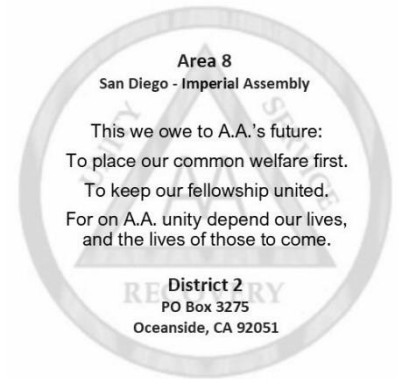


District 2 DCM - GSR Report

September 3, 2019

San Diego A.A. was in full swing this summer having hosted numerous events and workshops throughout the County. Each event brought something special to the fellowship, with a wealth of new information and meaningful shares on related health issues, a deeper look into the balance of our program, and discussions on how we lend and receive support to one another. A renewed enthusiasm seemed to be captured by members new and old, with a sense of forward progress in the spirit of the A.A. movement, as intended by the founders and early members of A.A.

Below is a summary of some of these events. Each a wonderful examples of how our 7th Tradition contributions allow for our members in service to carry the message to all; the suffering and the recovering alcoholic. It is a privilege and a pleasure for those in service to serve you in this way.



Website: area8aa.org/districts/district-02
Email: dcm_02@area8aa.org

Mental Health Issues in A.A. Workshop (Hosted by District 14 & Area 8 - August 17 @ Scripps Ranch Theatre / Alliant Int'l University)
Workshop Theme: **"To grow in effectiveness and understanding in order to help the A.A. member who suffers from mental health issues, and for those who help them."** *Ref: A.A. for Alcoholics with Mental Health Issues – and their sponsors. Conferenced-approved literature Pamphlet (P-87)*

Topics of discussion presented by field professionals and A.A. members with qualified knowledge;

- **Treatment and therapy for substance use disorder and alcohol dependency yesterday, today and tomorrow;**
- **Post-traumatic stress disorder (PTSD)** a common mental health condition amongst many alcoholics;
- **Recovering alcoholics afflicted with depression;**
- **Sponsoring and mistakes A.A.s make and what we can do that is effective working with others;**
- **Step work, A.A. techniques and meditation;**
- **The A.A. home group as a safe environment** (for those inflicted with a mental health issue);
- **County resources for mental health issues and suicide intervention.**
 - The number of A.A. members who are afflicted with a mental health issue / disorder is substantial.
 - What may appear to be a members resistance or barrier to receiving an A.A. suggestion may be otherwise related.
 - PTSD is more common amongst A.A. members and the general population than once realized.
 - Anyone can develop PTSD at any age. This includes military veterans, children, and people who have been through a physical or sexual assault, abuse, accident, disaster, or other serious events.
 - Women are more likely to develop PTSD than men.
 - As A.A. members can attest, one alcoholic talking to another is critical to gain the confidence to help fellow alcoholics recover from alcoholism, so it was said likewise, to be most healing to those who suffer from a mental illness. This is not a substitute for prescribed medications! Merely an effective and proven method to aid those in need, and a suggestion on how members may support other members afflicted.
 - **Is it time for A.A. groups to become more flexible and open to discussing topics ranging from co-occurring disorders to prescribed medications, as it relates to alcoholism and one's recovery?** *Ref: (P-87) Article by Patrick; "Love & tolerance is our Code" page 34.*

Treasurers Workshop (Hosted by District 11 & Area 8 Finance Committee - August 24 @ Historic Lakeside Hotel)

The purpose of the workshop was to share with members, group and district treasurer's (current & future) a deeper understanding of the many aspects of being a treasurer.

- Treasurers carry the message by offering their groups an understanding and the scope of 7th Tradition contributions.
- *A.A. Finance Guidelines* suggested to be in the Secretary's 3 ring binder. *Ref: aa.org/assets/en_US/mg-15_finance.pdf*
- Groups are urged to periodically review their *Pie Chart* (group to entity donations) and acquire an understanding / ask questions of those entities if their needs are being met?
- Each group has the choice to develop (calculate percentages) their own *Pie Chart* as they see fit.
- The importance of group financial oversight (of funds and the accounting of) for the sake of A.A. as a whole.
- Methods of accepting contributions; *PayPal* and *Venmo* are becoming increasingly easier, effective and popular.
- Meeting room rental facilities that require liability insurance may be covered and obtained from our Central Offices?

- Checking accounts; how to open and receive a no cost checking account. Myths and facts.
 - Groups need not have the status of a non-profit (501-C) to obtain a free checking account.
 - Banks accept EIN numbers instead of personal social security numbers.
 - Employment Identification Numbers (EIN) are free and obtainable online via the IRS. Though an individual obtaining an EIN number must offer their social security number for identification purposes, there are zero personal tax consequences. irs.gov/businesses/small-businesses-self-employed/apply-for-an-employer-identification-number-ein-online
 - Credit Unions are known to offer zero fee checking accounts and some banks (reportedly *Home Street Bank*.)

Recovery, Unity and Service ... Am I Doing all three? Workshop, BBQ & Young Peoples Unity Event. (Sponsored by the groups of District 1, 2, 3, 21 & NSDYPAA - Aug. 2 Heritage Hall / Magee Park, Carlsbad.)

The theme, the **Three Legacies**, was presented in terms to achieve a balance by forming an equilateral shaped triangle consisting of 1/3rd Recovery, 1/3rd Unity, and 1/3rd Service.

Topics of the three legacies were segmented and presented individually, with pursuing discussion. Unity was presented in a unique fashion, in the form of a popular TV game show, Family Feud; using a powerpoint program that mimicked the show with a game board, music, sound effects with dings and buzzers, cheers and boos. It was tremendous and met with a lot of humor and laughs. It was also a terrific way to involve the approximated 80 members to discuss a vast and multifaceted topic. Many were surprised and learned much. Tradition One, long form, best details this legacy.

Members found on their chairs when seated a Grapevine article titled “*What Shape is Your Triangle*” along with a service material that well defined each legacy.

Annual Labor Day Picnic – Speaker Meeting and BBQ (Sponsored by the groups of District 2 & 23 - Sept. 3 Calavera Hills Community Park, Carlsbad.)

A celebration of sobriety was enjoyed by approx. 365 members and their families. Live music entertained for the first 2 ½ hours while BBQ and potluck items were served, and A.A. exhibits were visited that were made available through the efforts of our Area Literature Committee, Grapevine, Cooperation with Professionals, Young People in A.A., Hospitals & Institutions (H&I) and volunteers who offered information on meditation. Other attractions was face painting and games for kids and adults.

The speaker segment of the event began with informative shares from our service committees. We learned exactly what these committees do, how they carry the message of A.A., and the rewards and benefit to one’s sobriety in doing so. We also learned about the Area Member Survey that YPAACC is conducting in association with the Area.

Next we heard from our Area 8 Alternate Delegate and invited speaker, Jerry S., who eloquently shared his experience, strength and hope with us, and how participating in A.A. service has enhanced his recovery, sobriety, and has gifted him a full and satisfying life, including the love of his life who he met in A.A. service.

News from the District



Camp Pendleton Needs You!

Marine Corps Base Camp Pendleton is actively seeking the hand of A.A. to support the needs of our Marines and Sailors by attending meetings on base. Please call Bill S. 858-231-2405 for information regarding base entry and protocols. Directions to these meetings can be found on the *Meeting Guide app* at the [google play store-meeting guide](https://play.google.com/store/apps/details?id=com.ncsaa.meetingguide), [apple - app-store](https://apps.apple.com/us/app/meeting-guide-app/id1444444444), or ncsandiego.org/meeting-guide-app

Mondays 6:30 - 7:30 PM Building 210568 – PFC Krause Training Facility, at 3rd AA BN School on Camp Del Mar area (by the boat basin.)

Wednesdays 6:30 - 7:30 PM *New Location and time.* Building 1345 – S.A.C.C. (Prevention Building) up the hill, on 11th Street, from the main S.A.C.C., follow the signs. 6:30 - 7:30 PM.

Fridays 4:00 - 5:00 PM Building H200T – S.A.R.P. (Substance Abuse Rehabilitation Program) behind the Thrift Shop near the Wounded Warrior BN, by Lake O’Neil on the old hospital grounds.

News from General Service Office (GSO) New York

- **ONLINE REGISTRATION IS NOW OPEN www.aa.org for the 2020 International Convention of Alcoholics Anonymous, July 2 - 5, 2020 in Detroit, MI. The theme is “Love and Tolerance is our Code.”**

Advanced registration before April 14th is \$115.00 per attendee. Registration after April 15th will be \$140.00.

For details and more information see the frequently asked questions (FAQs.) Also look for articles in the quarterly news bulletin **Box 459**, which is also mailed to your General Service Representative (GSR).