

July  
2020



**Step 7:** "Humbly asked Him to remove our shortcomings."

**Tradition 7** (short form): "Every A.A. group ought to be fully self-supporting, declining outside contributions."

**Concept 7** (short form): "The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness."


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

A.A. Literature  
References  
have been revised.  
Click for [PDF](#).

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Attendance Proof for Online AA meetings: <https://www.onlinegroupaa.org/attendance-proof/>



**2020 International Convention - A Virtual Experience**  
A.A. Stories, Oldtimers, Friends of A.A., Carry the Message Pavilion, 40 Millionth Big Book, Past International Conventions, G.S.O. Archives, Grapevine / La Viña, Flag Ceremonies <https://2020convention.aa.org/>

## Central Office is open for Contactless Sales & Curbside Pickup

The County of San Diego and California public health officials are allowing bookstore businesses to reopen for curbside sales if they have posted a **Safe Reopening Plan** at their entrance and signs to **Go Home if You Feel Sick** or **Practice Social Distancing / Wear A Mask**.

That done, Central Office is now conducting Contactless Sales with Curbside Pickups from **10am to 2pm on Mondays, Tuesdays, and Thursdays**.

For everyone's safety and to avoid direct contact with each other, we will be taking orders and processing credit card payments by phone during the days and times mentioned above.

**Our new address is [1020 S Santa Fe Ave Suite B, Vista CA 92084](#)**

Your orders will be packed immediately after hand sanitation and will be ready for you to collect from the table setup in the courtyard just outside our front windows.

Also, for the time being, the office will continue to remain closed to visitors.

Thank you for your patience and understanding.

Yours in Service,

Central Office Staff (760) 758-2515



## REOPENING GROUPS IN SAN DIEGO-IMPERIAL COUNTIES

**Reopening In-Person Meetings** is *The Hot Topic* these days.

Since each A.A. Group is autonomous, its members will now need to consider how best to meet the requirements of local health authorities and their landlords. To aid these discussions, a document has been provided via the Area 8 (San Diego and Imperial Area [AA General Service] Assembly). Here is the link to that document: <https://www.area8aa.org/wp-content/uploads/2020/06/SDIAA-Reopening-Condensed-REV-6-3-1.pdf>

Finally, please remember to update your meeting information on our [website](#) when anything changes. If you are unsure how to do that, please call us at (760) 758-2514 for assistance.

~Your NCIA Intergroup Business Committee and Central Office Staff

## A Life of Principles and Purpose

### Rebuilding Our Morality

By Rick R.

The twelve steps of the A.A. program are placed in numerical order for a reason. Each step is preparatory to the next step and each step requires a certain amount of attention before we can successfully move on to the next step. Simply put, Step one is acknowledging that we have a problem. Step two is about accepting outside help. *(continued on page 5)*

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.

**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 7/8/2020

### Called to Order:

Meeting was called to order at 7:00 P.M. There were **41 Reps** in attendance, with **6 new reps**.

Traditions were read by Jared.

Minutes were read by Vickie. Moved and seconded to approve.

### **Financial Report:** Karla H. (760) 802-7121 (Email: [KarlaH@ncsandiegoaa.org](mailto:KarlaH@ncsandiegoaa.org))

Total sales were \$774 and Cost of Goods Sold was (\$912) yielding Gross Profit of (\$138). Along with Group Contributions of \$6,865 and Member Contributions of \$1,903, with other Contributions of \$37 and Miscellaneous Revenue of \$12, the total Revenue was \$8,679. After Total Expenses of (\$8,660), the Net Profit for June was (\$824).

June 2020 was the end of our fiscal year. Year-end total sales were \$33,578 and Cost of Goods Sold was (\$27,213) yielding Gross Profit of \$6,364. Along with Group Contributions of \$106,353 and Member Contributions of \$11,594, with other Contributions of \$1,107 and Miscellaneous Revenue of \$744, the total year-end Revenue was \$126,162. After Total Expenses of (\$113,548), the Net Profit for the fiscal year was \$12,614. 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 thanked everyone for their contributions. He is happy that our Net Profit is \$19 more than we spent for the month of June. Ken remains positive that we are in a position to withstand the negativity of the COVID impact. Liz and Valerie are still answering phones from home at this time. Office hours remain Monday, Tuesday, Thursday from 10-2 for curbside pickup only.

### 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 reported there are no openings on the telephone committee. There are still 120 volunteers and 7 captains. A look at the handout provided will show geographic areas that are in need of 12 step volunteers.

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

No report.

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

Margaret encourages everyone to wear masks and social distance. No report.

#### **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 H&I is still on standby. He has made contact with some facilities, all of whom have communicated there is no need for H&I services at this time. They have delivered books as needed. Financial report is as follows: Beginning balance, \$6,208; Income: \$602; Expenses, \$72; Ending balance, \$6,738.32.

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

Via Zoom Chat Box: AA Event Sponsored by Areas 5, 8, 9, and 93... Unity Day 2020... July 18, 2020... 10:00 AM to 1:00 PM .. Zoom ID: 949-3967-5097... PW: UNITY2020... any questions email [altdelegate.area8aa@gmail.com](mailto:altdelegate.area8aa@gmail.com)

#### **BUSINESS COMMITTEE REPORT:** Chairperson: Tim M. (760) 802-7121 (Email: [TimM@ncsandiegoaa.org](mailto:TimM@ncsandiegoaa.org))

#### **OLD BUSINESS:**

Although we discussed expanding Central Office hours as well as planning for employees to begin working onsite at the new office location, Tim reported that there is no official plan in place yet. Central Office will continue offering curbside pickup only until further notice. We are working to finalize and pass along year-end financial information to the accountant for tax preparation. Tim has asked volunteers to assemble a committee for the 2021 Traditions Breakfast, as the breakfast is still set to take place at the California Center for Performing Arts, Escondido next year. Please continue to contact Central Office with any changes that are made to your groups' meeting details so we can update the meeting guide on the website.

#### **NEW BUSINESS:**

Tim asked that we notify our groups and encourage our young people to attend the National AA Technology Workshop on Saturday, September 12<sup>th</sup>. We will also hold the 41<sup>st</sup> Anniversary Meeting on Tuesday August 25<sup>th</sup> on Zoom from 7-8pm (Speaker TBD).

**ELECTIONS:** No elections.

#### **ANNOUNCEMENTS:**

Women Sponsoring Women Workshop (Encinitas) on Zoom this year

Adjournment: 7:35pm.

Next Intergroup Meeting Date: August 12, 2020

**RESPECTFULLY SUBMITTED:** Kat, Recording Secretary

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](mailto:office@NCsandiegoAA.org)

Group City & Name	JUN
AA Group 135698	\$50.00
AA Group 164262	\$251.17
AA Group 166964	\$25.91
AA Group Men's Zoom & Doom Meeting	\$25.00
AA Group North County Women's Daily 930AM Zoom	\$124.80
AA Groups Anonymous	\$360.00
Cardiff Friday Happy Hour	\$25.91
Cardiff Ki's MWF Back to Basics	\$75.00
Carlsbad SAT 9AM Women's	\$10.52
Carlsbad Sobriety Rocks 830 AM Daily Reflection 705313	\$300.00
Del Mar Men's God or Vodka 691188	\$50.00
Encinitas SAT Olivenhain Women's Group 8 AM 652027	\$130.55
Encinitas SUN 730 PM Olivenhain Men's	\$911.40
Encinitas TUE 7PM North Coastal Men's 686387	\$138.07
Encinitas Walk the Talk	\$307.93
Encinitas WED 1015AM Women	\$102.82
Escondido ACE Zoom Nightly 6'er	\$278.99
Escondido Lunch Bunch MON Noon at Mike's BBQ	\$50.00
Escondido WED Noon As Bill Sees It	\$77.18
Fallbrook FRI 730PM Speakers at Senior Center	\$68.00
Fallbrook WED Men's We R Not Saints	\$90.00
Oceanside FRI 7AM at NCAC	\$146.00
Oceanside SAT 10 AM Women's Big Book Study 663144	\$115.65
Oceanside SUN 6PM Serenity Step Study	\$102.82
Oceanside WED 7PM Women's Singleness of Purpose	\$15.65
Oceanside WED SOS Big Book Study	\$10.00
Poway FRI 630PM Friday Night Live	\$150.00
Ramona Men's New Vision AA 170201	\$100.00
Ramona SAT Free Thinkers	\$25.91
Rancho Bernardo TGIF at 8PM Group 136313	\$277.72
Rancho Penasquitos THU 630 PM Big Study 170372	\$90.00
San Marcos SUN 10AM Daily Reflections (651125)	\$255.00
San Marcos THU Women's 10AM	\$60.00
San Marcos TUE 630 PM Ladies Step Study	\$125.00
San Marcos TUE 8PM Rose Ranch Men's	\$120.00
Santa Ysabel Back Country Book Study TUE 7PM	\$17.00
Solana Beach 3rd Tradition Group 162613 M-F at the Belly Up	\$1,603.36
Vista Noon Solutions at Steps	\$50.00
Vista THU Women Living in the Solution Group 161663	\$133.37
Warner Springs Open Discussion WED 6PM	\$14.00

**\$6,864.73**

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

Summary	Jun 2020	Year To Date
Total Sales	774	33,578
Total Cost of Goods Sold	(912)	(27,213)
Gross Profit for Sales	<u>(138)</u>	<u>6,364</u>
Group Contributions	6,865	106,353
Member Contributions	1,903	11,594
Other Contributions	37	1,107
Misc Revenue	12	744
Total Revenue	8,679	126,162
Total Expense	(8,660)	(113,548)
Net Profit or (Loss)	<u>19</u>	<u>12,614</u>
YTD Net Profit or (Loss)	12,614	

See next page all all group contributions over past year.

Virtual Token: 1. pick,  
2. right pick, 3. Copy image



**Humility**

Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.  
(from a plaque on Dr. Bob's desk)

**Relapse: Like Dancing with a Gorilla  
Praying for Potatoes**

By Rick R.

One of the things I have always enjoyed about A.A. meetings is our ability to poke fun at each other, in a lighthearted way. We laugh at things that others would consider to have been tragic incidents in our lives but we seem to have come to terms with these past negative experiences and what we are really laughing at is the absurdity of what our old way of thinking. Sometimes we need to have things explained to us in simple terms. The world of A.A. is ripe with metaphors, similes, and allegories that make the learning process much easier to understand. With all of the re-learning we go through to help us in changing our old way of thinking, we are faced with the task of setting new principles, new disciplines and new priorities in place for our actions and behaviors in the future. *(continued on page 6)*

**ANCIENT WISDOM**

*God will constantly disclose more to you and to us.*

The saying is, the truth will make you free, not that it will make you comfortable. ~Thaddeus Golas.

The problem with the world is that the intelligent people are full of doubts, while the stupid ones are full of confidence. ~Charles Bukowski

A student, filled with emotion and crying, implored: "Why is there so much suffering?" Suzuki Roshi replied: "No reason."

It never ceases to amaze me. We all love ourselves more than other people, but care more about their opinion than our own. ~Marcus Aurelius

**AA.org Options for Online Meetings** [https://www.AA.org/pages/en\\_US/options-for-meeting-online](https://www.AA.org/pages/en_US/options-for-meeting-online)

**Online Intergroup of Alcoholics Anonymous** <https://aa-intergroup.org/>

**International A.A. Meetings in English all Around the World**

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

## Fiscal Year July 2019 to June 2020 Group Contributions in Alphabetical Order by City

AA Group "SC": \$638.00, AA Group 100837: \$80.00, AA Group 101714 MON Night 12x12: \$100.00, AA Group 1176451: \$172.00, AA Group 135698: \$50.00, AA Group 157949: \$70.00, AA Group 162446: \$225.00, AA Group 164262: \$251.17, AA Group 166964: \$122.41, AA Group 169461: \$85.50, AA Group 614661: \$50.00, AA Group 688187: \$50.00, AA Group 705535 MON Night Women's: \$100.00, AA Group 713514: \$92.50, AA Group 724548: \$60.00, AA Group EVE North County: \$37.88, AA Group Men's Zoom & Doom Meeting: \$50.91, AA Group North County Women's Daily 930AM Zoom: \$734.80, AA Group North San Diego County Coastal 12x12 Study: \$25.91, AA Group OB MON 545PM Meditation: \$406.19, AA Group THU Women's Discussion: \$25.91, AA Group TUE Women's Step Study 694616: \$175.50, AA Groups Anonymous: \$436.82, Borrego Springs SUN 11AM Spiritual Progress: \$80.40, Camp Pendleton FRI Dry Dock (SARP): \$20.00, Camp Pendleton MON Pvt Krause Training Center: \$120.01, Camp Pendleton WED Tag Team: \$10.00, Cardiff Friday Happy Hour: \$725.91, Cardiff Ki's MWF Back to Basics: \$4269.49, Cardiff Ki's Weekender: \$2783.84, Carlsbad FRI 630 PM Step Sisters at New Song Church: \$501.50, Carlsbad FRI 6PM Leftovers: \$411.66, Carlsbad SAT 9AM Women's: \$40.52, Carlsbad Sobriety Rocks 830 AM Daily Reflection 705313: \$4975.65, Carlsbad Sobriety Rocks SAT Speaker: \$920.00, Carlsbad Step A Month Study MON Nite: \$1426.75, Carlsbad SUN 630PM Serenity Group: \$160.00, Carlsbad THU 8PM at Catholic Church: \$165.00, Carlsbad Water Works FRI 130PM: \$560.01, Carlsbad WED Men's Bullpen: \$150.00, Carlsbad Women in Recovery: \$685.00, Carmel Valley MON 630PM Women's "Letting Go": \$164.25, Del Mar Men's God or Vodka 691188: \$2273.64, Encinitas Balour Groups: \$3445.51, Encinitas FRI 10 AM Women's 12x12 Book Study at Seaside Center: \$509.91, Encinitas FRI 7AM Steps at Swami's Cafe: \$94.33, Encinitas FRI 8 PM at St Mark Lutheran Church: \$371.40, Encinitas Men's MON: \$170.00, Encinitas MON North Costal Women's: \$349.00, Encinitas North Coast Women in Recovery: \$24.00, Encinitas SAT 10AM The Great Fact: \$345.00, Encinitas SAT 8 AM Women over 40 at Olivenhain Meeting Hall: \$172.65, Encinitas SAT 930 AM Dr. Bob's V at U.S. Bank: \$80.00, Encinitas SAT Olivenhain Women's Group 8 AM 652027: \$432.95, Encinitas Second Street: \$76.82, Encinitas Skyloft Women's: \$304.50, Encinitas SUN 630PM Women's 11TH Step: \$129.00, Encinitas SUN 730 PM Olivenhain Men's: \$1895.43, Encinitas SUN 730AM "Swamifish": \$200.00, Encinitas SUN 730PM "Promises" at San Dieguito Fellowship: \$544.11, Encinitas SUN 830 AM at Cottonwood Creek Park: \$409.49, Encinitas Surf Dogs: \$1612.00, Encinitas THU Women's Roving Step Study: \$297.46, Encinitas TUE 630 PM South Ponto Beach: \$60.00, Encinitas TUE 630 PM Women's Roving Step Study Meeting: \$283.64, Encinitas TUE 7PM North Coastal Men's 686387: \$1577.58, Encinitas TUE Night Men's (691466) at Seacoast: \$1000.91, Encinitas Walk the Talk: \$307.93, Encinitas WED 1015AM Women: \$906.92, Encinitas WED 6PM at Cottonwood Creek Park: \$200.00, Escondido ACE Zoom Nightly 6'er: \$1054.36, Escondido Daily 7am Attitudes: \$5500.00, Escondido Daily 7am Attitudes on Zoom: \$120.00, Escondido Daily Reflections on Zoom: \$102.82, Escondido Desert Meeting: \$12.00, Escondido FRI 7PM Lounge Lizard's (Smokeless): \$641.89, Escondido Lunch Bunch MON Noon at Mike's BBQ: \$734.00, Escondido Men's Misfits Book Study WED 7PM: \$920.07, Escondido MF 645AM Daily Reflections : \$400.00, Escondido MON Men's N.I.A.O.B.: \$386.99, Escondido Recovery at the Resort (Special): \$1650.50, Escondido Recovery at the Resort SAT: \$125.00, Escondido SAT 7AM Big Book Study (J&C at TFC): \$202.00, Escondido SAT 7PM Trudgers: \$150.00, Escondido SAT 930AM Women's New Beginnings: \$230.00, Escondido SAT 9AM Discussion: \$30.00, Escondido SAT Night Speakers: \$100.00, Escondido SAT Night We Not Me Group: \$355.00, Escondido SAT Noon at Alano Club: \$140.00, Escondido Saturday 7PM Trudgers: \$369.21, Escondido SUN 730PM Best Show for a Buck: \$199.00, Escondido SUN 930 AM Taxicab at Alano Club: \$468.00, Escondido SUN Acceptance and Recovery: \$50.00, Escondido SUN Morning Paper: \$540.00, Escondido THU 6PM Mix at Six: \$100.00, Escondido THU Living Room 12x12 Group: \$275.00, Escondido THU Night Women's 12x12 House of Prayer: \$30.00, Escondido THU Women's Step Study: \$125.00, Escondido TUE 6PM at Alano Club: \$79.60, Escondido TUE 6PM Women As Bill Sees it: \$901.54, Escondido TUE Mountain View Group: \$135.00, Escondido TUE Night Speakers at Alano Club: \$439.71, Escondido WED 8 PM Beginners at Alano Club: \$128.00, Escondido WED Noon As Bill Sees It: \$677.18, Escondido WED Noon Grass Roots A.A.: \$330.00, Escondido Women's SYOA Group: \$120.00, Fallbrook FRI 12 PM Happy Hour at Community Baptist: \$420.00, Fallbrook FRI 730PM Speakers at Senior Center: \$122.00, Fallbrook FRI 7PM at Hilltop: \$25.00, Fallbrook MF 7AM Discussion Hilltop: \$85.00, Fallbrook MON 630PM Women's Safe Haven: \$40.00, Fallbrook MON Discussion Group 132253: \$60.00, Fallbrook MON Noon at Community Baptist Church: \$120.00, Fallbrook SAT 10AM at Hilltop: \$30.00, Fallbrook SAT 7AM Discussion Hilltop: \$75.00, Fallbrook SAT Candlelight at Hilltop: \$60.00, Fallbrook SAT Noon at Baptist Church: \$60.00, Fallbrook SUN 1PM Promises: \$250.00, Fallbrook SUN Steps 123 FPUD: \$166.59, Fallbrook THU 7AM Discussion Hilltop: \$10.00, Fallbrook TUE Men's Step Study Hilltop: \$386.61, Fallbrook TUE Noon at Baptist Church: \$240.00, Fallbrook TUE Women's Turn It Over: \$35.00, Fallbrook WED 7AM Attitude Adjustment: \$25.00, Fallbrook WED Men's We R Not Saints: \$351.00, Fallbrook WED Women's Step Meeting: \$50.00, Julian TUE 6PM Sisters in Recovery: \$20.00, La Costa MON 7PM Women's: \$88.75, La Jolla FRI Night Men's: \$90.00, Leucadia Six Step House Daily Meetings: \$2325.91, Leucadia Six Step House TUE 8PM Men's: \$35.00, Leucadia SUN Morning Keep It Simple: \$250.00, North San Diego Young People of AA: \$269.27, Oceanside Brier patch (Oak Street) AA Group: \$1250.00, Oceanside FRI 5PM As Bill Sees It (NCAC): \$72.00, Oceanside FRI 730PM (NCAC): \$100.00, Oceanside FRI 7AM at NCAC: \$146.00, Oceanside FRI 7AM Attitude Adjustment at King of Kings Church: \$150.00, Oceanside FRI 830PM at First Presbyterian: \$250.00, Oceanside FRI Noon Brown Baggers (NCAC): \$338.37, Oceanside Group 725165: \$261.00, Oceanside MON 8PM 12x12 at King of Kings Church: \$100.00, Oceanside MON 8PM Men's at St. Margaret's: \$230.50, Oceanside MON 9AM at NCAC: \$100.00, Oceanside MON Ladies Book of Choice: \$472.30, Oceanside Noon Brownbaggers #100836 (NCAC): \$90.00, Oceanside North Co. Friendship Center (NCFC): \$250.00, Oceanside North County Alano Club (NCAC): \$165.00, Oceanside SAT 10 AM Women's Big Book Study 663144 at First Presbyterian: \$814.65, Oceanside SAT 11 AM (NCAC): \$190.20, Oceanside SAT 7AM No More Hangovers: \$86.50, Oceanside SAT 7PM Speakers (NCAC): \$306.00, Oceanside SAT 905AM Morning Discussion: \$100.00, Oceanside SUN 10AM at Buccaneer Park: \$270.00, Oceanside SUN 1PM As Bill Sees It at NCFC: \$50.00, Oceanside SUN 530 PM (NCAC): \$62.00, Oceanside SUN 6PM Serenity Step Study: \$151.32, Oceanside SUN 7AM at NCAC: \$85.00, Oceanside SUN 9AM Book Studay at NCAC: \$25.00, Oceanside THU 5PM Open Discussion at NCAC: \$60.00, Oceanside THU Night Beginners at NCAC: \$50.00, Oceanside THU Night Girls With Gratitude: \$202.00, Oceanside THU Noon Brown Baggers at NCAC: \$550.00, Oceanside THU Noon Zoom Women's 12x12: \$10.52, Oceanside TUE 5PM Living Sober (NCAC): \$40.00, Oceanside TUE 7AM Attitude Adjustment (NCAC): \$75.00, Oceanside TUE 7PM Chip in Group: \$435.00, Oceanside TUE 8PM at NCAC: \$240.00, Oceanside TUE Noon Brown Baggers (NCAC): \$235.00, Oceanside WED 5PM As Bill Sees It (NCAC): \$100.00, Oceanside WED 730PM South Oceanside Men's Group: \$290.51, Oceanside WED 7AM Attitude Adjustment (NCAC): \$7.00, Oceanside WED 7PM Women's Singleness of Purpose: \$461.39, Oceanside WED Men's Group 645297: \$169.00, Oceanside WED Noon Brown Baggers (NCAC): \$75.00, Oceanside WED Noon Women's Handbag Mtg: \$656.52, Oceanside WED SOS Big Book Study: \$324.91, Oceanside WED South Oceanside Men's Group: \$613.89, Pauma Valley WED 7PM Red Trail Group at Tribal Hall: \$100.00, Poway Beginners St. Bart's Episcopal: \$139.20, Poway Disc. Poway Unconditional: \$50.00, Poway Fresh Start Keeping It Simple: \$603.00, Poway FRI 630PM Friday Night Live: \$210.00, Poway FRI Noon Acceptance at St. Bart's: \$655.00, Poway MON Night Women Here And Now: \$626.15, Poway SAT 930AM Women's "Twisted Sisters": \$222.00, Poway SUN Freedom of Choice: \$92.00, Poway SUN Men's Sunday Morning Group: \$550.00, Poway Women Seeking Solutions: \$195.50, Ramona BYO Book: \$20.00, Ramona Disc. Kickstart Your Heart: \$190.00, Ramona FRI 5PM Spirit of Joy: \$50.00, Ramona FRI Sobriety Party: \$50.00, Ramona Men's New Vision AA 170201: \$100.00, Ramona MON 10AM Big Book Study: \$43.00, Ramona MONFRI 630AM Fresh Start: \$50.00, Ramona SAT Free Thinkers: \$25.91, Ramona SAT Nite Live: \$55.00, Rancho Bernardo Appreciation Group: \$400.00, Rancho Bernardo DAILY Disc. Early Birds: \$600.00, Rancho Bernardo FRI 7AM at San Rafael Catholic Church: \$265.30, 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: \$180.00, Rancho Bernardo MON Night Women's Big Book Step Study: \$636.43, Rancho Bernardo MON Noon Men's HALT: \$282.00, Rancho Bernardo TGIF at 8PM Group 136313: \$513.70, Rancho Bernardo THU 7PM As Bill Sees It: \$200.00, Rancho Bernardo TUE 7 AM at San Rafael: \$467.10, Rancho Bernardo TUE Night Woman's Women Seeking Solutions Thru the Steps: \$43.71, Rancho Bernardo WED 7AM Women's San Rafael: \$106.20, Rancho Bernardo WED Beginners: \$300.00, Rancho Bernardo WED Noon Men's: \$125.00, Rancho Penasquitos THU 630 PM Big Study 170372: \$458.00, Rancho Penasquitos TUE 7PM 12x12 Study: \$50.00, Rancho Santa Fe FRI Night Beginners (163076): \$152.20, Rancho Santa Fe Just the Black Print (713516): \$1159.00, Rancho Santa Fe MON Disc Group #133908: \$344.50, Rancho Santa Fe THU Noon Professional Women (169665): \$658.22, Rancho SF "Solana Beach Beginners" at Village Presbyterian FRI 730PM: \$156.85, Rincon Res FRI 7PM at Indian Health Clinic: \$60.00, Rincon Res WED Men's Step Study Fire Station: \$600.00, San Diego Men's Banquet (SEP Annually): \$1468.35, San Marcos FRI Night Problems & Solutions: \$292.00, San Marcos MON Night Rose Ranch Men's: \$263.50, San Marcos MON Noon Promise of a New Day: \$418.92, San Marcos SAT 3PM Discovery Group (721990): \$297.60, San Marcos Speaker/Participation FRI 745PM: \$309.35, San Marcos SUN 10AM Daily Reflections (651125): \$1272.18, San Marcos SUN Women's Misfits: \$489.79, San Marcos Taco Tuesday Women's Book Study: \$103.50, San Marcos THU 5PM As Bill Sees It: \$336.60, San Marcos THU Women's 10AM: \$60.00, San Marcos THU Women's 11th Step: \$97.00, San Marcos TUE 630 PM Ladies Step Study: \$125.00, San Marcos TUE 7PM "Out of the Woods" Book Study: \$166.00, San Marcos TUE 8PM Rose Ranch Men's: \$216.00, San Marcos TUE Night Women's Roving Meeting: \$25.91, San Marcos WED Men's Blind Leading The Blind ~ Step Study: \$222.00, San Marcos WED Noon Stick Meeting: \$280.00, San Marcos WED Readers at Panorama Center: \$150.00, Santa Ysabel Back Country Book Study TUE 7PM: \$55.00, Shelter Valley MON 11AM Keep It Simple: \$40.00, SOCALYPAA Advisory Committee: \$93.00, Solana Beach (Del Mar) THU Lunch Bunch: \$130.00, Solana Beach 3rd Tradition Group 162613 M-F at the Belly Up: \$5521.31, Solana Beach Mothers in Sobriety: \$120.00, Southern California Convention: \$125.00, Valley Center MON Slow Learners BB Study Grp: \$522.00, Valley Center Step Study THU 630PM at Library: \$124.50, Valley Center TUE Women's Noon Discussion: \$120.00, Valley Center Welcome Home: \$150.00, Vista Daily Came To Believe at Emmanuel Bible Church: \$1010.15, Vista Intergroup Meeting Monthly WED #2: \$671.12, Vista Noon Solutions at Steps: \$50.00, Vista SAT Night Speaker: \$1000.00, Vista SAT Women's Acceptance Meeting at Hope Church: \$530.04, Vista SUN 10AM at Gas & Steam Museum: \$330.00, Vista SUN 930AM Early Birds: \$94.00, Vista SUN Night Literature Study: \$25.91, Vista Thibido Park Tuesday Night 7PM: \$385.00, Vista THU 7PM Women's at Thriving Life Church: \$50.00, Vista THU Free Thinking Women: \$35.00, Vista THU Night Robber's Roost: \$1200.00, Vista THU Women Living in the Solution Group 161663: \$233.37, Vista TUE 6PM Women's 12x12: \$50.00, Vista TUE Old School Book Study: \$300.00, Vista WED 630 PM Vista Men's Hole in the Wall at STEPS: \$110.00, Warner Springs Open Discussion WED 6PM: \$79.00.

**Total Group Contributions for Fiscal Year July 2019 to June 2020: \$106,353.26**

**Thank You!**

## **NORTH COUNTY H & I NEWS**

**YOUR NORTH COUNTY H&I COMMITTEE** is still meeting monthly to determine how we can best serve the alcoholic who cannot get to a meeting. Our traditional method of doing this has been organizing other alcoholics to visit facilities in our North County community to share the AA message of hope. Since the pandemic, we have reached out to facilities on two separate occasions to determine if this is possible. Each time, we have learned they are not able to host outside visitors and are focused on keeping their residents and staff as safe as possible. Unfortunately, that means not hosting us. So, we have adapted the best we can and have offered -- and have been able to deliver -- books to a couple of facilities when they were needed. Like everybody else we are hopeful our current health crisis will end soon. Until then, we remain at the ready to help whenever and however we can. Be sure to check our website [nchandi.org](http://nchandi.org) for the latest developments in our efforts in doing so.

**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.).

### **JUNE 2020 FINANCIAL SUMMARY**

Beginning Balance: \$6,208.24 Income: \$602.59

Expenses: \$72.00 Ending Balance: \$6,738.83

### **GROUP AND GREEN CAN CONTRIBUTIONS JUNE 2020**

Group Name	Green Can	Group
As Bill Sees It Thursday Group # 164262		27.91
Belly Up Third Tradition Group # 162613		270.00
Daily Reflections San Marcos Group # 651125	97.00	
Fallbrook We Are Not Saints Group # 133736	73.00	
Friday Night Live Group # 724548-08-21		25.00
Ki's Group # 614661		10.00
Living in the Solutions Group # 161663		26.67
NCAC Friday 7 AM Group # 712819		29.20
North Coastal Calle Barcelona Group # 686387		33.81
Thursday Night Roving Women's Group # 166964		10.00

Totals: \$170.00 \$432.59

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 opportunities. Visit our website [NCHandi.org](http://NCHandi.org) for updates or contact Don C. at 760-212-9759. *When we get back to normal*, 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 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](mailto: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 1) Step three is where we surrender to that outside help. (A power greater than ourselves) Step four is the beginning of the *action* steps where we acknowledge and document the immoral behaviors of our past and those we offended. Step five may be the most difficult step where we must admit to God, to our self and to another human being, all those faulty deeds and habits. It was that "other human being" part that I found to be the most difficult thing and it delayed my progress for a short time. We cannot change one moment of the past, but we can change our habits and behavior as we begin our journey into the future and that is where Step Six and Seven come in. To simplify my understanding of these two steps it occurred to me that most of my faulty behaviors (shortcomings) are the result of my (defective) thinking. Once I discovered the defect in my motives, it was not too difficult to change my behaviors. On the last page of Step 7 in the 12 Steps and 12 Traditions it says, "The chief activator of our defects has been self-centered fear." Most of my fears where of the irrational variety as I discovered that they stemmed from experiences in my youth that caused my fears and insecurity and to do things that were morally wrong. Those actions were the Shortcomings that stemmed from my Irrational Fears. Once I recognize the defect (fear), the Shortcomings (Behaviors) were much easier to change. "Selfishness--Self-Centeredness! That we think, is the root of our troubles. Driven by a hundred forms of Fear, Self-Delusion, Self-Seeking, and Self-Pity, we step on the toes of our fellows and they retaliate." (BB pg.62) If, in fact, Selfishness-Self-Centeredness is the root of our problems it is plain to see that Unselfishness just might be solution to my problems. I could not have understood this line of thinking when I was still using alcohol to mask these problems. I do not believe that I would have been strong enough to follow these guidelines had I not completed Step Five an admitted my fault to God, to myself, and to another human being. The proper completion of Step Five was the most humbling experience of my life, but it opened the door to the rest of the program. Had I not done that I could never have taken my ego out of the game and the rest of the program may have been a shallow facade. The only requirement for A. A. membership is a desire to stop drinking. Those words were put in place by the Co-founders of the program Alcoholics Anonymous and it gives each of its members the opportunity to choose their own degree of thoroughness when it comes to practicing the AA principles. I am so thankful that I did not let my ego stand in the way of my spiritual development and all the progress that I have made in the program. I have experiences all the promises and I encourage anyone who is still caught up in the Fear of Step Five to take the leap of faith, revisit it, get your ego out of the way and clear your conscience. We only live once, and it would be a shame to waste this precious gift.



**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->



**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.**

**Meetings that Need Your Support**

**“Candlelight” Zoom Meeting (ACE) - Fridays 8:00 PM**

<https://us02web.zoom.us/j/773145415?pwd=YklzSDhhUkpuUTRYWEFjMXNOdlRGdz09>  
 Meeting ID: **773 145 415** & Password: **445659** Dial in: 669 900 6833

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



**MEETING GUIDE**

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

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

Due to the many canceled events and the uncertainty of how long the pandemic will continue, the Events Calendar has been suspended until further notice. Current **COVID-19** information: <https://covid19.ca.gov/>  
**Keep California healthy. Wear a mask, wash your hands, keep your distance.**  
 NCIAA has no affiliation with ca.gov.

**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](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 approx. 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.

*(continued from page 1)*

Starting with the first and most important priority, we have to be convinced that, we "are like men who have lost their legs, they never grow new ones". (BB CH.3) It can't be put any better than that. Then you may hear it said about relapse: *It's the first drink that gets you drunk, not the forth fifth or, you may hear, Taking that first drink is like dancing with a gorilla, the dance isn't over till the gorilla says your done.* These things are truths that we all hear at meetings but these things won't stop anyone from picking up a drink if they're not done yet

In A.A. we hear a lot about prayer and meditation and it seems that everyone has their own way of defining what that means to them. Some may be reunited with the religion of their childhood, while others may feel that they are agnostics and seem to find a sort of neutral approach in finding a power greater than themselves, and that seems to works for them. Then there are those that consider themselves atheists and, as it says in the 12X12 (step two). "A, one-time, Vice President of the American Atheist Society got through with room to spare." However we, as individuals, frame our own approach to how we incorporate this concept into our lives is equally acceptable, as long as it replaces our own, failed way of thinking.

What we pray for is another, sometimes, misunderstood practice that may be clarified by a few metaphors that we hear in meetings. Asking God to cure someone of an illness seems, well meaning but misguided. If God worked his wonders at that level, *the hospitals would be full of sinners and the people we pray for would all be healthy and happy.* I can only pray for the understanding and strength to deal with these things when they are presented as it is suggested in step eleven, "praying only for knowledge of his will for us and the power to carry that out." (step 11) i.e. God, please show me what to do, and please give me the strength to do it; I do not do well on my own.

Most of the principles I live by today are backed up by stories that *illustrate a point* that may have been easy to misunderstand when my old way of thinking was involved. The next thing that I find important is that I have to do the things that I learn when I ask for guidance and not just give them lip service, after all, "If you're going to pray for potatoes, you better grab a hoe".

**“something happens”**

We know that while the alcoholic keeps away from drink, as he may do for months or years, he reacts much like other men. We are equally positive that once he takes any alcohol whatever into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop. The experience of any alcoholic will abundantly confirm this.

~BB pg. 22

**A.A. Websites:** North County Central Office [NCsandiegoAA.org](http://NCsandiegoAA.org), Area 8 [area8AA.org](http://area8AA.org), Young People [NSDYPA](http://NSDYPA), A.A. [AA.org](http://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.***