

July  
2022



Step 7 Humbly asked Him to remove our shortcomings.

Tradition 7 (Short Form) Every AA group ought to be fully self-supporting, declining outside contributions.

Concept 6 The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

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# VIEWPOINT

Personal Story—Pride, Humility, Shame	Page 1	<p style="text-align: center;"><b>Pride-Humility-Shame</b></p> <p style="text-align: center;">The Golden Mean</p> <p style="text-align: center;">By Rick R.</p> <p>Defining the word Humility was not an easy thing to do and it took a long time to settle on an understanding that put it to rest for me. I thought that Pride and Humility were opposites. The final piece of the puzzle came to me when in my 22nd year of sobriety I was on the phone with a man who was trying to engage me in an argument, and when he realized that I wasn't going to bite, he fired his last volley by saying: "Well, I've heard stories about you, and you're no angel." I thought about it for a few seconds and replied, "I have done things in my life that I am not Proud of, but I am not ashamed of anything that I have done in the past 22 years." The phone call ended peacefully.</p> <p>Several years later, in a step study meeting on Step Seven the topic was Humility. I remembered that phone call and realized that Pride was not the opposite of Humility, but that <i>Pride was the opposite of Shame</i> and that <i>Humility fell right in the middle of the two</i>. When I boiled it all down, I concluded that I should not be proud of, or ashamed of. the things I do and that I should be in the middle somewhere. This applies to my receiving as well as my giving.</p> <p>On Page 62 of the Big Book (Alcoholics Anonymous) it says, "Selfishness---Self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows, and they retaliate."</p> <p style="text-align: right;"><i>(Continued on page 5)</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 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: 7/13/2022

Called to Order: The meeting was called to order at 7:00pm by Chair, Tom C.

Twelve Traditions: Were read by Danny O

Prior Month's Minutes read by Secretary, Anne R. were moved, seconded, and approved.

The fiscal year financial highlights report read by Ken G. (for Treasurer, Rozee B.) were also moved, seconded and approved.

### Financial Highlights (FYTD) July 2021 - June 2022

Summary	Jun-2022	FYTD Actuals
Total Sales	2,270	29,303
Total Cost of Goods Sold	1,749	24,533
Gross Profit for Sales	521	4,770
Group Contributions	9,352	109,725
Member Contributions	905	5,849
Other Contributions	40	1,656
Traditions Breakfast (Net)	-	(566)
Anniversary Meeting (Net)	-	(131)
Bank Interest Earned	3	107
Total Revenue	10,820	121,409
Total Operations Expense	8,599	104,324
Net Profit or (Loss)	2,221	17,085
FYTD Net Profit or (Loss)	17,085	

### Reserve Status

Reserve Balance	97,381
Divided by this Month's	
Actual Operating Expense	8,599
No. of Month's in Reserve	11.3

**CENTRAL OFFICE REPORT:** Ken G. (760) 758-2515 E-Mail: [KenG@ncsandiegoaa.org](mailto:KenG@ncsandiegoaa.org) Things are going well at the office. Getting ready for the Accounting review next month. Sales tax is done and paid. A new accounting firm is doing the review for us. The 2023 Traditions Breakfast deposit will be paid in July. Liz commented that volunteers at the office are welcome. 9-1 and 1-5 shifts are available. It can be a once monthly commitment.

**PUBLIC INFORMATION:** Jim R. reporting for Caroline H. (404) 435-0900 E-Mail: [CarolineH@ncsandiegoaa.org](mailto:CarolineH@ncsandiegoaa.org). Jim shared photos from the Fallbrook and Carlsbad libraries where pamphlets are displayed and replenished. Caroline will be working with the Business Committee to display pamphlets at medical facilities. She will have more ideas next month.

**TELEPHONE COMMITTEE:** Jim R. (619) 890-2299 E-Mail: [JimR@ncsandiego.org](mailto:JimR@ncsandiego.org). Jim thanked Ken, Liz and Central Office for providing updates on goings on around the county. There are 114 very dedicated persons who volunteer on the Phone Committee. Those who want to learn more about the phone committee can come to the orientation on Saturday 7/16, at 9:30AM and on August 20, 3rd Saturday of the month.

**ARCHIVES COMMITTEE:** Danny O. (619) 884-7272 E-Mail: [DannyO@ncsandiegoaa.org](mailto:DannyO@ncsandiegoaa.org). Danny requested that he'd welcome donations of AA history of North County, please send to him. Group history reports are a part of the Archives Display at the Traditions Breakfast and at the Anniversary Meeting. To submit info, go to [ncsandiegoaa.org](http://ncsandiegoaa.org), bottom click on Information for Groups, then click on Group History form. Print and send info to Central Office. The Story Booklet now has sold 300 copies, with another 100 ordered by Ken. Price is \$1.50.

**OUTREACH COMMITTEE:** Margaret t. (760) 504-5706 E-Mail: [MargaretT@ncsandiegoaa.org](mailto:MargaretT@ncsandiegoaa.org). No report this month.

#### **INFORMATION ITEMS FROM OTHER SERVICE COMMITTEES**

H&I: Hew B. (424) 302-9809 E-Mail: [HewBurney@gmail.com](mailto:HewBurney@gmail.com) or [NorthCountyHandI@gmail.com](mailto:NorthCountyHandI@gmail.com)

Hew reported that they were able to host the Intergroup H&I at the end of June. Panels at the Marine Corps brig have re-opened. The Silver Summer of Service is still continuing. Orientation for H&I is 3rd Saturday of the month.

AREA ASSEMBLY: Still TBD looking for area rep. Please contact Tom if interested.

#### **BUSINESS COMMITTEE REPORT**

CHAIRPERSON: Tom C. (760) 720-5339 E-Mail: [tjconnors@roadrunner.com](mailto:tjconnors@roadrunner.com).

#### **OLD BUSINESS:**

- Tom reported that the 43<sup>rd</sup> Anniversary meeting is August 23 to be held at Harding Community Center. Room opens at 6:00pm to set up; doors open at 6:30pm. Tom requests volunteers to arrive by 6pm.

#### **NEW BUSINESS:**

- The Women's International Conference in 2025 requested a letter of support for the bid to host the conference. Tom will be sending this out in July. The upcoming planning meeting is Friday 7/15 at 3:00pm, Zoom ID: 9557346704 for persons interested in helping with the bid.
- A Service Workshop has been suggested and is in the early planning stages. Jim R. is the point of contact for this event if you have ideas of support for this workshop.

#### **ANNOUNCEMENTS**

1. Sobriety Rocks Annual Picnic: Sunday, August 28 at 11:00 AM Magee Park in Carlsbad. Food provided. No dogs.
2. AA Labor Day Picnic Monday, September 5, at Calavera Park in Carlsbad, from 10:00AM – 3:00PM.

#### **QUESTIONS**

- Question - Has the supply issue for books been resolved? Ken replied that big books are being delivered now, but 12x12's and other titles are still on hold.
- Question - How to can you tell, by looking at the Balance Sheet, what makes up the prudent reserve? Ken said it is the total for the Money Market and Time Deposit Savings Accounts (per Reserve Status Report / Handout).
- Questions: Pendleton Brig question, running low on Big Books? Contact Hew for information about books for the Brig.

**ADJOURNMENT:** 7:52 pm

**NEXT INTERGROUP MEETING DATE:** 8/10/2022 7:00PM – Hybrid Meeting

There were 48 reps in attendance. There were 37 on Zoom and 11 In Person. There were 6 total new reps, 2 on zoom and 4 in person.

**RESPECTFULLY SUBMITTED:** Anne R., Secretary

**NORTH COUNTY INTERGROUP  
MONTHLY GROUP CONTRIBUTIONS**

<b>GROUP CONTRIBUTIONS</b>	<b>JUNE</b>
Borrego Valley Group 722063	200.00
Cardiff Back to Basics 7AM W F	376.40
Carlsbad FRI Night Leftovers	100.00
Carlsbad Village People Zoom	24.63
Carlsbad WED Men's Bullpen	150.00
Carmel Valley Women's Letting Go Group	15.70
Encinitas SAT 8AM Steps At Sw ami's #652027	190.37
Encinitas TUE 7 PM North Coastal Men's 686387	212.78
Encinitas WED 10AM Lover & Tolerance Group	630.53
Escondido ACE Online #2	25.00
Escondido ACE Zoom Nightly 6'er	106.92
Escondido Attitudes 7AM Daily on Zoom	1,000.00
Escondido MON 6PM Women's Book Study on Zoom	23.46
Escondido MON Noon Lunch Bunch	225.00
Escondido MON Men's NIAOB	238.12
Escondido MON Zoom Women's Speaker	180.00
Escondido SAT 930A Women's "A New Beginning"	120.00
Escondido SUN Morning Paper	138.00
Escondido THU Living Room 12 x 12 Group	260.00
Escondido WED Nooner at ACE	80.00
Fallbrook FRI 6PM Goat Barn	120.00
Fallbrook FRI Noon Happy Hour	188.00
Fallbrook SUN 1PM Promises #165787	50.00
Fallbrook THU Noon	90.00
Fallbrook TUE 630PM Men's Step Study #722630	123.33
Group 105677	336.58
Group 619740	219.89
Group 647509	240.00
Leucadia Six Step House Daily Meetings	250.00
Oceanside FRI 7AM Attitude Adjustment	50.00
Oceanside Ken's Garage	251.00
Oceanside SAT 11A at NCAC	226.91
Oceanside SUN 7PM at NCAC	120.00
Oceanside THU 7AM at the NCAC	50.00
Oceanside THU Night Beginners at the NCAC	10.52
Oceanside TUE 7PM Chip in Group	25.91
Oceanside WED Noon Stools & Bottles at NCAC	100.00
Pow ay FRI A live Again	10.00
Pow ay TUE 730PM Men's Group	30.00
Ramona Backwoods Revival	120.00
Rancho Bernardo TGIF at 8PM Group 136313	264.00
Rancho Penasquitos THU 630 PM Big Study 170372	75.00
San Marcos MON 7PM at Rose Ranch	25.91
San Marcos SAT 3PM Discovery Group at St. Mark's	100.00
Solana Beach Belly Up 3rd Tradition 7AM F	1,071.48
Sorrento Valley Nooners	156.20
Valley Center 2nd SUN Welcome Home	50.00
Vista Robber's Roost THU Night	600.00
Vista SAT 9A Women's Acceptance	100.00
<b>Total</b>	<b>9,351.64</b>

**NORTH COUNTY H & I NEWS**

North County H&I hosted the June SoCal H&I Intergroup Monthly Meeting at the Oceanside Alano Club with 26 in attendance and H&I Intergroup members from half a dozen different cities throughout So Cal.

The Marine Corps Brig on Camp Pendleton was Reopened and stocked with 6 cases of AA literature. North County H&I would like to thank you all for your contributions to help support our Military.

NCH&I will continue thru July with the "Sober Summer of Service," encouraging members to become volunteers to take meetings into the Hospitals and Institutions serviced by NCH&I.

The orientation meeting for NCH&I is the 3rd Saturday of the month at 9:00 a.m. at the Oceanside Alano Club.

Please use this <https://nchandi.org/orientation> as a resource for the steps you need to take to become a panel member.

Please look through our website at <https://nchandi.org/home>

Questions Can Be Answered by Hew Burney  
Chairperson at 424.302.9809 &  
Chairperson@NCHandI.org

**Financials May 2022**

<b>Income Collections for April</b>	
<b>Green Can Donations</b>	<b>711.71</b>
<b>Group Donations</b>	<b>1,944.97</b>
<b>Total Income</b>	<b>2,656.68</b>
<b>Beginning Bank Balance 4/1/22</b>	<b>13,822.34</b>
<b>Ending Bank Balance 4/30/22</b>	<b>16,177.86</b>

(Pride, **Humility**, Shame, *continued*)

In Alcoholics Anonymous (A.A.) I learned that if selfishness was the root of my problems, I could solve them by examining my motives for all my behaviors and staying on the unselfish side of every decision I make. That one challenge has taken all the shame out of my conscience and has replaced it with compassion and empathy, and as a result I receive unselfish comments in return. Aristotle referred to this as "The Golden Mean" where, for example, when we are in the habit of giving compliments to our friends when they deserve it, we should not be so stoic that we cannot accept a compliment with the proper amount of appreciation, when we deserve it. To me this means finding the *Mean between the extremes* and exercising it until it becomes second nature.

I have known some humble people in my lifetime, and they have many things in common: They seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are trustworthy, loyal, helpful, friendly, courteous, kind, obedient . . . Sound familiar? I learned it in the boy scouts. I learned the Golden Rule in church, but I was never strong enough to live by it. Today, I am stronger. If you are not sure what you are supposed to be doing, read the 11<sup>th</sup> Step Prayer in *Twelve Steps and Twelve Traditions* (12&12) or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a good start. When I found A.A. I was reintroduced to these values and was helped to rein in my ego, and today I am at peace with myself and with the world around me.

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## 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.

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Alcohol is a perfect solvent: It dissolves marriages, families and careers.

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The future, the present and the past walked into a bar. Things got a little tense.

\*\*\*

Q. Why do they call alcoholics barflies?

A. Because we barf and lie.



## 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 NO OPEN SHIFTS**

**But we're looking 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](mailto:JimR@ncsandiegoaa.org)

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

**Date: 3<sup>rd</sup> Saturday of each month**  
**Next Session: July 16, 2022 & Aug. 20, 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>

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### LABOR DAY FAMILY PICNIC!

An INVITATION to attend one of North County AA's BEST CELEBRATIONS of the year!

Monday, SEPT 5, 2022, 10 a.m. thru 3 p.m.

CALAVERA HILLS COMMUNITY PARK, 2997 Glasgow Dr. Carlsbad 92010

Live MUSIC- VOLLEYBALL – CORN HOLE - games for kids!

SPEAKER MEETING @ NOON – ADRIAN O. Area 8 Chair (bring a dish)

-SOBRIETY COUNTDOWN-Complimentary Barbeque! Also, POTLUCK

Bring blankets, lawn chairs, SUNSCREEN & WATER – and a NEWCOMER!

Learn about AA Service Committees-Activities.....and....

SERVICE OPPORTUNITIES – discover the Spiritual rewards of Service.

SPONSORED BY AREA 8 DISTRICT 1, 2 & 23 (Vista/San Marcos Oceanside & Carlsbad)

For MORE INFO Contact: Rick L. 760 803 5733///Sutton 760 809 1969///Steve 760 936 3515

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*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 4<sup>th</sup> Edition Spanish BB [https://mcusercontent.com/f09006e3162a724435531fda9/files/d80b0dff-480b-08eb-5dab-b7bfc9cb89c7/Announcement\\_4th\\_Ed\\_BB\\_EN.pdf](https://mcusercontent.com/f09006e3162a724435531fda9/files/d80b0dff-480b-08eb-5dab-b7bfc9cb89c7/Announcement_4th_Ed_BB_EN.pdf)
- 
- The 5<sup>th</sup> Edition English BB [https://mcusercontent.com/f09006e3162a724435531fda9/files/aa7fa9df-eb4a-dfbc-a737-eb4eb00e4923/Announcement\\_5th\\_EditionBB\\_EN.pdf](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](https://mcusercontent.com/f09006e3162a724435531fda9/files/eb191c2a-db25-2004-7723-c17b9c35ca4a/Announcement_AA_Blck_Afrcn_Amrcn_EN.pdf)

*With an Attitude of Gratitude,*

Craig Weidner

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