

the Point

*The point is, that we are willing
to grow along spiritual lines.*

from Chapter Five of the book, Alcoholics Anonymous

2016
1
January

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship
of Alcoholics Anonymous

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Primary Purpose



6 Step Zero

7 Tradition One





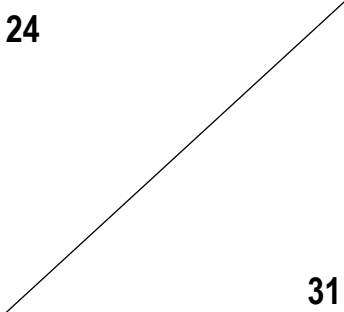
8 You Will Intuitively Know

12 The Arch to Freedom

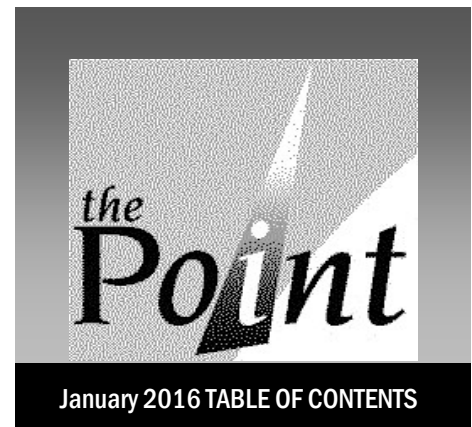
13 I Don't Run the Show

The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole, our Intergroup, the Central Office, or The Point Editorial Committee. Letters and articles to help carry the AA message are welcomed, subject to editorial review by The Point Committee.

January 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> <div>     </div>			
3	4	5 <u>FIRST TUE</u> Access Committee Central Office 6pm	6 <u>FIRST WED</u> Intergroup Meeting 1187 Franklin St, SF Orientation 6:15pm Meeting 7pm
10 Golden Gate Young People in AA 1360 Lincoln Ave, San Rafael 12pm	11 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee Central Office Speaker Workshop 6pm Business Meeting 7pm	12 <u>SECOND TUE</u> Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm	13 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael Orientation 6pm Business Meeting 6:30pm
17 <u>THIRD SUN</u> Archives Committee Central Office 2pm Business Meeting followed by Work Day	18 Central Office Closed <u>THIRD MON</u> SF Teleservice Central Office Business Meeting 6pm Orientation 6:30pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm	19	20
24 <div>  </div> 31	25	26 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	27

THURSDAY	FRIDAY	SATURDAY
	1 CENTRAL OFFICE CLOSED HAPPY NEW YEAR!	2
7	8	9 <u>SECOND SAT</u> <i>The Point</i> Committee Central Office 12pm
14	15	16 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm
21	22	23 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
28 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	29	30 



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“...carry its message to the
alcoholic who still suffers.”

Tradition 5



Meeting Changes

New Meetings:

Mon	6:30pm	Mill Valley	MONDAY MIRACLES, 591 Redwood Highway Frontage Rd Suite 5220 (Beginners, Spkr/Disc)
Fri	7:00pm	Alamo Square	HEAVY HITTERS, 601 Steiner St / Fell (Speaker meeting)

Meeting Changes:

Tue	7:00pm	Hayes Valley	GIRLS GONE MILD, 1748 Market St / Octavia (Was called Girls' Night Out; was located at 1800 Market St)
Wed	12:00pm	Castro	WEDNESDAY NOON STEP STUDY, 1930 Market St / Duboce (was called Meeting Place Noon)
Fri	7:00pm	Nob Hill	BEGINNERS 12 & 12, St Francis Hospital: 900 Hyde St / Pine (now has chips given weekly)
Sat	8:00pm	Corte Madera	CORTE MADERA SATURDAY CANDLELIGHT, Hillside Church: 5461 Paradise Dr / Verona (was called Saturday Night)

No Longer Meeting:

Mon	1:00pm	Haight Ashbury	THE PARENT TRAP, 1757 Waller St / Shrader
Fri	9:00am	Inner Sunset	SUNSET 9'ers, Seventh Avenue Presbyterian Church: 1329 7th Ave / Irving

PLEASE NOTE: We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken—and sometimes not. **If you know *anything* about a meeting that has relocated or disbanded — even if only temporarily — please call Central Office immediately: (415) 674-1821.** This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to rooms that housed a meeting once upon a time. **Thank you for contributing to the accuracy of our schedule!**

PIE & ICE CREAM SOCIAL@ SINN BARR

 *Sobriety in the Sunnyside since 1973*

Speaker meeting - Refreshments after

John C. (45+ years Sober) Speaking

Sunday, January 31st 8:00pm

415 Edna Street @Hearst, San Francisco



That's a fine looking pie.



Don't forget they have authentic Mitchell's Ice Cream



Wit's End Step Study 30th Anniversary



Tuesday, January 26, 2016

6:30pm Potluck

8pm Meeting

2540 Taraval St., San Francisco
(between 35th & 36th Ave. @ Sunset Blvd)

From the Editor

Absolute Certainty

by Michelle G.

"I am a miracle," proclaims Daily Reflections' anonymous author on the page for January 1. Few thoughts in my mind approach absolute certainty. Yet given my past, it must be a miracle that I'm sober today. Contributors this month show how they continue this process of awakening.

Luke H. describes an arch to freedom that lifted the constant fear from his life (reminiscent of an Alcoholics Anonymous suggestion to "quit playing God"). Charley D. explains how unity is our fellowship's most cherished quality, when wisdom heard at meetings transcends differences in age, sex, ethnicity or sexual preference. Charley compares this elusive concept to a U.S. Supreme Court Justice's definition of pornography: "I know it when I see it."

John R. shares the beauty of reconsidering a relationship to a higher power in a taxi cab on the way to rehab. James R. contributes a poem about ego and mental versatility: How we use our gifts is up to us. Bob S. elaborates on Carl

Jung's theory that alcoholics' disease is linked to a lack of spirit in life, which he called *spiritus contra spiritum*. Bob discusses alcoholics' need for a "higher education of the mind beyond the confines of mere rationalism." Along similar lines, Rick R. writes about moving beyond surface issues, unearthing root causes, and examining his mind's inner motives after "Step 0." The gift of desperation that moves humans to evolve can lead to peace and remove old regrets — once we muster up the "commitment to stay the course."

Katherine S. elucidates how she escapes conflicts with the world caused by self-centered thinking. Restlessness, irritability and discontent stemming from a childhood in an alcoholic home become more manageable through step work. The collective wisdom in members' stories tells us how "the maintenance and growth of a spiritual experience" of our understanding is the key (Alcoholics Anonymous, page 66). We hope that your miracles keep coming for a bright new year.

Errata note: Apologies for running this prematurely in December.



EDITORIAL POLICY

The Point is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous. In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

(This is a summary; for the full editorial policy, please go to www.aasf.org.)



Faithful FIVERS!

Faithful Fivers are A.A. members who graciously pledge to contribute at least \$5.00 each month toward the support of Central Office. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

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Fay K.	Marit L.	Tony R.
Frederick D.	Marc F.	
Gilbert G.	Mark A.	Your
Gregory G.	Mark O.	Name
Henry P.	Martha S.	Here!
Herman B.	Mary C.	
Hilary M.	Mary D.	Or
Jane K.	Mary L.	Here!
Janet B.	Maryellen O.	

If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to *The Point*. And remember, individual contributions are 100% tax deductible!

Step Zero

To thine own self be true

by Rick R.

"We learned that we had to concede to our innermost selves that we were alcoholics. This is the first step in recovery" (*Alcoholics Anonymous*, p. 30). What does that mean to me? I thought I was doing it when I admitted that I was an alcoholic but I soon learned better. Recently I heard a member referring to it as "Step Zero," and I can see what he meant. There is a difference in conceding to my innermost self, and the act of admitting to others that I am an alcoholic. Without the concession, I could not really admit it to myself or to anyone else. Once I got it done on the inside, the outside part came much easier.

When it became apparent that drinking wasn't working for me anymore and, in fact, it was going to bring me to an early end, I showed up at the doors of A.A. wanting the pain to stop and I thought that I was addressing the problem of alcoholism. As I look back on it now, I realize that I was only dealing with the surface issues — not the root causes of my problems. Even so, it was a beginning. It took quite awhile for me to understand the importance of looking at the deeper flaws in my value system and to address them at that level. When I began to do this, I started to change the surface issues that are caused by those character flaws.

At a meeting recently, I heard a young man share that alcohol wasn't his problem. Alcohol was the treatment for his problem until it stopped working, then he had to stop drinking and learn to deal with those deeper problems if he were to get

any relief at all. I found that to be very insightful for someone his age and time in the program.

I believe that if I want to live a full and happy life, I must examine my innermost motives for what I do. That, I believe, is the source of my problems. If my motives are honest, unselfish and based on sound principles, and if I am strong enough to do what is right in each of these actions, I become more at peace with myself and I have fewer regrets. As it often happens, alcoholics resist complete surrender until they have come to the point where they have lost more than they were willing to lose, or they are about to lose something they are unwilling to lose. Now they have to decide whether or not they want to continue to go down that road to destruction.

Alcohol was my cure for anything ...

In A.A. we sometimes hear the term, "Gift of Desperation." Painful as it sounds, veterans of A.A. know the importance of reaching bottom if we have any chance of practicing the rest of the program at the level of our innermost selves. That is where our problems lie, and that is also where real solutions lie. If I don't understand this about myself, I will keep repeating the mistakes of the past and probably waste much of the precious time God gave me.

I wish I could say that it was easy, but just knowing this was only the

beginning. My ego dogged my every step. It takes diligence and commitment to stay the course. In the portion of Ch. 5 that we read at the beginning of each meeting, honesty is mentioned three times and without some degree of honesty, with ourselves especially, we have

Drinking wasn't working for me anymore

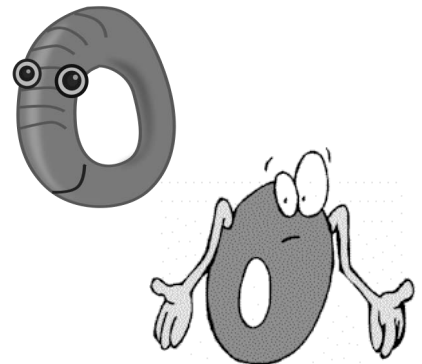
little chance of success. If, however, we can muster the strength to take that leap of faith, the rewards will be immeasurable. In the words of Shakespeare:

This above all: to thine own self be true,

And it must follow, as the night the day,

Thou canst not then be false to any man.

TP





by Charley D.

Our common welfare should come first; personal recovery depends upon A.A. unity. The idea of “unity” presents grave dangers. Often, in its name, a majority will suppress dissent, the powerful exploit the weak, the “haves” expand their holdings at the expense of the “have nots.” It has caused civil wars and preserved loveless liaisons. So why, in Tradition One does A.A. enshrine unity as “the most cherished quality our Society has” (*Twelve Steps and Twelve Traditions*, p. 128)?

The idea of unity has close cousins – conformity, centralized power, even tyranny. They have no place in our fellowship. A.A. abhors conformity. No A.A. member has the right to tell another member what to do. The steps and the traditions remain as guides to follow or disregard, as the individual sees fit. The Society has no hierarchy or power structure of any kind. Each group remains autonomous. A.A. thus avoids the tyranny many A.A.'s find objectionable in, say, organized

The idea of unity has close cousins – conformity, centralized power, even tyranny

religion. We don't prescribe any dogma that a newcomer must accept. We present no mandatory steps, no promise of salvation. All we can say is: Here is a means that has worked for us; if you're willing, try it in your own way and see if it works for you.

Tradition One: Unity

To 'preserve and protect' A.A.'s intended purpose

What then does “unity” mean to A.A.? It means preserving the fellowship, that beautifully unruly, sometimes fractious non-structure that enables alcoholics to share their experience, strength and hope with each other. We must do our utmost to prevent anything from intruding upon the simple but crucially important function A.A. serves.

In a famous line, U.S. Supreme Court Justice Potter Stewart confessed to being unable to define pornography but went on to say, “I know it when I see it.” In a way, A.A. unity works the same for me. I can't really define it but I know it when I feel it. With the sustenance I've gained from the

The steps and the traditions remain as guides to follow or disregard, as the individual sees fit

fellowship, I've been sober 14 years. When I first came to A.A., I heard alcoholics relating their experiences and feelings, not just in a way that was analogous to my own, not just in a manner I could comprehend, but as if they'd stepped inside of me and experienced my life exactly as I have. That astonished me. Fourteen years later it still does. I've heard alcoholics – older, younger, male, female, gay, straight, of different or similar ethnicity – not just speak to me but actually speak for me. When I hear (or read) that, I understand A.A. unity in a truly ineffable way. We are as diverse a group as you could possibly devise. Yet, we are all exactly the same.

The simple idea is that we all shall draw upon each other – kindred spirits in this fellowship. How do we preserve and protect that unity? To “preserve and protect” sounds like the motto of a police force. So do we

In the end, like so much else in A.A., unity becomes more a practice than an ideal

deputize A.A. officers to patrol the world rooting out threats to our unity? No, of course not. Strangely enough, we do exactly the opposite. In a way, all our other traditions serve Tradition One. We avoid entangling A.A. in outside issues. We recognize our sole mission as carrying our message to the suffering alcoholic. We preserve our anonymity at the public level. We respect group autonomy. Why? To ensure our fellowship remains unified.

In the end, like so much else in A.A., unity becomes more a practice than an ideal. We preserve our unity because we know that's what makes A.A. work. It has, as a result, enabled each of us in our own way to overcome our obsession with alcohol. If we remain unified in the A.A. way, we ensure that wonderful practice will continue.



Promises

by Anonymous

Drinking gave me a great framework for handling life situations. Going on a date? Drink before, during and after for inspiration. See where the cards may fall. If things got twisted, words slurred? That's how it was supposed to happen and I could always drink more to alleviate the pain. "Better luck next time," I would tell myself as I drank to oblivion. I found that the above approach worked for jobs (get loaded before an interview), family (so many demands from them), friends (stop trying to spend so much time with me), when the weather wasn't as sunny/rainy as I wanted it to be.

Alcohol was my cure for anything that life threw at me, my solution for any interactions I had with others or responsibilities that I needed to

Alcohol was my cure for anything

uphold. Drinking was my way of life. Unfortunately I found that drinking didn't fully substitute preparation for a job interview. It didn't exactly make my pick up lines any better. It lessened my chances of containing

You Will Intuitively Know

Sobriety and the steps offer new perspective

my judgement of others, my absolute aversion to helping around the house when visiting my family. I began to realize (rather painfully) that it didn't substitute for any sort of long-term or lasting solution to my problems.

After years of failing to meet the demands of life, I began to give up. I stopped even trying to do my job. I stopped wanting to try and fail at

A.A. was ... a real solution

dating. I couldn't handle seeing the disappointment of my family and friends. I gave up. In giving up, something amazing began to happen: I needed to ask for help. And I did.

Someone suggested A.A. I jumped at that opportunity, at the potential for a do-over. I began taking suggestions from my new sponsor, going to meetings, meeting other people who understood what I was going through and what it felt like to be me. I got commitments at meetings and learned what it meant to be responsible and accountable. I began showing up early to meetings. People

could count on me to be good to my word. It had been years since that had been the case. I learned how to say 'no.' I began applying what I was learning in A.A. to work. I was always on time, asking questions when I didn't know the answer. Accepting suggestions. Open to criticism. Willing to be wrong. Willing to learn. When I began dating again, I realized that I wasn't always right. That I could be a better partner. That I could listen more and speak less.

The miracle had begun to happen for me. As I progressed through the Steps, I saw more and more change in my life. Things that used to baffle me no longer did. I began to feel utter freedom. I began to "intuitively know how to handle situations which used to baffle [me]." I realized that A.A. was a more than sufficient substitute for drinking. It was a real solution that allowed me to truly live life to its fullest.



tP



Contributors Wanted

thePoint@aasf.org



The Point is looking for articles, illustrations & poetry reflecting the experience, strength & hope of local members



My First Year of Recovery (continued)

I was not just flailing but drowning...utter emptiness

by John R.

Experience.

Finally, amazingly, I landed the job that helped change my life and taught me the power of human kindness. I was so grateful that all my passwords were "Success." I got that job while drunk and high and vowed not to fuck it up by losing my cool. And you know what? I didn't! I took my emotions out on those outside of work. Everyone became a target for the hair-trigger bastard I had become. I was yelling at my dogs, driving ripped with my niece and nephew in the car. Everything was less important than getting drunk and high.

By the time I was kicked out of the house I was following a very strict regimen of drinking, crying, passing out, waking up terrified, throwing up, and going to the hospital because something was wrong with my stomach! I was throwing up blood and having tremors.

There is a saying that you can help a drowning man only until he starts drowning you. Anyone that was near me clearly saw that I would drown them with my drinking. So they let me flail.

But the remarkable truth is that real

*I was throwing
up blood and
having tremors*

drowning is astonishingly quiet. Someone who is drowning has no ability to flail, their arms are usually

out to the sides—hair and eyes bobbing in and out of the water—but the nose and mouth never gets above the waterline. I experienced that first hand when as a kid I saved my brother from drowning. There was utter silence—where is my brother? Just bobbing there. Silent. Just like me driving home the day before rehab.

When I told my boss that I was resigning, he heard or felt that I was not just flailing but I was drowning. Maybe he heard the utter emptiness that I felt. Maybe he sensed that I was planning on quitting more than just my job. Maybe he heard how my

*now is a good time
to reconsider*

life was so eerily silent. Whatever it was, he was courageous and compassionate and saved my life by sending me to rehab.

Courage.

Everything was set to go to rehab. I was packed and as I called to be picked up my addiction kicked into high gear. There was pounding negative self-talk going on in my pickled mind:

- 1) Now everyone will know what a fucking mess you really are.
- 2) After this you will never find a job.
- 3) What will people think of you?

I took a huge drink of vodka from the

bottle (my last drink since October 2, 2014) and when the car arrived, I curled up into a ball sobbing in the back seat. The driver simply asked where I was going with a smile. I said, "We're going to rehab." She smiled, looked into my eyes through the rear view mirror and said, "What a blessing." "I'm an atheist", I replied.

*pounding negative self
talk going on in my
pickled mind*

She paused then continued, "So you don't believe in God?"

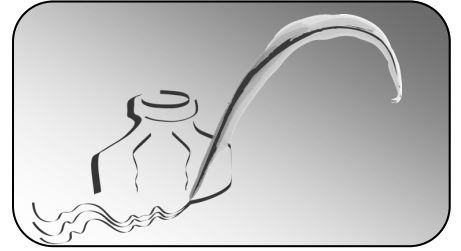
Such a simple question that I had spent an entire lifetime perfecting the answer to: God is a fake, everything is science. Carbon dating, proof to the contrary, Darwin. God is for the weak. God is for those that can't take care of themselves. And did I mention I was a child? Where was God then?

Instead of that time-honored reply, I smiled and words came out of my mouth that ultimately changed my life, "You know, I've never had a good relationship with God, but maybe now is a good time to reconsider that."



My Ego

by James Rledy



*Doesn't actually exist.
But it can happen anytime.*

*It's when there's a discrepancy —
Between what I am and what I am in my mind.*

*My mind is a versatile tool.
How carefully I use it is up to me.*

*I don't have to think that I'm something I'm not.
I can conceive of myself accurately.*

*When I notice that I haven't been —
I can give myself respect for noticing.*



A Timeline History of A.A.

Dr. Carl Jung's Solution for Alcoholism

Bob S.

It only takes one shot of whisky to whisk me on an uncontrollable drunken spree. Dr. Silkworth describes this as an abnormal allergy of the body, but that does not explain why I would guzzle down that first drink, knowing very well the result may be disastrous. I believe Dr. Carl

*compulsively strive for
exotic experiences*

Jung had the answer for such puzzling lack of judgement. He writes about subconscious influences (archetypes) which spasmodically control my conscious decisions, leaving me without choice in the matter of drink (mental obsession). Jung explains, "Certain archetypal influences compulsively strive for exotic experiences, or at least some form of emotional meaningfulness".

*some form
of emotional
meaningfulness*

Although this presents no problem for most normal people, it left me with an emotional vacuum yearning to be filled. This filling, of course, took place at the local tavern. Alcohol was my salvation, my higher power!

*alcoholic obsession
is really a low grade
attempt to obtain a
spiritual experience*

Dr. Jung points out that from antiquity, gods generally resided high up on mountains, or clouds. The Greek God of wine, Dionysius, who lived on Mount Olympus, is often thought as being a drunkard, but not so—he provided the wine of spiritual joy to the expectant Achaean society below. Dr. Jung stated "When Mt. Olympus was dismantled; we turned the gods into symptoms." In other words, alcoholics, like me, suffer from a lack of spirit (spirituality). Dr. Jung used the Latin expression, "*Spiritus contra spiritum*," to further explain that my alcoholic



Richmond, IN

obsession is really a low grade attempt to obtain a spiritual experience. On page 27 of the Big Book, Dr. Jung revealed the solution to Rowland H.'s alcoholism, "Here and there, once in a while, alcoholics have had what are called vital spiritual experiences." This statement turned out to be the AA solution for alcoholism!

A.A.'s Twelve Steps have upgraded my drunken low-grade spiritual search to a high-grade spiritual Higher Power which has brought about a personality change, sufficient to bring about recovery from alcoholism—at least for now.

Thank you Dr. Jung! Thank you God!



Central Office, 1821 Sacramento St., San Francisco, CA 94109

Write to THE POINT! — The Point Committee values your input

Or e-mail us at: thepoint@aasf.org



The Arch to Freedom

Admitting powerlessness was the key

by Luke H.

I was always attempting to try and figure out what was wrong with me. I read a lot (memoirs by alcoholics, philosophical teaching from greats like Plato, diet & exercise books that were all the rage, lofty articles from the New Yorker about society's ills) all with the aim of sorting out what was wrong with me or the world or just something. I was beginning to feel like a spinning top that had lost its center and was careening all over. I was uncertain what I liked, who I was, and if I had any positive traits at all.

At some level I think I understood that I needed a basis for living, something that could be at the core of my life that would set me straight. I began diving into the world religions and reading voraciously. Anything that promised freedom and being woken up from the 'slumber' of daily life. Taken to new levels of consciousness, worry and fear stripped away. I read all of it and then tried applying it. After weeks, months, even a year here of there with a new discipline, I found myself still lost and uncertain and fearful and seemingly alone. Drinking during all of those searching was the only thing that I felt really helped. It was

*anything that
promised freedom*

so much simpler than reading and then applying a spiritual practice to my life. All I had to do was buy some

booze and then drink it and everything felt better.

However the peace that drinking brought me became more and more fleeting and less certain than before. I succumbed to worry and fear so great that leaving the house didn't seem all so great and being around people the worst idea. I was seemingly hopeless. I talked to some people I felt could still tolerate me in their lives and they suggested I try Alcoholics Anonymous. It wasn't what I had been exactly thinking would be what I needed but I had to admit things just weren't that great and kept getting progressively worse.

*I needed a
daily reprieve*

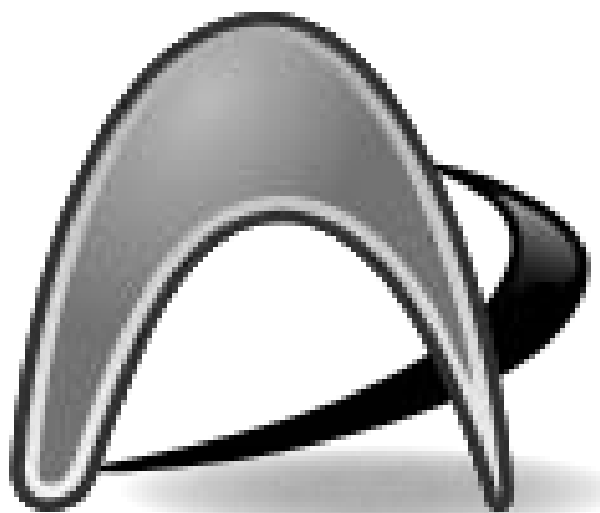
I came into A.A. without any ability to successfully live and all attempts on my own having ended in failure. At one of my first meetings I was asked this set of questions by my soon-to-be-sponsor: "Do you think that you're powerless over alcohol? That your life is unmanageable?" The uncertainty and fear I had felt were the only two constants in my life began to lift when I answered, "Yes and yes. I'm certain that my life is in complete disarray and I am hopelessly powerless over my drinking." I finally was

certain about something.

That grim admission allowed me to begin living my life again. I could wake up and know absolutely what the problem was: I was an alcoholic and I needed a daily reprieve or I would surely drink again. Once I admitted those things I could begin

*I needed a basis
for living*

to enjoy things that I had all but given up ever having again. I had room in my life to take up hobbies, make time for trips, begin having relationships with others. Admitting powerlessness and unmanageability gave me a freedom I had only ever dreamed of having in my life.





I Don't Run the Show

It makes life a lot easier

by Katherine S.

For most of my life I held the mistaken belief that I had some control over life. Control over other people, events, and any circumstance I might be faced with, or even just imagine. I had strong ideas about how things should be and was perpetually trying to manage and manipulate situations to my liking (or fantasizing about a desired result). When things weren't going my way, I was despairing. Looking back, I can see how this tendency probably stemmed from growing up in an alcoholic home. Without any tools or understanding about what was going on, I responded to the dysfunction and unpredictability by trying to fix and manage, to the best of my ability. Whether it was by wishing with all my might for my dad to stop drinking, and then feeling like a failure when he didn't, or by attempting to edit the facts of my family life into a story that seemed more acceptable, I felt the burden of responsibility at a very young age. Over time this impulse blossomed into a full-blown belief that life was fraught with difficulties, I couldn't count on others for help, and that I'd need to always be on the ball to avoid calamity. In other words, I became like the actor in the Big Book who

I had strong ideas about how things should be

wants to run the show.

Indeed, that description on pages 60-

61 has always resonated with me, because it so accurately describes the futility and frustration I used to feel on a regular basis. Like the actor, I firmly believed that if everyone just behaved the way I wanted them to, if circumstances unfolded according to my plans, then life would be great. Without such compliance, which was most of the time, I was restless, irritable, and discontent – and in desperate need of a drink.

In A.A. I've learned to abandon those ideas. In fact, in one of the many wonderful paradoxes of the program, I've learned that by letting go of my need to control, life actually becomes

If everyone just behaved the way I wanted them to... life would be great

a lot more cooperative and satisfactory. This truth first became apparent when I gave up all hope of controlling my relationship with alcohol, after which I experienced complete freedom from craving. Admittedly, it's been a little more challenging learning where and how to relax my grip in all other facets of my life. For me, the process has required a great degree of discipline and discomfort. For starters, it's taken working the steps. Not only is this one of our first acts of willingness to seek guidance from a power greater than ourselves (the program of Alcoholics Anonymous), but the steps provided me with valuable insights about my behavior

and underlying motives. Through the steps I started to see the self-centeredness of my thinking and the various ways it put me in conflict with the world.

Accepting that I don't run the show has also taken years of trial and error. Every day presents me with

The steps provided me with valuable insights about my behavior

opportunities to look at which things are in my power to change, which things are not, and to also question my assumptions about how things "should be," or what I think will make me happy, and why. Over time, I've learned how to sit with the discomfort that arises from my compulsion to control; to just let it be and wait for it to pass. More often than not, what follows is a sense of peace. I've also experienced amazing and unexpected twists of fate that defied my imagination and remind me of the gifts that can surface when I get out of the way.

My faith in HP is a work in progress. The more I put my faith into practice – taking a pause, turning things over, keeping an open mind – the more natural, and rewarding, it feels to operate this way.



Intergroup Meeting Summary – Dec 2015

The following groups have registered Intergroup Representatives who attended the last Intergroup meeting. If your meeting was not represented, please elect an Intergroup Representative (IGR) and /or an alternate so your meeting is represented.

Marin Groups	Sunday Night Corte Madera	Beginners Warmup	Extreme Makeover: Women's Step Study	Queers, Crackpots & Fallen Women
Blackie's Pasture	Thursday Night Speaker	Big Book Basics	Friday Morning 12 Steppers	Reality Farm
Cover to Cover	Tuesday Beginners Meeting	Came to Park	Friendly Circle	Saturday Beginners
Downtown Mill Valley	SF Groups	Cocoanuts	High Noon F	Serenity Seekers
Friday Night Book	A is for Alcohol	Cow Hollow Men's Group	Join the Tribe	Sunday Rap
Marin Young People	A New Start	Cow Hollow Young People	Mid-Morning Support	Sunset Speaker Step
Men's Two Plus	A Place to Call Home	Design for Living	Miracles (Way) Off 24th St.	Too Early
Mill Valley	Be Still AA	Embarcadero Group	O.A.D.W.	Weekend Update

This is an unofficial summary of the December 2015 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website www.aasf.org.

Our intergroup exists to support the groups in their common purpose of carrying the A.A. message to the still suffering alcoholic by providing and coordinating services that are difficult for the individual groups to execute.

The Intercounty Fellowship has been organized by, and is responsible to, the member groups in San Francisco and Marin for the purpose of coordinating the services that individual groups cannot provide.

The meeting was held on Wednesday, December 2, 2015 at 1187 Franklin Street, San Francisco.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The November 2015 minutes and the Dec. 2015 agenda were approved.

Officer Reports

Board Chair, Carolyn R. The Board met with Joanne, a prospective Treasurer. The Board and Joanne are giving this a shot, but the position of Treasurer is still officially open to anyone qualified who has an interest in taking the position on. There is no proposed budget yet due to the transition with the Treasurer and waiting for Gratitude Month contributions to come in; the Board anticipates having the budget ready by January. This year's Gratitude Month contributions are crucial to this year's budget and will be discussed later

on the agenda tonight.

Treasurer, Leslie B. Joanne was introduced. The overall rating for this month remains Poor. Contributions are still under budget. The Board did a physical inventory of the literature in the Central Office and found that the variance was very low, only \$87; which is remarkable.

Central Office Manager, Maury P. Thanked everyone who contributed to the Volunteer Appreciation Dinner. Central Office will be closed December 24th- 26th and December 31st-January 2nd. Maury asked that groups report if their meeting schedules will change during the Holidays as it can be posted on the Web site. She also shared a success story from the Sunset Step meeting regarding the site and its capacity to help people facilitate meetings. The Web site is a bright point of what the Central Office offers. Maury also acknowledged the Board for their commitment in helping with the inventory at the Central office. Maury also announced some New Year's events that did not make it into the Point.

Intergroup Committee/Annual Reports

Access, Virginia M. The Access committee wants to add "Alcoholics Anonymous Meeting" before the word "ASL Request Form" on the Web site to avoid ambiguity. Virginia asked if anyone objected to doing this. There was some confusion/objection about why this needs to be done at this level and due to other potential changes. This will be new business in Jan.

Archives, Michael P. The next meeting will again focus on "The Box" which contains letters and documents from pioneers of AA in San Francisco.

Old Business

Web Survey: The survey results are trickling in. The latest the survey can remain online is December 15th. The data will be very valuable and Matt urged all the IGRs to remind individuals, or groups without IGRs, to take the survey.

Budget Shortfall: Maury said that there is no clear reason why contributions are down, but possible reasons include rent increases for meetings, the need for groups to purchase insurance policies and the literature price increase passed on from AAWS which would all result in less funds available for distribution without an offsetting increase in contributions at the meeting level. There are 775 meetings in SF and Marin combined; of those, only 307 meeting have made contributions to Central Office. Only 287 survey results have come in. Leslie said that the shortfall is about \$1,100 per month.

Taking Our Inventory – The questions posed are: 1) Are we fulfilling our statement of purpose? Do we know it? and 2) How can we make Intergroup more attractive? Maury reminded everyone of the services Intergroup provides and her personal responsibility as manager. Mary said that she thinks we are fulfilling our purpose, considering what she has observed living elsewhere, and she brings the information from the Intergroup meetings to her group. Paul shared that he thinks that the resources available, like the website, are fantastic and ought to be promoted. John voted to have this question and feels we are not reaching enough of the groups if issues like the budget shortfall are not getting out to the greater number of groups out there. Part of the reason, he

Individual Contributions

to Central Office were made through December 15, 2015
honoring the following members:

IN MEMORIAM

Beverly C., Lee M.

HONORARY

Martha S.

feels, is that we get fragmented with committees. Maybe we should all be going out to meetings that are not represented here and get the word out? He did acknowledge that we do a great job though, and that the Intergroup is a great resource. Nick said that he has looks inward to gauge how well he fulfills the purpose, particularly with how much of sobriety seems to be about convenience. Tom mentioned that he has some concerns about apathy among groups and individuals. Lubov said that she feels uncomfortable speaking because it can feel too businesslike and cold. She would like to hear more personal stories from IGRs. Fiona, a newer IGR, said that she had no idea what an IGRs commitment was before she took the commitment; she does not know how to filter the information and would like to know if we could make it easier to find a service sponsor. Elizabeth said that she was confused when she started and has grown into the commitment by resolving to carry the message and not to let the politics or awkward moments in this meeting discourage her. Liz said that the key is to keep it simple. Curtis said he avoided service work for the first ten years of his sobriety. He does think that the Intergroup is fulfilling its purpose, but that we should try harder to educate people about what this is. Jack says that he tries to share his enthusiasm to make Intergroup more attractive. James agrees that simplicity is very important and that we should consider a better marketing strategy to make Intergroup more attractive. Carolyn said that she was aware of services like Teleservice and Central Office early in her sobriety, but didn't know that they were provided

by Intergroup. She didn't know that she could get involved and found that she could find better purpose for herself when she learned that it was open to volunteers. Bronwyn said she wanted to stay sober and that is why she said "Yes" to being an IGR. She would like to get better informed about what is going on with the sub-committees. She also mentioned her frustration that despite her efforts to go the extra length to help people in her group take the survey, they still resist doing it. Katie said she feels overwhelmed when presented with all of the information here, but she gets inspiration from the enthusiasm of other IGRs. Chris admits he doesn't like the second question, but that being an IGR is about making the most of the commitment. It takes quite an effort to stick with the IGR commitment and he recognizes that challenge in everyone here. Summer also doesn't like question #2 but she was taught that this is an opportunity and an honor to do this because many people in AA will not experience. She tries to share this viewpoint with others.

Liaison Reports

SF H&I, Mark F. The next orientation is in January. There are lots of service opportunities available right now,

Marin General Service, Greg W. Last month they did a group inventory. There were lots of good points brought up, similar to this evening's inventory questions.

Marin H&I, Karen G. Looking for a new coordinator for the Marin General Hospital. Casa Renee needs secretaries and speakers.

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COMMITTEE CONTACTS

The following is a list of names and email addresses for our Intergroup Officers and many of the committees. Please email that committee at the address below if you are interested in doing service on a committee, or if you wish to receive more information.

BOARD OFFICERS:

CHAIR

Carolyn R. chair@aasf.org

VICE CHAIR

Chris H. vicechair@aasf.org

TREASURER

Leslie B. treasurer@aasf.org

RECORDING SECRETARY

Sam W. secretary@aasf.org

COMMITTEE CHAIRS:

ACCESS COMMITTEE

Virginia M. access@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aasf.org

HOMEBOUND MARIN

Frank T. homeboundmarin@aasf.org

ORIENTATION COMMITTEE

Greg M. orientation@aasf.org

SF PI/CPC COMMITTEE

Erin S. picpc@aasf.org

SF TELESERVICE COMMITTEE

Pete F. sfteleservice@aasf.org

SOS COMMITTEE

Dorothy V. sos@aasf.org

SUNSHINE CLUB

David C. & Carole P. sunshine@aasf.org

THE POINT

Jane B. thepoint@aasf.org

aa group contributions

Fellowship Contributions	Nov. 15	YTD	Marin Contributions	Nov. 15	YTD	Marin Contributions	Nov. 15	YTD
Biggs AA		\$ 37	Monday Night Madness M 6pm		\$ 250	Wednesday Night Candlelight 8pm		\$ 62
Contribution Box	\$ 40	\$ 382	Monday Night Stag Tiburon		\$ 1,000	Wednesday Night Speaker Disc 7pm		\$ 1,307
GGYPAA		\$ 623	Monday Night Women's M 8pm		\$ 586	Wednesday Sundowners 6pm		\$ 255
Intergroup	\$ 103	\$ 1,082	Monday Nooners M 12pm		\$ 828	Weekend Update Su 6pm		\$ 89
Novato Fellowship Group		\$ 147	Morning After Sa 10am		\$ 400	Why It Works Sun 6pm		\$ 85
Unidentified Group		\$ 18	Morning Attitude Adjustment M - Sa		\$ 538	Women's Big Book Tu 1030am		\$ 1,743
Fellowship Total	\$ 143	\$ 2,289	Nativity Monday Night BB 8pm		\$ 67	Women's Lunch Bunch F 12pm	\$ 614	\$ 614
			Noon Tu 12pm		\$ 103	Women's Meeting Su 430pm		\$ 88
Marin Contributions	Nov. 15	YTD	North Marin Speaker Sun 12pm		\$ 600	Working Dogs W 12pm		\$ 400
12 & 12 Study Sa 815am		\$ 188	Not a Glum Lot Group Fr 800pm		\$ 152	Young People's BYOB Sat 7pm		\$ 90
AA By The Bay Tu 730pm		\$ 209	Novato Spirit Discussion F 2pm		\$ 216	Marin Total	\$ 2,397	\$ 45,313
Attitude Adjustment 7D 7am		\$ 3,675	On Awakening 7D 530am	\$ 350	\$ 2,450	San Francisco Contributions	Nov. 15	YTD
Awakenings		\$ 32	Pathfinders Tu 12pm		\$ 382	11th Step Power Power Power	\$ 300	\$ 434
Awareness/Acceptance M 1030am		\$ 264	Primary Purpose M12pm	\$ 54	\$ 183	20+ Sun 445pm (unlisted)		\$ 540
Back to Basics Su 930am	\$ 28	\$ 468	Primary Purpose W 830pm		\$ 40	6am Dry Dock Sa		\$ 72
Beginner's Help Th 8pm		\$ 60	Quitting Time M-F 530pm		\$ 1,338	6am Dry Dock Su		\$ 49
Big Book Study & Meditation M 7pm		\$ 30	Redwoods Mon 3pm		\$ 168	6am Dry Dock Tu		\$ 111
By the Book Sa 10am		\$ 111	Refugee Th 12pm	\$ 60	\$ 220	6am Dry Dock W		\$ 76
Closed Women's Step Study Tu 330pm		\$ 166	Reveille 7D 7am		\$ 50	7 AM As Bill Sees It		\$ 48
Conscious Contact Sa 6pm		\$ 238	Rise N Shine Su 10am		\$ 810	7am Step Discussion Tu 7am		\$ 70
Cover to Cover W 730pm	\$ 150	\$ 250	San Geronimo Valley BS F 8pm		\$ 184	830am Smokeless Tu 830am		\$ 188
Crossroads Sun 12pm		\$ 1,400	San Geronimo Valley M 8pm		\$ 779	A is for Alcohol Tu 6pm		\$ 276
Day At A Time 7D 630am		\$ 240	Saturday Night Sa 8pm	\$ 156	\$ 747	A New Start F 830pm		\$ 290
Downtown Mill Valley F 830pm		\$ 490	Saturday Weekend Warrior 830am		\$ 404	Afro American Beginners Sat 8pm		\$ 188
Experience, Strength & Hope Sa 6pm		\$ 50	Saturday Women's Speaker 6pm		\$ 561	After Work M 6PM		\$ 60
Fireside Fri 8pm Bolinas		\$ 30	Sausalito Sober Sisters Th 330pm		\$ 82	Agnostics & Freethinkers Su 630pm		\$ 360
Friday Night Book F 830pm		\$ 1,117	Sisters In Sobriety Th 730pm		\$ 26	All Together Now Th 8pm		\$ 205
Gay Men & Women / All Welcome W		\$ 100	Sober & Serene F 7pm		\$ 758	Alumni W 830pm		\$ 150
Girls Night Out W 815pm		\$ 125	Sober Sisters Wed 12pm		\$ 152	Amazing Grace M 7pm		\$ 60
Glum Not! Su 9am		\$ 200	Spiritual Testosterone Stag Su 830a		\$ 717	Any Lengths Sat 930am		\$ 600
Gratitude Tu 8pm		\$ 100	Steps to Freedom M 730pm		\$ 500	Artists & Writers F 630pm		\$ 1,966
Happy Destiny F 7pm		\$ 200	Steps To The Solution W 715pm		\$ 209	As Bill Sees It Th 6pm		\$ 317
Happy Hour Th 6pm		\$ 50	Sunday Express Sun 6pm		\$ 109	As Bill Sees It Th 830pm		\$ 125
Happy, Joyous & Free 5D 12pm		\$ 1,125	Survivors M 12pm		\$ 95	As Bill Sees It Tu 1210pm		\$ 518
High & Dry W 12pm		\$ 282	T. G. I. F. F 6pm		\$ 42	Ass in a Bag Th 830pm		\$ 195
Intimate Feelings Sa 10am		\$ 311	T.G.I. Tuesday 6pm		\$ 50	Atheists, Agnostics & Others Sa 11am		\$ 50
Inverness Sunday Serenity Su 10am		\$ 256	Terra Linda Group Th 830pm	\$ 150	\$ 150	Back to Basics Th 730pm		\$ 10
Just Can't Wait 'til 8 M 630pm		\$ 447	Terra Linda Thursday Stag 8pm		\$ 314	Be Still AA Su 12pm		\$ 400
Last Stop Men's Step Study W 6pm		\$ 430	The Barnyard Group Sa 4pm	\$ 300	\$ 300	Beginners 12 x 12 F 7pm		\$ 253
Living in the Solution F 6pm		\$ 400	The Broad Highway Th 730pm		\$ 100	Beginners' Step Study Sat 7pm		\$ 213
Living Sober Mon 6pm		\$ 40	There is a Solution Tu 6pm		\$ 232	Beginner's Warmup W 6pm		\$ 92
Marin Alano Club		\$ 40	Three Step Group Sa 530pm		\$ 483	Bernal Big Book Sat 5pm		\$ 594
Marin Teleservice		\$ 2,500	Thursday Night Book Club Th 7pm		\$ 48	Bernal New Day 7D		\$ 1,582
Marin Young People F 830pm	\$ 36	\$ 142	Thursday Night Speaker 830pm		\$ 1,236	Big Book Basics F 8pm		\$ 670
Meditation Wednesday 7pm		\$ 314	Tiburon Women's Candlelight W 8pm		\$ 75	Big Book Boot Camp 5D		\$ 57
Mill Valley 7D 7am	\$ 400	\$ 2,100	Tuesday Big Book Tu 830pm		\$ 120	Big Book Study Su 1130am		\$ 567
Mill Valley Discussion W 830pm		\$ 670	Tuesday Chip Meeting 830pm		\$ 1,000	Blue Book Special Su 11am	\$ 52	\$ 354
Mill Valley Orig Smokeless SS Th 8pm		\$ 526	We, Us and Ours M 650pm	\$ 100	\$ 674	Brothers in Arms M 8pm		\$ 189
Monday Blues M 645pm		\$ 626	Wednesday Mid-Week W 6pm		\$ 50			

San Francisco Contributions	Nov. 15	YTD	San Francisco Contributions	Nov. 15	YTD	San Francisco Contributions	Nov. 15	YTD
Buena Vista Breakfast Su 12pm		\$ 386	High Sobriety M 8pm		\$ 206	Saturday Beginners Sat 6pm		\$ 1,770
By the Book Sa 10am		\$ 44	Hilldwellers M 8pm		\$ 474	Saturday Easy Does It Sa 12pm		\$ 844
BYOL W 1pm		\$ 100	Hoodlum Haven F 8pm		\$ 528	Saturday Night Regroup 730pm		\$ 499
Came to Park Sat 7pm	\$ 289	\$ 899	Huntington Square W 630pm		\$ 839	Serenity House	\$ 150	\$ 1,650
Castro Discussion Th 730p		\$ 192	Join the Tribe Tu 7pm		\$ 880	Serenity Seekers M 730pm	\$ 490	\$ 1,470
Castro Monday Big Book 830pm		\$ 155	Joys of Recovery Tu 8pm		\$ 332	Sex and Love in Sobriety M 3pm		\$ 55
Castro Nooners F 12pm		\$ 88	Keep Coming Back Sa 10am		\$ 330	Shamrocks & Serenity M 730pm		\$ 1,448
Cocktail Hour Thu 10pm		\$ 56	Ladies Who Lunch Th 1210pm		\$ 105	Sinbar Su 8pm		\$ 12
Coit's Quitters		\$ 240	Let It Be Now F 6pm		\$ 52	Sisters Circle Su 6pm		\$ 78
Come 'n Get It! F 630pm		\$ 137	Like A Prayer Su 4pm		\$ 60	Six O'Clock Step Th 6pm		\$ 12
Cow Hollow Men's Group W 8pm	\$ 151	\$ 1,765	Lincoln Park Sat 830pm		\$ 71	Sober Saturday Sa 830am		\$ 338
Design For Living BB Tu/Th 730am		\$ 184	Living Sober with HIV W 6pm		\$ 732	Sobriety & Beyond W 730pm		\$ 553
Design for Living Sat 8am		\$ 962	Looney Toons Tu 10pm		\$ 145	Sobriety & Miracles S&M Group Sa 5pm		\$ 140
Dignitaries Sympathy W 815pm		\$ 419	Lush Lounge Sa 2pm		\$ 236	Some Are Sicker Than Others W 6pm		\$ 179
Each Day a New Beginning F 7am		\$ 2,219	Meditation Wednesday 7pm		\$ 93	Sometimes Slowly Sa 11am		\$ 158
Each Day a New Beginning M 7am	\$ 290	\$ 557	Meeting of the Moms (unlisted)		\$ 152	Steppin' Up Tu 630pm		\$ 332
Each Day A New Beginning Su 8am		\$ 951	Meeting Place Noon F 12pm		\$ 240	Stonestown M 8pm		\$ 240
Each Day a New Beginning Th 7am		\$ 997	Meeting Place Noon W 12pm		\$ 410	Sunday Bookworms Su 730pm		\$ 153
Each Day a New Beginning Tu 7am		\$ 1,085	Mellow Mission Sunrise M 7am		\$ 60	Sunday Morning Gay Men's Stag 930am		\$ 88
Each Day a New Beginning W 7am		\$ 1,766	Men's Gentle Touch M 7pm		\$ 343	Sunday Night 3rd Step Group 5pm		\$ 408
Early Start F 6pm		\$ 2,322	Mid-Morning Support Su 1030am		\$ 945	Sunday Night Castro Speaker Disc 730pm		\$ 453
Easy Does It Tu 6pm		\$ 174	Miracle (Way) Off 24th St W 730pm		\$ 453	Sunday Rap Su 8pm		\$ 420
Embarcadero Group 5D 1210pm		\$ 125	Monday Beginners M 8pm	\$ 83	\$ 512	Sunday Silence Su 730pm		\$ 315
Epiphany Group Th 7pm		\$ 210	Monday Coffee with Bill		\$ 14	Sundown W 7pm		\$ 305
Eureka Step Tu 6pm		\$ 89	Monday Men's Stag M 8pm		\$ 88	Sunrise Sunset Women's Step Th 6pm		\$ 600
Eureka Valley Topic M 6pm	\$ 564	\$ 1,503	Monday Monday M 1215pm		\$ 329	Sunset 11'ers F		\$ 90
Excelsior "Scent" Free for All Sa 7pm		\$ 300	Monday Night Big Book Study 8pm		\$ 60	Sunset 11'ers M		\$ 200
Extreme Makeover M 730pm		\$ 303	New 9'ers Fri 9am	\$ 17	\$ 62	Sunset 11'ers Sa		\$ 97
Federal Speaker Su 12pm		\$ 299	New Friday Big Book F 12pm		\$ 487	Sunset 11'ers Su		\$ 100
Firefighters & Friends Tu 10am		\$ 166	Newcomers Tu 8pm	\$ 26	\$ 145	Sunset 11'ers Th		\$ 79
Fireside Chat Group Th 8pm		\$ 78	No Regrets Tu 7am		\$ 150	Sunset 11'ers W		\$ 50
Fireside Chat Group Tu 8pm		\$ 122	No Reservations M 12pm		\$ 518	Sunset 9'ers F		\$ 49
Friday All Groups F 830pm		\$ 75	Nu Outlook		\$ 185	Sunset Reflections Th 1pm		\$ 66
Friday at Five F 5pm		\$ 170	NYX Sat 7pm	\$ 160	\$ 330	Sunset Speaker Step Su 730pm	\$ 271	\$ 774
Friday Lunch With Bill Fri 12pm		\$ 46	O.A.D.W. Mon 7pm		\$ 422	Surf Tu 8pm		\$ 502
Friday Smokeless F 8pm	\$ 199	\$ 1,046	Park Presidio M 830pm	\$ 106	\$ 423	Ten Years After Su 6pm		\$ 1,121
Friday Women's Round Robin 6am		\$ 20	Parkside Th 8pm		\$ 548	The Drive Thru W 1215pm		\$ 190
Friendly Circle Beginners Su 715pm		\$ 288	Pax West Daily Reflections W 7am		\$ 352	The Leaky Cauldron Su 930am	\$ 167	\$ 508
Friendly Circle Su 830pm		\$ 180	Pax West Discussion Th 12pm		\$ 908	The Original 8 O'clock		\$ 451
Gold Mine Group M 8pm		\$ 714	Pax West Lit Disc Tu 12pm		\$ 1,456	The Parent Trap 2 Wed 4pm		\$ 207
Goodlands Su 2pm		\$ 113	Pax West Prayer and Med F 7am		\$ 420	The Parent Trap M 1pm		\$ 269
Gratitude Center Fellowship		\$ 332	Pocket Aces Sun 7pm		\$ 58	The Pepper Group F 12pm		\$ 83
H&I (SF)		\$ 30	Potrero Hill 12 x 12 M 630pm		\$ 68	They Stopped In Time M 8pm		\$ 195
Haight Street Blues Tu 615pm		\$ 162	Progress Not Perfection Tu 830pm		\$ 147	Thursday Coffee With Bill 9am		\$ 7
Haight Street Explorers Th 630pm		\$ 190	Queers, Crackpots & Fallen Women		\$ 60	Thursday Night Women's Th 630pm		\$ 678
High Noon Friday 1215pm		\$ 317	Reality Farm Th 830pm	\$ 272	\$ 452	Thursday Thumpers Th 7pm		\$ 80
High Noon Monday 1215pm		\$ 132	Rebound W 830pm		\$ 95	Too Close For Comfort M 6pm		\$ 320
High Noon Saturday 1215pm		\$ 308	Rigorous Honesty Th 1205pm		\$ 90	Too Early Sa 8am		\$ 1,179
High Noon Sunday 1215p		\$ 78	Saturday Afternoon Meditation 5pm		\$ 171			

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Profit and Loss Statement: October 2015

	Oct 15	Budget	YTD	YTD Budget		Oct 15	Budget	YTD	YTD Budget
Ordinary Income/Expense					Payroll Fees	\$13	\$10	\$103	\$104
Income					Phone Book Listings	\$93	\$95	\$930	\$950
Gratitude Month	\$500	\$0	\$4,615	\$3,900	Postage	\$36	\$49	\$831	\$1,025
Group Contributions	\$12,430	\$12,100	\$119,661	\$134,300	Printing	\$0	\$0	\$0	\$0
Individual Contributions	\$2,102	\$1,825	\$23,394	\$23,413	Professional Fees	\$0	\$0	\$1,300	\$1,485
Newsletter Subscript.	\$22	\$22	\$143	\$176	Rent - Office	\$4,287	\$4,287	\$42,868	\$42,868
Sales - Bookstore	\$7,199	\$10,000	\$83,996	\$98,000	Rent - Other	\$0	\$0	\$765	\$765
Intergroup Event Income	\$0	\$0	\$3,252	\$2,300	Repair & Maintenance	\$240	\$240	\$2,637	\$2,620
Total Income	\$22,253	\$23,947	\$235,063	\$262,089	Security System	\$131	\$0	\$387	\$375
Cost of Goods Sold					Shipping	\$283	\$408	\$3,118	\$4,083
Cost of Books Sold	\$5,064	\$5,029	\$57,994	\$69,790	Software Purchased	\$0	\$0	\$519	\$550
COGS - Shipping	\$59	\$26	\$261	\$248	Telephone	\$172	\$230	\$1,703	\$2,300
Credit Card Processing	\$287	\$325	\$3,617	\$4,415	Training	\$0	\$0	\$524	\$405
Inventory Adjustments	\$0	\$0	\$542	\$0	Travel	\$1,070	\$0	\$3,297	\$1,200
Total COGS	\$5,409	\$5,380	\$62,414	\$74,453	Total Expense	\$21,135	\$19,687	\$206,639	\$206,523
Gross Profit	\$16,844	\$18,567	\$172,649	\$187,636	Net Ordinary Income	(\$4,291)	(\$1,120)	(\$33,989)	(\$18,887)
Expense					Other Income/Expense				
Committees	\$0	\$0	\$466	\$1,351	Other Income				
Bad Checks	\$0		\$12		Bag Fees	\$2	\$3	\$23	\$25
Employee Expenses	\$14,052	\$13,270	\$132,252	\$130,801	Customer Shipping	\$402	\$350	\$3,139	\$4,050
Equipment Lease	\$490	\$408	\$4,163	\$4,080	Interest Income	\$55	\$77	\$620	\$771
Filing/Fees	\$0	\$0	\$427	\$970	Miscellaneous Income	\$30	\$30	\$428	\$300
Insurance	\$0	\$0	\$2,471	\$2,760	Total Other Income	\$489	\$460	\$4,211	\$5,146
Intergroup Events	\$0	\$190	\$4,524	\$2,680	Other Expense				
Intergroup Literature	\$4	\$59	\$354	\$733	Depreciation Expense	\$223	\$204	\$2,230	\$2,044
Internet Expense	\$129	\$134	\$1,356	\$1,334	Total Other Expense	\$223	\$204	\$2,230	\$2,044
Office Supplies	\$134	\$204	\$754	\$2,042	Net Other Income	\$266	\$256	\$1,981	\$3,102
Paper Purchased	\$0	\$104	\$879	\$1,042	Net Income	(\$4,024)	(\$865)	(\$32,008)	(\$15,785)

Treasurer's Report

For the month of October, net income was under budget by \$3,159 due to a number of small events such non-budgeted travel expense (\$1,070) and lower than budgeted book sales. While we expected to have a negative variance for October, (i.e. we expected that our expenses would be greater than our income) we didn't expect that we would be in the red by as much as we were. We had a negative variance for the month of (\$4,024) compared to a budgeted negative variance of (\$865).

Unrestricted cash balance dropped to \$7,598 from \$10,649 which reflects less than half one month of our operating expenses.

OVERALL RATING: Poor – because we

are not meeting our budget and our unrestricted cash balance has dropped.

INTERGROUP FINANCE RATING SYSTEM Every month we rate our monthly finances as “Excellent”, “Good”, “Fair” or “Poor”. Generally speaking, here are the definitions of those terms:

EXCELLENT: We exceeded our budget. Our income was greater than our expenses for the month and we have more than two months' worth of operating expenses in unrestricted cash balances. Operating expenses are roughly \$19K/month, so we'd have over \$38K in unrestricted cash balances for the month. The last time we were “Excellent” was January 2013.

GOOD: We are meeting our budget. Our income for the month, or for the YTD, was slightly greater than our expenses and we'd have approximately 1.5 - 2 months of operating expenses in unrestricted cash balances. The last time we were “Good” was March 2015.

FAIR: We are not meeting our budget. Our expenses were greater than our income for the month and for the YTD - and our unrestricted cash balance would be somewhere between 1 and 1.5x our operating expenses.

POOR: We are not meeting our budget and our unrestricted cash balances fell below one month of operating expenses. The last time were “poor” was in September 2015.

October 2015 Balance Sheet

	Oct 31, 15	Sep 30, 15	\$ Change	Oct 31, 14	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash					
Total Capital One	\$162,395	\$162,340	\$55	\$193,238	(\$30,843)
Total Restricted Cash	\$162,395	\$162,340	\$55	\$193,238	(\$30,843)
Total Unrestricted Cash	\$7,598	\$10,649	(\$3,052)	\$10,869	(\$3,272)
Total Checking/Savings	\$169,993	\$172,989	(\$2,997)	\$204,107	(\$34,114)
Accounts Receivable					
Accounts Receivable	\$240	\$25	\$216	\$3	\$238
Total Accounts Receivable	\$240	\$25	\$216	\$3	\$238
Other Current Assets					
Inventory - Bookstore	\$20,028	\$22,522	(\$2,494)	\$34,753	(\$14,726)
Prepaid Literature Orders	\$2,948	\$1,409	\$1,539	\$836	\$2,112
Undeposited Funds	\$307	\$413	(\$105)	\$60	\$247
Total Other Current Assets	\$23,283	\$24,344	(\$1,061)	\$35,649	(\$12,366)
Total Current Assets	\$193,516	\$197,358	(\$3,842)	\$239,759	(\$46,243)
Fixed Assets					
Total Comp. and Off. Equipment	\$1,385	\$1,443	(\$58)	\$2,190	(\$805)
Total Leasehold Improvements	\$16,234	\$16,399	(\$165)	\$18,208	(\$1,974)
Total Fixed Assets	\$17,618	\$17,841	(\$223)	\$20,397	(\$2,779)
Other Assets					
Deposits					
Total Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
TOTAL ASSETS	\$217,832	\$221,897	(\$4,065)	\$266,854	(\$49,022)
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Total Accounts Payable	\$816	\$816	\$0	\$294	\$522
Other Current Liabilities					
Payroll Liabilities	\$3,859	\$3,837	\$22	\$3,484	\$376
Sales Tax Payable	\$564	\$626	(\$63)	\$738	(\$175)
Total Other Current Liabilities	\$4,423	\$4,464	(\$41)	\$4,222	\$201
Total Current Liabilities	\$5,239	\$5,280	(\$41)	\$4,516	\$723
Long Term Liabilities					
Total Long Term Liabilities	\$30,000	\$30,000	\$0	\$60,167	(\$30,167)
Total Liabilities	\$35,239	\$35,280	(\$41)	\$64,683	(\$29,444)
Equity					
Net Assets	\$214,601	\$214,601	\$0	\$216,250	(\$1,649)
Net Income	(\$32,008)	(\$27,984)	(\$4,024)	(\$14,079)	(\$17,929)
Total Equity	\$182,593	\$186,617	(\$4,024)	\$202,171	(\$19,578)
TOTAL LIABILITIES & EQUITY	\$217,832	\$221,897	(\$4,065)	\$266,854	(\$49,022)

San Francisco Contributions	Nov. 15	YTD
Trudgers Discussion Su 7pm	\$	600
Tuesday Big Book Study Tu 6pm	\$	107
Tuesday Night Lasses Step Study	\$	381
Unidentified Group	\$ 20	\$ 122
Valencia Smokefree F 6pm	\$ 132	\$ 497
Wake Up On 3rd St Group	\$	401
Walk of Shame W 830pm	\$	210
We Care Tu 12pm	\$	126
Weekend Worker Sat 7am	\$	120
West Portal W 8pm	\$	376
Wharf Rats Th 815pm	\$	552
What It's Like Now M 6pm	\$	338
Wits End Step Study Tu 8pm	\$	39
Women's 10 Years Plus Th 615pm	\$	618
Women's Came to Believe Sa 10am	\$	360
Women's Kitchen Table Tu 630pm	\$	808
Women's Mtg There is a Solution W	\$	507
Women's Promises F 7pm	\$	327
Work In Progress Sat 7pm	\$	519
YAHOO Step Sa 1130am	\$	172
Young at Heart Sa 930am	\$	130
San Francisco Total	\$ 3,739	\$ 78,381

YTD **\$ 6,279** **\$ 125,983**

(Continued from page 15)

Marin PI/CPC, Jack H. There is a need for speakers right now. Speakers must have a minimum of two years of sobriety.

Marin Teleservice, Summer L. They will be turning over commitments and getting ready for the spaghetti dinner soon.

GGYPAA, Soleia announced a New Year's party at Slovenian Hall.

Meeting adjourned with the Responsibility Statement at 8:59pm

Next Intergroup Meeting: Wed. Jan. 6, 2016, 7pm, 1187 Franklin St. SF CA. Orientation is at 6:15pm, dinner is served at 7pm.



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