

June
2017



Step 6: "Were entirely ready to have God remove all these defects of character."

Tradition 6 (short form): "An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

Concept 6 (short form): "The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board."

Download the *Viewpoint* @ www.nosdco-aa.org

VIEWPOINT

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Points of Interest

- **Monthly Net Loss:** \$1583.29, page 2.
- **Year-to-date Gain:** \$12,980.63, page 2.
- **Public Info Meeting Speakers and Host Groups**, pages 2&6.
- **Camp Pendleton Meetings**, page 6.

Reuniones Español

Oficina Norte County
830 E. Vista Way, Suite
116, Vista, CA 92084
(760) 758-6905

<http://www.nosdco-aa.org/meetings/espanol.html>

Humility and Happiness

In step 7 of the 12x12 it says that "humility, as a word, is often misunderstood." When asked, what is the opposite of humility, my first guess would be pride. Who could argue that? It was in my 22nd year of sobriety, when I had a phone call from my first wife's husband at the time and the conversation started going south. I was trying to refrain from bickering with him and when he couldn't get any traction, he made the statement that, "He had heard stories about me in the past, and that I was no angel." I thought about that for a few seconds, and responded "I've done a lot of things in my live that I'm not proud of, but I'm not ashamed of anything I've done in the last 22 years." The call ended peacefully.

It didn't occur to me at the time, but in that phone call, the *polarity* of pride and shame was evident. About 16 years later, at a step study meeting on step seven, the discussion of humility came up and I listened to all the different points of view. The memory of that phone call came back and I questioned where humility fits in. In the 12x12 Step 5, it amounts to "a clear recognition of what and who we really are followed by a sincere attempt to become what we could be." With pride at one extreme and shame at the other, I see humility right in the middle. It simply means doing the things we are supposed to be doing every day, and doing them *without fanfare*. I always knew what I was supposed to be doing, but with an overbearing sense of insecurity and neediness, seldom was I strong enough to do the right thing. I developed a sense of unworthiness that prevailed until I found a solution in the bottle which only deepened my guilt and shame.

In one of my more recent articles I explained that I was doing a little research to find the definition of the word happiness and discovered that it is often described as "*a byproduct of right living, and not an end in itself.*" Happiness is not a goal, but it is the result of right living. A friend once shared at a meeting that, "*satisfying his wants will never make a person happy.*" Another person shared that she had read something that described it like this: "*happiness is like a butterfly, the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder.*" If my motive is to create happiness, it's probably not going to happen. I believe that this perspective applies to humility as well. I also believe that right living is a good start. I don't believe that anybody can claim humility for themselves, but we can see it in others. It seems to be a byproduct of the way they live.

I've known some humble people, in and outside of the program, and they all have some things in common: They seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are: trustworthy, loyal, helpful, friendly, courteous, kind, obedient... Sound familiar? I learned that in the Boy Scouts. And I learned the Golden Rule in church, but was never strong enough to live by it. If you're not sure what you're supposed to be doing, then read the 11th Step Prayer in the 12x12 or The Boy Scout Law, or try practicing The Golden Rule. That should be a pretty good start. When I found Alcoholics Anonymous, I was reintroduced to these values. They helped to rein in my ego, and today I am at peace with myself and with those around me.

~Rick R.

Boy Scout Law: "A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent."

Girl Scout Law (excerpt): "I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do."

Golden Rule: "Do unto others as you would have them do unto you." (Matt. 7:12)

Recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope.

NORTH COUNTY INTERGROUP MEETING MINUTES

JUNE 14, 2017

CALL TO ORDER:

The Meeting was called to order at 7:02 p.m. There were 48 Reps present, with 2 new REPS.

The Traditions were read by Deb. A motion was made and seconded to accept the minutes, after one correction. All in Favor.

FINANCIAL REPORT: RALPH P. Email: RalphP@nosdco-aa.org

Treasurer Ralph P. gave the Financial Report. Net Sales were **\$7155.40** with a Gross Profit on Sales of **\$1521.92**. Group Contributions were **\$5913.89** and Miscellaneous Income was **\$417.00**. Total Income for the month of May was **\$7852.81**. Total Expenses were **\$ 9436.10**, leaving a Net Loss for the month of May of **\$1583.29**. Our YTD Gain is now at **\$12,980.63**. A motion was made and seconded to accept the Financial Report as given. All in Favor.

CENTRAL OFFICE REPORT: JENNIE M. (760) 758-2514, Email: Jennie@nosdco-aa.org

Jennie welcomed everyone to the Intergroup Meeting. She reminded everyone that June 30th will be the end of our fiscal year and our new fiscal year will begin July 1, 2017. We will be doing a fiscal Inventory the beginning of July and then from there all-important papers will be sent to our CPA. Jennie also asked that anyone sending Contributions when July starts in the New Year, to please remember to send the main important meeting information on their Group so there will be no confusion on where the money belongs.

STANDING COMMITTEES

PROGRAM COMMITTEE: Ben M. Email: Ben@nosdco-aa.org

Chairman Ben M. reviewed the Functions of the Program Committee. Ben stated that the Program Committee is looking for new members when the Committee turns over and they do need committed members and Leaders.

Date:	Speaker:	From:	Host Group:
June 20 th	Jim	Oceanside	Wed. Men's Hole-In-Wall - Vista
June 27 th	Robert A.	San Marcos	Sunday Fallbrook – Steps 1-2-3
July 4 th	Rodrigo A.	Oceanside	Women's New Beginners—Escon.
July 11 th	Barry L.	Escondido	Fri. Nite Leftovers - Carlsbad
July 18 th	Rudy M.	Valley Center	Mon. Valley Center - SLBBG
July 25 th	Valerie W.	San Marcos	Wed. "As Bill Sees It" S. Marcos

PUBLIC INFORMATION COMMITTEE: LAUREN P. (760-639-8419) – E-mail: LaurenP@nosdco-aa.org

It was reported that Lauren will not be able to continue as our P.I. Rep. We will be needing someone to take over her Commitment.

TELEPHONE COMMITTEE: JANICE M. (760)583-8208, Email: JaniceM@nosdco-aa.org

Janice reported that in May they had 13 calls that rolled over to the Answering Service. She also said we will need a new Captain for Wednesday. Other than that, all times are covered.

OUTREACH COMMITTEE: LINDA (805)-217-3816), (E-mail: Linda@nosdco-aa.org.)

No Report

ARCHIVES COMMITTEE: KEN G. – (760-504-5707) – E-MAIL – KenG@nosdco-aa.org

Ken reports we continue to gather Group Histories. Ken is working to have consistent Meetings for Committee organizing past Viewpoints and Group History Forms. Ken will be happy to come to YOU to help with any of the forms....

INFORMATION ITEMS FROM OTHER SERVICE COMMITTEES

H & I COMMITTEE: Chris S. (858-442-1834) E-mail ChrisS@nosdco-aa.org (H & I Web Page www.nchandl.org)

Chris reported that she has Brochures for Corrections Correspondence. She thanked everyone for their support. June 17th there will be an Orientation at the Oceanside Alano Club, 4198 Mission at 9 A.M. Also she reported that they are collecting old Grapevines and LaVinas for H & I.

AREA ASSEMBLY: LINDA R. (760) 815 -0207, Email: LindaR@nosdco-aa.org

You can go to the Area Assembly Website for information at www.Area8aa.org. There will be an Inventory Workshop in San Diego at 9 A.M. to 2 P.M.

OLD BUSINESS: Debby T. stated that the Business Committee will be needing 2 new Members-at-Large since Ralph and Debby T. will be rotating off the Committee.

NEW BUSINESS: There will be changing of Committee and Board Members next month. Vickey and Tim M. were voted in as two new Members-at-Large on the Office Business Committee. Congratulations to both of you!!! Therefore: Margaret will be our new Chairlady; L.A. Mike will be our new Co-Chairman, Joan B. will be our new Treasurer, Mark will be our new Secretary and Greg B. will continue as Member-at-Large.

On the Program Committee Rosie B. will be on Week1; Joe L. will be on Week 2; Debby T. will be on Week 3; Ron M. will be on Week 4; Ben M. will be the Secretary; Deb M. will be the new Chairlady; and Lee Anne J. will be the new Co-Chair.

ANNOUNCEMENTS:

Denise reported there will be a 4th of July party at STEPS!!! Also, Vickey said that our current Delegate, Jane G. will be at the NCFC on June 29th...

There were 48 people attending Intergroup with 2 New Reps. Our next Intergroup meeting will be July 12th.

A motion was made and seconded to adjourn the meeting at 7:45 p.m. ALL IN FAVOR.

RESPECTFULLY SUBMITTED: JOAN B. - RECORDING SECRETARY.

~~~ Thank You ~~~

**Intergroup Representatives**

~~~ Thank You ~~~

| CITY, DAY, TIME & MEETING | REP NAME |
|--|--------------|
| CARLSBAD | . |
| WED - 8PM WOMEN'S - L.I.S. | Ciara R. |
| THUR NITE - 6:15 PM - WOMEN'S | Laura |
| THUR - 8:00 PM - AA WORKSHOP | Cindy B. |
| FRI 6:30 PM - STEP SISTERS | Lexi K. |
| FRI NIGHT "LEFTOVERS" | Renee H. |
| SAT - 9AM-WOMEN IN RECOVERY | Becky J. |
| SAT 7PM-KEEP IT SIMPLE | Ellen T. |
| SAT SPEAKER-SOBRIETY ROCKS | Alison L. |
| ENCINITAS | . |
| SUN WOMEN'S 11TH STEP - 6:30 PM | Denny |
| ESCONDIDO | . |
| MON - LUNCH BUNCH - MIKE'S BBQ | Debbie M. |
| TUE - 6PM - WOMAN'S "AS BILL SEES IT" | Debbie M. |
| THUR - 8:00 PM - STEP STUDY (C) | Jim S. |
| SAT - 9:30 AM - WOMEN'S NEW BEGINNINGS (C) | Mandy S. |
| SAT - 7:30PM - "WE NOT ME" | Ron M. |
| FALLBROOK | . |
| MON - NOON - DISCUSSION | Miles S. |
| TUE - NOON - DISCUSSION | Miles S. |
| WED - NOON - HIGH NOON DISCUSSION | Miles S. |
| THUR - NOON | Miles S. |
| FRI - NOON - HAPPY HOUR DISCUSSION | Miles S. |
| SUN AM 1-2-3 STEP STUDY | Mike K. |
| OCEANSIDE | . |
| MON - 7:30 PM - SUNSET GROUP | Haris H. |
| TUE 7 PM "CHIP-IN GROUP" | Wade A. |
| TUE - 8:00 PM - BEGINNERS MEETING | Marco L. |
| WED NOON- WOMEN'S - HANDBAG MEETING | Genevieve F. |
| WED - 7:00 PM - WOMEN'S SINGLENES/PURPOSE | Tanya S. |

| CITY, DAY, TIME & MEETING | REP NAME |
|--|-------------|
| FRI - NOON - BROWN BAGGERS - NCAC | Rick S. |
| FRI NITE "IRREGULARS" - 7:30 PM | illegible |
| SAT - 7:00 AM - ALTERED ATTITUDES | Jaime C. |
| SAT - 11:00 AM - RECOVERY - ALANO CLUB | Jeannie P. |
| RANCHO BERNARDO | . |
| MON. thru SUN. - 7:00 AM - THE BROKEN YOLK | Ramesess S. |
| FRI - 8:00 PM - "T.G.I.F." | Matt M. |
| RINCON | . |
| FRI NITE-CARRY THE MESSAGE | Rick P. |
| SAN MARCOS | . |
| MON NOON - PROMISE OF A NEW DAY | Lary H. |
| WED - 7:30 PM - AS BILL SEES IT | Lee Ann J. |
| THUR - NOON-"OUT FROM UNDER" | Kathy M. |
| FRI - 7:30 PM - BACK TO BASICS | Tim G. |
| SUN - 7:00 PM - BIG BOOK THUMPERS | Lee Ann J. |
| SUN - DEBBIE'S PIE SHOP - 4:30 PM | Barbara Ann |
| SOLANA BEACH | . |
| MON - FRI - 7:00 AM - BELLY-UP (C) | Tucker S. |
| VALLEY CENTER | . |
| MON - 7:00 PM - BIG BOOK STUDY (C) | Jay G. |
| VISTA | . |
| MON 7 PM - SPEAKER/DISCUSSION | Mark M. |
| WED - 6:30 PM - "MEN'S HOLE-IN-WALL" | David D. |
| THUR 7 PM - WOMEN'S - "L.I.S." | Denise P. |
| SAT 9 AM -WOMEN'S - "ACCEPTANCE" | illegible |
| SUN - 10:00 AM - "UPPER ROOM" | Denise P. |
| OTHER SERVICE POSITIONS | . |
| H & I - NORTH COUNTY | Chris S. |
| SAN DIEGO AREA ASSEMBLY | Linda R. |
| PROGRAM COMMITTEE CO-CHAIRMAN | Deb M. |

Significant June Dates in A.A. History

- June 10, 1935 This day is celebrated as Dr. Bob's last drink and the official founding date of AA.
- June 26, 1935 Bill D. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.
- June 24, 1938 Two Rockefeller associates told the press about the Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"
- June 25, 1939 A New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."
- June 18, 1940 100 attended the first meeting in the first AA clubhouse New York City.
- June 1941 Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.
- June 17, 1942 New York AA groups sponsored the first annual NY area meeting. 424 attendees heard Dr. Silkworth and AA speakers.
- June 19, 1942 NYC Police Chief Valentine sent six policemen to AA and they sobered up. "There are fewer suicides in my files," he commented.
- June 21, 1944 The first issue of the AA Grapevine was published.
- June 6, 1979 AA gave the two-millionth copy of the Big Book to the Secretary of Health, Education, and Welfare. It was presented by Lois W.
- June 1981 AA in Switzerland held its 25th Anniversary Convention with Lois W. in attendance.

Here's a Great Way to Help Carry the Message



Last month I had the distinct privilege of hearing an A.A. talk by a deaf member of our Fellowship at the A.A. Workshop in Carlsbad. The talk was interpreted by an American Sign Language interpreter, who watched the speaker make his ASL signs and then spoke the words. It was a terrific talk! The A.A. Workshop is the only A.A. meeting in North County that offers ASL interpretation. See below to help carry the message to deaf and hearing-impaired alcoholics. ~Gratefully, Paul C.

The Sign Language Fund

Supporting A.A. Groups and Members in Carrying the Message to Deaf and Hearing-Impaired Alcoholics

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

WHAT WE DO: As members of the San Diego-Imperial Area Assembly's Accessibilities Committee, we administer the Sign Language Fund. We help A.A. groups carry the message to the deaf and hearing-impaired alcoholic. We do this by hiring professional sign language interpreters for A.A. meetings and events and paying those interpreters for their service. We make sure that the interpreters are skilled, familiar with A.A. and are committed to anonymity.

OUR GOAL: 90 meetings in 90 days available for deaf and hearing-impaired alcoholics.

HOW WE DO IT: The Sign Language Fund **pays for interpreters by accepting contributions** from A.A. groups, districts and individual A.A. members.

PLEASE HELP: website <https://sites.google.com/site/aslsandiegoaa/>, email aslsandiegoaa@gmail.com, call 619-488-3064

~~~ Thank You ~~~

## Group Contributions

~~~ Thank You ~~~

| GROUP - TOWN | May | YTD |
|---|-------|---------|
| BONSALL | | |
| GROUP SERVICE 3172510 | | \$30 |
| SATURDAY AM - 12 X 12 | \$30 | \$30 |
| CARDIFF | | |
| WED. LUNCH BUNCH - CARDIFF | | \$207 |
| FRIDAY - LUNCH BUNCH | | \$500 |
| KI'S WEEKENDERS - SAT/SUN. - 7 A.M. | | \$825 |
| 7AM-MON.-WED.-FRE-"BACK TO BASICS" | | \$3,865 |
| CARLSBAD | | |
| "SOBRIETY ROCKS" - MONDAY THRU SUNDAY | | \$1,800 |
| MONDAY NITE STEP STUDY - HERITAGE HALL | | \$878 |
| NO.COASTL.MENS-TUES.-CALLE BARCELONA | \$105 | \$1,505 |
| WED. WMNS 8PM - LIVING IN THE SOLUTION | | \$406 |
| TUESDAY NITE - BOOK STUDY | | \$232 |
| THURSDAY NITE - CARLSBAD WORKSHOP | | \$943 |
| THURSDAY NITE - ROVING WOMENS MTG. | | \$156 |
| FRIDAY - "WATERWORKS" 1:30 P.M. | | \$635 |
| FRIDAY NITE "LEFT-OVERS" | | \$125 |
| FRIDAY NITE STEP SISTERS | \$295 | \$691 |
| FRIDAY NITE "IRREGULARS" | | \$238 |
| SATURDAY A.M. - ST. MICHAELS | | \$474 |
| SATURDAY WOMEN IN RECOVERY | | \$355 |
| SATURDAY NITE SPEAKERS-"SOBRIETY ROCKS" | | \$1,172 |
| SUNDAY - SERENITY GROUP | | \$250 |
| SUNDAY 4:30P.M. - MENS - "SOBER PRIDE" | | \$200 |
| MENS MEETING - CARLSBAD | \$100 | \$100 |
| BORREGO SPRINGS | | |
| SAT. NITE CANDLELITE MEETING | | |
| FRIDAY 8PM - DISCUSSION | | \$100 |
| SUNDAY MORNING GROUP | | \$100 |
| DEL MAR | | |
| MON., WED., & FRI. - DEL MAR LUNCH B. | | \$330 |
| MON. NITE 6:30PM-CAMP DELMAR MTG. | \$25 | \$25 |
| FRIDAY - LUNCH BUNCH | | \$500 |
| SUNDAY & 4:30 P.M. - DEL MAR | | \$1,070 |
| SUNDAY - 8 P.M. - OPEN DISCUSSION | \$323 | \$809 |
| ENCINITAS | | |
| BALOUR GROUP | | \$2,613 |
| NORTH COUNTY MENS GROUP | | \$151 |
| MON. WOMENS-LIVING IN THE SOLUTION | | \$810 |
| MONDAY NIGHT - BIG BOOK | | \$89 |
| TUESDAY - WOMENS "ROVING STEP STUDY" | | \$81 |
| TUESDAY NITE MENS AA. GROUP | | \$487 |
| WOMEN ON WEDNESDAY | | \$500 |
| WOMENS 11TH STEP MEETING | | \$484 |
| FRIDAY NITE "11TH STEP" | | \$600 |
| FRIDAY - "SWAMI'S WOMENS MEETING" | | \$283 |
| FRIDAY NITE 12 X 12 | | \$239 |
| SAT. 8 A.M. - WOMEN OF OLIVENHAIN | \$318 | \$919 |
| SAT. 7A:30 A.M. - SURF DOGS AA | | \$211 |
| SAT. - ST. MARKS CHURCH - 4 P.M. | | \$165 |
| SUN. OLIVENHAIN MENS STAG | | \$720 |
| SUN. "COTTONWOOD" BIG BOOK GROUP | | \$440 |
| "WHAT'S THE POINT" - GROUP #717841 | | \$750 |
| ENCINITAS MENS | | \$100 |
| ENCINITAS GROUP #000669289 | | \$125 |
| SAT. 10 A.M. - "GREAT FACTS" MTG. | \$94 | \$94 |
| ESCONDIDO | | |
| 7AM - "ATTITUDE" | | \$3,438 |
| N.I.A.O.B. - ESCONDIDO | \$80 | \$210 |
| MON. "MIKES BBQ" - LUNCH BBQ | | \$750 |
| DAILY REFLECTIONS - MON. THRU SAT. | | \$520 |
| MONDAY 6:00 P.M. - ALANO CLUB | | \$30 |
| TUESDAY - "AS BILL SEES IT" | \$240 | \$420 |
| TUESDAY SPEAKER - ALANO CLUB | | \$150 |
| WED. NOON "GRASS ROOTS" | | \$350 |
| WEDNESDAY - "AS BILL SEES IT" | | \$177 |
| WEDNESDAY NOON - ESCONDIDO | | \$548 |
| WED. MENS - "MISFITS GROUP" | | \$45 |
| WOMEN ON WEDNESDAY | | \$280 |
| THURSDAY WOMENS 12 X 12 | \$110 | \$720 |
| FRIDAY NITE - "LOUNGE LIZARDS" | | \$449 |
| SATURDAY - "AS BILL SEES IT" | | \$266 |
| SATURDAY - WOMENS - NEW BEGINNINGS | \$100 | \$263 |
| SUNDAY - "TAXICAB" | | \$273 |
| SUNDAY - LGBT IN RECOVERY | | \$50 |
| "UNKNOWN MEETING" | | \$75 |
| SUNDAY - ESCONDIDO | | \$150 |
| SUNDAY 9 A.M.-SUN. AM PAPERS MTG. | | \$180 |
| GROUP #126426 - ESCONDIDO | \$244 | \$244 |
| FALLBROOK | | |
| 7 A.M. "A.A." | \$25 | \$100 |
| TUESDAY - "WOMENS "TURN IT OVER" | | \$145 |
| MONDAY - WOMEN'S "SAFE HAVEN" | | \$17 |
| MONDAY DISCUSSION GROUP | | \$48 |
| TUESDAY FALLGROUP GROUP | | \$30 |
| WEDNESDAY NIGHT - WOMENS | | \$135 |
| WED. MENS "WE ARE NOT SAINTS" | \$20 | \$40 |
| THURSDAY NOON DISCUSSION | | \$60 |
| THURSDAY BIG BOOK STUDY | | \$25 |
| FRIDAY 7AM - ATTITUDE ADJUSTMENT MTG. | | \$25 |

| GROUP - TOWN | May | YTD |
|---|-------|---------|
| THURSDAY FALLBROOK BIG BOOK | | \$27 |
| FRIDAY NOON - "HAPPY HOUR" | | \$65 |
| FRIDAY NITE SPEAKER MEETING | | \$90 |
| SATURDAY AM - STEP STUDY | | \$70 |
| SUNDAY 8 AM - 1-2-3 STEP STUDY | \$65 | \$245 |
| SUNDAY - "PROMISES" | | \$195 |
| SUNDAY - "THERE IS A SOLUTION" | | \$28 |
| LA COSTA | | |
| MONDAY NITE WOMENS - 7 P.M. | | \$45 |
| THURSDAY PM - A.A. | | \$510 |
| LEUCADIA | | |
| SIX STEP HOUSE | | \$750 |
| OCEANSIDE | | |
| AA GROUPS/NO. COUNTY FRIENDSHIP CENTER | | \$240 |
| MONDAY 7A.M. - LLTH STEP | | \$75 |
| MONDAY 8PM - MENS | | \$183 |
| MONDAY NOON BROWN BAGGERS | | \$120 |
| TUESDAY - LIVING SOBER - ALANO CLUB | | \$100 |
| TUESDAY PM - "CHIP-IN GROUP" | | \$473 |
| TUESDAY - 5PM - ALANO CLUB | | \$50 |
| TUESDAY 8 PM - "BEGINNERS" | \$200 | \$639 |
| TUESDAY 8 PM - ALANO CLUB | | \$200 |
| LGBT IN RECOVERY MEETING | | \$98 |
| OCEANSIDE HARBOR BEACH MTG. | | \$619 |
| WEDNESDAY NOON - ALANO CLUB | | \$308 |
| WED. WOMENS NOON - HANDBAG | | \$966 |
| WEDNES MENS GRP-SO. OCEANSIDE | | \$597 |
| WED. NITE MENS - PIERVIEW | \$350 | \$782 |
| WED. - "S.O.S." SOBER SENIORS | \$75 | \$150 |
| WED. 7P.M. - "SINGLENES OF PURPOSE" | | \$843 |
| WED. 7 A.M. - ATT. ADJUSTMENT - A/C | \$125 | \$125 |
| THURSDAY - "GIRLS WITH GRATITUDE" | | \$220 |
| FRIDAY 7A.M. - ATTITUDE ADJUSTMENT MTG. | | \$315 |
| FRIDAY NOON - BROWN BAGGERS | | \$188 |
| FRIDAY - 7:30 P.M. GROUP | | \$120 |
| FRIDAY NITE "IRREGULARS" | | \$517 |
| FRIDAY - BIG BOOK STUDY - ALANO CLUB | | \$35 |
| FRIDAY NITE SPEAKER MEETING | | \$50 |
| SATURDAY NO. COUNTY A.C./ 9:05 A.M. | | \$205 |
| SATURDAY 7 A.M. - ALANO CLUB | \$50 | \$225 |
| SATURDAY 10AM - WOMENS BIG BOOK | | \$978 |
| SATURDAY NITE SPEAKER - ALANO CLUB | | \$190 |
| SUNDAY A.M. - "SURF & SUN" | | \$530 |
| SUNDAY - 11 A.M. - ALANO CLUB | \$95 | \$145 |
| SUNDAY - 7P.M. - ALANO CLUB | | \$100 |
| OCEANSIDE ALANO CLUB MEETING | | \$100 |
| OCEANSIDE GROUP | | \$130 |
| OCEANSIDE GROUP #000125405 | | \$224 |
| MON NITE - "CARRY THE MESSAGE" | | \$85 |
| "FREE-THINKING WOMEN" - GROUP #677005 | | \$50 |
| WEDNESDAY A.A. MEETING | | \$145 |
| PALA | | |
| MONDAY NITE - "CARRY THE MESSAGE" | | \$50 |
| POWAY | | |
| MONDAY AM WOMENS - HERE & NOW | \$38 | \$457 |
| TUESDAY SCRIPPS RANCH - MENS | \$80 | \$610 |
| TUESDAY - "KEEPING IT SIMPLE" | | \$140 |
| WED. "HOPE & GRATITUDE AA" | | \$200 |
| FRIDAY - SELF IMPOSED CRISIS GROUP | | \$100 |
| FRIDAY NOON "ACCEPTANCE" | | \$636 |
| FRIDAY - NEWMANS NOONER | | \$110 |
| SATURDAY - 7 A.M. GROUP | | \$200 |
| SUNDAY - BIG BOOK STUDY | | \$200 |
| SUNDAY CLOSED MENS | | \$251 |
| SUNDAY NITE - "FREEDOM OF CHOICE" | | \$125 |
| SUNDAY - ESPOLA ROAD -- 7:30 P.M. | | \$127 |
| POWAY GROUP 717095 | | \$91 |
| RAMONA | | |
| MONDAY AM - BYOB - BIG BOOK | | \$100 |
| TUESDAY NOON - "VISION FOR YOU" | | \$20 |
| WED. NITE - "STEP & TRADITIONS" | | \$10 |
| WEDNESDAY MENS - NEW VISION AA | | \$50 |
| THURS. NITE - "JUDGES' BIG BOOK STUDY" | | \$20 |
| FRIDAY NITE PARTICIPATION - 8 PM | | \$75 |
| FRIDAY NITE "SOBRIETY PARTY" | \$25 | \$100 |
| SUN. A.M. - "KICKSTART YOUR HEART" | | \$100 |
| SUN. NITE - "SWEET SURRENDER" | | \$75 |
| RANCHO SANTE FE | | |
| MONDAY NITE DISCUSSION | | \$171 |
| TUESDAY - 12 X 12 | | \$20 |
| THURS. NOON WOMENS AA | | \$1,301 |
| FRIDAY NITE BEGINNERS-"CLEAR THE AIR" | | \$87 |
| DISCUSSION GROUP - #133908. | | \$332 |
| RANCHO SANTE FE MEETING - #713516 | | \$634 |
| RANCHO BERNARDO | | |
| 7AM 'EARLY BIRDS'- DAILY MEETINGS | \$500 | \$1,650 |
| MON. WOMENS BIG BOOK STUDY | | \$509 |
| 7 A.M. TUESDAY - AS BILL SEES IT | | \$100 |
| THURSDAY 7PM - "AS BILL SEES IT" | | \$387 |
| FRIDAY 7A.M. OPEN AA MEETING - R.B. | | \$100 |
| FRIDAY NITE - "T.G.I.F." | | \$1,008 |

| GROUP - TOWN | May | YTD |
|---|-------|-----------|
| MON.,WED., FRI., "HERE TO SERVE GROUP" | | \$200 |
| SATURDAY NITE APPRECIATION GROUP | | \$214 |
| SUNDAY - "DAILY REFLECTIONS" | | \$50 |
| SUNDAY - "SWEET SURRENDER" | | \$42 |
| RANCHO SANTE FE | | |
| FRIDAY NITE NEWCOMERS-BEGINNERS | | \$233 |
| GSO GROUP #000713516 | | \$156 |
| RANCHO PENASQUITOS | | |
| TUESDAY - 7PM - 12 X 12 | | \$35 |
| THURSDAY NITE - 6:30 P.M., | | \$35 |
| RINCON | | |
| WED. NITE MENS - RINCON FIRE STATION | | \$325 |
| SAN MARCOS | | |
| MONDAY NITE - ROSE RANCH | | \$150 |
| MONDAY NITE - SPEAKER DISCUSSION | | \$235 |
| MONDAY NITE - SPEAKER DISCUSSION | | \$225 |
| TUES. PM -- MENS - ROSE RANCH | \$156 | \$351 |
| TUESDAY BACK COUNTRY BOOK STUDY | | \$30 |
| TUESDAY 7PM - "OUT OF THE WOODS" | | \$206 |
| WED. "BLIND LEADING THE BLIND" - MENS | | \$225 |
| WED. NOON - "GRASS ROOTS" | | \$150 |
| FRIDAY SPEAKERS - PANORAMA | | \$168 |
| FRIDAY NITE - BACK TO BASICS | | \$492 |
| SATURDAY 3 P.M. - DISCOVERY GROUP | | \$255 |
| SATURDAY NITE SPEAKERS MEETING | \$88 | \$1,463 |
| SUN. 4:30P.M. "MISFITS" - WOMENS | | \$200 |
| SUNDAY - DAILY REFLECTIONS | \$50 | \$500 |
| SUNDAY - BIG BOOK THUMPERS | \$50 | \$50 |
| GROUP #606873 | \$300 | \$300 |
| SAN RAFAEL | | |
| TUESDAY 7AM - AS BILL SEES IT | | \$100 |
| FRIDAY 7AM-OPEN AA MEETING | | \$100 |
| SANTA YSABEL | | |
| TUESDAY BACK COUNTRY BOOK STUDY | \$30 | \$60 |
| FRIDAY NITE SURVIVOR | | \$30 |
| SOLANA BEACH | | |
| M. thru F. - 7 A.M. - 3RD TRADITION(BELLY-UP) | \$650 | \$7,250 |
| FRIDAY - "MOTHERS IN SOBRIETY" | | \$147 |
| MONDAY - "MOTHERS IN SOBRIETY" | | \$213 |
| MONDAY - 8PM | | \$500 |
| VALLEY CENTER | | |
| MON.NITE-SLOW LEARNERS-(SLBBSG) | | \$150 |
| THURSDAY - 12 X 12 | | \$204 |
| VISTA | | |
| DAILY REFLECTIONS MthruF 6:30 AM - "STEPS" | | \$100 |
| "NOON SOLUTIONS" - M. THRU F. - "STEPS" | | \$188 |
| MONDAY NITE "MENS-FILLING STATION" | \$243 | \$1,282 |
| TUESDAY MENS "OLD SCHOOL" | | \$300 |
| WED. MENS HOLD-IN-THE-WALL - 6:30 P.M. | | \$501 |
| TUESDAY NITE - THIBIDO PARK | | \$805 |
| THURS. NITE - FREE THINKING WOMEN | | \$50 |
| THURSDAY - "ROBBERS ROOST" | | \$2,451 |
| THURSDAY WMNS-LIVING IN THE SOLUTION | | \$253 |
| SATURDAY AM - WOMENS ACCEPTANCE | | \$289 |
| SUN.AM-GAS & STEAM ENGINE MSN | | \$835 |
| WARNER SPRINGS | | |
| WEDNESDAY A.A. GROUP | \$30 | \$70 |
| (UNKNOWN GROUP - RICHARD H. | | \$74 |
| TUESDAY EVENING WOMENS - STEP STUDY | | \$87 |
| "SAN DIEGO SPRING ROUNDUP" | | \$1,000 |
| SAN DIEGO COUNTY MEN'S BANQUET | | \$400 |
| 2017 TRADITIONS BREAKFAST R. | | \$1,806 |
| NO. COUNTY CHRISTMAS ALKATHON | | \$244 |
| NO. COUNTY NEW YEARS ALKATHON | | \$201 |
| ANONYMOUS GROUP #669289 | | \$290 |
| ANONYMOUS GROUP # 133908 | | \$141 |
| ANONYMOUS GROUP #640237 | | \$25 |
| ANONYMOUS GROUP | | \$201 |
| "UNKNOWN MEETING" | | \$1,070 |
| "UNKNOWN MEETING" | | \$620 |
| WOMEN SEEKING SOLUTIONS | | \$136 |
| SATURDAY NITE SPEAKERS | | \$210 |
| GROUP #713516 | | \$294 |
| "SERENITY AT 5107" | | \$20 |
| GROUP #000720075 | | \$50 |
| DISTRICT 16 - IMPERIAL AREA | | \$1,827 |
| CENTRAL MEETING | \$231 | \$2,394 |
| INTERGROUP | \$75 | \$788 |
| S.D.A.I.C. - H & I | \$20 | \$110 |
| ICYPAA | | \$45 |
| "GRATITUDE MONTH" - GAIL | | \$50 |
| INDIVIDUAL CONTRIBUTION - DIANE | | \$70 |
| NO. COUNTY S.D. WOMENS | \$68 | \$68 |
| R. HESS - DONATION | \$50 | \$50 |
| GROUPS TOTAL: \$5913.89 | | |
| KATHLEEN M.E. - PERSONAL CONT. | \$135 | \$135 |
| ANONYMOUS | \$96 | \$4023,00 |
| AA BIRTHDAY/ Ron T. - 29 Yrs. | \$29 | \$776 |
| BREAKFAST RAFFLE TICKETS | | \$1,806 |
| COFFEE KITTY | \$45 | \$329 |
| IN MEMORY/ MICHAEL JACOBSEN | | \$165 |

OUR NEW FISCAL YEAR BEGAN JULY 1, 2016

Meetings that Need Your Support:

- **Sunday 7:00 PM, 1800 N Broadway, Escondido, CA 92026, 1st Congregational Church, "Acceptance & Recovery"**
- If you would like to add to this list, please email editor@nosdco-aa.org. See also www.nosdco-aa.org/meetings/info

Meetings that Have Changed:

Moved: Oceanside "Sunset Group" has moved to 204 S Freeman Street, Oceanside CA 92054. At the First Christian Church (in the Basement). Monday 7:30 p.m. Closed Speaker/Discussion Meeting. (old address: 701 West St, O'side)
Closed: Valley Center, Saturday 6p.m., "Saturday Nite Special", Community Center, 28246 Lilac Rd (Thanks Jim!!!)

Three Words That Changed My Life

Hi there. I wrote the words below when I came forward to friends and family as an alcoholic. It helped to open the door to understanding not only to my close friends, but to acquaintances who had someone caught up in their disease. Thought it might help others...

My name is Rosie, and I'm an alcoholic.

Yes. Yes, an alcoholic. No, it's not one of my sarcastic jokes. No truer words have been spoken or typed. To be clear: I am an alcoholic in recovery. Have been for a while. I have come to know that the time I have been in recovery is not as important as the 24 hours in front of me. With that mentality, I have managed to put hundreds of 24 hours together by the grace of God, support and some amazing souls I have had the privilege of encountering in my personal journey.

"I'm an alcoholic." Three words. Three words that changed my life. Those words were Rosie taking responsibility for herself. Giving herself a name and a definition that can help explain so much of myself to those who don't know me as well as others. I am not alcoholic because of alcohol. If that was the case, then I would not be an alcoholic as I have not had alcohol in some time. Why then, how then, do I identify myself as an alcoholic?

What a loaded question. The simple answer is that I am fundamentally incapable of coping with some of life's twist and turns without wanting to run away, throwing a toddler type tantrum or numbing myself. It's almost as if I was born without the top layer of my skin and I am ultra-sensitive to sensations. My natural disposition is to be selfish, self-centered and self-serving. I cannot see past my own nose, my own selfish desires, and I get agitated when things do not go the way I willed them to go. You know, when everyone else doesn't get the memo of how things were supposed to work out? Since the world revolves around me and is a stage, myself the director, I get pissed when you miss your line, your cue, your costume. When this happens, I am bereft of any awareness of anyone but myself. My demons summon me and I cuddle with them. I cuddle with them because they are my comfort, my security blankies, my loves. They also seek my demise, and to make the heartbreaking decision to no longer play with them is not an easy one.

The complicated answer has endless possibilities. They range from my upbringing and genetics to abuse and vicious attacks suffered as a young woman. Husbands and heartbreak. Indignation and resentments. Stick your hand in the bag, there are endless qualifiers. The truth is that none of these things matter in the end. What matters are those three powerful words. Those words are both my jail and my freedom. Knowing what I am, being able to give a name to the empty hole I had felt in my soul my entire life, also gives me the power and the obligation to do something about it.

I am an alcoholic because of how I think, how I feel, how I process life. My consumption is but a mere symptom of my ailment. I do not want to be present. I cannot stand reality. I prefer to numb myself. This is so unfair. I shouldn't have to be going through this. These assholes are out to get me. And so I drank to drown those feelings away. Me, me, me..... That is my true demon. My mind, the committee, the emotional jesters that torture me and laugh.

What a mess, huh?

Recovery from the emotional and physical abuse I have suffered (especially at my own hands) has and continues to be an experience. I have found light, joy, love, acceptance and serenity. I have learned to accept life and others on life's terms-this is especially hard when they flip the script on me. I stray from the straight line, but inevitably I return to my center, where God is, and by no magic, things turn around and work out better than what I wanted. I do my best to be a giver of love, of light and of hope. I do my best to not judge anyone, their history or their choices. I am no better than anyone else. I love my life. I love the good, the bad and the ugly.

Today, I do not have to cuddle with my demons. They are still there, they are mine, always will be with me. They are kept at bay if I maintain my spiritual fitness, but are like raging bulls, foaming at the mouth, waiting for the gate to open, when I don't. When I do cuddle with them, it is temporary and in a sober state which helps me not follow them down the rabbit hole. I recognize my tendencies, I recognize my flaws, and I slowly am accepting a few of my redeeming qualities. I am learning to love all my inner selves and my outer self. I am so far from perfect, maybe not even close to good, but I am trying.

The peace that I feverishly searched for in a bottle, in men, in food or people could only come from within me. And I can say that I, with those three words, I have been led to a place where I can find the answers. One day at a time.

~A very grateful alcoholic... Rosie S.

Heard in a Meeting:

Acceptance is not about approval.

ANCIENT WISDOM

Wisdom is knowing we are all one.
 Love is what it feels like, and
 Compassion is what it acts like.

Experience Joy by making someone Smile Today! ~Alton S.

IT CAN'T BE THIS SIMPLE! CAN IT?

When I focus on what's good today, I have a good day,
 and when I focus on what's bad, I have a bad day.
 If I focus on a problem, the problem increases;
 if I focus on the answer, the answer increases.

~Big Book pg 419



Your Birthday Gift to Central Office

Many AAs celebrate their A.A. birthday by contributing to our Central Office. Most send a dollar or two for each year of sobriety. Would you like to celebrate with us? Please call 760.758.2514.



And **acceptance is the answer** to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes. ~Big Book page 417

Public Information Meeting Central Office’s Open 2-Speaker Meeting, Tuesday Nights at 8:00 PM, is now meeting at STEPS in Vista. 1745 E Vista Way, Vista, CA 92084



To: **From:** **Years:**
No Birthdays were celebrated in May.

Come celebrate your Birthday with us!

Cakes for this meeting can be given for 1 year and then 5 year increments (1, 5, 10, 15...). Please make arrangements by calling Central Office 760-758-2514 at least 1 week in advance.



2017 SERVICE CALENDAR

Program Committee: Tuesday, July 4th, 7:00 PM, STEPS in Vista, 1745 E Vista Way, Vista, CA 92084.

Business Committee: Tuesday, July 11th, 6:30 PM, A.A. Central Office, 604 E. Vista Way, Vista CA 92084.

Intergroup Meeting: Wednesday, July 12th, 7:00 PM, Masonic Temple, 761 Eucalyptus, Vista CA 92084.



2017 EVENTS CALENDAR

WHAT: 7th Annual All Tribes in Recovery Gathering. WHEN: July 1, 2017 - 10am-5pm. WHERE: Sycuan Recreation Center 5577 Dehesa Road, El Cajon, CA 92019. INFO: Call: 619-994-7023 or 619-318-2643, Email: alltribesinrecovery@yahoo.com, Register: <https://goo.gl/fl4tz7>

WHAT: Grapevine/La Viña Writers' Workshop. WHEN: Saturday, July 8, 2017 -- 9:00 a.m. - 12:30 p.m.. WHERE: STEPS, 1745 East Vista Way, Vista, CA

WHAT: Secretary's Workshop. WHEN: July 8, 10am - Noon. WHERE: Mira Mesa Alano Club, 6797 Flanders Rd. #106, San Diego, CA 92126

WHAT: Saturday Step and Tradition Workshop. WHEN: July 22, 8:00-11:30AM. WHERE: St. Andrews Church, 8350 Lake Murray Blvd, San Diego, CA 92119

WHAT: Improving Our Relationships -- sponsored by District 11 of the San Diego-Imperial Area Assembly, based on the A.A. Grapevine book "Forming True Partnerships". WHEN: Saturday, August 12, 2017 -- 9:00 a.m. - 12:00 noon. WHERE: Church, 8964 North Magnolia Avenue, Santee, CA 92071

WHAT: Second Annual Unity and Service Conference. WHEN: Friday, August 18 - Sunday, August 20, 2017. WHERE: Concord, CA. WEBSITE: www.UnityAndServiceConference.org

WHAT: 59th International Conference of Young People in Alcoholics Anonymous (ICYPAA). WHEN: Thursday, August 17 - Sunday, August 20, 2017. WHERE: Hilton Chicago, 720 S. Michigan Avenue, Chicago, Il. www.icypaa.org

WHAT: 50th Annual District 22 AA Convention. WHEN: Friday & Saturday, August 22-26. WHERE: Veterans Memorial Building, 801 Grand Ave, San Luis Obispo, CA 93401. INFO: <http://district22convention.org/>, email reg@district22convention.org, Call Laura G. @ 805-801-9528

WHAT: San Diego Feeling Good, LGBT A.A. Convention -- all are welcome. WHEN: Sept 1-3. WHERE: San Diego Marriott Mission Valley, 8757 Rio San Diego Drive San Diego, California 92108. INFO: www.feelinggood.org EMAIL: info@feelinggood.org

WHAT: 33rd Annual South Bay Family Round-Up -- "Happiness is an inside job". WHEN: Sept 1-4. WHERE: Torrance Marriott Hotel, 3635 Fashion Way, Torrance, CA 90503. INFO: www.SouthBayRoundup.org (310) 354-7660

WHAT: Labor Day Picnic. WHEN: Sep 4, Time TBD. WHERE: Oak Crest Park 1219 Encinitas Blvd Encinitas CA 92024

WHAT: 2017 National AA Technology Conference -- hosted by the California Northern Coastal (CNC) Area of Alcoholics Anonymous. WHEN: Friday, September 8 - Sunday, September 10, 2017. WHERE: Hilton Sacramento Arden West, 2200 Harvard Street, Sacramento, CA 95815-3306. www.naatw.org

WHAT: 11th Annual Seniors In Sobriety Conference. WHEN: Thursday, September 14 - Sunday, September 17, 2017. WHERE: Air Tel Plaza, 7277 Vajean Avenue, Van Nuys, CA 91406. Questions? Lisa P. 818-635-8981

Office Address, Hours & Contact Info

North County Central Office
604 E Vista Way, Vista CA 92084.

Hours: Mon-Fri 9-5, Sat 9-1, Closed Sun
Phone: 760.758.2514, Fax: 760.758.2273

Email: office@nosdco-aa.org

Web: WWW.NOSDCO-AA.ORG/

The Website has: Events, Forms, Literature, Links, Meetings, Support, Service, **Viewpoint**, Email, and other "Items of Interest"

The **Viewpoint** is a publication of the **North San Diego County Intergroup of A.A.** and is distributed by the **North County Central Office.**

It is published around the 3rd Wed of each month.

Submit Something to the Viewpoint

We encourage our readers to send us:

- ◆ Personal sharing on your recovery
- ◆ Poems about recovery from alcoholism
- ◆ Jokes or Cartoons about recovery in A.A.
- ◆ "Heard in a Meeting" quotes
- ◆ Announcements, Events, Fun Stuff, etc.

Please email text in MS Word or .txt file, and graphics in PNG or JPG, to editor@nosdco-aa.org.

Deadline is the 1st Wednesday of the month.

Submissions may be edited for space/content.

Please include "Viewpoint" in the email subject.

- *****
- ★ **Help support Marine Corps Base Camp Pendleton A.A. meetings:**
 - ★ **Monday:** Building 210568—PFC Krause Training Facility at 3rd AA BN School on Camp Del Mar (by the boat basin) 6:30 to 7:30 PM (1830 to 1930)
 - ★ **Wednesday:** Building 1339—Bowling Alley (enter Vandegrift Road, end of building, follow signs) 6:30 to 8:00 PM (1830 to 2000)
 - ★ **Friday:** Building H200T—S.A.R.P. (Substance Abuse Rehabilitation Program) behind The Thrift Shop, next to Wounded Warrior, by Lake O'Neil, on the old Hospital grounds 4:00 to 5:00 PM (1600 to 1700)
- *****

Websites: A.A. GSO aa.org, Grapevine agrapevine.org, H&I nchandi.org, San Diego District 8 area8aa.org
Subscribe to the GSO newsletter to be sent to your email. Click link: http://www.aa.org/pages/en_US/gso-newsletters.

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.