

August 2022



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Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.
Tradition 8 (Short Form) Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
Concept 8 The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, 2 exercising this through their ability to elect all the directors of these entities.

VIEWPOINT

Personal Story—Love, Empathy, and Compassion	Page 1	<p style="text-align: center;">Love, Empathy, and Compassion No Criticism or Character Assassination</p> <p style="text-align: center;">By Rick R.</p> <p>Hanging on to resentments and criticizing the behavior of others is often a noticeable characteristic of some members of the program who never find the serenity and peace that is mentioned in the promises. For some people it seems impossible to let their guard down. I think that most of us can understand this, simply because we have all had to face this issue and deal with it as we went through the Twelve Step process. One of the things that I learned when I was faced with this matter was that I had a <i>self-esteem issue</i> and I overcorrected, by pointing out the faults of others to somehow make myself seem normal. This never worked for me as I could not fool my <i>conscience</i>. Things only got worse. I still worked through the steps and did what I could at the time. No one gets it perfect the first time, but we can make a second effort at it when we have established a record of living by principles. Alcoholics Anonymous (A.A.) meetings are a training ground for how we treat others, and if we cannot accept the people there, it is a cinch we will not do it outside of the rooms.</p> <p>Everyone that comes to A.A. brings with them their own assortment of mental, emotional, spiritual, and material problems, and none of us are without these concerns.</p> <p style="text-align: right;">(Continued on page 7)</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

Attendance: Tom C, Chair; Mike L Co-Chair; Ken G, Office Manager
 Traditions read by: Mike C Member At Large on Business Committee

Prior month's minutes were read by Tom C. Correction that doors open for the Anniversary meeting at 6:30pm. Volunteers to help please arrive at 6:00pm. Moved, seconded, and approved.

Financial report: The report below was read by Ken in Rozee's absence. Moved, seconded, and approved.

Financial Highlights (FYTD) July 2022 - June 2023

Summary	Jul-2022	FYTD Actuals
Total Sales	2,750	2,750
Total Cost of Goods Sold	2,472	2,472
Gross Profit for Sales	279	279
Group Contributions	12,686	12,686
Member Contributions	648	648
Other Contributions	132	132
Traditions Breakfast (Net)	-	-
Anniversary Meeting (Net)	-	-
Bank Interest Earned	8	8
Total Revenue	13,753	13,753
Total Operations Expense	8,416	8,416
Net Profit or (Loss)	5,337	5,337
FYTD Net Profit or (Loss)	5,337	5,337

Reserve Status

Reserve Balance	97,389
Divided by this Month's Actual Operating Expense	8,416
No. of Month's in Reserve	11.6

Central Office Report: Ken remarked about the 'big month' of contributions during July, being impressed and pleased with the generosity of our local membership. He said expenses are holding nicely, so altogether we're doing great despite covid. Office is open 9-5, M-F, and 9-1 on Saturday. Liz added that shifts for volunteers are open. Contact Liz at 760-758-2514 for info.

Public Information: Caroline thanked Jim R., for his monitoring of the pamphlets. Looking at other libraries, and clarification if a physician's office qualifies as a medical facility to put pamphlets there. They have created a permission form to distribute to potential offices. Caroline would like to collect names for future speakers as requested by public organizations, schools for example.

Telephone Committee: Jim R. thanked Central office staff for the work they do to keep the meeting list updated and 12 step call list up to date. Again, we have 114 volunteers. Jim reminded the reps that they can pass on to their group members the importance of having a waiting list of persons who want to be on the phone committee. He reminded the groups that he has a learning session on the 3rd Saturday of the month on zoom. Details are printed in the chat for copying. The next session is August 20 at 9:30AM. Call CO or Jim's contact

information. Jim will send out the information to them prior to the learning session. Sobriety requirement to be volunteer is suggested to be one year. Jim can interview if a person is really that interested.

Archives Committee: Danny O reported that the Grapevine booklet is doing well. 74 copies remain \$1.50/copy. A second edition will be forthcoming. If any person in the group has items of historical value, he would be happy to collect them. If your group has not submitted their group history, please do so. These will be displayed at the Anniversary meeting. Before Covid, we talked about the oral history of Old Timers. He is willing to do the interviews. If you have Old Timers in your meeting, let them know that this is available.

Outreach Committee: Margaret reported that it's problematic with Covid to reach out. She evaluated the mailing list to see who is actually showing up for Intergroup. Her project is to go through the contact information for reps who have not been attending to come back and to update the list. Margaret is always open to suggestions, so please contact her if you have ideas.

North County H&I Rep: Not present and no report. Email questions to chairperson@nchandi.org

Area 8 Liaison: TBD – contact Chair Tom C. at tjconnors@roadrunner.com

Business Committee: Tom reminded us of the Anniversary meeting on August 23; Doors open at 6:30pm at the Harding Street Center. Volunteers are needed to set up at 6:00pm.

Request for letter to support the Women's convention was sent. Question about literature is that we are still waiting for 12x12 and Daily Reflections. These are backordered. Limited supply.

New Business: Discussion continues about utilizing the excess funds that have accumulated in our checking account during COVID. A one-time donation to the Area 8 Accessibilities Committee expressly for payment of ASL Signer fees was approved. Another suggestion is to create a bookmark with Central Office info and QR codes that linking to our website. Yet another idea is to reduce literature prices for all AAWS items. The target reduction amount is equal to net income from last year of \$17,000 or slightly more than 2 months operating expense.

Announcements:

- 1 Sobriety Rocks, picnic August 28 at Magee Park.
2. Labor Day picnic on 9/5 at Calavera Hills park. Speaker and sobriety countdown

In attendance 28 on zoom; 9 in person.
New reps: 2 in person; 2 on zoom.

Next Intergroup is September 14, 2022
Meeting Adjourned at 7:41pm

**NORTH COUNTY
INTERGROUP CONTRIBUTIONS
JULY 2022**

GROUP CONTRIBUTIONS	JUL
Bonsall Burning Embers	154
Cardiff - Back to Basics 7AM M-W-F #94406 (was 614661)	194
Cardiff - Ki's Weekender	454
Carlsbad - MON Night Step A Month Study Group 158720	198
Carlsbad - Sobriety Rocks 830 AM Daily Reflection 705313	1,000
Carlsbad SAT 4PM Calavera Park	107
Carlsbad Village People AA Zoom Group	110
Encinitas - Cottonwood Creek Park SUN 830AM	121
Encinitas - FRI 10AM Women's 12x12 Book Study 658941	233
Encinitas - Monday North Coastal Women's	529
Encinitas - SAT 8 AM Women of Olivenhain Group 652027	280
Encinitas - SUN 630 PM Women's 11TH Step Meditation	150
Encinitas TUE 7 PM North Coastal Men's 686387	285
Encinitas WED 10AM Women's Love & Tolerance	379
Escondido - ACE Zoom Nightly 6'er	242
Escondido - Alano Club (ACE)	100
Escondido - Lounge Lizards Men's FRI 730PM	194
Escondido - Men's Misfits Book Study WED 7PM	511
Escondido ACE Online #2	25
Fallbrook - SUN 8 AM Steps 1-2-3 at FPU 168661	176
Fallbrook - TUE 630PM Men's Step Study at Hilltop Center GSO 722630	123
Group 698543	48
North County Women's Literature Study	48
Oceanside - Chip-in Group TUE 7PM #141126	173
Oceanside - Girls With Gratitude THU 630PM	60
Oceanside - South Oceanside Men's WED 730PM #100636	196
Oceanside - WED 5PM SOS Big Book Study	60
Oceanside - WED 7PM Womens Singleness of Purpose #712613	378
Oceanside Freethinkers Zoom	30
Oceanside FRI Noon Brown Bag at NCAC	170
Oceanside TUE 7AM Big Book (NCAC)	165
Online TUE 6PM Closed Women As Bill Sees it	11
Poway - Men's Sunday Morning SUN 9AM	198
Poway - Womens Winner Winner Chicken Dinner GSO 725344	225
Poway FRI 10AM Women's Way Thru The 12 Steps	210
Rincon Friday Night Carry the Message	137
Rincon Res - Step Study at Fire Station GSO 723004	150
Rancho Santa Fe - Just the Black Print (713516)	428
San Marcos - MON 7PM Rose Ranch	26
San Marcos - MON Night Rose Ranch Men's #172523	244
San Marcos - SUN 10AM Daily Reflections GSO 100813	200
San Marcos - TUE 7PM "Out of the Woods" Book Study #712487	209
San Marcos TUE Rose Ranch Men's 8 PM	245
Shelter Valley - Keep It Simple MON 11AM	60
Solana Beach - Belly Up 3rd Tradition 7AM M-F	1,670
Sorrento Valley Nooners	72
Vista - Noon Solutions Online	100
Vista - THU Women Living in the Solution Group 161663	175
Vista - Came to Believe TUE 630PM	1,140
Vista - SUN 10AM at Gas & Steam Museum	50
Vista FRI Sunset Speakers	180
Vista MON Discussion GSO 148993	62
Total	12,686

**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 and Chairperson@nchandi.org

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

(Humility, *Continued*)

If we did not have them, we would not need this program. We all feel vulnerable and establish our own firewalls, with the help of our egos, to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might establish hard and fast protective reactions, mentally and verbally to protect our own turf. With so many different personalities brought together in one group, it is extremely hard to let down our guards and we feel justified when pointing out the faults of others. This is what the alcoholic personality does.

With the understanding that most forms of criticism and character assassination stem from low self esteem, it occurred to me that I was just as guilty of the very things that I was accusing them of. I likened it to two old men in a convalescent home hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into others' motives and understand what caused them to behave the way they did, and not be threatened by their behavior. I cannot express in words the mental freedom that this principle has produced in me. When I see someone acting out, my first thought is not judgmental in nature but of empathy and compassion. My next thought is, "What I can do to help him or her." In time, I have come to terms with all the people that I interact with on a day-to-day basis and I am in conflict with no one. To me, they are all like kids just learning how to do life. They all have problems, and I am not going to be one of their problems. I need to be strong enough to replace words like resentment, judgment, and criticism with empathy, understanding, and compassion. Today I have no adversaries that I can think of, and peace of mind is the natural result of this approach.

I find no exceptions to this principle, and I cannot be selective about who I apply it to. Everyone gets amnesty in my book. All those mental gymnastics about "those other people" are a distant memory and I cannot think of a single time that practicing this principle did not serve me well. The only one that is sorry for this profound and life-changing transition is my ego, but about that: who am I to criticize?

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.

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

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



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

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

**Date: 3rd Saturday of each month
Next Session: Aug. 20, 2022 & Sep. 17, 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.

**I Am
RESPONSIBLE...**

**When anyone, anywhere,
reaches out for help, I want the
hand of A.A. always to be there.
And for that: I am responsible.**

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>

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

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,

Craig Weidner

G.S.O. Staff- Groupservices Coordinator

General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor

New York, NY 10115

(212) 870-3287

www.aa.org