

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2016  
5  
May

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## Stick to the Task



6 Walking through Fear

8 The Unbeliever

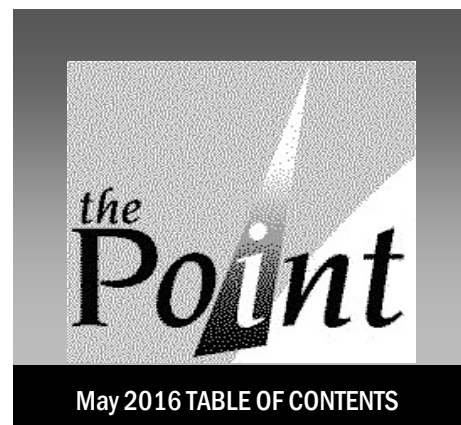
10 No Atheists in Foxholes

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.

# May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>1</b>	<b>2</b>	<b>3</b> <b>FIRST TUE</b> <b>Access Committee</b> Central Office 6pm	<b>4</b> <b>FIRST WED</b> <b>Intergroup Meeting</b> 101 Donohue St., Marin City <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm
<b>8</b> <b>Golden Gate Young People in AA</b> 1360 Lincoln Ave, San Rafael 12pm	<b>9</b> <b>SECOND MON</b> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC) Committee</b> Central Office <b>Speaker Workshop</b> 6pm <b>Business Meeting</b> 7pm	<b>10</b> <b>SECOND TUE</b> <b>Marin H&amp;I</b> 1360 Lincoln Ave, San Rafael 6:15pm <b>SF General Service</b> 1111 O'Farrell St <b>Orientation / Concept Study / BTG</b> 7pm <b>Business Meeting</b> 8pm	<b>11</b> <b>SECOND WED</b> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael 6pm
<b>15</b> <b>THIRD SUN</b> <b>Archives Committee</b> Central Office 2pm Business Meeting followed by Work Day	<b>16</b> <b>THIRD MON</b> <b>SF Teleservice</b> Central Office <b>Business Meeting</b> 6pm <b>Orientation</b> 6:30pm <b>Marin General Service</b> 9 Ross Valley Rd, San Rafael <b>Orientation / Concept Study</b> 6:45pm <b>Business Meeting</b> 7:30pm	<b>17</b>	<b>18</b>
<b>22</b> <b>Sober Outside Services (SOS)</b> 2900 24th St, SF <b>Orientation</b> 3:45pm	<b>23</b>	<b>24</b> <b>FOURTH TUE</b> <b>Marin Teleservice</b> 1360 Lincoln Ave, San Rafael <b>Orientation</b> 7pm <b>Business Meeting</b> 7:30pm	<b>25</b>
<b>29</b>	<b>30</b>  <b>Memorial Day</b> <b>Central Office Closed</b>	<b>31</b>	

THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14 <u>SECOND SAT</u> <i>The Point</i> Committee Central Office 1pm
19	20	21 <u>THIRD SAT</u> SF H&I 2900 24th St, SF <b>Orientation</b> 11am <b>Business Meeting</b> 12pm
26 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael <b>Business Meeting</b> 7pm	27	28 <u>FOURTH SAT</u> <b>CNCA Meeting</b> 320 N McDowell Blvd, Petaluma 10am



Calendar .....	2
Meeting Changes .....	4
From the Editor .....	5
Faithful Fivers.....	5
Walking Through Fear .....	6
Tradition 5.....	7
The Unbeliever .....	8
Just for Today .....	9
No Atheists In Foxholes .....	10
A.A. History Symposium.....	11
You'll Intuitively Know .....	12
Service Keeps Us Sober .....	13
Intergroup Meeting Summary..	14
Group Contributions .....	16
P&L/Treasurer's Report.....	18
Balance Sheet .....	19

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.




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Shoemaker, stick to thy last.

—Bill W., *The Grapevine*, 1948

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## Meeting Changes

### New Meetings:

Mon	7:30pm	Mission	SPIRITUAL AWAKENINGS STEP STUDY, 1156 Valencia St / 23rd (Step Study)
Wed	8:00pm	San Rafael	IT'S ALL ABOUT THE BOOK, 1 St Vincents Dr / Miller Creek (Big Book Study)

### Meeting Changes:

Sun	8:00am	Mission	CAME TO BELIEVE, 938 Valencia St / Liberty (was at 8:30am and Ba'Hai Ctr)
Mon	5:30pm	Hayes Valley	QUEERS, CRACKPOTS & FALLEN WOMEN, 1748 Market St / Octavia (was at Ba'Hai Ctr)

### No Longer Meeting:

Sun	8:30pm	Nob Hill	FRIENDLY CIRCLE, 1751 Sacramento St / Van Ness
Wed	7:00am	Pt Reyes Station	MORNING ATTITUDE ADJUSTMENT, HHS Bldg: 6th St / A St
Thu	6:00pm	Mission	SIX O'CLOCK STEP, 2900 24th St / Florida
Fri	12:00pm	Civic Center	PEPPER GROUP, 505 Polk St / Golden Gate

**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!***

### ***Hoedown in the Hood Contra Dance***



***Saturday, May 7***

***St. Kevin's Church  
704 Cortland Ave. @ Anderson  
AA Speaker Meeting 6:15pm  
Hoedown Dance 7:30pm  
\$12 at the door for the dance  
Beginners welcome  
Adults 13+ years old***

### ***California Northern Coastal Area 06 of Alcoholics Anonymous Post-Conference Assembly 2016***

***Found out how the conference  
responded to the recent agenda  
topics discussed in your group!***

***Saturday, May 14: 8am-5pm***

***Discussion Panel 1:15pm  
Delegate's Report 2:15pm***

***Machinist Hall  
1511 Rollins Rd., Burlingame***

From the Editor

# Shoemaker, Stick to thy Last

Founder Bill W. once wrote, “Shoemaker, stick to thy last.” Not easily put off by jails, institutions or archaic language, I Googled “last” and found on Wikipedia: *A last is a mechanical form with a shape similar to that of a human foot.* Some people say “cobbler” instead of “shoemaker,” but I’m guessing Bill liked the Greek adage’s Latin version, *sutor*. Maybe he was suggesting it’s best for shoemakers to stick to what they know and work with every day — tools for making shoes.

Bill continued: “It is better to do one thing supremely well than many things badly . . . we shall never be at our best except when we hew only to the primary spiritual aim of A.A. — that of carrying its message to the alcoholic who still suffers alcoholism.”

Carrying the message this month on Page 6, Lee Marie B. shows us how she walks through fear. Cristiane M. gives her take on Tradition Five’s benefits. Forrest P. identifies with *The Unbeliever* from *Alcoholics*

*Anonymous*’ first edition. Judy G. talks about dancing like there’s no tomorrow.

Claire A. tells us she was only willing to come to A.A. after being faced with death, as surely as a soldier in a foxhole. “The Drunk Whisperer” describes how service keeps us sober. Sarah W. trusts her instincts and reminds us of Wilma Mankiller’s wisdom: “I can’t control the challenges the Creator sends my way, but I can control the way I think about them and deal with them.”

Departing editor Gilbert G. delivers his take on Step Five and recipe for sobriety. We approximate a Greek version of a shoemaker for the cover, with a nod to Bill: “Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust” (from “On Tradition Five,” *The A.A. Grapevine*, April 1948).

## 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](http://www.aasf.org).)



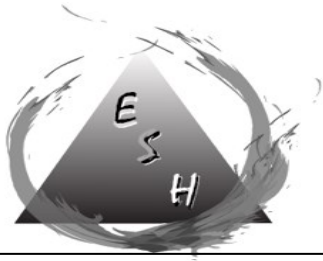
## Thank You Faithful FIVERS! Thank You

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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(Continued on p. 19)

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!



# Walking Through Fear

*Daily Reflections, May 9*

by Lee Marie B.

Never in a million years did I think I would end up in Alcoholics Anonymous, admitting out loud to a room full of strangers that I was an Alcoholic. But there I was, 30 years old, filled with anger, frustration, misery, and hatred, and for once in my life alcohol hadn't numbed these feelings enough. I had relied on drinking since the age of 15 to desensitize me so I could cope with the stresses of school, my career, relationships, family turmoil—basically everything.

I was finally at a breaking point and I needed a change, or I believe I would have taken my life. That voice that fucked with my head for so long kept telling me to kill myself, but I had a 6-month old that depended on me. She was the only thing keeping me afloat. Because of my daughter and the intense pain (that was becoming more and more unbearable), I was willing to put my pride aside and seek help.

I attended meetings, sat in the back, didn't introduce myself, and didn't see the need in having a sponsor. I initially "sponsored myself" because I was very skeptical of the program. But a couple key things kept me coming back—the genuine love and understanding in the rooms, the relief I felt that I never experienced, and being in a room full of people who shared their pain and openly discussed their fears.

Fears? I always had a reputation of being "fearless." I wasn't scared of anything or anybody. Or so I thought. When I drank, I got into countless fights. I was never afraid of getting

into a fistfight or confronting anybody, so how could I be fearful? Never that!

I began to learn from my fellow A.A.'s that there are irrational fears. These were the type of fears I had been running from my whole life and instead of facing them, I ran to the bottle. I had fears of abandonment, being unlovable, unworthy, uncertain, incompetent and unsuccessful. I go could on and on.

*I initially "sponsored myself" because I was very skeptical of the program*

When I hit my bottom, I was going through a separation, in the middle of selling my home, and confronted with the harsh reality that I would have to be a single parent. I wanted to give up because it was too overwhelming and I tried desperately to drown my sorrows with alcohol. I was out partying, drinking, and distracting myself from my problems, but at the end of the day, they were still there and I was still broken and felt extremely empty. No one ever knew because I had been trained from a very young age to keep my composure even under the most stressful circumstances. Denial served me well up until this point in my life. It was so much easier to see the world how I wanted to. I was in denial that my life was falling apart inside and out.

I finally got to a point of so much suffering that I was forced to look inward and find a spiritual path that would bring me inner peace. I am now able to acknowledge that I have fears and can use the tools that I have been provided in the rooms to face them. I can pause and ask my Higher Power to lead me in the right direction. I can ask my sponsor for guidance. I can go to a meeting to clear my mind. AA provides me with solutions I can use to handle situations that used to frustrate and infuriate me, ultimately keeping me in a state of fear and anxiety. I am forever grateful for these tools, my A.A. family, and the pain that led me to find the rooms of Alcoholics Anonymous.

**tP**





## Tradition Five

***But one primary purpose***

by Cristiane M.

*“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”*

My experience trying to recover from alcoholism and drug addiction was initially just stopping the consequences of my drinking and using. As my disease progressed and I tried not to die, I finally became convinced that I am an alcoholic of the hopeless variety. My initial impression of A.A. and people in recovery was that they just hold hands (and their breath for that matter, I imagined) in an attempt to not drink (putting some kind of plug in a jug), and that it was done as a group effort, much like group therapy. I had completely misunderstood the idea of fellowship that our founders had proposed. Their idea was that the fellowship grows up about us, that it happens naturally as we try to help each other, one alcoholic working with another.

I am very open to the idea that I must have missed the message entirely for a while, as I needed to have still more required painful, near-death experience in order to get convinced of Steps One and Two. Nevertheless, my perception was that alcoholics would attend the meetings to “check in” and say how they were doing or to complain about their lives. Sometimes they would say how wonderful their lives were and how so very grateful they were for being sober, which was somewhat appealing, but I was left clueless as to how in heavens that had been accomplished! I began to try to build

a fellowship and stop drinking by just going to meetings and hanging out with sober people. I was not able to achieve any sobriety whatsoever and gained myself a chronic-relapser reputation. This was in Orange County, Southern California, which is a Mecca for the recovery industry; perhaps the massive number of

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the message entirely  
for a while*

treatment centers has something to do with the watered down message in some A.A. meetings down there.

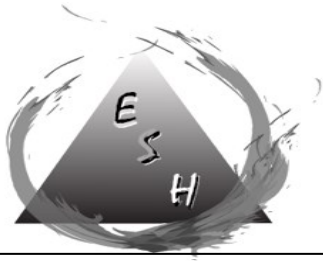
Eventually I was exposed to alcoholics who were carrying a message from the Big Book—of the 12 Steps of Alcoholics Anonymous, thank God. They said they had recovered as a result of the steps, that we need a defense against the first drink; and that the defense must come from a Higher Power, that we are beyond human aid. (It made sense as I could see meeting-making alone was not keeping me sober whatsoever, neither was the sober living, the sober people, the therapists, the child...). I did have to be disturbed on the question of alcoholism, as the Big Book suggests: I had to grasp the understanding that, as an alcoholic, I am doomed to repeat the first-drink experiment over and over again unless I get a defense. The defense is a spiritual experience we get as a result of the steps. My spiritual advisor (sponsor) presented me with a solution: clear-cut direction from the Big Book of



Alcoholics Anonymous and I haven't had to drink or use again.

Tradition Five states: *“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”* I would not be sober, probably not even alive today, had those alcoholics not shown up at meetings carrying a message out of the Big Book, which is what the fifth tradition requests us to do. An important message to me was also that they showed up week after week at the same meeting, that was hope to me until I could get my own proof through my experience with the steps. I was told to go to meetings and carry this message, the one contained in the first 164 pages of the Big Book and to align that with my own experience. As a result of practicing the fifth tradition, I hope I might have been able to help somebody else just as hopeless as I once was, and thus far I have been able to maintain my own sobriety, and for that, I am truly grateful.





# The Unbeliever

## *My thoughts about this story in the Big Book 1st Edition*

by Forrest P.

In my first year, my dad gave me one of his first editions [of the book *Alcoholics Anonymous*]. I went through it to read the stories that were later dropped. “The Unbeliever” instantly resonated with me because it's written as if it's the writers' thoughts. The author described how I felt. My mind, my thoughts seemed to be always racing and never stopped. It was like being stuck on a horrible ride that I could not get off.

Six months prior to my getting sober I went to a special club to celebrate my birthday. I did an excessive amount of drugs along with drinking (of course) to celebrate. This sped up my hitting bottom and getting sober. The effects of that “celebration” and subsequent damage to my mind stayed with me for my first three years. It took me a long time before I felt anything close to peace, calm, and serenity.

Thank God for the wonderful, loving people in A.A. They never wavered in welcoming me and promising me I would get better. When? Where? How, I wondered? I believed them because of their own stories. I so desperately wanted to feel better.

Not drinking seemed insurmountable to me. How could I live without my magic elixir? My sedative, solution, friend, and constant in my life? I didn't know how, but these people seemed to. I felt so damaged, I was afraid that I would never get better.

In between my first and second meeting, I had someone call me back (through LA's Central Office). As I spoke to the guy, he asked me if I had

considered psychiatric help. I laughed and said, “You're not supposed to tell me that (it was 1985).” I called my dad instead.

As ridiculous as it sounds, I thought that I could not talk and breathe at the same time! This made saying a prayer after a meeting or reading very difficult for me.

I heard people say they had to sit on their hands when new. For me, I had to pinch my thumb and my index finger (on each hand) so as to stop my thoughts from racing. This way I could hear what was being said.

I'd also crochet during meetings my first couple years. I made blankets for all my friends. These were so big, they took up an extra seat!

### *How could I live without my magic elixir?*

My first sponsor Jack would tell me, “It's your mind, so it knows what fear and thoughts to manufacture.” He also told me “Think of your bed as God's hand and when you are in it at night you're in his care.” That was in response to my not sleeping my first six months. What a blessing that man was.

Thank God there were so many commitments to do in those days! I was happy to do anything, and I could stay as busy as my head required. People would

rush to help out in those days.

I had a coffee commitment at a clubhouse. I was to stand behind a coffee bar, greet people, and ask, “Decaf or regular?” and then pour their coffee into a mug! This helped me learn how to say hello and speak to people. I did this everyday (noon meeting) until someone told me I only had to do it once a week! I didn't know.

Washing cups and ashtrays was a big deal. Several of us would rush to the kitchen to get a coveted position at the sink. Sometimes there would be six of us crowded round the sink doing this. Anything to be doing it together!

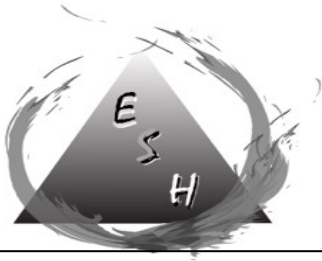
I mopped floors, set up rooms, broke down rooms, greeted, did literature, and went on H & I panels.

I'm forever grateful to the solution that was presented to me from my first meeting: sponsor, steps, action, book, meetings, God, etc. repeat.

I did not want to have to drink again. I wanted to be free from the prison that was alcoholism. I desperately wanted sobriety. I wanted to beat the odds. As I write this now, (30 years later), I still get teary-eyed recalling this. I'm so grateful and amazed that A.A. worked and continues to do so!







# Just For Today

*Yesterday is history and tomorrow is a mystery*

by Judy G.

My favorite three favorite pages of the *24 Hours a Day* reader are July 29 through July 31. "There are two days in every week about which we should not worry; yesterday and tomorrow."

Yesterday is gone. There is nothing we can do to undo an act or erase a single word that we said, no matter how hurtful or stupid they may have been. We can spend hours agonizing and beating ourselves up about it, but to no avail, other than to learn from our mistakes and hopefully not repeat them.

Tomorrow is yet to come, we do not have to carry tomorrow's burdens today. We can spend hours in fear worrying about tomorrow and trying to control the outcome, but does it work? No. We don't even know if there will be a tomorrow.

So all we really have is today. "Anyone can fight the battles of just one day." And if we manage to really forget about yesterday and stop worrying about tomorrow, we can appreciate how beautiful this life can be.

I just watched a Facebook video about [Steppin'](#), a partner dance prominent in the African American community. One woman said, "I had a stroke and was diagnosed with MS. I step for my health and to keep from being in a wheelchair. If I can only do it for two years, I am going to dance the best two years of my life. Dance like there's no tomorrow." Talk about living in the moment. Instead of living in dread about what the future may bring, she is living her life to the fullest today.

I am big on the slogans, and there are some good ones on this topic. "If you have one foot in the past and one step in the future, you are peeing on today." My favorite one is, "Yesterday is history and tomorrow is a mystery."

No one is guiltier than me about "future tripping." One day, I was standing at the sink brushing my teeth, and I started to imagine some hypothetical comment that my ex could hypothetically say to me at some hypothetical event 10 months in the future, and I started to feel the rage starting in my feet and rising up through my body.

*Anger may be the  
dubious luxury  
of normal people,  
but it is poison  
for an alcoholic*

Now, the Big Book says (page 66) that if I am to survive, literally survive, I must be free of anger. Anger may be the dubious luxury of normal people, but it is poison for an alcoholic. I know this, so why am I getting into a rage about some fantasy conversation that could potentially occur in the future?

Sobriety depends on serenity. We pray for serenity at every A.A. meeting. We need to guard our serenity with our lives, because our very lives

could be at stake if we lose it. The best way to stay serene is to stay in the moment.

I grew up in the 60s during the cold war, and we had air raid drills where we had to get under our desks or go into those dirt-filled rooms. I grew up with the awareness that an atomic bomb could take us out at any moment. I use that analogy today and live in today, because we literally do not know if tomorrow may come. I am now in my sixties, and my contemporaries are starting to die. I don't want to waste the precious days I have left regretting the past or fearing the future.

Four years ago, my doctor took me out of work on disability, it was destroying my health. I was freaking about the future and whether I would be able to find another job. A fellow in program asked me, "Are you getting paid today?" and I said, yes. She said, "That's all you have to worry about."

It really is so simple. If you are not carrying the regrets of yesterday or the burdens of tomorrow, you have a much better chance of experiencing the beauty of today. As the book says, anyone can fight the battles of just one day.

**TP**





# A.A. Aphorisms

## *There are No Atheists in Foxholes*

by Claire A.

One meaning of this aphorism is that when under threat of death, soldiers become believers in God. There are other interpretations of this phrase (and *Wikipedia* has an interesting entry on the phrase, by the way!), but I think for purposes of A.A., this is the important one. It is for me, anyway. It's important to me because it wasn't until I was faced with death that I was willing to come to A.A.

I looked like I was doing OK. I had a car, 2 kids, a husband, a house, a job, friends. I "functioned" according to society's standards. But I wasn't functioning. I was visualizing my own suicide on a daily basis. What's weird to me now is that I didn't even realize at the time that this was a problem.

I know now, without question, that my Higher Power took over at this point in my life. I made decisions that make no sense to me now: after months of delay, debate and indecision, I went to a doctor, found a therapist, and got into A.A. almost all at the same time. Given my expert skills at procrastination, I can testify that this was not normal behavior.

I can't say that it was staring down the barrel of a gun that made me believe in God, but fear of death made me search for some kind of answer outside myself. I went looking in a few places, before A.A.: I went to a therapist; God knows I spent a lot of time looking in the bottom of bottles; I tried self-help books. I didn't want to believe I was an alcoholic, and I sure as heck didn't want to believe I was depressed.

So, if the foxhole situation and my situation are so different, why did I

choose to write about this? I think because at some point, for alcoholics who find God (as they understand Him) there is simply a turning point. Whether it's standing by the road getting another DUI, waking up in jail or in a hospital, looking into the sad, wondering eyes of a child asking "why?," standing over another round of bottles of recycling AGAIN, we all reach a point where the fear and disgust of continuing is worse than admitting defeat.

### *Defeat is the first step...*

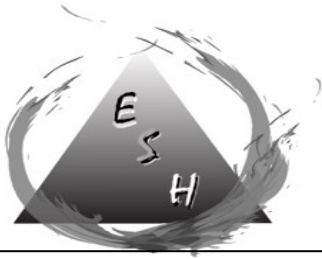
Today, I finally realize that defeat is the first step on a great path. Someone told me this early in my recovery and I, of course, scoffed. Handing over my life to God, while not easy, has been a tremendous relief. Just this morning, for example, I was worrying about an upcoming exam. Then, I remembered to pray, and write a gratitude list. And just those two things shifted my mind from being anxious, to keeping the thing in perspective—remembering to breathe, and remembering that life is passing by. I can choose to be anxious, or I can choose to be excited and go for it! I really do feel that HP has this—I don't need to worry about outcomes, I just need

to do the work, answer the test questions, buy the groceries, hand in the assignment, call the neighbor, and so on, whatever's on the to-do list!

To let go of a million fears and worries and settle down to the work of today—this has been my constant exercise because it's not easy! Just because I believe in a Higher Power doesn't mean I don't still try to control every last thing. Slowly, though, I am getting in the habit of praying for guidance: in the morning, at night, and whenever I'm agitated. Slowly, through the marvelous fellowship of A.A., I am seeing new friendships sprout and develop. Slowly, by letting go of fear, I am finally starting to live again. I thank God!

**TP**





# Service Keeps Us Sober

## *The Selfish Secret of Service*

by the Drunk Whisperer

The A.A. adage that service keeps us sober stems from Step Twelve: “Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.” Carrying the message to other alcoholics is the central task of mature sobriety. As an A.A. friend told me lately, “when you’re spending time with sponsees [or any other service activity], you aren’t thinking about yourself. That is a miracle and a blessing for this alcoholic.”

I have been fortunate enough during my sobriety to have lots of guidance and encouragement to get involved in A.A. service. While reading the literature and listening to others speak at meetings are beneficial, it’s getting into action (which requires applying the steps and traditions) that has truly changed me. And weirdly enough, sometimes it has been the most uncomfortable service situations that have taught me the most. “Situations that used to baffle us,” indeed!

Here is my list of a dozen service commitments you might consider; don’t over-think getting involved, just do it. You can change it up if you don’t like it.

First: making coffee for a meeting when I was newly sober. Perfect.

Second: becoming secretary for a meeting at three months sober. (Hey, the East Bay—where I was newly sober—is a wild and woolly fellowship: heave ho!)

Most fun: working on *The Point* Committee for four and a half years.

Terrible jokes, madcap people. Why else subject one’s self to deadlines?

Best lesson: if it ain’t fun, forget it.

Most challenging: Tie: H&I in SF Women’s Jail and Intergroup Fellowship Board (IFB) rep. Both challenging in very different ways. I’ve grown to love the jail population and the IGR population, too, when I remember “principles before personalities.”

*if it ain’t fun, forget it!*

Most poignant: interviewing long-timers for A.A. local archives and articles in *The Point*. Many have since died and I treasure the one-on-one time I was privileged to spend with these folks who had decades of sobriety.

Best lesson #2: “don’t sweat the small stuff, and it’s all small stuff.”

Most uncomfortable: working on Outreach Committee and attending strange (as in new) meetings to encourage the groups to elect an IGR rep.

Most instructive: Central Office phone volunteer, where I learned (from others, and by having to answer the phone or an email) how to talk to a wet drunk, how to apply the traditions to complex situations, and how to tell family and friends that no, we can’t keel haul their loved one into rehab or meetings or sobriety. I also learned about A.A. service structures (there are several! in

parallel!) and their interrelationships. Finally, I learned about many resources available to A.A. members and the public (pamphlets, books, recordings, websites). I learned what A.A. does and what it does not do, and how to communicate that to others.

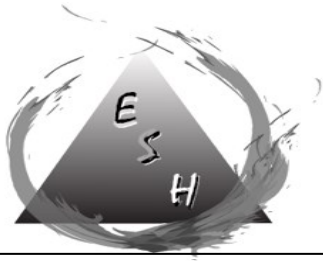
Saddest: Doing 12<sup>th</sup> Step visits to a patient in liver failure at the hospital. She wasn’t successful at getting on the transplant list. She died. She was 29 years old.

Easiest: Showing up for a Sunshine Club meeting at a friend’s apartment house, organized and arranged by someone else.

Widest range of reward: being a sponsor! From the heights to the depths and everywhere in between, depending on my affinity with the person, my own personal confidence at the time, and my ability to refrain from telling the person what to do about non-drinking matters.



(Continued on page 13)



# You Will Intuitively Know

*This promise is within our reach*

by Sarah W.

Promise number 11 of the Ninth Step Promises states: "We will intuitively know how to handle situations that used to baffle us." It addresses the subject of using our intuition, and handling situations we face in a new way through our recovery. This promise ensures us that we can trust our instincts to handle challenging life situations.

Intuition can be defined as the ability to understand something immediately, without the need for conscious reasoning. Intuition is a concept that we know or consider likely from instinctive feelings we have, rather than conscious reasoning.

The promise that we will intuitively know how to handle life situations also implies faith in our higher power. An integral part of healing is trusting in our higher power to enhance our efforts to stay sober and to improve our relationships and lives. An essential component in healing is in trusting our intuition and in our higher power.

Promises two through 10 offer: a new freedom and a new happiness, no regret of the past, and comprehension of the concepts of serenity and peace. We will see how we can share with others and help others. Our selfishness and self-pity disappears. We will have a new outlook on life and fears that used to plague us will also disappear.

These promises are preparation for the eleventh promise regarding using our powerful intuition to handle situations we will encounter despite our sobriety.

Some respected scientists, philosophers, and leaders had these comments regarding the power of intuition:

"I believe in intuitions and inspirations...I sometimes feel that I am right. I do not know that I am."

- Albert Einstein

"When you reach the end of what you should know, you will be at the beginning of what you should sense."

- Kahlil Gibran

"I learned a long time ago that I can't control the challenges the Creator sends my way, but I can control the way I think about them and deal with them."

- Wilma Mankiller

*An integral part of  
healing is trusting in  
our higher power*

Daily Reflections further explores the eleventh promise:

"Listening deeply while others share can help develop intuition in handling problems which arise unexpectedly... Attending a meeting or calling a fellow A.A. member will usually reduce tension enough to bring relief."

Elsewhere in the reflections, it notes, "Some problems will shrink into nothingness while others will require patient well-thought-out action."

Following our intuition also includes acceptance of our ability to perceive and evaluate situations.

Being sober makes us clear-headed. We are able to focus and make our own positive decisions, rather than being bogged down by the weight of our addiction.

As we devote our energies to staying sober, our thoughts evolve from negative to positive. Instead of focusing on problems, we can begin to think about solutions. Also, through sharing our experiences, the concept of sharing and helping others is beneficial to our recovery.

The eleventh promise from Step Nine is followed by the following:

*Are these extravagant promises? We think not.*

*They are being fulfilled among us-sometimes quickly, sometimes slowly.*

*They will always materialize if we work for them.*

These promises are enhanced by the qualification that these ideas are within our reach. The object of time is also addressed, as we need to realize and accept that some of our rewards in recovery happen right away; for other rewards in recovery, we need to be patient.

Another element in these promises is the realization and acceptance that we must embrace our shortcomings and we need to continue to work on maintaining our recovery for the rest of our lives.





# Step Five

## ***Admitted to God, to ourselves, and to another human being ...***

---

by Gilbert G.

*Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude . . . and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted . . . the exact nature of our defects. This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter.*

The *Promises of A.A.* contains the words, “sometimes quickly, sometimes slowly.” I definitely fit into the “sometimes slowly” category. I say this, because it took me quite a few years before I mustered up the courage to find a sponsor. I regularly went to meetings, I always had a service commitment, and I did the Steps on my own by attending Step Study meetings.

I had, and maybe still have, issues with trusting people. I could imagine doing a moral inventory of myself,

and I was willing to admit my defects to God and myself. But why on earth do I need to share this information with another person? A lot of reasons for not sharing my inventory with another person rattled around in my brain. These reasons were linked to issues surrounding trust, confidentiality, shame, and fear.

Finally, when the pain became too much, I succumbed and decided to find a sponsor. I realized that I had begun to feel as miserable as I did during my drinking days. I had learned, in A.A., to try something new when my program seems to stop working. This new thing formed the beginning of a brand new phase of my sobriety that continues to the present.

I asked someone in A.A. to be my sponsor, and to my surprise, he said “yes.” We started working the Twelve Steps. I learned that we do the steps in a sequence, because each one prepares us for the following one. I learned, in Step Three, that if I truly believe that I’ve turned my will and my life over to the care of God, I could live in a state of faith and not in a state of fear.

Living in a state of faith as opposed

to fear gave me the courage to finally start my Step Four inventory. In addition to courage, this faith gave me the willingness to give it a try. I finished my Step Four inventory, and the time came for Step Five.



I met with my sponsor after writing out my inventory, and he drove me to a park in our city. We sat amid beautiful trees and we talked about my inventory. My sponsor did not ask me to read out all the gory details from my inventory. Instead, he started a conversation about what I learned about my character defects and how they impacted my life.

Thus, my fears were unfounded, as usual. I did not have to disclose all of my life’s gory details that afternoon in the park. However, if my sponsor had asked me for those details, I would have gladly told him. This is because I finally became willing to take the chance. Once I was willing to take that chance, I became free. I was no longer bound by the specter of those demons from my past. They lost their power.



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(Continued from page 11)

Honestly, it mainly requires repetition of the mantra of “go to meetings, work the steps, and don’t drink in between.” Keep it simple.

Current service position, outside my group: helping draft *The Buzz*, our local email newsletter that comes out

twice a month. It keeps me up to date on what’s going on and I love that. Check it out, on our home page, or get it pushed to your inbox by subscribing (also at our home page). Lots of service opportunities!

And don’t forget, “practicing these principles in all our affairs” includes service that isn’t necessarily A.A. For

example, there’s advocacy (if you can do it without being self-righteous, which I cannot, so I stay away) or volunteering with those in need, kids, elderly, animals, plants or whatever “giving back” you can do in your community. It’s the fruit of your spiritual awakening. Just be sure that staying sober remains at the top of the list.





# Intergroup Meeting Summary—April 2016

The following groups (and *service entities*) have registered Intergroup Representatives who attended the last Intergroup meeting. If your meeting was not represented, consider electing an Intergroup Representative (IGR) and /or an alternate so your meeting is effectively represented .

<b>Marin Groups</b>	Saturday Weekend Warrior	As Bill Sees It Th 6pm	Friday Morning 12 Steppers	Saturday Easy Does It
Attitude Adjustment Hour	Sunday Night Corte Madera	Be Still AA	Friendly Circle Beginners	Shamrocks and Serenity
Cover to Cover	Tuesday Newcomers	Big Book Basics	Grouch and the Brainstorm	Sometimes Slowly
Friday Night Book		Cocoanuts	Haight Street Blues	Sunset 9ers Tu
Happy, Joyous and Free	<b>SF Groups</b>	Come 'n Get It!	High Noon F	Sunset Speaker Step
Men's Two Plus	A is for Alcohol	Cow Hollow Men's Group	Join the Tribe	Valencia Smokefree
Mill Valley	A New Start	Design for Living	Mid-Morning Support	Weekend Update
Monday Night Stag Tiburon	A Place to Call Home	Embarcadero Group	Miracles (Way) Off 24th St.	
On Awakening	Any Lengths	Experience, Strength & Hope	O.A.D.W.	
Quitting Time	Artists and Writers	Extreme Makeover: Women's SS	Queers, Crackpots & Fallen Women	

This is an unofficial summary of the April 2016 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](http://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 Wed., April 6, 2016 at 1187 Franklin St, SF CA.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The March 2016 minutes and the April 2016 agenda were approved.

## Officer Reports

**Board Chair, Carolyn R.** The Board received a response from the landlord regarding the lease expiration and will be referring to the Lease committee for a response/plan on what to do next. Carolyn also attended a small exploratory committee meeting to discuss opening a satellite bookstore in Marin. There wasn't much participa-

tion, but there seems to be interest in keeping it going from those who show up.

**Treasurer, Joanne H.** Please refer to the green sheet in tonight's package for details. February's rating was between Fair and Good.

## Central Office Manager, Maury P.

Central Office needs volunteers to answer phones; let the groups know there are openings. For the last six months we've been logging calls in: 31% of calls received are business calls (transferred to staff); 39% are people looking for a meeting; 6% are calls for help other than A.A. (such as Al-Anon and N.A.); 19% are calls from people needing help for themselves; and 5% are calls looking for help for someone else. Right now it seems like there continues to be a need for two volunteers at a time. Faithful Fiver membership is growing and the response is encouraging; membership went from 100 to 150 people in one month. Last month Maury met with several other Bay Area Central Office managers and our General Service Area Delegate; other offices are facing budget shortfalls similar to ours and the same is happening at GSO in New York. One possible explanation is that the population of A.A. seems to have plateaued. For many decades the A.A. population increased, but that increase in membership, when balanced with attrition, has leveled which has led some to ask: should we re-invent how we deliver services? One idea

that was presented in the short term was that offices merge to save costs.

## Intergroup Committee/Activity Reports

**Access, Virginia M.** Access committee has nothing to report, but is waiting for a decision on the Old & New Business tonight.

**Fellowship, Michael P. & Margaret J.** Founder's Day date has been set for June 18, 2016. Tom S. will be performing. The theme will be the 7<sup>th</sup> Tradition. Sign ups will be available in May. Open slots are: Setup & coffee; Greeters; 7<sup>th</sup> Tradition (pass the basket); Cleanup.

**Orientation, Greg M.** The buddy/mentor sign up sheet is being passed around tonight. Please sign up if you are interested.

**Teleservice, Pete F.** There are 5 open volunteer shifts, many of them are at 6:00am. All coordinator positions are filled.

**Archives, Michael P.** This month's meeting will be on April 24 instead of the 17<sup>th</sup>. An announcement will be made in *The Buzz*.

**The Point, Jane B.** Looking for feedback from the Intergroup about the need for The Point. Is The Point filling its mission? Readership has fallen steadily. We spend \$2,500 a year on it; is it a good investment? Are we reaching the alcoholic? Does the meeting Secretary make announcements from the Secretary Insert? Looking for feed-

# Individual Contributions

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

## IN MEMORIAM

**Flossie N., Ray M.**

## ANNIVERSARIES

**Gordon G. – 27 years**

**Charles M.—34 years**

back from the groups.

**Sober Outside Services, Clayton B.** Looking for volunteers. Refer to the information included in tonight's package.

### **Liaison Reports**

**SF H&I, Lucy T.** Shared the February financials. Looking for volunteers, you can find info online at: [www.handinnorcal.org](http://www.handinnorcal.org). H&I Conference is coming up in Santa Rosa on April 29, 30 and May 1<sup>st</sup>.

**Marin General Service, Greg W.** The Pre-Conference Assembly will be April 9-10 at the Marin Civic Center; still volunteer opportunities available. There is a meeting at 8:30pm after the Assembly and dinner; all are welcome.

**Marin Teleservice, Trevor** Working on a new teleservice manual and organizing the Spaghetti feed. Still need some 12 Step call volunteers. Most of the shifts are filled, but there are some openings on Monday.

**Marin H&I, Karen G.** In the process of a group inventory due to lack of attendance and participation as many of the coordinators do not come to the monthly meeting. Looking for some guidelines on how to do the inventory.

**Marin Intergroup Exploratory Committee, Charles P.** Still meeting sporadically as there is still interest and enthusiasm about discussing a Marin Intergroup Central Services.

### **Presentation of New Business**

Chris read the motion shown on the agenda and explained how the New Business will be presented tonight. Ken said that his group was concerned about the policy; he gathered the information that is in our packets this evening and read some of its content. The service structure of A.A. does not include the Intergroup, so the Intergroup is not responsible for a group's request for an ASL interpreter as part of that group's 7<sup>th</sup> Tradition commitment. Questions were asked and answered, or not answered, accordingly. Chris tried to keep it focused on the intent of the motion instead of opening up the old can of worms about the existing policy and the proposed changes to it in the past few months.

### **Old Business**

Chris explained that the Access Committee updated the policy in February to clarify that Intergroup should pay for ASL interpreters at any A.A. meeting, not just those listed in our schedule. We will take a vote by a show of hands tonight to get a sense of the room about this policy. Chris asked: 1) how many would NOT support having Intergroup pay for ASL interpreters at any A.A. meetings; 21 IGS were in favor; 2) how many would support Intergroup paying for ASL interpreters for any meeting listed in the meeting schedule; 9 were in favor; and 3) how many would support Intergroup paying for ASL interpreters at any meeting; 9 were in favor. 7 IGRs abstained from voting on any of these

*(Continued on page 17)*

## 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](mailto:chair@aasf.org)

#### **VICE CHAIR**

Chris H. [vicechair@aasf.org](mailto:vicechair@aasf.org)

#### **TREASURER**

Joanne H. [treasurer@aasf.org](mailto:treasurer@aasf.org)

#### **RECORDING SECRETARY**

Sam W. [secretary@aasf.org](mailto:secretary@aasf.org)

### COMMITTEE CHAIRS:

#### **ACCESS COMMITTEE**

Virginia M. [access@aasf.org](mailto:access@aasf.org)

#### **ARCHIVES COMMITTEE**

Michael P. [archives@aasf.org](mailto:archives@aasf.org)

#### **FELLOWSHIP COMMITTEE**

Michael P. [fellowship@aasf.org](mailto:fellowship@aasf.org)

#### **HOMEBOUND MARIN**

Frank T. [homeboundmarin@aasf.org](mailto:homeboundmarin@aasf.org)

#### **ORIENTATION COMMITTEE**

Greg M. [orientation@aasf.org](mailto:orientation@aasf.org)

#### **SF PI/CPC COMMITTEE**

Peter B. [picpc@aasf.org](mailto:picpc@aasf.org)

#### **SF TELESERVICE COMMITTEE**

Pete F. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)

#### **SOS COMMITTEE**

Dorothy V. [sos@aasf.org](mailto:sos@aasf.org)

#### **SUNSHINE CLUB**

David C. & Carole P. [sunshine@aasf.org](mailto:sunshine@aasf.org)

#### **THE POINT**

Jane B. [thepoint@aasf.org](mailto:thepoint@aasf.org)

# aa group contributions

Fellowship Contributions	Mar. 16	YTD
Contribution Box	\$ 119	\$ 347
Intergroup	\$ 154	\$ 338
Novato Fellowship Group		\$ 656
<b>Fellowship Total</b>	<b>\$ 274</b>	<b>\$ 1,341</b>

Marin Group Contributions	Mar. 16	YTD
7am Urgent Care Group 7D	\$ 75	\$ 75
AA By The Bay Tue 730pm		\$ 36
Attitude Adjustment 7D 7am		\$ 1,250
Awareness/Acceptance M 1030am		\$ 75
Back to Basics Su 930am	\$ 42	\$ 119
Big Book Study & Meditation M 7p		\$ 24
Closed Women's Step Study Tu 330pm		\$ 67
Corte Madera Saturday Candlelight 8pm		\$ 168
Cover to Cover W 730pm		\$ 150
Crossroads Sun 12pm	\$ 102	\$ 425
Day At A Time 7D 630am		\$ 200
Fireside Fri 8pm Bolinas		\$ 24
Friday Night Book F 830pm		\$ 298
Glum Not! Su 9am	\$ 200	\$ 200
God Could & Would 5D M-F	\$ 54	\$ 54
Happy, Joyous & Free 5D 12pm		\$ 145
Inverness Sunday Serenity Su 10am	\$ 220	\$ 220
Just Can't Wait 'til 8 M 630pm	\$ 250	\$ 250
Last Stop Men's Step Study W 6pm		\$ 250
Living in the Solution F 6pm		\$ 650
Marin Teleservice		\$ 1,500
Marin Young People F 830pm		\$ 70
Men's 2 Plus M 7pm		\$ 111
Mill Valley 7D 7am		\$ 300
Mill Valley Discussion W 830pm		\$ 179
Monday Blues M 645pm		\$ 157
Monday Night Madness M 6pm		\$ 50
Monday Night Stag Tiburon		\$ 500
Morning After Sa 10am	\$ 200	\$ 200
North Marin Speaker Sun 12pm	\$ 173	\$ 173
Not a Glum Lot Group F 8pm	\$ 200	\$ 200
Novato Spirit Discussion F 2pm		\$ 50
On Awakening 7D 530am	\$ 550	\$ 900
Pathfinders Tu 12pm		\$ 79
Quitting Time M-F 530pm		\$ 697
Refugee Th 12pm		\$ 50
Reveille 7D 7am	\$ 31	\$ 381
Rise N Shine Su 10am		\$ 210
San Geronimo Valley M 8pm		\$ 44
Saturday Weekend Warrior 830am	\$ 230	\$ 230
Saturday Women's Speaker 6pm		\$ 209
Serendipity Sa 11am		\$ 650
Sober Sisters W 12pm		\$ 93

Marin Group Contributions	Mar. 16	YTD
Spiritual Testosterone Stag Su 830a	\$ 500	\$ 500
Stinson Beach Fellowship Th 8pm		\$ 200
Streetfighters Sa 9am		\$ 100
Sunday Express Su 6pm		\$ 322
Terra Linda Thursday Men's Stag 8pm		\$ 271
The Barnyard Group Sa 4pm		\$ 62
The Broad Highway Thu 730pm	\$ 87	\$ 187
There is a Solution Tu 6pm	\$ 33	\$ 33
Three Step Group Sa 530pm		\$ 599
Thursday Night Speaker 830pm		\$ 447
Tiburon Women's Candlelight W 8pm		\$ 45
We, Us and Ours M 650pm	\$ 72	\$ 174
Wednesday Night Speaker Disc 7pm	\$ 377	\$ 377
What's It All About F 12pm		\$ 15
Why It Works Sun 6pm		\$ 289
Women's Big Book Tu 1030am		\$ 561
Working Dogs W 12pm		\$ 689
Young People's BYOB Sat 7pm		\$ 82
Young People's Chopsticks Sa 1030pm		\$ 88
<b>Marin Total</b>	<b>\$ 3,394</b>	<b>\$ 16,750</b>

San Francisco Group Contributions	Mar. 16	YTD
10am Daily Reflections Th		\$ 23
11th Step Power Power Power		\$ 113
6am Dry Dock Tu	\$ 237	\$ 237
6am Men's Literature Meeting M		\$ 135
7am Speaker Discussion Th		\$ 60
A is for Alcohol Tu 6pm	\$ 193	\$ 193
A New Start F 830pm		\$ 297
AA As You Like It Tu 530pm		\$ 46
Agnostics & Freethinkers Su 630pm	\$ 240	\$ 340
Any Lengths Sat 930am		\$ 1,080
Artists & Writers F 630pm		\$ 535
As Bill Sees It Th 6pm		\$ 160
As Bill Sees It Th 830pm		\$ 167
Back to Basics Th 730pm		\$ 125
Be Still AA Su 12pm		\$ 500
Beginners Warm Up W 6pm		\$ 287
Bernal New Day 7D	\$ 44	\$ 547
Best Damn BB Discussion Th 8pm		\$ 108
Big Book Basics F 8pm	\$ 343	\$ 343
Big Book Boot Camp 5D	\$ 60	\$ 160
Blue Book Special Su 11am		\$ 120
Brothers in Arms M 8pm		\$ 135
Buena Vista Breakfast Su 12pm		\$ 150
BYOL W 1pm		\$ 29
Came to Park Sat 7pm	\$ 406	\$ 406
Castro Monday Big Book 830pm		\$ 173
Coit's Quitters		\$ 135

San Francisco Group Contributions	Mar. 16	YTD
Come 'n Get It! F 630pm	\$ 35	\$ 35
Cow Hollow Men's Group W 8pm	\$ 620	\$ 977
Design for Living Sat 8am	\$ 164	\$ 164
Down and Dirty at Seven-Thirty M	\$ 28	\$ 28
Down and Dirty at Seven-Thirty W	\$ 24	\$ 24
Each Day a New Beginning M 7am		\$ 131
Each Day a New Beginning Tu 7am		\$ 317
Each Day a New Beginning W 7am		\$ 363
Early Start F 6pm	\$ 1,021	\$ 1,021
Easy Does It Tu 6pm		\$ 100
Eureka Step Tu 6pm		\$ 313
Excelsior "Scent" Free For All Sa 5pm		\$ 60
Experience, Strength & Hope Sat 9am		\$ 157
Federal Speaker Su 12pm		\$ 339
Firefighters & Friends Tu 10am		\$ 107
Fireside Chat Group Th 8pm		\$ 107
Fireside Chat Group Tu 8pm	\$ 46	\$ 46
Fourth Dimension Solution Th 515pm		\$ 26
Friday Morning 12 Steppers 7am		\$ 75
Friday Smokeless F 8pm	\$ 149	\$ 149
Friendly Circle Beginners Su 715p		\$ 72
Girls Night Out W 815pm		\$ 120
Haight Street Blues Tu 615pm		\$ 152
Haight Street Explorers Th 630pm		\$ 177
High Noon 5D	\$ 185	\$ 185
High Noon Monday 1215pm	\$ 276	\$ 276
High Noon Saturday 1215pm	\$ 104	\$ 104
High Noon Sunday 1215p	\$ 209	\$ 458
High Sobriety M 8pm		\$ 92
High Steppers W 7pm		\$ 60
Hilldwellers M 8pm	\$ 240	\$ 240
Like A Prayer Su 4pm		\$ 180
Living Sober with HIV W 6pm	\$ 208	\$ 208
Men's Gentle Touch M 7pm		\$ 177
Mid-Morning Support Su 1030am		\$ 250
Miracle (Way) Off 24th St W 730pm		\$ 216
Mission Fellowship		\$ 254
Monday Beginners M 8pm	\$ 56	\$ 274
Monday Men's Stag 8pm		\$ 82
Newcomers Tu 8pm		\$ 174
No Reservations M 12pm		\$ 88
Noon Smokeless F 12pm	\$ 40	\$ 40
O.A.D.W. Mon 7pm		\$ 42
One, Two, Three, Go! W 1pm		\$ 20
Pocket Aces Sun 7pm		\$ 291
Potrero Hill 12 x 12 M 630pm		\$ 44
Raising the Bottom W 8pm	\$ 477	\$ 477
Rebound W 830pm		\$ 55
Rigorous Honesty Th 1205pm		\$ 157

San Francisco Contributions	Mar. 16	YTD	San Francisco Contributions	Mar. 16	YTD	San Francisco Contributions	Mar. 16	YTD
Saturday Afternoon Meditation 5pm		\$ 202	Sundown W 7pm		\$ 614	We Care Tu 12pm	\$ 20	\$ 120
Saturday Easy Does It Sa 12pm		\$ 485	Sunset 11'ers Su	\$ 100	\$ 100	Wednesday Noon Step Study 12p		\$ 225
Saturday Matinee SA		\$ 30	Sunset 11'ers Tu		\$ 29	Weekend Update Su 615pm		\$ 175
Saturday Matinee Sa 2pm	\$ 40	\$ 40	Sunset 9'ers M		\$ 63	Weekend Worker Sat 7am	\$ 90	\$ 90
Serenity House	\$ 150	\$ 450	Sunset Speaker Step Su 730pm		\$ 315	West Portal W 8pm		\$ 189
Serenity Now Tue 830p	\$ 167	\$ 167	Ten Years After Su 6pm		\$ 256	Wharf Rats Th 815pm		\$ 52
Serenity Seekers M 730pm		\$ 209	The Drive Thru W 1215pm		\$ 561	What It's Like Now M 6pm		\$ 195
Shamrocks & Serenity M 730pm	\$ 439	\$ 439	The Leaky Cauldron Su 930am	\$ 131	\$ 259	Wholly Together 11th Step MD W 7p		\$ 98
Sober Saturday Sa 830am		\$ 208	The Parent Trap 2 W 4pm	\$ 83	\$ 143	Women's 10 Years Plus Th 615pm		\$ 697
Sobriety & Beyond W 730pm	\$ 202	\$ 202	They Stopped In Time M 8pm		\$ 121	Women's BB Study Tu 1150am	\$ 60	\$ 60
Sometimes Slowly Sa 11am		\$ 1,029	Thursday Lunch With Bill 12p		\$ 21	Women's Came to Believe Sa 10am		\$ 119
Steppin' Up Tu 630pm		\$ 139	Thursday Night Women's 630pm	\$ 265	\$ 265	Women's Kitchen Table Tu 630pm		\$ 253
Steps To The Solution W 715pm		\$ 377	Thursday Thumpers Th 7pm		\$ 150	Women's Promises F 7pm	\$ 300	\$ 744
Sunday Bookworms Su 730pm	\$ 23	\$ 23	Too Early Sa 8am		\$ 153	Work In Progress Sa 7pm		\$ 600
Sun Morning Gay Men's Stag 930am		\$ 439	Trudgers Discussion Su 7pm	\$ 180	\$ 180	YAHOO Step Sa 1130am		\$ 138
Sunday Night 3rd Step Group 5pm		\$ 360	Tuesday Big Book Study Tu 6pm		\$ 164	Young at Heart Sa 930am	\$ 69	\$ 69
Sunday Night Castro SD 730pm		\$ 271	Valencia Smokefree F 6pm	\$ 384	\$ 425	<b>San Francisco Total</b>	<b>\$ 8,109</b>	<b>\$ 29,165</b>
Sunday Rap Su 8pm		\$ 224	Walk of Shame W 830pm		\$ 125	<b>YTD</b>	<b>\$ 11,776</b>	<b>\$ 47,256</b>

(Continued from page 15)

three options presented. The Board will come back to this next month for further discussion.

### Presentation

Matt made a presentation about Self-Support, based on the pamphlet *The A.A. Group*, and discussed financial considerations when starting a new group. He also gave a case study on how he helped start a group and what he learned about self-support along the way.

### Group Reports/What's On Your Mind

Pete said that the RoadtoDetroit.org is a resource for the upcoming World Conference. Marlon wanted to know why the Marin Teleservice number is not in the schedule. Maury can answer that. Lubov said that Queers, Crackpots and Fallen Women has to move to a new location for a few months.

Meeting adjourned with the Responsibility Statement at 8:30pm

**Next Intergroup Meeting:** Wed. May 4, 2016, 7pm, 101 Donohue St. St.CA. Orientation is at 6:15pm, dinner is served at 7pm.



# Profit and Loss Statement: February 2016

	Feb 16	Budget	YTD	YTD Budget		Feb 16	Budget	YTD	YTD Budget
<b>Ordinary Income/Expense</b>					<b>Paper Purchased</b>	\$203	\$91	\$203	\$182
Income					<b>Payroll Fees</b>	\$11	\$10	\$23	\$20
Gratitude Month	\$328	\$1,824	\$2,744	\$3,648	<b>Phone Book Listings</b>	\$0	\$93	\$0	\$186
Group Contributions	\$13,539	\$12,594	\$36,005	\$25,188	<b>Postage</b>	\$0	\$108	\$0	\$216
Individual Contributions	\$2,118	\$3,722	\$9,353	\$7,444	<b>Professional Fees</b>	\$0	\$119	\$0	\$238
Newsletter Subscript.	\$11	\$0	\$11	\$0	<b>Rent - Office</b>	\$4,458	\$4,488	\$8,916	\$8,976
Sales - Bookstore	\$7,512	\$8,387	\$15,627	\$16,774	<b>Rent - Other</b>	\$75	\$85	\$75	\$170
Intergroup Event Income	\$0	\$192	\$0	\$384	<b>Repair &amp; Maintenance</b>	\$240	\$269	\$480	\$538
<b>Total Income</b>	<b>\$23,508</b>	<b>\$26,719</b>	<b>\$63,739</b>	<b>\$53,438</b>	<b>Security System</b>	\$0	\$43	\$0	\$86
<b>Cost of Goods Sold</b>					<b>Shipping</b>	\$527	\$283	\$748	\$566
Cost of Books Sold	\$5,497	\$5,713	\$11,357	\$11,426	<b>Software Purchased</b>	\$0	\$43	\$0	\$86
CoGS Shipping	\$18	\$29	\$49	\$58	<b>Telephone</b>	\$0	\$175	\$0	\$350
Credit Card Processing	\$547	\$356	\$1,000	\$712	<b>Training</b>	\$0	\$44	\$0	\$88
Inventory Adjustments	\$0	\$0	(\$41)	\$0	<b>Travel</b>	\$0	\$0	\$0	\$100
<b>Total COGS</b>	<b>\$6,062</b>	<b>\$6,098</b>	<b>\$12,365</b>	<b>\$12,196</b>	<b>Total Expense</b>	<b>\$19,498</b>	<b>\$20,628</b>	<b>\$41,832</b>	<b>\$41,356</b>
<b>Gross Profit</b>	<b>\$17,446</b>	<b>\$20,621</b>	<b>\$51,374</b>	<b>\$41,242</b>	<b>Net Ordinary Income</b>	<b>(\$2,052)</b>	<b>(\$7)</b>	<b>\$9,542</b>	<b>(\$114)</b>
Expense					<b>Other Income/Expense</b>				
Committees	\$0	\$42	\$30	\$84	Other Income				
Reconciliation Discrepancies	\$0		\$64		Bag Fees	\$1	\$3	\$4	\$6
Bad Checks	(\$12)	\$0	\$0	\$0	Customer Shipping	\$481	\$296	\$952	\$592
Employee Expenses	\$12,481	\$13,364	\$27,565	\$26,728	Interest Income	\$42	\$42	\$90	\$84
Equipment Lease	\$408	\$408	\$816	\$816	Miscellaneous Income	\$0	\$30	\$30	\$60
Filing/Fees	\$0	\$78	\$0	\$156	<b>Total Other Income</b>	<b>\$524</b>	<b>\$371</b>	<b>\$1,076</b>	<b>\$742</b>
Insurance	\$0	\$208	\$1,650	\$416	Other Expense				
Intergroup Events	\$1,035	\$333	\$1,035	\$666	Depreciation Expense	\$205	\$205	\$410	\$410
Intergroup Literature	\$0	\$35	\$0	\$70	<b>Total Other Expense</b>	<b>\$205</b>	<b>\$205</b>	<b>\$410</b>	<b>\$410</b>
Internet Expense	\$61	\$135	\$190	\$270	<b>Net Other Income</b>	<b>\$319</b>	<b>\$166</b>	<b>\$666</b>	<b>\$332</b>
Office Supplies	\$12	\$174	\$38	\$348	<b>Net Income</b>	<b>(\$1,732)</b>	<b>\$159</b>	<b>\$10,208</b>	<b>\$218</b>

## Treasurer's Report

For the month of February, the Net Loss is \$1,732 which is \$1,891 worse than the budgeted net income of \$159. The loss was due to lower income, timing of payments to vendors and how the annual budget was allocated by month.

Total income (less the cost of books sold) for the month of February was \$3,211 worse than budget. Group contributions were over budget by \$945. Individual contributions were under budget by \$1,605. Bookstore sales were \$36 less than budget.

Total expenses were \$1,130 under budget. Wages and salaries were \$356 under budget. Also, the annual budget was spread equally, so the variance will get lower each month.

Total checking and savings account balances were \$169,768 (\$123,504 of which is our prudent reserve) as of the end of February versus \$185,081 at the end of January. Unrestricted cash is enough to cover 1.85 months of operating expenses compared to 2.62 at the end of January. The drop in coverage (months of expense) is primarily due to timing of payments and the fact that the budget was spread equally over the year.

OVERALL RATING: Between Fair and Good

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

(Continued on page 19)



# February 2016 Balance Sheet

	Feb 29, 16	Jan 31, 16	\$ Change	Feb 28, 15	\$ Change
<b>ASSETS</b>					
Current Assets					
Checking/Savings					
Restricted Cash					
Capital One	\$132,593	\$132,551	\$42	\$192,069	(\$59,477)
Total Restricted Cash	\$132,593	\$132,551	\$42	\$192,069	(\$59,477)
Unrestricted Cash	\$37,175	\$52,530	(\$15,355)	\$34,977	\$2,198
Total Checking/Savings	\$169,768	\$185,081	(\$15,313)	\$227,046	(\$57,279)
Accounts Receivable					
Accounts Receivable	\$57	\$89	(\$32)	\$22	\$34
Total Accounts Receivable	\$57	\$89	(\$32)	\$22	\$34
Other Current Assets					
Inventory - Bookstore	\$20,480	\$19,655	\$825	\$25,414	(\$4,934)
Prepaid Literature Orders	\$350	\$2,770	(\$2,420)	\$783	(\$433)
Undeposited Funds	\$843	\$445	\$398	\$275	\$568
Total Other Current Assets	\$21,673	\$22,870	(\$1,197)	\$26,472	(\$4,799)
Total Current Assets	\$191,498	\$208,040	(\$16,542)	\$253,541	(\$62,044)
Fixed Assets					
Comp. and Off. Equipment	\$1,189	\$1,229	(\$40)	\$1,849	(\$660)
Leasehold Improvements	\$15,574	\$15,739	(\$165)	\$17,554	(\$1,980)
Total Fixed Assets	\$16,762	\$16,967	(\$205)	\$19,402	(\$2,640)
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
<b>TOTAL ASSETS</b>	<b>\$214,957</b>	<b>\$231,705</b>	<b>(\$16,747)</b>	<b>\$279,641</b>	<b>(\$64,684)</b>
<b>LIABILITIES &amp; EQUITY</b>					
Liabilities					
Current Liabilities					
Other Current Liabilities					
Payroll Liabilities	\$4,156	\$19,140	(\$14,984)	\$4,271	(\$115)
Sales Tax Payable	\$639	\$670	(\$31)	\$731	(\$92)
Total Other Current Liabilities	\$4,796	\$19,810	(\$15,015)	\$5,002	(\$207)
Total Current Liabilities	\$4,796	\$19,810	(\$15,015)	\$5,002	(\$207)
Long Term Liabilities					
Deferred Compensation	\$0	\$0	\$0	\$60,167	(\$60,167)
Total Long Term Liabilities	\$0	\$0	\$0	\$60,167	(\$60,167)
Total Liabilities	\$4,796	\$19,810	(\$15,015)	\$65,169	(\$60,374)
Equity					
Net Assets	\$199,954	\$199,954	\$0	\$214,601	(\$14,647)
Net Income	\$10,208	\$11,940	(\$1,732)	(\$129)	\$10,337
Total Equity	\$210,162	\$211,894	(\$1,732)	\$214,472	(\$4,310)
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$214,957</b>	<b>\$231,705</b>	<b>(\$16,747)</b>	<b>\$279,641</b>	<b>(\$64,684)</b>



## Thank You Faithful FIVERS! Thank You

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:

(Continued from p. 5)

Mike M.	Robert W.	Tara S.
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Pene P.	Stephen S.	Tripp Mc
Penelope C.	Steve A.	
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Rich G.	Susan C.	Or here?!
Robert C.	Suzanne C.	

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(Continued from page 18)

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 we were "poor" was in September 2015.



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