

August 2026

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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

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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

Making a List

by Rick R

Like most of the steps, when I first surrendered and came to A.A, I didn't have a clue about the depth I would have to delve into my past behaviors in order to free myself from all of the guilt and shame that resulted from them. I thought that all I would be talking about was my drinking habits. When faced with the 12 steps I had my own way of being selective about what part of the suggestions I would embrace and which suggestions I would simply dismiss as, *ok for you but not necessary for me*. I didn't think that my problems were about mental, emotional and spiritual matters. If I could just stop drinking things would be just fine. It didn't take long for me to realize what they were explaining to me about the wreckage of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years.

I was one of the fortunate ones that lost the obsession to drink from the very first day so that was never a problem for me. I had taken step one, I dismissed steps two and three as being ok for the religious folks, but I could do without them. Steps four, five, eight and nine were the ones that I didn't want to face but by the time I was sober for about two years I finally let down my guard and did steps four and five. The relief I got from being fearless and thorough about those two steps gave me the desire and courage to proceed through steps six and seven and those steps will never be finished as they are basically about spiritual growth concerning my thoughts and actions.

(Continued on page 8)

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 Lisa F on Wednesday, August 12th, 2026.

Attendance: Lisa F (Chair), Ross S (Treasurer), Manny R (Secretary), Mike C, Liz H (Central Office Manager)

Traditions: Read by Danny

Prior Meeting Minutes: Manny R. Secretary@ncsandiegoaa.org

- Minutes from the prior meeting were read. A motion was passed to approve the minutes as read.

Financial Report: Ross S. (858) 699-7324 |
Treasurer@ncsandiegoaa.org

July 2026

Summary	July 2026
Total Sales	\$4,757
Total Cost of Goods Sold	\$3,625
Gross Profit for Sales	\$1,131.86
Group Contributions	\$8,139
Member Contributions / Birthday Club / IG Proceeds	\$429
Traditions Breakfast (Net)	—
Anniversary Meeting (Net)	-\$120
Bank Interest Earned	\$255
Total Other Revenue	\$8,703
Total Revenue	\$9,834
Total Operations Expense	\$13,110
Other Misc Expenditures	—
Net Profit or (Loss)	-\$3,276

YTD Net Profit or (Loss)	-\$4,088
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Balances:

- Checking Account: \$27,056
- Sub Checking Account: \$15
- Prudent Reserve: \$89,621
 - ○ Money Market: \$21,579
 - ○ CDs Total: \$68,042
- Last Month Operating Expense: \$13,110
- Prudent reserve is approximately **6.8 months**, near the low end of the 6–12 month guideline
- Intergroup reps were encouraged to communicate the importance of continued Central Office support to their groups.
- Ross suggested reps do not need to report every financial line item to their groups; the important message is that the prudent reserve is near the six-month mark and continued Central Office support is appreciated.
- Motion passed to approve the Treasurer's Report

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

- Thanked groups for their continued support; Central Office reported another good month.
- Updated bookstore price lists are available at Central Office and on the website; prices changed July 1.
- **Group insurance renewal notices will be emailed; the policy renews September to September.**
- Central Office has an open volunteer shift on the **4th Friday of each month.**
- **“Meeting in a Pocket” is now stocked at Central Office for \$0.25.**

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

- Public Information will have a table at the **47th Anniversary Meeting.**
- Public Information will have a booth at the **McAlister Institute Resource Fair in Escondido on August 19, 9 AM–12 PM.**
- Volunteers are needed; contact Tyler for information.
- Public Information has secured a booth for the **Sublime Festival on November 7** in Oceanside.

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

- All after-hours phone shifts are currently filled; backup volunteers are still encouraged.
- Members interested in joining the **12-Step Call List** should contact Central Office.
- The text hotline operates as an extension of the after-hours phone service.
- The text helpline has assisted approximately 151 people since it began
- Text messages are handled by a pool of volunteers through an app on a first-come basis.
- Members interested in volunteering for the text hotline should contact Central Office.

Archives: Danielle on behalf of reported for June N | Archives@ncsandiegoaa.org

- June and Danielle have met several times and have gone through approximately **eight boxes of archives**, organizing materials by month beginning with the 1990s.
- Archives will continue maintaining both **physical and digital records**.
- Archives will display historical boards at the Anniversary Meeting.
- Reimbursement was submitted for folders purchased from the Archives budget.
- **Joshua, Archivist for San Diego & Imperial County/Area 8, introduced himself and offered to work with and support the North County Archives Committee..**

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

- Outreach will have a literature table at the Anniversary Meeting.
- Outreach is working to increase Intergroup representation among North County meetings.
- Outreach materials estimate approximately 726 AA meetings in 158 locations across 24 cities/regions, with fewer than 60 groups represented at Intergroup.
- Joel encouraged members interested in helping increase Intergroup representation to contact him.

Special Events: Cynde F. (623) 882-6794 |

SpecialEvents@ncsandiegoaa.org

- 47th Anniversary Celebration will be held **Tuesday, August 18, 7:00–8:30 PM at Harding Community Center in Carlsbad.**
- Speaker: **Blaine M. from Vista**; refreshments and an opportunity drawing will be offered.
- Cynde reported that preparations for the Anniversary Meeting are complete.
- This will be Cynde's final event as Special Events Chair; a new chair is needed.
- Cynde offered to assist and support the incoming chair.

NCH&I: Diana A. (858) 208-6764 | h&ichair@ncsandiegoaa.org

- H&I meets the **3rd Saturday of each month** at the Alano Club in Oceanside; orientation at 9 AM and business meeting at 9:45 AM.
- Virtual orientation is held the **3rd Thursday of each month at 7 PM.**
- Members are encouraged to attend orientation and serve on an H&I panel.
- H&I Workshop scheduled for October 17 at Harding Center in Carlsbad.
- H&I will have a table at the Labor Day Picnic on September 7 at Calavera Park.

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

- Not Present

New Business:

- Discussed making sample contribution pie charts easier to find on the “About Contributing” webpage.
- Discussed methods for distributing and encouraging participation in the proposed fellowship survey
- Survey is being developed to gather feedback from North County AA members and improve awareness of Intergroup; distribution options were discussed.
- Special Events Chair position discussed; suggested minimum is **3 years sobriety** with a **1-year term.**
- Cynde offered to mentor and support the incoming chair.
- Discussed ways to increase awareness of Intergroup and encourage greater group representation.
- Central Office has a pamphlet available explaining the purpose and function of Intergroup.
- Discussed methods for distributing and encouraging participation in the proposed fellowship survey.

Elections:

- Janine was elected Special Events Chair.
- Kelly agreed to support Janine as co-chair/in Special Events beginning in October.

New Rep Introductions:

- Maryanne — Monday Night Women's *Living in the Solution*, 7 PM.
- Kathy L. — Women's Over 40, Saturday 8 AM.
- Stephen J. —
- Brittanie/Brittany P. — Rancho Bernardo Women's Big Book Study, Monday 7 PM.
- Travis H. — Monday Carlsbad 7 PM, Step a Month.

- Kelly — Women's 12x12, Thursday.
- 9 new Intergroup Representatives; 45 total representatives in attendance

Feedback:

- Sobriety rocks picnic august 30th 11 to 2 at Mcgee park in carlsbad

Meeting Adjourned: 7:52 PM

Next Meeting: September 9th at 6:30 PM



47TH Anniversary

CELEBRATION

NORTH COUNTY INTERGROUP





TUESDAY, AUGUST 18, 2026
SPEAKER MEETING
 7:00 PM – 8:30 PM
 Doors open at 6:30pm
Speaker: **BLAINE M. (VISTA)**



HARDING COMMUNITY CENTER
 3096 HARDING ST.
 CARLSBAD, CA 92008



FREE EVENT



**OPPORTUNITY
DRAWING**



**REFRESHMENTS
AVAILABLE**

★ *Celebrating 47 Years of Carrying the Message* ★

**North County Intergroup
Group Contributions**

Group Contributions	Current July 2026	FYTD JUL 2026 JUN 2027
Borrego Springs - Sat 7PM Candlelight	25.00	25.00
Cardiff - M-W-F Back to Basics 7AM #94406	248.00	248.00
Carlsbad - FRI 630PM Step Sisters #614334	152.48	152.48
Carlsbad - Daily Sobriety Rocks 830 AM Daily Reflection 705313	360.00	360.00
Carlsbad - FRI 830AM The Breakfast Club #736826	676.44	676.44
Carlsbad - FRI Nite Lights 6PM GSO #000115831	98.46	98.46
Carlsbad - MON 7PM Tri-City Recovery	200.00	200.00
Carlsbad - THU AA Workshop 730PM Group 000098218	200.00	200.00
Carlsbad - TUE Men's Ticket meeting	727.46	727.46
Carmel Valley - Mon 6:30PM Letting Go	142.26	142.26
Encinitas - MON North Coastal Women's 725454	560.25	560.25
Encinitas - TUE 7 PM North Coastal Men's 686387	70.00	70.00
Encinitas - TUE 730PM Seacoast Mens 000691466	700.00	700.00
Escondido - MON 6PM Women's Book Study on Zoom	18.00	18.00
Escondido - THU Living Room 12 & 12 Group	201.00	201.00
Escondido - TUE 630PM As Bill Sees It women's GSO#718083	262.50	262.50
Fallbrook - FRI Noon Happy Hour #106427	125.00	125.00
Fallbrook - MON Noon GSO#132253	100.00	100.00
Fallbrook - SAT 10AM 12x12 #103939	10.00	10.00
Fallbrook - WED 630PM sober sisters #123900	31.20	31.20
Oceanside - MON 8PM 12&12 at King of Kings 101714	15.76	15.76
Oceanside - SUN Freethinkers Zoom	25.00	25.00
Oceanside - SUN Surf &Sun @ Buccaneer Park	10.00	10.00
Oceanside - TUE 7PM Chip-in Group #141126	119.00	119.00
Poway - FRI 10AM Women's Way Thru The 12 Steps	366.10	366.10
Poway - TUE Noon Keeping it Simple at St. Bart's #51105	240.00	240.00
Ramona - SUN Kick Start Your Heart #640237	40.00	40.00
Rancho Santa Fe - TUE Just the Black Print (713516)	401.30	401.30
San Marcos - MON 8AM Broken Yolk	60.00	60.00
San Marcos - MON Night Rose Ranch Men's #172523	150.00	150.00
San Marcos - MON Noon Promise of a New Day #664247	10.00	10.00
San Marcos - SUN 10AM Daily Reflections GSO 100813	200.00	200.00
San Marcos - TUE 7PM "Out of the Woods" Book Study #712487	146.51	146.51
San Marcos - WED 630 PM Men's Blind Leading the Blind #652308	51.80	51.80
Santa Ysabel -TUE Back Country Book Study (630869)	200.00	200.00
Sorrento Valley - Nooners	300.00	300.00
Vista - 3PM Zoomers Group	25.00	25.00
Vista - Daily Noon Solutions Online	355.00	355.00
Vista - MON Embracing the Essentials	175.00	175.00
Vista - SAT Women's Acceptance GSO#000061857	100.00	100.00
Vista - SUN 10AM Women's Alumni meeting	240.19	240.19
Total	8,138.71	8,138.71

Then came step eight and the need to identify those people that I had harmed in the past, and I would have to make amends to. Can they be serious? I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless. With that thought in mind, I delayed doing it until I settled down and came up with an understanding that I could start my list and see where it would lead to.

What I finally did was first to be sure that I no longer did those regrettable deeds of yesterday so that I wasn't being hypocritical about it. Then I handled the ones that were renting room in the front of my brain box, then as I said, I spiraled outward and handled the ones that were closest to me, and as time went on I found the occasion when I would run into an old friend and if I had anything left undone, I would ask him, "Have you ever done something that you really regretted?" His answer is usually, "Hell yes, who hasn't? Then I say. Can we talk? This leveled the playing field. Who can fault a person who, like him, has made mistakes, but then corrected them, made restitution and lives an honest unselfish life? None of us are perfect. Don't be bogged down by over thinking this step, but on the other hand, be prepared to jump at the opportunity when it arises.

North County Intergroup
Assoc of Alcoholics Anonymous

Financial Highlights FYTD			
July 2026 - June 2027/ w Jun 2026			
	JUN 2026	JULY 2026	JUN-JUL Actuals
Summary			
Total Sales	4,378	4,757	9,135
Total Cost of Goods Sold	4,288	3,625	7,913
Gross Profit for Sales	90.55	1,131.86	1,222
Group Contributions	9,804	8,139	17,943
Member Contributions/ Birthday Club/ IG Proceeds	253	429	682
Traditions Breakfast (Net)			-
Anniversary Meeting (Net)		(120)	(120)
Bank Interest Earned	263	255	518
Total Other Revenue	10,319	8,703	19,022
Total Rev (adding Total Other Rev & Gross profit/ loss)	10,410	9,834	20,244
Total Operations Expense	11,222	13,110	24,333
Other Misc Expenditures			
Net Profit or (Loss)	(813)	(3,276)	(4,088)
YTD Net Profit or (Loss)	(813)	(4,088)	
Prudent Reserve Status			
	JUN 2026	JULY 2026	FYTD Avg
Money Market Total w/ Bal of CD#3151	1,917	21,579	11,748
CD #3371 9MO US Bank (9/2/2026)	22,625	22,684	22,655
CD #3678 5MO US Bank (10/2/2026)	22,599	22,663	22,631
CD #4064 5MO US Bank (11/2/2026)	22,631	22,695	22,663
CD #3151 7MO US Bank (7/19/2026) Matured/ put in MM	22,609	-	11,305
Certificates of Deposit Total	90,464	68,042	79,253
Total Prudent Reserve Funds	92,381	89,621	91,001
Business Checking #2242/ Current Mo.	29,182	27,056	
Sub Checking #5742 Spec Events Acct Current Mo.	15	15	
Current Month Operating Expense	11,222	13,110	12,166
Number of Months in Reserve Funds	8.23	6.84	7.53

NORTH COUNTY INTERGROUP WEBSITE UPCOMING EVENTS

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

LABOR DAY PICNIC

ALCOHOLICS ANONYMOUS AREA 8 SERVICE EVENT
SPONSORED BY DISTRICTS 1,2,16 & 23



COME PARTICIPATE IN THE JOY OF FELLOWSHIP AND LEARN HOW YOUR PARTICIPATION IN GENERAL SERVICE IS VITAL TO OUR PRIMARY PURPOSE

SPEAKER MTG BEGINS AROUND NOON WITH SOBRIETY COUNTDOWN
HAMBURGERS, HOT-DOG & REFRESHMENTS PROVIDED

Music provided by **The BLACKOUTS** and **The MOONBURNS**

WHAT TO BRING:
Friends, Family and a NEWCOMER!
A dish, salad or dessert to share
Lawn chairs & sunscreen
*Service dogs ONLY

MONDAY

7

SEPTEMBER

CALAVERAS PARK

FROM 10AM-3PM

2997 GLASGOW DRIVE, CARLSBAD 92010

VOLUNTEERS NEEDED FOR SET-UP/SET-DOWN/TRASH/POTLUCK
NEED MORE INFO? EMAIL RICK L - DCM_01@AREA8AA.ORG

26th annual WOMEN Sponsoring Women

workshop

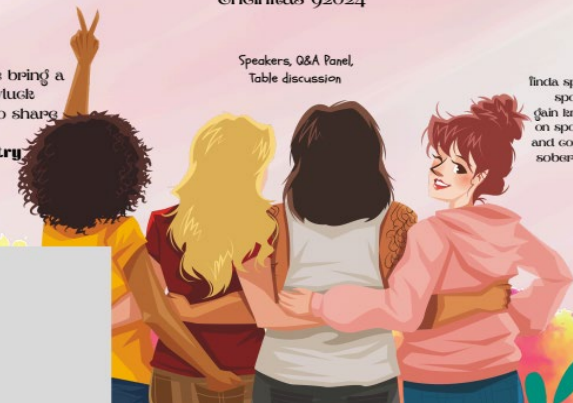
August 29th 2026
10am-1pm

Encinitas Community center
1140 Oakcrest park dr.
Encinitas 92024

please bring a
potluck
dish to share

Free entry

Speakers, Q&A Panel
Table discussion



find a sponsor or
sponsee,
gain knowledge
on sponsorship,
and connect with
sober women

Woman to Woman San Diego

Join us for our 52nd Conference





September 18th to September 20th, 2026

(Registration Opens at 3pm on Friday)
Conference for Recovering Alcoholic Women
Conference Includes:
Friday & Saturday Night Banquets, Dynamic Speakers, Topic Discussion Meeting, Waterfront Setting,
Fun Activities, Group Walks, Hospitality Suite, Beautiful Accommodations, Pool & Hot Tub

CONFERENCE REGISTRATION

(Copy this form to register additional women)

Name _____

Phone # _____

Address _____

Sobriety Date: _____

City/Zip _____

Email: _____

Vegetarian: Yes ☐ No ☐

Want to be of Service: _____

Where: _____

Conference Registration Info

\$210 per Person (Before 9/5/26)
Add late fee of \$40 per person
Mail checks payable to:
Woman to Woman San Diego,
1401 Quail St., Suite #140 Newport
Beach CA. 92660
Registrations are transferable only.

Additional Information Call:

LA County—Pat L. (714) 904-4428
Orange County—Jeanne H. (949) 433-4194
San Diego County—Linda R. (760) 815-0207
Riverside/San Bernadino—Annie A. (760) 519-6062

Website
www.womantowomansandiego.com
Email
womantowomansandiego@gmail.com

THE DANA
ON MISSION BAY
www.thedana.com

No Children Allowed at the Banquets or Meetings
(If a registered service animal causes an allergic reaction or physical issue, the pet will be asked to be removed)

No Pets Allowed Except REGISTERED SERVICE ANIMALS

Hotel Registration—Call (800) 445-3339 and reference
Woman to Woman for Conference Pricing
Standard Room \$185 Bayview Room \$235
Premium Bayview Suite \$285 (All rooms subject to
availability) Reservations must be made by August 18, 2026



Fill Your Cup!

8th Annual North County Women's
Banquet Tea Party

Sunday, September 27th

12:30 - 3:30 pm
Doors Open at 11:30 am

Westin, Grand Pacific Ballroom
5480 Grand Pacific Dr,
Carlsbad, CA 92008



Tickets: \$55, Tables: \$440 (8 seats)
Venmo: @cari-poe & Zelle:
northcountywomensbanquet@gmail.com
Hard Tickets: Janice M,
760.583.8208
Questions: Jackie M,
760.917.0814

Raffle &
Speaker

July Special Occasions

Many A.A. members celebrate their birthday by donating one or two dollars for each year of sobriety to Central Office. This will appear in The Viewpoint for the Birthday Club. All birthdays submitted will be published in the month following submission. *If you would like to carry on this tradition, you can use Venmo, go online, or send in at (1020 S. Santa Fe Ave Ste B. Vista, Ca. 92084).*



@NCIAA North County Intergroup Association of AA

Or go online:

<https://ncsandiegoaa.org/contribute-to-central-office>

***If for the Birthday Club, give your name and sobriety date.

Happy Birthday to all!

Julie W. 25

Ken J. 35

Steve P. 37

Noella H. 38

Ken G. 52

Mike C. 52

We are not a glum lot!

