

# December 2021



Step 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12 (Short Form) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Concept 12 The Conference shall observe the spirit of A.A. tradition (click [here](#) for full text).

Download the Viewpoint:

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

Subscribe to the Viewpoint to be delivered by

email: [VPSubscription@ncsandiegoaa.org](mailto:VPSubscription@ncsandiegoaa.org)

# VIEWPOINT

Personal Story—Rock Bottom	Page 1	<p style="text-align: center;"><b>This Alcoholic Hit “Rock Bottom”</b></p> <p>Throughout my life, I have been a Catholic, an Atheist, and an Agnostic. Today, I am a Student in the Program of AA. My sobriety date is December 1, 2020. For me, the concept of a <i>Higher Power</i> is something that is still evolving. I love science, and I am a voracious consumer of <i>all things quantum</i>. Because I have struggled with the <i>God word</i>, I am sharing my experience here to encourage any fellow alcoholics who might feel that <i>God</i> is an elusive concept. Specifically, I want to share my conviction that any alcoholic can practice the 12 Steps of AA – regardless of where they may be in terms of spiritual convictions. For me, my HP is a dynamic energy hundreds of billions of years alive. My HP is the level of consciousness that created mankind and every living particle in existence. Everything is living through the energy of this HP, and everything in existence <i>is</i> energy. Matter is nothingness - only presenting at my level of consciousness. There is no place where one person begins or ends because at the very smallest particle everything is also a wave. Sometimes, like ocean surfers, <i>I can catch this wave</i>. Sometimes <i>a change in my consciousness</i> allows me a connection to this HP as follows:</p> <p>It was shortly after Thanksgiving in 2020, and I was climbing down a steep cliff near my home in Baja. Of course, I had been drinking. About midway down, my sandal strap broke, and I fell about 10 feet onto the jagged rock surface. I landed on my right elbow – the same elbow that I had severely broken years ago while on a fishing trip. The pain was excruciating, and I could not breathe for a moment. I was unable to sit up. I glanced over at my elbow and saw the bone sticking out from under my skin. I was dizzy and nauseous from the sight of the injury. I had broken my elbow – again!</p> <p style="text-align: right;"><i>(Continued on last page)</i></p>
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<p><b>North County Central Office</b> 1020 S. Santa Fe Ave. Suite B Vista, CA 92084</p> <p>Phone: 760-758-2514 Email: <a href="mailto:office@NCsandiegoAA.org">office@NCsandiegoAA.org</a> Web: <a href="https://ncsandiegoAA.org">NCsandiegoAA.org</a></p> <p><b>Office Closed on the following Holidays</b></p> <ul style="list-style-type: none"> <li>• New Year's Day</li> <li>• Memorial Day</li> <li>• Independence Day</li> <li>• Labor Day</li> <li>• Thanksgiving Day</li> <li>• Christmas Day</li> </ul>		

# North County Intergroup Meeting Minutes

**Date 12/08/2021**

**Called to Order:**

- Meeting was called to order at 7:00 P.M. by Chair Vickie A. There were **34 Reps** in attendance, with **4 new reps**.
- Traditions were read by Denny
- Minutes were read by Renee H. for Joan B. Moved and seconded to approve.

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

Ken G. reported for Rozee B. Financial Highlights (FYTD): November total sales were \$2,200 and Cost of Goods Sold was \$1,966, yielding a Gross Profit for Sales of \$234. Along with Group Contributions of \$4,906, Member Contributions of \$291, with other Contributions of \$3 and Miscellaneous Income/Expenses for the Traditions Breakfast of (\$86), Bank Interest Earned \$13, Total Revenue for November was \$5,360. After Total Operations Expenses of \$8,543, the Net Profit or (Loss) for November was (\$3,183). The YTD Profit, \$275. YTD Actuals from the Profit and Loss Statement: Total Revenue of \$42,565, Total Operating Expense of \$42,290. The YTD Net Profit, \$275. Of special note is the outlay of \$4,086 for the Traditions Breakfast. Prudent Reserve is at 11.4 months which leaves us nicely poised. 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 thanked the members for their support of Central Office. He thanked Liz and Valerie for the great jobs they do. He reported that Central Office is receiving more foot traffic (walk-in visitors) and that the new Meeting Directories have been “flying off the shelves.” A second printing of 750 will take place as there are only 100 Meeting Directories left from the first printing of 750. He reported that Traditions Breakfast tables and ticket sales have been brisk.

## **STANDING COMMITTEES**

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

Caroline stated that she did have much to report other than (1) the pamphlets in the current locations are being maintained and she would like to expand the pamphlet program into Medical Facilities and will be preparing a proposal for the Business Committee for that expansion; and (2) she is still focused on researching of other Central Office websites as it relates to Public Information and the use of technology in reaching people who need Alcoholics Anonymous. She needs volunteers for this research. Anyone interested in being on the Public Information Committee should text Caroline at 404-435-0900.

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

Jim extended his thanks to Central Office for keeping the meeting information and twelve step call list up-to-date as this is crucial to the Committee volunteers. Liz was graciously acknowledged for her maintenance of these documents. Jim reported that there are currently no openings—they have all been filled and filled promptly thanks to the volunteers. The wait list to serve on the Committee has been depleted and Jim encourages folks to sign up to be on the wait list and you may call him to do so. There will be an Orientation and Learning Session on Saturday, December 18 at 9:30 A.M on Zoom and another on January 15, 2022. The Zoom information is in the note from the Chat below and on the flyer provided to the reps:

- **Zoom Chat**
- A.A. Phone Committee Learning Sessions regarding Central Office Telephone and 12-Step Work are scheduled for December 18, 2021 & January 15, 2022.

- Zoom ID#: 837 6983 7573  
PW: No password needed – Just email to register  
Meeting Time: 9:30 am – 10:45 am
- RSVP to Jim Roberts by text (or calling him) the Friday prior to the scheduled meeting at 619-890-2299

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

Danny reported that his booklet of North County AA Grapevine Stories is comprised, at the present time, of 27 stories. He has received approval from New York to go forward with his booklet. He will have the booklet on display for viewing at the March Traditions Breakfast. He intends to have a physical booklet for viewing at the North County Central Office and have it in digital format. He is targeting printing 4 booklets at this time. A question was asked about booklets for sale. Danny indicated that his goal is to have a meeting with the Business Committee, in the near future, regarding that possibility. Additionally, at the Traditions Breakfast, the Archives Committee will have a display of North County AA *Group Histories*.

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

Margaret reported that there was nothing new to report as her outreach efforts have been hampered by the ongoing Covid variants. It is her intention to make visits to East County meetings including, but not limited to, Poway and Ramona as the East County area is underrepresented.

**H&I Committee: Hew B. (424) 302-9809 (Email: [H&Ichair@ncsandiegoaa.org](mailto:H&Ichair@ncsandiegoaa.org))  
(H&I Website: [www.nchandi.org](http://www.nchandi.org))**

Hew reported that there are openings on at least 12 panels. Volunteers are needed and he encouraged folks to attend the monthly orientation that is coming up (see orientation specifics below). 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 volunteers on Saturday, December 18, 2021, 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 every third Saturday of the month at the Oceanside Alano Club. The current financial report is as follows: Beginning Balance, \$12,306; Group Contributions, \$466; New Balance, \$12,772.16. Hew indicated H&I has plans for a “Book Blitz” which will probably take place in January 2022. For the New Year of 2022, H&I anticipates “new ideas” for H&I programs and he encourages folks to contact him, via his email ([hewburney@gmail.com](mailto:hewburney@gmail.com)), if they have ideas they would like to share.

- **Zoom Chat:**  
H&I website:  
[www.nchandi.org](http://www.nchandi.org)

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

Patrick reported that the Area 8 General Service Budget Meeting held on Saturday, November 13<sup>th</sup> was well attended and that they had a full quorum! The next Area 8 Orientation Assembly will be held in San Diego on January 8<sup>th</sup>, 2022, 8 am to 4pm. Orientations provide new tool kits for new reps. A question was asked about the PRASSA location and Patrick indicated that PRASSA will be held in Portland, Oregon, dates March 4-6, 2022, and that it will be a “hybrid” PRASSA this year. If you are interested in more information about Area matters, contact Patrick at 760-637-9287 or email him at [jpmeehancpa@gmail.com](mailto:jpmeehancpa@gmail.com). The area website is <https://www.area8aa.org/>

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

**OLD BUSINESS:**

Vicki shared a screen shot of the Traditions Breakfast flyer that is available for circulation and she encouraged reps to distribute the flyers at their meetings. The flyer can be downloaded via the North County Central Office [website](#) – found on the events section of the website. This is the 42<sup>nd</sup> Traditions Breakfast and people are excited to be getting back

together for Fellowship. The venue is the California Center for the Arts in Escondido and individual tickets are being sold at Central Office (via phone or in person). Individual tickets are priced at \$30 and, as is customary, entire tables are available for purchase too. A question was asked from the floor about how does one purchase tickets. Ken indicated the preferred way is coming into the Central Office for purchase or you may purchase them by calling Central Office and a ticket will be mailed to you. Ken indicated when you provide your credit card information to Central Office for phone purchases, that credit card information is not retained (for your security purposes). Ken indicated that if you prefer to purchase your tickets online through the website, which could be done via the contributions page section as long as very specific information is provided that the monies “donated” are actually for purchase of a Traditions Breakfast ticket. If you prefer to purchase a ticket via the website, please call Ken at Central Office first. Renee H. discussed the Opportunity Drawing baskets. The 6 baskets will each have a “theme.” She shared that Valerie M. of Central Office has donated two gorgeous handmade quilts for the baskets. Other beautiful basket item donations have been made. If a group would like to sponsor a gift card for a basket, Renee is looking for \$25 or \$50 donations. You may contact her at (760) 525-5753 regarding your donation. She will be purchasing the gift cards to match the theme of the basket. Group sponsorship of a gift card will be graciously acknowledged on the basket it sponsors.

Vickie addressed the status of setting up a hybrid Intergroup Meeting at the Masonic Lodge in Vista, (in person Intergroup meetings have been held at the Masonic Lodge for 40 years) versus just having a strictly Zoom meeting. At the Business Committee meeting held the previous evening, it was agreed that the hybrid meeting proposal would be put to the reps for vote tonight and that vote should yield at least 50% of the reps being in favor of having an in person plus Zoom “hybrid” meeting. Do the group reps want to be in person as a hybrid meeting or do they want strictly a Zoom meeting. Having Zoom Intergroup meetings has been a blessing for the outlying areas but it was also noted the tradition of meeting in person and the fellowship that evokes, ease of handouts provided, etc. The rent for the Masonic Lodge has increased by \$50 per month to a \$150 per month rental fee. There will be a need for hot spot technology and the cost associated with that. It was noted that there were 34 reps available to vote tonight. An online vote was put out to the reps and a 61% majority of the reps voted in favor of a Zoom only meeting. Vickie announced that January’s meeting will be Zoom only and that the hybrid meeting issue will be revisited at next month’s meeting as there is an unsigned contract pending with the Masonic Lodge and the Masonic Lodge will need our response.

Vickie reported that at the Business Committee meeting last night the liability insurance question was taken up i.e., some meeting locations now require liability insurance and what is the possibility of those AA meetings requiring insurance being under the liability policy of the Central Office. The Business Committee decided that it is not feasible for North County meetings to be covered under the liability policy of the Central Office. This is due to but not limited to autonomy and liability issues. A question was asked from the floor about the subject of individual meeting insurance and Ken suggested that reps with any questions on the background of addressing this issue contact the new San Diego Central Office manager, Judy, as she is a wealth of knowledge on this subject. A rep shared that the City of Carlsbad is requiring insurance for the meetings at City facilities and the group(s) have successfully obtained insurance. Ken shared that his Valley Center meeting has obtained liability insurance for a mere \$5.00 per week. Ken has the contact information for the insurance agent who secured their policy and he encouraged the reps to contact him for that information. An Intergroup Rep shared they also have an agent for liability policies and they will provide that information to Ken so that Central Office will have two insurance agent contacts that can be provided to the groups.

#### **NEW BUSINESS:**

Vickie reported that the Business Committee met last night and that changes to the Business Committee make-up were discussed as Karla will be moving out of state and Becky will be rotating off the Committee as she has completed her member at large term. Vicki acknowledged and thanked Karla for her long commitment of Intergroup service work and Becky for her member at large service.

Vickie and Ken shared with the group that long time Central Office employee, Valerie M., will be retiring her position at the end of December. Valerie has been a friendly and reliable presence at Central Office for well over 30 years – first as a volunteer (commencing in 1990) and then as a paid staff member these past 17 years (commencing 2004).

## **ELECTIONS:**

Vickie indicated that elections will be taking place at the January 12, 2022, Intergroup Meeting and the vacancies on the Business Committee mentioned tonight will need to be filled. She encouraged the reps to think about nominees for those vacancies.

Patrick's 6-month commitment as the Area 8 Intergroup liaison will be ending in January. Chair Vicki A. announced that his replacement will be addressed at the January 2022 Intergroup meeting.

## **ANNOUNCEMENTS:**

Adjournment: 7:57 pm.

Next Intergroup Meeting Date: January 12, 2022

**RESPECTFULLY SUBMITTED: Renee Holmes, Member at Large, on behalf of Joan B., Recording Secretary**

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# **Spotlight**

## **North County AA Group History**

Group Name: Dawn of a New Day, San Marcos

**Dawn of A New Day** (AKA 'A New Day') was formed in 2007. Early members were Bill C., Jim Brady, Alton Sears, Sharon, Lisa F., Beverly, Wayne, Jim H. The meeting was held in the Lutheran Church on Grand Avenue in San Marcos. The meeting originally was held at 12 noon on Monday. And to this day, "A New Day" is still being held at noon on Mondays in the Lutheran Church on Grand Avenue in San Marcos.

What began with ten eager founding members has now grown to 50. This is an open meeting and was begun as there was a need for more noon meetings in San Marcos. Members celebrate birthdays with a cake and occasionally go out for lunch following the meeting. Members have volunteered for the phone committee, and some have served as GSR. Members have been active in support activities of North County Intergroup, such as the Traditions Breakfast by selling tickets and attending the event.

Several members have traveled to the International Conventions every five years and return to the group to report about their activities during the convention.

Come and check out "Dawn of a New Day" on Monday at noon in San Marcos.

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An alcoholic wakes up in jail.

He asks the first police officer he sees, "Why am I here?"

"For drinking," replies the officer.

"Great," says the man, "when do we start?"

**NORTH COUNTY INTERGROUP FINANCIAL SUMMARY / NOVEMBER 2021**

Summary Fiscal Year 2021	JUL	AUG	SEP	OCT	NOV	YTD
Total Sales	3,129	2,079	2,686	1,914	2,200	12,007
Total Cost of Goods Sold	2,661	1,296	2,266	1,593	1,966	9,782
Gross Profit for Sales	468	782	421	320	234	2,225
Group Contributions	11,633	5,583	7,238	12,677	4,906	42,036
Member Contributions	523	586	347	305	291	2,052
Other Contributions	148	61	10	63	3	285
Misc Income / Expense Trad Brkfst	-	-	-	(4,000)	(86)	(4,086)
Bank Interest Earned	15	3	13	8	13	52
Total Revenue	12,787	7,015	8,029	9,373	5,360	42,565
Total Operations Expense	8,091	8,101	8,236	9,318	8,543	42,290
Net Profit or (Loss)	4,697	(1,086)	(208)	56	(3,183)	275

Prudent Reserve Balance:	JUL	AUG	SEP	OCT	NOV
Money Market	35,227	35,228	35,230	35,231	35,233
Certificates of Deposit	62,062	62,063	62,075	62,081	62,093
Total Prudent Reserve Funds	97,289	97,292	97,305	97,312	97,326

Operating Expense and Months of Reserve Funds:	JUL	AUG	SEP	OCT	NOV
Actual Operating Expense	8,091	8,101	8,236	9,318	8,543
Reserve Fund Months	12.0	12.0	11.8	10.4	11.4

**GROUP INFORMATION**

	NOV
AA Group 647509	240.00
AA Group Intimacy & Men	102.82
Carlsbad Step Sisters FRI 630PM at New Song Church (GSO 614334)	351.00
Carlsbad SUN 11th Step Meeting	83.00
Carlsbad Village People Zoom	146.81
Encinitas FRI Night 12 & 12 GSO 101215	141.00
Encinitas TUE THU 7AM Big Book Study	50.00
Encinitas TUE 7 PM North Coastal Men's 686387	265.53
Escondido ACE Zoom Nightly 6'er	129.75
Escondido ACE Online #2	25.00
Escondido MON 630PM Women's Closed BB & 12x12 Study	24.63
Escondido SUN Morning Paper	240.00
Escondido THU Living Room 12 x 12 Group	290.00
Fallbrook SUN 8AM 1-2-3 Step Meeting	100.00
Oceanside Daily Noon Brown Baggers (NCAC) 100836	51.54
Oceanside SUN 9AM Book Study at NCAC #169461	25.00
Oceanside TUE 7PM Chip-in Group	25.91
Oceanside WED 730PM South Oceanside Men's	435.88
Pauma Valley WED Red Trail Meeting	165.70
Poway SUN 9AM Men's Group	144.00
Poway TUE 730PM Men's Group	30.00
Poway TUE Noon Keeping It Simple	200.00
Ramona Sisters in Sobriety #660463	25.00
Rancho Bernardo TUE 7AM at San Rafael	77.18
San Marcos MON 7PM at Rose Ranch	24.63
San Marcos SUN Women's Misfits	102.40
San Marcos THU 10AM Women's	105.00
San Marcos MON 7AM Discussion at Broken Yolk	20.00
Solana Beach Belly Up 3rd Tradition 7AM M-F	1,001.46
Solana Beach MON Discussion	138.90
Vista Noon Solutions at Steps Online	100.00
Vista THU 630PM Free Thinking Women Group 714985	18.00
Warner Springs TUE 6pm Back Country Free Thinkers	25.62
Total	4,905.76

**NORTH COUNTY H & I NEWS**

**HAPPY HOLIDAYS** from your North County H&I Committee! As we round the corner to the upcoming year, it's always a good time to reflect on the year past and look forward to the new year. The H&I committee is grateful first and foremost for all the dedicated volunteers that give of their time, experience, strength, and hope as they share their AA message to those who cannot get to a meeting. This important mission of sharing the hope of a new way of life having recovered from a seemingly hopeless state of mind and body is lifesaving and still as important as ever. Thank you all for your important work! Looking to the year ahead, we look forward to meeting and working with you as we continue our important work. Until then, happy holidays, we'll see you along the way, trudging down the happy road of recovery in the spirit of love and tolerance. To see our current panel openings, visit us at [nchandi.org](http://nchandi.org).

**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.).

**NOV 2021 FINANCIAL SUMMARY**

Beginning Balance: \$12,306.16 Income: \$1,137.40  
Expenses: \$671.40 Ending Balance: \$12,772.16

**GROUP AND GREEN CAN CONTRIBUTIONS NOV 2021**

Group Name	Green Can	Group
169461 Sunday 9 AM NCAC BBS		25.00
Back Country Freethinkers 315771		26.00
Belly Up Third Tradition 162613		180.00
Brown Baggers		10.00
Calavera Fellowship - 0322210		18.00
Fallbrook Friday Goat Barn Meeting 6 PM		5.00
Free Thinking Women 714985		18.00
Friday Night Beginner's Meeting 0163076		269.00
Individual Contribution	5.00	
Keeping It Simple 126426		40.00
King of Kings 647509		20.00
Monday Discussion Group		23.15
North Coastal Calle Barcelona 686387		53.11
Robbers Roost	200.00	
Rose Ranch Monday Night San Marcos 172523		20.00
Sunday Morning 1-2-3 Fallbrook 168661	61.21	
Village People Zoom Meeting		29.36
Wednesday Mens Group 130216		108.97
Women's Misfits Sunday San Marcos		25.60

Totals: \$266.21 \$871.19

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.

# 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](#).

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## 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!

(Rock Bottom Continued from 1<sup>st</sup> page)

I was a 2-hour drive away from the nearest medical facility. I was screaming for help, and at the same time I knew that my screams were obliterated by the wind and surf. I was isolated and helpless. I cried out: *God, please help me!* My vision blurred, and I felt the daylight leaving me as though I was going to pass out. I called out again: *God, please help me!*

The sound of the wind and surf vanished. Time and place were gone. I heard a voice say clearly to me: *Be still and I will help you.* I looked around me for a fellow climber – but there was none. I was overcome by an indescribable sense of peace and serenity. When my partner found me, he surveyed my elbow and said that it looked broken. We would need to make our way to a medical facility.

Somehow, I intuitively knew that my elbow was severely injured – but it was not broken. The elbow would be fine, with some ice and rest. My partner replied that I was in a state of shock and that my discernment was severely compromised. I agreed with him and told him that I would need to lie down before we embarked upon the long drive. I was helped to bed, and we applied ice compresses. Three hours later, the hematoma had shrunk, and I was able to bend my elbow a little bit. We never made the ride to the clinic. Today, my elbow is fine.

Question: Who spoke to me at the cliffs that day?

Linda C., Baja



## NEEDING HELP!

**This is a great 12-Step Service opportunity!**

**Central Office Hotline operates a 24/7 Hotline for Alcoholics in need of help.** 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 NO OPEN SHIFTS**

**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](mailto:jimR@ncsandiegoaa.org)

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

**Date: 3<sup>rd</sup> Saturday of each month**  
**Next Session: Dec. 18, 2021 or Jan. 15, 2022**  
**Time: 9:30 a.m. – 10:45 a.m.**  
**Zoom ID: 837 6983 7573**  
**PW: No password needed – Just email registration**

**Note: Please call or text Jim R. to assist with login.**

## To The Newcomer

by Lorraine A

Dear God, please let me live  
I still have so much inside me left to give

The alcohol I so desperately need and crave  
Is really just a slow suicide, digging me an early grave

God please I want to see my daughter grow up  
When will it be enough?

I've attempted to stop drinking many times to no avail  
I cannot do it, I've tried, I always fail

The pain inside me cuts to the core  
I just want to numb out more and more

Yet what started as an effort to dull my reality  
Has since left me alone and full of depravity

I beg of you God on my knees  
When will I find some relief?

You need help, my family told me  
You have a disease  
That is relentless and cruel with no reprieve

So off I went to rehab and meetings in my disheveled state  
Bewildered and heartbroken that this had become my fate

Upon entering my first meeting I was certain that I was in the wrong room  
Everyone was smiling and laughing, don't they know they can't drink? Where's the gloom?

I thought to myself these people don't look or act like drunks  
Surely I must debunk!

As I turned to leave, "Welcome" said a smiling face  
"Please take a seat, you're in the right place."

As I sat and listened throughout the meeting I thought could it be?  
I can relate to these people's stories, they think just like me!

My life has changed exponentially since that fateful day  
When I free fell into the loving arms of AA

I found a sponsor, worked the steps, and so can you  
Remember there's a happy and healthy future for you to pursue

So make yourself a promise to overcome and never give up  
Even when life gets lifey and times get tough

You're worth it, deep breaths, have faith  
And you will, in time, believe me, find your grace

Trust God, be vulnerable and reveal your soul  
And you'll find yourself not half but whole

Fear not, exhale, relax you're home  
God's got you, you never again have to feel alone.

The Alano Club of Escondido is Open  
for Meetings and the Annual Holiday Potluck

**CHRISTMAS POT LUCK**

SATURDAY  
DEC 25, 2021  
1:30 PM - 3:30 pm  
Please bring some food to share.

ALANO CLUB OF ESCONDIDO

The North County Friendship Center is Open  
for Meetings and the Annual Holiday Alkathon

Sign up sheet to lead a meeting on secretary's desk!

North County Friendship Center  
Holiday Alkathon Schedule  
1906 Oceanside Blvd, Suite W, Oceanside CA

Merry Christmas

<p><b>Dec. 24</b> and <b>Dec. 25</b></p> <p>Meetings every hour, on the hour beginning at:</p> <p>6:00PM to 12:00AM</p>	<p>8:00AM to 6:00PM</p>	<p><b>Dec. 31</b> and <b>January 1</b></p> <p>Meetings every hour, on the hour beginning at:</p> <p>6:00PM to 12:00AM</p>	<p>8:00AM to 6:00PM</p>
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HAPPY NEW YEAR

Call Terry V. (760) 271-3900 or Email northcountyfriendshipCtr@[gmail.com](mailto:northcountyfriendshipCtr@gmail.com)