"The point is, that we are willing to grow along spiritual lines" From Chapter Five of the book, "Alcoholics Anonymous."

December 2002

A publication of the Intercounty Fellowship of Alcoholics Anonymous

The

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www.aasf.info www.aamarin.info From Marin call 415-499-0400

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

50 cents

Staying Sober (and Sane) Over the Holidays

is the season for parties, dinners, presents, family gatherings; "out with the old, in with the new." Newcomers, in particular, may be jittery at this time of year—but don't fear! Thankfully, we don't have to do the holidays alone anymore. Now, more than ever, it is important that we stay connected, share honestly with our trusted A.A. friends and sponsor, and not pick up that first

drink. Together, we can stay sane and sober over the holidays.

int

Here are a few well-tested A.A. tips for holiday sanity and sobriety:

Plan ahead: It always helps to have a "plan of action" of some kind; will you be spending time with family? Traveling to another state? Staying home? Spending time with friends? Or do you have no plans? It helps to think ahead; will you need a meeting schedule where you'll be staying? Can you call and make an A.A. contact before you get there? Or, if you are staying in town, can you sign up to lead a marathon meeting or plan a dinner with fellow A.A.s? We often find it best to make a plan (and stick to it) so that we are around people who will help us stay sober-wherever we may be.

Service: When the going gets tough, we've learned to throw ourselves harder into service. Give a newcomer a call and see how he or she is doing, arrange for coffee after the meeting, help out setting up or cleaning up at the meetings you attend. This extra reaching out can be a lifesaver during a difficult time.

HALT: We've found it beneficial to pay attention to ourselves; am I hungry, angry, lonely or tired? If so, we need to take care of these basic human needs. It's amazing how our anxiety and discomfort can be relieved by these simple actions!

Backup plans: So, we've got our plans in place, but what if something goes wrong—what if we get stranded at the office party with our drunken

colleagues—what then? We've discovered that it's helpful to have a backup plan, more specifically, a way to get out of an uncomfortable or slippery situation, should it arise. Whenever possible, bring your own car or have a way

out if things get too difficult or scary. Bring A.A. telephone numbers with you and don't be afraid to use them. And don't forget to bring your real reinforcement with you wherever you go—your Higher Power!

Literature: "Living Sober" is particularly useful, offering simple tools so that we don't pick up that first drink. Dive into the literature and see what gems it has in store for you.

Stay in contact: Use the telephone and go to meetings—a lot. Remember, alone you may be in deep water, but together we can make it. You're worth saving. Let's have a sober new year together. Don't drink and Happy Holidays!

December 2002 ... In the Fellowship

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	FIRST MON 2 Spirit of SF Committee Central Office, 7 pm 1821 Sacramento San Francisco	3	FIRST WED 4 Intercounty Fellowship Board (IFB) 1187 Franklin, SF 7:00 pm	5	6	7
8	SECOND MON 9 SF Public Information Committee Central Office, 7:00pm 1821 Sacramento San Francisco	SECONDITUE 10 Bridging the Gap 1101 O'Farrell, SF; 6:30pm General Service 1101 O'Farrell, SF Orientation: 7:00p Reg. Meeting: 7:45p Marin H&I Lagunitas & Shady Lane, Ross 7 pm	11	12	13	14
15 Mission Fellowship Steering Committee 2900 24th / Florida SF, 1:00 pm	THIRDMON 16 SF Teleservice 1821 Sacramento, SF; 6:30pm Marin General Service 9 Ross Valley Rd. San Rafael 7:00pm GSR Sharing; 8:00pm District Mtg.	THIRD TUE 17 San Mateo General Service St. Andrews Ch. 15th & El Camino, San Mateo; 7:30p	18	THIRD THU 19 Website Committee Central Office 6:15p 1821 Sacramento San Francisco	20	21
22	23	FOURTH TUE 24 Marin Teleservice 1360 Lincoln (Alano Club), San Rafael: 7:30p	25	FOURTH THU 26 Marin Pl 1360 Lincoln, (Alano Club) San Rafael, 7:15pm SF H&I LAST THU Old First Church, Sacramento/Van Ness Orientation: 7:15p Regular Meeting: 8pm	27	General Service CNCA Bus. Mtg 320 N. McDowell Petaluma; DCMCs: 10:30am Main Meeting: 12 noon
LAST SUN 29 Living Sober SF 1668 Bush, SF 5:30pm	30	31	Secretaries: Please make these announcements to your groups This calendar lists local AA service and conference planning meetings, as well as any local AA related events of which the Central Office has been notified. Please call Maury at the Central Office (674- 1821) by the 15th of the previous month if you would like your event listed. Coming Events are listed on next page, flyers are on page 5.			

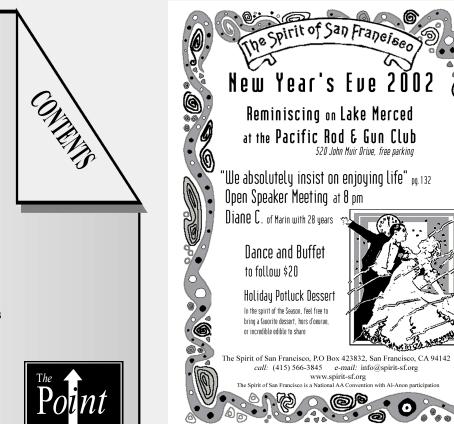
Point

COMING EVENTS

2002	Call or visit the Central Office for copies of any flyers of interest to you or your group. Local events are shaded; flyers of <u>current</u> local events, if available, are printed as space allows.				
Nov 3 – Dec 15	The Big Book Comes Alive (7-week Seminar), Sundays at 7:30 pm, 3550 Ceasar Chavez, San Francisco				
December 7- 8	Women's Holiday Sobriety Retreat, Mt. Tam				
December 23- 26	Christmas Alcothon, Mission Fellowship, 2900 24th St (at Florida), San Francisco				
Dec 30 - Jan 2	New Years' Alcothon, Mission Fellowship, 2900 24th St (at Florida), San Francisco				
December 31	The Spirit of San Francisco New Years' Eve Meeting & Dance www.spirit-sf.org				
December 31	Living Sober/Western Roundup New Years' Eve Meeting & Dance, 8 pm Harvey Milk School, 19th & Collingwood, SF CA				
2003					
January 18	PI/CPC Annual Meeting & Speaker Workshop, 1 pm - 3 pm, Fort Mason, Bldg. C Room 260				
January 19	Sinbar Group Annual Pie & Ice Cream Social / 30th Anniversary Party, 8 pm St. Finn Barr Church, 415 Edna/Hearst				
January 22	12th-Step Workshop, 6:30 pm, Central Office, 1821 Sacramento St. SF CA (415) 674-1821				
February 13 - 16	39th International AA Women's Conference, DoubleTree Hotel, Seattle Airport, Seattle, WA www.iwc2003.org				
March 28 – 30	31st Hospital and Institution Conference, Milpitas Community Center, 457 East Calaveras Blvd., Milpitas, CA				

December 2002

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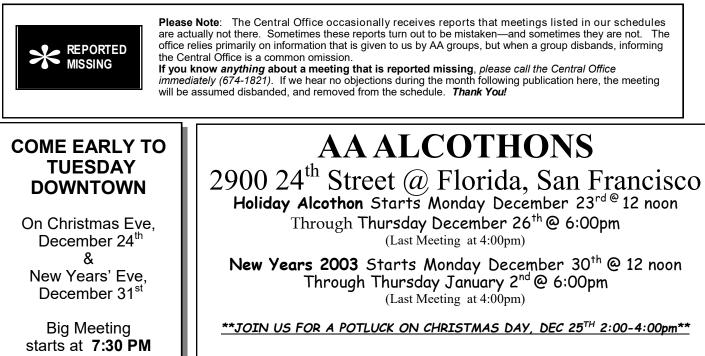
NEW MEETINGS

MEETING CHANGES

1	Mon	12:15 pm	SF State	**SOBER AT STATE Casablanca Room, Creative Arts Bldg. 45 mins. (SS YP)		
۱	Ned	12:15 pm	SF State	**SOBER AT STATE Casablanca Room, Creative Arts Bldg. 45 mins. (SS YP)		
				**Note re: SOBER AT STATE: ONLY Meeting during school year (thru 12/18/02 - will reconvene in January)		
١	Ned	8:15 pm	Mission	DIGNITARIES SYMPATHY 938 Valencia St./20th St. (Cl Me)		
	Thu	8:00 pm	Mission	MISSION MEN'S GROUP 3075 21ST/So. Van Ness (ĈI Di Me)		
F	=ri	12:10 pm	Financial	POINT BLANK 201 Spear/Howard, Starbucks Sideroom (Di)		
S	Sat	11:00 am	Castro	Y.A.H.O.O. (YOU ALWAYS HAVE OTHER OPTIONS) 150 Eureka St., MCC , Rm. 104 (CI SS)		
	MEETING CHANGES					
T	Tue Thu Fri	1:30 pm 7:00 pm 4:00 pm 8:30 pm 4:00 pm	Financial Treasure Island Nob Hill Terra Linda Mission	All 1:30 pm meetings at Old St. Mary's will be moving to the Seven Seas Club at 215 Leidesdorff FOGWATCH - Moved to 497 Avenue I/4th St, Treasure Island; was at 227 Avenue of Palm TIME TO START LIVING Moved to 1751 Sacramento/Van Ness, Old First Church; was at 333 Turk St. FREEDOM FINDERS - Moved to 1100 Las Callinas @ Los Colindas for Nov. & Dec. ONLY; was as Kaiser GAY & LESBIAN PEOPLE OF COLOR Didn't move after all, still at 601 Dolores/19th		
				NO LONGER MEETING		
	Mon Fue Th Th	12:00 pm 1:00 pm 12:00 pm 8:30 pm	SF State Financial	MONDAY DISCUSSION , Funston/Judah SOBER AT STATE 12&12, Casablanca Rm, Creative Arts Bldg. (see New Meetings above) DAILY REPRIEVE Old St. Mary's, California/Grant A VISION FOR YOU III, 650 Parker/Fulton, Pedro Arrupe Rm.		

A VISION FOR YOU III, 650 Parker/Fulton, Pedro Arrupe Rm.

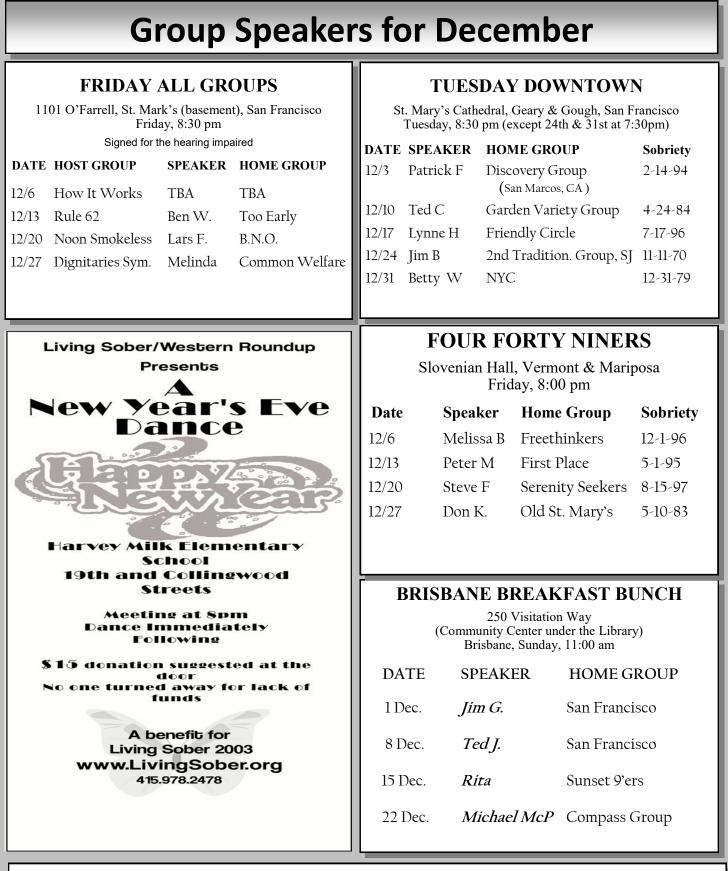
REPORTED MISSING



AA Meetings 24 hours a day, round the clock, on the even hour Decorating Party @ 12 noon to 2:00pm Sunday December 22nd

page 4

(no Beginners' Meeting, just 1 meeting)



All *open* speaker (or speaker/discussion) meetings are welcome to publish their month's listing in The Point. The deadline for submission of the information is the **15th** of the month preceding publication. Please call Maury at Central Office, 674-1821.

The NEW Seven Seas Club

The Seven Seas Clubs Inc. will shortly file the appropriate articles to initiate operations as a non-profit entity here in San Francisco. We will operate an A.A. Club as the Seven Seas Club of San Francisco, with adherence to the guidelines of the General Services Conference.

Now, when we were given the name of the original Seven Seas Club, later operated by one of our members, and long since closed, the goal simply put, was to open a club and operate the business, with conscious attention to the integration of the 3 legacies of A.A. under one roof. If there is another operation that adheres to integrated practice and observance of our 12 Steps, our 12 Traditions, and our 12 Concepts in a club format, we would like to meet them so as to share our experience, strength and hope.

The Club will rent out space to the Financial District mid-day meetings who are currently being displaced due to earthquake retrofitting of the Old Saint Mary's at Grant Avenue

and California Streets, at their existing room rates at the Church. We will also open at 6AM daily, Monday through Friday and host a 6:30AM morning meeting, as well as a 5:30PM after-work set of meetings. The 5:30 meetings will also be held Monday thru Friday for the after-work member's fellowship in the Financial District. The location is: 215 Leidesdorff Street, and our meeting room is in the Basement. We are located on the corner of the Financial District Alleys, known as Leidesdorff *(Continued on page 13)*

by Diane C.

GPS: God's Positioning Satellite

With the holiday season approaching, I think of all the gifts of sobriety. An old-timer was telling a newcomer, "See all those people walking by, God only has to watch them maybe once every six months, but alcoholics—He has to watch us all the time." Drunk or sober we can get into trouble or maybe it is just 'heightened adventure potential'!

Some years ago, I had a comedy show and was traveling with a couple of partners. Everything was great; I was doing my dream and loving making audiences laugh. Then a manager started badgering me to 'turn my life and will over to him'. I was pretty sure this was not what the Third Step meant. My partners were all for it, willing to make a deal with the devil to chase fame and fortune. Things blew up and my dreams crushed. I had to go to Florida with these people to do a show and the atmosphere was not pleasant, I was dreading it. At my women's meeting in Larkspur I told the group, "My life is so unmanageable and painful right now I don't know what to do. I need a fax from God."

The minute I got into my hotel room in Palm Beach, I called A.A. but realized there was no way I could make a meeting. I got on my knees beside the bed and prayed, "God I can't get to a meeting today. Every minute is scheduled and I have two shows tonight. Please, *please* send me an alcoholic to talk to." I read somewhere, "God loves a desperate man (or woman)" and I love that thought.

That night at the comedy club as I put on make-up in the dressing room, the club manager handed me an envelope and said "Love letter for Diane." My partners, who were not in the program, knew I didn't know anyone in Florida and were sick of 'friends' popping up for me.

I opened the note, it read, "Hi: I'm a friend of Bill's and I'm in the audience tonight. Easy does it, Merv." I could have kissed that note. I'd been drowning in fear and at that moment I caught the lifeline. Right then and there I knew I was going to be OK. God was in charge and would help me through the tough months ahead.

After the show I talked to Merv and his wife Judi. They'd met someone who knew me in the Bay Area and then saw an ad for my show and decided to come. It was a miracle. God was showing off and this desperate woman got help.

The next morning I noticed the message light on the phone was flashing. I called the desk and they said, "Oh, you have a fax." Merv and Judi had flown to England but he'd sent me a meeting schedule and a note before they left. I realized, God knows our room number. Today I think of it as Higher Power radar or maybe GPS, God's Positioning Satellite. Several years later, Merv had me speak at his meeting on Pont Street in London. Bottoming out in Shady Lane Trailer Park on Miracle Mile, in Tucson, Arizona I would have never believe my world could get this big.

Last week, I had another amazing experience. I was on the train from Manhattan to Albany, NY. A guy named Chris had helped me with my bag and we started talking. A few minutes later an Englishwoman, Fiona, came along and sat across from me. The three of us were joking that we were the party car because we were all so talkative and friendly. I felt so fortunate to have such great seatmates. During the two-hour trip Chris went to

(Continued on page 10)

San Francisco General Service: Unity Day

In order for an organism to stay alive, it is essential that each cell understands and does its part, its job if you will. When cells don't do their job, the tissue, organ, and eventually the whole organism can become sick and even die. It is critical that all the cells work together toward a common goal, keeping the whole alive. It can only achieve this goal through something called homeostasis. Homeostasis is the ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes. It is my belief that the same is true in A.A.

Unity is defined as the harmony or the combination or arrangement of parts into a whole or singleness or constancy of purpose or action. Without fulfilling our primary purpose, which has two parts, to stay sober, and to help other alcoholics to achieve sobriety, we cannot keep A.A. alive. These are the reasons that San Francisco General Service hosts Unity Day every year. It is an opportunity for the each of the parts of A.A. to come together as a whole, so we can keep the whole alive. Groups that need servants have a chance to provide information on what the jobs are that need to get done. Members can make themselves available to help the still suffering alcoholic, helping themselves stay sober in the process. So it is by adjusting ourselves to meet the needs of the whole that we can do our job in A.A. and in doing so, help keep the life in A.A. The 12 Steps provide the spiritual awakening that enables the individual to do this. Our 12 Traditions guide this harmonious process and our 12 Concepts for World Service provide us with the framework within which we can understand this responsibility.

Unity Day was held at the Fort Mason Center on Saturday November 2nd. We heard some of the history of the formation of the groups, what has happened since they were formed, and what it is like now for these service groups. It was sort of like the format of an individual A.A. share applied to the service group. It was a great opportunity for us to identify, remember where we came from, and think of ways that we can help do all the jobs in A.A. so the suffering alcoholic can achieve sobriety and A.A. can live on for future alcoholics. Hospitals and Institutions (H&I), Public Information and Cooperation with the Professional Community (PI/CPC), Teleservice, Intercounty Fellowship Board (IFB), Grapevine, Archives, and Bridging the Gap (BTG) all gave presentations and/or orientations. All of these groups are in need of members to support these vital services to ensure the future of A.A. Members who attended were able to take part in orientations, ask questions, and make themselves available for open service positions. Members are encouraged to contact Central Office for more information on how to be of service to these groups.

In Dr. Bob's last message, delivered at the first international conference of Alcoholics Anonymous at Cleveland, Ohio in 1950 he said, "...none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers." So it is with gratitude for the work of so many A.A.s that came before me and hope for continued sobriety and A.A.'s future survival that I serve. Thank you for allowing me to be of service.

Melissa B.

San Francisco General Service

Outgoing Special Events Coordinator

Slogan of the Month Response Came to Believe

I guess the phrase, "came to believe", first had an effect on me when I started to work the steps. The process of even "working the steps" was a struggle for me for a long time when I first came in the rooms. However, when I finally made the decision that I could be at least willing to try, the miracle started to happen. I "came to believe" that I was powerless over alcohol. I then "came to believe" that a power greater than myself could restore me to sanity. I at least knew then that I did no good whatsoever when trying to control my drinking. I am a closed-minded, controlling individual and, once I "came to believe", those self-serving defects of character began to fade. Today, I come to believe daily in all of my affairs.

Point

Group Greeter:

I always wanted to be "Number One"! Of course, many of the ways I tried to get there weren't always too cool. In fact, some of them were downright, shall we say, "socially unacceptable".

So, imagine my glee when I discovered the position of "Group Greeter" at one of the first A.A. groups I attended. And, what was even better, the position was open, and they needed a volunteer to take over. I jumped right in!

But, how does being the greeter allow me to be "Number One"? As greeter, I was the first person anyone encountered as they arrived at the meeting. I stood outside the meeting hall and welcomed everyone as they appeared, shaking hands, chatting them up, being congenial in general.

Most times, I was well suited to be a greeter. I generally tend to be outgoing and friendly and, so, enjoy that aspect of the job. However, on other occasions, I don't feel like being outgoing at all. On the contrary, I might arrive at my duties feeling "out of sorts" and wanting to withdraw from social contact.

But, once I start my greeting duties, I "snap out" of that mode and start interacting with others and almost immediately feel better. It's a great help in opening my mind to what I'll see and hear in the meeting.

Being greeter also allows me to meet lots of people I'd not meet otherwise. I have a tendency to stick with the same folks most of the time, even at meetings. Being greeter requires me to reach out to others, the ones I would normally not talk with, and get to know them. I've made a lot of new friends in that way and it's a valuable thing for me to do.

An important thing for me to remember is, how I felt as a newcomer to A.A. The first several meetings I attended, I knew no one and was quite shy and nervous. At those meetings where I was "greeted" in a warm, friendly manner, I almost immediately felt "right at home". It was this sense of being "part of", in large measure, which kept me coming back to A.A.

If I bear that in mind when I am greeting folks, I may just be helping to encourage a new person who is scared, shy and unsure about A.A., to keep coming back and to embrace our A.A. way of life. There are few feelings better than that of watching the newcomer "catch on fire" with the fervor of sobriety. And, if being a Group Greeter does that even once in a six month term, it's been well worth the effort.

Group Greeting Fever—Catch IT!!

12th Step Workshop—Carrying the Message

Our Twelfth Step—carrying the message—is the basic service that the AA Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

-Bill W., A.A.'s Legacy of Service

With Bill Wilson's words in mind a 12th Step Workshop was held at Central Office on September 16, 2002. Central Office and Teleservice currently use a 12th Step list of volunteers who are periodically asked to assist alcoholics that request help from A.A. Ben W. was asked to share his experience doing 12th step work. The 15 A.A. members who attended the workshop were given the opportunity to share experience and ask questions related to making 12th step calls. Almost half of those in attendance were already on our list of 12th step volunteers. However, it seemed that everyone agreed this was a great opportunity to remind ourselves of A.A.'s fifth tradition and our primary purpose of "helping the alcoholic who still suffers."

Like any other new experience, making a 12th step can create fears about our ability to be useful. Some of the ideas expressed at the workshop included the importance of simply

making ourselves available for 12th step service and that many times this was the most important factor in helping another alcoholic on the road to sobriety. Sometimes "bad" 12th step experiences still lead to helping the alcoholic to achieve recovery in ways that we cannot imagine. As always, going back to the Big Book of Alcoholics Anonymous can be tremendously helpful before making a 12th step call and it was recommended that volunteers go over the sections on working with others prior to making a 12th step call.

We also brainstormed ways that the 12th step list of volunteers may be used most effectively. One suggestion that received support is to ask 12th step volunteers to "call in" to Central Office or to Teleservice to inform Central Office/Teleservice of their availability at that time. This would save Central Office/Teleservice from having to call "nearly the whole list" of volunteers trying to find a 12th step volunteer who is available to help. We are planning to have another workshop on January 22, 2003 at Central Office and hope that this endeavor will receive the support of the Intercounty Fellowship Board through the formation of a committee to help plan the workshop and oversee the administration of the 12th step list of volunteers.



AA Group Contributions - October 2002

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

Date	Мето	Amount	Date	Memo	Amount
FELLOWSHIP	GROUP CONTRIBUTIONS		SF1- GROUP CO	INTRIBUTION	
10/18/2002	Apollo Hotel Speaker Meeting10/02	42.25	10/01/2002	AA AS You Like It 5:30pm	165.60
10/21/2002	Brisbane Breakfast Bunch	49.40	10/31/2002	Acceptance Group M 5:30pm	27.00
10/31/2002	Central Office Donation Box	44.53	10/01/2002	All Together Now Th 8pm	125.04
10/07/2002	Gay Newcomers Group, Santa Rosa	22.57	10/29/2002	As Bill Sees It Sa 11am	39.87
10/03/2002	IFB October 2002	92.50	10/04/2002	Big Book Basics F 8pm	179.40
10/31/2002	Pacifica - Unidentified Group	90.00	10/15/2002	BYOL W 12:30 pm	45.00
10/22/2002	Sunday Afternoon Step Study Pacifica Su 4pm	44.90	10/01/2002	Each Day A New Beginning F 7am	512.85
	Total FELLOWSHIP GROUP CONTRIBUTIONS	386.15	10/30/2002	Easy Does It Tu 6pm	150.00
			10/07/2002	Endless Summer F 8:30pm	64.04
MARIN1 - GRO	OUP CONTRIBUTION		10/31/2002	Eureka Step Tu 6pm	142.80
10/10/2002	7 AM Urgent Care Group 7d 7am	100.00	10/28/2002	Friday Big Book F 12pm	300.90
10/04/2002	Acceptance Group M 5:30pm	45.00	10/21/2002	Friday Knights Th 7:30am	9.75
10/11/2002	Attitude Adjustment D 7am Fairfax	325.00	10/14/2002	Friday Lunchtime Step F 12pm	140.00
10/07/2002	Blackie's Pasture Sa 8:30pm	293.15	10/10/2002	Gay Beginners Questions & Answers F 7pm	114.00
10/30/2002	Closed Women's Step Study Tu 3:30pm	103.75	10/24/2002	High Noon Friday F 12:15pm	104.76
10/21/2002	Fireside F 8pm	50.00	10/17/2002	High Noon Thursday Th 12:15pm	30.00
10/30/2002	Freedom Finders F 8:30pm	2,292.50	10/31/2002	HIgh Noon Tuesday Tu 12:15pm	121.34
10/08/2002	Happy, Joyous & Free M-F 12pm	150.00	10/03/2002	HIgh Noon Tuesday Tu 12:15pm	115.59
10/11/2002	Moving Toward Serenity Tu 8:30pm San Geronimo	23.67	10/10/2002	High Noon Wednesday W 12:15pm	48.44
10/03/2002	Nativity Monday Night Big Book M 8pm	70.00	10/31/2002	Hilldwellers M 8pm	144.00
10/21/2002	Newcomers Step M 7:30pm	258.00	10/01/2002	Huntington Square W 6:30pm	161.40
10/25/2002	Ross-San Anselmo M 8:30pm	24.00	10/28/2002	Keep Coming Back Sa 11am	606.23
10/01/2002	Saturday Serenity Sa 8pm	125.40	10/22/2002	Light Brigade Discussion Su 7pm	121.53
10/21/2002	Six O'Clock Sunset Th 6pm	156.00	10/03/2002	Living Sober W 8pm	167.09
10/25/2002	Steps to the Solution W 7pm	240.00	10/15/2002	Marina Discussion F 8:30pm	383.40
10/15/2002	Stinson Beach Fellowship Th 8pm	150.00	10/03/2002	Mocha Group Th 12:10pm	78.16
10/24/2002	Strawberry Discussion W 6pm	211.71	10/29/2002	New Hope Big Book M 6:30pm	98.00
10/24/2002	Strawberry Discussion W 6pm	165.62	10/08/2002	No Reservation M 12pm	99.16
10/17/2002	T.G.I. Tuesday Tu 6pm	31.00	10/07/2002	Nooners M 12pm	63.22
10/01/2002	Terra Linda Th 8:30pm	130.00	10/29/2002	Park Presidio M 8:30pm	38.32
10/01/2002	TGIF F 6pm	167.50	10/28/2002	Rebellion Dogs W 12:05pm	26.70
10/21/2002	Thursday NIght Speaker Th 8:30pm	386.00	10/08/2002	Rose Garden Big Book Th 12:05pm	180.00
10/18/2002	Tuesday Twelve Step Tu 6:30pm	20.00	10/08/2002	Sinbar Su 8pm	172.54
10/30/2002	Unidentified Group	90.00	10/29/2002	Sisters Circle Su 6pm	133.80
10/03/2002	Wednesday Sundowners W 6pm	185.00	10/08/2002	Step Talk Su 8:30am	108.00
10/03/2002	Women On Monday M 7pm	50.00	10/31/2002	Sunday Night 3rd Step Group Su 5pm	102.00
	Total MARIN1 - GROUP CONTRIBUTION	5,843.30	10/29/2002	Sunday NIght Castro Speaker Discussion S	343.62
reasurers: i	t helps a lot if you		10/29/2002	7:30pm Sundown W 7pm	150.00
identify your group by name (as it is listed in the schedule as well as when nd where it meets) when you send in your group's contribution.		10/03/2002	Sunset 9'ers Sa 9am	300.00	
			10/18/2002	Sunset 9'ers Th 9am	209.84
		10/08/2002	Sutter Street Beginners Sa 6pm	1,591.48	
.send your group's contribution more frequently than at the end of your erm. Quarterly distribution helps Central Office to better manage cash flow.		10/28/2002	Too Early Sa 8am	205.54	
		10/11/2002	Waterfront Su 8pm	100.00	
register with the Central Office. Having a trusted servant on record helps remendously if someone has a question about your group!			10/25/2002	Weekend Worker Sa 7am	180.00
			10/21/2002	Women's Ten Years Plus Th 6:15pm	96.96

...include a self-addressed stamped envelope in which Central Office can return your receipt. Postage adds up!

Thanks again for your service!

75.00

8,372.37

14,601.82

Total SF1- GROUP CONTRIBUTION

Total all group contributions

WOS W 7:30pm

10/01/2002



Focus on the 12 Concepts

It's December and, finally, time for the last article on the Concepts.

This month we'll discuss what is, at least in my opinion, the widest ranging of all the Concepts, as it embodies the Six Warranties.

"General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that thought the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action."

Unfortunately, this Concept covers so much territory; it is impossible to have a thorough discussion of it. However, suffice it to say, it is well worth the effort for A.A. members to familiarize themselves with it by reading the discussion in the "A.A. Service Manual".

Concept 12 sets forth the principles of AA and suggestions as to how to best insure that those principles are preserved, i.e. the 12 Traditions of Alcoholics Anonymous. As with all the Concepts, even though it was intended for application at the level of the General Service Conference, it can be equally applied at all levels of A.A, including that of the individual Group and Member.

Rather than launch into a long-winded discussion of Concept 12, which would do little more than bore you and me and take up far more printing space than is available, I'd rather give a pitch for folks to read, famil-

GPS: God's Positioning Satellite

(Continued from page 6)

sleep and Fiona and I talked about books, journal writing, and spiritual things. We talked about England, she told me about her trip and that she was going back to the island in Greece where she lives now. Finally she mentioned a recovery center and I said, "Are you in the program?" She said, "Yes!" I said, "Me, too." Across the aisle, Chris woke up and said, "I am, too!" Now, this is a



iarize themselves with, and study the Concepts and the A.A. Service Manual.

My take on doing so is this: A.A. was here for me when I needed it. My life depended on A.A. to get sober and still does, one day at a time. It is my respon-

sibility to see that A.A. is here for future generations of alcoholics who come to us for help. To assure that I do my part, I study the Traditions and Concepts and do all I can to see that they are applied appropriately in all aspects of my A.A. service.

It is important for me to remember that the Seventh Tradition that we are "self supporting through our own contributions..." refers to more than simply putting three dollars in the basket at each meeting. "Self supporting" also refers to doing the service work that is necessary to support the Group and keep it going.

In order to do that service properly, whether as a trusted servant at the Group, committee, Intergroup or General Service level, it is necessary to understand the principles that are fundamental to the spirit of A.A.

It is my understanding that A.A. World Services has in the works a new book, which discusses the Concepts, in terms for the "lay person". In other words, it will be written in more clear, understandable, accessible language. Hopefully, that will serve as incentive for more people to jump in and familiarize themselves with these important principles of Alcoholics Anonymous.

I would like to thank all of you for having permitted me to be of service by writing these articles over the last year. Doing so has been very helpful to me, as it made me get the Service Manual back out and read it again. I'm grateful for that.

Respectfully submitted Ben N.

big train with lots of cars, lots of seats, lots of people. How does God do it? We were all so amazed and felt like drowning people on a life raft. We exchanged addresses and hugged at the end of the trip. I introduced them to my husband, Brian who was waiting for me at the station. He's in the program, also.

Oh and by the way, Fiona has known Merv for 18 years. Small world when we are in God's radar.

FB Meeting Minutes

The IFB is the Board of Directors for our local AA Central Office (San Francisco and Marin Counties)

Regular Monthly Meeting Intercounty Fellowship Board Unitarian Church, 1187 Franklin St. / Geary Blvd., San Francisco

Wednesday, October 2, 2002

1. 7:00 PM - Ben N., IFB Chair, calls meeting to order; Serenity Prayer 3.7:02 PM - Danny F., Acting Recording Secretary, calls Roll said

2. 7:01 PM - Ben N., IFB Chair, reads Statement of Purpose

7:06 PM - Ben N. asks New IFB reps to introduce themselves. They do.

7:07 PM - Ben N. asks if there are any significant AA Birthdays.

Intergroup Rep Anna I.	Group Native American Healing Cir.	P/A A	Intergroup Rep Joe G.	Group Wed Beginners Mtg	P/A A
Ben N.	Sunset Speaker Group	Р	Justin S.	High Noon Wed	Р
Bill R.	Early Start	А	Julia D.	Castro Discussion	Р
Charles M.	Federal Speaker	А	Julie H.	Terra Linda	Р
Clay K.	Cocoanuts	Р	Julia W.	Friendship	Р
Craig W.	Fireside Chat	Р	Larry F.	Mid-Morning Support	Р
Dan C.	Tiburon Haven	А	Leslie F.	How It Works - Sat	Р
Dan L.	Artists & Writers	А	Li L.	Work In Progress	Р
Danny F.	Each Day A New Beginning	Р	Lisa M.	Friday All Groups	Р
David P.	The Sunset 9'ers	А	Mark C.	Sun Night Candlelight	Р
David C.	Sunday Friendship	А	Mollie B.	Joys of Recovery	А
Dick T.	Attitude Adjustment Hour	Р	Maury P.	Central Office Manager	Р
Doug F.	No Reservation	Р	Pat M.	Sat As Bill Sees It	Р
Doug S.	As Bill Sees It - Thur	Р	Paul C.	Waterfront	А
Ellen C.	Big Book Basics	Р	Ray M.	Sunday Rap	Р
Frank B.	Each Day A New Beg. Sun	Р	Rich R.	Marina Dock 6 AM	А
Geoff R.	High Noon Saturday	Р	Sam W.	Monday Night Stag	Р
Irene K.	Bernal Big Book	Р	Samuel S.	Too Early	Р
J. E.	Friendly Circle Beginners	Р	Silke T.	Wed High Noon	А
Jacob M.	Home Group	А	Smithy B.	Ten Years After	Р
Janet B.	Thur Night Women's	Р	Steven S.	Tuesday Downtown	Р
Jason S.	Sesame Step	Р	Timothy G.	7 AM As Bill Sees It	Р
Jay H.	Gay Beginners	Р	Tom K.	Common Welfare	А
Jean C.	First Place Group	Р	Zoe B.	Mill Valley 7 AM	Р
Jim D.	Happy Joyous & Free	А			
New IFB Reps	Group	P/A	Non-IFB Liaisons	Representing	P/A
David B.	Beginners Warm Up Wed 6PM	Р	Deborah D.	PI/PCP San Francisco	Р
Jocelyn R.	Sunset 9'ers	Р	Mary B.	Spirit of San Francisco	Р
Lindsey B.	Walk of Shame	Р	George S.	SF Gen Service	Р
Tim M.	Join the Tribe	Р	Ken Č.	Marin General Service	Р
Todd M.	Rule 62 Wed 10 PM	Р			

4. 7:08 PM - Agenda Review - A report from the Special Needs Committee was added; discussion of the Schedule was moved to 'Old Business'; Agenda was approved.

5. 7:10 PM - Approval of September 2002 Minutes - The minutes were approved

6. 7:11 PM - IFB Standing Committee Reports

SF Teleservice - No rep present; a written report submitted by Timothy H., Chair of Teleservice. Friday, Oct 4, 2002 SF Teleservice will host All Groups. Looking for 2 coordinators, plus continuing with recruitment for open slots. Following the 12th Step Workshop, coordinators will encourage volunteers to use 12th step list.

SF PI/CPC Deborah D., Chair, referred members to the written report. Conducted DUI classes: 7 in August with 14 speakers; 4 in September with 8 speakers. Went to schools - 1 class in August with 2 speakers, and 4 classes in September with 8 speakers. The next speaker workshop is on October 3, 7 - 8:30 PM at Central Office. Judith L. is the new Spanish liaison with the Spanish Central Office. At the September meeting PI/CPC reaffirmed its commitment to use first and last names on all PI/CPC communications. Two matters are under discussion at the Area level: Posthumous anonymity and the large number of court-ordered attendees at meetings.

7. 7:12 PM Group Rep Reports - No reports given.

8. 7:12 PM Non-IFB Liaison Reports

General Service San Francisco George S. gave an oral report: CNCA Summer Assembly was held 9/14/02 in Antioch; there will be a new Window shade produced with the 12 Concepts; Grapevine will break

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even this year; there is a request for a large print edition of the Grapevine; a request for an area website was approved; 11/9/02 the fall Area Assembly will be held in San Jose; San Francisco will be electing new reps in November.

General Service Marin Ken C. gave an oral report: there are 3 new GSR's in Marin and one new alternate; Officer elections will be held in November; the new schedule format proposed for San Francisco was discussed—the general feeling was that Marin won't participate at this time and will bring the issue to the groups to get their feedback; the ad hoc committee discussing Marin's needs from Central Office is still meeting and they have not yet made any decisions or taken any actions

Unity Day Ben N. announced San Francisco Unity Day is coming up and will be held at Fort Mason

Teleservice Marin No liaison present and no written report submitted

PI/CPC Marin No liaison present and no written report submitted

Bridging the Gap - Doug S. gave an oral report highlighting information from the written report. Permission has been obtained from San Quentin to begin making presentations there. This was done in conjunction with Marin BTG chair, Mike A.. BTG made a presentation at the Friendship House, a recovery house in the Mission in San Francisco - 7 people asked for help. Have received 2 contacts from Sonoma County. We are following up on requests from Sisters, a women's program at the SF County Jail. We are helping with a presentation in Alameda with Richard S. There will be an article about BTG in the October issue of The Point.

H & I No liaison present and no written report submitted

Spirit of San Francisco Mary B. gave an oral report. Spirit of San Francisco is now meeting the first Monday of the month at 7PM at Central Office. The financial information from the last conference is still being finalized and will be reported at the November IFB meeting.

9. 7:27 PM - IFB Reports

Chair's Report Ben N. gave an oral report highlighting information from the submitted written report. IFB's hosting Friday All Groups, September 27, was a success. Pat M., IFB Treasurer, has resigned. A reminder that November is 'Gratitude Month'-all groups are asked to pass the basket a second time, 100% of which is sent to Central Office. Ben presented information about H&I financial contributions versus contributions to Central Office. For 2002, YTD, contributions from groups to H&I are almost equal (-\$6000) to those sent to Central Office. Given that Central Office is running a slight deficit and that H&I has a significant surplus beyond their prudent reserve, Ben asked for suggestions as to what actions might be taken. On member suggested that the H&I report be distributed to IFB members at next month's meeting; another member suggested that the H&I report be distributed to all groups; it was pointed out that H&I is the only committee that has it's own collection at individual meetings; it was pointed out that the pink can was originally intended for members to put 'spare change' in and not to be passed around with the basket; H&I Northern California is the largest purchaser of A.A. literature in the world. No action was taken on this issue. The sheets for IFB committee sign ups were passed around and committee chairs were asked to meet with members after the IFB meeting. Ellie C. suggested that agenda items that were resulting in a lengthy discussion be postponed to the next IFB meeting. No action was taken on this suggestion.

8:00 PM - Treasurer's Report Pat M. submitted a written financial report and reviewed August and YTD figures emphasizing that

Central Office is running a YTD \$1,720.37 deficit and expects that deficit will increase in September. She said that when September figures are reconciled that there will be an accurate figure as to what the Central Office move cost. She expected it to be about \$7,000. Regarding her retirement, Pat expressed gratitude for the opportunity this service has provided her and indicated her willingness to work with the new Treasurer to make the transition smooth. The Treasurer position requires a business background and a familiarity with Quickbooks and requires about 8-10 hours of work per month, including attendance at the COC and IFB monthly meetings.

8:10 PM - Central Office Manager - Maury P. submitted a written report and gave oral highlights. She attended the 17th Annual Central Office/Intergroup Seminar in Pittsburgh, PA. She also attended the Central Office Round-table in Sacramento. Many groups are needing to purchase insurance. Recover Source in Minneapolis, MN sells 'Meeting Site Liability Insurance'. Information can be obtained by calling 800-851-4291. There is now a Plexiglas box for contributions in Mike's office at Central Office and there is a new ceiling fan. Both were installed by a volunteer. December 7 will be the end of the year/holiday party sponsored by the COC and all are encouraged to attend and to participate in the preparations for the party. Central Office still needs a volunteer to help out with printing materials, stocking, and shipping 2-3 days a week. There are more substitute phone volunteers needed to cover shifts when the regular volunteers are absent. The 12th step workshop, which was held on September 16, at 7:30 PM was a success. There were 15 attendees. Ben W. led the session and 4 new people signed up to be on the 12th step list. Maury is now encouraging phone volunteers to ask callers who are potential new AA members if they would like a call from an AA member on the 12th step list. Monthly and YTD group contributions will be in the Point beginning January 2003. Maury implemented the IFB decision to terminate Central Office's affiliation with Project 20. Large print editions of 'Daily Reflections' are currently on back order and will be carried by Central Office. Maury visited 'Dr. Bob's House' while in Pittsburgh and purchased a video, which is available to borrow.

8:16 PM - Ben N. reminded all IFB members that November's meeting will be held in Marin, Wednesday, November 6, 2002, 7 PM at Star of the Sea Church, Sausalito, CA

8:17 PM - COC Chair's Report Smithy B. submitted a written report and gave oral highlights. At the last COC meeting, we approved expenses for Maury to attend the Intergroup Seminar in Pittsburgh. Approval was given for the Spirit of San Francisco to meet at Central Office. Maury has created an agreement form for committees that use Central Office as a meeting space. We agreed to supply Marin and SF PI/CPC with leftover schedules as well as 100 new schedules for each month. There are flyers in the IFB meeting packets describing the position of Treasurer as well as explaining the process for electing a new treasurer. There is no set sobriety requirement for the position—in fact there is no requirement that the person be a member of the A.A. Fellowship. Smithy expressed her positive experience of the 12th step workshop and reminded all of the December 7 party.

10. 8:23 PM - Housekeeping No items

11. 8:23 PM - Special Orders of Business (Action Items) No items

12. 8:23 PM - Ad Hoc Committee Reports

Lease Committee No report

Literature Committee Frank B., chair, gave an oral report. All changes, except those from one source, have been incorporated into *(Continued on page 13)*

Point

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'The Guide to Group Service'. This was done at two separate meetings. 325 free copies of the Guide have been distributed. There are about 175 free copies left. Ellie *C*. requested that the free copies be available to be distributed at the New IFB Rep Orientations.

8:28 PM - By Laws Committee No report

8:28 PM - The Point Committee Steve S. gave an oral report. Currently all of the content of The Point is original content; production is getting smoother and it is getting closer to having The Point available on line as well as in hard print. Making that transition will cost some money initially, but has the potential to save more in the long run.

8:30 PM - Orientation Committee - Ellie C. orally reported that Orientation is always one week before the monthly IFB meeting. She will contact new IFB members.

8:31 PM - Special Needs Committee - Sam S. gave an oral report. The committee checked with several locations, including New York, Washington DC, Boston, Los Angeles, and World Service to see how they handled ASL signers and meetings for the hearing impaired. Some Central Offices pay for this service, some do not. Some have an on call ASL signer's list. A motion was made and seconded that "The IFB makes ASL funds available to any meeting that requests it on a case by case basis and that the IFB fund an ASL signer for Tuesday Downtown at 100%." The cost of an ASL signer is \$85 per hour, which comes out to \$4,420 per year. Tuesday Downtown refused the IFB offer to pay 50% because they could not afford the other 50%. There has been no ASL signer at Tuesday Downtown for the last two weeks. After much discussion, the motion was separated into two motions: "The IFB makes funds available to any meeting that requests it to provide on a case by case basis", and "That the IFB fund an ASL signer for Tuesday Downtown at 100%." A motion to table both motions for one month so that the issue could be brought back and discussed with the groups was made and seconded. It passed with Yes-20, No-10, and Abstaining-5. A motion was made and seconded to fund an ASL signer for Tuesday Downtown at 100% until the next IFB meeting. It passed with Yes-28, No-6, and Abstaining-1.

13. 8:59 PM - Old Business

Schedule Committee - Li L. reviewed the reasons for going to the booklet format for the San Francisco meeting schedule. A motion was made and seconded to proceed on the booklet format. A motion to table the issue until the December IFB meeting so that more information could be provided to groups was made and seconded. The motion to table was passed with Yes-14, No-10, Abstaining-7. Li encouraged all members to email him with any specific questions that they might have regarding information about the new format.

14. 9:27 PM - New Business

Founders Day - J. E. raised the issue of Founders Day, June 10, as a way to raise additional funds for Central Office by holding some sort of fund raising event. Ben N. suggested that J. chair a committee to explore the issue and to bring a proposal back to the IFB. A motion was made and seconded to create a committee to explore fund raising ideas for Founders Day. It passed with Yes-26, No-0, Abstaining-3.

15. 9:30 PM - Reading of 12 Traditions and practice of 7th tradition - 12 traditions read by Lindsey B. The 7th tradition basket was passed and our expense of \$75 for rent was covered.

16. 9:32 PM - Meeting was adjourned with the Serenity Prayer

Respectfully submitted,

Danny F., Acting Recording Secretary

The NEW Seven Seas Club

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and Commercial. We are in the middle of the city block between Montgomery Street to our West, Sansome Street to our East, Clay St. to the North and Sacramento St. to our South. We are at the South side of the bottom of the Transamerica Pyramid.

The Seven Seas Group of A.A. will handle the oversight and operations of the Club, and will contribute 10% of our gross cash receipts in the suggested format of 60% to our San Francisco Central Office, 30% to General Service in New York, 5% to General Services here in San Francisco, and 5% to the California Northern Coastal Area. This "off the top" contribution is support of our Seventh Tradition, patterned after tithing, and good community practice.

By January 2003, we will house nine meetings each day. Some groups will rent space for the Noon and 1:30 p.m. groups already established in the Financial District. When we have no established group present, the Seven Seas Club will host meetings in the empty time slots, and if you are interested in a six month Secretary commitment, please stop by.

The December Schedule includes four daily meetings:

6:30am to 7:30am	12:00n00n to 1:00pm
1:30pm to 2:30pm	5:30pm to 6:30pm

Sometime in December, we will open up the room for the full schedule, so stay posted, at www.aasf.info

Our January 2003 schedule will include the above announced daily meeting times, as well as two additional morning meetings:

8:00AM to 9:00AM 10:00 a.m. to 11:00 a.m.

one additional afternoon meeting:

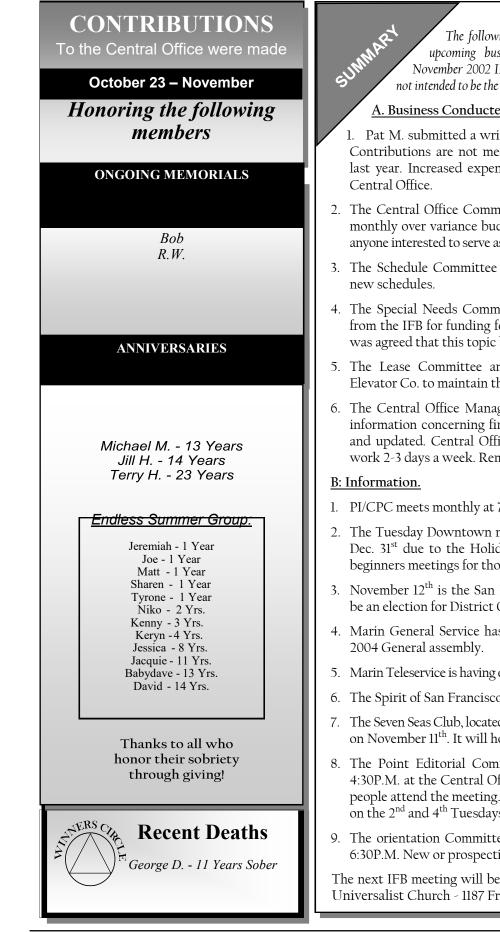
3:30PM to 4:30PM

and two additional evening meetings to be held Monday thru Friday at:

7:00PM to 8:00PM 9:00PM to 10:00PM

We hope to open four Saturday meetings for Traditions & Concepts, Service Workshops, as well as a weekend Big Book and 12 and 12 Study workshops.

So, there you have it. Thank you for your attention, Love and Fellowship, and if you drop by, please respect the neighbors.



November 2002 IFB Meeting

The following is an unofficial summary of actions, information, upcoming business, and service opportunities discussed at the November 2002 IFB meeting. It is provided for your convenience and is not intended to be the complete or approved minutes.

A. Business Conducted

1. Pat M. submitted a written Treasurers report and gave an oral report. Contributions are not meeting expenses. Expenses have increased over last year. Increased expenses are in employee salaries and rent for the

- 2. The Central Office Committee agreed that the Treasurer will provide a monthly over variance budget. The COC agreed to poll the IFB body for anyone interested to serve as Treasurer. One member made herself available.
- 3. The Schedule Committee presented a cost breakdown of the proposed
- 4. The Special Needs Committee is waiting for a permanent commitment from the IFB for funding for ASL for the Tuesday Downtown meeting. It was agreed that this topic be discussed further at next months meeting.
- 5. The Lease Committee announced an agreement with San Francisco Elevator Co. to maintain the handicap lift at the Central Office.
- 6. The Central Office Manager announced that beginning in January, the information concerning financial reporting in the Point will be changed and updated. Central Office is still in need of a part time volunteer to work 2-3 days a week. Remember that gratitude is an action word.
- 1. PI/CPC meets monthly at 7PM at the Central Office on the 2nd Monday.
- 2. The Tuesday Downtown meeting will begin at 7:30 PM on Dec. 24th and Dec. 31st due to the Holiday schedule of the Church. There will be no beginners meetings for those two nights.
- 3. November 12th is the San Francisco General Service meeting. There will be an election for District Officers.
- 4. Marin General Service has a housekeeping motion before it to host the
- 5. Marin Teleservice is having elections for Officers to serve for 2003 this month.
- 6. The Spirit of San Francisco Convention will be in October of 2003.
- 7. The Seven Seas Club, located at 215 Leidesdorff St. in San Francisco is opening on November 11th. It will host Daily meetings Monday through Saturday.
- 8. The Point Editorial Committee meets on the 1st and 3rd Tuesdays at 4:30P.M. at the Central Office. They are always interested in having new people attend the meeting. Beginning in January, the committee will meet on the 2^{nd} and 4^{th} Tuesdays of the month. Same time & place.
- 9. The orientation Committee meets on Nov. 27th at the Central Office at 6:30P.M. New or prospective IFB Reps please attend.

The next IFB meeting will be December 4th 2 002 at 7 pm, First Unitarian Universalist Church - 1187 Franklin St./Geary SF CA

Financial Statement

SEPTEMBER 2002 - Intercounty Fellowship of AA

	The Point Subscription Form / Change of Address \$6 for one year - 12 issues
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December 2002

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ISSUE 212