

Nov  
2018



**Step 11:** "Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out."

**Tradition 11** (short form): "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

**Concept 11** (short form): "The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

Download the [Viewpoint NCsandiegoAA.org](http://Viewpoint NCsandiegoAA.org)

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The Traditions Breakfast will be held in Escondido 03/17/2019. See page 2 for details.

### To Improve Our Conscious Contact

*Four words gave her a key to meditation and opened up a whole new understanding of the Eleventh Step*

STEP ELEVEN calls for "prayer and meditation to improve our conscious contact with God. . ." For me, that meant some intriguing research and study on how to meditate. In one of many books, I found four words suggested for reflection, and I realized these words define what has gradually happened to many of us in the Fellowship of Alcoholics Anonymous. The first word is "freedom." As an alcoholic, I learned through AA to admit my imprisonment within the walls of round-the-clock drinking- a most important First Step toward finding freedom from the dread compulsion to drink. Other new freedoms began to follow. I no longer had to be furtive about my movements, for a program of self-honesty was unfolding. I felt free to tell the truth, no matter what the consequences. This new self-awareness enabled me to express how I felt in difficult situations. Further, this meant growing self-confidence in myself and my judgments, and clear thinking added another dimension to my new sense of freedom. I had been completely humiliated and degraded by alcoholism. Flattened. And yet, through divine intervention, I miraculously faced up to my drinking problem and sought help from AA. Containing the monster of alcohol one day at a time had put steel in my spine. I was able to hold my shoulders back and my head high and face the world with growing self-respect. Freedom from fear and loneliness had been given to me by regular attendance at AA meetings and the warm, understanding, compassionate fellowship of AA friends. There is also the freedom to assert my independence and not always make decisions based on what might gain the approval of others. Most important, I have gained freedom to pursue a better understanding of my Higher Power, in the best way I see fit. The next word is "comfort." Comfort certainly follows upon Step Two--trusting in a Higher Power to restore us to sanity. God, as I understand Him, is the great comforter. It is wonderful and reassuring to know that this all-powerful, loving force is always there. I am never alone. He even knows my name. And He cares, as He has demonstrated dramatically and tenderly hundreds of times over the past twelve years of continuous sobriety. Physical comfort has been restored to me through good health habits developed in the new AA way of life. Getting proper rest, eating well, and avoiding overwork and fatigue have meant a balanced life. A more mature, less demanding outlook on life has emerged, measured against the terrible mental anguish, guilt, and despair experienced in the final stages of drinking. Word number three is "beauty." Step Three is beautiful: "Made a decision to turn our will and our lives over to the care of God as we understood Him." When we make all of our actions an offering to God, there is, indeed, beauty in loving, serving, and giving. For a person whose self-will ran riot, the ability to step back and observe, appreciate, and enjoy the simple things of life is a miracle of AA recovery. Racing, acquiring, and winning were at one-time paramount for me. Now, it's living a little along the way by being on the lookout for beauty in everything. A spectacular sunset is an easy example. Flowers, seashore, mountains, music, paintings, writings are also objects of beauty given to us generously from the divine source of infinite supply. Pine fragrances and the crisp crackling of an open fire can offer a spiritual experience. Watching sparrows splash in a mud puddle on a busy city street can illustrate the wonder of it all. The last word is "joy," which summarizes the remarkable Fellowship of AA. Joy is a result of beginning anew with plenty of workable tools to rebuild a shattered life. AA promises the joys of deep, concerned, and lasting friendships, of self-respect, of self-honesty, of meaningful work and accomplishment, of appreciation for the little, wondrous things in life, of consideration for the rights and wishes of others, of diminution in the need to possess, direct, find fault with, manipulate, or use others. Instead, we find a growing hunger to "improve our conscious contact with God" as we understand Him, to discover His will, then to do it. One discovery in my journey inward is this: Simply trying to please God does, in fact, please Him. Whether we are making a stumbling effort at a Twelfth Step call or trying to articulate a deep and painful secret while taking the Fifth Step with a trusted friend, God is pleased. Freedom. Comfort. Beauty. Joy. They all add up to completeness.

N. P., Kitty Hawk, North Carolina. Copyright © The AA Grapevine, Inc. (January, 1979). Reprinted with permission

Recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope.

Service is  
part of  
recovery.

**Reuniones Español**  
Oficina Norte County  
830 E. Vista Way, Suite  
116, Vista, CA 92084  
(760) 758-6905  
[Info en Español](#)

[Young People  
click here!](#)

## North County Intergroup Meeting Minutes

Date: 11/13/2018

### Called to Order:

The Meeting was called to order at 7:00 P.M. There were **44 Reps** present, with **7 New Reps**.

Traditions were read by Viejo. A motion was made and seconded to accept the minutes AS CORRECTED.

### All in Favor.

#### Financial Report: Greg B. (760) 421-6967 (Email: [GregB@ncsandiegoaa.org](mailto:GregB@ncsandiegoaa.org))

Net sales: \$6,195. Total Cost of goods sold: \$4,966 with a gross profit of \$1,229. Group contributions \$9,355; Miscellaneous \$340; total Income for the month of October \$9,685. Total Expenses \$9,978 leaving a Net Profit for October \$947. YTD \$5,099. Greg reminded the reps that prudent reserve is a 6 – 12 month operating fund. Central office currently has a 7 month prudent reserve. A motion was made to accept financial report, seconded **All in Favor**.

#### Central Office Report: Ken G. (760) 758-2514 (Email: [Manager@ncsandeigoaa.org](mailto:Manager@ncsandeigoaa.org))

Ken thanked reps for contributions. The new website and “Meeting Guide” app are both very popular. There is an opening for an Archives chair. Liz thanked the volunteers who help out at Central Office and announced vacancies for Tuesday morning, Wednesday morning and afternoon; and once a month on Thursday. Persons interested in being on the 12-step call list can call Central office and sign up, as all 12 step calls are being handled now through Central office.

### STANDING COMMITTEES

#### Program Committee: Lee Ann J. (760) 580-6143 (Email: [LeeAnnJ@ncsandiegoaa.org](mailto:LeeAnnJ@ncsandiegoaa.org))

Lee Ann reviewed the functions of the Program Committee. She requested Host Groups for the month of December. She encouraged people to come and celebrate birthdays there, just notify Lee Ann the Friday before the meeting.

Date:	Speaker:	From:	Host Group:
Dec. 4	Garrett	San Marcos	Young and Restless, San Marcos
Dec 11	Chad	Escondido	Wms. Misfits, San Marcos
Dec 18	TBA	TBA	Fallbrook, 1,2,3 Step Studdy
Dec 25	Lorraine	Escondido	Lee Ann & friends

#### Public Information Committee: Renee H. (760) 525-5753 (Email: [ReneeH@ncsandiegoaa.org](mailto:ReneeH@ncsandiegoaa.org))

Renee informed the reps of the **YouTube Channel for A.A. World Service**. The address is <https://www.youtube.com/channel/UC2nfvf9DeDA7QYvLeq4pQ-w/featured>. Renee gave a description of the 3 episodes to date. Additionally, Renee will call her counterpart at San Diego Central office for ideas for Public Information activities.

#### Telephone Committee: Jim R. (619) 890-2299 (Email: [JimR@ncsandiegoaa.org](mailto:JimR@ncsandiegoaa.org))

Jim talked about the turnover in persons taking the commitments. He also handed out a flyer with the times available for answering phones and cities which could use sober men and women to take 12 step calls. Orientation for interested persons is the second Saturday of the month at Central Office. The next orientation is December 8. Also, Jim reminded reps that December and January are huge membership months for AA, and please submit to Central office flyers of activities that are happening in your group or your area during the holidays. This information can be shared during a 12 step call.

#### Archives Committee: T.B.D. (xxx)xxx-xxxx (Email: [archives@ncsandiegoaa.org](mailto:archives@ncsandiegoaa.org))

Mike read the responsibilities of the Archives chairperson from the guidelines. Reps are encouraged to tell their groups about this opening.

#### Outreach Committee: Caroline H. (404) 435-0900 (Email: [CarolineH@ncsandiegoaa.org](mailto:CarolineH@ncsandiegoaa.org))

Caroline has a list of meetings which have no Intergroup rep and is asking for volunteers to help contact those groups to encourage electing an Intergroup rep.

#### H&I COMMITTEE: Chris S. (858) 442-1834 (Email: [ChrisS@ncsandiegoaa.org](mailto:ChrisS@ncsandiegoaa.org)) (H&I Website: [www.nchandi.org](http://www.nchandi.org))

Chris introduced several members of the H&I committee who were attending the meeting, and announced that elections for officers will be held Saturday, November 17, after the 9:00AM orientation meeting at the Alano Club. Nominations for officers are taken from the floor and there are several appointed positions open. Interested persons are encouraged to attend. Budget approval is also an agenda item for that meeting. Please check out the website ([www.nchandi.org](http://www.nchandi.org)) for more information.

#### AREA ASSEMBLY: Linda R. (760) 815-0207 (Email: [lindaR@nosdco-aa.org](mailto:lindaR@nosdco-aa.org)) (Website: <http://www.area8aa.org/>)

Linda gave a brief summary of the Budget Assembly in Brawley. Also Linda announced that Young People in AA has been approved to be a standing committee in Area 8. Groups will be voting on this action. R.O.O.T.S (Remember Our Old Timers) will be held Saturday, November 24. Also, the 55<sup>th</sup> International Women’s Conference will be held February 7 – 10 in Los Angeles. District 16 is having a New Year’s Eve party at the Hilton in Del Mar. Details for all of the above, and more, can be found at the Area 8 website.

#### BUSINESS COMMITTEE REPORT: Chairperson: Mike L. (760) 525-2355 (Email: [MikeL@ncsandiegoaa.org](mailto:MikeL@ncsandiegoaa.org))

##### OLD BUSINESS: Mike announced

The Meeting Guide app is licensed through AAWS, so it is ‘officially’ AA approved

The Traditions Breakfast will be March 17, 2019, to be held at the California Center for the Arts in Escondido. Tickets will go on sale Dec. 1 and will be the same price as last year, which is \$30 per ticket. Sales begin December 1 through Central office. Janine announced that her committee is beginning to gather donated items for the Opportunity Drawing baskets. One idea is for a group to donate cash that could be spent on AA literature. “Gently used” recovery items are also accepted. Call Janine at 760-212-2352 for pick up of donated items.

A vote will be taken at the December meeting regarding each group’s decision to accept the business committee’s recommendation to discontinue the Public Information meeting.

##### NEW BUSINESS:

A POS (Point of Sale) system is being installed in the Central Office. This system will link with QuickBooks to make for ease of sale, inventory accountability, reconciliation of finances, etc.

Central office has several CD’s which are maturing. The Business Committee is monitoring these CD’s and taking the necessary action to update and keep them current.

A Christmas and New Year’s Alkathon is being hosted by Central office in conjunction with the North County Friendship Center. Flyers are available and call Central office to get a time slot to lead a meeting during the Alkathon.

##### ELECTIONS: none

##### ANNOUNCEMENTS:

Rick announced the Men Sponsoring Men Workshop, January 19, at St. Patrick Church in Carlsbad.

Audrey announced Young People in AA is hosting a ‘Burning Bear’ in Anza on December 8 and 9.

**Adjournment:** 7:50pm. **Next Intergroup Meeting Date:** December 12, 2018

**RESPECTFULLY SUBMITTED: Vickie A – RECORDING SECRETARY**

Monthly Group Contributions to N.C.I.A.A.	
Group City & Name	OCT
Cardif Ki's Weekender	\$1,719
Carlsbad Sobriety Rocks AM Reflection	\$1,000
Contributions Anonymous Groups	\$306
Contributions In Memory Of	\$100
Encinitas Olivenhain Women's Group	\$183
Encinitas SAT Moonlight Beach	\$900
Encinitas TUE North Coastal Men's	\$460
Escondido FRI 8PM (Alano Club)	\$100
Escondido TUE 6PM (Alano Club)	\$75
Fallbrook Men's We R Not Saints Htop	\$60
H&I North County San Diego	\$20
Oceanside Girls With Gratitude	\$90
Oceanside SAT Women's Big Book Study	\$313
Oceanside Saturday Morning Discussion	\$60
Oceanside South Oceanside Men's	\$303
Oceanside TUE 8PM at NCAC	\$58
Oceanside WED Men's Group 645297	\$150
Oceanside WED Noon Women's Handbag Mtg	\$156
Poway Poway Men's Sunday Morning	\$150
Poway SAT Noon at St. Bart's	\$100
Ramona B Y O Book	\$25
Ramona Tri Serenity WED Noon	\$40
Rancho Bernardo T.G.I.F.	\$149
Rancho Bernardo WED Noon Mens	\$70
Rancho SF Just the Black Print (713516)	\$451
San Marcos Discovery Group	\$105
San Marcos Promise of a New Day	\$252
San Marcos TUE Avalon 1 7PM	\$68
Solana Beach Belly Up Traditions	\$1,343
Valley Center Step Study – Library	\$178
Vista Came to Believe	\$13
Vista Old School Book Study	\$120
Vista Public Info Central Meeting	\$148
Vista SUN Noon Upper Room	\$90
<b>Total</b>	<b>\$9,355</b>

PROFIT & LOSS	OCT	YTD
Sales	\$6,195	\$28,380
Cost of Goods Sold	\$4,966	\$22,760
Gross Profit	\$1,229	\$5,621
Other Income		
Group Contributions	\$9,355	\$38,415
Misc. Income	\$340	\$1,182
Total Other Income	\$9,695	\$39,597
Total Expense	\$9,978	\$40,120
Net Income or (Loss)	\$947	\$5,099

**MEETING GUIDE APP**

**North County A.A. Meetings are now listed in the Meeting Guide App.**

**Download this app and you will have all nearby meetings at your fingertips.**



**Young People in A.A.**

**Upcoming Events**

**Beginners Workshop**  
12/1/18, 6:30-9:00 PM  
TriCity Hospital  
[4002 Vista Way, Oceanside, CA 92056](http://4002VistaWay.com)  
Stairs are by the main entrance.

**Broomball**  
12/1/18, 10:00-Midnight  
Right after the Beginners Workshop  
[2283 Cosmos Ct, Carlsbad, CA 92011](http://2283Cosmos.com)  
Pre Registration \$10; \$15 at the Door  
**NSDYPAA Website:**  
<https://www.nsdypaa.org/upcoming-events.html>

***The willingness to grow is the essence of all spiritual development.***  
As Bill Sees It, p. 171

 **YouTube** This is the official [YouTube channel for Alcoholics Anonymous World Services, Inc.](#) (A.A.W.S.) and is maintained by the General Service Office (G.S.O.) of the U.S. and Canada.

**This is a great 12-Step Service opportunity! NEEDING HELP!**

Central Office operates a 24/7 Hotline for Alcoholics in need. The **After-Hours Phone Committee** needs volunteers to answer phones and others to sign up for the volunteer **12-Step Call List**. Most phone volunteers only have one shift per month, ranging from 3-4 hours. 12-Step Call List volunteers could be called upon to assist the phone volunteers with longer caller needs. This is a great way to be of service. If you're interested please contact the Central Office at (760) 758-2514.



***The Great Reality***

“We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.”  
~Big Book page 55

“Principles are not flexible. They are the solid bedrock that my credibility and integrity rest upon.”  
~Rick R.

### ***The Wreckage of the Past - Desperation Outweighed the Denial***

Coming from a life that was anything but normal to the life I live today was difficult to imagine at that point when I became desperate enough to consider the possibility that could salvage what time I had left on this planet. The life I lead before I entered the A.A. program was like the ball in a pinball machine bouncing from one issue to another and trying to survive the endless pursuit of success but always ending in defeat and going down the drain only to wake up the next morning and starting the same game all over again. They say that insanity is doing the same thing over and over expecting a different result. Running from the realities of life was easy with the help of John Barleycorn as it gave me that brief feeling of peace that I got about half way through my second drink, which quickly lead to “oblivion and the awful awakening to face the hideous Four Horsemen—Terror, Bewilderment, Frustration and Despair.” (B.B. Ch. 11) Not understanding how the obsession to drink, and the relief that it gave me, had ruled out any kind of inquiry into the idea of quitting drinking until desperation outweighed the denial and I sought out Alcoholics Anonymous. As I look back on my journey through the A.A. program, and all of the mental relearning that has been involved, I can only say that if I could relive it all over again, one thing I would change is the doubts I had at every level of development. Arriving with a skeptical mind, I had a slow but determined attitude from the very start and I think that it has served me well, but in hind sight, it was the unlearning of the ego driven habits that had been the source of all of my misguided mentality and a failed, selfish way of life. If, however, I hadn't experienced it in the way it evolved for me, I would not be capable of passing it on to the next person that enters this process with all of the doubts that seem to be so common to the recovery process. The one thing that I can say for sure is that knowing what I know today, and what I have experienced, up to this point, if I had the opportunity to do it all over again, I would change, the speed at which I let go of all of my selfish, fearful and skeptical way of accepting the simplicity of the of the program and I would cut to the chase. In a nut shell I might explain it like this. Be accountable by doing the best I can to clean up the wreckage of the past and making restitution; adopting and applying unselfish principles and motives in all of the decision-making process and, accepting every human being I know, exactly as they are with love and compassion. This understanding of life has evolved for me over the past forty-eight years in the A.A. program and has provided a peace of mind that is well above anything that I could have contemplated and without peace of mind there can be little happiness. Today, there is very little conflict in my life and the only discomfort I feel is when I am in a situation that I cannot remove myself from but that is rare and completely resolved as the time comes when I can dethatch myself without being judgmental and critical as I move on. That pinball machine is quiet, as is my heart, and the principles I live by today make it so. Who could ask for more?

~By Rick R.

### ***Significant November Dates in A.A. History***

Nov 1934 - Ebby T., carries message to Bill W.

Nov 1935 - Fitz M. leaves Towns Hospital to become AA #3 in NY with Bill W. and Hank P. (see *Gratitude* below)

Nov/Dec 1939 - Akron group withdrawals from association with Oxford Group.

Nov 1986 - Big Book published in paperback.

Nov 5, 1987, Ft. Lauderdale, FL - Party Dave gets sober, the Party Van is decommissioned, the Party Pals disband.

Nov 11, 1934 - Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.

Nov 16, 1950 - Dr. Bob S. died.

Nov 26, 1895 - Bill W. born in East Dorsett, VT.

### ***Topic for Discussion: Grateful with Gratitude***

Bill [W.] was very, very **grateful** that he had been released from this terrible thing and he had given God the credit for having done it, and he's so **grateful** about it he wants to tell other people about it. That sentence, “The Lord has been so wonderful to me, curing me of this terrible disease, that I just want to keep telling people about it,” has been a sort of a golden text for the A.A. program and for me [A.A. #3]. I still go to meetings, because I like to go. I meet the people that I like to talk to. Another reason that I go is that I'm still **grateful** for the good years that I've had. I'm so **grateful** for both the program and the people in it that I still want to go. And then probably the most wonderful thing that I have learned from the program is this statement: “I came into A.A. solely for the purpose of sobriety, but it has been through A.A. that I have found God.” I feel that is about the most wonderful thing that a person can do. ~BB pg 191-192, Fitz M., Alcoholic Anonymous Number Three

Following this spiritual path made a major difference in my life. It seemed to fill that lonely hole that I used to fill with alcohol. My self-esteem improved dramatically, and I knew happiness and serenity as I had never known it before. I started to see the beauty and usefulness in my own existence, and tried to express my **gratitude** through helping others in whatever ways I could. ~BB 287

I am trying now, each day, to make up for all those selfish, thoughtless, foolish things I did in my drinking days. I hope that I never forget to be **grateful**. ~BB pg 294

I am so **grateful** that my Higher Power stepped in to show me the way to the truth. I pray every day that I never turn my back on it. I came to A.A. in order to stop drinking; what I received in return was my life. ~BB pg 327

Above all, I am **grateful** to A.A. for my sobriety because God and A.A. were able to do for me something I was unable to do for myself. ~BB pg 358

I am truly a **grateful** alcoholic today. I do not regret the past nor wish to shut the door on it. Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race. ~BB pg 492

It took several years, but I learned to be **grateful** for my alcoholism and the program of recovery it forced me into, for a life today that transcends and far exceeds anything I had previously known. ~BB pg 529

**NORTH COUNTY H & I NEWS**

**'TIS THE SEASON:** And we thank you – for your commitment to help others (and yourself) on an H and I panel – for helping North County H and I get and stay organized – for your generous financial assistance. Together we are carrying the AA message of hope to 23 facilities, with 124 meetings (panels) per month. Which adds up to almost 1,500 meeting per year. This is what YOU do, what YOU give. It is a gift that no one can give except you. And we thank you.

**WHERE YOUR 7<sup>th</sup> TRADITION MONEY GOES:** Each North County AA Group can get involved with NC H&I by contributing a portion of their 7<sup>th</sup> Tradition funds (via the Pie Chart) and/or passing the Green Can. Our goal is that 85% of all Pie Chart contributions will be used for literature purchases for the facilities we serve – with 15% being used for administrative expenses (i.e. rent, printing, etc.). **All Green Can** contributions go solely for the purchase of literature.

**GROUP & GREEN CAN CONTRIBUTIONS OCT. 2018**

<u>Group Name</u>	<u>Green Can</u>	<u>Group</u>
Big Book Study Monday		
Night Group # 172755		37.00
BYOB Group # 702824		25.00
Friday night RSF		125.00
Group # 1089284		35.62
Group # 158720		78.26
Group # 713516		169.07
North Coastal Calle Barcelona		
Group # 686387		35.44
Sat. Noon St. Bartholomew's		50.00
<b>Totals:</b>		<b>\$555.39</b>

Complete financial reports can be found on website. \*

**THANK YOU FOR YOUR CONTRIBUTIONS!**

**GETTING INVOLVED:** Each 3rd Saturday of the month NC H&I conducts an Orientation for all interested AA members to learn more about NC H&I Policy & Guidelines. At the conclusion of the Orientation meeting, attendees can sign up for a panel to get started on the journey of involvement in NC H&I service work. The Orientation meeting is held at 9:00 a.m. at the Oceanside Alano Club located at 4198 Mission Ave, Oceanside, CA 92057. The Business Committee meets at 9:45 a.m., immediately following Orientation. All interested AA members are encouraged to attend both Orientation & Business Committee meetings.

\* **ADDITIONAL INFORMATION:** You can visit our NC H&I website at [NCHandI.org](http://NCHandI.org) to view Policy & Guidelines, Financial Reports, and more.

**Sobriety Word Search**

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

**Word Search List**

ALCOHOLICS	FELLOWSHIP	PRAYER
ANONYMITY	FREEDOM	RECOVERY
ANONYMOUS	GOD	SERENITY
ATTITUDE	HAPPINESS	SERVICE
BONDAGE	HONESTY	SPIRITUAL
COMPULSION	HUMILITY	STEPS
DELUSION	MEDITATION	TRADITIONS
DISEASE	OBSESSION	UNITY
FEARLESS	PEACE	WILLING

**Safety in A.A. Groups**

The General Service Office has developed a new service piece that is now available to the Fellowship upon request. The new item (F-211) is titled "**Safety Card for A.A. Groups**" and offers statements that can be used at the group level regarding the safety of the group and its members. As noted on the card, "*Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms. For this reason, groups and members discuss the topic of safety — to raise awareness in the Fellowship and to seek through sponsorship, workshops and meetings, to create as safe an environment as possible to carry A.A.'s message of hope and recovery to the still-suffering alcoholic.*"

**Meetings that Need Your Support**

- Sunday 7:00 PM "**Acceptance & Recovery**" at 1st Congregational Church, [1800 N Broadway, Escondido, CA 92026](http://1800NBroadway.com)
- Sunday 11:00 AM "**Sunday Steps Brunch Bunch**" at **STEPS in Vista**, [1745 E Vista Way, Vista, CA 92084](http://1745EVistaWay.com)
- Monday 6:45 AM, "**Start Your Day Right**", Meadowlark Community Church, [1918 Redwing St, San Marcos](http://1918RedwingSt.com), back bldg.
- Monday 8:00 PM "**Beginner's Book Study**" at the **Escondido Alano Club**, [1690 East Valley Parkway, Escondido, CA](http://1690EastValleyParkway.com)
- Tuesday 6:00 PM **Women's "Step by Step"** 12&12 Study at **STEPS in Vista**, [1745 E Vista Way, Vista, CA 92084](http://1745EVistaWay.com)
- Wednesday 8:00 PM "**Beginners**" at the **Escondido Alano Club**, [1690 East Valley Parkway, Escondido, CA 92027](http://1690EastValleyParkway.com)
- Thursday 11:30 AM **Women's Step Study** at Church of the Resurrection, [1445 Conway Dr, Escondido, CA 92027](http://1445ConwayDr.com)
- Friday 7:30 PM "**Just Stay**" **Young People** at **Poway Alano Club**, [13939 Poway Road, Poway CA, 92064](http://13939PowayRoad.com) (upstairs)
- Saturday 8:00 PM "**Saturday Night Speaker**" at the new **Poway Alano Club**, [13939 Poway Road, Poway, CA 92064](http://13939PowayRoad.com)
- Saturday 8:00 PM "**Living Sober**" at the **Escondido Alano Club**, [1690 East Valley Parkway, Escondido, CA 92027](http://1690EastValleyParkway.com)
- **North San Diego Young People in Alcoholics Anonymous (NSDYPAA)** meetings are on the 1st and 3rd Sundays, 5:00 PM, [560 Greenbrier Dr, Oceanside, CA 92054](http://560GreenbrierDr.com). Contact us: (760) 542-8268, [www.nsdypaa.org](http://www.nsdypaa.org), also see page 6.

*If you would like to add to this list, please email [viewpoint@NCsandiegoAA.org](mailto:viewpoint@NCsandiegoAA.org).*



### Your Birthday Gift to Central Office

Many AAs celebrate their A.A. birthday by contributing to our Central Office. Most send a dollar or two for each year of sobriety. Would you like to celebrate with us? Please call (760) 758-2514.



#### PUBLIC INFORMATION MEETING

Central Office's Open 2-Speaker Meeting  
Tuesday Nights at 8:00 PM, STEPS in Vista  
1745 E. Vista Way, Vista, CA 92084

#### SERVICE CALENDAR

**Program Committee:** 1st Tuesday of month  
7:00 PM, STEPS in Vista,  
[1745 E. Vista Way, Vista, CA 92084](#)  
**Business Committee:** Tue prior to 2nd Wed  
6:30 PM, A.A. Central Office,  
[604 E. Vista Way, Vista CA 92084](#)  
**Intergroup Meeting:** 2nd Wed of month  
7:00 PM, Masonic Temple,  
[761 Eucalyptus, Vista CA 92084](#)

#### Office Address, Hours & Contact

**North County Central Office**  
[604 E. Vista Way, Vista CA 92084](#)  
Hours: Mon-Fri 9-5, Sat 9-1, Closed Sun  
Phone: 760.758.2514  
Email: [office@NCsandiegoAA.org](mailto:office@NCsandiegoAA.org)  
Web: [NCsandiegoAA.org](http://NCsandiegoAA.org)

The **Viewpoint** is a publication of the  
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and is distributed by the  
**North County Central Office.**  
It is published after the 3rd Wed of each month.

#### Submit Something to the Viewpoint

We encourage our readers to send us:  
♦ Jokes or Poems about recovery in A.A.  
♦ Your experience, strength & hope  
♦ Announcements, Events, Fun Stuff, etc.  
Email to [viewpoint@NCsandiegoAA.org](mailto:viewpoint@NCsandiegoAA.org).  
Deadline is the 1st Wednesday of the month.  
Submissions may be edited for space/content.

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**References** to outside entities do not imply affiliation.

#### EVENTS CALENDAR

- @ [18th Annual Thanksgiving Alkathon](#), Thursday, Nov 22, 10 am - 9 pm, Meetings:11am, 1pm & 3pm, Potluck Dinner: 5:30pm, Speaker: 7 pm, Church Hall, Lemon Grove.
- @ [North County Alano Club Thanksgiving Potluck](#), Thursday, Nov 22, Dinner Service begins at 2pm, 4198 Mission Road, Oceanside, CA.
- @ [33rd Annual Thanksgiving Day Grateful Meeting](#), Thursday, Nov 22, 10 AM to 12 PM, 6554 Cowles Mt Blvd at Navajo San Carlos, 92119.
- @ [Let Go at the Las Vegas Roundup](#), Thanksgiving Weekend November 22 - 25, 2018, Westgate Las Vegas Resort and Casino, The Las Vegas Roundup is a celebration fused with education, growth and kinship.
- @ [33rd ANNUAL ROOTS EVENT - Remember Our Old Timers Stories](#), November 24, 2018, 1 PM to 3 PM, St. Paul's Cathedral San Diego, All speakers will have 40 or more years of sobriety!
- @ [3rd CA Statewide Workshop of Hispanic Women](#), Saturday December 1, 2018, 9 AM to 4 PM, Union Hall San Francisco, CA (Next to AT&T Park), "Different languages, one heart", Live stream via Skype on event day.
- @ [North San Diego Young People in AA - Broomball](#), Saturday December 1, 2018, 10AM to Midnight, Carlsbad, CA.
- @ [Burning Bear 2.0](#). Sponsored by GSDYPAA, ACYPAA and LACYPA, December 8<sup>th</sup> and 9<sup>th</sup>, 2018, Anza, CA.
- @ [2018 South Bay Men's Retreat](#), December 14-16 2018, Malibu, CA, Contact: Sam K. 310-800-0004.
- @ [53rd Annual Inland Empire Christmas Alkathon](#), December 24-25, 2018, San Bernardino, CA.
- @ [North County Alano Club Christmas Alkathon](#), December 24<sup>th</sup> 9pm to December 25<sup>th</sup> 8pm, 4198 Mission Avenue, Oceanside, CA.
- @ [54th Annual Holiday Alkathon and Potluck](#), Monday Noon 12/24 to Tuesday Noon 12/25, 8118 University Ave., La Mesa, CA.
- @ [New Years Eve 2018 Speaker Meeting and Sober Dance](#), December 31st, Marina Village, Captain's Room, 1936 Quivira Way, San Diego 92109.
- @ [New Years Eve Bash](#), Hosted by District 16, December 31<sup>st</sup>, 8 PM to 12 AM, Hilton Del Mar, 15575 Jimmy Durante Blvd, Del Mar CA 92014.
- @ [North County Alano Club New Year's Day Alkathon](#), January 1<sup>st</sup> - hours, posted soon, 4198 Mission Avenue, Oceanside, CA.
- @ [WACYPA XXII "Burn the Idea into the Consciousness"](#), January 3-6, 2019, Boise, Idaho, WACYPA is the Western Area Conference of Young People in Alcoholics Anonymous. The purpose of WACYPA is to build and strengthen unity in Young People Groups of AA. We welcome Alcoholics of all ages from any region.
- @ [29th Annual River Roundup](#), January 10-13, 2019, Don Laughlin's Riverside Resort Hotel and Casino, Speaker meetings, Hospitality Social, Golf Tournament.
- @ [Sobriety under the Sun 2019](#), January 18-20, 2019, Westin Hotel and Spa, Puerta Vallarta Mexico.
- @ [Imperial Valley AA Roundup](#), January 25-27, 2019, Lions Recreation Center, Brawley, CA.
- @ [Symposium on AA History - The Broad Highway](#), February 1-3, 2019, Los Altos, CA, A weekend gathering that brings together lovers of A.A. and researchers.
- @ [55th International Women's Conference](#), February 7<sup>th</sup>- 10<sup>th</sup>, 2019, Millennium Biltmore Hotel Los Angeles California, [Flyer](#).
- @ [PRAASA 2019](#), Pacific Region Alcoholics Anonymous Service Assembly Hosted by Mid Southern California Area 9, March 1-3, 2019, Irvine Marriott, California.
- @ [47th ACYPAA Round-up](#), Sponsored by All California Young People in AA, April 4-7, 2019, Los Angeles, CA.
- @ [32nd Annual International AA Men's Conference 2019](#), April 26 - 28, 2019, Marriott Los Angeles LAX Los Angeles, California.
- @ [31st Annual Big Island Bash](#), May 3-5, 2019, Sheraton Keahou Resort and Spa, Kailua Kona, Hawaii.
- @ [Woodstock West](#), A Journey through the twelve steps of AA, May 17-19, 2019, Four Points Sheraton Los Angeles Airport, [Flyer](#).
- @ [28th National/International Native American Indian AA Convention](#), August 22-25, 2019, We-ko-pa Resort and Casino, Fountain Hill Arizona, Yavapai Nation.
- @ [61st International Conference of Young People in Alcoholics Anonymous \(ICYPA\)](#), When: TBD in 2019, Where: Boston.

More is happening @ [www.area8aa.org](http://www.area8aa.org)

### North San Diego Young People in AA

#### North San Diego Young People in A.A. (NSDYPAA)

NSDYPAA Meetings are on 1st and 3rd Sunday, @5:00 PM, 560 Greenbrier Dr, Oceanside, CA 92054. Contact us: (760) 542-8268, <http://www.nsdypaa.org>  
**Local Young People Meetings:**  
**Tue:** Young people's meditation 9:00 pm 131 Richmar Ave San Marcos, CA 92069  
**Wed:** Young and Restless 9:00 pm 131 Richmar Ave San Marcos, CA 92069  
**Thur:** Young men's 12x12 9:00 pm 131 Richmar Ave San Marcos, CA 92069  
**Fri:** Sixth Step House 7:30 pm 1430 N Coast Hwy 101, Encinitas, CA 92024  
**Sat:** Tri-City Medical Center Basement, 7:30 pm, 4002 Vista Way, Oceanside, CA 92056  
**Sun:** Willing to Grow 9:00 pm 1900-D Oceanside Blvd

**Other Websites:** A.A. [aa.org](http://aa.org), Grapevine [aagrapevine.org](http://aagrapevine.org), H&I [nchandi.org](http://nchandi.org), Area 8 [area8aa.org](http://area8aa.org), Young [NSDYPAA](http://NSDYPAA),  
Subscribe to the GSO newsletter to be sent to your email, click link: [http://www.aa.org/pages/en\\_US/gso-newsletters](http://www.aa.org/pages/en_US/gso-newsletters).

*I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.*