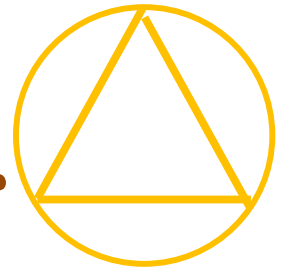


# The San Diego AA Coordinator



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

*“As I maintain my sobriety, growing spiritually becomes a lifelong process.”*

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**NOVEMBER 2011**

VOL. XI NO. 11

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*“Carry the AA Message”*

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

## Monthly Themes

### DECEMBER

**Service** (due 10/27)

### JANUARY

**Contempt Prior to Investigation**  
(due 11/24)

### FEBRUARY

**Problems Other Than Alcohol**  
(due 12/22)

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

## **Spiritual Awareness**

by Thomas K.

For this alcoholic the concept of spiritual awareness was extremely difficult it not impossible in the beginning of my sober journey. I was so into myself and was positive that if I let go of anything my already troubled life would turn into a disaster. My first weeks in the A.A. Program I was only able to admit the first half of the first step and even that consisted of “I” admitted not “we”. That put me in the center of the universe and A.A. was revolving around me, like everything else. A sponsor and a home group are two things that were suggested to me and I went along with it out of fear of failure.

Some very important quotations from the Big Book were brought to my attention. I had read the book but as I look back I realized my brain was so foggy I comprehended nothing. The first topic/quotation came from page 43, “Once more: The alcoholic at certain times has no effective mental defense against the first drink.....this defense must come from a higher power.” Continuing on page 45 the book goes on to say “Well, that’s exactly what this book is about. Its main object is to enable you to find a power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual.....”

The concept was completely foreign to me. My sponsor and home group helped me grasp the first three steps. Even though it was a slow process, it was essential one in order to comprehend and embrace the spiritual nature of the program.

I read Appendice II on Spiritual Experience page 567-570 over and over trying to grasp the concept. I became teachable by becoming willing to take direction. Very slowly the spiritual part of this program did indeed filter into my life, although I wasn’t really aware of the transformation taking place. The higher power concept was working because I had opened the door just a little bit. I no longer feared dying from this disease. While I still had no grasp of the program I could see there was a solution. The physical withdrawal from the alcohol still plagued me: I had the shakes and night sweats for many weeks and I still wanted to drink, but the meetings gave me hope.

*(Continued on page 3)*

## 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	Nancy N.
Council Assistant	Rick W.
After Hours Phones	Ruben S.
Business Committee	Ray R.
New Coordinators	Carrie
Outreach Committee	Paul H.
Program Committee	Nicki F.
Public Info Committee	Terry L.
Newsletter/Coordinator	Linda F.

### Area Officers:

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

**Contributors:** Thomas K., Lisa O., Sue H. and Charlie M.

**Nov. Theme:** Spiritual Awareness

**Fold & Label:** Wednesday, **Oct. 19, 2011 5:30 pm**, at Central Office

**Committee Meeting:** **Thursday, Oct. 27, 2011 6:00 pm**, at Central Office

### **View from the Chair**

The end of my service as Newsletter Chair is drawing near. I would like to express my sincere thanks and gratitude to all of you who have been of service and provided shoulders I needed to lean on: **Maureen B., Lisa O., Christian W., Chris C., Connie J. and also our incoming Newsletter Chair for 2012, Thomas K.**

For those of you who would like a head start on 2012's topics, they are as follows: **JAN:** Contempt Prior to Investigation, **FEB:** Problems Other Than Alcohol, **MAR:** Boy Meets Girl on AA Campus, **APR:** Sponsorship, **MAY:** Two-Stepping, **JUN:** Rule 62, **JUL:** Is AA for You?, **AUG:** AA Member-Medication and Other Drugs, **SEP:** We Absolutely Insist on Enjoying Life, **OCT:** Do You Think You're Different?, **NOV:** AA in Treatment, **Dec:** The Four Horseman. All these topics can be found in either the Big Book, 12 and 12 or the pamphlets.

You can email your work to us at [sdAA.newsletter@gmail.com](mailto:sdAA.newsletter@gmail.com), drop it by the office or mail to: San Diego Central Office, 7075 Mission Gorge Road, San Diego, CA 92120.

Gratefully, Linda F.

### **Thanks to Our September 14th Fold and Label Volunteers!**

Groups Represented	Volunteers
We Group	Wes T. & Don D.
Newsletter Members	Linda F. & Thomas K.
A.A. Member	Sober Tom
Clairemont Women's Step Study	Maureen G., Georgia C., Shanna M.
Archives Committee	Joe C. & Bob E.
Sunday Mid-Day	Suzy Z.

(Continued from page 1)

When the change did take place I remember waking one morning with a feeling of peace. I knew everything was going to be okay. Yes, I still worried, practiced contempt prior to investigation, and tried to run the show, but when it got really bad I would let go and things would turn out okay. I still didn't believe. I would say the Third Step Prayer on page 63 on my knees every morning before I had my coffee and started my day. However, as it became a part of my routine, the awareness became apparent.

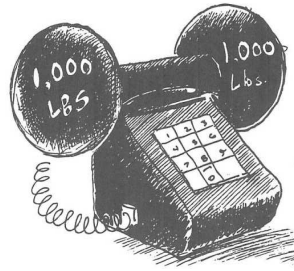
Today, most of the time, practicing the program is pretty easy for me. I know what part of the program to address. This is not about control but doing the footwork and then letting go of the rest. This is the spiritual part of my life. I can't explain why, I just know. Today I can still stray but believe me when I tell you I'm very aware of what I'm doing and it doesn't take long for me to get right back on the path again. When I started in the program I had no idea where the path was. This program is a map to stay on this path and it is very clear on how not to get lost. There are 164 pages, the road map to success. If you do get lost, going back to the map or book will give you clear directions on exactly what to do. You don't have to get this all in one dose right away. As I said earlier the spiritual awareness filtered into my life slowly over a period of time.

Grasping the spiritual nature of the program will likely not happen to you overnight, but the key is to stick around and wait for the spiritual awareness to become part of your life. You won't be disappointed.

*“This is not an overnight matter. It should continue for a lifetime.”*

Reprinted with permission from A.A.W.S., Daily Reflections, p. 298

In Memory of:  
 Paul R. – La Mesa Mens  
 Sobriety date: 1-30-1985  
 Passed away 10-15-2011



**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!*

Steve K.

La Mesa Men's  
 September 12, 1960, 51 years

Birthday Gratitude

Name \_\_\_\_\_

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

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

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

Please mail to:

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

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

## Group and Meeting Changes

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

**Chapter 5**

Church 115 Cajon View Dr  
Wed @ 7:30 pm El Cajon

**\*\*REACTIVATED\*\***

**Barona 4 Directions**

Residence 3033 Ketuull Uunyaa Way  
Tue @ 7 pm Barona  
(Off Wildcat Canyon Rd @ 9.5 mile marker)

**\*\*RELOCATED\*\***

**Morning Attitude Adjustment**

Med Bldg-lower level (Rm A) 8080 Parkway Dr  
Mon-Fri @ 7 am La Mesa  
(was 4405 Vandever Ave)

**Morning Attitude Adjustment Sat & Sun**

**Room Change In Sat & Sun Meetings**  
Med Office (2<sup>nd</sup> Fl Rm 2) 4405 Vandever Ave  
Sat & Sun @ 7am Grantville  
(was Rm 1)

**Keep It Simple Code: \***

Senior Cent 8460 Mira Mesa Blvd  
Wed @ 7:30 pm Mira Mesa  
(was 8999 Activity Rd)

**11<sup>th</sup> Step Meditate & Share Code: \***

Med Office (2<sup>nd</sup> Fl Rm 2A)  
10990 San Diego Mission Rd  
Fri @ 7 pm Grantville  
(was 4405 Vandever Ave)

**\*\*NAME, TIME & RELOCATE  
CHANGES\*\***

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

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

**Serenity Seekers Code: \***

Club 1944 30<sup>th</sup> St  
Tue @ 2 pm Golden Hill  
(was Senior Serenity @ 1:30 pm)

**Ocean Beach Beginners**

Club 2229 Bacon St  
Wed @ 7 pm Ocean Beach  
(was Wed Nite Group)

**Spiritual Sunrise Code: \***

Church 311 Highland Ave  
Sun @ 6 am El Cajon  
(was Grab Your Socks Sunday 6:30 am  
@ 938 E Washington St)

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

**Free At Last**

Church (Rm 8) 2720 Olympic Parkway  
Tue @ 7 pm Chula Vista  
(was Rm10 Eastlake Greens)

**Womens Attitude of Gratitude Codes: C W**

Health Occupation Ctr (Rm12)  
9368 Oakbourne Rd  
Wed @ 6:30 pm Santee  
(was Rm 5)

### Coordinating Council Attendance

**The following 58 groups attended October Coordinating Council  
There are 760 registered groups in San Diego  
WAS YOUR GROUP THERE?**

**NEXT COUNCIL MEETING IS: THURSDAY, November 10, 2011**

11<sup>th</sup> Step Journey  
AA By The Bay  
Allied Gardens Step Study  
Battery Chargers  
Big Book & 12 X 12 Study  
Bonita Boozers  
Casa De Oro Tradition Five  
Cedar Street Mens  
Clairemont Mens  
Daily Reflections  
Downtown Discussion  
Drunks Only  
Early Morning Recovery  
East Side Group  
El Cajon Womens Serenity  
First Mira Mesa Mens  
Fourth Dimension Group  
Free At Last  
Free On Friday  
Fresh Start Beginners  
Friday Morning Womens  
God Squad Too  
Great Fact Group  
Harmony Group  
I. B. Up  
Imperial Beach Group  
Kelton Ave Big Book Study  
La Mesa Mens  
La Mesa Mixed

La Mesa Open Discussion  
La Mesa Step Study Workshop  
Mira Mesa Friday Night  
Mission Bay Speakers  
Mission Hills Beginners  
Mission Hills Late Night  
Monday At A Time  
Ocean Beach Tuesday  
Old Town Speakers  
Over The Bridge  
Point Loma AA Discussion  
Point Loma Mens  
Porter Hall Structured S/S  
Progress Rather Than Perfection  
Rainbow Group  
San Carlos Single Purpose  
Santee Saturday Night Speakers  
Santee Thursday Closed Mixed  
Scripps Ranch Mens Two  
Sky Hi Womens  
South Bay New Womens  
Straight Shooters  
The Joy Of Living Group  
The Other Meeting  
The We Group  
Tues Night Big Book Step Study  
Water Walkers Too  
Womans Let Go And Let Go  
Women In Harmony

### A POWERFUL TRADITION

In the years before the publication of the book, "Alcoholics Anonymous," we had no name... By a narrow majority the verdict was for naming our book "The Way Out"... One of our early lone members... found exactly twelve books already titled "The Way Out." ... So "Alcoholics Anonymous" became first choice. That's how we got a name for our book of experience, a name for our movement and, as we are now beginning to see, a tradition of the greatest spiritual import.

Reprinted with permission from A.A.W.S., "A.A. Tradition: How It Developed", pp. 35-36

Beginning with Bill's momentous decision in Akron to make a telephone call rather than a visit to the hotel bar, how often has a Higher Power made itself felt at crucial moments in our history! The eventual importance that the principle of anonymity would acquire was but dimly perceived, if at all, in those early days. There seems to have been an element of chance even in the choice of a name for our Fellowship. God is no stranger to anonymity and often appears in human affairs in the guises of "luck," "chance," or "coincidence." If anonymity, somewhat fortuitously, became the spiritual basis for all of our Traditions, perhaps God was acting anonymously on our behalf.

Reprinted with permission from A.A.W.S., Daily Reflections, November 25

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

Minutes of the Coordinating Council  
Thursday, September 8, 2011

Nancy N. – Council Chair called the 796<sup>th</sup> meeting to order at 7:30 pm. Debbie read the 12 Traditions. Council Definition and Purpose read by Duncan. There were 8 new Coordinators, 1 visitors and 8 birthdays. 7<sup>th</sup> Tradition was \$71.00. Roll Call: Rick W., Assistant Council Chair was absent. Quorum was established by a raise of hands (58) and sign-in sheet. There was a quorum (35) It was m/s/c to approve the minutes of September 2011 Council Minutes.

Area Assembly – Veronica, Area Alt. Secretary shared November 12<sup>th</sup> is our Area 08 Election Assembly, November 13<sup>th</sup> – Traditions Workshop and November 20<sup>th</sup> – Roots Event. For information on all Area Events, please visit the 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 2011 financials.

AFTER HOURS PHONES: Mona, Committee member reported

- 1) All nights are currently filled.
- 2) Thank you to the current groups for your after-hours phone service.
- 3) Need groups to sign up to create a waiting list. Also, need of volunteers to be on "emergency fill-in list". Call Ruben 619-888-2091.

BUSINESS COMMITTEE:

Committee met on Tuesday 10/11/11 at 6:00 pm. Present: Ray R., Jerry C., Gary C., Steve E., Nancy N., Council Chair, Rick W., Asst Council Chair and Connie J., Central Office Manager. Absent: Leonard R. There was a quorum.

- 1) It was m/s/c to approve September 2011 Minutes.
- 2) It was m/s/c to approve September 2011 Financials.

September 2011 Financial Statements' Summary:

- a) Our September 2011 Net Revenue is \$(4,042.23). Our 2011 YTD Net Revenue is (\$6,083.88). Group and Individual Contributions were \$7,145.55. Literature Sales Revenue and bank interest was \$2,174.42 while total office and committee expenses were \$13,362.18.

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

Manager's Report

- 1) October's Book of the Month: *Living Sober* on sale for \$3.75.
- 2) Daytime phone volunteer shifts available: always need fill-ins.
- 3) Met with Ray R., Chair and Jerry C., Treasurer for 2012 budget.
- 4) Purchased new cash register computer for a cost of \$171.
- 5) Will be receiving a \$282.26 dividend for our General Liability/Property Insurance Policy upon our renewal as a 501C3.
- 6) CA Public Utilities CTF Program 50% telephone discount offered to 501C3 non-profits – response to application in 2 weeks.
- 7) As a result of increase in paper costs new schedules will be 60 cents.
- 8) Attended Central Office Manager's Seminar Sept. 29<sup>th</sup> – Oct. 2<sup>nd</sup>.
- 9) [aasandiego.org](http://aasandiego.org) website: on "electronic forms page" –in pdf format: example: *literature price list, contributions pie chart, secretary meeting log and handbook, big book readings ...*

Have added AFTER HOURS PHONES GROUP SIGN-UP SHEETS

- 10) 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 1,300 newsletters. (Note: *Coordinator Newsletter expenses have been reduced by \$2,000 YTD*)
- 11) Central Office offers Gift Certificates in amounts of \$10.00 - \$25.00.
- 12) Sending contributions receipts, with current event flyers by email.

Committee Member reports:

- 1) Ray R. - Kept abreast of Central Office Activities during the month, and met with Jerry C and Connie J. to review 2012 budget.
- 2) Gary C.- Reviewed September bank deposits.

- 3) Jerry C. - signed checks, reviewed bank reconciliations and financial statements, met with Ray & Connie to review 2012 budget.
- 4) Rick W. – passed out Coordinator call reminder lists.
- 5) Nancy N. – Website working properly.
- 6) Steve E. –meeting schedules available.

Old Business: There was none.

New Business:

- 1) It was m/s/c to increase schedules to 60 cents as a result of cost increase of paper.
- 2) Discussed and reviewed 2012 Budget. It was m/s/c to present to Council on Thursday.

COORDINATOR NEWSLETTER:

Linda F., Chair reported committee met on Thursday, 9/22/11.

Present: Linda F., Maureen B., Thomas K. and Lisa O.

December's Theme: "Principle of Service". Submissions of 500-1000 words welcome (November submissions due by October 27<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. shared committee met tonight at 7 pm. Present: Paul H., Raleigh, and John L.

Help NEEDED from all current Coordinators in participation and outreach to invite groups to have an Intergroup Coordinator. We have a responsibility to the future of Alcoholics Anonymous with our group's voice and activity in service and unity.

ORIENTATION & GUIDELINES: Carrie Chair reported committee met tonight at 6:30 pm. present: David, Carrie and Duncan.

- 1) Orientated 8 new Coordinators.
- 2) Discussed duties of the Coordinator and orientation packets and questions. Read the "History of San Diego", Traditions 3 & 4, Robert's rules of order" and a Quorum.

PROGRAM COMMITTEE:

- 1) Anniversary Breakfast – Saturday, November 5<sup>th</sup> at Ramada Inn in Kearney Mesa. Tickets available for purchase for \$16.75 at Central Office.
- 2) New Years Eve event – is being planned to have at Scottish Rite Center again this year.

PUBLIC INFORMATION COMMITTEE: Committee met on Monday, 10/5/11 at 6:00 pm. Present: Steve W., Tom T., and Sallye M. Guests: Gary S and Rebecca B. Absent Excused: Terry L.

The importance of us as a Fellowship communicating to the public "What Alcoholics Anonymous Is and What It is Not". As outlined in the GSO Public Information Workbook and Guidelines there are lots of possibilities for that, but the Public Information Committee needs more active committee members to assist with distributing PSA's to TV and Radio, Big Books to libraries, delivering pamphlet racks to public places, arranging for Speaker presentations at schools and volunteers at Health Fairs and members to sign up on a volunteer list to assist with presentations at schools, health fairs...

- 1) On Saturday, October 29<sup>th</sup> at 11 am, there will be a Public Information Speaker Volunteer Workshop. Call Terry L. 619-417-9717.
- 2) Groups may "Adopt a Literature Rack" to go into places like libraries, schools ...currently 8 racks have been placed, call Central Office 619-265-8762 for information.
- 3) Big Books in English/Spanish have been placed into 12 schools.
- 4) Tom spoke to TV Stations about airing our AA PSA's.
- 5) Approved Gary and Rebecca to join PI Committee.

OLD BUSINESS: There was none.

NEW BUSINESS:

- 1) Motion from AA By The Bay Group – JYM V., Coordinator to amend Guidelines Section V paragraph D2 (Coordinator Newsletter Committee) to add "*and to ensure that any topic or monthly theme for the newsletter be limited to those subjects addressed in AA approved literature.*" M/s/c 40 Y / 9 N to send motion to groups for discussion.
- 2) Jerry C., Business Treasurer presented the 2012 Intergroup Budget & responded to questions.

- 3) Gary S. (sob) 5/23/90 and Rebecca (sob 2/7/10) were approved unanimously to serve on Public Information Committee.

Respectfully submitted

*Connie J.* Connie J., Recording Secretary

Continued from page 5.

**2012 San Diego Intergroup Proposed Budget.**

- 1) \$7,712 decrease from 2011 budget.
- 2) See the following for budget itemization.
- 3) Groups will discuss 2012 Budget and Coordinators will bring their group's vote back to the Coordinating Council on November 10, 2011.

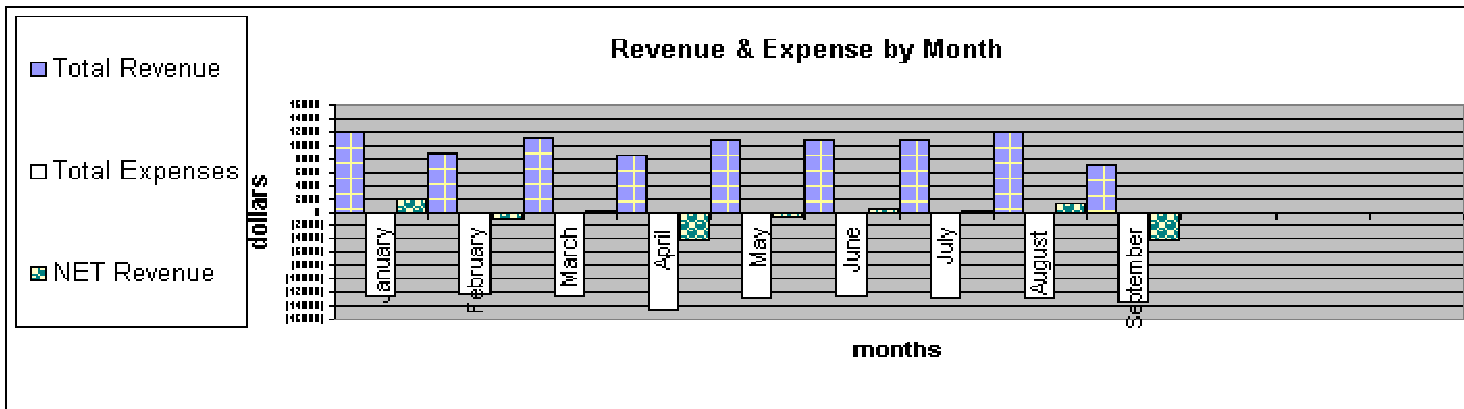
Revenue	
Contributions - Group	115,162.00
Contributions - Individual	7,360.00
Contributions - SDIAA	1,240.00
Interest - CD's	625.00
Literature Sales Revenue	<u>23,500.00</u>
Total Revenue	147,887.00
Expenses	
Accounting & Legal	2,650.00
Auto/Travel/Seminar	1,300.00
Bank Service Charge	125.00
Cash (Over) Short	(50.00)
Check Returned - Bad Debt	0.00
Equipment Maint. & Repair	500.00
Equipment Purchase	500.00
Insurance	900.00
Office Maint. & Repair	500.00
Office Supplies	3,500.00
Rent	20,772.00
Taxes	80.00
Telephone	2,900.00
Utilities - Electricity	3,600.00
Website	500.00
EMPLOYEES	
Accrued Payroll Taxes	6,900.00
Employees Wages	83,800.00
Employee 403B Contribution	2,100.00
Insurance - Health	9,875.00
Insurance - Worker's Comp	650.00
Total Expenses	<u>(141,102.00)</u>
Net Revenue before Committees	6,785.00
Council Standing Committees (See Schedule attached)	
Coordinating Council	735.00
After Hours Phones	300.00
Business Committee	100.00
Coordinator Newsletter	3,150.00
Coordinator Outreach	100.00
Orientation/Policy Committee	100.00
Program Committee	500.00
Public Information	1,800.00
Total Expenses	<u>(6,785.00)</u>
Balanced Budget for 2012	<u>0.00</u>

Schedule for Coordinating Council Standing Committees

<u>After Hours Phones</u>	
Cable TV	Total After Hours Phones 300.00
<u>Business Committee</u>	
Documentation	Total Business Committee 100.00
<u>Coordinating Council</u>	
7th Tradition Baskets	(675.00)
Coffee & Cookies	300.00
Documentation	250.00
Equipment	60.00
Recording Secretary	360.00
Rent CC	240.00
Unity Day	200.00
	<u>Total Coordinating Council 735.00</u>
Newsletter "Coordinator"	
BAM Subscriptions	(500.00)
Flyers	(500.00)
Paper/ Labels	1,400.00
Postage Bulk	250.00
Printers	2,500.00
	<u>Total Newsletter "Coordinator" 3,150.00</u>
Coordinator Outreach	Total Outreach Committee 100.00
Orientation Committee	
Documentation	Total Orientation Committee 100.00
Program Committee	
Founder's Day Picnic	
Food/Supplies	400.00
Flyer	100.00
	<u>Total Founder's Day Picnic 500.00</u>
Anniversary Breakfast	
Decorations	50.00
Food/Drinks	1,525.00
Printing	100.00
	<u>Total Anniversary Breakfast 1,675.00</u>
	<u>Ticket Revenue (1,675.00)</u>
	0.00
New Year's Eve Celebration	
Decorations	400.00
Food/Drinks	4,500.00
Hall Rental	3,420.00
Music	900.00
Flyers/Ticket Printing	280.00
	<u>Total New Year's Eve Celebration 9,500.00</u>
	<u>Ticket Revenue (9,500.00)</u>
	0.00
Public Info Committee	
Copies/Postage	100.00
Del Mar Fair	150.00
Street Fairs	150.00
Literature	950.00
Speaker Workshop	200.00
PSA's -TV & Radio	250.00
	<u>Total Public Info Committee 1,800.00</u>
Total Standing Committee Expenses	6,785.00

# September 2011 Statement of Revenue and Expenses

	September '11	September '10	YTD '11	YTD '10	\$ Change	Budget '11
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
Contributions Group	6,824.40	12,045.30	85,141.66	84,932.71	208.95	118,384.00
Contributions Individual	321.15	1,259.88	5,157.70	8,687.99	(3,530.29)	9,650.00
Contributions SDIAA	-	-	1,240.00	1,030.00	210.00	1,125.00
Interest - Cert of Deposits	45.66	52.41	447.71	673.89	(226.18)	900.00
<b>Total Revenue</b>	<b>7,191.21</b>	<b>13,357.59</b>	<b>91,987.07</b>	<b>95,324.59</b>	<b>(3,337.52)</b>	<b>130,059.00</b>
<b>Expense</b>						
Accounting & Legal	60.00	225.00	2,540.00	5,475.00	(2,935.00)	2,650.00
Auto/Travel/Seminar	440.31	757.91	1,077.35	1,524.02	(446.67)	1,300.00
Bank Service Charges	2.00	2.00	70.14	116.54	(46.40)	125.00
Cash (Over) Short	16.17	3.11	(28.19)	73.68	(101.87)	(50.00)
Checks Returned - Bad Debt	-	-	-	-	-	-
Equipment Maint & Repair	35.27	-	501.16	70.00	431.16	500.00
Equipment Purchase	306.93	-	1,159.46	463.92	695.54	500.00
Insurance	50.00	50.50	450.00	464.50	(14.50)	1,100.00
Office Maint. & Repairs	-	-	33.00	77.11	(44.11)	500.00
Office Supplies	227.44	11.69	2,154.49	2,768.21	(613.72)	3,900.00
Rent	1,697.00	1,648.00	15,077.00	14,640.00	437.00	20,168.00
Taxes	-	-	64.45	83.49	(19.04)	80.00
Telephone	232.44	242.32	2,155.30	2,081.92	73.38	2,900.00
Utilities-Electricity	385.57	377.47	2,609.72	2,667.03	(57.31)	3,600.00
Website	20.00	20.00	258.45	229.45	29.00	500.00
<b>EMPLOYEES</b>			-			
Accrued Payroll Taxes	577.32	577.32	5,590.60	5,686.19	(95.59)	7,400.00
Employee Wages	7,546.86	7,546.86	67,709.74	67,361.09	348.65	89,990.00
Employee 403B Contribution	187.14	175.00	1,677.55	1,575.00	102.55	2,100.00
Employee Health Benefit	817.00	853.04	7,389.04	7,816.30	(427.26)	10,236.00
Insurance-Worker's Comp	66.00	50.00	562.00	486.50	75.50	850.00
<b>Total Expense</b>	<b>12,667.45</b>	<b>12,540.22</b>	<b>111,051.26</b>	<b>113,659.95</b>	<b>(2,608.69)</b>	<b>148,349.00</b>
<b>Net Ordinary Revenue</b>	<b>(5,476.24)</b>	<b>817.37</b>	<b>(19,064.19)</b>	<b>(18,335.36)</b>	<b>(728.83)</b>	<b>(18,290.00)</b>
<b>Other Revenue/Expense</b>						
<b>Literature Revenue/Expense</b>						
Sales (see schedule)	2,128.74	1,790.80	17,813.08	17,790.34	22.74	25,540.00
	2,128.74	1,790.80	17,813.08	17,790.34	22.74	25,540.00
<b>Standing Committees Expense</b>						
Committee (see schedule)	694.73	385.48	4,832.77	6,313.79	(1,481.02)	7,250.00
<b>Total Other Expense</b>	<b>694.73</b>	<b>385.48</b>	<b>4,832.77</b>	<b>6,313.79</b>	<b>(1,481.02)</b>	<b>7,250.00</b>
<b>Net Other Revenue</b>	<b>1,434.01</b>	<b>1,405.32</b>	<b>12,980.31</b>	<b>11,476.55</b>	<b>1,503.76</b>	<b>18,290.00</b>
<b>Net Revenue</b>	<b>(4,042.23)</b>	<b>2,222.69</b>	<b>(6,083.88)</b>	<b>(6,858.81)</b>	<b>774.93</b>	<b>-</b>



## September 2011 Group Contributions

Group	Sept '11	Ytd 11	Group	Sept '11	Ytd 11
11th Step Journey-2622	-	325.00	Fountain of Youth - 2232	13.00	13.00
11th Step Meeting - 2322	-	50.00	Fourth Dimension Group - 2415	-	651.75
4077 Mash Step 11(read-meditate-share)	-	106.50	Free At Last - 2888	-	168.26
A Sense of Belonging Womens - 1205	155.80	155.80	Free on Friday - 760	-	180.00
A Womens Meeting - 1717	-	232.69	Free To Be - 935	-	67.35
Adams Avenue Big Book Study - 1892	-	200.00	Fresh Air Friday - 266	200.00	700.00
Allied Gardens Friday Lunch - 766	-	200.00	Fresh Start Beginners - 2609	-	1,100.92
Allied Gardens Step Study - 1629	-	250.00	Fri Noon Living Sober - 2767	-	25.00
Alpine Mixed Step Study - 2621	-	97.70	Friday Happy Hour - 2821	-	100.00
Annual Grateful Meeting - 2461	-	76.00	Friday Morning Womens - 104	112.00	400.00
Another New Beginning - 144	-	50.00	Friday Night Gratitude - 2829	67.50	67.50
Artists in Sobriety - 2459	-	37.00	Friday Night Irregulars - 2889	-	115.00
As Bill Sees It (University Heights) - 1788	-	50.00	Friday Night Santee - 1754	-	360.00
As Bill Sees It (Coronado) - 2780	-	150.00	Friday Nite Special - 2401	-	50.00
At Home Mens - 215	-	90.00	Friday Nite Weeks End - 1856	-	120.00
At One With Each Other - 789	-	300.00	Gilman Group - Fri 1988	-	138.47
B.Y.O.B. - 203	100.00	360.00	God Squad Too - 2809	-	71.31
Back to Basics - 1026	-	1,750.00	Golden Hill Sun Discussion - 1706	-	135.00
Back to Basics for Women - 1675	165.00	215.00	Goldmine Speakers - 2613	-	44.00
Balboa Breakfast - 2721	150.00	402.55	Good Fortune Hui Group - 491	-	400.00
Battery Chargers - 98	-	400.00	Good Morning AA - 1888	30.90	104.85
Battery Chargers Thanksgiving Alkathon	-	8.00	Great Fact Group - 895	-	150.00
Bay Park Step Study Group - 299	30.00	30.00	Happy, Joyous & Free - 363	-	75.00
Bayside Big Book Study - 1610	-	100.00	Harmony Group - 585	149.14	662.36
Beginners Steps To Sobriety - 1007	-	86.88	Haul Your Hiney Out of Bed - 704	-	50.00
Big Bon-Fire Meeting - 1894	-	286.00	Hi-Nooners - 673	-	28.00
Big Book & 12 x 12 Study - 100	-	95.00	How It Is - 960	-	100.00
Bonita Boozers - 2179	-	100.00	How It Is Now Speakers - 390	-	180.00
Bonita Womens Big Book - 2734	-	29.31	Hwy 80 AA - 2722	-	540.00
Breakfast Of Champions - 2818	-	600.00	I. B. Up - 2565	250.00	450.00
Cajon View Open Disc - 471	-	75.00	Imperial Beach Group - 79	-	164.13
Carrying the Message - 2458	-	216.00	Jamul Open - 63	-	100.00
Casa De Oro Tradition Five - 503	-	375.00	Judges Big Book - 2736	-	20.00
Cedar Street Mens - 1698	200.00	780.92	Jump Start - 2174	-	200.00
Chula Vista 4 Min Speakers - 1568	-	350.00	Kelton Ave Big Book Study - 2410	116.30	202.65
Citizens Again - 2658	150.00	332.50	La Jolla Basic B/B Study - 2154	-	380.00
Clairemont Daytime Step Study - 427	-	120.00	La Jolla Beginners Group - 82	-	620.00
Clairemont Discussion - 314	-	150.00	La Jolla Beginners Womens - 83	-	133.00
Clairemont Mens - 301	-	900.00	La Jolla Discussion Group - 85	-	600.00
Clairemont Mesa Step Study - 1997	-	50.00	La Jolla Lunch Bunch - 622	-	219.00
Clairemont Mixed Discussion - 338	-	125.00	La Jolla Mens - 692	-	75.00
Clairemont Step & Traditions Study - 482	50.00	50.00	La Jolla Monday Womens - 87	-	1,000.00
Clairemont Wednesday Group - 303	-	115.00	La Jolla Nonsmokers Disc - 88	-	700.00
Clairemont Womens - 340	-	335.79	La Jolla Patio Group - 613	-	360.20
Clairemont Womens Step Study - 341	-	234.00	La Jolla Speakers - 578	-	381.45
Class Acts - 1845	150.00	730.00	La Mesa Mens - 106	-	566.54
Coffee Clutchers - 2332	-	450.00	La Mesa Mid Morning - 2777	40.00	140.00
Come As You Are - 2661	-	40.00	La Mesa Mixed - 2136	-	450.00
Come Get Recovery - 2630	-	50.00	La Mesa Step Study Workshop - 1621	-	82.00
Conscious Contact Meditation - 2834	-	25.00	La Mesa Womens Sat. Morning - 416	-	150.00
Coronado Beginners - 344	-	60.00	Laguna Mountain Group	-	60.00
Coronado Big Book - 1644	-	50.00	Lake Morena Sink or Swim - 2830	-	150.00
Coronado Nooners - 497	40.00	1,441.20	Lake Murray Lunch Bunch - 2701	126.50	247.00
Coronado Step Study - 1523	-	60.00	Lake Murray Womens - 572	-	184.28
Coronado Sunday Noon - 1830	-	350.00	Linda Vista Thursday Night - 319	-	215.00
Coronado Sundowners - 1634	-	116.00	Little Apple Group - 1438	-	370.00
Courage to Change - 2679	-	100.00	Living Free - 477	-	1,400.00
Cups - 2938	-	825.00	Lost & Found - 2907	10.00	22.00
D.D.G.T.M. - 767	80.00	372.00	Lunch With Bill W. Bunch - 774	-	827.75
Dawn Patrol - 263	93.69	667.69	Lunchtime Friends - 964	-	209.60
Designs For Living - 488	235.85	235.85	Lushes Lunch Thursday - 2807	-	352.69
Diamond St Mens Step Study - 569	89.00	483.91	Lushes Lunch Tuesday - 2641	-	327.57
Downtown Discussion - 1665	64.71	883.36	Medicine Wheel - 1852	14.00	14.00
Drunks Only - 1605	-	1,189.15	Men and Womens Monday Night - 95	-	120.00
Each Day A New Beginning - 509	-	633.32	Mens Step Study (CV) - 965	-	60.00
Early Morning Recovery - 2688	-	755.00	Mens Structured Step Study - 1469	-	176.00
Early Risers(Coronado) - 1525	-	100.00	Mid-Week Mens - 560	-	299.00
Early Risers(PB) -264	-	250.00	Midnight Howlers - 1025	-	1,040.00
East County Mens - 1905	-	50.00	Midway Bridge - 2171	122.01	122.01
East County Young People Rule 62 - 2797	-	200.00	Mira Mesa Early Risers - 967	60.00	60.00
East Side Group - 101	-	151.00	Mira Mesa Friday Night - 379	-	107.50
Eastlake Greens Attitude Adjust - 2691	158.00	158.00	Mira Mesa Monday Noon Mixed - 542	-	40.00
Eastlake Greens Attitude Adjust(Su) - 2712	-	420.00	Mira Mesa Womens - 411	-	356.46
Eastlake New Beginnings B/B S/S - 2673	-	180.00	Miracles on Mondays - 565	-	50.00
Easy Does It Riders - 21	-	340.10	Misfit Mens - 2486	30.00	30.00
Easy Does It Speakers - 114	50.00	250.00	Mission Bay Sat Night Speakers - 271	-	160.00
El Cajon Daytime - 52	-	720.00	Mission Hills Beginners - 1612	-	50.00
El Cajon Happy Hour - 61	-	60.00	Mission Hills Late Night - 2773	-	180.00
El Cajon Womens Serenity - 77	-	100.00	Mission Hills Lunch Bunch - 2675	250.00	2,150.00
Evening in Harmony - 2864	-	150.00	Mission Possible - 131	-	67.50
Evening Serenity - 2305	-	224.89	Monday At A Time - 2875	-	240.00
Eye Opener Group - 607	-	469.50	Monday Mens Gut Level Group - 677	50.00	150.00
Faculty Group - 1645	-	70.20	Monday Night Big Book Study - 2345	-	20.00
Fletcher Hills Smokeless - 59	-	30.00	Monday Night Young People's StepStudy-2618	-	137.83



# September 2011 Group Contributions

Group	Sept '11	Ytd 11	Group	Sept '11	Ytd 11
Monday Nite Live - 643	-	150.00	Sole Purpose Group - 1657	30.00	125.00
Morning Attitude Adjustment - 768	-	575.00	Solutions Not Excuses - 2857	-	200.00
Mother Earth Viejas Rez- 2019	-	10.00	South Bay Mixed Discussion - 36	-	50.00
Mt Soledad Mens - 717	-	1,050.00	South Clairemont - 305	-	184.00
National City Maintenance - 136	-	170.00	Spiritual Awakening - 2275	-	2,976.00
Newcomers Rise & Shine - 2702	-	50.00	Spiritual Awakenings Step Study -2601	-	100.00
Noon at the Grove - 628	-	300.00	Spring Valley Step Study - 125	-	40.00
Nooners Anonymous - 1164	-	229.25	Stadium Group - 372	-	60.00
Noontime on the Patio - 2203	-	150.00	Step Sisters - 2155	-	196.00
North Clairemont - 1102	-	272.20	Step Up Step Study - 2817	75.00	75.00
North Clairemont Sat Nooners - 2572	-	50.00	Steps To Recovery Group - 1169	-	22.00
North Park Mens - 465	-	460.50	Straight Shooters - 198	-	110.00
North Shores Breakfast - 275	-	63.00	Sunday Beach Sun-Day - 568	-	1,000.00
O.B. Friday Night Big Book Study - 1316	-	150.00	Sunday Kind Of Love - 429	252.00	252.00
OB Peer Group - 2130	-	150.00	Sunday Midday - 161	-	200.00
OB Womens Step Study - 2730	-	50.00	Sunday Morning at the Grove - 117	67.50	167.50
Ocean Beach Tuesday - 246	100.00	200.00	Sunday Morning Eleventh Step - 1206	-	270.00
Old Timers Breakfast - 2828	-	50.00	Sunday Morning Spiritual Meeting - 1700	-	150.00
Old Timers Group - 2037	-	100.00	Sunday Night Discussion - 212	-	50.00
Old Town Speakers - 321	-	500.00	Sunrise Promises - 2166	130.00	895.00
On The Corner - 2384	-	167.40	Sweet Surrender Speakers - 2254	-	70.00
One Step Ahead - 715	-	80.00	Thankful Thursdays - 2542	-	75.00
One Step At A Time Runners - 1664	-	159.57	The Campus Meeting - 2911	-	78.44
Open Minded Mens - 626	-	200.00	The Grapevine - 2794	-	25.00
Over The Bridge - 2689	-	507.76	The Hole in the Donut - 2737	-	40.00
Pacific Beach Weekend Warmup - 725	-	460.80	The Joy of Living Group - 2636	-	397.50
Paradise Hills - 392	-	50.00	The Other Meeting - 857	226.05	330.55
Pass It On Big Book Study Group -2860	115.51	828.98	The Womens Room - 450	-	18.12
Pass It on Group - 170	-	30.00	Three Legacies Group - 2194	-	98.00
PB Young Womens - 2187	-	175.00	Thursday Campus Noon Group - 2387	-	205.00
Penasquitos 12X12 - 2759	-	70.00	Thursday Promises Promises - 749	-	164.00
Penasquitos Discussion - 871	-	100.00	Tierrasanta Big Book Study - 1790	90.00	215.00
Poinsettia Group - 2210	-	200.00	Tierrasanta Friday Night - 2645	-	210.00
Point Loma AA Discussion - 242	-	170.00	Tierrasanta Happy, Joyous & Free - 2659	-	225.00
Point Loma Mens - 245	90.00	90.00	Tierrasanta Morning Serenity - 2811	40.00	374.00
Point Loma Nooners - 1606	-	258.17	Top of the Hill - 41	-	50.00
Point Loma Saturday Morning - 1240	75.00	165.00	Torrey Pines Open Disc - 94	-	200.00
Point Loma Tuesdays Night - 2648	-	271.50	Tri-Serenity - 836	20.00	40.00
Porter Hall Group - 109	-	100.00	Tues Night Big Book Step Study - 1813	-	150.00
Porter Hall Structured S/S - 97	-	90.00	Tuesday Campus Noon Group - 2544	-	205.00
Practical Solutions - 2398	-	111.00	Tuesday Morning Alpine - 440	-	195.20
Progress Rather Than Perfection - 2682	-	384.00	Tuesday Morning Breakfast Special - 2761	50.00	170.00
Pt Loma Fri Afternoon Step Study - 244	-	442.50	Tuesday Night Mens - 56	-	50.00
Pt Loma Womens Discussion - 1608	-	475.00	Tuesday Night Participation - 905	-	100.00
Rainbow Group - 570	-	125.00	Tuesday Night Primary Purpose - 130	-	75.00
Ramona Wednesday Step Study - 141	-	20.00	Tuesday Vision 4 U - 2775	-	60.00
Resentment and a Coffee Pot - 2561	150.00	250.00	Two Bit Speakers - 201	-	112.93
Right Turn Group - 1900	50.00	290.00	University City Womens - 369	-	250.00
Rise & Shine - 2170	33.20	648.77	Valley Girls - 2617	-	222.20
Rocket Riders - 1730	-	464.00	Wake Up Call - 1932	15.00	25.00
Round Table Discussion - 123	-	257.50	War Fever - 880	-	136.00
Rule 62 Group - 927	-	150.00	Water Walkers - 5	-	50.00
S.D. Speakers Meeting - 152	40.00	351.48	Water Walkers Too - 1946	183.72	651.72
Safe Sane and Sober - 1350	-	1,445.00	Way Up and Out - 415	50.00	235.00
San Carlos Single Purpose - 583	90.00	90.00	We Agnostics - 2096	-	50.00
San Diego Doctors Step Study - 194	-	175.00	Wed Nite Traditions Study - 2336	-	40.00
San Diego Feeling Good	414.42	414.42	Wednesday Discussion Group - 2431	-	425.35
Santee Thursday Closed Mixed - 145	40.00	150.00	Wednesday Night Closed Topic - 165	-	50.00
Sat Mens Early Awakening - 2209	-	550.00	Wednesday Winners Circle - 496	50.00	552.50
Sat Night Early Discussion - 336	-	842.51	Weds Rule 62 Lunch Group - 687	-	327.00
Sat Night Live - 2173	-	120.00	White Flag Outdoors - 2788	-	498.00
Saturday A.M. Live - 782	-	183.60	Wholesale Miracle - 2474	-	83.09
Saturday Night Candlelight - 1914	-	40.00	Womans Let Go and Let God - 446	-	120.00
Saturday Night Live - 2192	13.60	33.60	Women In Harmony - 1807	50.00	265.00
Scripps Ranch Men's Two - 2776	-	200.00	Womens Attitude of Gratitude - 2751	-	246.92
Serenity Seekers - 209	60.00	160.00	Womens Sober Sunday - 731	-	153.00
Singleness of Purpose - 2882	400.00	470.00	Womens Step Study - 296	-	50.40
Sky Hi Womens - 1633	-	190.00	Womens Thursday Nite - 514	-	210.92
Smokefree La Mesa Womens - 635	-	247.72	Womens TLC - 2814	-	33.00
So Bay New Womens - 2325	-	175.00	Womens Way To Recovery - 838	50.00	154.20
Sober Camel Speakers Meeting - 2296	-	100.00			
Sober Minded Leather Folk - 1882	-	164.82			
Sober Nooners - 196	-	406.44			
Sober Roses Womens Step Study - 2946	20.00	20.00			
Sober Serenity Seekers - 887	-	378.90			
Sober Survivors - 2915	-	160.50			
Sobriety Party - Ramona	-	20.00			
Sobriety Seekers Step Study - 342	-	40.00			

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

2011 Holidays - Central Office Bookstore Closed		
HOLIDAY	DAY OF WEEK	DATE
Veterans Day	Friday	November 11 <sup>th</sup>
Thanksgiving Day	Thursday	November 24 <sup>th</sup>
Christmas	Monday	December 26 <sup>th</sup>

*BOOK OF THE MONTH*

**September: "Living Sober" sale: \$3.75 reg. \$4.25**

Revenue and Expense Summary September	
Group Contributions	6,824.40
Individual Contributions	321.15
Literature & Interest	2,174.40
<b>Total Revenue</b>	<b>9,319.95</b>
Central Office Expenses	12,667.45
Committee Expenses	694.73
<b>Total Expenses</b>	<b>13,362.18</b>
September Net Revenue	(4,042.23)
2011 YTD Net Revenue	(6,083.88)

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

September Individual Contributions  
Anonymous, Daniel Y., Steve K., Nick C.

Adopt a Literature Rack!

Groups may provide information about AA by sponsoring a literature rack for display at 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.

# CENTRAL OFFICE

PHONE CALLS FOR **September 2011**

TOTAL CALLS FOR MONTH <b>1,740</b>	Meeting Info	General Info	XII Step Calls
<b>DAYTIME VOLUNTEERS</b> From 9 am to 9 pm	<b>1,125</b>	<b>343</b>	<b>15</b>
<b>NIGHT TIME VOLUNTEERS</b> From 9 pm to 9 am	<b>160</b>	<b>86</b>	<b>11</b>

**WEB SITE HITS: September = 9,722 Total 975,996**

## November 2011

### 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 Late Night	Mt Soledad Mens	San Diego Young Peoples	The We Group	Over The Bridge
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Adams Ave Big Book	Old Town Speakers	La Mesa Mens	Water Walkers Too	East Side Group	P. B. Early Risers	La Jolla 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 Sat Morning	Imperial Mens	Safe, Sane and Sober	Spiritual Awakening	Rule 62	Pacific Beach Young Peoples	Morning Attitude Adjustment
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 Mens	Southern Cal Speakers	Downtown Discussion	Imperial Beach Group	La Jolla Beginners	Drunks Only
Rainbow Group						
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
Clairemont Mens	North Park Mens	Harmony Group	Diamond Street Mens	<b>Thank You, Night Time Phone Volunteers For Carrying The Message!</b>		
Easy Risers						
<b>If your Group wants to answer phones, Call: Connie J. at Central Office (619) 265-8762</b>						

# November 2011

<b>A.A. SERVICE EVENTS IN SAN DIEGO</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University Ave 6:00 pm  Every Sunday <u>Greater San Diego Young People's</u> Coffee Shop 3343 Adams Ave Normal Heights 1:00 pm		Every Tuesday <u>Information Publica</u> Oficina Central Hispana 3628 University Ave 7:00 pm  <u>Area Policy</u> Varies 6:30 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>Archives Committee</u> 6:45 pm Varies  <u>District 9</u> ARC 298 E. Ross Ave El Centro 7pm  <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 6:30 pm  <u>District 7</u> Club 1944 30 <sup>th</sup> St Golden Hill 6:30 pm	<u>71<sup>st</sup> Anniversary Breakfast</u>  <u>Ramada Inn (Madeira Rm)</u> 5550 Kearny Mesa Rd Kearny Mesa 92111 Doors Open 8:30am 9am – Noon Speaker 10:30am
6	7	8	9	10	11	12
	<u>Public Information Committee</u> Central Office 6pm  <u>District 8</u> Office Bldg 755 Emory St Imperial Beach 8:00pm	<u>Business Committee</u> Central Office 6:00 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>Coordinating Council</u> Church 2111 Camino Del Rio South Mission Valley 92108 <u>Orientation Committee</u> 6:00 pm <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	<u>Veterans Day Holiday Central Office Closed</u>	<u>Area Assembly Church</u> 8320 La Jolla Scenic Dr North 92037  Orientation 8am Registration 8:30am  Assembly 9am – 6pm
13	14	15	16	17	18	19
<u>Traditions Workshop</u> Dist 4,5,14,19,21 Handlery Hotel 950 Hotel Circle No Mission Valley 92108 Registration 8:15 am 9:30 – 12:30 pm  <u>Grapevine Committee</u> Varies 1:30 pm	<u>Area Newsletter Committee</u> Keith's Restaurant 1-15 & Miramar Rd 6:30 pm  <u>Area Finance Committee</u> Central Office 6:30 pm  <u>District 6</u> Denny's Restaurant 901 Camino Del Rio S Mission Valley 6:30 pm	<u>Contact On Release Committee</u> Central Office 6:45 pm	<u>Collate The Coordinator 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 Orientation</u> Central Office 7:00 pm		
20	21	22	23	24	25	26
<u>Roots Meeting</u> Church 8320 La Jolla Scenic Dr North La Jolla 92037 1pm – 3pm  <u>H&amp;I Committee</u> Union Hall 5150 Kearny Mesa Rd <u>Orientation</u> 12:15pm	<u>Area Literature Committee</u> Central Office 7:00 pm	<u>Accessibilities Committee</u> Central Office 7:00 pm	<u>Area Computer Needs Committee</u> Denny's Restaurant 135 Encinitas Blvd, Encinitas 6:00 pm  <u>District 14</u> Church 1475 Catalina Blvd Point Loma 6:30 pm	<u>Thanksgiving Holiday Central Office Closed</u>	<u>Coordinator Newsletter Committee</u> Central Office 6:00 pm	
27	28	29	30			
<u>Program Committee</u> Central Office 6:30 pm	<u>District 5</u> Church 5050 Milton St Clairemont 7:00 pm  <u>C.P.C. Committee</u> Central Office 6:30 pm  <u>District 11</u> Church 8350 Lake Murray Blvd San Carlos 6:30 pm					

**Things to Go and Places to Do**

**Third Weekenders Campout**

**WHERE:** Agua Caliente  
**WHEN:** Nov. 18-20  
**Wagon Masters:**

**71<sup>st</sup> Anniversary of AA in San Diego Breakfast**

**WHERE:** Ramada Inn, 5550 Kearny Mesa Rd,  
 San Diego 92111  
**WHEN:** Sat. Nov. 5, 9 am-noon (Doors open 8:30)  
**COST:** \$16.75  
**Contact:**

**Traditions Workshop**

**WHERE:** Handlery Hotel, Mission Valley  
**WHEN:** Sun. Nov. 5<sup>th</sup> 8:30-1 pm  
**Contact:** Central Office 619.265.8762

**San Diego Imperial Assembly Area 8  
 Election Assembly**

**WHERE:** Church 8320 La Jolla Scenic Drive North, La Jolla 92037  
**WHEN:** Sat. Nov. 12 9am-6pm  
**Contact:**

**1st Annual North County Talent Extravaganza,  
 Cruise Ship "Serenity"**

**WHERE:** Harding Community Center 3096 Harding St.  
 Carlsbad, CA  
**WHEN:** November 19, 2011, 4:00 pm to 7:00pm  
**Contact:**

**ROOTS Meeting**

**WHERE:** Church 8320 La Jolla Scenic Drive North,  
 La Jolla, CA  
**WHEN:** Sunday, Nov. 20<sup>th</sup>  
 1:00-3:00pm **Contact:**

**25th Annual Grateful Meeting**

**WHERE:** Church, 6554 Cowles Mountain, San Diego  
**WHEN:** Thursday, Nov. 24th, 10:00am  
**Contact:** lafetch@yahoo.com


**Battery Chargers 11<sup>th</sup> Annual Thanksgiving Alcathon**

**WHERE:** Church 8086 Broadway Lemon Grove 91945  
**WHEN:** Thurs. Nov. 24, 10 am-9pm (Speaker meeting  
 7pm) **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.



## From BS to IS

by Lisa O.

I like to divide my life into two periods, *before sobriety* which I term “BS” and *in sobriety*, for which I use “IS.” While I was living in my BS, I would read metaphysical books and study philosophy, religion and esoteric subjects like biofeedback and how to make wine. I considered myself an expert in all these areas, and would sit at the bar pontificating with my vast amount of intelligent knowledge. In my BS period, I would take hostages, many of whom were willing to lend me their ears for the price of another round. We would talk and dream and make plans to visit the bastions of mankind’s spiritual and philosophical centers: climb the holy Mt. Kailas in Tibet, see an ashram and bathe in the Ganges in India, stop by the Vatican in Rome to hear what the Pope had to say and check out the Shinto shrines in Japan. I thought if I immersed myself in geographically spiritual locations, I would gain guru status just by osmosis.

But for all my studies, my dreams and my plans, I never ventured too far from that bar stool. (Bar Stool=BS) Well, actually, I did end up away from it, in a dark room, curled up with my bottle, angry and disillusioned with my entire existence.

The way I describe it IS that God reached into my life and propelled me into Alcoholics Anonymous. Early on I had a period of trial and error--of learning that I could no longer imbibe spirits in my quest for spirituality. I read in the Big Book that to continue in my BS was to shut myself off from the sunlight of the spirit.

Through practicing AA’s 12 steps, I have had a spiritual awakening. And I didn’t have to go to India or Japan. Just what IS a spiritual awakening? My spirit, which was dulled in my BS days, IS alive now. I have awareness that there IS a Higher Power that cares about me and you too. There IS another spiritual book that lists gifts of the spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. These characteristics came to replace the shortcomings and defects of character I asked God to remove in steps 6 and 7. In AA we have the promises, spiritual gifts like intuition and no more regret, a new attitude and outlook on life and awareness that God does for us what we could not do for ourselves.

Another aspect of spirituality is the understanding that I am perfectly okay just as I am and just as I am not. I can give up every struggle that I engage in, because when I surrender, and accept what IS, I gain serenity.

Somehow the idea that I am a small part in a much bigger picture brings comfort to me.

I’ve heard in meetings, and I’ve come to believe, that I am a spiritual being having a human experience. If this IS true, that I’m a spiritual being who manifested as the person I am, then I came here for the contrast. I showed up here on Earth not just to experience love and joy, but also for the sorrow and sadness, anger and grief and pain and the rest of the gamut of emotions that make up the human experience. During my BS days, I did whatever I could so I didn’t have to go through what I thought were “negative emotions.” Today I realize that each emotion I get to feel IS a gift. When I feel sad, it generally doesn’t last, but I tell myself, “*Oh, this IS sadness. Why did I run from this?*”

At my morning meeting today, a man who shared was animated as he spoke: “I see God everywhere, in people, places and things...and I also see where He is not: in people, places and things.” That’s real spiritual awareness. I wonder if he’s been to Tibet?

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### Distilled Spirits

by Charlie M., Hermosa Beach, CA

As a newcomer to AA, I often sat in meetings and wondered about the Steps, the Traditions, sponsorship, the Big Book. Would I ever understand? But I was able to relate to the simple truths I heard in meetings each day. When I was a year sober, I “took a cake,” as we say in Southern California. Since I found it difficult to speak spontaneously, I chose instead to read phrases I’d heard in my home group. While some may be original, most are simply recycled:

“I may not be much,  
but I’m all I think about.”

“AA is like a raffle;  
you must be present to win.”

“I can go from grateful to hateful  
in a second.”

“Put down the weapons,  
pick up the tools.”

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*Grapevine Magazine*,  
February 1998, Vol. 54 No. 9

### Gratitude Tree

by L. N., New York, NY

I called my friend one summer night with a big problem. AAs had been telling me, unload and share when something bothers you,” and I had my person picked for the job. Just listening to this friend’s wisdom at the meetings during those early sober weeks had convinced me that he could “fix” anything – he had it all together. But he didn’t even let me come to the end of my woes. He interrupted me, saying, “You should see my Christmas tree. It’s the most beautiful tree you’ve ever seen. You should really come over and look at it sometime. I just turned on all the lights.”

Was this guy crazy? Maybe he belonged to a special religious group that celebrated Christmas in the summer. Here it was the middle of summer, and he still had his Christmas tree up. And all the while, I’d been thinking he was one of the wellest persons I had met in the Fellowship.

Pretty frustrating! There I was, all tied up in a knot because I had this problem I’d been told to share with another AA member, and I couldn’t wait to unload the garbage. And the person I’d carefully selected for that privilege was babbling on about his beautiful Christmas tree. “Let me tell you about some of the trimmings on it,” he said. And he did: “There’s Mary’s pretty ribbon from her second anniversary corsage, and Joe gave me a pretty card for one of my anniversaries, and I put that on a string and hung it on a branch. And a pretty young lady gave me a silk rose, which I stuck in to the center of the tree. On top of tree is a little angel from a Christmas present I received from Anne. She had a hard time getting the program and had to work through some difficult stuff, but she stuck with it. She’s sober today.” On and on he went, telling me about his sober friends who had contributed to the trimmings of his beautiful Christmas tree – among them, a little toy I had given him. It was just a small tree on a table in the corner of his room, he said, but by the time he got finished telling me about all the trimmings on his tree, its form in my own mind grew into the most gigantic and, yes, the most beautiful Christmas tree I had ever in all my life seen.

Precious sober years have passed, and I have accumulated my own Christmas tree trimmings, contributed by all the friends I have been privileged to meet on the AA road to happy sobriety. I have my own tree of gratitude and can turn on all its lights anytime, any season, celebrating and sharing the miraculous gist of life, of sobriety, with you.

Reprinted with permission from Grapevine., Spiritual Awakenings, pgs. 198 & 199

### A Grateful Alcoholic Doesn’t Need a Drink

by Sue H., editor of *Intergroup Express*, Fort Myers, FL, Nov. 2010, used with her permission

November is gratitude month. It is the start of the holiday season. Life can get hectic, expectations can be high and sometimes remorse comes when we contemplate all of the years we feel were “wasted” during our drinking careers.

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**Be kind to each other. Be kind to yourself.  
Don’t get too hungry, angry, lonely or tired.  
Practice anonymous acts of thoughtfulness  
for others.**

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Make sure that meetings are a part of your holidays and let us know what you are thinking and how you are feeling. There are many years of experience at your fingertips. All you have to do is make a call, suit up, show up and ‘fess up. You’ll be glad you did.

Holidays and “...anniversaries throw many people into the morass of self-pity. In AA, we can recognize the old inclination to concentrate on nostalgic sadness, or keep up a litany of who is gone, who neglects us now and how little we can give in comparison to rich people. Instead, we add up the other side of the ledger, in gratitude for health, for loved ones who are around and for our ability to give love, now that we live in sobriety.”

(Reprinted with permission from A.A.W.S., Living Sober, page 58.)

Let this season bring you renewed spirit of hope for the coming year. Thank you for my sobriety.