered with a higher power before you can partner with anyone else and I can tell you that this has happened to me. As our Big Book states on page 84 that "...God is doing for us what we could not do for ourselves."

Today my road is straight, without bumps and curves most of the time. Thirty five years of sobriety has allowed me to grow and most of the time act my age. Today I have relationships with so many friends that I can no longer count them all! At least for today my spiritual, mental, and emotional state of being is good. I'm no longer concerned about someone coming into my life. This tells me that I'm no longer in control and as a result I've never had it so good!