

the Point

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

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November

from Chapter Five of the book, Alcoholics Anonymous

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship
of Alcoholics Anonymous

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Sometimes Slowly

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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.

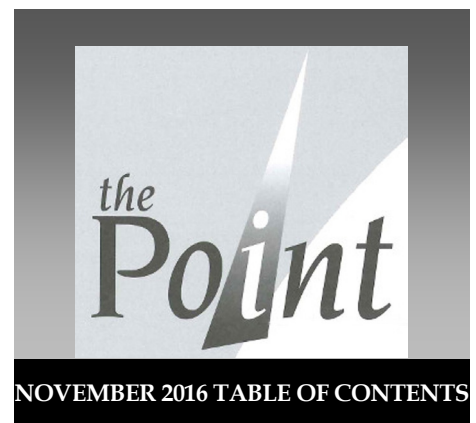
Illustration by Duran M.

November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2 <u>FIRST WED</u> Intergroup Meeting 101 Donohue St., Marin City Orientation 6:15pm Meeting 7pm
6	7 <u>FIRST MON</u> Technology Committee Meeting Central Office 6pm	8 <u>SECOND TUE</u> Marin H&I 1360 Lincoln Ave, San Rafael 6:15pm SF General Service 1111 O'Farrell St Orientation / Concept Study / BTG 7pm Business Meeting 8pm	9 <u>SECOND WED</u> Marin Bridging the Gap 1360 Lincoln Ave, San Rafael Orientation 6pm Business Meeting 6:30pm
13 <u>SECOND SUN</u> Golden Gate Young People in AA Marin Alano Club 12pm <i>(even months at Central Office; odd months at Marin Alano Club)</i>	14 <u>SECOND MON</u> SF Public Information / Cooperation with the Professional Community (PI/CPC) Central Office Speaker Workshop 6pm Business Meeting 7pm	15	16
20 <u>THIRD SUN</u> Archives Committee Meeting Central Office 2pm <i>Business meeting followed by work day</i>	21 <u>THIRD MON</u> SF Teleservice Central Office Orientation 6pm Marin General Service 9 Ross Valley Rd, San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm	22 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln Ave, San Rafael Orientation 7pm Business Meeting 7:30pm	23
27	28	29	30

THURSDAY	FRIDAY	SATURDAY
3	4	5
10	11 <u>VETERANS DAY</u> Central Office closed	12 <u>SECOND SAT</u> Access Committee Meeting Central Office 10am The Point Committee Meeting Central Office 12:30pm
17	18	19 <u>THIRD SAT</u> SF H&I 2900 24th St, SF Orientation 11am Business Meeting 12pm (odd months have a business meeting)
24 <u>THANKSGIVING DAY</u> Central Office closed	25 Central Office closed	26 <u>FOURTH SAT</u> CNCA Meeting 320 N McDowell Blvd, Petaluma 10am

Persons requiring reasonable accommodations at Intergroup meetings, Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.



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These promises . . . are being fulfilled among us—sometimes quickly, sometimes slowly.

~ Alcoholics Anonymous, p. 84



Meeting Changes

New Meetings:

Sun	11:30AM	Castro	People of Color LGBTQIA, 4058 18 St /Hartford St
Mon	5:00PM	SF State	Women's Sober at State, 1650 Holloway Ave/Arellano Ave
Thu	6:30PM	Parkside	Mommy's Little Helper, 201 Eucalyptus/Ocean Ave
Thu	6:30PM	Terra Linda	Marin Big Book Study, 1100 Las Galinas /Las Colindas Rd
Thu	7:00PM	San Rafael	Thursday Night Women's Step Study, 9 Ross Valley Dr / Greenfield

Meeting Changes:

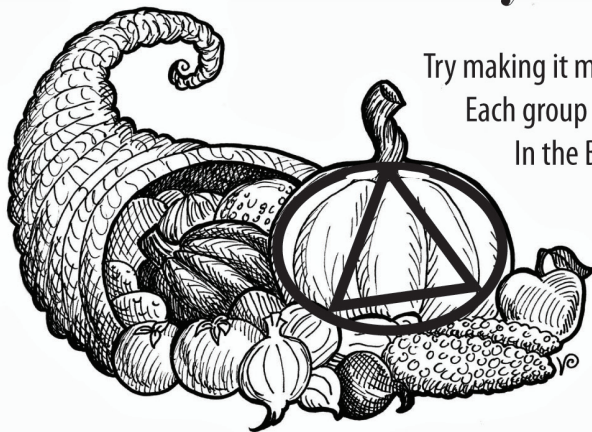
Thu	7:00PM	Terra Linda	Sister's in Sobriety, 333 Ellen Dr/ Las Gallinas (was at 7:30pm)
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No Longer Meeting:

Sun	12:00PM	Haight Ashbury	Buena Vista Breakfast, 1035 Haight St /Broderick St
M-F	7:00AM	Mission	Big Book Boot Camp Study, 32 Capp St /19 St
Mon	7:30PM	Haight Ashbury	First Step Home, 1035 Haight St /Broderick St
Thu	7:30PM	Haight Ashbury	Thursday Night Lights, 1035 Haight St /Broderick St

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!*

Gratitude Month – It's here! How will your group celebrate?



Try making it more than just passing the Seventh Tradition basket a second time. Each group can create their own custom for celebrating Gratitude Month. In the Bay Area we've always been good about finding new and inventive ways to do things, so let's be creative!

grat-i-tude 'gradə,t(y)ood/ **noun**
the quality of being thankful; readiness to show appreciation for and to return kindness



Sometimes Slowly

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves...[These "promises"] are being fulfilled among us—sometimes quickly, sometimes slowly.

~*Alcoholics Anonymous*, page 84.

Ken J. relates Big Book “promises” coming true when someone’s troubled past becomes their greatest possession. Drunken Halloween antics brought him off-the-scale blood alcohol level, pneumonia and hospitalization. Luckily his nurse shared her past with him as he detoxed: We “give it away to keep it.” Claire A. deconstructs how the program’s paradoxes work for her, even though jelly-beans don’t fall from the sky. Bree relates old-timer Bob’s Story: How he finally got sober after first trying U.S. Olympic Team workouts, “hippie” nutrition, and even a Siamese twin juggling act.

Forrest P. talks about his drinking taking off, while his world became smaller. An anonymous member describes staying in the moment to decimate worry. Daniel F. keeps his fatal medical condition “not detectable by medical science” at bay. Rick R. explains what Bill meant when he wrote John Barleycorn was our best advocate. And finally, Bob S.’s snippet of history hints at how it was when Oxford Group member Rowland H. met with Dr. Carl Jung. Bill’s sponsor, Ebby, lived with Rowland and his wife in 1934 — leading to fellowship, a new freedom and a new happiness.

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. To contact *The Point* committee directly, write to thepoint@aasf.org.



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!*



Absolutely Pitiful

An Opening for the Miracle to Happen

by Ken J.

I heard in a meeting once that if you can't remember your last drunk, you haven't had it yet. That's the ONLY reason I have for committing that miserable episode of my life to memory.

Halloween was always my favorite holiday. As a kid, I loved the candy, as a teen, I loved the mischief. Then as a drunk booze was my candy and being a drunken idiot was my mischief.

Pitiful and incomprehensible demoralization

My roommates and I hosted a Halloween party every year in drag. One year we were the Andrew Sisters—another the Rockettes. At our last party, we were nurses. I had on a very short white uniform, a red bra, red stilettos, a big, black Joan Collins wig and an enema bag full of hazelnut schnapps around my neck.

What a pathetic hot mess. I was wasted before the party even started, and remember virtually nothing. Of course, the next day my roommates and a few friends had no trouble telling me about my antics. It was so degrading and disgusting. Still I was so thirsty and spent that Sunday drinking and making phone calls to pretty much anyone I could think of.

On Monday morning, I got out of bed and my legs gave out. I crawled to the bathroom.

Then I crawled to the kitchen for a drink but there was NO alcohol left.

I drug myself back to my bedroom, and I saw it. The only alcohol left in the house was the schnapps in the enema bag. Alcohol worked its magic, and I was able to get on my feet.

Alcohol worked its magic

I wasn't feeling well. I was sick from the drinking, but I was having trouble breathing. I called everyone I could think of take me to the hospital. I finally found a woman I worked with, who picked me up, dropped me off at the ER and told me not to call her again.

Admitted to the hospital with pneumonia, I had a blood alcohol level of 0.364. When they put me in bed, this little bitch of a nurse told me, "I'm putting the rails of the bed up, not to punish you, but for your safety. You're so damn drunk that I'm afraid you'll fall out of bed and get hurt."



That was in Phoenix in the 1980s. I was a gay man being admitted to the hospi-

tal with pneumonia, so they put me in an isolation room as they suspected I might have AIDS.

The only isolation room available in the hospital that day was on the pediatric ward—I had to detox listening to screaming babies. The staff all wore isolation gowns, masks and gloves when they came into my room. No one wanted to touch me except for that little bitch of a nurse. She was a member of Alcoholics Anonymous who sat and talked with me when she had time. She didn't wear isolation gear, held my hand and hugged me as she told me about A.A. With her help, two gay men from A.A. came and spoke with me.

Unbelievably, I turned out to be HIV negative. I took that as my last "Get Out Of Jail Free" card.

The day I was released from the hospital, I attended my first meeting. That was November 6, 1985, and I was 26. The miracle began for me, and it has never stopped.

The first time I heard The Promises in a meeting, I didn't believe that I could ever NOT regret the past nor wish to shut the door on it. Nevertheless, I have found the promise true. On page 124 of the Big Book it says, "Cling to the thought that, in God's hands, the dark past is the greatest possession you have—the key to life and happiness for others. With it you can avert death and misery for them."



Professor and the Paradox

Surrender, Give Away, Suffer...Then Live

by Claire A.

I was able to find the original story published in the second edition of the Big Book at this link: www.barefootworld.net/aaprofessor.html.

I had this same lack of humility about being an alcoholic

I related to this story in many ways. One thing that really struck me was the unspoken but still apparent confusion on the part of the author about how a professor could be an alcoholic. I see this in the statement "That's [jail] (a fine place now, isn't it?) for a college professor to spend the night?" As if jail actually were a fine place for *any* person to spend the night.

I had this same lack of humility about being an alcoholic, and I have heard the sentiment expressed in the rooms many times. I thought alcoholics wore dirty trench coats, and slept on park benches. I had a job! Children! A house! A car! Friends! A loving husband! How could I possibly be an alcoholic? Fortunately, my first meeting was full of women just like me, and they told my story. I slowly understood that alcoholism doesn't care what you wear, or do for a living, where you live, or who is in your family.

I slowly understood as well, that A.A. is full of paradoxes. The professor mentions four: surrender to win, give away to keep, suffer to get well, die to live. I think the most difficult

one is "give away to keep." The more I seek to help others, the more I'm helped. This is difficult for me because not only do I think I have to solve all my own problems; I think that other people should solve their own problems. I am supposed to be self-sufficient, right? Well, no. I have to practice helping others on a daily basis, purposely. I have to put on my "to do" list the words *help someone, call another alcoholic, do something for someone else—but don't get found out or it won't count.*



I was so confused when I came in—I thought being self-reliant was the goal, and so when people told me to put my faith in God, I simply thought the idea was wrong. I was grudgingly willing to allow God to take my alcoholism, but put my whole life in God's hands? What? That was for crazy church people. Once again, though, when I practice the program, turning over my problems to God, in prayer,

Coincidence? God? Is there a difference?

getting down on my knees even as the skeptic in me shakes her head saying, "this'll never work," it DOES work. But I feel better. I calm down. I become more efficient. I worry less and do more. Strange things happen unexpectedly. Coincidence? God? Is there a difference? I don't know, but I am much more willing these days to let go of problems that are sticky. When

there is nothing more I can do in the way of next right action, I am more willing to pray and move on to something else. I surrender to win.

It doesn't come easily, it doesn't feel natural but it works.

I am still working on throwing out the old me in favor of the as-yet-unknown

new. Looking at my character defects on Step 4 has helped with this and I have changed a lot. But I know I am still holding back from being completely happy, joyous and free. I don't know why I can't let go of all my shortcomings (even though I know they hold me back) but I do have faith that when the time is right, it will happen. Until then, I think I'll keep coming back!



Bob's Story

Tried Everything, But A.A. Worked

by Bree

"I was never interested in getting drunk," says Bob C. "I always drank straight to blackout. That was my goal."

I always drank straight to blackout

Consequently when Bob stopped drinking, it all seemed anticlimactic. He told of going to a party where he incidentally met the woman who would become his wife, although he didn't know it at the time. He left the party, came home but wasn't finished drinking so he moved on to the Mission street bars. The last bar closed and he took himself to a restaurant where he continued eating and drinking.

The trouble started when he spotted four men enjoying a friendly meal. He didn't know them but was a bit envious of their companionship. He incorrectly thought they'd stolen his wallet. In retrospect he thinks he might have been afraid of losing his wallet. Anyway it ended with a massive fight involving the whole restaurant. He remembers manhandling the cook and a waiter by banging their heads together. During a quick moment

of lucidity he thought to himself, this is insane and told himself he could not drink ever again. That occurred just before the police arrived. One officer soon had him in a choke hold which was ineffective as Bob sloughed him off like a loose coat. Miraculously in the end, there were no arrests. He was sent home and from that moment on he never drank again.

It took five years for him to find A.A. "The desire was there but my ability to live was not so good. I did more damage in those five years than I ever did while I was drinking," he says. Before he quit, he'd drink to blackout, then wake up clean somewhat consecrated (like in church on Sunday morning) and function okay until he hit another bottom. All his good intentions seemed to lead to chaos no matter what he did. He was married with a small baby and his wife asked him to leave. As he says, "I was viable, earning money but still crazy,"

It took five years for him to find A.A.

In those five years he tried everything: therapy, exercise, nutrition, working out with the U.S. Olympic Team, power lifting, nutrition with hippies

(green nasty crap), Kundalini yoga, art work and was even part of a Siamese twin juggling act where they juggled as street performers.

The weight of the world was lifted

He asked for help and the husband of an acquaintance took him to the Friday night Marina Discussion meeting on Union and Steiner. It was a popular meeting and he saw people like him, who were happy and helpful and most of all not ashamed. That was the way he had felt. The weight of the world was lifted as he raised his hand and declared himself an alcoholic. This was a first and he knew A.A. was where those questions he had would be answered. The Promises made him realize that he could use his past experiences as a source of power.

He began going to meetings and got a sponsor. He specifically looked for a sponsor that would take him through the Steps. As he says, "I didn't want someone to teach me how to live—A.A. does that. I wanted the program of A.A. as that's what keeps me sober."

Bob's sobriety anniversary is November 8, 1979.



Our Primary Purpose

Stay Sober to Help Those in Need

by Rick R.

Sometimes I am uncomfortable with all the different definitions that I have heard on the topic of our primary purpose. In meetings I hear all kinds of experiences that members have described, thinking that they are carrying the message of Alcoholics Anonymous (A.A.) to a newcomer. A.A. has the Big Book and the *The Twelve Steps and Twelve Traditions* (12&12) with the message that we are supposed to be carrying to the newcomers. However, I see it misrepresented by well-meaning people that think we are supposed to convince a person not to take a drink.

It seems almost sacrilegious to point these things out, but I do it when someone's chance of sobriety hangs in the balance.

***Well-meaning people
think we are supposed to
convince a person not
to take a drink***

On page 31 of the Big Book, right after it explains all "of the methods we have tried" it goes on to say, "We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself. Step over to the nearest barroom and try some controlled drinking. Try to drink and stop abruptly. Try it more than once. It will not take long for you to decide, if you are honest with yourself about it. It may be worth a bad case of jitters if you get the full knowledge of your condition." Now, to be clear, I have never suggested that anyone go over to a bar and drink.

Another example of this approach is on page 23 in the 12&12, "To the doubter we could say, 'Perhaps you're not an alcoholic after all. Why don't you try some more controlled drinking, bearing in mind meanwhile what we have told you about alcoholism?' This attitude brought immediate and practical results. It was then discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again." I know that a person can get excited and want to rescue a practicing alcoholic; but if that person understood the message in those two examples, they might be more effective.

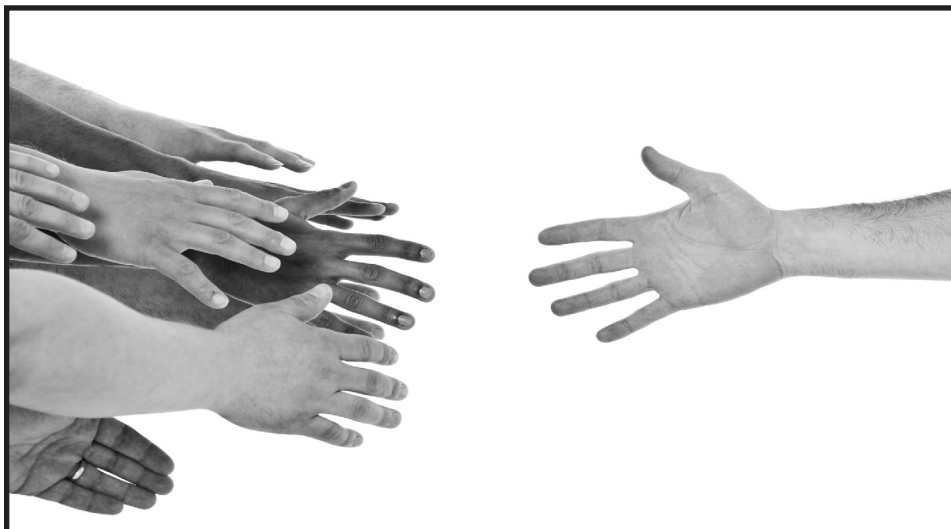
I have one more example that reinforces this approach, and disclaims the effort to protect the alcoholic from drinking. The Big Book also explains it this way, "In our belief, any scheme of combating alcoholism which proposes to shield a sick man from temptation is doomed to failure. If the alcoholic tries to shield himself, he may succeed for a

time, but he usually ends up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed."

***Carry the message to the
alcoholic who still suffers***

Our primary purpose is to stay sober, and to help other alcoholics to achieve sobriety. I know that A.A. has people from the rehab facilities and protecting them from a drink is the purpose of rehab; but when they arrive in A.A., it shouldn't change what we know works long term.

I know that this misconception may be with us for a while. We all grow up a little in the program and we patiently realize that the Big Book and 12&12 are wise beyond our comprehension. Understanding the message in those excerpts is the more unselfish and mature way to help the alcoholic who suffers. We are not snake oil sales clerks. We can't give away something we don't have.





HISTORY OF A.A.

by Bob S.

It is A.A. lore that Rowland Hazard was refused treatment by psychoanalysts Sigmund Freud and Alfred Adler. Here follow excerpts from a reliable source, *Stellar Fire: Carl Jung, a New England Family, and the Risks of Anecdote*. Please note that the first Hazard/Jung visit was in 1926, not 1931, as generally thought in A.A. circles. Rowland's cousin, Leonard Bacon, belonged to a small group of Jungians in southern California.

In early 1925 his friends persuaded him to go to Zurich to be treated by Dr. Jung. He did so with positive results.

Knowing of Rowland's marriage problems, he advised Rowland, and his wife, Helen, to see Dr. Jung. By April 17th, 1926, Rowland and Helen were on a steamer bound for Europe. After short stops in London, Paris and Brussels, they arrived in Zurich May 6th.

A letter from Rowland to Leonard, dated only May 15th, "is written on the stationery of the Dolder Grand Hotel of Zurich. Details in that letter match closely those of a letter from Jung to Leonard dated May 16th, 1926 ("Hazard and his wife are here"). Both letters indicate that Rowland had begun work with Jung, and Helen with Jung's assistant, Toni Wolff.

On June 24th, 1926, Rowland's bank account showed an expense of \$5,002.50; itemized to "travel." The equivalent in today's dollars would be more than \$50,000. Some of the money would have been needed for hotel expenses and meals, but even the Hazards could not have spent very much of it on travel. Most of the money was presumably needed to cover Jung's fees. The New York Times social notes column of July 24th, 1926 included a mention that "Mr. and Mrs. Rowland Hazard of Peace Dale, RI are at the Ritz-Carlton." By August 2nd, Rowland was back in Peace Dale. Consequently, Rowland and Helen had spent about 70 days in Zurich with Dr. Jung.

Roland and Jung

C. G. Jung Institute, Switzerland



Upon Awakening

A Poem

by John W.

Towards their line-up spots they ran as the second
bell continued. The first gave only advanced notice.
He mused upon this unexpectedly as he slowed,
seeing the change from green light to yellow ahead.

Now – this ongoing, personal review was different. It meant success
or failure; living or dying. So he did it, daily, often, just as suggested.
The red light turned green, he smiled. Hearing the bells of long ago,
their clang, their success against his efforts, was now music to his ears.

The needed discipline others had sought to instill in him early,
he had rebelled against. Of course he had; that was who he was.



One is Too Many

A Thousand is Never Enough

by Forrest P.

I arrived at A.A. after having been drinking and using for over 10 years. Prior to that, I thought I was doing well. I was doing what my peers in the '80s were doing: Dancing, drinking, sleeping with anyone, and getting insanely drunk. I often woke up wondering who you were and what suburb of L.A. we were in. Didn't everyone do this? Isn't this what being young is all about?

Isn't this what being young is all about?

In retrospect, it's ironic I just didn't realize booze was the problem. It truly never occurred to me. I had found the bottom, it was all good. I didn't ever think about the consequences of my drinking. I had an apartment, job and car. Sure, I lost all my friends and family and was left drinking alone at home. I learned in A.A. that my friends were "lower companions." I gauged myself against people who were alcoholics, or heroin, coke, pot or pill addicts. We all did similar things and had similarly ridiculous outcomes. I had gotten used to awakening each morning feeling empty, soul-less, alone and hopeless in my apartment. It was my skid row.

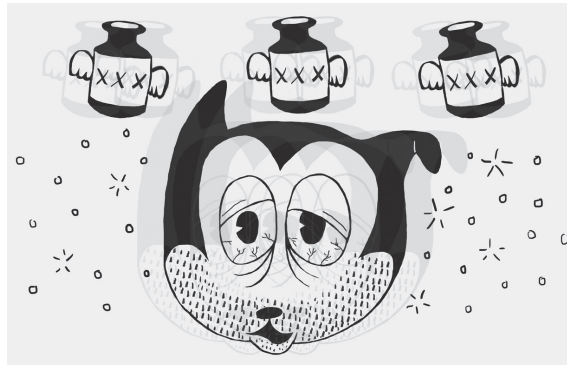
I'd never really thought about controlling my drinking. How many is enough? Too many? I'd tried a few times to limit myself, but that never worked out. After a couple of drinks, I could not stop and didn't care about stopping anymore. "More, more, more" was what I always wanted. I started

my descent into the abyss of my own alcoholic rabbit hole. Never mind the embarrassment I caused my companions — I wanted

more booze. Friendships were tossed aside. No one wanted to deal with me anymore. Sex and companionship no longer suited me. I came to prefer my dark, ugly, desolate apartment. It was my sanctuary. A young 20-something sitting on the floor or on the couch, smoking, drinking wine and watching TV. Laughter, joy and daylight were all things I had come to dread. I really didn't care about anything anymore, least of all myself. I knew I'd die at some point. I was dying inside. Perhaps my heart would finally get my internal memo and I'd find peace at last.

Perhaps my heart would finally get my internal memo and I'd find peace at last

I went to A.A. and heard it was the first drink that got you drunk. Yeah, one was too many. Maybe that was it. I'd honestly never tried to not drink! It had never occurred to me. I never thought about that first one. Ah yes, the phenomenon of craving, the physical allergy. Made sense to me. Once I had that first drink, alcohol had me. It was actually quite a relief



to hear that it was really that simple. Don't take the first drink. OK. And what else? Go to meetings, get a sponsor, work steps, find God, fellowship, etc. That will take

the place of my booze? Really? OK. I'm in. I'll try this.

These were simple concepts which I heard over and over at meetings. I felt as if I was being conditioned to understand my disease. Hearing the old-timers state how they did it and how they maintained it helped me remember about that first drink. Of course while the concept sounds easy, it seemed impossible at the time. Not drink? How would I get through the day?

Social situations? Anything and everything. I had to trust what I was told. You were all doing it, I guess I could. I was absolutely terrified at the thought, but yet I wanted to not drink. Hell yes, I wanted what you had. So there you have it. I went from someone that always had to drink, to someone that stopped. How'd that happen? Yeah, that first drink, that was always a doozy wasn't it? Thank God it was so simple, and precisely how to do it was laid out before me at every meeting I attended. My desire, along with the dismal bottom I hit, made me desperate and willing to try. And it worked. I love A.A.



Live in the Now

Don't Put Your Life on Hold

by Anonymous

Sometimes the topics for articles for *The Point* are exactly what I need to write about, and this is one of those times. I have been waiting, lately, for a specific piece of news — an answer. For reasons that don't really matter to this essay, I am not receiving the answer. I have been waiting for about a month, sometimes patiently, sometimes indifferently, sometimes anxiously, sometimes angrily. I've passed through several phases at this point. Anger, fear, sadness, bargaining, and I think I may be almost just about to acceptance, but first I have to take back my self-will a few more times.

Her story brought me, kicking and screaming, into now

I was talking with my sponsor about this yesterday, and light was slowly dawning that I have put my life on hold while I wait to hear what happens. I have put a word in here, talked with people there, heard more advice than I care to think about, and it seems that the more energy I put into this situation, the more miserable I am. There is literally nothing I can do. Acceptance is the key to all my problems, and willingness is the key to getting to acceptance. And until I can get there, I am living in "what might happen" instead of living in today.

Thank God I was also able to get to a meeting, even though my brain was doing her best to keep me from

going. I told myself, "You don't have time!" and "Meetings are a luxury you can't afford!" and "It's cold in there. Wouldn't you rather go to a cafe and have 16 cups of coffee?" It still amazes me how my brain can try to sabotage my day. I want to trust my brain but I have an alcoholic brain, and I trust my feet more.

Anyway, I got to the meeting and saw no one I knew ("Told ya!" said brain, of course), sat down, pulled out my sweater, and hunkered down. Others shared. I shared. A newcomer shared a truly heart-wrenchingly honest and vulnerable story. Her story brought me, kicking and screaming, into now. Being with her, listening, being available to help, those are the things that heal me.

It is at times like these, when I have a specific outcome in mind, that it is very difficult to live in the now. It is so easy for me to get caught up in what happened or what might happen or what isn't happening, that I miss a lot of what actually is happening. And I miss doing a lot of things I want to do (learn to swing dance,

go for a run, get ice cream with my kids) because I am so worried about stuff that's not happening right now. Instead of getting outside, I check my email one more time, or I binge-watch some stupid TV show in order to numb out.

"Live in the Now" is great advice for someone like me. It means shutting the computer and going outside. The computer is not really a "now" kind of place. It has the appearance of being "now," but it doesn't connect

Acceptance is the key

me to the space I am in. "Live in the Now" to me means noticing where I am and who is with me, really listening to people, rather than thinking about what I'm going to say next. It means looking out the window on the bus, rather than always reading a novel. "Live in the Now" means talking with my kids and with my husband when we're together. It means tackling the things on my To-Do List today — just doing something on the list. Most of all, it means accepting reality.

Sometimes "now" is a really painful place. But today, the situation I am in isn't too bad: no one is dying, no one is bleeding. My daughter is OK: She is learning valuable lessons, and the community she is in is welcoming. Everything is truly OK. I am grateful to be here. I think I'll keep coming back.





How I Stay Sober Today

Maintenance and Development

by Daniel F.

I have been sober in A.A. over half my life. Alcohol did not cause my alcoholism; I was born restless, irritable and discontented (still am). I have only a daily reprieve based on the maintenance and continuing development of my spiritual condition.

I have a fatal medical 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 the entire 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.

He crash-landed into A.A.

(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 whichever 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.

I am one of the minority of people who cannot safely drink

Dan was born in San Francisco in 1939 and grew up in the City in the 1940s and 1950s. Alcohol was not a problem. Despite the loss of his beloved father in 1949, he became successful in school academically and in sports, served as President of the San Francisco Youth Association and was named "Teenager of the Week" in one of the San Francisco newspapers in 1957. However, with his increasing feeling of loneliness and "being different" despite his outward success, alcohol started to become his best friend at age 24. Thirteen years later, he crash-landed into A.A. at a noon-time meeting near the White House in Washington, D.C., on December 7, 1976 and took his last drink the next day.

Today, he and his wife Kate live in Europe and do service in the First164yp A.A. group with five weekly online voice and voice/video meetings: <https://alcoholics-anonymous.eu/online-meetings/>.

Intergroup Meeting Summary—October 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.

<i>Marin Groups</i>	Sunday Night Corte Madera	Castro Discussion	Extreme Makeover: Women's SS	Sunset 9ers Tu
Blackie's Pasture	Thursday Night Speaker	Cocanuts	Girls Gone Mild	Too Early
Friday Night Book	<i>SF Groups</i>	Cow Hollow Men's Group	High Noon F	Waterfront
Men's Two Plus	A Place to Call Home	Cow Hollow Young People	Join the Tribe	
Mill Valley	As Bill Sees It Th 6pm	Creative Alcoholics	Mid-Morning Support	
Monday Blues	Big Book Basics	Eureka Step	Reality Farm	
Monday Night Stag Tiburon	Blue Book Special	Experience, Strength & Hope	Sometimes Slowly	

This is an unofficial summary of the October 2016 Intergroup meeting provided for convenience; it is not intended to be the completed approved minutes. For a complete copy of the minutes and full committee reports see "Intergroup" on our website www.aasf.org.

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

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

The meeting was held on Wednesday, October 5, 2016 at 1187 Franklin Street, San Francisco.

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

Board Chair, Chris H The recent Board retreat went well. The Board reflected on what works and what doesn't work in their structure right now. Thanks to the Board members that helped at Marin Unity Day. The Board is still working on the Operations Manual for the central office and considering how to improve security.

Treasurer, George S See financial statements in *The Point* for details on income and expense. Income is

a little above budget. Book sales are down, group contributions are up, individual contributions are up, and faithful fivers are up. Total unrestricted cash is down, but still sufficient to cover a little over 2 months of operating expenses. The rating for August is **Excellent**, the same as July.

Central Office Manager, Maury P The annual Intergroup seminar is coming up the first week in November. The ARA house had to disband open meetings because of an issue with the licensing agency. Auditions for the play "I Am Responsible" are on November 5–6; flyers are on the table at the back of the room; please distribute them at meetings.

Intergroup Committee/Annual Reports

Access, Gabrielle & Alesha The monthly meeting time has been moved to the 2nd Saturday. Made goals to update graphics on handouts and a volunteer to help with this. Another goal of the committee is addressing the issues of access for people of color.

SF Teleservice, Pete F Only two open shifts right now, 4 hours each. Most of the coordinators right now are located outside of San Francisco; maybe we should consider that when Pete says he has open shifts? Should more locals be volunteering for this? Groups are also able to take shifts and Pete will do orientations at meetings if he is asked.

Spirit of Service (formerly Sober Outside Services), Clayton B This offshoot of the Access committee is trying to identify people who could use the SOS service. Talk to Clayton or Dorothy

after the meeting or send an email to central office if you know who or where this committee could be useful.

The Point, Ken J *The Point* committee is always looking for volunteers for the editorial staff or contributing writers to make submissions. *The Point* sends out a topic every month and accepts submissions from interested writers.

Orientation, Greg M Greg could use another volunteer to help him at the orientation; asked for IGRs to introduce themselves to the newbies.

Technology, James O Asked for a show of (quite a few) hands of people involved in the Technology committee. They have already had 2 meetings and formed sub-committees: Web, Payments, Security, Office Operations and Communications. They have also looked at different kinds of electronic payment options and should have more research completed by next meeting. They are also considering creating a document to instruct group treasurers how to contribute electronically.

Fellowship, Michael P The date for the 70 year central office party is set for January 28 but the committee is having trouble finding a venue in Marin. If you have suggestions, talk to Michael after the meeting. They may have to start looking in San Francisco if they can't find a venue in southern Marin in the next week or two.

Liaison Reports

Marin H&I, Karen G They are having a hard time keeping coordinators

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

in their commitments. Also looking for some good advice from people who have experience working in or with correctional facilities following an unfortunate event where an H&I volunteer was approached by someone in the facility who was assaulted; need to know how to respond to this sort of encounter.

Marin Teleservice, Trevor J The Spaghetti Feed date is November 6 in Novato; look for the Secretary's Monthly Announcements in *The Point*.

New Business

Presentation on Self-Support Miles gave a presentation on the concept and practice of self-support. He presented a worksheet that shows how the math could break down for a small group in order to meet the GSO's annual target contribution. The worksheet is included in the handouts tonight. Miles suggested taking this to the group's business meeting, but said it takes some time and practice to get the process to work. Miles also said that most meetings do not have Treasurer's reports, and having the group work through this worksheet might help make them more accountable to their groups.

Funding request for NAATW 2016 Chris presented a motion to vote to have the Central Office Manager and Tech Committee Chair attend the National A.A. Technology workshop in Winston Salem, North Carolina from November 18–20. Maury and Michael P. attended this same confer-

ence last year. Maury said that she has had a conversation with the East Bay and Santa Clara County central offices about jointly presenting a bid to host this conference locally. She also provided some information about this year's budget compared to last year's as it relates to attending this conference. Some questions were taken about who hosts this conference, whether this is a wise use of funds from the budget and if it will be useful to the A.A. groups. At 8:20, Chris asked if those in attendance are ready to vote tonight; no one was opposed. The tally was 24 in favor, 0 opposed, and 5 abstentions.

Group Reports/What's On Your Mind

Pete announced an event for Sobriety By The Bay on January 28, 2017. Michael asked that the Board print a budget for review next time we take a vote like the one we just did. Nick said that the Board should have presented the motion to approve the funds for the NAATW much earlier.

Targeted Message for the month:

- November is Gratitude Month!
- Help Sign-Up Group Members and A.A. Friends as Faithful Fivers
- Non-Newcomers Please Contribute \$2–3 per Meeting

The Next Intergroup Meeting is Wednesday November 2, 7pm, 101 Donohue St. Marin City. Orientation is at 6:15pm, dinner is served at 7pm.

COMMITTEE CONTACTS

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

BOARD OFFICERS:

CHAIR

Chris H. chair@aasf.org

VICE CHAIR

Matt S. vicechair@aasf.org

TREASURER

[open] treasurer@aasf.org

RECORDING SECRETARY

Liz M. secretary@aasf.org

COMMITTEE CHAIRS:

ACCESS COMMITTEE

Gabrielle M. access@aasf.org

ARCHIVES COMMITTEE

Michael P. archives@aasf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aasf.org

HOMEBOUND MARIN

Frank T. homeboundmarin@aasf.org

ORIENTATION COMMITTEE

Greg M. orientation@aasf.org

SF PI/CPC COMMITTEE

Peter B. picpc@aasf.org

SF TELESERVICE COMMITTEE

Pete F. sfteleservice@aasf.org

SOS COMMITTEE

Dorothy V. sos@aasf.org

SUNSHINE COMMITTEE

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

THE POINT

Jane B. thepoint@aasf.org

aa group contributions

Fellowship Contributions			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
Fellowship Total			\$167	\$2,707	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
					Reveille 7D 7am				\$381	Agnostics & Freethinkers Su 630pm				\$568
					Rise N Shine Su 10am			\$330	\$840	All Together Now Th 8pm				\$54
					San Geronimo Valley Book Study F 8pm				\$123	Alumni W 830pm			\$45	\$45
					San Geronimo Valley M 8pm				\$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			\$95	\$262
					Serendipity Sa 11am				\$839	Ass in a Bag Th 830pm				\$416
					Six O'Clock Step Th 6pm				\$101	Atheists, Agnostics & Others Sa 11am				\$50
					Six O'Clock Sunset Th 6pm				\$300	Back to Basics Su 930am				\$127
					Sober Sisters W 12pm				\$93	Back to Basics Th 730pm				\$430
					Spiritual Testosterone Stag Su 830a				\$500	Be Still AA Su 12pm				\$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				\$458	Bernal Big Book Sat 5pm				\$617
					Sunday Friendship Su 6pm				\$168	Bernal New Day 7D			\$269	\$1,954
					Sunday Night 3rd Step Group 5pm				\$422	Best Damn BB Discussion Th 8pm				\$108
					Sundown W 7pm			\$200	\$200	Between the Lines Sat 1p				\$16
					Terra Linda Thursdays Men's Stag 8pm				\$665	Big Book Basics F 8pm				\$527
					The Barnyard Group Sa 4pm				\$362	Big Book Boot Camp 5D				\$160
					The Broad Highway Thu 730pm				\$450	Big Book Study Su 1130am				\$400
					There is a Solution Tu 6pm				\$59	Blue Book Special Su 11am			\$122	\$416
					Three Step Group Sa 530pm				\$909	Brothers in Arms M 8pm				\$135
					Thursday Night Speaker 830pm				\$782	Buena Vista Breakfast Su 12pm				\$302
					Tiburon Women's Candlelight W 8pm				\$45	BYOL W 1pm				\$29
					Tuesday Chip Meeting Tu 830pm				\$596	Came to Park Sat 7pm				\$406
					We, Us and Ours M 650pm			\$53	\$326	Castro Call Out Sun 830p				\$150
					Wednesday Night Speaker Disc 7pm				\$669	Castro Monday Big Book M 830pm				\$173
					What's It All About F 12pm				\$85	Cocoanuts Su 9am				\$242
					Wholly Together 11th Step W 7p				\$239	Coit's Quitters			\$60	\$195
					Why It Works Sun 6pm			\$390	\$678	Come 'n Get It! F 630pm				\$65
					Women's Big Book Tu 1030am				\$1,689	Compass Group W 9pm				\$410
					Women's Lunch Bunch F 12pm				\$312	Cow Hollow Men's Group W 8pm				\$977
					Working Dogs W 12pm				\$895	Creative Alcoholics M 630pm				\$52
					Young People's BYOB Sat 7pm				\$82	Design For Living Big Book Tu/Th 730am				\$120
					Young People's Chopsticks Sa 1030pm				\$88	Design for Living Sat 8am				\$325
					Marin Total			\$3,437	\$37,356	Down and Dirty at Seven-Thirty Mon				\$92
										Down and Dirty at Seven-Thirty Thu				\$37
										Down and Dirty at Seven-Thirty Tue				\$109
										Down and Dirty at Seven-Thirty Wed				\$69
										Each Day a New Beginning F 7am				\$1,256
										Each Day a New Beginning M 7am				\$513
										Each Day a New Beginning Su 8am				\$414
										Each Day a New Beginning Th 7am				\$717
										Each Day a New Beginning Tu 7am				\$1,030
										Each Day a New Beginning W 7am				\$1,023

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			
Miracle (Way) Off 24th St W 730pm		\$216	Sunday Night 3rd Step Group 5pm	\$200	\$560	YTD\$11,107\$113,851		
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: August 2016

	Aug 16	Budget	Jan - Aug 16	YTD Budget		Aug 16	Budget	Jan - Aug 16	YTD Budget
Ordinary Income/Expense					Paper Purchased	\$0	\$91	\$779	\$728
Income					Payroll Fees	\$7	\$10	\$63	\$80
Gratitude Month	\$0	\$0	\$3,205	\$7,575	Phone Book Listings	\$93	\$93	\$651	\$744
Group Contributions	\$11,107	\$10,100	\$115,142	\$115,400	Postage	\$0	\$108	\$563	\$864
Individual Contributions	\$4,485	\$3,722	\$36,377	\$29,776	Printing	\$0	\$0	\$0	\$695
Newsletter Subscript.	\$0	\$0	\$55	\$0	Professional Fees	\$0	\$0	\$725	\$1,425
Sales - Bookstore	\$7,890	\$8,387	\$60,647	\$67,096	Rent - Office	\$4,458	\$4,488	\$35,666	\$35,904
Intergroup Event Income	\$0	\$0	\$0	\$2,304	Rent - Other	\$75	\$85	\$570	\$680
Total Income	<u>\$23,483</u>	<u>\$22,209</u>	<u>\$215,426</u>	<u>\$222,151</u>	Repair & Maintenance	\$270	\$269	\$2,268	\$2,152
Cost of Goods Sold					Security System	\$0	\$43	\$301	\$344
Cost of Books Sold	\$5,742	\$6,529	\$44,195	\$48,732	Shipping	\$313	\$283	\$2,382	\$2,268
CoGS - Shipping	\$44	\$29	\$183	\$232	Software Purchased	\$565	\$43	\$690	\$347
Credit Card Processing	\$271	\$350	\$2,647	\$2,993	Telephone	\$178	\$175	\$1,804	\$1,400
Inventory Adjustments	\$0	\$0	\$16	\$0	Training	\$0	\$44	\$39	\$348
Total COGS	<u>\$6,058</u>	<u>\$6,908</u>	<u>\$47,041</u>	<u>\$51,957</u>	Travel	\$0	\$0	\$11	\$980
Gross Profit	<u>\$17,425</u>	<u>\$15,301</u>	<u>\$168,385</u>	<u>\$170,194</u>	Total Expense	<u>\$16,237</u>	<u>\$20,703</u>	<u>\$156,961</u>	<u>\$167,927</u>
Expense					Net Ordinary Income	<u>\$1,188</u>	<u>-\$5,402</u>	<u>\$11,424</u>	<u>\$2,267</u>
Merchant deposit fees	\$194		\$933		Other Income/Expense				
Committees	\$0	\$38	\$55	\$349	Other Income				
Reconciliation Discrepancies	\$0		\$64		Bag Fees	\$4	\$3	\$21	\$24
Bad Checks	\$0	\$0	\$24	\$0	Customer Shipping	\$254	\$296	\$2,750	\$2,362
Bank Fees	\$0		\$5		Interest Income	\$46	\$42	\$360	\$332
Employee Expenses	\$9,774	\$13,364	\$98,542	\$107,022	Miscellaneous Income	\$217	\$30	\$503	\$240
Equipment Lease	\$0	\$1,225	\$3,264	\$3,675	Total Other Income	<u>\$521</u>	<u>\$371</u>	<u>\$3,633</u>	<u>\$2,958</u>
Filing/Fees	\$0	\$0	\$357	\$930	Other Expense				
Insurance	\$0	\$0	\$2,488	\$1,890	Depreciation Expense	\$205	\$205	\$1,640	\$1,640
Intergroup Events	\$0	\$0	\$2,737	\$2,350	Total Other Expense	<u>\$205</u>	<u>\$205</u>	<u>\$1,640</u>	<u>\$1,640</u>
Intergroup Literature	\$0	\$35	\$40	\$280	Net Other Income	<u>\$316</u>	<u>\$166</u>	<u>\$1,993</u>	<u>\$1,318</u>
Internet Expense	\$149	\$135	\$1,195	\$1,080	Net Income	<u><u>\$1,504</u></u>	<u><u>-\$5,236</u></u>	<u><u>\$13,418</u></u>	<u><u>\$3,585</u></u>
Office Supplies	\$160	\$174	\$744	\$1,392					

Treasurer's Report

For August 2016, Gross Profit (defined as Total Income less COGS) was \$17,425. This is over budget by \$2,124. Total Expenses for August were \$16,237 which is \$4,466 under budget. The result is Net Ordinary Income of \$1,188. Net Income for August was \$1,504. Net Income incorporates other income and expenses. Net Income Year-To-Date (YTD) is at \$13,418. This is \$9,833 over budget for YTD through August 2016.

Group Contributions for August were \$11,107. This is over budget by \$1,007. Group Contributions YTD at \$115,142 are pretty close to budget.

Total Unrestricted Cash for August 2016 was \$41,334. Total Unrestricted Cash is down about \$900 from July 2016. However, Total

Unrestricted Cash is still sufficient to cover a little over 2 months of operating expenses.

The rating for August is again "Excellent" which is the same as the rating for July.

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 last month July 2016.

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 to 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.

August 2016 Balance Sheet

	Aug 31, 16	Jul 31, 16	\$ Change	Aug 31, 15	\$ Change
ASSETS					
Current Assets					
Checking/Savings					
Restricted Cash	\$132,859	\$132,814	\$45	\$162,287	(\$29,428)
Unrestricted Cash	\$41,334	\$42,233	(\$899)	\$33,274	\$8,060
Total Checking/Savings	\$174,193	\$175,047	(\$854)	\$195,561	(\$21,368)
Accounts Receivable					
Accounts Receivable	\$77	\$75	\$2	\$21	\$56
Total Accounts Receivable	\$77	\$75	\$2	\$21	\$56
Other Current Assets					
Inventory - Bookstore	\$19,002	\$16,204	\$2,798	\$24,209	(\$5,207)
Prepaid Literature Orders	\$885	\$1,791	(\$906)	\$563	\$322
Undeposited Funds	\$1,458	\$753	\$705	\$60	\$1,398
Total Other Current Assets	\$21,346	\$18,748	\$2,597	\$24,832	(\$3,487)
Total Current Assets	\$195,616	\$193,870	\$1,745	\$220,414	(\$24,798)
Fixed Assets					
Comp. and Off. Equipment (Net)	\$949	\$989	(\$40)	\$1,501	(\$552)
Leasehold Improvements (Net)	\$14,584	\$14,749	(\$165)	\$16,564	(\$1,980)
Total Fixed Assets	\$15,532	\$15,737	(\$205)	\$18,064	(\$2,532)
Other Assets					
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
Total Other Assets	\$6,698	\$6,698	\$0	\$6,698	\$0
TOTAL ASSETS	\$217,846	\$216,305	\$1,540	\$245,176	(\$27,330)
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable					
Accounts Payable	\$0	\$488	(\$488)	\$0	\$0
Total Accounts Payable	\$0	\$488	(\$488)	\$0	\$0
Other Current Liabilities					
Payroll Liabilities	\$3,139	\$3,257	(\$118)	\$19,060	(\$15,921)
Sales Tax Payable	\$1,335	\$693	\$642	\$589	\$746
Total Other Current Liabilities	\$4,474	\$3,950	\$524	\$19,649	(\$15,175)
Total Current Liabilities	\$4,474	\$4,438	\$37	\$19,649	(\$15,175)
Long Term Liabilities					
Deferred Compensation	\$0	\$0	\$0	\$30,000	(\$30,000)
Total Long Term Liabilities	\$0	\$0	\$0	\$30,000	(\$30,000)
Total Liabilities	\$4,474	\$4,438	\$37	\$49,649	(\$45,175)
Equity					
Net Assets	\$199,954	\$199,954	\$0	\$214,601	(\$14,647)
Net Income	\$13,418	\$11,914	\$1,504	(\$19,074)	\$32,492
Total Equity	\$213,372	\$211,868	\$1,504	\$195,527	\$17,845
TOTAL LIABILITIES & EQUITY	\$217,846	\$216,305	\$1,540	\$245,176	(\$27,330)



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(Continued from Page 5)

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