

the Point

2018 9
September

*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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Look Within

- 6 Am I Really an Alcoholic?
- 8 Step Nine: Apologies Are Words
- 9 Can't Afford to Be Jaded
- 11 A Change of Perception

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.

September 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>			
2 WESTERN ROUNDUP Living Sober 2018 Aug 31 - Sep 2, Holiday Inn Golden Gateway, 1500 Van Ness, San Francisco LivingSober.org	3 FIRST MON LABOR DAY HOLIDAY Central Office closed.	4 FIRST TUE SF Bridging the Gap Central Office, 1821 Sacramento St., San Francisco Orientation 6:00 p.m.	5 FIRST WED Intergroup Meeting First Unitarian Universalist Center 1187 Franklin St., San Francisco Orientation 6:15 p.m. Meeting 7 p.m.
9 SECOND SUN Golden Gate Young People in AA Marin Alano Club, 1360 Lincoln Ave., San Rafael 12:00 p.m. <i>(even months at Central Office; odd months at Marin Alano Club)</i>	10 SECOND MON SF Public Information / Cooperation with the Professional Community (PI/CPC) Central Office, 1821 Sacramento St., San Francisco Speaker Workshop 6:00 p.m. Business Meeting 7:00 p.m.	11 SECOND TUE Marin H&I Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6:15 p.m. Business Meeting 7:00 p.m. SF General Service 1111 O'Farrell St., San Francisco New GSR Orientation / Concept Study 6:30 p.m. Business Meeting 7:30 p.m.	12 SECOND WED Marin Bridging the Gap Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6:00 p.m. Business Meeting 6:30 p.m.
16 THIRD SUN Archives Committee Meeting Central Office, 1821 Sacramento St., San Francisco 12:00 p.m. <i>Business meeting followed by work day</i>	17 THIRD MON Marin General Service 9 Ross Valley Rd., San Rafael Orientation / Concept Study 6:45 p.m. Business Meeting 7:30 p.m. SF Teleservice Central Office, 1821 Sacramento St., San Francisco Orientation 6 p.m.	18	19
23 FOURTH SUN Marin Teleservice 12 Step Workshop Marin Alano Club, 1360 Lincoln Ave., San Rafael 2:00 p.m.	24	25 FOURTH TUE Marin Teleservice Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 7:00 p.m. Business Meeting 7:30 p.m.	26
30			

For more details regarding our calendar of events, visit aasf.org and go to the "News & Events" tab.

THURSDAY	FRIDAY	SATURDAY
		1 WESTERN ROUNDUP Living Sober 2018 Aug 31 - Sep 2, Holiday Inn Golden Gateway, 1500 Van Ness, San Francisco LivingSober.org
6	7	8 SECOND SAT The Point Committee Meeting Central Office, 1821 Sacramento St. San Francisco 12:30 p.m.
13	14	15 THIRD SAT SF H&I 2900 24th St., San Francisco Orientation 11:00am Business Mtg 12:00 p.m.
20	21	22 FOURTH SAT The 12 Traditions Today Central Office, 1821 Sacramento St. San Francisco 11:00 a.m. CNCA Meeting 320 N. McDowell Blvd., Petaluma 10:00 a.m.
27 FOURTH THU Marin Public Information / Cooperation with the Professional Community (PI/CPC) Marin Alano Club, 1360 Lincoln Ave., San Rafael 7:00 p.m.	28	29



Calendar	2
Meeting Changes	4
From the Editor	5
Am I Really an Alcoholic?	6
Thirty-five Years to Pay Back	7
Step Nine: Apologies Are Words	8
Can't Afford to be Jaded	9
Herman's Story	10
A Change of Perception	11
Safety and A.A.	12
Facing the Soul	13
Intergroup Meeting Summary	14
Group Contributions	16
Revenue & Expense Report	18
Treasurer's Report	18
Balance Sheet	19

Your vision will become clear
only when you look into your
heart. Who looks outside,
dreams; who looks inside,
awakens.
~ Carl Jung



Meeting Changes

New Meetings:

Sun	6:30 a.m.	Inner Sunset	Sunday 6:30 a.m. Living Sober , Gratitude Center, 1320 7th Ave./Irving
Sun	11:30 a.m.	Castro	Castro Sober Sisters , Castro Country Club, 4058 18th St./Hartford St.
Mon	7:30 p.m.	San Rafael	Big Books & Strong Women , 863 Francisco Blvd. East, Suite A/Tiburon St.
Sat	12:00 p.m.	Mission	Homestead , Marty's Place, 1165 Treat Ave./24th St.

Meeting Changes:

Sun	10:00 p.m.	Marina	Music Meeting , Dry Dock, 2118 Greenwich St./Fillmore St. (Was called Last Call)
Wed	7:15 p.m.	Castro	Double Speakers , Castro Country Club, 4058 18th St./Hartford St. (Was called 45 Minute, 2 Speaker, Young People)

No Longer Meeting:

Mon	7:00 p.m.	McLaren Park	Amazing Grace , Grace Lutheran Church, 465 Woolsey St./Goettingen St.
Thu	11:30 a.m.	SOMA	Say Hey , Ukrainian Orthodox Church, 345 7th St./Folsom St.
Sat	8:00 p.m.	San Rafael	Alano Club Saturday Night , 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) 6741821.** 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!*

2018 PACIFIC REGIONAL FORUM

DoubleTree by Hilton San Jose

2050 Gateway Place
San Jose, California 95110
(408) 453-4000

Group Code: **CDTPRF**

September 7 - 9, 2018

Visit aa.org and click on Regional Forums Information

MONTHLY TRADITIONS WORKSHOP

4th Saturday of each month
San Francisco Central Office
11:00AM – 12:30PM

Tradition 9 - September 22, 2018

Tradition 10 - October 27, 2018

Tradition 11 - November 24, 2018

... and each following month

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

For more details regarding our calendar of events, visit aasf.org and go to the "News & Events" tab.

From the Editor



Looking Within

Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakens.

— Carl Jung

One of the more intriguing characters created by J. K. Rowling, Tom Riddle, tries to achieve immortality by partitioning off pieces of his soul. In the story, Riddle commits a crime each time he attempts to stave off death. Lack of power was his dilemma.

In this issue, Bob S. chooses to face his soul instead of splitting it. He describes the completion of his first 4th Step in about an hour. Rick R. also undergoes a profound alteration in his reactions to

life. And Ken J. shows how 33 years of progress away from a straight pepper diet culminates in a 3-week living amends. Likewise, Carla H. relates the tale of her 35-year payback and Claire A. shows why becoming jaded isn't profitable in the long run.

Also for September, Bree L. tells us what sobered up Herman B. in the groovy 1970s. Kathleen C. weeps tears of self-pity before finally admitting a change in status. When she let go of the tendency toward "purposeful forgetting," she woke up to a whole new world. Looking within doesn't have to involve wizardry—but the results of working steps with others can seem truly magical.



beautiful day at an outdoor meeting.
Illustration by Diane O.

EDITORIAL POLICY

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

This statement is a summary; for the full editorial policy, please go to www.aasf.org.

To contact *The Point* committee directly, write to thepoint@aasf.org.



Faithful FIVERS!

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

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(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!



Am I Really an Alcoholic?

*Mentally I had my fingers
crossed behind my back*

by Kathleen C.

When I first started going to A.A. meetings I introduced myself thus: "I'm Kathleen, I'm an alcoholic." However, mentally I had my fingers crossed behind my back because I didn't think I was really an alcoholic; I was a pothead. I didn't want to be an alcoholic like my depressed, violent father. I preferred to be a pothead because that was more spiritual, more in tune with my New Age philosophy. Besides, I thought I drank like other people. My life looked pretty good on the outside.

I never got so much as a speeding ticket

After I came to San Francisco from the East Coast, I met a good man, had kids, and went to graduate school. My husband mortgaged his house to pay my tuition. Somehow, without compromising my wine and marijuana routine, I got my degree, but had to pass an exam to practice my profession. I hit bottom when I failed. I wept tears of self-pity and decided, in my willful alcoholic way, that the darned marijuana had ruined my short-term memory and made me fail. My solution was to quit smoking marijuana. Sort of like substituting brandy for hard liquor or drinking only natural wines.

My younger sister had been 12th-stepping me ever since she got sober in A.A., just six months before. I had seen the dramatic changes in her life, and part of her program was dragging

me to A.A. meetings whenever I visited her in Los Angeles. I called her and announced that I had quit smoking marijuana. There was a long silence on the other end of the phone line. Finally she asked, "And . . .?" "And what?" I answered. "What about alcohol?" She asked. I sputtered, "Oh, I don't even like alcohol. It isn't my drug of choice. I don't drink that much." Then she asked me, "Why don't you try not drinking?"

I thought I drank like other people

On September 11, 1986, I tried not drinking. I got a home group and a sponsor and began working the program, reluctantly, since I still didn't think I was really an alcoholic. I went to one meeting a week, worked the steps minimally with my sponsor and didn't sponsor anybody myself. Not surprising. I wouldn't have wanted what I had either.

After I had been sober for a while, that pattern of "purposeful forgetting" that is described on page 79 in *Twelve Steps and Twelve Traditions* began

to be removed. I thought I didn't really have any consequences from my drinking. I never got so much as a speeding ticket, much less a DUI. I didn't hurt anybody, except maybe myself.

When I began making my list of people I had harmed by my drinking, I started remembering: Driving drunk with my baby girls in the car, breaking promises to friends and family, showing up late to work or not at all. Because of my drinking. I realized that drinking a whole bottle of cognac alone in my apartment is alcoholic drinking. Showing up for an evening class with a thermos of hot tea laced with brandy is alcoholic drinking. Having a few drinks before I went to a party is alcoholic drinking. I'm an alcoholic all right.

When I finally admitted my alcoholism to myself and my sponsor, I joined A.A. I worked the steps, got commitments, went to lots of meetings and worked with sponsees. Instead of being ashamed, I became grateful to be a sober alcoholic in the fellowship of Alcoholics Anonymous. I am really an alcoholic!



gift of sobriety **TRADITIONS**
PROMISES Awakening
grace Fellowship *Sanity*
Higher Power **PRAYER**



Thirty-five Years to Pay Back

Financial amends, finally

by Carla H.

In July of this year, I finally made my financial amends for padding my expense reports to the tune of \$800 back in the 80's. I was sober when I did the padding. But with no program, no sponsor, no steps, just plenty of lying, cheating and theft.

My sponsor had been adamant that I make these amends in person, even though I now live in San Francisco.

I had procrastinated for almost four years. At about the two-year mark, I asked my sponsor if she were angry with me for putting it off time and again. "No, I'm not. There's no deadline on this," she said. I waited a few months for her to show anger but she never did. Another reason I love A.A.

You'd think I'd take the suggestion

Finally, I wanted to get it over with. However, I didn't know anyone working at the company any longer. I had no idea who to contact or give a cashier's check to. I called the company's main number and told them I'd worked for them in the 80's, had some things that belonged to them, would like to return them and who could I talk to about that.

The operator thought a moment, then connected me with someone's voicemail. After a week and no return call, I left another message, gave my own email address and got a voicemail saying email was the way to proceed.

I sent an email, the wording worked out with lots of help from my sponsor, saying what I had done, what I intended to do (repay with a cashier's check in person) and asking for an appropriate person to hand the check to. A couple of weeks later, their assistant HR director emailed me, saying that because it had been so long and my expense reports had never been flagged, they were willing to forgive. They suggested I donate the money to charity in the company's name.

A great burden was lifted

So you'd think I'd be happy, joyous, free and take the suggestion. But no. I wanted to keep that \$800 for myself. Yep. I considered it mine at that point. After all, they'd only suggested I give the money to charity. I don't have to take suggestions. Really? Looks like I still need a program, need a sponsor, need to talk to another alcoholic. Which is what I did—I checked in with my service sponsor, told him that I wanted to keep the money, and

he kindly said, "This is a well-worn path in A.A. Many people have paid back a lot more than you have. Why don't you donate to a charity in New York?"

I remembered the charity my employer had been involved with in the 80's, it still existed and I donated the full amount online on behalf of my former employer.

And as soon as I hit the "Submit" button, a great burden was lifted that I hadn't known or even suspected I was carrying. Just like so many other alcoholics before me. Just like it says in our literature. Just like everyone who has ever made a financial amends talks about.

I had to go through the complete experience myself. I learn the hard way. I've shared my amends story, including my cunning, baffling, and powerful thinking about keeping the damn money, in all the meetings I go to and with my sponsees.

I'm so much lighter, happier, easier in my head and heart than I ever thought possible. And all it took was 35 years. Amazing.





Step Nine: Apologies Are Words *Amends take action*

by Ken J.

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

One night I was at this meeting and a newcomer raised his hand, announcing it was his first meeting. David was the happiest newcomer I’ve ever seen. We sat across the room from each other, and he kept smiling at me. I tried to focus on the meeting, but in all honesty I was more interested in him.

After the meeting we sat on the back gate of my pick-up truck in the church parking lot and talked for a couple of hours. Trying to make it legitimate, I talked about the program, sobriety, sponsorship, etc. He asked how you pick a sponsor. I told him what I had been told. You pick a sponsor who has what you want. Of course he then asked me to be his sponsor. And of course I said yes! He had 24 hours and I had 14 months. Doomed for sure!

The next afternoon I met with my sponsor and told him. He just rolled his eyes, laughed out loud and said “No.” I knew why. And that night I met David at the meeting and told him that I couldn’t be his sponsor because I was more interested in dating him than sponsoring him. He was OK with that too. I then had to explain to him that since I had more than a year I couldn’t get involved with someone who was so new. We’d have to wait until he had a year as well. So David and I were just going to be friends.

Within months David had met Gary, another newcomer, and they started dating. So I kept my distance. Then

David celebrated his first year. And two weeks later he and I started a brief affair. I can’t and won’t defend it. It was a simple case of my selfish needs, poor judgment, and a “straight pepper diet” (Alcoholics Anonymous, p. 69). David owned his behavior and confessed to Gary. That didn’t go so well.

A straight pepper diet

After sneaking around for a couple more weeks, I ran into Gary in the kitchen one night at a meeting. This was 1988 in Phoenix, and there was only one gay meeting each night. So we were bound to come face-to-face. I didn’t know what to say to him, but he came right up to me. He gave me a hug and said, “This meeting is big enough for all of us.”

David and I didn’t last very long as a couple. So within a short time all three of us were single and sitting in the same meetings, usually in three opposite corners of the room. Over the years that tension dissipated, and we all got along. I never made amends to Gary, though.

In retrospect (hindsight is always 20/20), I was embarrassed about my behavior. And the longer it went on, the more I used it to reinforce my self-image of being cold, uncompassionate and a bad person. I’m sure that I was also mortified that Gary had so casually yet powerfully faced up to me from the very start. They say that you can see your growth mirrored in how others see you. I will counter and say it’s devastating to see your lack of

growth made obvious in light of how others handle the same situations.

About five years later, I was at work. I was a RN on an Oncology/HIV/AIDS ward at the County Hospital in Phoenix. The Charge Nurse told me I was going to be getting a new patient from the Emergency Room. I looked at the name on the admission form. It was Gary. And he was at the end of his journey.

Hindsight is always 20/20

For the next three weeks, every day that I worked I took care of Gary. We talked about everything really. Everything but the obvious. And when Gary died, I was with him. There was one moment a couple of days before he passed. It was the end of my shift, and I told him that I would see him the next morning. He looked me in the eyes, and just smiled. And I knew that my amends had been made. He had forgiven me. The hardest amends that I have had to make in 33 years was accomplished by actions, not words. And to this day it is the amends that has meant the most to me.

My experience has proven to me the old “Aphorism” that God makes the wherever, the whenever and the however possible. Not me.





Can't Afford to be Jaded

Words I think I know

by Claire A.

Jaded is one of those words I think I know, but when it comes time to write about it at any length, I realize I'm not sure. So I went to the dictionary to look it up, and found two meanings:

- 1) fatigued by overwork and exhausted; and
- 2) made dull, apathetic, or cynical by experience or by having or seeing too much of something.

I knew about the second definition, but I didn't know that the first definition is fatigued by overwork. This is one of those lightbulb moments for me in A.A.

Burn the candle at both ends

One of the biggest problems that I encounter in life in sobriety is being overtired. I just want to burn the candle at both ends—always have. In early sobriety I had the experience of sleeping easily and the blessing of good sleep. Then as time wore on, I went back to my old habits of staying up too late. It's not like I'm staying up late writing the Great American Novel, either. It's more this manic desire to not miss out on something. I forget, over and over again, that if I don't sleep, I am a grouch the next day. I need at least eight hours a night, but I tend to deny that reality.

The second definition, cynicism, is equally insidious for me. I have recently been cynical. I met with my sponsor the other day, and she asked me what meetings I was going to. "Well, I went to one last Wednesday," I said, or something. I usually hit five

meetings a week, and my attendance has definitely fallen off. My whole program is ragtag at the moment. And I tell myself really cynical stuff: "I've read the Big Book at least 10 times." "There's nothing new to learn." "That meeting is so annoying." Or, worst of all, "I'm fine." Ha! I am so not fine in those moments.

I have been here before. Summer vacation is usually somewhat like this: the kids are out of school, the family schedule is different, and I can't get to my routine meetings. But it happens other times, too. Sometimes I go through spurts where I need to change up my meeting schedule. I need to look for the new, and, as long as I give the program a chance, there usually is something that I can change for the better. Even though A.A. is more or less the same, the people

aren't. When I go to an "old" meeting, I usually see new people. There is usually a newcomer I can say hello to, and maybe even help a little bit. And whether or not I help her, I know that reaching out to her will help me.

Being jaded, to me, means I'm taking a vacation from hope. It's not a fun vacation. There's a pity pot, zero gratitude, and lots of grouchiness. I don't really like myself very much. It's not hard to imagine the end of this road. If I stay jaded, I'm going to wind up drunk.

It is far better for me to stay in hope. Every time I pray, it is hope. Every time I reach out to shake the hand of someone I don't know, it's hope. When I show up to a meeting, even in my cynical mood, that's hope.





Herman's Story

Too old to be a hippie

by Bree L.

"I was too old to be a hippie and too young to be a dirty old man," as Herman B. remembers a brother's description of his 1967 move to San Francisco. "There were flower children all over and bags of grass, or lids, as they called them back then."

Herman was causing a lot of trouble in Philadelphia, so he quit his job before being fired. He'd read San Francisco was the Sodom and Gomorrah of the US where all the action was, and wanted to get in on the sex, drugs and rock and roll. He brought his last paycheck of \$2,600 with him and within a couple weeks it was gone. He ended up on 6th Street panhandling on general assistance while doing more than a couple stints in jail due to 647 F citations (public intoxication).

Too young to be a dirty old man

In early 1970 he spent 30 days in jail. After 20 days he was let out at 10:00 a.m. on a Saturday morning and by 3:00 p.m. the same day was back in jail for being drunk. They sent him to what was called the Center for Special Problems on Van Ness and Jackson. It was a men's therapy group that met every Thursday with a psychologist facilitator. The facilitator gave out valium, sleeping pills and vitamins which he referred to as a specialized method to keep a body and soul together. Herman continued to drink throughout this specialized therapy and was still drinking when a friend took him to the Saturday, midnight

"Night Owl Group" at 1464 Valencia. Herman managed to stay sober with the strength of this group for 90 days at which point he went back out to drink for another year before returning.

Their first question was "Can you walk?"

On June 11, 1971, he finally got sober. The following November his group got into a debate in over whether it was too early for him to return to Philadelphia. Despite the debate, he returned. Everyone was happy to see him sober but couldn't imagine him not drinking. An old drinking buddy said, "I hear what you're saying but here's the bottle."

He was working at the Post Office at the time he got sober and discovered they offered an alcohol rehab plan. Friends told him, "You've got a nice job but you're on track to blow it. You said, all you needed was a chance." So, Herman called and asked about the rehab program. Their first question was "Can you walk?" A strange question, he thought, but later found out some of the clients could not

walk because they were too drunk or too sick. The concept at the time was that if he had a problem with drinking and was doing something about it, he could keep his job, walking or not. Co-workers at the Post Office encouraged him to stick with the Program for Alcohol Rehabilitation (PAR). The counselors running the program were from A.A. and their strongest words were "go to A.A."

He had a problem with God, so he started attending Glide Memorial and found this was a very different experience from his upbringing. Glide talked about the "celebration of life." Their exuberance brushed aside the doomed teachings of his early years. In 2003 he became a Catholic at St. Agnes Church on Masonic and Page streets. He was baptized and confirmed and still attends weekly Mass. His problems with God have been resolved and today he revels in all those going to communion. He calls it the "March of the Faithful." He is active in his church and is a eucharistic minister.

As he says, "A.A. has offered its own celebration of life and I have a much greater appreciation for other people as well as life itself. Every day when I go out and encounter life, I encounter God."





A Change of Perception

Roots of spiritual awakening

by Rick R.

Years before I came to Alcoholics Anonymous I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try A.A. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves.

Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life. When I ran out of options I came to A.A. sincerely looking for answers. The denial was gone. My mind was open and for the first time in my life I was desperate and I was listening.

There was something dreadfully wrong

At my first meeting I was moved by what I heard. It was different than anything I had experienced before. The people were honest about things that had only brought shame and guilt to me. I felt safe for the first time in my life and could discuss things openly that had been taboo before. Prior to that, everything in my life had been a façade. At that moment October 15, 1969, my perception of the world changed. Call it a spiritual awakening if you like—but it came in the form of a profound change in perception. I have not wanted a drink since.

The Big Book's Appendix 2 mentions a man who had "undergone a profound alteration in his reaction to life."

I began to question all of the decisions I had made in the past and how the residue of those decisions had eroded any chance of a successful, happy life. I became aware the value system I had learned as a child, at church and at the Boy Scout meetings was lost in the dust. I had replaced it with guilt and shame. I now realize that I wasn't a bad kid, but I was a kid that wasn't strong enough to do the things I knew to be right. The more I broke the rules, the easier it became to continue until moral standards were meaningless. Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of Alcoholics Anonymous.

Once I had that change of perception I knew what to do. It may be as simple as trying to stop doing the things that I regret, but the key to it all is being honest with myself. It's important to never go back to my old way of thinking. I was fortunate to have survived those last few years of drinking.

Being desperate enough to ask for help was the most important part of that experience. No one could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have sincerely surrendered to the degree necessary to have that change of perception and spiritual awakening. Moving in the right direction from the start was very important to my success in A.A.

Now I don't want to waste one moment

I only live once and I don't want to waste one moment of precious life. Today, as I continue to practice what I've learned, I feel a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous. For that, I am extremely grateful.





Safety and A.A.

Our common welfare

by Area 11 Connecticut General Service Committee

Safety is an important issue within A.A.—one that all groups and members can address to develop workable solutions and help keep our meetings safe based on the fundamental principles of the Fellowship.

“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence, our common welfare comes first. But individual welfare follows close afterward.”
—Tradition One (Long Form)

A.A. groups are spiritual entities made up of alcoholics who gather for the sole purpose of staying sober and helping other alcoholics to achieve sobriety. Yet, we are not immune to the difficulties that affect the rest of humanity.

Alcoholics Anonymous is a microcosm of the larger society within which we exist. Problems found in the outside world can also make their way into the rooms of A.A. As we strive to share in a spirit of trust, both at meetings and individually with sponsors and friends, it is reasonable for each member to expect a meaningful level of safety. Those attending A.A. meetings derive a benefit by providing a safe environment in which alcoholics can focus on gaining and maintaining sobriety. The group can then fulfill its primary purpose—to carry the A.A. message to the alcoholic who still suffers. For this reason, groups and members discuss the topic of safety.

Autonomy and Group Action

Because A.A., as such, ought never be organized, as indicated in Tradition Nine, it is individual members and groups who ensure that all members feel as safe as possible in A.A. There is no government within A.A. and no central authority, legal or otherwise, to control or direct the behavior of A.A. members. As embodied in the Fourth Tradition, the formation and operation of an A.A. Group resides with the group conscience of its members. A.A. groups and service entities such as areas, districts, intergroup/central offices are autonomous.

We strive to share in a spirit of trust

Recognizing that safety is an issue of importance to its members, many groups have taken actions to keep distractions and disruptions to a minimum within the context of the group.

A.A. Membership

A.A. membership has never been contingent on any set of behavioral or moral standards—beyond those founded on common sense, courtesy, and the timeless values of kindness, tolerance and love.

A.A.’s Third Tradition states that the only requirement for membership is a desire to stop drinking. This brings an openness that helps to define our character as a diverse fellowship; yet it also requires us to be mindful of our group and individual safety.

Some people, however, come into A.A. without an understanding of the type of

behavior that is appropriate in meetings or in the company of other members. A person can be sober in A.A., yet still not understand what is acceptable.

Dealing with Disruptions

While most groups operate with a healthy balance of spontaneity and structure, there are a number of situations that can threaten group unity and challenge the safety of the group and its members. Often this can center on disruptive individuals, those who are confrontational, aggressive or those who are simply unwilling to put the needs of the group first. Such behavior can hijack the focus of a meeting and frighten members, new and old.

Some groups have developed plans for addressing disruptive behavior and have established procedures through their group conscience to ensure that the group’s welfare is protected. In many cases, disruptive behavior is pre-empted by having the chairperson state the expectations for behavior in the meeting.

Some groups include in their opening announcements that illegal and disruptive behavior is not tolerated. Still other groups have asked disruptive members to leave the meeting. Additionally, groups and members always have the option to call the appropriate authorities if disruptive behavior continues or anyone’s safety is at risk (Part 1 of 3) — to be continued.

Intercounty Fellowship,
Marin and San Francisco General Service present:

Interactive Safety Workshop

Saturday, November 10, 2018

8:30 AM to 1:30 PM

Marin Senior Center

640 Drake Avenue, Sausalito

Visit aasf.org, Events Calendar, for more details.

Facing the Soul

People will do anything to avoid it

by Bob S.

Luckily, my sponsor, Carl, allowed me almost no “think it over” time as we approached my initial middle step process. No time for fear or hesitation was available! Only minutes after praying the Third Step request for God’s help, he had me start a process I call spontaneous writing, which provided substantive and honest Fourth Step information. I was warned not to write good things about myself because that would take too many pages. Ha!

This spontaneous writing process started on a Saturday, at once, per page 64’s instructions in the Big Book. We then completed the Step Four instructions the following Saturday. Carl then helped me actually read and do the Fourth Step process directly from the Big Book (pp. 64-71). This process lasted about one hour.

The Step Five process of reporting my newly found character defects, etc., began just a few minutes after finishing Step Four—first opportunity, according to our book’s p. 74. Step Six began, then, and Step Seven was prayed about when ready (p. 76). Steps Four through Seven were completed in a few hours that last Saturday. Doctor Carl Jung has written: “People will do anything to avoid facing their own soul.” Thankfully, my sponsor didn’t give me time to back out. He followed the Big Book timetable.

As years pass, as I watch newcomers too often disappear between Steps Three and Four, I have become much more appreciative of the Big Book’s timetable for the middle steps.

I believe too much in-between time allows fear and doubt to take over; then, even the sincerest Third Step decision will often deteriorate into indecision and inaction.

Sometimes I hear: “God will show me when to start my inventory,” or “I plan to take my time and do it right,” and so on. I believe it is good to explain, at this point, that what is missed in Step Four can always be taken care of in Step Ten—even years later when things crop up.

Step Ten is continually redoing the mid-steps of the learning process above. First of all, I had to learn how to do the mid-steps—only then could I actually put them into action by following these clear-cut Step Ten directions on page 84:

We continue to watch for selfishness, dishonesty, resentment and fear (Step Four).

When these crop up we ask God at once to remove them (Steps Six and Seven).

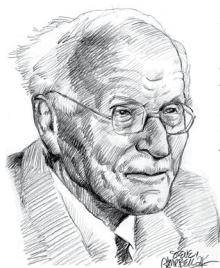
We discuss them with someone immediately (Step Five).

Make amends quickly if we have harmed anyone (Steps Eight and Nine).

Speaking of a timely manner, I believe it is important to realize that as I go through my day, I need to remember that the Step Ten instructions include the phrases “at once,” “immediately” and “quickly.” Of course, these phrases are to be used in sensible context, for the Big Book infers that God gave me brains to use. For instance, I don’t phone my sponsor at work simply because I have some trivial concern or small problem.

Early on, I thought the above directions were to be done only before going to bed at night. Of course, that came from a mis-reading of the first full paragraph of page 86, which is Step Eleven. I now realize that Step Ten is to be done throughout each day. Living these middle steps, via Step Ten, continually provides relief from the anxiety and fear of my drinking days. I remember A.A. is a program of action.

People will do anything, no matter how absurd, in order to avoid facing their own souls. One does not become enlightened by imagining figures of light, but by making the darkness conscious.



Carl Jung, Psychology and Alchemy

Intergroup Meeting Summary: August 2018

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

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

This is an unofficial summary of the August 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.

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, August 1, 2018, at the St. Andrew Presbyterian Church, 101 Donahue Street in Marin City. The meeting was started with a call to order and the Serenity Prayer. Baskets for dinner were passed. The July 2018 minutes and the August 2018 agenda were approved.

Standing Reports

Board Chair, John R. The Board retreat is this month. At the Committee Chair meeting we talked about using more technology. The analogy of a two-legged table does not function, so the question becomes how to get more people in to service? The Fellowship Committee Chair is opening up.

Treasurer, Alix F. Our current rating is excellent! See Treasurer's report for the details.

Executive Director, Maury P. Spoke about the PSAs on the AAWS YouTube Channel. We received no feedback regarding the Board elections, so we will be repeating the same process. Would the Intergroup like to receive a link to the Google slides after the meeting? New pamphlets are being developed by AAWS and they are looking for submissions: One is for Spanish-speaking women in A.A., the other is based on the Three Legacies. Detailed information for submissions is on Box 459 found at aa.org. Corrections Correspondence needs male volunteers to become pen pals for male members in prison. Mail may be forwarded through our Central Office. To sign up, email corrections@aa.org.

Intergroup Committee Reports

The Buzz, Ann Marie C. We are using MailChimp; it is going well. This eNewsletter goes out on the 1st and 15th of each month. The deadline is three days prior to these dates. If you want something published through The Buzz, send to thebuzz@aasf.org.

SF Teleservice, Lara K. The committee is thankful for everyone's support. We have been revived and have a whole group of fresh troops to take calls. The success is due to messaging through The Buzz, meeting announcements and Facebook. SF Teleservice is now combined with the 12-Step Committee.

Technology, Taran R. We would like additional members. The National A.A. Technology Workshop is in September; we will present our new HelpChat service. We

will have a table at SF Unity Day on October 13. Is HelpChat impacting Teleservice? No, just more alcoholics are being reached. HelpChat is averaging one to two visitors a day. The next scheduled HelpChat Orientation is happening on October 13 at SF Unity Day, time TBD. We are looking for a way to send out "text blasts" for free or at a very low cost.

SF PIC/CPC, Justin H. (temporary chair) We are actively looking for connections in high schools. Email picpc@aasf.org if you know anyone in local schools (public or private). The 7th Street Reentry Faire, where inmates hook up with A.A. on the outside, is coming up.

The Point, John B. We are soliciting articles and art for upcoming issues. Submissions should be 600 words or less. We now have a new graphics and layout person but still need another editor to join the committee. The Point editorial team meets the 2nd Saturday of each month at Central Office at 12:30 pm. Send a message to thepoint@aasf.org for submissions and questions.

Orientation, Trevor New IGRs are Ashley, Andy, Anthony and Renee. Passed around the Buddy sign-up sheet and encouraged other members to keep putting their names on the Buddy sheet. Please don't take it personally if you don't get contacted. Perhaps a two-way buddy system needs to happen?

Fellowship, Maury P. for Michael P. Michael is stepping down. He has been chair of this committee for years. Maury explained the details of the Fellowship Committee, which organizes and sets up the

Individual Contributions

to Central Office were made through August 15, 2018

honoring the following members:

IN MEMORIAM

Bob C. – Hilldwellers, SF PI/CPC

Joe Y. – Tuesday Beginners

Charles M. – Harbor Light Center

ANNIVERSARY

Abby L. – 31 years

annual Founders Day event. It also does the plays. Possibilities for future events: host a monthly workshop, put on a Traditions Tea Dance, etc. This is a fun committee to be on and there are fun people on it. We need to fill the position soon due to prior commitments.

Sunshine Club, Maury P. for Ann M. Maury described the details and functions of the Sunshine Club and that it has absorbed the Spirit of Service (SOS) Committee functions as well as including service to Marin County. The new Marin Coordinator is Linda K.

Liaison Reports

Marin General Service, Jacqueline Marin Unity Day will be Saturday, October 20. It will be game-show themed, so expect lots of fun. The Summer Assembly will be in Fortuna on Saturday, August 11. Kathy P. invited everyone to the Pacific Regional Forum, September 7-9 at the Doubletree Hotel in San Jose. Members from the General Service Office (GSO) in New York will be in there. The forum is free. To register, go to aa.org and click on the Pacific Regional Forum Tab. We are looking for hotel greeters.

Marin PI/CPC, John We talked about "what to say and not to say." Hospital Outreach is a new thing. We are present at DUI classes; a new person is going to take that on. The next Workshop will be September 27 at 7:30 pm at the Marin Alano Club. We are currently talking to high-school-age young people. Conducted an orientation about talking to clergy. We are doing library outreach. Fact: the Big Book is the most stolen book in the library. Dominican University invited us to speak to nursing students.

Old Business

Code of Conduct Review

Reviewed the Code of Conduct information sheet. Did not vote on it since not everyone has read it. Will come back in a month for discussion.

New Business

Round Table Service Discussion

Held five minute discussion at each table on the topic of "How to expand service at the intergroup level." Suggestion included giving a clear message, bringing more sponsees to the monthly Intergroup and committee meetings, talk about service when sharing at meetings, additional remote orientations, having committee meetings on weekends, break up the script for announcements to get more attention and share one's personal impact as part of a share, requiring IGRs to be on committees, randomly assign IGRs to a committee, go to unrepresented meetings to pitch IGR and inform newcomers, remind people this is 12th step work, encourage people to sign up for The Buzz, encourage people to come to IGR meetings, not as IGRs, but just to see what it's like, encourage service sponsorship, pitch service one-on-one.

Allison, Julie and Caroline are going to try out some of these things and will give a report at the next meeting.

Targeted Message

H&I needs help.

Adjourned with the Responsibility Statement

Next Intergroup Meeting: Wednesday, September 5, 2018, 7:00 pm, First Unitarian Universalist Church, 1187 Franklin Street in San Francisco. 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

John R. chair@aasf.org

VICE CHAIR

Pete F. vicechair@aasf.org

TREASURER

Alix F. treasurer@aasf.org

RECORDING SECRETARY

James O'C. secretary@aasf.org

COMMITTEE CHAIRS:

ARCHIVES COMMITTEE

Kim S. archives@aasf.org

FELLOWSHIP COMMITTEE

Michael P. fellowship@aasf.org

ORIENTATION COMMITTEE

Greg M. orientation@aasf.org

SF PI/CPC COMMITTEE

[open] picpc@aasf.org

SF TELESERVICE COMMITTEE

Layne Z. sfteleservice@aasf.org

SUNSHINE CLUB COMMITTEE

Ann M. & Scotie S. sunshine@aasf.org

TECHNOLOGY COMMITTEE

Taran R. tech@aasf.org

THE BUZZ COMMITTEE

Anne Marie C. thebuzz@aasf.org

THE POINT COMMITTEE

John B. thepoint@aasf.org

aa group contributions

Fellowship Contributions	Jul. 18	YTD	Marin Contributions	Jul. 18	YTD	Marin Contributions	Jul. 18	YTD
Contribution Box	\$78.00	\$557.42	Monday Night Stag Tiburon		\$500.00	Women's Lunch Bunch F 12pm		\$189.00
GGYPAA		\$12.00	Monday Night Women's M 8pm		\$662.31	Women's Meeting Su 430pm		\$150.00
Sobriety By The Bay		\$2,000.00	Monday Nooners M 12pm	\$442.15	\$1,313.41	Working Dogs W 12pm	\$261.50	\$1,466.04
Fellowship Total	\$78.00	\$2,569.42	Morning After Sa 10am	\$250.00	\$800.00	Marin Total	\$10,442.16	\$44,403.39
			Noon Discussion Thu 12pm		\$22.00			
Marin Contributions	Jul. 18	YTD	Noon Hope		\$167.50	San Francisco Contributions	Jul. 18	YTD
12 & 12 Study Sa 815am		\$80.00	Noon Reveille Su 12pm		\$16.00	11th Step Power Power Power		\$127.19
7AM Group 7D 7am		\$225.71	North Marin Speaker Sun 12pm		\$179.00	6am Dry Dock Fri		\$209.00
A Vision for You (Fairfax) Su 730pm		\$475.48	Novato Fellowship Group		\$147.00	6am Dry Dock Mon	\$76.20	\$148.80
Attitude Adjustment 7D 7am	\$379.22	\$3,869.84	Novato Spirit Discussion F 2pm		\$165.00	6am Dry Dock Tu		\$330.00
Awakenings Sat 830a		\$139.54	On Awakening 7D 530am	\$700.00	\$2,950.00	6am Men's Literature M		\$20.00
Awareness/Acceptance M 1030am		\$220.00	Quitting Time M-F 530pm		\$900.72	7am Speaker Discussion Th 7am	\$103.20	\$103.20
Back to Basics Su 930am		\$288.50	Reveille 7D 7am		\$516.92	A is for Alcohol Tu 6pm		\$254.00
Beginner's Help Th 8pm		\$75.00	San Geronimo Valley M 8pm		\$82.50	A New Start F 830pm		\$717.86
Big Book Study & Meditation M 7p		\$23.31	Saturday Weekend Warrior Sa 830am	\$800.00	\$800.00	AA As You Like It Tu 530pm	\$262.74	\$351.54
Bounce Back M 6pm		\$550.00	Saturday Women's Speaker Sa 6pm	\$344.26	\$344.26	Afro American Beginners Sat 8pm		\$305.10
Caledonia Sun 8pm		\$1,190.00	Sausalito 12 Step Study Group	\$432.00	\$432.00	Agnostics & Freethinkers Su 630pm	\$200.00	\$662.00
Closed Women's Step Study Tu 330pm	\$105.72	\$162.56	Serendipity Sa 11am		\$80.00	All Together Now Th 8pm	\$127.20	\$127.20
Conscious Contact Sa 6pm		\$280.00	Six O'Clock Sunset Th 6pm		\$200.00	Artists & Writers F 630pm		\$880.79
Corte Madera Saturday Candlelight 8pm		\$965.56	Sober Sisters W 12pm	\$225.00	\$321.00	As Bill Sees It Tu 1210pm		\$57.46
Crossroads Sun 12pm	\$280.05	\$685.74	Spiritual Testosterone Stag Su 830a	\$250.00	\$250.00	Ass in a Bag Th 830pm		\$152.03
Fireside Fri 8pm Bolinas		\$41.49	Step 11 Gong Meditation Thu 530pm		\$70.00	Atheists, Agnostics & Others Sa 11am		\$50.00
Friday Night Book F 830pm	\$292.50	\$794.39	Steps to Freedom M 730pm		\$250.00	Be Still AA Su 12pm	\$754.54	\$1,460.36
God Could & Would 5D M-F		\$150.00	Stinson Beach Fellowship Th 8pm	\$92.00	\$347.50	Bernal Big Book Sat 5pm	\$62.00	\$1,115.47
Gratitude Tu 8pm		\$393.86	Sunday Express Su 6pm		\$191.00	Bernal New Day 7D	\$309.37	\$1,432.77
Greenfield Newcomers Su 7pm		\$268.23	Sunday Friendship Su 6pm		\$375.50	Big Book Basics F 8pm		\$86.11
Happy Destiny F 7pm	\$250.00	\$250.00	Terra Linda Thursday Men's Stag Th 8pm	\$337.00	\$337.00	Big Book Beginners F 105pm		\$200.00
Happy, Joyous & Free 5D 12pm		\$750.00	The Barnyard Group Sa 4pm	\$112.80	\$355.13	Big Book Study Su 1130am		\$174.00
High & Dry W 12pm	\$175.50	\$175.50	There is a Solution Tu 6pm		\$50.00	Blue Book Special Su 11am	\$4.93	\$203.12
Intimate Feelings Sa 10am	\$104.40	\$189.20	Three Step Group Sa 530pm	\$335.00	\$731.00	Buena Vista Breakfast Su 12pm		\$60.00
Inverness Sunday Serenity Su 10am	\$188.00	\$366.00	Thursday Night Speaker 830pm		\$613.74	Came to Believe Su 8am	\$137.31	\$171.21
Keep It Simple Sister Thu 7pm		\$427.50	Tiburon Women's Candlelight W 8pm		\$48.80	Came to Park Sat 7pm	\$179.40	\$760.60
Larkspur Haven Su 12p		\$352.00	Tuesday Beginners' Meeting		\$1,416.95	Castro Discussion (Show Of Shows) Th 7	\$63.76	\$95.53
Last Stop Men's Step Study W 6pm	\$450.00	\$450.00	Tuesday Chip Meeting Tu 830pm		\$800.00	Castro Monday Big Book M 830pm		\$125.80
Living Sober Ladies Thu 10am		\$499.80	We, Us and Ours M 650pm	\$196.50	\$497.32	Cocoanuts Su 9am		\$205.00
Los Ranchitos W 830pm		\$87.00	Wednesday Night Candlelight (Marin) W 8pm		\$135.00	Compass Group Sun 10am		\$312.00
Marin Teleservice	\$2,500.00	\$4,250.00	Wednesday Night Speaker Discussion W 7pm		\$700.97	Cow Hollow Men's Group W 8pm		\$2,153.36
Men's 2 Plus M 7pm		\$317.00	Wednesday Sundowners W 6pm		\$350.00	Design For Living - Big Book Th 730am	\$141.60	\$257.10
Mill Valley 11th Step Mtg Tu 730pm		\$646.00	What's It All About F 12pm		\$243.00	Design For Living - Big Book Tu, Th 730am		\$130.32
Mill Valley 7D 7am		\$975.00	Wholly Together 11th Step Meditation W 7p		\$94.00	Design for Living Sat 8am	\$387.17	\$731.82
Mill Valley Discussion W 830pm	\$281.00	\$466.00	Why It Works Sun 6pm		\$100.00	Dignitaries Sympathy W 815pm		\$161.00
Mill Valley LGBTQ All Are Welcome Wed 8p		\$216.85	Women's 12 x 12 Fri 1030am		\$495.18	Each Day a New Beginning F 7am		\$1,430.80
Monday Miracles M 630pm		\$380.00	Women's Big Book Tu 1030am	\$657.56	\$1,869.58	Each Day a New Beginning M 7am		\$705.17

San Francisco Contributions	Jul. 18	YTD	San Francisco Contributions	Jul. 18	YTD	San Francisco Contributions	Jul. 18	YTD
Each Day A New Beginning Su 8am	\$247.20	\$670.58	Monday Fit Spiritual Condition M 130pm		\$23.00	Sunset 11'ers M	\$289.00	\$289.00
Each Day a New Beginning Th 7am		\$362.01	Monday Men's Stag (SF) M 8pm		\$72.97	Sunset 11'ers Su	\$91.80	\$361.80
Each Day a New Beginning Tu 7am	\$346.20	\$1,052.97	Monday Monday M 1215pm		\$102.40	Sunset 11'ers Th		\$34.26
Each Day a New Beginning W 7am	\$659.51	\$878.21	Monday Night Big Book Study M 8pm	\$150.00	\$229.57	Sunset 11'ers Tu		\$180.09
Early Joyous & Free Th 7am		\$120.00	New Highs W 130pm		\$8.00	Sunset 9'ers M		\$20.00
Early Start F 6pm		\$1,133.92	No Reservations M 12pm		\$166.88	Sunset Speaker Step Su 730pm		\$155.37
Eureka Valley Topic M 6pm		\$907.16	NYX Sat 7pm		\$322.63	Surf Tu 8pm		\$639.00
Excelsior "Scent" Free For All Sa 5pm	\$84.00	\$264.00	O.A.D.W. Mon 7pm		\$143.30	Ten Years After Su 6pm		\$1,060.04
Experience, Strength & Hope Sat 9am		\$439.00	Ocean of Sobriety W 830p		\$282.00	The Drive Thru W 1215pm	\$510.00	\$1,177.25
Extreme Makeover M 730pm	\$77.02	\$152.98	One, Two, Three, Go! W 1pm	\$20.00	\$31.00	The Forum Tue 730p	\$241.00	\$241.00
Federal Speaker Su 12pm		\$333.84	Park Presidio M 830pm		\$52.95	The Leaky Cauldron Su 930am		\$503.19
Firefighters & Friends Tu 10am	\$114.35	\$274.59	Potrero Hill 12 x 12 M 630pm		\$472.20	They Don't Know Who We Are Sat 7pm	\$97.80	\$116.56
Fireside Chat Group Sa 9pm		\$138.00	Raising the Bottom W 8pm		\$56.80	Thursday Afternoon Step Study Th 130pm		\$7.00
Friday All Groups F 830pm		\$144.00	Reality Farm Th 830pm		\$817.20	Thursday Night Women's Th 630pm		\$173.95
Friday Morning 12 Steppers 7am	\$60.00	\$60.00	Rebound W 830pm		\$318.54	Too Early Sa 8am		\$871.71
Friday Night Women's Meeting F 630pm		\$395.65	Rigorous Honesty Th 1205pm		\$270.55	Trudgers Discussion Su 7pm		\$217.25
Friday Smokeless F 8pm		\$260.08	Road to Freedom Mon 12pm		\$294.00	Tuesday Night Lasses Step Study		\$255.00
Friendly Circle Beginners Su 715p	\$213.72	\$576.82	Safe and Sound Family Support		\$293.06	Twelve Steps to Happiness F 730pm	\$73.00	\$135.00
Gold Mine Group M 8pm	\$421.84	\$766.72	Saturday Afternoon Meditation Sa 5pm		\$126.00	Valencia Smokefree F 6pm	\$329.81	\$1,132.08
Haight Street Explorers Th 630pm		\$172.00	Saturday Beginners Sat 6pm		\$1,027.03	Wake Up On 3rd St Group		\$152.25
Happy Hour F 630pm		\$60.00	Saturday Easy Does It Sa 12pm	\$472.22	\$778.67	Walk of Shame W 830pm		\$114.31
Happy Hour Ladies Night F 530pm		\$60.00	Saturday Matinee Sa 2pm		\$60.00	We Care Tu 12pm		\$72.00
High Noon 5D		\$500.00	Saturday Night Regroup Sa 730pm		\$611.32	Wednesday Noon Step Study 12p	\$211.78	\$211.78
High Noon Saturday 1215pm		\$119.15	Serenity House	\$150.00	\$1,050.00	Wednesday Sunrise Smokefree 7am		\$120.00
High Noon Sunday 1215p	\$25.00	\$613.94	Serenity Now Tue 830p		\$177.77	Weekend Update Su 615pm	\$34.20	\$329.44
High Noon Wednesday 1215pm		\$186.61	Serenity Seekers M 730pm		\$1,496.28	Weekend Worker Sat 7am	\$168.00	\$516.00
Hoodlum Haven F 8pm		\$420.00	Shamrocks & Serenity M 730pm		\$769.32	West Portal W 8pm	\$698.47	\$1,153.25
Huntington Square W 630pm		\$195.28	Sinbar Su 8pm		\$499.08	Wharf Rats Th 815pm		\$431.08
It Takes A Village Sa 6pm		\$152.40	Sisters Circle Su 6pm		\$204.11	What It's Like Now M 6pm		\$202.69
Join the Tribe Tu 7pm	\$238.00	\$592.00	Sober Saturday Sa 830am	\$81.00	\$257.76	Wits End Step Study Tu 8pm		\$120.00
Juke Jaam Sat 10p	\$10.00	\$20.00	Sobriety & Miracles S&M Group Sa 5pm		\$239.23	Women's 10 Years Plus Th 615pm		\$1,035.40
Keep Coming Back Sa 10am		\$990.00	Sometimes Slowly Sa 11am		\$735.03	Women's Big Book Study Tu 1150am	\$80.00	\$80.00
Koo Koo Hump Day W 6pm	\$542.50	\$542.50	Spiritual Awakenings Step Study M 730pr	\$120.00	\$120.00	Women's Came to Believe Sa 10am	\$118.13	\$306.77
Let It Be Now F 6pm		\$236.25	Stepping Stone Step Study M 730pm		\$60.00	Women's Kitchen Table Tu 630pm		\$140.21
Like A Prayer Su 4pm		\$120.00	Stonestown M 8pm		\$270.00	Women's Meeting There is a Solution W 6pm		\$205.41
Lincoln Park Sat 830pm	\$65.12	\$146.66	Sunday Morning Gay Men's Stag Su 930am		\$867.64	Women's Promises F 7pm	\$351.00	\$729.60
Living Sober with HIV W 6pm		\$190.80	Sunday Night 3rd Step Group 5pm	\$275.79	\$996.10	Work In Progress Sa 7pm		\$696.50
Lunch with Bill 5D		\$140.53	Sunday Night Castro Speaker Disc Su 730pm		\$423.60	YAHOO Step Sa 1130am		\$328.37
Meditation, Prayer & Share Tue 730pm		\$116.00	Sunday Rap Su 8pm		\$79.46	San Francisco Total	\$10,629.48	\$62,331.39
Meeting Place Noon F 12pm	\$84.00	\$212.00	Sundown W 7pm		\$586.80			
Mellow Mission Sunrise M 7am		\$281.60	Sunrise Sunset Women's Step Mon 6pm	\$68.60	\$68.60	YTD	\$21,149.64	#####
Mid-Morning Support Su 1030am		\$156.00	Sunrise Sunset Women's Step Th 6pm		\$135.22			
Monday Beginners M 8pm		\$520.00	Sunset 11'ers F		\$78.75			

Revenue and Expense Statement: June 2018

	June 2018	Budget	YTD	Budget		June 2018	Budget	YTD	Budget
Revenue									
Contributions from Groups	\$11,814.12	\$11,931.00	\$88,154.56	\$95,324.00	Professional Fees	\$0.00	\$0.00	\$825.00	\$1,746.00
Contributions from Individuals	\$3,498.18	\$3,170.00	\$25,518.44	\$24,878.00	Postage	\$0.00	\$0.00	-\$101.50	\$99.00
Gratitude Month	\$0.00	\$199.00	\$4,191.84	\$5,041.00	Rent - Office	\$4,591.98	\$4,592.00	\$27,551.88	\$27,552.00
Intergroup Event Revenue	\$1,459.00	\$3,000.00	\$1,472.00	\$3,000.00	Rent - Other	\$0.00	\$360.00	\$560.00	\$560.00
Other Revenue	\$1,494.00	\$3,055.00	\$2,287.21	\$3,278.00	Filing/Fees	\$153.90	\$7.00	\$309.10	\$137.00
					Insurance	\$0.00	\$0.00	\$1,004.00	\$1,495.00
Sales - Bookstore	\$5,946.80	\$7,093.00	\$45,531.78	\$44,508.00	Internet Expense	\$55.00	\$134.00	\$466.26	\$1,074.00
Cost of Bookstore Sales	-\$5,052.46	-\$5,694.00	-\$35,488.68	-\$33,215.00	IT Services	\$0.00	\$0.00	\$0.00	\$0.00
Gross Margin - Bookstore	\$894.34	\$1,399.00	\$10,043.10	\$11,293.00	IT Hardware	\$0.00	\$0.00	\$52.07	\$0.00
					IT Software	\$300.00	\$0.00	\$816.63	\$425.00
Total Revenue	\$17,700.64	\$19,754.00	\$130,195.15	\$139,814.00	Office Supplies	\$22.26	\$150.00	\$949.53	\$1,159.00
Expense					Paper Purchased	\$14.08	\$125.00	\$107.33	\$750.00
Employee Expenses	\$13,853.03	\$13,777.00	\$83,062.01	\$81,768.00	Printing	\$0.00	\$0.00	\$0.00	\$0.00
					Equipment Lease	\$407.24	\$442.00	\$2,473.44	\$2,655.00
Committees					Repair & Maintenance	\$363.69	\$265.00	\$2,182.14	\$1,590.00
Archives Committee	\$0.00	\$298.00	\$108.09	\$1,783.00	Security System	\$150.84	\$131.50	\$295.11	\$263.00
PII/CPC	\$0.00	\$165.00	\$640.00	\$990.00	Payroll Expenses	\$6.00	\$10.00	\$36.00	\$60.00
Sunshine Club/SOS	\$0.00	\$17.00	\$0.00	\$103.00	Telephone	\$0.00	\$190.00	\$939.21	\$1,140.00
The Point Committee	\$78.20	\$174.00	\$851.61	\$1,042.00	Travel	\$0.00	\$0.00	\$0.00	\$0.00
Fellowship Committee	\$1,633.35	\$1,750.00	\$2,150.85	\$3,500.00	Training	\$0.00	\$34.00	\$39.00	\$200.00
Committees - Other	\$0.00	\$0.00	\$0.00	\$0.00	Bad Checks	\$0.00	\$0.00	\$0.00	\$0.00
Total Committees	\$1,711.55	\$2,404.00	\$3,750.55	\$7,418.00	Total Expense	\$21,795.02	\$22,997.50	\$126,628.27	\$133,142.00
Intergroup Sponsored Events	\$0.00	\$0.00	\$0.00	\$0.00	Net Operating Surplus/(Deficit)	-\$4,094.38	-\$3,243.50	\$3,566.88	\$6,672.00
Contribution CC Processing Fees	\$165.45	\$376.00	\$1,310.51	\$3,051.00	Interest Income	\$100.01	\$45.00	\$318.10	\$270.00
					Miscellaneous Income	\$0.00	\$0.00	\$0.00	\$0.00
					Depreciation/Amortization Expense	-\$348.00	-\$339.00	-\$2,088.00	-\$2,043.00
						-\$4,342.37	-\$3,537.50	\$1,796.98	\$4,899.00

Treasurer's Report: June 2018

For June 2018, Total Revenue was \$17,701, under budget by \$2,053. This was due to a lower than expected attendance at Founders' Day and lower than expected bookstore sales. Total Operating Expense for June was \$21,795, under budget by \$842. The result is a Net Operating Deficit of \$1,570.

Group Contributions for June were \$11,814, under budget by \$117. Individual Contributions were \$3,498, over budget by \$328.

Total Unrestricted Cash for June 2018 was \$73,185, a decrease of \$8,296 from May 2018. Unrestricted Cash is over 3 months of operating expenses.

The rating for June 2018 is "Excellent."

OVERALL RATING: Excellent

Intergroup Finance Rating System

Every month we rate our monthly finances as: Excellent, Good, Fair or Poor. Generally speaking, here are the definitions of those terms:

Excellent: We exceeded our budget. Our income was greater than our expenses for the month and we have more than two month's worth of operating expenses in unrestricted cash balances. Operating expenses are roughly \$22,000 per month, so we'd have over \$44,000 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 year to date (YTD), was slightly greater than our expenses and we'd have approximately

1.5 to 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 1.5 times of 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: June 2018

	30-Jun-18	31-May-18	30-Jun-17	\$ Change
ASSETS				
Current Assets				
Cash				
Unrestricted Cash	\$73,185.00	\$81,481.00	\$80,551.00	-\$7,366.00
Restricted Cash	\$133,886.00	\$133,742.00	\$125,232.00	\$8,654.00
Total Cash	\$207,071.00	\$215,223.00	\$205,783.00	\$1,288.00
Accounts Receivable	\$976.00	\$663.00	-\$328.00	\$1,304.00
Inventory - Bookstore	\$20,256.00	\$19,466.00	\$23,520.00	-\$3,264.00
Total Current Assets	\$228,303.00	\$235,352.00	\$228,975.00	-\$672.00
Fixed Assets	\$8,774.00	\$9,122.00	\$12,950.00	-\$4,176.00
Deposits	\$6,698.00	\$6,698.00	\$6,698.00	\$0.00
TOTAL ASSETS	\$243,775.00	\$251,172.00	\$248,623.00	-\$4,848.00
LIABILITIES & NET ASSETS				
Liabilities				
Current Liabilities				
Accounts Payable	\$386.00	\$2,939.00	\$5,266.00	-\$4,880.00
Payroll Tax Liabilities	-\$292.00	\$380.00	\$4,150.00	-\$4,442.00
Sales Tax Payable	\$427.00	\$607.00	\$528.00	-\$101.00
Advanced Sales	\$749.00	\$749.00	\$0.00	\$749.00
Total Current Liabilities	\$1,270.00	\$4,675.00	\$9,944.00	-\$8,674.00
Supplemental Compensation	\$3,819.42	\$3,472.20		
Total Liabilities	\$5,089.42	\$8,147.20	\$9,944.00	-\$4,854.58
Net Assets				
Net Assets, Beginning of Year	\$236,886.00	\$236,886.00	\$228,376.00	\$8,510.00
Net Surplus/(Deficit), YTD	\$1,800.00	\$6,139.00	\$10,303.00	-\$8,503.00
Total Net Assets	\$238,686.00	\$243,025.00	\$238,679.00	\$7.00
TOTAL LIABILITIES & NET ASSETS	\$243,775.42	\$251,172.20	\$248,623.00	-\$4,847.58

12 Step Workshop September 23 2:00PM



Presented by Marin Teleservice
Guest speaker: Pete F. San Francisco
Marin Alano Club, 1360 Lincoln Avenue in San Rafael
Visit aasf.org for more details.



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(Continued from Page 5)

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