

April
2020



Step 4: "Made a searching and fearless moral inventory of ourselves."

Tradition 4 (short form): "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Concept 4 (short form): "At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge."

Download the *Viewpoint* at NCSandiegoAA.org

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Central Office has moved to 1020 S Santa Fe Ave Suite B, Vista CA 92084

Central Office remains closed to the public during the stay at home order.



We hope to be open by Memorial Day... and look forward to seeing you there when things get back to normal.

Submitting Zoom Meetings to Central Office

Please do not send emails to request meeting changes or to submit new meetings. To add or update Zoom information on an existing meeting, go to ncsandiegoaa.org, click MEETINGS, click on your meeting's name, and "Request a change to this listing." Paste your *Zoom Meeting ID, Password, and Link* into the Message box, and submit the info. To submit new meetings, click on the NEW MEETING FORM located on the MEETINGS menu. **For more information, visit our webpages [All About Zoom](#) and [COVID-19](#).**

aa.org Options for Online Meetings https://www.aa.org/pages/en_US/options-for-meeting-online
Online Intergroup of Alcoholics Anonymous <https://beta.aa-intergroup.org/>

Find online AA meetings and resources to aid in your recovery
The Online Intergroup is a service entity established pursuant to Tradition Nine of Alcoholics Anonymous (AA) to operate on behalf of the participating online AA groups in accordance with AA's Twelve Traditions and Twelve Concepts. **This directory lists hundreds of meetings in many languages happening 24/7 from groups around the world.**

[Find the next available meeting](#)

International AA Meetings all Around the World

<https://aaventuracounty.org/international-zoom-meetings-in-english>

Let the Rock Tumbler do its Job

One Pebble at a Time

By Rick R.

I started drinking at the age of 14 and never once was I considered being a normal drinker. I drank for oblivion every day from the start. At first, I was what they referred to as a "lamp shade drunk". As time went by and *my tolerance level improved*, I got better at it. There were times that I could drink from 6am till I closed the bar at 2am the next night and you couldn't tell I was drinking unless you smelled the alcohol on my breath. At that time, I thought I had reached the pinnacle, and everything was right with the world, then things started going wrong. I couldn't remember what happened past midnight, then 10 pm. Then people started telling me what I did last night in a blackout and it wasn't very flattering. *(continued on page 4)*

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.

★ Stay safe and ★
★ keep in touch. ★

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!](#)

North County Intergroup Meeting Minutes

Date 4/08/2020

Called to Order:

The Meeting was called to order at 7:00 P.M. There were **45 Reps** in attendance, with **2 new reps.**

Traditions were read by Deb. Due to the unusual events since the last meeting, we dispensed with the reading of March minutes. Greg reminded members they are available at the website in the Viewpoint.

Financial Report: Tim M. (760) 802-7121 (Email: TimM@ncsandiegoaa.org)

Total sales were \$1,976 and Cost of Goods Sold was (\$1,552) yielding Gross Profit of \$424 Along with Group Contributions of \$3,383 and Misc. Income of (\$10,847), the total Revenue was (\$7,041). After Total Expenses of (\$9,226), the Net loss for March was (\$16,267). Net profit Year-To-date is \$3,279. Tim explained the monthly loss was due to the refunding of the Traditions Breakfast ticket money and also lower than normal group contributions. It was moved and seconded to approve the report. All in favor.

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

Ken welcomed all in attendance to the first Zoom Intergroup meeting. He also thanked Liz and Valerie for their service this past month with all the events surrounding the corona virus. Ken reported setting up the website for listing of zoom meetings has gone well thanks for the Dave and Bob and Mike. Ken also said that the move to the new location is now almost complete.

STANDING COMMITTEES

Public Information Committee: Quintin T. (760)390-3517 (Email: QuintinT@ncsandiegoaa.org)

No report

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

Jim also thanked Ken and the web master for their help during this transition time. In April there is only one opening for the phone committee, which is the 4th Thursday of the month from 5 -10 pm. The Handout is available online. Jim also encouraged the reps to call Central office to get their meeting information populated into the website.

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

No report.

Outreach Committee: Margaret T. (760) 504-5706 (Email: MargaretT@ncsandiegoaa.org)

Margaret reported that she is interested in helping setting up Zoom meetings for those outlying areas that do not have reps. She is working on that.

H&I COMMITTEE: Michael H. (619)481-1714 (Email: H&Ichair@ncsandiegoaa.org) (H&I Website: www.nchandi.org)

Michael reported that the facilities which Handl panels have been shuttered. They are considering opening Zoom meetings for those facilities. Beginning balance: \$5,434.69. Income: \$774.28.

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

The Area Assembly meeting was held on Zoom on Saturday. It was an incredible effort to hold the all day meeting on Zoom for the Area reps.

BUSINESS COMMITTEE REPORT: Chairperson: Greg B. (760) 421-6967 (Email: GregB@ncsandiegoaa.org)

OLD BUSINESS:

The 2019 Traditions Breakfast was canceled due to the corona virus. The venue has kept our deposit for next year's breakfast to be held March 21, 2021. All ticket monies have been refunded, save for 4 persons that Ken is trying to reach. If you have not received your refund, let Ken know at Central Office.

The new meeting guide booklet is ready for print. Given the change of meeting times and locations that will inevitably occur once we all get back to brick-and-mortar locations, the booklet will not be printed at this time. Thanks to Ken and the adhoc committee for their efforts to create a new North County meeting guide booklet.

NEW BUSINESS:

Central Office has moved to 1020 S. Santa Fe, Suite B, Vista, CA. 92084. The Business Committee allocated an amount not to exceed \$3000 for Ken to purchase furniture for the new location.

During the Covid19 shutdown as ordered by the Governor Newson, the office will remain closed. The Business Committee, however, voted to continue paying for our staff as they are manning the phones, monitoring and upgrading the website, and readying the new location for business.

Greg thanked Ken and Dave, and Bob and Mike for their efforts in helping meetings get their Zoom notices on the website.

A question was asked about the financials. Central office will undoubtedly be dipping into the prudent reserve while contributions are down. Individual members can send contributions to Central office, and be sure to write the name of the group to which the individual belongs to give that group credit for the contribution. In response to a question about financial solvency, Greg remarked that due to the generosity of the fellowship and the good stewardship of the Business Committee through the years, the Central office is in good shape financially. Sutton informed the groups that she had listened to an AA trustee who commented that AA in New York is also in good shape at this time.

ELECTIONS: none

ANNOUNCEMENTS: none

Adjournment: 7:55pm.

Next Intergroup Meeting Date: May 13, 2020

RESPECTFULLY SUBMITTED: Lee Ann, Recording Secretary/va

The monthly financial report includes group contributions for last month and Fiscal Year-to-Date (YTD) 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

Group City & Name	MAR
Anon Group	\$76.82
Anon Group 1176451	\$172.00
Cardiff Ki's Weekender	\$25.91
Encinitas SAT 8 AM Women over 40 at Olivenhain Meeting Hall	\$172.65
Encinitas Second Street	\$25.91
Encinitas SUN 730PM Men's Meeting at Olivenhain Meeting Hall	\$25.00
Encinitas SUN 830 AM at Cottonwood Creek Park	\$25.91
Encinitas WED 1015AM Women At Seaside Center	\$154.10
Escondido Men's Misfits Book Study WED 7PM	\$126.38
Escondido FRI 7PM Lounge Lizard's (Smokeless)	\$162.11
Fallbrook - MON 630PM Women's Safe Haven	\$40.00
Fallbrook FRI 12 PM Happy Hour at Community Baptist	\$120.00
Fallbrook M-F 7AM Discussion Hilltop	\$25.00
Fallbrook THU 7AM Discussion Hilltop	\$10.00
Leucadia Six Step House Daily Meetings	\$25.91
Oceanside SAT 7AM No More Hangovers	\$86.50
Oceanside SUN 7AM at NCAC	\$85.00
Oceanside WED Noon Brown Baggers (NCAC)	\$75.00
Poway FRI Noon Acceptance at St. Bart's	\$200.00
Ramona FRI 5PM Spirit of Joy	\$50.00
Rancho Bernardo - Appreciation Group	\$250.00
Rancho Bernardo MON Night Women's Big Book Step Study	\$10.52
Rancho Bernardo TGIF	\$235.98
San Marcos Taco Tuesday Women's Book Study	\$103.50
San Marcos THU 5PM As Bill Sees It	\$116.00
San Marcos WED Noon Stick Meeting	\$60.00
Solana Beach 3rd Tradition Group 162613 at the Belly Up	\$229.55
Vista Intergroup Meeting Monthly WED #2	\$72.75
Vista THU Night Robber's Roost	\$600.00
Warner Springs WED 6PM	\$20.00
	\$3,382.50

**Monthly & YTD Financial Report Highlights
(Fiscal Year is July to June)**

Summary	Mar 2020	Year To Date Actuals
Total Sales	1,976	32,339
Total Cost of Goods Sold	(1,552)	(25,917)
Gross Profit for Sales	424	6,421
Group Contributions	3,383	78,323
Misc Revenue	(10,847)	4,804
Total Revenue	(7,041)	89,547
Total Expense	(9,226)	(86,268)
Net Profit or (Loss)	(16,267)	3,279

<https://ncsandiegoaa.org/contribute-to-central-office>

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

**Tradition Four: Group Autonomy
Let Them Sing**

By Rick R.

It's hard to fathom how well Alcoholics Anonymous has fared throughout its years of existence which began in 1935. Navigating the waters in those early days was a lot more treacherous than the average member of today's AA population would be aware of, since efforts of the founders have been proven to have weathered each and every storm that appeared on the horizon. The AA members of that time did however, have the experience of understanding the mistakes of their predecessors, The Oxford Group, which had some success where it had recorded over one hundred thousand sober members before it ventured outside certain boundaries and got off the track when religion seemed to become more of an agenda than sobriety. Then there was the similar experience when it came to the Washingtonians that also let outside influences like politics and outside money issues take over the agenda. These mistakes did not go unnoticed by the early members of the AA program and may have been the things that set the tone for being very careful about sticking to our singleness of purpose requirement, and structuring the tradition in a way that gives the individual groups as much leeway as possible as not to discourage diversity yet staying on course when it comes to rules that would omit any alcoholic that wants to get sober. Autonomy is simply a form of independence that gives each group the latitude to be creative in their own way, when it wants to appeal to certain factions of the alcoholic community at large so long as it doesn't cross over into making those painful mistakes that could lead us down that path that led to the dismantling of those groups that came before AA. Today, in AA we have meetings that cater to specific segments of the AA population, such as: Men's Meetings, Women's Meetings, Closed Meetings, (alcoholics only), Open Meetings, Gay and Lesbian Meetings, Step Study, Big Book, Spanish Speaking, and on and on. The common theme for all of these meetings is to carry the message to the alcoholic who still suffers. Anyone who has a desire to quit drinking cannot be turned away if; indeed, that meeting wants to continue to be called an AA meeting. I was serving in the U.S. Navy at the time when I got sober in late 1969 and shortly after my one year sober celebration, I was on a plane heading to the Philippines to go aboard a fuel tanker and I spent the next four months hauling fuel out to the Tonkin Gulf and refueling the convoys of ships out there during the Vietnam War. During that four months period I was unable to go to a single AA meeting. What did happen during that time when I was cut off from the daily news concerning the AA program, without my knowledge was the sad news that Bill W. had passed away. This happened shortly after I left the country and by the time I returned home it was no longer the topic of conversation and I heard nothing about it. Shortly after I returned home my wife and I attended an AA convention in California and to my surprise, the main event at that convention was the Bill W. Memorial Meeting, and I had no idea when he had passed away, it could have been ten years earlier for all I knew. On the stage at that meeting there were ten chairs lined up and seated in those chairs were ten of the most prominent speakers of that time, and each of them were to tell a five minute story of their own personal experience with Bill. The one story that I still remember from that meeting goes something like this. On a request from some of his AA friends on the west coast, Bill was on a train going to California to speak at several well planned out meetings.

(continued on page 5)

this too shall pass



I Stand by the Door (excerpt)

By Sam Shoemaker (a friend of A.A. from the Oxford Group)

I stand by the door.

I neither go too far in, nor stay too far out.

The door is the most important door in the world -
It is the door through which men walk when they find God.

There is no use my going way inside and staying there,
When so many are still outside and they, as much as I,
Crave to know where the door is.

And all that so many ever find

Is only the wall where the door ought to be.

They creep along the wall like blind men,

With outstretched, groping hands,

Feeling for a door, knowing there must be a door,

Yet they never find it.

So I stand by the door.

The most tremendous thing in the world

Is for men to find that door - the door to God.

The most important thing that any man can do

Is to take hold of one of those blind, groping hands

And put it on the latch - the latch that only clicks

And opens to the man's own touch.

Go in great saints; go all the way in -

Go way down into the cavernous cellars,

And way up into the spacious attics.

It is a vast, roomy house, this house where God is.

Go into the deepest of hidden casements,

Of withdrawal, of silence, of sainthood.

Some must inhabit those inner rooms

And know the depths and heights of God,

And call outside to the rest of us how wonderful it is.

Sometimes I take a deeper look in.

Sometimes venture in a little farther,

But my place seems closer to the opening.

So I stand by the door.

I admire the people who go way in.

But I wish they would not forget how it was

Before they got in. Then they would be able to help

The people who have not yet even found the door.

Or the people who want to run away again from God.

You can go in too deeply and stay in too long

And forget the people outside the door.

As for me, I shall take my old accustomed place,

Near enough to God to hear Him and know He is there,

But not so far from men as not to hear them,

And remember they are there too.

Where? Outside the door -

Thousands of them. Millions of them.

But - more important for me -

One of them, two of them, ten of them.

Whose hands I am intended to put on the latch.

So I shall stand by the door and wait

For those who seek it.

I had rather be a doorkeeper

So I stand by the door.

(continued from page 1) My wife took my son and left me. I drank for 2 more years before I reached bottom. On Oct. 15, 1969 I entered A.A. and have been sober and have never wanted a drink since. I was very fortunate in my early days of sobriety to be counseled by several men in that group that understood how to get *a better perspective* for living through taking the 12 steps. They explained that *each step has a specific objective* and that they were put in order for a purpose, and that I should do the steps in the *spirit that they were intended* to be taken and that *I should not modify them to suit my own selfish interests*. I also learned that they were not a *punishment or a penance*, but they were the *answer to all the things that plagued me* and that if I want to find peace, *I should not look for loopholes*. I took their guiding principles with me and, being in the U.S. Navy at the time, duty called, and I had to leave the safety of that wonderful group. In order to carry on with the things that they had taught me, I came to the conclusion that if I were planning to attend X number of meetings per week, then one of them should be an A.A. *step study meeting*, and I have been attending one, weekly, ever since. That amounts to reviewing the 12 steps 4 times per year for over 50 years. One might think that it would get boring after a while but every time we review each step it seems that we are at *a different level of understanding* and we see something that "we never noticed before" and we can measure the progress we have made. We hear that at every meeting. It's like the rocks in a *rock tumbler*. They go in rough and craggy, and as they go through cycle after cycle, the rough edges erode very gradually, and with time they get closer and closer to the shape that we had envisioned. I believe that, if a person goes through this process in the *spirit that it was intended*, the steps will unfold and guide a person to a life of *peace and happiness*. At least that's what I have found. It amounts to "*the maintenance of my spiritual condition*". That sack of rocks (which turns out to be a few big rocks, quite a few stones and a million pebbles) gets lighter and lighter, and one pebble at a time I rid myself of those things that bother me. With that in mind, I ask myself, *why wouldn't I do it*, after all, I only live once. *Am I willing to live my life unhappy?* I don't want to look back on my life and regret having wasted this precious gift. I must summon the courage to *take the risk and not let fear stop me from letting the ROCK TUMBLER do its work*. *One Step Study meeting a week. It's as simple as that.*

ANCIENT WISDOM

God will constantly disclose more to you and to us.

Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult - once we truly understand and accept it - then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters.

~M. Scott Peck

NORTH COUNTY H & I NEWS

AS EVERYONE ELSE, your North County H&I committee is hunkered down to ride out the spread of COVID-19. We successfully conducted our business meeting in March using Zoom and will share on our website NCHandl.org how any AA-er can attend our April meeting. We are investigating whether Zoom orientation sessions will be an option and if any facilities would be open to remote H&I panels using this technology. The health and safety of our panelists and to those we serve is our top priority. As such, our on-site H&I visits have been suspended until such time our health and government leaders say it is safe to gather in groups. Just as everyone else, we look forward to when we can once again share our experience, strength and hope with another alcoholic in person. Until then, we continue to monitor developments and wish everyone good health and happy Zooming.

WHERE YOUR 7th TRADITION MONEY GOES: Each North County AA Group can get involved with NC H&I by contributing a portion of their 7th 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.).

MARCH 2020 FINANCIAL SUMMARY

Beginning Balance: \$5,434.69 Income: \$774.28
Expenses: \$50.00 Ending Balance: \$6,158.97

GROUP AND GREEN CAN CONTRIBUTIONS MARCH 2020

Group Name	Green Can	Group
Friday Noon Acceptance Poway Group # 101852	88.73	
Attitude Adjustment, Oceanside Group # 0647509		22.50
Back Country Book Study Group # 630869		20.00
Misfits Men's Group # 672294		78.90
No More Hangovers		17.30
Robbers Roost		50.00
Seven AM 11th Step NCAC Group # 692965		21.00
TGIF Group # 136313		230.98
Warner Springs AA Group # 633217		20.00
Women's Misfits Sunday San Marcos	162.87	12.00
Women on Wednesdays Group # 134152		50.00
Totals:	\$251.60	\$522.68

Complete financial reports can be found on our website.*

THANK YOU FOR YOUR CONTRIBUTIONS!

GETTING INVOLVED: **NEW** All panels are suspended until further notice due to COVID-19. Stay tuned for announcements of possible remote opportunities. We are currently exploring Zoom orientation meeting. Visit our website NCHandl.org for updates or contact Don C. at 760-212-9759. *When we get back to normal*, 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 NCHandl.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 on nights & weekends.

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.

Newcomer, When you call me, it gives me the opportunity to carry the message. That helps me stay sober. So pick up that 2000 pound phone and gimme a call! ~Oldtimer

(continued from page 3) The members of AA in a small Midwestern town heard that his train would be stopping in their town and asked if he would consider stopping over for a day and speaking at their meeting. He agreed to do it as he usually did

those days. When the train arrived the town members expected Bill to arrive with an entourage of people assisting him, and they had arranged a welcoming with a band, a large crowd, and an all the town's dignitaries. When the train stopped, the only one that got off was Bill, as he walked down the ramp alone with one suitcase. He proceeded to the planned meeting place and as the meeting began, Bill was somewhat shocked when the members started the meeting with several church hymns. Never the less, he fulfilled his promise and gave his talk and was again disturbed when the meeting ended with several more hymns. After completing his stay, he boarded a train and continued on his way. On the train, what kept bothering Bill was "what are they doing to AA with the hymns" and it didn't seem right. Then Bill started thinking about the size and the population of that small town, and about the large number of alcoholics that attended that meeting and he concluded that, per capita, that was probably the largest meeting in the country and if they wanted to sing hymns, well that's their business. I believe that tradition four leaves it up to the individual group's discretion to consider the different cultural influences that affect the make up and the structure of the meeting format and I believe that Bill got it right as long as it does not change the spirit of our primary purpose, to carry the message to the alcoholic who still suffers and that no one with a desire to stop drinking can be turned away.

Meeting Topic A-B-C's

- A. Acceptance, Amends, Anonymity, Anger
- B. Behavior, Belonging, Blackouts
- C. Conscience, Complacency, Complex
- D. Desire, Decisions, Depression
- E. Easy-Does-It, Emotions, Ego
- F. Faith, Fear, Fellowship, Fatigue, Fitting in
- G. Gratitude, God, Gossip, Giving it Away
- H. Humility, Hope, Honesty, Happiness, HALT
- I. Illness, Inferiority, Immaturity
- J. Jealousy, Joy, Judging, Judgmental
- K. Kindness, Knowledge, Keep-It-Simple
- L. Love, Loneliness, Live-&-Let-Live
- M. Meetings. Morals, Meditation
- N. New Life, Non-active, Newcomers
- O. One-Day-At-A-Time, Obligations
- P. Prayer, Principles, Personalities
- Q. Quiet-Time, Quality vs Quantity
- R. Resentments, Recovery, Remorse
- S. Surrender, Serenity, Spirituality
- T. Temper, Tolerance, Truth, Today
- U. Usefulness, Unity, Understanding
- V. Vanity, Values, Virtues, Vulgarity
- W. Worry, Way-Of-Life, Willingness
- XYZ. Yesterday, Youth, Zeal



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 or contribute online at <https://ncsandiegoaa.org/contribute-to-central-office>.



SERVICE CALENDAR

Contact Central Office for information.
Business Committee: Tue prior to 2nd Wed 6:30 PM. Contact Central Office.
Intergroup Meeting: 2nd Wed of month 7:00 PM. Go to this [link](#) for more info.
Stay safe and keep in touch.



MEETING GUIDE

North County A.A.
 Meetings are listed in the [Meeting Guide](#) app.

Office Address, Hours & Contact Info

North County Central Office

[1020 S Santa Fe Ave Suite B, Vista CA 92084](#)

Hours: Mon-Fri 9-5, Sat 9-1, Closed Sun

Phone: 760-758-2514

Email: office@NCSandiegoAA.org

Web: 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

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References to outside entities do not imply affiliation.

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

~~~ **EVENTS CALENDAR** ~~~

**Due to the many canceled events and the uncertainty of how long the stay at home order will continue, the Events Calendar has been suspended until further notice.**

**Per CA.gov: Stay home except for essential needs.**

Everyone in California is required to stay home except to get food, care for a relative or friend, get necessary health care, or go to an essential job. If you go out, stay at least 6 feet away from other people. This order began Thursday, March 19, 2020 and is in place until further notice.

The above information is offered as a public service.  
 NCIA has no affiliation with ca.gov.

**A.A. Tradition—How It Developed (A.A. Pamphlet)**

**"Who Is A Member of Alcoholics Anonymous?" by Bill W.**

Every older A.A. shudders when he remembers the names of persons he once condemned; people he confidently predicted would never sober up; persons he was sure ought to be thrown out of A.A. for the good of the movement. Now that some of these very persons have been sober for years, and may be numbered among his best friends, the old-timer thinks to himself, "What if everybody had judged these people as I once did? What if A.A. had slammed its door in their faces? Where would they be now?"

That is why we all judge the newcomer less and less. If alcohol is an uncontrollable problem to him and he wishes to do something about it, that is enough for us. We care not whether his case is severe or light, whether his morals are good or bad, whether he has other complications or not. Our A.A. door stands wide open, and if he passes through it and commences to do anything at all about his problem, he is considered a member of A.A.

**Quantity or Quality (As Bill Sees It, pg 11)**

"About this slip business -- I would not be too discouraged. I think you are suffering a great deal from a needless guilt. For some reason or other, the Lord has laid out tougher paths for some of us, and I guess you are treading one of them. God is not asking us to be successful. He is only asking us to try to be. That, you surely are doing, and have been doing. So I would not stay away from A.A. through any feeling of discouragement or shame. It's just the place you should be. Why don't you try just as a member? You don't have to carry the whole A.A. on your back, you know!

"It is not always the quantity of good things that you do, it is also the quality that counts.

"Above all, take it one day at a time."

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

**A.A. Websites:** North County Central Office [NCSandiegoAA.org](http://NCSandiegoAA.org), Area 8 [area8aa.org](http://area8aa.org), Young People [NSDYPAA,AA.org](http://NSDYPAA,AA.org), H&I [nchandi.org](http://nchandi.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: [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.***