

the Point

2018 11
November

*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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Channeling Peace

- 6 Get a Grip
- 8 The All-Encompassing Prayer
- 10 Free to Choose
- 13 Tradition Eleven

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 Malachi W.

November 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>			
4	5 FIRST MON Technology Committee Central Office, 1821 Sacramento St., San Francisco 6:00pm	6 FIRST TUE SF Bridging the Gap Central Office, 1821 Sacramento St., San Francisco Orientation 6:00pm	7 FIRST WED Intergroup Meeting St. Andrew Presbyterian Church 101 Donohue St., Marin City Orientation 6:00pm Meeting 7pm
11 SECOND SUN Golden Gate Young People in AA Marin Alano Club, 1360 Lincoln Ave., San Rafael 12:00pm <i>(even months at Central Office; odd months at Marin Alano Club)</i>	12 VETERANS DAY HOLIDAY Central Office closed SF Public Information / Cooperation with the Professional Community (PI/CPC) Central Office, 1821 Sacramento St., San Francisco Speaker Workshop 6:00pm Business Meeting 7:00pm	13 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	14 SECOND WED Marin Bridging the Gap Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6:00pm Business Meeting 6:15pm
18 THIRD SUN Archives Committee Meeting Central Office, 1821 Sacramento St., San Francisco 12:00pm <i>Business meeting followed by work day</i>	19 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	20	21
25	26	27 FOURTH TUE Marin Teleservice Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 7:00pm Business Meeting 7:30pm	28

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

THURSDAY	FRIDAY	SATURDAY
1	2	3 FIRST SAT Fall Follies Drag Show Harvey Milk Civil Rights Academy 235 19th St., San Francisco 6:30pm - Meeting; 8:00pm - Show \$20 at the door
8	9	10 SECOND SAT Interactive Safety Workshop Senior Center, 640 Drake Ave., Sausalito 8:30am to 1:30pm Info: aasafetyworkshop@gmail.com The Point Committee Meeting Central Office, 1821 Sacramento St., San Francisco 12:30pm
15	16	17 THIRD SAT SF H&I , 2900 24th St., San Francisco Orientation 11:00am Business Mtg 12:00pm Archives Committee Presents: History of Gay People in AA & Special Interest Mission Fellowship, 2900 24th St., San Francisco 4:00pm
22 THANKSGIVING DAY HOLIDAY Central Office closed Novato Fellowship Alcolthon Good Shephers Lutheran Church 1180 Lynwood Dr., Novato 45-min. Meetings: 3:00pm - 8:00pm \$10 suggested donation	23 THANKSGIVING DAY HOLIDAY Central Office closed	24 FOURTH SAT Central Office closed for inventory CNCA Meeting 320 N. McDowell Blvd., Petaluma 10:00am
29 FIFTH THU Marin Public Information / Cooperation with the Professional Community (PI/CPC) Marin Alano Club, 1360 Lincoln Ave., San Rafael Business Meeting 7pm	30	



Calendar	2
Meeting Changes	4
From the Editor	5
Get a Grip	6
John C's Story	7
The All-Encompassing Prayer	8
Farewell to the Alcoholic Who Was Still Suffering ...	9
Free to Choose	10
My Imaginary A.A. Meeting	11
Fighting Loneliness	12
Tradition Eleven	13
Intergroup Meeting Summary	14
Group Contributions	16
Revenue & Expense Report	18
Treasurer's Report	18
Balance Sheet	19

“What used to be the hunch
or the occasional inspiration
gradually becomes a
working part of the mind.”
~ *Alcoholics Anonymous*, p. 87



Meeting Changes

New Meetings:

Mon	6:30pm	San Rafael	Fathers in Recovery , St. Paul's Episcopal Church, 1123 Court St./Mission Ave.
Tue	9:00am	Inner Sunset	Women in Recovery , Gratitude Center, 1320 7th Ave./Irving
Thu	8:30am	Mission	Could Not Agree on a Name Big Book Study , Mission Fellowship, 2900 24th St./Florida St.
Sat	10:00am	Inner Sunset	Behind the Barflys , Gratitude Center, 1320 7th Ave./Irving

Meeting Changes:

Wed	12:00pm	San Anselmo	Sober Sisters , First Presbyterian Church, 72 Kensington Rd./Ross Ave. (Was at Christ Lutheran Church)
Wed	12:05pm	Inner Sunset	Daily Reflections , Gratitude Center, 1320 7th Ave./Irving (Was called A Word from Our Sponsors)
Thu	6:45pm	Mission	A Woman's Way , CPMC Mission/Bernal Campus, 3555 Cesar Chavez/Guerrero St. (Was at St. Luke's Hospital)
Thu	7:00pm	San Anselmo	Sunlight of the Spirit , First Presbyterian Church, 72 Kensington Rd./Ross Ave. (Was at Christ Lutheran Church)
Fri	1:00pm	Inner Sunset	Off the Wall Speaker Discussion , Gratitude Center, 1320 7th Ave./Irving (Was at St. John of God Church)
Sat	8:00am	Nob Hill	Willing to Grow , 1755 Clay St./Van Ness Ave. (Was at Fort Mason)
Sat	9:30am	Presidio	Any Lengths , Presidio Community YMCA, 1151 Gorgas Ave./Richardson Ave. (Was at Fort Mason)
Sat	6:00pm	San Anselmo	Conscious Contact , First Presbyterian Church, 72 Kensington Rd./Ross Ave. (Was at Christ Lutheran Church)

No Longer Meeting:

Sun	10:00am	Tenderloin	Sunday Coffee with Bill , Mongolian Cafe, 842 Geary St./Hyde St.
Wed	6:30pm	Mission	Skate Park , 1464 San Bruno St./25th St.
Fri	6:00pm	Mission	12 POC , 3555 Cesar Chavez/Valencia St.
Fri	11:59pm	Nob Hill	Go Fish , St. Paulus Church, 1541 Polk St./Sacramento 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!**



Stormin' Norman T.
Sober: 22 years

Holidays are Coming!

Planning an alcothon or A.A. celebration? Let Central Office know right away so that we can put it on the aasf.org Events Calendar, in *The Point* and *The Buzz*.

Email: aa@aasf.org



We are going digital ...

Starting in January 2019, **The Point** will go "all digital" in an effort to be more accessible to the members of the SF and Marin Intergroup.

This will allow us to reduce our cost of production while increasing our visibility to a larger viewership.

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

From the Editor

Channeling Peace

*Make me an instrument of your peace
Where there is hatred let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy ...*
~Francis of Assisi

On Page 8 Rick R.'s desire to learn all he can about life leads him back to Franciscan values from childhood. Also in this issue, Claire A. lets go of catastrophizing, avoids character defects and finds a new perspective. And Reno R. starts a new life when he says "yes" to everything the treatment center offered. Carla H. echoes his progress with examples of how far a sober person can go with a little willingness.

Bree L. tells us how a drunk named John found one of his dad's stashes when he was 13, and by 14 turned into Jekyll and Hyde. Eventually his Chronicle boss helped get him off 5th Street and into meetings at Union City. Continuing with the printed word theme, an anonymous writer describes an imaginary A.A. meeting with some of our more storied members.

Greg F.'s farewell to still-suffering alcoholics reminds us how each day above ground is a gift. John W. calls the service commitments that keep him sober the "acid test." It all works if we remember the roadmap from Rick: "If we heal our inner lives, the material world will take care of itself."

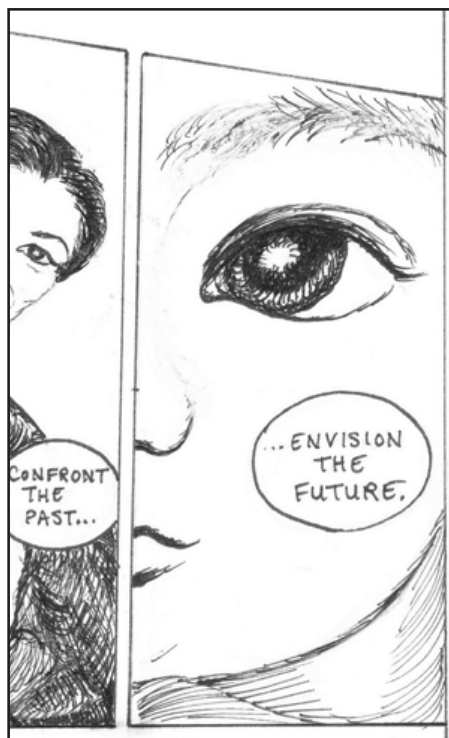


Illustration by Navarre

EDITORIAL POLICY

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

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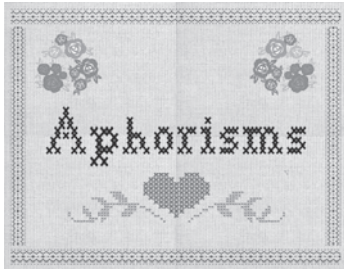
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Get a Grip

Let go or be dragged

by Claire A.

At work lately I have been so much in my head. Worrying whether I'm doing a good job, what everyone thinks, is it going OK, will the project succeed, will they decide I'm useless and they really should have hired someone else, will someone talk with one of my former co-workers and find out I'm a fraud, etc. Catastrophizing, as usual. I can't seem to stay in a humble, service-oriented place. I seem to lose grip on reality as I focus on me.

What does everyone think?

The other day though, something shifted for me. I had a deadline, I had to make a presentation, and even though I would rather cut my right arm off than speak in front of people, I did go through with the speaking. It was fine, it was good enough.

In the days leading up to the presentation, I did the usual useless things. I spun my wheels instead of asking questions (although I will say that I did less of that than I would have a few years ago). I procrastinated, lost sleep, didn't pray, thought I really should try to focus on the presentation instead of going to a meeting. Basically put my entire life on

hold—even though no one asked me to—because I thought somehow that would make the presentation better. You see the pattern.

I put the presentation ahead of my program. I have heard people talk about this so many times: What you put in front of A.A., you will lose. I was starting to lose my grip.

Fortunately for me, at any moment, I can let go and get a grip. A couple of hours before the presentation, I did let go. I was so overwhelmed, I got on my knees in front of my desk (I work in my house, so this wasn't as dramatic as it may sound), and prayed for the first time in I don't know how long.

They say your bottom is wherever you stop digging, and it's true for me. I got miserable enough to realize what was wrong—I needed to let go. After that, I got up and was able to pay attention to what was happening. It's not that

my work changed, or that I changed, but my attitude was different. I was no longer freaking out.

Wherever you stop digging

Why didn't I pray all along? Darn good question. I just came from a funeral of a man who did the maximum, or at least that's what I saw. He was always helping others, not in grand gestures, but giving freely of what he was given. He listened. He paid attention, and he responded to people. I feel lucky to have witnessed that.

I wish I could say I will emulate him. That would be great! But it's unlikely. I will have good days where I pray in the morning, and read my Just for Today card (which, to me, is one of the most useful tools in the kit), and get to a meeting. And I will have days where I don't and my character defects, waiting and filing their nails in the wings, dig their claws in.

I must either let go to get a grip, or be in the grip of my character defects. My nature is to do the least I can to get by. I don't know why that is. I'm sure there is a reason, but I don't really need to know it. I just need to let go.





John C.'s Story

Press Room Flyboy

by Bree L.

Our house had a long hall and at the end was a closet. One day I was looking for my basketball in the closet when I came across a brown paper bag. I looked inside and said, "That's for me." It was a green bottle with a black cap and a purple label that said Gallo Port Wine. I poured a capful, drank it, and then poured another capful and drank that. I must have been 13 or so. I'd discovered one of my Dad's stashes, so I didn't want to drink so much that he'd notice. I grabbed my basketball and went out to play. That was my first drink.

In junior high everyone started drinking. I was shy but when I discovered drinking, it was a different story. I became hep, accessible and open to suggestions, especially from the opposite sex. My courage came out and made me what I wanted to be. I was a Dr. Jekyll and Mr. Hyde by age 14.

Work got me away from my "shenanigans"

Mission High School was a different world: drinking, using drugs and getting into mischief. I was in trouble with the law but my teachers thankfully wanted to see me graduate. Following my high school diploma, I graduated to dishwashing and cleaning furnaces for Sears and Roebuck but wanted to work for a newspaper. The *San Francisco Chronicle/Examiner* had what they call a Joint Operation Association to bring new people in to work. I started out in the Press Room as a "Flyboy," essentially a gofer. I'd clean the presses, vacuum and do

most anything that needed to be done. I was drinking and taking drugs this whole time, but they liked me and gave me work that got me away from my shenanigans.



I drank during work hours. One lunch hour I came out of the bar across the street from work drunk as a skunk. I crossed the intersection against the red light. A cop saw me and wanted to cite me for jay-walking. I ran back into the Chronicle building, but the cop followed me all the way into the press room. He took me to jail at 850 Bryant and held me for 4 hours. One of the Chronicle officers paid my \$50 bail, but I still had to see my foreman, George Fredricks. Fredricks gave me an ultimatum. They would help me if I wanted, or I could accept my severance pay. He then told me to go home for two days and think about it. I went home and drank royally but realized I needed to save my job. It was the summer of 1984.

I told my mother I was going into recovery. "I'll drop you off at the Greyhound station," she said. I took a bus up to Duffy's Place for 28 days June 13, 1984. Duffy reminded me

of Alfred Hitchcock. I'm proud to say he gave me my first one-year chip in 1985. He said, "If you think you've had it, you'll never get it."

My boss told me when I returned from Duffy's, "No more Fifth Street stuff for you." He

moved me out to Union City, doing the same thing, cleaning the presses and being a gofer. I asked my boss if he wanted me to get court papers signed and he told me, "That's not trust. Don't want to do that." I thought I was stuck out in Union City, but I was close to meetings and it all worked out. That was 35 years ago.

I was shy but then I discovered drinking

Today, I try to stay in the moment and participate. Gene Duffy told me, "Don't hide in these rooms." So I get out, go fishing and enjoy life. I show gratitude for what my elders gave to me by giving back as much as I can.



The All-Encompassing Prayer

Values I learned as a child

by Rick R.

I have been navigating my way through the program of Alcoholics Anonymous with only a limited education, but a desire to learn all I can about life as it unfolds. It occurs to me most things the program teaches me are things I've been taught before. I learned the 10 Commandments in church. In the Boy Scouts, I learned that a scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, brave, clean and reverent. In sports I learned of team work and of disappointment. In kindergarten, I learned to play fair in the sand box and heard the Golden Rule.

myriad of personal problems. At first, I believed that marital, legal, economic or physical issues caused me to drink the way I did. I wasn't sophisticated enough to understand the ins and outs of these things. I'm not sure anyone can just drop what they have been conditioned to do just because they quit drinking. There has to be more to it than that.

The wonderful life we can experience

If we are fortunate enough to envision the wonderful life we can experience as the result of embracing this program to the fullest, we will first want to

clear up the wreckage of the past. This we can do by thoroughly going through the steps in the spirit they were intended, being careful not to hold back anything. As we approach the Twelfth Step, we are introduced to the Saint Francis prayer in the *Twelve Steps and Twelve Traditions*. Francis was not a saint when he wrote this prayer but he expresses how these virtues were the answer to the misguided thinking of the past.

threatened by religious doctrines and I agree with the statement on page 87 of the *Big Book*: "Be quick to see where religious people are right. Make use of what they offer."

I am honored when a newer member of the program asks for some guidance. I will usually suggest he/she write out this prayer in long hand, paste it on their mirror and read it every day for 30 days. I guarantee it will influence your thinking for the rest of your life. It did for me.

I don't know of a more practical thing to set the tone for a person's interactions with others. Thinking back on it, I always knew the right thing to do, but wasn't always strong enough to do it. I dismissed these things, not realizing the pain that would result as I lost my direction in life. The Saint Francis prayer is one of the ways in which the program suggests we revisit our early value system. It gives us spiritual direction that deals with the change in our inner self.

The material world will take care of itself

If we heal our inner lives, the material world will take care of itself. When faced with a sticky situation, I have a choice whether to escalate it or to back off and withdraw with love and understanding. After years of trying my best to live in the spirit of this prayer, it occurred to me that, as the result, I qualify in all of those things I learned as a child, in church, in the Boy Scouts, in kindergarten, from the Golden Rule and in childhood sports. To me, it is an all-encompassing spiritual roadmap.



These things have been around long before me and even before A.A. So where did I go wrong? I, like most of us that come into the program, had a

Note that not one of his requests is for help with things of a selfish or material nature. I myself am not affiliated with any religious organization, but I am not



Farewell to the Alcoholic Who Was Still Suffering ...

Saying goodbye

by Gregory F.

My heart aches yet I must address this topic again. It's been a mere three months since I said goodbye to Juan Carlos. Yet, here we are. Hearing of another addict who dies never gets easy. Often, I come across as cold, uncaring, even callous in my reaction to death. I'm not. I got forced into facing death at a very young age in 1985 (23). My miracle of getting sober included seeing vast numbers of my fellows dying every week for years.

people shot themselves or took pills. My recollection is that folks appeared to have done this because of their addiction or AIDS. The disease of addiction centers and lives in my brain. Oldtimers said,

"Better them than me."

"They did my suffering for me."

"There but for the grace of God go I."

"If there's a choice of you or me drinking, better you than I."

I force myself to see beyond death



The macabre, dark symphony of AIDS was in concert. It would be held over for years to come. Any inklings of normal 20-something thoughts were stripped from everyone in my age group. Death was upon us. Then it was AIDS. Now it's meth, oxy, heroin, fentanyl, coke and of course booze. Each day is a gift. At the time I knew of many addicts who "went out." There were suicides and ODs;

people seem to feel it's not appropriate to mention although often the only way we hear of someone's death is via social media.

We as the friends of those who die rarely if ever find out the actual circumstances. We just deal with the unfortunate news of a death. If someone struggles with staying sober and dies suddenly, is it really a stretch to connect to the two? I

don't think so. People die daily of addiction-related causes.

Alcohol and drugs kill. We just don't talk about it easily. We should. Not to scare the newcomer, but to remind both them and us that each day really is our shared miracle. I'm not supposed to be alive, yet here I am thanks to Alcoholics Anonymous.

I force myself to see beyond death. I must see the newcomer and help as much as I'm able to. I try to harness the energy of my grief and channel it into helping others, myself, trudging the road of happy destiny. I feel. I feel deeply. It's a learning moment. Sad, but true. The promise of our 12 Steps is the sober life that we have today.

Better them than me

We propel each other along to grab hold of the sobriety lifeline. Propel each other up, keep on keepin' on. Rally. We all have the same opportunity to stay sober and get well. The world can be confusing and seem out of control. Our lives as happy, productive, recovered folks depend on the hope we infuse into newcomers. The promises I was told of then remain unchanged now.

I have a life I want to live, so too will you. Sober, I have a sense of faith, hope, kinship, love and peace of mind. I cherish and delight in my life. I love living sober. I don't drink. I don't use. No matter what. I encourage you to do the same. Don't miss the moments in your life. They add up to years that you can't even yet imagine. Join us, won't you?



Free to Choose

Willing to be willing

by Carla H.

There was so much about A.A. that I didn't want to try, believe or trust. For decades, in fact, I was only willing to go to meetings and not drink in between. And for decades, that worked for getting me to stay sober. And by "sober," I mean not picking up that first drink or drug. I had only been willing to admit to being powerless over alcohol, to surrender in my long battle of trying not to get drunk—impossible—while just maintaining my buzz without stopping or controlling my drinking and drugging.

Eventually, I reached an emotional bottom and was terrified I would go out. In spite of having double-digit years of sobriety, I was suddenly frightened I would relapse. And I didn't have the defenses against a slip that I have today.

The only skill I had was telling myself something my late therapist told me: that I really know how to terrorize myself. But that stopped working. The only tool I had was to consider suicide, which seemed rational to me, but I knew common wisdom had it that suicide isn't rational.

So I had nothing else to help me through this frightening time. No sponsor, no fellowship—other than my sister. She did a beautiful job of 12-stepping me by suggesting I go to a meeting where I would find other people who would understand me. I was willing to do that. I didn't particularly want to, but I was desperate in a way that was completely new and terrifying to me.

Here's what happened at the meeting I went to after my sister suggested it.

I have a pattern of saying no

I was invited to go out for fellowship after it ended. I declined but the meeting itself turned out to be so wonderful, connecting, illuminating and soul-satisfying that I changed my mind and went, willing to risk that it would be like Bible study or other horrors of the old-school Protestant churches I went to as a kid. I have a pattern of saying no followed by a change of heart. A.A. is fine with that.

I had fun at fellowship, where the conversation was about plastic surgery and the heyday of Studio 54, much to my delight. I had experience and opinions about both. And we were all sober.

Then came more surprises for me about what A.A. offers that I didn't want but was willing to try out:

- I didn't want to get a sponsor, but I was willing when a woman offered.
- I didn't want to work the steps, but I did.
- I didn't want to do service, but I did.
- I didn't want to sponsor anyone, but I did.
- I didn't want to set boundaries with people, but I did.

I didn't want to stop gossiping, but I did. I didn't know what I could possibly find to talk about if I didn't gossip. Surprise: I've learned there is a world of conversation that doesn't include trash-talking others.

There's a world of conversation beyond trash-talking others

As years of being willing have gone by, I see that my willingness to take action and follow suggestions is a result of what it feels like to be asked to do things by another alcoholic. It feels okay, non-threatening, reasonable, like a baby step, like a little experiment in change that I can try in my own time. I don't know where my willingness has come from, but I'd guess it's from feeling safe, feeling free to choose, feeling welcome in a society of others who are like me in the important aspect of wanting to recover from this deadly disease.



My Imaginary A.A. Meeting

Every day we put the chairs out

by Anonymous

Every day we put the chairs out, set up the tables, make a pot of coffee and wait to see who shows up. Lately we've had a number of newcomers. Some say they work close by and this is convenient. Others say they have a friend who told them about us. It's not often we hear about a third DUI in the beginning. That comes later when they decide we're trustworthy.

Every so often during the summer here, John C. makes a pass at our meeting. He's relatively tall and his New England-style "Kennedy" accent nails him as a visitor. One woman mentioned how freely the liquor flowed at her high school reunion. John C. nods in agreement. He'd talked of driving to the next state for booze. He loved the thrill of breaking the rules, going on a run and getting away with it. He didn't come back but his daughter wrote later he'd returned to A.A. in his sixties. Once he adhered to A.A. suggestions he wrote a best-selling novel and received a Pulitzer for short stories. John's daughter also wrote a book about her history. She said her Dad had never pushed program on her but lived a full life and believed strongly in attraction rather than promotion.

Never the hard stuff

One day I was surprised to see Jack L. hit our meeting. He lives relatively close but wasn't known to come around. He worked on a book

called *John Barleycorn* but it was hard to concentrate while drinking. When he wasn't drinking, he didn't want to write. It was hard to let go of his "one true friend," even though it was killing him. Eventually he found better things to write about, like Alaskan sled dogs.



Ernest H. usually stands in the back, the way he does when writing. Maybe he hears better in an upright position. Just as Ernest dreamed of writing one true sentence, he reveled in the glory of one full day, or a day without drinking—and how much of a challenge that was. People go up to shake his hand and one man volunteers to sponsor him. Ernest lets him know how well he's doing on his own. He holds the man's hand tighter without being aware of what he's doing. "No," he repeats, "I'll do just fine on my own. I'll just keep looking for the perfect day."

Last summer a fellow named Anthony B. dropped by. Told us his friends

called him Tony. He said he was a maintenance drinker, although not sure if he drank to maintain or was maintained by his drinking. He prided himself on never falling down drunk, although drinking every day. Mostly wine and beer, never the hard stuff. He practiced jujitsu to stay healthy, had earned a belt, and didn't want to identify as an alcoholic. He saw himself in what he heard at the meeting but didn't think he was harming anyone by drinking. "I'm just checking you out," he said. He never came back. I heard later he'd hung himself.

Another member, Raymond C., described coming into program as his "second life." He was told he had 6 months to live due to drinking, so

he quit and lived 11 more years. He tells how he was going nowhere but down. As can happen with many of us, he turned his life around to enjoy a full and fruitful life. Lawrence B. also made it to our rooms. He wrote a novel with aspects of our program called *A Walk Among the Tombstones*. It was made into a movie with Liam Neeson.

Looking for the perfect day

Every day we put our chairs, tables, literature and a pot of coffee. We never know who will walk through our doors. All are welcome—and we're still sober.



Fighting Loneliness

How to stop feeling empty inside

by Reno R.

For me, believing in the program of Alcoholics Anonymous is beautiful at times and extremely painful at others. I had a lot of fear and doubt at the beginning. I was full of insecurities. I was also angry. My mind was full of the lies I had told myself over the years about who I was, who I thought you were and who I thought you wanted me to be. None of this mattered in the long run because no matter what you felt about me, or what I felt about you, I still felt empty inside.

A new way to live

During the early, painful times, letting go of the reins would seem to be something I would welcome. One would think I would want to leave behind many years of bad decision-making false confidence and ego covering up the fear of looking at who I really am. I had destroyed my life with my drug and alcohol use. To survive I had to change, and in order for that to occur I had to do a lot of things I had never thought were possible, such as looking in the mirror—not something I had been willing to do.

Admitting I had lost and the disease had won, pure self-reliance was no longer an option. I needed help and had to reach out to the God of my understanding. When I entered a long-term treatment center I vowed to stay as long as it took to allow a higher power and A.A. to become the center of my life, and I stuck to this. No matter how lonely I felt I kept going to God with my troubles. I also



went to my sponsor to work the steps and learn a new way to live.

I said “yes” to everything the treatment center offered. And “yes” to all they asked me to do to participate in my own recovery. This process gradually wore down my self-centeredness. I practiced doing kind actions for other people without expecting anything in return. The once hopeless, angry and out-of-control man I had been began to transform into someone who was more caring and compassionate. I can now think of others with love in my heart, not the physical kind that I once based my entire being on, but the love that God and A.A. has given me. I no longer feel empty inside.

Sponsorship was the key in my recovery. Working with a sponsor

allowed me to trust and to get in touch with a new kind of spirituality. Doing the steps honestly and thoroughly also enabled me to sponsor other men and keep planting the seeds of A.A. for those who wanted a chance at another way of life. By doing an honest fourth step I learned I was in charge of my own happiness.

For the inventory I wrote about my insecurities, codependency issues and the need for validation from others in order to feel good about myself. I learned it isn't fair to put the responsibility for my happiness onto other people, places or things. Today I'm learning to live my own life, let others be who God meant them to be, and to let myself be OK with that.

I'm in charge of my own happiness

Accepting how we as humans are fallible means acknowledging that at one time or another we are all going to fall short of expectations. That's OK—and we still don't have to drink or use over it.

T raditions

Tradition Eleven

*No one told them who I was,
just what I was*

by John W.

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principles of attraction rather than promotion. There is never a need to praise ourselves. We feel it better to let our friends recommend us.

~Tradition Eleven, long form

It seemed clear that to refrain from broadcasting, literally, my new participation in A.A., was a good idea. No use making it clear to all who might see how things did not work in A.A. if I “fell off the wagon.” It was even easier to understand this concept when thinking of a celebrity, which of course I was not, except in my own fantasies. Who would want to give A.A. a “bad name” if it did not work for them? But this business of attraction, not promotion, was not so clear to me.

While I did not want to shout it from the rooftops that I had finally gotten sober, I did expect to get a reward for finally doing what I should have been doing anyway. I wanted to spread the news that this worked, even in the tough case I presented. However, as my wise Uncle John had taught me years before “The devil is in the details.” So it was with me and the practice of this principle of attraction rather than promotion in my own affairs. That is, until I saw how the radiance of humility and anonymity shone through this most simple suggestion.

For who amongst your usual group of A.A.’s is a celebrity anyway? How many of us truly are worried about being caught on the nightly news, discussing candidly our sobriety, worrying whether we have mentioned the unmentionable? While I could focus on that aspect and conclude it did not apply to me until the camera was on me, I discovered this would be missing the spiritual aspect of the tradition.



As my appreciation of this concept of attraction, not promotion, evolved, I began to better understand how it nurtured humility. This was not just the stuff of Step 7, extolled to allow me to meet, sober, any emergency. Here it seemed to also mean I needed to forego that “pat on the back” for a job well done which had so often motivated my actions “before.” I was to instead be happiest in my work when seeking no attribution for it.

As that handy card noted, I was to try each day to do a good deed for someone without letting anyone know about it. This it seemed was the stuff of real humility and anonymity – what an order, can I go through with it? I was compelled to ask if this was what they were talking about

with such earnestness when they asked if I could be fearless, if I was ready to go to any length? When I began to silently hear these questions as I thought about attraction, not promotion, this tradition started to have a meaning beyond the camera lights or reporter’s questions.

It began to change the way I thought at my meetings and how I carried myself into the day after I walked out of them. I no longer cared that it was me who carried the message, only about whom my words might fall upon. I had begun to notice more actively that this trait seemed common amongst those men and women A.A.’s who had what I wanted.

A well-oiled sales pitch was not my job

For me the acid test came when I got involved with a service commitment for PI/CPC, Public Information / Cooperation with Professional Community. I began to attend meetings at DUI classes, recovery centers, and even high schools, all with the hope of carrying the message as our principles suggest. More than ever did I realize that a well-oiled sales pitch was not my job. Rather, as those who initiated me had stressed, these crowds would see right through the “blarney.” Give them my experience, strength and hope, and let their Higher Power do the rest, was the message to carry. The insights gleaned from this tradition had paved the road of communication. In fact, my job seemed to work best because no one had told them who I was, only what I was. If my message was heard, it was then truly due to attraction not promotion and the spirit of Tradition 11.

Intergroup Meeting Summary: October 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 October 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, October 3, 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 September 2018 minutes and the October 2018 agenda were approved.

Standing Reports

Board Chair, John R. Spoke about our need for outreach. There is not a lot of representation from the groups. Asks IGRs to talk about Intergroup at all of our meetings. Marin PI/CPC: nobody came to the last workshop. Future meetings on October 13 and November 12. There was

a question about ending the requirement for being under 30.

Treasurer, Alix F. Rating is Excellent (see the treasurer's report). November is Gratitude Month, so we are asking for Groups to support Central Office and Intergroup. Beginning of budgeting process, so we are sending an email to committee chairs to gather budgets for next year. Forward questions about budgeting to Alex (board@aasf.org). Now is a good time for questions since the process is on going.

Executive Director, Maury P. Good to be back. Just returned from the National A.A. Technology Workshop and the annual Intergroup Seminar; also the Pacific Regional Forum. No new volunteers at Central Office in the last month. We still have four open shifts at Central Office; please make announcements at meetings. New book in the bookstore from AA Grapevine: *One Big Tent* - Atheist and agnostic members share their Experience, Strength and Hope, which broke records for Pre-sale. Annual Volunteer Appreciation Dinner will be November 3 and hosted by IGRs. Board will supply main dishes and IGRs will bring sides and desserts. Will need help with set up and clean up. There is a new Contributions page on our website (aasf.org). It will be necessary for all current Faithful Fivers to re-enroll.

Intergroup Committee Reports

The Buzz, Ann-Marie C. The Buzz is a twice-monthly email newsletter with 2000+ people on the distribution list. If you need volunteers or help, it is a good way to get the word out. Renee asked if there has been an increase in signups? Yes, 15 have joined since the previous Friday.

SF Teleservice, Layne Z. We were struggling a few months ago but now are doing better. Need a Thursday coordinator. Layne is rotating out but hopefully the co-chair will become chair.

Archives, Kim S. National Archive workshop in Chicago. Learned a lot about conservation and preservation and looking forward to doing more. Lots of Information and good networking; feeling pumped! Last Archives meeting had two new people but still need help. Want to create new displays and things. The next Archives History meeting is November 17 (Gay People in AA) at Mission Fellowship, 2900 24th Street. Archives Chair usually has a longer term commitment (Kim's been doing it for 5 years), so we're talking about having an archivist and a committee chair so that longer term projects can happen.

The Point, John B. Committee looking for graphic design / layout person as well as new editors Looking for ongoing content so send to thepoint@aasf.org, including 600 words on AA aphorisms.

Technology, Taran R. Tech committee exists to facilitate other committees use

Individual Contributions

to Central Office were made through October 15, 2018

honoring the following members:

IN MEMORIAM

Joe Y. – Tuesday Beginners

ANNIVERSARIES

Martha S. – 37 years

of technology. Went to the National A.A. Technology Workshop and presented on HelpChat, which received validation from other Fellowships. There was a lot of transfer of knowledge.

Orientation, Trevor Three new people became IGRs: Charlie, Rosie, and Nan. Former Board Chair Liz M. joined the committee.

Fellowship, [vacant] Committee needs a chair. Interested IGRs review the job description.

Liaison Reports

Marin General Service, Jacqueline Officers presenting job descriptions and preparing Pass-it-On reports for new slate of incoming District Officers for Panel 69, 2019-2020. Third Legacy process is in November. Marin Bridging the Gap Committee conducted an informative presentation. BTG Forum is November 17 at Good Shepherd Church in Novato. Speaking to service sponsors about Area General Service availability for Panel 69, which begins January 2019. Area Elections Assembly is Saturday November 3 in Livermore. Safety Workshop, Saturday, November 10, 8:30 am to 1:30 pm in Marin City/Sausalito. Working with District 6 and Intergroup to fill the service positions. Any questions, email aasafetyworkshop@gmail.com. Hispanic Women's Workshop in San Francisco Saturday, December 1. There will be panels and participation from Hispanic women from five other Spanish-speaking countries via Skype. IGRs invited to next meeting, October

15 at the San Rafael Methodist Church, 7:30 pm.

Marin General Service, Steve Safety Workshop on November 10 needs parking attendants and setup volunteers.

Marin PI/CPC, Andrew No people showed up at the Back to School night orientation. PI/CPC is about more than just schools: Senior centers, DUIs, etc.

Marin Teleservice, Patrick D. Held a 12-step workshop and 30-40 people were there.

Marin H&I, Karen Working on a Pilot Program for sponsorship. Conference for Northern California will be May 4 & 5, 2019 at the Solano Fairgrounds. Marin General Crisis Unit used to be called something else. Looking for young people to take meetings to Juvenile Hall and a new rehab.

Old Business

Recap of last month's discussion of service and raising enthusiasm from Renee, Alex and Bob. Renee made a pitch for what Intergroup is and received some positive feedback but no one asked about service opportunities. She plugged Teleservice and signing up for The Buzz. Some humor was tried with mixed results and garnered some engagement. Bob tried some enthusiasm; tasked people to spread the word to other meetings suggesting an informational announcement. Feedback about informational stuff is best for

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.	Lucy & 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	Sep. 18	YTD	Marin Contributions	Sep. 18	YTD	Marin Contributions	Sep. 18	YTD
Contribution Box	\$84.38	\$641.80	Monday Miracles M 630pm		\$380.00	Women's Lunch Bunch F 12pm		\$355.00
GGYPAA		\$18.67	Monday Night Stag Tiburon		\$1,100.00	Women's Meeting Su 430pm		\$150.00
Sobriety By The Bay		\$2,000.00	Monday Night Women's M 8pm		\$662.31	Working Dogs W 12pm		\$1,466.04
Fellowship Total	\$84.38	\$2,660.47	Monday Nooners M 12pm		\$1,313.41	Marin Total	\$6,149.61	\$54,566.19
			Morning After Sa 10am		\$800.00			
Marin Contributions	Sep. 18	YTD	Noon Discussion Thu 12pm		\$22.00	San Francisco Contributions	Sep. 18	YTD
12 & 12 Study Sa 815am		\$158.00	Noon Hope		\$217.30	11th Step Power Power Power		\$175.09
7AM Group 7D 7am	\$153.23	\$378.94	Noon Reveille Su 12pm		\$16.00	6am Dry Dock Fri		\$209.00
A Vision for You (Fairfax) Su 730pm		\$705.89	North Marin Speaker Sun 12pm	\$246.50	\$425.50	6am Dry Dock Mon		\$148.80
Attitude Adjustment 7D 7am	\$553.84	\$5,179.60	Novato Fellowship Group		\$147.00	6am Dry Dock Sa		\$88.00
Awakenings Sat 830a	\$133.84	\$273.38	Novato Spirit Discussion F 2pm		\$165.00	6am Dry Dock Tu		\$686.00
Awareness/Acceptance M 1030am		\$220.00	On Awakening 7D 530am	\$350.00	\$3,300.00	6am Men's Literature M		\$20.00
Back to Basics Su 930am	\$124.00	\$412.50	Quitting Time M-F 530pm		\$900.72	7am Speaker Discussion Th 7am		\$103.20
Beginner's Help Th 8pm		\$75.00	Reveille 7D 7am		\$516.92	A is for Alcohol Tu 6pm		\$323.55
Big Book Study & Meditation M 7p		\$23.31	San Geronimo Valley M 8pm		\$82.50	A New Start F 830pm		\$717.86
Bounce Back M 6pm		\$550.00	San Marin Step Study Sa 830pm	\$100.00	\$100.00	AA As You Like It Tu 530pm		\$351.54
Caledonia Sun 8pm		\$1,190.00	Saturday Weekend Warrior Sa 830am		\$800.00	Afro American Beginners Sat 8pm		\$305.10
Candlelight Meditation M 730pm	\$60.00	\$60.00	Saturday Women's Speaker Sa 6pm		\$344.26	Agnostics & Freethinkers Su 630pm	\$200.00	\$862.00
Closed Women's Step Study Tu 330pm		\$162.56	Sausalito 12 Step Study Group		\$432.00	All Together Now Th 8pm		\$127.20
Conscious Contact Sa 6pm		\$470.00	Serendipity Sa 11am		\$80.00	Artists & Writers F 630pm		\$1,749.00
Corte Madera Saturday Candlelight 8pm		\$965.56	Six O'Clock Sunset Th 6pm	\$200.00	\$400.00	As Bill Sees It Th 6pm		\$314.58
Cover to Cover W 730pm	\$713.00	\$713.00	Sober Sisters W 12pm		\$321.00	As Bill Sees It Tu 1210pm		\$57.46
Crossroads Sun 12pm		\$685.74	Spiritual Testosterone Stag Su 830a		\$250.00	Ass in a Bag Th 830pm		\$152.03
Experience, Strength & Hope(Marin) Sa 6pm		\$91.20	Step 11 Gong Meditation Thu 530pm		\$170.00	Atheists, Agnostics & Others Sa 11am		\$50.00
Fireside Fri 8pm Bolinas		\$41.49	Steps to Freedom M 730pm		\$250.00	Be Still AA Su 12pm		\$1,460.36
Friday Night Book F 830pm		\$794.39	Stinson Beach Fellowship Th 8pm		\$347.50	Bernal Big Book Sat 5pm	\$364.84	\$1,480.31
God Could & Would 5D M-F		\$150.00	Sunday Express Su 6pm		\$191.00	Bernal New Day 7D	\$185.34	\$1,843.26
Gratitude Tu 8pm		\$393.86	Sunday Friendship Su 6pm		\$375.50	Big Book Basics F 8pm		\$249.14
Greenfield Newcomers Su 7pm		\$268.23	T.G.I. Tuesday 6pm		\$91.20	Big Book Beginners F 105pm	\$100.00	\$300.00
Happy Destiny F 7pm		\$250.00	Terra Linda Thursday Men's Stag Th 8pm		\$337.00	Big Book Study Su 1130am		\$174.00
Happy, Joyous & Free 5D 12pm		\$750.00	The Barnyard Group Sa 4pm		\$355.13	Blue Book Special Su 11am		\$203.12
High & Dry W 12pm		\$175.50	There is a Solution Tu 6pm		\$50.00	Buena Vista Breakfast Su 12pm	\$163.00	\$223.00
Intimate Feelings Sa 10am		\$189.20	Three Step Group Sa 530pm		\$731.00	Came to Believe Su 8am		\$171.21
Inverness Sunday Serenity Su 10am		\$366.00	Thursday Night Speaker 830pm		\$863.74	Came to Park Sat 7pm		\$931.60
It's All About The Book		\$500.00	Tiburon Women's Candlelight W 8pm		\$48.80	Castro Discussion (Show Of Shows) Th 730p		\$95.53
Just Can't Wait 'til 8 M 630pm		\$133.00	Tuesday Beginners' Meeting	\$278.00	\$1,694.95	Castro Monday Big Book M 830pm		\$299.44
Keep It Simple Sister Thu 7pm		\$427.50	Tuesday Chip Meeting Tu 830pm		\$1,000.00	Cocoanuts Su 9am		\$205.00
Larkspur Beginners F 7pm	\$500.00	\$500.00	We, Us and Ours M 650pm		\$497.32	Coit's Quitters	\$72.00	\$72.00
Larkspur Haven Su 12p		\$352.00	Wednesday Mid-Week W 6pm		\$91.20	Compass Group Sun 10am		\$312.00
Last Stop Men's Step Study W 6pm		\$450.00	Wednesday Night Candlelight (Marin) W 8pm		\$229.48	Cow Hollow Men's Group W 8pm		\$2,153.36
Living Sober Ladies Thu 10am	\$137.20	\$637.00	Wednesday Night Speaker Discussion W 7pm		\$942.95	Design For Living - Big Book Th 730am		\$257.10
Los Ranchitos W 830pm		\$87.00	Wednesday Sundowners W 6pm		\$350.00	Design For Living - Big Book Tu, Th 730am		\$130.32
Marin Teleservice	\$2,250.00	\$6,500.00	What's It All About F 12pm	\$350.00	\$593.00	Design for Living Sat 8am		\$731.82
Men's 2 Plus M 7pm		\$317.00	Wholly Together 11th Step Meditation W 7p		\$194.00	Dignitaries Sympathy W 815pm		\$161.00
Mill Valley 11th Step Mtg Tu 730pm		\$646.00	Why It Works Sun 6pm		\$100.00	Each Day a New Beginning F 7am		\$2,049.15
Mill Valley 7D 7am		\$975.00	Women for Women W 12pm		\$50.00	Each Day a New Beginning M 7am		\$705.17
Mill Valley Discussion W 830pm		\$466.00	Women's 12 x 12 Fri 1030am		\$495.18	Each Day A New Beginning Su 8am		\$670.58
Mill Valley LGBTQ All Are Welcome Wed 8p		\$216.85	Women's Big Book Tu 1030am		\$1,869.58	Each Day a New Beginning Th 7am		\$362.01

San Francisco Contributions	Sep. 18	YTD	San Francisco Contributions	Sep. 18	YTD	San Francisco Contributions	Sep. 18	YTD
Each Day a New Beginning Tu 7am		\$1,309.59	Monday Men's Stag (SF) M 8pm		\$178.05	Sunset 11'ers Sa	\$178.50	\$178.50
Each Day a New Beginning W 7am		\$878.21	Monday Monday M 1215pm		\$102.40	Sunset 11'ers Su		\$361.80
Early Joyous & Free Th 7am		\$120.00	Monday Night Big Book Study M 8pm		\$229.57	Sunset 11'ers Th		\$34.26
Early Start F 6pm	\$1,224.10	\$2,358.02	New Highs W 130pm		\$8.00	Sunset 11'ers Tu		\$180.09
Epiphany Group Th 7pm		\$200.00	No Reservations M 12pm		\$166.88	Sunset 9'ers M		\$20.00
Eureka Step Tu 6pm		\$123.75	Noon Came to Believe Th 12pm	\$170.00	\$170.00	Sunset Speaker Step Su 730pm		\$155.37
Eureka Valley Topic M 6pm	\$642.04	\$1,549.20	NYX Sat 7pm	\$228.00	\$550.63	Surf Tu 8pm		\$639.00
Excelsior "Scent" Free For All Sa 5pm		\$324.00	O.A.D.W. Mon 7pm	\$121.46	\$264.76	Ten Years After Su 6pm		\$2,208.12
Experience, Strength & Hope Sat 9am		\$439.00	Ocean of Sobriety W 830p		\$546.60	The Drive Thru W 1215pm	\$84.00	\$1,381.25
Extreme Makeover M 730pm		\$152.98	One, Two, Three, Go! W 1pm		\$31.00	The Forum Tue 730p		\$241.00
Federal Speaker Su 12pm		\$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	They Don't Know Who We Are Sat 7pm		\$116.56
Fireside Chat Group Sa 9pm	\$80.00	\$218.00	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	\$120.00	Reality Farm Th 830pm	\$219.60	\$1,036.80	Thursday Thumpers Th 7pm		\$180.00
Friday Night Women's Meeting F 630pm		\$395.65	Rebound W 830pm	\$55.20	\$373.74	Too Early Sa 8am		\$871.71
Friday Smokeless F 8pm	\$125.00	\$385.08	Rigorous Honesty Th 1205pm		\$270.55	Trudgers Discussion Su 7pm		\$217.25
Friendly Circle Beginners Su 715p		\$576.82	Road to Freedom Mon 12pm		\$366.00	Tuesday Big Book Study Tu 6pm		\$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	\$99.56	\$159.56	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 Friday 1215pm	\$270.00	\$270.00	Saturday Night Regroup Sa 730pm		\$899.95	Washington Squares Sun 6pm		\$24.00
High Noon Saturday 1215pm		\$119.15	Serenity House	\$150.00	\$1,350.00	We Care Tu 12pm		\$72.00
High Noon Sunday 1215p		\$753.94	Serenity Now Tue 830p	\$334.51	\$512.28	Wednesday Noon Step Study 12p		\$211.78
High Noon Thursday 1215pm		\$373.66	Serenity Seekers M 730pm	\$757.44	\$2,253.72	Wednesday Sunrise Smokefree 7am		\$120.00
High Noon Tuesday 1215pm		\$620.96	Sesame Step Tu 730pm	\$364.20	\$364.20	Weekend Update Su 615pm		\$329.44
High Noon Wednesday 1215pm		\$493.61	Shamrocks & Serenity M 730pm		\$769.32	Weekend Worker Sat 7am		\$516.00
Hoodlum Haven F 8pm		\$420.00	Sinbar Su 8pm		\$499.08	West Portal W 8pm	\$300.00	\$1,453.25
Huntington Square W 630pm		\$195.28	Sisters Circle Su 6pm		\$204.11	Wharf Rats Th 815pm	\$272.00	\$703.08
It Takes A Village Sa 6pm		\$152.40	Sober Saturday Sa 830am		\$257.76	What It's Like Now M 6pm	\$195.10	\$397.79
Join the Tribe Tu 7pm		\$592.00	Sobriety & Miracles S&M Group Sa 5pm		\$239.23	Wits End Step Study Tu 8pm		\$120.00
Juke Jaam Sat 10p		\$30.00	Sometimes Slowly Sa 11am		\$919.62	Women's 10 Years Plus Th 615pm	\$248.62	\$1,469.95
Keep Coming Back Sa 10am		\$990.00	Spiritual Awakenings Step Study M 730pm	\$120.00	\$240.00	Women's Big Book Study Tu 1150am		\$80.00
Koo Koo Hump Day W 6pm	\$12.00	\$554.50	Steppin' Up Tu 630pm		\$920.35	Women's Came to Believe Sa 10am		\$306.77
Language of the Heart F 12pm		\$112.81	Stepping Stone Step Study M 730pm		\$60.00	Women's Kitchen Table Tu 630pm		\$140.21
Let It Be Now F 6pm		\$236.25	Stonestown M 8pm		\$270.00	Women's Meeting There is a Solution W 6pm		\$205.41
Like A Prayer Su 4pm	\$63.30	\$183.30	Sunday Morning Gay Men's Stag Su 930am		\$1,536.15	Women's Promises F 7pm		\$729.60
Lincoln Park Sat 830pm		\$146.66	Sunday Night 3rd Step Group 5pm		\$996.10	Work In Progress Sa 7pm		\$842.50
Living Sober with HIV W 6pm	\$59.35	\$250.15	Sunday Night Castro Speaker Disc Su 730pm		\$423.60	YAHOO Step Sa 1130am		\$557.27
Lunch with Bill 5D	\$204.13	\$344.66	Sunday Rap Su 8pm		\$258.41	San Francisco Total	\$7,823.29	\$82,989.40
Meditation, Prayer & Share Tue 730pm		\$116.00	Sunday Silence Su 730pm		\$300.00			
Meeting Place Noon F 12pm		\$212.00	Sundown W 7pm		\$586.80	YTD	\$14,057.28	\$140,216.06
Mellow Mission Sunrise M 7am		\$281.60	Sunrise Sunset Women's Step Mon 6pm		\$68.60			
Mid-Morning Support Su 1030am		\$538.92	Sunrise Sunset Women's Step Th 6pm		\$135.22			
Monday Beginners M 8pm		\$520.00	Sunset 11'ers F		\$78.75			
Monday Fit Spiritual Condition M 130pm		\$23.00	Sunset 11'ers M	\$100.00	\$389.00			

Revenue and Expense Statement: August 2018

	August 2018	Budget	YTD	Budget		August 2018	Budget	YTD	Budget
Revenue					Postage	\$0.00	\$0.00	\$99.00	\$149.00
Contributions from Groups	\$16,855.00	\$10,934.00	\$126,159.00	\$133,361.00	Rent - Office	\$4,592.00	\$4,592.00	\$36,736.00	\$36,736.00
Contributions from Individuals	\$2,305.00	\$3,111.00	\$31,079.00	\$31,193.00	Rent - Other	\$550.00	\$100.00	\$1,110.00	\$660.00
Gratitude Month	\$1,049.00	\$0.00	\$5,241.00	\$5,041.00	Filing/Fees	\$0.00	\$7.00	\$309.00	\$472.00
Intergroup Event Revenue	\$0.00	\$0.00	\$1,672.00	\$3,000.00	Insurance	-\$30.00	\$0.00	\$975.00	\$1,495.00
Other Revenue	\$0.00	\$35.00	\$872.00	\$358.00	Internet Expense	\$146.00	\$134.00	\$750.00	\$1,342.00
					IT Services	\$0.00	\$0.00	\$60.00	\$0.00
Sales - Bookstore	\$7,458.00	\$9,673.00	\$62,781.00	\$61,406.00	IT Hardware	\$0.00	\$0.00	\$52.00	\$0.00
Cost of Bookstore Sales	-\$5,525.00	-\$7,189.00	-\$48,424.00	-\$45,814.00	IT Software	\$0.00	\$0.00	\$817.00	\$425.00
Gross Margin - Bookstore	\$1,933.00	\$2,484.00	\$14,357.00	\$15,592.00	Office Supplies	\$131.00	\$200.00	\$1,282.00	\$1,559.00
					Paper Purchased	\$0.00	\$125.00	\$107.00	\$1,000.00
Total Revenue	\$22,142.00	\$16,564.00	\$179,380.00	\$188,545.00	Printing	\$0.00	\$0.00	\$0.00	\$0.00
Expense					Equipment Lease	\$407.00	\$442.00	\$3,288.00	\$3,540.00
Employee Expenses	\$14,341.00	\$15,775.00	\$113,429.00	\$111,684.00	Repair & Maintenance	\$240.00	\$275.00	\$3,033.00	\$2,130.00
					Security System	\$0.00	\$0.00	\$295.00	\$263.00
Committees					Payroll Expenses	\$6.00	\$10.00	\$48.00	\$80.00
Archives Committee	\$400.00	\$298.00	\$508.00	\$2,379.00	Telephone	\$264.00	\$190.00	\$1,412.00	\$1,520.00
PI/CPC	\$35.00	\$165.00	\$710.00	\$1,320.00	Travel	\$1,251.00	\$2,400.00	\$1,251.00	\$3,600.00
Sunshine Club/SOS	\$0.00	\$17.00	\$0.00	\$136.00	Training	\$255.00	\$33.00	\$374.00	\$266.00
The Point Committee	\$74.00	\$174.00	\$845.00	\$1,390.00	Bad Checks	\$0.00	\$0.00	\$0.00	\$0.00
Fellowship Committee	\$1,434.00	\$0.00	\$3,585.00	\$3,500.00	Total Expense	\$24,272.00	\$25,467.00	\$173,590.00	\$181,377.00
Committees - Other	\$0.00	\$0.00	\$0.00	\$0.00	Net Operating Surplus/(Deficit)	-\$2,130.00	-\$8,903.00	\$5,790.00	\$7,168.00
Total Committees	\$1,943.00	\$654.00	\$5,648.00	\$8,725.00	Interest Income	\$201.00	\$45.00	\$720.00	\$360.00
Intergroup Sponsored Events	\$0.00	\$0.00	\$0.00	\$0.00	Miscellaneous Income	\$0.00	\$0.00	\$0.00	\$0.00
Contribution CC Processing Fees	\$176.00	\$530.00	\$1,690.00	\$3,985.00	Depreciation/Amortization Expense	-\$348.00	-\$339.00	-\$2,784.00	-\$2,721.00
Professional Fees	\$0.00	\$0.00	\$825.00	\$1,746.00	Net Surplus/(Deficit)	\$2,277.00	\$9,197.00	\$3,726.00	\$4,807.00

Treasurer's Report: August 2018

For August 2018, Total Revenue was \$22,142, over budget by \$5,578. This was due to a higher than expected group contributions. Total Operating Expense for August was \$24,272, over budget by \$1,195. The result is a Net Operating Deficit of \$2,277 for the month.

Group Contributions for August were \$16,855, over budget by \$5,921. Individual Contributions were \$2,305, under budget by \$806.

Total Unrestricted Cash for August 2018 was \$77,656, a decrease of \$7,256 from July 2018. Unrestricted Cash is over 3 months of operating expenses.

Year to date we are operating at a \$3,726 surplus, under budget by \$1,081.

The rating for August 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: August 2018

	30-Aug-18	31-Jul-18	\$ Change	30-Aug-17	\$ Change
ASSETS					
Current Assets					
Cash					
Unrestricted Cash	77,656	84,912	(7,256)	79,025	(1,369)
Restricted Cash	134,284	134,085	199	125,232	9,052
Total Cash	211,940	218,997	(7,057)	204,257	7,683
Accounts Receivable	1,134	873	261	178	956
Inventory - Bookstore	17,084	16,607	477	23,025	(5,941)
Total Current Assets	230,158	236,477	(6,319)	227,460	2,698
Fixed Assets	8,078	8,426	(348)	12,254	(4,176)
Deposits	6,698	6,698	-	6,698	-
TOTAL ASSETS	244,934	251,601	(6,667)	246,412	(1,478)
LIABILITIES & NET ASSETS					
Liabilities					
Current Liabilities					
Accounts Payable	33	3,277	(3,244)	1,018	(985)
Payroll Tax Liabilities	(1,513)	(191)	(1,322)	2,679	(4,192)
Sales Tax Payable	521	703	(182)	771	(250)
Advanced Sales	749	749	-	-	749
Total Current Liabilities	(210)	4,538	(4,748)	4,468	(4,678)
Supplemental Compensation	4,526	4,167	359	-	4,526
Total Liabilities	4,316	8,705	(4,389)	4,468	(152)
Net Assets					
Net Assets, Beginning of Year	236,886	236,886	-	228,376	8,510
Net Surplus/(Deficit), YTD	3,732	6,010	(2,278)	13,568	(9,836)
Total Net Assets	240,618	242,896	(2,278)	241,944	(1,326)
TOTAL LIABILITIES & NET ASSETS	244,934	251,601	(6,667)	246,412	(1,478)

Continued from Page 15

beginners meetings but also people like the plugs for HelpChat. Alex found more interest in digital contributions. Promotes Intergroup and finds interest by linking Intergroup and Central Office. What is the goal of Intergroup? Help the suffering alcoholic. How to think outside of the structure to push service?

Group Discussion:

Laura: Should the IGR meeting have a conference call or video feed?

Alex: Some bad responses (don't want to go to Marin or go to SF).

Shane: Groups that don't have an IGR don't have a voice.

Michael: Wants a cheat sheet of what Intergroup does to more easily make a pitch to others. Doesn't want MI202 to happen as an accident. Volunteers stepping up to test MI2020 enthusiasm in Marin: Karen, Andrew and Alan.

New Business

Intergroup participation: It mirrors populations across Marin / SF (1/3 of IGRs at meeting are from Marin). Prior group conscience not in favor of a split but open to do what the groups want. Look in The Buzz an upcoming Intergroup response to MI2020.

Pacific Regional Forum: Spoke about Communications Audit (it was kindly scathing) from General Service. Need to coordinate branding for consistency on all of our communications. People trust information from Intergroup more than General Service.

National A.A. Technology Workshop: James O., Taran R. and Maury P. all participated in facilitating the session.

Adjourn with Responsibility Statement

Next Intergroup Meeting: Wednesday, November 7, 2018, 7:00 pm, at St. Andrew Presbyterian Church, 101 Donohue Street in Marin City. Orientation is at 6:00 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.
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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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