

October
2022



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Step 10—Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10—(Short Form) Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Concept 10—Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.



Personal Story—The Unselfish Spirit	1	<h2>The Unselfish Spirit</h2> <p>Accepting the World as It Is</p> <p>By Rick R.</p> <p>Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. The degree that the individual carries out these two goals is not mandated by the A.A. body and the only requirement for membership is a desire to stop drinking. The A.A. program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of <i>spiritual damage</i> and <i>material wreckage</i>. It seems that our spiritual damage lies in the unseen part of our makeup such as our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self-esteem, and the like. <i>Our material wreckage often comes as the result of our spiritual damage and is the residue of our spiritual condition.</i></p> <p>Selfishness- self –Centeredness! That, we think is the root of our trouble. (pg. 62 BB.) That, being said, isn't it apparent that unselfishness would be the solution to our trouble? That seems to oversimplify the solution but, in my experience, it is so simple that it is usually overlooked. Most alcoholics have spent their lives taking advantage of everything and everyone around them and as the result, have been plagued by the guilt and shame that only a drink could mask. The program of Alcoholics Anonymous (A.A.) suggests that <i>we live by principles</i>, and I cannot find one selfish principle in the Big Book or the 12&12.</p> <p style="text-align: right;"><i>(Continued on page 6)</i></p>
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<p>North County Central Office 1020 S. Santa Fe Ave. Suite B Vista, CA 92084</p> <p>Ph: 760-758-2514 or Email office@NCsandiegoAA.org</p> <p>WWW: NCsandiegoAA.org</p> 		

North County Intergroup Association of A. A. Meeting Minutes October 12, 2022

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, member at large Mike C., Office Manager Ken G.

Traditions: Read by Karl.

Prior Month's Minutes: Read by Tom C., transmission on zoom was breaking up. Carol H corrected minutes saying that PI literature is not sold. Minutes were approved and accepted as amended.

Financial Report: The month-end financial report, presented by Ken G. October revenue \$9,279, expenditures \$13,358 (including \$5000 donation to area ASL fund), net income negative \$4,079, net income year to date \$1,414. Report was approved as presented. The Prudent Reserve at September 2022 month end was 11.7 months. (financials attached)

Financial Highlights (FYTD) July 2022 - June 2023

Summary	Jul-2022	Aug-2022	Sep-2022	FYTD Actuals
Total Sales	2,750	2,334	2,894	7,978
Total Cost of Goods Sold	2,472	2,094	2,469	7,035
Gross Profit for Sales	279	239	425	943
Group Contributions	12,686	7,741	8,529	28,957
Member Contributions	648	327	278	1,253
Other Contributions	132	60	31	223
Traditions Breakfast (Net)	-	-	-	-
Anniversary Meeting (Net)	-	157	-	157
Bank Interest Earned	8	10	17	34
Total Revenue	13,753	8,535	9,279	31,567
Total Operations Expense	8,416	8,379	8,358	25,153
Other Misc Expenditures			5,000	5,000
Net Profit or (Loss)	5,337	156	(4,079)	1,414
YTD Net Profit or (Loss)	5,337	5,493	1,414	

Prudent Reserve Status

Total Savings / Current Month Operating Expense	Jul-2022	Aug-2022	Sep-2022	FYTD Avg
Money Market	35,244	35,246	35,247	35,246
Savings CD's	62,145	62,153	62,168	62,155
Total Prudent Reserve Funds	97,389	97,399	97,415	97,401
Current Month Operating Expense	8,416	8,379	8,358	8,384
Number of Months in Reserve Funds	11.6	11.6	11.7	11.6

Central Office Report: Ken reported that volunteers are needed for office on Saturday morning; call Liz at 760-758-2514 if interested. Liz has contacted NC Spanish Office to discuss what few Spanish literature we should provide at office, Spanish schedules and 20-question pamphlet were mentioned. Liz and Bill D are going to try to meet with Spanish office to discuss further.

Business committee is working on reducing the accumulation of funds in checking account.

NC Central Office Bookmarks – People like them. Currently are being given out with big books and 12 X 12's. Groups can get a few if they stop by Central Office.

Public Information: Caroline reported that there is a veteran's event on October 21 with a booth that needs staffing. Call Caroline at 404-435-0900 and she can give more info. She is also looking for speakers for professional meetings and school events.

Fallbrook and Carlsbad library have literature racks. Foot traffic is very good in Carlsbad; a little less in Fallbrook.

Phone Committee: Jim R. is stepping down as chair; Tom thanked him for his service. Laura C. will be taking over. Currently all phone slots are full, but they need volunteers to add to wait list of people to step up as replacements.

Archives Committee: Tom conveyed that Danny had nothing to report.

Outreach Committee: Margaret had nothing to report.

NCH&I Committee: Hew B. reported that they have replenished books for panels. H&I orientation is third Saturday 9am at Oceanside Alano Club. Green can contributions \$566.16, group donations \$1157.75, Fund balance end of Sept \$11,175.00

Area Assembly: Need a liaison for monthly commitment over zoom. Contact Tom C. or CO.

Business Committee: Anne R. decided to move from Secretary to member-at-large, Jay M. will fill Secretary position. Valarie has stepped up to assume the Treasurer position.

A motion was made to provide Valarie advance funds of \$600 to assemble raffle baskets for the Traditions Breakfast. Approved by majority vote.

Motion was made to allow \$20 per month for phone service to allow CO to accept Venmo donations. Approved by majority vote.

No announcements or questions from IGRs. In attendance 25 representatives on zoom; 3 in person; 1 new rep.

Next Intergroup is November 9, 2022 7 pm.

“Your eyes look red,” said the cop to my friend. “Have you been drinking?”

“Your eyes look glazed,” my friend responded. “Have you been eating donuts?”

NC Intergroup Contributions by Groups	Prior Months	SEP 2022	FYTD TOTAL
3PM Zoomers	21		21
Bonsall Burning Embers	154	257	411
Cardiff - Back to Basics 7AMM-W-F #94406 (was 614661)	391	204	595
Cardiff - Friday Happy Hours	-	524	524
Cardiff - Ki's Weekender	454		454
Carlsbad - MON Night Step A Month Study Group 158720	198		198
Carlsbad - SAT 9AM Women Living In Recovery	359		359
Carlsbad - Sobriety Rocks 830 AM Daily Reflection 705313	1,000		1,000
Carlsbad 7AM Daily Zoomhouse	50		50
Carlsbad SAT 4PM Calavera Park	107		107
Carlsbad TUE Men's Group at Heritage Hall	500		500
Carlsbad Village People AA Zoom Group	191	60	251
Del Mar - Men's God or Vodka 691188	741		741
Encinitas - Cottonwood Creek Park SUN 830AM	121		121
Encinitas - FRI 10AM Women's 12x12 Book Study 658941	233		233
Encinitas - MON Women Living In The Solution #144963	164		164
Encinitas - Monday North Costal Women's	529		529
Encinitas - SAT 8 AM Women of Olivenhain Group 652027	280		280
Encinitas - SUN 630 PM Women's 11TH Step Meditation	150		150
Encinitas - TUE Night Men's (691466)	300	246	546
Encinitas TUE 7 PM North Coastal Men's 686387	285		285
Encinitas WED 10AM Women's Love & Tolerance	379		379
Encinitas - Glen Park WED-SUN 730AM	-	661	661
Escondido - ACE Zoom Nightly 6'er	308	197	505
Escondido - Alano Club (ACE)	100		100
Escondido - Attitudes 7AM Daily on Zoom	-	1,000	1,000
Escondido - Grass Roots AA WED Noon	-	120	120
Escondido - Lounge Lizards Men's FRI 730PM	194		194
Escondido - Men's Misfits Book Study WED 7PM	511	600	1,111
Escondido - THU 615PM Women's 12x12 GSO 145426	-	110	110
Escondido - We Not Me Group SAT 730PM	398		398
Escondido - WED Noon As Bill Sees It	150		150
Escondido ACE Online #2	50		50
Escondido MON 10AM BB and 12 & 12 Study	-	35	35
Escondido THU 6PM Mx At Six	88		88
Escondido TUE 6PM at Alano Club	265	10	275
Escondido Womens SYOA Group	150		150
Fallbrook - Men's We R Not Saints WED 730PM #133736	100		100
Fallbrook - SUN 8 AM Steps 1-2-3 at FPUD 168661	176		176
Fallbrook - TUE 630PM Men's Step Study at Hilltop Center GSO 722630	123		123
Fallbrook FRI Goat Barn Group #371640	120	180	300
Group 121575	-	428	428
Group 630869	-	40	40
Group 698543	48		48
LGBTQ and Friends	43		43
North County Women's Literature Study	48		48
Ocean Air Nooner	156		156
Oceanside - Chip-in Group TUE 7PM #141126	224		224
Oceanside - Girls With Gratitude THU 630PM	60		60
Oceanside - Ken's Garage (Men's) Group	-	212	212
Oceanside - South Oceanside Men's WED 730PM #100636	196		196
Oceanside - SUN 7PM at NCAC	73		73
Oceanside - WED 5PM SOS Big Book Study	60		60
Oceanside - WED 7PM Womens Singleness of Purpose #712613	378		378
Oceanside Daily Noon Brown Baggers (NCAC) 100836	250		250
Oceanside Freethinkers Zoom	30		30
Oceanside FRI Noon Brown Bagger at NCAC	170		170
Oceanside SUN 11AM Discussion NCAC	125		125
Oceanside TUE 7AM Big Book (NCAC)	165		165
Oceanside WED Noon - Stools and Bottles at NCAC	-	52	52
Online TUE 6PM Closed Women As Bill Sees it	11		11
Poway - Men's Sunday Morning SUN 9AM	258	149	407
Poway - TUE 730PM Men's Group	60		60
Poway - Womens Winner Winner Chicken Dinner GSO 725344	225		225
Poway FRI 10AM Women's Way Thru The 12 Steps	210		210
Poway - MON 930 AM Womens Here And Now Group 124993	-	328	328
Poway Women Seeking Solutions #640365	-	209	209
Poway MON Night Men's	462		462
Rancho Santa Fe - Just the Black Print (713516)	428		428
Rancho Santa Fe - MON 7PM Big Book Disc Group	-	286	286
Rincon Friday Night Carry the Message	137		137
Rincon Res - Step Study at Fire Station GSO 723004	150		150
San Marcos - Men's WED 630 PM Blind Leading the Blind #652308	56		56
San Marcos - MON 7PM Rose Ranch	52	276	328
San Marcos - MON Night Rose Ranch Men's #172523	244		244
San Marcos - SUN 10AM Daily Reflections GSO 100813	250	50	300
San Marcos - TUE 7PM "Out of the Woods" Book Study #712487	209		209
San Marcos - WED "The Readers" at Panorama Center	200		200
San Marcos TUE Rose Ranch Men's 8 PM	245		245
San Marcos FRI Waterworks 12&12	-	117	117
San Marcos - WED Noon Stick Meeting	-	120	120
San Marcos - Discovery Group SAT 3PM at St. Mark's	-	100	100
Shelter Valley - Keep It Simple MON 11AM	60		60
Solana Beach - Belly Up 3rd Tradition 7AMM-F	3,160	1,554	4,714
Sorrento Valley Nooners	211	125	336
Tidewater	26		26
Vista - Noon Solutions Online	100	100	200
Vista - THU Women Living in the Solution Group 161663	226		226
Vista - Came to Believe TUE 630PM	1,140		1,140
Vista Daily Came To Believe at Emmanuel Bible Church	-	231	231
Vista - Robber's Roost Men's Group	600		600
Vista - SUN 10AM at Gas & Steam Museum	50		50
Vista FRI Sunset Speakers	180		180
Vista MON Discussion GSO 148993	62		62
zTotal	20,378	8,579	28,957

NORTH COUNTY H&I NEWS

North County H&I hosted the June SoCal H&I Intergroup Monthly Meeting at the Oceanside Alano Club with 26 in attendance and H&I Intergroup members from half a dozen different cities throughout So Cal.

The Marine Corps Brig on Camp Pendleton was Reopened and stocked with 6 cases of AA literature. North County H&I would like to thank you all for your contributions to help support our Military.

NCH&I continues to encourage members to become volunteers to take meetings into the Hospitals and Institutions serviced by NCH&I.

The orientation meeting for NCH&I is the 3rd Saturday of the month at 9:00 a.m. at the Oceanside Alano Club. (Next is Nov. 19)

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

Please look through our website at <https://nchandi.org/home>

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

Financials Sep 2022

Donations

Green Can \$566.16

Group Contributions \$1,187.75

Sept Total Collections \$1,753.91

Beginning Bank Balance 9/1/22 \$15,947.92

Ending Bank Balance 9/30/22 \$11,175.41

Difference (\$4,772.51)

Calculated Prudent Reserve \$5,057.51

(Unselfish Spirit, *Continued*)

I believe that most of the people that truly have a desire to stop drinking and embrace the A.A. program start to change the behaviors that they recognize as counterproductive simply because they can hear these things that we all share at meetings, and they change the most obvious shortcomings in their day-to-day activities. This is a good start and with time it starts to erode many of the shameful habits of the past that had become commonplace. Talk of inventories and amends causes us to think at a different level about those material matters. That is usually the only thing that we are aware of in the beginning.

When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by “spiritual.” If, for the sake of simplicity, we think of it as our innermost self, such as our ego, conscience, our mind, our heart, or soul, if you like, we realize that this is where our spirit resides and where our emotions live, and that is also where the pain of our past thrives. If we want to achieve the peace of mind that is promised in Step Nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world. If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all the people that we find fault with and give them the same latitude that we are seeking. To accomplish this, we can stop being judgmental and replace that with an understanding spirit. We will have to replace gossip and character assassination with compassion and empathy. If we can’t do that, then how can we expect the world around us to accept us and forgive us for our past mistakes?

This is no time to rest on our laurels, so to speak. It’s time to begin cleaning out the attic. This is where we begin to free up that space in our minds that has been keeping us awake at night. This is truly the path to developing the unselfish spirit, and with it comes a peace of mind that’s hard to imagine while we were still playing God ourselves. It costs me nothing to be kind. My wish for those other people is that they can someday find the same peace of mind for themselves that this process has provided for me. What more can I say?

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.



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>



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 Volunteer's**. 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

**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

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

**Date: 3rd Saturday of each month
Next Session: Oct. 15, 2022 & Nov. 19, 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.**