

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2016 **9**  
September

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## Joining in Community

- 6 Tips on Staying Sober
- 8 Making Amends
- 10 Dry & Sober Don't Mix
- 12 Trust the Process

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*

# September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings, Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> 			
4	5	6	7 <b>FIRST WED</b> <b>Intergroup Meeting</b> 1187 Franklin St, SF <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm
11 <b>SECOND SUN</b> <b>Golden Gate Young People in AA</b> Central Office 12pm <i>(even months at Central Office; odd months at Marin Alano Club)</i>	12 <b>SECOND MON</b> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC)</b> Central Office <b>Speaker Workshop</b> 6pm <b>Business Meeting</b> 7pm	13 <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	14 <b>SECOND WED</b> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael <b>Orientation</b> 6pm <b>Business Meeting</b> 6:30pm
18 <b>THIRD SUN</b> <b>Archives Committee Meeting</b> Central Office 2pm <i>Business meeting followed by work day</i>	19 <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	20	21
25	26	27 <b>FOURTH TUE</b> <b>Marin Teleservice</b> 1360 Lincoln Ave, San Rafael <b>Orientation</b> 7pm <b>Business Meeting</b> 7:30pm	28

THURSDAY	FRIDAY	SATURDAY
1	2	3
8	9	10 <u>SECOND SAT</u> Access Committee Meeting Central Office 10am The Point Committee Meeting Central Office 12:30pm
15	16	17 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm (odd months have a business meeting)
22 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	23	24 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
29	30	



Calendar	2
Meeting Changes	4
From the Editor	5
Tips on Staying Sober	6
What is This Thing Called A.A.?	6
Ebby T. at Calvary Mission	7
Making Amends	8
A.A. Teaches Abstinence	9
Dry & Sober Don't Mix	10
Relief from Bondage of Self	11
Trust the Process	12
Joining in Community	13
Intergroup Meeting Summary	14
Group Contributions	16
P&L / Treasurer's Report	18
Balance Sheet	19

*We have discovered a common  
solution... we can join in  
brotherly and harmonious action.*

~ Alcoholics Anonymous, p. 17



## Meeting Changes

### Meeting Changes:

Sat	10:00am	Tenderloin	Saturday Coffee With Bill, 842 Geary St/Hyde; did not disband with other meetings at this location
Sun	10:00am	Tenderloin	Sunday Coffee With Bill, 842 Geary St/Hyde; did not disband with other meetings at this location
Sat	7:00pm	San Rafael	Young People's BYOB, 1360 Lincoln Ave, Marin Alano Club (was at 150 Nellen Ave, Mind Therapy Clinic)
Sun	8:00am	Mill Valley	Mill Valley, Little Log Cabin
Sun	8:30am	Larkspur	Spiritual Testosterone Sunday Men's Stag, 240 Doherty, Larkspur Rec Ctr (was at 150 Nellen Ave, Mind Therapy Clinic)

### No Longer Meeting:


Thu	07:15P	Mission	The Women's Building, 3543 18th St / Guerrero
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**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!*



**Billie G. – 10 years**  
**Big Book Study – Sun 11:30am**

## Unity Day



**Saturday, October 1**  
**10 am to 4 pm**

Urban Life Center  
 1101 O'Farrell St. @ Franklin St.  
 San Francisco



SOS has had a name change to "Spirit of Service" instead of "Sober Outside Services." **Spirit of Service (SOS)** was formed to serve A.A. members whose on-going circumstances keep them from attending regular A.A. meetings. These A.A. members may be homebound or in an assisted living or hospital environment. This service opportunity provides a face-to-face meeting for these members, who otherwise may not be able to experience such meetings anymore.

We are looking for A.A. members who are in need of this service. If you know of anyone whose circumstances do not allow them to attend meetings, please have them call Central Office or email [sos@aasf.org](mailto:sos@aasf.org). We will then arrange to have meetings brought to them on a regular scheduled basis.

We are also looking for additional volunteers to bring meetings to these A.A. members. The requirement for volunteering for this service is one year of sobriety and attendance at an SOS orientation.

SOS will be having its next open committee meeting on October 27, 2016, at 6:00 pm at Central Office. If you would like to join this committee or attend to find out what SOS does, please come to that meeting.

## From the Editor

# Promises, Promises

There are many “promises” in *Alcoholics Anonymous*. One of them reads: “We have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in . . . harmonious action” (Page 17). In this issue, Dan F. shares more tips for staying in the solution. Ken J. resurrects Judge Magnum’s program philosophy from 1965. And Bob S. describes Ebby T.’s pink cloud at Cavalry House.

Sustaining the harmonious pattern, Rick R. adds a novel way to make amends that includes tactful greeting cards. Forrest P. speaks up for abstinence. James M. reminds us what can happen if we make assumptions about OPP (other people’s pasts). *Dry and Sober* hints at icing on the sobriety cake; *Relief from Bondage of Self* describes the demons and angels competing within us; and *Trust the Process* show its author’s day-to-day progress with self-esteem. All three articles are contributed by anonymous

members, sharing their sobriety in order to keep it.

When I first got sober and heard the Ninth Step Promises read at meetings, I couldn’t believe I would ever stop regretting the past. Yet meeting with sponsees made it clear that all I really have to offer them is the truth about what happened for me.

If I pull out a soapbox and demand specific behavior, I’m sure to incite rebellion — after all, defiance is our primary characteristic. But if I tell a story about what I was like, then contrast it with what I’m like now, something in the shared experience may spark curiosity about the tools it took to get there.

There’s one final promise about group harmony that’s worth repeating, from Page 25 of *Alcoholics Anonymous*. “The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God’s universe.”

## 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 statement is a summary; for the full editorial policy, please go to [www.aasf.org](http://www.aasf.org). To contact *The Point* committee directly, write to [thepoint@aasf.org](mailto:thepoint@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:

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(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!



# Tips on Staying Sober

## *Nearly 40 years of continuous sobriety doesn't happen by chance*

by Dan F.

My name is Dan F. and I am an alcoholic.

I was born in San Francisco in 1939 and grew up in the city in the 1940s and 1950s.

I took my last drink in Washington, D.C. on December 8, 1976.

My wife and I were in the City for two weeks this month to celebrate my 77th birthday with friends from my primary and secondary schools.

***I am not responsible  
for my alcoholism, but  
I am responsible for its  
treatment***

We attended a couple of meetings at Serenity House and I was invited to speak at last Sunday's meeting of the Waterfront Group at the Palace of Fine Arts. I proposed for the sharing part of the meeting the following topic: "What one thing is working best for you to stay sober today?" I shared four things at the start of the meeting that are helping me stay sober today. Here is a rough summary of my share.

### **How I stay sober today**

I have been sober in A.A. over half my life.

Alcohol did not cause my alcoholism.

I was born restless, irritable and discontented, and still am.

I have only a daily reprieve based on the maintenance and continuing development of my spiritual condition.

Here is a how I stay sober today:

(1) I don't drink alcohol. I have a fatal medical condition that is not detectable by medical science and that only a daily spiritual awakening can treat. I am not a bad person. I am not responsible for my alcoholism, but I am responsible for its treatment.

(2) I try to use all of the program in all of my affairs on a daily basis: all of the literature, the Twelve Steps, the Twelve Traditions, the Twelve Concepts, the Three Legacies, commitment to home groups and meetings, using a sponsor and/or serving as a sponsor, and carrying the message inside and outside the program.



(3) I try to follow Bill and Bob's example: meeting with other alcoholics on an equal basis and drawing on assistance from inside and outside the program.

(4) With my two feet solidly planted in A.A., because I am one of the minority of people who cannot safely drink even though I look like a member of the majority who can, I remain open to assistance from whatever direction it comes, just as the first 100 members did in the four and a half years before A.A. became known as A.A.

# What is This Thing Called A.A.?

by Judge Eugene K. Mangum,  
Phoenix, AZ

1. It is that which costs nothing, yet is more valuable than any other possession the alcoholic can acquire.

2. It is that which has no monetary value, yet the wealthiest man will give up all his possessions, rather than lose this "Pearl of Great Price."

3. It is that which restores the rich to sanity, and brings the lowliest derelict to a life of dedication and useful service to his fellow man.

4. It is that which is not "religion," yet it encompasses and strengthens and builds all religious faiths.

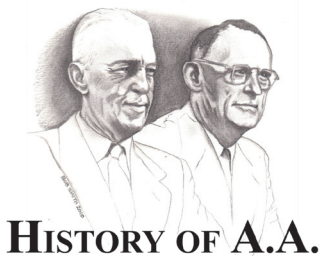
5. It is that which brings rest to man, yet it drives him from his bed at all hours of the night to bring A.A. to the suffering alcoholic.

6. It is that which causes man to love all of humanity, yet which strengthens and deepens the love for his mate and his family.

7. It is that which makes man totally selfish, in that his sobriety must, to him, be the most important thing in all the world, yet which makes man into a totally unselfish person in his desire to share with his fellow man.

8. It is that which talks not of rewards after death, yet which prepares man for the greatest blessings eternity can offer—for "he that hath done it unto the least of these, my brethren, has done it unto me."

*(Continued on Page 10)*



# Ebby T. at Calvary Mission

## *Bill W.'s sponsor and the Pink Cloud*

by Bob S.

Following a sudden alcoholic release during the late summer of 1934, Ebby found himself under the sponsorship of Rowland H. (The “certain American businessman” mentioned on page 26, *Alcoholics Anonymous*). During this formative period, Rowland taught Ebby the major ingredients of the Oxford Group (OG) fellowship. Though newly sober himself, Rowland had learned much doctrine, having spent nearly three years in attendance at their house parties and conventions. Ebby’s association with Rowland and actually presenting OG talks must have had a powerful effect on Ebby as he was going through what he described as a “Pink Cloud” period. “Pink Clouds” are typical for newly sober alcoholics, but often short lived. Apparently not so for Ebby. There was no reason not to return to Albany—certainly all would be forgiven and his brother Jack, the Mayor, would find him a good job. His inheritance was now gone. (He had inherited \$150,000 a few years earlier!) So money was important, yet, instead, he followed Rowland’s offer to become a spiritual worker with the “Brotherhood of Twelve Men” at Calvary Mission. Ebby was a good listener with an exceptionally likeable personality.

The Calvary Mission was walking distance from the Calvary House, where the Oxford Group meetings were held, as well as Stewart’s Cafeteria, where a small group of alcoholics and OG members would meet after meetings. He would join Bill and Lois afterwards for fellowship. Here follow excerpts from one of Ebby’s talks about this

period of 1935: “I ‘rode herd’ on Bill in the beginning and stuck by him as we attended many Oxford Group meetings. Bill got comfortable and started speaking at meetings as time went on (Bill always considered Ebby his sponsor). Those meetings were basically the same as the AA meetings today. Everyone had a chance to share their experience, strength and hope. Of course, the meetings were not confined to alcoholics, but those attending shared their problems and victories.



The Oxford Group was based on a return to first-century Christian fellowship. They practiced the Four Absolutes: Honesty, Unselfishness, Love and Purity, the principle of morning meditation to get in tune with “God as you understand Him” to receive daily guidance, and to live each day as it comes along.

The Oxford Group meetings took place at a nine-story building called the Calvary House, located behind Calvary Church at 21st and Park Avenue South. The elegant Gramercy Park is across the street. It was once thought that if they would allow alcoholics to move into the beautiful Calvary House and treat them with *agape* (from the Greek

word for affection or familial love), why they would sober up right away. This idea was discarded after one of the drunks threw a shoe through a prestigious stained glass window. Ebby remained in service at the nearby mission till he moved in with Bill and Lois Wilson the next year.

### **Origin of The Oxford Group**

The name “Oxford Group” originated in South Africa in 1929, as a result of a railway porter writing the name on the windows of those compartments reserved by a travelling team of Frank Buchman followers. They were from Oxford and in South Africa to promote the movement. The South African press picked up on the name and it stuck. It stuck because many of the campaigns of the Oxford Group were funded by Oxford University students and staff. And every year between 1930 and 1937 house-parties were held at the University. In the summer of 1933, for instance, 5,000 guests turned up for some part of an event which filled six colleges and lasted seventeen days. Almost 1,000 were clergy, including twelve bishops. In June 1939 the Oxford Group was legally incorporated.



# Making Amends

*I have heard many horror stories...*

by Rick R.

When describing Step Nine in the big book it says that “if we are painstaking about this phase of our development we will be amazed before we are half way through.” Then it goes on to list the promises. The information in the *Twelve Steps and Twelve Traditions* (12 & 12) is a lot more direct about the different approaches we could take and tries to encourage us to exercise caution before we rush in and make some major blunders. This suggestion, I think, can’t be taken lightly. I have heard many horror stories about well-intentioned people, wanting to put this step behind them, who ran to their friends and loved ones and disclosed things that destroyed any trust they may have had in the alcoholic.

## *We cannot unload a detailed account of extramarital adventuring*

Good judgment, a careful sense of timing, courage, and prudence – these are the qualities we shall need when we take Step Nine. Sometimes we read the headline but fail to read the entire article. If we do this when we go through the steps we can do more damage to our already strained relationships. Making promises to my close friends and family, that I’m not sure I can keep usually fall on deaf ears. An honest recognition of my past mistakes, without going into too many details, and a sincere determination to give the program my best effort with the understanding that my behavior will be the measure of my success, is a more acceptable approach. We know that the road to hell

is paved with good intentions. After we have put some time between us and our last debacles, we can revisit those amends and go into details about each event, only after we have run it by an experienced and trusted advisor.



Rushing into an amend that could bring hardship to our unsuspecting family, or to other third parties, is another mistake that people sometimes make. In Step Nine in the 12 & 12 it says “We cannot, for example, unload a detailed account of extramarital adventuring upon the shoulders of our unsuspecting wife or husband.” I would also include major financial or work related amends that may result in losing your job, or create heavy financial difficulties for the family. These should be put off until everyone involved is in agreement, and then, only after talking to someone to make sure that you are not overlooking anything.

How about all those relatives and friends that we haven’t seen in awhile, but still have an uncomfortable feeling about the way we left that relationship? These people only have a snapshot of what we used to be like. They don’t see the day-to-day changes that we have made in our lives and they assume that we are the same as when

we made our last major mistake. For this type of situation, I would consider a slow but sincere process of reestablishing contact with those involved. I once suggested that, using the opportunity on Birthdays and Holidays, of sending cards can be a nice way to re-establish contact with these people,

## *These people only have a snapshot of what we used to be like*

with a simple “been thinking about you, hope things are going well for you, Love...” Send these out at each opportunity for a year or two with no return address, and no expectations. At some time in the future, you will have to attend a wedding, graduation, or funeral...where you will see them again, and you will be amazed at what will happen. My experience has been that the cards create curiosity which sometimes causes these people to talk to each other and they find out that you are trying hard to mend your ways and it tends to disarm them. Now, that would be the time to put these things to rest. Keeping in mind that, if I can’t add the kicker “I regret what I did, and I don’t do that anymore” then maybe I’m not ready to make that amend yet.

I hope these ideas will help you to understand that most amends can be made in a positive way and the results are so much better than we ever could have expected. We must do these things if we hope to experience the promises listed on pages 83 and 84 in *Alcoholics Anonymous* (as described in the *Into Action* chapter).





# A.A. Teaches Abstinence

*'Letting go of old ideas' applies to the idea that I can drink*

by Forrest P.

I was at a meeting and this topic came up. Someone shared that they are still drinking and not sober from alcohol. He takes various medications which require him to drink. He has a harm-reduction program.

## *Did I have to be the old-timer in age and sobriety who says something?*

As other people shared after him, I thought, Wow! This guy is lucky A.A. has evolved. In the not distant past, he would have been silenced. Someone would have interrupted him and said: "All who share must be 24 hours sober; meanwhile, please talk with someone one-on-one, or come back and share when you are sober."

Meeting formats included this statement. Imagine how meetings would be if people were continually allowed to share while still drinking/drunken? How would we sort out the Twelve Steps solution vs. others? A.A. meetings would sure be open to a much different experience if we were tolerant of such behavior.

I was concerned that this may send the wrong message to any newcomers. A.A. is a program of abstinence. This is clear. Our meetings, shares and one-on-one's must reflect this concept. If I had not stopped drinking, I would not have been able or willing to do all that has allowed me to recover from a "seemingly hopeless state of mind and body." I'm not begrudging those who can't stay sober (and keep trying), or

use other methods for help. We just don't share if we admit that we are not sober. A.A. cannot prostitute its values, particularly this one.

I tried to listen to people's shares. This grated on my mind. Did I have to be the old-timer in age and sobriety who says something? Of course I did. I have a responsibility to say something. I would be tactful, non-combative, not cross-talk directly.

My sponsor reminds me that I need to act like the "old-timer" that I am. When I was new, I looked up to the old-timers ahead of me. They were loving, supportive and repeatedly told us in their shares how to stay sober. I must do the same. My experience is my toolbox.

## *My experience is my toolbox*

As the meeting ended, "burning desires" were asked for. I shared that my old idea I had to get rid of was that I could still drink! A.A. is a program of abstinence. We don't drink here. I then went on a bit to relate my own experience around my own drinking. I've observed many people in A.A. over the years. The one's who "aren't" alcoholics, don't ever really seem to be at peace. At least the ones that go to meetings don't seem to be. The one's who think they're not alcoholic, generally "catch" it after a while. For those who still want to drink, that's fine; just don't share in our meetings!

I had to change old ways of thinking. I can't control my drinking; there's no point in trying. I tried repeatedly to



not get "too drunk" so as to not annoy my friends. It never worked. It's the first drink that gets me drunk, not the subsequent ones. The problems in my life were not external; not my friends, parents, job, car, where I lived, or that no one understood me. I felt the classic, "No one really cares about me. I'm always there for everyone else, but no one is there for me." I was the chief cause of the problems in my life. Most of my problems were in my screwed-up thinking and approach towards life. The hundreds of kind people in A.A. helped guide me, listen to me, and taught me about how to live life without alcohol.

## Contributors Wanted

[ThePoint@aasf.org](mailto:ThePoint@aasf.org)



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

# Dry & Sober Don't Mix



by Anonymous

I've heard people use the word "dry" to describe themselves (or someone else) in relation to the quality of their recovery. The following is the result of some digging into my mind's archives, and a little research.

Dry is an adjective. An adjective is used to describe a noun (person, place or thing).

Some definitions of dry:

1. Free from moisture or excess moisture; not moist; not wet: a dry towel; dry air.
2. Having or characterized by little or no rain: a dry climate; the dry season.
3. Characterized by absence, deficiency, or failure of natural or ordinary moisture.

*Example:* "For thirsty residents in dry counties, that means another long drive for a beer."

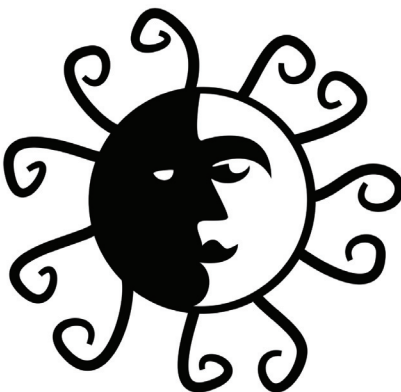
## *Don't miss the miracle!*

Prohibition in the United States was a nationwide, constitutional ban on the production, importation, transportation and sale of alcoholic beverages that remained in place from 1920 to 1933.

A.A. began in 1935. The book *Alcoholics Anonymous* was written in 1939. Thus, those who formed A.A. would use the term "dry." The A.A. expression is relating to *NOT drinking without a program*.

Therefore, "being dry" has no

relationship to the quality of one's program. We are all "dry" when we have no alcohol in our system. The purpose of the A.A. program is to enable us to stop drinking. The emotional payoffs, quieting and peace of mind and other "Promises" are a result of following what's outlined in the program. For me, anything in addition to *physical* sobriety is mere icing on my recovery cake.



## **Sunlight of the Spirit**

Prior to A.A., I could not stop drinking. I've gone through many dark and difficult times in my sobriety. We all do. This is life. Staying sober through them, has led me to comprehend the definition of "the sunlight of the spirit."

A.A. has not only saved my life, but has allowed me to be so much more than the lost, confused and desperate soul that came to A.A.

Any day I don't drink or use, I am a success. Be gentler, kinder and more loving in both your use of the word "dry" and to yourselves. To re-iterate: WE ARE ALL DRY! Don't miss the miracle, you already have it!

(Continued from Page 6)

9. It is that which takes the weakest man and turns him into a man of courage, strength and great will power.

10. It is that which takes total strangers and almost instantly turns them into the closest friends.

11. It is that which requires no formal education, yet which turns man into a philosopher.

12. It is that which man must not give up, yet the more of it he gives away, the more he possesses.

*Judge Mangum, a non-alcoholic, started a special Court Class for Alcoholics in Phoenix in the 1960's.*

## **Other "Promises" in The Big Book**

But, there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. (p. 16)

Nearly all have recovered. They have solved the drink problem. (p. 17)

There is a solution. (p. 25)

Afterward, we found ourselves accepting many things which then seemed entirely out of reach. (p. 47)

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs. (p. 60)

We have stopped fighting anybody and anything. We have to! (p. 103)



# Relief from Bondage of Self

*Those invisible demons continued  
to chant louder and louder*

by Anonymous

When I asked God to relieve me of the “Bondage of Self,” I wasn’t sure what I was asking for—it was just part of the Third Step Prayer. My sponsor instructed me to ask for God’s help in writing down where I had been resentful, fearful, etc. which was done in a spontaneous manner without mind-filtering. This allowed honest and unchangeable information for use in my Fourth and Fifth Steps. Consequently, on Steps Six and Seven, there it was: the bare and exposed ingredients of the Bondage of Self.

*Hidden little devils  
(defects, shortcomings)  
existed deep in my  
subconscious*

I was surprised how many hidden little devils (defects, shortcomings) existed deep in my subconscious and how they had unknowingly influenced my conscious mind. Although I felt confident that I would never drink again, those invisible demons continued to chant louder and louder, “*The day may come when we can drink again—and it may be tonight!*” (at one point I almost did; thank God that I didn’t!). Then I began to realize that the Bondage of Self was separating me from the truth in drink. No wonder I couldn’t stay sober before coming to A.A.

I believe the mental obsession comes in two packages: thought and no-thought. The one most prevalent for me has been of the thinking variety. As a periodic drinker I would try to “get

healthy” during the weeks/months in between—one time for six months. It would be high protein milkshakes, vitamins of all sorts, handball, swimming and weight lifting at the YMCA, and of course, the Lucky Strikes were out of the picture. Consequently, I would begin to feel wonderfully healthy and happy. Seemingly I had no desire to drink at all, almost reminiscent of the guy on page 57 of the Big Book (Fitz Mayo): “*He couldn’t drink even if he would.*”

Yet I hung around with my poolroom/barroom friends who continued to booze it up most everyday which sort of left me out of that part of my social life—so I started thinking (always a mistake for me!), “*Well, I have no desire to drink anymore so if I go off on a toot with my friends I will be able to stop anytime I so decide.*” Of course



this was about a million miles from the truth... and, of course, the obvious resulted.

*Steps Six and Seven,  
there it was: the bare and  
exposed ingredients of the  
Bondage of Self!*

Also, the no-thought variety would take over and there I would be at the bar, whisky in hand, without really thinking about it at all. This is the most dangerous type of obsession.

Although, dramatically weakened, it still chatters to this day. However, page 55, speaks of “...a Great Reality deep down within us” (God). Dr. Carl Jung tells us that we have both demons and angels competing for control of our subconscious (he calls them archetypes). Luckily, a vital spiritual experience can allow the angels to become dominant. This is what Steps Ten and Eleven are all about. Even so, I can still hear those aggressive little devils (the committee) down there just chattering away. They say, “*Ain’t it awful! Aren’t they awful! Aren’t you awful!*”... They are too smart to suggest drinking at this point but I know that is what they are leading up to.

The Bondage of Self is no longer a solid wall denying the truth to pass through (I cannot drink on the truth), but has become so porous that taking a shot of whiskey no longer occurs to me. I believe I have been awarded “a personality change sufficient—just enough—to bring about recovery from alcoholism” (*Alcoholics Anonymous* p. 567).

Thank you God!





# Trust the Process

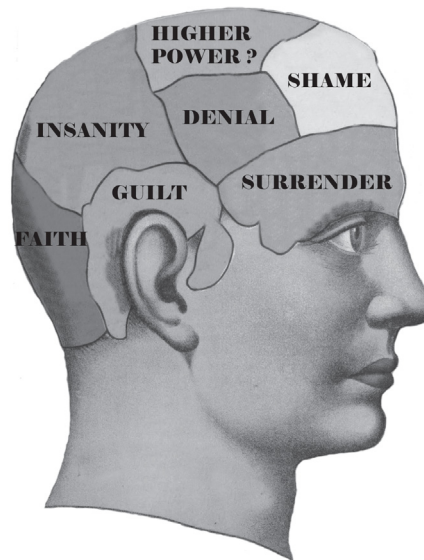
## *Wonderful things happen for us*

by Anonymous

Why the program of Alcoholics Anonymous works so well on the disease of alcoholism is hard to fathom when we first come into AA. Most of us are conflicted when confronted with the idea that our perception had been all wrong from the very start. Issues like faith, higher power, insanity, surrender, denial, guilt, shame (and this only scratches the surface) had to be revisited to see where our thinking had let us down in the past. When we realize we have painted ourselves into a corner in life, and if we're lucky, we become open to the idea that we may have to seek outside help if we want to have any chance of a normal life. When we go through this process in the spirit that it is presented in the Big Book and the *Twelve and Twelve*, wonderful things happen for us.

### *Most of us are conflicted*

I find that it is much easier to look back now at the way the AA program has worked for me than it was to look forward when I first entered the program and tried to perceive how it was going to influence every area of my life in a wondrous way. I wish there was a way to package it and give it away. As I look back on my own experience and realize how each of us is conditioned differently, I know not all of us can envision what the end result will be. If we could, we would cut right to the chase and never look back.



In the beginning we usually spend most of our time coming to terms with the most obvious symptom of alcoholism: Drinking. I was no exception. Unfortunately, many of us never get deeper into the program as it was written, which is where most of the healing takes place. Those of us who come to realize that happiness and peace of mind are lacking in our lives also find that to acquire them, we must get serious and dig deeper into the process that leads to these qualities. This does not mean that we will not experience joy and peace until we complete the entire process. Every time we uncover another piece of the puzzle that barred us from being at peace with ourselves, it allows us to free up the part of our mind that was wrestling with the issue. We can finally put it to rest.

The day-to-day improvement in our own self-esteem will be reward

enough to inspire (which basically means "in spirit") us to address the next issue that needs our attention. One by one we resolve these matters.

Another thing that seems to be a natural result as we navigate this approach is that, with this new awareness, we refrain from making the regretful mistakes of the past that caused our discontent in the first place. Replacing the wrongs with the rights, you might say, doubles the pace of our growth.

### *Don't get stuck in the rut of complacency*

We only live life, as we know it, once. It would be a shame to spend it with that awful mental grinding that goes on between our ears when the solution is right before our eyes. If we continue to spend all of our mental energy obsessing on "not drinking one day at a time" we can do this for years and years, and then, one day, just pick up that drink.

A drink has no appeal to alcoholics who are at peace with themselves and with others. Why waste the only life we have, when the answers are laid there at our feet. Don't get stuck in the rut of complacency.

Trust this process and ask yourself if you've been thorough with all 12 of the steps. If not, I recommend that you revisit those loose ends and deal with them. Give this a try, and I guarantee you won't regret it.





# Joining in Community

## *Look for the similarities*

by James M.

The expression “experience, strength, and hope” triggers a memory that’s always stuck with me. I was upset with someone who I thought was talking the talk, but not walking the walk (what I considered the “real” program). I was expressing this with some vehemence to someone. She gently suggested, “You know how the program is about experience, strength, and hope? Maybe he’s expressing his hope.”

I find hope hearing other people’s experiences, which of course gives me strength. Once at a meeting called The Home Group, at 23rd and Guerrero streets at the time, the speaker was a middle-aged woman in a print dress and costume jewelry who didn’t look like the disease had ever bitten her very hard. “Here,” I thought, “is the lady who hit bottom when she burned the roast for a suburban dinner party after one too many glasses of white wine.” She proceeded to talk about being a homeless bag lady back when there were no homeless people to speak of; living in a dumpster down by Fisherman’s Wharf; and her bag was an actual paper grocery bag. I heard this back in the 80’s when I was first getting sober. She’d been sober for awhile, so it might have happened in the 60’s. Well, she certainly schooled me.

The next week, the speaker was a healthy, slender young woman in fashionable clothes. “Here,” I thought to myself (forgetting how wrong I was the week before). “is the classic yuppie who hit bottom when she wrecked her Beamer.” This time the story was of a low-bottom alcoholic in a junkie

hotel, 10 or more years before my time. She was successfully spare-changing heroin addicts in the halls to buy cheap wine.

### *I gotta get through the next 15 minutes!*

When we get well, we all look and sound well. There have been countless times in sobriety when I felt like my experiences were all bad, I had no strength and certainly no hope. So how does “experience, strength, and hope” make any difference at such a time? I just don’t know, to tell the truth. That’s where the higher power angle comes in. I’m referring to a lower case higher power — where the group really is the higher power. If they can do it (get through a tough time sober), I can do it. If I’m in crisis, I can call someone. We’re not all in crisis on the same day.

By the same token, of course, people have used me as a source of experience, strength, and hope on days when there was nothing particularly wrong in my life (other than the whole world is wrong, but that’s more of a step four/five kind of thing). Sometimes it really doesn’t take that much. In fact, it could be the power of negative thinking: “Yeah, the whole world is wrong, I know. But you got to get through it sober somehow.” Other times the solution can be more spiritual: Elevating the power of forgiveness, connecting with nature, connecting with the upper case Higher Power, working with others, doing service. Creating new positive experiences builds strength and hope.

Surveying the miserable collection of memories my drinking had earned me, I remember the first time I realized that if I have a decent hour right now, at the end of the hour I have an hour’s worth of decent memories. This is how experience can build strength, and strength can build hope. As someone said at a meeting somewhere, “Screw this ‘one day at a time’ thing. I gotta get through the next 15 minutes!”

### *Even the craziest things can be tools for sobriety*

To circle back to people sharing hope without much experience — hey, there have been times when I was some kind of Happy Sam, enthusiastically sharing at a meeting something ridiculous like God taking time out from Syria or a hurricane to find me a parking place. Even that kind of experience keeps me sober. When one of the bad times comes, thinking about drinking (or sober ways one can screw up) and remembering my Happy Sam moments has kept me sober.

I’ve always figured that, sober or not, I’m always coming back to Alcoholics Anonymous. My other negative, judgmental side has also kept me sober because I don’t want people to be sitting there thinking, “See, he’s an idiot. He got drunk.” This is ridiculous, I know. I’ve sat in a thousand meetings where someone has come back from a slip and I’ve never thought that for a second. But even the craziest things can be a tool for sobriety.

# Intergroup Meeting Summary—August 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.

<b>Marin Groups</b>	Men's Two Plus	Artists and Writers	Cow Hollow Young People	Serenity Seekers
Blackie's Pasture	Mill Valley	Beginners Warmup	Embarcadero Group	Sunset Speaker Step
Board / On Awakening	Monday Blues	Big Book Basics	Friendly Circle Beginners	Too Early
Cover to Cover	Quitting Time	Blue Book Special	Girls Gone Mild	Waterfront
Friday Night Book	Sunday Night Corte Madera	Came to Park	Join the Tribe	Weekend Update
Girls Night Out	<b>San Francisco Groups</b>	Castro Discussion	Mid-Morning Support	
Happy, Joyous and Free	Any Lengths	Cow Hollow Men's Group	Reality Farm	

This is an unofficial summary of the August 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., August 3, 2016 at 101 Donohue St., Marin City, CA.

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

## Office Reports

**Board Chair, Chris H.** Marin County General Service Unity Day is coming in September 18th; looking for volunteers for service tables. The Tech/Web committee is one of the Board's hot topics lately and will be addressed later on the agenda. Looking for volunteers interested in the committee. The Board is also updating the Central Office Operations Manual, particularly in case of emergencies.

**Treasurer, George S.** Tonight is George's first time reviewing the Treasurer's statement. See Financial Statements and Report on p. 18-19.

**Central Office Manager, Maury P.** We have to fill a special worker position at Central Office. A link with the information is on the home page and went out with The Buzz on Monday. This temporary staff position is an interim measure to help cover the office while we look at the possibility of redefining the permanent special worker position. Board member Don L. is to volunteering one day a week to help during the transition period. Volunteers needed to do 12th Step work at Central Office. The shifts are 2 - 3 hours long, M-F, from 10am to 6pm. Take a regular shift or serve as a substitute. One-year of continuous sobriety is required. We currently have three open shifts and are always in need of subs. Call to schedule a training shift. The Board has selected a Treasurer: George S. who has non-profit accounting experience, a Master's Degree in Accounting, and will soon complete the Certified Public Account exam.

## Intergroup Committee/Activity Reports

**Access, Chris H.** Chris has been involved with the committee via Skype sessions. They are considering changing the meeting time. Also looking for tech support.

**Fellowship, Michael P.** Day on the Clean event was a lot of fun; please

remember to keep the Fellowship committee informed of similar events. Planning the 70th Anniversary of Central Office, looking for long timers to speak.

**Orientation, Greg M.** The buddy signup sheet is being passed around tonight. Greg reminded us that it is very important to introduce alternate IGRs and have them attend the orientation.

**Teleservice, Pete F.** Three open shifts right now, but always looking for volunteers. There should probably be coordinator shifts opening in February.

**PI/CPC, Rudy for Peter B.** Looking for new members and ways to publicize their work for a wider range of audiences. The annual orientation event is taking place on Saturday, September 17th at the Gratitude Center.

## Liaison Reports

**Homebound Marin, Frank T.** Very grateful to be in the Buzz. Looking for more volunteers at Marin Unity Day.

**Marin Teleservice, Trevor J.** Finances are good but looking for a better price on phone service. November 6th is the proposed spaghetti feed date. Most shifts are covered though the monthly meeting attendance is still down.

**GGYPAA, Adam** Elections are August 14th for board positions; all are welcome to participate.

**Marin H&I, Karen G.** Reported on accounting for literature purchases

# Individual Contributions

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

## IN MEMORIUM

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

## ANNIVERSARIES

Lance S. — 16 years

Abby L. — 29 years

Kathleen C. — 30 years, Hilldwellers

Martha S. — 35 years

Ed K. — 37 years

from the last meeting.

### New Business

Marin Unity Day – Marin Intergroup Exploratory Committee (MIEC) has requested to share the table with the Intergroup at Marin's Unity Day next month. Frank gave a little background and said that the MIEC has been bounced back and forth between Marin General Service (MGS) and Intergroup to get permission to do this. Maury asked if MIEC was invited by Marin General Service to Marin Unity Day, and the answer is No because the MIEC is not recognized as a service entity. Michael P. said that this is a General Service event and that if the MIEC is not a service entity, then they should not attend. Trevor said that MIEC is not the only interested party that has been turned down to attend by MGS. Chris explained the MGS has said it will not allow anything without the approval of Intergroup. Chris said that Intergroup wanted more substance from the MIEC, like a charter, before publicizing it. We also realized that since the Unity Day is next month, this should be voted on tonight. Matt called for a vote to allow the MIEC to share the table with Intergroup at Unity. All but one in attendance opposed allowing in MIEC to share the

table. Minority opinion was given: Greg said he did not see the harm in it. Matt asked if anyone wanted to change their vote after hearing the minority opinion. No one has changed their position, so the vote passes and the MIEC will not share a table with the Intergroup at Marin's Unity Day.

### Old Business

Review of Event Posting Guidelines – Chris gave a recap of the discussion last month. The intent was to make the guidelines clearer. Maury also gave some real examples of how the existing guidelines affect how events are or are not listed. A discussion followed about "What is fellowship, and what is an AA event?" Michael made a motion to accept, Blu seconded. 25 in favor, 2 opposed. Minority opinion was expressed, though no opinions changed, so the motion passed.

### Table Top Exercise

Each table discussed aasf.org: *What's good about the site & what can be improved? What improvements should we consider?* It's great, but it could be better aesthetically and reorganized. Service committees should have their own page.

*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](mailto:chair@aasf.org)

#### VICE CHAIR

Matt S. [vicechair@aasf.org](mailto:vicechair@aasf.org)

#### TREASURER

George S. [treasurer@aasf.org](mailto:treasurer@aasf.org)

#### RECORDING SECRETARY

Liz M. [secretary@aasf.org](mailto:secretary@aasf.org)

### COMMITTEE CHAIRS:

#### ACCESS COMMITTEE

Gabrielle 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 COMMITTEE

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			Jul. 16	YTD	Marin Contributions			Jul. 16	YTD	San Francisco Contributions			Jul. 16	YTD
Contribution Box			\$54	\$468	North Marin Speaker Sun 12pm			\$126	\$299	6am Dry Dock Mon				\$180
HoeDown in the Hood				\$631	Not a Glum Lot Group F 8pm				\$200	6am Dry Dock Th				\$200
Intergroup			\$115	\$785	Novato Spirit Discussion F 2pm				\$50	6am Dry Dock Tu				\$377
Novato Fellowship Group				\$656	On Awakening 7D 530am			\$350	\$1,950	6am Men's Literature Meeting M				\$135
<b>Fellowship Total</b>			<b>\$169</b>	<b>\$2,540</b>	Pathfinders Tu 12pm			\$0	\$79	7am Speaker Discussion Th 7am	\$20		\$80	
					Quitting Time M-F 530pm			\$671	\$2,223	A is for Alcohol Tu 6pm	\$39		\$351	
					Refugee Th 12pm				\$50	A New Start F 830pm			\$297	
					Reveille 7D 7am				\$381	AA As You Like It Tu 530pm			\$46	
					Rise N Shine Su 10am				\$510	Agnostics & Freethinkers Su 630pm			\$568	
					San Geronimo Valley Book Study F 8pm				\$123	All Together Now Th 8pm			\$54	
					San Geronimo Valley M 8pm			\$30	\$163	Any Lengths Sat 930am			\$1,080	
					San Marin Step Study Sa 830pm				\$120	Artists & Writers F 630pm			\$535	
					Saturday Weekend Warrior Sa 830am				\$230	As Bill Sees It Th 6pm			\$160	
					Saturday Women's Speaker Sa 6pm				\$209	As Bill Sees It Th 830pm			\$167	
					Serendipity Sa 11am			\$189	\$839	Ass in a Bag Th 830pm			\$416	
					Six O'Clock Step Th 6pm			\$101	\$101	Atheists, Agnostics & Others Sa 11am			\$50	
					Six O'Clock Sunset Th 6pm				\$300	Back to Basics Su 930am	\$127		\$127	
					Sober Sisters W 12pm				\$93	Back to Basics Th 730pm	\$305		\$430	
					Spiritual Testosterone Stag Su 830a				\$500	Be Still AA Su 12pm	\$446		\$946	
					Steps to Freedom M 730pm				\$115	Beginner Big Book Step Th 630pm			\$81	
					Stinson Beach Fellowship Th 8pm				\$200	Beginners' Step Study Sat 7pm			\$118	
					Streetfighters Sa 9am				\$100	Beginners Warm Up W 6pm			\$287	
					Sunday Express Su 6pm			\$49	\$458	Bernal Big Book Sat 5pm	\$617		\$617	
					Sunday Friendship Su 6pm			\$168	\$168	Bernal New Day 7D	\$320		\$1,685	
					Sunday Night 3rd Step Group 5pm			\$422	\$422	Best Damn Big Book Disc Th 8pm			\$108	
					Terra Linda Thursday Men's Stag 8pm				\$665	Between the Lines Sat 1p			\$16	
					The Barnyard Group Sa 4pm				\$362	Big Book Basics F 8pm	\$184		\$527	
					The Broad Highway Thu 730pm				\$450	Big Book Boot Camp 5D			\$160	
					There is a Solution Tu 6pm			\$26	\$59	Big Book Study Su 1130am			\$400	
					Three Step Group Sa 530pm				\$909	Blue Book Special Su 11am	\$37		\$294	
					Thursday Night Speaker 830pm				\$782	Brothers in Arms M 8pm			\$135	
					Tiburon Women's Candlelight W 8pm				\$45	Buena Vista Breakfast Su 12pm			\$302	
					Tuesday Chip Meeting Tu 830pm				\$596	BYOL W 1pm			\$29	
					We, Us and Ours M 650pm			\$99	\$273	Came to Park Sat 7pm			\$406	
					Wednesday Night Speaker Disc 7pm				\$669	Castro Call Out Sun 830p	\$70		\$150	
					What's It All About F 12pm			\$40	\$85	Castro Monday Big Book 830pm			\$173	
					Wholly Together 11th Step Med W 7p			\$85	\$239	Cocanuts Su 9am			\$242	
					Why It Works Sun 6pm				\$289	Coit's Quitters			\$135	
					Women's Big Book Tu 1030am			\$457	\$1,689	Come 'n Get It! F 630pm			\$65	
					Women's Lunch Bunch F 12pm				\$312	Compass Group W 9pm			\$410	
					Working Dogs W 12pm				\$895	Cow Hollow Men's Group W 8pm			\$977	
					Young People's BYOB Sat 7pm				\$82	Creative Alcoholics M 630pm			\$52	
					Young People's Chopsticks Sa 1030pm				\$88	Design For Living BB Tu/Th 730am	\$120		\$120	
					<b>Marin Total</b>			<b>\$5,432</b>	<b>\$33,821</b>	Design for Living Sat 8am	\$161		\$325	
					<b>San Francisco Contributions</b>			<b>Jul. 16</b>	<b>YTD</b>	Down and Dirty at Seven-Thirty Mon			\$92	
					10am Daily Reflections Th				\$23	Down and Dirty at Seven-Thirty Thu			\$37	
					11 at 6 Thu 6a				\$6	Down and Dirty at Seven-Thirty Tue			\$109	
					11th Step Power Power Power				\$221	Down and Dirty at Seven-Thirty Wed			\$69	
					20+ Sun 445pm (unlisted)				\$344	Each Day a New Beginning F 7am	\$605		\$1,256	
					6am Dry Dock Fri				\$145	Each Day a New Beginning M 7am	\$239		\$513	
										Each Day A New Beginning Su 8am	\$195		\$414	



San Francisco Contributions	Jul. 16	YTD	San Francisco Contributions	Jul. 16	YTD	San Francisco Contributions	Jul. 16	YTD
Each Day a New Beginning Th 7am	\$341	\$717	Mission Fellowship		\$254	Sunday Night Castro SD 730pm		\$671
Each Day a New Beginning Tu 7am	\$384	\$1,030	Monday Beginners M 8pm	\$198	\$1,489	Sunday Rap Su 8pm	\$200	\$451
Each Day a New Beginning W 7am	\$325	\$1,023	Monday Men's Stag 8pm	\$145	\$226	Sunday Silence Su 730pm		\$128
Early Start F 6pm		\$1,021	Moving Toward Serenity W 830pm	\$318	\$318	Sundown W 7pm		\$1,461
Easy Does It Tu 6pm		\$100	New Friday Big Book F 12pm		\$106	Sunset 11'ers F		\$100
Epiphany Group Th 7pm		\$293	New Light Brigade Sun 630p		\$45	Sunset 11'ers Su		\$100
Eureka Step Tu 6pm	\$120	\$433	Newcomers Tu 8pm		\$174	Sunset 11'ers Th	\$70	\$70
Eureka Valley Topic M 6pm		\$620	No Gurus Meditation Su 7pm		\$250	Sunset 11'ers Tu		\$29
Excelsior "Scent" Free For All Sa 5pm		\$180	No Reservations M 12pm		\$88	Sunset 9'ers M		\$125
Experience, Strength & Hope Sat 9am		\$157	Noon Smokeless F 12pm		\$40	Sunset 9'ers Su		\$157
Federal Speaker Su 12pm		\$339	Noon Smokeless W 12pm		\$40	Sunset 9'ers Tu		\$86
Fell Street F 830pm		\$251	NYX Sat 7pm		\$280	Sunset Speaker Step Su 730pm	\$348	\$663
Firefighters & Friends Tu 10am	\$131	\$237	O.A.D.W. Mon 7pm	\$26	\$68	Ten Years After Su 6pm	\$572	\$1,470
Fireside Chat Group Th 8pm	\$35	\$143	One, Two, Three, Go! W 1pm		\$20	The 4th Dimension Sa 630pm		\$150
Fireside Chat Group Tu 8pm		\$46	Park Presidio M 830pm		\$67	The Drive Thru W 1215pm		\$561
Fourth Dimension Solution Th 515pm		\$26	Parkside Th 8pm		\$174	The Leaky Cauldron Su 930am		\$448
Friday All Groups F 830pm		\$718	Pax West Discussion Th 12pm	\$231	\$472	The Parent Trap 2 W 4pm	\$25	\$228
Friday at Five F 5pm		\$52	Pax West Literature Discussion Tu 12pm	\$522	\$522	They Stopped In Time M 8pm		\$121
Friday Morning 12 Steppers 7am		\$75	Pax West Prayer and Meditation F 7am	\$130	\$130	Thursday Lunch With Bill 12p		\$21
Friday Smokeless F 8pm		\$149	Pax West Speaker Discussion M 12pm	\$997	\$1,885	Thursday Night Women's Th 630pm		\$471
Friendly Circle Beginners Su 715p	\$315	\$387	Pocket Aces Sun 7pm		\$490	Thursday Thumpers Th 7pm		\$300
Get Up and Go Thu 7am		\$27	Potrero Hill 12 x 12 M 630pm	\$53	\$162	Too Early Sa 8am		\$364
Girls Night Out W 815pm		\$120	Raising the Bottom W 8pm		\$477	Trudgers Discussion Su 7pm		\$180
Gold Mine Group M 8pm		\$136	Rebound W 830pm		\$79	Tuesday Big Book Study Tu 6pm		\$164
Gratitude Center Fellowship		\$15	Relapses Rebounds Retreads Winners Tu		\$5	Tuesday Downtown Tu 8pm		\$90
Haight Street Blues Tu 615pm		\$152	Rigorous Honesty Th 1205pm		\$337	Tuesday Night Lasses Step Study		\$176
Haight Street Explorers Th 630pm	\$123	\$300	Saturday Afternoon Meditation 5pm		\$202	Valencia Smokefree F 6pm		\$700
High Noon 5D		\$185	Saturday Beginners Sat 6pm	\$535	\$1,796	Wake Up On 3rd St Group		\$173
High Noon Friday 1215pm		\$83	Saturday Easy Does It Sa 12pm	\$377	\$862	Walk of Shame W 830pm	\$45	\$170
High Noon Monday 1215pm		\$276	Saturday Matinee SA		\$30	We Care Tu 12pm	\$142	\$262
High Noon Saturday 1215pm	\$342	\$753	Saturday Matinee Sa 2pm		\$68	Wednesday Noon Step Study 12p		\$510
High Noon Sunday 1215p		\$458	Saturday Night Regroup Sa 730pm	\$275	\$275	Wednesday Sunrise Smokefree 7am		\$60
High Sobriety M 8pm		\$92	Saturday Weekend Warrior Sa 830am		\$321	Weekend Update Su 615pm		\$175
High Steppers W 7pm		\$288	Say Hey Group T-F 6pm		\$100	Weekend Worker Sat 7am	\$120	\$210
Higher Power W 6am		\$5	Serenity House	\$150	\$1,050	West Portal W 8pm		\$189
Hilldwellers M 8pm		\$383	Serenity Now Tue 830p		\$167	Wharf Rats Th 815pm	\$178	\$230
Huntington Square W 630pm	\$103	\$236	Serenity Seekers M 730pm	\$795	\$1,004	What It's Like Now M 6pm		\$286
In The Solution Sa 9am		\$23	Shamrocks & Serenity M 730pm		\$702	Why Not Laugh Sat 6p		\$70
Joe and Charlie Tapes Fri 730am		\$48	Sharing Wisdom Sat 730am		\$16	Wits End Step Study Tu 8pm		\$88
Joys of Recovery Tu 8pm		\$18	Sinbar Su 8pm		\$99	Women's 10 Years Plus Th 615pm		\$697
Keep Coming Back Sa 10am		\$571	Sober Saturday Sa 830am	\$83	\$600	Women's Big Book Study Tu 1150am		\$80
Like A Prayer Su 4pm		\$180	Sobriety & Beyond W 730pm	\$75	\$354	Women's Came to Believe Sa 10am	\$145	\$555
Living Sober @ Gratitude Su 4pm		\$33	Sometimes Slowly Sa 11am		\$1,171	Women's Candlelight Thu 1150am		\$29
Living Sober with HIV W 6pm		\$208	Spiritual Awakenings SS M 730pm		\$33	Women's Kitchen Table Tu 630pm		\$253
Lush Lounge Sa 2pm		\$177	Step It Up Tue 6pm		\$50	Women's Promises F 7pm		\$1,082
Meditation, Prayer & Share Tue 730pm	\$145	\$145	Steppin' Up Tu 630pm		\$284	Work In Progress Sa 7pm		\$600
Meeting Place Noon F 12pm		\$260	Steps To The Solution W 715pm		\$377	YAHOO Step Sa 1130am		\$138
Mellow Mission Sunrise M 7am	\$54	\$54	Stonestown M 8pm		\$128	Young at Heart Sa 930am	\$60	\$129
Men's Gentle Touch M 7pm	\$252	\$429	Sunday Bookworms Su 730pm		\$23	Young People's BYOB Sat 7pm	\$123	\$123
Mid-Morning Support Su 1030am	\$623	\$873	Sun Morning Gay Men's Stag 930am	\$439		<b>San Francisco Total</b>	<b>\$13,716</b>	<b>\$66,383</b>
Miracle (Way) Off 24th St W 730pm		\$216	Sunday Night 3rd Step Group 5pm	\$360		<b>YTD</b>	<b>\$ 19,317</b>	<b>\$ 102,744</b>

# Profit and Loss Statement: June 2016

	Jun 16	Budget	Jan - Jun 16	YTD Budget		Jun 16	Budget	Jan - Jun 16	YTD Budget
<b>Ordinary Income/Expense</b>					<b>Paper Purchased</b>	\$ -	\$ 91	\$ 527	\$ 546
<b>Income</b>					<b>Payroll Fees</b>	\$ 9	\$ 10	\$ 49	\$ 60
Gratitude Month	\$ -	\$ -	\$ 3,205	\$ 7,575	<b>Phone Book Listings</b>	\$ 93	\$ 93	\$ 465	\$ 558
Group Contributions	\$ 10,697	\$ 13,750	\$ 84,719	\$ 80,300	<b>Postage</b>	\$ 247	\$ 108	\$ 563	\$ 648
Individual Contributions	\$ 3,137	\$ 3,722	\$ 27,975	\$ 22,332	<b>Printing</b>	\$ -	\$ -	\$ -	\$ 695
Newsletter Subscript.	\$ -	\$ -	\$ 33	\$ -	<b>Professional Fees</b>	\$ -	\$ 1,425	\$ -	\$ 1,425
Sales - Bookstore	\$ 6,883	\$ 8,387	\$ 44,412	\$ 50,322	<b>Rent - Office</b>	\$ 4,458	\$ 4,488	\$ 26,749	\$ 26,928
Intergroup Event Income	\$ -	\$ 2,304	\$ -	\$ 2,304	<b>Rent - Other</b>	\$ 180	\$ 85	\$ 495	\$ 510
<b>Total Income</b>	<b>\$ 20,717</b>	<b>\$ 28,163</b>	<b>\$ 160,344</b>	<b>\$ 162,833</b>	<b>Repair &amp; Maintenance</b>	\$ 240	\$ 269	\$ 1,440	\$ 1,614
<b>Cost of Goods Sold</b>					<b>Security System</b>	\$ 138	\$ 43	\$ 301	\$ 258
Cost of Books Sold	\$ 5,124	\$ 6,529	\$ 32,464	\$ 37,174	<b>Shipping</b>	\$ 406	\$ 283	\$ 1,873	\$ 1,702
Cost of Goods Sold	\$ 18	\$ 29	\$ 121	\$ 174	<b>Software Purchased</b>	\$ -	\$ 43	\$ 125	\$ 261
Credit Card Processing	\$ 328	\$ 350	\$ 2,344	\$ 2,270	<b>Telephone</b>	\$ 763	\$ 175	\$ 1,415	\$ 1,050
Inventory Adjustments	\$ -	\$ -	\$ 14	\$ -	<b>Training</b>	\$ -	\$ 44	\$ 39	\$ 260
<b>Total COGS</b>	<b>\$ 5,470</b>	<b>\$ 6,908</b>	<b>\$ 34,943</b>	<b>\$ 39,618</b>	<b>Travel</b>	\$ -	\$ 500	\$ 11	\$ 600
<b>Gross Profit</b>	<b>\$ 15,247</b>	<b>\$ 21,255</b>	<b>\$ 125,401</b>	<b>\$ 123,215</b>	<b>Total Expense</b>	<b>\$ 21,621</b>	<b>\$ 22,923</b>	<b>\$ 121,808</b>	<b>\$ 127,366</b>
<b>Expense</b>					<b>Net Ordinary Income</b>	<b>\$ (6,374)</b>	<b>\$ (1,668)</b>	<b>\$ 3,593</b>	<b>\$ (4,151)</b>
Merchant deposit fees	\$ 179		\$ 530		<b>Other Income/Expense</b>				
Committees	\$ -	\$ 38	\$ 30	\$ 273	<b>Other Income</b>				
Reconciliation Discrepancies	\$ -		\$ 64		Bag Fees	\$ 2	\$ 3	\$ 13	\$ 18
Bad Checks	\$ 12	\$ -	\$ 12	\$ -	Customer Shipping	\$ 357	\$ 296	\$ 2,104	\$ 1,770
Bank Fees	\$ -		\$ 5		Interest Income	\$ 44	\$ 42	\$ 269	\$ 248
Employee Expenses	\$ 13,849	\$ 13,474	\$ 79,003	\$ 80,294	Miscellaneous Income	\$ 70	\$ 30	\$ 250	\$ 180
Equipment Lease	\$ 816	\$ -	\$ 2,856	\$ 2,450	<b>Total Other Income</b>	<b>\$ 473</b>	<b>\$ 371</b>	<b>\$ 2,636</b>	<b>\$ 2,216</b>
Filing/Fees	\$ -	\$ -	\$ -	\$ 930	<b>Other Expense</b>				
Insurance	\$ -	\$ 560	\$ 2,488	\$ 1,890	Depreciation Expense	\$ 205	\$ 205	\$ 1,230	\$ 1,230
Intergroup Events	\$ 47	\$ 850	\$ 1,462	\$ 2,350	<b>Total Other Expense</b>	<b>\$ 205</b>	<b>\$ 205</b>	<b>\$ 1,230</b>	<b>\$ 1,230</b>
Intergroup Literature	\$ 14	\$ 35	\$ 40	\$ 210	<b>Net Other Income</b>	<b>\$ 268</b>	<b>\$ 166</b>	<b>\$ 1,406</b>	<b>\$ 986</b>
Internet Expense	\$ 154	\$ 135	\$ 896	\$ 810	<b>Net Income</b>	<b>\$ (6,106)</b>	<b>\$ (1,502)</b>	<b>\$ 4,999</b>	<b>\$ (3,165)</b>
Office Supplies	\$ 16	\$ 174	\$ 370	\$ 1,044					

## Treasurer's Report

For June 2016, total income (less the cost of goods sold) was under budget by \$5,849 compared to \$1,481 over budget in May. Both individual and group contributions were under budget by \$3,053 and \$585 respectively. Total expenses were \$1,303 under budget. Wages and salaries were \$459 over budget.

Unrestricted cash is down from May and enough to cover 1.5 months of operating expenses which is consistent with the last three months. The rating for June is "Good" for the third month in a row.

**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.

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

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

# June 2016 Balance Sheet

	Jun 30, 16	May 31, 16	\$ Change	Jun 30, 15	\$ Change
<b>ASSETS</b>					
<b>Current Assets</b>					
Checking/Savings					
Restricted Cash	\$132,769	\$132,726	\$43	\$192,326	-\$59,557
Unrestricted Cash	\$28,537	\$35,778	-\$7,241	\$20,146	\$8,391
<b>Total Checking/Savings</b>	<b>\$161,306</b>	<b>\$168,504</b>	<b>-\$7,198</b>	<b>\$212,472</b>	<b>-\$51,166</b>
Accounts Receivable					
Accounts Receivable	\$4	\$16	-\$12	\$3	\$1
<b>Total Accounts Receivable</b>	<b>\$4</b>	<b>\$16</b>	<b>-\$12</b>	<b>\$3</b>	<b>\$1</b>
<b>Other Current Assets</b>					
Inventory - Bookstore	\$18,055	\$22,636	-\$4,581	\$24,833	-\$6,778
Prepaid Literature Orders	\$6,916	\$4,952	\$1,964	\$1,815	\$5,101
Undeposited Funds	\$1,145	\$365	\$780	\$679	\$466
<b>Total Other Current Assets</b>	<b>\$26,116</b>	<b>\$27,952</b>	<b>-\$1,836</b>	<b>\$27,328</b>	<b>-\$1,211</b>
<b>Total Current Assets</b>	<b>\$187,426</b>	<b>\$196,471</b>	<b>-\$9,045</b>	<b>\$239,802</b>	<b>-\$52,376</b>
<b>Fixed Assets</b>					
Comp. and Off. Equipment (Net)	\$1,029	\$1,069	-\$40	\$1,617	-\$588
Leasehold Improvements (Net)	\$14,914	\$15,079	-\$165	\$16,894	-\$1,980
<b>Total Fixed Assets</b>	<b>\$15,942</b>	<b>\$16,147</b>	<b>-\$205</b>	<b>\$18,510</b>	<b>-\$2,568</b>
<b>Other Assets</b>					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
<b>Total Other Assets</b>	<b>\$6,698</b>	<b>\$6,698</b>	<b>\$0</b>	<b>\$6,698</b>	<b>\$0</b>
<b>TOTAL ASSETS</b>	<b>\$210,066</b>	<b>\$219,316</b>	<b>-\$9,250</b>	<b>\$265,010</b>	<b>-\$54,944</b>
<b>LIABILITIES &amp; EQUITY</b>					
<b>Liabilities</b>					
<b>Current Liabilities</b>					
Accounts Payable					
Accounts Payable	-\$483	\$3,976	-\$4,458	\$0	-\$483
<b>Total Accounts Payable</b>	<b>-\$483</b>	<b>\$3,976</b>	<b>-\$4,458</b>	<b>\$0</b>	<b>-\$483</b>
<b>Other Current Liabilities</b>					
Direct Deposit Liabilities	\$876	\$0	\$876	\$0	\$876
Payroll Liabilities	\$3,942	\$3,749	\$193	\$3,892	\$50
Sales Tax Payable	\$618	\$533	\$84	\$580	\$37
<b>Total Other Current Liabilities</b>	<b>\$5,436</b>	<b>\$4,282</b>	<b>\$1,154</b>	<b>\$4,472</b>	<b>\$964</b>
<b>Total Current Liabilities</b>	<b>\$4,953</b>	<b>\$8,258</b>	<b>-\$3,305</b>	<b>\$4,472</b>	<b>\$481</b>
<b>Long Term Liabilities</b>					
Supplemental Compensation	\$0	\$0	\$0	\$60,167	-\$60,167
<b>Total Long Term Liabilities</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$60,167</b>	<b>-\$60,167</b>
<b>Total Liabilities</b>	<b>\$4,953</b>	<b>\$8,258</b>	<b>-\$3,305</b>	<b>\$64,639</b>	<b>-\$59,686</b>
<b>Equity</b>					
Net Assets	\$199,954	\$199,954	\$0	\$214,601	-\$14,647
Net Income	\$5,159	\$11,105	-\$5,946	-\$14,230	\$19,388
<b>Total Equity</b>	<b>\$205,113</b>	<b>\$211,058</b>	<b>-\$5,946</b>	<b>\$200,371</b>	<b>\$4,742</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$210,066</b>	<b>\$219,316</b>	<b>-\$9,250</b>	<b>\$265,010</b>	<b>-\$54,944</b>

*Continued from Page 15*

It would be good to see areas of opportunity to reach newcomers who are browsing the site. Issues of privacy and security could be addressed, particularly anonymity. Michael said that we have about 32K hits per month, for just over two minutes, mostly to look up meetings. There should be more emphasis on the meetings map. Better technological communication possibilities? The site looks a

little old-fashioned with a lot of content; not very streamlined. After the reports were finished, Matt asked for a show of hands and several people are interested in being part of the web committee.

The meeting adjourned with the Responsibility Statement at 8:30pm.

Next Intergroup Meeting: Wed. Sept 7, 2016, 7pm, 1187 Franklin St. SF 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 C.	Pat P.	Stephen S.
Mary D.	Patrick S.	Steve A.
Mary L.	Paul K.	Steve F.
Maryellen O.	Peggy H.	Steve G.
Matt S.	Pene P.	Susan C.
Michael F.	Penelope C.	Suzanne C.
Michael P.	Pete F.	Tara S.
Michael W.	Rachel G.	Teddy W.
Michael Z.	Robert C.	Theresa M.
Michele F.	Robert W.	Thomas H.
Michelle C.	Ron H.	Thomas M.
Mike M.	Ryan D.	Tim Mc.
Mily T.	Saida S.	Timothy F.
Molly S.	Scott C.	Tom S.
Nancy N.	Sean B.	Tomas L.
Nicholas P.	Sean C.	Tony R.
Niels R.	Sean M.	Tripp Mc.
Norine T-M.	Sheila H.	
Pam K.	Stephen N.	

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# September 2016

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