

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2016 8
August

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship
of Alcoholics Anonymous

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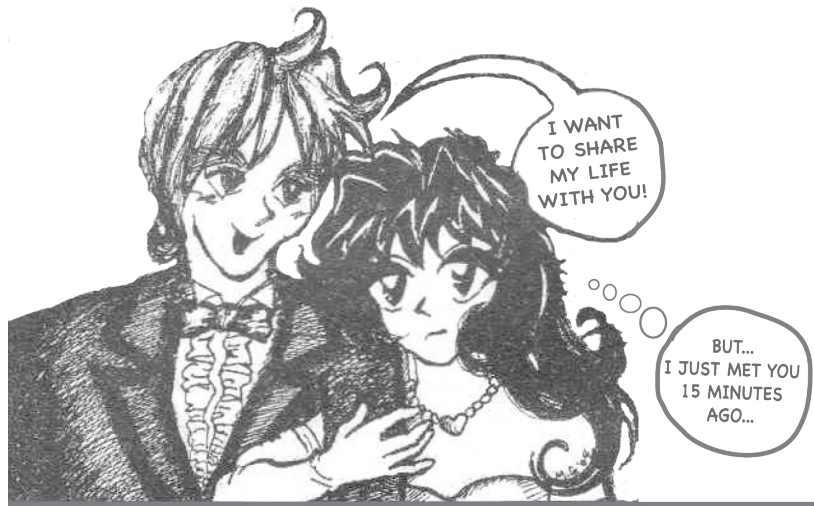
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A new definition for 13th stepping... Steps 1 + 12
"My life is unmanageable and I want to share it with you!"

Developing Best Personal Relations

- 6 But for the Grace of God Go I
- 8 The Disease That Tells You You're OK
- 10 Let Go and Let God
- 12 Path from Head to Heart

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.

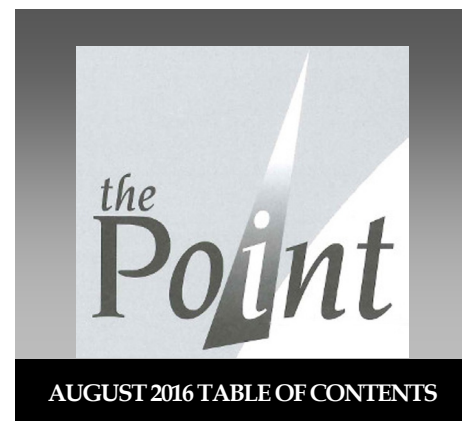
Illustration by Navarre

August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2 <u>FIRST TUE</u> Access Committee Central Office 6pm	3 <u>FIRST WED</u> Intergroup Meeting 101 Donohue St, Marin City Orientation 6:15pm Meeting 7pm
7 <u>SECOND SUN</u> Golden Gate Young People in AA Central Office 12pm <i>(even months at Central Office; odd months at Marin Alano club)</i>	8 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Central Office Speaker Workshop 6pm Business Meeting 7pm	9 <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	10 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael Orientation 6pm Business Meeting 6:30pm
14 <u>THIRD SUN</u> Archives Committee Central Office 2pm <i>Business meeting followed by work day</i>	15 <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	16	17
21	22	23 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	24
28	29	30	31

THURSDAY	FRIDAY	SATURDAY
4	5	6
11	12	13
18	19	20 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am
25 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	26	27 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am

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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Defective relations with other human beings have nearly always been the immediate cause of our woes.

*~Twelve Steps & Twelve Traditions,
Step 8, page 80*



Meeting Changes

New Meetings:

Tue	7:00pm	Mission	ATHEISTS, AGNOSTICS & OTHERS, 3543 18th St / Guerrero, The Women's Bldg. (Beginners, Discussion)
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Meeting Changes:

Sun	7:00am	Marina	MARINA BIG BOOK, 2118 Greenwich St., Dry Dock (was called 7AM SMOKELESS)
Mon	8:30am	Mission	BREAKFAST OF CHAMPIONS, 2801 24th St / York (was at 8:15am)
Wed	7:00pm	Sunset	SUNDOWN, 1090 Quintara / 20th Ave, Christ Church (was at 2550 40th Ave, St. Gabriel's)
Thu	7:00pm	Novato	KEEP IT SIMPLE SISTER, 1907 Novato Blvd / McClay Rd. (now Beginner, Big Book, Steps One, Two and Three)
Sat	7:00pm	Alamo Square	NYX, 1100 Divisadero St / Eddy, enter thru Eddy St. parking lot; (was at 2097 Turk St / Lyon)
Sun	7:30pm	Sunset	SUNSET SPEAKER STEP, 1090 Quintara / 20th Ave, Christ Church (was at 2550 40th Ave, St. Gabriel's)

No Longer Meeting:

7D	ALL	Tenderloin	ALL MEETINGS AT THE MONGOLIAN CAFÉ, 842 Geary St / Hyde St. (formerly LET'S JAM CAFÉ), disbanded July 30, 2016
Fri	6:00pm	Tenderloin	FRIDAY STEPS AT CITY OF HOPE, 45 Olive St / Larkin

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 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!**

41st Annual Western Roundup Living Sober

an LGBT AA Conference with Al-Anon Participation

The Fellowship of the Spirit

Friday, August 26, 2016 - Sunday, August 28, 2016

LIVING SOBER
WESTERN ROUNDUP SAN FRANCISCO

Go to www.livingsober.org to register and for more information

Marine's Memorial Club & Hotel
609 Sutter Street
San Francisco, CA 94102

Countdown Meeting, Dance, Raffle, and
the 2016 WRLS musical,
"Recovery Saved My Life Tonight"

Proceeds to benefit the Western Roundup Living Sober Conference



by James M.

I just wanted to share a hilarious, true story about a newcomer who was bothered by his old drinking buddies hanging around trying to get him to drink. He accidentally discovered a great way to stop at least one of them from bothering him—he loaned him money. Now his ex-drinking buddy is avoiding him because he doesn't want to be reminded to pay him back!



From the Editor

Developing the Best Personal Relations

When he wrote about Step 8, Bill W. believed that first we needed to look backward to see where we were at fault; then repair the damage; and finally “develop the best possible relations with every human being we know . . . a task we may perform with increasing skill, but never really finish.” In our August issue Ken J. reflects on lower companionship and the lines he’d said he’d never cross in *But for the Grace of God*. The small degree of separation between an alcoholic who got sober before causing irreparable damage and one who didn’t can be humbling. James M. describes the serenity of the Tenth Step Promises — when we cease fighting anything and anyone. Claire A. shows how an ultimatum got her to a meeting, and Michael W. remembers the friend who helped him get sober.

For August we feature a poem from Rick R. expressing gratitude for the precious gift of sobriety, and short fiction from Navarre on one way to start a relationship in *Path from Head to Heart* (illustrated by Diane O.). On the

subject of artwork, we’re also grateful for Marcus W.’s layout magic. On Page 9 we find more clues about functional group relations: “Just as you would not employ a real estate salesman to do surgery on your mother, we should not employ a surgeon to run our Central Office.” And to further prove we’re not a glum lot, on Page 17 we recount the novel way a newcomer stopped old drinking buddies from hawking around.

Bill W. thought learning how to live in partnership with all men and women was a moving and fascinating adventure. Reminds me of Rilke on relationships: “For one human being to love another; that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation . . . This is the miracle that happens every time to those who really love: The more they give, the more they possess.” Or as *The Professor and the Paradox* story put it (*Alcoholics Anonymous*, 2nd ed.): “We give away to keep.”

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 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 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:

Aaron H.	David J.	Karen C.
Alejandro D.	David S.	Karen K.
Alex L.	Dianne E.	Karla S.
Alex R.	Don L.	Kate R.
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Dale B.	John V.	Mark O.
Dan B.	Joshua B.-C.	Martha S.
Daniel M.	Jules W.	Marty C.
Danielle G.	Karen and Stephen R.	Mary C.

(Continued on Page 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!



But For the Grace of God Go I

If I kept on drinking I could have crossed even more lines

by Ken J.

Manson Cult member Leslie Van Houten was 19 years old when she was arrested, tried and found guilty of murdering Rosemary LaBianca in 1969. She was originally sentenced to death, but one year later the death penalty was overturned. Her first conviction was overturned, too, because her lawyer died before that trial ended. She was tried twice more (one ended in a hung jury) and in 1978 was sentenced to life in prison. After 45 years in prison, and 19 denials, her release may happen during the next year. A parole panel recommended her release, and now the full Board of Parole Hearings will review the decision and may then send the case to California Gov. Jerry Brown.

My drinking consisted of getting sips from my parents' cocktails and scoring unnoticed beers from the refrigerator

What does this have to do with A.A.? Pretty much nothing. But today, in my 31st year of sobriety, this is just another example of the admonition: "There but for the grace of God go I."

In 1969 I was 10 years old. My drinking consisted of getting sips from my parents' cocktails and scoring unnoticed beers from the refrigerator. My bad-boy behavior was stealing my mother's cigarettes, petty theft of candy and dirty magazines, and pretty menial stabs at vandalism.

Nine years later, my behavior was much worse. I was drinking a fifth

a day of whatever hard stuff I could find. I didn't really like pot or drugs, so I was just a master boozier. I stole money from my parents, sisters, friends or anyone who let their guard down around me and left their money laying there waiting for me. My vandalism had taken on a particularly cruel and vindictive air.



By the time I hit bottom at 26, I was a complete train wreck. I drank with abandon and desperation. I drove drunk every day. I didn't like doing drugs, but I transported and sold them (not very discreetly, I might add). I hurt everyone in my life. And I ran with a group of lower companions who all demonstrated a variety of sociopathy. Whoever led the gang on any given night was probably just the one who yelled the loudest.

Fast-forward a couple of years into sobriety. I was talking with my sponsor one night at coffee after a meeting. He would always ask me what I got from the meeting. That night I told him I really hadn't related much to the speaker because although an alcoholic, he loved IV drugs. "I never did IV drugs. I hate needles!"

His response: "You didn't do IV drugs because you hate needles. You didn't do them because the right person never offered them to you at the right moment."

And I realized how true that was. I had set lines that I swore I would never cross. And then, usually with the encouragement of someone else, I would cross them. At first I would feel demoralized, degraded and ashamed. The

By the time I hit bottom at 26, I was a complete train wreck

second time I would cross that barrier, it was less demoralizing, less degrading and sometimes kind of fun. The third time I'd cross it, it was a piece of cake. I followed many disturbed people down some very dangerous paths.

And that's what strikes me about Leslie Van Houten. She was a 10-year-old once. Then a teenager who got involved with lower companions who took her to a level of hell that she had probably never envisioned.

I'd like to think that my moral compass would not have allowed me to be coerced into murder. But given the depravity of alcoholism, and how cunning baffling and powerful it is, I can only hope that I will never have to find out. Any one of us could potentially be sitting in a cell, somewhere, for doing something that we can't even comprehend today.

There but for the grace of God go I.



The Flame & Sobriety

It won't burn me this time

by James M.

I don't know about the rest of the people in A.A., but these two quotes pretty much bookend the whole sobriety thing for me: "The almost certain consequences that follow taking even a glass of beer do not crowd into the mind to deter us. If these thoughts occur, they are hazy and readily supplanted with the old threadbare idea that this time we shall handle ourselves like other people. There is a complete failure of the kind of defense that keeps one from putting his hand on a hot stove. The alcoholic may say to himself in the most casual way, "It won't burn me this time, so here's how!" (*Alcoholics Anonymous*, p. 24.)

When I was drinking, I had a wide variety of screw-ups, disasters, failures, misadventures, heartbreaks, embarrassments, humiliations, and actual physical injuries. I also experienced being a victim, perpetrated harm to others, flake-outs, and possessed a mysterious magnetic property that attracted bad luck to me.

Making the connection that things happened due to thinking about drinking when I should have been doing something else, getting intoxicated, or being hung over just didn't happen. I put my hand on stove after stove, never learning.

I finally ended up in A.A. of course. My first experience of safety from all the natural consequences of my disease came through simply hanging around with sober people—your A.A. buddies won't try to get you to drink, they won't ask you why you're not drinking, they won't tell you "just have one—not like before." They will know of fun

things to do sober, listen to you with a (usually, not inevitably) sympathetic ear, and help you to regain some kind of sane contact with reality. And in the circles I was in, they talked about working the steps, their own experiences with the steps, and helped me learn that there was a lot to be gained—but especially sobriety—from working the steps.

They were all on Planet Alcohol, and I wasn't

Fast forward—but not too far: "And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected." (*Alcoholics Anonymous*, p. 84—85, chapter 6, Into Action)

Like a lot of newcomers, I tried to hang on to my old ideas. I kept running with my old crowd—who, to be fair, weren't all alcoholics, but they did like to drink. I remember spending a long weekend in Palm Springs with a half dozen people who were all drinking most of the time. I had the feeling that I was in one of those science fiction shows where someone is somehow in a

different dimension that's just slightly out of sync with reality. They were all on Planet Alcohol, and I wasn't. It may not be a full on miracle I didn't get drunk, but I remember having the feeling that I didn't want to be like that. Only much, much later did I make the connection that I was experiencing that feeling—I was in a position of neutrality. Alcohol was not attractive to me. I wasn't resisting it, and there was no temptation. It just wasn't an issue. It was lonely and boring to be around a bunch of drunks, but I don't remember feeling resentful or holding anything against them. I just never went near the stove. I had somehow regained that defense and knew to stay away from the hot flame of alcohol. That was what I came to A.A. for, even though I didn't know it at the time.



Many meetings like to read from the passage which has come to be known as The Promises (*Alcoholics Anonymous*, p. 83—84), which say, among other things, that "we will be amazed before we are halfway through." Honestly, I spent a lot of my drinking career pretty dang amazed, but it wasn't in a good way. As far as that goes, I like what some people call the tenth step promises—especially feeling "safe and protected." But the beauty of the program is that if you work all the steps you're eligible too!



Alcoholism:

The Disease that Tells You You're OK

by Claire A.

I met with a woman the other day who told me her raw, emotional story. She had trouble stringing her thoughts together. One minute she was overflowing with gratitude to A.A.s who had met with her, escorted her around, listened to her, and comforted her. The next she was suspicious of their motives.

She recounted how she had driven drunk, and was astonished not to have been caught, feared she would hit someone and kill them, or herself. She had cheated on her husband, and was wracked with guilt. She stole from her job, by drinking in the afternoon on the company's dime, and calling it work. She had panic attacks. She cried uncontrollably.

I asked her if she felt her life was unmanageable. "I don't think so," she said, after giving it some thought.

To me, this story exemplifies how our disease lies to us. I was the same way. I sat on a therapist's couch and bemoaned how my medications weren't working. When my therapist asked whether I drank, I lied. I am not a liar, but I lied. She didn't believe me, and I think I knew I looked a fool, but I continued to lie to her.

I lied to myself—told myself I needed to drink an entire bottle of wine to get to sleep each night. My disease told me that it wasn't hard liquor; red wine was good for me, I was functioning. I twisted everything around so that I could say I was all right.

The only time my alcoholism couldn't overcome the truth was first thing in

the morning when I would wake up with a pounding head and a mouth full of cotton. I would lie in bed spinning, that sour, foul feeling coming up in my stomach, and think to myself, "How did I do this again? What is wrong with me?" And then the alcoholism would kick in, the blaming, the searching for any excuse for my rotten behavior. Something or someone was always to blame—the stress, the responsibilities, the changes. If you had my problems, you would drink, too!



Thank goodness that therapist didn't believe me. She gave me an ultimatum—go to A.A., or stop coming to see me. Tail between my legs, I went. I was scared, confused, and ashamed. I could not believe my life had come to this. I thought my life was over. I could not imagine how I could live without alcohol. I couldn't imagine how anyone could. I was stunned by the people I found there. Not a bunch of sour-smelling, rotting-toothed men in trench-coats, but smiling ladies offering a warm welcome, a genuine smile, and a friendly handshake.

It took a while to get through the Steps, but I did make it. I found a sponsor, I went to meetings; did what people told me, even if I thought it

was stupid. Slowly, my life began to change. I learned some humility, some honesty. I learned that when I am honest, I truly connect with others. I learned to pray, and to listen. I learned how to be a friend—something I had stopped practicing when I started my friendship with alcohol. I learned how to feel my feelings.

*It took a while to get
through the Steps,
but I did make it.*

Alcohol is not a friend who likes to let go, though. She's still sneaking around, waiting for a weak moment, a soft spot. When I moved overseas and found the program to be completely different, it took no time at all for my alcoholism to start the sweet talk, "Ah, you're in France now," she said, "why not have some wine? No one in SF will ever know. The A.A. here sucks anyway; it's not your fault. Look at how happy those couples look over their chardonnays. One glass won't hurt..."

I thank God that the woman in SF taught me well. I thank God for my sponsor, who stuck with me through this period, while I re-learned the program. Living in a foreign country, I had to re-jigger my program, finding support online, upping my reading, and taking advantage of what A.A. there is here. Finding newcomers to support became a lifesaver for me. And the whole experience reminded me that I am not immune to my disease. As they say in the rooms, it truly is waiting for me in the parking lot, doing push-ups.



Tradition 8

The role of special workers

by Anonymous

Simplicity is not something most alcoholics know very well. We can complicate the opening of an envelope. Fortunately, Tradition 8 is pretty straightforward and direct, as it deals with the business side of the fellowship. Few of us will ever know about the international and national aspects of A.A.—that is left to delegates in the General Service Organization, various boards and committees, and alcoholic and non-alcoholic trustees. For most of us, Tradition 8 is about the Central Office and Intergroup.

When it comes to legal or business issues, we employ those best suited to the work

In A.A., the vast majority of our work is done by volunteers, and the rest by paid special workers. Volunteers answer phones, work on committees, do outreach, chair meetings, put on events, and much more. But when it comes to legal or business issues, we employ those best suited to the work. While the concept of volunteers doing all of our work for free sounds great, it is not only impractical, but cavalier. No one should ever expect that a Central Office Manager should do the job out of gratitude for the gift of sobriety. Very few people could give that much time freely. From the position of the committee that oversees the Central Office, they should employ someone well-suited for the job of managing it. Just as you would not employ a real estate salesman to do surgery on

your mother, we should not employ a surgeon to run our Central Office. So we hire someone well-suited for the job, and . . . we pay them a fair market salary. The same applies to a variety of work done in A.A. We pay legal fees as needed. We pay for printing costs when needed. We pay for support staff in our Central Office as needed. What we can do ourselves, we do. What we cannot do ourselves, as a business, we pay our own way.

An Intergroup may be faced with employment of a non-alcoholic individual to do the job

One “job” that has been frequently problematic throughout A.A. is that of Treasurer on the Intergroup Board. Board positions are typically filled by



Intergroup Representatives or other A.A. members who stand for election. The position of Treasurer is also open

for election. Unlike other positions, this one requires strong knowledge of bookkeeping, accounting and tax filing. And in cases where there is no appropriate candidate available to do the job voluntarily, an Intergroup may be faced with employment of a non-alcoholic individual to do the job.

Pretty straightforward? Generally, yes. A source for alcoholics to debate? Naturally.

Concept VIII

Trustees of the General Service Board

(a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs.

(b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

This Concept deals with the ways the General Service Board “discharges its heavy obligations,” and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and the A.A. Grapevine, Inc.

Long experience has proven that the board “must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership. . . . In these matters, it must act with great care and skill to plan, manage and execute.”

The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including the Grapevine. “It must delegate its executive function” to its subsidiary, operating boards.



Let Go and Let God

The way to grace and serenity

by Michael W.

It was a standard, foggy, chilly spring evening in San Francisco and in the peaceful tranquility of an ocean beach stroll my cell phone rang, "Michael, I am sorry to tell you but our mutual close friend is gone."

I paused, which was a lucky break after years of trial and error. My thoughts immediately went towards how I can be of service, find gratitude, and hear my Higher Power's message. With a scratchy tone, I managed to reply, "I am so sorry to hear this, please let me know if there is anything I can do to help you, friends and the family."

My close friend who passed away used again; this especially close friend saved my life by getting me to an intervention and into the program. During those great years in A.A. he found a spiritual path, humility, grace, health, laughter, friendship, recovery, and love.

After many years into recovery, something changed in my close friend. At first the changes were little things such as leaving meetings early, disliking a share, or being late to a lunch. Yet as we all know the progressive pattern, the disease evolved quickly to bouts of rage, missing important events, deceit, and a complete retransformation back into the life of addiction. My friend's departure from the program truly became some of the most painful experiences of my life in recovery.

After several years of failing to get my buddy back into recovery, one particular day I hit a spiritual bottom. I thought about "There but for the grace of God, go I" and "Let go and Let God."

Yes, I had to let him go, one day at a time. A new realization evolved which gave me instant relief. I was suddenly able to see my part, that is my insanity, denial, and delusion that somehow I could fix my close friend. "My part" also included a lack of humility analogous to my own disease. Could I fix my own addiction? Of course not! Recovery is in the hands of a Higher Power.

Thank you God for putting my friend to rest and now he is at peace. I am able to focus on the decades of our great friendship, continue to help friends and family, treasure the years of recovery we shared, and feel the gratitude of another day sober.



Letting go and letting God allowed me to stay sober through one of the biggest losses of my life. Yet, I received much more than my continued sobriety. How can this be? Well, I was able to carry a message of hope to those suffering in and out of the rooms, be of service to friends and family during a difficult time, share my experiences of coping with loss, find some gratitude, and even experience bittersweet laughter with others in bereavement. Letting my Higher Power take control of people, places, and things is the way to grace and serenity.

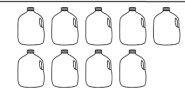
JUST A THOUGHT ...

IN 1985:

GALLON
OF GAS
\$0.93



GALLON
OF MILK
\$2.22



CUP OF
COFFEE
\$0.65



TYPICAL AA
DONATION
\$1.00



IN 2000:

GALLON
OF GAS
\$1.48



GALLON
OF MILK
\$2.79



CUP OF
COFFEE
\$1.00



TYPICAL AA
DONATION
\$1.00



IN 2016:

GALLON
OF GAS
\$2.50



GALLON
OF MILK
\$3.31



CUP OF
COFFEE
\$1.75



TYPICAL AA
DONATION
\$1.00



Infographic by Marcus W.



This Precious Gift

A Poem

by Rick R.

They say four billion years ago life showed its face on earth,
and so it happens, man became the product of that birth.
Then grapes appeared upon the vine, eight thousand years just past.
Their juice, when crushed, seemed harmless, when enjoyed with repast.
But like most things that seem so fine, and too good to be true,
a darker side revealed the lure that many came to rue.
When smitten by this patient foe the bearers have no shield,
and when the choice is yea or nay, the stricken always yield.
So shameful was this malady, a moral thing they said.
Their families kept their secret safe, long after they were dead.
Centuries have come and gone, since first it got its grip,
and one in ten would pay the price, when venturing one sip.
Then God saw fit to intervene and offer up a choice,
and Bill and Bob were listening, and heard his loving voice.
How fortunate we are today, to be among the first,
to have been chosen, at this time, to quell that deadly thirst.
The wisdom of eight thousand years is laid there at our feet.
How blessed to have it waiting, when I stumbled in defeat.
When pondering the suffering crossed, that vast expanse of time,
I would not waste one moment of His precious gift sublime.

Path from Head to Heart

A Story

by Navarre

Lily lifted the latch on Trish's long grey farm gate and remembered. When she'd asked her ex to close the gate he'd said she was stupid. So it splayed wide open. Stupid to argue with her ex at his new beach house — where he now lived with his new woman, the one he'd stolen from his cousin. So what if he'd kept Ursa and her puppies. Lily heard the warning engine whine. Seemed farther away than it was. Immediately and too late she looked around. "Where's the little girl?" she asked distractedly. Ursa heard her and started to bounce across the street. Lily yelled "No — stay there!" but nothing could stop the little one from seeking the mom she'd been missing for weeks. Lily saw her puppy girl turn slightly towards the car hood and then it seemed to scoop her off the ground.



"You need two towels," Stephen tilted his head toward Lily. He had walked over to check on her. They were sitting on adjacent stumps under the shade of a suspended tarp.

When I asked him what time it was I didn't need advice, she thought. "But I only brought one." Her voice faded.

"One to sit on, and one to put over your head if it gets hot," he continued. He dove into a large leather pack with buckled straps and pulled out a mustard-and-sky blue bath sheet. Geometric indigo fish paraded across its surface. "Here, I have an extra."

She couldn't see anything six-legged crawling on the terrycloth so she



guessed it was all right. "It's so big."

He smiled and smoothed his brown ponytail. His mouth made a little moue. "You can fold it in half and sit on it if you don't want to sit right on the dirt." She wrinkled her nose a little but took the towel.

Above them a redtail rode the updrafts in lazy counterclockwise circles. Trish had ploughed earlier and the rangy furrows made waves the hens sailed choppily over. Lily had given the rooster a wide berth when she walked down the wavy hill toward the lodge—spooky male chicken, knee-high to her yet stranger than most city dogs.

Steven asked, "What do you remember about the lodge?" Her eyebrows twitched as if in mild surprise that he was still talking to her and she was wondering what was wrong with him.

"There are four rounds. And if it gets too hot you can lay down on the ground."

"That's right. It usually doesn't get that bad, though. If you get too hot you can

move by the door where it's cooler."

He looked disarmingly harmless, a little round beetle in a turquoise bolo, wearing black even in this heat. Annoying. Acting like he was a real Indian or something. He continued tying tobacco into red cloth squares with string, a row of tiny scarlet ghosts. While he worked his eyes took in the dappled stones in the firepit, the camel-tarped lodge across from it, and the buffalo skull mound in

between — the path from the head to the heart. One firekeeper in ripped jeans leaned on a pitchfork watching how the fire broke. The other draped a buffalo hide over the cloth tarps. A small heap of soft sage waited near the lodge door.

"I don't know if I can stay for the whole thing. I'm supposed to be somewhere later," she said, not looking at him. Women in flowy boho clothes put chips, fruit and water on a weathered redwood table. A couple of them don't look too freaky. One pulled a glass casserole from a bag. She knew Julie baked with applesauce and brandy. Lily's nose beaded up as her long black hair soaked up the heat.

Stephen wondered why he bothered with this pissy kid. His favorite part of most rooms was the carpet, and she stared at the ground as much as he did. When he first saw Lily in the meeting room at 15th and Ramona her head stayed mostly down. Now here she was watching the grass grow.

So there must be lots going on in her brain, too.

Here on the land he felt more at ease. Like at *hanbleceya* when he ran barefoot down the mountain. As if he were floating. His feet never felt the rocks

“Women, you can’t live with them — then you die.” Funny.

— they didn’t cut him or anything. Not a scratch. It was always better to be in nature. Too bad the sweat happened only once a month. This odd girl’s attitude reminded him, almost, of someone from his past. Like a comedian he heard once: “Women, you can’t live with them — then you die.” Funny.

Lily glanced at the casserole dish again and her innards blanched. “It’s for the wopila afterwards,” offered her new best friend. “Better not to eat before the sweat, or your stomach might get queasy.”

Did he just say queasy? Who even talked like that. Lurching around the hairpin turns on the drive up had induced dry heaves. She narrowed her eyes at him.

He pulled up the right corner of his mouth. “It’s your first time. Stick with water for now. You know, stay hydrated.” She wiped her forehead with the back of her hand. *Not even in the lodge yet and already I’m sweating. Wasn’t there anyone else here for him to effing educate. If he didn’t quit bugging her she would just.* She raked her hair backwards with her nails.

From the north came a howling bellow

like a tuba in anguish. “Don’t worry. That’s just Isaac. Trish is looking for a bigger place for him.”

Wow, dude, the way he sounds she better find one soon. The bull pushed his massive body into the greying planks of his pen and bawled. *Who knew they could yelp so high? Sure hope he doesn’t do that all day.*

Her head was pounding. The air looked wavy, like the electrons had heft. She’d thought there would be people here who could help — and she was stuck with Mr. Chatty Cathy and his towels. She wasn’t a loser. She would quit everything for 30 days. Just get healthy, get more rest. Take vitamins. She wasn’t that bad. Just because all her worldly possessions were in a cardboard box on the cranksters’ sofa. And she passed out on the bus on the way to the shop. Supposed to save that bottle for later. When she stumbled off the bus and called work late that morning, she asked for the printer.

—Where are you?

—I don’t know. I just woke up. The sign says *Beach Park*. Can you come get me?

—*Beach Park? But that’s the end of the line.*

And she lost that job. And . . .

“Here, have some water.”

“If I want water, I’ll get it myself!” she wailed.

He shifted his weight back. “Don’t get all huffy with me, honey. It’s not my fault you’re hung over.”

She felt like she was folding, falling into herself. The outside world dopplered around her, like a slatted door

run off its track. The fold in her vision with the beetle-man on it slid farther away. It wasn’t possible for him to be that small. When she blinked a few times, he was closer to normal size, fixing her in his steady gaze.

He sighed, brushing back his wispy hair. “I can see you’re not feeling well.”



She shook her head and a torrent of doubt poured down. “Forget it. It doesn’t matter. I don’t know why I’m here anyway. I don’t really know anybody.” The bull trumpeted again from his corner. She wished the noise would stop.

People wrapped in towels circled the igloo-shaped lodge in a line that ended at its door flap. The firekeeper in bleached blue jeans smudged each one with a wing fan and sage from an abalone shell. It didn’t look big enough to hold everybody. *She wondered how will we all fit...*

(To be continued)

Intergroup Meeting Summary—July 2016

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	Monday Blues	As Bill Sees It Th 6pm	Experience, Strength & Hope	Reality Farm
Attitude Adjustment Hour	Monday Night Stag Tiburon	Beginners Warmup	Extreme Makeover: Women's SS	Serenity Seekers
Blackie's Pasture	Sunday Night Corte Madera	Blue Book Special	Friendly Circle Beginners	Sometimes Slowly
Cover to Cover	On Awakening	Came to Park	Girls Gone Mild	Too Early
Happy, Joyous and Free	Weekend Update	Castro Discussion	High Noon F	Waterfront
Men's Two Plus	SF Groups	Cow Hollow Men's Group	High Noon Mon	
Mill Valley	A Place to Call Home	Creative Alcoholics	Join the Tribe	

This is an unofficial summary of the July 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.

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., July 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 June 2016 minutes and the July 2016 agenda were approved.

Officer Reports

Board Chair, Chris H. Chris reviewed the Board member assignments and responsibilities. He gave a preview of the New Business on the agenda tonight and that Joanne will not be able to continue as Treasurer. A former Board member will fill in temporarily. The Board might discuss paying someone to do the Treasurer job. Chris also mentioned that the Central Office might consider using

POS software for literature sales. The Marin Intergroup Exploratory Committee is still actively reporting their progress and meeting minutes to the Board. The Board is also considering whether it is cost effective to continue printing *The Point*.

Treasurer, Joanne H. Refer to Financial Statements for details; the overall rating for the month of May was GOOD. Former Board member, Bob W., was introduced and will be the Interim Treasurer.

Central Office Manager, Maury P. Volunteers are needed at Central Office during the weekdays; one year of sobriety is required. Central Office is looking to hire a special worker. A link with the posting will be sent to all IGRs and included in an upcoming issue of *The Buzz*. Maury reported that Central Office was burglarized recently; two computers were stolen and other property was damaged. John R. fixed the door to Maury's office which was broken into. The Board will be responsible for figuring out how to secure the office.

Intergroup Committee/Activity Reports

Access, Gabrielle M. The Access committee met on 6/7 and 7/5 and held nominations and elections. The Access committee is looking for someone with graphic design to help spruce up their flyers.

SF Teleservice, Pete F. There are five open positions and a Thursday coordinator position is available. Looking for someone with Teleservice experience

and a year of sobriety (and lots of enthusiasm) to help with the coordinator position.

SF PI/CPC, Peter B. An event called "AA Speaking to the Public and Professionals" will be held September 17th at the Gratitude Center. Refer to the handout for details. Trevor mentioned that it is remarkable to attend and listen to how professionals interpret Alcoholics Anonymous.

Orientation, Greg M. Asked all the new IGRs to stand and be recognized. Also passed around the buddy sign-up sheet for people who are willing to mentor the new IGRs.

Fellowship, Michael P. Founder's Day went well, though there were fewer attendees than last year, probably due to the fact that Marin had its Founder's Day on the same day. The event came close to breaking even.

Liaison Reports

SF H&I, Lucy T. No report to make tonight, but there is a list of open service commitments available.

GGYPAA, James O. Fourth of July event was a big success. Elections are coming up at the next GGYPAA meeting on August 13th.

Marin Teleservice, Trevor The budget is on the low side, and they are trying to raise enthusiasm and attendance at the meeting. Unity Day will be Sunday, September 18th at the Marin Rec Center.

Individual Contributions

to Central Office were made through July 15, 2016
honoring the following members:

IN MEMORIUM

Ray M., Flossie N. & Jessica (Say Hey Group)

ANNIVERSARIES

David B. — 14 years

Ethel F. — 16 years

Bonnie O. — 31 years, Hilldwellers

Liz M. — 37 years

Esther R. — 41 years

Jim A. — 42 years

Marin H&I, Karen G. There was a discussion at the last meeting for Bridging the Gap and Marin Teleservice to partner together. There will be more updates upcoming. They are also concerned about lack of participation at the meeting, and looking for more volunteers.

District 10, Marin General Service
Greg W. AA World Archives conference will be held on September 8-11, 2016.

New Business

Approval of Third Legacy Play, Production and Theater Space Deposit –Michael P. and Jackie made a presentation. Michael explained how Jackie has broken down the budget for the new play at the Exit Theater and showed a slide with the proposed costs. If we sell half of the seats in the theater, the production will break even. Jackie talked about her interest in writing historical plays and experience doing it in the past. Her hope is that this will inspire people to learn about service. Michael also showed a slide with a proposed schedule, which is also included in the handout.

Michael made a motion that we vote tonight to approve the Theater Space Deposit due to the fact that if the committee does not secure the space for the venue on the proposed dates, the space might be lost to another group. A discussion followed and the motion to approve the deposit was made. The amount is \$1,275. Additionally, Michael said that the 75th Central Office anniversary is coming up, at the end of January, and asked if we should have the party in San Rafael or in San Francisco. By a show of hands, it was pretty evenly divided, and there was some discussion about the pros and cons of having it in Marin.

Old Business

Event posting Guidelines – Maury showed a slide of the existing guidelines and explained that they are a little outdated. She then showed the proposed changes and examples of events that could be posted if the guidelines are changed. She asked if anyone wants to make a motion or vote on this tonight. Ken asked about what happens to proceeds from these events and if that should be shown in the new

(Continued on Page 19)

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

Chris H. chair@aasf.org

VICE CHAIR

Matt S. vicechair@aasf.org

TREASURER

[open] treasurer@aasf.org

RECORDING SECRETARY

Liz M. secretary@aasf.org

COMMITTEE CHAIRS:

ACCESS COMMITTEE

Gabrielle 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

Peter B. picpc@aasf.org

SF TELESERVICE COMMITTEE

Pete F. sfteleservice@aasf.org

SOS COMMITTEE

Dorothy V. sos@aasf.org

SUNSHINE COMMITTEE

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

THE POINT

Jane B. thepoint@aasf.org

aa group contributions

Fellowship Contributions	June 16	YTD
Contribution Box	\$39	\$414
HoeDown in the Hood		\$631
Intergroup	\$137	\$670
Novato Fellowship Group		\$656
Fellowship Total	\$176	\$2,371

Marin Contributions	June 16	YTD
7AM Group 7D 7am	\$256	\$256
7am Urgent Care Group 7D 7am		\$75
AA By The Bay Tue 730pm		\$36
Attitude Adjustment 7D 7am	\$400	\$2,600
Awakenings Sat 830a		\$43
Awareness/Acceptance M 1030am		\$75
Back to Basics Su 930am		\$156
Beginner's Help Th 8pm		\$50
Big Book Study & Meditation M 7p		\$24
Blackie's Pasture Sa 830pm		\$600
Closed Women's Step Study Tu 330pm		\$67
Corte Madera Saturday Candlelight 8pm		\$418
Cover to Cover W 730pm		\$150
Crossroads Sun 12pm	\$139	\$788
Day At A Time 7D 630am	\$250	\$450
Fireside Fri 8pm Bolinas		\$24
Friday Night Book F 830pm		\$584
Glum Not! Su 9am		\$200
God Could & Would 5D M-F	\$54	\$107
Greenfield Newcomers Su 7pm		\$88
Happy, Joyous & Free 5D 12pm		\$395
High & Dry W 12pm		\$75
Inverness Sunday Serenity Su 10am		\$220
Just Can't Wait 'til 8 M 630pm		\$250
Larkspur Beginners W 7pm	\$50	\$50
Last Stop Men's Step Study W 6pm		\$250
Living in the Solution F 6pm		\$650
Living Sober M 6pm		\$33
Marin Teleservice		\$1,500
Marin Young People F 830pm		\$70
Men's 2 Plus M 7pm		\$111
Mill Valley 7D 7am		\$450
Mill Valley Discussion W 830pm		\$179
Monday Blues M 645pm		\$157
Monday Night Madness M 6pm		\$50
Monday Night Stag Tiburon		\$1,000
Morning After Sa 10am		\$700
North Marin Speaker Sun 12pm		\$173
Not a Glum Lot Group F 8pm		\$200
Novato Spirit Discussion F 2pm		\$50
On Awakening 7D 530am	\$350	\$1,600

Pathfinders Tu 12pm		\$79
Quitting Time M-F 530pm		\$1,552
Refugee Th 12pm		\$50
Reveille 7D 7am		\$381
Rise N Shine Su 10am		\$510
San Geronimo Valley Book Study F 8pm	\$123	\$123
San Geronimo Valley M 8pm		\$133
San Marin Step Study Sa 830pm	\$120	\$120
Saturday Weekend Warrior Sa 830am		\$230
Saturday Women's Speaker Sa 6pm		\$209
Serendipity Sa 11am		\$650
Six O'Clock Sunset Th 6pm		\$300
Sober Sisters W 12pm		\$93
Spiritual Testosterone Stag Su 830a		\$500
Steps to Freedom M 730pm		\$115
Stinson Beach Fellowship Th 8pm		\$200
Streetfighters Sa 9am		\$100
Sunday Express Su 6pm		\$409
Terra Linda Thursday Men's Stag 8pm	\$394	\$665
The Barnyard Group Sa 4pm		\$362
The Broad Highway Th 730pm	\$263	\$450
There is a Solution Tu 6pm		\$33
Three Step Group Sa 530pm		\$909
Thursday Night Speaker 830pm		\$782
Tiburon Women's Candlelight W 8pm		\$45
Tuesday Chip Meeting Tu 830pm		\$596
We, Us and Ours M 650pm		\$174
Wednesday Night 5D 7pm	\$292	\$669
What's It All About F 12pm		\$45
Wholly Together 11th Step Med W 7p		\$56
Why It Works Sun 6pm		\$289
Women's Big Book Tu 1030am		\$1,232
Women's Lunch Bunch F 12pm		\$312
Working Dogs W 12pm		\$895
Young People's BYOB Sat 7pm		\$82
Young People's Chopsticks Sa 1030pm		\$88
Marin Total	\$2,690	\$28,389

San Francisco Contributions	June 16	YTD
10am Daily Reflections Th		\$23
11 at 6 Thu 6a		\$6
11th Step Power Power Power		\$221
20+ Sun 445pm (unlisted)		\$344
6am Dry Dock Fri	\$145	\$145
6am Dry Dock Mon		\$180
6am Dry Dock Th		\$200
6am Dry Dock Tu	\$140	\$377
6am Men's Literature Meeting M		\$135
7am Speaker Discussion Th 7am		\$60

A is for Alcohol Tu 6pm	\$59	\$312
A New Start F 830pm		\$297
AA As You Like It Tu 530pm		\$46
Agnostics & Freethinkers Su 630pm	\$228	\$568
All Together Now Th 8pm	\$54	\$54
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
Ass in a Bag Th 830pm		\$416
Atheists, Agnostics & Others Sa 11am		\$50
Back to Basics Th 730pm		\$125
Be Still AA Su 12pm		\$500
Beginner Big Book Step Th 630pm	\$31	\$81
Beginners' Step Study Sat 7pm		\$118
Beginners Warm Up W 6pm		\$287
Bernal New Day 7D	\$638	\$1,365
Best Damn Big Book Discussion Th 8pm		\$108
Between the Lines Sat 1p	\$16	\$16
Big Book Basics F 8pm		\$343
Big Book Boot Camp 5D		\$160
Big Book Study Su 1130am	\$400	\$400
Blue Book Special Su 11am	\$36	\$257
Brothers in Arms M 8pm		\$135
Buena Vista Breakfast Su 12pm		\$302
BYOL W 1pm		\$29
Came to Park Sat 7pm		\$406
Castro Call Out Sun 830p	\$40	\$80
Castro Monday Big Book M 830pm		\$173
Cocoonuts Su 9am	\$242	\$242
Coit's Quitters		\$135
Come 'n Get It! F 630pm		\$65
Compass Group W 9pm	\$410	\$410
Cow Hollow Men's Group W 8pm		\$977
Creative Alcoholics M 630pm	\$17	\$52
Design for Living Sat 8am		\$164
Down and Dirty at Seven-Thirty Mon	\$30	\$92
Down and Dirty at Seven-Thirty Thu		\$37
Down and Dirty at Seven-Thirty Tue	\$23	\$109
Down and Dirty at Seven-Thirty Wed	\$19	\$69
Each Day a New Beginning F 7am		\$651
Each Day a New Beginning M 7am		\$274
Each Day a New Beginning Su 8am		\$218
Each Day a New Beginning Th 7am		\$375
Each Day a New Beginning Tu 7am		\$646
Each Day a New Beginning W 7am		\$698
Early Start F 6pm		\$1,021
Easy Does It Tu 6pm		\$100
Epiphany Group Th 7pm		\$293

Eureka Step Tu 6pm		\$313	No Gurus Meditation Su 7pm		\$250	Sunset 11'ers Tu		\$29
Eureka Valley Topic M 6pm		\$620	No Reservations M 12pm		\$88	Sunset 9'ers M	\$62	\$125
Excelsior "Scent" Free For All Sa 5pm	\$60	\$180	Noon Smokeless F 12pm		\$40	Sunset 9'ers Su	\$54	\$157
Experience, Strength & Hope Sat 9am		\$157	Noon Smokeless W 12pm	\$40	\$40	Sunset 9'ers Tu		\$86
Federal Speaker Su 12pm		\$339	NYX Sat 7pm		\$280	Sunset Speaker Step Su 730pm		\$315
Fell Street F 830pm		\$251	O.A.D.W. Mon 7pm		\$42	Ten Years After Su 6pm		\$898
Firefighters & Friends Tu 10am		\$107	One, Two, Three, Go! W 1pm		\$20	The 4th Dimension Sa 630pm		\$150
Fireside Chat Group Th 8pm		\$107	Park Presidio M 830pm		\$67	The Drive Thru W 1215pm		\$561
Fireside Chat Group Tu 8pm		\$46	Parkside Th 8pm		\$174	The Leaky Cauldron Su 930am	\$190	\$448
Fourth Dimension Solution Th 515pm		\$26	Pax West Discussion Th 12pm		\$241	The Parent Trap 2 W 4pm	\$60	\$203
Friday All Groups F 830pm	\$718	\$718	Pax West Speaker Discussion M 12pm		\$888	They Stopped In Time M 8pm		\$121
Friday at Five F 5pm	\$24	\$52	Pocket Aces Sun 7pm	\$199	\$490	Thursday Lunch With Bill 12p		\$21
Friday Morning 12 Steppers 7am		\$75	Potrero Hill 12 x 12 M 630pm		\$108	Thursday Night Women's Th 630pm	\$206	\$471
Friday Smokeless F 8pm		\$149	Raising the Bottom W 8pm		\$477	Thursday Thumpers Th 7pm	\$150	\$300
Friendly Circle Beginners Su 715p		\$72	Rebound W 830pm	\$24	\$79	Too Early Sa 8am		\$364
Get Up and Go Thu 7am	\$27	\$27	Relapses Rebounds Retreads Winners Tu		\$5	Trudgers Discussion Su 7pm		\$180
Girls Night Out W 815pm		\$120	Rigorous Honesty Th 1205pm	\$180	\$337	Tuesday Big Book Study Tu 6pm		\$164
Gold Mine Group M 8pm	\$136	\$136	Saturday Afternoon Meditation Sa 5pm		\$202	Tuesday Downtown Tu 8pm		\$90
Gratitude Center Fellowship	\$15	\$15	Saturday Beginners Sat 6pm		\$1,261	Tuesday Night Lasses Step Study	\$176	\$176
Haight Street Blues Tu 615pm		\$152	Saturday Easy Does It Sa 12pm		\$485	Valencia Smokefree F 6pm		\$700
Haight Street Explorers Th 630pm		\$177	Saturday Matinee SA		\$30	Wake Up On 3rd St Group		\$173
High Noon 5D		\$185	Saturday Matinee Sa 2pm		\$68	Walk of Shame W 830pm		\$125
High Noon Friday 1215pm	\$83	\$83	Saturday Weekend Warrior Sa 830am	\$321	\$321	We Care Tu 12pm		\$120
High Noon Monday 1215pm		\$276	Say Hey Group T-F 6pm	\$100	\$100	Wednesday Noon Step Study 12p	\$285	\$510
High Noon Saturday 1215pm		\$411	Serenity House	\$150	\$900	Wednesday Sunrise Smokefree 7am		\$60
High Noon Sunday 1215p		\$458	Serenity Now Tue 830p		\$167	Weekend Update Su 615pm		\$175
High Sobriety M 8pm		\$92	Serenity Seekers M 730pm		\$209	Weekend Worker Sat 7am		\$90
High Steppers W 7pm		\$288	Shamrocks & Serenity M 730pm		\$702	West Portal W 8pm		\$189
Higher Power W 6am	\$5	\$5	Sharing Wisdom Sat 730am	\$5	\$16	Wharf Rats Th 815pm		\$52
Hilldwellers M 8pm	\$143	\$383	Sinbar Su 8pm		\$99	What It's Like Now M 6pm		\$286
Huntington Square W 630pm		\$134	Sober Saturday Sa 830am		\$517	Wholly Together 11th Step Meditation W 7p		\$98
In The Solution Sa 9am	\$15	\$23	Sobriety & Beyond W 730pm		\$279	Why Not Laugh Sat 6p	\$17	\$70
Joe and Charlie Tapes Fri 730am	\$28	\$48	Sometimes Slowly Sa 11am		\$1,171	Wits End Step Study Tu 8pm		\$88
Joys of Recovery Tu 8pm		\$18	Spiritual Awakenings Step Study M 730pm		\$33	Women's 10 Years Plus Th 615pm		\$697
Keep Coming Back Sa 10am		\$571	Step It Up Tue 6pm	\$19	\$50	Women's Big Book Study Tu 1150am		\$80
Like A Prayer Su 4pm		\$180	Steppin' Up Tu 630pm		\$284	Women's Came to Believe Sa 10am		\$410
Living Sober @ Gratitude Su 4pm		\$33	Steps To The Solution W 715pm		\$377	Women's Candlelight Thu 1150am	\$8	\$29
Living Sober with HIV W 6pm		\$208	Stonestown M 8pm		\$128	Women's Kitchen Table Tu 630pm		\$253
Lush Lounge Sa 2pm		\$177	Sunday Bookworms Su 730pm		\$23	Women's Promises F 7pm	\$338	\$1,082
Meeting Place Noon F 12pm	\$260	\$260	Sunday Morning Gay Men's Stag Su 930am		\$439	Work In Progress Sa 7pm		\$600
Men's Gentle Touch M 7pm		\$177	Sunday Night 3rd Step Group 5pm		\$360	YAHOO Step Sa 1130am		\$138
Mid-Morning Support Su 1030am		\$250	Sunday Night Castro Speaker Disc Su 730pm		\$671	Young at Heart Sa 930am		\$69
Miracle (Way) Off 24th St W 730pm		\$216				San Francisco Total		
Mission Fellowship		\$254					\$7,695	\$52,668
Monday Beginners M 8pm		\$1,291	Sunday Rap Su 8pm		\$251			
Monday Men's Stag M 8pm		\$82	Sunday Silence Su 730pm		\$128	YTD	\$10,560	\$83,428
New Friday Big Book F 12pm	\$106	\$106	Sundown W 7pm	\$847	\$1,461			
New Light Brigade Sun 630p	\$14	\$45	Sunset 11'ers F	\$100	\$100			
Newcomers Tu 8pm		\$174	Sunset 11'ers Su		\$100			

Profit and Loss Statement: May 2016

	May 16	Budget	Jan-May 16	YTD Budget		May 16	Budget	Jan-May 16	YTD Budget
Ordinary Income/Expense									
Income					Paper Purchased	\$76	\$91	\$527	\$455
Gratitude Month	\$0	\$0	\$3,205	\$7,575	Payroll Fees	\$0	\$10	\$40	\$50
Group Contributions	\$8,978	\$8,700	\$74,022	\$66,550	Phone Book Listings	\$93	\$93	\$372	\$465
Individual Contributions	\$5,950	\$3,722	\$24,838	\$18,610	Postage	\$0	\$108	\$316	\$540
Newsletter Subscript.	\$0	\$0	\$33	\$0	Printing	\$0	\$0	\$0	\$695
Sales - Bookstore	\$6,353	\$8,387	\$37,529	\$41,935	Professional Fees	\$0	\$0	\$0	\$0
Intergroup Event Income	\$0	\$0	\$0	\$0	Rent - Office	\$4,458	\$4,488	\$22,291	\$22,440
Total Income	\$21,281	\$20,809	\$139,626	\$134,670	Rent - Other	\$75	\$85	\$315	\$425
Cost of Goods Sold					Repair & Maintenance	\$240	\$269	\$1,200	\$1,345
Cost of Books Sold	\$4,593	\$5,529	\$27,340	\$30,645	Security System	\$0	\$43	\$164	\$215
COGS - Shipping	\$36	\$29	\$103	\$145	Shipping	\$196	\$283	\$1,467	\$1,419
Credit Card Processing	\$223	\$300	\$2,016	\$1,920	Software Purchased	\$125	\$43	\$125	\$218
Inventory Adjustments	(\$4)	\$0	\$14	\$0	Telephone	\$129	\$175	\$651	\$875
Total COGS	\$4,848	\$5,858	\$29,473	\$32,710	Training	\$0	\$44	\$39	\$216
Gross Profit	\$16,432	\$14,951	\$110,154	\$101,960	Travel	\$0	\$0	\$11	\$100
Expense					Total Expense	\$18,235	\$21,633	\$100,188	\$104,443
Merchant deposit fees	\$180		\$351		Net Ordinary Income	(\$1,802)	(\$6,682)	\$9,966	(\$2,483)
Committees	\$0	\$38	\$30	\$235	Other Income/Expense				
Reconciliation Discrepancies	\$0		\$64		Other Income				
Bank Fees	\$5		\$5		Bag Fees	\$1	\$3	\$12	\$15
Employee Expenses	\$12,348	\$13,364	\$65,154	\$66,820	Customer Shipping	\$265	\$296	\$1,748	\$1,474
Equipment Lease	\$0	\$1,225	\$2,040	\$2,450	Interest Income	\$46	\$42	\$225	\$206
Filing/Fees	\$0	\$930	\$0	\$930	Miscellaneous Income	\$0	\$30	\$180	\$150
Insurance	\$0	\$0	\$2,488	\$1,330	Total Other Income	\$311	\$371	\$2,164	\$1,845
Intergroup Events	\$0	\$0	\$1,415	\$1,500	Other Expense				
Intergroup Literature	\$17	\$35	\$26	\$175	Depreciation Expense	\$205	\$205	\$1,025	\$1,025
Internet Expense	\$139	\$135	\$742	\$675	Total Other Expense	\$205	\$205	\$1,025	\$1,025
Office Supplies	\$153	\$174	\$354	\$870	Net Other Income	\$106	\$166	\$1,139	\$820
					Net Income	(\$1,696)	(\$6,516)	\$11,105	(\$1,663)

Treasurer's Report

For May 2016, total income (less the cost of goods sold) was over budget by \$1,481 compared to \$5,247 over budget in April. Both individual and group contributions exceeded budget by \$278 and \$2,228 respectively. Total expenses were \$3,398 under budget. Wages and salaries were \$380 under budget.

Unrestricted cash is up slightly and enough to cover 1.7 months of operating expenses which is consistent with the last two months. The rating for May is "Good" for the second month in a row. As mentioned last month, the last time we were able to achieve a "Good" rating was March 2015.

OVERALL RATING: 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 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.

Contributors Wanted

ThePoint@aasf.org



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

May 2016 Balance Sheet

	Mar 31, 16	Feb 29, 16	\$ Change	Mar 31, 15	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$132,637	\$132,593	\$45	\$192,134	(\$59,497)
Unrestricted Cash	\$36,001	\$37,175	(\$1,174)	\$28,221	\$7,780
Total Checking/Savings	\$168,638	\$169,768	(\$1,130)	\$220,355	(\$51,717)
Accounts Receivable					
Accounts Receivable	\$86	\$57	\$29	\$38	\$48
Total Accounts Receivable	\$86	\$57	\$29	\$38	\$48
Other Current Assets					
Inventory - Bookstore	\$17,281	\$20,480	(\$3,200)	\$27,576	(\$10,295)
Prepaid Literature Orders	\$350	\$350	\$0	\$2,424	(\$2,075)
Undeposited Funds	\$4,879	\$843	\$4,037	\$273	\$4,607
Total Other Current Assets	\$22,510	\$21,673	\$837	\$30,273	(\$7,763)
Total Current Assets	\$191,234	\$191,498	(\$264)	\$250,666	(\$59,432)
Fixed Assets					
Comp. and Off. Equipment	\$1,149	\$1,189	(\$40)	\$1,791	(\$642)
Leasehold Improvements	\$15,409	\$15,574	(\$165)	\$17,389	(\$1,980)
Total Fixed Assets	\$16,557	\$16,762	(\$205)	\$19,179	(\$2,622)
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
TOTAL ASSETS	\$214,489	\$214,957	(\$469)	\$276,543	(\$62,054)
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable	\$1,708	\$0	\$1,708	\$0	\$1,708
Other Current Liabilities					
Payroll Liabilities	\$4,263	\$4,156	\$107	\$4,372	(\$109)
Sales Tax Payable	\$795	\$639	\$156	\$632	\$163
Total Other Current Liabilities	\$5,058	\$4,796	\$263	\$5,004	\$54
Total Current Liabilities	\$6,766	\$4,796	\$1,971	\$5,004	\$1,762
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	\$6,766	\$4,796	\$1,971	\$65,171	(\$58,405)
Equity					
Net Assets	\$199,954	\$199,954	\$0	\$214,601	(\$14,647)
Net Income	\$7,769	\$10,208	(\$2,439)	(\$3,229)	\$10,998
Total Equity	\$207,722	\$210,162	(\$2,439)	\$211,372	(\$3,649)
TOTAL LIABILITIES & EQUITY	\$214,489	\$214,957	(\$469)	\$276,543	(\$62,054)

(Continued from Page 15)

guidelines. Should a responsibility statement be included? A discussion followed and we decided to table this for next month.

Group Reports/What's On Your Mind

Pete said that the Road to Detroit took place in New Orleans this past

weekend. Next year's conference will be in Oklahoma City.

Meeting adjourned with the Responsibility Statement at 8:29pm

The next Intergroup Meeting: Wed. August 3, 2016, 7pm, 101 Donohue St. Marin City CA. Orientation is at 6:15pm, dinner is served at 7pm.



Faithful FIVERS!

Faithful Fivers are A.A. members Who graciously pledge to contribute at least \$5 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 Page 5)

Mary D.	Pat P.	Stephen S.
Mary L.	Patrick S.	Steve A.
Maryellen O.	Paul K.	Steve F.
Matt S.	Peggy H.	Steve G.
Michael F.	Pene P.	Susan C.
Michael P.	Penelope C.	Suzanne C.
Michael W.	Pete F.	Tara S.
Michael Z.	Rachel G.	Teddy W.
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Michelle C.	Robert W.	Thomas H.
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Mily T.	Saida S.	Tim Mc.
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Nicholas P.	Sean C.	Tomas L.
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Pam K.	Stephen N.	

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!



The Birthday Plan has been an A.A. tradition since 1955. Contributions to express gratitude for sobriety can be made in any amount. Some send a dollar per year; others, a penny a day. We would like to list in *The Point* your first name and last initial with number of years sober.



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