# January 2023

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<u>Step 1</u> We admitted we were powerless over alcohol—that our lives had become unmanageable.

<u>Tradition 1</u> (Short Form) Our common welfare should come first; personal recovery depends upon AA unity.

<u>Concept 1</u> Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



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# A Simple Program for Complicated People

Living by the Dictates of my Conscience Rick R

"Desperation" has been the great motivator for me with respect to the thoroughness that I have applied since the day I surrendered and came to Alcoholics Anonymous (A.A.) searching for solutions to my out-of-control drinking problem. Not everyone that comes to A.A. has that degree of desperation and that, I believe is the difference in the various degrees of success we, as individuals, have when it comes to abstaining from alcohol. The reality is that not everyone gets it on their very first attempt. With time comes understanding, and once I got beyond the initial stages of recovery it became clear to me that alcohol did not cause my problems, although it eventually become a problem. My mental and emotional troubles started surfacing long before I ever started drinking and I now realize that the drinking masked most of my mental and emotional difficulties for a long time but, as it happens, my tolerance for alcohol started to dissipate and the heavy drinking became an obvious problem. I failed at marriage, jobs, friendships, parenthood, and trust with just about everyone that knew me. I burned so many bridges that, finally, I had no place to turn and by some miracle, I woke up one morning, and with no other options, I desperately called A. A. for help. I was finally ready and from that day on, over fiftythree years ago, I have never wanted a drink since then. The obsession to drink has never shown its face again but had I not recognized the reason that drinking seemed to work, in the early days, or that the mental and emotional problems would be exposed when I stopped drinking.

(Continued on page 5)

# North County Intergroup Association of A. A.

## **Meeting Minutes** January 11, 2023

#### **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 Steve

#### **Prior Month's Minutes:**

Read by Jay M., Minutes and were approved as read.

#### **Financial Report:**

The month-end financial report, presented by Tom C.. December revenue \$8,622, expenditures \$8,808, net loss of \$186, net income year to date \$4,167. Report was approved as presented. The Prudent Reserve at December 2022 month end was 11.06 months, YTD Prudent reserve 10.9 months. (financials attached)

#### **Central Office Report:**

Liz H. reported that there would be a reception for departing Central Office Manager Ken G. a Central Office on Saturday, 1/14/23 from noon to 2 pm. Liz and Business Committee expressed appreciation for Ken's service.

#### **Public Information:**

Caroline H. reported that PI is extending the library to a total of 5 libraries. They have plenty of pamphlets for this program at the time.

#### **Phone Committee:**

Laura C. reported that volunteers are needed for the occasional 5<sup>th</sup> week shift. Training session on 1/21/23 on zoom. Contact Laura for more information.

#### **Archives Committee:**

Danny O. had no report

#### **Outreach Committee:**

Margaret T. had no report

#### **NCH&I Committee:**

Hew B. reported that books for panels can be ordered at northcountyhandiorg.. H&I orientation is third Saturday 9am at Oceanside Alano Club. Green can contributions \$69.00, group donations 880.52.

#### **Area Assembly**:

Linda R has stepped up to be liaison between Intergroup and Area 8. Area assembly is January 14, 2023. PRAASA is in Los Angeles on 3/3-5/23

#### **Business Committee:**

Old Business: Traditions Breakfast is March 19, 2023 at the Escondido Center for the Arts and tickets are available at Central Office. Currently about 280 of 600 tickets are sold.

New Business: BC Treasurer Valarie is helping at Central Office until an assistant can be hired. Guidelines say that she has to temporarily step down from BC if paid by Intergroup.

\$150 expense for Saturday reception for Ken was made and approved by majority.

Jack B. is stepping aside from volunteer duties of updating website and meeting guide. We may need to put out request for person to help with these functions.

BC decided to move \$25,000 from money market account to open a new CD with a 3% annual yield at Union Bank. No objections stated.

BC looking for ideas to use surplus funds in Central Office operating checking account to serve members and carry the message. Ideas were submitted to BC and are incorporated in attached flyer.

#### **Elections:**

None.

#### **Announcements:**

NCSDYPAA is holding a dodgeball tournament this Saturday.

In attendance: 24 representatives on zoom; 17 in person; 1 new rep.

Meeting adjourned at 7:52 pm. Next Intergroup is February 8, 2023 at 7 pm. .



# NORTH COUNTY INTERGROUP FINANCIAL REPORT AND GROUP CONTRIBUTIONS LIST...

See Pages 6 - 9

# NORTH COUNTY H&I NEWS

North County Hospitals & Institutions Is Asking for Your EXPERIENCE / STRENGTH & HOPE in 2023.

All orientation meetings are held at the North County Alano Club, 4198 Mission Ave, Oceanside, 92057 the third Saturday of every month:

#### **NEXT MEETING IS JAN 21st**

9:00am - 9:45am General Infor and Orientation 9:45am - 11:00am Board Meeting

Get a Spot in NCH&I in 2023 - Share Your Story to Save a Life Today.

Sign up here: www.nchandi.org

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

Please look through our website at <a href="https://nchandi.org/home">https://nchandi.org/home</a>

Questions Can Be Answered by Hew Burney Chairperson at 424.302.9809 and Chairperson@nchandi.org

**Financials December 2022 PENDING** 

(A Simple Program for Complicated People, Continued)

They would need to be addressed if I was ever going to be at peace with myself and with the world around me. I feel fortunate that, from that very first day, I have not been in denial about my condition and have embraced what I recognized to be the solution to my disease and the pathway to a future of the contentment that I enjoy today as the result of that thoroughness that I have applied to every facet of my life. I had to relearn how to be a husband, a father, a brother, a friend, an employee, a neighbor, a partner, and a citizen. I had to become an asset and not a liability. I had to question my motives for everything I did and assure that I stayed on the unselfish side of the ledger. I found it helpful to revisit the spirit of the things that I learned as a child in church, in school, and in the Boy Scouts, and apply them where the selfish and dishonest habits had ruled my life. I came to understand how my Ego had taken over all my mental properties and I had to let my Conscience slowly regain control of my virtues. The A.A. program was there when I was ready to throw in the towel and it helped me to recognize all of these changes but it doesn't go into detail about how to meet these noble goals of how to be a good husband, father, and friend, so I had to learn from other experienced sources the details of these neglected issues and go about reprogramming my inner self to incorporate all these components of right living. These things take time, and they do not happen overnight, but I could not let that stop me from beginning this new journey and giving me a purpose for living. I am extremely grateful that the A.A. program was established just in time to be available to save this broken spirit and turn it into the person that I am today as I override my Ego and simply live by the dictates of my Conscience.



#### **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.

This is a great way to be of service!

# 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: 3<sup>rd</sup> Saturday of each month

Next Sessions: JAN 21st & FEB 18th

Time: 1:30 p.m. – 2:45 p.m.

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

Fi	nancial H	lighligh	ts (FYT[	)			
	July 202	22 - June	e 2023				
							FYTD
Gummary	Jul-2022	Aug-2022	Sep-2022	Oct-2022	Nov-2022	Dec-2022	Actuals
Total Sales	2,750	2,334	2,894	3,094	2,676	2,643	16,391
Total Cost of Goods Sold	2,472	2,094	2,469	2,731	2,474	2,171	14,412
Gross Profit for Sales	279	239	425	363	202	471	1,979
Group Contributions	12,686	7,741	8,529	8,574	13,921	9,859	61,310
Member Contributions	780	387	308	398	266	1,307	3,440
Traditions Breakfast (Net)	-	-	-	-	(625)	(3,016)	(3,64
Anniversary Meeting (Net)	-	157	-	-	-	-	15
Bank Interest Earned	8	10	17	5	6	1	40
Total Other Revenue	13,474	8,296	8,854	8,977	13,568	8,151	61,31
Total Revenue	13,753	8,535	9,279	9,340	13,770	8,622	63,29
Total Operations Expense	8,416	8,379	8,358	8,651	11,520	8,808	54,13°
Other Misc Expenditures			5,000	-	-	-	5,00
Net Profit or (Loss)	5,337	156	(4,079)	689	2,250	(186)	4,16
YTD Net Profit or (Loss)	5,337	5,493	1,414	2,103	4,353	4,167	
	Prudent I	Reserve	Status				
Total Savings / Current Month Operating Expense	Jul-2022	Aug-2022	Sep-2022	Oct-2022	Nov-2022	Dec-2022	FYTD Avg
Money Market Total	35,244	35,246	35,247	35,249	35,250	35,252	35,248
CD #9689 6MO (03/05/2023)	10,049	10,049	10,054	10,054	10,054	10,054	10,05
CD #1729 15MO (11/21/2023)	10,219	10,220	10,221	10,222	10,224	10,224	10,22
CD #1737 15MO (11/21/2023)	20,421	20,425	20,428	20,428	20,431	20,431	20,42
CD #0895 15MO (01/29/2024)	21,456	21,459	21,464	21,467	21,467	21,467	21,46
Certificates of Deposit Total	62,145	62,153	62,168	62,172	62,176	62,176	62,16
Total Prudent Reserve Funds	97,389	97,399	97,415	97,421	97,426	97,428	97,41
Current Month Operating Expense	8,416	8,379	8,358	8,651	11,520	8,808	9,02
Number of Months in Reserve Funds	11.6	11.6	11.7	11.3	8.46	11.06	10.9

# A.A. Group Contributions List – FYTD December 2022

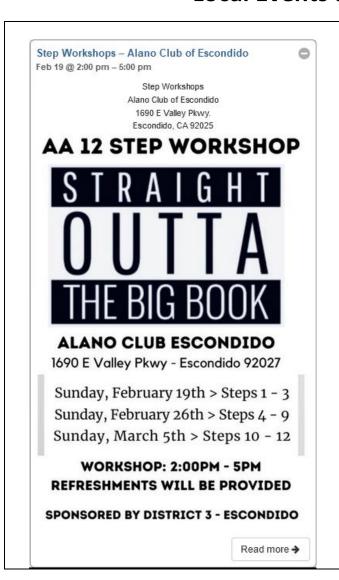
GROUP CONTRIBUTIONS	FYTD Thru Prior Month	DEC	FYTD TOTAL
3PM Zoomers	20.78		20.78
Bonsall Burning Embers	410.75		410.75
Camp Pendleton - FRI Dry Dock 20 (SARP)	20.00		20.00
Camp Pendleton - WED Tag Team	20.00		20.00
Cardiff - Back to Basics 7AM M-W-F #94406 (was 614661)	1,003.05	164.64	1,167.69
Cardiff - Friday Happy Hours	523.50		523.50
Cardiff - Ki's Weekender	1,081.08		1,081.08
Carlsbad - MON Night Step A Month Study Group 158720	198.20	529.73	727.93
Carlsbad - SAT 9AM Women Living In Recovery	359.27		359.27
Carlsbad - Sobriety Rocks 830 AM Daily Reflection 705313	2,400.00		2,400.00
Carlsbad - Sobriety Rocks SAT Night	-	658.00	658.00
Carlsbad 7AM Daily Zoomhouse	75.00		75.00
Carlsbad SAT 4PM Calavera Park	181.92	31.50	213.42
Carlsbad TUE Men's Group at Heritage Hall	560.00		560.00
Carlsbad Village People AA Zoom Group	404.78	344.70	749.48
Del Mar - Men's God or Vodka 691188	1,816.38		1,816.38
Del Mar - Sunday (121575)	597.17		597.17
Encinitas THU Women's Roving AA Group 166964	169.00		169.00
Encinitas - SAT Dr Bob's V	54.00		54.00
Encinitas - Cottonwood Creek Park SUN 830AM	215.00		215.00

GROUP CONTRIBUTIONS	FYTD Thru Prior Month	DEC	FYTD TOTAL
Encinitas - FRI 10AM Women's 12x12 Book Study 658941	233.00		233.00
Encinitas - MON Women Living In The Solution #144963	163.93		163.93
Encinitas - Monday North Costal Women's	528.77		528.77
Encinitas FRI 630PM Balour Women's Step Study	-	96.62	96.62
Encinitas - SAT 8 AM Women of Olivenhain Group 652027	280.00		280.00
Encinitas - SUN 630 PM Women's 11TH Step Meditation	150.00		150.00
Encinitas - TUE Night Men's (691466)	546.34	300.00	846.34
Encinitas TUE 7 PM North Coastal Men's 686387	474.12	251.11	725.23
Encinitas WED 10AM Women's Love & Tolerance	379.20		379.20
Encinitas - Glen Park WED-SUN 730AM	660.86		660.86
Escondido - ACE Zoom Nightly 6'er	840.75	79.23	919.98
Escondido - Alano Club (ACE)	100.00		100.00
Escondido - Attitudes 7AM Daily In Person	6,006.00		6,006.00
Escondido - SAT 10PM The Nest LGBT & Allies at ACE	1.87		1.87
Escondido MON Noon Lunch Bunch	-	150.00	150.00
Escondido - FRI 8PM Candlelight at ACE	4.81		4.81
Escondido - Attitudes 7AM Daily on Zoom	2,200.00		2,200.00
Escondido - SUN 930AM Taxicab	1.87	143.84	145.71
Escondido - Grass Roots AA WED Noon	120.00		120.00
Escondido - Lounge Lizards Men's FRI 730PM	194.09		194.09
Escondido - Men's Misfits Book Study WED 7PM	1,111.00	497.00	1,608.00
Escondido - THU 615PM Women's 12x12 GSO 145426	150.00		150.00
Escondido - We Not Me Group SAT 730PM	398.00		398.00
Escondido - WED 6PM at ACE	101.00		101.00
Escondido - WED Noon As Bill Sees It	310.00		310.00
Escondido ACE Online #2	75.00	25.00	100.00
Escondido MON 10AM BB and 12 & 12 Study	35.00		35.00
Escondido TUE Noon at Alano Club	70.00	2.85	72.85
Escondido TUE 6PM Women's As Bill Sees It	448.00	10.00	458.00
Escondido MON 6PM Women's Book Study on Zoom	83.54	9.81	93.35
Escondido Sunday Morning Paper	183.05		183.05
Escondido SUN 730 PM Speakers at ACE	1.87		1.87
Escondido MON Women on Zoom	250.00		250.00
Escondido SAT BEGOT GSO 113952	250.00		250.00
Escondido THU 6PM Mix At Six	88.00		88.00
Escondido TUE 6PM at Alano Club	274.90	407.00	274.90
Escondido - SAT 10AM Women's "A New Beginning" GSO 162446 Escondido Womens SYOA Group	150.00	167.00	167.00
	150.00	40.00	150.00
Escondido MON Women's Zoom Speaker Fallbrook - Men's We R Not Saints WED 730PM #133736	260.00	40.00	40.00
Fallbrook - SUN 8 AM Steps 1-2-3 at FPUD 168661	322.55		260.00 322.55
Fallbrook - TUE 630PM Men's Step Study at Hilltop Center GSO 722630	281.53		281.53
Fallbrook - FRI Noon Happy Hour at Community Baptist	43.00	100.00	143.00
Fallbrook - FRI Goat Barn Group #371640	420.00	180.00	600.00
Fallbrook - THU Noon at Hilltop	60.00	100.00	60.00
Group 149444	-	53.00	53.00
Group 725500	-	27.82	27.82
Group 630869	40.00	27.02	40.00
Group 698543	48.06		48.06
Group 719934	262.50		262.50
Julian - TUE 6PM Sisters in Recovery #660727	25.00		25.00
La Costa THU 8PM at St Elizabeth Seton Catholic Church #639000	-	41.85	41.85
Leucadia - Six Step House Daily Meetings	-	1,250.00	1,250.00
LGBTQ and Friends	43.09		43.09
North County Women's Literature Study	48.16		48.16
Ocean Air Nooner	155.70		155.70
Oceanside - Camelot Fellowship	-	2,500.00	2,500.00
Oceanside - Chip-in Group TUE 7PM #141126	223.82		223.82

GROUP CONTRIBUTIONS	FYTD Thru Prior Month	DEC	FYTD TOTAL
Oceanside - Girls With Gratitude THU 630PM	60.00		60.00
Oceanside - Ken's Garage (Men's) Group	211.50	294.00	505.50
Oceanside - South Oceanside Men's WED 730PM #100636	324.09		324.09
Oceanside Women's 12x12 Study #338069	-	300.00	300.00
Oceanside - SUN 7PM at NCAC	154.00		154.00
Oceanside - MON Men's at St. Margaret's	120.00		120.00
Oceanside - WED 5PM SOS Big Book Study	60.00		60.00
Oceanside - WED 7PM Womens Singleness of Purpose #712613	378.45		378.45
Oceanside Daily Noon Brown Baggers (NCAC) 100836	250.00		250.00
Oceanside Freethinkers Zoom	30.00		30.00
Oceanside FRI Noon Brown Bagger at NCAC	170.00		170.00
Oceanside SUN 11AM Discussion NCAC	125.00		125.00
Oceanside TUE 7AM Big Book (NCAC)	165.00		165.00
Oceanside - SAT 11AM at NCAC	200.00		200.00
Oceanside - MON 7PM Tri-City Recovery	35.00		35.00
Oceanside - MON 8PM 12&12 at King of Kings 101714	34.75	331.25	366.00
Oceanside WED Noon - Stools and Bottles at NCAC	51.54		51.54
Olivenhain SUN 5pm Closed Men's Earlybirds	133.50		133.50
Online Group 52 Weeks	25.91		25.91
Online TUE 6PM Closed Women As Bill Sees it	10.52		10.52
Online Women's - Letting Go	-	29.81	29.81
Pauma Valley - WED 7PM Red Trail Group 697921	100.00		100.00
Poway - Fresh Start at St. Bart's Keeping It Simple	292.54		292.54
Poway Freedom of Choice Big Book Study #157949	50.00		50.00
Poway - Men's Sunday Morning SUN 9AM	556.37		556.37
Poway - TUE 730PM Men's Group 145339	310.55	1.87	312.42
Poway - Womens Winner Winner Chicken Dinner GSO 725344	225.00		225.00
Poway FRI 10AM Women's Way Thru The 12 Steps	210.00	22.22	210.00
Poway FRI 5pm Alive Again #367094	-	30.00	30.00
Poway - MON 930 AM Womens Here And Now Group 124993	328.23	474.50	328.23
Poway SAT Morning Women's Discussion	450.00	174.56	174.56
Poway SAT Morning Sisters in Recovery	150.00		150.00
Poway SUN 7AM at PAC	307.93		307.93
Poway Women Seeking Solutions #640365	209.49 461.76		209.49 461.76
Poway MON Night Men's Rancho Bernardo THU 7PM As Bill Sees It (619740)	229.00		229.00
Rancho Bernardo - MON Noon Men's HALT	160.00		160.00
Rancho Bernardo - San Rafael Disc. FRI 7AM	100.00	70.00	70.00
Rancho Bernardo - TGIF at 8PM Group 136313	243.74	70.00	243.74
Rancho Santa Fe FRI Beginners (163076)	132.00		132.00
Rancho Santa Fe - Just the Black Print (713516)	427.60		427.60
Rancho Santa Fe - MON 7PM Big Book Disc Group	286.20		286.20
Rincon Friday Night Carry the Message	137.00		137.00
Rincon Res - Step Study at Fire Station GSO 723004	150.00		150.00
San Marcos - MON Noon Promise of a New Day #664247	247.00		247.00
San Marcos - Men's WED 630 PM Blind Leading the Blind #652308	101.25		101.25
San Marcos - MON 7PM Rose Ranch	353.64		353.64
San Marcos - MON Night Rose Ranch Men's #172523	243.50		243.50
San Marcos - SUN 10AM Daily Reflections GSO 100813	400.00		400.00
San Marcos - TUE 7PM "Out of the Woods" Book Study #712487	259.24		259.24
San Marcos - Avalon One TUE 7PM GSO 163394	103.50		103.50
San Marcos - WED "The Readers" at Panorama Center	200.00		200.00
San Marcos - SAT Night Speakers	1,250.00		1,250.00
San Marcos MON 7AM Broken Yolk	15.00		15.00
San Marcos - SUN Misfits Women's (684196)	259.80		259.80
San Marcos TUE Rose Ranch Men's 8 PM	245.35		245.35
San Marcos FRI Waterworks 12&12	117.00		117.00
San Marcos - WED Noon Stick Meeting	120.00		120.00

GROUP CONTRIBUTIONS	FYTD Thru Prior Month	DEC	FYTD TOTAL
San Marcos - Discovery Group SAT 3PM at St. Mark's	100.00		100.00
Shelter Valley - Keep It Simple MON 11AM	60.00		60.00
Solana Beach - Belly Up 3rd Tradition 7AM M-F	6,081.21	725.72	6,806.93
Sorrento Valley Nooners	525.07		525.07
Tidewater	25.91		25.91
Valley Center - MON 7PM Slow Learners BBSG (689359)	9.71		9.71
Valley Center - 2nd SUN Rovers Welcome Home Group	-	98.00	98.00
Vista - Noon Solutions Online	200.00	150.00	350.00
Vista - THU Women Living in the Solution Group 161663	277.73		277.73
Vista - Came to Believe TUE 630PM	1,140.00		1,140.00
Vista TUE 6 PM Womens 12x12 at Steps	330.66		330.66
Vista Daily Came To Believe at Emmanuel Bible Church	230.75		230.75
Vista - SUN 6pm Women's Literature Study #772316	64.20		64.20
Vista - Robber's Roost Men's Group	1,200.00		1,200.00
Vista - SUN 10AM at Gas & Steam Museum	50.40		50.40
Vista FRI Sunset Speakers	390.00		390.00
Vista MON Discussion GSO 148993	135.52		135.52
Total	51,451.37	9,858.91	61,310.28

## **Local Events and Other Notices**





# **Business Committee 12 Steps Idea Flyer**

## Attention Groups

At the January intergroup meeting, the business committee explained that Central Office has excess funds in its checking account. Guidelines say that when excess occurs, we need to present an action plan to lower the surplus.

We are looking to groups and members for ideas on how to achieve our goals of helping the alcoholic who still suffers. We know that the Business Committee does not know all ways to reach someone that needs our help and are looking to members for new ways to be there.

Here are some ideas presented, please add your ideas to list. Please use ASK picture icon on Intergroup website, ncsandiegoaa.org, to submit suggestions.

#### Ideas for 12 Business Committee regarding surplus of Central Office funds.

- 1. Lower prices of certain books: Big Books, 12 & 12s, etc.
- Purchase x number of Grapevine/La Vina subscriptions for North County physicians, clergy, mental health professionals, or others who come across people with drinking problems.
- Host separate breakfast or lunch events for clergy, lawyers, doctors, military, mental health professionals, police, etc.
- 4. Underwrite the distribution of pertinent literature to school nurses/social workers/teachers, etc.
- Distribute and regularly re-stock pamphlet distribution to non-profit health care clinics throughout North County. This might involve collaboration with the North County Spanish Central Office.
- Contact the North County LGBTQ Center to get on the radar for PRIDE next year. I believe there is also a PRIDE event in Escondido, and possibly in other North County locations.
- Place a communication in the READER, THE PAPER, COASTAL DISPATCH, MILITARY TIMES, and other publications are widely distributed in North County.
- 8. Central office speaker meeting with adjustments to make it more public information focused.
- Meet with NSDYPAA to discuss getting young people involved in 12 step ideas and new ways to reach younger people.
- 10. Workshop to discuss safety in meetings for new members. This includes sexual advances as well as members taking advantage of financial issues of new people. Signs for old-timers notice and intervene.
- 11. 12th Step workshop to have members learn and discuss service opportunities in AA.