

July  
2021



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

**Tradition 7** (Short Form) Every AA 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:

[ncsandiegoaa.org/viewpoint](https://ncsandiegoaa.org/viewpoint)

Subscribe to the Viewpoint to be delivered by

email: [viewpoint@ncsandiego.org](mailto:viewpoint@ncsandiego.org)



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**North County Central Office**  
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**Office Closed on the following Holidays**

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

## Meetings Are Opening Back Up!

Many North County AA meetings have resumed as live gatherings. Some are successfully hosting hybrid (live and Zoom) meetings. If your group has returned to live status, make sure Central Office knows so that the online directory listing can be updated—see page 9 for details.

Here are some guidelines for our transition to normalcy:

- Please honor the preferences of the church or building management
- If you suspect that you have any symptoms that others wouldn't want to be exposed to, stay home and take advantage of the many available Zoom meetings.
- If after attending an in-person meeting you contract Covid, let the secretary know.

Also, did you know that you can contribute to Central Office [online](#)?

And, for GSO, go [here](#).

## North County Intergroup Meeting Minutes

Date 7/14/2021

### Called to Order:

- Meeting was called to order at 7:00 P.M. by Chair Vickie A. There were **40 Reps** in attendance, with **12 new reps**.
- Traditions were read by Becky J.
- Minutes were read by Joan B. Corrections made to Joan B., Becky J. and changing **April to May** in the financial Report. Moved and seconded to approve with corrections.

### **Financial Report: Rozee B. (951) 501-6398 (Email: [RozeeB@ncsandiegoaa.org](mailto:RozeeB@ncsandiegoaa.org))**

June total sales were \$1,575 and Cost of Goods Sold was \$1,191, yielding a Gross Profit of \$385. Along with Group Contributions of \$5,957 and Member Contributions of \$213, with other Contributions of \$14 and Miscellaneous Revenue of \$8, the Total Revenue was \$6,577. After Total Expenses of \$8,952, the Net Loss for June was (\$2,375). The YTD Loss, including the one-time AAWS donation of \$5,000, is (\$3,622.) Moved and seconded to approve the financial report. All in favor.

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

Ken reported that the Central Office is still experiencing a continued loss, but if we negate the \$5,000 one-time donation to AAWS, we would be showing a thin profit. Ken thanked the Phone Committee and the Website staff for support and keeping the website updated. He also thanked the groups who have sent or called in their meeting changes. Ken will be celebrating 47 years of sobriety on July 22nd!

## **STANDING COMMITTEES**

### **Public Information Committee: Caroline H. (404) 435-0900 (E-mail: [CHoward949@gmail.com](mailto:CHoward949@gmail.com))**

Caroline is continuing Dave B.'s project of installing AA literature racks in public facilities to get AA information out to the public. She will present a formal proposal to the Business Committee to install racks in 5 libraries in Oceanside, Carlsbad, Vista, and Fallbrook. South Oceanside Men's Group has committed to maintaining and restocking the literature racks. After 3 months the program will be evaluated and possibly be extended to 27 more libraries in the North County area as well as medical facilities. Caroline thanked Jim R. for his assistance in the project.

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

Jim thanked Central Office staff for their support and the Website staff for keeping the information on the website current. Jim asked the Reps to refer to the flyer about the Phone Committee that was attached to the email about the Intergroup Meeting with the other necessary documents. Jim stated he has not been able to say this for some time, but currently there are no openings on any shifts for the Phone Committee! However, he is creating a back-up list of people who would like to be on the committee in case a shift should open There will be a Phone Committee Learning and Orientation meeting on Saturday, July 17<sup>th</sup> at 9:30 AM. via Zoom. At the meeting Jim will explain the workings of the Phone Committee and the 12 Step List. 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](mailto:archives@ncsandiegoaa.org))**

Danny continues to ask Members if they have any historical items they would like to donate to Archives. They can contact Danny to donate. He is creating a booklet on the Grapevine stories from North County Members and is in the process of formatting the booklet for printers He thanked Vickie A. for giving him a hand.

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

Margaret wanted to make sure that New Reps gave their contact information including the group they are representing to Ken at the Central Office, so we know which groups are being represented. She is keeping up with unrepresented areas to encourage new Intergroup Reps.

**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 announced that H& I is going full tilt! He thanked Don C., the Treatment Chair and said there were 18 in-person panels in facilities currently. H& I also need 50 plus more panel members, men, and women, for Fallbrook, Escondido, Vista, and Oceanside. Don C. reported there will be an orientation for new members on Saturday, July 17<sup>th</sup> at 9:00 AM at the Oceanside Alano Club. 250 panel members are needed for all facilities when all are open! A link to the Orientation flyer is in the Zoom Chat below. The financial report is as follows: Beginning Balance, \$5,985; Income, \$1,805; Expenses, \$216 and Ending Balance, \$7,574.

- **Zoom Chat:** (for orientation flyer)

<https://firebasestorage.googleapis.com/v0/b/nchandi-website.appspot.com/o/General%20Resources%2FJuly%202021%20H%26I%20Orientation%20?alt=media&token=449186b6-c66f-40de-b7f9-8f6f2b1fb10f>

**Area Assembly: TBD**

The search is on for an Area Assembly Rep.

**BUSINESS COMMITTEE REPORT: Chairperson: Vickie A. (760) 828-5415 (Email: [VickieA@ncsandiegoaa.org](mailto:VickieA@ncsandiegoaa.org))**

**OLD BUSINESS:**

Vickie reported that the Central Office is now open from 9:00 AM to 5:00 PM on Mondays to Fridays and from 9:00 AM to 1:00 Pm on Saturdays. Please let the Members know that the Central Office is stocked with all the meeting needs, such as literature, tokens, information, etc. The address is 1020 South Santa Fe, Suite B, Vista. Reps are asked again to remind the Groups to update their meeting information by either calling Central Office or making the changes on the website where there is a form to do so. The Meeting Directory Booklet is on hold until things are more stable and back to normal.

**NEW BUSINESS:**

The Business Committee discussed the policy on printing the Viewpoint. Because in the past 500 copies of the Viewpoint were printed and 250 ended up in the recycle bin, it was decided that the printed Viewpoint will be available at Central Office where Members can get up to 5 copies and then there will be a charge for any additional copies at \$.10 apiece. This will help cover the printing costs. The Business Committee is committed to their financial responsibility to the Intergroup as well as addressing environmental concerns. Members need to be aware that the Viewpoint is available on the North County AA website and can be printed from the site. The document has been reformatted to an 8x11 sheet of paper. The Viewpoint is also sent out via email by the Central Office. Please let Ken know that you want to be on the email list to receive it monthly via email.

It was decided that the monthly Intergroup Meeting will continue Zoom until 12/31/2021. At that point it will be reevaluated. Ken will continue to send out the Intergroup Meeting Reminder with the Zoom ID and the necessary documents Reps can print out for the meeting.

The 42<sup>nd</sup> Anniversary Meeting will be held at the end of August. Details to come.

The Traditions Breakfast will be held in March 2022. Karla H. is the Chair for the event. Details TBA.

Renee H. reiterated the importance of updating meeting information for the Meeting Guide. The form is on the Central office website.

A question from the floor regarding group histories and accepting them at Central Office. Vickie suggested there is a list of groups that have submitted their history, but there were only about 20 or so that have. Reps were asked to talk to the groups about submitting their groups history to Central Office. There is a form on the website to make it easy to submit.

**ELECTIONS:**

None.

**ANNOUNCEMENTS:**

Karla presented a flyer for a NY GSO "Challenge of Self Support" asking for donations from groups to help the GSO to cover their fiscal year. The flyer can be accessed on the Area 8 website. See <https://www.area8aa.org/wp-content/uploads/2021/06/2021-Challenge-734-on-731-ENGLISH.pdf>

Jim R. announced the annual Labor Day picnic committee needs volunteers. Please see information from **Zoom Chat: Labor Day Picnic - Sept 6, 2021**

**Announcement to the Reps about the No. County Labor Day Picnic – Volunteers are needed!!**

**Planning Committee Meetings are scheduled on Zoom for 7/20, 8/3 & 8/24 @ 6:00 PM.**

**Those who can commit to volunteer should attend the first planning meeting on 7/20.**

**ID: 883 0046 0766**

**PW: 754783**

Adjournment: 7:51 pm.

Next Intergroup Meeting Date: June 9, 2021

**RESPECTFULLY SUBMITTED: Joan B., Recording Secretary**

## Special Announcement!

In keeping with the final advisory action of the 71st General Service Conference, the A.A. Preamble revision replacing the words "men and women" with "people" has made its first appearance in the July issue of *Grapevine*, and its translation will be in the July/August issue of *La Viña*.

The Preamble now begins with: "Alcoholics Anonymous is a **fellowship of people who share** their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism."

### —The Guest House—

"This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor. Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still treat each guest honorably. He may be clearing you out for some new delight. The dark thought, the shame, the malice, meet them at the door laughing and invite them in."

Jalaluddin Rumi

**North County Group Contributions — JUN 2021**

<b>GROUP INFORMATION</b>	<b>JUN 2021</b>
AA Group 367094	20.00
AA Group North County Women's Daily 930 AM Zoom	205.00
Carlsbad SUN Sobriety Rocks	310.00
Encinitas MON North Coastal Women in Recovery	247.75
Encinitas TUE 7 PM North Coastal Men's 686387	147.46
Escondido ACE Zoom Nightly 6'er	108.97
Leucadia Six Step House Daily Meetings	250.00
Oceanside SAT No More Hangovers	100.00
Oceanside FRI 5PM As Bill Sees It (NCAC)	140.00
Oceanside FRI Sunny Side	10.00
Oceanside THU LGBTQ and Friends	102.52
Oceanside TUE 7PM Chip-in Group	25.91
Oceanside TUE 8PM NCAC Discussion Group	811.00
Oceanside WED 730PM South Oceanside Men's	35.74
Rancho Bernardo Early Birds Just Say No To Corona (Zoom)	1,000.00
Rancho Bernardo TGIF at 8PM Group 136313	331.00
Rancho Santa Fe FRI Beginners (163076)	177.60
San Marcos SAT Night Speakers	425.20
San Marcos THU 8PM 12 & 12 Study	302.25
Santa Ysabel Back Country Book Study	25.00
Solana Beach Belly Up 3rd Tradition 7AM M-F	74.46
Vista Noon Solutions at Steps Online	150.00
Vista Daily Reprieve	192.50
Vista Daily Came To Believe at Emmanuel Bible Church	165.00
Vista Robber's Roost THU Night	600.00
<b>Total</b>	<b>5,957.36</b>

**Financial Highlights - JUN 2021**

<b>Summary</b>	<b>JUN 2021</b>	<b>FYTD</b>
Total Sales	1,575	16,145
Total Cost of Goods Sold	1,191	13,606
<b>Gross Profit for Sales</b>	<b>385</b>	<b>2,539</b>
Group Contributions	5,957	88,554
Member Contributions	213	9,532
Other Contributions	14	851
Misc Revenue	8	708
<b>Total Revenue</b>	<b>6,577</b>	<b>102,184</b>
Total Operations Expense	8,952	100,806
Total Contribution to GSO		
NY		5,000
<b>Net Profit or (Loss)</b>	<b>(2,375)</b>	<b>(3,622)</b>
<b>Prudent Reserve Status (# Months)</b>		<b>10.9</b>

**NORTH COUNTY H & I NEWS**

**WE NEED YOUR HELP.** The majority of facilities your North County H&I committee support have reopened, and **we need your help re-staffing our panels.** As of the first week of July we have openings for eight facilities in Oceanside, Escondido, Vista and Fallbrook. Our website [nchandi.org](http://nchandi.org) has been updated to reflect these openings and include the days and times the panels take place. At this writing, we have a need for 63 people to fill these panels. Visit our website and contact Don C 760-212-9759 to sign up. AND ... our **in-person H&I Orientation is back on!** This is another way to learn which facilities need panel members. Join us July 17 at 9 AM at the North County Alano Club. Visit our website [nchandi.org](http://nchandi.org) for directions and more information. See you there!

**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 2021 FINANCIAL SUMMARY**

Beginning Balance: \$5,985.23    Income: \$1,805.10

Expenses: \$216.05    Ending Balance: \$7,574.28

**GROUP AND GREEN CAN CONTRIBUTIONS JUNE 2021**

<b>Group Name</b>	<b>Green Can</b>	<b>Group</b>
367094		\$20.00
Individual Contribution		\$20.50
Daily Reprieve		\$38.50
Friday Night Beginner's Meeting 0163076		\$79.00
Individual Contribution		\$162.20
Individual Contribution		\$116.00
Just Say No to Corona Zoom Meeting		\$1,000.00
Misfits Mens Group 672294		\$94.40
No More Hangovers		\$10.00
North Coastal Calle Barcelona 686387		\$29.50
Robbers Roost		\$50.00
Saturday Night Speakers Meeting		\$50.00
Surf Dogs		\$135.00
<b>Totals:</b>	<b>\$0.00</b>	<b>\$1,805.10</b>

Complete financial reports can be found on our website. \*

**THANK YOU FOR YOUR CONTRIBUTIONS!**

**GETTING INVOLVED:** Stay tuned for announcements of possible opportunities and visit our website [NCHandi.org](http://NCHandi.org) for updates or contact Don C. at 760-212-9759. 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.



## Intergroup Report – Phone Committee July 14, 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

**Updated: 7-12-2021**

Currently the Phone Committee doesn't have any open shifts. But we're looking to establish a list of back-ups for future opening.



### \* 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 Dates: July 17, 2021 & August 21, 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 3<sup>rd</sup> 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**

## **The Shopping Cart Mental Attitude**

### **Correcting My Neglectful Mental Shortcomings**

By Rick R.

Directionless and defeated, bankrupt in every department, ashamed of all my many failures, I drank myself into oblivion every day/night wondering if things were ever going to change and where it was all going to end. How I got to that state of decline was a mystery; after all, weren't my plans always noble? What went wrong? What went right is the question I should have been asking myself. I had painted myself into the corner of life, and the booze had come to the end of whatever comfort it had afforded me in the past. It was over for me and my flawed perception of life. Maybe I should try A.A., after all; what have I got to lose? (GOOD IDEA)

Amazed at what I heard in the meetings, I was taking mental notes about how simple life was and how my false vision of it in the past was my undoing. Maybe I should take a step back and not be in such a hurry to express my opinions, and to tell them how I do things. (GOOD START) Listening to the metaphors, similes, and clichés was extremely helpful, in that it kept reminding me that I had to change my way of looking at things. In the past, I usually did just the opposite of the things they were suggesting. Trying to catch myself doing something that I knew to be wrong, and correcting it on the spot, became a mission for me.

One day, about forty years ago, I was trying to find a parking space in a crowded lot at the market. I finally found one, and as I pulled into it I found that someone had pushed a shopping cart into the flower bed, where it impaired my access. I was a little perturbed at this when it occurred to me that this is what I would have done in the past myself. Next, I removed the cart, parked my car, and returned the cart to the rack and went on about my business. I have been doing this little discipline ever since, and now when I get out of my car I almost always find a stray cart and return it to the rack. This is just one of my efforts that symbolize the unselfish mental attitudes that I should have had all along. I make my bed daily, I allow drivers in front of me on the highway, and I open doors for people when the opportunity presents itself. These actions cost me nothing. Today, my conscience is clear and I no longer loath myself. This is what is important to me these days. My old selfish way of thinking would have me take every advantage to get ahead in a material way, but I would suffer in a spiritual sense. I need to stay vigilant at that level or I may let my ego return to the driver's seat. Taking these disciplines into all my ventures of life has been a wonderful asset and I hope I never get complacent about these things.

Recently, I was handed an article from a sports newsletter written to instill character in the school sports programs and the writer commented that "There are two kinds of people in the world: those that put the cart back in the rack, and those that make excuses for why they shouldn't have to do it." I mirthfully agree.



# Updating Your Meeting Info

The most direct method to update information for AA meetings is to use the website created by and for local members and their groups (ref. <https://ncsandiegoaa.org>). Any personal information provided for point-of-contact purposes will be kept confidential. And, of course, if assistance is needed in any case, please call us at (760) 758-2514 or -2515.

For meetings already listed on the Meeting Directory (ref. <https://ncsandiegoaa.org/meetings>), locate the meeting and open the information page and click on the button labeled 'Request a change to this listing' on the lower left side of the screen. This will open a simple "form" that will take your name, email address, and the message you leave about the change(s) you would like to have entered.

Adding a new meeting is just a bit more involved but can also be tackled directly. Select the 'New Meeting Form' shown below (ref. <https://ncsandiegoaa.org/meeting-update-form>). The form will collect meeting details such as name, day of week, time of day, location, address, and type of meeting. The form also has a section for your point of contact info such as: name, email, phone info.

