

the Point

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

from Chapter Five of the book, Alcoholics Anonymous

2018 **12**
December

A publication of the Intercounty Fellowship of Alcoholics Anonymous

Intercounty Fellowship
of Alcoholics Anonymous

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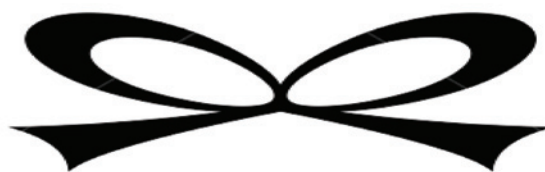
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gift of sobriety **TRADITIONS**
PROMISES Awakening
grace Fellowship *Sanity*
Higher Power **PRAYER**
MEDITATION anonymity
Humility *Peace* Serenity

Creating Reality

- 6 Know How You
Become "Normal"?
- 7 Those Three Words
- 9 My First Unity Day
- 10 Carrying the Message
with Step Twelve

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

Cover illustration by Marcus W.

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Persons requiring reasonable accommodations at Intergroup meetings, Intergroup committee meetings or service events sponsored by the preceding entities, including ASL interpreters, assistive listening devices or print materials in alternative formats, should contact Central Office at (415) 674-1821 no less than five business days prior to the event.</p> <div>     </div>			
2	3 FIRST MON Technology Committee Central Office, 1821 Sacramento St., San Francisco 6:00pm	4 FIRST TUE SF Bridging the Gap Central Office, 1821 Sacramento St., San Francisco Orientation 6:00pm	5 FIRST WED Intergroup Meeting First Unitarian Universalist Center 1187 Franklin St., San Francisco Orientation 6:00pm Meeting 7:00pm
9 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>	10 SECOND MON 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	11 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	12 SECOND WED Marin Bridging the Gap Marin Alano Club, 1360 Lincoln Ave., San Rafael Orientation 6:00pm Business Meeting 6:15pm
16 THIRD SUN Archives Committee Meeting Central Office, 1821 Sacramento St., San Francisco 12:00pm <i>Business meeting followed by work day</i>	17 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	18	19
23	24	25 CHRISTMAS HOLIDAY Central Office closed	26
30	31	1 NEW YEARS HOLIDAY Central Office closed	

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

THURSDAY	FRIDAY	SATURDAY
		1 FIRST SAT 3rd California Statewide Workshop of Hispanic Women Union Hall, 4 Berry St., San Francisco 9:00am to 4:00pm Contact: lololuisa3@gmail.com
6	7	8 SECOND SAT The 12 Traditions Today Workshop Central Office, 1821 Sacramento St., San Francisco 11:00am to 12:30pm The Point Committee Meeting Central Office, 1821 Sacramento St., San Francisco 12:30pm
13	14	15 THIRD SAT SF H&I , 2900 24th St., San Francisco Orientation 11:00am Business Mtg 12:00pm
20	21	22
27 FOURTH THU Marin Teleservice Marin Alano Club, 1360 Lincoln Ave., San Rafael 7:00pm Marin Public Information / Cooperation with the Professional Community (PI/CPC) Marin Alano Club, 1360 Lincoln Ave., San Rafael 7:30pm	28	29 FOURTH SAT CNCA Meeting 320 N. McDowell Blvd., Petaluma 10:00am



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“I am the creator of my own reality.”
~ *Daily Reflections*, p. 289



Meeting Changes

New Meetings:

Wed 7:00pm Mission **Men's Wednesday Night Literature Study**, The Women's Bldg, 3543 18th St./Guerrero St.

Meeting Changes:

Tue 6:00pm Cathedral Hill **Broad Highway**, Urban Life Center, 1101 O'Farrell St./Franklin St. (Was at 5:30pm)
 Wed 8:00pm San Geronimo **Wednesday Night Candlelight**, San Geronimo Valley Presbyterian Church, 6001 Sir Francis Drake Blvd./Nicasio Valley Rd. (Was at the Christ Lutheran Church)

No Longer Meeting:

Tue 10:00pm Mission **Looney Toons**, Mission Fellowship, 2900 24th St./Florida 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!*

Temporary Meeting Closures

Meetings temporarily closed during the holidays are listed at **aasf.org** on the Home page under "Fellowship News."

If you know of a closure, email **aa@aasf.org**.

'Tis the Season!

Planning an alcohon 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

YAY, Gratitude Month!

Thank you for participating in **Gratitude Month!** Your financial support will assist Central Office greatly in the services we offer.

Please make sure to submit your Gratitude Contributions to Central Office **no later than December 31.**

UPDATE: All Submissions can be made electronically at **aasf.org/contributions.**



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



God of the Air

Ancient Maya considered the resplendent quetzal divine (aka “god of the air”) and a symbol of light. *The Point* is now moving from print to a light medium and will also reside in “the cloud” forest in January 2019. Since December is our last print issue, your editor is practicing with WordPress to keep bringing you insightful articles *The Point* has been known for. Please let us know your thoughts via thepoint@aasf.org. Our primary purpose is carrying the message, as Kathleen C. reminds us on Page 10.



In this issue Bree L. tells John C.’s story, including Boy Scouts and Mickey’s half pints. Anonymity helped John W. through the worst of times, then buoyed him into the best of times (with a nod to Charles Dickens). Luke H. puts all the pieces together for Unity Day.

Daniel F. keeps mind and heart open with inventory questions on Page 8. In the beginning A.A. borrowed concepts from several belief systems. Bill W. credited three non-alcoholics for principles behind the Steps.

On Page 6, Claire A. finds out how wide-ranging the definition of normal really is. Ken J. hears the language of the heart after 28 years of deafening silence from his dad in “Those Three Words.” And Rick R. finds joy in the season with a new attitude. He practices radical concepts such as “not being the center of attention” and “preserving the dignity of the other person.” Like Lennon and McCartney sang: In the end, the love you take is equal to the love you make.

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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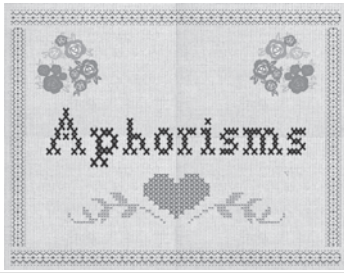
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Know How You Become “Normal”?

You act normal

by Claire A.

I have heard many people share in AA meetings that they felt like they were absent the day “they” handed out the booklet about how to deal with life. I shared that feeling. It seemed like everyone else knew the rules, and no matter how I tried, I couldn’t fit in. I was extremely uncomfortable in social situations. I would either clam up or blurt things that embarrassed me. So when I had a beer for the first time, it didn’t matter that I hated the taste: I loved the feeling. I could talk easily, I no longer felt fear. Social situations became manageable.

Not the only freak around here

The relief I felt with alcohol didn’t last long. Drinking situations quickly became embarrassing. My inhibitions were gone, and with them any self-control. I was often scared by my own behavior, and would wake up in the morning ashamed of myself. I was back to feeling like I didn’t fit in, even with alcohol, and my consequences were worse than ever. I remember looking around at people my age and just wishing I knew how they did it. I was certain they knew I was not normal.

I started isolating early in life. I have, since I can remember, never wanted to get out and meet people. I never wanted to go meet people with my family. I was shy in school. Without fail, I am still surprised when I get together with friends and actually have a good time.

So, our program that encourages us to reach out and connect with others



was a revelation to me. After 44 years of tending toward isolation, I started calling other women in the program and realizing that I’m not the only freak around here. In fact, I’m not really even interesting enough to be called a freak. I’m just a garden variety, fearful, procrastinating, isolating alcoholic.

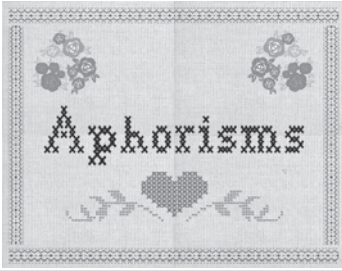
Importantly, AA has shown me that “normal” has a pretty wide-ranging definition. And AA has shown me that I can live in this normal world by doing what normal people do. There’s no handbook (to my knowledge, anyway. If you find one, please let me know!), but there are norms. A lot of them are listed in the *Just for Today* prayer card: Dress becomingly, act courteously, don’t criticize, make an effort, do something useful, get some exercise, get some rest, reflect on your life for a short amount of time, be happy.

Others I’ve learned: show up on time, make amends for mistakes, call people and ask how their day is going, put

your hand out and introduce yourself. Eat your veggies, get enough sleep, and treat your family kindly. Listen. Enjoy what’s beautiful. The list goes on and on. It’s not complicated and I think, honestly? I knew all this all along. I don’t think I really believed it could be that simple. But the secret is that it really is that simple for me. Each little action brings me a little bit of peace. Many of them put together make me a ridiculously happy camper.

I knew all this all along

It’s funny, I say I’ve learned all this, but I forget it overnight. I need other people in AA to remind me not to listen to the committee in my head, which tells me that I don’t have enough, poor me, I’m miserable, nothing will ever be right again, I’ve been given a bum hand. Going to meetings, working with others, reading literature reminds me: if I want to feel “normal” I can—I just have to act that way. It really does work!



Those Three Words

My parents loved me—I just didn't realize it

by Ken J.

Shortly after my second A.A. anniversary I was faced with making an amends I dreaded. To my father. Due to the circumstances I had to do it over the phone. The call began as superficial as always. We talked about the crops, the weather and Nebraska football. With him being the epitome of a banker, the conversation was pretty much one-sided, with me doing the talking. I knew that my father was sitting there listening, stoically staring into space.

Running out of things to say, I got down to business. I did thorough 4th, 5th and 9th Steps. I don't think my father said a word. It felt like I talked forever. Finally I was finished. And then I did something I had never done. I said, "I love you dad." There was this deafening silence on the phone. And then my father said, "I love you son." And hung up.

The conversation was pretty one-sided

And one month later my father died. I never saw him or spoke with him again. The last words I heard my father say were the three words I had waited to hear my entire life. Those three words.

A year after my father had died, my sponsor asked me to explain something. He said that before my father had died I had usually spoken about him negatively. I had often talked about his shortcomings, his failures as a father, his rigidity and his coldness. But in the time since he passed, I tended to talk about him in a much more endearing way. I

admiringly referred to his strengths, acts of charity and support. He told me that rewriting the past is not the same as reconciling it.

My father didn't say a word

Tomorrow, November 6, 2018, is my 33rd A.A. anniversary. My father has been gone 31 years. I was 28 when he died. I have replayed that phone call hundreds of times, hearing his voice crack on those words. It was somewhat surreal because he just wasn't someone who showed or expressed his emotions.

I have often wondered how we would have interacted in person after he said "the words." Would it have changed how he acted around me? Would I have been more understanding and patient with him? Would we perhaps even have hugged? I will never know. And I get very frustrated by the insane "what if..." game. It's one of those mental exercises in futility, usually playing out in unrealistically happy or

disastrous scenarios. That game has no place in my toy box.

For me the events of the past are static. I can work to understand and accept them and their implications. But I cannot rewrite them and make them something they are not.

A long time ago I accepted the reality that my perception of the relationship with my father will change daily. I have learned to accept the good and the bad. I know today that my parents never sat at the foot of the bed in the morning and planned how to make my life miserable. They did the best they were capable of doing. My father showed he cared for me in the only ways he was comfortable with. I resented him for not showing me that he cared for me in the ways I wanted it shown.

So, those three words. I have put so much time and energy into them that I never fully understood and appreciated the concept behind them. I have probably said them recklessly and desperately thousands of times in my life, trying to compensate for not hearing

them as much as I wanted. I have discounted or ignored love and acceptance so many times because it wasn't expressed on my terms. Words definitely do matter. But in A.A. I have found that the language of the heart is much louder.





12 Questions for a 4th Step

A.A. borrowed spiritual concepts during and after its birth

by Dan F.

What became Alcoholics Anonymous dates from June 10, 1935, when Bill gave Dr. Bob his last beer. A month earlier, members of the Oxford Group, a back-to-basics Christian movement started by dissatisfied Lutheran minister Frank Buchman, had brought them together to meet and talk. Buchman was willing to work with people of different religions without demanding they convert to Christianity. A.A.'s first book, *Alcoholics Anonymous*, was drafted using the language of that group. The text was heavily edited before publication with input from 300 non-alcoholics (religious, medical and academic professionals) who received a draft of the book, as well as the 100 people who were members of the yet-to-be named alcohol recovery program. A.A. has always taken concepts and language from outside sources before, during, and after its birth.

I keep my mind and heart open

On A.A.'s 20th anniversary, Bill W. said "It would be false pride to believe that Alcoholics Anonymous is a cure-all, even for alcoholism ... Let us constantly remind ourselves that the experts in religion are the clergymen; that the practice of medicine is for physicians; and that we, the recovered alcoholics, are their assistants." (*Alcoholics Anonymous Comes of Age*, p. 232.)

In a *Grapevine* article for A.A.'s 25th anniversary, Bill W. drew on three non-alcoholics' work for the spiritual principles behind the Twelve Steps:

his own doctor, Dr. William Duncan Silkworth, for Step One; William James, the American psychologist who delivered the Gifford Lectures at Edinburgh, Scotland in 1901-1902 which became the book *The Varieties of Religious Experience*, for Step Twelve; and Episcopal minister Rev. Dr. Samuel Shoemaker, the leader of the Oxford Group in the 1930s, for Steps Two through Eleven. (*The Language of the Heart*, pp. 297-298.)

Bill drew on three non-alcoholics' work for the principles

I keep my two feet planted in A.A. because I am one of the minority who cannot safely drink alcohol. I keep my ears, eyes, mind and heart open to all sources of information and inspiration, inside and outside of A.A. Pioneers of A.A. did, too, in order to continue to grow farther away from the last drink and realize the "full potential of ... genetic endowment," as Dr. George Sheehan used to preach the night before the Marine Corps Marathon in Washington, D.C. (which I ran a dozen times).



I have been sober over half my life and half of A.A.'s life. I have written the 12 Questions, below, with language discovered from sources on my journey on the Road of Happy Destiny. They help me find out who I am and what my higher power wants of me each day.

1. Who am I?
2. What do I want?
3. What do I not want?
4. What behavior of mine helps me reach what I want?
5. What behavior of mine does not help me reach what I want?
6. What behavior of mine helps build relationships with others?
7. What behavior of mine harms relationships with others?
8. What do others say they like about my behavior?
9. What do others say they do not like about my behavior?
10. What have I done well today?
11. What have I not done well today?
12. What behavior do I admire in other people and want to imitate?

Dan F. was born in San Francisco a month after the first edition of Alcoholics Anonymous was published in 1939. He took his last drink in Washington, D.C. December 8, 1976, the day after he attended his first A.A. meeting. He lives with his wife in Europe and does volunteer service for three international nonprofit, non-governmental organizations (NGOs).



My First Unity Day

It's up to me to plan this thing?

by Luke H.

I had heard about something called Unity Day that takes place each year here in the City. Some of my friends even said it was something I might like, something that would introduce me to service organizations worth learning about. I find it funny to think the first Unity Day I would attend would be the one I helped plan as Events Co-Chair for the District. How I came to be in that position was by making myself available a year ago. When no one else volunteered, the role was given to me. I didn't really want it, but had learned from my service sponsor that being available was all there was to being of service at the District level.

Seeing as I'd never *been* to a Unity Day, I had to ask a lot of people how it had been done in years past and really take a look at the pass-it-on from the prior Co-Chair. Working together with various service organizations (H&I, Intergroup and General Service), continuous discussions were essential in the months prior to the event. Someone volunteered a good printing spot for the flyers. Others suggested the design of the flyer and helped with the layout itself.

I realized that I wanted to skip it

When it came down to the final planning stages, I took heed of the suggestions given to me and handed over the food planning to a little group of volunteers. All of a sudden, the event that had

seemed so far-off was only a few days away. We began planning the food run: one person had a car, the next person had the list of what was needed, and the final person had the sought-after Costco card. It was funny how it all came together like that.



On the morning of the event, I realized that I wanted to skip it. I was afraid all of these moving parts I thought I was in control of would crumble. When I arrived, I realized something: I had made suggestions and handed out flyers, but the Fellowship had carried out the real work.

A couple of days before Unity Day, Central Office emailed me that a fellow A.A. member from Los Angeles was in town. His original plans had fallen

through right before arriving and so he asked if there was some way he could be of service while he was in the City. He made himself available and pitched in all day during the event.

More than enough sugar to smooth it over

One of the volunteers had access to a commercial kitchen and so volunteered to bake some desserts from scratch for our event. He stayed up well past midnight the night before baking over 150 cookies and over 150 cupcakes for Unity Day. Even if something went awry the day of, I figured that there would be more than enough sugar to smooth it over.

With equal parts laughter and joy, Unity Day commenced. Members were putting out the chairs and making sure the sound system was running and greeting. Those who attended finally learned what PI/CPC stood for. They learned why it's important that Teleservice carries on. They saw what it means to continue the work started by H&I through joining Bridging the Gap.

Thank you to everyone who came out and made this year's event fun, lively and joy-filled. I am grateful to the Fellowship and the volunteers who worked to make this day the success it was.

For service committee opportunities, visit aasf.org and go to the "Service & Sponsorship" dropdown or email Central Office at aa@aasf.org.



Carrying the Message with Step Twelve

If I was, they were too, right?

by Kathleen C.

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

~*Alcoholics Anonymous*, p. 60

No wonder the next line in *How It Works* is: "Many of us exclaimed, 'What an order! I can't go through with it.'" I mean really? Are you kidding me? Carry the message? Practice these principles? When I first got sober, my idea of Step Twelve was that once I stopped drinking I would carry the message to everybody I knew who ever drank a drop of alcohol that they were probably alcoholics. I mean, if I was, they were too, right?

I was dancing the alcoholic two-step—Step One and Step Twelve—"I'm an alcoholic and so are you." Not surprisingly,

nobody agreed with me that they were alcoholic. But I kept going to my one grudging meeting a week—as close as I was willing to get to Step Twelve. I finally asked Bonnie to sponsor me, after almost two years of being dry. I had worked the steps in another program, but it was time for A.A.

I was dancing the alcoholic two-step

Bonnie is a Stealth Sponsor. Not bossy, not super-directive. Just *There*. She was at our home group meeting, Hilldwellers' Monday Night Big Book, every Monday. She always returned my phone calls. She always arranged to meet with me, even though she was commuting to work in San Francisco while taking care of her very ill mother in San Jose.

Bonnie is still my sponsor today. We are both retired and have a lot of fun, in the

midst of the stuff that happens in sobriety. She has 29 years sober, I have 28, and she is probably my best friend. She is blazing the trail of life ahead of me, calling back over her shoulder, "Watch out! There is a big resentment over here!"

She doesn't TELL me how to be a good A.A., how to practice these principles in all our affairs. She SHOWS me. I try to do the same for the women I sponsor, not perfectly, oh hell no, but doing the best I can.

Today my sponsees keep me sober. I give them advice and then realize I need to walk my talk. One night I was on the phone with one of the women I work with. As I hung up, I heard my husband's voice, "How many people do you sponsor? Isn't that a burden?" My reply was quick: "Honey, you just don't understand. It takes a village. It takes a lot of sober women to keep me sober."



Ten Reasons I'm Not an Alcoholic

Lies I used to tell myself...

by Anonymous

1. I don't drink every day, unless I'm on vacation.
2. Never got a DUI. I did drive drunk—just never got caught.
3. I don't drink in bars. I stay at home with my Southern Comfort on the rocks.
4. I am a social drinker. All my friends drink. We are very social.
5. My family tree only has one

drinker, my father. The rest are all teetotalers, maybe a few overeaters.

6. I never "had" to have a drink. I only drank to relax and wind down.
7. I'm a nice girl. Nice girls don't get drunk (except once or twice).
8. I only drank in expensive places, restaurants and had only expensive drinks, like martinis, Manhattans, stingers or greyhounds. I never drank straight stuff except for the Scotch on the rocks and, of course,

my Southern Comfort.

9. My story isn't exciting like I hear on speaker tapes. What's exciting about sitting at home in bed reading and sipping a toddy of Southern Comfort on the rocks?
10. I've never been falling down drunk, except for that one time in Miami. And then there was New York ...

Life is so much easier today staying sober.



John C.'s Story

48 years and still going strong

by Bree L.

John C. was born in an upstairs flat at 24th Street and Mission. His history is such that his father, uncle, and others in the family were alcoholics going generations back. At 14 he sold Mickey's half pints to a kid at his Boy Scout meeting and pulled a knife on his scoutmaster. The boy fingered John, which led to John's first alcohol-connected arrest and put an end to his operations.

"We'll serve you a drink if you promise not to sing..."

Early on he was aware of his social and academic deficiencies but could bluff his way through most things by playing the clown. The saloon became his neighborhood stage. Bartenders told him, "We'll serve you a drink if you promise not to recite poetry or sing an Irish song." It was an easy way to get free drinks.

He graduated from high school in 1952 and was lucky enough to land a great job with the San Francisco Stock Exchange. They not only paid him to drink; they expected him to drink as well. His task was to get milkshake-sized cartoons of martinis and Manhattans from the saloon and bring them back to work. In his mind he'd died and gone to heaven.

This began an uninterrupted 20-year affair with alcohol, except when he was incarcerated or hospitalized. He doesn't know how he survived those years driving drunk, smashing into telephone poles and hitting parked cars. Judges would sometimes ask if

he saw any correlation between his jail time and drinking. His answer was always a resounding "No."

In 1953 he married his childhood sweetheart and had 5 children. His firstborn son died of encephalitis at age six after being paralyzed for five years. He got many free drinks out of that. Wonderfully, today his other children are still doing fine.

John went to his first A.A. meeting in 1963 and continued to bounce around for six more years. He calls this his *Hotel California* period, when the real Dick Smith-ing started (sneaking drinks and hiding what he drank). He tried every known cure for alcoholism: Aversion therapy, Antabuse, religion and paraldehyde, to name a few. There always seemed to be someone sending him back to A.A., be it his wife or a judge.

A person can leave A.A. at any time, yet after some exposure they can never completely check out emotionally or mentally. As he says, if you're in the middle of the lake and drowning, it doesn't matter how you got there. In April 1970 he reached his bottom and finally got up enough courage to ask for help.

The key factor that prevented him from getting sober was that he wasn't willing to take the steps of recovery. So when that day came, he says, "Johnny had to reintroduce himself to John. The only way was for John to take those first steps of recovery." He stood up in a meeting in the Sunset and said, "My name is John C. [He spelled out his last name.] I'm in the phone book. If I'm missing more

than a week from this meeting, I hope that someone will check to see if I'm alright." The date was May 1, 1970.

He calls it his Hotel California period

John got into H&I early. He found this more than anything else contributed to his sobriety. He says, "H&I is the Marine Corps of AA. We are in the trenches and it's almost impossible to worry about finances or hurt feelings when you're holding someone's hand when they're strapped down in a detox ward."

He paraphrases Gandhi as, "We find ourselves only when we lose ourselves in the service of others." Today at 48 years sober, he's still going strong.



Illustration by Navarre

Tradition Twelve

Secret Society vs. Vaudeville Circuit

by John W.

“And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are to actually practice a general humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.”

~*Twelve Steps and Twelve Traditions*, p. 192.

My first Christmas without drinking: “It was the worst of times.” Still as fresh in my mind as breakfast this morning. My four siblings and their families, with my family of three all under age 11, was a mid-afternoon dinner at Grandma’s. We sat around her tree enjoying the Spirit of the Season.

It was the worst of times

Grandma asked the kids, “Did Santa visit your house last night?” The children said, “As soon as Daddy got back from his meeting.” What meeting was that? Who could have a meeting on Christmas morning? The stigma of being an alcoholic was alive and well in my family. My mumbled reply and changing the subject addressed the silence of the room, but not the cacophony between my ears.

“Principles before personalities” means more than ignoring the belligerent drunk, or the old timer who loved to say how much better A.A. was way back when. The

principle of anonymity actually helped heal my soul from the stigma of alcoholism. I gravitated to A.A. the last time because it was anonymous. I certainly wanted no one to know I was an alcoholic—fighting words for sure.

Don’t drink, work the steps, your life will change

Christmas only got worse when I retreated to the bottle later that night after kids were tucked safely into bed. I was not yet ready to cease fighting everyone and everything. I didn’t want more, but I was unable to stop with less. Amazingly, the attraction of my 7:00 a.m. homegroup got me there the day after Christmas. I was told: Don’t drink, work the steps, your life will change.

Certainly a vivid, daily reminder of that which saved my life and has kept me alive since. What I have witnessed in myself is how I have changed about admitting I am an alcoholic. I no longer feel isolated by stigma. Rigorous honesty compels me to admit I have yet to label myself a “grateful alcoholic.” Yet I can see hope on the road I trudge.

I had been the arrogant drunk who knew it all. No one was going to separate me from the daily indulgence I “earned,” even though I knew it was separating me from all I held near and dear. So if there had been no anonymity at the beginning, I might never have gotten in the door. If I had to get out on the circuit and proclaim to any within earshot how it was working for me, I do not believe I could have stayed in the rooms.



Flash forward to Christmas afternoon, two years later, in the same place, with the same cast of characters and the same questions for my youngest. She told grandma about calling that morning to tell Daddy (living elsewhere due to the divorce) what Santa had left and the celery his reindeer had half eaten, right after he “got back from his A.A. meeting.” This time

On my first sobriety anniversary, St. Patrick’s Day, I received was a license plate with my sobriety date. Not quite shouting from the rooftops, but no longer a secret either.

there were no strained silence and no “shoe stares,” just a couple of high fives and a warm hug with a grateful alcoholic Daddy and his daughter. It was the best of times.



A Joyful Time of Year

Bringing joy to the less fortunate

by Rick R.

How appropriate it seems that there are 12 months in a year and we have 12 steps in the program. The joy of good living is the theme of the 12th step. It blends right in with the holiday season in November and December, starting with Thanksgiving and ending with the New Year's Eve celebration. This time of year does bring a lot of joy to many of us, but it also brings distress to some of the less fortunate ones who haven't yet been blessed with the gift of sobriety and peace of mind, in and outside of A.A.

During my drinking days I used to be very uncomfortable about the holidays. I never knew how to act around normal people unless I was half smashed. When invited to a celebration, I felt like a charity case and would rather just hang out at the bar where I felt safe. I never got into the spirit of reaching out to others. My family always celebrated the different holidays; I always (due to my discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other, the mad rush to go shopping and the commercialized facade that it had become. Any excuse was better than facing myself and the miserable wretch I had become.

Does the rest of the family enjoy the holidays?

After being sober for several years it occurred to me I still had some of those same attitudes. I was still holding on to them largely due to the inconvenience of it all. I explained



this problem to a dear friend once. He asked, "Does the rest of the family enjoy the holidays?" I said yes. He suggested, "Why don't you just take a back seat and watch the joy in their eyes as they experience these things."

I did exactly what he suggested. When I started to observe the childlike innocence and happiness it brought to them, it gave me a whole new appreciation for this time of year. It brought tears to my eyes and I no longer wanted to be the grouch or put a damper on their joy. I have been following this line of thinking ever since and it has changed my whole attitude concerning these things.

This change of attitude has inspired me to apply the unselfish lessons that I've come to understand, so now I spend the holiday season filled with joy. If it works like that for

the holidays, then why can't I bring it with me for the rest of the year? This has been my mission for several years, and I am always looking for the opportunity to brighten the lives of people less fortunate than myself.

Less fortunate both in and out of these rooms

I try to do these things anonymously and without fanfare. I also try to consider the discomfort that I used to feel when I was the one on the receiving end of a charitable gesture. I am very careful to do these things in a way that preserves the dignity of that other person. I don't have to wait for the holidays to do these things. Every day is a holiday inside and outside of my home, and you can believe me when I say: I reap more than my share of the joy.

Intergroup Meeting Summary: November 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	Monday Night Stag Tiburon	San Francisco Groups	Cocktail Hour	Serenity Seekers
Barnyard	On Awakening	A is for Alcohol	Cow Hollow Men's Group	Sometimes Slowly
Broad Highway	Quitting Time	A New Start	Creative Alcoholics	Sunset Speaker Step
Last Stop Men's Step Study	Rise N Shine	Any Lengths	Experience, Strength & Hope	Surf
Marin Young People	Saturday Weekend Warriors	Artists & Writers	Join the Tribe	Too Early
Men's Two Plus	Thursday Night Speaker	Blue Book Special	Lunch with Bill	Valencia Smokefree
Mill Valley 7am	Women's Big Book: Tue	Castro Discussion	Monday Beginners	West Portal
Monday Blues		Castro Monday Night BB	Reality Farm	

This is an unofficial summary of the November 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, November 7, 2018, at St. Andrew Presbyterian Church, 101 Donohue Street in Marin City. The meeting was started with a call to order and the Serenity Prayer. Baskets for dinner were passed. The October 2018 minutes and the November 2018 agenda were approved.

Standing Reports

Board Chair, John R. Excited to see so many people from Marin.

Treasurer, Alix F. Intergroup is running a \$800 deficit YTD (which is really good). Gratitude Month contributions are included in our

annual budget; please send all contributions in by the end of the year.

Executive Director, Maury P. Two new pamphlets from A.A. World Service are now in stock in the bookstore: *The God Word* and *A.A. for Alcoholics with Mental Health Issues*. Please make them available to our groups. Gratitude Month flyers are also available. Please let Central Office know about meetings closed for holidays (especially at churches). Also let people know about holiday events that your groups are having so they can be published on the aasf.org website. We still need volunteers at Central Office. There is only one open shift right now, but we need substitutes. We have a new flyer for Group Elections, which describes differences between General Service and Intergroup and what the group representatives from each committee do.

Intergroup Committee Reports

The Point, John B. We are going fully digital in January. Looking for editorial contributions about 12th and 1st Steps, Traditions and Concepts. Contact thepoint@aasf.org.

Technology, Taran R. We still have some things cooking in committee. Please email tech@aasf.org with any problems communicating or documenting committee work.

Orientation, Greg M. Welcome to the new IGRs this month. The Buddy sign-

up sheet is being revamped. We are looking for people to come early next month to meet up with new IGRs and have dinner with them.

Outgoing Fellowship, Michael P. Elena is the new Fellowship Chair.

PI/CPC, Justin H. We had lots of volunteers at Unity Day. Thank you! PI/CPC still needs committee members to find new speaking opportunities. We meet the 2nd Monday of each month at Central Office from 7:00 - 8:00 p.m.

Liaison Reports

Marin General Service District 10, Jacqueline We continued with district officer job responsibilities in anticipation of elections on November 19. Marin Unity Day was a wonderful success and delicious. Approximately 170 people attended. We played "Group Feud," which we could have played all day. It was Delegate Joann's last presentation and previous delegate Raymundo gave her his Pass-It-On and a loving send-off. Our District Archivist reports that she is receiving group histories. We are excited about the Hispanic Women's Workshop in San Francisco on December 1. There will be panels and participation from Hispanic women from five other Spanish-speaking countries via Skype. Our next meeting will be November 19 at the San Rafael Methodist Church at 7:30 p.m.

Individual Contributions

to Central Office were made through November 15, 2018

honoring the following members:

IN MEMORIAM

Joe Y. – Tuesday Beginners

ANNIVERSARIES

Shirley K. – 50 years

Marin Teleservice, Patrick We had a presentation about HelpChat and how to handle 12th Step referrals from HelpChat volunteers. Marin Teleservice workers should hear from their coordinators about HelpChat volunteers transferring 12th Step calls.

Marin PI/CPC, Andrew We had one participant at our last workshop. We held presentations at Dominican Nursing and area high schools.

Marin H&I, Karen Marin jails have reached out looking for meetings for at-risk populations. Only for men and will be starting the first of the year. There was a shooting at Helen Vine. One of the staff workers was killed and two others were injured.

San Francisco General Service District 6, Steve Good attendance at SF Unity Day. Jackie B. gave a presentation on the history of Central Office and General Service as a whole.

Playwright, Jackie B. Is offering to direct *In Our Own Words* in celebration of its 10th anniversary, if Intergroup will produce it. The proposed venue is the Exit Theatre in the Tenderloin in San Francisco. We will need to sell 224 tickets to break even. The group supported producing the play. Pete made a motion to proceed with Jackie's proposal and it passed by consensus. It will be February 8-9 and 16-17. Performances will be Friday, Saturday matinee and Saturday night.

Old Business

Test enthusiasm in Marin, Karen, Andrew, Alan Updates were tabled until December meeting.

Intergroup and Community Discussion with Focus on Marin and Clarifying Our Role

Tom, IGR Board Member and Marin IGR and resident started the discussion. Looking to share information about what Intergroup does. This part of our meeting is in response to an initiative a group of Marin members began to create a separate Intergroup in Marin.

Background: San Francisco and Marin have been a single Intergroup for more than 70 years. Our current office location, in San Francisco, was chosen with access to both counties in mind. One-third of our IGRs come from Marin and two-thirds from San Francisco. This breakdown is consistent with 7th Tradition contributions and the number of meetings in each county. Along those same lines, one-third of our Intergroup meetings are held in Marin. Our levels of participation are in line with other areas with room for improvement. Most groups participate by sending money, not volunteers.

What Intergroup Does

Provides Central Office, a bookstore, meeting schedules, a comprehensive website, Teleservice, coordinates 12th Step work, Group Insurance and outreach.

Q & A for Board members John, Alix, and Maury: Questions and statements came from numerous individuals who attend meetings and live in Marin County. Concerns included literature availability in

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

(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			Oct. 18	YTD	Marin Contributions			Oct. 18	YTD	Marin Contributions			Oct. 18	YTD
Contribution Box		\$51.66		\$693.46	Monday Miracles M 630pm			\$380.00		Women's Big Book Tu 1030am			\$1,869.58	
GGYPAA		\$4.00		\$22.67	Monday Night Stag Tiburon			\$1,100.00		Women's Lunch Bunch F 12pm			\$355.00	
Sobriety By The Bay				\$2,000.00	Monday Night Women's M 8pm			\$662.31		Women's Meeting Su 430pm			\$150.00	
Fellowship Total		\$55.66		\$2,716.13	Monday Nooners M 12pm		\$675.00	\$1,988.41		Working Dogs W 12pm			\$1,466.04	
					Morning After Sa 10am		\$200.00	\$1,000.00		Marin Total		\$3,925.05	\$58,491.24	
Marin Contributions			Oct. 18	YTD	Non Discussion Thu 12pm			\$22.00		San Francisco Contributions			Oct. 18	YTD
12 & 12 Study Sa 815am				\$158.00	Noon Hope			\$217.30		11th Step Power Power Power			\$175.09	
7AM Group 7D 7am				\$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			\$425.50		6am Dry Dock Mon			\$148.80	
Attitude Adjustment 7D 7am	\$613.86		\$5,793.46		Novato Fellowship Group			\$147.00		6am Dry Dock Sa			\$88.00	
Awakenings Sat 830a			\$273.38		Novato Spirit Discussion F 2pm			\$165.00		6am Dry Dock Tu			\$686.00	
Awareness/Acceptance M 1030am	\$114.26		\$334.26		On Awakening 7D 530am		\$3,300.00			6am Men's Literature M	\$76.34		\$96.34	
Back to Basics Su 930am			\$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 730pm	\$105.00	\$105.00			A New Start F 830pm			\$717.86	
Bounce Back M 6pm			\$550.00		San Geronimo Valley M 8pm		\$82.50			AA As You Like It Tu 530pm			\$351.54	
Caledonia Sun 8pm			\$1,190.00		San Marin Step Study Sa 830pm		\$100.00			Afro American Beginners Sat 8pm			\$305.10	
Candlelight Meditation M 730pm			\$60.00		Saturday Weekend Warrior Sa 830am		\$800.00			Agnostics & Freethinkers Su 630pm			\$862.00	
Closed Women's Step Study Tu 330pm			\$162.56		Saturday Women's Speaker Sa 6pm		\$344.26			All Together Now Th 8pm			\$127.20	
Conscious Contact Sa 6pm			\$470.00		Sausalito 12 Step Study Group	\$58.50	\$490.50			Artists & Writers F 630pm			\$1,749.00	
Corte Madera Saturday Candlelight 8pm			\$965.56		Serendipity Sa 11am		\$80.00			As Bill Sees It Th 6pm			\$314.58	
Cover to Cover W 730pm			\$713.00		Sisters In Sobriety Th 730pm (Marin)	\$59.75	\$59.75			As Bill Sees It Tu 1210pm			\$57.46	
Crossroads Sun 12pm			\$685.74		Six O'Clock Sunset Th 6pm		\$400.00			Ass in a Bag Th 830pm			\$152.03	
Experience, Strength & Hope(Marin) Sa 6pm			\$91.20		Sober Sisters W 12pm		\$321.00			Atheists, Agnostics & Others Sa 11am			\$50.00	
Fireside Fri 8pm Bolinas			\$41.49		Spiritual Testosterone Stag Su 830a		\$250.00			Be Still AA Su 12pm			\$1,460.36	
Friday Night Book F 830pm	\$230.00		\$1,024.39		Step 11 Gong Meditation Thu 530pm		\$170.00			Beginners' Step Study Sat 7pm	\$82.07		\$82.07	
Glum Not! Su 9am	\$200.00		\$200.00		Steps to Freedom M 730pm		\$250.00			Bernal Big Book Sat 5pm			\$1,480.31	
God Could & Would 5D M-F			\$150.00		Stinson Beach Fellowship Th 8pm		\$347.50			Bernal New Day 7D	\$22.55		\$1,865.81	
Gratitude Tu 8pm			\$393.86		Sunday Express Su 6pm		\$191.00			Big Book Basics F 8pm			\$249.14	
Greenfield Newcomers Su 7pm	\$510.95		\$779.18		Sunday Friendship Su 6pm		\$375.50			Big Book Beginners F 105pm	\$40.00		\$340.00	
Happy Destiny F 7pm			\$250.00		T.G.I. Tuesday 6pm		\$91.20			Big Book Study Su 1130am			\$174.00	
Happy, Joyous & Free 5D 12pm			\$750.00		Terra Linda Thursday Men's Stag Th 8pm		\$337.00			Blue Book Special Su 11am	\$46.00		\$249.12	
High & Dry W 12pm			\$175.50		The Barnyard Group Sa 4pm		\$355.13			Buena Vista Breakfast Su 12pm			\$223.00	
Intimate Feelings Sa 10am	\$58.09		\$247.29		There is a Solution Tu 6pm		\$50.00			Came to Believe Su 8am			\$171.21	
Inverness Sunday Serenity Su 10am			\$366.00		Three Step Group Sa 530pm		\$731.00			Came to Park Sat 7pm			\$931.60	
It's All About The Book			\$500.00		Thursday Night Speaker 830pm		\$863.74			Castro Discussion (Show Of Shows) Th 730p			\$95.53	
Just Can't Wait 'til 8 M 630pm			\$133.00		Tiburon Women's Candlelight W 8pm		\$48.80			Castro Monday Big Book M 830pm			\$299.44	
Keep It Simple Sister Thu 7pm			\$427.50		Tuesday Beginners' Meeting	\$324.64	\$2,019.59			Cocanuts Su 9am			\$205.00	
Larkspur Beginners F 7pm			\$500.00		Tuesday Chip Meeting Tu 830pm		\$1,000.00			Coit's Quitters	\$17.00		\$89.00	
Larkspur Haven Su 12p			\$352.00		We, Us and Ours M 650pm		\$497.32			Compass Group Sun 10am			\$312.00	
Last Stop Men's Step Study W 6pm			\$450.00		Wednesday Mid-Week W 6pm		\$91.20			Cow Hollow Men's Group W 8pm			\$2,153.36	
Living Sober Ladies Thu 10am			\$637.00		Wednesday Night Candlelight (Marin) 8pm		\$229.48			Design For Living - Big Book Th 730am	\$84.42		\$341.52	
Los Ranchitos W 830pm			\$87.00		Wednesday Night Speaker Discussion 7pm		\$942.95			Design For Living - Big Book Tu, Th 730am			\$130.32	
Marin Teleservice			\$6,500.00		Wednesday Sundowners W 6pm		\$350.00			Design for Living Sat 8am			\$731.82	
Men's 2 Plus M 7pm			\$317.00		Weekend Warriors Sa 830am	\$500.00	\$500.00			Dignitaries Sympathy W 815pm			\$161.00	
Mill Valley 11th Step Mtg Tu 730pm			\$646.00		What's It All About F 12pm		\$593.00			Each Day a New Beginning F 7am	\$581.44		\$2,630.59	
Mill Valley 7D 7am			\$975.00		Wholly Together 11th Step Meditation W 7pm		\$194.00			Each Day a New Beginning M 7am	\$160.00		\$865.17	
Mill Valley Discussion W 830pm			\$466.00		Why It Works Sun 6pm	\$200.00	\$300.00			Each Day A New Beginning Su 8am	\$260.40		\$930.98	
Mill Valley LGBTQ All Are Welcome Wed 8p			\$216.85		Women for Women W 12pm		\$50.00			Each Day a New Beginning Th 7am	\$324.76		\$686.77	
Monday Blues M 645pm	\$75.00		\$75.00		Women's 12 x 12 Fri 1030am		\$495.18							

San Francisco Contributions	Oct. 18	YTD	San Francisco Contributions	Oct. 18	YTD	San Francisco Contributions	Oct. 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
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		\$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	Sunset Speaker Step Su 730pm	\$227.82	\$383.19
Eureka Valley Topic M 6pm		\$1,549.20	NYX Sat 7pm		\$550.63	Surf Tu 8pm		\$639.00
Excelsior "Scent" Free For All Sa 5pm		\$324.00	O.A.D.W. Mon 7pm		\$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		\$1,381.25
Extreme Makeover M 730pm		\$152.98	One, Two, Three, Go! W 1pm		\$31.00	The Forum Tue 730p		\$241.00
Faith, Hope & Charity F 12pm	\$88.00	\$88.00	Park Presidio M 830pm		\$52.95	The Lads F 730pm	\$900.00	\$900.00
Federal Speaker Su 12pm		\$517.81	Pax West Group 5D		\$1,548.00	The Leaky Cauldron Su 930am		\$503.19
Firefighters & Friends Tu 10am		\$274.59	Potrero Hill 12 x 12 M 630pm		\$472.20	They Don't Know Who We Are Sat 7pm		\$116.56
Fireside Chat Group Sa 9pm		\$218.00	Progress Not Perfection Tu 830pm	\$79.00	\$79.00	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		\$120.00	Reality Farm Th 830pm		\$1,036.80	Thursday Thumpers Th 7pm		\$180.00
Friday Night Women's Meeting F 630pm		\$395.65	Rebound W 830pm		\$373.74	Too Early Sa 8am		\$871.71
Friday Smokeless F 8pm		\$385.08	Rigorous Honesty Th 1205pm		\$270.55	Trudgers Discussion Su 7pm	\$72.57	\$289.82
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		\$159.56	Saturday Beginners Sat 6pm	\$728.00	\$1,755.03	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	\$121.00	\$235.31
High Noon Friday 1215pm		\$270.00	Saturday Night Live Sa 9pm	\$188.00	\$188.00	Washington Squares Sun 6pm	\$26.00	\$50.00
High Noon Saturday 1215pm		\$119.15	Saturday Night Regroup Sa 730pm	\$171.23	\$1,071.18	We Care Tu 12pm		\$72.00
High Noon Sunday 1215p	\$10.00	\$763.94	Serenity House	\$150.00	\$1,500.00	Wednesday Noon Step Study 12p		\$211.78
High Noon Thursday 1215pm		\$373.66	Serenity Now Tue 830p		\$512.28	Wednesday Noon Steps W 12pm	\$56.00	\$56.00
High Noon Tuesday 1215pm		\$620.96	Serenity Seekers M 730pm		\$2,253.72	Wednesday Sunrise Smokefree 7am		\$120.00
High Noon Wednesday 1215pm		\$493.61	Sesame Step Tu 730pm		\$364.20	Weekend Update Su 615pm		\$329.44
Hoodlum Haven F 8pm		\$420.00	Shamrocks & Serenity M 730pm	\$508.40	\$1,277.72	Weekend Worker Sat 7am		\$516.00
Huntington Square W 630pm	\$389.18	\$584.46	Sinbar Su 8pm		\$499.08	West Portal W 8pm		\$1,453.25
It Takes A Village Sa 6pm		\$152.40	Sisters Circle Su 6pm		\$204.11	Wharf Rats Th 815pm		\$703.08
Join the Tribe Tu 7pm		\$592.00	Sober Saturday Sa 830am		\$257.76	What It's Like Now M 6pm		\$397.79
Juke Jaam Sat 10p		\$30.00	Sobriety & Miracles S&M Group Sa 5pm		\$239.23	Wits End Step Study Tu 8pm		\$120.00
Keep Coming Back Sa 10am	\$929.00	\$1,919.00	Sometimes Slowly Sa 11am		\$919.62	Women's 10 Years Plus Th 615pm	\$229.00	\$1,698.95
Koo Koo Hump Day W 6pm		\$554.50	Spiritual Awakenings Step Study M 730pm		\$240.00	Women's Big Book Study Tu 1150am		\$80.00
Language of the Heart F 12pm		\$112.81	Steppin' Up Tu 630pm		\$920.35	Women's Came to Believe Sa 10am	\$151.00	\$457.77
Let It Be Now F 6pm		\$236.25	Stepping Stone Step Study M 730pm		\$60.00	Women's Kitchen Table Tu 630pm	\$224.65	\$364.86
Like A Prayer Su 4pm		\$183.30	Stonestown M 8pm	\$360.00	\$630.00	Women's Meeting There is a Solution W 6pm		\$205.41
Lincoln Park Sat 830pm	\$81.31	\$227.97	Sunday Morning Gay Men's Stag Su 930am		\$1,536.15	Women's Promises F 7pm	\$427.00	\$1,156.60
Living Sober with HIV W 6pm		\$250.15	Sunday Night 3rd Step Group 5pm		\$996.10	Work In Progress Sa 7pm		\$842.50
Lunch with Bill 5D		\$344.66	Sunday Night Castro Speaker Disc Su 730pm		\$423.60	YAHOO Step Sa 1130am		\$557.27
Lush Lounge Sa 2pm	\$45.00	\$45.00	Sunday Rap Su 8pm		\$258.41	San Francisco Total	\$7,857.14	\$90,846.54
Meditation, Prayer & Share Tue 730pm		\$116.00	Sunday Silence Su 730pm		\$300.00	YTD		
Meeting Place Noon F 12pm		\$212.00	Sundown W 7pm		\$586.80			
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		\$389.00			

Revenue and Expense Statement: September 2018

	September 2018	Budget	YTD	Budget		September 2018	Budget	YTD	Budget
Revenue					Expense (cont.)				
Contributions from Groups	\$14,057.00	\$10,174.00	\$140,216.00	\$143,535.00	Postage	\$0.00	\$0.00	\$99.00	\$149.00
Contributions from Individuals	\$2,664.00	\$2,396.00	\$33,743.00	\$33,589.00	Rent - Office	\$4,592.00	\$4,592.00	\$41,328.00	\$41,328.00
Gratitude Month	\$1,019.00	\$0.00	\$6,259.00	\$5,041.00	Rent - Other	\$0.00	\$0.00	\$1,110.00	\$660.00
Intergroup Event Revenue	\$0.00	\$0.00	\$1,672.00	\$3,000.00	Filing/Fees	\$142.00	\$9.00	\$451.00	\$481.00
Other Revenue	\$189.00	\$35.00	\$1,061.00	\$393.00	Insurance	\$0.00	\$0.00	\$975.00	\$1,495.00
					Internet Expense	\$146.00	\$116.00	\$896.00	\$1,458.00
Sales - Bookstore	\$6,120.00	\$8,266.00	\$68,901.00	\$69,672.00	IT Services	\$0.00	\$0.00	\$60.00	\$0.00
Cost of Bookstore Sales	-\$4,859.00	-\$6,343.00	-\$53,283.00	-\$52,157.00	IT Hardware	\$0.00	\$0.00	\$52.00	\$0.00
Gross Margin - Bookstore	\$1,261.00	\$1,923.00	\$15,618.00	\$17,515.00	IT Software	\$0.00	\$75.00	\$817.00	\$500.00
					Office Supplies	\$291.00	\$150.00	\$1,573.00	\$1,709.00
Total Revenue	\$19,190.00	\$14,528.00	\$198,569.00	\$203,073.00	Paper Purchased	\$0.00	\$125.00	\$107.00	\$1,125.00
					Printing	\$0.00	\$0.00	\$0.00	\$0.00
Expense					Equipment Lease	\$407.00	\$443.00	\$3,695.00	\$3,983.00
Employee Expenses	\$15,272.00	\$15,384.00	\$128,701.00	\$127,068.00	Repair & Maintenance	\$382.00	\$275.00	\$3,415.00	\$2,405.00
					Security System	\$151.00	\$132.00	\$446.00	\$395.00
Committees					Payroll Expenses	\$6.00	\$10.00	\$54.00	\$90.00
Archives Committee	\$0.00	\$298.00	\$508.00	\$2,677.00	Telephone	\$187.00	\$190.00	\$1,599.00	\$1,710.00
PI/CPC	\$35.00	\$165.00	\$745.00	\$1,485.00	Travel	\$1,505.00	\$0.00	\$2,756.00	\$3,600.00
Sunshine Club/SOS	\$0.00	\$17.00	\$0.00	\$153.00	Training	\$0.00	\$34.00	\$374.00	\$300.00
The Point Committee	\$224.00	\$174.00	\$1,069.00	\$1,564.00	Bad Checks	\$0.00	\$0.00	\$0.00	\$0.00
Fellowship Committee	\$0.00	\$0.00	\$3,585.00	\$3,500.00	Total Expense	\$15,731.00	\$16,457.00	\$137,321.00	\$142,597.00
Committees - Other	\$0.00	\$0.00	\$0.00	\$0.00	Net Operating Surplus/(Deficit)	\$3,459.00	-\$1,929.00	\$61,248.00	\$60,476.00
Total Committees	\$259.00	\$654.00	\$5,907.00	\$9,379.00	Interest Income	\$198.00	\$45.00	\$918.00	\$405.00
					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	-\$3,132.00	-\$3,060.00
Contribution CC Processing Fees	\$200.00	\$419.00	\$1,888.00	\$4,404.00	Net Surplus/(Deficit)	\$3,309.00	-\$2,223.00	\$59,034.00	\$57,821.00
Professional Fees	\$0.00	\$0.00	\$825.00	\$1,746.00					

Treasurer's Report: September 2018

For September 2018, Total Revenue was \$19,190, over budget by \$4,662. This was due to a higher than expected group contributions. Total Operating Expense for September was \$23,540, over budget by \$932. The result is a Net Operating Deficit of \$4,500 for the month.

Group Contributions for September were \$14,057, over budget by \$3,883. Individual Contributions were \$2,664, over budget by \$268.

Total Unrestricted Cash for September 2018 was \$80,728, an increase of \$2,530 from August 2018. Unrestricted Cash is over 3 months of operating expenses.

Year to date we are operating at a \$773 deficit, over budget by \$2,794. The rating for September 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: September 2018

	30-Sep-18	31-Aug-18	\$ Change	30-Sep-17	\$ Change
ASSETS					
Current Assets					
Cash					
Unrestricted Cash	\$80,728.00	\$78,198.00	\$2,530.00	\$69,299.00	\$11,429.00
Restricted Cash	\$133,742.00	\$133,742.00	\$0.00	\$125,232.00	\$8,510.00
Total Cash	\$214,470.00	\$211,940.00	\$2,530.00	\$194,531.00	\$19,939.00
Accounts Receivable	\$911.00	\$1,134.00	-\$223.00	-\$736.00	\$1,647.00
Inventory - Bookstore	\$18,999.00	\$17,084.00	\$1,915.00	\$24,131.00	-\$5,132.00
Total Current Assets	\$234,380.00	\$230,158.00	\$4,222.00	\$217,926.00	\$16,454.00
Fixed Assets	\$7,730.00	\$8,078.00	-\$348.00	\$11,906.00	-\$4,176.00
Deposits	\$6,698.00	\$6,698.00	\$0.00	\$6,698.00	\$0.00
TOTAL ASSETS	\$248,808.00	\$244,934.00	\$3,874.00	\$236,530.00	\$12,278.00
LIABILITIES & NET ASSETS					
Liabilities					
Current Liabilities					
Accounts Payable	\$8,815.00	\$33.00	\$8,782.00	\$862.00	\$7,953.00
Payroll Tax Liabilities	-\$2,163.00	-\$1,513.00	-\$650.00	\$2,782.00	-\$4,945.00
Sales Tax Payable	\$416.00	\$521.00	-\$105.00	\$577.00	-\$161.00
Advanced Sales	\$749.00	\$749.00	\$0.00	\$0.00	\$749.00
Total Current Liabilities	\$7,817.00	-\$210.00	\$8,027.00	\$4,221.00	\$3,596.00
Supplemental Compensation	\$4,873.00	\$4,526.00	\$347.00	\$0.00	\$4,873.00
Total Liabilities	\$12,690.00	\$4,316.00	\$8,374.00	\$4,221.00	\$8,469.00
Net Assets					
Net Assets, Beginning of Year	\$236,886.00	\$236,886.00	\$0.00	\$228,376.00	\$8,510.00
Net Surplus/(Deficit), YTD	-\$768.00	\$3,732.00	-\$4,500.00	\$3,933.00	-\$4,701.00
Total Net Assets	\$236,118.00	\$240,618.00	-\$4,500.00	\$232,309.00	\$3,809.00
TOTAL LIABILITIES & NET ASSETS	\$248,808.00	\$244,934.00	\$3,874.00	\$236,530.00	\$12,278.00

Continued from Page 15

Marin, cost of shipping, pre-paid literature orders being delivered to service committee meetings, absorbing or collaborating with MI 2020, clarification of their intent, what our interaction with that group has been, questions about the realistic interest from Marin groups to split off, what sort confusion created by meetings being listed on aasf.org and the MI 2020 website and duplication of services. It was noted that similar situations occur in many other areas, we are not unique. Further, our two counties are smaller geographically than most others.

Next Steps

We will take this information to the next board meeting for discussion.

Adjourn with Responsibility Statement

Next Intergroup Meeting:

Wednesday, December 5, 2018, 7:00 p.m., at the First Unitarian Universalist

Center, 1187 Franklin Street in San Francisco. Orientation is at 6:00 p.m., dinner is served at 6:30 p.m.

MONTHLY TRADITIONS WORKSHOP

San Francisco Central Office

11:00AM - 12:30PM

Saturday, December 8, 2018
Traditions 10, 11 & 12

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



Intercounty Fellowship of Alcoholics Anonymous
serving San Francisco and Marin Counties



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)

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

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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