

May
2019



Step 5: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Tradition 5 (short form): “Each group has but one primary purpose—to carry the message to the alcoholic who still suffers.”

Concept 5 (short form): “Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.”

Download the *Viewpoint* at NCsandiegoAA.org

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The Step Five Ball and Chain Freedom and Peace of Mind

by Rick R.

I don't think I've ever witnessed an alcoholic that came to alcoholics anonymous that loved themselves or that wasn't riddled with guilt and shame. It's hard to understand why alcohol affects some people differently than others. I've observed members that came from good family environments that ended up on the streets and others that came from alcohol infested families that turned out normal as can be. In either case, the alcoholic seems to have something missing in their mental state that engender the need to find a way to neutralize this negative self-image and that first drink of alcohol does something that gives them the relief which makes them feel somewhat normal. I've heard it said that once a person starts to drink to cover up these feelings, especially in adolescence years, they stop growing emotionally and when they finally show up in A.A. they have the emotional state consistent with the age they were when they started drinking, absent of the coping skills of a normal person. They'll have to revisit all those under developed behavioral patterns and replace them with mature and healthy thoughts and actions. Easier said than done!

When I look around the room at an A.A. meeting we all seem to look about the same in the way we dress and in our outside appearances. The only thing that makes us different is what is going on in between our ears. If we all woke up this morning with amnesia, we would all be the same. It's the tortures of past that torments us and therein lies the problem and the solution. If we can understand and accept this well-established approach to our mental condition, we can take actions that will restore our self-esteem and we can live an incredibly happy and peaceful life.

We cannot change one moment of the past, but we can resolve the issues in our lives that brought about the need to escape from those horrible memories of the things that we regretted having done. The habits and deeds that triggered the guilt and shame that led us to seek relief in the bottle can be reined in and if we are fortunate enough to believe this you may want to revisit the fourth and fifth steps, Identify those deeds that we drag around like a ball and chain, and keep us from actuating the rest of the program. 12x12 pg. 56 “Even A.A. Oldtimers, sober for years, often pay dearly for skimping this step.” Those things will not go away but the mental and emotional pain that we drank to nullify can be arrested and we can finally put it all behind us and live a wonderful life. I know this from experience.

When I revisited my fourth and fifth step, I was stronger and talked to someone about those deeds from the past that plagued me and realized that most people who abuse alcohol have them, to one degree or another, and if they are willing to address them, they can be free from that Ball and Chain and my experience is that it freed me up to continue the rest of the step with pleasure. From the day I entered A.A. to the day I mustered the strength to do this, I had no comprehension of the effect it would on me, for if I did, I would have cut to the chase much sooner and avoided several years of discontent. As long as those deeds were in the past and not habits of the present, this process worked exactly as it was intended as per the program. I hope that this encourages at least one person to find someone they trust and find the relief that I have experienced as the result of cleaning the slate and I wish them a happy life. It worked for me.

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

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: 5/8/2019

Called to Order:

The Meeting was called to order at 7:00 P.M. There were **45 Reps** present, with **1 New Rep**.

Traditions were read by Karla. 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)

Profit & Loss – Schedule C, Net sales were \$5,722; Total Cost of Goods Sold \$3,973 with a Gross Profit on Sales of \$1,749; Group Contributions were \$ 5,865; Miscellaneous Income \$172. Total Income for the month of April was \$7,785 Total Expenses \$9,631, leaving a Net loss for the month of April of (\$1,846). YTD \$ 10,024. It was moved and seconded to accept the financial report. **All in Favor.**

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

Ken thank staff and volunteers for their work at CO, and all reps for the group contributions. Ken brought information about two new publications available, one from AA World Service and one from Grapevine: “Our Great Responsibility” and “Take Me to Your Sponsor.” Ken will call in an order in a week, so if interested in either of these, contact Central Office. The flyer with information about these publications will be on the website.

STANDING COMMITTEES

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

Vickie reported that Renee, as Public Information chairperson, made a presentation at the Oceanside Library event on April 29. The information provided was well received by those in attendance.

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

Jim announced that the 8 openings on the phone committee from last month have now been reduced to four. Orientation for the Phone Committee will be again Saturday, May 11, and again on June 8, at 9:30AM at Central Office. Jim encouraged the reps to talk about the service commitment and orientation to their groups.

Archives Committee: Danny O. (619)884-7272 (E-Mail: archives@ncsandiegoaa.org)

Danny gave information about the Archives display at the Traditions Breakfast, and encouraged those groups who have not do so, to submit their group history to Central Office. He announced that CDs of the speaker of the first Traditions Breakfast, Sybil, and that of the most recent Traditions Breakfast, Paul C., are available for sale at Central Office. Additionally, contact Danny for information about Oral History collection from group members who would like to record and preserve their stories.

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

No report.

H&I COMMITTEE: Michael H. (610)481-1714 (E-Mail: H&Ichair@ncsandiegoaa.org) (H&I Website: www.nchandi.org)

Michael reported that currently Hand I takes 125 panels to 22 facilities, and 10 panels to 2 correctional facilities. In June, two facilities will be adding additional meetings, so encourage members to attend the HandI orientation on Saturday, May 18 at 9AM at the Alano Club. Michael reported that the current balance for HandI is \$3,020.45. There has been some difficulty in getting green can labels, so Michael will bring some to the next Intergroup meeting. Michael said that the financials would be provided for publication in the Viewpoint.

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

No report.

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

OLD BUSINESS:

Lease: Mike reported that he has spoken to the property manager at the Central Office, who has indicated a willingness to negotiate the terms of a lease renewal. Mike will continue the negotiations.

Service Pamphlet: The Business Committee has approved the process currently underway to compose and print a service pamphlet. This project is being conducted by Jim R., and once completed, the pamphlet will be given to the Intergroup reps to take back to their meetings as a sample and can be purchased for meeting literature racks.

Anniversary Meeting: The Anniversary meeting will be held this year on August 27 at the Harding Street Center in Carlsbad. Speaker to be announced.

NEW BUSINESS:

Elections: Mike announced that next month will be elections. He will be stepping down and, to date, that creates one spot on the Board for a new member at large. Nominations and elections will be held next month for the Board positions.

Guidelines update: Mike announced that an ad hoc committee is being formed to review and update the North County Intergroup guidelines. The committee will consist of no more than 5 volunteers and begin their work in June.

ELECTIONS: none

ANNOUNCEMENTS: none

Adjournment: 7:29pm. **Next Intergroup Meeting Date:** June 12, 2019

RESPECTFULLY SUBMITTED: Vickie A – RECORDING SECRETARY

The monthly financial report includes group contributions for last month and a Year-to-Date (YTD) Profit & Loss Summary. YTD group contributions are available at the monthly Intergroup Meeting where your meeting's Intergroup Rep can pick them up, or you may request YTD contributions from our Central Office email office@NCsandiegoAA.org

Contributions - Group City & Name	APR
AA NSDYPA	\$50
Anon Group #651125 (Daily Reflections Group)	\$175
Carlsbad FRI 6:30 PM Step Sisters at New Song Church	\$242
Escondido MON 630PM Closed Women's Big Book & 12x12 Study	\$175
Escondido SUN Morning Taxicab Meeting	\$128
Escondido THU 1130AM Womens Resurrection Church Step Study	\$200
Escondido WED 7:00 PM Men Misfits at First Congregational Church	\$176
Escondido WED 8:00 PM Beginners at Alano Club of Escondido	\$50
Fallbrook FRI Speaker Senior Center	\$28
Fallbrook SUN Steps 1-2-3 FPUD	\$125
Fallbrook WED Women's Step Meeting	\$40
Leucadia SUN Morning Keep It Simple	\$300
Oceanside FRI 5PM As Bill Sees It at NCAC	\$50
Oceanside FRI Noon at NCAC	\$70
Oceanside MON 7:00 AM Attitude Adjustment at NCAC	\$100
Oceanside MON Noon Brownbaggers at NCAC	\$40
Oceanside SUN 6PM Serenity Step Study	\$295
Oceanside THU Night Girls With Gratitude	\$70
Oceanside THU Noon Brown Baggers (NCAC)	\$63
Oceanside TUE 8PM at NCAC	\$80
Oceanside TUE Noon Brown Baggers (NCAC)	\$60
Oceanside WED 730PM South Oceanside Men's Group	\$408
Oceanside WED Noon Brown Baggers (NCAC)	\$100
Poway MON Night Women Here And Now	\$385
Poway MON Night Women's Group	\$120
Ramona FRI Sobriety Party	\$25
Rancho Bernardo DAILY Disc. Early Birds	\$200
Rancho Bernardo WED Noon Mens	\$80
Rancho Penasquitos THU Big Book Study	\$80
Rancho Penasquitos TUE 7PM 12x12 Study	\$50
Rancho Santa Fe MON Disc Group #133908	\$244
San Marcos MON Night Rose Ranch Men's	\$71
San Marcos MON Noon Promise of a New Day	\$497
San Marcos WED Men's Blind Leading The Blind ~ Step Study	\$45
Solana Beach Women's Group	\$49
Vista DAILY Came to Believe	\$150
Vista Monthly Intergroup Meeting	\$72
Vista SUN Gas & Steam Engine Museum (616473)	\$90
Vista SUN Young Women's Literature Study	\$60
Vista THU Night Robber's Roost	\$623

Total \$5,865

PROFIT & LOSS REPORT	APR 2019	FISCAL YTD
Total Sales	5,722	61,084
Total Cost of Goods Sold	3,973	48,825
Gross Profit for Sales	1,749	12,258
Group Contributions	5,865	91,598
Misc Revenue	172	3,745
Total Revenue	7,785	107,601
Total Expense	(9,631)	(97,577)
Net Profit or (Loss)	<u>(1,846)</u>	<u>10,024</u>

Did you attend the Traditions Breakfast?

Can we get your feedback?

Please go to our website, click **CENTRAL OFFICE** and pick **Traditions Breakfast Evaluation Form**.

Or click link: ncsandiegoaa.org/traditions-breakfast

Thank you for your continued support.

What is GSO?



The **General Service Office** in New York serves the A.A. groups in the U.S. and Canada as a clearinghouse and exchange point for the wealth of A.A. experience accumulated over the years, coordinates a wide array of activities and services, and oversees the publication, all translations of, and distribution of A.A. Conference-approved literature and service materials. Click link to see photos of the office: https://www.aa.org/pages/en_US/about-gso

2020 International Convention of Alcoholics Anonymous

July 2-5, 2020 Detroit, Michigan. Get Ready!



If Nothing Changes, Nothing Changes

Acceptance is the Answer

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

~Big Book page 417

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.



ANCIENT WISDOM

"Growth in image and likeness of the Creator is our primary purpose and the main reason for our existence." ~Bill W. (Nov '56)

Meetings that Need Your Support

NEW MEETING: "Without Defense Big Book Workshop", Wednesdays 6:30-8:00 PM, East Valley Community Center (in the Grove Room), 2245 E. Valley Pkwy, Escondido, CA 92027
Sunday 7:00 PM "Acceptance & Recovery" at 1st Congregational Church, 1800 N Broadway, Escondido, CA 92026
Thursday 7:00 PM "Primary Purpose Group" at Immanuel Lutheran Church, 1900 S Nevada St, Oceanside, CA 92054
If you would like your meeting to be added to this list, please email viewpoint@NCsandiegoAA.org.

Grapevine Carry the Message Project

Grapevine Corner

The Carry The Message Project focuses on getting Grapevine & La Viña subscriptions to alcoholics in need. It's not necessary to know the recipient. Sponsor a subscription for someone behind bars, in a treatment facility, nursing home, or that is homebound. Go to this link for more information: <http://www.aagrapevine.org/carry-the-message>

The Grapevine is seeking your story for upcoming issues!

- **Annual Holiday Issue** (stories due June 10). Staying sober during the holidays. Please share your experience! December is a great time to stay sober, help others and do service. What was your first sober holiday season like? How did you navigate the family gatherings, stress and expectations? Send us your sober holiday stories.
 - We're also looking for **Remote Communities** stories (stories due June 10). Are you in a remote community? What are your challenges? Do you have experience reaching out to remote members?
 - We're always looking for stories of experience on each **Step and Tradition!** Please share your sober stories!
- Go to this link <http://www.aagrapevine.org/> and see the section: **Share Your Experience, Strength, and Hope.**

What We Were Like - Emmet Fox and Alcoholics Anonymous

One of the very early recovering alcoholics who worked with co-founder Bill W. was a man named Al, whose mother was secretary to Emmet Fox, a popular lecturer on New Thought philosophy. When the early groups were meeting in New York, members would frequently adjourn after a meeting and go to Steinway Hall to listen to Fox's lecture. To this day there are AA groups that distribute Fox's pamphlets along with Conference-approved AA literature.

An account sets forth in "Dr. Bob and the Good Oldtimers" tells of the influence of Emmet Fox and his classic work, "Sermon on the Mount." An AA old-timer recollected: "The first thing he (Dr. Bob) did was to get Emmet Fox's 'Sermon on the Mount'....Once when I was working on a woman in Cleve land, I called and asked him what to do for someone who is going into DT's. He told me to give her the medication and he said, 'When she comes out of it and she decides she wants to be a different woman, get her Drummond's 'The Greatest Thing in the World.' Tell her to read it through every day for thirty days and she'll be a different woman.' Those were the three main books at the time; that and 'The Upper Room ' and 'The Sermon on the Mount.'"

Perhaps the fundamental contribution of Emmet Fox to Alcoholics Anonymous was the simplicity and power of "The Sermon on the Mount." This book sets forth the basic principles of the New Thought philosophy that "God is the only power, and that evil is insubstantial; that we form our own destiny by our thoughts and our beliefs; that conditions do not matter when we pray; that time and space and matter are human illusions; that there is a solution to every problem; that man is the child of God, and God is perfect good."

Central to New Thought philosophy was the perspective which saw that love and personal forgiveness were the keys to fundamental transformation: "Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It casts out fear. It is the fulfilling of the Law. It covers a multitude of sins. Love is absolutely invincible."

Fox went on to say that forgiveness was an integral part of the Pathway of Love, "which is open to everyone in all
continued on page 5

The Twelve Traditions ~ OUR KEYS TO SURVIVAL and GROWTH

IN AA, EACH ONE OF US HAS TWO PRIME OBJECTIVES. We want to survive and we want to grow. While we cannot demand happiness, we know this to be the only way that it may be achieved. In any case, growth in image and likeness of the Creator is our primary purpose and the main reason for our existence.

For AA as a whole our objectives are exactly same. AA must survive and then it must grow in maturity and finally it must carry its message of hope and joy to those who still don't yet know.

That is what AA's Twelve Traditions are about. They are first concerned with our survival as a fellowship and then with our ability to grow in maturity and in numbers. Based on vast experience, they suggest to us how this can best be done.

With every passing year, I find myself more and more confident that AA will always survive and grow, no matter what perils and temptations the future may hold.

This I believe. . .because in following the Twelve Steps, each of us will find the right way, and in following the Twelve Traditions, all of us will find the right destiny.

~Bill W. Copyright © The AA Grapevine, Inc. (November 1956).

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

"We ask that you keep your sharing time from **3 to 5 minutes.**" That means the average share time is **4 minutes.**
Leaders & Secretary's, please don't let people hold your meetings hostage with long-winded, ego-centric shares.

"It is a short time to talk, but a long time to listen."

NORTH COUNTY H & I NEWS

DO YOU KNOW what the Green Can is for? The money collected in the green cans is spent 100% on literature only. What does that mean? It means not a dime of it is spent on administrative costs such as copies or meeting room rent or printing costs. When you give to the Green Can, it means we can visit a treatment or correctional facility, share the message of experience, strength and hope in-person, then leave our basic text behind for residents to read. We only purchase and distribute conference-approved literature. And it works. We receive feedback that this literature has saved lives. If your meeting does not have a green can, you can print a green can label from our website nchandi.org, visit Central Office and ask for one for free or ask your Intergroup representative to pick one up at the next Intergroup meeting. The NC H&I committee thanks all of you for your generous contributions in both money and time as we together share the AA message to those who cannot get to a meeting.

APRIL 2019 FINANCIAL SUMMARY:

Beginning Balance: \$4,477.21 **Income:** \$1,215.67
Expenses: \$2,652.43 **Ending Balance:** \$3,040.45

GROUP AND GREEN CAN CONTRIBUTIONS APRIL 2019

Group Name	Green Can	Group
Back Country Book Study Group # 630869	18.30	
Brown Baggers		38.75
Friday Night Leftovers		77.76
Group # 725165		59.00
Here & Now Group # 124993		32.10
Keep It Simple		60.00
Monday Night Speaker Discussion	175.00	
Mothers In Sobriety Group # 179054		24.68
NC Alano 5pm Friday		17.50
NC Young Women's Literature Study		20.00
No More Hangovers		20.00
Oceanside Women's Big Book	131.00	
Rancho Santa Fe Discussion		48.70
Robbers Roost	122.00	51.88
Sunday Morning 1-2-3 Fallbrook Group # 168661		55.00
Sunday Morning Taxi Cab Meeting	94.00	
Tuesday 7pm 12x12		100.00
Upper Room Group		40.00
We Are Not Saints		30.00
Totals:	\$540.30	\$675.37

Complete financial reports can be found on our 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 to view Policy & Guidelines, Financial Reports, and more.

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circumstances, and upon which you may step at any moment - at this moment if you like - requires no formal introduction, has no conditions whatever. It calls for no expensive laboratory in which to work, because your own daily life, and your ordinary daily surroundings are your laboratory. It needs no reference library, no professional training, no external apparatus of any kind, All it does need is that you should begin steadfastly to expel from your mentality every thought of personal condemnation (you must condemn a wrong action, but not the actor), of resentment for old injuries, and of everything which is contrary to the law of Love. You must not allow yourself to hate either person, or group, or nation, or anything whatever.

"You must build-up by faithful daily exercise the true Love-consciousness, and then all the rest of spiritual development will follow upon that. Love will heal you. Love will illumine you."

One of the cornerstones of Fox's philosophy was to live but one day at a time, to be responsible for one's own thoughts and to clear up resentments, just as AA was to teach that "resentments are our number one cause of slips." For Fox, one of the most important rules for growth was to live in the present: "Live in today, and do not allow yourself to live in the past under any pretense. Living the past means thinking about the past, rehearsing past events, especially if you do this with feeling...train yourself to be a man or woman who lives one day at a time. You'll be surprised how rapidly conditions will change for the better when you approach this ideal."

Emmet Fox emphasized the idea that thoughts are real things, and that one cannot have one kind of mind and another kind of life. According to Fox, if we want to change our lives, then we must change our thoughts first. Many of his simply stated profundities have contributed to an AA philosophy that has transformed the lives of literally two million recovering alcoholics.

Igor S., Hartford, Conn.

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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

ALCOHOLICS ANONYMOUS

Topic for Discussion: Self-knowledge	BB pg
Surely this was the answer—self-knowledge. But it was not, for the frightful day came when I drank once more.	7
He had much knowledge about himself as an alcoholic. Yet all reasons for not drinking were easily pushed aside	36
we understand ourselves so well after what you have told us that such things cannot happen again.	38
But the actual or potential alcoholic ... will be absolutely unable to stop drinking on the basis of self-knowledge.	39
Self-knowledge would fix it.	40
I saw that will power and self-knowledge would not help in those strange mental blank spots.	42
I knew too much about the disease, had too much self-knowledge to ever fall prey.	330



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.



SERVICE CALENDAR

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](#)



MEETING GUIDE
North County A.A.
Meetings are listed in
the *Meeting Guide* app.

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

Web: NCSandiegoAA.org

The *Viewpoint* is a publication of the North San Diego County Intergroup of A.A. (NCIAA) 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.

Deadline is the 1st Wednesday of the month.

Submissions may be edited for space/content.

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Opinions expressed within are of contributing writers or the editor and not necessarily those of A.A. or the North San Diego County Intergroup of A.A.

References to outside entities do not imply affiliation.

Help support *Marine Corps Base Camp Pendleton* A.A. meetings:

- ★ **Monday:** Building 210568—PFC Kraus Training Facility at 3rd AA BN School on Camp Del Mar (by the boat basin) 6:30 to 7:30 PM (1830 to 1930)
- ★ **Wednesday:** Building 1339—Bowling Alley (enter Vandegrift Road, end of building, follow signs) 6:30 to 8:00 PM (1830 to 2000)
- ★ **Friday:** Building H200T—S.A.R.P. (Substance Abuse Rehabilitation Program) behind The Thrift Shop, next to Wounded Warrior, by Lake O'Neil, on the old Hospital grounds 4:00 to 5:00 PM (1600 to 1700)

2019 EVENTS CALENDAR

- @ **Third Weekenders Camping**, May 17-19 2019, San Mateo Campground at San Onofre State Beach, 830 Cristianitos Rd, San Clemente 92672.
- @ **Woodstock West**, A Journey through the twelve steps of AA, May 17-19, 2019, Four Points Sheraton Los Angeles Airport, 9750 Airport Blvd, Los Angeles, CA 90045.
- @ **Spring Into Service**, May 19, 2019, Machinists' Hall, 5150 Kearny Mesa Rd 92111.
- @ **A.A. Seniors in Sobriety 12th International Conference**, May 19-21, 2019, Silver Legacy Resort & Casino, 407 North Virginia St., Reno, Nevada 89501.
- @ **Grapevine Audio Workshop**, May 25, 10:00 am - 1:00 pm, Old Poway Park, Porter House Great Room, 14134 Midland Road, Poway 92064.
- @ **NSDYPAA Workshop**, June 1st, 6:00 pm - 8:00 pm 2019, Panorama Teen & Family Center, 131 Richmar Ave, San Marcos, CA 92069.
- @ **A.A. Desert Pow Wow 2019 with Al-Anon Participation**, June 6-9, 2019, The Renaissance Indian Wells Resort and Spa, 44400 Indian Wells Lane, Indian Wells, California, 92210.
- @ **35th Annual Sunshine of the Spirit – High Desert Convention**, June 7-9, 2019, Holiday Inn Victorville, 15494 Palmdale Road, Victorville, CA 92392.
- @ **Turning Point Home Butterfly Banquet**, Saturday, June 8th, 5:30 to 9:30 PM (Dinner at 7:00), Hahn University Center Forum located at the University of San Diego.
- @ **Sober Cruise in Italy, Spain and France**, June 13-20, 2019, 7 Nights Western Mediterranean.
- @ **San Diego Intergroup & Area Assembly Founders/Unity Day Picnic**, Saturday, June 15, 10:30 am – 3:30 pm, Harry Griffin Park – Site 2 Eucalyptus Trees – on right., 9550 Mildren St. La Mesa, CA 91942.
- @ **Literature Workshop**, June 15, 2019, 1200 East H St Chula Vista 91910.
- @ **Pacific Northwest Conference**, June 21-23, 2019, Holiday Inn Portland Airport, 8439 NE Columbia Blvd, Portland, OR 97220.
- @ **Reno Young People in A.A. "A Spiritual Experience Was Necessary"**, June 21-23, 2019, Includes waterfalls, panels, hiking, speakers, campfires, etc., Questions? Ashleigh S. 775-300-3614 or committee@renvypaa.com, Taylorsville County Park, Taylorsville, CA.
- @ **Post Conference Assembly**, June 29, 2019 at 8:00 am – 4:00 pm, Oceanside First Presbyterian Church, 2001 S. El Camino Real, Oceanside 92054, This is where the Delegate gives a full report back to the fellowship about everything that happened at the General Service Conference in NYC.
- @ **18th Annual Tehachapi Mountain Roundup**, July 19-21, 2019, Weekend of Camping and Fellowship in Recovery, Indian Hill Ranch, 18061 Arosa Road, Tehachapi, CA 9356.
- @ **4th Annual Unity and Service Conference of AA**, July 19-21, 2019, Hilton Concord, 1970 Diamond Blvd, Concord, California 94520-5718.
- @ **EURYPAA 2019**, 10th Annual European Convention of Young People in AA, August 9,10 and 11, 2019, Barcelona, Spain.
- @ **SWACYPA VI (Southwest Convention of Young People in AA)**, August 15-18, 2019, Plaza Hotel & Casino, 1 Main St., Las Vegas NV 89101.
- @ **Mountain AA Conference**, August 16-18, 2019, Big Bear Performing Arts Center, 39707 Big Bear Blvd., Big Bear Lake, CA 92315.
- @ **Mental Health Issues in A.A.**, August 17, 9:00 am - 1:00 pm, 10455 Pomerado Rd, Poway 92131.
- @ **Group & District Treasurers' Workshop**, August 24, 1:00 pm - 4:00 pm, Recovery Center, 9940 River St, Lakeside 92040.
- @ **61st International Conference of Young People in Alcoholics Anonymous (ICYPAA)**, August 22-25, 2019, Hotel: Boston Marriott Copley Place, 110 Huntington Ave, Boston, MA 02116.
- @ **28th National/International Native American Indian AA Convention**, August 22-25, 2019, We-ko-pa Resort and Casino, 10438 N Fort McDowell Road, Fountain Hills, Arizona 85264, Yavapai Nation.
- @ **23rd National AA Archives Workshop**, September 5-8, 2019, Hotel St. Regis, 3071 W. Grand Boulevard, Detroit, MI.
- @ **29th Annual AA Bridging the Gap Workshop Weekend**, September 6-8, 2019, Request a Temporary Contact, Sacramento Hilton Arden West, 220 Harvard St., Sacramento, CA 95815.
- @ **National A.A. Technology Workshop**, September 20-22, 2019, Holiday Inn University Plaza, 1021 Wilkinson Trace, Bowling Green Kentucky 42103.
- @ **45th Woman To Woman San Diego Conference**, September 27-29, 2019, The Dana on Mission Bay, 1710 W Mission Bay Drive, San Diego, California 92109.
- @ **Emotional Sobriety Workshop**, October 12, 1:00-4:00 PM, 6556 Park Ridge Blvd, San Carlos 92120.
- @ **The 58th Annual Hawaii Convention**, Oct 31 - Nov 3, 2019, Marriott Waikiki Beach Resort & Spa.
- @ **79th Anniversary of AA in San Diego Breakfast**, Nov 9, 9:00 am - 12:30 pm, Church - Linder Hall, 2111 Camino Del Rio South, San Diego, CA 92116.
- @ **32nd Annual Miracle on the River – Havasu**, Nov 1-3, 2019, London Bridge Resort, 1477 Queens Bay, Lake Havasu City, AZ 86403.
- @ **4th Annual Hispanic Women's Workshop**, Save the Date: December 7, 2019, Contacts: Carmen 714-328-9129, Cristina 760-548-1114, Hypatia 760-673-2236.

North San Diego Young People in AA

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

NSDYPAA business committee meetings are on 1st and 3rd Sunday, 5:00 PM, [560 Greenbrier Dr, Oceanside, CA 92054](#). All are welcome to attend.

Local Young People Meetings: <https://www.nsdypaa.org/local-aa.html>

Contact us: (760) 542-8268 NSDYPAA@gmail.com <http://www.nsdypaa.org>

A.A. Websites: North County Central Office NCSandiegoAA.org, Area 8 area8aa.org, Young People NSDYPAA, H&I nchandi.org, A.A. aa.org, Grapevine aagrapevine.org, Daily Reflection aa.org/pages/en_US/daily-reflection.
Subscribe to the GSO newsletter to be sent to your email, click link: 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.