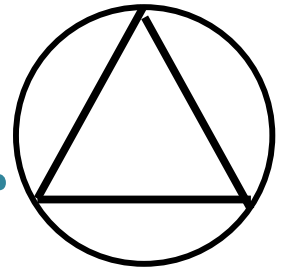


# The San Diego AA Coordinator



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

*"We temporarily cease to grow because we feel satisfied that there is no need for all of A.A.'s Twelve Steps for us. We are doing fine on a few of them....In A.A. slang, that blissful state is known as "two-stepping." And it can go on for years."*

Reprinted with permission from A.A.W.S. Twelve Steps & Twelve Traditions, page 113

**MAY 2012**

VOL. XII NO. 5

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*"Carry the AA Message"*

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

## Monthly Themes

**JUNE**

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

**JULY**

**Is AA for You? (Pamphlet 3)**

(due 5/24)

**AUGUST**

**AA Member-Medication and  
Other Drugs (P-11)**

(due 6/28)

Submit *500 to 1000* word story  
to Newsletter Chair at:

[sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com)

## **DOING "THE AA SHUFFLE"**

by **Lisa O. & Claudia D.**

Two Stepping refers to the practice of waltzing into the fellowship of Alcoholics Anonymous, acknowledging your problems with alcohol and the unmanageability of your life, and then leaping to Step 12 to carry the message to the other alcoholics who are still suffering.

When I first got sober I was high on sobriety. It was miraculous that I had escaped the grim reaper, the asylum and the prison warden just by putting the plug in the jug. I finally found the answer to my misery. I was alive and couldn't wait to share the news with anyone who would listen. But the people in the rooms of AA had already heard. They knew what sobriety was, and they also knew I didn't have a firm grasp on it yet. They told me to "Keep Coming Back."

But I wanted somebody to *listen*. After all, I had a new lease on life. I was dancing on my pink cloud. I was in a new production and I needed an audience to clap for my show. I heard someone say, "You can't keep it unless you give it away." So I sashayed down to the bar to tell my drinking buddies about my good fortune. They were so happy for me they bought me a drink. Anyone reading this can figure out how that episode ended.

My friend Claudia has been dancing her whole life. She describes sobriety using dance metaphors. I asked her about two stepping. "It's like going on stage without your costume," she explained. "You're naked and you have nothing to deliver!"

If you haven't worked the steps, it's the same as not showing up for rehearsals, Claudia told me. You don't know the right moves to make. You have no recovery to share because you never went to meetings and you haven't worked with a sponsor. AA is a program of attraction but if you haven't done the work you're really not attractive.

Claudia related some of her story. "In college I used to be drunk, I would go in to class and tell a friend to say I was there, then just jump in at the end and do the choreography. I didn't do the warm up, didn't learn the dance steps. I just had someone lie for me and learn the dance at the last minute so I could go onstage. We were always testing people to see if they would still keep us. We knew we could get over, so we didn't do what we were supposed to do. We didn't bother to do the work because we knew how to manipulate." This is two-stepping. Pretending we have recovery is the same as denying we are still sick. We think, hey, I'm not drinking, why bother with the steps? That's too much like *work*. And work is a four-letter word.

For more information, see page 2

*(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      | Nikki 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., Thomas K.,  
Claudia D and Carolyn J.

**May Theme:** Rule No. 62

**Collate:** Wed., **April 18, 2012**  
**5:30 pm**, at Central Office

**Committee Meeting:** Thursday **April 26, 2012**  
**6:00 pm**, at Central Office

## VIEW FROM THE CHAIR

We continue our series with part three of the history of alcoholism this time discussing the disappearing of the Washingtonians. We offer articles on two-stepping, something many of us have been guilty of. Get three different views from the newsletter committee. Please feel free to come and help with our collating. It's easy, fun, and great fellowship!!

In Service,  
Thomas K.

### Thanks to Our March 14<sup>th</sup> Collating Volunteers!

|                   |                              |
|-------------------|------------------------------|
| Newsletter        | Thomas K.                    |
| Relax and Recover | Lovely Linda                 |
| H&I               | Sober Tom, Blaine and Debbie |
| Spring Round Up   | Gorgeous Gayle               |
| Your Group        | xxxx                         |

## A History of Alcoholism Part III

*“A lack of readiness on their part to acknowledge their dependence on God, no small desecration of the Sabbath, and a painful unwillingness, in not a few professed Christians, to connect the temperance cause...with religion.”*

The above quote from John Marsh, secretary of the American Temperance Movement and a strong supporter of the Washingtonians, indicated concern in 1842 about the attitude of the group members.

As quickly as the Washingtonian Movement found favor in our society, it swiftly declined in popularity and had all but disappeared by 1860. How could a program with such lofty goals fail? While historians are not in total agreement, some of the following arguments may have played a factor in the demise:

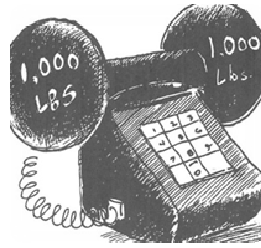
1... Even though there was no requirement for any belief in God, the Washingtonians felt that their movement represented a true form of Christianity, something not found in churches. They felt they were walking the walk and living a way of life others did not. The church quickly responded that any organization for the moral reformation of mankind not accepted by Jesus Christ was not acceptable.

2... A lack of organization or policy between the various groups resulted in no specific guidelines. Members would travel from city to city and be confronted with different rules and regulations.

3... The sponsorship of the Washingtonians by the Temperance Movement ended up mixing ideas which were not compatible. The Temperance Movement was then given the credit for the success of the Washingtonians, and the original Baltimore society was forgotten.

4... The emergence of Sons of Temperance had grown to as many as 700,000 members by 1850 and, while it claimed to preserve the movement, the opposite was true.

5... The admission of non-alcoholics as members defeated the exclusive membership idea.



### **CRITICAL and URGENT NEED!**

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

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

### *A.A. Birthdays!*

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

### *Happy Birthday to All!*

**Kimberly H.**    *Miracles on Monday*    5/01/91  
**Linda F.**        *Relax and Recover*    5/01/07  
**Mari Jo C.**      *Battery Chargers*      5/29/90

### **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\*\*

#### Weds Womens Big Book Codes: W BS

Church-in back 7045 Forum St  
Wed @ 6 pm Clairemont

#### Sunday Womens Group Code: W

Office Bldg 5107 Waring Rd  
Sun @ 2:30 pm Allied Gardens

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

#### Newcomers Rise & Shine

Church-upstairs (Rm 205) 3900 Cleveland Ave  
Wed @ 7 am Hillcrest

#### Mira Mesa Alano Club 9535 Kearny Villa Rd

**All meetings are moving to Suite 105**  
(was Suite 104) (Effective April 1<sup>st</sup>)

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

#### Clairemont Steps and Traditions Study

Church 3502 Clairemont Dr  
Sat @ 1 pm Clairemont  
(was Sat @ 7:30 pm)

### \*\*RELOCATE\*\*

#### Del Mar Tues Lunch Bunch

Restaurant 2730 Via De La Valle  
Tue @ 12 noon Del Mar  
(was Restaurant 141 Loma Santa Fe)

#### Del Mar Thurs Lunch Bunch

Restaurant 2730 Via De La Valle  
Thu @ 12 noon Del Mar  
(was Restaurant 141 Loma Santa Fe)

### \*\*CANCELED\*\*

#### Coronado Mens Codes: C M

Comm Cent 1845 Strand Way  
Tue @ 8 pm Coronado

#### Hump Nite Gratitude

Club 9940 River St  
Wed @ 7:00 pm Lakeside

#### Sit Down, Shut Up, & Recover Codes: C M \*

**Club 938 E Washington St**  
Sat @ 7 pm El Cajon

### Coordinating Council Attendance

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

**NEXT COUNCIL MEETING IS: THURSDAY, May 10, 2012**

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

11<sup>th</sup> Step Journey  
13<sup>th</sup> St Mens  
3<sup>rd</sup> Eye Ladies Meditate  
A Street Participation  
Allied Gardens Step Study  
Big Book & 12 X 12  
Casa De Oro Tradition Five  
Cedar Street Mens  
Chapter 5  
Clairemont Womens  
Daily Reflections  
Downtown Discussion  
Drunks Only  
East Side Group  
El Cajon Womens Serenity  
First Mira Mesa Mens  
Free At Last  
Fresh Start Beginners  
Friday Night Irregulars  
Gifts Of Grace Women  
God Squad Too  
Golden Hill Sun Discussion  
Great Fact Group  
Harmony Group  
Imperial Beach Group  
Kelton Ave Big Book Study  
La Mesa Beginners  
La Mesa Mens  
La Mesa Mixed  
La Mesa Step Study Workshop

La Mesa Womens Sat Morning  
Little Apple Group  
Mira Mesa Early Risers  
Mira Mesa Friday Night  
Miracles On Monday  
Mission Bay Speakers  
Mission Hills Beginners  
Monday Night Young Peoples Steps  
North Park Mens  
Orig Anonymous Anonymous  
Over The Bridge  
Point Loma Mens  
Porter Hall Structured S/S  
Progress Rather Than Perfection  
Rule 62 Group  
Santee Serenity Group  
Santee Thursday Closed Mixed  
Sat Mens Early Awakening  
Scripps Ranch Mens Two  
Sky Hi Womens  
Smokefree La Mesa Womens  
So Bay New Womens  
Southern Cal Speakers  
Sunday Middy  
The Joy Of Living Group  
The Other Meeting  
The We Group  
Tues Night Mens Step Study  
Two-Bit Speakers  
Weekending Step Study

### **We Forgive....**

Often it was while working on this Step with our sponsors or spiritual advisers that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us. Our moral inventory had persuaded us that all-round forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly knew we'd be able to receive forgiveness and give it, too.

Reprinted with permission from A.A.W.S., Twelve and Twelve Traditions, p. 58

What a great feeling forgiveness is! What a revelation about my emotional, psychological and spiritual nature. All it takes is willingness to forgive; God will do the rest.

Reprinted with permission from A.A.W.S., Daily Reflections, May 16

### **Respect For Others**

**Such parts of our story we tell to someone who will understand, yet be unaffected. The rule is we must be hard on ourself, but always considerate of others.**

Reprinted with permission from A.A.W.S.,  
Alcoholics Anonymous, p. 74

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

**Minutes of the Coordinating Council  
Thursday, April 12, 2012**

Rick W. – Council Chair called the 802<sup>nd</sup> meeting to order at 7:30 pm. 12 Traditions read by Kathi and Lee read Council Definition and Purpose. There were 6 new Coordinators, and 4 birthdays. 7<sup>th</sup> Tradition was \$77.85. Roll Call: Nikki F., Assistant Council Chair reported 60 groups were represented out of 84 registered Coordinators. There was a quorum (36) It was m/s/c to approve the minutes of March 2012 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: Tom B. 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: Paul B., Chair reported the 17<sup>th</sup> of each month is an OPEN night. Please ask your groups if they are available for commitment. Thank you to the current groups for your service. Still need groups to sign up for waiting list and individuals for emergency fill-in list. Need 2 new members. Thank you to Bonnie for your service.

BUSINESS COMMITTEE: Ray R. Chair reported Committee met on Tuesday, 4/10/12 at 6:02 pm. Present: Ray R., Jerry C., Gary C., Steve E., Rick W., Council Chair, Nikki F., Asst Council Chair and Connie J., Central Office Manager. Absent: Leonard R., and Gary U., There was a quorum.

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

March 2012 Financial Statements' Summary:

- a) Our March 2012 Net Revenue is \$786.75. Our 2012 YTD Net Revenue is \$1,625.59.
- b) Group and Individual Contributions were \$12,251.46. Literature Sales Revenue and bank interest was \$2,479.13 while total office and committee expenses were \$13,943.84 Thank you for supporting your Central Office in carrying the message to the suffering alcoholic.

Manager's Report

- 1) April's Book of the Month: "AA Comes of Age" (history of AA) on sale: \$7.50 reg. \$8.50
- 2) May's Book of the Month: "As Bill Sees IT" soft cover on sale: \$6.60 reg. \$7.60.
- 3) Daytime phone shifts available:
  - ❖ Wednesdays 1 pm – 5 pm
  - ❖ Always have a need for fill-ins.
- 4) Painted walls in volunteer and kitchen area and will be shampooing carpets.
- 5) New 2012 Spring-Summer Schedules here.
- 6) Request to upgrade Quick-Books and Microsoft Office for 3 machines for a total cost of \$162.
- 7) Public Information Committee has requested a "Public Information" Button on home page on our [aasandiego.org](http://aasandiego.org) website.
- 8) Filed quarterly sales tax, payroll and 2011 Federal/state 501C3 filings to be sent May 15<sup>th</sup>.
- 9) 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., Chair kept abreast of Central Office activities during the month.
- 2) Gary C. – Reviewed March bank deposits.
- 3) Jerry C. – signed checks, reviewed bank reconciliations and financial statements, backups in safety deposit box at bank.
- 4) Steve E. – Meeting schedules available and reviewed the [aasandiego.org](http://aasandiego.org) website.
- 5) Nikki F. – handed out Coordinator reminders.

Continued on page 6.

Continued from page 5.

**Old Business:** There was none.

**New Business:**

- 1) Public Information Committee request to add a PI Button and page on our aasandiego.org website to make their presence more visual. It was m/s/c to approve.
- 2) Jerry C., expressed how well the Coordinator Newsletter is looking. Thank you to the Newsletter Committee.
- 3) Request to upgrade Quick-books and Microsoft Office for 3 machines for a cost of \$162 from Techsoup. It was m/s/c to approve.

**COORDINATOR NEWSLETTER** Tom K., Chair reported committee met on Thursday, 3/22/12. Present: Lisa O. Carolyn F., and Thomas K.

June's Theme: "Rule 62". Submissions of 500-1000 words welcome.

(Submissions due by April 26<sup>th</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** Paul H., Chair expressed the importance in encouraging other groups to have an Intergroup Coordinator so that they may participate in the group conscience of AA in San Diego. He invited Coordinators to visit groups without a Coordinator with the handouts the committee prepared.

**ORIENTATION & GUIDELINES** Frances reported committee met tonight at 6:30 pm. Present: Frances. Absent: Jym V., Jim R. and Duncan. Orientated 6 new Coordinators.

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

**PROGRAM COMMITTEE:** Brian shared committee met on Sunday, 3/25/12 at 6:30 pm.

- 1) Planning stages of Founders Day Picnic for either Saturday June 9<sup>th</sup> at Admiral Baker Field in Gazebo.
- 2) Committee plans 3 annual events: Founders Day Picnic, Anniversary of AA in San Diego and New Year's Eve Event.
- 3) Checking on locations for a pancake breakfast for our Anniversary in AA on in November.
- 4) Jessie (1 yr) and Sandy (12 yrs) would like to serve as committee members.

**PUBLIC INFORMATION COMMITTEE:**

Sallye M., Chair reported that the committee met on Monday, 4/2/12 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) Booth at Women's Resource Center, well received by professionals and persons interested for themselves.
- 2) Driving Schools in East and South County, leaving flyers and pamphlets. Chula requesting a pamphlet rack.
- 3) Placing books, young people's posters and pamphlet racks in San Diego City High Schools still pending.
- 4) Placing PSA (public service announcement) in 2 local publications; Reader and City Beat.
- 5) Letters to Senior Centers is ongoing, working with Area 08's – CEC ad-hoc committee.
- 6) Terry C., is visiting all the racks we have placed and restocking when needed.
- 7) Terry C., making contact with the Pan Asian communities regarding available literature.

Upcoming events:

- 1) Lincoln High School Booth, Spring into Health Resource Fair, Juvenile Hall Open House, Ocean Beach's Foot Wash Fair, Chula Vista Mission and Ministry Faire at Methodist Church.
- 2) At May Council, I will have sign up sheets for the Del Mar Fair Booth for even numbered days.

**OLD BUSINESS:** There was none.

**NEW BUSINESS:** Elected unanimously to serve.

- 1) After-Hour Phone Committee: John L.
- 2) Program Committee: Jesse, Sandy and Nikki.

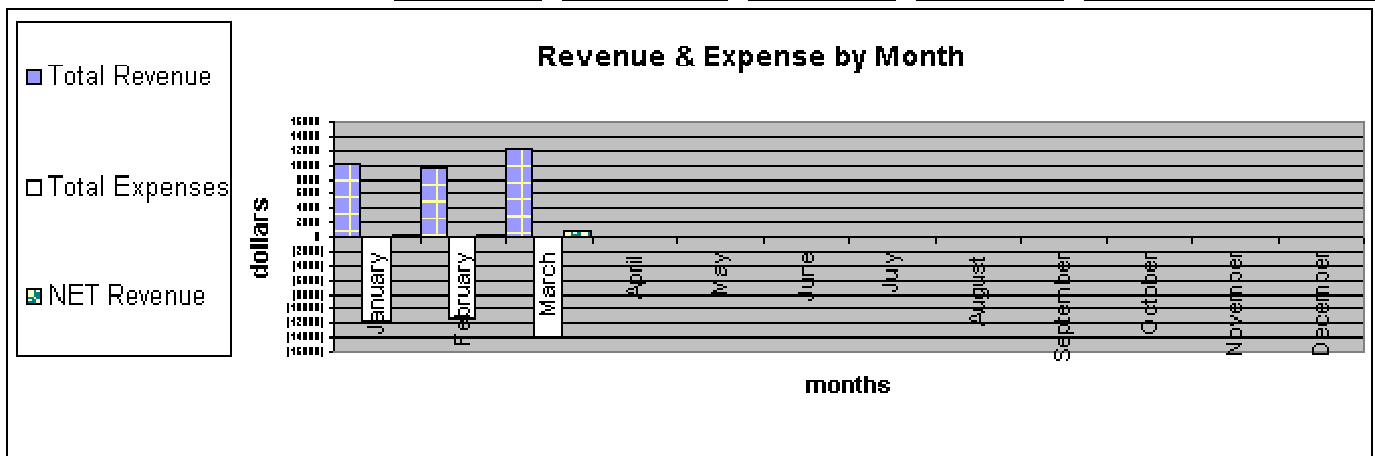
Respectfully submitted,

*Connie J.*

Connie J.,  
Recording Secretary

# March 2012 Statement of Revenue and Expenses

|                                     | <u>March '12</u>     | <u>March 11</u>      | <u>YTD '12</u>         | <u>YTD '11</u>       | <u>\$ Change</u>       | <u>Budget '12</u> |
|-------------------------------------|----------------------|----------------------|------------------------|----------------------|------------------------|-------------------|
| <b>Ordinary Revenue/Expense</b>     |                      |                      |                        |                      |                        |                   |
| <b>Revenue</b>                      |                      |                      |                        |                      |                        |                   |
| <b>Contributions Group</b>          | 10,416.25            | 9,632.31             | 27,639.85              | 28,547.02            | (907.17)               | 115,162.00        |
| <b>Contributions Individual</b>     | 1,835.21             | 394.14               | 3,263.32               | 1,970.32             | 1,293.00               | 7,360.00          |
| <b>Contributions SDIAA</b>          | -                    | 1,000.00             | 1,110.00               | 1,240.00             | (130.00)               | 1,240.00          |
| <b>Interest - Cert of Deposits</b>  | 30.50                | 52.01                | 85.28                  | 153.58               | (68.30)                | 625.00            |
| <b>Total Revenue</b>                | <u>12,281.96</u>     | <u>11,078.46</u>     | <u>32,098.45</u>       | <u>31,910.92</u>     | <u>187.53</u>          | <u>124,387.00</u> |
| <b>Expense</b>                      |                      |                      |                        |                      |                        |                   |
| <b>Accounting &amp; Legal</b>       | 1,960.00             | -                    | 1,960.00               | 60.00                | 1,900.00               | 2,650.00          |
| <b>Auto/Travel/Seminar</b>          | 13.00                | 30.58                | 120.00                 | 117.08               | 2.92                   | 1,300.00          |
| <b>Bank Service Charges</b>         | 2.00                 | 2.00                 | 6.00                   | 6.00                 | -                      | 125.00            |
| <b>Cash (Over) Short</b>            | (6.53)               | (16.32)              | (10.60)                | (8.38)               | (2.22)                 | (50.00)           |
| <b>Equipment Maint &amp; Repair</b> | 35.27                | 100.00               | 105.81                 | 175.00               | (69.19)                | 500.00            |
| <b>Equipment Purchase</b>           | 72.19                | 172.88               | 72.19                  | 172.88               | (100.69)               | 500.00            |
| <b>Insurance</b>                    | 66.00                | 50.00                | 198.00                 | 150.00               | 48.00                  | 900.00            |
| <b>Office Maint. &amp; Repairs</b>  | 54.98                | -                    | 71.11                  | -                    | 71.11                  | 500.00            |
| <b>Office Supplies</b>              | 141.65               | 241.36               | 545.92                 | 843.75               | (297.83)               | 3,500.00          |
| <b>Rent</b>                         | 1,697.00             | 1,648.00             | 5,091.00               | 4,944.00             | 147.00                 | 20,772.00         |
| <b>Taxes</b>                        | -                    | -                    | 63.10                  | 1.05                 | 62.05                  | 80.00             |
| <b>Telephone</b>                    | 201.74               | 234.08               | 574.57                 | 705.68               | (131.11)               | 2,900.00          |
| <b>Utilities-Electricity</b>        | 234.03               | 263.82               | 803.06                 | 801.22               | 1.84                   | 3,600.00          |
| <b>Website</b>                      | 20.00                | 20.00                | 80.85                  | 96.75                | (15.90)                | 500.00            |
| <b>EMPLOYEES</b>                    |                      |                      | -                      |                      |                        |                   |
| <b>Accrued Payroll Taxes</b>        | 628.96               | 544.72               | 2,042.67               | 2,117.98             | (75.31)                | 6,900.00          |
| <b>Employee Wages</b>               | 7,174.86             | 7,670.86             | 20,780.58              | 22,392.58            | (1,612.00)             | 83,800.00         |
| <b>Employee 403B Contribution</b>   | 187.14               | 187.14               | 561.42                 | 554.71               | 6.71                   | 2,100.00          |
| <b>Employee Health Benefit</b>      | 710.98               | 817.00               | 2,415.64               | 2,487.04             | (71.40)                | 9,875.00          |
| <b>Insurance-Worker's Comp</b>      | 50.00                | 66.00                | 150.00                 | 166.00               | (16.00)                | 650.00            |
| <b>Total Expense</b>                | <u>13,243.27</u>     | <u>12,032.12</u>     | <u>35,631.32</u>       | <u>35,783.34</u>     | <u>(152.02)</u>        | <u>141,102.00</u> |
| <b>Net Ordinary Revenue</b>         | (961.31)             | (953.66)             | (3,532.87)             | (3,872.42)           | 339.55                 | (16,715.00)       |
| <b>Other Revenue/Expense</b>        |                      |                      |                        |                      |                        |                   |
| <b>Literature Revenue/Expense</b>   |                      |                      |                        |                      |                        |                   |
| <b>Sales (see schedule)</b>         | 2,448.63             | 1,655.08             | 6,379.44               | 5,771.38             | 608.06                 | 23,500.00         |
|                                     | 2,448.63             | 1,655.08             | 6,379.44               | 5,771.38             | 608.06                 | 23,500.00         |
| <b>Standing Committees Expense</b>  |                      |                      |                        |                      |                        |                   |
| <b>Committee (see schedule)</b>     | 700.57               | 477.02               | 1,220.98               | 1,400.81             | (179.83)               | 6,785.00          |
| <b>Total Other Expense</b>          | 700.57               | 477.02               | 1,220.98               | 1,400.81             | (179.83)               | 6,785.00          |
| <b>Net Other Revenue</b>            | 1,748.06             | 1,178.06             | 5,158.46               | 4,370.57             | 787.89                 | 16,715.00         |
| <b>Net Revenue</b>                  | <u><b>786.75</b></u> | <u><b>224.40</b></u> | <u><b>1,625.59</b></u> | <u><b>498.15</b></u> | <u><b>1,127.44</b></u> | <u><b>-</b></u>   |



## March 2012 Group Contributions

| Group                                      | Mar-12 | Ytd 12 | Group                                   | Mar-12 | Ytd 12 |
|--|--------|--------|---|--------|--------|
| 1207 Mens Stag - 2687                      | -      | 100.00 | Gilman Group - Fri - 1988               | 59.50  | 95.50  |
| 4077 Mash Step 11Read-Medita-Share - 2027  | -      | 25.00  | God Squad Too - 2809                    | -      | 58.00  |
| A Sense Of Belonging Womens - 1205         | -      | 150.90 | Good Morning AA - 1888                  | -      | 77.55  |
| Adams Ave Big Big Book Study - 1892        | 66.96  | 166.96 | Good News Bad News - 2833               | 40.00  | 40.00  |
| Allied Garden Friday Lunch - 766           | 100.00 | 100.00 | Harmony Group - 585                     | 250.48 | 250.48 |
| Alpine Mixed Step Study - 2621             | -      | 50.00  | Haul Your Hiney Out Of Bed - 704        | -      | 300.00 |
| Anonymous Anonymous - 2716                 | 50.00  | 50.00  | How It Is Now Speakers - 390            | -      | 20.00  |
| Another Sober Tuesday - 1952               | -      | 180.00 | I. B. Up - 2565                         | -      | 175.00 |
| Artists In Sobriety - 2459                 | -      | 50.00  | Joy Of Living - 2787                    | -      | 200.00 |
| As Bill Sees It-University Height-1788     | -      | 30.00  | Judges Big Book - 2736                  | 10.00  | 10.00  |
| B.Y.O.B. (North Park) - 203                | 60.00  | 180.00 | Kelton Ave Big Book Study - 2410        | 100.00 | 100.00 |
| Back To Basics - 1026                      | -      | 500.00 | L.G.B.B. Study - 2301                   | -      | 81.00  |
| Back To Basics For Women - 1675            | -      | 59.13  | La Jolla Beginners Group - 82           | 45.00  | 45.00  |
| Back To Basics Step Study - 1938           | 150.00 | 150.00 | La Jolla Monday Womens - 87             | -      | 600.00 |
| Battery Chargers - 98                      | -      | 468.62 | La Mesa Mens - 106                      | 75.89  | 144.86 |
| Battery Chargers Thanksgiving Alkathon     | -      | 137.27 | La Mesa Mixed                           | -      | 200.00 |
| Bayside Big Book Study - 1610              | -      | 100.00 | La Mesa Womens Sat Morning - 416        | 150.00 | 150.00 |
| Big Book Discussion Founders Grp - 581     | 250.00 | 250.00 | Laguna Mountain Group                   | 150.00 | 150.00 |
| Breakfast Of Champions - 2818              | 100.00 | 345.00 | Lake Morena Sink or Swim - 2830         | -      | 50.00  |
| Carrying The Message - 2458                | 50.00  | 50.00  | Lake Murray Womens - 572                | -      | 60.00  |
| Casa De Oro Tradition Five - 503           | -      | 137.50 | Lakeside Drunks - 2423                  | -      | 120.00 |
| Casa De Oro Weds Nite - 2049               | -      | 75.00  | Linda Vista Thursday Night - 319        | 100.00 | 100.00 |
| Cedar Street Mens - 1698                   | 168.00 | 353.00 | Live & Learn Mens Big Book Study - 2885 | -      | 100.00 |
| Chula Vista 4 Min Speakers - 1568          | -      | 150.00 | Lunchtime Friends - 964                 | -      | 52.40  |
| Citizens Again - 2658                      | 155.37 | 155.37 | Men and Womens Monday Night - 95        | -      | 60.00  |
| Clairemont Mixed Discussion - 338          | -      | 50.00  | Mens Recovery Group - 830               | -      | 100.00 |
| Clairemont Womens Step Study - 341         | 183.50 | 183.50 | Mens Structured Step Study - 1469       | 60.00  | 127.42 |
| Class Acts - 1845                          | 210.00 | 210.00 | Midnight Howlers - 1025                 | -      | 200.00 |
| Come Get Recovery - 2630                   | -      | 35.00  | Mira Mesa Early Risers - 967            | -      | 171.00 |
| Conscious Contact Meditation - 2834        | -      | 50.00  | Mira Mesa Monday Noon Mixed - 542       | -      | 45.00  |
| Coronado Big Book Study - 1644             | 50.00  | 50.00  | Mira Mesa Sunday - 376                  | -      | 33.50  |
| Coronado Nooners - 497                     | 100.00 | 100.00 | Mira Mesa Sunday Morning Mens - 693     | 150.00 | 150.00 |
| Coronado Sunday Noon - 1830                | -      | 250.00 | Mira Mesa Womens - 411                  | 50.00  | 150.00 |
| Cowles Mt Smokeless Discussion - 681       | 30.00  | 30.00  | Mission Hills Beginners - 1612          | 75.00  | 75.00  |
| D.D.G.T.M. - 767                           | -      | 178.00 | Monday Mens Gut Level Group - 677       | 75.00  | 125.00 |
| Dawn Patrol - 263                          | 284.51 | 407.14 | Monday Night Prospectors - 2897         | -      | 81.30  |
| Downtown Discussion - 1665                 | -      | 73.18  | Mt Soledad Mens - 717                   | 700.00 | 700.00 |
| Drunks Only - 1605                         | 645.51 | 645.51 | National City Maintenance - 136         | -      | 80.00  |
| Early Morning Recovery - 2688              | 58.35  | 135.23 | Noon At The Grove - 628                 | 100.00 | 200.00 |
| Early Risers (PB) - 264                    | -      | 120.00 | Nooners Anonymous - 1164                | -      | 300.00 |
| East County Mens - 1905                    | 280.00 | 280.00 | Noontime on the Patio - 2203            | -      | 200.00 |
| East Side Group - 101                      | 137.50 | 137.50 | North Clairemont - 1102                 | -      | 50.00  |
| Eastlake Greens Attitude Adjustment - 2691 | 100.00 | 148.00 | North Clairemont Sat Nooners - 2572     | 50.00  | 50.00  |
| Eastlake New Beginnings B/B S/S - 2673     | -      | 80.00  | North Park Mens - 465                   | -      | 113.60 |
| Easy Does It Riders - 21                   | 131.40 | 131.40 | North Shores Breakfast - 275            | 79.26  | 79.26  |
| Easy Does It Speakers - 114                | -      | 100.00 | OB Peer Group - 2130                    | 100.00 | 100.00 |
| El Cajon Daytime - 52                      | -      | 300.00 | Old Timers Group - 2037                 | 120.00 | 120.00 |
| Fairmont Park Discussion - 2832            | -      | 70.00  | One Step At A Time Runners - 1664       | -      | 116.67 |
| Fifth Chapter Group - 112                  | -      | 20.00  | Pass It On Big Book Study Group -2860   | -      | 225.24 |
| First Mira Mesa Mens - 300                 | -      | 46.00  | Penasquitos 12X12 - 2759                | 15.00  | 25.00  |
| Fishermen In Recovery - 2863               | -      | 75.00  | Point Loma Mens - 245                   | -      | 110.00 |
| Free At Last - 2888                        | -      | 77.00  | Progress Rather Than perfection - 2682  | -      | 775.00 |
| Free Thinkers - 2824                       | -      | 100.00 | Pt Loma Womens Discussion - 1608        | 237.50 | 237.50 |
| Fresh Air Friday - 266                     | 300.00 | 400.00 | Right Turn Group - 1900                 | 20.00  | 20.00  |
| Fresh Start Beginners - 2609               | -      | 196.00 | Rise & Shine - 2170                     | 235.54 | 335.54 |
| Friday Morning Womens - 104                | -      | 172.00 | Rocket Riders - 1730                    | -      | 180.00 |
| Friday Night Gratitude - 2829              | 100.00 | 100.00 | S.D. Speakers Meeting - 152             | -      | 100.00 |
| Friday Spring Valley Lunch - 2732          | 80.00  | 80.00  | Safe Sane and Sober - 1350              | -      | 615.50 |
| Garnet Group - 1129                        | -      | 124.00 | San Carlos Single Purpose - 583         | -      | 90.00  |



## March 2012 Group Contributions

| Group                                   | Mar-12   | Ytd 12   |
|---|----------|----------|
| Santee Simple Step Study - 2707         | 65.00    | 65.00    |
| Sat Mens Early Awakening - 2209         | -        | 125.00   |
| Sat Night Early Discussion - 336        | 250.00   | 250.00   |
| Saturday Night Candlelight - 1914       | -        | 40.00    |
| Searching and Fearless - 308            | 1,000.00 | 1,000.00 |
| Serendipity Womens - 1642               | -        | 130.00   |
| Serene-Tea - 2700                       | 100.00   | 100.00   |
| Serenity Seekers - 209                  | -        | 80.00    |
| Sky Hi Womens - 1633                    | -        | 50.00    |
| Smokefree La Mesa Womens - 635          | 60.37    | 60.37    |
| Smokeless Drunks Luncheon - 1008        | -        | 240.00   |
| Sober Nooners - 196                     | -        | 136.42   |
| Sober On Sat Step Study - 2193          | -        | 45.00    |
| Sober Roses Womens Step Study - 2946    | 20.00    | 20.00    |
| Sober Serenity Seekers - 887            | 100.00   | 100.00   |
| Sole Purpose Group - 1657               | 50.00    | 80.00    |
| South Clairemont - 305                  | -        | 75.00    |
| Spiritual Awakening - 2275              | 678.40   | 3,040.00 |
| Spring Valley Step Study - 125          | -        | 100.00   |
| Step Sisters - 2155                     | -        | 172.00   |
| Sunday Morning Eleventh Step - 1206     | -        | 90.00    |
| Sunday Morning Sunshine - 407           | 80.00    | 80.00    |
| Sunday Night Discussion -212            | -        | 50.00    |
| The Joy Of Living Group - 2636          | -        | 150.00   |
| The Other Meeting - 857                 | -        | 308.10   |
| The We Group - 2739                     | 180.00   | 180.00   |
| Thursday Campus Noon Group - 2387       | 50.00    | 50.00    |
| Thursday Steps - 646                    | -        | 221.74   |
| Tierrasanta Big Book Study - 1790       | 55.00    | 55.00    |
| Tierrasanta Happy, Joyous & Free - 2659 | 75.00    | 75.00    |
| Tierrasanta Morning Serenity - 2811     | 55.00    | 85.00    |
| Top of The Hill - 41                    | -        | 50.00    |
| Torrey Pines Thurs Nite Disc - 365      | 20.00    | 20.00    |
| Tri-Serenity - 836                      | -        | 10.00    |
| Tues Morning Breakfast Special - 2761   | 65.00    | 65.00    |
| Tues Night Big Book Step Study - 1813   | -        | 84.00    |
| Tuesday Campus Noon Group - 2544        | 50.00    | 50.00    |
| Tuesday Vision 4 U - 2775               | 20.00    | 20.00    |
| University City Discussion - 368        | -        | 37.50    |
| Wake Up Call - 1932                     | 5.00     | 5.00     |
| Warm and Friendly - 42                  | -        | 75.00    |
| Water Walkers - 5                       | -        | 60.00    |
| Water Walkers Too - 1946                | 174.26   | 174.26   |
| We Agnostics - 2096                     | 50.00    | 50.00    |
| Wednesday Discussion Group - 2431       | 104.00   | 104.00   |
| Weds Rule 62 Lunch Group - 687          | -        | 114.00   |
| Wholesale Miracle - 2474                | -        | 201.87   |
| Women In Sobriety - 697                 | 120.00   | 120.00   |
| Womens Attitude of Gratitude - 2751     | -        | 55.00    |
| Womens Thursday Nite - 514              | -        | 111.11   |
| Womens TLC - 2814                       | -        | 50.00    |

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

Thank you to all of the AA members for their individual contributions.

Some choose to contribute \$1 or \$2 on their **sobriety birthdays** for each sober year or

Faithful Fivers Individual Contributions.

Individual AA members may contribute to Central Office up to \* \$3000 per year.  
\*AA Self Support Pamphlet, pg 9  
(tax deductible)

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

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

Thank you for your individual contributions.

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

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

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

| March 2012                |              |
|---------------------------|--------------|
| Group Contributions:      | 10,416.25    |
| Individual Contributions: | 1,835.21     |
| Literature & Interest :   | 2,479.13     |
| Total Revenue:            | \$14,730.59  |
| Central Office Expenses:  | -13,243.27   |
| Committee Expenses:       | -700.57      |
| Total Expenses:           | -\$13,943.84 |
| March Net Revenue:        | \$786.75     |
| 2012 YTD Net Revenue:     | \$1,625.59   |

Tokens are available at Central Office:

24 hr, 30, 60, 90 days, 6 & 9 month  
Aluminum Tokens for 50¢ each

1 year - 55 year Brass Tokens  
for \$2.00 each.

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

### 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> |
| Veteran’s Day        | Wednesday   | November 12 <sup>th</sup> |
| Thanksgiving         | Thursday    | November 22 <sup>nd</sup> |
| Christmas            | Saturday    | December 25 <sup>th</sup> |

### BOOK OF THE MONTH

|   |
|---|
| <b>April: “AA Comes Of Age” sale: \$7.50 reg. \$8.50</b>            |
| <b>May: “As Bill Sees It” (soft cover) sale: \$6.75 reg. \$7.60</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...**

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

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

**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>                    |

### **Tokens are available at Central Office:**

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

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

# CENTRAL OFFICE

PHONE CALLS **March 2012**

|   |              |              |                |
|---|--------------|--------------|----------------|
| TOTAL CALLS FOR MONTH<br><b>1,991</b>             | Meeting Info | General Info | XII Step Calls |
| <b>DAYTIME VOLUNTEERS</b><br>From 9 am to 9 pm    | <b>1,291</b> | <b>345</b>   | <b>22</b>      |
| <b>NIGHT TIME VOLUNTEERS</b><br>From 9 pm to 9 am | <b>202</b>   | <b>118</b>   | <b>13</b>      |

**WEB SITE HITS: March = 21,649    Total 1,085,651**

## May 2012 AFTER-HOURS PHONE GROUPS

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

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

# May 2012

## A.A. SERVICE EVENTS IN SAN DIEGO

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|---|--|--|--|--|
|  |  | <b>1</b>  | <b>2</b>   | <b>3</b>   | <b>4</b>   | <b>5</b>   |
| Every Sunday<br><b>Comité de Instituciones</b><br>Oficina Central<br>Hispana<br>3628 University Ave<br>6:00 pm   |  | Every Tuesday<br><b>Information Publica</b><br>Oficina Central Hispana<br>3628 University Ave<br>7:00 pm<br><br><b>Area Policy</b><br>Central Office<br>6:30 pm<br><br><b>District 19</b><br>Center<br>3909 Centre St<br>Hillcrest 6:00 pm  | <b>District 4</b><br>Church<br>7111 La Jolla Blvd<br>La Jolla<br>6:30 pm   | <b>Area Archives Committee</b><br>6:45 pm<br>Varies<br><br><b>District 12</b><br>Church<br>Fireside Rm (alley)<br>4690 Palm Ave<br>La Mesa<br>6:30 pm  | Every Friday<br><b>Districto 15</b><br>Oficina Central<br>Hispana<br>3628 University Ave<br>7:00 pm<br><br><b>District 7</b><br>Club<br>1944 30 <sup>th</sup> St<br>Golden Hill<br>6:30 pm |  |
| <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>9</b>   | <b>10</b>  | <b>11</b>  | <b>12</b>  |
|  | <b>Public Information Committee</b><br>Central Office<br>6pm<br><br><b>District 8</b><br>Church<br>School Rm12<br>760 1 <sup>st</sup> Ave<br>Chula Vista<br>7 pm   | <b>Business Committee</b><br>Central Office<br>6:00 pm<br><br><b>Area Newsletter Committee</b><br>Fudruckers's Restaurant<br>8285 Mira Mesa Blvd<br>6:30 pm<br><br><b>District 10</b><br>Church<br>490 Farragut Circle<br>El Cajon 5:30 pm<br><br><b>District 13</b><br>Club<br>9535 Kearny Villa Rd<br>#104<br>Mira Mesa 7:00 pm |  | <b>Coordinating Council Church</b><br>2111 Camino Del Rio South<br>Mission Valley 92108<br><b>Orientation Committee</b><br><b>New Coordinators</b><br>6:30 pm<br><b>Coordinator Outreach</b><br>7 pm<br><b>Council</b><br>7:30 pm<br><br><b>Area Agenda Committee</b><br>Central Office<br>7:00 pm |  |  |
| <b>13</b>  | <b>14</b>  | <b>15</b>   | <b>16</b>  | <b>17</b>  | <b>18</b>  | <b>19</b>  |
| <b>Area Grapevine Committee</b><br>Varies<br>1:30 pm   | <b>Area Finance Committee</b><br>Central Office<br>6:30 pm<br><br><b>District 6</b><br>Denny's Restaurant<br>1065 Camino Del Rio South<br>Mission Valley<br>6:30 pm  | <b>Area Contact On Release Committee</b><br>Central Office<br>6:45 pm   | <b>Collate The Coordinator Newsletter Party</b><br>Central Office<br>6:00 pm<br><br><b>Area Information Technology Committee</b><br>Residents<br>1738 Old Mill Rd<br>Encinitas 6:45 pm | <b>Area Committee</b><br>Church<br>2650 Melbourne Dr<br>Serra Mesa<br>7:00 pm<br><br><b>H&amp;I Committee Orientation</b><br>Central Office<br>7:00 pm   |  | <b>Delegates Report Back</b><br>Encinitas Senior Ctr<br>1140 Oakcrest Park Dr<br>92024<br>8 am |
| <b>20</b>  | <b>21</b>  | <b>22</b>   | <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>  |
| <b>H&amp;I Committee</b><br>Union Hall<br>5150 Kearny Mesa Rd<br><b>Orientation</b> 12:00 pm<br><b>Business Mtg</b> 1:15 pm<br><br><b>Greater San Diego Young People's</b><br>Coffee Shop<br>3343 Adams Ave<br>Normal Heights 3:00 pm<br><br><b>Area Spanish Translation</b><br>Oficina Central Hispana<br>9855 Santa Fe #5<br>Vista 7:00 pm | <b>Area Literature Committee</b><br>Central Office<br>7:00 pm  | <b>Area Accessibilities Committee</b><br>Central Office<br>7:00 pm  | <b>District 14</b><br>Church<br>1475 Catalina Blvd<br>Point Loma<br>6:30 pm  | <b>The Coordinator Newsletter Committee</b><br>Central Office<br>6:00 pm   |  |  |
| <b>27</b>  | <b>28</b>  | <b>29</b>   | <b>30</b>  | <b>31</b>  |  |  |
| <b>Program Committee</b><br>Central Office<br>6:30 pm<br><br><b>District 9</b><br>Denny's Restaurant<br>14455 Ocotillo Dr<br>El Centro<br>6:30 pm  | <b>Central Office Closed Memorial Day</b><br><b>Area C.P.C. Committee</b><br>Central Office<br>7:30 pm<br><br><b>District 5</b><br>Church<br>5050 Milton St<br>Clairemont 7:00 pm<br><br><b>District 11</b><br>Church<br>8350 Lake Murray Blvd<br>San Carlos 6:30 pm |   |  |  |  |  |

**Things to Do and Places to Go**

**Third Weekenders Campout**

**WHERE:** Lake Morena County Park

**WHEN:** May 18 - 20

**Wagon Masters:**

**Hospitals & Institutions (H&I) Orientation**

**WHERE:** San Diego Central Office

**WHEN:** 3rd Thursday of month @ 7pm

**Contact:** Central Office 619.265.8762

**Sober 'n Crazy - May Day Madness (camping)**

**WHERE:** Lake Henshaw

**WHEN:** May 4 - 6

**Contact:**

**1<sup>st</sup> Annual Coeur d'Alene 2012 Convention**

**WHERE:** Coeur d'Alene Resort Hotel (Idaho)

**WHEN:** May 11-13

**Contact:** www.cdaconvention.org

**Woman to Woman 33<sup>rd</sup> Annual Weekend**

**WHERE:** Mount St. Mary's College, Brentwood, CA

**WHEN:** June 1 - 3

**Contact:**

**AA Desert Pow Wow**

**WHERE:** Renaissance Esmeralda Resort

Indian Wells, CA

**WHEN:** June 7 -10

**Contact:**



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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.



*(Two Stepping from Page One)*

Two stepping is having the facade of recovery but lacking the real thing. We may have bright lights and fancy costumes but we don't know the whole routine of all 12 steps.

What will happen is that our sobriety will not hold up when life on life's terms brings hardships our way. We won't have true strength of character to withstand a crisis without returning to our alcohol use. And for alcoholics, use turns into abuse very quickly. We devolve into pitiful and incomprehensible demoralization before we realize it.

As they say in meetings, the steps are written in order for a reason. In order to maintain lasting sobriety, it is strongly suggested that we perform the steps according to the script. If we fall we may not get back up. That's a chance we may not want to take.

As Claudia says, "You're only as good as your last performance. So dance each performance as if it is your last one. In life, we're dancing for an audience of One and that's our Higher Power. God will know if we are the real deal or not." So don't miss any of the steps!



*(A History of Alcoholism Part III from Page Three)*

What did A.A. learn from this movement? Nothing! It should be noted that Bill W. and Dr. Bob had no knowledge of the Washingtonians existence when the program of A.A. began. Their ideas had come from the Oxford Group, which got its start in the early 20<sup>th</sup> century. There were, however, some very similar principles shared by the Washingtonians and A.A.:

- 1... Alcoholics helping each other.
- 2... Weekly meetings.
- 3... The sharing of experiences.
- 4... The fellowship of the group being constantly available.
- 5... Total abstinence from alcohol.

Upon examination there were also major differences which accounted for the difference between the failure of the Washingtonians and the success of A.A.:

- 1... Exclusive alcoholic membership.
- 2... A singleness of purpose
- 3... A program of recovery
- 4... Anonymity

The answer to last month's question is yes, the Washingtonians are still around. The movement established a home in Chicago for the rehabilitation of alcoholics which is still in operation today.

*Who did Bill W. consider as one of the co-founders of A.A.? The answer will appear next month in "A History of Alcoholism, Part IV."*

*"Can we transform these calamities into assets, sources of growth and comfort to ourselves and those about us? Well we surely have a chance if we switch from 'two-Stepping' to 'twelve-Stepping,' if we are willing to receive that grace of God which can sustain and strengthen us in any catastrophe." (Reprinted with permission from A.A.W.S. Twelve Steps & Twelve Traditions, page 113)*

### “Two-Stepping”

“Maybe we are doing fine on only two them, the First Step and that part of the Twelfth where we ‘carry the message.’ In A.A. slang, that blissful state is known as ‘two stepping.’ And it can go on for years.” This quote comes from page 113 of the Twelve Steps and Twelve Traditions and is a trap that many of us fall prey to, including this writer.

Once I began to feel comfortable with the program the pink cloud syndrome set in and this alcoholic set out to save everyone from the horrors of drinking. I personally was going to carry the message to the world. I wanted to shout the virtues of what A.A. had to offer. While I didn’t ignore the ten steps in between my emphasis was certainly on the twelfth step. I had no clue about the twelve traditions, as I wasn’t aware of the 12x12. They were read at my home group but I paid no attention to them. It was disappointment waiting to happen and it wasn’t too long before storm clouds were on the horizon. From feeling on top of the world the attitude quickly went to this program has a major flaw in it, the storm had arrived and I was without a raincoat and umbrella. Without going into details I got really drenched, sick, and discouraged. Did I listen to my sponsor? I sure didn’t. He patiently explained to me that in order for me to discuss a higher power there had to be one in my life. How could I possibly discuss an inventory without having done one myself? The selected amends I had made were the easy ones. When I completed the first seven steps and prepared a list from my fourth step the amend process would truly begin. Our twelve steps have been carefully written and numbered for a reason. This isn’t something where you pick a number and go for it! Did I ever stop to think about some of the harm I could have caused by carrying a less than message?

Within a matter of a few short weeks I was having problems at work, my parents, and the dependable car was on the downside. Life was not good. I became irritable, judgmental, and considered a return to the bottle. These were problems, which I ignored when drinking and now that I was sober the challenge was placed right in my lap. The answer is explained in our literature if you know where to look. Again page 113 explains that if “... we surely have a chance if we switch from ‘two-stepping to twelve stepping, if we are willing to receive that grace of God which can sustain and strengthen us in any catastrophe.”

I can report that I tried what was suggested and it works. It would have been so easy if I had just done it in the first place but then as I look back the experience was necessary for me to learn. The cinderblock of a brain receives information quite slowly. Somehow over the years little holes have been drilled into it and this program runs my life a lot more than not. Do the steps in order and you won’t have to be discouraged and puzzled?

### Let me share... By Carolyn F.

My early days of sobriety were be filled with awe. I was truly sick and tired of being sick and tired. The first few months without alcohol brought back clarity and energy I had longed forgotten. The bliss of this strange, wonderful new world was breath-taking. I had new friends, renewed relationships with family, success at work, friends praised me for my progress and I loved hang-over free mornings. I wanted to tell the world how great my life was. Later, I learned this period is called the Pink Cloud.

The Pink Cloud is normal. The enthusiasm is normal. Unfortunately, some newcomers believe AA is easy or that they’re fast learners. Perhaps, they think they are not as sick as others in our rooms.

**THE 12 STEPS  
ARE NOT  
MULTIPLE CHOICE**

These are the men and women who attend meetings and immediately start quoting from the book.

When they talk, they share the wisdom of long years of sobriety. They’ll twelve step anyone who stands still long enough to listen. They’re on fire. Sometimes they burn out are return to the bottle. We call them “90 Day Wonders.”

There is a difference between “fake it until you make it” and trying to share what you haven’t got. They haven’t learned yet that Ego is the source of many of our problems. Ego is not a friend. Yet it’s Ego-driven to pretend to be the perfect AAer. With the help of a strong sponsor and the fellowship, they can learn they have to work all the steps, along with fellowship and service. This is their key to sobriety.

I recently lead a meeting at my home group and made the subject “two-stepping.” My meeting has sobriety from less than 30 days to over 30 years. Here’s some of the shares:

- **Before you help someone else, you have to help yourself.**
- **One friend described the action of jumping from Step 1 to Step 12 this way: “I admit my life is unmanageable...let me share it with you.” I love this saying because it perfectly describes my first few months.**
- **Another reminded us that Bill Wilson was a two-stepper. He had to be. There were no steps, no Big Book. He had to share what he had received to stay sober. Good point. Fortunately, we have the steps.**
- **Finally, there was some advice for the newcomer. If you want what we have, hang with those of us who have done all our steps.**

*"Be like a flower and turn your face to the sun."  
- Kahlil Gibran*

