

January 2022



Step 1 We admitted we were powerless over alcohol—that our lives had become unmanageable.

Tradition 1 (Short Form) Our common welfare should come first; personal recovery depends upon AA unity.

Concept 1 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

Personal Story—Change Everything	Page 1	<p>Conceded to My Innermost Self by Linda I</p> <p>I went to my first AA meeting after answering the 20 questions at central office in Santa Barbara. I was directed to a meeting at a women’s recovery home. When we went around the room to introduce ourselves, I could not say that I was an alcoholic. I knew I had a problem with drinking: I drank too much, there were consequences that I didn't like, and I had passed the 20-question quiz with flying colors. Still, I could not say ‘Linda, alcoholic.’</p> <p>In time I was able to admit that I was an alcoholic. I got a sponsor, went to five meetings a week, and worked the steps as directed by my first three sponsors. This did not include sitting down and reading the book from the title page through the first 164 pages.</p> <p>At 2-1/2 years of sobriety while standing in line to thank the speaker at the Thursday Night Workshop in Brentwood, I met Dan (now my husband of 32 years). He asked me if I worked the steps, and to prove I did, I started going with him to a meeting where the focus was on the steps as outlined in the Big Book of Alcoholics Anonymous. There, I got a sponsor who was willing to sit down and read the book with me. This process changed my sobriety in the best possible way.</p> <p>Before we started the process in the book, Joe asked me to say a prayer. It went something like this: God, please set aside everything I think I know about myself, this disease, these steps, and especially about you, so that I may have an open mind and a new experience with all these things.</p> <p>After saying this prayer, I would sit quietly and review my drinking history and my attempts to moderate or stop drinking. I realized that at times two or three drinks would get me to my happy place, but other times, it took 10 or 15 drinks to get me there. I thought I was making the choice of whether I drank more, or less.</p> <p>I also stopped drinking a few times. Once as a New Year's resolution, which lasted two of the four weeks I had intended. After taking the 20 questions, I stopped drinking until my natal birthday, when I was told by my drinking buddy that I had become ‘boring’ not drinking. That comment was all it took! I drank from Christmas to Lent, during which time my drinking had gotten out of hand again. <i>(Continued on last page)</i></p>
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<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 		

North County Intergroup Meeting Minutes

Date 01/12/22

Called to Order:

- Meeting was called to order at 7:00 P.M. by Chair Vickie A. There were **41 Reps** in attendance, with **8 new Reps**.
- Traditions were read by Mike L.
- 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)

Rozee B. reported the Financial Highlights (FYTD): December 2021 total sales were \$2,000 and Cost of Goods Sold was \$1,975, yielding a Gross Profit for Sales of \$25. Along with Group Contributions of \$10,548, Member Contributions of \$473, with other Contributions of \$102. \$8,610 of Traditions Breakfast Ticket Sales and Expenses for the Traditions Breakfast of (\$7,773), resulting in Breakfast Income and Expense Net of \$837. Bank Interest Earned \$3. Total Revenue for December was \$11,987. After Total Operations Expenses of \$8,770, the Net Profit or (Loss) for December was \$3,216. The YTD Profit, \$3,491. YTD Actuals from the Profit and Loss Statement: Total Revenue of \$54,551; Total Operations Expense of \$51,060; The YTD Net Profit, \$3,491. Prudent Reserve is at 11.1 months. Question from the floor: Were we doing good or bad re our financials? Ken responded that we are fortunate that the group contributions have been strong and in December 2021 we had a positive \$3,491 net profit – we are doing good – group encouragement re donations is always appreciated. Moved and seconded to approve the financial report. All in favor.

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

Ken stated that it is an honor to serve as the Central Office Manager. He thanked the members for their support of Central Office. He acknowledged recently retired, long serving Central Office employee Valerie M. and that he has heard she is enjoying her retirement! He indicated Liz has increased her hours now that Valerie has retired and that Ken's schedule also fills in the Valerie hours. Ken reported that Central Office foot traffic (walk-in visitors) was a little slow this past month. He indicated Viewpoints remain available as are the printed Meeting Directories.

STANDING COMMITTEES

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

No report although 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)

Jim extended his thanks to Central Office for keeping the meeting information and 12-Step volunteer call list up-to-date as this is crucial to the Committee volunteers carrying the message to the suffering alcoholic. Jim stressed the importance of (1) groups to report any meeting changes to Central Office and (2) individuals provide any 12-Step volunteer call list changes so these two resources are kept current. Jim shared that there are currently no shift openings. Jim encourages folks to sign up to be on the wait list and you may call him to do so.

Jim explained how the 12-Step call list assists the after hours telephone committee in that the volunteers that take the after hours calls need to keep the phone line open for other incoming calls so they customarily are not engaging with the callers for long periods. The phone volunteers needs AA members available to carry the message to the caller. That is the 12-Step volunteer call list. Jim shared a screen shot of the handout he provided to the Intergroup Reps which included a list of communities needing 12-Step volunteers. Men and Women are needed in: Bonsall, Borrego Springs, Del Mar, Poway, Ramona, Rancho Santa Fe, San Marcos, Solana Beach, Valley Center and Warner Springs. Additionally, women 12-Step volunteers are needed in Fallbrook and Rancho Bernardo.

There will be **Saturday** Orientation and Learning Sessions on January 15 and February 19, 2022, at 9:30 am on Zoom. 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 Saturday, January 15, and Saturday, February 19, 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)

Danny recapped to the Intergroup Reps that he had undertaken a project of creating a booklet of AA Grapevine stories submitted and authored by North County residents. He has compiled 27 stories and now Ken has located an additional 28 stories. It may be that a second booklet will be compiled due to the additional stories—he will conduct a meeting to discuss that. He had hoped to have the 27 stories' booklet on display for viewing at the March Traditions Breakfast—it now may be only in draft format for viewing at the Breakfast. Additionally, at the Traditions Breakfast, the Archives Committee will have a display of North County AA *Group Histories*-Danny thanked Vicki for her compilation of those histories. Question from the floor: Will Danny's booklet be available on the North County website? Danny indicated that the stories may be (still being discussed) downloaded on a disk to be made available. Danny still needs clarification if he can make his booklet available for sale in the event a large quantity is printed.

Danny mentioned to the Reps that if any North County AA members have any items they feel would be an item for Archives and they want to donate it, please contact him (see his contact information above) or contact Ken at Central Office.

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

Margaret reported that there was nothing new to report as her outreach efforts have been hampered by the ongoing Covid variants.

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

No report.

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

Patrick reported that GSO has a new, separate P.O. Box address just for sending in contributions. Please share this with your group Treasurers. It is: General Service Office, P.O. Box 2407, James A Farley Station, New York, NY 10116-2407. Patrick reported that the Area 8 Orientation Assembly held in San Diego on January 8th, 2022, 8 am to 4 pm was great! Some of what took place was from 8 am to 8:45 am there was a meeting about "How to be a GSR." New booklets and took kits were provided for new GSR's. Question from the floor: What is a GSR? Should every meeting have one? Response: The GSR, General Service Representative, enables your group to have a voice in the collective group conscience of AA World Services. Ideally, every group should have one. Patrick indicated that PRASSA will not now be held in Portland, Oregon and, thus, it will not be a "hybrid" PRASSA this year but instead a strictly **Zoom** PRASSA. The dates are March 4-6, 2022. Question from the floor: What does PRASSA mean? Response: Pacific Region Alcoholics Anonymous Service Assembly.

Patrick shared that our new Area 8 Delegate is: Monte, with Alternate Delegate being Richard. Adrian is the new Chair, with Alternate Chair being Cheryl. Standing Committees were mentioned and the Reps can find a list of those on the

Area 8 website. In fact, if you are interested in more information about Area matters, please visit the Area 8 website: <https://www.area8aa.org/>

Patrick's 6-month commitment as the Area 8 Intergroup liaison has ended as he is now an Intergroup Rep.

BUSINESS COMMITTEE REPORT: Chairperson: Vickie A. (760) 828-5415 (Email: 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 42nd Traditions Breakfast. The venue is the California Center for the Arts in Escondido. The event site has been booked for an audience of 600 persons and 300 tickets have been sold to date. Tickets are being sold at Central Office (via phone, whereby ticket will be mailed to purchaser, or in person). Individual tickets are priced at \$30. The date is March 20, 2022.

NEW BUSINESS:

Vickie reported that at the December 7, 2021 Business Committee meeting the Business Committee voted to expand the Business Committee from the present 7 members to 8. The additional member is to be the North County Central Office Manager. The present Guidelines will need to be amended using the protocol in the Guidelines for amendments. The Business Committee will be forming an Ad Hoc Committee to revise the Guidelines and will keep the Reps updated on this progress.

ELECTIONS:

Moved and seconded to approve the rotation of Member-at-Large Tom C. into the position of Co-Chair of the Business Committee due to vacancy created when Karla moved. All in favor. Moved and seconded to approve newly nominated Members-at-Large due to vacancies: Ann R. and Mike L. All in favor. Question from the floor: What is a Member-at-Large? Definition provided per Guidelines.

ANNOUNCEMENTS: None

Adjournment: 7:55 pm

Next Intergroup Meeting Date: February 9, 2022 (Zoom only)

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

“Drunkenness is nothing but voluntary madness.” — Seneca

A sponsor and his sponsee are deserted on an island. One day they find a bottle. The sponsor rubs it and a genie appears and says they each get one wish – whatever they want. The sponsor says, “I wish I were back with my homegroup.” POOF! He disappears. The sponsee paces nervously around, indecisive, anxious, nervous . . . Should I ask for money? A woman? A nice boat? Finally in exasperation he cries out, “I wish my sponsor was here!” POOF!

NORTH COUNTY INTERGROUP FINANCIAL SUMMARY / NOVEMBER 2021

Profit & Loss Summary	Dec-2021	YTD Actuals
Total Sales	2,000	14,007
Total Cost of Goods Sold	1,975	11,757
Gross Profit for Sales	25	2,250
Group Contributions	10,548	52,684
Member Contributions	473	2,425
Other Contributions	102	387
Breakfast Ticket Sales	8,610	8,610
Breakfast Expenses (Net)	(7,773)	(11,859)
Breakfast Income & Expense Net	837	(3,249)
Bank Interest Earned	3	55
Total Revenue	11,987	54,551
Total Operations Expense	8,770	51,060
Net Profit or (Loss)	3,216	3,491
YTD Net Profit or (Loss)	3,491	

Prudent Reserve Balance:	Dec-2021
Money Market (Maintain \$25K Balance for Best Rate)	35,234
Certificates of Deposit (Staggered Maturity Dates)	62,094
Total Prudent Reserve Funds	97,329
Operating Expense and Months of Reserve Funds:	Dec-2021
Actual Operating Expense	8,770
Number of Months in Reserve Funds	11.1

GROUP INFORMATION	DEC
AA Group 685121	165
Carlsbad SAT 845 AM Women Living In Recovery	395
Carlsbad SUN 11th Step Meeting	63
Del Mar Men's God or Vodka 691188	454
Del Mar Non-Formal Group	250
Encinitas SAT 8 AM Women of Olivenhain Group 652027	441
Encinitas TUE 7 PM North Coastal Men's 686387	199
Encinitas TUE Night Men's (691466)	250
Escondido ACE Online #2	25
Escondido Attitudes 7AM Daily on Zoom	1,000
Escondido THU Living Room 12 x 12 Group	75
Escondido SAT 730PM We Not Me Group	997
Fallbrook FRI 6PM Goat Barn	240
Fallbrook TUE 630PM Men's Step Study Group 722630	155
Fallbrook TUE Noon at Baptist Church	75
Julian TUE 6PM Sisters in Recovery #660727	90
Oceanside SAT 7AM No More Hangovers	50
Oceanside Camelot Meetings	1,250
Oceanside Ken's Garage	314
Oceanside THU Night Beginners at the NCAC	55
Oceanside TUE 7AM Big Book (NCAC)	50
Oceanside TUE 8PM NCAC Discussion Group	80
Poway Daily 7AM Unconditional	48
Poway SUN 9AM Men's Group	142
Rincon Res WED 730PM Step Study at Fire Station	100
San Marcos SAT 3PM Discovery Group at St. Mark's	100
San Marcos Men's WED 630 PM Blind Leading the Blind	45
San Marcos MON 7PM at Rose Ranch	26
Solana Beach Belly Up 3rd Tradition 7AM M-F	1,449
Valley Center 2nd SUN Welcome Home	50
Vista Noon Solutions at Steps Online	50
Vista THU Women Living in the Solution Group 161663	25
Vista Daily Came To Believe at Emmanuel Bible Church	190
Vista Robber's Roost THU Night	1,200
Vista TUE 6PM Not So Topsy	188
Vista WED 6PM Comes of Age	100
Zoomless FRI Night	162
Total	10,548

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.

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.).

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 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

The Carlsbad Workshop

At the 1971 All Southern California AA Convention, Bill Blake of Oceanside was so depressed he got into an elevator to go to the top of the Disneyland Hotel and jump off the roof. But, in the elevator he met a man named Clancy Imislund. Clancy suggested to Bill that he would be his sponsor and that he wanted him to return to Oceanside and start a meeting that would be a satellite of the Wednesday Ohio Street Meeting of the Pacific Group. Bill came home and along with his wife Margi, babies (sponsees), Skip Reagan, Cliff Roach, Al McGehee, Al Skagerberg, Pat Tierney, as well as some AA couples, John and Shirley Breen, Bernie and Pat O'Kelly, and Tom and Fran Prouse, started the first meeting of the Carlsbad AA Workshop on the first Thursday of 1972. Clancy was the first speaker of that meeting. It was established by the first steering committee of the group that Clancy I. would speak the on the first Thursday of each New Year. This remained in effect until Clancy passed in the year 2020.



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 for future After-Hour Phone Volunteer opening(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 Session: Jan. 15, 2022 or Feb. 19, 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.

(Conceded to My Innermost Self—Continued)

I'm not entirely sure how long Lent is, but I white-knuckled that period of time, counting down the days until Easter brunch and champagne! I had tried every which way to control and manage my drinking, to stop and stay stopped. I could not.

It wasn't until reading the Doctor's Opinion and More About Alcoholism with Joe that I finally understood what alcoholism is. It is not simply having a problem with drinking. It is much deeper than that!

I have an allergy to alcohol, which wouldn't be a problem if I didn't drink! But my obsessive mind always told me it would be better this time, and being spiritually unfit, and needing relief from my life, alcohol had been my solution!

I finally understood that no human power could keep me sober. That the steps alone would not keep me sober. Neither would meetings or the fellowship, or any other thing for that matter. Yes, I need all of these things, but my reliance has to be on a Power greater than myself.

On page 30 in Chapter 3, 'More About Alcoholism', it says, "We learned we had to fully concede to our innermost selves that we were alcoholic. This is the first step in recovery." For me, there is a distinction between admitting that I'm an alcoholic and fully conceding to my innermost self that I am an alcoholic. All these years later, I believe this admission, this core belief, has been vital to my long-term recovery. With a thorough understanding of alcoholism, an honest look at my efforts to control and manage my drinking, and the results of my attempts, I know that I cannot drink normally, and never will be able to. The debate is over. A higher power—and a design for living that keeps returning me to this power—is now my solution, not alcohol.