

Jan  
2020



**Step 1:** "We admitted we were powerless over alcohol—that our lives had become unmanageable."

**Tradition 1** (short form): "Our common welfare should come first; personal recovery depends upon A.A. unity."

**Concept 1** (short form): "Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

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

NC Meeting Directory  
has been revised.  
Get copies at Central  
Office or click [PDF](#).

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## 41st Annual North County Intergroup Traditions Breakfast

Sunday, March 22, 2020 in the beautiful *California Center for the Arts*

Speaker: Rosanne B. from Costa Mesa

Doors open at 8:AM. Breakfast served at 9:AM. ASL interpretation available.  
Tickets \$30 available from the Central Office @ 760-758-2514. Tables of 10 \$300.

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

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

Directions, Maps & Parking info: <http://artcenter.org/about/directions-maps-parking/>

## Men's Sponsorship Workshop ~ Questions & Answers on Sponsorship

Saturday, February 22nd, 2020. Doors Open 8:00 am.  
Registration, Coffee & Donuts 8:30 am. Program 9:00 am - 11:30 am.  
St. Patrick's Catholic Church, 3821 Adams Street, Carlsbad, CA 92008  
(Tamarack exit east on I-5. Enter from Adams Street. Parish Hall on right.)  
Speakers, Table Discussions, Ask-It Basket, Sobriety Countdown.  
Free Raffle for A.A. Books. Questions: Brent K. at (760) 803-1736  
[https://ncsandiegoaa.org/event/2020-mens-sponsorship-workshop?instance\\_id=398](https://ncsandiegoaa.org/event/2020-mens-sponsorship-workshop?instance_id=398).



## San Diego Spring Round Up - 20/20 Vision

April 9-12 @ [Town and Country San Diego](#) Register Early!

Website: [SanDiegoSpringRoundup.com](http://SanDiegoSpringRoundup.com) Email: [sdsruchairman@gmail.com](mailto:sdsruchairman@gmail.com)

Meetings, Dances, YOGA, Variety Show, Questions: Brad S 858-229-9728

Volunteers Needed: [sandiegospringroundup.com/volunteer](http://sandiegospringroundup.com/volunteer)

### *An Education in the Art of Living*

Sharing Our Experience, Strength and Hope

By Rick R

For the newcomer, the first 164 pages of the Big Book contain the framework of how to overcome the disaster of a life consumed by Alcoholism. As I drank myself into the corner of life and ran out of options, I desperately searched for answers and something told me to try Alcoholics Anonymous and there I found People who had overcome most of the troubling issues of life. Each chapter has a certain subject and they try to explain specific areas of our lives where we could improve our thoughts and behaviors. It seems that if we did what they suggested in those 164 pages everything would be fine with us alcoholics; but wait! Next, they published The Twelve Steps and Twelve Traditions to give more amplifying information as to how to incorporate the steps into our daily lives. As I continued to progress in the program it caused me to seek a vastly more serious understanding of the depth of this disease and how serious my symptoms were. The first 164 pages just scratched the surface, but they gave me a challenge as to what degree of commitment I would pursue as I began to

(continued on page 5)

**If Nothing Changes,  
Nothing Changes**

### Reuniones Español

Oficina Norte County  
830 E. Vista Way, Suite  
116, Vista, CA 92084  
(760) 758-6905

[Info en Español](#)

Young People  
[click here and here!](#)

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)

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

## North County Intergroup Meeting Minutes

**Date 1.08.2020**

### **Called to Order:**

The Meeting was called to order at 7:00 P.M. There were **54 Reps** present, with **10 new reps**.

Traditions were read by Jill. A motion was made and seconded to accept the minutes. All in favor.

### **Financial Report: Tim M. (760) 802-7121 (Email: [TimM@ncsandiegoaa.org](mailto:TimM@ncsandiegoaa.org))**

Greg gave the financial report. Total sales were \$2,845 and Cost of Goods Sold was (\$2,299) yielding Gross Profit of \$545. Along with Group Contributions of \$8,372 and Misc. Income of \$4,263, the total Revenue was \$13,181. After Total Expenses of (\$9,075) . the Net profit for December was \$4,106. Net profit Year-To-date is \$2,300. It was moved and seconded to approve the report. All in favor.

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

Ken said the Central Office literature racks are stocked up with pamphlets and books. Ken thanked the volunteers and the staff for the good work at Central office. In response to a question about event flyers, Ken informed reps that flyers submitted to Central Office will be posted on the website. Reps may bring hard copies of flyers to the meeting for distribution at Intergroup as well.

### **STANDING COMMITTEES**

#### **Public Information Committee: Quintin T. (760)390-3517 (Email: [QuintinT@ncsandiegoaa.org](mailto:QuintinT@ncsandiegoaa.org))**

No Report.

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

Jim encouraged reps to take the 12Step trifold to their meetings. Additionally, there are 2 openings on the telephone committee – a 4pm to 9pm time slot on the 2<sup>nd</sup> and 3<sup>rd</sup> Saturdays of the month. Jim said there are also openings on the 12 step call list. Orientation for the telephone committee is this Saturday, January 11, at Central Office at 9:30AM. Jim reminded reps to report changes to their meeting times or locations to the Central office so that correct information is given by the telephone committee members.

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

Danny announced the Men's Sponsoring Men workshop to be held February 22 at St. Patrick Church in Carlsbad. He is still looking for published Grapevine articles written by North County residents. If you have one, please provide a copy to Danny for the Archives.

#### **Outreach Committee: Margaret T. (760) 504-5706 (Email: [MargaretT@ncsandiegoaa.org](mailto:MargaretT@ncsandiegoaa.org))**

Margaret reported that she's been travelling to several east county communities, talking up membership in Intergroup. She'll be returning to these meeting with a yet-to-be-designed card which lists the "reasons to have and Intergroup rep." These cards will also be available to current reps to take to their groups for wider distribution.

#### **H&I COMMITTEE: Michael H. (619)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 panels are currently being held in 22 treatment facilities and 2 correctional facilities. Orientation for HandI is the 3<sup>rd</sup> Saturday of the month at the Alano club at 9:00AM. End of the year financial data is as follows: Income: \$19, 244.63; Expenses: \$22,310.45; The amount spent on literature was \$18,465.47.

#### **AREA ASSEMBLY: Mike M. (949)291-6435. (Email: tbd) (Website: <http://www.area8aa.org/>)**

A new liaison to Area 8 was chosen. This is Mike M. Thanks, Mike!

### **BUSINESS COMMITTEE REPORT: Chairperson: Greg B. (760) 421-6967 (Email: [GregB@ncsandiegoaa.org](mailto:GregB@ncsandiegoaa.org))**

#### **OLD BUSINESS:**

The Business Committee continues to investigate properties for relocating the Central Office at the end of the current lease, which is April.

In conjunction with an ongoing inventory process, the BC held a dialogue with reps prior to the Intergroup meeting.

Thanks to those reps who participated. Ideas about improving services to the groups were discussed, as well as suggestions to improve outreach and communication with the professional community through a partnership with the Area CPC.

**Traditions Breakfast:** Greg encouraged members to buy their tickets for the 41<sup>st</sup> annual Traditions Breakfast, to be held March 22, 2020. Janine also encouraged members to check around their homes for new or 'gently use' items for inclusion in the Opportunity Drawing baskets. Any items can be dropped at Central Office or call 760-212-2352 for pick up.

#### **NEW BUSINESS:**

An ad hoc committee was formed to investigate the design and creation of a meeting booklet for North County.

#### **ELECTIONS:**

Kat K. was nominated and elected to a member-at-large on the Business Committee. Thanks, Kat!

### **ANNOUNCEMENTS:**

Traditions Breakfast, March 22, 2020.

Desert Pow Wow; June 11, 12, 13. Flyer on the website.

Young People having a fun event on January 25, \$7 in advance or \$10 at the door.

**Adjournment:** 8:03 pm.

**Next Intergroup Meeting Date:** February 12, 2020.

**RESPECTFULLY SUBMITTED: Lee Ann, 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](mailto:office@NCsandiegoAA.org)

Group City & Name	DEC
AA Men's Banquet San Diego (SEP Annually)	\$1,468.35
AA NSDYPA	\$102.21
Anon Group (SC)	\$638.00
Anon Group 162446	\$225.00
Anon Group 169461	\$39.00
Anon Group 713514	\$92.50
Carlsbad Step A Month Study MON Nite	\$240.00
Carlsbad THU 8PM at Catholic Church	\$165.00
Encinitas FRI 10 AM Women's 12x12 Book Study at Seaside Center	\$294.00
Encinitas SUN 630PM Women's 11TH Step	\$129.00
Encinitas SUN 8 PM Men's Meeting at Olivenhain Meeting Hall	\$857.50
Encinitas TUE 7PM North Coastal Men's	\$55.16
Encinitas WED 1015AM Women At Seaside Center	\$150.00
Escondido MON Men's N.I.A.O.B.	\$243.78
Escondido MON Noon Lunch Bunch	\$250.00
Escondido SAT Night We Not Me Group	\$355.00
Escondido Saturday 7PM Trudgers'	\$369.21
Escondido THU 6PM Mix at Six	\$100.00
Escondido TUE Mountain View Group	\$135.00
Julian TUE 6PM Sisters in Recovery	\$20.00
Oceanside FRI Noon Brown Baggers (NCAC)	\$100.00
Oceanside MON 8PM 12x12 at King of Kings Church	\$100.00
Oceanside SAT 10AM Women's Big Book Study	\$209.00
Oceanside SUN 10AM at Buccaneer Park	\$270.00
Oceanside THU Night Girls With Gratitude	\$77.00
Poway FRI 630PM "Friday Night Live"	\$60.00
Poway FRI Noon Acceptance at St. Bart's	\$205.00
Poway SAT 930AM Women's "Twisted Sisters"	\$102.00
Poway SUN Freedom of Choice	\$92.00
Rancho Bernardo FRI 7AM at San Rafael Catholic Church	\$100.00
Rancho Bernardo FRI 8PM at Hope United Methodist Church	\$312.00
Rancho Bernardo FRI 945AM A Woman's Way Thru the Steps at St Bart's	\$100.00
Rancho Santa Fe MON Disc Group #133908	\$172.00
San Marcos MON Night Rose Ranch Men's	\$78.00
San Marcos WED Men's Blind Leading The Blind ~ Step Study	\$65.00
San Marcos WED Noon Stick Meeting	\$60.00
Vista Daily Came To Believe at Emmanuel Bible Church	\$89.50
Vista Intergroup Meeting Monthly WED #2	\$67.00
Vista THU Free Thinking Women	\$35.00
Vista TUE 6PM Women's 12x12	\$50.00
Vista TUE Old School Book Study	\$100.00
Total	\$8,372.21

### MONTHLY FINANCIAL REPORT HIGHLIGHTS PROFIT & LOSS STATEMENT

	DEC 2019	FISCAL YTD
Total Sales	2,845	21,714
Total Cost of Goods Sold	(2,299)	(17,554)
Gross Profit for Sales	545	4,160
Group Contributions	8,372	49,522
Misc Revenue	4,263	5,152
Total Revenue	13,181	58,834
Total Expense	(9,075)	(56,534)
Net Profit or (Loss)	4,106	2,300



#### Using ASL to Carry the Message

Just the other day, a married couple came into our Central Office in Vista. He was unable to speak and she was deaf. They were able to communicate with the office staff member by the husband listening, signing to his wife in ASL, and her speaking. They bought tickets to the Traditions Breakfast and will be sitting at the American Sign Language interpreted table. This was a heart-warming experience showing the importance of us working together and helping each other. A.A.s can carry the message in many ways. If you know of anyone that might benefit, please pass on the ASL information below.

#### This Precious Gift

Rick R.

They say four billion years ago life showed its face on earth.  
 And as it happened, man became, the product of that birth  
 Then grapes appeared upon the vine, eight thousand years just past.  
 Their juice, when crushed, seemed harmless, when enjoyed with repast.  
 But like most things that seem so fine, and too good to be true,  
 A darker side revealed the lure that many came to rue.  
 When smitten by this patient foe the bearers have no shield,  
 And when the choice is yea or nay, the stricken always yield.  
 So shameful was this malady, a moral thing they said.  
 Their families kept their secret safe, long after they were dead.  
 Centuries have come and gone, since first it got its grip,  
 And one in ten would pay the price, when venturing one sip.  
 Then God saw fit to intervene and offer up a choice,  
 And Bill and Bob were listening and heard his loving voice.  
 How fortunate we are today, to be among the first,  
 to have been chosen, at this time, to quell that deadly thirst.  
 The wisdom of eight thousand years is laid there at our feet.  
 I'm blessed to have it waiting, when I stumbled in defeat.  
 When pondering the suffering crossed, that vast expanse of time,  
 I would not waste one moment of, His precious gift sublime.

#### American Sign Language translations of Big Book and 12&12

[Alcoholics Anonymous in a new ASL translation](#) - Alcoholics who are hard-of-hearing can now access A.A.'s program of recovery in a new American Sign Language translation of *Alcoholics Anonymous*.  
[Twelve Steps and Twelve Traditions in a new ASL translation](#) - *Twelve Steps and Twelve Traditions* is now available in a new American Sign Language translation. Both with English audio track and subtitles.

#### ANCIENT WISDOM

God will constantly disclose more to you and to us.

"Do not say a little in many words but a great deal in few."

Pythagoras, Greek philosopher. 570-495 BC

**Profanity, even when mild, rarely contributes as much as it detracts. It should be avoided.**

Bill W. quoted in *History of Preparation and Publication of the Big Book* (an AAWS report)

#### Sobriety Haiku

when life cuts to bone  
 you're not alone, use the phone  
 it's not that heavy



### ***A.A. Meetings that Need Your Support***

(It's a new year so we're wiping the slate clean.)

If you would like your meeting to be added to this list, please email [viewpoint@NCsandiegoAA.org](mailto:viewpoint@NCsandiegoAA.org).

#### ***Prayer of St. Francis***

This article of Bill's was first printed in the Grapevine in the January 1958 issue.

I THINK that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA--the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God. Those adolescent urges that so many of us have for top approval, perfect security and perfect romance--urges quite appropriate to age seventeen--prove to be an impossible way of life when we are at age forty-seven or fifty-seven. Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round. How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living--well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs. Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious--from which so many of our fears, compulsions and phony aspirations still stream--be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task. I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones--folks like you and me--commencing to get results. Last autumn [several years back--ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer. . . "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work? Suddenly I realized what the matter was. My basic flaw had always been dependence--almost absolute dependence--on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression. There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away. Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever. Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relationship of life. Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependency meant demand--a demand for the possession and control of the people and the conditions surrounding me. While those words "absolute dependency" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me. This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is. Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product--the extra dividend of giving without any demand for a return. The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand. In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive. Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety. Of course, I haven't offered you a really new idea--only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine. Prayer of St. Francis Lord, make me an instrument of Your peace. Where there is hatred, let me know love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, let me bring light; And where there is sadness, joy. O Divine Master, grant that I may not so much Seek to be consoled, as to console; To be understood, as to understand; To be loved, as to love. For it is in giving that we receive; In pardoning, that we are pardoned; and It is in dying, that we are born to eternal life.

**“...it is pointless to become angry...” 12&12 pg 92**

**NORTH COUNTY H & I NEWS**

**THE BEGINNING OF EACH YEAR** is a time of renewal. Some of us target January to end our seemingly hopeless state of mind and body by admitting we are powerless over alcohol. It's a new beginning. We start a journey never before traveled with risky and scary implications. The idea we must smash our ego, make amends to those we have wronged and be accountable for our own actions is alarming. In this renewal period, helping others is unfathomable, as we are just trying to clear the fog, get right. But service work serves more than one master by healing those just coming in as well as those of us with continuous sobriety. It gets us out of our ego, it provides a path back into humanity by serving a purpose and it begins the healing process for harms done. Whether you are new or been here for a while, we invite you to join us as we share the message of AA to those who cannot get out. It's a journey well worth taking.

**FACILITY PROFILE** California Highlands Vistas is one of the most northern facilities we serve, located in the beautiful Fallbrook area. Specializing in substance abuse and mental health issues, residential treatment residents typically stay 30 to 60 days. The facility also provides medical detoxification services for alcohol and drugs. Our panel shares the AA message of hope on the 2<sup>nd</sup> and 3<sup>rd</sup> Thursday of each month. We currently have openings for panel members for each of these panels. If you are interested in joining this panel or any of our other 22 treatment and 2 correctional ones, visit [nchandi.org](http://nchandi.org) for more information.

**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.).

**DECEMBER 2019 FINANCIAL SUMMARY**

Beginning Balance: \$2,813.09 Income: \$2,266.15

Expenses: \$90.00 Ending Balance: \$4,989.24

**GROUP AND GREEN CAN CONTRIBUTIONS DECEMBER 2019**

Group Name	Green Can	Group
Big Book Study Monday Night Group # 172755		30.00
Encinitas Friday Women's 12 x 12	120.00	
Escondido No Ifs and Buts Group # 100785		37.64
Free Thinking Women Group # 677005		35.00
Freedom of Choice Big Book Mtg. Group # 157949		18.40
Friday Night Live Group # 724548-08-21		60.00
Friday Noon Acceptance Poway Group # 101852	73.00	
Grass Roots		25.00
Individual Contribution	20.55	163.00
Living in the Solutions Group # 161663		20.00
Men's Filling Station	85.00	
Monday Lunch Brunch Group # 708817		25.00
Mountain View Group		27.00
NCAC Big Book Study		23.40
New Beginning Group # 162446		100.00
Olivenhain Men's Stag Group # 0164542		171.50
Rancho Santa Fe Discussion Group # 133908		34.40
Robbers Roost	75.00	
Rose Ranch Monday Night San Marcos 172523		16.00
San Marcos Friday Night Speaker		93.22
Sunday Morning Men's Group # 145339	500.00	
TGIF Group # 136313	311.74	
The Blind Leading the Blind Group # 652308		14.00
We Not Me Group # 712724		59.00
Women's 11th Step Group # 688187		78.30
Women on Wednesdays Group # 134152		50.00
<b>Totals:</b>	<b>\$1,185.29</b>	<b>\$1,080.86</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](http://NCHandi.org) to view Policy & Guidelines, Financial Reports, and more.

**Our A.A. 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 Volunteers to carry the message.**

If you have any questions or are interested in volunteering, please call Phone Chairperson Jim R. at 619-890-2299 or email him at [JimR@ncsandiegoaa.org](mailto:JimR@ncsandiegoaa.org).

*(continued from page 1)*

uncover defect after defect in a Thousand Facets of my sick mentality. Fear, insecurity, and my EGO dogged my every step and as I become strong enough to overcome my Ego driven approach to these issues my Conscience started getting a foothold and It motivated me to dig deeper yet and pursue a life based on unselfish Principles and to abandon the faulty thinking of the past. As I continued to grow, I had to come to terms with the understanding of a Power greater than myself and I was encouraged to read a book by Emmet Fox entitled "The Sermon on the Mount" considered to be the inspiration that the founders of the A. A. program incorporated into the Spiritual Solution to the doubters like me, and it removed all those doubts. Next, I had to learn how to become a good Husband, Father, Friend, Coworker, and so on. As we share our experiences with each other we are in the state of learning how to solve those Thousand Facets of our sick mentality. My wife came home from an Al Anon meeting, in my early years of sobriety, all excited about the topic of "Examining our Motives. That one little statement changed my entire way of thinking about my behavioral problems. Selfishness---Self-centeredness! That, we think, is the root of our troubles. (BB pg.62) If selfishness is the root, (motive) then unselfishness is the obvious solution. That simple understanding set, in place, a habit of living by unselfish motives and as a result, I am not ashamed of anything I do today, I have a clear conscience, and it is so much easier than I thought it would be. It doesn't say generous, it just says unselfish. DUH! The world is full of supporting information concerning all the facets of the different mental troubles the alcoholic is faced with when seeking answers. When we use the word, Love, I thought it was a feeling, but I found a version of Love in a book by Scot Peck's, The Road less Traveled that defines Love as: Caring for and Nurturing another Person's Soul. It is an action word and I can Love everyone even if they don't love me back by sincerely wanting the best for them and offering my help. Using these examples is my way of encouraging everyone who finds it difficult to experience the quiet satisfaction that they expect to receive from the program, to find the answers by looking deeper into the subject and seek out the answers that help you to set, in place those unselfish Principles and Habits which lead to, as an old friend refers to as, Peace of Mind and a Quiet Heart.

[A.A. has a channel on](#)



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

***The willingness to grow is the essence of all spiritual development.***

As Bill Sees It, p. 171

Newcomer, When you call me, it gives me the opportunity to carry the message. That helps me stay sober. So call anytime! ~Oldtimer



### 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](http://604.E.Vista.Way.Vista.CA.92084)  
**Intergroup Meeting:** 2nd Wed of month  
7:00 PM, Masonic Temple,  
[761 Eucalyptus, Vista CA 92084](http://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](http://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)

**Office Closed:** New Year's Day, Memorial Day, Independence Day, Labor Day, Veteran's Day, Thanksgiving Day, Christmas Day

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

Click this link for more information:

<https://ncsandiegoaa.org/viewpoint/viewpoint-info>

Deadline is the 2nd Wednesday of the month.

Questions? Email [viewpoint@ncsandiegoaa.org](mailto:viewpoint@ncsandiegoaa.org)

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

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

**MONDAY 6:30 PM** (1830), Bldg. 210568, PFC Krause Training Facility at 3<sup>rd</sup> AABN School on Camp Del Mar area (by the Boat Basin) Discussion, ADA.

**WEDNESDAY 6:30 PM** (1830), Bldg. 1345 S.A.C.C. (Prevention Bldg.) up the hill on 11<sup>th</sup> & A St., ADA.

**FRIDAY 4:00 PM** (1600), Bldg. H200T, S.A.R.P., "Dry Dock #20", Discussion, Behind Thrift Shop, Wounded Warrior BatIn West, by Lake O'Neil, ADA.

#### EVENTS CALENDAR Underlined text is a Link!

**Ø North County Hospitals and Institutions Committee – Orientation/Business Meeting**, January 18, 2020, (3rd Saturday of every month) 9:00 a.m. - 9:45 a.m. Orientation; 9:45 a.m. - 11:00 a.m. Business Meeting, North County Alano Club,, 4198 Mission Avenue, Oceanside, CA 92057, Contact: Michael H. 619-481-1714, [northcountyhandi@gmail.com](mailto:northcountyhandi@gmail.com), [www.nchandi.org](http://www.nchandi.org), <https://www.nchandi.org/meetings>.

**Ø San Diego H and I Orientation/Business Meeting**, January 19, 11:30 am Policy Council, 12:00 Orientation 12:45 Business Meeting, 3<sup>rd</sup> Sunday of every month, Machinist Hall 5150 Kearney Mesa Rd. San Diego 92111, Blaine H. [handi@area8aa.org](mailto:handi@area8aa.org) [www.sdhandi.org](http://www.sdhandi.org), [http://www.area8aa.org/event/san-diego-h-and-i-orientation?instance\\_id=11413](http://www.area8aa.org/event/san-diego-h-and-i-orientation?instance_id=11413).

**Ø Third Weekenders Camping**, January 17-19, 2020, Stagecoach Trails R.V., 7878 Great Southern Overland Stage Route of 1849, Julian, 92036, Bill H: [holmes.family.8925@gmail.com](mailto:holmes.family.8925@gmail.com) for more info, <http://www.aasandiego.org/>.

**Ø Imperial Valley AA Roundup Vision for the Future**, January 24 - 26, 2020, Lions Recreation Center 225 "A" St, Brawley 92227, <http://www.aasandiego.org/>, <https://ivroundup.wordpress.com/>.

**Ø Men Sponsoring Men's Workshop**, February 22, 2020 - 8:30 - 11:30 AM, St. Patrick's Church, 3821 Adams St, Carlsbad 92008, Brent K. 760-803-1736 - Doors open at 8:00 AM, [https://ncsandiegoaa.org/event/2020-mens-sponsorship-workshop?instance\\_id=398](https://ncsandiegoaa.org/event/2020-mens-sponsorship-workshop?instance_id=398).

**Ø 55<sup>th</sup> Annual International Women's Conference**, February 20-23, 2020, JW Marriott Hotel, 10 S West St., Indianapolis, IN 46204, <https://internationalwomensconference.org/>.

**Ø Pacific Region of Alcoholics Anonymous Service Assembly (PRAASA)**, March 6-8, 2020, Westin La Paloma Resort 3800 E. Sunrise Drive Tucson, AZ 85718, <https://www.praasa.org/>, <https://area03.org/PRAASA-Reports>.

**Ø 41st Annual North County Intergroup Traditions Breakfast**, March 22, 2020 – 8 AM, California Center for the Arts 340 N. Escondido Blvd. Escondido 92055, [https://ncsandiegoaa.org/event/2020tradbreakfast?instance\\_id=389](https://ncsandiegoaa.org/event/2020tradbreakfast?instance_id=389).

**Ø Area 08 Pre-Conference Assembly**, March 28, 2020 – 9:00 AM – 4:00 PM, GSR Orientation 8:00 AM, Location to be determined, Contact: Blaine H. 858-587-6622 [areachair@area8aa.org](mailto:areachair@area8aa.org), Jo Ann Z. 619-403-3796 [altchair@area8aa.org](mailto:altchair@area8aa.org), [http://www.area8aa.org/event/pre-conference-assembly?instance\\_id=11903](http://www.area8aa.org/event/pre-conference-assembly?instance_id=11903).

**Ø San Diego Spring Round-up 20/20 Vision**, April 9 – 12, 2020, Town & Country Resort Hotel, 500 Hotel Circle North San Diego 92108, <https://www.sandiegospringroundup.com/>.

**Ø General Service Conference**, April 19 - 25, 2020 , Rye Brook, New York, [delegate@area8aa.org](mailto:delegate@area8aa.org).

**Ø Area 08 Post-Conference Assembly**, May 16, 2020 – 9:00 AM – 4:00 PM, GSR Orientation 8:00 AM, Location to be determined, Contact: Blaine H. 858-587-6622 [areachair@area8aa.org](mailto:areachair@area8aa.org), Jo Ann Z. 619-403-3796 [altchair@area8aa.org](mailto:altchair@area8aa.org), [http://www.area8aa.org/event/post-conference-assembly?instance\\_id=11904](http://www.area8aa.org/event/post-conference-assembly?instance_id=11904).

**Ø 2020 International Convention of Alcoholics Anonymous**, July 2-5, 2020 Detroit, Michigan, [https://ncsandiegoaa.org/event/2020-international-convention-alcoholics-anonymous-july-2-5-2020-detroit-michigan?instance\\_id=381](https://ncsandiegoaa.org/event/2020-international-convention-alcoholics-anonymous-july-2-5-2020-detroit-michigan?instance_id=381).

More is happening at [www.aasandiego.org](http://www.aasandiego.org) Calendar of Events

Much thanks goes to Lee T. for supplying the Events Calendar each month.  
Thanks Lee!

**A.A. Websites:** North County Central Office [NCsandiegoAA.org](http://NCsandiegoAA.org), Area 8 [area8aa.org](http://area8aa.org), Young People [NSDYPAA](http://NSDYPAA), H&I [nchandi.org](http://nchandi.org), A.A. [aa.org](http://aa.org), Grapevine [aagrapevine.org](http://aagrapevine.org), Daily Reflection [aa.org/pages/en\\_US/daily-reflection](http://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](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.***