Would you like the Viewpoint delivered to your email each month? Let me know and I’ll put you on the email distribution list. ~Viewpoint Editor editor@nosdco-aa.org

39th Annual Traditions Breakfast Sunday 3/11/18
Camp Pendleton Pacific Views Event Center (formerly the NCO Club) 202850, San Jacinto Road, Camp Pendleton South, CA 92058 (see map) Doors open at 8:AM. Breakfast served at 9:AM. ASL interpreter provided. Special Guest Speaker Candice M. from Los Angeles will share her story.

~~ NO TICKETS WILL BE SOLD AT THE DOOR ~~
Tickets are $30 per person. Tables of 8 are available for $240 with advance reservations. Tickets are available from Central Office.

~~ YOU MUST FOLLOW BASE ACCESS PROCEDURES ~~
Everyone attending, other than military, must submit an access registration form ONLINE not less than 7 days prior to the event, preferably sooner. Go to https://nosdco-aa.org/, click the 39TH ANNUAL TRADITIONS BREAKFASE link, and use the ONLINE link under “Base Access Procedure” to fill out the form. All visitors must provide a valid driver’s license/ID. All drivers must also have valid vehicle registration and proof of insurance.

Menu: Scram. Eggs, Potatoes, Sausage, Bacon, Biscuits & Gravy, Fruit, Danish, Coffee/Juice/Tea
Make checks payable to “NCIAA” & include your phone number. Mail checks to North County Central Office, 604 E. Vista Way, Vista, CA 92083. Or stop by the Office with check, cash or credit card. Office phone: (760) 758-2514.

Questions & Answers on Sponsorship (A.A. Pamphlet excerpts)

Individuals and groups cannot afford to lose sight of the importance of sponsorship, the importance of taking a special interest in a confused alcoholic who wants to stop drinking.

How does sponsorship help the sponsor? Sponsorship strengthens the older member’s sobriety. The act of sharing sobriety makes it easier for a member to live without alcohol. By helping others, alcoholics find that they help themselves. Sponsorship also offers the satisfaction that comes from assuming responsibility for someone other than oneself. In a very real sense, it fills the need, felt by most human beings, to help others over rough spots.

How does sponsorship help the newcomer? It assures the newcomer that there is at least one person who understands the situation fully and cares — one person to turn to without embarrassment when doubts, questions or problems linked to alcoholism arise. Sponsorship gives the newcomer an understanding, sympathetic friend when one is needed most. Sponsorship also provides the bridge enabling the new person to meet other alcoholics — in a home group and in other groups visited.

These Twenty-five Words . . .
God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

THE SERENITY PRAYER has always played an important role in my recovery process, but only lately have I recognized the true value within these twenty-five words. The more I say it, read it, hear it—the more profoundly I feel its effectiveness as it relates to (continued on page 4)
North County Intergroup Meeting Minutes, Date: 1/10/18

Called to Order: The Meeting was called to order at 7:00 P.M. There were 45 Reps present, with 7 New Reps.

The Traditions were read by Tyler. A motion was made and seconded to accept the minutes. All in Favor.

Financial Report: JOAN B. Email: joanb@nosdco-aa.org

Joan B. read the financial report, Net Sales $4777.38 Total Cost of Goods Sold $3706.48 with Gross Profit of $1070.90,
Group Contributions $10857.44 Miscellaneous Income -$44.65, Total Income for the month $1188.69, Total Expenses
for the month $9252.96, leaving a Net Income of $2630.73, YTD $10139.20. The negative miscellaneous income is the
Traditions Breakfast expenses now being reflected in the profit & loss, more expense then tickets so but will catch up
once more tickets are sold. Motion made to accept financial report, seconded All in Favor

Central Office Report: JENNIE M. (760) 758-2514 Email: jennie@nosdco-aa.org

Jennie thanked everyone who showed up and help to make the Alkathons at the Friendship Center a huge success and
stated after the Friendship Center took its percentage, Central Office received around the same amount of money as
the year before. the percentage amount the Friendship Center takes was asked, will have the answer at next inter-
group meeting.

STANDING COMMITTEES

Program Committee: Lee Ann J. (760) 580-6143

Lee Ann J. introduce herself has the new Chairlady, she also informed the reps there are open position on the com-
mittee that needs to be filled Co-Chair, Secretary & Week 3 Leader, if she is not able to fill those positions and get
more people to attend the meeting might not be able to continue, she reviewed the functions of the Program Com-
mittee and requested Host Groups for the month of February.

Date: Speaker: From: Host Group:
Feb 6 Mark Y. Oceanside Monday Night Men’s Stag 8pm, Oceanside
Feb 13 Annette R. Escondido We Not Me, 7:30pm Saturday Escondido
Feb 20 James P. Escondido Monday Night Speaker/Discussion 7pm Vista
Feb 27 Lyneve K Escondido Friday Night Beginners, 7pm Vista

Public Information Committee: Tim L. - No Report

Telephone Committee: JANICE M. (760) 583-8208 Email: janiceM@nosdco-aa.org - No Report

Archives Committee: KEN G. (760) 504-5707 Email: kenG@nosdco-aa.org - No Report

Outreach Committee: Carol H. - No Report

H&I COMMITTEE: CHRIS S. (858) 442-1834 Email: chris@nosdco-aa.org (H&I Web Page www.nchandi.org)

Chris thank everyone for their support both financially, and by participating on the committee. The committee meets
on the third Saturday of the month (January 20th) at the North County Alano Club. Orientation is 9 - 9:45, followed by
business from 9:45 to 11. All are welcome. At the December meeting they elected officers, they are in DIRE need of a
Secretary, Treasurer and Alternate Chair. They have added a few new facilities to the roster and are looking for panel
members. Please come join us. Can you spare one hour a month. There is a drop box at Central Office for any used
Grapevines you might have. These will be reused by taking them into the institutions we serve. The website is NCHan-
dal.org and our email address is NorthCountyHandI@gmail.com

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

Not much to report, Feb 16 Yukaholik’s Comedy Show 1613 Lake Dr. Encinitas, BenefitKing First Step House of N. Coun-
ty, advance tickets $20 questions contact Steve G. 408-219-2915, Feb. 17, 2018 “A Path of Steps” 9am-2pm with Sea-
mus O. at the Encinitas Community Center. 1140 Oak Crest Dr.

BUSINESS COMMITTEE REPORT: CHAIRLADY Margaret T. Email: margaretT@nosdco-aa.org

Rodrigo has given administrator privileges to two business committee members (Mark B & Greg B) so updating the
website can now be done in a timely manner, please email your requests to Central Office. The updated printed
meeting schedule is coming soon.

OLD BUSINESS:

Traditions Breakfast: Jim thanked everyone that has purchase a ticket, 24 tables have been sold already. Please take
flyers to your group and promote the breakfast at your meetings. Janine mention this year the opportunity drawing
will be giving away baskets, if your group would like to donate gently used recovery items or other items for the bas-
kets please contact Janine 760-212-2352.

NEW BUSINESS: None

ELECTIONS: None

ANNOUNCEMENTS: San Diego Spring Round Up, Mar 29th thru April 1st, Town and Country Hotel.

Adjournment: 7:55pm Next Intergroup Meeting Date: Feb 14th

RESPECTFULLY SUBMITTED: MARK B. – RECORDING SECRETARY
Is something bothering you? Ask yourself: “How important is it, really? How important is it compared to my serenity, my emotional sobriety?” ~Big Book pg 420
**Men’s Sponsorship Workshop**

**“Questions & Answers on Sponsorship”**

Getting a Sponsor, Using a Sponsor, Being a Sponsor

**Saturday, February 10, 2018**

8:30am – Registration, Coffee & Donuts
9:00am – 11:30am – Program
First United Methodist Church
341 S Kalmia St, Escondido, CA 92025
(Enter the Social Hall Door on 4th Ave)

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**NORTH COUNTY H & I NEWS**

**FOR JANUARY 2018**

**THINGS YOU NEED TO KNOW:** After many years of supporting the San Diego H&I Committee, in 1972 members in the North County region established a small and highly focused H&I committee in Oceanside. Recruitment and board meetings were (as today) held at the Oceanside Alano Club. We are now bringing meetings to 27 facilities, and supporting 163 panels per month.

**WHERE YOUR 7th TRADITION $ GOES:** Each North County AA Group can get involved with NC H&I by contributing a portion of their 7th Tradition funds (via the Pie Chart) and/or passing the Green Can. 85% of all Pie Chart contributions will be used for literature purchases for the facilities we serve – with 15% being used for administrative expenses (i.e. rent, printing, etc.). All Green Can contributions go solely for the purchase of literature.

**GROUP AND GREEN CAN CONTRIBUTIONS DECEMBER 2017**

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<td>Wednesday Men’s Group 130216</td>
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Complete financial reports can be found on our website.

**THANK YOU FOR YOUR CONTRIBUTIONS!**

**GETTING INVOLVED:** Each 3rd Saturday of the month NC H&I conducts an Orientation for all interested AA members to learn more about NC H&I Policy & Guidelines. At the conclusion of the Orientation meeting, the attendee can sign up for a panel to get started on the journey of involvement in NC H&I service work. The Orientation meeting is held 9:00a.m. at the Oceanside Alano Club located at 4198 Mission Ave, Oceanside, CA 92057. The Business Committee meets at 9:45a.m. immediately following Orientation. All interested AA members are encouraged to attend both the Orientation and Business Committee meetings.

**ADDITIONAL INFORMATION:** You can visit our NC H&I website at NCHandI.ORG to view Policy & Guidelines, Financial Reports, etc.

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**WHAT TO EXPECT:**

- Speakers, Table Discussions, Ask-it Basket
- Sobriety Countdown, Free Raffle

**HOSTED BY:**

- Escondido Men’s Group – 7:30pm Monday
- Encinitas Men’s Group – 7:30pm Tuesday
- S. Oceanside Men’s Group – 7:30pm Wednesday
- Fallbrook Men’s Group – 7:30pm Wednesday

**QUESTIONS:** Brent K. (760) 803-1736

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**")These 25 Words…” continued from page 1**

the handling of my one-day-at-a-time living experiences.

If I refuse to accept what I am powerless to change, I am negating the opportunity that God gives me to do so. He always grants me the serenity that goes hand in hand with the acceptance of that which I am incapable of changing. However, the key question I must ask myself is: “Am I willing to accept this serenity that He so graciously offers me?” I must remind myself of this whenever I think I have accepted something and then discover that my serenity is nil.

If I am sincerely trying to live according to the guidance of our AA principles, I will recognize that I have chosen not to accept the unchangeable, but only to tolerate it. To merely tolerate a situation or a person’s shortcomings is to settle for a half measure. And there is the reason for my serenity deficit.

As for the second part of the prayer, “the courage to change” certain circumstances comes from inner strength—my abundant source of supply that my Higher Power constantly nourishes. But I must choose to draw upon this strength. It is always there—I need only be willing to use it.

The third part, “wisdom to know the difference,” is the divine key to acceptance and courage. For me, this wisdom is revealed through the practice of our Eleventh Step, “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Because this is an honest program, I must admit that I fall short many times in applying this interpretation of the Serenity Prayer. I realize I am still growing emotionally and spiritually. After several years of sobriety through the grace of God and AA, I am only beginning to acknowledge the God-power within me.

But by simply expressing my personal concept of this traditional and meaningful prayer, I am enabled to view with more clarity where I am today and where I was yesterday. Tomorrow is yet to be, but should God grant me another day, then hope, courage, and strength, through the implementation of the Twelve Steps and the Serenity Prayer, will be sufficiently provided to meet my every need. This I believe.

— L. T.
St. Petersburg, Florida
From the April 1979 Grapevine magazine.

**Viewpoint, January 2018, page 4**
Meetings that Need Your Support

- North San Diego Young People in Alcoholics Anonymous (NSDYPAA), Meetings are on 1st and 3rd Sunday, 5:00 PM, 560 Greenbrier Dr, Oceanside, CA 92054. Contact us: (760) 542-8268, NSDYPAA@gmail.com
- Thursday 11:30 AM Women’s Step Study at Church of the Resurrection, 1445 Conway Dr, Escondido, CA 92027
- Tuesday 6:00 PM Women’s “Step by Step” 12&12 Study at STEPS in Vista, 1745 E Vista Way, Vista, CA 92084
- **NEW:** Saturday 8:00 PM “Living Sober” at the Escondido Alano Club, 1690 East Valley Parkway, Escondido 92027
- Sunday 7:00 PM “Acceptance & Recovery” at 1800 N Broadway, Escondido 92026, 1st Congregational Church

If you would like to add to this list, please email editor@nosdco-aa.org.

“...it is pointless to become angry...” 12&12 pg 92

What we really have is a daily reprise contingent on the maintenance of our spiritual condition. BB pg 85

A.A. Stories Speak Directly to Very Young Alcoholics

“If I could have stayed cool, I’d still be drinking. Very quickly, though, I started getting into trouble. Going to sixth grade got in the way of my life, which consisted of getting drunk as much as possible.” (After rehab) “I was going to A.A. meetings. Everyone was older, even most of the kids at the young people meetings. But I found that alcoholics understand other alcoholics. . . . Regardless of how young or old or ‘special’ I am, in A.A. I’m just a drunk.” Tina, who joined A.A. at 13

“I loved drinking and was as addicted to the lies, the shady people and places as I was to the alcohol. My grades suffered until I stopped going to school altogether. . . . I found myself in places without any idea of how I had gotten there. I overdosed on alcohol.” Since coming to A.A., “I have been given an opportunity to grow up with the Twelve Steps in my life. It is with utmost gratitude that I have just celebrated my 19th year of continuous sobriety.” Kevin, who joined A.A. at 14

[For more info: https://www.aa.org/press]

Significant January Dates in A.A. History

Jan 1939 - 400 copies of manuscript of Big Book circulated for comment, evaluation and sale.
Jan 1946 - Readers Digest does a story on A.A.
Jan 1946 - A.A. Grapevine increased the cost of a year’s subscription to $2.50.
Jan 1951 - A.A. Grapevine publishes memorial issue for Dr. Bob.
Jan 1958 - Bill W. writes article for Grapevine on “Emotional Sobriety”.
Jan 10, 1940 - 1st AA meeting not in a home meets at King School, Akron, Ohio.
Jan. 24, 1971 - Bill W. dies at Miami Beach, FL.
Jan 30, 1961 - Dr. Carl G. Jung noted in a letter to Bill W. “You see, alcohol in Latin is “spiritus” and you use the same word for the highest spiritual experience as well as the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.” The meaning behind the Latin phrase “spiritus contra spiritum” is that alcohol counters spiritual experience. The word “spiritus” in Latin means both “alcohol” and “spiritual experience,” while “contra” means “against.” Dr. Jung named a spiritual experience as the solution for the alcoholism of one of his patients, Rowland Hazard. Hazard would find this experience in the tenets of the Oxford Group, and he went on to help other alcoholics (including Ebby who later helped Bill). Bill asked Dr. Jung about Hazard’s recovery. Jung’s phrase “spiritus contra spiritum” confirmed for Bill that A.A.’s use of spiritual development as a treatment for alcoholism was correct.

“Haiku” is a traditional form of Japanese poetry. Haiku consist of 3 lines. The first and last lines have 5 syllables and the middle line has 7 syllables. The lines rarely rhyme. The following are my attempts at the form. “~ The Viewpoint Editor

i do not mind when you try to fool me, but please do not fool yourself i love living in the now the next indicated thing is God’s will for me surrender, let go stop fighting, do not struggle live in this moment we have ceased fighting anything or anyone even alcohol [BB pg 84]

Voices of Women in AA - a new book from Grapevine

Voices of Women in AA is a collection of 61 stories from Grapevine. The book begins with articles by or about women who contributed to AA early in its history, followed by stories by some of the program’s earliest female members. Sections are devoted to spirituality, sponsorship, life changes, relationships, family, careers and friendships. The collection concludes with a chapter devoted to women’s meetings. The stories demonstrate the various ways women alcoholics—often with great courage—find sobriety in AA and embrace the program to live rich and rewarding lives.

Pick up a copy at our North County Central Office or order online.

ANCIENT WISDOM

“Complaining about a problem without posing a solution is call whining.” ~Teddy Roosevelt

Joke of the Month: There’s a new 12-step program for people who talk too much: Anon Anon.

Heard in a Meeting: It’s no coincidence that the word “jerk” is part of the expression “knee-jerk reaction”!
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. Submissions may be edited for space/content.

Submit Something to the Viewpoint
We encourage our readers to send us:

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

Email submissions to editor@nosdco-aa.org. Deadline is the 1st Wednesday of the month. Submissions may be edited for space/content.

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