

July
2017



Step 7: "Humbly asked Him to remove our shortcomings."

Tradition 7 (short form): "Every A.A. group ought to be fully self-supporting, declining outside contributions."

Concept 7 (short form): "The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness."

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

VIEWPOINT

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- Points of Interest**
- **Monthly Net Loss:** \$2407.78, page 2.
 - **Year-to-date Gain:** \$10,572.85, 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>

A Quiet Heart

For years I have been quoting an old friend and mentor of mine from my early days of sobriety in 1970. He said: "All I want out of life is peace of mind and a quiet heart." The quiet heart part of that statement seemed to be what catches most people's attention since it adds a touch of tenderness. But what does it really mean? I understand the "peace of mind" part of the quote to mean, in my own words, "absence of all unresolved mental issues." When he referred to "a quiet heart" he obviously was not speaking about that organ inside our chest that pumps blood through our bodies.

I was at a meeting recently (August 6), and the topic was taken from an AA friendly publication. In it, the "Thought for the day" was explaining how Psychologists are turning to religion in order to add the element of "a faith in something outside of ourselves" to their message, because faith is an act of the mind and of the will. It also said that the clergy and rabbis were turning to psychology to enhance their message in order to reach a more modern society. To me, this is the best approach I believe I've heard to express the all-inclusiveness of the AA program, when it comes to understanding the concept of "a power greater than ourselves."

When I think of my old friend's mention of a quiet heart, I can see how it might mean something different to each of us. To the romantic, it probably means the place inside where they feel emotions. To the person with a religious foundation, it is most likely referring to the soul. To the psychologist, it is most likely referring to the conscience. Call it what we may, to me it implies that there is something inside of us all that cannot be dismissed. It seems to be keeping a catalog of all of our behaviors, good and bad, then reintroduces them to us again each morning when we wake up. We keep reliving them, over and over. It's time to put them to rest. We used to drink to make them go away. We have the will to live by the dictates of our heart, our soul, and our conscience, and that is where we have ability to right all of those unresolved mental issues.

The program of Alcoholics Anonymous, from beginning to end, is designed to recognize, acknowledge and resolve all of these issues by bringing them to the surface in the safety of the people that have been through this process and understand what the individual is faced with. The good news is that, as you resolve each of these concerns, you will be freeing up all of that mental space and energy that has been causing the tormenting regrets of the past. When we recognize the pain that our past thinking and behavior has caused and have put forth the effort to resolve it, it is unlikely that we will be willing to return to those old behaviors.

Our unbridled instincts caused our behavioral problems. Our heart/soul/conscience recorded these things, and our minds live with the mental torment as the result. A quiet heart/a clean soul/a clear conscience leads to peace of mind and when a person has peace of mind, a drink has no appeal to him/her. And in the morning, they wake up with smiles on their faces.

~Rick R.

Celebrate the 38th Anniversary of North County Intergroup

Tuesday, August 29, 2017, 8:00 - 9:00 PM
 Speaker: Roxane R. from Valley Center
 Gloria McClellan Senior Center (formerly Brengle Terrace)
 1400 Vale Terrace Drive, Vista, CA 92084
 (Second Entrance to the Park - Front Bldg.)

NORTH COUNTY INTERGROUP MEETING MINUTES

JULY 12, 2017

CALL TO ORDER:

The Meeting was called to order at 7:00 P.M. There were 61 Reps present, with TWO NEW ONES. The Traditions were read by Jerry. A motion was made and seconded to accept the minutes, after corrections. All in Favor.

FINANCIAL REPORT: JOAN B. Email: Joanb@nosdco-aa.org

Treasurer Joan B. gave the Financial Report. Net Sales were **\$4164.33** and Group Contributions were **\$8452.46**. There was not a Gross Profit on Sales due to an Inventory Loss of **\$2436.86**. Miscellaneous Income was **\$246.50**. Total Income for the month of June was **\$6262.10**. Total Expenses were **\$8669.88.**, leaving a Net Loss for the month of June of **\$2407.78**. Our YTD Gain is now at **\$10,572.85**. 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 is the end of our fiscal year and our new fiscal year began July 1, 2017. Our Inventory is now completed and so the next step will be to send all the Documents and Papers to our C.P.A. Jennie reminded 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: Deb M. (760-522-0371)

Chairlady Deb M. reviewed the Functions of the Program Committee. Deb reviewed the Functions of the Program Committee. She requested Host Groups for the month of August.

PUBLIC INFORMATION COMMITTEE:

As stated last month, we are in the need for a Chair or Chairlady for this position.

Date:	Speaker:	From:	Host Group:
July 18th	Rudy M.	Valley Center	Monday – Valley Center - SLBBG
July 25th	Valerie W.	San Marcos	Wed. “As Bill Sees It”-S. Marcos
Aug. 1st	David D.	Vista	Vista-Men’s Hole in the Wall”
Aug. 8th	Frank N.	Oceanside	Primary Purpose Grp.-Oceanside
Aug. 15th	Wendy D.	Oceanside	So. Oceanside Mens - Wednesday
Aug. 22nd	Gregory V.	Escondido	Mon. “No If’s and or Buts” – Escondido
Aug. 29th	Roxane R.	Valley Center	Thursday Nite Harding St. - Carlsbad

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

Ken G. reported for Chairlady Janice. The Committee may still need a Captain for Wednesday. There were two missed calls and 8 Rollover Calls.

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 is still trying to collect Group Histories and he has only collected 12 so far. He will be happy to come to YOU to help with any of the forms. There are copies at Central Office for those who wish to have 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)

She thanked everyone for their support. Their Financial Report is online. On Saturday at 9:00 A.M. there will be a Business Meeting and Orientation at the Oceanside Alano Club, 4198 Mission Ave. Oceanside.

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 on August 15th at 9 A.M. to 2 P.M. at 5050 Milton Street. Election Assembly will be held in October.

OLD BUSINESS:

The Traditions Breakfast for next year has been set for the date of March 11, 2018. Thank You Joan for your many, many month of wonderful Service and giving of Yourself!!!! As for our Website, Rodrigo said he will have the update soon but he is still working on it.

NEW BUSINESS:

The Business Committee has decided to put in a new Key Lock for the front door. At our Business meeting they discussed what Procedure to follow. More on this next month.

ANNOUNCEMENTS:

There will be a Celebration of Life for our AA member, Kay W. on July 22nd at the Baptist Church at 10:30 A.M. Also it was announced that the Poway Alano Club is non-existent for AA meetings. Please note there are quite a few meetings in Poway other than the Club. Also: “Moose Meetings” have moved to Greenbrier Street in Oceanside:560 Greenbrier, Suite B. There will be a Beach Bash at Tyson Street Park on July 25th from 2:30p.m. to 6:30 p.m. A motion was made and seconded to adjourn the meeting at 7:46 p.m. ALL IN FAVOR.

RESPECTFULLY SUBMITTED: MARK B. – RECORDING SECRETARY

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

~~~ Thank You ~~~

**Group Representatives**

~~~ Thank You ~~~

| CITY, DAY, TIME & MEETING | REP NAME |
|--|---------------|
| CARLSBAD | . |
| MON - STEP - A - MONTH | Michele J. |
| MON - 7:30PM-SUNSET GROUP | Bryan M. |
| WED - 8PM WOMEN'S - L.I.S. | Ciara R. |
| WED MEN'S CARLSBAD - 7:30 PM | Bryan M. |
| THUR NITE – 6:15 PM – WOMEN'S | Mary B. |
| 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. |
| SUN - 6 PM – "SERENITY GROUP" | Wes D. |
| ENCINITAS | . |
| SUN COTTONWOOD CREEK-8:30 AM | Alessandra H. |
| SUN WOMEN'S 11TH STEP – 6:30 PM | Denny |
| ESCONDIDO | . |
| MON – LUNCH BUNCH –MIKE'S BBQ | Debbie M. |
| MON - 7:30 PM - MEN'S (S) N.I.A.O.B. | Jerry A. |
| TUE – 6PM – WOMAN'S "AS BILL SEES IT" | Debbie M. |
| WED – 7 PM – "MISFITS" | Timothy L. |
| THUR - 11:30 AM - WOMEN'S 12x12 | Kathy M. |
| SAT - 9:30 AM - WOMEN'S NEW BEGINNINGS (C) | Jill M. |
| SUN - 9:30 AM - "TAXI-CAB"- (C) | illegible |
| SUN - 9:00 SUNDAY PAPER | Kate T. |
| FALLBROOK | . |
| MON - NOON - DISCUSSION | Miles S. |
| TUE - NOON - DISCUSSION | Miles S. |
| TUE – 7:00 PM - FALLBROOK DISCUSSION | illegible |
| WED - NOON - HIGH NOON DISCUSSION | Miles S. |
| THUR - NOON | Miles S. |
| FRI - NOON - HAPPY HOUR DISCUSSION | Miles S. |
| FRI - 8:00 PM- SPEAKER'S | Patrick M. |
| LEUCADIA | . |
| TUE - 8:00 PM - MEN'S (C) SIX STEP HOUSE | Jeff |
| WED - 6:30 PM - WOMAN TO WOMAN | Kara :) |
| OCEANSIDE | . |
| MON thru FRI - 7:00 AM - ATTITUDE ADJUSTMENT | Wilma W. |
| TUE 7 PM "CHIP-IN GROUP" | Wade A. |

| CITY, DAY, TIME & MEETING | REP NAME |
|---|-------------|
| WED – 5PM – S.O.S. | Scott M. |
| WED NITE - MEN'S STAG - FREEMAN | Mike A. |
| WED - 8:00 PM - MEN'S (C) - 3RD & PIERVIEW | Chris G. |
| THUR - 7:00 PM - PRIMARY PURPOSE GROUP | Rick W. |
| FRI NITE "IRREGULARS" – 7:30 PM | illegible |
| FRI – 8:30 PM – KING OF KINGS | Matt T. |
| SAT - 7:00 PM - DISCUSSION | Jaime C. |
| SUN – 6:00 PM - SERENITY STEP STUDY | Mike K. |
| POWAY | . |
| TUE - 7:30 PM - SCRIPPS RANCH-MEN'S-POWAY A/C | Brian S. |
| RANCHO BERNARDO | . |
| 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 | Lisa L. |
| MON - 7:00 PM – ROSE RANCH | Dave W. |
| TUE 7PM – OUT OF THE WOODS | Timothy L. |
| TUE - 8:00 PM - MEN'S (C) | Dave W. |
| WED – 7:30 PM - AS BILL SEES IT | Lee Ann J. |
| FRI - 7:30 PM - BACK TO BASICS | illegible |
| FRI – 7:30 PM – SPEAKER/PARTICIPATION | illegible |
| SUN - 7:00 PM - BIG BOOK THUMPERS | Lee Ann J. |
| SUN – DEBBIE'S PIE SHOP – 4:30 PM | Barbara Ann |
| VALLEY CENTER | . |
| MON – 7:00 PM – BIG BOOK STUDY (C) | Jay G. |
| VISTA | . |
| MON 7 PM - SPEAKER/DISCUSSION | Mark M. |
| MON (TIME?) VISTA MEN'S FILLING STATION | Bob M. |
| TUE - 7:00 PM - "CAME TO BELIEVE" | illegible |
| 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" | Denise P. |
| SUN - 10:00 AM - "UPPER ROOM" | Denise P. |
| OTHER SERVICE POSITIONS | . |
| H & I - NORTH COUNTY | Chris S. |
| PROGRAM COMMITTEE CHAIRMAN | Deb M. |
| SAN DIEGO AREA ASSEMBLY | Linda R. |

Significant July Dates in AA History

- July 1962 - 'Victor E' cartoon first appeared in Grapevine. (some say May 1962).
- July 2, 2000 - 20 millionth copy of Big Book given to Al-Anon in Minneapolis, MN.
- July 3-5, 1970 - 35th Anniversary of AA in Miami. Bill's last public appearance. "Declaration of Unity"
- July 4, 1935 - Bill D. leaves St. Thomas Hospital in Akron, OH. Akron AA group begins.
- July 14, 1939 - Dr. Tiebout gives Big Book to Marty M., who promptly throws it back at him.
- July 15, 1938 - First documented use of "Alcoholics Anonymous" in a letter by Bill W.
- July 18, 1938 - Bill used "Alcoholics Anonymous" as working title for Big Book & name for the fellowship.
- July 22, 1877 - Willian Duncan Silkworth born in Brooklyn, NY.
- July 22, 1974 - Ken G. gets sober.
- July 22, 1980 - Marty M. dies. She was an early AA woman and founder of the NCADD (National Council on Alcoholism and Drug Dependence)
- July 28-30, 1950 - First AA International Convention held in Cleveland, Ohio. Twelve Traditions adopted. Dr. Bob made last appearance at large AA gathering.

How important is it, really?

Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations of other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my "rights" try to move in, and they too can force my serenity level down. I have to discard my "rights," as well as my expectations, by asking myself, **How important is it, really?** How important is it compared to my serenity, my emotional sobriety? And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level—at least for the time being.

Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that's God's will for me.

I must keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I can see I've never had it so good. Thank God for A.A.!

~~~ Thank You ~~~

Group Contributions

~~~ Thank You ~~~

| GROUP - TOWN | June | YTD | GROUP - TOWN | June | YTD | GROUP - TOWN | June | YTD |
|---|---------|---------|---|---------|---------|--|-------|---------|
| BONSALL | | | FRIDAY 7AM - ATTITUDE ADJUSTMENT MTG. | | \$25 | FRIDAY NITE - "T.G.I.F." | \$190 | \$1,198 |
| GROUP SERVICE 3172510 | | \$30 | THURSDAY FALLBROOK BIG BOOK | | \$27 | MON.,WED., FRI.; "HERE TO SERVE GROUP" | | \$200 |
| SATURDAY AM - 12 X 12 | | \$30 | FRIDAY NOON - "HAPPY HOUR" | | \$65 | SATURDAY NITE APPRECIATION GROUP | | \$214 |
| CAMP PENDLETON | | | FRIDAY NITE SPEAKER MEETING | \$20 | \$110 | SUNDAY - "DAILY REFLECTIONS" | | \$50 |
| MONDAY - CAMP DEL MAR - 6:30 P.M. | \$25 | \$25 | SATURDAY AM - STEP STUDY | | \$70 | SUNDAY - "SWEET SURRENDER" | | \$42 |
| WEDNESDAY - "TAG TEAM" - 6:30 P.M. | \$10 | \$10 | SUNDAY 8 AM - 1-2-3 STEP STUDY | | \$245 | RANCHO SANTE FE | | |
| FRIDAY 4 P.M. - "DRY DOCK 20" | \$10 | \$10 | SUNDAY - "PROMISES" | | \$195 | FRIDAY NITE NEWCOMERS-BEGINNERS | | \$233 |
| CARDIFF | | | SUNDAY - "THERE IS A SOLUTION" | | \$28 | GSO GROUP #000713516 | | \$156 |
| WED. LUNCH BUNCH - CARDIFF | | \$207 | LA COSTA | | | RANCHO PENASQUITOS | | |
| FRIDAY - LUNCH BUNCH | | \$500 | MONDAY NITE WOMENS - 7 P.M. | | \$45 | TUESDAY - 7PM - 12 X 12 | \$15 | \$50 |
| KI'S WEEKENDERS - SAT/SUN. - 7 A.M. | | \$825 | THURSDAY PM - A.A. | | \$510 | THURSDAY NITE - 6:30 P.M., | | \$35 |
| 7AM-MON.-WED.-FRE."BACK TO BASICS | | \$3,865 | LEUCADIA | | | RINCON | | |
| CARLSBAD | | | SIX STEP HOUSE | | \$750 | WED. NITE MENS - RINCON FIRE STATION | | \$325 |
| "SOBRIETY ROCKS" - MONDAY THRU SUNDAY | | \$1,800 | OCEANSIDE | | | SAN MARCOS | | |
| MONDAY NITE STEP STUDY - HERITAGE HALL | \$393 | \$1,271 | AA GROUPS/NO. COUNTY FRIENDSHIP CENTER | | \$240 | MONDAY NITE - ROSE RANCH | | \$150 |
| NO.COASTL.MENS-TUES.-CALLE BARCELONA | \$308 | \$1,813 | MONDAY NITE, 12 X 12 - KING OF KINGS | \$130 | \$205 | MON. "PROMISE OF A NEW DAY | \$270 | \$270 |
| WED. WMNS 8PM - LIVING IN THE SOLUTION | | \$406 | MONDAY 8PM - MENS | | \$183 | MONDAY NITE - SPEAKER DISCUSSION | | \$235 |
| TUESDAY NITE - BOOK STUDY | | \$232 | 9A.M. - "LIVING SOBER" - MON. THRU SUN. | \$50 | \$50 | MONDAY NITE - SPEAKER DISCUSSION | | \$225 |
| THURSDAY NITE - CARLSBAD WORKSHOP | | \$943 | MONDAY NOON BROWN BAGGERS | | \$120 | TUES. PM -- MENS - ROSE RANCH | | \$351 |
| THURSDAY NITE - ROVING WOMENS MTG. | | \$156 | TUESDAY - LIVING SOBER - ALANO CLUB | | \$100 | TUESDAY BACK COUNTRY BOOK STUDY | | \$30 |
| FRIDAY - "WATERWORKS" 1:30 P.M. | \$120 | \$755 | TUESDAY PM - "CHIP-IN GROUP" | | \$473 | TUESDAY 7PM - "OUT OF THE WOODS" | | \$206 |
| SATURDAY NITE - "KEEP IT SIMPLE" | \$100 | \$100 | TUESDAY - 5PM - ALANO CLUB | | \$50 | WED. "BLIND LEADING THE BLIND" - MENS | \$45 | \$270 |
| FRIDAY NITE "LEFT-OVERS" | | \$125 | TUESDAY 8 PM - "BEGINNERS" | \$163 | \$801 | WED. NOON - "GRASS ROOTS" | | \$150 |
| FRIDAY NITE STEP SISTERS | | \$691 | TUESDAY 8 PM - ALANO CLUB | | \$200 | FRIDAY SPEAKERS - PANORAMA | \$91 | \$259 |
| SATURDAY A.M. - ST. MICHAELS | | \$474 | LGBT IN RECOVERY MEETING | | \$98 | FRIDAY NITE - BACK TO BASICS | \$180 | \$672 |
| SATURDAY WOMEN IN RECOVERY | | \$355 | OCEANSIDE HARBOR BEACH MTG. | | \$619 | SATURDAY 3 P.M. - DISCOVERY GROUP | | \$255 |
| SATURDAY NITE SPEAKERS-"SOBRIETY ROCKS" | | \$1,172 | WEDNESDAY NOON - ALANO CLUB | | \$308 | SATURDAY NITE SPEAKERS MEETING | | \$1,463 |
| SUNDAY - SERENITY GROUP | \$150 | \$400 | WED. WOMENS NOON - HANDBAG | | \$966 | SUN. 4:30P.M. "MISFITS" - WOMENS | \$100 | \$300 |
| SUNDAY 4:30P.M. - MENS - "SOBER PRIDE" | | \$200 | WEDNES MENS GRP-SO. OCEANSIDE | \$162 | \$759 | SUNDAY - DAILY REFLECTIONS | \$100 | \$600 |
| MENS MEETING - CARLSBAD | | \$100 | WED. NITE MENS - PIERVIEW | | \$782 | SUNDAY - BIG BOOK THUMPERS | | \$50 |
| BORREGO SPRINGS | | | WED. - "S.O.S." SOBER SENIORS | | \$150 | GROUP #606873 | | \$300 |
| SAT. NITE CANDLELITE MEETING | | | WED. 7P.M. - "SINGLENESS OF PURPOSE" | \$351 | \$1,193 | SAN RAFAEL | | |
| 7AM FRIDAY - "EARLY RISERS" | \$24 | \$124 | WED. 7 A.M. - ATT. ADJUSTMENT - A/C | | \$125 | TUESDAY 7AM - AS BILL SEES IT | | \$100 |
| SUNDAY MORNING GROUP | | \$100 | THURSDAY - "GIRLS WITH GRATITUDE" | | \$54 | FRIDAY 7AM-OPEN AA MEETING | | \$100 |
| DEL MAR | | | THURS. NITE 5PM - DISCUSSION | \$110 | \$110 | SANTA YSABEL | | |
| MON., WED., & FRI. - DEL MAR LUNCH B. | | \$330 | FRIDAY 7A.M. - ATTITUDE ADJUSTMENT MTG. | \$99 | \$414 | TUESDAY BACK COUNTRY BOOK STUDY | | \$60 |
| MON. NITE 6:30PM-CAMP DELMAR MTG. | | \$25 | FRIDAY NOON - BROWN BAGGERS | | \$188 | FRIDAY NITE SURVIVOR | | \$30 |
| FRIDAY - LUNCH BUNCH | | \$500 | FRIDAY 5 P.M.; NO. COUNTY ALANO CLUB | \$30 | \$30 | SOLANA BEACH | | |
| SUNDAY & 4:30 P.M. - DEL MAR | \$1,070 | \$1,070 | FRIDAY - 7:30 P.M. GROUP | | \$120 | M. thru F.- 7 A.M. - 3RD TRADITION(BELLY-UP) | \$500 | \$7,750 |
| SUNDAY - 8 P.M. - OPEN DISCUSSION | | \$809 | FRIDAY NITE "IRREGULARS" | | \$517 | FRIDAY - "MOTHERS IN SOBRIETY" | \$40 | \$187 |
| GROUP #295453119 - DEL MAR | \$50 | \$50 | FRIDAY - BIG BOOK STUDY - ALANO CLUB | | \$35 | MONDAY - "MOTHERS IN SOBRIETY" | | \$213 |
| ENCINITAS | | | FRIDAY NITE SPEAKER MEETING | | \$50 | MONDAY - 8PM | | \$500 |
| BALOUR GROUP | \$2,613 | \$2,613 | SATURDAY NO. COUNTY A.C./ 9:05 A.M. | \$100 | \$305 | VALLEY CENTER | | |
| NORTH COUNTY MENS GROUP | | \$151 | SATURDAY 7 A.M. - ALANO CLUB | \$25 | \$250 | MON.NITE-SLOW LEARNERS-(SLBBSG) | | \$150 |
| MON. WOMENS-LIVING IN THE SOLUTION | | \$810 | SATURDAY 10AM - WOMENS BIG BOOK | \$508 | \$1,486 | THURSDAY - 12 X 12 | | \$204 |
| MONDAY NIGHT - BIG BOOK | | \$89 | SATURDAY NITE SPEAKER - ALANO CLUB | | \$190 | VISTA | | |
| TUESDAY - WOMENS "ROVING STEP STUDY" | | \$81 | SUNDAY A.M. - "SURF & SUN" | \$150 | \$680 | DAILY REFLECTIONS MthruF 6:30 AM - "STEPS" | | \$100 |
| TUESDAY NITE MENS AA. GROUP | | \$487 | SUNDAY 9 A.M. - BIG BOOK | \$50 | \$50 | "NOON SOLUTIONS" - M. THRU F. - "STEPS" | | \$188 |
| WOMEN ON WEDNESDAY | | \$500 | SUNDAY - 11 A.M. - ALANO CLUB | | \$145 | MONDAY NITE "MENS-FILLING STATION" | | \$1,282 |
| WOMENS 11TH STEP MEETING | | \$484 | SUNDAY - 7P.M. - ALANO CLUB | | \$100 | TUESDAY MENS "OLD SCHOOL" | \$125 | \$425 |
| FRIDAY NITE "11TH STEP" | | \$600 | OCEANSIDE ALANO CLUB MEETING | | \$100 | WED. MENS HOLD-IN-THE-WALL - 6:30 P.M. | \$205 | \$706 |
| FRIDAY - "SWAM'S WOMENS MEETING" | | \$283 | OCEANSIDE GROUP - #694616 | 124,27 | \$254 | TUESDAY NITE - THIBIDO PARK | | \$805 |
| FRIDAY NITE 12 X 12 | | \$239 | OCEANSIDE GROUP #000125405 | | \$224 | THURS. NITE - FREE THINKING WOMEN | | \$50 |
| SAT. 8 A.M. - WOMEN OF OLIVENHAIN | | \$919 | MON NITE - "CARRY THE MESSAGE" | | \$85 | THURSDAY - "ROBBERS ROOST" | | \$2,451 |
| SAT. 7A;30A.M.- SURF DOGS AA | \$386 | \$597 | "FREE-THINKING WOMEN" - GROUP #677005 | | \$50 | THURSDAY WMNS-LIVING IN THE SOLUTION | | \$253 |
| SAT. - ST. MARKS CHURCH - 4 P.M. | | \$165 | WEDNESDAY A.A. MEETING | | \$145 | SATURDAY AM - WOMENS ACCEPTANCE | | \$289 |
| SUN. OLIVENHAIN MENS STAG | | \$720 | PALA | | | SUNDAY AM - UPPER ROOM | \$90 | \$90 |
| SUN. "COTTONWOOD" BIG BOOK GROUP | \$263 | \$703 | MONDAY NITE - "CARRY THE MESSAGE" | | \$50 | SUN.AM-GAS & STEAM ENGINE MSN | \$50 | \$885 |
| "WHAT'S THE POINT" - GROUP #717841 | | \$750 | POWAY | | | WARNER SPRINGS | | |
| ENCINITAS MENS | | \$100 | MONDAY AM WOMENS - HERE & NOW | | \$457 | WEDNESDAY A.A. GROUP | | \$70 |
| ENCINITAS GROUP #000669289 | | \$125 | TUESDAY SCRIPPS RANCH - MENS | | \$610 | (UNKNOWN GROUP - RICHARD H. | | \$74 |
| SAT. 10 A.M. - "GREAT FACTS" MTG. | | \$94 | TUESDAY - "KEEPING IT SIMPLE" | | \$140 | TUESDAY EVENING WOMENS - STEP STUDY | | \$87 |
| ESCONDIDO | | | WED. "HOPE & GRATITUDE AA" | | \$200 | "SAN DIEGO SPRING ROUNDUP" | | \$1,000 |
| 7AM - "ATTITUDE" | | \$3,438 | THURSDAY NOON-FRESH START AT ST. BARTS' | \$50 | \$50 | SAN DIEGO COUNTY MEN'S BANQUET | | \$400 |
| N.I.A.O.B. - ESCONDIDO | | \$210 | FRIDAY - SELF IMPOSED CRISIS GROUP | | \$100 | 2017 TRADITIONS BREAKFAST R. | | \$1,806 |
| MON. "MIKES BBQ" - LUNCH BBQ | \$250 | \$1,000 | FRIDAY NOON "ACCEPTANCE" | \$320 | \$956 | NO. COUNTY CHRISTMAS ALKATHON | | \$244 |
| DAILY REFLECTIONS - MON. THRU SAT. | | \$520 | FRIDAY - NEWMANS NOONER | | \$110 | NO. COUNTY NEW YEARS ALKATHON | | \$201 |
| MONDAY 6:00 P.M. - ALANO CLUB | | \$30 | SATURDAY - 7 A.M. GROUP | | \$200 | ANONYMOUS GROUP #669289 | | \$290 |
| TUESDAY - "AS BILL SEES IT" | | \$420 | SUNDAY - BIG BOOK STUDY | | \$200 | ANONYMOUS GROUP # 133908 | | \$141 |
| TUESDAY SPEAKER - ALANO CLUB | | \$150 | SUNDAY CLOSED MENS | | \$251 | ANONYMOUS GROUP #640237 | | \$25 |
| WED. NOON "GRASS ROOTS" | | \$350 | SUNDAY NITE - "FREEDOM OF CHOICE" | | \$125 | ANONYMOUS GROUP | | \$201 |
| WEDNESDAY - "AS BILL SEES IT" | \$240 | \$417 | SUNDAY - ESPOLA ROAD -- 7:30 P.M. | | \$127 | "UNKNOWN MEETING" | | \$1,070 |
| WEDNESDAY NOON - ESCONDIDO | | \$548 | POWAY GROUP 717095 | | \$91 | "UNKNOWN MEETING" | | \$620 |
| WED. MENS - "MISFITS GROUP" | | \$45 | RAMONA | | | WOMEN SEEKING SOLUTIONS | | \$136 |
| WOMEN ON WEDNESDAY | | \$280 | MONDAY AM - BYOB - BIG BOOK | | \$100 | SATURDAY NITE SPEAKERS | | \$210 |
| THURSDAY WOMENS 12 X 12 | | \$720 | TUESDAY NOON - "VISION FOR YOU" | | \$20 | GROUP #713516 | | \$294 |
| FRIDAY NITE - "LOUNGE LIZARDS" | | \$449 | WEDNESDAY NOON | \$25 | \$25 | ANDREW W. - CONTRIBUTION | \$36 | \$36 |
| SATURDAY - "AS BILL SEES IT" | | \$266 | WED. NITE - "STEP & TRADITIONS" | | \$10 | "SERENITY AT 5107" | | \$20 |
| "WE NOT ME" - SATURDAY 7 P.M. | \$120 | \$120 | WEDNESDAY MENS - NEW VISION AA | | \$50 | GROUP #000720075 | | \$50 |
| SATURDAY - WOMENS - NEW BEGINNINGS | | \$263 | THURS. NITE - "JUDGES' BIG BOOK STUDY" | | \$20 | GROUP #100836N | \$89 | \$89 |
| SUNDAY - "TAXICAB" | | \$273 | THURS. "SISTERS IN SOBRIETY" | \$25 | \$25 | DISTRICT 16 - IMPERIAL AREA | \$629 | \$2,456 |
| SUNDAY - LGBT IN RECOVERY | \$50 | \$100 | FRIDAY NITE PARTICIPATION - 8 PM | | \$75 | CENTRAL MEETING | \$148 | \$2,542 |
| "UNKNOWN MEETING" | | \$75 | FRIDAY NITE "SOBRIETY PARTY" | | \$25 | INTERGROUP | \$138 | \$901 |
| SUNDAY - ESCONDIDO | | \$150 | SUN. A.M. - "KICKSTART YOUR HEART" | \$60 | \$160 | GROUPS TOTAL: \$8452.46 | | |
| SUNDAY 9 A.M.-SUN. AM PAPERS MTG. | | \$180 | SUN. NITE - "SWEET SURRENDER" | | \$75 | S.D.A.I.C. - H & I | | \$110 |
| GROUP #126426 - ESCONDIDO | | \$244 | RANCHO SANTE FE | | | ICYPAA | | \$45 |
| FALLBROOK | | | MONDAY NITE DISCUSSION | | \$171 | "GRATITUDE MONTH" - GAIL | | \$50 |
| 7 A.M. "A.A." | \$30 | \$130 | TUESDAY - 12 X 12 | | \$20 | INDIVIDUAL CONTRIBUTION - DIANE | | \$70 |
| TUESDAY - "WOMENS "TURN IT OVER" | \$40 | \$1,854 | THURS. NOON WOMENS AA | | \$1,301 | NO. COUNTY S.D. WOMENS | | \$68 |
| MONDAY - WOMENS "SAFE HAVEN" | | \$17 | FRIDAY NITE BEGINNERS-"CLEAR THE AIR" | | \$87 | R. HESS - DONATION | | \$50 |
| MONDAY DISCUSSION GROUP | | \$48 | DISCUSSION GROUP - #133908. | | \$332 | KENNETH K. - ANONYMOUS - | \$25 | \$25 |
| TUESDAY MTG.-WOMEN SEEKING SOLUTIONS" | \$75 | \$75 | RANCHO SANTE FE MEETING - #713516 | | \$634 | KATHLEEN M.E. - PERSONAL CONT. | | \$135 |
| TUESDAY FALLGROUP GROUP | | \$30 | RANCHO BERNARDO | | | ANONYMOUS | \$50 | \$4,073 |
| NOON A.A. | \$100 | \$100 | 7AM "EARLY BIRDS"- DAILY MEETINGS | \$1,650 | \$1,650 | AA BIRTHDAYS/DEBBIE G. - 32 Yrs. | \$60 | \$836 |
| WEDNESDAY NIGHT - WOMENS | | \$135 | MON. WOMENS BIG BOOK STUDY | | \$509 | DAVID S. - 28 Yrs. | | |
| WED. MENS "WE ARE NOT SAINTS" | | \$40 | 7 A.M. TUESDAY - AS BILL SEES IT | | \$100 | BREAKFAST RAFFLE TICKETS | | \$1,806 |
| THURSDAY NOON DISCUSSION | | \$60 | THURSDAY 7PM - "AS BILL SEES IT" | \$96 | \$483 | COFFEE KITTY | \$21 | \$350 |
| THURSDAY BIG BOOK STUDY | | \$25 | FRIDAY 7A.M. OPEN AA MEETING - R.B. | | \$100 | 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)

If The Beatles Were In A.A.

1. "Do You Want To Know a Secret? I Need To Take My Fifth Step"
2. "Twist And Shout – He's Having a Seizure!"
3. "I Want To Hold Your Hand, and Say The Serenity Prayer"
4. "She Loves You, Like a Friend"
5. "I Should Have Known Better, Because She's a Newcomer"
6. "I'm a Loser, but My Sponsor Says I Can Change"
7. "I Feel Fine, even Though My Wife Left Me and I Got Fired"
8. "I Go To Meetings – Eight Days a Week"
9. "Help! I Need a Sponsor!"
10. "The Night Before Leads To The Morning After"
11. "You're Going To Lose That Girl If You Keep Acting Like a Jerk"
12. "Run For Your Life – He's a Thirteenth Stepper"
13. "Drive My Car – I Still Don't Have a License Or Insurance"
14. "I'm Only Sleeping, Officer"
15. "Taxman – Do I Really Have To Make Amends To Everybody?"
16. "Here, There And Everywhere – That's Where My Clothes Wind Up When I Drink"
17. "Got To Get You Into My Life – That's Why I Park Outside Your House All Night And Call You 50 Time a Day"
18. "I Can Stay Sober, with a Little Help From My Friends"
19. "She's Leaving Home – Now That She Joined Al-Anon"
20. "Hello Goodbye – Why Do My Relationships Always End So Quickly?"
21. "All You Need Is Love, and Service"
22. "Dear Prudence, I'm Sorry I Was Mean To You In Kindergarten"
23. "I'm So Tired, but I Better Go To the Meeting Anyway"
24. "She Came In through the Bathroom Window – Even Though I Had a Restraining Order!"
25. "Get Back to Meetings"

~Submitted by Paul C.

Unity Day Celebration Workshop

sponsored by

San Diego and Imperial Counties

Saturday, August 19, 2017

9:00 a.m. - 1:00 p.m.

St Bartholomew's Church

16275 Pomerado Road

Poway, CA 92064

Please bring a breakfast dish to share.

Coffee, water and sodas provided.

Spanish and ASL interpretation provided.

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This workshop includes such topics as:

- ◆ Today's Alcoholic: Inclusion, Not Exclusion
- ◆ Participation in A.A. - Is My Triangle Balanced?
- ◆ A.A. Technology: Where Innovation Meets the Traditions
- ◆ Attraction Not Promotion: A.A.'s Relation to the World
- ◆ Group Conscience: The Guiding Force

~

Want to be of service? Contact Alternate Delegate Roxane R. at 760-638-3358 or roxane.area8aa@gmail.com



LET GO! LET GO! LET GO! LET GO! LET GO! LET GO!

One Day at a Time

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is **Yesterday**, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed, we cannot erase a single word said...**Yesterday is gone!**

The other day we should not worry about is **Tomorrow**, with its possible burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds...but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

This leaves only one day, **Today!** Any man can fight the battle of just one day. It is only when you and I have the burdens in those two awful eternities - **Yesterday and Tomorrow** - that we break down.

It is not the experience of **Today** that drives men mad...it is the remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.

Let us, therefore, live but one day at a time.

Heard in a Meeting:

I was drinking to forget about the problems caused by my drinking.

ANCIENT WISDOM

Better than a thousand hollow words is one word that brings peace.

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

