

May
2022



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Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5 (Short Form) Each group has but one primary purpose: to carry its message to the alcoholic who still suffers.

Concept 5 Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

VIEWPOINT

Personal Story—Peace of Mind	Page 1	<p style="text-align: center;">Peace of Mind and a Quiet Heart What More Could a Person Want? By Rick R.</p> <p>In my early days of sobriety, I was hearing a lot of words that were unfamiliar to me and I did not pay much attention to them at the time since I had bigger fish to fry. I had a drinking problem and everything else took a back seat to that. I was overwhelmed by marital, legal, and economic problems. Words like love, patience, spirituality, and forgiveness were foreign to me and I did not see how they mattered when all I wanted to do was quit drinking. I stayed close to that group, and they started calling me <i>the fortunate one</i>. At the age of 28, I was the youngest one in that group. The rest of members in the group were over forty and it stayed that way for quite a while as drug problems had not evolved enough at the time (1969) to affect the influx of younger members. I felt like the elders of that group took a special interest in me and that endeared me to them in a special way.</p> <p>I was always listening for the magic word that would inspire me and give me a purpose in life and one day it happened. Tears come to my eyes when I recall the memory of the gentle voice of <i>an old farmer named Harlan</i>. As he talked about all the trials and tribulations that he had endured in the past, he explained how he had stumbled into A.A. and that all the answers were there, but he did not understand it until he had a goal to reach for, and the next words that came out of his mouth changed my life forever. He said, "ALL I WANT FROM LIFE IS <u>PEACE OF MIND AND A QUIET HEART.</u>" (Continued on page 6)</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 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

5/11/22

Called to Order:

- Meeting was called to order at 7:05 P.M. by Chair Vicki A. There were **37 Reps** in attendance, with **5 new Reps**.
- Traditions were read by Gary.
- Minutes were read by Renee H. for Joan B. Questions from the floor concerning Public Information item and Telephone Committee item will be addressed by the respective Chairs during their reports. Moved and seconded to approve. All in favor.

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

Rozee B. reported the Financial Highlights (FYTD): April 2022 total sales were \$2,920 and Cost of Goods Sold was \$2,484, yielding a Gross Profit for Sales of \$437. Along with Group Contributions of \$9,053, Member Contributions of \$147, with other Contributions of \$65, Traditions Breakfast -0-. Bank Interest Earned \$13. Total Revenue for April was \$9,715. After Total Operations Expenses of \$11,376, the Net Profit or (Loss) for April was (\$1,661). The YTD Profit, \$15,183. Question from the floor: why did the Operations Expenses go up for April? Ken explained that the increase in Operations Expenses for April was due to the fact that there were three payroll periods in April. Rozee B. reported on the Prudent Reserve Status April 2022: Money Market Balance \$35,240; Certificates of Deposit \$62,130. Total Prudent Reserve Funds are \$97,370. When dividing the Prudent Reserve Balance of \$97,370 by the April 2022 Operating Expenses of \$11,376, the Prudent Reserve is at 8.6 months (dip from last month due to the three payroll periods in April-year to date average being 11.3 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 things are picking up at Central Office and he thanked the groups for their contributions. He reported that more volunteers are now working shifts at the office which makes it possible to now always have a staff person and a volunteer at the office. Call Liz at Central Office if you would like to volunteer.

STANDING COMMITTEES

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

Caroline reported that Chris T. was the speaker at Escondido High School, and he did an excellent job. His speaker service at Escondido High School received a great response. Caroline thanked Janine for the referral of Chris. Jim R. reported on the two library racks (Fallbrook and Carlsbad Dove Library) that hold our AA pamphlets. Pictures of the racks were shared showing their locations in the library. Carlsbad is in a well trafficked area, but Fallbrook's location does not get good foot traffic. Question from the floor pertained to sobering centers and would Public Information be able to supply them with AA literature. The response given was that this probably falls under H&I and Hew can address that. Caroline is working on a proposal to supply Medical locations with AA literature.

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

Jim extended his thanks to Liz and Ken at Central Office and to the after-hours telephone volunteers. There was a question from the floor asking for clarification re 12-Step lists. Jim explained the difference between the after-hours telephone volunteers and their function re 12-Step work and the after-hours 12-Step volunteer call list and what they do **and** the normal business hours 12-Step call list. Jim shared that there are two shift openings. **Thursday – 3rd week shift 2 (10 pm Thursday to 6am Friday morning). Friday – 1st week shift 2 (10 pm Friday to 6am Saturday morning).** Please call Jim if you are interested in a shift. Learning Sessions are held monthly for anyone interested in being on the Committee. The information for the Chat is below.

- **Zoom Chat**
- A.A. Phone Committee Learning Sessions about Central Office Telephone and 12-Step Work are scheduled for Saturday, May 14, and Saturday, June 11, 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 reported the booklet of North County AA Grapevine stories is going to print with 200 initial printings at a cost of \$1.50 per copy. They will be available at the Central Office and at Anniversary Meeting being held on August 23rd. The official name of the booklet is: North County San Diego Members Share Their Experience, Strength and Hope Through The AA Grapevine 1953 through 2022.

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

Margaret welcomed new Intergroup Rep “Jerry” from Valley Center. She reported on her road trip to Ramona and, again, the ongoing need to reach out to the East County as East County is underrepresented. She mentioned the Founders Day BBQ June 12 Ramona Recovery Club.

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

North County Hospitals and Institutions (North County H&I) is a volunteer organization whose mission is to carry the Alcoholics Anonymous (AA) message to those who still suffer and cannot get to an AA meeting. Our core service is supplying AA volunteer panels to treatment and correctional facilities in North San Diego county. Panels are made up of AA volunteers who visit facilities on a weekly basis to share their individual stories of experience, strength and hope. Service work through Hospital and Institutions is a rewarding way to spend your time. Being a panel member, you will go into facilities around North County San Diego carrying the message of hope. To get started there are a few things you need to do. Attend an Orientation at Oceanside Alano Club, Chose Your Facility and Contact Panel Leader. The next Orientation Meeting will be held at the Oceanside Alano Club on May 21, 2022 at 9 am. Alano Club address is 4198 Mission Ave, Oceanside, 92057. The orientations are the third Saturday of every month. 9:00am - 9:45am General Information and Orientation and 9:45am - 11:00am Board Meeting . Hew reported the Financials: The Income Collections for April were as follows: Green Can Donations \$711.71; Group Donations \$1,944.97. Total Income \$2,656.68. Beginning Bank Balance on 4/1/22 was \$13,822.34 and Ending Bank Balance on 4/30/22 was \$16,177.86. Contact Us at northcountyhandi@gmail.com - Donations Mail To - North County H&I / PO Box 4013, Carlsbad, CA 92018 Hew’s personal email is HewBurney@gmail.com

Lynn S. shared info on Oceanside Sobering Center, 1919 Apple Street Oceanside. They receive intoxicated via police, no walk ins. Alternative to going to jail or hospital. Hew said he would check on them and make sure they have literature.

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

TBD. An opportunity to be of service is available as the NC Intergroup Rep at the Area Assembly meetings which take place monthly on Zoom.

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

OLD BUSINESS:

Vickie presented to the Reps the proposed change in the current wording in the Guidelines which will be voted on tonight:

Current reading: Any North County AA Group can suggest changes to these Guidelines.

Amended: Any North County AA Group, Standing Committee, or AA member can suggest changes to these Guidelines.

Vickie noted that this vote requires a 2/3rds "yes" vote for passage. She noted that there are 37 voting Reps in attendance and 2/3rds of that number is 25. A vote was conducted and the proposed change to the Guidelines passed. The voting results were as follows: 30 Reps voted yes; 3 Reps abstained, and 4 Reps voted no.

NEW BUSINESS:

Vickie announced that she and Ken would be conducting a "trial run" for a future goal of holding hybrid Intergroup meetings at the Oceanside Alano Club (targeting the first hybrid meeting for July 2022). She will report the results of their trial run at the June Intergroup meeting. Vicki presented to the Reps the following idea which was discussed at the May Business Committee meeting: as questions have arisen at recent Intergroup meetings concerning the Prudent Reserve balance hovering close to the 12 month mark, the Reps are encouraged to bring ideas to the Committee Chairs (Public Information, Telephone Committee, Archives Committee and Outreach Committee) of ways the Prudent Reserve monies could be spent locally on 12 Step Work i.e., workshops, etc. Ideas for 12 Step work from the North County Groups/Reps are encouraged so we can carry the message locally with our Prudent Reserve monies. Vickie shared a flyer and information on the NCIA Anniversary meeting. The meeting will be on August 23rd, from 6:30pm to 8:30pm. It will be held at the Harding Center in Carlsbad. It is a speaker meeting and longtime North County AA member Tom S. will be the speaker. Refreshments will be served.

ELECTIONS:

Elections will be held at the June meeting. Vickie will be rotating off as she has served for 5 years on the Business Committee. There will be three members at large openings. Please share this with your groups for those who may be interested in service on the Business Committee. Please note that the nominee(s) ***need to be present*** at the June Intergroup meeting.

ANNOUNCEMENTS: None.

Adjournment: 8:09 pm

Next Intergroup Meeting Date: June 8, 2022

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

NORTH COUNTY INTERGROUP FINANCIAL SUMMARY / APRIL 2022

Summary	JUL - SEP	OCT - DEC	JAN - MAR	APR	Y-T-D
Sales	7,894	6,113	7,408	2,920	24,335
Cost of Goods Sold	6,223	5,534	6,153	2,484	20,393
Gross Profit	1,671	579	1,255	437	3,942
Group Contributions	24,453	28,231	30,641	9,053	92,378
Member Contributions	1,456	968	2,245	147	4,817
Other Contributions	219	168	1,149	65	1,601
Traditions Breakfast Event	-	(3,249)	2,683	-	(566)
Bank Interest Earned	31	24	29	13	96
Total Revenue	27,831	26,720	38,002	9,715	102,268
Operations Expense	24,428	26,632	24,649	11,376	87,084
Profit or Loss	3,403	89	13,353	(1,661)	15,183

Prudent Reserve Funds	JUL - SEP	OCT - DEC	JAN - MAR	APR	Y-T-D
Money Market	35,228	35,233	35,237	35,240	35,233
Certificates of Deposit	62,067	62,090	62,109	62,130	62,093
Prudent Reserve Total	97,295	97,322	97,346	97,370	97,326
Operating Expense	8,143	8,877	8,216	11,376	8,708
Months in Reserve	11.9	11.0	11.8	8.6	11.3

Group Information	APR
Borrego Spring THU 10AM Women's Literature Study	20
Cardiff Back to Basics 7A MWF	836
Cardiff Ki's Weekender	557
Carlsbad Sobriety Rocks 830A Daily Reflection	700
Carlsbad Village People Zoom	26
Del Mar Men's God or Vodka 691188	787
District 16 / Big Book	139
District 16 / No Promises	270
Encinitas Surf Dogs 989954	1,010
Encinitas THU Women's Roving AA Group 166964	78
Encinitas TUE Night Men's (691466)	307
Escondido ACE Zoom Nightly 6'er	253
Escondido MON 630PM Women's Closed BB & 12x12	30
Escondido MON 6PM Women's Book Study on Zoom	12
Escondido SAT 7PM BEGOT	250
Escondido SAT Noon at ACE	80
Escondido THU Night Fellowship of the Spirit Speakers	159
Escondido TUE Online Closed Women's ABSI	92
Escondido WED Noon As Bill Sees It	130
Fallbrook FRI 6PM Goat Barn	120
Fallbrook TUE Women's Turn It Over	26
Group 136959	16
Leucadia Six Step House Daily Meetings	250
Oceanside FRI 5PM As Bill Sees It (NCAC)	40
Oceanside FRI Noon Brown Baggers (NCAC)	300
Oceanside MON 8PM 12 & 12 at King of Kings Church	89
Oceanside MON Noon Emotional Sobriety (NCAC)	130
Oceanside SAT 11A at NCAC	108
Oceanside SAT 530PM Discussion (NCAC)	161
Oceanside THU Noon Zoom Women's 12x12 at King of Kings Church	240
Oceanside TUE Noon Brown Baggers (NCAC)	150
Oceanside WED 730PM South Oceanside Men's	243
Poway MON 930A Women's Here And Now #124993	349
Poway TUE 730PM Men's Group	30
Poway TUE Old School Men's Group	83
Ramona Saturday Night Live	100
Rancho Santa Fe Just the Black Print (713516)	534
San Marcos Men's WED 630 PM Blind Leading the Blind	45
San Marcos MON 7PM at Rose Ranch	26
San Marcos MON Noon Promise of a New Day	204
Vista Daily Came To Believe at Emmanuel Church	75
Total	9,053

NORTH COUNTY H & I NEWS

North County Hospitals and Institutions (North County H&I) is a volunteer organization whose mission is to carry the Alcoholics Anonymous (AA) message to those who still suffer and cannot get to an AA meeting.



Our core service is providing AA volunteer panels to treatment and correctional facilities in North San Diego county.

Panels are made up of AA volunteers who visit facilities on a weekly basis to share their individual

stories of experience,

strength and hope Service work through Hospital and Institutions is a rewarding way to spend your time.

Being a panel member, you will go into facilities around North County San Diego carrying the message of hope and freedom to the still suffering alcoholic.

To get started there's just a few things you need to do.

Attend an Orientation at Oceanside Alano Club

Chose Your Facility and Contact Panel Leader an

The Next Meet Up is

May 21, 2022

9:00am

North County Alano Club, 4198 Mission Ave, Oceanside, 92057

The third Saturday of every month

9:00am - 9:45am General Information and Orientation

9:45am - 11:00am Board Meeting

Contact Us at northcountyhandi@gmail.com -

Donations Mail To - North County H&I / PO Box 4013, Carlsbad, CA 92018

northcountyhandi@gmail.com

- Hew - NCH&I Chair HewBurney@gmail.com 424.302.9809

Financials May 2022

Income Collections for April

Green Can Donations 711.71

Group Donations 1,944.97

Total Income 2,656.68

Beginning Bank Balance 4/1/22 13,822.34

Ending Bank Balance 4/30/22 16,177.86

Spotlight

North County AA Group History

Spotlight is a new monthly feature that presents group histories in our district. Somebody, at some point, found a room, set up a coffee pot and invited another alcoholic or three, and a group was formed. Here's where you can tell us about your group—open, discussion, speaker, hybrid, Big Book study—how it started, where it meets, and when.

Escondido Monday Lunch Bunch, AKA Denny's Lunch Bunch, Mike's BBQ Meeting

This meeting was founded by Sam L, with early members being Barbara, John C., April M., Margaret A., Mill M., Margaret M. Shirley and Ken M., Randi T., Guy R., and Steve P. The location of the first meeting was at Denny's restaurant on Mission in Escondido at noon. At the time of the Group History submitted, the meeting was being held on Zoom.

The current membership is around 20, and it's an open meeting. Since its founding the location has moved from Denny's to Mikes BBQ and to Zoom. The first meeting was held on February 4, 2013. Sam make the original outreach to Denny's and made flyers and spread the word about the meeting. Prior to Covid, the in-person attendance reached 50, and now on Zoom, it's around 20.

The Lunch Bunch has a Steering Committee and an Intergroup rep. The format is a 10 minute speaker and then an open forum for discussion. The group celebrates 90 days and years with tokens, song, and cake.

From the Meeting Guide App:

The Mikes BBQ meeting, noon Monday's is online only. Go to ncsandiegoaa.org for Zoom ID and Password.

(Personal Story, continued)

The next thought that came to me was, *What more could a person want?* To this day, I still quote Harlan and credit him with the inspiration. He passed away in 2007 being sober 51 years.

I have been through the big book and the 12&12 many times and have made a slow but very purposeful attempt to rid my mind of all the tormenting memories and regrets of the past, and as I processed each one of them, the more I realize that *peace of mind* is the natural result of living by these principals. Clearing the wreckage of the past, and changing those behaviors that caused it, and practicing unselfish behaviors, with the help of seasoned veterans like Harlan, I move closer and closer to the promise that *We will comprehend the word serenity and we will know peace.*

My books are marked and hi-lighted over the years as I evolved through the step study meetings or checked out the references to the big book in the Daily Reflections. Recently I have been focusing on the word *peace* and underlining it, and it is amazing how often it is linked to other words that seem to get more attention. *Peace of mind encompasses the spirit of recovery in alcoholics anonymous* and I will be forever grateful that God saw fit to lead me to this wonderful program. *Harlan, rest in peace and thank you for the inspiration.*



NEEDING HELP!

This is a great 12-Step Service opportunity!

Central Office Hotline operates a 24/7 Hotline for Alcoholics and Family members in need of help.

Once the Central Office closes the After-Hour Phone Committee volunteers answer phones while the office is closed. We need help for **Phone and 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 needs and Carrying the Message to callers. **This is a great way to be of service!**

If you're interested, please contact the Central Office at (760) 758-2514 or Jim Roberts @ 619-890-2299 for more information.

CURRENTLY WE HAVE TWO (2) OPEN SHIFTS

Besides filling the open shifts we're looking for additional Volunteers 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

ALSO, WE HOLD A MONTHLY ZOOM LEARNING SESSION FOR PHONES AND 12-STEP CALL VOLUNTEERS

Date: 3rd Saturday of each month
Next Session: May 21, 2022 or June 18, 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 @ 619-890-2299.



Local Events

- Learn about service possibilities! H&I (Hospitals and Institutions) Orientation, North County Alano Club, 4198 Mission Ave, Oceanside, 92057 The third Saturday of every month <https://nchandi.org/orientation>

Craig W., of AA GSO NY, has asked the links to the 3 documents listed below be circulated widely to gather more member's shared experience/stories for the following literature which will soon be updated:

- **The 4th Edition Spanish BB https://mcusercontent.com/f09006e3162a724435531fda9/files/d80b0dff-480b-08eb-5dab-b7bfc9cb89c7/Announcement_4th_Ed_BB_EN.pdf**
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- **The 5th Edition English BB https://mcusercontent.com/f09006e3162a724435531fda9/files/aa7fa9df-eb4a-dfbc-a737-eb4eb00e4923/Announcement_5th_EditionBB_EN.pdf**
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- **The Pamphlet *AA for the Black and African American Alcoholic* https://mcusercontent.com/f09006e3162a724435531fda9/files/eb191c2a-db25-2004-7723-c17b9c35ca4a/Announcement_AA_Blck_Afrcn_Amrcn_EN.pdf**

With an Attitude of Gratitude,
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