

the Point

2018 **10**
October

*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.

Cover photo by Rick C.

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1 FIRST MON Technology Committee Central Office, 1821 Sacramento St., San Francisco 6:00pm	2 FIRST TUE SF Bridging the Gap Central Office, 1821 Sacramento St., San Francisco Orientation 6:00pm	3 FIRST WED Intergroup Meeting First Unitarian Universalist Center 1187 Franklin St., San Francisco Orientation 6:15pm Meeting 7pm
7 Northern California Council of A.A. NCCAA 71st Fall Conference DoubleTree Hotel, 2233 Ventura St., Fresno October 5 - 7; Doors open at 8:00am Visit: norcalaa.org	8 SECOND MON Indigenous Peoples' Day Holiday Central Office closed SF Public Information / Cooperation with the Professional Community (PI/CPC) Central Office, 1821 Sacramento St., San Francisco Business Meeting* 6:00pm *Speaker Orientation will be at SF Unity Day, Saturday, October 13, 2:15pm (see listing)	9 SECOND TUE Marin H&I Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6:15pm Business Meeting 7:00pm SF General Service 1111 O'Farrell St., San Francisco New GSR Orientation / Concept Study 6:30pm Business Meeting 7:30pm	10 SECOND WED Marin Bridging the Gap Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6:00pm Business Meeting 6:15pm
14 SECOND SUN Golden Gate Young People in AA Central Office, 1821 Sacramento St., San Francisco 12:00pm <i>(even months at Central Office; odd months at Marin Alano Club)</i>	15 THIRD MON Marin General Service 9 Ross Valley Rd., San Rafael Orientation / Concept Study 6:45pm Business Meeting 7:30pm SF Teleservice Central Office, 1821 Sacramento St., San Francisco Orientation 6pm	16	17
21 THIRD SUN Archives Committee Meeting Central Office, 1821 Sacramento St., San Francisco 12:00pm <i>Business meeting followed by work day</i>	22	23 FOURTH TUE Marin Teleservice Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 7:00pm Business Meeting 7:30pm	24
28 FOURTH SUN Brisbane Breakfast Bunch 51st Anniversary Brisbane Community Center 250 Visitacion Ave., Brisbane Potluck 10:00am Speaker Meeting 11:00am	29	30	31

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

THURSDAY	FRIDAY	SATURDAY
4	5 Northern California Council of A.A. NCCAA 71st Fall Conference DoubleTree Hotel, 2233 Ventura St., Fresno October 5 - 7; Doors open at 2:00pm Visit: norcalaa.org	6 Northern California Council of A.A. NCCAA 71st Fall Conference DoubleTree Hotel, 2233 Ventura St., Fresno October 5 - 7; Doors open at 8:00am Visit: norcalaa.org
11	12	13 SECOND SAT The Point Committee Meeting Central Office, 1821 Sacramento St. San Francisco 10:00am San Francisco Unity Day Urban Life Center, 1101 O'Farrell St. San Francisco 11:00am to 4:30pm
18	19	20 THIRD SAT SF H&I , 2900 24th St., San Francisco Orientation 11:00am Business Mtg 12:00pm Marin Unity Day Unity in Marin, 600 Palm Dr., Novato 3:00 to 7:00pm Drunks on Display Talent Show Artists & Writers Group, All Saints Episcopal 1350 Waller St., San Francisco, 5:00 to 9:00pm
25 FOURTH THU Marin Public Information / Cooperation with the Professional Community (PI/CPC) Marin Alano Club, 1360 Lincoln Ave., San Rafael 7:00pm SF H&I Evening Orientation Central Office, 1821 Sacramento St. San Francisco 6:30pm	26	27 FOURTH SAT The 12 Traditions Today Central Office, 1821 Sacramento St. San Francisco 11:00am CNCA Meeting 320 N. McDowell Blvd., Petaluma 10:00am Special Tax/Insurance Workshop

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.



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“We are neither cocky nor are we afraid ... as long as we keep in fit spiritual condition.”

~ *Alcoholics Anonymous*, p. 85



Meeting Changes

New Meetings:

Mon	8:00am	San Rafael	AA Queeries , Aroma Cafe, 1122 4th St./A St.
Thu	7:00pm	Pt. Reyes Station	Thursday Night Book Study , Pt. Reyes Fire Station, 101 4th St./B 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!**



Recent Deaths

Richard K. — Huntington Square
Sobriety Date: March 2, 1979



Recent Deaths

David J. — Tuesday Downtown
Sobriety Date: February 11, 1983

**San Francisco
Unity Day 2018**
Saturday, October 13
Doors open at 11am

*Rediscovering Service
Outside of the Group:
Participating at
the group level is
just the beginning*

Urban Life Center
1101 O'Farrell Street @ Franklin
San Francisco

unityday'18
Saturday October 20, 3-7pm at Unity in Marin, Novato <http://bit.ly/UnityDay2018>

**S.F. General Service District 06
Welcomes You!**

11:30 Unity Day: What It Was Like, What Happened, and What It's Like Now — Jackie B.
12:00 Service Fair & Treasure Hunt
12:30 Lunch
1:00 Three Legacies Panel:
Recovery (12 Steps) — Kevin O.
Unity (12 Traditions) — Andy T.
Service (12 Concepts) — Sharon B.
2:15 PI/CPC Orientation
Teleservice Orientation
3:00 Bridging the Gap & Sunshine Club Orientation
Hospital & Institution Orientation
HelpChat Orientation
3:45 A.A. Trivia — Drawing — Desserts Galore!

The event is paid for by SFGS; no cost for admission.

Marin General Service District 10 Presents

unityday'18

Date: Saturday October 20, 2018
Time: 3pm to 7pm
Place: Unity in Marin
600 Palm Drive
Novato, CA (Hamilton)
Theme: Game Show
Suggested Donation: \$10

Activities And Times
3:00 pm : Doors Open / Service Tables
4:00 pm : Delegate's Report
4:30 pm : Dinner BBQ & Potluck Sides and Desserts
6:00 pm : Games, Raffle and Sobriety Countdown

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From the Editor



Keeping Fit

“What we really have is a daily reprieve ...”
~ *Alcoholics Anonymous*, p. 85

In this issue Ken J. shows the positive side of being jaded alcoholics: our shared experiences insulate us from whatever would distract us from reaching those who are still suffering. Greg F. reminds us how fellowship started with Bill talking to Bob, and became the basic recipe for treating alcoholism. Each conversation represents a stamp of hope on someone’s recovery passport. But we can’t give away what we don’t have.

Keeping in a fit spiritual condition allows us to reach out with compassionate understanding (*Alcoholics Anonymous*, pp. 85 and 561). An anonymous member describes how the Tenth Tradition

lets each group focus on our primary purpose instead of politics or religion. Our general service office examines how taking a group conscience sets boundaries for group safety.

Before a thorough Step Five, John W. said, “If you had partners like mine, you’d drink, too.” Letting go of old, cherished illusions with a sponsor led him to take more positive action. Rick R. blasts away outdated defense behaviors to find a deeper level of honesty. Carla H.’s 10th Step promotes faith and service. And Claire A. breaks down our principles to show how willingness brings her closer to what she really wants—aka “Just for Today.” If we follow fellowship guidelines we can carry a clear vision of hope throughout daily life (*A.A.*, p. 85).



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.

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.

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Jaded

Life can only be understood backwards

by Ken J.

Once you're a pickle you can never go back to being a cucumber. I'm not a gherkin—more like a jumbo dill. When I was young I watched people. Based on their behaviors I picked out those I wanted to emulate, and those I wanted nothing to do with. Based on those ideals, I started drawing lines in the sand—points I would never cross. But as my alcoholism progressed I found myself doing just that.

The first time I would be disgusted

The first time I would break one of those barriers I would be disgusted with myself. I'd feel demoralized, embarrassed and ashamed. The next time I would cross that same barrier, I didn't feel quite so bad. I wasn't as embarrassed, not nearly as ashamed, and hardly demoralized. The third time ... was a piece of cake. I was pretty jaded.

When I got sober I was relieved to hear that so many alcoholics were jaded as well. Listening to drunkalogues helped me to realize I was not alone and that I could choose not to judge myself based on the actions of my past. In a sense I was able to start over.

I remember hearing someone talking about becoming the person they wanted to be. They also seemed to be attempting to distance themselves from their past by attributing all of their unacceptable history to their alcoholism. It was a Dr. Jekyll and Mr. Hyde thing. That way of thinking led me to my mistake: interpreting starting over as innocence. In a sense,

I re-wrote my experiences. They became the experiences of that "other me."

Redefining myself in sobriety I actually became judgmental and intolerant. I was an insufferable prude. A friend of mine actually told me that just because I got sober, I didn't get my virginity back. That's reducing this issue down to my sex life, but it really does apply to all of my behavior and attitudes. In spite of working the Steps, I was still living in a black and white world, where everything was good or bad, right or wrong, and functional or dysfunctional.



Unlike pregnancy, where you either are or you aren't, life is a spectrum of gray. The reality is that I came to Alcoholics Anonymous jaded, and I can't undo that. Add to that 20 years as a nurse and 33 years of sobriety, and

I've encountered the unimaginable. I had a professor in nursing school who said, "If you can think of something, someone else has probably already done it." And it's essentially the truth. I can't remember the last time I heard anything in a meeting that shocked me.

It was a Dr. Jekyll and Mr. Hyde

Years ago I was in my hometown in Nebraska. They were dealing with a local incident of child molestation and it was a huge deal for them. But

then, there hadn't even been a murder in that town since 1969. I'd been living in the big city for decades, where we are inundated with horrible crimes on the nightly news. It occurred to me that being jaded isn't just due to personal experiences. It comes from the world around us as well.

So that's kind of the key for me. I can't be "un-jaded." There's no going back on my experiences. And it's impossible to live in a vacuum. Kierkegaard said, "Life can only be understood backwards; but it must be lived forwards." Taking all of the darkness and sadness

that has caused me to be jaded, I am able to turn that into understanding and compassion. The insulation from shock and horror allows me to be strong and supportive. For me, being jaded prepares me to move forward.



Safety and A.A.

Our Common Welfare, Part 2

by Area 11 Connecticut General Service Committee

Group Safety and Unity

Situations that groups have addressed through their group conscience include: sexual harassment or stalking, threats of violence, bullying, financial coercion, and racial or lifestyle intolerance. Pressuring A.A. members into a particular point of view about medication, politics, religion, or other outside issue may affect whether someone feels safe enough to return to the group.

Some groups have their own guidelines or procedures to help keep members at the meeting feeling safe. A.A. members can speak to those who are acting inappropriately. Situations can be discussed at business meetings to come to a group conscience about how to handle a situation. As a last resort, the disruptive member may be asked to stop attending the meeting for a specific period of time. Groups that take this drastic action do it in order to preserve the common welfare of the group and to maintain A.A. unity.

In any situation, if a person's safety is in jeopardy, or the situation breaches the law, the individuals involved can take appropriate action to ensure their safety. Calling the proper authorities does not go against any A.A. Traditions. Anonymity is not a cloak protecting criminal or inappropriate behavior.

Inappropriate or predatory behavior, such as unwanted sexual attention or targeting vulnerable members, can be especially troublesome. These behaviors may go on outside of typical meeting times. While A.A. members can be caring and supportive to those

affected, we are not professionals trained to handle such situations. Law enforcement or other professional help may be necessary.

Anonymity is not a cloak protecting criminal or inappropriate behavior

Victims of inappropriate behavior, harassment or predators can let the group know about such situations, often through a sponsor or trusted friend. This way the group is informed, and members can help address the situation and curtail further problems. Group discussion should be focused on creating an environment where all alcoholics can find and maintain sobriety.

A.A. and the Law

Common sense and experience suggest that A.A. membership does not grant immunity from local regulations and being at an A.A. meeting does not put anyone beyond the jurisdiction of law enforcement officers. As individuals, A.A. members are also "citizens of the world," and as citizens we are not above the law.

Through the group conscience process, many groups have established guidelines regarding when it may be appropriate to call authorities and handle a given situation within the legal system.

No A.A. group has to tolerate illegal behavior and any activity within an A.A. meeting is subject to the same laws that apply outside the meeting. The nature of illegal acts that groups have faced include violence, embezzlement, theft of property, drug sales at a meeting, and more.

Emergencies

Injuries, accidents, fires, and other emergencies, sometimes do occur during meetings. To address these situations, groups can also develop plans and procedures, often in consultation with their landlord or local authorities. Handling an emergency is more important than continuing the meeting, and members should not hesitate to call emergency personnel in critical situations.

Keeping the Focus on Our Primary Purpose

We hope our common suffering as alcoholics and our common solution in A.A. would enable us to transcend most issues and curtail negative behaviors. As noted in the Big Book, *Alcoholics Anonymous*, pg. 84, "Love and tolerance of others is our code."

Safety, however, is important to the functioning of the group. By maintaining order and safety in meetings, the group as a whole will benefit and members will be able to focus on recovery from alcoholism and a life of sobriety.

Ultimately, the experience of how these situations are handled can be as varied as our fellowship. Good judgment and common sense, informed by the Twelve Traditions, seem to provide the best guide.

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.



I Heart the Tenth Step

And I do it every day

by Carla H.

My Tenth Step covers three pairs of ideas: faith vs. fear, service vs. self-seeking and honesty versus dishonesty, the definition of which includes stories I make up (as opposed to out-and-out lies).

Faith is the opposite of fear. Was I in faith today? If not, how much of my day was in fear? In my head, I see a horizontal line between faith and fear. Where would I put a slider on that line, closer to faith or more toward fear?

Service is the opposite of self-seeking. How much of my day was in service, either to other A.A.s or to my employer or coworkers? Often, my service is staying sober. I am of service to the world by not drinking today.

Honesty is the opposite of dishonesty or creating stories, which can happen without my realizing it. I know if I'm lying or purposely leaving out some critical detail, but my ability to craft stories based on nothing but fear and pride is astonishing (still). Speculative fiction of all sorts can occur in my head.

When I first started doing a Tenth Step, I'd draw a little diagram on an envelope or scrap of paper before I called my sponsor to leave my daily voice mail check-in, of which this step is only a small part. The diagram helped jog my memory about what had happened that day and helped me focus on the three pairs of ideas.

Over time, I started trusting my gut more, so I stopped drawing the



diagram. But I always start my review with asking myself about fear. For me, fear is the key to all the other parts.

Where was I afraid today and if so, over what? Did pride have something to do with that fear, was I afraid coworkers were making me look bad, trying to prove I wasn't doing my job well, or somehow trying to get me? If so, that's self-seeking fear, meaning I wasn't of service and likely telling myself stories.

Speculative fiction of all sorts can occur in my head

I'd realize that no one was trying to prove I couldn't do my job—they were generally just trying to do their own jobs and I was in their way somehow. Fair enough, maybe I was. Doesn't mean they are trying to do anything at all to me; they are just looking out for themselves. And most people don't have a program, as my sponsor has pointed out.

I realized after doing a daily Tenth Step for a while that if I was in fear about anything, it was always self-seeking fear based on my own dishonest storytelling.

For me, the Tenth Step is an active look at my daily behavior. It also helps me keep a little distance from it, so that I'm not attacking myself. I'm just examining my behavior today. A little tiny Fourth Step.

From years of this nightly review, I've been able to see how much fear-based pride I have. I also see its consequences. This has led me to believe it's much simpler to keep my side of the street clean if I pray for my HP to remove my fear and pride. It's a great reminder to put on my Dalai Lama glasses before I go out the door.

My Tenth Step is visual, simple, and keeps me accountable to someone else for my actions and thoughts every day. Our 24-hour program is almost like breathing for me now. It's an integral part of who I have become. And I heart that, too.



Tradition Ten and Avoiding Controversy

Alcoholics Anonymous has no opinion on outside issues

by Anonymous

The long form of Tradition Ten reads: *No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous group opposes no one. Concerning such matters they can express no views whatsoever.*

As George Santayana once said,

“Those who cannot remember the past are condemned to repeat it.” In *Twelve Steps and Twelve Traditions* our founders heeded this advice. They learned from the Washingtonian Society that peril lay in permitting politicians to use their society for

their own purposes, regardless of the apparent righteousness of the cause (*Twelve Step and Twelve Traditions*, p. 178). Having already committed to one primary purpose, a logical next step would be to avoid controversy by staying focused on the primary purpose, helping the alcoholic who still suffers.

Helping the alcoholic who still suffers

But how does such a highfalutin’ principle work for the average drunk like me, just trying to stay sober? In the course of small talk with a member I admire greatly, the topic

turned to a current news item. With my background it was easy to have an opinion. But the follow-up was not anticipated. My colleague took my point and applied it to another, equally prominent news item, but took a tack quite different from mine. Here I was, right where I did not want to be, in an escalating discussion on the pros and cons of a question about which there were two distinctly different and discordant views.



In the sober time after that exchange, I saw the opportunity to repeat the same type of conversation, with one or another colleague and always, initially, with the best of intentions. While, like Santayana, I strive to learn from past experience, no saint am I. Too often the bait was taken before I realized the hook hidden within was set. I could only imagine the reaction of any group in a public setting where, with the best intentions of espousing the good A.A. has to offer, slipping into one of my human defects. I would lose not only the listeners but any hope they would be attracted by my message.

I have been one of the fortunate ones to speak for the Public Information/ Cooperation with Professional Community (PI/CPC) service group. Here particularly it is important for me to remember it is not a soapbox for my version of A.A. I have had the benefit of working with a number of more experienced members and have been able to learn from them how to “Talk the Talk” in a manner that carries the message effectively and, at the same time, does not have me sounding off on

outside controversial issues. Keeping my mouth shut on such things means there is no chance I will say the wrong thing while trying to say the right thing. This knack is not one which comes easily to me. So the years of experience I have had learning how restrain my tongue in meetings has carried

over well to the service groups where I share my experience, strength and hope.

Carrying the message

More will be revealed, and the importance of this tradition started to grow on me at meetings. That growth blossomed during service opportunities when the lessons learned could be put into practice in real time. What I had learned first-hand at meetings was a valuable insight into the wisdom of the principles behind Tradition 10. In the simple terms which I had learned as a youngster: “Remain silent and be considered a fool; open your mouth and remove all doubt.”



I Thought I Was Being Responsible

Return on investment

by John W.

I always thought I was the responsible one in the equation—that the “other half” of the relationship, whether business or marital, was what needed fixing. If you had the kind of “partners” I had, you would drink, too.

Things still fell apart. I didn’t drink because of a problem—I drank at a problem. As I finally tried to start climbing out of my bottom, one day at a time, with Twelve Steps in front of me, I heard something that rang so true. A woman shared that she had been fixing her husband with her drinking. She realized her method was like trying to get rid of the rat across the room by drinking the poison herself. It did not work! Wow, did that ever sound familiar. I had thought the dutiful dad I was, working long hours to pay the bills at home and carry the load at the office, was entitled to a wee nip (or 12) to take the edge off a brutal day. My sponsor gently pointed out that while I thought I was being responsible for a lot of positive, which was true, I was at the same time responsible for inflicting a lot of harm upon those I cared for the most.

Distorted by my obsession

As the sun set on that Fifth Step, I realized my perception of responsibility had been distorted by my obsession with alcohol. What began to germinate was a new attitude about what it meant for me to be responsible, especially when it came to my alcoholism. As my days started to become years, I was better able to accept that I had to carry the

message to the next drunk who might stumble through the door. I saw that there had to be a “door” to stumble through. Somebody had to pay to have that “door” and for that, too, I was responsible.

My days started to become years

I had been certain I was responsible when I was supporting my clients, my business or my family. The shock was in the realization that I now needed to support our meeting, our program and our hand reaching out to alcoholics who needed help. That was a switch. That was a change of outlook. That was most certainly a change of attitude.



As I witnessed how it worked, I saw that to get something to transmit, where before there had been only a vacuum, I needed to take action. I had to do something to help the “door” be both there and open. Regular meeting attendance seemed pretty straightforward and putting a contribution into the basket passed made sense too. Commitments which I volunteered for helped me to finally feel a part of, at home with, our group.

My home group would not falter unless we let it. Our daily task was simple, yet profound: Be ready to give to others what we had so freely received. I saw that when newcomers showed up and we were there to offer support, there was a meaning to life which before I had been missing.

My sponsor put the sublime into clearer terms when he observed that I was feeling this way because I was finally being responsible, not just acting responsible. I was investing myself in something, our A.A. Program and the life saving potential it had, rather than just paying bills and reviewing balance sheets. By belonging in and to our A.A. program of recovery, my sponsor showed me how I was actually also becoming, in my small way, responsible for it. This return on that investment was one I had never expected and now work each day not to lose.



Willing Doesn't Mean Wanting

Making the effort to present the best that's possible

by Claire A.

What is the difference between willing and wanting?

Perhaps the best place to see this in action is in the *Just for Today* prayer card. That card is full of suggestions for how to live my life, many of which I don't always want to take. For example, "Look as well as I can, dress becomingly."

My default is to throw on the same pair of jeans I had on yesterday and to not comb my hair. I like to think that I am naturally as well-kept as the average person—but I am not. For example, "I will look as well as I can, dress becomingly. It is only grudgingly that I take a shower, pull on a fresh set of clothes, and deal with my hair. And earrings? That's, like, getting dressed up. And yet when I do these things, I always feel better inside: like I am making the effort to present the best possible appearance I can.

I worried about what I'd done when drinking

I don't know why this is so hard for me. I'm sure it's partly sheer sloth. But I also resent having to do laundry, so logically, if I don't wear the fresh pants, I won't have to launder them later. And I tell myself that if I don't shower, I won't waste water. Ha! I guess that's true, but it's also an excuse to do nothing.

The *Just for Today* card tells me to do three things I don't want to. That doesn't sound like much. Three things? How bad can that



be? But in my experience, doing three things I don't want to can be quite enough, thank you very much. Whoever wrote that card had a lot of experience with the difference between willing and wanting.

Things I don't want to do: get out of bed, call the phone company, go to the DMV, write up my invoices, take the kid to soccer, make dinner, make dinner, make dinner (no, that's not a typo), fly in planes anywhere, buy underwear. The list goes on. It's actually endless. I'm pretty sure there will always be a list of things I don't want to do.

That card also tells me to be unafraid. This is a weird one. Who

would want to be afraid? Well, me. I think I stay in fear sometimes because it's familiar, and less uncomfortable than action. So, I may want to make excuses, sit on the couch, etc., but I need to be willing to get out there and take care of things! I really have to pray for courage and go for it. And when I do that, the feeling of satisfaction is terrific.

The thing is, when I develop the quality of willingness, I become free. I thought I wanted to be able to drink. But trying to fulfill the desire to drink became a kind of jail. My life was so small. Everything revolved around getting a drink. When I wasn't

drinking, I was talking about drinking. When I was drinking, I was worrying about what others thought about my drinking, until I drank enough to not care, and then who knows what I was doing.

Fear is familiar

When I woke up in the morning, I was worrying about what I had done while drinking, because I couldn't always remember. What a nightmare. Being willing helps me get out of that jail. I am able to participate in life in all its ups and downs, able to help others and be helped, too, and able to share in joys and troubles with other people.



The End of Veiled Hypocrisy

Cutting off my own escape

by Rick W.

From my early teens to the present I have been to the extremes on both sides of the behavior scale, bad and good. I had two DUT's and totaled two cars while drunk, both before the age of 19. I never drank like a gentleman; I drank for oblivion. I made up my own rules as I went along. As soon as I was old enough, I enlisted in the Navy and got out of Pittsburgh. In 1959 I went aboard a ship in Newport, Rhode Island where I spent three years drinking and fighting. Aside from the night life, I did very well as a seaman and eventually advanced to Junior Petty Officer. I attribute that to the discipline and structure aboard ship.

Being honest with myself was the most essential part

When my hitch was up I tried civilian life again. I flew right over Pittsburgh to Los Angeles where my siblings were and went back to my old habits. After three years I was again circling the drain and remembered the success I had aboard ship. I missed the discipline and structure, so I reentered the Navy. My seamanship and rigging skills were excellent but my nightlife was atrocious, and it started catching up with me again. I got married, became a father, got divorced and was all over the Pacific trying to deal with it all by correspondence. The last straw was when I started having problems getting back to the ship in the morning. I was unwilling to lose my Navy career.

On October 15, 1969, I showed up at an A.A. meeting and that put an end to my life as a drunk.

As I look back on the way I integrated the A.A. program into my life I see many similarities in the way I applied the disciplines of my Navy experience. More importantly, the attention to detail that compelled me to not overlook anything. Not only did I learn what I was supposed to be doing, but I learned *why I should be doing it*. Step Ten suggests that we continue to take personal inventory and when we were wrong, promptly admitted it. Understanding the spirit of this principle, and applying it at that deeper level, resulted in some profound behavioral changes. Being honest with myself was the most essential part of it all.



I made a statement to my current wife of 47 years that I should stop vilifying my first wife. Fifteen years later, at a meeting I offered \$100 to anyone that

had ever heard me say one negative thing about my first wife. To this day, nobody can collect on it. I established a principle about that issue and then I cut off my own escape. Years later it occurred to me that, if I can shoot my mouth off about the "first wife discipline," and I am still gossiping and criticizing other people, then am I not a hypocrite? By sharing this revelation at a meeting, I am once again cutting off my own escape at a deeper level.

Criticism and character assassination has been replaced with empathy and compassion

Principles are not flexible. Today I cannot be judgmental about any other human being and still maintain my credibility. This example has been the most productive development that I have experienced in my later years in the program and it results in a level of peace of mind that I never expected. Getting right with my conscience was the driving force, and neutralizing my ego was the unexpected result. Decision making is easy when a person develops the right principles and lives by them, absent of all escape clauses. Accepting the world and the people in it exactly the way they are has removed from me the responsibility to correct anyone but myself. All my criticism and character assassination has been replaced with empathy and compassion, surrounded by integrity and peace of mind.



Recipe for Treating Alcoholism

One alcoholic talks to another

by Gregory F.

Recently, I've had the honor of being gifted with three sponsees. They've each seen, felt and lived in the dark clutches of alcohol and other drugs' power. I know this feeling. I remember mine. The off-loading of a newcomer's story shared one-on-one is essential. They need to get it out; I identify with it and can be helpful. Hearing it reminds me of my own God-awful black hole of nothingness. Stuck, desperate, hopeless, and worst of all: no way out!

Sharing digs deeply into my soul. I feel their hopelessness, their struggle, their wanting to "get it." Hearing their rock bottom reminds me of mine. I'm able to shine the A.A. beacon within me for them. There is hope. One addict helping another, listening, caring, and being present. Awesome. Magical. It's God. Alcoholics Anonymous welcomed me and hasn't let go. Instant unconditional love. Laid before me was a bountiful collection of crayons. All colors of the imagination. Before I only saw grey. I was encouraged to put some color into my life's quilt.

All the colors of the imagination

Recovery has at times felt like a board game. Two steps forward, five back. Over time, as I've stayed sober, it's become easier to pick up my own crayons to color in my story. I'm in awe over the colors, fruits, rewards that life has bestowed on me.

I was told, "We stay sober one day at a time, sweetie. A life beyond your wildest imagination, one you can't even

possibly dream of, will be yours. This is A.A.'s promise." I found this hard to believe as a scared young kid, but I believed them. Through my valleys of doubt, disbelief, terror and pain came my own field of dreams. Flowers, birds, dawns, sunsets, kaleidoscopes of color. I discovered it is indeed possible to live a life of "limitless expansion."

Two steps forward, five back

At the end of any current step work, I feel as if I can't possibly feel any better. Wrong! God always raises my spiritual bar for me. The fruits, passions and colors of my long term sobriety tree burst forth. This never gets stagnant. There's always something else to do, and someone else to help and pay attention to. Hear and be heard. I work with others so they may see our gift of sobriety is one which we must give away.



Regardless of how many people I've talked to, each one leaves an impression of hope—a stamp in my recovery passport. The road does

indeed get narrow but not in a bad way. It's more easily traversed. I'm more acquainted with myself. I don't pull myself down as easily anymore. I honestly can close my eyes (or leave them open) and remember the best times of my life sober. Yes, I said the best times! I've found them after "one day at a time" for many times, and so can you. Fields of dreams, meetings, steps, people. I water my life's garden by continued A.A. involvement. I've got to keep working on my quilt.

The guys I sponsor re-affirm to me how good life is, and the wonder of my life. I'm here. I'm sober. I'm loved. I love. I've got a really tight relationship with my God. One I never could have imagined possible. I also honor and pay attention to the pain, misery and suffering I've endured, most of which has been emotional. It's part of my life's canvas as well; it all comes

together to make me me.

Alcoholics Anonymous started with Bill talking to Bob. Never give up on yourself or others. You never know what's going to happen. I can tell you this: your life is going to for sure be fierce. Just stick

at it, keep trying, tow your own line, and you will survive your own "no matter what" moments. It's worth it—I promise you!

Intergroup Meeting Summary: September 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	Steps to Freedom	Beginners Warmup	Join the Tribe
Last Stop Men's Step Study	Thursday Night Speaker	Blue Book Special	Lunch with Bill
Men's Two Plus	San Francisco Groups	Castro Monday Night BB	Pocket Aces
Mill Valley 7am	A is for Alcohol	Cocktail Hour	Reality Farm
Mill Valley LGBTQ All Are Welcome	A New Start	Cow Hollow Men's Group	Sometimes Slowly
Monday Blues	Any Lengths	Cow Hollow Young People	Sun Night Castro Speaker Disc
Quitting Time	Artists & Writers	Creative Alcoholics	Sundown
Rise N Shine	As Bill Sees It Th 6pm	Each Day a New Beginning	Valencia Smokefree
Saturday Weekend Warriors	Be Still AA	Experience, Strength & Hope	Weekend Update

This is an unofficial summary of the September 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, September 5, 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 August 2018 minutes and the September 2018 agenda were approved.

Standing Reports

Board Chair, John R. The Board Retreat was on August 11. How do we best energize the fellowship to get involved? Discussed board outreach about Intergroup. Subcommittees tackling specific jobs. Currently working on an elevator pitch to be determined.

Treasurer, Alix F. The Intergroup rating is Excellent (see report). Contributions and expenses are steady. Expect Maury to discuss an IGR refresher around budget and finance.

Executive Director, Maury P. We trained three new volunteers at Central Office but still have four open shifts. One-year sobriety requirement. Uptick in phone calls and activities (walk-ins, etc.). In September, Taran R., James O. and Maury will be going to the National A.A. Tech Workshop. Maury also attending the annual Intergroup/Central Office/ Grapevine/AA World Service Seminar. Did you like the link to the slides? No one received it. From the Board Retreat: have a second IGR orientation for those who have already been to the initial orientation on how to read our Financial Statements and any questions. It will be 6:15 pm at the next Intergroup Meeting. Presented an Organizational Chart for Intergroup.

Intergroup Committee Reports

The Point, John B. The Point is the Bay area's "FUBU Magazine" (For Us by Us). Looking for submissions (about 600 words) covering The Steps, The Traditions and The Concepts. Contact thepoint@aasf.org. Also looking for an additional editor. Meets the 2nd Saturday at 12:30 pm. September issue was the new layout person's first issue. Please send feedback through email. There is a plan in phasing out the print version and will be going digital.

Orientation, Trevor New IGR reps: Mark, Patrick, Andrew, Sarah, Karen, Adan and Charlie. We need help on the Orientation committee.

Technology, Tarin R. HelpChat: next orientation will be Saturday, September 22 at 6:30 pm at Central Office. Additional orientation will be at Unity Day on Saturday, October 13 at the Urban Life Center, 3:00 pm. Double the engagement after targeting newcomers on the web page. Secret Facebook Group: search for Lois Wilson and "friend" her to join. Want to build an audience, then build the page content. Questions: How does targeting work? Added the word "newcomer."

The Buzz, Ann Marie C. The Buzz is emailed the 1st and 15th each month. Successfully using MailChimp. We are thinking of putting together a list of big events or festivals for potential meetings (e.g., Burning Man, Outside Lands, etc.). Contact thebuzz@aasf.org.

Fellowship, Michael P. Currently the outgoing chair and looking for a replacement. Great for finding sponsees. Responsible for parties and Founders Day. Intergroup has produced plays and have the offer to produce the 10th anniversary of "In Our Own Words." Monthly meetings will start in January to plan for the next Founders Day. There is documentation, so the new chair will not be starting from scratch.

Archives, Kim S. This committee preserves the history of A.A. in San Francisco. Recently participated in Living

Individual Contributions

to Central Office were made through September 15, 2018

honoring the following members:

IN MEMORIAM

Bob C. – Hilldwellers, SF PI/CPC

Joe Y. – Tuesday Beginners

David J. – Tuesday Downtown

Richard K. – Huntington Square

ANNIVERSARIES

Mitsi H. – 18 years

Martha S. – 37 years

Sober (Western Roundup). Presented lots of Archives stuff. Contact archives@asf.org if you want some images of the event. The next History Talk, "Gay People in AA" will be announced soon. Meet the 3rd Sunday, 12:00 pm to 2:00 pm.

Liaison Reports

Marin General Service, Jacqueline A report sent after meeting. Marin Unity Day is Saturday, October 20 at Unity of Marin in Novato. It's a game-show theme. We will have a service entity panel presentation, a raffle, and hear our delegate's report on the May General Service Conference. Our officers are presenting their job descriptions and preparing their Pass-it-On reports for new incoming District Officers for 2019-2020. Our Third Legacy process is in December. Our Archive Committee had a presentation on why each meeting's history is important. Passed out history forms. Marin Bridging the Gap committee will bring awareness to BTG and its services this month. The Interactive Safety Workshop will be Saturday, November 10, 8:30 am to 1:30 pm. District 6 and Intergroup reps helping to fill the service positions, which have been expanded. Please consider volunteering your meeting for service. Any questions, email aasafetyworkshop@gmail.com

SF General Service, Steve The Interactive Safety Workshop on November 10 will cover how to handle disruptions and safety issues. SF Unity Day will be

October 13 at the Urban Life Center, 1101 O'Farrell Street, doors open at 11 am.

Marin PICPC, Andrew Holding our 2nd workshop on September 27. Come and learn how A.A. members share with the public. We need volunteers to staff meetings throughout Marin County. We will have a presence at Marin Unity Day.

Marin Teleservice, Patrick First time here. On September 23 will be a 12 Step Workshop. For questions, contact Patrick.

Old Business

Code of Conduct Vote

Discussed background, reviewed the Code, took questions. Andy made a motion to approve, Alex seconded and the motion was approved with 28 YES and 0 NO.

New Business

Service Discussion Follow-up Committee was Allison, Julie and Caroline. Allison lead the discussion. Used creative tacks during announcements to try and change the branding of Intergroup service. It's a less sexy version of the UN (harrumph). Has value of doing 12 step work without sponsees. Relating to the topic in the meeting seems to help. Guilt does not seem to work. People are into the prison pen pal thing. Humor works (see UN comment above). People are scared to be of service at so called "cool people

Continued on Page 19



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:

Anonymous	David S.	Kim S.
Alejandro D.	Dianne E.	Kimberly D.
Alex L.	Don L.	Kurt C.
Alex R.	Drew S.	Kurt P.
Alix F.	Ed K.	Lance S.
Allison M.	Eileen M.	Lauren H.
Ami & Nick H.	Erin S.	Lavon T.
Amy Mc.	Fiona B.	Layne S.
Anastasia K.	Forrest P.	Layne Z.
Andrew B.	Frederick D.	Lelan & Rich H.
Andy F.	Gabrielle J.	Leo G.
Barbara L.	Gerald F.	Leslie G.
Barbara M.	Gerardo R.	Linda L.
Barbara N.	Gerri B.	Linda R.
Becca M.	Gladys G.	Lisa Mc.
Ben H.	Hank B.	Lisa T.
Ben W.	Heather K.	Liz M.
Bharani A.	Hilary & Theresa M.	Luz & Dennis O'C.
Blu F.	James P.	Lucy T.
Brad S.	Jane B.	Mabel T.
Brian C.	Jane K.	Mac E.
Brian & Diane C.	Janelle P.	Mana F.
Bruce K.	Jason B.	Marc F.
Bruce W.	Jeffery K.	Marcus W.
Bruce Z.	Jerry M.	Marit L.
Caroline A.	Jessica K.	Mark A.
Cathy P.	Jim H.	Mark O.
Charley D.	Joanne S.	Mark S.
Chip G.	John B.	Martha S.
Chris L.	John C.	Marty C.
Chris Mc.	John G.	Mary C.
Christopher B.	Julie P.	Mary D.
Claudia C.	Karen H.	Maryellen O'C.
Clayton M.	Karen K.	Matt S.
Constance C.	Katherine G.	Matt S.
Craig S.	Kathleen C.	Michael M.
Curtis V.	Keith F.	Michael M.
Dan B.	Kevin C.	Michael P.
Daniel M.	Kevin H.	Michael W.
David J.	Kieran B.	Michael Z.

(Continued on Page 19)

If you would like to become a Faithful Fiver, please visit our website and navigate to the "Contributions" page. You will receive a complimentary subscription to The Point. And remember, individual contributions are 100% tax deductible!

aa group contributions

Fellowship Contributions	Aug. 18	YTD	Marin Contributions	Aug. 18	YTD	Marin Contributions	Aug. 18	YTD
Contribution Box		\$557.42	Monday Night Stag Tiburon	\$600.00	\$1,100.00	Women's Lunch Bunch F 12pm	\$166.00	\$355.00
GGYPAA	\$6.67	\$18.67	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		\$1,313.41	Working Dogs W 12pm		\$1,466.04
Fellowship Total	\$6.67	\$2,576.09	Morning After Sa 10am		\$800.00	Marin Total	\$4,013.19	\$48,416.58
			Noon Discussion Thu 12pm		\$22.00			
			Noon Hope	\$49.80	\$217.30			
Marin Contributions	Aug. 18	YTD	Noon Reveille Su 12pm		\$16.00	San Francisco Contributions	Aug. 18	YTD
12 & 12 Study Sa 815am	\$78.00	\$158.00	North Marin Speaker Sun 12pm		\$179.00	11th Step Power Power Power	\$47.90	\$175.09
7AM Group 7D 7am		\$225.71	Novato Fellowship Group		\$147.00	6am Dry Dock Fri		\$209.00
A Vision for You (Fairfax) Su 730pm	\$230.41	\$705.89	Novato Spirit Discussion F 2pm		\$165.00	6am Dry Dock Mon		\$148.80
Attitude Adjustment 7D 7am	\$755.92	\$4,625.76	On Awakening 7D 530am		\$2,950.00	6am Dry Dock Sa	\$88.00	\$88.00
Awakenings Sat 830a		\$139.54	Quitting Time M-F 530pm		\$900.72	6am Dry Dock Tu	\$356.00	\$686.00
Awareness/Acceptance M 1030am		\$220.00	Reveille 7D 7am		\$516.92	6am Men's Literature M		\$20.00
Back to Basics Su 930am		\$288.50	San Geronimo Valley M 8pm		\$82.50	7am Speaker Discussion Th 7am		\$103.20
Beginner's Help Th 8pm		\$75.00	Saturday Weekend Warrior Sa 830am		\$800.00	A is for Alcohol Tu 6pm	\$69.55	\$323.55
Big Book Study & Meditation M 7p		\$23.31	Saturday Women's Speaker Sa 6pm		\$344.26	A New Start F 830pm		\$717.86
Bounce Back M 6pm		\$550.00	Sausalito 12 Step Study Group		\$432.00	AA As You Like It Tu 530pm		\$351.54
Caledonia Sun 8pm		\$1,190.00	Serendipity Sa 11am		\$80.00	Afro American Beginners Sat 8pm		\$305.10
Closed Women's Step Study Tu 330pm		\$162.56	Six O'Clock Sunset Th 6pm		\$200.00	Agnostics & Freethinkers Su 630pm		\$662.00
Conscious Contact Sa 6pm	\$190.00	\$470.00	Sober Sisters W 12pm		\$321.00	All Together Now Th 8pm		\$127.20
Corte Madera Saturday Candlelight 8pm		\$965.56	Spiritual Testosterone Stag Su 830a		\$250.00	Artists & Writers F 630pm	\$868.21	\$1,749.00
Crossroads Sun 12pm		\$685.74	Step 11 Gong Meditation Thu 530pm	\$100.00	\$170.00	As Bill Sees It Th 6pm	\$314.58	\$314.58
Experience, Strength & Hope(Marin) Sa 6pm	\$91.20	\$91.20	Steps to Freedom M 730pm		\$250.00	As Bill Sees It Tu 1210pm		\$57.46
Fireside Fri 8pm Bolinas		\$41.49	Stinson Beach Fellowship Th 8pm		\$347.50	Ass in a Bag Th 830pm		\$152.03
Friday Night Book F 830pm		\$794.39	Sunday Express Su 6pm		\$191.00	Atheists, Agnostics & Others Sa 11am		\$50.00
God Could & Would 5D M-F		\$150.00	Sunday Friendship Su 6pm		\$375.50	Be Still AA Su 12pm		\$1,460.36
Gratitude Tu 8pm		\$393.86	T.G.I. Tuesday 6pm	\$91.20	\$91.20	Bernal Big Book Sat 5pm		\$1,115.47
Greenfield Newcomers Su 7pm		\$268.23	Terra Linda Thursday Men's Stag Th 8pm		\$337.00	Bernal New Day 7D	\$225.15	\$1,657.92
Happy Destiny F 7pm		\$250.00	The Barnyard Group Sa 4pm		\$355.13	Big Book Basics F 8pm	\$163.03	\$249.14
Happy, Joyous & Free 5D 12pm		\$750.00	There is a Solution Tu 6pm		\$50.00	Big Book Beginners F 105pm		\$200.00
High & Dry W 12pm		\$175.50	Three Step Group Sa 530pm		\$731.00	Big Book Study Su 1130am		\$174.00
Intimate Feelings Sa 10am		\$189.20	Thursday Night Speaker 830pm	\$250.00	\$863.74	Blue Book Special Su 11am		\$203.12
Inverness Sunday Serenity Su 10am		\$366.00	Tiburon Women's Candlelight W 8pm		\$48.80	Buena Vista Breakfast Su 12pm		\$60.00
It's All About The Book	\$500.00	\$500.00	Tuesday Beginners' Meeting		\$1,416.95	Came to Believe Su 8am		\$171.21
Just Can't Wait 'til 8 M 630pm	\$133.00	\$133.00	Tuesday Chip Meeting Tu 830pm	\$200.00	\$1,000.00	Came to Park Sat 7pm	\$171.00	\$931.60
Keep It Simple Sister Thu 7pm		\$427.50	We, Us and Ours M 650pm		\$497.32	Castro Discussion (Show Of Shows) Th 730p		\$95.53
Larkspur Haven Su 12p		\$352.00	Wednesday Mid-Week W 6pm	\$91.20	\$91.20	Castro Monday Big Book M 830pm	\$173.64	\$299.44
Last Stop Men's Step Study W 6pm		\$450.00	Wednesday Night Candlelight (Marin) W 8pm	\$94.48	\$229.48	Cocoanuts Su 9am		\$205.00
Living Sober Ladies Thu 10am		\$499.80	Wednesday Night Speaker Discussion W 7pm	\$241.98	\$942.95	Compass Group Sun 10am		\$312.00
Los Ranchitos W 830pm		\$87.00	Wednesday Sundowners W 6pm		\$350.00	Cow Hollow Men's Group W 8pm		\$2,153.36
Marin Teleservice		\$4,250.00	What's It All About F 12pm		\$243.00	Design For Living - Big Book Th 730am		\$257.10
Men's 2 Plus M 7pm		\$317.00	Wholly Together 11th Step Meditation W 7p	\$100.00	\$194.00	Design For Living - Big Book 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		\$731.82
Mill Valley 7D 7am		\$975.00	Women for Women W 12pm	\$50.00	\$50.00	Dignitaries Sympathy W 815pm		\$161.00
Mill Valley Discussion W 830pm		\$466.00	Women's 12 x 12 Fri 1030am		\$495.18	Each Day a New Beginning F 7am	\$618.35	\$2,049.15
Mill Valley LGBTQ All Are Welcome Wed 8p		\$216.85	Women's Big Book Tu 1030am		\$1,869.58	Each Day a New Beginning M 7am		\$705.17
Monday Miracles M 630pm		\$380.00				Each Day A New Beginning Su 8am		\$670.58

San Francisco Contributions	Aug. 18	YTD	San Francisco Contributions	Aug. 18	YTD	San Francisco Contributions	Aug. 18	YTD
Each Day a New Beginning Th 7am		\$362.01	Monday Beginners M 8pm		\$520.00	Sunset 11'ers F		\$78.75
Each Day a New Beginning Tu 7am	\$256.62	\$1,309.59	Monday Fit Spiritual Condition M 130pm		\$23.00	Sunset 11'ers M		\$289.00
Each Day a New Beginning W 7am		\$878.21	Monday Men's Stag (SF) M 8pm	\$105.08	\$178.05	Sunset 11'ers Su		\$361.80
Early Joyous & Free Th 7am		\$120.00	Monday Monday M 1215pm		\$102.40	Sunset 11'ers Th		\$34.26
Early Start F 6pm		\$1,133.92	Monday Night Big Book Study M 8pm		\$229.57	Sunset 11'ers Tu		\$180.09
Epiphany Group Th 7pm	\$200.00	\$200.00	New Highs W 130pm		\$8.00	Sunset 9'ers M		\$20.00
Eureka Step Tu 6pm	\$123.75	\$123.75	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	\$60.00	\$324.00	O.A.D.W. Mon 7pm		\$143.30	Ten Years After Su 6pm	\$1,148.08	\$2,208.12
Experience, Strength & Hope Sat 9am		\$439.00	Ocean of Sobriety W 830p	\$264.60	\$546.60	The Drive Thru W 1215pm	\$120.00	\$1,297.25
Extreme Makeover M 730pm		\$152.98	One, Two, Three, Go! W 1pm		\$31.00	The Forum Tue 730p		\$241.00
Federal Speaker Su 12pm	\$183.97	\$517.81	Park Presidio M 830pm		\$52.95	The Leaky Cauldron Su 930am		\$503.19
Firefighters & Friends Tu 10am		\$274.59	Pax West Group 5D	\$1,548.00	\$1,548.00	They Don't Know Who We Are Sat 7pm		\$116.56
Fireside Chat Group Sa 9pm		\$138.00	Potrero Hill 12 x 12 M 630pm		\$472.20	Thursday Afternoon Step Study Th 130pm		\$7.00
Friday All Groups F 830pm		\$144.00	Raising the Bottom W 8pm		\$56.80	Thursday Night Women's Th 630pm		\$173.95
Friday Morning 12 Steppers 7am		\$60.00	Reality Farm Th 830pm		\$817.20	Thursday Thumpers Th 7pm	\$180.00	\$180.00
Friday Night Women's Meeting F 630pm		\$395.65	Rebound W 830pm		\$318.54	Too Early Sa 8am		\$871.71
Friday Smokeless F 8pm		\$260.08	Rigorous Honesty Th 1205pm		\$270.55	Trudgers Discussion Su 7pm		\$217.25
Friendly Circle Beginners Su 715p		\$576.82	Road to Freedom Mon 12pm	\$72.00	\$366.00	Tuesday Big Book Study Tu 6pm	\$254.00	\$254.00
Gold Mine Group M 8pm		\$766.72	Safe and Sound Family Support		\$293.06	Tuesday Night Lasses Step Study		\$255.00
Haight Street Explorers Th 630pm		\$172.00	Saturday Afternoon Meditation Sa 5pm		\$126.00	Twelve Steps to Happiness F 730pm		\$135.00
Happy Hour F 630pm		\$60.00	Saturday Beginners Sat 6pm		\$1,027.03	Valencia Smokefree F 6pm		\$1,132.08
Happy Hour Ladies Night F 530pm		\$60.00	Saturday Easy Does It Sa 12pm		\$778.67	Wake Up On 3rd St Group		\$152.25
High Noon 5D		\$500.00	Saturday Matinee Sa 2pm		\$60.00	Walk of Shame W 830pm		\$114.31
High Noon Saturday 1215pm		\$119.15	Saturday Night Regroup Sa 730pm	\$288.63	\$899.95	Washington Squares Sun 6pm	\$24.00	\$24.00
High Noon Sunday 1215p	\$140.00	\$753.94	Serenity House	\$150.00	\$1,200.00	We Care Tu 12pm		\$72.00
High Noon Thursday 1215pm	\$373.66	\$373.66	Serenity Now Tue 830p		\$177.77	Wednesday Noon Step Study 12p		\$211.78
High Noon Tuesday 1215pm	\$620.96	\$620.96	Serenity Seekers M 730pm		\$1,496.28	Wednesday Sunrise Smokefree 7am		\$120.00
High Noon Wednesday 1215pm	\$307.00	\$493.61	Shamrocks & Serenity M 730pm		\$769.32	Weekend Update Su 615pm		\$329.44
Hoodlum Haven F 8pm		\$420.00	Sinbar Su 8pm		\$499.08	Weekend Worker Sat 7am		\$516.00
Huntington Square W 630pm		\$195.28	Sisters Circle Su 6pm		\$204.11	West Portal W 8pm		\$1,153.25
It Takes A Village Sa 6pm		\$152.40	Sober Saturday Sa 830am		\$257.76	Wharf Rats Th 815pm		\$431.08
Join the Tribe Tu 7pm		\$592.00	Sobriety & Miracles S&M Group Sa 5pm		\$239.23	What It's Like Now M 6pm		\$202.69
Juke Jaam Sat 10p	\$10.00	\$30.00	Sometimes Slowly Sa 11am	\$184.59	\$919.62	Wits End Step Study Tu 8pm		\$120.00
Keep Coming Back Sa 10am		\$990.00	Spiritual Awakenings Step Study M 730pm		\$120.00	Women's 10 Years Plus Th 615pm	\$185.93	\$1,221.33
Koo Koo Hump Day W 6pm		\$542.50	Steppin' Up Tu 630pm	\$920.35	\$920.35	Women's Big Book Study Tu 1150am		\$80.00
Language of the Heart F 12pm	\$112.81	\$112.81	Stepping Stone Step Study M 730pm		\$60.00	Women's Came to Believe Sa 10am		\$306.77
Let It Be Now F 6pm		\$236.25	Stonestown M 8pm		\$270.00	Women's Kitchen Table Tu 630pm		\$140.21
Like A Prayer Su 4pm		\$120.00	Sunday Morning Gay Men's Stag Su 930am	\$668.51	\$1,536.15	Women's Meeting There is a Solution W 6pm		\$205.41
Lincoln Park Sat 830pm		\$146.66	Sunday Night 3rd Step Group 5pm		\$996.10	Women's Promises F 7pm		\$729.60
Living Sober with HIV W 6pm		\$190.80	Sunday Night Castro Speaker Disc Su 730pm		\$423.60	Work In Progress Sa 7pm	\$146.00	\$842.50
Lunch with Bill 5D		\$140.53	Sunday Rap Su 8pm	\$178.95	\$258.41	YAHOO Step Sa 1130am	\$228.90	\$557.27
Meditation, Prayer & Share Tue 730pm		\$116.00	Sunday Silence Su 730pm	\$300.00	\$300.00	San Francisco Total	\$12,834.72	\$75,166.11
Meeting Place Noon F 12pm		\$212.00	Sundown W 7pm		\$586.80	YTD	\$16,854.58	\$126,158.78
Mellow Mission Sunrise M 7am		\$281.60	Sunrise Sunset Women's Step Mon 6pm		\$68.80			
Mid-Morning Support Su 1030am	\$382.92	\$538.92	Sunrise Sunset Women's Step Th 6pm		\$135.22			

Revenue and Expense Statement: July 2018

	TOTAL					TOTAL			
	July 2018	Budget	YTD	Budget		July 2018	Budget	YTD	Budget
Revenue					Professional Fees	\$0.00	\$0.00	\$825.00	\$1,746.00
Contributions from Groups	\$21,150.00	\$27,103.00	\$109,304.00	\$122,427.00	Postage	\$0.00	\$50.00	\$99.00	\$149.00
Contributions from Individuals	\$3,256.00	\$3,204.00	\$28,775.00	\$28,082.00	Rent - Office	\$4,592.00	\$4,592.00	\$32,144.00	\$32,144.00
Gratitude Month	\$0.00	\$0.00	\$4,192.00	\$5,041.00	Rent - Other	\$0.00	\$0.00	\$560.00	\$560.00
Intergroup Event Revenue	\$200.00	\$0.00	\$1,672.00	\$3,000.00	Filing/Fees	\$0.00	\$328.00	\$309.00	\$465.00
Other Revenue	\$57.00	\$45.00	\$872.00	\$323.00	Insurance	\$0.00	\$0.00	\$1,004.00	\$1,495.00
					Internet Expense	\$137.00	\$134.00	\$603.00	\$1,208.00
Sales - Bookstore	\$9,791.00	\$7,225.00	\$55,323.00	\$51,733.00	IT Services	\$60.00	\$0.00	\$60.00	\$0.00
Cost of Bookstore Sales	-\$7,410.00	-\$5,410.00	-\$42,899.00	-\$38,625.00	IT Hardware	\$0.00	\$0.00	\$52.00	\$0.00
Gross Margin - Bookstore	\$2,381.00	\$1,815.00	\$12,424.00	\$13,108.00	IT Software	\$0.00	\$0.00	\$817.00	\$425.00
					Office Supplies	\$201.00	\$200.00	\$1,151.00	\$1,359.00
Total Revenue	\$27,044.00	\$32,167.00	\$157,239.00	\$171,981.00	Paper Purchased	\$0.00	\$125.00	\$107.00	\$875.00
					Printing	\$0.00	\$0.00	\$0.00	\$0.00
Expense					Equipment Lease	\$407.00	\$443.00	\$2,881.00	\$3,098.00
Employee Expenses	\$16,026.00	\$14,141.00	\$99,088.00	\$95,909.00	Repair & Maintenance	\$611.00	\$265.00	\$2,793.00	\$1,855.00
					Security System	\$0.00	\$0.00	\$295.00	\$263.00
Committees					Payroll Expenses	\$6.00	\$10.00	\$42.00	\$70.00
Archives Committee	\$0.00	\$298.00	\$108.00	\$2,081.00	Telephone	\$209.00	\$190.00	\$1,148.00	\$1,330.00
PI/CPC	\$35.00	\$165.00	\$675.00	\$1,155.00	Travel	\$0.00	\$1,200.00	\$0.00	\$1,200.00
Sunshine Club/SOS	\$0.00	\$0.00	\$0.00	\$0.00	Training	\$80.00	\$33.00	\$119.00	\$233.00
The Point Committee	\$119.00	\$174.00	\$771.00	\$1,216.00	Bad Checks	\$0.00	\$0.00	\$0.00	\$0.00
Fellowship Committee	\$0.00	\$0.00	\$2,151.00	\$3,500.00	Total Expense	\$22,686.00	\$22,752.00	\$149,315.00	\$155,791.00
Committees - Other	\$0.00	\$0.00	\$0.00	\$0.00	Net Operating Surplus/(Deficit)	\$4,358.00	\$9,415.00	\$7,924.00	\$16,190.00
Total Committees	\$154.00	\$637.00	\$3,705.00	\$7,952.00	Interest Income	\$201.00	\$45.00	\$519.00	\$315.00
					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	-\$2,436.00	-\$2,382.00
Contribution CC Processing Fees	\$203.00	\$404.00	\$1,513.00	\$3,455.00	Net Surplus/(Deficit)	\$4,211.00	\$9,121.00	\$6,007.00	\$14,123.00

Treasurer's Report: July 2018

For July 2018, Total Revenue was \$27,044, under budget by \$5,123. This was due to a lower than expected group contributions. Total Operating Expense for July was \$22,686, under budget by \$66. The result is a Net Operating Surplus of \$4,211.

Group Contributions for July were \$21,150, under budget by \$5,953. Individual Contributions were \$3,256, over budget by \$52.

Total Unrestricted Cash for July 2018 was \$84,912, an increase of \$11,727 from June 2018. Unrestricted Cash is over 3 months of operating expenses.

The rating for July 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 months' worth of operating expenses in unrestricted cash balances. Operating expenses are roughly \$22K/month, so we'd have over \$44K in unrestricted cash balances for the month. The Intergroup rating has been "excellent" since December 2016.

GOOD: We are meeting our budget. Our income for the month, or for the YTD, was slightly greater than our expenses and we'd have approximately

1.5 – 2 months of operating expenses in unrestricted cash balances.

FAIR: We are not meeting our budget. Our expenses were greater than our income for the month and for the YTD and our unrestricted cash balance would be somewhere between 1 and 1.5x our operating expenses.

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



Balance Sheet: July 2018

	31-Jul-18	30-Jun-18	31-Jul-17	\$ Change
ASSETS				
Current Assets				
Cash				
Unrestricted Cash	\$84,912.00	\$73,185.00	\$90,808.00	-\$5,896.00
Restricted Cash	\$134,085.00	\$133,886.00	\$125,232.00	\$8,853.00
Total Cash	\$218,997.00	\$207,071.00	\$216,040.00	\$2,957.00
Accounts Receivable	\$873.00	\$977.00	-\$127.00	\$1,000.00
Inventory - Bookstore	\$16,607.00	\$20,256.00	\$23,912.00	-\$7,305.00
Total Current Assets	\$236,477.00	\$228,304.00	\$239,825.00	-\$3,348.00
Fixed Assets	\$8,426.00	\$8,774.00	\$12,741.00	-\$4,315.00
Deposits	\$6,698.00	\$6,698.00	\$6,698.00	\$0.00
TOTAL ASSETS	\$251,601.00	\$243,776.00	\$259,264.00	-\$7,663.00
LIABILITIES & NET ASSETS				
Liabilities				
Current Liabilities				
Accounts Payable	\$3,277.00	\$386.00	\$8,240.00	-\$4,963.00
Payroll Tax Liabilities	-\$191.00	-\$292.00	\$2,528.00	-\$2,719.00
Sales Tax Payable	\$703.00	\$428.00	\$530.00	\$173.00
Advanced Sales	\$749.00	\$749.00	\$0.00	\$749.00
Total Current Liabilities	\$4,538.00	\$1,271.00	\$11,298.00	-\$6,760.00
Supplemental Compensation	\$4,167.00	\$3,819.00	\$0.00	\$4,167.00
Total Liabilities	\$8,705.00	\$5,090.00	\$11,298.00	-\$2,593.00
Net Assets				
Net Assets, Beginning of Year	\$236,886.00	\$236,886.00	\$228,376.00	\$8,510.00
Net Surplus/(Deficit), YTD	\$6,010.00	\$1,800.00	\$19,590.00	-\$13,580.00
Total Net Assets	\$242,896.00	\$238,686.00	\$247,966.00	-\$5,070.00
TOTAL LIABILITIES & NET ASSETS	\$251,601.00	\$243,776.00	\$259,264.00	-\$7,663.00

Continued from Page 15

meetings" but IGR is a low-key way to make it in. Alex said people have been interested in Prison Pen Pal. Pete talked about Bridging the Gap and that personal experience helped. Shane commented about couching the message in terms of staying sober. Trevor believes bombarding them with the same message does work. Ken said people "poo-poo" past Intergroup experience and said counter messaging around learning how A.A. works. Three More volunteers will gather feedback for next month: Renee (Artist and Writers), Alex (Weekend Warriors) and Bob (Beginners Warm Up).

What is Intergroup and what does Intergroup do?

Does your group know? How is the

communication between Intergroup and our groups? Are we communicating value? The group suggested to maintain schedules and books. The website is the #1 way people interact with Intergroup. Should we create talking points? Marin 2020 is speaking at Steering committees. We need to get more attention while keeping things brief. People are more interested with new and different. New York GSO put out a paper about what Intergroup does and it is conference approved. Spend time communicating and listening.

Adjourn with Responsibility Statement

Next Intergroup Meeting: Wednesday, October 3, 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.



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 15)

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

If you would like to become a Faithful Fiver, please visit our website and navigate to the "Contributions" page. 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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