

August 2021



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 non-professional, but our service centers may employ special workers.

Concept 8 (Short Form) The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, 2 exercising this through their ability to elect all the directors of these entities.

Download the Viewpoint:

ncsandiegoaa.org/viewpoint

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Meeting Update	Page 1
IG Meeting Minutes	2 - 4
IG Contributions	5
Prudent Reserve Status	
H&I Report After-Hours	
Phone Report	6
Spotlight (New Feature)	
AA Member Stories	8
How to Update Meeting Info	9

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 Central Office
1020 S. Santa Fe Ave. Suite B
Vista, CA 92084

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

Date 8/11/2021

Called to Order:

- Meeting was called to order at 7:00 P.M. by Chair Vickie A. There were 45 Reps in attendance, with 4 new reps.
- Traditions were read by Janine T.
- Minutes were read by Joan B. Corrections made to Date of next meeting. Moved and seconded to approve with corrections.

Financial Report: Rozee B. (951) 501-6398 (Email: RozeeB@ncsandiegoaa.org)

July total sales were \$3,129 and Cost of Goods Sold was \$2,661, yielding a Gross Profit of \$468. Along with Group Contributions of \$11,633 and Member Contributions of \$523, with other Contributions of \$148 and Miscellaneous Revenue of \$15, the Total Revenue was \$12,787. After Total Expenses of \$8,090, the Net Profit for July was \$4,697. The YTD Profit, \$4,697. Prudent Reserve at 12 months of expenses as stated in Guidelines. Moved and seconded to approve the financial report. All in favor.

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

Ken reported that the Central Office had a good month with group contributions increased. The phones are being answered 24/7 and meeting status updates are being quickly posted to the website. The Central Office is open and stocked with literature and Viewpoints. To comply with the current CDC policies due to Covid variants, you must wear a mask in the Central Office.

STANDING COMMITTEES

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

Caroline presented a proposal to the Business Committee at their meeting on 8/10. She is waiting to hear the recommendations and decisions from the Business Committee. More information to follow next month.

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

Jim thanked Central Office staff for their support and the Website staff for keeping the information on the website current. The information about meetings is crucial to the phone volunteers. Jim was again able to state currently there are no openings on any shifts for the Phone Committee! He is still working on the back-up list of people who would like to be on the committee in case a shift should open There will be Phone Committee Learning and Orientation meetings on Saturday, August 21st and Saturday September 18th at 9:30 AM. via Zoom. At the meeting Jim will explain the workings of the Phone Committee and the 12 Step

List. Zoom Id and password for the orientation is provided on the Telephone Committee Handout. There are many North County areas that need volunteers, men and women, for 12 Step work. Please see the handout for those areas.

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

Danny continues to ask Members if they have any historical items of North County AA they would like to donate to Archives. This also includes Speaker tapes. They can contact Danny to donate. He is continuing to work on the booklet of Grapevine stories from North County Members.

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

Margaret stated Central Office really needs meeting information from the groups. The volunteers need to know if the meeting is Zoom only, hybrid or in person. This will prevent the volunteers from misinforming someone looking for a meeting.

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

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

Michael announced that H& I currently need 40 people for panels. He presented a form that can be printed out and taken to meetings for people to sign up if interested in volunteering for a panel. A link to the form is in the Zoom Chat below. Right now, there are 19 of a possible 29 panels operating. Volunteers are needed in Escondido, Oceanside and Fallbrook. Women are needed for two facilities in Oceanside, Crownview Recovery and Family Recovery Center. There will be an orientation for new members on Saturday, August 21st at 9:00 AM at the Oceanside Alano Club. New volunteer orientations take place the third Saturday of the month at the Oceanside Alano club. Here information is given about the panels and panel guidelines. The financial report is as follows: Beginning Balance, \$7,574; Income, \$3,118; Expenses, \$308 and Ending Balance, \$10,384.

- Zoom Chat: (for Sign-up Form)

<https://bit.ly/2VQEDbe>

Area Assembly: TBD

Still need a Rep to attend Area Zoom meetings and report back to Intergroup.

BUSINESS COMMITTEE REPORT: Chairperson: Vickie A. (760) 828-5415 (Email:

VickieA@ncsandiegoaa.org)

OLD BUSINESS:

Vickie reported that the Business Committee was presented with the Public Information Committee proposal to install AA literature to 5 local libraries. The Business Committee will meet with Caroline to present their questions and concerns before they can give approval to the project. Karla reported the 42nd North County Intergroup Anniversary Meeting to be held

Tuesday, August 24th at 7:00 PM will now be Zoom only. Margaret T. is the speaker and there will be opportunity drawings for AA literature. The flyer and information will be on the North County AA website under the Events tab. The Meeting Directory Booklet continues to be on hold especially as more meeting updates come in.

NEW BUSINESS:

There will be a new column in the Viewpoint, the monthly newsletter for Intergroup. The "Group Spotlight" column will feature a North County AA Group and will get the information from the submitted group histories. Vickie and Danny O. will get together to make sure all submitted group histories are accounted for. A form is on the North County AA website to enable the group to enter their historical information and send to Central Office.

ELECTIONS:

None.

ANNOUNCEMENTS:

Adjournment: 7:45 pm.

Next Intergroup Meeting Date: September 8, 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.

Alcoholism is giving up everything for one thing.

Recovery is giving up one thing for everything.

* * *

Q. What did the bartender say after Charles Dickens ordered a martini?

A. "Olive or twist?"

Group Contributions - JUL 2021

GROUP INFORMATION	JUN 2021
AA Group Anon Contribution	155.00
AA Group EVE North County	410.00
Carlsbad FRI Night in the Park	118.00
Carlsbad SAT 4PM Calavera Park	158.71
Carlsbad SAT 845 AM Women Living In Recovery	410.48
Carlsbad SAT Night 11th Step	129.25
Carlsbad Sobriety Rocks 830 AM Daily Reflection 705313	500.00
Carlsbad WED 8PM Women Living in the Solution	180.00
Del Mar Men's God or Vodka 691188	1,175.00
Encinitas SAT 8 AM Women of Olivenhain Group 652027	300.00
Encinitas TUE 7 PM North Coastal Men's 686387	165.52
Escondido ACE Zoom Nightly 6'er	188.74
Escondido TUE Night Speakers	108.22
Escondido Men's NIAOB MON 730PM	330.00
Escondido SAT 930AM Women's "A New Beginning"	100.00
Escondido SAT 1030AM Women's Open Discussion	20.00
Escondido SUN Morning Paper	184.86
Escondido Taxicab SUN 930AM	30.00
Escondido THU Living Room 12 x 12 Group	420.00
Fallbrook SUN 8AM 1-2-3 Step Meeting	170.00
La Jolla FRI Night Men's	153.36
Oceanside - Girls With Gratitude THU 630PM	97.00
Oceanside MON Men's 8PM at St. Margaret's	240.00
Oceanside SUN 10AM a Buccaneer Park	450.00
Oceanside Noon Stools & Bottles at NCAC	82.31
Oceanside TUE 7PM Chip-in Group	173.91
Oceanside WED 7PM Women's Singleness of Purpose #712613	180.70
Oceanside WED Noon Women's Handbag Meeting #606873	175.00
Poway Men's Sunday Morning SUN 9AM	150.00
Rancho Penasquitos THU 630 PM Big Study 170372	600.00
Rancho Santa Fe MON 8PM Discussion Group 1339608	283.00
Rancho Santa Fe FRI Beginners (163076)	196.00
Rancho Santa Fe Just the Black Print (713516)	477.00
San Marcos Discovery Group SAT 3PM at St. Mark's	11.84
San Marcos Men's WED 630 PM Blind Leading the Blind	56.25
San Marcos MON Noon Promise of a New Day	19.12
San Marcos SUN Women's Misfits	110.80
San Marcos TUE 8PM Rose Ranch Men's	24.82
Solana Beach Belly Up 3rd Tradition 7AM M-F	2,136.60
TUE Garage Big Book Study	208.45
Vista Noon Solutions at Steps Online	50.00
Vista SUN 6PM Young Women's Literature Study	78.00
Vista SUN 10AM at Gas & Steam Museum	175.00
Vista THU 630PM Free Thinking Women Group 714985	60.00
Vista TUE 6PM Not So Tipy	178.00
Zoomers at 3PM	12.41
Total	11,633.35

Financial Highlights - JUL 2021

Summary	JUL 2021	FYTD
Total Sales	3,129	3,129
Total Cost of Goods Sold	2,661	2,661
Gross Profit for Sales	468	468
Group Contributions	11,633	11,633
Member Contributions	523	523
Other Contributions	148	148
Misc. Revenue	15	15
Total Revenue	12,787	12,787
Total Operations Expense	8,090	8,090
Net Profit or (Loss)	4,697	4,697

Prudent Reserve Status (# Months) 12.0

NORTH COUNTY H & I NEWS

WE REALLY 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 August we have openings for six facilities in Oceanside, Escondido, and Fallbrook. Our website 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 40 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 August 21 at 9 AM at the North County Alano Club. Visit our website nchandi.org for directions and more information. See you there!

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.).

JULY 2021 FINANCIAL SUMMARY

Beginning Balance: \$7,574.28 Income: \$3,118.27
Expenses: \$308.05 Ending Balance: \$10,384.50

GROUP AND GREEN CAN CONTRIBUTIONS JULY 2021

Group Name	Green Can	Group
Belly Up Third Tradition 162613		430.00
Calavera Fellowship - 0322210		33.00
Came To Believe 642583		197.00
Chip-N-Group 141126		118.00
Del Mar Men's GOV - 691188		106.82
Free Thinking Women 714985		60.00
Friday Night Beginner's Meeting 0163076		175.00
Group 772316		40.00
Handbag Wednesday Oceanside 606873		10.00
Individual Contribution		100.00
Just the Black Print Group 713516		178.00
Ladies Book of Choice		100.00
Misfits Carlsbad 684196		27.70
Misfits Men's Group 672294	212.50	
No More Hangovers		10.00
North Coastal Calle Barcelona 686387		33.10
North County Women's Group 725454		49.55
Not Too Tipy		93.00
Rancho Santa Fe Discussion 133908		56.60
Robbers Roost	200.00	
South Oceanside Men's	150.00	
Sunday Surf and Sun - 0141142		600.00
The Blind Leading the Blind 652308		31.00
Women of Olivenhain		20.00
Women's 11th Step 688187		87.00
Totals:	\$562.50	\$2,555.77

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 for updates or contact Don C. at 760-212-9759. 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.



Do you want to travel the world (virtually) and attend AA meetings? Here are two resources for English language meetings:

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

Recovery is everywhere!



NEEDING HELP!

This is a great 12-Step Service opportunity!

Central Office Hotline operates a 24/7 Hotline for Alcoholics in need. The After-Hour Phone Committee needs volunteers to answer phones while the office is closed. We also need **12-Step Call List Volunteers**. Most phone volunteers only have one shift per month ranging from 3 – 4 hours. 12-Step-Call Volunteers could be called upon to assist the phone volunteers with longer caller needs. This is a great way to be of service. If you're interested please contact the Central Office at (760) 758-2514 for more information.

CURRENTLY WE HAVE NO OPEN SHIFTS

But we're looking for Volunteers to create a waiting list of possible future After-Hour Phone Volunteers.

If you have any questions or are interested in being one of these Volunteers, please contact Phone Chairperson Jim R. 619-890-2299 or JimR@ncsandiegoaa.org

ADDITIONALLY, WE HOLD A MONTHLY ZOOM LEARNING SESSION FOR PHONE AND 12-STEP CALL VOLUNTEERS

Date: 3rd Saturday of each month
Next Session: Aug. 21, 2021 & Sept. 18, 2021
Time: 9:30 a.m. – 10:45 a.m.
Zoom ID: 753 4206 4313
PW: 8902299

(This is a new feature that profiles the histories of some of our local groups)

Spotlight

Meeting Name: Water Works Meeting

In 1974 a group of AAs learned of a meeting room availability at the old Water Department building. They inquired with the administrator regarding their need for a meeting space and their lack of funds. The small meeting room at the early location was rarely used for business. The group, with the administrator's consent, came up with the idea of providing cookies as rent.

As history has it, the group brought three plates of homemade cookies each week. Some feel the administrator had a sweet tooth.

The current location was erected in 1990. The Carlsbad Municipal Water district is no longer a standalone business with its own board of directors. It is now a part of the City of Carlsbad.

A one-time Archives Chair informed a member of our group that a man by the name of Harry Homer started the meeting. Harry died in 2010 with 55 years of sobriety. It is said that Harry was on the old Water Department's board back in the early 1970s. From his on-line obituary, he was quite a character. He had a habit of traveling to Europe with his sponsees so they could see that we live in a small but wonderful world. One worth staying sober for to enjoy. He was an Army Air Corp. Veteran who, after leaving the service, specialized in working with armed service personnel who suffered from alcoholism. Harry also ran a successful roofing company and never met a stranger. He had a very magnetic personality and traveled the country attending AA conventions sharing his experience, strength, and hope.

Our meeting anniversary date is November 1977. We may have it wrong due to the gathered information above. Whether the real date is 1974 or 1977, our group has met for over 40 years!

(Submitted by a group member, July 2021)

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

Step Eight: Making a List

How I Leveled the Playing Field

By Rick R.

Like most of the steps, when I first surrendered and came to Alcoholics Anonymous (A.A.) I did not have a clue about the depth I would have to delve into my past behaviors to free myself from all the guilt and shame that resulted from them. I thought that all I would be talking about was my drinking habits. When faced with the 12 steps I had my own way of being selective about what part of the suggestions I would embrace and which suggestions I would simply dismiss as, *ok for you but not necessary for me*. I did not think my problems were about mental, emotional, and spiritual matters. If I could just stop drinking things would be just fine.

It didn't take long for me to realize what they were explaining to me about the wreckage of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years. I was one of the fortunate ones that lost the obsession to drink from the very first day so that was never a problem for me. I had taken step one, I dismissed steps two and three as being ok for the religious folks but I could do without them. Steps four, five, eight and nine were the ones that I did not want to face but by the time I was sober for about two years I finally let down my guard and did steps four and five. T

he relief I got from being fearless and thorough about those two steps gave me the desire and courage to proceed through steps six and seven and those steps will never be finished as they are basically about spiritual growth concerning my thoughts and actions. Then came *step eight* and the need to identify those people that I had harmed in the past, and I would have to make amends to. *Can they be serious?* I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless.

With that thought in mind, I delayed doing it until I settled down and came up with an understanding that I could start my list and see where it would lead to. I began with the people I let down the most such as my first wife, my son, my siblings, my mother, and my closest friends that were like family to me. Then I spiraled outward to the people I worked with or played with, such as golfing and fishing, etc. Then, as I started to remember all of those drinking buddies, bartenders, and girlfriends through all those years and I had to be realistic about it. To do this, I could spend the rest of my life chasing people down to apologize, and that is when I had to step on the breaks. Thinking that I would need to chase down all of those ships in the night was what held me back from doing it.

What I finally did was, first, to be sure that I no longer did those regrettable deeds of yesterday so that I was not being hypocritical about it. Then I handled the ones that were renting room in the front of my brain box, and as I said, I spiraled outward and handled the ones that were closest to me. As time went on I found the occasion when I would run into an old friend and if I had anything left undone, I would ask him, "Have you ever done something that you really regretted?" His answer is usually, "Hell yes, who hasn't?" Then I say, "Can we talk?" This leveled the playing field. Who can fault a person who, like him, has made mistakes, but then corrected them, made restitution, and lives an honest unselfish life? None of us are perfect. Do not be bogged down by overthinking this step, but on the other hand, be prepared to jump at the opportunity when it arrives.

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.

