

Aug  
2020



**Step 8:** "Made a list of all persons we had harmed, and became willing to make amends to them all."

**Tradition 8** (short form): "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

**Concept 8** (short form): "The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

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

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## Pandemic Pandemonium

### Town Hall Type Meeting – A.A. Workshop Event – Thursday, August 27, 2020

Zoom ID: 978 4060 4957, Password: exstho – Room Opens 6:45 PM, Meeting 7:00-8:30 PM  
Please join your fellows for a special meeting that is being held for the purpose of sharing our experiences and information on how various meetings are functioning and dealing with new situations due to the pandemic.

All experiences are important and everyone will be invited to share their experience about:

- In-room, Zoom, Room & Zoom, Outdoor, and Phone meetings
- Attracting newcomers
- Setting up a way to collect the 7th Tradition
- Signing court cards
- Resolving conflicts about social distancing or anonymity on Zoom
- Cross talk in the Zoom Chat
- Things we haven't even imagined

### North County Intergroup proposes to support AA World Service & GSO

In a recent communication from Alcoholics Anonymous World Service (AAWS) and the General Service Office (GSO) of AA in New York City, the membership was notified of the unfortunate financial downturn affecting AAWS as a result of COVID-19 disruptions. Due to a severe revenue shortfall the General Service Board was forced to authorize up to a \$3,000,000 draw down to its reserve fund.

The Business Committee of the North County Intergroup Association (NCIA) proposes to support AAWS in its request for remedial funds. Thanks to the generosity of our members and financial guardianship of member contributions by Central Office, NCIA is able to support AAWS with a \$5000 contribution. Before this proposal can be executed, the membership must vote to approve this donation.

Intergroup reps are asked to announce this proposal and field questions during August meetings, and take a vote in the first week of September. There will be an up or down vote for the \$5000 donation at the Intergroup Meeting on September 9, 2020.

~NCIA Business Committee

Individuals & groups may contribute directly to GSO via website: <https://contribution.aa.org/>

~Viewpoint Editor

### Gossip, Criticism and Character Assassination

#### Understanding, Empathy and Compassion

By Rick R.

Hanging on to resentments and criticizing the behavior of others is often a noticeable characteristic of some members of the program that never seem to find the serenity and peace that is mentioned in the promises. For some people it seems impossible to let their guard down. I think that most of us can understand this, simply because we have all have to face this issue and deal with it, to one degree or another, as we go through the twelve-step process. One of the things that I learned when I was faced with this *(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](#)

## North County Intergroup Meeting Minutes

Date 8/12/2020

### Called to Order:

Meeting was called to order at 7:01 P.M. There were **47 Reps** in attendance, with **6 new reps**.

Traditions were read by Greg L.

Minutes were read by Kat. Under the Financial Report, the net profit for June should read \$19. Moved and seconded to approve with this correction.

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

July is the first month of our fiscal year 2020. Total sales were \$795 and Cost of Goods Sold was (\$629) yielding Gross Profit of \$166. Along with Group Contributions of \$9,202 and Member Contributions of \$2,074, with other Contributions of \$145 and Miscellaneous Revenue of \$15, the total Revenue was \$11,602. After Total Expenses of (\$7,949), the Net Profit for July was \$3,653.

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 reported that Central Office is withstanding the Covid pandemic 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 announced three new openings on the telephone committee; he thanked Ken and staff at Central Office for their support to volunteers. The updated handout shows geographic areas that are in need of 12 step volunteers at this time. Jim noted that this is a great way to get your feet wet with volunteering and encouraged anyone interested to call him directly. He also encouraged everyone to keep the Central Office staff updated on any changes to meetings so the information will be listed correctly on the website.

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

The Archives Committee was looking to compile a collection of published Grapevine stories specific to North County. Danny encouraged members to call or e-mail him with published grapevine stories from North County members.

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

Margaret noted that most meetings are currently being held on Zoom, while some are being held outside. When restrictions start to lift, she plans to visit outlying areas to encourage members to keep their meeting information updated on the Central Office website. Tim M. also suggested encouraging these outlying areas to select representatives for participation in Intergroup.

**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))

H&I received a request to participate in Zoom panels for the VA Hospitals on Saturdays. H&I would like volunteers to come forward with availability before they solidify dates and times for these panels. The committee continues to deliver books as needed. Financial report is as follows: Beginning balance, \$6,738.83; Income: \$1,134.29; Expenses, \$467.95; Ending balance, \$7,405.17.

**Area Assembly:** Mike M. (949)291-6435. (Email: [areaassemblyrep@ncsandiegoaa.org](mailto:areaassemblyrep@ncsandiegoaa.org)) (Website: <http://www.area8aa.org/>)

Via Zoom Chat Box: Having tech issues with audio and video. Next area assembly Sept 12 on Zoom.

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

### OLD BUSINESS:

Central Office hours for curbside sales have changed slightly; the new office hours are as follows: Mondays 2pm-6pm, Tuesdays 10am-2pm and Thursday 10am-2pm. Please call ahead to purchase literature at Central Office and coordinate a pickup time. The Business Committee announced that New York GSO has put literature on sale. The Business Committee has purchased a large quantity of Big Books as a result of this sale and are lowering prices to pass along the savings to our members. A new Discount Price List will be posted to the website to reflect the savings, which comes out to approximately \$2.00 off the Big Book. Vice-chair Vicki A. is heading up the 2021 Traditions Breakfast Committee and has assembled a team of volunteers to coordinate next year's event. Should the committee need to cancel the Escondido Center for the Arts venue for the 2021 Traditions Breakfast, they will make that announcement by December. Tim reminded everyone about the 41<sup>st</sup> Anniversary Meeting on Tuesday August 25<sup>th</sup> on Zoom from 7-8pm. The speaker is Jack B. from Encinitas. Tim also reminded us about the National AA Technology Workshop, taking place Saturday, September 12<sup>th</sup> on Zoom.

### NEW BUSINESS:

Our volunteer *Viewpoint* editor Dave M. resigned after last month's Intergroup Meeting. The committee thanks Dave for five years of dedicated service! An e-mail from Ken seeking Dave's replacement was sent out last month. If you are interested in this opportunity to be of service, please contact Ken at Central Office right away. Treasurer Karla H. thanked members for keeping us in the black during this challenging time and she hopes that the discounted literature will reflect the committee's gratitude for our members' continued support. Karla stated that we are kissing the ceiling of our prudent reserve of 12 months of operating expenses. For that reason, the committee proposes a one-time \$5,000 donation to New York GSO, as GSO has had to dip into their prudent reserves to the tune of \$3 million. Karla asks Intergroup representatives to take this suggestion back to their groups and come back with a "yay" or "nay." Intergroup reps will vote on this one-time donation at the next Intergroup meeting.

**ELECTIONS:** No elections.

### ANNOUNCEMENTS:

Reminder - Women Sponsoring Women Workshop August 22<sup>nd</sup> 10:00 am-11:30 am on Zoom

Adjournment: 7:56 pm.

Next Intergroup Meeting Date: September 9, 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 Name	JUL
AA Group Anon 166964	\$102.82
AA Group Anon 688187	\$219.00
Cardiff - Ki's Weekender	\$674.82
Carlsbad - AA Workshop THU 730PM Group 101039	\$1,251.41
Carlsbad - Step Sisters FRI 630PM at New Song Church	\$198.57
Carlsbad - Water Works FRI 130PM	\$50.00
Carlsbad SAT 9AM Womens	\$101.93
Carmel Valley MON 630PM Women's "Letting Go"	\$120.25
Encinitas - Cottonwood Creek Park SUN 830AM	\$177.00
Encinitas - FRI 10AM Women's 12x12 Book Study	\$150.00
Encinitas - MON Men's Group	\$49.64
Encinitas - SAT 4 PM Surrender to Win	\$550.00
Encinitas - Surf Dogs 989954	\$24.82
Encinitas SAT 930AM Dr Bobs V	\$205.64
Escondido - ACE Zoom Nightly 6'er	\$225.64
Escondido - Attitudes 7AM Daily on Zoom	\$200.00
Escondido - Men's Misfits Book Study WED 7PM	\$51.54
Escondido - Men's NIAOB MON 730PM	\$321.60
Escondido - MON 630PM Women's Closed BB & 12x12 Study	\$16.67
Escondido - SAT 930AM Women's "A New Beginning"	\$16.66
Escondido - SUN Morning Paper	\$202.31
Escondido - We Not Me Group SAT 730PM	\$50.00
Escondido WED 630 PM Without Defense	\$330.83
Escondido SAT Recovery at the Resort	\$307.93
Fallbrook - SAT 10AM at Hilltop	\$30.00
Fallbrook WED 630 PM Women's Step Meeting	\$10.00
La Costa THU 8PM at St Elizabeth Seton Catholic Church	\$142.20
NSDYPA	\$47.08
Oceanside - Brier Patch Daily Meetings	\$1,200.00
Oceanside - Irregulars Speaker & Disc. FRI 730PM	\$48.15
Oceanside - Noon M-F Brown Baggers at NCFC	\$40.00
Oceanside - SOS Big Book Study	\$44.00
Oceanside - SUN 10AM a Buccaneer Park	\$195.18
Oceanside MON Noon Brown Baggers (NCAC) 100837	\$200.00
Ramona - Kick Start Your Heart SUN 9AM	\$25.00
Rancho Bernardo - Women's Big Book MON 730PM	\$69.31
Rancho Bernardo THU 7PM As Bill Sees It	\$161.00
Rancho Santa FE THU Noon Prof Women 169665	\$42.48
San Marcos - Men's WED 630 PM Blind Leading the Blind	\$60.75
San Marcos - SUN 10AM Daily Reflections (651125)	\$141.00
San Marcos - SUN Women's Misfits	\$100.00
San Marcos - WED Noon Stick Meeting	\$16.67
Solana Beach - Belly Up 3rd Tradition 7AM M-F	\$700.51
Valley Center - MON 7PM Slow Learners BBSG (689359)	\$20.00
Vista - Free Thinking Women THU 630PM 714985	\$36.00
Vista - THU Women Living in the Solution Group 161663	\$24.82
Vista - SAT 9AM Women at Hope Church	\$249.00
<b>Total</b>	<b>\$9,202.23</b>

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

Summary	JUL 2020	Year To Date Actuals
Total Sales	\$794.71	\$794.71
Total Cost of Goods Sold	\$628.88	\$628.88
Gross Profit for Sales	\$165.83	\$165.83
Group Contributions	\$9,202.23	\$9,202.23
Member Contributions	\$2,073.61	\$2,073.61
Other Contributions	\$145.34	\$145.34
Misc Revenue	\$15.21	\$15.21
Total Revenue	\$11,602.22	\$11,602.22
Total Expense	\$7,948.77	\$7,948.77
Net Profit or (Loss)	\$3,653.45	\$3,653.45
YTD Net Profit or (Loss)	\$3,653.45	

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)

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

When I focus on what's good today, I have a good day, and when I focus on what's bad, I have a bad day.  
If I focus on a problem, the problem increases;  
if I focus on the answer, the answer increases.  
~BB pg 419

## ANCIENT WISDOM

*Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us.* ~BB pg 164

"Never get angry, for anger poisons your system." ~Paramahansa Yogananda. "...it is pointless to become angry..." ~12&12 pg 92

"You yourself, as much as anybody in the entire universe, deserve your love and affection." ~Buddha

"What the superior man seeks is in himself, what the small man seeks is in others." ~Confucius

"To find peace, sometimes you have to be willing to lose your connection with people, places, and things that create all the noise in your life." ~Buddha

"The sign of intelligence is that you are constantly wondering. Idiots are always dead sure about every damn thing they are doing in their life." ~Sadhguru

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

"Don't try to understand! It's enough if you do not misunderstand." ~Nisargadatta Maharaj

"Better to remain silent and be thought a fool than to speak and to remove all doubt" ~Abraham Lincoln

"The true measure of a man is not his intelligence or how high he rises in this freak establishment. No, the true measure of a man is this: how quickly can he respond to the needs of others and how much of himself he can give." ~Philip K. Dick

# this too shall pass



## Where to find the Steps in the Big Book

- Step 1: Page xxvii paragraph 1 to page xxix end of paragraph 1 and page 20 paragraph 1 to page 24 end of paragraph 1.
- Step 2: Page 34 paragraph 3 to page 39 end of paragraph 1 and page 44 to end of paragraph 3 on page 47.
- Step 3: Page 58 to end of paragraph 3 on page 63.
- Step 4: Paragraph 4 on page 63 to end of page 71.
- Step 5: Page 72 to bottom of page 75.
- Step 6: Top paragraph on page 76.
- Step 7: Paragraph 2 on page 76.
- Step 8: Paragraph 3 on page 76 to end of paragraph 1 on page 79.
- Step 9: Paragraph 2 on page 79 to end of paragraph 1 on page 84.
- Step 10: Paragraph 2 on page 84 to end of paragraph 2 on page 85.
- Step 11: Paragraph 3 on page 85 to end of page 88.
- Step 12: Page 89 first two paragraphs and paragraph 1 on page 94 to end of chapter.



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

## Weekly A.A. History Zoom Meetings!

Every Friday Night at 9pm EST/ 6pm PST

Zoom Meeting ID: 310-333-9445. No Password Needed!

Upcoming Meeting Schedule:

- 7/31: Nancy K. - Women of the Big Book
- 8/7: Jonathan S. - The Emmanuel Movement Connection
- 8/14: Mike F. - AA; A Story Handed Down
- 8/21: Mitchell K. - The Clarence Snyder Story
- 8/28: Gary N. - The Charles Towns Connection
- 9/4: Mike F. - Bili W. and the Vitamin B3 Therapy
- 9/11 and 9/18: Ken R. and Mike F. - The Book That Started it All

All Meetings are recorded and can be found at:

<https://www.recoveryspeakers.com/alcoholics-anonymous/>

search "History Meetings". And there are a lot of other speakers.

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



Boat-Mounted Flying Machine Catapult

See this and more! in

**A.A. Literature References**

Click [PDF](#) or <https://incsandiegoaa.org/viewpoint>

## Quantity or Quality

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. ~Bill W. (As Bill Sees It, pg 11)

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/>

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>

**NORTH COUNTY H & I NEWS**

**REMOTE H&I PANEL MEMBERS NEEDED.** We are pleased to announce a facility has reached out to us for remote H&I panels. This is exciting news and we are actively recruiting to fill the positions. The facility is the VA Hospital so we have begun the process of contacting our existing VA Hospital panel members. We anticipate needing additional panel members and encourage you to contact us if you are interested. The panel day has been set as Saturday, but exact times and weeks of the month have yet to be determined. If you are flexible on time and available most Saturdays, and want to be of service by sharing your experience strength and hope to someone who can't get to a meeting, contact us at [northcountyhandi@gmail.com](mailto:northcountyhandi@gmail.com) or visit our website [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.).

**JULY 2020 FINANCIAL SUMMARY**

Beginning Balance: \$6,738.83 Income: \$1,134.29

Expenses: \$467.95 Ending Balance: \$7,405.17

**GROUP AND GREEN CAN CONTRIBUTIONS JULY 2020**

Group Name	Green Can	Group
Belly Up Third Tradition 162613		100.00
Carlsbad AA Workshop		100.00
Encinitas Friday Women's 12 x 12	50.00	
Free Thinking Women 714985		36.00
Friday night RSF	82.00	
Just the Black Print Group 713516	126.00	
Ki's Weekender		130.00
NCAC Big Book Study		53.00
NSDYPAA		47.08
Rancho Bernardo Women's BB Study - 174399		19.80
Robbers Roost	115.00	
San Marcos Women's Discussion		12.00
Surf and Sun AA Group 141142	70.91	
Surrender To Win 662023		110.00
The Blind Leading the Blind 652308		13.50
Women's 11th Step 688187		44.00
Women on Wednesdays 134152		25.00

Totals: \$443.91 \$690.38

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) this matter was that I had a self-esteem problem and I overcorrected, by pointing the faults of others, to somehow make myself appear normal. This never worked for me as I could not fool my conscience. Things only got worse. I still worked through the steps and did what I could at the time. No one gets it perfect the first time, but we can make a second effort at it when we have established a track record of living by principles. AA meetings are a training ground for how we treat others and if we can't accept the people there, it's a cinch we won't do it outside of the rooms.

Everyone that comes to AA brings with them their own assortment of mental, emotional, spiritual, and material problems, and none of us are without these concerns. If we didn't have them, we wouldn't need this program. We all feel somewhat vulnerable and we establish our own firewalls, with the help of our EGO'S, to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might establish hard and fast protective reactions, mentally and verbally to protect our own turf. With so many different personalities brought together in one group, it's very hard to let down our guards, after all, we all feel somewhat justified when pointing out the faults of others. This is what the alcoholic personality does.

With the understanding that most forms of criticism and character assassination stem from low self-esteem, it occurred to me that I was just as guilty of the very things that I was accusing them of. I likened it to two old men in a convalescent home hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into their motives and understand what caused them to behave the way they did, and not be threatened by their outside behavior. I cannot express in words the mental freedom that this principle has produced in me. When I see someone acting out, my first thought is not judgmental in nature but of empathy and compassion. My next thought is "what I can do to help him or her". Having adopted this approach, I have come to terms with all the people that I inner act with on a day to day basis and I no longer in conflict with anyone. To me, they are all like kids just learning how to do life. They all have problems and I am not going to be one of their problems. I must be strong enough to replaced words like resentment, judgment, and criticism with empathy, understanding and compassion. Today I have no adversaries that I can think of, and peace of mind is the natural result of this approach.

I find no exceptions to this principle and I cannot be selective about who I apply it to. Everyone gets amnesty in my book. All that mental gymnastics about "those other people" is a distant memory and I can't think of a single time that practicing this principle didn't serve me well. The only one that is sorry for this profound and life changing transition is my EGO, but about that; who am I to criticize? ☺



**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.**

**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.



**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](mailto:office@NCsandiegoAA.org)  
 Web: [NCsandiegoAA.org](https://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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**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

**The Gift of Desperation**

By Rick R.

I woke up in Desperation, Half a century ago  
 I had squandered all my options and, I had no place to go.  
 Guilt and Shame and Loathing thoughts weighed, heavy on my mind  
 But I was used to waking up, with dark thoughts of that kind  
 My drinking used to mask those feelings, that I had that day  
 And if I ventured just one sip, they'd soon be washed away  
 As I look back on that event, it's very plain to see  
 The thought that gripped my conscience was, A New Reality  
 It was my Day of Reckoning and, I Cherish it today  
 For without that Desperation I, may not have called AA  
 Within moments of exposure to that kind and loving group  
 The drink obsession vanished. Optimism closed that loop.  
 Thinking someday I'd be tempted, I was vigilant from the start  
 And Since it never happened, I thank God with all my heart  
 For decades I have questioned why it works so well for me  
 While watching others suffer through a life of misery  
 When asked that simple question I now answer with a smile  
 It all happened when Desperation far Outweighed my own Denial

**Always Look on the Bright Side of Life**

Some things in life are bad  
 They can really make you mad  
 Other things just make you swear and curse.  
 When you're chewing on life's gristle  
 Don't grumble, give a whistle  
 And this'll help things turn out for the best...  
 And...always look on the bright side of life...  
 Always look on the light side of life...  
 If life seems jolly rotten  
 There's something you've forgotten  
 And that's to laugh and smile and dance and sing.  
 When you're feeling in the dumps  
 Don't be silly chumps  
 Just purse your lips and whistle - that's the thing.  
 And...always look on the bright side of life...  
 Always look on the light side of life...  
 ~Eric Idle

Dear Viewpoint Reader,  
 It's been my pleasure and a privilege serving as Viewpoint Editor for the past five years, but it's time to rotate out. Thank you for your encouragement over the years and please support our new editor by submitting articles, poems, stories, etc. via our website: <https://ncsandiegoAA.org/viewpoint/viewpoint-info>  
 Yours in Loving Service,  
 Dave M, Mountain View Men's Group, Escondido

**A.A. Websites:** North County Central Office [NCsandiegoAA.org](https://ncsandiegoAA.org), Area 8 [area8AA.org](https://area8AA.org), Young People [NSDYPA.org](https://NSDYPA.org), A.A. [AA.org](https://AA.org), H&I [nchandi.org](https://nchandi.org), Grapevine [AAGrapevine.org](https://AAGrapevine.org), Daily Reflection [AA.org/pages/en\\_US/daily-reflection](https://AA.org/pages/en_US/daily-reflection).  
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***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.***