

Feb  
2019



**Step 2:** "Came to believe that a Power greater than ourselves could restore us to sanity."

**Tradition 2** (short form): "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

**Concept 2** (short form): "The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs."

Download the *Viewpoint* at [NCSandiegoAA.org](http://NCSandiegoAA.org)

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## 40th Annual North County Intergroup Traditions Breakfast

Sunday, March 17, 2019 in the beautiful California Center for the Arts

Map Link: [340 North Escondido Boulevard, Escondido CA, 92055](http://340NorthEscondidoBoulevard.com)

Parking info: <http://artcenter.org/about/directions-maps-parking/>

Doors open at 8:AM. Breakfast served at 9:AM.

Tickets **SOLD OUT**, but you can call the office to get on a waiting list: (760) 758-2514.

**NO TICKETS WILL BE SOLD AT THE DOOR**

**Donations needed for the Traditions Breakfast Opportunity Drawing Baskets.**

Suggested items: new or gently used items from recovery, spa, home décor, sports, gift cards, entertainment, monetary donation from your group, all are welcome.

Call Janine (760) 212-2352 or Mark (442) 264-4160 for pickup or questions.

## God as He May Express Himself

### God as we Understand Him

By Rick R.

Alcoholics Anonymous came into existence in 1935 at a time when much of our society was centered around the churches in the communities where we lived. Much of the South and the Midwest are still like that to this day. As a child in my home town, on Sunday morning I could look out the window and see a great majority of my neighbors walking to church. That was the way it was in the early 1940's The book, Alcoholics Anonymous was published in 1939, and it seems that it was highly influenced by the many early members of the program at that time. A.A. could have, very easily become a religious program, but fortunately, the elders of that time realized, by the mistakes of the Oxford Group, and the Washingtonians, that they had to make it clear that, *a desire to stop drinking was the only requirement for membership*, and that the individual members could choose their own concept of a power greater than themselves, i.e. God as we understand him. In Tradition Two it says, "As He may express Himself in our group conscience" When the word God is used in the remainder of the book, it is not always followed by the "as we understand him" qualifier, and I believe that many members get the idea that somehow, they are trying to push religion on them. I think that's understandable. When I was faced with that possibility, I personally found it easy enough to read the black part of the pages in the book and to not let myself become distracted by what I now recognized as a cultural norm at the time. I had no problem setting aside my religious bias and recognizing the parts of the Big Book and the 12X12 that clearly state all of the options available when it comes to finding a "power greater than myself", and I can name several right off top. 1) Alcohol itself was my higher power for a long time and still would be if hadn't gotten into the program. 2) My EGO ran my life for quite a while until I got serious about Real life issues. 3) The A.A. program itself. I found myself spiritually lost when I surrendered and entered the program of Alcoholics Anonymous and when faced with the need to come to terms with the Higher Power issue, I now realize why it took such a long time to settle this subject. Years of drinking and an underdeveloped thinking process that was hard to get up to speed right away. As I got more familiar with the Big Book, and the 12X12, I started to uncover all the evidence that debunked the idea that I had to conform to any religious doctrine. In the 12X12 I read on page 26, "*alcoholics anonymous does not demand that you to believe anything.*" On belief, "*to acquire it, I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could.*" (Pg.27) Also on page 26

(continued on page 4)

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

**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: 2/13/2019**

### **Called to Order:**

The Meeting was called to order at 7:00 P.M. There were **51 Reps** present, with **11 New Reps**.

Traditions were read by Gene. A motion was made and seconded to accept the minutes as read. **All in Favor.**

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

Net sales: \$6,242. Total Cost of goods sold: \$4,830 with a gross profit of \$1,412. Group contributions \$10,577; Miscellaneous \$5,905; total Income for the month of January \$17,893. Total Expenses \$9,873 leaving a Net Profit for January of \$8,021. YTD \$21,482. 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. Our expenses are being met with the generous contributions from the meetings. Ken invited members to stop by Central Office to meet Liz and Valerie and see the changes being made at the office. Come by and Check it Out..

### **STANDING COMMITTEES**

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

No report

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

There are new shifts open on the telephone committee. Jim passed out a flyer with the new openings indicated. Telephone commitment requires one year of sobriety. Orientation is the 2<sup>nd</sup> Saturday of the month at 9:30AM at Central Office. Jim also introduced a new volunteer sign-up sheet that members can fill out and submit to Central Office.

#### **Archives Committee: Danny O. (619)884-7272 (Email: [archives@ncsandiegoaa.org](mailto:archives@ncsandiegoaa.org))**

Danny requested members having flyers for the public information meeting to please submit them to him. Also we're collecting information about early AA in north county for the Traditions Breakfast. Anyone with items can contact Danny or Ken at Central office.

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

Caroline reported that she and Ken are exploring the idea of video conferencing the Intergroup meeting for members who are far away cannot attend. More on that upcoming.

#### **H&I COMMITTEE: Michael H. (610)481-1714 (Email: [H&Ichair@ncsandiegoaa.org](mailto:H&Ichair@ncsandiegoaa.org)) (H&I Website: [www.nchandi.org](http://www.nchandi.org))**

Michael reported that H&I has 114 treatment center meetings and 10 corrections center meetings. The focus this year is how to better serve our community. New guidelines were written to direct the committee to buy literature once a prudent reserve has been established. Orientation is Saturday, Feb. 16, 9AM at the Alano Club. Board meeting to follow. All are welcome. Go to ([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/>)**

Vickie reported for Linda about events upcoming in the area, and encouraged members to contact Linda with their well-wishes. Information about area events can be found at the website <http://www.area8aa.org>.

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

### **OLD BUSINESS:**

**Traditions Breakfast:** Mark reported that all tickets have been sold. The venue cannot accommodate any more, given the fact we require the buffet tables be inside the room itself. There is a wait list, but the likelihood of getting a ticket at this point is remote. Janine requested reps to ask their groups to either donate a small amount of money for the Opportunity Drawing baskets, or bring in 'gently used' items that could be included in the baskets. Her number is (760)212-2352. Or call Mark (442)264-4160 for pick up.

Mike reported the use of the POS and the QuickBooks is working well at Central office.

### **NEW BUSINESS:**

**Pricing change:** All items at Central Office will now be sold with the tax included and "rounded up to the nearest quarter." This change was instituted for ease of transactions with the elimination of pennies, dimes and nickels.

**Website update:** Mike, Webservant, encouraged members to install the MeetingGuide app. He talked about some of the issues involved with using the GSO database versus the local data base. A National AA Technology workshop will be held in Bowling Green, Kentucky, which may provide some insight into some of the technology challenges in AA.

Mike announced that Central Office will no longer sell tri-colored chips. Mike announced that criticisms from local vendors who sell the tri-colored coins for more than CO prompted this decision.

### **ELECTIONS: none**

### **ANNOUNCEMENTS: none**

**Adjournment:** 7:50pm.

**Next Intergroup Meeting Date:** March 13, 2019

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

FINANCIAL HIGHLIGHTS	JAN	Fiscal YTD
Sales	6,242	45,479
Cost of Goods Sold	4,830	37,010
Gross Profit	1,412	8,469
Other Income		
Group Contributions	10,577	70,801
Misc Income (w/TB)	5,905	11,350
Total Other Income	16,481	82,151
Total Income	17,893	90,621
Total Expense	9,873	69,138
Net Income or (Loss)	8,021	21,482

Group Contributions, January 2019, Group City & Name	Amount
Carlsbad "Sobriety Rocks" AM Reflection	\$1,080.00
Carlsbad AA Workshop	\$500.00
Carlsbad Sober Pride	\$300.00
Encinitas FRI 10:00 AM "Womens 12x12 Book Study" at Seaside Center	\$205.00
Encinitas FRI 730PM 11th Step Meeting	\$452.11
Encinitas FRI 8:00 PM at St Mark Lutheran Church	\$164.00
Encinitas SAT 8:00 AM "Women over 40" at Olivenhain Meeting Hall	\$186.55
Encinitas SAT 9:30 AM "Dr. Bob's V at U.S. Bank	\$100.00
Encinitas SUN 8:00 PM at Olivenhain Meeting Hall	\$200.00
Encinitas THU Womens Roving Step Study	\$186.00
Encinitas TUE 6:30 PM Women's "Roving Step Study Meeting"	\$151.13
Encinitas TUE North Coastal Men's	\$47.65
Escondido Disc. N.I.A.O.B.	\$215.33
Escondido Saturday 7:00PM "Trudgers"	\$100.00
Escondido SUN 9:30 AM "Taxicab" at Alano Club of Escondido	\$106.70
Escondido SUN Morning Paper	\$240.00
Escondido TUE 6:00 PM "As Bill Sees It" at Infusion Church	\$300.00
Escondido WED 7:00 PM Men "Misfits" at First Congregational Church	\$210.00
Escondido WED 8:00 PM "Beginners" at Alano Club of Escondido	\$200.00
Fallbrook 7PM at Hilltop	\$50.00
Fallbrook FRI 12:00 PM "Happy Hour" at Community Baptist	\$60.00
Fallbrook TUE Nite Open Group	\$150.00
Group Number GSO #165787	\$100.00
Oceanside 11th Step Meditation	\$57.90
Oceanside FRI 12:00 PM "Brown Baggers" at NCAC	\$70.00
Oceanside MON 7:00 AM "Attitude Adjustment" at NCAC	\$141.39
Oceanside MON Men's Stag 8PM	\$78.00
Oceanside North Co. Friendship Center	\$535.94
Oceanside SAT 10AM Women's Big Book Study	\$145.04
Oceanside SUN 5:30 PM at NCAC	\$271.20
Oceanside TUE 7:00 PM "Chip in Group"	\$100.00
Oceanside TUE 8PM at NCAC	\$153.00
Oceanside WED 7:00 PM Women's "Singleness of Purpose"	\$275.00
Oceanside WED 7:30 PM "South Oceanside Men's Group"	\$182.71
Pauma Valley WED "Red Trail"	\$143.50
Poway SUN "Freedom of Choice"	\$120.00
Rancho Bernardo FRI 7:00 AM at San Rafael Catholic Church	\$56.74
Rancho Bernardo FRI 8:00 PM at Hope United Methodist Church	\$398.40
Rancho Bernardo MON 12:00 PM at San Rafael Catholic Church	\$100.00
Rancho Bernardo MON Night Women's Big Book Step Study	\$125.00
Rancho Bernardo TUE 7:00 PM at Hope United Methodist Church	\$77.25
Rancho Bernardo WED Noon Mens	\$70.00
Rancho Peñasquitos THU Big Book Study	\$113.00
Rancho Santa Fe FRI "Solana Beach Beginners"	\$99.60
Rancho Santa Fe Just the Black Print (713516)	\$231.00
San Marcos "Here To Serve" M-W-TH at 5:00 PM at Panorama Center	\$100.00
San Marcos FRI 7:45 PM at Panorama Center	\$156.00
San Marcos Sunday 4:30p.m. 131 Richmar Ave. Women's Misfits	\$115.00
San Marcos THU 8:00 PM at San Marcos Lutheran Church	\$85.00
Santa Ysabel Back Country Book Study	\$25.00
Solana Beach MON 8PM Men's	\$450.00
Solana Beach Mothers in Sobriety	\$44.58
Twisted Sisters SAT Morning	\$180.00
Vista Monthly Intergroup Meeting	\$71.00
Vista Noon Solutions at Steps	\$100.00
Vista TUE Thibodo Park	\$371.00
Warner Springs WED 6PM	\$30.00
<b>Total:</b>	<b>\$10,576.72</b>

## ANCIENT WISDOM

No matter how much you regret, how angry or sad you become, your yesterdays will never return. The world of "should have" or "could have" or "if only would have" is a world of pointless suffering. ~Doe Zantamata

"...it is pointless to become angry..." 12&12 pg 92

### Word Search

#### 22 Characteristics of a Good Person

(Listed & Defined below)

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

- Be **HONEST** Marked by or displaying integrity; upright. Not deceptive or fraudulent; genuine.
- Have **INTEGRITY** Steadfast adherence to a strict moral or ethical code.
- Be **RESPONSIBLE** Able to be trusted or depended upon; reliable. Having good judgment or sound thinking.
- Have **PERSEVERANCE** Steady persistence in adhering to a course of action, a belief, or a purpose; steadfastness.
- Be **CONSIDERATE** Having or marked by regard for the needs or feelings of others; thoughtful.
- Have **COURAGE** The state or quality of mind or spirit that enables one to face danger or fear with self-confidence.
- Be **HUMBLE** Marked by meekness or modesty in behavior, attitude, or spirit; not arrogant or prideful.
- Be **TRUSTWORTHY** Warranting trust; reliable capable of being relied on; dependable.
- Have **DIGNITY** The quality or state of being worthy of esteem or respect. Poise and self-respect.
- Be **KIND** Of a friendly, generous, or warm-hearted nature. Showing sympathy or understanding; considerate.
- Be **LOVING** Feeling love; affectionate. Exhibiting love.
- Be **SINCERE** Not feigned or artificial; genuine. Being without hypocrisy or pretense; true.
- Be **PATIENT** Bearing or enduring pain, difficulty, provocation, or annoyance with calmness.
- Be **FAIR** Having or exhibiting a disposition that is free of favoritism or bias; impartial.
- Be **JUST** Honorable and fair in one's dealings and actions. Consistent with what is morally right; righteous.
- Have **EQUANIMITY** The quality of being calm and even-tempered; composure; even mindedness.
- Be **CONSCIENTIOUS** Guided by or in accordance with the dictates of conscience; principled.
- Have **EQUITY** The state, quality, or ideal of being just, impartial, and fair.
- Be **ALTRUISTIC** Unselfish concern for the welfare of others; selflessness.
- Have **COMPASSION** Deep awareness of the suffering of another coupled with the wish to relieve it.
- Be **PRACTICAL** Level-headed and efficient.
- Be **NOBLE** Having or showing qualities of high moral character, such as courage, generosity, or honor.

Share this with your kids.

### The Grapevine is seeking your story for upcoming issues!

- ◆ **Young & Sober** (stories due March 10). Did you come into A.A. at an early age? What was it like? We're looking for stories by people who got sober in their teens, 20s and 30s.
- ◆ **Accessibilities** (stories due April 10). Are you a wheelchair user, blind, deaf, ill or have any type of situation that impairs your ability to attend AA? What are the challenges and solutions you or your group has found?
- ◆ **Annual Holiday Issue and Remote Communities** (stories due June 10). Staying sober during the holidays. Are you a remote AA member? Please share your experience!

Go to <http://www.aagrapevine.org/> and see the section: **Share Your Experience, Strength, and Hope.**

### Napoleon, Elba, and St. Helena

"Next morning I telephoned a friend in Montreal. He had plenty of money left and thought I had better go to Canada. By the following spring we were living in our accustomed style. **I felt like Napoleon returning from Elba. No St. Helena for me!** But drinking caught up with me again and my generous friend had to let me go. This time we stayed broke."  
~BILL'S STORY, BB pg 4 [bolding by editor]

**Napoleon Bonaparte** (1769–1821) was a French statesman and military leader. He was Emperor of France from 1804 until 1814, and again in 1815. During his reign, he built a large empire that ruled over continental Europe and led many decisive battles throughout Europe, Austria, Russia and Egypt. However, in the spring of 1814, the British Allies invaded France, captured Paris, and exiled Napoleon to the island of **Elba** off the coast of Italy. However, he escaped from **Elba** in February 1815 and took control of France once again. The Allies finally defeated him at the Battle of Waterloo later that year. He was then exiled to the remote island of **Saint Helena** in the South Atlantic, far off the coast of Africa, where he died six years later at the age of 51. **Napoleon** is considered one of the greatest commanders and most controversial leaders in human history.

### Topic for Discussion: Willingness

"**Willing**" & "**Willingness**" appear a total of **49** times in the first 164 pages of the BB and **47** times in the 12x12 Steps. Here's a few:

There had been a humble willingness to have Him with me -- and He came. ~BB pg. 12

Belief in the power of God, plus enough willingness, honesty and humility ... were the essential requirements. ~BB pg. 13

as soon as we ... express even a willingness to believe in a Power greater than ourselves, we commenced to get results ~BB pg. 46

We have emphasized willingness as being indispensable. ~BB pg. 76

We grow by our willingness to face and rectify errors and convert them into assets. ~BB pg. 124

Willingness, honesty and open mindedness are the essentials of recovery. ~BB pg. 568

There is only one key, and it is called willingness. ~12x12 pg. 34

When he acquires willingness, he is the only one who can make the decision to exert himself. ~12x12 pg. 40

a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere. ~12x12 pg. 91

### Is something bothering you? Ask yourself:

"How important is it, really? How important is it compared to my serenity, my emotional sobriety?" ~Big Book pg 420

(continued from page 1)

where it states, "Take it easy. The hoop you have to jump through is a lot wider than you think ... A one-time vice-president of the American atheist Society ... got through with room to spare" Then on page 33 of the 12X12 it says "Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step." Today I am very comfortable with my own concept of a Higher Power and I use the word God only to put a name on a concept that has no physical form and I might say that it expresses itself in *the collective conscience of the world we live in*. I can assure you that if you read these qualifiers and practice the rest of the principals of the program, as enthusiastically as you can, you will come to terms with a personal concept of a higher power as well as any of us.

### Meetings that Need Your Support

- Sunday 7:00 PM "**Acceptance & Recovery**" at 1st Congregational Church, [1800 N Broadway, Escondido, CA 92026](#)
- Sunday 11:00 AM "**Sunday Steps Brunch Bunch**" at STEPS in Vista, [1745 E Vista Way, Vista, CA 92084](#)
- Monday 6:45 AM, "**Start Your Day Right**", Meadowlark Community Church, [1918 Redwing St, San Marcos](#), back bldg.
- Monday 8:00 PM "**Beginner's Book Study**" at the **Escondido Alano Club**, [1690 East Valley Parkway, Escondido, CA](#)
- Tuesday 6:00 PM **Women's "Step by Step"** 12&12 Study at STEPS in Vista, [1745 E Vista Way, Vista, CA 92084](#)
- Wednesday 8:00 PM "**Beginners**" at the **Escondido Alano Club**, [1690 East Valley Parkway, Escondido, CA 92027](#)
- Thursday 11:30 AM **Women's Step Study** at Church of the Resurrection, [1445 Conway Dr, Escondido, CA 92027](#)
- Friday 7:30 PM "**Just Stay**" **Young People** at **Poway Alano Club**, [13939 Poway Road, Poway CA, 92064](#) (upstairs)
- Saturday **7:30** PM "**Saturday Night Speaker**" at the new **Poway Alano Club**, [13939 Poway Road, Poway, CA 92064](#)
- Saturday 8:00 PM "**Living Sober**" at the **Escondido Alano Club**, [1690 East Valley Parkway, Escondido, CA 92027](#)
- **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](#). 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).

**NORTH COUNTY H & I NEWS**

**THE NEW YEAR IS IN FULL SWING.** In fact, by the time of this publication we will be only weeks away from spring. Like many of us, the North County H&I committee faces a new year with hope and inspiration. We have set new goals and are on a path to achieve them. These goals include implementing a sustainable system of literature distribution to the facilities we serve. And revamping our information management systems so every H&I panel has AA panel members attending and sharing the message of hope to those who cannot get out. We cannot do these things without the love, support and hard work of our H&I panel coordinators, leaders and members. To those who are currently with us, sharing the work together, thank you. For those who have not yet experienced the joy and exhilaration of service work, come join us, we need you. Our journey this year has just begun, and we can't do it without 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 AND GREEN CAN CONTRIBUTIONS JANUARY 2019**

Group Name	Green Can	Group
Big Book Study Monday Night Group # 172755		40.00
Escondido Women's Step Study Group # 145426		10.00
Freedom of Choice Big Book Mtg. Group # 157949		24.00
Group # 713516		86.83
Handbag Wednesday Oceanside Group # 606873	3.00	
Meeting Group # 101235		50.00
Men's Monday Night Group # 997580		18.07
Men's Monday Noon Halt Group # 708385		20.00
Misfits Carlsbad Group # 684196		23.00
Misfits Men's Group # 672294		150.88
Mothers in Sobriety Group # 179054		22.29
North Coastal Calle Barcelona Group # 686387		3.62
Oceanside Alano Club Wednesday Noon		10.00
Olivenhain Men's Stag Group # 0164542		40.00
Primary Purpose Group # 722694		40.00
Promises Meeting Group # 165787		20.00
Rancho Santa Fe Friday Night Beginners		155.00
Sunday Morning Taxi Cab Meeting		105.24
Thursday Night Big Book Study Group # 100832		50.00
Thursday Night Roving Women's Group # 166964		37.00
Trudgers Group of Escondido		20.00
Tuesday Men's Step Study Group # 722630		10.00
Warner Springs AA Group # 633217		30.00
<b>Totals:</b>	<b>\$ 3.00</b>	<b>\$ 965.73</b>

Complete financial reports can be found on our website. \*

**THANK YOU FOR YOUR CONTRIBUTIONS!**

**GETTING INVOLVED:** Each 3<sup>rd</sup> 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 to view Policy & Guidelines, Financial Reports, and more.

**New and Revised Pamphlets Available at Central Office!**

**The "God" Word: Agnostic and Atheist Members in A.A.** Ten stories from A.A. members who identify as atheists or agnostics. The pamphlet was approved by the General Service Conference in 2018. The original version was first published by A.A. General Service Office in Great Britain.

**A.A. for Alcoholics with Mental Health Issues - and their sponsors.** This pamphlet was approved by the General Service Conference in 2018. It includes the stories of 12 men and women in A.A. who have, in addition to their alcoholism, such mental health issues as rapid-cycle bipolar disorder, other bipolar disorders, schizoaffective disorder, borderline personality disorder, major depressive disorder, attention-deficit hyperactivity disorder, mood swings, hallucinations, suicidal depressions and suicide attempts, paranoid delusions, seasonal affective disorder, obsessive-compulsive disorder, post-traumatic stress disorder and dissociative identity disorder. In addition, five men and women with experience sponsoring A.A. members with mental health issues share their experience in doing so.

**Women in A.A.** The revised version of "A.A. for the Woman" was approved by the General Service Conference in 2018. It includes 12 new stories of women in recovery. This replaces the pamphlet "A.A. for the Woman."

**LGBTQ Alcoholics in A.A.** The revised version of "A.A. for the Gay/Lesbian Alcoholic" was approved by the General Service Conference in 2018. It includes 13 new stories of people who identify as lesbians, gay men, bisexuals, transgender, or intersexed.

**WANTED**

**General Service Reps from YOUR meeting!**

Can you *represent* your group?  
Do you need a commitment?  
It's just once a month!

For information please call our District 3 DCM  
**Steve P. (619) 770-9379**

**If Nothing Changes, Nothing Changes**

**Live and Let Live** **Easy Does It** **But for the Grace of God** **Just Things Just**

