

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

From Chapter Five of the book, "Alcoholics Anonymous."

The Point

February 2003

A publication
of the Intercounty Fellowship
of Alcoholics Anonymous

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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 Counties). *The Point's* pages
are open to participation by all
A.A. members. Nothing published
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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.

A VALENTINE'S DAY FAIRY TALE

By Cindy W.

Once upon a time there was a little girl named Cindy, who was born on Valentine's Day. Every year on her birthday, her mother baked a heart-shaped cake, and Cindy received gifts of heart: heart-shaped lockets and jewelry boxes and rings. The heart was naturally her symbol. Every year at school there was a Valentine's Day party on her birthday. And because it was not just her birthday but also a holiday for everyone, it felt all the more special, and she felt lucky to celebrate her birthday on this special day. She believed that because she was born on Valentine's Day, love must be her destiny, her purpose in life.

As time went by, Cindy began to learn about love. How confusing it was! She loved her Daddy, but he came home drunk late at night and frightened her and her sisters. She loved her mother, but Mama was always distracted and angry. Moms and Dads were supposed to love one another, but it seemed more like Cindy's parents hated each other. And it didn't feel like they loved her either. This is when her heart began to break.

Like most little girls, Cindy read fairy tales. In many of the stories, the heroine met a handsome prince and fell in love, and they lived happily ever after. One of these stories was about a girl named Cinderella. People often called her "Cinderella" as a nickname, which seemed appropriate because, like Cinderella, Cindy lived in an unhappy home.

As Cindy grew up, she became sadder with each passing day. Each year as she celebrated her birthday on Valentine's Day, she became more determined that love was her destiny and she **WOULD** find it! She wouldn't be like her parents! She **WOULD** live happily ever after! She would create the happy childhood she never had, with a happy husband and children. Through sheer force of will, she would **MAKE** it happen.

This didn't turn out to be as simple as it first appeared. One day she was introduced to a magic potion, so powerful that it promised to make her lovable and to remove the pain of her broken heart... in fact, to solve all of her problems. She drank it and fell instantly in love, with whoever happened to be drinking it with her at the time. The effect of this po-

(Continued on page 13)

A.A. Love

A.A. Love is friendship that goes to any length. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good times as well as bad. It settles for less than perfection and makes allowances for human weakness.

A.A. Love is content with the present. It hopes for the future, and doesn't brood over the past. It's the day in and day out chronicles of minor irritations, problems, compromises, small disappointments, big victories and common goals.

If you have this kind of love in your life, you can make up for a great many things you lack. If you don't have it, no matter what else you have, it's not enough.

Author Unknown

February 2003....

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Secretaries: Please make these announcements to your groups This calendar lists local AA service and conference planning <i>meetings</i> , 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.						1
2	3 <u>FIRST MON</u> Spirit of SF Committee Central Office, 1821 Sacramento San Francisco 7 pm	4	5 <u>FIRST WED</u> Intercounty Fellowship Board (IFB) Star of the Sea Church 180 Harrison St. Sausalito, CA	6	7	8
9	10 <u>SECOND MON</u> SF Public Information Committee Central Office, 1821 Sacramento San Francisco 7 pm	11 <u>SECOND TUE</u> Bridging The Gap 1101 O'Farrell, 6:30 pm SF General Service 1101 O'Farrell, SF Orientation: 7 pm Meeting: 7:45 pm Marin H&I Lagunitas & Shady Ln Ross 7 pm	12	13	14	15
16 <u>THIRD SUN</u> Mission Fellowship Steering Committee 2900 24th / Florida San Francisco 1 pm	17 <u>THIRD MON</u> SF Teleservice Central Office, 1821 Sacramento San Francisco 6:30 pm Marin General Service 9 Ross Valley Rd San Rafael GSR Sharing: 7 pm District Meeting: 8 pm	18 <u>THIRD TUE</u> San Mateo General Service St. Andrews Church 15th & El Camino Real San Mateo 7:30 pm	19	20 <u>THIRD THU</u> Website Committee Central Office, 1821 Sacramento San Francisco 6:15 pm	21	22 <u>FOURTH SAT</u> General Service CNCA Meeting 320 N. McDowell Petaluma DCMCs: 10:30 am Main Meeting: Noon
23 <u>LAST SUN</u> Living Sober Convention Committee 1668 Bush San Francisco 5:30pm	24	25 <u>FOURTH TUE</u> Marin Teleservice 1360 Lincoln / Maple (Alano Club) San Rafael 7:30 pm	26	27 <u>FOURTH THU</u> Marin PI Committee 1360 Lincoln Ave (Alano Club) San Rafael 7:15 pm <u>LAST THU</u> SF H&I Old First Church, Sacramento / Van Ness San Francisco Orientation: 7:15 pm Regular Meeting: 8 pm	28	

COMING EVENTS

2003	Call or visit the Central Office for copies of any flyers of interest to you or your group. Local events are in bold ; flyers of <u>current</u> local events, if available, are printed as space allows.	
February 13-16	39th International AA Women's Conference, DoubleTree Hotel, Seattle Airport, Seattle, WA	www.iwc2003.org
February 14-16	2003 Spring Fling, Double Tree Hotel, 2001 West Point Way, Sacramento, CA	
February 21-23	8th Thailand Roundup, Montien Hotel, Pattaya, Thailand	www.aathailand.org
March 6-9	31st All California Young People In AA Round-Up (ACYPAA), Sheraton Pasadena, CA	www.acypaa2003.org
March 7-9	Pacific Region AA Service Assembly (PRAASA), Reno Hilton Hotel, 2500 E. Second St., Reno, NV	
March 21	Mission Fellowship's 3rd Annual Potluck / Speaker Anniversary, 2900 24th St., San Francisco, CA	
March 21-23	Northern California Council of AA 56th Spring Conference, Radisson Hotel, 2233 Ventura St., Fresno, CA	
March 28-30	31st Hospital and Institution Conference, Milpitas Community Center, 457 East Calaveras Blvd., Milpitas, CA	
April 18-20	31st North Shore Roundup, Hyatt Regency Hotel, Vancouver British Columbia Canada	www.northshoreroundup.com
July 16-20	47th Florida State Convention, The Registry Resort Naples, Florida	www.floridastateconventionoffaa.com

February 2003

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Are You a History Buff?

"Historic records help us to sift through our day-to-day experience in recovery and reach back for the shared experience from the past. As we sort out the myths from the facts we ensure that our original message of recovery, unity and service remains the same in a changing, growing, expanding Fellowship that constantly renews itself.

"Archives are frequently associated with the past, but they are also to be linked with true value. We maintain records of permanent value so we can go back and consult the original sources again and again."

The San Francisco Central Office has documents dating back to 1945 that include original correspondence from Bill W. and others from AA's early history (some of our local pioneers), records, photographs, newsletters, and newspaper and magazine articles.

We are in need of members interested in this important service work. If you would like to participate in the Central Office Archives, please contact Maury P. at 674-1821. The next planning meeting will be held on Saturday, February 15 at 10:00 AM.

Quotes from "Archives Workbook" (page 10) reprinted with permission from A.A. World Services, Inc.



MEETING CHANGES

NEW MEETINGS

Tue	8:00 pm	Crocker Amazon	CLAADAAAGH STEP STUDY 951 Geneva / Mission (Step Study)
Wed	7:30 pm	Tiburon	TIBURON BIG BOOK GROUP 215 Blackfield Dr. / Via Los Altos St. Kol Shofar Synagogue (Big Book Study, Closed)

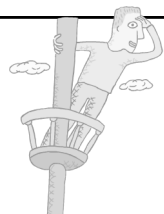
**THERE IS A NEW A.A. MEETING IN TAGALOG / FILIPINO LANGUAGE AT THE WESTBAY ALANO CLUB: 7330 MISSION ST., DALY CITY
THIS MEETING IS FROM 6:30 PM TO 7:30 PM. CALL (650) 756-3322 FOR MORE INFORMATION.**

MEETING CHANGES

Wed	12:15 pm	Financial	NEW WEDNESDAY HIGH NOON 215 Leidesdorff / Commercial, Seven Seas Club (was at Old St. Mary's)
Thu	8:30 pm	Inner Richmond	ASS IN A BAG - 7th Ave. / Geary Blvd. New name (was Garden Speaker Discussion)
Sat	4:00 pm	Castro / Mission	GAY & LESBIAN PEOPLE OF COLOR 1800 Market St. / Octavia, Rm. 308 (Was at 601 Dolores/19th)

NO LONGER MEETING

Sun	9:30 am	Western Addition	WESTERN ADDITION BIG BOOK STUDY 1201 Fillmore / Turk
Mon	7:30 pm	Western Addition	SLOW MOTION SECRET HANDSHAKE 1201 Fillmore / Turk
Mon	8:30 pm	Larkspur	KEEP IT SIMPLE 110 Magnolia Ave. / Alexander, Redwood Presbyterian Church
Thu	7:00 pm	Marina	THURSDAY NIGHT MEN'S Fort Mason, Bldg. C Rm. 355
Fri	12:00 am	Mission	A.A. CLASSIC TWEAK & FREAK 2900 24th St. / Florida



Please Note: The Central Office occasionally receives reports that meetings listed in our schedules are actually not there. Sometimes these reports turn out to be mistaken—and sometimes they are not. The office relies primarily on information that is given to us by AA groups, but when a group disbands, informing the Central Office is a common omission. **If you know anything about a meeting that is reported missing, please call the Central Office immediately (674-1821).** If we hear no objections during the month following publication here, the meeting will be assumed disbanded, and removed from the schedule. **Thank You!**

This Month in A.A. History

February 1938 - Rockefeller gives \$5,000 and saves A.A. from professionalism.

February 1940 - First World Service Office for A.A.

February 1951 - Bill W.'s speech titled "The Need for G.S.O." (Chicago)

February 9, 2002 - Sue Smith Windows, Dr. Bob's only daughter, died.

MISSION FELLOWSHIP

JOIN US FOR OUR 3rd ANNUAL CELEBRATION OF OUR NEW HOME IN THE MISSION!!!

Friday March 21st, 2003

7:30PM - Roast chicken potluck
(bring side dish or dessert, if you can)

8:30PM - Valencia Old Timers
Panel Meeting

9:30PM - Special Book Raffle

FOOD, FUN & FELLOWSHIP

2900 24th Street / corner Florida St.
Parking: on street or lot at 24th & Potrero

Muni: #48, #27, #33 & #9 lines

Group Speakers for February 2002

TUESDAY DOWNTOWN

St. Mary's Cathedral, Geary & Gough, San Francisco
Tuesday, 8:30 pm

DATE	SPEAKER	HOME GROUP	Sobriety
Feb. 4	John J.	Alky Gulch (Belmont)	2/1/95
Feb. 11	Paul L.	Cloverdale A.A.	2/12/85
Feb. 18	Kevin O.	Any Lengths	2/1/89
Feb. 25	Mike W.	SF A.A.	10/28/85

BRISBANE BREAKFAST BUNCH

250 Visitation Way
(Community Center under the Library)
Brisbane, Sunday, 11:00 am

DATE	SPEAKER	HOME GROUP
Feb. 2	Jerry	San Francisco
Feb. 9	Candy	San Mateo
Feb 16	Mike	Akron, OH
Feb. 23	Gail	San Bruno

FRIDAY ALL GROUPS

1101 O'Farrell, St. Mark's (basement), San Francisco
Friday, 8:30 pm

Signed for the hearing impaired

DATE	HOST GROUP	SPEAKER	HOME GROUP
2/7	Bernal Big Book	Liz S.	Sesame Step
2/14	Sunset 9'ers (Th)	Sam S.	Friday All Groups
2/21	Home Group	Kathy P.	Too Early
2/28	Women Who Drank Too Much	Larry H.	Garden Variety

FOUR FORTY NINERS

Slovenian Hall, Vermont & Mariposa
Friday, 8:00 pm

Date	Speaker	Home Group	Sobriety
Feb. 7	Tim T.	Boys Night Out	11/27/90
Feb. 14	Bodie	Artists & Writers	8/21/00
Feb. 21	Bonnie O.	Hilldwellers	8/9/85
Feb. 28	Bob C.	Hilldwellers	11/9/78

Living Sober/Western Roundup
Presents:

drag Bingo

Cash Prizes!

Fabulous Door Prizes!

Fun for the entire Family!



Drag Encouraged

Saturday, February 22, 2003
Meeting 6:30pm/Games at 8

**Ellard Hall, Most Holy Redeemer Church
100 Diamond at 18th St**

**\$10 at the Door
No One Turned away for
lack of funds**

For questions or volunteer possibilities
call:

Thomas G. 415.756.1266
tgriffin48@hotmail.com

A Fundraiser for:
Living Sober 2003
July 3-5
Bill Graham Civic Auditorium
www.LivingSober.org
415.978.2478

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.

Humility and God's Sense of Humor

by Liz G.

When a Point committee member told me about the opportunity to write a funny column, I was ecstatic and humbled. Within seconds, the ego piped in—"About time they realized who you are." I figured a good place to start would be the topic of Humility. Please note: Anything I say does not represent A.A. as a whole but merely my experience, strength and blah blah blah.

Allow me to introduce myself. My name is Liz G. and I'm an alcoholic. My sobriety date is 3/13/92. I recently moved to SF from the East Bay and I'm delighted to say my home group is now the Fit Spiritual Condition Group. Speaking of "fit spiritual condition," whenever I get righteous and attempt to say that, it inevitability comes out as "spit firitual condition."

Horrifying humility example: I stepped out to go to a sober girlfriend's bridal shower in a pink gingham dress with matching hat. If gloves had been in fashion, I would have had those on, too. I stopped at the store feeling, uh, superior. Once in line, I got the feeling "It really WAS all about ME!" People were seriously checking me out. "YES!" In fact, the deafening silence was because I had torn my little dress when I got out of the car and I was pretty much showing everything from my lower back down.

These are examples of "right sizing." God has a sense of humor. I only have a sense of humor about these things after I get to a meeting, pray, call my sponsor, work the Steps and hide out for a week. With a lot of practice, I am able to more quickly inventory stuff and get to the lesson. "Oh, I see. My ego got out of control because my social and material instincts were out of whack, so God helped me temper them." Then I can re-start my day and remember, with gratitude, my purpose, which is to be of service to others.

I feel that my attitude on the way to the bridal shower should have been "Thank you, God, for all of the wonderful friends in my life—sober friends, dear friends. Today is an amazing day because Julie and Matt met because You saved their lives. And You saved my life. Thank You. Because now I can witness all these miracles. God, how would You like me to be of service today?" Then maybe God wouldn't have ripped my dress. (I don't believe God rips clothes. But I believe He may have started the initial tear.)

At times I will get impatient with what I judge to be "inappropriate behavior" from someone in the program. You know, they're doing all the things I did or may do myself in some sort of spiritual relapse of humanness. If someone is disrupting a meeting by getting up several times, chatting...you know, "ruining" the meeting....I have to stop and say "God's in charge." And I need to develop some em-

pathy for not only whatever they're experiencing but to have some real acceptance and humility. My friend Barbara R. says "We expect people with one year to act like they have ten." I forget that in meetings I gnawed my Styrofoam cup into 150 pieces and once put aromatherapy oils on the end of a cigarette in a smoking meeting and caused a huge flame—and a huge scene. My friend calls these still painful memories "Deja-wince."

Petition: When a real, live wet drunk shows up to meetings, God, please help me to remember that this is ALCOHOLICS Anonymous and that that drunk is who we were and who we are trying to reach. Please help me to remember the pain of the suffering alcoholic, drunk or sober—even when they appear to have no humility. God, please help me to remember when I grow impatient with someone who doesn't seem to be applying the Steps in their lives that they simply do not have the information yet. And remind me to ask You "Where would You have me: go, do, say? And with whom?"

Please help me to remember that Twelfth Step work is my lifeblood. When I have my selfish resistance to reaching out to a suffering member or a newcomer, please remind me that I have been given the greatest gift which will only remain if I give it away. Help me to know that the actions I take which I intuitively feel are in accordance with Your will are great, but that I have no business controlling their outcome.

I remember once I did a personal one-on-one, in-home, three hour, dynamic Big Book study with a newcomer who was shut-in. At the time I had two years sober and was in my Evangelical Stage. (I'm still a proud recovering Big Book Thumper because it gave me a strong foundation in "The Program.") She drank after I left. How dare she! Then someone told me "a successful twelfth step call is the one where you stay sober." Ah ha! I got it. Humility.

I've heard it said that the first three steps are "I can't. God can. I think I'll let him."

Humility begins when we walk in the door. "Yep, booze has kicked my butt countless times. I have no power over it and my life is crumbling." And as all of us know, in retrospect, God had placed His hand gently on our backs and guided us, and continues to do so. However, all I needed to know at the time was that I couldn't do it. The defeat of my will is the beginning of humility. Humility for me begins with "I don't know" when I'm uncertain. And "Let me show you" when God has given me knowledge and certainty.



Dear Alky

This is only one drunk's opinion. For a more in depth discussion, CALL YOUR SPONSOR!

Dear Alky,

I've been sober for about six months now and I have to admit, I'm still not feeling very "happy, joyous and free." What can I do to get there.....faster?

Signed, Dejected in the Sunset

Dear Dejected,

I can relate to your sentiment. It took me quite some time to feel the effect of the many promises of the Big Book in my life, too. As a matter of fact, at six months, you're probably right on track. It takes time to bear the fruits of right action. I recently heard that the Dalai Lama, himself, only feels the "results" of a new spiritual practice or meditation after *five years* of practicing it! You'll be doing well if you can keep pace with the Dalai Lama.

I put in a lot of time of unhappiness and discontent in my early sober years. Thankfully, I didn't drink or kill myself and I got to see what was on the other side of that mess. I can't believe it, but even my unhappy, unjoyous, and chained mind has dramatically improved—but I had to be willing to stick sobriety through the tough times as well as the good.

I did what I could—got a sponsor, worked the steps, got into service—and eventually found that I also needed some "outside help." Even though I felt hopeless at times, I fundamentally trusted in Alcoholics Anonymous and believed that things might get better even for *me*—that I might have a shot at being happy in sobriety. This has come to pass for me over time and I fully believe it will come to pass for those who seek it. So, that only leaves the dreadful four letter word to contend with—TIME. Time takes time. Do the work and let go of the results.

Hang in there and don't drink, Alky

Dear Alky,

I have a new sponsee but he never calls me! I'm bummed. I actually want to sponsor someone now and this dude is totally not cooperating! How can I get him to call? I'm worried about his sobriety.

Signed, No Pigeon For Me

Dear NPFM,

I have also had "misbehaving" sponsees in the past and this is precisely where we can learn the most about ourselves and why service in A.A. is so instructive. I get to see myself outside the cocoon of an A.A. meeting and see what I'm really made of. I get to be challenged in new ways and stretched to communicate in ways I never knew how to before.

Hopefully you have had a few conversations with your sponsee and you know a bit of what he is made of. Paying attention to our sponsees can sometimes inform us the most instructive way to



handle the situation. For instance, is the sponsee someone who needs/wants the "tough love" approach or someone who will bolt out the door if that's used? I have found that I have to try many different ways of trying to get my point across to a sponsee over time. First, "Y'know, you don't have to call every day, but try to call at least once a week." Then, "OK, you really need to call me once a week—I don't know what's going on with you." Finally, I resort to the tough love approach,

"I'm concerned that you're not calling. Is this working for you? Do you think there might be someone else who may be able to help you better? Are you drinking/do you want to drink? I'm concerned for your sobriety," etc.

The real questions are what can I really do and tolerate as a sponsor, and what do I need to let go of—and those are entirely personal affairs. Are you willing to be a "non-sponsor" sponsor, be patient, see what develops—or are you more the type who wants to get right to it and not "waste" time on someone who doesn't want to work it? These are questions to address with your own sponsor, and I imagine there will be some interesting conversations to be had.

Good luck and keep sponsoring – the gifts are immense! Alky

Dear Alky,

I have been in A.A. for ten months now and my sponsor has told me I also need to go to Al-Anon. I think I should go to Co-DA instead and since I have a debt problem I also think I should go to Debtors' Anonymous. Come to think of it, I could benefit from OA (Overeaters' Anonymous), too. How many 12-step programs is healthy?

Signed, 12 Steps Addict

Dear 12 Steps Addict,

This issue is definitely best discussed with your sponsor from a purely practical matter—like me, you only have 24 hours in each day. How will you be able to effectively juggle four programs and still show up for life? If you can, my hat is certainly off to you! But I wonder if that would be becoming "a jack of all trades and master of none."

My sponsor has wise advice about this—stick to A.A. only for your first year and then branch out into another anonymous program, if desired/needed. You don't want to cheat yourself of the "goods" of A.A. or any other program. Make sure you give each program the time and space it deserves.

Best, Alky

**If you have a question for Alky, please send to:
Alky C/O Central Office
1821 Sacramento St.
San Francisco, CA 94109-3528
OR E-Mail it to: ThePoint@aasf.org**

AA Group Contributions for 2002

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

GRATITUDE MONTH	GROUP CONTRIBUTIONS	GRATITUDE MONTH	GROUP CONTRIBUTIONS	GRATITUDE MONTH	GROUP CONTRIBUTIONS
FELLOWSHIP CONTRIBUTIONS					
2900 Alcatraz (X-mas '01, NYE'02)	165.82	Mill Valley Discussion W 8:30pm	419.00	Wednesday Night Candlelight W 8pm	126.00
Apollo Hotel Speaker Meeting 10/02	51.25	Mill Valley Gay W 8pm	70.00	Wednesday Noon W 12pm	410.50
Brisbane Breakfast Bunch	339.00	Monday Blues M 6:30pm	87.40	Wednesday Sundowners W 6pm	185.00
Central Office Donation Box	100.76	Monday Night Stag M 8pm	2067.00	Women for Women We Noon MV	240.00
Deer Park Discovery Group: Saint Helena	32.00	Morning After Sa 10am	229.94	Women On Monday M 7pm	28.34 150.00
Gay Newcomers Group, Santa Rosa	45.53	Moving Toward Serenity Tu 8:30pm San Geronimo	23.67	Women On Wednesday W 7pm	184.85
H&I Group Contribution	16.85	Nativity Monday Night Big Book M 8pm	200.00	Women's Big Book Tu 10:30am	200.00
IFB Sept Meeting	943.86	Newcomers Step M 7:30pm	92.54 703.00	Working Dogs W 12:05pm	150.00
Living Sober Western Roundup	1846.64	Noon Alano Club Tu	150.85	Total MARIN GROUP CONTRIBUTIONS	1536.89 37,782.67
Marin County 4th Step Workshop	126.63	Noon Discussion Th 12pm	53.00 412.50	SF Group Contributions	
Marin Teleservice	750.00	Noon Hope F 12pm	137.72	12 Steps To Happiness F 7:30pm	271.26
MCYPAA Bid Committee	9.00	Noon Tu 12pm	35.16	449'ers F 8pm	81.53
Mendocino AA	45.27	Novato Basics	257.76	6AM Marina Dock	481.00
Newcomer's & Oldtimers M 7:30pm Pacifica	90.00	Novato Big Book	211.00	7am As Bill Sees It Fr 7am	74.53
Pacifica - Unidentified Group	90.00	Novato Spirit Discussion F Noon	169.44	7am Speaker Discussion Th 7am	25.01
SF General Service - copies	8.00	Novato Wednesday Noon W 12pm	80.00	A New Start F 8:30pm	304.53
Spirit of San Francisco Convention	1560.61	On Awakening Group Daily 5:30am	198.00 350.00	A Step Beyond Th 6pm	69.39
Sunday Afternoon Step Study Pacifica Su 4pm	74.90	Quitting Time	50.00	A Vision For You II Tu 7:15pm	226.20
We Are Not Saint Francis Willits, CA	25.00	Rise N Shine Su 10am	90.30	A Vision For You Su 6:30pm	149.98
Total FELLOWSHIP GROUP CONTRIBUTIONS	6321.12	Ross Three Step F 8pm	185.00	A.A. As You Like It Tu 5:30 pm	44.93 333.34
Marin Group Contributions		Ross San Anselmo Group M 8:30 pm	19.00 124.57	A.A. Noon Th 12pm	148.15
11th Step Meeting M 8pm	67.50	S.G. Valley Speaker Discussion F 8pm	109.24	A.A. Step Study Su 6pm	57.85
7am Group (Larkspur)	281.80	San Geronimo Valley M 8pm	73.10	Acceptance Place M 5:30pm	30.00 356.90
7am Urgent Care Group Daily 7am	300.00	San Marin Step Study	60.00	Afro American Beginners Sa 8:30pm	148.01
Acceptance Group M 5:30pm	45.00	San Rafael Beginners Tu 8pm	50.00	Afro American F 8pm	320.54
Attitude Adjustment Hour Daily 7am	2670.00	Saturday Serenity Sa 8pm	169.00 482.35	After Work M 6pm	69.81
Awakenings Sa 8:30am	60.00	Saturday Women's Speaker Sa 6pm	204.00	Alamo Square Su 7pm	140.00
Awareness/Acceptance M 10:30 am	40.00	Serendipity Sa 11am	384.60	All Together Now Th 8pm	90.90 867.49
Blackie's Pasture Sa 8:30pm	105.00 1015.85	Serenity	91.75	Alta Plaza Su 7:30pm	154.29
Bolinas Mon Night 8 pm & Bolinas Disc W 8pm	100.00	Sisters In Sobriety Th 7:30	56.10	Alumni Group W 8:30pm	321.75
Bounce Back M 6pm	326.00	Six O'Clock Sunset Th 6pm	579.94	Amazing Grace M 7pm	35.00 68.52
Caledonia Su 8pm	392.72	Sober & Serene F 7pm	275.00	Any Lengths Sa 9:30am	383.70 1139.15
Candlelight	300.00	Spiritual Testosterone S 8:15am	200.00	Artists & Writers F 6:30pm	1191.12
Closed Women's Step Study Tu 3:30pm	103.75	Steps To Freedom M 8:30pm	424.96	As Bill Sees It Sat 8pm	100.16
Crossroads Su 12pm	1000.00	Steps to the Solution W 7pm	377.50	As Bill Sees It Sa 11am	45.55 308.95
Day At A Time Daily 6:30am	2400.00	Stinson Beach Fellowship Th 8pm	150.00	Back 2 Basics F 7:30pm	100.82 166.52
Experience, Strength & Hope Sa 6pm	101.00	Strawberry Discussion W 6pm	377.33	Back to Basics W 8pm	67.00
Fireside Fr 8 pm Bolinas	110.00	Streetfighters Sa 9am	26.90	Beginners Step Study Sa 6:30pm	98.03
Freedom Finders F 8:30pm	2292.50	Sunday Express Su 6pm	358.79	Beginners Warm Up W 6pm	60.71
Friday Night Unmanageables F 8:30pm	180.00	Sunday Friendship Su 7pm	45.35	Bernal Big Book Sa 5pm	61.00 429.96
Gratitude Tu 8pm	48.00 169.00	Survivors M 12pm	98.50	Big Book Basics F 8pm	506.69
Happy, Joyous & Free M-F 12pm	150.00	T. G. I'm Sober M 6pm	131.00	Big Book Study Su 11am	113.97 339.88
Intimate Feelings Sa 10am Novato	309.20	T.G.I. Tuesday Tu 6pm	187.50	Birthday Party	60.00
Inverness Sunday Serenity Su 10am	266.08	Terra Linda Th 8:30pm	1375.00	Boys Night Out Tu 7:30pm	62.83 120.00
Island Group Th 8pm	268.18	Terra Linda Thursday Night Stag Th 8pm	650.00	Brokers Open Book Tu 1:30pm	351.00
Larkspur Beginners Fr 7pm	90.00	TGIF F 6pm	263.00	Buena Vista Breakfast Su 12pm	86.70 287.12
Larkspur Step	200.00	The Extra Support Group F 8:30pm	100.00	Bushwackers Sa 9am	144.00
Light My Fire F 8 pm	15.75	The Other Meeting	15.00	B.Y.O.L. W 12:30pm	50.00
Los Ranchitos W 8:30pm	325.00	Third Step Group Sa 5:30pm	321.35	Castro Discussion W 8pm	1915.53
M.V. Original Smokeless Step Study	210.00	Thursday Night Miracles Th 8:30pm	70.00	Castro Monday Big Book	300.49
Marin City Discussion Tu 6:30pm	103.00	Thursday Night Speaker Th 8:30pm	897.50	Cocoonuts Su 9am	93.53 116.76
Marin City Group M-F 6:30pm	240.00	Tiburon Haven Su 12pm	1160.00	Come N Get It F 6:30pm	59.12 627.52
Marin City St. Andrews M-F 6:30pm	150.00	Tiburon Tuesday Beginners & Closed Tu 7:10 & 8:30	999.43	Common Welfare Th 8pm	315.00
Marin Newcomers M 8:30pm	190.00	Tiburon Women's Candlelight W 8pm	50.85	Compass Group W 9pm	635.00
Marin Sober Group F 8pm	46.33	Tuesday Smokeless Big Book Tu 8:30pm	20.40	Creative Alcoholics M 6pm	45.33 80.00
Marin Stag M 8pm	587.50	Tuesday Smokeless Tu 8:30pm	120.00	Design For Living Sa 8am	159.85 981.66
Mill Valley 7am Group	645.00 1700.00	Tuesday Twelve Step Tu 6:30pm	38.15	Each Day A New Beginning (Sun)	75.36 193.57
		Unidentified Groups	1911.49	Each Day A New Beginning F 7am	225.27 1411.73
		Wed. Night Big Book - Tiburon	125.00	Each Day A New Beginning M 7am	562.38
		Wednesday Mid-Week W 6pm	94.78		

AA Group Contributions for 2002

Intercounty Fellowship of Alcoholics Anonymous - San Francisco and Marin Counties

	GRATITUDE MONTH	GROUP CONTRIBUTIONS		GRATITUDE MONTH	GROUP CONTRIBUTIONS		GRATITUDE MONTH	GROUP CONTRIBUTIONS
Each Day A New Beginning Th 7am	124.83	1066.24	Living Sober W 8pm	89.00	589.06	Stepping Out Sa 6pm	48.56	240.00
Each Day A New Beginning Tu 7am	125.21	452.86	Living Sober with HIV		59.68	Stonestown M 8pm		118.20
Each Day A New Beginning W 7am	108.02	652.82	Luke's Group W 8pm		354.22	Sunday Bookworms Su 7:30pm		233.06
Early Joyous & Free Th 7am	41.00	119.00	Marina Discussion F 8:30pm	203.00	1002.60	Sunday Morning Gay Men's Stag Su 11am	135.75	1278.18
Early Start Fr 6pm	240.85	1299.26	Meeting Place Noon W 12pm		220.46	Sunday Night 3rd Step Group Su 5pm		236.00
Easy Does It Sa Noon	148.00	650.81	Mid-Morning Support Su 10:30am		1129.00	Sunday Night Castro Speaker Discussion S 7:30pm		447.80
Easy Does It Tu 6pm		150.00	Midnight Meditation Sa 12am		61.57	Sunday Rap Sun 8pm	54.60	72.00
Eleventh Hour Tu 1pm		100.00	Millionaire's Club Th 6pm		130.00	Sunday Sunrise Su 7am	28.28	90.00
Embarcadero Group W 12:10 pm	38.18	485.23	Mission Terrace W 8pm		442.91	Sundown W 7pm	152.81	893.96
Endless Summer Fr 8:30 Anniversaries		720.41	Mocha Th 12:10pm	48.50	267.40	Sunrise Sunset Women's Step Th 5:45pm		30.00
Epiphany Group Th 8pm		201.00	Monday At A Time M 12:30pm	31.00		Sunset 11'ers Fr 11am		98.40
Eureka Step Tu 6pm		142.80	Monday Beginners		140.80	Sunset 11'ers M 11am		205.00
Eureka Valley Topic M 6pm	89.00	223.22	Monday Fit Spiritual Condition M 1:30pm	68.00	79.22	Sunset 11'ers Sun 11am	17.00	426.88
Experience, Strength & Hope W 7:15pm	62.44	503.95	Monday Men's Stag M 8pm		79.62	Sunset 11'ers Tu 11am		105.75
Faith, Hope, Charity Fr Noon		40.00	Monday Monday M 12:15pm		122.98	Sunset 11'ers W 11am		40.00
Federal Speaker Su Noon	70.00	648.85	Monday Night Lesbian M 7:30pm	13.93		Sunset 9'ers M 9am	149.45	684.53
Fell Street F 8:30pm		611.60	Monday Steps & Traditions M 12:10pm		429.58	Sunset 9'ers Sat 9am	109.00	749.00
Fell Street Step Su 8pm	13.43	108.58	Moving Toward Serenity W 8:30pm		162.57	Sunset 9'ers Su 8am		636.25
Fireside F 8:30pm		5.27	New Highs W 1:30pm	75.65	329.10	Sunset 9'ers Th 9am	116.60	646.43
Fogwatch Tu 7pm		65.34	New Hope Big Book M 6:30pm	105.25	835.03	Sunset 9'ers Tu 9am	205.06	462.67
Franciscan Noon Discussion M 12pm		60.00	New Life W 7pm	36.23	338.49	Sunset 9'ers W 9am	191.34	530.29
Friday All Groups	177.62	488.33	New Wednesday High Noon W OSM 12:15		948.40	Sunset Sobriety Th 7:30pm		193.00
Friday At Five F 5pm		124.00	Newcomers Tu 8pm	35.00	190.85	Sunset Speaker Step Su 7:30pm		571.24
Friday Big Book F 12pm		300.90	No Gurus	12.35		Surf Th 8pm		474.67
Friday Knights Th 7:30am		19.75	No Regrets Tu 7am		35.61	Sutter Street Beginners Sa 6pm		2453.68
Friday Lunchtime Step F 12pm		420.00	No Reservation M 12pm	100.43	436.68	Ten Years After Su 6pm		329.45
Friday Morning 12 Steppers F 7am	47.51	75.00	Noon Hope		416.00	The Forum II		200.00
Friday Night Women's Meeting Fr 7:15pm		417.64	Noon Smokeless Mon		29.00	They Don't Know Who We Are Sa 7pm		438.70
Friendly Circle Beginners Su 7:15	256.98	483.15	Nooners M noon OSM		617.43	Thought For The Day F 7:30am		40.00
Friendship Group W 8pm		564.57	North Beach Happy Hour F 6pm		50.00	Three Step Group Sa. 5:30 pm		237.61
Garden Speaker Discussion Th 8:30pm		54.93	One Liners Th 8:30pm	77.13	1206.21	Thursday Afternoon Step Study Th 1:30pm	61.50	378.19
Garden Variety Sa 8:30pm		86.85	Park Presidio M 8:30pm	17.00	147.59	Thursday Night Women's Th 6:30pm	90.80	471.47
Gay Beginners Questions & Answers F 7pm	110.00	422.00	Parkside Th 8:30pm	33.50	314.50	Time To Start Living Th 4pm	130.00	
Gold Mine Group Mo 8pm		338.38	Pax West M 12pm		589.83	Too Early Sa 8am	573.28	1007.82
Golden Gate Seniors		120.75	Pinehurst Tu 7:30pm		200.00	Tuesday Downtown Tu 7:15 & 8:30	194.19	
Goodlands Su 2pm		199.03	Point Blank F 12:10pm		29.00	Tuesday Night Step Tu 7pm		396.82
Greenhouse Meditation Sa 5pm	150.00	563.43	Potrero Hill Sunday Night S 8pm		85.95	Tuesday Reflections Tu 12:10pm		210.75
Haight Street Blues Tu 6pm		154.22	Promises, Promises		21.50	Tuesday Women's Tu 6:30pm		34.00
Haight Street Explorers Th 6:30pm		164.00	Pure & Simple Group Su 6pm		19.98	Tuesday's Daily Reflections Tu 7am	37.00	38.44
Happy Hour Fri 6:30pm	39.30	120.00	Rap Discussion Tu 12:10pm		122.06	Unidentified Groups	40.33	789.09
Happy Hour Ladies Night		875.00	Rebellion Dogs W 12:05pm		26.70	Valencia Smokefree F 6pm	86.09	462.85
High Noon Friday F 12:15pm	148.22	1109.90	Rebound W 8:30pm		156.19	W.O.S. W 7:30pm		254.97
High Noon Monday M 12:15pm	143.75	1118.02	Rise-N-Shine Su 10am		80.00	Washington Square M 7pm		700.00
High Noon Thursday Th 12:15pm	61.00	836.11	Rose Garden Big Book Th 12pm	53.36	497.00	Waterfront Su 8pm		100.00
High Noon Tuesday Tu 12:15pm	83.20	973.88	Rule 62 W 10pm		199.00	We Care Tu 12pm	67.31	303.72
High Noon Wednesday W 12:15pm	156.89	476.48	Salty Seadogs & Mermaids Su 2pm		10.00	We Really Do Meditate Sa 10:30am		60.00
High Sobriety M 8pm	50.00	101.40	Saturday Easy Does It Sa 12pm		480.00	Wednesday Noon Steps		155.44
High Steppers W 7pm	78.02	144.00	Saturday Night Regroup Sa 7:30pm		320.18	Wednesday Sunrise Smokefree W 7am	38.00	60.00
Higher Power Lunch Group Th 12:10pm		78.42	Seacliff Th 8:30pm	21.00	436.34	Weekend Worker Sa 7am		180.00
Hilldwellers M 8pm	66.89	564.00	Second Chance Th 2:15pm	49.20	276.66	Welcome Aboard F 8:30pm	13.00	
Home Group Sa 8:30pm	168.00	657.43	Serenity House Groups		600.00	West Portal W 8:30pm		280.85
Hoodlum Haven F 8pm		480.00	Serenity Seekers M 7:30pm	348.25	1896.51	Wharfrats		60.00
Hot Java F 10pm		65.00	Sesame Step Tu 7:30	205.09	2284.41	Wilson Step F 12:10pm		79.20
How It Works Sa 2pm	85.40	381.46	Seventh Wonder Group Sa 12:30pm		100.00	Women's Ten Years Plus Th 6:15pm		319.96
Huntington Square W 6:30pm	105.75	573.00	Sharing Our Sobriety Sa 7pm		60.00	Work In Progress Sa 7pm	113.00	477.14
Join The Tribe Tu 7pm	20.00	346.23	Sinbar Su 8pm		550.72	Working Dogs		122.00
K.I.S.S. M 6pm		51.99	Sisters Circle Su 6pm		283.80			
Keep Coming Back Sa 11am		1045.99	Sober & Centered F 7pm		70.74			
Light Brigade Discussion Su 7pm		121.53	Sometimes Slowly Sa 11am	133.51	267.36			
Light Steppers Su 7pm		64.23	St. Francis Men's F 8:30pm		234.00			
Lincoln Park Sa 8:30pm		239.70	Step Talk Su 8:30am		184.20			
						Total SF GROUP CONTRIBUTIONS	9,803.06	81,767.72
						TOTAL ANNUAL GROUP CONTRIBUTIONS		137,211.46
						Thanks for contributing to your Central Office!!		

We are going to know a new freedom and a new happiness.

By Ed P.

The sun shone brightly upon my face as I walked out of the downtown high rise. A joy unknown to me swirled up from the pit of my stomach and went through the crown of my head. Tears came to my eyes. It felt like I was walking a foot or two above ground. I was Atlas shrugging off the weight of the world; I had just made my first 9th Step amends.

THE SECOND PROMISE

Two years prior and completely lost within my disease, I was far from what a reasonable person would call a “model employee.” I was the lovable, non-functioning type of drunk, the kind that made compassionate bosses scratch their heads in wonder of what to do with the problem that was Ed P. My penchant for getting loaded seemed to get in the way my normal everyday duties, like actually showing up for work. And when I did show up, I was worthless. Eventually, my boss figured out what to do and fired me.

“What grave injustice,” I thought. I knew it was coming, because the company was downsizing and he had warned me that the CFO had mentioned something to him. “I’ll show them,” I thought. So, when filling up the proverbial pink slip cardboard box with my personal belongings, I took the liberty of dropping in some company software. A little larceny never hurt anyone, did it? I had some fantasy of actually using the CDs to make money, but that would have required industry and discipline. So in my closet they stayed until the dawning of my 8th Step list.

I don’t remember what the reasoning was behind choosing this to be my first 9th Step amends, but it had all the makings of a classic. I had to research where to find the company since it had moved. I didn’t know who was still working there. I had to put all faith and trust in God, because I was embarking on new territory. After all, crow is not on the alcoholic’s preferred menu. What if they became angry and rejected my overtures? What if they called the police? I was scared. I had the same apprehension prior to doing my 5th Step with my


sponsor. But I pressed forward because I wanted the clean slate I heard other folks talk about in meetings and I believed that I could have one too if I did as they did.

I found my old company’s new address on the net and went over on lunch break. After looking on the phone list in the elevator lobby for a bit, I saw my ex-boss’ name. Things were going my way. I dialed the number and

he answered, so I announced my presence. He was surprised and glad to hear from me, and that put me at ease. When he opened the office door, he stood there, paused and then greeted me with a hug. I was the prodigal son returning; and I was amazed.

We sat in his office and talked. I told him where I had been and what I had done. He then told me of his worry for my health. He said that he didn’t know what to do with me and that he carried me along for a while before letting me go. He tried to refuse the return of the software, but I insisted because it wasn’t rightfully mine. He finally acquiesced. Before I left, he expressed his happiness for my life change and we wished each other well.

The liberating effect my first amends had on me came from more than just the return of stolen software. It ushered in a new era of how I relate to people. I no longer have to carry around the guilt and shame of knowing that I have caused someone harm. I can right a wrong. I have the means through which I can shrug off old deprecating views of self and trade them in for positive karma and dignity. Any shame left over is dropped off at the shrink’s. I know a freedom and happiness now that I had never experienced prior to my recovery. I caught glimpses of it in early sobriety, and that led me to this. I am well on my way with half my amends to go. To be even-stein with the world—there is freedom in that—and from this freedom comes happiness.


(This is the second of twelve installments on the Twelve Ninth  Step Promises.)

Literature Re-

Published by Hazelden, *Twenty-Four Hours a Day* is a collection of three readings for each day of the year. The three readings for each day are contained on one small page. The first daily reading is a Thought for the Day. It focuses on the A.A. principles and program of recovery. The second daily reading is a Meditation for the Day. It focuses on developing a relationship with a Higher Power. The

spiritual thoughts in these passages are derived from the book *God Calling* by Two Listeners, edited by A.J. Russell. The third daily reading is A Prayer for the Day. These are short petitions for the gifts of right thought and action.

I first used *Twenty-Four Hours a Day* in my early recovery because my sponsor told me to start each day by reading it. And in my early recovery I was so desperate not to die from drinking that I did most everything that my sponsor suggested. After

a year or so I stopped using this book because it was too Christian. For the next 15 years, I did a variety of morning practices related to prayer and meditation. And then about a year ago, in my 17th year of sobriety, I returned to the morning practice of reading the *Twenty-Four Hours a Day* book. Now I read it because it speaks and connects to my experience in A.A., to the strength of my relationship with my Higher Power, and to my hope for  today.

IFB 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, San Francisco
Wednesday, December 4, 2002

1. Meeting opened with the Serenity Prayer.

3. Roll Call: Joe G. Recording Secretary called the roll.

2. Meeting call to order: Statement of Purpose. Ben N. IFB Chair read Statement of Purpose.

4. Introduction of new representatives: Norma W., Friendship Group and Jolie K., W and F High Noon Group were introduced.

Intergroup Rep	Group		Intergroup Rep	Group	
Ben N.	Sunset Speaker Step	P	Joe G.	Wednesday Beginners Meeting	P
Bill R.	Early Start	P	Julia D.	Castro Discussion	P
Charles M.	Federal Speaker	A	Julie H.	Terra Linda	P
Clay K.	Cocoonuts	P	Julia W.	Friendship Group	A
Craig W.	Fireside Chat	P	Larry F.	Mid-Morning Support	A
Dan C.	Tiburon Haven	A	Leslie F.	How It Works	P
Dan L.	Artists & Writers	P	Li L.	Work in Progress	P
Danny F.	Each Day A New Beginning	P	Lindsey B.	Walk of Shame	P
David B.	Beginner's Warm Up	P	Lisa M.	Friday All Groups	P
David C.	Sunday Friendship	A	Mark C.	Sunday Night Candlelight	P
David P.	The Sunset 9'ers	A	Mike L.	Novato Point Committee	P
Dick T.	Attitude Adjustment Hour	P	Mollie B.	Joys of Recovery	P
Doug F.	No Reservation	P	Pat M.	Sat As Bill Sees It	P
Doug S.	As Bill Sees It - Thursday	P	Paul C.	Waterfront	P
Ellie C.	Big Book Basics	P	Ray M.	Sunday Rap	P
Frank B.	Each Day A New Beginning - Sun	P	Rick P.	Parkside	P
Geoff R.	High Noon Saturday	P	Sam W.	Monday Night Stag	A
Gretchen F.	Hot Java F	P	Samuel S.	Too Early	P
Irene K.	Bernal Big Book	P	Silke T.	Wed. High Noon	P
J. E.	Friendly Circle Beginners	A	Smithy B.	Ten Years After	P
Jacob M.	Home Group	A	Steven S.	Tuesday Downtown	A
Janet B.	Thursday Night Women's	P	Tim McG.	Join the Tribe	P
Jason A.	Midnight Meditation	P	Timothy G.	7AM As Bill Sees It	P
Jason S.	Sesame Step	P	Todd M.	Rule 62	P
Jay H.	Gay Beginners	P	Tom K.	Common Welfare	P
Jean C.	First Place Fellowship	P	Zoe B.	Mill Valley 7am - Daily	P
Jim D.	Happy Joyous & Free	P			
Jocelyn R.	Sunset 9'ers Tue	P			
New IFB Reps Present			Non-IFB Liaisons Present		
Jolie K.	Weds and Fri High Noon	P	Mary B.	The Spirit of San Francisco	P
Norma W.	Friendship Group	P	Joe G.	Marin Teleservice	P
			Ken C.	Marin General Service	P
			George S.	San Francisco General Service	P
			Kent T.	San Mateo Fellowship	P

5. A.A. Anniversaries: Norma W., 18 months. Frank B., 6 years. Julia D., 17 years.

6. Review of Agenda: The agenda was approved.

7. Approval of November 2002 minutes: The minutes were amended under the Literature Review Committee section. The minutes were amended to read: "The Grapevine has raised their minimum order to 1,000 dollars." The minutes were then approved, as corrected.

8. Special Orders of Business (Action Items):

a. Proposed Schedule Changes: Li L. brought the proposed schedule changes for San Francisco to the IFB. Danny F. moved to accept the changes, in concept. The schedule will be in booklet form and cost

about 50 cents each. The motion passed: 22 for, 5 opposed, 8 abstentions. After voting, a discussion ensued on the schedule in concept. After many group reps brought their groups' position on the new schedule, the discussion was ended, after Jocelyn R. called for the question. The motion was re-stated to accept the format in booklet form. This motion passed: 22 for, 5 opposed, 8 abstentions. If interested in helping Li present the final format, or working on the design, contact Li L. at 863-1593.

b. ASL Tuesday Downtown: Sam S. announced that Tuesday Downtown is not having ASL service at all at this time. They cannot afford to pay for any ASL and be self-supporting. No further action was taken.

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- c. 2003 Proposed Budget: Bill R. announced the 2003 budget is in process. It will be presented at the January IFB Meeting. The budget meeting is presently not set, but it will occur sometime in the next two weeks.

9. IFB Standing Committee Reports:

- a. Teleservice San Francisco: Timothy H. presented a written report. There are several coordinators who are ready for rotation. We are looking for qualified replacements for them. This is a 2-year commitment. If interested, contact Timothy H. through the Central Office.
- b. PI/CPC: Debra D. reported. She announced the San Francisco PI/CPC is conducting DUI classes, making presentations at schools and is conducting San Francisco speaker workshops. The next workshop is scheduled during the PI/CPC annual meeting, Saturday, January 18th, from 1-3pm, at Ft. Mason, Bldg. C, Rm. 260.

10. Group Rep Reports: Bernal Big Book: Irene K. announced that the Bernal Big Book feels strongly about helping the deaf community and is interested in ASL support.

11. Non-IFB Liaison Reports:

- a. General Service, San Francisco: George S. announced that at the district meeting new officers were elected for San Francisco.
- b. General Service, Marin: Ken C. announced that elections were held for district officers. Marin General Service discussed the new schedule concept. The consensus is Marin is not interested in doing away with the schedule in its present format at this time.
- c. Teleservice, Marin: Joe G. gave report. He announced that Marin Teleservice will be having elections for new officers during the month of December. Teleservice is self-supporting in Marin and on-line.
- d. PI/CPC, Marin: No report was given.
- e. Bridging the Gap: Doug S. gave report for Peter M. BTG is presently looking for a new chairperson. Elections will be held at the next GSR meeting on December 10th at St. Mark's Church. For more information, phone 415-440-9627.
- f. H&I: No report given.
- g. Spirit of San Francisco: Mary B. announced that the Spirit of SF would host a New Year's Eve Meeting, Dance and Buffet. She also announced that the convention will be held on Columbus Day at the Ramada Inn in San Francisco. There are still positions on the Spirit of SF committee to help organize the convention.

12. IFB Reports:

- a. Chairs Report: Ben N. gave report on Robert's Rules of Order. He announced that the IFB body is not governed by Robert's Rules of Order. We want every body to be heard and all opinions to be stated.
- b. Treasurer's Report: Pat M. gave a written report and oral highlights. October donations were up. In October we were self-supporting. YTD we are not self-supporting. Our deficit is approximately \$1,200. Contributions were up in November. Central Office took a book inventory and we have \$1,100 more in inventory than we thought we had.
- c. Central Office Managers Report: Maury P. submitted a written report. She announced the next 12-step workshop has been rescheduled for January 22 at 6:30pm. We are still looking for an IFB rep to chair this committee. The speaker has not yet been selected. The Christmas Party will be December 12th.
- d. Central Office Committee's Report: Smithy B. gave report. The Central Office Committee agreed to charge a \$3 deposit from the bookstore's

tape library. The Central Office will close at 2 p.m. on Christmas Eve and New Year's Eve and will be closed Christmas Day And New Years Day.

13. Housekeeping: None.

14. Ad Hoc Committee reports:

- a. Lease Committee: No report.
- b. Literature Review Committee: Frank B. gave report. The Literature Committee announced we are keeping two types of wallet cards. One published by A.A.W.S., one made in-house. The cost difference between the two is minimal.
- c. Bylaws Review Committee: No report.
- d. The Point Editorial Committee: Irene K. gave report. Expect a theme in the January 2003 issue. The Point Committee is interested in feedback from the fellowship about The Point. The Point Committee invites members of the fellowship to write and submit articles of 500-800 words. The Point Committee meets on the 2nd and 4th Tuesday at the Central Office.
- e. Orientation Committee: Ellen C. gave report. The next Orientation Committee Meeting will be on January 29th at the Central Office.
- f. Website Committee: Sam S. gave report. The new website will go online around January 1st. The address is www.aasf.org. Sam said the new site has very simple graphics. He wants feedback from the fellowship and asks for new committee members, especially people with content and design ideas. The next meeting is December 19th at the Central Office.
- g. Schedule Committee: No report.
- h. Special Needs Committee: No report.
- i. Founder's Day Committee: No report.

15. Old Business: Operations Manual: Ben N. asked to bring the Operations Manual as an action item at next month's meeting. Debra D. asked Ben to please review the definition of PI/CPC in the Operations Manual. She said the definition of PI/CPC is too brief and that information is missing.

16. New Business:

- a. Zoe B. asked about H&I. This discussion was tabled until next month.
- b. Jim D. inquired about whether this body does a group inventory. In the interest of time this was tabled until next month.
- c. Lisa M. stated that her group could use financial assistance with ASL if Tuesday Downtown declines funding. No action was taken.

17. Reading of the 12 Traditions and practice of the 7th Tradition: Julie H. read the 12 traditions. The basket was passed. \$111.15 was collected.

18. Ben adjourned the meeting with the Serenity Prayer at 8:50pm.

Respectfully submitted,

Joseph G.,
Recording Secretary.


The February IFB Meeting will be in Sausalito at the
Star of the Sea Church
180 Harrison

The Spirit of Rotation: New Marin General Service Officers for Panel 53

During the regular November meeting, District 10 (Marin) held their election for new District Officers. The elections were held using “third legacy procedures” as prescribed in the Service Manual. Many qualified members made themselves available for the positions so the event was as fun as it was a learning experience for those new to “General Service”. The new officers are listed below.

New Officers

District Committee Member Chair (DCMC)	Andrew C.	Alternate DCMC	Richard G.
Recording Secretary	Elaine M.	Treasurer	Pete K.
Registrar	Bill B.	H&I Liaison	Susan B.
Unity Day Coordinator/Archives	Molly H.	Agenda Topics Coordinator	Alan R.
Refreshments Coordinator	Jennifer K.	Meeting Schedule Coordinator	Mark C.
Literature and Grapevine Rep.	Carolyn M.	Central Office Liaison	David C.
PI/CPC Liaison	Nancy J.		

Most of these members have extensive experience in General Service and started as General Service Representatives or as liaisons. Many have served in other positions on Panel 51 and worked hard to carry their group conscience to the monthly meetings, quarterly assemblies and the regional assemblies. The Delegate carries it from there to the regional forums and on to New York to the General Service Conference where decisions that effect AA as a whole are made. To learn more about our District or General Service, contact Central Office or you can come by District 10 monthly meeting held on the third Monday of every month in San Rafael at the First United Methodist Church, 9 Ross Valley Rd. 7:00 pm (sharing session). 

(Continued from page 1)

tion, as it turned out, was to cause her to fall into a deep sleep for 20 years. However, while in this deep sleep Cindy was still up and walking around...sort of. Meanwhile in her search for love, Cindy discovered other magic concoctions that created an enticing atmosphere charged with love possibilities; one of these was a snow-white powder that cost a lot of money.

In this somnambulistic state, Cindy married a man who also partook of love potions. He said, “I love you and you are going to marry me.” These were the magic words that could save her! Oddly, it never occurred to Cindy that she ought to consider whether or not she loved her betrothed. By this time, she was so busy trying to get what SHE wanted, that she had forgotten the childhood lesson of her Valentine’s Day birthday—what made the day so special was that it was special for everyone, not just for her. She wanted to be loved but had forgotten that the best part was to give it in return. Nevertheless, she stayed married for ten years, trying her best in a situation that was frighteningly like the home where she grew up, with drinking and fighting and broken hearts.

Time passed and hope began to fade. When Cindy looked into her mirror on the wall, a devil snarled back and told her to take a leap out her fourth floor apartment window. In despair, she got down on her knees, and for the first time since she was a very small girl, she said a prayer, asking for help to mend her broken heart.

There is magic in the world, because her prayers were answered. She began to meet other people who had also tried to find love in magic potions, but they had quit the potions and started working a program of 12 steps that promised a new life. In these steps, Cindy had to write an inventory of all her troubled relationships and examine her own part in causing the problems. Through this exercise she came to realize that, in her search for love, she had been thinking mainly of herself and not the other person. She learned new principles and began to practice them. Cautiously she began to test the waters with new relationships. At one point, when a relationship fell through, she was walking alone down the street and thinking sadly, why can’t I have love? Suddenly a thunderous voice declared, “You are surrounded by love! You just refuse to see it! Go home to the people who love you, and love them in return.” Stunned, Cindy stopped and looked around—did anyone else hear that voice?

Five years have passed since that day. Cindy didn’t get the husband and children she so desired Still, she has never gone back to using the potions. She still believes love is her special purpose, and has learned to recognize it in the many forms in which it comes. Today she is able to accept love and give it in return. She strives to live “happily” one day at a time, without worrying about the “ever after.”

Happy Valentine’s Day. May yours be filled with friendship and love! 

CONTRIBUTIONS

To the Central Office were made through January 16, 2003 honoring the following members

CURRENT MEMORIALS

*Chris S.
Jere M.*

ONGOING MEMORIALS

*Bob
R. W.*

ANNIVERSARIES

Monte C. - 2 Years
Inger M. - 3 Years
Louie D. - 3 Years
Michael D. - 9 Years
Chuck V. - 13 Years
Leslie C. - 13 Years
Barbara B. - 14 Years
Barbara M. - 45 Years

Endless Summer:

Danny - 1 Year
Dietrich - 1 Year
Erik - 1 Year
Jolie - 1 Year
Lisa - 1 Year
Eric - 2 Years
Jill - 2 Years
Geri - 11 Years



Recent Deaths

Earle M. 39 years

We are sad to report that Earle M. ("Physician Heal Thyself" in the 2nd, 3rd, and 4th editions of the Big Book) passed away on January 13 at 8:00 p.m. in Walnut Creek, CA (San Francisco Bay area). Earl was 49 years sober (June 1953) and 91 years old.

Many knew him through his years in Marin and Contra Costa County (and San Francisco). He will be missed by all.



General Service

By Irene K.

I'm always surprised to hear A.A. members "slam" General Service commitments. I have had the opposite experience with General Service.

I spent two years representing a group as a General Service Representative, and two years as an Alternate District Committee Member Chair, assisting more with district and area matters. Four years in General Service changed me more than any other kind of service, except sponsorship (both having and being one!) I have nothing but good things to report about General Service.

My sponsor was a General Service enthusiast, so I had no negative image to live up to or counter. That she easily filled the roles of "service sponsor" and "steps sponsor" also helped. Any questions I had, I could go directly to my sponsor. The path was smoothed for me from the beginning.

My sponsor stressed why General Service was important—for A.A. and for me. I was responsible to participate in A.A.'s service structure and learn about A.A.'s history and traditions and concepts. General Service was a great way to become an informed member of A.A., able to discuss and reflect on the issues our world-wide Fellowship faces. She said it was my responsibility to care, to give back, and to give of my time. She said it was important to be inconvenienced periodically by A.A. (how dare she!) and, as many members can attest, long meetings with bickering alcoholics are taxing!

But my sponsor also told me, "Irene, life isn't always exciting; life is sometimes dull. People inside and outside of A.A. are often annoying. And life doesn't have to move quickly; slow is real. Slow changes usually "stick" better. Trust the process; the process of A.A. works."

I didn't know what she was talking about but she's a persuasive woman, so I signed on. I dove into the Traditions, the 12 Concepts for World Service, and the Service Manual. I read A.A.'s history books. Each month I attended my group's business meeting, district meetings, and area meetings. I was involved on committees. I brought my group's conscience to area assemblies four times a year.

It was work—a lot of reading, talking, reflecting and discussing. I tolerated "annoying" alcoholics in business meetings and learned (very slowly—thank God it's a two year commitment) to be more kind, compassionate and tolerant. I learned the importance of asking for and honoring the minority opinion. I watched Robert's Rules of Order navigate a group of wonderful (but opinionated and stubborn) alcoholics through minefields—allowing us all to emerge free of injury (though sometimes with egos bruised).

Surprise, surprise! Although things can move distressingly slowly in General Service, they *do* move and things *do* get done. I learned which issues in A.A. are cyclical, which are emergencies (most aren't), and how to sit back and trust our loving Higher Power to watch over the magic (and future) of Alcoholics Anonymous. It gave me further proof that a loving Higher Power may actually be watching over *my* life, too. Some things in life will be cyclical, some things will be dull, some people will be annoying, and that there are very few *real* emergencies (thank God.) I have learned to sit back, enjoy the scenery, trust God, and let go—sometimes inch by inch, but letting go nonetheless. The quality of my sobriety has skyrocketed as a result.

I can't imagine why alcoholics wouldn't want to get the blessings acquired by committing to a General Service commitment. If approached with open mind and a willingness to learn, there's no more rewarding service position.

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February 2003

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