

September 2025

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Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9 A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9 Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

VIEWPOINT

| | |
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North County Central Office
1020 S. Santa Fe Ave. Suite B
Vista, CA 92084

Phone 760-758-2514
Email office@ncsandiegoaa.org
Website ncsandiegoaa.org

Check Out the Upcoming Events
ncsandiegoaa.org/calendar

Willing to go to any links?
...for other local AA info & events
SD Central Office aasandiego.org GSO
Local area8aa.org
H&I nchandi.org
YPAA nsdypaa.org

Step Nine - Making Amends

As we constructed the list of those we harmed in the Eighth Step, we found that this is where the rubber meets the road. Next, in our step work, we will need to take action to make reparations for our past misdeeds. Moving onto the Ninth Step may seem like a terrifying experience, but if we take this step, The Promises will come true.

Step Nine: **“Made direct amends to such people wherever possible, except when to do so would injure them or others,”** suggests repairing past damage. This well-known step can start the ball rolling in ways that we never saw coming. Not to mention, it will develop changes in us. Taking a leap of faith with Step Nine takes courage, honesty, willingness, humility, and common sense. If we take the time to consider who we need to make amends to, it can make a significant difference in healing our relationships and alleviating our guilt and shame.

When we take responsibility by admitting our wrongdoings to the person we have harmed, we let others know that we are attempting to clean up our side of the street. The word “amend” means to change, which is the point of making amends. Initiating this process is intended to instill hope in others and encourage them to trust us again. It also plays an essential role in the process of being able to forgive ourselves. The overt actions we have displayed over time have hurt the people around us and stunted our personal growth in the process. Through making amends, we will build character and stop blaming others for the domino effect created by our alcoholism.

(Continued on page 9)

North County Intergroup Association of AA Meeting Minutes

Date/Time: The monthly meeting of the Intergroup Association of AA was called to order at 6:30 PM by the Chair Jay M on Wednesday, September 10, 2025.

Attendance: Jay M (Chair), Lisa F (Co-Chair), Mike C (Treasurer), Ross S (Secretary), Sam L (Member at Large), Joe M (Member at Large), Liz H (Central Office Manager).

Traditions: Read by Cindy B.

Prior Meeting Minutes: Ross S. (858) 699-7324 | Secretary@ncsandiegoaa.org

- Minutes from the prior meeting were read by Ross S. and approved as read.

Financial Report: Mike C. (714) 319-1877 | Treasurer@ncsandiegoaa.org

- The Treasurer's Report was presented by Mike C.
- Month End for August
 - Total Sales: \$3,435
 - Total Cost of Goods Sold: \$4,040
 - Gross Profit for Sales: (\$606)
 - Group Contributions: \$10,662
 - Member Contributions: \$230
 - Anniversary Meeting: \$94
 - Bank Interest Earned: \$277
 - Total Other Revenue: \$11,263
 - Total Revenue: \$10,657
 - Operational Expenses: \$9,891
 - Net Profit: \$766
 - Year-to-Date Net Loss: (\$2,747)
- Prudent Reserve
 - Money Market Account: \$32,455
 - Total Certificates of Deposit: \$87,864

- Total Prudent Reserve Funds: \$120,320 (12 Months)
 - Monthly Operational Cost: \$9,891
 - Business Checking Account: \$27,689
- A question was asked about the high prudent reserve balance.
 - The guidelines instruct the business committee to hold 6 to 12 months in prudent reserve.
 - It was acknowledged that the balance is high and that we are working to bring it down.
 - Central Office is supplementing the cost of literature and big books.
 - Central Office offers a service to supplement the insurance costs for AA groups for \$100 per location. AA groups in need can ask Central Office to cover more than this amount. The business committee will consider this.
 - Members with ideas on how to spend the prudent reserve are encouraged to submit ideas through the ASK button on at ncsandiegoaa.org.
 - A motion was made to approve the financials. The motion was approved.

Central Office Report: Liz H. (760) 758-2514 | Manager@ncsandiegoaa.org

- **Book Discount:** The 30% discount on all books carried at Central Office is ongoing.
- **Pamphlet Discount:** Pamphlets are free.
- **The book of fellowship:** Souvenir book is available.
- **International Convention Panorama Photo:** A print has been donated. It is being framed and will be displayed at Central Office. Members can contact Ken or Central Office to order one of their own.
- **Seminar:** Liz will attend the Central Office seminar next week along with 90 other central offices.
- **Storage:** Liz has secured a storage space for Central Office. Volunteers can call Liz to help with the move the week after next.
- **Shifts Available:** Central volunteers will answer phones, take inventory, help walk-in customers, etc.
 - First week of month Thursday 1-5
 - First week of the month Friday 1-5
 - Second week of month Friday 9-1
 - Third week of month Monday 9-1
 - First week of month Saturday 9-1

Public Information: Tyler A (760) 637-0239 | Publicinformation@ncsandiegoaa.org

- Report provided by Liz on behalf of Tyler.
- We need volunteers for a monthly Escondido parole event.
- Contact Tyler to Volunteer.

Telephone: Laura C. (760) 271-1739 | PhoneChair@ncsandiegoaa.org

- **After Hours Phone Service**
 - Update provided by Liz on behalf of Laura.
 - The after hours phone service is an extension of Central Office that is available to help alcoholics 24/7.
 - Volunteers are needed to answer calls.
 - 5th week Friday 5PM - 10PM
 - We also need backup volunteers and 12 step call volunteers from different areas.
 - Contact Laura to volunteer.
- **Text Helpline Update from Ross (858) 699-7324**
 - Volunteers are needed to respond to texts and distribute helpline cards.
 - Text Central Office 760-758-2514 to volunteer.
 - Cards are available at Central Office.

Archives: Ken G. (760) 504-5707 | Archives@ncsandiegoaa.org

- Ken is looking to capture AA group history and other relevant items from North County AA history. Please contact him if you would like to archive your group history or anything else AA related.

Outreach: Joel H. (760) 586-9245 | Outreach@ncsandiegoaa.org

- Joel and Tyler attended the 46th Anniversary meeting.
- Laura C provided Joel with a digital flyer encouraging Intergroup participation.

Special Events: Cynde F. (623) 882-6794 | SpecialEvents@ncsandiegoaa.org

- **Sound Bath Healing and Meditation:**
 - Saturday October 4th doors open at 8:30 AM at Vista Senior Center session will take place from 9:00 - 11:00.
- **Gratitude Breakfast:**
 - Will take place in November.

NCH&I: Rick L. (760) 803-5733 | h&ichair@ncsandiegoaa.org

- Labor Day Picnic had ~600 people!
- We will have a Fall into service North vs. South chili cookoff event. Details are forthcoming.

- H&I panel orientation is every third Saturday at the Alano Club at 9:00 AM.
- North County Panels are full so we are looking for new facilities. Please contact Rick for recommendations.
- San Diego H&I has open panels. Info at sdhandi.org.
- The H&I financial report is available at nchandni.org.
- Panel leaders/coordinators can request books at nchandni.org and someone will hand-deliver them.
- Rick will be rotating out as H&I chair and new board members will be elected in December.

Area Assembly: Linda R. (760) 815-0207 | Area8@ncsandiegoaa.org

- The 2025 Election Assembly will take place on Sat Sept 13, 9-4pm, at the Pala Administration Building, 12196 Pala Mission Road, Pala.
- ACM meets next Thursday, Sept 18. One of the topics is going to be the Area Budget.
- Oct 4, from 1-3pm, District 12 is having a Workshop "Oh, the places you'll go, as you trudge the Road of Happy Destiny". This will be at St. Dunstan's Church; 6556 Park Ridge Blvd. SD.
- Oct 25 is the 85th Anniversary of AA in SD Pancake Breakfast. located in the Church Hall; 6556 Park Ridge Blvd, SD, 8:30am-11:30.
- For more go to area8aa.org

Old Business:

- No old business

New Business:

- Area 8 is looking for financial support for:
 - ASL because gold can donations are down
 - To reimburse gas money for Pendleton meeting secretaries
 - Unity Day Picnic
- It was re-suggested that we reach out to the Spanish Central Office to see if we can support them.
- Camp Pendleton has a business card with the contact information for 4 Central Office locations in the surrounding areas.
- Jay proposed to spend \$2,940 to place an advertisement for the Text Helpline in the Coast News. The advertisement would run each week for a year and would be similar to the Text Helpline card. A motion was made by Cindy. Seconded by Natasha. Motion was approved.
- We will review facebook, instagram and website options from the Coast News as well and report back to groups next month.

- There was discussion of repeating Grapevine/La Viña subscriptions to correctional facilities as another reserve-spending option.

Announcements and Intergroup Rep Feedback:

- None

New Rep Introductions:

- **Zoom:**
 - Sutton Carlsbad AA Workshop on Thursday
 - Perla Wednesday Night Meeting in at Pilgrims Church in Carlsbad
- Total reps in room: 15. Total reps on Zoom: 24. Grand total: 39 reps.

Next Meeting: October 8th at 6:30 PM



NORTH COUNTY
CENTRAL OFFICE

Needs After-Hours Phone Volunteers

- Help fellow alcoholics find a meeting
- Connect alcoholics with 12-Steppers

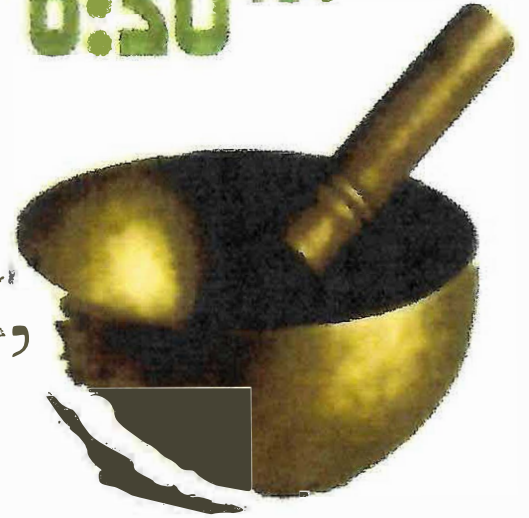
For information on how to help,
call or text (760) 758-2514.

SOUND BATH HEALING MEDITATION

DOORS OPEN AT 8:30^{AM}

October 4th.

Bring mat, eye mask,
blanket.



*Pillow chairs will be
provided.*



Open discussion meeting afterwards.

North County Intergroup
Gloria Senior citizen center
1400 Vale terrace Dr., Vista.

Step Nine - Making Amends *(Continued from Page 1)*

One key point when devising our amends letter is understanding that we are not trying to apologize for anything as much as we are trying to make things right. People who suffer from alcoholism will often make poor choices and repeatedly tell their loved ones, friends, and coworkers that they are “sorry” for the mess they caused. Instead of saying that we are “sorry” again, a more effective tactic would be to confess aloud our part to keep us focused on recovery rather than going back to our old behavior. This step helps us to think twice about what we are doing if we know we have to make amends for our misconduct.

“Yeah, but” can be used as a defense mechanism to condone what we have done to others. We might believe that our parents are responsible for our problems or that others have wronged us. These kinds of justifications will only keep us drunk rather than helping us to find the solution to our spiritual malady. Looking within ourselves rather than blaming others is imperative to continue making the foundation of our recovery stronger than ever. There is no need to point fingers or rationalize our behavior any longer. Making direct amends can break the cycle of reproach and move us forward.

The past is an integral part of our recovery because we need to remember what it was like before to keep us from going back. Being liberated from the past is essential to gaining closure and moving forward with strength and hope. If the pain persists, it means we have some work to do within ourselves, which is where our amends can be beneficial. We can gain clarity on where we stand with them and ask them what we can do to rectify the situation. Although we may not receive the forgiveness we desire, we can feel confident in doing our best to clean up the wreckage of the past and know that we did everything possible to amend the situation. Even if they never get over what happened, we can use this step to move forward.

Starting the amends process is just as much for us as it is for others. Hopefully, most people will be able to forgive us because they realize no one is perfect. The most prominent forgiveness that needs to happen revolves around forgiving ourselves. Shame and guilt intertwine with the personal absolution we need to grant from the inside out. Amid the Ninth Step, we will also be able to forgive others because mercy will allow us to understand that we all make mistakes.

Consulting with a sponsor before making amends to others is vital to make sure we are making appropriate amends. We want to move forward with suitable judgment to rectify the situation, not continue to cause harm. Accepting the Ninth Step will do wonders for our recovery. Making amends means adopting the right attitude to go to any lengths to rebuild the relationships that suffered from our alcoholism and allow them to become better than ever. Regret will become regrowth because longing to practice recovery principles will outweigh the need to continue harming others. Take the initiative to make the amends and then live out what it says. Taking this action provides closure and freedom that we will not want to miss.

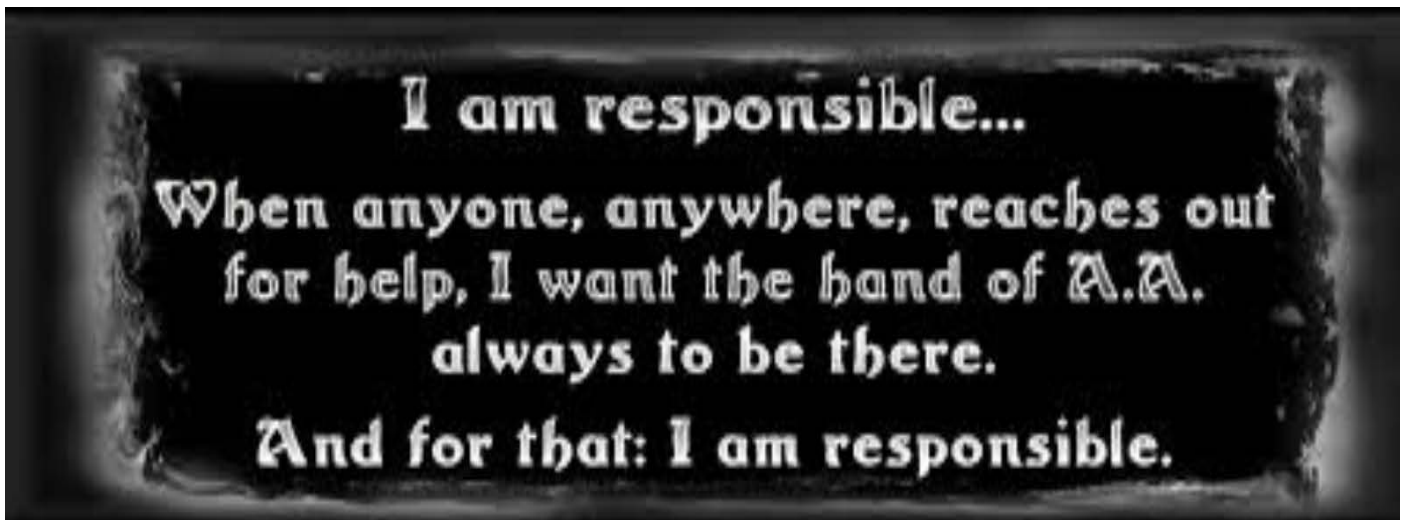


**North County Intergroup
Group Contributions
FYTD JUL 2025 - JUN 2026**

| Group Contributions | JUL 2025 | AUG 2025 | FYTD JUL 2025 - JUN 2026 |
|--|---------------------|---------------------|---|
| Borrego Springs - TUE 10AM Women's GSO#000169654 | | 150.00 | 150.00 |
| Cardiff - Friday Happy Hours | 469.80 | | 469.80 |
| Cardiff - M-W-F Back to Basics 7AM #94406 (was 614661) | | 434.00 | 434.00 |
| Cardiff - Wed-Sun 7:30AM Glen Park | | 695.00 | 695.00 |
| Carlsbad - Daily 7AM Zoomhouse | 51.80 | 25.00 | 76.80 |
| Carlsbad - FRI Nite Lights 6PM GSO #000115831 | 272.72 | | 272.72 |
| Carlsbad - Sober Sisters of N.County #000051284 | 234.00 | | 234.00 |
| Carlsbad - Sobriety Rocks 830 AM Daily Reflection 705313 | 720.00 | | 720.00 |
| Carlsbad - Sobriety Rocks SAT Night Speaker | | 300.00 | 300.00 |
| Carlsbad - SUN 9AM Poinsettia Reflections | 220.00 | | 220.00 |
| Carlsbad - WED Men's at Heritage Hall | 350.00 | | 350.00 |
| Del Mar - MON Under Repair @ Del Mar Automotive | 150.00 | | 150.00 |
| Encinitas - FRI 7AM Women's Sunrise Step Study | 327.50 | | 327.50 |
| Encinitas - FRI women's 6:30PM zoom | | 2.85 | 2.85 |
| Encinitas - MON Women Living In The Solution #144963 | | 217.79 | 217.79 |
| Encinitas - SAT 8 AM Women of Olivenhain Group 652027 | | 274.00 | 274.00 |
| Escondido - ACE Zoom Nightly 6'er | 109.20 | 59.80 | 169.00 |
| Escondido - Attitudes 7AM Daily In Person | | 2,000.00 | 2,000.00 |
| Escondido - Attitudes 7AM Daily on Zoom | | 1,500.00 | 1,500.00 |
| Escondido - MON 6PM Women's Book Study on Zoom | 12.74 | 10.00 | 22.74 |
| Escondido - SUN 930AM Taxicab | 181.00 | | 181.00 |
| Escondido - THU Living Room 12 & 12 Group | | 216.00 | 216.00 |
| Escondido - TUE 630PM As Bill Sees It Closed Women's Group | 80.00 | | 80.00 |
| Escondido - WED 7PM Men's Misfits Book Study | 500.00 | | 500.00 |
| Escondido - WED Grass Roots AA Noon | | 60.00 | 60.00 |
| Fallbrook - Mon Noon at Crossroads GSO#132253 | | 25.00 | 25.00 |
| Fallbrook - TUE Women's Turn It Over | | 75.00 | 75.00 |
| Leucadia - Six Step House Daily Meetings | 750.00 | | 750.00 |
| Leucadia - TUE Men's GSO #126082 | | 54.40 | 54.40 |
| Oceanside - MON Ladies Book of Choice Meeting #299393 | 20.00 | | 20.00 |
| Oceanside - SUN Surf &Sun @ Buccaneer Park | 1,594.00 | | 1,594.00 |
| Oceanside - TUE 7PM Chip-in Group #141126 | 129.00 | | 129.00 |
| Oceanside - WED 730PM South Oceanside Men's #100636 | | 82.59 | 82.59 |
| Oceanside - THU 630PM Gutter To Glory GSO#000451351 | | 705.34 | 705.34 |
| Poway - SAT Morning Sisters in Recovery | 133.00 | | 133.00 |
| Poway - SUN Morning Men's 9AM | 265.50 | | 265.50 |
| Poway - THU 7PM As Bill Sees It (619740) | | 275.00 | 275.00 |
| Poway - WED 6:45PM RB Beginners at St. Bart's | 208.00 | | 208.00 |
| Ramona - SUN Kick Start Your Heart #640237 | 55.00 | | 55.00 |
| Rancho Bernardo - MON Noon Men's HALT | 137.00 | | 137.00 |
| Rancho Bernardo - SAT 7:30PM GSO# 000176448 | | 150.00 | 150.00 |
| Rancho Bernardo - TUE Women Seeking Solutions #000119809 | 141.69 | | 141.69 |

**North County Intergroup
Group Contributions
FYTD JUL 2025 - JUN 2026**

| Group Contributions | JUL 2025 | AUG 2025 | FYTD JUL 2025 - JUN 2026 |
|---|---------------------|---------------------|---|
| Rancho Bernardo -TGIF at 8PM Group 136313 | 100.00 | | 100.00 |
| Rancho Santa Fe - FRI Solana Beach Beginners (163076) | 120.00 | | 120.00 |
| Rancho Santa Fe - Just the Black Print (713516) | | 859.16 | 859.16 |
| Rancho Santa Fe - MON 7PM Big Book Disc Group | | 765.00 | 765.00 |
| Rincon - Friday Night Carry the Message | | 150.00 | 150.00 |
| Rincon - Step Study at Fire Station GSO 723004 | | 150.00 | 150.00 |
| San Diego - Tue "Friends of Bill W." | | 100.00 | 100.00 |
| San Marcos - MON 7AM Broken Yolk | | 10.00 | 10.00 |
| San Marcos - MON Night Rose Ranch Men's #172523 | 150.00 | | 150.00 |
| San Marcos - SUN 10AM Daily Reflections GSO 100813 | 100.00 | | 100.00 |
| San Marcos - WED 630 PM Men's Blind Leading the Blind #652308 | 140.76 | | 140.76 |
| San Marcos - WED 9PM Young and Restless | 170.11 | | 170.11 |
| San Marcos - WED Noon Stick Meeting | 336.50 | | 336.50 |
| Santa Ysabel -TUE Back Country Book Study (630869) | 50.00 | 50.00 | 100.00 |
| Solana Beach - MON-FRI 7AM Belly Up 3rd Tradition | | 1,021.00 | 1,021.00 |
| Valley Center - SUN Rovers Welcome Home Group | | 100.00 | 100.00 |
| Vista - SUN 6pm Women's Literature Study #772316 | | 140.00 | 140.00 |
| Vista - SUN 9:30AM Early Birds | 100.00 | | 100.00 |
| Vista - SUN 10AM Women's In-Person Discussion | | 5.00 | 5.00 |
| Vista - THU Robber's Roost Men's Group | 600.00 | | 600.00 |
| Total | 8,979.32 | 10,661.93 | 19,641.25 |



NORTH COUNTY INTERGROUP WEBSITE UPCOMING EVENTS

CALENDAR: [HTTPS://NCSANDIEGOAA.ORG/CALENDAR](https://ncsandiegoaa.org/calendar)

| Date | Location | Wagonmaster | Notes |
|--|--|---------------------------------|--|
| June 20-22, 2025 | Laguna-Cleveland National Forest | Ray & Akemi | Canceled |
| July 18-20, 2025 | Dos Picos* 17953 Dos Picos Rd. | Shanon & Debbie Site 54 | Busy park, reserve early PHU Often sites 31-46 |
| Aug 15-17, 2025 | Guajome* 3000 Guajome Park Rd | Serg & Teri Site 15 | Small park, reserve early PHU Full as of 5/20 |
| Sep 19-21, 2025 | William Hiese* 4945 Hiese Park Road | Shanon & Debbie | PHU & Dry Camp Often sites 22-40 |
| Oct 17-19, 2025 | Pinezanita RV Park 4446 Hwy 79 760-765-0429 | Shanon & Debbie | Tell them your with 3WE PHU. No tents. May get changed... |
| Nov 21-23, 2025 | Agua Caliente* 39555 County Rt S2 | Ray & Akemi | Busy park, reserve early FHU & PHU swimsuit Often sites sites 76-104 |
| Dec 12-14, 2025 (2nd weekend) | Potrero* 24800 Potrero Park Rd | Serg & Teri | PHU. White Elephant style gift exchange Often sites 4-22 |
| Jan 16-18, 2026 | Lake Skinner, Riverside reserve.rivcoparks.org | Bill & Judy | FHU & PHU Look B |
| Feb 20-22, 2026 | Dos Picos* 17953 Dos Picos Rd. | Shanon & Debbie 619-807-0633 | Busy park, make reservations early.PHU often sites 31-46 |
| March 20-22, 2026 | Lake Morena 2550 Lake Morena Dr. Campo | Ray & Akemi 858-922-7487 | FHU & PHU Maybe sites 16-21&56-58 |
| April 17-19, 2026 Tentative location awaiting group approval | Agua Caliente* 39555 County Rt S2 | TBD. Previous: Ray & Akemi | Busy park, reserve early FHU & PHU swimsuit Often sites sites 76-104 |
| May 15-17, 2026 Tentative location awaiting group approval | Pinezanita RV Park 4446 Hwy 79 760-765-0429 | TBD. Previous: Bill & Judy | Tell them your with 3WE PHU. No tents. May get changed... |
| June 19-21, 2026 Tentative location | Potrero* 24800 Potrero Park Rd | TBD | PHU. Often sites 4-22 |

Look for red "Third Weekenders" signs at the Wagon Masters site
'Early' means make reservations at least 3 months. Generally early is better to get the site you want.
PHU = Partial hook ups. FHU = Full hook ups. WM= Wagon Master (host). * = sdparks.org

Secretary: Teri
Alt Sec: Ray
3WE# (619) 363-3322 (text is good)
WM sends out info a week before
Revised 5/20/2025

Friday-Dinner out @ 5:30 PM
Saturday-Pancakes w/Teri@ 8 AM
-Game time @ 1 PM
-Potluck w/WM @ 5 PM
-Open AA Mtg w/WM @ 6 PM

PLAIN LANGUAGE BIG BOOK AA WORKSHOP

When: Saturday, September 20, 2025
11am to 2pm, Refreshments Served

Where: Harding Street Community Center -
Auditorium

3096 Harding Street, Carlsbad 92008
(Carlsbad Village Drive exit West on I-5. Left
on Harding St)

Topics of Discussion:

- ❖ What it is AND what it isn't!
- ❖ How did it come about?
- ❖ Are the Steps and Traditions being changed?
- ❖ Who is it for?
- ❖ How does the Plain Language Big Book address gender and God?



Questions, please email or call: cariley999@gmail.com (714) 727-5835



Fill Your Cup!

7th Annual North County Women's Banquet Tea Party

Sunday, Sept. 28th

12:30 p.m. to 3:30 PM
Doors open at 12 PM

NEW LOCATION!
Westin, Grand Pacific Ballroom
5480 Grand Pacific Dr.
Carlsbad, CA 92008

Tickets \$55
VENMO: @cari-poc
ZELLE:
northcountywomensbanquet@gmail.com

Questions: Alison L. 760.334.1171
northcountywomensbanquet@gmail.com

OCT
8
Wed

North County Intergroup Meeting - (In Person at the New Location and on Zoom- see below)

Oct 8 @ 6:30 pm - 7:30 pm

On the 2nd Wednesday of the month at
6:30PM the next North County San Diego
Intergroup meeting will be held in a Hybrid
Format:

- **"*In Person"** New location **San Marcos Lutheran Church-3419 Grand Ave San Marcos 92078**
- **"Virtually"** via Zoom
at [HTTPS://us02web.zoom.us/j/318406912](https://us02web.zoom.us/j/318406912) (Meeting ID: 318 406 912)
- Zoom Meeting ID: 318 406 912
- FYI ~ there is an **Info Session for New and Returning members at 6:15PM**

And...

- For those attending on Zoom, please sign in early and put your first name and last initial in the first box and group name in the second box
- Digital meeting handouts will be provided on Wednesday morning to all those registered.

Please call Central Office at 760-758-2514, or -2515, if you have any questions.