

# the Point

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

2016 **10**  
October

from Chapter Five of the book, Alcoholics Anonymous

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship  
of Alcoholics Anonymous

1821 Sacramento Street  
San Francisco, CA 94109-3528

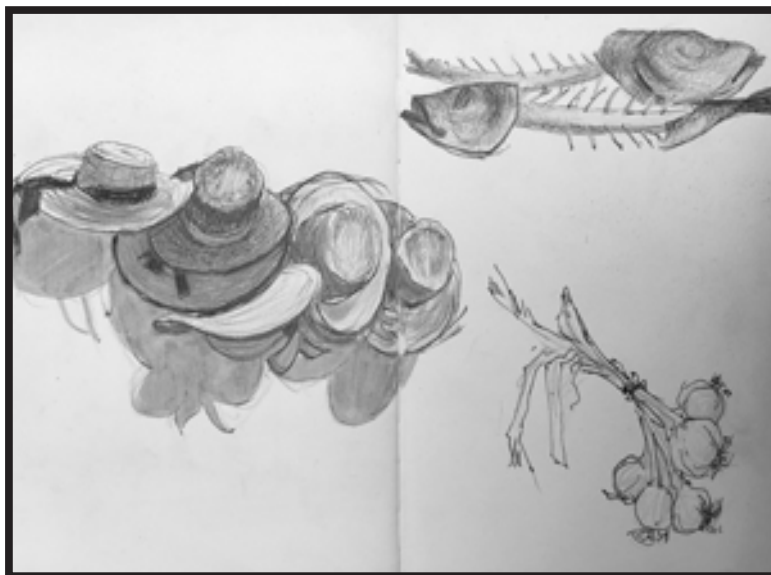
San Francisco (415) 674-1821

Marin (415) 499-0400

Fax (415) 674-1801

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

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



"If anyone can...drink like a gentleman, our hats are off to him. Heaven knows, we have tried hard enough and long enough to drink like other people!" ~Bill W.

## Hats Off

- 7 The Tenth Step Acid Test
- 8 Intuition
- 9 Expect Miracles
- 10 Change is a Process, Not an Event

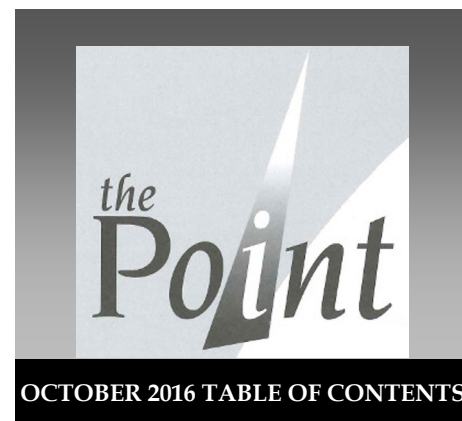
The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of 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 Diane O.

# October 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> 			
2	<b>3</b> <b>FIRST MON</b> <b>Technology Committee Meeting</b> Central Office 6pm	4	<b>5</b> <b>FIRST WED</b> <b>Intergroup Meeting</b> 1187 Franklin St, SF <b>Orientation 6:15pm</b> <b>Meeting 7pm</b>
<b>9</b> <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>	<b>10</b> <b>SECOND MON</b> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC)</b> Central Office <b>Speaker Workshop 6pm</b> <b>Business Meeting 7pm</b>	<b>11</b> <b>SECOND TUE</b> <b>Marin H&amp;I</b> 1360 Lincoln Ave, San Rafael 6:15pm <b>SF General Service</b> 1111 O'Farrell St <b>Orientation / Concept Study / BTG 7pm</b> <b>Business Meeting 8pm</b>	<b>12</b> <b>SECOND WED</b> <b>Marin Bridging the Gap</b> 1360 Lincoln Ave, San Rafael <b>Orientation 6pm</b> <b>Business Meeting 6:30pm</b>
<b>16</b> <b>THIRD SUN</b> <b>Archives Committee Meeting</b> Central Office 2pm <i>Business meeting followed by work day</i>	<b>17</b> <b>THIRD MON</b> <b>SF Teleservice</b> Central Office <b>Business Meeting 6pm</b> <b>Orientation 6:30pm</b> <b>Marin General Service</b> 9 Ross Valley Rd, San Rafael <b>Orientation / Concept Study 6:45pm</b> <b>Business Meeting 7:30pm</b>	18	19
23	24	<b>25</b> <b>FOURTH TUE</b> <b>Marin Teleservice</b> 1360 Lincoln Ave, San Rafael <b>Orientation 7pm</b> <b>Business Meeting 7:30pm</b>	26
30	31		

THURSDAY	FRIDAY	SATURDAY
		1
6	7	8 <u>SECOND SAT</u> The Point Committee Meeting Central Office 12:30pm
13	14	15 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm (odd months have a business meeting)
20	21	22 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am
27 <u>FOURTH THU</u> Marin Public Information / Cooperation with the Professional Community (PI/CPC) 1360 Lincoln Ave, San Rafael Business Meeting 7pm	28	29



Calendar	2
Meeting Changes	4
From the Editor	5
Letters to the Editor	6
Whose Job is it Anyway?	6
The Tenth Step Acid Test	7
Intuition	8
Expect Miracles	9
Change is a Process, Not an Event	10
Central Office's 70th Anniversary	11
The Importance of Calvary Mission	12
On Tradition 10	13
Intergroup Meeting Summary	14
Group Contributions	16
P&L / Treasurer's Report	18
Balance Sheet	19

*In the nick of time, and by God's grace, each of us has been enabled to develop a growing sense of the meaning and purpose of...life.*

"Again at the Crossroads"  
A.A. Co-Founder, Bill W.  
November 1961



## Meeting Changes

### New Meetings:

M-F 12:00P Cathedral Hill Lunch with Bill, 1187 Franklin St / Geary Blvd

### Meeting Changes:

M-F	12:10P	SF State	Sober at State, 1650 Holloway Ave / Arellano Ave; SFSU-Cesar Chavez Student Union
Tue	10:30am	Corte Madera	Women's Big Book, 5461 Paradise Dr / Verona Pl; was located at 2 Tamalpais Dr, Corte Madera: Holy Innocents Church
Thu	10:00am	Corte Madera	Living Sober Ladies, 5461 Paradise Dr / Verona Pl; was located at 2 Tamalpais Dr, Corte Madera: Holy Innocents Church
Fri	10:30am	Corte Madera	Women's 12x12, 5461 Paradise Dr / Verona Pl; was on Wed and at 2 Tamalpais Dr, Corte Madera: Holy Innocents Church
Sat	50:30am	Corte Madera	Upon awakening Group, 649 Meadowsweet Dr / Sausalito St; reads stories from the Big Book

**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!*

**The 20th Annual**  
**DRUNKS ON DISPLAY**  
 Saturday  
 October 22nd  
 5pm To 9pm

Tap into some fellowship!  
 Hosted by Artists & Writers  
 (Friday 6:30pm AA Meeting)  
 1350 Waller Street San Francisco  
 Suggested Donation: \$5 - \$10  
 No one turned away for lack of funds  
 \*All proceeds go to AA Central Office!!

**AUDITIONS**  
*I am Responsible*  
 A new two act play

Intercounty Fellowship of Alcoholics Anonymous  
 serving San Francisco and Marin Counties

Subscribe to  
*The Point*  
 \$12.00 per year — 12 issues!  
[www.aasf.org](http://www.aasf.org)  
 or  
 Mail your check:  
 Central Office and request your subscription to *The Point*  
 1821 Sacramento Street, San Francisco, CA 94109  
 Make check payable to:  
 The Intercounty Fellowship of A.A.

## From the Editor

### In the Nick of Time

*In the nick of time, and by God's grace, each of us has been enabled to develop a growing sense of the meaning and purpose of...life.*

"Again at the Crossroads"  
A.A. Co-Founder, Bill W.  
November 1961

Like Bill says, my recovery happened "in the nick of time." In 1988 my eyes were turning yellow, implying imminent liver shutdown. Short term memory was a thing of the past, DTs were daily, and couch-surfing reduced all my worldly possessions to fit into a banker's box. After Palm Avenue Detox and a recovery house stopped me short of oblivion, gifted sponsors carried me through 12 steps. Today service to the community helps keep me on the right path. My alcoholic arrogance is muted and even occasionally humbled by the grace of everything I've been given as a result of these steps: A new life, a family and a livelihood—with more purposes still to be revealed.

Remembering her own personal crossroads, Clare A. describes a process

of change and emotional growth. Her inventories uncover the anger buried in denial, and slowly but surely her program becomes stronger. Elsewhere in this issue, Mark S. rhapsodizes about the everyday miracles he sees in our lives. Rick R. muses on the 10th Step framework in his life, while an anonymous member uses file cabinets as metaphors for stored mental knowledge (good to put the solutions at the front of the drawers). Peter M. reminds us of the larger framework that makes all of our meetings possible and drops hints about our A.A. Central Office's 70th Anniversary celebration next year.

Bob S. underscores the importance of Ebby's Calvary Mission to the founders of A.A. in his history recap. Bill W. reminds us we must stick together to save our own lives as Ken J. points out in the 10th Tradition article. As Bill also wrote, "The answers will come, if your own house is in order." We wish you the joys of discovering fulfillment through fellowship.

#### 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:

Aaron H.	David J.	Joshcelyn J.
Alejandro D.	David S.	Joshua B-C.
Alex L.	Dianne E.	Jules W.
Alex R.	Don L.	Julie P.
Allison M.	Don N.	Karen and Stephen R.
Ami and Nick H.	Ed K.	Karen C.
Amy Mc.	Eileen M.	Karen K.
Andrew Z.	Emily C.	Karla S.
Anonymous	Erin S.	Kate R.
Barbara L.	Esther R.	Kathleen C.
Barbara M.	Fay K.	Kim D.
Becca M.	Forrest P.	Kurt C.
Ben H.	Frederick D.	Kurt P.
Ben W.	Gabrielle J.	Lance S.
Beth N.	Garret L.	Laura B.
Bharanidharan A.	George S.	Laura W.
Blu F.	Gerardo R.	Lauren H.
Brian C.	Gilbert G.	Lavon T.
Bruce K.	Gladys G.	Layne S.
Bruce S.	Hank B.	Layne Z.
Bruce W.	Henry P.	Lelan & Rich H.
Bruce Z.	Herman B.	Leo G.
Caroline A.	Hilary M.	Leo H.
Cathy P.	James P.	Linda Kay D.
Charley D.	Jane B.	Linda L.
Charlie S.	Jane K.	Linda R.
Chip G.	Janelle P.	Lisa M.
Chris B.	Janet B.	Lisa T.
Chris L.	Jason B.	Liz M.
Chris S.	Jay F.	Lucy & Dennis O.
Chuck S.	Jeanne C.	Lucy T.
Claudia C.	Jeffery K.	Lynn D.
Clayton M.	Jerry M.	Lynne L.
Constance C.	Jim C.	Mabel T.
Craig S.	Joanne S.	Magdalena S.
Dale B.	John B.	Mana F.
Dan B.	John C.	Marc F.
Daniel M.	John G.	Marin Fellowship
Danielle G.	John V.	Marit L.

(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!*





## That Annoying Chart

I'm a member, and an avid reader of *The Point*—thanks for your service.

I'm writing you to let you know of an annoying piece of news that crops up every now and then which you have bounced in this month's *Point*: That members in 1985 and members in 2015 still give only a dollar per meeting.

We all know the number of members has quadrupled and dollar amount donated has also gone up dramatically. However, the fact remains that costs are outpacing donations, but by how much? Most members aren't privy to income statements of NY Central Office, the California Coastal Committee (whatever the hell that is) and so on.

We A.A.'s should be less cagey about our finances. Twenty-four years in A.A. and still members don't know where the money goes and who needs what.

Just a thought.

Thanks again for last issue of *The Point*. It is really great.

Steve B.

Steve,

*Thank you for your email regarding a recently published item in the August issue of The Point. "Just A Thought" was not intended to annoy or offend our readers. It is just a perspective to get the Fellowship to think. Our tradition of self-support does require the mixing of money and spirituality. As the Intergroup of San Francisco/Marin does not participate in fundraising, we rely on literature sales and group/individual donations.*

*The Point publishes the monthly and YTD Balance Sheets, Profit and Loss*

*Statements and Group Donations to keep the Fellowship informed.*

*Our membership has definitely increased dramatically since 1985, and meetings have multiplied significantly. In my 31 years I've watched many people increase their donations. But I have also seen an increasing number of members who don't even participate in the 7th Tradition. Serving as group treasurer many times over the years has allowed me to see the changes. Group expenses have risen, and group donations have been affected as well.*

*As repeated announcements during the 7th Tradition sometimes fall on deaf ears, providing an alternative manner of disseminating the information is simply a way to maintain the concept of self-support.*

*Thank you for your support of The Point.*

*Associate Editor Ken J.*



BEING  
OF  
SERVICE

## Whose Job Is It Anyway?

### From AA Comes Of Age

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was asked to do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Let's talk service. When was the first time you collected dirty coffee cups, volunteered to be GSR or offered to

pick up a cake for someone's birthday? It has come to my attention one more time that it would be wonderful if there was some way we could get more people involved in A.A. service. We all know that "When it comes to survival for Alcoholics Anonymous, nothing short of our very best will be good enough." Many of us, however, never put our hand up to volunteer for service—even in our home group.

### *Let's give A.A. service a chance*

We get a lot out of the meeting, like people, feel supported, drink the coffee

and eat the birthday cake that someone else made, and have been going there for a long time. What is it that keeps us from volunteering for service? Can we forever in our sobriety expect others to do everything to keep the Fellowship going so that A.A. is there for our children if needed? What goes through our heads to justify this kind of "let somebody else do it" behavior? Maybe we were a volunteer in a past life and something went wrong. Does that mean we must never volunteer for anything again? Let's give A.A. service a chance and get even more satisfaction out of our sobriety. "Eager ears and hands have lifted the spire of our cathedral into its place."



# The Tenth Step Acid Test

*No time to rest on our laurels*

by Anonymous

Each of our steps takes a certain amount of thoroughness but for most of the steps, it seems we will be working on them for the rest of our lives. The steps involve practicing principles that we have incorporated into our day-to-day living experiences, and after the Ninth Step has been given due diligence, we can go on to the Tenth Step. This is not the time to rest on our laurels.

Having put a little time between us and our last drink required a lot of effort, so it would be a shame to lose interest in the growing process at this time. My ego is always ready to move right into those empty spaces.

*The more I live by proven principles, the less mistakes I make*

My approach to Step 10 was confusing at first. I thought I was going to be running around with a clipboard for the rest of my life, and I didn't like the idea of credit and debit lists or penciling out things. I tried it for awhile, and I still didn't like it. I couldn't see monitoring myself on every verbal transaction and running around apologizing to everyone that I may have made a mistake with. That was my first impression of Step 10.

What I discovered was that the Tenth Step is a framework for the upkeep and maintenance of all of the previous nine steps. As I incorporated those principles into my value system, I became aware of my mistakes. It became easier and easier for me

simply because the more I live by the step's unselfish, proven principles, the less mistakes I make—and the easier it became to right those mistakes on the spot. When I first heard the term “cash register honesty,” it meant more to me than just being honest with a cashier. It meant I had to stop taking advantage of everyone. That's a principle to live by.

*At the market, I'll return a stray cart to the rack*

Since I started on this journey I have wanted to be free of all of the sick feelings I had about myself and, at first, I couldn't find anything in the Big Book or the 12&12 that I could sink my teeth into. The one thing that came close was the term “sins of omission,” but that was too direct.



I was looking for a broader term to cover the things I was unaware of. All of my life, under a mountain of misdeeds and inappropriate behavior, lurked the word neglect. I don't think I ever saw it addressed as all of the

other major defects are, but it was major for me. I discovered it in the process of doing the Tenth Step.



In order to set the tone for my day-to-day activities, I start by making my bed when I get up in the morning. By doing this I am making a statement that I won't be neglectful, irresponsible or lazy. If I am at the market, I'll find a stray cart and return it to the rack, just to make up for all the times I pushed a cart into the flower bed and fled. The acid test is how diligent I am at continuing these exercises in selflessness until they become second nature. You may have your own way of giving back to make it right.

These things cost nothing, but if I'm willing to do them, it's a cinch I won't be ripping anyone off today. It helps to have a clear conscience and it may be what a good role model should be doing. I want to be quick to address my mistakes, for we know that nobody's perfect. I don't want to miss the spiritual boat. Now it all comes down to going through each day without doing anything I regret—that's the acid test.



# Intuition

*The answers are there*

by Rick R.

We will intuitively know how to handle situations which used to baffle us (*Alcoholics Anonymous*, pg. 84). How many times in your life have you been faced with a decision and you didn't know what to do about it, then a day and a half later, you awakened in the middle of the night, sat up in bed, and said to yourself, "A-ha," and went right back to sleep? Somehow the answer came to you without having to go through days of research.

## *It doesn't get any simpler than the mental file cabinet theory*

In the early '70s I was going through a course about human behavior and the instructor was trying to describe how the brain functions. He explained that the human brain has approximately 10 billion cells, and that we only use about one billion of them. He then explained that these cells store everything that we experience in our lifetime. The more current events are easier to remember than the things that are off in the distant past but they are all in there somewhere. He then likened it to a file system where, if you ask a question, the more current answers come immediately, but for those more distant memories the brain starts searching the files and it may take a while but eventually the answers will come.

With all of the mental chaos that we bring with us when we come to Alcoholics Anonymous, we first have a lot of, what I refer to as,

"unlearning" to do. We go through the process of trying to rid ourselves of the alcoholic thinking and to replace it with sound principles and values. If we are fortunate enough to buy in completely and do a thorough job of house cleaning, so to speak, we can start to use the ideas that we hear of, that others have used successfully and we begin to get some pretty good results. We may hear as many as 20 or 30 people share at any given meeting. Can we remember everything we hear?



To me the answer is yes. I could come up with a dozen boilerplate A.A. clichés about how the answers come to me but it doesn't get any simpler than the mental file cabinet theory. Sometimes it seems to me that I am learning even when I'm not even listening and it's like getting it through osmosis. If you have ever heard of the police trying to get a witness to remember a license plate number by hypnotizing that person, you understand what I mean. It's in the subconscious mind and there is a curtain-like screen between the conscious and the subconscious mind. This is what

keeps us from going mad with the "busyness" of it all.

## *Many of the answers that I am seeking are right in front of my face*

I never underestimate the capacity of my mind when it comes to problem solving. Attending A.A. meetings on a regular basis and interacting with the people who have had similar experiences and have found similar solutions to their problems gives me a very encouraging outlook for the future. Many of the answers that I am seeking are right in front of my face and some are deeper in the file cabinet. Most of the time, when faced with a dilemma that is causing me any kind of distress, I refer back to my simple request of my higher power: God, please show me what to do, and please give me the strength to do it. I don't do to well on my own. It's surprising how often I awaken in the middle of the night, sit up in bed, say a-ha, and go back to sleep again. It seems that, intuitively, the answers come.

## Contributors Wanted

*ThePoint@aasf.org*



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





# Expect Miracles

*You can see them throughout  
your life if you look*

by Mark S.

What else should you be doing? First, if you are reading this you have already lived at least two miracles: First, you were born. Second, you are at least thinking about giving recovery a try (or else why would you be here?). When I talk about the miracle of birth, it is from a political position. It is about mathematical probability. In order for you to have been born, the entire universe had to first exist, and the two persons whose DNA you would inherit would have to be born, then survive, then meet, then get together at least long enough to have sex once, and then have you survive birth. Wow. What are the odds? Hey, there are three billion other people who were also as fortunate to experience this miracle as well, but that does not make it any less special. It's a big universe after all.

## *What are the odds?*

Second miracle: Somehow you tried your best to kill yourself with alcohol, and who knows what else, and then one day the thought occurred: "Maybe I ought to stop." Or, the law finally said, "You gotta stop," and this time you said, "Maybe." Consider for a second how ego driven you and I are. We are the greatest things ever, especially if you consider all that miracle stuff described above.

Consider how many times someone suggested that we may have a problem when it was blatantly obvious. People suggested what we could do to better ourselves, yet we scoffed and thought we had a better idea. Consider how many times our actions led to the end



of relationships, fights with family, sociopathy, and a lot of times almost to our deaths. Now consider for a moment you somehow got this publication in your hands. Sure, maybe you picked it up off the floor somewhere random, and you don't really drink that much. What are the odds?

I'm guessing if you have this open to this page, you may be starving for something different from the same old thoughts. And as it turns out this little rag talks about something you can relate to—despair, fear, dishonesty, shame, powerlessness. And it gives you hope, at least a little light that you aren't completely alone. What's the point of all of this? Well, as exemplified above, no matter how you slice it, at least two miracles have happened in your life. I'm betting more than that, but that's for you to know.

So why not more? What if for the first time in your life, you could imagine that there are going to be more miracles? How about someone else's birth? Or, maybe more inconceivable, some-

one else's salvation. Or maybe even the incomprehensible — yours. That's right. Your salvation from a life of drinking, drugging, and feeling horrible all the time could be over.

## *One day the thought occurred: "Maybe I ought to stop"*

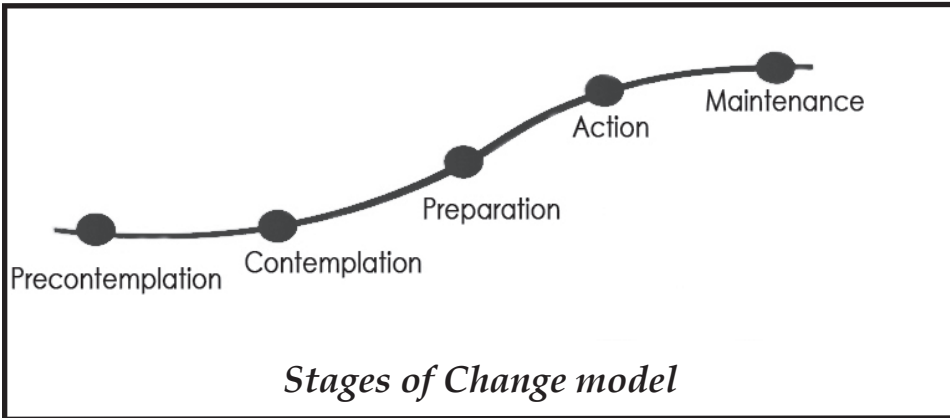
The program of A.A. suggests the idea that through service, we can find peace. Through helping others, we can be relieved of our guilt and fear. If that happened to you, would you not consider that a miracle?

It sounds amazing doesn't it? The idea that doing the things that were always so hard — listening to others, helping others, taking help from others — could be the way to have a full life. If you show up for the program, the program will show up for you. Not through your demands, but through the direct result of your actions, and giving up on old ideas. The first one to give up being: That there are no miracles.



# Change is a Process, Not an Event

*The race is not always to the swift*



by Claire A.

How true this title's catch phrase is for me. I also find that I don't even notice change. Usually what I notice is how uncomfortable I am because I'm not changing fast enough! It's only when my sponsor points out how far I have come that I realize I have actually changed.

I'm reminded of that "Stages to Change" model: Precontemplation, Contemplation, Determination / Preparation, Action, and Maintenance. As dry as it is, that model shows clearly that change takes time, and is not an event.

Sometimes, I feel myself change in the sense that awareness dawns. Just this morning, for example, I looked up the word "forgive" with my sponsor. I had no idea what that word meant, stuck on the two words "for" and "give" and utterly confused. When I saw the definition: "let go of anger or blame" my mind was blown and I felt like a door had opened. Maybe that was a tiny increment of change.

But truly changing? Giving up old character defects, habits that "worked" in our old drinking life—that takes time. It takes prayer, willingness, practice, and more prayer, lather, rinse, repeat.

It's easy for me to get impatient with change. I want things instantly. When I was drinking and I couldn't handle how I felt, drinking helped me to wipe out uncomfortable feelings. Sad? Drink. Happy? Drink! Angry? Why, drink, of course! It felt like a solution, and for a short time, it dulled the pain. Of course, the pain didn't go away, and the pile of pain just grew and intensified as now I not only had the original pain, but also the remorse, the shame, the errors made while drinking and the hangover. I was finally sick and tired of being sick and tired.

When I came into the program, it felt to me like a lot of changes were happening immediately. I stopped drinking one day. I started working with a sponsor another day. I started going to meetings, and hanging around with a whole different crowd of people. I started having a lot of spare *time*. That was especially weird.

The changes in myself, though, were a process. Even before I could contemplate change, I had to realize what was wrong with me. I came into the program all turned around. I was blaming others for my problems, taking responsibility for other people's problems, beating myself up, judging everyone. What a mess. Working the Fourth Step helped me to sort this out, and it was the beginning of real change.

Step 4 helped me see where my responsibilities actually lay. It helped me to see how very angry I was. I was burying anger under denial. And I was afraid; fear permeated everything. It helped me to see reality: what was actually happening in my life. Until I did that, there was simply no hope of healing. Until I shared it with my sponsor, I couldn't really make sense of it, or know what to do next. Step 5 was really where I saw my character defects in black and white.

## *I came into the program all turned around*

Then of course, working the next steps began the slow, slow process of change. It has been slow but I feel in my heart that my roots are in firm soil. And I'm reminded of a lovely quote I encountered in the Al-Anon text *Courage to Change*:

*"Remind me each day that the race is not always to the swift; that there is more to life than increasing its speed. Let me look upward into the towering oak and know that it grew great and strong because it grew slowly and well."* ~ Orin L. Crain

# Celebrating Central Office's 70th Anniversary in January 2017

by Peter M.

Our local A.A. fellowship and San Francisco Central Office played an important part in the early days of Alcoholics Anonymous and the growth of our fellowship as a whole. For example, Bill W. visited the Bay Area several times in the late 1940s and early 1950s to provide leadership to the local fellowship and, specifically, in 1951 to receive the prestigious Lasker Award on behalf of Alcoholics Anonymous at the Opera House in San Francisco. The Lasker Award was presented by the *American Journal of Public Health* and an incredible honor for Alcoholics Anonymous which at that time was only 15 years old, but already being recognized for its achievement. A.A.'s history and also the important 12th Step work that Central Office has made possible since 1947 deserve our recognition and celebration.

Plans are forming for the 70th Anniversary of Central Office, and everyone's invited to participate and help make this a great event! January 2017 will be the 70th Anniversary, and the Fellowship and Archives Committees are leading the efforts to organize and plan this event. The location of the event will be at the Strawberry Recreation Center in Marin; plans are for the last Saturday in January 2017.

The last two anniversary events took place in 2007 and 2012 and were not to be missed by anyone with an interest in our local fellowship and our history. Long-timer panels

lengths of sobriety and strong connections to Central Office and A.A. service were the highlights of those nights. The schedule of events for January 2017 should be equally compelling. Previous participants included Jack G. and Barbara M. each with over 50 years of sobriety. Jack G. helped organize Young People's events in the 1960s, and Barbara M. has shared her wonderful memories of the beginnings of our fellowship from the late 1950s. Another very welcome long-timer participant at previous anniversary events has been Herman B. who continues to be an active and essential member of Central Office service committees. At this time, it isn't certain they will be in attendance, but we hope they will be able to join in the celebration in 2017.



Central Office needs your help in preparing for this event and there are different ways to get involved. The Archives Committee is helping to prepare a commemorative booklet to be available at a nominal cost at the event in January 2017. You and your group can help by providing

information about the history of your group, stories of Central Office, and how the fellowship in San Francisco has helped to support your sobriety. Any stories and memories or questions can be sent to **70thanniversary@aasf.org**.

The Archives Committee is always eager to receive group histories from your group, but this 70th Anniversary celebration is a fantastic opportunity for us to gather information that will be useful for us to document our local history going forward. Celebrating our groups and the service that Central Office has provided since 1947 will be a main focus of the January 2017 anniversary event. The Fellowship Committee is planning to organize the seating at the January 2017 celebration by Home Group, and Home Groups will be encouraged to reserve entire tables to allow members to sit together during the evening's festivities. The Fellowship Committee will be looking for help from volunteers as well, and they can be reached at **fellowship@aasf.org**.

Finally, please keep checking back with the Central Office website, **www.aasf.org**, The Buzz and *The Point* for more information on the plans for this great 70th Anniversary event in January 2017! This is your event and the input of you and your group is valued and a key to making this event a success!



**Saturday, January 28, 2017**  
**Location in Marin TBD**  
**Stay tuned...**





## HISTORY OF A.A.

# The Importance of the Calvary Mission

*It had an influence on Ebby who influenced Bill*

by Bob S.

Without the Calvary Mission (1926-1936) Alcoholics Anonymous might never have started. First of all, alcoholic pre-A.A. founder (who never joined A.A.), Rowland Hazard, had been an Oxford Group member since returning to New York from his first treatment with Dr. Carl Jung in 1926—the Oxford Group had their meetings in the Calvary Parrish House adjacent to the Calvary Church and the mission was only a few blocks away.

But Rowland, although a good churchman, stayed sober with the Oxford Group Absolute and their 28 tenets only sporadically. In June through September of 1931, the Hazards and their four children aged 11 to 20 toured Europe. They went to England, France and Italy, and Helen and Rowland apparently visited Switzerland without the children. There would have been time for a brief visit to Jung, although whether such a visit occurred is unclear. All indications are that Rowland was neither drunk nor depressed at the time, and it would be difficult to imagine Helen traveling to Europe with him if he had been. Rowland and Helen may simply have wanted to tell Jung about their happy ending.

Eventually Rowland received treatment from Courtney Baylor of the Emmanuel Movement which provided a suitable background to help a patient who had both Jungian and Oxford Group/Buchmanite leanings. Sam Shoemaker once described Samuel McComb, who had trained Baylor at Emmanuel Church, as a man “whose

skill at helping people in religious need makes him one of the marked religious forces of our day.” The Emmanuel Movement placed more value on psychotherapeutic concepts than the Oxford Group, and lacked the Group’s evangelical tone.

Rowland was only sporadically sober and never lived at the mission. Yet he carried the Oxford Group message to Ebby Thatcher in 1934 and convinced Ebby to become part of the mission staff as a member of the Brotherhood of Twelve, helping residents to pray their way into sobriety via a special Oxford Group style of surrender. Ebby, reportedly, was a very good listener and had a likeable personality, doubtless beneficial to resident alcoholics.

*Bill visited the mission,  
albeit in a drunken state,  
just to see what was what*

Through visits to his long-standing friends on Wall Street (he had once worked in an Albany brokerage office) Ebby learned of his old schoolmate Bill Wilson’s desperate drinking problem. Part of the Calvary Mission program was to carry the Oxford Group message to other alcoholics, so, on a bleak November day of 1934 he made a bee-line to Bill’s home in Brooklyn Heights. A description of their “kitchen table” conversation can be found on page nine of the Big Book. Though Bill stated that at the time he thought his gin would outlast Ebby’s preaching—it did not! A few days later, Bill visited the mission, albeit in a drunken state, just to see what was what. Shortly



*Calvary Mission vintage poster*

thereafter, Bill Wilson finished his final bottle of beer at the entrance of Towns Hospital: December 11, 1934.

Upon leaving the hospital on December 18, a week before Christmas, Bill started attending Oxford Group meetings and bringing ex-sots from the mission to his beautiful home offering food and prayer in effort to “fix” their alcoholic problem. The first few got drunk—as a matter of fact they all got drunk for the next five months! But Bill, forgetting his Wall Street dreams, charged ahead like an unstoppable steam roller. Although they all got drunk, as his faithful wife reminded him: he stayed sober...and this lasted till he met Dr. Bob—and then continued for a lifetime!



# T raditions

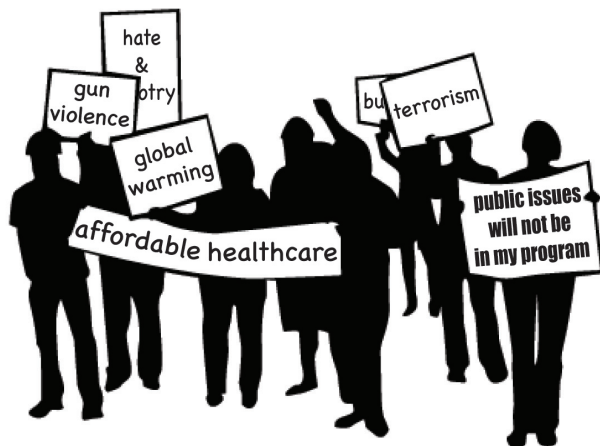
## On Tradition Ten

*“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”*

*Editorial by Bill W.*

A.A. Grapevine, September 1948

No A.A. Group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one. Concerning such matters they can express no views whatever.



To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

*We must hang together or die*

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever? If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our A.A. Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our 10th Tradition, for it deals with the subject of controversy — serious controversy.

On the other side of the world, millions have not long since died in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, “You must do as we say, or else.” Political controversy and reform by compulsion has reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we

must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

### *The acid test of our worth*

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our brother [and sister] alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.



**A.A.'s Tradition 10 is as solid as the Rock of Gibraltar**

# Intergroup Meeting Summary—September 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>	Sunday Night Corte Madera	Came to Park	Extreme Makeover: Women's SS	Sometimes Slowly
Friday Night Book	<b>SF Groups</b>	Cocanuts	Girls Gone Mild	Sunset 9ers Tu
Girls Night Out	A is for Alcohol	Cow Hollow Young People	High Noon M	Too Early
Men's Two Plus	A Place to Call Home	Creative Alcoholics	Join the Tribe	Women's Promises
Mill Valley	Beginners Warmup	Embarcadero Group	Reality Farm	
Monday Night Stag Tiburon	Big Book Basics	Eureka Step	Saturday Beginners	
On Awakening	Blue Book Special	Experience, Strength & Hope	Serenity Seekers	

This is an unofficial summary of the September 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 Wednesday, September 7, 2016 at 1187 Franklin St., San Francisco, CA.

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

## Officer Reports

**Board Chair**, Chris H. The Board retreat is scheduled for September 25. Volunteers are needed for SF Unity Day on October 1. The Board is considering the purchase of a new door at Central Office for security purposes.

**Treasurer**, George S. The rating for July is **Excellent**, though there is an underly-

ing factor: Group Contributions are down, but Individual Contributions are up. Is this a trend we are comfortable with?

**Central Office Manager**, Matt S. for Maury P. Central Office has a new staff member, Nikki H., so please drop by and meet her, if you can. 2900 24th St. was closed for a few days due to a fire next door, but it has re-opened and is holding meetings again. Meetings at 842 Geary have disbanded, except for the Saturday and Sunday 10 am meetings. The San Francisco meeting schedule has been updated.

## Intergroup Committee/Activity Reports

**Access Committee**, Gabriella & Alesha The new meeting time is at 10 am on the 2nd Saturday of the month. Access is looking for a graphic designer to help make some of their documents more user friendly for visually impaired people. Gabriella shared that they had a request about looping facilities (electronic coil that connects to hearing aids) at meetings, which apparently there are none. Can we discuss this as New Business and consider bringing looping to popular meeting places? The Board will look into this and this will be New Business at the next meeting.

**SF Teleservice**, Pete F. San Francisco Teleservice needs enthusiastic volunteers for 4 open shifts and a Wednesday coordinator position. Meetings can also take an open shift commitment.

**San Francisco PI/CPC**, Peter B. There is an event on September 17 at the Grati-

tude Center where partner organizations (teachers, Center for Recovery, etc.) will be sharing their interpretations of Alcoholics Anonymous. There will also be A.A. speakers and a speaker workshop. PI/CPC is looking for new volunteers.

**Orientation**, Greg M. Asked all the new IGRs to raise their hands and be recognized. Also passed around the buddy sign-up sheet for people who are willing to mentor the new IGRs and also asked people who signed up last month to also sign up again tonight as the sheet that was passed around last month was lost.

**Technology**, James O. This newly formed committee meets on the 1st Monday of every month. First meeting was about setting goals; working on the website and office operations (point of sale software) and digital communications.

**Fellowship**, Michael P. January 28 is the date of the 70th Anniversary of Central Office and will be held somewhere in southern Marin. The theme will be classier than in years past with a live piano player and also a performance of portions of Jackie B's play. Michael suggested that IGRs invite their groups to seat by tables. Do you have people in your group to attend with?

## Liaison Reports

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

**Marin Teleservice**, Trevor J. Finances are good though the phone bill has been high, and they are trying to get that

# Individual Contributions

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

## IN MEMORIUM

Flossie N., Ray M. and Jennifer — Say Hey

## ANNIVERSARIES

Martha S. — 35 years

resolved. Attendance at the meeting is not great, but getting along. The annual Spaghetti Feed is November 6.

### Round Table Discussion

Matt introduced this round table discussion in lieu of New or Old Business. Erin explained that the Technology Committee has brought this up. The idea of breaking into small groups is to discuss the pros and cons or the Strengths, Weakness, Obstacle & Threats of contributing 7th Tradition contributions electronically and to report on the table's discussion. How do we feel about this? Are there privacy issues?

**Reports:** Pros of donating online would be the convenience for people who don't carry much cash these days; cons would be the concerns about anonymity and additional fees, and also that some members who are used to contributing with cash might not want to change. Strengths are potential increased revenue since people might feel more generous donating electronically and convenience since some people think that paying electronically is safer than cash since you don't have to carry a lot. A weakness of paying online is that, for Treasurers, it might be time consuming, and how would they get individuals in their meetings to pay them so they could then pay the facilities they pay rent to and also get contributions sent in? An opportunity was, why not start online payments with literature? And the threat was keeping finance and recovery sepa-

rate and avoiding service fees.

A weakness might be accessibility issues, some people don't carry cash. It might be safer since treasurer's won't carry as much cash. Another weakness would be implementing an online payment system. The Intergroup could try giving a training module on how to teach treasurers to submit payments electronically. Another strength is that paying online creates transparency, a digital paper trail. Sometimes we may not know how much treasurer's collect and report, and this would help accountability. The threats they recognized were user data could go to 3rd parties. Obstacles would be determining the right system to use. The threats would be potential loss of privacy. Another weakness is the possible loss of anonymity. Question: is solving a problem? Can contributions be increased another way? This method offers a solution to the problem of treasurer's needing to have a bank account to write a check for donations. If they can submit electronically, this gives them another payment option. A disadvantage of paying online is getting people on their phones during the meeting, which is a problem in some meetings already, and might further disrupt. It would be good to have a treasurer with this experience to come and share at the Intergroup meeting for a Q&A. A disadvantage is possible identity fraud if personal information fell into the hands of an untrustworthy treasurer and that service fees would be a cost to the group.

*(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			Aug. 16	YTD	Marin Contributions			Aug. 16	YTD	San Francisco Contributions			Aug. 16	YTD
Contribution Box			\$60	\$528	Not a Glum Lot Group F 8pm				\$200	6am Dry Dock Tu				\$377
Customer				\$631	Novato Spirit Discussion F 2pm				\$50	6am Men's Literature Meeting M				\$135
Intergroup			\$107	\$892	On Awakening 7D 530am				\$1,950	7am Speaker Discussion Th 7am				\$80
Novato Fellowship Group				\$656	Pathfinders Tu 12pm				\$79	A is for Alcohol Tu 6pm			\$67	\$418
<b>Fellowship Total</b>			<b>\$167</b>	<b>\$2,707</b>	Primary Purpose M 12pm			\$60	\$60	A New Start F 830pm			\$335	\$631
					Quitting Time M-F 530pm				\$2,223	AA As You Like It Tu 530pm			\$114	\$159
					Refugee Th 12pm				\$50	Afro American Beginners Sat 8pm			\$272	\$272
<b>Marin Contributions</b>			<b>Aug. 16</b>	<b>YTD</b>	Reveille 7D 7am				\$381	Agnostics & Freethinkers Su 630pm				\$568
12 & 12 Study Sa 815am				\$128	Rise N Shine Su 10am			\$330	\$840	All Together Now Th 8pm				\$54
7AM Group 7D 7am				\$256	San Geronimo Valley Book Study F 8pm				\$123	Alumni W 830pm			\$45	\$45
7am Urgent Care Group 7D 7am				\$75	San Geronimo Valley M 8pm				\$163	Any Lengths Sat 930am				\$1,080
AA By The Bay Tue 730pm				\$36	San Marin Step Study Sa 830pm				\$120	Artists & Writers F 630pm				\$535
Attitude Adjustment 7D 7am			\$350	\$3,350	Saturday Weekend Warrior Sa 830am				\$230	As Bill Sees It Th 6pm				\$160
Awakenings Sat 830a				\$43	Saturday Women's Speaker Sa 6pm				\$209	As Bill Sees It Th 830pm			\$95	\$262
Awareness/Acceptance M 1030am				\$274	Serendipity Sa 11am				\$839	Ass in a Bag Th 830pm				\$416
Back to Basics Su 930am				\$156	Six O'Clock Step Th 6pm				\$101	Atheists, Agnostics & Others Sa 11am				\$50
Beginner's Help Th 8pm				\$50	Six O'Clock Sunset Th 6pm				\$300	Back to Basics Su 930am				\$127
Big Book Study & Meditation M 7p				\$24	Sober Sisters W 12pm				\$93	Back to Basics Th 730pm				\$430
Blackie's Pasture Sa 830pm				\$600	Spiritual Testosterone Stag Su 830a				\$500	Be Still AA Su 12pm				\$946
Bolinas Book Study W 8pm				\$56	Steps to Freedom M 730pm				\$115	Beginner Big Book Step Th 630pm				\$81
Closed Women's Step Study Tu 330pm				\$160	Stinson Beach Fellowship Th 8pm				\$200	Beginners' Step Study Sat 7pm				\$118
Corte Madera Saturday Candlelight 8pm				\$418	Streetfighters Sa 9am				\$100	Beginners Warm Up W 6pm				\$287
Cover to Cover W 730pm				\$150	Sunday Express Su 6pm				\$458	Bernal Big Book Sat 5pm				\$617
Crossroads Sun 12pm			\$90	\$1,027	Sunday Friendship Su 6pm				\$168	Bernal New Day 7D			\$269	\$1,954
Day At A Time 7D 630am				\$450	Sunday Night 3rd Step Group 5pm				\$422	Best Damn BB Discussion Th 8pm				\$108
Fireside Fri 8pm Bolinas				\$24	Sundown W 7pm			\$200	\$200	Between the Lines Sat 1p				\$16
Friday Night Book F 830pm				\$584	Terra Linda Thursday Men's Stag 8pm				\$665	Big Book Basics F 8pm				\$527
Glum Not! Su 9am			\$200	\$400	The Barnyard Group Sa 4pm				\$362	Big Book Boot Camp 5D				\$160
God Could & Would 5D M-F			\$94	\$201	The Broad Highway Thu 730pm				\$450	Big Book Study Su 1130am				\$400
Gratitude Tu 8pm				\$200	There is a Solution Tu 6pm				\$59	Blue Book Special Su 11am			\$122	\$416
Greenfield Newcomers Su 7pm				\$88	Three Step Group Sa 530pm				\$909	Brothers in Arms M 8pm				\$135
Happy, Joyous & Free 5D 12pm			\$375	\$770	Thursday Night Speaker 830pm				\$782	Buena Vista Breakfast Su 12pm				\$302
High & Dry W 12pm				\$75	Tiburon Women's Candlelight W 8pm				\$45	BYOL W 1pm				\$29
Inverness Sunday Serenity Su 10am				\$345	Tuesday Chip Meeting Tu 830pm				\$596	Came to Park Sat 7pm				\$406
Just Can't Wait 'til 8 M 630pm				\$250	We, Us and Ours M 650pm			\$53	\$326	Castro Call Out Sun 830p				\$150
Keep It Simple Sister Thu 7pm				\$150	Wednesday Night Speaker Disc 7pm				\$669	Castro Monday Big Book M 830pm				\$173
Larkspur Beginners F 7pm				\$225	What's It All About F 12pm				\$85	Cocoanuts Su 9am				\$242
Larkspur Beginners W 7pm				\$50	Wholly Together 11th Step W 7p				\$239	Coit's Quitters			\$60	\$195
Last Stop Men's Step Study W 6pm				\$250	Why It Works Sun 6pm			\$390	\$678	Come 'n Get It! F 630pm				\$65
Living in the Solution F 6pm				\$650	Women's Big Book Tu 1030am				\$1,689	Compass Group W 9pm				\$410
Living Sober M 6pm				\$33	Women's Lunch Bunch F 12pm				\$312	Cow Hollow Men's Group W 8pm				\$977
Los Ranchitos W 830pm			\$250	\$250	Working Dogs W 12pm				\$895	Creative Alcoholics M 630pm				\$52
Marin City Groups 6D 630pm				\$200	Young People's BYOB Sat 7pm				\$82	Design For Living Big Book Tu/Th 730am				\$120
Marin Teleservice				\$1,500	Young People's Chopsticks Sa 1030pm				\$88	Design for Living Sat 8am				\$325
Marin Young People F 830pm			\$83	\$152	<b>Marin Total</b>			<b>\$3,437</b>	<b>\$37,356</b>	Down and Dirty at Seven-Thirty Mon				\$92
Men's 2 Plus M 7pm				\$111						Down and Dirty at Seven-Thirty Thu				\$37
Mill Valley 7D 7am			\$240	\$690	<b>San Francisco Contributions</b>			<b>Aug. 16</b>	<b>YTD</b>	Down and Dirty at Seven-Thirty Tue				\$109
Mill Valley Discussion W 830pm				\$179	10am Daily Reflections Th				\$23	Down and Dirty at Seven-Thirty Wed				\$69
Monday Blues M 645pm				\$157	11 at 6 Thu 6a				\$6	Each Day a New Beginning F 7am				\$1,256
Monday Night Madness M 6pm				\$50	11th Step Power Power Power			\$65	\$286	Each Day a New Beginning M 7am				\$513
Monday Night Stag Tiburon				\$1,000	20+ Sun 445pm (unlisted)				\$344	Each Day A New Beginning Su 8am				\$414
Monday Nooners M 12pm				\$693	6am Dry Dock Fri				\$145	Each Day a New Beginning Th 7am				\$717
Morning After Sa 10am			\$400	\$1,100	6am Dry Dock Mon			\$70	\$250	Each Day a New Beginning Tu 7am				\$1,030
Noon Hope			\$175	\$175	6am Dry Dock Th				\$200	Each Day a New Beginning W 7am				\$1,023
North Marin Speaker Sun 12pm			\$148	\$447										



San Francisco Contributions	Aug. 16	YTD	San Francisco Contributions	Aug. 16	YTD	San Francisco Contributions	Aug. 16	YTD
Early Start F 6pm		\$1,021	Monday Men's Stag (SF) M 8pm		\$226	Sunday Silence Su 730pm		\$128
Easy Does It Tu 6pm		\$100	Moving Toward Serenity W 830pm		\$318	Sundown W 7pm		\$1,461
Embarcadero Grapevine F 1210pm	\$75	\$75	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		\$433	Newcomers Tu 8pm		\$174	Sunset 11'ers Th		\$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	\$60	\$240	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	\$278	\$617	Noon Smokeless W 12pm		\$40	Sunset 9'ers Tu	\$49	\$135
Fell Street F 830pm		\$251	NYX Sat 7pm		\$280	Sunset Speaker Step Su 730pm		\$663
Firefighters & Friends Tu 10am		\$237	O.A.D.W. Mon 7pm		\$68	Ten Years After Su 6pm		\$1,470
Fireside Chat Group Th 8pm		\$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	\$251	\$700
Friday All Groups F 830pm		\$718	Pax West Discussion Th 12pm		\$472	The Parent Trap 2 W 4pm		\$228
Friday at Five F 5pm		\$52	Pax West Literature Discussion Tu 12pm		\$522	They Stopped In Time M 8pm		\$121
Friday Morning 12 Steppers 7am		\$75	Pax West Prayer and Meditation F 7am		\$130	Thursday Lunch With Bill 12p		\$21
Friday Smokeless F 8pm	\$21	\$170	Pax West Speaker Discussion M 12pm		\$1,885	Thursday Night Women's Th 630pm		\$471
Friendly Circle Beginners Su 715p		\$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		\$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	Reality Farm Th 830pm	\$492	\$492	Tuesday Big Book Study Tu 6pm		\$164
Goodlands Su 2pm	\$87	\$87	Rebound W 830pm	\$22	\$101	Tuesday Downtown Tu 8pm		\$90
Gratitude Center Fellowship		\$15	Refugee Th 12pm	\$40	\$40	Tuesday Night Lasses Step Study		\$176
Haight Street Blues Tu 615pm		\$152	Relapses, Rebounds, Retreads... Tu		\$5	Twelve Steps to Happiness F 730pm	\$100	\$100
Haight Street Explorers Th 630pm		\$300	Rigorous Honesty Th 1205pm		\$337	Valencia Smokefree F 6pm	\$223	\$923
High Noon 5D		\$185	Saturday Afternoon Meditation 5pm		\$202	Wake Up On 3rd St Group		\$173
High Noon Friday 1215pm		\$83	Saturday Beginners Sat 6pm		\$1,796	Walk of Shame W 830pm		\$170
High Noon Monday 1215pm		\$276	Saturday Easy Does It Sa 12pm		\$862	We Care Tu 12pm		\$262
High Noon Saturday 1215pm		\$753	Saturday Matinee SA		\$30	Wednesday Noon Step Study 12p		\$510
High Noon Sunday 1215p		\$458	Saturday Matinee Sa 2pm		\$68	Wednesday Sunrise Smokefree 7am		\$60
High Sobriety M 8pm	\$201	\$293	Saturday Night Regroup Sa 730pm		\$275	Weekend Update Su 615pm	\$171	\$347
High Steppers W 7pm		\$288	Saturday Weekend Warrior Sa 830am		\$321	Weekend Worker Sat 7am		\$210
Higher Power W 6am		\$5	Say Hey Group T-F 6pm		\$100	West Portal W 8pm	\$383	\$572
Hilldwellers M 8pm		\$383	Serenity House	\$150	\$1,200	Wharf Rats Th 815pm		\$230
Hoodlum Haven F 8pm	\$360	\$360	Serenity Now Tue 830p		\$167	What It's Like Now M 6pm		\$286
Huntington Square W 630pm	\$68	\$305	Serenity Seekers M 730pm		\$1,004	Why Not Laugh Sat 6p		\$70
In The Solution Sa 9am		\$23	Shamrocks & Serenity M 730pm		\$702	Wits End Step Study Tu 8pm		\$88
Joe and Charlie Tapes Fri 730am		\$48	Sharing Wisdom Sat 730am		\$16	Women's 10 Years Plus Th 615pm	\$165	\$862
Join the Tribe Tu 7pm	\$736	\$736	Sinbar Su 8pm	\$147	\$247	Women's Big Book Study Tu 1150am		\$80
Joys of Recovery Tu 8pm		\$18	Sober Saturday Sa 830am		\$600	Women's Came to Believe Sa 10am		\$555
Keep Coming Back Sa 10am		\$571	Sobriety & Beyond W 730pm		\$354	Women's Candlelight Thu 1150am		\$29
Like A Prayer Su 4pm		\$180	Sometimes Slowly Sa 11am		\$1,171	Women's Kitchen Table Tu 630pm	\$158	\$411
Living Sober @ Gratitude Su 4pm		\$33	Speaker Discussion F 1pm	\$68	\$68	Women's Meeting There is a Solution W 6pm	\$329	\$329
Living Sober with HIV W 6pm		\$208	Spiritual Awakenings Step Study M 730pm		\$33	Women's Promises F 7pm		\$1,082
Lush Lounge Sa 2pm		\$177	Step It Up Tue 6pm		\$50	Work In Progress Sa 7pm		\$600
Meditation, Prayer & Share Tue 730pm		\$145	Steppin' Up Tu 630pm		\$284	YAHOO Step Sa 1130am		\$138
Meeting Place Noon F 12pm		\$260	Steps To The Solution W 715pm		\$377	Young at Heart Sa 930am		\$129
Mellow Mission Sunrise M 7am		\$54	Stonestown M 8pm		\$128	Young People's BYOB Sat 7pm		\$123
Men's Gentle Touch M 7pm		\$429	Sunday Bookworms Su 730pm		\$23	San Francisco Total\$7,503\$73,789		
Mid-Morning Support Su 1030am		\$873	Sunday Morning Gay Men's Stag 930am		\$439	YTD\$11,107\$113,851		
Miracle (Way) Off 24th St W 730pm		\$216	Sunday Night 3rd Step Group 5pm	\$200	\$560			
Mission Fellowship		\$254	Sunday Night Castro Speaker Disc 730pm	\$1,083	\$1,754			
Monday Beginners M 8pm	\$72	\$1,561	Sunday Rap Su 8pm		\$451			

# Profit and Loss Statement: July 2016

	Jul 16	Budget	Jan - Jul 16	YTD Budget		Jul 16	Budget	Jan - Jul 16	YTD Budget
<b>Ordinary Income/Expense</b>					<b>Paper Purchased</b>	\$252	\$91	\$779	\$637
<b>Income</b>					<b>Payroll Fees</b>	\$7	\$10	\$56	\$70
<b>Gratitude Month</b>	\$0	\$0	\$3,205	\$7,575	<b>Phone Book Listings</b>	\$93	\$93	\$558	\$651
<b>Group Contributions</b>	\$19,317	\$25,000	\$104,035	\$105,300	<b>Postage</b>	\$0	\$108	\$563	\$756
<b>Individual Contributions</b>	\$3,918	\$3,722	\$31,892	\$26,054	<b>Printing</b>	\$0	\$0	\$0	\$695
<b>Newsletter Subscript.</b>	\$22	\$0	\$55	\$0	<b>Professional Fees</b>	\$725	\$0	\$725	\$1,425
<b>Sales - Bookstore</b>	\$8,344	\$8,387	\$52,756	\$58,709	<b>Rent - Office</b>	\$4,458	\$4,488	\$31,208	\$31,416
<b>Intergroup Event Income</b>	\$0	\$0	\$0	\$2,304	<b>Rent - Other</b>	\$0	\$85	\$495	\$595
<b>Total Income</b>	<u>\$31,600</u>	<u>\$37,109</u>	<u>\$191,944</u>	<u>\$199,942</u>	<b>Repair &amp; Maintenance</b>	\$558	\$269	\$1,998	\$1,883
<b>Cost of Goods Sold</b>					<b>Security System</b>	\$0	\$43	\$301	\$301
<b>Cost of Books Sold</b>	\$5,989	\$5,029	\$38,453	\$42,203	<b>Shipping</b>	\$196	\$283	\$2,069	\$1,985
<b>COGS - Shipping</b>	\$18	\$29	\$139	\$203	<b>Software Purchased</b>	\$0	\$43	\$125	\$304
<b>Credit Card Processing</b>	\$32	\$373	\$2,376	\$2,643	<b>Telephone</b>	\$212	\$175	\$1,626	\$1,225
<b>Inventory Adjustments</b>	\$2	\$0	\$16	\$0	<b>Training</b>	\$0	\$44	\$39	\$304
<b>Total COGS</b>	<u>\$6,041</u>	<u>\$5,431</u>	<u>\$40,984</u>	<u>\$45,049</u>	<b>Travel</b>	\$0	\$380	\$11	\$980
<b>Gross Profit</b>	<u>\$25,560</u>	<u>\$31,678</u>	<u>\$150,960</u>	<u>\$154,893</u>	<b>Total Expense</b>	<u>\$18,916</u>	<u>\$19,858</u>	<u>\$140,724</u>	<u>\$147,224</u>
<b>Expense</b>					<b>Net Ordinary Income</b>	<u>\$6,643</u>	<u>\$11,820</u>	<u>\$10,236</u>	<u>\$7,669</u>
<b>Merchant deposit fees</b>	\$209		\$739		<b>Other Income/Expense</b>				
<b>Committees</b>	\$25	\$38	\$55	\$311	<b>Other Income</b>				
<b>Reconciliation Discrepancies</b>	\$0		\$64		<b>Bag Fees</b>	\$4	\$3	\$17	\$21
<b>Bad Checks</b>	\$12	\$0	\$24	\$0	<b>Customer Shipping</b>	\$391	\$296	\$2,496	\$2,066
<b>Bank Fees</b>	\$0		\$5		<b>Interest Income</b>	\$46	\$42	\$314	\$290
<b>Employee Expenses</b>	\$9,765	\$13,364	\$88,768	\$93,658	<b>Miscellaneous Income</b>	\$36	\$30	\$286	\$210
<b>Equipment Lease</b>	\$408	\$0	\$3,264	\$2,450	<b>Total Other Income</b>	<u>\$476</u>	<u>\$371</u>	<u>\$3,113</u>	<u>\$2,587</u>
<b>Filing/Fees</b>	\$357	\$0	\$357	\$930	<b>Other Expense</b>				
<b>Insurance</b>	\$0	\$0	\$2,488	\$1,890	<b>Depreciation Expense</b>	\$205	\$205	\$1,435	\$1,435
<b>Intergroup Events</b>	\$1,275	\$0	\$2,737	\$2,350	<b>Total Other Expense</b>	<u>\$205</u>	<u>\$205</u>	<u>\$1,435</u>	<u>\$1,435</u>
<b>Intergroup Literature</b>	\$0	\$35	\$40	\$245	<b>Net Other Income</b>	<u>\$271</u>	<u>\$166</u>	<u>\$1,678</u>	<u>\$1,152</u>
<b>Internet Expense</b>	\$149	\$135	\$1,045	\$945	<b>Net Income</b>	<u><u>\$6,915</u></u>	<u><u>\$11,986</u></u>	<u><u>\$11,914</u></u>	<u><u>\$8,821</u></u>
<b>Office Supplies</b>	\$214	\$174	\$584	\$1,218					

## Treasurer's Report

Intergroup, September 2016  
Month Ended July 2016

For July 2016, total income (less the cost of goods sold) was under budget by \$6,118 compared to \$5,849 under budget in June. Year to date total income (less the cost of goods sold) is at 97.5% of budget.

Group contributions were under budget by \$5,683 in July. Individual contributions were over budget by \$196. Bookstore sales were under budget by \$43. However, the cost of books sold was over budget by \$960.

Total expenses were under budget by \$942 in July. Wages and salaries were under budget by \$3,599. Intergroup Events were over budget by \$1,275 reflecting a deposit on the theater for the Third Legacy play which was approved in July for a February 2017 production. Also, repair and maintenance

expenses were over budget by \$289 due to a June break-in at Central Office with corresponding repairs that were paid in July.

Unrestricted cash is up by \$13,856 over June to a total of \$42,233 for July. This is enough to cover over 2 months of operating expenses.

The rating for July is "Excellent" which is an improvement over the rating for June.

### OVERALL RATING: Excellent

#### 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 we were "poor" was in September 2015.

# July 2016 Balance Sheet

	Jul 31, 16	Jun 30, 16	\$ Change	Jul 31, 15	\$ Change
<b>ASSETS</b>					
<b>Current Assets</b>					
<b>Checking/Savings</b>					
Restricted Cash	\$132,814	\$132,769	\$45	\$192,391	(\$59,577)
Unrestricted Cash	\$42,233	\$28,377	\$13,856	\$25,855	\$16,378
<b>Total Checking/Savings</b>	<u>\$175,047</u>	<u>\$161,146</u>	<u>\$13,901</u>	<u>\$218,246</u>	<u>(\$43,199)</u>
<b>Accounts Receivable</b>					
Accounts Receivable	\$75	\$4	\$71	\$153	(\$78)
<b>Total Accounts Receivable</b>	<u>\$75</u>	<u>\$4</u>	<u>\$71</u>	<u>\$153</u>	<u>(\$78)</u>
<b>Other Current Assets</b>					
Inventory - Bookstore	\$16,204	\$18,055	(\$1,851)	\$24,077	(\$7,873)
Prepaid Literature Orders	\$1,791	\$2,941	(\$1,149)	\$623	\$1,168
Undeposited Funds	\$753	\$1,145	(\$392)	\$318	\$435
<b>Total Other Current Assets</b>	<u>\$18,748</u>	<u>\$22,141</u>	<u>(\$3,392)</u>	<u>\$25,018</u>	<u>(\$6,269)</u>
<b>Total Current Assets</b>	<u>\$193,870</u>	<u>\$183,291</u>	<u>\$10,580</u>	<u>\$243,416</u>	<u>(\$49,546)</u>
<b>Fixed Assets</b>					
Comp. and Off. Equipment (Net)	\$989	\$1,029	(\$40)	\$1,559	(\$570)
Leasehold Improvements (Net)	\$14,749	\$14,914	(\$165)	\$16,729	(\$1,980)
<b>Total Fixed Assets</b>	<u>\$15,737</u>	<u>\$15,942</u>	<u>(\$205)</u>	<u>\$18,287</u>	<u>(\$2,550)</u>
<b>Other Assets</b>					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
<b>Total Other Assets</b>	<u>\$6,698</u>	<u>\$6,698</u>	<u>\$0</u>	<u>\$6,698</u>	<u>\$0</u>
<b>TOTAL ASSETS</b>	<u><u>\$216,305</u></u>	<u><u>\$205,931</u></u>	<u><u>\$10,375</u></u>	<u><u>\$268,401</u></u>	<u><u>(\$52,096)</u></u>
<b>LIABILITIES &amp; EQUITY</b>					
<b>Liabilities</b>					
<b>Current Liabilities</b>					
<b>Accounts Payable</b>					
Accounts Payable	\$488	(\$4,458)	\$4,946	\$0	\$488
<b>Total Accounts Payable</b>	<u>\$488</u>	<u>(\$4,458)</u>	<u>\$4,946</u>	<u>\$0</u>	<u>\$488</u>
<b>Other Current Liabilities</b>					
Direct Deposit Liabilities	\$0	\$876	(\$876)	\$0	\$0
Payroll Liabilities	\$3,257	\$3,942	(\$685)	\$3,826	(\$569)
Sales Tax Payable	\$693	\$618	\$75	\$613	\$80
<b>Total Other Current Liabilities</b>	<u>\$3,950</u>	<u>\$5,436</u>	<u>(\$1,486)</u>	<u>\$4,439</u>	<u>(\$489)</u>
<b>Total Current Liabilities</b>	<u>\$4,438</u>	<u>\$978</u>	<u>\$3,460</u>	<u>\$4,439</u>	<u>(\$1)</u>
<b>Long Term Liabilities</b>					
Deferred Compensation	\$0	\$0	\$0	\$60,167	(\$60,167)
<b>Total Long Term Liabilities</b>	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>	<u>\$60,167</u>	<u>(\$60,167)</u>
<b>Total Liabilities</b>	<u>\$4,438</u>	<u>\$978</u>	<u>\$3,460</u>	<u>\$64,606</u>	<u>(\$60,168)</u>
<b>Equity</b>					
Net Assets	\$199,954	\$199,954	\$0	\$214,601	(\$14,647)
Net Income	\$11,914	\$4,999	\$6,915	(\$10,805)	\$22,719
<b>Total Equity</b>	<u>\$211,868</u>	<u>\$204,953</u>	<u>\$6,915</u>	<u>\$203,795</u>	<u>\$8,072</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><u>\$216,305</u></u>	<u><u>\$205,931</u></u>	<u><u>\$10,375</u></u>	<u><u>\$268,401</u></u>	<u><u>(\$52,096)</u></u>

(Continued from Page 15)

Could groups set up the equivalent of a Faithful Fiver for the group using online payments? Matt asked for an opinion of having a treasurer with experience with electronic payments to come and speak to the Intergroup. By a show of hands, most people support this idea. James said that the next Tech committee meeting will address this and he will try to get the Treasurer from Reality Farm to come. Luke said he could try to do the same for his group.

John asked how many people at the meeting tonight would consider e-payments? Many people raised their hands. John then asked how many people would volunteer to do the accounting on that, but no one volunteered. Meeting adjourned with the Responsibility Statement at 8:30 pm.

Next Intergroup Meeting: Wednesday, October 5 at 7 pm, 101 Donohue St, Marin City, CA. Orientation is at 6:15 pm, dinner is served at 7 pm.



## Thank You Faithful FIVERS! Thank You

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)

Mark A.	Niels R.	Sheila H.
Mark O.	Norine T-M.	Stephen N.
Martha S.	Pam K.	Stephen S.
Marty C.	Pat P.	Steve A.
Mary C.	Patrick S.	Steve F.
Mary D.	Paul K.	Steve G.
Mary L.	Peggy H.	Susan C.
Maryellen O.	Pene P.	Suzanne C.
Matt S.	Penelope C.	Tara S.
Michael F.	Pete F.	Teddy W.
Michael P.	Rachel G.	Theresa M.
Michael W.	Robert C.	Thomas H.
Michael Z.	Robert W.	Thomas M.
Michele F.	Ron H.	Tim Mc.
Michelle C.	Ryan D.	Timothy F.
Mike M.	Saida S.	Tom S.
Mily T.	Scott C.	Tomas L.
Molly S.	Sean B.	Tony R.
Nancy N.	Sean C.	Tripp Mc.
Nicholas P.	Sean M.	

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.



1821 Sacramento Street  
San Francisco, CA 94109-3528

ADDRESS SERVICE REQUESTED

NON-PROFIT  
ORGANIZATION

U.S. Postage PAID

San Francisco CA  
Permit No. 3480

## Moving?

Don't miss The Point! Please give us your new address.

NAME

NEW ADDRESS

CITY

STATE

ZIP

OLD ADDRESS

Cut out and mail to: The Point / 1821 Sacramento Street / San Francisco, CA 94109-3528  
You can also **email** or **phone** us with your new contact information.  
thepoint@aasf.org / San Francisco (415) 674-1821 / Marin (415) 499-0400