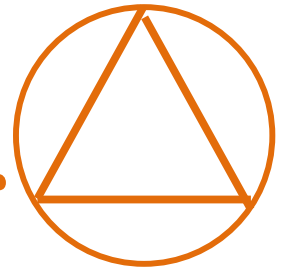


# The San Diego AA Coordinator



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

*“A.A. taught me that I had a choice: to go to any lengths to enhance my sobriety.”*

Reprinted with permission from A.A.W.S. *Daily Reflections*, p. 122

OCTOBER 2011  
VOL. XI NO. 10

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## *“Carry the AA Message”*

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

## Monthly Themes

### NOVEMBER

Spiritual Awareness (due 9/22)

### DECEMBER

Principle of Service (due 10/27)

### JANUARY

The Newcomer's Voice (due 11/24)

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

## **We Keep On Keeping On**

by Lisa O.

The Big Book tells us that once we have completed steps one through nine, “it may be tempting to let up on our spiritual program of action and rest on our laurels.” But the book goes on to warn us that if we do, we’re headed for trouble, because “alcohol is a subtle foe.”

So we have to keep doing what we’ve been doing that has been working for us. With the steps we admitted we had a problem, then we needed help to fix ourselves. We decided to turn our will and our lives over to our Higher Power and then we took inventory of our lives. We admitted our faults and asked God to remove them (after becoming entirely ready, of course).

We listed people we had harmed, and made reparations where necessary. Now what? Now come the maintenance steps. We continue to go to meetings, talk with recovering people about the events of our lives and whether our reactions are appropriate. We keep on keeping on, assessing our actions and reactions, and asking God to direct our thoughts and our will. We walk a spiritual path now.

The longer I stay sober I realize that spiritual truths are available in many forms and from a multitude of sources. I remember an old poster that had a kitten hanging by its front paws from a tree branch with the caption reminding us to “Hang in There, Baby!” Just keep holding on, hey, aren’t those song lyrics?

Perseverance is an attribute that many people today seem to lack. When I was in Florida, I met a guy with a sailboat. He told me people would ask him to sail to Bermuda, a trip which takes several days. After a few hours the passengers would get bored. “Is this all there is?” they’d ask. They’d insist he turn around, explaining they’d go crazy just sitting on a boat for three days. “They couldn’t hang,” he lamented.

When I was leading a kids’ group in a craft project, when we had a task for which a higher level of difficulty was involved, many of the kids would drop out. “It’s too hard,” they complained. They wanted success without the work.

*(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:** Anonymous, Lisa O., McKenzie and Vivian  
**October Theme:** Perseverance  
**Fold & Label:** Wednesday, **Sept. 14, 2011 5:30 pm**, at Central Office  
**Committee Meeting:** Thursday, **Sept. 22, 2011 6:00 pm**, at Central Office

**View from the Chair ☺:**

Well friends, 2011 is nearing its close as well as our topic of principles. We still gotta keep tryin’ to practice ‘em every day though!!!

I believe you will find *next year’s topics to be VERY interesting and stimulating!* We will share them with you soon; I know you can’t wait...

We do appreciate articles on any topic of sobriety in our AA program. Remember you can drop off your article at Central Office or email your submissions to the committee at [sdaa.newsletter@gmail.com](mailto:sdaa.newsletter@gmail.com) or to [lafetch@yahoo.com](mailto:lafetch@yahoo.com).

We are in dire need of groups to adopt a Collating evening on the (formerly known as “Fold-n-Label”) **3<sup>rd</sup> Wednesday of the month.**

Gratefully,

*Linda F.*

**Thank You to Our August 17th Fold and Label Volunteers!**

<b>Groups Represented</b>	<b>Volunteers</b>
We Group	Wes T. and Don D.
Newsletter Member	Linda F. and Christian W.
A.A. Members	Sober Tom, Nancy N. and Diane B.
The Joy of Living Group	Maureen B.
Monday Night Young People	Marika S.

(Continued from page 1)

This principle transfers to our work with the Twelve Steps. We have to take the steps in order in order to reap the benefits from them. As it is written, "Half measures availed us nothing." (page 59) Once we have completed the steps, are we through? Don't we wish! We could then be cured and not have to do anything else. We could retire from Alcoholics Anonymous.

There are a number of people in AA who are still leading lives of chaos and commotion. But when I look around and take assessment of who seems to be reaping the benefits of a sober life, it is the people who are "staying in the steps." They go to step studies, they work with sponsors and sponsees, and they CONTINUE to go to meetings, work with others, trust God and clean house. They persevere. I had a sponsor tell me once, "AA is like a bed. If you get in the middle, you can't fall off." And AA is a pretty big bed. Thanks for keeping me sober.

### Garden of Resolutions

(Author unknown)

**In our good garden, we have planted five rows of peas:** Preparedness Promptness Perseverance Politeness Prayer

**Next to them, we planted three rows of squash:** Squash gossip Squash unreasonable Sobriety Date criticism Squash indifference

**Then we put in five rows of lettuce:** Let us be faithful Let us be unselfish Let us be loyal Let us be truthful Let us love one another

**No garden is complete without turnips.**

**Ours has four rows:** Turn up to meetings Turn up with a smile Turn up with a new idea Turn up with determination

*Grapevine, August 1966  
Vol. 23 No. 3*

**CRITICAL and URGENT NEED!**  
**Emergency back-up volunteers to answer daytime and after-hour phones!**

**New groups needed for after-hours phones waiting list!**

Call forwarding is available

Call

**AA Central at 619-265-8762**

for more information

### *A.A. Birthdays!*

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

*Happy Birthday to All!*

Layne V.

Triangle Fellowship  
July 25, 2008, 3 years

Mary P.

AA Comes of Age Book Study  
August 30, 1996, 15 years

### Birthday Gratitude

Name \_\_\_\_\_

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

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\*\***

**Strength In Women Codes: W \***

Club 938 E Washington St  
Sat @ 3 pm El Cajon

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

Club 938 E Washington St  
Sat @ 7 pm El Cajon

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

**Grab Your Socks Codes: CF**

Church 311 Highland Ave  
Mon-Fri @ 5:30 am El Cajon  
(was 938 E Washington St)

**The 1<sup>st</sup> 164 Codes: CF**

Church 866 Imperial Beach Blvd & 9<sup>th</sup> St  
Mon @ 6:30 pm Imperial Beach  
(was 919 C Ave & 9th St Coronado @ 6:45 pm)

**Grab Your Socks Codes: CF**

Church 311 Highland Ave  
Sat @ 6:30 am El Cajon  
(was 938 E Washington St)

**Designs For Living Codes: G L**

Church - 2<sup>nd</sup> floor 3090 Polk Ave  
Fri @ 8 pm North Park  
(was 4773 Marlborough Dr Kensington)

**\*\*CODE CHANGES\*\***

**El Cajon Early Risers**

Club 938 E Washington St  
Mon-Fri @ 10 am El Cajon  
(was Code: M)

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

**Allied Gardens Step Study Codes: C \***

Church 5106 Zion Ave  
Tue @ 8 pm Allied Gardens  
(was 8:15 pm)

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

**Mission Bay Sat Speakers**

USD-Camino Hall (Rm108) 5998 Marian Way  
Sat @ 8 pm Linda Vista  
(was Rm 101)

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

**New Beginnings**

Recv Hm 4104 Delta St  
Mon @ 8:30 pm South San Diego

**Tradition One Alumni**

Recv Hm 4104 Delta St  
Sun @ 9 am South San Diego

**Grab Your Socks Codes: CF**

Club 938 E Washington St  
Sun @ 6:30 am El Cajon

**NEXT COUNCIL MEETING IS:  
THURSDAY, October 13, 2011**

**Due to black-out, there was no  
Intergroup Coordinating Council  
Meeting held on Thursday,  
September 8, 2011.**

**Group Coordinators will be  
emailed minutes of submitted  
Committee Minutes, along with  
August 2011 Financial Statements  
to provide reports to their groups.**

**NEXT COUNCIL MEETING IS:  
THURSDAY, October 13, 2011**

**Daily Monitoring**

**Continued to take personal inventory...**

Reprinted with permission from A.A.W.S., Twelve Steps and Twelve Tradition, p. 88

The spiritual axiom referred to in the Tenth Step- "every time we are disturbed, no matter what the cause, there is something wrong with us"-also tells me that there are no exceptions to it. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality.

When I take my daily inventory. I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.

Reprinted with permission from A.A.W.S., Daily Reflections, October 7

When we speak or act hastily  
or rashly, the ability to be  
fair-minded and tolerant  
evaporates on the spot.

Reprinted with permission from A.A.W.S.,  
Twelve Steps and Twelve Tradition, p. 91

**Thank You  
Day Time Phone Volunteers For  
Carrying The Message!**

**Minutes of the Coordinating Council  
Thursday, September 8, 2011**

**Due to the electrical power blackout, there was no Intergroup Coordinating Council Meeting held. The following minutes are from Committee Meeting Minutes submitted. The next Coordinating Council meeting will be on its regular night on Thursday, October 13, 2011.**

**Area Assembly – No Report.**

- 1) For information on Area 08, please visit the website [area8aa.org](http://area8aa.org).

**H & I Representative: No Report.**

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:**

- 1) OPEN night - 27<sup>th</sup> of each month by a group.
- 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 9/6/11 at 6:05 pm.  
Present: Ray R., Jerry C., Leonard R., Gary C., Steve E., Nancy N., Council Chair, Rick W., Asst Council Chair and Connie J., Central Office Manager. Absent: Jane G. There was a quorum.

- 1) It was m/s/c to approve August 2011 Minutes.

- 2) It was m/s/c to approve August 2011 Financials.

**August 2011 Financial Statements' Summary:**

- a) Our August 2011 Net Revenue is \$1,203.91. Our 2011 YTD Net Revenue is (\$2,041.65). Group and Individual Contributions were \$11,980.56. Literature Sales Revenue and bank interest was \$2,005.66 while total office and committee expenses were \$12,791.05.

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

**Manager's Report**

- 1) September's Book of the Month: *Came to Believe* on sale for \$3.75.
- 2) Daytime phone volunteer shifts available: always have a need for fill-ins.
- 3) Attended Pacific Regional Forum:
  - a. Nov. 15<sup>th</sup> – New E-book apps – [aa.org](http://aa.org)
  - b. Low Grapevine Magazine subscriptions.
  - c. Plateau of AA membership concerns.  
How can we as a Fellowship outreach?
- 4) Will meet with Ray R., Chair and Jerry C., Treasurer to formulate 2012 budget.
- 5) Will Attend Central Office Manager's Seminar in Tucson – Sept. 29<sup>th</sup> – Oct. 2<sup>nd</sup>.
- 6) [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 a link to [aa.org](http://aa.org) for New Group Registration and Change Form for the General Service Office.\*\*\***
- 7) Central Office offers Gift Certificates in amounts from \$10.00 - \$25.00 increments.
- 8) Sending contributions receipts, along with current event flyers by email.
- 9) Coordinator Newsletter – Sign up to receive FREE subscription by email. Send an email to [sdaaco@aol.com](mailto:sdaaco@aol.com). Hard copies will continue to be available at Central Office. Currently emailing 1,200 newsletters. (Note: Coordinator Newsletter expenses have been reduced by \$2,000 YTD)

Continued on page 6.

Continued from page 5.

**Committee Member reports:**

- 1) Ray R. - Kept abreast of Central Activities during the month.
- 2) Gary C.- Chaired meeting and reviewed August bank deposits.
- 3) Jerry C. - signed checks, reviewed Bank Reconciliations and Financial Statements.
- 4) Rick W. – passed out call reminders.
- 5) Nancy N. – Website working properly.
- 6) Leonard - checked volunteer meeting books and prepared minutes.
- 7) Steve E. –meeting schedules available.

Old Business: There was none.

New Business:

- 1) Cash Register Computer needs to be replaced, 12 years old and hard drive crashed. It was m/s/c to allow for a budget of \$350 to replace.
- 2) Committee member Jane H. absent three consecutive meetings. Will elect new member at Coordinating Council.

**COORDINATOR NEWSLETTER:**

Committee met 8/25/11.

**November's Theme:** "Spiritual Awareness". Submissions of 500-1000 words welcome (November submissions due by September 22<sup>nd</sup>). Send to SDAA.Newsletter@gmail.com or mail to Central Office at 7075-B Mission Gorge Rd San Diego, CA 92120. Come join in the fun. NEED groups to adopt a month to collate the newsletter.

**COORDINATOR OUTREACH:**

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:**

- 1) Next Orientation on Thursday, October 13<sup>th</sup> @ 6:30 pm

**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 Wednesday, 9/7/11 at 6:00 pm. Present: Terry L., Chair, Sallye M. and Tom T. Absent: Linda, Joe and Rufus. Guests: Joel C., Area Delegate and Tom M., Alternate Area Delegate.

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. Also, need members to sign up on a Public Information speaker volunteer list to assist with presentations at schools, health fairs... Those interested may attend the next PI Committee meeting on Monday, October 3<sup>rd</sup> at 6 pm at Central Office, or

- 1) On Saturday, October 29<sup>th</sup> at 11 am, there will be a Public Information Speaker Volunteer Workshop.
- 2) Groups may "Adopt a Literature Rack" to go into places like libraries, hospitals ...

Report back from Delegate Joel C. –

- 1) Pamphlet AA Fact File – inserting AA is not a religion.
- 2) Spanish PSA's will be available in 2012.
- 3) Discussed about AA in the digital age, practicing anonymity online.

**OLD BUSINESS:** There was none.

**NEW BUSINESS:** There was none.

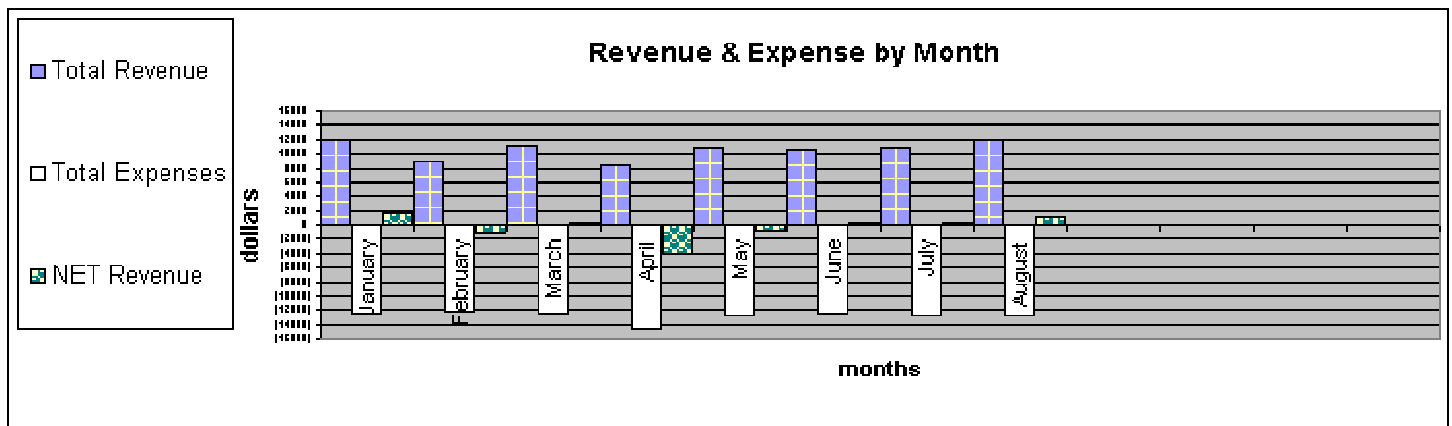
Respectfully submitted,

*Connie J.*

Connie J., Recording Secretary

## August 2011 Statement of Revenue and Expenses

	August '11	August '10	YTD '11	YTD '10	\$ Change	Budget '11
<b>Ordinary Revenue/Expense</b>						
<b>Revenue</b>						
<b>Contributions Group</b>	11,529.60	8,781.80	78,317.26	72,887.41	5,429.85	118,384.00
<b>Contributions Individual</b>	450.96	758.39	4,836.55	7,428.11	(2,591.56)	9,650.00
<b>Contributions SDIAA</b>	-	-	1,240.00	1,030.00	210.00	1,125.00
<b>Interest - Cert of Deposits</b>	48.35	62.03	402.05	621.48	(219.43)	900.00
<b>Total Revenue</b>	<u>12,028.91</u>	<u>9,602.22</u>	<u>84,795.86</u>	<u>81,967.00</u>	<u>2,828.86</u>	<u>130,059.00</u>
<b>Expense</b>						
<b>Accounting &amp; Legal</b>	-	225.00	2,480.00	5,250.00	(2,770.00)	2,650.00
<b>Auto/Travel/Seminar</b>	282.46	329.53	637.04	766.11	(129.07)	1,300.00
<b>Bank Service Charges</b>	2.00	2.00	68.14	114.54	(46.40)	125.00
<b>Cash (Over) Short</b>	(3.46)	2.90	(44.36)	70.57	(114.93)	(50.00)
<b>Checks Returned - Bad Debt</b>	-	-	-	-	-	-
<b>Equipment Maint &amp; Repair</b>	35.27	-	465.89	70.00	395.89	500.00
<b>Equipment Purchase</b>	135.93	47.39	852.53	463.92	388.61	500.00
<b>Insurance</b>	50.00	60.50	400.00	414.00	(14.00)	1,100.00
<b>Office Maint. &amp; Repairs</b>	-	27.11	33.00	77.11	(44.11)	500.00
<b>Office Supplies</b>	139.83	268.17	1,927.05	2,756.52	(829.47)	3,900.00
<b>Rent</b>	1,697.00	1,648.00	13,380.00	12,992.00	388.00	20,168.00
<b>Taxes</b>	-	-	64.45	83.49	(19.04)	80.00
<b>Telephone</b>	237.58	264.12	1,922.86	1,839.60	83.26	2,900.00
<b>Utilities-Electricity</b>	478.77	355.37	2,224.15	2,289.56	(65.41)	3,600.00
<b>Website</b>	20.00	40.00	238.45	209.45	29.00	500.00
<b>EMPLOYEES</b>			-			
<b>Accrued Payroll Taxes</b>	577.32	566.26	5,013.28	5,108.87	(95.59)	7,400.00
<b>Employee Wages</b>	7,546.86	7,402.09	60,162.88	59,814.23	348.65	89,990.00
<b>Employee 403B Contribution</b>	187.14	175.00	1,490.41	1,400.00	90.41	2,100.00
<b>Employee Health Benefit</b>	817.00	853.04	6,572.04	6,963.26	(391.22)	10,236.00
<b>Insurance-Worker's Comp</b>	66.00	50.00	496.00	436.50	59.50	850.00
<b>Total Expense</b>	<u>12,269.70</u>	<u>12,316.48</u>	<u>98,383.81</u>	<u>101,119.73</u>	<u>(2,735.92)</u>	<u>148,349.00</u>
<b>Net Ordinary Revenue</b>	(240.79)	(2,714.26)	(13,587.95)	(19,152.73)	5,564.78	(18,290.00)
<b>Other Revenue/Expense</b>						
<b>Literature Revenue/Expense</b>						
<b>Sales (see schedule)</b>	1,957.31	1,784.34	15,684.34	15,999.54	(315.20)	25,540.00
	<u>1,957.31</u>	<u>1,784.34</u>	<u>15,684.34</u>	<u>15,999.54</u>	<u>(315.20)</u>	<u>25,540.00</u>
<b>Standing Committees Expense</b>						
<b>Committee (see schedule)</b>	512.61	521.35	4,138.04	5,928.31	(1,790.27)	7,250.00
<b>Total Other Expense</b>	<u>512.61</u>	<u>521.35</u>	<u>4,138.04</u>	<u>5,928.31</u>	<u>(1,790.27)</u>	<u>7,250.00</u>
<b>Net Other Revenue</b>	<u>1,444.70</u>	<u>1,262.99</u>	<u>11,546.30</u>	<u>10,071.23</u>	<u>1,475.07</u>	<u>18,290.00</u>
<b>Net Revenue</b>	<u><u>1,203.91</u></u>	<u><u>(1,451.27)</u></u>	<u><u>(2,041.65)</u></u>	<u><u>(9,081.50)</u></u>	<u><u>7,039.85</u></u>	<u><u>-</u></u>



# August 2011 Group Contributions

8

Group	Aug '11	Ytd 11	Group	Aug '11	Ytd 11
11th Step Journey-2622	-	325.00	Fourth Dimension Group - 2415	150.00	651.75
11th Step Meeting - 2322	-	50.00	Free At Last - 2888	-	168.26
4077 Mash Step 11(read-meditate-share)	65.00	106.50	Free on Friday - 760	113.00	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	-	500.00
Allied Gardens Friday Lunch - 766	-	200.00	Fresh Start Beginners - 2609	468.27	1,100.92
Allied Gardens Step Study - 1629	-	250.00	Fri Noon Living Sober - 2767	-	25.00
Alpine Mixed Step Study - 2621	97.70	97.50	Friday Happy Hour - 2821	50.00	100.00
Annual Grateful Meeting - 2461	-	76.00	Friday Morning Womens - 104	-	288.00
Another New Beginning - 144	-	50.00	Friday Night Irregulars - 2889	-	115.00
Artists in Sobriety - 2459	-	37.00	Friday Night Santee - 1754	-	360.00
As Bill Sees It (University Heights) - 1788	-	50.00	Friday Nite Special - 2401	50.00	50.00
As Bill Sees It (Coronado) - 2780	-	150.00	Friday Nite Weeks End - 1856	60.00	120.00
At Home Mens - 215	-	90.00	Gilman Group - Fri 1988	-	138.47
At One With Each Other - 789	300.00	300.00	God Squad Too - 2809	71.31	71.31
B.Y.O.B. - 203	60.00	260.00	Golden Hill Sun Discussion - 1706	-	135.00
Back to Basics - 1026	500.00	1,750.00	Goldmine Speakers - 2613	-	44.00
Back to Basics for Women - 1675	-	50.00	Good Fortune Hui Group - 491	-	400.00
Balboa Breakfast - 2721	-	252.55	Good Morning AA - 1888	-	73.95
Battery Chargers - 98	-	400.00	Great Fact Group - 895	-	150.00
Battery Chargers Thanksgiving Alkathon	-	8.00	Happy, Joyous & Free - 363	-	75.00
Bayside Big Book Study - 1610	-	100.00	Harmony Group - 585	184.27	513.22
Beginners Steps To Sobriety - 1007	26.88	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	40.00	180.00
Bonita Womens Big Book - 2734	-	29.31	Hwy 80 AA - 2722	120.00	540.00
Breakfast Of Champions - 2818	-	600.00	I. B. Up - 2565	100.00	200.00
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	175.00	375.00	Judges Big Book - 2736	10.00	20.00
Cedar Street Mens - 1698	-	580.92	Jump Start - 2174	-	200.00
Chula Vista 4 Min Speakers - 1568	-	350.00	Kelton Ave Big Book Study - 2410	-	86.35
Citizens Again - 2658	-	182.50	La Jolla Basic B/B Study - 2154	-	380.00
Clairemont Daytime Step Study - 427	-	120.00	La Jolla Beginners Group - 82	220.00	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 Wednesday Group - 303	-	115.00	La Jolla Monday Womens - 87	-	1,000.00
Clairemont Womens - 340	-	335.79	La Jolla Nonsmokers Disc - 88	200.00	700.00
Clairemont Womens Step Study - 341	-	234.00	La Jolla Patio Group - 613	100.00	360.20
Class Acts - 1845	-	580.00	La Jolla Speakers - 578	68.06	381.45
Coffee Clutchers - 2332	-	450.00	La Mesa Mens - 106	222.67	566.54
Come As You Are - 2661	-	40.00	La Mesa Mid Morning - 2777	40.00	100.00
Come Get Recovery - 2630	-	50.00	La Mesa Mixed - 2136	150.00	450.00
Conscious Contact Meditation - 2834	-	25.00	La Mesa Step Study Workshop - 1621	-	82.00
Coronado Beginners - 344	-	60.00	La Mesa Womens Sat. Morning - 416	-	150.00
Coronado Big Book - 1644	-	50.00	Laguna Mountain Group	-	60.00
Coronado Nooners - 497	305.00	1,401.20	Lake Morena Sink or Swim - 2830	50.00	150.00
Coronado Step Study - 1523	-	60.00	Lake Murray Lunch Bunch - 2701	-	120.50
Coronado Sunday Noon - 1830	350.00	350.00	Lake Murray Womens - 572	-	184.28
Coronado Sundowners - 1634	116.00	116.00	Linda Vista Thursday Night - 319	-	215.00
Courage to Change - 2679	-	100.00	Little Apple Group - 1438	220.00	370.00
Cups - 2938	-	825.00	Living Free - 477	-	1,400.00
D.D.G.T.M. - 767	-	292.00	Lost & Found - 2907	-	12.00
Dawn Patrol - 263	78.96	574.00	Lunch With Bill W. Bunch - 774	827.75	827.75
Diamond St Mens Step Study - 569	-	394.91	Lunchtime Friends - 964	-	209.60
Downtown Discussion - 1665	46.63	818.65	Lushes Lunch Thursday - 2807	157.28	352.69
Drunks Only - 1605	-	1,189.15	Lushes Lunch Tuesday - 2641	177.55	327.57
Each Day A New Beginning - 509	-	633.32	Men and Womens Monday Night - 95	-	120.00
Early Morning Recovery - 2688	181.97	755.00	Mens Step Study (CV) - 965	60.00	60.00
Early Risers(Coronado) - 1525	100.00	100.00	Mens Structured Step Study - 1469	-	176.00
Early Risers(PB) -264	-	250.00	Mid-Week Mens - 560	299.00	299.00
East County Mens - 1905	-	50.00	Midnight Howlers - 1025	100.00	1,040.00
East County Young People Rule 62 - 2797	-	200.00	Mira Mesa Friday Night - 379	-	107.50
East Side Group - 101	-	151.00	Mira Mesa Monday Noon Mixed - 542	-	40.00
Eastlake Greens Attitude Adjust(Su - 2712	-	420.00	Mira Mesa Womens - 411	84.00	356.46
Eastlake New Beginnings B/B S/S - 2673	90.00	180.00	Miracles on Mondays - 565	-	50.00
Easy Does It Riders - 21	-	340.10	Mission Bay Sat Night Speakers - 271	-	160.00
Easy Does It Speakers - 114	50.00	200.00	Mission Hills Beginners - 1612	50.00	50.00
El Cajon Daytime - 52	-	720.00	Mission Hills Late Night - 2773	-	180.00
El Cajon Happy Hour - 61	-	60.00	Mission Hills Lunch Bunch - 2675	-	1,900.00
El Cajon Womens Serenity - 77	-	100.00	Mission Possible - 131	67.50	67.50
Evening in Harmony - 2864	-	150.00	Monday At A Time - 2875	-	240.00
Evening Serenity - 2305	-	224.89	Monday Mens Gut Level Group - 677	-	100.00
Eye Opener Group - 607	120.00	469.50	Monday Night Big Book Study - 2345	-	20.00
Faculty Group - 1645	-	70.20	Monday Night Young People's StepStudy-2618	64.82	137.83
Fletcher Hills Smokeless - 59	-	30.00	Monday Nite Live - 643	-	150.00



# August 2011 Group Contributions

Group	Aug '11	Ytd 11	Group	Aug '11	Ytd 11
Morning Attitude Adjustment - 768	-	575.00	Stadium Group - 372	-	60.00
Mother Earth Viejas Rez- 2019	-	10.00	Step Sisters - 2155	-	196.00
Mt Soledad Mens - 717	-	1,050.00	Steps To Recovery Group - 1169	22.00	22.00
National City Maintenance - 136	-	170.00	Straight Shooters - 198	-	110.00
Newcomers Rise & Shine - 2702	-	50.00	Sunday Beach Sun-Day - 568	-	1,000.00
Noon at the Grove - 628	-	300.00	Sunday MIDDAY - 161	-	200.00
Nooners Anonymous - 1164	-	229.25	Sunday Morning at the Grove - 117	-	100.00
Noontime on the Patio - 2203	-	150.00	Sunday Morning Eleventh Step - 1206	-	270.00
North Clairemont - 1102	70.00	272.20	Sunday Morning Spiritual Meeting - 1700	-	150.00
North Clairemont Sat Nooners - 2572	-	50.00	Sunday Night Discussion - 212	-	50.00
North Park Mens - 465	-	460.50	Sunrise Promises - 2166	135.00	765.00
North Shores Breakfast - 275	63.00	63.00	Sweet Surrender Speakers - 2254	-	70.00
O.B. Friday Night Big Book Study - 1316	-	150.00	Thankful Thursdays - 2542	-	75.00
OB Peer Group - 2130	-	150.00	The Campus Meeting - 2911	-	78.44
OB Womens Step Study - 2730	-	50.00	The Grapevine - 2794	-	25.00
Ocean Beach Tuesday - 246	-	100.00	The Hole in the Donut - 2737	-	40.00
Old Timers Breakfast - 2828	-	50.00	The Joy of Living Group - 2636	-	397.50
Old Timers Group - 2037	-	100.00	The Other Meeting - 857	-	104.50
Old Town Speakers - 321	-	500.00	The Womens Room - 450	-	18.12
On The Corner - 2384	-	167.40	Three Legacies Group - 2194	-	98.00
One Step Ahead - 715	-	80.00	Thursday Campus Noon Group - 2387	50.00	205.00
One Step At A Time Runners - 1664	-	159.57	Thursday Promises Promises - 749	-	164.00
Open Minded Mens - 626	-	200.00	Tierrasanta Big Book Study - 1790	-	125.00
Over The Bridge - 2689	-	507.76	Tierrasanta Friday Night - 2645	-	210.00
Pacific Beach Weekend Warmup - 725	-	460.80	Tierrasanta Happy, Joyous & Free - 2659	100.00	225.00
Paradise Hills - 392	-	50.00	Tierrasanta Morning Serenity - 2811	40.00	334.00
Pass It On Big Book Study Group -2860	68.68	713.47	Top of the Hill - 41	-	50.00
Pass It on Group - 170	-	30.00	Torrey Pines Open Disc - 94	-	200.00
PB Young Womens - 2187	-	175.00	Tri-Serenity - 836	-	20.00
Penasquitos 12X12 - 2759	-	70.00	Tues Night Big Book Step Study - 1813	-	150.00
Penasquitos Discussion - 871	-	100.00	Tuesday Morning Alpine - 440	95.60	195.20
Poinsettia Group - 2210	-	200.00	Tuesday Morning Breakfast Special - 2761	-	120.00
Point Loma AA Discussion - 242	-	170.00	Tuesday Night Mens - 56	50.00	50.00
Point Loma Nooners - 1606	-	258.17	Tuesday Night Participation - 905	-	100.00
Point Loma Saturday Morning - 1240	-	90.00	Tuesday Night Primary Purpose - 130	-	75.00
Point Loma Tuesdays Night - 2648	-	271.50	Tuesday Vision 4 U - 2775	20.00	60.00
Porter Hall Group - 109	100.00	100.00	Two Bit Speakers - 201	-	112.93
Porter Hall Structured S/S - 97	-	90.00	University City Womens - 369	-	250.00
Practical Solutions - 2398	-	111.00	Valley Girls - 2617	-	222.20
Progress Rather Than Perfection - 2682	-	384.00	Wake Up Call - 1932	-	10.00
Pt Loma Fri Afternoon Step Study - 244	150.00	442.50	War Fever - 880	-	136.00
Pt Loma Womens Discussion - 1608	-	475.00	Water Walkers - 5	-	50.00
Rainbow Group - 570	-	125.00	Water Walkers Too - 1946	-	468.00
Ramona Wednesday Step Study - 141	-	20.00	Way Up and Out - 415	-	185.00
Resentment and a Coffee Pot - 2561	-	100.00	We Agnostics - 2096	-	50.00
Right Turn Group - 1900	50.00	240.00	Wed Nite Traditions Study - 2336	-	40.00
Rise & Shine - 2170	70.00	615.57	Wednesday Discussion Group - 2431	-	425.35
Rocket Riders - 1730	284.00	464.00	Wednesday Night Closed Topic - 165	-	50.00
Round Table Discussion - 123	115.00	257.50	Wednesday Winners Circle - 496	-	502.50
Rule 62 Group - 927	-	150.00	Weds Rule 62 Lunch Group - 687	-	327.00
S.D. Speakers Meeting - 152	41.57	311.48	White Flag Outdoors - 2788	-	498.00
Safe Sane and Sober - 1350	-	1,445.00	Wholesale Miracle - 2474	-	83.09
San Diego Doctors Step Study - 194	-	175.00	Womans Let Go and Let God - 446	-	120.00
Santee Thursday Closed Mixed - 145	-	110.00	Women In Harmony - 1807	-	215.00
Sat Mens Early Awakening - 2209	-	550.00	Womens Attitude of Gratitude - 2751	-	246.92
Sat Night Early Discussion - 336	200.00	842.51	Womens Sober Sunday - 731	-	153.00
Sat Night Live - 2173	-	120.00	Womens Step Study - 296	-	50.40
Saturday A.M. Live - 782	-	183.60	Womens Thursday Nite - 514	-	210.92
Saturday Night Candlelight - 1914	-	40.00	Womens TLC - 2814	-	33.00
Saturday Night Live - 2192	20.00	20.00	Womens Way To Recovery - 838	-	104.20
Scripps Ranch Men's Two - 2776	50.00	200.00			
Senior Serenity Meeting - 209	-	100.00			
Singleness of Purpose - 2882	-	70.00			
Sky Hi Womens - 1633	-	190.00			
Smokefree La Mesa Womens - 635	160.00	247.72			
So Bay New Womens - 2325	-	175.00			
Sober Camel Speakers Meeting - 2296	100.00	100.00			
Sober Minded Leather Folk - 1882	-	164.82			
Sober Nooners - 196	-	406.44			
Sober Serenity Seekers - 887	-	378.90			
Sober Survivors - 2915	-	160.50			
Sobriety Seekers Step Study - 342	-	40.00			
Sole Purpose Group - 1657	-	95.00			
Solutions Not Excuses - 2857	100.00	200.00			
South Bay Mixed Discussion - 36	-	50.00			
South Clairemont - 305	100.00	184.00			
Spiritual Awakening - 2275	1952.00	2,976.00			
Spiritual Awakenings Step Study -2601	-	100.00			
Spring Valley Step Study - 125	-	40.00			

**Thank you for supporting your  
San Diego Intergroup Central Office  
in carrying the message to  
the suffering alcoholic.**

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

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

**August Individual Contributions**

**Robert H., Thomas F., Anonymous, Mary P.,  
Phyllis H., Daniel Y., Betsy W., Nick C.**

<b>2011 Holidays - Central Office Bookstore Closed</b>		
<b>HOLIDAY</b>	<b>DAY OF WEEK</b>	<b>DATE</b>
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: "Came to Believe" sale: \$3.75 reg. \$4.25**

<b>Revenue and Expense Summary August 2011</b>	
<b>Group Contributions</b>	<b>11,529.60</b>
<b>Individual Contributions</b>	<b>450.96</b>
<b>Literature &amp; Interest</b>	<b>2,005.66</b>
<b>Total Revenue</b>	<b>13,986.22</b>
<b>Central Office Expenses</b>	<b>12,269.70</b>
<b>Committee Expenses</b>	<b>512.61</b>
<b>Total Expenses</b>	<b>12,782.31</b>
<b>August Net Revenue</b>	<b>1,203.91</b>
<b>2011 YTD Net Revenue</b>	<b>(2,041.65)</b>

***OPEN INVITATION TO THE FELLOWSHIP OF SAN DIEGO ALCOHOLICS ANONYMOUS***

**We have over 1,200 meetings per week in the greater San Diego area, over 1,200 meetings. . .**

**We invite you and your groups to be a part of the blessings of Manning the phones at AA Central.**

**Group participation is a grand way to bond with another alcoholic, or have time to mediate on the blessings of the program while carrying the message to ones in need.**

**If you have ever traveled you know how comforting it is to be able to call "AA" wherever you're at and find a meeting of our herd.**

**Group participation is a way for your group to be active in the fellowship of AA.**

**We/Us invite you to be part of the solution, to be active in AA. San Diego has a strong legacy manning the phones, 365 days a year, 24 hours a day. To do this and continue to do this blessing we need your support and participation.**

**Come join us, if interested you can call Connie at AA Central 619-265-8762,**

**CENTRAL OFFICE****PHONE CALLS FOR August 2011**

<b>TOTAL CALLS FOR MONTH</b> <b>2,102</b>	<b>Meeting Info</b>	<b>General Info</b>	<b>XII Step Calls</b>
<b>DAYTIME VOLUNTEERS</b> From 9 am to 9 pm	<b>1,430</b>	<b>355</b>	<b>18</b>
<b>NIGHT TIME VOLUNTEERS</b> From 9 pm to 9 am	<b>172</b>	<b>114</b>	<b>13</b>

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**WEB SITE HITS: August = 8,976 Total 966,274**

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**October 2011****AFTER-HOURS PHONE GROUPS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
						Mission Hills Late Night
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Adams Ave Big Book	San Diego Young Peoples	Early Risers (Coronado)	Over The Bridge	Dawn Patrol	Old Town Speakers	La Mesa Mens
Mt Soledad Mens						
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
La Mesa Women's Sat Morning	East Side Group	P. B. Early Risers	La Jolla Speakers	Mission Possible	Imperial Mens	Safe, Sane and Sober
Water Walkers Too						
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Dignity Unlimited	Rule 62	Pacific Beach Young Peoples	Morning Attitude Adjustment	Rainbow Group	Cedar St Mens	Southern Cal Speakers
Spiritual Awakening						
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Clairemont Mens	Imperial Beach Group	La Jolla Beginners	Drunks Only	<b>OPEN NIGHT</b>	North Park Mens	Harmony Group
Downtown Discussion						
<b>30</b>	<b>31</b>	If your Group wants to answer phones, Call: Or Connie at Central Office (619) 265-8762			Thank You, Night Time Phone Volunteers For Carrying The Message!	
The Other Group	Eye Opener					
Diamond Street Mens						

# October 2011

## A.A. SERVICE EVENTS IN SAN DIEGO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
Every Sunday <u>Comite de Instituciones</u> Oficina Central Hispana 3628 University Ave 6:00 pm  Every Sunday <u>Greater San Diego</u> <u>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>Archives Committee</u> Varies 6:45 pm <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>Distrto 15</u> Oficina Central Hispana 3628 University Ave 6:30 pm	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<u>Public Information Committee</u> Central Office 6pm  <u>District 8</u> Church School Rm #12 760 1 <sup>st</sup> Ave Chula Vista	<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>District 7</u> Club 1944 30 <sup>th</sup> St Golden Hill 6:30 pm	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<u>Grapevine Committee</u> Varies 1:30 pm	<u>Area Newsletter Committee</u> Keith's Restaurant I-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>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		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<u>H&amp;I Committee</u> Union Hall 5150 Kearny Mesa Rd <u>Orientation</u> 12:15pm <u>Business Mtg</u> 1:15pm	<u>Area Literature Committee</u> Central Office 7:00 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 Serra Mesa 7:00 pm  <u>H&amp;I Committee Orientation</u> Central Office 7:00 pm		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<u>Program Committee</u> Central Office 6:30 pm	<u>District 5</u> Church 5050 Milton St Clairemont 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>Coordinator Newsletter Committee</u> Central Office 6:00 pm		<u>Public Information Committee</u>  <u>A Speakers Workshop</u>  11 am – 12:30 pm  Church Linder Hall 2111 Camino Del Rio South Mission Valley 92108
<b>30</b>	<b>31</b>					
	<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 Do and Places to Go**

**Third Weekenders Campout**

**WHERE:** Potrero County Park  
**WHEN:** October 21, 22, 23, 2011  
**Wagon Masters:**

**60<sup>th</sup> Southern California AA Convention  
 Serenity in Motion**

**WHERE:** Westin Mission Hills, Rancho Mirage, CA  
**WHEN:** Sept. 30 – Oct. 2, 2011  
**Contact:** [socalconventionchris@gmail.com](mailto:socalconventionchris@gmail.com)

**Harvest Moon Kickback**

**WHERE:** Lake Henshaw, 26439 Hwy. 76  
**WHEN:** September 23, 24 & 25  
**Contact:**

**Public Information Committee Speaker Workshop**

**WHERE:** Church – Linder Hall Lounge 2111 Camino Del Rio South  
 Mission Valley  
**WHEN:** Saturday, October 29, 11 am – 12:30  
 noon **Contact:**

**71 years of AA in San Diego Anniversary Breakfast**

**WHERE:** Ramada Inn 5550 Kearny Mesa Rd Kearny Mesa  
**WHEN:** Saturday, November 5, 2011  
**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 to 7:00pm  
**Contact:**

**ROOTS Meeting**

**WHERE:** Church 8320 La Jolla Scenic Drive North,  
 La Jolla, CA  
**WHEN:** Sunday, Nov. 20 2011 1:00-3:00pm  
**Contact:**

**25th Annual Grateful Meeting**

**WHERE:** Church 6554 Cowles Mountain Blvd @ Navajo Rd  
 San Carlos, CA  
**WHEN:** Thursday, Nov. 24th, 10:00am  
**Contact:** [lafetch@yahoo.com](mailto:lafetch@yahoo.com)

**45th Annual Las Vegas Roundup**

**WHERE:** Riviera Hotel and Casino  
**WHEN:** November 24-27, 2011  
**Contact:** [lasvegasroundup.org](http://lasvegasroundup.org)

**Newsletter Subscription**


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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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



## *We Are Not a Glum Lot!*

### 1<sup>st</sup> Annual North County A.A. Extravaganza

*"We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table."*  
(Alcoholics Anonymous, page 17)

Join with our North County friends for a three-hour tour on the cruise ship "Serenity!" Let's combine our sober, hidden talents in this entertaining extravaganza to carry our message through music and comedy!

The cruise is on **November 19<sup>th</sup>** from **4:00 to 7:00pm**. Port is located at the **Harding Community Center, 3096 Harding Street in Carlsbad, CA**. Cruise apparel is appropriate! A donation of \$5.00 is welcome.

**This first-ever event needs your support and talent!** We need singers, musicians, comedians, painters, decorators and props.

This event is hosted by North County District 2, District 16 and any other North County Districts that want to jump on board!

### More From Vivian's Notebook...

**"When we find ourselves in a hole, we can either furnish it or climb out."**

"I was mixing my whiskey with Maalox, 'cause that's the only way I could get it down."

**"Most of our problems are in the mirror."**

"This is my commandment that ye love one another that thy joy may be full."

**"It's okay not to be okay."**

"Every time I ever got into trouble, I had been **DRINKING.**"

## **Sit and Hope Does Not Equal Action**

by Anonymous

I recently had the privilege of attending the Pacific "Additional" Regional Forum in Woodland Hills, CA, a three-hour drive from San Diego. It was a tremendously rewarding experience, and really made me realize the importance of doing service work *outside* my comfort zone and not just being of service *in* my meetings.

The theme was, "We are Responsible for A.A.'s Future-Let It Begin With Us." What do we need to do (you and me) to keep our Fellowship alive and healthy? The 723 people who attended were there to learn, meet and share with one another their thoughts and concerns about this important issue. As the chairman and trustee of the General Service

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***"...personal recovery depends upon A.A. unity."***

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Board so eloquently said, "We can ensure that this Fellowship will not only stay together, but will continue to be that beacon of hope for alcoholics yet to come."

It sounded so reassuring and promising. He went on further to quote Bill W., "*We cannot sit comfortably in our groups and hope that others will hear about us and come around. Let us, at any cost or sacrifice, so improve our communication with all these that they may find what you have found.*" We need to remember the millions of sick alcoholics who still suffer and have the hand of A.A. there to help them discover a life of sobriety.

I am discouraged at times by the number of members in some of my meetings who are reluctant to do *any* kind of service work for the benefit of A.A. as a whole. But after attending this forum, I feel a ray of hope inside. My hope came from the members of A.A. who attended and shared their stories of experience, action, and commitment to keep A.A. alive and healthy now and for future generations. What if there wasn't an A.A. Fellowship for our future alcoholics? How devastating would that be?

## Learning to Ride a Bicycle

by McKenzie

One of my fondest memories as a child was learning to ride a bicycle. My dad was at the top of the hill with me and the plan was for him to run beside me while holding on to the bike to help me keep my balance. Imagine my surprise when I reached the bottom and found him still near the top, waving and smiling proudly at me. I got it! I knew I would as long as I kept at it. Although I didn't know it at the time, what I had then was perseverance. That meant I kept working at something until I got it.

Many years later I was sitting in a 12 Step and Big Book Study Meeting of Alcoholics Anonymous. It was a very intense study, covering the 12 Steps and 12 Traditions and the entire Big Book. Still on my "pink cloud", I started out with all the enthusiasm of a child who has just learned how to walk. As the weeks passed, however, it got harder and harder for me to keep up with the homework assignments. I had so much to do and there were other things in life that demanded my time as well. I thought I couldn't do it all and still remain sane. I felt discouraged and complained to my sponsor. The thought crossed my mind more than once to quit and wait for the next Step Study to start. My sponsor encouraged me to continue anyway, "Don't be a quitter", she told me. She also told me I would work the Steps many times and to just do the best I could at the time. I learned that no one works them perfectly. So I didn't give up and I not only finished that Step Study, but have since worked through them many times, just like my sponsor said I would.

Thinking back over my short life at the time, I realized I had always persevered in whatever I had hoped to achieve; I graduated from college, earned a lifetime Secondary Teaching Credential, and a Masters in Family Counseling. It wasn't easy, but I hung in there and eventually got through it.

When I was new in sobriety, I wanted more than all the chocolate in the world to have spirituality. Others had obtained integrity and freedom in Alcoholics Anonymous. People told me to keep coming back and work the Steps until I "got" them. I did what they suggested because I wanted to have quality sobriety, and that took work and perseverance —just like everything else in life.

There have been times when I didn't want to engage in the kind of self-examination that working the Steps require, but I did them in spite of myself. My resistance was fear based. If I had listened to the fear instead of persevering, I would not have the quality of life I have today. Anything worth having is worth working for, and that takes perseverance and trust in the process.

"You start dying the minute you stop growing" is a saying I've heard in AA meetings. It makes sense to me and gets me out of my seat and into action. I continue to grow in Alcoholics Anonymous because I am always learning. I learn by being of service and carrying the message to alcoholics who still suffer.

## I Heard It Through the Grapevine...

AA Grapevine, Inc. belongs to our Fellowship and has recently revamped its website, [AAGrapevine.org](http://AAGrapevine.org).

When you visit the new website keep in mind the holidays are just around the corner and what a *great gift idea* for that special newcomer, sponsee, or sponsor to receive every month!

### ANNUAL SUBSCRIPTION PRICES

Grapevine Complete – print magazine *and* Grapevine online: \$49.97

Grapevine Online – all inclusive and unlimited access: \$34.97

Grapevine Print Magazine - \$28.97

Grapevine Digital Magazine - \$21.97

Grapevine Story Digital Archive - \$26.97

**DISCOUNT** – *subscribe to ANY 2 versions and receive \$12.00 off your purchase!*

Our Grapevine is **more** than *just* a magazine!

# 12th Step Workshop

Sponsored by District 8 of San Diego/Imperial Area Assembly

**Saturday, October 1, 2011**

9:00 AM to 10:30 AM

**Classroom 12**

(in School next to church at First & Kearney)

760 First Avenue  
Chula Vista, CA 91910

## Continental Breakfast

All AA Members Are Welcome and Encouraged to Attend

We will cover the 12<sup>th</sup> Step and what it means to Recovery. Speakers will cover the Traditions, the Concepts, and the 12-Step work of some of our Area's committees.

### Driving Directions

**I-5 South to J Street exit.** Go east on J Street to First Avenue and turn right. Turn right onto Kearney Street. Turn right into the parking lot that is behind the church at the corner of Kearney Street. Parking at the back of the parking lot and walk to the entrance to the school of the parking lot.

**I-805 South to L Street exit.** Go west on L Street to First Avenue and turn right. Take First Avenue to Kearney Street and turn left. There will be a church on the corner. Take an immediate left into the first driveway and park at the end of the parking lot.



# A SPEAKER WORKSHOP

Presented by the San Diego Intergroup Coordinating Council's

## Public Information Committee



The purpose of this Speaker Workshop is to sign up and train **SPEAKERS/ATTENDEES** who will present information at non-AA functions, such as military bases, high schools and health/informational fairs throughout San Diego County. You will have a chance to listen to a few experienced speakers and learn if being on the PI speakers list is for you. A short informational session and then open forum for questions.



**DATE: Saturday, October 29, 2011**

**TIME: 11 am – 12:30 noon**

**WHERE: Church – Linder Hall Lounge  
2111 Camino Del Rio South**

**(Hwy 8 to Texas St off-ramp, turn right on Camino Del Rio South) Mission Valley 92108**

For more information call the PI Committee:

# Adopt a Literature Rack!

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



## How Literature Adoption Works:

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

❖ *As a result of North Park Mens, Scripps Ranch Mens Two and Area 08 District 16 contributions, we have racks in a Health Clinic, five public libraries and High Schools. There are a total of 36 public libraries in San Diego County.*

# 71ST Anniversary Breakfast

of AA in San Diego

Come Celebrate with us!

**DATE:** Saturday, November 5, 2011

**TIME:** 9:00 a.m. to noon

**Doors open :** 8:30 am

**PLACE:** Ramada Inn (Madeira Rm)

**5550 Kearny Mesa Road**

**San Diego, CA 92111**

**SPEAKER:** 10:30 am

**TICKETS: \$16.75**

Tickets may be purchased until November 1st from Program Committee or Central Office. No tickets will be available at the door. For more information contact: Central Office (619) 265-8762 or Program Committee

**DIRECTIONS:** From Hwy 163 South: Take the Clairemont Mesa Blvd West exit towards Kearny Mesa Rd. Turn right onto Clairemont Mesa Blvd. Turn right onto Kearny Mesa Rd. From Hwy 163 North: Take the Clairemont Mesa Blvd West exit, turn left onto Clairemont Mesa Blvd.. Turn right onto Kearny Mesa Rd.

**This event sponsored by the San Diego Intergroup  
Coordinating Council Program Committee**

## Twenty-Sixth Annual

# R<sub>emember</sub> O<sub>ur</sub> O<sub>ld</sub> T<sub>imers'</sub> S<sub>tories</sub>

# Meeting

Five speakers with at least thirty years of sobriety recount what it was like in early A.A. in San Diego

**Sunday, November 20, 2011**

**1:00 to 3:00 pm**

**Torrey Pines Christian Church**

**8320 La Jolla Scenic Drive North  
La Jolla, CA 92037**

**Please bring some cookies to share!**

**Simultaneous English-Spanish-ASL  
interpretation will be available**

**For more information:**

**Email: [archives@area8aa.org](mailto:archives@area8aa.org)**

**Hosted by the Archives Committee of the  
San Diego-Imperial Area Assembly of  
Alcoholics Anonymous**

#### **Directions:**

**From the South** From the I-5 heading north take the west La Jolla Parkway, Exit 26A Turn slightly right onto La Jolla Scenic Drive North Turn left on Via Posada (second left turn) The church campus is on your immediate left.

**From the North:** From the I-5 heading south take La Jolla Village Drive, Exit 28 Turn right (west) onto La Jolla Village Drive Turn left (south) on La Jolla Scenic Drive North Follow La Jolla Scenic Drive to Via Posada and turn right The church campus is on your immediate left

