

# September 2022



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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 (Short Form) AA, 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.



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## The Persons We Have Harmed

It's Time to Pay the Piper

By Rick R.

How many of us show up at the doors of Alcoholics Anonymous (A.A.) ready to start exploring our past and all the issues that we have had with our fellow man? Not me! I came here with a rationalizing, alcoholic mind, and the last thing I intended to do was to go searching for more things to hate about myself. The alcoholic within me was pointing the finger at them to minimize the appearance that I was at fault. My mind was constantly spinning yarns to have the right answers ready should anyone question why I did the things I did. In all my waking hours, I got no peace of mind unless I had something to drink in me, and when that happened, it diminished the need to care about other people and, in fact, it immediately turned into drunken arrogance and often into verbal and physical confrontations. A life lived by those standards can only end in destruction, and when we have the option to drink it away, we can put it off indefinitely, but eventually we will have to pay the piper.

Not everyone can repair all the damage they have done in the past, to our families and friends, and that is simply because some of them have moved on and may not be concerned about what our plans are, and they do not see the need to be involved in the drama that the alcoholic is going through, especially with their memory of the failed *good intentions* of the past. Until we have a history of changing our way of life and putting some time between us and that snapshot of our last drunken debacle, we cannot expect any recognition from them since they are not following us around every day recording our progress.

When it comes to making a list of all the persons we have harmed, the first thought that came to my mind was, *How far do I go with this list?*

(Continued on page 7)

**North County Intergroup Association of A.A.**  
**Meeting Minutes: September 14, 2022**

Attendance: Tom C., Chair; Mike L., Co-Chair; Anne R., Secretary; Ken G., Office Manager  
 Traditions read by: Danny O., Archives Committee Chair  
 Prior Month's Minutes were read by Anne R., Secretary. Amended to include the \$5,000 donation for ASL support was approved by the Business Committee. Moved, seconded, and approved.

Financial Report: The report below was read by Ken in Rozee's absence. Moved, seconded, and approved.

**Financial Highlights (FYTD)**  
**July 2022 - June 2023**

Summary	Jul-2022	Aug-2022	FYTD Actuals
Total Sales	2,750	2,334	5,084
Total Cost of Goods Sold	2,472	2,094	4,566
Gross Profit for Sales	279	239	518
Group Contributions	12,686	7,741	20,428
Member Contributions	648	327	975
Other Contributions	132	60	192
Traditions Breakfast (Net)	-	-	-
Anniversary Meeting (Net)	-	157	157
Bank Interest Earned	8	10	18
Total Revenue	13,753	8,535	22,288
Total Operations Expense	8,416	8,379	16,796
Net Profit or (Loss)	5,337	156	5,493
YTD Net Profit or (Loss)	5,337	5,493	

**Prudent Reserve Status**

Total Savings / Current Month Operating Expense	Aug-2022
Money Market	35,246
Savings CD's	62,153
Total Prudent Reserve Funds	97,399
Current Month Operating Expense	8,379
Number of Months in Reserve Funds	11.6

Central Office Report: Ken reported that volunteers are increasing; call Liz at 760-758-2514 if interested. Long-awaited books have come in; call ahead to make sure quantities are on hand. The Grapevines are also selling well.

Public Information: Caroline and Jim R. showed pictures of the Fallbrook and Carlsbad library displays. Foot traffic is very good in Carlsbad; sales are brisk in Fallbrook.

Phone Committee: Jim R. reported there are no open shifts at this time! He thanked Central Office for their support and urged those interested to attend the training Sept. 17<sup>th</sup> – one hour at 9:30 am. We are still in need of filling 12-Step calls for men and women – call Liz at CO for the areas in most need.

Archives Committee: Danny O. is always looking for items of historical value. He volunteered to make house calls to collect data if needed. Contact information is available thru CO and the Viewpoint. He is especially interested in gathering long timer (40+ years) oral reports, preferably from No. County members.

Outreach Committee: Margaret reported she worked with Liz to update the phone list. Not too successful but will keep trying. She is gathering people from East County, and thanked Jim for all his support.

H&I Committee: Hew B. gave September's Financial Report:

Green Can Collection: \$187.00

Group Donations: \$965.38

Total Income: \$1,152.38

Expenses: \$125.45

H&I will be celebrating Fall with a "Back to Service" program. New opportunities for service: A new facility, Rainbow Glen in Fallbrook Men's Detox looking for panels – call Mark G. 760-472-1950. Six Step House is activated with 4 panels already set up.

Area Assembly: Need a volunteer for once-a-month commitment over zoom. Contact Tom C. or CO.

Business Committee: We had 90+ people at the Anniversary celebration at Harding Street. Tom reviewed again the BC's one time approval of \$5,000 for ASL services. Bookmarks and business cards are going to print; 500 of each initially. They will be distributed free in Big Books and Twelve and Twelves.

An election was held to fill a Member-at-Large position. Tom read the qualifications for the post, and Lisa F. stepped up, volunteered and was elected. Thank you, Lisa!

Sadly, our Treasurer Rozee will need to step down due to family health issues. Tom has a possible candidate and will report back. No announcements.

In attendance 31 on Zoom; 14 in person; 4 new reps.

Next Intergroup is October 12, 2022

Meeting adjourned at 7:25 p.m.

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## MEETING GUIDE APP

<https://ncsandiegoaa.org/meeting-guide-app>

FYI ~ Our Website Meeting List uploads to this application daily. We rely on meeting representatives to let us (Central Office) know about your meeting. Please help us keep your information updated.



**NORTH COUNTY  
INTERGROUP CONTRIBUTIONS  
AUGUST 2022**

GROUP CONTRIBUTIONS	AUG
3PM Zoomers	21
Cardiff - Back to Basics 7AM M-W-F #94406 (was 614661)	197
Carlsbad 7AM Daily Zoomhouse	50
Carlsbad - SAT 9AM Women Living In Recovery	359
Carlsbad TUE Men's Group at Heritage Hall	500
Carlsbad Village People AA Zoom Group	80
Del Mar - Men's God or Vodka 691188	741
Encinitas - MON Women Living In The Solution #144963	164
Encinitas - TUE Night Men's (691466)	300
Escondido Womens SYOA Group	150
Escondido - ACE Zoom Nightly 6'er	66
Escondido - WED Noon As Bill Sees It	150
Escondido - We Not Me Group SAT 730PM	398
Escondido ACE Online #2	25
Escondido THU 6PM Mix At Six	88
Escondido TUE 6PM at Alano Club	265
Fallbrook - Men's We R Not Saints WED 730PM #133736	100
Fallbrook FRI Goat Barn Group #371640	120
LGBTQ and Friends	43
Ocean Air Nooner	156
Oceanside - Chip-in Group TUE 7PM #141126	51
Oceanside Daily Noon Brown Baggers (NCAC) 100836	250
Oceanside SUN 11AM Discussion NCAC	125
Oceanside - SUN 7PM at NCAC	73
Poway MON Night Men's	462
Poway - Men's Sunday Morning SUN 9AM	59
Poway - TUE 730PM Men's Group	60
San Marcos - MON 7PM Rose Ranch	26
San Marcos - WED "The Readers" at Panorama Center	200
San Marcos - SUN 10AM Daily Reflections GSO 100813	50
San Marcos - Men's WED 630 PM Blind Leading the Blind #652308	56
Solana Beach - Belly Up 3rd Tradition 7AM M-F	1,490
Sorrento Valley Nooners	139
Tidewater	26
Vista - THU Women Living in the Solution Group 161663	51
Vista - Robber's Roost Men's Group	600
<b>Total</b>	<b>7,691</b>

**NORTH COUNTY  
H&I NEWS**

NC H&I will be celebrating the back-to-school season with a "Back to Service" themed opportunity to participate in Hospitals and Institutions here in San Diego North County

A new facility has opened in our area

Rainbow Glen in Fallbrook Men's Detox has service opportunities available for groups willing to do panels -- please contact Mark G 760.472.1950

In addition we have activated a Six Step House H&I committee and we have already set up four panels live in September with 40 new H&I participants panel

Thank you Six Step House for your service!

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**September Financial Report**

Green Can Collection \$187.00

Group Donations \$965.38

Total income \$1,152.38

Expenses \$125.45

Beginning Aug Balance 8.1.22

\$15,380.68

Ending Balance 8.31.22

\$16,582.07

(The Persons We Have Harmed, *Continued*)

My thought on that is, what amount of peace of mind would I be satisfied with? The most obvious people are the ones that are closest to us such as family, friends, employers, and as I list those, I can spiral outward to the more remote people like relatives, friends from the past, and so on.

The last thing I hear questioned is who I owe amends to, and again the peace-of-mind issue sets the standard for who goes on the list. First off, if I have completely changed those old behaviors and have put them behind me, I have already mended my ways and all that is left to do is to acknowledge my past mistakes in the presence of the person receiving the amend. I find it easy to level the playing field by simply asking the question: "Have you ever done something that you really regretted?" The answer usually goes: "Of course, who hasn't?" Next, I say, "Can we talk?" You have just leveled the playing field. You can do this with anyone that you feel uncomfortable about, when you hear their name mentioned, and eventually you will run out of people that are constantly renting room in your brain. In the rare occasion when a person responds to your effort to make things right, in a negative way, they may have issues of their own that we are not aware of; you have done all you can, and you can put it behind you. All that free space in your head adds up to *peace of mind*, and you have the rest of your life to complete it.

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## Spotlight

### North County AA Group History

Spotlight is a new monthly feature that presents group histories in our district. Somebody, at some point, found a room, set up a coffee pot and invited another alcoholic or three, and a group was formed. Here's where you can tell us about your group—open, discussion, speaker, hybrid, Big Book study—how it started, where it meets, and when.

Send your group's story to [viewpoint@ncsandiegoaa.org](mailto:viewpoint@ncsandiegoaa.org)

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Here is everything you need to know about the Viewpoint, including how to sign up for it, where to find archive copies, how to submit an article or personal story, and more: <https://ncsandiegoaa.org/viewpoint/viewpoint-info>

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A grasshopper walks into a bar and the bartender says, "Hey, we have a drink named after you!" The grasshopper says, "You have a drink named Kevin?"

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A skeleton walks into a bar and says, "I'd like a beer and a mop."



## NEEDING HELP!

**This is a great 12-Step Service opportunity!**

**Central Office Hotline operates a 24/7 Hotline for Alcoholics and Family members in need of help.**

Once the Central Office closes the After-Hour Phone Committee volunteers answer phones while the office is closed. We need help for **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 needs and Carrying the Message to callers. **This is a great way to be of service!**

If you're interested, please contact the Central Office at (760) 758-2514 or Jim Roberts @ 619-890-2299 for more information.

## **CURRENTLY WE HAVE NO OPEN SHIFTS**

**But we're looking to create a waiting list for future After-Hour Phone Volunteer opening(s).**

If you have any questions or interested in being one of these Volunteer, please contact Jim R: Phone Chairperson Jim R. 619-890-2299 or [JimR@ncsandiegoaa.org](mailto:JimR@ncsandiegoaa.org)

## **ALSO, WE HOLD A MONTHLY ZOOM LEARNING SESSION FOR PHONES AND 12-STEP CALL VOLUNTEERS**

**Date: 3<sup>rd</sup> Saturday of each month**  
**Next Session: Sept. 17, 2022 & Oct. 15, 2022**  
**Time: 9:30 a.m. – 10:45 a.m.**  
**Zoom ID: 837 6983 7573**  
**PW: No password needed – Just email registration**

**Note: Please call or text Jim R. to assist with login @ 619-890-2299.**



## Local Events and Other Notices

Learn about service possibilities! H&I (Hospitals and Institutions) Orientation, North County Alano Club, 4198 Mission Ave, Oceanside, 92057 The third Saturday of every month <https://nchandi.org/orientation>

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Grapevine / La Via Representative Workshop

*When:* Saturday, October 1st , 2022 –11 AM to 1 PM

*Where:* Mira Mesa AlanoClub6727 Flanders Drive, Suite 106 San Diego, CA 92121

*Why:* will teach GV/LV Reps: What does a Rep do? Is GV/LV just a magazine? How to engage AA group?

For more info: [grapevine\\_lavina@area8aa.org](mailto:grapevine_lavina@area8aa.org)

Zoom Hybrid Meeting: ID: 846 7460 0928 PW: 091643

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*With great sadness we share that one of North County's founding members, Pat O'Kelly, passed away in Gardnerville, NV on May 13th. Pat was 87 years old and sober 57 years! She and her husband Bernie (who passed before Pat) started many meetings in North County that are still active today. If you ever attended the Sat Night Speaker Meeting, As Bill Sees It, etcetera, the O'Kelly's have enriched your sobriety. They sponsored and helped so many of us who will forever cherish their help in getting and staying sober. So, let's keep the O'Kelly legacy going. Greet newcomers, take commitments at meetings and uphold our traditions. Pass on what they so freely gave us.*

~Friends of Pat

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