

November 2022



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Step 11 Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11 (Short Form) Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Concept 11 The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. d



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A Search for Humility and Happiness

Not an End in Itself

By Rick R.

On page 70 in my version of the 12&12 it says that “Humility, as a word, is often misunderstood.” When asked, what is the opposite of Humility, my first guess would be Pride. Who could argue with that? It was in my 22nd year of sobriety when I had a phone call from my first wife’s husband at the time and the conversation started going south. I was trying to refrain from bickering with him, and when he couldn't get any traction, he made the statement that “he had heard stories about me in the past, and that I was no angel. I thought about it for a few seconds and responded, “I’ve done a lot of things in my live that I’m not proud of, but I’m not ashamed of anything I’ve done in the last 22 years.” The call ended peacefully. It didn’t occur to me at the time, but in that phone call, the *polarity* of pride and shame was evident. About 16 years later, at a step study meeting on Step Seven, the discussion of Humility came up and I listened to all the different points of view. The memory of that phone call came back, and I questioned where humility fits in. In the 12&12 Step 5, it amounts to “a clear recognition of what and who we really are followed by a sincere attempt to become what we could be.” With Pride at one extreme and Shame at the other, I see Humility right in the middle. It simply means doing the things we are supposed to be doing every day and doing them *without fanfare*.

(Continued on page 5)

North County Intergroup Association of A. A.

Meeting Minutes November 9, 2022

Date / Time:

The monthly meeting of the Intergroup Committee was called to order by the Chair Tom C. at 7:02 PM. (Zoom Id: 318 406 912). We opened the meeting with the Serenity Prayer.

Attendance:

Chair, Tom C. Co-Chair, Mike L. Co-chair, Secretary Jay M., Office employee Liz H.

Traditions:

Read by Duane.

Prior Month's Minutes:

Read by Jay M., Minutes were amended correcting \$5,000 donation was to ASL fund and two members last initials corrected. Minutes were approved as amended.

Financial Report:

The month-end financial report, presented by Valerie M.. October revenue \$9,344, expenditures \$8,651, net income \$693, net income year to date \$2,107. Report was approved as presented. The Prudent Reserve at October 2022 month end was 11.3 months. (financials attached)

Central Office Report:

Liz H. reported that volunteers are needed for office on Saturday morning, also some need for some Monday and Tuesday mornings 9 to 1 pm and Monday and Thursday afternoon 1-5pm. Volunteers can come in one day a month or more often. Call Liz H. at 760-758-2514 if interested.

Book ordering backlog solved, and books are in stock. Contact Central Office to fill meeting needs.

Public Information:

Caroline H. was unable to make meeting, so Tom C. reported that PI is working on getting more libraries involved providing information with the AA pamphlet racks.

Phone Committee:

Laura C. reported that currently all phone slots are full, but they need volunteers to add to wait list of people to step up as replacements.

Archives Committee:

Danny O. is looking for older items of historic significance pertaining to North County AA. He is willing to pick up items, if needed. Also, they are discussing assembling a second collection of stories from the Grapevine written by North County members.

Outreach Committee:

Margaret T. is getting ready to go out to see groups to encourage representation at Intergroup. Also, she is looking for other IG reps that visit meeting in outlying areas to mention representation.

NCH&I Committee:

Hew B. reported that they have replenished books for panels. H&I orientation is third Saturday 9am at Oceanside Alano Club. Green can contributions \$420.77, group donations \$1190.59, Fund balance end of October \$12,571.61. They will hold elections at November meeting.

Area Assembly:

Need a liaison for monthly commitment over zoom. Contact Tom C. or CO.

Business Committee:

Old Business: Venmo is up and running for contributions

New Business: Ken G. will be stepping down as manager of Central Office effective 12/31/2022. Business Committee is working on option in filling that position.

Traditions Breakfast will be 3/19/23 at Escondido Center for the Arts. They have asked Michealine F. to speak.

On the website, there is an "Ask" button, which is there for questions. Mike C. is looking into revising the information request process on the website.

Announcements:

Renee H. asked if any groups want to donate a gift card to include in the raffle baskets for the Traditions breakfast to let her know.

In attendance: 30 representatives on zoom; 8 in person; no new reps.

Next Intergroup is December 14, 2022 7 pm.

North County H&I Additional Info

Green Can Total	\$ 420.77	Beginning Bank Balance 10/1/22	\$11,174.66
<u>Groups Total</u>	<u>\$1,190.59</u>	<u>Ending Bank Balance 10/31/22</u>	<u>\$12,571.61</u>
Total Contributions	\$1,611.36	Difference	\$ 1,396.95
Less Expenses	(\$214.41)		
Net Income	\$1,396.95	Prudent Reserve	\$ 5,057.51

The orientation meeting for NCH&I is the 3rd Saturday of the month at 9:00 at the Oceanside Alano Club. Address: 4198 Mission Ave, Oceanside, CA. 92057 - Phone Number 760.757.1166

Please use this page to view current NCH&I updates <https://nchandi.org/home> & <https://nchandi.org/orientation> as a resource for the steps you need to take to become active H&I panel member.

Hew B., Chairperson

Reached at 424.302.9809 & Chairperson@NCHandi.org

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.

Personal Story

(Humility, *Continued*)

I always knew what I was supposed to be doing but with an overbearing sense of insecurity and neediness, seldom was I strong enough to do the right thing. I developed a sense of unworthiness that prevailed until I found a solution in the bottle, which only deepened my guilt and shame. In one of my more recent articles, I explained that I was doing a little research to find the definition of the word *happiness* and discovered that it is often described as "*a byproduct of right living, and not an end in itself*" Happiness is not a goal, but it is the result of *living right*. A friend once shared at a meeting that, *satisfying his wants will never make a person happy*. Another person shared that she had read something that described it like this: "*Happiness is like a butterfly; the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder.*" If my motive is to create happiness, it's probably not going to happen. I believe that this perspective applies to Humility as well. I also believe that right living is a good start. I don't believe that anybody can claim humility for themselves, but we can see it in others, and it seems to be a byproduct of the way they live. I've known some humble people, in and outside of the program, and they all have some 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 . . . 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. If you're not sure what you're supposed to be doing, Read the 11th Step Prayer in the 12&12 or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a pretty good start. When I found Alcoholics Anonymous, I was reintroduced to these values and helped to rein in my ego, and today I am at peace with myself and with those around me.

Central Office AA Phone



NEEDING HELP!

This is a great 12-Step Service opportunity!

Central Office operates a 24/7 hotline for Alcoholics and Family members who need help.

Once the Central Office closes, the After-Hour Phone Committee volunteers answer calls while the office is closed. We need help with

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 carrying the Message to callers.

If you're interested, please contact the **Central Office at (760) 758-2514** or **Laura C. at (760) 271-1739** for more information.

We are looking to create a waiting list for future After-Hour Phone Volunteer openings.

If you have any questions or are interested in being one of these Volunteers, please contact **Phone Chairperson Laura C. (760) 271-1739.**

Also, we hold a monthly Zoom Learning Session for Phones and 12-Step Call Volunteers

When: 3rd Saturday of each month

Next Sessions: November 19 & December 17

Time: 1:30 p.m. – 2:45 p.m.

Zoom ID: 837 6983 7573

PW: No password needed

Please RSVP Laura C. @ (760) 271-1739.

**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 and Other Notices

Info and Flyers Available

at <https://ncsandiegoaa.org/calendar>

Date	Event Title	Address or Zoom ID	Time	Contact Info
Nov 19 th	After Hours Phones Info Sharing Meeting	Zoom 819 7728 5337 3 rd SAT Monthly	Start 1:30 PM	Laura C 760-271-1739
Nov 19 th	4th Step Workshop <i>(Read Ch 5 of Big Book and bring pen, paper and highlighter)</i>	Alano Club of Escondido (ACE) 1690 E Valley Pkwy Escondido, CA 92025	From 2PM To 5 PM	Sam L 619-318-9534
Nov 24 th	Thanksgiving Alcathon NCFC <i>Sign Up ASAP for Meeting Time Slots</i> Bring your favorite dish to share Community Meal Starts at 6PM	North County Friendship Center 1906 Oceanside Blvd Oceanside, CA 92054	Marathon 10 AM – 9 PM Potluck at 6 PM	Terry V 760-271-3900 Anne R 760-459-3559
Nov 24 th	Six Step House Thanksgiving Potluck <i>Meeting Marathon 9:30PM to 6:00AM</i> <i>Sign Up to Secretary or Lead</i>	Six Step House 1430 North Coast Hwy Leucadia, CA 92024	Marathon 9:30 PM – 6 AM Potluck 1 PM – 4 PM	Board@sixstephouse.org
Nov 24 th	Thanksgiving Pot Luck Please bring something to share	Alano Club of Escondido (ACE) 1690 E Valley Pkwy Escondido, CA 92025	From 1:30 PM To 4:30 PM	No Contact info Provided
Nov 27 th	37 th Annual ROOTS Event Remember Our Old Timer's Stories Spanish Translation and ASL Interpretation <i>Please bring cookies to share</i>	Harding Community Center 3096 Harding St. Carlsbad, CA 92008	From 1 PM To 3 PM	archives@area8aa.org

GSO NY AA Group Services Announcement

2025 INTERNATIONAL CONVENTION

Feedback on Closing Big Meetings

at the International Convention

Dear Friends,

Kindly take a few minutes and complete the survey below. Your participation is important and will help us come to an informed decision. We want to know the preferences of the Fellowship regarding methods of closing the Big Meetings at the International Convention.

Survey closes on December 15, 2022

<https://survey.zohopublic.com/zs/A2CsPb>

Thank you for your participation.

North County Intergroup Association of AA Group Contributions – Fiscal Year To Date

CONTRIBUTING GROUPS	JUN - SEP	OCT	FYTD TOTAL
3PM Zoomers	21		21
Bonsall Burning Embers	411		411
Camp Pendleton - FRI Dry Dock 20 (SARP)	-	20	20
Camp Pendleton - WED Tag Team	-	20	20
Cardiff - Back to Basics 7AM M-W-F #94406 (was 614661)	595	226	821
Cardiff - Friday Happy Hours	524		524
Cardiff - Ki's Weekender	454	627	1,081
Carlsbad - MON Night Step A Month Study Group 158720	198		198
Carlsbad - SAT 9AM Women Living In Recovery	359		359
Carlsbad - Sobriety Rocks 830 AM Daily Reflection 705313	1,000	1,400	2,400
Carlsbad 7AM Daily Zoomhouse	50		50
Carlsbad SAT 4PM Calavera Park	107	75	182
Carlsbad TUE Men's Group at Heritage Hall	500		500
Carlsbad Village People AA Zoom Group	251	32	282
Del Mar - Men's God or Vodka 691188	741	1,075	1,816
Encinitas - Cottonwood Creek Park SUN 830AM	121	94	215
Encinitas - FRI 10AM Women's 12x12 Book Study 658941	233		233
Encinitas - MON Women Living In The Solution #144963	164		164
Encinitas - Monday North Costal Women's	529		529
Encinitas - SAT 8 AM Women of Olivenhain Group 652027	280		280
Encinitas - SUN 630 PM Women's 11TH Step Meditation	150		150
Encinitas - TUE Night Men's (691466)	546		546
Encinitas TUE 7 PM North Coastal Men's 686387	285		285
Encinitas WED 10AM Women's Love & Tolerance	379		379
Encinitas - Glen Park WED-SUN 730AM	661		661
Escondido - ACE Zoom Nightly 6'er	505	248	753
Escondido - Alano Club (ACE)	100		100
Escondido - Attitudes 7AM Daily on Zoom	1,000		1,000
Escondido - Grass Roots AA WED Noon	120		120
Escondido - Lounge Lizards Men's FRI 730PM	194		194
Escondido - Men's Misfits Book Study WED 7PM	1,111		1,111
Escondido - THU 615PM Women's 12x12 GSO 145426	110		110
Escondido - We Not Me Group SAT 730PM	398		398
Escondido - WED 6PM at ACE	-	101	101
Escondido - WED Noon As Bill Sees It	150	160	310
Escondido ACE Online #2	50	25	75
Escondido MON 10AM BB and 12 & 12 Study	35		35
Escondido TUE Noon at Alano Club	-	70	70
Escondido TUE 6PM Women's As Bill Sees It	-	10	10
Escondido MON 6PM Women's Book Study on Zoom	-	12	12
Escondido Sunday Morning Paper	-	183	183
Escondido MON 6PM Women's Book Study on Zoom	-	60	60
Escondido MON Women on Zoom	-	250	250
Escondido SAT BEGOT GSO 113952	-	250	250
Escondido THU 6PM Mix At Six	88		88
Escondido TUE 6PM at Alano Club	275		275
Escondido Women's SYOA Group	150		150
Fallbrook - Men's We R Not Saints WED 730PM #133736	100		100
Fallbrook - SUN 8 AM Steps 1-2-3 at FPUJ 168661	176		176
Fallbrook - TUE 630PM Men's Step Study at Hilltop Center GSO 722630	123	158	282
Fallbrook - FRI Noon Happy Hour at Community Baptist	-	43	43
Fallbrook FRI Goat Barn Group #371640	300	120	420
Group 121575	428		428

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CONTRIBUTING GROUPS	JUN - SEP	OCT	FYTD TOTAL
Group 630869	40		40
Group 698543	48		48
Julian - TUE 6PM Sisters in Recovery #660727	-	25	25
LGBTQ and Friends	43		43
North County Women's Literature Study	48		48
Ocean Air Nooner	156		156
Oceanside - Chip-in Group TUE 7PM #141126	224		224
Oceanside - Girls With Gratitude THU 630PM	60		60
Oceanside - Ken's Garage (Men's) Group	212		212
Oceanside - South Oceanside Men's WED 730PM #100636	196	128	324
Oceanside - SUN 7PM at NCAC	73	81	154
Oceanside - MON Men's at St. Margaret's	-	120	120
Oceanside - WED 5PM SOS Big Book Study	60		60
Oceanside - WED 7PM Women's Singleness of Purpose #712613	378		378
Oceanside Daily Noon Brown Baggers (NCAC) 100836	250		250
Oceanside Freethinkers Zoom	30		30
Oceanside FRI Noon Brown Bagger at NCAC	170		170
Oceanside SUN 11AM Discussion NCAC	125		125
Oceanside TUE 7AM Big Book (NCAC)	165		165
Oceanside WED Noon - Stools and Bottles at NCAC	52		52
Online TUE 6PM Closed Women As Bill Sees it	11		11
Pauma Valley - WED 7PM Red Trail Group 697921	-	100	100
Poway - Men's Sunday Morning SUN 9AM	407		407
Poway - TUE 730PM Men's Group	60	251	311
Poway - Women's Winner Winner Chicken Dinner GSO 725344	225		225
Poway FRI 10AM Women's Way Thru The 12 Steps	210		210
Poway - MON 930 AM Women's Here And Now Group 124993	328		328
Poway SAT Morning Sisters in Recovery	-	150	150
Poway SUN 7AM at PAC	-	308	308
Poway Women Seeking Solutions #640365	209		209
Poway MON Night Men's	462		462
Rancho Bernardo THU 7PM As Bill Sees It (619740)	-	229	229
Rancho Santa Fe FRI Beginners (163076)	-	132	132
Rancho Santa Fe - Just the Black Print (713516)	428		428
Rancho Santa Fe - MON 7PM Big Book Disc Group	286		286
Rincon Friday Night Carry the Message	137		137
Rincon Res - Step Study at Fire Station GSO 723004	150		150
San Marcos - Men's WED 630 PM Blind Leading the Blind #652308	56		56
San Marcos - MON 7PM Rose Ranch	328	26	354
San Marcos - MON Night Rose Ranch Men's #172523	244		244
San Marcos - SUN 10AM Daily Reflections GSO 100813	300	50	350
San Marcos - TUE 7PM "Out of the Woods" Book Study #712487	209	50	259
San Marcos - Avalon One TUE 7PM GSO 163394	-	104	104
San Marcos - WED "The Readers" at Panorama Center	200		200
San Marcos - SUN Misfits Women's (684196)	-	141	141
San Marcos TUE Rose Ranch Men's 8 PM	245		245
San Marcos FRI Waterworks 12&12	117		117
San Marcos - WED Noon Stick Meeting	120		120
San Marcos - Discovery Group SAT 3PM at St. Mark's	100		100
Shelter Valley - Keep It Simple MON 11AM	60		60
Solana Beach - Belly Up 3rd Tradition 7AM M-F	4,714	511	5,225
Sorrento Valley Nooners	336		336
Tidewater	26		26

North County Intergroup Association of AA Group Contributions – Fiscal Year To Date

CONTRIBUTING GROUPS	JUN - SEP	OCT	FYTD TOTAL
Valley Center - MON 7PM Slow Learners BBSG (689359)	-	10	10
Vista - Noon Solutions Online	200		200
Vista - THU Women Living in the Solution Group 161663	226	26	252
Vista - Came to Believe TUE 630PM	1,140		1,140
Vista Daily Came To Believe at Emmanuel Bible Church	231		231
Vista - SUN 6pm Women's Literature Study #772316	-	64	64
Vista - Robber's Roost Men's Group	600	600	1,200
Vista - SUN 10AM at Gas & Steam Museum	50		50
Vista FRI Sunset Speakers	180	210	390
Vista MON Discussion GSO 148993	62		62
Total	28,957	8,574	37,530