

October 2021



Step 10 Continued to take personal inventory, and when we were wrong, promptly admitted it.

Tradition 10 (Short Form) Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept 10 Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

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VIEWPOINT

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Clubs and Meeting Halls Have Reopened Throughout North County!

Many of our meeting locations had to shut down due to health concerns over the last year and a half. Fortunately, Zoom meetings enabled us to adapt, and the Fellowship continued to thrive under the new conditions. Now we're seeing fully open meetings as well as continued Zoom participation and hybrid (Zoom and live attendance) meetings. Please be mindful of masking requirements where required.

The Friendship Center in Oceanside is back in operation after a fire in an adjacent suite and the Covid shutdown and is pleased to offer meetings throughout the week at its new location (suite W) only a short walk across the lot from the previous room (suite D).

Here is a list of North County clubs and meeting halls:

North County Friendship Center	1906 Oceanside Blvd , Oceanside, CA 92054
Steps Stacy Plaza	1717 E Vista Way, Vista, CA 92084
Second Street Fellowship	839 2nd St, Encinitas, CA 92024
Six Step House	1430 N Coast Hwy 101, Encinitas, CA 92024
Alano Club of Escondido	1690 E Valley Pkwy, Escondido, CA 92027
Hilltop Center for Spiritual Living	331 E Elder St, Fallbrook, CA 92028
Camelot Fellowship	2600 Oceanside Blvd, Oceanside, CA 92054
North County Alano Club	4198 Mission Ave, Oceanside, CA 92057
Poway Alano Club	13939 Poway Rd, Poway, CA 92064
Ramona Recovery Center	1710 Montecito Rd, Ramona, CA 92065

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

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 10/13/2021

Called to Order:

- Meeting was called to order at 7:00 P.M. by Chair Vickie A. There were **37 Reps** in attendance, with **3 new reps**.
- Traditions were read by Ali M.
- Minutes were read by Joan B. Moved and seconded to approve.

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

September total sales were \$2,686 and Cost of Goods Sold was \$2,266, yielding a Gross Profit of \$421. Along with Group Contributions of \$7,238 and Member Contributions of \$347, with other Contributions of \$10 and Miscellaneous Revenue of \$13, the Total Revenue was \$8,029. After Total Expenses of \$8,236, the Net Loss for August was (\$208). The YTD Profit, \$3,403. Prudent Reserve is at 11.8 months. 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 another overall good month financially. Meeting changes are being submitted. Thank you to website and phone volunteers. Ken attended the Memorial for Jennie M. and said it was nicely done. He also reported that work is being done to print paper Meeting Directories with the possibility of being in the Central Office on November 2nd.

STANDING COMMITTEES

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

Caroline reported that the PI Committee has taken AA Pamphlets to two libraries. She also stated she attended the AA Tech Workshop which addressed how to reach out to people who need AA through technology. She is forming a committee to research other Southern California Central Offices' websites to see how they present their information. Anyone interested in being on the committee should text Caroline at 404-435-0900.

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

Jim thanked Central Office for keeping meeting updates current and especially Liz for maintaining information needed by the phone volunteers. There is currently one opening on the Friday Team of the 2nd week of the month from 6 AM to 9 AM (Saturday). Jim is still maintaining a wait list of people interested in being on the Committee. There will be an Orientation and Learning Session on Saturday, October 16th at 9:30 A.M on Zoom and another on November 20th. The Zoom information is in the note from the Chat below:

- **Zoom Chat**

A.A. Phone Committee Orientation and Learning session: Is Scheduled on this Saturday, October 16th at 9:30 A.M on Zoom with another session on November 20th.

Zoom ID#: 318 406 912

Meeting Time: 9:30 am

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

No report.

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

Margaret is working with Ken at Central Office in the updating of meeting statuses. A PDF document is being emailed to the Central Office database listing about 28 meetings that have no current information regarding them. Anyone who has that information will be asked to email Ken and Margaret in order to have updated information in Central Office and to allow Margaret to recruit an Intergroup Rep if the meeting has none

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

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

Michael announced that currently there are panel openings on every day except Monday and Wednesday. He asked that the Reps print out the form for volunteering which he supplied in the Chat (see below) and take it to their meetings. AA Members who are interested in finding out more, can attend an orientation for new members on Saturday, October 16th at 9:00 AM at the Oceanside Alano Club or sign up on the H& I website. (Link below from Chat) New volunteer orientations take place the third Saturday of the month at the Oceanside Alano Club. Elections will also be held on October 16th to elect a slate of incoming officers which have been approved by their Board. Hew B. is the incoming Chair. Hew took a couple of minutes to introduce himself to the Intergroup Reps.

The financial report is as follows: Beginning Balance, \$8,066; Income, \$2,444; Expenses, \$132 and Ending Balance, \$10,378.

- **Zoom Chat:** (for Sign-up Form)

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

H&I website:

www.nchandi.org

Area Assembly: Patrick M. (760) 637-9287 (E-Mail: PatrickM@ncsandiegoaa.org)

Patrick attended Area Assembly last month and submitted a report. He will attend the next meeting scheduled in October.

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

OLD BUSINESS:

Vickie reported that the Meeting Directories that were on hold due to Covid, are being finalized. The Directory will be in a paper format for now and will only list confirmed meetings that are either in-person or hybrid. Information will be printed with a link to locate Zoom meetings. Currently, there will be 385 meetings listed. If your meeting information listed on the website is not correct, please call-in corrections to the Central office by October 26th because the Directories will be going to print for placement in the Central Office by November 2nd.

Karla reported that the deposit is being sent to the California Center for the Performing Arts Escondido to hold the date of March 20, 2022, for the Traditions Breakfast. The contract is for 600 people in attendance. The Traditions Breakfast Committee is meeting next week to finalize logistics and ticket pricing.

NEW BUSINESS:

The North County Intergroup Meeting will hopefully be in hybrid format starting with the January 2022 meeting. Ken and Vickie with Karla's help are working to have the technology in place at the Masonic Lodge for the meetings.

ELECTIONS:

None.

ANNOUNCEMENTS:

Adjournment: 7:45 pm.

Next Intergroup Meeting Date: November 10, 2021

RESPECTFULLY SUBMITTED: Joan B., Recording Secretary

Summary	Jul-2021	Aug-2021	Sep-2021	YTD Actuals
Total Sales	3,129	2,079	2,686	7,894
Total Cost of Goods Sold	2,661	1,296	2,266	6,223
Gross Profit for Sales	468	782	421	1,671
Group Contributions	11,633	5,583	7,238	24,453
Member Contributions	523	586	347	1,456
Other Contributions	148	61	10	219
Misc Revenue	15	3	13	31
Total Revenue	12,787	7,015	8,029	27,831
Total Operations Expense	8,091	8,101	8,236	24,428
Net Profit or (Loss)	4,697	(1,086)	(208)	3,403
YTD Net Profit or (Loss)	4,697	3,611	3,403	

GROUP INFORMATION	SEP
AA Group 658121	477.00
AA Group 723004	100.00
Anon Group SUN Night Men's	25.00
Carlsbad SAT 4PM Calavera Park	114.10
Encinitas FRI Night 12 & 12 GSO 101215	350.34
Encinitas Men's Group	128.89
Encinitas THU Women's Roving AA Group 166964	125.00
Escondido ACE FRI 6PM Meeting	147.00
Escondido ACE Zoom Nightly 6'er	163.60
Escondido ACE Online #2	25.00
Escondido Men's Misfits Book Study WED 7PM	225.00
Escondido SAT Noon at ACE	80.00
Fallbrook FRI Noon Happy Hour at Community Baptist	75.00
Fallbrook SAT 8PM Candlelight at Hilltop	48.00
Fallbrook MON Noon at Baptist Church	57.00
Fallbrook WED 630PM Women's Step Meeting 123900	48.15
Oceanside SAT 7AM No More Hangovers	50.00
Oceanside TUE Beginners at St Immanuel	210.00
Oceanside Daily Noon Brown Baggers (NCAC) 100836	200.00
Oceanside FRI 7 AM Attitude Adjustment at King of Kings Church	240.00
Oceanside Daily Noon Zoom at NCAC	51.54
Oceanside THU Night Beginners at the NCAC	100.00
Poway FRI 630PM Friday Night Live	246.40
Poway MON 930 AM Womens Here And Now Group 124993	300.00
Poway SAT Morning Women's Discussion	59.77
Poway MON Women's Meeting	100.00
Rancho Bernardo Early Birds Just Say No To Corona (Zoom)	1,000.00
Rancho Bernardo TGIF at 8PM Group 136313	268.05
Rancho Bernardo Women's Way Through The 12 Steps at St Barts	100.00
San Marcos FRI Night Problems & Solutions	120.00
San Marcos SAT 3PM Discovery Group at St. Mark's	100.00
San Marcos MON Night at Rose Ranch	24.63
San Marcos MON Night Men's at Rose Ranch	69.50
San Marcos SUN 10AM Daily Reflections (651125)	50.00
San Marcos TUE Sunset Sisters	216.07
San Marcos MON 7AM Discussion at Broken Yolk	5.00
Santa Ysabel Back Country Book Study	30.00
Solana Beach Belly Up 3rd Tradition 7AM M-F	24.48
Vista Noon Solutions at Steps Online	50.00
Vista Daily Came To Believe at Emmanuel Bible Church	433.00
Vista TUE 630PM Came To Believe	900.00
Vista WED 6PM Comes of Age	100.00
Total	7,237.52

Prudent Reserve Balance:	Jul-2021	Aug-2021	Sep-2021
Money Market (Maintain \$25K Balance for Best Rate)	35,227	35,228	35,230
Certificates of Deposit (Staggered Maturity Dates)	62,062	62,063	62,075
Total Prudent Reserve Funds	97,289	97,291	97,305

Operating Expense and Months of Reserve Funds:	Jul-2021	Aug-2021	Sep-2021
Actual Operating Expense	8,091	8,101	8,236
Number of Months in Reserve Funds	12.0	12.0	11.8

NORTH COUNTY H & I NEWS

ELECTIONS ARE THIS MONTH for your North County H&I committee board positions. We have a slate of officers willing to stand to serve, but several positions are still open. The positions that are still open are Associate Facilities Chair, Associate Treasurer, Librarian, Secretary and Policy and Guidelines Chair. Our elections are held each October during our normal board meeting which is the third Wednesday of each month (this month it will be held on October 17th) at 9:45 AM at the North County Alano club. All H&I committee members (Coordinators, Leaders, panel members) are encouraged to attend and vote and all AA-ers are welcome to attend. Aside from elections, we need panel members to share their experience, strength and hope to those alcoholics that still suffer in facilities, so please attend our orientation at 9AM. Learn more at 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.).

SEP 2021 FINANCIAL SUMMARY

Beginning Balance: \$8,065.97 Income: \$2,443.85
Expenses: \$132.02 Ending Balance: \$10,377.80

GROUP AND GREEN CAN CONTRIBUTIONS SEP 2021

Group Name	Green Can	Group
169461 Sunday 9 AM NCAC BBS		50.00
367094		20.00
Calavera Fellowship - 0322210		22.20
Dalton G		10.00
Escondido Alano Club Sat noon		30.00
Friday Night Live 724548-08-21		240.00
Here and Now 124993		25.00
Just Say No to Corona Zoom Meeting	1,000.00	
Karen O		87.00
King of Kings 647509		20.00
men's Stag Step Study Rincon 723004		25.00
Misfits Men's Group 672294	21.25	
No More Hangovers		10.00
Not Too Tipsy		62.00
Robbers Roost	200.00	
Rose Ranch Monday Night San Marcos 172523		13.90
Sat morning Women's AA Poway		11.95
Steven J		75.00
Sunday Morning 1-2-3 Fallbrook 168661	64.00	
Sunday Morning Men's Group - 145339	300.00	
TGIF 136313	93.85	
Thursday 10 AM Women's Borrego		10.00
Thursday Night Big Book Study - 100832		17.00
Thursday Night Roving Women's 166964		25.00
Wednesday Nite Women's 123900		10.70
Totals:	\$1,679.10	\$764.75

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.

Phone Committee



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 Volunteer's**. 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 ONE OPEN SHIFT

**2nd week of the month 6:00 a.m. – 9:00 a.m.
(Saturday AM)**

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

If you have any questions or interested in being one of these Volunteer, please contact Jim R: 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 Sessions: Oct. 16, 2021 & Nov. 20, 2021
Time: 9:30 a.m. – 10:45 a.m.
Zoom ID: 318 406 912
Note: Please call or text Jim R. to gain access.**

Survey response

Do you ever get drunk?

Yes

No

X

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](#).

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.



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!

Spotlight

North County AA Group History:

Escondido Daily Reflections M-F 6:45 AM and Audio Big Book Study Group (Joe and Charlie Tapes) 7AM
Saturday

This group began as a Daily Reflections meeting Monday through Friday on December 12, 2014. The founder of this meeting was Sam L., with Jane W., Steve T., Mike H, and Lisette S., among others being the group's first members. The location of the first meeting was 330 W. 3rd Ave, Escondido. The group supported H&I, and has both GSR and Intergroup reps. When the group added the Saturday Big Book Study with Joe and Charlie Tapes in July 2015, that Saturday meeting was held in the Escondido Alano Club at 737 E. Grand Ave. as weekend meetings were not allowed at the 3rd Ave location. The first meeting had 18 members and collected \$18. The meeting was designed to be an open, mixed meeting. At the time that the Group History was submitted, there were 20-30 members attending. Other first members and first secretaries of the group are Sonny, Bob F., Steve P., Elaine, S, and Kevin S. Members of this group have taken service commitments at the District and Area levels. The Daily Reflections meeting on Monday through Friday consists of reading from the Daily Reflections and then general sharing. The Saturday meeting includes listening to a portion of the Joe and Charlie "Big Book Comes Alive" and then general sharing.

A drunk in Minnesota decides to go ice fishing. So he packs up his stuff and goes out onto the ice. He starts sawing a hole in the ice, and a booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues hacking at the ice. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says, "NO, I'M THE MANAGER OF THIS ICE RINK."

Me: My name is Matt, and I'm an alcoholic.

AAA: This is AAA, not AA.

Me: Yeah, I was just explaining how my car got in the lake.

Step Ten: Continued to Take Personal Inventory.

Examine My Motives for All That I Do.

By Rick R.

If someone were to ask me what brought me to the doors of the Alcoholics Anonymous (A.A.) my answer would be: "Alcohol had got the best of me, I was desperately circling the drain, and I didn't want to die young". Not everyone that comes to A.A. has that degree of desperation. I got sober on October 15th, 1969 and that was just before Alcoholics were being offered Rehabilitation clinics. Up to that point most of our members came here were looking for answers. The success rate at that time, according to the foreword to the second addition of the (Big Book), Alcoholics Anonymous, it says that 50% of those who came here looking for answers got sober and never drank again 25% got sober after a few relapses and stayed that way and the other 25% showed improvement. To me, 75% sounds like a surprisingly good ratio of success. The only requirement for A.A. membership is a desire to stop drinking. (Tradition Three) Not everyone who comes to A.A. from the Court System or from a Rehab environment has the same amount of desperation as those original members had. This does not mean that they are not invited, for we treat them with respect but a large percentage of them do relapse and we welcome them back with open arms so as not to be considered an A.A. failure and eventually many of them do stay sober. The depth of the desperation is often consistent with the depth of thoroughness a person is willing to go through as he takes the steps and when I was faced with this suggestion that I do a Fearless and Thorough Moral Inventory in the fourth step, I began to resist and did what I would call a shallow facade just to get my ticket punched. Being in the Navy at the time I was abruptly flown out to the western Pacific during the Vietnam War and assigned to a tanker replenishing the fuel on ships in the Tonkin gulf Fleet and I had four months to think about what I was going to do on my returned home. My conscience told me to discard my original inventory and do it right the second time around. That I think, is what made the rest of this program easy for me. Being willing to take responsibility for all those disgusting behaviors of yesterday and to make restitution has been the answer to all those alcoholic behaviors in the past. If we have completed a good 4th and 5th step and again on the 8th and 9th step, how do we approach the tenth step which suggest that we continue to take personal inventory and when we were wrong promptly admitted it.

Early in my sobriety my wife came home from an Al-Anon meeting excited about the topic they shared. She said that "We should examine our motives for all the things we do" and that made perfect sense to me. I have been living a life based on Unselfish Principles and I am never finished examining my motives. All my out-side behaviors (short-comings) are the result of my thinking (motives) and so long as I am willing to continue this path it has taken all the fight out of me. Selfishness--self-Centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity we step on the toes of our fellows, and they retaliate. (BB pg. 62) What a Profound statement! Living a life based upon Unselfish Motives has restored my self-esteem and the final and most important result is peace of mind. Never thought that would happen!!! This is my understanding of Step Ten.