

# the Point

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

from Chapter Five of the book, *Alcoholics Anonymous*

2018 1  
January

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship  
of Alcoholics Anonymous  
1821 Sacramento Street  
San Francisco, CA 94109-3528

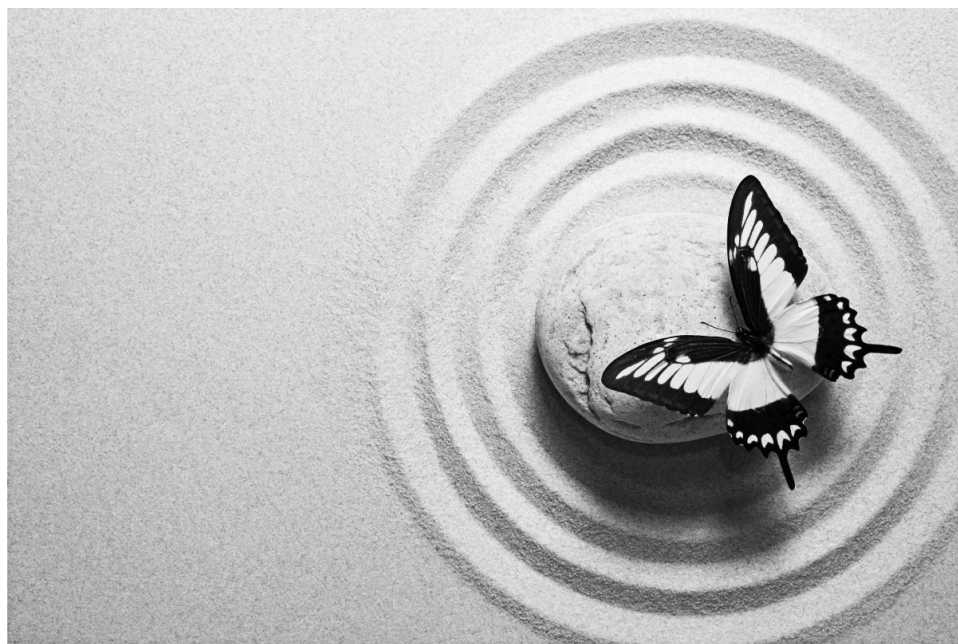
San Francisco (415) 674-1821

Marin (415) 499-0400

Fax (415) 674-1801

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

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



## Better Way of Life

- 6 Bring the Body, the Mind Will Follow
- 7 Bats and Balls
- 10 I Stayed for the Ride
- 12 Why I Keep Coming Back

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 Anonymous*

# January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<b>1</b> <b>NEW YEAR'S HOLIDAY</b> Central Office closed	2	<b>3</b> <b>FIRST WED</b> <b>Intergroup Meeting</b> First Unitarian Universalist Center 1187 Franklin St., San Francisco <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm
7	<b>8</b> <b>SECOND MON</b> <b>SF Public Information / Cooperation with the Professional Community (PI/CPC)</b> Central Office, 1821 Sacramento St., San Francisco <b>Speaker Workshop</b> 6pm <b>Business Meeting</b> 7pm	<b>9</b> <b>SECOND TUE</b> <b>Marin H&amp;I</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael <b>Orientation</b> 6:15pm <b>Business Meeting</b> 7:00pm <b>SF General Service</b> 1111 O'Farrell St., San Francisco <b>New GSR Orientation / Concept Study</b> 6:30pm <b>Business Meeting</b> 7:30pm	<b>10</b> <b>SECOND WED</b> <b>Marin Bridging the Gap</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael <b>Orientation</b> 6pm <b>Business Meeting</b> 6:30pm
<b>14</b> <b>SECOND SUN</b> <b>Golden Gate Young People in AA</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael 12pm <i>(even months at Central Office; odd months at Marin Alano Club)</i>	<b>15</b> <b>THIRD MON</b> <b>Marin General Service</b> 9 Ross Valley Rd., San Rafael <b>Orientation / Concept Study</b> 6:45pm <b>Business Meeting</b> 7:30pm <b>SF Teleservice</b> Central Office, 1821 Sacramento St., San Francisco <b>Orientation</b> 6pm	16	17
<b>21</b> <b>THIRD SUN</b> <b>Archives Committee Meeting</b> Central Office, 1821 Sacramento St., San Francisco 2pm <i>Business meeting followed by work day</i>	22	<b>23</b> <b>FOURTH TUE</b> <b>Marin Teleservice</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael <b>Orientation</b> 7pm <b>Business Meeting</b> 7:30pm	24
<b>28</b> <b>Sobriety by the Bay</b> The Midway, 900 Marin St., San Francisco <b>Pie &amp; Ice Cream Social @ SINBAR</b> 415 Edna St., San Francisco 8:00pm <b>Broads Without Booze #31</b> United Irish Cultural Center 2700 45th Ave., San Francisco 11:30am	29	30	31

THURSDAY	FRIDAY	SATURDAY
4	5	6
11	12	13 <u>SECOND SAT</u> <b>The Point Committee Meeting</b> Central Office, 1821 Sacramento St. San Francisco 12:30pm
18	19	20 <u>THIRD SAT</u> <b>SF H&amp;I</b> 2900 24th St., San Francisco <b>Orientation</b> 11:00am <b>Business Mtg</b> 12:00pm <b>CNCA Meeting</b> 320 N. McDowell Blvd., Petaluma 10am <b>12th Step/Sunshine/SOS 3-Way Workshop</b> Central Office, 1821 Sacramento St. 11:00am
25	26 <b>Sobriety by the Bay</b> Jan. 26 - Jan. 28 The Midway, 900 Marin St., San Francisco <b>Register:</b> <a href="http://sobrietybythebay.org">sobrietybythebay.org</a>	27 <u>FOURTH SAT</u> <b>The 12 Traditions Today</b> Central Office, 1821 Sacramento St. San Francisco 11:00am - 12:30pm <b>Sobriety by the Bay</b> The Midway, 900 Marin St., San Francisco

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.



<b>Calendar</b>	<b>2</b>
<b>Meeting Changes</b>	<b>4</b>
<b>From the Editor</b>	<b>5</b>
<b>Bring the Body, the Mind Will Follow</b>	<b>6</b>
<b>Bats and Balls</b>	<b>7</b>
<b>Bats and Balls — A Poem</b>	<b>8</b>
<b>Not Bill and Bob's Websites</b>	<b>9</b>
<b>I Stayed for the Ride</b>	<b>10</b>
<b>Meeting Makers Make It</b>	<b>11</b>
<b>Why I Keep Coming Back</b>	<b>12</b>
<b>If Nothing Changes, Nothing Changes</b>	<b>13</b>
<b>Intergroup Meeting Summary</b>	<b>14</b>
<b>Group Contributions</b>	<b>16</b>
<b>Revenue &amp; Expense Report</b>	<b>18</b>
<b>Treasurer's Report</b>	<b>18</b>
<b>Balance Sheet</b>	<b>19</b>
<b>Letters to the Editor</b>	<b>19</b>

*"A.A. is not a plan for recovery  
that can be finished and done with.  
It is a way of life."  
~ Alcoholics Anonymous, p. 311*



# Meeting Changes

## Meeting Changes

Mon	5:30pm	Castro	<b>Koo Koo Big Book</b> , Most Holy Redeemer, 100 Diamond St. / 18th St. (Was at 1748 Market St. / Octavia)
Mon	6:30pm	Mill Valley	<b>Monday Miracles</b> , 244 Shoreline Hwy / Almonte Blvd. (Was at 591 Redwood Hwy Frontage Rd.)
Wed	6:00pm	Castro	<b>Koo Koo Hump Day</b> , 45 Castro St. / Dubose St. (Was at 1748 Market St. / Octavia)
Thu	5:30pm	Marina	<b>Fourth Dimension Solution</b> , Dry Dock, 2118 Greenwich St. / Fillmore St. (Was at 5:15pm)
Fri	6:00pm	Castro	<b>Let It Be Now</b> , 152 Church St. / Market St. (Was at 1748 Market St. / Octavia)
Sat	1:00pm	Pacific Heights	<b>Anything Is Possible</b> , 2266 California St. / Webster St. (Was called Afternoon Reflections)

## No Longer Meeting

Sun	11:30am	Western Addition	<b>Big Book Study</b> , 1201 Fillmore St. / Turk St.
Mon	5:00pm	SF State	<b>Women's Sober at State</b> , 1650 Holloway Ave. / SFSU-Cesar Chavez Student Union
Mon	5:30pm	Hayes Valley	<b>Queers, Crackpots and Fallen Women</b> , 1748 Market St. / Octavia
Thu	12:00pm	Western Addition	<b>The 45 Minute Hour</b> , 2135 Sutter St. / Steiner St.
Tue	7:00pm	Laguna Honda	<b>Open Door Recovery</b> , 501 Laguna Honda Blvd. / Woodside

**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!**

## PIE & ICE CREAM SOCIAL @ SINBAR

*Sobriety in the Sunnyside since 1973*

**Sunday, January 28th 8:00pm**  
415 Edna St, San Francisco  
**Parking in St Finn Barr lot - 400 block of Hearst Ave**

*Karen C. Speaking (30 years of sobriety)*  
Speaker meeting - Refreshments after

That's a fine looking pie.

Don't forget they have Ice Cream

## Sobriety by the Bay

Friday, January 26 - Sunday, January 28, 2018  
The Midway: 900 Marin St.  
**San Francisco, California**

**REGISTER:** [SobrietyByTheBay.org](http://SobrietyByTheBay.org)  
\$15.00 before January 1st, 2018; \$20.00 after

<b>Friday 1/26</b> <b>4 PM</b> Set-up <b>7 PM</b> Speaker Debbie D. - Concord, CA	<b>Saturday 1/27</b> <b>8 AM</b> Too Early Big Book <b>10:30 AM</b> Speaker Gloria V. - Los Angeles, CA <b>2-5 PM</b> 4th Step Workshop <b>7 PM</b> Speaker Lyle P. - Stockbridge, GA	<b>Sunday 1/28</b> <b>8 AM</b> Too Early Big Book <b>10:30 AM</b> Speaker John F. - Berkeley, CA
--	---	---

**VOLUNTEER:** Contact Cassie to do service  
phone: 925-413-7874, email: [cassiecombs@gmail.com](mailto:cassiecombs@gmail.com)

Our mission statement is in accordance with the Fifth Tradition, which states, "Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

## BROADS WITHOUT BOOZE #31

Semi-Annual Women's Luncheon & A. A. Speaker Meeting

**WHEN:** Sunday, January 28<sup>th</sup>, 2018  
11:30 a.m. - Fellowship / Lunch - 12:00 p.m. Sharp  
Open Speaker Meeting - 1:00-2:00 p.m.  
(Speaker: Barbara M., San Francisco)

NOTE: Attending meeting only? Please arrive no earlier than 12:45 p.m. to allow luncheon to finish. Thank you.

**WHERE:** United Irish Cultural Center  
2700 - 45<sup>th</sup> Avenue (near Sloat & SF Zoo), San Francisco, CA

Cost for lunch - **\$30.00** (includes tax & tip)

Check payable to: Linda Wilson must be received by January 19<sup>th</sup>, 2018

Please mail to:  
Linda Wilson  
800 Prospect Street  
Petaluma, CA 94952

**\*POLICY:** All attendees must be pre-registered:  
registrations cannot be accepted the day of the event.

Please indicate your choice of entree on your check (do not return flyer):

- ☐ Chicken Pomodoro
- ☐ Salisbury Steak, with mushroom sauce
- ☐ Cheese Ravioli

Entrees will be served with solid, reds & butter, mouse, coffee & iced tea

For more info, contact: Linda Wilson (415) 991-9900 or email [linda\\_genini@yahoo.com](mailto:linda_genini@yahoo.com)





## Better Way of Life

"A.A. is not a plan for recovery that can be finished and done with. It is a way of life."

~*Alcoholics Anonymous*, p.311.

In this issue Claire A. tells us about being powerless over an unruly mind, which clings to negative thinking the way burrs cling to goats. The paradox of accepting powerlessness is that it frees up one's mind to focus on another, better way. As I read recently, "When you have only one option, you have yourself a plan" (from Derek Miller's *Norwegian at Night*). On a similar note, Bree L.'s behaving like an overzealous hall monitor is more classic alcoholic behavior. Such twisted thinking undermines sobriety—almost as much as her father's advice to cheat if you can get away with it.

In our prose-poetry double-header on Page 7, John W. describes recovery hammered out on his predecessors'

anvils of experience. His poem about one of them, Ray O'K., describes New Yorkers calling beers and shots "Bats and Balls." Ray made progress when he became as fearless with his inventory as the founders before him were.

On the next page, Karen K. lists A.A. online resources she uses to guide sponsees. Cara H. shows how making it to meetings becomes making it in sobriety. She found the laughter of recognition validating (as well as boosting endorphins). Like Erik C., she needed to hear stories from other alkies. Remembering stories about the ones that don't make it helps us make the right choice when we're at the same crossroads.

Judy G. wraps up with how she stays in the moment after crossing the bridge to recovery. The positive patterns we practices in meetings eventually ripple out into other areas of life as we evolve into better ways of being in the world.

### EDITORIAL POLICY

*The Point* is published monthly to inform A.A. members about business and meeting affairs of the Intercounty Fellowship of Alcoholics Anonymous. In addition, *The Point* publishes original feature articles submitted by local A.A. members that reflect the full diversity of experience and opinion found within the fellowship of Alcoholics Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Traditions.

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



## Faithful FIVERS!

Faithful Fivers are A.A. members Who graciously pledge to contribute at least \$5 each month toward the support of Central Office. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

Alan R.	Don L.	Laura B.
Alejandro D.	Don N.	Lauren H.
Alex R.	Ed K.	Lavon T.
Alex L.	Eileen M.	Layne S.
Allison M.	Erin S.	Layne Z.
Ami & Nick H.	Fiona B.	Lelan & Rich H.
Amy Mc.	Forrest F.	Leo G.
Andy F.	Forrest P.	Leslie G.
Andy Z.	Frederick D.	Linda L.
Barbara M.	Gabrielle J.	Linda R.
Barbara L.	George S.	Lisa Mc.
Becca M.	George S.	Lisa T.
Ben H.	Gerardo G.	Liz M.
Ben W.	Hank B.	Lucy T.
Bharani A.	Herman B.	Lucy & Dennis O'C.
Blu F.	Hilary M.	Lynn D.
Brian C.	James P.	Mabel T.
Brian & Diane C.	Jane B.	Mac E.
Bruce S.	Jane K.	Mana F.
Bruce K.	Janelle P.	Marc F.
Bruce Z.	Jason B.	Marcus W.
Caroline A.	Jeanne C.	Marin Fellow-
Caroline A.	Jeffery K.	ship
Cathy P.	Jerry M.	Marit L.
Charley D.	Jim H.	Mark A.
Chip G.	Joanne S.	Mark O.
Chris L.	John B.	Mary C.
Chris B.	John C.	Mary L.
Chris S.	John G.	Mary
Christopher Mc.	Julie P.	Maryellen O'C.
Claudia C.	Karen C.	Matt S.
Clayton M.	Karen K.	Matt S.
Constance C.	Karla S.	Michael F.
Craig S.	Kathleen C.	Michael P.
Curtis V.	Kevin C.	Michael W.
Dan D.	Kim S.	Michael Z.
Danielle G.	Kim D.	Mike M.
David S.	Kurt P.	Mily T.
David J.	Kurt C.	Nancy N.
Dianne E.	Lance S.	Nicholas P.

(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!



# Bring the Body and the Mind Will Follow

## *The shares worked their magic*

by Claire A.

I know this is staying true for me. My mind is unruly, basically. It can be playful and fun, but it can also be annoyingly clingy, hanging on to negative thinking like a burr on a goat. Or my mind can be absent—off in the clouds when it should be attending to the matters at hand. It can chew on a resentment all day, if allowed, and into tomorrow.

### *My mind is unruly*

I feel lucky that I have feet that carry me to meetings. And I feel lucky that I hear, over and over again, that if I'm feeling things, I should go to a meeting. I need to hear that, on repeat. At this point in my sobriety, going to meetings is a habit, and I'm grateful for that.

There are so many examples for me of days when I felt really awful and a meeting turned my day around. I sat down at a meeting resentful, sad, confused or even excited, and gradually *How It Works*, and the Steps and Traditions readings or the speaker and the shares worked their magic. Listening to others and finding the common threads calms me down. I don't go to meetings thinking they will help, though. I go because that's what I do. I don't think about it. I just do it.

Thinking about what is good for me or what will help in a given situation is dangerous territory. My best thinking was, "oh, one drink won't kill me." But it will. So it's important for me to have a schedule of meetings, a home group, and a core group of sober alcoholics who wonder where I am if I don't show up.

### *Going to meetings is a habit*

When I bring my body to a meeting and stick it in a chair and look for the similarities, gradually, my mind will follow. Listening to readings, to speakers, and most of all to other people's shares brings my mind into the present, and connects it with other minds. Sharing in meetings can expose just how loony my thinking can get.

I really do feel meetings help me to join body and mind. I can be walking down a street, but my mind can be off in space, or growling over some resentment, or boiling with rage over some perceived slight. Worse, I can be in conversation with my kids, and then totally space out! So, it's important to me to get my mind and body to work together!

And, of course, it's a work in progress. The more I do the work, the more present I am, which is generally good until

I come up against something I really don't want to look at (like my character defects), and then I generally have a mental temper tantrum before talking with my sponsor about it and discovering what action to do.



It all comes down to action. My mind wants to sit and stew. My mind wants to think my way out of everything, to stay isolated from the fearsome world and all of its people. The trouble is that my problem IS my mind. So stewing about my mind is totally self-defeating. I feel so grateful to have found A.A., which tells me to DO something. Move my feet, pick up the phone, talk to someone, help someone, take out the trash, go for a walk, but above all, take action!



#### **SF Public Information / Cooperation with the Professional Community (PI/CPC)**

The San Francisco PI/CPC Committee's primary function is to provide speakers, literature, and audio & video recordings requested by both A.A. and non-A.A. organizations.

#### **Service Opportunity: PI/CPC Chair**

Requirements: Two years sobriety and previous PI/CPC experience

Committee meets the 2nd Monday of the month: Central Office, 1821 Sacramento St., San Francisco

For more information, contact [chair@aasf.org](mailto:chair@aasf.org)



# Bats and Balls

*Our common welfare should come first*

by John W.

When I was still in my first year of sobriety, I heard Ray's drunk-a-log and thought it was a "classic" share. He described being taught to drink shots with a beer, affectionately called "Bats and Balls," as a lad in the New York borough. He grew up in a family of cops, living in a neighborhood guided by priests and nuns. While many of his trials were not mine, I identified as he discussed his profession. He too had become an attorney, and married and had children, also like me. So many points sounded oh so familiar. Sadly, so did the wreckage, the loss of the love and affection of all those he held dear, failure at work, and lawsuits seeking money. I was hearing my story. So when the solution started to be told and the advent of the promises began in stark and wonderful detail, I began to believe that there was that same hope for me, if I didn't drink and I went to the meetings as he had done.

## *I began to believe there was hope for me*

The tape upon which this story was contained had been a Christmas gift in 2005 from a fellow A.A. member. She knew I needed help in my travails and thought Ray O'K., the speaker, had experiences like mine so his story would be one I could relate to. As Ray finished his share, he thanked those who had brought him to the conference to speak, "Here in Summer-Fest assembled, in the Willamette Valley, in the great State of Oregon, in July of 1981."



## *He described the support at meetings*

Then it hit me—this guy had given this talk almost 25 years before I was hearing it! His words, captured and distributed on tape decades later, still rang straight from the heart. As he spoke of the ebbing of his arrogance and dishonesty through working the Steps with his sponsor, I heard wisdom laid bare before me. As he described the support received at meetings, hearing others talking freely of their foibles and how they put their daily reprieve to a useful purpose, I literally saw, unfolding in my brain, the pattern of success for getting and staying sober. When he said this is what our Founders called a "spiritual awakening," suddenly the jigsaw puzzle which had been my recovery until then, started to become a discernable image of a new, brilliant life waiting for me (if I followed suggestions and did the work).

It has been many years since the passing of Ray O'K. on January 22, 2006. I have listened to his cassette more times than I can count. I have often heard an A.A. member say, after reading a passage in the Big Book, "I know I have read this before, but I get something new from it each time." Every time I

hear Ray's tape, I get a nugget or three of new insight. Like Ray said in 1981, I feel that because I have followed the A.A. path, I have achieved a true sense of *belonging* to A.A. If, as the *Twelve Steps and Twelve Traditions* reads (p. 131), "On anvils of our experience, the structure of our Society was hammered out," then Ray O'K. was hard at work in the smithy's forge back in 1981. His experience, strength and hope has floated through the miracle of science to this drunk so that now, over 35 years later, I can share it here. One can never tell how our words or actions, for good or ill, will affect another. I for one am grateful for that Christmas present, for that Summer-Fest share and for the unity with A.A. which was gifted to me as a result.

*~ Author's note: Tapes and talks from Ray O'Keefe describing his A.A. life experiences are available on the Internet from <https://www.recoveryaudio.org/speaker/ray-o>.*



# Bats and Balls

## *A Poem by John W. in memory of Raymond O'K.*

---

It was as if through a mirror  
I was gazing for I saw not me  
Instead a kid from New York  
Surrounded by cops and priests and nuns

His idol, his big brother Billy  
Stood in for the father he never really knew,  
The father who had died too soon.  
The family reins left in the widow's hands

The blarney was strong with this kid  
As it was with Billy and so many  
Of the micks in this hood,  
Where school was what you were thrown out of.

But Raymond was different.

Like so many he would not meet for years  
Raymond did not think he belonged...  
Here, there or frankly anywhere,  
A stranger in his own land.

His peers would play stick ball  
And hit like Mantle or catch like Mays  
But Bats and Balls for Raymond  
Were just Beers and Shots to you and me

Somehow the not belonging  
Could go away with a Bat and a Ball  
And "that game" would be played  
Until he fell down or the cops came or a fire started or worse

But Raymond was different.

Join the Navy, see the world  
Or crew a Presidential yacht  
Maybe the practice of law would change things  
Or maybe it wouldn't

A professor of law would be the ticket for sure  
Or maybe it wouldn't  
A wife and kids would change things  
Or maybe they wouldn't

The Bats and Balls of this aspiring attorney  
Gave way to Martinis and blended scotch with water  
Whether "Daddy's Juice" or the current drink of choice  
The job got done all the same.

But Raymond was different.

So when the finances collapsed,  
The professor got canned  
And all those he loved turned away  
He still hung with his friend, John Barleycorn

"How deep could be the well or life's bottom?" he asked.  
When after touching the Spirit he had recoiled.  
How could anyone, much less him,  
Know the level of pain he would need endure

But his time came...  
His idol died.  
His time came...  
Booze had beckoned Billy to the grave

Could Raymond be different?

Though the days had become very long  
And the nights had become so very dark  
His spirit had been given a gift  
A hope, a prayer, a chance, if he was willing...

"Rarely have we seen a person fail..."  
Down a path so easy to see  
So hard to imagine  
So impossible to walk without help.

With a guide or two to direct his trudge  
A book or two that carried the message  
A New Man or two to help along the way  
And a Power greater than himself, he could change.

Would Raymond be different?

Like his Fellowship's founders, he did change.  
He admitted his powerlessness over life  
He turned over his insanity to God and came to believe.  
Slowly his Body, Mind and Spirit each came around in their own time.

For he was fearless for the first time and thorough  
As the Founders before him had been.  
He took his inventory and made amends  
As they before him had done.

He prayed and meditated  
As they before him had suggested.  
He tried to carry the message  
As they before him had tried.

*Continued next page*





And Raymond was no longer different after all!

Raymond discovered he now belonged. He had received a gift,  
A legacy which was also a paradox,  
A gift that could only be truly enjoyed  
When he had given it away completely.

If give it away he must,  
Then give it away he would  
And give it away he did, to family, friends, strangers,  
Like me, and anyone who would listen, anyone who was willing.

In giving away the gift, the Solution was shared.  
“Don’t drink, go to the meetings,” he said, “and all will be well,  
Both here and hereafter, when the deaf shall hear,  
The blind shall see and the sick will be made well.”

Thank God Raymond was different

Like him I too now belong  
He helped the blind see, the deaf hear,  
The sick, like me, become well.  
One Day at a Time.



## Not Bill and Bob’s Websites

### *I ask sponsees to use the resources*

by Karen K.

I give great advice to my sponsees. Regretfully, I often don’t heed that advice. For example, I ask my sponsees to familiarize themselves with the resources available at AA.org and AASF.org, yet it has been a while since I explored those websites. Maury P., Central Office’s manager, recently told me about an AASF.org feature which allows you to find the closest meetings to a specific address. Coincidentally, I just started working in the Inner Richmond where I have never attended meetings, so I have found this feature to be very helpful. Did you know you can find, or do, all this at the AA.org and AASF.org websites?

Go to AA.org and search the following:

1. “What’s New,” such as the new

“Safety Card for Groups” and new guidelines on A.A. and the Internet.

2. Estimates of members and groups in the U.S., Canada, and globally.
3. Register for the 2020 International Convention of A.A. in Detroit.
4. Links to Central Offices anywhere in the United States or the world.
5. Download full text of *Daily Reflections*, A.A. pamphlets, the Big Book and *Twelve Steps and Twelve Traditions*.
6. Literature in English, Spanish and French.
7. PSA videos about A.A. and videos for health, correctional and human resources professionals.

Go to AASF.org and search for the following:

1. Find meetings within San Francisco and Marin counties under “Meeting Schedules.”
2. Make digital contributions online (both group and individual), which even includes Gratitude Month.
3. Suggested percentages and addresses for sending money to Central Office and the other services under “A.A. Resources.”
4. Suggested meeting format, together with the traditional readings (12 Steps, How it Works, 12 Traditions, Promises, etc.).

If you answered “yes” to all of these questions, you may be an alcoholic.



# I Stayed for the Ride

## *Fighting with my disease*

by Bree L.

After many moons, I now know that my successes or failures are a result of how close I stay to my A.A. program. This goes against my natural propensity to lie and get away with whatever I can. Dishonesty comes naturally. "Cheat if you can get away with it," my father told me playing cards. For me, it's part of my disease.

### *Was it really so bad that I had to come to A.A.?*

Early on, when starting A.A., one thing was clear, I didn't want to drink, but that was about it. Meetings, sponsorship, service were all for you guys, I had greater callings such as finishing a master's thesis and finding a better job. The disconnect came when I wanted the serenity and acceptance I saw in meetings but I didn't want to do the work. I squeezed out an hour a week for meetings and that was it. I wasn't drinking and thought that miraculously I'd get the program without all that other stuff and continued on as my own less-than-charming self. Meanwhile, my dry drunk life continued.

"Where am I in the program?" I ask myself today, a variation of, "What step are you on?" I have to look at where I am in the program. Am I in the middle of that boat so often referred to? Being in the middle brings a lot of acceptance on my part. I can listen to my children's plan for growing a pot farm without hitting the rafters. I can appreciate my spouse's OCD, without rancor because I have an HP and a program supporting me. Planting

myself in the middle, I have a sense of my HP watching over me.

### *Continued on as my own less-than-charming self*

Every so often, I find myself amongst the fringe watching the action as an observer taking in the content but not necessarily being a participant. The "Bernal New Day" meeting just had a rotation of service and I'm gauging how the new secretaries don't follow the script as printed the way I think they should. They sometimes start a couple of minutes late or end after 8:30 and suddenly I'm part of the jury making a judgment on how things should be run. The thing is when I'm part of the jury pool, I'm missing out on the honesty and wisdom of the meetings. My HP is a secondary thought.



When I first came to A.A. I knew the pronouns were not politically correct. God was a "He" and women needed representation. I mentally rewrote the book rather than dealing with my disease, and working on my fourth

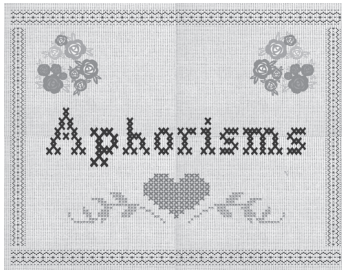
step. Every so often someone slips in the word Goddess as a substitution for God, and my early judgments return.

Resentments are one thing that can take me further from program. A couple years ago, I left A.A. for almost a month when the secretary shared at every darn meeting for more than the suggested three minutes. I knew the secretary should never share and certainly not more than the specified time. They were expressly there to serve. Luckily, as things usually happen, my sponsor enlightened me by saying I wasn't there to be the hall monitor.

### *I wasn't at the meeting to be the hall monitor*

I never was one of those who sat at the bar thinking about quitting. My "modus operandi" was to lounge in my bed sipping *Southern Comfort* while I made resolutions for the next morning. Who starts anything in the middle of the night? (Certainly, not this alcoholic.) "Don't do today what you can put off until tomorrow," was my motto.

Getting here originally was hard. I sat in the 6th and D streets parking lot in Oxnard at 6:30 in the morning, fighting with myself. Was it really so bad that I had to come to A.A.? Luckily, on my third try, I did make it up those stairs and once there, it was clear I was exactly where I needed to be. I stayed for the ride.



# Meeting Makers Make It

## *I was terrified I'd slip*

by Carla H.

My own experience around the slogan “Meeting Makers Make It” rings true. Going to meetings (helping “make” them) and not picking up a drink in between is how I got sober when I was new. I loved my first A.A. meeting, although I went under duress; my therapist got me to go. Hearing the audience laugh with an attitude or tone I didn’t know was possible made me happy to be there. I now call it the laughter of recognition, as opposed to laughter at someone’s plight or sarcastic laughter or embarrassed laughter.

### *Call it the laughter of recognition*

The laughter of warm understanding and recognition is what helped me take the first step, admit I was powerless and call myself an alcoholic. For decades I didn’t work the steps or have a sponsor. But I didn’t drink or pick up in between meetings. I don’t recommend or suggest that anyone try this. Working the steps with a sponsor is the easier, softer way, in my experience.

I had stopped going to meetings for about 17 years. By 2011, I was terrified I’d slip so I went to a meeting. I need and value the structure, the readings (very similar, yet different enough to express a meeting’s individuality), the call-and-response aspect of the readings, the prayers we say in unison and our stories, the qualifications each speaker brings.

I had such a great experience at that meeting that I went to the same room the next night, hoping for a similarly astonishing experience. How alcohol-



ic of me! It was a different meeting, of course, not astonishing, but connecting and warm, all the same. Someone at that meeting told me about one the next night. I went to *that* meeting. A woman offered to sponsor me. She became my first sponsor.

### *I'm making it to meetings and making it in sobriety*

Soon, I was going to five meetings a week—yes, me, the one who had gone 17 years between meetings. I saw a lot of the same people, which encouraged me to keep coming back, to listen for the similarities, and to do things that sober people do. I wouldn’t have heard this wisdom had I not gone to so many meetings. I heard useful suggestions like: “Sit in the front, raise your hand,” “You’re being of service just by attending the meeting,” and “Service keeps you sober.”

Because I became a regular at a handful of meetings, I was elected secre-

tary at one—my first service position. I took it seriously, listening to shares at various meetings with a different ear, listening for people who sounded like they were in “the middle of the boat.” I’d ask the middle of the boaters to come speak. The people I got to know at meetings often turned out to have double-digit years of sobriety. Knowing that encouraged me to listen to them even more closely and to spend more time with them.

They were meeting makers who were making it—attending, being of service, willing to talk to a sister alcoholic and not judge me for going 17 years between meetings, not judging my decades without sponsorship or step work. Instead they saw my current actions: I’m making it to meetings and making it in sobriety. I haven’t had a drink or drug for 36 years. Meetings are where I get what I need to stay sober and be willing to do what is asked of me by my Higher Power.





# Why I Keep Coming Back

*I never want to drink again*

by Erik C.

Over the years, people have asked me, “Why do you keep going to those meetings?” The easiest answer is that I never want to drink again. Though, that rarely satisfies non-alcoholics, who wouldn’t drink if they didn’t want to. I also hear newer members say they are bored with meetings, it’s the same people who say the same things, or they don’t feel like drinking so there is no reason to continue going to meetings. But there is!

How do I know? As someone who keeps going, I’ve got to hear the stories from those that came back. They tell me what it was like. That it didn’t get better, but got worse. Some come back, but tell me they wish they hadn’t gone out because of the wreckage they caused to family, friends, relationships, their health, and their sanity. Certain people say that part of them never did come back from the relapse and years later still feel off from it.

## *I’ve got to hear the stories*

Even worse are the stories I hear from those who don’t make it back. That’s the truest and deepest heartbreak. Those stories almost always lead to death. There may be stops with the law, insanity, and every sort of heartbreak on the way. At times, no one is aware the person



is struggling until—in deepest desperation—they take their own lives. I hear those stories from those going to the funerals, memorials, and in-touch with the grieving families. They didn’t think that first drink would take them there.

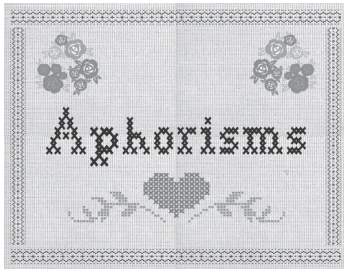
## *When the disease is at its trickiest*

It’s that first drink that can take us right back where we started and then knock us down another notch or two in the process. A number of years ago when I was a few years sober, I took a couple of weeks off from meetings. I figured I had put in my time, done the work, and was safe from alcohol. I was out one evening and on the table in front of me sat an almost empty pint glass with about a half inch of beer left at the bottom (which, by the way, a non-alcoholic probably wouldn’t

remember) and saw my hand go towards it as my mind said, “I’m empty, I need a refill.” That wasn’t even my glass. As I was about to touch it something reacted in me and I pulled my hand back, but I wasn’t sure why. I sat there for what seemed like minutes, though was just seconds thinking, “What’s going on here?” Then it hit me, “I’m an alcoholic, I don’t drink. But, what’s an alcoholic?” Then it hit me and my last few years of sobriety came rushing back to me.

That was the closest call I’ve ever experienced. I’m so grateful that there was still enough A.A. in me to prevent that drink. Many of the drunks I talked with over the years weren’t as lucky. They were out somewhere, got offered some booze, and started drinking it. Did they set out to get drunk? No. They simply forgot they were alcoholics. Their lives were working out and they were living their lives to the fullest. That can be when the disease is at its trickiest. One of the components of our disease is forgetfulness. If I forget I’m an alcoholic I’m as good as drunk. If I pick up, whether on purpose or not, the wreckage begins. And that’s why I keep going to meetings. To hear the message of A.A. again and again, so that I never forget where I came from and what I went through.





# If Nothing Changes, Nothing Changes

## *Like crossing a bridge*

by Judy G.

I once heard a story that coming into recovery was like crossing a bridge over a river, and all the people you know stayed on one side of the river. When you walked across and got to the other side, you beckoned for all of your friends to cross that bridge too, and when they did not cross, you waved goodbye to them.

Life on the recovery side is very different. There are great

rewards—sobriety, both physical and emotional. Spiritual fitness. Peace. But all that does not just fall from the sky.

Yes, most people in recovery have had some type of spiritual awakening, but we have to do the footwork. The promises of the program, on page 83 of the A.A. Big Book, do come true—but as it says in the first line, we must be “painstaking.”

### *We have to be ever-vigilant*

The dictionary definition of painstaking is “expending or showing diligent care and effort.” It takes effort to stay sober. When we were drinking, it took effort to get up in the morning and get to work. In recovery, we take diligent care to protect our sobriety.

Recovery is radical self-care. That is what changes. We go from being ego-maniacs with inferiority complexes to people who care for our fellows.

Instead of being selfish and self-seeking, we do service to help our fellows (and ourselves) stay sober.



What changes is that we show up at meetings. We get to know people and come out of our isolation. We make friends. We realize that we have less in common with our old drinking buddies. For me, what really changed is the ability to admit when I am wrong with Step 10. One of the primary demarcations between people in recovery and people who are not is the willingness to make amends. We don’t dwell in past or obsess about the future. We live in today.

We learn to love ourselves and as we do, we are no longer willing to abuse our bodies with alcohol. We become less willing and able to spend time with people who did not cross that bridge with us. But we have to be ever vigilant. We have a disease of the mind, body, and spirit for which there is no cure. We arrest that disease a day at a time by working the tools of the program.

We show up, and we put our recovery first. We make the coffee and put away the chairs. To this day, when I go to outside events, I help put away the chairs. We travel to other meetings at what seems like the wee hours of the morning to share our experience, strength, and hope.

We pray. We pray to be relieved of our self-will. We pray to have our shortcomings taken from us. We pray for serenity and acceptance. We listen

to the same passages at the meetings over and over.

As a result of taking all of these actions, everything changes. We recover our health. We go to the dentist. The chatter between our ears dissipates. All of the negative thoughts we have had about ourselves and others morph into love and compassion.

### *Willingness to make amends*

When I first came into A.A., I would hear fellows say to the speaker, “I remember when you came in, and I have watched you grow and change into such a beautiful, glowing person.” I thought to myself that I would never be able to say that, because I would not stick around long enough to have that experience. But what changed is that I did stay, and I have had the blessing of seeing those changes in myself and others.

# Intergroup Meeting Summary: December 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	San Francisco Groups	Blue Book Special	Each Day a New Beginning	Saturday Beginners
Men's Two Plus	A is for Alcohol	Came To Believe	Embarcadero Group	Serenity Seekers
Mill Valley 7am	Any Lengths	Castro Discussion	Experience, Strength & Hope	Sunday Night Castro D
Monday Blues	Anything is Possible	Castro Monday Night BB	Girls Gone Mild	Sundown
Monday Night Stag Tiburon	As Bill Sees It Th 6pm	Cocktail Hour	Kool Fresh Kids Club	Sunset 9'ers
On Awakening	Be Still	Come 'n Get It!	Join the Tribe	Sunset Speaker Step
Thursday Night Chip	Beginners Warmup	Cow Hollow Young People	Lunch with Bill	Too Early
Tuesday Beginners	Big Book Basics	Creative Alcoholics	Reality Farm	Valencia Smokefree

This is an unofficial summary of the December 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](http://www.aasf.org).

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

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

The meeting was held on Wednesday, December 6, 2017 at the First Unitarian Universalist Center, 1187 Franklin Street in San Francisco.

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

## Standing Reports

**Board Chair, Liz M.** Last month was Gratitude Month, so thank your groups for contributing. Our Technology Committee was mentioned in Box 459 regarding digital contributions – woohoo! We are

looking for someone to be administrator for the Facebook group and also need a chair for the PI/CPC committee.

**Treasurer, Alix F.** Rating for October 2017 was "Excellent," but we are below having 3 months of Unrestricted Cash. Group contributions were way down, as were individual contributions, continuing a trend for the past few months. Not a cause for concern, but good to talk to your groups about it and get money in before the end of the year. Most of the intergroup reps passed a 2nd basket for Gratitude Month; those who weren't able to do that had financial concerns for their group. The 2018 Intergroup budget will be presented at January's Intergroup Rep meeting.

**Central Office Manager, Maury P.** Volunteer Appreciation Dinner in November was a success! There are still open phone shifts at Central Office. The Alano Club at 1748 Market Street in San Francisco has been shut down. We are missing information for some of the meetings that used to meet there, so it's important to communicate with Central Office so that the directory is up to date. There are over 100 service opportunities between H&I, PI/CPC, General Service, Teleservice, and Intergroup. We need more participation from members of the fellowship.

## Intergroup Committee/Activity Reports

**SOS, Dorothy V.** Spirit of Service (SOS) brings meetings to members who cannot

make it to meetings. They are having trouble finding members who could use this service, somewhat due to lack of word of mouth about this service.

**Archives, Kim S.** Archives held an event on December 3 about the history of AA in San Quentin and Folsom prisons. It was very well-attended.

**Fellowship, Michael P.** Founders Day will be held at 1187 Franklin in San Francisco on June 9, 2018 and preparations are already underway. The Traditions Workshop at Mission Fellowship will be moving to Central Office on the 4th Saturday of each month starting in January.

**SF Teleservice, Lara A.** Orientation is on the 3rd Monday of each month at 6pm at Central Office. More folks are needed for this committee. Also looking for an Information Chair and a Sunday Coordinator.

**SF PI/CPC, Justin** Very much in need of more people for the committee. We have a 2-year sobriety requirement to participate. We meet on the 2nd Monday of each month. Orientation is at 6pm, the meeting is at 7pm.

## Liaison Reports

**Marin PI/CPC, Cathy P.** Marin Public Information's monthly presentations at Redwood and Novato High Schools are going well; all students were given a Marin meeting directory, and Marin PI/CPC

# Individual Contributions

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

## IN MEMORIAM

Bob C. — Hilldwellers, Marin PI/CPC

Joe Y. — Tuesday Beginners

## ANNIVERSARIES

Evan K. — 24 years

Laura B. — 32 years

## HONORARY

Martha S.

Barbara E.

received several thank you notes from the students at Novato. CPC outreach about “sponsoring your doctor” had some concern about personal anonymity, the consequences of medical coverage, and breaking Tradition 11. Future discussions include “Working with Veterans” and contacting participants from annual Senior Information Fair held in October. The next Speaker Workshop will be Thursday, January 25, 7:30-8:15pm, followed by the regular business meeting.

### District 10 General Service,

**Jacqueline P.** Found out that the audio version of the Navajo Blue Book has been completed. Monday, December 18 is out next meeting. We will be voting on a few different positions, so all are welcome!

**Marin H&I, Karen G.** Ten new members attended last month and still has openings.

### Sobriety by the Bay Conference,

**Seth H.** The upcoming conference will be January 26-28 at the Midway in the Bayview District. Registration is \$15 before January 1, then goes to \$20 after that. Lots of speakers, plus a 4th step workshop; sobrietybythebay.org is the website.

### Discussion items

**Marin 2020** There is a lot of misinformation and confusion surrounding this issue, so had discussion to provide clarity. In 2015, there was a discussion

from a group of Marin members about a separate Marin Intergroup. It didn't come through existing Intergroup structure and those involved did not want to participate in existing structure and our Marin IGRs didn't want to split off. Was more discussion on how the topic should be approached at Intergroup meetings, how Marin 2020 meetings are going, and how the main argument in support for a Marin Intergroup is purchasing AA literature.

### Old Business

**Listing Online meetings** SF Mom's Group is now AA Sober Moms. No longer a specific area meeting so we suggest having a listing for online meetings.

**What's on Your Mind** Julie shared a concern about electronic contributions and whether it would be a breach of anonymity for the treasurer to see their names. Maury clarified these contributions can be made “private.” Additionally, they are not being shared at the level of press/radio/film, so it's not a break of traditional anonymity. Jane K. introduced Ann Marie as the new chair for The Buzz.

Adjourn with the Responsibility Statement

**Next Intergroup Meeting:** Wednesday, January 3, 2018, at 7pm at 1187 Franklin Street 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](mailto:chair@aasf.org)

#### VICE CHAIR

John R. [vicechair@aasf.org](mailto:vicechair@aasf.org)

#### TREASURER

Alix F. [treasurer@aasf.org](mailto:treasurer@aasf.org)

#### RECORDING SECRETARY

Carolyn R. [secretary@aasf.org](mailto:secretary@aasf.org)

### COMMITTEE CHAIRS:

#### ARCHIVES COMMITTEE

Kim S. [archives@aasf.org](mailto:archives@aasf.org)

#### FELLOWSHIP COMMITTEE

Michael P. [fellowship@aasf.org](mailto:fellowship@aasf.org)

#### ORIENTATION COMMITTEE

Greg M. [orientation@aasf.org](mailto:orientation@aasf.org)

#### SF PI/CPC COMMITTEE

[open] [picpc@aasf.org](mailto:picpc@aasf.org)

#### SF TELESERVICE COMMITTEE

Layne Z. [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org)

#### SUNSHINE CLUB COMMITTEE

Carole P. [sunshine@aasf.org](mailto:sunshine@aasf.org)

#### TECHNOLOGY COMMITTEE

James O. [tech@aasf.org](mailto:tech@aasf.org)

#### THE POINT COMMITTEE

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

# aa group contributions

Fellowship Contributions	Nov. 17	YTD	Marin Contributions	Nov. 17	YTD	Marin Contributions	Nov. 17	YTD
Contribution Box	\$21.45	\$433.14	Los Ranchitos W 830pm		\$100.00	Wednesday Candlelight (Marin) Wed 8		\$325.00
DeerPark Discovery Group		\$86.50	Marin City Groups 6D 630pm		\$400.00	Wednesday Sundowners W 6pm	\$157.50	\$926.50
GGYPAA		\$109.06	Marin Teleservice		\$3,800.00	What's It All About F 12pm		\$34.10
Intercounty Fellowship of A.A.		\$42.00	Marin Young People F 830pm		\$247.50	Wholly Together 11th Step Med W 7p		\$122.50
Intergroup		\$422.00	Men's 2 Plus M 7pm		\$239.91	Why It Works Sun 6pm		\$114.50
Northern California H and I Committee		\$4,481.11	Mill Valley 7D 7am		\$600.00	Women's 12 x 12 Fri 1030am		\$100.00
Sobriety By The Bay		\$2,170.00	Mill Valley Discussion W 830pm		\$196.87	Women's Big Book Tu 1030am	\$334.16	\$885.70
I Am Responsible		\$100.00	Monday Night Stag Tiburon	\$500.00	\$2,000.00	Women's Lunch Bunch F 12pm	\$303.00	\$796.00
<b>Fellowship Total</b>	<b>\$21.45</b>	<b>\$7,843.81</b>	Monday Night Women's M 8pm		\$246.44	Women's Meeting Su 430pm		\$220.00
			Monday Nooners M 12pm		\$1,640.95	Working Dogs W 12pm		\$660.78
Marin Contributions	Nov. 17	YTD	Morning After Sa 10am	\$200.00	\$975.00	Marin Total	\$4,652.78	\$52,955.13
12 & 12 Study Sa 815am		\$182.00	Morning Attitude Adjustment M-F 7, Sa 8		\$538.53			
7AM Group 7D 7am		\$582.00	Noon Hope		\$137.00	San Francisco Contributions	Nov. 17	YTD
7am Urgent Care Group 7D 7am		\$50.00	Noon Reveille Su 12pm		\$49.00	11th Step Power Power Power	\$70.90	\$225.60
A Vision for You (Fairfax) Su 730pm		\$304.70	Noon Tu 12pm		\$25.00	20+ Sun 445pm (unlisted)	\$80.49	\$243.45
AA By The Bay Tue 730pm		\$110.00	North Marin Speaker Sun 12pm		\$759.23	515 Smokeless M 515pm		\$114.00
Attitude Adjustment 7D 7am	\$756.41	\$4,719.41	Not a Glum Lot Group F 8pm		\$84.00	6am Dry Dock 7D		\$131.40
Awakenings Sat 830a		\$83.90	Novato Fellowship Group		\$113.83	6am Dry Dock Fri		\$81.00
Back to Basics Su 930am		\$363.00	Novato Spirit Discussion F 2pm		\$15.00	6am Dry Dock Sa		\$69.00
Beginner's Help Th 8pm		\$25.00	On Awakening 7D 530am		\$2,100.00	6am Dry Dock Su		\$164.00
Big Book Study & Meditation M 7p		\$142.80	Pathfinders Tu 12pm		\$300.00	6am Dry Dock Th		\$250.00
Blackie's Pasture Sa 830pm	\$850.20	\$850.20	Quitting Time M-F 530pm		\$3,465.83	6am Dry Dock Tu		\$197.00
Blue Book Special Su 11am		\$20.10	Reveille 7D 7am		\$601.78	6am Dry Dock W		\$200.00
Candlelight Meditation M 730pm	\$50.00	\$50.00	Rise N Shine Su 10am		\$900.00	A is for Alcohol Tu 6pm		\$422.05
Candlelight Sun 830pm		\$502.95	San Anselmo Fireside Meeting Sun 8pm		\$83.30	A New Start F 830pm		\$970.43
Closed Women's Step Study Tu 330pm		\$226.95	San Geronimo Valley Book Study F 8pm		\$250.00	AA As You Like It Tu 530pm		\$354.96
Corte Madera Saturday Candlelight 8pm		\$709.14	San Geronimo Valley M 8pm		\$122.00	Afro American Beginners Sat 8pm		\$488.40
Cover to Cover W 730pm		\$294.50	Saturday Women's Speaker Sa 6pm		\$278.22	Agnostics & Freethinkers Su 630pm		\$423.00
Crossroads Sun 12pm	\$159.22	\$1,257.36	Serendipity Sa 11am		\$212.65	All Together Now Th 8pm		\$40.01
Day at a Time 7D 630am		\$1,100.00	Sisters In Sobriety Th 730pm (Marin)		\$53.66	Amazing Grace M 7pm		\$60.00
Exper. Strength & Hope (Marin) Sa 6p		\$60.00	Six O'Clock Sunset Th 6pm		\$450.51	Artists & Writers F 630pm		\$865.46
Freedom Finders F 830pm	\$657.21	\$977.71	Sober Sisters W 12pm		\$101.00	As Bill Sees It Th 6pm		\$707.62
Friday Night Book F 830pm		\$574.11	Spiritual Testosterone Stag Su 830a		\$695.00	As Bill Sees It Th 830pm		\$134.71
Glum Not! Su 9am		\$200.00	Step 11 Gong Meditation Thu 530pm	\$62.79	\$212.94	Ass in a Bag Th 830pm		\$368.03
God Could & Would 5D M-F	\$100.00	\$100.00	Steps to Freedom M 730pm		\$94.00	Back to Basics W 8pm		\$277.87
Gratitude Tu 8pm		\$400.00	Stinson Beach Fellowship Th 8pm		\$494.50	Be Still AA Su 12pm		\$891.57
Happy Destiny F 7pm		\$200.00	Sunday Express Su 6pm	\$23.32	\$229.53	Beginners Speaker Discussion F 7pm	\$259.85	\$469.02
Happy Hour (Marin) Th 6pm		\$60.00	Sunday Friendship Su 6pm		\$417.00	Beginners' Step Study Sat 7pm		\$15.00
Happy, Joyous & Free 5D 12pm		\$869.05	T.G.I. Tuesday 6pm		\$60.00	Beginners Warm Up W 6pm		\$88.10
High & Dry W 12pm		\$62.00	Terra Linda Thursday Men's Stag Th 8pm		\$975.38	Bernal Big Book Sat 5pm		\$529.46
Intimate Feelings Sa 10am	\$62.72	\$668.15	The Barnyard Group Sa 4pm		\$311.74	Bernal New Day 7D		\$2,064.34
Inverness Sunday Serenity Su 10am	\$186.25	\$499.45	There is a Solution Tu 6pm		\$70.50	Big Book Basics F 8pm		\$719.99
It's All About The Book		\$400.00	Three Step Group Sa 530pm		\$603.28	Big Book Beginners F 105pm		\$100.00
Just Can't Wait 'til 8 M 630pm		\$180.00	Thursday Night Speaker 830pm	\$250.00	\$1,442.75	Big Book Study Su 1130am		\$317.90
Keep Coming Back Sa 10am		\$433.80	Tib. Beginners & Closed Tu 7 & 8:30		\$188.28	Blue Book Special Su 11am		\$308.75
Keep It Simple Sister Thu 7pm		\$160.00	Tiburon Women's Candlelight W 8pm		\$322.47	Buena Vista Breakfast Su 12pm		\$60.00
Larkspur Beginners F 7pm		\$128.00	Tuesday Beginners' Meeting		\$1,100.81	By the Book Sa 10am		\$36.00
Larkspur Haven Su 12p		\$231.00	Tuesday Big Book Study Tu 6pm		\$259.00	Came to Believe Su 8am		\$468.56
Larkspur Step W 830pm		\$222.28	Tuesday Big Book Tu 830pm		\$50.00	Came to Park Sat 7pm	\$332.40	\$1,167.40
Last Stop Men's Step Study W 6pm		\$500.00	Tuesday Chip Meeting Tu 830pm		\$793.10	Castro Monday Big Book M 830pm		\$299.35
Living Sober Ladies Thu 10am		\$312.00	We, Us and Ours M 650pm		\$456.00	Castro Steps & Traditions W 8pm		\$91.50
Living Sober M 6pm		\$35.00	Wednesday Mid-Week W 6pm		\$60.00	Coit's Quitters		\$300.00



# aa *group contributions*

San Francisco Contributions	Nov. 17	YTD	San Francisco Contributions	Nov. 17	YTD	San Francisco Contributions	Nov. 17	YTD
Cow Hollow Men's Group W 8pm		\$3,087.71	Mid-Morning Support Su 1030am		\$671.09	Sunday Rap Su 8pm	\$200.40	\$493.08
Design For Living - Big Book Th 730am		\$181.80	Mission Fellowship		\$88.69	Sunday Silence Su 730pm		\$804.00
Design for Living Sat 8am		\$760.46	Monday Beginners M 8pm		\$864.18	Sundown W 7pm		\$792.02
Dignitaries Sympathy W 815pm		\$180.00	Monday Men's Stag (SF) M 8pm		\$338.30	Sunrise Sunset Women Step Th 6pm		\$690.00
Each Day a New Beginning F 7am		\$3,148.95	Monday Monday M 1215pm		\$99.92	Sunset 11'ers Sa		\$316.73
Each Day a New Beginning M 7am	\$274.66	\$831.16	Monday Night Madness M 6pm		\$202.10	Sunset 11'ers Su		\$520.00
Each Day A New Beginning Su 8am		\$884.80	New Friday Big Book F 12pm		\$125.00	Sunset 11'ers Th		\$85.50
Each Day a New Beginning Th 7am		\$623.11	Noon Smokeless Th 12pm		\$125.00	Sunset 11'ers Tu		\$93.00
Each Day a New Beginning Tu 7am		\$1,532.23	Noon Smokeless W 12pm		\$132.00	Sunset 11'ers W		\$10.00
Each Day a New Beginning W 7am		\$1,826.25	O.A.D.W. Mon 7pm		\$87.66	Sunset 9'ers Th		\$50.00
Early Start F 6pm		\$1,990.24	Ocean of Sobriety W 830p		\$369.00	Sunset Speaker Step Su 730pm		\$579.80
Embarcadero Group 5D 1210pm		\$240.00	One, Two, Three, Go! W 1pm		\$20.00	Surf Tu 8pm	\$245.00	\$1,591.85
Epiphany Group Th 7pm		\$479.00	Panhandle Th 830pm		\$117.00	Ten Years After Su 6pm		\$833.58
Eureka Step Tu 6pm		\$238.09	Park Presidio M 830pm	\$81.18	\$187.68	The 4th Dimension Sa 630pm		\$124.68
Eureka Valley Topic M 6pm		\$1,557.63	Parkside Th 8pm		\$633.00	The Drive Thru W 1215pm		\$1,298.68
Excelsior "Scent" Free For All Sa 5pm		\$270.00	Pax West Group 5D		\$4,327.09	The Dry Dock Fellowship		\$207.89
Experience, Strength & Hope Sat 9am		\$508.98	Pocket Aces Sun 7pm		\$101.28	The Leaky Cauldron Su 930am		\$555.60
Extreme Makeover M 730pm		\$162.98	Potrero Hill 12 x 12 M 630pm		\$118.68	The Parent Trap 2 W 4pm		\$149.00
Federal Speaker Su 12pm	\$133.10	\$607.32	Progress Not Perfection Tu 830pm		\$272.00	They Don't Know Who We Are Sat 7pm		\$107.72
Firefighters & Friends Tu 10am		\$425.35	Raising the Bottom W 8pm		\$93.60	Thursday Night Women's Th 630pm		\$512.70
Fireside Chat Group Sa 9pm		\$200.00	Rebound W 830pm		\$122.34	Too Early Sa 8am		\$602.98
Franciscan Noon Discussion M 12pm	\$78.00	\$78.00	Rigorous Honesty Th 1205pm		\$391.91	Trudgers Discussion Su 7pm		\$140.50
Friday Night Women's Meeting F 630pm		\$139.00	Road to Freedom Mon 12pm	\$72.00	\$72.00	Tuesday Big Book Study Tu 6pm		\$252.44
Friday Smokeless F 8pm		\$204.11	Room to Grow F 8pm		\$80.00	Tuesday Downtown Tu 8pm		\$294.79
Friendly Circle Beginners Su 715p		\$882.00	Safe and Sound Family Support	\$68.25	\$68.25	Tuesday Night Lasses Step Study	\$135.73	\$511.93
Gold Mine Group M 8pm		\$766.65	Saturday Afternoon Meditation Sa 5pm		\$346.80	Tuesday Women's Tu 630pm		\$73.00
Grouch and the Brainstorm Thu 630pm		\$126.00	Saturday Beginners Sat 6pm	\$723.82	\$1,794.48	Twelve Steps to Happiness F 730pm		\$60.00
Grupo Central Th 10am		\$22.50	Saturday Easy Does It Sa 12pm		\$795.45	Unlisted Meeting	\$59.00	\$59.00
Haight Street Blues Tu 615pm	\$510.00	\$510.00	Saturday Night Regroup Sa 730pm	\$360.00	\$860.00	Valencia Smokefree F 6pm		\$309.04
Haight Street Explorers Th 630pm		\$417.69	Say Hey Group T-F 6pm		\$430.48	Wake Up On 3rd St Group		\$1,220.40
Happy Hour F 630pm		\$100.00	Serenity House	\$150.00	\$1,650.00	Walk of Shame W 830pm		\$262.80
Henry Ohloff House		\$99.45	Serenity Now Tue 830p		\$192.00	We Care Tu 12pm		\$422.32
High Noon Friday 1215pm		\$294.56	Serenity Seekers M 730pm		\$2,742.66	Wednesday Noon Step Study 12p		\$120.00
High Noon Saturday 1215pm		\$369.79	Sex and Love in Sobriety M 3pm		\$277.73	Wednesday Noon Steps W 12pm		\$247.00
High Noon Thursday 1215pm		\$431.60	Shamrocks & Serenity M 730pm		\$1,071.73	Weekend Update Su 615pm		\$153.15
High Noon Wednesday 1215pm		\$431.60	Sinbar Su 8pm		\$498.03	Weekend Worker Sat 7am		\$240.00
High Sobriety M 8pm		\$202.81	Sisters Circle Su 6pm		\$353.40	West Portal W 8pm		\$807.10
Huntington Square W 630pm		\$217.43	Sober Saturday Sa 830am		\$647.20	Wharf Rats Th 815pm		\$383.00
If You Work It - Thu 630pm		\$79.83	Sobriety & Beyond W 730pm		\$214.75	What It's Like Now M 6pm	\$204.60	\$369.60
It Takes A Village Sa 6pm		\$342.78	Sobriety & Miracles S&M Group Sa 5pm		\$267.60	Wits End Step Study Tu 8pm		\$91.00
Join the Tribe Tu 7pm		\$310.00	Sometimes Slowly Sa 11am	\$270.00	\$2,258.74	Women's 10 Years Plus Th 615pm		\$934.07
Keep Coming Back Sa 10am		\$833.74	Speaker Discussion F 1pm		\$30.00	Women's Came to Believe Sa 10am		\$582.82
Let It Be Now F 6pm		\$84.00	Spiritual Awakenings SS M 730pm		\$75.00	Women's Kitchen Table Tu 630pm	\$58.83	\$128.43
Like A Prayer Su 4pm		\$108.59	St. Francis Lutheran Church		-\$185.40	Women's There is Solution W 6pm		\$555.97
Lincoln Park Sat 830pm		\$382.73	Step Talk Su 830am		\$233.00	Women's Promises F 7pm		\$461.68
Living Sober W 8pm		\$29.91	Steppin' Up Tu 630pm		\$331.20	Work In Progress Sa 7pm		\$882.40
Living Sober with HIV W 6pm		\$137.31	Stepping Stone Step Study M 730pm		\$42.66	YAHOO Step Sa 1130am		\$479.92
Lush Lounge Sa 2pm		\$29.25	Stonestown M 8pm	\$338.57	\$488.57	<b>San Francisco Total</b>	<b>\$4,706.78</b>	<b>\$92,289.42</b>
Meditation, Prayer & Share Tue 730pm		\$129.00	Sunday Bookworms Su 730pm		\$222.29			
Meeting Place Noon F 12pm		\$606.88	Sun Morn Gay Men's Stag 930am		\$632.40	<b>YTD</b>	<b>\$9,381.01</b>	<b>\$152,712.61</b>
Mellow Mission Sunrise M 7am		\$164.00	Sunday Night 3rd Step Group 5pm		\$548.22			
Men's Gentle Touch M 7pm		\$220.20	SunCastro Speaker Disc 730pm		\$1,723.34			

# Revenue and Expense Statement: October 2017

TOTAL					TOTAL				
	Oct 2017	Budget	Jan - Oct 17	Budget		Oct 2017	Budget	Jan - Oct 17	Budget
<b>Revenue</b>									
Contributions from Groups	\$ 11,873	\$ 19,000	\$ 143,734	\$ 144,500	Rent - Office	\$ 4,458	\$ 4,458	\$ 44,582	\$ 44,582
Contributions from Individuals	\$ 2,858	\$ 4,000	\$ 37,945	\$ 38,000	Rent - Other	\$ -	\$ -	\$ 995	\$ 945
Gratitude Month	\$ 167	\$ -	\$ 4,225	\$ 4,000	Filing/Fees	\$ -	\$ -	\$ 476	\$ 500
Intergroup Event Revenue	\$ -	\$ -	\$ 12,114	\$ 8,500	Insurance	\$ -	\$ -	\$ 2,485	\$ 2,500
Other Revenue	\$ 85	\$ 35	\$ 1,260	\$ 410	Internet Expense	\$ 124	\$ 150	\$ 1,597	\$ 1,500
					IT Services	\$ -	\$ 200	\$ -	\$ 1,600
Sales - Bookstore	\$ 7,539	\$ 7,328	\$ 77,576	\$ 73,280	IT Hardware	\$ -	\$ -	\$ -	\$ 300
Cost of Bookstore Sales	\$ (5,891)	\$ (5,994)	\$ (62,706)	\$ (59,940)	IT Software	\$ -	\$ -	\$ 207	\$ 740
Gross Margin - Bookstore	\$ 1,648	\$ 1,334	\$ 14,870	\$ 13,340	Office Supplies	\$ 69	\$ 120	\$ 1,991	\$ 1,200
					Paper Purchased	\$ -	\$ 125	\$ 939	\$ 1,250
Total Revenue	\$ 16,631	\$ 24,369	\$ 214,147	\$ 208,750	Printing	\$ -	\$ -	\$ -	\$ -
<b>Expense</b>					Equipment Lease	\$ 407	\$ 409	\$ 4,480	\$ 4,081
Employee Expenses	\$ 15,726	\$ 14,639	\$ 134,354	\$ 138,931	Repair & Maintenance	\$ 896	\$ 240	\$ 4,486	\$ 2,700
					Security System	\$ -	\$ 100	\$ 426	\$ 1,000
Committees					Payroll Expenses	\$ 8	\$ 10	\$ 73	\$ 100
PI/CPC	\$ 16	\$ -	\$ 271	\$ 550	Telephone	\$ 162	\$ 200	\$ 1,705	\$ 2,000
Access Committee	\$ -	\$ 50	\$ -	\$ 350	Phone Book Listings	\$ 93	\$ 93	\$ 930	\$ 930
Sunshine Club	\$ -	\$ 25	\$ 52	\$ 100	Travel	\$ 366	\$ 2,400	\$ 1,734	\$ 2,400
Archives Committee	\$ -	\$ -	\$ 97	\$ 30	Training	\$ 83	\$ -	\$ 572	\$ 400
Committees - Other	\$ -	\$ 30	\$ -	\$ 300	Bad Checks	\$ -	\$ -	\$ -	\$ -
Total Committees	\$ 16	\$ 105	\$ 421	\$ 1,330	Miscellaneous Expense	\$ -	\$ -	\$ -	\$ -
					Total Expense	\$ 15,743	\$ 14,949	\$ 145,571	\$ 154,641
Intergroup Sponsored Events	\$ -	\$ -	\$ 8,527	\$ 11,800	Net Operating Surplus/(Deficit)	\$ 889	\$ 9,420	\$ 68,576	\$ 54,109
					Interest Income	\$ 44	\$ 45	\$ 433	\$ 450
Professional Fees	\$ -	\$ -	\$ 1,663	\$ 1,500	Depreciation/Amortization Expense	\$ (348)	\$ (348)	\$ (3,480)	\$ (3,480)
Postage	\$ -	\$ 205	\$ 607	\$ 1,080	Net Surplus/(Deficit)	\$ 585	\$ 9,117	\$ 65,528	\$ 51,079

## Treasurer's Report: October 2017

For October 2017, Total Revenue was \$16,631, under budget by \$7,738. This was mainly due to group contributions being under budget by \$7,127. Total Operating Expense for October was \$22,410, under budget by \$1,044. The result is a Net Operating Deficit of \$5,779. Net Deficit year to date is \$2,150 which is a \$15,559 benefit to the budgeted deficit.

Group Contributions for October were \$11,873, under budget by \$7,127. Individual Contributions were \$2,857, under budget by \$1,143.

Total Unrestricted Cash for October 2017 was \$65,101, a decrease of \$4,198 from September 2017. Unrestricted Cash is just under three months of operating expenses.

The rating for October 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: October 2017

	31-Oct-17	30-Sep-17	\$ Change	31-Oct-16	\$ Change
<b>ASSETS</b>					
Current Assets					
Cash					
Unrestricted Cash	\$ 65,101	\$ 69,299	(4,198)	\$ 37,665	27,436
Restricted Cash	\$ 125,232	\$ 125,232	-	\$ 130,540	(5,308)
Total Cash	\$ 190,333	\$ 194,531	(4,198)	\$ 168,205	22,128
Accounts Receivable	\$ (796)	\$ (737)	(59)	\$ 27	(823)
Inventory - Bookstore	\$ 22,278	\$ 24,131	(1,853)	\$ 27,919	(5,641)
Total Current Assets	\$ 211,815	\$ 217,925	(6,110)	\$ 196,151	15,664
Fixed Assets	\$ 11,558	\$ 11,906	(348)	\$ 15,758	(4,200)
Deposits	\$ 6,698	\$ 6,698	-	\$ 6,698	-
<b>TOTAL ASSETS</b>	<b>\$ 230,071</b>	<b>\$ 236,529</b>	<b>(6,458)</b>	<b>\$ 218,607</b>	<b>11,464</b>
<b>LIABILITIES &amp; NET ASSETS</b>					
Liabilities					
Current Liabilities					
Accounts Payable	\$ -	\$ 862	(862)	\$ -	-
Payroll Tax Liabilities	\$ 3,298	\$ 2,782	516	\$ 3,886	(588)
Sales Tax Payable	\$ 547	\$ 577	(30)	\$ 642	(95)
Total Current Liabilities	\$ 3,845	\$ 4,220	(375)	\$ 4,528	(683)
Total Liabilities	\$ 3,845	\$ 4,220	(375)	\$ 4,528	(683)
Net Assets					
Net Assets, Beginning of Year	\$ 228,376	\$ 228,376	-	\$ 199,894	28,482
Net Surplus/(Deficit), YTD	\$ (2,150)	\$ 3,933	(6,083)	\$ 14,184	(16,334)
Total Net Assets	\$ 226,226	\$ 232,309	(6,083)	\$ 214,078	12,148
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$ 230,071</b>	<b>\$ 236,529</b>	<b>(6,458)</b>	<b>\$ 218,606</b>	<b>11,465</b>



## Holiday Memories

I wanted to thank you so very much for publishing my story about Christmas, my dad's holiday party, and my own first Christmas. When I got *The Point* in the mail this week, I waited to read it and see if you published what I had written. I literally cried when I read my own words.

December 1st marks the 1 year anniversary of my mother's death. Reading my story this week transported me back in time to both

those years as a kid when we had that party, and also to my own first sober Christmas. Again, I want to thank each of you involved with *The Point* for accepting, considering and publishing things that I submit. It really means the world to me, and has and is teaching me how to be a better writer.

Thank you again to each of you,

*Forrest*



## Faithful FIVERS!

Faithful Fivers are A.A. members Who graciously pledge to contribute at least \$5 each month toward the support of Central Office. Faithful Fiver contributions go a long way in helping make our vital services possible. We thank the following members:

*(Continued from Page 5)*

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

If you would like to become a Faithful Fiver, please download a pledge form from our website. You will receive a complimentary subscription to **The Point**. And remember, individual contributions are 100% tax deductible!



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



1821 Sacramento Street  
San Francisco, CA 94109-3528

ADDRESS SERVICE REQUESTED

NON-PROFIT  
ORGANIZATION

U.S. Postage PAID

San Francisco CA  
Permit No. 3480

# January 2018

## Moving?

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

NAME

NEW ADDRESS

CITY

STATE

ZIP

OLD ADDRESS

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