

May
2021



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

Tradition 5 (Short Form) Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

Concept 4 (Short Form) Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

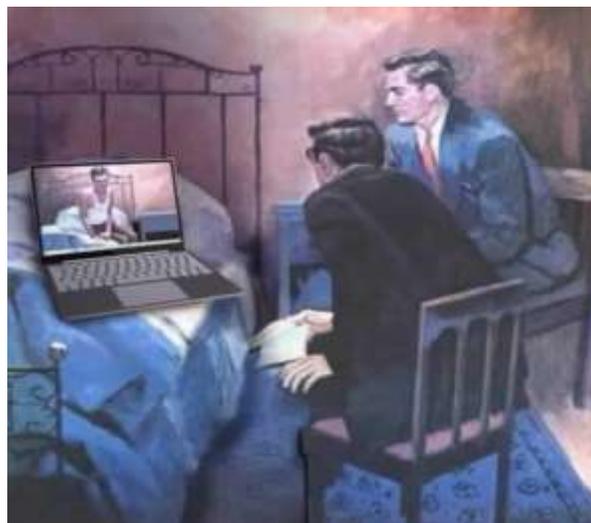
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VIEWPOINT

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Zooming for Recovery, Anytime, Anywhere!

Here is a collection of current A.A. events and meetings from around the world! Click on <https://bit.ly/2Ou0azq> to see flyers that are sorted first by the most current date, then by 24/7 Marathon Meetings, Daily Meetings, Monthly and Weekly Meetings. There are over 300 flyers on this page.



North County Central Office
1020 S. Santa Fe Ave. Suite B
Vista, CA 92084
During COVID Shutdown
Please call 760-758-2515 to purchase and pick up bookstore items
Phone: 760-758-2514
Email: office@NCSandiegoAA.org
Web: [NCSandiegoAA.org](https://ncsandiegoaa.org)
Office Closed on the following Holidays

- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

North County Intergroup Meeting Minutes 5/12/2021

Called to Order:

- Meeting was called to order at 7:01 P.M. There were **45 Reps** in attendance, with **4 new reps**.
- Traditions were read by Tonya T.
- Minutes were read by Kat, Ken, and Vickie. Moved and seconded to approve with no corrections.

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

April total sales were \$1,267 and Cost of Goods Sold was \$958, yielding a Gross Profit of \$310. Along with Group Contributions of \$8,276 and Member Contributions of \$201, with other Contributions of \$21 and Miscellaneous Revenue of \$16, the Total Revenue was \$8,823. After Total Expenses of \$8,977, the Net Loss for April was (\$154). The YTD Profit, including the one-time AAWS donation of \$5,000, is \$988. Moved and seconded to approve the financial report. All in favor.

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

Central Office has received some calls from meetings about returning to in-person or hybrid format and is updating the website as quickly as possible. Central Office also celebrated its one-year anniversary in the new location!

STANDING COMMITTEES

Public Information Committee: Caroline H. (404) 435-0900 (E-mail: CHoward949@gmail.com)

Caroline has been doing research and trying to expand opportunities for Public Information avenues. She is seeking opportunities, researching with Area 8, and starting to put feelers out.

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

Jim thanked Central Office for their support with the after-hours phones and also thanked Borrego Springs members for attending the meeting tonight. Jim reminded reps that it is essential to keep website information up-to-date as groups return to their in-person and hybrid formats, as it is the Telephone Committee's only resource to guide alcoholics to meetings. If there are any special events coming up in the future, he asks that you please notify Ken, so the information can be posted to the website. This coming Saturday is the next orientation for the Telephone Committee and then again on June 19. Also, for anyone looking for more information about 12-step work or volunteer opportunities, Jim has created list of members who want to be involved with the Telephone Committee. Please promote the upcoming orientation on Saturday and let volunteers know they can contact Jim for more information. Zoom Id and password for the orientation is provided on the Telephone Committee Handout.

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

No report.

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

Outreach to outlying areas remains ongoing: Liz sent a beautiful letter to Poway and Joan attended a meeting in Rancho Penasquitos to encourage Intergroup participation. Margaret confirms that they are still calling Ramona and Poway and keeping connections with members out that way. Margaret also welcomed Borrego Springs attendees.

H&I Committee: Michael H. (619) 481-1714 (Email: H&Ichair@ncsandiegoaa.org)

(H&I Website: www.nchandi.org)

H&I has been producing virtual panels and sending them out to their facilities. Currently, there are two active in-person panels in North County. H&I is also making calls to see if any other facilities are opening up for in-person panels anytime soon. Next month, they are hoping to have more information about which facilities are planning to resume in-person panels. Furthermore, H&I is executing another book blitz, in which they use money from the green can to buy and stock their facilities with books and pamphlets. Michael also notes that H&I is looking for board members, so please feel free to attend their monthly meeting on the third Saturday of the month if you have questions about how things work. The financial report is as follows: Beginning Balance, \$3,490; Income, \$2,000; Expenses, \$141 and Ending Balance, \$5,349.

- **Zoom Chat:**

- North County H&I Committee Meeting - Every 3rd Saturday 9:45 AM Zoom ID: 864 4735 5920. Please email northcountyhandi@gmail.com for password

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

Mike provided his report by e-mail, wherein he suggests that members check the Area 8 website for the delegate's report. He also states that he intends to rotate out as Area liaison and is seeking a replacement for this position. The requirements for the position are as follows: attend one monthly Area Committee Meeting and all of the assemblies to report information back to Intergroup. Please contact Mike if you are interested in this position.

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

OLD BUSINESS:

Tim states that the Accessibilities Committee funding motion for the Carlsbad ASL translation services has been withdrawn and will not be voted on. Representatives from the Accessibilities Committee graciously attended the meeting to explain a bit more about the gold can and how things work. They informed reps that the gold can pays for interpreters only and is completely separate from the Area 8 budget. If you would like more details about the Accessibilities Committee budget, you can visit their page on the Area 8 site and view the running budget spreadsheet, complete with detailed records of all expenditures, click "View Fund Balance Sheet." You can also view their flyer that explains more about the gold can and its purpose by clicking "The Sign Language Fund" link, also on their website. The Accessibilities Committee is committed to introducing the gold can in North County, which will be available to pick up at Central Office, along with flyers. North County website also has a link to the gold can so that members can donate if they wish.

• **Zoom Chat:**

- Here is the link to our spreadsheet for the Gold Can and the Venmo is @JAD-TheGoldCan, number for verification is #8941.
- The Accessibilities Committee Meeting is on the 4th Tuesday on Zoom @ 7:00 pm Meeting ID: 934 3736 7974 Passcode: AccessAA
- <https://www.area8aa.org/sdiaa/committees/accessibilities-committee/>

New Intergroup reps are invited to attend the Intergroup Orientation Meeting next month, right before the Intergroup meeting at 6:30 pm.

NEW BUSINESS:

The Business Committee recently discussed the new meeting booklet and how to go about re-implementing a paper-based meeting guide in North County. The committee is looking into putting together a physical booklet in the future, as more meetings become available in-person. The most critical step toward an accurate meeting booklet is ensuring that all meeting information is updated with Central Office and on the website. He implores reps to please reach out if their group's meeting format changes, location changes, and/or Zoom ID changes, as the committee is going to need accurate information for a meeting booklet. Tim also notes that the annual rotation of officers on the Business Committee will take place next month. He encourages reps to think about whether they may want to take on a role in the Business Committee. The committee is also in the process of receiving the annual CPA accounting review.

ELECTIONS: None.

ANNOUNCEMENTS:

Seniors in Sobriety – A "Seniors in Sobriety" Conference is taking place October 23-26 at Bahia Resort down in Mission Bay. For more information, visit www.SeniorsinSobriety.com. The chair for this event is Joan K. from San Diego. Feel free to reach out to Joan K. at (619) 985-7016.

Adjournment: 8:10 pm. Next Intergroup Meeting Date: June 9, 2021

RESPECTFULLY SUBMITTED: Kat K., Recording Secretary



Intergroup Report – Phone Committee May 12, 2021

The After-Hours Phone Committee is an extension of our Central Office and bears the responsibility to coordinate volunteers to answer telephones (via call forwarding to our mobile or landline telephones) after normal business hours and Holidays. The After-Hours Phone duties are from 5 p.m. to 9:00 a.m. Monday thru Friday, and Saturday from 1:00 p.m. thru Sunday 9:00 a.m. and Sunday 9:00a.m. to Monday 9:00a.m.

A staff of committed volunteers typically is assigned one shift per month, ranging from 3 to 12 hours of Service.

The After-Hours Phone Committee also assists the Central Office in coordination and dependability of the volunteer 12-Step call list. These individuals are responsible to aid alcoholics in need of the helping hand of A.A. to stop drinking.

Intergroup Representatives are asked to pass along to their groups that responsible volunteers are continually needed. Members who wish to be of service **(with a suggested length of sobriety of 1 year)** may contact the Central Office at 760-758-2514.

* Key points for your Intergroup Report to your Group

Currently we have **one opening**. Updated: 5-10-2021

Wednesday Team (Jody) 5th week of the month 5:00 p.m. – 9:00 p.m.



* Communities needing 12-Step Volunteers



Men		Women	
Bonsal	San Marcos	Bonsal	Rancho Bernardo
Borrego Springs	Solana Beach	Borrego Springs	Rancho Santa Fe
Del Mar	Valley Center	Del Mar	San Marcos
Poway	Warner Springs	Fallbrook	Solana Beach
Ramona		Poway	Valley Center
Rancho Santa Fe		Ramona	Warner Springs

Bill W. stated in the A.A. Service Manual "Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die."

* All North County A.A. Groups should continue to provide the Central Office with the following:

- Any changes to your A.A. Group Meeting such as; Time, Location or Zoom Meeting online or Hybrid Zoom & in person meetings need to be reported to the Central Office.
- All this information will be posted on the N.C. Web page, Meeting Guide App, and passed along to the Phone Committee.



CENTRAL OFFICE TELEPHONES & 12-STEP CALLS

Orientation & Learning Session on how to Answer the Central Office Telephone and perform 12-Step Calls

*** Next Session Date: June 19, 2021**

The purpose of the Orientation & Learning Session is to fill a critical need for communication to our North County San Diego A.A. Members looking for information on A.A. meeting location and service entities. The Central Office has a group of volunteers to answer the phones during Central Office Operation. The After-Hours Phone Committee is an extension of the Central Office and performs this service when closed and on Holidays.

- Learn how Central Office volunteers fulfil this critical function & need
- Share information and gain the confidence to be of service in this way
- Become equipped with current & available resources (non-profit detox & treatment facilities) to help alcoholics who are suffering
- Learn useful listening (communication) techniques
- Learn of actual 12-Step scenarios & how callers went from the seemingly helpless to the hopeful sober
- Be part of a team of volunteers who actively practice the 12-Step Call
- Set up your phone to receive calls via remote locations
- Receive the rewards of being of service

When: Every 3rd Saturday of the month

Zoom: Zoom ID # 753 4206 4313 PW: 8902299

Time: 9:30 a.m. – 10:30 a.m.

RSVP to Jim Roberts the Friday prior to the scheduled meeting by calling or texting @ 619-890-2299

Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them. -- Alcoholics Anonymous, page 27

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. -- Alcoholics Anonymous, page 62

NORTH COUNTY INTERGROUP CONTRIBUTIONS

Group Contributions - APR 2021

GROUP INFORMATION	APR 2021
AA Group 658941	185.00
Cardiff 7PM Happy Hour	132.00
Cardiff Ki's Zoom House	48.25
Carlsbad FRI Night in the Park	106.00
Carlsbad SAT 845 AM Women Living In Recovery	10.52
Carlsbad Sobriety Rocks 830 AM Daily Reflection 705313	366.00
Carlsbad Step A Month Study MON Nite Group 158720	120.00
Carlsbad SUN Sobriety Rocks	233.00
Carlsbad Water Works FRI 130PM	59.57
Carlsbad WED 8PM Women Living in the Solution	302.00
Encinitas Cottonwood Creek Park SUN 830AM	36.43
Encinitas TUE 7 PM North Coastal Men's 686387	235.58
Escondido ACE FRI 6PM Meeting	79.23
Escondido ACE Zoom Nightly 6'er	240.51
Escondido Attitudes 7AM Daily on Zoom	1,000.00
Escondido MON 630PM Women's Closed BB & 12x12 Study	12.50
Escondido SAT 930AM Women's "A New Beginning"	12.50
Escondido WED Noon As Bill Sees It	251.20
Oceanside SAT 10 AM Women's Big Book Study 663144 at First I	220.00
Oceanside TUE 8PM NCAC Discussion Group	80.00
Oceanside WED Noon Women's Handbag Meeting #606873	262.00
Poway FRI Garden Road	20.00
Ramona SUN 9AM Kick Start Your Heart #640237	85.00
Rancho Bernardo TGIF at 8PM Group 136313	268.50
Rancho Bernardo Women's Big Book MON 730PM	137.69
Rancho Santa Fe Just the Black Print (713516)	509.00
San Marcos Discovery Group SAT 3PM at St. Mark's	12.29
San Marcos SUN 10AM Daily Reflections (651125)	250.00
San Marcos THU 10AM Women's	74.46
San Marcos WED Noon Stick Meeting	12.50
Solana Beach Belly Up 3rd Tradition 7AMM-F	2,229.23
Sorrento Valley Nooners	25.91
Valley Center MON 7PM Slow Learners BBSG (689359)	131.35
Vista THU Women Living in the Solution Group 161663	50.00
Vista SAT 930AM Women's Acceptance at Hope Church	150.00
Vista THU 630PM Free Thinking Women Group 714985	12.50
Women on Wednesday	205.37
Zoomers at 3PM	110.01
Total	8,276.10

NORTH COUNTY H & I NEWS

IT'S THAT TIME AGAIN. Your North County H&I Committee is conducting another Book Blitz event in the month of May. This event is when we gather *your* Green Can donations up, place an order with the General Service Office and distribute AA literature and books to the facilities we serve. This go around will be especially interesting. With the recent loosening of pandemic health order restrictions, we will check in with our facilities to determine if we can begin returning to the facilities in-person. For those facilities that allow in-person H&I panels, we will contact existing panel members to schedule the panels. If there is a need for panel members, we will reach out to *you* for your help filling them. In either case, we are grateful for *your* contributions and *your* service to the still suffering alcoholics who cannot get to a meeting. As always, for more information contact us at northcountyhandi@gmail.com or our website nchandi.org.

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.).

APRIL 2021 FINANCIAL SUMMARY

Beginning Balance: \$3,490.24 Income: \$2,000.11
Expenses: \$141.32 Ending Balance: \$5,349.03

GROUP AND GREEN CAN CONTRIBUTIONS APRIL 2021

Group Name	Green Can	Group
Belly Up Third Tradition 162613		1,422.00
BYOB Group 702824		25.00
Encinitas Friday Women's 12 x 12 658941		50.00
Friday Night Garden Road 5 pm		20.00
Handbag Wednesday Oceanside 606873		20.00
Individual Contribution	61.00	
Just the Black Print Group 713516		191.00
North Coastal Calle Barcelona 686387		47.11
TGIF 136313		94.00
Women on Wednesdays 134152		70.00
Totals:	\$61.00	\$1,939.11

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 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 NCHandi.org to view Policy & Guidelines, Financial Reports, and more.

Dating in Sobriety

Anonymous

When I got sober, one of the first things I heard in AA was that I had stopped maturing when I started drinking. This effectively made me a fifteen-year-old in a thirty-seven-year-old body, and meant that, along with the other difficulties of new sobriety, I had to experience being a teenager again, but this time without alcohol.

I started drinking in order to set myself at ease socially, first at high school dances, then at parties, then at bars and nightclubs, and finally at home, alone. I probably never had a relationship with a girl that didn't start and end with booze and drugs. Sober sex was not on the agenda.

I spent the next twenty-two years as a wannabe musician, paying my bills by way of illegal business ventures. I never dated – I either had toxic relationships or cruised the night spots like a predator, looking for the perfect combination of the perfect high and the stunning, successful, articulate woman that was going to change my world. My standards inevitably got lower as the evening got closer to last call, and I now get to amuse my men's group with stories of the crazies I hooked up with.

So, when I finally got to Alcoholics Anonymous, completely wrecked, broke, scared, in trouble with the law, unemployable, and alone, I didn't have much faith in a shining future. The party was over, and I didn't have a clue how to live a regular life. I wound up living at my parents' house. I got a crummy job and a nice little \$200 newcomer car and I went to meetings. My teeth were bad and my clothes didn't fit – I was carrying thirty pounds of AA cookies and doughnuts around my waist. Boy, was I ever prime dating material!

At one year sober I got involved with what I now affectionately call Big Book Boot Camp, based in a church in Ocean Park, CA. We were on fire, sharing about doing the work, writing massive inventories, and learning to carry the message. Meanwhile, I had dabbled a bit in sober dating, shy, awkward, and not very interested in anyone who would have me.

Then it happened – I found Her! I was delirious, totally in my head, ready to move in with her at the drop of a hat. It turned out she was two years sober but not very interested in the steps; my sponsor suggested that things didn't look too promising. After two dates (the rest was all in my head) and two weeks, she told me she was back with her boyfriend. I was crushed. Didn't she know what she was missing? How could she have led me on this way? What did he have that I didn't have (besides a real job and a Porsche)?

Fortunately, people in AA consoled me and consistently redirected my attention to my primary purpose. They told me that romance would happen in God's time, not necessarily in my time. They told me that I couldn't expect to be made whole by another person – that the steps and a spiritual awakening would solve my problems. I listened to them and surrendered my desire to be in a relationship. I launched into the steps with renewed vigor and felt a new freedom as I was no longer on the prowl when I went to meetings.

A few months went by. One night I was at a local speaker meeting, minding my own business, enjoying the group with no other expectation than to be present for an evening of sobriety. When the meeting ended I joined the line to thank the speaker, as I had been taught. A woman I hadn't seen before was in line in front of me; she was tall, attractive, and well dressed. After she thanked the speaker she hung around and we wound up introducing ourselves. I didn't plan this, but after exchanging names I found myself asking, "Do you work the steps?" Now there's a lame pickup line if I ever heard one, but she cheerfully answered yes.

We went to coffee soon after, then met at some local meetings, and finally went on a date. I spent way more than I could afford, but we laughed and joke and had such a comfortable time together that it was worth it.

Over the next few weeks I had to compete with a few others that were interested in her (she was new in town), and once again experienced discomfort, but what she did was none of my business so I kept my mouth shut about it. Meanwhile, I brought her to my group in Ocean Park and she committed to re-taking the steps at three years sober.

Thank God my sponsor in that group cared enough about me and the process to make sure I didn't skip the sex inventory! After answering the questions in the middle of page sixty-nine (where had I been selfish and dishonest, where was I to blame, etc), I'm asked what I should have done instead. The answer was always the opposite of what I had typically done: where I had been dishonest, tell the truth; where I had been selfish, be giving; where I had been inconsiderate, be thoughtful. From this I was able to mold an ideal, as the book talks about. It was helpful to write it out in a couple of paragraphs - this provided me with a template for future conduct that I could always refer to (and ask for the power to live up to.)

I am grateful that the opportunity to contribute on this theme came up in the Grapevine. The last nine or ten times I have spoken in front of large groups, telling my AA story, I have been forced to stop each time I reached the part about meeting the woman in the line to thank the speaker. I become overwhelmed with gratitude and have to wave my hands around and hold back tears until I am able to use my voice again. It's more than thirty years later now; we are married and have two beautiful children who have never seen us drink or use abusive language toward each other. I have been miraculously relieved of my old behaviors and attitudes regarding relationships with women, and have been truly blessed to have experienced the closeness, finally, that I had always searched for.



Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

What you seek is seeking you.

Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.

Rumi