

December 2022



Step 12 Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.


Tradition 12 (Short Form) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

Concept 12 The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power . . .

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To receive the Viewpoint by email:
vpsubscription@ncsandiegoaa.org



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|---|--------|--|
| Personal Story—The Heart of Spirituality | Page 1 | <h2>The Heart of Spirituality</h2> <p>Unselfish Motives By Rick R.</p> <p>What a difficult time we have making the transition, <i>in our thinking</i>, from the conditioning we have received in a largely materialistic world, to a life based on spiritual principles. Most of the people around us have an easy time of it, mainly because they are not burdened with the disease of alcoholism. They have a life <i>perspective</i> that is <i>closer to the centerline</i> when it comes to the fears, insecurities, inferiorities, guilt, etc. that the alcoholic faces every day of his/her life. The level of discomfort, caused by these defects, seldom changes without a continuous effort to replace them with thoughts and actions that keep this faulty perception in check. It is well known among A.A. members who have tried to go it alone, based on their knowledge, and have failed, that we may have to <i>change our whole approach</i>. The transition I referred to is a most difficult leap to make. This is mainly because of the defiant thinking that we as alcoholics have relied upon to protect us from the various authority/religious/establishment figures, and <i>our perception</i> of what THEY were trying to get us to think and do. Normal people do not resist these things to the degree that we do, only because <i>their perception</i> of these things is not nearly as threatening to them as it is to us. For us, it should be simple to go from a material/practical line of thought to a spiritual/unselfish way of thinking, but it seems that we need to go all the way around the world in order to settle into this simple transition. Why is this so difficult for us? I believe that the word SPIRITUAL often throws a monkey wrench into the works. I believe that our <i>preconceived ideas</i>, based on our conditioning, of what is meant by the word spiritual is what many of us struggle with; or, we <i>simply dismiss it as more religious dogma</i>, and if we can find a way to bridge that gap, we can get on with a life that is unimaginably good.</p> <p><i>(Continued on page 5)</i></p> |
| Intergroup Minutes Plus Financial Highlights & Prudent Reserve Status | 2 – 3 | |
| Group Contributions Note H&I Report | 4 | |
| Spotlight Personal Story (continued) | 5 | |
| Central Office Phone | 6 | |
| Group Contributions List | 7-9 | |
| Local Events & Notices and Holiday Alcathons | 9-10 | |
| <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 for December 14, 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. Secretary Jay M., Office employee Liz H.

Traditions:

Read by Earl T.

Prior Month's Minutes:

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

Financial Report:

The month-end financial report, presented by Valerie M.. November revenue \$13,770, expenditures \$11,520, net income \$2,250, net income year to date \$4,357. Report was approved as presented. The Prudent Reserve at November 2022 month end was 8.5 months, YTD Prudent reserve 10.9 months. (financials attached)

Central Office Report:

Liz H. reported that volunteers are needed for office on 4th Saturday morning, also some need for some Thursday afternoon 1-5pm. Volunteers can come in one day a month or more often. Call Liz H. at 760-758-2514 if interested.

Central Office will be closed on December 26th and January 2nd in observance of the holidays.

Large print 12X12 was on back-order and they are now in stock. Contact Central Office to fill meeting needs.

Public Information:

Caroline H. reported that PI is working on getting more libraries involved providing information with the AA pamphlet racks.

Phone Committee:

Laura C. reported that volunteers are needed for the occasional 5th week shift.

Margaret T is looking for additional people to cover phones for the two Mondays that Central Office is closed for Holidays. Need people to cover during the normal working hours on those days.

Archives Committee:

Danny O. is looking for older items of historic significance pertaining to North County AA. He is willing to pick up items, if needed. A second collection of stories from the Grapevine written by North County members is going to start to be assembled after first of year. Group History form is available on website.

Outreach Committee:

Margaret T. has connected with Borrego Springs, Ramona and Poway groups to encourage representation at Intergroup.

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 \$216.46, group donations \$604.98, Donations YTD \$18,060.07. Net income at end of November (\$765.00). New officers were elected.

Area Assembly:

Linda R has stepped up to be liaison between Intergroup and Area 8.
Area assembly is January 14, 2023.

Business Committee:

Old Business: Ken is stepping down as manager. Last day will be January 7, 2023 in order to run through pay period and help train new manager. Traditions Breakfast is March 19, 2023 at the Escondido Center for the Arts and tickets are available at Central Office.

New Business: Liz H. has been hired as Office Manager and will be taking over January 1, 2023. There is an opening for an admin assistant. Hours are between 15 to 20 per week. Contact Central Office for further information.

Elections:

Ann R. stepped down as member-at-large on business committee. Debra K. was nominated and elected.

Announcements:

Alkathons: Sixth Step House, Escondido Alano Club, and Friendship Center. Contact Central Office for details. San Diego has a hybrid Alkathon.

In attendance: 28 representatives on zoom; 9 in person; 2 new reps.

Meeting adjourned at 7:47 pm. Next Intergroup is January 11, 2023 at 7 p.m.

**NORTH COUNTY
INTERGROUP CONTRIBUTIONS
FYTD 2022**

See pages 7 through 9

**NORTH COUNTY
H&I NEWS**

Happy Holidays from North County H&I
Currently Doing a Book Blitz Distribution to all
Facilities. Elections Were Successful and We
are Still looking for a Few H&I Members to Join
the Current Board of Directors for North
County H&I

Next Orientation is This Saturday 12/17/22 at
9 a.m. -- North County Alano Club, 4198

Mission Ave, Oceanside, 92057

The third Saturday of every month

9:00 a.m. - 9:45 a.m. General Information and
Orientation

9:45am - 11:00 a.m. Board Meeting

We Have a New Team Heading up Orientation
Presentation so Be Ready for an Amazing H&I
Experience - Thank You Monica & Rodrigo for
your New Positions in the 2023 Experience.

Please Have Look at

<https://nchandi.org/home> for Open Panels
that need to be fulfilled and any additional
comments or questions

Phone Number 760.757.1166

Hew B., Chairperson

(424)302 9809 Chairperson@NCHandi.org

**H&I Financial
Report October**

216.46 Green Can Nov 2022

5,083.97 Year 2022

604.98 Group Contribution Nov 2022

12,976.10 Year 2022

821.44 TOTAL - Nov 2022

18,060.07 TOTAL- Year 2022

(The Heart of Spirituality, *Continued*)

The thing we come to understand in Alcoholics Anonymous is that, to live a happy and contented life, we need to overcome all the fear, insecurities, low self-esteem, guilt, etc. by starting the practice of doing unselfish things to overcome our neediness. If we do these things long enough, we find that we are better off than before. Our perception changes. Things seem to be less threatening, and this inspires (in-spirits) us to reach out even further and see where it takes us.

In the beginning of our AA journey, we are encouraged to take on service responsibilities. Sometimes this is the first time that *we step out of character* and do something for others with no expectation of material reward, but we do end up with an unexpected reward. It lifts our spirits, and we finally feel that we are a part of something. Oh! There's that word spirit again. *If, for the purpose of AA, we just replaced the word spiritual with selflessness*, I think it would take all the difficult transitional roadblocks out of the way. I personally cannot see much difference in the two, for my way of thinking.

The action that we take when reaching out to others is the first step in understanding unselfish/spiritual principles. When we do these things in the spirit of brightening the life of another, and not for the recognition we are going to receive, we heal both ourselves and the recipient. I believe that THE UNSELFISH MOTIVE (regarding what we do for and how we treat others) is THE HEART OF SPIRITUALITY. It would be hard to fault a person for what they do when their motive is PURE AND UNSELFISH. This, I believe, is living in the spirit of all our principles. That warm feeling in my heart is all the reward I will ever need.

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.

Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them. – Alcoholics Anonymous, page 27

Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. – Alcoholics Anonymous, page 62



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.

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

Monthly Information Sharing Session on Zoom

12 STEP VOLUNTEERS MEETING

WHEN: December 17, 2022 @ 1:30 pm – 2:30 pm

WHERE: ZOOM

INFORMATION & SHARING SESSION ON ZOOM

Zoom Id 819 7728 5337
Monthly 3rd Saturdays
Start Time 1:30PM

12 Step volunteers wanting to answer Central Office Telephones

12 Step volunteers wanting to be "On Call" to help 12 Step callers reaching out to receive the hand of A.A.

Chairperson Laura C
Email LauraC@ncsandiegoaa.org
Call / Text 760-271-1739

**I Am
RESPONSIBLE...**

**When anyone, anywhere,
reaches out for help, I want the
hand of A.A. always to be there.
And for that: I am responsible.**

North County Intergroup Association of A.A. Group Contributions July 2022 - June 2023

| GROUP CONTRIBUTIONS | Thru Prior Month | NOV | FYTD TOTAL |
|--|---------------------|-------|------------|
| 3PM Zoomers | 21 | | 21 |
| Bonsall Burning Embers | 411 | | 411 |
| Camp Pendleton - FRI Dry Dock 20 (SARP) | 20 | | 20 |
| Camp Pendleton - WED Tag Team | 20 | | 20 |
| Cardiff - Back to Basics 7AM M-W-F #94406 (was 614661) | 821 | 182 | 1,003 |
| Cardiff - Friday Happy Hours | 524 | | 524 |
| Cardiff - Ki's Weekender | 1,081 | | 1,081 |
| 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 | 2,400 | | 2,400 |
| Carlsbad 7AM Daily Zoomhouse | 50 | 25 | 75 |
| Carlsbad SAT 4PM Calavera Park | 182 | | 182 |
| Carlsbad TUE Men's Group at Heritage Hall | 500 | 60 | 560 |
| Carlsbad Village People AA Zoom Group | 282 | 122 | 405 |
| Del Mar - Men's God or Vodka 691188 | 1,816 | | 1,816 |
| Del Mar - Sunday (121575) | 428 | 170 | 597 |
| Encinitas THU Women's Roving AA Group 166964 | - | 169 | 169 |
| Encinitas - SAT Dr Bob's V | - | 54 | 54 |
| Encinitas - Cottonwood Creek Park SUN 830AM | 215 | | 215 |
| 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) | 546 | | 546 |
| Encinitas TUE 7 PM North Coastal Men's 686387 | 285 | 189 | 474 |
| Encinitas WED 10AM Women's Love & Tolerance | 379 | | 379 |
| Encinitas - Glen Park WED-SUN 730AM | 661 | | 661 |
| Escondido - ACE Zoom Nightly 6'er | 753 | 87 | 841 |
| Escondido - Alano Club (ACE) | 100 | | 100 |
| Escondido - Attitudes 7AM Daily In Person | - | 6,006 | 6,006 |
| Escondido - SAT 10PM The Nest LGBT & Allies at ACE | - | 2 | 2 |
| Escondido - FRI 8PM Candlelight at ACE | - | 5 | 5 |
| Escondido - Attitudes 7AM Daily on Zoom | 1,000 | 1,200 | 2,200 |
| Escondido - SUN 930AM Taxicab | - | 2 | 2 |
| 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 | 1,111 | | 1,111 |
| Escondido - THU 615PM Women's 12x12 GSO 145426 | 110 | 40 | 150 |
| Escondido - We Not Me Group SAT 730PM | 398 | | 398 |
| Escondido - WED 6PM at ACE | 101 | | 101 |
| Escondido - WED Noon As Bill Sees It | 310 | | 310 |
| Escondido ACE Online #2 | 75 | | 75 |
| Escondido MON 10AM BB and 12 & 12 Study | 35 | | 35 |
| Escondido TUE Noon at Alano Club | 70 | | 70 |
| Escondido TUE 6PM Women's As Bill Sees It | 10 | 438 | 448 |
| Escondido MON 6PM Women's Book Study on Zoom | 72 | 12 | 84 |
| Escondido Sunday Morning Paper | 183 | | 183 |
| Escondido SUN 730 PM Speakers at ACE | - | 2 | 2 |
| Escondido MON Women on Zoom | 250 | | 250 |
| Escondido SAT BEGOT GSO 113952 | 250 | | 250 |
| Escondido THU 6PM Mix At Six | 88 | | 88 |

North County Intergroup Association of A.A. Group Contributions July 2022 - June 2023

| GROUP CONTRIBUTIONS | Thru Prior Month | NOV | FYTD TOTAL |
|---|---------------------|-----|------------|
| Escondido TUE 6PM at Alano Club | 275 | | 275 |
| Escondido Women's SYOA Group | 150 | | 150 |
| Fallbrook - Men's We R Not Saints WED 730PM #133736 | 100 | 160 | 260 |
| Fallbrook - SUN 8 AM Steps 1-2-3 at FPUD 168661 | 176 | 147 | 323 |
| Fallbrook - TUE 630PM Men's Step Study at Hilltop Center GSO 722630 | 282 | | 282 |
| Fallbrook - FRI Noon Happy Hour at Community Baptist | 43 | | 43 |
| Fallbrook - FRI Goat Barn Group #371640 | 420 | | 420 |
| Fallbrook - THU Noon at Hilltop | - | 60 | 60 |
| Group 630869 | 40 | | 40 |
| Group 698543 | 48 | | 48 |
| Group 719934 | - | 263 | 263 |
| Julian - TUE 6PM Sisters in Recovery #660727 | 25 | | 25 |
| 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 | 324 | | 324 |
| Oceanside - SUN 7PM at NCAC | 154 | | 154 |
| Oceanside - MON Men at St. Margaret's | 120 | | 120 |
| Oceanside - WED 5PM SOS Big Book Study | 60 | | 60 |
| Oceanside - WED 7PM Women's 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 - SAT 11AM at NCAC | - | 200 | 200 |
| Oceanside - MON 7PM Tri-City Recovery | - | 35 | 35 |
| Oceanside - MON 8PM 12&12 at King of Kings 101714 | - | 35 | 35 |
| Oceanside WED Noon - Stools and Bottles at NCAC | 52 | | 52 |
| Olivenhain SUN 5pm Closed Men's Earlybirds | - | 134 | 134 |
| Online Group 52 Weeks | - | 26 | 26 |
| Online TUE 6PM Closed Women As Bill Sees it | 11 | | 11 |
| Pauma Valley - WED 7PM Red Trail Group 697921 | 100 | | 100 |
| Poway - Fresh Start at St. Bart's Keeping It Simple | - | 293 | 293 |
| Poway Freedom of Choice Big Book Study #157949 | - | 50 | 50 |
| Poway - Men's Sunday Morning SUN 9AM | 407 | 150 | 556 |
| Poway - TUE 730PM Men's Group | 311 | | 311 |
| Poway - Women's Winner Winner Chicken Dinner GSO 725344 | 225 | | 225 |
| Poway FRI 10AM Women's Way Thru The 12 Steps | 210 | | 210 |
| Poway - MON 930 AM Women's Here And Now Group 124993 | 328 | | 328 |
| Poway SAT Morning Sisters in Recovery | 150 | | 150 |
| Poway SUN 7AM at PAC | 308 | | 308 |
| Poway Women Seeking Solutions #640365 | 209 | | 209 |
| Poway MON Night Men's | 462 | | 462 |
| Rancho Bernardo THU 7PM As Bill Sees It (619740) | 229 | | 229 |
| Rancho Bernardo - MON Noon Men's HALT | - | 160 | 160 |
| Rancho Bernardo - TGIF at 8PM Group 136313 | - | 244 | 244 |
| Rancho Santa Fe FRI Beginners (163076) | 132 | | 132 |
| Rancho Santa Fe - Just the Black Print (713516) | 428 | | 428 |

North County Intergroup Association of A.A. Group Contributions July 2022 - June 2023

| GROUP CONTRIBUTIONS | Thru Prior Month | NOV | FYTD TOTAL |
|---|---------------------|---------------|---------------|
| 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 - MON Noon Promise of a New Day #664247 | - | 247 | 247 |
| San Marcos - Men's WED 630 PM Blind Leading the Blind #652308 | 56 | 45 | 101 |
| San Marcos - MON 7PM Rose Ranch | 354 | | 354 |
| San Marcos - MON Night Rose Ranch Men's #172523 | 244 | | 244 |
| San Marcos - SUN 10AM Daily Reflections GSO 100813 | 350 | 50 | 400 |
| San Marcos - TUE 7PM "Out of the Woods" Book Study #712487 | 259 | | 259 |
| San Marcos - Avalon One TUE 7PM GSO 163394 | 104 | | 104 |
| San Marcos - WED "The Readers" at Panorama Center | 200 | | 200 |
| San Marcos - SAT Night Speakers | - | 1,250 | 1,250 |
| San Marcos MON 7AM Broken Yolk | - | 15 | 15 |
| San Marcos - SUN Misfits Women's (684196) | 141 | 119 | 260 |
| 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 7AM M-F | 5,225 | 856 | 6,081 |
| Sorrento Valley Nooners | 336 | 189 | 525 |
| Tidewater | 26 | | 26 |
| Valley Center - MON 7PM Slow Learners BBSG (689359) | 10 | | 10 |
| Vista - Noon Solutions Online | 200 | | 200 |
| Vista - THU Women Living in the Solution Group 161663 | 252 | 26 | 278 |
| Vista - Came to Believe TUE 630PM | 1,140 | | 1,140 |
| Vista TUE 6 PM Women's 12x12 at Steps | - | 331 | 331 |
| Vista Daily Came To Believe at Emmanuel Bible Church | 231 | | 231 |
| Vista - SUN 6pm Women's Literature Study #772316 | 64 | | 64 |
| Vista - Robber's Roost Men's Group | 1,200 | | 1,200 |
| Vista - SUN 10AM at Gas & Steam Museum | 50 | | 50 |
| Vista FRI Sunset Speakers | 390 | | 390 |
| Vista MON Discussion GSO 148993 | 62 | 73 | 136 |
| Total | 37,530 | 13,921 | 51,451 |

Local Events and Other Notices

NSDYPAA

North San Diego Young People in Alcoholics Anonymous

<https://nsdypaa.org/>

JOIN THE COMMITTEE

Meetings 1st and 3rd Sunday 5:00 PM

1050 Regal Road, 2nd Floor (Building closest to road, room is on street side)

Email us at NSDYPAA@gmail.com or call Shawn (760) 215-0574

Local Events and Other Notices (Continued)

Men's Sponsorship Workshop

Questions & Answers on Sponsorship

When: Saturday, February 25, 2023

8:30 AM Registration, Coffee & Donuts 9:00 AM - 11:30 AM – Program

Where: St. Patrick Catholic Church

3821 Adams Street, Carlsbad 92008

(Tamarack exit east on I-5. Enter from Adams Street, Parish Hall on right.)

Upcoming Holiday Alcathons

Alcathon (NCFC)

1906 Suite D, Oceanside Blvd. Oceanside, CA 92054

12/24-12/25 and 12/31-1/1

6pm to 12midnight

8am to 6pm

[GET FLYER AT](#)

<https://ncsandiegoaa.org/wp-content/uploads/2022/12/ncfc-christmas-and1.pdf>

All Night Meetings – Six Step House

Live and in Person

1430 N. Highway 101 Leucadia, ca 92024

Pot Luck 1-4pm Dec 25

[GET FLYER AT](#)

<https://ncsandiegoaa.org/wp-content/uploads/2022/12/Screenshot-2022-12-05-130935.jpg>

2023 New Year's Eve Alcathon

Hosted by Area 8 Districts 6, 7, 19

5PM December 31, 2022 to 11AM January 1st 2023

Zoom id: 886 7485 6905

Meeting passcode: 123NYE

In Person at:

625 Pennsylvania Ave

San Diego, California 92103

[GET FLYER AT](#)

<https://ncsandiegoaa.org/wp-content/uploads/2022/11/Screenshot-2022-11-17-071151.jpg>