

# the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2018  
July 7

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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## Giving from the Heart

6 *Patrick Melrose* Review

9 Tradition Seven

10 Why Bill Wrote the Steps Twice

12 Art as a Higher Power

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*

# July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2 <b>FIRST MON</b> <b>Technology Committee</b> Central Office, 1821 Sacramento St., San Francisco 6:00pm	3 <b>FIRST TUE</b> <b>SF Bridging the Gap</b> Central Office, 1821 Sacramento St., San Francisco <b>Orientation</b> 6:00pm	4 <b>INDEPENDENCE DAY</b> <b>Central Office closed</b> <b>Marin 4th of July Alcolthon &amp; BBQ</b> All Saints Lutheran Church, 2 San Marin Dr., Novato <b>Doors</b> 10:30am <b>Meetings</b> 12:00pm - 6:00pm <b>BBQ</b> 2:00pm
8 <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>	9 <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	10 <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	11 <b>SECOND 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>Marin Bridging the Gap</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael <b>Orientation</b> 6:00pm <b>Business Meeting</b> 6:30pm
15 <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>Broads Without Booze #32</b> United Irish Cultural Center, 2700 45th Ave., SF 11:30am to 2:00pm 415-215-6222   broadswithoutbooze@gmail.com	16 <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	17	18
22	23	24 <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	25
29	30	31	

For more details regarding our calendar of events, visit [aasf.org](http://aasf.org) and go to the “News & Events” tab.

THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14 <u>SECOND SAT</u> <b>The Point Committee Meeting</b> Central Office, 1821 Sacramento St. San Francisco 12:30pm
19	20	21 <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
26 <u>FOURTH THU</u> <b>Marin Public Information / Cooperation with the Professional Community (PI/CPC)</b> Marin Alano Club, 1360 Lincoln Ave., San Rafael 7:00pm <b>SF H&amp;I Evening Orientation</b> Central Office, 1821 Sacramento St. San Francisco 6:30pm	27	28 <u>FOURTH SAT</u> <b>The 12 Traditions Today</b> Central Office, 1821 Sacramento St. San Francisco 11:00am <b>CNCA Meeting</b> 320 N. McDowell Blvd., Petaluma 10:00am

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>Watching <i>Patrick Melrose</i></b>	<b>6</b>
<b>The Teen Ladies</b>	<b>7</b>
<b>Selwin's Story</b>	<b>8</b>
<b>Tradition Seven</b>	<b>9</b>
<b>Why Bill Wrote the Steps Twice</b>	<b>10</b>
<b>Step Seven</b>	<b>11</b>
<b>Art as a Higher Power</b>	<b>12</b>
<b>Farewell Juan Carlos</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>

“... remove from me every single defect of character which stands in the way of my usefulness ...”

~ *Alcoholics Anonymous*, p. 76



## Meeting Changes

### New Meetings:

Wed	3:00pm	San Rafael	<b>Wednesday Afternoon Step Study</b> , Salvation Army, 350 4th St./Mary St.
Wed	7:15pm	Castro	<b>45 Minute 2 Speaker Young People</b> , Castro Country Club, 4058 18th St./Hartford St.
Wed	6:15pm	Inner Sunset	<b>Rocket Science</b> , Gratitude Center, 1320 7th Ave./Irving
Thu	6:30pm	Tiburon	<b>What Book?</b> , Kol Shofar Synagogue, 215 Blackfield Dr./Via Los Altos
Sat	10:00pm	Mission	<b>Juke JAAM</b> , Mission Fellowship, 2900 24th St./Florida St.

### Meeting Changes:

Sun	6:00pm	North Beach	<b>Washington Squares</b> , North Beach Citizen Center, 1034 Kearny St./Broadway (Was 60 Filbert St. on Mon at 7:00pm)
M/T/F	7:00am	Point Reyes Station	<b>Morning Attitude Adjustment</b> , Point Reyes Fire Station, 101 4th St. (Was at Dance Palace, 530 B St.)

### No Longer Meeting:

Fri	12:00pm	Western Addition	<b>The 45 Minute Hour</b> , Macedonia Missionary Baptist Church, 2135 Sutter St./Steiner St.
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**PLEASE NOTE:** We occasionally receive reports that meetings listed in our schedule are missing or no longer active. Sometimes these reports turn out to be mistaken, and sometimes not. **If you know anything about a meeting that has relocated or disbanded — even temporarily —** please call Central Office immediately: (415) 674-1821. This helps us direct newcomers, visitors and sober, local alcoholics alike to actual meetings and not to rooms that housed a meeting once upon a time. **Thank you for contributing to the accuracy of our schedule!**

**For the Novato Fellowship  
Independence Day Alcañon**

**WEDNESDAY ~ JULY 4, 2018**

**10:30am** – Games for Children & Adults  
**12:00pm** First Meeting - **5:00pm** Last Meeting  
 Forty-five minute meetings held hourly  
**2:00–3:00pm** ~ Break for BBQ & Fellowship

*All Saints Lutheran Church*  
 2 San Marin Drive, Novato  
 San Marin Drive and Novato Blvd.

★ ★ ★ ★ ★ Raffle Prizes - 2:45pm Drawing

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

We accept donations of any size with heartfelt gratitude; they offset the cost of the event.

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

## Bridging The Gap San Francisco

**BTG is up and running and looking for committee members. Our mission is to share the message with alcoholics in jails and rehab centers. We will make an effort to pair them with another A.A. member who will take them to their 1st meeting upon release.**

**BTG orientations are on the 1st Tuesday monthly, Central Office, 1821 Sacramento St. in San Francisco.**

**Next orientation: July 3 @ 6:00pm**

For more details regarding our calendar of events, visit [aasf.org](http://aasf.org) and go to the “News & Events” tab.



From the Editor

## The Art of Recovery

Creativity is rampant in our July issue. Music and art are medicine for Maura B.'s soul in "Art as a Higher Power." On Page 7, someone named Mona finds new ways of seeing that would make John Berger proud in Anthony E.'s nonfiction-fiction story, "Teen Ladies." In the next piece, Selwin discovers her gardening skills are of use to her fellows at National AIDS Memorial Grove, after she hiked up a mountain and realized what was

possible if she stayed off the barstool (Bree L.'s article on Page 8). A rich drunk crawls across marble floors to get more booze in Carla H.'s review of *Patrick Melrose*, based on an actual author's autobiography. "No one does brilliant, vicious and vulnerable better" than Benedict Cumberbatch in the title role (Page 6).

Bob S. describes the Promethean process of writing the *Twelve Steps and Twelve Traditions* in "Origins of the Steps." Gregory F. reminds us giving from the heart is a kind of magic that can save someone's life. Judy G. also shows how connecting with the fellowship dissolves alcoholism's isolation. And the writerly Claire A. breaks down Tradition Seven's co-creation with a higher power that makes the sun rise, babies giggle and salt air smell fresh by the sea (Page 9).



Illustration by Navarre

### 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!



# Watching *Patrick Melrose*

*A cable series worth your time*

by Carla H.

Dark. Tragic. Raging. Hilarious. Only alcoholics in recovery could see those four adjectives and think, yeah, that's me. At least that's what I said about 10 minutes into watching *Patrick Melrose*. This portrait of a wealthy, well-born practicing alcoholic is based on the life of British author Edward St. Aubyn. Each episode details horrors, hilarity and tragedies of hateful, cruel, negligent people we perhaps grew up with, meet now in meetings, and who, in recovery, help us stay recovered. This series makes me even more grateful for the rooms of Alcoholics Anonymous. Each episode is a cautionary tale. There but for the grace of the Goddess go I.

*No one does brilliant,  
vicious and  
vulnerable better*

The cast includes Benedict Cumberbatch as Patrick Melrose, Jennifer Jason Leigh as his drunken, neglectful mother and Hugo Weaving as his drunken, sadistic father. No episode is for the faint of heart. The first one, "Bad News," is hilarious when showing what it's like to be high, rich and nonchalant in a luxury hotel in 80's New York. We first see our hero taking a phone call; his father has died. "Bad news" could also describe Patrick himself. It's hard to tell if he's sad or struck silent by the news of his father's death. Soon he begins to slur as he tries to stay conscious and carry on the conversation. The camera drifts down to reveal that what he reaches for on the floor—an empty syringe. Welcome

aboard. He wants to get clean. He wants to connect. But he doesn't.

Patrick ingests drugs and buckets of hard liquor. For my money, no one does brilliant, vicious and vulnerable better than Cumberbatch. You can see these traits in most of his *Sherlock* work. I laughed out loud watching him pull himself across the hotel bar's marble floors to his room (because he couldn't stand up, let alone walk) so he could get a little higher. Being beautifully dressed while he's doing it adds that extra touch of truth: Alcoholism doesn't discriminate.

stories I've heard in the rooms). We see, hear and feel the iron rule of Patrick's father, a controlling, vicious man who keeps everyone around him in thrall, terrified or both. Grown Patrick is still frightened—even though his father is a corpse in a casket in a funeral home.

"Some Hope," the third episode, is set in '90s London. Patrick attends a meeting that's glum to the extreme. Everyone has dreary looks on their faces, as if coming down off the best high of their lives with no hope of ever feeling better. The chairs are all at least



The second episode, "Never Mind," deals with eight-year-old Patrick's sexual abuse at the family's French villa. It's hard to watch. The inability of his mother to engage with Patrick is heartbreaking and perhaps typical (based on my own family history and

18 inches away from each other. No one looks at anyone else. There are no conversations. No light-heartedness. No wonder Patrick wants nothing to do with this bunch.

*Continued on Page 17*

## The Teen Ladies

### *Seriously, aren't you too old for those pants?*

by Anthony E.

Mona is out with her friends for the first time in nine months. It's been that long since having her last drink. She and her four friends call themselves "The Teen Ladies." It's a name her favorite boyfriend gave them after going with the girls, in their 40s, to the same club they went to as girls in their 20s. The boyfriend pointed out, "You may be doing the same thing, but it doesn't look the same." It wasn't until she quit drinking that she saw what he was saying. A club full of kids in their 20s see her and her friends as drunk old ladies.

Sipping coffee, Mona listens to her friends pout about the music, and realizes the definition for "The Teen Ladies" has changed for her in sobriety. When she was drinking, she embraced the name thinking it was sophisticated and cool. Seeing her friends tonight drink with detachment because of a DJ's music, Mona now sees jaded and unhappy expressions that are no longer cute. She sees ladies expressing teenage faces that don't work for adults.

### *Sobriety taught her reactions can be chosen*

They are in a club called the Bunker that's been open since the '80s. Mona looks around and notices things she never saw as a drinker: unsatisfied faces hovering around the edges of dancing kids, not laughing. They stand around with arms folded. People her age or older, perched and posing. They are the same ones lining up at the bar, or coming and going outside to

smoke. Mona knows many of them are waiting for remembered music, often complaining about the DJ's not taking requests for old songs. She doesn't want to dance, so she walks around to find a happy face her age.

In the bathroom she shares a mirror with a girl half her age who says "Seriously, aren't you too old for those pants?" Mona is taken aback and thinks of defensive things to say. Instead she pauses and stops herself from being catty. Sobriety taught her reactions can be chosen. Choosing to be friendly she decides to say, "Probably. I like them though. Your outfit is super cute."



She tells the girl, "When I was your age, I saw hippies who were holding onto the '60s coming here. I remember Punk Rock girls in the bathroom teasing each other saying, 'If you touch an old hippie, you'll smell like patchouli if you don't wash your hands. Don't dance next to them. They stink.'" The girl laughs and says, "My grandmother was a hippie." She smiles and sees Mona

as a friend she can relate to, shaking hands with her and admitting, "Wow, maybe young girls have a fear that old age and loneliness are contagious. But, that's silly."

### *Excited about finding a new way to see*

Leaving the bathroom Mona bumps into two guys waiting to pee. She stops in front of the one she has pretended to not know since having sex with him. She remembers drinking beer in his bed. He ignored her. And she watched him smoke after they had been intimate. Being with him felt more alone than being by herself and she felt stupid

for having wanted him that night.

That bad night stayed with her and became a reason to drink every time she saw him. Not wanting to feel that way anymore,

she smiles and gives him a hug. She knows now she'd rather get a dog than be with the wrong person.

Being sober, she has seen in 30 minutes what she never saw in 24 years of drinking at the Bunker. Mona is excited about finding a new way to see.





# Selwin's Story

## *Getting off the bar stool*

by Bree L.

It was August of 1982 and I was just “sick and tired of being sick and tired.” I wanted a reason to feel better about being alive. I’d been to many human potential workshops, but they just weren’t doing it for me. I was living in San Francisco’s Mission District, but I drank in Noe Valley and North Beach. I was working as a cocktail waitress at interesting places like Earthquake Magoo’s, where Turk Murphy’s band played. They were touristy places and a lot of fun. Drinking was my entire life.

But I really wasn’t drinking as much as I had when I worked downtown in the Financial District. I’d go out for drinks after work with co-workers. The bars down there would close, so I’d take myself out to North Beach where the bars closed at two in the morning. The next morning I’d be so hung over, walking through the parks as people were doing Tai Chi exercises. I’d call saying that I’d overslept. My rule was that I couldn’t say I was sick unless I was actually throwing up. I’d change my clothes and show up at work feeling miserable. Eventually I was fired from that job.

### *I was having what I call “dark thoughts”*

I wasn’t suicidal before I came in but I was having what I call “dark thoughts.” I spent time thinking how nice it would be if I weren’t around. That would be great. My remedy for these thoughts was to go to another human potential workshop and “wake

up” to some degree. I’d celebrate what I learned while there until I hit a wall and then I’d return to my old ways. I’d be high on the energy of the seminar and then I’d drink it all away.

Fifteen months before I came in, a friend who had gotten sober in A.A. took me to a meeting called the Friendly Circle on Van Ness. It was a very large meeting and they asked me to read the steps. I looked them over and they looked okay, so I told them they looked good. Then they asked if I would read the steps out loud. I said, “No.” That was too much.

I had my last drink on a wilderness retreat/workshop. I was out in nature, my favorite place. They introduced activities that were called “new games.” They included such challenges as trust exercises, blind hikes and wilderness walks. One of the exercises was to hike to the top of this mountain where I could see miles of greenery. I felt like I was looking

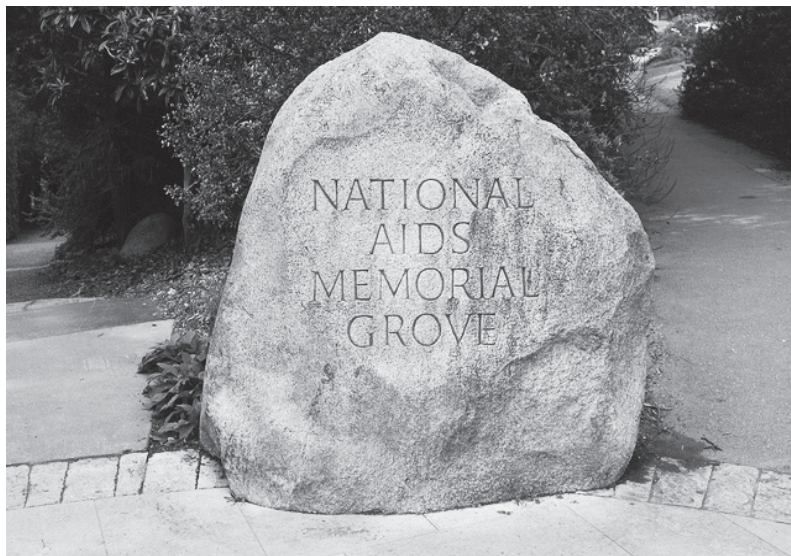
into another world. My one thought was, “You could have all this beauty if you’d just get off the f\*\*\*ing bar stool.” If that was anything, it was my H.P. talking for me. Two days later, August 28 of 1982, I was back in San Francisco in a meeting surrendering to recovery.

### *A mockingbird call that imitated a car alarm*

One of the great joys of my reentry into the world away from that bar stool has been my involvement with the National Aids Memorial Grove in Golden Gate Park. When I first started volunteering in 1993, the place was a pile of weeds in a semi-protected location. I was given the opportunity to utilize my gardening skills and help bring it to fruition. Now I serve on the board. Bill Clinton spoke there on December 1, 2017 for World Aids Day and I got a chance to shake his hand. Who could have seen that coming? I always wanted something to help me feel

better about being alive and A.A. has brought me that.

Today I have the joy of listening to a mockingbird call that imitated a car alarm and can only feel gratitude for all that A.A. has given me.





## Tradition Seven

*No A.A. Tradition had the labor pains  
this one did*

by Claire A.

*Every A.A. group ought to be fully self-supporting, declining outside contributions.*

Reading Tradition Seven again in preparation for writing this piece, I was struck by the idea of the swinging pendulum, and the grandiosity on display among the early founders. From my vantage point I could see their problems, and I could see how I would do the exact same thing. It struck me how money is one of those things that brings out the character defects. I see it in myself. I can get really tied up in knots if I don't have exactly two dollars to put in the basket. Do I put in five? Will I need change? If I take change, how can I make sure everyone sees that I'm not stealing money? Can I bring myself to *not* take change, giving five dollars because that's nothing compared to the cost of a drink? Will everyone then see how generous I was? What if I give five dollars now, and then nothing at the next meeting? Would the people there look down on me?

### *The idea of "enough" was really new*

What a mess. So, I can see myself in the founders, not knowing what to do with a huge amount of money, arguing over how to handle it, having ridiculous notions of solving all of the world's alcohol problems in one fell swoop. The idea of "enough" was really new for me when I came into A.A. I remember looking around the room and thinking to myself, "You know, if we each gave a little more money, we

wouldn't have to meet in this shabby basement, and we could have really good coffee." It took me a while to realize that the priority was not a nice room and good coffee: the priority was carrying the message.

### *We could have really good coffee ...*

Grandiosity can carry over into my life. When I make a mistake, I'm the worst person there ever was, beating myself up for making mistakes, for being—gasp—human. When I have a modest success, I will get the Nobel Prize, don't you know, or at the very least write a bestselling book. "Alcoholics are all-or-nothing people," this tradition says, and it's true. There's no room for contentment when you're swinging on a pendulum, because you're either miserable or manic.

So, when I read "These simple services would require small sums of money which we could and would pay for ourselves," it's like a lightning bolt of simplicity and humility.

This is one of those simple but not easy practices of A.A. We are not asked to pay a lot. We are not required to pay a dime, actually. We are asked to contribute what we can. What will I make of that? Will I freak out (see above)? Or will I reach into my pocket, and give some of what I have? Will I recognize that the point is not that I feel comfortable about what I gave? The point is that I contributed. The point is that when I needed it, A.A. was here, through the countless small contributions, monetary and other wise, of alcoholics before me.

And in the rest of my A.A. practice, will I fold my arms in a huff if I can't

be perfect? Or will I strive for a small amount of progress each day, pray for guidance, have a bit of tolerance for that annoying sister, surrender my tiny little will to my higher power that actually is grand—that makes the sun rise and atoms and ice cream and baby giggles and the smell of salt air off the sea?





# Why Bill Wrote the Steps Twice

*Historical settings for change*

by Bob S.

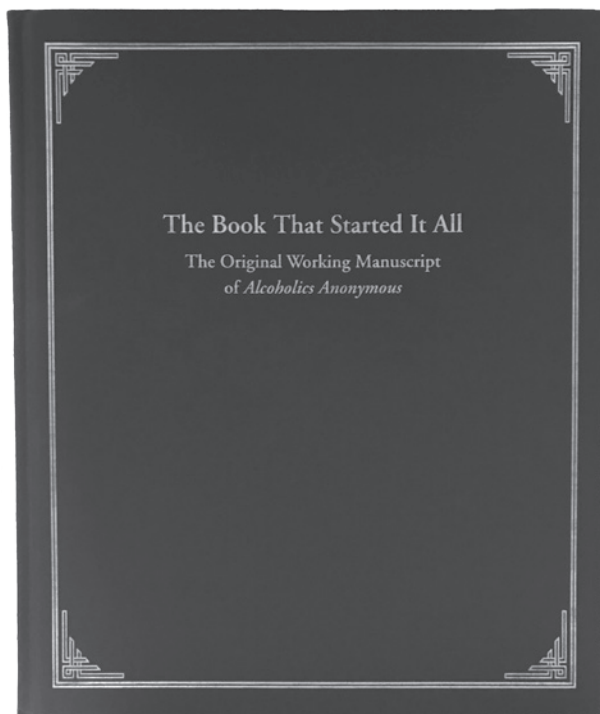
The steps were, for me, a dramatic episode in an exciting setting. I was living alone in an apartment which had been part of Rudolf Valentino's guest quarters on Highland Avenue in Los Angeles. Emerging from an afternoon trip with my sponsor through Steps Four and Five, I came home to do Steps Six and Seven. It was the right setting for change, like a Hollywood movie set. There was a beautiful Italianate patio garden covered with lush greenery and gurgling fountains. I felt like I was gliding through the Garden of Eden, or heaven.

## Origins of the steps

After the Seventh Step Prayer I felt something wonderful was going to happen, and it did. As the months flashed by, I became joyfully immersed in Alcoholics Anonymous. Sometimes I wondered about the origins of this life-changing step. Bill W. said in one of his talks that the Twelve Steps came from the Oxford Group. "Early A.A. got its ideas of self-examination, acknowledgement of character defects and restitution for harm done, as well as working with others, straight from the Oxford Groups and directly from Sam Shoemaker, their former leader in America, and nowhere else" (*Alcoholics Anonymous Comes of Age*, p. 39).

In the Big Book manuscript, Bill has us "on our knees" during the Seventh Step Prayer. New York A.A.s sometimes

knelt to make surrenders, but in Akron the practice was an absolute must. Also, the idea God can remove shortcomings is an idea from Ann Smith's journal. [*Ann Smith was Dr. Bob's wife. ~Editor*] Page 76 of the Big Book provided the framework for completing Step Seven.



Bill Wilson wrote the traditions with the help of Chicago A.A. founder Earl Treat. However, he apparently did not write all of the steps in *Twelve Steps and Twelve Traditions*, often called the *12 and 12*. An article by Susan Cheever, author of *My Name is Bill*, describes the scene during late 1950: "Soon after they began the work, Bill was felled with the third disabling depression of his life, which he called a 'period of blackness.' Some

mornings, Tom Powers later told me, Bill would just put his head down on his desk and weep while Powers and Love tapped out the new steps on Bill's typewriter" (Cheever, Susan. "Why Bill W. Wrote the 12 Steps Twice." *The Fix*. Published April 16, 2012). Tom Powers, who had worked in advertising, and Betty Love, a magazine editor, emphasized the importance of humility in the Seventh Step. Cheever interviewed Tom Powers at his All Addicts Anonymous East Ridge retreat in

## *Straight out of Oxford*

Callicoon, New York.

Why was the *12 and 12* written? A 1952 letter to Bill's spiritual mentor, Fr. Ed Dowling in St. Louis, gives us a clue. "Our idea is to publish the Twelve Steps and these Twelve Traditions in a small book to appear, I hope, by next fall. If we are able to do a fair job on the Steps, that will be helpful and, published along with the Traditions, they may act as a bait for reading the

latter. However, we'll see." Cheever believed Bill wanted to amplify each step and "give it its due." He wanted A.A. to be welcoming to anyone who needed help. After over a decade of experience, a World War and thousands of letters from different groups, the *12 and 12* was published in April of 1953. The letter to Dowling is from Chapter 9 of Robert Fitzgerald's *The Soul of Sponsorship* (Hazelden Pittman Archives Press, 1995).



# Step Seven

## *Relief washed over me*

by Judy G.

Eight years ago, in the midst of my bitter divorce, I betrayed the confidence of a friend and repeated something she said about my ex to said ex. The whole thing blew up into a huge drama-rama, and I felt lower than a worm. I felt like it was the worst thing I ever did in my life, and I got totally caught up in what others were saying about me. I was literally traumatized.

In the midst of all this, I went away for the weekend with friends who knew all of the parties involved, and I could not stop obsessively berating myself and beating myself up. One of my friends, who at that point had never been to a 12-step meeting and did not have a spiritual cell in her body, asked me, “What are you going to do?”

Without even thinking about it for a split second, I said, “I am going to humbly ask God to remove my shortcomings.” Those words automatically popped out of my mouth from some very deep, subconscious place. She looked at me like I had lost my mind, but just by uttering those words, a huge sense of relief washed over me.

### *Humility is not a state of weakness but of strength*

I thought to myself, “Wow, these steps really work.” I was no longer alone in my misery. I had my Higher Power with me, and that made a

huge difference. God would help me through this.

### *Another key part is admitting we need help*

One of the key words in this step is *humbly*. I really like what it says in the Al-Anon book *Pathways to Recovery* about humility. Stated on page 72, *humility*—the state of being humble—is often misunderstood;

the message of recovery and pass it on to those who are still suffering.

Another key part of Step Seven is admitting that we need help. We ask God for help in letting go of our character defects. We cannot do this alone. The 12 Steps of Alcoholics Anonymous are filled with the word “we.” Alcoholism is a disease of isolation that is arrested by connection—to our fellows, to the meetings and to our Higher Power.

## Humility = Strength



The steps are a framework for living; a way of life. I learned that awful day that living in the steps could actually bring me relief from my misery. When we learn to live in the day, we make amends for our mistakes and move on. As it says in the book *24 Hours a Day* on the page for July 29, “we cannot undo a single act we performed or erase a single word we said.”

You know what your shortcomings are by taking a searching and fearless moral inventory in Step Four; then you have shared

your shortcomings in Step Five with yourself, God and another human being. Through this you became willing to have God remove these shortcomings in Step Six, then you are ready to humbly ask God to remove these shortcomings.

That day on the beach, I didn’t ask, I humbly begged God to remove my shortcomings. I knew I needed help; that I could not manage this alone.

And, it worked. I recommend it.

it is not a state of weakness but of strength. I once heard someone say at a meeting that humility is being right sized—not making yourself too big, but not making yourself too small either.

All of this really resonates with me. We have to claim our self-esteem, our sense of worth. We have to believe that we deserve to be sober. By being right sized, we leave our ego at the door, so we can more effectively hear





# Art as a Higher Power

## *How to handle an indifferent society*

by Maura B.

My name is Maura and I am grateful to be in the program. I think that when times are troubled, like they are these days, most people listen to music to help raise their spirits. For me, both music and art are medicine for the soul. Teaching piano and producing art does that for me. I was born and raised in New York and I am a classically-trained pianist, a piano teacher and a fine artist.

In the last four years of being in the program and working the steps, adding a program for living has been the golden crown topping this delicious, creative “cake” that has been my life for over 50 years. I am writing to talk about my art and my latest drawings and how making art has become my Higher Power in today’s indifferent society.

I started drawing at a young age.



As a teenager, I plastered my bedroom walls with fashion figure drawings. I was raised by a narcissistic mother who expected me to become the next Van Cliburn. She was also an artist, so whatever I played on the piano or

sketched on a piece of paper could never please her. At Oberlin College I enrolled in both studio and art history courses while getting my degree in piano performance.

### *Medicine for the soul*

The college had amazing fine art and art history professors. After graduating, I put art aside and focused on teaching private piano at home while being a wife and mother. During my first marriage, what little extra time I had while raising two daughters and teaching piano was devoted to drawing. Fortunately, it was easy for me and didn’t require a fully stocked art studio—just a pencil, paper and my imagination. It was not until after my third and fourth children (from my second marriage now) were out of the house and in school during the day

that I began to focus on my art almost full time.

My second husband was a control freak and didn’t enjoy watching

me hop into my studio—our rat-infested garage—during my “free” time to paint. No matter how many galleries and museum shows that my art got into, he would call my passion “negative income” because I was spending more money buying art materials than selling my art. Where was the program when I needed it? What did I do about his verbal abuse? I resisted turning to alcohol or drugs.

Instead, I immersed myself into my art and getting into more shows and galleries, as well as a highly-regarded art publication called *New American Paintings*.

After years of mental abuse, I ended the marriage and moved to San Francisco to start a new life. I now needed to focus on finding piano students to pay the bills and my drawing took second place. After a year or so I met my wonderful and supportive current husband, who happened to be in A.A.

### *I began to focus on my art full time*

Today I am more focused than ever on my artwork. My latest series is detailed drawings of livestock with graphite on paper. My drawings are currently on display at a store in Mill Valley. I am a city girl at heart but love the beauty of the countryside farms and all the animals that grace the fields. I have realized that in my own way, I had a Higher Power—music and art—that kept my mind clear, clean and focused. Now along with that I work the steps and share my experience, strength and hope to help others in recovery.



*Drawings by Maura B.*





# Farewell Juan Carlos

*You talk, I'll listen*

by Gregory F.

I first met Juan Carlos in 2013 at one of his first few meetings. I welcomed him. It's what we do and was done for me. I don't know a lot of personal details about him, but I do have some memories. I talked to him after meetings, in my car or on the phone. He seemed shy, afraid and alone. Not alone in the literal sense. Rather the dark, aching loneliness when it feels as if there's no cure. He had pretty much "drunk up" everyone. He was drinking a lot. And this was five years ago.

He'd call from his apartment, often crying on the phone. That alcoholic longing that just won't stop. What to do? Can't stop, but can't not stop. Want to live, want to die. I'm a bad person, but I wasn't always this way. What's wrong with me? Am I crazy? What's the secret? What's the cure? I felt some of this myself when I was new.

## *Who he was before alcoholism*

The comfort of another human being's voice. You talk, I'll listen. You cry, I'll try and comfort you and yes, perhaps even cry myself. I'll tell you you'll be OK not because it's what you want to hear, but because I believe it. It's what I was told. It's what I passed on to Juan Carlos. I invited him to come with me and a sponsee to an A.A. conference one Memorial Day weekend in L.A. I told him it would be fun. He must have been in his first 60 days sober. He said sure. I picked him up at the artisan chocolate company where he worked and off the three of us went. You really get to know

someone when you drive 400 miles each way.

Once there, I didn't see much of Juan Carlos over that weekend. It was his first experience at a large, sober conference. This was in 2013. I guess that's why I took both he and my sponsee as if I was "gifting" them this first conference.

I honor the memory of who Juan Carlos was by imagining who he was before alcoholism. We all start from somewhere. What did that little boy want? I wonder what his hopes and dreams were. Those close to him may or may not have had the answers. I

honor him by saying his name and bidding farewell. He's free. I imagine it's the peace alcoholics long for. No more pain. No more trauma. No more trying so hard to stop and being unable to. I choose to believe this. Saying goodbye to this beautiful young man, someone's child, and his soul, I remember the blessing Dr. Larch gave the orphans in his charge each evening: "Good night, you Princes of Maine, you Kings of New England" (from the 1999 film *The Cider House Rules*). Rest in peace, Juan Carlos. I hope you found the comfort you so desperately sought.

## *It can be magic*

I'll continue to share, help, reach out to those around me in the rooms of my 12-Step groups. Those that I meet. Those whom I've yet to meet. I can't save the world and neither can you. But together, who knows. Where can we be helpful? Talk to people. Listen to people. Help each other in our process. Who is in front of you? Near you? A newcomer, or an old timer? Ask them out to fellowship. Invite them to a meeting. Do what we do. We never know when or how we may be able to help each other. It can be magic.



# Intergroup Meeting Summary: June 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.

<b>Marin Groups</b>	Monday Night Stag Tiburon	As Bill Sees It Th 6pm	Cow Hollow Young People	Saturday Beginners
Cover to Cover	Quitting Time	Be Still AA	Each Day a New Beginning	Serenity Seekers
Friday Night Book	Rise N Shine	Beginners Warmup	Girls Gone Mild	Sometimes Slowly
Last Stop Men's Step Study	Thursday Night Speaker	Blue Book Special	Kool Fresh Kids Club	Sun Castro Speaker Discussion
Marin Young People	Women's Big Book	Castro Discussion	Lunch with Bill	Sunset Speaker Step
Men's Two Plus	<b>SF Groups</b>	Castro Monday Night BB	Pocket Aces	Valencia Smokefree
Mill Valley 7am	A is for Alcohol	Cocktail Hour	Rule 62	Weekend Update

This is an unofficial summary of the June 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, June 6, 2018, at First Unitarian Universalist Center, 1187 Franklin Street in San Francisco. The meeting was started with a call to order and the Serenity Prayer. Basket for dinner was passed. The May 2018 minutes and the June 2018 agenda were approved.

## Standing Reports

**Board Chair, Liz M.** Tonight is Intergroup Board elections. Two board members vacated early, so we actually need to fill 5 positions. Those voted in will officially take their place on the board starting July 2018. Reminder that next month's meeting will be Wednesday, July 11 in San Francisco.

**Treasurer, Alix F.** Rating for April 2018 was "Excellent." Group and individual contributions were under budget for the month, so remind your group's treasurer to send the contributions to Central Office.

**Executive Director, Maury P.** If you have experience to share relating to professionals who have contact with veterans and/or active-duty members of the Armed Services, please contact the Cooperation with the Professional Community at [cpc@aasf.org](mailto:cpc@aasf.org). At the 68th General Service Conference, several revisions for existing material were accepted and two new pamphlets were approved for production: "Experience, Strength, & Hope: AA for Alcoholics with Mental Health Issues" and "The God Word." More info about when they are available will be posted in *The Buzz*. General Service Conference approved maximum annual contribution from an individual A.A. member to the General Service Board from \$3,000 to \$5,000. Alan asked to clarify if that is also the policy for Central Office and if it is the same for wills. Maury stated that Central Office policy is to follow GSO dollar amounts; the \$5,000 limit also applies to wills. Other news from GSO, poster for groups and meetings highlighting the importance of anonymity and how easy it is to break was published and is available at [aa.org](http://aa.org). There are six open phone shifts at Central Office and call volume is remaining stable despite Help Chat being launched. Sobriety

requirement is one year to volunteer. Thanks to Carolyn for six years on the board.

## Board of Directors Election

Five candidates for five open board positions. Election results: Greg, James, and Keith – 3-year commitment; Taran – 2-year commitment; Tom – 1-year commitment. Email Maury if you want to give feedback on the process for approving folks to the board.

## Intergroup Committee Reports

**Archives, Kim S.** Shared a *San Francisco Chronicle* article about the Living Sober Conference in 1986. She also shared old procedures on how meeting directories were put together in 1984.

**The Buzz, Anne-Marie C.** She shifted platforms from Vertical Response to MailChimp. We will be doing a service roundup for the next issue of *The Buzz*.

**Technology, James O.** Committee voted in Taran R. as the new chair of Tech. Taran shared that they're re-evaluating the electronic payment platforms for 7th Tradition. The Help Chat group had an orientation meeting and improvements will be coming soon. The Facebook profile for Intergroup's "secret group" has been established.

**PI/CPC, Justin H.** Presenting table and chairs at Sunday Streets. A couple of members are hosting a live podcast sharing their experience, strength, and hope. It's called "What's Really

# Individual Contributions

to Central Office were made through June 15, 2018

honoring the following members:

## IN MEMORIAM

Bob C. – Hilldwellers, Marin PI/CPC

Joe Y. – Tuesday Beginners

## ANNIVERSARIES

Carole M. – 12 years

Michael M. – 12 years

Lord H. – 29 years

Nancy R. – 37 years

Liz M. – 39 years

Lynn H. – 48 years

Happening?" On June 12, the school board will be voting to allow PI/CPC into S.F. Unified School District. They've had great success in working with jails and H&I.

**The Point, John B.** Committee is still looking for a graphic designer. Committee meets the 2nd Saturday. Looking for contributions for the August edition; email [ThePoint@aasf.org](mailto:ThePoint@aasf.org). The committee had lively discussion around marijuana legalization in *The Point*. Still indexing past issues for archive searchability thanks to getting more information from the Tech Committee.

**SF Teleservice, Pete** More daily coordinators are needed, and can always use more folks to cover open shifts. Five out of the seven days of the week are in need of a daily coordinator.

### Liaison Reports

**GSO San Francisco District 6, Steve** There were some things that were not approved at the General Service Conference, so more information will be provided. The topics included a 5th edition of *Alcoholics Anonymous* and a pamphlet on meditation. There was a lot of discussion around digital platforms to share A.A. literature as well.

**Marin Teleservice, Adam** Spaghetti Feed was a success. Teleservice is covered, so encouraging interested folks to talk to SF Teleservice. If you want to get added to the 12 Step Worker List, contact Adam.

**Marin PI/CPC, Cathy P.** Attended Joint Communications Meeting on May 26 in Petaluma between PI/CPC, BTG, and H&I service committees. About 75 people in attendance, including members from CNIA (Sacramento, Folsom, and Modesto) plus folks from CNCA area (Monterey to Crescent City). Discussion was around the value of each chairperson of these service committees to meet quarterly to share information on what, where, and when they go into facilities. The major benefit would be to show "outsiders" and non-A.A.s that we are all working together as A.A. members. Continuing outreach and needs assessment for providing A.A. Big Books in county, city and Marin High School libraries. High school presentations at Redwood High, Terra Linda High, and Novato High were well-received. A back-to-school speaker workshop is planned for August.

**Marin District 10, Jacqueline** Planning Unity Day in Novato with a

*Continued on Page 19*

## COMMITTEE CONTACTS

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

### BOARD OFFICERS:

CHAIR

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

Ann M. & Scotie S. [sunshine@aasf.org](mailto:sunshine@aasf.org)

TECHNOLOGY COMMITTEE

Taran R. [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	May 18	YTD	Marin Contributions	May 18	YTD	San Francisco Contributions	May 18	YTD
Contribution Box	\$98.76	\$438.93	Step 11 Gong Meditation Thu 530pm		\$70.00	Dignitaries Sympathy W 815pm		\$161.00
GGYPAA		\$12.00	Steps to Freedom M 730pm		\$250.00	Each Day a New Beginning F 7am		\$1,430.80
Sobriety By The Bay		\$2,000.00	Stinson Beach Fellowship Th 8pm		\$255.50	Each Day a New Beginning M 7am		\$533.57
<b>Fellowship Total</b>	<b>\$98.76</b>	<b>\$2,450.93</b>	Sunday Express Su 6pm		\$191.00	Each Day A New Beginning Su 8am		\$423.38
			Sunday Friendship Su 6pm		\$205.00	Each Day a New Beginning Th 7am		\$362.01
<b>Marin Contributions</b>	<b>May 18</b>	<b>YTD</b>	The Barnyard Group Sa 4pm		\$242.33	Each Day a New Beginning Tu 7am		\$706.77
12 & 12 Study Sa 815am		\$80.00	There is a Solution Tu 6pm		\$50.00	Each Day a New Beginning W 7am		\$218.70
7AM Group 7D 7am		\$197.64	Three Step Group Sa 530pm		\$396.00	Early Joyous & Free Th 7am		\$60.00
A Vision for You (Fairfax) Su 730pm		\$335.59	Thursday Night Speaker 830pm	\$313.74	\$613.74	Early Start F 6pm		\$1,133.92
Attitude Adjustment 7D 7am	\$231.03	\$2,963.97	Tiburon Women's Candlelight W 8pm		\$48.80	Eureka Valley Topic M 6pm		\$907.16
Awakenings Sat 830a		\$139.54	Tuesday Beginners' Meeting		\$1,416.95	Excelsior "Scent" Free For All Sa 5pm		\$180.00
Awareness/Acceptance M 1030am		\$220.00	Tuesday Chip Meeting Tu 830pm	\$400.00	\$800.00	Experience, Strength & Hope Sat 9am		\$439.00
Back to Basics Su 930am		\$203.00	We, Us and Ours M 650pm		\$300.82	Extreme Makeover M 730pm		\$75.96
Beginner's Help Th 8pm		\$75.00	Wednesday Night Candlelight (Marin) W 8pm		\$135.00	Federal Speaker Su 12pm	\$120.00	\$333.84
Big Book Study & Meditation M 7p		\$23.31	Wednesday Night Speaker Discussion W 7pm		\$700.97	Firefighters & Friends Tu 10am		\$160.24
Bounce Back M 6pm	\$550.00	\$550.00	What's It All About F 12pm		\$243.00	Fireside Chat Group Sa 9pm		\$138.00
Caledonia Sun 8pm		\$1,000.00	Wholly Together 11th Step Meditation W 7p		\$94.00	Friday All Groups F 830pm		\$144.00
Closed Women's Step Study Tu 330pm		\$56.84	Why It Works Sun 6pm		\$100.00	Friday Night Women's Meeting F 630pm	\$395.65	\$395.65
Conscious Contact Sa 6pm		\$280.00	Women's 12 x 12 Fri 1030am		\$495.18	Friday Smokeless F 8pm		\$260.08
Corte Madera Saturday Candlelight 8pm	\$567.48	\$965.56	Women's Big Book Tu 1030am		\$1,212.02	Friendly Circle Beginners Su 715p		\$363.10
Crossroads Sun 12pm		\$405.69	Women's Lunch Bunch F 12pm		\$189.00	Gold Mine Group M 8pm		\$344.88
Fireside Fri 8pm Bolinas		\$41.49	Women's Meeting Su 430pm		\$150.00	Haight Street Explorers Th 630pm		\$172.00
Friday Night Book F 830pm		\$501.89	Working Dogs W 12pm		\$1,204.54	Happy Hour F 630pm		\$60.00
God Could & Would 5D M-F		\$150.00	<b>Marin Total</b>	<b>\$4,244.41</b>	<b>\$30,482.84</b>	Happy Hour Ladies Night F 530pm		\$60.00
Gratitude Tu 8pm		\$250.00	<b>San Francisco Contributions</b>	<b>May 18</b>	<b>YTD</b>	Hoodlum Haven F 8pm	\$420.00	\$420.00
Greenfield Newcomers Su 7pm		\$268.23	11th Step Power Power Power	\$58.96	\$127.19	Huntington Square W 630pm		\$195.28
Happy, Joyous & Free 5D 12pm	\$750.00	\$750.00	6am Dry Dock Mon		\$72.60	It Takes A Village Sa 6pm	\$152.40	\$152.40
Intimate Feelings Sa 10am	\$47.01	\$84.80	6am Dry Dock Tu		\$240.00	Join the Tribe Tu 7pm		\$354.00
Inverness Sunday Serenity Su 10am	\$178.00	\$178.00	A is for Alcohol Tu 6pm	\$30.00	\$234.00	Keep Coming Back Sa 10am		\$990.00
Keep It Simple Sister Thu 7pm		\$427.50	A New Start F 830pm		\$717.86	Like A Prayer Su 4pm		\$120.00
Larkspur Haven Su 12p		\$352.00	AA As You Like It Tu 530pm		\$88.80	Lincoln Park Sat 830pm		\$81.54
Living Sober Ladies Thu 10am	\$212.50	\$499.80	Afro American Beginners Sat 8pm		\$253.20	Living Sober with HIV W 6pm		\$190.80
Los Ranchitos W 830pm		\$87.00	Agnostics & Freethinkers Su 630pm		\$462.00	Lunch with Bill 5D	\$140.53	\$140.53
Marin Teleservice		\$1,750.00	Artists & Writers F 630pm		\$880.79	Meditation, Prayer & Share Tue 730pm	\$20.00	\$106.00
Men's 2 Plus M 7pm	\$317.00	\$317.00	As Bill Sees It Tu 1210pm		\$57.46	Meeting Place Noon F 12pm		\$128.00
Mill Valley 11th Step Mtg Tu 730pm		\$646.00	Ass in a Bag Th 830pm	\$152.03	\$152.03	Mellow Mission Sunrise M 7am	\$281.60	\$281.60
Mill Valley 7D 7am		\$600.00	Atheists, Agnostics & Others Sa 11am	\$50.00	\$50.00	Mid-Morning Support Su 1030am		\$156.00
Mill Valley Discussion W 830pm		\$185.00	Be Still AA Su 12pm		\$705.82	Monday Beginners M 8pm		\$520.00
Mill Valley LGBTQ All Welcome Wed 8p		\$216.85	Bernal Big Book Sat 5pm		\$672.31	Monday Fit Spiritual Condition M 130pm	\$15.00	\$15.00
Monday Miracles M 630pm	\$250.00	\$380.00	Bernal New Day 7D	\$427.40	\$1,123.40	Monday Men's Stag (SF) M 8pm		\$72.97
Monday Night Stag Tiburon		\$500.00	Big Book Basics F 8pm		\$86.11	Monday Monday M 1215pm		\$102.40
Monday Night Women's M 8pm		\$662.31	Big Book Beginners F 105pm		\$100.00	Monday Night Big Book Study M 8pm		\$79.57
Monday Nooners M 12pm	\$427.65	\$871.26	Big Book Study Su 1130am		\$174.00	New Highs W 130pm	\$3.00	\$3.00
Morning After Sa 10am		\$500.00	Blue Book Special Su 11am	\$73.98	\$198.19	No Reservations M 12pm		\$166.88
Noon Discussion Thu 12pm		\$22.00	Came to Believe Su 8am		\$33.90	NYX Sat 7pm		\$322.63
Noon Hope		\$167.50	Came to Park Sat 7pm	\$187.20	\$581.20	O.A.D.W. Mon 7pm	\$143.30	\$143.30
Noon Reveille Su 12pm		\$16.00	Castro Discuss (Show Of Shows) Th 730p		\$31.77	Ocean of Sobriety W 830p		\$282.00
North Marin Speaker Sun 12pm		\$179.00	Castro Monday Big Book M 830pm		\$125.80	One, Two, Three, Go! W 1pm		\$11.00
Novato Spirit Discussion F 2pm		\$165.00	Cocoanuts Su 9am		\$205.00	Park Presidio M 830pm	\$52.95	\$52.95
On Awakening 7D 530am		\$1,550.00	Compass Group Sun 10am		\$312.00	Raising the Bottom W 8pm		\$56.80
Quitting Time M-F 530pm		\$900.72	Cow Hollow Men's Group W 8pm		\$2,153.36	Reality Farm Th 830pm		\$817.20
San Geronimo Valley M 8pm		\$27.50	Design For Living - Big Book Th 730am		\$115.50	Rebound W 830pm		\$265.92
Serendipity Sa 11am		\$80.00	Design For Living - Big Book Tu, Th 730am		\$130.32	Rigorous Honesty Th 1205pm		\$180.00
Six O'Clock Sunset Th 6pm		\$200.00	Design for Living Sat 8am		\$344.65	Road to Freedom Mon 12pm		\$222.00
Sober Sisters W 12pm		\$96.00				Safe and Sound Family Support	\$216.06	\$293.06



San Francisco Contributions	May 18	YTD
Saturday Afternoon Meditation Sa 5pm		\$126.00
Saturday Beginners Sat 6pm		\$1,027.03
Saturday Easy Does It Sa 12pm		\$306.45
Saturday Matinee Sa 2pm		\$60.00
Saturday Night Regroup Sa 730pm		\$374.72
Serenity House	\$150.00	\$750.00
Serenity Now Tue 830p		\$177.77
Shamrocks & Serenity M 730pm		\$769.32
Sinbar Su 8pm	\$372.00	\$499.08
Sisters Circle Su 6pm		\$204.11
Sober Saturday Sa 830am		\$176.76
Sobriety & Miracles S&M Group Sa 5pm		\$131.40
Sometimes Slowly Sa 11am		\$447.68
Stepping Stone Step Study M 730pm		\$60.00
Stonestown M 8pm		\$270.00
Sunday Morning Gay Men's Stag Su 930am		\$867.64
Sunday Night 3rd Step Group 5pm		\$720.31
Sunday Night Castro Speaker Disc Su 730pm		\$423.60
Sunday Rap Su 8pm		\$79.46
Sunrise Sunset Women's Step Th 6pm		\$135.22
Sunset 11'ers F		\$78.75
Sunset 11'ers Su	\$150.00	\$270.00
Sunset 11'ers Th		\$34.26
Sunset 11'ers Tu		\$114.00
Sunset Speaker Step Su 730pm	\$82.50	\$155.37
Ten Years After Su 6pm		\$1,060.04
The Drive Thru W 1215pm		\$667.25
The Leaky Cauldron Su 930am	\$503.19	\$503.19
They Don't Know Who We Are Sat 7pm		\$18.76
Too Early Sa 8am		\$871.71
Tuesday Night Lasses Step Study	\$255.00	\$255.00
Twelve Steps to Happiness F 730pm		\$62.00
Valencia Smokefree F 6pm		\$802.27
Wake Up On 3rd St Group		\$152.25
Walk of Shame W 830pm		\$114.31
We Care Tu 12pm		\$72.00
Wednesday Sunrise Smokefree 7am		\$120.00
Weekend Update Su 615pm	\$295.24	\$295.24
Weekend Worker Sat 7am		\$348.00
West Portal W 8pm		\$454.78
Wharf Rats Th 815pm	\$141.00	\$431.08
What It's Like Now M 6pm		\$202.69
Wits End Step Study Tu 8pm		\$120.00
Women's 10 Years Plus Th 615pm		\$431.40
Women's Came to Believe Sa 10am		\$188.64
Women's Kitchen Table Tu 630pm		\$48.60
Women's Meeting There is a Solution W 6pm		\$205.41
Women's Promises F 7pm		\$378.60
Work In Progress Sa 7pm		\$600.00
YAHOO Step Sa 1130am		\$328.37
<b>San Francisco Total</b>	<b>\$4,888.99</b>	<b>\$43,406.67</b>
<b>YTD</b>	<b>\$9,232.16</b>	<b>\$76,340.44</b>

### Continued from Page 6

He calls it a cult. Who could blame him? I wouldn't get sober in that room, either. Fortunately, my experiences of A.A. are totally different. And much better. (I've rarely seen anything in the media that captured meetings the way I experienced them.)

### Alcoholism doesn't discriminate

By episode four, set in 2003, Patrick has become his father in most respects—drinking, drugging and sleeping around. He has a wife, two small boys and a chip on his shoulder the size of Texas. His anger is understandable. His ailing mother has given the villa and all its fabulous furnishings to a New Age foundation represented by an annoying hippie. Patrick feels it is rightfully his and rages to no avail—other than to teach his young son how to rage right along with him. No wonder the Big Book suggests that we alcoholics can't afford righteous indignation, anger or jealousy. The whole episode illustrates the damage an alcoholic can inflict on loved ones. If anyone needs more examples of the progressive nature of our disease, there is also a hair-raising drunk driving scene. Episode

five hasn't aired yet, so I don't know if Patrick eventually finds a solution.

I did find a June 2014 *New Yorker* with a profile of Edward St. Aubyn, describing the 58-year-old writer “seems to be able to drink in an amiably social way.” St. Aubyn is quoted as saying, “Self-destruction is obviously a defeat. But terrorized abstinence is also a defeat.” So we might save the man a seat in the rooms. But if his idea of getting sober is “terrorized abstinence,” I won't hold my breath.

Watching *Patrick Melrose* made me more grateful than ever for the solid recovery, relief and solutions I've found in the rooms of Alcoholics Anonymous. Even though my drinking couldn't hold a candle to Patrick's, we share similarities that I have loved/hated watching unfold in each hour-long episode. The extremes his disease brought him to were entertaining as hell to watch. Well-written, beautifully shot and heroically acted by everyone involved, *Patrick Melrose* tells the truth about the disease of alcoholism. I encourage you to watch it and let people know what you think. See you in the rooms.

*The TV series Patrick Melrose airs on Showtime in May and June of 2018.*



**"Meeting Guide"**  
a free mobile app

Did you know that our Intergroup is a participant?

We are one of 85 A.A. service organizations that relays our meeting information to this free app (for both Android and iPhone).

**Meeting Guide** lets you find meetings across North America and Europe. In fact, currently, there are 46,814 meetings in the system and the information is refreshed twice daily.

**Download and fire it up to find the A.A. meeting closest to you!**

**Contributors Wanted**

*ThePoint@aasf.org*




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

# Revenue and Expense Statement: April 2018

	Apr 18	Jan - Apr 18	YTD Budget	Annual Budget		Apr 18	Jan - Apr 18	YTD Budget	Annual Budget
<b>Ordinary Income/Expense</b>									
<b>Income</b>					<b>Internet Expense</b>				
Group Contributions	\$14,020.00	\$67,108.00	\$73,357.00	\$180,700.00	IT Hardware Purchased	\$0.00	\$52.00		\$2,248.00
Individual Contributions	\$4,327.00	\$14,778.00	\$18,354.00	\$52,865.00	IT Software Purchased	\$22.00	\$488.00	\$425.00	\$500.00
Gratitude Month	\$0.00	\$3,783.00	\$4,842.00	\$22,148.00	Office Supplies	\$76.00	\$856.00	\$809.00	\$2,259.00
Bookstore Sales Revenue	\$7,332.00	\$30,915.00	\$31,672.00	\$94,757.00	Paper Purchased	\$41.00	\$93.00	\$500.00	\$1,500.00
Newsletter Subscript.	\$33.00	\$55.00	\$38.00	\$88.00	Postage	\$200.00	\$299.00	\$99.00	\$198.00
Intergroup Event Revenue	\$0.00	\$0.00	\$0.00	\$3,000.00	Professional Fees	\$0.00	\$825.00	\$825.00	\$1,746.00
Miscellaneous Revenue	\$85.00	\$540.00	\$140.00	\$420.00	Repair & Maintenance	\$244.00	\$1,455.00	\$1,060.00	\$3,230.00
<b>Total Income</b>	<b>\$25,797.00</b>	<b>\$117,179.00</b>	<b>\$128,403.00</b>	<b>\$353,978.00</b>	Security System	\$0.00	\$144.00	\$132.00	\$526.00
<b>Cost of Goods Sold</b>					Telephone	\$354.00	\$939.00	\$760.00	\$2,299.00
Cost of Goods Sold	\$5,357.00	\$23,900.00	\$23,280.00	\$71,024.00	Training	\$39.00	\$39.00	\$133.00	\$400.00
<b>Total COGS</b>	<b>\$5,357.00</b>	<b>\$23,900.00</b>	<b>\$23,280.00</b>	<b>\$71,024.00</b>	Travel	\$0.00	\$0.00	\$0.00	\$3,600.00
<b>Gross Profit</b>	<b>\$20,440.00</b>	<b>\$93,279.00</b>	<b>\$105,123.00</b>	<b>\$282,954.00</b>	<b>Total Expense</b>	<b>\$21,654.00</b>	<b>\$84,049.00</b>	<b>\$86,808.00</b>	<b>\$279,418.00</b>
<b>Expense</b>					<b>Net Ordinary Income</b>	<b>-\$1,214.00</b>	<b>\$9,230.00</b>	<b>\$18,315.00</b>	<b>\$3,536.00</b>
Employee Expenses	\$13,656.00	\$55,402.00	\$54,521.00	\$178,993.00	<b>Other Income/Expense</b>				
Rent, Central Office	\$4,592.00	\$18,368.00	\$18,368.00	\$55,376.00	Other Income				
Rent, Intergroup Meetings	\$0.00	\$100.00	\$100.00	\$1,020.00	Interest Income	\$45.00	\$174.00	\$180.00	\$540.00
Intergroup Committees	\$827.00	\$983.00	\$2,660.00	\$11,392.00	<b>Total Other Income</b>	<b>\$45.00</b>	<b>\$174.00</b>	<b>\$180.00</b>	<b>\$540.00</b>
Equipment Lease	\$409.00	\$1,661.00	\$1,770.00	\$5,311.00	<b>Other Expense</b>				
Service & Filing Fees	\$161.00	\$179.00	\$78.00	\$620.00	Depreciation Expense	\$348.00	\$1,392.00	\$1,365.00	\$4,077.00
Contribution CC Processing	\$172.00	\$990.00	\$2,289.00	\$5,700.00	<b>Total Other Expense</b>	<b>\$348.00</b>	<b>\$1,392.00</b>	<b>\$1,365.00</b>	<b>\$4,077.00</b>
Insurance	\$815.00	\$815.00	\$1,495.00	\$2,500.00	<b>Net Other Income</b>	<b>-\$303.00</b>	<b>-\$1,218.00</b>	<b>-\$1,185.00</b>	<b>-\$3,537.00</b>
					<b>Net Income</b>	<b>-\$1,517.00</b>	<b>\$8,012.00</b>	<b>\$17,130.00</b>	<b>-\$1.00</b>

## Treasurer's Report: April 2018

For April 2018, Total Revenue was \$20,440, under budget by \$10,086. This was due to both group and individual contributions coming in under budget. Total Operating Expense for April was \$21,653, over budget by \$287. The result is a Net Operating Deficit of \$1,517.

Group Contributions for April were \$14,020, under budget by \$7,584. Individual Contributions were \$4,327, under budget by \$2,243.

Total Unrestricted Cash for April 2018 was \$85,828, a decrease of \$2,423 from March 2018. Unrestricted Cash is over 4 months of operating expenses.

The rating for April 2018 is "Excellent."

**EXCELLENT:** We exceeded our budget. Our income was greater than our expenses for the month and we have more than two months' worth of operating expenses in unrestricted cash balances. Operating expenses are roughly \$22K/month, so we'd have over \$44K in unrestricted cash balances for the month. The Intergroup rating has been "excellent" since December 2016.

**GOOD:** We are meeting our budget. Our income for the month, or for the YTD, was slightly greater than our expenses and we'd have approximately 1.5 – 2 months of operating expenses in unrestricted cash balances.

**FAIR:** We are not meeting our budget. Our expenses were greater than our

income for the month and for the YTD and our unrestricted cash balance would be somewhere between 1 and 1.5x our operating expenses.

**POOR:** We are not meeting our budget and our unrestricted cash balances fell below one month of operating expenses. The last time we were "poor" was in September 2016.



# Balance Sheet: April 2018

	Apr 30, 18	Mar 31, 18	\$ Change	Apr 30, 17	\$ Change
<b>ASSETS</b>					
Current Assets					
Checking/Savings					
Unrestricted Cash	\$85,342.00	\$88,155.00	-\$2,813.00	\$89,472.00	-\$4,130.00
Restricted Cash	\$133,742.00	\$130,816.00	\$2,926.00	\$125,232.00	\$8,510.00
Total Checking/Savings	\$219,084.00	\$218,971.00	\$113.00	\$214,704.00	\$4,380.00
Accounts Receivable					
Accounts Receivable	\$711.00	\$771.00	-\$60.00	-\$635.00	\$1,346.00
Total Accounts Receivable	\$711.00	\$771.00	-\$60.00	-\$635.00	\$1,346.00
Other Current Assets					
Undeposited Funds	\$486.00	\$95.00	\$391.00	\$824.00	-\$338.00
Inventory - Bookstore	\$16,558.00	\$15,682.00	\$876.00	\$22,129.00	-\$5,571.00
Prepaid Literature Orders	\$790.00	\$820.00	-\$30.00	\$425.00	\$365.00
Total Other Current Assets	\$17,834.00	\$16,597.00	\$1,237.00	\$23,378.00	-\$5,544.00
Total Current Assets	\$237,629.00	\$236,339.00	\$1,290.00	\$237,447.00	\$182.00
Fixed Assets					
Comp. and Off. Equipment (Net)	\$682.00	\$726.00	-\$44.00	\$1,210.00	-\$528.00
Leasehold Improvements (Net)	\$8,788.00	\$9,092.00	-\$304.00	\$12,436.00	-\$3,648.00
Total Fixed Assets	\$9,470.00	\$9,818.00	-\$348.00	\$13,646.00	-\$4,176.00
Other Assets					
Deposits	\$6,698.00	\$6,698.00	\$0.00	\$6,698.00	\$0.00
Total Other Assets	\$6,698.00	\$6,698.00	\$0.00	\$6,698.00	\$0.00
<b>TOTAL ASSETS</b>	<b>\$253,797.00</b>	<b>\$252,855.00</b>	<b>\$942.00</b>	<b>\$257,791.00</b>	<b>-\$3,994.00</b>
<b>LIABILITIES &amp; EQUITY</b>					
Liabilities					
Current Liabilities					
Credit Cards					
Credit Card Payable	\$3,450.00	\$422.00	\$3,028.00	\$3,514.00	-\$64.00
Total Credit Cards	\$3,450.00	\$422.00	\$3,028.00	\$3,514.00	-\$64.00
Other Current Liabilities					
Payroll Tax Liabilities	\$1,096.00	\$1,909.00	-\$813.00	\$4,211.00	-\$3,115.00
Sales Tax Payable	\$479.00	\$583.00	-\$104.00	\$580.00	-\$101.00
Advance Sales	\$149.00	\$149.00	\$0.00	\$0.00	\$149.00
Total Other Current Liabilities	\$2,324.00	\$3,241.00	-\$917.00	\$4,791.00	-\$2,467.00
Total Current Liabilities	\$5,774.00	\$3,663.00	\$2,111.00	\$8,305.00	-\$2,531.00
Long Term Liabilities					
Supplemental Comp Liability	\$3,125.00	\$2,778.00	\$347.00	\$0.00	\$3,125.00
Total Long Term Liabilities	\$3,125.00	\$2,778.00	\$347.00	\$0.00	\$3,125.00
Total Liabilities	\$8,899.00	\$6,441.00	\$2,458.00	\$8,305.00	\$594.00
Equity					
Net Assets	\$236,886.00	\$236,886.00	\$0.00	\$228,376.00	\$8,510.00
Net Income	\$8,013.00	\$9,529.00	-\$1,516.00	\$21,109.00	-\$13,096.00
Total Equity	\$244,899.00	\$246,415.00	-\$1,516.00	\$249,485.00	-\$4,586.00
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$253,798.00</b>	<b>\$252,856.00</b>	<b>\$942.00</b>	<b>\$257,790.00</b>	<b>-\$3,992.00</b>

*Continued from Page 15*

game show theme. Delegate Joanne L. will also share during Unity Day. Planning an upcoming workshop in Fortuna, so they are considering renting a van for interested attendees. Shared some trivia regarding member cost and GSO.

## Old Business

### Meeting Designation Policy

It was suggested that we think more about how we create a policy around creating new meeting types so this will be a continuing topic.

### What's on Your Mind

Cathy P. shared that there will be a Pacific Regional Forum in San Jose,

September 7-9, 2018. It's a free event, registration opens July 9. Contact Cathy P. if you're interested in volunteering. Trevor shared that there will be a July 4th celebration in Novato with meetings, BBQ and games. Liz M. shared that the Grapevine is also available online and there is a contest on which state can get the most subscriptions. California is doing pretty well.

### Adjourn with Responsibility Statement

Next Intergroup Meeting: Wednesday, July 11, 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.



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

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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# July 2018

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