



aasandiego.org

The San Diego AA Coordinator



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

"Made a searching and fearless moral inventory of ourselves."

Reprinted from AA Big Book, page 59

APRIL 2021
VOL. LXIX NO. 4

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"Carry the AA Message"

Join the fun and submit an article!

May (due 4/27/21)

"The exact nature of our wrongs"

June (due 5/25/21)

"All these defects of character"

July (due 6/27/21)

"Humbly..."

Submit your 27 to 1,000-word story to Newsletter Chair at: sdaa.newsletter@gmail.com

Rewards of Step 4

I faced Step Four with some trepidation, but my sponsor did not allow time for irrational fear to take over. He had me begin "Spontaneous writing" immediately after we prayed the Third Step Prayer. I was instructed to ask God to help me write down where I had been selfish, dishonest, resentful, or afraid. This process lasted about a week. At our next meeting we used this list to follow (read and do) the clear-cut Step Four directions from the Big Book. This session took only

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Those Friends Thou Hast Friends and Acquaintances

Those friends thou hast, and their adoption tried, Grapple them unto thy soul with hoops of steel.

(William Shakespeare)

Every so often at an Alcoholics Anonymous (A.A.) meeting I hear a newcomer share that most of his old friends stopped coming around and that he thought that he was losing them. Sometimes this may be distressful and may cause a person to question whether the sacrifice is worth the loss of those old acquaintances.

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The Enabling Process Can go on Forever if I Thought It Would Help

As a practicing alcoholic, I became *very crafty* when it came to manipulating the people who loved me. I made promise after promise to change the way I did things, but I always *disappointed them*, which only made things worse for them and for me, as I see it now. What they did not know then was that most of the time, when they gave in trying to meet my requests, *they were not helping me*. Well meaning

"When I was turned down, I just went to the next one on my list, until I found someone that could not say no."

as they were, they were, in fact, *enabling me*, and that only *perpetuated my problem*. When I was turned down, I just went to the

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SAN DIEGO CENTRAL OFFICE**24 HOUR PHONE:** (619) 265-8762**OUR WEB PAGE:** www.aasandiego.org**E-MAIL:** sdaaco@aol.com**FAX:** (619) 265-2954**OFFICE & BOOKSTORE CURBSIDE ONLY:****Mon-Fri 11 am to 3 pm and Sat 10 am to 12 pm****Central Office Manager:** Judi T.**Administrative Assistant:** Catherine S.

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@gmail.com. They may also be typed or neatly handwritten and mailed to Central Office or delivered in person to the committee before the fourth Thursday of the month at 6pm, Central Office. Submissions must include contact information and a name (your name and last initials only). The editors reserve the right to edit contents for length, clarity, and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes.

Phone Volunteers, 12th Step Calls, meeting information, group and individual contributions, book and literature sales, Coordinating Council and Intergroup Information can be obtained at the Central Office.

Coordinating Council Officers:

Council Chair	Susan	councilchair@aasandiego.org
Council Assistant	Aleksey	assistantchair@aasandiego.org
After Hours Phones	Johnny	afterhoursphones@aasandiego.org
Business Committee	Tom	businesschair@aasandiego.org
Cooperating with	Kenny	cec@aasandiego.org
Elderly Ad-Hoc (CEC)		
Program Committee	Neely	program@aasandiego.org
Public Info	James	publicinformation@aasandiego.org
Newsletter	Lisa Ann	newsletter@aasandiego.org

Area Officers:

Delegate	Jerry	delegate@area8aa.org
Alternate Delegate	Monty	alt-delegate@area8aa.org
Area Chair	Blaine	chairarea8@area8aa.org
Archives	John	archives8@area8aa.org
H & I Chair	Gerry	info@sdhandi.org

Please contact Central Office at 619-265-8762
for Officer's phone numbers.

Contributors: Rick R, Rob S**April Theme:** "Searching and Fearless"**Newsletter by electronic version only at this time.****Please sign up to receive by email.****Send to:** sdaaco@aol.com**Committee Announcement**

The Newsletter Committee needs members to write articles and poems, and to fold and collate the newsletter once a month. We also need submissions from the AA population at large!

Ask for participation in your meetings so everyone has a chance to carry the message. If you have something to say, write it down and email it to:

sdaa.newsletter@gmail.com

**Following Coordinating Council Standing Committees need members.**

Are you available to serve Alcoholics Anonymous? Availability is about; do I have the suggested sobriety? If there are other suggested qualifications, do I have those qualifications and to the best of my knowledge, do I have no scheduling conflicts to serve in the commitment? If my answers to all of those questions are yes, I should make myself available and let my Higher Power decide if that is the position I should be in." Also, please talk to the members in your group about serving on the Council. Members at large may be elected to positions. It is not required that you are a Coordinator to serve on a committee.

AAGRAPEVINE.ORG**Submit Your Stories, Photos, Art and More!**

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? The AA Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share. Read the [guidelines](#) for submitting, check the [editorial calendar for upcoming special topics](#), and then use the [upload form](#).



Poets Wanted Here

Your Newsletter Committee invites you to participate in a monthly AA Poem feature. Please submit your original poems to: sdaa.newsletter@gmail.com – 200 words or less.

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.

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.

Central Office Phone Calls and Website Hits

Our AA Phones continue to be answered 24hrs/7 days via call-forwarding by volunteers.

Central Office is grateful for our Volunteers

**After Hours Groups:
Please remember to forward calls yourselves at the beginning of your 9:00 pm shift!**

Website Hits	February	Total
	33,909	7,508,611

In Memory

Sober Tom passed away on 2/8/21

In Memory of Sober Tom

Sober Tom began his journey in Alcoholics Anonymous on October 1, 1992. As he would tell it, he was resistant when he arrived to AA, but after time he shared that he found a home to thrive in a sober living. Sober Tom was a man of few words with an infectious laugh. He delighted in putting a smile on your face. Tom and I sent emails every year to each other celebrating our AA Anniversaries in October and I know he was doing the same for so many others to touch their day.

It was his desire to serve the Fellowship that saved his life wherever he could. Many have felt his presence in our Fellowship through his carrying the message in his AA Meetings, his service work for H & I, After-Hours Phones and the Coordinator Newsletter Committee and attendance at all AA Events.

Sober Tom served for years with H & I taking panels to "Work Furlough". He invited me to participate on a panel; when hesitant, he said he would pick me up. I believe that experience paved the way for my own participation in panels to Calpatria State Prison. Sober Tom WAS always available to help with Central Office Phones through filling in on a shift or helping the After-Hours Phone Groups. Every month, Sober Tom was at the Coordinator Newsletter Collating Party to socialize and help the newbie.

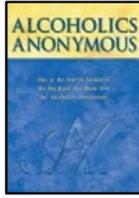
Sober Tom served as Central Office Administrative Assistant for a period. His desire was to help everyone that walked into Central Office. Sober Tom passed away on February 8, 2021. His presence will be forever missed.

Connie L.

Big Book; "Fear of Fear", page 294

"It really wasn't living. Now I feel so very grateful not only for my sobriety, which I try to maintain day by day, but I'm grateful also for the ability to help other people. I never thought I could be useful to anyone except my husband and my children and perhaps a few friends. But A.A. has shown me that I can help other alcoholics."

Reprinted with permission from A.A.W.S.

**Big Book; "The Doctors Opinion", page xxvii**

"We doctors have realized for a long time that some form of moral psychology was of urgent importance to alcoholics, but its application presented difficulties beyond our conception. What with our ultra-modern standards, our scientific approach to everything, we are perhaps not well equipped to apply the powers of good that lie outside our synthetic knowledge."

Reprinted with permission from A.A.W.S.

Big Book; "Tightrope", page 365

"I did not fall in love with A.A. at first glance. The man who took me to my first meeting later became my first sponsor, and he had to put up with objections, arguments, questions, and doubts--everything a trained but very muddled legal mind could throw at him. He was gentle with me. He did not push his opinions on me. He had the sense to see that I was so afraid and so used to being alone that I could not face a "hard sell" approach. He listened to my questions, answered some, and suggested that I could best answer others myself. He refused to argue but was willing to explain and share his own experiences. I had asked him to be my sponsor before I knew what he did for a living and I felt I could not back out of the relationship when I discovered he was a minister."

Reprinted with permission from A.A.W.S.

Big Book; "We Agnostics", page 55

"Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were."

Reprinted with permission from A.A.W.S.

Big Book; "Into Action", page 85

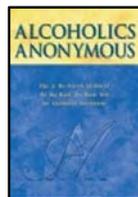
"We are not cured of alcoholism. What we have is a daily reprieve contingent on the maintenance of our spiritual condition."

Reprinted with permission from A.A.W.S.

Big Book; "There Is A Solution", page 17

"We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steeage to Captain's table."

Reprinted with permission A.A.W.S.

**Big Book; "Listening To The Wind", page 467**

"The Twelve Steps worked like a crowbar, prying into my dishonesty and fear. I didn't like the things I learned about myself, but I didn't want to go back where I had come from. I found out that there was no substance on the planet that could help me get honest. I would do just about anything to avoid working on myself."

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Big Book; "To Handle Sobriety", page 559

"For example, we are told in A.A. that we cannot afford resentments and self-pity, so we learn to avoid these festering mental attitudes. Similarly, we rid ourselves of guilt and remorse as we "clean out the garbage" from our minds through the Fourth and Fifth Steps of our recovery program. We learn how to level out the emotional swings that got us into trouble both when we were up and when we were down.

We are taught to differentiate between our wants (which are never satisfied) and our needs (which are always provided for). We cast off the burdens of the past and the anxieties of the future, as we begin to live in the present, one day at a time. We are granted "the serenity to accept the things we cannot change"--and thus lose our quickness to anger and our sensitivity to criticism."

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Minutes of the Coordinating Council
Thursday, March 11th, 2021

Susan, Council Chair called the 903rd meeting to order at 7:30 pm with a moment of silence followed by the “I am Responsible Declaration”.

Quorum was conducted by zoom poll function: 35 voted yes to being present as a Group Coordinator. Quorum is 31, so yes, we have a quorum to conduct business tonight.

February, 2021 Minutes were approved. m/s/c

Grapevine Representative: James K. shared a YouTube video from the Grapevine website and shared that he was here tonight to recruit Grapevine Representatives from meetings and Grapevine Committee members. He also shared the variety of ways the Fellowship can digitally access the Grapevine.

Area 8 Representative: Monty, Alternate Delegate, shared that the Pre-Conference workshops are scheduled for March 13-14. The flyer can be found on the calendar section of the area website, area8aa.org. The workshops are open to anyone. The conference agenda can also be found on the area website. The next Area Assembly will be held on April 10th and The General Service Conference will run from April 17-24.

H & I Representative: Lauren shared that Sharp Mesa Vista is now available for in-person panels. H&I has a need for facility coordinators. The H&I Orientation is still happening on the Third Thursday of every month on Zoom. Additionally there will be an H&I panel at the San Diego Spring RoundUp. Please visit sdhandi.org for more info.

AFTER HOURS PHONES: Johnny C., Chair shared:

1. Phones continue to be call-forwarded 24 hours a day
2. Thank you to Midday Miracles group for stepping up to cover the 25th of every month
3. We need 4 Committee members to help with calling groups to remind them of their commitments
4. Thank you to the GROUPS for answering phones this month.
5. All Groups need to forward the calls themselves at the start of their 9:00 pm shift following the Call Forwarding Instructions.

BUSINESS COMMITTEE: Tom, Business Committee Chair reported: The Business Committee met on Tuesday, 3/09/2021 at 6:00 pm.

Present: Tom, Andy, Nick, Rich, Susan, & Judi.

There was a quorum.

February, 2021 Minutes were approved.

February, 2021 Financial Statements were approved

February, 2021 Financial Summary:

February 2021 Net Revenue is \$-4,544. Our 2021 YTD Net Revenue is \$-10,994. Group and Individual Contributions were \$10,694. Literature Sales Revenue and CD Bank Interest were \$717 while total office and committee expenses were \$15,955.

Central Office Manager's Report:

- **March BOOK OF THE MONTH:** Came to Believe. Sale \$3,00, Reg. \$5.00 Max: 5
- **April BOOK OF THE MONTH:** Hardcover Big Book. Sale \$7.50, Reg. \$9.50 Max: 5
- **Special Sale Continues While Supplies Last:** *Our Great Responsibility* combined with *1st Edition Reproduction Big Book* combo is available for \$8.50 plus tax
 - For all literature purchases, please email sdaaco@gmail.com or call Central Office at 619-265-8763 to place your order.
 - We will create a sales receipt and take your credit/debit card over the phone or you may leave a check at the time of pickup.
 - Scheduled pickups: Mon-Fri between 11 am–3 pm Sat 10 am–12 pm
- Meeting updates continue to be active on our website with ongoing daily changes. There are still meetings that are coming online with their virtual meetings. As they do, I am requesting their URL's with their passcode embedded. Additionally, more and more meetings are opening up in-person. Currently, in San Diego, there are:
 - 669 total meetings per week
 - Out of these
 - 425 are online meetings
 - 196 are in person meetings
 - 48 are Hybrid meetings
- Currently there is a large gap in the data that is on the Meeting Finder on the website and the Database. When meetings went down last March we did not anticipate that they would be down for this long so we decided not to alter the data in the database at that time. We did not note that meetings were closed nor did we add any Zoom information. Now, however, in order to anticipate any type of future printed schedule, we must synchronize the data in the database to the Meeting Finder on the website.

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Continued from page 5

- It has been over a year since we have had a printed schedule. I have been receiving requests, primarily from our call-forwarding volunteers, but also from the fellowship for printed schedules. As a result, I created a PDF Meeting schedule that is available to print from the homepage of the website. As more meetings open up, there will inevitably come a point in time where it will not make sense to continue updating this document, but rather to proceed with returning to a printed schedule booklet. In order to make this financially feasible and not create something that will be out of date in a short amount of time, the Business Committee will need to determine when this will make the most sense, possibly by calculating the percentage of meetings that have reopened (i.e., 75-80%?).
- The Serenity Shop in Clairemont has officially closed. We are keeping track of the number requests we are receiving for items that we would normally refer to the Serenity Shop.

CEC Adhoc Committee (Cooperating w/Elder Community): Kenny, Chair, shared that

1. The CEC Committee meets every 2nd Wednesday at 6:30 pm via Zoom.
2. The "Alcoholism and the Elderly" pamphlet is now posted on the aasandiego.org website.
3. CEC has requested and will mail printed CEC/AA literature to the Lions Club.
4. The CEC was asked to participate/present at the Seniors in Sobriety Conference being held in San Diego in October and accepted the invitation. Details to follow.

COORDINATOR NEWSLETTER: No Report.

1. Please submit articles and original poems sharing your experience, strength and hope.
 - a. Submissions may be emailed to the newsletter chair at SDAA.newsletter@gmail.com

COORDINATOR OUTREACH: Danny, Chair: Need Committee Members

ORIENTATION & GUIDELINES: Tim M., new Committee Chair, shared 3 new Coordinators attended Orientation tonight

PROGRAM COMMITTEE: New Chair, Neely will be in contact with Alt. Delegate Wayne regarding Founders Day/Unity Day picnic

PUBLIC INFORMATION COMMITTEE: James, Chair shared:

1. The PI Committee is responsible for taking requests from schools and other facilities to help spread the message about A.A.
2. We are in need of Committee members

OLD BUSINESS: None

NEW BUSINESS:

Chair's Vision for 2021: Rebuilding our Committees, Recruiting new members, Reviewing and rewriting our Guidelines and procedures in a flexible way that conforms to what we are actually doing and prepares us to move forward in a way that best serves our AA community, regardless of the changes we encounter. Toward that end:

- a) We need All Coordinators to please inform your groups:
 - a. All Committees are in need of members. Committee Members do not need to be Coordinators to join a Committee. They can just come to next month's Council meeting.
 - b) Committee Chairs: Please begin meeting monthly again via Zoom. We have an Intergroup Zoom account that you can use. Contact Aleksey for more information. Once you have begun meeting regularly, please submit your reports in writing the email addresses below no later than 10:00 am on the Friday following the Council meeting. Please also send Judi the Zoom meeting information so that she can update the online Service calendar.
 - c) We need all Committee Chairs to start reviewing and updating their portion of the Guidelines.

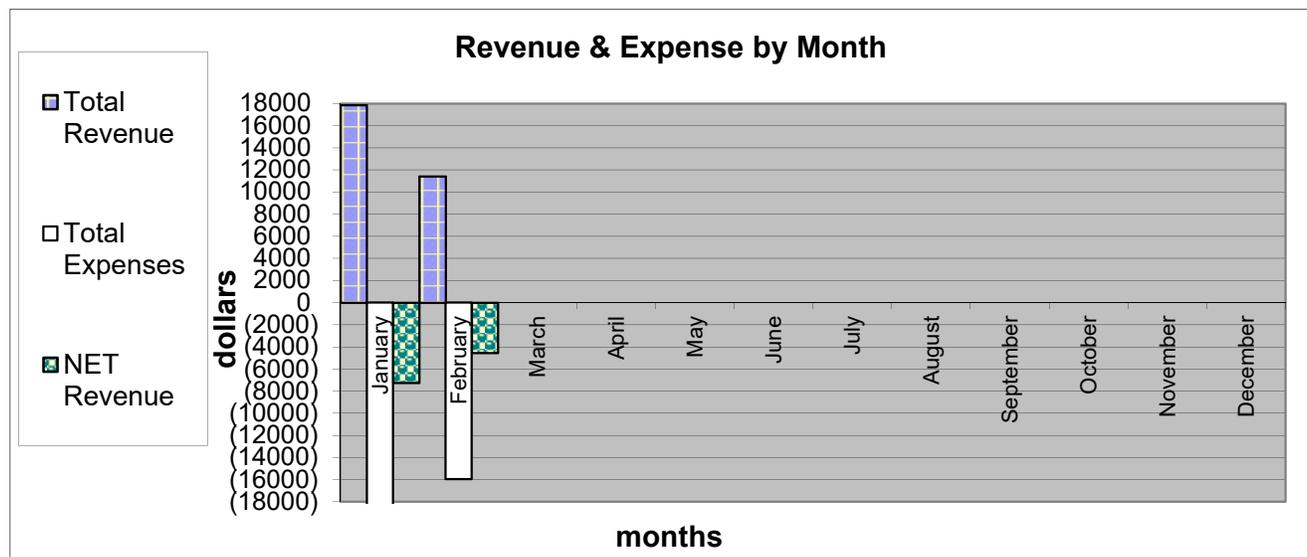
Reminders:

1. We plan on hosting Coordinating Council Meetings on Zoom for the foreseeable future. Please send:
 - a. Any general questions that you wish to be addressed to Susan, Council Chair, email: councilchair@aasandiego.org or Judi T., Recording Secretary, email: sdaaco@aol.com by 4/1/2021.
2. If your Group has an agenda item or any suggestions for next month's meeting, please email Susan, Council Chair, at councilchair@aasandiego.org or Judi T., Recording Secretary, at sdaaco@aol.com by 4/1/2021.
3. If you are a new Coordinator this month, please register by emailing your name, Group name, and telephone number to Judi T., Central Office Manager, at sdaaco@aol.com. Thank you!

Respectfully submitted,
Judi T., Recording Secretary

San Diego Intergroup, Inc.
Alcoholics Anonymous of San Diego
Statement of Revenue and Expense
As of February 28, 2021

	February 21	February 20	YTD '21	YTD '20	\$ Change	Budget '21
Ordinary Revenue/Expense						
Revenue						
Contributions Group	9,162.32	8,394.05	22,285.32	22,042.60	242.72	118,610.00
Contributions Individual	1,531.32	141.76	5,028.02	1,331.66	3,696.36	14,714.00
Contributions SDIAA	-	-	-	1,100.00	(1,100.00)	700.00
Interest - Cert of Deposits	34.95	191.76	74.53	413.72	(339.19)	1,000.00
Literature Revenue (see schedule)	682.47	1,067.65	1,871.20	2,466.11	(594.91)	12,000.00
Total Revenue	11,411.06	9,795.22	29,259.07	27,354.09	1,904.98	147,024.00
Expense						
Accounting & Legal	1,990.00	-	2,080.00	-	2,080.00	2,930.00
Auto/Travel/Seminar	8.00	30.50	26.00	63.75	(37.75)	1,500.00
Bank Service Charges	10.00	-	10.00	-	10.00	50.00
Cash (Over) Short	(1.97)	5.09	(1.58)	7.67	(9.25)	(50.00)
Checks Returned - Bad Debt	100.00	-	100.00	-	100.00	-
Equipment Maint & Repair	51.36	51.36	102.72	102.72	-	750.00
Equipment Purchase	-	-	-	-	-	750.00
Insurance	131.02	57.06	262.04	114.12	147.92	1,200.00
Office Maint. & Repairs	25.00	-	25.00	40.00	(15.00)	500.00
Office Supplies	100.73	343.48	184.68	375.47	(190.79)	3,000.00
Rent	1,940.00	1,900.00	3,880.00	3,800.00	80.00	23,600.00
Taxes	-	-	-	20.00	(20.00)	80.00
Telephone	316.82	266.90	533.32	494.87	38.45	2,460.00
Utilities-Electricity	261.48	411.97	505.57	839.46	(333.89)	3,500.00
Website	-	13.95	70.51	34.80	35.71	750.00
EMPLOYEES						
Accrued Payroll Taxes	472.16	648.67	2,264.43	1,426.78	837.65	6,900.00
Employee Wages	9,750.01	6,541.20	28,004.77	13,163.40	14,841.37	79,999.00
Employee 403B Contribution	-	346.00	155.00	692.00	(537.00)	1,405.00
Employee Health Benefit	641.07	800.37	1,489.48	1,600.74	(111.26)	9,000.00
Insurance-Worker's Comp	37.42	43.25	80.67	86.50	(5.83)	500.00
Total Office Expense	15,833.10	11,459.80	39,772.61	22,862.28	16,910.33	138,824.00
Standing Committees Expense	122.39	343.63	480.74	889.14	(408.40)	8,200.00
(see schedule)						
Total Expense	15,955.49	11,803.43	40,253.35	23,751.42	16,501.93	147,024.00
Net Revenue	(4,544.43)	(2,008.21)	(10,994.28)	3,602.67	(14,596.95)	-



Group Contributions February 2021

Group	Feb-21	Ytd 21
4077 Mash Step 11 - 2027	180.00	180.00
5.30 Meditation - 3085	293.00	293.00
A Sense Of Belonging Womens - 1205	107.00	107.00
A Vision For You - 2812	115.00	115.00
A Womens Meeting -1717	500.00	500.00
B.Y.O.B. (North Park) - 203	187.00	187.00
Back to Basics - 1026	200.00	200.00
Back To Basics For Women - 1675	100.00	100.00
Casa De Oro Tradition Five - 503	150.00	150.00
Chula Vista 4 Min Speakers - 1568	100.00	100.00
Clairemont Mens - 301	326.00	326.00
Clairemont Mixed Discussion - 338	100.00	100.00
Clairemont Womens Step Study - 341	440.50	440.50
Conscious Contact Big Book - 2762	20.00	20.00
D.D.G.T.M. - 767	25.00	125.00
Daily Reflection - 3114	275.00	275.00
Dawn Patrol - 263	512.00	512.00
Dignity Unlimited - 205	250.00	250.00
Downtown Discussion - 1665	27.46	27.46
Early Morning Recovery - 2688	148.50	148.50
Early Risers (Coronado) - 1525	10.00	10.00
East Co Young People Rule 62 - 2797	100.00	100.00
Eastlake Greens Attitude Adjust-2712	70.00	70.00
El Cajon Beginners - 2876	23.25	63.25
Emotional Sobriety (Hillcrest) - 2536	25.00	25.00
Fletcher Hills Smokeless - 59	60.00	60.00
Friday Morning Womens - 104	190.00	190.00
Friday Night Irregulars - 2889	137.67	137.67
Gilman Group - 1988	155.59	155.59
Haul Your Hiney Out Of Bed - 704	150.00	150.00
I. B. Steps & Traditions - 3003	50.00	50.00
Joy Of Living - 2787	129.00	129.00
Just Us Girls - 929	36.80	36.80
Kick Start Your Heart - 2430	40.00	40.00
Knuckleheads - 3182	155.00	155.00
La Jolla Discussion Group - 85	150.00	150.00
La Jolla Sunrise - 2684	50.00	550.00
La Mesa 12 X12 - 2588	254.00	254.00
La Mesa Mens - 106	300.00	300.00
La Mesa Womens Sat. Morning - 416	363.00	363.00
Letting Go Womens - 3189	150.00	150.00
Linda Vista Mens - 320	25.00	25.00
Living Free - 477	10.00	10.00
Meetin' in the Ladies Room - 2614	105.00	105.00
Mens Focused Step Study - 3217	338.00	338.00
Mens Jelly Donut - 3118	24.00	24.00
Mid-Week Mens ZOOM - 3243	135.01	235.01
Midday Miracles - 3242 <>	72.00	72.00
Mira Mesa Early Risers - 967	100.00	100.00
Mission Bay Speakers - 1692	150.00	150.00

Group	Feb-21	Ytd 21
Mission Hills Beginners - 1612	200.00	200.00
Mission Hills Lunch Bunch - 2675	300.00	300.00
Mission Possible - 131	50.00	50.00
Mt Soledad Mens - 717	500.00	500.00
* Nightly Discussion - 3248	92.13	92.13
No Matter What Woman's Group-2325	96.88	96.88
Noon with a View Beginners Mtg-3249	1,032.60	1,032.60
Noontime on the Patio - 2203	57.69	57.69
North Clairemont - 1102	200.00	200.00
North Park Mens - 465	79.43	237.43
North Shores Breakfast - 275	150.00	150.00
Over The Bridge - 2689	403.75	403.75
Pass It On BB Study Group-860	258.75	258.75
Point Loma Nooners - 1606	100.00	100.00
Pt Loma Womens Discussion - 1608	150.00	150.00
Radical Acceptance Meeting - 2961	572.00	1,092.00
Rise & Shine - 2170	385.00	685.00
Santee Serenity - 3040	50.00	50.00
Sat Mens Early Awakening - 2209	114.89	214.89
Saturday A.M. Live - 782	50.00	50.00
Sobriety At All Cost - 3006	463.00	463.00
Sons of God - 2789	660.00	660.00
Sorrento Valley Nooner - 544	364.00	703.50
Spiritual Awakening - 2275	141.01	364.52
Sunday Kind of Love - 429	10.00	10.00
The 1st 164 - 2760	76.27	76.27
The Common Solution - 3007	105.34	105.34
The Gathering Of The Goddesses-2890	312.00	312.00
The Hole In The Doughnut - 2737	258.50	258.50
The Other Meeting - 857	100.00	100.00
* The Rogue Meeting	944.65	1,397.00
The We Group - 2739	350.00	350.00
There is a Solution - 2680	200.00	200.00
Three Legacies Study Group - 3230	56.09	56.09
Thursday Steps - 646	359.40	359.40
*Toes in the sand	50.00	100.00
*Trust God, Clean House, Help Others	14.20	14.20
Tues Night Mens Step Study - 1813	265.00	265.00
Tuesday Night Primary Purpose-130	321.50	321.50
University City Disc.- 368	106.50	106.50
University City Womens - 369	200.00	200.00
Valley Girls - 2617	95.00	95.00
Whistling In The Dark Mens - 2943	200.00	200.00
Wholesale Miracle - 2474	32.00	64.00
Womans Gut Level - 1701	65.00	65.00
Women In Harmony - 1807	96.00	96.00
Womens Step Study - 296	231.60	231.60
Womens Thursday Nite - 514	114.00	114.00
Womens TLC - 2814	67.50	67.50
Womens Way To Recovery - 838	150.00	150.00

Group Secretaries/Treasurers

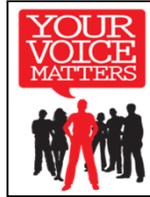
**Please include an email address with your
Group Contributions, if you wish to receive
a receipt**



**Thank
YOU!**

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

- ❖ Are You Being Heard?
- ❖ AA needs your Group's opinions, thoughts, comments and VOTE
- ❖ Of the 760 registered groups in San Diego only 63 groups are registered with the Coordinating Council
- ❖ Is your Group one of them?
- ❖ For information about registering call Judi or Catherine at Central Office - 619-265-8763



"Newcomer Literature" button  on our aasandiego.org website. Zoom & Telephone meetings can direct newcomers to 17 different pamphlets plus the Big Book and 12x12.



NEW! "Virtual Visit to Central Office" button  on our aasandiego.org website. It's been awhile since we've seen you! Come on in and have a look around!

Looking for meetings that are held in-person and outdoors?

Go to our website: aasandiego.org

- Go to the "San Diego Meetings" Icon on the menu bar 
- Select "Outdoor Meeting" from the "Any type" drop down menu
- COVID-19 Procedures: Masks required, 6 feet social distancing, bring your own coffee and no outside food

Big Book, "A Vision For You", page 164

"Abandon yourself to God as you understand God.

Admit your faults to Him and to your fellows.

Clear away the wreckage of your past.

Give freely of what you find and join us.

We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

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Thank you to all of our Phone Volunteers!

Our Phones continue to be answered 24/7 thanks to you. Your service is a shining example of "Carrying the Message".

Please remember: Call Forwarding

Instructions can be found on the

Group Documents Page 

of our website: aasandiego.org

Your group is responsible for forwarding the phones at the start of every shift



Download the Meeting Guide app to find meetings near you.

You can find an MP4 Video and Written Instructions on using the new Meeting Guide App on the homepage: aasandiego.org

Central Office Notes

2021 Holidays - Central Office/Bookstore Closed

<u>DATE</u>	<u>HOLIDAY</u>	<u>DAY OF WEEK</u>
May 31	Memorial Day	Monday
July 5	Independence Day	Monday
September 6	Labor Day	Monday
November 15	Veteran's Day (Observed)	Monday
November 25	Thanksgiving Day	Thursday
December 25	Christmas Day	Saturday

Group Contributions	\$9,162
Individual Contributions	1,531
SDIAA Contributions	0
Literature & Interest	718
Total Revenue	\$11,411
Central Office Expenses	-15,833
Committee Expenses	-122
Total Expenses	-\$15,955
February 2021 Net Revenue	-\$4,544
2021 YTD Revenue	-\$10,994

- ◆ **March's Book of the Month** is "Come to Believe" - on sale for \$3.00 plus tax, max 5
- ◆ **April's Book of the Month** is "Big Book" - Hard Cover - on sale for 7.50 plus tax, max 5
- ◆ You can still get ***Our Great Responsibility*** combined with ***1st Edition Reproduction*** Combo for the price of \$8.50 plus tax
- ◆ **Email or call to place your order—**
sdaaco@gmail.com; call 619-265-8763
- ◆ **Pick Up Hours** are: Mon—Fri, 11 am—3 pm, or Sat 10 am—12 Noon
- ◆ **Pay with credit/debit over the phone** or bring a check
- ◆ **It's that easy!**



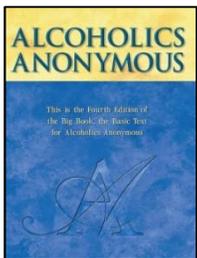
Big Book

N K N C Q G F X U V C J P R O O F C W
 E N Y O X L R L L N Y B B E F P P G O
 D J B A I Z J O R X C M X C E H V Z V
 Z U L S V S F O W W R N L A M R O N E
 Q E Y O N I U X I E K Y U K L O V E R
 R F C L W Z N L B V I C T O R Y J B C
 Z Q H E C N A R E L O T S R M Z Y O O
 I F A H C F L S O D V U U T N E B E M
 E L N P H Y A J R W I Q R O T M P S E
 B S G M O E X X M A F Y T H N D R O Q
 E L E J C H U R S P R Z U E E R I P Y
 N E G E U Q I N U F L E B N L N C R X
 T R Z F A B S O L U T E L Y O G E U T
 I U H C E C O N C E D E Y Y V Y L P L
 R A I V B H T I Z E S V L W E O E K W
 E L I A T J H O B D N X E O N J S E Y
 L G C U G N I T E E M X R R E N S E T
 Y G Y N O I T C E T O R P K B E S S A
 S I X E D T X M M R D E C N I V N O C

Big Book; "Foreward to the Fourth Edition", page xxiv

In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face to face, A.A.'s speak the language of the heart in all its power and simplicity.

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ABSOLUTELY
 BENEVOLENT
 CEASE
 CHANGE
 CONCEDE
 CONVINCED
 DELUSION
 ENJOY
 ENTIRELY
 GIVE

GROW
 JOY
 LAURELS
 LOVE
 MEETING
 NORMAL
 OVERCOME
 PRICELESS
 PROOF
 PROTECTION

PURPOSE
 RARELY
 RELAX
 RELY
 SEEK
 TOLERANCE
 TRUST
 UNIQUE
 VICTORY
 WORK

AA OLD PREAMBLE 1940

We are gathered here because we are faced with the fact that we are powerless over alcohol and unable to do anything about it without the help of a Power greater than ourselves. We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a Power greater than ourselves regardless of what our individual conception of that Power may be. In order to form a habit of depending upon and referring all we do to that Power, we must at first apply ourselves with some diligence. By often repeating these acts, they become habitual and the help rendered becomes natural to us. We have all come to know that as alcoholics we are suffering from a serious illness for which medicine has no cure. Our condition may be the result of an allergy which makes us different from other people. It has never been by any treatment with which we are familiar, permanently cured. The only relief we have to offer is absolute abstinence, the second meaning of A.A.

There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover.

An Alcoholics Anonymous is an alcoholic who through application and adherence to the A.A. program has forsworn the use of any and all alcoholic beverage in any form. The moment he takes so much as one drop of beer, wine, spirits or any other alcoholic beverage he automatically loses all status as a member of Alcoholics Anonymous. A.A. is not interested in sobering up drunks who are not sincere in their desire to remain sober for all time. Not being reformers, we offer our experience only to those who want it. We have a way out on which we can absolutely agree and on which we can join in harmonious action. Rarely have we seen a person fail who has thoroughly followed our program. Those who do not recover are people who will not or simply cannot give themselves to this simple program. Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover. There is a vast amount of fun in the A.A. fellowship. Some people might be shocked at our seeming worldliness and levity but just underneath there lies a deadly earnestness and a full realization that we must put first things first and with each of us the first thing is our alcoholic problem.

To drink is to die. Faith must work twenty-four hours a day in and through us or we perish. In order to set our tone for this meeting I ask that we bow our heads in a few moments of silent prayer and meditation. I wish to remind you that whatever is said at this meeting expresses our own individual opinion as of today and as of up to this moment. We do not speak for A.A. as a whole and you are free to agree or disagree as you see fit, in fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the A.A. Big Book.

If you don't have a Big Book, it's time you bought you one. Read it, study it, live with it, loan it, scatter it, and then learn from it what it means to be an A.A.

thank you!

FOR SUPPORTING YOUR SAN DIEGO INTERGROUP CENTRAL OFFICE

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

- ◇ When making a contribution, please include your email address so that we can email you a receipt
- ◇ Thank you very much to the members who have sent Individual Contributions
- ◇ If you'd like to credit your group, please make a note on the check
- ◇ We accept personal checks or you can pay by BILL PAY service through your bank
- ◇ Send your Contributions to:



Visit Us at
aasandiego.org

San Diego Central Office
7075 Mission Gorge Road, Suite B
San Diego, CA 92120

**As Bill Sees It; "Look Before You Leap",
page 253**

"We lose fear of making decisions, great and small, as we realize that should our choice prove wrong we can, if we will, learn from the experience. Should our decision be the right one, we can thank God for giving us the courage and the grace that caused us so to act."

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**Living Sober; "Remembering that
alcoholism is an incurable, progressive,
fatal disease", page 9**

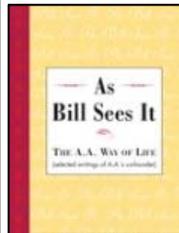
"We need not be ashamed that we have a disease. It is no disgrace. No one knows exactly why some people become alcoholics while others don't. It is not our fault. We did not *want* to become alcoholics. We did not *try* to get this illness."

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**Living Sober, "Being Grateful",
page 48**

When we finally get to visit a place long dreamed of, we can concentrate on the inconveniences of our lodging and the weather, the passing of the good old days, and the fact that we only have a few days or weeks to spare. Or we can be grateful that we finally got there at all, and keep adding to a mental list of the delights we can find if we look for them."

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**Living Sober; "Eliminating self-pity",
page 58**

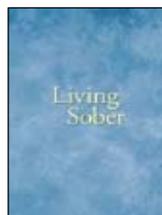
"Another excellent weapon is humor. Some of the biggest belly laughs at A.A. meetings erupt when a member describes his or her own latest orgy of self-pity, and we listeners find ourselves looking into a fun-house mirror. There we are - grown men and women tangled up in the emotional diaper of an infant. It may be a shock, but the shared laughter takes a lot of the pain out of it, and the final effect is salutary."

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**Living Sober; "Finding your own way",
page 86**

"In spite of our serious attitude toward alcoholism, you will find we can usually talk with humor and detachment about our past and our recovery. This is a healthy approach, we think. Certainly, it does not weaken our resolve to get and stay well."

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**As Bill Sees It, "Out of the
Dark", page 10**

"We will want the good that is in us all, even in the worst of us, to flower and to grow. But first of all we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun. "A clear light seems to fall upon us all - when we open our eyes. Since our blindness is caused by our own defects, we must first deeply realize what they are. Constructive meditation is the first requirement for each new step in our spiritual growth."

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As Bill Sees It, "Clearing a Channel", page 78

"During the day, we can pause where situations must be met and the decisions made, and renew the simple request 'Thy will, not mine, be done.'"

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Rewards of Step Four

Continued from Page 1

an hour or so – there was no reason for my previous apprehension.

When finished, I was amazed by the many unsuspected “rewards” I had received! I had learned how to face and be rid of resentment and irrational fear. What Great Rewards!

I also learned (admitted) where I had harmed others through my selfishness and how my dishonesty was more prevalent than realized. Also, I had a list of persons I had harmed for upcoming Steps Eight and Nine.

I had asked God to relieve me of the “bondage of self” in Step Three but had little knowledge of what that bondage was, but Step Four provided the answer!

Not only had I truthful information to share with my sponsor in Step Five, but I then possessed a list of character defects and shortcomings to ask God remove in Steps Six and Seven!

These rewards were not only helpful in my daily living but also paved the path to the many powerful AA promises. The main of which is on page 85: “The problem has been removed. It does not exist for us.” The “problem” was, of course, the mental obsession, not the physical allergy. This release from desire to drink alcohol has been with me for

many years, thanks to the rewards of Step Four.

~ Bob S.

Those Friends Thou Hast

Continued from Page 1

Sometimes the word friend is misunderstood. We often refer to people we are associated with as friends. Others will say that you can count on one hand the true friends you will have in a lifetime. So where do these associate/acquaintances come in?

I played golf for about 35 years and had many so-called golfer friends but when the round of golf was over, we put our clubs in the car and went our separate ways. Fishing was the same. When we finished fishing, we put the rods and tackle box in the car and went home.

With these acquaintances, the common denominator was the golf or the fishing. That is what bound us to each other. I quit playing golf about 15 years ago and when the common denominator was gone, I seldom saw my old golfing friends except in passing where we exchanged pleasantries and again were on our ways.

Most of the, so called, friends I had before I was sober had only one thing in common with me and that was the drinking. Unlike the golf and the fishing, we could drink 24 hours a day if we wanted to. We did not need a boat or even a set of clubs to associate with each other. The bottle was all that

was necessary and without it we had little in common.

When the common denominator was gone, trying to hang out with them became awkward for them and for me. I had to accept the reality and let them be. If we have anything else in common, we will know it and share that association with each other, but that was seldom the case except for family members or work associates.

We, in AA, are fortunate indeed for we have a common denominator that has been likened to the survivors on a sinking ship, in a lifeboat, caring for each other. We associate at such a deep an intimate level that we develop true friendships that the average person seldom is exposed to.

Understanding this can be a great comfort to those new members who may need to be prepared to move on with their lives. If that new member is fortunate enough adopt the AA program for the long haul, he may become the true friend that those old acquaintances in the bar room may need should they become a troubled alcoholic seeking help themselves.

I cannot tell you how many true friends I have developed in the program of Alcoholics Anonymous, but I have been grappling them unto my soul for over 50 years now. Thank you, Mr. Shakespeare.

~ Rick R.

The Enabling Process Can Go on Forever

Continued from Page 1

next one on my list, until I found someone that could not say no.

After I entered Alcoholics Anonymous (A.A.) and got deeper into the program I had to address my behavioral problems of the past and make restitution to those people, I realized how difficult it was for a loved one to say NO to a child or a friend when they appeal to them the way we do.

Then, came the acid test for me.

I received a collect phone call from a divorced relative, (mother of two daughters ages 11 and 13) asking me for, what was, a goodly amount of money at that time. I was aware of her use of drugs and her priorities about her children.

At first, she did not want to say why she needed the money, but after I insisted, she said that she was in jail and need to get bailed out.

Visions of my past came back, and I was now on the receiving end of the enabling process. Writing the check would have been the easy thing to do, but as I now understand, not the right thing.

I asked her why she called me instead of her friends. She replied, "yours was the only

number I could find". I thought about it for moment then said, "if I thought it would help, I would be all over it but, I know your track record and I know that if I bail you out, you will be running again, and your girls need you right now."



That was the best thing I could do for her at that time and I have never regretted it, and neither has she. She has nothing but respect for me today for having the strength to say NO when that was the right answer.

She has been sober for about 30 years.

Every so often a new person shows up at a meeting and is complaining about the bad break that came about that brought them to the program

and when I get a chance to talk to them on a personal level the first question, I ask them is: "If that had not happened would you be here right now?" and their usual response is, "Probably not."

The right decision is not always the most popular one and I may be misunderstood when I make it, but in good conscience I do try to muster up the strength to make it.

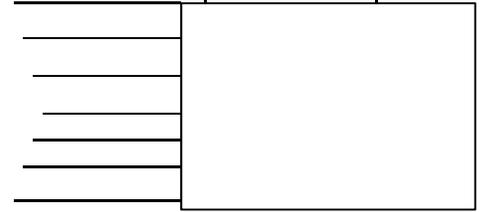
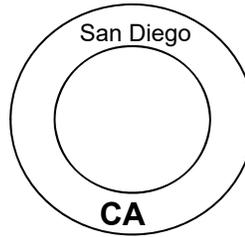
Writing the check would have been the easy way and I may have been applauded for doing it but, for me, it would have been the more selfish thing to do. That single act may have been the turning point in her life, but no one can predict the outcome of any decision we make.

As I look back on it now. If no one ever said NO to me, I may never have changed and could have reached the point of no return and ended badly.

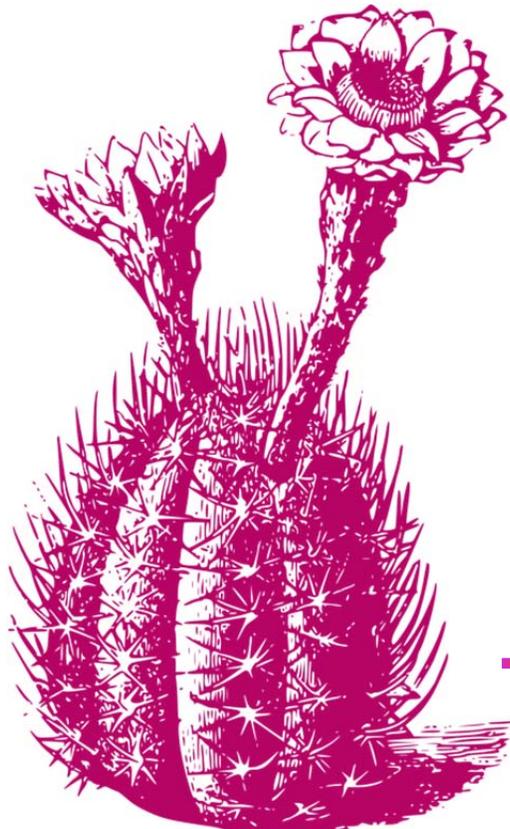
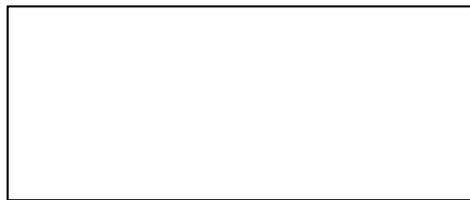
Sometimes I must risk the disapproval of those that do not understand me. I, however, must make sure that my motives are unselfish.

~ Rick R.

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