

# the Point

2018 8  
August

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

from Chapter Five of the book, Alcoholics Anonymous

A publication of the Intercounty Fellowship of Alcoholics Anonymous

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The Point is published monthly to inform AA members about business and meeting affairs in the Intercounty Fellowship of Alcoholics Anonymous (San Francisco and Marin Counties). The Point's pages are open to participation by all AA members. Nothing published herein should be construed as a statement of AA, nor does publication constitute endorsement of AA as a whole, our Intergroup, the Central Office, or The Point Editorial Committee. Letters and articles to help carry the AA message are welcomed, subject to editorial review by The Point Committee.

# August 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>			<p><b>1</b> <b>FIRST WED</b> <b>Intergroup Meeting</b> St. Andrew Presbyterian Church 101 Donohue St., Marin City <b>Orientation</b> 6:15pm <b>Meeting</b> 7pm</p>
<p><b>5</b></p>	<p><b>6</b> <b>FIRST MON</b> <b>Technology Committee</b> Central Office, 1821 Sacramento St., San Francisco 6:00pm</p>	<p><b>7</b> <b>FIRST TUE</b> <b>SF Bridging the Gap</b> Central Office, 1821 Sacramento St., San Francisco <b>Orientation</b> 6:00pm</p>	<p><b>8</b></p>
<p><b>12</b> <b>SECOND SUN</b> <b>Golden Gate Young People in AA</b> Central Office, 1821 Sacramento St., San Francisco 12:00pm <i>(even months at Central Office; odd months at Marin Alano Club)</i> <b>Sunshine Club Volunteer Orientation</b> Gratitude Center, 1320 7th Ave., San Francisco <b>Orientation</b> 12:00pm</p>	<p><b>13</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</p>	<p><b>14</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</p>	<p><b>15</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</p>
<p><b>19</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></p>	<p><b>20</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</p>	<p><b>21</b></p>	<p><b>22</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</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</p>	<p><b>29</b></p>

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

THURSDAY	FRIDAY	SATURDAY
2	3	4 <u>FIRST SAT</u> <b>Attitude Adjustment Family BBQ</b> Lake Lagunitas, Fairfax, Marin 10:00am - 3:00pm
9 <u>SECOND THU</u> <b>POA Spaghetti Feed &amp; Movie Night</b> St. Michael Ukrainian Orthodox Church 345 7th St., San Francisco 6:00pm \$10	10	11 <u>SECOND SAT</u> <b>The Point Committee Meeting</b> Central Office, 1821 Sacramento St. San Francisco 12:30pm  <b>CNCA Area 06 Summer Assembly 2018</b> Fortuna River Lodge, 1800 Riverwalk Dr. Fortuna. 8:45am - 5:00pm
16	17	18 <u>THIRD SAT</u> <b>SF H&amp;I</b> 2900 24th St., San Francisco <b>Orientation</b> 11:00am <b>Business Mtg</b> 12:00pm  <b>Mill Valley Beginners Summer Fest 2018</b> BBQ, meeting, kickball & games Piper Park, 250 Doherty Dr., Larkspur 12:00pm - 4:30pm
23 <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	24	25 <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 <b>Special Tax/Insurance Workshop</b>
30	31 <u>WESTERN ROUNDUP</u> <b>Living Sober 2018</b> Aug 31 - Sep 2, Holiday Inn Golden Gateway, 1500 Van Ness, San Francisco <a href="http://LivingSober.org">LivingSober.org</a>	



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“The self is the whole range of possibilities ... never even thought of.”

~ Joseph Campbell



## Meeting Changes

### New Meetings:

Mon	8:00pm	San Rafael	<b>Head Start</b> , 1 St. Vincents Dr./Miller Creek Rd.
Wed	8:30pm	Mission	<b>40 oz. to Freedom</b> , 2781 21st St./Florida St.

### Meeting Changes:

Sun	6:00pm	North Beach	<b>Allcomers Welcome Aboard to Funkytown</b> , Dry Dock, 2118 Greenwich St./Fillmore St. (Was called Welcome Aboard)
Sun	8:00pm	Marina	<b>Waterfront</b> , 2 Marina Blvd., Fort Mason, Bldg. C, Room 205 (Was at 3601 Lyon St./Palace Dr.)
Tue	10:00pm	Marina	<b>Lunartics</b> , Dry Dock, 2118 Greenwich St./Fillmore St. (Was called Frisco Rocks)

### No Longer Meeting:

Thu	7:30pm	Hayes Valley	<b>One Liners</b> , Church of the Advent, 261 Fell St./Gough St.
Fri	8:30pm	Hayes Valley	<b>Fell Street</b> , Church of the Advent, 261 Fell St./Gough St.
Sat	9:15pm	San Rafael	<b>Why It Works</b> , Marin Alano Club, 1360 Lincoln Ave./Maple St.

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



### SUNSHINE CLUB ORIENTATION

**SUNDAY, AUGUST 12, 2018 @ 12:00PM**  
**GRATITUDE CENTER, 1320 7TH AVENUE, SAN FRANCISCO**

**The Sunshine Club** brings A.A. meetings to members of the Fellowship who are unable to get out to regularly scheduled meetings due to accident, illness, and other medical conditions or circumstances.

The Sunshine Club is holding an orientation for interested members of our fellowship who have at least one year of continuous sobriety. To become a volunteer, attendance at one of our orientations will be necessary.

Please consider a service commitment with us, and spread the word in your A.A. circles about these valuable services! **Contact us at [sunshine@aasf.org](mailto:sunshine@aasf.org).**



**Reasonable Accommodations Policy:** Persons requiring reasonable accommodations, including sign language interpreters, assistive listening devices or print materials in alternate formats should contact Central Office at (415) 674-1821 no later than Friday, August 3, 2018.



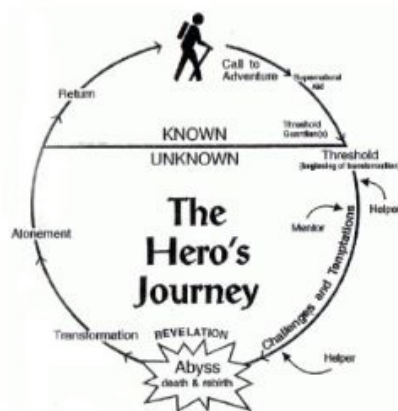
**For more details regarding our calendar of events, visit [aasf.org](http://aasf.org) and go to the “News & Events” tab.**

From the Editor

## Hero's Journey

"It is by going down into the abyss that we recover the treasures of life. Where you stumble, there lies your treasure ... Find a place inside where there's joy, and the joy will burn out the pain."

~Joseph Campbell



Joseph Campbell's Hero's Journey

In this issue Camilla R. despairs after comparing her insides to someone else's outsides, while

Claire A. faces an abyss of fears to complete Step 8. If we're lucky our quest has a Campbell-style supernatural aid in the form of a sponsor's advice to keep it simple. In Ken J.'s story, a mentor arrives at just the right moment.

John W. shows how outcast status gives us compassion for others who are suffering. Bob S. says there's a trick to recovering: "If I throw A.A. under the bus at noon, I could be drunk by midnight." One historic Chicago A.A. group believed we could stay sober as long as we carried the message.

Rick R. thinks that for alcoholics, relationships are the final frontier. Teleservice and other commitments can help (more inspiration and details about Bridging the Gap are on Page 12). The place where we stumbled becomes our greatest treasure when we help others achieve sobriety.



## 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!

### 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).





# Step Eight

*Made a list of all persons we had harmed, and became willing to make amends to them all*

by Claire A.

My first reaction to Step Eight was that I couldn't possibly make amends to anyone, and anyway, everything that went wrong was someone else's fault. It's a good thing I had a sponsor because I was insisting I couldn't make amends, which isn't even what this step says to do! In understanding that I was focusing too far in the future, I saw a character defect of mine. I get ahead of myself. I worry about things that aren't even actually in front of me. This tendency to worry about stuff that isn't happening stops me from attending to and enjoying what is currently happening.

First, my sponsor told me, for Step Eight we make a list. We don't apologize, we don't go anywhere or see anyone, we just make the list. For this alcoholic, it was a major lesson in keeping things simple, and doing first things first. The reality is that writing the list was hard enough for me. I did not want to make a list of people I had harmed, even though actually I already had a list from my 4th step inventory. I wasn't sure who should go on it, I didn't really understand what harm was and wasn't.

## *I could pray to become willing to become willing*

Once I had the list, I had another problem: I was frightened and ashamed about my behavior while drinking. I was unwilling to make amends. As a result, I couldn't imagine facing some of the people on my list. What would they say? What would

I say? How would I explain myself? I couldn't imagine how to begin. Again, I was getting ahead of myself.

Yet again, my sponsor came to my aid. She suggested I pray for willingness. She suggested that I take it easy and remember that I only needed to become willing. I didn't need to take any action yet. Just pray for willingness. I could pray to become willing to become willing if I needed to!

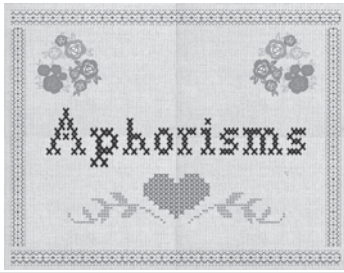
## *Think of self-care as living amends to my family*

My sponsor also told me I needed to put myself on the list of those harmed. I harm myself without even realizing it when I put taking care of myself last. When I don't exercise regularly, feed myself properly, manage my boundaries, get enough sleep and take care of my own business, I feel exhausted and crabby after a few days. I must acknowledge that even though "self-care" sounds good and relaxing and healthy, I actually don't really like it. It is useful, by all means. I feel a lot better when I take care of



my body and mind. Also, I'm definitely easier to be around, so maybe I can think of self-care as a living amends to my family.

The whole step has so much to teach me, still. I can have patience when things are complicated, and faith that they will work out if I focus on what is really happening. Even if that is just me, right now, making a list. I can accept discomfort, knowing that it's not permanent. Step Eight made me super uncomfortable, but it wasn't permanent, and in many ways, it led to greater things. When I'm stuck, I can discuss things with my sponsor or another trustworthy person and work out reasonable solutions. These are all lessons I learned in Step Eight, and still use, when I am working a solid program.



# Like Waiting for a Bus

*Acceptance doesn't always mean approval*

by Ken J.

One day a newcomer was at her afternoon meeting. It usually ended at 4:00 pm, and that gave her enough time to get home by bus, make dinner and have it ready for her husband when he arrived home from work. He would be happy, and there would be no drama.

It was a very intense meeting and someone was sharing something difficult. It was running late. The newcomer was having trouble concentrating on the meeting because of the time. Finally the meeting was over. She rushed to the bus stop but just as she arrived her bus was leaving.

"No problem," she thought. The next bus would be there in 20 minutes. She'd get home a bit late, but she could throw a frozen casserole into the microwave, get dinner on the table and have everything ready by the time her husband arrived. So she sat down and tried to relax.

## *It was a very intense meeting*

The 20 minutes passed but there was no sign of the bus. She felt that damned anxiety coming on. She said the Serenity Prayer in her head. Then she said it out loud. And again. "Oh, this is so hard. I'm really trying, but it just seems like everything is working against me."

Then it started to rain. "There's no bus. I'm getting wet. I'm going to be so late. Dinner will be crap. He will be mad and tonight will be horrible. I can't do this. I might as well just drink."

Just then a big, black Mercedes pulled up to the bus stop. The window rolled

down. The woman inside leaned over and spoke to the newcomer. "I was at the same meeting you were. May I give you a ride somewhere?"

The newcomer got in the car. The two women talked about sobriety while they drove. She ended up getting home even earlier than she would have with her usual bus. She had time to change out of her wet clothes, shower, dress and make a beautiful dinner for her husband. He got home on time and they had a wonderful evening together.



The moral of the story? All the time I spend waiting for a bus, God is probably sending me a Mercedes. I really love stories. A good story helps me to understand a concept by putting it into a relatable context. I heard this story when I was about one-and-a-half years sober, and it has probably served me more than any other for the past 31 years.

Waiting for a bus is so basic. All you can do is ... wait. No matter what you do, there is no way for you to change when it arrives. You may not like it. You may not approve of it. So what you have is acceptance without approval. Splitting hairs would say that without approval you really can't be at peace with the situation, ergo not in acceptance. But with the concept of "progress, not perfection" in mind, I'll be content with the idea that acceptance can come in stages.

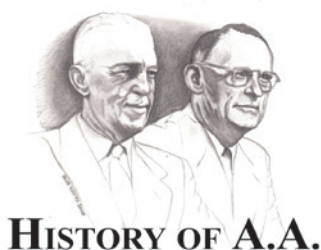
For me, acceptance starts with a crack in denial. Understanding "what is," as opposed to what I want things to be, is crucial to the process. Accepting something as it is just acknowledges reality. From there it's an entirely different game.

## *Acceptance starts with a crack in denial*

I've gotten pretty good at accepting things. My standard response is: "Oh well." What I find difficult is approving. Accepting and approving of things that reflect my wishes and values is easy. When my mother died, I was able to accept it and approve of it because I knew it was the end of her suffering. But approving of a lot of the things happening in the world today is another story.

I struggle with approval. Avoiding public controversy, I'll just say that I find some present circumstances difficult. I accept the reality that things are the way that they are, but I don't approve of them. And accepting them as reality, but ignoring their impact on my life is unacceptable. The conflict surrounding approval does create problems with my serenity. But to ignore the conflicts feels complicit.

So, what to do? I ask God to grant me the serenity to accept the things I cannot change. I ask God to grant me the courage to act and to do my part in making changes that follow my conscience. And as always, I pray for the wisdom to know the difference. I am perfectly fine with riding the bus until the RIGHT Mercedes comes along.



# Why We Were Chosen

## *Chuck O.'s favorite A.A. literature*

by Anonymous

*Chuck O. referred to this as his favorite piece of A.A. literature and he lived by it. For many years it was printed and distributed by San Francisco Central Office as a wallet card.*

God in His wisdom selected this group of men and women to be purveyors of His goodness. In selecting them through whom to bring about this phenomenon He went not to the proud, the mighty, the famous or the brilliant. He went instead to the humble, to the sick, to the unfortunate. He went right to the drunkard, the so-called weakling of the world. Well might He have said the following words to us:

***Not to scientists,  
statesmen, wives or  
mothers***

Unto your weak and feeble hands I have entrusted a power beyond estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothers, not even to my priests or ministers have I given this gift of healing other alcoholics which I entrust to you.

It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon your time can be too urgent; no case can be too pitiful; no task too hard; no effort too great. It must be used with tolerance for I have restricted its application to no race, no creed, and no denomination. Personal criticism you must expect; lack of appreciation

will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rungs toward spiritual perfection, and remember, in the exercise of this power I shall not exact from you beyond your capabilities.

You are not selected because of exceptional talents, and be careful always, if success attends your efforts not to ascribe to personal superiority that to which you can lay claim only by virtue of my gift. If I had wanted learned men to accomplish this mission, this power would have been entrusted to the physician and scientist.

If I had wanted eloquent men, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who would be available. You were selected because you have been the outcasts of the world and your long experience as drunkards has made or should make you humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere.

***Adversity is the ladder  
you must use***

Keep ever in mind the admission you made on the day of your profession in A.A.—namely that you are powerless and that it was only with your willingness to turn your life and will unto my keeping that relief came to you.



Think not, that because that you have been dry for one year or two years, or ten years, that it is the result of your unaided efforts. The help which has kept you normal will keep you so just as long as you live this program, which I have mapped out for you. Beware of the pride which comes from growth, the power of numbers and of invidious comparisons between yourselves; or of your organization with other organizations whose success depends upon members' power, money and position. These material things are no part of your creed. ... The power of material organizations comes from the pooling of joint assets; yours from the union of mutual liabilities.

~ From an address given by Judge John T. at the 4th Anniversary of the Chicago Group, October 5, 1943; from <http://www.weekendwinnerworkshop.org/PurpleBase/Chosen/Chosen.html>.

*The Chicago Group officially began on September 20, 1939. It was their first group meeting, held in Earl T.'s apartment with eight people.*





# Let the “Pros” Handle It

## *Carrying the message*

by John W.

I recall so vividly when I first heard this, sober for about 16 minutes, nervous, raw, everything sounding like fingernails on a chalkboard—I was in sad shape. This was months after first trying to stop without success. Jim D., that old timer by the door (now deceased), had said how important the wallet card from which he was about to read had been to his sponsor. With three decades and counting of sobriety, when Jim D. spoke, we listened. The card he read ended with this:

“Keep ever in mind the admission you made on the day of your profession in A.A., namely that you are powerless and that it was only with your willingness to turn your life and will unto my keeping that relief came to you.” (*Why We Were Chosen*. See page 8.)

### ***Where the A.A. rubber met the road***

In simple, yet poignant terms, he had described why we were chosen to be alcoholics. I was initially put off by the notion that I had been chosen for A.A. or anything related to it. I was just about comfortable with having a disease or allergy and knew I was going to be coming to grips with admitting I was insane—so as to allow for being restored to sanity. But this being chosen idea was coming out of left field. Yet the reading had described that the gift of healing alcoholics had not been given to scientists or statesmen, not to wives or mothers, not even to priests or ministers—it said it had been entrusted to simple alcoholics, as common as the spare tire in the trunk of one’s car.

Just like those of us listening to Jim D. that morning in March now many years passed, simple alcoholics one and all.



In the reflections that followed the reading it had become easy to see, even for one as new and resistant as I, that the point was who best to carry the message. I had read how Bill had sought out Dr. Bob, after a phone call to a minister, as a way to avoid the bar calling to him across the hotel lobby. But I began to personally hear only that morning how “one drunk [in recovery] talking to another” really worked. I realized how I had ignored the wife, lied to the mother, had not heeded the words of the doctor or the therapist and procrastinated upon the advice from the minister. None had been able to overcome my barriers as the folks in those A.A. meetings, now my A.A. meetings, had been able to do. They were real people, just like me. Sure we had different jobs, different backgrounds, different stuff, yet they seemed to understand me in a way I had not experienced before and they heard me when I talked about my problem with alcohol.

As Jim D. read the litany of those to whom the task of healing had not been entrusted, those like the ones

I had ignored, the reason why this made sense started to sink in. I had been chosen because I too had been

an outcast and my long experience as a drunk was now also making me humbly alert to the cries of distress that came from the lonely heart of the alcoholic. It seemed, just as I had read about that gaunt miner, that

I could only keep this Mother Lode if I, not some professional paid for the task of doing so, gave it all away. I needed to not debate the wisdom of hiring people to keep the doors of A.A.’s Headquarters open or the wheels of A.A. full of air and turning, but where the A.A. rubber met the road, as Jim D. might have said: Let the “pros” handle it. If I was a “pro” at anything, it certainly was drinking, and I could never charge someone for the privilege of carrying this message, as it was a message that had been freely given to me. This was the task for which I and others sick like me had been chosen.

### ***I had been chosen because I had been an outcast***

Not physician, statesman, scientist, spouse, parent, child nor minister am I; just one of the lucky few to have been given a daily reprieve from a deadly disease. How I elect to respond during this reprieve is why I was chosen—to be useful in service freely given, no return expected. The wisdom of A.A.’s Tradition Eight honoring this reality I believe is ever revealed One Day at a Time.



# My Ego Can Whip Your Ego

*Let your conscience be your guide*

by Rick R.

I've haven't had too many problems with places or things. My problems have always been with the people in those places and the ones that owned those things. It's always been those other people. When I first entered A.A., I learned that one of the symptoms of alcoholism was our inability to form a true partnership with another human being. I could be your partner as long as you were willing to see it my way. Most of the people I knew got tired of me and pulled away. I had to explain why they deserted me, so I went about pointing out all of their faults while rationalizing my own behavior (making a socially acceptable excuse for a socially unacceptable behavior). I never felt good about myself after behaving that way, but I couldn't face the idea of admitting that I was the problem.

## *Rely on my own merits for a healthy self-image*

One evening, I was talking to a friend of mine about the topic and he said, "All forms of criticism and character assignation stem from low self-esteem." I heard another person say, "There are two ways to get the tallest building in town: 1. Build the tallest building or, 2. Tear all the other buildings down." The low self esteem comment stopped me in my tracks. I knew I had to restrain my tongue if I was ever going to overcome the insecurity inside of me. I was going to have to rely on my own merits if I was ever going to have a healthy self image.

All people are conditioned to protect themselves and often they overreact and do and say things that cause others to react in kind. This can do damage to any relationship, and sometimes can destroy a friendship. I am in the program of Alcoholics Anonymous to heal myself, so it's my responsibility to cut off my own escape and take the initiative to deal with my side of the action whether the other person cooperates or not. It's up to me if I want to have the best possible relationship with every human being I know (Step 8 from *Twelve Steps and Twelve Traditions*). I had to stop judging people by their surface behavior, look deeper and try to understand how they are conditioned to behave the way they do. This gives me the strength to be empathetic and not aggravate the situation. We all make mistakes and today I don't let my ego compound the problem. When I let myself get into a confrontation with another person who has problems like

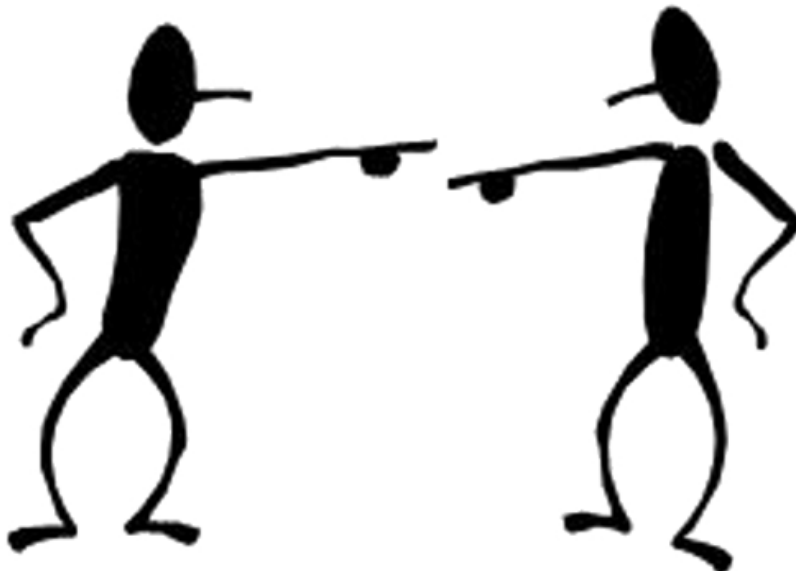
I do, all I am saying is, "I'll bet my ego can whip your ego."

It's a long and slow process and it requires constant attention on my part. I try to give everyone amnesty. I apply the golden rule in every situation. I use the St. Francis prayer for inspiration. I refuse to pile on when another person is a little off his/her game. If I find that that person is still willing to cross my boundaries and cause me grief, I can remove myself and detach without condemning the other person as I withdraw. I don't discuss his faults with others when he's not present (No gossip).

## *My conscience gets the final say*

Most of all, I must be satisfied with delayed gratification. It may take years before anyone appreciates the changes that I have made, and

when they do, it makes it even more gratifying. Today I am nobody's adversary; I am nobody's victim; and I am nobody's perpetrator. I know that my ego doesn't like the way I live today, but my conscience gets the final say.





# Comparing Myself to Others

## *Leaves you lonely*

by Camilla R.

Recently I went to a friend's home for a women's speaker series that she organizes. Each month, a different woman shares the story of her professional journey. After an hour of our group chatting and enjoying food, the featured speaker began her talk. I settled into my seat and looked around the room, feeling impressed with my friend for organizing the event and happy to have been included. As the speaker continued and I listened to her story, I noticed a sinking feeling in my stomach. I started to compare her path to mine, and to make a mental check mark next to each ability or accomplishment she had that I did not. I thought about my struggle with career direction and self-discipline and about how I felt far behind my peers. I ignored the fact that she was in a very different career track from mine, and that we had completely different personalities. All I could hear was a little voice whispering to me about what a loser and a failure I was. I looked around the room and started to imagine how much better *each* of the women were than me. I imagined that none of them had struggled the same way I felt I did.

### *I started to compare her path to mine*

Suddenly, I no longer felt comfortable in my own skin or connected to the group. My chest felt constricted with

shame, envy, and fear. I took deep breaths as the group clapped for the speaker and when I left my friend's house early it was with a smile and a



hug, but inside I felt lingering sadness and shame. When I got home I thought about what had allowed me to spiral so quickly into comparison and despair. In the past, I would have had several drinks to numb the painful emotions and to help me fantasize about an idealized version of myself. Now, I had the tools of A.A. to guide me.

The first thing I did was to remind myself that I have a higher power who loves me unconditionally. I also thought of the A.A. saying: "Don't compare your insides to other people's outsides," and winced because that's exactly what I had done, with very unhappy results. I reminded myself that I was born with a unique set of *gifts* as well as character defects, and

that we cannot hate ourselves into changing. "[One] cannot open a flower with a sledgehammer" (*Drop the Rock*, by Bill P., Todd W. and Sara S., p. 39).

With this in mind, I went back to my 4th Step and noted my character defects of envy and self-pity. These are aspects of my self that aren't working for me any more because they keep me stuck in old behavior and bar me from connecting with other people. I loved my friend and was enjoying getting to know the speaker and the other women. Comparing myself to them was blocking my ability to be "a friend among friends" (*Twelve Steps and Twelve Traditions*, p. 53). I also looked at what my envy of the woman speaking

could tell me. My envy showed me that I admire people who are making good use of their talents and who have found work that is meaningful to them. These are reasonable, healthy things for me to aspire to, and something I believe I can grow into as I continue working my program.

### *My progress is no one else's business*

Comparing myself to others cut me off from the ability to connect with them, and it made me feel alone and "less than." When I used the tools of the program, I remembered that my progress is no one's business but mine and my higher power's.





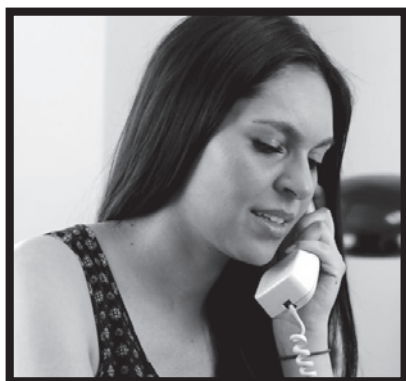
# Teleservice and More

## *One alcoholic talking to another alcoholic*

by Anonymous

Teleservice needs your help desperately (so do many other A.A. committees and commitments).

We are genuinely concerned about the future of SF Teleservice, due to many open committee roles that are currently being covered by the chair and co-chair of this committee. If too much weight continues to fall onto too few, this committee will likely have no choice but to fold after 25 years of service to San Francisco.



Teleservice is a committee that has been in existence since 1993 and is comprised of volunteers who answer the telephone lines when Central Office is closed. This service provides 24/7 service to the alcoholics who still suffer and often results in meaningful 12-step work.

We can do better! Afraid you won't know what to say when the phone rings? New volunteers go through an orientation class to help guide you. You would be surprised what you already know from going to meetings, working the steps and talking to other alcoholics.

Teleservice volunteers need six months of sobriety; the San Francisco group also needs people to step up to be daily coordinators (one-year sobriety requirement).

Orientation is at 6:00 pm on the third Monday of the month at Central Office. For more information, please contact Layne Z., Chair, or Lara K., Co-Chair, at [sfteleservice@aasf.org](mailto:sfteleservice@aasf.org) and get all the details.

By nature, we alcoholics are isolating, self-centered people. When I am of service by going to meetings, I need to overcome the inertia of staying in the house. For this Teleservice commitment, all you need do is answer the phone to break the vicious cycle.

"Thirty years ago tonight, I called the A.A. hotline in San Francisco, drunk off my ass and desperate. I talked to a very kind and patient man named Vince for an hour and a half. He told me I could pour my booze down the sink. I believed him, so I did. He told me about an A.A. meeting the next day and said I would find help there. I believed him, so I went. Some very kind and patient people at the Alano Club in San Rafael took me in and went with me to my first meeting. One day at a time, I've made it to 30 years of sobriety. I just wanted to say thank you, and to let you know that the things you do make a difference. You saved my life." ~Jenny A.

The phones don't ring as often as they once did—a combination of people finding A.A. through treatment facilities and

getting information from the Internet. Still, Central Office needs to have two volunteers Monday through Friday, from 10:00 am to 6:00 pm. It's not complicated and the staff and volunteers have a great time. Shifts are no longer than two or three hours long. After-hours, weekends and holidays, members answer calls from home.

### **Bridging The Gap**

Bridging the Gap (BTG) in San Francisco is up and running again and are looking for committee members. The goal is to share the message with alcoholics who are being released from jails and rehab centers. BTG will make every effort to pair them with another A.A. who will take them to their first meeting upon release. Please help make this service a reality in San Francisco. To get involved, attend the BTG orientation meeting on the first Tuesday of each month at 6:00pm at Central Office.

I will never be smart enough to be a GSO delegate, but then again, who is the most important person in A.A. anyway?

Answer: The coffeemaker!







# What Does Sober Mean?

*Different people have different notions*

by Bob S.

Different A.A. members have different notions about their sobriety dates. Some will not count time they were incarcerated or hospitalized. Some will not count the time they had doctor-prescribed drugs.

Some may count as sober their marijuana maintenance periods and some may not. Some

will not count the long period they spent in a treatment center. Some will count their sobriety starting 24 hours after their last drink, or others the exact time of day they took their last drink (the most accepted idea). There are various ideas of what it means to be sober.

## *Normal emotions and logical thinking*

The person on the street may define the word “sober” as: “Clear-headed with normal emotions and logical thinking.” A jaywalker who jumps in front of traffic would not be considered sober—he would not be sober-minded. A.A.-speak: If an A.A. member had not ingested an alcoholic drink in 15 years, they would qualify for a 15-year sobriety token. This would apply to schizophrenics, manic depressives, bi-polar personalities, jaywalkers, and even Lizzie Borden.



I have learned to differentiate between whether or not the person I am listening to is speaking the language of Alcoholics Anonymous. For instance, suppose someone at your next A.A. meeting concludes that Member X cannot come to logical conclusions and lives in great fear, fury and confusion. Therefore, he or she is not sober. Question: Is this “man-on-the-street-speak” or A.A.-speak? It isn’t that one of these statements is right and the other is wrong. This also applies to other Big Book words such

as “recovered” and makes for an interesting study as you listen around the A.A. tables. What is the A.A. meaning of “recovered”? People on the street often believe the word

“recovered” means, as defined from a dictionary, “A return to a normal state of health, mind, or strength.”

Or “to get back on one’s feet.”

Consequently, these beliefs can lead to the false notion that if one becomes recovered they could once again drink like a normal person.

An oft-heard statement: “If I thought I was recovered, I might go back to drinking.” This notion is often followed, from a non-Big-Book alcoholic, by a lecture on the danger of using that word at A.A. meetings. When I use the word “recovered” it is usually followed by: “If I throw A.A. under the bus at noon, I could be drunk by midnight.” To avoid

unproductive controversy, I often use the word “release,” which A.A. #3, Bill D., uses on page 191.

Members who have studied the Big Book understand the implication of the page 85 statement, “The problem has been removed. It does not exist for us.” They would understand the physical allergy—the phenomenon of craving after having a shot of whisky—will never be removed. If this is true then one may ask, well, if the physical allergy still exists, then what does the Big Book mean by “recovered?” Does it mean anything?

## *There’s a trick to it*

Answer: It means that the once powerful mental obsession to drink has diminished greatly, or perhaps, as one recovered alcoholic expressed: “To drink is no longer in my emotional vocabulary.” What a wonderful freedom for an alcoholic! Please read how an alcoholic couldn’t drink even if he would (Fitz M., p. 56). Our co-founder, Dr. Bob, had thoughts of drinking for over two years yet never yielded. One might ask whether this great miracle will happen automatically or not. Well, recovered is only a conditional state of mind, which can rapidly disappear. Page

85 reads: “This is how we react so long as we keep in fit spiritual condition.” I knew there would be a trick to it.



# Intergroup Meeting Summary: July 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>	<b>San Francisco Groups</b>	<b>Cow Hollow Young People</b>	<b>Reality Farm</b>
Attitude Adjustment	Anything is Possible	Creative Alcoholics	Rule 62
Marin Young People	As Bill Sees It Th 6pm	Design for Living	Serenity Seekers
Monday Night Stag Tiburon	Beginners Warmup	Experience, Strength & Hope	Sometimes Slowly
On Awakening	Blue Book Special	Join the Tribe	Sun. Night Castro Spkr Disc
Quitting Time	Castro Discussion	Lunch with Bill	Sunset Speaker Step
Rise N Shine	Castro Monday Night BB	Monday Beginners	Valencia Smokefree
	Cocktail Hour	Pocket Aces	Weekend Update

This is an unofficial summary of the July 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, July 11, 2018, at the First Unitarian Universalist Center, 1187 Franklin Street in San Francisco. The meeting was started with a call to order and the Serenity Prayer. Baskets for dinner were passed. The June 2018 minutes and the July 2018 agenda were approved.

## Standing Reports

**Outgoing Board Chair, Liz M.** John R., the new Board Chair, will be back next month. Worked on the Code of Conduct document. A preliminary draft will be presented during New Business. All committee chairs will

be getting together on Saturday, July 21. An invitation was extended for people to join any of the Intergroup committees.

**Treasurer, Alix F.** Intergroup rating is Excellent. Please review the Financial Supplement.

**Executive Director, Maury P.** Report given in abstentia. The Buzz was sent out from which we got 15 volunteers for SF Teleservice. PI/CPC is requesting professionals who have contact with veterans and/or active-duty members of the Armed Services. Question: are the Meeting Takeaway boxes on agenda useful? The group conscience resulted with "NO." We've gotten positive feedback around the new/revised SF meeting schedule. Encouraging people to download the Meeting Guide app for nearest meeting info.

## Intergroup Committee Reports

**Archives, Kim S.** Conducted a discussion about Founders' Day. We need more volunteers for the event. The "Matchy - Matchy Game" at Founders' Day was fun.

**Technology, Taran R.** Committee has a lot of things going on. Looking for new blood-volunteers with technology expertise. The HelpChat function of the [aasf.org](http://aasf.org) website needs new volunteers ([helpchat@aasf.org](mailto:helpchat@aasf.org)), so new orientations will be coming up. We are working on a new contributions app.

**The Buzz, Ann Marie C.** This email newsletter goes out on the 1st and the 15th of each month. Please email [thebuzz@aasf.org](mailto:thebuzz@aasf.org) if you have any announcements you would like included.

**The Point, John B.** We are still looking for people to join the committee, especially people who can edit written material. We meet the 2nd Saturday of month at 12:30 pm. Planning to run GSO Safety Articles. Also need material on Step Nine and Tradition Nine. All deadlines are at least one month out. Contact committee at [thepoint@aasf.org](mailto:thepoint@aasf.org).

**PI/CPC, Justin H. (interim chair)** The San Francisco Unified School District passed authorization to allow PI/CPC to visit and meet in City schools. Currently looking for people with contacts at schools. The American Psychological Association is coming to San Francisco in August and PI/CPC may be asked to attend. The Arch Diocese is having a re-entry faire and PI/CPC will be there. A Corrections Department event might be in August (TBD). PI/CPC orientations are on the 2nd Monday of each month.

**Orientation, Greg M.** There are new IGRs in attendance.

**Fellowship, Michael P.** Five groups volunteered at Founders' Day. Thank you! A survey for Founders' Day is being circulated. Please give your feedback.

# Individual Contributions

to Central Office were made through July 15, 2018

honoring the following members:

## IN MEMORIAM

Bob C. – Hilldwellers, Marin PI/CPC

Joe Y. – Tuesday Beginners

## ANNIVERSARIES

David B. – 17 years

Larry D. – 26 years

Esther R. – 43 years (on July 1)

Lynn H. – 48 years

**Sunshine Club, Pete F.** This committee has now absorbed SOS and the expanded Sunshine Club will include meeting requests from both San Francisco and Marin. Ann and Scotie are the Co-chairs. Contact [sunshine@aasf.org](mailto:sunshine@aasf.org).

### Liaison Reports

**General Service, Dist. 6, Steve** Upcoming events: CNCA Area 06 Summer Assembly is on August 11, 1800 Riverwalk Drive in Fortuna, California. The Pacific Regional Forum, hosting GSO, is September 7-9 at the DoubleTree Hilton in San Jose. The next Safety Orientation is November 10, 8:30 am to 1:30 pm, 630 Drake Avenue in Sausalito. Lunch will be served at the end.

**Marin Teleservice, Adam** We have two committee positions open including a General Service Liaison.

**SF H&I, Robert** Regular H&I orientations are on the 3rd Saturday of each month at 2900 24th Street at Florida Street. They begin at 11:30 am. We continue to need more volunteers because H&I meetings are going dark, so take the message to your meetings. We also need more H&I reps. By the way: groups can also sponsor H&I meetings. Let us know if you're interested.

### Old Business

#### Meeting Designation Policy

Discussion around using the set of designations listed on the Meeting Guide app (a super-set of the AASF designations). Question: should the Board decide? Laura made the following motion: If there is a request for a new meeting designation, the process for deciding would be given to Board of Intergroup. Group conscience was 18 "YES," 4 "NO." The motion passed.

### New Business

The Code of Conduct discussion was pushed to next month's Intergroup meeting.

### What's On Your Mind

**Michael** Traveling in Russia and a meeting there took the format from the [aasf.org](http://aasf.org) website.

**Vanessa** Suggested closing the meeting early.

**Lynn** Glad to see the Buddy List circulating around because she was feeling overwhelmed.

### Adjourn with Responsibility Statement

**Next Intergroup Meeting:** Wednesday, August 1, 2018, 7pm, at St. Andrew Presbyterian Church, 101 Donohue Street in Marin City. Orientation is at 6:15 pm, dinner is 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. [viceschair@aasf.org](mailto:viceschair@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	Jun. 18	YTD	Marin Contributions	Jun. 18	YTD	Marin Contributions	Jun. 18	YTD
Contribution Box	\$40.49	\$479.42	Monday Night Stag Tiburon		\$500.00	Working Dogs W 12pm		\$1,204.54
GGYPAA		\$12.00	Monday Night Women's M 8pm		\$662.31	<b>Marin Total</b>	<b>\$3,478.39</b>	<b>\$33,961.23</b>
Sobriety By The Bay		\$2,000.00	Monday Nooners M 12pm		\$871.26			
<b>Fellowship Total</b>	<b>\$40.49</b>	<b>\$2,491.42</b>	Morning After Sa 10am	\$50.00	\$550.00	<b>San Francisco Contributions</b>	<b>Jun. 18</b>	<b>YTD</b>
			Noon Discussion Thu 12pm		\$22.00	11th Step Power Power Power		\$127.19
<b>Marin Contributions</b>	<b>Jun. 18</b>	<b>YTD</b>	Noon Hope		\$167.50	6am Dry Dock Fri	\$209.00	\$209.00
12 & 12 Study Sa 815am		\$80.00	Noon Reveille Su 12pm		\$16.00	6am Dry Dock Mon		\$72.60
7AM Group 7D 7am	\$28.07	\$225.71	North Marin Speaker Sun 12pm		\$179.00	6am Dry Dock Tu	\$90.00	\$330.00
A Vision for You (Fairfax) Su 730pm	\$139.89	\$475.48	Novato Fellowship Group	\$147.00	\$147.00	6am Men's Literature M	\$20.00	\$20.00
Attitude Adjustment 7D 7am	\$526.65	\$3,490.62	Novato Spirit Discussion F 2pm		\$165.00	A is for Alcohol Tu 6pm	\$20.00	\$254.00
Awakenings Sat 830a		\$139.54	On Awakening 7D 530am	\$700.00	\$2,250.00	A New Start F 830pm		\$717.86
Awareness/Acceptance M 1030am		\$220.00	Quitting Time M-F 530pm		\$900.72	AA As You Like It Tu 530pm		\$88.80
Back to Basics Su 930am	\$85.50	\$288.50	Reveille 7D 7am	\$516.92	\$516.92	Afro American Beginners Sat 8pm	\$51.90	\$305.10
Beginner's Help Th 8pm		\$75.00	San Geronimo Valley M 8pm	\$55.00	\$82.50	Agnostics & Freethinkers Su 630pm		\$462.00
Big Book Study & Meditation M 7p		\$23.31	Serendipity Sa 11am		\$80.00	Artists & Writers F 630pm		\$880.79
Bounce Back M 6pm		\$550.00	Six O'Clock Sunset Th 6pm		\$200.00	As Bill Sees It Tu 1210pm		\$57.46
Caledonia Sun 8pm	\$190.00	\$1,190.00	Sober Sisters W 12pm		\$96.00	Ass in a Bag Th 830pm		\$152.03
Closed Women's Step Tu 330pm		\$56.84	Step 11 Gong Meditation Thu 530pm		\$70.00	Atheists, Agnostics & Others Sa 11am		\$50.00
Conscious Contact Sa 6pm		\$280.00	Steps to Freedom M 730pm		\$250.00	Be Still AA Su 12pm		\$705.82
Corte Madera Sat Candlelight 8pm		\$965.56	Stinson Beach Fellowship Th 8pm		\$255.50	Bernal Big Book Sat 5pm	\$381.16	\$1,053.47
Crossroads Sun 12pm		\$405.69	Sunday Express Su 6pm		\$191.00	Bernal New Day 7D		\$1,123.40
Fireside Fri 8pm Bolinas		\$41.49	Sunday Friendship Su 6pm	\$170.50	\$375.50	Big Book Basics F 8pm		\$86.11
Friday Night Book F 830pm		\$501.89	The Barnyard Group Sa 4pm		\$242.33	Big Book Beginners F 105pm	\$100.00	\$200.00
God Could & Would 5D M-F		\$150.00	There is a Solution Tu 6pm		\$50.00	Big Book Study Su 1130am		\$174.00
Gratitude Tu 8pm	\$143.86	\$393.86	Three Step Group Sa 530pm		\$396.00	Blue Book Special Su 11am		\$198.19
Greenfield Newcomers Su 7pm		\$268.23	Thursday Night Speaker 830pm		\$613.74	Buena Vista Breakfast Su 12pm	\$60.00	\$60.00
Happy, Joyous & Free 5D 12pm		\$750.00	Tiburon Women's Candlelight W 8pm		\$48.80	Came to Believe Su 8am		\$33.90
Intimate Feelings Sa 10am		\$84.80	Tuesday Beginners' Meeting		\$1,416.95	Came to Park Sat 7pm		\$581.20
Inverness Sunday Serenity Su 10am		\$178.00	Tuesday Chip Meeting Tu 830pm		\$800.00	Castro Disc (Show Of Shows) Thu		\$31.77
Keep It Simple Sister Thu 7pm		\$427.50	We, Us and Ours M 650pm		\$300.82	Castro Monday Big Book M 830pm		\$125.80
Larkspur Haven Su 12p		\$352.00	Wed Night Candlelight W 8pm		\$135.00	Cocanuts Su 9am		\$205.00
Living Sober Ladies Thu 10am		\$499.80	Wed Night Spk Disc W 7pm		\$700.97	Compass Group Sun 10am		\$312.00
Los Ranchitos W 830pm		\$87.00	Wednesday Sundowners W 6pm	\$350.00	\$350.00	Cow Hollow Men's Group W 8pm		\$2,153.36
Marin Teleservice		\$1,750.00	What's It All About F 12pm		\$243.00	Design For Living - BB Th 730am		\$115.50
Men's 2 Plus M 7pm		\$317.00	Wholly Together 11 Step Med. W 7p		\$94.00	Design For Living - BB Tu, Th 730am		\$130.32
Mill Valley 11th Step Mtg Tu 730pm		\$646.00	Why It Works Sun 6pm		\$100.00	Design for Living Sat 8am		\$344.65
Mill Valley 7D 7am	\$375.00	\$975.00	Women's 12 x 12 Fri 1030am		\$495.18	Dignitaries Sympathy W 815pm		\$161.00
Mill Valley Discussion W 830pm		\$185.00	Women's Big Book Tu 1030am		\$1,212.02	Each Day a New Beginning F 7am		\$1,430.80
Mill Valley LGBTQ All Welcome Wed		\$216.85	Women's Lunch Bunch F 12pm		\$189.00	Each Day a New Beginning M 7am	\$171.60	\$705.17
Monday Miracles M 630pm		\$380.00	Women's Meeting Su 430pm		\$150.00	Each Day A New Beginning Su 8am		\$423.38



San Francisco Contributions	Jun. 18	YTD	San Francisco Contributions	Jun. 18	YTD	San Francisco Contributions	Jun. 18	YTD
Each Day a New Beginning Th 7am		\$362.01	Mon Fit Spiritual Condition 130pm	\$8.00	\$23.00	Sunset 11'ers F		\$78.75
Each Day a New Beginning Tu 7am		\$706.77	Monday Men's Stag (SF) M 8pm		\$72.97	Sunset 11'ers Su		\$270.00
Each Day a New Beginning W 7am		\$218.70	Monday Monday M 1215pm		\$102.40	Sunset 11'ers Th		\$34.26
Early Joyous & Free Th 7am	\$60.00	\$120.00	Monday Night BB Study M 8pm		\$79.57	Sunset 11'ers Tu	\$66.09	\$180.09
Early Start F 6pm		\$1,133.92	New Highs W 130pm	\$5.00	\$8.00	Sunset 9'ers M	\$20.00	\$20.00
Eureka Valley Topic M 6pm		\$907.16	No Reservations M 12pm		\$166.88	Sunset Speaker Step Su 730pm		\$155.37
Excelsior "Scent" Free For All Sa 5pm		\$180.00	NYX Sat 7pm		\$322.63	Surf Tu 8pm	\$639.00	\$639.00
Experience, Strength & Hope Sat 9am		\$439.00	O.A.D.W. Mon 7pm		\$143.30	Ten Years After Su 6pm		\$1,060.04
Extreme Makeover M 730pm		\$75.96	Ocean of Sobriety W 830p		\$282.00	The Drive Thru W 1215pm		\$667.25
Federal Speaker Su 12pm		\$333.84	One, Two, Three, Go! W 1pm		\$11.00	The Leaky Cauldron Su 930am		\$503.19
Firefighters & Friends Tu 10am		\$160.24	Park Presidio M 830pm		\$52.95	They Don't Know Who We Are Sat 7pm		\$18.76
Fireside Chat Group Sa 9pm		\$138.00	Potrero Hill 12 x 12 M 630pm	\$472.20	\$472.20	Thu Afternoon Step Study 130pm	\$7.00	\$7.00
Friday All Groups F 830pm		\$144.00	Raising the Bottom W 8pm		\$56.80	Thursday Night Women's Th 630pm	\$173.95	\$173.95
Fri Night Women's Mtg F 630pm		\$395.65	Reality Farm Th 830pm		\$817.20	Too Early Sa 8am		\$871.71
Friday Smokeless F 8pm		\$260.08	Rebound W 830pm	\$52.62	\$318.54	Trudgers Discussion Su 7pm	\$217.25	\$217.25
Friendly Circle Beginners Su 715p		\$363.10	Rigorous Honesty Th 1205pm	\$90.55	\$270.55	Tuesday Night Lasses Step Study		\$255.00
Gold Mine Group M 8pm		\$344.88	Road to Freedom Mon 12pm	\$72.00	\$294.00	Twelve Steps to Happiness F 730pm		\$62.00
Haight Street Explorers Th 630pm		\$172.00	Safe and Sound Family Support		\$293.06	Valencia Smokefree F 6pm		\$802.27
Happy Hour F 630pm		\$60.00	Sat Afternoon Meditation 5pm		\$126.00	Wake Up On 3rd St Group		\$152.25
Happy Hour Ladies Night F 530pm		\$60.00	Saturday Beginners Sat 6pm		\$1,027.03	Walk of Shame W 830pm		\$114.31
High Noon 5D	\$500.00	\$500.00	Saturday Easy Does It Sa 12pm		\$306.45	We Care Tu 12pm		\$72.00
High Noon Saturday 1215pm	\$119.15	\$119.15	Saturday Matinee Sa 2pm		\$60.00	Wednesday Sunrise Smokefree 7am		\$120.00
High Noon Sunday 1215p	\$588.94	\$588.94	Saturday Night Regroup Sa 730pm	\$236.60	\$611.32	Weekend Update Su 615pm		\$295.24
High Noon Wednesday 1215pm	\$186.61	\$186.61	Serenity House	\$150.00	\$900.00	Weekend Worker Sat 7am		\$348.00
Hoodlum Haven F 8pm		\$420.00	Serenity Now Tue 830p		\$177.77	West Portal W 8pm		\$454.78
Huntington Square W 630pm		\$195.28	Serenity Seekers M 730pm	\$1,496.28	\$1,496.28	Wharf Rats Th 815pm		\$431.08
It Takes A Village Sa 6pm		\$152.40	Shamrocks & Serenity M 730pm		\$769.32	What It's Like Now M 6pm		\$202.69
Join the Tribe Tu 7pm		\$354.00	Sinbar Su 8pm		\$499.08	Wits End Step Study Tu 8pm		\$120.00
Juke Jaam Sat 10p	\$10.00	\$10.00	Sisters Circle Su 6pm		\$204.11	Women's 10 Years Plus Th 615pm	\$604.00	\$1,035.40
Keep Coming Back Sa 10am		\$990.00	Sober Saturday Sa 830am		\$176.76	Women's Came to Believe Sa 10am		\$188.64
Let It Be Now F 6pm	\$236.25	\$236.25	Sobriety & Miracles S&M Sa 5pm	\$107.83	\$239.23	Women's Kitchen Table Tu 630pm	\$91.61	\$140.21
Like A Prayer Su 4pm		\$120.00	Sometimes Slowly Sa 11am	\$287.35	\$735.03	Women There is a Solution W 6pm		\$205.41
Lincoln Park Sat 830pm		\$81.54	Stepping Stone Step M 730pm		\$60.00	Women's Promises F 7pm		\$378.60
Living Sober with HIV W 6pm		\$190.80	Stonestown M 8pm		\$270.00	Work In Progress Sa 7pm	\$96.50	\$696.50
Lunch with Bill 5D		\$140.53	Sun Morning Gay Men's Stag 930am		\$867.64	YAHOO Step Sa 1130am		\$328.37
Meditation, Prayer & Share Tue	\$10.00	\$116.00	Sunday Night 3rd Step Group 5pm		\$720.31	<b>San Francisco Total</b>	<b>\$8,295.24</b>	<b>\$51,701.91</b>
Meeting Place Noon F 12pm		\$128.00	Sun Night Castro Spkr Disc 730pm		\$423.60			
Mellow Mission Sunrise M 7am		\$281.60	Sunday Rap Su 8pm		\$79.46	<b>YTD</b>	<b>\$11,814.12</b>	<b>\$88,154.56</b>
Mid-Morning Support Su 1030am		\$156.00	Sundown W 7pm	\$586.80	\$586.80			
Monday Beginners M 8pm		\$520.00	Sunrise Sunset Women Step Th 6pm		\$135.22			

# Revenue and Expense Statement: May 2018

	TOTAL					TOTAL			
	May 2018	Budget	YTD	Budget		% to Budget	Budget	YTD	Budget
<b>Revenue</b>					<b>Professional Fees</b>	\$0.00	\$921.00	\$825.00	\$1,746.00
Contributions from Groups	\$9,232.16	\$10,036.00	\$76,340.44	\$83,393.00	Postage	-\$200.00	\$0.00	-\$101.50	\$99.00
Contributions from Individuals	\$7,242.50	\$3,354.00	\$22,020.26	\$21,708.00	Rent - Office	\$4,591.98	\$4,592.00	\$22,959.90	\$22,960.00
Gratitude Month	\$408.65	\$0.00	\$4,191.84	\$4,842.00	Rent - Other	\$460.00	\$100.00	\$560.00	\$200.00
Intergroup Event Revenue	\$13.00	\$0.00	\$13.00	\$0.00	Filing/Fees	\$0.00	\$92.00	\$155.20	\$130.00
Other Revenue	\$198.00	\$45.00	\$793.21	\$223.00	Insurance	\$189.00	\$0.00	\$1,004.00	\$1,495.00
					Internet Expense	\$50.32	\$156.00	\$411.26	\$940.00
Sales - Bookstore	\$8,669.52	\$5,743.00	\$39,584.98	\$37,415.00	IT Services	\$0.00	\$0.00	\$0.00	\$0.00
Cost of Bookstore Sales	-\$6,535.98	-\$4,241.00	-\$30,436.22	-\$27,521.00	IT Hardware	\$0.00	\$0.00	\$52.07	\$0.00
Gross Margin - Bookstore	\$2,133.54	\$1,502.00	\$9,148.76	\$9,894.00	IT Software	\$29.00	\$0.00	\$516.63	\$425.00
					Office Supplies	\$71.44	\$200.00	\$927.27	\$1,009.00
<b>Total Revenue</b>	<b>\$19,214.85</b>	<b>\$14,937.00</b>	<b>\$112,494.51</b>	<b>\$120,060.00</b>	Paper Purchased	\$0.00	\$125.00	\$93.25	\$625.00
					Printing	\$0.00	\$0.00	\$0.00	\$0.00
<b>Expense</b>					Equipment Lease	\$405.48	\$443.00	\$2,066.20	\$2,213.00
Employee Expenses	\$13,806.53	\$13,470.00	\$69,208.98	\$67,991.00	Repair & Maintenance	\$363.69	\$265.00	\$1,818.45	\$1,325.00
					Security System	\$0.00	\$0.00	\$144.27	\$131.50
<b>Committees</b>					Payroll Expenses	\$6.00	\$10.00	\$30.00	\$50.00
Archives Committee	\$0.00	\$298.00	\$108.09	\$1,485.00	Telephone	\$0.00	\$190.00	\$939.21	\$950.00
PI/CPC	\$35.00	\$165.00	\$640.00	\$825.00	Travel	\$0.00	\$0.00	\$0.00	\$0.00
Sunshine Club/SOS	\$0.00	\$17.00	\$0.00	\$86.00	Training	\$0.00	\$33.00	\$39.00	\$166.00
The Point Committee	\$304.09	\$174.00	\$773.41	\$868.00	Bad Checks	\$0.00	\$0.00	\$0.00	\$0.00
Fellowship Committee	\$517.50	\$1,750.00	\$517.50	\$1,750.00	<b>Total Expense</b>	<b>\$20,784.71</b>	<b>\$23,387.00</b>	<b>\$104,833.25</b>	<b>\$110,144.50</b>
Committees - Other	\$0.00	\$0.00	\$0.00	\$0.00	<b>Net Operating Surplus/(Deficit)</b>	<b>-\$1,569.86</b>	<b>-\$8,450.00</b>	<b>\$7,661.26</b>	<b>\$9,915.50</b>
<b>Total Committees</b>	<b>\$856.59</b>	<b>\$2,404.00</b>	<b>\$2,039.00</b>	<b>\$5,014.00</b>	Interest Income	\$44.50	\$45.00	\$218.09	\$225.00
					Miscellaneous Income	\$0.00	\$0.00	\$0.00	\$0.00
Intergroup Sponsored Events	\$0.00	\$0.00	\$0.00	\$0.00	Depreciation/Amortization Expense	-\$348.00	-\$339.00	-\$1,740.00	-\$1,704.00
Contribution CC Processing Fees	\$154.68	\$386.00	\$1,145.06	\$2,675.00	<b>Net Surplus/(Deficit)</b>	<b>-\$1,873.36</b>	<b>-\$8,744.00</b>	<b>\$6,139.35</b>	<b>\$8,436.50</b>

## Treasurer's Report: May 2018

For May 2018, Total Revenue was \$19,215, over budget by \$4,278. This was due mainly to a large one time individual contributions. Total Operating Expense for May was \$20,785, under budget by \$2,602. The result is a Net Operating Deficit of \$1,570.

Group Contributions for May were \$9,232, under budget by \$804. Individual Contributions were \$7,243, over budget by \$3,889.

Total Unrestricted Cash for May 2018 was \$81,481, a decrease of \$4,347 from April 2018. Unrestricted Cash is around 4 months of operating expenses.

The rating for May 2018 is "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.



	31-May-18	30-Apr-18	31-May-17	\$ Change
<b>ASSETS</b>				
<b>Current Assets</b>				
<b>Cash</b>				
Unrestricted Cash	\$81,481.00	\$85,828.00	\$88,566.00	-\$7,085.00
Restricted Cash	\$133,742.00	\$133,742.00	\$125,232.00	\$8,510.00
<b>Total Cash</b>	\$215,223.00	\$219,570.00	\$213,798.00	\$1,425.00
Accounts Receivable	\$662.00	\$712.00	-\$531.00	\$1,193.00
Inventory - Bookstore	\$19,466.00	\$17,348.00	\$22,918.00	-\$3,452.00
<b>Total Current Assets</b>	\$235,351.00	\$237,630.00	\$236,185.00	-\$834.00
<b>Fixed Assets</b>	\$9,122.00	\$9,470.00	\$13,298.00	-\$4,176.00
<b>Deposits</b>	\$6,698.00	\$6,698.00	\$6,898.00	-\$200.00
<b>TOTAL ASSETS</b>	<b>\$251,171.00</b>	<b>\$253,798.00</b>	<b>\$256,381.00</b>	<b>-\$5,210.00</b>
<b>LIABILITIES &amp; NET ASSETS</b>				
<b>Liabilities</b>				
<b>Current Liabilities</b>				
Accounts Payable	\$2,938.00	\$3,450.00	\$7,973.00	-\$5,035.00
Payroll Tax Liabilities	\$380.00	\$1,096.00	\$4,008.00	-\$3,628.00
Sales Tax Payable	\$607.00	\$479.00	\$442.00	\$165.00
Advanced Sales	\$749.00	\$749.00	\$0.00	\$749.00
<b>Total Current Liabilities</b>	\$4,674.00	\$5,774.00	\$12,423.00	-\$7,749.00
Supplemental Compensation	\$3,472.20	\$3,124.98		
<b>Total Liabilities</b>	\$8,146.20	\$8,898.98	\$12,423.00	-\$4,276.80
<b>Net Assets</b>				
Net Assets, Beginning of Year	\$236,886.00	\$236,886.00	\$228,376.00	\$8,510.00
Net Surplus/(Deficit), YTD	\$6,139.00	\$8,013.00	\$15,582.00	-\$9,443.00
<b>Total Net Assets</b>	\$243,025.00	\$244,899.00	\$243,958.00	-\$933.00
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$251,171.20</b>	<b>\$253,797.98</b>	<b>\$256,381.00</b>	<b>-\$5,209.80</b>

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!**

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

*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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# August 2018

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