

# March 2019



**Step 3:** "Made a decision to turn our will and our lives over to the care of God, *as we understood Him.*"

**Tradition 3** (short form): "The only requirement for A.A. membership is a desire to stop drinking."

**Concept 3** (short form): "To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional 'Right of Decision.'"

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

# VIEWPOINT

<b>Step Three Need Not be Difficult</b>	1
<b>Viewpoint delivered to your email...</b>	1
Intergroup Meeting	2
Group Contributions	3
NCIAA Profit & Loss	3
Good Day / Bad Day	3
<b>ad infinitum</b>	3
<b>12-Step Help!</b>	3
<b>Meeting Guide app</b>	3
<b>Ancient Wisdom</b>	3
<b>Poway Alano Club 35th Anniversary</b>	3
<b>Write for the Grapevine</b>	4
<b>Bill was very, very grateful...</b>	4
<b>Topic for Discussion: Humility</b>	4
<b>"It's not in the BB"</b>	4
<b>Meetings that Need Your Support</b>	4
<b>H&amp;I News</b>	5
<b>Willingness &amp; Choice</b>	5
<b>New A.A. Pamphlets</b>	5
<b>WANTED!</b>	5
<b>General Service Reps</b>	5
Service Calendar	6
Central Office Info	6
<b>Submit Something to the Viewpoint</b>	6
<b>Events Calendar</b>	6
<b>A.A. Meetings on Camp Pendleton</b>	6
Young People Mtgs	6
A.A. Web Links	6

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

[Young People click here!](#)

## Step Three Need Not be Difficult

### Abandon Our Failed Ego Driven Insanity

By Rick R.

I don't believe that any two people in the A.A. program have settled into a concept of a higher power that are identical in every respect. Alcoholics have been off the grid for such a time that their concept of everything must be recalibrated into some form of strategy that they can work with whether or not, anybody else understands the linguistics they use to describe it. The taking of Step Three is deciding to abandon our failed Ego driven insanity and to find another source of principles and behaviors to replace them. Some of us return to the Religion of our choice while others may struggle with that idea and settle for an approach that is more practical in nature. We in Alcoholics Anonymous see examples of success in a variety of different approaches when it comes to turning our will and our lives over to a power greater than ourselves. If this wasn't that way, where would the Agnostic and Atheist go to get relief from this terrible disease? I get an uncomfortable feeling at a meeting when it starts going overly religious and I see a new member squirming in his seat. I was the one described in step two in the 12x12 that had "tried Faith and found it wanting." Had I not read that line in the 12X12 I may not have stayed with the program. Having the option to come to terms with this issue has opened the gate to a path which has worked for me. On page 34 in the 12x12 Where it says "This is the way to a Faith that works" and when I simply combined that line with the line on page 27 in the 12x12 which says, "You can, if you wish, make A.A. itself your "higher power." When I addressed it in that way, I had no problem moving on with the rest of the steps of the program. I am not driven away by anything that I've read in The Big Book or the 12x12. I have never wanted a drink since I entered the program and the only answer, I could come up with, was the influence of A.A in my life. For a guy who couldn't conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is, but I can't. I have researched things that I have heard concerning how the A.A. program came to be what it is today and the thing that had the most influence on me concerning this issue was the book, "The Sermon on the Mount" by Emmet Fox which highly influenced the founders of the A.A. Program as to how to address the spiritual aspects and how to apply them. The Grapevine article of Feb. 1996 "Emmet Fox and Alcoholics Anonymous" explains these things. I have read that book upwards of ten times and it defines and reinforces all the principles that we learn in the A.A. program. When I pray, I simply ask God for his guidance and for the strength to carry out what comes to me as the answer that I seek. When I do it in that way, I become a better listener and the answers do come to me eventually. I believe that I practice principles that are consistent with Christian teaching as well as any Christian I know but I don't consider myself a Christian as I find these principles in most historical philosophies. I've studied Plato, Socrates and Aristotle, who came three hundred fifty years before Christ and they are not unlike the values of most religions. As the result of all my Studies, I have settled into a way of life based on unselfish principals and values that govern all my motives and actions and it has led to a life of meaningful purpose and a peace of mind that I never thought possible.

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

Would you like the **Viewpoint delivered to your email** each month? Let me know and I'll put you on the email distribution list. ~Viewpoint Editor [viewpoint@NCSandiegoAA.org](mailto:viewpoint@NCSandiegoAA.org)

## North County Intergroup Meeting Minutes

**Date: 3/13/2019**

### **Called to Order:**

The Meeting was called to order at 7:00 P.M. There were **53 Reps** present, with **7 New Reps**.

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

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

Net sales: \$5,705. Total Cost of goods sold: \$4,763 with a gross profit of \$942. Group contributions \$5,814; Miscellaneous \$589; total Income for the month of February \$7,346. Total Expenses \$9,461 leaving a Net Loss for February of (\$2,115). YTD \$19,367. A question was asked about the loss for the month. Monthly contributions traditionally are less during the short month of February. 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 the volunteers for the work at the office of answering phones, welcoming walk-ins, and helping with sales. Ken also thanked members who stop by to say hello and bring their business to Central Office for tokens and AA literature. He reminded groups to identify their contributions with the name of the group and the city in which their meeting is held. He then read a list of contributions to date during the month of March.

## **STANDING COMMITTEES**

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

No calls have come in to CO for Public Information; therefore, no report.

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

Jim said there are openings for telephone committee and the training is at Central Office on the 2<sup>nd</sup> Saturday of the month. Next training will be April 13 at 9:30AM. He referred members to the flyer he brought with the opening time slots listed.

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

Danny reported that he's collecting any information about the now defunct Public Information meeting. If you have any flyers, please contact Danny.

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

Caroline reported that the idea of establishing video conferencing for members who cannot attend the Intergroup meeting is no longer being considered. The facility itself is not wired for internet service, and there is not enough bandwidth to accommodate the video conferencing technology.

### **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 brings 123 panels to 20 treatment facilities. He encouraged members to tell their groups of the expansive number of panels and the need to have them filled. H&I Orientation is held on the 3<sup>rd</sup> Saturday of the month at the North County Alano Club at 9AM, with 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/>)**

Linda reported that she had attended the Women's International Conference in Los Angeles, and PRAASA in March. Watch for information about the Pre-conference workshops to be held in North County on April 6. All information about activities in the Area can be found at the website. [Http://www.area8aa.org](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:** Greg reported that all tickets for the Traditions Breakfast have been sold. The Breakfast will be held Sunday, March 17, at the California Center for the Arts in Escondido. Greg thanked all members for their enthusiastic support of the Breakfast.

Mike reported that Central Office combined CDs to get a better interest rate for a longer investment period, and has 2 CDs which will rollover after 180 days.

Mike reported that the Board has decided to not send any representative to the AA Technology Workshop in Kentucky in September. However, we will be supporting Ken as he attends the yearly Central Office Managers Conference in Mesa, Arizona, in September.

The ad hoc committee on staffing interviewed current staff members to assess the accuracy of the job descriptions as designed and implemented a year ago. Mike reported that all staff seem happy with the current job descriptions and duties.

#### **NEW BUSINESS:**

**Central Office improvements.** Mike announced that the Board is looking into either improving the current Central Office or moving to a new location. He has been asked to bring to the Board information about properties along the 78 corridor which may be available and for the Board to consider. The end of our lease is in 14 months, so this will be a topic for discussion and research in the coming months.

#### **ELECTIONS: none**

#### **ANNOUNCEMENTS:**

Jim called attention to the flyer for the 36<sup>th</sup> Annual Men's Retreat to be held in Idyllwild on April 28.

A question was asked about publishing the information about the time and place of the Intergroup meeting on the Area8 calendar. It was agreed that putting the information there would be helpful and would be done.

**Adjournment:** 7:50pm.

**Next Intergroup Meeting Date:** April 10, 2019

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

February Contributions - Group City & Name	FEB
Anon Group #100836 (Noon Brownbaggers Group)	\$40.00
Anon MON Night Women's (705535)	\$100.00
Carlsbad Water Works	\$120.00
Del Mar MON Lunch Bunch at Seasalt	\$517.00
Encinitas Balour Groups	\$1,800.00
Escondido M-F Daily Reflections	\$520.00
Escondido TUE 630PM at House of Prayer Lutheran Church	\$87.00
Fallbrook - Group 132253 (Monday Discussion Group)	\$120.00
Fallbrook Mens We R Not Saints Hilltop	\$60.00
Fallbrook SAT Noon at Baptist Church	\$43.00
Oceanside TUE 8PM at NCAC	\$57.90
Oceanside WED Noon Women's Handbag Mtg	\$169.50
Oceanside WED SOS Big Book Study	\$50.00
Poway Beginners St. Barts Episcopal	\$200.00
Poway Womens Winner Winner Chicken Dinner	\$175.00
Rancho Penasquitos TUE 7PM 12x12 Study	\$50.00
Rancho Santa Fe THU Noon Women (169665)	\$637.00
San Marcos Blind Leading ~ Step Study	\$47.89
San Marcos Discovery Group (721990)	\$135.60
Vista Came to Believe (Daily)	\$508.00
Vista Filling Station at Steps	\$220.00
Vista Free Thinking Women	\$32.60
Vista Monthly Intergroup Meeting	\$64.00
Vista- SUN Engine Museum (616473)	\$60.00
<b>Total:</b>	<b>\$5,814.49</b>

FINANCIAL HIGHLIGHTS	FEB 2019	Fiscal YTD
Sales	5,705	51,185
Cost of Goods Sold	4,763	41,773
Gross Profit	942	9,411
Other Income		
Group Contributions	5,814	76,616
Misc Income (w/TB)	589	11,950
Total Other Income	6,404	88,566
Total Income	7,346	97,977
Total Expense	9,461	78,609
Net Income or (Loss)	(2,115)	19,367

**IT CAN'T BE THIS SIMPLE! CAN IT?**

When I focus on what's good today, I have a good day,  
and when I focus on what's bad, I have a bad day.  
If I focus on a problem, the problem increases;  
if I focus on the answer, the answer increases.

~BB pg 419

***ad infinitum: again and again in the same way; forever.***

**Dear Viewpoint Reader:** Can you help me increase "*the list*"? It's an infinite list according to the Big Book. Please share some of the "methods" you used to prove you were nonalcoholic exceptions to the rule.

Email me at [viewpoint@NCsandiegoAA.org](mailto:viewpoint@NCsandiegoAA.org) and I'll compile a list for a future *Viewpoint* article.

**By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic ... Here are some of the methods we have tried: Drinking beer only, limiting the number of drinks, taking a trip, not taking a trip ... we could increase the list *ad infinitum*. ~BB pg 31**

**NEEDING HELP!**

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

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



**Service is part of recovery.**

**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.**

Traveling?  
This app will help you trudge the road.



This app lists 99,910 meetings all over the world.

**ANCIENT WISDOM**

That person who helps others simply because it should or must be done, and because it is the right thing to do, is indeed without a doubt, a real **SUPERHERO**. ~Stan Lee 1922-2018



**35 Year Celebration / 1 Year Anniversary of New Club**

**Speakers, Food, Fellowship and Opportunity Drawings!**

**Free Admission - Please Join Us!**

**2:00 - 4:00 p.m. Sunday, May 5<sup>th</sup>**

**Poway Alano Club**

**[13939 Poway Road, Suite 11, Poway CA 92064](https://www.powayalano.com)**

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

- ◆ **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.**

**Bill was very, very grateful...**

**Alcoholic Anonymous Number Three Remembers our Co-founder**

It would be hard to estimate how much A.A. has done for me. I really wanted the program, and I wanted to go along with it. I noticed that the others seemed to have such a release, a happiness, a something that I thought a person ought to have. I was trying to find the answer. I knew there was even more, something that I hadn't got, and I remember one day, a week or two after I had come out of the hospital, Bill [co-founder Bill W.] was at my house talking to my wife and me. We were eating lunch, and I was listening and trying to find out why they had this release that they seemed to have. Bill looked across at my wife and said to her, "Henrietta, the Lord has been so wonderful to me, curing me of this terrible disease, that I just want to keep talking about it and telling people."

I thought, I think I have the answer. Bill 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. ~BB pg 191

**Topic for Discussion: Humility**

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

It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. ~BB pg 566

humility and intellect could be compatible, provided we placed humility first. ~12&12 pg 30

True humility and an open mind can lead us to faith ~12&12 pg 33

For without some degree of humility, no alcoholic can stay sober at all. ~12&12 pg 70

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. ~12&12 pg 70

our crippling handicap had been our lack of humility. ~12&12 pg 71

That basic ingredient of all humility, a desire to seek and do God's will, was missing. ~12&12 pg 72

So it is that we first see humility as a necessity. ~12&12 pg 73

Everywhere we saw failure and misery transformed by humility into priceless assets. ~12&12 pg 75

humility had brought strength out of weakness. ~12&12 pg 75

The Seventh Step ... permits us, with humility as our guide, to move out from ourselves toward others and toward God. ~ pg 76

humility [is] the main key to sobriety. ~12&12 pg 153

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have. ~ pg 187

**"It's not in the Big Book" is no excuse.**

*Our founders knew you were going to say that so they made it very clear that "more will be revealed" and that we should always remain openminded and teachable. The paragraphs below are from the last page of the "first 164" pages of the Big Book. This must be an important concept if they closed the "first 164" with it. (Bold emphasis by Viewpoint Editor.)*

**Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us.** Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.

**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 the **Poway Alano Club**, [13939 Poway Road, Poway CA, 92064](#)
- Saturday 7:30 PM **"Saturday Night Speaker"** at the **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**

**WE ARE PLEASED TO ANNOUNCE** the addition of a new facility in our mission to share the AA message to those who cannot get to a meeting. Thanks to the efforts of our Treatment Chair Jim R. and Assistant Treatment Chair Brigette L., we welcome **Teen Recovery Center** in San Marcos to the North County H&I family of facilities. We wish to additionally thank North San Diego Young People in AA (NSDYPAA) H&I Chair Joanna G. and our own Technology Chair and NSDYPAA Co-Secretary Jessica D. for adopting one of the panels for this new facility. Panels are held on the 4th Wednesday at 5pm. If you are interested in becoming a panel member for this facility, or any other, visit our website [nchandi.org](http://nchandi.org). For those of you already serving on panels, we say a heartfelt *thank you*. For those who haven't experienced the joy of serving in H&I yet, come join us, we need 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 FEBRUARY 2019**

Group Name	Green Can	Group
Balour Group		150.00
Daily Reflections Group # 715620		130.00
Fallbrook We Are Not Saints Group # 133736		24.00
Free Thinking Women Group # 677005		32.60
Happy Hour Group	287.00	
NCAC Sunday Big Book		18.75
Robbers Roost	225.00	
The Blind Leading the Blind Group # 652308		10.64
Thursday Noon Meeting Group # 169665		131.40
Tues Night 12x12		50.00
Tuesday Men's Step Study Group # 722630	50.00	

Totals: \$ 562.00 \$ 547.39

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](http://nchandi.org) to view Policy & Guidelines, Financial Reports, and more.

***Willingness & Choice***

“When I am willing to do the right thing I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice. Through the Twelve Steps, I have been granted the gift of choice.”

~Big Book page 317

**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

**LET GO! LET GO! LET GO!**

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

