

# September 2023

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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.



Personal Story—Deeper Rooted Emotional Problems (Rick R)	Page 1
Latest Intergroup Minutes	2 – 3
Central Office and H&I News	4
Personal Story (cont'd) and After-Hours Phone Report	5
Financial Report and Group Contributions List	6 – 10
Big Book / One Page At A Time For One Day At A Time (Larry F)	11
H&I Green Can Label & Contributions Reports	12– 14

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Website [ncsandiegoaa.org](https://ncsandiegoaa.org)

**Check Out the Upcoming Events**  
[ncsandiegoaa.org/calendar](https://ncsandiegoaa.org/calendar)

**Willing to go to any links?**  
**...for other local AA info & events**

SD Central Office [aasandiego.org](https://aasandiego.org)

GSO Local [area8aa.org](https://area8aa.org)

H&I [nchandi.org](https://nchandi.org)

YPAA [nsdypaa.org](https://nsdypaa.org)

## Deeper Rooted Emotional Problems

The Center Line of Life

By Rick R.

We are all born with a Conscience and an Ego. We all have Instincts. We, as human beings, are also born with the Use of Practical Reasoning, and that separates us from the animals, who, for the most part, live by their instincts. The degree to which these assets and liabilities affect our behaviors differs in all of us. “Yet these instincts, so necessary for our existence, often far exceed their proper function. “(12&12 Step 4)” Most normal people make mistakes in their lives and that is normal since no one is perfect. Most Alcoholics, however, take their life to the brink of destruction before they become desperate enough to surrender and enter the program of Alcoholics Anonymous. (A.A.) Most alcoholics struggle with emotional difficulties that far exceed the normal range. Some of these troubles can be rectified simply by acknowledging that they exist and being willing to change our motives and behavioral habits.

Unfortunately, A certain percentage of our fellowship have Deeper Rooted Emotional Problems that are permanent and cannot be cured simply by practicing A.A. principles alone. They are often masked by the use of alcohol and when a person stops drinking and starts dealing with their behavioral problems, these things rise to the surface in the form of: O.C.D; A.D.D; Bipolar Disorder; P.T.S.D; and many others that can only be subdued by the use of medications that, in some cases, dulls the mind of the patient to the extent that they would resist taking the medication and would rather live with the symptoms.

*(Continued on page 5)*

# **North County Intergroup Association of A. A.**

## **Meeting Minutes September 13, 2023**

### **Date / Time:**

The monthly meeting of the Intergroup Committee was called to order by the Chair Mike L. at 7:00pm  
(Zoom id: 318 406 912)

### **Attendance:**

Chair, Mike L, Co-Chair Valerie M., Treasurer JayM., Secretary Lisa F., Member at large Debra K., Member at large Earl T., Member at Large Mike C., Office Manager Liz H.

### **Traditions:**

Read by Susan

**Prior Month's Minutes:** Lisa F. (760) 207-2327 E-Mail: [secretary@ncsandiegoaa.org](mailto:secretary@ncsandiegoaa.org)

Read by Lisa F. and minutes were approved as read

**Financial Report:** Jay M. (760) 2073726 E-Mail: [treasurer@ncsandiegoaa.org](mailto:treasurer@ncsandiegoaa.org)

The month-end financial report was presented by Jay M. August revenue 9,719, expenditures 11,876, net income loss 2,157. The prudent reserve at August 2023 month-end was 8 months. YTD net profit was 2,221. YTD uses average expenses over the year. Report was approved as read.

**Central Office Report:** Liz H. (760) 758-2514 E-Mail: [Manager@ncsandiegoaa.org](mailto:Manager@ncsandiegoaa.org)

Book prices will be raised on Friday September 15th. Volunteer shifts at the Central Office that are needed: 2nd Friday 9-1pm, 4th Friday 9-1pm. Please contact Liz or Becky at the Central Office at (760) 758-2514

Liz will be attending the Annual Intergroup Central Office seminar in Cincinnati on October 11th and report back at the Intergroup meeting in November.

**Public Information:** Michelle M. (760) 285-1241 E-Mail: [publicinformationchair@ncsandiegoaa.org](mailto:publicinformationchair@ncsandiegoaa.org)

Michelle reported that the Tides Of Hope Event on Saturday August 26th went very well. There is a 4-day Veterans event which North County will be representing for 2 days on October 20 and 21st from 9-5pm. They will need volunteers for two 4-hour shifts per day. Need a total of 4 volunteers. They have enough literature but will need more meeting schedules.

**Telephone Committee:** Laura C. (760) 271-1739

Laura C. reported 5 open shifts: 1st Sunday 9pm-9am, 3rd Sunday 9-1pm, 5th Sunday 1-5pm, 3rd Monday 5-10pm, 3rd Monday 10pm-9am. and a weekly Captain's position on Mondays. Laura always needs Volunteers for the waiting list for backup and future openings.

**Archives Committee:** Danny O. (619) 884-7272 E-Mail: [archiveschair@ncsandiegoaa.org](mailto:archiveschair@ncsandiegoaa.org)

Danny O. is asking members with over 45 years of sobriety to please talk about the old history of AA of historical value and it will be recorded and put into the digital archives. AA historical donations are very appreciated. There will be an Archives table at the 2024 Traditions Breakfast.

**Outreach Committee:** Zach M. 760-402-3211 E-mail: [outreachchair@ncsandiegoaa.org](mailto:outreachchair@ncsandiegoaa.org)

Zach is trying to promote Intergroup involvement and creating tables for events that we have in the area. Any questions or suggestions please contact Zach.

**NCH&I Committee:** Hew B. (424) 302-9809 email: [HewBurney@gmail.com](mailto:HewBurney@gmail.com) or [NorthCountyHandl@gmail.com](mailto:NorthCountyHandl@gmail.com)

With the increase in Literature costs Hew is asking the North County Meetings to reactivate the Green Can H&I literature collections. The meetings have been asking if the Green can donations be listed in the Viewpoint.

Financials: Beginning balance in August was 9,637.58, Green can was 253.01, group donations were 1,400.68, total expense was 1,653

**Area Assembly:** Linda R (760) 815-0207 E-Mail: [areaassembly@ncsandiegoaa.org](mailto:areaassembly@ncsandiegoaa.org)

Linda R. is the Area 8 Liaison and reported that the 2024 prepared budget was 56,508.68. It passed at the Area committee meeting and now it will be taken to Area for the final vote. .

There is much going on so please go to the website AAarea8.org for more information.

**Business Committee:**

**Old Business:**

Mike L. asked the group representative to change the meeting time from 7pm to 6:30pm . The majority voted on the time change which will begin in January 2024. The Special Event Committee vote passed and will be added to the guidelines. We will vote on a Chairperson at our next Intergroup Meeting in October.

**New Business:**

Mike L. announced that the Business Committee voted Link S. to be our speaker for our next Traditions Breakfast on March 17, 2024. Our Business Committee Member at Large Mike C. will be working with the P.I. Chair Michelle about adding some pull down tabs for Public Information on our website ncsandiegoaa.org. Member at Large Debra K. will be working and supporting Zach on Outreach and Member at Large Earl T. will be working with the new Special Events Committee Chair. We will be continuing to sell the Tri-plate tokens at the Central Office. The Business Committee voted on changing the unbudgeted expenditures from 500.00/mo to 600.00/mo. and changing the 5,000.00/yr to 6,000.00/yr. in the NCIA Guidelines. This requires the Intergroup approval. The Reps will take this proposal to their meeting for the next 3 months, vote on the change and bring the votes back to the Intergroup meeting in December.

**Elections:** None

**Announcements and questions:**

In attendance: 28 representatives on zoom; 27 in person; 3 new reps

Meeting adjourned at 8:00pm

Next Intergroup meeting is October 13, 2023 at 7pm

## NORTH COUNTY CENTRAL OFFICE NOTES

Thanks, as always, to our volunteers who assist callers and visitors with:

- 12-Step Calls
- Literature Sales
- Meeting Information
- Other Helpful Information, as needed

**\*We're looking for a Tech person to assist with the monthly Intergroup Zoom meeting, 2<sup>nd</sup> Wednesday of the month.**

## ANNOUNCEMENTS:

***\* Viewpoint editor needed: please contact Central Office if you are interested in this service commitment.***

***\*The Special Events Committee proposal passed and will be added as a standing committee to the Intergroup Guidelines.***

***\*The first Special Events Committee Chair will be elected at the next Intergroup meeting on October 11th, 7pm at the Alano Club. The person elected needs to be present, in person.***

## NORTH COUNTY H&I COMMITTEE NEWS

H&I Orientation each month is on the 3<sup>RD</sup> Saturday 9am - 945am and is followed by the Business Meeting from 9.45 am - 11am at the North County Alano Club 4198 Mission Ave, Oceanside, CA 92057

Current H&I Coordinators and Panelists are asked to Check In with Facilities Chairs / If Literature is needed, Please Log On to <https://nchandi.org/resources>

To Put in Orders  
or Text or Call NCH&I Librarian Andrew @  
760.978.1539

Spanish Speaking AA Panels are Available in North County

Spanish - English Bilingual Please Contact -  
Rodrigo @760.586.0813

### CHAIR ANNOUNCEMENTS - SEP 2023

With the Increase in Literature cost we are asking Our North County Meetings to Reactivate the Green Can H&I Literature Collections. For your convenience, a copy of the label can be found on page 12 of this newsletter.

H&I said they have been asked to submit Group and Green Can donations for listing the Viewpoint.

Scans of the hardcopy contributions handouts H&I provided at the Intergroup Meeting have been attached as the last pages of this month's newsletter.

Questions: Please Contact Hew B. Chairperson at 424.302.9809 or [Chairperson@nchandi.org](mailto:Chairperson@nchandi.org)

Not knowing this, we sometimes misunderstand the people stricken by these deeper-rooted mental conditions and believe, by their sharing, that they are Bossy Resistant, Arrogant or Egotistical etc. when displaying behaviors that the average person is not afflicted with. These conditions are not always at the extreme levels and each of us, being Alcoholics, have a degree or behavioral problems that are outside of the normal range else why would we need to attend AA meetings. Let us consider the normal range to be 5 degrees on either side of the center line. The extremes of the abnormal behavioral problems extend out to 50% on either side of the centerline. Let us take Fear as an example. Some people are so fearful they are afraid to leave their home, while others are so fearless that they may dive off a cliff into a pool of water. These are extremes, and we all fall somewhere in between. Those of us who are fortunate enough not to be afflicted by those pre-mentioned mental disorders, are blessed in the sense that, practicing the principles of Alcoholics Anonymous, can bring us back towards the center line and we can lead a somewhat normal life.

For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of being Judgmental about Their Outward Behavior, we are still outside the normal range ourselves, and when we replace the habit of being judgmental with the habits of Compassion and Empathy, we are somewhat closer to the center line. We can change all those alcoholic behaviors when we recognize them, simply by looking deeper into our motives for our actions pointed out in the A.A. program. Steps Six and Seven begin this process of recognizing our defects of character, based on our thinking, and changing the shortcomings or actions that result from those thoughts. "There are those too who suffer from grave emotional and mental disorders but many of them do recover if they have the capacity to be honest." (BB pg. 58) My question is, do we have the capacity to be accepting when we recognize that some of us have these, uncontrollable deeper-rooted issues and that we cannot compare them to ourselves and be Judgmental about these difficulties. Love, Compassion and Empathy are the center line positions in these cases. **They need our understanding.**

\* \* \* \* \*

## **Phone Committee Opportunities**

### **12-Step Volunteers**

Men and women 12-Step-Call Volunteers are needed for North San Diego County

- **Requirement:** One year of sobriety
- **Term:** One year (may be extended)

### **After-Hours Phone Volunteers**

We are currently in need of trained phone volunteers for open commitments and trained substitutes willing to step in when unexpected circumstances arise.

- **Requirement:** (Suggested): One year of sobriety, completed orientation
- **Term:** One year (may be extended)

#### **IMPORTANT**

RSVP by the  
4th Wednesday  
The Wednesday before the  
4th Saturday  
760-758-2514

#### **ORIENTATION FOR**

(old and New)

#### **12-Step & After-Hours Phone Volunteers**

is held on the  
**4th Saturday**  
every month  
via Zoom

## North County Intergroup Association of A. A.

### Financial Highlights FYTD

July 2023 - June 2024

Summary	Jul-2023	Aug-2023	FYTD Actuals
<b>Total Sales</b>	3,704	4,217	7,921
<b>Total Cost of Goods Sold</b>	3,143	3,584	6,727
<b>Total Discounts (Net)</b>			-
<b>Gross Profit for Sales</b>	560	633	1,193
			-
<b>Group Contributions</b>	10,991	8,496	19,487
<b>Member Contributions</b>	706	351	1,057
<b>Traditions Breakfast (Net)</b>	-	-	-
<b>Anniversary Meeting (Net)</b>	-	(57)	(57)
<b>Bank Interest Earned</b>	285	296	581
<b>Total Other Revenue</b>	11,982	9,086	21,068
<b>Total Revenue</b>	12,542	9,719	22,261
<b>Total Operations Expense</b>	8,164	11,876	20,040
<b>Other Misc Expenditures</b>			-
<b>Net Profit or (Loss)</b>	4,378	(2,157)	2,221
<b>YTD Net Profit or (Loss)</b>	4,378	2,221	

### Prudent Reserve Status

Business Checking / Current Month	Jul-2023	Aug-2023	FYTD Avg
<b>Money Market Total</b>	17,436	17,437	17,436
CD #3371 7MO US Bank (12/2/23)	20,140	20,211	20,175
CD #3678 11MO US Bank (4/2/24)	20,143	20,216	20,179
CD #3926 15MO US Bank (8/2/24)	20,146	20,220	20,183
CD #4064 19MO US Bank (12/2/24)	20,149	20,226	20,187
<b>Certificates of Deposit Total</b>	80,578	80,873	80,725
<b>Total Prudent Reserve Funds</b>	98,013	98,309	98,161
<b>Current Month Operating Expense</b>	8,164	11,876	10,020
<b>Number of Months in Reserve Funds</b>	12	8	10



Intergroup Contributions From AA Groups	FYTD 2022- 2023 Thru		Current	FYTD JUL_2023
	JUN	JUL_2023	AUG_2023	Thru JUN_2024
Bonsal Burning Embers	411	-	-	-
Borrego Springs - SUN 11AM Spiritual Progress at Senior Center	90	500	-	500
Camp Pendleton - FRI Dry Dock 20 (SARP)	20	-	-	-
Camp Pendleton - WED Tag Team	20	-	-	-
Cardiff - Back to Basics 7AM M-W-F #94406 (was 614661)	2,193	186	135	321
Cardiff - Friday Happy Hours	524	-	-	-
Cardiff - Ki's Weekender	1,527	-	50	50
Cardiff - Wed-Sun 7:30AM Glen Park	569	-	-	-
Cardiff - Zoom House	-	-	-	-
Carlsbad - FRI Nite Lights 6PM GSO #000115831	-	82	-	82
Carlsbad - MON Night Step A Month Study Group 158720	1,164	371	-	371
Carlsbad - SAT 9AM Women Living In Recovery	708	359	-	359
Carlsbad - Sobriety Rocks 830 AM Daily Reflection 705313	4,750	1,400	-	1,400
Carlsbad - Sobriety Rocks SAT Night	899	-	504	504
Carlsbad - Step Sisters FRI 630PM at New Song Church	386	339	-	339
Carlsbad - WED Night Women Living in the Solution #125405	533	-	318	318
Carlsbad 7AM Daily Zoomhouse	75	-	-	-
Carlsbad SAT 4PM Calavera Park	213	-	-	-
Carlsbad- SUN 9AM Poinsettia Reflections	198	-	126	126
Carlsbad TUE Men's Group at Heritage Hall	868	275	451	726
Carlsbad Village People AA Zoom Group	938	25	103	128
Del Mar - Men's God or Vodka 691188	3,022	-	1,110	1,110
Del Mar - MON Under Repair @ Del Mar Automotive	195	-	-	-
Del Mar - Sunday (121575)	722	-	-	-
Encinitas - Balour Groups - 126248 / 094625	600	-	-	-
Encinitas - FRI 10AM Women's 12x12 Book Study 658941	431	-	-	-
Encinitas - FRI 630PM Balour Women's Step Study	97	-	-	-
Encinitas - FRI 730pm 11th Step Meeting	260	-	-	-
Encinitas - FRI 7AM Women's Sunrise Step Study	385	290	-	290
Encinitas - Glen Park WED-SUN 730AM	661	-	-	-
Encinitas - MON Nite Big Book Study	240	-	-	-
Encinitas - MON North Coastal Women's 725454	1,148	197	-	197
Encinitas - MON Women Living In The Solution #144963	424	39	-	39
Encinitas - San Dieguito Fellowship (aka 2nd St)	1,000	500	-	500
Encinitas - SAT 8 AM Women of Olivenhain Group 652027	573	-	-	-
Encinitas - SAT Dr Bob's V	54	-	-	-
Encinitas - SAT Surf Dogs 989954	596	-	-	-
Encinitas - SUN 630 PM Women's 11TH Step Meditation	458	-	-	-
Encinitas - SUN 830AM Cottonwood Creek Park	215	268	-	268
Encinitas - THU Women's Roving AA Group 166964	169	-	-	-
Encinitas - TUE 7 PM North Coastal Men's 686387	1,178	-	214	214
Encinitas - TUE Night Men's (691466)	946	-	-	-
Encinitas - WED 10AM Women's Love & Tolerance	379	423	-	423
Escondido - ACE Online #2	100	-	-	-
Escondido - ACE Zoom Nightly 6'er	1,593	65	197	262
Escondido - Alano Club (ACE)	100	-	-	-
Escondido - Attitudes 7AM Daily In Person	6,006	-	-	-
Escondido - Attitudes 7AM Daily on Zoom	4,200	-	-	-
Escondido - Daily Reflections #715620	474	-	-	-
Escondido - FRI 6PM @ Alano Club	100	-	-	-
Escondido - FRI 8PM Candlelight at ACE	5	-	-	-
Escondido - FRI Pizza & Cigars Men's	300	-	-	-
Escondido - Grass Roots AA WED Noon	120	-	-	-
Escondido - Lounge Lizards Men's FRI 730PM	194	-	-	-
Escondido - Men's Misfits Book Study WED 7PM	2,080	-	-	-
Escondido - MON 10AM BB and 12 & 12 Study	35	-	-	-
Escondido - MON 6PM Women's Book Study on Zoom	165	12	-	12
Escondido - MON Big Book 8PM @ ACE	24	-	-	-
Escondido - MON Noon Lunch Bunch	150	-	-	-

Intergroup Contributions From AA Groups	FYTD 2022- 2023 Thru JUN	JUL_2023	Current AUG_2023	FYTD JUL_2023 Thru JUN_2024
Escondido - MON Women's Zoom Speaker	550	70	-	70
Escondido - SAT 10AM Women's "A New Beginning" GSO 162446	554	-	-	-
Escondido - SAT 10PM The Nest LGBT & Allies at ACE	2	-	-	-
Escondido - Sat 9AM Taxi Group 161982	70	-	-	-
Escondido - SAT BEGOT GSO 113952	250	-	-	-
Escondido - Sat Noon at ACE	80	-	-	-
Escondido - SAT We Not Me Group 730PM	733	-	-	-
Escondido - SAT Womens SYOA Group	210	-	-	-
Escondido - SUN 730 PM Speakers at ACE	42	-	-	-
Escondido - SUN 930AM Taxicab	251	-	-	-
Escondido - Sunday Morning Paper	437	84	-	84
Escondido - THU 615PM Women's 12x12 GSO 145426	150	-	-	-
Escondido - THU Living Room 12 & 12 Group	406	-	-	-
Escondido - TUE 6PM at Alano Club	315	-	-	-
Escondido - TUE 6PM Women's As Bill Sees It	533	-	30	30
Escondido - TUE Noon at Alano Club	73	-	-	-
Escondido - WED 6PM at ACE	101	-	-	-
Escondido - WED Noon As Bill Sees It	320	-	-	-
Escondido -THU 6PM Mix At Six	88	-	-	-
Fallbrook - FRI Goat Barn Group #371640	600	-	260	260
Fallbrook - FRI Noon Happy Hour at Community Baptist	173	-	-	-
Fallbrook - Men's We R Not Saints WED 730PM #133736	260	-	-	-
Fallbrook - MON Noon at Hilltop	349	-	-	-
Fallbrook - SAT 10AM at Hilltop	32	-	-	-
Fallbrook - SUN 8 AM Steps 1-2-3 at FPUD 168661	595	-	-	-
Fallbrook - THU Noon at Hilltop	110	-	-	-
Fallbrook - TUE 630PM Men's Step Study at Hilltop Center	625	-	-	-
Fallbrook - TUE Women's Turn It Over	50	50	-	50
Group - 149444	53	-	-	-
Group - 3PM Zoomers	21	-	-	-
Group - 630869	40	-	-	-
Group - 698543	48	-	-	-
Group - 719934	263	-	-	-
Group - 725500	28	-	-	-
Group - Eyeopeners Daily Reflection	-	287	-	287
Group - LGBTQ and Friends	43	-	-	-
Group - North County Women's Literature Study	138	-	-	-
Group - Ocean Air Nooner	156	-	-	-
Group - Riding Sober	40	-	-	-
Group - THU Night Zoomers #000440871	203	-	-	-
Group - Tidewater	26	-	-	-
Group- Anon Group	-	-	26	26
Group Online "52 Weeks"	26	-	-	-
Group Online TUE 6PM Closed Women As Bill Sees it	11	-	-	-
Group Online Women's - Letting Go	30	-	-	-
Julian - TUE 6PM Sisters in Recovery #660727	25	-	-	-
La Costa 12 Steps and Traditions	110	-	125	125
La Costa MON 7PM Womens #705535	56	-	-	-
La Costa THU 8PM at St Elizabeth Seton Catholic Church #639000	114	-	-	-
Leucadia - Six Step House Daily Meetings	2,505	750	-	750
LGBTQ and Friends GSO #335539	46	-	-	-
Oceanside - Camelot Fellowship	6,000	-	-	-
Oceanside - Daily Noon Brown Baggers (NCAC) 100836	250	-	-	-
Oceanside - Fire Mountain Fellowship (Men's)	1,049	-	-	-
Oceanside - Freethinkers Zoom	30	-	-	-
Oceanside - FRI 5PM As Bill Sees It	150	-	100	100
Oceanside - FRI 7AM Attitude Adjustment (formerly at King of Kings)	138	-	-	-
Oceanside - FRI 7PM Irregulars Speaker & Disc	135	-	-	-
Oceanside - FRI Noon Brown Baggers at NCAC	339	-	-	-



Intergroup Contributions From AA Groups	FYTD 2022- 2023 Thru JUN	JUL_2023	Current AUG_2023	FYTD JUL_2023 Thru JUN_2024
Oceanside - MON 7PM Tri-City Recovery	257	-	-	-
Oceanside - MON 8PM 12&12 at King of Kings 101714	498	-	-	-
Oceanside - MON Ladies Book of Choice Meeting #299393	50	-	-	-
Oceanside - MON Men's at St. Margaret's	120			-
Oceanside - SAT 11AM at NCAC	596			-
Oceanside - SAT 7 AM No More Hangovers 000062363	-	160		160
Oceanside - SAT 830PM @NCAC Tiki Torch Bon Fire	258	81		81
Oceanside - Saturday 7PM Speakers at NCAC	120	207		207
Oceanside - Saturday 905AM Morning Discussion	893			-
Oceanside - South Oceanside Men's WED 730PM #100636	497			-
Oceanside - SUN 7PM at NCAC	234	63		63
Oceanside - THU 630PM Girls With Gratitude	137			-
Oceanside - THU Night Beginners at NCAC	100			-
Oceanside - TUE 7PM Chip-in Group #141126	364	163		163
Oceanside - TUE Beginners at Immanuel	90			-
Oceanside - WED 5PM SOS Big Book Study	120			-
Oceanside - WED 7PM Womens Singleness of Purpose #712613	668	399		399
Oceanside - WED Noon - Stools and Bottles at NCAC	52			-
Oceanside - WED Noon - Stools and Bottles at NCAC	52			-
Oceanside - WED Noon Women's Handbag Meeting #606873	448			-
Oceanside -SUN 11AM Discussion NCAC	125			-
Oceanside -THU Noon Brown Bagger at NCAC	137			-
Oceanside -THU Women's 12x12 Study #338069	360	142		142
Oceanside -TUE 7AM Big Book (NCAC)	165			-
Oceanside -TUE 8PM at NCAC	60			-
Olivenhain - SUN 5pm Closed Men's Earlybirds	513			-
Olivenhain - TUE Night Men's 530 (691466)	-	200	400	600
Pauma Valley - WED 7PM Red Trail Group 697921	238			-
Poway - MON 930 AM Womens Here And Now Group 124993	328			-
Poway -Freedom of Choice Big Book Study #157949	50			-
Poway -FRI 10AM Women's Way Thru The 12 Steps	383	284		284
Poway -FRI 5pm Alive Again #367094	30			-
Poway -FRI Noon Acceptance at St. Bart's	412		541	541
Poway -MON Night Men's	782			-
Poway -SAT Morning Sisters in Recovery	150			-
Poway -SAT Morning Women's Discussion	296			-
Poway -SUN 7AM at PAC	585			-
Poway -SUN 9AM Men's Sunday Morning	1,021			-
Poway -THU 6PM Steppin out with the Ladies	106			-
Poway -THU Noon Fresh Start at St. Bart's Keeping It Simple	293	200		200
Poway -TUE 730PM Men's Group 145339	352		220	220
Poway -TUE Noon Keeping it Simple at St. Bart's #51105	300			-
Poway -TUE Old School Men's	400			-
Poway -Women Seeking Solutions #640365	209			-
Poway -Womens Winner-Winner Chicken Dinner GSO 725344	375			-
Ramona Backwoods Revival	120			-
Ramona -WED Men's Discussion 8PM at RRC	-		250	250
Rancho Bernardo - San Rafael Disc. FRI 7AM	70			-
Rancho Bernardo Daily Early Birds 7AM	1,000			-
Rancho Bernardo -MON Noon Men's HALT	160			-
Rancho Bernardo -MON Women's Big Book MON 730PM	176			-
Rancho Bernardo -TGIF at 8PM Group 136313	343	75		75
Rancho Bernardo -THU 7PM As Bill Sees It (619740)	585		267	267
Rancho Bernardo -TUE Women Seeking Solutions #640365	265		104	104
Rancho Santa Fe - Just the Black Print (713516)	1,367	1,144		1,144
Rancho Santa Fe - MON 7PM Big Book Disc Group	286			-
Rancho Santa Fe -FRI Beginners (163076)	203	48		48
Rancho Santa Fe -THU Noon Prof Women 169665	678			-
Rincon -Friday Night Carry the Message	387			-

Intergroup Contributions From AA Groups	FYTD 2022- 2023 Thru JUN	JUL_2023	Current AUG_2023	FYTD JUL_2023 Thru JUN_2024
Rincon Res - Step Study at Fire Station GSO 723004	150			-
San Marcos - FRI Nite Problems & Solutions	120			-
San Marcos - FRI Speaker & Participation 7:45 at Panorama Center	-		1,157	1,157
San Marcos - FRI Waterworks 12&12	117			-
San Marcos - Men's WED 630 PM Blind Leading the Blind #652308	101			-
San Marcos - MON 7AM Broken Yolk	20	15		15
San Marcos - MON 7PM Rose Ranch	560		125	125
San Marcos - MON Night Rose Ranch Men's #172523	774			-
San Marcos - MON Noon Promise of a New Day #664247	577			-
San Marcos - SAT 3PM Discovery Group at St. Mark's	100		150	150
San Marcos - SAT Night Speakers	1,250			-
San Marcos - SUN 10AM Daily Reflections GSO 100813	550			-
San Marcos - SUN Misfits Women's (684196)	420		106	106
San Marcos - TUE 7PM "Out of the Woods" Book Study #712487	389			-
San Marcos - TUE 7PM Avalon One GSO 163394	204			-
San Marcos - TUE Sunset Sisters	706			-
San Marcos - WED "The Readers" at Panorama Center	200			-
San Marcos - WED Noon Stick Meeting	920			-
San Marcos -TUE Rose Ranch Men's 8 PM	345			-
Santa Ysabel -TUE Back Country Book Study (630869)	50			-
Shelter Valley -MON 11AM Keep It Simple	60			-
Solana Beach -MON-FRI 7AM Belly Up 3rd Tradition	12,740	1,191	900	2,091
Solana Beach -THU Noon Women's Hope & Trust	702		(200)	(200)
Sorrento Valley -Nooners	594			-
Valley Center - 2nd SUN Rovers Welcome Home Group	98	50		50
Valley Center -MON 7PM Slow Learners BBSG (689359)	106			-
Vista - Daily Came To Believe at Emmanuel Bible Church	345			-
Vista - FRI Sunset Speakers	810			-
Vista - MON 730pm Men's - Filling Station (STEPS)	1,375			-
Vista - MON Discussion GSO 148993	136			-
Vista - Noon Solutions Online	825		50	50
Vista - SAT Women's Hope & Gratitude #719934	560			-
Vista - SUN 10AM at Gas & Steam Museum	200			-
Vista - SUN 6pm Women's Literature Study #772316	153			-
Vista - TUE Came to Believe 7:00PM	1,140			-
Vista - WED 630PM Free Thinking Women 714985	75			-
Vista -THU Robber's Roost Men's Group	2,400		600	600
Vista -THU Women Living in the Solution Group 161663	278			-
Vista -TUE 6 PM Womens 12x12 at Steps	331			-
Vista -TUE 6pm Not So Tipsy	227		77	77
Total	115,085	10,991	8,496	19,487

# One Page At A Time For One Day At A Time

One of the best assets in the spiritual toolbox given to me by the oldtimers of Alcoholics Anonymous has been the requirement to read and study the Big Book. The only greater tool for my personal sobriety has been the concept of working with and helping other alcoholics achieve their lasting sobriety. In the process of doing both actions I discovered a painless way to read the main part of the Big Book every six months. The method allows me and those I have shared it with the opportunity to read, and take the time to comprehend, just one page at a time, one day at a time. The pages at the front of the book, those preceding pages numbered 1 to 164, have as much significance historically and personally as the “meat” of the book and tend to be a good introduction to the study of it. Therefore, the pages can be dated according to the following table in order to mark the first day of each month, then later you can fill in the dates on all the remaining pages between.

Each page will have two dates labelled upon it, about six months apart. A pencil is recommended to allow for the possibility of errors in marking. On June 30 you will need to read six pages and on December 31 three pages, but on all other days you only study one page. In Leap Years simply re-read page 37 on February 29. In this manner the Big Book's main section can be read once every six months.

This numbering system is based on the pages in the Fourth Edition. For all future editions those exact same page labels are to be retained, with the exception that any newly added pages (such as the forwards to succeeding editions) near the beginning of the book are to be read on January 1 and July 1. Be sure to date the first page of The Doctor's Opinion (Jan 15 and Jul 15) and the first page of Bill's Story (Jan 23 and Jul 23) according to the table below, since the page number will change for The Doctor's Opinion in future editions. That would allow for all members of AA to be on the same page for each day as their fellow members, for purposes of discussion groups or study with a sponsor. This method of only reading one single page of the main body per day encourages the discipline of focusing on just one concept at a time rather than trying to comprehend a number of concepts within a larger number of pages of reading, thus, ensuring better retention.

The following table is used to begin your labeling process, then fill in the labels for the intervening pages:

Date	Page#	Date	Page#	
Jan 1	xi	Jul 1	xi	Preface(Fourth Edition)
Jan 15	xxv (page# can change)	Jul 15	xxv	First page of The Doctor's Opinion
Jan 23	1	Jul 23	1	First page of Bill's Story
Feb 1	10	Aug 1	10	
Mar 1	38	Sep 1	41	
Apr 1	69	Oct 1	71	
May 1	99	Nov 1	102	
Jun 1	130	Dec 1	132	
Jun 30(a)	159	Dec 31(a)	162	
Jun 30(b)	160	Dec 31(b)	163	
Jun 30(c)	161	Dec 31(c)	164	
Jun 30(d)	162			
Jun 30(e)	163			
Jun 30(f)	164			

Additional reading within the Big Book is encouraged. Be certain to read Dr. Bob's story beginning on page 171. If you read the 42 personal stories and the appendices in the back of the book at the rate of one or two stories each week you will complete the entire book every six months.

This practice will give you a deep foundation to draw upon in times of trouble. Once you have an appetite for reading the rich history of AA you will want to explore other AA books and literature. Good reading and good sobriety to all!

# Green Can

To help carry the AA message

## Intro

- Jails, Prisons, Fire Camps
- Treatment Centers, Rehabs, Detoxes

Full accounting of all funds received and expenditures made is available monthly @ [NCHandl.org](mailto:NCHandl.org)

NCAIC  
P. O. Box 4013  
Carlsbad, CA  
92018

Full accounting of all funds received and expenditures made is available monthly @ [NCHandl.org](mailto:NCHandl.org)

***North County Area Institutions Committee***

# Green Can

To help carry the AA message

## Intro

- Jails, Prisons, Fire Camps
- Treatment Centers, Rehabs, Detoxes

8:58 AM  
09/04/23  
Cash Basis

# NCAIC Group Contributions August 2023

	Green Can		Group Contribution		TOTAL	
	Aug 23	Jan - Aug 23	Aug 23	Jan - Aug 23	Aug 23	Jan - Aug 23
As Bill Sees It Thursday 619740	0.00	0.00	53.35	53.35	53.35	53.35
Avalon I 94058	0.00	0.00	0.00	20.00	0.00	20.00
Back to Basics 94406	0.00	0.00	0.00	242.10	0.00	242.10
Balour Group	0.00	0.00	0.00	50.00	0.00	50.00
Belly Up Third Tradition 162613	0.00	0.00	180.01	1,744.89	180.01	1,744.89
Best Show for a Buck Group	0.00	0.00	0.00	15.00	0.00	15.00
Brown Baggers 37599	0.00	0.00	0.00	159.98	0.00	159.98
Calavera Fellowship - 0322210	0.00	0.00	0.00	6.30	0.00	6.30
Chip-N-Group 141126	0.00	0.00	0.00	241.00	0.00	241.00
Daily Reflections Escondido 715620	0.00	0.00	0.00	48.00	0.00	48.00
Dalton G	0.00	0.00	0.00	10.00	0.00	10.00
Encinitas Friday Women's 12 x 12 658941	0.00	0.00	0.00	56.70	0.00	56.70
Encinitas Tues Night Mens 691466	0.00	0.00	60.00	60.00	60.00	60.00
Escondido Alano Club Sat noon	0.00	0.00	0.00	30.00	0.00	30.00
Escondido Alano Club Thursday 6 pm	0.00	0.00	40.00	55.00	40.00	55.00
Escondido Discussion 163410	0.00	0.00	0.00	22.00	0.00	22.00
Free Thinking Women 677005	0.00	0.00	0.00	120.00	0.00	120.00
Free Thinking Women 714985	0.00	0.00	0.00	50.00	0.00	50.00
Friday Night Beginner's Meeting 0163076	0.00	0.00	0.00	560.00	0.00	560.00
Friday Noon St Bartholomew's 51099	0.00	0.00	285.00	485.00	285.00	485.00
Glen Park Wed-Sun AM	0.00	0.00	0.00	117.20	0.00	117.20
God or Vodka 691188	0.00	0.00	101.00	210.62	101.00	210.62
Handbag Wednesday Oceanside 606873	0.00	0.00	30.00	30.00	30.00	30.00
Heritage Health Men's Zoom	0.00	0.00	0.00	55.00	0.00	55.00
Individual Contribution	0.00	160.42	0.00	120.70	0.00	271.12
Just the Black Print Group 713516	0.00	0.00	0.00	781.35	0.00	781.35
Keeping It Simple 126426	0.00	0.00	0.00	50.00	0.00	50.00
KI's Weekender	0.00	275.00	0.00	89.19	0.00	364.19
King of Kings 647509	0.00	0.00	0.00	25.00	0.00	25.00
Ladies Book of Choice 299393	0.00	0.00	0.00	50.00	0.00	50.00
LGBTQ and Friends 335539	0.00	0.00	0.00	13.19	0.00	13.19
Men's Filling Station	0.00	510.00	0.00	275.00	0.00	785.00
Misfits Mens Group 672294	0.00	1,225.20	0.00	40.00	0.00	1,265.20
NC Young Women's Literature Study 722316	0.00	0.00	0.00	5.00	0.00	5.00
NCAC Speaker Meeting	0.00	0.00	0.00	41.30	0.00	41.30
New Beginning 162446	0.00	0.00	0.00	38.12	0.00	38.12
No More Hangovers	0.00	0.00	0.00	100.00	0.00	100.00
North Coastal Calle Barcelona 686387	0.00	0.00	61.14	190.43	61.14	190.43
North Coastal Women's Group 725454	0.00	0.00	0.00	163.20	0.00	163.20
Not Too Tipsy	0.00	60.00	0.00	0.00	0.00	60.00
NSDYPAA	0.00	159.18	0.00	0.00	0.00	159.18
Oceanside Pierview Mens 645297	0.00	0.00	0.00	153.00	0.00	153.00
Old School Study Group	0.00	260.00	0.00	0.00	0.00	260.00
Olivenhain Mens Stag 0164542	0.00	0.00	100.00	145.88	100.00	145.88



8:58 AM  
09/04/23  
Cash Basis

# NCAIC Group Contributions August 2023

	Green Can		Group Contribution		TOTAL	
	Aug 23	Jan - Aug 23	Aug 23	Jan - Aug 23	Aug 23	Jan - Aug 23
Out of the Woods 712487	0.00	0.00	0.00	26.00	0.00	26.00
Poinsettia Reflections Group 468281	0.00	0.00	42.10	81.76	42.10	81.76
Poway Men's Group	0.00	493.00	0.00	0.00	0.00	493.00
Ramona Backwoods Revival Meeting	0.00	0.00	0.00	20.00	0.00	20.00
Rancho Bernardo Early Birds	0.00	1,000.00	0.00	0.00	0.00	1,000.00
Robbers Roost	253.01	1,244.89	50.00	100.00	303.01	1,344.89
Rose Ranch Monday Night San Marcos 172523	0.00	0.00	25.00	172.30	25.00	172.30
Rose Ranch Tuesday Night Men's Group	0.00	72.00	0.00	0.00	0.00	72.00
San Dieguito Fellowship	0.00	0.00	100.00	300.00	100.00	300.00
Saturday 11am Discussion - 713514	0.00	0.00	0.00	21.35	0.00	21.35
Saturday Night Speakers Meeting	0.00	0.00	0.00	250.00	0.00	250.00
Six Step House AA Meetings	0.00	0.00	0.00	75.00	0.00	75.00
Sobriety Rocks Saturday Night - 712725	0.00	0.00	167.89	167.89	167.89	167.89
South Oceanside Men's	0.00	0.00	0.00	57.78	0.00	57.78
Spiritual Progress Sunday 609170	0.00	0.00	0.00	18.00	0.00	18.00
Step A Month	0.00	0.00	0.00	165.90	0.00	165.90
Sunday Del Mar 8 PM 121575	0.00	0.00	78.59	103.55	78.59	103.55
Sunday Morning Gas & Steam Museum	0.00	0.00	0.00	30.00	0.00	30.00
Sunday Morning Taxi Cab Meeting	0.00	0.00	0.00	53.00	0.00	53.00
Surf Dogs 989954	0.00	0.00	0.00	119.24	0.00	119.24
TGIF 136313	0.00	294.16	0.00	0.00	0.00	294.16
Thursday Night Carlsbad AA Zoomers 440871	0.00	0.00	0.00	40.60	0.00	40.60
Thursday Noon Women's Meeting 169665	0.00	0.00	0.00	101.90	0.00	101.90
Tuesday Men's Step Study - 722630	0.00	0.00	0.00	44.00	0.00	44.00
Tuesday Women's Group 640365	0.00	0.00	0.00	54.40	0.00	54.40
Valley Center Monthly Potluck Rovers	0.00	0.00	0.00	20.00	0.00	20.00
Vista Women's Literature Study 772316	0.00	0.00	0.00	25.00	0.00	25.00
We Not Me 712724	0.00	0.00	0.00	67.00	0.00	67.00
Wed Mens Hole in the Wall	0.00	120.00	0.00	0.00	0.00	120.00
Wednesday Nite Mens	0.00	0.00	0.00	21.00	0.00	21.00
Women's 11th Step 688187	0.00	0.00	0.00	61.60	0.00	61.60
Women's Misfits Sunday San Marcos 684190	0.00	0.00	26.60	66.60	26.60	66.60
Women's Sunrise Step Study	0.00	0.00	0.00	59.30	0.00	59.30
Women Living in the Solution 144963	0.00	0.00	0.00	52.00	0.00	52.00
Women of Olivenhain 652027	0.00	30.18	0.00	0.00	0.00	30.18
Women Seeking Solutions through the Steps	0.00	0.00	0.00	51.60	0.00	51.60
TOTAL	253.01	5,894.03	1,400.68	9,150.27	1,653.69	15,044.30