

November 2021



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Step 11 Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

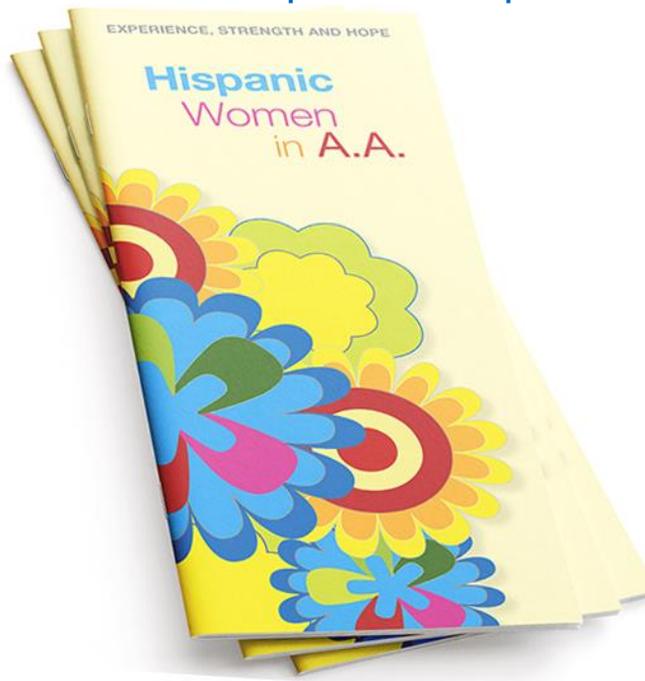
Tradition 11 (Short Form) Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept 11 The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants.

VIEWPOINT

New Pamphlet—Hispanic Women in AA	Page 1
IG Meeting Minutes	2 - 3
IG Financial Highlights & Contributions	4
Prudent Reserve Status H&I Report After-Hours	
Meetings Opening Back Up	5
Spotlight	6
Reader Contribution	7
New Pamphlet (continued)	8
<p>North County Central Office 1020 S. Santa Fe Ave. Suite B Vista, CA 92084</p> <p>Phone: 760-758-2514 Email: office@NCsandiegoAA.org Web: NCsandiegoAA.org</p> <p>Office Closed on the following Holidays</p> <ul style="list-style-type: none"> • New Year's Day • Memorial Day • Independence Day • Labor Day • Thanksgiving Day • Christmas Day 	

New Pamphlet Alcoholics Anonymous: Hispanic Women in A.A. share their experiences of hope and recovery



Before A.A., I lived a very sad life. Loneliness and drinking were my companions. I loved — or rather, I needed — to drink. It was an extraordinarily powerful but temporary “medicine.” ...I came to A.A ...I started listening to the stories and identifying. (Rosa)

(Continued on back page)

North County Intergroup Meeting Minutes

Date 11/10/2021

Called to Order:

- Meeting was called to order at 7:00 P.M. by Chair Vickie A. There were **28 Reps** in attendance, with **0 new reps**.
- Traditions were read by Jim R.
- Minutes were read by Joan B. Moved and seconded to approve.

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

Ken G. reported for Rozee B. October total sales were \$1,914 and Cost of Goods Sold was \$1,593, yielding a Gross Profit of \$320. Along with Group Contributions of \$12,677 and Member Contributions of \$305, with other Contributions of \$63 and Miscellaneous Income/Revenue for the Traditions Breakfast of (\$4,000), the Total Revenue was \$9,373. After Total Expenses of \$9,318, the Net Profit for October was \$56. The YTD Profit, \$3,458. Prudent Reserve is at 10.4 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 is receiving more walk-in visitors, phone calls, and information regarding meeting changes. The new Meeting Directories are now available at Central Office. Please take only what you need for your meeting. The Central Office is prepping for the Traditions Breakfast with the printing of tickets and flyers.

STANDING COMMITTEES

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

Caroline reported that Jim R. is doing a good job in maintaining the pamphlets in the current locations. Caroline is looking to expand into Medical Facilities and will be preparing a proposal for the Business Committee. She is also still recruiting volunteers for research of Central Office websites and the use of technology in reaching people who need Alcoholics Anonymous. 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 reported that there are currently no openings. However, he has 117 shifts filled which depleted the waitlist to serve on the Committee. He now needs more volunteers to be on the waitlist. A question was asked about the sobriety requirement for someone to be on the 12-Step Call list. Jim explained it was suggested that the volunteer have a minimum of 1 year of sobriety. He also mentioned that the actual number of 12-Step calls has been reduced. There will be an Orientation and Learning Session on Saturday, November 20th at 9:30 A.M on Zoom and another on December 18th. The Zoom information is in the note from the Chat below:

- **Zoom Chat**
- A.A. Phone Committee Learning Sessions is scheduled on Central Office Telephone and 12-Step Work is scheduled for November 20, 2021, or December 18, 2021
Zoom ID#: 837 6983 7573
PW: No password needed – Just email to register
Meeting Time: 9:30 am – 10:45 am

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

Ken reported for Danny O. Danny is still in discussions with the Grapevine in New York to find out what he will be allowed to print in the booklet of North County AA Stories.

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

Margaret reported that there was nothing new, but meetings are starting to open in person. She also reported there were responses received from the email Ken sent out requesting meeting statuses. Those updates have been made on the Central Office website.

H&I Committee: Hew B. (424) 302-9809 (Email: H&Ichair@ncsandiegoaa.org)

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

Hew announced H&I needs women for panels, especially at the Family Recovery Center and Crownview Recovery. Overall, there are openings on 12 panels for 30 volunteers. Panels and volunteer opportunities are listed on the H& I website. AA Members who are interested in finding out more, can attend an orientation for new members on Saturday, November 20 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.

The financial report is as follows: Beginning Balance, \$10,377.80; Income, \$2,317; Expenses, \$388.64 and an Ending Balance, \$12,306.16.

- **Zoom Chat:**

H&I website:

www.nchandi.org

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

Patrick reported there will be an Area 8 General Service Budget Meeting on Saturday, November 13. If you are interested in more information, contact Patrick at 760-637-9287 or email him at jpmeehancpa@gmail.com. The area website is. <https://www.area8aa.org/>

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

OLD BUSINESS:

Vickie reported that the paper Meeting Directories are printed and were at Central Office on November 2. 750 Directories were printed listing only confirmed in-person and hybrid meetings. Zoom meetings are listed on the Central Office website. This will be a 3-month trial as meetings become stable in their status. The goal is to eventually print a booklet with the meetings listed.

Vickie reported that Traditions Breakfast Tickets for tables and/or individuals will go on sale on December 1. More information to come. Renee H. has volunteered to create baskets for the Opportunity Drawing.

Vickie also reported that she and Ken are working with the Masonic Lodge to set up hybrid Intergroup Meetings, hopefully starting in January 2022. Having a virtual outreach to long distanced reps has been a desire for a long time and this format will allow that to happen. The December 8 Intergroup Meeting will still be Zoom only.

The Business Committee approved the great work Jim R. did by creating a comprehensive booklet for Telephone Committee volunteers. Jim incorporated available documents and resources into one document. Central Office will be able to send the Telephone Committee Information Booklet to people virtually.

NEW BUSINESS:

Vickie was asked to announce the upcoming Thanksgiving Alkathons at Steps in Vista and the North County Friendship Center in Oceanside. Information will be available on the Central Office website on the Event Calendar.

A question was asked from the floor regarding liability insurance which is now being required by some meeting locations and the possibility of being under the liability policy of the Central Office. Vickie will bring the question to the Business Committee at the December Meeting.

ELECTIONS:

None.

ANNOUNCEMENTS:

Adjournment: 7:48 pm.

Next Intergroup Meeting Date: November 10, 2021

RESPECTFULLY SUBMITTED: Joan B., Recording Secretary

Summary	Jul-2021	Aug-2021	Sep-2021	Oct-2021	YTD Actuals
Total Sales	3,129	2,079	2,686	1,914	9,808
Total Cost of Goods Sold	2,661	1,296	2,266	1,593	7,816
Gross Profit for Sales	468	782	421	320	1,992
Group Contributions	11,633	5,583	7,238	12,677	37,131
Member Contributions	523	586	347	305	1,761
Other Contributions	148	61	10	63	283
Misc Income / Expense Trad Bkfst	-	-	-	(4,000)	(4,000)
Bank Interest Earned	15	3	13	8	39
Total Revenue	12,787	7,015	8,029	9,373	37,205
Total Operations Expense	8,091	8,101	8,236	9,318	33,746
Net Profit or (Loss)	4,697	(1,086)	(208)	56	3,458

GROUP INFORMATION	OCT
AA Group 713514	195.00
Anon Group "Daily Reprieve"	250.50
AA Group North County Women's Daily 930 AM Zoom	257.77
Borrego Springs THU 10AM Women's Literature Study	50.00
Cardiff Ki's Weekender	747.81
Carlsbad SAT 4PM Calavera Park	90.00
Carlsbad Sobriety Rocks 830 AM Daily Reflection 705313	1,080.00
Del Mar Men's God or Vodka 691188	1,214.19
Del Mar SUN 8PM Online YPAA	10.52
Encinitas Cottonwood Creek WED 6PM Big Book Study	139.00
Encinitas SAT 730PM Life's A Beach	677.00
Encinitas TUE 7 PM North Coastal Men's 686387	592.39
Escondido ACE Zoom Nightly 6'er	186.91
Escondido ACE Online # 2	25.00
Escondido Attitudes 7AM Daily on Zoom	1,500.00
Escondido MON 630PM Women's Closed BB & 12x12 Study	25.00
Escondido SAT 930AM Women's "A New Beginning"	175.00
Escondido - THU 6 15PM Women's 12x12 GSO 145426	182.50
Escondido SAT 7PM BEGOT	500.00
Escondido WED Noon As Bill Sees It	200.00
Escondido WED 6PM	105.90
Fallbrook SAT 10AM 12x12 Group 130586 at Hilltop	30.00
Fallbrook WED 730PM Men's We Are Not Saints Group	80.00
Julian TUE 6PM Sisters in Recovery # 660727	40.00
Oceanside SAT 7AM No More Hangovers	50.00
Oceanside FRI 9AM Big Book Study (NCAC)	75.00
Oceanside MON Ladies Book of Choice Meeting	195.00
Oceanside WED Noon Stools & Bottles at NCAC	172.00
Oceanside THU Night LGBTQ and Friends	55.05
Oceanside TUE 7AM Big Book (NCAC)	50.00
Oceanside TUE 7PM Chip-in Group	50.00
Rancho Santa Fe Just the Black Print (713516)	511.60
Rancho Santa Fe THU Noon Prof Women 169665	502.47
San Marcos Men's WED 630 PM Blind Leading the Blind	45.00
San Marcos MON Night at Rose Ranch	24.63
San Marcos MON Night Men's at Rose Ranch	100.00
San Marcos SUN 10AM Daily Reflections (651125)	100.00
San Marcos TUE 8PM Rose Ranch Men's	200.00
Solana Beach Belly Up 3rd Tradition 7AM M-F	2,065.94
Valley Center 2nd SUN Welcome Home	50.00
Vista SUN 10AM at Gas & Steam Museum	56.00
Zoomers at 3PM	20.00
Total	12,677.18

Prudent Reserve Balance:	Jul-2021	Aug-2021	Sep-2021	Oct-2021
Money Market (Maintain \$25K Balance for Best Rate)	35,227	35,228	35,230	35,231
Certificates of Deposit (Staggered Maturity Dates)	62,062	62,063	62,075	62,081
Total Prudent Reserve Funds	97,289	97,292	97,305	97,312

Operating Expense and Months of Reserve Funds:	Jul-2021	Aug-2021	Sep-2021	Oct-2021
Actual Operating Expense	8,091	8,101	8,236	9,318
Number of Months in Reserve Funds	12.0	12.0	11.8	10.4

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 Tippy		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.

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

Group Name: Fallbrook Wednesday Night Women's Discussion

(aka) Fallbrook Women's May Step Study

This Fallbrook Wednesday Night Women's Discussion meeting was founded in 1978 by Margaret S., with Terry B. and Aileen S. among the early members. The first meeting was held on the Bank on Main (now the Graybill Clinic) from 8-9:30 p.m. Currently, however, the meeting is held at St. John's Church at 6:30 p.m. This is a closed women's meeting, and currently there are about 20 regular members. The meeting has moved twice in its history: first to the Presbyterian church and then to its current location at St. John's.

Founding member Margaret S. felt that Fallbrook needed a women's meeting, and with the popularity expressed in the attendance, she was obviously correct! The meeting evolved through the years to one that renews the steps, starting each May. When the steps are finished in August, there is an annual potluck meeting.

At various times in the group's history, an informal group history has been held to help decide if the meeting should be open, closed, time, location changes, etc.

This meeting also has a steering committee comprised of former secretaries. The committee meets to decide on group issues. Many members are active in various service positions, such as GSR, Intergroup, and Roundups. Members also take service positions on the phone and public information committees. This active women's group often volunteered to host the public information meeting at Brengle Terrace when it was being held. Occasionally, the members of this meeting share a table at the Traditions Breakfast.

A ghost walks into a bar and asks for a whiskey. The bartender says, "Sorry sir, we don't serve spirits here!"

A minister, a priest, and a rabbi walk into a bar. "What is this," asks the bartender, "some kind of joke?"

A kangaroo walks into a bar. He orders a beer. The bartender says, "That'll be \$10. You know, we don't get many kangaroos coming in here." The kangaroo says, "At \$10 a beer, I can see why."

A duck walks into a bar, orders a beer, and says "Put it on my bill."

A Very Grateful Sea-Going Alcoholic

A Most Satisfying Adventure

By Rick R.

I started drinking at the age of thirteen in Pittsburgh right near the steel mills. I have five brothers and four sisters and seven of the ten of us drank heavily. By the time I was seventeen I was a problem drinker and dropped out of school in my senior year in 1959 to join the Navy as four of my brothers did before me and boarded my first ship in Newport RI. During my time in Newport my whole family left Pittsburgh and relocated to Los Angeles, and I never got to see them for three years. I did however bond with the crew of that first ship and still meet with them every two years or so. I managed to get through my first hitch with typical alcoholic behavior and was very good at my job, but I longed to get home to my family. I completed my tour and when discharged, I flew right over Pittsburgh to L.A. and worked in the swimming pool business where I was an ironworker. My drinking escalated and I found myself circling the drain again within three years and started thinking about how well I loved the discipline and structure of navy life and decided to give it a second chance. I reenlisted on Wilshire Blvd. in 1965 and was shipped out to Pearl Harbor for a two-year tour on a destroyer. I got married and had a child and was divorced during that time, and continued drinking unabated. My first wife took my son and moved to Huntington Beach, and I was shipped to San Francisco Bay. I continued getting worse at drinking, but I never missed my responsibilities when it came to child support and alimony. Finally, I was transferred to a ship in Long Beach and got an apartment. I was an E-6 (BM1) in charge of a deck division and slept in three Mondays in a row and didn't go aboard ship until after midnight so as to not bring attention to myself. After the third time, the captain had me come to his stateroom to explain what was going on with me. My record was clean, and I was excellent at my job. I explained my domestic situation and that I reenlisted on the condition that I be transferred to a ship in Long Beach to be close to my son and get visitation. Then I discovered that this ship was scheduled to deploy to the western Pacific in two months and I would be gone again, so I added one more thing to my exclamation. I said, "And Captain, I have a drinking problem." With compassion, he seemed to understand that I was sincere, and he asked if I wanted to be transferred to the ARC (Alcoholic Rehab. Center) on Base (the only one in the Navy at that time). I responded, "No sir." I had attended my first AA meeting the day before and thought that I had the answer to my drinking problem, but going back to sea in such a short time had put me in the same dilemma that I shipped over for. He had the legal officer work with me to get a humanitarian transfer to a ship that stayed tied up to the pier for the next year. My first meeting in A.A. was on October 15, 1969, and I have never wanted a drink since that day. I spent the last thirteen years of my naval career sober and was on the leading edge of the rehabilitation movement in the Navy. Three years after I got sober there were ARCs on virtually all the naval stations of any sizable number of sailors. The ARC in Long Beach was renamed the Alcoholic Rehabilitation Service (ARS) and it directed all the ARCs. I was sent to school in San Diego, CA to become a Collateral Duty Alcoholism Consultant (CODAC). There I was educated in the knowledge of the nature of the disease in the different cultures throughout the world and was responsible for educating the crew (via quarterly classes) on the different commands that I served and to counsel the commanding officers as to what best could be done in cases that involved the use of alcohol and drugs.

My career after October 15, 1969, was the most satisfying adventure that any sailor could have asked for. My whole attitude changed from one of that caricature that you see in the movies shouting orders to one of compassion and understanding and one of responsibility and accountability. My last command was Recruit Training Command in San Diego, where I ran the Company Commander School Training Company Commanders (Drill Instructors) to train recruits how to become adults and sailors. I retired from the Navy a Senior Chief Boatswains Mate in 1982 and tears come to my eyes when I remember how the captain of my first sober ship intervened to let me begin that wonderful journey.

Yours in Love and Service

BMCS, Rick. R, US Navy Retired

(Continued from 1st page)

(New York, NY) October 1, 2021: The 15 stories contained in the most recent Alcoholics Anonymous (A.A.) recovery publication, "Hispanic Women in A.A.," share the experience, strength, and hope of a wide variety of Hispanic women, all of them alcoholics who found sobriety and a new way of life within A.A. The pamphlet was developed over the course of two years with a working group of Spanish-speaking A.A. women from around the country. Amalia C., a member of the A.A. General Service Board literature committee shared, "We called for personal stories reflecting both social and economic diversity. We wanted Hispanic women from any background to be able to identify."

When it comes to getting help, "Certain parts of our society are not as well represented as others," Amalia points out, and Spanish-speaking women are one such group. "The stigma of alcoholism is greater within the Hispanic community, especially for women," says Amalia. "It can actually feel shameful to seek help." This sentiment is echoed by Irene D., General Service Office literature coordinator. "The stories in this pamphlet are for women, by women who may have had to fight adversities to find recovery...The pamphlet is easy to pick up, easy to carry around and easy to give to other women."

A.A. has multiple resources in Spanish, including the bi-monthly magazine La Viña, made up of stories from the Hispanic community, and Mujeres en AA, a new Spanish-language collection of women's stories.

For additional information, visit www.aa.org. To view a Public Service Announcement, click Tengo Esperanza. To find an A.A. meeting, download the A.A.W.S. Meeting Guide app.