

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2018 3  
March

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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of Alcoholics Anonymous

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“Everyone was scared that something or somebody would capsize the boat.”

~ *Twelve Steps and Twelve Traditions*, “Tradition 3,” p. 139




## Staying Afloat

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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 19th century painter Katsushika Hokusai

# March 2018

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>			
<b>4</b> <b>FIRST SUN</b> <b>ACYPAA XLVI Round-Up</b> March 1 - 4, Embassy Suites San Rafael 101 McInnis Parkway, San Rafael <b>Pacific Region AA Service Assembly 2018</b> March 2-4, Nugget Casino Resort, Sparks, NV Info: PRAASA2018.com	<b>5</b>	<b>6</b>	<b>7</b> <b>FIRST WED</b> <b>Intergroup Meeting</b> First Unitarian Universalist Center 1187 Franklin St., San Francisco <b>Orientation</b> 6:15pm; <b>Dinner</b> 6:30pm <b>Meeting</b> 7pm
<b>11</b> <b>SECOND SUN</b> <b>Golden Gate Young People in AA</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael 12:00pm <i>(even months at Central Office; odd months at Marin Alano Club)</i>	<b>12</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> 6:00pm <b>Business Meeting</b> 7:00pm	<b>13</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>14</b> <b>SECOND WED</b> <b>Marin Bridging the Gap</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael <b>Orientation</b> 6:00pm <b>Business Meeting</b> 6:30pm
<b>18</b> <b>THIRD SUN</b> <b>Archives Committee Meeting</b> Central Office, 1821 Sacramento St., San Francisco 12:00pm <i>Business meeting followed by work day</i>	<b>19</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	<b>20</b>	<b>21</b>
<b>25</b>	<b>26</b>	<b>27</b> <b>FOURTH TUE</b> <b>Marin Teleservice</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael <b>Orientation</b> 7:00pm <b>Business Meeting</b> 7:30pm	<b>28</b>

THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>FIRST THU</b> <b>ACYPAA XLVI Round-Up</b> March 1 - 4, Embassy Suites San Rafael 101 McInnis Parkway, San Rafael	<b>2</b> <b>FIRST FRI</b> <b>ACYPAA XLVI Round-Up</b> March 1 - 4, Embassy Suites San Rafael 101 McInnis Parkway, San Rafael  <b>Pacific Region AA Service Assembly 2018</b> March 2-4, Nugget Casino Resort, Sparks, NV Info: PRAASA2018.com	<b>3</b> <b>FIRST SAT</b> <b>ACYPAA XLVI Round-Up</b> March 1 - 4, Embassy Suites San Rafael 101 McInnis Parkway, San Rafael  <b>Pacific Region AA Service Assembly 2018</b> March 2-4, Nugget Casino Resort, Sparks, NV Info: PRAASA2018.com
<b>8</b>	<b>9</b>	<b>10</b> <b>SECOND SAT</b> <b>The Point Committee Meeting</b> Central Office, 1821 Sacramento St. San Francisco 12:30pm  <b>Access Sonoma presents</b> <b>Aging in Sobriety</b> 1300 St. Francis Rd., Santa Rosa 1:00-4:00pm
<b>15</b>	<b>16</b>	<b>17</b> <b>THIRD SAT</b> <b>SF H&amp;I</b> 2900 24th St., San Francisco <b>Orientation 11:00am Business Mtg 12:00pm</b>  <b>CNCA Meeting</b> 320 N. McDowell Blvd., Petaluma 10:00am  <b>SF GS Dist. 6 Agenda Topic Workshop</b> 1821 Sacramento St., San Francisco 12:30pm
<b>22</b> <b>FOURTH THU</b> <b>Marin Public Information / Cooperation with the Professional Community (PI/CPC)</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael 8:00pm	<b>23</b> <b>FOURTH FRI</b> <b>Back to Basics 29th Anniversary Party</b> St. John's United Church of Christ 501 Laguna Honda Blvd. Potluck 6:00pm; Meeting 8:00pm	<b>24</b> <b>FOURTH SAT</b> <b>The 12 Traditions Today</b> Central Office, 1821 Sacramento St. San Francisco 11:00am
<b>29</b>	<b>30</b>	<b>31</b>



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*"You can declare yourself in;  
nobody can keep you out. No matter  
who you are, no matter how low."*  
~ Twelve Steps and Twelve  
Traditions, "Tradition 3," p. 139



## Meeting Changes

### New Meetings:

Tue	11:59pm	Inner Sunset	<b>Any AA at Midnight (on time)</b> , Gratitude Center 1320 7th Ave. / Irving
Wed	11:59pm	Inner Sunset	<b>Very Open at Midnight (on time)</b> , Gratitude Center 1320 7th Ave. / Irving
Fri	7:00pm	Mission	<b>12 POC</b> , St. Luke's Hospital, 3555 Cesar Chavez Blvd. / Valencia St.
Sat	6:00pm	Mission	<b>It Takes a Village</b> , Mission Fellowship, 2900 24th St. / Florida St.

### Meeting Changes:

Sun	11:59pm	Inner Sunset	<b>Everyone Shares at Midnight (on time)</b> , Gratitude Center 1320 7th Ave. / Irving (Was Everyone Shares)
Mon	5:30pm	Castro	<b>Monday Night Big Book</b> , Most Holy Redeemer Church, 100 Diamond St. / 18th St. (Was Koo Koo Big Book)
Wed	8:30pm	Castro	<b>Castro Steps &amp; Traditions</b> , Castro Country Club, 4058 18th St. / Hartford St. (Was at 8:00pm)
Thu	12:30pm	Novato	<b>Women in Unity</b> , Methodist Church, 1473 S. Novato Blvd. / Yukon Way (Was at 600 Palm Dr. in Novato)

**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!**



### 29th Anniversary Party Big Book Basics Meeting Friday, March 23, 2018

Potluck starts at 6:00 pm - Meeting starts at 8:00 pm  
Bring your favorite dish to share!

St. John's United Church of Christ - lower level  
501 Laguna Honda Blvd at Woodside Avenue



Howard M.  
Gratitude Center, 6am meetings

### St. Patrick's Day Alcañon

**SATURDAY — MARCH 17, 2017  
5:00PM — 9:00PM**

**DRUID HALL** 801 GRANT AVE., NOVATO, CA  
(CORNER OF GRANT AND REICHERT)

**6:00 P.M. DINNER  
CORNEO BEEF & CABBAGE**

Shamrock Cake



We appreciate contributions of  
Appetizers and Side Dishes



#### 45 MINUTE MEETINGS:

5:00 pm - 7:00 pm — 8:00 pm

6:00 pm: Dinner Break



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

#### SUGGESTED MEAL DONATION \$10

Still searching for your Pot-of-Gold?  
*You won't be turned away for lack  
of funds—donate what you can.*

Already Rollin' in the Green?  
*Be a lucky charm and help  
sponsor a meal if you can.*



HOSTED BY: The Novato Fellowship Group, Alcañon Committee



From the Editor

## Staying Afloat

"You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications ... we still can't deny you A.A." ~*Twelve Steps and Twelve Traditions*, p. 139.

Tradition Three insures meeting doors stay open for whoever needs them. When I first came into the rooms I paid particular attention when members read: "There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest" (*Alcoholics Anonymous*, p. 58). I had been convinced whatever was wrong with me was impossible to fix, but hearing those words gave me hope somebody had a clue. If the only requirement for A.A. membership was a desire to stop drinking, maybe I had a chance at sticking around. As Noreen H. said in the *Grapevine*, "I was a member because I said so, and no one could tell me to leave."

Of course, drunks will be drunks: John W. used a clever interpretation of the "only requirement" idea to pull the wool over family members' eyes. The reality of his slouching toward

sobriety was more like Groucho Marx's version of self-esteem. Later came the consequences of years of alcoholism—the way they're described in "The Family Afterward" (*Alcoholics Anonymous*, Chapter 9).

Later in the issue, Tess K. relates how the Third Step helped her get out of bed to face her family at her sister's funeral. Rick R. ranks stumbling blocks as rocks, stones or pebbles as he clears the wreckage of his past. And Bree L. tells Barbara M.'s story, starting with her husband rushing to knock a shotgun out of her hands.

Jamie M. sees A.A. as a good alternative to jumping out of a window, while Gregory F. shows us how to stay out of the "Red Zone" of relapse (from "Peter T.'s Perspective"). An anonymous member summarizes Concept Three's right of decision, which ensures effective leadership throughout the organization. As Ken J. notes when he wraps up Tradition Three, love and tolerance is our code. Unity and singleness of purpose ensures our fellowship will bring the sunlight of the spirit to newcomers and old-timers alike, from *Polyester's* Francine Fishpaw to garden-variety drunks like the rest of us.

### EDITORIAL POLICY

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

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



## Faithful FIVERS!

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

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(Continued on Page 19)

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



# Rocks, Stones and Pebbles

*My conscience would never let me rest*

by Rick R.

Coming to Alcoholics Anonymous from a pit of despair was the best decision I ever made. My life was in shambles. I was desperate enough to seek help. Looking at the part alcohol played in my life was difficult, but I knew that if I didn't get a grip I was going to self destruct—going 90 miles an hour down a dead end street. I found hope when I heard I could be restored to a life free of the mental torment that I had been experiencing since childhood. The answers to all of my problems came in the form of a profound change of perception concerning *how I perceived myself*.

With little structure in my upbringing, I was insecure and afraid that I would never meet up with the standards of my peers. As a result, I developed a dishonest and selfish lifestyle which eventually caught up with me in the form of a guilty conscience. My drinking solved that problem for a time. When the alcohol wore off, I found myself back in a pit of despair. When

I looked in the mirror I hated what I saw. I could no longer drink it away.

Like everyone else, when introduced to the program, I first had to stop the (emotional) bleeding by dealing with the issues I'd been neglecting: paying the rent, paying the traffic ticket and clearing the beer cans off my dresser. Then I could give the steps of the program the attention they would need if I wanted the relief they promised. The process had begun. With a new attitude of willingness I went to as many meetings as I could. I was already getting rid of the obvious habits of dishonesty, neglect and irresponsibility.

## *I wanted to skip the embarrassing ones*

Next, I was faced with my biggest challenge: The wreckage of the past many refer to as a "sack of rocks." If we want to be free of the shame caused by our regrettable memories, we have to address these issues when we become strong enough. My sack

contained a few rocks that were obvious, a handful of stones, and an abundance of less threatening pebbles that were not that obvious to me at the time.

## *I wanted the relief they promised*

Addressing Steps Four, Five, Eight and Nine concerning these issues became my greatest challenge. My first instinct was to skip over the most embarrassing memories. That idea, I think, is common with the reparation process. I gave it my best shot but left out a few of the rocks due to my ego. Yet my conscience would never let me rest.

Later, as the result of the progress I had made in the program, I became stronger and had the determination to revisit those more glaring issues to clean the slate. Had I not done that, I believe the rest of the program would have been a shallow façade and I would never have attained the peace of mind I enjoy today.

The stones were the things that got most of the attention initially. As I became stronger, I took that leap of faith and tackled the rocks. After cleaning up those issues, the rest of the program became easy. No more denial and much more peace of mind. So I'm finished, right? Not so fast, Huckleberry! I become aware of the less threatening pebbles in the form of the selfish motives in my day-to-day decision making. These I will gladly correct, one pebble at a time. It is a joy to rid myself of the things that used to plague me and today, life is good.



# T raditions

## Tradition Three

*I wanted no part of a club,  
which would have me as a member*

by John W.

*Tradition Three: The only requirement for A.A. membership is a desire to stop drinking.*

I had been raised on the idea that a man's home was his castle and he the king of that castle. Thus, when my reign was being questioned because of my increased proclivity for liquid spirits rather than an ephemeral one, I wanted to impress upon my subjects that all was well within the realm. Around the dinner table on that beautiful Saturday afternoon in December, I publically proclaimed to an inquiring spouse and supportive mother-in-law that I was indeed dealing with my drinking issue, not problem, albeit in an easier, softer way (any problem drinker who reads this will understand), since I had become a "member" of A.A. I patiently explained to these doubtful ears that because the *only requirement* for such membership was "a desire to stop"—which I professed most earnestly and, at that time untruthfully, I had—I was doing A.A.

### *Alcoholics gathered together for sobriety*

Privately, my truth was better expressed by Groucho Marx when he said he would refuse to join any club that would have him as a member. I wanted only relief from the inquisition, so I accepted the stigma of calling myself an alcoholic to gain a respite. Talk about going to any lengths—I had, but it was to keep drinking—not to stop. I wanted no part of the A.A. group or any A.A. club

or becoming a new member or any of their A.A.-related hogwash.

However, while I continued to lie about my desires and intentions to all those near and dear, comforting myself with my spirits, I followed through on my actions; I attended those meetings, each morning at 7:00 A.M., to keep up appearances and the hounds at bay.



Luckily for me, you all just didn't seem to care. Each morning at the end of the meeting you asked for a moment of silence to ponder the plight of those who suffered from alcoholism. When I finally got honest with you after months of omitting the little fact that I remained a daily drinker, you didn't kick me out of your meeting. In fact, you were actually nicer to me! This bucked the worsening trend of my "loyal subjects" who had in the meantime revolted and removed me from my throne. You asked for not a penny, suggesting only a contribution, if I was able, to help keep the doors open, the lights on...coffee too—if there was extra—for down the road. You weren't into public causes, you didn't ask me to pledge anything or get on

any committees. You said that you met 365 days a year, rain or shine, and all were welcome—even me, the dishonest, arrogant, defrocked king, anytime I wanted to show up.

The people I met at those 7:00 A.M. meetings embodied the notion "Our membership ought to include all who suffer from alcoholism. Hence, we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation." *Twelve Steps and Twelve Traditions* (the Long Form).

*All were welcome—  
even me, the dishonest,  
arrogant, defrocked king*

Though the coup within my realm was successful and I remain long in exile from that castle, I have indeed become a member of A.A. Though I joined with reluctance, I have stayed, and my commitment and gratitude have increased. As I have watched my group, our group—that fellowship to which I now belong by my choice, at the order of neither court nor person—accept each newcomer. I have seen the beauty of this tradition expressed again and again in real time. Very often, I see this leading to continued sobriety; to a life saved; to a life being put to useful purpose.

So, while I still love Groucho, I know where I belong and am so glad you will have me as a member.



# Singleness of Purpose

*The only requirement for A.A. membership is a desire to stop drinking*

by Ken J.

In 1981, John Waters released the movie “Polyester.” In it a frustrated, alcoholic homemaker, Francine Fishpaw, battles her alcoholism. She attends her first A.A. meeting. After standing up as a newcomer and saying her name, the members of the group start chanting, “AND? AND?? AND???” Finally, she yells out, “AND I’m an alcoholic!” The room goes crazy, with people clapping, laughing and celebrating her admission. Somehow, I knew before going to my first A.A. meeting that things weren’t going to be quite that way. Little did I know that what Francine admitted in that brief moment was so important for us, and somewhat controversial.



I got sober in November of 1985 in Phoenix. At that time there was only one gay meeting per night, and I would drive the 60 miles round-trip every evening to attend it. I was too terrified to go to a meeting that wasn’t gay, and I loved those groups.

I referred to myself as an alcoholic, because I knew that I was one. I loved alcohol. I loved everything about it. I loved the taste, what it did for me, and how it made me more likeable. I wasn’t much of a drug user, except for cocaine because it

helped me stay coherent longer so I could drink more.

*In A.A. we have a code,  
one of love and tolerance*

One night after a meeting, someone told me that I needed to identify myself as an “alcoholic addict” because of the cocaine. I figured that he was sober much longer than I, so I followed his direction. Not long after that, a friend took me to a meeting of Co-Dependents Anonymous. Of course, I related to what was said, so I followed suit and started identifying myself as an “alcoholic, addict, co-dependent.”

A few weeks later, I was at a meeting with my sponsor’s, sponsor’s, sponsor. Gene was scary! She had 20 years and was never afraid to speak her mind. She sat me down after the meeting and said, “Honey, you are doing so well. You sound good when you talk. But what’s with this ‘alcoholic, addict, co-dependent’ stuff?” Gene explained to me about the singleness of purpose and the spirit of identification. She said that if there were 12 people in the room, and the first 11 of them identified as alcoholics, but the last one identified himself as an alcoholic addict, he had just set himself apart from the others. He was claiming to be different. She ended with, “Just remember honey, you desperately need to feel a part of Alcoholics Anonymous.”

For thirty years, I’ve been watching this volleyball match. The bad thing is that it’s divisive. The great thing about it is that both teams have passion—passion about staying sober. I’ve watched those who refer to themselves only as alcoholics bristle when others identify as addicts, or addict alcoholics.

I’ve watched newcomers begin by introducing themselves as addicts. Many of them follow a progression from addict, to addict alcoholic, to alcoholic addict, and finally to alcoholic. Some lament the changes in how people identify themselves, while others celebrate the owning of addictions.

*Look for the similarities*

I’m a member of the camp of alcoholics. I don’t mind hearing people include drugs in their drunk-a-logs, but I want to primarily hear about their drinking and alcoholism. I know that I’m not alone in this sentiment. I also know that after 30 years, my position has softened a great deal. Looking for the similarities has always been more important than identifying the differences. Today I know that my biggest issue with this comes from my love for A.A. I fell in love with A.A., and my heart wants A.A. to remain the way it was when I got sober. This is one of those spiritual axioms.

There is no easy answer to this conflict. However, in A.A. we have a code, one of love and tolerance. I love A.A., anyone and everyone in A.A. I may not like them but conceptually I love them. It’s up to all of us to practice love and tolerance.

We know how to look for the similarities rather than the differences. We can ease up a bit. For those who identify as “alcoholics-plus” learn to love and tolerate the alcoholics.

The Big Book says, “Our primary purpose is to stay sober and help other alcoholics achieve sobriety.” Our singleness of purpose is expressed a bit more broadly: it is recovery.





# Barbara M.'s Story

## *He was a hunter, but she bagged a solution*

by Bree L.

My husband Harry was a hunter. A bit into our marriage, I was extremely depressed. Of course, I was drinking a lot which didn't help. I was having black-outs and (as they say) I was sick and tired of being sick and tired. I figured the best solution was to kill myself. My son found me sitting in a chair with the gun cocked and loaded ready to pull the trigger. He rushed to prevent me from killing myself. My husband entered the fray and the bullet went through his hand and into his thigh. He ended up in surgery and I ended up in jail. I was up for a felony conviction, but he refused to press charges. I swore I would never drink again, but I continued to drink.

Harry tied up my money so I couldn't buy liquor, but I had my neighborhood sources and continued to drink. There was a bar owner down the street who loved duck but couldn't get any. Well, we had a freezer full of mallards, sprigs and teals from Harry's hunting. He never thought of eating the ducks so I traded those frozen ducks for liquor. Harry just put them into the freezer and never knew they were gone.

I had a whole network of suppliers built up around our neighborhood in the Sunset.

***When I'd take my clothes to the cleaners, he'd give me a bottle that I could put in the stroller***

We had cleaners down the street with an owner who liked to drink. When I'd take my clothes to the cleaners, he'd

give me a bottle that I could put in the stroller. I'd collect clean clothes and a bottle of vodka.

Harry did the shopping. He didn't trust me with money, but I made out the grocery list, so I'd put large, high-priced items on the list. I'd have two to three pounds of coffee or four pounds of Crisco. Then I'd return those items for booze.

***His intervention consisted of sitting me down to watch The Days of Wine and Roses***

At the Five and Dime store I'd buy thread, but the owner was also a drinker and he'd give me a couple shots in the back room. We'd have to hide it from his wife who worked with him. I also shoplifted, gathering cans of beer into my coat and buying gum or small priced items as my excuse for being in the store.

When I went to make amends to that store owner, he told me, "Your sobriety is enough." He wouldn't even consider taking any money.

Harry worked to curtail my drinking while I continued to drink. One day he smelled liquor on my breath and told me I had to shape up or ship out. His intervention consisted of sitting me down to watch *The Days of Wine and Roses*. He told me I had three weeks to quit. I waited until the third week.

The Park Presidio Group on 7th Avenue and Geary Boulevard was my first meeting. They asked why I'd go all the way over there when the Surf Group

near Ocean Beach was right down the street from where I lived. It was upstairs and I walked up those stairs to find Jim and Eddie F. looking at me. "What do you want?" they asked, none too kindly.

I told them I wanted to stop drinking. There followed a short discussion about whether or not I'd be allowed to join. Their big question was whether I was an alcoholic or not. I almost had to fight my way in. They gave me a three-month test trial. One night the speaker didn't show up and I volunteered to speak. After that, there was no question of my qualifications.

There were no women alcoholics at any of the meetings I went to and only one woman in A.A. nationally. That was Marty Mann in New York. I think I'm the first woman member in San Francisco.

That Surf group was started by two men, Eddie F. and Jim, who was married to Ruth, an Al-Anon member. Jim died after a few years but Ruth stayed and led the meeting for the next five years even though she was an Al-Anon. She was like a sponsor and knew the program well.

Today I have only gratitude for the life that A.A. has given me. I've been a good example for my children. A.A. gave me courage to seek work and then came the joy of working with autistic children, one of my life's benefits. Harry died many years ago but I still value the gift that he gave me when he insisted I stop drinking.

*Barbara M's sobriety date is December 27, 1957.*



# Tess's Testimonial

## *The power which was not me*

by Tess K.

I was 13 years sober when my older sister was diagnosed with cancer. After getting the news, I sat frozen on the couch and stared at the wall for 30 minutes. This was different behavior for me. Usually I'd get busy masking emotional pain and depression with mental tasks and physical labor, then hide out in exhaustion. In the months that followed, I intuitively knew better than to make suggestions for treatment—also unusual for me, as I'd been in the health care business for 25 years and was always ready with advice. *Just love her*, my intuition said. She needed a loving sister, not another health care advisor. My work in A.A. allowed me to stay in my heart instead of my mind for a change.



When my sister was in her final days I went to her house. After three nights' chaos caused by her family's drinking, no sleep, and stress from her illness, I felt like I was going to have a breakdown. I was alone in the kitchen. On the window sill sat a row of prescription medications. There was a bottle of Valium and I was alone. I knew Valium

would make me feel better, even help me sleep. I also knew I was in deep trouble. I went to my room and sat on the bed.

### *I knew I was in deep trouble*

At the bedside was my Big Book. I opened it somewhere in the middle. It was like I was in a bubble of distortion and suddenly the bubble had burst. I was once more in the reality of sobriety.

The following day my emotional state was so fragile I decided to leave a day early. Knowing I'd never see my sister alive again, I chose to leave. I was again guided to follow my heart. Ten days later my sister passed away and I flew back for the funeral. It was

held at her house, where I'd spent so many days. Where she got sick and died. Most of the family was there and I opted to get a hotel room.

The morning of the funeral I could not get out of bed. Could not budge. I started reciting the Third Step prayer: *God, I offer myself to Thee, to build with me and to do with me as Thou*

*wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always.*

I said it over and over. Next thing I knew I was in the shower. I couldn't get dressed so I kept saying the prayer—then I was dressed. I couldn't leave the room so I kept saying it and drove to a restaurant. I could not move unless I was reciting the prayer. I ended up in front of the house, stuck in the car, repeating it. Along came a group of family members carrying trays of food, so I got out and helped. In the kitchen, frozen, still saying the prayer, I noticed an ironing board with clothes and so I ironed them. Folks kept adding to the pile. I hadn't said a word to anyone; I just kept praying. Later, in the yard, I sat behind some bushes wondering how I was going to talk to people. Some force bid me forward into the yard, heavy with pain and grief, and I finally joined my family.

### *I was only half there*

My work in A.A. allowed me to be present for my sister, to show up for her last struggle, and to help with the funeral—even if I was only half there. It's been 11 years since then. I have 24 years of sobriety (May 16, 1993) and more stories about the power of Spirit doing for me what my human mind could not. As sobriety continues, so does spiritual growth. I am moving forward on the broad highway, and I am not alone.



# Concept Three

## *Our program depends on mutual trust*

by Anonymous

*To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board, and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”*

Within the framework of their general responsibilities, whether these be defined by charter, by resolution, or by custom, it should be the traditional right of all world service boards, committees and executives to decide which problems they will dispose of themselves and which matters they will report, consult on or request specific directions. We ought to trust our world servants’ discretion, because otherwise no effective leadership can be possible.

The Conference and General Service Board Charters define the responsibility of the Conference in broad terms to act on behalf of A.A. as a whole. And while these two documents delegate service authority and responsibility, describing the relations between the groups, the Conference, the Trustees, and the active service units, it has also been long evident that these important provisions cannot by themselves ensure smooth functioning and proper leadership at all levels involved.

The Conference Charter is a broad document which can be construed in different ways. Based upon interpretation, groups may exercise their right to direct their delegates to vote in a certain way, but delegates may vote their conscience based on being “trusted servants.”

The Conference has nearly complete practical authority over the trustees,

despite the legal rights of the Board. Suppose the delegates began to use their power unwisely? Suppose they began to issue hasty and flat directives to the trustees on matters the trustees are more knowledgeable about than the delegates? What then?

### *Delegates vote their conscience as trusted servants*

These types of dilemmas have proven the necessity of devising a mixture of traditional and practical principles which work at all levels of our Fellowship and service structure. We must keep the right relationship between ultimate authority and delegated responsibility.

The right A.A. solution is found in Tradition Two, which provides for “trusted servants.” We allow our leaders to decide, as trusted servants, how they will interpret and apply their own authority and responsibility to each particular situation as it arises. This sort of leadership should be the essence of “The Right of Decision.” In our structure of world service this translates to:

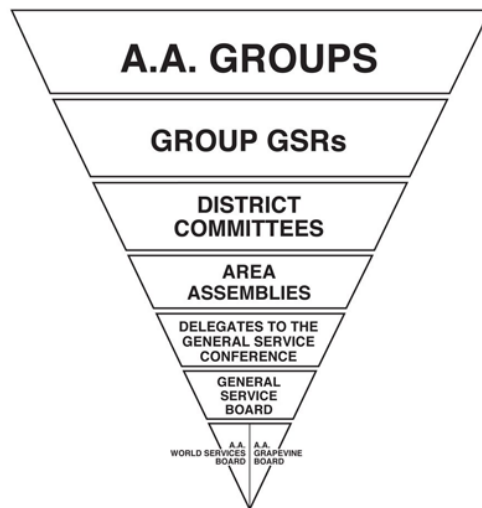
- The Conference should always be able to decide which matters it will fully dispose of on its own responsibility as world servants of A.A., or on the shoulders of the Conference delegates, entitling them to cast their votes in the General Service Conference according to the best dictates of their own judgment and conscience at that time.
- The trustees of the General Service Board similarly should be able to decide when they will act fully on their own responsibility and when

they will ask the Conference for guidance, approval of a recommendation or actual direction.

- All headquarters service corporations, committees, staff and executives also have the right to decide when they will act wholly on their own and when they will refer to the next higher authority.

The “Right of Decision” ought never be used as an excuse for failure to render proper reports of all significant actions taken; for constantly exceeding a clearly defined authority; or for failing to consult those who are entitled to be consulted before an important decision or action is taken.

Our entire A.A. program rests upon the principle of mutual trust. We trust God, A.A. and each other. Therefore, we cannot do less than trust our leaders in service. The “Right of Decision” we offer them is not only the practical means by which they may act and lead effectively, but it is also the symbol of our implicit confidence (Summarized from *Twelve Concepts for World Service*).







# Peter T.'s Perspective

*My standards fell faster than I could lower them*

by Gregory F.

I have a disease of denial. Allergy of the body, obsession of the mind. Stating my name and disease out loud helps me remember my self-diagnosis. Meetings alone are not enough. This is a program of change. I get a sponsor, take the steps and attend meetings. It's a package deal. I do this—my life transforms.

In A.A. we're all working on the same problem. There's an abundance of hope. Thank goodness as I had none. My story involves copious amounts of alcohol, drugs and sex. Naturally I kept the company of dangerous, often cruel, people. I became one myself. Alcohol alone worked perfectly until I was offered drugs. Without hesitation, I participated. Drugs changed my entire perspective. My world stood still. A seismic shift occurred. I decided I never again wanted a life where I felt like crap. My new-found friends were now like family to me. Alcohol was my Harry Potter and drugs were his wand. I did everything offered to me. My standards fell faster than I could lower them. We all need sleep, food, shelter, and to attend to our personal hygiene. Not me, when I was having fun.

My complexion was pale. I used tanning lotion for skin color. Band aids and makeup covered sores. I was a desperate pathetic mess. Not much of a human being. I would keep on going until I had to stop. I knew if I was seeing and hearing that which was not there, it was time to stop and sleep.

## *A program of change*

Once I ended up with a dangerous group of people. I had been given too much of something. I was assaulted, raped and thrown out into the street. I came to on the cold, damp cement sidewalk. Disoriented, I crawled to a sheltered bus stop. It was morning. People going to and fro. Life's normalcy was right there in front of me. I saw these people as if I was looking through Plexiglas. I was powerless to escape where I was. I wanted to be like these people. It had been so long since I'd done anything or gone anywhere with anyone. My whole world was about drinking.



I've relapsed many times and know my good intentions aren't enough. There's always something which will compel me to drink again. Relapse is a process. Bad decisions, choices and people precede the event. It's easy to spot

the signs of relapse in others. We see it happening before our eyes. There's nothing we can do to help them unless they want help.

## *Use the tools and stay sober*

My relapse starts as my "Red Zone." This means I've checked out mentally. I'm not taking calls, responding to texts, showing up for things I'm invited to, isolating, not going to enough meetings (if any). I'm completely overwhelmed. When I'm at this place I must act. I can't sit in these feelings.

My sobriety is like a house of cards. At some point, the cards will fall. This is my Red Zone. If I get to this place, I must take the opposite action immediately. This is where my program "tool kit" comes in handy. Mine contains all 12 Steps, going to more meetings, calling my sponsor, reaching out to others, making plans with others, showing up, sharing in meetings about what's really going

on. When I use my tools, I stay sober, hope returns and I feel better. This never fails, but I must open my tool kit and take action. I'm extremely grateful for the life I have today and the time I've been sober.





# If It Works for You...

## *Choice between A.A. and jumping out the window*

by Jamie M.

When I first came to A.A., I saw it as a choice between A.A. and jumping out the window. I only lived on the third floor, and when I was in college a girl had jumped from a third floor window and lived, terribly injured—and I knew I didn't have what it took to go out the window head first. So I called A.A.

Like so many, I slunk down the street to my first meeting, careful to be on the side with even numbers so I could eyeball the address from across the street. Then I crossed at the corner, doubled back, and dodged in shortly before the published start time, careful to sit close enough to the door. Sound familiar?

### *I wasn't doing too well*

The opening of the meeting included reading a bunch of stuff. I cringed at the many mentions of the word "God." But other people there didn't seem to mind too much. They asked for people in their first 30 days (first few hours, in my case) of sobriety. I raised my hand. Because of portrayals of A.A. in the media, I knew enough to snivel, with self-pity, "I'm Jamie, and I'm an alcoholic," but I didn't know about the joyous round of applause that would follow. I thought to myself A.A. might not be that bad after all.

A guy got up and started to tell his story. Again, I expected this from movies and TV, but I didn't expect him to say things that made me feel, "How does he know that about me?" Later a guy came up and asked how I was doing. For the first time in a long time, I admitted I wasn't doing too well. He

made a couple of suggestions, including: I should have a sponsor.

### *A round of applause followed*

When I asked him to sponsor me, he declined on the grounds he only had a few months of sobriety. He did, however, offer to introduce me to his sponsor, who might take me on temporarily. I ultimately ended up meeting Ted at a Saturday noon meeting, but then went out and got loaded that night—not on alcohol, because I was going to A.A. meetings! The way I felt afterwards convinced me that for the whole sobriety thing to work out, alternative substances were not going to fly.

I met with my temporary sponsor a couple of days later. He asked if I thought I was powerless over alcohol and my life unmanageable. I said yes

with a level of conviction that must have satisfied Ted, because we moved on to the Second Step. He asked, "Do you believe a power greater than yourself can restore you to sanity?" I had been to a few meetings and actually paid attention, and believed the Second Step was just a warm-up for the Third, but at that point, I didn't care.

I didn't know what doing the Steps would be like, but I knew I had to get away from my old life—preferably sooner than later. So I said, "If it works for you, that's good enough for me." That was good enough for Ted.

The next thing I knew, he had thrown a couple of pillows on the floor, had a Big Book open to page 63, and we were down on our knees. He said, "Repeat after me." It felt like going over a waterfall, but I repeated. When we got to the part about "bear witness

to those I would help," I thought to myself, I don't want to help anyone, I want to get help! But I finished repeating it all and we immediately started on Step Four.

It must have worked, because I have not had a drink from that day on.



# Intergroup Meeting Summary: February 2018

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	Quitting Time	Beginners Warmup	Eureka Step	Saturday Beginners
Attitude Adjustment	Rise N Shine	Blue Book Special	Experience, Strength & Hope	Serenity Seekers
Cover to Cover	The Mill Valley LGBTQ -	Castro Discussion	Girls Gone Mild	Sunday Night Castro Discussion
Friday Night Book	All Are Welcome	Castro Monday Night BB	Join the Tribe	Sundown
Last Stop Men's Step Study	Thursday Night Chip	Cocktail Hour	Lunch with Bill	Sunset Speaker Step
Men's Two Plus	Tuesday Beginners	Cow Hollow Young People	Monday Beginners	Too Early
Mill Valley 7am	Weekend Warriors	Creative Alcoholics	NYX	Valencia Smokefree
Monday Blues	San Francisco Groups	Each Day a New Beginning	Pocket Aces	Weekend Update
Monday Night Stag Tiburon	A is for Alcohol	Embarcadero Group	Reality Farm	

This is an unofficial summary of the February 2018 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, February 7, 2017, at St. Andrew Presbyterian Church, 101 Donahue Street in Marin City. The meeting was started with a call to order and the Serenity Prayer. Basket for dinner was passed. The January 2018 minutes and the February 2018 agenda were approved.

## Standing Reports

**Board Chair, Liz M.** The Quarterly chair meeting had a presentation on how to use G Suite so all of the

committee documents can be saved in the same place and easy to pass to new service members. Website was down for about 30 hours due to a DDoS attack. Traditions workshop is the 4th Saturday of the month at Central Office. A reminder to have folks sign up for The Buzz. Announcements for Board openings coming in April. An MI 2020 letter was passed out for review.

**Treasurer, Alix F.** Rating for December 2017 was "Excellent." Group and individual contributions were both up for December. Gratitude Month came in about \$18K. (See page 17)

**Central Office Manager, Maury P.** We have 5 open phone shifts at Central Office. The Traditions Workshop held on January 27 was excellent. The 12th Step/SOS/Sunshine Club workshop was fantastic but had very low attendance. Barbara M. celebrated 60 years of sobriety. Congrats! Sobriety by the Bay event in January gave a generous contribution to Intergroup. See Maury if you are interested in the figures of how many meetings, secretaries, treasurers and IGRs are registered in San Francisco and Marin counties. Only about 18.5% of the meetings have a registered contact with Central Office.

## Intergroup Committee/Activity Reports

**The Point, John B.** Looking for a chairperson for *The Point*, which only requires about 4-6 hours per month. Also looking for a graphic design person. Committee meets the 2nd Saturday of the month at 12:30 pm at Central Office.

**Orientation, Greg M.** Intergroup has 5 new IGRs at orientation tonight. The buddy list was passed around.

**Technology, James O.** A sign-up sheet will go around each month for the private Intergroup Facebook page. Kate S. has volunteered to be the page admin. A live chat feature is being tested on our Intergroup website.

**Archives, Kim S.** Archives passed out cards that can be put inside you're A.A. belongings so that if something happens, others will know where to send them. Committee meets the 3rd Sunday of the month from 2:00 to 4:00 pm at Central Office.

**Fellowship, Michael P.** Founders Day will be June 9, with picnic-based games and family-friendly. A Save the Date card will be handed out at next month's meeting. This is a good opportunity for groups to volunteer.

**SOS** Looking to increase the list of recipients.

**SF Teleservice** Has shifts open.

# Individual Contributions

to Central Office were made through February 15, 2018

honoring the following members:

## IN MEMORIAM

Bob C. — Hilldwellers, Marin PI/CPC

Joe Y. — Tuesday Beginners

Wickie S. — Koo Koo meetings

## ANNIVERSARIES

Alejandro D. — 15 years

Matt S. — 20 years

Barbara M. — 60 years

**The Buzz** Starting a new service roundup feature of stories that will inspire others to be of service.

### Liaison Reports

**Marin Teleservice, Adam** A bunch of positions have rotated. Make sure your meeting has a teleservice rep. Group inventory happening in April.

**Marin PI/CPC, Cathy P.** The speaker workshop last month was a success. New speakers are being asked to observe a DUI class. California Northern Coastal Area 06 PI/CPC committee will be meeting (23 districts participate) – all are invited. Meets every 4th Saturday 11:00 am to noon and great info is shared! Marin Public Information meets the 4th Thursday at the Marin Alano Club from 8:00 to 9:00 pm. Filling in for Jacqueline, she shared that Marin General Service is hosting an Agenda Topics Workshop on Sunday, February 25 from 11:00 am to 2:00 pm at the First United Methodist Church in San Rafael.

**Marin H&I, Karen** Attendance last month was encouraging.

### IGR Reports

Peggy shared that Big Book Basics will be celebrating their anniversary on March 23. Flyers will be available and info posted on the AASF website.

Karen shared that Monday Blues attendance has been sliding and made an invite to all to check it out.

### Old Business

**Digital contributions, James O.** Shall we make a digital payment option available to the fellowship for group and individual contributions? It was clarified that if an incorrect amount is sent, groups should call Maury regarding correcting the contribution. We voted and the motion passed!

### Discussion Items

Continued to watch the video on voting procedures (NAATW presentation) at <https://www.youtube.com/watch?v=yQKzLEHfHc8&feature=youtu.be>

### What's On Your Mind?

Pete shared some ideas on how to create enthusiasm for committee attendance and involvement. Maury shared that there's a handout for Sunday Streets coordinator. It's a new San Francisco PI/CPC position, so spread the word!

### Adjourn with Responsibility Statement

Next Intergroup Meeting: Wednesday, March 7, 2018, 7:00 pm, at First Unitarian Universalist Center, 1187 Franklin Street in San Francisco. Orientation is at 6:15 pm, dinner served at 6:30 pm.

## 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 BUZZ COMMITTEE

Anne Marie C. [thebuzz@aasf.org](mailto:thebuzz@aasf.org)

#### THE POINT COMMITTEE

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

# aa *group contributions*

Fellowship Contributions			Jan. 18	YTD	San Francisco Contributions			Jan. 18	YTD	San Francisco Contributions			Jan. 18	YTD
Contribution Box			\$108.38	\$108.38	6am Dry Dock Tu			\$240.00	\$240.00	Monday Night Big Book Study M 8pm			\$79.57	\$79.57
Sobriety By The Bay			\$2,000.00	\$2,000.00	A New Start F 830pm			\$53.66	\$53.66	No Reservations M 12pm			\$166.88	\$166.88
<b>Fellowship Total</b>			<b>\$2,108.38</b>	<b>\$2,108.38</b>	Afro American Beginners Sat 8pm			\$253.20	\$253.20	Ocean of Sobriety W 830p			\$200.00	\$200.00
					Agnostics & Freethinkers Su 630pm			\$262.00	\$262.00	Reality Farm Th 830pm			\$817.20	\$817.20
Marin Contributions			Jan. 18	YTD	Artists & Writers F 630pm			\$880.79	\$880.79	Rebound W 830pm			\$129.12	\$129.12
12 & 12 Study Sa 815am			\$80.00	\$80.00	Be Still AA Su 12pm			\$705.82	\$705.82	Road to Freedom Mon 12pm			\$72.00	\$72.00
Attitude Adjustment 7D 7am			\$872.61	\$872.61	Bernal Big Book Sat 5pm			\$189.03	\$189.03	Safe and Sound Family Support			\$77.00	\$77.00
Back to Basics Su 930am			\$118.00	\$118.00	Bernal New Day 7D			\$276.00	\$276.00	Saturday Beginners Sat 6pm			\$482.71	\$482.71
Big Book Study & Meditation M 7p			\$23.31	\$23.31	Big Book Basics F 8pm			\$86.11	\$86.11	Saturday Easy Does It Sa 12pm			\$306.45	\$306.45
Corte Madera Saturday Candlelight 8pm			\$398.08	\$398.08	Big Book Study Su 1130am			\$174.00	\$174.00	Saturday Night Regroup Sa 730pm			\$180.00	\$180.00
Crossroads Sun 12pm			\$125.23	\$125.23	Blue Book Special Su 11am			\$74.48	\$74.48	Serenity House			\$150.00	\$150.00
Fireside Fri 8pm Bolinas			\$41.49	\$41.49	Castro Discussion (Show Of Shows) Th 730p			\$31.77	\$31.77	Serenity Now Tue 830p			\$177.77	\$177.77
Friday Night Book F 830pm			\$270.89	\$270.89	Compass Group Sun 10am			\$312.00	\$312.00	Sober Saturday Sa 830am			\$96.00	\$96.00
Gratitude Tu 8pm			\$250.00	\$250.00	Cow Hollow Men's Group W 8pm			\$1,189.96	\$1,189.96	Sobriety & Mirades S&M Group Sa 5pm			\$131.40	\$131.40
Intimate Feelings Sa 10am			\$37.79	\$37.79	Design For Living - Big Book Th 730am			\$115.50	\$115.50	Sunday Morning Gay Men's Stag Su 930am			\$1,893.64	\$1,893.64
Larkspur Haven Su 12p			\$352.00	\$352.00	Design for Living Sat 8am			\$344.65	\$344.65	Sunday Night 3rd Step Group 5pm			\$377.28	\$377.28
Mill Valley 11th Step Mtg Tu 730pm			\$646.00	\$646.00	Each Day a New Beginning F 7am			\$684.84	\$684.84	Sunday Night Castro Speaker Disc Su 730pm			\$423.60	\$423.60
Mill Valley Discussion W 830pm			\$185.00	\$185.00	Each Day a New Beginning M 7am			\$97.12	\$97.12	Sunrise Sunset Women's Step Th 6pm			\$135.22	\$135.22
Monday Night Stag Tiburon			\$500.00	\$500.00	Each Day A New Beginning Su 8am			\$224.07	\$224.07	Sunset 11'ers Su			\$120.00	\$120.00
Monday Night Women's M 8pm			\$251.31	\$251.31	Each Day a New Beginning Th 7am			\$362.01	\$362.01	Sunset 11'ers Tu			\$114.00	\$114.00
Monday Nooners M 12pm			\$443.61	\$443.61	Each Day a New Beginning Tu 7am			\$382.17	\$382.17	Sunset Speaker Step Su 730pm			\$72.87	\$72.87
Noon Hope			\$77.50	\$77.50	Each Day a New Beginning W 7am			\$218.70	\$218.70	The Drive Thru W 1215pm			\$667.25	\$667.25
Noon Reveille Su 12pm			\$16.00	\$16.00	Experience, Strength & Hope Sat 9am			\$439.00	\$439.00	They Don't Know Who We Are Sat 7pm			\$18.76	\$18.76
Quitting Time M-F 530pm			\$900.72	\$900.72	Extreme Makeover M 730pm			\$75.96	\$75.96	Twelve Steps to Happiness F 730pm			\$62.00	\$62.00
Sober Sisters W 12pm			\$96.00	\$96.00	Federal Speaker Su 12pm			\$67.57	\$67.57	Valencia Smokefree F 6pm			\$121.20	\$121.20
Sunday Express Su 6pm			\$191.00	\$191.00	Firefighters & Friends Tu 10am			\$160.24	\$160.24	Valencia Smokefree F 6pm			\$446.05	\$446.05
Sunday Friendship Su 6pm			\$205.00	\$205.00	Fireside Chat Group Sa 9pm			\$138.00	\$138.00	We Care Tu 12pm			\$72.00	\$72.00
The Barnyard Group Sa 4pm			\$115.73	\$115.73	Friday All Groups F 830pm			\$144.00	\$144.00	Weekend Worker Sat 7am			\$168.00	\$168.00
There is a Solution Tu 6pm			\$50.00	\$50.00	Friendly Circle Beginners Su 715p			\$217.10	\$217.10	West Portal W 8pm			\$454.78	\$454.78
Three Step Group Sa 530pm			\$396.00	\$396.00	Gold Mine Group M 8pm			\$344.88	\$344.88	Wharf Rats Th 815pm			\$190.08	\$190.08
Thursday Night Speaker 830pm			\$300.00	\$300.00	Haight Street Explorers Th 630pm			\$172.00	\$172.00	Women's Came to Believe Sa 10am			\$109.70	\$109.70
Tuesday Chip Meeting Tu 830pm			\$400.00	\$400.00	Like A Prayer Su 4pm			\$120.00	\$120.00	Women's Promises F 7pm			\$378.60	\$378.60
We, Us and Ours M 650pm			\$108.32	\$108.32	Lincoln Park Sat 830pm			\$33.87	\$33.87	YAHOO Step Sa 1130am			\$328.37	\$328.37
Wednesday Night Candlelight (Marin) W 8pm			\$135.00	\$135.00	Meditation, Prayer & Share Tue 730pm			\$15.00	\$15.00	<b>San Francisco Total</b>			<b>\$9,544.87</b>	<b>\$9,544.87</b>
Wednesday Night Speaker Discussion W 7pm			\$431.53	\$431.53	Meeting Place Noon F 12pm			\$128.00	\$128.00					
Wholly Together 11th Step Meditation W 7p			\$94.00	\$94.00	Mid-Morning Support Su 1030am			\$156.00	\$156.00	<b>YTD</b>			<b>\$30,105.20</b>	<b>\$30,105.20</b>
Working Dogs W 12pm			\$1,120.33	\$1,120.33	Monday Men's Stag (SF) M 8pm			\$72.97	\$72.97					
<b>Marin Total</b>			<b>\$9,232.45</b>	<b>\$9,232.45</b>	Monday Monday M 1215pm			\$102.40	\$102.40					



# aa *Gratitude Month 2017 contributions*

Marin Gratitude Month	November 2017	San Francisco Gratitude Month	November 2017	San Francisco Gratitude Month	November 2017
A Vision for You (Fairfax) Su 730pm	\$82.77	Design for Living Sat 8am	\$143.64	Saturday Easy Does It Sa 12pm	\$108.00
Closed Women's Step Study Tu 330pm	\$18.00	Each Day a New Beginning F 7am	\$278.34	Saturday Night Regroup Sa 730pm	\$155.00
Corte Madera Saturday Candlelight 8pm	\$104.62	Each Day a New Beginning M 7am	\$121.10	Say Hey Group T-F 6pm	\$51.10
Crossroads Sun 12pm	\$145.40	Each Day A New Beginning Su 8am	\$151.00	Sinbar Su 8pm	\$100.00
Day at a Time 7D 630am	\$152.00	Each Day a New Beginning Tu 7am	\$147.09	Sober Saturday Sa 830am	\$85.00
Fairfax 12 & 12 Tu 730pm	\$28.67	Each Day a New Beginning W 7am	\$184.00	Sobriety & Miracles S&M Group Sa 5pm	\$35.00
Friday Night Book F 830pm	\$232.36	Early Start F 6pm	\$240.59	Sometimes Slowly Sa 11am	\$370.11
Happy, Joyous & Free 5D 12pm	\$132.46	Easy Does It Tu 6pm	\$60.00	Sunday Bookworms Su 730pm	\$86.00
Intimate Feelings Sa 10am	\$101.00	Epiphany Group Th 7pm	\$69.00	Sunday Morning Gay Men's Stag Su 930am	\$142.75
Monday Night Stag Tiburon	\$399.00	Eureka Valley Topic M 6pm	\$203.55	Sunday Night 3rd Step Group 5pm	\$78.85
Monday Nooners M 12pm	\$106.00	Excelsior "Scent" Free For All Sa 5pm	\$46.00	Sunday Night Castro Speaker Disc Su 730pm	\$130.00
North Marin Speaker Sun 12pm	\$19.00	Experience, Strength & Hope Sat 9am	\$100.00	Sunday Silence Su 730pm	\$70.00
On Awakening 7D 530am	\$1,315.00	Extreme Makeover M 730pm	\$21.00	Sunday Sunrise Su 7am	\$45.00
Sunday Night Corte Madera Su 8pm	\$50.00	Federal Speaker Su 12pm	\$79.00	Sundown W 7pm	\$189.00
The Barnyard Group Sa 4pm	\$148.00	Firefighters & Friends Tu 10am	\$65.00	Sunrise Sunset Women's Step Th 6pm	\$31.90
Thursday Night Speaker 830pm	\$181.00	Fireside Chat Group Sa 9pm	\$39.00	Sunset 11'ers F	\$96.00
Tiburon Women's Candlelight W 8pm	\$20.52	Friday Smokeless F 8pm	\$52.00	Sunset 11'ers Sa	\$83.00
Tuesday Chip Meeting Tu 830pm	\$270.00	Friendly Circle Beginners Su 715p	\$145.00	Sunset 11'ers Su	\$78.05
We, Us and Ours M 650pm	\$87.00	Gold Mine Group M 8pm	\$31.00	Sunset 11'ers Tu	\$47.00
Women's Big Book Tu 1030am	\$70.00	Gratitude Center Fellowship	\$1,393.04	Sunset 11'ers W	\$51.00
Women's Big Book Tu 1030am	\$90.00	Happy Hour F 630pm	\$46.66	Sunset 9'ers M	\$107.58
<b>Marin Total</b>	<b>\$3,752.80</b>	Happy Hour Ladies Night F 530pm	\$31.00	Sunset 9'ers Tu	\$65.50
		Hilldwellers M 8pm	\$58.00	Sunset Speaker Step Su 730pm	\$77.25
		Join the Tribe Tu 7pm	\$84.00	Surf Tu 8pm	\$117.00
		Keep Coming Back Sa 10am	\$169.00	The Drive Thru W 1215pm	\$119.71
		Lincoln Park Sat 830pm	\$45.40	The Dry Dock Fellowship	\$1,109.59
		Living Sober with HIV W 6pm	\$78.00	Thursday Night Women's Th 630pm	\$60.00
		Mellow Mission Sunrise M 7am	\$44.50	Thursday Thumpers Th 7pm	\$22.40
		Mid-Morning Support Su 1030am	\$83.00	Tuesday Night Lasses Step Study	\$50.00
		Miracle (Way) Off 24th St W 730pm	\$65.25	Valencia Smokefree F 6pm	\$100.00
		Monday Monday M 1215pm	\$44.00	Wake Up On 3rd St Group	\$55.20
		Monday Night Big Book Study M 8pm	\$77.00	Washington Squares M 7pm	\$11.75
		Moving Toward Serenity W 830pm	\$28.00	Waterfront Sun 8pm	\$12.00
		New Highs W 130pm	\$43.00	We Care Tu 12pm	\$27.00
		Newcomers Tu 8pm	\$55.10	Wednesday Noon Step Study 12p	\$80.00
		No Regrets Tu 7am	\$24.00	Wednesday Sunrise Smokefree 7am	\$60.00
		No Reservations M 12pm	\$101.00	Weekend Worker Sat 7am	\$55.00
		NYX Sat 7pm	\$56.00	West Portal W 8pm	\$128.00
		One, Two, Three, Go! W 1pm	\$18.00	What It's Like Now M 6pm	\$82.00
		Parkside Th 8pm	\$70.00	Wits End Step Study Tu 8pm	\$41.00
		Pocket Aces Sun 7pm	\$25.00	Women's Came to Believe Sa 10am	\$64.04
		Pocket Aces Sun 7pm	\$25.00	Women's Kitchen Table Tu 630pm	\$67.15
		Pocket Aces Sun 7pm	\$30.00	Women's Promises F 7pm	\$101.00
		Pocket Aces Sun 7pm	\$20.00	Work In Progress Sa 7pm	\$70.00
		Rigorous Honesty Th 1205pm	\$27.00	<b>San Francisco Total</b>	<b>\$2,628.04</b>
		Road to Freedom Mon 12pm	\$36.00		
		Saturday Afternoon Meditation Sa 5pm	\$60.25	<b>Gratitude Month Total</b>	<b>\$16,110.28</b>

# Revenue and Expense Statement: December 2017

	Dec 2017	Budget	Jan - Dec 17	Budget		Dec 2017	Budget	Jan - Dec 17	Budget
<b>Revenue</b>									
Contributions from Groups	\$12,887.75	\$12,000.00	\$166,002.36	\$167,500.00	Rent - Office	\$4,591.98	\$4,592.00	\$53,766.26	\$53,766.00
Contributions from Individuals	\$16,229.50	\$8,800.00	\$57,446.53	\$55,600.00	Rent - Other	\$100.00	\$0.00	\$1,095.00	\$1,020.00
Gratitude Month	\$12,035.54	\$15,000.00	\$17,734.19	\$21,500.00	Filing/Fees	\$0.00	\$0.00	\$476.07	\$500.00
Intergroup Event Revenue	\$0.00	\$0.00	\$12,114.30	\$8,500.00	Insurance	\$1,670.00	\$0.00	\$4,155.00	\$2,500.00
Other Revenue	\$85.00	\$35.00	\$1,440.93	\$480.00	Internet Expense	\$171.45	\$150.00	\$2,269.88	\$1,800.00
					IT Services	\$0.00	\$200.00	\$0.00	\$2,000.00
Sales - Bookstore	\$7,808.07	\$7,328.00	\$95,047.72	\$87,936.00	IT Hardware	\$0.00	\$100.00	\$0.00	\$400.00
Cost of Bookstore Sales	-\$6,300.34	-\$5,847.00	-\$76,911.32	-\$71,781.00	IT Software	\$0.00	\$25.00	\$206.80	\$765.00
Gross Margin - Bookstore	\$1,507.73	\$1,481.00	\$18,136.40	\$16,155.00	Office Supplies	\$90.62	\$142.00	\$2,226.50	\$1,462.00
Total Revenue	\$42,745.52	\$37,316.00	\$272,874.71	\$269,735.00	Paper Purchased	\$61.91	\$125.00	\$1,212.28	\$1,500.00
<b>Expense</b>					Printing	\$0.00	\$0.00	\$0.00	\$0.00
Employee Expenses	\$16,495.38	\$14,044.00	\$167,363.06	\$166,972.00	Equipment Lease	\$422.24	\$408.00	\$5,324.93	\$4,897.00
					Repair & Maintenance	\$382.12	\$290.00	\$5,444.24	\$3,230.00
Committees					Security System	\$144.27	\$100.00	\$570.51	\$1,200.00
PI/CPC	\$86.97	\$0.00	\$360.22	\$700.00	Payroll Expenses	\$6.00	\$10.00	\$86.75	\$120.00
Access Committee	\$0.00	\$0.00	\$0.00	\$350.00	Telephone	\$86.00	\$200.00	\$1,970.38	\$2,400.00
Sunshine Club	\$0.00	\$0.00	\$52.08	\$100.00	Phone Book Listings	\$93.00	\$93.00	\$1,116.00	\$1,116.00
Archives Committee	\$81.05	\$0.00	\$178.49	\$30.00	Travel	\$0.00	\$0.00	\$1,733.55	\$3,600.00
Committees - Other	\$0.00	\$0.00	\$0.00	\$330.00	Training	\$120.00	\$0.00	\$692.05	\$400.00
Total Committees	\$168.02	\$0.00	\$590.79	\$1,510.00	Bad Checks	\$0.00	\$0.00	\$0.00	\$0.00
					Miscellaneous Expense	\$0.00	\$0.00	\$0.00	\$0.00
Intergroup Sponsored Events	-\$610.02	\$400.00	\$9,639.06	\$12,300.00	Total Expense	\$23,998.19	\$20,884.00	\$262,638.74	\$266,138.00
					Net Operating Surplus/(Deficit)	\$18,747.33	\$16,432.00	\$10,235.97	\$3,597.00
Professional Fees	\$0.00	\$0.00	\$1,662.50	\$1,500.00	Interest Income	\$43.89	\$45.00	\$519.17	\$540.00
Postage	\$5.22	\$5.00	\$1,037.13	\$1,180.00	Depreciation/Amortization Expense	-\$348.00	-\$249.00	-\$4,176.00	-\$4,077.00
					Net Surplus/(Deficit)	\$18,443.22	\$16,228.00	\$6,579.14	\$60.00

## Treasurer's Report: December 2017

For December 2017, Total Revenue was \$42,746, over budget by \$5,430. This was mainly due to increased individual contributions, which were over budget by \$7,430, offset by gratitude month contributions being under by budget by \$2,964. Total Operating Expense for December was \$23,998, over budget by \$3,114. The result is a Net Operating Surplus of \$18,443. Net Surplus year to date is \$6,579 which is greater than our budgeted annual net surplus of \$0.

Group Contributions for December were \$12,888, over budget by \$888. Individual Contributions were \$16,230, over budget by \$7,430.

Total Unrestricted Cash for December 2017 was \$78,278, an increase of \$18,154 from November 2017. Unrestricted

Cash is over 3 months of operating expenses.

The rating for December 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: December 2017

	31-Dec-17	30-Nov-17	\$ Change	31-Dec-16	\$ Change
<b>ASSETS</b>					
Current Assets					
Cash					
Unrestricted Cash	\$78,278.00	\$60,124.00	\$18,154.00	\$53,905.00	\$24,373.00
Restricted Cash	\$125,232.00	\$125,232.00	\$0.00	\$130,540.00	-\$5,308.00
Total Cash	\$203,510.00	\$185,356.00	\$18,154.00	\$184,445.00	\$19,065.00
Accounts Receivable	-\$308.00	-\$468.00	\$160.00	\$67.00	-\$375.00
Inventory - Bookstore	\$25,963.00	\$20,507.00	\$5,456.00	\$26,774.00	-\$811.00
Total Current Assets	\$229,165.00	\$205,395.00	\$23,770.00	\$211,286.00	\$17,879.00
Fixed Assets	\$10,862.00	\$11,210.00	-\$348.00	\$15,038.00	-\$4,176.00
Deposits	\$6,698.00	\$6,698.00	\$0.00	\$6,698.00	\$0.00
<b>TOTAL ASSETS</b>	<b>\$246,725.00</b>	<b>\$223,303.00</b>	<b>\$23,422.00</b>	<b>\$233,022.00</b>	<b>\$13,703.00</b>
<b>LIABILITIES &amp; NET ASSETS</b>					
Liabilities					
Current Liabilities					
Accounts Payable	\$7,366.00	\$2,132.00	\$5,234.00	\$630.00	\$6,736.00
Payroll Tax Liabilities	\$2,107.00	\$3,943.00	-\$1,836.00	\$3,517.00	-\$1,410.00
Sales Tax Payable	\$560.00	\$717.00	-\$157.00	\$499.00	\$61.00
Total Current Liabilities	\$10,033.00	\$6,791.00	\$3,242.00	\$4,646.00	\$5,387.00
Deferred Compensation	\$1,737.00	\$0.00			
Total Liabilities	\$11,770.00	\$6,791.00	\$4,979.00	\$4,646.00	\$7,124.00
Net Assets					
Net Assets, Beginning of Year	\$228,376.00	\$228,376.00	\$0.00	\$199,894.00	\$28,482.00
Net Surplus/(Deficit), YTD	\$6,579.00	-\$11,864.00	\$18,443.00	\$28,482.00	-\$21,903.00
Total Net Assets	\$234,955.00	\$216,512.00	\$18,443.00	\$228,376.00	\$6,579.00
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$246,725.00</b>	<b>\$223,303.00</b>	<b>\$23,422.00</b>	<b>\$233,022.00</b>	<b>\$13,703.00</b>

## MONTHLY TRADITIONS WORKSHOP

4<sup>th</sup> Saturday of each month  
San Francisco Central Office  
11:00AM - 12:30PM

Tradition 3 - March 24, 2018  
Tradition 4 - April 28, 2018  
Tradition 5 - May 26, 2018 ... and each following month

This we owe to AA's future; To place our common welfare first; To keep our Fellowship united. For on AA unity depend our lives, and the lives of those to come.



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)

Michael Z.	Peter F.	Stephen S.
Mike M.	Phyllis S.	Steve F.
Mily T.	Rachel G.	Steven G.
Nancy N.	Robert J.	Susan C.
Naomi L.	Robert S.	Suzanne C.
Nicholas P.	Robert T.	Ted R.
Niels R.	Ron H.	Teddy W.
Pam K.	Roseanna H.	Theresa M.
Pat P.	Ryan D.	Thomas H.
Patrick R.	Sara H.	Thomas M.
Patrick S.	Scott C.	Timothy Mc.
Paul K.	Sean B.	Tom P.
Peggy H.	Sean C.	Tom S.
Penelope C. &	Sean M.	Tomas L.
Robert S. Jr.	Sheila H.	Tony R.
Penelope P.	Stephen S.	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.



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# March 2018

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thepoint@aasf.org / San Francisco (415) 674-1821 / Marin (415) 499-0400