

A NEWSLETTER FOR  
GSRs AND ALL OTHER  
MEMBERS OF A.A.

### SPECIAL POINTS OF INTEREST:

- New Committee: The Armed Services
- Treasurer's Report
- General Service Story
- Service Manual Spotlight



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[area8aa.org](http://area8aa.org)



# San Diego-Imperial Area 08 Assembly

APRIL 2021 ISSUE

## The Armed Services Committee

The Armed Services Committee of Area 8 began in September 2019 due to the persistence of a young woman named Tiffany G. The area has not met a more forward-thinking individual so dedicated to carrying the message to the still suffering alcoholic in uniform.

The Armed Services Committee uses the Public Information format when speaking at internal briefings, reminding attendees about our tradition of anonymity and use AA *at a Glance* and AA *and the Armed Services* pamphlets, as well as committee-made public service announcement cards. These, along with per-

sonal resources, allow us to access the approximately 15 military installations in our area.

The committee created service positions specific to their goals, such as the Base Liaison, which is not necessarily a single person but more of a team tasked with a specific role. The Liaison is the leader and voice who reports to the committee. This service position comes with a list of requirements coming from other AA positions suggested requirements, and the ability to speak with military leaders while possessing an understanding of internal structure.

New also to this committee

are Literature Representative tasks. How and who will supply the 15 bases with literature? Who oversees this spending? Does the rep receive literature requests from Base Liaisons? This was discussed in our March committee meeting.

The Communications Liaison is also new. How will we manage communication and information requests from other Areas?

We are also writing a draft Armed Services Workbook as we discover the answers to these questions. This will allow future members access to this information. We are using our experience aboard Ma-

## San Diego and Imperial Area Treasurer's Report

January was a month of ups and downs in finance. Area 8 received several contributions and have paid most of our recurring annual bills. A few checks written in December towards the reallocation were cashed in January and are accounted for under the specific line item, including the Information and Technology Chair and Webmaster computers. 2020 reallocation funds are accounted for separately.

On the downside, we had the detection and investigation into the fraud case stem-

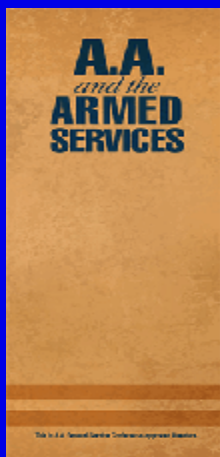
ming from the theft of checks from the U.S. Mail. Although two checks totaling \$6,945.09 have been recovered and returned to us, there are three checks that have yet to be recovered. Those checks come to a total of \$2,231.96. Bank of America has credited us with \$1,000.00 which leaves a possible loss of \$1,231.95.

We ended January with a corrected cash on hand of \$25,391.33, due to the fraud loss. Also, according to our Structure and Guidelines we have a pending GSO send-off

of \$1,919.72. The Area treasurer feels that the area is financially stable enough currently to send those funds. Each February the Finance Committee provides you with the budget timeline for the following year's spending plan. This month is no exception, although the process this year is somewhat different. Since the Assembly is interested in being a part of the spending plan development, a process was created that will provide Officers, Committees and Groups the time and opportunity to be more in-

*"Up to 43.2 percent of active duty military personnel indulge in binge drinking, most of whom were 17 to 25 years old. 70 percent of active duty military binge drinkers were also heavy drinkers in general."*

2021 Recovery Worldwide, LLC



## The Armed Services Committee (continued from page 1)

rine Corps Base Camp Pendleton as a template and plan for contacting and working aboard the other installations.

Why do active-duty service members allow Tiffany and her committee to be their voice? As a civilian who worked with the Marines in Japan for two years, she noticed a lack of information about AA on base and dove into the work of Public Information and Cooperation with the Professional Community, including writing a PSA for the radio station. She was 15

years sober at that time. Her civilian status allowed her to break her anonymity on base without fear of repercussions.

Arriving back in the United States two years ago, she continued her work in San Diego County, and this brought her to the heart of general service in Area 8. Some of the people she already knew, and continue to work with, joined her in building the Armed Services Committee. They also helped her overcome personal challenges and adversity while teaching her the unique histo-

ry of the Area.

Though stymied by Covid closures, she and the Committee have remained focused and continue working toward Committee Goals. Tiffany considers this her calling and is honored to be the voice of the Committee and for our Service Members. She will continue speaking for those who do not have the same freedoms we have and will go to any lengths to carry the message to the still suffering alcoholic in uniform. *The Area Website at [area8aa.org](http://area8aa.org) has the contact information for Tiffany.*

## San Diego and Imperial Area Treasurer's Report (continued from page 1)

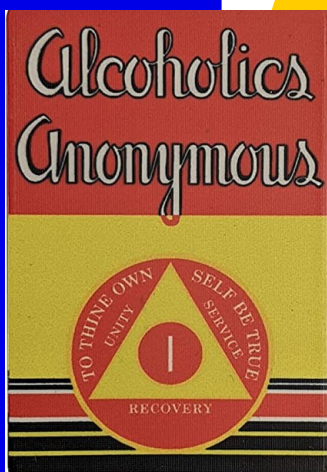
involved. In addition, some guidance on preparing project submissions along with samples can be found under Treasurer on the area website. Here is a link to the document: <https://www.area8aa.org/wp-content/uploads/2021/02/>

[Submission-Samples.pdf](#)

The Finance Committee and Treasurer have received some questions and some feedback on the reallocation process. You may have questions on the new budget pro-

cess as well. We invite you to send e-mails, call the Treasurer, or join us at the scheduled budget workshops or any finance committee meeting.

—Cheryl F. Area 8 Treasurer



**"By 1937, some of us realized that AA needed a standard literature. There would have to be a book...Well, we did quarrel violently over the preparation and distribution of that book. In fact, it took five years for the clamor to die down. Should any AAs dream that the old-timers who put the book together went about in serene meditation and white robes, then they had best forget it."**

**AA Cofounder, Bill W. November 1951, "Services Make AA Tick", The Language of the Heart**

## What General Service Has Done for Me

Last summer, I was on the John Muir Trail, in California's Sierra Nevada mountains, suffering through my first multi-day backpacking trip. I was with 3 other women, all experienced backpackers, and one a longtime friend of mine from AA. We talked along the trail, unless it was particularly arduous, and often it was, but I began to tell her about an article I was going to write for Grapevine. She was a captive listener. In my head it was a story about being a sober woman who dared to backpack the JMT, but it turned out to be about service in AA.

I have been involved in service in Alcoholics Anonymous for a multitude of years. It is the very backbone of my sobriety. It has taught me how to live free in a world that is binding and constrictive for someone like me. What I know about backpacking at my age or any age is that when you first start out, you are "all powerful" and can "do anything put in

front of you" but by the time you hit your third day of sleeping on the ground you are asking yourself, "Why did I ever sign up for this?" and "How long are we hiking today?" But you remain stoic and push on.

By the sixth day of hiking with 34 pounds, you and your body say out loud that you will never do this again. However, once home and back to sleeping in my own bed, I began to retrace my steps along the John Muir. It is a breathtaking hike with so many wonders and the greatest wonder of all was that I was there. I did what I thought was unthinkable and I am fine. I am good. And I can do it again. What immediately came to mind as I replayed the days on the trail was that these feelings and experiences were exactly like having an AA service commitment.

We take on the commitment thinking we are going to really "bring it" and it will be the best now that I am on the job. We do the job

for a bit while building an almost imperceptible resentment around this new commitment, even saying to ourselves that we will never sign up for another commitment and we cannot wait for this one to be over. Later, we are sure that this was the biggest mistake yet and ask, "Where are the others in AA who will help with this nonsense?" When the commitment finally ends, we are elated to rotate out and we must try to hide our excitement from the new chair, new secretary, new coffeemaker, or new Grapevine Rep. Then we fall back into our regular life before we had the commitment until...until the next time someone asks for a volunteer. You will raise your hand.

It is then that you appreciate the work you have done, where it has landed you and the grace you were given because you served AA another day. —R.R.

*"In every walk with nature one receives far more than he seeks."*

*John Muir*

## The Reunion de Mujeres Hispanas

The *Reunion de Mujeres Hispanas* (Hispanic Women's Meeting) just celebrated their 1st anniversary, March 20, 2021. This began as a Zoom meeting when COVID 19 shut everyone's doors. The original idea was to create a meeting for Hispanic Women in San Diego, as a temporary solution, during the pandemic. Like everyone else, we thought it would be in session for only a few weeks.

The Hispanic Women's meeting is now international. Most who Zoom in are from California, the regular attendees who were meeting since the Hispanic Women's Workshop or traveling from outside Area 8, having met during PRAASAs and Regional Forums. The rest Zoom in from Mexico, several Central American countries, and Spain. We have so many newcomers that have never stepped foot in a live meeting because their groups have not opened yet or they live in rural areas, they have found

recovery in this meeting just in the last few months, and they are staying sober.

The gratitude from how many women have discovered sobriety through this virtual meeting is unmeasurable. Women are sponsoring women from towns far and wide, often meeting 2-3 times a week via Zoom. These female Spanish speaking newcomers are reading the Big Book and working the Steps. Where would they be today if this meeting were not available? The 12-Step work we all thought we might have to put on hold for the duration of the pandemic is working for many women.

Plus, several new women arrive each week to the meeting. The more experienced members are willing to serve as sponsors, especially if they are from their areas. This type of service is so accessible and productive.

Making this online meeting a registered group is a new goal after we heard that

other areas wrote this idea up as one of the agenda items for this year's Conference. The Area 08 Delegate was invited to our Zoom business meeting to enable the request to be heard and for this information to reach a wider audience. The sharing session was recorded and the audio, with interpretation, was sent to the other members who were unable to attend. The information was used to share with GSR's and Districts from a variety of areas. So, though we are not yet considered a "group," many members are actively working to carrying the message and to make this a regular group.

To see the work of "women helping women" from remote communities far and wide, to hear the message of recovery only found in Alcoholics Anonymous, is an incredibly emotional experience that Bill W. and Doctor Bob perhaps could not have imagined. —Doris N.

## Stimulating Interest in General Service

Page 23 of the A.A. Service Manual

"Most A.A. members are primarily interested in their groups, in their own sobriety, and in helping other drunks one-on-one. And that is as it should be. While the work of general service has precisely the same objective—carrying the message to the alcoholic who still suffers—the connection is not always direct or obvious. Some stimulators are usually needed to get the attention of A.A. members—to show them that service can add a rich dimension to their sober lives and Twelfth Step work, and

that their participation is vital to the future of A.A.

Communication is of vital importance. In personal Twelfth Step work, there is no end to communication. The sponsor talks with the drunk; speakers share their experience; we share with each other. But when it comes to general service work, communication has a tendency to break down. It can take hard work to get the attention of alcoholics, but with a creative approach, they can be encouraged to



take time out from the nuts and bolts of recovery to think about another phase of their new lives. Once A.A. members are well informed about service, they often want to become involved and to take on their own service responsibilities."

**"Tomorrow is never ours  
until it becomes today."  
Nov. 1946 GV**



**Letters to the editor:**

[newsletter@area8aa.org](mailto:newsletter@area8aa.org)

## General Service : Making the Decision to Serve

In A.A. there are many who believe that General Service and the annual Conference are grand and are eager to take their turn as a GSR or committee member. However, if you are someone who has departed from an Area Assembly after lunch, or perhaps fled an Area Committee Meeting (ACM) at the break, you are not alone. Those offenses have been committed on multiple occasions. General Service is but one part of Alcoholics Anonymous. Opportunities for service abound outside the walls of the upside-down triangle which represents the General Service structure of Alcoholics Anonymous.

Some look upon an individual who makes a seemingly informed decision to avoid General Service as somehow "less than." Too often a member's decision is not an informed one, but one based on false information and fear of the unknown. In fact, there are A.A. members with significant lengths of sobriety who have tested the waters of General Service and found it to be wanting. Perhaps they choose to serve in the Intergroup, Hospitals and Institutions, or the Round-

up. There are a multitude of ways to be of service in A.A.

So, why choose General Service? For one, it is the only way to be connected to that path in Alcoholics Anonymous which leads to our literature and to World Service. Perhaps you or your group feels that there is a need for a new pamphlet, or on the other hand, you oppose the changes to the Big Book which you heard rumored were in the works. If you are a YouTube subscriber, you might decide to propose a better, more modern Public Service Address for the Alcoholic who still suffers. The only way to have a voice in that process is by having your group elect a General Service Representative, who can then participate in the Area Assembly and vote on matters pertaining to our area. Our representative, the Delegate, will participate in the General Service Conference as our voice, along with representatives from 92 other areas in the U.S. and Canada, by discussing and voting on these issues.

If your home group already has a GSR and you wish to participate in the pro-

cess, the Area has thirteen standing committees which address all sorts of needs. If you are unfamiliar with them, they all have a presence on the Area 8 website at [area8aa.org](http://area8aa.org). GSRs are assigned to these committees but any member of A.A. can join one of the committees and vote on committee issues. The elected Chair of that committee also has a vote at the Assembly.

General Service has many facets, but a good place to find out more would be in the *Service Manual*, which is available at our Central Office and through the website of the General Service Office in New York at [aa.org](http://aa.org). The service manual is being updated because of a proposal brought to the General Service Conference.

Like other service positions, General Service offers the chance to meet and become friends with many wonderful people. Participation in General Service allows you to vastly expand your horizons and meet folks from all over the world! If your group does not have a GSR, why not suggest that they elect one, and be willing to stand for that election? You will meet some genuine, likeable people as we trudge the Road of Happy Destiny. —Blaine H.



# Contributions

Group	YTD	Group	YTD	Group	YTD
4077 Mash 11th Step Group	40.00	Grupo Chula Vista	5.00	Saturday Early Awakening Group	22.97
7 A.M. Attitude Adjustment Grp	28.22	Grupo La Luz	15.00	Sense Of Belonging	36.00
930 Everynighters	124.43	Grupo Los Jovenes	24.00	Singleness Of Purpose Group	59.25
ALPINE GROUP	10.00	Grupo Primer Paso	20.00	Sisters in Sobriety	40.00
As Bill Sees it Group	12.15	Grupo Tres Legados	20.00	Six Step House	100.00
Attitude Adjustment	20.00	GSDYPAA	349.86	Sober Camel Group	56.23
Beautiful Beginnings Group	56.10	Haul Your Hiney Out Of Bed Grp	25.00	Sobriety Rocks Group	50.00
Best Show For A Buck Alano Club Escondido	15.00	How @ Noon Group	30.00	Soledad Mens Group	150.00
BYOB (Bring Your Own Book) Group	46.00	IB Up Group	120.00	Sorrento Valley Nooners Group	211.30
Calavera Fellowship Group	55.30	J.U.G.S. Just Us Girls Group	80.20	South Oceanside Mens Group	39.15
Came To Believe Group	250.00	Joy Of Living (LM)	25.80	Spiritual Awakenings - AA	143.14
Carlsbad A.A. Workshop	75.00	Just The Black Print Big Book Study	64.00	Steps 1 2 3 Sun Morning Beg Gp	72.00
Carlsbad No. Co Serenity Group	73.76	KI's Mon Wed Fri 7 AM	33.00	Sunday Beach Sun-Day	51.00
Carlsbad Step A Month Study Gp	45.95	Ki's Weekenders	145.83	Sunday Del Mar Discussion Grp	84.00
Casa De Oro Wednesday Night	75.40	La Jolla Sunrise Group	100.00	Sunday Night Serenity Step Group	80.00
Chip N Group	50.00	La Mesa Open (Disc)Group	25.00	Taxi Cab Group	13.00
Chula Vista Closed Mens Discussion Group	105.00	LGBTQ and Friends	17.19	The 1st 164 Group	76.26
Chula Vista Four Min Spkrs Grp	10.00	Living In The Solution Womens Gp	45.05	The Broad Highway	35.00
Clairemont Closed Mixed	20.00	Mid-Week Men's Group	55.00	The Gathering of the Goddesses	260.00
Clairemont Womens Closed Grp	42.50	Midday Miracles	335.00	Third Tradition Group	431.00
Clairemont Womens Step Study Gp	88.10	Midway Bridge	50.56	THREE LEGACIES GROUP	56.09
Clairmont Friday Nite	28.00	Mira Mesa Early Risers Group	40.00	Thurs Nite 12 X 12 Serenity Gp	55.00
Class Acts Group	40.00	Misfits Women's Group	21.20	Thurs Womens Big Book Study Gp	46.00
Dailey Reflections Group Carlsbad	32.00	Mission Hills Lunch Bunch	60.00	Thursday Nite Living Room Group	56.00
Daily Reflections (San Marcos)	25.00	MONDAY NIGHT MENS STAG	38.00	Thursday Steps Group	299.50
Dawn Patrol Group	55.50	Monday Night Womens Group	70.00	Tues Nite Big Book Step Study Gp	53.00
DEL MAR MENS GROUP	202.11	Nightly Discussion Group	92.13	Tuesday As Bill Sees It Group	15.00
Designs for Living	15.00	No Ifs Ands Or Butts	22.45	Tuesday Men's StepnStudy	13.00
Downtown Discussion	16.10	No Promises	80.00	Tuesday Morning Alpine Group	10.90
Early Morning Recovery Group	211.50	Noon Brownbaggers Group	25.00	Tuesday Night Primary Purpos Group	64.30
East Side Group	20.00	NORTH COASTAL MENS	147.53	Tuesday Woman's Step Study Group	237.00
El Cajon Womens (c) Serenity Gp	13.58	North Coastal Woman's Group	22.41	University City Discussion Grp	63.90
Every Night At 6	433.00	North Park Mens Group	90.61	University City Womens Group	118.00
Fallbrook Friday Noon	10.00	Pass It On Big Book Study Group	51.75	Valley Girls	24.00
Fallbrook Sat A.M. Step Study Gp	25.00	Point Loma Nooners Group	20.00	We Group	184.87
First Mira Mesa Mens C Disc	21.50	Progress rather than Perfection	80.00	Wed Night Ladies Stag Group	11.00
Free Thinking Women Group	36.00	R.B. Mon Wmns Big Book Step Gp	26.70	Wednesday Discussion Group	150.00
Friday 7 AM King of Kings Att. Adj.	31.00	Rancho Santa Fe Discussion Group	33.90	Whistling In The Dark	40.00
Friday Morning Womens (c) Grp	76.00	Recovery At The Resort	60.00	Woman In Harmony Group	32.00
Friday Nite Beginners Group	96.00	Rise & Shine Group	300.51	Women On Wednesday Group	20.00
Gifts Of Grace Group	19.20	Rule 62 Group	60.00	WOMEN SEEKING SOLUTIONS	92.18
Gilman Group	31.12	Santee Sat Nite Speaker Group	80.00	Womens Here & Now Group	86.00
God Squad Too Group	45.40	Sat Morn Womens Acceptance Grp	50.78		
Grupo Bonita Hispano	105.00	Sat Morning 930 Am	20.00		