

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2017
July

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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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.

Cover illustration by Haley D.

July 2017

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> <div>     </div>			
2	3 INDEPENDENCE DAY HOLIDAY Central Office closed	4 INDEPENDENCE DAY HOLIDAY Central Office closed	5 FIRST WED Intergroup Meeting First Unitarian Universalist Center 1187 Franklin St., San Francisco Orientation 6:15pm Meeting 7pm
9 SECOND SUN Golden Gate Young People in AA Marin Alano Club, 1360 Lincoln Ave., San Rafael 12pm <i>(even months at Central Office; odd months at Marin Alano Club)</i>	10 SECOND MON SF Public Information / Cooperation with the Professional Community (PI/CPC) Central Office, 1821 Sacramento St., San Francisco Speaker Workshop 6pm Business Meeting 7pm	11 SECOND TUE Marin H&I Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6:15pm Business Meeting 7:00pm SF General Service 1111 O'Farrell St., San Francisco New GSR Orientation / Concept Study 6:30pm Business Meeting 7:30pm	12 SECOND WED Marin Bridging the Gap Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6pm Business Meeting 6:30pm
16 THIRD SUN Archives Committee Meeting Central Office, 1821 Sacramento St., San Francisco 2pm <i>Business meeting followed by work day</i>	17 THIRD MON Marin General Service 9 Ross Valley Rd., San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm SF Teleservice Central Office, 1821 Sacramento St., San Francisco Orientation 6pm	18	19
23	24	25 FOURTH TUE Marin Teleservice Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 7pm Business Meeting 7:30pm	26
30	31		

THURSDAY	FRIDAY	SATURDAY
		1
6	7	8 <u>SECOND SAT</u> The Point Committee Meeting Central Office, 1821 Sacramento St., San Francisco 12:30pm
13	14	15 <u>THIRD SAT</u> SF H&I 2900 24th St., San Francisco Orientation 11am Business Meeting 11:30am (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) Marin Alano Club, 1360 Lincoln Ave., San Rafael Business Meeting 7pm	28	29



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"If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have."

~ Twelve Steps and Twelve Traditions, page 76



Meeting Changes

New Meetings:

Tue	7:30pm	Mission	Straight Pepper Diet, 2900 24th St. / Florida St.
Tue	7:30pm	USF	The Forum, St. Ignatius Church, 650 Parker Ave. / Fulton St.
Wed	7:00pm	Marina	Presidio Park, Veteran's Academy Building, 1030 Girard Rd. / Gorgas Ave.
Thu	6:00pm	Mission	Mission Women's 12 x 12, 2900 24th St. / Florida St.
Thu	7:30pm	San Rafael	Constructive Criticism, A New Path Marin, 863 E. Francisco Blvd.

Meeting Changes:

Tue	7:00pm and 8:00pm	Civic Center	Tuesday Downtown/Beginners, War Memorial Veteran's Building, 401 Van Ness Ave. / McAllister St. (was at Urban Life Center)
Fri	10:00pm	Mission	Rule 62, 2900 24th St. / Florida St. (was on Wednesday)

One-time August location change for Marin Hillside Church meetings below:

Tue	Aug 1, 10:30am	Corte Madera	Tuesday Corte Madera Women's Big Book Study, Corte Madera Town Center, Community Room 201, 770 Tamalpais Dr.
Thu	Aug 3, 10:00am	Corte Madera	Thursday Corte Madera Living Sober Ladies, Corte Madera Town Center, Community Room 201, 770 Tamalpais Dr.
Fri	Aug 4, 10:30am	Corte Madera	Friday Corte Madera Women's 12 x 12, Corte Madera Town Center, Community Room 201, 770 Tamalpais Dr.

No Longer Meeting:

Mon	8:00pm	Noe Valley	Fair Oaks Big Book Study, 455 Fair Oaks St. / 26th St.
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PLEASE NOTE: We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken, and sometimes not. **If you know anything about a meeting that has relocated or disbanded — even temporarily — please call Central Office immediately: (415) 674-1821.** This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to rooms that housed a meeting once upon a time. **Thank you for contributing to the accuracy of our schedule!**

DRAG BINGO

A LIVING SOBER FUNDRAISER

Saturday, July 8, 2017

AA/AlAnon Meeting 6-7pm
Drag Bingo 7:30-10pm
 Eureka Valley Rec Center • 100 Collingwood
 \$20 door/\$15 website livingsober.org

SAN FRANCISCO 2017

LIVING SOBER

42nd Annual Western Roundup Living Sober 2017

Trudge the Road of Happy Destiny

Friday, August 4, 2017, 4:00pm to
 Sunday, August 6, 2017, 3:00pm

Go to www.livingsober.org to register and to get additional information

Marines' Memorial Club & Hotel
 609 Sutter Street
 San Francisco

Countdown Meeting
 Variety Show
 Living Sober Dance



Banishing Obsession

"The Seventh Step is where we make the change in our attitude... It is really saying to us that we ought to be willing to try humility in seeking the removal of our shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have." ~*Twelve Steps and Twelve Traditions*, p. 76

Instead of brainstorming how my favorite character defects are somehow useful, I'll take a hint from Claire A. She demonstrates the simple beauty of completing a task with humility on Page 7, despite a mental committee containing a

perfectionist and a judge. I had no idea anyone else's mind was as warped as mine. It's exhausting, yet I have hope when I keep showing up, pitching in and exercising the proper neural pathways. James M. reinforces how our lives can "depend upon our constant thought of others and how we may help meet their needs." The ever-inspiring Forrest P. boldly blazes new paths in his recovery. Rick R. writes about how he talks to newcomers with a few choice passages for aspiring sponsors. Gregory F. reminds us of the benefits of service while Daniel F. Skypes his sobriety. Our principle this month is acceptance, formerly page 449 and now page 417 in the Big Book, illuminated by Judy G. And our poem on Page 17 reminds us how progress begins with willingness. If I'm willing to try being right-sized for awhile, I just may have a shot at freedom from addiction.

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!

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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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!

Acceptance:

What is it? Where can I find it?

by Judy G.

“Acceptance is the answer to all my problems today.”

~*Alcoholics Anonymous*, p. 417.

I believe this is the most quoted phrase from the Big Book. I often wonder if the physician who wrote that chapter had not written that phrase, how the concept of acceptance, one of the primary foundations of our program, would have entered our hearts and minds. Thank you, Higher Power, that the doctor did.

Speaking of Higher Power, I knew that today was the deadline to write this article, and I carved out some time this afternoon to write it. At my 8am meeting today, the speaker started her qualification by reading page 417 of the Big Book. Coincidence? I think not.

A.A. is a 12-step program, and acceptance starts in Step One. We admitted that we were powerless over alcohol. The only way that Step One works is to have acceptance. You can admit something, but if you don't really accept it, you will not reap the full benefits. In Step Two we accept that we need to be restored to sanity. Every step along the way, we have to have acceptance.

I accept that I cannot drink like normal people

Another touchstone of A.A. is the Serenity Prayer. Accept the things we cannot change. Sometimes when I do my writing, I list the things that I have to accept. It helps to put them down on paper, into a concrete list instead of vague fears floating around in my psyche.

I accept that I am an alcoholic. I accept that I cannot drink like normal people (*big one!*). Unless I accept that I cannot drink like normal people, I would still be out there still doing research. I accept that yesterday is history, and I cannot take back any unkind words or actions. I accept that tomorrow is a mystery, and that I have no control over what will happen.

Nothing brings more peace than acceptance

I accept that I have to go to meetings; that in the meetings of Alcoholics Anonymous I will hear the stories of experience, strength and hope that I so desperately need to heal my soul sickness. I accept that I have a soul sickness.

What we are really searching for in this program is peace—and nothing brings more peace than acceptance. My line about acceptance is, “You can accept something, or you can rail against it. Which is going to bring you peace?”

So many things in life we cannot control. We are powerless over just about everything except our reactions to things—the more acceptance we have about other people's behavior, the more we are able to control our reactions.

We cannot control when death takes a loved one from us. We cannot control many issues around our own health. We cannot control the choices our children make. But, the more acceptance that we have, the easier our path to serenity.

A fellow was recently talking with me about acceptance, and how hard it

was for her to accept something that her adult daughter was doing. She felt that if she accepted it, it meant that she liked it. I said, “You don't really have to accept it, you just have to accept that you are powerless over it.” That resonated with her, and she was able to find some peace.

As is says in the Big Book, we cannot be happy until we accept life on life's terms. We might as well, as we are powerless over it any way, and focus on changing ourselves.





Put the Chairs Away

Growing through everyday acts

by Claire A.

One of my recent commitments has been setting up the room at a meeting. I'm always amazed at how something as basic as a job setting up chairs can bring out so many of my character defects. The beauty of this, of course, is that it's all so simple. Through this simple task I see my character defects, and possibly pray for their removal.

Setting up chairs brings out the perfectionist and the judge in me. I worry about whether it's done right, and I mean exactly right. How much space is exactly the right amount of space between chairs? Will people be comfortable? Will they judge me if they feel the chairs are too close together? How will my setting up the chairs influence the fellowship? If I put the rows of chairs too far apart, will people still talk to each other? Am I doing this right?

I worry about whether it's done right, and I mean exactly right

God help me when a person volunteers to help me set up the chairs, because there is no possible way they will escape criticism. There is no way they can possibly find the right configuration of chairs. I will find a way to unlike their work, simply because it's not mine. Oh, and even if they did somehow read my mind and set up the chairs exactly the way I would have? They are still stealing my job. They can't win. The only positive part about this is that my criticism is internal. Outwardly, I

am kind, and grateful. Inwardly, I'm a grumbling wretch.

Every single time I show up to set up the chairs for this particular meeting, a very kind man also shows up. Without a word, he helps with the chairs. He doesn't ask how, he just does it. Sometimes he gets there before me and he has all the chairs already set up. While I do thank him for his help, I worry and criticize internally. I'm sure he's not doing it right. And I wonder whether he's trying to steal my job.

Yup, I agree. My mind is exhausting

And then, of course, I beat myself up for having these thoughts.

Yup, I agree. My mind is exhausting. Reminds me of that saying about the neighborhood in my head being a dangerous place to hang out. Thank God I have A.A. The steps of A.A. help me to see how I have this insane way of thinking about things. My perfectionism, my negative judgment, my criticism, my lack of gratitude, my overthinking of the most basic tasks, are all desperate attempts by my alcoholism to isolate me from the helping hands of A.A.

Through this weekly exercise of setting up chairs, I get to be uncomfortable and do it anyway, and I get to see how I need to get over myself, reach out, say hello, shake hands, make conversation, share the work and be grateful for connection with others. Each week I get to practice letting go. When I do these things, I feel great. This is a tiny example of what living a happy, joyous and free life is about.

When I put in the work, when I set up a bunch of chairs, I get to feel great.

The last time I went to this meeting, the secretary, as he does each week, called for volunteers to help put away the chairs. I put up my hand as always. When the meeting was over, I got involved in a conversation with someone, and before I knew it, the room was completely cleaned up—I didn't have to lift a finger. After all my grumbling wretchedness, it was really humbling to see how others had simply pitched in to clean up. I'm grateful for that.



I'm grateful, too, to know that I'm not alone. I hear others talk about their perfectionism, self-criticism and judging behaviors. Funny thing is that when they talk about it, it sounds insane. When I talk about it, it sounds totally logical. Ha! This is why I'm so grateful to A.A. The program helps keep me grounded in reality. I am a regular human being with character defects. In A.A., I am accepted that way, and I accept others that way, too. We're all muddling along, helping as best we know how. I think I'll keep coming back!



No Matter How Difficult Today Is...

I won't regret not drinking tomorrow

by Forrest P.

Have I ever had difficult "Todays?"
Yes, too many to count!

My definition of difficult has certainly changed over time. When I was young in sobriety practically everything seemed difficult.

While drinking only two things drove my existence: keep my job and drink wine. Nothing else mattered. I had drunk ME up.

My life drastically changed once sober. My apartment no longer felt like a self-imposed dungeon. It was merely a place I slept, I was rarely home.

Every day I didn't drink amazed me. I slowly started to feel human again. Lovely, warm and genuine people in A.A. repeatedly welcomed me. When people shared, I listened intently. I consistently heard I could get well and stay sober. "No matter what" (don't drink today) was constantly driven home.

Turns out that foundation I heard so much about as a newcomer is true

I fondly remember the joys of my early sobriety. Thankfully, I found many people to listen to me and to learn from. I did most things asked of me. It helped me feel a "part of."

I did many childish things when new. I was an infant experiencing a brand-new life. I had to learn from my own sidesteps and pitfalls. I wrote, I inventoried, and went to tons of meetings. I learned about me, the

good and bad things of my character. I had character! Who knew?



As my "littermates" all started to go back to drinking it certainly was difficult. I lost the connection I'd had with them; we were in different mindsets.

There was so much busyness in my head. Often times I felt as if it was going to explode. I felt as if I'd never feel better. I wanted to be okay—I wanted the promises, peace of mind and I wanted it all now! I sometimes forgot that the biggest thing I had was physical sobriety. I constantly compared my insides to others and always ended up short.

I kept trudging, as I was told to, one-step, one day, on and on... At some point around three years or so I felt a little better. I had a host of friends and many acquaintances. By this point I'd had several commitments each and every one helped me learn how to participate and assist in our meetings.

In my first year, my sponsor told me that someone he sponsored, Carol had committed suicide with pills. Wow, when they said, "jails, institutions and death" they meant it. I didn't realize that people could feel hopeless enough to actually kill themselves. My strength was always found in the kind, loving spirituality of the Old-timers. They pulled me along and told me to *stay no matter what!*

A.A.'s given me numerous gifts over the years. Not drinking being first and foremost. Through the gift of time (sobriety) I've gained my own sober experience, knowledge, wisdom and truth. It's also awesome to feel the way my mind shifts as years go by; I'm always learning new things.

Old-timers pulled me along and told me to stay no matter what!

I've made decisions both good and bad. I have however stayed sober. It's my life. Every decision I've made is now part of my own experience—no dress rehearsal, no rewrites.

I share my sobriety freely with those I come into contact with and are interested in talking. I make amends when necessary, write, attend meetings and work with a sponsor. I do as much as I can.

Turns out that foundation I heard so much about as a newcomer is true. I hope I never have to regret drinking as opposed to getting through yet another one day at a time with my fellows.



Sophomore Sobriety

A bit of humility keeps me useful to others

by James M.

"The only requirement for membership is an honest desire to stop drinking." Forward to the first edition, *Alcoholics Anonymous*, 1939

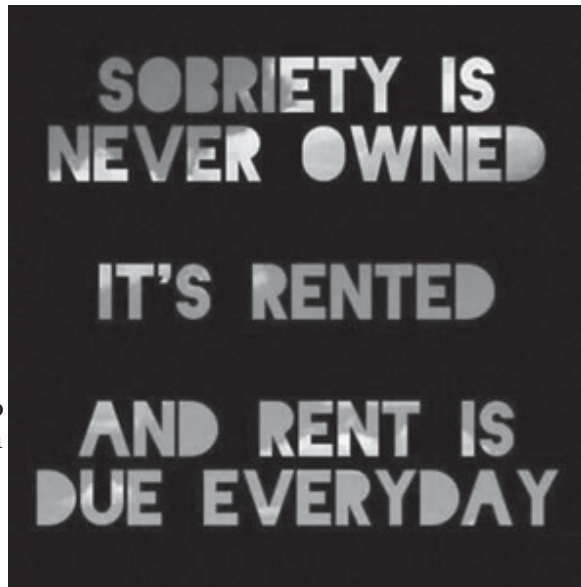
"The only requirement for A. A. membership is a desire to stop drinking." Third Tradition, short form, first printed in *Grapevine* in 1949

I haven't done the historical research on why this very small change was made after ten years of A.A.'s growth and development, and someday I hope to have the spare time to do so, but I heartily approve of it. To me it seems inherent in the content of the First Step—if I come to A.A. because I'm powerless over alcohol and my life is unmanageable, it makes sense that I may earnestly and honestly desire to stop drinking, but be unable to do so. Having worked the A.A. program to a sufficient extent that I am currently not inexplicably finding myself intoxicated, despite my own best intentions. I might think twice before assuming this gives me some kind of moral high ground from which to look into the heart of another person who is struggling and determine that I know if the other person is being honest or not.

*We may begin to think
of ourselves as experts
on the subject*

In Chapter Two of our book, *There is a Solution*, there is the key qualifier that the one carrying the message, "has no attitude of Holier Than

Thou...no axes to grind" (p. 18). This is vitally important, along with the later reminder that, "Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. *Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.*"



Unfortunately, it is a character defect of many of us that, having gotten sober and stayed sober for a little while, we may begin to think of ourselves as experts on the subject. I know I have had my moments—and more than moments. Fortunately, I was blessed at one time with a sponsee who insisted on hanging out in bars in order to pick up chicks (not, you may note, to meet women) and absolutely refused to get drunk, and also wouldn't fire me as a sponsor. Also fortunately, it never occurred to me to fire him. His favorite bar on lower Haight eventually named

a non-alcoholic cocktail after him. And, possibly, I gained a smidgeon of humility.

*Respect for their opinions
are attitudes which make
us more useful to others*

I have come to label this phenomenon of thinking that I know how to get other people sober as "sophomore sobriety." This is based on the origin of the word, allegedly from the Greek "sophos," wise, and "moros," foolish. Since being around the A.A. program, I have seen people struggle for a decade before entering into lasting sobriety, and I have seen people with more than a decade of sobriety drink and die. My judgments of these things are insanely trivial by comparison with the struggles and tragedies of people like myself—*there, but for the Grace of God, go I.*

It is possible to outgrow sophomore sobriety, of course. Just keep working with others.

The thing that launched me on my career of sophomore sobriety was the fact that I worked with a couple of guys who stayed sober without relapsing. But I kept on working with newcomers and some of them stayed sober despite not doing it my way, and others got drunk despite (I hope not because of) doing it my way. I always come back to the classic lines from the chapter *Working with Others* (p. 95), "We have no monopoly on God; we merely have an approach that worked with us."



Every Time I Come to A.A. My Comfort Increases

My opinions have loosened

by Anonymous

I was taught early on that action is important. The effort put forth in going to a meeting counts as action. If I go to a bad meeting, I can always find another.

Reaching out for myself helps me. Reaching out to help someone else helps me. The important part is in the action of asking.

I put forth lots of effort to drink. Meetings pale in comparison when I remember I was a slave to alcohol. I had to drink.

The great part about reaching out is that I need not worry for the morning-after phone call. This is where one of my cohorts says, "I can't believe you..." Nope, I don't miss those calls.

NOTE: The new twist on calling someone if you need help is to text five people at once and say, "Help, I need to talk." Someone will respond.

***A.A. symbolizes hope.
It keeps the flame of
my soul lit***

A.A. symbolizes hope. It keeps the flame of my soul lit. It keeps my batteries charged. It translates the language of our world so I can comprehend it. I'm likely to always find or make friends at a meeting.

A.A. and meetings have helped me feel better even when I didn't realize it. The incessant chatter of my thoughts sometimes takes my consciousness hostage. It seems impossible to turn down the volume!

As a newcomer it felt safe and wonderful in meetings. I did not fear alcohol, drugs, my behavior or environment while sitting in a meeting.

Thank goodness someone suggested I pinch each of my index fingers with my thumb! It worked. It brought my mind into the present just enough so I could hear at least part of what was being said.

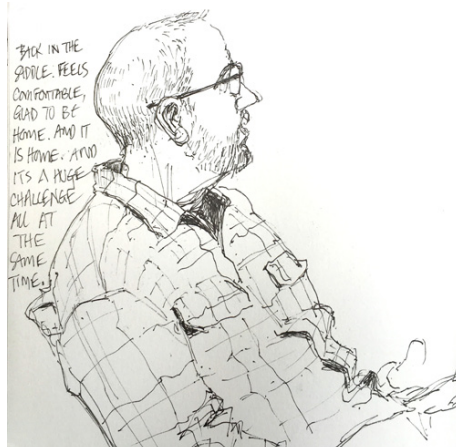


Image by Diane O.

To get out of myself, I can say hello, offer a ride, ask how someone is and then listen to the answer.

I'm helpful when I share from my seat, the front of the room or simply listening to others.

Some believe God is perfect and we're imperfect. What I know is: My Higher Power always presents through people. People in front of me, either side, people I've known and those I've yet to meet.

In A.A. I see, hear, feel, meet and learn from and through people. This includes the wisdom of those no longer alive. Their wisdom and lessons (and in

some cases, speaker recordings) live on in my mind.

***My Higher Power always
presents through people***

As for my opinions loosening, amen! With sober time has come wisdom, patience, understanding, self-awareness and monumental growth.

I've been present many days of my life. I've been up, down and in between. I've felt the entire spectrum of my own humanness.

I've been extremely rigid and steadfast in my beliefs. Conversely, I've been pliable to new ideas and concepts.

My opinions are formulated by my experience. My experience happens by collecting my days at a time. Experience becomes opinions, which lead to my beliefs.

I've wasted my time telling people what's good for them. I know better than they do. My sponsor says my test in these instances is: "Were you asked for your opinion?"

My response: "What if God's busy?" Surely God needs assistance from time to time, yes?

No! My recent foray into working out of the Alanon (*Paths To Recovery*) book has helped me get better about trying to assist God.

And herein lies the answer. I'm feeling at my best when I let go of my codependent self and need to fix others. We've all got our own path. I do better when I remember *Leben und leben lassen* (*Live and let live*, in German).



Focusing on Too Much Too Soon

The gifts of a gradual understanding

by Rick R.

I'm not convinced that anything I write in this article will mean much to the newer members of the program. Simply because they have very little comprehension of the depth to which they will have to delve into matters concerning their mental and emotional makeup, in order to be restored to the life that is promised to those who thoroughly follow this path.

There is a good reason why alcohol is only mentioned in the first half of the first step, and that life issues make up the remainder of the 12 steps. Until a person is desperate enough to surrender completely and has an honest desire to stop drinking, it's a cinch he won't have the capacity to thoroughly follow this path. The heartbreaking thing about this dilemma is that many who are rushed into the process of doing the steps before they are desperate will take the half-measures approach and that's why we see so many relapses, especially in younger members.

The cat is out of the bag, and it can never be put back

This all sounds like a bad thing, but to me it is not. The fact that someone or something intervened in their life and exposed them to the program, even before they were ready, gives them a chance to stop most of the destructive behavior that would have occurred had they been ignored by their loved ones. The cat is out of the bag, and it can never be put back. He/she may have many relapses, but on the other hand,

many alcoholics never get exposed to Alcoholics Anonymous at all, and that is a tragedy. I have been observing this pattern for over 47 years and I can't become a parent to a new member or to those of us who still think that protecting the new person from drinking is their role. If a person is serious about the true message of the program of Alcoholics Anonymous I might suggest that they do a little more research and prove me wrong.

The following is an approach that I think the founders would approve of: When I see a new face arrive at our meeting, I first introduce myself and ask if they have been here before. If the answer is no, I get him/her a cup of coffee and invite him/her to find a comfortable seat and listen to the different sharing that goes on. They usually are surprised at what they hear and feel comfortable with the way they've been greeted. I suggest they come back and observe what goes on at meetings. (No preaching.) Once that person shows an interest in what we do to deal with their drinking problem and I have a chance to set them on the A.A. path before they get mis-

directed, I refer them to three short excerpts from the Big Book (*Alcoholics Anonymous*) and the 12x12 (*Twelve Steps and Twelve Traditions*).

I can't become a parent to a new member

I first have them read from the bottom of Page 100 in the Big Book thru page 103. Next, I have them read pages 30, 31 and the first paragraph of page 32. Lastly I have them read the third and fourth page of Step One in the 12x12. Especially where it states: "When one alcoholic planted in the mind of another the true nature of his malady that person could never be the same again." This, I believe, is the message that the program suggests, in order that there be no misunderstandings about what we can and can't do for those that seek help. Once this understanding is accepted, then you have a very good chance of being an asset and not a liability. Potential sponsors may also find these excerpts helpful.





We're All in This Together

*Folks look after both the meeting
and each other*

by Gregory F.

Recently I've thought of the consistency of my early A.A. meetings. I've noticed changes I'd like to address here. They are of the service commitment positions and differences I notice. This yarn I'm spinning is not meant to sound as if I'm being corrective, merely observational. When I was new it seemed there was one person "in charge." I say this because they were usually older and reminded me of my dad or grandpa. They usually had the key to the meeting space.

The term "trusted servant" was used more. The person with the key was the secretary, coffee maker, or set up person. A commitment seemed to be a badge of honor, an intricate part of each meeting. People were proud to say "I make the coffee, I do setup" or "I wash dishes." It was rare for someone to not show up for their commitment.

It was rare for someone to not show up

The sobriety requirements were different. Secretary needed to have between one and five years; treasurer five years. All commitments were held for one year. As a newcomer I aspired to be greeter, to sweep/clean up, empty ash trays, wash dishes. It felt like each position was equal. The coffee maker was not any more or less important than set up or literature. "All for one and all for coffee."

I recall myself how I moved my way up within what seemed like "Jack's



Beanstalk" to do the various commitments. It felt good. I was a part of meetings. I was a part of something. I was not a pathetic alcoholic mess alone in my world and apartment.

My first commitment was to make coffee at a large noon meeting I attended. I loved my coffee commitment. It helped me feel comfortable with those around me. My behavior was learned. I saw through others' actions how we all contribute to each meeting we attend. Folks looked after both the meeting and each other. This contributed to the ease with which commitments were both taken and fulfilled.

I'm now GSR at a big meeting. My early A.A. experiences kick in and I "look after" the meeting. I always get there at least 30 minutes prior to the start of the meeting. Are the greeters in place? Coffee person? Literature out? Set up need help? I am scanning the room to be sure everything comes together to have our meeting. If something needs to be handled, I ask someone to help or I do it myself.

I try to remember each meeting is 100% about the newcomer. It's paramount that new people need feel welcome and comfortable. People (I) need to welcome them as they did me.

How would
I have felt if

things gave the appearance of not being important? What if someone made mention of a book or literature item and there was none in stock at the meeting? I was struck immediately with the consistency and predictable nature of meetings. I felt safe, secure, protected and comfortable, at least for 60 or 90 minutes at a time.

Each position was equal

The boring announcements all similar. The countless references to newcomers. The readings and prayers were the same. The uniformity felt settled and calm. I had been a sad, pathetic desperate drunk. Hopeless, wanting to die on a Friday night. Next day, Saturday, I was sitting in a noon meeting. How'd that happen?

The only thing consistent in my life prior to my first meeting was the chaotic shambles of my deconstructed life. I was less than a shell of who I was or who I wanted to be before I became a drunk. Thank God A.A. always felt predictable, welcoming, full of kind people, love—and my solution.



I Didn't Limit My Drinking

And I don't limit my sobriety

by Dan F.

One of the many ways I stay sober today is by slowly re-reading through all of A.A. literature individually with anyone willing to do so, usually 30 minutes a week on Skype. That way, I get someone else's perspective most every day.

A.A. literature reveals how human we all are. An example is Bill Wilson giving Dr. Bob Smith his last beer on June 10, 1935, plus a "goofball," a sedative, to calm Dr. Bob's hands so he could perform a surgical operation that morning. That is Alcoholics Anonymous's anniversary date, that day of Dr. Bob's last drink of alcohol.

A.A. continues growing and developing

Another refreshing passage can be found in A.A.'s biography of Bill Wilson, *Pass It On*, 1984, on page 204: "By April 1939, Alcoholics was a fellowship with its own basic text and program. Final editing of the book was done by Tom Uzzell, member of the faculty at New York University. Uzzell cut the book by at least a third (some say half—from 800 to 400 pages) and sharpened it in the process. He was very firm in declaring that *Alcoholics Anonymous* was the right title; it described the Fellowship, and it was catchy. Dr. Howard, a psychiatrist in Montclair, New Jersey, made a vitally important contribution.

He suggested that there were too many "you musts." Bill said that the psychiatrist's idea was to remove all forms of coercion, to put our Fellowship on a "we ought" basis

instead of a "you must" basis."

Jimmy B. had a colorful description of the following interchange. "Dr. Howard read [the manuscript] and brought it back the next day," he recalled. "He said Bill was making a big damn mistake. 'This is the Oxford Group,' he said. 'You have to change the whole damn thing.'

"We asked him why? What is the matter with it? It is perfect.'

"He said, 'You have to take out the must. You have to take out the God—the complete God.' Did Bill go into a tizzy then! He almost blew his top. Here was his baby being torn apart by a screwball psychiatrist."

A.A. was born in the Oxford Group, a back-to-basics movement, and continues growing and developing beyond that.

I didn't limit my drinking and I don't limit my sobriety. I use all of A.A. and beyond to stay sober.



Dr. Bob Smith

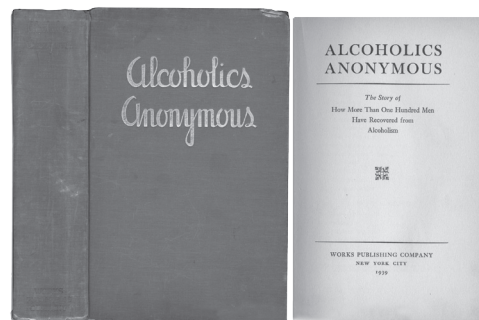
About the author

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. He was named "Teenager of the Week" by 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 noontime meeting near the White House in Washington, D.C. on December 7, 1976. He took his last drink the next day.

I stay sober today... on Skype

Today, he and his wife Kate live in Europe and does service in the First 164 A.A. group with five weekly online voice meetings. Dan enjoys reading A.A.'s *Daily Reflections* on a daily basis in Italian, German, French, and Spanish.



Intergroup Meeting Summary: June 2017

The following groups have registered Intergroup Representatives who attended the last Intergroup meeting. If your meeting was not represented, please elect an Intergroup Representative (IGR) and/or an alternate so your meeting is represented.

Marin Groups	Artists & Writers	Come 'n Get It!	Federal Speaker	Saturday Beginners
Men's Two Plus	As Bill Sees It Th 6pm	Cow Hollow Men's Group	Girls Gone Mild	Serenity Seekers
Monday Blues	Attitude Adjustment Hour	Cow Hollow Young People	Happy, Joyous and Free	Sometimes Slowly
Monday Night Stag Tiburon	Be Still	Creative Alcoholics	Join the Tribe	Sunday Night Castro Discussion
On Awakening	Beginners Warmup	Design for Living	Koo Koo Hump Day	Sunset 9'ers
Rise N Shine	Big Book Basics	Each Day a New Beginning	Lunch with Bill	Thursday Night Speaker
Saturday Weekend Warrior	Blue Book Special	Embarcadero Group	Mid-Morning Support	Too Early
Sunday Night Corte Madera	Castro Discussion	Eureka Step	Monday Beginners	Valencia Smokefree
San Francisco Groups	Cocktail Hour	Experience, Strength & Hope	Pocket Aces	Waterfront
Any Lengths	Cocoonuts	Extreme Makeover	Reality Farm	What it's Like Now

This is an unofficial summary of the June 2017 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, June 7, 2017 at 1187 Franklin St. in San Francisco.

The meeting was started with a call to order and the Serenity Prayer. Baskets for rent and dinner were passed. The May 2017 minutes and the June 2017 agenda were approved.

Standing Reports

Board Chair, Chris H. (outgoing) Newly elected officer positions (Carolyn – secretary, John R. – vice chair, Liz M. – chair). Chris will be gone next month. Operations Manual will be complete after next board meeting. Group insurance is still being worked on. Founders Day is

this Saturday, June 10. Ad hoc committee is working on updating salary for special workers which has not been done since 2007. Board is still working on self-review.

Treasurer, Bob W. (outgoing) April stayed on trend to previous months. Contributions were over budget, both for individual and group. Unrestricted cash is over 4 months of operating expenses. Rating for April 2017 was "Excellent." Newly elected treasurer is Alix F.

Central Office Manager, Maury P. Updated San Francisco directory going to printer. Central Office will be closed for Independence Day on Monday 7/3 and Tuesday 7/4. Beginning implementation of G Suite, including Google Forms, at Central Office. Looking for comments from IG reps re: Committee and Service Opportunity handout. Three long-time members recently passed. We remember Peg L. (Artists and Writers), Jane F. (Marin), and Richard G. (recently moved to SC).

Board of Directors Election

Current board members identified themselves so we can know current standing of board's diversity (men/women, SF/Marin, etc.); Liz, Charley, Fiona and Pete presented qualifying statements before the vote; Liz, Charley, and Fiona were elected.

Intergroup Committee Reports

Fellowship Committee, Michael P. Founders Day is Saturday, June 10. Kids

are welcome! Volunteers are needed!

SF Teleservice, Fiona B. Still looking to fill Sunday coordinator position. June 19 – orientation meeting.

Technology, James O'C. Booth at Founders Day with new website and first iteration of electronic 7th Tradition pamphlet. We have a Facebook page now! Invite only.

SF PI/CPC, Jeff O. Meet on 2nd Monday of the month at Central Office. Asked IG reps to make an announcement at their home group for folks who may be interested in joining the committee.

Orientation, Greg M. Still looking for buddies for new reps. Trying new format where we match buddies at the meeting rather than electronic intros.

The Point, Jane B. Looking for articles about experience, strength, and hope. Putting volunteer delivery of *The Point* on hold.

Archives, Kim S. Shared a working document created by Peter M. about history. Created a collection scope – guidelines of what Archives will/won't accept, how long to keep items, etc. Using guidelines from World Office in New York. Will have a booth at Founders Day.

Liaison Reports

GGYPAA, Jessica S. GGYPAA will have monthly business meeting this Sunday, June 11 at noon at Central Office.

Individual Contributions

to Central Office were made through June 15, 2017
honoring the following members:

ANNIVERSARIES

Susan C. — 9 Years
Carole M. — 12 Years
Gordon G. — 28 years
Barbara E. — 36 Years
Liz M. — 38 Years
Herman B. — 46 Years
Lynn H. — 47 Years

Marin Teleservice, Jessica S. Marin Teleservice website is updated.

District 10, Marin General Service, Jacqueline P. Sunday, September 10 is Marin Unity Day at the San Rafael Community Center. All are invited. Voted to purchase a computer for recording secretary. Looking to update their website so may be reaching out to folks here for advice.

IGR Reports

What's On Your Mind

Pete reps for Lunch with Bill, which is a new meeting. They haven't had business meetings until very recently – first Friday of the month. Michael P. shared that there is a new traditions workshop from 10am to noon on the 4th Saturday of the month at 2900 24th St. in SF. He also shared that there are some new meetings at that location that will be reflected in the new directory. Trevor wondered if we have room in the directory to promote Intergroup representation.

Discussion (continued from last month):

We have received a request to add a meeting designation for Atheist / Agnostic meetings. We do not currently have a policy on adding meeting designations. The board would like Intergroup input on these two items: Should we add the Atheist / Agnostic meeting designation to our meeting schedule list? There was

a lengthy discussion with points made on both sides. Chris brought up the point that we've seemingly decided that IG has the authority to decide the policy of adding schedule designations – have we put the cart before the horse? It was decided that the discussion should continue and no vote. What should the policy be toward this and other requests for adding meeting designation additions? Also going to discuss this next month as it seems that we need to decide if we have the authority to determine policy.

Recap of suggestions for keeping new IGRs. Encourage IGR's to meet buddy—akin to a service sponsor—before leaving the meeting. Review orientation material about Intergroup, what an Intergroup Rep does, Central Office etc.

Targeted message: Founders Day Event, Saturday, June 10; Website refresh will make debut at Founders Day; new look for *The Buzz* starting June 16; Representation for both San Francisco and Marin meetings is needed—spread the word about how awesome Intergroup service is AND make sure your group and its reps are registered with Central Office!

Adjourn with the Responsibility Statement

Next Intergroup Meeting: Wednesday, July 5, 2017, at 7pm, at 1187 Franklin St. in San Francisco. 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

Liz M. chair@aasf.org

VICE CHAIR

John R. vicechair@aasf.org

TREASURER

Alix F. treasurer@aasf.org

RECORDING SECRETARY

Carolyn R. secretary@aasf.org

COMMITTEE CHAIRS:

ARCHIVES COMMITTEE

Kim S. archives@aasf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aasf.org

HOMEBOUND MARIN

Jane B. & David W. homeboundmarin@aasf.org

ORIENTATION COMMITTEE

Greg M. orientation@aasf.org

SF PI/CPC COMMITTEE

Jeff O. picpc@aasf.org

SF TELESERVICE COMMITTEE

Layne Z. 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			May. 17	YTD	Marin Contributions			May. 17	YTD	San Francisco Contributions			May. 17	YTD
Contribution Box				\$233.50	Six O'Clock Sunset Th 6pm				\$250.51	Came to Park Sat 7pm				\$585.00
GGYPAA				\$18.00	Sober Sisters W 12pm				\$101.00	Castro Monday Big Book M 830pm				\$132.41
Intergroup	\$50.00			\$151.00	Spiritual Testosterone Stag Su 830a				\$375.00	Coit's Quitters	\$60.00			\$180.00
NorCal H and I Committee				\$4,481.11	Step 11 Gong Meditation Thu 530pm	\$100.00			\$100.00	Cow Hollow Men's Group W 8pm				\$1,460.57
Sobriety By The Bay				\$2,170.00	Stinson Beach Fellowship Th 8pm				\$269.50	Design For Living - Big Book Th 730am				\$102.00
I Am Responsible				\$100.00	Sunday Express Su 6pm				\$106.83	Design for Living Sat 8am				\$396.00
Fellowship Total	\$50.00			\$7,153.61	Sunday Friendship Su 6pm				\$215.00	Dignitaries Sympathy W 815pm				\$180.00
					Terra Linda Thursday Men's Stag Th 8pm				\$517.50	Each Day a New Beginning F 7am				\$766.89
Marin Contributions	May. 17			YTD	The Barnyard Group Sa 4pm				\$206.14	Each Day a New Beginning M 7am				\$196.50
12 & 12 Study Sa 815am				\$101.00	There is a Solution Tu 6pm				\$70.50	Each Day A New Beginning Su 8am				\$302.70
7AM Group 7D 7am	\$175.00			\$175.00	Three Step Group Sa 530pm				\$235.78	Each Day a New Beginning Th 7am				\$326.76
7am Urgent Care Group 7D 7am				\$50.00	Thursday Night Speaker 830pm				\$826.25	Each Day a New Beginning Tu 7am				\$731.53
A Vision for You Su 730pm				\$89.66	Tiburon Beginners & Closed Tu 7pm & 830pm				\$188.28	Each Day a New Beginning W 7am				\$1,081.54
AA By The Bay Tue 730pm				\$36.00	Tuesday Beginners' Meeting				\$881.15	Early Start F 6pm				\$835.20
Attitude Adjustment 7D 7am	\$400.52			\$1,469.22	Tuesday Big Book Study Tu 6pm				\$259.00	Embarcadero Group 5D 1210pm	\$240.00			\$240.00
Back to Basics Su 930am				\$130.00	Tuesday Big Book Tu 830pm				\$50.00	Epiphany Group Th 7pm				\$253.00
Beginner's Help Th 8pm	\$25.00			\$25.00	Tuesday Chip Meeting Tu 830pm				\$793.10	Eureka Step Tu 6pm				\$238.09
Big Book Study & Meditation M 7p				\$91.80	We, Us and Ours M 650pm				\$170.75	Eureka Valley Topic M 6pm				\$709.00
Blue Book Special Su 11am				\$20.10	Wednesday Night Candlelight (Marin) W 8pm				\$325.00	Excelsior "Scent" Free For All Sa 5pm				\$120.00
Closed Women's Step Study Tu 330pm				\$79.50	Wednesday Sundowners W 6pm				\$250.00	Experience, Strength & Hope Sat 9am				\$388.98
Corte Madera Saturday Candlelight 8pm				\$333.39	What's It All About F 12pm				\$34.10	Firefighters & Friends Tu 10am				\$275.77
Cover to Cover W 730pm				\$294.50	Wholly Together 11th Step Meditation W 7p	\$60.00			\$122.50	Friday Night Women's Meeting F 630pm				\$139.00
Crossroads Sun 12pm	\$131.50			\$591.29	Why It Works Sun 6pm				\$114.50	Friendly Circle Beginners Su 715p				\$606.00
Freedom Finders F 830pm				\$61.50	Women's 12 x 12 Fri 1030am				\$100.00	Gold Mine Group M 8pm				\$383.09
Glum Not! Su 9am				\$200.00	Women's Lunch Bunch F 12pm				\$315.00	Grouch and the Brainstorm Thu 630pm				\$126.00
Happy, Joyous & Free 5D 12pm				\$494.05	Women's Meeting Su 430pm				\$220.00	Grupo Central Th 10am				\$22.50
High & Dry W 12pm				\$62.00	Working Dogs W 12pm				\$347.00	Haight Street Explorers Th 630pm				\$226.61
Intimate Feelings Sa 10am				\$506.65	Marin Total	\$2,550.32			\$24,592.96	Henry Ohloff House				\$99.45
Inverness Sunday Serenity Su 10am				\$162.89						High Sobriety M 8pm				\$127.21
Keep It Simple Sister Thu 7pm	\$160.00			\$160.00	San Francisco Contributions	May. 17			YTD	Huntington Square W 630pm				\$64.43
Living Sober Ladies Thu 10am				\$312.00	11th Step Power Power Power				\$56.35	It Takes A Village Sa 6pm				\$172.00
Living Sober M 6pm				\$35.00	20+ Sun 445pm (unlisted)				\$90.84	Join the Tribe Tu 7pm				\$310.00
Los Ranchitos W 830pm				\$50.00	515 Smokeless M 515pm				\$114.00	Keep Coming Back Sa 10am				\$606.29
Marin City Groups 6D 630pm				\$200.00	6am Dry Dock Fri	\$81.00			\$81.00	Let It Be Now F 6pm				\$84.00
Marin Teleservice				\$2,000.00	6am Dry Dock Sa				\$69.00	Like A Prayer Su 4pm				\$108.59
Men's 2 Plus M 7pm				\$69.50	6am Dry Dock Su				\$164.00	Lincoln Park Sat 830pm				\$243.19
Mill Valley 7D 7am				\$600.00	6am Dry Dock Th	\$250.00			\$250.00	Meditation, Prayer & Share Tu 730pm	\$15.00			\$81.00
Monday Night Stag Tiburon				\$1,000.00	6am Dry Dock Tu				\$197.00	Meeting Place Noon F 12pm				\$520.15
Monday Night Women's M 8pm				\$246.44	A is for Alcohol Tu 6pm				\$289.52	Mellow Mission Sunrise M 7am	\$164.00			\$164.00
Monday Nooners M 12pm				\$996.43	A New Start F 830pm				\$970.43	Men's Gentle Touch M 7pm				\$220.20
Morning After Sa 10am	\$400.00			\$675.00	AA As You Like It Tu 530pm				\$210.50	Mid-Morning Support Su 1030am				\$320.69
Morning Attitude Adjustment				\$313.53	Artists & Writers F 630pm	\$315.00			\$865.46	Mission Fellowship				\$88.69
Noon Hope				\$137.00	As Bill Sees It Th 6pm				\$284.62	Monday Beginners M 8pm				\$282.00
North Marin Speaker Sun 12pm				\$255.00	Ass in a Bag Th 830pm				\$166.48	Monday Men's Stag (SF) M 8pm				\$130.70
Not a Glum Lot Group F 8pm				\$84.00	Be Still AA Su 12pm				\$303.90	New Friday Big Book F 12pm				\$125.00
Novato Fellowship Group				\$113.83	Beginners Speaker Discussion F 7pm	\$144.14			\$144.14	Noon Smokeless Th 12pm				\$125.00
Novato Spirit Discussion F 2pm	\$15.00			\$15.00	Beginners' Step Study Sat 7pm				\$15.00	Noon Smokeless W 12pm				\$132.00
On Awakening 7D 530am	\$700.00			\$1,400.00	Beginners Warm Up W 6pm				\$88.10	Park Presidio M 830pm	\$106.50			\$106.50
Quitting Time M-F 530pm				\$2,244.46	Bernal Big Book Sat 5pm				\$419.46	Parkside Th 8pm	\$633.00			\$633.00
Rise N Shine Su 10am	\$300.00			\$600.00	Bernal New Day 7D				\$746.01	Pax West Group 5D	\$3,000.00			\$3,000.00
San Anselmo Fireside Su 8pm	\$83.30			\$83.30	Big Book Basics F 8pm				\$478.27	Progress Not Perfection Tu 830pm				\$272.00
San Geronimo Valley M 8pm				\$40.00	Big Book Study Su 1130am	\$130.70			\$130.70	Raising the Bottom W 8pm	\$33.60			\$93.60
Saturday Women's Speaker Sa 6pm				\$278.22	Blue Book Special Su 11am	\$57.00			\$193.11	Rigorous Honesty Th 1205pm				\$136.55
Serendipity Sa 11am				\$212.65	By the Book Sa 10am	\$36.00			\$36.00	Room to Grow F 8pm				\$80.00
Sisters In Sobriety Th 730pm				\$53.66	Came to Believe Su 8am				\$243.56	Saturday Beginners Sat 6pm				\$1,070.66

San Francisco Contributions	May. 17	YTD
Saturday Easy Does It Sa 12pm		\$535.20
Saturday Night Regroup Sa 730pm		\$200.00
Serenity House	\$150.00	\$750.00
Serenity Now Tue 830p		\$192.00
Serenity Seekers M 730pm		\$1,147.04
Sex and Love in Sobriety M 3pm		\$210.95
Shamrocks & Serenity M 730pm		\$605.62
Sinbar Su 8pm		\$199.77
Sisters Circle Su 6pm		\$353.40
Sober Saturday Sa 830am		\$340.80
Sobriety & Miracles S&M Group Sa 5pm	\$150.00	\$267.60
Sometimes Slowly Sa 11am		\$1,628.74
Step Talk Su 830am		\$233.00
Steppin' Up Tu 630pm	\$331.20	\$331.20
Stonestown M 8pm		\$150.00
Sunday Bookworms Su 730pm		\$78.23
Sunday Night Castro Speaker Disc 730pm		\$1,097.98
Sunday Rap Su 8pm		\$206.68
Sunday Silence Su 730pm		\$484.00
Sunrise Sunset Women's Step Th 6pm		\$690.00
Sunset 11'ers Su	\$108.00	\$384.00
Sunset 11'ers Th		\$85.50
Sunset 9'ers Th		\$50.00
Sunset Speaker Step Su 730pm		\$177.74
Surf Tu 8pm		\$673.20
Ten Years After Su 6pm		\$681.14
The 4th Dimension Sa 630pm		\$124.68
The Drive Thru W 1215pm		\$578.68
The Dry Dock Fellowship		\$207.89
The Leaky Cauldron Su 930am	\$378.60	\$378.60
The Parent Trap 2 W 4pm		\$87.00
They Don't Know Who We Are Sat 7pm		\$57.60
Thursday Night Women's Th 630pm		\$152.25
Too Early Sa 8am		\$172.52
Trudgers Discussion Su 7pm		\$140.50
Tuesday Downtown Tu 8pm		\$114.79
Tuesday Women's Tu 630pm		\$73.00
Twelve Steps to Happiness F 730pm		\$60.00
Valencia Smokefree F 6pm		\$153.49
Walk of Shame W 830pm	\$123.60	\$123.60
Wednesday Noon Steps W 12pm		\$127.00
Weekend Update Su 615pm		\$132.60
Weekend Worker Sat 7am		\$120.00
West Portal W 8pm		\$329.31
What It's Like Now M 6pm		\$165.00
Women's 10 Years Plus Th 615pm		\$683.47
Women's Came to Believe Sa 10am		\$357.68
Women's Meeting There is a Solution W 6pm	\$80.97	\$176.85
Women's Promises F 7pm		\$423.52
Work In Progress Sa 7pm		\$500.00
YAHOO Step Sa 1130am		\$283.12
San Francisco Total	\$6,588.31	\$44,486.43
YTD	\$9,188.63	\$76,233.00



Willin' A Poem

by John W.

*The shortcomings in me I saw were few
Easily though did I see each one in you.
When that First Step, which for years I resisted
Was at last taken, did the obsession get lifted*

*A miracle it was, of that I am sure
But how to keep it, how to have it endure
More steps to take, to come to believe
To make a decision, of a Power I could conceive*

*When next was to change, how the ego did rumble
"It's their fault not mine" I would hear myself mumble
Resentments were rampant, by fear mostly driven,
My uselessness in their grasp had become a given.*

*Grateful was I for the reminder from heart
That just to be Willin' was enough of a start.
Already I had admitted my every shortfall
To Him, to another, to myself, as best I could recall*

*With each admission, a weight seemed lifted
A space created, onto which willingness sifted.
Even at times when still I did grumble
To seek help I was Willin', unwittingly I became humble*

*Left behind for this day, the despair of before
Now Willin' to ask for balm for this sore
With head held high, yet soul bent low
Of both the good and the bad, I was ready to let go.*

Revenue and Expense Statement: April 2017

	Apr 2017	Budget	Jan - Apr 17	Budget		Apr 2017	Budget	Jan - Apr 17	Budget
Revenue					Rent - Office	\$4,458	\$4,458	\$17,833	\$17,833
Contributions from Groups	\$19,847	\$16,000	\$67,391	\$64,500	Rent - Other	\$0	\$0	\$435	\$435
Contributions from Individuals	\$7,544	\$3,700	\$20,021	\$14,600	Filing/Fees	\$0	\$0	\$20	\$0
Gratitude Month	\$310	\$100	\$3,893	\$4,000	Insurance	\$0	\$0	\$2,485	\$2,500
Intergroup Event Revenue	\$0	\$0	\$10,812	\$8,080	Internet Expense	\$135	\$150	\$792	\$600
Other Revenue	\$35	\$35	\$184	\$164	IT Services	\$0	\$200	\$0	\$400
					IT Hardware	\$0	\$0	\$0	\$100
Sales - Bookstore	\$7,655	\$7,328	\$32,107	\$29,312	IT Software	\$89	\$0	\$176	\$600
Cost of Bookstore Sales	-\$6,093	-\$5,994	-\$25,606	-\$23,976	Office Supplies	\$886	\$120	\$1,303	\$480
Gross Margin - Bookstore	\$1,562	\$1,334	\$6,501	\$5,336	Paper Purchased	\$255	\$125	\$513	\$500
Total Revenue	\$29,298	\$21,169	\$108,803	\$96,680	Printing	\$0	\$0	\$0	\$0
					Equipment Lease	\$325	\$408	\$1,630	\$1,632
Expense					Repair & Maintenance	\$240	\$240	\$1,076	\$1,060
Employee Expenses	\$13,097	\$14,389	\$50,884	\$54,015	Security System	\$0	\$263	\$138	\$400
					Payroll Expenses	\$8	\$10	\$23	\$40
Committees					Telephone	\$0	\$200	\$533	\$800
PI/CPC	\$0	\$0	\$0	\$200	Phone Book Listings	\$0	\$93	\$279	\$372
Access Committee	\$0	\$75	\$0	\$150	Travel	\$0	\$0	\$0	\$0
Sunshine Club	\$0	\$25	\$0	\$50	Training	\$39	\$0	\$39	\$0
Archives Committee	\$0	\$0	\$0	\$30	Bad Checks	\$0	\$0	\$0	\$0
Committees - Other	\$0	\$30	\$0	\$120	Miscellaneous Expense	\$0	\$0	\$0	\$0
Total Committees	\$0	\$130	\$0	\$550	Total Expense	\$20,050	\$20,986	\$86,472	\$89,827
Intergroup Sponsored Events	\$518	\$0	\$8,020	\$7,000	Net Operating Surplus/(Deficit)	\$9,248	\$183	\$22,331	\$6,853
Postage	\$0	\$200	\$296	\$510	Interest Income	\$42	\$45	\$171	\$180
					Depreciation/Amortization Expense	-\$348	-\$348	-\$1,392	-\$1,392
					Net Surplus/(Deficit)	\$8,942	-\$120	\$21,109	\$5,641

Treasurer's Report: April 2017

For April 2017, Total Revenue was \$29,298, over budget by \$8,129. Total Operating Expense for April was \$20,050, under budget by \$936. The result is a Net Operating Surplus of \$9,248. Net Surplus year to date is \$21,109 over budget by \$15,498.

Group Contributions for April were \$19,847, over budget by \$3,847, due to the H&I contributions made to service entities. The total H&I contribution was \$4,480 (San Francisco - \$3,696, Marin - \$804). Individual Contributions were \$7,544, over budget by \$3,855, due to two larger contributions.

Total Unrestricted Cash for April 2017 was \$90,295, an increase of \$10,767 from March 2017. Unrestricted Cash is over four months of operating

expenses. The rating for April 2017 is "Excellent."

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 \$22K/month, so we'd have over \$44K in unrestricted cash balances for the month. The Intergroup rating has been "excellent" since December 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 - 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 2016.

Balance Sheet: April 2017

	30-Apr-17	31-Mar-17	\$ Change	30-Apr-16	\$ Change
ASSETS					
Current Assets					
Cash					
Unrestricted Cash	\$90,295	\$79,528	\$10,767	\$41,655	\$48,640
Restricted Cash	\$125,232	\$125,232	\$0	\$131,866	(\$6,634)
Total Cash	\$215,527	\$204,760	\$10,767	\$173,521	\$42,006
Accounts Receivable	(\$635)	(\$801)	\$166	\$17	(\$652)
Inventory - Bookstore	\$22,554	\$21,030	\$1,524	\$20,813	\$1,741
Total Current Assets	\$237,446	\$224,989	\$12,457	\$194,351	\$43,095
Fixed Assets	\$13,646	\$13,994	(\$348)	\$16,352	(\$2,706)
Deposits	\$6,698	\$6,698	\$0	\$6,698	\$0
TOTAL ASSETS	\$257,790	\$245,681	\$12,109	\$217,401	\$40,389
LIABILITIES & NET ASSETS					
Liabilities					
Current Liabilities					
Accounts Payable	\$3,514	\$0	\$3,514	\$481	\$3,033
Payroll Tax Liabilities	\$4,211	\$4,589	(\$378)	\$3,680	\$531
Sales Tax Payable	\$580	\$550	\$30	\$544	\$36
Total Current Liabilities	\$8,305	\$5,138	\$3,167	\$4,705	\$3,600
Total Liabilities	\$8,305	\$5,138	\$3,167	\$4,705	\$3,600
Net Assets					
Net Assets, Beginning of Year	\$228,376	\$228,376	\$0	\$199,894	\$28,482
Net Surplus/(Deficit), YTD	\$21,109	\$12,167	\$8,942	\$12,802	\$8,307
Total Net Assets	\$249,485	\$240,543	\$8,942	\$212,696	\$36,789
TOTAL LIABILITIES & NET ASSETS	\$257,790	\$245,681	\$12,109	\$217,401	\$40,389



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)

Nicholas P.	Robert W.	Susan C.
Norine T.	Ron H.	Suzanne C.
Pam K.	Roseanna H.	Teddy W.
Pat P.	Ryan D.	Theresa M.
Patrick S.	Scott C.	Theresa M.
Patrick R.	Sean B.	Thomas H.
Paul K.	Sean C.	Thomas M.
Peggy H.	Sean M.	Tom S.
Penelope P.	Sean R.	Tom P.
Penelope C. &	Sheila H.	Tom L.
Robert S. Jr.	Stephen S.	Tony R.
Peter F.	Stephen S.	Tripp Mc.
Rachel G.	Steve A.	
Robert T.	Steven G.	

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!

INDEPENDENCE DAY ALCATHON – 2017

TUESDAY JULY 4, 2017 - NOON~6:00PM

Forty-five minute meetings held hourly
First Meeting 12:00pm - Last Meeting 5:00pm

***** Raffle Prizes - 4:45 Drawing

Barbeque & Fellowship

All Saints Lutheran Church

2 San Marin Drive, Novato

Across from San Marin High –
San Marin Drive and Novato Blvd.

* If you are able, please bring a side dish to share.

* We accept donations of any amount with heartfelt gratitude; they pay for the cost of the event.



* Alcathons are open meeting events—new comers, family, friends are welcome and encouraged to attend.



HAPPY INDEPENDENCE FROM ALCOHOL DAY

Presented by: The Novato Fellowship Group, Alcathon Committee



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



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