

February 2022



Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.
Tradition 2 (Short Form) For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
Concept 2 The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

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VIEWPOINT

Personal Story—Focus on Women	Page 1	<p style="text-align: center;">Focus on Women: Step Two</p> <p style="text-align: center;"><i>Came to believe that a Power greater than ourselves could restore us to sanity.</i></p> <p>Turn it Over to Life</p> <p>We often want to defend ourselves from harm when we feel that life has cheated us, or people have betrayed us. We try to control them. This is really an illusion of control. So, we continue our addictions, leading to even more isolation. Often, alcoholics believe the solution to isolation is more isolation.</p> <p>Life is very difficult without being able to trust anything and anyone. Can we come to believe that something can be a positive reinforcement for us? Can life itself support us?</p> <p>Many of us in A.A. found the courage to believe that our sobriety sisters, Sponsor, and a Higher Power can support us very well. It takes some experience in the A.A. program to accept this idea. Truly, life would be significantly easier if we didn't have to struggle along by ourselves.</p> <p>We can set aside this illusion of control, and it is just an illusion, if we allow a higher power to enter our lives. As said many times, we don't have to get sober by ourselves. We found that when we start to trust, we become more at ease and comfortable.</p> <p>Give up Self-Will, practice Self-Love and Self-Care</p> <p>With my sponsees, I ask that they make a two-column list of "self" phrases: negative and positive. On the negative side there is self-will, self-centeredness, and self-gratification. In the positive column, there is self-love, self-care, self-worth, and self-esteem. I look in the mirror and say, <i>"I love you. You are so generous and kind to people."</i></p> <p>For women who have been victims of physical and/or emotional abuse like myself, I must put aside thoughts that I deserved this abuse or that I was too sensitive.</p> <p style="text-align: right;"><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 • Labor Day • Thanksgiving Day • Christmas Day 		

North County Intergroup Meeting Minutes

Date 02/09/22

Called to Order:

- Meeting was called to order at 7:00 P.M. by Chair Vickie A. There were **36 Reps** in attendance, with **4 new Reps**.
- Traditions were read by Jim R.
- Minutes were read by Renee H. for Joan B. One spelling correction noted. Moved and seconded to approve. All in favor.

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

Ken G. reported for Rozee B. Ken reported the Financial Highlights (FYTD): January 2022 total sales were \$2,154 and Cost of Goods Sold was \$1,867, yielding a Gross Profit for Sales of \$287. Along with Group Contributions of \$11,888, Member Contributions of \$1,720, with other Contributions of \$56, \$2,460 of Traditions Breakfast Ticket Sales and Expenses for the Traditions Breakfast of (\$2,222), resulting in Breakfast Income and Expense Net of \$238. Bank Interest Earned \$8. Total Revenue for January was \$14,197. After Total Operations Expenses of \$8,281, the Net Profit or (Loss) for January was \$5,915. The YTD Profit, \$9,407. YTD Actuals from the Profit and Loss Statement: Total Revenue of \$68,748; Total Operations Expense of \$59,341; The YTD Net Profit, \$9,407. Ken reported on the Prudent Reserve Status – January 2022: Money Market Balance \$35,236; Certificates of Deposit \$62,101. Total Prudent Reserve Funds are \$97,337. When dividing the Prudent Reserve Balance of \$97,337 by the January 2022 Operating Expenses of \$8,281, the Prudent Reserve is at 11.8 months. Questions from the floor? Susan stated that the Prudent Reserve seemed high and how would we use it? Ken explained that our Guidelines call for a Prudent Reserve of six to twelve months. Any decisions on spending/reducing the amount of the Prudent Reserve would be taken up with the Intergroup Reps and voted on. Patrick followed with discussion re: theoretically, if we had no revenue coming in for twelve months the Prudent Reserve would be depleted. Ken mentioned that one consideration on keeping the Prudent Reserve at the top end of the six to twelve months guideline is that we have realized a savings of about \$600 per month since we have been in this office space these last two years and that could change. We are presently due to renew the office lease and rent will have annual increases. Discussion also included the Business Committee sharing that they were aware of (within the last few years including but not limited to the fact of Covid-19), a handful of AA Central Offices having to shut their doors for good due to lack of revenue. 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 we are doing well on Traditions' Breakfast ticket sales. He indicated that our office lease is up for renewal and a proposal is being submitted to the landlord. Ken thanked Liz and the web team for keeping on top of updating meeting and 12-Step lists and how that is so instrumental in keeping resources available 24 hours a day, 365 days a year. He stated things are just going real good at Central office.

STANDING COMMITTEES

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

Caroline shared that she has been very busy looking at different Central Office websites – in fact, she has looked at 55 websites! She finds them using the Google search engine. She indicated that a good half dozen of the websites she has visited were rather inspirational as it relates to how can our website be improved on to provide additional helpful resources and information to those that visit it, especially the alcoholic who is still suffering. She likes the idea of having a link to aa.org. Additionally, she shared that as part of her continuing education in her profession, she recently attended a National Technology meeting and it was not only motivational for her career but also for her AA service work as Public Information Chair. Caroline stated she has submitted to the Business Committee a proposal for updating the North County website and Chair Vicki stated the Business Committee will keep the Reps informed on the status of that proposal.

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

Jim extended his thanks to Ken and 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 shared that there is

one shift opening. ***The opening is the 2nd Saturday of the Month, the first shift, 1pm to 4 pm.*** Please call Jim if you are interested in this shift. There was a question from the floor regarding clarification between a telephone committee volunteer and a 12-step volunteer call list. Jim explained that the telephone committee volunteers handle the phone calls after hours. They assist the caller with routine questions like meeting times and locations and, of course, suffering alcoholics call in with 12-Step needs. 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 need AA members available to carry the message to the caller especially if it is a call of a 12-Step nature -- that is where the 12-Step volunteer call list comes into play. Jim referred to 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 February 19, 2022, and March 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, February 19, and Saturday, March 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 for the new Intergroup Reps that he had undertaken a project of creating a booklet of AA Grapevine stories submitted and authored by North County residents. A total of 32 stories have been compiled. At the March Traditions Breakfast there will be a draft format for viewing. In the very new future, the booklet will be published and you may obtain a copy via a suggested donation to defer costs of publication. 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.

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

Margaret reported that she has been branching out and visiting meetings that do not have an Intergroup Rep – she talks up the benefits to the Group of having a Rep, she promotes the Traditions Breakfast and the value of volunteering to be on the 12-Step volunteer call list.

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

Hew B. reported to the Reps and he also shared via the Chat Room during the Intergroup Meeting. The purpose of the North County Hospital and Institution Committee of Alcoholics Anonymous is to carry the message of Alcoholics Anonymous to the alcoholic who is confined. Institutions are places where men and women are confined for medical, mental, corrective or rehabilitative purposes. Institutions include hospitals, jails and detoxification centers. Hew stated that with the lifting of the California mask mandate on February 15th, he expects H&I to get back to full strength with in person panels. He mentioned that H&I has been on a “book blitz” (thanks to the Groups and their donations to the Green Can), a “book blitz” meaning H&I goes around to various institutions and provides free books and literature to them. Training webcast is coming soon and if you are interested in an upcoming Zoom training to let us know with an email at northcountyhandi@gmail.com Contact David P 626-200-0254 or Hew B P 424.302.9809 visit our website nchandi.org for more information. More ways to get involved: 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. – contact Don C. at 760-

212-9759 for more information. Lastly, as is customary, H&I will have a detailed accounting of their finances in the Viewpoint – please refer to their Viewpoint entry for their financial statement and/or visit the H&I website.

Area Assembly: Area 8 website: <https://www.area8aa.org/>

The six-month position of Area 8 Intergroup liaison is vacant and needs to be filled. If you have questions about this position or are interested in it, please contact either Ken G. at Central Office or Business Committee Chairperson, Vicki A.

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

OLD BUSINESS:

Vicki stated that we have received permission from New York to use/publish all 32 Grapevine stories for Danny's booklet of North County stories. With respect to selling the booklets once published, New York indicated we are allowed to accept "donations" for them to help recoup the costs of publication. Vicki thanked Danny, Jill and Ken for their work on this project. Vicki shared a screen shot of photos of the Public Information displays of AA literature at the Fallbrook and Carlsbad Dove libraries. She thanked Jim R. and Caroline H. for this program and keeping the display racks replenished.

Additionally, 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 400 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. Janine is creating beautiful centerpieces for the event and encourages folks to be there to enjoy the table arrangements for this special morning of Fellowship. Renee H. is creating the opportunity baskets and mentioned she has received generous cash donations from a handful of groups as "sponsors" for gift cards for each of the six baskets. If your group would like to donate \$25 or \$50 to sponsor a gift card for a basket, please contact Renee H. at 760.525.5753. Groups who sponsor gift cards will be acknowledged in writing at the Traditions Breakfast. Question from the floor by Dwayne: Why was the previous policy of advancing tickets to members to sell ceased? It was explained that it had become a logistical nightmare and, unfortunately, the honor system of advancing tickets did not always work out favorably. Intergroup Rep Susan shared that there seemed to be a lot of confusion out there about how to buy tickets and she has been able to emphasize to folks how easy it is to buy tickets. Lastly, Vickie updated the Reps on the procedural status of Amending the Guidelines and Procedures of the North County Intergroup Association of Alcoholics Anonymous 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 protocol in the NCIA Guidelines is such that this Amendment proposal needs to be presented to the Business Committee by a Group. The Business Committee is aware of a Group who may present this proposal. The Business Committee will keep the Reps updated on this progress. Question from the floor: What is the benefit of the Central Office Manager having a position on the Business Committee and, thus, a vote? Ken responded that A.A. Guidelines from GSO re Central Offices/Intergroup Offices suggest that a vote is accorded to the Central Office Manager (aka Full Time Secretary). Ken shared that many policies that are often proposed by the Business Committee, the Central Office Manager will have to live with (and institute) and it is better to have a voice on these matters as outlined in the GSO document. It was also mentioned that many Central Offices have this policy already in place.

NEW BUSINESS: Vicki stated that Central Office has been at its new location for two years and that the lease is coming up for renewal. The Business Committee is looking at a lease of five years. The Business Committee will keep the Reps updated on this progress.

ELECTIONS: None

ANNOUNCEMENTS: None

Adjournment: 8:00 pm

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

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

NORTH COUNTY INTERGROUP (NCIAA) FINANCIAL SUMMARY / JANUARY 2022

Financial Highlights (FYTD) July 2021 - June 2022

Summary	Jan-2022	YTD Actuals
Total Sales	2,154	16,161
Total Cost of Goods Sold	1,867	13,624
Gross Profit for Sales	287	2,537
Group Contributions	11,888	64,572
Member Contributions	1,720	4,145
Other Contributions	56	443
Breakfast Ticket Sales	2,460	11,070
Breakfast Expenses (Net)	(2,222)	(14,082)
Breakfast Income & Expense Net	238	(3,012)
Bank Interest Earned	8	63
Total Revenue	14,197	68,748
Total Operations Expense	8,281	59,341
Net Profit or (Loss)	5,915	9,407
YTD Net Profit or (Loss)	9,407	9,407

Prudent Reserve Status Review July 2021 - June 2022

Prudent Reserve Balance:	Jan-2022
Money Market (Maintain \$25K Balance for Best Rate)	35,236
Certificates of Deposit (Staggered Maturity Dates)	62,101
Total Prudent Reserve Funds	97,337
Operating Expense & Months in Reserve	Jan-2022
Actual Operating Expense	8,281
Number of Months in Reserve Funds	11.8

GROUP INFORMATION	JAN
AA Group 705535 Monday Night Women's Group	100
AA Group 719934	228
Cardiff Back to Basics 7AM M-W-F	100
Cardiff Ki's Weekender	836
Carlsbad SAT 4PM Calavera Park	96
Carlsbad SAT 845 AM Women Living In Recovery	185
Carlsbad Sobriety Rocks Speakers SAT 7PM	780
Carlsbad Step A Month Study MON Nite Group 158720	290
Carlsbad SUN 11th Step Meeting	51
Carlsbad TUE Men at Heritage Hall	500
Carlsbad WED Men's Bullpen	150
Encinitas FRI 10AM Women's 12x12 Book Study #658941	100
Encinitas TUE 7 PM North Coastal Men's 686387	173
Escondido ACE Zoom Nightly 6'er	332
Escondido Online Closed Women's As Bill Sees It	21
Escondido Online Women's Book Study	21
Escondido WED 7PM Men's Misfits Book Study	266
Escondido SUN Morning Paper	178
Escondido - THU 615PM Women's 12x12 GSO 145426	171
Fallbrook Common Solution Group	100
Fallbrook TUE 630PM Men's Step Study Group 722630	180
La Costa THU 8PM at St Elizabeth Seton Catholic Church	179
Leucadia Six Step House Daily Meetings	500
Oceanside SAT 7AM No More Hangovers	50
Oceanside THU 630PM Girls With Gratitude	99
Oceanside - TUE Noon Brown Baggers (NCAC)	140
Oceanside - FRI 830 PM at First Presbyterian	481
Oceanside - WED 5PM As Bill Sees It (NCAC)	140
Oceanside - FRI 5PM As Bill Sees It (NCAC)	164
Oceanside - SAT 11AM at NCAC	119
Oceanside SUN 6PM Serenity Step Study #725165	347
Oceanside WED Noon Stools & Bottles at NCAC	52
Oceanside TUE 7PM Chip-in Group	52
Oceanside WED 7PM Women's Singleness of Purpose #712613	346
Poway Daily 7AM Unconditional	90

GROUP INFORMATION (Continued)	JAN
Poway SAT Morning Women's Discussion	52
Ramona SAT 5PM Free Thinkers	25
Rancho Bernardo Early Birds Just Say No To Corona (Zoom)	1,000
Rancho Bernardo TGIF at 8PM Group 136313	342
Rancho Santa Fe FRI Beginners (163076)	63
Rancho Santa Fe Just the Black Print (713516)	434
San Marcos MON 7PM at Rose Ranch	26
San Marcos MON Night Men at Rose Ranch #172523	111
San Marcos SUN 10AM Daily Reflections GSO 100813	50
San Marcos WED 9PM Young & Restless	9
Solana Beach Belly Up 3rd Tradition 7AM M-F	1,286
Valley Center MON 7PM Slow Learners BBSG (689359)	127
Vista MON Discussion #148993	50
Vista SAT 9AM Women's Acceptance at Hope Church	400
Vista TUE 7PM Thibodo Park	300
Total	11,888



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 Volunteers**. Most phone volunteers only have one shift per month ranging from 3 – 4 hours. 12-Step-Call Volunteers could be called upon to assist the phone volunteers with longer caller needs. This is a great way to be of service. If you're interested please contact 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 Phone Chairperson Jim R. 619-890-2299 or JimR@ncsandiegoaa.org

Additionally, we hold a monthly Zoom meeting learning session for phone and 12-step-call volunteers.

Date: 3rd Saturday of each month
 Next Session: Feb. 19, 2022 or Mar. 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.

NORTH COUNTY HOSPITALS AND INSTITUTIONS (H&I) NEWS

February 2022 FINANCIAL SUMMARY

Beginning Balance: \$12,795.50 Income: \$2,789.38
 Expenses: \$4,059.14 Ending Balance: \$11,525.74

INTRODUCING TEXT & EMAIL REMINDERS! All Panel Members will Begin to be notified with updates and the ability to give Real Time Updates and Literature request. An Example of This is Below...

Our records indicate you are a Panel Coordinator or Panel Leader.

We are excited to announce a new tool that gives the power to automatically send text and email reminders to your panel members. With this new tool you are able to:

Manage your panel through our H&I website

Add/remove panel members

Turn on/off reminders for yourself and your team

Export your panel in Excel or PDF format

Example of text message reminder.

TRAINING WEBCAST COMING SOON

If you are interested in an upcoming Zoom training to let us know with an email at northcountyhandi@gmail.com Contact David P 626-200-0254 or Hew B P 424.302.9809 visit our website nchandi.org for more information. Thank you for sharing your experience, strength, and hope with those who cannot get to a meeting! 424.302.9809 visit our website nchandi.org for more information. Thank you for your service!

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.).

GROUP AND GREEN CAN CONTRIBUTIONS FEBRUARY 2022

Group Name	Green Can	Group
Big Book Study Monday Night 172755	54.55	
Brown Baggers		20.00
Calavera Fellowship - 0322210		18.60
Came To Believe 642583		244.00
Encinitas Sun Women 688178-08-16	126.00	
Encinitas Wednesday Women's Discussion		54.15
Escondido Women's Step Study 145426		34.10
Freedom of Choice Big Book Meeting 157949		16.00
Friday Night Beginner's Meeting 0163076		206.00
Group 725165 Sunday Serenity Step Study		69.30
Individual Contribution		50.00
Misfits Men's Group 672294		22.20
Monday Discussion Group		16.67
NCAC Monday 5 PM Daily Reflections		50.00
No More Hangovers		10.00
North Coastal Calle Barcelona 686387		34.57
Oceanside Tuesday Night Beginners 136959		10.90
Rancho Bernardo Early Birds	1000.00	
Rose Ranch Monday Night San Marcos 172523		22.10
Sobriety Rocks Saturday Night - 712725		260.00
Sunday Morning Taxi Cab Meeting		94.00
TGIF 136313		94.00
Tuesday Carlsbad Men's Group		100.00
Tuesday Men's Step Study - 722630		78.00
Wednesday Panorama Center Readers Group		22.00
Women of Olivenhain	55.00	
Young and Restless - 719610	27.24	
Totals:	\$1,262.79	\$1,526.59

Complete financial reports can be found on our website. *

THANK YOU FOR YOUR CONTRIBUTIONS!

Spotlight

North County AA Group History

Slow Learners Big Book Study Group: Valley Center

The Slow Learners Big Book Study Group of Valley Center is meeting today where it met when it first opened in 2006 at the Valley Community Center at 7:00pm. Dave M of Escondido and Margaret T. of Fallbrook were among the founding members.

Dave M. moved to Valley Center from Fort Lauderdale, FL, in 2005, and held the first meeting December 11, 2006. This is an open and a mixed meeting, held on Mondays. When Dave was a newcomer in Florida in 1987, he was a member of a Slow Learners Big Book Study there, and so he copied the same format in Valley Center: Read a little bit from the Big Book each week and share on what was read. Other aspects of the meeting format: "Nobody will call on you, so speak up as the Spirit moves you" and "This is a no-clapping meeting, except for newcomers, cakes and tokens." When Dave then moved out of the area, Margaret T. stepped in as secretary and kept the group going through some lean times. The group now reads the Big Book, cover to cover. Group anniversaries are usually pot luck and a special occasion: film, recorded talk, history presentation, etc. Looking forward to their 15th anniversary meeting next December 11, 2021.

"This group has always signed court cards. It participates in the weekly Public Information meeting as the host group a couple times a year. Some members are on the phone committee and other committees. It is an active group."

Personal Story, continued)

Forgetting about our idea of God from the Past

In spite of the men's Big Book (Alcoholics Anonymous) saying that any concept of a Higher Power will be effective, it continuously refers to a traditional Christian viewpoint.

For many women who faced negative male domination such as unsupportive, non-affirming, or abusive experiences, the male wording and concepts in the men's Big Book seem punitive and oppressive. But we don't have to reject the idea of a Higher Power. We just need to adapt it to a positive image for ourselves.

We can forget our old idea and others' idea of God and reinvent it for ourselves. We can call it our Higher Power, Goddess, Spirit of the Universe, or simply Life.

We try to accept the stream of Life, and instead of trying to swim upstream against it, we can swim downstream and navigate life better.

"By letting it go, it all gets done. The world is won by those who let it go. But when you try and try, the world is beyond the winning."

– Lao Tzu

"It is as impossible for humans to demonstrate the existence of God as it would be for Sherlock Holmes to demonstrate the existence of Arthur Conan Doyle."

– Frederick Buechner, Christian Minister

"She who controls others may be powerful, but she who has mastered herself is mightier still."

– Lao Tzu

— Geena Louise