

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

SPECIAL POINTS OF IN- TEREST:

- Grapevine Podcast
- Lessons Learned
- Hispanics in AA
- Old Dogs/New Tricks
- ROOTS



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area8aa.org



San Diego-Imperial Area 08 Assembly

NOVEMBER 2022 ISSUE

AA Grapevine's Podcast

The AA Grapevine Half-Hour Variety Hour turned one-year-old last month. To celebrate they released a special anniversary episode on Tuesday, October 4. This is in addition to the regularly scheduled episodes which air every Monday. All podcasts are available on the link provided. The Grapevine encourages you all to tune in to hear Don and Sam talk with the gang at Grapevine about the creation of the podcast and listen to some hilarious bloopers that didn't make it onto the weekly podcast.

Each week AA members Don and Sam interview other AA members about their experience,

strength, and hope in recovering from alcoholism in a casual "meeting after the meeting" manner. Special features enhance each episode. Expect both humor and inspiration as these AA members share their stories.

Email Grapevine at podcast@aagrapevine.org with comments, suggestions, jokes, and such. To record an Ask the Old-timer question or a recovery related joke, call **212-870-3418**. Use #heardinameeting on social media. Our Tradition of anonymity will be respected with all submissions used on the show. The podcast is available on your [favorite podcast platforms](#) and via the

player below.

As a veteran Grapevine subscriber and contributor to the magazine, I can tell you the 30 minute interviews are quite entertaining. I have known several of the interviewees and that makes it even more special.

While Grapevine provides the podcast at no charge, it is not free to produce. To support the AA Grapevine Podcast, please [subscribe to the magazine](#) or purchase one of the Grapevine books at: store.aagrapevine.org. You can find the AA Grapevine Half-Hour Variety Hour wherever you listen to podcasts or at aagrapevine.org/podcast.

"...those too who suffer from grave emotional and mental disorders"

Over 100 people flocked to Encinitas on November 5 to attend an online/in-person workshop designed to help our Area grow in effectiveness and understanding of those in recovery with a co-occurring mental health issue. Sponsored by Districts 2,

14, and 21, the day included eight presentations covering topics such as the impact of drugs and alcohol on the brain, mental health services and resources, personal stories, recovery tools, how science reduces the mental health stigma and ended with a mindful meditation. Feed-

back from the audience was overwhelmingly positive and one workshop attendee shared that he was shocked and impressed with the speakers and topics. A number of requests were received to continue sponsoring workshops on this topic.—Susan H.

"This is a great gift, this knowledge that I do have a destiny."

—Bill W.

"Each person carries within himself the world in which he must live."

Grapevine, June 1981

Check out this **NEW Feature** added to the **Area 08 Website:**

GSO Group Directory

LOOK UP YOUR GROUP ID NUMBER

area8aa.org

(Click [Here!](#))

Perspective: U.S. Postage Stamp was .03 in 1950

CHATting WITH PAST GSRs ABOUT LESSONS LEARNED:

1. If I were a GSR today, what would I do differently:

I would ask my service sponsor to sit with me for a few minutes before my first service-related meeting in the area, to share her experience, strength, and hope regarding service. Obviously I'd want her to guide me on what it means to be a GSR and probably read the GSR pamphlet and flip through the service manual.

2. What was the most pressing issue in our Area during my time as a GSR?

Addressing the identified needs within an extensive Area inventory that had been conducted, so as to not allow it to fall by the wayside. The results of the inventory prompted the Area

Committee that is made up of 10 Area Officers, 23 DCMs, and at the time 13 Standing Committee Chairs to move forward with a process for developing inventory action items. This led to Ad-hoc committees for the categories that were developed *at that time: **Communication, Information Technology, Training, and How Committee Work is performed.***

3. What information do you wish every GSR knew before their first assembly?

That the duties and responsibility of a GSR extend far beyond that of their group. GSRs are Area Assembly members who collectively carry a majority vote (accounting for two-thirds of the Area Assembly) that relies on their participation (to be well

informed) and to vote on matters affecting the local Fellowship as well as nationally at the General Service Conference.

4. What was the best communication tool you used as a GSR?

I've been a GSR a number of times and the best communication tool I have used is speaking. I have made copies of documents and given invitations, but I have noticed that when I share about the Area and all the opportunities available to even the newest members, to anchor their sobriety, I get the most response. My intention to liven things up and create a place to enjoy the Area business with me, because I enjoy it. My love and enthusiasm for sobriety is expressed in my speaking to my group.

Speaking of Service: General Service Office report, 1951

Accounting Dept.--recording orders and contributions for 1950--47,184 entries were made. Mailing Dept.--During 1950, 13,120 packages of literature and books were mailed (or 196,800 lbs.) which cost \$5,600 in postage. First class mail postage for 1950, \$4,162.75. 30,000 telephone calls made and received in 1950.

[Sign up to receive GV's Daily Quote](#)

Members of the Hispanic Community Find Help and Hope in A.A.

A cheery message from the A.A. General Service Office:

Members of the Hispanic Community Find Help and Hope in Alcoholics Anonymous The Alcoholics Anonymous (A.A.) General Service Office offers support and publications in Spanish for members and anyone seeking help for a drinking problem. (NEW YORK, October 21, 2022) Members of the Hispanic community find help and support to get and stay sober every day in meetings across the United States and Canada. Those whose first language is Spanish also have available to them an array of A.A. books, pamphlets, and other materials in Spanish—including the book Alcoholics Anonymous (“the Big Book”). The A.A. Meeting Guide app also allows users to search for Spanish speaking meetings in their area or online. To support local members as they extend the hand of A.A. to individuals who are struggling with their drinking, including

those in the Hispanic community, the A.A. Fellowship makes requests to the General Service Office (G.S.O) to create literature and materials. Today, production on the fourth edition of the Spanish-language Big Book is underway, with a call for submission of stories from members. While all A.A. literature and communications are published in English, Spanish, and French, this edition of the Big Book features stories from Spanish-speaking members who share their experience, strength, and hope. Last year, Alcoholics Anonymous published “Hispanic Women in A.A.,” a pamphlet sharing personal stories from Spanish-speaking A.A. women from around the country that reflect both social and economic diversity. “I felt like I knew them and that they knew me, and soon A.A. felt like home. I realized that I could understand the program better in Spanish with Hispanic women, and this was highly important at the beginning of my recovery.”

(Esther, Hispanic Women in A.A.) In addition, the AA Grapevine, the international journal of A.A., publishes La Viña, a bimonthly Spanish language magazine that features stories from A.A. members on topics including emotional sobriety, spiritual service, and more. This month, a new book in Spanish from AA Grapevine, Soberiedad emocional: Más allá del horizonte, will feature powerful stories from A.A. members who describe the positive changes sobriety can bring as they practice the principles of A.A. in all aspects of their lives. Anyone interested in attending an A.A. meeting can find one by contacting a local A.A. Central or Intergroup Office or online through the A.A. Meeting Guide app. Alcoholics Anonymous is for anyone who wants to stop drinking. For more information about A.A., visit aa.org.

Ask Him in your morning meditation what you can do each day for the man who is still sick.

**ALCOHOLICS ANONYMOUS,
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37th ANNUAL ROOTS EVENT

Remember Our Old Timers' Stories

Sunday, November 27, 2022

1:00PM — 3:00PM

Come Join us at:

HARDING STREET COMMUNITY CENTER
3096 Harding St. Carlsbad, CA 92008
Four Corners of the County
Four Speaker Panel

BRING COOKIES TO SHARE PLEASE!

Learn about the rich history of A.A. in San Diego from our Old Timers from all corners of San Diego County. Sponsored by

[Area 8 Archives](http://Area8Archives)

archives@area8aa.org

(Click for website)

Spanish translation available and ASL interpretation will be available on site.



How an Old Dog Learns New Tricks

I got sober kind of young, only 27, way back in 1977. I was lucky that at my very first meeting I met up with an old high school friend who already had one year and 9 months. He took me under his 'wing' and showed me the ropes. The 'ropes' being service work. I was soon making coffee, setting up meetings, volunteering to be a GSR or an Intergroup Rep and the rest. These were commitments. I simply followed his lead. It was nothing to brag about really. I was just staying busy with a bunch of other young people in AA in the 70s and 80s.

And then, as with many a sober life, life got busy. I met a beautiful ALANON lady and at 6 years sober, we were married. We had two awesome kids and naturally, life got busier. I went back to college, while still working construction 40 hours a week. "Meeting time" became play time, bath time, story time and then bed time. I also had to carve out wife time

and study time. Meetings were at the end of a long list of priorities. Soon sobriety wasn't even on the list. I miraculously maintained my sobriety and whenever somebody 'reached out a hand for AA, I was there. I was there for Chris, Michael, and a few others. Sobriety was first, just not ALWAYS first.

The point is though; I did stop attending AA almost entirely. I got very active in the church. Let me say at this point that sobriety is certainly about GOD and service work and I found that in church. I maintained my sobriety but was absent in AA until I retired from the Post Office a year and a half ago. Then, my troubles began.

I wanted to get active again in AA, but how? Nobody 'knew' me. After being 'known' throughout North County AA for decades, I was now lost. Sure, I still knew a couple of people like Rusty, Christy, and Paul. But the rest of the folks I got sober with were either dead, drunk, or moved

away. I felt myself embarrassingly 'bragging' about my time sober so people might remember me? It was getting awkward. I prayed about it, then it dawned on me.

Maybe teaching an 'old' dog new 'tricks' wasn't the answer. Maybe the answer was teaching a 'new' dog the 'OLD' tricks. The answer was always service work. I volunteered to be a GSR at one of my meetings. I volunteered to make coffee at my old home group from decades ago. I stood out front in the greeting line. This new old dog had learned from the past and did the old tricks. To feel 'a part of,' to get to know new people, and to serve.

When District 23 needed a new DCM, I reminded myself (and the GSRs on the ZOOM meeting) that I used to be a DCM for District 1, back in the 80s, before District 23 existed. And that is how you teach new dogs, OLD tricks. Love in service. --Rick Lee, DCM District 23

At Wits End, December 2019

A company's personnel office received an email requesting a listing of department staff, broken down by age and sex. The office replied: "Attached is a list of our staff. We currently have no one broken down by age or sex. However, we do have a few alcoholics." - Bob M. AZ



Letters to the editor:

newsletter@area8aa.org

Chair of San Diego/Imperial Area Explains Finance Report on 7th Tradition Contributions

At the recent Regional Forum held in Utah, there was a presentation on A.A. finances by the General Service Board Treasurer, Kevin Prior. Some notable data was provided about "small contributions" made to the General Service Office in New York by individual members. Of the total contributions made in 2021, 44.5% were \$50 or less and 67% were \$100 or less. This has been a notable shift in the main source of revenue since 2016. While publishing sales are down \$4 million annually, contributions are up \$3 million. Some may point out the \$1 million shortfall, but since drawing from the Prudent Reserve in 2020,

the increase in contributions has improved the Reserve's value from 7.9 months operating expenses to 8.5 months. This reinforces the principle that when A.A. money is spent well, it will always be available. In reference to our fellowship's principle of poverty when dealing with the A.A. purse, Bill himself acknowledged that Alcoholics Anonymous will always be a little money poor. As you listen to the budget report and we vote on a working budget for our Area, please keep this in mind.

—Adrian, Area 8 Chair, Panel 72

**GSR
Circle**